

# Places Friendly to Locals In the Upper Keys

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the Coconut Telegraph sent  
you.

**Ship Wrecks** (next to Atlantis Dive Center at MM 106) is a locals' only kind of place. The lovely bartenders Dawn and Jennifer are happy to serve you. Happy Hour is daily from 11 am to 6 pm with \$1 domestic drafts in a frozen mug. The food prices are really low and Super cook Sherrie is back in the kitchen so you know its good. This is the best place in town to swap boating stories.

Mike at the **Buzzard's Roost** tells us that their Sunday Brunch from 10:30 - 2:00 is the best deal in town. Prices start at \$10.95 and it comes with a side of fruit and free glass of champagne, mimosa or sangria.

**Snapper's** happy hour is Mon - Sat. 4 -7p.m. Get yourself some 75-cent wings, oysters or shrimp. We love the Turtle Club Radio Show on Thursdays.

**Cactus Jack's (CJ's)** has always been a local's favorite. Happy hour is Mon - Fri from 4 - 7p.m. featuring \$1.25

draft beer, \$1.50 domestic bottles and \$2.00 well and call. Try the special wings, fried mozzarella and poppers.

Next door is **Sundowner's** with a great view and Happy Hour 4 - 6. \$1.75 domestic drafts and \$2.00 well drinks.

**Senor Frijoles** has 4 - 6 Happy Hour with \$1.75 drafts and \$3.99 Margaritas. If money is no problem, try their new \$87 Margarita; it's got to be good!

**Gilbert's** at MM 108 and **Marley's** (across the bridge) have Happy Hour Mon - Fri from 4 - 7p.m. and Thursday is Local's Appreciation Day with happy hour prices all day.

**Sharkey's Pub** at 522 Caribbean Drive (a short walk down the dock from Coconut's) has Happy Hour 7 days a week. \$2 for a 20 oz domestic draft, \$2 domestic bottles, import \$2.75, well \$3, call \$3.50. Got the munchies? Try the 35-cent wings, peel and eat shrimp and fried olives. Smoked fish dip is \$4.50. There's live music every day on the dock.

# FOR SALE



**41 B Ave  
Key Largo, FL 33037**  
What a bargain! Only \$149,000. Won't last long... 3 bedrooms. Call today 305-942-1777



**84961 Old Hwy., Unit 23  
Windley Key, FL 33036**  
Ocean front trailer \$395,000. Boat docks available. Recently remodeled. Call 305-942-1777



**76 Seagate Blvd.  
Key Largo, FL 33037**  
Foreclosure / Short Sale Asking \$599,000. 45 ft dock, great location. 2 bed 2 bath up, recently remodeled. Call 305-942-1777



**999 Morris Ave 5-2  
Key Largo, FL 33037**  
Come see only \$359,900. Waterfront trailer with dock, all equipped. Like new. Call 305-942-1777



**60 Seagate Blvd.  
Key Largo, FL 33037**  
Only \$649,000. 2 bed 1 bath up, 1 bed 1 bath down. Waterfront double boat basin, also 30 ft. dock with davits. Downstairs is conforming. A steal at this price! Call 305-942-1777

**REALTOR CONCEPTS INC.**  
Foreclosure/Short Sale Expert

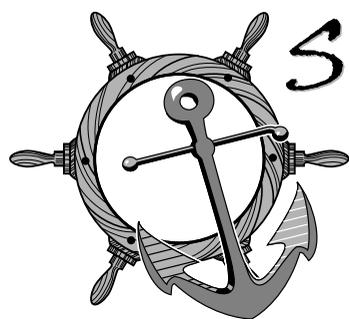
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**Miami 305.479.4263**

**FL Keys 305.942.1777**

**Fax 305.453.9319**

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## Ship Wrecks

**45 Garden Cove Drive  
MM 107 Oceanside, Key Largo**

**Open 11 am - 10 pm  
Coldest Beer in Town**

**305.453.3153**

**HAPPY HOUR  
All Day 'til 6 PM  
\$1.00 Drafts**

## Looking to buy property in the Keys?

*Free Real Estate Referral Service*  
305-453-4994 • 305-852-HELP (4357)  
fax 305-453-4998



**It's a buyer's market!**





## **HAV - AT - IT rocks**

### **The Caribbean Club**

**Saturday, July 5<sup>th</sup>, 2008**

**10:30 p.m. - 3:30 a.m.**

Provided by

# **Remedy's Health Food**

Located in the Mile Marker 101 Shopping Center

## **Simplicity Gives Good Health!**

In this time of financial challenges for many, simple free and effective things can contribute to good health. Following, you will find 5 simple rules to calm your nerves and add to your health:

**1. Get plenty of fresh air when you sleep.**

Fresh air is possibly the most underestimated health resource that is readily available to all without cost. Use it liberally and breathe deep. Sleep on the side and never on the back, which overheats the spine and leads to serious conditions.

**2. Get out of bed when you awaken.**

How tempting it is to hit that alarm clock one more time! There is an adverse effect to staying in bed. No matter how tired you feel and dragged down, get up! A second sleep dulls the mind.

**3. Take a regular shower in the morning.**

Make it short and snappy with a vigorous rubdown and end it with cold water. The exfoliation helps maintain the largest organ in the body, your skin. This will give you energy and it's a great

way to start your day.

**4. Head rub and shampoo.**

In the morning rub your head and massage your scalp. Use only organic shampoos to avoid chemical toxicity. This stimulates the circulation and maintains good health.

**5. Drink water.**

Reverse osmosis water will help you the most. Be cautious with distilled water. Any 'empty' water can act as a vacuum and rob the body of essential minerals that the body needs. If you are not thirsty, you may be dehydrated. If you are an average individual, try drinking twice the amount of water you are accustomed to drinking. You will be surprised at the improvement you will see.

Give these rules a try and enjoy better health. As always, organic is always better. Start with simple items that can carry a higher toxicity: strawberries, peaches, apples, salad items; then add one organic item monthly. Try an organic shampoo, soap and laundry detergent. You will feel the difference.



## **QUICK SALE @ \$350,000**



**3 Bedroom - 2 Bath, concrete construction, tiled throughout.**

**Keys-y Neighborhood with Oceanside Homeowners Park.**

**LEASE -or- LEASE OPTION AVAILABLE**

**Call Owner/Agent:**

**Eric Beattie: 305-451-4205**

Call Eric Beattie 451-4205 KeyLargoUS@aol.com  
KEYES FLORIDA KEYS

