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The Coconut Telegraph is proud to feature Alex Caldwell as this month's Entertainer of the Month. Born and raised here, he's an accomplished and popular musician. See our article on page 7.



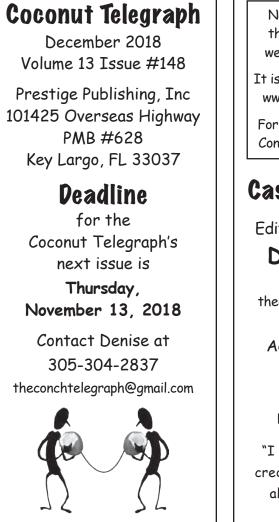


ON THE BEACH • MM 99.5 BAYSIDE KEY LARGO • 305-451-3380 Live Music • Happy Hour • Sunset World class entertainers, in Key Largo on the beach. It doesn't get any better than this! Check the calendar at http://keylargo-baysidegrill.com/sunset-bar/



Celebrate Sunset!

Live Music Monday through Saturday, fantastic Keyribbean cuisine and Happy Hour specials.



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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

"I don't think I get enough credit for the fact that I do all of this unmedicated."

Editorial: Snowbirds!

Because of hurricane Irma. 2017 was a rough year for us all. Dive shops and watersports folks suffered, many people were too busy fixing up their homes to be able to go out and enjoy our fabulous shops, restaurants and bars, and only the snowbirds that owned property came last season. This season is different and they are all here. Every damn one of them!

We LOVE our snowbirds and greatly enjoy seeing our old friends every year. They help our local economy by keeping everyone busy. But sometimes it's a love/hate relationship for us locals who live here year 'round.

For instance, during the season we have to park in outer Mongolia at the grocery store. The snowbirds buy out

all the prune juice and other goodies too. They bring with them the dreaded flu and common cold and then they share it with everyone. They turn us into alcoholics! Try explaining to your parents (who may also be snowbirds) that you have to start drinking early in the day because you are no longer able to get a seat at the tiki bar at happy hour because they are all taken by ... you guessed it, snowbirds

They cause us to drive offensively and we curse them as they pull out in front of us on US 1. But let's face it. they make the Keys a better place for all of us because their northern dollars help fund our paradise and keep it going for all to enjoy. So, thanks!

Disclaimer

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Coco"Nut" Funnies

CHNISIMAS

A little story to start your season in the right spirit.

When four of Santa's elves got sick, the trainee elves did not produce toys as fast as the regular ones, and Santa began to feel the pre-Christmas pressure.

Then, Mrs. Claus told Santa her mother was coming to visit, which stressed Santa more.

He went to harness the reindeer and found that three of them were about to give birth and two others had jumped the fence and were out, Heaven knows where.

When he began to load the sleigh, one of the floorboards cracked, the toy bag fell to the ground and all the toys scattered.



the house for a glass of cider and a shot of rum. He went to the cupboard, he discovered the elves had drunk all the cider and hidden the rum.

In his frustration, he dropped the cider jug, and it broke into hundreds of glass pieces all over the kitchen floor

Frustrated, Santa went in

He went to get the broom and found the mice had eaten all the straw off the end of it.

Just then the doorbell rang, and an irritated Santa marched to the door, yanked it open, and there stood a little angel with a great big Christmas tree.

The angel said very cheerfully, "Merry Christmas, Santa. Isn't this a lovely day? I have a beautiful tree for you. Where would you like me to stick it?"

And so began the tradition of the little angel on top of the Christmas tree. Not a lot of people know

The Coconut Telegraph and artist Treasure Map







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NEW! Key Largo Treasure Map! Fame and Fortune on the Rock!

extraordinaire Rodney Nelson have joined forces to bring you a fascinating Key Largo

Locals and advertisers can make history by getting their caricature, business, building, vehicle, boat, airplane, etc. drawn by Nelson on this collectible, history-making map.

Hundreds of dollars worth of prizes will be awarded to those who can find the hidden secrets and mi\$takes throughout the map.

Thousands of copies will be available throughout Key Largo and Tavernier as gifts from our advertisers! It will also be on the Coconut Telegraph's website, worldwide!

www.theconchtelegraph.com



We will come to you and take photos for the artist to draw Hurry to get your very own original Nelson caricature on a piece of the rock. Call or text us at 305-304-2837 today to get started.



COLORFUL





The Coconut Telegraph now has more color pages than ever before. Enjoy it, and if you're an advertiser, (or would like to be), call us to find out what your ad would cost in color. It's surprisingly affordable! 305-304-2837

^{305,304,2837} The Conch Republic www.TheConchTelegraph.com **COCONUT TELEGRAPH** TheConchTelegraph@gmail.cor Independently Owned Local Newspap 101425 Overseas Hwv., PMB #628 Key Largo, Florida Keys 33037

PIRATES COVE WATERSPORTS

Key Largo Bay Marriott Beach Resort, 103800 Overseas Hwy. www.pcwatersports.com









KEYS ADVENTURES

Jimmy Johnson's Big Chill, 104000 Overseas Highway www.keysadventureswatersports.com

305-731-9472

Pilot House Restaurant:

You're An EXTREME Redneck When...

1) You let your 14-year-old daughter smoke at the dinner table in front of her kids.

2) The Blue Book value of your truck goes up and down depending on how much gas is in it.

3) You've been married three times and still have the same in-laws

4) You think a woman who is out of your league bowls on a different night.

5) You wonder how service stations keep their rest-rooms so clean.

6) Someone in your family died right after saying, 'Hey, guys, watch this.'

7) You think Dom Perignon is a Mafia leader

8) Your wife's hairdo was once ruined by a ceiling fan. 9) Your junior prom offered day care.

10) You think the last words of the Star-Spanaled Banner are 'Gentlemen, start your engines.'

11) You lit a match in the bathroom and your house exploded, right off its wheels.

12) The Halloween pumpkin on your porch has more teeth than your spouse.

13) You have to go outside to get something from the fridge.

14) One of your kids was born on a pool table.

15) You need one more hole punched in your card to get a freebie at the House of Tattoos.

16) You can't aet married to your sweetheart because there's a law against it.

17) You think loading the dishwasher means getting vour wife drunk.





ocean access.







Beautiful sunset views.



Voted Best Happy Hour in the Keys! 4-7 Daily

WEDNESDAYS: 20% LOCALS DAY

13 Seagate Blvd., Key Largo, MM 99.6, 305-451-3142 HOME OF THE Glass Bottom Bar™ www.pilothousemarina.com **f** fb.com/pilothousekeylargo

A La Carte Brunch

Faylor King Band

Complimentary Mimosa, Glass of Champagne or

131 Coco Plum Rd S • Key Largo



Beautiful custom deep water canal residence offers modem amenities, spacious architectural design with soaring ceilings, top notch finishes, and immediate

27 South Drive • Key Largo



Key Largo canal front home with open concept living. 3/2 upstairs. Lots of natural light and cathedral ceilings. Spacious living for all your entertaining, plus a beautiful screened porch overlooking a wide canal.

1500 Ocean Bay Dr • Key Largo

Townhouse in Kawama Yacht Club. 3 levels in a private corner of K building. Very well maintained unit with great rental history on winter time. Perfect resort for the whole family with many amenities.

104350 Overseas Hwy • Key Largo



#C-15 Bayfront townhouse with deeded boat slip! Lovely Moon Bay unit with weekly rentals allowed.



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THE WASMUND TEAM **TROPICAL REALTY OF THE FLORIDA KEYS. INC**





117 Burgundy Dr • Key Largo



Beautiful stucco covered double wide mobile, 3/2 wit a nice open floor plan and recessed lighting. Tile floors throughout, Granite counter tops and upscale appliances. Separate laundry room.

421 Bahia Honda Rd • Key Largo



Great Weekender! Brand new floors, dry-walls, granite countertops.new wood kitchen cabinets, new appliances, electrical all updated, windows, new roof. Everything has been re-done to make this a LIKE NEW HOME ready to move into,

32 Pirates Drive • Key Largo



Cute 2/1 single family home, right across from the boat ramp. Keys cottage in a great neighborhood. Great starter home very well maintained. Has hurricane shutters, pretty new partial metal roof and updated cement roof. This would also be a great weekend home. Nothing to do here but move in.

9824 Mariners Ave - 110



3/2 Landings of Largo condo with all the bells and whistles plus a deeded boat slip witha lift. Views everywhere. Walk across to the pool or very near to the Marina. A top location for Keys living. Weekend or full time, for you & your family.

We're a **Mother-Daughter Team** and we handle your real estate needs with integrity and professionalism. Over 30 years of combined sales in the Keys gives you the opportunity to have our experience work for you.

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Strange Facts about the U.S.

More people live in New York City than in 40 of the 50 states.

The word "Pennsylvania" is misspelled on the Liberty Bell.

There is enough water in Lake Superior to cover all of North and South America in one foot of liquid.

There's a town in Washington with treetop bridges made specifically to help squirrels cross the street

In 1872, Russia sold Alaska to the Unites States for about 2 cents per acre.

It would take you more than 400 years to spend a night in all of Las Vegas's hotel rooms.

Western Michigan is home to a giant lavender labyrinth so big you can see it on Google Earth.

There's an island full of wild monkeys off the coast of South Carolina called Morgan Island, and it's not open to humans.

There's enough concrete in the Hoover Dam to build a two-lane highway from San Francisco to New York City.

Arizona and Hawaii are now the only states that don't observe daylight savings time.

Boston has the worst drivers out of the nation's 200 largest cities. Kansas City has the best drivers.

Kansas produces enough wheat each year to feed everyone in the world for about two weeks.

Oregon's Crater Lake is deep enough to cover six Statues of Liberty stacked on top of each other

The Empire State building has its own zip code.

The Los Angeles Coroner's Office has its own guirky gift shop called Skeletons in the Closet.

The Library of Congress contains approximately 838 miles of bookshelves-long enough to stretch from Houston to Chicago.

At 46 letters.

Massachusetts's Lake Chargoggagoggmanchauggagoggcha ubunagungamaugg has the longest place name in the U.S. (even though it's based on a joke).

In 1922, a man built a house and all his furniture entirely out of 100,000 newspapers. The structure still stands today in Rockport, MA.

The entire Denver International Airport is twice the size of Manhattan.

In 1893, an amendment was proposed to rename the country to the "United States of Earth."

A highway in Lancaster, California plays the "William Tell Overture" as you drive over it, thanks to some wellplaced grooves in the road

The total length of Idaho's rivers could stretch across the United States about 40 times.

The town of Centralia, Pennsylvania has been on fire for 55 years.

The one-woman town of Monowi, Nebraska is the only officially incorporated municipality with a population of 1. The sole, 83-year-old resident is the city's mayor, librarian, and bartender.

The entire town of Whittier, Alaska lives under one roof.

The number of bourbon barrels in Kentucky outnumbers the state's population by more than two million.

Montana's Glacier National Park has a canine "bark ranger" that helps herd wildlife away from hightraffic areas.

You can watch more than 100 ponies swim to Chincoteague Island every year in Virginia.

In 1943, the temperature in Spearfish, South Dakota jumped 49 degrees in two minutes (-4°F to 45°F), one of the most drastic changes on record.

The world's tiniest park is in Portland, measuring a mere two feet wide.

The inventor of the Ouija board lived and died in Baltimore: his tombstone stands as a reflection of his achievement.

The biggest signature in human history belongs to

Texas farmer Jimmie Luecke. The two-mile landmark can be seen from space.

There are around 5,000 commercial airplanes flying over the United States at any given time.

Only one-third of all \$100 bills are actually inside the United States.

In Colma, California the dead outnumber the living by nearly 1,000 to 1.

The smallest county in the U.S., Kalawao County on the Hawaiian island of Moloka'i, is also a leprosy colony where a few former patients still live.

South Florida is the only place in the world where alligators and crocodiles coexist in the wild. Thank Karen Beal for these!



The Coconut Telegraph is proud to feature Alex Caldwell as this month's Entertainer of the Month. Alex is a Coral Shores graduate and has lived his whole life here in Key Largo. Both of his parents also graduated from Coral Shores too. He learned to play the flute at age 11 and played with the school band. Now he plays 9 musical instruments including guitar, drums, bass, ukelele, mandolin and he sings and writes music as well. He is soft spoken, multi-talented, creative and very intelligent.

You can find Caldwell and his friends playing at the Big Chill, Gilbert's Resort, Sharkey's and sometimes Hog Heaven. He plays solo gigs,



With Uncle Smokey

I danced like no one was watching, But somebody WAS watching-Thought I was having a seizure And called an ambulance.

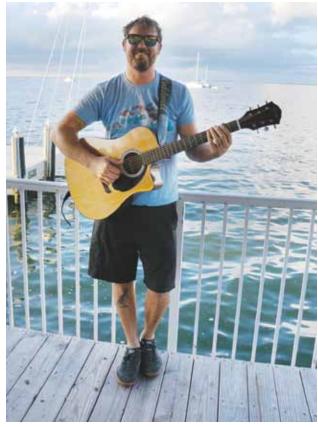


Entertainer of the Month: Alex Caldwell

which includes Rob Garza on bass and Alain Candia on drums.

With the band Uncle Smokey he plays with Luke Sommer Glen, Lewis Rainbow and Rob Garza. On Sundays he is at the Big Chill for Sunday Fun Day with friends Devin Spaulding, Jamie Vila, David Whidden and Justin Truscello. They have been playing together for 10 years.

Alex is inspired by the incredible talent of the Keys musical community, a close knit group of friends that are always willing to help each other. You can reach Alex by email Alex.Caldwell02 @gmail.com or by phone 305-747-5616.



With Uncle Rico

a









Wendy: 305-394-1376 have our experience work for you.

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102901 OVERSEAS HWY, MM 102.9 OCEANSIDE

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Christmas Drinking Game:

lay out wrapping paper, scissors, tape, tags, ribbon etc.

Pour yourself a drink

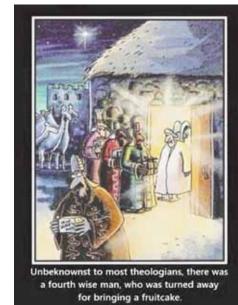
Begin wrapping.

Each time you lose the scissors, tape, or your Catlays in the way, take a drink

Wise V

Would have asked direction • • Arrived on time Helped deliver the bab Brought practical gifts Cleaned the stable Made a casserole and there would be Peace on earth!





SAW

AND

FOR

YOUR INSTAGRAM

PICTURES

YOU'RE GETTING

CHRISTMA

KEA ELVES

"I'm sorry you saw me, Timmy.

Now I'll have to kill you."

CLOTHES

BIBLE



Shop 305.998.4633 • Cell 305.902.9169 Come by, call, text or email. 100693 Overseas Hwy • Key Largo • acmecycleflkeys@gmail.com



It's A Legitimate Question!

This is a conversation between a man and a woman.

Woman: Do you drink beer?

Man: Yes

Woman: How many beers a day?

Man: Usually about three

Woman: How much do you pay per beer?

Man: \$5.00 which includes a tip.

Woman: And how long have you been drinking? Man: about 20 years, I suppose

Woman: So a beer costs \$5 and you have three beers a day which puts your spending each month at \$450. In one year, it would be about \$5400,

correct?

Man: Correct

Woman: If in 1 year you spend \$5400, not accounting for inflation, the past 20 years puts your spending at \$108,000 correct?

Man: Correct

Woman: Do you know that if you didn't drink so much beer, that money could have been put in a step-up interest savings account and after accounting for compound interest for the past 20 years, you could have now bought a new boat?

Man: Do you drink beer?

Woman: no.

Man: So where's yer boat, sweetheart?

Thank Doug Myers for this one









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LET US HOST YOUR NEXT *Office Party, Birthday, or Event!*

ABANA.

IEW YEAR'S EVE

MM104 Bayside - Key Largo 305.453.9066

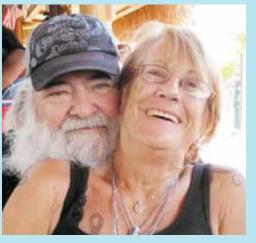
Music starts at 4pm and ends sometime next year! 4 Make your reservations now 305.453.9066

4-course menu + Champagne Toast & Party Favors! \$120 adult \$25 children For a more casual evening try our Tlki Bar & Sports Bar Venues! Complimentary admission and a children's menu available.

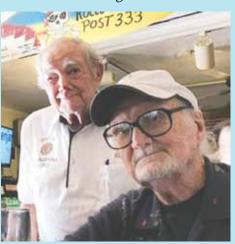
www.jjsBigChill.com

We remember our friends who passed this year...

Those we love don't go away. They walk beside us every day. Unseen, unheard but always near. Ttill loved, still missed and very dear.



Sue & Art ("Santa") Brill



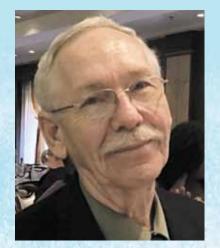
Jack Riley (L) & Neal Denzler (R)



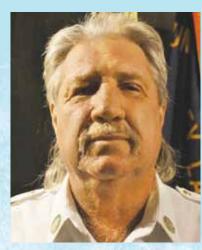
Mike Dimaggio



Ann Marie Shemanske



Ike Beal



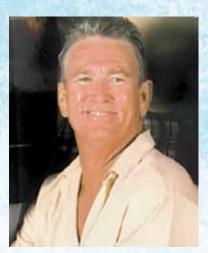
Paul "Uncle Pauly" Peterson



Gary Grinder



"Cowboy" Mark Norris



Robert Daniel Roberts



"Super Dave" Johnston



Jim Marcotte



Patria McKenzie



Marlene DeTienne

We thought of you with love today, But that is nothing new. We thought about you yesterday, And days before that too. We think of you in silence, We often speak your name. Now all we have is memories, And your picture in a frame. Your memory is our keepsake, With which we'll never part. God has you in his keeping, We have you in our hearts.

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Cheeca Lodge & Spa Announces Sixth Annual All American **Backcountry Tournament Results**

This tournament, inspired by 41st US President George Bush, honors war heroes and benefits Florida Keys fishing guides in need. In honor of Veteran's Day, Cheeca Lodge also hosted two war heroes who competed as a team.

All American anglers competed for trophies and prizes for releasing five different species of fish: snook, redfish, bonefish, tarpon and permit. Tackle divisions included fly, artificial and bait.

Taking home top honors of Grand Champion Angler and Fly Division Champion Angler was Doug Dragoo of Pagosa Springs, CO. He released four bonefish, ten snook and ten redfish on fly, guided by Richard Black of Tavernier.

Grand Champion Team honors went to Paul McCulliss of Littleton, CO, and his son Brian from Denver, guided by Eric Herstedt of Homestead, The duo released 20 snook, 18 redfish, one bonefish and one tarpon. Paul McCulliss also eared General Division Champion Angler with nine snook, eight redfish, one tarpon and one bonefish.

Second Place Team honors went to US Army veteran Al Hunter, Sr., from Miami, FL, and Marine Corps veteran Eric Munoz of Homestead, FL, for releasing 12 snook and five redfish guided by Captain Mike Makowski of Key Largo,

Jim Bokar of Tavernier clinched

Champion Angler in the Artificial Division, releasing ten snook and ten redfish. Bokar was representing Robert-James Sales, a title sponsor of the tournament.

A 35-1b permit landed the Most Outstanding Catch and Best Photo Awards for Ken Biro of Hollywood, FL, guided by Steven Tejera of Homestead,

Second-place Angler Division honors went to Fred Schwaibold of Charleston. SC, for releasing ten snook, ten redfish and three bonefish, guided by Dave Denkert of Islamorada, FL.

"We were honored to welcome talented anglers and guides back to experience some of the finest fishing in the Florida Keys" said General Manager Bob LaCasse. "It was rewarding to provide this opportunity to our veterans and raise funds for the Guides Trust Foundation at our newly refreshed resort."

Andy Mill, world-famous fly angler, former alpine ski racer and two-time Olympian, shared his expertise on fly fishing for tarpon at an evening reception. The tournament also featured appearances by fishing legends Stu Apte, a tournament competitor, and Sandy Moret.

Cheeca will also host the 29th Annual Cheeca Lodge Presidential Sailfish Tournament January 25-27, 2019, the third leg of the Florida Keys Gold Cup Sailfish Championship.



Veteran Angler Eric Munoz and redfish, fishing with Capt. Mike Makowski.

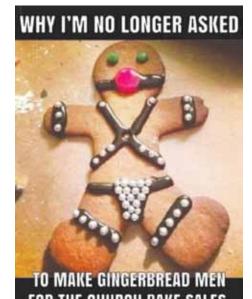


Angler Ken Biro (fishing with Capt. Steven Tejera) with permit.

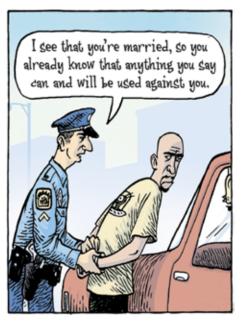


Stu Apte & snook, fishing with Capt. Steve Thomas

Did you know on the Canary **Islands there is** not one canary? And on the **Virgin Isles?** Same thing - not one canary there either!

















The Little Thinas performed at Jam Night at the American Legion.



Pirates Cove Watersports is at the Mariott Bay Beach Resort. See their ad on page 4.



Koty James and the Keybillies, photo by Sandy Singleton.



Congratulations to Tracy Petrusha from Tropical Realty for being awarded the Realtor® Rising Star Award at the Florida Keys Board of Realtors® annual installation event



When boating with your pets - safety first!



Congratulations! Key Largo Conch House won 3 awards: 2 Best of Show and the Grand Prize at the 37th Annual Key Largo Cook-off.



Congratulations to Key Largo Chocolates and Ice Cream for winning 1st Place for Desserts in the Key Largo Cook-off with their Bourbon Caramel Apple Pie - Kristy Thomas and Dawn McKernan DeBrule



Anislev Larrosa with Jack Hanna. Hanna and crew had lunch at the KL Conch House during a break while filming twin manatees being released.



Cheeca All-American Backcountry Tournament Grand Champion Award winner Doug Dragoo with guide Richard Black of Tavernier, and daughter.

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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Next to Publix at Tradewinds Questions? Call 305.304.2837.

FOR SALE

LAWNMOWER FOR SALE CHEAP

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VOLUNTEER!

HUMAN BAIT NEEDED Volunteer position for Bigfoot research project this winter in Texas.

SAFETY NOT GUARANTEED Need strong work ethic and some skill at camping. Reward: FAME 1-800-555-BAIT

JOBS

In Memory of Dave. We Will Miss You". NOW HIRING 305-555-IOBS

MISCELLANEOUS

ATTN HUSBANDS Starting a new service for married men that

need a break. We arrest you on Friday after work in front of your wife. "Release" you on Monday. Let me know if you're interested. We come in police uniforms and vehicles.

PERSONAL

305-555-JAIL

SWM seeking woman for companionship and more, just as long as you're not a cheating skank like my ex, Marcy.

305-555-SNGI Single male seeks double-jointed supermodel who owns a brewerv and grows her own pot. Access to free concert tickets a plus, as is having open minded twin

sister! 305-555-TWIN

SERVICES

House Cleaning call Danielle 305-393-2728

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.

/ESSEL 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 Classified ads will not be

accepted without payment

CLUBS

Fraternal Order of the Eagles meets every 1st and 3rd Monday,7pm at Elks Lodge, 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. Info: 305-451-2396.

THE KEY PLAYERS Community Theater Group needs volunteers to work behind the scenes and audition for roles! thekeyplayers.org

JOBS

PIANO PLAYER NEEDED at popular local bar.

Must be able to open oysters, mix drinks and roust rowdies. Min. wage. Apply in person. Having your own piano is a plus!

MM 111 Bayside, US 1

FOR SALE 2003 TOYOTA COROLLA

FOR SALE Maintenance: The car has had few issues over the years. Oil changes every 4-5k miles

or 5-6 months. Exclusively worked on by establishments that employ a spinning sign guy out front. The car rattles a bit and pulls hard to the left, just like a real NASCAR! Other issues: Cup holders are small (Japanese engineers in 2003 had no

idea how far we would come). Water pump was purchased from an Indian burial

ground, so the car is slightly naunted 305-555-LMON

PERSONAL

Duck voice to leave a

romantic message for

my girlfriend. Call Paul

305-555-DUCK

SEEKING someone who can do a good Donald

friends.



Being Happy For Friends

It is important to be there for our friends during the good times not just the difficult times.

When we are close friends with someone, we intuitively know when they need a hug, a helping hand, or a sympathetic ear. Likewise, when we are going through bleak periods in our lives, we count on friends to support us through loss, illness, and other setbacks, both big and small. And while part of being a good friend means being there when the other person needs us, it is just as important to be there for our friends so we can share in their joyous celebrations and triumphs. After all, who else would our friends want to celebrate their promotions, graduations, marriages, and good news with than their loved ones and good friends. Yet depending on what is happening in our lives, it can sometimes be difficult to be there for our friends during the good times.

We can become so busy with our own lives that we forget to make time. Or we may be so focused on our own problems that we may not feel like celebrating with our

We may even take their joyful moments for granted,

assuming that as long as we're there for our friends during the bad times that we are doing our jobs. Yet part of being a true friend means also being there during the good times. Success and happiness can feel empty without someone to share them with, and who better to join in our victory dances than our good friends.

Taking time from our busy lives to honor our friends' happy moments is a wonderful way to show them that they matter. And in many ways, by wanting you around during their happy occasions, your friends are also honoring you.

After all, it is the people we cherish that we want to sing at our birthdays, visit our newborn babies, and pop open that bottle of champagne when we reach a milestone moment. The next time a friend wants you to be there to celebrate with them. remember to feel honored that they thought of asking you.

Together, you can celebrate their happiness and your rich friendship.

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Pilot House can help you get registered to recieve toys for your kids for Christmas! Stop in and see Mark Charles (left) and his crew for a registration form AND a delicious meal or drink while you're at it! Thanks so much to the Pilot House for supporting Florida Keys Toys for Tots!



Celebrate Sunset

Most Photographed Sunset in Key Largo! Live Daily Conch Shell Blowing

LOCALS' FAVORITE

Bayside Grill: Keyribbean Kooking & Kocktails open 11:30am-10pm • www.keylargo-baysidegrill.com Best Live Music Schedule in Key Largo Entertainment calendar at keylargo-baysidegrill.com

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





The Mangrove Galley by Sandi Mieszczenski SAUTÉED SHRIMP WITH GORGONZOLA SAUCE



The Holidays are upon us and it may be time to pull out a dish that is elegant Keys-y. This dish is excellent for a fancy brunch or an intimate dinner. The rich flavors of the sauce taste like you were in the galley for hours, when in fact, this is a auick and easy dish to prepare

20 large uncooked shrimp, tails o
Flour for dredging
Garlic powder
4 Tbs of butter
1/3 cup of white wine

on 1/2 cup whipping cream 1/3 cup grated Parmesan cheese 1-1/2 tsp Italian seasonings 1/2 cup crumbled Gorgonzola cheese Finely chopped fresh Tarragon for topping

Lightly coat shrimp with flour, shake off the excess and place on a plate. Sprinkle with garlic power according to your taste. Melt the butter in a large sauté pan to medium high heat. Add the shrimp and sauté for 1 minute. Add the white wine and stir to incorporate. Add the cream, Parmesan cheese, and the Italian seasonings. Bring to a boil then reduce heat to medium, stirring frequently. Cook until the shrimp are beginning to get tender and the sauce thickens. Add the Gorgonzola, stir until melted and remove from the heat. Serve over the rice of your choice with the tarragon sprinkled on top. Enjoy!

Sandi's recipes are featured here monthly. For previous issues go to the conchtelegraph.com

BUSINESS IN THE KEYS



to move in guicksand.

that his happening. We picture of life. And we forget that all of our bigger issue than it is.

Rotary Club of Key Largo helps fund a



The Rotary Club of Key Largo helped fund the purchase of a defibrillator for Ocean Studies Charter School in Tavernier. The gift was matched by Patricia Thompson, Director of School Safety & Security for the Monroe

Dealing With Uncertainty

The feeling of not knowing is probably one of the most unsettling human sensations. We get all into our feelings and imagine the worst possible outcomes. We try to walk ourselves back from the edge of panic, but find that it's like trying Uncertainty invites us to abandon perspective. We become myopic, obsessed with the drama or conflict forget to remember the big struggles pass in time. In fact, indulging the feelings of uncertainty can cause any situation to spiral into a Recent research from Yale tells us that the brain

by Dawn Wiggins, Ed.S.

benefits from volatility and that uncertainty switches on the learning parts of our brain. I'm not advocating for constant chaos; that is not ideal. I am telling you that your struggle can facilitate your growth.

So, how do you manage your feelings until you realize your growth?

Expand your perspective. Jot down a few struggles you've resolved from your past and notice that they no longer feel so emotionally charged. For me, this would include financial uncertainty from my college days, the entire experience of divorce, pregnancy, childbirth, and parenting. With each encounter, I can see how I problem solved, learned and moved on.

defibrillator for Ocean Studies Charter School

(L-R) Key Largo Rotarian Lieutenant Nancy Alvarez, Ocean Studies Charter School Principal Trisha Woods, Key Largo Rotary President Jennifer McComb with students and SRO Deputy Jean Gonzalez.

County Sheriff's Office. "Thank you, you have assisted in providing a much-needed safety item for one of our smaller schools," said Monroe County Sheriff's Office Sergeant Patricia O'Keefe, who coordinated the donation.



Dawn Wiggins, Ed.S. Licensed Marriage & Family Therapist Boca Raton • Key Largo • Online 561-221-5575 99353 Overseas Hwy #16 Key Largo, Florida 33037 www.dawnwigginstherapy.com

Let go of trying to resolve EVERYTHING right now. The goal is to do what you can and allow the rest to unfold. You can't make solid decisions with the information you don't have. So, sometimes we need to be patient and wait until we have a deeper understanding or more knowledge. Please don't confuse patience with avoidance. Burying your head in the sand won't help. In fact, avoidance only creates more significant problems down the road. At some point, you will need to take action. Better to take action from a place of love and clarity than fear, anger or confusion.

HOW BOUT NOW? BETTER OR WORSE? E

The strategy is to practice behaviors that bring peace, perspective and hope. For instance, accepting that life may not be how you want it today. And, trust your ability to adapt as needed because hey, you've been adapting since conception!

A common tendency in times of uncertainty is to blame others for your circumstances. I promise you this won't work. Blame is only going to fuel anger and resentment. Instead, focus on the idea that this is happening for you, not to you. That idea can be challenging to embrace, yet the Yale research would agree! Stay focused on the lesson and the growth opportunities. Otherwise, you are willingly exchanging your growth for a victim mindset.

Finally, I want you to stop rehearsing negative thoughts. It's limiting your ability to see all of the possibilities. In my experience, even the darkest of experiences have led to surprising outcomes. Most of the time, my fears don't come true. Instead, the opposite happens; I end up experiencing abundance beyond my wildest dreams. So think big and use that imagination of yours to see a world that wants you to feel loved and worthy - even when you don't.

Remember when you used to be able to call a person 57 times, and hang up, and they never knew it was you.



Coco'Nut' Funnies

Saturday morning I got up early, dressed quietly, made my lunch, grabbed my clubs, slipped quietly into the garage and proceeded to back out into a torrential downpour. The wind was blowing 50 mph.

I pulled back into the garage, turned on the radio, and discovered that the weather would be bad throughout the day.

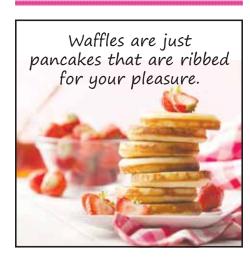
I went back into the house, quietly undressed, and slipped back into bed. There I cuddled up to my wife's back, now with a different anticipation, and whispered, "The weather out there is terrible."

My loving wife of 20 years replied "Can you believe my stupid husband is out golfing in that crap?"

I still don't know to this day if she was joking, but I have stopped golfing.



WOYLD TAXE





Is it crazy how saying sentences backwards creates backwards sentences saying how crazy it is?



Years ago, my mother-in-law began reading "The Exorcist." She said it was the most evil book she ever read. So evil in fact, she couldn't finish it, took it over to the beach and threw it into the ocean off a fishing pier. I went and bought another copy, ran the faucet over it and left it in the night table drawer by her bed. My father-in-law said that night was the first time she ever screamed and fainted. I'm going to Hell, but I'll go laughing.



During a commercial airline flight an experienced Air Force Pilot was seated next to a young mother with a babe in arms. When the baby began crying during the descent for landing, the mother began nursing the infant as discreetly as possible.

The pilot pretended not to notice, and, upon disembarking, he gallantly offered his assistance to help with the various baby-related Items.

When the young mother expressed her gratitude, the pilot responded, "that's a good looking baby, and he sure was hungry!"

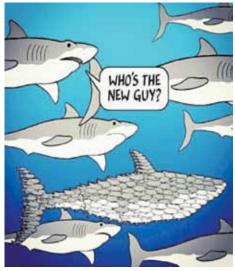
Somewhat embarrassed, the mother explained that her pediatrician said that the time spent on the breast would help alleviate the pressure in the baby's ears.

The Air Force Pilot sadly shook his head, and in true pilot fashion exclaimed, "And all these years, I've been chewing gum.









A blonde and a brunette are in a car and the brunette mentions that Christmas falls on a Friday this year. The blond says "I hope its not the 13th!"



Sir, please understand, to buy an anti-depressant pill, you need a proper prescription...Simply showing your marriage certificate & wife's picture is not enough...





Studies show that elderly people with pets live longer than those without.



AN AMBULANCE? DOUBLES AS A DE-FIBRILLATOR



The cashier told me "strip down, facing me."

How was I to know she meant my debit card?

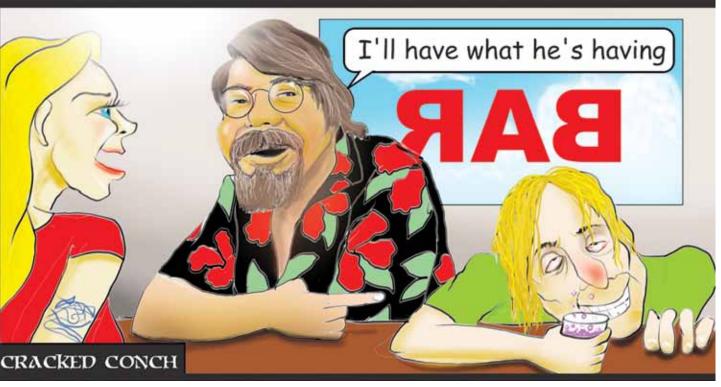
I wouldn't worry about his grades. I'm sure when you were his age you were just as stupid as he is.



As I watch this generation try to rewrite history. one thing I'm sure of... it will be misspelled and have no punctuation.

SO, YOUR INVENTION ... IT DETECTS WHEN YOU'RE HAVING A HEART ATTACK AND THEN WHAT? IT NOTIFIES FAMILY? CALLS





ABOUT THE CARTOONIST, RODNEY NELSON: After coming to the Keys many times, he moved here in 1969 at age 11. He tried different jobs before becoming a full-time artist in his late twenties. He enjoys the versatility it requires to survive as an artist in such a small community, and does airbrushing to glass etching; cartoons to fine art.

How do you milk sheep?

Bring out a new iPhone and charge \$1000 for it.

My next door neighbor knocked on my door, wearing just a seethrough negligee, and asked to borrow a cup of sugar... and then winked at me and asked to come in for a cup of coffee.

I said, "No way, Dave! Go home!"

YEAH, WE'RE GOING TO BE LATE. MARYA IS TAKING FOREVER TO CHANGE.



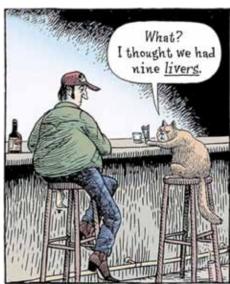
My stomach is FLAT. The L is just silent.

I JUST ORDERED A LIFE ALERT BRACELET SO IF I EVER GET A LIFE, I'LL BE NOTIFIED IMMEDIATELY.





'I've combined a laxative and alphabet soup. I call it 'Letter Bin



I STILL HAVE A LANDLINE. OR AS I LIKE TO CALL IT. "A CELL PHONE FINDER."



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1-6 pm











MR STIX & THE SPURIENCE Sun., Dec. 23 1-6 pm 1-6pm

