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Capt. Mark Hutchings

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Mangrove Galley

Conch Characters

Business in the Keys

Sounds of the Keys



Fireworks over Blackwater Sound, a July 4 cruise on *Island Time*, and a party at the American Legion head up a full roster of great things to do this July 4th in Key Largo! And, see page 3 for a reason to start celebrating early....

# BLUESFEST

July  
Highlight

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**Coming... Saturday, July 18th • 7pm**



**Joey  
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A Florida legend, Joey Gilmore is known all over the world as one of the best soul-blues and R&B singers in the business. Joey Gilmore has shared the stage with such greats as James Brown, Etta James, Bobby Bland, Little Milton, Johnny Taylor and mores. In 2006 he won one of the most distinguished and coveted awards in all of blues, The International Blues Challenge, outscoring artists worldwide. Considered the best unsigned artist on the planet, in 2008 Gilmore was awarded the Blewzzy Award for best song, *Blues All Over You*, and in 2015 he was honored with a Latin World Talent Lifetime Achievement Award.



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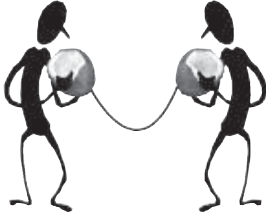
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Editorial: "You Catch More Flies With Honey Than Vinegar"

It's a simple metaphor. Flies represent anything you want to achieve. Honey (sweet) represents anything pleasant that you do to get what you want. Vinegar (sour) represents anything unpleasant that you do to get what you want. It tells you to use nice methods rather than unkind methods in dealing with other people.

When I worked for other newspapers as a highly paid salesperson collecting a salary, commission, full benefits including profit sharing, my job was to procure sales and chase down checks from delinquent accounts. When dealing with irate and hostile customers verbally attacking me and the newspaper I worked for, I had to handle it in a professional manner. I was thrown out of places and walked through their doors again the next day. If the editorial "news" staff wrote an unpleasant article about one of my accounts I took the beating verbally and financially. That was my job.

Since I started The Coconut Telegraph 9 years ago I am not just the salesperson but the writer, circulation manager, photographer, office manager, etc. I sure have learned a lot! You find out who your friends are fast. For instance, there's one guy I used to see at a local bar every day dripping in gold yet always complaining about being broke as he chugged his top shelf whiskey. I visited him in the hospital and helped him and his kid out. I was a good friend to him. I wrote one story he didn't

agree with and now he tells everyone he hates me.

Lesson #1 - Most alcoholics do not make good friends or parents. Their only concern is their next drink.

Lesson #2. There is no time for bullshit. The phone is for business. Last month I had a really old lady call me and threaten to sue me because I wrote that my opinion is that butter is healthier than margarine. I said "Do your own research" and disconnected. She called me back and left a message that if I would return her call and explain it to her she would call off the lawyers. I should have said...

Lesson # 3. Not all customers are worth having. It is not my civic duty to run your press releases so you don't have to pay for an ad. We do not jump through hoops of fire and cut our price in half for a customer that buys one ad a year... no matter how surly your disposition is and how important you think you are. We are too busy helping nice people.

right, Blue Girl... because I'll be holding my breath.

"Tell them to ask for 'Blue Girl'." That's



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Telegraph assumes in good faith that all editorial and advertising material submitted are the original property of the advertiser. The Coconut Telegraph may not be held responsible for errors, omissions, or for circumstances beyond our control that may affect the distribution schedule.

Happy 2nd of July?!

From the Huffington Post: Author Kenneth C. Davis has revealed that the 2nd of July may actually be the more appropriate date to mark the nation's special day.

"The fact is that John Adams wrote home to Abigail on the 3rd that this day, July 2nd will go down in history," Davis said during an appearance on "CBS This Morning." "We'll celebrate it with

parades and pomp and bells ringing and fireworks, and it was because Congress actually ruled it in favor of independence on July 2. But it was two days later, of course, that Congress then accepted Jefferson's declaration, explaining the vote two days before that really got fixed in the America's imagination as our birthday. July 2nd should be Independence Day."

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Bananas are amazing, just look at this list of reported health benefits:

- Overcome depression due to high levels of tryptophan, which is converted into serotonin (the happy mood brain neurotransmitter!).
- Sustain balance blood sugar; eating before a workout will ensure you're properly fueled.
- Protect against muscle cramps and/or leg cramps with high levels of Vitamin K (Potassium).
- Improve mood and reduce PMS symptoms because of their balancing effect on blood sugar and hormone regulation
- Reduce swelling, protect against type II diabetes, aid weight loss, strengthen the nervous system, and help with the production of white blood cells, all due to high levels of vitamin B-6
- Protect against heart attack and stroke due to their high potassium, low salt content.
- Aid digestion due to fiber and pectin content (which chelates toxins and heavy metals from the body), stimulates healthy bacteria,

reduces constipation, and help produce digestive enzymes to assist in absorbing nutrients.

Prevent kidney cancer, protects against macular degeneration, builds strong bones (by increasing calcium absorption) and enhance intelligence by making one more alert.

Protect the body from oxidation, disease, and free radicals, being high in antioxidants and nutrients.

**4 Ways to Eat More Bananas**

1. In Cereal. It may obvious, but why not add a few bananas to your morning heart-healthy oatmeal or your energy-sustaining granola? Slice them up, add a dash of cinnamon, and you'll transform your morning routine into some morning bliss!
2. Smoothie. Bananas are great as a creamy base in your smoothies! Experiment with bananas, berries, nuts and nutrient-dense greens (like spinach or kale).
3. Banana Ice Cream. Just put frozen bananas and vanilla in a blender. Experiment with flavorings like cinnamon, nutmeg, strawberries, etc. Yummy and good for you!
4. Banana Boats. Fill the center of a split banana with some peanut butter and raisins and serve to kids, or make a fruit jam with figs, strawberries, and cinnamon. Experiment and make up your own.

## Bayside Blues Concerts

Concert Showtime: 6:30pm

SATURDAY  
**July 4: Albert Castiglia**

Song of the Year Award: *Bad Year Blues!*

SATURDAY  
**July 18: Joey Gilmore**

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SATURDAY  
**July 25: Rockin Jake Band**

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SATURDAY  
**August 22: The Livesays**

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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.



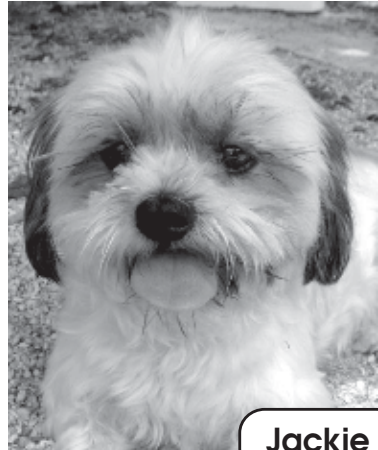
Romeo



Matilda



Cocoa



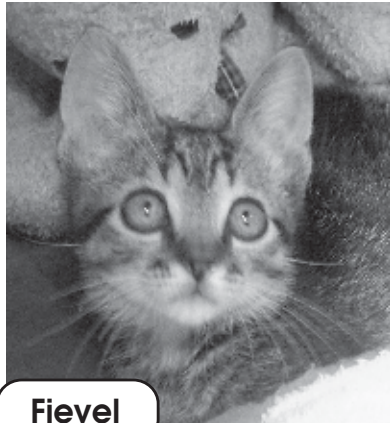
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**Key Largo Rotary Club Funds Key Largo School Art Program**



Laura Liettaert, Key Largo School Principal (L) and Kimberly Walwer, Art Director, with Kindergarten students.

In June, Key Largo Rotary Club made a donation to the Key Largo School art program. Kimberly Walwer, Art Director, reached out to Rotary to secure additional art supplies needed to enhance the students' art education. Their projects were recently highlighted at the Fine Arts Festival at Key Largo School.

The main objective of Rotary is service - to local communities, and through-

out the world. In addition to humanitarian efforts, the Rotary Club of Key Largo has contributed locally to vocational and 4-year college scholarships, Habitat for Humanity, CSHS sports programs, KLS Safety Patrol, Take Stock in Children, Key Largo YMCA and other local youth and adult programs.

For more information, please contact: Cheryl Powers at 502-645-3578 or [cpowers33@bellsouth.net](mailto:cpowers33@bellsouth.net).

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# Conch Characters



Dominic Congemi, Emeril Lagasse, Jimmy Johnson and Larry Calvano at the Big Chill



D-Hooker's Bartender Kristie.



Line Dancing at Gilbert's?? Yep... every Thursday from 6-9pm is Ladies Night with DJ Ronnie. Photo by Rob LeBrun.



Mary and Bert enjoying Fathers Day at the Big Chill.



American Legion flag retirement ceremony flag day 2015. Jack King, Commander Rocco Lapace and JP. Behind is the band.



Pilot House Bartenders Barb & Karen.



Bartender Cherie at Bayside Grille.



Car Show / SpeedBoat Poker Run stopover last month at Gilbert's. There were the usual amazing powerboats, but this time they also had some impressive cars following along. Photo by Rob LeBrun.



Bartender Shannon at the Mandalay.



Car Show / SpeedBoat Poker Run stopover last month at Gilbert's. Photo by Rob LeBrun.



Sign found in Key Largo. Photo by Sue Sparkes.



Two ultralight planes docked at Gilbert's beach for a lunch stopover. Photo by Rob LeBrun.

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## Stan Salatowski



Our heartfelt sympathy goes out to Stan Salatowski's daughter Chelsea, the rest of his family, Keys Sanitary Service, his coworkers, and his friends at the American Legion.

He will be missed!

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# Sounds of the Keys



"Chain Reaction" the Journey Tribute band, performing at Gilbert's. Lead singer John D'agostino can really hit the high notes, just like Steve Perry did for Journey. They will return to Gilbert's for another show on September 19th. Photo by Rob LeBrun.



Derrik Herring and Jimmy Ray Sundays at the Pilot House.



Stereo Underground every Sunday at the Big Chill 4 - 8pm.



Felix the Catt & Baga Tricks at Gilbert's; reggae, rock & blues every 4th Friday of the month.

Support Live Music in the Keys



Steve Venini Band at Bayside Grille.



Nationally touring Youtube sensation band "Osiella" coming to Gilbert's on Friday July 17th at 7pm. Hailing from Indiana, Osiella has gone viral with their cover of Hozier's Take Me To Church.



Alan Truesdell at the Big Chill.



John McKinna at Bayside every Monday.



Dave Bowman and Alter Ego at Bayside Grille.



## Funnier than Fiction – True Stories from the Medical Profession

A young couple came in, both upset and confused about the fact that the woman had become pregnant. They stressed the fact that they were on birth control, specifically, on the pill.

However, before the doctor could say anything, the boyfriend quietly took him aside and explained that he had been taking the pill instead of his girlfriend because "she had a weak stomach and couldn't take pills"

A patient came in for an STD check. She was very upset and continued to stress the fact that she only ever had one partner.

"And even if my boyfriend is sleeping with other people, it shouldn't matter," said the patient. "My boyfriend uses a condom every time and makes sure to wash it thoroughly after every use."

The nurse asked the patient what she meant when she said her boyfriend "washes it every time". The patient explained that her boyfriend washed the same old condom with hot water and soap before he used it. Every time.

The doctor had to kindly explain to a grown woman that condoms are a one-time use product. She had no clue.

Overheard in a waiting room: Man 1: My daughter is allergic to wheat.

Man 2: So she can't eat bread or anything?

Man 1: We only give her white bread.

Man 2: Oh yeah, I guess bread only has wheat if it says it on there. Like whole wheat or whatever.

Man 1: Yeah, I guess.

Man 2: So can she eat pizza?

Man 1: Only cheese pizza.

A lady had to have her foot amputated and was given waiver forms to sign pre-op. Asked if she needs time to think about her decision, she's surprisingly calm and nonchalant, and doesn't seem to care much about what they do to her limb.

The doctor gets suspicious and probes a bit further, asking why she's not more concerned. The patient says she understands that they have to operate, but that "it's okay because the foot will grow back."

More than one patient has come into a vet's office complaining about their dog's chest.

One man thought his male dog's nipples were giant blood-sucking ticks. He had tried poking at them and pulling on them, complaining that "they are impossible to remove."

A woman also came in complaining that her dog had "huge tumors" growing on its chest. Nope. Again, just nipples.

A doctor had a meeting with a patient about their diet and nutritional intake. She ended up having to explain to this person that, no, Coca-Cola is NOT in fact a vegetable. Just because it says "contains vegetable extracts" on the side of a can of Coke does not mean it can count as one of your "five veggies a day."

A Paramedic reports he has had to inform numerous people that pouring Gatorade into the mouth of unresponsive diabetics is not a good idea.

A registered nurse tells this story: The patient was a newly diagnosed diabetic who needed to be taught how to inject insulin. So the diabetes educator did the routine of

taking an orange, drawing up insulin, then injecting it into the orange. He made the patient repeat this a few times.

The patient goes home. He comes back in a week and his blood sugar is out of control. Asked if he's been taking his insulin and he says "of course." So they ask him to demonstrate how he injects insulin. The patient goes "sure, I just need an orange."

At this point the nurse knows where this one is heading. But of course they got him a orange and a vial of insulin with a syringe. The guy draws up the insulin correctly, takes the syringe, injects it into the orange, and then says "and then I eat the orange."

More than once, a nurse at a hospital in an area with a lot of gang activity reports she has had to explain to the family of a deceased patient that you can't get a brain transplant after getting shot in the head. Or at all, really.

A doctor once told that he had to explain to one of his patients that band-aids do not cure anything at all, but just cover up a wound. The patient in question had tried to cure her recently diagnosed Type-II diabetes by sticking band-aids all over herself.

A female patient being seen for clinicals was diabetic. She came in every week with incredibly high blood sugar levels (250-560ish), not knowing why they were so high.

She kept a record of everything she ate, and all her food intake seemed fine. One day, her husband came with her, and he slipped the doctor a note while shaking his hand. It read, "Ask her about the Quiktrip slushies. She doesn't



believe me that they have sugar in them."

The doctor asked her and she said, like a light bulb had gone off in her head, "Well, I have been drinking 3 of the 48oz Quiktrip slushies every day for awhile now. They're just so good! And they aren't food or drink, they're slushies! So they don't have any sugar in them, and I don't need to record them!" It was very hard to convince her that those are full of sugar!

While counseling in an STI testing clinic, a doctor had to explain to a young gay couple that if they both tested negative for HIV and don't cheat on each other, that they could not get infected with HIV out of nowhere. They seemed to think that unprotected gay sex spontaneously generates an HIV infection.

An eye doctor reports: Recently, I had to tell a patient that no, you should not attempt to continue wearing a contact lens that was dropped in the damn toilet! Maybe that's where your eye infection came from?

A woman came in for a well baby check with her 6 month old and she had what looked like chocolate milk in the baby's bottle. The doctor started explaining to her as kindly as he could that she shouldn't be giving her baby chocolate milk, at which point she interrupted him and said "Oh that isn't chocolate milk. It's coffee! He just loves it!"

## Don't Miss Swingin Harpoon Blues Band's Gilbert's Debut July 10

by Rob LeBrun

The "Swingin Harpoon" Blues Band is a concept that Mike "Salty" Lanigan started in 2007, after being the "Harp Guy" for many years with many bands. To better understand the Swingin Harpoon Band, you need to imagine the big sound of a swing band and add some blues harp into the mix, with a hearty dose of solid blues. Imagine hearing Muddy Waters playing with Cab Calloway... that's the sound of the Swingin Harpoon Blues Band!



Salty Lanigan leads the Swingin Harpoon Blues Band.

Salty was born in Tarpon Springs Florida, and always 'tinkered' with musical instruments. He started blowing harp at 14, learning his licks from two main sources: the J. Geils Band and The Ozark Mountain Daredevils. The two contrasting styles of music influenced Salty's unique harmonica style. Today, Salty's hard-blowing licks and unique timing provide a unique harmonica flavor, enjoyed by all.

A world-class harmonica player and entertainer with 'soul shaking' vocals, Salty has performed with artists such as Pat Ramsey, Eddie Kirkland, Tracy Lawrence, The Confederate Railroad, Lee Ann Womack, Bill 'The Sauce Boss' Wharton, Pat Buchanan, Spyro Gyra, The Georgia Satellites, Mark Chesnutt, Mark Collie and many more.

If you want to experience one of the nation's premiere harmonica-driven swinging blues bands, with soulful vocals backed with Delta and Chicago 'Big City' harmonica horn sounds, and the "Mercenaries of Rhythm" thundering rhythm section, you can see Swingin Harpoon at Gilbert's Resort on Friday July 10th at 7pm. This is a special event with no cover.



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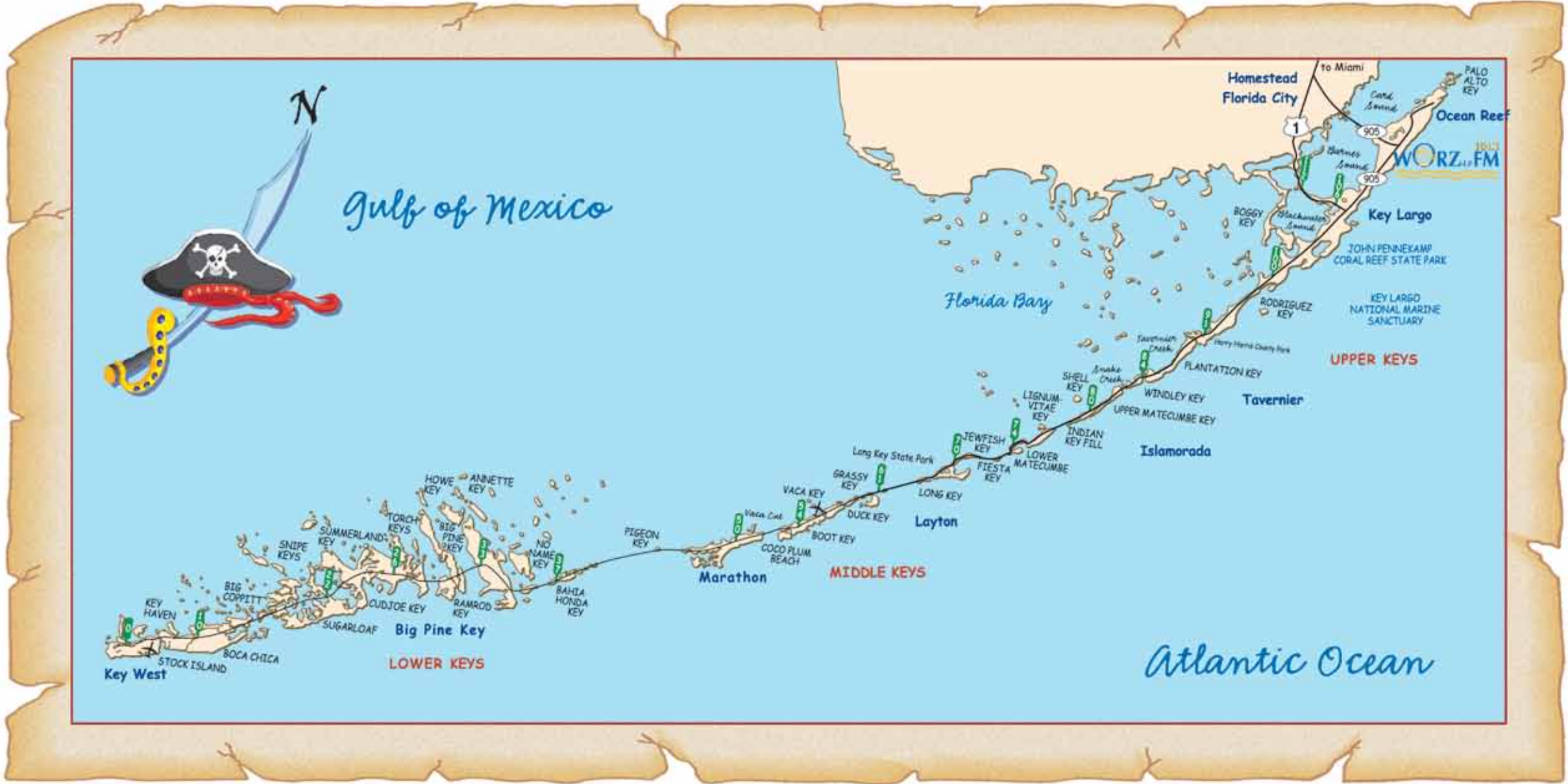
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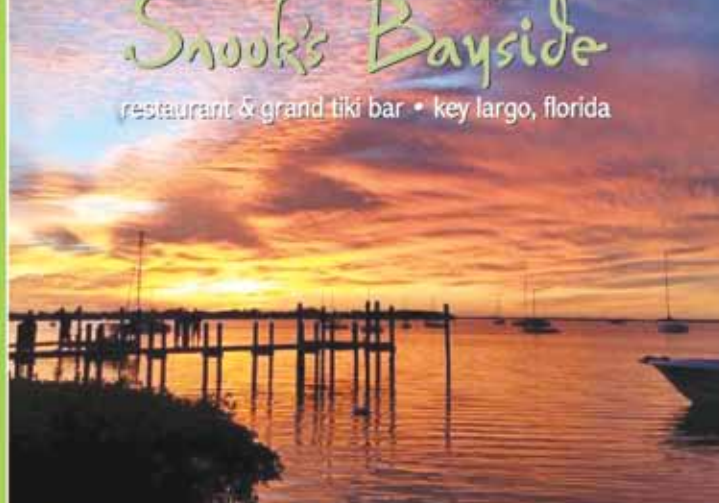
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# Military Officers Association of America Awards Local Cadets



(Left to Right) CDR John W. Reed USCG – Deputy Commander Coast Guard Sector Key West, Cadet Dakotah MacDonald - KWHS, Sr. Chief Michelle Morgante USN (Ret.) - Naval Science Instructor KWHS, Cadet Kirk Goggans - KWHS, LCDR James T Marcotte USCG (Ret.) 1st VP MOAA FL Keys Chapter Cadet Gerrald Burgess - KWHS.

Recently the Military Officers Association of America (MOAA) conferred a medal and certificates to three Key West High school NJROTC cadets. The Keys chapter of MOAA includes all of the Keys. It is an organization of present and past military officers who have a strong presence in community and on Capitol Hill, who work to preserve the rights of all military (officers and enlisted). The Association held an awards



ceremony in Key West at the High School. These awards recognized exceptional leadership and academic achievement. The recipients were: Cadet Kirk Goggans - MOAA Medal; Cadet Terrald Burgess - Certificate of Merit; Cadet Dakotah MacDonald - Certificate of Merit.

Best Wishes to **Nikki DUNN CULLEN** for a speedy recovery following her boating accident.

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**When did Colbert The Band form?**  
May 2009.....we had a few different members at the beginning, but we have been solid for over 3 years now.

**Who are the band members and what instruments do they play?**  
Drew Johnston plays rhythm guitar & sings vocals, "BJ" plays lead guitar, Justin Truscello plays bass, Billy Jenkins plays the drums, and Devon Spaulding sings lead vocals.

**Who are some of your musical influences?**  
Collectively, we have many influences, from many genres, and the list is long. Some mainstream artists we like are: Led Zeppelin, The Beatles, Nine Inch Nails, Billy Idol, Bon Jovi, Green Day, Kid Rock, Pearl Jam, Tom Petty, Weezer, Foo Fighters, Nickelback, and Lenny Kravitz.

**Where do you play most often?**  
Locally we play at The Big Chill, Postcard Inn Tiki Bar, Hog Heaven, Gilbert's Resort, Bayside Grill, and Sharkey's.

Caribbean Club which featured some well-known country song writers and performers.

**What was your most embarrassing moment while performing?**  
Well, Drew fell off a bar one night, and almost broke his back.....he recovered as gracefully as he could, and kept playing!

We also had a technical problem at the St Patricks Day Block Party at the Brickell Irish Pub. The sound guy had



Colbert the Band rockin' the crowd at Gilbert's on Sunday June 7th, 2015.

# 10 Questions with Colbert the Band

by Rob LeBrun

**What has been your most satisfying moment performing so far?**

Recently we opened for Zep Belly (A Led Zeppelin themed blues band) at the Florida Rockstars Concert in Homestead, and we played at the Country Rock festival at the

Devon's vocals on a delay, and the rest of us were on time. For 2,000 people, it sounded like Devon was singing a few seconds too late, but it was really the sound guys fault. Thanks dude.

**Who are some of your favorite local bands to watch when you are not playing?**

There are many we like, and it would be unfair to pick just two or three. Recently, we have gone to watch Baga Tricks, The Dropouts, Mr Nice Guy, and Uncle Rico.

**If you could change one thing about the local music scene, what would it be?**

We wish that the Keys would promote more local festivals that feature national bands, with local bands opening for them. The exposure would be great for us local bands, and playing with some national acts would be great.

**Have you written any original music?**

Yes we have, but we have not recorded any yet. We have a few originals that we would love to record someday.

**What are your future goals for Colbert?**



We would like two things: To play in bigger music festivals, touring nationally. And to keep rockin' the local scene as we have been for years now. We

love playing for our fans here in the Keys.

Visit the guys on their facebook page, or at ColbertTheBand.com for more information.

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# Successful Benefit for Capt. Dennis - Thanks to All!



Skeeter, Lisa and Sue did a fantastic job!

As most know by now, Capt. Dennis Gobin was severely injured in a boating accident in May.

The driver, Capt. Dennis' longtime friend, Steve Reynolds, lost his life in the accident. Capt. Den, to his friends, is recovering on his boat and some of his friends got together in late June to

throw him a benefit to help pay for expenses while he is recovering. Gilbert's came on board with the venue, and what a great evening it was!

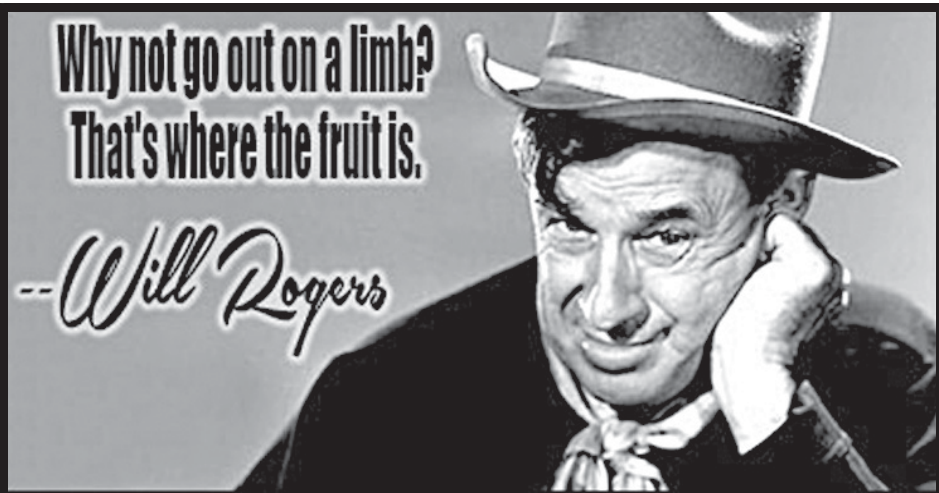
Special thanks go out to to Gilbert's Resort, Skeeter, Lisa, and everyone else who attended, helped and contributed to the benefit for Capt. Dennis.



Farmer Bill and Capt. Dennis.



Denny (Denny's Appliance) and Shelley Hinote.



## Never squat with your spurs on . . .

Will Rogers, who died in a 1935 plane crash, was one of the greatest political sages this country has ever known. Some of his sayings:

1. Never slap a man who's chewing tobacco.

2. Never kick a cow chip on a hot day.

3. There are two theories to arguing with a woman. Neither works.

4. Never miss a good chance to shut up.

5. Always drink upstream from the herd.

6. If you find yourself in a hole, stop digging.

7. The quickest way to double your money is to fold it and put it back into your pocket.

8. There are three kinds of men: The ones that learn by reading; the few who learn by obser-
9. Good judgment comes from experience, and a lot of that comes from bad judgment.

10. If you're riding ahead of the herd, take a look back every now and then to make sure it's still there.

11. Letting the cat out of the bag is a whole lot easier than putting it back.

12. After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him. The moral: When you're full of bull, keep your mouth shut.

vation; and the rest of them, who have to pee on the electric fence and find out for themselves.

## Hunk of the Month



### Capt. Mark Hutchings

Owner of Tow Boat US and Shipwrecks Restaurant

## 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>.



The Fourth of July is a time to recognize our nation's call for independence. What better way to celebrate than barbecuing with family and friends? The easiest way to hold such a gathering is to ask everyone to contribute a dish.

We all have our favorite summer meals but when it comes to desserts, one of my favorites treats is the banana cream pie. The recipe below calls for a long refrigerated period of time, so prepare it in the morning. It is best eaten the same day. Make this easy dish and enjoy!

## BANANA CREAM PIE

- 1 prepared Vanilla Wafer crust or a graham cracker pie crust

2 cups Half and Half

1/2 cup milk

1/4 cup brown sugar

1/4 granulated sugar

1/3 cup cornstarch

3 beaten egg yolks

2 tablespoons butter

1 teaspoon vanilla extract

3 ripe bananas



In a medium saucepan, whisk the half and half, milk, brown sugar, granulated sugar, cornstarch and egg yolks. Over medium heat, using a spoon, stir constantly being sure to scrape the bottom and sides. Use a whisk if necessary to eliminate any lumps. Stir until the mixture begins to thicken and bubble. This should take 3 to 4 minutes.

Stir in the butter and vanilla extract then set aside to cool. Slice the bananas about 1/4" thick. Line the crust with part of the bananas. Add the sauce and layer bananas and sauce until all is gone. Cover the pie with plastic wrap and refrigerate 6 hours.

Before serving dollop each slice with whipped cream. For a special treat you can make your own whipped cream by placing a cup of heavy cream in a bowl. Begin to whip using a electric beater. Add 1/4 cup of powdered sugar, one half at a time. Beat until the cream achieves stiff peaks. Serve a spoonful on each slice.

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This one may bring a little tear to your eye... any golfer will understand this story of

A GOLFER AT THE DENTIST

A man and his wife walked into a dentist's office. The man said to the dentist, "Doc, I'm in one heck of a hurry – I have two buddies sitting out in my car waiting for us to go play golf, so forget about the anesthetic, I don't have time for the gums to get numb. I just want you to pull the tooth, and be done with it! We have a 10:00 AM tee time at the best golf course in town and it's 9:30 already... I don't have time to wait for the anesthetic to work!"

The dentist thought to himself, "My goodness, this is surely a very brave man asking to have his tooth pulled without using anything to kill the pain." So the dentist asks him, "Which tooth is it sir?"

The man turned to his wife and said, "Open your mouth honey, and show him."

Thanks, Trader Dick



Madge figured if her upper arm was gonna flap, she might as well make patriotic use of it.

Coco'Nut' Funnies

Redneck Vacation



Billy Bob and Luther were talking one afternoon when Billy Bob tells Luther, "Yaw know, I reckon I'm 'bout ready for a vacation. Only this year I'm gonna do it different. The last few years, I took your advice about where to go."

"Three years ago you said to go to Hawaii. I went to Hawaii and Earlene got pregnant. Then two years ago, you told me to go to the Bahamas, and Earlene got pregnant again. Last year you suggested Tahiti and darned if Earlene didn't get pregnant again."

Luther asks Billy Bob, "So, what you gonna do this year that's different?"

"I'm taking Earlene with me."

Thank you Doug Myers!



So, if you're his best friend, why is he peeing in your drinking water?



Laziest dog I've ever had!

I wonder if clouds ever look down on us and say "Hey look. That one is shaped like an idiot."



Spotted along US1 in Big Pine...



Also along the road.

A man had two of the best tickets for the Augusta Masters.

As he sits down, another man comes along and asks if anyone is sitting in the seat next to him.

"No", he says, "the seat is empty."

"This is incredible!" said the man, "who in their right mind would have a seat like this, the biggest golfing event of the year, and not use it?"

He says, "Well, actually, the seat belongs to me. My wife always would come with me, but she passed away. This is the first Masters we haven't been to together since we got married."

"Oh, I'm sorry to hear that. That's terrible. I guess you couldn't find someone else? A friend or relative or even a



neighbor to take the seat?" The man shakes his head. "No," he says, They're all at the funeral."

Thank you Trader Dick!



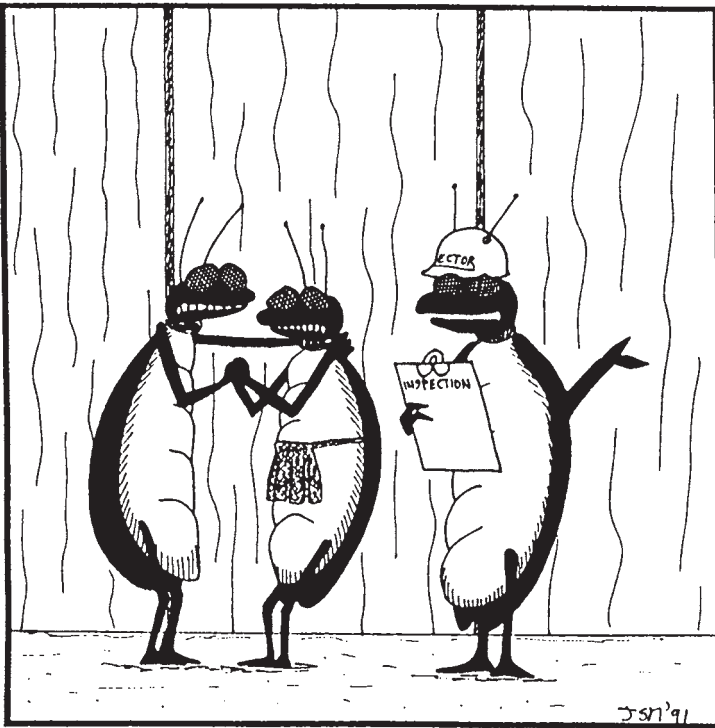
"It just dawned on me why Mayberry was so peaceful and quiet ....nobody was married.

Here are the single people that come to mind: Andy, Aunt Bea, Barney, Floyd, Howard, Goober, Gomer, Sam, Ernest T Bass, the Darlin family, Helen, Thelma Lou, Clara...

In fact, the only one married was Otis and he stayed drunk."

Left Field

by J.S. McKinna



I'm sorry to have to tell you this, Mr. and Mrs. Wilson, but your house is infested with humans...

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# The Importance of Sleep Healthful Slumber



Regular periods of sleep are key to a healthy body and a clear mind. During sleep your body renews itself.

When life gets busy, sleep is often the first activity that we sacrifice. Considered a luxury by many busy people, sleep is actually as vital to sustaining a balanced life as are breathing, eating, and drinking. Getting sufficient sleep can be a potent energizer, just as not getting enough sleep can leave you feeling drained and sluggish.

asset. But while it may seem that the nighttime hours can be better used for more productive activities, sleep in itself is extremely productive. During sleep, your body and psyche are both regaining their strength for the coming day. You may even have the unique opportunity to explore the hidden recesses of your personality while you dream. Meanwhile, your long-term memories are reinforced.

While eight hours is the average amount of sleep most adults should generally aim for, the right amount of sleep varies for each person. Some people may thrive on just four hours, while others don't feel well rested unless they've slept for ten hours.

Many cultures engage in an afternoon siesta. Taking a nap is refreshing and can increase both productivity and creativity. Author Lewis Carroll is said to have conceived his idea for Alice in Wonderland while dreaming.

How much we sleep also varies, depending upon where we are in life. Young people often need more sleep, while older people may need less. The benefits of sleep always stay the same.

A good night's sleep also has been known to bring with it the gifts of clarity, wisdom, and a fresh perspective. Even the ancient Greeks thought of sleep as a gift from the gods. Give yourself the gift of peaceful slumber and you will likely find yourself feeling alert, refreshed, and ready for life's challenges. You may also find yourself feeling more centered, thoughtful, and aware throughout the day so you can live your full potential.

Regular and consistent periods of wakefulness and sleep are key ingredients to fostering a healthy body and a clear mind. It is during sleep that your body renews itself.

The ability to forgo sleep is considered by some to be an

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**The MARC Thrift Shop at the Coral Isles Church (next to Coral Shores High School) is in need of clothing and household items – anything new or slightly used, excluding large furniture.**  
*If you don't have the time to personally deliver it to the store, give the MARC folks a call and they will schedule a volunteer to come to you and pick it up, from Ocean Reef to Islamorada – 305-852-3282.*

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.

MARC provides numerous services for their clients. These services are designed to insure that each client receives training and support that enhances his or her individual abilities to understand daily community routines and learn social, self-care, vocational skills and help to increase a client's ability to develop friendships with non-disabled persons.

M.A.R.C., Inc. is a 501(c)(3) Non-Profit Organization providing life services for Monroe County residents with Developmental Disabilities.

"A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free (800-435-7352) within the state. Registration does not imply endorsement, approval, or recommendation by the state."

  
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## "I was a Police Officer"

Today, I will not answer the radio call that your boyfriend has come home drunk and is beating you again.

Today I will not answer the radio call that your 16 year old daughter, who is very responsible, is four hours late coming home from school.

Today I will not answer the radio call that your store has been robbed or your house has been burglarized.

Today I will not stop a drunk driver from killing someone.

Today I will not catch a rapist or a murderer or a car thief.

Today I will not answer the radio call that a man has a gun or tried to abduct a child or that someone has been stabbed or has been in a terrible accident.

Today I will not save your child that you locked in a car or the child you were to busy to watch who went outside and fell into the swimming pool, but that I revived.

No, today I will not do that. Why?

Because today I was killed by a drunk driver while I was helping push a disabled car off the highway.

Today I was shot and killed during a routine traffic stop to simply tell someone that they had a taillight out.

Today I was killed in a traffic accident rushing to help a citizen.

Today I was shot and killed serving a warrant on a known drug dealer.

Today I was killed by a man when I came by to do a welfare check because his family was to busy.

Today I was killed trying to stop a bank robbery or a grocery store robbery.

Today I was killed doing my job.

A chaplain and an officer will go to a house and tell a mom and dad or a wife or husband or a child that



their son or daughter or husband or wife or father or mother won't be coming home today.

The flags at many police stations were flown at half-mast today but most people won't know why.

There will be a funeral and my fellow officers will come, a twenty-one-gun salute will be given, and taps will be played as I am laid to rest.

My name will be put on a plaque, on a wall, in a building, in a city somewhere.

A folded flag will be placed on a mantel or a bookcase in a home somewhere and a family will mourn.

There will be no cries for justice.

There will be no riots in the streets.

There will be no officers marching, screaming "no justice, no peace."

No citizens will scream that something must be done.

No windows will be smashed, no cars burned, no stones thrown, no names called.

Only someone crying themselves to sleep tonight will be the only sign that I was cared about.

I was a police officer.

*Sent in by Trader Dick*

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<p>Join us on the 4th of July with The Shane Duncan Band 1-6pm and a special 2pm performance by rockin' magician Michael Trixx.</p>			<b>1 "FILET NIGHT"</b> \$9.99 5-8PM  DON IRWIN 5-9	<b>2 LADIES NIGHT! 6-9PM</b> (FREE WINE, DRAFT, WELL)  DJ REGGAE RONNIE 6-10	<b>3 RIBS &amp; BEER 5-9PM \$9.99</b>  RETROSKY 7-11 (NEW FROM MIAMI)	<p><b>4TH OF JULY BIRTHDAY BASH!</b>  SHANE DUNCAN BAND 1-6 Michael Trixx 2pm</p>
<b>5 3RG 1-6</b> (FIRST SUNDAY SHOW @ GILBERTS)	<b>6 DALTON COLLINS 12-4</b>	<b>7 "LOBSTER NIGHT" \$9.99 5-8PM</b>  SCOTT YOUNGBERG 5-9	<b>8 "LOBSTER NIGHT" \$9.99 5-8PM</b>  DON IRWIN 5-9	<b>9 LADIES NIGHT! 6-9PM</b> (FREE WINE, DRAFT, WELL)  DJ REGGAE RONNIE 6-10	<b>10 RIBS &amp; BEER 5-9PM \$9.99</b>  JAZZ NIGHT WITH "SWINGIN HARPOON" 7-11 (NATIONALLY TOURING JAZZ-BLUES BAND)	<b>11 THE CATCH 1-5PM</b>  PROJECT X 7-11 (NEW FROM FT LAUD)
<b>12 ECLIPSE 1-6</b>	<b>13 DALTON COLLINS 12-4</b>	<b>14 "LOBSTER NIGHT" \$9.99 5-8PM</b>  SCOTT YOUNGBERG 5-9	<b>15 "LOBSTER NIGHT" \$9.99 5-8PM</b>  DON IRWIN 5-9	<b>16 LADIES NIGHT! 6-9PM</b> (FREE WINE, DRAFT, WELL)  DJ REGGAE RONNIE 6-10	<b>17 RIBS &amp; BEER 5-9PM \$9.99</b>  OSIELLA 7-11 (NATIONALLY TOURING YOUTUBE SENSATION BAND)	<b>18 DJ HERMEN &amp; DJ BERT 1-5PM</b>  80'S NIGHT WITH "STEREOTOMY" 7-11
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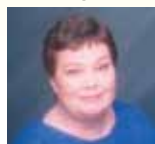
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