

**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 40+ 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

You Can Trust The Professionals at **WHEATON'S SERVICE CENTER**

Quality Service Since 1972

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

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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!

WASMUND 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

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

Buttonsound, Little Blackwater Sound, Barnes Sound, Little Buttonwood Sound, Murray Nelson Government Center, Adams Cut, John Pennekamp Coral Reef State Park, Carysfort, North Dry Rocks, The Elbow, City of Washington, Grecian Rocks, Florida Keys National Marine Sanctuary, Spiegel Grove, Benwood, Alligator, French Reef, Mosquito Bank, Harry Harris Park & Beach, Mariner's Hospital, Wild Bird Rehabilitation Center, Post Office, Key Largo Public Library, African Queen Community Pool and Park, Sunset Cove, Rock Harbor, Molasses Reef, Bibb, Dams

Oceanside

TO MIAMI TO OCEAN REEF

ON THE MAP

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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

—DAILY SPECIALS—
Breakfast Served 'til 2PM Daily

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

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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Independently Owned Local Newspaper

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Confessions of a Therapist

by Dawn Wiggins, Ed.S.



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I get Botox. And sometimes when I receive text messages or voicemails from my parents, I think, "oh no, what did I do wrong?"

Also, I lose my temper with my daughter. And, last month, my husband and I got into a three-day argument that ended like this:

Me: I noticed you got groceries today. Were we out of something?

Him: Oh YEAH. You made it explicitly clear we were out of bandaids.

Me: What? I said I was out of contact solution...did you get contact solution.

Him: Crap, I completely forgot the contact solution. Six minutes of me asking confused follow-up questions.

Me: Honey - I meant we

are out of bandaids for the problem we were fighting about (3 minutes of hysterical laughter).

Why am I telling you all of this? Because I know how easy it is to compare yourself to other people and assume you're falling short.

And in case you got it in your head that I'm not as human as the next person I wanted you to reassure you that I struggle too.

Me: There is no shame in struggling. There is no shame in imperfection.

Know where you can find heaps of shame? There is shame in comparing. Every time we make a comparison to determine if we are doing better or worse than the next gal, we are shaming them or shaming us. I promise if you lined up all of your

personal heroes and were able to see their deepest, darkest struggles; you would realize what I'm saying is true.

And all of that comparing comes from an urge to get relief from struggle and imperfection. But comparing reinforces a more profound struggle. The effort to believe that you are enough just as you are.

Each of us has a growth path (a fancy way of saying 'struggle'). Personal development won't make your life struggle free. But it will lead you down a path of personal freedom, self-acceptance, and greater love.

So this month I urge you to trade in comparison for something far more powerful. When you're feeling weak, not good enough or

lost, make a list of things you are proud of yourself for. And keep that list close to you. Add to it regularly.

This practice is the opposite of shame and will be an investment in knowing your worth.

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.

