

Places Friendly to Locals In the Upper Keys

...Continued from page 9
the Coconut Telegraph sent
you.

Ship Wrecks (next to
Atlantis Dive Center at MM
106) is a locals' only kind of
place. The lovely bartenders
Dawn and Jennifer are happy
to serve you. Happy Hour is
daily from 11 am to 6 pm with
\$1 domestic drafts in a frozen
mug. The food prices are
really low and Super cook
Sherrie is back in the kitchen
so you know its good. This is
the best place in town to swap
boating stories.

Mike at the **Buzzard's Roost**
tells us that their Sunday
Brunch from 10:30 - 2:00 is
the best deal in town. Prices
start at \$10.95 and it comes
with a side of fruit and free
glass of champagne, mimosa or
sangria.

Snapper's happy hour is Mon -
Sat. 4 -7p.m. Get yourself
some 75-cent wings, oysters
or shrimp. We love the Turtle
Club Radio Show on Thursdays.

Cactus Jack's (CJ's) has
always been a local's favorite.
Happy hour is Mon - Fri from
4 - 7p.m. featuring \$1.25

draft beer, \$1.50 domestic
bottles and \$2.00 well and
call. Try the special wings,
fried mozzarella and poppers.

Next door is **Sundowner's**
with a great view and Happy
Hour 4 - 6. \$1.75 domestic
drafts and \$2.00 well drinks.

Senor Frijoles has 4 - 6
Happy Hour with \$1.75 drafts
and \$3.99 Margaritas. If
money is no problem, try their
new \$87 Margarita; it's got to
be good!

Gilbert's at MM 108 and
Marley's (across the bridge)
have Happy Hour Mon - Fri
from 4 - 7p.m. and Thursday is
Local's Appreciation Day with
happy hour prices all day.

Sharkey's Pub at 522
Caribbean Drive (a short walk
down the dock from
Coconut's) has Happy Hour 7
days a week. \$2 for a 20 oz
domestic draft, \$2 domestic
bottles, import \$2.75, well \$3,
call \$3.50. Got the munchies?
Try the 35-cent wings, peel
and eat shrimp and fried
olives. Smoked fish dip is
\$4.50. There's live music
every day on the dock.

FOR SALE



**41 B Ave
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What a bargain! Only \$149,000.
Won't last long... 3 bedrooms.
Call today 305-942-1777



**84961 Old Hwy., Unit 23
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Ocean front trailer \$395,000.
Boat docks available. Recently
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**76 Seagate Blvd.
Key Largo, FL 33037**
Foreclosure / Short Sale
Asking \$599,000.
45 ft dock, great location.
2 bed 2 bath up, recently
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**999 Morris Ave 5-2
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Come see only \$359,900.
Waterfront trailer with dock,
all equipped. Like new.
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1 bed 1 bath down. Waterfront
double boat basin, also
30 ft. dock with davits.
Downstairs is conforming.
A steal at this price!
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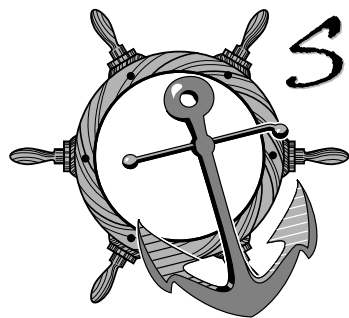
**Ask for
Jim Wilson**

Miami 305.479.4263

FL Keys 305.942.1777

Fax 305.453.9319

realtorconcepts@bellsouth.net
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Ship Wrecks

**45 Garden Cove Drive
MM 107 Oceanside, Key Largo**

**Open 11 am - 10 pm
Coldest Beer in Town**

305.453.3153

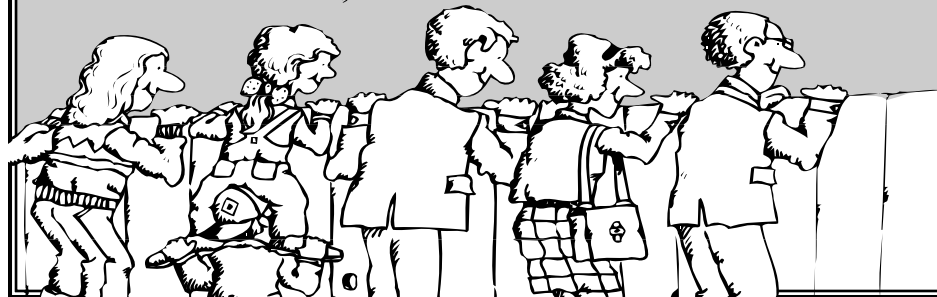
**HAPPY HOUR
All Day 'til 6 PM
\$1.00 Drafts**

Looking to buy property in the Keys?

Free Real Estate Referral Service
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It's a buyer's market!





HAV - AT - IT rocks

The Caribbean Club

Saturday, July 5th, 2008

10:30 p.m. - 3:30 a.m.

Provided by

Remedy's Health Food

Located in the Mile Marker 101 Shopping Center

Simplicity Gives Good Health!

In this time of financial challenges for many, simple free and effective things can contribute to good health. Following, you will find 5 simple rules to calm your nerves and add to your health:

1. Get plenty of fresh air when you sleep.

Fresh air is possibly the most underestimated health resource that is readily available to all without cost. Use it liberally and breathe deep. Sleep on the side and never on the back, which overheats the spine and leads to serious conditions.

2. Get out of bed when you awaken.

How tempting it is to hit that alarm clock one more time! There is an adverse effect to staying in bed. No matter how tired you feel and dragged down, get up! A second sleep dulls the mind.

3. Take a regular shower in the morning.

Make it short and snappy with a vigorous rubdown and end it with cold water. The exfoliation helps maintain the largest organ in the body, your skin. This will give you energy and it's a great

way to start your day.

4. Head rub and shampoo.

In the morning rub your head and massage your scalp. Use only organic shampoos to avoid chemical toxicity. This stimulates the circulation and maintains good health.

5. Drink water.

Reverse osmosis water will help you the most. Be cautious with distilled water. Any 'empty' water can act as a vacuum and rob the body of essential minerals that the body needs. If you are not thirsty, you may be dehydrated. If you are an average individual, try drinking twice the amount of water you are accustomed to drinking. You will be surprised at the improvement you will see.

Give these rules a try and enjoy better health. As always, organic is always better. Start with simple items that can carry a higher toxicity: strawberries, peaches, apples, salad items; then add one organic item monthly. Try an organic shampoo, soap and laundry detergent. You will feel the difference.

Eric Beattie Broker/Salesman

Local knowledge and experience on which you can count.

QUICK SALE @ \$350,000



3 Bedroom - 2 Bath, concrete construction, tiled throughout.

Keys-y Neighborhood with Oceanside Homeowners Park.

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KEYES FLORIDA KEYS**

