

The Conch Republic

COCONUT TELEGRAPH



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

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Our Bumble of Joy

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Key Largo

Maps

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Getting from Here to There

All the Buzz

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



It's lobster season! Please fish responsibly. See page 10 for guidelines. © Antonoparin | Dreamstime.com



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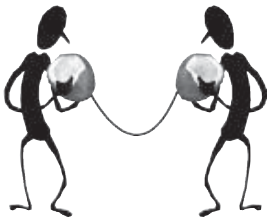
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Contact Denise at
305-304-2837
theconchtelegraph@gmail.com



Cast of Characters:

Editor/Sales/Distribution
Denise Malefyt
305-304-2837
theconchtelegraph@gmail.com

Advertising Production
Sue Beal
305-451-4601
beal_s@bellsouth.net

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For comments please visit The Conch Telegraph on Facebook.

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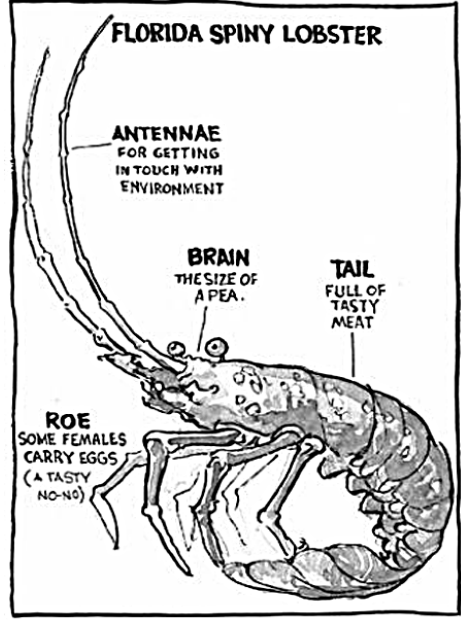
It's that time of year again folks. Bug mini-season. Our Overseas Highway has practically turned into a parking lot full of anxious people in trucks, towing boats, waiting to make a splash on shellfishy getting their share of spiny lobsters.

During mini season it took me 30 minutes to drive 6 miles. Car accidents. Hot, angry, sunburned people. Too many day trippers. Here is my answer to what to do if you are craving crustaceans and are too lazy to fight for them. Find any restaurant in this newspaper and order some from the menu. You'll save a fortune in gas money for your boat, save time that it takes law enforcement to search and measure all the critters in your possession, and save the huge legal fees if you accidentally mis-measure

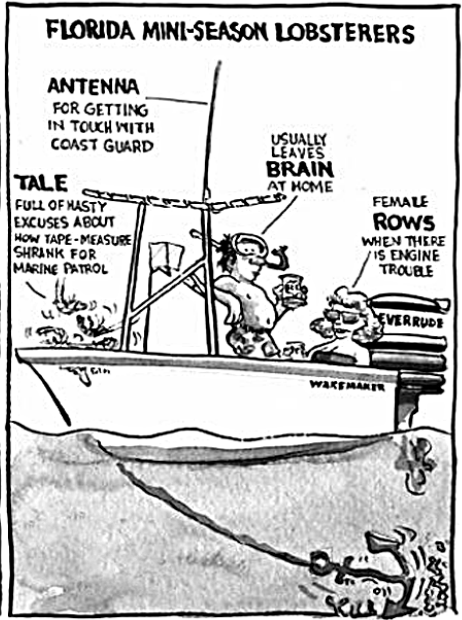


Traffic on the Overseas Highway on Wednesday July 27 as the Lobster Mobsters took over the Upper Keys. Photo by Emilie Stewart.

FLORIDA SPINY LOBSTER



FLORIDA MINI-SEASON LOBSTERERS



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BIRTHDAY MONTH

Jan - Shot Feb - Elbow March - Admission April - Liver
May - Sex June - Mouthwash July - Sunset Aug - Toupe
Sept - Vomit Oct - Nipple Nov - Cigar Dec - Orgasm



American Legion Post 333 - Key Largo

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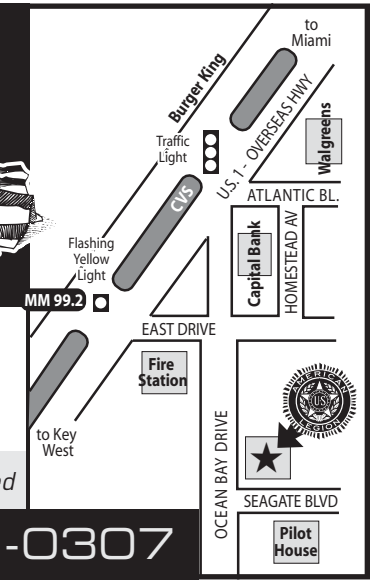
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Saturday, August 20th

Islamorada Moose Lodge, MM 81.5



Ferry Landing

Tours leave from the Islamorada Moose Lodge, 81573 Old Highway starting at 10 am. The tours will take approximately one hour. Reservations are recommended due to demand. Tickets may be purchased on site. Adults are \$15 per person, children six and under are free.

A staffed tent by MHT volunteers will be at the Islamorada Moose Lodge to provide information, ticket purchase for the tours, books, t-shirts, historic photographs and memorabilia for sale.

Join us for a colorful and much acclaimed historical tour featuring 29 Points of Interest on the Islands of Islamorada. Enjoy an enlightening trolley ride through time.

For more information contact Barbara Edgar at 305-393-0940.

Act of God: 20??

A short story by Van Cadenhead

Monroe County readers: I hope you enjoy my 2016 entry in the Hemingway Short Story Fiction Contest. Can I get an “amen?”

—Van Cadenhead

The first of July dawned hot and sultry in the mid-Atlantic. No hurricane had formed this season; that was about to change.

A thousand-mile string of thunderheads streaming off the deserts of Africa brought with it immense clouds of red dust. A couple hundred miles off Florida's coast, it began to draw power from a freak eddy of super-heated Gulfstream water. To the alarm of the Weather Bureau, up jumped Hurricane Al, a full-blown Category 2, bore-sighted on the town of Jupiter.

By July 3, Al had intensified to a screaming Cat 4, pushing a huge surge, lashing the east coast of Florida. By the afternoon of the 4th, the first bands of the eye were churning the waters of Lake Okeechobee. When the gigantic whirling vortex of Al was centered in the lake, a strange thing happened. All forward motion ceased and the behemoth strengthened to a Category 5. Alligators, catfish, bass boats and millions of gallons of warm Okeechobee water were twirled skyward 60,000 feet and began dropping to Earth within a hundred miles of the center of the lake. By the evening of the 5th, Al, like a giant vacuum-cleaner, had lowered the lake level by 18 inches. The effect of the release of the weight of that hydrologic pressure was beginning to be felt in the

immense underground river caverns; sinkholes began opening up all over South Florida.

Meanwhile, down in the fabulous Florida Keys, nearly half a million tourists were glued to the Weather Channel, watching awestruck as their holiday weekend turned them into hostages. Caught in this captive audience was the Rev. Earnest Alberry, pastor of the First Baptist Church of Rock Harbor. Pastor Ernie was out in his yard at Rock Harbor finishing his latest creation, the 37-foot sportfisherman, "Sea Trek." He looked forward to the shakedown of his single-screw diesel and prayed for good weather for the launch. If he only knew ...

A hundred miles south, on the rooftop café of the historic La Concha Hotel, local businessman Eddie Quick was in a worried meeting with chairman of the Tourist Development Commission, Darrel Dealer, ruminating over the ramifications of Al on their summer season, when their teacups began to rattle ominously in their saucers.

Suddenly, the entire island of Key West was dropped a thousand feet into a massive sinkhole. Land, buildings and people crashed down into a heretofore unknown lava dome. The ensuing volcanic explosion rocketed lava and debris five miles into the stratosphere. The subsequent tsunami caught Pastor Alberry in his boat and miraculously surfed him to Kendall on a 60-foot wave, where he landed after his harrowing voyage, disembarked and knelt in the parking lot at Dadeland Mall, saying a hearty "Hallelujah!"

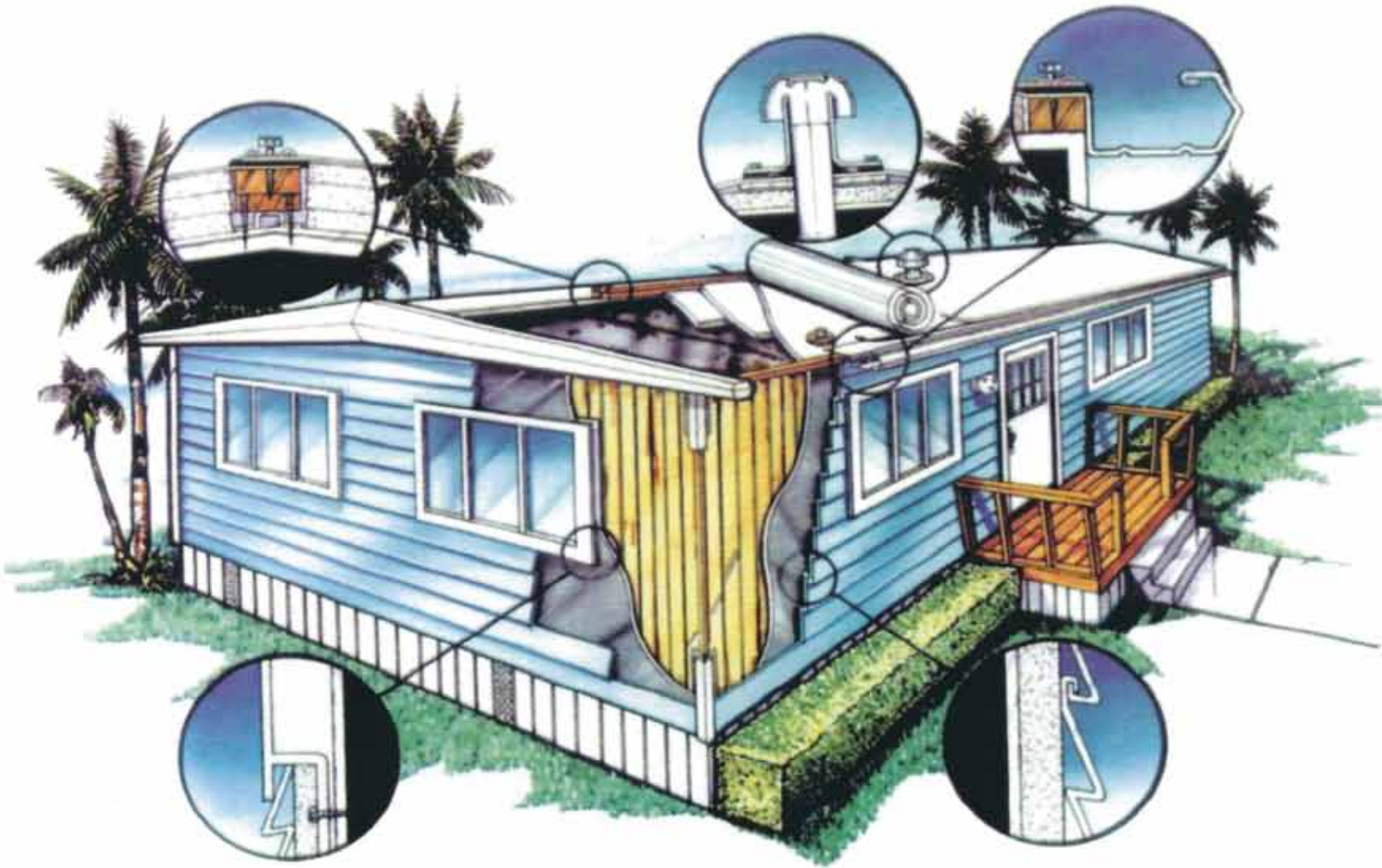
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Maddy and Kaiya chilling out in the A/C



Baga Tricks with special guest star Jimmy Hawkins



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Adam and Cathy with tons of prizes, all to benefit Reef.org



Paul and Sid put on a great party!



Sharkey's great servers Kitty and Patty



Dr. Tom and a friend

Our Bumble of Joy

Here's what happened:

Just after dinner one night, my son came up to tell me there was "something wrong" with one of the two lizards he holds prisoner in his room.

"He's just lying there looking sick," he told me. "I'm serious, Dad. Can you help?"

I put my best lizard-healer expression on my face and followed him into his bedroom. One of the little lizards was indeed lying on his back, looking stressed. I immediately knew what to do.

"Honey," I called, "come look at the lizard!"

"Oh, my gosh!" my wife exclaimed. "She's having babies."

"What?" my son demanded. "But their names are Bert and Ernie, Mom!"

I was equally outraged. "Hey, how can that be? I

thought we said we didn't want them to reproduce," I said accusingly to my wife.

"Well, what do you want me to do, post a sign in their cage?" she inquired (I think she actually said this sarcastically!)

"No, but you were supposed to get two boys!" I reminded her, (in my most loving, calm, sweet voice, while gritting my teeth).

"Yeah, Bert and Ernie!" my son agreed.

"Well, it's just a little hard to tell on some guys, you know," she informed me

(Again with the sarcasm!).

By now the rest of the family had gathered to see what was going on. I shrugged, deciding to make the best of it.

"Kids, this is going to be a wondrous experience," I announced. "We're about to witness the miracle of birth."

"Oh, gross!" they shrieked.

"Well, isn't THAT just great? What are we going to do with a litter of tiny little lizard babies?" my wife wanted to know.

We peered at the patient. After much struggling, what looked like a tiny foot would appear briefly, vanishing a scant second later.

"We don't appear to be making much progress," I noted.

"It's breech," my wife whispered, horrified.

"Do something, Dad!" my son urged.

"Okay, okay." Squeamishly, I reached in and grabbed the foot when it next appeared, giving it a gentle tug. It disappeared. I tried several more times with the same results.

"Should I call 911?" my eldest daughter wanted to know.

"Maybe they could talk us through the trauma."

"Let's get Ernie to the vet," I said grimly. We drove to the vet with my son holding the cage in his lap.



We were silent, absorbing this. "So, Ernie's just ... just ... excited," my wife offered. "Exactly," the vet replied, relieved that we understood.

More silence. Then my wife started to giggle. And giggle. And then even laugh loudly.

"What's so funny?" I demanded, not believing that the woman I married would commit the upcoming affront to my flawless manliness.

Tears were now running down her face. "It's just ... that ... I'm picturing you pulling on its ... its ... teeny little ..."

She gasped for more air to bellow in laughter again.

"That's enough," I warned. We thanked the vet and hurriedly bundled the lizard and our son back into the car. He was glad everything was going to be okay.

"I know Ernie's really thankful for what you did, Dad," he told me.

"Oh, you have NO idea," my wife agreed, collapsing with laughter.

- Two lizards: \$140.
- One cage: \$50.
- Trip to the vet: \$30.
- Memory of your husband pulling on a lizard's winkie: Priceless!
- Moral of the story: Pay attention in biology class. Lizards lay eggs!

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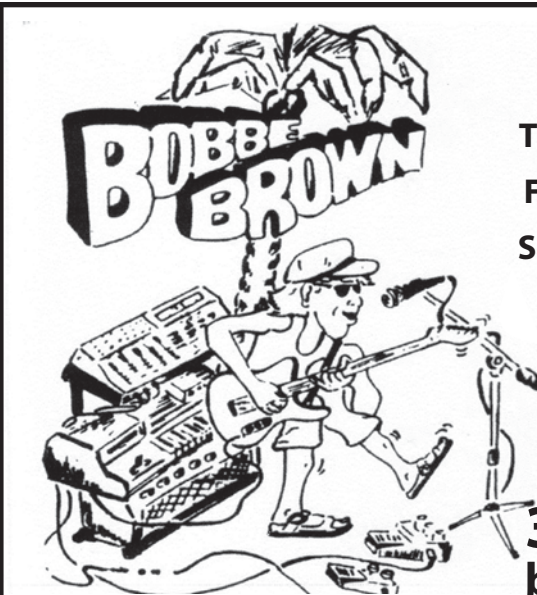
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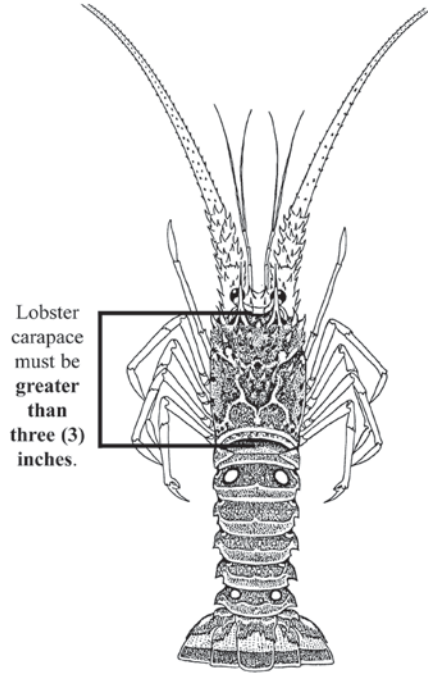
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2016 Monroe County Regulations for Recreational Harvest of Lobster*

Measuring Lobster

- No person shall harvest or attempt to harvest spiny lobster by diving unless they possess, while in the water, a gauge made for measuring lobster.
- All lobster must be measured in the water, if harvested by diving.
- Lobster carapace must be greater than three (3) inches to be harvested or possessed. All under-sized lobsters must be released unharmed.
- All recreationally harvested lobster must remain in whole condition while at sea.
- Tails can only be separated on land. When the tail is separated from the body, it must be greater than 5-1/2 inches.



Florida Spiny Lobster (Crawfish)
Panulirus argus

Facts for All Seasons:

Possession: Lobster must be of legal size before they are in possession. NOTE: You may not have lobster in your possession in Everglades National Park (Florida Bay).

Bag Limits: The Federal bag limit cannot be combined with the State bag limit

Egg-bearing (berried) lobster regardless of species must be released unharmed. Stripping egg-bearing females of eggs, and possession of spiny or ridged slipper lobster tails from which eggs have been removed is prohibited. Eggs are an orange, yellow, brown, or red mass found covering the underside of the lobster's tail.

Coral is protected from damage and removal in State and Federal waters. Do NOT touch, hold on to, stand on, break or otherwise harm coral. It is a fragile living animal.

Regular Season:State and Federal Waters

August 6 through March 31.

Begins at 12:01 a.m. on August 6. **Ends** at 12:00 midnight on March 31.

Bag Limit: Six (6) per recreational harvester per day.

Diving at night for lobster is permitted.

Excerpts from pamphlet by
Florida Keys National Marine Sanctuary: 07/2016

**This is not an official publication of lobster season rules and regulations.*

Prohibited Areas:

- **Artificial Habitats in State Waters**
- **Biscayne Bay/Card Sound Spiny Lobster Sanctuary**
- **Layton**
No person shall remove by any means, whether by trap, diving, spearing or otherwise, any Florida spiny lobster from any waters within the city limits.
- **Dry Tortugas National Park**
- **Everglades National Park (Florida Bay)**
- **Florida Keys National Marine Sanctuary**
The following no-take areas are marked by 30” diameter round yellow boundary buoys:
 - **Sanctuary Preservation Areas (SPAs)**
 - Carysfort Reef
 - Cheeca Rocks
 - Elbow
 - Alligator Reef
 - Key Largo Dry Rocks
 - Coffins Patch
 - Grecian Rocks
 - Sombrero Key
 - French Reef
 - Looe Key
 - Molasses Reef
 - Newfound Harbor
 - Conch Reef
 - Eastern Dry Rocks
 - Hen and Chickens
 - Rock Key
 - Davis Reef
 - Sand Key
 - **Special-use Research Only Areas**
 - Conch Reef
 - Looe Key Patch Reef
 - Tennessee Reef
 - Eastern Sambo
 - **Ecological Reserves**
 - Western Sambo
 - Tortugas (not marked, refer to GPS coordinates)
 - **John Pennekamp Coral Reef State Park**
 - During the Regular Season no person shall harvest any lobster species from or within any coral formation (patch reef) regardless of its proximity to, or exclusion from, a marked “Pennekamp Lobster Exclusion Zone.”
 - “Pennekamp Lobster Exclusion Zones” are closed during the Regular Season to the harvest of any lobster species and are marked with white and orange spar buoys:

“Pennekamp Lobster Exclusion Zones”

- Turtle Rocks
- Cannon Patch
- Basin Hills North
- Mosquito Bank North
- Basin Hills East
- Mosquito Bank South East
- Basin Hills South
- Three Sisters North
- Higdon’s Reef
- Three Sisters South

Local Jurisdictions

Local jurisdictions have specific restrictions on snorkeling and diving. Jurisdictions have extended the rule beyond the Lobster Sport Season.

In the local jurisdictions, there is no diving or snorkeling within:

- 300 feet of improved residential or commercial shoreline, any manmade or private canal, any public or private marina.
- Dive means to wholly or partially submerge one’s body while equipped with a mask or goggles, whether or not any type of underwater breathing apparatus is used.
- **Key Colony Beach** (Ch. 5 Art. I)
Rule applies during the 4 days preceding Sport Season and continues until 10 days have elapsed after the opening of Regular Season.
- **Islamorada** (Ch. 66 Art. I)
Rule applies during the 3 days preceding Sport Season, the entirety of Sport Season and the first 5 days of Regular Season.
- **Layton, Key West and Unincorporated Monroe County** (Monroe County Ch. 26 Art. IV)
Rule applies during the 3 days preceding Sport Season, the entirety of Sport Season and the first 5 days of Regular Season. Exception: diving and snorkeling is allowed in front of his or her property to the center line of the canal or 100 feet of open water.

Gear: Harvesting or attempting to harvest spiny lobster using any device that will or could puncture, penetrate, or crush the exoskeleton (shell) or the flesh of the lobster, and the use of such devices is prohibited.

"Bully-netting" is using a circular frame attached at a right angle to the end of a pole and supporting a conical bag of webbing. Possession of bully nets is prohibited in Everglades National Park (Florida Bay).

"Hoop-netting" is using a frame, circular or otherwise, supporting a shallow bag of webbing and suspended by a line and bridles. Possession of hoop nets is prohibited in Everglades National Park (Florida Bay).

"Artificial Habitats in State Waters" is any material placed in the waters of the state that is reasonably suited to providing cover and habitat for spiny lobster. Placing artificial

habitat or harvesting lobster from artificial habitat is prohibited. Such material may be constructed of, but is not limited to, wood, metal, fiberglass, concrete, or plastic, or any combination thereof, and may be fabricated for this specific purpose or for some other purpose. Artificial habitat does not include fishing gear allowed by FWC or artificial reefs permitted by Florida DEP or Army Corps.

License Requirements: Recreational harvesters are required to possess a valid Florida Saltwater Fishing License with a current spiny lobster permit. Consult your license agent for exemptions.

Spanish and slipper lobster are closed year round to harvest in Key Largo and Looe Key Existing Management Areas, Everglades and Dry Tortugas National Parks, Florida Keys National Marine Sanctuary Ecological

Reserves, Sanctuary Preservation Areas and Special-use Research Only Areas. During the Regular Season, they are closed to harvest in John Pennekamp Coral Reef State Park Lobster Exclusion Zones and from or within coral formations (patch reefs) within the Park.

Commercial Lobster Traps: It is a felony to molest, damage, or take lobster from traps in State or Federal waters.

Dive Flag: All divers and snorkelers in the water are required to prominently display a diver down flag. Vessel operators must slow to idle speed within 100 yards of a dive flag.

"You Might Have KEYS DISEASE"

Buy a book and find out!

Book sales benefit the Musician's Relief Fund in the Upper Keys

\$10

This 32-page book was created in the spirit of poking fun at our life here in the Florida Keys.

Written by Sue Beal with a little help from her friends, it was illustrated by the late John McKinna, a syndicated cartoonist.

The book was published and made available for sale so that the proceeds could help local musicians and their families.

Here in the Keys, we enjoy the music of so many talented, world-class musicians. Even as our community enjoys the fruits of their labors, we know the musicians have little to spare and have no safety net for when disaster strikes and they cannot work.

Our musicians are the first to sign up to make a community fundrasier or benefit a success.

Gilberts Resort funded the printing of the first edition, so all proceeds from the sale of this book will be used to help musicians in need.

Books are on sale at:

These locations also accept donations, or you can send a check to the Musicians Relief Fund, B.P.O.E. Elks Lodge PO Box 255, Tavernier, FL 33070-0255

Centennial Bank, Key Largo 100280 Overseas Hwy

Centennial Bank, Islamorada 81541 Old Highway

BPOE Elks Lodge, Tavernier 92600 Overseas Hwy

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Upper Keys Homeless Prevention Program

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Upper Keys Office 305-916-5454
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Tavernier, FL 33070

The Florida Keys Outreach Coalition's Upper Keys Homelessness Prevention Program is currently providing coordinated social service assistance (basic needs services, outreach, and homeless prevention services) to Upper Keys residents (individuals and families) who are currently homeless and/or at risk of losing housing.

Services Offered:

- **BASIC NEEDS SERVICES:** FL State ID's, drivers' licenses, and birth certificates, transportation assistance for work-related activities, family reunification assistance, prescription assistance, medical and dental co-pays, treatment and diagnostic testing, and clothing.
- **OUTREACH/MAINSTREAM RESOURCES:** On-going outreach efforts assisting with Food Stamp (SNAP) applications, SSI/SSDI applications, assistance accessing to ACA, Medicare/Medicaid assistance and financial, housing and employment counseling.
- **HOMELESS PREVENTION SERVICES:** Temporary rental and mortgage payment assistance and assistance to those living on boats to ensure habitability standards are obtained or maintained to remain housed. Call for availability.

Eligibility:
If you would like us to assess your needs for eligibility, please call our Upper Keys Office at 305-916-5454 (Monday-Friday; 9am-5pm) and we would be happy to schedule an appointment to meet with you. Applicants will be asked to provide documentation to show need.

We look forward to serving you!

Our Mission is to provide homeless individuals and families with the resources and opportunities by which to attain residential, financial and personal stability and self-sufficiency. The FKOC further seeks to address the underlying causes of homelessness and work toward its elimination in Monroe County, Florida.

KEYS PARASAIL & WAVE RUNNERS

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The Mangrove Galley

by Sandi Mieszczenski

Sandi's recipes are featured here monthly. For previous issues go to <http://www.theconchtelegraph.com>.



We are now enduring one of the hottest summers ever. With the high temperatures and heat index coupled with little to no rain, we are in the midst of some very uncomfortable weather. Anything to get out of the kitchen is a relief. For my husband and myself that usually means salads. The recipe below is one of my favorite salads. It can be served as a side as is, or you can purchase a rotisserie chicken and place chicken chunks on it for a refreshing meal. Try it and I promise that you will like it.

MANDARIN ORANGE SALAD

- 1/2 cup silvered almonds
- 5 tablespoons sugar, divided
- 1 head of Romaine lettuce (you can vary the salad by using 1/2 Romaine and 1/2 of another type of lettuce such as Boston or bibb)
- 1/2 cup chopped celery
- 1/2 of a thinly sliced red onion
- 1 - 11-ounce can of Mandarin oranges, well drained

- Dressing
- 1/4 cup vegetable oil
 - 2 tablespoons red wine vinegar
 - Dash of Tabasco sauce (optional)
 - Salt and pepper to taste

In a sauce pan, sauté the almonds with the sugar until lightly browned. Tear or cut the lettuce and place in a large bowl. Add the sugared almonds, celery, onions, and the oranges, tossing well.

To prepare the dressing, mix together the oil, vinegar, Tabasco, and the salt and pepper. Pour the dressing over the salad just before serving and toss one more time.

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7-11 PM

Sunday, Aug. 7
3RG MIAMI 1-6 PM

Sunday, Aug. 14
COLBERT 1-6 PM

Saturday, Aug. 27
SHANE DUNCAN BAND 7-11 PM

Sunday, Aug. 21
MR. NICE GUY 1-6 PM

Sunday, August 28
THE REGS 1-6 PM
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MONDAY THRU FRIDAY

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Sounds of the Keys



Yishka performs at Snooks Bayside.



'Chain Reaction' performs Journey & Styx songs at Gilbert's. Close your eyes and it sounds like a Journey concert!



Albert Castiglia's hot blues at sunset at Bayside Grille.



Alan Truesdell every Monday at the Big Chill.



The Mojo Scoundrels have no problem getting everyone up and dancing.... Check the Gilbert's ad to find out when they are performing next.



Kenny Wendland of The Regs sings some AC/DC at Gilbert's. You can see The Regs on the 4th Sunday of every month from 1-6pm. Photo by Rob LeBrun.



The Beatleman was spotted at Gilbert's this month.

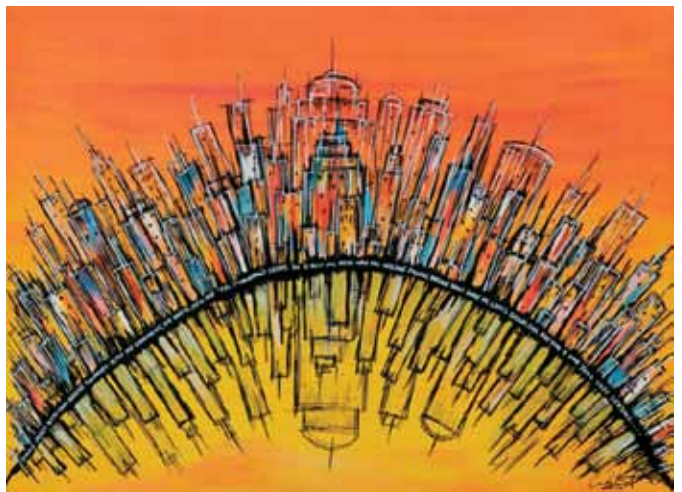
Featured Artist of the Month: Cass Wyant

Cass Wyant is a self-taught artist who enjoys exploring the depths of the human condition and invites her viewers to peer into the human soul. Her works of art tell confessions and contemplations of desire, intrigue, sensuality, fear, pain, freedom, and transformation. Her fascination and obsession with the human body are a common theme in her work.

Raised in the Midwest, Cass tried her hand at custom artwork for family and friends as she pursued a degree in fine arts as a first generation college student. After acquiring an Associate degree in Fine Arts, she switched gears toward graphic design and earned a B.S. in Computer Graphics and Interactive Media from the University of Dubuque in Iowa.

As if by fate, Cass was given an opportunity to do mural work for a commercial property in Naples, Florida. During that time, she fell in love with the area. After returning home to the Midwest for a short period of time, she felt Naples tugging at her heart and knew there was nowhere she would rather be. "Naples did something to me... healed me, revitalized me, reignited my passion, and made me believe I could make a living doing what I love."

While most of Cass's work consists of commissions, ranging from paintings and murals to custom-made furniture, she is building an inventory of new work and will debut her "CityEsque" collection in Naples this year, featuring an abstract depiction of her love for cities and the life that vibrates within them. She is also working on a diversity installation, scheduled for completion next year.



Contact Cass Wyant at www.CassWyantArt.com casswyant@gmail.com

See her work at The Art Box in August



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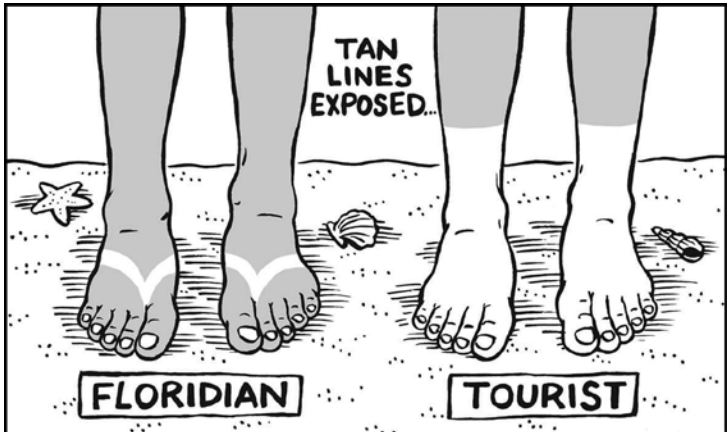
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Coco'Nut' Funnies



Sharon rejoins her date, hoping he won't notice the makeup smudged on her blouse.



Marriage Seminar

At St. Peter's Catholic Church in Toronto, they periodically encourage husband marriage seminars.

At the session last week, the priest asked Giuseppe, who said he was approaching his 50th wedding anniversary, to take a few minutes and share some insight into how he had managed to stay married to the same woman all these years.

Giuseppe replied to the assembled husbands, 'Wella, I've tried to treat her nicea, spenda da money on her, but besta of all is, I tooka her to Italy for the 25th anniversary!'

The priest responded, "Giuseppe, you are an amazing inspiration to all the husbands here! Please tell us what you are planning for your wife for your 50th anniversary?"

Giuseppe proudly replied, "I'ma gonna go pick her up."

How I Lost My Teeth

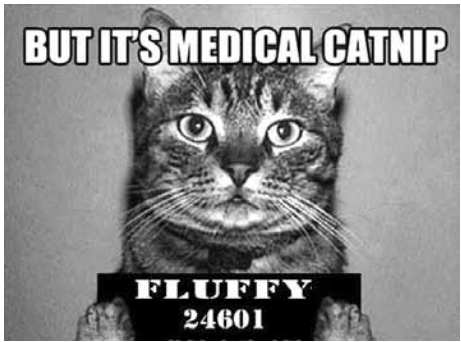
I was in the Caribbean Club last night sitting at the bar waiting for a beer when a butt-ugly, big old helper of a girl came up behind me, and slapped me on the butt.

She said, "Hey sexy, how about giving me your number."

I looked at her and said, "Have you got a pen." She said, "Sure do."

I said, "Well, you better get back in it before the farmer notices you're missing."

My dental surgery is this Friday.



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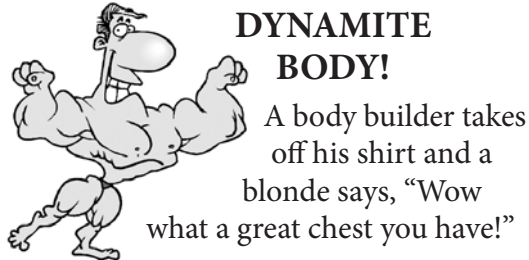
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Sometimes you run into people who will change your life forever.

These people are called bartenders.



He says, "100 lbs of dynamite, babe!"

He takes off his pants and the blonde says "What massive calves you have!"

He replies, "That's 100 lbs of dynamite babe!"

He then removes his underwear and the blonde goes running and screaming in fear. He puts his clothes on and chases behind her.

He catches her and ask why she ran like that. The blonde replies, "I was afraid to be around all that dynamite after I saw how short the fuse was!"



Give Praise for Answered Prayers

The best story of the year is a painful but understandable story as told by a loving wife. A pastor asked if anyone in the congregation would like to express praise for answered prayers.

Suzie Smith stood and walked to the podium.

She said, "I have a praise. Two months ago, my husband, Tom, had a terrible bicycle wreck and his scrotum was completely crushed. The pain was excruciating and the doctors didn't know if they could help him."

You could hear a muffled gasp from the men in the congregation as they imagine the pain that poor Tom must have experienced. "Tom was unable to hold me or the children," she went on, "and every move caused him terrible pain."

We prayed as the doctors performed a delicate operation, and it turned out they were able to piece together the crushed remnants of Tom's scrotum, and wrap wire around it to hold it in place."

Again, the men in the congregation cringed and squirmed uncomfortably as they imagined the horrible surgery performed on Tom. "Now," she announced in a quivering voice, "thank the Lord, Tom is out of the hospital and the doctors say that with time, his scrotum should recover completely."

All the men sighed with unified relief. The pastor rose and tentatively asked if anyone else had something to say.

A man stood up and walked slowly to the podium. He said, "I'm Tom Smith."

The entire congregation held its breath. "I just want to tell my wife the word is sternum."

Thank you Doug Myers



I need to get in shape.

If I was murdered right now my chalk outline would be a circle.



Left Field

by J.S. McKinna

"Fire it up, Zork--we're getting out of here. These humans are crazy..."

JOHN MCKINNA was a local musician, a best-selling author, and a published, syndicated cartoonist. We feature his cartoons monthly.

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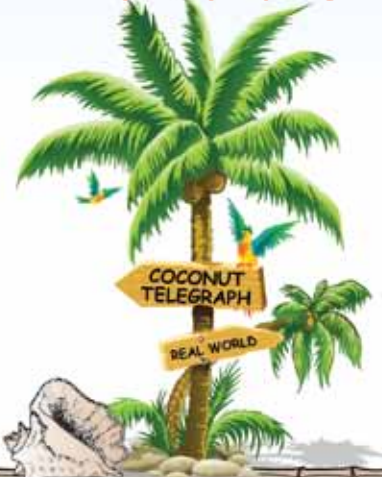
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Fraternal Order of the Eagles meets every 1st and 3rd Monday 7pm at Elks Lodge in Tavernier.

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Conch Characters



Tina at work in her new location: Beauty Works Salon & Tanning, MM 100.6, Plaza 101 Bayside



Rocco and Don - the meatball brothers at the Legion.



Always the freshest sushi from the friendly folks at Num Thai. We LOVE this place! Coconut Telegraph's favorite is the bagel roll.



Rae, one of the owners of The Hideout Restaurant, celebrating her birthday.



The new Freedom Cafe at the VFW. Owner Elke and helpers Jose and Russell.



Alto Reed from the Bob Seger Band put on his angler hat to compete in our #JJSportfish tournament and it's coming back bigger and better in March 2017 at Jimmy Johnson's Big Chill. www.jjfishweek.com



Beautiful bartender Amanda at the Big Chill.



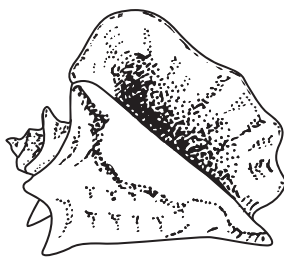
Sharon Hamilton for Judge meet and greet at the Lazy Lobster.



Besides the motorcycles that visit Gilbert's, classic car fans enjoy stopping by too. Photo by Rob LeBrun.



Key Largo Baptist Church choir at the Karol Harrelson benefit July 23 at the Elks Lodge.



Catherine Vogel and loyal supporters gather in Tavernier for a meet and greet!



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When offering comfort to somebody, their only real need is to have you be in the present moment with them.

Sometimes it is difficult to see someone we love struggling, in pain, or hurting. When this happens, we might feel like we need to be proactive and do something to ease their troubles. While others may want our help, it is important to keep in mind that we need to be sensitive to what they truly want in the moment, since it can be all too easy to get carried away and say or do more than is really needed.


Allowing ourselves to let go and simply exist in the present with another person may actually provide a greater amount of comfort and support than we could ever imagine.

Perhaps we can think back to a time when we were upset and needed a kind word, hug, or listening ear from someone else. As we remember these times, we might think of the gestures of kindness that were the most healing. It may have been gentle words such as "I care about you," or the soothing presence of someone holding us and not expecting anything

When we are able to go back to these times it becomes easier for us to keep in mind that giving advice or saying more than is really necessary is not always reassuring. What is truly comforting for another is not having someone try to fix them or their problems, but to just be there for them.

Should we begin to feel the urge arise to offer advice or repair a situation, we can take a few deep breaths, let the impulse pass, and bring our attention back to the present. Even though we may want to do more, we do not have to do anything other than this to be a good friend.

The more we are attuned to what our loved ones are feeling, the more capable we are of truly giving what is best for them in their hour of need. Keeping things simple helps us give the part of ourselves that is capable of the greatest amount of compassion—open ears and an understanding heart.



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



Living Dockside by Ginny Jones

Things you take for granted, unless you live on a boat!

My big refrigerator works again! To most of you land lubbers that is less-than-exciting news. I, for the last 5 years, have lived with one of those small apartment-size refrigerators. It is built into an old ice box and it works great; it even has a tiny freezer in it, in which I can make a small tray of ice cubes. This is not your average apartment fridge, it's a marine fridge and it's AC/DC (no, nothing to do with the rock-and-roll group).

A marine fridge costs 4 times what you would pay for an ordinary refrigerator. With its 48 cubic feet of roominess, I can now buy a whole dozen eggs, or a gallon of milk, or two bottles of wine and a case of beer. The down side to getting the big fridge running again: it's only DC powered. That means I have to make sure I keep my battery banks in good shape.

So recently I had to replace my aging two-battery house bank with three brand new ones at the painful tune of, well... a lot. Nothing on a boat comes easy or cheap.

Now let's take a look at the marine head (toilet). Boat people do not have the magic handle, we have a pump handle. First we have to put water in the bowl, then we get to pump the darn thing to make sure we send uh, the stuff, off to the holding tank, (for a refresher about the holding tank, refer to May's article).

Getting into the sailboat, first you must take your shoes off; this is just being courteous to the boat and her captain. Then you must maneuver around or over the toe breaking stanchions, stays and other various deck obstacles just waiting to grab an unsuspecting digit. Yes, I have broken, sprained and bloodied my share of toes, until I learned to just slow down and be aware of what is around me on deck.

Head room on a boat is a luxury we don't often see unless it's a large boat. I have just over 6 feet of head room in the salon area, but to get to the aft cabin, the walk through is about 5 feet. At 5'10", I have developed quite a stoop. There's a permanent bump on my forehead from not remembering to duck!

This all sounds like I'm complaining. I could put my "She Breeze" on the market and go buy a nice little condo up near my children, but what's the fun in that? I'll do that when I'm too old to avoid the deck hazards, or forget how to change the oil in my diesel engine. For now I look forward to 15-20 knot winds out there so I can go raise a sail and remind myself why I've chosen this path less traveled.



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	1 HAPPY HOUR 4-7PM MON-FRI \$2 BUD LIGHT & MILLER LITE DRAFTS, 1/2 OFF WELL DRINKS, \$2.30 FIREBALL	2 KEVIN HURLEY 5-9	3 BOBBE BROWN 5-9	4 DJ REGGAE RONNIE 5-9	5 BOBBE BROWN 12-4 RIBS & BEER 5-9PM \$9.99 COUNTRY NIGHT WITH ROUGH SHOT 7-11	6 RETROSKY 1-5 JIMMY STOWE & STOWAWAYS 7-11
7 3RG MIAMI 1-6	8 HAPPY HOUR 4-7PM MON-FRI \$2 BUD LIGHT & MILLER LITE DRAFTS, 1/2 OFF WELL DRINKS, \$2.30 FIREBALL	9 KEVIN HURLEY 5-9	10 BOBBE BROWN 5-9	11 DJ REGGAE RONNIE 5-9	12 BOBBE BROWN 12-4 RIBS & BEER 5-9PM \$9.99 MOJO SCOUNDRELS 7-11	13 BROTHERS WITH OTHERS 1-5 ROGUE THEORY 7-11
14 COLBERT 1-6	15 HAPPY HOUR 4-7PM MON-FRI \$2 BUD LIGHT & MILLER LITE DRAFTS, 1/2 OFF WELL DRINKS, \$2.30 FIREBALL	16 KEVIN HURLEY 5-9	17 BOBBE BROWN 5-9	18 DJ REGGAE RONNIE 5-9	19 BOBBE BROWN 12-4 RIBS & BEER 5-9PM \$9.99 NASH CAREY 7-11	20 STATIC 1-5 THE FLYERS 7-11
21 MR NICE GUY 1-6	22 HAPPY HOUR 4-7PM MON-FRI \$2 BUD LIGHT & MILLER LITE DRAFTS, 1/2 OFF WELL DRINKS, \$2.30 FIREBALL	23 KEVIN HURLEY 5-9	24 BOBBE BROWN 5-9	25 DJ REGGAE RONNIE 5-9	26 BOBBE BROWN 12-4 RIBS & BEER 5-9PM \$9.99 BAGA TRICKS 7-11	27 DJ BERT 1-5 SHANE DUNCAN BAND 7-11
28 THE REGS 1-6	29 HAPPY HOUR 4-7PM MON-FRI \$2 BUD LIGHT & MILLER LITE DRAFTS, 1/2 OFF WELL DRINKS, \$2.30 FIREBALL	30 KEVIN HURLEY 5-9	31 BOBBE BROWN 5-9	Fresh new music, only at Gilbert's!		

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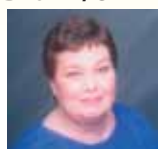
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