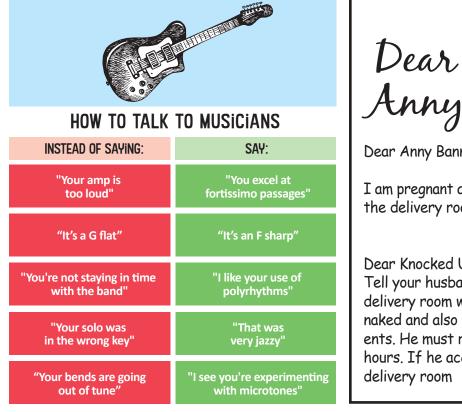
20 · The Coconut Telegraph · May 2019









MY KIDS ARE

ALWAYS ACCUSING

ME OF HAVING A



305-451-5639 · DennysAppl@yahoo.com 300 Atlantic Dr. • Key Largo, FL 33037 Quality Web design at affordable rates. Upper Keys Web Design Web Design Website

Denny diance

Ocean Side

The Conch Republic

COCONUT TELEGRAPH

Denise Malefyt

PUBLISHER

305,304,2837

www.TheConchTelegraph.com

101425 Overseas Hwy., PMB #628 Key Largo, Florida Keys 33037

Denny

heConchTelegraph@gmail.com

D.E. HARRINGTON

Owner

Omar Perez **Renovations** info@upperkevs.net **F-Commerce** 305.453.4281 Maintenance www.upperkeys.net



For those arriving to the Gilbert's party fashionably late, you can park on the main access road and take the FREE air-conditioned shuttle to and from Gilbert's on Saturdays and Sundays from noon-8pm.



Bayside Grill: Keyribbean Kooking & Kocktails open 11:30am-10pm • www.keylargo-baysidegrill.com Best Live Music Schedule in Key Largo Entertainment calendar at keylargo-baysidegrill.com

305-451-3380 • MM 99.5 Bayside, behind Cafe Largo

Personal Struggle

by Dawn Wiggins, Ed.S.

Deep personal struggle has a way of making us feel utterly alone ... even when we're not alone. Why is that?! Because I assure you, you're not meant to be alone. Your brain and body have been designed for partnership, community, and connection.

And the folks in your tribe are meant to support you in times of struggle. They make it easier to walk through. Whether it's to sit with you in grief, hear you vent for the thousandth time or pick your kids up from the car line when you can't make it - you need a community.

You're also meant to have guides. And, to be a guide for others! We all have areas of expertise we are meant to share with the world. The partnerships we share are what allows relationships and communities to survive and thrive.

So why then does personal struggle feel so heavy? Is it because it's personal? No.

It's because you're afraid. So afraid, that you fear you can not or will not overcome this strugale.

Sure, you may need a more loving and supportive community. And you probably

I love people who make me laugh. who make me think, and who make me coffee...

Not necessarily in that order.



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

need some extra guidance. But none of that will make a dent in your struggle if you don't do something productive with your fear.

I'm not knocking fear. It keeps us alive in times of danger and motivates us to take action. But if you allow your fear to tell you: You can't, then you won't. And, you will continue to feel alone and a victim to your struggle.

Want to change your life? Decide, You. Can. The fear will still be there, but you won't be its victim. And suddenly you will feel empowered. Ready to take action.

Starbucks is planning on selling beer and wine.

Apparently it's getting difficult to sell sober people a \$12 cup of coffee.