

Coconut Telegraph

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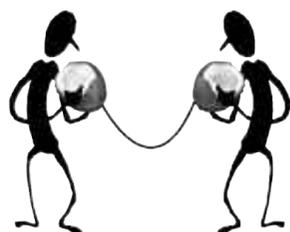
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Editorial: My Dad

My father was a very intelligent man, he was also bipolar and an alcoholic. When I got home from school he would be watching TV in his underwear, the air in the house filled with the thickness of his black mood. My bedroom closet was my sanctuary. I suffered a broken nose at his hand and constant verbal abuse till I was 17 years old and could move out. He turned into a mean horrible person when he drank and the hangovers fed his depression like gasoline feeds fire.

As a child I could do nothing but take the abuse, day after day. I'm happy to say that he quit drinking and got psychiatric help shortly after I turned 18 and he became a most excellent parent till he died at 75.

Although my childhood was less than perfect it made me what I am today. I am no longer an enabler and I don't take anyone's crap. When someone explodes at me in a drunken or bipolar rage I mentally push a button and that person evaporates right off my planet, poof!

It is not about how much you drink, its about what it does to people with that particular chemistry. These people will brow beat you until you lose it, which satisfies their need for emotional release. If you walk on eggshells around them you are enabling them as much as they are manipulating you with their insanity. Once you push that mental button that flushes them out of your head, some of them will

still not give up! These sicko's become obsessed with you because you won't play their game. It's like stalking without the leg work.

Everyone can see their behavior but them. Sooner or later, depending on their size and age, the vodka they pretend not to drink will interfere with their liver function and the rage they fail to suppress will likely cause an aneurism. In either case it is a horrible death. So, if you look around and see you have no friends or your business has a high turn over of employees, it's time to take a good look at yourself.

My dad would have been 84 today and I am happy to say that I still miss him.

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Entertainer of the Month Billy Livesay



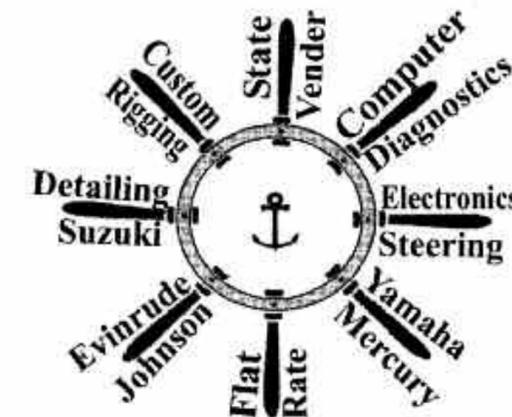
A life long South Florida native, Billy Livesay is an entertainer and singer-songwriter that made it big. He and his band "The Livesays" recently played in Key Largo at Pontune's Largopalooza. In one magnificent day there were 35 bands on four stages, but this was the guy they were all coming to see.

Billy's songs have appeared on MTV, Saving Grace, My name is Earl, One Tree Hill, King of the Hill, Robin's Hoods, Doogie Howser; major motion picture, Wrestle Maniac;

HBO movie Back to Even; NBC Movies of the week Mathew Sheppard Story, Death of a Cheerleader and Beauty's Revenge, and has publishing deals with Kid Gloves Music and Transition Music.

Billy has played with Slow Ride, Clarence Clemons and Fog Hat to name a few. If you're wondering what keeps bringing a famous guy like this back to Key Largo, it's his beautiful mother, Lila Zeigler who resides here.

For more information on Billy and 'The Livesays' visit www.billylivesay.com or billyonmyspace.com.



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