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MM 101.5 • KEY LARGO

(B) ON THE MAP

Open Late!

WATNAPA PUB

KEY LARGO

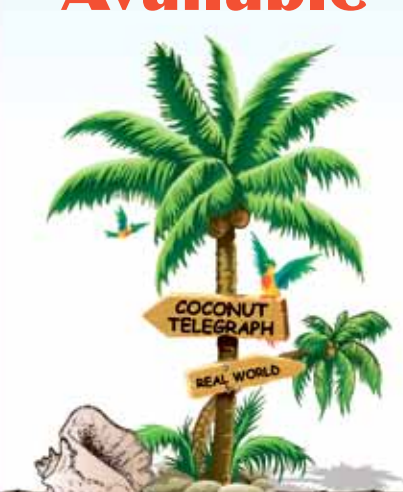
522 Caribbean Drive • 305.453.1905

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

Locals' Favorite! **On the Water**

(A) ON THE MAP

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

Regions: Little Blackwater Sound, Bayside, Oceanside

Points of Interest: Murray Nelson Government Center, Key Largo Public Library, African Queen Community Pool and Park, John Pennnekamp Coral Reef State Park, City of Washington, Christ Statue, Greecian Rocks, Florida Keys National Marine Sanctuary, Mosquito Bank, Spingel Grove, Benwood, French Reef, Alligator, Bibb, Duane, Harry Harris Park & Beach, Mariners Hospital, Wild Bird Rehabilitation Center, Sunsets Cove, Adams Cut, North The Elbow, Carysfort, Dry Rocks, Garden Cove, Heronfish Creek, Barnes Sound, Little Blackwater Sound, Little Buttonwood Sound, Buttonwood Sound, Rock Harbor, Sunsets Cove, Post Office, Key Largo Public Library, African Queen Community Pool and Park, Murray Nelson Government Center, John Pennnekamp Coral Reef State Park, City of Washington, Christ Statue, Greecian Rocks, Florida Keys National Marine Sanctuary, Mosquito Bank, Spingel Grove, Benwood, French Reef, Alligator, Bibb, Duane, Harry Harris Park & Beach, Mariners Hospital, Wild Bird Rehabilitation Center.

The Conch Republic
COCONUT TELEGRAPH

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!

This Space Available



The Conch Republic
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High Tide Restaurant

BREAKFAST UNTIL 2PM DAILY

Now serving beer & wine, and bottomless mimosas

SUN-THURS: 6 AM - 9:30 PM
FRI & SAT: 5 AM - 10 PM

LOCALLY OWNED **305-453-2660**

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

(E) ON THE MAP

Talismans

Having a talisman imbued with your intention is yet another tool you can use to assist you in your journey.

For millennia, mankind has found peace and solace in objects of significance. When cleansed and consecrated through ritual, such objects--be they gems, amulets, herbs, or written words--become talismans. A talisman is any item imbued with a specific power by its bearer to serve a specific intention. Ancient Egyptians used massive stone tablets as healing talismans while the Greeks and Romans used lead talismans to communicate with the spirit realm.

Traditionally, a talisman acts to anchor energy in the physical plane. That energy may be protective in nature or may be intended to draw abundance, wealth, or a wide variety of blessings to its user.

Often, talismans are small enough to be easily worn or carried, and they may be marked with words or symbols that the talisman's owner deems meaningful.

Creating and owning a talisman can reassure you and also serve to aide you in attracting what you want in life. You may use your talisman to help you attain health, security, or good luck. Or you may simply want to carry an object with you that will remind you of your search for soulful tranquility. In order to create a talisman, you must first determine its physical properties. This can be as innocuous as a strip of paper bearing the word "Love" and carried in a wooden box or cloth sack.

You may prefer a more visible talisman, such as a metal amulet or a gemstone worn as jewelry. Before your object becomes a talisman, however, it must be charged. This can be done by cleansing the object--with water or with incense--and holding a ritual of your own making.

Or, you can leave the object in moonlight or sunlight or bury it in the earth for a time. To preserve its effectiveness, talismans should be reconsecrated regularly.

Reprinted from DailyOM - Inspirational thoughts for a happy, healthy and fulfilling day. Register for free at www.dailyom.com

Nobody Puts Baby In A Corner
by Dawn Wiggins, Ed.S.

Ok, you know the story. Baby goes on a boring summer holiday with her family but ends up having an epic life-changing experience.

She finds her passion, she experiences love, and she stands up to her family. She risks everything she used to be to become who she wanted to be.

It's good stuff, right?!

But let's get honest, it was hard. Baby doubted herself. Her family treated her like a child. She struggled while learning to dance. She got embarrassed, felt small, and shut down more than once. She also faced BIG social issues and had to do some deep soul searching.

The truth is, we are all like Baby. Now before you go arguing with me, consider this...

If you saw your talents as inspiring as hers and if you felt desired by a hottie like Patrick Swayze, would you see how similar her story is to yours?

It's easy to quickly destroy your own triumph by comparing yourself to someone else. I know this all too well.

You see, I went through a considerable growth phase last year, and boy was it painful. And a big part of my growth was inspired by each of you. In my desire to serve you better and offer more, I had to learn, practice, fail, cry (wail if I'm honest), and soul search. It impacted my family, friends, and, ultimately, you.

Many days, I wasn't as energetic, consistent, or rational as I would've liked. And I was afraid. Afraid I would fail. Afraid I would disappoint you. And, it was hard not to compare myself to those I find inspiring and talented.

But I wasn't willing to play small. I knew it was time to grow. So I took a risk. And I grew for you and me.

I know change ruffles feathers and creates discomfort

But by the end of your epic summer in life, if you embrace your magnificence, you will steal the show and change lives...Just like Baby.

So I want you to tap into your magnificence. Stop comparing yourself to the other dancers. And remember...


"The steps aren't enough; it's a feeling."
-Patrick Swayze
Dirty Dancing



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