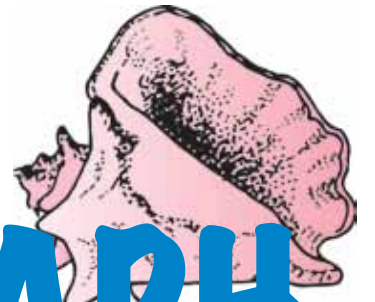


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All the Buzz

Coco-Nut Funnies

Mangrove Galley: Cool Gazpacho

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Business in the Keys



At Dolphins Plus, Baby Bit (BB) has reached a new milestone and is now interacting with guests in the structured swim!!! Her trainers feel BB's tenacious personality contributes to her newfound excitement about Dolphins Plus' structured swim behaviors. Here she can be seen participating in one of her first-ever moving rubs. Swim with BB at Dolphins Plus today! See page 17 for more information about Dolphins Plus and Dolphin Cove.

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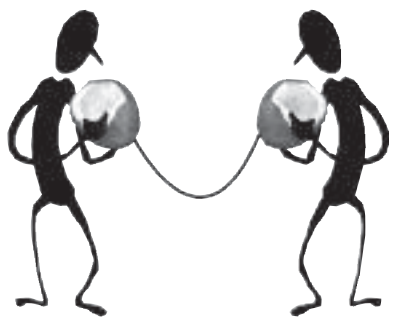
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for the
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September issue is
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August 21, 2013
(early for Labor Day)

Contact Denise at
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Editorial: Dolphin Swim — Magical!

There is nothing as magical as taking the plunge into the water with a dolphin. Here in Key Largo we do just that at Dolphin Cove at MM 102 bayside and Dolphins Plus at MM 99 (31 Corrine Place).

I had a friend visiting me who had 2 passes for Dolphin Cove and asked me to accompany her and experience it together. I jumped at the chance. The night before our morning structured swim we had imbibed heavily, and I was hung over as hell the next morning, but there was nothing going to stop me from my dolphin swim. We quietly awaited our turn and enjoyed watching the others who were ahead of us. Silently I dreaded getting into the water for fear the 10 degree temperature difference from the warm air would do my hangover no good whatsoever. It was not just my head but my whole body hurt, and I vaguely remembered doing tequila belly button shooters till the wee hours on top of Gilbert's bar... Ooooooh I was paying the price now!

When it came our turn to get in the water I slowly and painfully eased myself onto the deck and dangled my legs in the water. With a huge splash a gigundus dolphin head popped out of the water and took my breath away! That beautiful creature took one look at poor pathetic me and threw its head back and laughed. It actually laughed at me! How embarrassing! Nevertheless I slid my lily-

livered, distressed self into the water and as my body adjusted to the temperature I awaited instruction from the dolphin trainers.

In no time at all my friend and I were flying around the dolphin's lagoon holding on to a dolphin fin. What a thrill! Absolutely everyone should have this experience.

When our time was up and we had towed off our dripping bodies I realized that my hangover was completely gone. I felt like a million bucks! For more information call Dolphins Plus at 305-451-1993 or Dolphin Cove 305-451-4060. Don't miss this amazing experience this while you are in the Keys!



Courage Fund Gives \$6,000 To VNA/Hospice

On behalf of the Lisa Taylor COURAGE Fund for Hospice, the Ocean Reef Community Foundation presented a \$6,000 gift to Visiting Nurse Association and Hospice of the Florida Keys (VNA/Hospice) for their philanthropic work caring for their uninsured and underinsured hospice patients throughout Monroe County.

Lisa Taylor, daughter of Connie and John Taylor, died in 2007 at the age of forty-seven after a four-year cancer battle. An inspiration to her children, family and friends, she believed that life is a celebration to be cherished even in its darkest hours. The Lisa Taylor COURAGE Fund supports the central principles of hospice that every terminally ill individual should be able to



die pain-free with dignity and that they and their families be afforded the support to allow them to do so regardless of ability to pay. Last year alone, VNA/Hospice provided a quarter million dollars of charity care to Florida Keys residents. On line donations can be made on the web site at www.vnahospicekeys.org, or contact development director Kim Sovia-Crandon at 305.852.7887.

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A Packet Of Chucklets For You To Chew (Or Eschew)

By Joe Klock, Sr.

Following is a randumb mishmash of titbits (look it up before you frown), designed to titillate you (for shame if you frowned again!) - or, at the very least, provide you with momentary diversion. Here goes:

Possible Country/Western song title: "She Was Only A Homely Moonshiner, But I Loved Her Still!"

Shotgun weddings: Matters of wife or death.

While it is true that the early bird gets the worm, it's the second mouse that gets to eat the cheese.

Most of the money in the world is tainted; that is to say, tain't yours and tain't mine neither.

A point to ponder: If the world didn't suck, there's a good chance that we might fall off it.

If you have been scared half to death more than once, be grateful; you have clearly beaten the odds.

Maybe the Good Lord didn't create anything without a purpose, but mosquitoes, cockroaches and many politicians come mighty close.

Red meat, contrary to the advice of some nutritionists, is not bad for you. However, gray meat with a furry coating more than probably is.

At all costs, avoid involvement in dangerous cults (practice safe sects!)

Never, EVER get into an argument with an idiot; people listening in may not be able to tell the difference between you and him/her.

Life is like a roll of toilet paper; the closer it gets to the end, the faster it goes.

Is a puzzlement: How do they train deer to cross the highway only at those black-on-yellow signs along the highway?

There's nothing in life much more annoying than that point in an intense argument when you first realize that you are dead wrong and losing badly.

These among indisputable truisms: Time flies like an arrow, but fruit flies like a rotten banana.

Query (only for the literate reader): Should a book on voyeurism be classified as a peeping tome?

One of the better ways to get back on your feet is to miss a few car payments.

A sober reflection for one and all: What if the hokey-pokey IS what it's all about?

It is a scientific fact that light travels faster than sound. This is why some people appear bright until you hear them speak.

Confucius say, " Forbidden fruits create many jams." (Well, maybe HE didn't, but somebody should have!)

More we cannot wish you than to wish your dreams become reality (except for that one where you're buck naked in a public place.)

Before you criticize people, you should walk a mile in their shoes; that way, you're 5,280 feet away from them and they're barefooted.

Freelance wordworker Joe Klock, Sr. (joeklock@aol.com) winters in Key Largo and Coral Gables, Florida and summers in New Hampshire. More of his "Klockwork" can be found at www.joeklock.com.

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First State Bank Promotes Theresa Forant

First State Bank of the Florida Keys promoted Theresa Forant to Residential Lender/Commercial Loan Coordinator.

Forant joined the Bank as a Teller in 2000, she became Administrative Assistant later that year, and was promoted to Loan Processor in 2009. In 2005, Forant's fellow employees and manager honored her as the Employee of the Second Quarter.

"Theresa's promotion and expanded responsibilities reflect her dedication and commitment to our customers," said First State Bank of the Florida Keys SVP/ Senior Lender Jeff Smith. "We are proud to promote her and look forward to her enhanced contributions to the success our lending department."

Theresa resides in Key Largo with her husband and sons. She is an avid volunteer, supporting the bank at numerous bank-sponsored community events.

Art Box Artist of the Month - William Livesay

The Coconut Telegraph and the Art Box are proud to introduce William Livesay as our Artist of the Month.

Livesay is a local Key Largo Firefighter and a self-taught painter who combines his passion for his career and the passion for his hobby and creates a unique niche in the art community.

Livesay, now age 28, began his love for the arts when he was just 10 years old, He was flipping through Spawn comic books, and become mesmerized by the detail on every page.

His style ranges from portraits, to landscapes, and includes a dark side that can be seen in most of his paintings. Many of his paintings can be found hanging in fire stations, as his artwork is creating a buzz in the firefighting community.

William's medium of choice is acrylic and spray paint on canvas, and he hopes to venture out a little and try new things in the near future.

Please do stop by the Art Box this month and view for yourself some of these amazing paintings.

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11 3 FEET CLOSER 2-7	12 JAM NITE WITH STEVE VENINI 6-10	13 KARAOKEE 6-10	14 BOBBE BROWN 6-10	15 LUKE SUMMER GLENN BAND 7-10	16 BOBBE BROWN 1-5 DOUBLE STANDARD 7-11	17 LUKE & DAVE 2-6 STALKING MILDRED 7-11
18 MR. NICE GUY 2-7	19 JAM NITE WITH STEVE VENINI 6-10	20 KARAOKEE 6-10	21 BOBBE BROWN 6-10	22 LUKE SUMMER GLENN BAND 7-10	23 BOBBE BROWN 1-5 GYPSY ROAD 7-11	24 LUKE & DAVE 2-6 DONOVAN & MICHAELS 7-11
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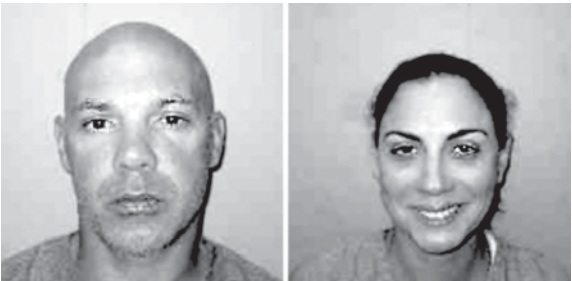
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Big Chill Pizza is Worth Fighting For!

A torrential downpour for the fireworks display did not dampen the 4th of July spirit of folks having a great time at the Big Chill... until a Miami couple showed up and allegedly tried to steal some pizza from a couple of young local girls. According to the Monroe County Sheriff's Department, a couple with their 21-year-old daughter and her friend were eating pizza at the bar when an obnoxious Miami couple, George Burns (age 44) and Midiala Siverio Dunn, tried to steal some pizza out of their box. The girls asked Burns and Dunn to stay out

of their food and then the dirtbag Miami couple called the girls fat. Burns allegedly hit both girls and knocked one to the ground. Now that is adding injury to insult! At that point Burns, who claimed to be a police officer, and Dunn walked out to the parking lot where they were confronted by the girls' father. Police said he and Burns began fighting. A crowd of about 50 people gathered around. A woman bystander approached Dunn and kindly asked her to move out of the way so she wouldn't get hurt. Police said that Dunn then allegedly punched the woman. Burns and Dunn were taken to Mariner's Hospital where they were treated for their injuries and then arrested. Burns was charged with three counts of battery. Dunn was charged with battery and they both spent the rest of their 4th of July night at the Monroe County Hotel in complimentary orange jumpsuits.



Arrested for disturbing the pizza.



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Bartender of the Month:
Stephanie Bryant

Ring in the sunset at Snooks Bayside

"Stunning" is a good description of both the all-new Snook's Bayside restaurant and their gorgeous bartender Stephanie Bryant! The first thing you notice when you arrive is that you are greeted by friendly, smiling servers. The second is that the place is immaculate with a breathtaking view of the Florida bay and primo seating for the sunset. This place is so elegant; it is the perfect setting for a romantic wedding in paradise.

The Coconut Telegraph is thrilled to have Stephanie Bryant as Bartender of the Month because she has been so highly recommended. Snook's general manager Rich says "Stephanie is the best bartender around and we are very lucky to have her."

Stephanie is a Florida girl who loves the water, originally from West Palm Beach and now living in Key Largo for 3 years with her giant akita and main coon kitten. What she likes most about Snooks is the laid back Keys atmosphere and enthusiastic team work with her co-workers. That makes it lots of fun.

Snook's is open at 11:30 every day and has excellent live entertainment 7 days a week. Stop by Monday and

enjoy Grammy-award-winning Bobbe Brown solo, Tuesday is the great Kevin Hurley, Wednesday the beautiful and talented Brenda Starr, Thursday is singer songwriter Scott Youngberg, Friday The John Baxter Trio, Saturday The Bobbe Brown Experience 3-piece band, and Sunday listen to "Bete" beat the steel drums into beautiful music.

Happy hour is every day! Monday thru Friday 5-7 and on Saturday and Sunday 4-6. That's when Miller Lite, Coors Lite, Bud and Bud Lite, well drinks and Snooks' Sunset Rum Punch are all 1/2 price. Choose from several gourmet appetizers at \$5 each.

Every day, Snooks celebrates sunset! They ring in the sunset with their antique ship's horn. Stephanie prepares and serves a live coconut drink (which Snooks specializes in - a fresh coconut that is chilled, drilled and filled with Malibu Rum) to the person selected to pull the rope and ring the bell. People love it!

Stephanie is at your service Wednesday through Sunday nights. She invites everyone to "Stop by Snooks Bayside for martini time or any time! Sip on a perfect sunset and get a real taste of paradise right here in Key Largo."



Breakfast in the Keys

Whether you live in the Keys, or are just vacationing, you should start each day with a happy and healthy breakfast. Research shows that eating breakfast each day boosts your metabolism by 10%, making it easier for you to burn calories the rest of the day, and it also affects your mood. When our bodies are hungry it can lead to irritability and mood swings. This not only affects you, but all the people you interact with throughout the day.

It is important, if you eat out, to go to the right places. There is nothing worse than starting your day by eating at a stinky, dirty, moldy old shack restaurant with a slovenly crabby waitress that makes you want to lose your lunch, so we have compiled a list of the Cream of the Crop of Upper Keys breakfast eateries. We are certain that you will not be disappointed at these fine establishments. Each one has a 5-Coconut Rating and you can read the Coconut Telegraph while you dine. *Guaranteed to make you smile!*



Doc's Diner - MM 99 bayside. Down-home country cooking and super-friendly, happy servers. The homemade potato casserole is to die for. Their slogan is "Come Hungry". They will feed you well.



Denny's - MM 97.6 median. This is NOT your average Denny's. It has quickly become a locals favorite since it opened. It is clean as a whistle, open from 7 am to 2 am serving their famous breakfast all day long. This Denny's has a full bar with a flat screen TV. Friendly and happy servers welcome you. Locally owned and operated.

Local brunch menus often offer a complimentary mimosa or champagne with your entree, and yummy, creative seafood items are often featured.



The Buzzard's Roost - MM 106 oceanside at the ocean's edge. Sunday Brunch is what this place is famous for. Sit under the palms and sip a mimosa while you watch the busy Atlantis Dive Center yachts take lucky divers and snorkelers out to the reef. Sundays only.



The American Legion - MM 99 oceanside. On a budget? They will cook anything you want for \$6.00. Sunday only.



The Conch House - MM 100 oceanside. Nestled in the natural beauty of a Key Largo hammock, you can dine on a deliciously different menu that includes my favorite special: Shrimp, andouille sausage and grits. Order up a specialty coffee and you will think you are in heaven!



The Galley Restaurant - MM 99 ocean side. Did you party the night away at Sharkey's Pub? Have no fear, order up a Bloody Mary and some great breakfast at the upstairs cozy, air-conditioned, diner-style restaurant or eat out on the veranda and watch the boat traffic on the canal. This is a secret Coconut Telegraph guaranteed hangover cure!



The Island Grill - MM 85 on the ocean. Get there early and mingle with the local fisherman. You can even book a fishing trip. Dine on the beach with the finest view of the ocean. This is the best breakfast in Islamorada... and maybe the world.

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Rex



Blue

(Blue has one blue eye and one amber eye.)



Cocoa



Norman



Angel



Coconut



Copper



Ozzie

Entertainer of the Month: Gary Jennings

It was an incredible treat indeed when Gary Jennings came to town in July to see friends and play a one-night-only gig at Dillon's Pub in Tavernier. Jennings was the Coconut Telegraph Entertainer of the Month in June of 2010. Here is what we had to say back then:

Versatile should be Gary Jennings middle name. He plays a vast array of music

including reggae, country, blues, rock and roll, and rhythm and blues. He's as much at home playing his solo acoustic guitar gigs as he is with a 3- or 4-piece band.

Gary has been playing in the Florida Keys for over 20 years in exclusive resorts such as the Ocean Reef Club, Cheeca Lodge and Hawk's Cay. He uses a state-of-the-art Bose system so whether he is playing solo or with a full band you are sure to get great music. Gary is a really nice guy too, if there is a local benefit he's there to help.



Gary Jennings now resides in Vero Beach, Florida and is battling terminal cancer. He is pictured here with his bandmate and long time girlfriend Cindy Hudson on percussion and Leslie Saunders on guitar. Well wishers can find Gary Lee Jennings on Facebook.



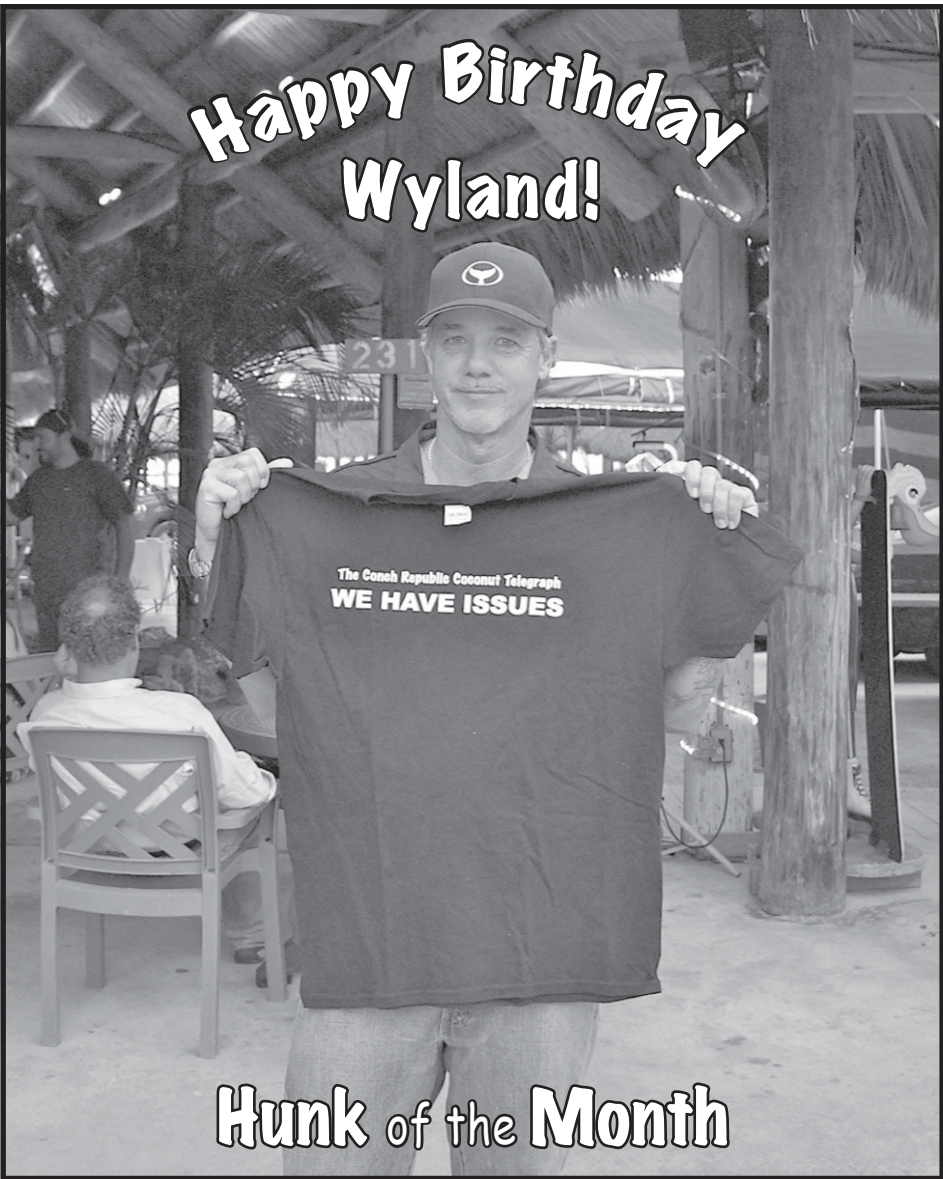
Left: with Allan Truesdell, above Gary & friends lit up Dillon's.

Good day fishing!



Sonny Sparks on the Hell Bent.

Happy Birthday Wyland!



Hunk of the Month

The Miracle of Keys Vapors - A Healthier Way to Smoke



I have been smoking cigarettes for 40 years, non-stop, two packs a day. I tried the patch. I tried the gum. I tried the e-cigarettes and nothing worked. I kept on puffing. Spending hundreds of dollars to ruin my health and make me smell like the inside of a chimney.

Recently a couple of friends of mine opened shop next to the new Dollar Tree at MM 101 in a black camper, selling a larger version of the vapor cigarettes and, for lack of a better word I'll call it a vapor wand. Look around, people are smoking them everywhere. In restaurants, in banks, grocery stores, you name it. Why are these vapor wands such a big hit? Because they really work!

They do take a little bit of getting used to. At first I was sucking so hard I could have sucked a golf ball through a garden hose. I coughed and sputtered for two hours till I got it right.

As of this writing I am on day 16 cigarette free and I haven't missed

them at all! If these had been around 5 years ago I would have rushed out to buy one for my mother and she would be alive today. Instead she died of COPD because she could not give up the cigarettes. She made the comment once that she had smoked her life away.

The vapor wands consist of a rechargeable battery, a reservoir where you put the e-liquid and a mouthpiece. I found that the e-liquid I was using had a bit too much nicotine for me so I bought some with 0% nicotine and mixed it to get just the right level for me.

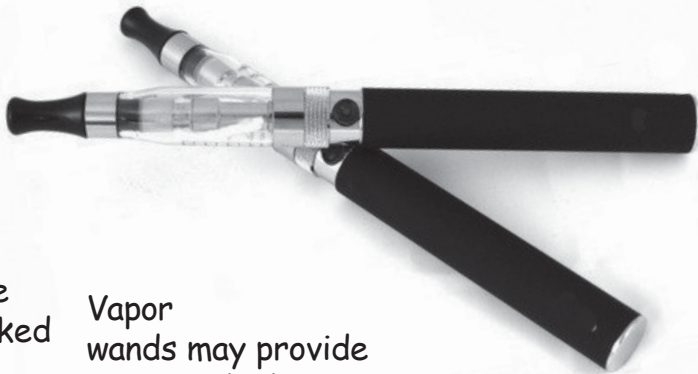
GENERAL HEALTH BENEFITS OF SWITCHING TO THE VAPOR WAND

- HEALTH BENEFITS SAME AS WHEN YOU QUIT SMOKING
- NO MORE SMOKER'S COUGH AND PHLEGM
- SENSE OF SMELL IS BACK
- BETTER PHYSICAL STAMINA AND CARDIO
- NO MORE WHEEZING AND TIGHTNESS IN CHEST

Ideally you should mix the fluids and continue to lower the nicotine level until you are using only 0% nicotine. One negative person commented "You are just trading one chemical for another". That is not entirely true. Typically, the liquid consists of vegetable glycerin or propylene glycol, or a combination of both substances. It also includes food-grade flavorings and nicotine extract. Propylene glycol is a component used in several products including cough syrups, asthma inhalers, cosmetics, and toothpaste.

Propylene glycol is a fairly safe ingredient, and the FDA considers it generally safe for human consumption. Nicotine, on the other hand, is a substance that can be addictive and dangerous when taken in large amounts, which is why you must be 21 to purchase it.

Cigarettes have hundreds of harmful chemicals and some are even poisonous!



Vapor wands may provide users with the same experience of smoking a traditional cigarette; however, this new smoking device has more benefits than you can ever imagine. It does not emit harmful smoke, so you do not affect other people's health whenever you use it. This type of apparatus also allows you to choose from numerous flavor options, which you can purchase at a very reasonable price. I like the Pina Colada and mint flavors. Most people consider using the vapor wand because it is easy to use, practical, and suitable for their budget. The cost of a small bottle of vapor liquid is \$5 and it is enough to last a couple of weeks or more, depending how much vapor you inhale. The top of the line kit including e-liquid and charger cost \$50. The average cost of a pack of cigarettes is \$7. At those prices I will be saving about \$5,000 a year!

What I like most about my quitting cigarettes is that if something happened and I needed an operation I will be in a better position to heal much faster. My mother was denied surgery for a polyp on her larynx (caused by smoking) because her lungs could not support it. She could not talk above a whisper for the last several years of her life. She caught a common cold and it killed her.

Don't smoke your life away! Stop by Keys Vapors and see Howie or AJ. 305-731-5118



Stop by Keys Vapors at MM 101 today!



"That's the third smoker we've lost this week."

Smoking is dangerous!!

Sounds of the Keys



Debbie Davies at the Bayside Grille.



John McKinna at the Bayside Grille.




The beautiful and talented Brenda Starr entertains every Wednesday night at Snook's Bayside.



Ted and Vivianne every Wednesday at Shipwreck's.



Mr. Nice Guy at Gilbert's.



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Michelle Beach: Drive Success. Balance Life!



After 8 years of running two successful franchises, The UPS Stores (in Key Largo and Ocean Reef) and teaching for 10 years, Michelle Beach decided to grow her portfolio and add to it a great new company - The Growth Coach. She is giving in the her passion and calling to be a coach and to help guide other entrepreneurs to achieve greater success and balance in their lives. Michelle is excited about this business opportunity as it is in alignment with her personal goals, skills and abilities, and her desire to be of service to the great people in the Florida Keys and South Florida.

The Growth Coach helps business owners, managers and self-employed professionals to get more out of their businesses and lives. Through our unique and highly refined strategic focusing process, we help drive the success and balance the lives of our clients. Our year-round, quarterly coaching & accountability process helps our clients to face reality, discover more effective ways to lead their lives and businesses, and stay on track. Our clients gain clarity about who they are, what they want out of business and life, and how to go about achieving their goals.

During Michelle's years of business experience, she witnessed first hand how many small business owners and entrepreneurs were unable to rise above the day-to-day tasks and build their businesses. In fact, many of them were enprisoned by working as an employee rather than using

their talents as a strategic business owner. Most owners work IN their business instead of ON their business. This results in working too hard, making too little, being tired and stressed, and no longer enjoying business ownership.

"That's why The Growth Coach is the nation's fastest-growing small business coaching system. Their process has helped hundreds of entrepreneurs become more focused, effective, strategic, and successful," said Michelle.

"I joined The Growth Coach team because I believe in the philosophy of Driving Success while Balancing Life. I understand how easy it is to become swallowed up by the business beast. The Growth Coach has taught me how to balance my time and I want to bring that to others," Beach said.

Michelle is available as a speaker to address groups on how to "Drive Success and Balance Life", and her small-group workshops begin in August for a true one-to-one experience.

Michelle can be reached at 305.619.1354 or by email m.beach@thegrowthcoach.com; or visit her on the web at thegrowthcoach.com/mbeach

FOUND IT ON FACEBOOK!



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She belts - growls - shouts - croons and moans from a lifetime of suffering and overcoming obstacles. Candye uses music as therapy and often writes and chooses material with positive affirmations that leave the audience feeling healed and exhilarated. Part humor, part revival meeting and part sexuality celebration!

Capt. Morgan Beach Party on Sat. August 31



Sat., Aug 31 - 8 PM - MIDNIGHT

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Rob, "Philly" Dave, Murray and Georgeann celebrating Wyland's birthday at Gilbert's.



Wyland with his new tequila.



Dolphin sighting on the Island Time Cruise.



Limbo on the Island Time Cruise.



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Snook's Bayside is a very romantic place to take a date.



Cherie raising money at Gilbert's for the Wyland Foundation.



Jack and Ann McCormick stopped by Dillon's Pub to see Gary Jennings.



Many familiar faces: Pirates on the Water party at Denny's.



Denny's delightful and lovely bartender Debby.



Captain Lance and his fair maiden daughter were sailing off to Sharkey's for some great grub.>

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ⓑ AND ⓒ 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
- Mile Marker
- Point of Interest
- Dive Site
- Dive Wreck
- Swim with Dolphins

Key locations marked on the map include: Murray Nelson Government Center, Adams Cut, Pennnekamp Entrance, Key Largo Public Library, African Queen Community Pool and Park, Mosquito Bank, Spiegel Grove, Benwood, French Reef, Duane, Harry Harris Park & Beach, Mariner's Hospital, Wild Bird Rehabilitation Center, Buttons Sound, Little Blackwater Sound, Blackwater Sound, Jewfish Creek, Garden Cove, John Pennnekamp Coral Reef State Park, Carysfort, North / The Elbow Dry Rocks, City of Washington, Grecian Rocks, Florida Keys National Marine Sanctuary, Alligator, and North.

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ⓐ ON THE MAP

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Key Largo

ⓒ ON THE MAP

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Stupid Laws

We sure are glad that these totally stupid and obscure laws that actually exist do not exist in the Keys!

In the state of Ohio it is illegal to get a fish drunk.

In the state of Idaho it is illegal for a man to give his love a box of candy weighing more than 50 pounds.

In South Carolina it is illegal for anyone under the age of 18 to play a pinball machine.

It is illegal for a restaurant to serve both pretzels and beer at the same time in North Dakota.

You are not allowed to buy drinks for more than 3 people at a time in Nevada.

In North Carolina grandma isn't allowed to play bingo for more than 5 hours.

The state of Maine does not tolerate christmas lights and wreaths up past January 14th. It is against the law.

In the state of Georgia you cannot live on a boat for more than 30 days during the calendar year even if you are just passing through the state.



You can be arrested for vagrancy in the state of Illinois if you do not have at least a one dollar bill on your person.

In New Hampshire it is illegal to pick seaweed up off a beach or to tap your feet, nod your head, or in any way keep time to the music in a tavern, restaurant, or cafe.

You may not smoke within 100 feet of the entrance to a public building in New York state.

In Pennsylvania you cannot have more than 16 women live in a house together because that constitutes a brothel.

An unmarried couple who live together and "lewdly associate" with each other may face up to a year in prison in West Virginia.

In Hawaii you could be fined for not owning a boat.

In New Mexico it is illegal for an idiot to vote.

Cause for Celebration Honoring Everyday Life

Use the good china every day,
as today is all that matters.

We all know someone who keeps plastic covers on his or her couch in order to protect it. The irony is that many of these people may live their lives without ever having actually made contact with their own furniture! This is a poignant and somewhat humorous example of the human tendency to try to save things for special occasions, as if everyday life weren't special enough to warrant the use of nice things. Many of us have had the experience of never wearing a particular piece of clothing in order to keep it nice, only to have it go out of style in the meanwhile.

It's interesting to think of what it would mean to us if we let ourselves wear our nicest clothes and eat off the good china on a daily basis. We might be sending ourselves the message that every day we are alive is a special day and a cause for celebration, and that we are worth it. There is something uplifting about treating ourselves to the finest of what we have. It is as if we rise to the occasion when we wear our best clothes and set the table beautifully, as if for a very special guest. We are more mindful of where we place things, what we are eating, and who is with us. Using the good china, eating in the dining room, and taking the plastic off the sofa might be an invitation to be more conscious of the beauty and grace inherent in our everyday lives.

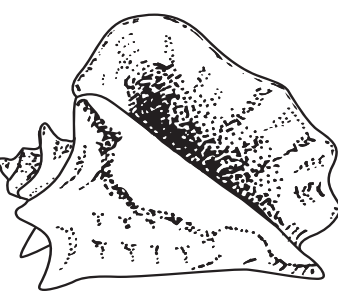


If there are things you've stashed away for a special occasion—a bottle of special wine, a gorgeous pair of shoes, an antique lace tablecloth—consider taking them out of their hiding places and putting them to use tonight, just because you are alive now to enjoy them, and that's a great cause for a celebration.



Askhole

- A person who constantly asks for your advice, yet always does the opposite of what you told them



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The Mangrove Galley
by Sandi Mieszczenksi



"A Relief From The Heat"

This is the time of the year that we pay the price for living in "paradise." Not only do we have to contend with hurricane season, but the heat and humidity have escalated. The last month of summer is the time that we all want to escape the kitchen.

What better way to cool down than with a cold Gazpacho soup. The beauty of this soup is that it is easy to prepare without turning on the stove and it is a great boat meal.

The soup can be modified by changing the vegetables to your liking. It is better if prepared a day before serving.

GAZPACHO

This cold tomato soup can be made spicier by adding cayenne pepper or more black pepper and Tabasco.

- | | |
|--|--|
| 1 15-ounce can tomato sauce | 1 cup green (or for color red, orange, or yellow) chopped pepper |
| 1 14.5-ounce can diced tomatoes with juice | 1 cup chopped zucchini |
| 1 28-ounce can whole tomatoes with juice | 1/4 cup finely chopped fresh cilantro (or more to your liking) |
| 1 28-ounce can crushed tomatoes | 2 tablespoons sherry |
| 2 finely minced garlic cloves | 1/4 cup Balsamic vinegar |
| 1/2 cup chopped sweet onion | fresh cracked pepper |
| 1 cucumber peeled | sour cream |
| 1/2 cup diced celery | sliced green onions |
| 1/4 cup chopped cubanelle pepper | tortilla chips |
| 1/4 cup diced poblano | |

In a large bowl, mix together the canned tomatoes, breaking up the whole tomatoes. Add the garlic and the onion. Peel the cucumber and slice in half lengthwise. Using a teaspoon, gently scoop out the seeds, then slice. Add the cucumber and the remaining ingredients. Stir well, and refrigerate. Serve with a dollop of sour cream on top with the green onion and tortilla chips on the side.

An easy way to prepare homemade chips is to brown corn tortilla shells in melted butter and garlic powder. Cook on both sides until lightly toasted, cut and serve.

Congratulations Capt. Spencer Slate



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Circle of Love

Brittney Baker

Just when 23-year-old Coral Shores graduate Brittney Baker's dream of becoming a dolphin trainer was about to come true, she had a tragic car accident.

Brittney has been in a coma in ICU at Jackson Memorial Hospital in Miami for over 2 months. She is being treated for massive head injuries and multiple broken bones. As soon as she is stable enough she will need to have spinal surgery to repair a broken back. Brittney was tossed about in that car like a rag doll and her recovery is going to be a very slow process, if she recovers at all.

The accident happened April 7th at MM 100. Most people would not have survived such a horrific accident but Brittney has youth and strength to her advantage and that is what has kept her alive and got her this far.

Brittney is the child of John and Jennifer Baker of Key Largo. Jennifer Baker is the manager of Dolphin Cove and her husband John is only employed part time. They are doing all they can

to ensure Brittney's survival, but the cost of daily hospital visits and medical expenses is astronomical.

Over the years the Baker family has been active in many community benefits and events - and now they need our help.

Visit Facebook "Britt's Battle" where you can donate money to help with Brittney's medical expenses, or give a donation for one of these Good Karma bracelets to be worn as a "constant reminder to keep the circle positive and loving."

Suggested donation is \$10 each. Available at Dolphins Plus and Shear Paradise.

Good Karma Bracelet
Wear as a constant reminder to keep the circle positive and loving.

MORE INFO: DENISE MALEYT 305-304-2837 OR JUDY CURTIS 305-394-0249

FOUND IT ON FACEBOOK!

A genuine Florida stoned crab!

A man walks in to a restaurant and says, "Do you serve crabs here?"

The hostess replies, "We serve everyone. Have a seat."

LOCALS' FAVORITE

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Musician Lost

As a guitarist, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the back country. As I was not familiar with the backwoods, I got lost.

I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch.

I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play.

The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man.

And as I played 'Amazing Grace,' the workers began to weep. They wept, I wept, we all wept together. When I finished I packed up my guitar and started for my car. Though my head hung low, my heart was full.

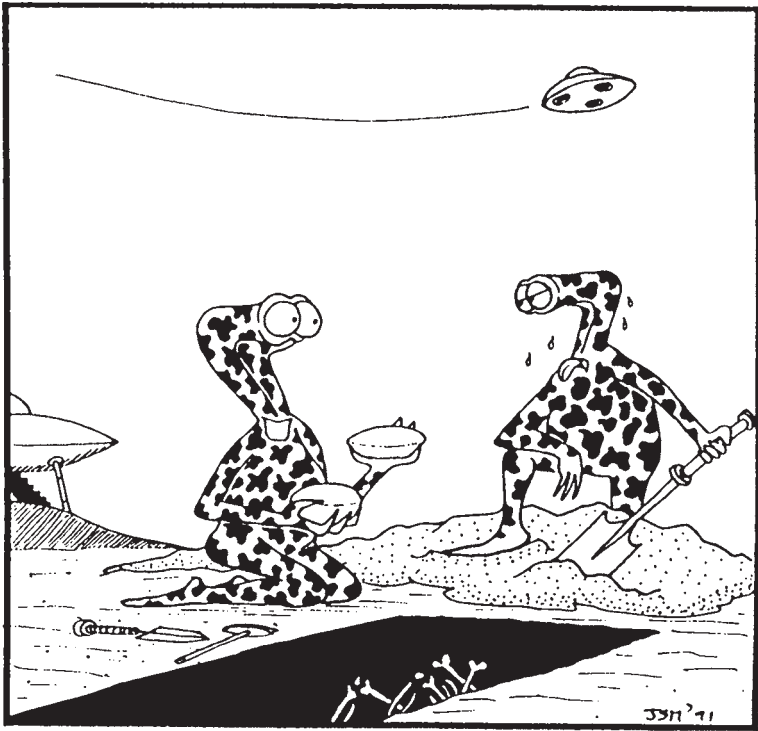
As I opened the door to my car, I heard one of the workers say, "I never seen nothin' like that before and I've been putting in septic tanks for twenty years."

Apparently, I'm still lost...

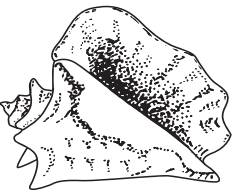


Left Field

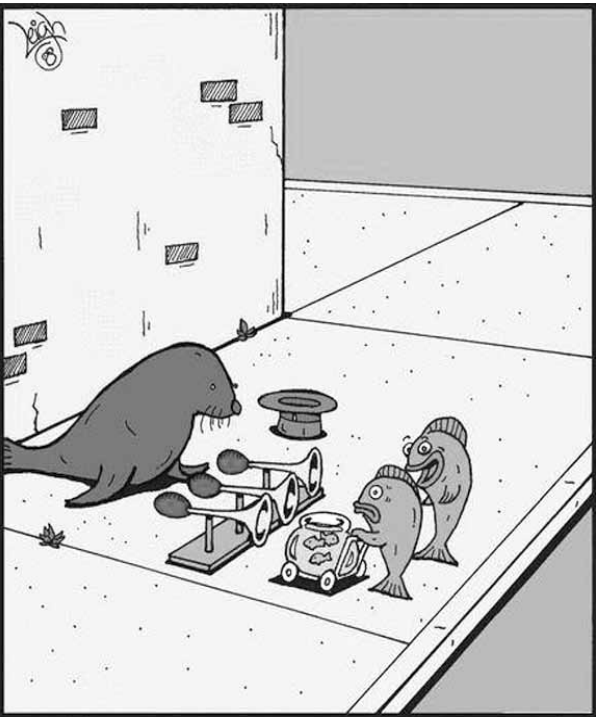
by J.S. McKinna



"This find proves our theory conclusively, Dr. Zork: One thousand years ago in the late 20th century, female humans were often buried with silicon basketballs strapped to their chests..."



Finally, country western footwear for the Keys!



"Gosh, honey, isn't he fabulous? Why don't you go ahead and toss him one of the kids."

Bubba & Friends

Bubba died in a trailer fire and his body was burned pretty badly. The morgue needed someone to identify the body so they sent for his two best fishing buddies, Stinkyballs and Reefer. The three always fished together on Bubba's boat and at night drank beer together at the local watering hole.

Stinkyballs arrived first, and when the mortician zipped open the bag Stinkyballs said, "Yup, his face is charred up pretty bad. You better roll him over". The mortician rolled him over and Stinkyballs said, "Nope, that ain't Bubba."

The mortician thought this was rather strange, so he called for the deceased's other best friend, Reefer, to come in.

Reefer looked at the crispy corpse and said "Yup, he's char grilled alright, ya better roll him over". The mortician rolled him over and Reefer said, "Nope, that ain't Bubba."

The mortician asked, "How can you tell?"

Stinkyballs said, "Well, Bubba's got two ass-holes."

"What?! He had two ass-holes?" asked the mortician.

"Yup, we ain't never seen 'em, but everybody used to say, There's Bubba with the two ass-holes."



Top Ten Indicators That Your Employer Has Changed To The Obamacare Health Care Plan.

- (10) Your annual breast exam is done at Hooters.
- (9) Directions to your doctor's office include "Take a left when you enter the trailer park."
- (8) The tongue depressors taste faintly of Fudgesicles.
- (7) The only proctologist in the plan is "Gus" from Roto-Rooter.
- (6) The only item listed under Preventative Care Coverage is "an apple a day."
- (5) Your primary care physician is wearing the pants you gave to Goodwill last month.
- (4) "The patient is responsible for 200% of out-of-network charges," is not a typographical error.
- (3) The only expense covered 100% is... "Embalming."
- (2) Your Prozac comes in different colors with little M's on them.
- (1) You ask for Viagra and they give you a Popsicle stick and duct tape.

"Any man who thinks he can be happy and prosperous by letting the government take care of him, better take a closer look at the American Indian."

- Henry Ford



Dear Anny Bannanny

Dear Anny Bannanny,
I was recently out with my husband and some friends at a local tiki bar. We ran into a friend there that had come upon some hard times. My generous husband gave her some money to help her out, and bought her a couple of drinks. She was sitting with a very thin woman who is just an acquaintance of ours. When it came time for them to leave and pay their bill, the acquaintance waved her wrinkled up skeleton claw hand towards my husband when the bartender went to collect as if to say that we were going to pay her tab! I quickly got the bartender's attention and put the kabosh on that. I just can't believe the nerve of that woman! I was infuriated! What would Anny Bannanny have done?

Your truly,
Miffed by the Moocher

Dear Miffed,
Some people just have no class. I know the woman you are talking about and I have seen her do it many times! It is so embarrassing that I always try to sit as far away from her as possible. I once saw her harangue a man into buying her a bottle of beer. He finally acquiesced, however, his face was red with embarrassment and anger.

This same woman will beg for anything free. I once saw her beg for a free tee-shirt that was a size 3X when she is a size extra-extra shriveled up skinny. Hey, it was free! If someone was giving out free tortoise turds she would be the only one in line with her hand out. You did the right thing.

I don't think the owner of the establishment would appreciate such a cheap customer that everyone tries to avoid. Anny Bannanny says if you can't afford to buy your own drinks and leave a tip, then you should stay home.

Sincerely disgusted,
Anny B.



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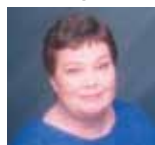
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