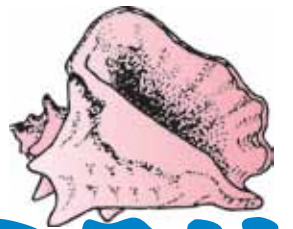


The Conch Republic COCONUT TELEGRAPH

FREE
Dining • Shopping
Lodging • Humor
Entertainment



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

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Inside:

Attractions

Annual Regifting Guide
Top Ten New Years Resolutions

What's Hot & What's Not

Arthurs Island Kitchen
Steve Gibb's Latest Book

Maps

Key Largo Locator Map Page
Getting from Here to There

All the Buzz

Dawn Wiggins, Ed. S.
Coco-Nut Funnies
Conch Characters
Business in the Keys
The Mangrove Galley
Classified Ads
Cartoons by Rodney Nelson



The Coconut Telegraph recommends Arthurs Island Kitchen, a new, authentic island restaurant now open in the VFW building in Key Largo. See our article on page 7.



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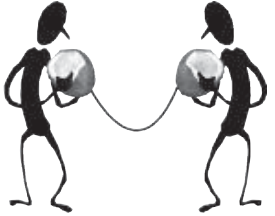
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Coconut Telegraph
January 2019
Volume 13 Issue #149

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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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Key Largo, Florida Keys 33037

ARTICLES

Adopt a Key Largo Animal Shelter Pet.....6
Arthurs Island Kitchen 7
Coconut Telegraph’s Annual Regifting Guide 9
Drafting Guys Over 60..... 10
Getting from Here to There - Keys Map Page..... 12-13
55th Annual Islamorada Sailfish Tournament Results..... 14
Conch Characters..... 15
Mangrove Galley: Pork, Black Bean and Pepper Chili..... 16
Classified Ads..... 16
Daily Om: Everyone Can Heal..... 17
Key Largo Locator Map Page 18
Top Ten New Years Resolutions 19
Business in the Keys20
The Apology You’ve Longed For by Dawn Wiggins, Ed. S.....21
Coco“Nut” Funnies.....22-23

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Editorial: Hangover Helper! Get Over Your Keys Celebration...

It was a great night , lively entertainment, a fast bar-tender, and good friends buying Fireball shots. You don't remember the cab ride home or how you got to bed. All you know is that you woke up and your head is throbbing. Your mouth tastes like dead cat. Sweating, shaking and groaning you manage to drag yourself to the bathroom to pay homage to the porcelain god. While you gag and retch in agony with your head against the cold rim of the toilet you swear you will never, ever, ever drink again. But just what can you do to alleviate this self inflicted agony?

Here are some things to try:

Nurse - If you are dating someone in the medical field you are probably already hooked up to an IV. If not...

Aspirin - take 2 and go back to bed

Sleep - stay in bed all day or until the pain goes away

Coffee - by the time you can force it down you should on the road to recovery

Water - takes care of the dehydration problem

Hot or cold shower - gets rid of the smell

Fruit juice - replaces lost vitamins

Eggs - they contain cysteine, an amino acid, and your liver will thank you.

Take a walk - exercise and oxygen can't hurt

Chocolate - it always makes me feel better

Hair of the dog - a Bloody Mary. Alcohol is a depressant. Having a drink will ease

the symptoms and a Bloody Mary contains vitamins your body is craving. It is but a temporary fix though. If you're going to play, you've got to pay.

National Geographic had an interesting article about some of the strangest hangover cures from around the world. Perhaps they mean "cure" in a way that you'll never touch alcohol again if you're forced to take these the morning after:

Germany: Pickled Herring

Pickled or marinated herring is the main ingredient in a sour snack Germans call Rollmops. Considered an excellent way to ward off a bad hangover, they're made by wrapping fillets of the tiny white fish around bits of onion and gherkin. Rollmops can

be a welcome part of what Germans call katerfrühstück, or the hangover breakfast.

Romania: Tripe Soup

Tripe - aka cow stomach - is the go-to ingredient for many Romanians suffering from a hangover. It's also a common "cure" in Mexico and Turkey, and no doubt many other countries as well. But in Romania, the edible offal is boiled in a greasy, salty soup of root vegetables, garlic vinegar, and cream.

Poland: Sour pickle juice

Polish hangover remedies are all about the sour. Some say that soured milk (which is unpasteurized and has been left at room temperature for a day or two) does the trick. Others favor sour - very sour - pickle juice, heavy on the vinegar.



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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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.



Pebbles



Paul & Simon



Joyce



Misty



Lily



Bowie



Rudy



Cocoa



Ginger



Holly

How to Avoid Mixing Your Metaphors

It's not rocket surgery. First, get all your ducks on the same page. After all, you can't make an omelette without breaking stride.

Be sure to watch what you write with a fine-tuned comb.

Check and re-check until the cows turn blue.

It's as easy as falling off a piece of cake.

Don't worry about opening up a whole hill of beans; you can burn that bridge when you come to it, if you follow where I'm coming from.

Concentrate! Keep your door closed and your enemies closer. Finally, don't take the moral high horse: if the metaphor fits, walk a mile in it.

Know enough to realize when the alligators are in the swamp and it's time to circle the wagons.

So you're not the smartest crayon in the forest! Keep burning the midnight oil at both ends. You'll get it!

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When given the opportunity to utilize a fully-equipped restaurant and bar centrally located on US 1, he and his family were thrilled to have a chance to share their family recipes in their own restaurant. Arthur's Island Kitchen features Floribbean Cuisine which mixes Caribbean and Southern Florida cooking techniques and all fresh ingredients to make dishes that will have your taste buds dancing!

At Arthurs Island Kitchen you can get exotic dishes such as Stew Oxtail (a locals' favorite) or Curry Goat and Calaloo Soup. For the less adventurous, there are steaks, lobster, conch and burgers. A menu to satisfy any palate and at great prices too! Bring the whole family, Arthur has a great children's menu too. Arthur's Island Kitchen offers a 15% discount to all VFW members and a 10% discount to anyone who wears a uniform to work - Armed Forces, firemen, police, nurses, etc. Open Tuesday thru Sunday 11 am - 10 pm and closed Monday. For more info call 305-922-2332, or 305-394-4445.

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The Coconut Telegraph's January Regifting Guide

This is our second annual curated collection of the hottest products to regift after the holidays



FAKE HEALTH NEWS GENERATOR

YOUR EYE COLOR		1 ST LETTER OF 1 ST NAME	BIRTH MONTH	FIRST LETTER OF LAST NAME
LIGHT BROWN	Pulling	A raw onions B alkaline water C tinfoil D essential oils E amethyst F avocado G coconut oil H urine I epsom salt J turmeric K healing crystals L raw eggs M ginger N quantum energy O organic walnuts P kombucha Q hemp R the frequency of love S garlic T detox pads U broccoli juice V moonlight W activated charcoal X brain pills Y inspirational quotes Z a mandala	JAN in your bed FEB in your hair MAR under your doormat APR on your face MAY on your third eye JUN around your neck JUL in your handbag AUG on your palm SEP in your sock OCT up your nose NOV in your ear DEC in your underwear	A removes toxins. B cures cancer. C helps you lose weight. D reduces allergy symptoms. E blocks EMF radiation. F cures acne. G makes you smarter. H wards off negative energy. I fixes joint pain. J relieves constipation. K boosts your serotonin. L protects from bee stings. M fixes back pain. N cures migraines. O realigns your chakras. P will help you find love. Q cleanses your liver. R cures sinus pain. S rebalances your hormones. T unclogs arteries. U prevents heart disease. V fights muscle cramps. W reduces air contaminants. X helps others pronounce your name. Y helps you sleep. Z reveals how many past lives you've had.



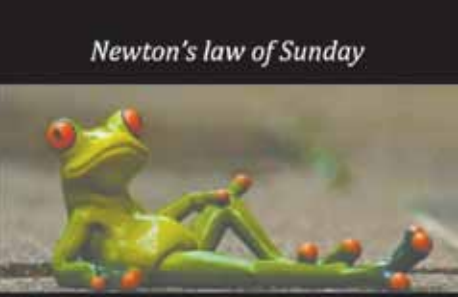
CAUTION

EXPOSURE TO MUSIC...

May cause sudden outbursts of Joy, Happiness, Energy, Creativity, Awareness & Spontaneous Healing!

HANDLE AT YOUR OWN RISK!

I'M NOT ADDICTED TO COFFEE, WE'RE JUST IN A COMMITTED RELATIONSHIP.



Newton's law of Sunday

A body at rest will remain at rest until his wife notices and finds some work for him



Drafting Guys Over 60

I am over 60 and the Armed Forces thinks I'm too old to track down terrorists. You can't be older than 42 to join the military. They've got the whole thing bass-ackwards.

Instead of sending 18-year old's off to fight, they ought to take us old guys. You shouldn't be able to join a military unit until you're at least 55.

For starters, researchers say 18-year-olds think about sex every 10 seconds. Old guys only think about sex a couple of times a month, leaving us more than 280,000 additional seconds per day to concentrate on the enemy.

Young guys haven't lived long enough to be cranky, and a cranky soldier is a dangerous soldier. 'My back hurts! I can't sleep, I'm tired and hungry.' We are bad-tempered and impatient, and maybe letting us kill some a-hole that desperately deserves it will make us feel better and shut us up for a while.

An 18-year-old doesn't even like to get up before 10 am. Old guys always get up early to pee, so what the heck. Besides, like I said, I'm tired and can't sleep and since I'm already up, I may as well be up killing some fanatical son-of-a-gun.

If captured, we couldn't spill the beans because we'd forget where we put them. In fact, name, rank, and serial number would be a real brainteaser.

Boot camp would be easier for old guys. We're used to getting screamed and yelled at and we're used to soft food. We've also developed an appreciation for guns. We've been using them for years as an excuse to get out of the house, away from the screaming and yelling.

They could lighten up on the obstacle course however I've been in combat and never saw a single 20-foot wall with rope hanging over the side, nor did I ever do any pushups after completing basic training.


Actually, the running part is kind of a waste of energy, too. I've never seen anyone outrun a bullet.

An 18-year-old has the whole world ahead of him. He's still learning to shave, to start a conversation with a pretty girl. He still hasn't figured out that a baseball cap has a brim to shade his eyes, not the back of his head.

These are all great reasons to keep our kids at home to learn a little more about life before sending them off into harm's way.

Let us old guys track down those terrorists. The last thing an enemy would want to see is a couple million pissed off old farts with bad attitudes and automatic weapons who know that their best years are already behind them.

HEY!! How about recruiting menopausal women? You think MEN have attitudes? Oh my God!!!



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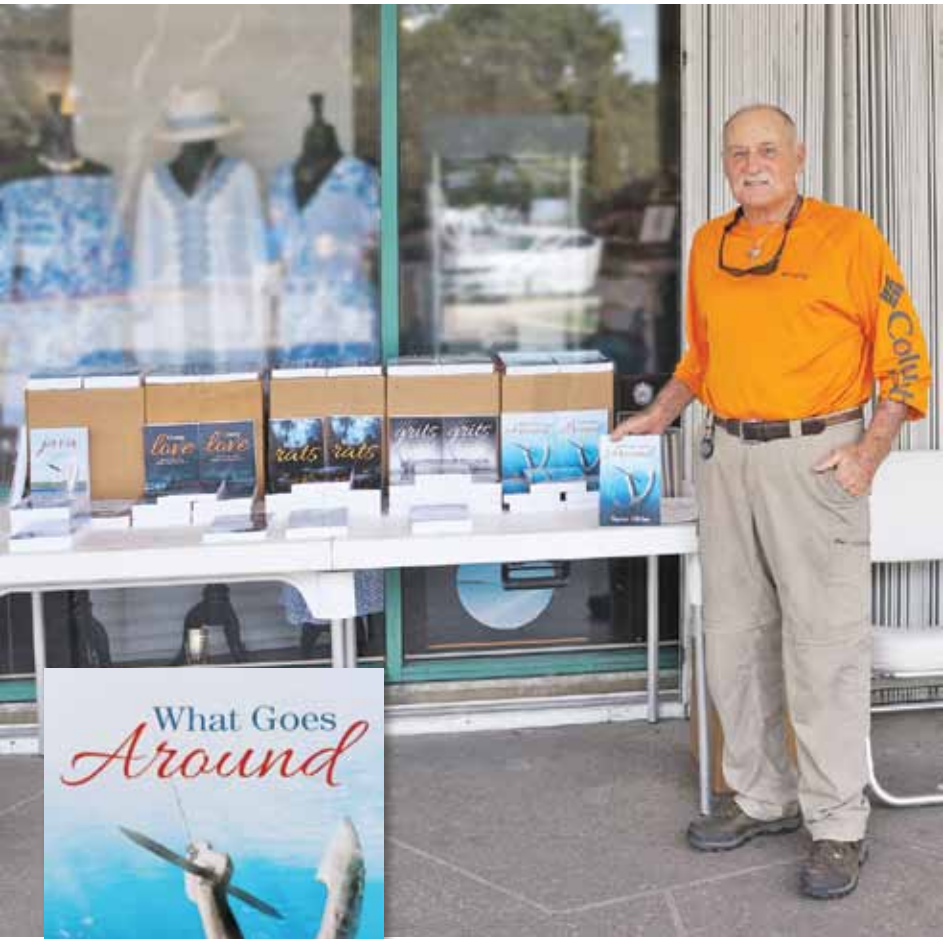
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 Saturday, Jan. 5 UNCLE SMOKEY 1-5 PM	 Saturday, Jan. 5 CHAIN REACTION 7-11 PM	 Saturday, Jan. 12 CAT DADDIES 1-5 PM
 Saturday, Jan. 12 STATIC 7-11 PM	 Saturday, Jan. 19 UNCLE RICO 1-5 PM	 Saturday, Jan. 19 RADIO STEREO 7-11 PM
 Saturday, Jan. 26 BROTHERS OF OTHERS 1-5 PM	 Saturday, Jan. 26 BOMBSHELL 7-11 PM	 Saturday, Jan. 26 MICHAEL TRIXX Every Saturday 8PM



What Goes Around
Steve Gibbs

Local author Steve Gibbs at Tradewinds Plaza with his latest in a series of books he has written since his reirement from the newspaper business. Check it out!

RETIRE TO KEY LARGO WHERE...

1. You'll be willing to park 3 blocks away from your house because you found shade.
2. You'll experience condensation on your butt from the hot water in the toilet bowl.
3. You have over 100 recipes for seafood.
4. You know that you never have to pay for a sauna, just walk outside.
5. The 4 seasons are: tolerable, hot, humid & hot, and ARE YOU KIDDING ME??
6. You can make over \$350,000 and you still can't afford to buy a decent house.
7. You can have dinner and buy bait in the same store.
8. Everyone has a nickname: Smilin' Bob, Lobsterman, Not-that-Buffy, Methhead Mary, etc.
9. You carry your \$3,000 worth of fishing gear in your \$500 car.
10. Your idea of a traffic jam is three cars waiting for a tourist to pull off the road.

January 10th-20th
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11 Days of Food & Wine Events in Key Largo & Islamorada

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Contact restaurant or check the website for details.

Ballyhoo's in the median, MM 97.8
Green Turtle Inn Oceanside, MM 81.2
Kaiyo Oceanside, Old Hwy; MM 81.7
Key Largo Conch House, Oceanside 100.2
Marker 88 Bayside, MM 88
Sundowners, Oceanside, MM 103.9

Thursday 1/10
Islamorada Beer Company and Islamorada Distilling MM 82 (O), Isla.
Complimentary Tasting and Tours 4-6pm
Tour our brewery and distillery and try our latest releases in beer & spirits. 305-440-2162

Ciao Hound at The Postcard Inn
MM 84 (O), Isla.
Taste of Ciao Hound
3-course Italian dinner paired with red and white wines. \$52 pp + tax + tip. 305-664-2321

Gilbert's Resort - MM107.9 (O), KL
Seafood Sampler 5-9pm
Enjoy Gilbert's famous Conch Fritters, Snapper Ceviche and Fish Dip with a glass of wine or beer of choice. \$19.99 + tax + tip. 305-451-1133

Key Largo Chocolates
MM 100.5 (B), Key Largo
Decadent Desserts meet Fabulous Wines 7pm. Superb, fancy desserts and chocolate to die for, paired expertly with wines by our wine connoisseurs. \$25 inclusive. 305-453-6613. Reservations strongly suggested.

Friday 1/11
Key Largo Fisheries Backyard Café
1313 Ocean Bay Drive, Key Largo
Lobsterfest 6-9pm
Florida Lobster every which way, live music and wine!! \$49.95 plus tax. 305-451-3782. Reservations strongly suggested.

B.J. Royster Gallery & Martinis
MM 81.6 (B), Isla.
Art, Bubbles & Hors d'oeuvres 6-8pm
Champagne reception featuring Chef Drew's choice selection of hors d'oeuvres. 20% off all store sales - 6-8pm. 305-664-4800

Saturday 1/12
Key Largo Chocolates - MM 100.5 (B), KL
Junior Chocolatier Class 11am
Kids take a tasty adventure and learn about chocolate, while tasting and making your own. \$23 + tax. 305-453-6613. Res. suggested.

Sundowners - MM 104 (B), Key Largo
Stone Crab Eating Contest
6:30pm registration 7:30pm contest
Who can crack and eat 25 stone crab claws fastest? Entry form online. Watch the fun for free! Benefits FKCC. 305-451-4502.

Snappers Waterfront Restaurant
MM 94.5 (O), Key Largo
A Taste of Europe Snappers Style
Chef Clark Huff presents a 3-course dinner featuring dishes from France & Sweden, expertly paired w/wines. \$52 + tax + tip. 305-852-5956

Sunday 1/13
Sunday Brunches (check the web for more info)

Tuesday 1/15
Senor Frijoles - MM104 (B), Key Largo
Fajitas and Margaritas from 7pm
Celebrate Tuesday with 2 for 1 Fajitas and \$5 Exotico Tequila Margaritas. 305-451-1592

Wednesday 1/16
Snappers Waterfront Restaurant
MM 94.5 (O), Key Largo
Grape Stomping Contest 6pm
Teams will stomp grapes in a wine barrel to yield the most juice. \$35 per team. 305-852-5956

Thursday 1/17
Chef Drew's Gallery
MM 88, Plaza 88, Isla.
'It's a Small World' Cooking Class 6pm
Chef Drew will prepare French, Italian, American and maybe an Australian dish to pair with wines. \$80 + tax + tip. 305-853-6206. Reservations essential. 24 spaces only.

Reelburger at Amara Cay - MM80 (O), Isla.
3-Course Dinner Paired with Wines 5-9pm
Sample the fare of this great new restaurant. \$39 +tax + tip 305-664-0073

Nam Thai
Plaza 103, MM 103.2 (B), Key Largo
An Oriental Experience 6pm
Sushi & Thai dishes, complimentary sake & wine. 305-451-5955

Friday 1/18
Buzzards Roost - 21 Garden Cove Drive, KL
A French Quarter Festival 7pm
An evening of dining, New Orleans style. Four-course Creole dinner paired with wines and starting with the famous Sazerac cocktail. \$48.95 + tax + tip. 305-453-3746. Reservations essential.

Skippers Dockside - 529 Caribbean Drive, KL
Burgers and Beer 5-10pm
The new Skippers signature burger: medium burger, fried onions, BBQ sauce, Jack Daniels bacon jam, and Cheddar cheese with Old Bay fries, paired with our signature Wild Rooster IPA. \$10 + tax + tip (no substitutions or modifications). 305-453-9794

Marker 88 - MM 88 (B), Isla.
POP-UP MIAMI Chef's Dinner 7pm
5 courses, 3 Featured Chefs, ONE great evening!! Chefs prepare their signature courses each complemented by a fine wine. \$85 inclusive. 305-852-9315. Reservations strongly suggested.

Saturday 1/19

UNCORKED 2019 GRAND TASTING
The Postcard Inn
MM 84 (O), Islamorada
Saturday January 19, 11am - 4pm
A multi-sensory experience featuring world class wines and spirits and a culinary extravaganza presented by the fabulous restaurants of Islamorada and Key Largo all in a fabulous oceanfront setting.
VIP tickets entry 11am- \$90
General admission noon - \$65
Purchase tickets online in advance. At gate - add \$10.

Sunday 1/20
Sunday Brunches (check the web for more info)

Reservations are required for many of the events. Please contact the venue for reservations & info. Events subject to change. Get the latest info on the web!

www.FloridaKeysUncorked.com

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BINGO
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Friday January 11, 7:30 pm
LIVE MUSIC with the Taylor King Band

January 12
CHILDREN'S SAFETY DAY AND DRUG AWARENESS
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LINE DANCE
Mondays 5 pm

FISH FRY Fridays, 6 pm, **KARAOKE** 7:30 pm on Jan. 4th, 18th & 25th



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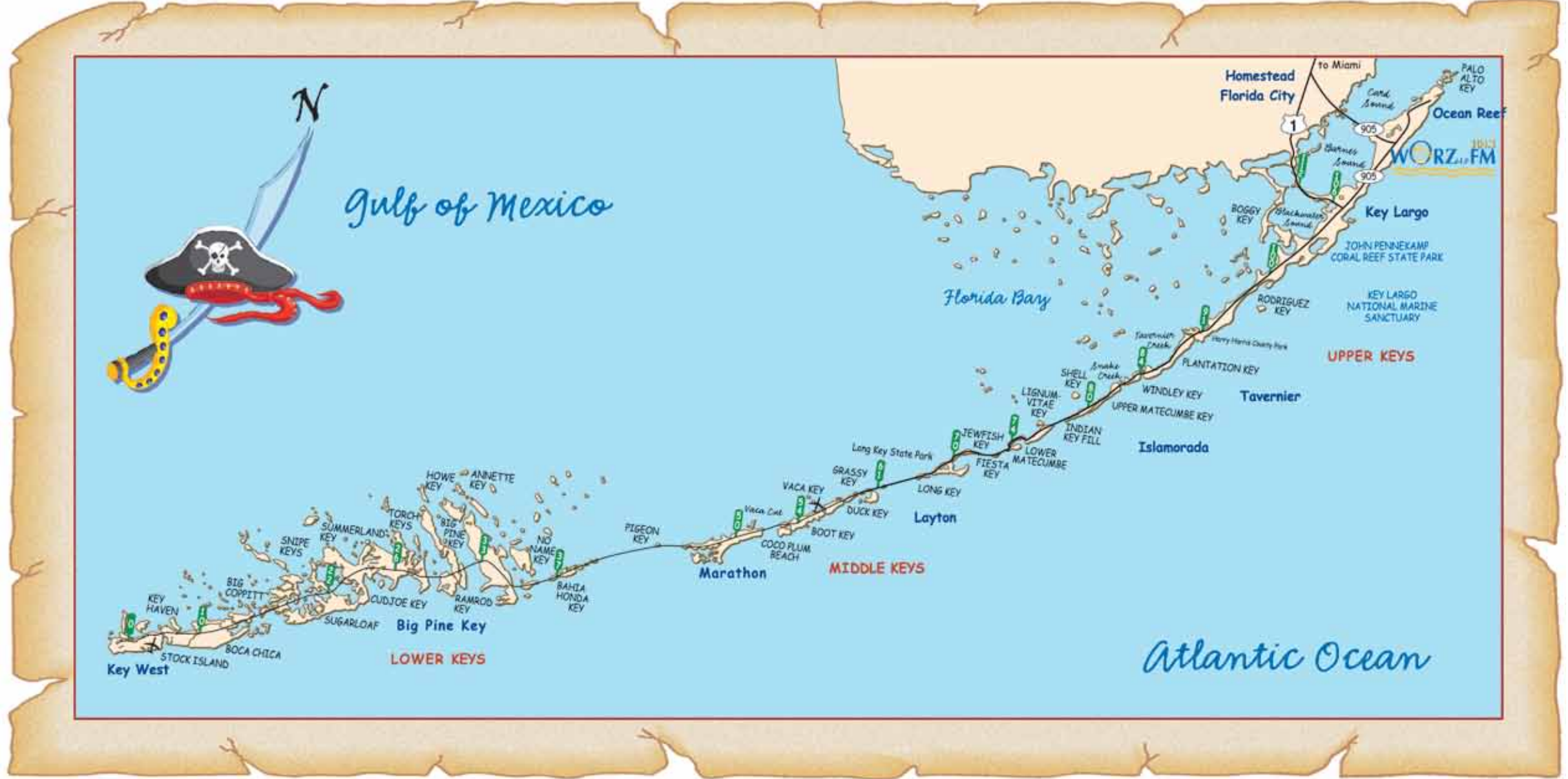
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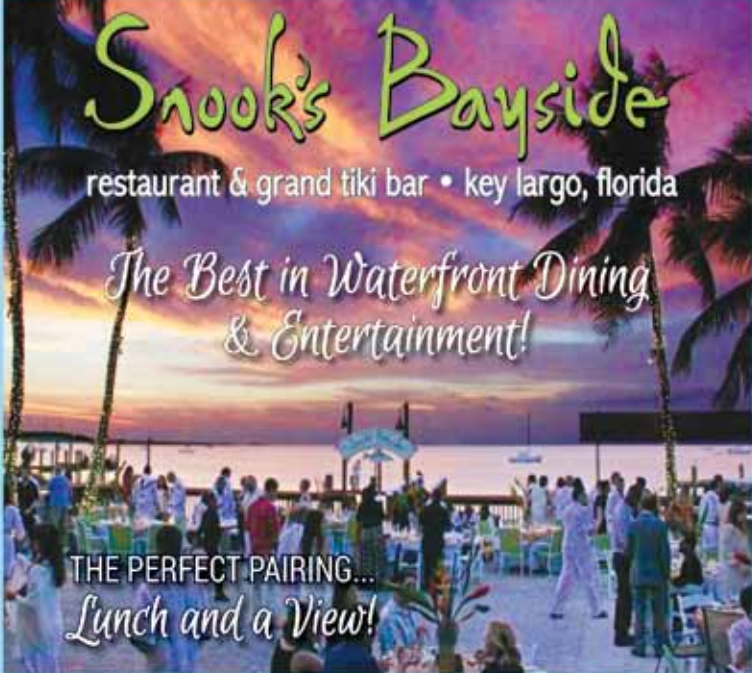
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Last Dance Wins 55th Annual Islamorada Sailfish Tournament

The 55th Annual Islamorada Sailfish Tournament kicked off at Whale Harbor hosting 79 anglers, plus friends and family with a grand buffet. Great sailfish action started on Friday morning and continued over the next three days concluding on December 2. Captain Robert Collins of *Last Dance* led anglers Matt McLean and Mark Wodlinger both from Naples, along with Ken Longaker and Robert Helms of Islamorada, to the winner's circle with a total

of 14 sailfish releases. 138 Sailfish were released out of the 170 called in hook ups with nearly \$70,000 going to the winners. *Last Dance* ended the 3-day tournament with a total of 14 fish landing them the Overall Champion trophy. Angler Matt McLean released a total of 7 fish earning him the High Point Angler. He was also awarded the Bill Hirni high point angler perpetual trophy. Captain Robert Collins took home the High Point Captain Award.



The High Point Mate awards went to Brandon Hopper and Dallas Hopper.

Priceless anglers Bernie Perez, Coral Gables; Thomas Sims, Miami; Matthew Rodriguez, Cutler Bay; Manny Fernandez, Miami; and A.J. Sepe, Coral Gables released 5 more fish on the last day landing them the Second Place Trophy, with a total of 12 released fish.

Anglers Josh Jackson, Temple, TX; Erik Ehlers, Islamorada; Jeremy Stigler, Rockdale, TX; Jake Turek, Islamorada; Tim Johnson, Rockdale, TX fishing aboard *Cloud Nine*, captained by Greg Eklund, finished with 12 sailfish releases and end up in third place on time.

Top Lady Angler, Debbie David of Miami, released a total of 4 Sailfish. Fishing aboard *Relentless*, she also earned the Most Outstanding Catch Award with a 65 lb Wahoo caught on 12 lb. test.

Junior angler Matthew Williams of Melbourne, FL released 2 sailfish fishing aboard *Smile Maker*, earning him the First Place Junior Angler trophy. A second place junior trophy went to Daniel Maduro of Miami, aboard the *Mangler*. Ryan Cano, also fishing aboard the *Mangler* released 1 sailfish and earned Third Place Junior Angler award.

Photos courtesy of Tim Rahn Photography.

The Islamorada Sailfish Tournament is the first leg of the Florida Keys Gold Cup Sailfish Championship. Last Dance is currently in the lead with 14 fish. Second place in the Gold Cup is Kalex with 10 releases. The next leg of the series is the Islamorada Fishing Club's Sailfish Tournament on January 24, 2019 and the champions will be crowned at the Cheeca Lodge Presidential Sailfish Tournament January 26-27. For more info: islamorasailsfishtournament.com



Priceless anglers came in second place.

Elks Annual Kids' Christmas a Success



The Florida Keys Elks Lodge in Tavernier held the annual Children's Christmas party on December 8th. Ninety-two little ones visited with Santa, Mrs. Claus & Elf, decorated cookies, watched the fantastic magic of Michael Trixx, enjoyed lunch, made a few Christmas crafts and went home with a goodie bag. Kids of all ages had pictures with Santa. At the right: with Santa are Landon and Coral Snyder. Above is the Barreto family, Jenny Brooklyn and Autumn. Top row Steven, Dee Dee and Richard. Elks members Patty and Tim Hartnett were Mr. and Mrs. Claus and Hollis Krutulis was the Elf. This annual event is possible thru a grant from the Elks National Foundation.



Conch Characters



Junior angler Matthew Williams of Melbourne, FL won First Place Junior Angler in the 55th Annual Islamorada Sailfish Tournament. Photo by Tim Rahn Potography.



Capt. Josh and Bassman Bill at Snooks.



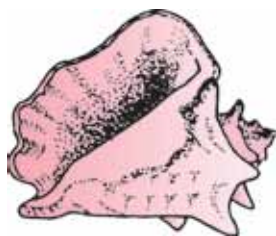
Burton Memorial Methodist Church singing Christmas carols at The Conch House.



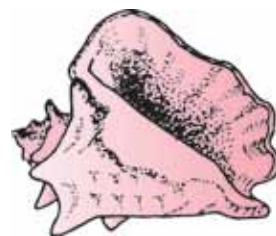
Uncle Rico entertains at the Big Chill.



The Rotary Club of Key Largo installed four new members to its new Rotary Satellite Club in December. Congrats to Nicole Blanche, Melissa Lopez, Lourdes Montagne and Sarah Masterson.



KL Chamber of Commerce at the ribbon cutting for the grand re-opening of Key Largo Flowers and Gifts.



Toys for Tots at the American Legion Jam Night.




Key Largo Women of the Moose hosted a Christmas party for MARC.

The Mangrove Galley

by Sandi Mieszczenski

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



Finally, a little cool weather and a perfect time for chili. Here's a twist on a super bowl staple.


Pepper Mix:
Prepare a day ahead. Any extra stores well for future use.

4 jalapeño peppers
6 med. hot/sweet assorted peppers (long hots, arbol, cubanelle, etc.)

When handling raw hot peppers, be sure to wear hand protection! Slice peppers lengthwise then remove the stems and seeds. Place peppers skin side down on a foiled cookie sheet and roast until crispy; about one to one and a half hours at 275 degrees. Turn the oven off and let peppers cool in the oven. When cool; grind the peppers in a minichop or blender.

PORK, BLACK BEAN AND PEPPER CHILI

2 ½ lbs. pork roast (inexpensive cut)
2 10+ oz. cans chicken stock
4 yellow peppers
4 sweet onions (3 large and 2 small)
1 medium green pepper
1 medium red pepper
3 cans of drained black beans
2 Tbls. chopped garlic
3 Tbls. cumin



Cut the roast into ¾" cubes. Heat a large stock pot to medium high with just enough oil to cover the bottom. Saute the garlic until softened, then add 2 Tbls. of the pepper mix, and 2 Tbls. of the cumin. Add the pork, mix thoroughly and brown. Add the chicken stock and one small chopped onion. Bring to a boil then simmer with the top off until tender. Let the contents cool, remove the pork from the broth and set aside. Clean and cube the four yellow peppers and the two large onions. Add to the stock and bring to a boil. Reduce heat and simmer until the peppers are al dente. Add a small amount of water only if necessary. Let cool then pour the contents into a food processor or blender and add the remaining cumin. Puree until smooth and return to the pot. Clean and chop the red and green peppers and add to the mixture with the remaining chopped onion. Bring to a bubble then add the pork and the black beans. Simmer until warmed through. Serve with a dollop of sour cream and extra pepper mix if more heat is desired.

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PERSONAL

SWF SEEKS COMPANION, 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... 305-555-TEXT

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begins rehearsals for its new season in the fall. If you want to participate, call 305-451-4530.

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 Garden Club of the Upper Keys monthly meeting will be **January 15, 11:00 am** at the Francis Tracy Garden Center (mm 94 bayside). Susan Kolterman will speak on landscaping for birds and butterflies. Visitors are always ways welcome. Our meetings, workshops and special events provide education and information on the fun of gardening in the Keys. Visit our website for upcoming programs and events.
Come grow with us!
gardenclubupperkeys.org


FOR SALE

Queen Box Spring \$1,000,000 (Tavernier)
We just moved and couldn't fit this box spring up our stairs, so now it is waiting for you in my office.
It's a Serta Perfect sleeper-queen sized.
I set the price at \$1,000,000 because how can you put a price on the awesome dreams I've had on it? I've won the Roller Derby, rescued Scarlett Johansson from evil alien warlords and was named MVP in the Super Bowl of a sport I dreamed up called "RUMBLE BALL." If that isn't worth a million bucks, I don't know what is.
But hey - I'm a realist - I would be willing to knock something off the price if you're willing to come and pick it up. How about does \$20 sound? Hurry up, before I remember more super awesome dreams and change my mind.
No you're not dreaming ... yet!
Call 305-555-DRMS

Everyone Can Heal

We all have the ability to use our healing hands, we only need our intention.

Touch is the first tool we turn to when confronting pain. We react similarly to a stubbed toe and a broken heart, tenderly grasping the affected area. This need to apply physical contact is part of the innate healing instinct present within each of us. We are all born with the ability to heal ourselves and to heal others.



Because healing energy does not come from within but from outside our ourselves, the energy is there for anyone to use, and thus no formal training is required. When you have the intent to heal and love is your only motive, you become a conduit for healing energy. Through the simple laying on of hands, you can direct that universal healing energy in order to comfort those who are experiencing pain or distress.

In performing healing energy work, it is imperative that you ground yourself both before you begin and afterward. The illnesses and issues others face can be absorbed into our energy field, and healing can exhaust our own energy reserves. Address the universe directly, stating that you wish to be a one-way channel through which healing energy flows through you and that your energy supply should not be depleted. Next, speak your intention and place your hands on the individual you are endeavoring to heal.

Let your intuition guide you to the afflicted area and imagine a healing white light being drawn in through the top of your head and emanating through your hands. The energy will begin to flow once you have

made a physical connection, and your touch will help awaken the body's capacity for self-healing.

















The afflicted areas of the body, which were initially tense or tight, will relax once imbued with enough healing energy. Not everybody is sensitive to subtle energy, so try not to feel like you aren't helping if you don't feel the flow. The work you are doing is indeed helping. Finally, thank the universe. Disconnect yourself from the person being healed by speaking your intention to sever your connection and then wash your hands.

Understanding how energy works is less important than consciously choosing to make use of it. Performing a loving healing session on your loved ones can be a wonderfully intimate experience that brings you closer together.

And as the rejuvenating healing energy passes through you, it can awaken a profound compassion within you that helps you better understand the interactions between the spiritual, physical, and mental selves.

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Collective Nouns For Sea Animals

 A bind of salmon	 A company of angelfish	 A family of sardines	 A fleet of bass
 A float of tuna	 A flotilla of swordfish	 A glint of goldfish	 A herd of seahorses
 A party of rainbow fish	 A school of cod	 A shiver of sharks	 A shoal of fish
 A shoal of mackerel	 A squad of squid	 A swarm of dragonet fish	 A troupe of shrimp

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Legend

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

Bayside

Oceanside

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KEY LARGO MAP PAGE

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EXERCISE FOR THE NEW YEAR

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each bag.

ON THE MAP

RIGHT NOW CHOCOLATE IS GOOD FOR YOU AND ROMAINE LETTUCE CAN KILL YOU:

I'VE BEEN TRAINING MY WHOLE LIFE FOR THIS MOMENT

HAPPY NEW YEAR

CAN I GO HOME NOW?

"Year's end is neither an end nor a beginning, but a going on, with all the wisdom that experience can instill in us."

Hal Borland

Top Ten New Years Resolutions

Many people online are recognizing their limitations this year. If your new year's resolution is to simply keep your head above the water in 2019, you're in good company.

My new years resolution this year is to finally throw away those three empty Dominos Pizza boxes sitting in the bottom of my fridge. This was my resolution last year, too, but 2019 feels like a year for change.

Committing to wearing pajamas 24/7 is something I can get behind. And, it's not a big leap for me. Since I work from home, sometimes I go weeks without out washing any clothes that have zippers or buttons.

My new year's resolution is to be a more positive, better person... and to wear more fake eyelashes.

My new year's resolution is for someone else to pay my rent every month. (What do you mean that's not how it works?)

No divorces in 2018.

Since I am not currently married, this one should be pretty easy to keep unless I end up drinking a whole mini bar in Vegas like Ross and Rachel.

Remember to take my meds. Look, a purple dragon!

My new year's resolution is to stop hanging out with people who ask me about my New Year's resolutions.

My new year's resolution is to take more naps.

My new year's resolution is to get really into essential oils and then make sure I bring up the fact that I'm really into essential oils in every conversation I have until the end of time.

New year's resolution: stop putting lol after every text I send.. lol.

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One minute of anger weakens the immune system for 4 to 5 hours.

One minute of laughter boosts the immune system for 24 hours.

MY BODY IS A TEMPLE

ANCIENT AND CRUMBLING

PROBABLY CURSED OR HAUNTED

Things I have in common with the Victoria's Secret models:

1. Being hungry



Garden Club of the Upper Keys

GARDEN CLUB OF THE UPPER KEYS

Susan Kolterman will be the guest speaker at the Garden Club of the Upper Keys monthly meeting

January 15 at 11:00 am

at Francis Tracy Garden Center
94040 Overseas Hwy.
(mm 94 bayside).

The presentation will be on **Landscaping for Birds and Butterflies**

All are welcome.

gardenclubupperkeys.org

The Apology You've Longed For

by Dawn Wiggins, Ed.S.

You know that feeling of desperately wanting the other person to apologize. To admit what they did wrong and understand how they have hurt you. To see your side of things, change their opinion and agree with you.

Because if they did, the pain and obsessive thinking would stop. The heartache/rage/regret would go. You would feel better and finally have some peace.

Except, they don't seem to get it. And you're tired. I get it. People are tricky, and relationships can be very disappointing.

But let me ask you something. Before you point your finger (or fingers) at the other guy, how much energy

do you put into taking your own inventory? How much effort do you put into facing your struggles and working on them - consistently? After all, you want the folks around you to be consistent; don't you?

I'm talking about your blind spots, your wounds, the things you'd rather not face.

You're not alone. I have them too — those pesky insecurities, bad habits, and imperfections. They cause me to get in my own way, fall off the rails and sabotage my success.

So when I catch myself wanting to change someone else, I remind myself that it doesn't work. Instead, I change my mind and choose to live and let live. Because



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your ability to have satisfying relationships. It's creating conflict, both inside and outside of you.

So, heal your hurt and heal your relationships. That person you are struggling to feel loved by, the one who hasn't apologized; they have pains. They also want to feel loved and valued. We don't always have to understand each other. The goal is to learn how to accept each other.

Acceptance is a form of reckoning. It's an acknowledgment I don't have control. It's the realization I can solve my problems without making someone else responsible. You've seen this in every drama series or movie - ever. Making someone else pay for their sins never resolves your pain. It may feel temporarily powerful. But it doesn't deliver long-term relief from the wound. Few things bring the comfort you seek - they are acceptance, forgiveness, and love.

I'm no Pollyanna. Sure, I'm relatively optimistic, but I'm also a pragmatist. I am a solution-oriented dreamer. I want to know what works so I can do it. So while my message may sound all hope and change, that is because it works.

I dare you to prove me wrong. WINK!

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Mammogram: Be Prepared!

Many women are afraid of their first mammogram, but there is no need to worry. By taking a few minutes each day for a week preceding the exam and doing the following exercises, you will be totally prepared for the test and best of all, you can do these simple exercises right in your home.

EXERCISE ONE:
Open your refrigerator door and insert one breast in door. Shut as hard as possible and lean on the door for good measure. Hold that position for five seconds. Repeat again in case the first time wasn't effective enough.

EXERCISE TWO:
Visit your garage at 3 AM when the temperature of the

cement floor is just perfect. Take off all your clothes and lie comfortably on the floor with one breast wedged under the rear tire of the car. Ask a friend to slowly back up the car until your breast is sufficiently flattened and chilled. Turn over and repeat with the other breast.

EXERCISE THREE:
Freeze two metal bookends overnight. Strip to the waist. Wait 30 minutes. Now, invite a stranger into the room. Press the bookends against one of your breasts. Smash the book ends together as hard as you can. Set up an appointment with the stranger to meet next week and do it again.

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IF THERE ARE ANY GUITARISTS READING THIS, WHO WANT TO KNOW THE SECRET TO MAKING THEIR INSTRUMENT SOUND BETTER, STAY TUNED.



Coco'Nut' Funnies

Hot and Cold

After his exam the doctor asked the elderly man: "You appear to be in good health. Do you have any medical concerns you would like to ask me about?"

"In fact, I do," said the old man. "After I have sex with my wife, I am usually cold and chilly, and then, after I have sex with her the second time, I am usually hot and sweaty."

"Later, after examining the man's elderly wife, the doctor said, "Everything appears to be fine. Do you have any medical concerns that you would like to discuss with me?"

She replied that she had no questions or concerns. The doctor then said to her: "Your husband had an unusual concern. He claims that he is usually cold and chilly after having sex with you the first time, and then hot and sweaty after the second time. Do you know why?"

"Oh that crazy old fart," she replied. "That's because the first time is usually in January and the second time is in August."



"When a man steals your wife, there is no better revenge than to let him keep her."

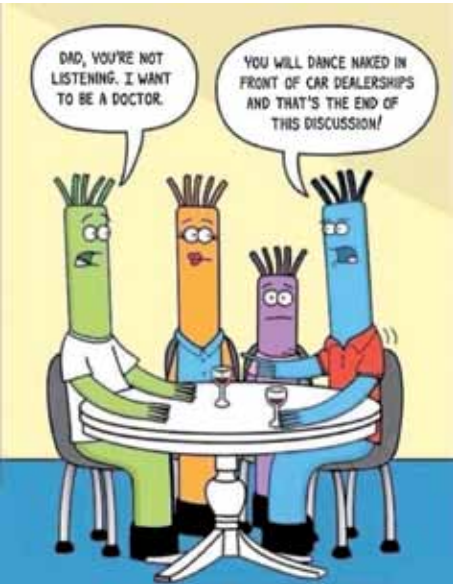
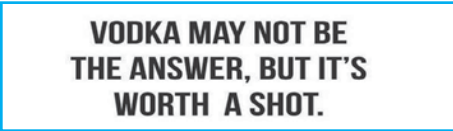
King David

"After marriage, husband and wife become two sides of a coin; they just can't face each other, but still they stay together."

Sasha Guitry

"Some people ask the secret of our long marriage. We take time to go to a restaurant two times a week. A little candlelight, dinner, soft music and dancing. She goes Tuesdays, I go Fridays."

Red Skelton



Cletus & Billy Bob

Cletus is passing by Billy Bob's hay barn one day when, through a gap in the door, he sees Billy Bob doing a slow and sensual striptease in front of an old green John Deere.

Buttcks clenched, he performs a slow pirouette, and gently slides off first the right strap of his overalls, followed by the left. He then hunches his shoulders forward and in a classic striptease move, lets his overalls fall down to his hips, revealing a torn and frayed plaid shirt.

Then, grabbing both sides of his shirt, he rips it apart to reveal his stained T-shirt underneath. With a final flour-ish, he tears the T-shirt from his body, and hurls his baseball cap onto a pile of hay.

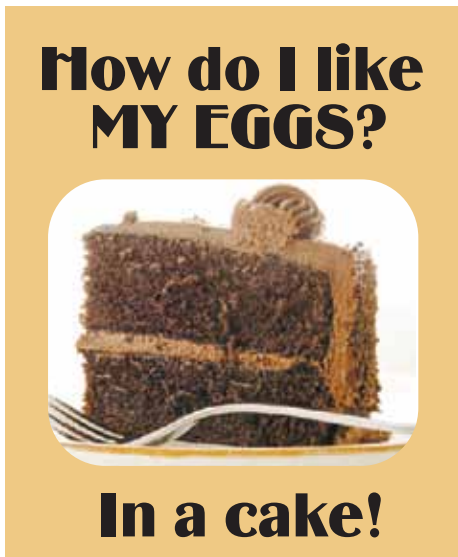
Having seen enough, Cletus rushes in and says, "What the world're ya doing, Billy Bob?"

"Good grief, Cletus, ya scared the bejeebers out of me," says an obviously embarrassed Billy Bob.

"But me 'n' the wife been havin trouble lately in the bedroom d'partment, and the therapist suggested I do something sexy to a tractor."

(Don't make us come 'splain this to you! Read the last line again, slowly.)

Thank you Trader Dick!



It's time to photoshop my life.

Touch up the edges, adjust the tones, blur out the background.

Focus on the good shit and crop out the a**holes.



A New York attorney representing a wealthy art collector called his client.

"I have some good news, and I have some bad news."

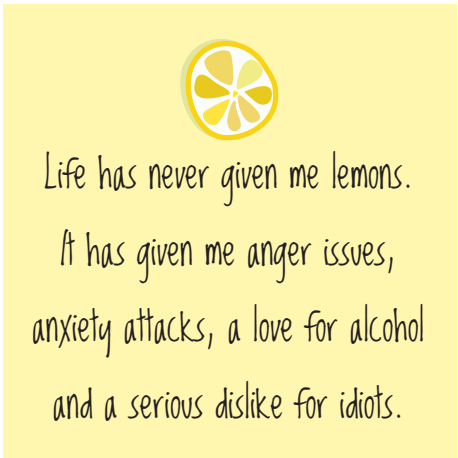
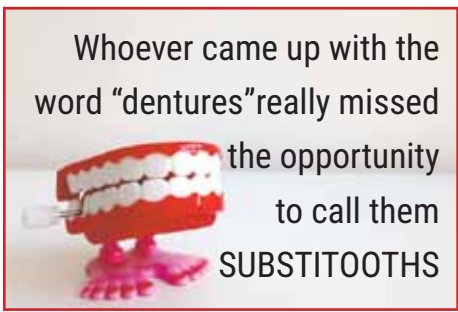
The art collector replied, "I've had an awful day. Give me the good news first."

The lawyer said, "Well, I met with your wife today, and she informed me that she just invested \$5,000 in two pictures that she thinks will bring a minimum of \$15 million to \$20 million, and I think she could be right."

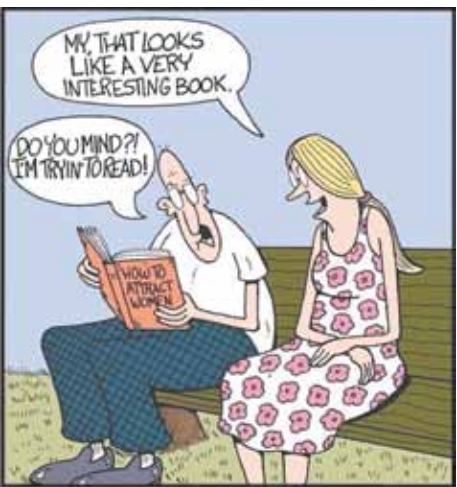
Saul replied enthusiastically, "Well done! My wife is a brilliant businesswoman! You've just made my day. Now I know I can handle the bad news. What is it?"

The lawyer replied, "The pictures are of you and your secretary."

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.



Victor is not what you would call a quick study.



WHAT DO YOU GET WHEN YOU CROSS A SNOWMAN AND A VAMPIRE?



If really good-looking people are "eye candy" I guess that puts me somewhere around the "eye broccoli" category.



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in the Keys!**

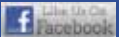
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\$9.99**



HAPPY HOUR: MON-FRI 4-7PM

**\$2 Bud Light &
Miller Lite Drafts,
1/2 off Well Drinks and
\$2.30 Fireball Shots!**




Thursday January 10th, 5-9pm

Seafood Sampler UNCORKED FOOD & WINE FESTIVAL DINNER SPECIAL

**Enjoy Gilbert's famous Conch Fritters,
Snapper Ceviche, and Fish Dip
with a glass of wine or beer of choice
\$19.99 + tax + gratuity**

LIVE ENTERTAINMENT - JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Try a Gilbert's "Boobie"	Happy Hour 4-7 pm	1 NEW YEARS DAY !! MOJO SCOUNDRELS 1-6	2 SCOTTY MEYER 5-9	3 DJ RONNIE 5-9	4 JIMMY O'SHEA 12-4 \$9.99 Shrimp Fry Day OVRHOL 7-11	5 UNCLE SMOKEY 1-5 CHAIN REACTION 7-11 Michael Trixx 8pm
6 ECLIPSE 1-6	7 Happy Hour 4-7 pm	8 SCOTT YOUNGBERG 5-9	9 SCOTTY MEYER 5-9	10 DJ RONNIE 5-9 UNCORKED DINNER SPECIAL 5-9	11 JIMMY O'SHEA 12-4 \$9.99 Shrimp Fry Day LOOSE CANNONS 7-11	12 CAT DADDIES 1-5 STATIC 7-11 Michael Trixx 8pm
13 STEREOTOMY 1-6	14 Happy Hour 4-7 pm	15 SCOTT YOUNGBERG 5-9	16 HARRY FRENCH 5-9	17 DJ RONNIE 5-9	18 JIMMY O'SHEA 12-4 \$9.99 Shrimp Fry Day UNCLE SMOKEY 7-11	19 UNCLE RICO 1-5 RADIO STEREO 7-11 Michael Trixx 8pm
20 MR.NICE GUY 1-6	21 Happy Hour 4-7 pm	22 SCOTT YOUNGBERG 5-9	23 HARRY FRENCH 5-9	24 DJ RONNIE 5-9	25 JIMMY O'SHEA 12-4 \$9.99 Shrimp Fry Day MOJO SCOUNDRELS 7-11	26 BROTHERS OF OTHERS 1-5 BOMBSHELL 7-11 Michael Trixx 8pm
27 THE REGS 1-6	28 Happy Hour 4-7 pm	29 SCOTT YOUNGBERG 5-9	30 HARRY FRENCH 5-9	31 DJ RONNIE 5-9	Free Entertainment at Gilbert's, never a cover charge!	Fresh new music, only at Gilbert's!



ECLIPSE

Sunday, Jan. 6 1-6pm

STEREOTOMY

Sunday, Jan. 13 1-6pm



mng
band
south florida classic rock

MR. NICE GUY

Sun., Dec. 16, 1-6 pm

THE REGS

Sunday, Jan. 27 1-6pm

