

# The Conch Republic COCONUT TELEGRAPH

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## Inside:

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Entertainer of the Month...

Captain Josh

Art Box Artist of the Month...

Scott Van Iderstine

### Map

Getting From Here to There

### What's Hot & What's Not

Go Bananas!

Key Largo's Original Music Fest

May 16-19

VNA/Hospice Nurse Marti Brown

Helps Disaster Victims

### All the Buzz

Coco-Nut Funnies

Mangrove Galley

Conch Characters

Business in the Keys



M.A.S.H. Party to benefit the Good Health Clinic: Saturday, May 11 at the Lions Club in Key Largo. Another great event by the Pirates on the Water, aka the Parrot Heads. For details see page 11.

## Celebrate Sunset

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## CAPTAIN MORGAN BEACH PARTY

LAST SATURDAY OF THE MONTH ON THE FULL MOON

Saturday, May 25, 8pm-Midnight

CAPTAIN MORGAN SPECIALS AT THE BEACH BAR  
CIROC VODKA SPECIALS AT THE BAYVIEW BAR  
CAPTAIN MORGAN GIRLS (MORGANETTES)  
CAPTAIN MORGAN BBQ FOOD SPECIALS  
CIROC VODKA INSPIRED FOOD SPECIALS

Special Musical Guest: **Albert Castiglia**  
Named "Best Blues Guitarist" New Times Magazine

CAPTAIN MORGAN & CIROC SPECIALS AT BAYSIDE GRILLE  
CAFE LARGO & BAYSIDE SUNSET BAR FROM OPEN TO CLOSE



CIROC

Captain Morgan



Coconut Telegraph

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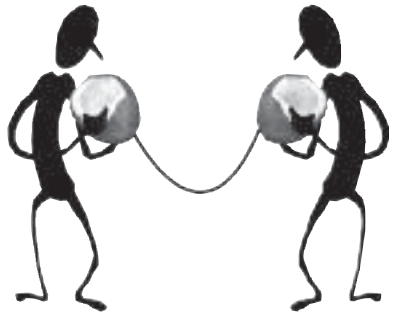
Deadline  
for the  
Coconut Telegraph's  
June issue is  
Friday  
May 24, 2013

Contact Denise at  
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the matter of the loss of money and damages I have suffered from Mr. Johnson's attack that I need to address.

That's my problem. But what can you do to help the veterans? Please continue to send letters to George Brentnaall, Veteran's Affairs Department, Harvey Government Center, 1200 Truman Ave., Suite 204, Key West, Fl. 33040. If you are not satisfied with

the response write to the county administrator or go up the chain of command with Veteran's Affairs. Our veterans deserve better and together we can make a difference.

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How to tell if you are a drunk

1. You never have a hangover because you are always drunk.
2. Empty beer bottles serve as home decorations.
3. You've taken a beer to a job interview.
4. Tequila worms fear your name.
5. The only time you read "little" newspapers is to find the cheapest beer in town.
6. You're on your 5th liver transplant operation.
7. You frequently urinate outdoors.
8. You are so dehydrated from drinking that your genitals are shrunken.
9. None of the women at the bar look ugly at last call.
10. The space on your drivers license for eye color reads "bloodshot".
11. You check your smart phone photos to see what you did last night.
12. If liquor companies gave frequent flier miles you would own an airline.
13. You fall asleep taking a dump.
14. You pour some beer in your hand and when your friend asks, "what are you doing?" you say, "I'm giving my date a drink!"
15. You have had to return to the bar the next day to sift through the pearock to find your missing teeth.
16. Your organ donor recipient wakes up with a hangover.
17. It takes 6 weeks to put the fire out after your cremation.
18. For once you are dumb enough to come home sober and you get attacked by your dog.
19. You quit smoking pot to buy more beer.
20. You rate bar patrons by the number of beers needed to make them candidates to take home.
21. Your morning breath keeps the house free of bugs.
22. Your ideal mate is one that can outdrink you.
23. You don't drink and drive for fear you will spill some.
24. You've given your mother a case of beer for Mother's Day.
25. At your funeral they yell "Last Call" instead of playing Taps.






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On behalf of the Monroe County State Attorney’s Office, State Attorney Catherine Vogel presented Deputy Sheriff Larry O’Neil with the designation of "Officer of the Quarter" for his outstanding service and dedication to the residents of Monroe County. Deputy O’Neil is the School Resource Officer for Plantation Key School. "Deputy O’Neil, your diligence and attention to detail have truly impacted the youth you deal with on a daily basis. Your service has not gone unnoticed," said State Attorney Catherine Vogel. Present for the award, bestowed in mid-April, was Monroe County Sheriff Rick Ramsay.



Raffle of a personal watercraft benefitting Florida Keys Wild Bird Center. Contact the Wild Bird Center for more info.



# Go Bananas!

After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

**DEPRESSION:**

According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

**PMS:**

Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

**ANEMIA:**

High in iron, bananas can stimulate the production of

hemoglobin in the blood and so helps in cases of anemia.

**BLOOD PRESSURE:**

This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

**BRAIN POWER:**

200 students at a Twickenham school ( England ) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

**CONSTIPATION:**

High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**HANGOVERS:**

One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

**HEARTBURN:**

Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**MORNING SICKNESS:**

Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**MOSQUITO BITES:**

Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**NERVES:**

Bananas are high in B vitamins that help calm the nervous system..

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.


**ULCERS:**

The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**TEMPERATURE CONTROL:**

Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand , for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals.. It is also rich in potassium and is one of the best value foods around So maybe its time to change that well-known phrase so that we say, **'A BANANA a day keeps the doctor away!'**



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It's a religion!

A simple one... we celebrate all of the holidays of every other religion. After all, in this busy world, can't we all use more holidays?

Why bananas, you ask? The simple answer is, we like bananas. So much so, that we've dedicated this site to them... you could say we even worship them. But that'd be a little crazy. So, just leave it at: We like bananas.





A funny thing happened during the Seven Mile Bridge Run in April. Gainesville, Florida resident Jeremy Shinn was running alongside girlfriend Amy Gregor. At the top of the span, Shinn suddenly stopped, removed an engagement ring from his pocket and dropped to his knees to pop the question. She said yes. Congratulations!



Brittany Baker has been in critical condition at Ryder Trauma Center at Jackson Memorial Hospital since April 6th. For information how you can help visit [www.facebook.com/britts.battle.12fref=ts](http://www.facebook.com/britts.battle.12fref=ts)



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Find us on Facebook	<b>MICHAEL TRIXX MAGIC SHOW</b> SATURDAYS AT SUNSET	1 ALLEN TRUESDELL 1-5 BOBBE BROWN 6-10	2 KEVIN HURLEY 1-5 KARAOKE WITH MARILEE 6-10	3 STEVE WEBB 1-5 THE REGS 7-11	4 LUKE & DAVE 2-6 NO RESTRICTIONS 7-11	
5 ECLIPSE 2-7	6 DAVE BOWMAN 1-5 OPEN JAM WITH STEVE VENINI 6-10	7 LUKE 2-5 BOBBE BROWN 6-10	8 ALLEN TRUESDELL 1-5 BOBBE BROWN 6-10	9 JOHN MCKINNA 1-5 KARAOKE 6-10	10 BOBBE BROWN 1-5 RIVERDOWN 7-11	11 LUKE & DAVE 2-6 TBA 7-11
12 Mother's Day MR NICE GUY 2-7	13 JESS ATKINS 1-5 OPEN JAM WITH STEVE VENINI 6-10	14 LUKE 2-5 TED & VIVIAN 6-10	15 ALLEN TRUESDELL 1-5 BOBBE BROWN 6-10	16 KEVIN HURLEY 1-5 KARAOKE 6-10	17 STEVE WEBB 1-5 EXIT 19 7-11	18 Armed Forces Day LUKE & DAVE 2-6 FRANKLIN'S WHEEL 7-11
19 EGO 2-7	20 DAVE BOWMAN 1-5 OPEN JAM WITH STEVE VENINI 6-10	21 LUKE 2-5 BOBBE BROWN 6-10	22 ALLEN TRUESDELL 1-5 BOBBE BROWN 6-10	23 JOHN MCKINNA 1-5 KARAOKE 6-10	24 BOBBE BROWN 1-5 TRAVLER BAND 7-11	25 LUKE & DAVE 2-6 PUSH 7-11
26 THE REGS 2-7	27 Memorial Day MR NICE GUY 2-7	28 LUKE 2-5 OPEN JAM WITH STEVE VENINI 6-10	29 ALLEN TRUESDELL 1-5 BOBBE BROWN 6-10	30 KEVIN HURLEY 1-5 KARAOKE 6-10	31 STEVE WEBB 1-5 DOUBLE STANDARD 7-11	<b>\$7.95 Daily Food Specials Mon-Fri</b>

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**JOHN J. ALLETTO**  
Mar. 20, 1947-Apr. 6, 2013

John Alletto of Key Largo Florida passed away on April 6, 2013 at the age of 66. He is survived by his two daughters Kathy (Mike) Waldkoetter of Trenton, OH and Bonnie (Paul) Pugh of Chesterton, IN. Brother Russell (Carol) Alletto of Hammond IN, niece Cheryl (Charles) Arroyo and great nephew Justin Arroyo. John has seven grandchildren, Janel (Dave) Teeter of Munster IN, Brennan, Blake

and Alex Pugh, Krysty, Josh and Aidan Waldkoetter. His first great grandchild Tristan Teeter was born one week after his passing on April 13, 2013. He was preceded in death by his parents Ross and Vivian Alletto, and brother Joseph Alletto.

John was retired from AT&T where he worked for over 30 years. He was also a former Dyer, Indiana Volunteer fireman. He was currently employed at the Snake Creek drawbridge. John served as a Sergeant in the Army during the Vietnam war. A private military service was held by his family at South Florida National Cemetery, where he is laid to rest. A celebration of life, held at the American Legion in Key Largo, will be announced at a later date.



# Art Box Featured Artist of the Month: Scott Van Iderstine

Scott Van Iderstine is a 23-year-old illustrator at the Art Institute of Fort Lauderdale, where he is currently completing his education. Born and raised in New Jersey, Scott has always loved to draw, but has never considered himself an artist.

As Scott vectored into his first college experience,



three years at the University of Tampa, he thought he would gravitate toward more mainstream interests for his future, something like business or marketing. But it didn't feel right. Scott kept drawing but hid his work, never thinking it was good enough or worth showing to people.

In his later years at Tampa he began drawing more and more. At some point, he had so many drawings around that people began seeing them and wanting to buy them because they thought they good.

This helped Scott get over his insecurity in his artistic ability. He finally got to a point where he was proud of his work. He wanted to show it to his friends, classmates and teachers. He

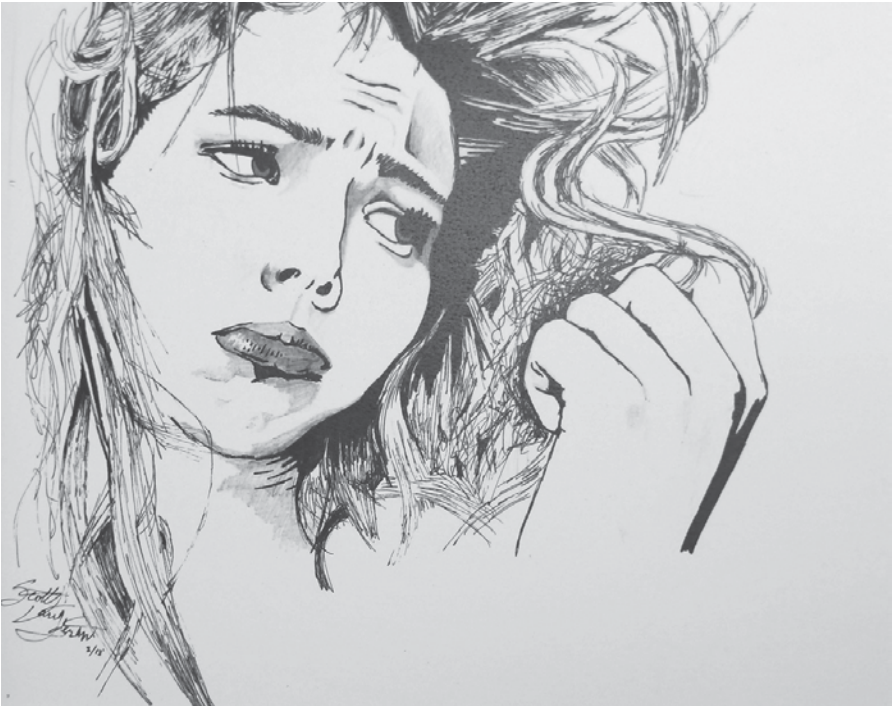


wanted to show the whole world!

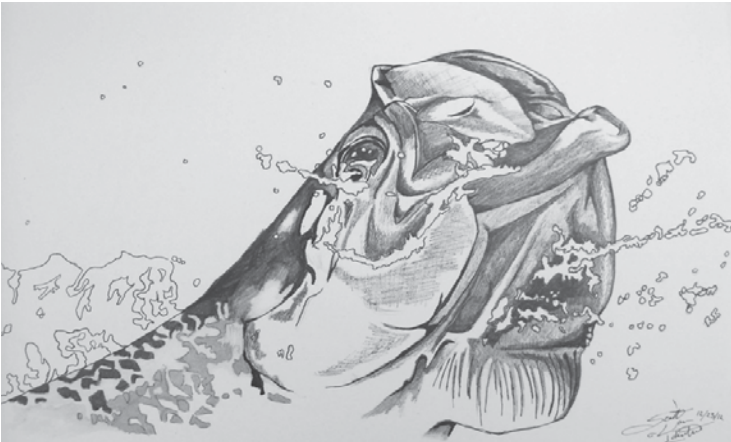
So now Scott has finished at Tampa and has officially become a resident of Tavernier, (following his parents' move to the Keys). He is enjoying their new, joyous, retired lifestyle, and living in the Keys between school terms. He worked rad jobs (his word!)... from rent-

ing jet skis at resorts, to making/installing signs and artistic boat wraps. And as his father is a very passionate and experienced back-country fly fisherman, he has joined him and experienced many captivating, creative, and artistically inspiring moments on the water.

At the Art Institute of Fort Lauderdale illustration



became his passion. He mainly use graphite pencils, colored pencils, and ink. Markers, acrylic paints, and graphic art are new, challenging attractions for his use. He's working on oils as well, but finds them a bit more difficult to execute. He absolutely loves black and white, and his favorite work is black and white pencil/ink/marker, with a tiny pop of color added. The work just seems to come to life.



At this point, Scott feels confident he is doing exactly what he's supposed to be doing with his life. He's proud to say he is not only an illustrator/graphic designer at the Art Institute, but an exuberant, self-proclaimed artist of two years. He's claiming the title and mastering the work, and he hopes you will enjoy what he's done.

You can contact Scott at 732-513-5172 or scootervani@hotmail.com, and stop by the Art Box to see his work on display.



## Alcohol Trivia

The U.S. Marines first recruiting station was a bar.

Bourbon is the official spirit of the U.S., by an act of Congress.



Among the Bagonda people of Uganda, the several widows of a recently deceased king have the distinctive honor of drinking the beer in which his entrails have been cleaned.

The shallow champagne glass originated with Marie Antionette. It was first formed from wax molds of her breasts.

Methyphobia is the fear of alcohol.

Dipsomania refers to an abnormal or insatiable craving for alcohol.

In Malaysia, drunk drivers are jailed and so are their spouses.

Adolf Hitler was one of the world's best known abstainers from alcohol; his adversary, Sir Winston Churchill, was one of the world's best known heavy drinkers.

There is a cloud of alcohol in outer space with enough alcohol to make four trillion-trillion drinks. It is free for the taking... but it is 10,000 light years away from earth.

President Lincoln, when informed that General Grant drank whiskey while leading his troops, reportedly replied "Find out the name of the brand so I can give it to my other Generals".

## Hunk of the Month Robert DiGiorgio



Owner • Chef • Bringer of the Bayside Blues Fest  
and Commander in Chief of the Military of the  
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## Bayside Blues Concerts & Beach Parties

Concert Showtime: 6:30pm

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MAY SCHEDULE  
WED - THU - FRI

8, 9 & 10

THURSDAY  
MAY

23

SATURDAY  
MAY

25

## Mac Arnold & Plate Full of Blues

Toured and Recorded with Muddy Waters Band, played bass for Sanford & Son TV Show, Otis Redding, BB King & John Lee Hooker.

## Kelly Richey

Kelly Richey has been described as "Stevie Ray Vaughan trapped in a woman's body with Janis Joplin screaming to get out."

## Albert Castiglia

Named "Best Blues Guitarist" by New Times Magazine.

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CAPTAIN MORGAN BEACH PARTY

LAST SATURDAY OF THE MONTH ON THE FULL MOON

Sat., May 25, 8pm-Midnight

CAPTAIN MORGAN SPECIALS AT THE BEACH BAR

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CAPTAIN MORGAN GIRLS (MORGANETTES)

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# Facing Domestic Violence



On Friday, April 26th, singer-songwriter duo Ellen and Gary Bukstel entertained a select crowd at the Murray Nelson Center. Proceeds benefitted the Domestic Abuse Shelter of the Florida Keys. Ellen performed her award-winning song, "You're Not Better Than Me," from the Faces of Violence album. Ellen's powerful voice was the backdrop to a projected black and white photo study representing women and children who are victims of domestic abuse.

Ellen and Gary's joyful sibling spirit, remarkable harmonies and captivating music and lyrics uniquely blended for a wonderful evening.

Many thanks to the sponsors: Vernis & Bowling of the Florida Keys, Linda M. Kaplan, Esq. Immigration Attorney, Allen-Beyer Funeral Home, and Arthur & Barbara Ballen.

## The Domestic Abuse Shelter Key Largo Outreach Office could use your help.

The Pink Plaza Suite #235 -- mile marker 103 Bayside  
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### DOMESTIC ABUSE SHELTER, INC. Wish List

#### General Needs

- Copy paper
- Paper towels & toilet paper
- Cleaning supplies & laundry detergent
- Gift certificates to drug (Kmart, CVS, Walgreens) & grocery stores (Albertson, Winn-Dixie and Publix) in small denominations
- Hand sanitizers
- Twin size linens (sheets, pillows, plastic mattress & pillow covers)
- Bath towels & wash cloths
- Non perishable foods
- First aid supplies
- Bus passes (Keys transit)
- Gas cards

#### Personal Needs

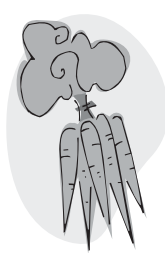
- Tooth brushes & toothpaste
- Hair brushes & combs
- Shampoo, conditioner, bath soaps
- Nail files & clippers, razors
- Deodorant
- Cotton balls, Q-tips
- Feminine hygiene products
- Women's panties & bras in assorted sizes, pajamas, night shirts & socks
- Blow dryers

#### Children's Needs

- Books
- Art & school supplies
- Diapers & wipes
- Baby bottles
- Baby foods & juices
- DVDs (age appropriate)
- Kid oriented gift certificates (movies, food, fun stuff)
- Children's underwear in assorted sizes & socks

The Domestic Abuse Shelter (DAS) is a non-profit organization, providing comprehensive services for individuals and families experiencing domestic and sexual abuse in the Florida Keys. Our mission is to reduce the incidence and minimize the impact of domestic and sexual abuse in Monroe County by directing victims and abusers to appropriate, effective programs and services.

## Carrots, Eggs, or Coffee... Which are you?



A young woman went to her grandmother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. It seemed as one problem was solved a new one arose.

Her grandmother took her to the kitchen. She filled three pots with water. In the first, she placed carrots, in the second she placed eggs and the last she placed ground coffee beans. She let them sit and boil without saying a word.

In about twenty minutes she turned off the burners. She fished out each item and placed it in a bowl. Turning to her granddaughter, she asked, "Tell me what do you see?"

"Carrots, eggs, and coffee," she replied.

She brought her closer and asked her to feel the carrots. She did and noted that they got soft. She then asked her to take an egg and break it.

After pulling off the shell, she observed the hard-boiled egg.

Finally, she asked her to sip the coffee. The granddaughter smiled, as she tasted its rich aroma. The granddaughter then asked, "What's the point, Grandmother?"

Her grandmother explained that each of these objects had faced the same adversity -- boiling water -- but each reacted differently.

The carrot went in strong, hard and unrelenting. However after being subjected to

the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water they had changed the water.

"When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

### WHICH AM I?

Am I the carrot that seems strong, but with pain and adversity, do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff?

Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor.

If I am like the bean, when things are at their worst, I get better and change the situation around me.

--- AUTHOR UNKNOWN

--- Courtesy of Thad Bowling



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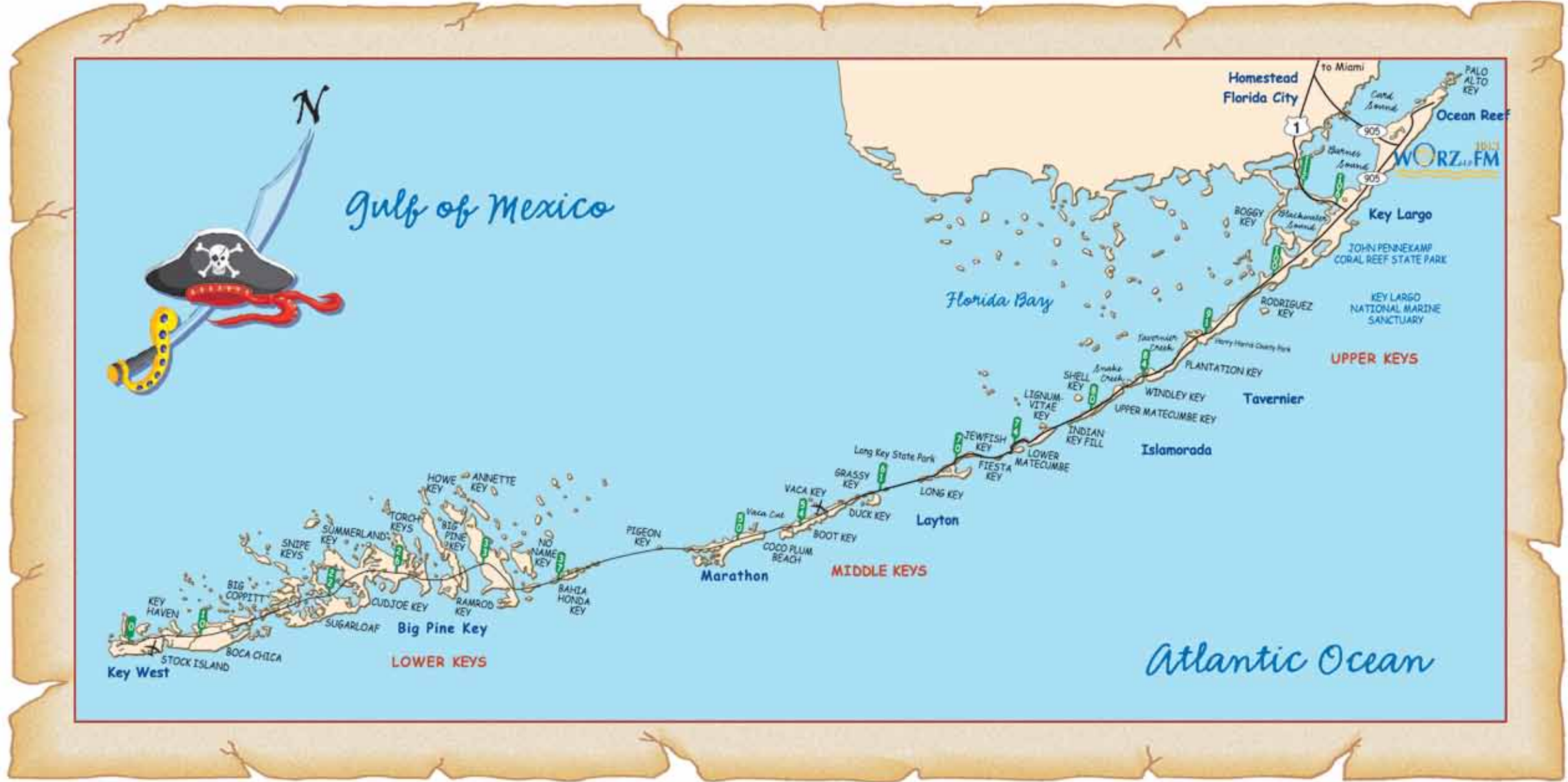
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# First State Bank Collects for Prom Night

First State Bank of the Florida Keys is partnering with Keys Kids Come First to collect donations of prom attire for Monroe County High School students.

First State Bank offices from Key West to Key Largo have drop boxes for the community to donate clean, gently used formal dresses, dress pants, and dress shirts that can be worn at prom or homecoming by male and female students.

"We are thankful for the Bank's ongoing tradition of helping ensure that our local students have an opportunity to enjoy prom to celebrate their hard work at the end of the school year," said Keys Kids Come First Coordinator Roxane Posada.

Keys Kids Come First is a foundation dedicated to helping children and providing school and personal supplies to local students experiencing financial adversity in

Monroe County.



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Señor Frijoles

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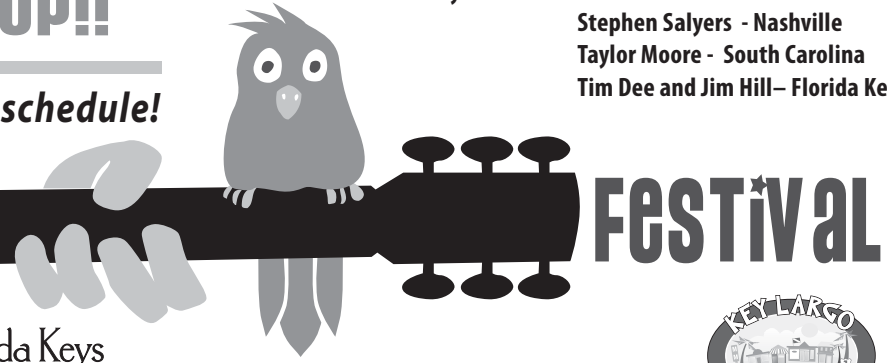
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# Entertainer of the Month: Captain Josh

TropRock sensation Captain Josh keeps the Parrotheads phlocking to the Pilot House for more!

Whether you love or hate the Buffett dude, you'll love Captain Josh. He writes and performs his own original songs, such as: Path of Least Resistance, Luperon Glue, I've been Everywhere (in Florida), If I had a Hammock, Whitecaps and Nightcaps, and I'm into Leather but I could be Suede.with titles

His awards include: 2011 Margarita M.A.F.I.A. (now known as the Trop Rock Music Association) Horizon Award Winner; 2011 Margarita M.A.F.I.A. Best Song Nominee - Parrotheads in Paradise; 2009 & 2010 Margarita M.A.F.I.A. Horizon Award Nominee and 2007 & 2008 Rising Star Award by Gigmasters - Winner of The Most Booked "Buffett dude" Tribute Band in North America.

Captain Josh specializes in beach/country/pop music along with a few oldies, light rock, Trop-Rock and sing-a-longs. His main focus is on the

Buffett dude and all of his country recording buddies such as Alan, Toby, Lyle, George, Kenny, Clint, Randy, Garth, Van, J.T., etc.

Captain Josh is a member of — and entertainer for— the Parrot Heads of Central Florida ([www.phcf.com](http://www.phcf.com)) based in Orlando, FL. He will travel throughout the U.S., Canada, the Bahamas and the Caribbean to perform for you. Captain Josh will also decorate the stage with a beachy atmosphere and he has plenty of music trivia to play, if you like. He'll bring instruments and get your whole party involved in the fun.

And yes, Captain Josh really is a USCG Licensed Captain!

Contact him at 407-579-7680 or [captainjosh@gmail.com](mailto:captainjosh@gmail.com)



Captain Josh performing at the Pilot House.

Tropical Rock (or Trop Rock) is a genre of popular music that incorporates elements and influences of contemporary folk music, rock and roll, reggae, country music, caribbean, Calypso music and zydeco, with themes and musical compositions inspired by an island style that represent a way of life that is relaxing, exotic and full of tropical cocktails.



Starting May 6th we will be closed on Mondays, reopening on Tuesdays at 2pm for the bar, 4pm for the restaurant.

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# ISLAND GRILL

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**The Island Grill will not be having the Annual Dolphin Tournament this year.**

We apologize, but, do look for next year at Father's Day as that will be the 10th year for the Tournament, which has provided Baptist Children's Hospital with thousands of dollars to help our children afflicted with Cancer.

Right now, Jack McCormick, the Tournament creator, is fighting lung cancer, and he is devoting his time to winning his battle.

Hopefully, next year, he will once again be raising funds for this cause.

**So do check in at the Island Grill and say hello.**

**We look forward to holding a great tournament next year!**

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# Wanting to Join Dumbing Ourselves Down

Playing it small in order to fit in with a group robs the essence of your self.

The ability to go into any social situation and sense the level of consciousness in that situation is a gift. It enables us to move considerably in a world that holds people of all levels of awareness. However, there is a difference between shifting our energy to accommodate people and dumbing ourselves down to a regrettable degree. Sometimes, when we get into a particular social situation, we may feel pressure to play it small in order to fit in. Perhaps everyone is drinking or smoking excessively, engaging in gossipy small talk, or complaining bitterly about politics. It is one thing to notice this and modify our expectations and another thing entirely to join in.

When we notice where people are coming from and acknowledge to ourselves that their energy is not in alignment with ours, we have several choices as to how to proceed. One viable option is to quietly endure the situation, keeping to ourselves until it is time to leave. In this way, we take care of our

own consciousness and protect our growth process.

Another option is to interact in a way that honors and pays respect to the people in the group, while gently attempting to shift the level of consciousness with our input. In order to do this, we must maintain our own vibration, which means that joining in by dumbing down is not an option.

When we choose to dumb ourselves down to fit in, we not only sell ourselves short but we also lose a possible opportunity to influence the situation for the good of all concerned. Our desire to join in may come from our natural yearning to feel connected to the people around us.

There is no shame in this, but being able to stand on our own, separate from the crowd, is a powerful milestone on any spiritual path. It can be difficult in the moment, but when we arrive on the other side, our integrity intact, we may find ourselves feeling positively smart.

Reprinted from DailyOM - Inspirational thoughts for a happy, healthy and fulfilling day. Register for free at [www.dailyom.com](http://www.dailyom.com)

# The Mangrove Galley

by Sandi Mieszczeni

It's May and that means one of the "party time" days of the year: Cinco de Mayo. Cinco de Mayo celebrates the expulsion of the French from Mexico.

In 1862 French Emperor Napoleon III invaded Mexico in order to recover a debt owed to the French government. The emperor was also eager to possess land in the Americas. The United States government was, of course, not happy with the situation. However, we were consumed with our Civil War.

When the American Civil War ended in 1865, we joined forces with the Mexican army to oust the French. The last French troops were defeated on May 5, 1867 and France was forced to withdraw from Mexico - thus Cinco de Mayo.

This dish is one of my husband's favorite breakfasts.

If your mom is fond of Mexican food, this recipe would be a perfect breakfast to prepare for her on Mother's Day which is May 12th. Enjoy!

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# Breakfast Burritos

Using one skillet for preparation means little clean up.

- 6 flour tortilla shells
- butter
- 1 pound hamburger
- 1 package of taco seasoning
- 1/2 green pepper, chopped
- 1 small onion, chopped
- 6 eggs, whisked well with 1/4 cup water
- a dash of salt
- fresh cracked pepper
- 1 teaspoon garlic powder
- 1 jar salsa
- 1 jar taco sauce
- 1 cup (or more) shredded cheddar cheese
- sour cream

Melt a small amount of butter in a large skillet. On medium heat, brown the shells on both sides and place in foil to keep warm. In the same pan, saute the green pepper and onion until soft. Remove and set aside. Next, brown the hamburger, drain, then add the taco seasoning with water following the directions on the back of the seasoning packet. Remove and keep warm.

Again, using the same skillet scramble the eggs, adding the onion, green pepper, salt, pepper, and garlic powder. Lay the burrito shells out. Evenly divide the meat and eggs on each shell. Complete by adding a dollop of the salsa and taco sauce over the eggs. Roll the shells up, and secure with toothpicks. Place in a baking dish and top with the cheese. Bake in a 350 degree oven for 10 minutes.

Serve with a spoonful of sour cream and a sprig of cilantro on each shell.

Sandi's recipes are featured monthly in the Coconut Telegraph. For previous issues go to <http://www.theconchtelegraph.com>.

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## VNA/ Hospice of the Florida Keys Nurse Helps Disaster Victims as Member of Florida Disaster Medical Assistance Team

Marti Brown, RN, MSN, FNP, is a valued team member of Visiting Nurse Association and Hospice of the Florida Keys (VNA/ Hospice). She works from the corporate office in Tavernier and is the only representative from Monroe County who is part of the State of Florida Disaster Medical Assistance Team (DMAT), as well as a member of the Florida State Medical Response Team and the Monroe County Medical Reserve Corps.

DMAT is an important part of the Federal Disaster Emergency program. Members can be deployed at a moment's notice for any type of disaster. Their last big deployment was in November, 2012 to Long Beach, New York, to provide clinical and medical services to those who were affected by Hurricane Sandy. Their work environment was laid out like a M.A.S.H. unit. They survived on Meals Ready to Eat (MREs) and peanut butter and jelly after working twelve-hour shifts in temperatures as low as 20 degrees!

The Florida team brought a bit of sunshine to the northern state in the form of warm hugs. More importantly they provided compassionate care to those in need. Marti

Brown, however, went one step further. Being the only team member from the Florida Keys, she hung the Conch Republic Flag in the treatment tent, which garnered much attention from the patients. The dedication and compassion that Ms. Brown has shown through her many years of service is exactly the type of dedication and compassion that she, and all the nurses of VNA/Hospice, have been practicing on a daily basis since 1984, twenty-four hours a day, seven days a week, three hundred and sixty-five days a year.

It is because of that type of dedication and compassion that VNA/Hospice provided over a quarter million dollars of unfunded charity care to residents of Monroe County last year. To make an online, tax-deductible donation in support of their programs, visit the website at [www.vnahospicekeys.org](http://www.vnahospicekeys.org).

Visiting Nurse Association & Hospice of the Florida Keys is an integrated agency that has been providing skilled home health, private duty care and hospice services to the residents of and visitors to Monroe County since 1984. VNA/Hospice offers a full range of compassionate, effective, life-enhancing health and supportive services that enable an individual to remain in his or her home.

For more information regarding VNA/Hospice, call 305-294-8812 or visit [www.VNAHospiceKeys.org](http://www.VNAHospiceKeys.org).



Capt. Marti Brown, RN, MSN deployed and showing Conch colors!



Conch Characters



The beautiful Lisa Lobster and her feathered friend Pickles selling raffle tickets at the Big Chill to benefit the Wild Bird Center.



What's wrong with this picture of Charlene Sammis at the Upper Keys Rotary's Brew Fest? Her glass is empty! Photo by Kathy Miller.



Sue Hovan poses with Angie Bell and artist Wyland, chairperson and co-chairman of the Coral Restoration Foundation Gala to honor Ken Nedimyer.



Jim "Doc" Bolini cooks the lunch special every Tuesday at Doc's Diner.



Steve Venini Band at the Pilot House.



Carol & Ken: The Sunshine Band at the Mandalay.



Chris Duarte packed the Bayside Grill.



Derrick Herring and Jimmy Ray at the Big Chill.



Conch House owners Ted and Laura Dreaver with Chad Crawford, host of the show "How to do Florida" filming at their restaurant.



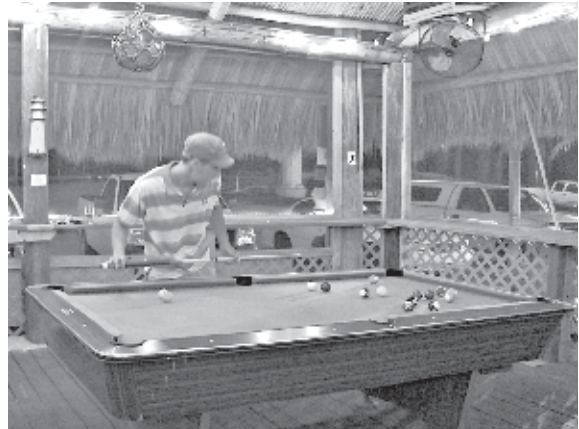
Mr. Nice Guy at Gilbert's.



Gilbert's is the favorite destination for human and canine bikers.



At Bayjam, two of the Doerfels of Big Pine Key played awesome metal on hockey stick guitars, as they rocked their way around the amphitheater.



Steamer's has a pool table!



Scott Youngberg at the Big Chill.



Bartender Megan on Island time Cruise.



DJ Rico on Island time Cruise.



Judy and Jim at Bayside Grill.



Artist Noel Skiba painted to the music during Bayjam. In 19 years, Bayjam has raised over \$300,000 for arts and music scholarships for Keys kids! Photo by John Cain.

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# Coco'Nut' Funnies

A small zoo in Georgia obtained a very rare species of gorilla.

Within a few weeks the gorilla, a female, became very difficult to handle. Upon examination, the veterinarian determined the problem. The gorilla was in heat. To make matters worse, there was no male gorilla available.

Thinking about their problem, the Zoo Keeper thought of Bobby Lee Walton, a redneck part-time worker responsible for cleaning the animal cages. Bobby Lee, like most rednecks, had little sense but possessed ample ability to satisfy a female of any species.

The Zoo Keeper thought they might have a solution. Bobby Lee was approached with a proposition. Would he be willing to mate with the gorilla for \$500.00?

Bobby Lee showed some interest, but said he would have to think the matter over carefully. The following day, he announced that he would accept their offer, but only under five conditions:

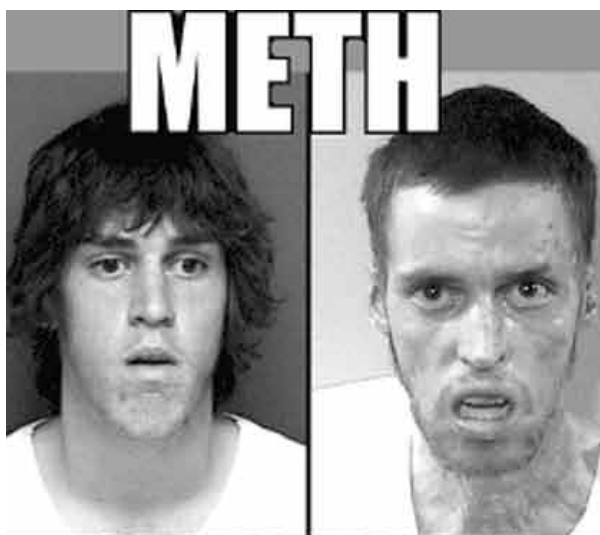
"First", Bobby Lee said, "I ain't gonna kiss her on the lips." The Keeper quickly agreed to this condition.

"Second", he said, "She must wear a 'Dale Earnhardt Forever' T-Shirt." The keeper again readily agreed to this condition.

"Third", he said, "you can't never tell no one about this." The keeper again readily agreed to this condition.

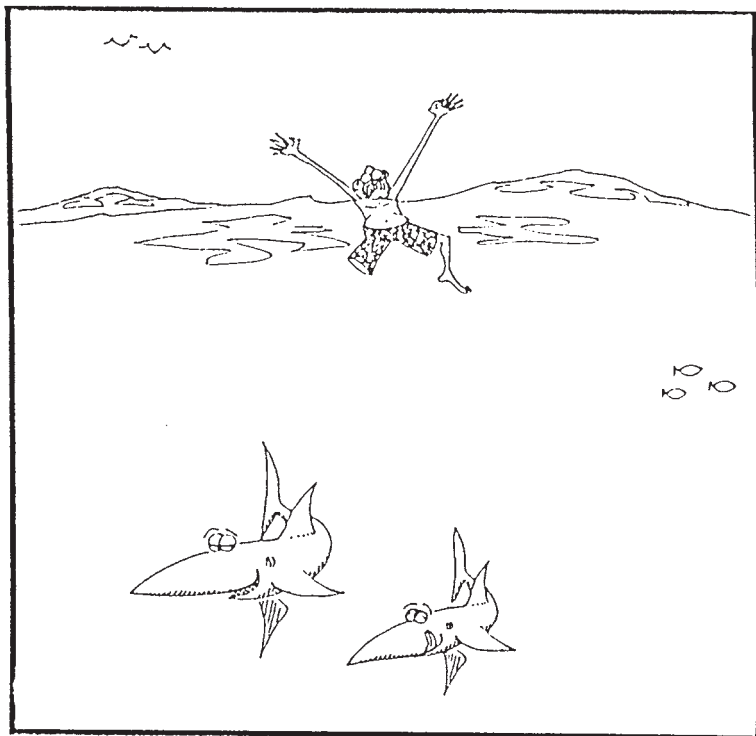
"Fourth", Bobby Lee said, "I want all the children raised Southern Baptist." Once again it was agreed.

"And last," Bobby Lee said, "I'll need another week to come up with the \$500.00."



## Left Field

**by J.S. McKinna**



**“Nicely done, son! But always remember:  
A conscientious hunter never leaves  
wounded game in the field...”**

## 4 Husbands

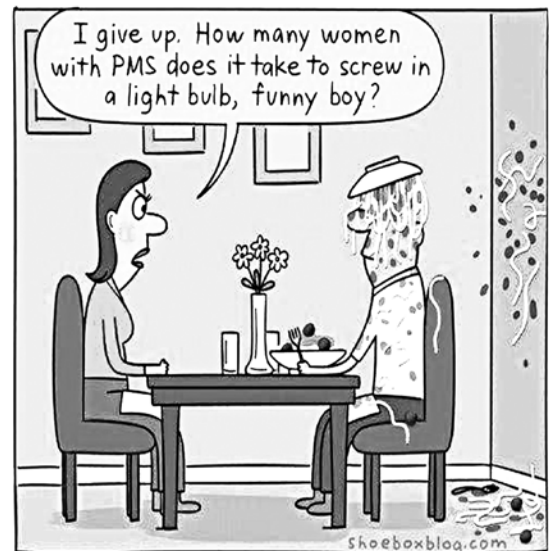
The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director," she answered.

"Interesting," the newsman thought.

He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20s, then a circus ringmaster when in her 40s, and a preacher when in her 60s, and now - in her 80s - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained,  
"I married one for the  
money, two for the show,  
three to get ready, and four  
to go."




## TOP 25 COUNTRY & WESTERN SONG TITLES OF ALL TIME

25. Get Your Tongue Outta My Mouth 'Cause I'm Kissing You Goodbye
24. Her Teeth Was Stained, But Her Heart Were Pure
23. How Can I Miss You If You Won't Go Away?
22. I Don't Know Whether To Kill Myself Or Go Bowling
21. I Just Bought A Car From A Guy That Stole My Girl, But The Car Don't Run So I Figure We're Even
20. I Keep Forgettin' I Forgot About You
19. I Liked You Better Before I Knew You So Well
18. I Still Miss You, Baby, But My Aim's Gettin' Better
17. I Wouldn't Take Her To A Dog Fight, Cause I'm Afraid She'd Win
16. I'll Marry You Tomorrow But Let's Honeymoon Tonight
15. I'm So Miserable Without You, It's Like Having You Here
14. I've Got Tears In My Ears From Lyin' On My Back and Cryin' Over You
13. If I Can't Be Number One In Your Life, Then Number Two On You
12. If I Had Shot You When I Wanted To, I'd Be Out By Now
11. Mama Get A Hammer (There's A Fly On Papa's Head)
10. My Head Hurts, My Feet Stink, And I Don't Love You
9. My Wife Ran Off With My Best Friend And I Sure Do Miss Him
8. Please Bypass This Heart
7. She Got The Ring And I Got The Finger
6. You Done Tore Out My Heart And Stomped That Sucker Flat
5. You're The Reason Our Kids Are So Ugly
4. If The Phone Don't Ring, You'll Know It's Me
3. She's Actin' Single And I'm Drinkin' Doubles
2. She's Looking Better After Every Beer

And the #1 Country and Western song of all time is.....

1. I Haven't Gone To Bed With Any Ugly Women But I've Sure Woke Up With A Few

You can't always control who walks into your **LIFE...** But you **CAN** control which **window** you throw them out of.



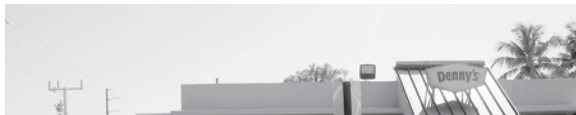
aunty acid



Dear  
Anny Bannanny

Dear Anny Bannanny,

I recently stopped in to the new Denny's restaurant in Key Largo for lunch. I did not see any fresh fish on the menu so I ordered the chicken and sausage quesadilla, cheese fries and a water to drink. My tab came to \$13.42 before the tip. I must say the food was good but the ambiance really sucked. When I first got there, there were employees sitting on the front stairs that I had to carefully maneuver around to get in the place and then I felt like I had walked in to a Denny's in the ghetto of any big city. I did not see any local Keys people working there that day. Why? I asked my lovely and excellent server Nancy where she was from and she replied "Homestead." I even hear that they are opening a bar! Who in tarnation would want to go have cocktails in a Denny's? Why would anyone want to go eat there instead of one of our local non-chain restaurants? Along with fishing, diving snorkeling and boating, the Upper Keys are known for having the freshest local seafood and finest restaurants in all the Keys. So why eat at an overpriced Denny's?



Yours Truly,  
Flabbergasted



Dear Flabby,

Although I do agree

with you about the fantastic restaurants in the Upper Keys I think that a Denny's has its place in the world of travelers. With over 1,600 Denny's restaurants in the USA and Puerto Rico they spend a fortune on national advertising and they all serve virtually the same things. That is probably why your lunch cost more than it would at most other local venues. For example, you could have gotten a great fish sandwich including fries and coleslaw for only \$9.95 at Bayside Grille, and it comes with a free panoramic view of the Florida Bay! Many of the restaurants in this newspaper offer reasonably priced, excellent dining on the water with the exception of the Key Largo Conch House that is surrounded by beautiful lush tropical foliage, so you feel like you are eating in a botanical garden. The food is superb and reasonably priced as well. Doc's Diner located in the heart of downtown Key Largo has fresh food, low prices and home cooked specials by Doc himself. Friendly local faces too.

Many moons ago Anny Bannanny worked the morning shift at Waffle House as a server. During morning hours the clientele was mostly travelers looking for a quick bite to eat on their way to Key West. Many had angry little children that wanted fast food and threw their waffles and huevos at me. They would then trash the bathrooms and leave me \$1.00 for a tip if I was lucky. God bless these places for serving such contentious customers with a smile.

Anny



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