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FRIDAY FISH FRY

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\$13.95

5-9 PM • Beverage Included

- Hideout

MM 103.5 • Oceanside

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Friday Nights 5-9 PM • 305-451-0128

ON THE MAP

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RATES

KEY LARGO MAP PAGE

Vertical:

2.5" wide x 4" tall

\$125 per month

Horizontal:

4.75" wide x 3.13" tall

\$150 per month

Skyscraper:

2.5" wide x 8.25" tall

\$200 per month

Surprisingly Affordable!

The Conch Republic

COCONUT TELEGRAPH

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Denise Malefyt PUBLISHER

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101425 Overseas Hwy., PMB #628

Key Largo, Florida Keys 33037

Restaurant

Keys Eating at Its Finest...

Overlooking the Water

-DAILY SPECIALS-

Breakfast Served



Locals' Favorite!

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Jane: 305-451-2214 Wendy: 305-394-1376 www.thewasmundteam.com janewasmund@bellsouth.net ON THE MAP



AMERICAN & FOREIGN CARS, TRUCKS S.U.V.s, VANS, TRAILERS & R.V.s

MINOR

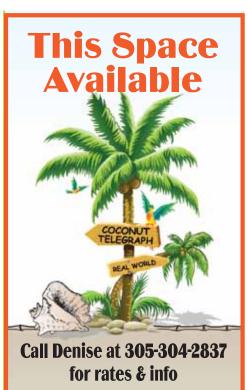
MAJOR

REPAIRS

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- Tire Sales & Repairs
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- Coolant & Transmission Flushes
- Regular & Synthetic Oil Changes

MM 101.5 • KEY LARGO

BON THE MAP







LOCAL'S FAVORITE! Meaningful Connection Best-kept secret for over 30 years!

by Dawn Wiggins, Ed.S.

Meaningful connection is a true soul fulfilling experience we crave. Without it. we feel alone, confused, unimportant, and uninspired.

And all meaningful connection begins within you and flows out from there!

Let me elaborate...

Anytime we're too busy mentally or physically to connect with ourselves in a meaningful way; it's nearly impossible to feel any type of connection.

We all need to be heard and acknowledged. But when we are in a whirlwind of thoughts, tasks, and struggles, we often fail to recognize and address our personal needs. This kicks off a chain reaction of feeling overburdened and undervalued. And we want someone to fix it so we can get relief.

But, we are responsible for our own nourishment: rest, play, deep breaths, emotional expression, exercise, and connection with others - if we aren't taking care, we start looking for someone to blame!

Once the blaming and wallowing begin, we are in no condition to have meaningful connections with others. Instead, we end up fake smiling or frowning at people. We lose track of gratitude and obsess over what's going wrong and play out pretend conversations in our mind.

From this vantage point, we'd prefer endless scrolling on Instagram or bingewatching Netflix instead of having an honest, vulnerable conversation with another human. And then we're left feeling like life is kinda empty, maybe even pointless at times.



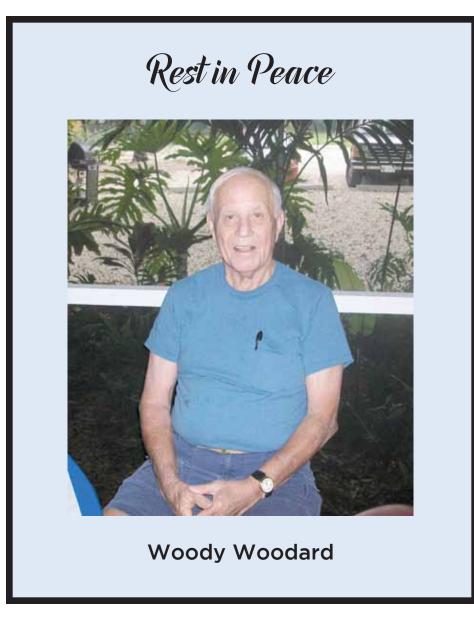
Dawn Wiggins, Ed.S. Licensed Marriage & Family Therapist Boca Raton • Key Largo • Online 561-221-5575 99353 Overseas Hwy #16 Key Largo, Florida 33037 www.dawnwigginstherapy.com

But, you've felt sparks of joy. You know what it's like to feel happiness. And each of those moments most likely involved meaningful connection with yourself and someone else. A proud moment of personal awareness or achievement, a knowing smile shared with someone you love or the bond felt between you and your child.

The best way to get those results more often is to practice connection; with yourself and others.

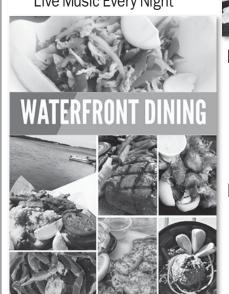
Start by noticing what you need most right this minute. Is it a deep breath? Food? To use the restroom? A hug? Help with something that's got you struggling? Someone to listen? Whatever it is, notice it and make it happen! You will feel better, less resentful, and more relaxed. You will authentically smile more, which will cause other's to smile back.

And just like calories... it adds up - but in a good way lol. The more you tap into you, the more connected you will feel.









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