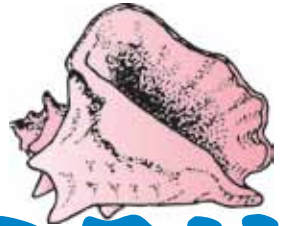


The Conch Republic COCONUT TELEGRAPH

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

Entertainer of the Month:

Ranger Dan

What's Hot & What's Not

Ladies let's Go Fishing

No-Yelling School, Oct 18-20
Hurricane Dorian Retrospective!

Maps

Key Largo Locator Map Page
Getting from Here to There

All the Buzz

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



Ladies, Let's Go Fishing!® In the 2018 Tournament, the ladies celebrate their catch aboard *Blue Chip Too*. L to R: Pat Kucera, Mary Metcalf, Cindy Campbell, Janet Steiner, Theresa Mathis. Read more about upcoming activities inside!



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**World class entertainers, in Key Largo on the beach.
It doesn't get any better than this!**

Check the calendar at <http://keylargo-baysidegrill.com/sunset-bar/>



Celebrate Sunset!

**Live Music Monday through Saturday,
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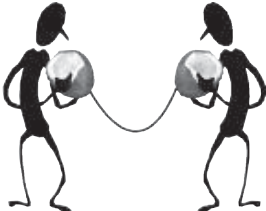
Coconut Telegraph

October 2019
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theconchtelegraph@gmail.com



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COCONUT TELEGRAPH
Independently Owned Local Newspaper

101425 Overseas Hwy., PMB #628



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Key Largo, Florida Keys 33037

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Editorial: Ugly, Useless Toadfish

I was walking on the beach at Gilbert's one day and came across the ugliest fish I'd ever seen. When I pointed it out my friend, who is a fisherman, told me it was just a toadfish.

The toadfish is also called dogfish or oysterdog. They are brown and gray with a huge mouth full of razor sharp teeth. They only get to be about 12" long. When caught they make a strange noise similar to a grunt or a croak. Some people say it even sounds like the cry of a baby. The sound comes from their swim bladder and not their throat. They also grunt to attract females for the purpose of mating, just like my ex-husband did.

The toadfish may not be impressive in length as it is in girth, so if you happen to find one on the beach take a stick and roll it over and check it out, there will be no mistaking if it's a male.

The reason my friend and I found it on the beach was probably because fishermen don't want anything to do with them. If they hook one and manage to get the hook out they will throw them overboard or cut their line just to get rid of the ugly creature.

Although toadfish may possibly be eaten in other countries you won't find it on a menu in the Florida Keys. Toadfish made history one time when John Glenn took them on a space flight. They have a balance system very similar to that of humans and it as useful to study the effects of micro-gravity on them. See, toadfish aren't so bad after all!



Benefit for Hometown
Friday Oct. 11th
thru Sunday Oct. 13th

100% of the menu price for every **Mahi Dinner** or **Mahi Sandwich** sold will be donated to direct relief of Hometown residents affected by Hurricane Dorian.

Stop by The Lorelei and enjoy some live music, order a Mahi Dinner or Sandwich, and feel good knowing that you are helping donate to Tom 'Kangaroo' Hazel and the Hometown Volunteer Fire & Rescue.

On Tuesday, October 15th, the Lorelei will post on Facebook a copy of the total sales, and the donation check written.



MUSIC SCHEDULE:
Oct 11: The Dropouts 11-3
Steve Venini Band 5:30-9:30
Oct 12: Jimmy O'Shea 11-3
Trip Machine 5-9
Oct 13: Webb & Davidson 5-9



Islamorada Restaurant & Cabana Bar

MM82 at the Mermaid

Nightly SUNSET CELEBRATION!
Voted the best sunset location year after year!

LoreleiCabanaBar.com 305-664-2692
Lorelei can host private parties, weddings and rehearsal dinners. See our website for details.

This Month's Live Entertainment and Events at the Lorelei

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LIVE MUSIC 7 DAYS A WEEK!	<i>Waterfront Dining!</i>	1 Micah Gardner 5-9pm	2 The Carousers "Lite" 5-9pm	3 Jimmy O'Shea 5-9pm	4 Stone Crabs 5-9pm	5 Micah 11-3 *SPECIAL EVENT* MAJESTY OF ROCK 5-9pm
6 Shadow Creek 5-9pm	7 The Carousers 5-9pm Michael Trixx @ Sunset	8 Dennis Holmes 5-9pm	9 Webb & Davidson 5-9pm Michael Trixx @ Sunset	10 Webb & Davidson 5-9pm	11 The Dropouts 11-3pm Steve Venini Band 530-930pm Michael Trixx @ Sunset	12 Jimmy O'Shea 11-3 TRIP MACHINE 5-9pm
13 Webb & Davidson 5-9pm	14 Billy Davidson 5-9pm Michael Trixx @ Sunset	15 Dennis Holmes 5-9pm	16 Webb & Davidson 5-9pm Michael Trixx @ Sunset	17 Webb & Davidson 5-9pm	18 STATIC 5-9pm Michael Trixx @ Sunset	19 Micah 11-3 THE DROPOUTS 5-9pm
20 Webb & Davidson 5-9pm	21 The Carousers 5-9pm Michael Trixx @ Sunset	22 Dennis Holmes 5-9pm	23 Webb & Davidson 5-9pm Michael Trixx @ Sunset	24 Webb & Davidson 5-9pm	25 Steve Venini Band 5-9pm Michael Trixx @ Sunset	26 Jimmy O'Shea 11-3 WRITE SOUNDS 5-9pm
27 Webb & Davidson 5-9pm	28 The Carousers 5-9pm Michael Trixx @ Sunset	29 *SPECIAL EVENT* IGOR & RED ELVISES 5-9pm	30 Webb & Davidson 5-9pm Michael Trixx @ Sunset	31 Halloween Webb & Davidson 5-9pm	"SUNDAY SCHOOL" with \$3 Bloody Marys, Mimosas & Screwdrivers every Sunday, 7 to 11 am	



The Rockin' Magic of MICHAEL TRIXX RETURNS - MONDAY, OCTOBER 7th at Sunset
Open for Breakfast, Lunch & Dinner • 7am-10pm
Enjoy breakfast on the deck overlooking the water. Enjoy lunch or dinner on the beach.



Happy Hour 7 days • 4-6pm
\$3 Well Drinks
\$1 off Bottle Beers
\$1 off House Wines
\$1.25 Domestic Drafts
\$2.25 Specialty Drafts



We have 32 world-renowned FISHING GUIDES based at Lorelei!



The Coconut Telegraph’s Islamorada Treasure Map is Coming!



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

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

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

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

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

Key Largo’s map was a great success... now here comes Islamorada!

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

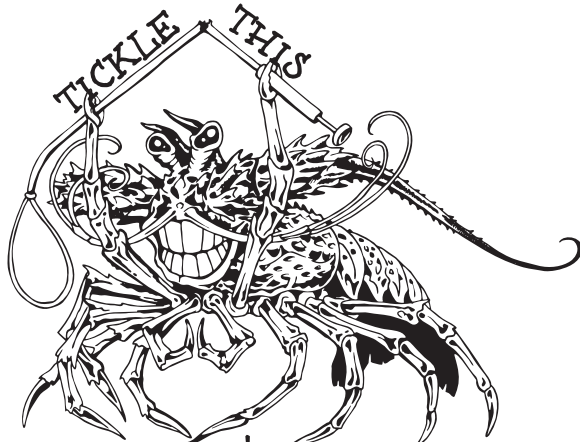
Pilot House Restaurant:



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

Episode: “Succulent Sandwiches”

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



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REDUCED \$545,000

PRICE REDUCED - OWNER SAYS SELL MY PROPERTY!
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. Sheetrock walls. Light, bright, and opens onto a spacious patio overlooking a nice canal with deep water dockage with heavy duty davits and excellent ocean access. Nice paved driveway. Very well done.

Executive Bay Club, Islamorada

REDUCED \$3,200/mo

Waterfront townhouse, 2 bedroom, 2 bath, plus loft. Amazing views of the bay. Gorgeous sunset views from the open balcony overlooking the bay. Steps away from the pool and clubhouse.

Mile Marker 87. Next to Founder's Park. Short term and long term available.

680 North Lake Drive • Key Largo

\$475,000

2/2 WITH A LOFT - Beautiful stilt home, plenty of room for a family. 2 large BR, 2 BA, plus a large loft, could be your 3rd BR, or space for a tv/game room! Newer appliances, granite counters and plenty of space to cook and entertain. Open floor plan; wrap around deck; plenty of storage downstairs. The lot is big enough for a pool. Plenty of parking space, close to schools. New metal roof by closing.

9824 Mariners Ave - 110

REDUCED \$575,000

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.

1500 Ocean Bay Drive, R6, K.L.

\$395,000

Lovely, large three-story townhouse w/ pool views in Kawama Yacht Club. Balconies off the living area, kitchen area, and both top floor bedrooms. Private, gated, ocean front community, two pools, playground, tennis courts, marina, and beach. Only one hour to miami. Golf carts and boat trailer storage available. Seven day rentals allowed. Being sold in "as is" condition.

9840 Mariners Ave. • Key Largo

\$435,000

9824 Mariners Avenue is being sold with or without the boat slip. Without the boat slip, the price is \$475,000.

9830 Leeward Avenue

REDUCED \$464,500

Bay front 2/2 condo with beautiful views. Also a deeded boat slip is included. Protected Marina. Two tennis courts, two pools, a large community clubhouse, and beautifully kept grounds. Unit is being sold furnished, so get ready for your Keys style living. Just move right on in and enjoy this great Landings of Largo community.

Completely updated, beautiful end unit in Landings of Largo. Nice and bright, natural sunlight. Beautiful tile floors and 2 screened porches. Separate bedroom floor plan for privacy. Close to the pool - walk right across! Covered parking and a screened in porch area downstairs too. Gated community. Tennis courts and large community clubhouse. Marina with boat ramp short walk away. Enjoy the sunsets.

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TROPICAL REALTY OF THE FLORIDA KEYS, INC

BROKER/OWNER Wendy Ives 305-394-1376 <small>GRI</small>	BROKER/OWNER Jane Wasmund 305-451-7704 <small>CRS, GRI, Short Sale Specialist</small>
--	--

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

Anglers To Learn Plus Go Fishing at Keys Oct. 18-20

"Ladies, Let's Go Fishing!" No-Yelling School



In 2018, Pat Kucera caught a first place, 15.1-lb. blackfin tuna on Capt. Skip Bradeen's *Blue Chip Too*.

Aspiring anglers can learn, practice skills and go fishing at the award winning "Ladies, Let's Go Fishing!®" Keys University, Oct. 18-20 in the Sport Fishing Capital of the World. Hosted by the nonprofit Ladies Let's Go Fishing Foundation, the "No-Yelling School of Fishing" offers classroom presentations, two networking events, hands-on skill practice and optional charter boat fishing. Classes will be held at the waterfront Elks Lodge in Tavernier, FL. No equipment or experience is necessary.

Optional charter fishing out of Islamorada, FL is offered on Friday and Sunday with prizes awarded for the LLGF Fishing Fever tournament to those fishing both days.



Chris Hanson Sunday snook: Martuerita Veronesi, Anna Stamas, Vivian Morrison.

Activities launch Friday evening with a networking social and appetizer contest from 6:30 to 8:30 pm. Saturday morning indoor presentations begin at 9 am, covering Offshore, Inshore and Bottom Fishing, plus Fishing Basics and Conservation. Speakers include Captains Lee Lavery, Melinda Buckley, Jeanne Towne and more.

Setting this program apart from typical fishing classes are the hands-on fishing activities taught by several guides for releasing, knot tying, dehooking, bait rigging, spin casting, gaffing grapefruits, cast netting, trailer backing and more until 4:30 pm.

A second networking party will be held afterwards at Seaside Glassworks.

On Friday and Sunday are optional inshore and offshore fishing charter trips out of Whale Harbor, followed by a fillet demonstration.

Ladies may register a male guest or teens to include the whole family.

Featured on national network television and more, the series is supported by major partners including Recreational Fishing and Boating Foundation, Take Me Fishing, Vamos a Pescar, Mercury, Magic Tilt

trailers, Scout Boats, Seven Seas Yacht Sales, Power-Pole and Fish Florida. Largest Annual Sponsors are CCA Florida STAR, TACO Marine, Freedom Boat Club, Sunrise Resort & Marina, Seaguar and Future Angler Foundation. Local sponsors are Breezy Palms, Seaside Glass Works, Jeanne Towne of Fidelity Real Estate and the Monroe County Tourist Development Council.

Online early registration rate is \$125 per person. Regular entry is \$145. VIP

registration of \$180 offers reserved seating, goody bag, a gift, future rebates and savings on souvenirs.

Registration fee includes instruction, the use of equipment, a welcome reception, lunch, Saturday party, \$20 in gifts and door prizes. Advance reservations are recommended. Accommodations are available at Breezy Palms Resort.

Future plans include a surf fishing clinic, "Catch the Holiday Spirit" event in conjunction with Guy Harvey Outposts on Saturday, Nov. 23, 2019 at the Guy Harvey Outpost in St. Augustine, FL.

CONTACT LLGF:

phone 954-475-9068, email fish@ladiesletsgofishing.com; web: ladiesletsgofishing.com; Facebook: ladiesletsgofishing



Capt. Scott Walkerr is excited about Barbie Fischer's 18 lb. mutton snapper!

The Ladies, Let's Go Fishing Foundation (LLGF) is a nonprofit 501C3 organization dedicated to attracting women and families to fishing while encouraging conservation and responsible angling. Known as the "No-Yelling School of Fishing," LLGF conducts weekend, immersion-based educational programs in multiple regions of Florida with classroom presentations, hands-on practice, networking and an option to fish from boats or land, depending on the venue. No equipment or experience is necessary. The organization also offers fishing experiences and international trips.

Founded in 1997 by Betty Bauman of Ft. Lauderdale, Florida, LLGF has over 8,000 graduates, representing the largest organization of its kind. Both Bauman and the University series are known nationally in the fishing and marine industries. The organization has earned rave reviews from the media; more details at ladiesletsgofishing.com.



Costa Morada all fish: Andrea Beuter, Samantha Weber, Terry Dodd, Hillary Corrigan.



The Florida Keys & Key West come as you are®

MONROE COUNTY TOURIST DEVELOPMENT COUNCIL



Ladies, Let's Go Fishing!®

Fishing Fever Tournament

Oct. 18-20
Islamorada, FL

Learn, practice, go fishing & win in the Florida Keys!

Ladies, fish Friday & Sunday on inshore or offshore charter boats win prizes! Perfect for beginners or those who don't fish a lot.

We will team you with others. No experience or boat necessary! Learn about fishing from Pros on Saturday, instruction included.

Only \$125 includes 2 parties, inshore/offshore charter fishing additional for Friday & Sunday.

Can't make it? Check out LLGF's other events in Florida on the web!

Register in advance to hold your fishing spot at

www.LadiesLetsGoFishing.com

2019 BEST HALLOWEEN COSTUMES



Garden Club of the Upper Keys

GARDEN CLUB OF THE UPPER KEYS

Daniela Champney from The Connect to Protect Network at Fairchild Tropical Botanic Garden will be the guest speaker. Daniela's presentation will cover the CTPN's mission to enlist residents in Miami-Dade and Monroe counties to use native plants in an effort to connect the few remaining fragments of pine rock land in South Florida.

USING NATIVE PLANTS TO CONNECT PINE ROCK LAND IN SOUTH FLORIDA

October 15 at 11:00 am

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

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SATURDAYS THIS MONTH:

 <p>Saturday, Oct. 5 UNCLE SMOKEY 1-5 PM</p>	 <p>Saturday, Oct. 5 SILVERSPINE 7-11 PM</p>	 <p>Saturday, Oct. 12 RETROSKY 7-11 PM</p>
 <p>Saturday, Oct. 12 DOUBLE DOWN BAND 7-11 PM</p>	 <p>Saturday, Oct. 19 CAT DADDIES 1-5 PM</p>	 <p>Saturday, Oct. 19 TRIP MACHINE 7-11 PM</p>
 <p>Saturday, Oct. 26 STATIC 1-5 PM</p>	 <p>Saturday, Oct. 26 SPECIAL EVENT IGOR & THE RED ELVISE 7-11 PM</p>	

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Sunday - Live Music 2-6 pm

FRIDAY NIGHT FISH FRY 5-9 pm
MAHI ALL-U-CAN-EAT • Fried \$12.99 • Blackened/Grilled \$13.99

SATURDAY - PRIME RIB DINNER

HAPPY HOUR: 4-6 pm EVERY DAY
▶▶▶ \$1 Drafts ◀◀◀

LOCALS' FAVORITE 305-453-3153 45 Garden Cove Drive MM 106

The Night Before Irma

'Twas the night before Irma
when all through the state
Not a gas pump was pumping,
not a store open late

The plywood was hung
on the windows with care
Knowing that a hurricane soon
would be there

The children were ready
with flashlights in hand
While bands from the hurricane
came over the land

Mamma with her Mag-Lite
and I in my cap
Had just filled the bath tub
for flushing our crap

When out on the lawn
there arose such a clatter
I sprang from the closet
to see what was the matter

The trees on the fence
and the neighbor's roof torn
Gave the fear of us dying
in this terrible storm

With a little wind gust
so lively and quick
I remembered quite clearly
our walls weren't brick

More rapid than eagles
her courses they came
And she whistled, and wafted,
and surged all the same

Off shingles! Off sidings!
Off rooftops! Off power!
Down trees! Down fences!
Down trailers! Down towers!

In the center of Florida she
continued to maul
Screaming Blow Away!
Blow Away! Blow Away All!

As wind ripped and tossed
the debris through the sky
I peeked out the shutters
at cars floating by

So go to the safe room
my family did do
With a portable radio
and batteries too


And then, in a twinkling
I heard on the set
The end was not coming
for a few hours yet!

As I calmed down the kids
and was turning around
Through the window it came
with a huge crashing sound


Hurricane Dorian... we were lucky to escape its wrath, but when it blew by, it left a trail of memes and jokes... and we're thankful that's all we got here in the Upper Keys!

Tampa TV News: Dorian is now expected to be a Cat 4 storm. Take this seriously.

Publix: lol ok



FLORIDA... WHERE THE WEATHER IS SO MESSED UP WE GIVE IT NAMES... A NO THEN TRACK IT LIKE A PAPARAZZI STALKS A CELEBRITY IN REHAB.




It's too soon for hurricane jokes

Wait for everything to blow over.

The Carolinas took one for the team last year with Florence we weren't trying to be the two-time hurricane MVPs damnit

I'm no expert, but I don't think peeing on it will help anyone.



See what happens when you name a hurricane after a man! He won't ask for directions, wanders around lost, leaves a mess and doesn't cleanup after himself!

A tree branch it was,
all covered in soot
The wind blew it smack-dab
on top of my foot

A bundle of twigs
now lay in a stack
And my living room looks l
ike it was under attack

The wind - how it howled!
The storm - very scary!
Myself and the family
were all too unwary

The dangers of hurricanes
are serious, you know
They are taken for granted,
as Irma did show

With the winds dying down
and the danger beneath
I noticed my tool shed
was missing its sheath

So I grabbed my last tarp
and nailed it on down
Then I got in my car
and I headed to town

The traffic was awful,
the stores had no ice
My five gallon cooler would have
to suffice

Generators were scarce ,
not one left in town
There were trees on the road
and power lines down

FEMA was ready
with people to work
Electrical companies
came in from New York


And in the midst of
all this debris
Another storm emerged
named Hurricane Marie

I sprang to the car,
gave my family a whistle
Then away we all went like a
Tomahawk missile


You could hear us exclaim
as we drove out of sight
"The hell with this place,
Montana's just right!"

Dorian's track could change

Stay informed and prepared with alerts from The Weather Channel




FLORIDA: BE PREPARED!



If your apartment is hit by a dolphin, DO NOT GO OUT TO SEE IF THE DOLPHIN IS OKAY. That's how the hurricane tricks you into coming outside.

"I URGE ALL MY FRIENDS IN FLORIDA TO BE CAREFUL. PLEASE. I CAN'T AFFORD TO GO TO 27 BABY SHOWERS IN JUNE BECAUSE YOU LOST POWER."



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Mondays 5 pm

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at 5:30

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FISH FRY
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(7:30pm)
OCT 1TH 18TH 25TH



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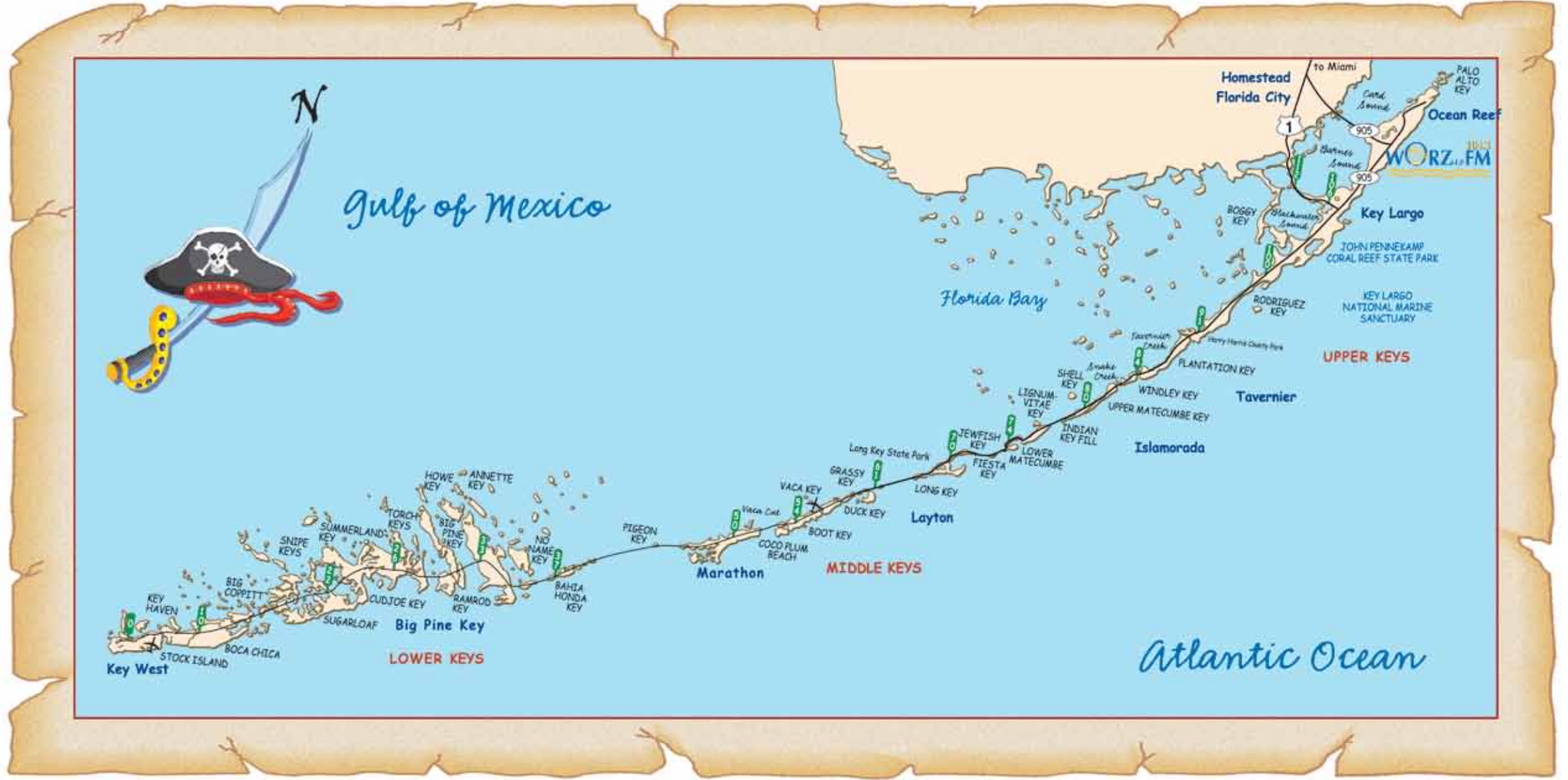
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Conch Characters



Laura & Ted Dreaver's daughter, Stephanie & son-in-law, Adrian Besil were on a 4-day cruise and spent a day in Nassau volunteering at World Central Kitchen, helping to make 7000 meals to load on helicopters for Grand Bahama island & Abaco.



The Steve Venini Band plays at The Lorelei every second and fourth Friday of the month. Photo Rob LeBrun.



Wood Campbell and Rob LeBrun enjoy a beer at the Florida Keys Brewing Co.



Chris (L), Bonnie and Frank for Bonnie's magnificent birthday party at the OV.



Key Largo Woodrats at the Key Largo Moose for Ben Hughes' birthday party. Photo Capt. Lolly Carpenter.



Karen and Gary Dunn at the OV.



Key Largo Moose Governor Ben Hughes' birthday celebration.



Jess Atkins played his final gig in the Keys, at The Lorelei with Webb & Davidson. Best wishes out west Jess!



A healthy adult Manatee lounges near the Lorelei office in the summer sun. Photo Rob LeBrun.



Entertainer of the Month: Ranger Dan - Musician, Singer, Song Writer

Every Thursday night at the American Legion is locals Jam Night that draws hundreds of people for great entertainment, libations and Maggie's famous barbecue. Legion members and guests are accustomed to the best music the Upper Keys has to offer. But when Ranger Dan is on stage people stop talking and all eyes and ears are on him. His vocal and guitar rendition of "Hallelujah" is guaranteed to mesmerize you. It stopped me dead in my tracks and sent tingles down my spine. Holy wow! He'll knock your socks off!



Park Ranger by day!



Ranger Dan and Aloha Steve at the Sandbar in Islamorada.

Top 10 Things To Understand About a Musician

- 1.) We aren't in music to get laid.
- 2.) Not being famous is actually ok for us.
- 3.) We are artists. Artists are weird.
- 4.) Music isn't a dream. It's a way of life.
- 5.) Just because you haven't heard of us doesn't mean we aren't successful.
- 6.) Don't hate us because we do something we love.
- 7.) Keeping time means something very different to us.
- 8.) There are many more levels of musician than "starving artist" and "chart topping superstar."
- 9.) "Listening to music" means something very different to us
- 10.) You can take a musician out of music but you can't take the music out of a musician.

Ranger Dan Szopinski has been a State Park Ranger at Pennecamp Park for 5 years. He has been playing music since he was 10 years old. When he retired from Air-line operations his goal was to do more fishing which led him to Florida where he went to work as a Park Ranger in Port Everglades for 15 years before coming to the Keys... and boy are we glad he did! He has written 15 original songs which he also sings at the Legion. "When I close my eyes" "We were the rain", "Where you are" and "Paint me a heart" are just a few. He loves sharing his music at the Legion because it helps veterans and the community.

Ranger Dan's wife Rita Szopinski is a local artist and former President of the Water Color Society in the Keys. She has video taped some of his music and it can be found on YouTube and Facebook. Ranger Dan hopes to one day be able to professionally record his original songs in a studio. Until then you can catch him at the American Legion every Thursday for Jam Night or occasionally at the Sandbar at Whale Harbor.

MUSICIAN
SOMEONE WHO PUTS \$5000 WORTH OF GEAR INTO A \$500 CAR TO DRIVE 100 MILES TO A \$50 GIG



Ranger Dan holds the attention of the crowd at the American Legion's Thursday night jam.



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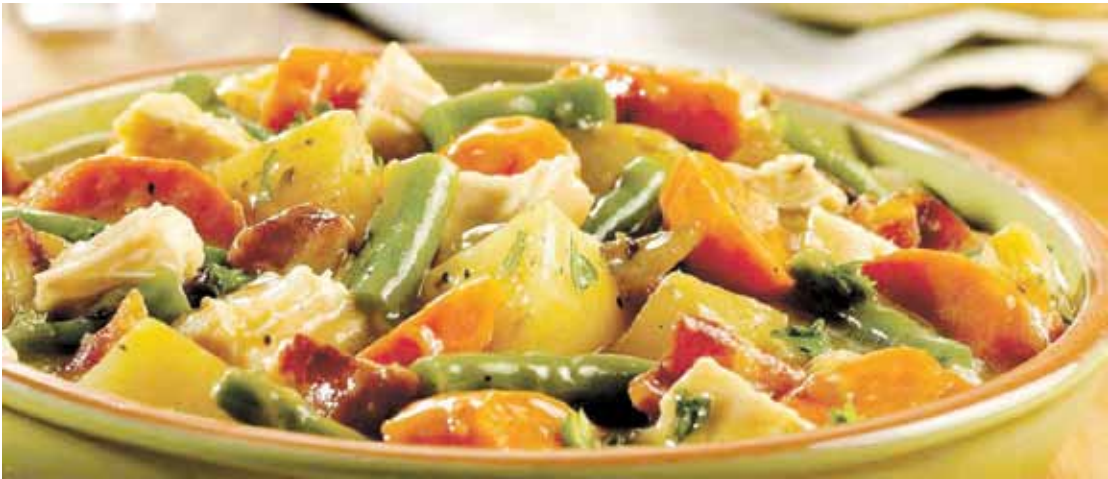
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The Mangrove Galley
by Sandi Mieszczencki



There are those times that you just don’t feel like cooking. In lieu of going out, we like to pick up a rotisserie chicken. With it being just the two of us there is of course leftovers. The last time we had a precooked chicken we sliced off some of the breast meat and served it with a starch and a vegetable for dinner. For the stew, we removed the remaining meat from the bones and set aside. This is an easy dish that is cooked on the stove top making the stew a great boater’s dinner. I even had enough chicken left over to make chicken salad sandwiches for a lunch. Try the stew; I think you will like it!

Sandi’s recipes are featured here monthly. For previous issues go to theconchtelegraph.com

EASY CHICKEN STEW

- 1 large onion, sliced
- Pat of butter
- ¼ cup of flour
- One 10.5 oz can of chicken broth (or more if needed)
- 1 bag of frozen mixed vegetables
- Shredded chicken (as much or little as you like)

Melt the butter in a large skillet. Add the onion slices and sauté until slightly soft. Sprinkle in the flour coating the onion slices. Stir well. Add the chicken broth and continue to stir. Bring to a boil then reduce the heat to a simmer. Cover the pan and cook out the flour taste stirring occasionally. Add the mixed vegetables and the shredded chicken. Cook until the vegetables are thawed and the chicken is hot. It is ready to serve over biscuits or your choice of bread on the side. Now that is easy and tasty. Enjoy!

Cheeca Lodge All American Salutes War Heroes - November 7-9

War heroes will compete with world-class anglers at the 7th Annual Cheeca Lodge All American Backcountry Fishing Tournament, November 7-9, 2019 at Cheeca Lodge & Spa in Islamorada, FL. In honor of Veteran's Day, the event welcomes two war heroes in joining the tournament inspired by 41st President George Bush, who frequented Cheeca and the Florida Keys to pursue his love of fishing. Proceeds from the tournament benefit the Bonefish & Tarpon Trust, a non-profit organization whose mission is to conserve and restore bonefish, tarpon and permit fisheries and habitats through research, stewardship, education and advocacy. "The All American Backcountry Fishing Tournament is part of Cheeca Lodge's



Stu Apte used to fish this tournament inspired by 41st US President George Bush! It hosts war heroes and benefits Bonefish & Tarpon Trust. iconic legacy," said Paul Burke, Area Vice President, Florida & Acting General Manager of Cheeca Lodge & Spa. "We're excited to partner with Bonefish & Tarpon

Trust and to welcome Bruce Melnick, a former American astronaut and retired United States Coast Guard officer, who will fish the tournament." All American anglers fish on a guided charter boat or their own boat with a licensed guide. They will compete for trophies and awards for releasing five different species of inshore fish: snook, redfish, bonefish, tarpon and permit. Social events will be held at the Cheeca Lodge & Spa, a sportsman paradise renowned for its barefoot elegance, with fishing trips departing from nearby World Wide Sportsman. For more information visit www.cheeca.com/all-american, or www.cheeca.com/presidential or call 305-517-4512.

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

Florida Keys Orchid, Fern and Bromeliad Society meets the 3rd Thurs. of every month at Key Largo Library Community Room at 7pm. Open to the public. 305-451-2396.

MUSICIANS
Amateur & seasoned musicians wanted!
The Keys Community Concert Band begins rehearsals in the fall. More info call 305-451-4530.

Classified ads will not be accepted without payment.

CLUBS

GARDEN CLUB OF THE UPPER KEYS
The monthly meeting will be held on October 15th, 11:00 am at the Francis Tracy Garden Center (mm 94 Bayside). Daniela Champney from The Connect to Protect Network at Fairchild Tropical Botanic Garden will be the guest speaker. Daniela's presentation will cover the CTPN's mission to enlist residents in Miami-Dade and Monroe counties to USE NATIVE PLANTS IN AN EFFORT TO CONNECT THE FEW REMAINING FRAGMENTS OF PINE ROCK LAND. gardendubupperkeys.org
Come grow with us!

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

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JUST IN TIME FOR HALLOWEEN!

I have about a dozen coffins for sale. They have only been used once, and they will need a good cleaning, some rot is present. Bring lysol. Text 305-COFFINS

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Brrraaaains!
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SCARECROW WANTED
A volunteer is wanted to work as a scarecrow in a field in Homestead (weekends only). No previous experience is needed as full training will be given. Must be able to stand up for several hours without a break, and have no fear of birds. No time wasters please. 305-555-HELP

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Prizes awarded for:
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Scariest Costume
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This program is open to the public. In accordance with the Americans with Disabilities Act of 1990, all persons who are disabled and who need special accommodations to participate in this program because of that disability should contact the ADA Coordinator at ADA@Islamorada.fl.us or 305-664-6448 at least 48 hours before the scheduled event.

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"I just don't know what to do."

by Dawn Wiggins, Ed.S.

I hear this phrase over and over from clients and students. I sense both desperation and anxiety as they search for a solution or advice.

It's as if they are asking for an emotional pain reliever - something to ease their suffering.

In those moments, I want to leap into action and solve the problem. But my job is usually to ask questions, not give answers.

Last week I asked a student who was feeling lost and confused: "What specifically is on the other side of your roadblock?"

The response was an outpouring of clear and heartfelt desires along with an admission of how they sabotaged their healing.

Suddenly the "what to do" was very clear to them.

Return to the driver's seat of your healing journey rather than the passenger seat. Or worse, stop being the nail in your own tire.

When you abandon your needs in pursuit of making someone else responsible for your needs, you've lost yourself. And once you're lost, "I don't know" can become a common refrain.

Going from lost to found is a profound journey. And even with a clear map, the travel conditions are not always predictable or guaranteed.

Be patient with yourself and trust that the answers will come as long as you're asking the questions. In the case of my student, they knew enough to ask for additional help, which led to the next breakthrough and a bit of guidance from me to get back on track.

I'm curious; how would you answer the question: What specifically is on the other side of your roadblock?

Then, identify one thing you can do to move closer to that outcome.



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Bailey

Key Largo Library has a popular Free Lecture Series! Frequently on Mondays, there's something going on. Here are the upcoming topics...

Keys Connection

Lecture Series

Key Largo Library Community Room
10:30 a.m. - Noon
Hosted by Friends of the Key Largo Library 305-451-2396

Sept. 9 - Dr. Martha Edwards
Caring for your Pet in the Keys

Sept. 23 - Medicare
What's New? Open Enrollment Update

Oct. 7 - Monroe County Voting
Presidential Primary coming up!

Oct. 28 - FKAA - Delivering quality water in paradise

Nov. 18 - Veteran benefits and services explained

Dec. 9 - Holiday Party


Stay tuned for the 2020 speakers and topics!

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MM 101.4 in the Tradewinds Plaza

Monkey Mind



According to Buddhist principles, the "monkey mind" is a term that refers to being unsettled, restless, or confused. Writer and Buddhist Natalie Goldberg, who teaches many writing workshops, suggests that the monkey mind is the inner critic.

It's been called the monkey mind - the endless chattering in your head as you jump in your mind from thought to thought while you day-dream, analyze your relationships, or worry over the future. Eventually, you start to feel like your thoughts are spinning in circles and you're left totally confused.

One way to tame this wild creature in your head is through meditation - although the paradox is that when you clear your mind for meditation you actually invite the monkey in your mind to play. This is when you are given the opportunity to tame this mental beast by moving beyond thought - to become aware of a thought rather than thinking a thought. The difference is subtle, but significant. When you are aware of your thoughts, you can let your thoughts rise and float away without letting them pull you in different directions. Being able to concentrate is one of the tools that allows you to slow down your thought process and focus on observing your thoughts.

To develop your concentration, you may want to start by focusing on the breath while you meditate. Whenever your monkey mind starts acting up, observe your thoughts and then return your focus to your breath. Some breathing meditations call on you to focus on the rise and fall of the breath through the abdomen, while others have you concentrate on the sound of the breath. Fire can also be mesmerizing, and focusing on a candle flame is another useful tool for harnessing the mind. Keep the gaze soft and unfocused while observing the color, shape, and movement of the flame, and try not to blink. Close your eyes when you feel the need and continue watching the flame in your head. Chanting, devotional singing, and mantras also still the mind. However you choose to tame the monkey mind, do so with firm kindness. The next time the chattering arises, notice it and then allow it to go away. With practice, your monkey mind will become quiet and so will you.

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Pet Friendly

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\$1 off Bottle Beers
\$1 off House Wines
\$1.25 Domestic Drafts
\$2.25 Specialty Drafts



FREE WIFI PROPERTY WIDE • LOCALS' FAVORITE • LIVE MUSIC NIGHTLY!

Coco'Nut' Funnies



My grandad always said “as one door closes, another opens” lovely man, terrible cabinet maker.



Two young businessmen in Florida were silting down for a break in their soon-to-be-new store in the shopping mall. As yet, the store's merchandise wasn't in -- only a few shelves and display racks were set up.

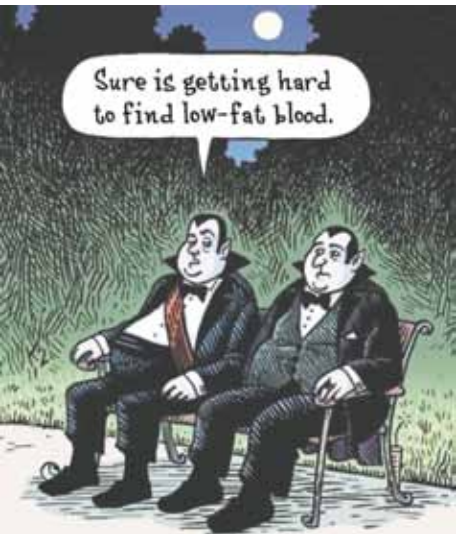
One said to the other, "I'll that any minute now some senior is going to walk by. put his face to the window, and ask what ware selling."

Sure enough, just a moment later, a curious senior gentleman walked up to the window, looked around intensely and rapped on the glass, then in a loud voice asked. "What are you selling here?"

One of the men replied sarcastically. "We're selling assholes."

Without skipping a beat, the old-timer said, "You must be doing well, you only have two left!"

Seniors - don't mess with them. They didn't get old by being stupid!



THE NIGHT EDDIE BECAME A TOAD.

Life is short. Smile while you still have teeth.

The husband was not home at his usual hour, and the wife was fuming, as the clock ticked later and later.

Finally, about 3:00 AM she heard a noise at the front door, and as she stood at the top of the stairs, there was her husband, drunk as a skunk, trying to navigate the stairs. 'Do you realize what time it is,' she said.

He answered, "Don't get excited, I'm late because I bought something for the house."

Immediately her attitude changed, and as she ran down the stairs to meet him halfway, she said, "What did you buy for the house, dear?"

His answer was, "A round of drinks!"



YOU KNOW YOU'RE UGLY WHEN YOU GO TO A HAUNTED HOUSE AND YOU COME OUT WITH AN APPLICATION!

An old lady with a cane was walking past a young man at a bus stop singing "21 today, 21 today". The young man says "you're not 21 you crazy old bat". She turns to him and with a mighty swing cracks him over his head with her cane and walks away singing "22 today, 22 today."



Pumpkin carving in the Keys.

I was walking home last night and decided to take a short cut through the cemetery...3 girls walked up to me and explained that they were scared to walk past the cemetery at night so I agreed to let them walk along with me. I told them "I understand I used to get freaked out too when I was alive." Never seen anyone run so fast



Two men are playing golf. One of them is about to take a swing when a funeral procession appears on the road next to the course. He stops mid-swing, takes off his cap, closes his eyes, and bows his head in contemplation.

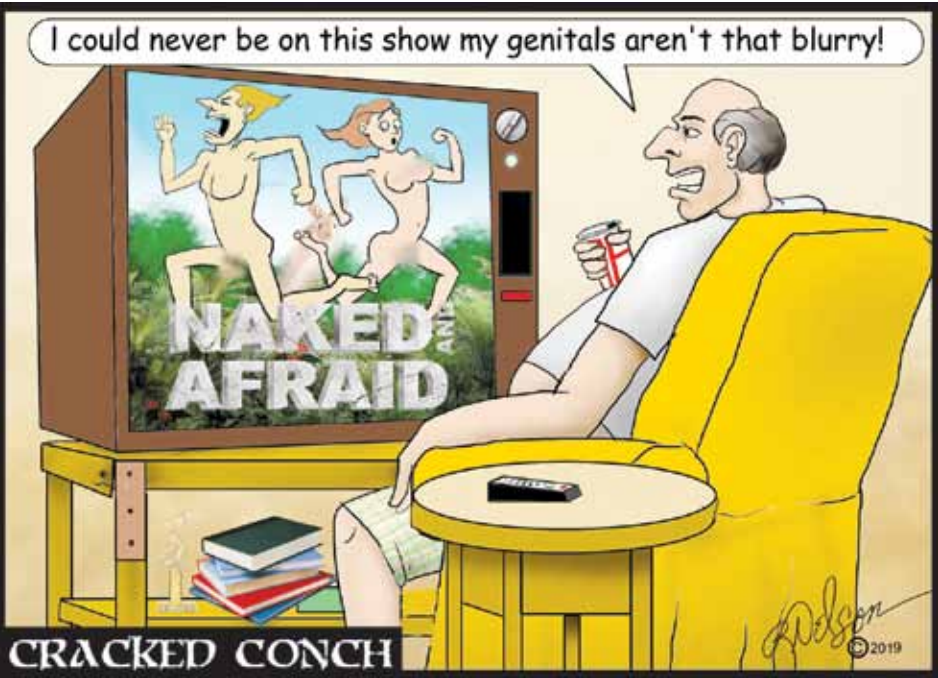
His opponent comments: "That must be the most touching thing I've ever seen. You are a very feeling man." The man, recovering himself, replies, "Yeah, well we were married 35 years."



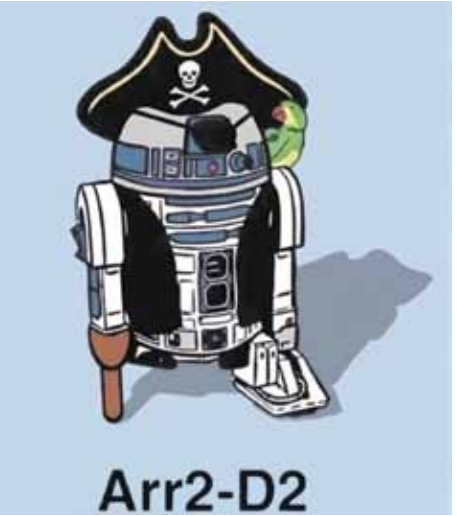
FACT: IF SOMEONE IS PLAYING CHRISTMAS MUSIC IN OCTOBER, YOU'RE LEGALLY ALLOWED TO KILL THEM AND USE THEIR CORPSE FOR A HALLOWEEN DECORATION!



Costume Party
What are you?
A harp
Your costume's too small to be a harp.
Are you calling me a lyre?



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.



A cabbie picks up a nun. She gets into the cab, and notices that the VERY handsome cab driver won't stop staring at her. She asks him why he is staring.

He replies: "I have a question to ask, but I don't want to offend you."

She answers, "My son, you cannot offend me. When you're as old as I am and have been a nun as long as I have, you get a chance to see and hear just about everything. I'm sure that there's nothing you could say or ask that I would find offensive."

"Well, I've always had a fantasy to have a nun kiss me."

She responds, "Well, let's see what we can do about that... you have to be single and you must be Catholic."

The cab driver is very excited and says, "Yes, I'm single and Catholic!"

"OK" the nun says. "Pull into the next alley."

The nun fulfills his fantasy with a kiss that would make a hooker blush. But when they get back on the road, the cab driver starts crying.

"My dear child," said the nun, "why are you crying?"

"Forgive me, but I've sinned. I lied and I must confess, I'm married and I'm Jewish."

The nun says. That's OK. My name is Kevin and I'm going to a Halloween party!"



**The largest Tiki Bar
in the Keys!**

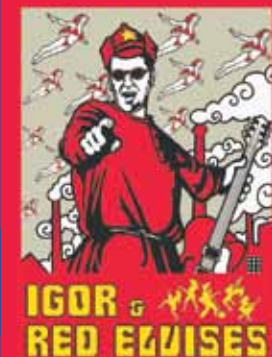
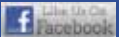
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There's Always Something Fun Going on at Gilbert's



**Don't Miss
this Special
Event on
Saturday,
October 26
7-11 pm**

**HAPPY HOUR:
MON-FRI 4-7PM**

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



LIVE MUSIC

**JOIN US AT THE
BIGGEST TIKI BAR
IN THE KEYS!**

LIVE ENTERTAINMENT SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Try a Gilbert's "Boobie"	GILBERT'S BRINGS YOU THE BEST IN SO. FLA.BANDS!	1 HAPPY HOUR 4-7 PM MON- FRI	2 HAPPY HOUR 4-7 PM MON- FRI	3 HAPPY HOUR 4-7 PM MON- FRI	4 BOBBE BROWN 12-4 RICKY VALIDO 7-11	5 UNCLE SMOKEY 1-5 SILVERSPINE 7-11
6 DROPOUTS 1-6	7 HAPPY HOUR 4-7 PM MON- FRI	8 HAPPY HOUR 4-7 PM MON- FRI	9 HAPPY HOUR 4-7 PM MON- FRI	10 HAPPY HOUR 4-7 PM MON- FRI	11 BOBBE BROWN 12-4 BACKWATER 7-11	12 RETROSKY 1-5 DOUBLE DOWN 7-11 MAGIC BY TRIXX 8
13 ECLIPSE 1-6	14 HAPPY HOUR 4-7 PM MON- FRI	15 HAPPY HOUR 4-7 PM MON- FRI	16 HAPPY HOUR 4-7 PM MON- FRI	17 HAPPY HOUR 4-7 PM MON- FRI	18 BOBBE BROWN 12-4 UNCLE SMOKEY 7-11	19 CAT DADDIES 1-5 TRIP MACHINE 7-11 MAGIC BY TRIXX 8
20 MR STIX 1-6	21 HAPPY HOUR 4-7 PM MON- FRI	22 HAPPY HOUR 4-7 PM MON- FRI	23 HAPPY HOUR 4-7 PM MON- FRI	24 HAPPY HOUR 4-7 PM MON- FRI	25 BOBBE BROWN 12-4 SHADOW CREEK 7-11	26 STATIC 1-5 IGOR AND THE RED ELVISES 7-11 MAGIC BY TRIXX 8
27 THE REGS 1-6	28 HAPPY HOUR 4-7 PM MON- FRI	29 HAPPY HOUR 4-7 PM MON- FRI	30 HAPPY HOUR 4-7 PM MON- FRI	31 HAPPY HOUR 4-7 PM MON- FRI	Check our website for more info gilbertsresort.com 	



THE DROPOUTS
Sunday, Oct. 6
1-6 pm



ECLIPSE
Sunday, Oct. 13
1-6 pm



**MR STIX &
THE SPURIENCE**
Sun., Oct. 20 1-6 pm



THE REGS
Sunday, Sept. 22
1-6 pm



MICHAEL TRIXX
Saturdays Oct. 12, 19, 26
at 8pm