

Artist of the Month F. True Lansden, M.D.



"Great art picks up where nature ends" - Marc Chagal
 "Only put off until tomorrow what you are willing to die having left undone" - Pablo Picasso
 "One can have no smaller or greater mastery than mastery of oneself" - Leonardo da Vinci

art-ist - a person whose work shows exceptional creative ability or skill who is able by virtue of imagination and talent to create works of aesthetic value.

The Coconut Telegraph is proud to have Dr. True Lansden as Artist of the Month. Dr. True, to his friends, is truly a Keys person. Growing up part-time in Ohio and part-time in Key Colony Beach he quickly developed a love of The Florida Keys. His father earned his pilot's license and bought an airplane so getting back and forth was no problem for the

family. True enjoyed sharing the responsibility of flying the family plane on many trips to and from the Marathon airport and quickly followed his father becoming the youngest licensed pilot in America at the time.

Dr. Lansden received his BS degree from Kent State University in 1976 and earned his MD from the University of Cincinnati College of Medicine in 1986. Dr. Lansden then trained as a General Surgeon at the Medical University of South Carolina and was Board Certified by the American Board of Surgery. By 1992, Dr. Lansden was training as a Plastic Surgeon at Tulane University and in 1994, he went into practice with his father, on the Mississippi Gulf Coast, who is also a Plastic Surgeon. This is where he met his wife, Lisa and she began working with him. He is a Diplomat of the American Board of Surgery and Continued on page 20...

Before and After



Amazing results, satisfied clients!

Restaurant of the Month Paradise Pub & Grill

This is the year for change and a change for the better has happened in Key Largo.

The Paradise Pub has been a landmark restaurant for many years. Gone is the beaten up cigarette burned furniture along with smoking inside (however smoking is permitted in the outside beer garden). Everything has a fresh coat of paint and a new attitude. The kitchen also got a major overhaul and it just sparkles.

"We want to appeal to a more upscale crowd," says Richard Donnelly, owner and manager. "Now if you look around you see business people stopping in for lunch or dinner."

"We have a whole new menu, the prices are reasonable and we're still open and serving food till 1 am. We are locals ourselves so we cater to the locals as well", says Bugs Vinson, owner.

Chef Fernando, formerly the chef at the Big Fish for seven years, has created a Keys style menu, dinners are all under \$20 and lunch is under \$10. The Paradise Pub and Grill was the winner of the 2008 Peoples Choice Award for the best Cheeseburger in Paradise.

Happy hour is daily from 4 to 7 with \$1.50 draft beer and various flavor chicken wings and peel and eat shrimp for only 50 cents each.

"We have live entertainment on the weekends, Karaoke with Marilee Free is a really great time on Tuesday nights," Donnelly tells us. "We fill the parking lot on Saturdays with bike night and we have a lot more events planned for the future."

If you haven't been to the Paradise Pub in a while stop in, things sure have changed.

The Paradise Pub and Grill is located at mile marker 102 Oceanside in Key Largo.



Owner's Richard Donnelly and Bugs Vinson welcome you to come in and enjoy the new and improved Paradise Pub.



Some Don't Remember Dancing

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