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THE COCONUT TELEGRAPH IS PROUD TO BE THE OFFICIAL NEWSPAPER OF THE NORTHERNMOST TERRITORIES OF THE CONCH REPUBLIC

Inside:

Attractions

A Horoscope Just for Us

What's Hot & What's Not

Art Box Artist of the Month: Jason Barth

Hunk of the Month: Glenn Hoover

Bartender of the Month: Phil Padrick at Gilbert's

Maps

Key Largo Locator Map Getting from Here to There

All the Buzz

Coco-Nut Funnies
Mangrove Galley
Conch Characters
Business in the Keys
Sounds of the Keys





At Mile Maker 99.5 Bayside is a magical complex of three related businesses. Cafe Largo, Key Largo's favorite Italian restaurant, is on the highway. Behind that on the water you'll find Bayside Grille upstairs and the Bayside Sunset Bar downstairs. Daily sunset celebrations, dancing on the beach, and world-class blues acts are just part of the charm. There's also an affordable menu of "Keyribbean" delights, refreshing drinks and a staff that is simply excellent. This month there's a great lineup of blues. See the ads below and on page 4 for more information.



Coconut Telegraph

May 2015 Volume 9 Issue #99

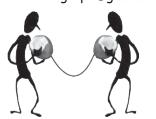
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Articles

Editorial: Childhood Bullies Turn Into Adult Bullies	2
Things My Mother Taught Me	3
Deadly Facts About Water	
Cute and Weatherproof from Up Your Hair	2
Hunk of the Month: Glenn Hoover	
Adopt An Animal, Key Largo Shelter	
A Horoscope Just for Us!	
Art Box Artist: Jason Barth	
Sounds of the Keys	
Gilbert's is Taste-Testing the "Boobie"	10
Bartender of the Month: Phil Padrick at Gilbert's	1
Getting from Here to There - Keys Map Page	12-13
Bufo Toad Season is Back	14
Shot Ski at Sharkey's	14
Island Market Ribbon Cutting	15
Mangrove Galley: Mexican Drumsticks	1
Coco"Nut" Funnies	18-19
Key Largo Locator Map Page	20
Classified Ads	2
Daily OM: Control	2
Business in the Keys	22
Conch Characters	23

Editorial: Childhood Bullies Turn Into Adult Bullies

You would think that as people 2. Impulsive Adult Bully: get older they would mature and learn to stop the behaviors of their youth, but that isn't always the case. Adult bullying exists right here in the Keys. The goal of the adult bully is to gain power over another person and make themselves the dominant adult. Here is a list I found of different styles of adult bullies. Perhaps you know one.

1. Narcissistic Adult Bully: This type of adult bully is self-centered and does not share empathy with others. Additionally, there is little anxiety about consequences. He or she seems to feel good about him or herself, but in reality has a brittle narcissism that requires putting others down.

Adult bullies in this category are more spontaneous and plan their bullying out less. Even if consequences are likely, this adult bully has a hard time restraining his or her behavior. In some cases, this type of bullying may be unintentional resulting in periods of stress, or when the bully is actually upset or concerned about something unconnected with the victim.

3. The Physical Bully:

While adult bullying rarely turns to physical confrontation, there are, nonetheless, bullies that use physicality. In some cases, the adult bully may not actually physically harm the victim, but may use the threat of harm, or physical domination through loom-

ing. Additionally, a physical bully may damage or steal a victim's property, rather than physically confronting the victim.

4. Verbal Adult Bully:

Words can be guite damaging. Adult bullies who use this type of tactic may start rumors about the victim, or use sarcastic or demeaning language to dominate or humiliate another person. This subtle type of bullying also has the advantage - to the bully - of being difficult to document. However, the emotional and psychological impacts of verbal bullying can be felt quite keenly and can result in reduced job performance and even depression.

5. Secondary Adult Bully:

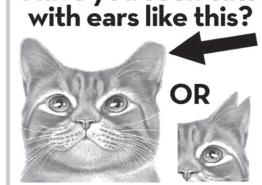
This is someone who does not initiate the bullying, but joins in so that he or she does not actually become a victim down the road. Secondary bullies may feel bad about what they are doing, but are more concerned about protecting themselves.

Hopefully this will help you to recognize the characteristics of a bully and realize you are not going crazy, they are the ones that are crazy. Their goal is to get you to break down and do what they want. If this happens in the work place keep a record of it. Report it to your supervisor. If you get no satisfaction go to your family physician and explain it to him or her. Talk to a lawyer.

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Have you seen cats



These cats have been "ear-tipped" or "notched". This is a surgical alteration showing that a free-living cat has been spayed/neutered. It's part of TNR, which nice place to live

stands for Trap, Neuter, and

These cats shouldn't be re-trapped or taken to a shelter, unless sick. Instead, they should be left in their neiahborhood to provide cat population control. Studies show that just by being there, they prevent other cats from moving into the area.

Even if you don't tike cats, TNR ear-tipped cats have an important job to do in keeping your neighborhood a

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Things My Mother Taught Me.

My mother taught me to appreciate a job well done: "If you're going to kill each other, do it outside. I just finished cleaning."

gion: "You better pray that will come out of the carpet!"

My mother taught me about time travel: "If you don't straighten up, I'm going to knock you into the middle of next week!"

My mother taught me logic: "Because, I said so, that's why."

My mother taught me more logic: "If you fall out of that swing and break your neck, you're not going to the store with me."

My mother taught me foresight: "Make sure you wear clean underwear, in case you're in an accident."

My mother taught me about stamina: "You'll sit there until you eat all the spinach on your plate."

My mother taught me reli-

My mother taught me irony: "Keep crying and I'll really give you something to cry about!"

My mother taught me about the science of osmosis: "Shut your mouth and eat your supper."

My mother taught me about contortionism: "Will you look at that dirt on the back of your neck?"

My mother taught me about behavior modification: "Stop

acting like your father!"

My mother taught me about envy: "There are millions of less fortunate children in this world who don't have wonderful parents like you

My mother taught me about anticipation: "Just wait until your father gets home!"

My mother taught me about receiving: "You are going to get it when you get home!"

My mother taught me medical science: "If you don't stop crossing your eyes, they are going to get stuck like that."

My mother taught me E.S.P.: "Put your coat on; don't you think I know when you are cold?"

My mother taught me humor: "When that lawn mower cuts off your toes, don't come running to me."

My mother taught me how to stop time: "If you don't eat your vegetables, you'll never grow up."

My mother taught me about justice: "Someday you'll have kids, and I hope they turn out just like you!"



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Telegraph assumes in good faith that all editorial and advertising material submitted are



Up Your Hair: Go Cute and Weatherproof

Up Your Hair is here to tell you this month's beauty trends. Hair, makeup, and nails... find out how to get that runway look here!

As the rain falls so does our hair and makeup, but don't worry! The trends kept that unfashionable weather in mind with these end-of-Spring "Do"s. Low ponys, tight braids,



and head bands are the way to go cute and weatherproof.

Try a light shadow and avoid heavy foundations and liners to keep away the feared smudge.

The sun is right around the corner, or behind the clouds, and is coming in a presummer wave, no time's better to try that short ear-tuckable bob!

Keep it cool in the humidity and wear the hair off the face, try a nude eye and bring the focus into a juicy pink or plump red lip. If the red isn't quite your shade, we are also seeing a lot of bright peaches and light oranges. Spend one of these rainy days seeing what works for you.

If you're looking for a change or need advice, call or stop by Up Your Hair Salon or check out www.upyourhair.com to set up a free consultation.



Wednesday - Live Music 5:30 - 8:00 Friday - All You Can Eat Fish (fried, grilled or blackened) Saturday - Prime Rib

HAPPY HOUR

Every Day 4 to 6pm featuring... \$1 Drafts Pitcher and Wings Special • Beef or Chicken Sliders

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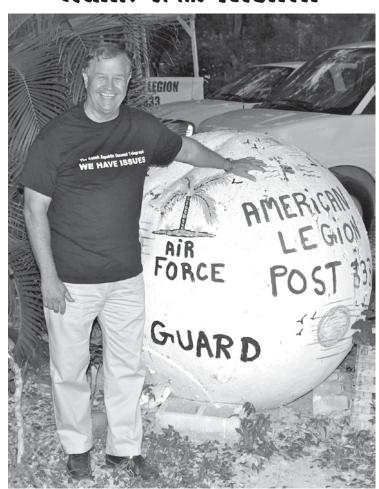
305-451-3380 MM 99.5 Bayside, behind Cafe Largo

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





Hunk of the Month

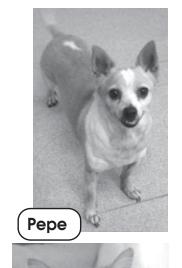


Glenn Hoover



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

















A Horoscope Just for Us!

Some of us Southerners are pretty skeptical regarding horoscopes and the people that read them. If we are to ever fully understand all the star signs and the people they represent, we need symbols that all true Southerners understand. Here are Thad Bowling's suggestions:

OKRA (Dec 22 - Jan 20) Are tough on the outside but tender on the inside. Okras have tremendous influence. An older Okra can look back over his life and see the seeds of his influence everywhere. You can do something good each day if you try.

CHITLIN (Jan 21 - Feb 19) Chitlins come from humble backgrounds. A Chitlin, however, will make something of himself if he is motivated and has lots of seasoning. In dealing with Chitlins, be careful they may surprise you. They can erupt like Vesuvius. Chitlins are best with Catfish and Okra.

BOLL WEEVIL (Feb 20 - March 20)

You have an overwhelming curiosity. You're unsatisfied with the surface of things, and you feel the need to bore deep into the interior of everything. Needless to say, you are very intense and driven as if you had some inner hunger. You love to stay busy and tend to work too much. Nobody in their right mind is going to marry you, so don't worry about it.

MOON PIE (Mar 21 - Apr 20) You're the type that spends a lot of time on the front porch. A cinch to recognize the physical appearance of Moon Pies. Big and round are the key words here. You should marry anybody who you can get remotely

interested in the idea. It's not going to be easy. You always have a big smile and are happy. This might be the year to think about aerobics. Maybe not.

POSSUM (Apr 21 - May 21)

When confronted with life's difficulties,

possums have a marked tendency to withdraw and develop a don't-bother-me-about-it attitude. Sometimes you become so withdrawn, people actually think you're dead. This strategy is probably not psychologically healthy but seems to work for you. You are a rare breed. Most folks love to watch you work and play. You are a night person and mind your own

CRAWFISH (May 22 - Jun 21)

Crawfish is a water sign. If you work in an office, you're hanging around the water cooler. Crawfish prefer the beach to the mountains, the pool to the golf course, and the bathtub to the living room. You tend not to be particularly attractive physically, but you have very, very good heads.

COLLARDS (Jun 22 - Jul 23) Collards have a genius for communication.

They love to get in the melting pot of life and share their essence with the essence of those around them. Collards make good social workers, psychologists, and baseball managers. As far as your personal life goes, if you are Collards, stay away from Crawfish. It just won't work. Save yourself a lot of

CATFISH (Jul 24 - Aug 23) Catfish are traditionalists in matters of the heart, although one's whiskers may cause problems for loved ones. You Catfish are never easy people to understand. You run fast. You work and play hard. Even though you prefer the muddy bottoms to the clear surface of life, you are liked by most. Above all else, Catfish should stay away from Moon

GRITS (Aug 24 - Sep 23) Your highest aim is to be with others like yourself. You like to huddle together with a big crowd of other Grits. You love to travel though, so maybe you should think about joining a club. Where do you like to go? Anywhere they have cheese, gravy, bacon, butter, or eggs and a good time. If you can go somewhere where they have all these things, that serves you well. You are pure in heart

BOILED PEANUTS (Sep 24 - Oct 23) You have a passionate desire to help your fellow man. Unfortunately, those who

know you best, your friends and loved ones, may find that your personality is much too salty, and their criticism will affect you deeply because you are really much softer than you appear. You should go right ahead and marry anybody you want to because in a certain way, yours is a charmed life. On the road of life, you can be sure that people will always pull over and stop

BUTTER BEAN (Oct 24 - Nov 22)

Always invite a Butter Bean to a party because Butter Beans get along well with everybody. You, as a Butter Bean, should be proud. You've grown on the vine of life, and you feel at home no matter what the setting. You can sit next to anybody. However, you, too, shouldn't have anything to do with Moon Pies.

ARMADILLO (Nov 23 - Dec 21)

You have a tendency to develop a tough exterior, but you are actually quite gentle and kind inside. A good evening for you? Old friends, a fire, some roots, fruit, worms, and insects. You are a throwback. You're not concerned with today's fashions and trends. You're not concerned with anything about today. You're almost prehistoric in your interests and behavior patterns. You probably want to marry another Armadillo, but a Possum is another somewhat kinky mating possibility.



Featured on the Food Network

Breakfast · Lunch · Dinner 7 am - 10 pm Daily

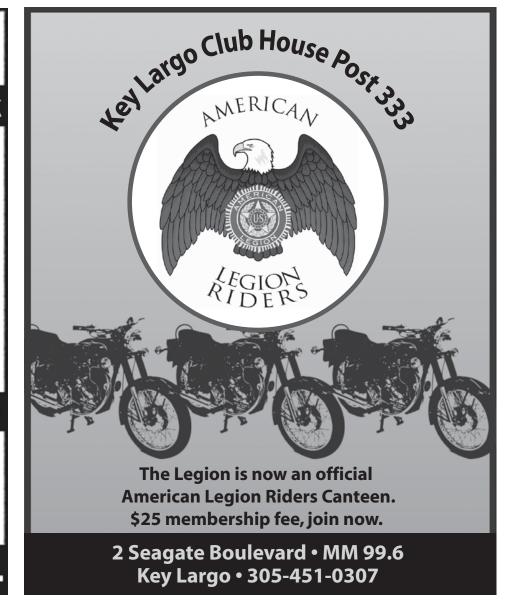
Local Seafood Vegetarian Entrees **Cook Your Catch** Pet Friendly Childrens Menu

Award Winning Lobster Bisque Conch Fritters

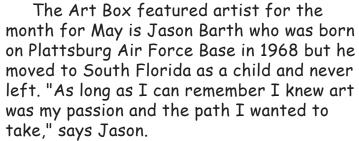
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Art Box Artist of the Month: Jason Barth

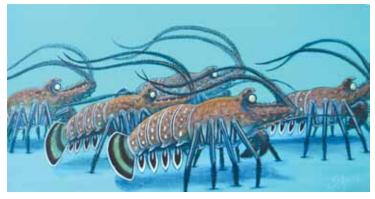


Barth had his first paid commission when he designed the cover of Miami-What-Where-When, a guide for visitors and tourists. Next he provided the cover and over twenty-five illustrations for the Dade County Environmental Store by the Friends of the Everglades. At that time he was fortunate to meet and talk with Marjory Stoneman Douglas, who inspires and influences him and his art to this day.

When Barth was 22 and had been working a full time job he had a near-death event that forced him to quit work for almost a decade. It was then that he found his art to be not only therapeutic but he also found it gave him a purpose and goal.

Jason began doing commissioned drawings, portraits and paintings, and discovered a true passion for murals and faux finishes, trompe-l'oeil designs and murals. He says "My primary focus now is pouring my creative energy onto canvas with acrylics creating a wide variety of land and seascapes, botanicals and so much more. I also continue to welcome and enjoy working on custom murals, portraits and commissioned canvas pieces."

Stop by Island Decor in Tavernier where they proudly display his amazing paintings.











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Sounds of the Keys



Shane Duncan Band, a favorite at Gilberts. Photo by Rob LeBrun.



Felix the Catt & Baga Tricks at The Big Chill, every third Saturday 7-11. Photo by Susan Ptomey



Luke Sommer Glenn Band at Bayside Grille. Kick off your shoes and dance in the sand!



Mainstreet Band at Gilberts



Stephen is back at the Mindful Mermaid Cafe, next to Publix. Try the new Reuben!





Stone Mojo at Gilbert's.



Scott Youngberg and his wife Susie perform the Government Chees song at the 21st Annual Bayjam.



Gilbert's is Taste-Testing "The Boobie"

Lindy Roth, representing the Breast Cancer Foundation, and Rob LeBrun Gilbert's General Manager are taste-testing the soon-to befamous "Boobie" drink.

Silbert's plans to donate a portion of the sales from the new "Boobie" to the Breast Cancer Foundation.

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Mother's Dag May 10



Bring the Family!

Food and Drink Specials

Live Entertainment with Derek Herring and Jimmy Ray 4pm-8pm

Happy Hour 4pm-7pm

Treat Mom!

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Bartender of the Month: Phil Padrick - Gilbert's Resort

The Coconut Telegraph is proud to have Phil Padrick for Bartender of the Month. He comes highly recommended and I personally have known him 5 years. I originally met him at the Pilot House, where he was always as quick with a drink as he is with a smile. He is a bartender that truly enjoys his work and his customers.

For the last year and a half Phil has been at Gilbert's Resort. General Manager Rob LeBrun says Phil is an "always" kind of guy. He is always on time, always pleasant, always available when they need him and always does his share of the work or more.

But Phil wasn't always a bartender. Born and raised in Homestead, he graduated Valencia Community College



Phil Padrick, happy to be behind the bar at Gilbert's.

in Orlando, worked in construction, as a cook and for a there were a lot of new cleaning company before becoming a mixologist.

When I mentioned that changes at Gilbert's, Phil was fun! Stop by and check it ecstatic. "They just painted

the building, and rebuilt the side bar where I usually work. Have you seen the new menu? They lowered the prices and the food is amazing! Now we have these new Boobie drinks and we donate \$1 per drink to the Breast Cancer Foundation, to help find a cure for breast cancer. I love this place!" he gushes.

There are 16 different Boobie drinks. The Big Boobie, Perky Boobie, Stiff Boobie Young Boobie, etc. I ordered the Grandma's Boobie made with five different ingredients and a healthy portion of Grand Mariner, absolutely titilating!

There are many more surprises at Gilbert's. Great food, great entertainment. grest drinks, and a lot of out, and tell Phil we sent you!

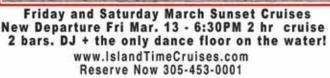




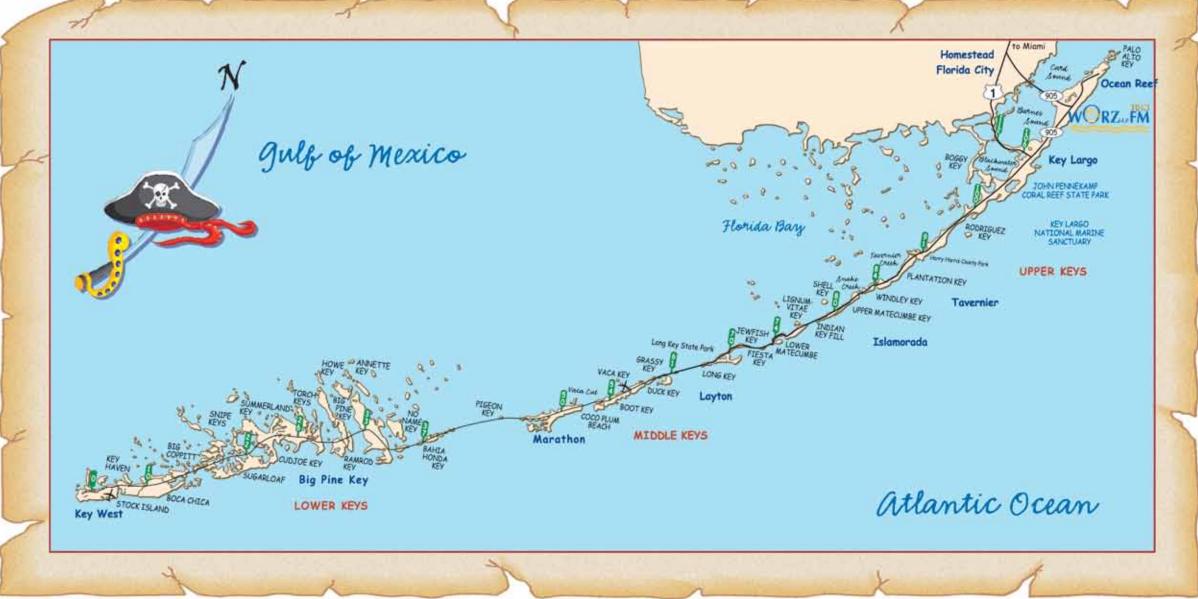




















Key Largo MM 99.8 Southbound Lane Behind Traffic Light

SHOT SKI AT SHARKEY'S THEY'RE DOIN' IT RIGHT!

Attention Dog/Cat Owners: It's Bufo Toad Season Again

People who are new to Florida do not know about the dangers of the Bufo Toad that can kill your pet within minutes. Giant toads - also called Cane Toads or Marine Toads - range in size from six to nine inches and may weigh more than 2 pounds. These toads are toxic at almost every stage of their lives, as eggs, tadpoles and especially as adults.

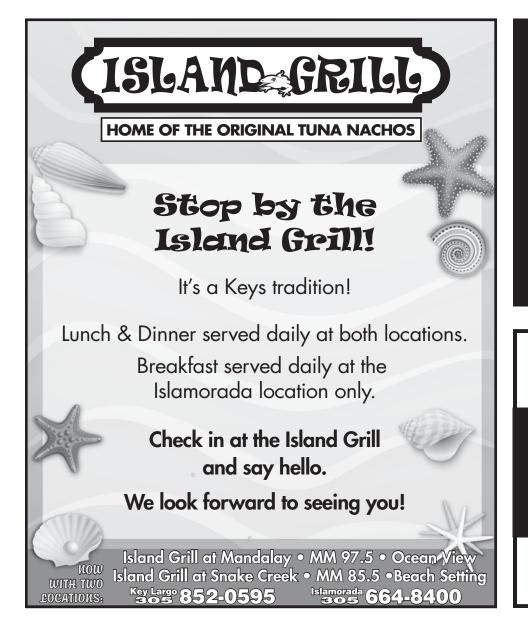
When threatened, adult toads secrete a white milky substance from the large parotid glands on the back of their head. The secretion is a potent bufotoxin, a skin irritant to humans and highly toxic to dogs and cats. Similar to the heart stimulant digitalis, the bufotoxin can induce a heart



attack in pets. Dogs weighing as much as 80 lbs have died after biting a giant toad. The toads are attracted to lights, water and food dishes left outside.

Do not allow your animals outside off a leash, bring in water and food dishes. The toads can secrete their poison on the dish and the pet can be poisoned without even coming in direct contact.

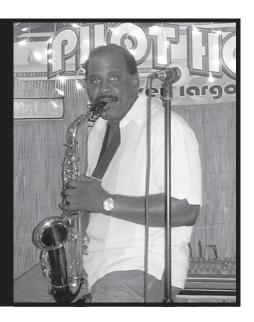
If your pet does come in contact, wash out their mouth with a hose sideways, do not allow the water to go down their throat. You can also wipe their mouths with a wet wash cloth and rush them to the vet. IMMEDIATELY.

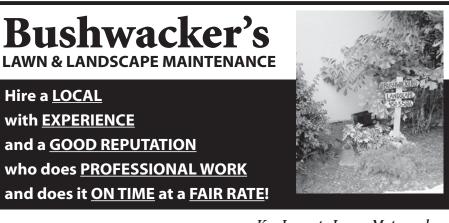


Kim Bankston Rest in Peace!

So many good times, so much great music, such a loss!

Photo by Kimberly Ethridge





• Maintenance • Tree Work • Installations • Hardscape

Key Largo to Lower Matecumbe 305-451-5586



Island Market Ribbon Cutting

Everyone had fun on April 27 at Island Market's ribbon cutting ceremony. Guests enjoyed a wine and cheese party with "Pain Killers" made by Sun 103 Radio, which was there for a remote broadcast.

People enjoyed checking out the unique vendors and their wares. There's the Amish Cheese store, outstanding teak furniture and adirondack chairs in every color of the rainbow. Solar panels, decór, jewelry and so much more!



Tom & Alice getting ready for the part

The Market is located at MM 101 Bayside, behind the Dollar Store. Open on weekends, it's air conditioned!





Sun 103 Live Remote Ribbon Cutting ceremony with the Key Largo Chamber and others in the Upper Keys business community.





Jimmy Johnson's Big Chill

brings

every last Sunday

of the month.

Did I Read That Right? —from Trader Dick

Man Kills Self Before Shooting Wife and Daughter

This one I caught in the Tribune the other day and called the Editorial Room and asked who wrote this. It took two or three readings before the editor realized that what he was reading was impossible! They put in a correction the next day. I just couldn't help but send this along. Too funny.

Something Went Wrong in Jet Crash, Expert Says

Police Begin Campaign to Run Down Jaywalkers

Now that's taking things a bit far.

Panda Mating Fails; Veterinarian Takes Over

What a guy!

Miners Refuse to Work After Death

Good-for-nothing, lazy so-and-so's!

Juvenile Court to Try Shooting Defendant

See if that works any better than a

War Dims Hope for Peace I can see where it might have that

If Strike Isn't Settled Quickly, It May Last Awhile

Cold Wave Linked to Low Temperatures

Who would have thought?

London Couple Slain; Police Suspect Homicide

They may be on to something!

Red Tape Holds Up New Bridges

You mean there's something stronger than duct tape?

Man Struck By Lightning: Faces Battery Charge

He probably IS the battery charge

New Study of Obesity Looks for Larger Test Group Weren't they fat enough?

Astronaut Takes Blame for Gas in Spacecraft

That's what he gets for eating beans!

Kids Make Nutritious Snacks Do they taste like chicken?

Local High School Dropouts Cut in Half

Chainsaw Massacre all over again!

Hospitals Sued by 7 Foot Doctors

Boy, are they tall!

And the winner is...

Typhoon Rips Through Cemetery; Hundreds Dead





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.



Here it is May already, and our favorite month to eat Mexican cuisine. I love to cook Mexican because there are so many ways to mix and match flavors. This recipe is a nice twist to the old standard barbequed chicken. Try it, you'll enjoy it!

MEXICAN DRUMSTICKS

Marinade:

- 4 pounds (or 14 chicken drumsticks)
- ½ cup vegetable oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon fresh lime juice
- 1 teaspoon red pepper flakes
- 2 tablespoons fresh chopped cilantro (or 1 tablespoon dried)
- 1 teaspoon cumin powder
- 1 seeded and chopped jalapeño pepper
- 3 large garlic cloves finely chopped

Mix all ingredients together, place in a large plastic bag, and marinate overnight. Shake and toss every few hours.

Sauce:

- 116-ounce jar of prepared salsa
- 1 teaspoon cumin powder
- 1 teaspoon chili powder
- 1/4 teaspoon cayenne pepper
- 2 tablespoons fresh chopped cilantro (dried can be substituted)
- 1 tablespoon fresh lime juice
- 1 seeded & chopped jalapeno pepper (add another for more spice)
- 3 cloves of chopped garlic

Place all ingredients in a blender and blend until smooth.

Remove the drumsticks from the bag and discard the marinade.

Grill the drumsticks on both sides until brown and cooked in the middle. Baste the chicken with the sauce before removing from the grill. Serve with any additional sauce on the side.

A Message From **Dan Henderson**

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Happiness: It's Relative

A man lost an arm when his golf cart rolled over on him on a down slope.

He became very depressed because he loved to play golf. One day in his despair, he decided to commit suicide and end it all. He got on an elevator and went to the top of a building to jump off.

He was standing on the ledge looking down and saw this man down on the sidewalk skipping along, whooping and kicking up his heels. He looked closer and saw that this man didn't have any arms at all.

He started thinking, "What am I doing up here feeling sorry for myself? I still have one good arm to do things

He thought, "There goes a man with no arms skipping down the sidewalk so happy, and going on with his life."

He hurried down to the sidewalk and caught up with the man with no arms. He told him how glad he was to see him because he lost one of his arms and felt useless and was going to kill himself. He thanked him for saving his life and said he knew he could make it with one arm if the guy could go on with no arms.

The man with no arms began dancing and whooping and kicking up his heels again.

He asked the man, "Why are you so happy anyway?"

He said, "I'm NOT happy. My balls itch."









Snooze button for cat owners.

Meantime, at the Crib...

A drunken man walks into the Caribbean Club, sits down at the bar and orders a drink. Looking around, he sees three men sitting at a corner table. He gets up, staggers to the table, leans over, looks the biggest, meanest, biker in the face and says:

'I went by your grandma's house today and I saw her in the hallway buck-naked. Man, she is one fine looking woman!

The biker looks at him and doesn't say a word. His buddies are confused, because he is one bad biker and would fight at the drop of a

The drunk leans on the table again and says, 'I got it on with your grandma and she is good, the best I ever had!

The biker's buddies are starting to get really mad, but the biker still says nothina.

The drunk leans into his face and says, 'I'll tell you something else, boy, your grandma liked it!'

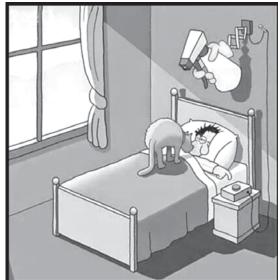
At this point the biker stands up, takes the drunk by the shoulders looks him square in the eyes and says...`Grandpa, go home!'

Thank you Trader Dick

Coco'Nut' Funnies







and caught a taxi just going by. He got into the taxi and the cabbie said, "Perfect timing. You're just like

A man walked out to the street

A Man Called Brian

Passenger: "Who?"

Cabbie: "Brian Sullivan. He's a man who did everything right all the time. Like my coming along when you needed a cab, things happen like that to Brian every single time."

Passenger: "There are always a few clouds over everybody."

Cabbie: "Not Brian Sullivan. He was a terrific athlete. He could have won the Grand Slam at tennis. He could golf with the pros. He sang like an opera baritone and danced like a Broadway star and you should have heard him play the piano. He was an amazing

Passenger: "Sounds like he was something really special.

Cabbie: "There's more. He had a memory like a computer. He remembered everybody's birthday. He knew all about wine, which foods to order and which fork to eat them with. He could fix anything. Not like me. I change a fuse and the whole street blacks out. But Brian Sullivan, he could do everything right."

Passenger: "Wow. Some guy then."

Cabbie: "He always knew the quickest way to go in traffic and avoid traffic jams. Not like me, I always seem to get stuck in them. But Brian, he never made a mistake and he really knew how to treat a woman and make her feel good. He would never answer her back even if she was in the wrong; and his clothina was always immaculate, shoes polished too. He was the perfect man! He never made a mistake. No one could ever measure up to Brian Sullivan."

Passenger: "An amazing fellow. How did you meet him?"

Cabbie: "Well, I never actually met Brian. He died, I'm married to his widow."

Thank you Tony Zidar

FLAWLESS MALE LOGIC:

Woman: Do you drink beer?

Man: Yes.

Woman: How many beers a day?

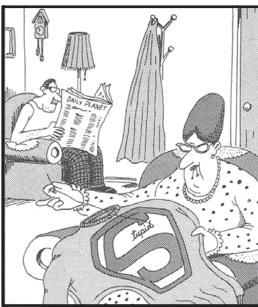
Man: Usually about 3.

Woman: How much do you pay per beer? Man: \$5.00 which includes a tip.

Woman: How long have you been drinking? Man: About 20 years, I suppose. Woman: So a beer costs \$5 and you have 3 beers a day which puts your spending each month at \$450. In one year, it would be about \$5400, correct?

Man: Correct.





After many years of marital bliss, tension enters the Kent household

Woman: If in one year you spend \$5400, the past 20 years puts your spending at \$108,000, correct? Man: Correct.

Woman: If you didn't drink so much beer, that money could have been put in a step-up interest savings account and with compound interest for the past 20 years, and you could have bought a Ferrari!

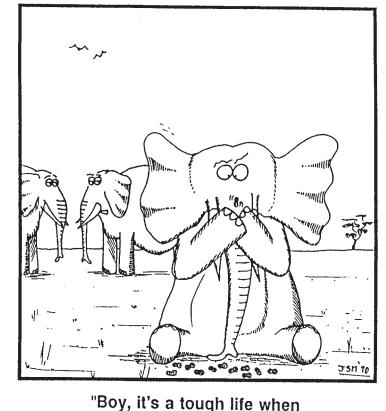
Man: Do you drink beer? Woman:No.

Man: Where's your Ferrari?

Thank you Trader Dick

Left Field

by J.S. McKinna



JOHN McKINNA is a local musician, a best-selling author, and a published, syndicated cartoonist. We feature his cartoons every month in the Coconut Telegraph!

you don't like peanut shells..."



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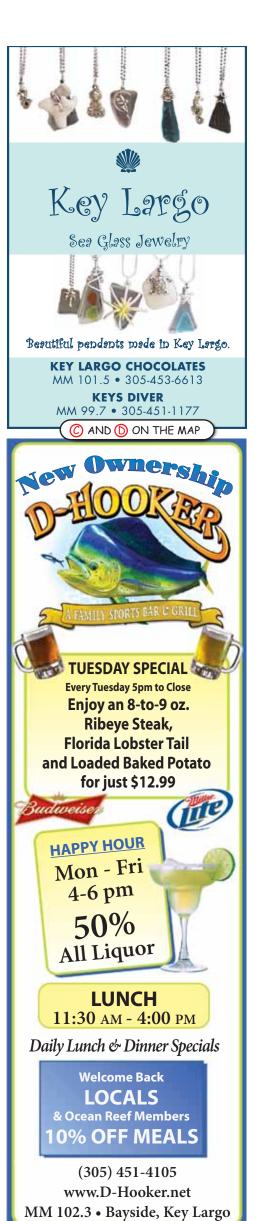
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Control Letting the Curves Take You

The answer to control is practicing surrender.



Trying to maintain control in this life is a bit like trying to maintain control on a roller coaster. The ride has its own logic and is going to go its own way, regardless of how tightly you grip the bar. There is a thrill and a power in simply surrendering to the ride and fully feeling the ups and downs of it, letting the curves take you rather than fighting them. When you fight the ride, resisting what's happening at every turn, your whole being becomes tense and anxiety is your close companion. When you go with the ride, accepting what you cannot control, freedom and joy will inevitably arise.

As with so many seemingly simple things in life, it is not always easy to let go, even of the things we know we can't control. Most of us feel a great discomfort with the givens of this life, one of

OPEN 7 DAYS

which is the fact that much of the time we have no control over what happens. Sometimes this awareness comes only when we have a stark encounter with this fact, and all our attempts to be in control are revealed to be unnecessary burdens. We can also cultivate this awareness in ourselves gently, by simply making surrender a daily practice. At the end of our meditation, we might bow, saying, "I surrender to this life." This simple mantra can be repeated as necessary throughout the day, when we find ourselves metaphorically gripping the safety bar.

We can give in to our fear and anxiety, or we can surrender to this great mystery with courage. When we see people on a roller coaster, we see that there are those with their faces tight with fear and then there are those that smile broadly, with their hands in the air, carried through the ride on a wave of freedom and joy. This powerful image reminds us that often the only control we have is choosing how we are going to respond to the ride.

MM 99.2

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traveling musicians who want to Bini and Teresa comparing notes at the Pilot House.

Rest in Peace,

Deb Hawkins!

Key Largo artist Dan Henderson

displays one of his hand-painted

guitars he plans to donate

to some of the local bars for

play a song or two.



aella... now at The Key Largo Conch House!



Heather Hulagu with some of the items for sale at Savvy Conch. A boutique for men, women, plus size and kids...all items under \$18.



Amber and Chevenne. They recently adopted each other.



Cheryl Holt with some of her Visitor Center's new boutique.



Girls night out for Jamie's birthday at the Pilot House.



The Easter Bunny visited the Florida Keys Elks Lodge on Easter Sunday. Pictured with Mr. Bunny is Autumn and her parents, Jenny and Steven Barreto.



"A legend in his own mind" Key Largo local "Skeeter" helps sing a country song at Gilbert's Ladies Night. Photo by Ron LeBrun



Bartender Kim is in the middle of the fun at Bayside Grille's Sunset Celebration.



Ladies' Night at Gilbert's on Tuesdays. Ladies drink free wells, wine and draft beers 6-10pm. Entertainment by Key Largo local DJ \$9 sundresses at the Florida Keys "Reggae Ronnie," shown here hiding behind his equipment. Contributed photo.



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	LIVE ENTERTAINMENT - MAY 2015										
	Sun	Mon	Tue	Wed	Thu	Fri	Sat				
ıer	ROGUE THEORY 1-6	DALTON COLLINS 12-4	5 "BURGER NIGHT" \$4.99 5-8PM SCOTTY MEYER 5-9	6 "BURGER NIGHT" \$4.99 5-8PM BOBBE BROWN 5-9	7 LADIES NIGHT! 6-9PM (FREE WINE, DRAFT, WELL) DJ REGGAE RONNIE 6-10	8 RIBS & BEER 5-9PM \$9.99 3RG 7-11 (NEW FROM MIAMI)	9 CAT DADDIES 1-5PM Michael Trixx 8pm HARD LIQUOR BAND 7-11				
	10 Mother's Day PUSH 1-6	DALTON COLLINS 12-4	12 "BURGER NIGHT" \$4.99 5-8PM SCOTTY MEYER 5-9	13 "BURGER NIGHT" \$4.99 5-8PM EVAN GRUSHKA 5-9		15 RIBS & BEER 5-9PM \$9.99 HEADFIRST 7-11 (NEW FROM MIAMI)	16 DJ HERMEN & DJ BERT 1-5PM Michael Trixx 8pm "CHAIN REACTION" 7-11 (A JOURNEY TRIBUTE BAND)				
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M	ECLIPSE 1-6	25 Memorial Day THE REGS 1-6 (LOCALS FAVORITE)	26 "BURGER NIGHT" \$4.99 5-8PM SCOTTY MEYER 5-9	27 "BURGER NIGHT" \$4.99 5-8PM BOBBE BROWN 5-9	28 LADIES NIGHT! 6-9PM (FREE WINE, DRAFT, WELL) DJ REGGAE RONNIE 6-10	29 RIBS & BEER 5-9PM \$9.99 REGGAE NIGHT WITH BAGA TRICKS 7-11	30 THE CATCH 1-5PM Michael Trixx 8pm ROGUE THEORY 7-11 (AMAZING ROCK BAND FEATURING AN ELECTRIC FIDDLE! DON'T MISS IT!)				
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