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The Conch Republic COCONUT TELEGRA 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 • April 2020



Happy Easter

Attractions

Captain's Spotlight: Capt. Kerry Wingo Keys Residents Take On Water Fees in Everglades Nat'l Park

What's Hot & What's Not

Making Wine at Home and Other Isolation Survival Skills

Maps

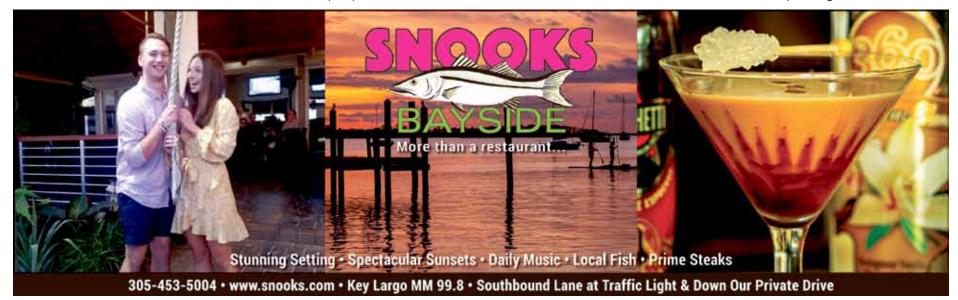
Key Largo Locator Map Page Getting from Here to There

All the Buzz

Dawn Wiggins, Ed. S. Coco-Nut Funnies Conch Characters Business in the Keys The Mangrove Galley



Isolation, Keys-style! We are conchs, we are all in the same boat ... and we can do this! #KeysStrong



Coconut Telegraph

April 2020 Volume 14 Issue #165

Prestige Publishing, Inc 101425 Overseas Hwy. PMB #628 Key Largo, FL 33037

Deadline

for the Coconut Telegraph's next issue is Thursday, April 16, 2020

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

COCONUT TELEGRAPH Independently Owned Local Newspaper

The Conch Republic

101425 Overseas Hwy. PMB #628

www.TheConchTelegraph.com TheConchTelegraph@gmail.com

Key Largo, Florida Keys

305.304.2837

Editorial - I'm not germophobic but.....

My mother died from the flu. She was in her 70s and had other health conditions but it was the flu that killed her.

In the past I have been the brunt of jokes because I do not like to be kissed by acquaintances. Every year the snow birds come to the Keys and bring their northern germs with them and they run around kissing everyone hello. Its really not necessary when a simple "Hello, nice to see you" and a genuine smile will work just fine. Now that we have the threat of the coronavirus everywhere it is time to take a step back and think before we touch others. Last week I ran into a friend that thanked me for printing her brothers memorial photo. She laid a big hug on me and without thinking I wrapped my arms around her and hugged her back. That is when I realized I couldn't even trust myself! As this is written Tuesday March 24th I am under self imposed house arrest and only venture out for necessities.

The older you are the harder it is to shake off sickness. Kick back and order food delivery to your home or pick it up at local restaurants advertised in this issue. They are true heroes! Pamper yourself.

me for many years is a natu-

ral anti-biotic that you can get at Betty's Health Food Store 103200 Overseas Highway in Key Largo. It is Grapefruit Seed Extract made by NutriBiotic in the pill form. I use it religiously when I feel something coming on. Some people on certain medications cannot take it so be sure to ask your doctor. While you are at Betty's see what else they recommend.

Wash your hands please! If you can't use a hand sanitizer. Lately the stuff is flying off the shelves so I decided to make my own. Here is my recipe:

How to make hand sanitizer The ingredients:

1. 2/3 cup rubbing alcohol. 2. 1/3 cup aloe vera gel.

I would like to thank Dr. John Norris of Key West for his tireless and nonthreatening efforts to keep the Keys informed via Facebook, The American Legion (Maggie McKeehan, Chris Squier and Jan Gould) for giving out free meals to out of work folks, and thank all the employees of essential businesses for serving the community.

A group of people decided to stand in the road at MM 106 near the Key Largo Chamber of Commerce and protest with signs directed at incoming traffic to pro-One thing that has helped test incoming tourist traffic on US 1 after they already



knew the county had announced they were closing the Keys to non-residents so there really was no point. So many of us work hard to welcome visitors and make the Keys a beautiful place to visit. Those sign holders got to see themselves on TV but were a huge embarrassment to the rest of us. Then some wonderful people, Denise Downing and Betsy Baste held signs by the side of the road in Tavernier thanking



Please Note: This issue went to oress on Mar. 26. Check with our advertisers before assuming the info in their ads hasn't changed!



our visitors and wishing them a safe trip. Now That is true Keys spirit!

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How to make Prison Wine at Home with thanks to Brokelyn.com

Here's a new skill you can use right now: making some good old, 25-to-life, brewedin-a-bag prison wine.

Brewing at home usually requires a pricey set-up and lots of time. Prison wine, or "pruno" does not. The stuff's been made since the dawn of law enforcement and comes from the even older tradition of home brewing. Pruno can be made from almost anything, but it relies on the simple brewing principle that sugar + yeast + time = alcohol.

Traditionally, oranges and grapes are the preferred sugar in the equation, and moldy bread is the yeast (given that yeast packets probably aren't sold at the prison commissary). But we'd rather not poison anyone with homemade botulism, so we'll use the store-bought stuff, since we can still go out and shop.

Also, since the genuine issue pruno generally is brewed on the down low, conditions are far from sanitary. We've added a few steps to replace just dumping everything into a trash bag and letting it molder under the bed. So, follow our advice, use the recipe below, and you'll be enjoying isolation much more.

Ingredients

- 10-12 oranges (or any other sweet items you have, like grape jelly or cake frosting)
- 1 large can of fruit cocktail (for a nice finishing flavor) 1 packet of dried yeast
- 3 cups of sugar 1 one-gallon plastic bag with

strong seal

Steps

Peel all of the oranges and put the fruit in the plastic bag. Add the can of fruit cocktail and squeeze out all of the excess air while securely closing the bag. Now



mash up the fruit inside by squeezing the bag. This is the most labor-intensive part, and if you're not careful, you'll pop open the bag and have a sticky mess.

Once all the fruit is completely mashed up, add the sugar and mix well.

Sterilize the fruit mash: put the bag of mash in a small pot and fill it with cold water so that most of the bag is covered. Next, place that pot in a larger pot of water and place it on the stove. The extra pot is needed to keep the bag from melting to the bottom. For all of you bakers out there, we're essentially double-boiling.

Bring the pot to a boil over high heat. Then reduce the heat to medium and boil for 20 to 30 minutes: long enough to kill the bacteria that would ruin the batch later on. After the bag has been sterilized, you'll need to cool it down. You can dunk it in an ice bath or chuck it in the freezer for a half-hour. Make sure to cool the mash down to room temperature before moving to the next step.

The Magic Begins

To start a beautiful chemical reaction that will turn our sugary pulp into a highoctane alcoholic beverage, we add yeast, a microbe whose sole purpose is to eat sugar and create ethanol. Most yeast needs to be "proofed, that is, the yeast needs to be awakened. To do this,

fill a small bowl or cup with warm water and add a few teaspoons of sugar. Add the contents of the yeast packet and wait. After a few minutes the mixture will start bubbling—this is the sign of a healthy batch of yeast. Once the mixture is frothy, it's ready to be added to the mash.

Carefully pour the yeasty water into the bag of fruit, seal the bag and mix it up. You did remember to cool it down, right? Otherwise, the temperature will kill our little alcohol-producing friends.

The Waiting Game

Within an hour, the bag should start expanding. That's the yeast feasting on the sugars inside, creating alcohol and carbon dioxide as a by-product. You'll need to tend to your bag in the first twelve hours by opening a small portion of the seal and releasing the carbon dioxide as it builds up. If you don't pay attention, the bag will pop and you'll have one terrible mess. Store the bag in a cool, dry, dark place.



To keep the bag from tipping over, place it in a large bowl. After a couple of days you'll notice your batch is inflating less and less, which means the carbon dioxide production is decreasing. The yeast is running out of sugar and slowing down. Periodically mix up the bag to spread the yeast throughout. After about five days you'll notice that essentially all reaction stops, with little or no car-

bon dioxide being produced. What we have left is a gallon bag of fruit mash and if you're lucky, tons of alcohol.

The Final Steps

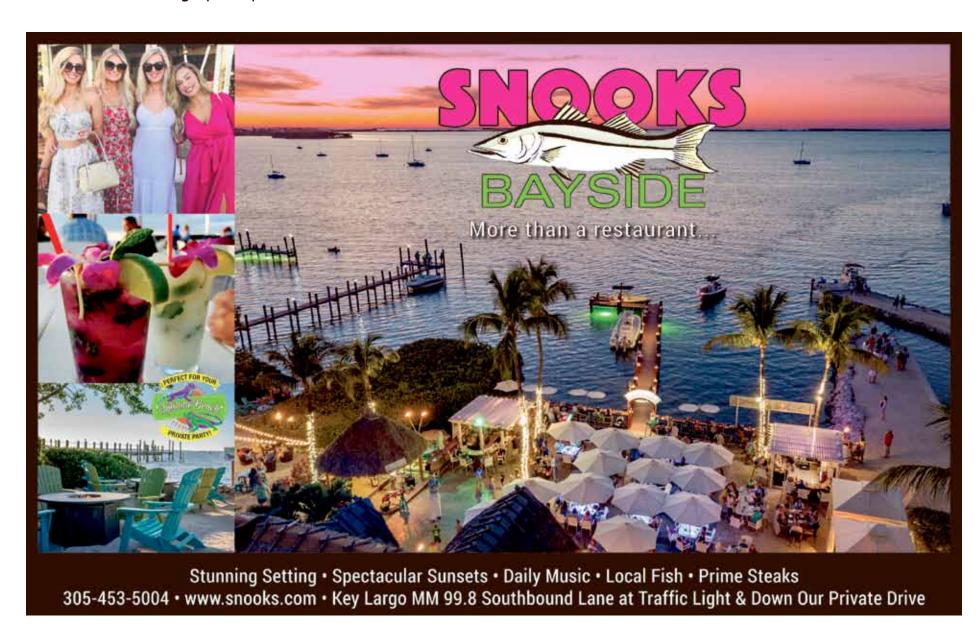
The last thing we have to do is separate our fruit from our booze. Pour the bag through a colander and collect the liquid in a bowl. Get a large spoon and squeeze the mash to release as much liquid as possible. Throw out the mash.

What's left in the bowl is your prison/quarantine wine. It's ready to drink (in theory) but it'll smell and taste pretty strange. To make it more palatable, pour it into a pitcher and let it sit in the fridge overnight. After the remaining yeast in the mixture sinks to the bottom, pour off the liquid into another container and throw out the yeast (or drink it; it's very nutritious). The final result will be something akin to a very poorly mixed screwdriver. Toss in some ice and enjoy while you reflect on all the poor life choices that got you to this point.

Things to Do When There's "Nothing" To Do:

submitted by Melanie

Coloring Gardening (it's spring!) Spring cleaning Painting Reading Binge watching /streaming Baking Preparing frozen meals Long walks Calling your friends Online window shopping Organize hurricane supplies Swimming Scavenger hunts Crafts Knitting/crocheting Honey-do list Clean out refrigerator Tidy landscaping Clean car



Key Largo Conch House MM 100.2 Oceanside • Key Largo **Featured on the Food Network**

Closed for now! Stay safe and healthy, and we look forward to seeing you when we are allowed to open again!

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In Memory of



JACK KING

Conch Captain Spotlight on

Captain Kerry of "Tails Up" Fishing Charters - Let the Good Times Pole! by Marilee Free



Native Floridian Captain Kerry Wingo spent most of his childhood in Winter Park and Winter Haven, where he dreamed of becoming a professional baseball player and a boat captain. One of his childhood fishing icons was Kurt Gowdy of the 'American Sportsman' series. Kerry has led an exciting life; he was offered a chance to try out for the Kansas City Royals in the way backs. Even played in a band called "Royal Flush" that opened for Bob Seger, at one point in his life. Inspired by his dad who taught him to fish in Central Florida, it was his love of the sport that lured him back and reeled him in.

In 2001, his dream of being a boat captain and fishing guide came true when and the Everglades. He keeps very busy with fishing charters, weather permitting. Wingo is recognized as a "Blue Star Fishing Guide in 2019," which is a program that encourages responsible and sustainable fishing in the Florida Keys. He is one of the few who have a coveted license to fish in Everglades National Park. He takes his clients to his favorite spots, usually around Flamingo, where they catch and release

he got his captain's license.

Since then he has become an

country waters of Key Largo

expert on the flats and back-

a variety of fish from bonefish, snook, permit, to tarpon and redfish. He guides his trips on a Ranger 19-foot flats boat with a maximum of 3 passengers. Captain Kerry has been living in Key Largo and

actively fishing here since 1987. He also is an aluminum contractor, installing hurricane shutters, railings and other aluminum products for



Happy Anglers make Captain Kerry a very popular guide!

homeowners in the Upper Keys. However, he prefers fishing in season. When he has free time to travel, he likes to go fishing around the country. One of his favorite fly-fishing trips was when he drove Stu Apte's car to Bozeman, Montana and then did some fly fishing with the legend. He has traveled to West Virginia, Michigan, Alaska and South Carolina to name a few other places where he has fly-fished.

To prepare for each charter, Captain Kerry gets up between 4 and 4:30 am, to get the fuel, bait and ice ready for each trip. He meets scheduled for March. his clients at The Marina Club at Blackwater Sound. His list of clients includes professional football players, sports team managers and other professional figures. He keeps it fun and enjoys teaching kids and beginners technique, to guiding the tournament ready fishermen. Every trip is custom tailored to meet each client's backcountry fishing desires. If the client wants to bird watch for part of the time, that is what they do. Whether they fish a whole, three-quarters or a half day, his clients return with a smile on their faces and a camera roll full of memories.





Kerry regularly attends NASCAR races in Homestead. He has traveled to Daytona, Vegas, Charlotte, NC, and Atlanta, GA, as a racing spectator. He was a fishing guide for the Racer's Invitational Tournament

When Captain Kerry isn't fly-fishing, poling around the backcountry, at a Nascar race, or installing storm shutters, you can catch him around town helping with local charities and events. He was previously a president of the Key Largo Fishing Guides Association. He has been involved with the "Take Stock in Children" charity for over 20 years. Recently, he was spotted catering for the Nautical Flea Market with the Key Largo Rotary. So, catch him if you can!

For a fantastic day fishing with Captain Kerry call 305-393-1383 or visit his website at tailsupfishing.com.



Dana Jay Bein did this great parody

Corona Virus Rhapsody (to Bohemian Rhapsody)

Is this a sore throat? Is this just allergies?



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in the Keys

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MM104 B/S | Key Largo

doesn't take you out, can I?"

In an attempt to stay positive during these crazy times, we have curated for you some products and bits of wisdom, hoping there are some you haven't seen! If we can give you a chuckle, or provoke a thought, we've done our job!

If you need 144 rolls of toilet paper for a 14-day quarantine you probably should have been seeing a doctor long before COVID-19.

Commemorative jewelery to always remember 2020







IS NOW EXTINCT



I don't know why my fishing buddy is worried about the Coronavirus. He never catches anything!



"If the coronavirus Flirting 2020



of almost \$426.75!

through this, do it!





YOU LOSE HALF YOUR MONEY AND YOUR WIFE IS STILL AROUND



(Bismillah no - we will not wash our hands.) Wash your hands! no, no no no no

> So you think you can stop me and just shake my hand? So you think we can hang out and not break our plans? Oh, baby, can't do this with me, baby.

Ooooh.... Curving can get flatter Anyone can see Curving can get flatter Curving can get flatter, you'll see. Just look out your windows...

Caught in a lockdown. No escape from reality. PREVENT CORONAVIRU Don't touch your eyes, Just sanitize - quicklyyyy! I'm just a poor boy, no job security Because of easy spread, even though Washed your hands, laying low I look out the window, The curve doesn't look flatter to me - to me,

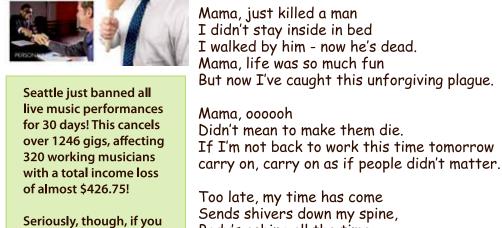




FIRST TIME IN HISTORY LETS NOT SCREW THIS UP







can think of a way to help one of our local guys

Sends shivers down my spine, Body's aching all the time. Goodbye everybody, I've got the flu Gotta leave you all behind and face the truth. Mama, oooooh I don't wanna die. I sometimes wish I never went out at all. I see a little silhouette of a man.

What a douche! What a douche! Did he even wash is hands though? Security is tightening very very frightening me Gotta lay low. Gotta lay low. Gotta lay low. Gotta lay low - masturbate. Masturbate - oooooo!

I'm just a poor boy, facing mortality. (He's just a poor boy facing morality.) Spare him his life from this monstrosity.

(Bismillah no - we will not wash our hands.)

Touch your face, wash your hands.

Will you wash your hands?

Wash your hands

(Bismillah no - we will not wash our hands.) (Never never, never wash your hands oh oh oh oh oh) Oh mama mia, mia (mama mia wash your hands!) COVID-19 has a sickness put aside for me, for me.







Largest Tiki Bar in the Keys!

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Gilbert's is obeying all state and county mandates by closing and we hope all our patrons stay safe and healthy during this time of crisis.

We look forward to welcoming everyone back in the near future.

Our fuel dock is still open for any boaters in need of fuel. 8am to 5pm daily.

> **Check Our Website and Facebook** for the most current information

Rest in Peace



Kitty Myers



Take-out Orders



(305) 451-3142 11:00 am to 7:30 pm

Contact us for a complete menu!

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ENTRÉES - Char Grilled Octopus, Seafood Mixed Grill, Macadamia Crusted Mahi Mahi, Pan Seared Scallops, Baked Lobster Tail, Lobster Mac & Cheese, Grill Churrasco Steak, Char Grilled Ribeye

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Located at MM 99.6



News You Can Use

BARTENDERS can apply for grants via the USBG National Charity Foundation: https://www.usbgfoundation.org/beap

FREELANCERS who do not qualify for State unemployment insurance may apply for the Federal Emergency Management Agency (FEMA) Disaster Unemployment Assistance (DUA): https://tinyurl.com/td48cp3

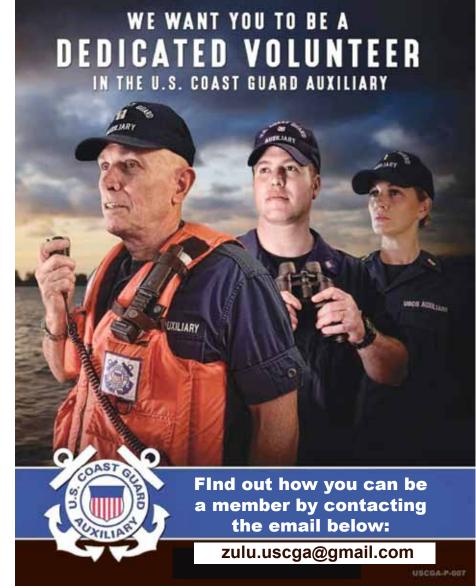
MUSIC CREATORS can apply for emergency financial assistance via The Recording Academy MusiCares https://www.grammy.com/musicares/ clientservices/emergency-financial-assistance and Musicians Foundation http://www.musiciansfoundation.org/apply

DJs can post lost gig revenue at www.ilostmygig.com for good Samaritan donations

BUSINESS OWNERS may apply for low interest longterm loans from U.S. Small Business Administration Disaster Relief Program for economic impact caused by coronavirus at https://www.sba.gov/disasterassistance/coronavirus-covid-19







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COVID-19 Information

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Something You Can Do from Home

It doesn't cost a cent - takes mere seconds.

You've may have heard already, but Sharon Sydnor, wife of Commercial Use Authorization holder Capt. Larry Sydnor of Key Largo / Islamorada, has been investigating the Everglades National Park (ENP) coastalaccess water entrance fee for 3 years. Since the summer of 2017 she has been exposing the illegalities she's discovered to all known park officials, up to and including the Secretary of the Interior, in order to get it stopped.

Thankfully the Village of Islamorada, the Key Largo and Islamorada Chambers of Commerce, and local fishing guides associations have stepped up and submitted impactful letters or resolutions, joining in in opposition to the fee.



What residents need to realize is it's going to go up every year after that and they're allowing a terrible precedent to be set, allowing the government to control our water access to the Bay.

Sharon states she has an active, comprehensive whistle-blower complaint in Washington, D.C. in front of the House Committee on Natural Resources, the Subcommittee that has jurisdiction over the National Park Service, demanding to get the fee removed and it's reaching a fever pitch.

Sharon has exposed first-hand knowledge of the National Park Service's wrongdoing with their water entrance fee at ENP, citing actual code, exposing that they have not obeyed laws nor followed legislative intent.

The StopParkWaterFee grassroots effort is thrilled to have all of the local fishing guides who are Commercial Use Authorization holders in the park behind this, but they stress that our residents need to pay closer attention and get involved as they seem complacent with their individual annual fee at \$55.

an ele-

What residents need to realize is it's going to go up every year after that and they're allowing a terrible precedent to be set allowing the government to control our water access to the Bay.

This unlawful fee is extremely damaging to our tourist industry, which drives our entire economy and job creation, as all of our visitors who want to recreate on Florida Bay are feeling swindled by the Park and they're not going to be coming back.

Helping to get it stopped is really easy.

Everyone needs to go online and enter this URL into any browser to ePetition: stopparkwaterfee.org

Just fill in your name & zip code to be counted, and if you have any questions, all information can be found there. A comment added before submission is particu-



larly helpful if you have the time.

stopparkwaterfee.org

The cause seems to be coming to a head, so a flood of ePetitions NOW could make the difference in defeating this unjust burden on all of us and the American public.

Please help and ePetition

stopparkwaterfee.org



American Legion Post 333 - Key Largo

Prayers for our vets and their families. We hope to be open in the near future.

There are exciting renovations happening during this time and we can't wait for everyone to see our new look.

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

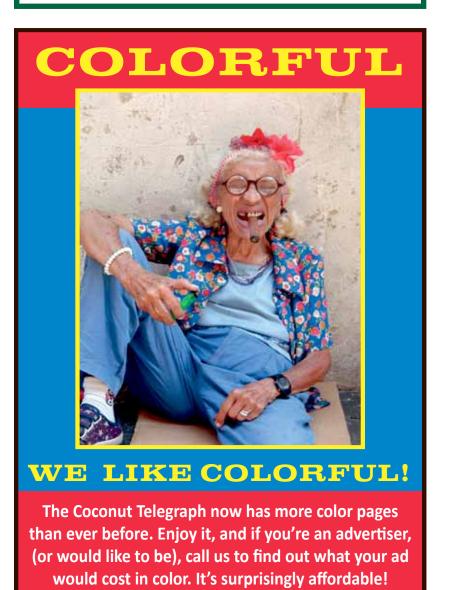


Activities at the Lodge
CANCELLED UNTIL FURTHER NOTICE ARE:
Bingo • Friday Night Fish Fry • Karaoke • Line Dancing in the best interest of our Members and their families, and in accordance with the directives of the Governor and health officials.

As we all know, current events here in the Keys and around the country are changing on a daily basis so please check our Facebook site for updates.

STAY SAFE! Look out for yourselves and your families, and help your fellow members if you can.

MM 92.6 Bayside • Tavernier • 305-852-1872 www.floridakeyselks1872.com



305-304-2837











We are currently closed.

We look forward to seeing you when we reopen.

Look us up on Facebook: key largo moose lodge 2287 or key largo women of the moose chapter 1565



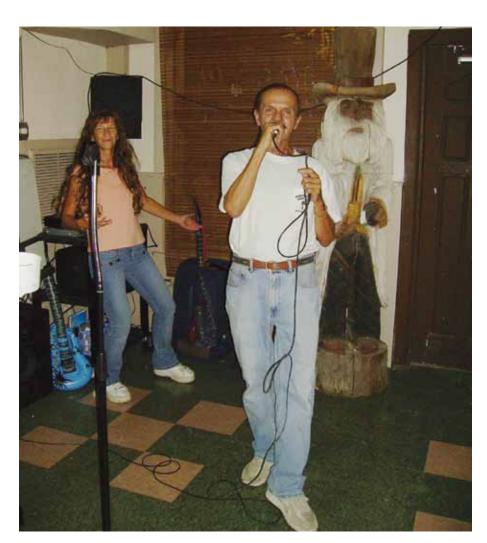


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MM 92.6 Bayside • Tavernier • 305-852-1872 www.floridakeyselks1872.com



Blast from the Past: Marilee Free and Richard Donnelly at Coconut's Karaoke.

Things to Do to Amuse Yourself

- Clean the crumbs out of your toaster
- Wash the 2nd story windows on your mobile home
- Talk to your trees so they get more carbon dioxide.

 Get up really close for maximum effect
- Perfect that physical feat you've wanted to, whether it be juggling, backflips or getting off the toilet with no hands
- Preemptively plunging the toilet
- getting back in touch with your childhood friend,
 the one no one else could see
- Alphabetize your spices and books, canned goods, shampoo, clothes according to color,
- Take out all the nails in the walls of your house.
 Good. Now put them back and re-hang everything.
- Pretend you're Shatner and at random times, slow way down and overact whatever it is you're doing
- Play Marco Polo alone out in the yard or pool so you don't have to touch anyone. Yes, you are both Marco and Polo.

COVID-19 has taught me that there are 3 types of people in this world:

Type 1: Generally middle aged or older. Supplies are already at their house. They have a sense of responsibility and preparedness. They don't have to go anywhere, they sit and watch the chaos. Have 50 rolls of TP because they caught it on sale 6 months ago. Make fun of type 2 & 3 people.

Type 2: People that flip out over anything, could be any age - buying things randomly for no reason to make them feel better. They buy everything. They empty stores. They are unprepared for anything, at least they know it and act upon it now. Have 50 rolls of TP because they bought it this week. Generally doesn't make fun of anyone, but fights with other type 2 people.

Type 3: Millennials (mostly) - no preparedness. No urgency. Mad at type 2 people because they bought everything. Thinks that people should leave things in stores for them. They show up 3 days too late and take pics and complain. Probably received participation trophies. Should learn some preparedness. Has 1 roll of TP. Complains about type 2 people, doesn't know type 1 people exist.

"ESSENTIAL" BUSINESSES AND SERVICES

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Religious entities
(with social distancing)
News
Gas stations
Transportation services
Banks & financial institutions
Insurance institutions
Hardware and supply stores
Plumbers, electricians, etc.
Postal & delivery services
Educational institutions
(with social distancing)

Utility companies

Grocery stores

Laundry services
Restaurants (no dine-in)
Suppliers for at-home work
Transportation: airlines, taxis, etc.
Home-based care and services
Shelters for adults & children
Day care centers
Professional services:
 legal, accounting, etc.
Manufacturing for critical
 products (food, drink, medication, etc)
Trash disposal services
Hotels and motels

Funeral services

Zen For Those Who Take Life Too Seriously

- 1. Save the whales. Collect the whole set.
- 2. A day without sunshine is like, night.
- 3. On the other hand, you have different fingers.
- 4. I just got lost in thought. It wasn't familiar territory.
- 5. 42.7 percent of all statistics are made up on the spot.
- 6. 99 percent of lawyers give the rest a bad name.
- 7. I feel like I'm diagonally parked in a parallel universe.
- 8. Honk if you love peace and quiet
- 9. Remember, half the people you know are below average.
- 10. He who laughs last, thinks slowest.
- 11 Depression is merely anger without enthusiasm.
- 12. The early bird may get the worm, but the second mouse gets the cheese.
- 13. I drive way too fast to worry about cholesterol.
- 14. Support bacteria. They're the only culture some people have.
- 15. Monday is an awful way to spend 1/7 of your week.
- 16. A clear conscience is usually the sign of a bad memory.
- 17. Change is inevitable, except from vending machines.
- 18. Get a new car for your spouse. It'll be a great trade!
- 19. Plan to be spontaneous tomorrow.
- 20. Always try to be modest, and be proud of it!
- 21. If you think nobody cares, try missing a couple of payments.
- 22. How many of you believe in psycho-kinesis? Raise my hand.
- 23 . Ok, so what's the speed of dark?
- 24. How do you tell when you're out of invisible ink?
- 25. If everything seems to be going well, you have obviously overlooked something.
- 26. When everything is coming your way, you're in the wrong lane.
- 27. Hard work pays off in the future!! Laziness pays off now.
- 28. Everyone has a photographic memory. Some just do not have film.
- 29. If Barbie is so popular, why do you have to buy her friends?
- 30. How much deeper would the ocean be without sponges?
- 31. Eagles may soar, but weasels don't get sucked into jet engines.

33. I used to have an open mind but my brains kept falling out.

- 32. What happens if you get scared half to death twice?
- 34. I couldn't repair your brakes, so I made your horn louder.
- 35. Why do psychics have to ask you for your name?
- 36. Inside every older person is a younger person wondering what happened.
- 37. Remember if the world did not suck, we would all fall off.
- 38. Light travels faster than sound, which is why some people appear bright until you hear them speak.

Hunk of the Month



Shirts courtesy of Kiss Distributing, Marian 305-393-4425



My wife has been missing a week now. The police said to prepare for the worst. So, I had to go down to the Salvation Army to get all of her clothes back.

My Top 3 Assumptions When My Doorbell Rings:



- 1. Murderer
- 2. Police telling me everyone is dead
- 3. That book I ordered about positive thinking

The Mangrove Galley by Sandi Mieszczenski



This is a recipe that my husband and I picked up on a trip to San Francisco some years ago. It is super tasty without too much work

CREAMY DILL SHRIMP

- 1 pound large shrimp shelled and deveined
- 1 minced shallot
- 4 large minced garlic cloves (2 cloves if you are not a big garlic fan)
- 3 Tbls unsalted butter
- 2 Tbls flour
- $\frac{1}{4}$ cup white wine
- 1 pint heavy whipping cream
- 1 bunch chopped fresh dill (actual amount added depends on your taste) salt and pepper to taste

Place shrimp in a large saucepan of boiling water and cook for one and one-half minutes. Drain in a colander and rinse with cool water. Sauté the shallot and garlic in a large skillet with one tablespoon of butter until tender. Remove from the pan and set aside. Add the remaining butter to the hot pan and melt the butter. Add the flour and whisk the roux for about five minutes.

Add the wine and cook down for about three minutes continuing to whisk. Add the cream, cover the pan and slowly bubble the mixture for five to seven minutes, whisking occasionally. Return the shallot and garlic to the mix, add the shrimp and dill, stir, cover and cook over low heat for five minutes. Salt and pepper to taste and serve over the pasta of your choice. Enjoy!

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

When this is over, may we never again take for granted A handshake with a stranger Full shelves at the store **Conversations with neighbors** A crowded theater or highway Friday night out The taste of communion A routine checkup The school rush each morning Coffee with a friend The stadium roaring Each deep breath A boring Tuesday Life itself.

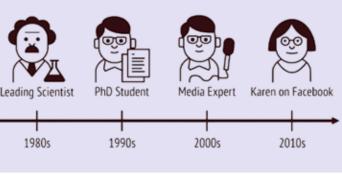
When this ends,
may we find that we
have become more
like the people
we wanted to be,
we were called to be,
we hoped to be...
and may we stay that waybetter for each other
because of the worst.



"The government passed a new flat tax today on crackers, compute screens, floor tiles, plywood, pancakes, cheese, roof shingles, cardboard, DVDs, windows, doors, sidewalks, old tires, stale beer and everything else that is flat."

I always thought the apocalypse would involve more zombies and less wrestling old people for toilet paper at Costco.

RECOGNIZED EXPERTS OVER TIME









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

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SERVICES

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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.Public welcome. 305-998-8400

MUSICIANS

Amateur & seasoned musicians wanted!

The Keys Community Concert Band begins rehearsals in the fall.

More info call 305-451-4530.

THE KEY PLAYERS

CLUBS

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.

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PERSONAL

Mark, Age 42

Seeks hostile woman for unfulfilling sex, future divorce, and co-dependency. Looking for a whiny, crazy lady with misplaced sense of entitlement and lots of expectations. Bonus points if you just finished dating every guy in town but now want to take it slow with me. I would be open to an unsatisfying fling but prefer a long-term, soul crushing descent into booze and pills. 305-555-MARK

Wanted:
Someone to hand feed
me Doritos so my
fingers don't get
orange. No weirdos.

Adopt a Key Largo Animal Shelter Pet

















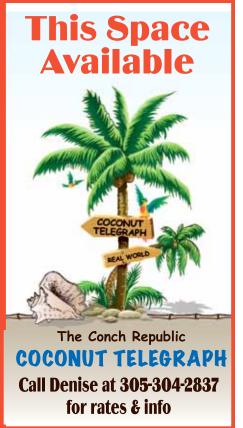














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How to Survive Covid19

by Dawn Wiggins, Ed.S.

We are in the great unknown. And the uncertainty of it all has got you down. The brain doesn't like uncertainty, so it defaults to predicting the worstcase scenario. Your undisciplined mind is like a drunk toddler running around with a pair of scissors. It's up to you to train your brain to do better. Here are a few tips:

Each thought you think,

Embrace positivity

and emotion you feel creates a corresponding physiological response in the body, right down to the cellular level. You probably don't notice this most of the time, but you do see it when the response is exaggerated. Like when you're speeding and see a cop, which causes your heart to start racing. Or when you get difficult news and feel queasy in your stomach. But this is actually happening all day regardless of your awareness. When you think positively (hope, gratitude, optimism, compassion), your cells become more energetic and healthier. When you think negatively (fear, resentment, blame, worry), your cells become stressed and, in some instances, damaged. Positive thinking is literally the path to staying healthy. If you have been watching the news, I encourage you to turn it off. Get your news updates from factual resources on the web or positive, trusted advisors rather than sensationalized negative news outlets.

Eat these 5 immuneboosting veggies daily.

As a collective, we are too concerned with our food

tasting delicious and not doing enough to leverage the health benefits of food. Using this time to embrace and appreciate the magic in food can go a long way to support your current and future health. These five foods are part of your insurance policy against illness. You can eat them raw or lightly steamed, and I encourage you to play around with adding herbs and spices...get creative!

- 1. Beets
- 2. Celery
- 3. Radish
- 4. Zucchini 5.Broccoli

Make crisis work for you

Check your mindset...do you tend to shut down or rise up in a crisis? During times of extreme challenge is when we get scrappy, resourceful, creative, strong, and push past our limitations. It's remarkable that as a global community, we are all experiencing the same concerns and consequences. This shared experience can lead to greater compassion, connection, and innovation...but only if we all do our part to problem solve and celebrate silver linings. What are you doing to make this crisis the most power-

Confused about social distancing?

Use this decision tree.

GO HOME!

ARE YOU HOME NOW?

ARE YOU HOME?

GOOD JOB



Dawn Wiggins, Ed.S.

Licensed Marriage & Family Therapist Boca Raton • Key Largo • Online 561-221-5575

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www.dawnwigginstherapy.com

ful and transformative experience of your life?

Use new tools to manage painful feelings

Now is the best time to commit to taking better care of yourself. And you may not know this, but if you're experiencing an extreme emotional response to Covid19, you may suffer from undiagnosed trauma. Unresolved

trauma most often shows up as an intense emotional reaction rather than a memory.

Whether you are suffering from anxiety, depression, or unresolved trauma, here are a couple of my fave tools for coping. Remember, repetition is critical to getting the results you are seeking.

Tapping is a powerful way to clear painful emotions. Brad Yates is my favorite tapper. Check out his youtube channel https://www.youtube.com/ user/eftwizard

My fave new meditation app which includes content for kids and adults is insighttimer.com They have a massive library of meditations to help with anxiety, stress, sleep, you name it! Your level of experience doesn't matter - insight timer will teach you how to meditate if you are a begin-

I believe in you and your ability to thrive through this crisis. If you feel like you need extra support, don't hesitate to reach out.

Dawn Wiggins

The challenges of being a Hindu God at



Doesn't the world

end in 2021?

A CLASSY WAY TO CALL

SOMEONE A BASTARD

A guy was getting ready to tee off on

the first hole when a second golfer

approached and asked if he could

join him. The first said that he usually

They were even after the first few

ting, but agreed to the terms.

holes. The second guy said, "We're

about evenly matched, how about

The second guy won the remaining

sixteen holes with ease. As they were

ond guy was busy counting his \$80.

He confessed that he was the pro at

the neighboring course and liked to

The first fellow revealed that he was

The pro was flustered and apologetic,

and I was foolish to bet with you. You

The pro said, "Is there anything I can

come to Mass on Sunday and make

your mother and father along, I'll

a donation. And, if you want to, bring

What if they close the grocery stores

don't even know where doritos live

We'll have to hunt for our food.

The Priest said, "Well, you could

offering to return the money. The Priest said, "You won fair and square

pick on suckers.

the parish Priest.

keep your winnings."

marry them

do to make it up to you?"

walking off number eighteen, the sec-

playing for five bucks a hole?" The first

guy said that he wasn't much for bet-

played alone, but agreed to the two-

Well it's too

late to fix now

Coco'Nut' Funnies

Have a laugh everybody...

Leo, Boris, Trump, Pope Francis & Mary (a ten year old Keys girl) were on a flight with just 4 parachutes. As the plane went down, they were short one parachute.

They agreed Leo should go first when he said "I need to sort out the coronavirus in Ireland, I need one," and off he went.

Boris was next and said "I'm the smartest man in England, I simply cannot die, I have to survive," and out he jumped with a parachute.

Next was Trump and he said "I need to keep America great and sort out this economy,' and out he jumped.

One parachute left, Pope Francis said,"Little Mary you take it, I have lived a good life, bute you are young with your whole life ahead of you... take it."

Mary replied, "It's ok Pope Francis, there are two parachutes left. The smartest man in England took my school bag."

A FARMER PULLS A PRANK ON EASTER SUNDAY, AFTER THE EGO HUNT, HE SNEAKS INTO THE CHICKEN COOP AND REPLACES EVERY EGG WITH A BRIGHTL COLORED ONE. MINUTES LATER THE ROOSTER WALKS IN. HE SPOTS THE COLORED EGGS THEN STORMS OUT AND BEATS UP THE PEACOCK.

"Ask not what staying home on the couch can do for you, but what staying home on the couch can do for your country."



Dear America,

Welcome to hurricane shopping. **Don't forget** your can opener.

> Love, **Florida**

So when does the next virus update come out? As a Floridian I only know how to handle these things when there are updates every 4 hours that show a cone of uncertainty. I NEED A CONE.

THE DEVIL WENT **DOWN TO WALMART** HE WAS LOOKING FOR A ROLL TO STEAL. HE WAS IN A BIND, **CLENCHING HIS BEHIND, HE WAS** WILLING TO MAKE A DEAL.

A man and his ever-nagging wife were on vacation in Jerusalem. While they were there, the wife passed away. The undertaker told the husband, "You can have her shipped home for \$5,000, or you can bury her here, in the Holy Land, for \$150." The man thought about it and told him he would have her shipped home. The undertaker asked, "Why would you spend \$5,000 to ship your wife home, when it would be wonderful to be buried here and you would spend only \$150?"

The man replied, "Long ago a man died here, was buried here, and three days later he rose from the dead. I just can't lake that chance."

how's the diet going?

not good, i had eggs for breakfast.

scrambled?

Cadbury.

If I get quarantined for 2 weeks with my wife and I die, l assure you it was not the virus that killed me.







If you would like to know how it feels to be in the Hospitality Industry during the coronavirus epidemic...

Remember when the Titanic was sinking and the band continued to play?

Well, we're the band.

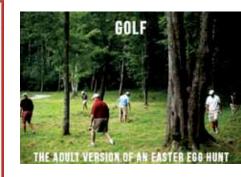


The World Health Organization (WHO) declared dogs can't contract the coronavirus. Dogs previously quarantined have been released.

Basically WHO let the dogs out.

Government: Work from home Lifeguards:







People must not cough near you.

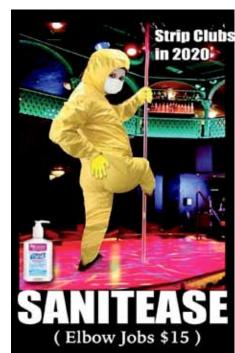
They must cough far away.

If they want to cough near you, tell them to

Far cough!!!

Is HOOTERS delivering?

I heard their delivery service is called knockers!



divided we stand

Me boss tested pozzi for the rona so now I'm in iso. Popped down to Woolies for some sanny but it's been bloody magpie'd.

As we prepare to go to press in late March, our cartoonist Rodney Nelson is ill.

Our best wishes to Rodney for a speedy recovery, and we hope to see his take on the funny side of life soon!

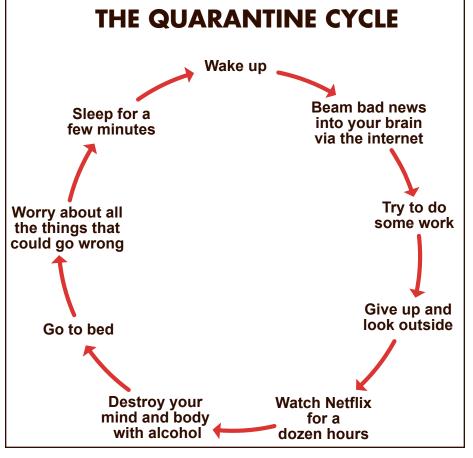
ABOUT THE CARTOONIST, RODNEY NELSON: After coming to the Keys many times, he moved here in 1969 at age 11. He tried different jobs before becoming a full-time artist in his late twenties. He enjoys the versatility it requires to survive as an artist in such a small community, and does airbrushing to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

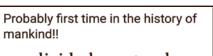












YYY

united we fall

Waiting for new Aussie slang to be born in the next few months.

Early guesses:

Sanny - hand sanitizer In iso - self isolation / lockdown The Rona - self explanatory Magpie - supermarket hoarder

In a sentence:



I never thought I would see the day when cannabis was easier to get than toilet paper and hand sanitizer.



Prediction:

There will be a minor baby boom in 9 months, and then one day in 2033, we shall witness the rise THE

QUARANTEENS.

Before Corona Virus I'd cough to cover a fart.

Now I fart to cover a cough.

APRIL FOOLS DAY

Is cancelled this year cause no made up prank could match the unbelievable shit going on in the world right now

I'm glad I learned about parallelograms in high school math instead of how to do my taxes.

It comes in so handy during parallelogram season.

SPRING IS HERE!

I'm so excited I wet my plants!

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27 Avenue A

and newer appliances. Enjoy the good life in the screened Florida room with spacious newer hot-tub. Fully Fenced. Neighborhood park with beach, 2 boat ramps, pavilion and picnic area. Possible seller financing!!! \$224,000

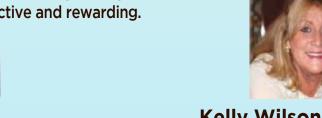


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> Are you looking to Buy or Sell? Call Susan or Kelly today!



Gilbert's is obeying all state and county mandates by closing and we hope all our patrons stay safe and healthy during this time of crisis.

We look forward to welcoming everyone back in the near future.

Our fuel dock is still open for any boaters in need of fuel. 8am to 5pm daily.