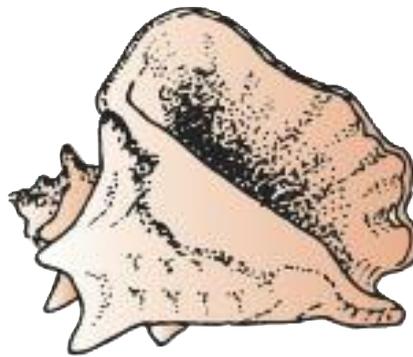


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Special "GREEN" Issue

Coconuts start out green and that's how we're starting out 2010!

Inside

Green Resolutions for 2010
 Business Spotlight:
 Flagler Folly, Marker 88
 Business Get Green Certified

Attractions

Artist of the Month
 ...Morna Strengholt
 Entertainers of the Month
 ...Lenore Troia
 Bartender of the Month
 ...D.J. Soares

Map

Getting From Here to There

Special Events

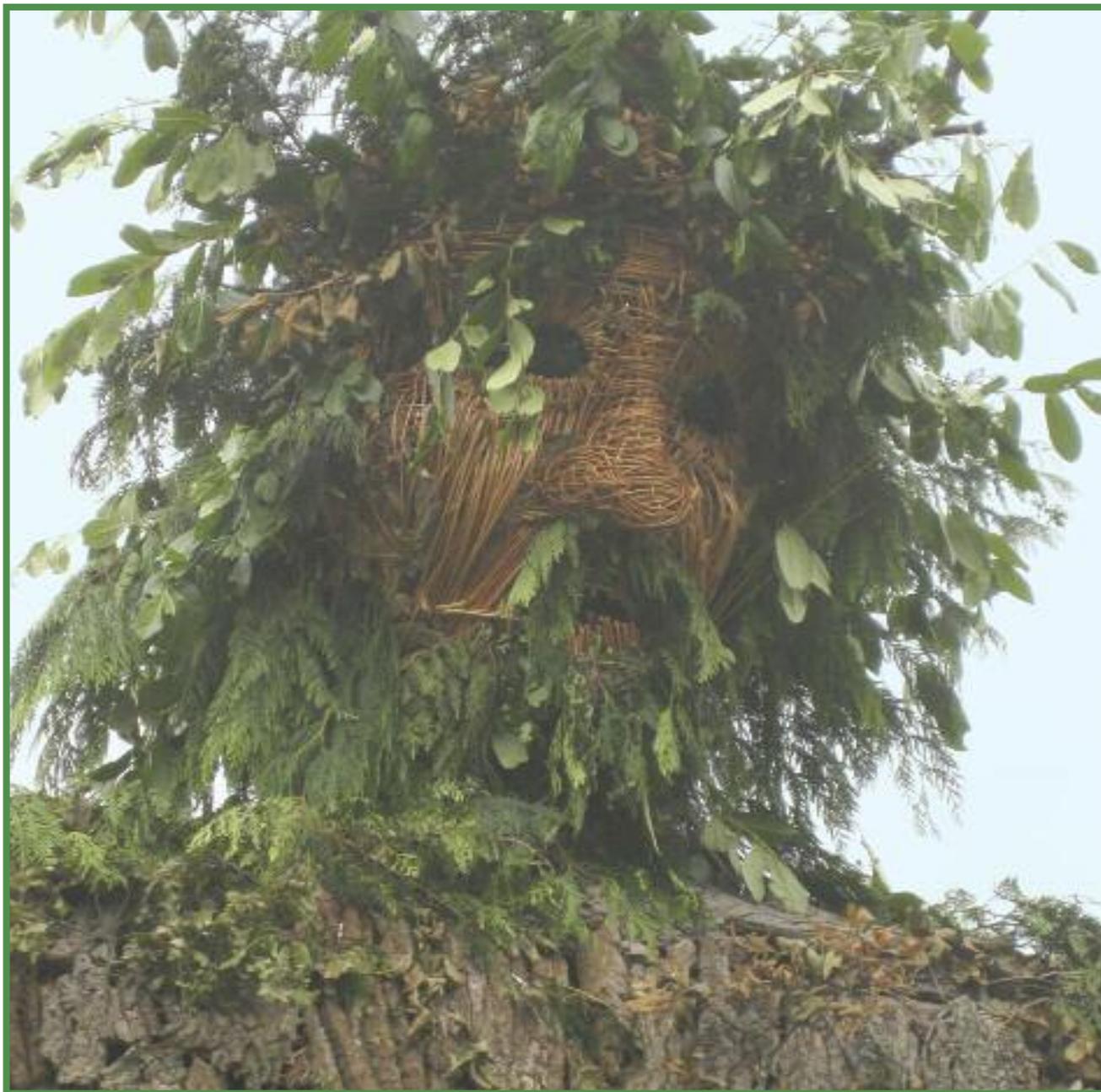
Stone Crab & Seafood Festival
 Flutie to Perform at Billfish Bowl

What's Hot & What's Not

Conch Characters
 Freecycling in the Keys

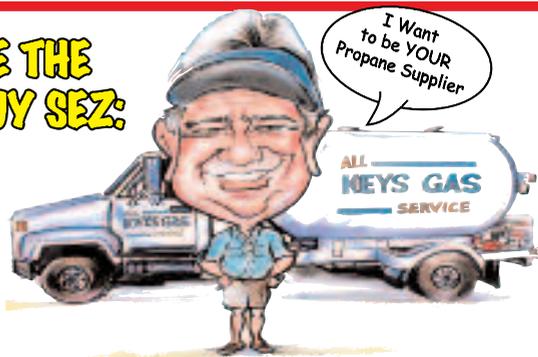
All the Buzz

When a Book is More Than a Book
 Local Team Wins Sailing Race
 Knowing Better Now
 Coco 'Nut' Funnies



The Green Man is a symbol, usually shown as a male head formed as a leaf mask. He stands for humanity's kinship with trees and woods, irrepressible life, and the cycle of renewal and birth. This sculpture was created by PirateTechnics and was set on fire as part of the United Kingdom's Green Man Festival in 2009. Photo from their website, www.piratetechnics.com.

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Coconut Telegraph

January 2010
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for the
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February issue is
Monday
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Call Denise at
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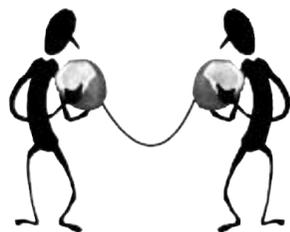
Cast of Characters:

Editor/Sales/Distribution

Denise Malefyt

Advertising
Production

Sue Beal



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Guest Editor Karen Beal

Editorial: Everything Old is New Again

The media is pushing a story about in emails from scientists accused of manipulating information and public perception of global warming. I'll admit, these allegations are worrisome, but I started wondering: If it all turns out to be bunk, and humans have no effect on the planets health, how would that information change my way of life?

In 1980 my husband and I decided to build a home here in the Keys. We are not builders by trade and we were on the bottom rungs of the economic ladder. It was quite an undertaking for us and took many years to complete. But, even back then we took pains to design a passive cooling system, to turn the house and roof angles to catch the sun for future solar panels. We devised a multi-layered water conservation system. We researched and learned and built, not motivated by global warming but motivated to conserve resources and money - the equivalent of our own energy, if you will, since we had to work to pay the bills.

Today we compost and grow veggies in rich, fertile soil of our own making. I'm happy to have fewer bags and less smelly trash to haul out thanks to composting. I'm thrilled to be staking my tomato plants at the six foot mark on the trellis.

I've always had fun making useful things out of 'stuff' around the house - today they would call it recycling. I just thought I was innovative and thrifty. I buy our work clothes at the second hand store and drop off items as well. I often hang my clothes to dry and we have always shopped locally whenever possible.

And, of course, my husband and I are not alone. Maybe it is part of being an island community. Many people make the lifestyle choices that are now labeled "green" for a multitude of reasons. I believe those choices are good for the planet, global warming or no global warming. I know those choices have been good for me. I hope you will find inspiration in this issue of The Coconut Telegraph that will make life better, easier and greener.

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Green Resolutions for 2010

Begin January with resolutions to live "greener" in simple ways in 2010. And as an added bonus, by making green choices at the grocery store, around the home and in the world, one can live healthier and lose pounds, lessen pollution and even save money! Pick one a month and explore the possibilities.

Recycle much more than you throw away. Learn what your recycling rules are for your community.

Simply buy less. Ask yourself if you really need this consumer item or not. Lighten expenditures and relieve stress. And when you DO buy, use our local businesses.

Choose the recycled napkins, toilet paper, paper towels and even printer paper when possible. Consider using dish towels in the kitchen more often or cloth napkins at the table.

Doing laundry? Keep the water clean too, look for biodegradable soap and safer laundry products. Powdered soap is a good option on several counts and now dissolves in cold water.

Try organic/fair trade coffee. You can find choices at the stores and they promote less clearing of forests for shade-grown coffee as well as a fair wage for the farmer.

Less is more at the landfill.

Buy packaging-heavy goods in bulk to save on garbage. Look for paper wrap or cardboard, rather than plastic packaging. If you have a packaging-heavy product that is a "must have", write or call the manufacturer and tell them to lighten up on the packaging. They may even reward you with a coupon for caring about their product.

Create a rain barrel to collect the run off from your roof. It is better for the plants and saves you on the water bill and sewage charge. Monroe County Coop Extension can tell you how!

Live near a weekend farmer's market? Shop there and bring canvas bags for your goodies.

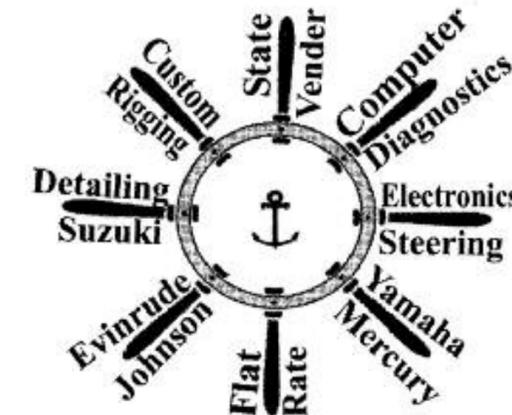
Start a community garden and make a place for children and elders to work and share the low-tech joy of gardening.

Black gold - Turn coffee grounds and salad waste into rich-soil producing compost. Monroe County Coop Extension can tell you how!

Save on your electric bill with a FREE energy audit from Florida Keys Electric Coop - just give them a call.

Bar-be-que more often rather than using the stove. It produces fewer harmful emissions and will not heat up your house, which you then have to cool.

Continued on page 15...



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Doug Flutie to Perform at Gridiron Greats Billfish Bowl

Doug Flutie is the latest football great to eagerly sign up to participate in the Gridiron Greats Billfish Bowl scheduled to take place February 4-6, 2010. But unlike hosts Jimmy Johnson and Mike Ditka, Flutie will be up on stage wowing the crowd with his drumming skills.

Lots of folks don't realize that Flutie is an accomplished drummer and grew up in a musical family. His father led big bands and his brother Darren Flutie plays a mean guitar. Doug and Darren started playing together years ago and their band, The Flutie Brothers Band, has agreed to headline the Billfish Bowl. The Flutie boys will kick off the event and crank out some rock-n-roll favorites.

Twenty-five years ago Flutie's hail-mary pass beat Jimmy Johnson's University of Miami Hurricanes in the final seconds of what could possibly

be the best college football game in history. But that was a long time ago and Johnson is eager to have Flutie at the Billfish Bowl.

"I've heard Doug play and he's really good on the drums," says Johnson. "I think the crowd at the Billfish Bowl will enjoy his music and just hanging out with Doug is always a good time."

The Flutie Brothers Band has played on many stages including the half-time show at the Pro Bowl and the Howard Stern show. They've also played the VIP lounge at the past three Super Bowls. The band's gigs help Flutie raise money for the Doug Flutie, Jr. Foundation for Autism. The Flutie Brothers Band is excited to expand their nonprofit work with the Billfish Bowl and help raise much needed funds for Gridiron Greats, which assists retired NFL players in need of health care and

associated medical costs.

"Bringing Doug Flutie and his band on board aligns with our main goal of the Billfish Bowl, which is to raise money for a great cause while having a good time and doing some fishing," Johnson says.

The event will take place just days before the Super Bowl at Jimmy Johnson's Fisherman's Cove, a unique private residence club in Key Largo and home of the Big Chill, a waterfront restaurant, bar and pool/cabana club. The Flutie Brothers Band will perform at the Billfish Bowl's kickoff party. From there on out it's hardcore fishing, nightly parties, fantastic food, live music, and raffles. Most importantly, anglers will have the chance to rub elbows with some of football's most notable players, coaches and owners, who will be making the most of their time in South Florida for the Pro

Bowl and the Super Bowl, scheduled to take place in Miami.

At the close of the final day of fishing, the winners will take home some of fishing's most unique trophies, as well as big bucks — the event will undoubtedly be one of the most fun and unique billfish tournaments in the Keys with big-money jackpots up for grabs. But for the overall winners, the most priceless award will be seeing their name engraved on the perpetual trophy which will be on display in the Big Chill, right next to Jimmy's Lombardi trophies and Super Bowl rings.

For anyone who loves football, fishing and the Florida Keys, the Gridiron Greats Billfish Bowl is an event that simply can't be missed. For information on fishing the event or becoming a sponsor visit www.billfishbowl.com or call 866-203-2720.

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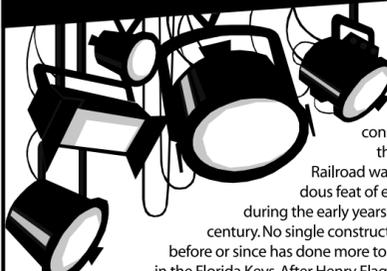
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BUSINESS SPOTLIGHT



"Flagler's Folly" Courtesy of Marker 88

The construction of the Overseas Railroad was a tremendous feat of engineering during the early years of the 20th century. No single construction project before or since has done more to change life in the Florida Keys. After Henry Flagler brought the Florida East Coast Railway to Miami in the 1890's, he dreamed of continuing it on to Key West. Flagler wanted to establish a deepwater port as a terminus for the East Coast Railroad even closer to the newly completed Panama Canal. Shallow water in Miami limited his dreams, so he looked to Key West, the most populated city in south Florida at the time.

By the end of 1907, the railroad reached Knights Key, 83 miles from the mainland. The first train from the mainland arrived there in January, 1908, and regular passenger service began the next month. Knights Key served as the southern terminus of the railroad for four years.

Building a railroad in this remote part of the world was an almost impossible task. As if the heat, the lack of fresh water and the mosquitoes were not enough to contend with, Mother Nature threw in three hurricanes. The first, in 1906, almost brought the project to a halt. More than 130 workers lost their lives, miles of embankment and rails were washed away, barges and dredges were sunk and construction equipment was heavily damaged. Despite losses in the millions of dollars, Flagler said, "Go ahead." A second storm hit in 1909. Again there was

heavy damage, and 40 workers lost their lives, but Flagler was not to be deterred. From lessons taught by these first two storms, when a third hurricane hit in 1910, only one life was lost.

Flagler was 75 years old when construction started, and in failing health as the railroad neared Key West. On Jan. 22, 1912, just a few days after his 82nd birthday, Flagler rode the first official train into Key West as bands played, whistles blew and the entire population cheered. He said, "Now I can die fulfilled." He died less than 16 months later. Already in financial trouble, the death blow to the Key West Extension was struck by the terrible Labor Day hurricane of 1935. Driven by 200 MPH winds, a 17-ft. wall of water washed over Upper Matecumbe Key, sweeping rescue train cars off the tracks. More than 500 lives were lost, and most of the tracks and roadbeds in the Upper Keys were destroyed. Because of the Depression, and because the Key West Extension had never been profitable, railroad officials decided not to rebuild.

The right-of-way was sold for \$640,000 to become the route for a new Overseas Highway. Today, you can see remnants of the railway all over the Keys. Train bridges were widened to become vehicle bridges, with the scavenged railroad tracks being used as guard rails on these bridges. Even the road bed that you drive on today was once part of the "Flagler's Folly."

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Two Upper Keys Businesses Get Green Certified

Going green in a down economy may not make sense to some business owners; but for others, going green is more than a passing trend. It's a way to save money and show your respect for the environment. With more than 20 million small businesses in the U.S. making up 96 percent of all U.S. businesses, this is an area that can have a huge impact on the status quo.

Think about it: Would you rather do business with someone who is a caring steward of their island, or someone who is just looking to make a quick buck with no concern for their impact on the community?

But being ethical is only one advantage of greening your business. So far, Keys businesses that have become certified in the GLEE Green Business Program have found ways to save money by conserving resources and reducing waste. Some have made small financial

investments in those changes, while others are beginning by simply changing their habits.

In November, the Green Turtle Inn Restaurant of Islamorada, and Sheriff Synthetics: A Certified Amsoil Dealer, Key Largo, met the requirements of the Green Business Certification Program. Both businesses downloaded and completed the online tools for the program, and using those guidelines, met the standards of an on-site assessment.

The Green Turtle Inn Restaurant, serving locals and tourists since 1947, has adopted a recycling program, replaced all light bulbs with energy saving CFLs (An Energy Star CFL will use 75 percent less energy than an incandescent bulb), added window tinting to deflect heat and save energy and installed weather stripping where needed to reduce energy leaks. Management is

also practicing water conservation measures, is in the process of switching to biodegradable or recyclable supplies for take out items and will eventually establish a compost program that will nourish a vegetable garden planned for the site. All of these steps will save the restaurant money in the long run and add to its credibility as one business that makes an effort to reduce its impact on the environment.

Sheriff Synthetics, a certified Amsoil dealership operated by Jeff & Rosie Sheriff, has maintained a small footprint while doing business in a 120-square foot home office. In the Sheriff household, recycling is a way of life and energy conservation is a priority. By downloading his energy bill history dating back to 2003 (available on the Florida Keys Electric Cooperative website), the Sheriffs can confirm the energy savings they began to enjoy in 2006,

when the Sheriffs became serious about energy conservation. Installing CFLs and investing in an AC system that is Energy Star certified are two of many steps the Sheriffs have taken to conserve energy. Their green lifestyle has naturally influenced their business practices as they continue to find ways to conserve resources and reduce waste.

The Green Business Certification Program was launched in November and offers free downloadable tools to help any businesses reduce waste, conserve resources and save money. Green Business Certification is open to all GLEE Business Members and includes many benefits, including a framed certification, Green Business Partner window decals and more. A \$50 fee is required for the on-site assessment. For more information, read about the Green Business Program at KeysGLEE.com.



Jeff Sheriff and Sheriff Synthetics stop long enough for a photo.



The Green Team at the Green Turtle Inn Restaurant in Islamorada were recently presented a framed certificate acknowledging their steps to green the restaurant's operation through GLEE's Green Business Program. From left are Green Team members Trish Knapp, Janet Crane, Terry Albury, Celestin Gesner, Chef Andy Niedenthal, GLEE board member Christi Allen, Warren Rogers, Michael Carraway and Tony Corallo

Visit www.keysglee.com and sign up to have your business green certified

The Island Grill is undergoing construction to install a full Tiki Roof over the outdoor seating. It will include heaters, and fans and can be completely closed off from the elements. Soon we will be able to service all our guests, in any weather!

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Useless "Green" Facts

The average person throws away about 10 lbs of trash per day.

Almost 7 tons of clothing and fabric are thrown away every year. Only 12% of that is reused or recycled.

The most common litter is cigarette butts. Smokers toss 4.5 trillion butts a year. It takes 2 to 5 years for the filter to biodegrade.

Time it takes to biodegrade:
A disposable diaper - 10 to 20 years.

A hard plastic container - 20 to 30 years.

A rubber boot sole - 50 to 80 years.

An aluminum can - 200 to 400 years

A plastic 6-pack holder - 450 years.

Glass bottles - forever.

Paper - 2 to 4 weeks. However, newspapers take up the most space in landfills. The Coconut Telegraph recycles all unused issues at the Upper Keys Humane Society.

Freecycling in the Keys!

Got something you're done with that someone else can use?
Need something that someone else might have?

Florida Keys Freecycle™ where one person's trash can be another's treasure!

Freecycle is open to individuals, businesses, schools, and nonprofit organizations. Our goal is to make it easy for everyone in the Keys to find new homes for good items rather than throw them away. We'll reduce waste, save resources, ease the burden on landfills, and connect with like-minded folks.

Main rule: Everything posted must be free, legal, and appropriate for all ages.

Here's how it works: You sign up for the Yahoo Group. If you have or need something, you post it (which eventually is included in an email to everyone in the group). People respond to you via email, and you make your arrangements to exchange the item(s). No strings! It feels great to know you've helped someone, and nice to know they're there when you need help yourself.

The Freecycle Network is a movement of people interested in keeping good stuff out of landfills while building a sense of community. Check out freecycle.org for other cities and national Freecycle info!

freecycle
changing the world one gift at a time

<http://groups.yahoo.com/group/FloridaKeys-Freecycle/>
or go to freecycle.org and search for Florida Keys

Party for the Pantry Proceeds Donated



Diane Rohr from the Islamorada Moose and Ben Hughes of the Quarter Club present a check for proceeds raised at the Party for the Pantry to Pastor Kerry Foote of the Burton Memorial Methodist Church. Including the money and food donated, the on-day event held in November raised about \$10,000.

Eagle Scout Project Completed!

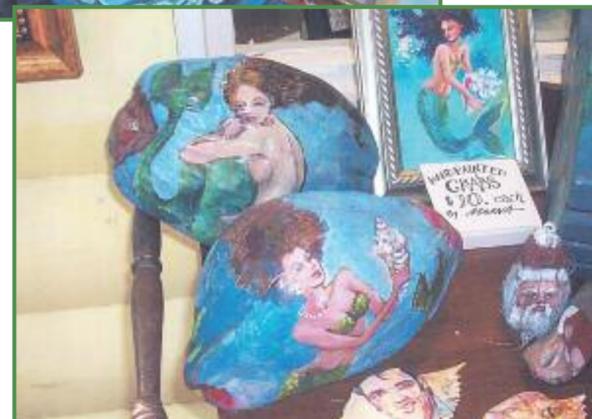


Allan Neuzil of Key Largo Boy Scout Troop 588 recently completed his Eagle Scout Project at John Pennecamp State Park. Allan and his fellow Scouts raised funds and logged 100 hours in order to build the recycling hopper and sorting table for the Park. Troop 588 is chartered by the First Baptist Church of Key Largo. Allan is expected to receive his Eagle Scout honors in 2010.

Artist of the Month Morna Strengholt

The Coconut Telegraph ran into Chuck Falkner owner of the Harry Sontag Art Collection. Chuck was excited about some antique window screens he had commissioned Morna Strengholt to paint on. As you can see from the photographs the results are amazing.

What a beautiful way to recycle! Morna claims she will paint anything that doesn't move, coconuts, crab shells, tables, chairs, you name it. You can find Morna at the Islamorada Chamber of Commerce.



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Knowing Better Now The Past in Light of the Present

When we look back at the past, knowing what we know now, we often find it difficult to understand how we made the mistakes we made. This is because once we learn new information, it is nearly impossible to reenter the headspace we were in before we learned that information. And so we look back at parents who spanked their kids, for example, and wonder how they could have thought that was a good idea. Similarly, our personal pasts are full of mistakes we can't believe we made. We did things then that we would never do now, and this is precisely because we have information now that we didn't have, or weren't able to access, then.

From ideas about how to raise children to how to treat the environment, our collective human past sometimes reads like a document on what not to do. In many ways, this is exactly as it should be. We learn from living and having experiences. It is from these

past actions that we garnered the information that guides us to live differently now. Just so, in our personal lives, we probably had to have a few unsuccessful relationships or jobs, learning about our negative tendencies through them, in order to gain the wisdom we have now.

In order to live more peacefully with the past, it helps to remember that once we know better, we tend to do better. Prior to knowing, we generally do our best, and while it's true that from the perspective of the present, our best doesn't always seem good enough, we can at least give our past selves the benefit of the doubt. We did our best with what knowledge we had. Beyond this, we serve the greater good most effectively by not dwelling on the past, instead reigning our energy and knowledge into our present actions. It is here, in this moment, that we create our reality and ourselves anew, with our current knowledge and information.

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12/30: 6-10pm MOSQUITO HEADS

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NEW YEAR'S EVE:
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Thanks to the Ladies of the Islamorada Moose



Many thanks to the Ladies of the Islamorada Moose who came through with Christmas Gifts for the Foster Adoptive Children of the Keys. Pictured here with some of the gifts are Moose Ladies (from left) Marian Warnicke, Debbie Darnell, Joy Wold, Barbara Brooke (FKFAP representative), Jan Nolen and Rose Duke.

Bartender of the Month D.J. Soares at Senor Frijoles



The Coconut Telegraph's all time favorite Mexican Restaurant is Senor Frijoles. What makes it so great? Prompt, professional and friendly service, that's why the Coconut Telegraph picked D.J. Soares for January's Bartender of the Month. He is all that and more!

When we told him that January would be our first "Green" issue he smiled and said "We recycle all our glass and plastic here. The owner, Robert Stoky is very eco friendly."

D.J. originally hails from upstate New York, near the Catskills. After a stint in Tampa as an assistant martial arts instructor he found his way to the Fabulous Florida Keys and snagged a job at Senor Frijoles where he has been for 4 years.

"I love this place." says D.J.. "There is a fantastic view of the sunset, and the food is excellent."

He goes to explain, "The new chef really improved the menu and we are locals friendly. We have the best margaritas and at happy hour (4-6 p.m.

weekdays) they are only

\$4! Drinks are half price and domestic bottles are \$2.

Reasonable prices keep the locals happy and it is great to see

so many familiar faces all the time."

When he asks, "You know about our

wednesday night all-you-can-eat tacos for

\$9, don't you?" I reply, "Yup!"

Senor Frijoles also gives a cotton candy cone with every tab. And it brings a smile to

the faces of kids of all ages!

Stop in and see D.J at Senor Frijoles located at mile marker 104 bayside.





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*off kids menu, one with each adult meal purchase.

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Local Team Wins Sailing Distance Race



Steve Lohmayer and Jay Sonnenklar, flying a hull across the finish line.

The 25th Annual Key Largo Steeplechase was held in Key Largo December 12-13 with 20 teams of catamaran sailboats from around North America competing, including a two-time Olympic Silver Medalist. The race is a 110-mile trek around the islands with the first leg a relative drag race down the ocean side of the islands. The second leg up the Florida Bay side requires a lot of navigation skills and water reading for the sailors.

Steve Lohmayer of Tavernier and Jay Sonnenklar of Miami, took top honors both on first to finish and on handicap. After 110-miles of grueling sailing in winds near 25 mph, they won by a mere five second.

The annual race was sponsored by Catamaran Sailor Magazine of Key Largo, and Rick White's Sailing Seminars of Key Largo. The headquarters for the race, as well as the start and finish was at the Caribbean Club in Key Largo. The History and Trophies

It all started 19 years ago when a group of CABB

(Catamaran Assn. Of Biscayne Bay) members decided to try a race around Key Largo - no entry, no frills, no award. The total distance was 110 miles—the course starts at Jewfish Creek and goes clockwise around the Keys, through Angelfish Creek, down Hawk Channel, through Channel 5 Bridge and back to Blackwater Sound.

The first race was won by Rick White, Key Largo author and Sailing Hall of Famer. Meanwhile, one of the ladies on ground crew had meandered into the woods and found an old dilapidated lawn chair. As a joke she presented this old lawn chair to White at the finish. After sailing all that distance, White didn't take it as a joke. He rather proclaimed, "Great! This 'Olde Lawn Chair' will be the Annual Perpetual Trophy for the race."

The race is always the second weekend of December yearly, with next years dates being December 11-12, 2010. For more information see www.Catsailor.com

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Green Resolutions

...continued from page 3.

Vegetarian meals offer many choices. Once a week, eat raw foods, like a wonderful salad, for the highest level of nutrients. Black beans and rice, pasta and cheese, pizza are all classic no-meat dishes.

Take showers more often than baths, saving even more water with an efficient showerhead.

Clothes get clean in cold water just as well as hot, especially when using a biodegradable detergent. When was the last time you hung clothes out to dry?

Use a filter for your tap water to avoid buying bottled water. Take a reusable thermos with you on the road. Raise the thermostat a bit and stay comfortable under a ceiling fan.

Make sure the insulation between your roof and your ceiling is doing the best job

possible. Consider painting your roof white - you could save 20% on your summer electric bill. Really!

Replace light bulbs with energy and dollar saving LED or CFL bulbs. You won't have to climb the ladder as often to change them also.

Use re-chargeable batteries for toys, gadgets and tools. Better yet, look for toys like kites, board games and outdoor sports that don't need any batteries.

Walk, bike, use public transit or car-share when you can. The emissions and money saved will be immense.

Put your water heater on a timer - or simply flip the breaker when not needed - you will be surprised how much energy and money you will save.

Here's hoping 2010 is a healthy, happy and greener year for us all.

Hunk of the Month

Ricky Cortina

Entertainer of the Month Lenore Troia



Ever since first journeying down the seventeen mile stretch to the Florida Keys, Lenore Troia has captivated audiences with her American Caribbean sound. Her musical reflections of that chain of enchanting islands blossomed into a series of popular CD's, with original songs like "Jetset to Sunset", "Save Me From the Real World", "Everyone Has A House Guest in Key West", "Coconut Amnesia," "Point Me South I-95" and "Fishin' You Were Here!"

Lenore has performed in just about every venue up and down U.S. 1. Her work has been selected by the Tassel Florida Keys Collection, beside such names as Hemingway, Audubon, Tennessee Williams, Wyland and Carl Hiaasen, to be in a museum that "presents artwork by a variety of visual and auditory artists who have chosen the Florida Keys as their subject of inspiration". Recently, Lenore's piano rendition of "God Bless America" from her "Sand Dancing" CD was chosen in a

lineup next to Lee Greenwood, Jimi Hendrix, Woody Guthrie, Whitney Houston and Kate Smith, for a fourth of July music special on Fox News.

Lenore Troia's musical life began in her birthplace, New York, discovering the piano at the age of four. After a decade performing on the east coast, in the early nineties Lenore settled into the Florida Keys creating a successful recording label and establishing herself as a highly sought after solo artist. She currently lives in Key West and can be found performing on a regular basis on Duval Street at La Te Da, Aqua Night Club, and also at the Gardens Hotel most weekends.

Lenore lives green, loves the islands and takes every opportunity to help preserve paradise (one of her original songs is "Save Paradise.") Most recently she helped raise funds for GLEE with her annual Mistletoe Madness party in Key West. Lenore's music is available at her website, www.LenoreTroia.com, or on iTunes.

Boy Scouts Condition For 60 Mile Hike



Photo by: Dr. Brian Magrane

Seven Boy Scouts and four adult leaders hiked 16 miles in preparation for a 33 mile "Barefoot Mailman Hike" in Feb. The scouts are conditioning themselves for a 10 day 60 mile hike in the mountains of New Mexico this summer. Scouts from the Key Largo and Islamorada Troops will comprise the 12-man "Keys Crew", at the Boy Scout High Adventure Philmont Ranch.

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Coconut Conch CHARACTERS of the Month



Luke entertaining the crowd at the Party for the Pantry.



Lourdes strumming the guitar.



Tribute to John Mullon at the Pilot House by Scott Walz.



Grand opening of Tropical Styles.



B&B Tires hard at work.

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 Overseas; phone 305-451-0088.



Clifford



Coco



Misty



Natasha



Raymond



Maxie



Larry



Spot



Savannah

OBITUARY



Edward Leigh Sheets

Died at age 68 on December 18, 2009, of ALS. A United Airlines pilot for 27 years and Cheeca's golf pro during his retirement, Edward had lived in the Keys since 1983. He is survived by his wife, Linnea; children, David Bobst and wife Linda Walker of Deerfield Beach, John Harding and wife Connie Harding of Tequesta, Florida, and Linda Tonnie and husband Keith Tonnie of Bossier City, Louisiana; sister Faye Thompson and husband Allan Thompson of Meeting Creek, Alberta, Canada; sister Lynn Sheets of Alberta, Canada; eleven grandchildren and two great-grandchildren. He will be sorely missed by all. A memorial service in his honor will be held after the holidays. In lieu of flowers, donations may be made to the Packard Center for ALS Research at Johns Hopkins (www.alscenter.org).

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When a Book is More Than a Book

When is a book more than a book? The answer: when it is an Altered Book in the hands of a creative student.

The Key Largo Library will feature an unusual display of Altered Books created by local young adults. Recycled used books seem the perfect exhibit for the venue.

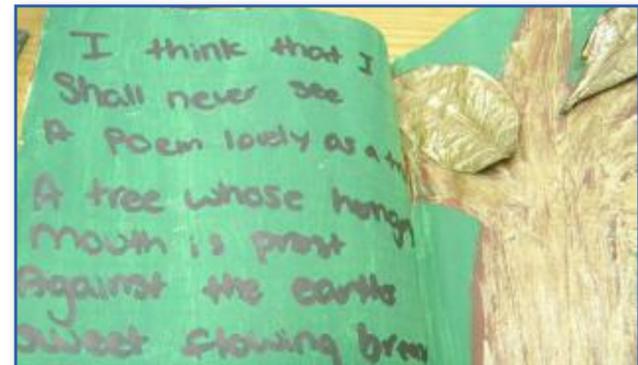
Co-teachers for the art project were Brenda Bush and Carmen Sotolongo-Kelley, a popular artist in the Upper Keys. Students in the art class at Coral Shores High School have deconstructed and reconstructed books to create art and new stories. The

students range from 9th to 12th grade were given the task to recycle a book using a visual theme and creative language skills. They took old books and a lot of imagination to create a wide array of storybooks, journals and biographies from the books that would have been sent to the landfill.

Each cover of the books have been painted or covered in a variety of techniques to express a theme. Inside, pages were altered by painting, gluing or covering individual pages with paper. Students then chose a theme and finished with their individual creative flair.



Above: Sarah Blackwell used her book project as a gift to her friend, Savannah Koval, and it included sheet music and a scrapbook format.



Left: Julian Costa filled his book, *My Words are All I Have*, with inspirational and thought provoking quotes.



Right: Bobby dePaula created a storybook about his friend, Guy, that would entertain young people. His graphic element of cut paper artwork will draw in young readers.

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2 stylists and 1 nail tech needed for busy salon in Key Largo. Call Tina 305-451-4181 to schedule interview. Must hold FL license.

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Personals

To whom it may concern: Paul Larson and Jill are not a couple!

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Musicians Wanted

Amateur musicians wanted! The Keys Community Concert Band begins rehearsals for its new season on Monday, Nov. 2, at 7 pm in the Key Largo School Bandroom (MM 104.8). 451-4530.

Music Lessons

Guitar Lessons - Call Capt. Steve DeAtley 305-879-7409

Clubs/Organizations

Taoist Tai Chi beginners' classes starting in October at the Lions Club in Key Largo. Tues & Thurs - 9-10 am. 5:30-6:30 pm. 394-0636

Upper Keys Mac User Group meets the second Thursday of every month at Key Largo Library Comm. Room 7pm. Free/open to public. 451-4601

Key Players, Inc. Community Theater Group needs volunteers to work behind the scenes! Sign up on the web! www.thekeyplayers.org

Florida Keys Orchid, Fern & Bromeliad Society meets the 3rd Thurs. of every month at Key Largo Library Comm. Room 7pm. Free/open to public. 451-3000

Meet eco-minded people at Green Drinks - first Thursday of every month at The Green Turtle 6-8pm, MM81.5. Open to all - More info at keysGLEE.com

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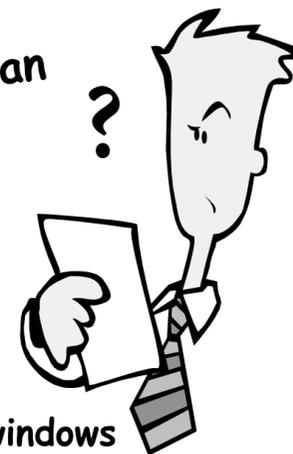
Coco 'Nut' Funnies

GREEN RULES FOR THE KEYS

Green Rules
Never buy anything new
Never wear 'real' shoes
Never drive off the island
Never wash your windows
- natural sun protection
Never water your lawn
Never use a plastic cup
- drink from the bottle
Never wear underwear
less than 5 days
Never bathe more than
once a month
In other words...become a
Keys Character!



What do they mean
"Over Due?"



Those new thermal windows
were supposed to pay for themselves!

Thousands gather to protest global warming!



I don't understand it...
the water's clean,
the air is good,
we get lots of exercise,
we eat free range meat
and organic foods... so why
don't we live past thirty?



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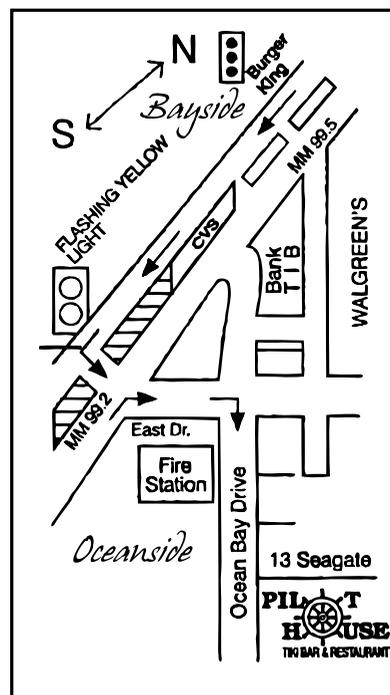
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