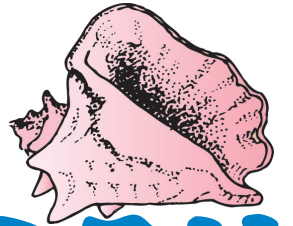


The Conch Republic COCONUT TELEGRAPH

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Entertainment



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

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Renewed Accreditation

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Make sure you're on it!

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All the Buzz

Sounds of the Keys
Dawn Wiggins, Ed. S.

Coco-Nut Funnies

Conch Characters

Business in the Keys

The Mangrove Galley

Classified Ads

Cartoons by Rodney Nelson



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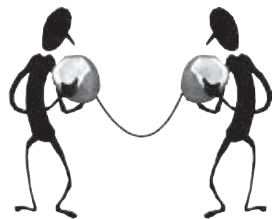
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Coconut Telegraph
September 2018
Volume 12 Issue #145
Prestige Publishing, Inc
101425 Overseas Highway
PMB #628
Key Largo, FL 33037

Deadline
for the
Coconut Telegraph's
next issue is
Thursday,
September 14, 2018

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



Notice: We do not mail out the Coconut Telegraph and we do not sell subscriptions. It is available for free online at www.theconchtelegraph.com. For comments please visit The Conch Telegraph on Facebook.

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

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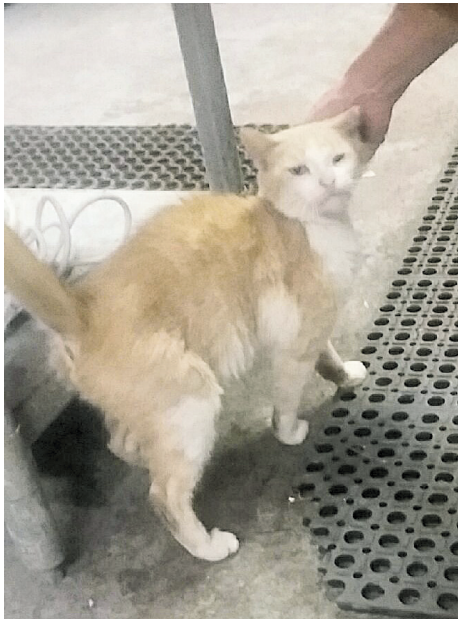
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Editorial: Update on Mr. Gumby, and the New Treasure Map



Mr. Gumby is appreciative of donations and attention!



The American Legion cat Mr. Gumby is doing well and thriving, thanks to donations from caring people and the love he gets on a daily basis. Chad Lyons, the man whose dog mauled him isn't doing so good. In the last couple of weeks he allegedly punched out a man who interrupted a fight between Lyons and a woman friend. The injured man hit his head on a rock and went to the hospital and Lyons went to jail. Please check out our Key Largo/Tavernier Treasure Map on page 3. Capt. Kenny Stanley will be assisting us with sales and you can contact either one of us. His number is 305-906-0306. We haven't done a Treasure Map since 1996! Get your face on the map and make history!!



L-R: Commander Rocco LaPace, Monica Ybarbo, Captain Kenny Stanley.

Welcome Captain Kenny, who is assisting the Coconut Telegraph with sales for the Treasure Map and newspaper... between charters on his yacht *License to Chill*. Above, Captain Kenny and his beautiful "other half" Monica Ybarbo were recently awarded for their continuing help with the American Legion by Commander Rocco LaPace. Congratulations!

Disclaimer

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Harley Davidson Plant Closings

Harley Davidson is closing many of its plants due to declining sales. Apparently, the Baby Boomers already have motorcycles, Generation X is only buying a very few, and the next generation, the Millennials, aren't buying any at all.

A recent study was conducted to find out why. Here are the reasons why Millennials don't ride motorcycles, and why sales are down:

1. Pants won't pull up far enough for them to straddle the seat.
2. Can't get a phone to their ear with a helmet on.
3. Can't use two hands to eat while driving.
4. Don't get a trophy and a recognition plaque just for buying one.
5. Don't have enough muscle to hold the bike up when stopped.
6. Might have a bug hit them in the face and then they would need emergency care.
7. Motorcycles don't have air conditioning.
8. Can't afford one because they spent 12 years in college to get a degree in Humanities, Social Studies or Gender Studies for which no jobs are available.

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

The Coconut Telegraph and artist extraordinaire Rodney Nelson have joined forces to bring you a fascinating Key Largo Treasure Map!

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 mistakes 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.

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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.



Trying to Summon an Internet Connection

Voted **Best Happy Hour in the Keys!** 4-7 Daily
WEDNESDAYS: 20% LOCALS DAY

Pilot House Restaurant:



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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HELGA'S CRUISE SHIP DIARY



DEAR DIARY - DAY 1

All packed for the cruise ship - all my nicest dresses, swimsuits, short sets. Really, really exciting. Our local Red Hat chapter - The Late Bloomers - decided on this "all-girls" trip. It will be my first one - and I can't wait!

DEAR DIARY - DAY 2

Entire day at sea, beautiful. Saw whales and dolphins. Met the Captain today -- seems like a very nice man.

DEAR DIARY - DAY 3

At the pool today. Did some shuffleboard, hit golf balls off the deck. The Captain invited me to join him at his table for dinner. Felt honored and had a wonderful time. He is very attractive and attentive.

DEAR DIARY - DAY 4

Won \$800 in the ship's casino. The Captain asked me to have dinner with him in his own cabin. Had a scrumptious meal complete with caviar and champagne. He asked me to stay the night, but I declined. Told him I could not be unfaithful to my husband.

DEAR DIARY - DAY 5

Pool again today. Got sunburned, and I went inside to drink at piano-bar, stayed there for rest of day. The Captain saw me, bought me several large drinks. Really is quite charming. Again, he asked me to visit his cabin for the night. Again, I declined. He told me, if I did not let him have his way with me, he would sink the ship! I was shocked.

DEAR DIARY - DAY 6

Today I saved 2600 lives.
Twice ...

One Morning at the Assisted Living Center

The people who live at the Center have individual small apartments but they all eat at a central cafeteria. One morning one of the residents didn't show up for breakfast, so my wife went upstairs and knocked on his door to see if everything was OK. She could hear him through the door and he said that he was running late and would be down shortly so she went back to the dining area.

An hour later he still hadn't arrived so she went back up towards his room and she found him on the stairs. He was coming down the stairs but was having a hard time. He had a death grip on the hand rail and seemed to have trouble getting his legs to work right.

She told him she was going to call an ambulance but he told her no, he wasn't in any pain and just wanted to have his breakfast. So she helped him the rest of the way down the stairs, and after he was seated, he went on to enjoy his breakfast.

He seemed normal, talking about the weather and being responsive to questions.

When he tried to return to his room he was completely unable to get up even the first step so we called an ambulance for him. A couple hours later she called the hospital to see how he was doing. The receptionist there said he was fine, he just had both of his legs in one leg of his boxer shorts!

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The Coconut Telegraph Redneck Hurricane Preparedness Guide

With Hurricane Irma's devastation to the Keys last year We thought it would be a good idea to remind all our readers that you need to be prepared for these types of predicaments.

Immediately after an emergency, and you have seen this time and time again, the first people to be up and running and rescuing others are the rednecks. It's not the Harvard MBA's that are pulling people out of flooded homes with jon boats. It's the rednecks. Nope, a fancy air conditioned, Italian marbled floored, mahogany paneled office full of accountants used to chilled lobster and martini lunches won't do anyone much good in an emergency.

When it hits the fan and there is trouble a redneck will always come out on top of the situation. What is their secret? Preparedness. And this is how they do it...

BOOZE: Hide the Budweiser and have a couple cans of Milwaukee's Best in case strangers stop by or you need to barter with neighbors. If you are too drunk to walk, then take a kayak... otherwise it will take you forever to get anywhere.

FOOD: Slim Jims, and if you want to live large, get some mustard for dipping... beef jerky, pork rinds and anything that was on the table that the dogs didn't eat and won't go bad without refrigeration.

BOAT: A true redneck has a boat in his yard for years at a time without ever using it once. That's because it's for emergency purposes. I highly recommend a two-stroke motor that will always start after it's kicked a few times. Preferably that motor will



be a Johnson, because jokes about your Johnson never get old. If kicking it doesn't work, call Louie at Dockside Services, Louie can fix anything.

WHIP OUT THAT OLD JOHNSON AND GET IT REV'VED UP!



mailman up bad this morning. I don't think Satan took part; hard to tell from all the blood. I locked all four of 'em in the house. Better wait outside. Be right back."

GUNS AND AMMO: I'm not talking about the magazine. Looters will be shot on sight and their loved ones can buy their watches and rings back at the pawn shop. And personally, I'd like to say that if you have a gun, then alligator and crocodile are always on the menu. If a disaster causes the traffic on US 1 to back up all the way to Islamorada you'll need nourishment.

BE READY: Get yourself prepared in case you have a shortage of rednecks in your area. Don't expect FEMA to be able to get to you or provide for you. Last, but not least, organize a hurricane party. Meet me at the Big Chill or Cactus Jack's where we can watch it better.

PICKUP TRUCK: When a hurricane hits, it's certain that a redneck in a Ford F-150 that is held together with bondo and duct tape will be pulling your Lexus out of that ditch.

DOG: A dog will tell you if something is edible or not.

FLASHLIGHT: You need one in addition to the one the family uses at night to go out to the bathroom.

RADIO WITH A POWERFUL SPEAKER: That way you have something to drown out the wife, kids, mother-in-law, your sister-in-law Crystal, your sister Crystal, cousin Crystal, and your neighbor Crystal and her daughter little Crystal. We recommend you tune in to Thunder Country 100.3 FM.

HOME SECURITY SYSTEM:

1. Buy a pair of size 14-16 work boots.
2. Put them on the front porch with a copy of your most recent assault charge.
3. Put some giant dog dishes next to the boots and court papers.
4. Leave this note on your door: "Jake and Buster: I went to the store for more ammo & Walgreen's for booze. Back soon. Don't mess with the pit bulls; they messed the

QUICK REFERENCE FOR HURRICANE CATEGORIES

CAT 1



CAT 2



CAT 3



CAT 4



CAT 5



Sounds of the Keys



Uncle Smokey performs at Jimmy Johnson's Big Chill.



The Flyers stopped by Gilbert's Resort in July and rocked the place. See them again September 22nd.



The "Cat Daddies" will bring their Rock and Blues revue back to Gilbert's Resort in October.



The "Main Street" band really rocked the Gilbert's stage last time. See them again on Sept 15th.



Taylor King Band put on a great show at Pilot House



Dominic Congemi and Larry Calvano with Dean Fortunato at the Big Chill. Photo by Ralph Trapani.



The Steve Venini Band is a favorite at Bayside Grille's beachfront stage.



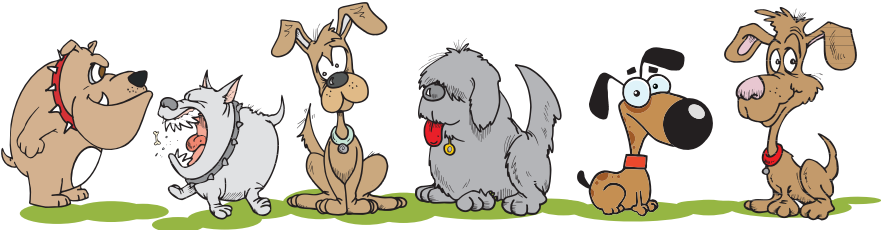
Buffy from the band "Stereotomy" walks like an Egyptian, during 80's Night at Gilbert's Resort. Photo by Rob LeBrun.



Tom Hall from Mr Nice Guy loves playing Key Largo!



Koty James and the Keybillies at Sharkeys, always a fun time!



NEW DOG CROSS BREEDS

The following new cross breeds are now recognized by the American Kennel Club - allegedly!

COLLIE + LHASA APSO
Crapso, a dog that folds up for easy transport.

POINTER + SETTER
Poinsetter, the traditional Christmas pet.

PEKINGESE + LHASA APSO
Peekasso, an abstract dog.

IRISH WATER SPANIEL + ENGLISH SPRINGER SPANIEL
Irish Springer, a dog fresh and clean as mountain air.

TERRIER + BULLDOG
Terribull, not a good dog.

BLOODHOUND + LABRADOR
Blabador, a dog that barks incessantly.

MALAMUTE + POINTER
Moot Point, owned by...oh, well, it doesn't matter anyway

COLLIE + MALAMUTE
Commute, a dog that travels to work.

DEERHOUND + TERRIER
Derriere, a dog that's true to the end.

BULL TERRIER + SHITZU
You figure this one out!!

BREAKING NEWS:
A woman reported that her dog ate all her Scrabble tiles. For days, he kept leaving little messages for her around the house.



NEW JOB OPPORTUNITY FOR SEEING EYE DOGS



Labor Day Service

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



Islamorada Hurricane Monument Monday, September 3rd ~ 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. Dan Furmanik from the Coconut Cowboys will be a guest vocalist.
We thank Centennial Bank for sponsoring the wreath
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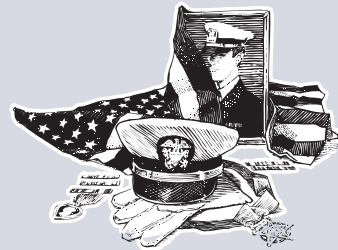
Find Us on Facebook: Jam night at the American Legion 333

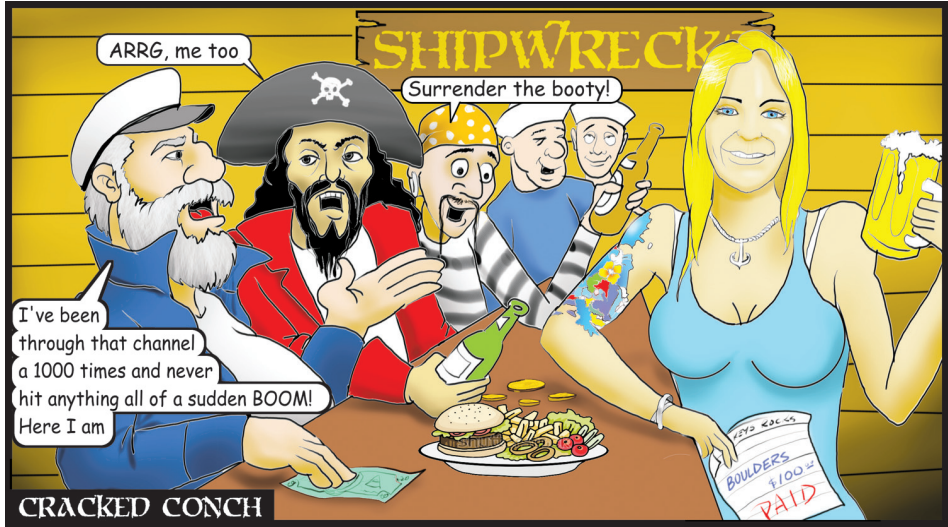
2 Seagate Blvd. • MM 99.6 • Key Largo • 305-451-0307 • www.legionpost333.org



VFW Members Welcome!

Support our Veterans





Free Breakfast Brunch at Baby's Coffee

Sunday, Sept. 9,
8am to 2pm
for the entire
community



Baby's Coffee wants to say **thank you** all so much for your support after Hurricane Irma, so we hired Chef Drew's Island Catering from Tavernier, who served free food for 6 days after the hurricane, to cook for us once again.

Everyone is invited, positive vibes to all.

Your lifelong friends at Baby's Coffee.

Please post this on your favorite social media and tell your friends.

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MCSO Recommended for Renewed Florida Law Enforcement Accreditation

Inspectors with the Commission for Florida Law Enforcement Accreditation told Sheriff Rick Ramsay in late August that they reached a unanimous decision to recommend to their board that the Sheriff's Office be reaccruited.

The inspectors reviewed Sheriff's Office finances, patrol policies, detention centers and every other aspect of the agency this week. They told Sheriff Ramsay that they will inform the Commission for Florida Law Enforcement Accreditation board that the Sheriff's Office is not only in compliance with the state's accreditation standard, but also that the agency practices those standards, day in and day out. The inspectors added their decision was unanimous.

The Commission for Florida Law Enforcement Accreditation board will make the final decision on the Sheriff's Office state accreditation status later this year.

"We work hard to ensure we are a top notch, professional law enforcement agency," said Sheriff Rick Ramsay. "Accreditation on state and national



levels ensures outside experts take a look at what we are doing and give us input on how to improve our operations. We hold five separate accreditations in law enforcement, corrections and in jail healthcare — an accomplishment this agency is extremely proud of."

The stellar review by the Commission for Florida Law Enforcement Accreditation is integral in keeping the Sheriff's Office Triple Crown Award for accredi-

tation status. The Triple Crown Award is given to Sheriff's Offices who achieve simultaneous accreditation from the Commission on Accreditation of the American Correctional Association, The Commission on Accreditation for Law Enforcement and the National Commission on Correctional Health Care. As of fall of 2013, only 42 Sheriff's Offices in the country held this award, eight of them being in the state of Florida.

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SATURDAYS THIS MONTH:

 Saturday, Sept. 1 UNCLE SMOKEY 1-5 PM	 Saturday, Sept. 1 TUXEDO JESUS 7-11 PM	 Saturday, Sept. 8 DJ BERT 1-5 PM
 Saturday, Sept. 8 SHANE DUNCAN BAND 7-11 PM	 Saturday, Sept. 15 SPUNK THE BAND 1-5 PM	 Saturday, Sept. 15 MAINSTREET 7-11 PM
 Sat., Sept. 22 BROTHERS OF OTHERS 1-5 PM	 Sat., Sept. 22 THE FLYERS 7-11 PM	 Sat., Sept. 29 CUTLER STEW 1-5 PM
		 Sat., Sept. 29 BOMBHELL 7-11 PM

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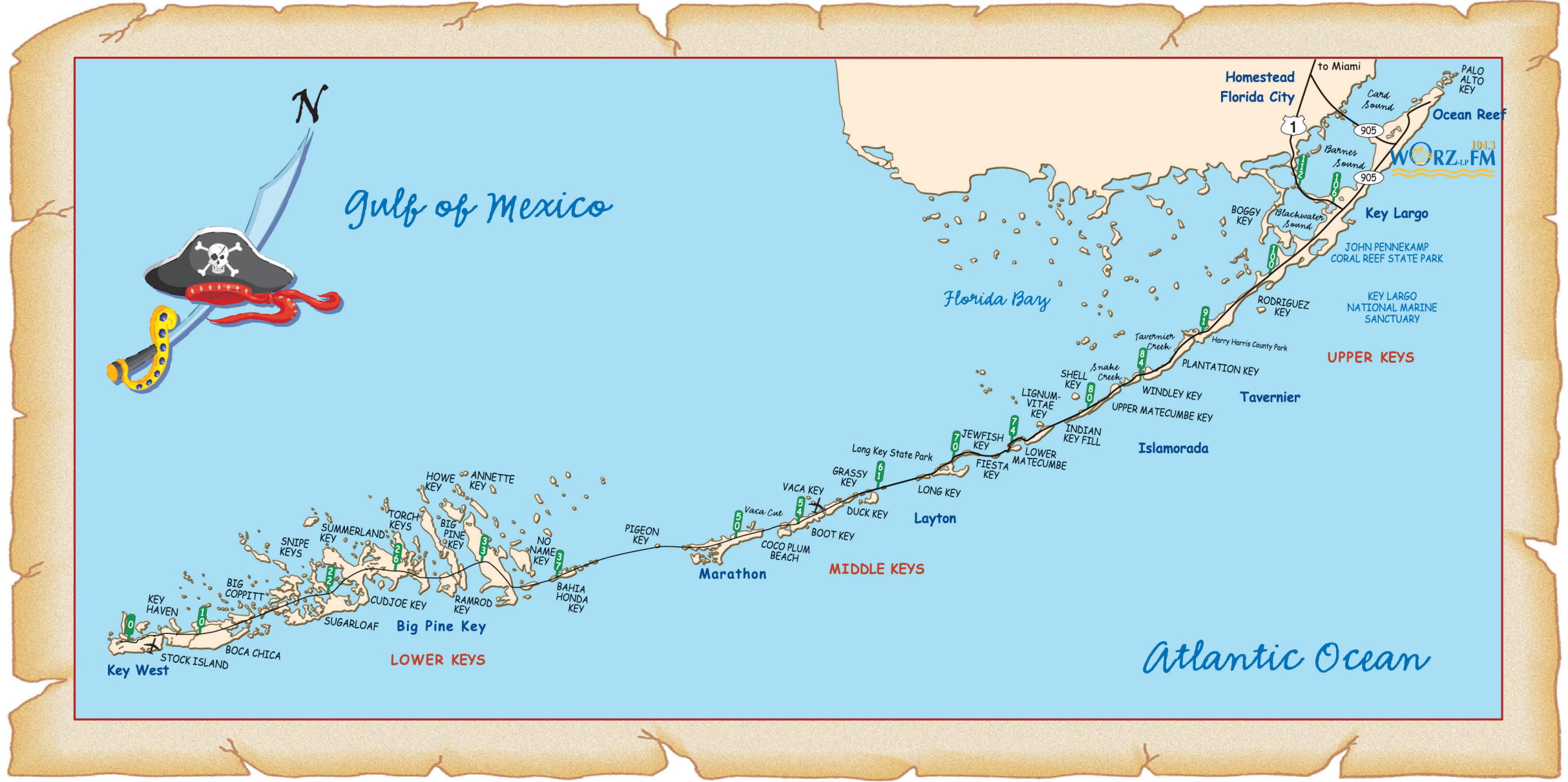


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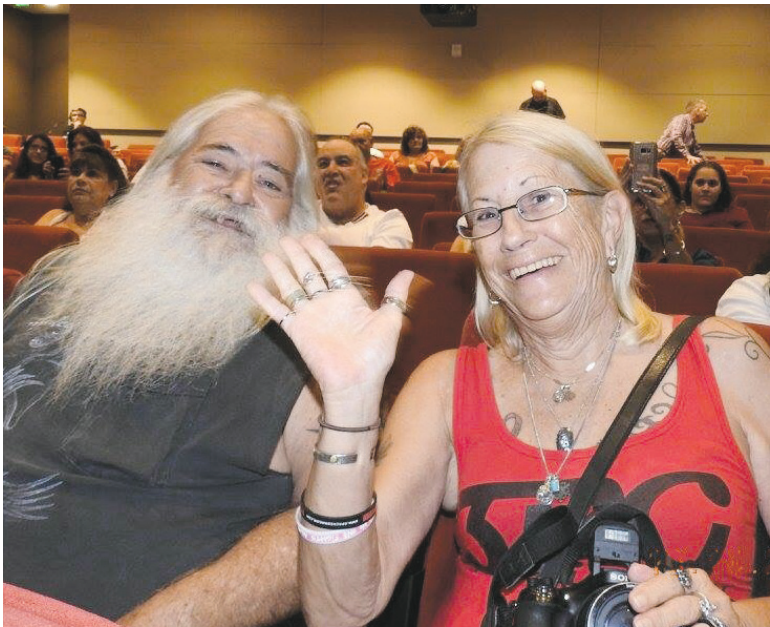
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Key Largo MM 99.8 Southbound Lane Behind Traffic Light

Conch Characters



Front row seats for Shane Duncan Band at Gilbert's recently.



RIP to Sue & "Santa" (Art) - the lovely couple that were friends to everyone. The two perished recently in a head-on motorcycle accident in central Florida.



The rockin' magic of Michael Trixx returns to Gilbert's Resort on Sept 15th.



Don't mess with Gilbert's Resort bartender Hubert, because if there is red velvet birthday cake around, he has a way of winning most arguments.



Congratulations to Christie Sheehan for winning a prize at the American Legion Jam Night with Joey Naples and Callum Allison. Photo by Video Dave.



Sundowners Catering does Paella right! Alfredo and Reyna dish up an amazing treat. Photo Karen Beal.



Manatees spotted at the Pilot House's Glasbottom Bar.



Monroe County Sheriff's Deputy Molina gives a young girl a whistle and badge to help him patrol the beach area at Gilbert's. Photo by Rob LeBrun.

Cutting Cords

Sometimes the emotions we are feeling belong to the person we are connected to, and an energetic cord must be severed.

In every relationship, people are constantly exchanging energy that can become a chord connecting two people. This energetic cord forms just below the breastbone and can remain long after a relationship has ended. This unbroken cord may leave an open channel between you and another person, through which emotions and energy can continue to flow.

If you are unaware that the chord exists, it is easy to feel the other person's emotions and mistakenly think that they are yours. Besides the fact that this can limit the amount of closure you can experience in a relationship, letting this cord remain intact can leave you with a continued sense of sadness while creating feelings of lethargy as your own energy is sapped from you.

Cutting the cord can help you separate yourself from old baggage, unnecessary attachments, and release you from connections that are no longer serving you.

Finding and cutting unwanted cords is a simple, gentle process that is best done alone and when you are relaxed. It is important that you are strong in your intention to release the chord between you and another.

To begin, breathe deeply and perform a simple centering meditation. When you are ready, visualize or sense the chords

that are connecting you to other people. Run your fingers through the cords to separate them until you find the cord you wish to sever.

There is no need to worry, because the chord you need to sever will feel just right. When you have found it, determine where the cut should be made and then visualize the cord being cleanly cut.

Afterwards, if you feel that cutting the chord has left spaces in your energy field, visualize those spaces being filled with healing sunlight.

There may be times where cutting a cord can help free a relative or loved one to reach new stages of growth. You're not severing a relationship, but you are severing the chords that are no longer serving you both. At other times, a cord may simply refuse to be cut because it is still serving a higher purpose.

It is also important to remember that cutting a cord with someone is not a replacement for doing your emotional work with people. It can, however, be an enactment of that work upon its completion. In any case, cutting a relationship cord should always be viewed as a positive and nurturing act.

By cutting the cords that no longer need to be there, you are setting yourself and others free from the ties that bind.



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"Ladies, Let's Go Fishing!" Florida Keys University, Scheduled for October



Costa Morada: Maryanne Vondertann, Ft. Lauderdale, FL; Mary Moll, Big Pine Key, FL; Cindy Clegg, Islamorada, FL; Dawna Young, Cape Coral, FL; Betty Bauman, Ft. Lauderdale, FL and Theresa Gaisert, Cape Coral, FL.

The "Ladies, Let's Go Fishing!" Keys saltwater fishing university will be held Oct. 19-21 at the Elks, MM 92 Bayside, Tavernier, FL. Registration, available online, includes two networking receptions, classes, hands-on skill practice, door prizes and gifts. Men and teens welcome. No equipment or experience is required. Optional fishing charters are on Friday and Sunday out of Islamorada, with prizes awarded for the LLGF Fishing Fever tournament to people fishing both days. Reservations are recommended at least one month in advance.

Contact: (954) 475-9068; info@ladiesletsgofishing.com; www.ladiesletsgofishing.com

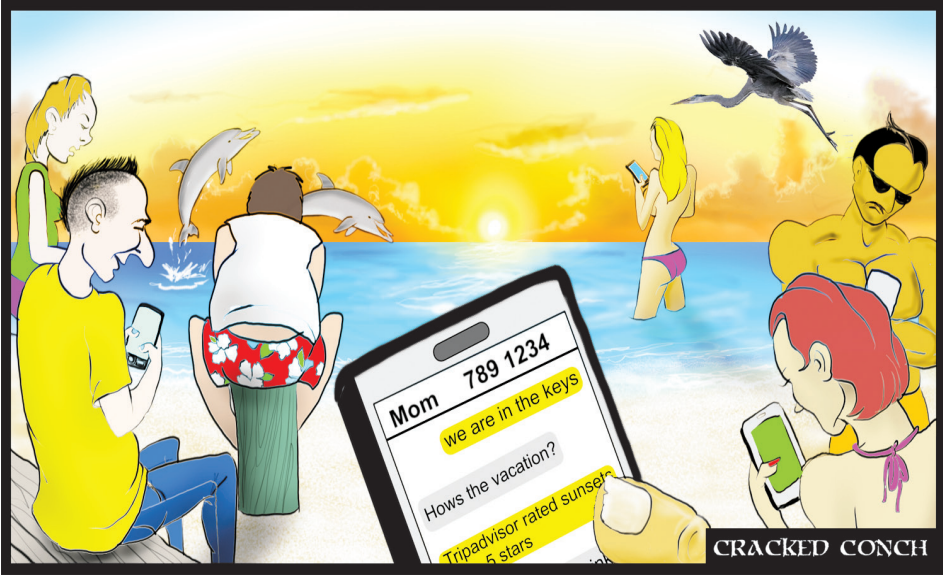
"Ladies Let's Go Fishing!" hosts multiple saltwater fishing universities in various Florida cities.

The Universities teach fishing skills in a fun and relaxed environment, plus give hands-on opportunities to practice skills and a chance to go charter fishing.

Noted as the "No Yelling School of Fishing."



Sea Horse: Amy Carrasquillo, Parkland, FL; Kim Medefindt, Key Largo, FL; Cathy Brewer, Key Largo, FL; Jackie Velasquez, Key Largo, FL; Mary Metcalf, Fort Lauderdale, FL and Cecilia Cabieses, Plantation, FL.



BY RODNEY NELSON

25 Ways to Order a Pizza

1. Stutter the letter “p”.
2. Terminate the call with, “Remember, we never had this conversation.”
3. Ask what the order taker is wearing.
4. Tell the order taker you’re depressed. Get him/her to cheer you up.
5. Act like you know the order taker from somewhere. Say something like “bed wetters’ camp, right?”
6. Rent a pizza.
7. Ask if you get to keep the pizza box. When they say yes, heave a sigh of relief.
8. Tell them to double check to make sure your pizza is, in fact, dead.
9. Psychoanalyze the order taker.
10. Order two toppings, then say, “No, they’ll start fighting”.
11. Call to complain about service. Later, call back to say you were drunk and didn’t mean it.
12. Tell the order taker to tell the manager to tell his supervisor he’s fired.
13. Ask if the pizza is organically grown.
14. State your order and say that’s as far as this relationship is going to get.
15. Ask them if they are familiar with the term “spanking a pizza.” Make up a description to go with the term. Ask that this be done to your pizza.
16. Put them on hold.
17. Teach the order taker a secret code. Use the code on subsequent orders.
18. Haggle.
19. Order a one-inch pizza.
20. When they say “Will that be all?” snicker and say “We’ll find out, won’t we?”
21. Ask how many dolphins were killed to make that pizza.
22. Dance all around the word “pizza”. Avoid saying it at all costs. If he/she says it, say “Please don’t mention that word”.
23. If he/she suggests a side order, ask why he/she is punishing you.
24. Order a steamed pizza.
25. If any of the above practices are rejected by the order taker say, in your best pouty voice, “Last guy let me do it.”



Lunch With Girlfriends

By Kathy O’Malley

Elaine’s vertigo has never been worse
Kay can’t recall where she left her purse
Rhonda’s about to replace her knees
Linda’s breathing is tinged with a wheeze

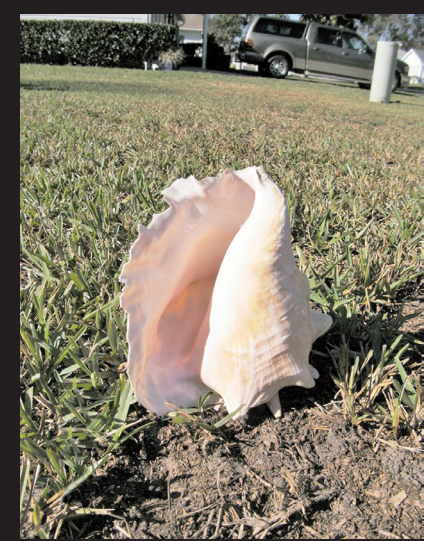
Donna’s left boob has a troublesome lump
Diane’s on her third trip to take a dump
Lorraine’s husband can’t remember a thing
Nine years a widow, Marge still wears her ring

Marlene is dealing with another UTI
Sally’s giving a hearing aid another try
Marie has decided she can’t drive at night
Sharon still wears clothes two sizes too tight

They’ve been through divorces and babies and wakes
They do for each other whatever it takes
They’ve already buried Marcia and Kate
And truthfully, Lizzie’s not looking so great

So whenever they can, they get out to eat
Open bottles of wine and forget their sore feet
There’s laughing and crying and letting down guards
And when the bill comes, there’s ten credit cards

So here’s to the waiters who keep orders straight
And to the places that let lunches run three hours late
And here’s to the girlfriends, those near and those far
Here’s to the girlfriends, you know who you are!!!



CONCH LORE: In the old days when a Conch family had a new baby, they put a conch shell in the front yard to let the neighbors know they had a new addition to the family.... and what sex it was. If the baby was a boy, they planted the shell with the tip pointing up, and if it was a girl, they planted it with the point down.

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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OH GOD!
Nevermind.

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- can of vegetables
- Robin Hood: men in tights DVD
- half used glade candle fresh linen scent
- 1 bottle of lemon-lime Gatorade (unopened!)
- 19 Ziploc sandwich bags
- pack of tube socks
- box of 63 crayons (missing cadet blue)
- bag of pogs
- Chicken Soup for the Horse Lover's Soul II book
- black belt (not a karate belt)
- 60 watt light bulb
- home-made play dough
- button with a picture of a chicken saying "where's the beef?"
- button with a picture of a cow saying "where's the chicken?"
- Bag of ranch corn nuts
If you are interested in trading your Macbook for any of the previously listed items please email brokestudent@gmail.com

Classified ads will not be accepted without payment.

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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.

JOBS

Wanted — Man to take care of dog that does not smoke or drink.
Text "Job" to 305-555-TEXT

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.
Info: 305-451-2396.

The Key Players, Inc. Community Theater Group needs volunteers to work behind the scenes and audition for roles!
Go to: thekeyplayers.org

GARDEN CLUB OF THE UPPER KEYS

Meets every 3rd Tuesday of the month at 11 am at the Francis Tracy Garden Center 9404 Overseas Highway.
Membership meeting following the program.
www.gardenclubupperkeys.org or 757.771.2963 Patti.

HOUSING



PERSONAL

SWF looking... my hobbies include long scrolls down my phone, talking to my pets, binge watching Netflix, singing in the shower, staying in my pjs too long, being tired all day...then not sleeping at night, drinking everything but water, ordering stuff online, reading about new diets while eating cake, and making lists of things I will never do... Why am I single?

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Legend

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

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Oceanside

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KEY LARGO MAP PAGE

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We Love Steven Wright!

If you're not familiar with the work of Steven Wright, he's the famous, erudite, comic scientist whose mind sees things differently than most of us do... here are some of his gems:

- 1 - I'd kill for a Nobel Peace Prize.
- 2 - Borrow money from pessimists -- they don't expect it back.
- 3 - Half the people you know are below average.
- 4 - 99% of lawyers give the rest a bad name.
- 5 - 82.7% of all statistics are made up on the spot.
- 6 - A conscience is what hurts when all your other parts feel so good.
- 7 - A clear conscience is usually the sign of a bad memory.
- 8 - If you want the rainbow, you got to put up with the rain.
- 9 - All those who believe in psycho kineses, raise my hand.
- 10 - The early bird may get the worm, but the second mouse gets the cheese.
- 11 - I almost had a psychic girlfriend, but she left me before we met.
- 12 - OK, so what's the speed of dark?
- 13 - How do you know when you're out of invisible ink?
- 14 - If everything seems to be going well, you have obviously overlooked something.
- 15 - Depression is merely anger without enthusiasm.
- 16 - When everything is coming your way, you're in the wrong lane.
- 17 - Ambition is a poor excuse for not having enough sense to be lazy.
- 18 - Hard work pays off in the future; laziness pays off now.
- 19 - I intend to live forever... so far, so good.
- 20 - If Barbie is so popular, why do you have to buy her friends?
- 21 - Eagles may soar, but weasels don't get sucked into jet engines.
- 22 - What happens if you get scared half to death twice?
- 23 - My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."
- 24 - Why do psychics have to ask for your name?
- 25 - If at first you don't succeed, destroy all evidence that you tried
- 26 - A conclusion is the place where you got tired of thinking.
- 27 - Experience is something you don't get until just after you need it
- 28 - The hardness of the butter is proportional to the softness of the bread.
- 29 - To steal ideas from one person is plagiarism; to steal from many is research.
- 30 - The problem with the gene pool is that there is no lifeguard.
- 31 - The sooner you fall behind, the more time you'll have to catch up.
- 32 - The colder the x-ray table, the more of your body is required to be on it.
- 33 - Everyone has a photographic memory; some just don't have film.
- 34 - If at first you don't succeed, skydiving is not for you.
- 35 - If your car could travel at the speed of light, would your headlights work?

The Mangrove Galley
by Sandi Mieszczenksi

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

MEXICALI POBLANO FLATS

4 large Poblano peppers
1 large onion thinly sliced
1 lb. of ground turkey (or ground beef)
1 can of black beans drained
1 can of Ro-Tel diced tomatoes (pick your preference of heat)
1 tablespoon of chili powder
2 teaspoons of garlic powder
1 teaspoon of cumin
1/2 teaspoon of cayenne pepper
8 ounce block of Monterey Jack cheese

Slice the stems from the peppers and then slice the pepper in half lengthwise so that you have two flat pepper pieces, 8 in all. Remove the seeds and ribs and rinse well. Set aside to dry.

In a large dry sauté pan, sweat the onion over medium high heat until slices separate and soften. Add the turkey and brown with the onions. If you use ground beef, drain the excess fat. Add the can of black beans and the Ro-Tel along with the seasonings. Stir until all the seasonings are well mixed in. Reduce the heat to simmer and let the liquid thicken, stirring regularly.

Place the peppers skin side up on a foiled cookie sheet and put under the broiler until the skin begins to blister. Remove from the broiler and turn the peppers over. Spoon out the mixture from the sauté pan equally over the peppers. Grate a liberal amount of the cheese over each of the flats and return to the broiler until the cheese melts. Serve with the hot sauce of your preference. Enjoy!

DIET TIP:

If you think you're hungry you might just be thirsty.

Drink a pitcher of margaritas and see how you feel.



"Hey, kid. Wanna buy some straws?"
"You got the bendy ones?"
"Bendy with stripes, my man."

Although their music was cutting hedge and highly sod after, it was only a topiary gig.



IF I CAN MAKE ONE PERSON LAUGH LONG ENOUGH TO FORGET THEIR PROBLEMS, THEN MY DAY WAS NOT WASTED.

Darth Vader's rarely photographed wife



-Ella.
Ella Vader.



LAW OF MECHANICAL REPAIR

As soon as you hands become coated with grease, your nose will begin to itch, and you'll have to pee.

Saw this on a bumper sticker:

★ Dinner Party Candidate ★

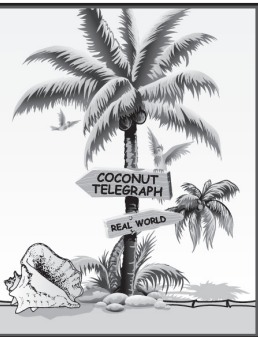
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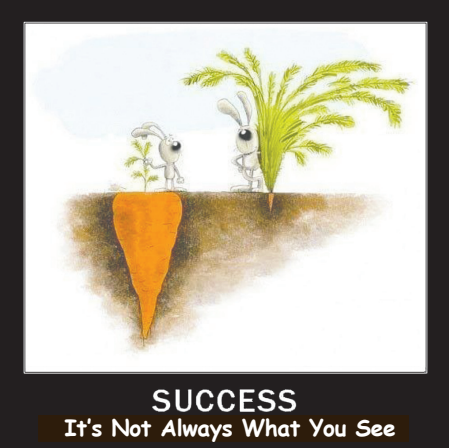
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I Stormed Out

It was a typical, weekend Publix run. The fam and I had wandered every aisle and were ready to check out. We picked aisle 6, patiently waiting behind another shopper before unloading our cart onto the conveyor belt. I proceeded to get lost in thought (a common occurrence) while reading magazine covers.

I looked up and suddenly realized my people were no longer with me, and some strange lady was looking at me like, yo, are you going to move? I guess aisle 7 ended up being a quicker check-out choice and my hubby and tiny human had relocated. I didn't notice. I quickly scanned the store, saw them and moved to join them. According to me, I was a lit fuse ready to explode. I was so furious that they



didn't say "Hey Dawn, we're moving over here."

According to my husband, it was totally innocent, and he had no reason to think I would be upset. After all, I wander off all the time. (I do tend to operate in my own little world). So, I say "that was not funny. totally uncool." He says, "well it's a little funny" and chuckles. I flipped out. Without another word, I stormed off headed for the parking lot. I'm sure it was a combination of "I'll show you" and legit internal distress, not knowing what to do with myself.

It was nuts. The whole thing. I spent hours freezing my husband out while simultaneously thinking "this is not rational, Dawn."

He came to me with a euphemistic olive branch and asked if we could patch things up. He wanted to understand why I was so upset. I explained that I felt left behind, embarrassed and then incensed that he would smirk at me instead of apologizing right there in aisle 7. In sum, I got my feelings hurt, and he was to blame.

Wait, what?!

It took me 2 weeks to figure out what I'm about to share with you. Once I figured it out (this revelation), it blew my mind. I promptly went back to my husband to make amends.

First of all, you can't hurt feelings. Anger, sadness, fear, embarrassment; they can't be hurt. I can feel them, and they may be painful feelings, but that is an entirely different concept. The idea of "getting your feelings hurt" implies blame. There are perpetrators and victims. But noticing feelings and taking a moment to

by Dawn Wiggins, Ed.S.

explore the situation is empowerment. It's taking responsibility for my experience in the world and my relationships. This way is automatically less dramatic, less conflict and more straightforward to resolve.

Second, my husband was utterly innocent. Do I wish he had noticed how upset I was, of course. But, he didn't. And, he certainly didn't intend to hurt me. It all happened so fast.

Which is another HUGE red flag. When feelings get this big, this fast, it's a big clue that something else is going on. In the therapy world, we call this a trigger. I wasn't responding to what happened in aisles 6 and 7; I was reacting to a whiff of a previous experience locked in my long-term memory (probably from around age 7).

Now, I was able to figure all this out because I've spent a lot of time learning about human behavior and what it all means. Here's what I want you to take away from this: (other than a giggle at how ridiculous I must've looked sitting on the bumper in the parking lot)

1. Stop blaming others for your feelings. And stop expecting people to read your mind. If you don't like what you're feeling, take the time and responsibility to change your life or your circumstances. Happiness and peace are an inside job. It's no one else's responsibility to facilitate or accommodate your experience here on earth.

You have the power to unlock your own meaningful and rewarding life experience. I'm not saying it's going to be easy, but I am saying it's worth it.

2. If you are 'getting triggered' by any of the



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people I listed above, understand that the experience you are having is a memo. A critical memo. Your mind and body are working together to communicate something epically important to you. There is something deep inside of you and your long-term memory that is asking, no, begging for your attention. It's saying 'I need your help, please heal me.'

You can run, but you can't hide. You will repeat the cycle over and over until you heal. Running leads to burnout, bitterness, guilt, blame, and arrogance. The only way to live with these unhealed experiences that unearth painful feelings is to blame someone else, detach from them or go numb. The more you repeat these unhealthy things, the further and further you get from your real and authentic self.

So, please, come back! Come back to the true you. You are worthy, valuable and loved. Become willing to heal and find peace. I believe in you.



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⁹ MONSTER 1-6	¹⁰ HAPPY HOUR 4-7PM MON-FRI	¹¹ JACK HINSON 5-9	¹² SCOTT YOUNGBERG 5-9	¹³ DJ REGGAE RONNIE 5-9	¹⁴ OVRHOL 11-3 OVRHOL 7-11	¹⁵ SPANK THE BAND 1-5 MAINSTREET 7-11 MICHAEL TRIXX 8PM
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²³ TRIP MACHINE 1-6 MR STIX & THE SPURIENCE 1-6	²⁴ HAPPY HOUR 4-7PM MON-FRI	²⁵ JACK HINSON 5-9	²⁶ SCOTT YOUNGBERG 5-9	²⁷ DJ REGGAE RONNIE 5-9	²⁸ JIMMY O'SHEA 12-4 MOJO SCOUNDRELS 7-11	²⁹ CUTLER STEW 1-5 BOMBSHELL 7-11 MICHAEL TRIXX 8PM
³⁰						



WRITE SOUNDS
Sun. Sept. 2
7-11pm



MONSTER
Sun. Sept. 9
1-6pm

THE REGS
Sunday
Sept 16
1-6pm



**MR STIX &
THE SPURIENCE**
Sun. Sept. 30
1-6 pm

APACHE DRAGON
Sunday, Sept. 2
12-5



TRIP MACHINE
Sun. Sept. 23
1-6pm

