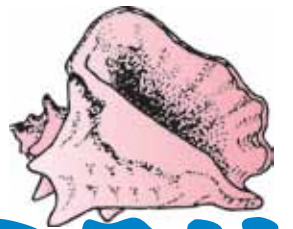


The Conch Republic COCONUT TELEGRAPH

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Entertainment



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All the Buzz

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Coco-Nut Funnies

Conch Characters

Sounds of the Keys

Business in the Keys

The Mangrove Galley



Lew Bellows, diving with Ocean Divers, installs new flag on the *Spiegel Grove*. Photo by Logan Lee Campbell.



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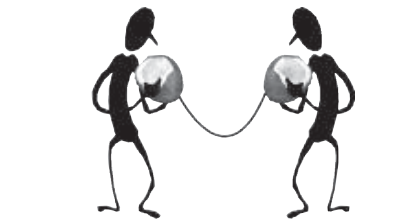
Coconut Telegraph

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Volume 11 Issue #126

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



The Email Address
for the Coconut Telegraph:
theconchtelegraph@gmail.com

Editorial: Thanks

The Coconut Telegraph's Fearless Leader was laid low with the flu at press time! She has a very brief, but heartfelt Editorial this month:

Thank you Nationwide Plumbing. They always show up on time and get the job done fast for a fair price.

Thank you Rex Air. I went for a week with no air conditioning in August and thought I was going to die. I now have a more energy efficient unit with a warranty, and the technicians were so nice.

Thank you little Jose for the roof fix, I can sleep without worrying the roof will fall in during the heavy thunder storms we have been having.

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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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Letter to the Editor
"RENTERS BEWARE"

County providing emergency services, such as police officers, EMTs, nurses, mental health and other social services counselors, and fire rescue personnel are leaving Monroe County like a mass exodus as a direct result of experiencing the effects of being prey to such unstable and substandard living conditions. In many cases, renters are subjected high rents, loss of security deposits, living without air conditioning, heat and other dire necessities, only to find themselves in a position to incur legal fees after being defrauded of the comfort of stable housing.

However, homeowners seem confident that the legal system will back them, despite such substandard conditions. Tenants pay high rents in a timely manner and, in many situations even upgrade these properties that have been left unattended, especially in cases when absentee landlords are those who have inherited properties, have never been members of, nor

contributed to, this community, yet remain in violation of State and Federal housing laws, directly resulting in the loss of our local professionals contributing to our community for many years.

Even longtime elderly & disabled members of our community fall prey to these illegal tactics.

Homeowners may feel that this is not their problem, but the fact is that our Florida Keys community is changing rapidly as drugs and crime infiltrate what we know as "home". No one will be experiencing paradise in this county much longer, should this trend continue, leaving only drug dealers and criminal element, while losing the very emergency responders needed to address these issues in our community, especially our police officers, nurses and mental health and substance professionals. The final result, if left unaddressed, will result in the reality that no one will be living in Paradise much longer.

—C.Leroux

Editor's note: I always refer people that are looking for an apartment to realtor Jane Wasmund (305-451-7704 or 305-451-6100) because she has over 30 years experience and knows just about everyone. Moving to the Keys should be a dream come true, not a nightmare.

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Labor Day Service

To honor the civilians and veterans who perished in the 1935 Labor Day Hurricane



Islamorada Hurricane Monument

Monday, September 4th – 9:00 am

The service will include the invocation, presentation of colors, recognition of special guest, singing of the national anthem, guest speakers, history of the hurricane and monument, the placing of the memorial wreath and the benediction. We encourage everyone to attend in honor of those who perished.

For more information please contact Barbara at 305-393-0940

We thank Centennial Bank for sponsoring the wreath, and all our guest speakers and volunteers.



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Happy Hour Food starting at \$6

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COCONUT TELEGRAPH WEATHER STATION

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IF THE COCONUT IS HOT...	It's Sunny
IF THE COCONUT IS COOL...	It's Overcast
IF THE COCONUT IS BLUE...	It's Cold
IF THE COCONUT IS SHAKING...	Earthquake
IF THE COCONUT IS GONE...	Hurricane

Coconut Telegraph is branching out into weather prediction!



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SEPT. 17TH



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Happy Hour 4-7pm daily

FISH FRY & FUN


Friday Sept. 15TH 5-7pm

Fish Fry & Fixin's \$8

“Show Me The Money” 7pm

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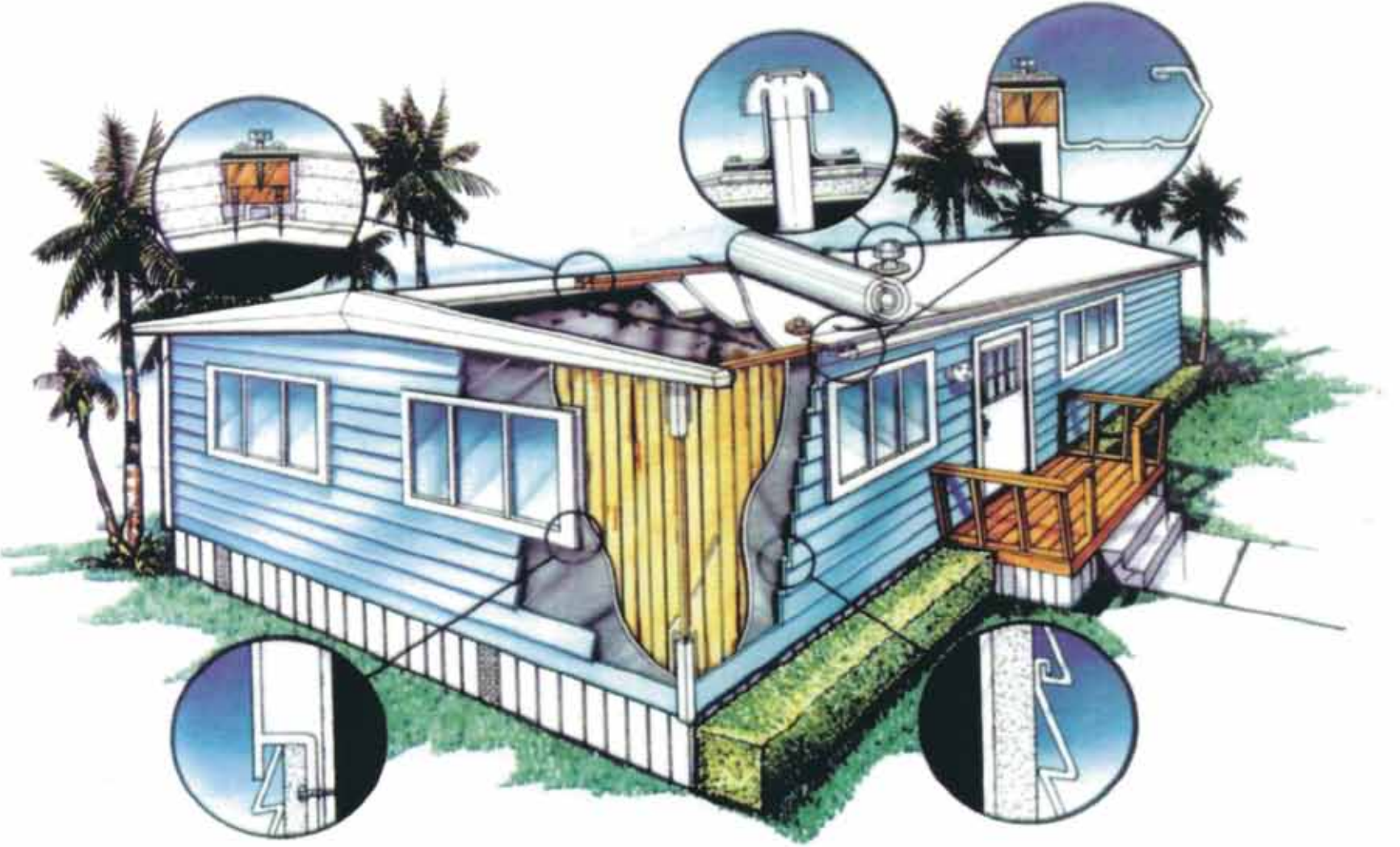
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Around Town



Florida Keys History and Discovery Center at the Islander - beat the heat and have fun!



Gilbert's Resort owner Elina and her sister Natasha brave summer heat to paint a mural by the new swimming pool.



Photo: Stephanie Nicole.

Spotted at Last Chance Saloon.



Best art classes in the Keys at the Art Box



Key Largo Light House Weddings steel drum music.



BEER
WILSON'S
DRAUGHT BITTER

We found a refurbished beer machine for the Coconut Telegraph office.

We may be closing early from now on!





LAUREL AND HARDY

Attention Laurel & Hardy Fans!
SONS OF THE DESERT

A new tent of "The Sons of the Desert" is forming in the Upper Keys. The "Sons" is an organization dedicated to the perpetuation of the memory and films of Stan Laurel and Oliver Hardy.

It's about as serious as you'd expect, toasts and films for the most part. All are welcome. No charge. For more information contact Ken Schryver 305-942-8005.

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Take the Shuttle!

For those arriving to the Gilbert's party fashionably late, you can park on the main access road and take the FREE air-conditioned shuttle to and from Gilbert's on Saturdays and Sundays from noon-8pm.

Don't Miss These Shows at Gilbert's Resort in September
Starting with 3 days of shows Labor Day Weekend, Gilbert's is rockin' all month long!

LABOR DAY WEEKEND
Sun. Sept. 3rd, 12-5pm:
3RG Miami



A premier South Florida show band offering dynamic, interactive, upbeat shows to get any crowd going. 3RG combines Rock, Reggae, Classic Rock, R&B and Latin to offer something for everyone to enjoy. The band released an original song and video called "Loca" that is getting radio play in Miami, propelling them into the Miami music scene. See them at Gilbert's before they get too big to play small venues!

Mon. Sept. 4th, 1-6pm:
Eclipse Band Live



The Eclipse Band wraps up the End-of-Summer weekend music bash! Featuring 7-8 band members, Eclipse is not short on talent or song selections. You will hear Classic Rock, Pop, Top 40, Latin and Reggae. The Eclipse Band Live is a favorite at Gilbert's... this special Labor Day Monday show is one you won't want to miss!

SAT. SEPTEMBER 9TH
Chain Reaction, 7-11pm



The Chain Reaction Journey Tribute Show returns to mesmerize the crowd with a true concert experience. Lead singer John D'Agostino sounds exactly like Journey frontman Steve Perry, and the band plays all your favorite Journey songs exactly as you remember them. To make this show even better, the band also plays Styx classics like "Blue Collar Man" and "Renegade." So if you want to sing along with "Don't Stop Believing," "Any Way You Want It," "Faithfully" and "Come Sail Away"....perfection!

Sun. Sept. 3rd, 6:30-10:30pm:
The Mojo Scoundrels



They light the stage on fire with every performance! Whether it's the sheer joy of Rick James "Give it to me baby", the inspiration of Marvin Gaye's "Whats going on" or the raw power of Ike and Tina Turner's classic "Proud Mary," the Mojo Scoundrels play the unforgettable favorites of the 60s, 70s and 80s from Motown to Funk, Classic Rock to Blues, Pop and Top 40. Wear your dancing shoes, because no one sits in their chair during a Mojo Scoundrels performance!

MICHAEL TRIXX returns to Gilberts on Saturday September 16th at 8pm!

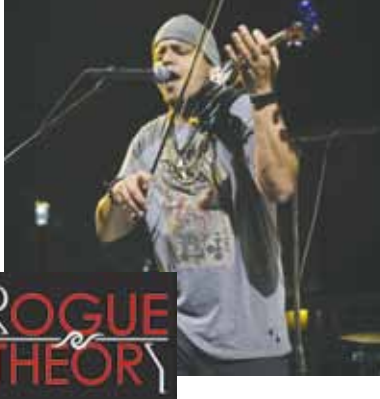


SAT. SEPTEMBER 16TH
The Flyers, 7-11pm



The Flyers were voted the best band in Broward and Palm Beach Counties in 2016 by New Times magazine, so why not see what all the hoopla is about? The band consists of three tight-knit, multi-instrumentalists, who play their versions of classics by The Beatles, Eric Clapton, Jimi Hendrix and many more. Lead singer and guitarist Patrick Varinas is widely considered one of the best guitar players in the country. If you have not seen him play, you are missing a great show.

SAT. SEPTEMBER 23RD
Rogue Thoery, 7-11pm



This band proves it CAN get hotter in South Florida! Featuring Harry Bayron on lead vocals and electric violin, Rogue Theory transforms Rock, Classic Rock, Top 40 and Reggae songs into mind-blowing versions like you've never heard! Imagine timeless classics from The Beatles, Stevie Wonder, Santana and Bill Withers with a unique fiddle twist, then fast forward to hits from Avici, Imagine Dragons, and an amazing version of Blues Traveler's hit "What Would You Say"—that's the Rogue Theory Experience.

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Gilbert's Resort

SATURDAYS IN SEPTEMBER:
MICHAEL TRIXX IS BACK! Sept. 16, 23 & 30, 8pm

 <p>Saturday, Sept. 2 UNCLE SMOKEY 1-5 PM</p>	 <p>Saturday, Sept. 2 STONE MOJO 7-11 PM</p>	 <p>Saturday, Sept. 9 NASH CAREY 1-5 PM</p>
 <p>Saturday, Sept. 9 CHAIN REACTION JOURNEY TRIBUTE BAND 7-11 PM</p>	 <p>Saturday, Sept. 16 CAT DADDIES 1-5 PM</p>	 <p>Saturday, Sept. 16 THE FLYERS 7-11 PM</p>
 <p>Sat., Sept. 23 CUTLER STEW 1-5 PM</p>	 <p>Sat., Sept. 23 ROGUE THEORY 7-11 PM</p>	 <p>Sat., Sept. 30 BROTHERS OF OTHERS 1-5 PM</p>
 <p>Sat., Sept. 30 TRIP MACHINE 7-11 PM</p>		

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The Mortail will rise again. Captain Scott Worth is bringing her back.

Oh, if only these bulk-heads and gunwales could talk, 'tis a salty tale they would tell for sure, mate!

What is the first thing you think of when one of your cronies brings up the name of the 48' catamaran sailing yacht the *Mortail*? Nakedness! Lots of naked bodies everywhere!

Back in the *Mortail's* heyday I remember running across the whale of a boat and its happily unencumbered crew out on the bay. They were dangling from the mast in all their full glory flapping in the salty air, letting it all hang out as if they hadn't a care in the world. Local lore says the name *Mortail* means "more tail" and we aren't talking lobsters.

Who can remember the bar patrons cheers when the



Mortail pulled up at the dock at Gilbert's Resort? And the crew hooting and hollering, stark naked, as they proceeded to climb all around the tiki bar rafters. Those folks really knew how to have a good time! The fun-loving, well-endowed Captain was the late Key Largo Fireman Chris Flem-



Party on the *Mortail* in 2009 (Posted on Trip Advisor by Lonewolf86HD, June 2009)

ing, who co-owned the boat with his friend Wilbur Somitch. Those were the days.

Local Captain Scott Worth, a good friend of the crew, had dreamed for years of owning the 48' L x 25' W world-circumnavigated boat, and when it finally became available for sale this year, he jumped on it. Worth has his 50-ton Captain's license and plans to take people on day and overnight trips starting in September. There are 4 full-size beds on board and the cost is \$200 a day or \$350 overnight.

You can stop by and see Scott's progress as he single handedly renovates the boat. He is at the Rock Harbor Marina Mon.-Fri. Maybe you want to be the first to book a trip on a legend? Call Scott at 305-304-3679. Clothing optional.

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.



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Sounds of the Keys



Music for Marc at the Island Grill Mandalay: Aaron Austin and the Sunshine Band.



Bobbe Brown at Snook's.



Pam and Patrick of Sweetwater entertain at Sharkey's.



The Keys band "Mr Stix & The Spurlence" perform for the Gilbert's Resort "Sunday Funday" crowd.



Mabel from "The Dropouts" joined "3RG Miami" on stage at Gilbert's.



The Alter Ego Band at Bayside Grill. Photo by Cathy Austin.



Cast Away at the VFW

Support Live Music in the Keys



Stereo Underground at Marker 88. Photo Elena Dimaggio.



Tim Dressing entertaining at the Key Largo Moose.



Kenny Wendland & Scotty Migone of the band "Monster" perform at Gilbert's.



Harry Bayron of the band "Rogue Theory" plays his electric violin to Rock songs. See them again at Gilberts Resort on September 23rd.



Dave Bowman of Alter Ego plays with two students from the Univ. of Miami at Bayside. Photo by Cathy Austin.



VFW Post 10211

September Calendar of Events

102255 Overseas Highway

Public Welcome!!!
Phone #: 305-451-2120

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Summer Hours: Sun - Thu: 2pm - 10pm Fri - Sat: 2pm- 12am	Daily Food Specials at the Freedom Cafe!!!	Daily Specials: Sun: 6 oz Sirloin Mon: Meatloaf Tue: Tacos / Burritos	Wed: Chicken Parmesan Thu: 6 oz Sirloin Fri: Spaghetti Sat: BBQ Chicken/Ribs	Check Out Our New Website At www.vfw10211.org	1 \$1 drafts all day -Live Band 7pm-? -50/50 Raffle	2 \$1 Drafts all day -Show me the \$ 6-8 pm -Ladies Night 7-9 pm
3 -Bingo 2-5 pm -Happy Hour 3-6 pm	4 -Happy Hour 3-6 pm -Show me the \$ 6-8 pm -Live Entertainment	5 -Members Appreciation 1/2 off prices all day -Show me the \$ 6-8 pm	6 -Happy Hour 3-6 pm -Show me the \$ 6-8 pm	7 -Happy Hour 3-6 pm -Bingo 7 pm -Queen of Hearts	8 \$1 drafts all day -50/50 Raffle	9 \$1 Drafts all day -Show me the \$ 6-8 pm -Ladies Night 7-9 pm
10 -Bingo 2-5 pm -Happy Hour 3-6 pm	11 -Happy Hour 3-6 pm -Show me the \$ 6 pm -NFL Drink Specials	12 -Members Appreciation 1/2 off prices all day -Show me the \$ 6-8 pm	13 -Happy Hour 3-6 pm -Show me the \$ 6-8 pm	14 -Happy Hour 3-6 pm -Bingo 7 pm -Queen of Hearts	15 \$1 drafts all day -Live Band 7pm-? -50/50 Raffle	16 \$1 Drafts all day -Show me the \$ 6-8 pm -Ladies Night 7-9 pm
17 -Bingo 2-5 pm -Happy Hour 3-6 pm	18 -Happy Hour 3-6 pm -Show me the \$ 6 pm -NFL Drink Specials	19 -Members Appreciation 1/2 off prices all day -Show me the \$ 6-8 pm	20 -Happy Hour 3-6 pm -Show me the \$ 6-8 pm	21 -Happy Hour 3-6 pm -Bingo 7 pm -Queen of Hearts	22 \$1 drafts all day -50/50 Raffle	23 \$1 Drafts all day -Show me the \$ 6-8 pm -Ladies Night 7-9 pm
24 -Bingo 2-5 pm -Happy Hour 3-6 pm	25 -Happy Hour 3-6 pm -Show me the \$ 6 pm -NFL Drink Specials	26 -Members Appreciation 1/2 off prices all day -Show me the \$ 6-8 pm	27 -Happy Hour 3-6 pm -Show me the \$ 6-8 pm	28 -Happy Hour 3-6 pm -Bingo 7 pm -Queen of Hearts	29 \$1 drafts all day -50/50 Raffle	30 \$1 Drafts all day -Show me the \$ 6-8 pm -Ladies Night 7-9 pm

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As seen on Diners, Drive-Ins and Dives on Food Network!!

Episode: "Succulent Sandwiches"

This trip, Guy Fieri's diggin' into succulent sandwiches! In Oakland, a real-deal butchery stacking up killer cheesesteak and off-the-chain chicken. In Modesto, Calif, a funky food truck putting pastrami on pretzel bread and cooking pulled pork in root beer. **And in Key Largo, Florida, a seafood staple servin' up a sandwich that's become a local legend.** (Episode: DV2407H)

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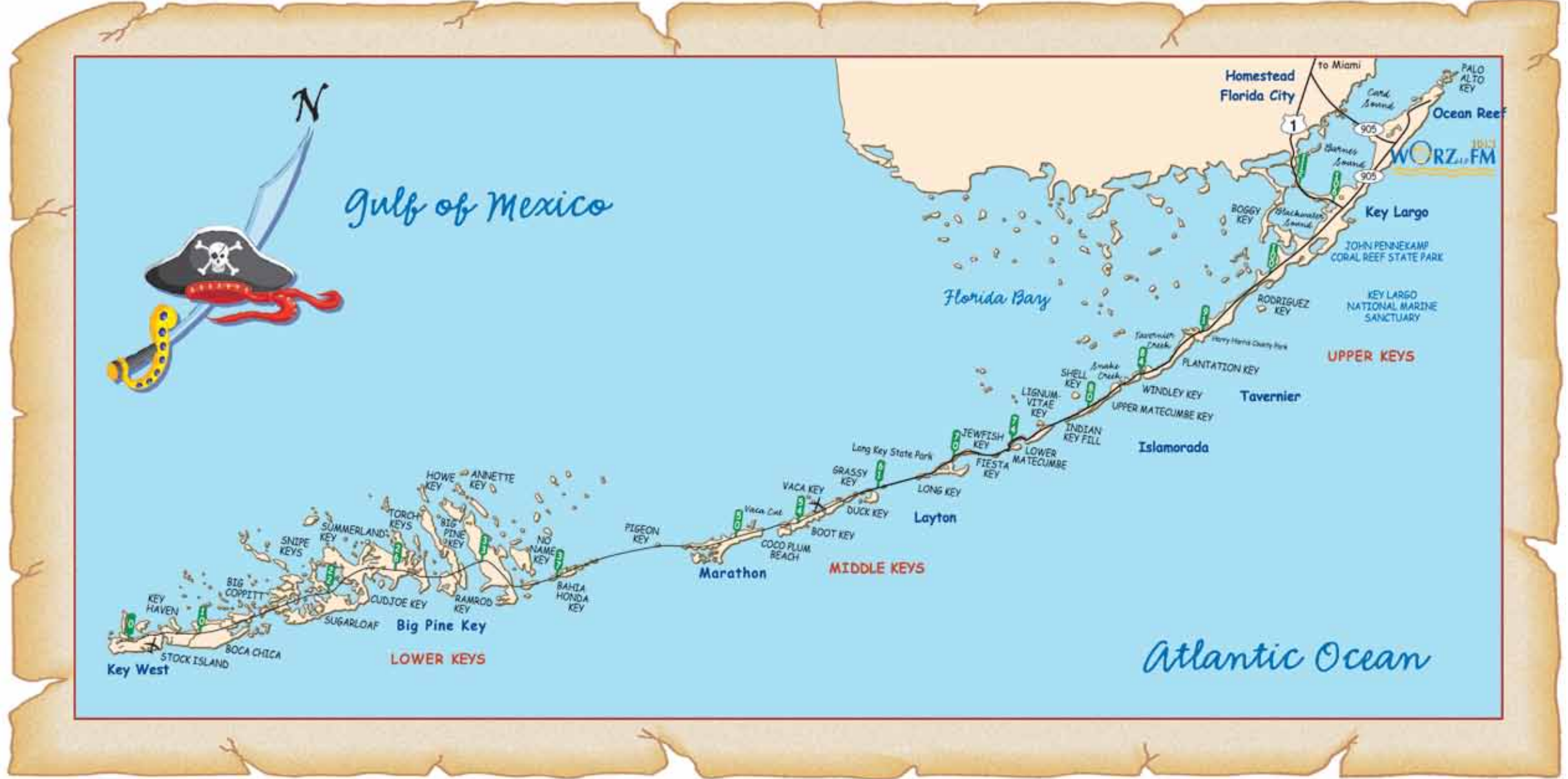
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DEBUNK

"Rat Tail" hair style	child without shoes	woman with hair curlers	someone with an eye patch	obese person using scooter
rebel flag t-shirt	white girl with 3+ multi-racial children	someone using an oxygen tank	kid riding bike in store	frozen food item left to thaw in random isle
dirty diaper left in parking lot	someone smoking a cigarette through their voicebox	FREE someone oblivious to the fact they're in your way	woman with moustache	man wearing wife-beater or muscle shirt
child over 5 drinking from a baby bottle	someone buying beer and diapers	entire family wearing NASCAR apparel	man under 30 with no teeth	someone giving away kittens
Dog the Bounty Hunter look-a-like	someone with puke, sweat, or blood on their clothes	unattended crying children	pregnant woman with visible "Tramp Stamp" tattoo	unbearable body odor


Blood Drive Supports John Singleton



L to R - Sandy Singleton, Christie Thomas, Judy Curtis, Bob Thomas



The Pirates on the Water and Key Largo Chocolates teamed up in August to hold a blood drive for John Singleton (former owner of the Mandalay Restaurant) who is battling cancer. Anyone who was not able to donate that day and would like to give blood in John's name can do so whenever they see the Big Red Bus. For more information call Nancy at One Blood 305-294-7668.



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Artist of the Month: **Kimberly Lahr**



Kimberly Lahr has lived in Islamorada FL for the last seven years, and two years ago discovered scuba diving. The sport opened up a whole new world for her, as she discovered an underwater environment where there's an infinite number of living creatures.

As an artist Kimberly moved by things that elicit strong emotions, especially moved by the beauty of animal life that she observes in the ocean. And....as you can see, especially sea turtles. She does paint other animals, (sea horses, sting rays, and jellyfish), but she says she's just getting started.

"That's the thing about the ocean. I will never become complacent because there are so many things to paint, and every new one I discover is a challenge. And I love challenges, they keep me excited about my subject matter, and what I paint. I believe that as an artist, or whatever it is that you do, you need something in your life that makes you excited to get up each morning."

Kimberly tells a short story: "One day while snorkeling, I wasn't looking where I was going and I bumped into a sea turtle. I guess she wasn't paying attention either. We were both startled by this incident, and we looked at each other, just for a second,

and then the turtle took off. Now, when I'm in the water, I always look for sea turtles. They are so beautiful, the way they glide through the water."

Kimberley's philosophy on art is simple. She thinks art should be about what moves a person. It should be something that when you view it, it makes you feel good. Many of us have heard artists, whether it be painters, writers, or the performing arts, go into long tirades explaining why they do what they do. After all the talk, we have a hard time retaining, or recalling what in the heck they just said. It's like a doctor speaking in medical jargon, and you say, "Could you just give it to me in layman's terms." Kimberly does!

Lahr's opinion, is that that art should not be bought just because it matches the color of the walls, or furniture.

She also believes that art shouldn't be seen as precious or permanent. She says, "I like to change things up a bit depending on the time of year, or my mood. For example, if I have a painting of a winter scene, I will take it down, and hang something different as the seasons change."

Kimberley also thinks that art should be priced so that someone with an average income can afford it. Although, she smiles and says, "Ok, if I become another Picasso, I might charge a little more."

To wrap this up, Kimberly says, "I hope you enjoy viewing my turtles. I hope it makes you feel something, because isn't that what art is all about?"

See Kimberly Lahr's work at the Art Box this month.



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Key Largo Library Community Room, Tradewinds. Saturday night, six or sevenish.

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who won't quit after 2 weeks on the job and doesn't think she's doing me a favor by working here, who can take a joke and won't cry every day on the floor.
Personal Enquiries Only.

MUSICIANS WANTED
Amateur & seasoned musicians wanted! The Keys Community Concert Band begins rehearsals for its new season in the fall. If you want to participate, call 305-451-4530.

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Used Cars—why go elsewhere to be cheated? Come here first! Dewey Cheatnam & Howe
I have two tickets to the The Killers concert in Miami in January, but I didn't realize it is on the same day as my wedding, so I can't go... If you are interested in going... It's at St. Justin's Church in Key Largo on January 23rd and the girl's name is Michelle.

PERSONAL
To the girl in the pink pyjamas standing on U.S. one at MM 82 on Wednesday afternoon with a cigarette in one hand and a bottle of vodka in the other, roaring down the street - you're absolutely gorgeous. Want to get together for the weekend? I'm that guy with one hand down the front of his cargo shorts, slurring my words every time I ask a tourist for 50 cent for the bus home.— Mickey, text me

VESSEL SAFETY
The USCG Auxiliary conducts vessel safety checks at Blackwater Sound Marina, MM 103.8 Bayside, every third Saturday of the month.
The Public is Welcome.
More info: 305-998-8400

CLUBS
Fraternal Order of the Eagles meets every 1st and 3rd Monday 7pm at Elks Lodge in Tavernier.
Florida Keys Orchid, Fern and Bromeliad Society meets the 3rd Thurs. of every month at Key Largo Library Comm. Room 7pm. Open to public. 305-451-3000
The Key Players, Inc. Community Theater Group needs volunteers to work behind the scenes and audition for roles! Go to: thekeyplayers.org

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A Blast from Our Conch Republic Past

This month we came across a piece of history in the creation of the Conch Republic. Just a few weeks after the Border Patrol put up a roadblock and the Conch Republic was formed in April of 1982, a south Florida group called The Blue Waters Band was performing in the Keys and decided to write a song commemorating the event, the Hymn of the Conch Republic. It became the Conch Republic's National Anthem!

Members of the band, since 1979, have been Brett Dolar, Jim Pardinas, Rick Doane, Dave Ruiter, Gary Dees, Dave Mishkin, and Steve Marshall.

The band was presented the Key to the City of Key West from then Mayor and Conch Republic Prime Minister Dennis Wardlow, upon presenting them with the song. Blue Waters Band then traveled to the Upper Keys and performed the song at numerous events, such as the Conch Republic cabinet meeting (mentioned below).



Based in South Miami, the band also opened their own place and named it "The North Key" because Key West and Key Largo were already taken! They performed the song every year for the Chamber of Commerce events in Key West during anniversaries of the The Conch Republic Days, and on other Keys every April over the years.

Today, Jack Jones, Dave Ruiter (pictured) and Steve Marshall have all passed away but Jim, Brett, Rick Doane, Dave Mishkin and Gary Dees are still around and have done a few band reunions over the years. (You may recognize Jimmy Pardinas from his Key Players performances. He still loves the stage!)

"THE HYMN OF THE CONCH REPUBLIC"
THE NATIONAL ANTHEM OF THE CONCH REPUBLIC

From Audubon to Hemingway they thought this place was grand,
with tropical rains and hurricanes the widows walks still stand.
Walking down 'ol Duval street past the tourist trade,
getting lost in all those t shirt shops and buying things handmade

I'm a loyal subject of the Conch Republic on bended knee,
she's a sandy rock with swayin' palm trees, floating on the sea.
I'll take my stand to keep this land so rich and free,
just a loyal subject of the Conch Republic for everyone to see!

We raised the flag, we fired a shot, applied for foreign aid,
Just because those government boys
Harassed our tourist trade
Now I do my duty to keep my country great
Writing my songs all day long
In my sovereign state.

I'm a loyal subject of the Conch Republic on bended knee,
she's a sandy rock with swayin' palm trees, floating on the sea.
I'll take my stand to keep this land so rich and free,
just a loyal subject of the Conch Republic for everyone to see!

So, enjoy the lyrics and remember the official band of the Conch Republic, The Blue Waters Band.



From The Keynoter, Thursday, July 22, 1982. Submitted by Brett Dolar.



STATE OF FLORIDA
OFFICE OF GOVERNOR BOB GRAHAM
May 27, 1983
Mr. Brett Dolar
Mr. Jack Jones
31 Southeast Second Road
Homestead, Florida 33030
Dear Brett and Jack:
Congratulations on the success of your band Blue Waters and particularly on the release of your first record. I am always happy to hear about songs that have been written about Florida, and I understand that your record contains one about the Florida Keys.
Best wishes for your continued success.
Sincerely,
Governor

Brett Dolar in his North Key studio, from the Miami Herald circa 1983, submitted by Brett Dolar.

Coco'Nut' Funnies

New Career

A gynecologist had a burning desire to change careers and become a mechanic.

So she found out from her local tech college what was involved, signed up for evening classes and attended diligently, learning all she could. When time for the practical exam approached, she prepared carefully for weeks, and completed the exam with tremendous skill. When the results came back, she was surprised to find that she had obtained a mark of 150%. Fearing an error, she called the instructor, saying "I don't want to appear ungrateful for such an outstanding result, but I wondered if there had been an error which needed adjusting." The instructor said, "During the exam, you took the engine apart-perfectly, which was worth 50% of the total mark. You put the engine back together again perfectly, which is also worth 50% of the mark. I gave you an extra 50% because you did all of it THROUGH the exhaust..."

World's Shortest Fairytale

ONCE UPON A TIME, A GUY ASKED A GIRL "WILL YOU MARRY ME?"

THE GIRL SAID, "NO!"

AND THE GUY LIVED HAPPILY EVER AFTER AND RODE MOTORCYCLES AND WENT FISHING AND HUNTING AND PLAYED GOLF A LOT AND DRANK BEEP. AND SCOTCH AND HAD MONEY IN THE BANK, AND LEFT THE TOILET SEAT UP AND FARTED WHENEVER HE WANTED.

THE END



Dear Optimist, Pessimist and Realist,

While you guys were busy arguing about the glass of water, I drank it!

Sincerely,
the Opportunist

She texted me, "Your adorable."

I replied, "No. YOU'RE adorable."

Now she thinks I like her. All I did was point out her typo.



LEAD ME NOT INTO TEMPTATION.

OH WHO AM I KIDDING, FOLLOW ME, I KNOW A SHORTCUT

HUSBAND DOWN!

A husband and wife are shopping in their local supermarket. The husband picks up a case of beer and puts it in their cart.

"What do you think you're doing?" asks the wife.

"They're on sale, only \$20 for 24 cans!" he replies.

"Put them back, we can't afford them!" demands the wife.

They carry on shopping.

A few aisles farther on, the woman picks up a \$40 jar of face cream and puts it in the basket.

"What do you think you're doing?" asks the husband.

"It's my face cream. It makes me look beautiful," replies the wife.

Her husband retorts: "So does 24 cans of beer, and it's half the price."

That's him, there in Aisle 5:



WHEN I'M BORED I SEND A TEXT TO A RANDOM NUMBER SAYING: "I HID THE BODY... NOW WHAT?"

Who's the Dummy?

A young ventriloquist is touring Norway and puts on a show in a small fishing town. With his dummy on his knee, he starts going through his usual dumb blonde jokes.

Suddenly a blonde woman in the fourth row stands on her chair and starts shouting, "I've heard enough of your stupid blonde jokes. What makes you think you can stereotype Norwegian blonde women that way? What does the color of a woman's hair have to do with her worth as a human being? It's men like you who keep women like me from being respected at work and in the community, and from reaching our full potential as people. It's people like you that make others think that all blondes are dumb! You and your kind continue to perpetuate discrimination against not only blondes, but women in general, pathetically all in the name of humor!"

The embarrassed ventriloquist begins to apologize, but the blonde yells: "You stay out of this! ... I'm talking to that little shit on your lap."



When I get a headache, I take 2 aspirins and keep away from children just like it says on the bottle!



What do you do when you miss your ex?

Re-load and shoot again.

The word 'phonetically' doesn't even start with an f.

Shit like this is why aliens fly straight past us.



Getting Old Sucks

I THINK I'M STARTING TO LOSE MY MIND.

But as long as I keep the part that tells me when I gotta pee, I should be okay.



CIGARETTES AND TAMPONS

A man walks into a pharmacy and wanders up & down the aisles. The sales girl notices him and asks him if she can help him.

He answers that he is looking for tampons for his wife.

She directs him down the correct aisle.

A few minutes later, he deposits a huge bag of cotton balls and a ball of string on the counter. She says, confused, "Sir, I thought you were looking for some tampons for your wife?"

He answers, "You see, it's like this, yesterday, I sent my wife to the store to get me a carton of cigarettes, and she came back with a tin of tobacco and some rolling papers, 'cause 'it's soooo-ooo much cheaper.' So, I figure if I have to roll my own, so does she."

MARRIAGE IS LIKE A DECK OF CARDS. IN THE BEGINNING ALL YOU NEED IS TWO HEARTS AND A DIAMOND. BY THE END YOU WISH YOU HAD A CLUB AND A SPADE.

WHEN YOU'RE DEAD, YOU DON'T KNOW YOU'RE DEAD. IT'S ONLY DIFFICULT FOR OTHERS. IT'S THE SAME WAY WHEN YOU'RE STUPID.



The Back Pew

A pastor's wife was expecting a baby, so he stood before the congregation and asked for a raise.

After much discussion, they passed a rule that whenever the pastor's family expanded, so would his paycheck.

After six children, this started to get expensive and the congregation decided to hold another meeting to discuss the pastor's expanding salary.

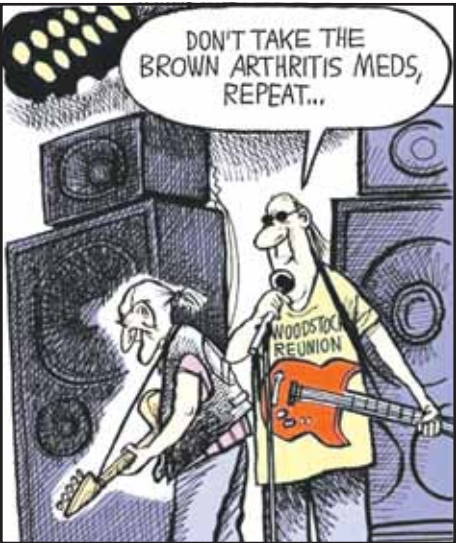
A great deal of yelling and inner bickering ensued, as to how much the pastor's additional children were costing the church, and how much more it could potentially cost.

After listening to them for about an hour, the pastor rose from his chair and spoke, "Children are a gift from God, and we will take as many gifts as He gives us."

Silence fell over the congregation.

In the back pew, a little old lady struggled to stand, and finally said in her frail voice, "Rain is also a gift from God, but when we get too much of it, we wear rubbers."

The entire congregation said, "Amen."



Left Field

by J.S. McKinna

" Sorry, pal. The neighborhood was going to hell, so we decided to evolve..."

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ON THE MAP

Key Largo

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Legend

- U.S. Highway
- State Highway
- Boat Ramp
- Mile Marker
- Point of Interest
- Dive Site
- Dive Wreck
- Swim with Dolphins

Map Labels: To Miami, To Ocean Reef, LITTLE BLACKWATER SOUND, BARNES SOUND, Creek, GARDEN COVE, John Pennekamp Coral Reef State Park, Carysfort, North The Elbow Dry Rocks, City of Washington, Christ Statue, Grecian Rocks, FLORIDA KEYS NATIONAL MARINE SANCTUARY, Spiegel Grave, Alligator, French Reef, Duane, Bibb, Molasses Reef, Harry Harris Park & Beach, Wild Bird Rehabilitation Center, Mariners Hospital, Bayside, BUTTWOOD SOUND, ROCK HARBOR, SUNSET COVE, Post Office, Murray Nelson Government Center, Adams Cut, Key Largo Public Library, African Queen Community Pool and Park, Mosquito Bank, Benwood, Alligator, North, Oceanside.

ON THE MAP

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Conch Characters

Gilbert's Resort manager Adrian Lopez shows off his first wahoo catch.

Photo: Rob LeBrun

John Singleton, captured by "video" David Kay.

Dan Brooke and Corrine Triviski under the tent at Music for Marc in August.

Conch Characters

Cathy Johnson with Donnie Vinson and Ari Merritt at Sharkeys.

The beautiful Christie and Kelly at Blackwater Siren.

Key Largo locals Debbie & Christine help Bobbe Brown entertain the Gilbert's Resort audience.

Lorraine Hoefel, Cathy Austin and Julie Guardino at Pilot House.

Adoring fans of the Shane Duncan Band showered Dave Scully with money at Gilbert's Resort.

Gary & Sandy are the best dancers at the VFW.

The "Tuxedo Jesus" band at Gilbert's took a break so this young lady could propose to her boyfriend!

Photo: Rob LeBrun

When Family Hurts: 5 Ways to Improve Family Relationships

by Dawn Wiggins, Ed.S.

I spent too many years hoping that my loved ones would acknowledge my pain and own their part. I have since learned that even receiving an apology is not enough to release the hurt. Healing requires letting go of the need for the past or the present to be different.

If you can focus on these 5 things, you will experience more peace in your family relationships.

1. Accept that you can't control your loved ones. The mind is sneaky and it wants to analyze what everyone else is doing wrong. If you find yourself analyzing someone else, understand this is a huge red flag that YOU have work to do. Learn to let go. This means learning to control the only thing you can...YOU. Begin

using some techniques to redirect your thoughts and your motives. Choose to believe that you can heal without their participation. Work with the idea that your thoughts are JUST THOUGHTS and they only have as much power as you give them.

2. Release the need for validation and approval from your loved ones. It doesn't matter if you are a parent, an adult child or a sibling. We all tend towards wanting love and acceptance from our family relationships. If you are not receiving validation from your family, be willing to receive it from others. Spend time with those who willingly share love and acceptance. We can supplement our family of birth with family of choice.

3. Recognize that anger and resentment will prolong your pain. If you tend to hold on to anger or resentment it is because it serves as evidence and energy to validate your pain. Why do you want to hold onto pain? Letting go of your resentment will not condone another's hurtful behavior. Letting go means you are taking fruitful steps towards emotional freedom! I once held onto a letter that caused an immense amount of pain. I used it to remind myself that I wasn't crazy and the author of the letter had harmed me. I eventually realized that I was continuing to harm myself rereading the letter. I was stirring up pain from the past that was impossible to change. It was then that I could shred the letter and move forward.



Dawn Wiggins, Ed.S.
Licensed Marriage & Family Therapist
Boca Raton • Key Largo • Online
561- 221-5575
101 Plaza Real South #226
Boca Raton, FL 33432
www.dawnwigginstherapy.com

4. Decisions are best made when you respond instead of react. If a family member invites you into conflict it is helpful to be slow to respond. When we impulsively react from a place of hurt we usually compound the situation. Pause, reflect, consciously choose your response from a place of calm. You are more likely to diffuse the situation and not cause yourself more pain.

5. Be the change you want to see. If you want to improve your family relationships, choose to change yourself. Do this regardless of what your family members choose. You will reap the benefits and no one can take that from you.

I am an expert on family relationships. I have decades of experience healing pain in a personal and professional capacity. If you have questions, need guidance or are looking for resources, don't hesitate to contact me!

Sean Giusti, DVM Joins Upper Keys Veterinary Hospital and Dr. Bob Foley

Upper Keys Veterinary Hospital and Dr. Bob Foley are proud to announce the associate of Sean Giusti, DVM in the practice of Veterinary Medicine and Surgery.

Pets have always been important in Dr. Giusti's life, facilitating his choice of Veterinary medicine. Starting as a Veterinary Technician, Dr. Giusti was inspired to become a

Veterinarian himself.

Dr. Giusti attended the University of Florida, receiving his B.S. degree, then a Master's Degree before receiving his Doctorate of Veterinary Medicine from the Ross University School of Veterinary Medicine.



Dr. Sean brings with him a special interest in animal dermatology. Dr. Giusti is also fond of Veterinary dentistry and soft-tissue surgery, as these modalities can quickly and easily enhance a pet's overall well-being.

Dr. Sean loves hiking, fish-

ing, diving and boating with his wife Natalie and their pet family of two dogs, one cat and a rabbit.

The Upper Keys Veterinary Hospital is located at 87801 Overseas Highway on Plantation Key. They are open Monday through Friday 8:00am-5:00pm, Saturday 8:00am-2:00pm and can be reached at 305-852-3665.

The Mangrove Galley by Sandi Mieszczenksi

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



When preparing a night's meal, a nice change is a stir fry. The beauty of a Chinese stir fry is that it is relatively easy (the chopping is the most time consuming part of the preparation) and you can use a variety of vegetables based on your taste. Try to avoid the pre-pack Chinese vegetables as I have found the packages contain more cabbage than actual Chinese vegetables themselves. I placed in this meal some of my favorite vegetables but you can add or replace with such items as bamboo shoots, green/red pepper, mushrooms, or even broccoli. If you are in the mood for a stir fry, try this recipe. I promise that you will not be disappointed. This meal will serve two people.



Stir Fry Tip: Pay attention to your veggies before tossing 'em into the pan. Cook thicker and harder vegetables first, since they take longer. For example, tomatoes or thin slices of garlic will burn while sturdy carrots and broccoli are taking their time getting tender. The key is to keep it moving.

CHICKEN TERIYAKI STIR FRY

- 2 boneless and skinless chicken breasts
- 2 minced garlic cloves
- ¼ cup plus 2 tablespoons of teriyaki sauce
- 2 tablespoons peanut oil (you can use vegetable oil instead, but the peanut oil adds that extra Asian flavor)
- 1 large onion, sliced
- 1 cup carrots, peeled and thinly sliced
- 2 cups snow pea pods (before using the pea pods, pinch the end and pull the string off)
- 2- 10 ½ ounce cans chicken broth
- 2 tablespoons cornstarch
- 1 - 8 ounce can sliced water chestnuts, drained
- 1 - 15 ounce can baby corn, drained and cut into bite size pieces
- 2 cups bean sprouts
- Cooked white or brown rice

In the morning, place the chicken breasts in a sealable plastic bag. Add the minced garlic and ¼ cup of the teriyaki sauce. Seal bag and squeeze to mix well.

During the day continue to squeeze the bag, mixing the ingredients. In the evening, when ready to begin the preparation, slice the onion and peeled carrots. Pull the strings out of the pea pods. Set aside. Remove the chicken from the bag discarding the marinade. Slice the chicken into lengthwise strips. Heat a wok or large skillet with the peanut oil on medium high heat. When the oil is hot, add the chicken slices and brown lightly, the center of the slices should remain pink. Remove the chicken from the pan.

Add the onion, carrots and pea pods to the pan (add extra oil if necessary). Cook the vegetables until al dente. Remove the vegetables from the pan. Return the pan to the stove and add one can of chicken stock and the 2 tablespoons of cornstarch. Stir well until the cornstarch is dissolved. Add the other can of the broth and the remaining 2 tablespoons of the teriyaki sauce. Stir well. Reduce heat and cover until the cornstarch taste is no longer there. Return the meat and vegetables to the pan and cook until the meat is no longer pink. Mix in the water chestnuts, baby corn, and beansprouts.

Cook until all is heated and serve on the rice. Enjoy!



Will I Live to see 80?

Here's something to think about. I recently picked a new primary care doctor. After two visits and exhaustive Lab tests, he said I was doing fairly well for my age. (I will soon turn seventy five).

A little concerned about that comment, I couldn't resist asking him, "Do you think I'll live to be 80?"

He asked, "Do you smoke tobacco, or drink beer, wine or hard liquor?" "Oh no," I replied. "I'm not doing drugs, either!"

Then he asked, "Do you eat rib-eye steaks and barbecued ribs?"

"I said, "Not much... My former doctor said that all red meat is very unhealthy!"



"Do you spend a lot of time in the sun, like playing golf, boating, sailing, hiking, or bicycling?"

"No, I don't," I said. He asked, "Do you gamble, drive fast cars, or have a lot of sex?"

"No," I said. He looked at me and said, "Then, why do you even give a shit?"

Sent in by Doug Myers, who says he has a lot of catching up to do before the big birthday!



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