

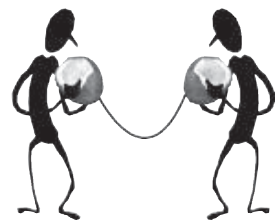
## Coconut Telegraph

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Contact Denise at  
305-304-2837  
theconchtelegraph@gmail.com



## Cast of Characters:

Editor/Sales/Distribution

**Denise Malefyt**  
305-304-2837

theconchtelegraph@gmail.com

Advertising Production

**Sue Beal**

305-451-4601

beal\_s@bellosuth.net

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## Articles

Editorial: Childhood Bullies Turn Into Adult Bullies.....	2
Things My Mother Taught Me.....	3
Deadly Facts About Water.....	4
Cute and Weatherproof from Up Your Hair.....	4
Hunk of the Month: Glenn Hoover.....	6
Adopt An Animal, Key Largo Shelter.....	6
A Horoscope Just for Us!.....	7
Art Box Artist: Jason Barth.....	8
Sounds of the Keys.....	9
Gilbert's is Taste-Testing the "Boobie".....	10
Bartender of the Month: Phil Padrick at Gilbert's.....	11
Getting from Here to There - Keys Map Page.....	12-13
Bufo Toad Season is Back.....	14
Shot Ski at Sharky's.....	14
Island Market Ribbon Cutting.....	15
Mangrove Galley: Mexican Drumsticks.....	16
Coco "Nut" Funnies.....	18-19
Key Largo Locator Map Page.....	20
Classified Ads.....	21
Daily OM: Control.....	21
Business in the Keys.....	22
Conch Characters.....	23

## Editorial: Childhood Bullies Turn Into Adult Bullies

You would think that as people get older they would mature and learn to stop the behaviors of their youth, but that isn't always the case. Adult bullying exists right here in the Keys. The goal of the adult bully is to gain power over another person and make themselves the dominant adult. Here is a list I found of different styles of adult bullies. Perhaps you know one.

**1. Narcissistic Adult Bully:** This type of adult bully is self-centered and does not share empathy with others. Additionally, there is little anxiety about consequences. He or she seems to feel good about him or herself, but in reality has a brittle narcissism that requires putting others down.

**2. Impulsive Adult Bully:** Adult bullies in this category are more spontaneous and plan their bullying out less. Even if consequences are likely, this adult bully has a hard time restraining his or her behavior. In some cases, this type of bullying may be unintentional, resulting in periods of stress, or when the bully is actually upset or concerned about something unconnected with the victim.

**3. The Physical Bully:** While adult bullying rarely turns to physical confrontation, there are, nonetheless, bullies that use physicality. In some cases, the adult bully may not actually physically harm the victim, but may use the threat of harm, or physical domination through loom-

ing. Additionally, a physical bully may damage or steal a victim's property, rather than physically confronting the victim.

**4. Verbal Adult Bully:** Words can be quite damaging. Adult bullies who use this type of tactic may start rumors about the victim, or use sarcastic or demeaning language to dominate or humiliate another person. This subtle type of bullying also has the advantage - to the bully - of being difficult to document. However, the emotional and psychological impacts of verbal bullying can be felt quite keenly and can result in reduced job performance and even depression.

**5. Secondary Adult Bully:** This is someone who does not initiate the bullying, but joins in so that he or she does not actually become a victim down the road. Secondary bullies may feel bad about what they are doing, but are more concerned about protecting themselves.

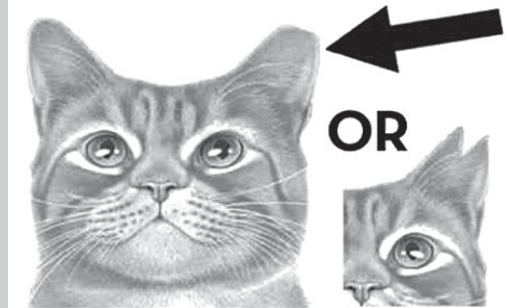
Hopefully this will help you to recognize the characteristics of a bully and realize you are not going crazy, they are the ones that are crazy. Their goal is to get you to break down and do what they want. If this happens in the work place keep a record of it. Report it to your supervisor. If you get no satisfaction go to your family physician and explain it to him or her. Talk to a lawyer.

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## Have you seen cats with ears like this?



These cats have been "ear-tipped" or "notched". This is a surgical alteration showing that a free-living cat has been spayed/neutered. It's part of TNR, which

stands for Trap, Neuter, and Return.

These cats shouldn't be re-trapped or taken to a shelter, unless sick. Instead, they should be left in their neighborhood to provide cat population control. Studies show that just by being there, they prevent other cats from moving into the area.

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## Things My Mother Taught Me...



My mother taught me to appreciate a job well done: "If you're going to kill each other, do it outside. I just finished cleaning."

My mother taught me religion: "You better pray that will come out of the carpet!"

My mother taught me about time travel: "If you don't straighten up, I'm going to knock you into the middle of next week!"

My mother taught me logic: "Because, I said so, that's why."

My mother taught me more logic: "If you fall out of that swing and break your neck, you're not going to the store with me."

My mother taught me foresight: "Make sure you wear clean underwear, in case you're in an accident."

My mother taught me irony: "Keep crying and I'll really give you something to cry about!"

My mother taught me about the science of osmosis: "Shut your mouth and eat your supper."

My mother taught me about contortionism: "Will you look at that dirt on the back of your neck?"

My mother taught me about stamina: "You'll sit there until you eat all the spinach on your plate."

My mother taught me about behavior modification: "Stop

acting like your father!"

My mother taught me about envy: "There are millions of less fortunate children in this world who don't have wonderful parents like you do."

My mother taught me about anticipation: "Just wait until your father gets home!"

My mother taught me about receiving: "You are going to get it when you get home!"

My mother taught me medical science: "If you don't stop crossing your eyes, they are going to get stuck like that."

My mother taught me E.S.P.: "Put your coat on; don't you think I know when you are cold?"

My mother taught me humor: "When that lawn mower cuts off your toes, don't come running to me."

My mother taught me how to stop time: "If you don't eat your vegetables, you'll never grow up."

My mother taught me about justice: "Someday you'll have kids, and I hope they turn out just like you!"