

Blackwater Sound

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variety that this band offers.

Steve and Tom have been friends and have been playing music together for 22 years. They formed the original Blackwater Sound from the late 80's and early 90's, with two other players. One of them happened to be the 17 year old Felix Hawkins, who played bass and vocals. Similar to what happens to many bands, however, they got burned out, Tom moved away, and they decided to take a break...a fifteen year break (from 1995 to 2010).

About a year ago, Steve and Tom ran into Dale and Rocco, at the Jam Night at the Caribbean Club, and they really hit it off, musically. Dale and Rocco had been playing music together for about six years. They were two of the members of the band HAV-AT-IT. With Dale playing bass and Rocco playing drums, they were definitely the power section of the band. They are happy to be playing music again with a kick-ass rock band.

When these four musicians initially got together to figure out how many songs they knew in common, it was amazing how many songs they knew, right off the bat. Blackwater Sound's song list is long, and it is

constantly growing. Their music is upbeat and very danceable. You will hear them cover a wide range of classic rock artists from Aerosmith to ZZ Top. As a bonus, they usually have DJ Mike Edgerton providing an awesome light show and a variety of DJ music in between sets.

"Ultimately, we play to, hopefully, put smiles on people's faces. It's nice to be able to get out and entertain our old friends, while making a lot of new friends along the way. We are still pretty fresh and figuring out what we are capable of doing together as a band. So, look for our song list and musical approach to continue to change as we continue to grow." Tom remarked recently. There's so much versatility and evolution, you never know what you going to get ... and there are usually pleasant surprises.

The energy and enthusiasm of Blackwater Sound will leave you wanting more. Look for them on the weekends at various establishments and charitable benefits in the Upper Keys. Check your local papers. Their debut performance, with the new Blackwater Sound line-up, began with the Party for the Pantry at the Pilot House. What a great place to start?!

Celebrity Sighting



Picture from left: Romeo, Laura Deaver with actress Jorja Fox.

Jorga Fox, the actress on CSI Las Vegas, was in south Florida visiting her dad for Father's Day and stopped at the Key Largo Conch House for one of Laura's irresistible breakfast specials.

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No Hard Edges Creating Space in the Body

When our minds are cluttered with too many thoughts and information, our bodies respond by trying to take action.

Our minds and bodies are interconnected, and the condition of one affects the condition of the other. This is why meditation is such a powerful tool for healing the body, as powerful as physical therapies. When our minds are cluttered with thoughts, information, and plans, our bodies respond by trying to take action. When the body has a clear directive from the mind, it knows what to do, but a cluttered, unfocused mind creates a confused, tense body. Our muscles tighten up, our breath shortens, and we find ourselves feeling constricted without necessarily knowing why.

When we sit down to meditate, we let our bodies know that it is okay to be still and rest. This is a clear directive from the mind, and the body knows exactly how to respond. Thus, at the very beginning, we have created a sense of clarity for the body and the mind. As we move deeper into meditation, the state of our mind reveals

itself, and we have the opportunity to consciously decide to settle it. A meditation teacher pointed out that if you put a cow in a small pen, she acts up and pushes against the boundaries, whereas if you provide her with a large, open space, she will peacefully graze in one spot. In the same way, our thoughts settle down peacefully if we provide them with enough space, and our bodies follow suit.

When we settle down to examine and experience our consciousness, we discover that there are no hard, definable edges. It is a vast, open space in which our thoughts can come and go without making waves, as long as we let them by neither attaching to them nor repressing them. As we see our thoughts come and go, we begin to breathe deeper and more easily, finding that our body is more open to the breath as it relaxes along with the mind. In this way, the space we recognize through meditation creates space in our bodies, allowing for a feeling of lightness and rightness with the world.

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Marilee Free 305-517-9279 All venues are subject to change, so feel free to call for more show info.

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