The Conch Republic COCONUT ELEGRAPH

101425 Overseas Hwy. • PMB #628 • Key Largo, FL 33037 • 305-304-2837 • www.theconchtelegraph.com • March 2013

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The Bayside Grille has expanded their bayfront seating and added a tiki hut. Check it out for great music, food, and fun... and a sunset celebration every day. Photo courtesy of Thad Bowling.

Celelacete Struset See the Most Photographed Sunset in Key Largol Come by land or seal

Visit the new Beach Bar at Bayside Grille!

Bayside Sunset Bar

Sunset Celebration on the Beach!
Live Music and
Happy Hour Daily!

Open 5-10pm

One Spot Has It All! MM 99.5 Bayside 99530 Overseas Highway • Key Largo, FL 33037



Keyribbean Kooking & Kocktails

11:30am-10pm

305-451-3380 www.keylargo-baysidegrill.com

Coconut Telegraph

March 2013 Volume 8 Issue #73

Prestige Publishing, Inc 101425 Overseas Highway PMB #628 Key Largo, FL 33037 Phone 305-304-2837

Deadline

for the Coconut Telegraph's April issue is Monday March 25, 2013

Contact Denise at 305-304-2837 theconchtelegraph@gmail.com

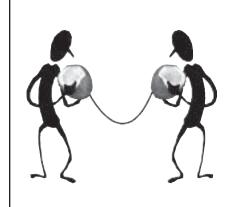
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Articles

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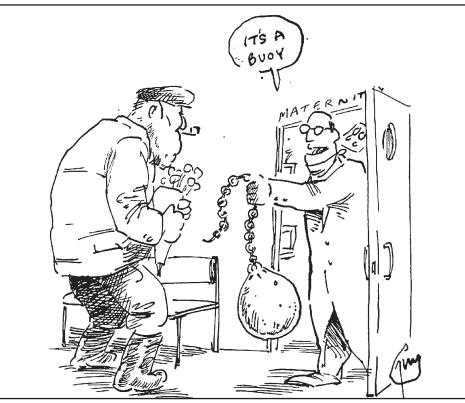
There is one thing all publishers hate. Our community has several newspapers. Each one wants to be different. Let's say Joe Blow calls and offers up an "interesting story." The editor sends out a reporter to check it out. The reporter stops what he is working on and heads over to the "interesting story." He takes photos, then goes back to the office and spends some time writing the "interesting story." The editor edits and ok's the "interesting story" and it then goes to composing

The graphic artist puts it together and paginates it (makes space in the paper). The clock is ticking and it is almost press time when the publisher picks up another local newspaper and there is the come and get me. Then just

same "interesting story" on the front page! The publisher yells "Editor! Get your x#%!*x ass in here right now! STOP THE PRESS!"

The editor stops scratching his ass and runs to the publisher who throws the other newspaper at him and says "Kill that stupid article and find something fast to fill that blankety blank hole!" The publisher slams his door so hard the whole building rattles and the staff start shuffling papers looking for decent "filler." This is why newspaper people drink.

Imagine, if you will, that you are a big, sweaty, hairy, tattooed tow truck driver. My car just broke down on the 18 mile stretch. I call you to



to make absolutely sure I get towed soon I call all the other towing companies in the Upper Keys too. Someone else gets to me first and as they are lowering the flat bed you show up with spaghetti dripping off your chin stubble, from having your lunch interrupted.

Those big old tow trucks eat gas faster than a BP fire and you are just as hot under the collar. I just cost you time and money and that ain't funny. Same principle. Unless you are promoting a charity event don't shop your story. Remember the little bouy who cried wolf?

Telegraph assumes in good faith that all editorial and advertising material submitted are the original property of the advertiser. The Coconut Telegraph may not be held responsible for errors, omissions, or for circumstances beyond our control that may affect the distribution

Conch Silver Coin! A genuine, legal tender \$1 conch silver coin in Sterling silver money clip, key chain and pendant mountings. First Time Ever Offered! DePaula Jewelers Coral Financial Jewelry Florida Keys Jewelry 305.453.5300 305.453.0177 305.852.4881 MM 102 • Key Largo Trade Winds • Key Largo

A Letter to the Editor

Dear Coconut Telegraph.

I visited Key Largo over the holidays. Since my stroke a few months back it is my habit to go out for breakfast every day. After checking out a few of the places I found Doc's Diner and went there every day. The staff was very nice and prepared my special food with no problem. It is always great to find such a cool local place with home cooking when I am traveling, versus the chain restaurants whose food tastes like it came out of a box. Thank you Patty, Gina and everyone at Doc's. I will see you again soon. Tim Griffith



6 am - 2 bm · 7 Days

99696 Overseas Highway, Key Largo docsdinerkeylargo.com ● 305-451-2895

MM 99.7 Bayside

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Featured on the Food Network

Breakfast • Lunch • Dinner 7 am - 10 pm Daily

Local Seafood Vegetarian Entrees Cook Your Catch Pet Friendly

Childrens Menu

Award Winning Lobster Bisque Conch Fritters

Award Winning Food & Coffee



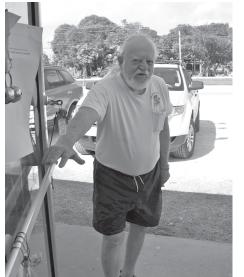


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Pirates on the Water Support Humane Society



Pirates on the Water volunteering to paint the Humane Society





Hippie Jerry and Bonnie were there to help.



Thank you Pirates on the Water!

THANK YOU TO ALL of our Local Sponsors & Global Viewers! For Watching & Supporting Us! "The Keys Kitchen Krew" has been working hard (eat'n drink'n & film'n that is) over the last yr to create a Flavorful, Fun & Funky program that showcases the Upper Keys beauty and its Businesses. Filming on location (dock side) plus producing & editing of the show & its commercials can be challenging, especially when you consider everyone has real iobs, families & other obligations The support of my wife ("Rosie The Magnificent") & family, great efforts of the production team, (of the "Speardivers Show") and all the help from the station (WEYW) have made the program possible. Everyone has committed to creating the best show possible & we strive to make every episode better than the last. With continued upgrades to equipment by learning from our experiences we are determined to take the Keys Kitchen" to a national audience this coming season. With your continued support, involvement and recommendations we hope to soon be sharing a little of our Flavorful, Fun, Funky & Fabulous FL Keys with new "Cook With Love & Share" Chef Buck Naked



Key Largo Rotary and members of Monroe County Sheriff's Office joined together in February to clean up the US1 area. Bags of garbage were collected to ensure our Fabulous Florida Kevs are beautiful for residents and visitors.



Locals' Discount!

KEY LARGO, FL New Tire Sales Available 24/7

35 Uears Experience

BRYAN WHEATON

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Entertainer of the Month: The Blues Pirates

Moss is originally from Seattle Washington and holds a great deal of notoriety locally as a rock-and-roll blues guitar player who has played for 50 years. Moss was the long-time lead player for Big Dick and the Extenders. He lived down the street from Jimi Hendrix's parents. He played golf with Willie Nelson and saw Hendrix in '68 (when he jumped a fence to get in!). Moss plays a 1978 Gibson Les Paul custom guitar through a 100 watt Fender Hot Rod amp.

Sam Maher is an accomplished bassist and quitarist who plays bass in the band but can also be seen around town playing pedal and lap steel guitar or singing and playing acoustic guitar. Having played since the age of seven, Sam began performing in a bar when he wasn't even legal drinking age. "If you're old enough to play in my bar you're old enough to drink in my bar." said the owner.

Maher is a veteran of at least a hundred Grateful Dead concerts and he has played in opening slots for numerous well-known

national touring acts. He performed on the road in much of the Midwest where he grew up, and in Europe. His main influence is his friend and one-time mentor Pete Way from the English rock band UFO. Maher plays a 1974 Rickenbacher and an Epiphone Thunderbird bass guitar through Hartke HA4000 with 400 watts through Hartke and GK 4x10 speakers at 4 ohms.

of Key Largo, Jimmy Mc-Guirl is a trained jazz drummer and was just featured as Entertainer of the Month in the Coconut Telegraph's February issue. He plays Gretchen drums.

Arias Beardslee on blues violin is originally from Northern California. studies at the Berkeley School of music and lives in the Keys. Arias is a noted guitarist and songwriter in his own right and is currently finishing a solo or take us home. But serialbum. Influenced by Caesar Clements and Papa John Creech, Beardslee has played on the streets of Oakland and San Francisco as well as at the Grand ol' Opry.



He plays a vintage Noted drummer supreme Gibson violin through a 1969 Fender twin amp.

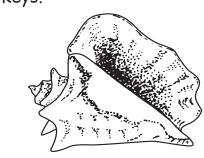
> The band depends on Norman Tyndale for sound. Tyndale is a native of Jamaica and owns and operates Overseas Computers in knocking a few back with Key Largo.

The Blues Pirates have been together for almost 2 years and have one basic theory. Let's party, have a good time and rock and roll!

"If you want to party with the band, that's cool. You may have to pick us up ously no elitist b.s. We don't want anyone to kiss our rear end. We want to rock and roll and have a good time. And, we actually really like what we stand for. We are part of a larger

musical family which includes our good friend Ray West, who is the 5th Blues Pirate on flute and guitar and also a member of Marlin 2 Review (whose Chris Miller can be seen the boys at our shows or sitting in)," says Maher.

The Blues Pirates play somewhere every Friday and Saturday night in Islamorada and are available for gigs at bars, restaurants, weddings and bar mitzvahs in the Florida Keys.



Key Largo Rotary Supports Food Bank

Key Largo Rotary Club donated \$2000 to the Daily Bread Food Pantry at the Burton Memorial UM Church. This food pantry serves over 50 local families each week and is staffed entirely by volunteers. For more about the food pantry, contact Tiffany Katz at 305-852-2581 For more about the Key Largo Rotary Club: join us for a weekly breakfast meeting at the Key Largo Hilton, Wednesdays at 7:30 am. www.keylargorotary.org



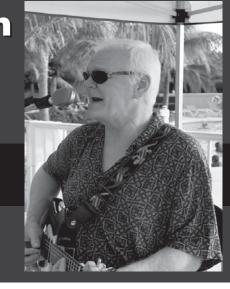
Above (L-R) Nancy Alvarez, Kerry Foote, Katrina Lavene, Jennifer Miller

Bobbe Brown

Live every other Friday afternoon 1pm - 5pm at Gilberts

Available for any type of gig, call for booking info.

305-360-1127



artist in the Sky (For Linda Kirkendol)

Sweep your brush across the sky colors of love splashed wary up high that paint the sunset of your life and cut the skyscape like a knife.

Memories of you are all we've got no more paintings, no more art. For from this world you must depart and leave us with a broken heart. On this earth you did create In God's studio for us now you will wait.

Adrift your ship has left its berth on a steady course for your rebirth. Of all the beauty that you bestowed this world till there is much yet to be unfurled.

by Denise Malefyt



THE ORIGINAL **FULL MOON** PARTY

FRIDAY MAR. 29TH

LIVE ENTERTAINMENT ON THE BEACH FROM 9 'TIL -?-

\$ 30 entry fee for Pierre's (LIMITED SPACE — ARRIVE EARLY!)

DJAT MORADA BAY CAFE

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

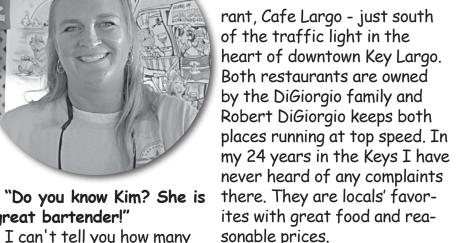
MORADA BAY **Beach Front Cafe**

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Bartender of the Month: Kim Weatherly - Bayside Grille



a great bartender!"

times over the years I have

heard that. Kim Weatherly

numerous times for Bartender

of the Month and we are are

feature her this month. If I

was to describe Kim with only

one word it would be "sweet."

haven't met Kim yet, stop by

the bay and directly behind

the renowned Italian restau-

the Bayside Grille - located on

She is that nice. If you

happy to finally be able to

has been recommended

Kim Weatherly is a Florida girl from Ft. Lauderdale. She graduated from San Diego State University with a degree in psychology and moved to the Keys in 1996. Prior to finding a home at Bayside Grille, she tended bar at Snapper's, Holiday Inn and Snooks. When Snooks burned 3 years ago, Kim and several other employees joined the Bayside staff. One of them was David Hollrah. Kim and

David work side by side and were roommates until Kim married former bartender of the month Kirk Weatherly in a beautiful ceremony at the Bayside Grille, or as the locals call it, "Bayside." As you can see from the front cover photo taken by Thad Bowling, it is a perfect setting for a romantic wedding.

Bayside recently added a tiki hut, a sandy beach and sunset seating. Working along with Kim and David is Corey Gaddy, food runner, barback and bus boy extraordinaire. Kim thinks Corey deserves a superhero cape, he is faster than a speeding sailfish. Speaking of fish, Bayside has a fishing wall of fame that Kim pointed out. There is a photo of her husband with the 200 lb. marlin he caught on his birthday, 2 years after Kim caught

a 200 lb. marlin on her birthday, both fishing with Justin on the "Fantastic II."

Bayside has fantastic live entertainment. You can see the best of local entertainment such as John McKinna. Steve Venini & Luke Sommer Glenn, and also enjoy famous entertainers from outside, which Robert brings in on a regular basis. This month enjoy the blues greats Joel DaSilva & the Midnight Howl, "Braille Blues Daddy" Bryan Lee & his band, and the Rockin' Jake Band.

Happy hour daily from 4 to 7 (closed Sundays) \$2 domestic beer, \$3 imports, \$2.50 well drinks, \$2.50 house wine, \$3 Blue Mojitos and Rum Punch, \$5 Smirnoff, Captain Morgan, Bacardi, and Cuervo. Stop by and meet Kim, David and Super Corey, and tell them you heard it in the Coconut Telegraph.

FRIDAY

The Gypsy

Steve Webb

Luke & Dave

anklin's Whee

7-11pm

Luke & Dave

Colbert 7-11pm

Luke & Dave

No Restriction

7-11pm

Luke & Dave

Stalking ildred 7-11



Centennial Bank Salutes Monroe County Sheriff 2013 Officers Of The Year



Centennial Bank proudly sponsored the 2013 Officer of the Year award ceremony honoring five officers whose work in the last year has gone above and beyond the call of duty and service. The ceremony was held in Marathon on Feb. 14th. Those officers honored were Deputy Sheriff Linda Mixon, Detention Deputy Victor Arquello, Support Officer Jo Socha, Reserve Officer Robert Smith, and Explorer/Cadet Amberlyn Casas.

"It is truly an honor to be part of this show of appreciation and recognition for these officers," said Stephanie Scuderi,

Vice President and Director of Sales for Centennial Bank South Florida region. "We say we live in Paradise. From the stories we heard today, these officers take great strides, put themselves in risky and dangerous situations to make the Keys a safe paradise for us and for our families. They each have acted selflessly and without aiving a second thought to putting our communities in front of their families and themselves. On behalf of everyone at Centennial Bank, we salute these officers – and everyone at the Monroe County Sheriff Department. Thank you for all you do to keep our communities and families safe,"

Bayside Blues Concert Series

Continuing through April • Showtime 6:30pm

ayside Grille brings you the greatest music schedule ever presented in Key Largo this season! These are performers who are tied to great names in music and television, and who have gone on to win their own critical acclaim.

SAT **2nd Joel DaSilva & the Midnight Howl**

He has shared stages with BB King, The Fabulous Thunderbirds, The Black Crowes, Los Lobos, and more!

SAT 9th "Braille Blues Daddy" Bryan Lee & The Blues Power Band

New Orleans guitar legend playing Chicago Blues!

SAT **16 Rockin Jake Band**

A dynamo performer from New Orleans, sharing stages with Guitar Shorty, The Neville Brothers, & Branford Marsalis. Five Time Award Winner for Best Harmonica.

Coming in April:



Wed, April 3 Victor Wainwright & Wild Roots www.wildrootsrecords.com

Support Officer Jo Socha, Detention Deputy Victor Arguello, Deputy Sheriff Linda Mixon, Stephanie Scuderi

Wed, April 17 Chris Duarte Group www.chrisduartegroupfans.org

305-451-3380 www.keylargoblues.com Sat, April 13 Peter Carp & Sue Foley www.karpfoley.com

Sat, April 27 JP Soars & The Red Hots www.jpsoars.com

MM 99.5 Bayside, behind Cafe Largo

DJ · KARAOKE AND LIVE MUSIC



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Islamorada Bartenders Sailfish Open



Champions of the 32nd Annual slamorada Bartenders Sailfish Open. (L-R) Tournament Director Dianne Harbaugh, Renee Barile, Ramamda Bannenberg, Captain Nick Stanczyk, Matt Davis, Larz from OV and Mike Benezia



The Art Box

100650 Overseas

305-451-5461

Key Largo Pack & Ship

SUMMER SALE!

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

FedEx Auth Ship Center **DHL** Auth Ship Center **UPS** Shipping Services International & Domestic We Ship Freight & CDL

- * Artist Supplies
- * Canvas, Paints, Brushes
- * Mediums & More!
- * Kids Arts & Crafts
- * Toys, Puzzles & Games
- * Jewelry Supplies
- Canvas Stretching

- * Advertisements
- * Fliers
- * Calendars
- * Business cards
- * Faxing * Laminating
- * .29 cent color copies

Good News About the Coconut!

Think money does not grow on trees? Think again. Here in the tropics we have an abundance of coconuts. The are everywhere and they are mostly free for the picking. The health benefits from the oil of the coconut are amazing and you can make it yourself at home.

The Benefits Of Coconut Oil

- 1. Kills viruses that cause influenza, herpes, measles, hepatitis C, SARS, AIDS, and other illnesses.
- 2. Kills bacteria that cause ulcers, throat infections, urinary tract infections, pneumonia, gonorrhea, and other diseases.
- Helps relieve symptoms associated with gallbladder
- Relieves symptoms associated with Crohn's disease, ulcerative colitis, and stomach ulcers.
- Improves digestion and bowel function.
- Relieves pain and irritation caused by hemorrhoids.
- Reduces inflammation.
- Supports tissue healing and repair.
- Supports and aids immune system function.
- Helps protect the body from breast, colon, and other
- 11. Is heart healthy; improves cholesterol ratio reducing risk of heart disease.
- 12. Protects arteries from injury that causes atherosclerosis and thus protects against heart disease.
- 13. Helps protect the body from harmful free radicals that promote premature aging and degenerative dis-
- 14. Helps relieve symptoms and reduce health risks associated with diabetes.
- 15. Dissolves kidney stones.
- Supports thyroid function.
- Promotes loss of excess weight by increasing metabolic rate.
- 18. Is utilized by the body to produce energy in preference to being stored as body fat like other dietary fats.
- 19. Helps prevent obesity and overweight problems.
- 20. Applied topically helps to form a chemical barrier on the skin to ward off infection.
- 21. Reduces symptoms associated with psoriasis, eczema, ad dermatitis.
- 22. Supports the natural chemical balance of the skin.
- 23. Softens skin and helps relieve dryness and flaking.
- 24. Prevents wrinkles, sagging skin, and age spots. 25. Promotes healthy looking hair and complexion.
- 26. Provides protection from the damaging effects of ultraviolet radiation from the sun.
- 27. Helps control dandruff.
- 28. Does not form harmful by-products when heated to normal cooking temperature like other vegetable oils do.
- 29. Helps protect against osteoporosis.
- 30. Improves magnesium and calcium absorption and supports the development of strong teeth and bones.



How To Prepare Coconut Oil At Home

is not a difficult task, if you have fresh and mature coconuts. This can save your money and give you the satisfaction of using a product, which is homemade.

Natural Fermentation

It is better to start with small quantities and if you are satisfied with the end product, you can then try large quantities. Take two to three coconuts and remove the husks and shells. Keep the coconut water aside.

Grate the coconut meat and fill it in a net bag. Now you have to hold the bag tightly and press it with your palms, to extract the coconut milk. Dip the net bag suggest you take three in coconut water and press it again to extract more milk.

In order to prepare coconut oil through natural

Making virgin coconut oil fermentation (cold processing), you have to mix the remaining coconut water with the milk and fill the mixture in a transparent glass jar. Allow the jar to remain at room temperature (around 68°F) for about 20 hours.

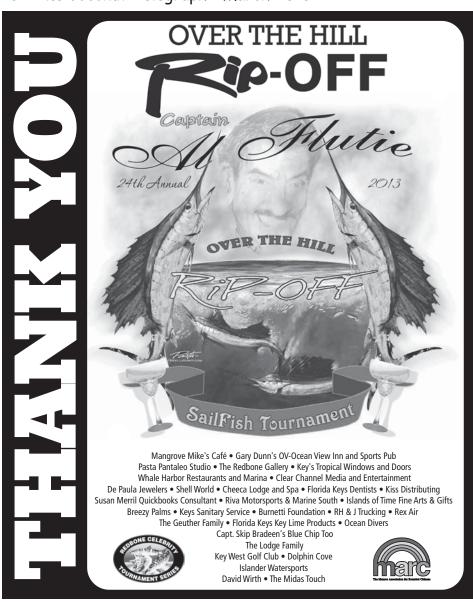
> This allows the water to settle at the bottom. You can find oil floating above the water and above the oil, there will be a layer of protein, which is white in color. You can then filter the oil. which will be colorless or pale yellow in color.

It does not need to be refrigerated and has a shelf life of at least 2 years.

Health practitioners tablespoons of coconut oil per day.

In cooking just replace other oils with coconut oil.





Craft Beer Festival April 6th



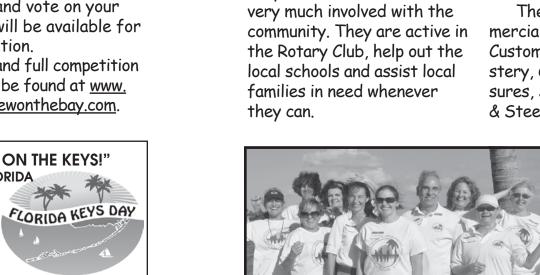
Key Largo Rotary Club presents Brew on the Bay, Key Largo's only craft brew festival, on Saturday, April 6 from 1-5 pm. Sample over 100 unique regional and international craft and specialty beers. Meet brewery representatives who will explain the brews' subtleties while you're tasting. Relax and take in the sights overlooking the Bay at Rowell's Marina at MM104.5 bayside.

Beer quaffing will be accompanied by live music from Coral Rock Jam Band. A details can be found at www. Bar-BREW-Que corner will

offer gourmet burgers and so much more.

A homebrew competition has been added this year; a chance for homebrewers to showcase their brews and it's open to the public. This event will be at Doc's Diner, MM99 bayside on Thursday, April 4 from 6-8 pm. A limited number of tickets to sample beer, eat hors d'oeuvres and vote on your favorites will be available for a \$15 donation.

Prizes and full competition keylargobrewonthebay.com.



The Coconut Telegraph is

proud to have Debbie Cullin as

husband Bob own and operate

Key Largo Canvas at MM 103

oceanside. They have been in

business 33 years in the Keys,

they own a home here and are

Artist/Business Woman of

the Month. Debbie and her

Cullins, along with daughter Jacquelyn, also own a canvas business in Key West. Their Key Largo location employs 9 people and serves all of Monroe, Dade and Broward Counties for awnings.

They specialize in Commercial & Residential Awnings, Custom Marine Canvas, Upholstery, Covers, Bags, Enclosures, Signs, Neon, Aluminum & Steel Fabrication, T-Tops,

Storm Shutters, Decorative Shutters,

Railings, Privacy Curtains, Weather Curtains, Shade Sails. Portable Awnings. Retractable Awnings, Banners and much more. And they also offer crane service!

Artist of the Month: Debbie Cullin -Key Largo Canvas

We have chosen photos of just two of the many local businesses that trust Key Largo Canvas and enjoy the benefits of the creative artistic work that Debbie and Bob

Children enjoyed face

sand box art, cotton

candy, popcorn and more!

Florida Keys Foster Adop-

tive Parents Association

also thanks Wesley House

Family Services and all of

the volunteers who made

the event a success!

Florida Keys Adoptive Parents

Cove Resort for hosting the painting, bounce house,

Valentine Party Thanks

Many thanks to Coconut

are famous for. These awnings protect your home or business from the sun, reduce energy costs and make a bold advertising statement that jumps out at you and says "Here we are!" For more photos and information check out their website: keylargocanvas.com

If you are considering making an investment in your home, business or boat you want a reputable company. The folks at Key Largo Canvas own property here and are a respected part of our community, not some gypsy fly-bynights operating out of a temporary location and living on a boat. Debbie and Bob Cullin ar here to stay! Contact them at the shop at 103761 Overseas Highway 305-451-1302.

If you have been a victim of ba work or a con artist please contact the Key Largo Chamber of Commerce, who also acts as our Better Business Bureau (305) 451-1414. If you are a victim of fraud and lost your deposit, contact the Monroe County Sheriff's office (305) 853-3211.



FLORIDA KEYS DAY 2013 "GET HOOKED ON THE KEYS!" APRIL 23, 2013 in TALLAHASSEE, FLORIDA

Join Keys Officials and Community Leaders for:

- Lobbying efforts on behalf of your organization FLORIDA KEYS DAY • Remind Tallahassee who & where we are
- Meet with Legislators and State Officials
- House & Senate Chamber tour
- Florida Keys Day Reception/Happy Hour in the Capitol Courtyard

Arrive early and attend the Welcome Reception on April 22, 2013 at 5:30 pm at the Governor's Club

Hotel Information:

Governor's Inn (850) 681-6855 (850) 513-0313

FOR MORE INFO CONTACT: floridakeysday@gmail.com

Blocks of rooms have been set aside at both locations. Identify yourself as a part of Florida Keys Day to receive the group rate.



Sunday, March 10 10 Cane Rum Tasting from 1-3 PM

Pajama Party with Capt. Josh from 4-8 PM St. Patty's Day March 17

"Fire in the Kitchen" is playing Authentic Irish Music from 4-9 PM **Corn Beef & Cabbage** and Drink Specials

HAPPY HOUR 4-7pm • 7 Days Food & Drink Specials & Happy Hour Pricing



NIGHTLY LIVE ENTERTAINMENT Monday thru Wed. 7-10 PM Thursday 6-10 PM Friday & Saturday 7-11 PM Sunday 4-8 PM

Easter Sunday Join us for specials and family fun!

Every Sunday Sunday Brunch 11:00 am

FREE Bloody

Available Call Marina directly at 305-393-3638

BEST

FUEL

PRICES

On The Water

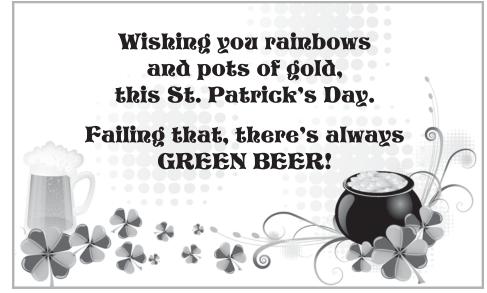
Wet Slips

and

Dry Racks









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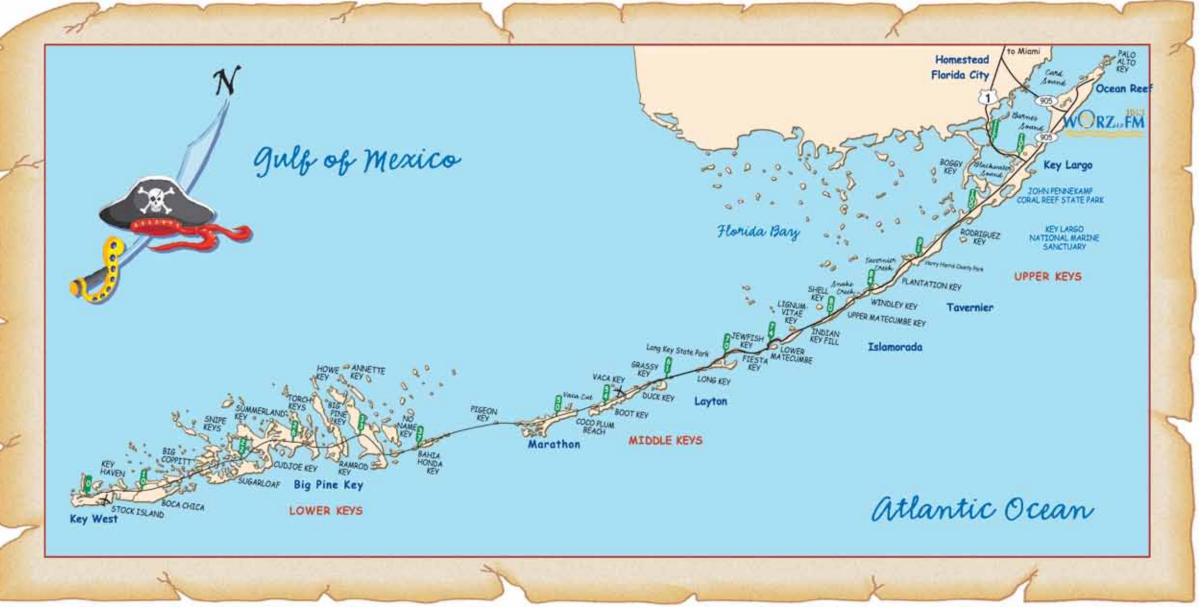
SINCE 1966 Se Habla Español

















Book your next event!

Open to the Public • Capacity 250 • Event Planning Available Hall Rental - call Sherrill 305-852-1872 Decorating & Catering Packages - call Joyce 305-619-2259

ELKS ENTERTAINMENT

Fridays: Merilee Dodge Karaoke 8-11pm Saturdays: Call 852-1872 to see who's playing!

Sunday, March 24

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The Mangrove Galley

by Sandi Mieszczenski

The month of March brings one of the most celebrated days of the year, Saint Patrick's Day. Most people who prepare the traditional meal of corned beef and cabbage have their own favorite recipe. But what to do with the leftovers? One of my favorite dishes is the classic Reuben sandwich. It is easy to make, tasty, and because it is prepared on the stove top, it is a perfect boater's meal. All you need is rye bread (or a marble rye is even better), onions, Swiss cheese, sauerkraut, sauce, and of course the corned

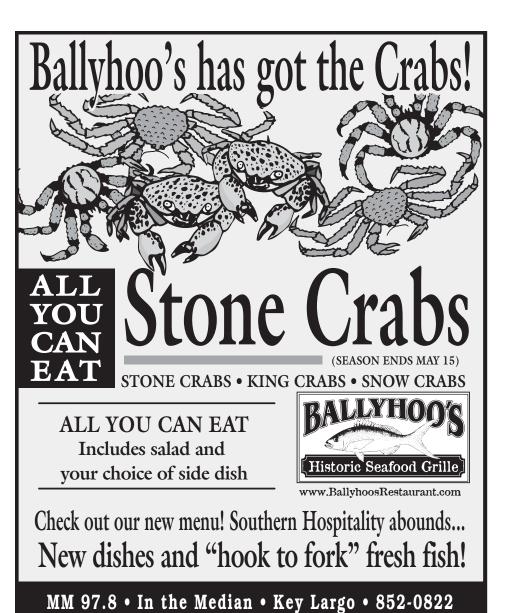


beef. Saute some onion slices in a pan with butter. Butter each slice of bread on one side. The buttered side will be on the outside for frying in the pan. Assemble the sandwich with as much of the sauteed onion, Swiss cheese, sauerkraut, corned beef, and sauce as you desire. Be sure to drain the sauerkraut well. I also press it between paper towels in order to remove the liquid. Pan fry the sandwich in the same pan as you sauteed the onions and brown on both sides. Serve hot.

Reuben Sauce

This also makes a great salad dressing.

1/2 cup mayonnaise
4 tablespoons ketchup
3 tablespoons sweet relish
Combine and mix well.
Spread on the unbuttered
side of the bread.







DAILY SPECIALS

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

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Hunk of the Month Rob Mitchell Island Time Cruises & Island Time Trolley



Shirts by T-Toons

Melba Nezbed Retires After 35 years with Florida's Park Service



Melba "Toast" Nezbed recently retired from the Florida Park Service. Melba joined the Florida Park Service in 1978 as a park ranger in Pennekamp State Park. After serving there for a year, she was chosen as one of the first two rangers to serve at the Indian Key park. After working many years on Indian Key she was promoted to Park Service Specialist and Assistant Park Manager. In 2005 she was selected as the Park Manager of Lignumvitae, Indian and Windley Key parks along with the underwater park "San Pedro Wreck".

Before joining the park service Melba served as crew on Windjammers Barefoot Cruises in the Caribbean and was chosen as one of 15 crew members to serve on the Yankee Trader, visiting many worldwide ports of call.

Melba's retirement party was well attended with over 120 members of the "Friends of Islamorada Area State Parks" and others from around the state, Kudos, Melba!

Song Man Dance Man Jon Peterson in Key Largo

Broadway talent Jon Peterson brings his sensational new show, **Song Man Dance Man**, to Key Largo for one week only, March 6 through 10. Presented by the Key Players in conjunction with Friends of the Key Largo Cultural Center, it's a "one-man show about the one-man shows." Song Man Dance Man is a tribute to the great song and dance men who inspired Peterson and in whose company he clearly belongs. Singing songs made famous by Cohan, Fred Astaire, Gene Kelly, Sammy Davis, Jr., Anthony Newley and Donald O'Conor, Peterson has filled his show with biographical tidbits, corny jokes, and some of the most difficult tap-dancing ever seen in a cabaret. It's a thrilling tour-de-force for the audience, who never stop marveling at Peterson's endless supply of energy.

Peterson's voice, a lyrical tenor with a throbbing intensity that recalls a young Judy Garland, is a beautiful instrument he applies smartly to the material. Whether singing 'Give My Regards to Broadway' or 'If I Ruled the World,' the overriding characteristic of Peterson's vocal performance is his sincerity. When he plants his feet and looks into the lights, it's the kind of razzle-dazzle showmanship that will send goose-bumps up your spine. Peterson's dancing, a breathtaking display of phenomenal tapping, expert soft-shoe and old-fashioned hoofing, is never less than dazzling and he integrates his choreography beautifully within his numbers.

Don't miss this fantastic opportunity to see Broadway-caliber entertainment right here in Key Largo! Tickets are on sale at The Art Box (MM100.6), The UPS Store (MM101.4 in Trade Winds), and at the PostNet Store (MM88). Advance tickets are \$18; at the door (if available) tickets are \$20. For more information, contact Tom Butler at 305-453-0997 or check the website: www.thekeyplayers.org.



men trooped along the walk-

way of the bridge at 4:30

Upon arrival at

the midpoint of

the bridge,

they discov-

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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.

J

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4

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Natura

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The Art Box MM 100.2 Bayside

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Reduces symptoms of asthma, allergies, bronchitis, sinusitis, and other respiratory diseases

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Reduces stress

 Improves concentration Relieves headaches and migraines



When the dark moon appears, it becomes easier for us to shed unnecessary emotional baggage and free ourselves of people and

your psyche. One way to harness the energy of the dark moon is to perform a ritual where you light a black candle. Call forth and visualize the different parts of your life that you are ready to let go of. Through visualization, bind these parts together with light and imagine this bundle moving toward the candle. Watch these old parts being devoured by the flames, and let the candle burn out. Trust that what you've released has left you. You are now ready to wel-

or add value to our life. It is

a time to cleanse ourselves

and create space so that

what is new can enter. For

is a time to rest, be intro-

energy. Powerful, healing

dreams have been known to

take place during the dark

moon, and you may discover

driven to meditate, explore

retrieve past life memories,

or delve more deeply into

that it is during the dark

moon that you are most

your intuitive abilities,

many people, the dark moon

spective, and replenish their

ever, a time for lifeenriching endings and a prelude to new beginnings. ideas that no longer serve us come the new into your life.

Dark Power: Dark Moon

The last 3 days of a lunar cycle is a time to let go and

purge anything in your life that you want to change.

In ancient times, the

moon was revered as a god-

dess, and each of her lunar

moon, and dark moon - was

said to correspond to the

three phases of a woman's

life: maiden, mother, and

crone. The moon has long

been associated with our

The dark moon, which is

associated with the crone

phase, appears in the sky

during the last three days of

every lunar cycle. It cannot

be seen with the human eye.

but it is the dark moon that

presides over the sky until a

new 28-day cycle begins and

appear. Often referred to

moon doesn't necessarily

as the "dead moon," the dark

represent death. It is, how-

a new moon is ready to

power within, and you do not

have to be a woman to con-

nect with the moon's power.

phases - new moon, full

Reprinted from DailyOM - Inspirational thoughts for a happy, healthy and fulfilling day. Register for free at www.dailyom.com

Darwin Awards 2012

Eighth Place

In Detroit, a 41-year-old man got stuck and drowned in two feet of water after squeezing head first through an 18-inch-wide sewer grate to retrieve his car keys.

Seventh Place

A 49-year-old San Francisco stockbroker, who "totally zoned when he ran," accidentally jogged off a 100-foot high cliff on his daily run.

Sixth Place

While at the beach, Daniel Jones, 21, dug an 8 foot hole for protection from the wind and had been sitting in a beach chair at the bottom, when it collapsed, burying him beneath 5 feet of sand. People on the beach used their hands and shovels trying to get him out but could not reach him. It took rescue workers us-

ing heavy equipment almost an hour to free him. Jones was pronounced dead at a hospital.

Santiago Alvarado, 24, he was burglarizing.

Fourth Place

Sylvester Briddell, Jr., 26, was killed as he won a bet with friends who said he would not put a revolver loaded with four bullets into his mouth and pull the trig-

Third Place

After stepping around a marked police patrol car

a man walked into H&J Leather & Firearms intent on robbina the store. The shop was full

of custom-

Upon seeing the

pistol.

was hurt.

was closed.

RUNNER UP

officer, the would-

be robber announced

a hold-up and fired a few

wild shots from a target

The officer and a clerk

promptly returned fire, and

several customers also drew

robber was pronounced dead

at the scene by Paramedics.

identified rounds from 7 dif-

ferent weapons. No one else

Paul Stiller, 47, and his

wife Bonnie were bored just

driving around at 2 A.M. so

they lit a quarter stick of

dynamite to toss out the win-

dow to see what would hap-

pen. Apparently they failed

Kerry Bingham had been

drinking with several friends

when one of them said they

bungee-jumped from a local

bridge in the middle of traf-

more excited, and at least 10

fic. The conversation grew

knew a person who had

to notice that the window

HONORABLE MENTION

Crime scene investigators

located 47 expended car-

their guns and fired. The

parked at the front door,

Fifth Place

was killed as he fell through the ceiling of a bicycle shop

Death was caused when the long flashlight he had placed in his mouth to keep his hands free rammed into the base of his skull as he hit the floor.

ered that ers and a uniformed a bungee rope. Bingofficer was standing ham, who had continued drinkat the counter.

nearby.

They secured one end around Bingham's leg and then tied the other to the bridge. His fall lasted 40 feet before the cable tightened and tore his foot off at the ankle. He miraculously survived his fall into the icy water and was rescued by two nearby fishermen. Bingtridge cases in the shop. The ham's foot was never located.

and pointed out that a

coil of lineman's cable lay

subsequent autopsy revealed AND THE WINNER IS 23 gunshot wounds. Ballistics

Zookeeper Friedrich

Riesfeldt (Paderborn, Germany) fed his constipated elephant 22 doses of animal laxative and more than a bushel of berries, figs and prunes before the pluggedup giant finally got relief. Investigators say ill-fated Friedrich, 46, was attempting to give the ailing elephant an olive oil enema when the beast unloaded. The sheer force of the elephant's unexpected delivery knocked Mr Riesfeldt to the ground where he struck his head on a rock as the elephant continued to drop 200 pounds of excrement on top of him. It seems to be just one of those freak accidents that

proves... 'Shit happens.'

ISLAND GRILL

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new menu at both Island Grills

for the new year.

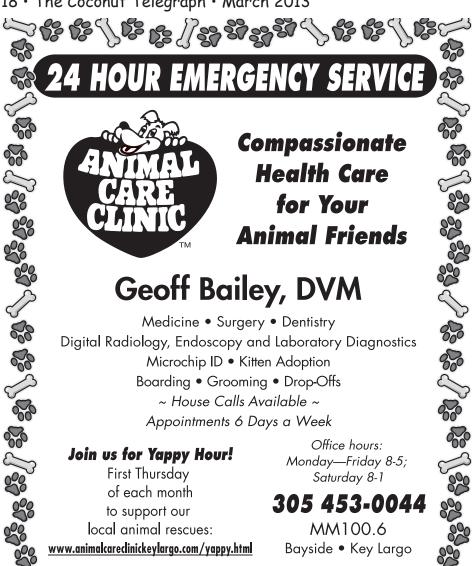
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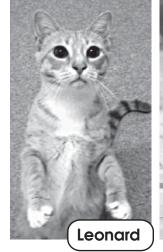
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See Tina at Linda Lee's Hairport 103200 Overseas Hwy (Plaza 103, by Num Thai) 451-3455

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.







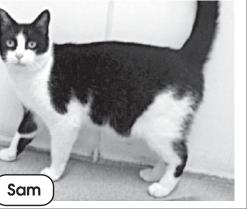












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Anny Bannanny

Dear Anny Bannanny,

I visit the Keys often and stopped in to a local club a few months back. All the customers and employees were complaining about the female boss. The woman had been promoted to manager yet didn't have a clue of how to manage. She had some personal issues as well, which caused her to flip out like a hostile rabid crack head on meth. She fired long-term, loyal employees and caused the rest to fear for their jobs. She alienated many locals as well with her drunken ranting and raving, and ran down business in general. I overheard her tell one lady that she was too fat to sit on the barstools! She chased one very generous guy out the door for not tipping enough!

Then a couple of weeks ago I got several phone calls from my Key Largo friends singing "Ding dong the witch is gone!" They finally got rid of the bad apple, and put out the garbage and the whole town rejoiced. I rushed back to the Keys to share in their joy. What a great place it is now, all happy people coming together for the good of the order. It's really true what they say about Karma, isn't it?

Yours truly, A very happy person!

Dear Happy,

Anny Bannanny also shares in your happiness and knows that Karma is for real. Could that be the same illiterate woman that wrote letters about the Coconut Telegraph to many local business people? You will be reading about her and her helper soon. The Karma fairy is on it, we must be patient.

Anny Bannanny advises everyone to always always always get a professional haircut from a licensed cosmetologist in a legitimate salon. Beware of very bored county employees that harass newspapers on the taxpayers' dime and dumb brown-tooth, drunken bimbos wielding shears in bars. Alcohol and haircuts don't mix!

Sincerely, Anny



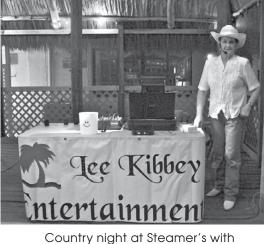
Conch Characters



Captain John is feeling fine



Future artists learning to paint at the Art Box



Lee Kibbey - learn how to line dance!



honor our veterans. For a \$20 donation to the American Legion Post you can honor your family member in the Army, Navy, Marine Corps, Air Force or Coast Guard with their name and branch of service on a 1" x 4" plaque.



John McKinna at Gilbert's Resort



Troprock's finest, Captain Josh

at the Pilot House

A nice catch at the Pilot House Marina



Micha, Kaiya, Jenny, Bush and Sid at the Pilot House Mardi Gras party



The Key Largo Conch House was one of the stops for the Pink Bra Breast Cancer Walk



American Legion at the 1st Annual Charity Fish Fest to benefit St. James the Fisherman's Children Center and Episcopal Church



Islamorada Moose Chili Cook Off



Islamorada Fire Rescue at Chili Cook Off

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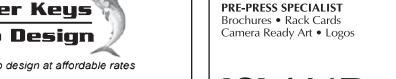
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Coco'Nut' Funnies

A.A.A.D.D.: Know The Symptoms!

Thank goodness there's a name for this disorder: Age Activated Attention Deficit Disorder. This is how it mani-

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide it needs washing.

As I start toward the garage, I

notice mail on the porch table that brought up from the mail box earlier. I decide to go through the mail before I wash the car.

I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full. So, I decide to put the bills back on the table and take out the garbage

But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

I take my check book off the table, and see that there is only one check left. My extra checks are in my desk in the study, so I go inside the house to my desk where I find the can of Pepsi I'd been drinking.

I'm going to look for my checks, but first I need to push the Pepsi aside so that I don't accidentally knock it over.



IF WE WATCHED COOKING SHOWS THE WAY GUYS WATCH SPORTS

The Pepsi is getting warm, and I decide to put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Pepsi, a vase of flowers on the counter catches my eye--they need

I put the Pepsi on the counter and discover my reading glasses that I've been searching for all morning.

> I decide I better put them back on my desk, but first I'm going to water the flowers.

I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table.

I realize that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on

the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I pour some water in the flowers. but quite a bit of it spills on the floor. So. I set the remote back on the table, get some towels and wipe up the spill. Then, I head down the hall trying to remember what I was planning to do.

At the end of the day: the car isn't washed... the hose has been running all day... the bills aren't paid... there is a warm can of Pepsi sitting on the

> counter... the flowers don't have enough water... there is still only 1 check in my check book... I can't find the remote... or my glasses... and I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day, and I'm really tired. I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail..



aunty acid

Please Note:

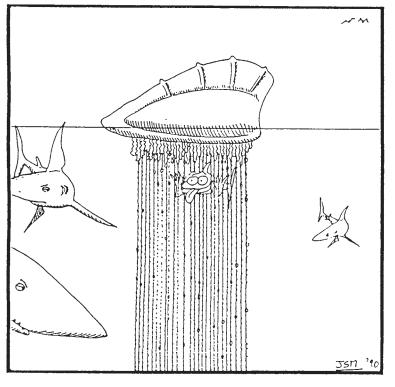
New Email Address

for the Coconut Telegraph: theconchtelegraph@gmail.com

of a sign that says Disturb',
I need one
that says, that says, disturbed, proceed

Left Field

by J.S. McKinna



"Hey, tough guy! I'm talking to you, fishface! Nyaah, nyaah, nyaah!..."

Home Remedies

These really work!! A friend of mine checked this out on Snopes and it's for real! Amazing simple home remedies:

- . Avoid cutting yourself when slicing vegetables by getting someone else to hold the vegetables while you chop.
- 2. Avoid arguments with the females about lifting the toilet seat by using the sink.
- 3. For high blood pressure sufferers ~ simply cut yourself and bleed for a few minutes, thus reducing the pressure on your veins. Remember to use a timer.
- 4. A mouse trap placed on top of your alarm clock will prevent you from rolling over and going back to sleep after you hit the snooze button.
 - 5. If you have a bad cough, take a large dose of laxatives . Then you'll be afraid to cough.
 - 6. You only need two tools in life -WD-40 and duct tape. If it doesn't move and should, use the WD-40. If it shouldn't move and does, use the duct tape.
 - If you can't fix it with a hammer, you've got an electrical problem.





AND NOW, LADIES, I WANT

MUSCLE IN YOUR BODY.

I have

Which means

I'm a BITCH

and I WILL

FIND YOU.

SAFER

Can I help you

with dinner?

You sure

look good in

brown!

Could we be

overreacting?

You know, there

hope you didn't

over-do it today

DANGEROUS

What's for

dinner?

Are you

What are you

so worked up

about?

Should you be

eating that?

What did you

DO all day?

wearing that?

THE HORMONE GUIDE

SURVIVAL TIPS FOR MEN: HOW TO ASK A QUESTION TO A WOMAN

SAFEST

to go for dinner?

WOW! Look at

you!

Here's my

paycheck.

Can I get you a

that?

you

in that robe

piece

a lot of apples left. of chocolate with

Where would you Here, have some

I've always loved Here, have some

First Initial A-Deadman's **B-Unicorns** C-Sweaty D-Pickled E- Rancid F-Curdled G-Hobbit H-Kiss My I - Virgin J - Screaming K - Flying L - Einstein's M - Multi-Colored N - Best Man's O - Porn Star's P- Sweet & Sour Q-Fried R- Dribbling S - Flaming T- Rat's

Z - Nuclear Birthday Month

U-Salty

V-Brainiac's

W-Barmaid's

X - Rainbow

Y - Microwaved

Jan-Snot Feb-Slop Tray March - Tastebuds April-Liver May-Cum une-Orgasm July - Sunset Aug - Toupe Sept - Vomit Oct - Nipple Nov - Ash Tray Dec - Mouthwash

ULTRA SAFE

Here, have some

wine

Here, have some

Here, have some

Annual Performance Review Time! For everyone who has ever had an evaluation or performance review, just remember, it could have been worse. These are actual quotes taken from



- 1. "Since my last report, this employee has reached rock-bottom and has started to dig."
- 2. "I would not allow this employee to breed."
- "This employee is really not so much of a has-been, but more of definite won't be.
- "Works well under constant supervision and cornered like a rat in a trap."
- "When she opens her mouth, it seems that it is only to change feet."
- "Takes him 2 hours to watch '60-minutes'."
- "This young lady has delusions of adequacy."
- "He sets low personal standards, and consistently fails to achieve them."
- 9. "This employee is depriving a village somewhere of its idiot."
- 10. "This employee should go far, and the sooner he starts, the better."
- 11. "Got a full 6-pack, but lacks the plastic thingy to hold it all together."
- 12. "A gross ignoramus 144 times worse than an ordinary ignoramus."
- 13. "He doesn't have ulcers, but he's a carrier."
- 14. "I would like to go hunting with him sometime."
- 15. "He's been working with glue too much."
- 16. "He would argue with a signpost."
- 17. "He brings a lot of joy whenever he leaves the room."
- 18. "When his IQ reaches 50, he should sell,"
- 19. "If you see two people talking and one looks bored, he's the other one."
- 20. "A photographic memory but with the lens cover glued on."
- 21. "A prime candidate for natural de-selection."
- 22. "Donated his brain to science before he was done using it."
- 23. "Gates are down, the lights are flashing, but the train isn't coming."
- 24. "He's got two brain cells, one is lost and the other is out looking for it."
- 25. "If he were any more stupid, he'd have to be watered twice a week."
- 26. "If you give him a penny for his thoughts, you'd get change."
- 27. "If you stand close enough to him, you can hear the ocean."
- 28. "It's hard to believe he beat out 1,000,000 other sperm."
- 29. "Some drink from the fountain of knowledge; he only gargled."
- 30. "The wheel is turning, but the hamster is dead."

Thank you Thad Bowling!

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