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Inside:

Attractions

Entertainer of the Month: Jimmy O'Shea, The Beatleman Featured Artist: Larry Young

What's Hot & What's Not

Uncorked Key Largo & Islamorada
Food & Wine Festival Jan. 7-17
Stone Crab & Seafood Festival
in Key Largo Jan. 30-31
Prepare now for the
Zombie Apocalypse!

Maps

Key Largo Locator Map Page Getting from Here to There

All the Buzz

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







Coconut Telegraph

January 2016 Volume 10 Issue #107

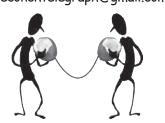
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Articles

Editorial: Lessons from Out-of-town Visitors	2
Are Crime Rates Up in Key Largo?	
Adopt An Animal, Key Largo Shelter	(
Entertainer of the Month: Jimmy O'Shea	
Prepare for the Zombie Apocalypse Now!	
Women's Group to Meet Locally	(
Featured Artist of the Month: Larry Young	
Getting from Here to There - Keys Map Page12-1	,
Mangrove Galley: Pineapple Upside Down Cake	4
Conch Characters	
Daily OM: One Sided Relationships	(
Al Flutie Over the Hill Rip-Off Sailfish Tournament	
Coco"Nut" Funnies	(
Classified Ads	(
Key Largo Locator Map Page2	2(
Sounds of the Keys2)
Business in the Keys)′

Editorial: Lessons from Out-of-town Visitors

When you live in paradise there are always going to be friends and acquaintances who look you up on their way through town. When they're on their vacation they seem to forget that everyone who lives here is not on a permanent vacation. For most business owners time off means arranging your schedule and those of your employees to work around taking the time to meet an old friend for a drink

Many people who live here work two or more jobs just to pay the rent, which, at the lowest price for a one bedroom efficiency apartment, is \$850 per month if you are lucky enough to find one. Paradise isn't cheap.

my day of appointments including taking care of a family member with seri medical problems and mutiple doctors appointment only to find out they had invited a couple of people they knew I choose not appointments.

Recently I had a friend call me and ask to meet me at a local restaurant for cocktails at 4:00. I waited patiently and they called at 4:30 to say they were running late and would see me at 5:00. They finally rolled into town at 7:00. I had waited as long as I could and had already left.

During the same week
another vacationing friend
called to meet at the same
restaurant. I rushed through
my day of appointments
including taking care of a
family member with serious
medical problems and multiple doctors appointments...
only to find out they had also
invited a couple of people
they knew I choose not to

be around. "Oops, they said, wait for us at another place. We really want to see you." The bottom line is - if they don't respect your time they don't respect you. If they don't respect you, they are not worth your time.

LETTER TO THE EDITOR

Sitting On Their Brains

When will FDOT finally realize the tragic mistake they have made with the installation of the crosswalk on U.S. 1 at mile marker 99.7 in Key Largo. Another accident and luckily no one was killed. Does it take the death of a person or persons for FDOT to get up off their brains they have been sitting on and get rid of this crosswalk? This crosswalk is accident waiting to happen

that will result in deaths FDOT will be responsible for

Monroe County Sheriff Rick Ramsey has begged them to remove this obstacle and it's going on deaf ears. All of law enforcement knows this crosswalk is a total failure at the tax payers cost. Please FDOT wake up and realize this was a bad decision and remove it ASAP.

David Purdo

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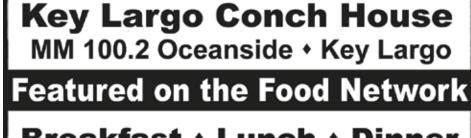
We Stock Guitar Strings — New & Used Guitars — Custom Jewelry CORAL FINANCIAL Jewelry & Pawn MM102 Oceanside Key Largo 453-5300 Custom Jewelry On-Site Jewelry Repair

Florida Keys Quilters News

Florida Keys Quilters will be having a Quilt Show at the San Pedro Church on Plantation Key, on January 29th and 30th from 10 am to 4 pm.

Hundreds of quilts made by the guild are on display and for sale. There are also quilters demonstrations, raffles and more. Proceeds go to charities sunch as Honor Flights, Plantation Key Convalescent Center, Cleft Palate Foundation, and others.

Come enjoy the show and vote on your favorite quilts. You can also see and buy their quilts at the Country Store, and elsewhere in town.

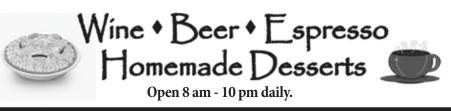


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Florida Keys Quilters recently donated 15 quilts to the Upper Keys Hospice program and 12 quilts to the Spousal Abuse Shelter to provide for the children staying at their shelters over the holidays. In the photo, quilt guild members; left to right: Eleanor Williams, Pricilla London, Lois Picardi, and Nancy Murphy.



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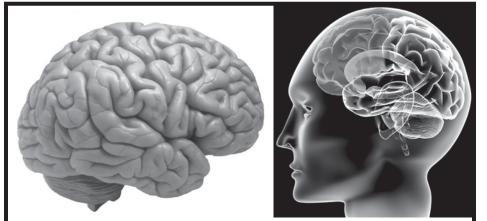
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Check for Alzheimer's

The following was developed as a mental age assessment by the School of Psychiatry at Harvard.

Take your time and see if you can read each line aloud without making a mistake.

- 1. This is this cat.
- 2. This is is cat.
- This is how cat.
- 4. This is to cat.
- 5. This is keep cat.
- 6. This is an cat.
- 7. This is old cat.
- 8. This is fart cat
- 9. This is busy cat.
- 10. This is for cat.
- 11. This is forty cat.
- 12. This is seconds cat.

Now go back and read the third word in each line from the top down.

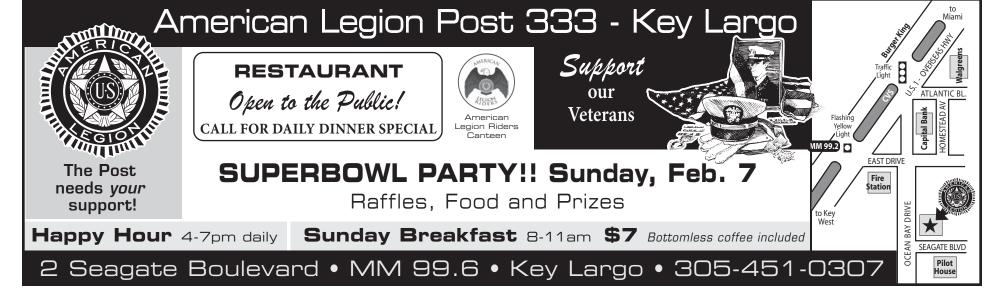
The average person over 50 years of age cannot do it!

Are Crime Rates Up in Key Largo?

I'm worried about crime, so Lasked a friend from the Ocean Reef Rod & Gun Club what I needed to defend my home.

He said a 9mm, a couple clips, and a box of shells. I put it together pretty quickly. Still not sure how it's suppose to work though...





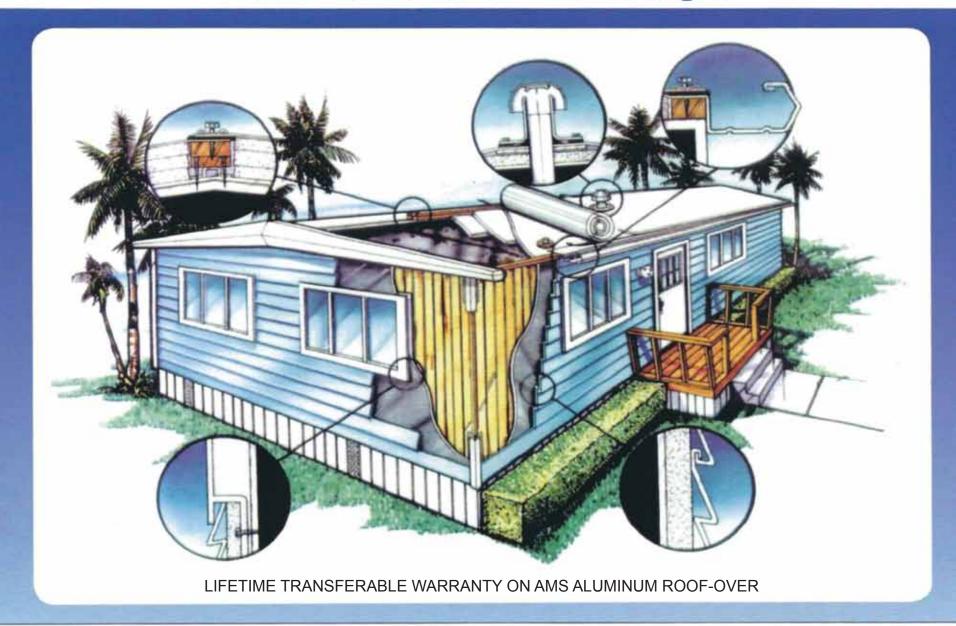
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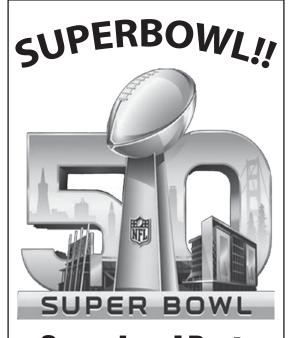


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Entertainer of the Month - The Beatleman: Jimmy O'Shea

Jimmy O'Shea "The Beatleman" does Paul Mc-Cartney better than Paul McCartney, and his show is absolutely mesmerizing. He has the voice, the British accent, the walk, the costumes and mannerisms down to perfection. Close your eyes and you'll be transported back to the 1960s British invasion era.

I recently met Jimmy with a little help from my friends who are Beatleman maniacs. They did nothing but twist and shout 'til I agreed we would come together to catch his show. Next thing I looked up and I saw him standing

> there as his quitar gently weeped - it was a tribute to John Lennon's 75th birthday. It was really something!

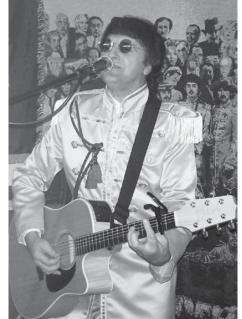
Before long we were tapping our feet to the beat and singing along as loud as we could and then too soon it was time for us to say

our Hello Goodbye.

I made plans to catch his next show at Gilbert's Resort where he was playing Tuesdays in December. On Friday nights he is at the Big Chill from 5 -9. You can also catch his show at the Pilot House and Islamorada Moose. He hopes to soon be playing at the Tavernier Elks and is available for weddings and private parties.

Jimmy's repertoire of music also includes the Eagles, Van Morrison and much, much more. Since O'Shea has been entertaining folks for over 30 years, he know all the hits.

The Beatleman is from Lakeville, Massachusetts and if you meet him between sets, you'll notice the Liverpool accent disappear and his New England one emerge.



Jimmy loves the relaxed atmosphere and friendly people of the Keys and plans to stay here permanently. He is looking for an affordable apartment so let's help him find one. Don't let me down!

You can contact him at (508) 961-7145 or visit his Facebook page The Beatleman, or email him at jimmyo137@gmail.com

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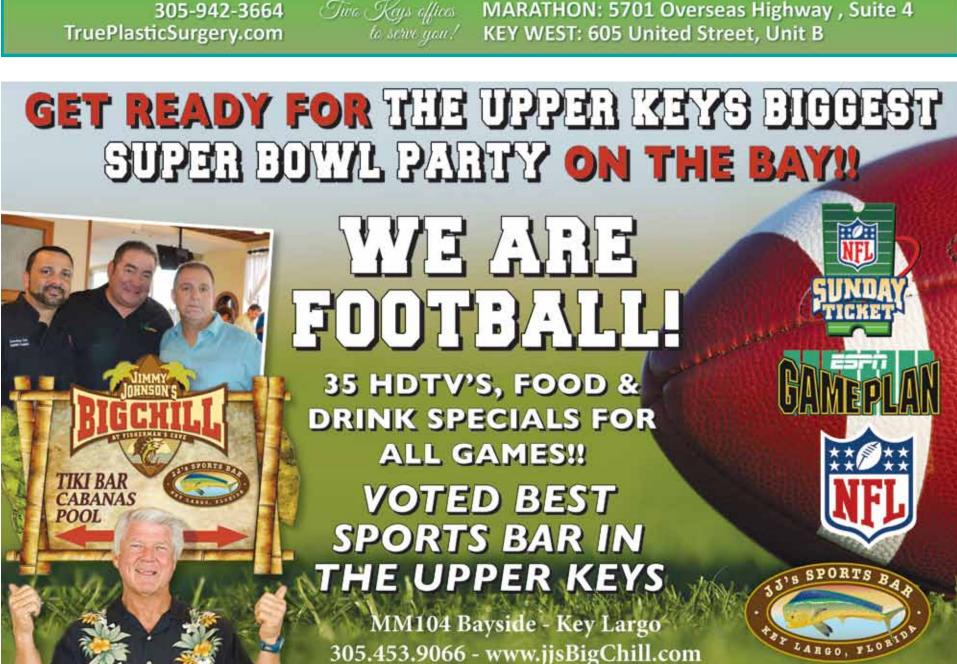
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Hurricane Season is Over. Prepare for the Zombie Apocalypse Now!

This just in, from the CDC: Office of Public Health Preparedness and Response (no joke!)

There are all kinds of emergencies out there that we can prepare for. Take a zombie apocalypse for example. You may laugh now, but when it happens you'll be happy you read this, and hev. maybe you'll even learn a thing or two about how to prepare for a real emergency.

Where do zombies come from and why do they love eating brains so much? The word zombie comes from Haitian and New Orleans voodoo origins. Although its meaning has changed slightly over the years, it refers to a human corpse mysteriously reanimated to serve the undead.

In movies, shows, and literature, zombies are often depicted as being created by an infectious virus, which is passed on via bites and contact with bodily fluids. The Zombie Survival Guide identifies the cause of zombies as a virus called solanum. Other zombie origins shown in films include radiation as well as mutations of existing conditions such as prions, mad-cow disease measles and rabies.

The rise of zombies in pop culture has given credence to the idea that a zombie apocalypse could happen. The proliferation of this idea has led



many people to wonder "How do I prepare for a zombie apocalypse?"

Well, we're here to answer that question for you. and hopefully share a few tips about preparing for real emergencies too!

So what do you need to do before zombies ... or hurricanes or pandemics for example, actually happen?

First of all, you should have an emergency kit in your house. This includes things like water, food, and other supplies to get you through the first couple of days before you can locate a zombie-free refugee camp (or in the event of a natural disaster, it will buy you some time until you are able to make your way to an evacuation shelter or utility lines are restored). Below are a few items you should include in your kit, for a full list visit the CDC website.

- · Water (1 gallon per person per day)
- · Food (stock up on nonperishable items that you eat regularly)
- · Medications (this includes prescription and nonprescription meds)
- Tools and Supplies (utility knife, duct tape, battery powered radio, etc.)
- Sanitation and Hygiene (household bleach, soap, towels, etc.)
- · Clothing and Bedding (a change of clothes for each family member and blankets)
- Important documents (copies of your driver's license, passport, and birth certificate to name a few)
- · First Aid supplies (although you're a gonner if a zombie bites you, you can use these



supplies to treat basic cuts and lacerations that you might get during a tornado or hurricane).

Once you've made your emergency kit, you should sit down with your family and come up with an emergency plan. This includes where you would go and who you would call if zombies started appearing outside your door step. You can also implement this plan if there is a flood, earthquake, or other emergency.

Identify the types of emergencies that are possible in your area. Besides a zombie apocalypse, this may include floods, tornadoes, or earthquakes.

Pick a meeting place for your family to regroup in case zombies invade your home...or your town evacuates because of a hurricane. Pick one place right outside your home for

sudden emergencies and one place outside of your neighborhood in case you are unable to return home right

Identify your emergency contacts. Make a list of local contacts like the police, fire department, and your local zombie response team. Also identify an out-of-state contact that you can call during an emergency to let the rest of your family know you are ok.

Plan your evacuation route. When zombies are hungry they won't stop until they get food (i.e., brains), which means you need to get out of town fast! Plan where you would go and multiple routes you would take ahead of time so that the flesh eaters don't have a chance! This is also helpful when natural disasters strike and you have to take shelter fast.

Women's Group to Meet Locally

The Lucidity Tree Counseling Service, LLC in Tavernier is offering a free women's group ("You're the Best!") starting Tuesday, February 16th, 2016.

The group will meet at the Mindful Mermaid Café at MM 101.4 in Key Largo, for 4 consecutive Tuesday evenings starting at 7:30 PM.

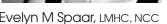
Focus is on topics such as the origins Evelyn M Spaar, LMHC, NCC of poor self-esteem & methods to boost

it, and how to help children develop a healthier self-esteem and achieve more.

Contact Evelyn M Spaar, LMHC, NCC at 305-393-2114 or e-mail emspaar@msn.com if you are interested in attending.







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Featured Artist of The Month: Larry Young

Our featured artist this month has his work on display at the Art Box, MM 100.6 Bayside, Key Largo. In his own words:

"It all started with my cowboy coloring books. I still remember coloring them in analogous schemes of blues or greens. Next came kindergarten and a huge drawing of

Flash Gordon-like spaceship that used up almost all of my black crayon. In high school it was the big-eyed waifs, and then I discovered Jackson Pollack and the world of American Expressionism. Our home had a huge Pollack painting over the couch. I was forever hooked on abstract painting.

"My choice, when I started at the University of Tennessee, was Art or Law. The romance of a starving artist lost out and I eventually became a prosecuting attorney for the State of Tennessee.

"Over the years I would be drawn back to my creative urge and would attend workshops for figure painting, landscapes, and abstract

painting. When I retired, I completed all the drawing and painting courses at UT Chattanooga fine arts department.

"My paintings in recent years often blend my urge to abstraction with landscapes and seascapes to create compositions that mix elements of mood, color, and composition to produce my own style, admittedly drawing from influences of masters such as William Turner. post impressionist, and abstract painters of the '60s.

"For the last several years I have been a permanent contributor to a gallery of contemporary art producing suites of abstract work. Two years ago I decided I wanted introduce discipline back into my work and left acrylics for oils and painted with plein-air artists. This summer I attended two plein-air workshops in northern Michigan and made a number of paintings.

I paint as a hobby. I am rewarded when someone buys a painting, not from the

AND THE PURCHANCE

money, but from the thought

that they have connected with what I created.



Red Bluff River





Storm at Sunset



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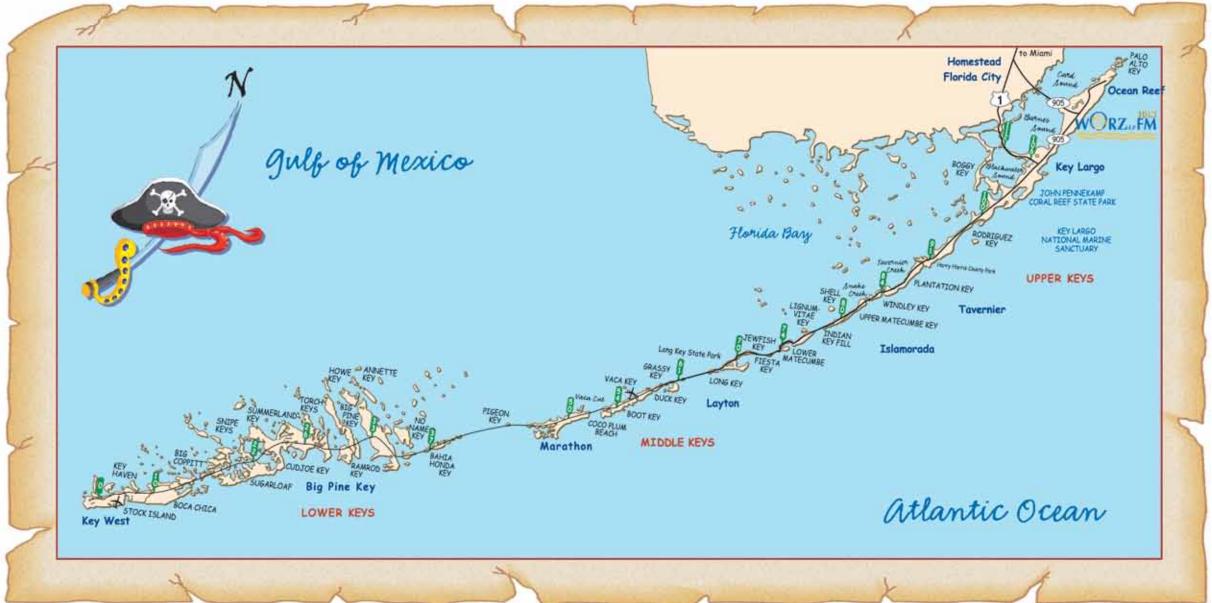
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The Mangrove Galley by Sandi Mieszczenski

Sandi's recipes are featured monthly in the Coconut Telegraph. For previous issues go to http://www.theconchtelegraph.com.



In the 18th century great clipper ships and merchant vessels from the American colonies would visit the West Indies islands and return with different exotic fruits including the pineapple. Captains and sailors would display a pineapple over their door as a sign to their friends and neighbors signifying that they had returned home safely and visitors were welcomed. Thus, the pineapple became a sign of southern hospitality. The gift of a pineapple was most coveted.

This information was obtained from Colonial Williamsburg

PINEAPPLE UPSIDE DOWN CAKE

"Journey's end,

a safe return.

This cake will just melt in your mouth!

1/2 cup butter

1 cup firmly packed brown sugar

1 large can sliced pineapple rings, in juice

Melt the butter in a 9x9x2 inch pan. Spread the brown sugar evenly in the pan. Arrange the pineapple rings on the sugar. Place the pecans around the rings.

Sift the cake flour, baking powder, and salt together. Beat the egg yolks until light, add the sugar gradually. Add the pineapple juice and sifted dry ingredients alternately to the egg yolk mixture. Mix well after each addition.

Beat the egg whites until stiff. Fold them in the mixture. Pour the batter over the pineapple in the pan. Bake in a 375 degree oven for 30 to 35 minutes. Let cool 10 minutes then turn on to a serving dish.

Pineapple at the door. large, whole pecans A symbol that 1 cup sifted cake flour the sailor has come back to land 1 teaspoon baking powder once more." 1/8 teaspoon salt 3 eggs, separated 1 cup sugar 5 tablespoons pineapple juice (drained from the can)

A conch shell Christmas tree.

Wish we'd thought of that!

The always spunky server Katie cleaning up after a show at Gilbert's Resort.



"Gilbert" the French Bulldog, mascot of Gilbert's Resort.

Conch Characters -

Kim, one of the servers at Bayside Grille, blows the conch shell every night at their Sunset Celebration.



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Sunday, Jan. 10 THE DROPOUTS
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MAKING FACES



Sunday, Jan. 24 THE REGS



Sunday, Jan. 31 **MR. NICE GUY Staff Favorite**

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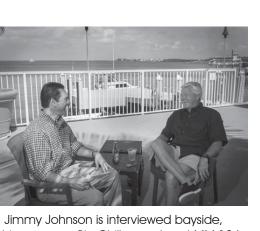
Check our website for more info www.gilbertsresort.com and like us on Facebook.



Now at Gilberts... **Country Night!** First Friday of the Month

Friday, January 1st, 7-11 pm Featuring ROUGH SHOT

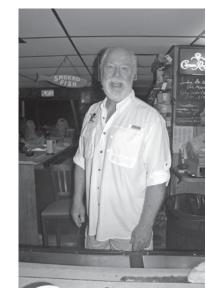
Garth Brooks Concert Tickets Giveaway 5-7pm



at his gorgeous Big Chill complex at MM 104.



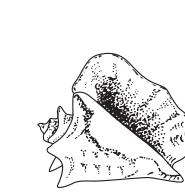
Hula fun at Snook's Polynesian Luau! The next one is February 20th - don't miss it!



Much-loved bartender Larry Perkins.



Indoor dining room at Jimmy Johnson's Big Chill.



One-Sided Relationships A Question of Balance

Relationships can become out of balance and one-sided if we don't occasionally check in with each other.

THE MEANING OF LIFE IS TO FIND YOUR GIFT. THE PURPOSE OF LIFE IS TO GIVE IT AWAY.

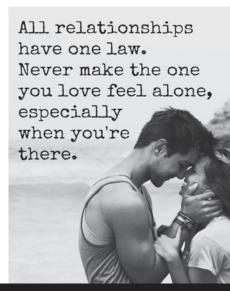
PABLO PICASSO.

One of the most beautiful qualities of an intimate relationship is the give and take of energy that occurs between two people. In the best-case scenario, both people share the talking and listening, and the giving and receiving of support, equally. Occasionally, within any relationship, the balance shifts and one person needs to listen more, or give more. Generally, over a long period of time, even this exception will take on a balanced rhythm; we all go through times when we take more and times when we give more.

However, there are also relationships in which the balance has always felt onesided. You may have a friend whom you like, but you have begun to notice that the conversation is always about their life and their problems and never about yours. You may also have a friend who seems to require an inordinate amount of support from you but who is unable or unwilling to give much in return. Over time, these relationships can be draining and unsatisfying.

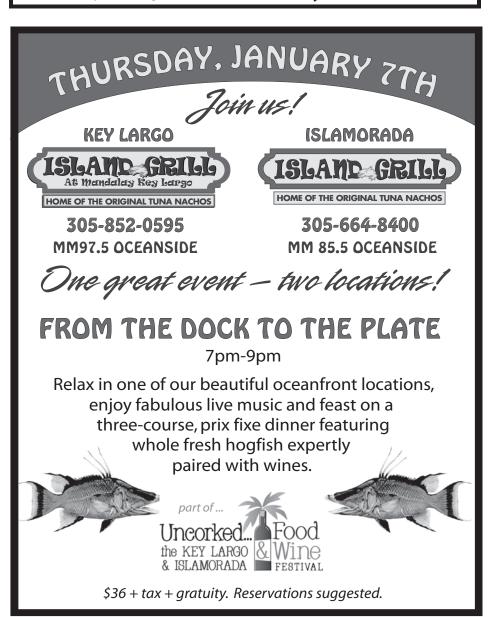
One option is simply to end the relationship, or let it fade out naturally. Another option is to communicate to your friend that you would like to create a more equal balance in which your concerns also get some airtime. They may be taken aback at first, but if they are able to hear you, your friendship will become that much more sincere. They may even thank you for revealing a pattern that is probably sabotaging more than one relationship in their life.

A third option is to simply accept the relationship as it is. There are many one-sided relationships that actually work. One example of this is a mentor relationship in which you are learning from someone. Another example is a relationship in which you are helping someone who is sick, disabled, or otherwise needy. In these instances, you can simply be grateful that you are able to help and be helped, trusting that the balance of give and take will even out in the big picture of your life.



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27th Annual Capt. Al Flutie Over The Hill Rip-Off Sailfish Tournament

The founding fathers of the OVER THE HILL RIP-OFF, Capt. Al, Dick Sheppard, Capt. Socko Gorenflo, Rip Tosun, and all of those who have participated in this event over the past twentysix years have so much to be proud of! Good things often come from humble beginnings, and this tournament certainly reflects that old and trusted adage. This little one-day fishing tournament has raised \$440,000, contributing generously to helping those in Monroe County by contributing to "Catch the Cure for Cystic Fibrosis" and providing financial assistance to Monroe Association of ReMARCable Citizens.

The good news... if you're over fifty, you are eligible to compete for trophies and prizes in the OVER THE



HILL tournament. The bad news, of course, is that you're over fifty! Final registration begins at 6 PM on Monday, January 18, 2016, immediately followed by the Kick-Off Party and Captain's meeting to review tournament rules and regulations. Fishing takes place all day on

Tuesday, followed by cocktails and our gala Awards Banquet starting at 6 PM that evening.

This is the only sailfish competition in the world dedicated to anglers fifty years of age or older. Head-quartered at the world-famous Ocean View Inn &

Sports Pub in Islamorada, owner Gary Dunn and general manager Larz Tatro make this annual event a huge hit with amazing food, generous cocktails, exceptional hospitality and a wonderful silent auction and raffle.

Expect to see lots of familiar faces, because all of us "old folks" involved in years past will be back for more fun, festivities and fish stories. Pasta Pantaleo's trophies will grace our awards table, and there will be a collection of outstanding items in our live and silent auctions.

Please join us for a wonderful tribute to the founding fathers and the financial support the tournament provides to vital organizations in our local community. Good fishing, be well, and we look forward to seeing you again this coming year!





Coco'Nut' Funnies

family trends on sex, marriage, and family values.

Bill said, 'I didn't sleep with my wife before we got married, did you?'

Larry replied, 'I'm not sure, what was her maiden name?

A little boy went up to his father and asked: 'Dad, where did my intelligence come from?

The father replied. 'Well, son, you must have got it from your mother, cause I still have mine.

'Mr. Clark, I have reviewed this case very carefully,' the divorce Court Judge said, 'And I've decided to give your wife \$775 a week,

'That's very fair, your honor,' the husband said. 'And every now and then I'll try to send her a few bucks myself.

A doctor examining a woman who had been rushed to the Emergency Room, took the husband aside, and said, 'I don't like the looks of vour wife at all.

'Me neither doc,' said the husband. 'But she's a great cook and really good with the kids.

An old man goes to the Wizard to ask him if he can remove a curse he has been living with for the last

The Wizard says, 'Maybe, but you will have to tell me the exact words that were used to put the curse on

The old man says without hesitation, 'I now pronounce you man and wife.

Two Reasons Why It's So Hard To Solve A Redneck Murder:

- 1. The DNA all matches.
- 2. There are no dental records.

Two guys were discussing popular A blonde calls Delta Airlines and asks, 'Can you tell me how long it'l take to fly from San Francisco to New York City ?'

> The agent replies, 'Just a minute.' 'Thank you,' the blonde says, and hangs up.

Two Mexican detectives were investigating the murder of Juan Gonzalez.

'How was he killed?' asked one detective.

'With a golf gun,' the other detective replied.

'A golf gun! What is a golf gun?' 'I don't know. But it sure made a hole in Juan.

Moe: 'My wife got me to believe in

Joe: 'Really?'

Moe: 'Yeah. Until I married her I didn't believe in Hell.'

A man is recovering from surgery when the Surgical Nurse appears and asks him how he is feeling.

'I'm O. K. but I didn't like the four letter-words the doctor used in surgery,' he answered.

'What did he say,' asked the nurse.

While shopping for vacation clothes, my husband and I passed a display of bathing suits. It had been at least ten years and twenty pounds since I had even considered buying a bathing suit, so I sought my husband's advice..

'What do you think?' I asked. 'Should I get a bikini or an all-inone?'

'Better get a bikini,' he replied. 'You'd never get it all in one.

He's still in intensive care.

I'm not a republican or a democrat I BELONG TO THE COCKTAIL PARTY!

The graveside service just finished, when there was massive clap of thunder, followed by a bolt of lightning, accompanied by more thunder rumbling in the distance.

The little old man looked at the pastor and said, 'Well, she's there

Thank you Dave Purdo

An old geezer became bored in retirement and decided to open a medical clinic. He put a sign up outside that said: "Dr. Geezer's clinic. Get your treatment for \$500, if not cured, get back \$1,000."

Doctor "Young," who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000. So he went to Dr. Geezer's clinic. This is what transpired:

Dr. Young: "Dr. Geezer, I have lost all taste in my mouth. Can you please help me??"

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

Dr. Young: "Aaagh!! -- This is gasoline!"

Dr. Geezer: "Congratulations! You've got your taste back. That will be \$500."

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr Young: "I have lost my memory, I cannot remember any-

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Dr. Young: "Oh, no you don't -- that is gasoline!"

Dr. Geezer: "Congratulations! You've got your memory back. That will be \$500."

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr. Young: "My eyesight has become weak -- I can hardly see anything !!!!

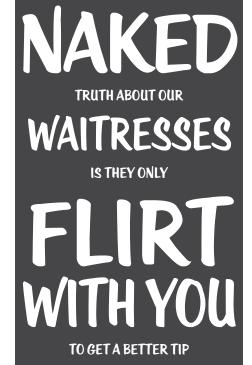
Dr. Geezer: "Well, I don't have any medicine for that so here's your \$1000 back." (giving him a \$10 bill)

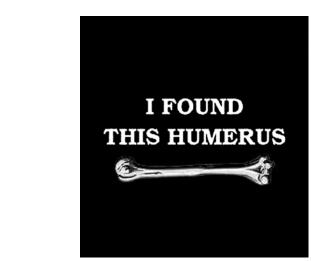
Dr. Young: "But this is only \$10!"

Dr. Geezer: "Congratulations! You got your vision back! That will be \$500." Thank you Trader Dick!











Thank you Trader Dick!

THE ULTIMATE **BLONDE JOKE**

A blonde woman was speeding down the road in her little red sports car and was pulled over by a woman police officer, who was also a blonde.

The cop asked to see the blonde driver's license. She dua through her purse and was getting progressively more agitated.

'What does it look like?' she finally asked.

The policewoman replied, 'It's square and it has your picture on It '

The driver finally found a square mirror in her purse, looked at it and handed it to the policewoman, 'Here it is,' she said.

The blonde officer looked at the mirror, then handed it back saying, "OK, you can go. I didn't realize you were a COD.

Thank you Trader Dick!

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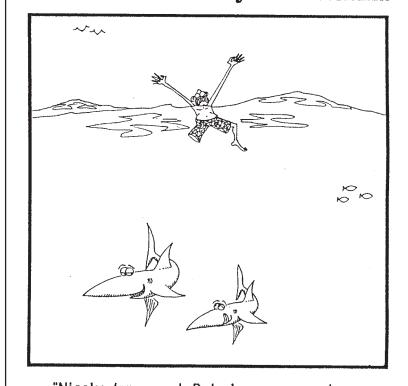
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Overlooking the Water

ARE YOU NOT THINKING WHAT I'M NOT THINKING?

Left **Field**

by J.S. McKinna



"Nicely done, son! But always remember: A conscientious hunter never leaves wounded game in the field..."

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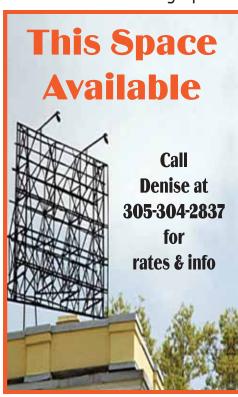
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To Miami





B ON THE MAP





Sounds of the Keys-

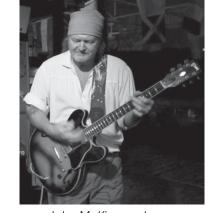


Alex of Mr. Nice Guy band performed with The Regs at Gilbert's.



Nice Guy band Joey Gilmore Band return to Bayside Grille on January 23.

d with The Regs Great blues from this Ft. Lauderdale based group!



John McKinna, always a favorite at Bayside Grill



Albert Castiglia returns to Bayside Grille on January 16.



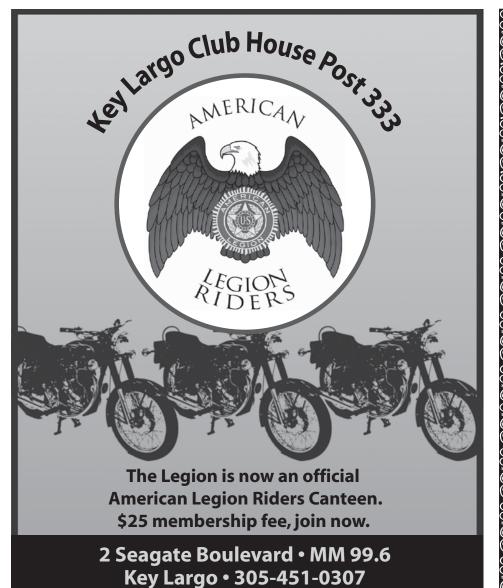
"Keyboard player for the Stars" Benny Harrison performs *Higher Ground* with The Regs at Gilbert's.



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Nice aerial shot of Gilbert's Resort, sent in by Rob LaBrun.



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MR NICE

GUY 1-6

12-4

RONNIE 6-10 28 LADIES NIGHT! 6-9PN **GARDNER** DJ REGGAE 12-4 **RONNIE** 6-10

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