

The Benefits of Singing

The act of singing is one of the easiest ways of raising the vibration of your body as you harmonize with the universe.

Singing is an act of vibration. It takes music from the realm of the unformed-- whether that is in your mind or from that magical space of inspiration--and moves it from within to without.

From the first breath singing moves the energy in a circular way inside your body. As the breath fills your lungs, it brushes against the second and third chakras—the centers of creation and honoring self and others.

Instead of merely exhaling, pushing the air past the fourth and fifth chakras where heart chakra and the center of will and intention reside, singing engages both the heart and mind. Sound vibrations from vocal chords resonate in the sinus cavities, filling the head with motion and sound while the brain lights up with the processing of the mathematics of music.

This marriage of activities brings the third eye into play and opens the door for inspiration from the crown chakra before sending the sound out into the world.

Once the vibration begins, it is sustained with each note, moving throughout your body



and the space around you. This can help you to harmonize your frequency with the world and with the divine. The use of the voice can bring about catharsis, a cleansing from the expression of emotion, which is why we feel better after singing certain types of songs.

All of this occurs even if we are not conscious of what we are singing, but when we really connect with an intention, the power of the voice and music together are powerful tools in creation.

Even if you are not a singer by nature or talent, you are not left out. If you have a voice, it is your birthright to celebrate life with song. It doesn't matter if you don't feel you have a nice voice.

Chanting or humming, singing solo or with others, your voice is yours to enjoy. Whether you sing along to the radio or use vocalization as part of your meditation time, singing and harmonizing are healing activities that bring your body's vibrations into alignment with the universe.

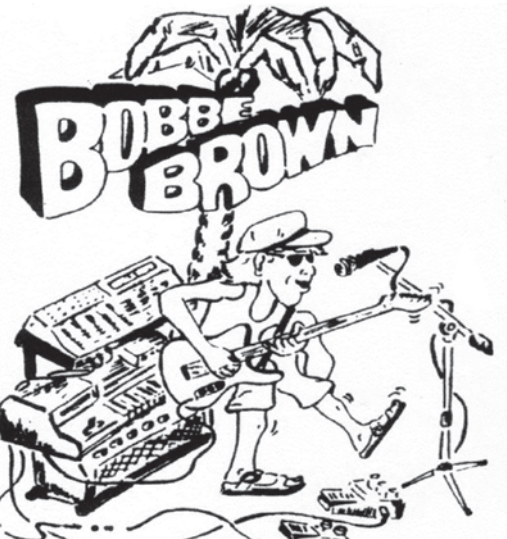
Catch Rogue Theory at Gilbert's Before They're Gone!

Rogue Theory, the hot band from Palm Beach County, will be making their last appearance for awhile at Gilbert's Resort on Saturday January 6th from 7-11pm.

Harry Bayron, the lead singer and electric fiddle player, told us that the band has been hired to work for three months in South Korea during the Winter Olympics!

Upon returning to the States, they are going to Nashville to record an album and start a nationwide tour. See them at Gilbert's before they go national!





Tues @ Gilberts
Wed @ TBA
Thurs @ Snooks
Fri @ Gilbert's (day)
Fri @ Skippers (late)
Sat @ Skippers (day)
Sat @ TBA (late)
Sun @ TBA

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Bartender of the Month: Patti DeGrange at Sharkey's and the Galley

The Coconut Telegraph is proud to feature Patti DeGrange of Sharkey's and the Galley as Bartender of the Month. Patti moved to the Keys 8 years ago from Maryland and has been serving delicious food and drinks to locals and tourists who come by Sharkey's for the great food specials and live entertainment six nights a week.

Patti loves Sharkeys because the owners Paul and Adam have created a working atmosphere where everyone is treated like family. "It is such a great feeling to work with people you respect and admire", says Patti.

And it shows, especially when Patti is working, everyone feels welcome and comfortable. After a hard day of work, nothing is as relaxing as a happy hour cocktail with Patti. She works the Shar-

keys sports bar during the days on Sunday, Monday and Tuesdays, and upstairs at the Galley on Wednesday mornings and Thursday nights. The Galley is a locals' favorite.

When Patti is not working she likes to hang out on the other side of the bar with friends, catch some sunshine by the pool, go fishing, ride a motorcycle across the country, visit with her mother Gloria and spend time with her dogs Lilly and Junior.

Recently her 10-year-old hound dog Lilly got hit by a car and required a very expensive operation to amputate her front leg. Patti was stunned when some of her friends and customers chipped in to help her pay for it. That is the kind of love, friendship and generosity you will only find at Sharkey's!



We just had to rerun this foxy photo of Patti, from Halloween 2016!

COCONUT TELEGRAPH CLASSIFIED ADS

BUYING

WE BUY COINS
No collection too large or too small. We pay cash on the spot and we offer private consultation in our location or yours.
Call Bill 305.942.0911.

Buyers agent is buying old things.
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\$10 per col. inch per month (generous 1.88 column width)
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NOW ACCEPTING APPLICATIONS FOR:

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Must be fluent in smart-ass. Questionable morals and nudity may be required. 305-YOU-KNOW-ME

NOTICE

PLEASE NOTE
AS OF JANUARY 15 ALL STAFF WILL BE REQUIRED TO ARRIVE AT WORK WITH TEETH. IF YOU DON'T HAVE THEM, PLEASE PROVIDE PROOF THAT YOU ARE GETTING SOME. THANK YOU

Coconut Telegraph Management

PERSONAL

Today I learned something new. You're supposed to pee on a jellyfish sting and not on a jelly stain. I apologize to the lady at the Waffle House. I was just trying to help.

HAVE YOU SEEN THIS BIRD?



I met this pelican by the dock at the Key Largo Fisheries. We chilled for like, 5 minutes & then without any warning he just flew away. We really hit it off. So if you see him, please let him know I miss that crazy son of a bitch. — Jeff

Classified ads will not be accepted without payment.

MUSICIANS WANTED

Amateur & seasoned musicians wanted!
The Keys Community Concert Band
begins rehearsals for its new season in the fall. If you want to participate, call 305-451-4530.

JOB OPENING

Personal Texting Assistant
I get 40-50 texts an hour. I can't handle my workload plus texting responsibilities. My phone gets too full and needs to be deleted every couple hours. This is a full time position and you must be wherever I am, because my phone is always with me. Serious inquiries only. Text me at 305-555-TEXT

VESSEL SAFETY

The USCG Auxiliary conducts vessel safety checks at Blackwater Sound Marina, MM 103.8 Bayside, every third Saturday of the month.
The Public is Welcome.
More info: 305-998-8400

CLUBS

Fraternal Order of the Eagles meets every 1st and 3rd Monday 7pm at Elks Lodge in Tavernier.

Florida Keys Orchid, Fern and Bromeliad Society meets the 3rd Thurs. of every month at Key Largo Library Comm. Room 7pm. Open to public. 305-451-3000

The Key Players, Inc. Community Theater Group needs volunteers to work behind the scenes and audition for roles!
Go to: thekeyplayers.org

FOR SALE

FORK: Mangled, 50 cents. Also selling garbage disposal, used once, needs repair. 305-555-FORK

Koala for Sale

I have a 3-year-old Koala Bear named GumNut, that I am desperately trying to find a new home for. I bought him in January figuring it would be an awesome pet that would enjoy living in my greenhouse. Sadly I was wrong. I paid \$3200 for him last May, and I am not sure what the used Koala Bear market is like in a good economy or the one we have now; so I am open to offers.

Please use some common sense before contacting me, don't be an idiot. I am not interested in trading my Koala Bear for your busted up 1980's Camero, naked pictures of your wife, or an offer to paint my garage door.
GumNut's stats:
The GOOD:
1. He is somewhat housebroken, uses a cat box most of the time.

*Actual ad from Craig's List

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