

The Conch Republic COCONUT TELEGRAPH

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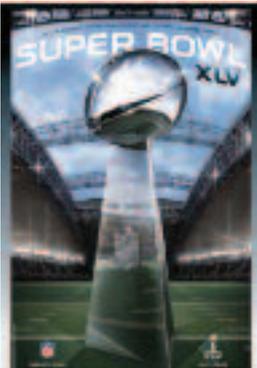
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All the Buzz

Journey of Entering into Commitment
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Everyone was having fun at last year's shrimp eating contest. You can too! Come to the 2nd Annual Key Largo Stone Crab and Seafood Festival, Saturday and Sunday, January 29-30, 2011 at Rowell's Marine, MM 104.5 Bayside.



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Beer Specials
& Giveaways

SUNDAY



SUPER BOWL PARTY



Best Wings in Town

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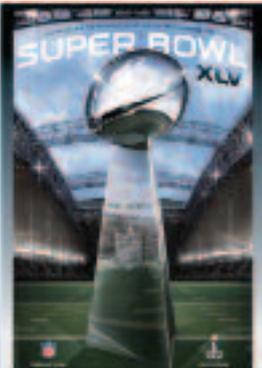


GOLDEST BEER in the Keys

FEB. 6TH

GET THEM "TO GO"

Order your award-winning wings early for your Super Bowl party!



Coconut Telegraph

January 2011
Volume 6 Issue #46

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PMB #628
Key Largo, FL 33037

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Deadline

for the
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Wednesday
January 26, 2011

Call Denise at
305-304-2837
TheCoconutTelegraph@yahoo.com

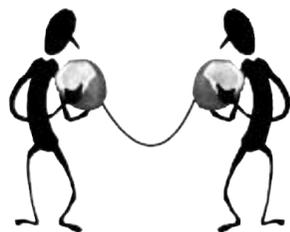
Cast of Characters:

Editor/Sales/Distribution

Denise Malefyt

Advertising
Production

Sue Beal



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Editorial: Appreciation

The Coconut Telegraph would like to thank all our advertisers and readers for another great year. We are now into year number four and no one is more surprised by our success than us. We wish everyone a happy and prosperous 2011.

We would like to remind everyone that the Coconut Telegraph is a small, privately-owned, monthly dining and entertainment newspaper. Our goal is to stimulate awareness of our advertisers so that together our businesses will flourish. Our advertising rates are very low but our promotions are mighty. We boast the best graphic art/composing team on the planet. The Coconut Telegraph is available online for free at theconchtelegraph.com along with archives in case you are looking for a

back article... thanks to webmaster extraordinaire Omar Perez.
The policy of the Coconut Telegraph

*We've made it to
our fourth year and
would like to thank
everyone who has
supported us.*

is that we only promote our advertisers. That is only fair because they are the ones who sponsor this publication.

We are a very short staff but also a very close staff, close to broke, close to insanity and close to killing each other*. If you would like information on advertising please call us. We will be happy to make an appointment or send you information. Keep in mind that along with your ad we are happy to promote your bartenders, staff and customers with photographs and articles whenever we can. We also welcome press releases and photographs from all our advertisers.

If for any reason at any time we have offended you as a reader we do not apologize. If you have an emotional reaction to what we have written then we have done our job. Nobody wants to read boring verbage.

* Credit to Kristi Peterson from the Crack'd Conch menu.

Disclaimer

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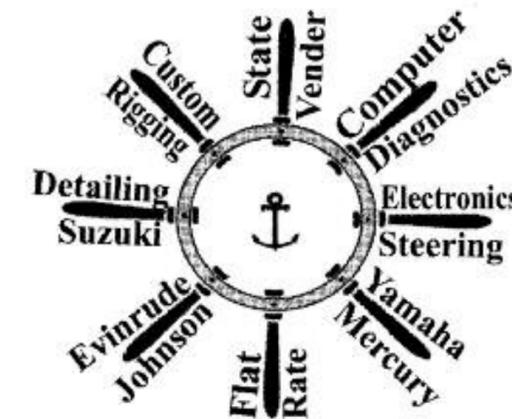
Hunk of the Month Capt. Sterling Kennedy

Owner of Capt. Sterling's
Everglades Eco-Tours



January's Hunk of the Month is now operating from the docks at Sundowners, MM 104 Bayside.

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Entertainers of the Month

EGO

Live at Gilbert's Resort



To a true music lover a live performance is the ultimate experience and EGO is a premier live band.

Whether you are the type that likes to sit, watch and savor the sounds or the type of person to put your party dress on and dance 'til you drop, absolutely no one will ever walk away disappointed from this band. These guys are seasoned pros. They know how to engage the audience and how to hold their attention.

Lead singer and songwriter Zaida Alfaro is talented, charismatic, energetic, long-legged, lean and drop-dead gorgeous. She can be found center stage belting out a tune or dancing and singing in the crowd. Zaida, born and raised in Miami, is the true audiophile's ear and eye candy.

Rob plays bass guitar, sings vocals and has more

musical experience in his little pinky toe than most musicians around. One of the

member, Paul, is originally from Jacksonville, Florida. He is handsome, intelligent and

group of friends have been transformed into EGO groupies.

Drummer and graphic artist extraordinaire, Mike is also a founding member of the band. He is the one responsible for the eye-catching posters that promote the band. A native South Floridian, Mike is also described as a human metronome on speed.

Carlos is the latest addition to the band. Originally from South Carolina, Carlos has played guitar since his early teens and also sings vocals with EGO. He is a perfect addition to this high-energy rock band that plays hit from the 60s, 70s, 80s, 90s and today.

Don't miss them at Gilbert's Tiki Bar. See ad on facing page for their schedule or call 305-451-1133.

For more information visit www.egobandmiami.com.



founding band members, Rob is originally from Calgary, Canada but has called South Florida his home for over 10 years.

Another talented band

plays the electric guitar and sings vocals too. He's friendly, personable and has an amazingly witty sense of humor. And I can say, Paul is one of the main reason my

Letter to the Editor: Buyer Beware

Dear Editor,

We realize that there is nothing you can do to assist in our current "Keys Nightmare" but thought possibly we could share our story for future Keys residents to be aware.

We purchased a place in Key Largo back in February 2010. On the property was an older mobile home and the real reason we purchased was due to the very large and nice screened in tiki hut, wooden decks, wooden walkways, dock, etc.

We were having the tiki hut roof rethatched when Monroe County Code Dept. 'tagged' us and advised us that basically everything on the property was built illegally, no permits had ever been pulled AND weren't even eligible for permits!

Of course we have learned

that 'ignorance of the law' is no excuse, but we ASSUMED when we purchased the property using a realtor, title company, and home inspection that everything that we 'bought' on the property was legal and that we would be able to keep and enjoy these amenities that we paid handsomely for.

We are now being told that we have to tear down the large, screened in tiki hut, which will cost us hundreds if not thousand(s) in permits and demolition costs. Not to mention the costs to rebuild something that meets 'code'. Plus we were left with hundreds, of dollars in palms for roof rethatch that have just sat and dried up on our property with the additional costs involved to have them

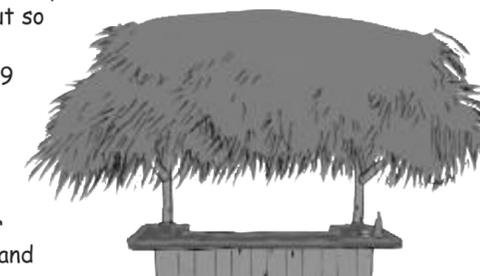
removed from our property at some time in the future. The tiki hut has been on Monroe County property appraisal as property improvements and has been assessed taxes since 1989. We were advised by Monroe County Code Department that if we could prove it had been there since 1986, it could be 'grandfathered in'. We spent hours and days trying to find historic aerial photos of Key Largo and finally did find one from 1987, unfortunately it did not show the tiki hut so we assume it was actually built in 1989 to our additional dismay.

We are devastated, as we used most all of our retirement savings and

purchased the property for cash, leaving little money for any demolition, permits, or new construction on the property.

Just a "Buyer Beware" that if purchasing any property in the Keys do your own research to make sure what you are buying is legal in Monroe County or you could meet the same fate.

Signed,
Devastated in Key Largo



305-451-1133

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JANUARY ENTERTAINMENT

Sunday	Monday	Tuesday	Wednesd.	Thursday	Friday	Saturday
02. EGO 1-6 Kim Bankston during Band Breaks	03. David Bowman 12:30-3pm Jamin' with the Steve Venini Band 6-9	04. Luke 12:30 - 3pm T.J. Karaoke 6-10	05. Allen Truesdell 12:30 - 3pm and 6:30 - 9pm	06. Felix Hawkins 12:30 - 3pm and 6:30 - 9pm	07. David Bowman 12:30-3pm THE REGS & Kevin Hurley 6-Midnight	08. Luke & Dave 1-5 Whipping Post 6-10
09. Eclipse 1-6 Kim Bankston during Band Breaks	10. David Bowman 12:30-3pm Jamin' with the Steve Venini Band 6-9	11. Luke 12:30 - 3pm T.J. Karaoke 6-10	12. Allen Truesdell 12:30 - 3pm and 6:30 - 9pm	13. Luke Sommer Glenn 12:30 - 3pm and 6:30 - 9pm	14. David Bowman 12:30-3pm Luke's Band & Kevin Hurley 6-Midnight	15. Luke & Dave 1-5 Blackwater Sound 6-10
16. EGO 1-6 Kim Bankston during Band Breaks	17. David Bowman 12:30-3pm Jamin' with the Steve Venini Band 6-9	18. Luke 12:30 - 3pm T.J. Karaoke 6-10	19. Allen Truesdell 12:30 - 3pm and 6:30 - 9pm	20. Felix Hawkins 12:30 - 3pm and 6:30 - 9pm	21. David Bowman 12:30-3pm Felix Band & Kevin Hurley 6-Midnight	22. Luke & Dave 1-5 Exit 19 6-10
23. THE REGS 1-6 Kim Bankston during Band Breaks	24. David Bowman 12:30-3pm Jamin' with the Steve Venini Band 6-10	25. Luke 12:30 - 3pm T.J. Karaoke 6-10	26. Allen Truesdell 12:30 - 3pm and 6:30 - 9pm	27. Luke Sommer Glenn 12:30 - 3pm and 6:30 - 9pm	28. David Bowman 12:30-3pm Limerock & Kevin Hurley 6-Midnight	29. Luke & Dave 1-5 Justa Head 6-10
30. Mr. Nice Guy 1-6 Kim Bankston during Band Breaks	31. David Bowman 12:30-3pm Jamin' with the Steve Venini Band 6-10	01. Luke 12:30 - 3pm T.J. Karaoke 6-10	02. Allen Truesdell 12:30 - 3pm and 6:30 - 9pm	03. Felix Hawkins 12:30 - 3pm and 6:30 - 9pm		

Hours • Tiki Bar: 7 Days 11 am to 11pm or later • Inside Restaurant: Monday to Friday 5pm to 10pm • Saturday and Sunday 7am to 11am and 5pm to 10pm

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Marilee Free Rock'n Karaoke - Karaoke For the Conch Republic

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Take Your Singing Performance Home With You On A DVD. Videos Now Available At All Venues.

Tuesdays 8-11 pm - Holiday Isle Tiki Bar
MM 84 Oceanside - Islamorada

Wednesdays 9:30-12:30 Caribbean Club
MM 104 Bayside - Key Largo

Thursdays 7-10 pm - Days Inn Iguana's Patio
MM 83 Oceanside - Islamorada

Fridays 8-11 pm - Elks Lodge - MM 91.5 Bayside - Tavernier

Sundays 9 to close - Coconuts - MM 100 Oceanside - Key Largo

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

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MM 101.4
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Ladies of the Moose Help Foster Parents



Ladies of the Islamorada Moose do it again! (Pictured from left) Pearl Staton, Mary Callisen, Karen Haupen, Rose Duke, Lynn Hoak, Diane Rohr, Kathy Lewis and Terry Rich (front) purchased, wrapped and handed gifts over to Santa for delivery to foster children and their families in the Keys. Many thanks ladies, from the Florida Keys Foster Parents Association!

Giving Tree



The Florida Keys Foster Adoptive Parents Association donated six-foot Christmas trees to 12 needy families this season. Many thanks to the Publix Supermarket Managers who assisted in the distribution: Paul Bean (Key Largo), Steve Levine (Marathon) and Jordon Rodriguez (Key West). Pictured from left are 2010 FKFA Board Members Christine Cunningham, Norbert Birnbaum, Barbara Brooke, Corinne Triviski, Lisa Reynaud, John Brooke and Dottie Moses.

Art Under the Oaks January 15

San Pedro Catholic Church
invites you to attend their high quality
Art Under the Oaks festival
on Saturday, Jan 15 from 9AM - 4PM
at San Pedro Church Gardens MM 89.5

For more
information visit
www.artundertheoaks.com



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Fifth Annual Crossroads Adventure Camp

Take Stock In Children and the Florida Sheriffs Youth Ranches recently participated in the fifth annual Crossroads Adventure Camp experience.

From December 12 through December 17 all newly signed seventh and eighth grade Take Stock In Children scholars from Monroe County Schools traveled to the Sheriff's Youth Camp in Inglis, Florida. Mrs. Katrina Wiatt, Assistant Project Coordinator for Take Stock In Children accompanied the group on their week-long journey.

The Crossroads Adventure Camp is completely inclusive and offered at no charge to our students. The camp provides transportation, lodging, all meals, and seminars. Activities are designed to give students the encouragement needed to decide which paths to follow in

life and to prepare for their post-secondary education. The curriculum offers a blueprint for planning the future.

Several sessions focus on choices to help students become more prepared to make important life decisions concerning friendships, money, and leadership. In addition to the camp and all of these activities, students also enjoyed guided tours to Santa Fe College and the University of Florida in Gainesville.

The Monroe County Education Foundation, the Monroe County Sheriff's Office and many supporters of Take Stock sponsor this trip because they believe in preparing

our youth for success and the future.

Contact Jim Hall, Program Coordinator at 293-1546 or at jim.hall@keyschools for additional information.



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WED: Open Mic with Mike DiMaggio
THU: Paul Moen • FRI: Allen Truesdale
SAT: Stereo Underground

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HAPPY HOUR
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\$2 Drafts (20-oz.)
\$2 Dom. Bottles
50¢ Wings • 40¢ Shrimp
\$1 Sliders

Sharkey's NIGHT-TIME SPECIALS
\$5 MOJITO MONDAYS
PARROT BAY MOJITOS \$5
TYE DYE TUESDAYS
20% off night! Hippie Drink Specials
THIRSTY THURSDAYS
\$2 for a 20-oz. Bud Select
ALL NIGHT!

SHARKEYS PUB
downstairs

The best local sports bar with 15 TVs, darts, pool, video games, happy hour and live music.

GALLEY RESTAURANT
upstairs

Casual family-style restaurant with inside and outside dining... serving breakfast, lunch & dinner.

FRIDAY FISH FRY
All You Can Eat
Mahi Mahi \$10.95

Winner of Upper Keys People's Choice Awards!

BURGER MONDAY:
Burger & Fries \$5
YOUR WAY!!



A Voice from the Village

Neighbor to Neighbor

Dear Islamorada Friends and Neighbors,

We need major cuts in the next budget to achieve financial responsibility. What has caused us so much wealth reduction? The continued failed decisions and bad politics by Village department heads orchestrated by the unethical Village attorneys. They have cost us so much and hit the business community hard. These actions will continue to erode our resources and tax dollars. The select treatment in the Village of letting some businesses to expand without the permits and requirements, while most other businesses are not allowed to grow has to be dealt with.

While the businesses of the Rain Barrel need our support, Forester and other select folks cannot be allowed to grow their interests without permits, without the valid site plan, storm water, fire code, ADA, parking, and conditional use approvals that the rest of us have to go through. Forester does not have to comply with requirements that Wagner, Albertson, and Koconic demand of others. All the complaints of Forester's and others illegal actions are being ignored.

The Village employees that go along with the unethical attorneys actions including Albertson's, Wagner's, and Koconi's have cost other Village employees the beginning of overall wage and benefit corrections. Our wealth is being transferred into legal bills, yet these high earning Village employee have felt little pain, and the attorneys get rich.

Employees' salaries will decline until the Village employees fix their own house.

The honest employees need to stand up and say no to the Village attorneys, the dishonest Village employees need to be replaced. I ask you why doesn't the Village Council speak up publicly, or are they part of the problem?

Happy New Year and wishing long lasting reforms in our wonderful Village.

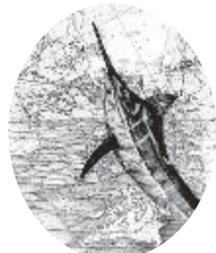
Best regards,
Paul Bates

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Some Dance To Forget



Some Don't Remember Dancing

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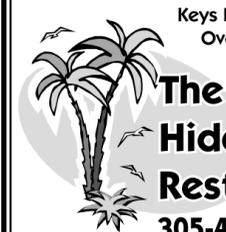
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FRIDAY FISH FRY • All You Can Eat \$10.95 • 5-9 PM • Beverage Incl.

BAD Bartenders of the Month

The Coconut Telegraph has recognized many outstanding bartenders through the years but we haven't said anything about the bad ones... till now. Here's to those who spoil our drinks with sour disposition. Cheers!

Bad Habits of Bad Bartenders:

- They ride to work on their high horse and expect respect.
- Show up drunk or stoned and wander around accomplishing nothing.
- Make twice the tips of the "real" bartenders who work twice as hard because they short change customers and hide stolen money in pant pockets.
- They know 100 ways to sneak drinks at work.
- Even though most of their customers fought in wars for their country bad bartenders despise them because they don't worship them as the queen or king of the bar.
- Think their boss is a total idiot.
- Know they could never get a "real" job or work at a real bar.
- Spend more time gossiping with their friends and coworkers than serving customers.
- Refuse to serve people they don't like.
- Work with a cigarette dangling dangerously over the customers food and drinks.
- The only following they have is their own dog.

Witty Statements Frustrated Customers Can Give:

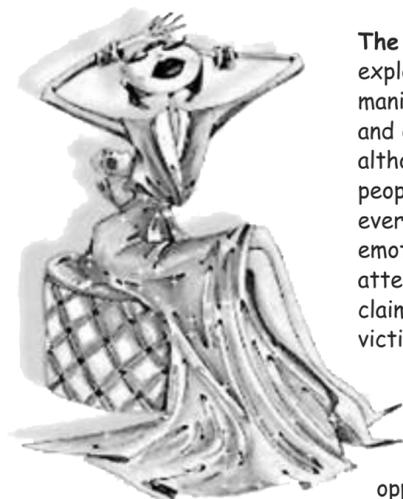
- If stupidity hurt you'd go through life on a morphine drip.
- Why don't you slip into something more comfortable... like a coma?
- Your fear of success is nothing to worry about.
- You are as useless as a screen door on a submarine.
- Are your parents siblings?
- Are you always an idiot, or just when I'm around?
- If brains were dynamite you couldn't even blow your nose.
- Your red shirt goes well with your eyes.
- Good thing for you there is an unlimited source of straws here.
- Anyone who told you to be yourself gave you the worse advice.
- You do the work of three men: Larry, Curly and Moe.
- Did you forget your Speed Stick today?
- They say opposites attract. I hope you meet someone honest, intelligent and good-looking.
- I never forget a face but you're an exception.
- I see why you haven't been recognized as Coconut Telegraph Bartender of the Month.

Attention Seekers We All Know at Least One

The emotionally immature person has low levels of self-esteem and self-confidence and consequently feels insecure; to counter these feelings of insecurity they will spend a large proportion of their lives creating situations in which they become the center of attention. It may be that the need for attention is inversely proportional to emotional maturity, therefore anyone indulging in attention-seeking behaviors is telling you how emotionally immature they are.

Attention-seeking behavior is surprisingly common. Being the center of attention alleviates feelings of insecurity and inadequacy but the relief is temporary, as the underlying problem remains unaddressed: low self-confidence and low self-esteem, and consequent low levels of self-worth and self-love.

The sufferer: This might include feigning or exaggerating illness, playing on an injury, or perhaps causing or inviting injury. The attention-seeker excels in manipulating people through their emotions, especially that of guilt. It's very



difficult not to feel sorry for someone who relates a plausible tale of suffering in a sob story or "poor me" drama.

The rescuer: She's the one who will dash in and "rescue" people whenever the moment is opportune - to her, that is. She then gains gratification from basking in the glory of her humanitarian actions. She will prey on any person suffering misfortune, infirmity, illness, injury, or anyone who has a vulnerability. The act of rescue and thus the opportunities for gaining attention can be enhanced if others are excluded from the act of rescue; this helps create a dependency relationship between the rescuer and rescued which can be exploited for further acts of rescue (and attention) later.

The organizer: She may present herself as the one in charge; the one organizing everything, the one who is reliable and dependable, the one people can always turn to. However, the objective is not to assist people (this is only a means to an end) but to always be the center of attention.

The manipulator: She may exploit family relationships, manipulating others with guilt and distorting perceptions; although she may not harm people physically, she causes everyone to suffer from an emotional injury. A common attention-seeking ploy is to claim she is being persecuted, victimized, excluded, isolated or ignored.

The drama queen: Every incident or opportunity, no matter how

insignificant, is exploited, exaggerated and if necessary distorted to become an event of dramatic proportions. Everything is elevated to crisis proportions.

The busy bee: This individual is the busiest person in the world if her constant retelling of her life is to be believed. Everyday events which are regarded as normal by normal people take on epic proportions as everyone is invited to simultaneously admire and commiserate with this oh-so-busy person who never has a moment to herself, never has time to sit down, etc. She's never too busy, though, to tell you how busy she is.

The feigner: When called to account and outwitted, the person instinctively uses the denial - counterattack - feigning victimhood strategy to manipulate everyone present, especially bystanders and those in authority. The most effective method of feigning victimhood is to burst into tears, for most people's instinct is to feel sorry for them, to put their arm round them or offer them a tissue.

The false confessor: this person confesses to crimes they haven't committed in order to gain attention from the police and the media. In some cases people have confessed to being serial killers, even though they cannot provide any substantive evidence of their crimes. Often they will confess to crimes, which have just been reported in the media. Some individuals



are known to the police as serial confessors. The false confessor is different from a person who makes a false confession and admits to a crime of which they are accused because of emotional pressure and inappropriate interrogation tactics.

The abused: a person claims they are the victim of abuse, sexual abuse, rape, etc. as a way of gaining attention for themselves. Crimes like abuse and rape are difficult to prove at the best of times and their incidence is so common that it is easy to make a plausible claim as a way of gaining attention.

The victim: she may intentionally create acts of harassment against herself, for example; send herself hate mail or damage her own possessions in an attempt to incriminate a fellow employee, a family member, neighbor, etc. Scheming, cunning, devious, deceptive and manipulative, she will identify her "harasser" and produce circumstantial evidence in support of her

Continued on page 16...

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Wedding Bells Ringing



Congratulations to Gary Grinder and Sandra Cannazzaro on their wedding on December 18, 2010.

The Journey of Entering into Commitment

Entering into a committed relationship is in fact a spiritual journey that we undertake with another person.

Loving and committing to another person is a spiritual process whether it involves a wedding or any other type of commitment ceremony. Often when we enter into a relationship, we allow our emotions to lead us forward without thinking more deeply about what true commitment involves. If we can understand that sharing our lives with another person is not just based on love but also on the hard work of being able to compromise and enter into a dialogue with them, then we are much more likely to find the key to having a successful relationship with our partners. So many people have not experienced a loving relationship between their own parents and therefore have no role model of what love should feel like or look like.

Many of us have been exposed to the idea that love should be romantic and sweep us off our feet. While this is a natural part of any relationship, the true test of our love comes from our willingness to explore this world with another person; to not only share in the delights that we encounter but also to negotiate the bumps in the road together. Generally this

often takes the form of a mutual exchange of ideas, but because any relationship is based on the needs and experiences of two people, we might also face a certain amount of misunderstanding. Learning to be open and receptive to our partners and to treat their wants and ideas with respect can help us navigate even the most difficult situations. One way to do this is to take a deep breath, holding our partner in a space of love, and allow ourselves to listen fully with our hearts to what they have to say. Should this become difficult to do, we can also turn toward people whose relationships we admire for advice or guidance. Knowing that there are resources out there to help us and being up for exploring them with our partner will only serve to deepen and strengthen our relationship.

Entering into a committed relationship is in fact a spiritual journey that we undertake with another person. By being able to love and care for someone else with an open heart, we will find that we can reach a greater level of personal transformation, evolving along our path and learning powerful lessons about ourselves that we might not otherwise be able to do on our own.

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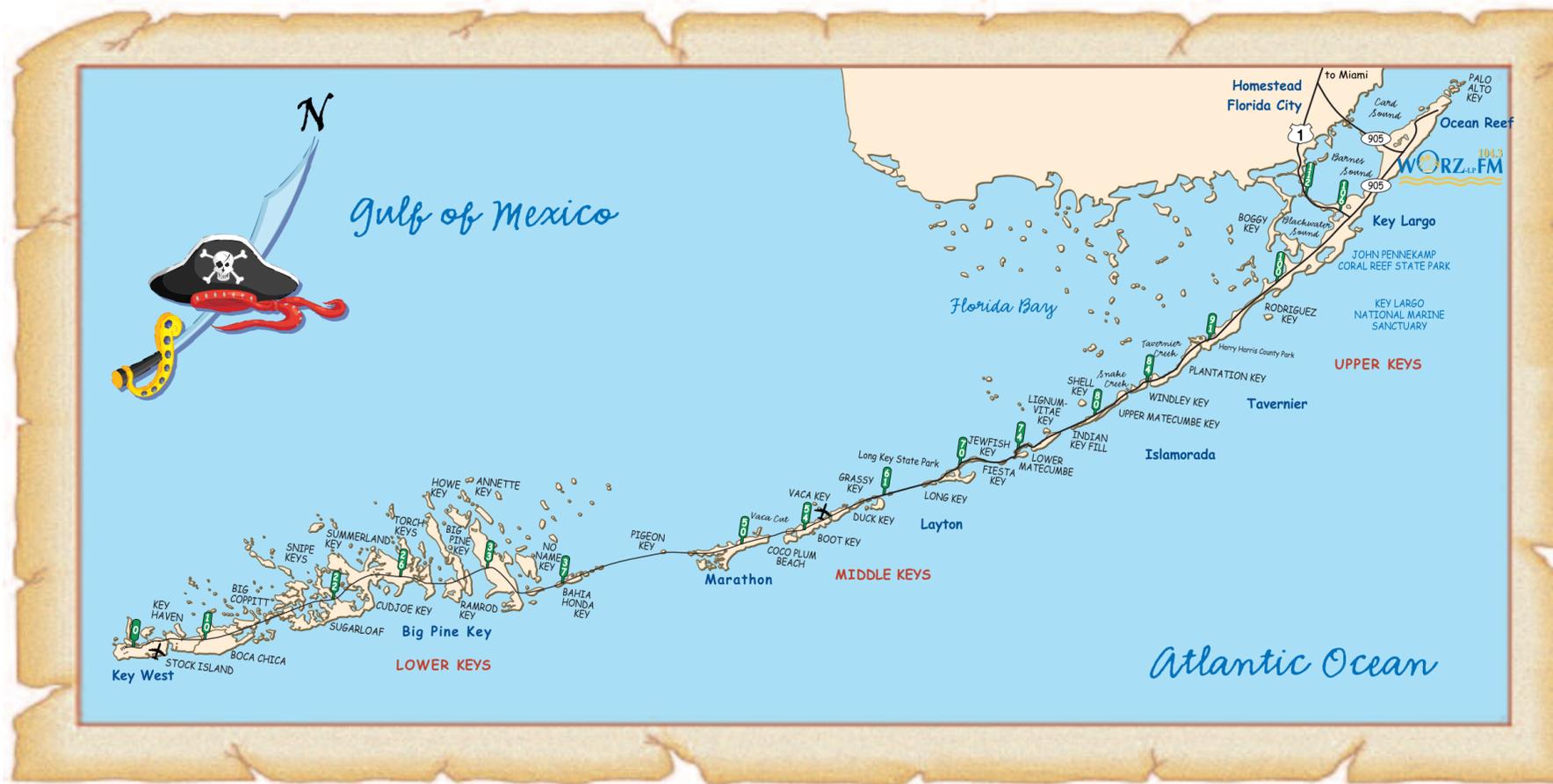
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MR. LEGS 2011

VOTE EARLY & OFTEN!

The 29th Annual Mr. Legs contest is underway in the Upper Keys. Sponsored by the Sigma Omega Chapter of Beta Sigma Phi Sorority, the contest has raised money for Coral Shores High School scholarships since 1981, while recognizing the best legs in the Keys. This year's contest features 35 contestants: 33 men, 1 dog, and one cat vying for this much-coveted honor.

Votes can be made with cash dropped into your favorite's Mr. Legs container located at the contestant's place of business. A dollar equals a vote, with all proceeds awarded as scholarships to graduating Coral Shores High School seniors.

Voting is open now and will run through Feb. 11. The winner will be announced on Feb. 18.

Vote now and vote often for your favorite Mr. Legs! Pictured are some of our Coconut Telegraph favorites!

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News from United Way of the Florida Keys

It has been an exciting, rebuilding year at United Way of the Florida Keys, and I want to thank you for your support. With the support of donors and volunteers throughout the Keys, we have provided funding through our yearly allocation of funds for the year 2010-2011 to the following 15 non-profit organizations providing critical services to Keys residents in need:

- American Red Cross of Greater Miami and The Keys
- Big Pine Athletic Association
- Boys and Girls Club of the Keys
- Boy Scouts of America
- Burton Memorial United Methodist Church
- Domestic Abuse Shelter
- Easter Seals Florida/Keys Region
- Florida Keys Healthy Start Coalition
- Florida Keys Outreach Coalition
- Girl Scout Council of Tropical Florida
- Helpline, Inc.
- Keys Center Academy
- Marathon Recreation Center
- Monroe Association for ReMARCable Citizens (MARC)
- Wesley House Family Services

These local organizations, which apply for our support annually, are vetted carefully by us, to ensure among other things low administrative overhead, and no duplication of services. All funds raised in the Keys stay in the Keys, and we have been providing this financial support to non-profit organizations in our community since 1981, so we are coming up on 30 years of doing this work, although in

recent years, admittedly a bit too quietly. With the leadership of a Keys-wide all volunteer board, we have made some changes at our United Way to increase the community impact of our work, and be a more powerful presence throughout the entire Keys, supporting our community.

To highlight one example, we have participated in a first-ever initiative working with a new Monroe County "Food Policy Council" which is working with food pantries throughout the Keys and various local stakeholders including Feeding South Florida to bring down the cost per pound of food, and set up common distribution networks. (This latter point is critical because our lack of transportation infrastructure in the Keys presents real barriers to access to help to those in our community who need it most.)

This council is also starting to get the word out to local restaurants and grocery stores that starting this past January 2010, the State of Florida has enacted legislation to drastically reduce the liability of restaurants that give food away to food pantries, thus removing an obstacle to local sourcing food for these critical volunteer operations directly assisting those in dire need, at a time when reliance on food pantries by many for the first time has soared.

We are in the final weeks of our United Way workplace giving campaign, throughout

Continued on page 19...

Domestic violence doesn't stop for the holidays.



The holidays should be a time for family and friends to share the joy and hope of the season. For those experiencing abuse, however, December can also be a particularly stressful time. Domestic violence doesn't stop for the holidays and the added pressures of holiday expectations can worsen an already unhealthy situation.

This year, help those living with abuse to know that they're never alone, especially during the holidays.

The Domestic Abuse Shelter (DAS) is a non-profit organization, providing comprehensive services for individuals and families experiencing domestic and sexual abuse in the Florida Keys. *Our mission is to reduce the incidence and minimize the impact of domestic and sexual abuse in Monroe County by directing victims and abusers to appropriate, effective programs and services.*

The Domestic Abuse Shelter, Inc. is the only certified emergency shelter in Monroe County that provides refuge for victims of domestic and sexual violence and their children. Residents may stay at the shelter for up to six weeks. The shelter is a safe and secure environment that empowers residents through its services to form the beginning of independent lifestyles. Residents obtain crisis intervention, supportive counseling, children's services, food, clothing, support group counseling and advocacy. All agency services are available to shelter residents. For more information, call (305) 743-4440. The National Domestic Abuse Hotline is 1-800-799-SAFE (7233).

Below is a list of items needed by the Domestic Abuse Shelter.

You can drop off your gifts at 100670 Overseas Highway #5, Key Largo, FL. Monetary donations are also accepted. You can mail a check to Domestic Abuse Shelter, Inc., PO Box 522696, Marathon Shores, FL 33052

For more information call 305-451-5666, or go to www.domesticabuseshelter.org.



DOMESTIC ABUSE SHELTER, INC. Wish List

General Needs

- Copy paper
- Paper towels & toilet paper
- Cleaning supplies & laundry detergent
- Gift certificates to drug (Kmart, CVS, Walgreens) & grocery stores (Albertson, Winn-Dixie and Publix) in small denominations
- Hand sanitizers
- Twin size linens (sheets, pillows, plastic mattress & pillow covers)
- Bath towels & wash cloths
- Non perishable foods
- First aid supplies
- Bus passes (Keys transit)
- Gas cards

Personal Needs

- Tooth brushes & toothpaste
- Hair brushes & combs
- Shampoo, conditioner, bath soaps
- Nail files & clippers, razors
- Deodorant
- Cotton balls, Q-tips
- Feminine hygiene products
- Women's panties & bras in assorted sizes, pajamas, night shirts & socks
- Blow dryers

Children's Needs

- Books
- Art & school supplies
- Diapers & wipes
- Baby bottles
- Baby foods & juices
- DVDs (age appropriate)
- Kid oriented gift certificates (movies, food, fun stuff)
- Children's underwear in assorted sizes & socks

Attention Seekers

...Continued from page 10 claim. She will revel in the attention she gains and use her glib charm to plausibly dismiss any suggestion that she herself may be responsible. However, a background check may reveal that this is not the first time she has had this happen to her. I know one person who claimed that someone mailed her some

feline excrement. She claimed that the Post Office was doing a search on the little box of dried up dung. One of the Coconut Telegraph's secret investigators made a trip to the Post Office and you guessed it, the story was false. She made the whole thing up just to put attention on herself.

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Don't forget your feathered friends this year.
Make a tax-deductible donation to the Florida Keys Wild Bird Center
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The Florida Keys Wild Bird Center is a non-profit 501C 3 organization that relies almost entirely on the generosity of both public and private donations. We sincerely appreciate and are thankful for all donations of any size.

You can go online and donate securely with PayPal
www.fkwbc.org Or, checks can be mailed to:
Florida Keys Wild Bird Center
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Mission Statement
 Florida Keys Wild Bird Center's mission is to rescue, rehabilitate, and release native and migratory wild birds that have been harmed or displaced, to provide or locate a humane shelter for those birds that cannot be released, and to educate the public toward the importance of coexistence with all wild bird species.

Objectives

1. To provide professional standards of animal care, rehabilitation and assistance to injured, sick, rescued or orphaned wild birds.
2. To educate the public about the importance of our migratory and resident wild bird populations to the Florida Keys and to the Everglades.
3. To provide a humane example for others to learn from and follow.

The Center also need volunteers. Contact the Center at 852-4486

Coconut Conch Characters of the Month



Emily and Peter at the Island Grill.



Christi and Dave will take you for a jetski ride at Gilbert's Resort



Docked next to the Key Largo Princess at the Holiday Inn, the famous African Queen is a Key Largo "must see."



Jimmy Hawkins with Derrick and Jimmy Ray at the Big Chill.



Steve Venini playing at Bayside Grille.



Susan and Ginny at the Bayside Grill



Rick Rolfes, Jimmy McGuirl and Ted Hyde at Coconuts.



D-Hooker now has live entertainment!

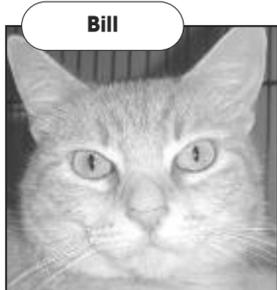
Adopt a Key Largo Animal Shelter Pet

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.

Big Red



Bill



Caramello



Justine



Tiny

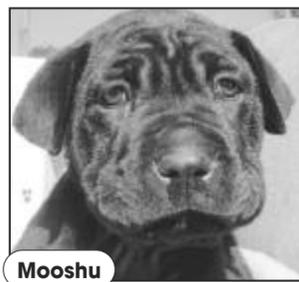
Cassandra



Sheldon



Mooshu



Puggles



United Way

...continued from page 15
the Keys, and available to do a short presentation at your workplace since payroll deduction is still the primary method of support for our organization. We are making an effort to reach out to individuals not associated with a local workplace as well and are looking for help in reaching out to those neighbors.

I took over as President of United Way of the Florida Keys this past January as a paid staff of one and have seen personally how our work affects those in need. We are working hard to run our local United Way like a business, and to that end we are moving toward increasingly funding programs that support our work in two areas: 1) access to quality, nutritious food and 2) early childhood development/after care support. Our application is now available on our website, and local 501c3 non-profits applying for our support will be measuring the results of specific programs, and reporting back twice a year on how successful they have been at achieving their stated goals.

Giving is a very personal

decision. I believe we have a powerful business case for your support, perhaps more than any time in recent history. If you have ever been involved with United Way either here in the Keys or in another community, or you are looking for a way to help those in need in our community but don't know where to start, we invite you to get involved in our local efforts as we do what United Way does--work with local non-profits, helping them work together to move the needle on a focused set of community needs.

To learn about other new initiatives underway in our community that United Way is involved in or to give to United Way of the Florida Keys online visit our website: www.keysunitedway.org, or email me at president@keysunitedway.org. This has been a critical year for our local United Way and we thank you for your support. Give. Advocate. Volunteer. Live United.

Margie Smith
President,
United Way of the
Florida Keys

Centennial Bank Welcomes New Teller



Centennial Bank recently welcomed Courtney Bohnstedt to the Islamorada branch.

Raised in the Keys, Bohnstedt graduated from Coral Shores High School in 2006 and worked with another local bank until the birth of her son two years ago. Now living in the Upper Keys with her husband and son, Bohnstedt has returned to banking as the new teller at Centennial Bank in Islamorada.

"In the time she's been

with us, Courtney's enthusiasm and smile have already won over customers," said Katie Suzan, Vice President and Branch Manager of Centennial Bank-Islamorada. "Combined with her past banking experience here in Islamorada, we are excited to have Courtney on the Centennial team."

With \$3.8 billion in assets, Centennial Bank is part of Home BancShares (NASDAQ: HOMB). For more information, please go to www.my100bank.com.

Join us for drinks on the bay and an award-winning pizza... anytime!

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Individual... .75 each Small..... 1.00 each Large..... 1.50 each

Specialty Pies

Small 12"..... 14.50	Large 16"..... 17.50
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Broccoli Rabe & Sausage Tossed Arugula salad over our traditional pizza	Hawaiian Pineapple, Ham & Fresh Garlic
The Italian Fisherman Lobster meat, Clams, Shrimp & Crab meat Small...20.95 Large...25.95	The Boss Pepperoni, Sausage, Meatball, Onion, Mushrooms, Sweet Pepper Medley, and extra Cheese. (Anchovies upon request) Small...15.95 Large...19.95

Calzone Small... 9.95 Large... 13.95
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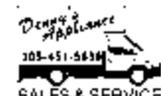
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305-451-5639

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TheCoconutTelegraph@yahoo.com

Florida Keys Community Events

January 6 to January 29, in Marathon
Marathon Community Theater presents: A
Bad Year for Tomatoes
Contact: 305-743-0994
Email: gm@marathontheater.org

January 6 to January 16, in Key West
29th Annual Key West Literary Seminar
January 06 to January 16
The seminar's 2011 topic is "The Hungry
Muse," and will explore food in literature
through a diverse program of readings,
conversations, lectures, and panel
discussions.
\$495 includes all events.
Contact: 888-293-9291

January 9 to January 10, in Islamorada
Bartender's Sailfish Open
An all-release boat tournament among
actively-employed bartenders
Entry fee is \$125 per bartender.
Contact: Dianne Harbaugh 305-852-
2102
Email: ditournaments@aol.com

January 11 to January 12, Islamorada
Islamorada SailFly Championship
Tournament rules will be IGFA format.
Contact: Sandy Moret 305- 664-5423
Email: sandy@floridakeysoutfitters.com

January 13, in Key West
Waterfront Playhouse presents: "Randy
Thompson and the Stars of Aqua Idol"
Showtime 8 p.m.
Contact: 305-294-5015 Box Office

January 14 to January 16, in
Islamorada
NAMSA North American Championship &
Tradewinds Midwinter OpenCat Nationals
Founders Park, mile marker 87 bayside
on Plantation Key
Contact: 305-451-3287
Email: rick@catsailor.com

January 14 to January 16, in
Islamorada
Sailbone - Anglers vie for as many
sailfish and bonefish as they can
Contact: Sharon Mahoney Ellenwood
305-664-2012
Email: sharellen@netzero.net

January 15, in Islamorada
Art Under The Oaks
San Pedro Church Gardens, 9 a.m. - 4
p.m., Mile Marker 89.5
Contact: 305-664-5574

January 15, in Key West
6th Annual Florida Keys Seafood Festival

January 15
11 a.m. - 9 p.m. Bayview Park at
Truman Avenue and Eisenhower Drive.
Contact: Vicki 305-872-9026 or Dawn
305-292-4501
Email: vickigale@bellsouth.net

January 15, in Big Pine
No Name Race
5K/Walk & Run that benefits the Monroe
County Domestic Abuse Shelter Advance
registration \$20, \$25 day of event.
Children under 15, only \$10.
Contact: 305-743-5452

January 19, in Islamorada
History of Diving Museum presents: The
Art of Freediving
Starts at 7 p.m., admission free.
Contact: Erin Wolfe 305-664-9737
Email: erin@divingmuseum.org

January 20 to January 22, Islamorada
Cheeca Lodge Presidential Sailfish
Tournament
January 20 to January 22
Prior to Jan. 14, angler entry fees are
\$695 for the first angler per boat, and
additional anglers are \$745 apiece. Fees
increase \$50 after Jan. 14.
Contact: Liz Hill 305-451-5094
presidentialsailfishtournament@cheeca.com

January 21 to January 23, in Key West
Key West Harbour King Mackerel
Tournament
Contact: Lee Murray 305-296-0364
Email: lee@murraymarine.com

January 21, in Marathon
Luna Luau Full Moon Cocktail Party
Tucked away amid the heart of Marathon
lies the Crane Point Museum, Nature
Center & Historic Site. From 6-10 p.m.
Contact: 305-743-3900

January 21 to January 22, in Key West
51st Annual Key West Historic House &
Garden Tours
Admission \$25 per person, open from 5
to 8 p.m.
Contact: 305-294-9501

January 22 to January 23, in Key West
Key West Half Marathon Run
Entree fee \$45, \$50 day of race.
Contact: Barbara Wright 305-296-7182
Email: bwpromo3@bellsouth.net

January 22 to January 23, in Big Pine
Big Pine Key Nautical Flea Market
From 8 a.m. - 2 p.m., Lower Keys
Chamber of Commerce grounds, MM31,
Big Pine Key.
Contact: 305-872-2411

January 23, in Key West
The Key West Pops Orchestra presents:
Leading Ladies of Broadway
Tickets \$30, \$50 and \$75. Show starts
at 7:30 p.m. at Tennessee Williams
Theater.
Contact: 305-295-7676

January 24 to January 25, in
Islamorada
Al Flutie Over the Hill Rip-Off Sailfish
Tournament
Contact: Corrine 305-852-3282
Email: alflutie@bellsouth.net

January 24, in Marathon
Middle Keys Concerts presents:
Big Band Music with the Harry James
Orchestra
Tickets \$25 on sale at 6 p.m., showtime
7 p.m. Performance at the Marathon
High School
Contact: Lynda 305-743-4687

January 26 to January 27, Islamorada
Islamorada Fishing Club Sailfish
Tournament
Contact: Dianne Harbaugh 305-852-
2102 or 305-664-4725
Email:
fishing@theislamoradafishingclub.com

January 26 to January 27, in Key West
Key West Travel Writing Workshop
Class size limited to 16 students.
Contact: 305-296-0458
Email: bobharu@aol.com

January 27 to January 30, in Key West
Key West Food & Wine Festival
Contact: 305-292-1622

January 28 to January 30, in Marathon
2nd Annual Florida Keys Traditional
Music Festival
Tickets \$15 per show (total of four), all-
show tickets \$50.
John/Barbara Holum 410-991-7848
Email: info@keysmusicfest.org

January 29, in Marathon
January Jamboree!
Open from 8:30 a.m. to 3 p.m.; pastries
available at 9 a.m., lunch available at

11:30 a.m.
Contact: 305-743-4971

January 29 to January 30, Key Largo
2nd Annual Key Largo Stone Crab &
Seafood Festival
Contact: 305-453-0008
Email: SeafoodFest@fkrm.com

January 29 to January 30, in Key West
26th Annual Key West Craft Show
Whitehead and Caroline Streets in
historic Old Town.
Contact: 305-294-1241
Email: kwartctr@earthlink.net

January 29, in Islamorada
Keys Community Concert Band presents:
Hooked on Classics
Islamorada Founders Park, Bayside, MM
87, no chairs provided. Starts at 4:00
p.m. Admission free for all concerts.
Contact: 305-853-7294
Email: heinerdonna@yahoo.com

January 30, in Key West
Key West Master Chef Classic
Contact: 305-294-9526, ext 25

January 30, in Key West
Impromptu Concerts presents:
Soo-Yeon Ham
Admission is \$20 and those under 19
are free. www.keystix.com or at the door.
Contact: 305-296-1520 ext. 1

January 30, in Big Pine
Island Grass Music Fest to Benefit Habitat
For Humanity
On the grounds of Habitat for Humanity's
Big Pine Key headquarters, mile marker
30.5 Contact: 305-294-9006

January 31, in Marathon
Middle Keys Concerts presents:
Soo-Yeon Ham
Winner of the Chopin Prize at the 2009
Cleveland International Piano
Competition, Tickets \$25, purchased at
the door. Performance takes place at the
San Pablo Catholic Church of Marathon,
550 122nd St. oceanside, off U.S.
Highway 1 at mile marker 53.5.
Showtime 7 p.m.
Contact: Lynda 305-743-4687

Events taken from fla-keys.com

25 Signs You May Be Drinking Too Much

1. You lose arguments with inanimate objects.
2. You have to hold onto the lawn to keep from falling off the earth.
3. Your job is interfering with your drinking.
4. Your doctor finds traces of blood in your alcohol stream.
5. Your career won't progress beyond Senator from Massachusetts.
6. The back of your head keeps getting hit by the toilet seat.
7. You sincerely believe alcohol to be the elusive 5th food group.
8. 24 hours in a day, 24 beers in a case - coincidence?
9. Two hands and just one mouth... - now THAT'S a drinking problem!
10. You can focus better with one eye closed.
11. The parking lot seems to have moved while you were in the bar.
12. Your twin sons are named Barley and Hops.
13. Hey, 5 beers has just as many calories as a burger, screw dinner!
14. Mosquitoes catch a buzz after attacking you.
15. At AA meetings you begin: "Hi, my name is... uh..."
16. Your idea of cutting back is less salt.
17. The whole bar says 'Hi' when you walk in.
18. You think the Four Basic Food Groups are Caffeine, Nicotine, Alcohol, and Women.
19. Every night you're beginning to find your roommate's cat more and more attractive.
20. Roseanne looks good.
22. That stupid pink elephant followed you home again.
24. "I'm as jobber as a sudge."
25. The shrubbery's drunk from too frequent watering.

Dear Anny Bannanny

New Cab Company Tries to Take Me for the Wrong Ride

Dear Anny Bannanny,

Last month I was invited to a holiday party near Harry Harris Park in Tavernier. I knew it was going to be a good time and I wanted to relax and have a few drinks without having to drive so I called a cab. There is a new taxi company that advertises \$5 for each stop so I called them. I should have known a deal like that was too good to be true!

When I called, a man answered and in his barely understandable broken English he explained that the \$5 deal was only good for rides to local bars, not to residences. And he didn't even know where Harry Harris Park was! The whole thing made me extremely uncomfortable so I hung up and called Mom's Taxi 305-852-6000. They arrived promptly and the charge from Key Largo to Harry Harris Park was only \$14. I thought your readers would like to know so that they don't get jerked around like I did.

Sincerely,
Jerked Around Sue

Dear Jerked Around Sue,

Mom's Taxi has been around for 20 years and is no fly-by-night operator - here today and gone tomorrow. Mom's has stood the test of time and is fully insured. All their drivers are experienced and know where they are going. The other guys may charge \$5 bucks for a short jaunt, but if that is \$5 per person then it is not such a good deal, now is it? Makes you wonder too if they can't converse in English very well will they accept pesos or rupees too? It sounds like the "run around" to me. If there is a car accident and they have no insurance and you get hurt, who are you going to sue, Sue? Thanks for sharing your story. I guess the bottom line is if it sounds too good to be true it probably is.

Yours truly,
Anny Bannany



All Kidding Aside

There is help if you need it...

Abuse, Alcohol
Upper Keys Alcohol Abuse Help
AlaTeen.....(305) 852-5813; 853-3080; 664-0086
Alcoholics Anonymous.....852-6186
Paradise Recovery Center, MM 87.4,
Islamorada.....852-1861
S C A T Program, Tavernier.....853-3284
Middle Keys - Marathon Alcohol Abuse Help
AlaTeen, Fri @7pm, Unity Church....(305) 240-1120
Alcoholics Anonymous.....(305) 743-3262
Lower Keys Alcohol Abuse Help
Alcoholics Anonymous.....(305) 296-7888
24 hour help line.....(800) 711-6402

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2nd Annual • 2011



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The Florida Keys
Key Largo

MONROE COUNTY TOURIST DEVELOPMENT COUNCIL

11am - 8pm

11am - 4pm

Saturday & Sunday

Jan. 29-30, 2011

**Rowell's Marina Property
MM 104.5 Bayside, Key Largo**

Admission: \$5 over 12. Under 12 free.

- KIDS PLAY AREA • COOKING DEMONSTRATIONS**
- NASHVILLE MUSIC ARTISTS • ARTS & CRAFT VENDORS**
- SHRIMP EATING CONTEST • KEY LIME PIE EATING CONTEST**
- CASTING CONTEST • LITTLE MERMAID CONTEST**
- FACE PAINTERS • KIDS FISHING TOURNAMENT (EVERYONE WINS)**
- KIDS BAND • STEEL DRUM BAND • PIRATE DEMONSTRATIONS**
- BOAT DEALERS • CAR SHOW ON SUNDAY**
- MAGIC SHOWS • FIREWORKS ON SAT. NIGHT AT 7:30**

Opportunities for vendors and booths!

Over 10,000 visitors are expected to attend this event!

www.keylargofoodfestival.com

seafoodfest@fkrm.com • 1-305-453-0008

