

NASCAR TAILGATE PARTY RAFFLE

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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-

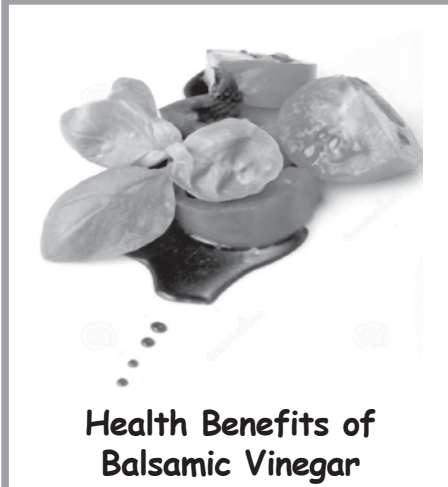
Cormick family became very health conscious.

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 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 from the 42 varieties they carry, and the combination of the Red Apple Balsamic Vinaigrette 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.



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.



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 on track.

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 here in the Keys!

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.



About Olive Oil

Olive oil was ceremonially 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 diseases.

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.

