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

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HAPPY
Fourth
of July
★ INDEPENDENCE DAY ★

Attractions

Birds in Our Midst
by Carol Ellis
Ukulele Joy

What's Hot & What's Not

Luke Sommer Glenn Benefit
Jam Night is Back!
Big Kahuna is Back

Maps

Key Largo Locator Map Page
Getting from Here to There

All the Buzz

Coco-Nut Funnies
Business in the Keys
Conch Characters
Classifieds
Daily OM



"At Play – A New Day" by Carol Ellis. The Coconut Telegraph welcomes Carol as a writer and photographer contributing to the paper. Check out her article this month, part one on Birds in Our Midst, starting on page 4.

4th of July FIREWORKS ON THE BAY
Voted #1 Sunsets in Key Largo
Largest Display Of Fireworks on July 4th starting at 9:30pm
MM104 B/S - Key Largo

JIMMY JOHNSON'S BIG CHILL
TIKI BAR CABANAS POOL

HAPPY HOUR
4-7pm
Monday-Friday

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Coconut Telegraph
July 2022
Volume 16 Issue #192
Prestige Publishing, Inc
101425 Overseas Hwy.
PMB #628
Key Largo, FL 33037

Deadline
for the Coconut
Telegraph's
next issue is **Thursday,**
July 14, 2022

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The Conch Republic
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Key Largo, Florida Keys
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CONTENTS

Luke Sommer Glenn Benefit	3
Birds in Our Midst by Carol Ellis	5
Jam Night is Back!	7
Ukulele Joy	9
Key Largo Library Programs for July	11
Getting from Here to There - Keys Map Page	12-13
Daily OM - Controlling Behavior	14
Key Largo Locator Map Page	16
Good Health Clinic's Big Kahuna	17
Business in the Keys	18-19
Coco-Nut Funnies	20-21
Adopt A Key Largo Animal Shelter Pet	22
Classifieds	22
Conch Characters	23

Editorial - Luke Sommer Glenn

For as long as I can remember Luke Sommer Glenn has been graciously sharing his musical talent for every local fundraiser that that he was able to attend. He is by far one of the nicest and most talented entertainers I have ever known and he is a locals favorite. He is now suffering a critical health crisis and needs our help as he is a self-employed, full-time musician.

His friends have put together a benefit with some stellar music, great raffles, food and more. For more information on the benefit for him July 10th on the facing page.

If you are not able to attend and want to make a donation you can contact Callum Allison 786-412-8839 or use the QR code at the bottom of the ad on page 3. or email callum@proscabl.com.



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Matter.



Shoes for navigating pea rock!

MUSICIANS:
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Benefit on the Bay for Luke Sommer Glenn

To keep his heart tickin'... so he can keep on pickin'

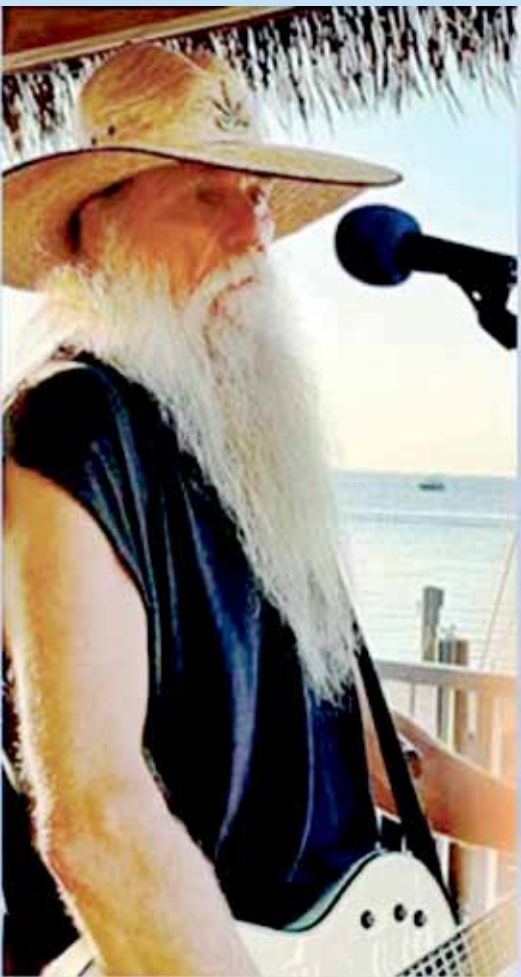
Caribbean Club

Sunday, July 10th
Noon-9pm

The Story
Luke Glenn has been a major pillar in our community for over 25 years. Luke has always been there ready to help a cause or an individual in their time of need. Through his love for playing music he has touched many people locally, and globally.

As with most people dealing with life-threatening heart and circulations issues, Luke continues to struggle, physically and financially. He's been in and out of hospitals numerous times over the past several months.

And now, he needs our help to pay for past and upcoming life-saving procedures.



The Solution
Cardiac Catheterization - treating clogged arteries or irregular heartbeats.
Ablation - procedure to stop abnormal electric signals in the heart.
Pacemaker - insertion of a device under the collarbone to control electrical events in the heart.
Total costs for these procedures are expected to be approximately \$75,000 (without unexpected complications).

PLEASE DONATE
whatever you can
The link is below. Thank you

Live Music By:
The Key Largo Jam Band with Special Guest Jimmy Hawkins, Dan Furmanik, Bob Bunz, Allan Truesdell, Alex Caldwell, Steve Miller, Scott Youngberg, Steve Venini, Jason Tourtelotte, Koty James and The Keybillies, Lady A, Cast Away & many more

Food by: Chef Clark

Lottery Basket by: Lady Tossington

Restaurant Raffle Basket, 50/50 Raffle, Donation Buckets and much more

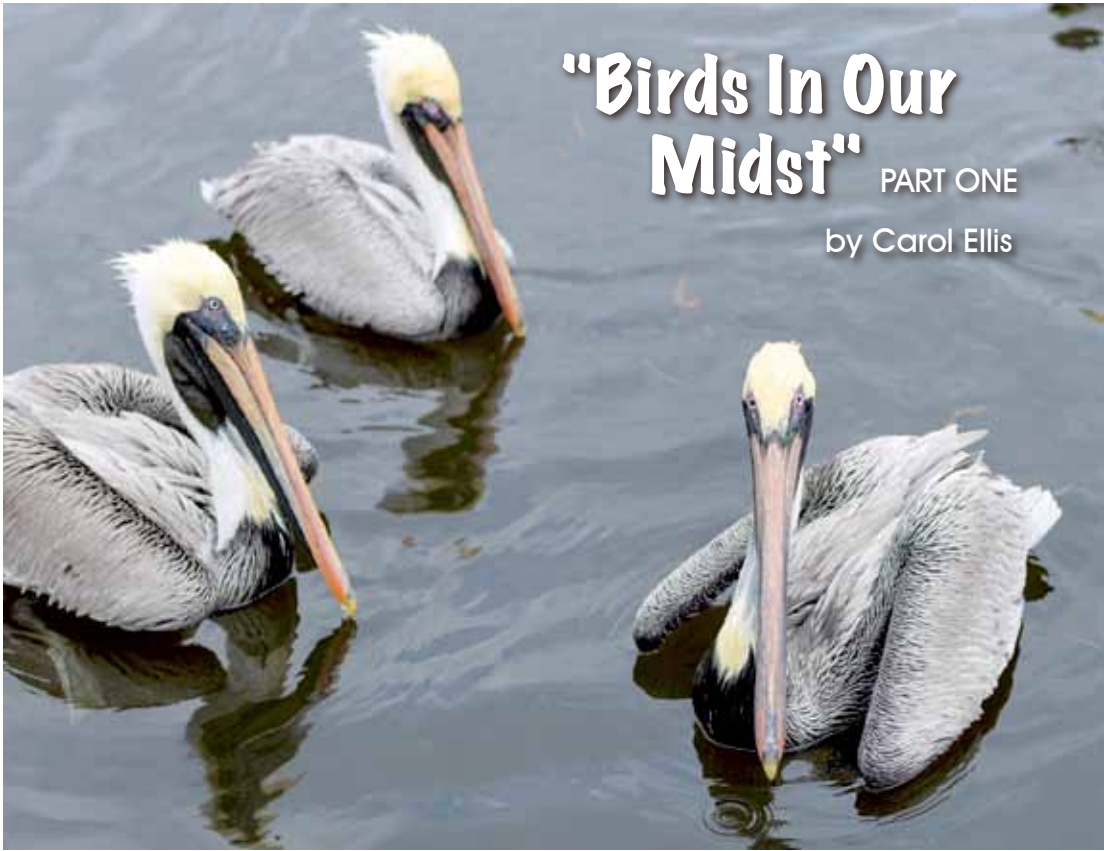
Emcees: Bill Hoebee & Lord Tossington Wail 99.5, Sun 103.1 & iHeart Radio

For more info on sponsorship or donating please call Callum 786-412-8839 or Lisa 305-923-4270

Don't wait for the event --
please consider making a cash donation NOW
at www.lukeglenn.com or scan the code.

There are the visible and the invisible birds. There are the ever-present seagulls perching on channel markers, that follow a the boat's wake, or swoop down on outdoor diners as they jockey for crumbs. Hungry pelicans float beside fish cleaning stations in eager anticipation of the scraps from returning anglers. Noisy red-bellied woodpeckers tap tap taps on tree bark in search of small bugs that constitute their diet. The bright red male cardinal and mate, sporting a slightly duller flock of feathers, flit through the shrubs. The noisy grackles taunt the indoor cats through the screen enclosure, and consistently poop in the rain gauge. The mockingbird, Florida's state bird, and the mourning doves, with their coo-coo-cooing, are all familiar sights and sounds... living in our midst.

We find these birds not just in nature, also in our neighborhoods. The tall



Brown Pelicans awaiting fish-cleaning scraps

white egret named "Sam" or "George" whose regular circuit of sea walls, docks and neighborhood parks have earned him notoriety. Same too, the white ibis, are at home on the tidal mud-flats, but also show up on our front lawns and green spaces, probing the grass with their long beaks for whatever hidden treats lie in the soil. Immature ibis are brown with a white belly. Like an ibis flock seen at a crosswalk, some are well adapted to asphalt, as are

the roosters and hens in the Tradewinds parking lot. We don't have to search them out... they are in our midst. In the northern end of the Keys, at the entrance to our island chain, lies the unique tropical habitat of the Upper Keys. Starting at the Circle K / mm 106, and extending 10 miles to the north is a two lane thoroughfare with bicycle path, called CR-905 or Card Sound Road. On each side is preservation land, I fondly refer to as the "hedge." On the

ist Dagny Johnson fought for its protection. The goal of the acquisition was to connect parcels of nature, into one contiguous uninterrupted habitat. This preserved land contains an impressive collection of mature hammock, as well as recovering habitat, formally scarified and slated for development. The park entrance is designated by an arch left from the former "Port B" development, and portions are open to the public for passive recreational use such as walking and observing nature.

One recent Sunday morning I met up with a group of naturalists at the entrance to "Port B". They had cameras, and binoculars, smelled of "Keys Cologne" mosquito repellant, and were covered up with long sleeves, long pants and hats with mosquito netting. For the next hour or so, we ambled through the "Port B". The slightest movement in the brush would cause us to stop in strict attention. Our Upper Keys habitat contains a rich diversity of native plants, found only here in

west side of the road is Federal land, known as Crocodile Lake National Wildlife Refuge, on the east side of CR-905 is State preservation land, Key Largo Hammocks State Botanical site. Ever wonder what is behind that hedge? Fifty years ago it was all platted for development. There was a monster development planned called "Port Bougainville" just a mile north of the Circle K, oceanside. Environmentalists and concerned folks, most notably conservation-

"Birds In Our Midst" PART ONE

by Carol Ellis

"Birds In Our Midst" CONTINUED

Article and photos by Carol Ellis



Cape May Warbler in a Jamaican Dogwood tree in bloom

North America and add to that the migrating species who feed and rest here on their journeys North and South. The depth of the naturalists observations made me realize, "where have I been?" Though I understand the importance of native habitat for sustenance of wildlife, and can recite facts from my reading, this was nature LIVE!

While learning about the plants and wildlife, the camera is a great tool for making positive identification. There is an app called iNaturalist where experts and researchers are quick to provide identification of plants and wildlife, simply from a photo and location provided from your phone.

After an hour or so ambling through the "Port B", we opted to head south under the power lines next to the road. The sound of any songbirds were drowned out by the noise from the backed up line of cars trying to access US1. We pass a few littered sites, including old toilets, construction and household debris chucked into the woods. Flashback to

what Card Sound Road used to look like pre-cleanup and park acquisition. We enjoyed a wonderful lunch at (another kind of bird) Buzzards Roost, talked about the morning's discoveries, and shared photo successes. A wonderful meal and a park adventure, fresh air, and exercise provided me with a total reset.

Nature, it was what attracted me to the Keys in the first place, and yes though it is forever changing and becoming "less rustic", we must share with all our visitors and friends the importance of preservation of nature, not only to sustain wildlife, but also for our quality of life.



CAROL ELLIS has lived in South Florida her entire life and Key Largo for 37 years.

She has a degree in Journalism from the University of Florida and is the resident photographer/artist at Ocean Reef Club.



Flock of Ibis in a crosswalk

Visit Our Sanctuary Today!

FLORIDA KEYS WILD BIRD CENTER

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The Florida Keys Wild Bird Rehabilitation Center, Inc. is a not-for-profit organization dedicated to the rescue, rehabilitation, and release of native and migratory wild birds that have been harmed or displaced; providing or locating a humane shelter for those birds that cannot be released; and educating the public towards the importance of coexistence with all wild bird species.

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FOR MORE INFORMATION

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Jam Night is Back!

Calling all singers, musicians and music lovers - it's time to party!

The Jam is every Thursday night from 6 to 10 at the American Legion (2 Seagate Blvd.). Come show off your talents and have fun. The back bar will be open, serving beer and wine and the inside bar is full service with Tiffany. Hungry? No problem. Visit the food truck on the premises or grab a bite at the Pilot House right down the street.

The Thursday Night Jam features local entertainers such as Luke Ptomey, Maurice SantaCruz, Jim Henderson, Arno Lamb, Angel Romero, and one of my personal favorites singer Marianne Dutton. You never know who is going to stop by! Special guests include Jimmy Hawkins, Bob's Bunz, Terri Petrillo, Dave Roush, Jason

Tortellette, Allen Truesdell or Bob Knauer to name drop a few. Everyone is welcome!

If you want to play, check in with Arno Lamb.

The Coconut Telegraph would like to thank Callum Allison for his hard work over the years making this all possible. He and his merry friends laid the pavers, built the stage and landscaped the grounds. It is beautiful. No coolers are allowed. Your reasonably priced cocktail purchase helps the veterans.

The American Legion provides life-changing assistance and guidance for veterans, military personnel, their families and communities in thousands of ways every day around the world. Help comes in the form of personal assistance, cash grants, donated goods, disaster relief, labor, networking, volunteerism and advocacy.

The Key Largo American Legion is open 7 days a week from noon to 10 pm. Happy Hour is daily from 3 to 6 pm.

There's a lot of variety as players changed in and out.

Legion Legends - Bartenders Peggy, Aimee and Tiffany.

From the Wild Bird Center via Facebook



Rehabber Greg and Out-reach Coordinator Maggy are celebrating Halloween a little early this year. In fact, they celebrate it all throughout baby season!

All baby animals go through a stage of "imprinting" where they form their identity based on their caretakers and the other individuals they are exposed to. We do not want our patients to imprint on us, so during this stage we take several steps to avoid it by obscuring our faces and not talking around babies in the imprinting stage. Whenever possible, we house babies of the same species together so that they imprint on themselves. Lone babies are given a mirror to have a "friend."

Imprinted birds cannot be returned to the wild for a

number of reasons. One is that if a bird is too comfortable with humans, it often gets itself into trouble with an improper diet, as people love to feed friendly wildlife, which by the way, is illegal! (Bird feeders are a different story, but they also have their issues... That's a post for another day!) Getting fed improper food causes a host of health problems that can be fatal.

How you can help? Do not feed birds bread, do not toss seabirds fish, and do not try to get wild birds to eat from your hands! Most importantly, never attempt to raise a baby bird yourself; this is also illegal. Call a local wildlife center and they will gladly help. They have all of the tools and experience to meet a birds medical, dietary, and social needs!

JOY CENTER

every wednesday

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- Gentle Flow Yoga
- Stretch, Strength & Balance
- Ukulele Class and Jam Session
- Beginning Majongg
- Book Club
- Line Dance
- Storyteller's Cafe
- 5 Crowns
- American Sign Language

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HAPPY HOUR: 4-6 pm EVERY DAY

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American Legion Post 333

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Tiny Tim introduced our generation to the ukulele, but it took many decades and some extraordinary ukulele musicians, to finally give it the respect it deserves. Some people credit the tiny instrument with the ability to bring about World Peace, if only our global leaders would begin each summit by strumming You Are My Sunshine.

The JOY ukulele program has evolved from its original jam format to include a repertoire of more than fifty songs. We perform anywhere we are invited, and even a few places we are not!

Our newfound notoriety required us to choose a name, so as to save people from having to awkwardly describe us as, "You know, that ukulele group from The JOY Center." Now sporting a proper name, "Ukulele JOY" shares JOY at many events, but perhaps our favorite gigs are our semi-spontaneous Ukulele Flash Mobs. We take our title of JOY Ambassadors seriously.

We are an assortment of mostly goofballs with varying talents, who take great pride in the often-heard comment, "It looks like you are having so much fun!" Admittedly, expectations are low for a Ukulele Hootenanny, but the second part of that comment is absolutely true.

What's that Sound? Ukulele JOY

by Susan Anderson



Ukulele JOY enjoys great acoustics, and plenty of room to stay six feet apart, in the sanctuary at St James the Fisherman Episcopal church, MM 87.5.



The dolphins at the Dolphin Research Center rocked-out during a private concert April 13, 2022.

If you like to challenge yourself to keep your mind sharp, this might be the answer to all your doctor's recommendations: be social, learn new skills (left hand, right hand, reading chords, singing...), get out and enjoy new and spontaneous experiences, try to have less stress and more fun in your life.

Ukulele JOY is just one of several activities offered at the JOY Center every Wednesday from 9 AM-4:45 PM. The JOY Center is the brain child of a handful of community-minded people determined to create a place for Keys seniors to engage by participating in programs such as ukulele. We are working diligently to secure a "forever home" in the old Courthouse, but for now we meet at St. James the Fisherman Episcopal Church at MM 87.5.

Mike Ehlers has graciously agreed to step in during the summer months and offers a beginner class Wednesdays at noon. If you are curious to give it a try, there will be a ukulele for you to borrow! The regular group follows at 12:45.

Stalk us on Facebook at **Ukulele Notes** to witness the fun, then come strum with us! (Or visit JOY on the web: JustOlderYouthInc.org.)



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Free spay and neuter clinics at Key Largo Animal Shelter, normally every 2 weeks.

This program is privately funded by Humane Animal Care Coalition for Upper Keys residents.

Please call the shelter for details and appointments.

Open Monday to Friday 9am to 6pm and Saturday 9am to 5pm

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4th of July FIREWORKS ON THE BAY

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JIMMY JOHNSON'S BIG CHILL

TIKI BAR CABANAS POOL

HAPPY HOUR 4-7pm Monday-Friday

TO BE SEEN ON THE food network



I'D LIKE TO GIVE A SHOUT OUT TO ALL THE LIBRARIANS....oh, I'm sorry.

I went into the Key Largo library and asked if they had any books on the Titanic. "Oh yes, quite a few," the librarian said. "Sorry to hear that!" I said laughing. "They'll all be ruined by now!"

I asked the librarian if she would direct me to the self-help books. She said, "that sort of defeats the purpose doesn't it?"

I asked the librarian if they had any books on Pavlov. She said she'd have to check to be sure, but that the name rang a bell.

A blonde walked into our library and said to the librarian, "The book I borrowed last week was just awful. It had absolutely no plot, and the vocabulary was too complex!"

The librarian calls into the back room, "Hey, we found the person who took our dictionary!"

July Events and Programs at Key Largo Library

The Key Largo Branch of the Monroe County Library System is hosting the following programs this month. All library programs are free and open to the public. Program funding provided by the Friends of the Key Largo Library. Visit KeysLibraries.Org for books, streaming movies, ebooks, and more.

KEY LARGO BRANCH LIBRARY IS LOCATED IN TRADEWINDS SHOPPING CENTER AT MM 101.4 OCEANSIDE.

Monroe County Public Libraries are closed July 4 in observance of the Independence Day.

Special Events



Ocean Studies CHARTER SCHOOL

July Art Exhibit: Ocean Studies Charter School 4th and 5th Grade Student Photography in the Key Largo Library Community Room.



More than Books libby

Scan the QR code to learn more about ebooks from the library





YOU THINK THAT LIBRARIES ARE JUST BOOKS?



YOU MUST BE NEW HERE.

Reading gives us someplace to go when we have to stay where we are.



SUMMER READING PROGRAMS

(For elementary age kids)

Dive into reading this summer during our Summer Reading program with Ocean of Possibilities. Stop by the libraries for a reading log to win prizes and enter in raffles. The deadline to turn in the Summer Reading logs is Saturday, July 30.

July 1 2pm Join Marinelab for "Plankton Races", a super fun activity where students learn about plankton then build and create their own plankton and race them! Will yours be the fastest?!

July 8 2pm Island Dolphin Care Explore the wonderful world of Marine Invertebrates with Island Dolphin Care.

July 15 2pm WE ALL CARE for coral! Join I.CARE at the library for an interactive presentation about our reef, care and identification. Learn about our local coral reefs and have fun building a pipe cleaner coral reef and make a banner with coral polyp handprints!

July 22 2pm Celebrate the Ocean Art Workshop with Yvette Cortera and Mariela Estevez.

July 29 2-4pm Movie "Luca" (PG) & Popcorn

KeysLibraries.org/events
Facebook.com/KeyLargoLibrary
Instagram.com/KeyLargoLibrary

Weekly Programs

LEGO® Club

Monday 2pm
Elementary-age children can be creative and build with LOTS of LEGOS. Work on your own creation or build as a team and test your skills with building challenges!

Storytime Tues. & Thurs. 10:30 am for ages 0-5

Creative Tuesdays 1-3 pm
Calling all Artists, new and experienced! Bring in items you are working on and help each other during this fun afternoon program. Sometimes a guest artist will have a project everyone can enjoy creating.

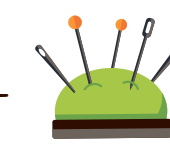
Tech Tutor Wednesdays 1-4 pm
Drop in for help downloading library apps to your smart phone or

tablet. Learn how to download e-books and e-audiobooks; learn how to stream movies from Kanopy too. Basic computer help is also available. Bring your device and questions.

Quit Your Way - Tobacco
Free Florida Wednesdays 1 pm hosted by Beth Dunlap, RN and the Florida Keys Area Health Education Center (AHEC)

Sit + Sew Friday 9:30 am - 1pm. Bring your sewing machine and current project.

Mahjong Monday, Wednesday, Saturday 1-4pm





We always have something "Elk-citing" going on!
(Members and Their Guests are Welcome)

Monday: Line Dancing Lessons 5 pm (\$5 cost)
Show me the Money — Fun card game! 6:30 pm

Wednesday: Members Only—Queen of Hearts
Fun Starts at 6 pm • Drawings at 6:30 and 7:30 pm

Karaoke & Fish Dinner on Fridays!
Check out our Facebook page for details.

Sunday Bingo starts at 5 pm

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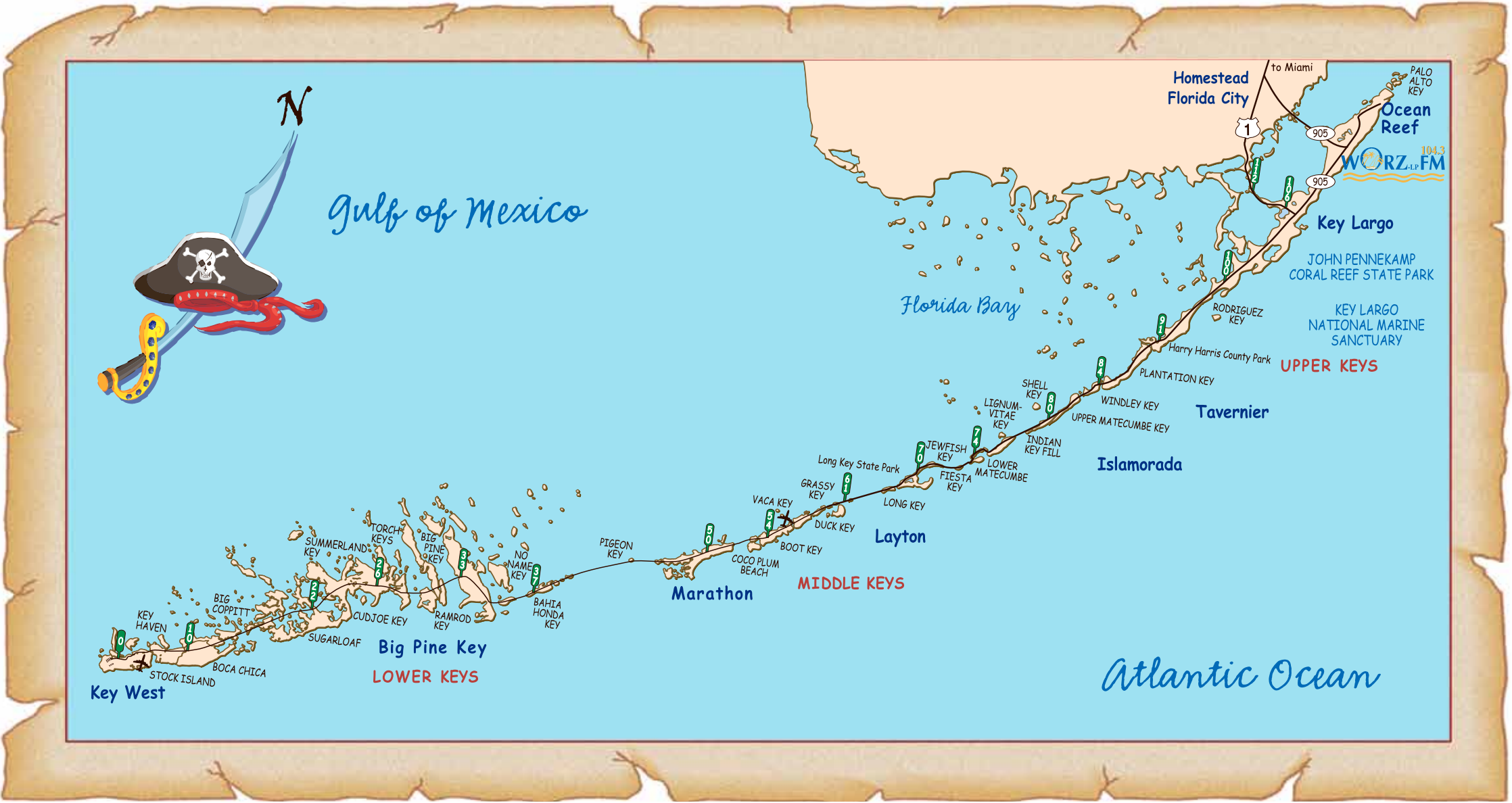
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- Preserving The Keys' Natural Beauty
- Protecting Parental Rights
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- Defending The Second Amendment

Vote Rhonda On August 23rd

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Tiki Bar, Game Nights, Dinners & Fun!

Members & Guests Welcome
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Live Music at the Liki Tiki
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Is It Hot Enough For Ya?

The Keys sounds like a cool vacation spot, hot enough to make people forget about last year's cold. Oh wait, we had no cold last year. We will give you a few tips on how to stay safe in the Keys summer.

Pay attention or die.

1. Always keep the elderly cool, they have a tendency to fall over at the slightest amount of heat and yes typically die. Go directly to the local mall. You can drop them off in the morning and pick them up when the mall closes.

2. Pay attention to your pets. If they look parched, sweaty or dehydrated, turn the hose on them.

3. Use sunscreen on all exposed parts of the body. The sun is a deadly bright and burning star that wants nothing more than to kill you. Explain this to your "Hot" neighbor and offer to place the lotion on as a favor.
4. Label all the gasoline storage containers properly, especially the ones you store in the house.

5. If you happen to buy an new air conditioner do not post that information on Facebook or Twitter... unless you are lonely and desperate for company.

6. Avoid buying any frozen dinner that says "place in oven for 3 hours," unless you decide to just leave it in your car to cook.

7. Keep all ice cubes in the freezer.

8. In case of a power outage make sure you check the light switches every time you walk into a room.

9. In case of a fire and you do not have a fire extinguisher, the water in the back of the toilet can be used to water your pets once the house has burned down.

10. It is best not to say "is it hot enough for ya?" This can get you beat up.



Controlling Behavior

People that want to control others are, at the core, consumed with their own fears and projecting those fears onto others.

We all know what it's like to want to be in control. In some ways, exerting control is an important survival skill. For example, we have every right to be in control of our own bodies and our own lives. Taking control in these cases is empowering and necessary.

Controlling behavior in the negative sense comes from a tendency to reach beyond our own boundaries and into the lives of others. Many people do this with the rationalization that they are helping. This can happen with parents who are still trying to force their grown children into behaving in ways that they find acceptable. It can also happen when people try to control their partners' behavior.

Almost everyone has at least one situation or relationship in which they try to exert control. This often happens because someone's behavior makes us uncomfortable. We may feel it makes us look bad, or it embarrasses us. For example, if your best friend tends to drink too much, you might spend an

entire party just trying to prevent her from doing so. This is different from directly confronting her about the problem and allowing her to decide what she should do.

Controlling behavior generally goes hand in hand with an unwillingness to be direct about what you want, as well as an inability to let go and let people live their own lives.

If you are the one that is controlling, it's probably because you feel as if you are out of control and it scares you. Try to pick one thing you could just let unfold without any control on your part. Examine how it made you feel both before and after, and examine why you wanted to control the situation.

It is hard sometimes to allow others to be who they are, especially if we feel we know what's best for them and we see them making choices we wouldn't make. However, if we are to be respectful and truly loving, we have to let people go, trusting that they will find their own way in their own time.

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You came here from there because you didn't like there, and now you want to change here to be like there.

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You are welcome here, but please stop trying to make here like there. If you want here to be like there you should not have left there to come here, and you are invited to leave here and go back there at your earliest convenience.

BOMBSHELL!!!



The conversation between Johnny Depp and Amber Heard had at the end of the trial has been leaked! The transcript reads:

Heard: Johnny... Hey! Can you turn around and look at me?

Depp: (bows his head)

Heard: Let's talk Johnny... Talk to me.

Depp: (Turns to his lawyer, and his lawyer shakes her head.)

Heard: I have something to talk to you about.

Depp (with his head still down): I have nothing to talk to you about.

Heard: Please, look at me!

Depp: Goodbye Amber.

Heard: Tell me something Johnny, do you still love me?

Depp: (Keeps quiet)

Heard: Do you still love me Johnny?

Depp (lifts his head, looks her straight in the eyes and says): Amber, this might be the last time we ever speak, so please listen to me very carefully. If you want to find out what is happening, read the Coconut Telegraph www.theconchtelegraph.com. Remember that! Goodbye Amber.

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ON THE MAP

Key Largo

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



Legend

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

Bayside

Wild Bird Rehabilitation Center

Mariners Hospital

Harry Harris Park & Beach

Oceanside

Florida Keys National Marine Sanctuary

Key Largo Public Library

African Queen Community Pool and Park

Post Office

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Adams Cut

Pennekamp Entrance

John Pennnekamp Coral Reef State Park

North Dry Rocks

The Elbow

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Mosquito Bank

French Reef

Bibb

Doune

Molasses Reef

Rock Harbor

Buttonwood Sound

Little Blackwater Sound

Barnes Sound

Jewish Creek

To Miami

To Ocean Reef

CORD SOUND ROAD

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Good Health Clinic Celebrates June Kickoff of 10th Annual Big Kahuna Contest

Good Health Clinic was proud to announce the kickoff of its 10th Annual Big Kahuna Contest in June. The contest is held to raise awareness and essential funds for the clinic, which provides health care services for uninsured, income-constrained adult and child residents in the Florida Keys.

This year, eight exceptional, community-driven individuals were selected from a pool of nominees in Monroe County to use their personal and professional network to raise funds for Good Health Clinic patients. In the friendly competition, the person who raises the most money wins the coveted title of Big Kahuna and the honor of housing the Big Kahuna Trophy in their home or business for 1 year. The winner will be announced at the 10th Annual Luau for Health Fundraiser on October 8 at Dolphins Plus Bay-side.

You can support Good Health Clinic and help determine who is crowned the 2022 Big Kahuna by sponsoring or making a donation on behalf of your chosen Kahuna. Donations may be given directly to Kahunas, dropped off at the clinic or given online at thegoodhealthclinic.org. Sponsorships are offered at all levels and include tickets to the big event.

With nearly 25% of the Florida Keys population uninsured, supporting the clinic ensures the essential health-care that helps residents maintain jobs, improves a child's success, and gives individuals and families the

ability to participate in, and contribute to, our community. "The Kahuna Contestants exemplify the best of our community. They are generous and motivated to make a difference in the lives of those around them," says Kate Banick, Executive Director. "Through your support, we can continue to offer live changing and lifesaving care to the most medically vulnerable from Key Largo to Key West."

Support Good Health Clinic by sponsoring or making a donation on behalf of your chosen Big Kahuna. Donations may be given directly to Kahunas, dropped off at the clinic or made online at thegoodhealthclinic.org.

ABOUT THE CLINIC:

Good Health Clinic opened in 2004 to facilitate true health care solutions for uninsured, income-constrained patients. With offices in Tavernier and Marathon, the clinic serves over 900 patients a year and has coordinated over \$70 million in donated medical services and \$9 million in vital medications to Keys residents for free. The clinic's small paid staff provides direct care and connects patients with medical professionals and entities throughout Keys, South Florida, and the nation who donate their health services. If you are uninsured and in need of primary/wellness care, medications, diagnostics, or an advanced specialist, visit www.thegoodhealthclinic.org or call 305-853-1788 to see if you are eligible to become a patient.

INTRODUCING THE 2022
Big Kahuna Contestants



Don Horton
D Horton Construction & Island Construction Management



Ron Burke
VP & Chief Nursing Officer at Mariners Hospital



Pete Frezza
Village of Islamorada, Environmental Resources Manager



Barbara Bernstein
Office Manager for Dr. Paul Bernstein



Adam Foley
President of Upper Keys Marine Construction



Yvette Doherty
Real Estate Agent, Coldwell Banker Schmitt



Armando Gonzalez
Owner of Blue Martin Jewelry



Jen Hagen & Joni Beever
Affordable Asphalt & Charlie's Shave Ice

Winner announced at the 10th Annual Luau for Health Fundraiser on October 8

Good Health Clinic

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JOIN US AS WE CROWN THE 2022 BIG KAHUNA!

For more info contact:
KATE BANICK - 305-619-0154
kate@thegoodhealthclinic.org
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No member of Metallica has ever appeared on Sesame Street.
Master of Puppets, my ass...

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No Monkeypox for me,
I'm on the patch!



I can't believe it's
monkeypox season
already. I still have my
Ukraine decorations
up.

You have seen pharmaceutical advertising in doctor's offices on everything from tissues to note pads. Well, this one should get the prize...



We emailed it to a Chinese doctor friend. He emailed back: "If the light stays on for more than 4 hours, call your erectrician."


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MILLIONAIRE
I HAVE ALL
THE ZEROS
NOW I JUST
NEED A ONE**

What's the difference
between Black Eyed
Peas & Chickpeas?

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sing us a song and
Chickpeas can only
Hummus one.

HOW TO WALK A HUMAN
A Dogs Guide

Humans need exercise. If they don't get it they become "chubby". It's up to you to save them.



1. Allow your human to tether themselves to you. This keeps them from wondering off or running away.
2. Your human probably needs breaks. Be considerate and stop and sniff often.
3. Bark frequently. Humans have a short attention span.
4. When you go to the bathroom, walk away. If you have trained your human correctly, they will pick it up. Good aerobics.
5. Periodically drag your human as fast as you can. This is called interval training.
6. Do not allow your human to shorten the walk. They are being lazy. Sit in protest if you must.
7. Once you are home, allow your human to remove their tether, then lick their face many times. This is positive reinforcement for a job well done.

Coco‘Nut’ Funnies

Dorothy and Edna, two “senior” widows, are talking.

Dorothy: “That nice Harry Homer asked me out for a date. I know you went out with him last week, and I wanted to talk with you about him before I give him my answer.”

Edna: “Well, I’ll tell you. He shows up at my apartment punctually at 7 PM, dressed like such a gentleman in a fine suit, and he brings me such beautiful flowers! Then he takes me downstairs. And what’s there; a limousine, uni-formed chauffeur and all. Then he takes me out for dinner; a marvelous dinner, lobster, champagne, dessert, and after-dinner drinks. Then we go see a show. Let me tell you Dorothy, I enjoyed it so much I could have just died from pleasure! So then we are coming back to my apartment and he turns into an ANIMAL. Completely crazy, he tears off my expensive new dress and has his way with me three times!”

Dorothy: “Goodness gracious!... so you are telling me I shouldn’t go?”

Edna: “No, no, no... I’m just saying, wear an old dress.”

I have a friend who worships certain shades of blue.
He’s a cyantologist.



Heads up: If you are feeling sick and sweating while filling up your vehicle with gas, you may have CAROWNERVIRUS.



I was sitting drinking coffee in my slippers this morning, when I thought to myself.. I really need to wash some cups.



One great thing about the Florida heat is that you can guarantee that no one is waiting in your back seat to kill you



A young ventriloquist is touring the clubs around the country. One night he's doing a show in a small town in Oklahoma. With his dummy on his knee, he starts going through his usual dumb blonde jokes.

A blonde woman in the 4th row stands on her chair and starts shouting: "I've heard enough of your stupid blonde jokes! What makes you think you can stereotype women in that way? What does the color of a person's hair have to do with her worth as a human being? It's guys like you who keep women like me from being respected at work and in the community, and from reaching our full potential as a person. Because you and your kind continue to perpetuate discrimination against not only blondes but women in general.... and all in the name of humor."

The embarrassed ventriloquist begins to apologize when the blonde yells: "You stay out of this, mister! I'm talking to that little shit sitting on your knee!"

I’m not going to say who.... but a friend just called and asked if I would loan her \$1300 to help pay her rent. Those who know me, know that I’m always willing to help out friends & family. I told her to give me some time to think about it and I would call her back. Before I called her back, her brother called to let me know that she was lying and not to give her the money !! He went on to say that the real reason she wanted the \$1300 was to get her boyfriend out of jail so she could be under the same roof as him for his birthday I thought about it for a minute and decided to give her the money anyway because we all need help at times. A couple of hours later I get a call from the police station. It was her - crying, screaming and asking why I gave her counterfeit money My response.... so you and your boyfriend could be under the same roof for his birthday!



On Monday we start Diarrhea Awareness Week.
Runs until Friday.



I just want my house clean enough so that if someone drops by unexpectedly it doesn't look like we're six days into battling a poltergeist.



I love putting on warm underwear fresh out of the dryer. Plus it's fun to look around the laundromat and guess who they belong to.

Week ago, my mother-in-law began reading, “The Exorcist”. She said it was the most evil book she ever read. So evil in fact, she couldn’t finish it, took it over to the beach and threw it into the ocean off a fishing pier. I went and bought another copy, ran the faucet over it and left it in the night table drawer by her bed. I’m going to Hell!

Three girls all worked in the same office with the same female boss.

Each day, they watched the boss leave work early. One day, the girls decided that, when the boss left, they would leave right behind her.

After all, she never called or came back to work, so how would she know they went home early?

The brunette was thrilled to be home early...she did a little gardening, spent play-time with her son, and went to bed early.

The redhead was elated to be able to get in a quick workout at the spa before meeting a dinner date.

The blonde was happy to get home early and surprise her husband, but when she got to her bedroom, she heard a muffled noise from inside.

Slowly and quietly, she opened the door a fraction and was mortified to see her husband in bed with her boss!

Gently she closed the door and crept out of the house.

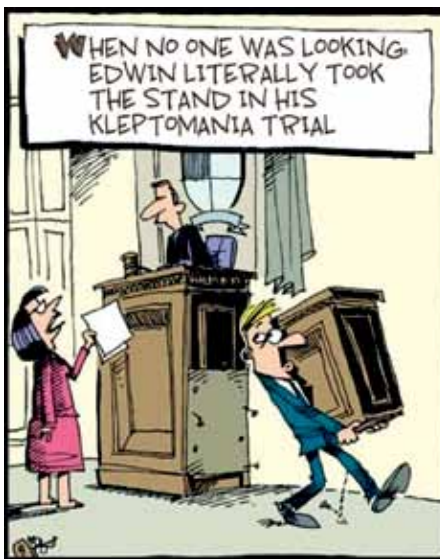
The next day, at their coffee break, the brunette and redhead said that they planned to leave early again, and they asked the blonde if she was going to go with them.

No way! the blonde exclaimed. “I almost got caught yesterday!”

My underwire broke and now I've got one boob in my pocket and the other one is hailing a taxi.



People on Facebook marketplace be like, “Gorgeous couch! We’ve had it 11 yrs, but is LIKE NEW. Only missing 7 cushions. Raccoon once gave birth on it, but the smell is almost gone. A few exposed nails, but not rusty/no tetanus shot needed if poked. Paid \$3675, selling for \$3600.”



Remember when we used to line up at a fair and pay to see a fat tattooed lady? Now they're everywhere!



The Navy Way...

The Chief noticed a new seaman one day... and barked at him, “Get over here!”

“What’s your name?” was the first thing the Chief asked the new man.

“Paul,” the new man replied. The Chief scowled, “Look, I don’t know what kind of bleeding-heart, liberal pansy stuff they’re teaching sailors in basic training today, but I don’t call anyone by their first name. It breeds familiarity and that leads to a breakdown in authority. I refer to my sailors by their last name only: Smith, Jones, Baker – that’s all. I am to be referred to only as Chief. Do I make myself clear?”

“YES, Chief!”

“Good! Now that we got that straight, what’s your name?”

The new man sighed and said, “Darling. My name is Paul Darling, Chief!

“Okay . . . Paul, . . . here’s what I want you to do . . . ”

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.



Ruby



Panther



Layla



Rosie



Choco



Picasso



Mandy



Misty



Abby



Mercury

COCONUT TELEGRAPH CLASSIFIED ADS

BUYING

Buyers agent is buying Vintage Costume Jewelry Call & leave msg. 305-304-2837

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

Classified ads will not be accepted without payment.

CLUBS

Florida Keys Orchid, Fern and Bromeliad Society meets the 2nd Tuesday of every month at the Key Largo Civic Club at 6:00pm. Open to the public. keysorchidclub@aol.com

THE KEY PLAYERS

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

MUSICIANS

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

FOR SALE



Desktop Laminator \$50 OBO 305-555-OUCH



Riding Lawnmower Low Gas Consumption! 305-555-LAWN

WANTED

Now accepting applications for Partner in Crime Must be fluent in smart ass sarcasm, adult language, questionable morals and nudity may be required.

GET CLASSIFIED \$10 per col. inch/mo.

MUST BE PAID IN ADVANCE Classified Display Space \$15/in. Drop off ad and payment at The UPS STORE 101425 Overseas Highway Next to Publix at Tradewinds Questions? 305-304-2837

FOR SALE



THIS IS AN AD THAT WE SAW THAT ACTUALLY RAN ON FACEBOOK

1976 Sailboat For Sale. She's a good boat holds water really well comes with a Honda generator might need some cleaning.

JOBS

In Memory of Dave. We Will Miss You". NOW HIRING 305-555-JOBS

Conch Characters / Around Town



Pirates Cove watersports cleanup crew. Thanks, guys!



Jennifer Miller flies over the waves at Alligator Reef.



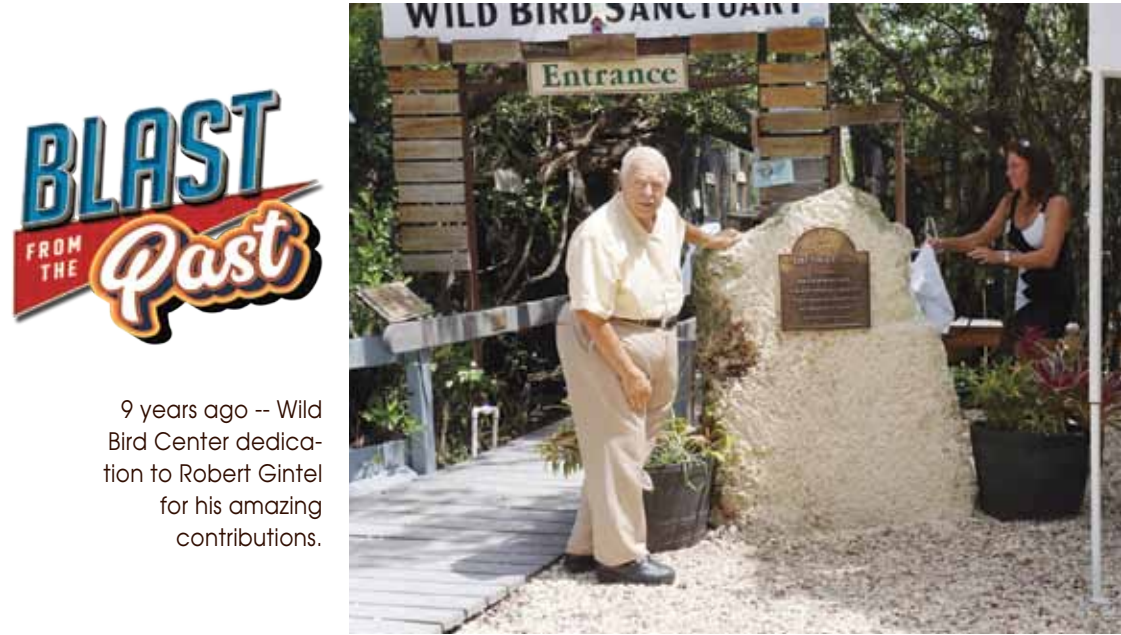
Another successful Elks' Ladies Dolphin Tournament!



Bartender Almee & former Bartender Bruce Herpich - from the American Legion. Photo by Melanie Malefy



Found on Facebook.



9 years ago -- Wild Bird Center dedication to Robert Gintel for his amazing contributions.



Sunset by Pirates Cove watersports.

LOR·E·LEI

Islamorada
Restaurant & Cabana Bar
MM82 at the Mermaid



Nightly SUNSET CELEBRATION!

Voted the best sunset
location year after year!

LoreleiCabanaBar.com 305-664-2692

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

Open for Breakfast, Lunch & Dinner • 7am-10pm
Enjoy breakfast on the deck overlooking the water.
Enjoy lunch or dinner on the beach.



The Rockin' Magic of **MICHAEL TRIXX**
Most MONDAYS • WEDNESDAYS • FRIDAYS at Sunset

This Month's Live Entertainment and Events at the Lorelei							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
"SUNDAY SCHOOL" \$3 Bloody Marys, Mimosas & Screwdrivers every Sunday, 7 to 11 am		<i>Waterfront Dining!</i>		LIVE MUSIC 7 DAYS A WEEK!		1 Shindig 6-10 Michael Trixx @Sunset	2 Scott Youngberg 11-3 Shadow Creek 6-10
3 Micah 11-3 Steve Venini 6-10	4 Micah & Bongo Bob 6-10	5 Dennis Holmes 6-10	6 Adrienne Z Duo 6-10 Michael Trixx @Sunset	7 Uncle Rico 6-10	8 Brothers Of Others 6-10 Michael Trixx @Sunset	9 John Ciulla 11-3 Abstract Radio 6-10	
10 Micah 11-3 Steve Venini 6-10	11 Carousers 6-10 Michael Trixx @Sunset	12 Dennis Holmes 6-10	13 Carousers 6-10 Michael Trixx @Sunset	14 Uncle Rico 6-10	15 Trip Machine 6-10 Michael Trixx @Sunset	16 Micah 11-3 Spank The Band 6-10	
17 John Ciulla 11-3 Steve Venini 6-10	18 Carousers 6-10 Michael Trixx @Sunset	19 Dennis Holmes 6-10	20 Steve Webb 6-10 Michael Trixx @Sunset	21 Steve Webb 6-10	22 Carousers 6-10 Michael Trixx @Sunset	23 Scott Youngberg 11-3 Dropouts 6-10	
24 Micah 11-3 Webb & Davidson 6-10	25 Carousers 6-10	26 Dennis Holmes 6-10	27 Webb & Davidson 6-10	28 Webb & Davidson 6-10	29 Rearview Mirror 6-10	30 Ray Jaworski 11-3 South 58 6-10	
31 John Ciulla 11-3 Webb & Davidson 6-10	<div>Happy 4th of JULY INDEPENDENCE DAY</div> 						



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

