



Calendar of Events

Friday April 17th
Proclamation of Secession Snappers, MM 94 at 3 pm. Join dignitaries, politicians, & friends, as the Northernmost Territories of the Conch Republic is formed. 852-5956

Northernmost Territories Flag Raising and kick off party at Sundowners, 6pm: cabinet installation, music and dancing with drink specials. 451-4502

Saturday April 18th
“Is Your Pet a Conch?” contest begins, Keys Kritters Pet Store. 451-2627

ConchFest: Conch Specials with wine and rum pairings from around the world tonite and for the entire week at Bayside Grille. 451-3880

Corvette Cruisin’ at Largo Cargo, MM 103, 4-8pm: entertainment, food and beverages. 451-4242

Keys Cajun Secession Celebration, 6pm-10pm at Rib Daddy’s. MM102.5 - food, fun and live Cajun music in the garden. 451-0900

Sunday April 19th
“Start the Day the Conch Republic Way” Breakfast specials at Key Largo Conch House 7am-noon. 453-4844

“Anything that Floats” Race from the Caribbean Club to Sundowners. Awards at Sundowners, registration party at Caribbean Club, time TBA. 451-4502

Monday, April 20th
Conch Lovers Feast at Key Largo Conch House, Conch Appetizer, Soup & Entree \$29 PP 5-9 pm. 453-4844

Tuesday April 21st
Conch Fritter Eating Contest at Encore Restaurant, MM 102.4, 6pm. 451-0650

Wednesday April 22
Conch Republic Bed Races Meeting, pole placement and pre-race party at Coconuts, 5pm live music, dancing, drink specials. 453-9794

Conch Republic Progressive Dinner: wine and dine as we transport you for a 5-course conchalicious Keys-themed menu. 6:30pm. Sue Finney 394-3736

Thursday April 23rd
Opening night of the **Conch Republic Texas Hold’em Contest** aboard Sun Cruz Casino 6:30pm. Holiday Inn 451-0000

Snappers Turtle Club Prices rolled back to 1982 thru Sunday. 852-5956

King and Queen Contest Registration at Snappers. Sign up and get complimentary accessories for your Royal attire. **Jimmy Buffett Impersonator Contest.** Snappers, MM94, 7:30pm. 852-5956

Friday the 24th
Texas Hold’em Contest continues on SunCruz.

King and Queen Conch Crowning of the royal couple at Snappers, 8pm. 852-5956

Saturday April 25th
Conch Republic Underwater Treasure Hunt at Slate’s Atlantis Dive Center, 8:30am. 451-3020

By Land or Sea Conch Poker Run, 11 am. Event begins at Sundowners, MM104. 394-3736

“Is Your Pet a Conch?” contest finals at Keys Kritters Pet Store, 11am. 451-2627

Conch Republic Music Festival at Shipwrecks from 3pm until you drop. 453-3153

Conch Republic Bed Races at Coconuts, 5pm 453-9794

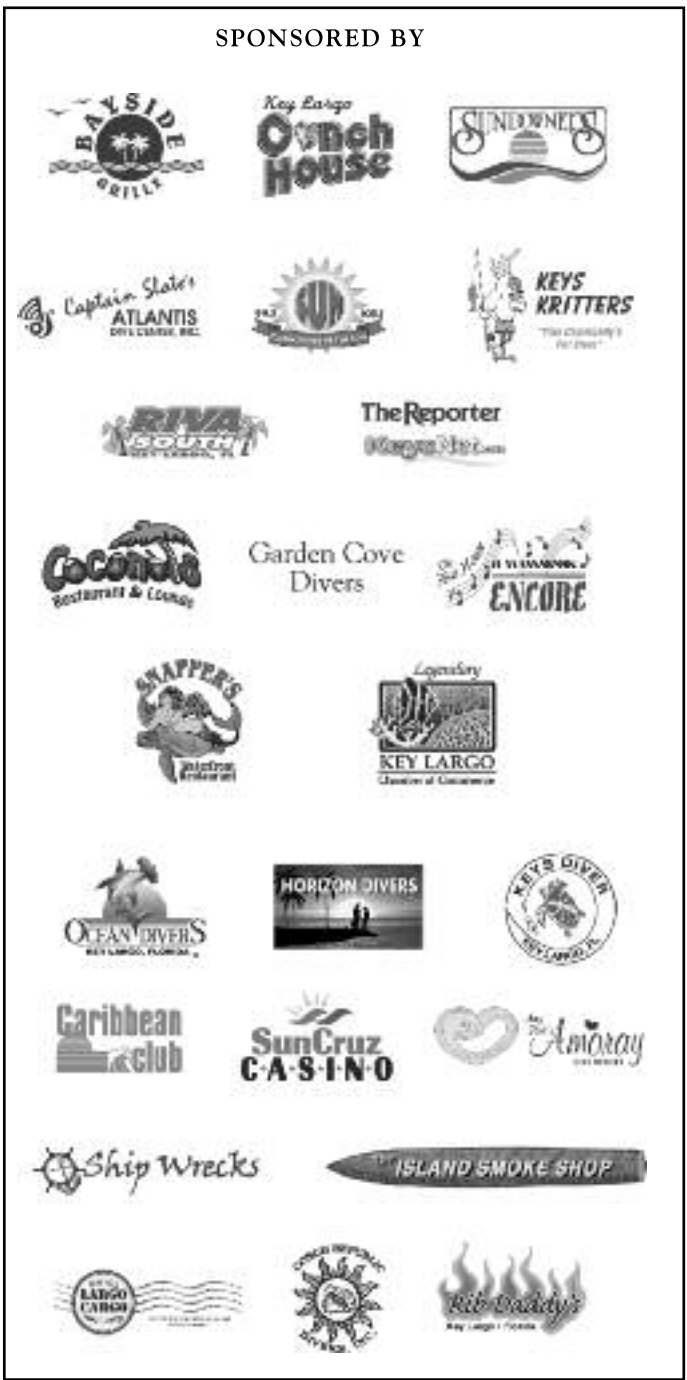
Conch Cruiser Car Classic at Snappers, 5pm Awards at 7:30pm, live music, dancing. Contact Mark Mills 852-9085

Sunday April 26th
“Start the Day the Conch Republic Way” Breakfast specials at Key Largo Conch House 7am-noon 453-4844


Closing Ceremonies at Snappers starting at 3pm, **Conch Shell Blowing Contest**, **Key Lime Pie Eating Contest** followed by the **Ceremonial Destruction of the Jewish Creek Bridge**, live music dancing and drink specials. **Treasure Hunt Awards.** 852-5956

- Daily & Nightly Events
- Contest, Games & Prizes
- Great Music & Food
- Drink Specials
- Fun for Everyone

Friday
April 17th
THRU
Sunday
April 26th




Go to the website or ask the participating sponsors for event details!



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In this world of stress and over-extension we find ourselves working more hours and under greater stress. How can we compensate and rectify the effects on our body and mind? Following are a few practical suggestions on how to not only feel more energetic, but have greater clarity of thinking.

1. Feed Your Body
During these difficult economic times the first thing that goes is our nutrition. Even though the majority of us understand what we should eat the reality is that other aspects of our life can take control and our nutrition can and will suffer greatly. Take thirty seconds a day and think about your diet: Am I eating enough vegetables, fruit and protein? Is my intake of water sufficient? Is the food that I am taking in counterproductive to my health progress? In answering these question you can honestly you can have a firm foundation in which to build your energy levels.

2. Refresh and Restore Your Body
There is little if no doubt that sleep deprivation has become the norm in our society. In the 1800’s people went to bed with the sunset and awakened with the sunrise. To day the average American gets only 6.8 hours sleep during the week and 7.4 on the weekend. If you are having difficulty sleeping here are a few suggestions:

- A relaxation response can be initiated with simply taking seven or eight slow deep breaths. Breathe in through your nose slowly, count to four. Hold the breath count to three, and exhale as slowly as you are able through pursed lips, counting to eight.
- Take a mental vacation. Visualize the colors, feel the sun on your face, listen to the birds. Your mind can only think of one thing at a time, why not make it a pleasant thought so as to relax the mind.
- Be realistic about what is causing your sleep deprivation. Is the reality a realistic expectation in you mind? Is it really as bad as it could be or are our fear-based stress a productive use of our mental capacity? This will relax the mind and give you permission to sleep.
- If you still have difficulty sleeping try some natural remedies. Valerian, Hops, L-Theanine, Jamaican Dogwood, Rhodiola Rosea, Melatonin, etc. These need to be the best quality that you can obtain, simply for the fact that there are many low-quality supplements on the market, your health and sleep is worth more that a corporation trying to save a few dollars.

3. Rebalance Your Body
Get moving, your body was made to be on the move. Try Pilates or go to the gym. Get outside and breath some fresh air or get our on the boat and in the water. Go play golf or tennis, at the end of the day feel that you have a sense of accomplishment. This will refresh the mind and create a need for the body to rest. Try taking a high quality multi vitamin, one without a ton of additive. Stay away from supplementation that has toxic minerals. As a whole any nationally advertised supplement will contain things like food coloring or aluminum or titanium. If you are trying to improve your health you may want to think seriously about the long-term consequences of such items.

In short, be proactive about getting more energy. Look at your food, supplementation, sleep and any other aspect that can contribute to your well being. Come see us at Remedy’s and we will do all we can to assist you.