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People helping people is our slogan for the fund raiser we are doing for MARC: Monroe County Remarkable Citizens. See editorial on page 2 or ad on page 8 for more info.



Coconut Telegraph

August 2014 Volume 9 Issue #90

Prestige Publishing, Inc 101425 Overseas Highway PMB #628 Key Largo, FL 33037

Phone 305-304-2837

Deadline

for the Coconut Telegraph's September issue is Friday, August 22, 2014

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

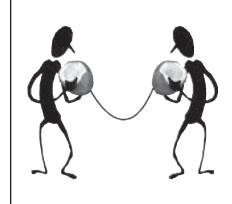
Cast of Characters:

Editor/Sales/Distribution

Denise Malefyt

Advertising Production

Sue Beal



Articles

Editorial: Raffle For MARC

Each year the Coconut Telegraph puts on at least one benefit for the community. This year we are doing a raffer for a NASCAR Tailgate Party that includes 4 tickets to the NASCAR Championship race on November 16th at Homestead Miami Speedway, a huge cooler filled with Budweiser beer, a \$100 gift card from Winn Dixie, a \$50 gas card and much more! See our full page ad on page 8 for more information.

The drawing will take place at the Tavernier Elks on November 11th, Veteran's Day, and we are having a big party and the public is invited. Yes, we need help. We are looking for silent auction items, door prizes and there will be prizes for the people who sell

the most raffle tickets. If you have something to donate or would like to sell tickets please call me at 305-304-2837 or Corrine Traviski 305-852-3282 or 432-8384

The Monroe Association for ReMARCable Citizens is a non-profit agency that serves adult clients within Monroe County who have developmental disabilities that include mental retardation (I.Q. 69 or below), cerebral palsy, spina bifida, Prader-Willi Syndrome, and traumatic brain injury sustained prior to age 18.

Every year the funding for this great organization gets reduced. They need our help to continue their good work.

For more information on MARC visit their website www.marchouse.org.

MARC Services

MARC services are designed to insure the clients receive training and support to enhance their individual abilities to learn social skills, self-care, understand daily community routines, medical and therapeutic supervision and increase the individual's ability to develop friendships with nondisabled persons. The services they provide their clients are, but are not limited to:

Residential Long Term Care & **Training** - MARC operates 2 group homes in Key West with 24-hour supervision and training.

Supported Living - MARC provides hands-on training and support to clients that live in their own homes. They learn how to take care of their homes, manage money, shop, and take advantage of community resources.

Adult Day Training (ADT) - Clients are instructed daily in vocational and other life skills. Sites are in Key West and Tavernier.

Supported Employment - Clients receive training and long-term support in order to obtain and sustain paid employment in community jobs at minimum wage or above.

Community Inclusion - Clients learn to make good social choices, become familiar with community resources, and enjoy relationships with non-disabled peers.

Transportation - Clients are provided transportation to MARC services including Adult Day Training as well as group home and commu-

nity based activities. Medical and

Therapeutic Supervision Services - MARC provides an on-call medical professional 24 hours a day. Routine

and emergency medical supports are coordinated for residential and supported living clients.

Respite - Space is available in the group homes for clients needing short-term care.

Disclaimer

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Keys History & Discovery Center Launches Membership Program

Annual memberships now are available for the Keys History & Discovery Center located at MM 82 in Islamorada. Memberships levels include Individual, \$65; Dual, \$100; and Family, \$150, as well as two tiers of Sustaining Memberships with levels ranging from \$250 to \$750; and \$1.000 to \$10,000.

Benefits of annual membership, which vary depending on the level chosen, include unlimited admissions, discounts on merchandise, quest passes to share and name recognition in publica-

Currently on exhibit is Legends of the Line, a historical perspective of the development of sportfishing in the Upper Keys. Legends of the Line explores not only the characters that helped develop fishing practices used today, but also the development of a brand new industry - tourism. The Art of Millard

Wells, also currently on exhibit, features more than 60 original watercolors, culled from 35 private collectors covering an array of subject matter including landscapes, landmarks, fishing and boating.



History & Discovery Foundation

Future exhibit topics include the beginnings of the Florida Keys featuring various Indian tribes, those who discovered Florida and Indian artifacts, as well as the Great Labor Day Hurricane of 1935 with photos showcasing then and now.

The Discovery Center, in Islamorada, MM 82, located at the Islander Resort, a Guy Harvey Outpost, opens Thursdays through Sundays, 10 a.m.-5 p.m. General admission is \$12. Admission for seniors is \$10 and children 13-under are free. The exhibits are sponsored by the Florida Keys History and Discovery Foundation, a not-for-profit organization formed to develop and operate the Florida Keys History & Discovery Center.

For more information about the membership program or upcoming exhibits, contact the Discovery Center at 305-922-2237; or email us at info@keysdiscovery.com.



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MON-FRI 9:30am-9pm SAT 9:30am - 4pm



Get Ready for the Fall Season, from Up Your Hair

Hello readers, Up Your Hair Salon is here to tell you about the beauty trends for the upcoming fall season!

Are you ready for bangs? Two hot ways to jazz up your hair this fall ... pumping up the color, and cropping the banas!

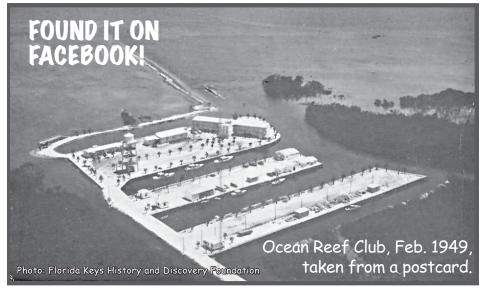
Try a vivid red or even platinum to bring your hair and style into the fall fashion frenzy.

Still trying to keep it cool? Braids are the way to go, a quick fishtail or a loose French braid to keep it off your face and filled with style.

And when it comes to nail polish, you can't go wrong with a cool blue, try a solid deep color and keep it simple.

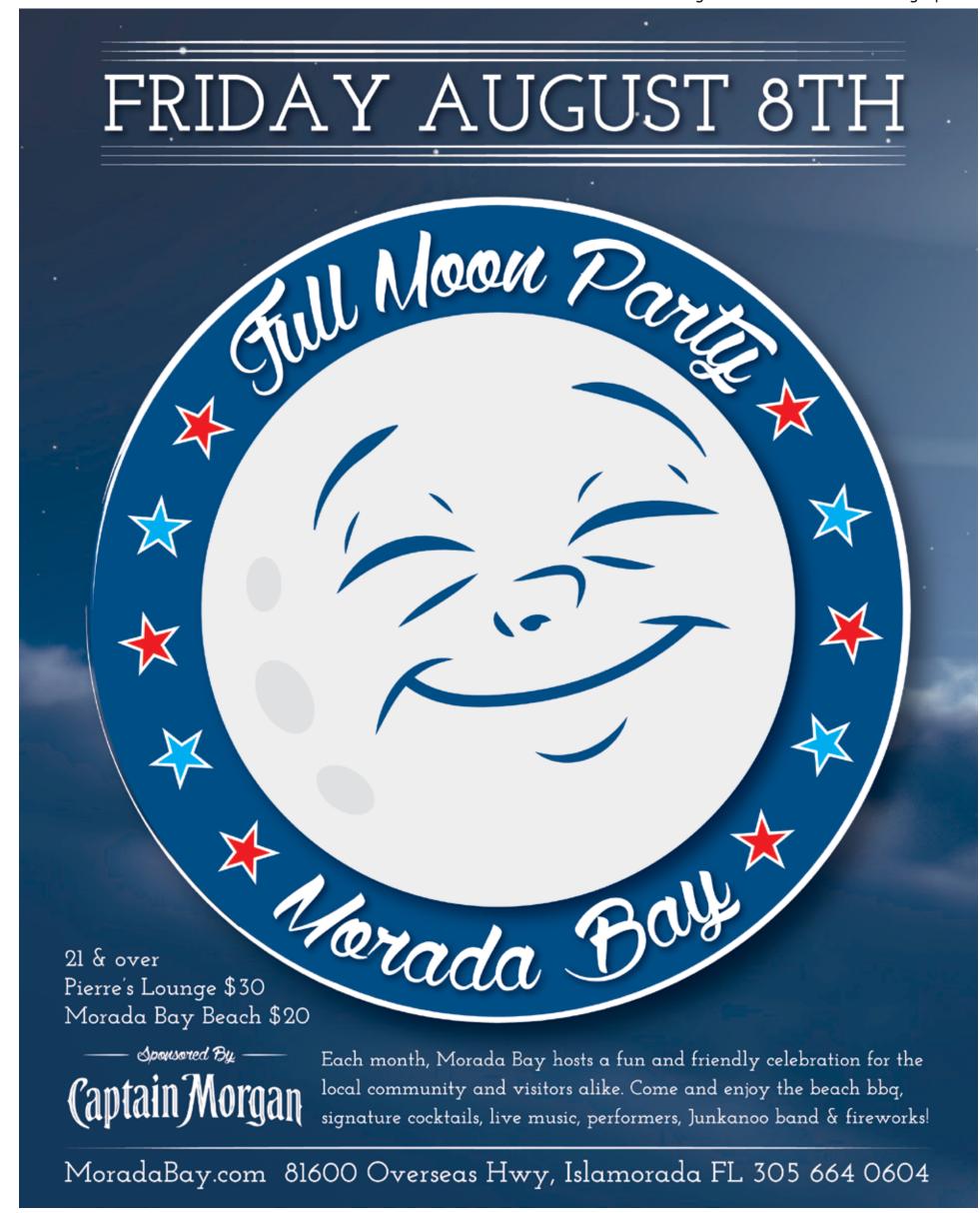
We hope you have a beautiful day!











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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.

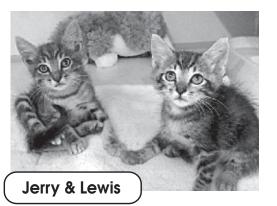


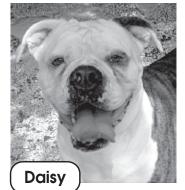




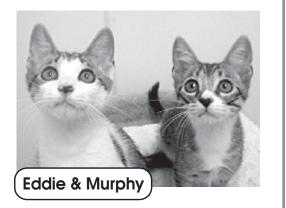












Drink of the Month

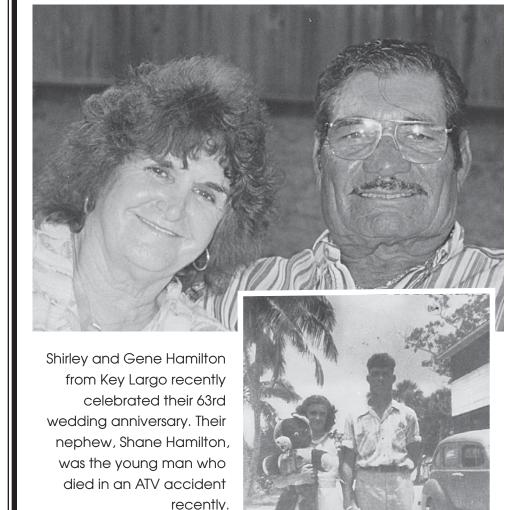


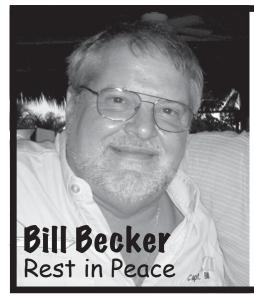
EXTRA CREAMY ORGASM

1/2 oz. (15ml) Amaretto
1/2 oz. (15ml) Kahlua Coffee Liqueur
1/2 oz. (15ml) Bailey's Irish Cream
1/2 oz. (15ml) Creme de Cacao
Chocolate Syrup
Whipped Cream
Chocolate Sprinkles

- 1. Garnish the interior of a shot glass with chocolate syrup.
- 2. Shake Amaretto, Kahula, Bailey's and Creme de Cacao over ice. Pour inside the chocolate garnished shot glass.
- 3. Top with whipped cream and sprinkles. Enjoy!

Celebrating 63 Years!





TWO

William A. Becker, owner of William A. Becker Consulting, LLC, passed away on July 10, 2014 at his home in Key Largo. Bill took great pride in assisting Monroe County residents in filing claims against BP to reclaim income lost due to the Deep Water Horizon oil spill on April, 22, 2010. He was a great believer in giving back to the community.

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MM 99.5 Bayside

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Bayside Blues Concerts

Concert Showtime: 6:30pm

SATURDAY Aug 2: Little Mike & The Tornadoes

Modeled after the great Chicago bands of the 50s; hard back alley blues and rough rock & roll. Little Mike Markowitz, on harmonica; backed up Pinetop Perkins, Hubert Sumlin, Jimmy Rogers.

Aug 16: The Livesays

Pop/rock with soulful vocals, wailing guitars, screaming organ, sultry piano and pounding drums.

Aug 23: **Albert Castiglia**

Song of the Year Award: Bad Year Blues!

World class entertainers, in Key Largo on the beach. It doesn't get any better than this!

Check the entertainment calendar at keylargo-baysidegrill.com for more great Bluesfest bookings

305-451-3380

MM 99.5 Bayside, behind Cafe Largo

8 · The Coconut Telegraph · August 2014 August 2014. The Coconut Telegraph . 9



Win 4 tickets to the NASCAR Championship Race on Nov. 16th plus a "Tailgate Party in a Cooler" including Budweiser beer and hundreds of dollars in merchandise, services & gifts!

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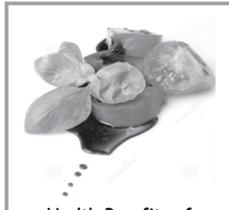


Olive Morada - Embrace it!

Jack and Ann McCormick have a highly successful track record as restauranteurs. I have personally seen them go into a faltering restaurant as managers/owners and turn it around to be not only profitable, but outstanding, and not once... but twice!

The McCormicks are proud parents of two bright and beautiful teenage daughters: Shannon and Katie. These people are "the salt of the earth" — a kind, generous and honest family.

Two years ago Jack was diagnosed with lung cancer and it had spread. Everything came to a screeching halt so Jack could devote positive energy on his recovery. With so much at stake, the close knit Mc-



Health Benefits of Balsamic Vinegar

Recent studies by Arizona University and the Lund Institute in Sweden found that the acetic acid (present in all types of vinegar, including balsamic) helps to regulate blood sugar levels. As a surprising extra benefit, many of the study subjects also lost several pounds. It is unknown what caused this secondary benefit.

In addition, vinegars contain vitamins, minerals, and other components that act as natural anti-inflammatories, reducing pain. And they contain anti-oxidants.

Natural balsamic vinegars retain their pro-biotics; they are not pasteurized.

Cormick family became very health conscious.

When I asked Ann why they opened Olive Morada she responded, "We originally were going to open a restaurant in the same location . We took a family vacation to Asheville, NC and fell in love with the healthy eating and farm-to-table restaurants they have there. After Jack was diagnosed we started to become more aware of our food and how it is processed, so while on vacation we happened to go into an olive oil store. We fell in love with the whole healthy concept."

The McCormicks are well educated on their product. At their shop Olive Morada located at MM 90.7 in the new on track. Casa Mar Village, they offer free tastings.

Jack invited me to come in and try some balsamic vinaigrette "that will knock your socks off." Katie showed me some interesting combinations here in the Keys! from the 42 varieties they carry, and the combination of the Red Apple Balsamic Vinagrette and the Tarragon Olive Oil blew me away!

It is all freshly bottled right there while you wait. They are incredibly delicious! A tiny bit on a salad goes a long way and the flavor is astounding. I will never buy the prepackaged crap off the grocery store shelf again.



The McCormicks - Shannon, Ann, Jack and Katie in their shop, Olive Morada.

This was just what I needed to make my boring salads come to life and keep my diet

The McCormicks just got back from the Atlanta gift show and the store is stocked with new gift gourmet and unique food items. Do all your holiday gift shopping right

Olive Morada co-hosts a "Sip and Shop" every second Thursday of the month with the other shops in the Casa Mar complex, offering light appetizers and live music from 5 to 8.

Olive Morada also performs cooking party demonstrations at your location, using their products. Call for information.:305-735-4375. www.OliveMorada.com.



applied to the heads of kings and heroes in ancient times. Ancient Egyptian, Greek and Roman medicines and cosmetics made extensive use of olive oil.

Olive oil has been glamorized in literature. Homer referred to olive oil as "Liquid Gold" in his writings. The prophet Mohammed stated in his texts that olive oil cures seventy

Today, olive oil is still treasured for its medicinal, culinary, nutritional and cosmetic virtues.

It is reported that olive oil is an intensive natural conditioner for skin and hair tissues. Helps to assimilate vitamins A, D and K and provides essential acids that cannot be produced by human body.

Olive oil encourages healthy growth of young cells and slows down the aging process.



In addition to olive oil and balsamic vinegar, Olive Morada offers gifts and unique food and kitchen items.

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Art Box Artist of the Month: Chris Weakley



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Checkout our FEATURED ARTISTS

Two years ago Chris Weakley, a longtime Key Largo local, came into The Art Box and said he wanted to try something new. He wanted to know about sculpting coral rock. Chris said that when he picked up random coral rocks he could sometimes see, in the rough stone, an image like a fish or a lizard. Chris felt that with a little bit of work he could make the image stand out for the rest of the world to see. Determined in his pursuit, he set out with hand tools, a small dremel drill, and paint... and over the next few months Chris began bringing in a few pieces of his work to show his progress.

Chris was a nomad prior to his Keys life! Born in Japan 1954, Chris was raised in California, Mississippi, Germany, Arizona, and New Mexico! He served in the USCG 1972-76 including two tours to the North Pole and a tour to the South Pole. He was living In Washington State in a teepee when Mt. St Helens blew just 45 miles north. In the 80s he worked oil fields of Wyoming, and in the 90s moved

to the Keys, where he became a dive instructor and boat captain.

Now he has an elaborate collection on display for the month of August at The Art Box for everyone to enjoy. You will have a chance to meet Chris at the third Thursday of August Morada Way Art Walk in Islamorada at mm 82. If you would











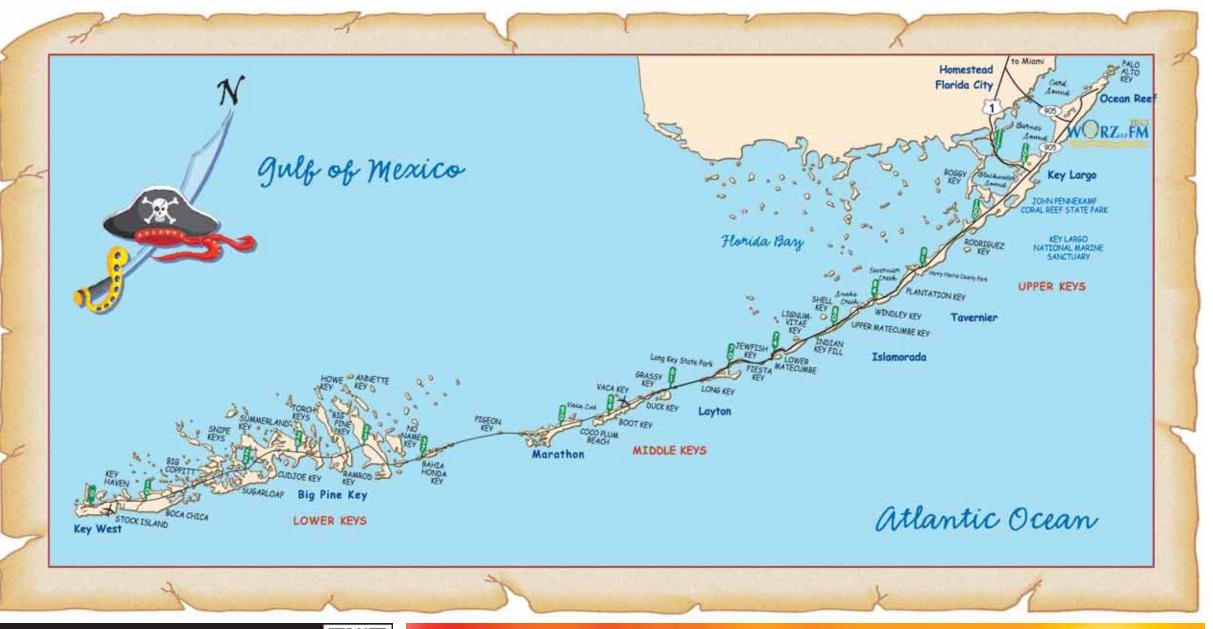


















Representative Holly Raschein To Host FDOT Workshops



State Representative Holly Raschein (R-120) will host two community workshops for property owners and Florida Department of Transportation (FDOT) officials to discuss right of way issues on Friday, August 8, 2014.

The workshops will be held from 11:00 am - 1:00 pm at the Government Center BOCC Room (2798 Overseas Highway) in Marathon and from 2:30 pm - 5:30 pm at

the Founders Park Community Center (87000 Overseas Highway) in Islamorada. FDOT representatives will be on hand to answer guestions and meet with property owners to address right of way issues and concerns related to FDOT projects along US 1.

For more information contact Kate DeLoach at (305) 453-1202 or kate.deloach@myfloridahous



Sounds of the Keys-



Lee Sharp sitting in with Alan



Always areat music at the Pilot House - Klass 1 Band



DJ Soars and the Red Hots at Bayside Grille



The Ladies of Nashville at the Bayside Grille



Alan Truesdell's band Neptune at the Pilot House



Catch Bobbe Brown Thursdays

Who Knew Cucumbers Could Do All This!!!

3. Headaches: If you

avoid a hangover, eat half of

vitamins, sugar, and electro-

lytes, and they replenish the

body to help you avoid a hang

ache that's been threatening

Did you know you can get rid

of a squeak by rubbing a

cucumber on the hinge?

Wow, now you don't

have to tear your

garage apart

looking for

that little

can with

the red

and the

wake up

when you

slowly open

the nursery door

to check on him.

5. Crayon on the walls:

Take a peeled cucumber and

rub the crayon off of the

walls in the event that your

can also use this technique

to erase a pen mistake.

it on the roof of your

kiddo left you some art. You

a slice of cucumber and put

mouth. Hold it there with

straw.

baby

won't

4. WD-40 replacement:

suffer from headaches or

had a little too much wine

with dinner and want to

a cucumber before bed.

Cucumbers are high in B

nutrients missing in your

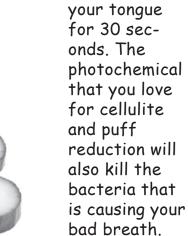
over or to beat that head-

to take over.

Spice up your 8 glasses per day of water with a slice or two of cucumber. It's not only wonderfully refreshing, but there are amazing benefits to cucumber as well. Cucumbers are cooler than you think ...

1. Fat busting: Do you ever wonder why women put cucumbers on their eyes to relieve puffiness? The photochemical in cucumbers makes the collagen in your skin tighten, thus the lack of puffiness. Did you know that you can rub a cucumber on a problematic spot of cellulite anywhere on your body to lessen the visibility of it? Did you also know that it has the same effect on wrinkles? Wow, it makes purchasing those fifty dollar creams seem a little silly, doesn't it? You can also rub a little bit under your kiddo's eyes after a long bout of crying to avoid that puffy 'I cried for an hour straight'

2. Defogger: Do you get annoyed when you get out of the shower and you have to fight the fog on the mirror? Who has time for that when the kids will be awake at any moment? Try rubbing a slice of cucumber on the mirror before you hop in and not only will you get a fog-free mirror, but you'll have a nice smell that will boost your mood.



7. Tarnish remover: If you're finding tarnish on your stainless steel kitchen faucets and appliances? Rub it off with a cucumber slice. Not only will it remove vears of tarnish, it will leave it streak free and your hands will thank you, and your kids won't be put at risk from a dangerous chemical.

8. Energy booster: If you're feeling tired in the afternoon, don't give Starbucks your five bucks.

Instead, grab a cucumenough carbohydrates and B vitamins to

give you a longerlasting and healthier boost of energy than or those health hazard energy drinks.

9. Munchy madness: Did you know that European

trappers ate cucumbers for energy and to keep from starving to death? If those big burly manly men can eat a cucumber to keep from 6. Halitosis killer: Take healthy choice when the munchies hit. Slice some up and take them in a small plastic container to the movies if your theater doesn't offer healthy alternatives to munching on butter soaked popcorn.

up a cucumber and boil it in a pot of water. The chemicals inside of the cucumber will mix with the steam. Remove the pot from heat and lean over it, letting the steam hit you. Your skin will you're at the market!!

be more radiant and healthy, and you will feel relaxed and rejuvenated.

11. Shoe polish: Cut a slice off of your cucumber and rub it on your shoe. It will not only shine it up, but it will repel water.

12. Pest control: Put three or four slices of cucumber in a small pie tin ber. There are just and place them in your garden. The chemicals in the cucumber have a reaction to the aluminum that pests hate. You won't smell it, but it will drive them from your garden all year long. Replace them periodically.

> 13. Sunburn: Sometimes soda, coffee, sun block doesn't always protect your little ones from sunburn. If you have burnt little kiddos you don't have any aloe, rub some cucumber on them. Many doctors even use cucumber to treat patients with irritated skin and sunburns.

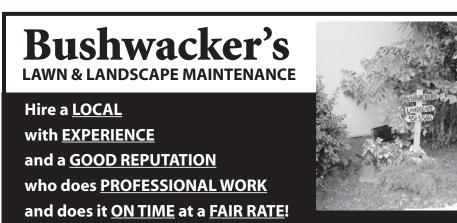
14. Blood pressure: Cucumber has long been used starving, you can eat one as a to treat high blood pressure. If you have it, add cucumbers to your daily diet. There is also ongoing research into the use of cucumbers for lowering cholesterol.

15. Constipation remedy: The seeds of a 10. Frugal facial: Slice cucumber are a diuretic. If you're constipated, try eating a cucumber. If you suffer from chronic constipation, add cucumber to your daily diet.

Pick up a few next time







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Dear Anny Bannanny

I have a friend who embarrasses the heck out of me whenever we go out to dinner. She screams at the waiter if the perfectly fine food doesn't look like what she expected, or if they forget something minor like tartar sauce she throws a bloody fit until she winds up getting her meal comped. One poor waiter was almost in tears! I just want to die of embarrassment. What can I do other than crawl under the table?

Signed, Mortified

Dear Mortified

Anny Bananny sure hopes that bitch isn't from around here! We'll take her out fishing on a one way trip and use her for chum! But what is wrong with you? Why are you taking assholes out to eat at our fine restaurants? The people who work there are our friends, you moron! Take your stupid chum buddy somewhere that sucks like the new Denny's Express Chinese food place. Drop her off and run for cover. She will soon be angrily pitching egg rolls out the front door faster than illegal lobsters off the side of the boat when the water cops arrive. Tell her to apply for a job there. She'll be getting a taste of her own medicine and will soon realize that "Sum ting veddy veddy wong."

Anny Bananny thinks you must be seriously inept for hanging out with a maniac like that more than once in the first place. Don't you know that it is far better to be alone than in the wrong company? You need some lessons in self confidence!

Realize that you are like the people with whom you associate. Tell me who your best friends are and I will tell you who you are. If you run with wolves, you will learn how to howl. But if you associate with eagles, you will learn how to soar to great heights. The simple but true fact of life is that you become like those with whom you closely associate for the good and the bad. The less you associate with some people, the more your life will improve. Any time you tolerate mediocrity in others, it increases your mediocrity.

Some of your friends will not want you to become better. Friends that don't help you climb will want you to crawl. Your friends will stretch your vision, not choke your dream. Those who don't increase you will eventually decrease you. With some people you spend an evening: with others you invest it.

Be careful where you stop to inquire for directions along the road of life. Wise is the person who fortifies his life with the right friendships. Never receive counsel from unproductive people. Never discuss your problems with someone incapable of contributing to the solution, because those who never succeed themselves are always first to tell you how.

Anny Bananny could never be in politics because she tells it like it is and doesn't have time to waste on morons and negative people. Now get out from under that table!

Signed,

Anny Bananny

The Mangrove Galley by Sandi Mieszczenski

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



One of our favorite breakfasts to prepare on board our sailboat are these Greek Eggs. They are so easy to prepare and are delicious. Serve with pita wedges, fruit and a breakfast meat of your choice. Enjoy!

GREEK EGGS

6 eggs whisked well with 1/4 cup of water

1 small onion finely chopped

a dash of salt

fresh cracked pepper

1 teaspoon garlic powder

1/3 package of frozen chopped spinach, thawed with the water squeezed out

1 tomato diced

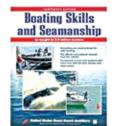
1/3 package of feta cheese crumbed

Scramble the eggs in a large skillet with the onion, salt, pepper, and garlic powder.

When almost firm, add the spinach then the tomato. Stir in the cheese and allow it to melt slightly, then serve,







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You must be pre-registered to attend

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Touch: Healing Our Bodies

Incorporating human touch into our everyday lives is vital to the healing of our emotional and physical selves.

Sometimes we might concentrate so much on our spiritual lives that we overlook the wonders of being present in our physical form. When we are more aware of the fact that our bodies are also important in terms of our personal growth, we may find it easier to nurture

One of the most powerful ways to do this is through human touch, for a loving, comforting touch allows us to access the part of ourselves that yearns for a sense of oneness with the world around us. Even simple forms of touch connect us not just to our bodies but also to the energetic presence of other people.

There are so many ways to incorporate touch in our daily lives, one of the easiest being a heartfelt embrace. Just making a point to hug someone on a daily basis and really feel our energy pass between each other can strengthen the bonds that keep us together. Hugs help us heal any hurt or upset we may have recently experienced by letting us release into the moment of the embrace and realize that no matter what happens to us, we have someone in our lives who supports and cares for us.



Another nourishing form of touch is massage. While we may think of massage as a luxury, it is actually an ancient form of healing that enables us to open up our energetic pathways in order to receive unlimited energy from the universe. It doesn't matter whether a simple massage comes from a loved one or a massage therapist, but by giving ourselves the gift of massage every once in a while. we are doing something healthy and beneficial for our bodies. Massage helps our bodies activate their own restorative powers, creating a wonderful way to engage fully in our own healing.

Letting ourselves take advantage of the healing nature of touch creates space where we can truly live in and experience the world through our bodies, allowing us to completely immerse ourselves in the loving sense of joy and wonder that is our life.

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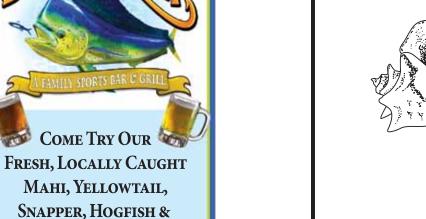
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Conch Characters -



Islamorada Moose most excellent bartender Anna.



Jimmy Johnson's Big Chill now has sushi!



Pilot House hostesses are the prettiest! Barbara and Mady.



Pirates on the Water get together at Gilbert's for Happy Hour.





the last of the old Whale Harbor last month. Farewell and fond memories





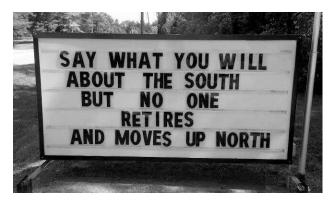
Bartender Juan at Creekside



Every night at Bayside Grille sunset celebration, Kim blows the conch horn.



Coco'Nut' Funnies



Why We Still Need Newspapers

I was visiting my daughter last night when I asked if I could borrow a newspaper.

"This is the 21st century," she said. "We don't waste money on newspapers. Here, use

I can tell you this. That fly never knew what

WE HAD A REPORT

OF DOMESTIC VIOLINS

AT THIS ADDRESS...

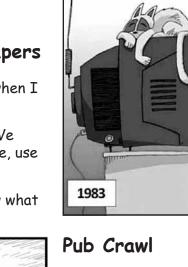
HERE, FOLKS?

Black Lab

is everything ok

PUNS!

- 1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
- 2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
- 3. She was only a whiskey maker, but he loved her still.
- 4. A rubber band pistol was confiscated from algebra class, because i was a weapon of math disruption.
- 5. No matter how much you push the envelope, it'll still be stationery.
- 6. A dog who gave birth to puppies near the road was cited for littering.
- 7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
- 8. Two silk worms had a race. They ended up in a tie.
- 9. A hole has been found in the nudist camp wall. The police are look-
- 10. Time flies like an arrow. Fruit flies like a banana.
- 11. Atheism is a non-prophet organization.
- 12. Two hats were hanging on a hat rack in the hallway One hat said to the other: 'You stay here; I'll go on a head.'
- 13. I wondered why the baseball kept getting bigger. Then it hit me.
- 14. A sign on the lawn at a drug rehab center said: 'Keep off the Grass.
- 15. The midget fortune-teller who escaped from prison was a small medium at large.
- 16. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
- 17. A backward poet writes inverse.
- 18. In a democracy it's your vote that counts. In feudalism it's your count that votes.
- 19. When the cannibals ate the missionary, they got a taste of religion.
- 20. If you jumped off the bridge in Paris, you'd be in Seine
- 21. A vulture boards an airplane carrying two dead raccoons. The stewardess looks at him and says, 'I'm sorry, sir, only one carrion allowed per passenger.
- 22. Two fish swim into a concrete wall. One says to the other: 'Dam!'
- 23. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. No surprise, it sank, proving once again that you can't have your
- 24. Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says 'Are you sure?' The first replies, 'Yes, I'm positive.'
- 25. Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcend dental medication.
- 26. A man who accidently cuts off a finger and is going to have it surgically reattached will be remembered.



An Irishman had been drinking at a pub all night. The bartender finally said that the bar was closing. So the Irishman stood up to leave and fell flat on his face. He tried to stand one more time; same result. He figured he'll crawl outside and get some fresh air and maybe that will sober him up.

Once outside he stood up and fell flat on his face. So he decided to crawl the 4 blocks to his home. When he arrived at the door he stood up and again fell flat on his face. He crawled through the door and into his bedroom.

When he reached his bed he tried one more time to stand up. This time he managed to pull himself upright, but he quickly fell right into bed and was sound asleep as soon as his head hit the pillow.

He was awakened the next morning to his wife standing over him, shouting, "So, you've been out drinking again!!"

'What makes you say that?" he asked, putting on an innocent look.

`The pub called. You left your wheelchair there again."

Thank you Thad Bowling!

2013



Thoughts for Today

Birds of a feather flock together... and then mess on your car.

A penny saved is a government oversight.

The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement...

He who hesitates is probably right.

Did you ever notice: The Roman numerals for forty (40) are 'XL'.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

I wasn't planning on going for a run today, but those cops came out of nowhere!

Did you ever notice: When you put the words 'The' and 'IRS' together it spells 'Theirs....'

Eventually you will reach a point when you stop lying about your

age and start bragging about it.

Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

When you are dissatisfied and would like to go back to your youth, think of Algebra.

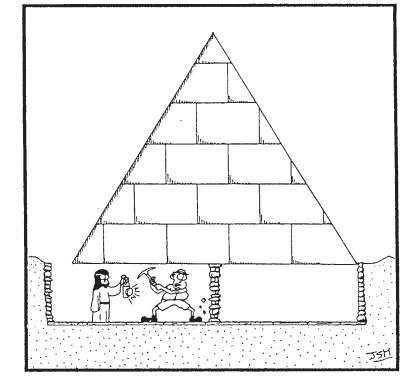
You know you are getting old when everything either dries up or leaks.

One of the many things no one tells you about aging is that it is such a nice change from being young. Ah, being young is beautiful, but being old is comfortable.

Lord, Keep your arm around my shoulder and your hand over my mouth . . . AMEN!!

Left **Field**

by J.S. McKinna



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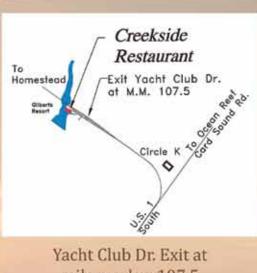
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