

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 questions 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@myfloridahouse.gov.

ISLAND GRILL

HOME OF THE ORIGINAL TUNA NACHOS

Welcome Summer!

Summer is a great time to book your party on the Ocean at either location.

Lunch & Dinner served daily at both locations.

Breakfast served daily at the Islamorada location only.

Check in at the Island Grill and say hello.

We look forward to seeing you!

Island Grill at Mandalay • MM 97.5 • Ocean View

Island Grill at Snake Creek • MM 85.5 • Beach Setting

Key Largo 305 852-0595 Islamorada 305 664-8400

Who Knew Cucumbers Could Do All This !!!

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' look.

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.

3. Headaches: If you suffer from headaches or had a little too much wine with dinner and want to avoid a hangover, eat half of a cucumber before bed. Cucumbers are high in B vitamins, sugar, and electrolytes, and they replenish the nutrients missing in your body to help you avoid a hangover or to beat that headache that's been threatening to take over.

4. WD-40 replacement: 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 straw, and the baby won't 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 kiddo left you some art. You can also use this technique to erase a pen mistake.

6. Halitosis killer: Take a slice of cucumber and put it on the roof of your mouth. Hold it there with your tongue for 30 seconds. The photochemical that you love for cellulite and puff reduction will also kill the bacteria that is causing your bad breath.

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 years 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 cucumber. There are just enough carbohydrates and B vitamins to give you a longer-lasting and healthier boost of energy than soda, coffee, 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 starving, you can eat one as a 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.

10. Frugal facial: Slice 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



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 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 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 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 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 you're at the market!!

Sounds of the Keys



Lee Sharp sitting in with Alan Truesdell at the Pilot House.



Always great 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 at Creekside!