

**IF YOU WANT RESULTS - - - CALL US!
WE GET THE JOB DONE!!!**

THE WASMUND TEAM

TROPICAL REALTY OF THE FLORIDA KEYS, INC. 102901 OVERSEAS HWY., KEY LARGO 305-451-2214

We're a **Mother-Daughter Team** and we handle your real estate needs with integrity and professionalism. Let our 30+ years of combined experience work for you!

BROKER/OWNER **OWNER**

Jane: 305-451-2214 **Wendy: 305-394-1376**
CRS, GRI, Short Sale Specialist GRI

www.thewasmundteam.com
janewasmund@bellsouth.net

ON THE MAP

Open Late!

WANNABE PUB

KEY LARGO

522 Caribbean Drive • 305.453.1905

Breakfast, Lunch & Dinner **Live Music**
Featuring Fresh Local Fish **Happy Hour Every Day**
Craft Beer
Sports Headquarters

Locals' Favorite! *On the Water*

ON THE MAP

LOCAL'S FAVORITE!
Best-kept secret for over 30 years!

FRIDAY FISH FRY
ALL YOU CAN EAT
\$13.95

5-9 PM • Beverage Included

The Hideout Restaurant
Keys Eating at Its Finest...
Overlooking the Water

MM 103.5 • Oceanside
(Transylvania Ave. to the End)
Open 7 Days a Week - 6 AM to 2 PM
Friday Nights 5-9 PM • 305-451-0128

ON THE MAP

You Can Trust The Professionals at **24-HR TOWING**

WHEATON'S SERVICE CENTER
Quality Service Since 1972

**AMERICAN & FOREIGN CARS, TRUCKS
S.U.V.s, VANS, TRAILERS & R.V.s**

- Certified Mechanics
- Exhaust Systems
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- Tire Sales & Repairs
- Air Conditioning
- Coolant & Transmission Flushes
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MINOR & MAJOR REPAIRS

305-451-3500
MM 101.5 • KEY LARGO

ON THE MAP

Key Largo

In Key Largo, we navigate by Mile Markers! Look for the little green signs and mile indicators on power poles to find your way.

Legend

- U.S. Highway
- State Highway
- Boat Ramp
- Mile Marker
- Point of Interest
- Dive Site
- Dive Wreck
- Swim with Dolphins

Bayside **Oceanside**

ON THE MAP

YOUR AD HERE

RATES
KEY LARGO MAP PAGE

Vertical:
2.5" wide x 4" tall
\$125 per month

Horizontal:
4.75" wide x 3.13" tall
\$150 per month

Skyscraper:
2.5" wide x 8.25" tall
\$200 per month

Surprisingly Affordable!

The Conch Republic
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KEY LIME PIES

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FREE SAMPLES with this ad

ON THE MAP

Which is It?

Do you have confidence or self-worth?

Let's get some clarity so you can answer this question honestly. If I had a dollar for every time someone told me "I don't have low self-esteem" I could've retired years ago.

Here's the deal: being good at something gives you confidence.

That's vastly different than self-worth. Confidence develops over time as you master a skill set. Every time you learn something new, your confidence grows. The longer you do something well, the more confident you feel.

Self-worth is an entirely different animal. Self-worth is a sense of worthiness regardless of how confident you are.

For instance,
— if you lost everything that gave you confidence, would you still feel good enough?
— if you couldn't do your job or parent or walk or talk, would you still feel worthy?

Humans rely heavily on the good feeling of confidence and undervalue the importance of innate worthiness.

When we judge ourselves or others based primarily on performance, we are judging unfairly.

Remember, life is a messy, risky thing that rarely goes the way we plan.

Living in a performance-based culture undercuts self-care, relationships, and the importance of vulnerability.

by Dawn Wiggins, Ed.S.

I judge my car based on performance. I loathe judging people in that way. Meaning, if my car breaks down, it needs to be fixed so that it can do its job. But...

PEOPLE ARE NOT OBJECTS

We are not meant to be used or expected to perform flawlessly. We are beings.

With a deep abiding awareness of our meaning. But, we forget. We forget that even in our sorrow or sickness we are worthy. Even when we can't perform, we are still worthy. When we make mistakes while learning, we are still worthy.

YOU ARE WORTHY! xoxo

To the divorced, you are worthy. To the aging and decrepit, you are worthy. To the new parent who can't get their shit together, you are worthy. To the addict, you are worthy. To those of you who are terrified to be judged or honestly seen, you are worthy. To the anxious, depressed and hopeless, you are worthy.

Don't get me wrong, the world may tell you otherwise. But you don't have to believe them.

Friendship between women: A woman doesn't come home one night. The next day she tells her husband she had slept over at a girl-friend's house. The husband calls his wife's 10 best friends. None of them know anything about it.

Friendship between men: A man doesn't come home one night. The next day he tells his wife he had slept over at a friend's house. The wife calls her husband's 10 best friends. Eight of them confirm he had slept over, and two claim that he is still there.



Dawn Wiggins, Ed.S.
Licensed Marriage & Family Therapist
Boca Raton • Key Largo • Online
561- 221-5575
99353 Overseas Hwy #16
Key Largo, Florida 33037
www.dawnwigginstherapy.com

You don't have to live by the judgy standards of others. Instead, you can choose to value your existence regardless of the critical parent, relentless boss or bougie social media influences.

So what's your answer?

Do you have confidence, self-worth, both or neither? I'd love to know! If you want to know more about tapping into self-worth; I've got you. Give me a jingle or drop me a line.

Not one drop of my self-worth depends on your acceptance of me. It depends on my acceptance of myself.

WE SHOULD START REFERRING TO AGE AS LEVELS, BECAUSE "I'M AT LEVEL 88" SOUNDS WAY MORE BADASS THAN JUST BEING AN OLD PERSON.

Autocorrect makes me say things I didn't Nintendo.

YOU KNOW IT'S 2018 WHEN:

1. You accidentally enter your PIN on the microwave.
2. You haven't played solitaire with real cards in years.
3. You have a list of 15 phone numbers to reach your family of three.
4. You e-mail the person who works at the desk next to you.
5. Your reason for not staying in touch with friends and family is that they don't have e-mail addresses.
6. You pull up in your own driveway and use your cell phone to see if anyone is home to help you carry in the groceries...
7. Every commercial on television has a web site at the bottom of the screen
8. Leaving the house without your cell phone, which you didn't even have the first 20 or 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it.
10. You get up in the morning and go on line before getting your coffee
11. You start tilting your head sideways to smile. :)
12. You're reading this and recognize yourself.