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Anny Bannanny



Venues all over the Upper Keys are getting ready for *UNCORKED... The Key Largo and Islamorada Food & Wine Festival*, starting January 9th and running through the 18th. Featuring over 30 foodie events with Keys and international cuisine, lobster and seafood, cooking demonstrations, a murder mystery dinner, Caribbean paddle-wheel riverboat cruise and even a "Chopped"-style cooking competition, the festival is sure to please locals and visitors alike. See page 7 for more information.

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Coconut Telegraph

January 2014
Volume 9 Issue #83

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Editorial

continued

bies and other bottom feeders is that they all stick together. Ever heard the phrase "thick like thieves"? Thieves think all thieves should get away with stealing and all low lives think they are entitled to a free ride. Birds of a feather flock together...

Bottom line: Freedom of Speech and Freedom of the Press is the 1st Amendment.

I get really pissed off when people murder my friends! If you think you are hurting me by bashing me and my newspaper you are wrong. It helps me greatly so please keep doing it. If I didn't have the cajones to speak the truth this would be a boring paper that no one would read. Intelligent people understand and appreciate this.



Art Under The Oaks Art Festival Saturday, Jan. 18 at San Pedro

Visitors can browse arts and crafts displays in a beautiful shady garden at the 31st annual Art Under the Oaks Art Festival. The expansive art show with food booths, home-baked goods and activities for children is set for Saturday, Jan. 18, 2014 from 9 a.m. to 4 p.m. on the ornate grounds of the San Pedro Catholic Church, located at 89500 Overseas Hwy., MM 89.5 bayside.

A \$5 donation for onsite parking at the church is requested. Free parking is available at Coral Shores High School.

Vendors are welcome to inquire about space, but many return year after year, so don't wait too long! For more information, visit www.sanpedroparish.org or <http://www.artundertheoaks.com>. General information is available at 305.360.8556 and vendors may call Angela at 305-852-5458.



Editorial: Key Largo Zombie and Birds of a Feather

A few years ago I had a good friend who died in a fire, in what appeared to be a tragic accident. It was very sad but life in the Keys goes on. Several months after the fire I got a call from my friend's ex-wife who was also a good friend of mine. She said the family was concerned because there was a discrepancy between the State Fire Marshall and the Sheriff's Department reports and she asked me if I would investigate. The family is scattered across the country but with my living here I could get things done easier. So I got out the shovel and started digging. After awhile I was able to send away for the State Fire Marshall's report. I gave the information to

the Free Press, they wrote an article and the girlfriend left town. The few people who were upset over my poem in last months paper may not have been privy to the cache of information that I was. Here are a few facts for them to ponder.

Why was a ratty old travel trailer worth under \$3,000 insured for almost 10 times that much?

How is it that the girlfriend was able to save all her expensive gold and diamond jewelry from the fire when she got out in just her panties?

The girlfriend was a violent jealous person with a drug problem and a criminal history who bragged to everyone about shooting her ex-husband, not once but twice!

Why did the State Fire Marshall's report state that the fire was declared arson because of the excessive amount of accelerant (gasoline) on the victim's underwear? He was a very meticulous person that would never lounge around or sleep in gasoline-soaked boxer shorts.

Why did the State Fire Marshall's report say that the girlfriends story was not consistent with her injuries?

Sometimes it is easier to put on blindfolds and ignore the truth in order to sleep nights.

I recently had some threatening calls over the above from a crazy woman who wanders around town like a zombie on quaaludes. She wears no bra and des-

perately needs to. She probably has asphalt burns on her nipples! She rarely has any money but likes to loiter at different establishments until she inevitably gets kicked out or thrown in the looney bin. Many years ago when I worked at the Captain's Cabin 2 restaurant in Key Largo, My boss Tommy was having a conversation with some locals one day about casual sex and in stumbled the zombie. He jokingly threw out a question to no one in particular "Sex is best when it is consensual, don't you agree?" The zombie with the usual blank look on her face mumbled "I wouldn't know, I don't speak Spanish". True story. The problem with zom-



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Teresa Rizzo

Saturday, 2-8pm
February 1, 2014
Gilbert's Tiki Bar

Teresa Rizzo, mother of 2 daughters, ages 7 and 14, was in a tragic motorcycle accident in October.

Her boyfriend Scott Parker died on the scene, and she was not expected to survive. Rizzo's multiple injuries include a broken left ankle and right hand, broken jaw, crushed pelvis, severed spleen and massive internal bleeding.

As of the holidays she is out of the hospital and at home but requires 24-hour care. She cannot walk and will be in a wheelchair for 8 to 12 months.

The community is coming together to help her and her family. You are **WANTED** to help!

Donations of silent auction items are needed.
Please call Christy Orr 910-587-6043 or
Denise Malefyt 305-304-2837.

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VNA & Hospice Art For Annual Appeal

Artist gifts nonprofit with art inspired by map of the Keys

For the second year, Visiting Nurse Association & Hospice of the Florida Keys has asked an artist living in the Florida Keys to showcase his/her original artwork on the cover of its annual appeal. Inspired by life in the glorious Keys and the wonderful work of VNA/Hospice, the resulting art has been stunning.

This year, 2013, Marathon artist Sheila Jean Cook was chosen to create the cover art for the annual appeal. Sheila owns The Art Studio, a recently-opened, family-oriented art center with pottery and glass art workshops. Her spectacular



Marathon artist
Sheila Jean Cook

oil painting envisions the map of the Florida Keys chain of islands accentuated by a striking backdrop of the VNA/Hospice logo.

The organization's holiday request for support appeals for essential funds which enable it to provide charitable home health and hospice care to residents of the Florida Keys. It also sends seasonal good wishes and gives heartfelt thanks to its supporters. Please contact VNA/Hospice at 305-294-4310 Ext. 20 or visit VNAHospiceKeys.org to participate in the appeal, join the mailing list, attend fundraising events and receive healthcare news.



What Does It Take To Prevent Extinction of a Rare Orchid Species?

Ocean Life Series

After discovering that an extremely rare orchid was not flourishing in the Yachang Orchid Nature Preserve, Dr. Hong Liu launched a campaign to preserve the species. Considered extinct for 80 years, more than half of the area that hosted the only viable population had been illegally cleared for eucalyptus plantings by locals. Dr. Liu will discuss how she has tirelessly negotiated since 2008 with Chinese government officials to protect these plants and give scientists time to learn more about these rare plants and harvest seeds for future reintroduction, and to allow the habitat to recover. For more information, contact Linda Kaplan at linda@fklcc.org or (305) 396-7000, or visit seas.fiu.edu.



Featuring
Hong Liu, Ph.D.
Assistant Professor, FIU
Department of Earth and Environment

Friday, Jan. 17, 2014
6:00 p.m. - Meet and Greet
7:00 p.m. - Lecture

Murray E. Nelson Government and Cultural Center
102050 Overseas Hwy. - MM102
Key Largo, FL 33037

This event is free and open to the public.



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Food & Wine FESTIVAL

January 9th-18th 2014

Thursday 1/9

Green Turtle Wine and Spirits Shop
MM 81.2 Oceanside
Happy Hour 5-7pm
Complimentary wine and liquor tastings & more. 305-664-2006

Island Grill at the Mandalay
MM 97.5 Oceanside
Mexican Fiesta Happy Hour 6pm
2 for 1 Margaritas and special menu, with Spanish wines. \$20.95 + tax + tip. Res. Sug. 305-852-0595

Treetops Bar & Grill at Hilton Key Largo
MM 97 Bayside
The Art of Food 6-9pm
Celebrate food and art with pairings inspired by the artists work. \$50 incl. Tickets preferred. 305-852-5553 x 529

Island Grill
MM 85.5 Oceanside
From the Dock to the Plate 7-9pm
Relax & enjoy live music with a 3-course hogfish dinner & wines. \$36 + tax + tip. Res. Sug. 305-664-8400

Friday 1/10

Tradewinds Liquors
Tradewinds Plaza, MM 101.5 Oceanside
TGIF Happy Hour 4-7pm
Complimentary wine tasting. 305-451-5958

Key Largo Fisheries Backyard Café
1313 Ocean Bay Drive
Lobsterfest 6-9pm
Florida Lobster every which way, live music and wine! \$39 incl. tax. Res. Sug. 305-451-3782

Island Time Paddlewheel Riverboat
MM104 Bayside
Caribbean Night at Sea 7-9:30pm
Tropical hors d'oeuvres, rum cocktails, live music & fun contests \$40 +tax + tip. Res. essential. 305-453-0001

The Islander Resort
MM 82.2 Oceanside
Celebrity Chef Norman Van Aken Cooks 6:30 pm. Following a celebratory reception with wine and hors d'oeuvres Chef Van Aken and Chef Andy Niedenthal will present a cooking demo showcasing selected dishes out of Chef Norman's two newest books. \$40 incl. 305-664-2031

Saturday 1/11

Key Largo Chocolates
MM 100.5 Bayside
Junior Chocolatier Class 10:30am-noon
So much fun and chocolate treats to take home! \$23 + tax. Res. Sug. 305-453-6613

Tasters Taco Emporium
Tavernier Town, MM 91.2 Oceanside
Lets Do Lunch 1-3pm
Three gourmet tacos paired with unique craft beers. \$25 incl. 305-853-1177

Hampton Inn Beach/Green Turtle Inn
MM 80 Oceanside
Bubbles on the Beach – 6-8pm
An evening of lovely bubbly and delicious bites. \$45 incl. Res. Sug. 305-664-2006

Sundowners
MM 104 Bayside
Night in New Orleans 6:30pm
4-course Cajun French menu paired with wines and live music with The Sauce Boss. \$83 incl. Res. essential. 305-451-4502 or book on line

Buzzards Roost
21 Garden Cove Drive, Key Largo
Remarkable Reds & Tasty Tapas 7pm
A Culinary Voyage Around the World. 5 courses paired with wines. \$55 incl. Res. Sug. 305-453-4746

Sunday 1/12

Check the website for our Fabulous Sunday Brunch locations!

Marker 88
MM 88 Bayside
Charity Celebrity Chopped 5pm
The Keys version of the popular TV show. Four local celebrities will compete; fun and hilarity, buffet dinner. \$25 incl. Res. essential. 305-852-9315 or book on line.

Monday 1/13

Key Largo Conch House
MM100.2 Oceanside
Seafood, Wine & Art in the Garden 7-9pm. Fresh seafood buffet paired with wines. Meet local artists. \$39 + tax + tip. 305-453-4844

Events subject to change.
Please contact the venue for reservations & details.

Pilot House
MM 99.5 Oceanside, 13 Seagate Blvd.
Beer and Bites 6:30pm
Six craft beers and six specially-prepared bites! \$25 incl. Res.Sug. 305-451-3142

Islamorada Moose Lodge
MM 81.5 Oceanside
This IS the Moose 5:30-9pm
4 Course dinner pairs member's favorite entrees with the perfect varietals. \$49 + tax + tip. Res. essential. 305-664-8120

Tuesday 1/14

Key Largo Progressive Dinner Dine Around Town 6:30pm
A traveling, 5-course gourmet dinner paired with wines. Transportation included. Res. essential. 305-394-3736

Wahoo's
MM 83.4 Oceanside
Chefs Tasting Dinner 6-9pm
4-course chef's tasting menu paired with wines. \$32 + tax + tip. Res. Sug. 305-849-8160

Kaiyo
MM 81.7 Oceanside, Old Highway
The KAIYO Flight 5pm – 10pm
A Sushi and Saki Experience . \$25 + tax + tip. Res. Sug. 305-664-5556

Wednesday 1/15

Jimmy Johnson's Big Chill
MM 104 Bayside
Martinis and Meatballs 5:30-close
\$5 Martinis, with complimentary meatballs & rice balls. 305-453-9066

Snapper's
MM 94.5 Oceanside
Bubbles and Burgers 6pm
A sampling of Chef Drew's eclectic burgers paired with sparkling wines. \$35 incl. Res. essential. 305-852-5956

Ziggie and Maddog's
MM 83 Bayside
3 Games, 3 Wines, 3 Chef Demos 7pm. Watch Chef Ben create fabulous dishes with Quail, Venison and Buffalo. Tastings paired with wines. \$35 + tax + tip. Res. Sug. 305-664-3391

Thursday 1/16

Num Thai
Plaza 103, MM 103.2 Bayside
An Oriental Experience 6pm
Sushi & Thai dishes, complimentary saki and wine. 305-451-5955

Ballyhoo's Historic Grille
MM 97.8 Median
Chef's Dinner 7pm
Watch the Chef prepare your 4-course dinner paired with wines. \$55 incl. Res. Sug. 305-852-0822 or book on line.

Lazy Days
MM 80 Oceanside
A Mexican Fiesta 6-9pm
Beach Party, Mexican buffet, margaritas \$30 incl. tax (incl. 3 Margaritas). Res. Sug. 305-664-5256

Friday 1/17

Senor Frijoles/Key Players
MM 104 Bayside
Murder Mystery Dinner 7pm
4-course gourmet Mexican dinner with wines; solve the murder mystery. \$83 incl. Res. essential. 305-451-1592 or book on line.

Postcard Inn Resort & Marina
MM 84 Oceanside
TGIF Bacardi Happy Hour 4-7pm
First hour open bar and hors d'oeuvres in the Horizon Room at the Isle! \$20 incl. No reservation necessary.

Marker 88
MM 88 Bayside
Chef's Dinner 7pm
Watch the Chef prepare your 4-course gourmet dinner, complemented by fine wines . Chef and wine reps on hand with culinary tips and advice. \$65 incl. Res. Sug. 305-852-9315 or book on line.

Grand Tasting Festival Finale

Saturday 1/18 Noon-4pm

Postcard Inn Resort & Marina
MM84 Oceanside Islamorada

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5 EGO 1-6	6 LIVE MUSIC TBA 6-10	7 KARAOKEE 6-10	8 BOBBE BROWN 6-10	9 LUKE SOMMER GLENN BAND 6-10	10 BOBBE BROWN 1-5 MOJO SCOUNDRELS 7-11	11 SCOTTY MEYER 2-6 NO RESTRICTIONS 7-11
12 STALKING MILDRED 1-6	13 LIVE MUSIC TBA 6-10	14 KARAOKEE 6-10	15 BOBBE BROWN 6-10	16 LUKE SOMMER GLENN BAND 6-10	17 BOBBE BROWN 1-5 COLBERT 7-11	18 SCOTTY MEYER 2-6 THE CATCH 7-11
19 MR NICE GUY 1-6	20 LIVE MUSIC TBA 6-10	21 KARAOKEE 6-10	22 BOBBE BROWN 6-10	23 LUKE SOMMER GLENN BAND 6-10	24 BOBBE BROWN 1-5 TBA	25 SCOTTY MEYER 2-6 MAIN HIGHWAY 7-11
26 THE REGS 1-6	27 LIVE MUSIC TBA 6-10	28 KARAOKEE 6-10	29 BOBBE BROWN 6-10	30 LUKE SOMMER GLENN BAND 6-10	31 BOBBE BROWN 1-5 MOJO SCOUNDRELS 7-11	\$7.95 Daily Food Specials Mon-Fri

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Miami sailor Kenny Pierce flies a hull to take the lead and win.

Islander Resort, and sponsored by Catamaran Sailor Magazine and CABB (Catamaran Assn of Biscayne Bay).

Next year the event will again be held at the Islander, the first weekend in December. For more information go to catsailor.com or email rick@catsailor.com.



Art Box Artist of the Month: Britta Jepson Loos

Born in Wuerzburg, Germany Britta Jepson has spent her life in pursuit of art. From 1979-1983 Britta acquired multiple degrees in Art Design and Ceramics. From 1983-86 Britta traveled, studied, and partnered in multiple galleries from Germany to France, New Zealand, and Australia. In 1986 she moved to Geneva, Florida to open a ceramic studio and gallery with her husband Stephan Jepson. It was here that Britta began instructing as well as refining and producing her art. She was published in Cermamics Monthly, which is a very prestigious honor for any ceramist.

Britta began to take her ceramics and painting on the road exhibiting at art festivals and shows throughout south Florida and France. Her workshops became quite popular and fueled her art further.

After living in Key Largo for a few years Britta has become comfortable with calling this home. She still exhibits her work at events such as Art Basel in Miami but enjoys



relaxing and producing art in her studio in Key Largo. She has begun putting together workshops which she hopes to teach at The Art Box in Key Largo.

If you would like to meet Britta, she will be at the Morada Way Art Walk in Islamorada on January 16th. For more information about Britta, her workshops, or the Art Walk please come in and see her art on display at The Art Box.



Entertainer of the Month: New Artist Scotty Meyer

We are excited to welcome a fresh new musical talent to the Keys!

creating The Scotty Meyer Band in 1998, performing and recording electric blues for a living full time.

He spent 9 years as lead guitarist for Sonic Circus, achieving the coveted "Band of the Year" (WAMI) award in 2009, and 4 years in the Happy Schnapps Combo (a band that has sold over a half a million CDs). His bands have been playing venues throughout Wisconsin and the Midwest, including: Milwaukee's Summer Fest (the "world's largest music festival"), numerous NFL gigs in the legendary Green Bay Packers' Lambeau Field Stadium, and countless festivals, state and county fairs, fundraisers, corporate and private events.

Scotty also played lead guitar with Geoff Landon & the Wolfpack and achieved "Country Band of the Year" (WAMI) in 2008 and 2009, then created the Diamond & Steel country band that was nominated for this prestigious award again in 2012 (likely again in 2013).

His years of solo electric/acoustic

blues performance coupled with his untiring work as lead guitarist and vocalist in numerous bands ranging from blues, to rock, to country (and yes - even a little guitar-shredding high energy polka!) has led him to hone his craft into a highly entertaining and completely satisfying experience - no matter what the mood or venue. You won't be disappointed!

You can enjoy Scotty's solo act with a "full band" sound live at any of his upcoming gigs in the Upper Keys including: Morada Bay, Lorelei, Rumrunners and Snooks - as well as the new "Sunday Fun Days" at The Caribbean Club!

Come check out his awesome guitar work, vocals and lyrics, as he performs some of his originals along with his own "island twist" on your favorite blues, reggae, classic rock and modern country hits and classics! For ore info, visit www.scotty-meyer.com - and please join him on facebook at "Scotty Meyer" (from Oshkosh, Wi.)



Scotty Meyer is a dedicated, hard working Wisconsin native, 5-time nominated "Guitarist of the Year" by the Wisconsin Area Musicians Industry (WAMI)... who is excited and proud to call Key Largo his new home!

Scotty began his musical career calling on early influences like Stevie Ray Vaughan, Jonny Lang, Kenny Wayne Shephard, Jimmy Page and Jeff Beck,

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The map illustrates the Florida Keys, a chain of islands in the southern United States. It is oriented with North at the top. The Gulf of Mexico is to the west, and the Atlantic Ocean is to the east. The Keys are divided into three groups: Lower Keys (southwest), Middle Keys (center), and Upper Keys (northeast). Key locations labeled include Key West, Key Largo, and Homestead. The map also shows major roads like US-1 and US-905, and various landmarks such as John Pennekamp Coral Reef State Park and Key Largo National Marine Sanctuary. A pirate ship icon is in the top left corner.

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What are you waiting for?

A vibrant banner for Keys Vapors. The background is a gradient of orange and yellow. On the left, there are palm trees. In the center, the text "KEYS VAPORS" is written in large, blue, bubbly letters with a black outline. Above it, in a smaller, white, cursive font, is the phrase "A Healthier and Cheaper Way to Smoke". Below the main text, "MM 101 KEY LARGO" is written in a bold, black, sans-serif font. On the right, a smiling sun with sunglasses is shown smoking a cigarette. Below the main text, there is a row of various fruits including bananas, apples, and oranges. In the center of this row, a yellow fish is shown with a cigarette in its mouth. To the left of the fish, the word "Quality" is written in a large, white, serif font, followed by a horizontal line and the words "ELECTRONIC CIGARETTES" in a bold, black, sans-serif font. To the right of the fish, a list of features is written in a white, sans-serif font: "~REFILLABLE TANKS~", "~ATOMIZERS~DRIP TIPS~", "~RECHARGEABLE BATTERIES~", and "~E-LIQUID FLAVORS~". At the bottom right, the phone number "(305) 731-5118" is written in a large, bold, black, sans-serif font. At the bottom center, the email address "KeysVapors@aol.com" is written in a bold, black, sans-serif font.

It's Safer on the Water Now!

A Boating Safety and Seamanship Class was held at the History of Diving Museum in Islamorada on 14-15 December. The fourteen graduates are now much less in danger of a maritime mishap. The intensive course was supplemented by comprehensive lectures by Officer Bob Dube of the FWC and Mary Tagaliareni the Deputy Director of The National Marine Sanctuary. USCG Auxiliary Flotilla 13-08 teaches this class every month at a local venue.


Monroe County has the highest rate of maritime accidents, accidents, injuries, and deaths in the southeastern United States. And if you think it is all those people from the mainland... be advised 47% of those involved are locals!



December class: Crawford and Allison Ferguson; John R Howe; Michael and Lauren Hynan; Parker Ferrie; Jennifer Ann Rickmann; Christopher Fletcher; Kevin and Elisa Hopp; Stephen, Sacha, and Rebecca Franks; and Matthew Moulin. For more information, contact Jim Marcotte at jamestmarcotte@gmail.com or call 850-291-6895.



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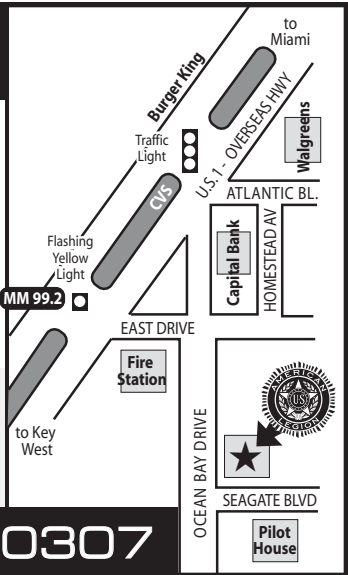
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VNA/Hospice Wins National Award

Visiting Nurse Association and Hospice of the Florida Keys (VNA/Hospice) recently received Fazzi's Home Health Consumer Assessment of Healthcare Providers and Systems (HCAHPS) annual National Award of Distinction.

Agencies named as Fazzi's HCAHPS Top 25 are proven leaders that have excelled in one of the most important measures of an agency's quality program- patient satisfaction and for their work in improving the quality of home health care to the patients they serve. The award places VNA/ Hospice as one of the top 25% agencies in the nation.

"We are honored by this prestigious recognition," stated VNA/Hospice CEO Jody Gross. "It recognizes that our nurses, physical therapist, social workers, home health aides and companions are the best in



Lower Keys clinical and support personnel at Key West corporate office, center is CEO Jody Gross.

Monroe County. They are truly dedicated in providing the most compassionate, quality care possible. This award is in their honor."

Fazzi is one of the oldest, largest, and most respected corporations specializing in home care and hospice services and is the only national benchmarking service incorporating findings from its research and consulting divisions in helping to guide agencies in best practice strategies for improving patient satisfaction.

VNA/Hospice is an integrated agency that has been providing skilled home health, and hospice services to the residents and visitors of 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, call 305-294-8812 or visit VNAHospiceKeys.org.



Upper & Middle Keys clinical & support personnel at Tavernier regional office, center is COO Kathleen Ryzoc.

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History Of The Famous Middle Finger

Isn't history more fun when you know something about it? Before the Battle of Agincourt in 1415, the French, anticipating victory over the English, proposed to cut off the middle finger of all captured English soldiers. Without the middle finger it would be impossible to draw the renowned English longbow and therefore they would be incapable of fighting in the future. This famous English longbow was made of the native English Yew tree, and the act of drawing the longbow was known as 'plucking the yew' (or 'pluck yew'). Much to the bewilderment of the French, the



English won a major upset and they began mocking the French by waving their middle fingers at the defeated French, saying, See, we can still pluck yew! Since 'pluck yew' is rather difficult to say, the difficult consonant cluster at the beginning has gradually changed to a labiodental fricative 'F', and thus the words often used in conjunction with the one-finger-salute! It is also because of the pheasant feathers on the arrows used with the longbow that the symbolic gesture is known as 'giving the bird.' And yew thought yew knew every plucking thing.

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Waves of Healing Ocean Meditation

There is much we can learn from the ocean as we have a similar inner landscape within us as well.

Like us, the sea is ever-changing. And, like us, the earth's vast oceans appear at a distance to be stable and homogenous. But beneath the mask of solidity that both we and the sea wear, there lies unpredictability, sensitivity, and power. There is much we can learn from the ocean, representative as it is of our inner landscapes.

The rough sounds of the sea's waves are spiritually soothing, and its salt can purify our physical selves. Yet not everyone has the luxury of living by the shore or even visiting the coastlines where water and land meet. The ocean, however, exists in our conscious minds, put there by images we have seen and descriptions we have read. Wherever we are, we can access that mental image and use it as the starting point from which we can help to heal our emotions by meditating on the sea.

To begin, gather together any ocean artifacts you may have on hand. Seashells, a vial of sand, beach glass, stones rubbed smooth by the pounding surf, or a recording of ocean sounds can help you slip more deeply into this meditation, but they are not necessary. Sit quietly and visualize the ocean in your mind's eye. Allow all of your senses to participate in your mental journey. Feel the tiny grains of sand beneath your feet and the cool spray of mist; hear the sea's rhythmic roar as the

waves meet the beach and retreat; smell the tang of salt in the air. Watch the sun's rays play over the ocean's surface, creating shifting spots of teal, cerulean, cobalt, and green.

Don't be surprised if you see dolphins or whales frolicking in the waves—they are there to assist you. Spend a few minutes drinking in the ocean's beauty and appreciating its vast splendor.

Once you are fully engaged with the setting before you, visualize yourself sitting on the beach, facing the ocean, and watching the waves advance and retreat. As each new wave of seawater approaches, imagine it carrying healing energy toward you. The magnificent ocean in your thoughts is sending you light and love while the sun supports your healing efforts and Mother Earth grounds you in the moment so healing can occur. When you feel you are finished, grant the ocean your earnest gratitude for the aid it has given you. Thank the sun, the sand, and any other elements of your visualization that offered you guidance.

Perform this meditation daily or monthly in order to rid yourself of negativity and reestablish emotional equilibrium. Just as the ocean's tides sweep the shores free of detritus, restoring balance, so can the waves in our mind's eye cleanse our souls of what no longer serves us.

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

Dear
Anny Bannanny



Dear Anny Bannanny,

It never fails. You sit down and light up a cigarette and suddenly there appears a cigarette bum. They won't spring for a pack of their own but they expect you to give them yours. It's rude and annoying! How can I keep people from grubbing cigarettes?

Signed,
Sick of Bums

Dear Sick of Bums,

You are absolutely right to be angry. The US Congress just increased the tax on smokes from 39 cents to \$1.01 per pack* and they may be going up more. People are guarding their smokes closely.

My advice is to get ruthless and rattle off all of the health risks of smoking. Tell them that what you do to your own body is your own problem, but that you refuse to destroy the health of others. If they choose to smoke they must buy their own poison.

There are over 4,000 chemicals in tobacco products. 43 are known to cause cancer and another 400 are poisonous! The brand you are probably smoking is made from a product called "recon." They take stale and used cigarettes, filter, paper and all (it's called "reclaim") and grind it into a soup mixture, add chemicals, dry it up, flatten it out and it looks just like tobacco! Here are just a few of the nasty ingredients: acetone, benzene, cadmium, polonium, ammonia, butane, formaldehyde, nickel, turpentine, arsenic, carbon monoxide, hydrogen, cyanide, nicotine and ambergris which is whale vomit.

However, medical studies have proven that you can still live with one lung and most forms of cancer are treatable at least for awhile. This is only one of hundreds of products that are slowly killing you. Smoking does not affect the fetuses of women that are not pregnant. You can smoke and drive or operate heavy machinery if you want to. Refusing to inhale drastically reduces the risk of lung cancer.

Yours Truly,
Anny Bananny

* This is a reprint from May 2009 so the tax is probably much higher now. I am reprinting because my favorite Aunt recently died after a 2-year battle with lung cancer. January marks six months since I have smoked a cigarette. How did I do it? See the Keys Vapors ad in the centerfold of this issue. I smoked 2 packs a day for 40 years. To date I have saved \$1,800 and I can take a nice long deep breath. Starter kits run \$45 and up. Start saving money and your life now.





Thank you from the Baker family for supporting Brittney Baker's recovery.

Coming at the end of January... the KEY PLAYERS present...

the **FOX** on the **FAIRWAY**

By Ked Ludwig. Produced by special arrangement with Samuel French, Inc.

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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>.

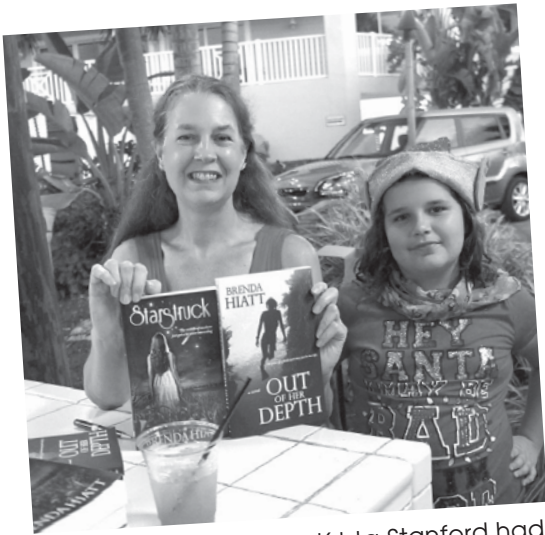
This month we should be experiencing some of the coldest weather of the year... but this year it can not seem to get out the high 70s or the low 80s. Still, January is a great time for a homemade soup. I love mushrooms and this is one of my favorite soups. Serve your soup with crackers or hot, fresh bread. Enjoy!

MUSHROOM BISQUE

4 ½ cups chicken broth
1/3 cup butter
1/3 cup finely chopped onion
1/4 cup finely chopped celery
6 tablespoons all purpose flour
½ teaspoon crumbled dried thyme or 1 teaspoon of fresh
½ teaspoon chopped dried basil or 1 teaspoon of fresh
1/4 cup minus 1 teaspoon sherry
1 to 2 bay leaves
1 1/4 pounds sliced mushrooms
1 cup heavy whipping cream
1 tablespoon lemon juice
1 1/4 teaspoon salt
1/4 teaspoon white pepper
1/4 teaspoon Worcestershire sauce
1/8 teaspoon hot pepper sauce

Bring the broth to a boil in a stock pot. Cover and set aside. Melt the butter in a frypan. Add the onion and celery. Sauté until translucent. Add the flour, thyme, and basil and stir 4 minutes. Whisk in the sherry. Mix into the hot broth and add the bay leaves. Bring to a boil. Reduce heat, simmer 3 minutes. Add the mushrooms and cook 20 minutes stirring occasionally. Stir in the remaining ingredients and simmer until slightly thickened, about 10 minutes. Serve.

Conch Characters



Brenda Hiatt and helper Krista Stanford had a great book signing party at the Big Chill.



Most beautiful bartenders in the Upper Keys! Kristin and Anna - The Big Chill



Steve Venini at the Bayside Grill. This guy is an amazing musician and singer.



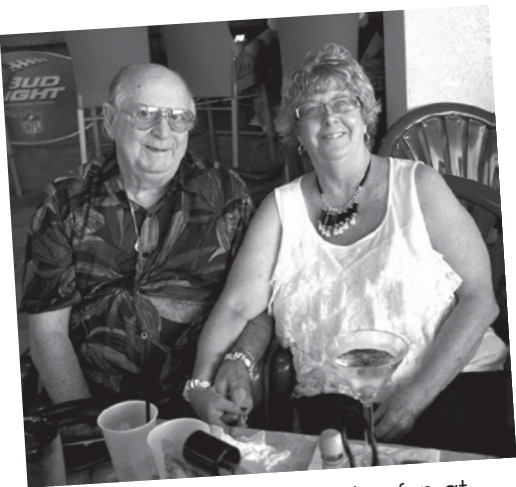
Bayside Grille bartender Dana playing the drums for Albert Castiglia.



Stereo Underground back by popular demand at the Pilot House.



Chris Duarte Band at Bayside Grille.



Bob and Claudia having fun at the Bayside Grill.



Don Brown (center) and friends enjoying Coronaritas at the Pilot House.



Gator wrangling Key Largo style! Photo by Cindy Smith.



Happy New Year to all our Coco-nutty friends!

Members of the Mariners Hospital Chapter of the Young Philanthropists of Baptist Health (MHYPBH) and the Mariners Hospital Foundation Board recently gathered to celebrate the holidays. MHYPBH is a group of young, dynamic professionals who foster long-term fundraising support for Baptist Health in the Keys. At the core of this group is the belief that philanthropy is more than just a donation. It is an investment in the quality of the community.

Coco‘Nut’ Funnies

It had to happen sooner or later... Blonde Men Jokes!

A friend told the blond man: "Christmas is on a Friday this year." The blond man said, "Let's hope it's not the 13th."

Two blond men find three grenades, and they decide to take them to a police station. One asked: "What if one explodes before we get there?" The other says: "We'll lie and say we only found two."

A woman phoned her blonde neighbor man and said: "Close your curtains the next time you and your wife are having sex. The whole street was watching and laughing at you yesterday." To which the blonde man replied: "Well the joke's on all of you because I wasn't even at home yesterday."

A blonde man is in the bathroom and his wife shouts: "Did you find the shampoo?" He answers, "Yes, but I'm not sure what to do... it's for dry hair, and I've just wet mine."

A blonde man goes to the vet with his goldfish. "I think it's got epilepsy," he tells the vet. The vet takes a look and says, "It seems calm enough to me". The blonde man says, "Wait, I haven't taken it out of the bowl yet".

A blond man spies a letter lying on his doormat. It says on the envelope "DO NOT BEND." He spends the next 2 hours trying to figure out how to pick it up.

A blond man shouts frantically into the phone "My wife is pregnant and her contractions are only two minutes apart!" "Is this her first child?" asks the Doctor. "No," he shouts, "this is her husband!"

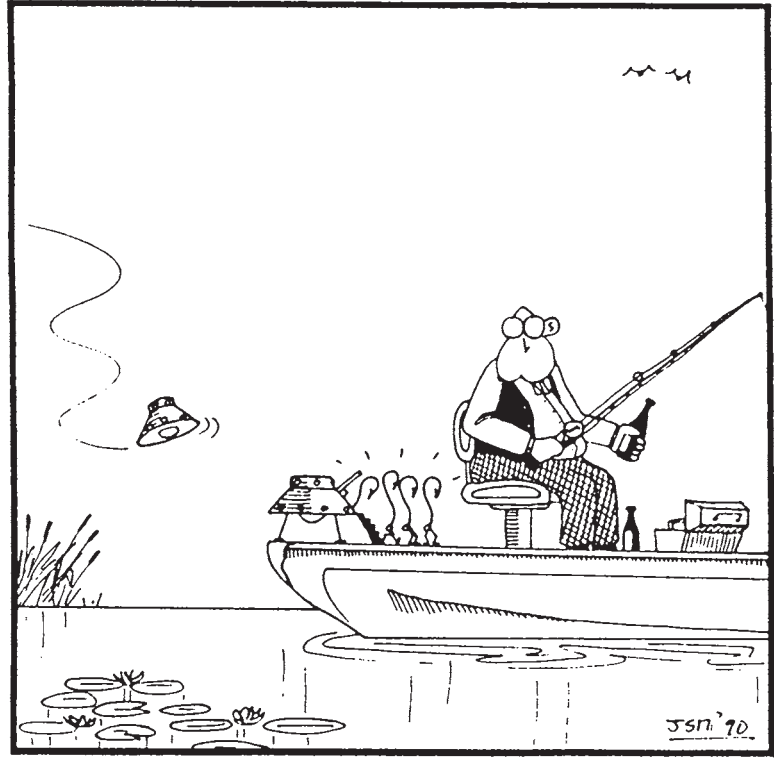
A blonde man was driving home, drunk as a skunk. Suddenly he has to swerve to avoid a tree, then another, then another. A cop car pulls him over, so he tells the cop about all the trees in the road. The cop says, "That's your air freshener!"

A blonde man's dog goes missing and he is frantic. His wife says "Why don't you put an ad in the paper?" He does, but two weeks later the dog is still missing. "What did you put in the paper?" his wife asks. "Here boy!" he replies.

A blond man is in jail. A guard looks in his cell and sees him hanging by his feet. "Just WHAT are you doing?" he asks. "Hanging myself," the blond replies. "It should be around your neck" says the guard. "I tried that," he replies, "but then I couldn't breathe".

An Italian tourist asks a blonde man: "Why do Scuba divers always fall backwards off their boats?" To which the blonde man replies: "If they fell forward, they'd still be in the boat."

Left Field by J.S. McKinna

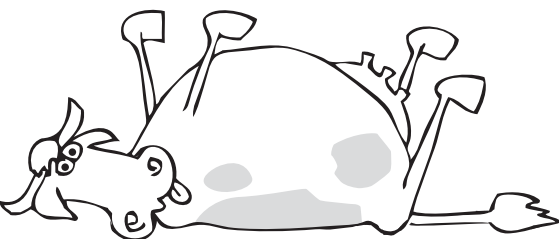


Life's Lessons...

No matter how old you are or what stage in life you are ... this is the best example for paying attention that we have ever heard.

First-year students at the Purdue Vet School were attending their first anatomy class with a real dead cow. They all gathered around the surgery table with the body covered with a white sheet. The professor started the class by telling them, "In veterinary medicine it is necessary to have two important qualities as a doctor. The first is that you not be disgusted by anything involving the animal's body."

For an example, the professor pulled back the sheet, stuck his finger in the butt of the cow, withdrew it, and stuck his finger in his mouth. "Go ahead and do the same thing," he told his students.



The students freaked out, hesitated for several minutes, but eventually took turns sticking a finger in the butt of the dead cow and sucking on it.

When everyone finished, the Professor looked at them and said, "The second most important quality is observation. I stuck in my middle finger and sucked on my index finger. Now learn to pay attention! Life's tough but it's even tougher if you're stupid."

Eight Words with Two Meanings

- 1. **THINGY** (thing-ee) n.
Female..... Any part under a car's hood.
Male..... The strap fastener on a woman's bra.
- 2. **VULNERABLE** (vul-ne-ra-bel) adj.
Female.... Fully opening up one's self emotionally to another.
Male..... Playing football without a cup.
- 3. **COMMUNICATION** (ko-myoo-ni-kay-shon) n.
Female... The open sharing of thoughts and feelings with a partner.
Male... Leaving a note before taking off fishing with the boys.
- 4. **COMMITMENT** (ko- mit-ment) n.
Female..... A desire to get married and raise a family.
Male..... Trying not to hit on other women while out with this one.
- 5. **ENTERTAINMENT** (en-ter-tayn-ment) n.
Female.... A good movie, concert, play or book.
Male..... Anything that can be done while drinking beer.
- 6. **FLATULENCE** (flach-u-lens) n.
Female.... An embarrassing by-product of indigestion.
Male..... A source of entertainment, self-expression, male bonding.
- 7. **MAKING LOVE** (may-king luv) n.
Female.... The greatest expression of intimacy a couple can achieve.
Male..... Call it whatever you want, just as long as we do it.
- 8. **REMOTE CONTROL** (ri-moht kon-trohl) n.
Female.... A device for changing from one TV channel to another.
Male... A device for scanning through all 375 channels every five minutes.



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