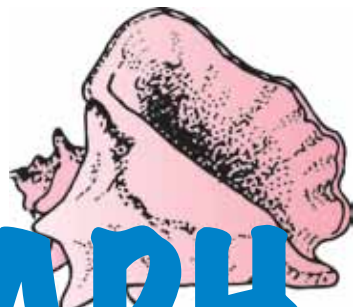


# The Conch Republic COCONUT TELEGRAPH

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Banks and Bands Win Honors  
The Karma Diet

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Missing Our Old Habits:  
Enduring Discomfort  
Coco-Nut Funnies  
Conch Characters



Nicole Nolan in Big Coppitt tubes. These are rainwater tubes that were set up to keep the water off of the bridges. Now people use a swim board and ride through them like a water slide! Photo courtesy of Nicole Nolan.



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### Coconut Telegraph

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## Editorial: Key Largo Cat Killer!

There are cats reported missing in the Key Largo Trailer Village. I was in the neighborhood having dinner at a friend's house when she told me that her healthy 5-year-old cat had been missing for several days. We talked as she hung her laundry out to dry in her back yard and we noticed the neighbor had a trap that they use to trap feral cats. Could this be a coincidence, we wondered?

Not long afterward we heard of another family on the next street losing their cat. Neither of these cats were turned in to either humane society and neither of the cats returned to their loving homes. There is nothing legally that can be done unless this person is caught in the act. We strongly recommend that if you live in the neighborhood around 1st

and 2nd Court that you keep your cats inside. There is a sicko on the loose.

Experts say that people who are cruel to animals are more likely to engage in criminal activity, are dangerous to other people and prone to domestic violence. They are control freaks.

It is not a crime to trap animals but it is a crime to kill them and is punishable with up to a \$10,000 fine according to Florida statutes.

If you see something suspicious, call Marsha at the Key Largo Animal Shelter 305-451-0088.

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# Bartender of the Month and Artist of the Month: Jim Nunez at Sharkey's Pub

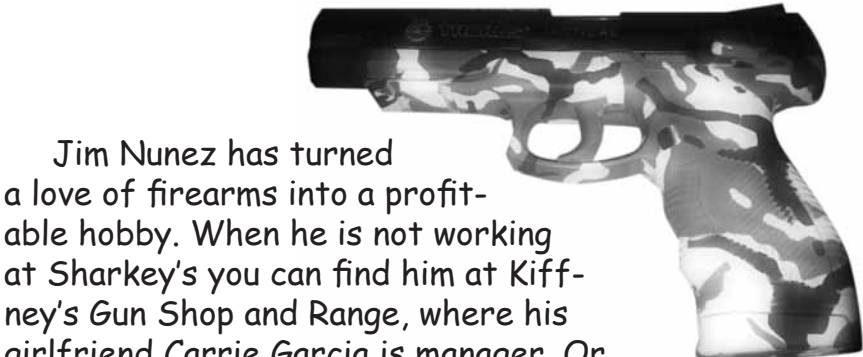
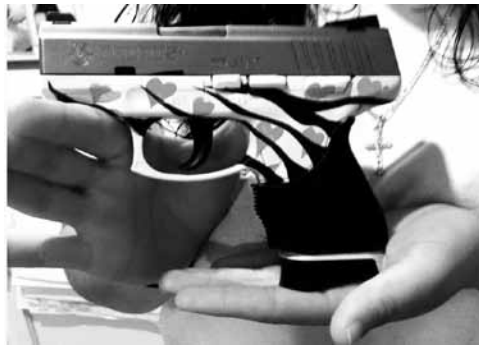


In our five-and-a-half years of publishing the Coconut Telegraph, no other bartender has come as highly recommended as Sharkey's Jim Nunez. Paul and Adam, owners of Sharkey's Pub and the Galley Family Restaurant love him, the servers and fellow bartenders love him, the customers love him and so does the Coconut Telegraph!

This hard working, dependable and super-friendly bartender was raised in Miami and moved to the Keys 3 years ago to work at the Pilot House Restaurant after graduating from the ABC Bartenders School. However, it was at the Pilot House Restaurant and Tiki Bar where he got his real training. "I was trained by the best," he tells us. "I learned from Bush and D.J. (both former Coconut Telegraph Bartender's of the Month), it is all because of them that I am where I am at today and I can't thank them enough," says Jim.

Two years ago Sharkey's owners Adam and Paul had a rare opening for a bartender and offered it to Jim who quickly became their star bartender.

Jim recommends Sharkey's for their fabulous happy hour and entertainment. Monday groove to the tunes of Alan Truesdell and his sidekick Rocket, and it is also Burger Monday with \$5 burgers your way including fries. Tuesday is Mike Mitzner solo; Wednesday and Saturday they have house band Stereo Underground; Thursday is Colbert the Band and also "Thirsty Thursday" with \$2.25 Budwieser Selects; Friday they have Steve Venini, and Sunday afternoons Ted Hyde is back with the talented, lovely and versatile Vivianne. Happy hour is daily from 4 to 7 where you can enjoy \$2.25 draft beer, \$3.50 well drinks, and \$3.00 house wine. Come hungry and take advantage of the happy hour munchies such as 50 cent wings, 50 cent peel-and-eat shrimp, \$1 sliders and fish dip for \$5. Jim exclaims, "We have the best fish tacos in town and don't forget we are on the water, so you can wave to the Key Largo Princess Glass Bottom boat and various dive and snorkel boats as they cruise by."

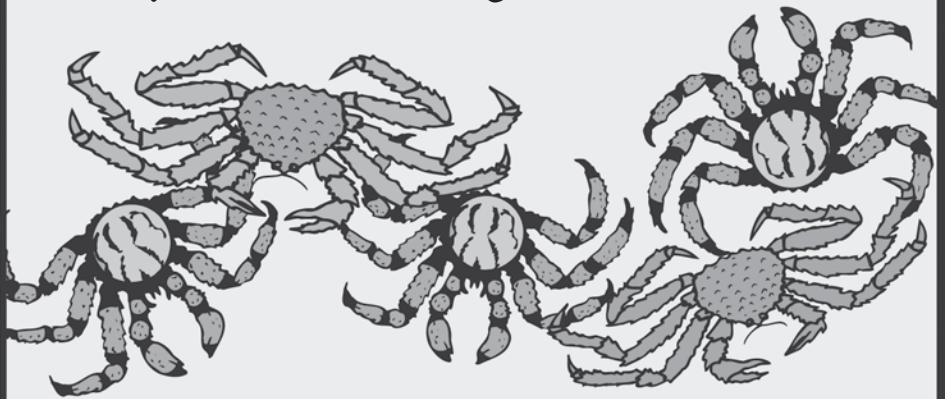


Jim Nunez has turned a love of firearms into a profitable hobby. When he is not working at Sharkey's you can find him at Kiffney's Gun Shop and Range, where his girlfriend Carrie Garcia is manager. Or he might be at home working on custom wood finishes for firearms that they showcase and sell at Kiffney's. Jim's unique, one-of-a-kind collectors pieces sell really fast, so we asked Kiffney's to provide us with some photographs.



For more information, stop by Sharkey's and see Jim.

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# Help Chef Peter

Encore's Chef, Peter Tselikis, was diagnosed with a rare FTL mutation of Leukemia. In order to fight this condition, Peter must undergo a stem cell transplant.

Miraculously, Peter's brother, who resides in Greece, is a match and will be the donor.

Peter's family, friends and co-workers are asking the Keys community for support in helping with some of the medical expenses.

For more info, or to donate, call Michelle at the Fish House 451-4665.



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27. The REGS & Eclipse 1-9pm Kim Bankston during Band Breaks	28. Colbert 12-5 pm, David Bowman during Band Breaks Jammmin' with the Steve Venini Band 6-10pm	29. Luke 1-5 pm T.J. Karaoke 6-10	30. Allen Truesdell 1-3:30 pm and 6 - 8:30 pm	31. Luke Sommer Glenn 1-5 pm Kevin Hurley 6 - 10pm	01. David Bowman 2-6 pm THE REGS 7-11	02. Luke & Dave 2-6 EGO 7-11
3. Colbert 2-7 Kim Bankston during Band Breaks	4. David Bowman 1-5 pm Jammmin' with the Steve Venini Band 6-10	5. Luke 1-3:30pm T.J. Karaoke 6-10	6. Allen Truesdell 1-3:30 pm and 6 - 8:30 pm	7. John McKinna 1-3:30pm Kevin Hurley 6 - 8:30pm	8. David Bowman 2-6 pm Core Brothers 7-11	9. Luke & Dave 2-6 Stalking Mildred 7-11
10. Eclipse 2-7 Kim Bankston during Band Breaks	11. David Bowman 1-5 pm Jammmin' with the Steve Venini Band 6-10	12. Luke 1-5 pm T.J. Karaoke 6-10	13. Allen Truesdell 1-3:30 pm and 6 - 8:30 pm	14. Luke Sommer Glenn 1-5 pm Kevin Hurley 6 - 10pm	.David Bowman 2-6 pm The X's 7-11	16. Luke & Dave 2-6 Whipping Post 7-11
17. Father's Day Mr. Nice Guy 2-7 Kim Bankston during Band Breaks	18. David Bowman 1-5 pm Jammmin' with the Steve Venini Band 6-10	19. Luke 1-5 pm T.J. Karaoke 6-10	20. Allen Truesdell 1-3:30 pm and 6 - 8:30 pm	21. John McKinna 1-5 pm Kevin Hurley 6 - 10pm	22. David Bowman 2-6 pm Gypsy Road Band 7-11	23. Luke & Dave 2-6 Travler Band 7-11
24. The REGS 2-7pm Kim Bankston during Band Breaks	25. David Bowman 1-5 pm Jammmin' with the Steve Venini Band 6-10	26. Luke 1-5 pm T.J. Karaoke 6-10	27. Allen Truesdell 1-3:30 pm and 6 - 8:30 pm	28. Luke Sommer Glenn 1-5 pm Kevin Hurley 6 - 10pm	29. David Bowman 2-6 pm Colbert-the-Band 7-11	30. Luke & Dave 2-6 No Restriction 7-11

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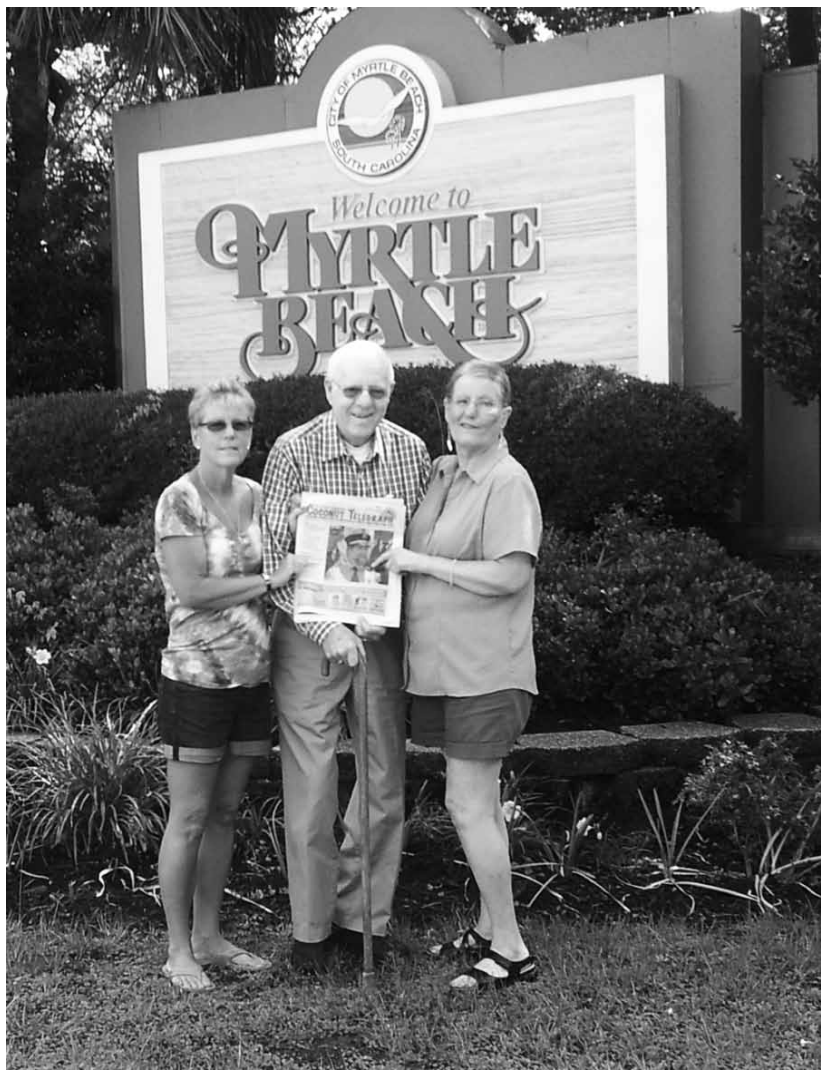
# Mark Stanton Joins Centennial Bank Lending Team

Centennial Bank is pleased to welcome Mark Stanton to the commercial lending team. Mark joins as a Vice President and Commercial Loan Officer. "We are very excited to have Mark join our Centennial family," said Michael Carrigan, Executive Vice President/Senior Lender, South Florida. "He comes to us as a career banker with many years of lending experience, the last decade in Key West. Mark will be a great asset to the bank and a terrific resource for our commercial customers."

Currently Treasurer for Monroe Association for Remarkable Citizens, when asked what he likes best about Centennial Bank, Mark smiled, "It's nice to be at a bank that is so clearly dedicated to helping the community."

Originally from Pittsfield, MA, Stanton graduated from Roger Williams University in Bristol, RI with a BS in Management and a minor in Economics and holds certifications in commercial lending from Mortgage Bankers Association of America, Massachusetts Bankers Association School of Commercial Lending and Robert Morris Associates OMEGA. Stanton joins Centennial Bank following 11 years in commercial lending at the former TiB (now Capital) Bank.

Centennial Bank, a HomeBancshares (NASDAQ: HOMB) company, is a full-service financial institution with branches throughout Arkansas and Florida. For more information, please visit [www.my100bank.com](http://www.my100bank.com).



Anita Clark visiting family in Myrtle Beach with the Coconut Telegraph

# Good News for Keys Music Lovers

If you love the kind of music usually found only in big city concert halls, rejoice. There is cause for celebration from the Lower Keys to the Upper Keys! The Florida Keys Concert Association announces an impressive six-concert offering for 2013, at a great price of \$85 for all six concerts, making the cost of each individual show about \$14!

The program begins Jan. 21-22, 2013 with the Dukes of Dixieland (who have sold out the Hollywood Bowl), followed by the world-famous Glenn Miller Orchestra on Jan. 28-29. For those without season tickets, seats for the first two concerts are \$40 each. The last four concerts include Opera Highlights, acclaimed pianist Fred Moyer, the highly-regarded Jupiter String Quartet, and The Philadelphia Virtuoso Chamber Orchestra on March 16 and 18, at \$25 each.

All shows begin at 7:30 p.m. In the Middle Keys, the Dukes and Glenn Miller will be held in the auditorium at Marathon High School on Sombrero Beach Road. The last four concerts will be at San Pablo Church, 122nd Street - Ocean in Marathon. In the Upper Keys, all six shows will be in the auditorium at Island Community Church, MM 83.3 Bayside.

To purchase your season ticket, send a check for \$85 (\$135 for Middle Keys Preferred Seating Tickets) to FKCA Middle Keys Series, PO Box 522636, Marathon, FL 33052-2636 or to FKCA, Upper Keys Series, PO Box 2066, Islamorada, FL 33036. Tickets will be mailed in late December or held at the door for pick up before the concerts. Any adult with tickets may bring their children, under 18, free, pending seating availability.

For more details, visit [www.floridakeysconcerts.com](http://www.floridakeysconcerts.com). Tickets for the Middle Keys, contact [brdarone@yahoo.com](mailto:brdarone@yahoo.com) or Lou at 305-743-4171; Upper Keys, [upperkeysconcerts@gmail.com](mailto:upperkeysconcerts@gmail.com), or Joyce at 305-461-0665.



The Dukes of Dixieland

# First State Bank Honored by Mariners Hospital Foundation



First State Bank Senior Vice President Bette Brown (center) accepts a plaque on behalf of First State Bank of the Florida Keys in recognition of the Bank's historic support of Mariners Hospital Foundation. She is flanked by Mariners Hospital Vice President and Chief Executive Officer Rick Freeburg, and Mariners Hospital Foundation Director of Development Wendy Gentes.

First State Bank of the Florida Keys has been inducted into the Mariners Hospital Foundation Pillar Society honoring over a decade of philanthropic support.

"We are pleased to recognize the long-term philanthropic support that First State Bank of the Florida Keys has provided to the Mariners Hospital Foundation and welcome them to the Pillar Society," said Rick Freeburg, Mariners Hospital Vice President & CEO.

"We are humbled and honored to be recognized for our support of the great work of the Mariners Hospital Foundation and proud to join other local business leaders as a member of the prestigious Pillar Society," said Karen Sharp, First State Bank of the Florida Keys President & Chief Executive Officer.

Mariners Hospital Foundation, celebrating its 50th Anniversary, strives to improve the health and well-being of individuals, and to promote the sanctity and preservation of life in the South Florida and Upper Keys communities. Mariners is committed to maintaining the highest standards of clinical and service excellence, rooted in the utmost integrity and moral practice.

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# Entertainer of the Month: “JC” Costello

James Costello, known as “JC” around town, is a welcome addition to many stages. He describes himself as an amateur, in the classic sense of doing it for the love of playing.

JC got his first harmonica in 1957, while on the road with his family in the Carolinas. At a roadside stop, the 6-year-old boy was admiring the gleaming harmonicas in a display case, when his dad took notice and bought him one.

When they got back in the car, JC was surprised to learn his dad could play. Driving along, he played folk songs and old standards like Old Sussanna and Camptown Races. He could even play hands free while driving, using his tongue to define the notes!

JC started studying trumpet at nine and became quite accomplished. He played for 20 years. Music scholarships in trumpet and euphonium (baritone) helped pay for his college expenses. He played with marching bands, symphonies and orchestras, and was often called for studio work on radio jingles and TV commercials in his hometown of Winter Haven, and in Lakeland, Florida.

Since it's it easier to carry around a harmonica than a trumpet, JC packed the harps and was always ready for an opportunity to play. He was introduced to the blues at the Florida Folk Festival, where for many years he found opportunities to play with a number of wonderful musicians in a number of genres - folk, country, bluegrass and of course, blues.

JC considers himself lucky to have the great joy of sitting in with a va-

riety of stellar musicians. In the early days, he joined Sonny Terry and Brownie McGee at Stuckey's Saloon in Lakeland, Florida. JC's wife recalls a very colorful old blues man named Spigot Plummer who had JC join him at an after-hours club in Pittsburgh.

JC came to Keys in 1986 and promptly met Lenore Troia. (Dave Feder was playing backup for Lenore at the time!) JC still plays with both of them, and has recorded with Lenore.

He was honored to join Toronto's original blues legend Michael Pickett on several occasions when he visited the Keys over the last 5-6 years.

Most recently, JC was called upon to play backup behind Lisa Gutkin at Bayjam 18.

He has been invited to the stage many times by local favorites Dave Feder and Jimmy Hawkins. Other local bands/players include Felix the Catt and Baga Tricks, Raiford Starke, several of Jimmy McGuire's bands, Steve Miller, Dana Collins, Steve Venini, Tyler Everett, Rick Arra, Doug Demming and Tommy Lee Cook.



JC invites Coconut Telegraph readers to come and enjoy the Sunday night jam at the Caribbean Club, hosted by Jimmy Hawkins, where JC frequently performs.

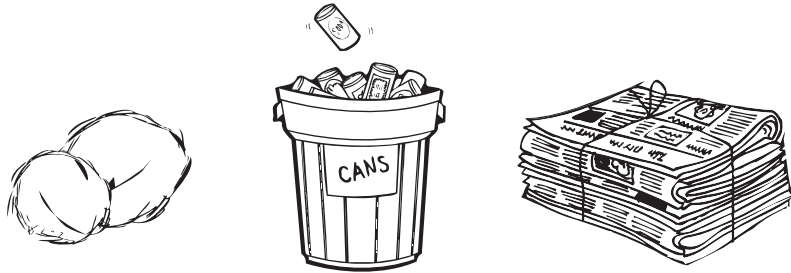
## Bobbe Brown is back!

He's available for private parties.

Catch him Fridays and Sundays at Coconuts.

For bookings call 305-360-1127

## WHAT DO COCONUTS, ALUMINUM CANS & NEWSPAPERS HAVE IN COMMON?



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Uncirculated copies of the Coconut Telegraph are given to the Humane Society each month.

## Missing Our Old Habits: Enduring Discomfort

Sometimes when we break a habit or addiction we find ourselves missing it like a dear friend.

Whenever we make the effort to free ourselves of an addiction or a habit we no longer need, we are often surprised to find ourselves missing the old pattern as we would a familiar friend. This sounds counterintuitive, because we think we should instinctively gravitate toward that which is good for us. And yet, it makes a lot of sense when you consider that we humans are creatures of habit. This is why we gravitate to people and places—and patterns of behavior--that make us feel comfortable.

Therefore, many of the habits we form are not conscious and are based instead on learned behavior from role models who were not always making the healthiest decisions.

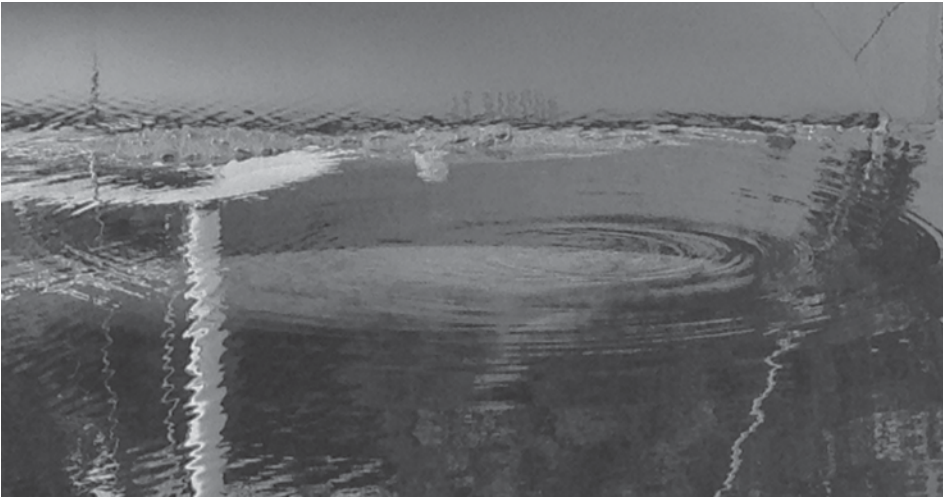
Most addictions begin as a way of avoiding feelings that are extremely uncomfortable, so it makes sense that stopping the addiction means, for a time, a fair amount of discomfort. The same, of course, is true of habits that we have developed over time that we are ready to release. Just knowing that this is hard, and having compassion for ourselves as we work through this process, can help us to stay the course when we feel the urge to backtrack.

It's also helpful to remember that in time we will establish new, healthier patterns, and the yearning for

the old ones will disappear. Eventually, we will instinctively reach for things that are good for us, and the longing for positive change may form the basis of a new habit.

The only way to get to this new place is to endure a time of difficulty, which is a challenge we can confidently handle, if we remember that it will lead to the change we seek in our lives.

Our bodies, hearts, and minds always need time to adjust to a new way of doing things, but they will adapt, and even become our allies, if we remain true to our vision of a new way.



Ok, we admit it's hard to see, but in this photo a croc is hanging out with a manatee! Photo by Kim Sikora, taken at MM105.5 in Stillwright Point.

## On the LOOK-Out for Real Estate Agents!

If you would like to GET PAID WHAT YOU'RE WORTH - we have 90% and 100% plans for the Realtor who is interested in joining our team. Great Key Largo location.

Call for more information.

Ask for Buddy Natase - 954-856-8181.

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## WING IT - MM 102.3 Bayside

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Visit our new location next to Largo Honda

### DOING THE MOST GOOD™

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## Check Out These Beaches in the Keys

### UPPER KEYS

**Gilbert's Resort**, MM 107.9 Key Largo 305-451-1133 Small sandy beach, pool, tiki bar and restaurant.

**John Pennekamp State Park**, MM 102.5 Key Largo 305-451-1621. Beach, aquarium, boat rentals, diving and snorkeling trips available.

**Harry Harris Park and Beach**, MM 92.5 Tavernier 305-852-7161 Sandy beach, bathrooms, picnic areas, fishing and swimming.

**Islamorada Founder's Park**, MM 86.5. Open to the public. Beach & amenities. Includes pool, dog park, restrooms, and picnic benches.

**Postcard Inn at Holiday Isle**, MM 84.5 Islamorada Beach and amenities open to the public, watersports, marina, tiki bar and restrooms.

**Library Park and Beach**, MM 81.5 behind the Islamorada Public Library. Playground equipment, picnic benches and sandy beach.

**Matecumbe Public Beach**, MM 73.5 Islamorada Large stretch of beach for shallow swimming. No restrooms.

**Anne's Beach**, MM 72.5 free. Oceanfront nature boardwalk, picnic tables and bathroom.

### MIDDLE KEYS

**Sombrero Beach**, MM 50 Marathon 305-292-4650 This beachfront park is maintained by the city of Marathon. Covered picnic tables, playground, restrooms & protected cove for kids.

**Little Duck Key Beach**, MM 39 Marathon Located just south of the 7 Mile Bridge. Restrooms and picnic areas.

### LOWER KEYS

**Bahia Honda State Park**, MM 37 305-872-2353 Named one of the top 10 beaches in North America.

### KEY WEST

**Higgs Memorial Beach**, Key West Near the south end of White Street. A pier, swimming, and free tennis courts across the street.

**C.B. Harvey Rest Beach Park** (next to Higgs Beach), Beach is about 300 yards long and provides picnic areas.

**Fort Zachary Taylor State Park**, 305-292-6713 What the locals call "the best beach in Key West". Picnic or fish.

**Smathers Beach**, sandy beach, picnic, restroom, volleyball, and watersports.

**South Beach**, at the end of Duval Street. Beach, picnic tables & bathroom facilities.

## Hunks of the Month

### All Keys ComputerGuys

Jack Buccellato (L) & Chris Muller (R) of All Keys ComputerGuy, at the Big Chill.

Shirts by T-Toons

## 24 HOUR EMERGENCY SERVICE

### Compassionate Health Care for Your Animal Friends

**Geoff Bailey, DVM**

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Digital Radiology, Endoscopy and Laboratory Diagnostics  
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~ House Calls Available ~  
Appointments 6 Days a Week

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First Thursday of each month to support our local animal rescues:  
[www.animalcareclinickeylargo.com/yappy.html](http://www.animalcareclinickeylargo.com/yappy.html)

Office hours:  
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Saturday 8-1  
**305 453-0044**  
MM100.6  
Bayside • Key Largo



# BUYING



*Your*

- U.S. & World Coins
- Gold & Silver Jewelry
- Paper Money
- Stamps
- U.S. Silver Coins Before 1965

*Worth the drive!*  
3 miles south of Airport off Lejeune Road

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## GABLES COIN & STAMP

44 years in Coral Gables

NEW LOCATION:

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**FREE PARKING • NO ENTRANCE FEE**

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*Luxurious 75' Key Largo Princess II*  
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The **"ONLY"** Glass Bottom Boat With A Full Cocktail & Snack Bar.

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**Monday—Friday**  
from 4-6pm • at the bar

Check us out!  
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on Facebook

Fresh Seafood, Island Favorites  
-and-  
**Cold Beer, a Great Selection of Wine and a Full Liquor Bar!**

**NEW ENTERTAINMENT:**  
Fridays: Kenny Channels 7-10pm  
Saturdays: Brenda Star 6-9pm  
Sunday Brunch: Brenda Star 12pm-3pm

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Over 20 Years Experience

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Waterfront dining with the best view downtown!

It's BACK!!! - PRIME RIB DINNER ONLY \$18.95  
WISHING ALL YOU WONDERFUL, SUPPORTIVE DADS A  
**HAPPY FATHER'S DAY! SUNDAY, JUNE 17TH**

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 **FREE FAMOUS TUESDAY TACO...**  
**5PM - 7PM EVERY TUESDAY**  
GAME NIGHT STARTING AT 9PM

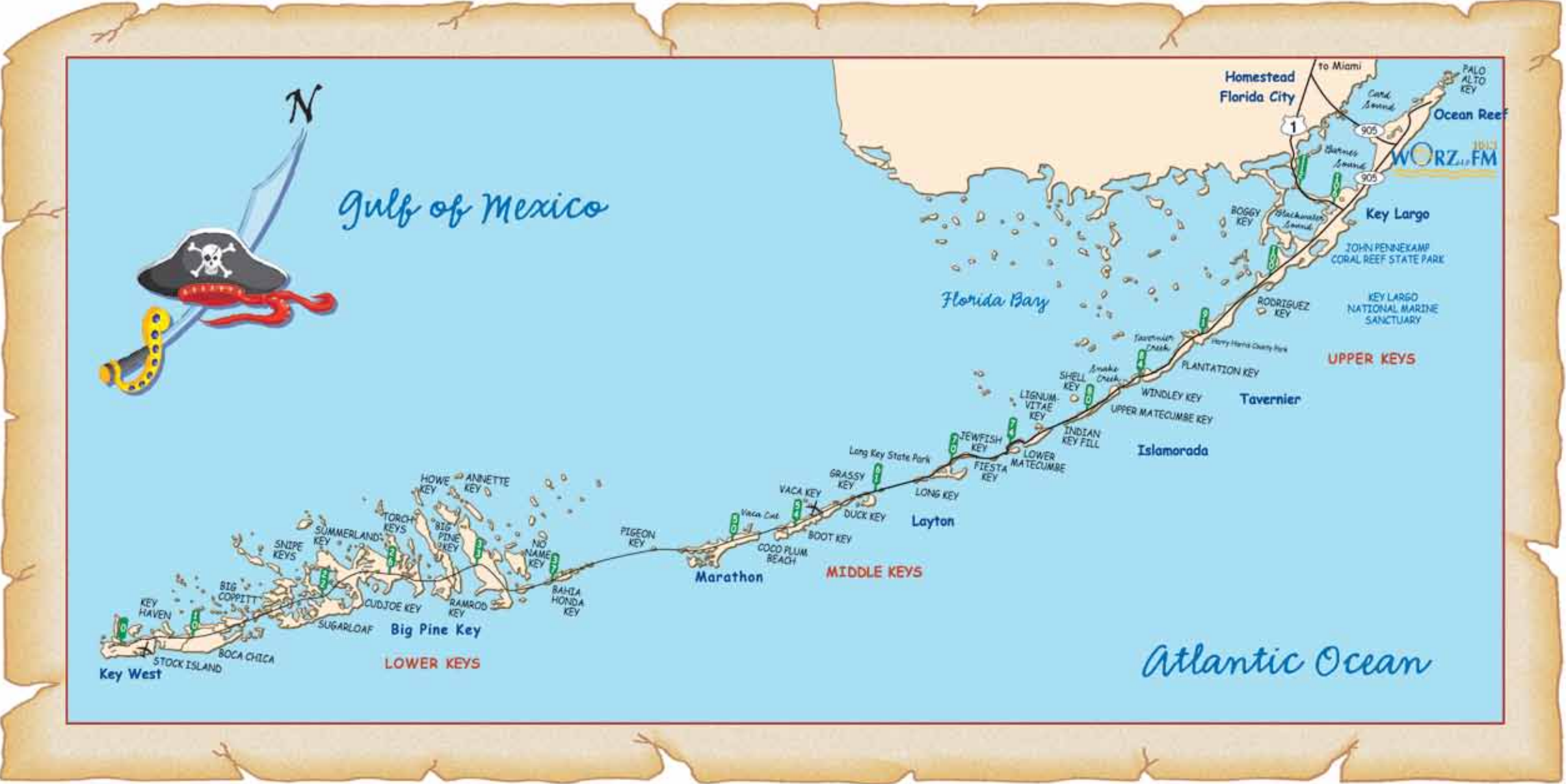
**THANK YOU LOCAL ANGLERS**  
FOR ANOTHER SPECTACULAR TURNOUT  
FOR THE COCONUTS DOLPHIN TOURNAMENT  
(THANK YOU ALSO TO THE MANY PARTICIPATING FISH!)

**THURSDAY NIGHTS IS DJ AUDIO JUNKIE**  
DANCE TO HOUSE MUSIC OR  
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*Your*

- U.S. & World Coins
- Gold & Silver Jewelry
- Paper Money
- Stamps
- U.S. Silver Coins Before 1965

*Worth the drive!*  
3 miles south of Airport off Lejeune Road

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NEW LOCATION:

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2 Hour Cruises • 10 AM • 1 PM • 4 PM

**25% OFF** with this coupon at ticket purchase

PURCHASE YOUR TICKETS IN THE UNIQUE GIFT SHOP LOCATED IN THE HOLIDAY INN LOBBY

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At Holiday Inn Docks • MM 100

**Toll Free • 1-877-648-8129 • Local • 305-451-4655**

**FREE PARKING • NO ENTRANCE FEE**

Check us out!  
The Buzzards Roost  
on Facebook


## Happy Hour

**Monday—Friday**  
from 4-6pm • at the bar

Fresh Seafood, Island Favorites  
-and-  
**Cold Beer, a Great Selection of Wine and a Full Liquor Bar!**

**NEW ENTERTAINMENT:**  
Fridays: Kenny Channels 7-10pm  
Saturdays: Brenda Star 6-9pm  
Sunday Brunch: Brenda Star 12pm-3pm

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# happy Father's day

June 17th

## Enchanted Sea Crystals



### Natural Sea Salt Potpourri


Perhaps you have noticed that your feeling of well being is intensified in pure mountain air, or at the seashore, or after a thunderstorm. This is due to the higher concentration of negative ions in these surroundings. Objects that release negative ions are believed to purify air and promote good health.

Enchanted Sea Crystals are pure ionic sea salt crystals, solar evaporated from the clear blue waters of the Caribbean Sea; colored in rich hues and infused with pure oils to provide lasting fragrance. The fragrance from the crystals is as strong as candles, yet it is safe to your health and environment.

Enchanted Sea Crystals will retain their fragrance up to three months (without adding more fragrance oil) depending on the environmental conditions of the room. Direct sunlight and strong air exposure will cause the fragrance oils to evaporate faster but will not affect the ionic value.

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in Tradewinds Plaza • Plaza Bldg. Ocean Reef  
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**DISTRIBUTORS WANTED!!**

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Clinic Announces New Board Officers



New officers. (L-R) President, Jill Miranda Bake; Vice President, Brett Ekblom; Secretary and Treasurer, Claudia Stober.

The Good Health Clinic board of directors is pleased to announce the new officers that will serve on the Executive Committee for the fiscal year of 2012. Jill Miranda Baker, Manager, Medical Staff Services at Mariners Hospital will preside, Brett Ekblom, owner of Native Construction has been elected as Vice President, with Claudia Stober, President and Owner of Horizon Mortgage serving as the Secretary/Treasurer.

The board also consists of: patient advocate, Dan Cole of Key Largo Real Estate; David DeHaas of DeHaas Consulting; Dr. Bob Foley of the Upper Keys Animal Hospital; Cheryl Meads of the Meads Family Foundation; and Shawn Tolley of Tolley and Davis CPA firm.

The Good Health Clinic, a not-for-profit organization, is the only free health care facility in Monroe County that provides free medical services to qualified uninsured low income families residing in the Upper Keys. The clinic is funded in part by Baptist Health South Florida, Health Foundation of South Florida, Monroe County Board of Commissioners and the Human Services Advisory Council.

The clinic also relies heavily on corporate and individual donations and grants throughout the year in order to continue to provide free services to the community.

Centennial Bank's Jennifer Hawkins Completes MCSO Citizens Police Academy

Centennial Bank congratulates Jennifer Hawkins for completing the Monroe County Sheriff's Office First Annual Citizens Police Academy. Ms. Hawkins, Branch Manager of Centennial Bank Key Largo participated in the seven week program designed to give citizens a better understanding of law enforcement in Monroe County. Sessions included traffic stops, drug dogs, a jail tour, fingerprinting, building searches and talking to members of Special Teams like SWAT team and Bomb Squad. Ms. Hawkins was one of 16 people in the Plantation Key class.



Jennifer Hawkins holds the certificate she earned by completing the First Annual Monroe County Sheriff's Office Citizens Police Academy.

## Tina has Moved!!



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See Tina at **Linda Lee's Hairport**  
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451-3455

Band Honors Young Musicians



Young musicians receive awards at May concert. Photo: Donna Dietrich

Our community is growing young musicians! At its final concert of the 2011-2012 season, the Keys Community Concert Band honored the local music students who participated in the annual Young Musicians' Concert. Conducted by Coral Shores Bandmaster Robert Sax, band members and students presented an entertaining program of concert band music.

The Young Musicians' Concert was supported by the Hurlburt Family Foundation, with additional funding from the First State Bank. Students who rehearsed with the Band and performed in the final concert received either a metronome/tuner or gift card for musical supplies.

Participants in the Young Musicians' Program included the following: Key Largo Schools: Seamus Dougherty, Destiny Ruiz, Braeden Barnhill, Savannah Hernandez, Amber Nelson, Julie Polston, Janet Polston, Julia Talamo, Luis DeLaFuente, Oscar Flores, Hannah Vinney, Katarina Wronka. Plantation Key School: Billy Butler. Coral Shores High School: Josh Paquette, Taylor McDaniel, Nyan Feder, Chelsea Penne, Alex Vinney, Jesus Mora, Ryan Raines, Zak Wronka

"Pops in the Park" is funded, in part, by a grant from the Monroe County Tourist Development Council, administered by the Florida Keys Council of the Arts.

The Keys Community Concert Band begins rehearsals for the 2012-2013 season in November. Musicians of any age who can play at a high school level are welcome to join. For more information, follow the Band on Facebook or call Susan Bazin at 451-4530.



## Keys-Style Restaurant & Sports Grill

REAL PEOPLE - GREAT FOOD - GOOD TIMES!



**HAPPY HOUR**  
4 to 7 every day

**LIVE MUSIC**  
on the patio  
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**BURGER MONDAYS**  
\$5 burger & fries, your way!



**LOCALS' SUNRISE SPECIAL**  
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\$10 BUD BUCKETS

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**LOCALS' FAVORITE**

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**DAILY SPECIALS**  
Wednesday - Live Music 5:30 - 8:00  
Friday - All You Can Eat Fish (fried, grilled or blackened)  
Saturday - Prime Rib

**HAPPY HOUR**  
Every Day 4 to 6pm featuring... \$1 Drafts  
Pitcher and Wings Special • Beef or Chicken Sliders  
**OPEN 11 AM to 10 PM EVERY DAY**



# The Karma Diet



Things change once you reach middle age. Remember the days when you could party all night like a rock star and get up the next day and do it all over again and never gain an ounce? Those days are gone forever. With middle age comes the "middle age spread". You wake up one day and your hair has turned gray, there are wrinkles around your eyes, you've grown a mustache and you look in the mirror and the zombie apocalypse has stolen your body and replaced it with a bad year blimp. You are buying bigger clothes and rationalize it all in the name of comfort. People finally begin to appreciate you for your brain. You eat whatever you want and all you

want and 20 minutes later your body wants a nap. Could you be eating your way to being a diabetic? Diabetics have to take medication. Medication is expensive. Now you are going to have to pay the price to get healthy again.

So I called Nutrisystem. For about \$350 a month they will mail you a crate of not so tasty prepackaged meals. After 3 months of that, I just gained the few pounds I'd lost back and then some. Almost \$1,000 is out the window and you feel doomed to be a miserable fat failure for the rest of your life.

Then... along comes the HCG diet. HCG stands for Chorionic Gonadotropin, a hormone present in both men and women, but which is produced in great amounts in pregnant females. In non-pregnant people research shows increases the metabolism similar to a pregnant female. It originally came in drops or injections that you got from a doctor. It is now available at GNC in a capsule form which is also recommended that you take under the care of a physician. People all over town are losing weight fast but will they stay off once you stop taking the hormone?

A friend of mine has been losing weight with a brand new product that is made from raspberry ketone, she says it curbs her appetite so she eats much less. "Raspberry ketone, or RK, may stimulate the production of adiponectin, a hormone found in fatty tissue that improves our ability to metabolize fat", says Dr. Oz. My friend is experiencing significant weight loss with this product, she lost 10 lbs in a little over a week. The company that distributes it is so new that they don't even have a website finished yet. The product comes in a small convenient spray bottle, about the size of a lip gloss. You simply spray it into your mouth 6 times, just 20 minutes before eating a regular meal. The company also produces two other products that are also sprays, one is a B-12 instant energy spray and the other is a sleep aid spray. Very affordable. I was so excited about this product that I ordered a batch. If you are interested in trying this product send me an email at damislandgirl@yahoo.com, please include your phone number. What have you got to lose?



Centennial Bank receives the Coconut Telegraph award for Excellent Community Service. Pic (L to R) Stephanie Scuderi and Jennifer Hawkins.

# The Art Box

100650 Overseas

With

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## Key Largo Pack & Ship

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**NEW!**  
MELISSA&DOUG  
SUNNY PATCH  
COLLECTION  
JUST IN! BUY 2  
GET 1 FREE!

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- \* .29 cent color copies

# Conch Characters



The newly restored African Queen arrives at the Pilot House for a dinner cruise.



The fabulous Ego Band at Gilbert's Resort on Mother's Day



Reinhard and Karina, owners of Gilbert's Resort



Check it out! Key Largo Chocolates - something for everyone.



Carol and Pete Schinella at Gilbert's Resort



Rent this for \$250 an hour at the Big Chill.



Colbert the Band at Sharkey's Pub



Candidates: Rick Ramsey for Sheriff and Catherine Vogel for State Attorney with friends and supporters.



Some Dance To Remember  
Some Dance To Forget



Some Don't Remember Dancing

THE ORIGINAL  
**FULL MOON PARTY**  
SATURDAY  
**JUN. 2<sup>ND</sup>**  
TUESDAY  
**JULY 3<sup>RD</sup>**  
LIVE ENTERTAINMENT  
ON THE BEACH  
FROM 9 'TIL -?-  
\$ 30 entry fee for Pierre's  
(LIMITED SPACE — ARRIVE EARLY!)

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PARADE • ABC CIRCUS • FIREWORKS  
BONFIRES ON THE BEACH • BBQ SPECIALS  
BACARDI DRINK SPECIALS

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**Beach Front Cafe**  
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\$ 15 cover charge  
21 and up

Dear Anny Bannanny,

I really love your column and respect your opinion but a few months ago there was an article in the Coconut Telegraph about douchebags and I know that it was written about me. I am also the crack head and lousy bartender you wrote about. Why don't you find someone else to pick on? You can take your column and newspaper and stick it where the sun don't shine!

Yours Truly,  
Douchebag Crackhead

Dear Douchebag Crackhead,

The douchebag article you are talking about was printed in the January 2012 issue of the Coconut Telegraph and was written by published author Ed Carbone, who moonlights as a bartender to support his writing habit. Anny Bannanny has had several calls wanting to know exactly whom that article was about. Unfortunately you are not the only one that thinks everything in this newspaper is all about you. That article was a compilation of characters that Mr. Carbone has known over the years as a bartender, it is not about just one individual. Perhaps if you took a break from your crack habit and got out of your drug-induced stupor, you might begin to realize that the world does not revolve around just you. However, to quote my famous Granny Bannanny, "If the douchebag fits, wear it!" Start with your head.

Sincerely,  
Anny Bannanny

June 2012 • The Coconut Telegraph • 19

**Centennial Bank's  
Mark Todaro  
Promoted,  
Recognized With  
Chairman's Award**

Centennial Bank is pleased to announce Mark Todaro's promotion to Vice President, Commercial Lending Officer. Mark Todaro is also a recipient of the first annual Home BancShares Chairman's Award, in recognition of his leadership and organized, proactive management style.

"Mark's commitment to his customers - combined with his dedication and resolve - exemplifies what make Centennial Bank a true community bank," said Teresa Condas, President, Centennial Bank, South Florida.

Mark was also recognized this year by the Community Foundation of the Florida Keys as an Unsung Hero for his work with 'Be the Change.' He is a past president of that organization. Mark is currently the president of the board of directors for Samuel's House, and is also involved with Kids Come First and Dancing Classrooms.

Mark has been a committee member for the Key West Chamber Golf Tournament since the event's inception in 2005. When he's not volunteering with these organizations, Mark can usually be found grilling under a Centennial Bank tent.

Originally from Michigan, Mark graduated from Michigan State University in 1979 with a degree in Business Management and has been a resident of Key West since 1998. Mark's daughter, Elise Filbrandt teaches math at Key West High School and her husband, Jordan, works with the Mel Fisher Museum.

Centennial Bank, a HomeBancshares (NASDAQ: HOMB) company, is a full-service financial institution with branches throughout Arkansas and Florida. For more information, please visit [www.my100bank.com](http://www.my100bank.com).

# 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.

Samantha

Sassy

Mimi

Thor

Daisy

Chester

Sophie

Phoenix

Joe

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Removal of Debt  
**FORECLOSURE DEFENSE**  
May Allow You to Keep Your Home  
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is now available for Foreclosure Defense, Loan Workouts  
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The ONLY Attorney handling Bankruptcy Petitions in the Keys,  
who lives and works in the Florida Keys  
Key Largo to Key West  
**(305) 853-5900**  
FREE CONSULTATION  
Also available for Criminal Defense, Family Law, Wills and Probate  
The hiring of an Attorney is an important decision that should not be based solely upon advertisements.  
Before you decide, ask us to send you free information about our qualifications and experience.

*Easy Payments*  
*Reasonable Rates*

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## Sewer Connections

We take the TOUGH Jobs!

We're equipped to do the job!

What Our Customers Say:

"You were so pleasant to work with and you did what you said you would do. The yard was kept clean and neat"

"...Once the work was concluded, the yard was left as if nothing had happened."

"The work crew was very professional, neat and when they left for the day, the area was left in a safe condition"

"Your personal contact from the beginning until the end was very professional, on-time and your entire crew met all of our needs and requests"

"All my neighbors could not believe how fast and smooth the hook up was with no disruption to our service"

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**1969 20' SEACRAFT**

This is a highly collectible POTTER hull made in Princeton. The boat needs a lot, but it is worth a lot when you're done. Custom t-top and older Johnson outboard. Call 305-453-5300

**FOR SALE**

**1996 KAWASAKI VULCAN**

Only 4,600 miles on this all-black beauty. Call 305-453-4070

**HAND PEDAL BICYCLE**

"NEW" MIAMI SUN hand operated 3 wheel bicycle. Similar to a wheel chair, but a hand pedaled multi speed bicycle. Call 305-453-4070

**Your Ad Here**

Fill out the form at the right and send us your ad to go into the Classifieds.

**FOR SALE**

**RECUMBENT BIKES & TRIKES CLOSE-OUT**

Many models of MIAMI SUN recumbent bikes and trikes at close-out prices. No reasonable offer refused. BIKE SHOP 305-453-4070 102071 Overseas Hwy.

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**Marine Services**

Garden Cove Marina MM 106.5 O/S Full Service Marina, ethanol free 90 octane fuel, rack and boat on trailer storage, wet slips available. Direct ocean access. 305-451-4694

**Job Opportunity**

Community Blood Centers of Florida is looking for a Donor Services Representative to work out of their Islamorada Branch. This person will ride with the blood mobile to service Ocean Reef through Marathon blood drives. It is a full-time position as a phlebotomist for the blood drives. Prior medical experience is not required as, phlebotomy training is provided. A strong desire to provide superb customer service is a plus. Bi-lingual is a plus but not required. Great benefits package.

If are interested in learning more, go to [www.oneblood.org](http://www.oneblood.org) "careers" section.

**Classified ads will not be accepted without payment.**

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**The Conch Republic COCONUT TELEGRAPH**

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## Attention Deficit Disorder Test

- Do you...
- Tend to procrastinate?
  - Have difficulty finishing or starting a project?
  - Get distracted easily?
  - Get impatient quickly?
  - Zone out when people are talking to you?
  - Have trouble following directions?
  - Have trouble concentrating on one thing at a time?
  - Get bored easily?
  - Have lots of racing thoughts?
  - Misplace things at home or work?



If you answered yes to most of these questions and are concerned about it you should talk to your doctor.

For those of us that live with the disorder here is a little humor that only we will find funny.

- You Know You Have ADD when...
- You are in bed making passionate love and all of a sudden it hits you... and you blurt out "Beige! Lets paint the ceiling beige!"
  - Your suitcase is still unpacked from the trip you took 2 months ago and you don't care.
  - You go to the grocery store for a loaf of bread, you end up spending \$200 and forget to buy the bread.
  - You are searching desperately for your cell phone only to find it's in your other hand.
  - You go to work and discover you have 2 different color shoes on.
  - Someone asks you how old you are and you have to subtract your birth year from the current year but you have to ask what year it is first.
  - You have an IQ of 140 but people still call you a "space cadet".
  - You have a thousand dollars in your checking account but your phone, electricity, cable TV and water get shut off more than 5 times a year for non-payment.
  - You cannot sit in a meeting or even church without doodling and absolutely EVERYTHING you own has doodles all over it!
  - You can't organize your own stuff but other people's disorganization drives you crazy.
  - You realize that waiting until the last minute is the best motivation.
  - You made a great lunch but forgot to take it to work.
  - You carry your trash all the way to the bus stop.
  - You stop in mid-sentence and have no idea what you were talking about or what to say next.
  - Other people think you are crazy and you think they are boring.
  - You put something in a safe place and never find it again.
  - You wonder why your electric bill is so high and then you realize that the oven has been on all month.
  - Your spouse asks you to go and get their migraine medicine and you take it yourself.
  - Your purse is stuffed to the max and you keep buying bigger purses till you finally realize no purse will ever be big enough.
  - You still have an uncashed paycheck from a job you did 2 years ago.
  - You make "clear" coffee at least once a week.
  - You can't get it together to send in a rebate form because you can never get the receipt, UPC code and rebate form all together at once.
  - You try to leave for work and turn around to return for the things you forgot 3 times.
  - You'd rather poke your eye out with a stick than wait in line.
  - You forgot you hid your stash in your printer until it blew up when you went to print something.

You might have ADD if you can actually laugh at these one liners.

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**Thought for the day:**

**How would the world be different if every man on the planet had the same size manhood?**

- Hummer sales would plummet.
- Pit bulls might become extinct.
- Nobody would have to learn to play the guitar.
- I could finally get off the juice.
- Would there have been a financial crisis?
- North Korea would be a tropical paradise and popular holiday destination.
- Rush Limbaugh would be a Scout Leader.
- Viagra email spam would disappear.

Special thanks: Nathan Weathington. [www.nathanweathington.com](http://www.nathanweathington.com)

## You know you're a Floridian if....

Socks are only for bowling.

You never use an umbrella because the rain will be over in five minutes.

A good parking place has nothing to do with distance from the store, but everything to do with shade.

Your winter coat is made of denim.

You can tell the difference between fire ant bites and mosquito bites.

You're younger than thirty but some of your friends are over 65.

You are on a first name basis with the Hurricane list. They aren't Hurricane Charley or Hurricane Frances. You know them as Andrew... Charley... Frances... Ivan... Jeanne... Wilma... Irene... Cheryl... Rita... Mary... Alison. Anything under 70 degrees is chilly.

You've driven through Yeehaw Junction.

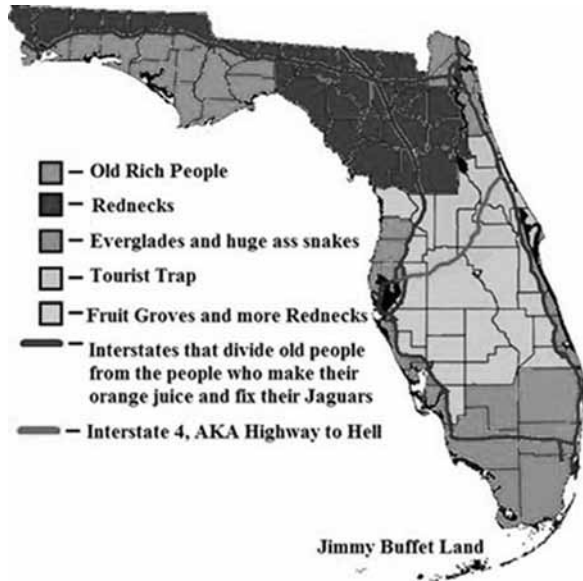
You know that no other grocery store can compare to Publix.

Every other house in your neighborhood had blue roofs in 2004-2005. You know that anything under a Category 3 Just isn't worth waking up for.

You dread love bug season.

You know what a snowbird is and when they'll leave.

You think a six-foot alligator is actually pretty average.



'Down South' means Key West.

Flip-flops are everyday wear. Shoes are for business meetings and church, but you HAVE worn flip flops to church before.

You have a drawer full of bathing suits, and one sweatshirt.

You get annoyed at the tourists who feed seagulls.

A mountain is any hill 100 feet above sea level.

You know the four seasons really are: hurricane season, love bug season, tourist season and summer.

You've hosted a hurricane party.

You can pronounce Okeechobee, Kissimmee, Withlacoochee, Thonotosassa and Micanopy.

You understand why it's better to have a friend with a boat, than have a boat yourself.

You were 25 when you first met someone who couldn't swim.

You've worn shorts and used the air conditioning on Christmas and New Years.

You recognize Miami-Dade as 'Northern Cuba.'

You understand all of this and can add a few of your own.

Special thanks:  
Carol Schinella





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**BAYFRONT HOME FOR RENT** - available June 15th, annual basis. Private location. 3 bedroom, good dockage. Furnished.



**TAMARIND BAY - FOR SALE AND RENT** - nice views and sunsets from the fully furnished unit. Gated entrance. Protected canal deepwater dockage, 2 pools, tennis and boat ramp.

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