

IF YOU WANT RESULTS - - - CALL US!
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THE WASMUND TEAM

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We're a **Mother-Daughter Team** and we handle your real estate needs with integrity and professionalism. Let our 40+ years of combined experience work for you!

BROKER/OWNER **OWNER**

Jane: 305-451-2214 Wendy: 305-394-1376
CRS, GRI, Short Sale Specialist GRI

www.thewasmundteam.com
janewasmund@bellsouth.net

ON THE MAP

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MM 101.5 • KEY LARGO

ON THE MAP

This Space Available

Call Denise at 305-304-2837 for rates & info

Open Late!

WASMUND PUB

KEY LARGO

522 Caribbean Drive • 305.453.1905

Breakfast, Lunch & Dinner
Featuring Fresh Local Fish

Live Music
Happy Hour Every Day
Craft Beer
Sports Headquarters

Locals' Favorite! On the Water

ON THE MAP

Key Largo

In Key Largo, we navigate by Mile Markers! Look for the little green signs and mile indicators on power poles to find your way.

Legend

- U.S. Highway
- State Highway
- Boat Ramp
- Mile Marker
- Point of Interest
- Dive Site
- Dive Wreck
- Swim with Dolphins

Bayside

- Wild Bird Rehabilitation Center
- Mariners Hospital
- Harry Harris Park & Beach
- Molasses Reef
- Bibb
- Dome

Oceanside

- John Pennekamp Coral Reef State Park
- Carlsfort
- City of Washington
- Christ Statue
- Florida Keys National Marine Sanctuary
- Spiegel Grove
- Benwood
- French Reef
- Alligator

Key Largo Public Library

African Queen Community Pool and Park

Murray Nelson Government Center

Adams Cut

Key Largo

Post Office

SUNSET COVE

ROCK HARBOR

Butterwood Sound

Little Blackwater Sound

Blackwater Sound

Barnes Sound

Card Sound

To Miami

To Ocean Reef

93 **94** **95** **96** **97** **98** **99** **100** **101** **102** **103** **104** **105** **106** **108**

ON THE MAP

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Locals' Favorite! On the Water

ON THE MAP

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

FRIDAY FISH FRY
ALL YOU CAN EAT
\$13.95

5-9 PM • Beverage Included

The Hideout Restaurant
Keys Eating at Its Finest...
Overlooking the Water

MM 103.5 • Oceanside
(Transylvania Ave. to the End)
Open 7 Days a Week - 6 AM to 2 PM
Friday Nights 5-9 PM • 305-451-0128

ON THE MAP

YOUR AD HERE

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!

COCONUT TELEGRAPH

The Conch Republic
Independently Owned Local Newspaper

Denise Malefyt
PUBLISHER
305.304.2837

www.TheConchTelegraph.com
TheConchTelegraph@gmail.com
101425 Overseas Hwy., PMB #628
Key Largo, Florida Keys 33037

Meaningful Connection

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 binge-watching 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.

Rest in Peace



Woody Woodard

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Look for the Mermaid at MM 82 Islamorada

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- \$1 off House Wines
- \$1.25 Domestic Drafts
- \$2.25 Specialty Drafts

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