

Take A Walk In The Park & Help Make Great Strides Toward A Cure For Cystic Fibrosis

Join the Redbone April 29 at Founders Park, Mile Marker 87 in Islamorada for the Redbone Island Walk. Plan a fun-filled morning walking with your family, friends, neighbors co-workers or even your dog, and take steps to cure cystic fibrosis. Register at 8 AM and stay for a complimentary barbeque at 11 AM.

Cystic fibrosis is a life-threatening genetic disease that affects 30,000 children and young adults in the United States. More than ten million Americans are unknowing symptomless carriers of one copy of the defective CF gene; it takes two copies of the gene for a child to be born with CF. Since the

Redbone first began in 1988, the average life expectancy has gone from early teens to forty years. But sadly, we have not saved one person from CF. Right now there is no cure for cystic fibrosis, but your support can make a difference.



Sign up today to walk the Redbone Island Walk at greatstrides.cff.org. Raise money to support the CF Foundation and earn Prizes. Each participant who raises \$25 or more will receive a Redbone Island Walk T-shirt. Bring your family. Bring your dog. Take a walk in the park and stay for a day at the beach.

For more information contact: Susan Ellis (305) 664-2002.

KEYS to Peace presents
Sunday, April 9 11am to 5pm
Kindness Festival & 3rd annual GIVEAWAY
 Celebrating Kindness in our community
 At Morada Way Arts & Cultural District
FUN * FOOD * ART * MUSIC * DANCE
 Contact info@KeysToPeace.com for questions or to volunteer.

More things to ponder

- Why does the word funeral start with "fun"??
- Why isn't a fireman called a waterman?
- How come lipstick doesn't do what it says?
- If money doesn't grow on trees, why do banks have branches?
- If a Vegetarian eats vegetables, what does a humanitarian eat?
- How do you get off a non-stop flight?
- Why is there a 'd' in fridge, but not in refrigerator?
- Who knew what time it was when the first clock was made?
- At the movie theatre, which arm rest is yours?
- In the word scent, is "s" silent or is "c"?

35 Years Ago this Month, the Florida Keys Seceded from the U.S., and the Conch Republic was Born

On April 18, 1982, Border Patrol established a roadblock on U.S. 1, just south of Florida City. The only access point by land from the Keys to the mainland was closed, and people leaving the Keys were treated as though they were exiting a foreign country.

The U.S. Border Patrol claimed that the roadblock was established to stop "illegal" immigrants from entering the mainland United States from the Florida Keys. Every car leaving the Keys was checked thoroughly by the Border Patrol, including unlikely hiding places such as glove compartments and under seats.

The 17-mile traffic jams that accompanied the roadblock had an immediate negative impact on tourism in the Florida Keys. Reservations were canceled, hotels stood empty, and local attractions had no customers.

Community leaders from Key West filed an injunction against the U.S. Border Patrol roadblock in Federal Court in Miami. The court ruled that the roadblock could continue.

As Key West Mayor Dennis Wardlow left the courthouse, he was greeted by press from around the world. When asked what would happen next, the mayor said, "Tomorrow at noon, the Florida Keys will secede from the Union!"

The press — and federal agents — flooded Key West the next day. As promised, at noon on April 23, 1982, Mayor Wardlow read a Proclamation of Secession, declaring that Key West would be a sovereign nation known as the Conch

Republic.

Having changed his title from Mayor of Key West to Prime Minister of the Conch Republic, Wardlow followed his mock secession with a declaration of war on the United States. The "war" started and ended with loaves of stale Cuban bread being broken over the head of a man dressed in a U.S. Navy uniform.

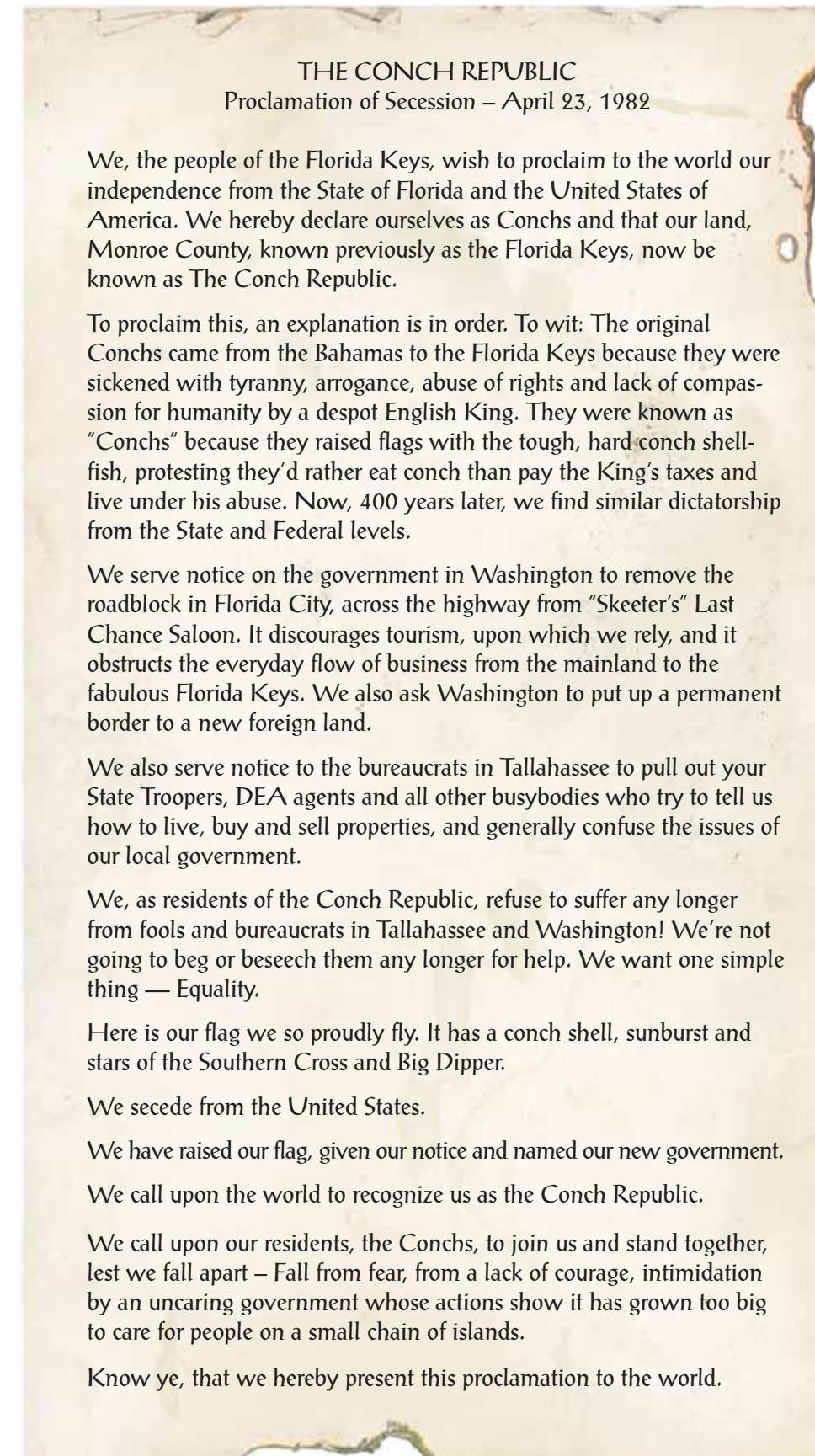
After one minute of rebellion, Prime Minister Wardlow surrendered to Union forces at the Navy base in Key West. He immediately demanded \$1 billion in foreign aid and war relief "to rebuild our nation after the long federal siege."

With their highly publicized mock secession and fake war against the United States, the residents of Key West successfully used humor to bring attention to a serious issue affecting the local economy.

Following widespread reports of the establishment of the Conch Republic, the U.S. Border Patrol roadblock was quickly and unceremoniously removed.

Today, the Conch Republic continues to issue its own passport. The republic has its own flag with the motto "We Seceded Where Others Failed." In April each year, Key West residents and visitors celebrate the independence of the Conch Republic.

For more information on the history and culture of Key West, read the books "Key West on the Edge: Inventing the Conch Republic" by Robert Kerstein and "Key West: History of an Island of Dreams" by Maureen Ogle.



In the Upper Keys, Bayside Grill at MM 99 is the Headquarters of the Northernmost Territories of the Conch Republic, the seat of military power for the Conch Republic.

Get your flags and other Conch Republic memorabilia at Bayside Grill.

www.conchrepublicmilitary.com



The Benefits of Sea Water

- Seawater baths open the pores and help eliminate toxins from the body.
- Sleep more soundly - The sound of waves alters wave patterns in the brain lulling you into a deeply relaxed state.
- Sea air is charged with healthy negative ions that accelerate our ability to absorb oxygen - so you feel more alert, relaxed and energized.
- Swimming in seawater can help increase your immune system function, improve circulation, promote overall well-being and hydrate your skin.
- Hidden in each cubic mile of ocean water is enough healing power to put the pharmaceutical companies out of business.

The breeze, the waves, the sand, the salty waters...

- the healing seas -