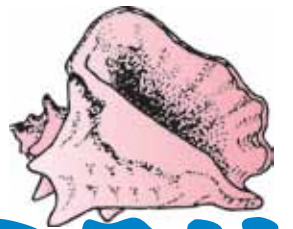


The Conch Republic COCONUT TELEGRAPH

FREE
Dining • Shopping
Lodging • Humor
Entertainment



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

101425 Overseas Hwy. • PMB #628 • Key Largo, FL 33037 • 305-304-2837 • www.theconchtelegraph.com • February 2019

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Coco-Nut Funnies
Conch Characters
Business in the Keys
The Mangrove Galley
Classified Ads
Cartoon by Rodney Nelson

♥ HAPPY ♥
Valentine's
♥ DAY ♥



Talented author and artist/graphic designer Victoria Landis is featured as our Artist of the Month! Read all about her and her latest projects on page 9, and don't miss the book signing at Hooked on Books on Feb. 22!



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Celebrate Sunset!

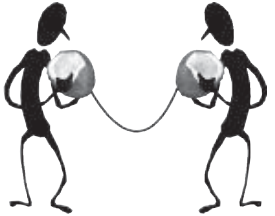
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Coconut Telegraph
February 2019
Volume 13 Issue #150

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Key Largo, FL 33037

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for the
Coconut Telegraph's
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theconchtelegraph@gmail.com



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

The Conch Republic
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Independently Owned Local Newspaper

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Key Largo, Florida Keys 33037

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Editorial: The Map of Key Largo & Tavernier is Done!

Thank God for Cindy's Barbershop! My regular hair stylist moved away and I needed a quick cut. Cindy did a fantastic job and only charged me \$15 bucks! If not for her and the shorter hair, I'm sure I would be bald from yanking it all out due to the stress of finishing up the Treasure Map. We are in the process of delivering it now and you can pick one up at Cindy's Hair Place, MM 96 oceanside. See the ad on page 4 .

Now that we are experienced mapologists we'll be doing another one in Islamorada very soon. Thank you to all the advertisers that made this one a huge success.

Congratulations to the American Legion. If you haven't been there in a while, stop in and see the improvements, you'll be amazed.

Valentine's Day is February 14th. Pick up the phone right now and call Key Largo Flowers and Gifts: 305-451-3702. Then go to Key Largo Chocolates and get your sweetie some chocolate. You'll be glad you did.

Mark your calendars: on February 22 our Artist of the Month Victoria Landis will be signing her latest book at Hooked on Books in Islamorada. The fun starts at 11 am. bring your sweetheart or a friend. Read all about Landis on page 9.


Are you suffering from pain but hate popping pills? Stop by Miracle Leaf (by Tower of Pizza) and they can make you an appointment with a doctor who may be able to help you. No need to travel to Miami to fill your prescription either.

I will be writing an article on the many health benefits of medical marijuana and CBD oil in an upcoming edition.

Ahoy! The Key Largo Moose tiki bar was damaged in Hurricane Irma. They are raising the funds to repair and paint the bar so it can be used for community events.

There will be a Moose Booze Cruise Party to Nowhere in March. Tickets available soon.

LORD, GRANT ME THE STRENGTH TO ACCEPT THE THINGS I CANNOT CHANGE, THE COURAGE TO CHANGE THE THINGS I CAN, AND FRIENDS TO POST MY BAIL WHEN I FINALLY SNAP.



Waldo
finds himself.

COLORFUL



WE LIKE 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!

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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.

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The Coconut Telegraph's Key Largo & Tavernier Treasure Map is Here!



We will be doing a map in Islamorada... watch for details!

The printed 28"x22" map is available at Key Largo Chamber of Commerce, The Big Chill, Gilbert's Resort, American Legion, The Moose, Pilot House, The Catch, and other advertiser locations listed on the map. It's also available for download at theconchtelegraph.com

Kudos to artist **Rodney Nelson** on completion of this amazing work!

See his caricatures of Keys characters as well as drawings of local landmarks, businesses, building, vehicles, boats... plus some visual jokes and fun!

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

ENTER THE CONTEST AND WIN PRIZES!

Find all 12 hidden objects. Email your answers to TheConchTelegraph@gmail.com. Be sure to include your name, address and phone number, and we will mail your prize if you win. Contest ends when all prizes are gone. One winner per household. Use the alpha/numeric grid located at the top and right of the map to pinpoint the center of the hidden object. **GOOD LUCK!!!**

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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)

Check out our Local's Loyalty Program:

Get your Pilot's License today!



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

117 Burgundy Dr • Key Largo
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Beautiful stucco covered double wide mobile, 3/2 with a nice open floor plan and recessed lighting. Tile floors throughout, Granite counter tops and upscale appliances. Separate laundry room.

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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,

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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
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3/2 Landings of Largo condo with all the bells and whistles plus a deeded boat slip with 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.

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It's critical to select the right real estate professionals to help you buy or sell in today's changing market. We're familiar with homes selling in the Upper Keys and can offer great tips. Want to know what your home is worth in today's market?

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VISIT US IN OUR OFFICE AT 102901 OVERSEAS HWY, MM 102.9 OCEANSIDE

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.



ZV



Abby



Roscoe



Pippa



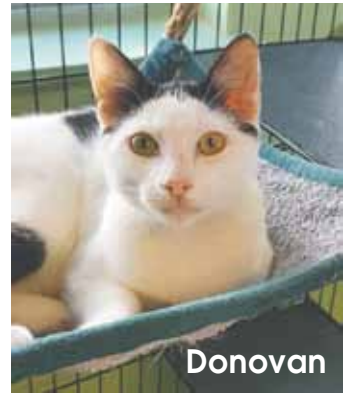
Sandy



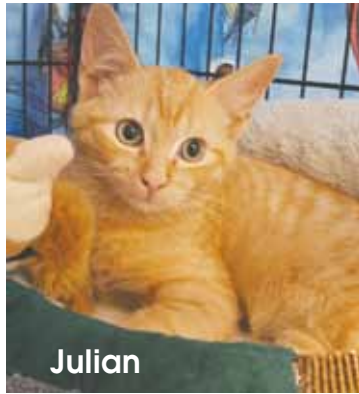
Remi



Phantom



Donovan

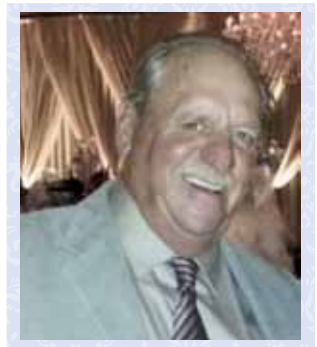


Julian



Louie

David Paul Brainerd



David Paul Brainerd, 64 of Inverness, FL and formerly of Key Largo FL went home to be with the Lord on Saturday, December 29th. He is survived by his loving wife Desiree who shared his life for 18 years. David loved riding his Harley, driving his truck, and most of all he loved his dogs, whom he called his “boys.” He was a Christian who prayed daily and was a patient and faithful loving husband to Desiree.

He was loved by many and will be greatly missed.

David was a kind and giving man and was always the first to help someone in need. David and Desiree met in Key Largo when David moved there after Hurricane Andrew. They spent many wonderful years boating and enjoying life with their many friends. David was known for his pineapple and ham dish at potlucks, and always had a smile and would ask “Who loves ya?” and give that pinch.



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Wendy: 305-394-1376
GRI

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Free Bikes! Child Safety Day at the Elks



Happy days and smiling faces were at the the Florida Keys Elks Lodge in Tavernier for Child Safety Day on January 12. The Masons prepared Children's ID kits to take home, which included fingerprint, DNA and other information about each child. Free bicycles were given away, along with fitted helmets, Drug awareness pamphlets and a display of information about harmful drugs for parent education, were also available. Free hot dogs, chip and cookies were enjoyed by all. Pictured above are Allyson Rosendale and brother Matthew with their bikes and helmets. Below, Enio Martins chose the green bike. Bikes were available for adults and children.



For information on joining the Elks, contact the Elks Lodge #1872 in Tavernier at (305) 852-1872.

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\$35 on the day
10am - 4pm, rain or shine!
No pets please!

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MM 106 Key Largo Chamber of Commerce
MM 101 Wear With All Boutique
MM 100 Key Largo Flowers & Gifts

MM 89 Island Home Garden Center
MM 86 Islamorada Chamber of Commerce
MM 82 Wild Lily Boutique
Available at Garden Center on day of event

For more information please contact: UpperKeysGardenWalk@gmail.com or find us online at [FACEBOOK.COM/GARDEN-CLUB-OF-THE-UPPER-KEYS](https://www.facebook.com/garden-club-of-the-upper-keys) | WWW.GARDENCLUBUPPERKEYS.ORG

Garden Club of The Upper Keys is a 501(c)(3) non-profit organization

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Valentines Day Specials

Dinner Specials Available February 14th

HAPPY HOUR 4-7 PM Monday - Friday

LADIES' NIGHT Ladies' Drink FREE 6-7 PM - Tuesdays

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Artist of the Month: Victoria Landis - Author/Artist

The Coconut Telegraph is proud to feature artist/author Victoria Landis as our Artist of the Month. This beautiful and multi-talented writer has just penned her fourth book, a novel titled "Jordan."

"It's a paranormal thriller/cautionary tale of human behavior," says Landis. We say it's a page turner! The characters are so real, you feel as if you know them personally. The setting is in opulent Boca Raton where the rich get richer and there appears to be nothing that money can't buy. It's love vs greed, who will succeed? I couldn't put the book down and can't wait for the sequel!"

Stop by Hooked on Books in Islamorada on Friday, February 22. Landis will be there signing books at 11 am, and there will be refreshments too.

Landis was born and raised in New Jersey, lived 12 years in Hawaii, then lived and painted in Boca Raton, the setting for Jordan. Her husband works in the diving industry, which naturally brought her to Key Largo, the Diving Capital of the World.

Victoria's previous novels include "Blinke It Away," a suspense story set in Oahu, and "Alias: Mitzi & Mack," a humorous crime novel set in the Palm Beaches. Her third book, "A Little Bit Sideways," is a compilation of humorous essays.

Landis has been writing a monthly humor column for The Parklander Magazine since 2008. She has been a membersince 2003, an is a former board member of the Florida Chapter of Mystery Writers of America. She served as the co-chair of



Stop by and meet this inspiring artist at Hooked on Books, Friday, February 22nd.

SleuthFest from 2015-2018. She has taught about writing craft & cover design at SleuthFest, the Authors Academy at Murder on the Beach, and at the Alvin Sherman Library at Nova

Southeastern University. But wait, that's not all! Victoria Landis is a painter of spirituality. Her brightly colored art has been compared to the Georgia O'Keeffe flower paintings



for their ethereal, vibrant colors, as well as their sensual aspect.

Working as a painter and graphic designer, Landis also creates book



covers for other artists. She is a muralist and can create a masterpiece to encompass walls and ceilings that will knock your socks off, or perhaps you'd prefer a marble faux finish to reflect and inspire your own creative passion?

For information on her murals and art visit the web: Landisdesignresource.com. For more information on her writing visit VictoriaLandis.com.

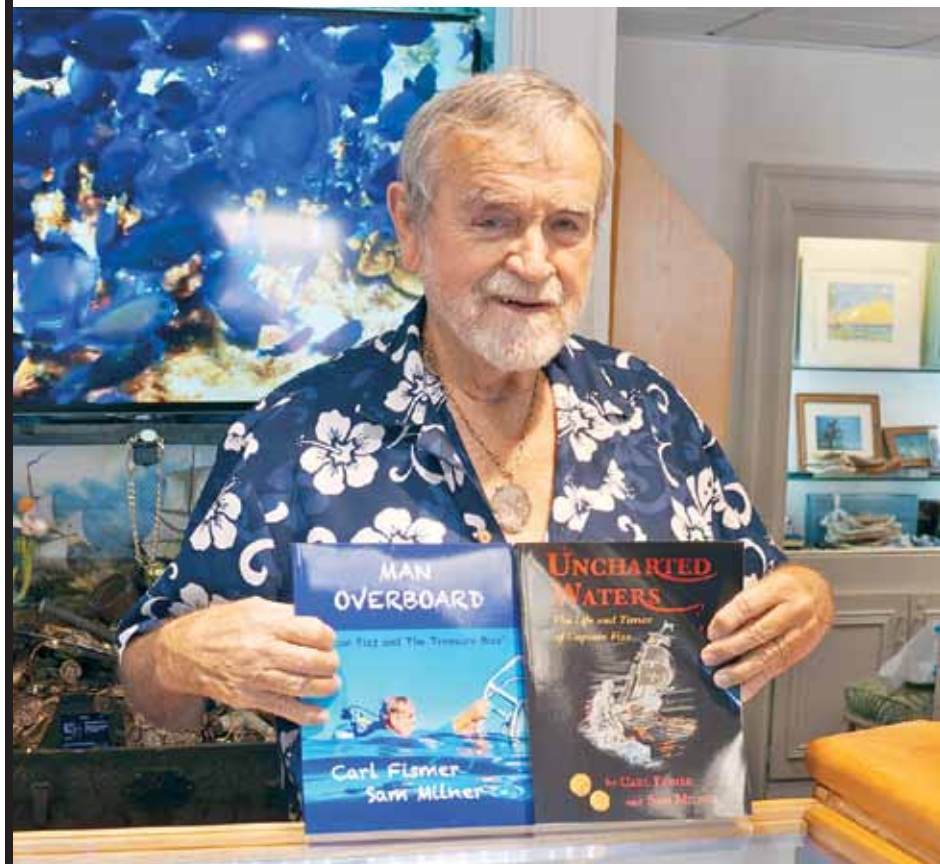


Architectural detail of a handpainted frieze.



Dragon detail from a mural.

Carl Fismer’s Latest Book



Captain Carl Fisme, with Sam Milner, has written two books about his life’s treaure hunting adventures. The books are available at Islamorada Jewelers 81915 Overseas Hwy, Islamorada. *Uncharted Waters*, “The Life and Times of Captain Fizz,” and most recently, *Man Overboard*, “Captain Fizz and the Treasure Bizz.”

Victoria Landis Book Signing
Friday, February 22



Local author Victoria Landis will be at Hooked on Books in Islamorada from 11 am on Friday, February 22nd to sign her newest book, *Jordan*.



305-517-2602
81909 Overseas Hwy.
Islamorada, FL 33036
hookedonbooks@bellsouth.net
hookedonbooksfloridakeys.com

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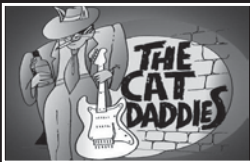
SATURDAYS THIS MONTH:



Saturday, Feb. 2
UNCLE SMOKEY
1-5 PM



Sat., Feb. 2
SHANE DUNCAN
BAND 7-11 PM



Saturday, Feb. 9
CAT DADDIES
1-5 PM



Saturday, Feb. 9
TRIP MACHINE
1-5 PM



Saturday, Feb. 16
BROTHERS OF OTHERS
1-5 PM



Saturday, Feb. 16
BAND TBA
7-11 PM



Saturday, Feb. 23
STATIC
1-5 PM



Saturday, Feb. 23
MOJO SCOUNDRELS
7-11 PM



MICHAEL TRIXX
Every Saturday
8PM

Found on Craig’s List

We spotted this and thought, “Only in the Florida Keys!”
It’s not a joke. If you’re interested, you’ll have to
track it down through Craig’s List.



HMS Winchester History: Originally built in 1693, this ship was part of the powerful British war machine. At 944 ton, with a 121 foot keel and a 38 foot beam, she was a 60 gun man of war.

Only 2 short years after her maiden voyage, this ship was traveling from Jamaica to England. The crew on board, including the Captain became very ill. Captain Bibb was taken off the ship in Jamaica, and command was passed on to Captain Soule.

Departing Port Royal, the crew continued to succumb to the spreading illness, until only eight were left to sail the ship.

It’s uncertain what sealed her fate. Perhaps it was the lack of capable crew members. It may have just been normal bad luck. But no matter the cause, on September 24, 1695 this large man o’ war foundered on a Florida Keys coral reef.

Eventually the Captain and remaining few crew members were rescued by another ship, but even he died shortly after. In total, close to 400 crew were lost due to the illness.

Almost 250 years later, in 1938, the remains of this man o’ war were discovered when a Florida fisherman spotted a cannon. She was

resting in about 28 feet of water, southeast of Carysfort Light.

To help determine the ships identity, Charles Brookfield was contacted. He coordinated a recovery effort which salvaged some important finds, including silver coins, musket balls, cannon, her anchors, and a prayer book.

Even though the recovery was successful, they had not been able to confirm the ship’s name. For a ship this old and decayed, markings of any kind are critical in making a proper determination.

Cannons are often engraved, and through the ones recovered at this wreck site, Brookfield was able to trace her identity. He forwarded a likeness he’d drawn of the markings to Britain. In turn, the British examined their records and reported back that this was the HMS Winchester.

During the salvage rush of the early 1950s and 1960s, other divers combed the wreck site and discovered an additional number of artifacts. Many of the finds were typical of what would be found on a ship of this era, however more impressive treasures including a gold watch were also recovered.

SUNDAY • FEBRUARY 10TH • 11AM
registration \$25



"Poker Run" Style Event
Visit each location and draw a card...

BEST HAND WINS!

Hands tallied at Islamorada Moose Lodge. The PRIZE for best hand will be awarded during finish line festivities.

STOPS

11am Registration
at Whistle Stop, \$25pp
Islamorada Beer Company
Lion's Lair
Islander Resort
Shrimp Shack
FL Keys Brewing Company
Green Turtle Inn
Finish line festivities
4pm Islamorada Moose Lodge

Entertainment at 4pm

Prizes:

Most Creative Bra
Best Team Spirit
Live Bra Auction
Silent Auctions
Chinese Auctions

All proceeds benefit the Cancer Foundation of the Florida Keys

An Evening with the Nightclub Act

FRANK & DEAN

at the Islamorada Moose Lodge

February 9 @ 7pm



Frank & Dean capture the fun, the jokes and the timeless music of the Rat Pack, from Frank’s Fly Me to the Moon, to Dino’s That’s Amore and then some!!!

\$40 per person

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RSVP. \$15 pulled pork dinner.
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SUNDAY FEB. 3, 5:30 pm
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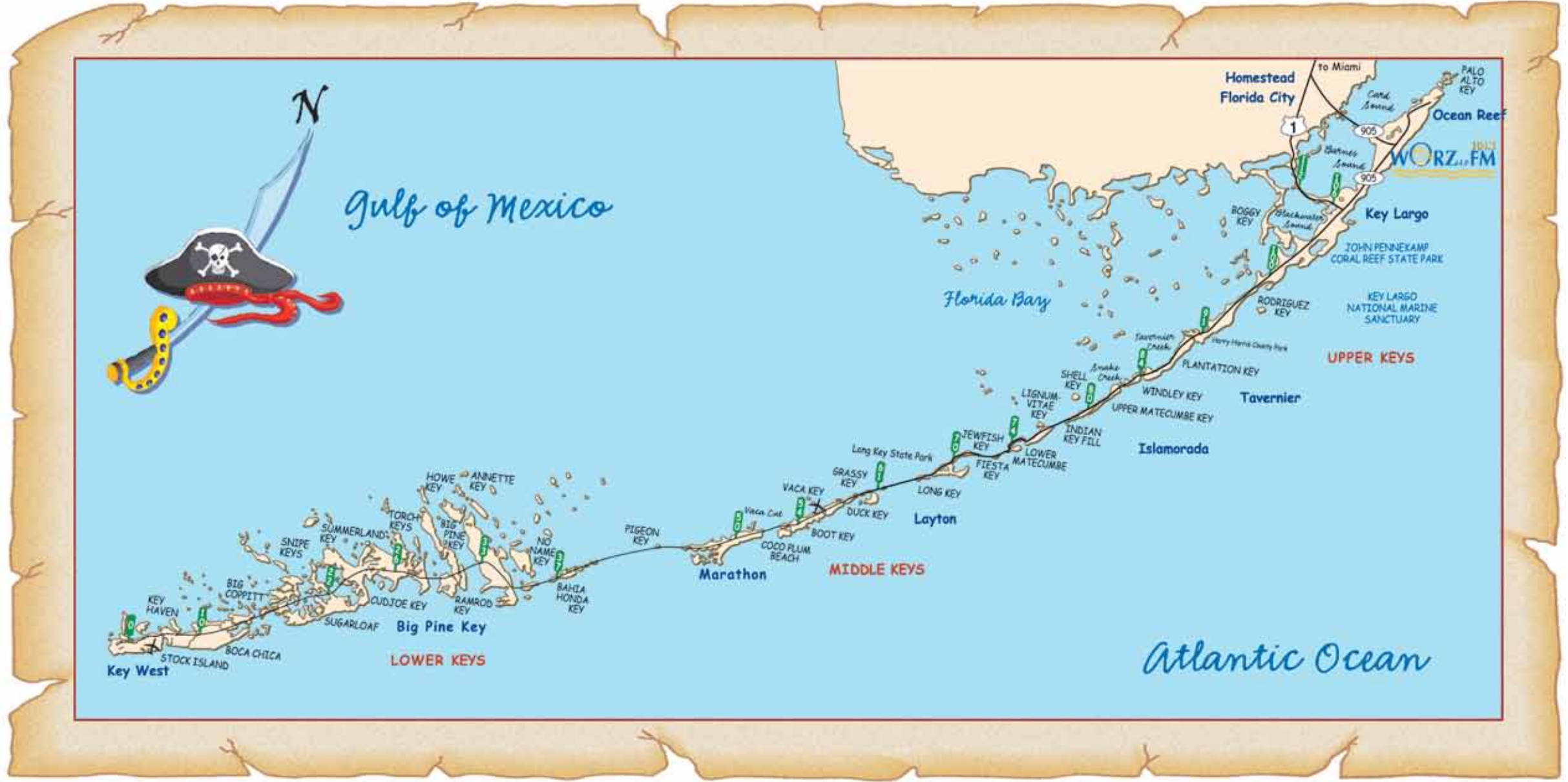
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Conch Characters



Cindy and David Chandler of Miracle Leaf in Key Largo with Nikki Fried, the Commissioner of Agriculture (@nikkifriedfl) in charge of the entire marijuana movement in Florida!!



Key Largo Library free concert by Friction Farm in January. Coming up: Feb. 1 - Alligator Alley. Mar. 1 - Jennings & Keller. Apr. 5 - Bing Futch.



DJ David getting the crowd up and dancing at the Elks Lodge.



Chef Ray serving up the Keys best pizza at the Big Chill.



Jules Undersea Lodge mermaid pizza delivery. Hope it's Enrico's pizza from the Big Chill!



The power boats visited Gilbert's recently.



Congratulations to Kathy and Jack Ramsey, who were celebrating their 40th anniversary at the Pilot House!



Lovely day for lunch at Bayside Grille.



Congrats to our Upper Keys Animal Shelter on surpassing 10,000 free spays and neuters!



Koty James and the Keybillies at Sharkeys. Photo by Callum Allison.

"Really Groovy Gardens"

39th Garden Club of The Upper Keys Garden Walk



ORCHID COTTAGE is a Victorian cottage with tall palms, lush greens and abundant orchids. A storybook evocation with whimsical twists is tucked into a natural hammock.



BIG PALM features a pair of majestic Bismarck Palms welcoming the viewer to a relaxing colorful entertainment paradise. Kidney shaped pool shielded by silver buttonwoods, seldom seen yellow ixora hedge, and shimmering glass wall mural all combine to invite one to while away the time.



INDIAN MOUND ESTATE is a four acre bayside hammock parcel pierced by a winding granite drive revealing a stunning architectural assemblage. Three structures, main house, guest house, and garage studio all sit respectful of the native trees and land in harmony with a flowing shoreline complete with soil conserving buttonwoods.

The Garden Club of The Upper Keys is grateful to the property owners for sharing these beautiful island gardens.

Anyone and everyone interested in gardening and landscape design in the Florida Keys should attend Garden Walk 2019 on Saturday, February 16th!

Self-guided tours of the private gardens are available between 10 a.m. and 4 p.m. (last entry to gardens). Garden Club member hosts and hostesses will be on hand to help assure viewers see key features and they will answer any questions.

In addition to the tours, the Garden Club will host a complimentary Tea Party at the Club's historic Francis Tracy Garden Center grounds from 10 a.m. to 4 p.m. Enjoy an exhibit by The Art Guild of the Purple Isles, and a Garden Market featuring many vendors with plants of all kinds, crafts, artisan wares, food and unique items.

Tickets are \$30 in advance and \$35 on the day of the event. Proceeds support the Francis Tracy Garden Center clubhouse and surrounding garden, community beautification projects, and educational activities. Please see the accompanying ad for ticket locations.

If you have any questions or need more information: email upperkeysgardenwalk@gmail.com or visit gardenclubupperkeys.org

The Garden Club of the Upper Keys is a 501(c)3 non-profit organization whose mission is to foster, promote, develop, protect and conserve the natural beauties of the Upper Keys through education and awareness.



CROTON COLOR allures the viewer from every direction. Art and precision are combined to utilize corners, and angles providing surprise and delight. Rare crotons in profusion boast large blooming specimens in an intimate environment.



LIVING HISTORY GROVE: A modern-day farmer has returned the use of land to the agricultural mode. Local historians report this area was used in the 1880's by pioneer farmers. Fifty producing Key lime trees along with dozens of pineapples will give the visitor a glimpse of how early pioneers were able to survive before the modern day grocer.



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The Mangrove Galley

by Sandi Mieszczenski

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



VANILLA ICE CREAM PROFITEROLES WITH FUDGE SAUCE



For the puffs-

4 tablespoons butter 1/2 cup water
1/2 cup flour 2 eggs

Grease and flour a cookie sheet. In a saucepan over medium heat, melt the butter in the water until the mixture begins to boil. Remove from the heat and add the flour and stir with a wooden spoon. Mixture should leave the side of the pan and form a ball.

Add the eggs, one at a time, blending in well. Using a teaspoon drop the batter on to the cookie sheet forming 18 balls. Cook for 30 minutes in a 400° oven. After 30 minutes, turn the oven off and let the pastry puffs remain in the closed oven for 10 more minutes. Remove and cool the puffs on a wire rack.

For the sauce-

1 cup heavy cream 1 cup cocoa powder
1 cup sugar 2 teaspoons vanilla extract

Place the first 3 ingredients in a saucepan. Mix well on medium heat. Bring to low boil. Remove and add the extract. You could also add some Amaretto for an extract treat.

To serve the profiteroles, gently open 3 (or more) of the puffs. Place in a bowl. Use a melon scoop or small spoon to fill the profiteroles with vanilla ice cream and serve with the slightly warm sauce over the top.



February is here and that means a Valentine's Day celebration. One of my favorite desserts to serve on this special day are profiteroles. They are so easy to prepare and so tasty. The great thing about these morsels is that they can be filled with meat for savory or as a dessert. For Valentine's Day, I prefer the sweet version.

Happy Valentine's Day!

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OPPORTUNITY

I got 2 tickets for the 2019 Super Bowl, both top hospitality admissions. The person that got them for me didn't realize it was going to be on the same day as my wedding. If you are interested, I'm looking for someone to take my place...It's at St. Justin's Church in Key Largo, at 3pm. The bride's name is Nicole, she's 5' 4", about 115 lbs, good cook too. She'll be the one in the white dress.



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PERSONAL

FAKE GIRLFRIEND NEEDED FOR VALENTINE'S DAY.
BENEFITS INCLUDE:
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A picture of us photo-shopped together since you probably don't live in my state
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Must be female and 18 years or older. Apply today, 305-555-FAKE

Looking for a female companion to help my friend take care of his iguana in Tavernier. Must disappear when other female companions show up. 305-555-HIDE

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MUSICIANS WANTED
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The Keys Community Concert Band
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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

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.

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

GARDEN CLUB OF THE UPPER KEYS
THE FAIRCHILD CHALLENGE
The Garden Club's monthly meeting will be held on February 12, 11:00 am at the Francis Tracy Garden Center 94040 Overseas Hwy. Tavernier (mm 94 bayside).
Guest speakers Stacey Assael and Jennifer Lautre from Fairchild Gardens will speak about the Fairchild Challenge an environmental education outreach program of Fairchild Tropical Botanical Garden.
gardenclubupperkeys.org
Come grow with us!

FOR SALE

PONY FOR SALE.
Sometimes he barks, but that's because he's bilingual.



PERSONAL
You were the tall brunette with the near perfect body that farted in the bread section at Winn Dixie last night. I was the tall guy next to you that looked over and asked, "Was that you?" You quickly replied "No. Wasn't me." You almost seemed insulted I would ask. As the stink grew you continued to deny your flatulence, but it was evident. I tried to get rid of the stench by waving 2 loafs of Cuban bread. You proceeded to storm off in an angry manner. You are beautiful and even if you are a liar and fart like a Clydesdale, I'd love to meet up sometime. 305-555-WINN

PERSONAL

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

A Self-Esteem Exercise

Having low self-esteem is a common issue. With some introspection you can start to loosen the grip of this negative thought pattern.

Our primary relationship in life is with ourselves. No one else goes through every experience in life with us. We are our one permanent companion, yet we are often our worst critic. To remind ourselves of our magnificence, we can do this exercise: "Five Things I Like About Myself."

Begin by writing down at least five things that you like about yourself. This is not the time to be modest. If you are having trouble coming up with a total of five items, you know that this exercise can really benefit you. Be sure to include more than your physical attributes on your list, since our bodies are only part of who we are. If you are still struggling with what to include on your list, think of what you like about your favorite people, because these traits are probably qualities that you possess too. Another way to complete your list is to think of five things you don't like about yourself and find something about these traits that you can turn into a positive.

Continue this process for a week, thinking of five new things you like about yourself each day. At the end of the week, read the



list aloud to yourself while standing in front of a mirror. Instead of looking for flaws to fix, allow the mirror to reflect your magnificence. You may feel silly about standing in front of a mirror and reading aloud a list of your admirable attributes, but it might just bring a smile to your face and change the way you see yourself. Remember, it is when you feel the most resistant that this exercise can benefit you the most. Because we are constantly looking at the world, instead of looking at ourselves, we don't often see what's magnificent about ourselves that others do. When we take the time to experience ourselves the way we would experience someone we love and admire, we become our best companion and supporter on life's journey.

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

Trivia About Valentine Kissing:

The science of kissing is called philematology.

Lips are 100 times more sensitive than the tips of the fingers.

A real kiss may quicken the pulse to 100 beats in a minute.

A French kiss moves about 29 muscles in the face.

The world's longest kiss took place in New York City, lasting 30 hours, 59 minutes, and 27 seconds.

It is thought that men who kiss their wives every morning before going to work live 5 years longer than men who don't.

70% of people aged 16 to 24 years had their first kiss by the age 15, whereas only 46% of their parents had kissed by the same age.

Couples may transfer an average of 9 milligrams of water, 0.7 milligrams of protein, 0.18 milligrams of organic matter, 0.71 milligrams of fat and 0.45 milligrams of salt to each other with each open-mouthed kiss.

It is said that an average woman kisses about 29 men before getting married.

A kiss can contain up to 278 of different bacteria, most of which are not dangerous.

An average person spends two weeks of his or her life kissing.



Two out of every three couples turn their heads to the right when they kiss.

On Valentine's Day 2004, 5,122 Philippine couples gathered together at midnight and locked lips. This kissathon beat the previous world record of 4,445 couples set in January in Chile.

You burn 26 calories in a one-minute kiss.

Kissing releases the same neurotransmitters (chemical messengers in the brain) as those that are released when you engage in intense exercise such as running a marathon or skydiving. This causes your heart to beat faster and your breathing to become deep and irregular.

Our brains have special neurons that help us find each others lips in the dark.

There are many strange laws regarding kissing that are still on the books. In Indiana, it is illegal for a man with a moustache to "habitually kiss human beings." And in Hartford, CT, it is illegal for a man to kiss his wife on a Sunday.



American Legion Post 333 - Key Largo

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VFW Members Welcome!

Welcome Team River Runners

Tuesday Feb. 19th 6:30 pm

To Miami

To Ocean Reef

Key Largo

In Key Largo, we navigate by Mile Markers!
Look for the little green signs and mile indicators on power poles to find your way.

Legend

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

Bayside

Oceanside

Map labels include: LITTLE BLACKWATER SOUND, BARNES SOUND, Jewish Creek, CARD SOUND ROAD, GARDEN COVE, John Pennenkamp Coral Reef State Park, Carysfort, City of Washington, Christ Statue, GRECIAN ROCKS, FLORIDA KEYS NATIONAL MARINE SANCTUARY, Alligator, Spiegel Grove, Benwood, French Reef, Bibb, Duane, Molasses Reef, Harry Harris Park & Beach, Mariners Hospital, Wild Bird Rehabilitation Center, BUTTWOOD SOUND, ROCK HARBOR, SUNSET COVE, Post Office, African Queen Community Pool and Park, Key Largo Public Library, Murray Nelson Government Center, Adams Cut, Pehenkamp Entrance, TARPON BASIN, LITTLE BUTTWOOD SOUND, Blackwater Sound, and various mile markers (93-108) along Highway 1.

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How to Dump a Blind Date

Occasionally in life, it's handy to be able to get out of awkward social situations. In such cases, it would help if you know these...

MORE THAN 50 WAYS TO GET RID OF A BLIND DATE (and other social catastrophes)

- At dinner, guard your plate with fork and steak knife, so as to give the impression that you'll stab anyone, including the waiter, who reaches for it.
- Collect the salt shakers from all of the tables in the restaurant, and balance them in a tower on your table.
- Wipe your nose on your date's sleeve. Twice.
- Make funny faces at other patrons, then sneer at their reactions.
- Repeat every third third word you say say.
- Give your claim to fame as being voted "Most Festerous" for your high school yearbook.
- Read a newspaper or book during the meal. Ignore your date.
- Stare at your date's neck, and grind your teeth audibly.
- Twitch spastically. If asked about it, pretend you don't know what they are talking about.
- Stand up every five minutes, circle your table with your arms outstretched, and make airplane sounds.
- Order a bucket of lard.
- Ask for crayons to color the placemat. This works very well in fancier venues that use linen tablecloths.
- Howl and whistle at women's legs, especially if you're female.
- Recite your dating history. Improvise. Include pets.
- Pull out a harmonica and play blues songs when your date begins talking about themselves.
- Sacrifice French fries to the great deity, Pomme.
- When ordering, inquire whether the restaurant has any live food.
- Without asking, eat off your date's plate. Eat more from their plate than they do.
- Drool.
- Chew with your mouth open, talk with your mouth full and spray crumbs.
- Eat everything on your plate within 30 seconds of it being placed in front of you.
- Excuse yourself to use the restroom. Go back to the head waiter/hostess and ask for another table in a different part of the restaurant. Order another meal. When your date finally finds you, ask him/her "What in the hell took you so long in the restroom?!"
- Feed imaginary friends, or toy dolls you've brought along.
- Ask the people at the neighboring table for food from their plates.
- Ask your date how much money they have with them.
- Order for your date. Order something nasty.
- Beg your date to tattoo your name on their derriere. Keep bringing the subject up.
- Communicate in mime the entire evening.
- Upon entering the restaurant, ask for a seat away from the windows, where you have a you have a good view of all exits, and where you can keep your back to the wall. Act nervous.
- Lick your plate. Offer to lick your date's plate.
- Hum. Loudly. In monotone.
- Fill your pockets with sugar packets, as well as salt and pepper shakers, silverware, floral arrangements... anything on the table that isn't bolted down.
- Hold a debate. Take both sides.
- Undress your date verbally. Use a bullhorn.
- Auction your date off for silverware.
- Slide under the table. Take your plate with you.
- Order a baked potato for a side dish. When the waiter brings your food, hide the potato, wait a few minutes, and ask the waiter for the potato you "never got." When the waiter returns with another potato for you, have the first one back up on the plate. Repeat later in the meal.
- Order beef tongue. Make lewd comparisons or comments.
- Get your date drunk. Talk about their philosophy. Get it on tape, and use editing to twist their words around.
- Discuss boils and lesions, as if from personal experience.
- Speak in pig latin throughout the meal.
- Take a break, and go into the restroom. When you return to the table, throw a spare pair of underwear on the back of one of the chairs. Insist that they just need airing out.
- If they are paying, order the most expensive thing on the menu. Take one bite.
- Bring 20 or so candles you, and during the meal get up and arrange them around the table in a circle. Chant.
- Save the bones from your meal, and explain that you're taking them to your invalid, senile mother, because it's a cheaper than feeding her.
- Order your food by colors and textures. Sculpt.
- Take a thermos along, and hide it under the table. Order coffee, and fill the thermos one cup at a time, taking advantage of the free refills.
- Accuse your date of espionage.
- Make odd allusions to dangerous religious cults.
- Break wind loudly. Add color commentary. Bow.

Riding Speed Temperature Chart for Motorcyclists

Ever Wonder What The Temperature Is At Riding Speeds...

Riding Speed (mph)	Air Temperature (degrees F)															
	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	
5	27	32	37	43	48	53	58	64	69	74	79	85	90	95	100	
10	16	22	28	34	40	47	53	59	65	71	77	84	90	96	102	
15	9	15	22	29	36	42	49	56	63	69	76	83	90	96	103	
20	4	11	18	25	32	39	47	54	61	68	75	82	89	97	104	
25	0	8	15	22	30	37	45	52	60	67	74	82	89	97	104	
30	-3	5	13	20	28	36	43	51	59	66	74	82	89	97	105	
35	-5	3	11	19	27	35	42	50	58	66	74	81	89	97	105	
40	-6	2	10	18	26	34	42	50	57	65	73	81	89	97	105	
45	-7	1	9	17	25	33	41	49	57	65	73	81	89	97	105	
50	-7	1	9	17	25	33	41	49	57	65	73	81	89	97	105	
55	-8	0	9	17	25	33	41	49	57	65	73	81	89	97	105	
60	-8	1	9	17	25	33	41	49	57	65	73	81	89	97	105	
65	-9	1	9	17	25	33	41	49	57	65	73	81	89	97	105	

Stop by ACME Cycle and see what else is going on!



Garden Club of the Upper Keys

Stacey Assael and Jennifer Lauture from Fairchild Gardens will speak about the **FAIRCHILD CHALLENGE**, an environmental education outreach program of Fairchild Tropical Botanical Garden in Coral Gables.

February 12 at 11:00 am
at Francis Tracy Garden Center
94040 Overseas Hwy.
(mm 94 bayside).

All are welcome.
gardenclubupperkeys.org

Uncertain Relationships

by Dawn Wiggins, Ed.S.

Are you dealing with uncertainty in your relationship? I can relate, I've been there. There was a time in my life where it seemed like I was constantly adjusting to something or impatiently awaiting clarity about my relationship status.

What I know about relationship uncertainty is this: it's hard to know if it's better to stick it out or if it's time to move on. This confusion taps into two different concerns: First, fear of the unknown, and second, self-doubt.

When faced with doubt, our brain relies on what it knows - reliable or not. Your brain uses past experiences, beliefs, current information and sensory data and creates possible outcomes and

makes predictions. This is an effort to relieve uncertainty in the midst of change. Because uncertainty produces one of the highest levels of emotional discomfort, the irony is that uncertainty also provides one of the greatest potentials for personal growth.

This is an opportunity to stretch yourself, learn new behavior and create positive change. So, check in with yourself! In times of uncertainty do you predict negative or positive outcomes?

Consider that a large portion of the intel we use to create probabilities is actually not reliable data. It is often based on assumptions, mind reading, unverified observations about other people, hearsay, etc.

There are more effective ways of dealing with change and uncertainty ...

#1 Identify Stressors
Identify the specific stressors and determine if there are any action steps that can be taken such as ask for help, organize, or create a backup plan

#2 Face Your Issues
Face your issue and communicate as clearly as possible. This does not mean be confrontational, but it does mean stop avoiding the thing that is causing stress! We often create a larger problem in our minds and once we face it and talk about it we realize it wasn't quite as big as we anticipated or predicted

#3 Take Care of Yourself
Uncertainty produces stress, so self-care is key. Know when you are at your



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limit and need a time out, a hug or to talk to someone! And, if you'd like to receive free advice about life, love, and relationships, be sure to opt-in to my newsletter! It's a convenient approach to add a little therapy into your life.

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Dad Jokes & Puns

My tailor is happy to make a new pair of pants for me. Or sew it seams.

What is a thesaurus's favorite dessert? Synonym buns!

A relief map shows where the restrooms are.

There was a big paddle sale at the boat store. It was quite an oar deal.

How do they figure out the price of hammers? Per pound!!

Police were called to the daycare center. A 3-year old was resisting a rest.

The other day I held the door open for a clown. I thought it was a nice jester.

Need an ark to save two of every animal? I Noah guy.

Alternative facts are aversion of the truth.

I used to have a fear of hurdles, but I got over it.

Atheism is a non-prophet organization.

Did you know they wont be making yardsticks any longer?

The patron saint of poverty is St. Nickeless.

What did the man say when the bridge fell on him? The suspension is killing me.

Do you have weight loss mantras? Fat chants!

Bayside Sunset Bar

4 pm-10 pm



Celebrate Sunset

Most Photographed Sunset in Key Largo!

Live Daily Conch Shell Blowing

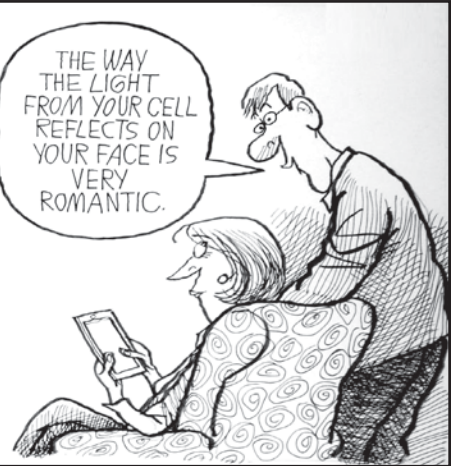
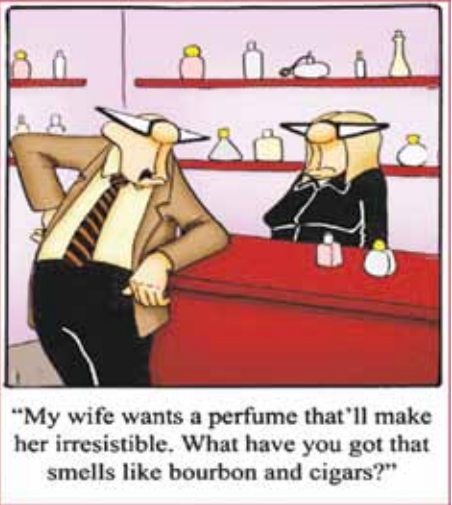
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Coco'Nut' Funnies

Did you hear about the two blondes who froze to death in a drive-in movie?

They had gone to see 'Closed for the Winter.'

I replaced my litter box with a FedEx box, now when it's full I just tape it shut and put it on my porch for someone to steal.

A young blonde woman was driving through the Florida Everglades while on vacation. She wanted to take home a pair of genuine Alligator shoes in the worst way, but was very reluctant to pay the high prices the local vendors were asking.

After becoming very frustrated with the attitude of one of the shopkeepers, the young Blonde declared, "Well then, maybe I'll just go out and catch my own alligator and get a pair of shoes for free!"

The shopkeeper said with a sly smile, "Well, little lady, why don't you go on and give it a try?"

The blonde headed off to the swamp, determined to catch an alligator.

Later in the day, as the shopkeeper was driving home, he spotted the same young woman standing waist deep in the murky water, with a gun in her hand. As he brought his car to a stop, he saw a huge 9-foot gator swimming rapidly toward her. With lightning reflexes, the blonde took aim, shot the creature and hauled it up onto the slippery bank.

Nearby were 7 more dead gators, all lying belly up.

The shopkeeper stood on the bank, watching in silent amazement. The blonde struggled mightily and managed to flip the gator onto its back. Rolling her eyes heavenward, she screamed in frustration

"DAMMIT! THIS ONE'S BARE-FOOT. TOO!"

When I call it "girls night out," what I mean is I'm not going to wear a bra.

I hate typos! You mix up two letters and your whole layout is urined.



A WOMAN SCORNED!

A fifteen-year-old came home with a Porsche, and his parents began to yell and scream, "Where did you get that car?"

He calmly told them, "I bought it today."

"With what money!?" demanded his parents. "We know what a Porsche costs."

"Well," said the boy, "this one cost me fifteen dollars."

The parents began to yell even louder. "Who would sell a car like that for fifteen dollars!?" they ask,

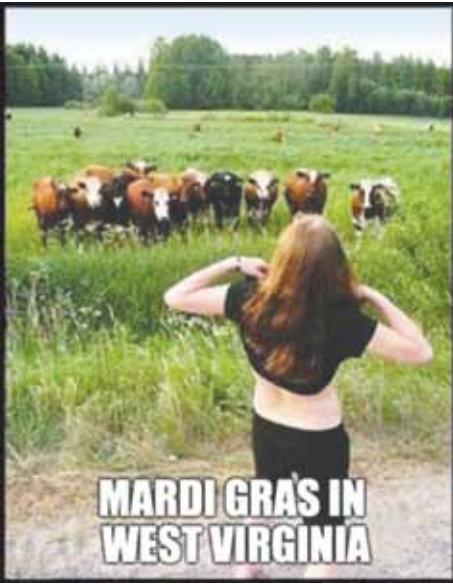
"It was the lady up the street," said the boy. "Don't know her name -- they just moved in. She saw me ride past on my bike and asked me if I wanted to buy a Porsche for fifteen dollars."

Oh my goodness!" moaned the mother, "she must be a child abuser. Who knows what she will do next? John, you go right up there and see what's going on."

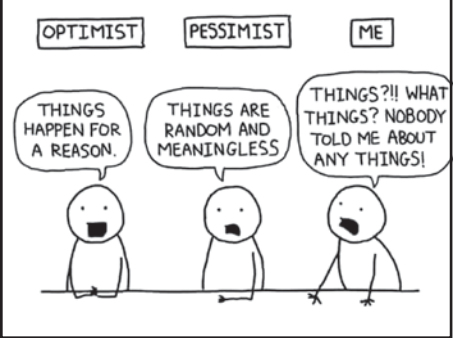
So the boy's father walked up the street to the house where the lady lived and found her out in the yard calmly planting flowers. He introduced himself as the father of the boy to whom she had sold a Porsche to for fifteen dollars and demanded to know why she did it.

"Well," she said, "this morning I got a phone call from my husband. I thought he was on a business trip, but I learned from a friend he has run off to Hawaii with his secretary. Then apparently she stole all his money and stranded him there!"

"Well, he called me, without a dollar to his name, and asked me to sell his new Porsche and send him the money. So that's exactly what I did."



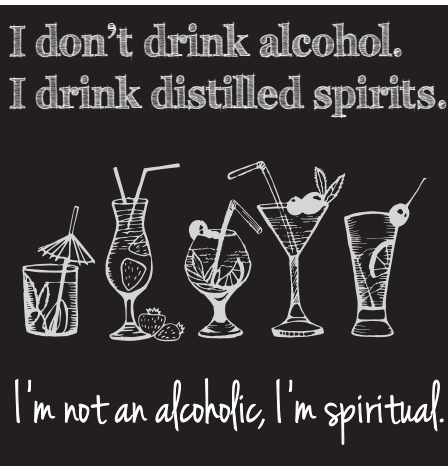
Wish we could crossbreed the mosquitoes and the lightning bugs. At least then we could see them coming.



TODAY I DECIDED TO CAUSE TROUBLE!!

I went to a restaurant and after seeing every table being occupied by couples, I took out my phone and made a very loud phone call, saying "Yes, girlfriend, your man is here with another woman, just come and see!"

Eight men got up and left...



Three surgeons are discussing who makes the best patients to operate on. The first surgeon said, "Electricians are the best, everything inside is color coded."

The second surgeon says, "No, I think librarians are, everything inside them is in alphabetical order."

The third surgeon shut them up when he said, "You're all wrong. Politicians are the easiest to operate on. There's no guts, no heart, no brains, and no spine. Plus, the head and the butt are interchangeable."

Thank you Trader Dick!



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.



"I don't know how to act my age! I've never been this age before."

Two hunters, Otis and Elmer, got a pilot to fly them into the Canadian wilderness where they managed to bag two big Bull Moose.

As they were loading the plane to return, the pilot said the plane could take only the hunters, their gear and one moose.

The hunters objected strongly saying, "Last year we shot two, and the pilot let us take them both... and he had exactly the same airplane as yours."

Reluctantly the pilot, not wanting to be outdone by another bush pilot, gave in and everything was loaded.

However, even under full power, the little plane couldn't handle the load and went down, crashing in the wooded wilderness

Somehow, surrounded by the moose, clothing and sleeping bags, Otis and Elmer survived the crash.

After climbing out of the wreckage, Otis asked, "Any idea where we are?"

Elmer replied, "I think we're pretty close to where we crashed last year."

Thanks again, Trader Dick!



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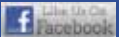
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3 THE DROPOUTS 1-6	4 Happy Hour 4-7 pm	5 SCOTT YOUNGBERG 5-9	6 HARRY FRENCH 5-9	7 DJ RONNIE 5-9	8 JIMMY O'SHEA 12-4 \$9.99 Shrimp Fry Day THE GROOVE 7-11	9 CAT DADDIES 1-5 TRIP MACHINE 7-11 MICHAEL TRIXX 8
10 APACHE DRAGON 1-6	11 Happy Hour 4-7 pm	12 SCOTT YOUNGBERG 5-9	13 HARRY FRENCH 5-9	14 DJ RONNIE 5-9	15 JIMMY O'SHEA 12-4 \$9.99 Shrimp Fry Day UNCLE SMOKEY 7-11	16 BROTHERS OF OTHERS 1-5 TBA 7-11 MICHAEL TRIXX 8
17 ECLIPSE 1-6	18 Happy Hour 4-7 pm	19 SCOTT YOUNGBERG 5-9	20 HARRY FRENCH 5-9	21 DJ RONNIE 5-9	22 JIMMY O'SHEA 12-4 \$9.99 Shrimp Fry Day LOOSE CANNONS 7-11	23 STATIC 1-5 MOJO SCOUNDRELS 7-11 MICHAEL TRIXX 8
24 THE REGS 1-6	25 Happy Hour 4-7 pm	26 SCOTT YOUNGBERG 5-9	27 HARRY FRENCH 5-9	28 DJ RONNIE 5-9	JOIN US EVERY FRI FROM 5-9 FOR "SHRIMP FRY-DAY" \$9.99	



THE DROPOUTS
Sunday, Feb. 3, 1-6 pm

APACHE DRAGON
Sunday, Feb. 10 1-6pm



ECLIPSE
Sunday, Feb. 17 1-6pm

THE REGS
Sunday, Feb. 24 1-6pm

