

Coconut Telegraph

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Editorial - Are YOU Crazy?

As we enter into our fifth month in Coronaville many people are feeling the stress. Recently I went to see my doctor to renew my cholesterol medication. The nurse handed me a mental health questionnaire to fill out. The doctor explained to me that the vast majority of his patients were suffering from mental health issues due to the stress we are all under from the emotional roller coaster dubbed Covid 19. While we may never catch the virus, none of us are immune to it mentally.

For example, how many rolls of toilet paper do you have? How many do you think you really need? That is passive aggressive and hoarding crazy. You're not really hurting anyone else. No, if you threat-

en to shoot someone for their supply of TP, you have crossed the line and need a vacation to the looney bin.

It isn't nice to call a mentally ill person crazy, it is a negative connotation such as "mad." That brings to mind someone that is infuriated all the time. It's just not healthy. Whatever you say, nutty, wacky, etc., it all equals insane. Some nicer ways to say it are:

- "Not playing with a full deck"
- "A few ants shy of a picnic"
- "A few bricks short of a load"
- "Not running on all cylinders"
- "His elevator doesn't go all the way to the top"
- "He's lost his marbles"
- "This Space For Rent" (pointing to head and looking at person)

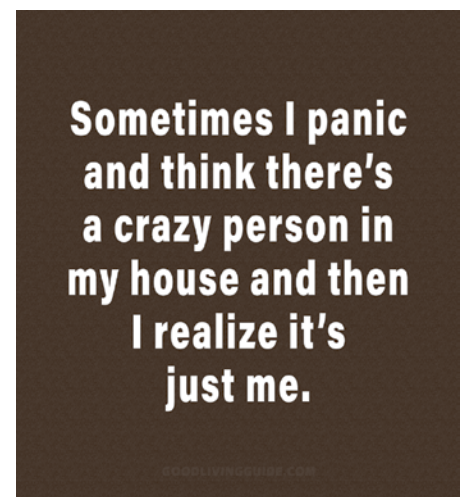
"The lights are on, but nobody's home" etc.

Symptoms of mental disorders vary depending on the type and severity of the condition. Some general symptoms that may suggest a mental illness include:

- In adults
- Confused thinking
- Long-lasting sadness or irritability
- Extremely high and low moods
- Excessive fear, worry, or anxiety
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations (seeing or hearing things that are not really there)
- Increasing inability to

- cope with daily problems and activities
- Thoughts of suicide
- Denial of obvious problems
- Many unexplained physical problems
- Abuse of drugs and/or alcohol

24 Hour Help Hotline in the Upper Keys is 305-434-7660, press 8. You are not alone.



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Living and Working in the Florida Keys for Over 25 years!

BAY VIEWS!	UNDER CONTRACT	UNDER CONTRACT	UNDER CONTRACT
1642 Churchill Downs <i>GOOD VIBES and VIEWS! VIEWS! VIEWS!</i> Oversized canal-front home perfect for family compound. Sigh and kiss your worries goodbye! Seeing is believing. Adams Cut LoKation for easy boating Bay or Oceanside! \$995,000	100961 Overseas Highway <i>SUBURBAN COMMERCIAL</i> property on nearly 1/4 acre of land located on US1 in the X-Zone. This is a great price with lots of potential!!!!. \$309,000	30 Orange Drive <i>DREAMING OF THE KEYS LIFE?</i> Solidly built bungalow with newly remodeled kitchen and impact windows is ready for you, all you need is a bathing suit and toothbrush. New permitted roof in process! Lokated in the X-Zone. \$289,000	982 Oleander Road <i>WELCOME HOME!</i> Concrete 3/2 ground level home w/bonus room. tastefully renovated w/ new kitchen and baths. Brand new impact windows in 2020. Fenced yard, ample parking on a quiet street, close to schools, shopping and park. \$369,000
	UNDER CONTRACT		
6 Rose Avenue <i>Spacious home on large corner lot!</i> Open floor plan with separate laundry room. Huge bonus - a concrete, full-car garage. Located in a family neighborhood close to schools, shopping, restaurants and easy commute to Miami. \$249,000	445 Lime Drive <i>GREAT FAMILY HOME!</i> Concrete home in the X-Zone. Convenient location close to schools, shopping, Parks, restaurants and easy mainland access. Spacious with open concept floor plan. \$365,000	27 Avenue A <i>SELLER SAYS "SELL IT!"</i> Nice home with lovely kitchen and newer appliances. Enjoy the good life in the screened Florida room with spacious newer hot-tub. Fully Fenced. Neighborhood park with beach, 2 boat ramps, pavilion and picnic area. Possible seller financing!!! \$224,000	40 Transylvania Ave <i>Concrete bunker!</i> Delightful family home located in the X-Zone. Nearly 1/4 acre, fully fenced and situated on two low maintenance open lots! County says lot can be separated and build-able. Move-in condition. New roof in 2019. \$428,000

LOTS & LAND: 209 La Paloma Rd
Build Your Dream Home! Canal front lot in desirable Neighborhood. Easy commute to Miami. Applied for Permit. \$339,000

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