

FORGE

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BENCHMARK



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101427 Overseas Highway
Key Largo, FL 33037

Hours: Mon-Thurs 10-4 • Friday 10-6 • Saturday 10-4

Bayside Blues Concerts

Concert Showtime: 6:30pm

SATURDAY
Mar 14: Biscuit Miller & The Mix

Well respected and always a fun show.

SATURDAY
Apr 18: Kara Grainger

Delta Groove - Classic songwriting skills, smooth sultry vocals, and the ability to whip up a storm with a fiery slide guitar.

SATURDAY
Apr 25: Bobby Messano

"Consummate perfection." Blues Hall-of-Famer, best 2012 Blue/Rock Album by Blues Underground Network.

SATURDAY
May 2: Chris O'Leary

2011 Blues Music Award for Best New Artist - First-class, Chicago-style harmonica and vocals, Chris is a natural frontman.

THU-SAT
May 14,15 & 16: Mac Arnold

"Corn Bread & Collard Greens Festival" Old-school blues, soul and funk; he's toured and recorded with Muddy Waters Band, Otis Redding & B.B. King.


World class entertainers, in Key Largo on the beach.

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

305-451-3380 MM 99.5 Bayside, behind Cafe Largo

Pour Me Some Whiskey!

Whiskey is one of the best alcohols you can drink. Not only is it the least likely to give you a hangover, but it's also one of the healthiest around. You'll find that having a few fingers of whiskey every week can help to:



terol present in your blood vessels at the moment. It relaxes the walls of your arteries, ensuring that your blood can flow without obstruction.

- 1. Avoid Weight Gain** - Whiskey is a low-calorie alcohol, especially when compared to cocktails, beers, and wines. Drink a tumbler of whiskey without worrying about packing on the pounds, thanks to its low sugar content.
- 2. Boost Heart Health** - Did you know that drinking whiskey can actually make your heart healthier? Aside from wine and dark beer, what other alcohols can claim that? Not only will whiskey reduce the risk of blood clots, but the antioxidants in whiskey stop cholesterol from clogging your arteries, and it can even boost your good cholesterol.
- 3. Fight Cancer** - Whiskey is rich in antioxidants, particularly one known as ellagic acid. This stops your body's DNA from coming in contact with cancer-causing compounds, reducing the risk of carcinogens forming. It can also protect your body from chemotherapy, and will reduce oxidation in your body.
- 4. Improve Brain Health** - A study conducted in 2003 discovered that drinking whiskey reduces your risk of Alzheimer's and dementia. If you're worried that your brain is slowing down in your old age, it's time to start drinking whiskey!
- 5. Reduce Stroke Risk** -- Whiskey not only helps to prevent cholesterol from building up in your arteries, but it can actually help to get rid of any cholesterol present in your blood vessels at the moment. It relaxes the walls of your arteries, ensuring that your blood can flow without obstruction.
- 6. Fight Stress** - Stress can cause a wide range of health problems in the human body, but thankfully we've got whiskey to kick stress' butt! It can increase circulation throughout your body, providing your organs with fresh, oxygenated blood.
- 7. Boost Memory** - The antioxidants in whiskey help to improve the health of your brain, and the circulation-boosting effects will boost your memory at the same time. This will also keep your brain active and young.
- 8. Aid in Digestion** - Whiskey has long been taken as a digestive aid. After a meal, it relaxes the body after eating heavy food. It can also help to shut down your appetite, preventing overeating.
- 9. Lengthen Lifespan** - Whiskey is loaded with healthy antioxidants, reducing your risk of disease. If you prevent the slow breakdown of cells in your body, you may live longer.
- 10. Great for Diabetics** - Whiskey is a zero-carb alcohol, so you can drink it in moderation without worrying about the effect it will have on your blood sugar levels.

Conch House on Emeril's Florida on Mar. 8



The Dreavers with Emeril at Key Largo Conch House. Inset: Key Lime Coconut Cake, featured on the show.

Key Largo Conch House is going to be on **Emeril's Florida** on March 8th. The-season 3, episode 11 show that features Key Largo Conch House is called "Family Owned & Operated" and will air the following dates and times: Sunday, March 8, at 2:30pm, Monday, March 9, 2015 at 9:30am, and Thursday, March 12, at 10:30am.

The show is on the Cooking Channel. Please check with your TV provider to see what channel that is for you. "The Cooking Channel-taped the episode in March 2014. It features The Conch House's signature conch fritters, lionfish, Key Lime Coconut Cake, and hogfish," said Conch House owner Laura Dreaver.

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.



Simon



Dan



Binx



Zeus



Angie



Estelle



Stella



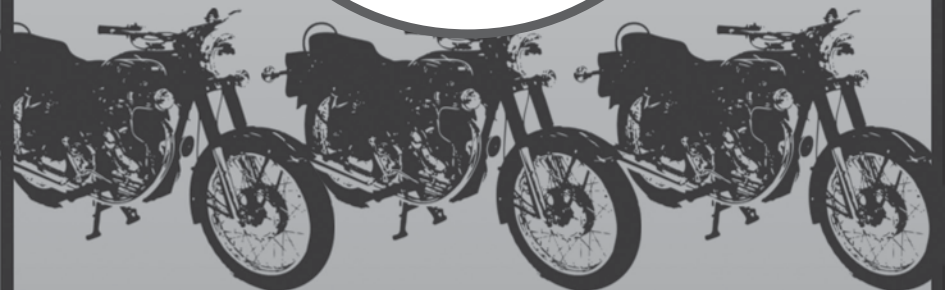
Harper



Indy

Key Largo Club House Post 333

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RIDERS



The Legion is now an official American Legion Riders Club House. \$25 membership fee, join now.

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