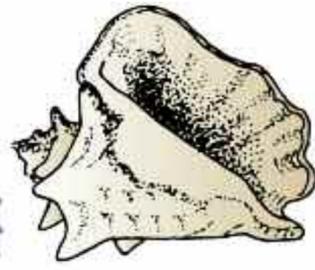


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You Can Find The Coconut Telegraph at
over 100 locations from Homestead
to Key West.



Photo by Video Dave
See more photos from the Coconut Telegraph's march to Margaritaville on page 20.



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Coconut Telegraph

August 2008
Volume 22 Issue #22

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

Phone 305-304-2837
Fax 305-453-4659

Deadline

for the
Coconut Telegraph's
September issue is
Friday
August 22, 2008

Call Denise at
305-304-2837

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Entertainer of the Month Luke Ptomey



Story by Rich Peine; Photo by Rachel R Peine

Drums have been around for as long as people have inhabited the planet. They have been used to express emotions, used in spiritual ceremonies, and to communicate with one another. Because of their emotional connection to the heartbeat and human spiritually, drum circles have become very popular in the past decade. If you get a chance, participate in one. Enough of history.

The Ted Hyde Band is going to lose its talented drummer Luke Ptomey this month. Not because of any of the usual problems related to personalities that always seem to plague musical groups. This time the loss is caused by a more upbeat event. (No pun intended.)

Luke has been accepted by the prestigious Berklee School of Music in Boston Massachusetts, which is no small feat. The requirements are stringent, and only one out of four applicants gets

accepted.

Luke was born and raised right here in the Keys. He started his musical education by taking piano lessons. By his own admission his piano teacher cried tears of joy when he gave it up. He just wasn't into the ivories. At age 13 he went on to tackle drums. His brother got him his first set, and he took lessons from Jimmy McGuirl.

His first gig was with the band Baga Tricks. He has also played with Micah Gardner as well as others.

Anyone who has heard him goes away impressed. I thought to myself, "Wouldn't it be great if he hooked up with Mickey Hart?" (former drummer with the Grateful Dead)

Stop by Sharkey's on Sundays from 6 to 10 and check out Luke and the rest of the band. You can still catch him until the end of August.



Editorial: You Can Try To Take My Name But You Won't Get My Goat

protest pictures on page 20.

In one of my last letters from the Buffett lawyers they accused me of being a journalist! Now THAT is funny! Lately I have been suffering criticism from some bar stool critics. I appreciate criticism and advice from professionals that I respect, but for the others who spend all day on a bar stool or didn't get past the 8th grade, here are instructions on how to start your own newspaper:

1. You'll need 25-years of experience in newspaper advertising.
2. A Cornell University course or two on writing helps but it doesn't make you a Journalist.
3. You'll need a bunch of money that you will lose the first year.
4. Find yourself the best printing company, graphic artist and

composing person that you can get.

Do not do it yourself or you will wind up with a crappy looking magazine.

5. Get a good bank that will help you, mine is First State Bank. They are awesome and they also have the best cookies.
6. Get off the bar stool and work all day, everyday.
7. Do things to help the community.
8. Avoid negative, ignorant, and hostile people! They just want to bring you down to their level.
9. Constantly deliver newspapers, collect money, write articles people will read, and then do it all over again, and again. This is issue #22 and it's like giving birth each month.

It's that simple. Good luck!

Disclaimer

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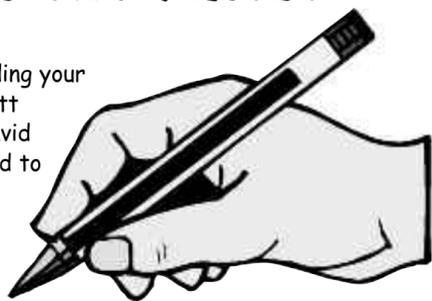
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Letters to the Editor

FYI, I have enjoyed reading your stand against the "Buffett Industry" sort of like David and Goliath. I just wanted to pass along an interesting fact. In 1973 Jimmy Buffett came out with the album "A White Sports Coat and a Pink Crustacean" which was a "rip off" of a Marty Robbins song "A White Sports Coat and a Pink Carnation". So where does Buffett have anything to say about your newspaper's name? He always "borrows" from other artists!!



- Sincerely, Brenda Bush

Do you think there might be some interest in an article about allowing street legal golf carts on the bike path? Key Largo residents are ideally suited for such a venture. We all live and work on an island 20 miles long, perfectly suited to golf carts. Of course the carts would have to be licensed (revenue) and have lights, break lights and headlights, and have a speed limit on the path of 10 mph or so. Would the bocc back something that would actually help us?

- Captain Sterling

Editor's note: What a great idea! Ocean Reef does it. I'm all for saving gasoline.

The listing of businesses, which are "locals friendly" was great. Although we have been to many of the places, a few are new to us, but we'll certainly try them soon. There are other places that we know give a discount but were not listed. A complete list of places and offers would be a service to the residents. It would be great if there were truly a "Locals Discount Card". We tried one offered at the Key Largo Chambers Visitor Center last year for a mere \$10. Many nice places were listed and it seemed like a good idea to us but whenever we tried to use it no one had ever heard of it or seen it. Although they did honor it, it was always a hassle to use it. But thanks for the list that you did offer, which I cut out, and will be using.

- Janet Klos



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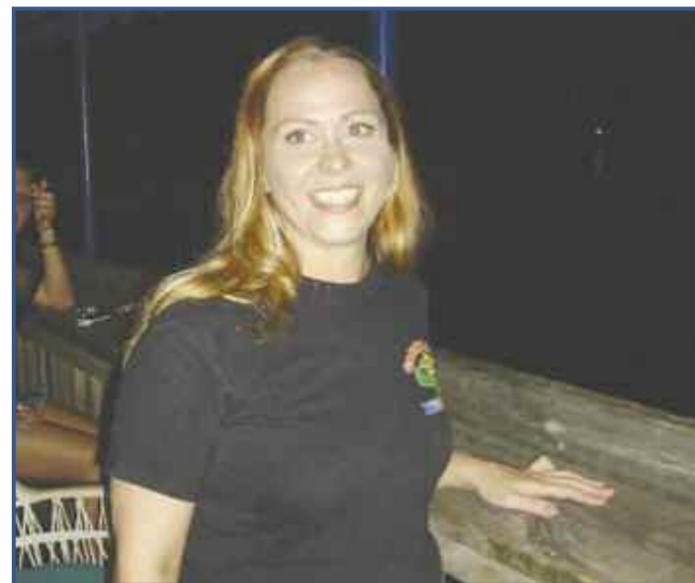
Gold Cup Invitational Donates to Voices for Children



Voices for Florida Keys Children, Inc Board members Elaine Schulberg, Chris Childree accepting the \$2100 donation from the Gold Cup tournament organizers John Holstead and Charlotte Ambrogia. The money will be used to provide services for children in the Guardian Ad Litem program.

June 16-20 marked the 45th anniversary of the Gold Cup Invitational Tarpon Fly Tournament at the Lor-e-lei Restaurant and Marina in Islamorada. The Grand Champion angler this year was David Dalu of Charleston, South Carolina, fishing with Captain Scott Collins of Marathon. The Gold Cup is a competition between the angler and one of the world's greatest fighting fish—the tarpon.

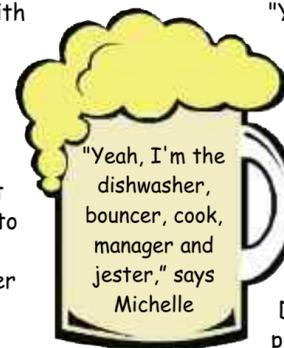
Bartender of the Month Michelle Delgado "She Kicks Butt!"



Cactus Jack's on a Wednesday night is hopping because of the bartender Michelle Delgado. "Every Wednesday Michelle makes a home cooked meal for \$5.00. Tonight's special was Homemade Pork Shoulder Roast with Caribbean Rice. There is something different each Wednesday. It is served starting at 7:00 so you have to get there early," says Kenly, another local bartender. "Michelle is a sweetheart, she is consistent and helps to make Cactus Jack's (C.J.'s to the locals) the best corner bar in the Keys. The food is great and so is the view of the bay."

their various restaurants and at C.J.'s for nearly five years. She resides in Islamorada with her 11-year-old daughter Alyssa.

I was surprised to see her cooking and covering the bar with ease. Michelle said, "Yeah, I'm the dishwasher, bouncer, cook, manager and jester."



"Yeah, I'm the dishwasher, bouncer, cook, manager and jester," says Michelle

In addition to bartending she is also involved with real estate, owns a Tae Kwon Do studio and is proficient in Martial Arts. That's where the bouncer part comes in.

Cactus Jack's is open from 4p.m. to 2a.m. and food is served till 1:45p.m. There are also great Happy Hour prices for locals.

So stop in and meet Michelle, tell her the Coconut Telegraph sent you.

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Exotic Cooking Iguana Recipes

The Green Iguana is a large South American vegetarian lizard. It is fast becoming a common site in the Florida Keys. Since they are exotics they are not protected. Just be careful since hunting with firearms in the Keys is not legal. And you would not want to be accused of animal cruelty. Anyway if you happen to have an Iguana ready to become a feast try one of these recipes.

Sopi Di Yuwana (Iguana Soup)

6 servings

Ingredients:

- 1 Iguana
 - 1 1/2 quarts of iguana broth (or chicken broth)
 - 2 Chicken bouillon cubes
 - 1 Clove of garlic
 - 1 Leek
 - 1 Tomato, coarsely chopped
 - 1 Onion, studded with 3 cloves
 - 1 Green Pepper, quartered
 - 1/4 small Cabbage
 - 1 tsp Cumin
 - 1 dash Nutmeg
 - Salt and Pepper
 - 2 oz Vermicelli
- Kill, clean, skin and cut the Iguana into serving pieces.

Prepare chicken broth in heavy kettle, add garlic, leek, tomato, onion, green pepper and cabbage. Bring to a boil, reduce heat and simmer for thirty minutes. Add the iguana, and

simmer an additional half hour, or until the meat is tender. Remove from the fire. Strain broth, discarding vegetables. Bone the iguana and set the meat aside.

Return the broth to the fire and add cumin, nutmeg, vermicelli and salt and pepper. Simmer for about five minutes until the vermicelli is tender. Add the iguana and heat thoroughly. Serve piping hot with Funchi (Corn meal mush).

Iguana Stew

4 Servings

Ingredients:

- 1 iguana
 - 1 lg onion
 - 2 cloves garlic
 - 3 tomatoes
 - 2 green peppers
 - 4 ts achiote oil
 - 1 pn pepper
 - 1 salt -- to taste
- Make the achiote oil by frying the achiote slowly until the oil is red. Cook Iguana in salted water until the meat is tender (take care not to let it get too soft). 4. cut in portions. 5. Season with all the above ingredients and cook with about 1 cup water, until almost dry.

Recipe By : Diana D. de peralta of Floridakeystreasures.com.

These recipes are courtesy of Floridakeystreasures.com. Visit the site for more exotic recipes.

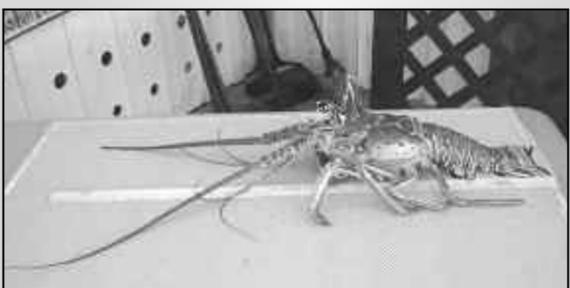


Sizing ém Up

The Mini Lobster Season contest at the Pilot House netted some big ones.

David Bauerle won 1st Place with this one at 16 1/2".

If you can eat one of these then surely you could eat an iguana, right?



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Disapproving Faces Not Everybody Will Like You

It is not necessarily a pleasant experience, but there will be times in our lives when we come across people who do not like us. As we know, like attracts like, so usually when they don't like us it is because they are not like us. Rather than taking it personally, we can let them be who they are, accepting that each of us is allowed to have different perspectives and opinions. When we give others that freedom, we claim it for ourselves as well, releasing ourselves from the need for their approval so we can devote our energy toward more rewarding pursuits.

While approval from others is a nice feeling, when we come to depend on it we may lose our way on our own path. There are those who will not like us no matter what we do, but that doesn't mean that there is anything wrong with us. Each of us has our own filters built from our experiences over time. They may see in us something that is merely a projection of their understanding, but we have no control over the interpretations of others.

The best we can do is to hope that the role we play in the script of their lives is helpful to them, and follow our own inner guidance with integrity.

As we reap the benefits of walking our perfect paths, we grow to appreciate the feeling of fully being ourselves. The need to have everyone like us will be replaced by the exhilaration of discovering that we are attracting like-minded individuals into our lives—people who like us because they understand and appreciate the truth of who we are. We free ourselves from trying to twist into shapes that will fit the spaces provided by others' limited understanding and gain a new sense of freedom, allowing us to expand into becoming exactly who we're meant to be. And in doing what we know to be right for us, we show others that they can do it too. Cocreating our lives with the universe and its energy of pure potential, we transcend limitations and empower ourselves to shine our unique light, fully and freely.

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Fine Feathered Friends

Story and photo by Rich Peine

Rachel and I found a dove on the road while driving in Islamorada back in May. We picked it up and took it to the Wild Bird Center. We were assured that the bird would be OK in a few days and would be sent back into the wild.

Being the bird nuts that we are, we walked around the place and were surprised to see a roseate spoonbill. It's an odd looking bird because its bill really does look like a spoon.

This one, dubbed Rosie, has been at the Center since last April. She was found in the middle of the highway at about MM 95. She had a fractured right wrist, and although she can fly short distances, she will never be able to survive alone in the wild. Rosie is about two years old, and her feathers are a light pink. As she gets older they will turn a deeper pink with some red areas.

Roseate Spoonbills are one of six spoonbill types found worldwide and the only one found in the new world. Over the past century and a half they have been prized for their feathers, and as a result their

population has dwindled to "threatened" status. They are found mainly in Central and South America with small populations in Florida and Texas. They are 28 to 34 inches tall with a wing span of over 47 inches.

The Wild Bird Center always runs on a shoestring budget, and as most of you know, the Conch Republic Coconut Telegraph (not to be confused with J. Buffett and his many enterprises) supports the wonderful work they do in helping the many species of birds that wander around and through the Keys. Stop by the next time you're in Tavernier and say hello to Rosie and the fine staff that watches over her and the rest of the avian residents. Be sure to check out the gift shop. There are some really unique finds for a birthday or holiday.

The Wild Bird Center can be reached at 305-852-4486 or www.flwbc.org

Next month, in this space, meet Lord Bryon the Brown Booby.



Restaurant of the Month Doc's Diner

Story and photo by Rich Peine



Owner of Doc's Diner Dr. Jim Boilini.

August's eatery of the month is a "locals' place" that surely caters to the locals and welcomes visitors like they live here. It is one of my favorites, and I've been eating there since I moved to the Keys.

Doc Jim Boilini opened the place in 2004, and it's been a fixture ever since. They have specials for breakfast and lunch every day, and Tuesday is Italian Day. Doc makes up the Italian food himself. Everything is made from scratch including the famous homemade soup that Mary prepares. My favorite is the chopped steak platter. Rachel likes the tuna melt.

The service at Doc's is second to none. I stopped in a few weeks ago and saw over twenty Boy Scouts and their leaders in the bayside corner ordering. My first thought was, "Damn, I guess it'll be a while before I eat." Ten minutes later I was chowing

down. The staff is always relaxed and on the ball.

Doc moved down to Key Largo in 1975 to help out a friend with his optometry practice and wound up buying the business. It is located in the same strip center as the diner: MM99.6 bay side.

Since moving to the island, Jim has very been active in civic affairs. He has been awarded the Chamber of Commerce Man of the Year on numerous occasions. He was instrumental in getting the Key Largo pool and park constructed, works with the scholarship fund and is deeply involved in the yearly Cook Off held in November each year. This is just to name a few.

Doc's Diner is open every day from 6am to 2pm. Phone number 451-2895. Be sure to take in the 10% off coupon in our paper to get your discount.

A Pirate Has Attorneys



By Christine Squier and Micky Squier

Brother, brother Buffett, we have heard your songs, wanted to see all your concerts for all so very long, we know your songs, we know your songs.

Watched you make a fortune, watched you live your dreams, and in your hands, you hold a treasure few have ever seen, living your dream, living your dream.

Then came a local paper; the Coconut Telegraph, we enjoyed the reviews and read some news, the pictures sometimes made us laugh, they made us laugh, such a few staff.

It's just a small newspaper; doesn't make much cash, we see Denise with her new camera; she travels to every bash. She thought it could last, thought it could last.

And we have all drunk now for several years, we passed out and we partied and we sprung a few tears, but we got to stop suing; got to start wooing, get off rock bottom, my friend, so few friends, so few friends.

Along came your attorneys; who sent a letter or two; "Change your name, it's Buffett's claim to fame, or he will have to sue". Buffett's going to sue, Buffett's going to sue.

Brother, brother Buffett, after the websites we've found, the phrase you say that you coined, has always been around, we feel let down, we feel let down.

We feel let down, going to head uptown.

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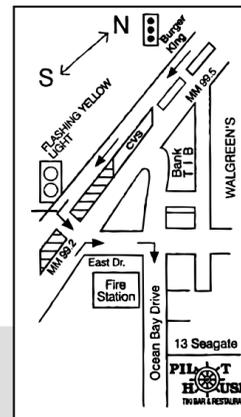
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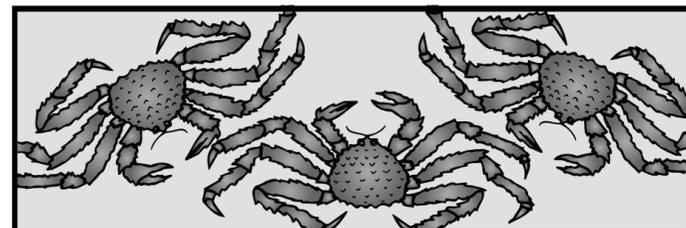


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Key Largo Food & Wine Kicks-off August 1st



Food and Wine lovers will delight in the first ever Key Largo Food and Wine Festival presented by the Upper Keys Business Group. Sponsored by Premier Beverage of South Florida the Festival features nine days of food and wine events to please everyone. Eighteen businesses are participating with three to four different events at a variety of locations daily. The Festival serves up an eclectic mix of themes aimed to please everyone's budget and palette.

The festival calendar kicks-off on Friday August 1st with free wine samplings at Tradewinds Liquors and a six-course Italian extravaganza at Sundowner's Restaurant with local celebrity cook Dr. Jim Boilini. Each course is paired with a rustic Italian wine.

Other restaurants like the Key Largo Conch House and Anthony's Restaurant are pairing food wine, art and music. In their garden area the Key Largo Conch House is serving appetizers 'Conch Every Which Way' complimented with wines and

featuring guest artists Pasta and friends on hand. Join Anthony's Restaurant in Tavernier Town for a 'Return to Venice', Venetian wines, a special menu, live music, art and more.

International fare will be featured at several restaurants, Snappers Restaurant is presenting 'Wines from Around the World' all paired with dishes from the same countries. Gilbert's Restaurant features 'A Trip to Germany' and Café Largo 'Mediterranean Nights'. Asian influences are represented with a source of plentiful sushi-grade fish. Num Thai is to host a sushi and Thai-cuisine affair featuring complimentary premium cold sake.

Other anticipated festival highlights include a variety of gourmet and Keys Cuisine menus that show off superlative vintages and local culinary talents. Whether featuring succulent seafood, international influences or decadent delights, they offer Continued on page 23...



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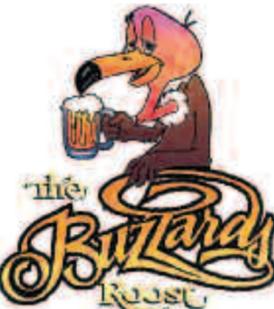
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2 Wine Events at Gilbert's

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Thursday, August 7 A Trip to Germany

Our German Chefs Georg Schu and Stephan Stolze invite you to a 5-course German Dinner paired with German Wines varying from dry to sweet.

Menu

Fasanen Consommé

Pheasant Consommé, slowly boiled down to maximize the flavor, topped with flaky baked filo pastry

Rheingau

Schloss Vollrad, Riesling, Summer Dry

Snapper Winzerin

Yellowtail Snapper dainty, sautéed to perfect subtlety, combined with Mosel River Riesling Sauce and tips of steamed asparagus

Franken

Franconia Estate, cuvee of Rivaner, Bacchus and Silvaner grapes, dry

Zitronen Sorbet

Lemon sorbet floated with dry sparkling Wine

Kalbsvoegerl

Veal Olive, filled with blend of wild mushrooms, oven roasted until gold brown and tender, accompanied by bread dumplings, seasoned with bacon, onions and parsley, and pickled red cabbage

Rheinhesen

Relax cool red, Dornfelder, medium dry

Bayrische Krem

Bavarian Cream, with the light taste of Bourbon Vanilla, drizzled with purée of wild berries

Mosel-Saar-Ruwer

Thomas Schmitt Private Collection, Riesling, Auslese, sweet

\$ 50.00 per person

(inclusive 7.5% Sales Tax and Gratuity)

Dinner starts at 6pm, please call for reservations

Friday, August 8 Desserts Paired with German Wines

Bayrische Krem / Bavarian Cream \$ 9.50

Mosel-Saar-Ruwer, Thomas Schmitt Private Collection, Riesling, Auslese, sweet

Rote Gruetze / Traditional northern German dish, wild berries and cherries \$ 11.50

Mosel-Saar-Ruwer, Schmitt & Soehne, Beerenauslese, sweet

Erdbeeren Madagaskar / Peppered Strawberries \$ 13.50

Mosel-Saar-Ruwer, Markus Molitor, Zeltlinger Sonnenuhr, Auslese, sweet

Chocolate Mousse \$ 15.50

Mosel-Saar-Ruwer, Schmitt Schenk, Eiswein (Ice-Wine), sweet

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| | Mystic Blue 7-11 |
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| 4 Monday | Linda Noyes 6-10 |
| 5 Tuesday | TJ Karaoke 6-10 |
| 7 Thursday | Linda Noyes 6-10 |
| 8 Friday | Seeda Band 7-11 |
| 9 Saturday | Luke 2-6 |
| | Gypsy Road Band 7-11 |
| 10 Sunday | Viva 2-6 or later |
| 11 Monday | Linda Noyes 6-10 |
| 12 Tuesday | TJ Karaoke 6-10 |
| 14 Thursday | Linda Noyes 6-10 |
| 15 Friday | Cool Breeze 7-11 |
| 16 Saturday | Luke 2-6 |
| | Exit 19 - 7-11 |
| 17 Sunday | Viva 2-6 or later |
| 18 Monday | Linda Noyes 6-10 |
| 19 Tuesday | TJ Karaoke 6-10 |
| 21 Thursday | Linda Noyes 6-10 |
| 22 Friday | Seeda Band 7-11 |
| 23 Saturday | Luke 2-6 |
| | Click 7-11 |
| 24 Sunday | Viva 2-6 or later |
| 25 Monday | Linda Noyes 6-10 |
| 26 Tuesday | TJ Karaoke 6-10 |
| 28 Thursday | Linda Noyes 6-10 |
| 29 Friday | Hav-At-It 7-11 |
| 30 Saturday | Luke 2-6 |
| | Different Faces 7-11 |
| 31 Sunday | Viva 2-6 or later |
| | TJ Karaoke 8-midnight |

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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.



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Pelusa



Nemo



Moo Moo



Frosty



Mimi



Fred



Foxy



Otis



Amber & Ashes

Jesse Kelsa of "JK Project" Band



Jesse with the HAV-AT-IT band

There was a Benefit/Jam at the OceanView on July 27 for Jesse Kelsa, to help this popular local musician with medical costs needed for a major surgery.

Marty Sutton & Lisa organized it, and they thank everyone who donated, played, attended, supported and otherwise contributed to the success of the event, and thanks to the OV for hosting!



If you missed it, and still want to help Jesse, there is an account in Rick Rolfe's name at First State Bank. Contact the bank or Marty at 305-896-0411 to donate.

Thanks!

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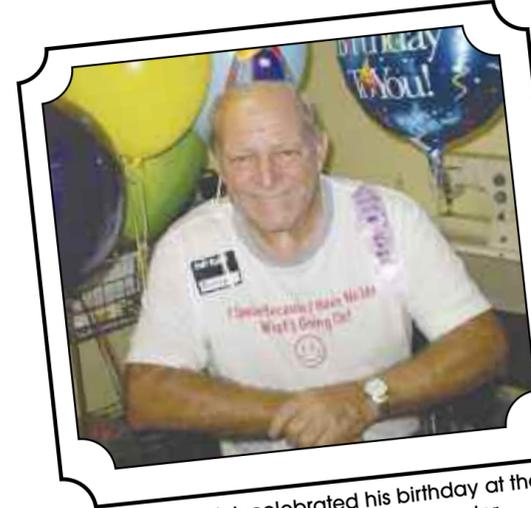
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Coconut Conch Characters of the Month



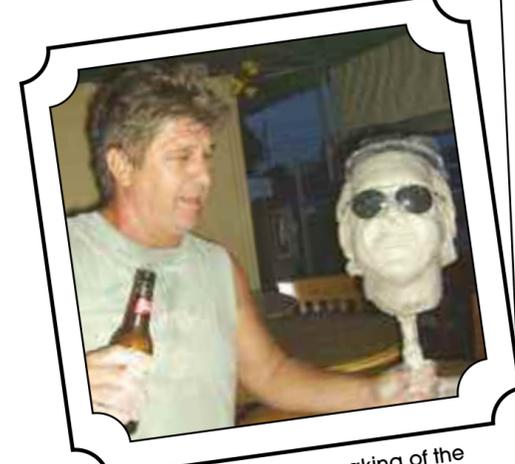
Concrete Dick celebrated his birthday at the Plantation Key Convalescent Center. Happy Birthday Richie!



Carrie is now at the Paradise Pub!



Reinhard from Gilbert's and his beautiful daughter Julia.



Scott Walz and the making of the Buffett mask.



Our ever friendly favorite bartender Josh at Encore.



Claudia of Wahoo's looking hot!



T.J., Theo, Bob and Marty relax at Pierre's on Ladies Night. The \$10 lobster, shrimp and crabmeat pizza was awesome.



Nina and Marty at Pierre's.



Micha and Kenly at the Big Chill.

If you have pictures of fun and interesting goin's on in and around the Keys just send 'em along to TheCoconutTelegraph@yahoo.com
Be sure to include your name and phone number so we can contact you if we have any questions!

ESPN Outdoors New Saltwater Series

ESPN Outdoors, the worldwide leader in outdoor events coverage, announced today the creation of a new tournament series of saltwater events, titled the ESPN Outdoors Saltwater Series. The series will receive television coverage on ESPN2 in the first half of 2009 and will be presented on other ESPN multi media platforms, including a newly devoted annual magazine, the ESPN Outdoors Saltwater Series, which will publish in the Spring of 2009.

The multimedia coverage will highlight six world-class, stand-alone events as the series kick off on Sept. 5-7 out of Key West, Fla. Other high-profile events in the series include the F.C.A. Montauk SLAM Redbone @ Large and the Mercury Redbone Series Celebrity Tournament.

Participants will include world-renowned professional anglers and renowned guides from the sportfishing industry as well as celebrities from the sports world. The ESPN Outdoors Saltwater Series will focus on several different types of sportfish including redfish, striped bass, tarpon, bonefish and permit.

"We are always looking to provide fans with unique and compelling content," said Jamie Wilkinson, senior director of event operations and business development, ESPN Outdoors. "We are excited about the potential of this new series and feel the opportunity for growth is significant."

A full schedule of events including the featured sportfish can be found below. ESPNOutdoors.com will be the home for daily event coverage and will provide photo galleries,

game stories and analysis from each event.

"For 21 years, we have provided excellent events that feature celebrities, great destinations and some intense sportfishing," said Gary Ellis, founder of The Redbone Celebrity Tournament Series, which will manage the events. "This was all started to raise money for a cause to help put a stop to Cystic Fibrosis and with an outlet like ESPN, we are excited to spread our message to a powerful audience."

For more information on the individual tournaments, fishing fans can visit www.redbone.com.

For more information, contact ESPN Outdoors Communications at (407) 566-2208 or visit www.ESPNOutdoors.com. For ESPN's latest releases, schedules and other news, plus photos, video and audio clips and more, visit www.espnmediazone.com.

Series Schedule:
Sept. 5-7: Key West Mercury Redbone - S.L.A.M. (Southernmost Light Tackle Anglers Masters) Celebrity Tournament. Tarpon, Bonefish, Permit
Oct. 3-5: Key Largo Mercury Redbone Series Baybone Celebrity Tournament Permit, Bonefish
Nov. 7-9: Islamorada Mercruy Redbone Series Redbone Celebrity Tournament Redfish, Bonefish
Nov. 21-24: Grand Bahama Fall Deep Water Cay Celebrity Bonefish Classic Redbone @ Large. Bonefish
Dec. 12-14: Islamorada Don Gurgiolo Sailfish Classic Redbone @ Large. Sailfish

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First let's take a look at masks that are derived naturally. My beautiful wife has used this one for decades and its effectiveness is without question. Start off with organic oatmeal that you grind and organic yogurt with no additives like sugar or fruit. If you want to test this, simply place on the back of one hand and leave it for 15 minutes and then compare. You should expect to see a smoother and softer skin with a lessening of brown spots.

Next, scrubs have become very popular. Take sea salt, mix with almond oil and scrub your body. For the face simply mix sugar with water and scrub the face. The sugar will dissolve before damage can be done. In addition, you can take used chamomile tea bags used, place in a zip-lock bag and place in the fridge to cool. Rub on face, just enough to moisten the face with the liquid.

If you are using avocado or making your favorite guacamole, use a portion of the avocado and use as a conditioner in the hair before you wash your hair, rinse with a little apple cider vinegar, (Bragg's mixed with water), it will remove previous product build up and make your hair shine. Do not worry about

the vinegar smell, it will dissipate when the hair dries. Using organic olive oil? Copy the people of biblical times; rub into your skin as an emollient. The moisturizing effect will be incredible. It helps dissipate scars and add to skin health.

Making a fruit salad? Why not use papaya and pineapple? These are wonderful at exfoliating the face. Use for 10 to 15 minutes: the enzymes will literally gobble up the dead skin.

Having a salad? Use cucumber in thin slices over the eyes and face. This will hydrate. Honey can be used to hydrate and as an emollient. Don't forget to eat all these things, they will have the same external effect and the benefits will last longer. The best tip of for this article is not to fall into the trap that all fat is bad. When we sweat we expel not only water, but also oils out of the skin. Try to digest at least two tablespoons of nut based oil daily. This will have the most profound effect on your skin. Is it hard to believe? Look at the Italian and Greek peoples, beautiful skin and hair and has been proven by the wisdom of the centuries and it does not bombard and saturate the body with chemicals, the common thread in the diet of these cultures is organic, non-commercial oil.

These may seem somewhat primitive in nature, but how can you argue with the wisdom of the ages. Just give them a try: the only side effect will be better skin, a healthy liver and kidneys, and the thought that you lessened your carbon footprint on this breathtaking planet.

More Coconut Conch Characters The Protest at Margaritaville



Farrel Mullen hitchhikes a ride on the "Buffett Bash" bus with Glenn Hoover.



The entertainment was superb!



Scott Walz as Jimmy Buffett.



The Key West Citizen sent us some handsome reporters at the "Buffett Bash" party.



Richie and Sam handled crowd control.



We amused the Hemingway look-a-likes.

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The Stella Awards

It's time again for the annual 'Stella Awards'! They are the awards named after 81-year-old Stella Liebeck who spilled hot coffee on herself and successfully sued the McDonald's in New Mexico where she purchased the coffee. She took the lid off the coffee and put it between her knees while she was driving. Who would ever think one could get burned doing that, right?

These are awards for the most outlandish lawsuits and verdicts in the U.S. Here are the Stella's for the past year:

5TH PLACE: Terrence Dickson, of Bristol, Pennsylvania, was leaving a house he had just burglarized by way of the garage. Unfortunately for Dickson, the automatic garage door opener malfunctioned and he could not get the garage door to open. Worse, he couldn't re-enter the house because the door connecting the garage to the house locked when Dickson pulled it shut. Forced to sit for eight, and eight days on a case of Pepsi and a large bag of dry dog food, he sued the homeowner's insurance company claiming undue mental anguish. Amazingly, the jury said the insurance company must pay Dickson \$500,000 for his anguish.

4TH PLACE: Jerry Williams, of Little Rock, Arkansas, garnered 4th Place in the Stella's when he was awarded \$14,500 plus medical expenses after being bitten on the butt by his next door neighbor's beagle - even though the beagle was on a chain in its owner's fenced yard. Williams did not get as much as he asked for because the jury believed the beagle might have been provoked at the time of the butt bite because Williams had climbed over the fence into the yard and repeatedly shot the dog with a pellet gun.

3RD PLACE: Third place goes to Amber Carson of Lancaster, Pennsylvania because a jury ordered a Philadelphia restaurant to pay her \$113, 500 after she slipped on a spilled soft drink and broke her tailbone. The reason the soft drink was on the floor: Ms. Carson had thrown it at her boyfriend 30 seconds earlier during an argument.

2ND PLACE: Kara Walton, of Claymont, Delaware sued the owner of a nightclub in a nearby city because she fell from the bathroom window to the floor, knocking out her two front teeth. Even though Ms. Walton was trying to sneak through the ladies room window to avoid paying the \$3.50 cover charge, the jury said the nightclub had to pay her \$12,000... Plus dental expenses.

1ST PLACE: Mrs. Merv Grazinski, of Oklahoma City, who purchased a new 32-foot Winnebago. On her first trip home from an OU football game, having driven onto the freeway, she set the cruise control at 70 mph and calmly left the driver's seat to go to the back of the Winnebago to make herself a sandwich. Not surprisingly, the motor home left the freeway, crashed and overturned. Also not surpris-, Mrs. Gazinski sued Winnebago for

not putting in the owner's manual that she couldn't leave the driver's seat while the cruise control was set. The Oklahoma jury awarded her, are you sitting down, \$1,750,000 PLUS a new motor home. Winnebago actually changed their manuals as a result of this suit.

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Key Largo Food & Wine

...Continued from page 11 attendees a wealth of flavors to savor.

For example, connoisseurs can enjoy a six-course progressive dinner with free transportation Wednesday, Aug. 6. The feast will begin at Sundowners Restaurant, moving on to The Fish House Encore, Mandalay Restaurant, Café Largo and culminate back at Sundowners for dessert

Just Good Keysy Cooking paired with summer wines is hosted by Shipwrecks and Publix Supermarket. Publix is also partnering with Upper Crust Pizza to present 'Pizza, Pasta and More' complimented by Chianti and other Italian wines courtesy of Publix.

Delicious Prix Fixe Menus and themed happy hours are featured at Coconuts, The Mandalay, Buzzards Roost, Gus' Grille and the Fish House Encore.

"We're bringing the winery to you," said Robert Stoky, an event coordinator and local restaurateur. "What better way is there to taste wines than with fresh local seafood and the owner of the winery at your table, pouring free wine?"

For a complete schedule of events, prices and reservation information, call festival coordinator Sue Finney at (305) 394-3736 or visit www.KeyLargoFoodandWineFestival.com.

More information and festival calendar is available at all event locations and at the Key Largo Chamber of Commerce at MM 106 Bayside, Phone:(800) 822-1088 or (305) 451-4747.

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New at Snapper's! **Sunday Brunch**
"Build Your Own"
Bloody Mary Bar

Everyone knows about our famous Sunday Jazz Brunch that includes a wide variety of breakfast and lunch delights, accompanied by the sweet sounds of jazz guitarist Frank Carmelitano... *but we've spiced things up a bit!*

Nothing is better in the morning than the spicy tomato flavor of a Bloody Mary. Snapper's "Build-Your-Own" Bloody Mary Bar lets you choose the vodka (or tequila, for Bloody Maria drinkers), add your favorite mixer, hot sauce and all the trimmings for the perfect cocktail.



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- Thurs.-Fri. Aug. 7-8: Bruce Isaacson
- Sat. Aug. 9: Yishka
- Thurs-Fri. Aug. 14-15: Rick Merrill
- Aug. 21-22-23: Bruce Isaacson
- Aug. 28-29-30: Neil Franklin

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