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MM 101.5 • KEY LARGO

ON THE MAP

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ON THE MAP

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The Conch Republic
COCONUT TELEGRAPH
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MM102.5 OCEANSIDE • WWW.KLISHELL.COM

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

Landmarks include: Murray Nelson Government Center, Adams Cut, Pennakamp Entrance, Key Largo Public Library, African Queen Community Pool and Park, Greckan Rocks, Florida Keys National Marine Sanctuary, John Pennakamp Coral Reef State Park, City of Washington, Christ Statue, The Elbow, North Dry Rocks, Carysfort, Greckan Rocks, Florida Keys National Marine Sanctuary, Mosquito Bank, Spiegel Grove, Benwood, French Reef, Alligator, North, Oceanside, Harry Harris Park & Beach, Duane, Bibb, Molasses Reef, Mariners Hospital, Wild Bird Rehabilitation Center, Bay Breeze, Buttons Sound, Rock Harbor, Sunsets Cove, Post Office, Key Largo, Adams Cut, Pennakamp Entrance, Key Largo Public Library, African Queen Community Pool and Park, Greckan Rocks, Florida Keys National Marine Sanctuary, John Pennakamp Coral Reef State Park, City of Washington, Christ Statue, The Elbow, North Dry Rocks, Carysfort, Greckan Rocks, Florida Keys National Marine Sanctuary, Mosquito Bank, Spiegel Grove, Benwood, French Reef, Alligator, North, Oceanside, Harry Harris Park & Beach, Duane, Bibb, Molasses Reef, 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:
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Bottom Banner:
9.75" wide x 2.75" tall
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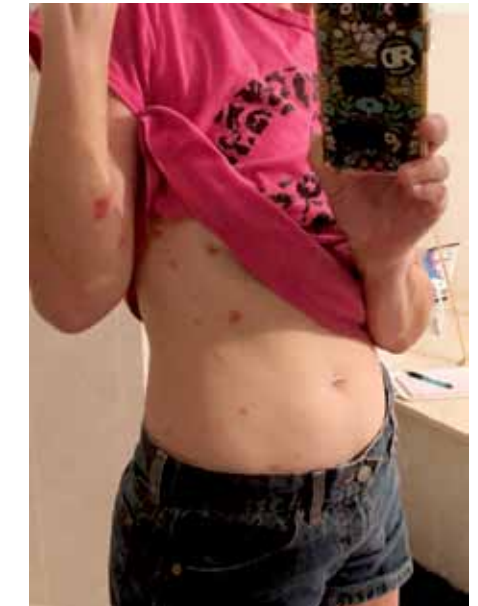
LOCALLY OWNED

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

ON THE MAP

Creating Centipede Awareness

Snakes, Spiders, Scorpions & Killer Centipedes... We've Got It All! by Marilee Free



(Disclaimer: Don't read this article before eating or at bedtime. This is the stuff that nightmares are made of!)

The mockingbird vs centipede: While moving coral rock boulders in my yard I noticed a creepy looking caterpillar scrambling for safety, and a mockingbird passing by noticed it too. I stepped back and let nature take its course as the mockingbird pecked it to death. It was not a quick death, but finally, down into the belly of the bird went the centipede. I remember thinking how tough that bird must be to eat that toxic caterpillar. But I never dreamed a bite to a human could be so bad.

Have you ever been doing yardwork and "OUCH! What was that?" I have an area in the back of my yard that I call "No Man's Land." The trees are randomly planted, making it difficult to walk through. There is a coral rock barrier that marks off this unused space in my small yard. One day I started moving the boulders to the edge of the property line. I probably had not raked the area in a year. While filling trash cans with leaves and tree debris, I felt something sting my left arm. I thought I'd stirred up a nest of fire ants. That evening there were 3 good sized welts

on my lower left arm. By evening my arm was on FIRE with an intense pain like I had never felt before. I took an Epsom salt bath, dumping the crystals of salt on my now badly scratched forearm with open oozing sores.

The next day I felt like I was poisoned, I felt so ill. My right ear was infected shut, it felt like I was under water and I could hear fluid inside my head but could not get it to drain. Having a strong will and a lot of work to do, I pushed through the intense feelings of pain and toxicity. I was running on pure adrenaline. The bite happened on a weekend and I remember thinking, I need to go to Keys Dermatology and see Dr. Deedee asap. By the next day the rash had spread to my left torso, from my armpit to my hipbone. Not just any rash, open sores oozing puss that itched like the worst hell. Usually, I'm pretty tough, definitely, NOT a hypochondriac, but this was

the worst I have ever felt in my life.

When I called Keys Dermatology for an appointment on Monday, February 22nd, I was told there were none available until March 2nd. After practically begging to be seen, I booked the appointment and asked to be called if there were any cancellations. I should have gone to the emergency room or urgent care but dreaded the thought. I had to go to work; I put it off.

Tuesday and Wednesday are my days to work at Island Treasures, at MM100 Bayside.



and felt nauseated. Right back to bed, it was my fourth night of horrible sleep, waking up with blood under my fingernails from scratching in my sleep. That morning, I reached out to my Florida Keys Food Tours boss, Sheryl Rose. Saturday a tour of 9 was booked but I COULD NOT do that tour.

That morning got in touch with Dr. Mahoney's office, who said to get here as soon as you can. When she saw how torn up I was, she was aghast. I told her of my pain, could it be poisonwood? Shingles? I didn't think it could all be from fire ants. She suggested that I got bit by something, and the poison had traveled through my bloodstream. She wrote scripts for antibiotics, an ointment for staph infection and a Shingles RX, just in case.

Friday, I told her I was not feeling any better and she administered Prednisone. Finally, some relief from my suffering.

Finally, Monday 3/2, my long-awaited appointment with Dr. Deedee had come. She spoke with calming words of confidence and wisdom as she examined my open sores. She recommended a shot of cortisone and prescribed a tub of cortisone cream that was like body butter on my skin. The one-day turn around after seeing her was outstanding! I finally felt like I had rejoined the living from my zombie-like, flesh-eating centipede encounter.

Thinking wow, "I survived a pandemic, but a centipede ALMOST killed me." The lesson learned from this is: DO NOT WAIT to get medical help if you suspect that you have gotten bit by a centipede, snake, spider, or scorpion. IMMEDIATELY get an anti-venom to counteract the poison traveling through your bloodstream. Your body will push the toxins out of your pores and you will be in misery, take it from me, Marilee Free.

I wrapped my left arm with a loose-fitting paper towel and painter's tape at my elbow and wrist to cover my oozing sores. Unable to wear a bra, because of the welts that covered my left torso, I gathered my wits and went to work. I had tried everything, alcohol, Epsom salt, Tecnu Poison Ivy & Oak Scrub and Anti-Itch Spray, Bactine Spray with Lidocaine, Caladryl, even diluted bleach (DO NOT USE BLEACH ON SKIN, EVER!!) Nothing helped, the rash of painful pustules spread to my right leg, right wrist area and was still spreading on my side and stomach.