

Key Largo Map Page

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www.thewasmundteam.com
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ON THE MAP

Open Late!

MARKET 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

—DAILY SPECIALS—
Breakfast Served 'til 2PM Daily

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

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**

RATES
KEY LARGO MAP PAGE

Vertical:
2.3" wide x 3.63" tall
\$125 per month

Horizontal:
4.3" wide x 2.75" tall
\$150 per month

Skyscraper:
2.3" wide x 7.5" tall
\$200 per month

Bottom Banner:
9.13" wide x 2" tall
\$225 per month

Surprisingly Affordable!

The Conch Republic
COCONUT TELEGRAPH
Independently Owned Local Newspaper

Denise Malefyt
PUBLISHER
305.304.2837

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MM 101.5 • KEY LARGO

ON THE MAP

This Space Available

Call Denise at 305-304-2837 for rates & info

Open Late!

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ON THE MAP

A Millennial Bride's Cooking Diary

MONDAY
It's fun to cook for Tyler. Today I made angel food cake. The recipe said beat 12 eggs separately. The neighbors were nice enough to loan me some extra bowls.

TUESDAY
Tyler wanted fruit salad for supper. The recipe said serve without dressing. So I didn't dress. What a surprise when Tyler brought a friend home for supper.

WEDNESDAY
A good day for rice. The recipe said wash thoroughly before steaming the rice. It seemed kinda of silly but I took a bath. I can't say it improved the rice any.

THURSDAY
Today Tyler asked for salad again. I tried a new recipe. It said prepare ingredients, then toss on a bed of lettuce one hour before serving. Which is what led up to Tyler asking me why I was roiling around in the garden.

FRIDAY
I found an easy recipe for cookies. It said put all ingredients in bowl and beat it. There must have been something wrong with this recipe. When I got back, everything was the same as when I left.



SATURDAY
Tyler did the shopping today and brought home a chicken. He asked me to dress it for Sunday (it looked so cute!). For some reason Tyler keeps counting to ten.

SUNDAY
Tyler's folks came to dinner. I wanted to serve roast. All I could find was hamburger. Suddenly I had a flash of genius. I put the hamburger in the oven and set the controls for roast. It still came out hamburger, much to my disappointment.

GOOD NIGHT DEAR DIARY
This has been a very exciting week. I am eager for tomorrow to come so I can try out a new recipe on Tyler. If we could just get a bigger oven, I would like to surprise him with chocolate moose.

Why Feelings Matter

by Dawn Wiggins, Ed.S.

One of the most common questions people ask me is, Why? Why do I have to feel the painful feelings, Dawn? What is the benefit?

Allowing the pain to surface is what it takes to heal the wound.

When you felt betrayed, abandoned, dismissed, neglected, attacked, or witness to something horrific, it HURT. And naturally, you don't want to feel that hurt again.

I know you want to heal it by doing some mental gymnastics and convincing yourself that since it happened in the past, it doesn't matter.

Well, that's bologna. When a surgeon needs to replace a hip, they cut straight to the bone. And get to the root of the matter - to spot where it HURTS. They don't do brain surgery to convince the patient the hip doesn't hurt.

Similarly, a therapist doesn't just work with thoughts (though we do work with thoughts quite a bit). We have to also go to where it HURTS to resolve the pain. By accessing the painful feelings - especially

with an empathetic witness, you can experience resolution. And who doesn't want a resolution to their pain?

Therapy without emotion is like watching a movie without the musical score. Sure, you can understand the plot, but it's not nearly as effective in telling the story.

My advice: stop asking WHY it's important to feel the painful feelings and start asking yourself why you're so against it.



Dawn Wiggins, Ed.S.
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Adopt a Key Largo Animal Shelter Pet

Meet a few of the animals who are currently available for adoption at the Key Largo Animal Shelter. If you are interested in taking one of these adorable furry friends home, stop by or call. The Shelter is located at mile marker 106 Oceanside; phone 305-451-0088.



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