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MM 101.5 • KEY LARGO

**Open Late!**



**KEY LARGO**

522 Caribbean Drive • 305.453.1905

**We are currently closed.**  
Check our facebook site (Sharkey's Pub & Galley Restaurant) for updates, and stay safe!

**This Space Available**



The Conch Republic  
**COCONUT TELEGRAPH**  
Call Denise at 305-304-2837 for rates & info

**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.

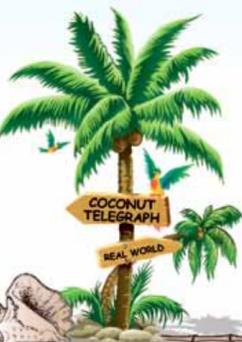


**Legend**

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

Landmarks include: Murray Nelson Government Center, Adams Cut, Pennakamp Entrance, Key Largo Public Library, African Queen Community Pool and Park, Mosquito Bank, Spiegel Grove, Benwood, French Reef, Greelan Rocks, Florida Keys National Marine Sanctuary, City of Washington, Christ Statue, Carysfort, John Pennakamp Coral Reef State Park, Garden Cove, Jewfish Creek, Barnes Sound, Little Blackwater Sound, Little Buttonwood Sound, Buttonwood Sound, Rock Harbor, Wild Bird Rehabilitation Center, Mariners Hospital, Harry Harris Park & Beach, Duane, Bibb, Alligator, North, Greelan Rocks, Florida Keys National Marine Sanctuary, City of Washington, Christ Statue, Carysfort, John Pennakamp Coral Reef State Park, Garden Cove, Jewfish Creek, Barnes Sound, Little Blackwater Sound, Little Buttonwood Sound, Buttonwood Sound, Rock Harbor, Wild Bird Rehabilitation Center, Mariners Hospital, Harry Harris Park & Beach, Duane, Bibb, Alligator, North.

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**RATES**

**KEY LARGO MAP PAGE**

Vertical:  
2.44" wide x 4.5" tall  
\$125 per month

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

Bottom Banner:  
9.75" wide x 2.75" tall  
\$225 per month

**Surprisingly Affordable!**

**High Tide Restaurant**

Delivery or take out - breakfast, lunch & dinner.  
We have food, beer, free ice, and a free dessert with orders over \$20.

LOCALLY OWNED

Temporary Hours: 6am to 4pm

305-453-2660

BREAKFAST, LUNCH & DINNER 99411 OVERSEAS HWY • FORMERLY DJ'S DINER

## How to Survive Covid19

by Dawn Wiggins, Ed.S.

We are in the great unknown. And the uncertainty of it all has got you down. The brain doesn't like uncertainty, so it defaults to predicting the worst-case scenario. Your undisciplined mind is like a drunk toddler running around with a pair of scissors. It's up to you to train your brain to do better. Here are a few tips:

### Embrace positivity

Each thought you think, and emotion you feel creates a corresponding physiological response in the body, right down to the cellular level. You probably don't notice this most of the time, but you do see it when the response is exaggerated. Like when you're speeding and see a cop, which causes your heart to start racing. Or when you get difficult news and feel queasy in your stomach. But this is actually happening all day regardless of your awareness. When you think positively (hope, gratitude, optimism, compassion), your cells become more energetic and healthier. When you think negatively (fear, resentment, blame, worry), your cells become stressed and, in some instances, damaged. Positive thinking is literally the path to staying healthy. If you have been watching the news, I encourage you to turn it off. Get your news updates from factual resources on the web or positive, trusted advisors rather than sensationalized negative news outlets.

**Eat these 5 immune-boosting veggies daily.**  
As a collective, we are too concerned with our food

tasting delicious and not doing enough to leverage the health benefits of food. Using this time to embrace and appreciate the magic in food can go a long way to support your current and future health. These five foods are part of your insurance policy against illness. You can eat them raw or lightly steamed, and I encourage you to play around with adding herbs and spices...get creative!

1. Beets
2. Celery
3. Radish
4. Zucchini
5. Broccoli

### Make crisis work for you

Check your mindset...do you tend to shut down or rise up in a crisis? During times of extreme challenge is when we get scrappy, resourceful, creative, strong, and push past our limitations. It's remarkable that as a global community, we are all experiencing the same concerns and consequences. This shared experience can lead to greater compassion, connection, and innovation...but only if we all do our part to problem solve and celebrate silver linings. What are you doing to make this crisis the most power-



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trauma most often shows up as an intense emotional reaction rather than a memory.

Whether you are suffering from anxiety, depression, or unresolved trauma, here are a couple of my fave tools for coping. Remember, repetition is critical to getting the results you are seeking.

Tapping is a powerful way to clear painful emotions. Brad Yates is my favorite tapper. Check out his youtube channel <https://www.youtube.com/user/efwizard>

My fave new meditation app which includes content for kids and adults is insighttimer.com They have a massive library of meditations to help with anxiety, stress, sleep, you name it! Your level of experience doesn't matter - insight timer will teach you how to meditate if you are a beginner.

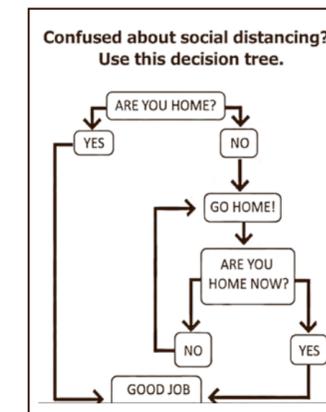
ful and transformative experience of your life?

### Use new tools to manage painful feelings

Now is the best time to commit to taking better care of yourself. And you may not know this, but if you're experiencing an extreme emotional response to Covid19, you may suffer from undiagnosed trauma. Unresolved

I believe in you and your ability to thrive through this crisis. If you feel like you need extra support, don't hesitate to reach out.

*Dawn Wiggins*



The challenges of being a Hindu God at times like this...

