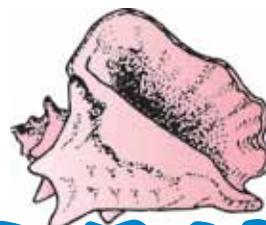


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Inside:

Attractions

Memorial Day History
Key Largo Music Fest May 16-19
Mothers Day Rules

What's Hot & What's Not

Bartender of the Month:
Kitty Stuer, at Moose & Elks
Lorelei Headliners in May

Maps

Key Largo Locator Map Page
Getting from Here to There

All the Buzz

Around Town
Dawn Wiggins, Ed. S.
Coco-Nut Funnies
Conch Characters
Business in the Keys
Sounds of the Keys
The Mangrove Galley



We welcome the iconic Lorelei Restaurant and Cabana Bar to our roster of advertisers this month! New manager Rob LeBrun has lots of great entertainment lined up, plus there's outstanding food, happy hour specials, a daily sunset celebration, magic by Michael Trixx, fishing guides for hire, and even "Sunday School." (See their ad for more info, page 3).





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Coconut Telegraph

May 2019
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for the
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theconchtelegraph@gmail.com



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For comments please visit The Conch Telegraph on Facebook.

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"I don't think I get enough credit for the fact that I do all of this unmedicated."

Editorial: Grifter

A couple of years ago I met Monte Mount at a locals bar. He was playing the juke box and telling folks he was a musician and was in the band Tommy James and the Shondells. I was impressed and asked him a few questions thinking it would make a great article. He seemed very knowledgeable about the band but something didn't set right with me. He was playing air guitar to the music. My guitarist friends don't do that. He also showed me photos of antique motorcycles he claimed to have. So I went home and did some research. Mr. Mount had just got out of 4 years in prison in California for theft and there was no record anywhere of him ever being a "Shondell". I notified a friend that is a police officer. I mentioned it to some of my friends who had also met him. Within days of that he had conned



some friends out of hundreds of dollars. He sold them a motorcycle from one of his photos. He had every excuse under the sun why the motorcycle had not been delivered to them. Finally they filed a police report and conman Mount was arrested and spent time in the Key West jail. He was eventually released and wouldn't you know it, he ripped off another one of my friends and was arrested again in Key Largo! Please beware of this man because he is a career criminal.

The Conch Republic
COCONUT TELEGRAPH
Independently Owned Local Newspaper

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Key Largo, Florida Keys 33037

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Happy Mother's Day

Happy Memories of my Mom
Carol Griffith

MOMMA KNOWS BEST- HA!
HARDLY! I HAVE NO IDEA WHAT I'M DOING. SO LONG AS YOU DON'T END UP DEAD, HURT, OR IN PRISON I'M GOING TO CALL IT A WIN.

It's not easy being a mom these days... texting in all caps just doesn't have the same impact as good, old-fashioned yelling!

MOM!! ...IT'S ME!!... HAPPY MOTHER'S DAY!!

SO WHAT'S FOR DINNER?

"I sat on you and brought you into this world, and I can sit on you and take you out!"

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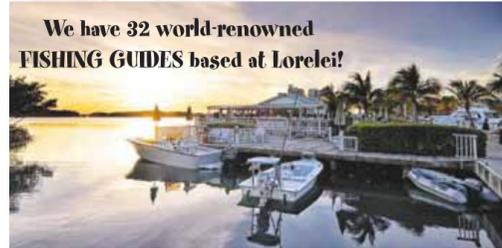
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This Month's Live Entertainment and Events at the Lorelei													
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
<p>Come for "SUNDAY SCHOOL" with 83 Bloody Marys, Mimosas & Screwdrivers every Sunday from 7-11am</p>	<p>LIVE MUSIC 7 DAYS A WEEK!</p>	1	Webb & Davidson 6-10pm Michael Trixx @ Sunset	2	Webb & Davidson 6-10pm	3	Stone Crabs 6-10pm Michael Trixx @ Sunset	4	Write Sounds 6-10pm				
		5	Micah Gardner 12-4pm Webb & Davidson 6-10pm	6	The Carousers 6-10pm Michael Trixx @ Sunset	7	Dennis Holmes 6-10pm	8	Webb & Davidson 6-10pm Michael Trixx @ Sunset	9	Steve Webb 6-10pm	10	Steve Venini Band 6-10pm Michael Trixx @ Sunset
12	Mother's Day Micah Gardner 12-4pm	13	The Carousers 6-10pm Michael Trixx @ Sunset	14	Dennis Holmes 6-10pm	15	Webb & Davidson 6-10pm Michael Trixx @ Sunset	16	Webb & Davidson 6-10pm	17	Ericson Holt Band 6-10pm Michael Trixx @ Sunset	18	Special Event! Rogue Theory 6-10pm
19	Jodi Gaines 12-4pm Webb & Davidson 6-10pm	20	The Carousers 6-10pm Michael Trixx @ Sunset	21	Dennis Holmes 6-10pm	22	Webb & Davidson 6-10pm Michael Trixx @ Sunset	23	Webb & Davidson 6-10pm	24	Steve Venini Band 6-10pm Michael Trixx @ Sunset	25	Special Event! Majesty of Rock 6-10pm
26	Gerd Rube 12-4pm Webb & Davidson 6-10pm	27	Memorial Day The Carousers 6-10pm Michael Trixx @ Sunset	28	Dennis Holmes 6-10pm	29	Webb & Davidson 6-10pm Michael Trixx @ Sunset	30	Webb & Davidson 6-10pm	31	Jade Storm Band 6-10pm Michael Trixx @ Sunset		 Check Us Out! Like us on facebook



Sunset Celebration
LORELEI
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The Coconut Telegraph's Islamorada Treasure Map is Coming!



Key Largo's map was a great success... now here comes Islamorada!

The Coconut Telegraph and artist extraordinaire Rodney Nelson have joined forces to bring you a fascinating Islamorada Treasure Map!

Hundreds of dollars worth of prizes will be awarded to those who can find the hidden secrets and mistakes throughout the map.

Locals and advertisers can make history by getting their caricature, business, building, vehicle, boat, airplane, etc. drawn by Nelson on this collectible, history-making map.

Thousands of copies will be available throughout Islamorada as gifts from our advertisers! It will also be available on the Coconut Telegraph's website, available worldwide!

We will come to you and take photos for the artist to draw. Hurry to get your very own original Nelson caricature on your piece of the island. Call or text us at 305-304-2837 today to get started.

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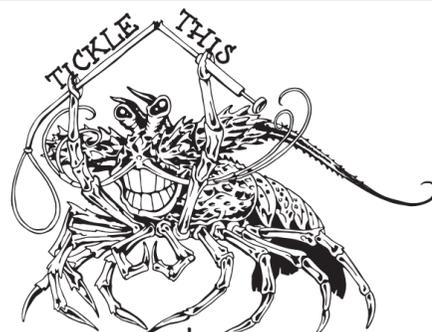
Pilot House Restaurant:



As seen on Diners, Drive-Ins and Dives on Food Network!!

Episode: "Succulent Sandwiches"

This trip, Guy Fieri's diggin' into succulent sandwiches! In Oakland, a real-deal butchery stacking up killer cheesesteak and off-the-chain chicken. In Modesto, Calif., a funky food truck putting pastrami on pretzel bread and cooking pulled pork in root beer. And in Key Largo, Florida, a seafood staple servin' up a sandwich that's become a local legend. (Episode: DV2407H)



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Caribbean Club

Sunday
May 19
2-10 pm



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Cactus Jack's – from 10 pm

FRIDAY: 3 STAGES
Sundowners – from 6:30 pm
Senor Frijoles – from 7 pm
Cactus Jacks – from 10 pm

SATURDAY: 4 STAGES
Snooks Bayside – from 2 pm
Sundowners – from 6 pm
Senor Frijoles – from 7 pm
Cactus Jacks – from 10 pm

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The History of Memorial Day

Memorial Day was first widely observed in May 1868. The celebration commemorated the sacrifices of the Civil War and the proclamation was made by General John A Logan. Following the proclamation, participants decorated graves of more than 20,000 Union and Confederate soldiers.

In the years since World War 1, the day has become a celebration of honor for those who died in all America's wars, as well as those who are Veterans and current members of the US military.

In 1971, Memorial Day was declared a national holiday. The United States celebrates this holiday the last Monday of May.

President Ronald Reagan is credited with reviving the practice of honoring Memo-

rial Day and its meaning. One of his famous speeches was given at Arlington National Cemetery on Memorial Day in 1986. It begins...

"Today is the day we put aside to remember fallen heroes and to pray that no heroes will ever have to die for us again. It's a day of thanks for the valor of others, a day to remember the splendor of America and those of her children who rest in this cemetery and others. It's a day to be with the family and remember."

He went on to talk about those buried in Arlington Cemetery - military personnel both famous and unknown, Joe Louis, Audie Murphie, two space shuttle Challenger astronauts, Oliver Wendell Holmes, and so many more. He went on to say...

"All of these men were different, but they shared this in common: They loved America very much; they stood for something.

Look up the full speech, it was a great one.

Does Memorial Day have meaning to you? Many communities around the United States have memorial day events at cemeteries where veterans and spiritual leaders speak. Other cities and towns host parades to honor the military. However, in many cities around the country, these events have been forgotten.

It is important for Americans to take time to remember the sacrifices that bought their freedom. Here are some ideas on how to celebrate this important American holiday:

- Send a note or verbally thank Veterans you know.
- If you know someone who has lost a loved one in battle, offer to help with a household project or help meet a special need they have.
- Visit a local cemetery and place flags or flowers on the graves of fallen soldiers.
- Visit local monuments to military service.
- Fly the American flag at half-staff until noon.
- Participate in the National Moment of Remembrance at 3:00 pm. Pause and think upon the meaning of Memorial Day.
- Pray for God's blessing on America. Ask for His protection over all branches of our military.



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Spotlight on LANDINGS OF LARGO:

Mile Marker 98 Bayside in the Florida Keys

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9824 Mariners Ave - 110



3/2 Landings of Largo condo with all the bells and whistles plus a deeded boat slip with lift. Views everywhere. Walk across to the pool or very near to the Marina. A top location for Keys living. Weekend or full time, for you & your family.



9824 Mariners Avenue is being sold with or without the boat slip. Without the boat slip, the price is \$475,000.



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★ ★ ★ ★ ★ **FREE QUOTES - CALL TODAY!** ★ ★ ★ ★ ★

Bartender of the Month: Kitty Stuer - Tavernier Elks Lodge and Key Largo Moose



Key Largo Moose.



Tavernier Elks Lodge.

When it comes to mixologists you'll be hard pressed to find anyone with as impressive a work history as that of Kitty Stuer (pronounced Star)! For 13 years she was a flight attendant, based out of Ft. Lauderdale, working for Northwest and Jet Blue Airlines. Along with her experience

working special VIP events, she has literally mixed cocktails in the air, and on a yacht in the middle of the ocean, entertaining the rich and famous. The Coconut Telegraph discovered Kitty when she volunteered to help the Key Largo Moose with their **Cruise to Nowhere** Party. She brought friends in to help, plus decorations... and in no time at all, this whirlwind extraordinaire had turned the plain banquet table into a stunning display of delectable delights! We were impressed and truly grateful! Kitty has been living in the Keys for 6 years. Perhaps you know her from Holiday Isle, Wahoo's or the Islamorada Moose Lodge. She was recently offered a bartending position at the Key Largo Moose and she also works at the Tavernier Elks Lodge. She loves both of these organizations because of the people and the amazing things these non-profits do for the community as well as the projects they support.

When Kitty is not behind the bar entertaining folks she is outside enjoying the ocean or helping a friend with their landscaping. She brings her enthusiasm and energy to everything she does! Stop in either place and meet Kitty; tell her the Coconut Telegraph sent you.

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For Mother's Day: A Few Important Rules To Teach Your Daughter



- Travel light through life. Keep only what you need.
- It's okay to cry when you're hurt. It's also okay to smash (some) things; but, wash your face, clean your mess, and get up off the floor when you're done. You don't belong down there.
- If you're going to curse, be clever. If you're going to curse in public, know your audience.

- Seek out the people and places that resonate with your soul.
- Just because you can, doesn't mean you should.
- 5-second rule. It's just dirt. There are worse things in a fast food cheeseburger.
- You are a woman, you do not need a man!
- Happiness is not a permanent state. Wholeness is. Don't confuse these.
- Never walk through an alley alone.
- Be less sugar, more spice, and only as nice as you're able to without compromising yourself.
- Hold your heroes to a high standard. Be your own hero.
- If you can't smile with your eyes, don't smile. Insincerity is nothing to aspire to.
- Never lie to yourself.
- Your body, your rules.
- If you have an opinion, you better know why.
- Practice your passions.
- Ask for what you want. The worst thing they can say is no.
- Wish on stars and dandelions, then get to work to make them happen.
- Can't is a cop-out.
- Fall in love often. Particularly with ideas, art, music, literature, food and far-off places.
- Fall hard and forever in love with nothing but yourself.
- Say Please, Thank You, and Pardon Me, whenever the situation warrants it.
- Reserve "I'm sorry" for when you truly are.
- Naps are for grown-ups, too.
- Question everything, except your own intuition.
- You have enough. You are enough.
- You are amazing! Don't let anyone ever make you feel you are not. If someone does....walk away. You deserve better.
- No matter where you are, you can always come home.
- Be happy and remember your roots, family is EVERYTHING.
- Say what you mean and mean what you say.
- No one will ever love you more than I do.
- Be kind; treat others how you would like them to treat you.
- If in doubt, remember whose daughter you are and straighten your crown.

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SATURDAYS THIS MONTH:

 Saturday, May 4 UNCLE SMOKEY 1-5 PM	 Saturday, May 5 THE GROOVE 7-11 PM	 Saturday, May 11 CAT DADDIES 1-5 PM
 Saturday, May 11 SILVER SPINE 7-11 PM	 Saturday, May 18 SPANK THE BAND 1-5 PM	 Saturday, May 18 3RG MIAMI 7-11 PM
 Saturday, May 25 UNCLE RICO 1-5 PM	 Saturday, May 25 BOMBHELL 7-11 PM	 MICHAEL TRIXX Every Saturday 8 PM

Around Town



Manatee sightings are common at the Lorelei marina. Photo by Rob LeBrun.



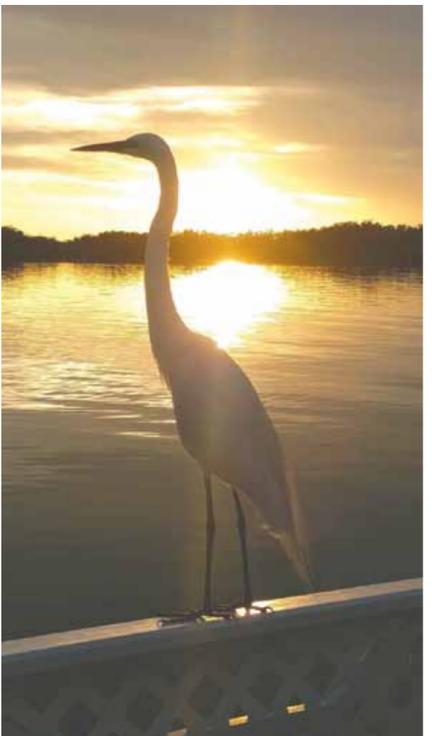
Pirates Cove Watersports cruising with dolphins.



Blessing Box located by the bus stop at First Baptist Church of Key Largo at MM 99 on the Oceanside.



What a view! Gilbert's Resort.



A snowy egret enjoys the sunset at the Lorelei. Photo by Rob LeBrun.

SHIPWRECKS
 OPEN 11:00 AM to 9:30 PM EVERY DAY
 KEY LARGO'S HIDDEN TREASURE!

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 Sunday - Live Music 2-6 pm

FRIDAY NIGHT FISH FRY 5-9 pm
 MAHI ALL-U-CAN-EAT • Fried \$12.99 • Blackened/Grilled \$13.99

SATURDAY - PRIME RIB DINNER

HAPPY HOUR: 4-6 pm EVERY DAY
 ▶▶▶ \$1 Drafts ◀◀◀

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May 5, 6pm

Monday Night
LINE DANCE
Mondays 5 pm

Friday Night FISH FRY
Every Friday 6-8 pm.
Karaoke begins 7:30 pm

Happy Mother's Day
May 12

BINGO
Sundays, 5-7 pm

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MM 92.6 Bayside • Tavernier
www.floridakeyselks1872.com





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Come by Land or Sea • In the Garden Cove Marina
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Waterfront Dining • Indoors or Outdoors

• Open 7 Days •
Champagne Sunday Brunch

FEATURING FRESH FLORIDA **LOBSTER**

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- Steaks & Ribs
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EVERY WEDNESDAY NIGHT from 5 PM!



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ONLY \$4 MON-FRI 4-6PM

The locals love to come for a Margarita at sunset... try it and you'll see why!



BRUNCH IS BACK AT SUNDOWNERS

Scrumptious new brunch fare, outrageous drinks, and a view that won't quit!

Sundays 10am 'til 3pm
Live Music



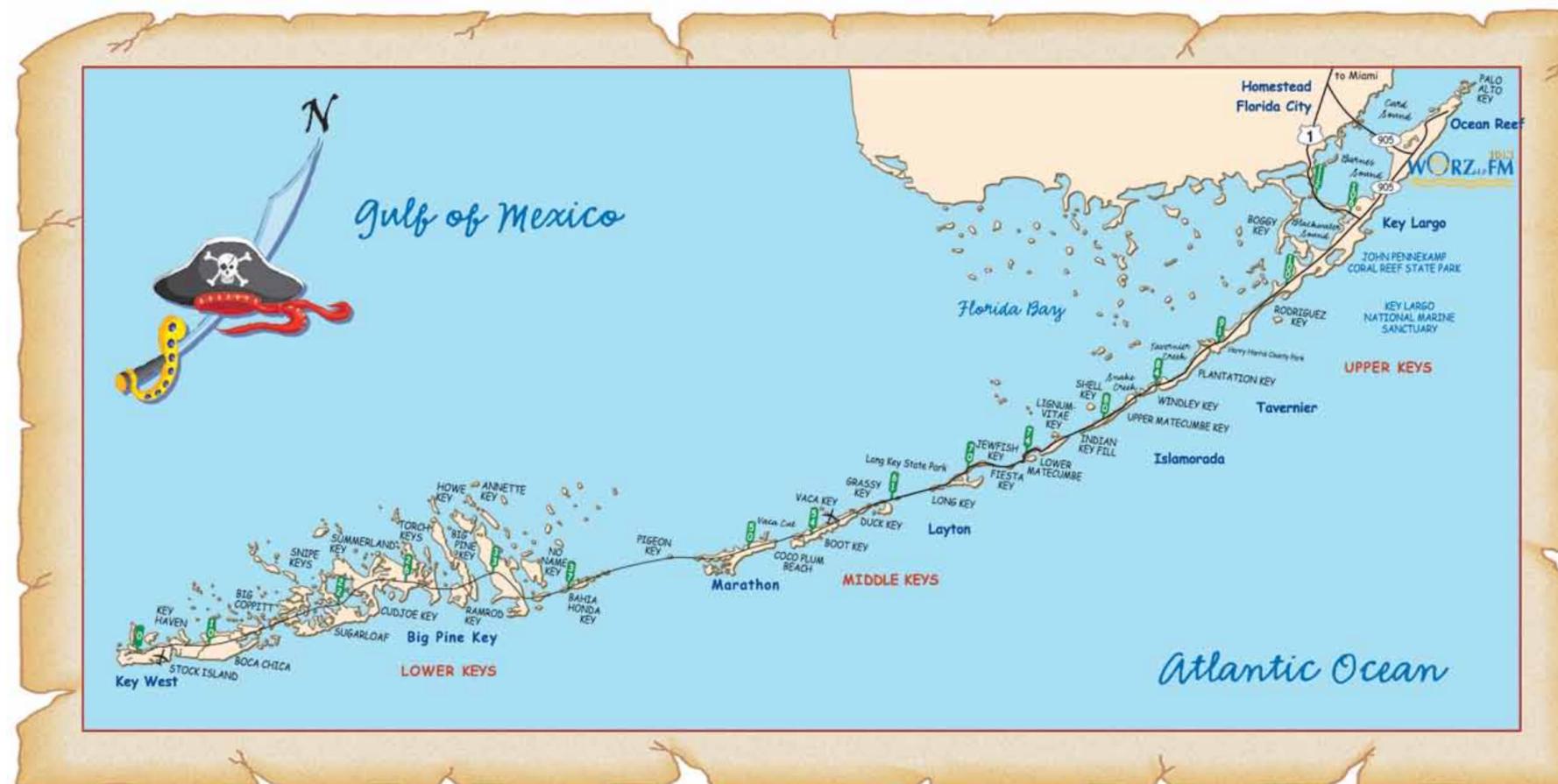


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ENDLESS MIMOSA

Endless champagne during Brunch with your choice of juice



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Live Music





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\$4 OFF ENDLESS MIMOSA WITH PURCHASE OF BRUNCH ITEM THIS AD

ENDLESS MIMOSA

Endless champagne during Brunch with your choice of juice

ALL-YOU-CAN-EAT TACOS \$13.

TACO NIGHT

Barbocoa, Steak, Chicken, or Carnitas Tacos...
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FULL LIQUOR BAR

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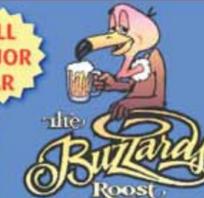
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- Conch Chowder & Key Lime Pie

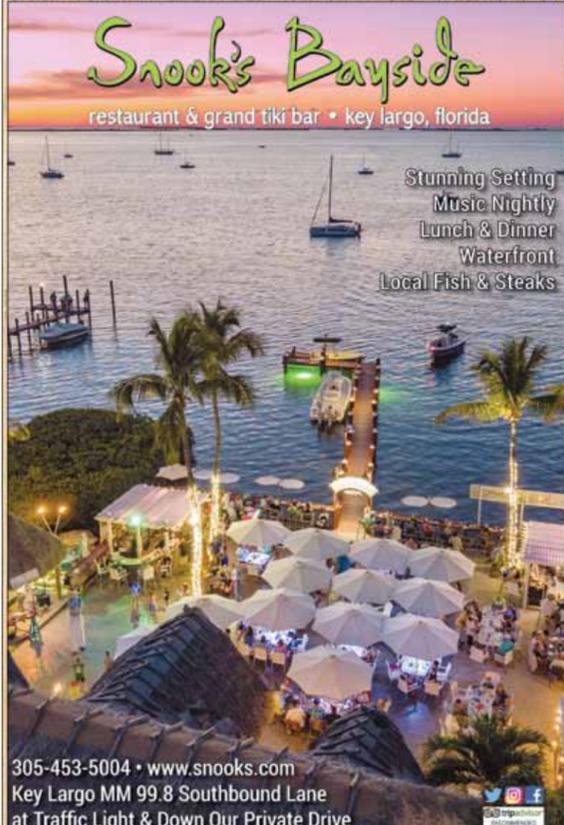
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Key Largo MM 99.8 Southbound Lane
at Traffic Light & Down Our Private Drive

Conch Characters



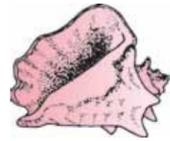
Arr! Bill Wilson took the Cruise to Nowhere at the Moose.



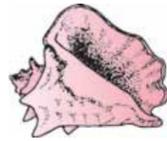
Walgreens executives celebrate Lynn Miller's 25 years employment with lunch at Sundowners. L to R - Georgia Lehowski, Alex Palermo, Lynn Miller, Charity Randolph, Mario Hernandez, Jessica Pineda.



Bon Voyage! Bonnie Lenart took the Cruise to Nowhere at the Moose.



Coast Guard Commanding Officer Scott Goss and Executive Petty Officer Jonathan Harrington presenting a "thank you" gift/award to Cale Smith (a former Coastie) for passing the hat at the Islamorada Chamber luncheon and raising thousands of dollars for our local Coast Guard during the Federal shut down.



Michael Trixx with Magician Teller of Penn & Teller. Catch Michael Trixx's magic at Lorelei every Monday, Wednesday and Friday at the Lorelei at sunset.



Local ladies lunch at the Conch House.



Dennis Tarbell, Exalted Ruler presents Ruth Hunninger with the Elk of the Year award. Congrats!

Blasts from the Past - Photos from our Archives:



January 2015: Pirates on the Water had a get together at the Legion to paint toilet seats to be placed on Toilet Seat Row on the bay. Bill Nally holds the Coconut Telegraph toilet seat.

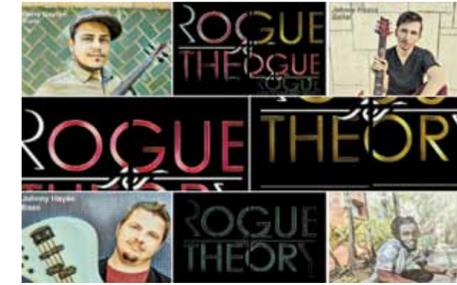


November 2014: A capacity crowd enjoying themselves at the Elks Lodge in Tavernier.

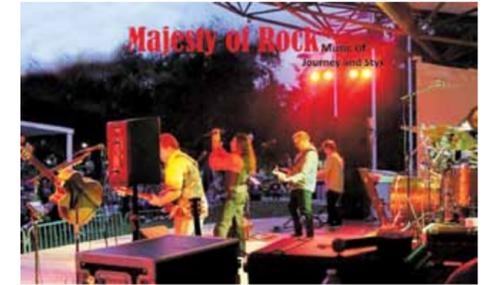
Lorelei's Outstanding Headliners in May



Nothing gets a party started like dancing, and people love dancing to songs they know. **WRITE SOUNDS** is so much more than just another cover band. They play the hits with authenticity and passion. They possess the ability to play everything from Classic Rock and Jazz, to Hip-Hop and R&B - from the 1950s to today. Write Sounds creates a fun performance with their sounds and harmonies, which include mellow vocals, rhythmic guitar and smooth saxophone. Julian and Rodrigo Medeiros are the frontmen of the band, and have worked with some famous musicians like Shakira, Stevie Wonder, Snoop Dogg, and Pharrell. Their song "If I knew" on Eddie Murphy's "Dr Doolittle 2" soundtrack got a Grammy nomination. You can see Write Sounds at the Lorelei on Saturday, May 4th at 6pm.



ROGUE THEORY is a very unique South Florida band. Harry Bayron is the lead singer and electric violin player, who transforms Rock and Classic Rock favorites into fresh, new rockin' fiddle versions that you've never heard before. Imagine hearing classics from Stevie Wonder, The Beatles, Santana, Peter Frampton, and Jimi Hendrix, but with a jamming' electric violin! They also transform modern hits from Dave Mathews, Avici, Imagine Dragons, and Shawn Mendes. Rogue Theory writes original music, and the band was recently featured in the world famous "Relix" magazine for their most recent hit "Two 3rds." Top that off with a "Best Band" in Broward County award by New Times Magazine, and you know that Rogue Theory rocks. The band has a very busy national touring schedule, and the Lorelei is thrilled to have them performing on Saturday, May 18 at 6pm.



MAJESTY OF ROCK is a mega-talented group of musicians who banded together to faithfully re-create the sound and feel of the two super groups: Journey and Styx. Fronted by the masterful voice of John D'Agostino, this band also boasts the talents of four exceptional artists who not only capture every nuance of Journey in their iconic Steve Perry days, but also the vocal essence of Dennis DeYoung and Tommy Shaw of Styx. Majesty of Rock makes their triumphant return to Lorelei on Saturday May 25th at 6pm.

So come on down to the Lorelei and enjoy the best music, along with cocktails and dinner on the beach or overlooking the bay. MM 82 bayside in Islamorada. Open 7 days.

The Mangrove Galley by Sandi Mieszczenski



Here is a quick and easy Mexican style dish for Cinco de Mayo that is a one-pot wonder.

Sandi's recipes are featured here monthly. For previous issues go to theconchtelegraph.com

SIMPLE CINCO DE MAYO ONE-POT WONDER

- ½ lb. chorizo skin removed, finely chopped
- 1 15 oz. can of black beans drained
- 1 can of Rotel diced tomatoes - choose your preference of heat
- 1 large onion coarsely chopped
- 1 cup of frozen corn
- 1 Tbsp. of cumin
- ½ tsp. of cayenne pepper
- 2 cups of grated Cheddar cheese



Brown the chorizo in a sauté pan, drain the excess fat and set aside. In the same pan, sweat the onions until just starting to get soft, then add the black beans, Rotel tomatoes, and corn. Bring to a boil, reduce the heat and simmer until the mixture starts to thicken. Add the chorizo, cumin and cayenne and thoroughly mix. Simmer until the meat is hot and serve with the cheese in shells as tacos or wrapped up as burritos. We like ours with a dollop of sour cream on top. Enjoy!

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Golden Retriever, had for 9 months, has yet to retrieve gold. Should have just bought metal detector.
CALL 305-555-GOLD

SERVICES

House Cleaning call Danielle 305-393-2728

MUSICIANS WANTED

Amateur & seasoned musicians wanted!
The Keys Community Concert Band begins rehearsals for its new season in the fall. If you want to participate, call 305-451-4530.

VESSEL SAFETY

The USCG Auxiliary conducts vessel safety checks at Blackwater Sound Marina, MM 103.8 Bayside, every third Saturday of the month. The Public is Welcome. More info: 305-998-8400

Classified ads will not be accepted without payment.

CLUBS

THE KEY PLAYERS

Community Theater Group needs volunteers to work behind the scenes & audition for roles!
thekeyplayers.org

Florida Keys Orchid, Fern and Bromeliad Society meets the 3rd Thurs. of every month at Key Largo Library Comm. Room 7pm. Open to the public. Info: 305-451-2396.

PERSONAL

I have decided to leave my past behind me, so if I owe you money... I'm sorry. But I've moved on.
—GUESS WHO

FOR SALE

FOR SALE:
Holiday/vacation photos. Choice of ski, sun or city tour. Ideal for anecdote or alibi.
Call 305-555-SNAP



I have this water fountain I need to have taken away. Make an offer. 305-555-WHAT

JOB OPPORTUNITY

Wanted: Part time sales person who won't quit after 2 months, who works hard and doesn't think she's doing me a favor by working here, who can take a joke, stay off her phone and who won't cry everyday on the floor. 305-555-SHOP

Sounds of the Keys



Igor & Red Elvises at the Lorelei....see them again Oct. 29th.



The new covered stage at the American Legion, great for the Thursday night jam!



#NoFilter rocked the Lorelei stage. Photo by Rob LeBrun.



Chain Reaction* the Journey tribute band, will perform again at the Lorelei on Saturday May 25th.



The Key Largo Woodrats.



Mr. Styx and the Spurience at Sharkey's Pub.

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.



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- Anti-Ischemic ●
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- Anti-Bacterial ●●
- Antimicrobial ●
- Antioxidant ●●

NEUROLOGICAL

- Antidepressant ●●
- Anti-Anxiety ●
- Anti-Psychotic ●
- Anti-Spasmodic ●●●●
- Anti-Epileptic ●●
- Neuroprotective ●

This data is for information purposes only

MUM

Missing you on Mother's Day but that is nothing new. I miss you every single day and long to be with you.

I miss our conversations, the way you made me smile. I miss all the little things in life that now just don't fee! worthwhile.

I know you are watching over me, and all my family too.

Mum I just want you to know that we'll never stop loving you.

IF YOU WANT RESULTS - - - CALL US! WE GET THE JOB DONE!!!

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ON THE MAP

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ON THE MAP

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MM 101.5 • KEY LARGO

ON THE MAP

Key Largo

In Key Largo, we navigate by Mile Markers! Look for the little green signs and mile indicators on power poles to find your way.

Legend

- U.S. Highway
- State Highway
- Boat Ramp
- Mile Marker
- Point of Interest
- Dive Site
- Dive Wreck
- Swim with Dolphins

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ON THE MAP

YOUR AD HERE

RATES
KEY LARGO MAP PAGE

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\$125 per month

Horizontal:
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Skyscraper:
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\$200 per month

Surprisingly Affordable!

ON THE MAP

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Judgment Versus Opinion

Judgment closes us down and is final, whereas opinion leaves us open-hearted and open to change.

Most of us understand that when we judge someone, or someone judges us, it is a negative emotional experience. As a result, we naturally want to avoid being judgmental, but this gets confusing when we feel we have to suppress thoughts that could actually be offering us guidance.

For example, we may meet someone new and suppress a negative feeling about them, thinking that we don't want to fall into the trap of being judgmental. Later, though, it may turn out that paying attention to that thought could have helped us take care of ourselves or someone else.

It is important to learn to distinguish inner guidance, and having an opinion, from judgment, otherwise we run the risk of not listening to our intuition and not allowing ourselves to form opinions. Inner guidance and opinions both help us to interact more intelligently in the world, so we don't want to throw them out in an effort to avoid being judgmental. Our intuition usually makes itself known to us in a flash, and often has a physical component--a flutter in our stomachs, sweaty palms, or a

chill. When we use this information to help us navigate a situation, we always benefit.

Similarly, having an opinion about a person or an idea allows us to converse about it in a focused way with intention. Listening to our intuition and forming opinions are both positive outcomes of our ability to interpret the information that comes our way.

When we make a judgment, on the other hand, we attempt to have a final say on whether someone or something is inherently good or bad. Judgments close us down instead of opening us up; opinions have a lighter quality and are amenable to change. Once a judgment has been made, there is no more conversation or consideration, whereas opinions invite further debate. Intuition guides us from moment to moment, but, unlike judgment, never makes a final decree. In other words, it is only healthy to be open to the information we receive and to allow ourselves to process that information. As long as we stay open and fluid, we can trust that we have not fallen prey to the trap of judgment.

Reprinted from DailyOM - Inspirational thoughts for a happy, healthy and fulfilling day. Register for free at www.dailyom.com

Remembering

ERIN EDWARD HARBOUR

February 21, 1970 - April 9, 2019

Rest in Peace

The Tea Party

One day my mother was out and my dad was in charge of me. I was maybe two and a half years old and had just recovered from an accident

Someone had given me a little tea set as a get-well gift and it was one of my favorite toys.

Daddy was in the living room engrossed in the evening news when I brought him a "little cup of tea," which was just water.

After several cups of tea and lots of praise for such yummy tea, my mom

came home. My dad made her wait in the living room to watch me bring him a cup of tea, because it was "just the cutest thing!"

My mom waited, and sure enough, I walked down the hall with a cup of tea for Daddy and she watched him carefully as he drank it up.

Then she said, as only a mother would know, "Did it ever occur to you that the only place that your daughter can reach to get water is the toilet?"

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HOW TO TALK TO MUSICIANS

INSTEAD OF SAYING:	SAY:
"Your amp is too loud"	"You excel at fortissimo passages"
"It's a G flat"	"It's an F sharp"
"You're not staying in time with the band"	"I like your use of polyrhythms"
"Your solo was in the wrong key"	"That was very jazzy"
"Your bends are going out of tune"	"I see you're experimenting with microtones"

Dear Anny Bannanny

Dear Anny Bannanny,

I am pregnant and my husband is forcing me to let his parents in the delivery room. I don't want to! What should I do?

Knocked Up

Dear Knocked Up,

Tell your husband that before you will allow his parents in the delivery room while you are having your baby he must stand naked and also produce a bowel movement in front of your parents. He must remain naked and spread eagle for at least 12 hours. If he accepts this challenge allow his parents in the delivery room

MY KIDS ARE ALWAYS ACCUSING ME OF HAVING A FAVORITE CHILD WHICH IS RIDICULOUS BECAUSE I DON'T LIKE ANY OF THEM



A mother's sacrifice isn't giving birth. It's 9 months without wine.

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Take the Shuttle!

For those arriving to the Gilbert's party fashionably late, you can park on the main access road and take the FREE air-conditioned shuttle to and from Gilbert's on Saturdays and Sundays from noon-8pm.

fear

Personal Struggle

by Dawn Wiggins, Ed.S.

Deep personal struggle has a way of making us feel utterly alone...even when we're not alone. Why is that?! Because I assure you, you're not meant to be alone. Your brain and body have been designed for partnership, community, and connection.

And the folks in your tribe are meant to support you in times of struggle. They make it easier to walk through. Whether it's to sit with you in grief, hear you vent for the thousandth time or pick your kids up from the car line when you can't make it - you need a community.

You're also meant to have guides. And, to be a guide for others! We all have areas of expertise we are meant to share with the world. The partnerships we share are what allows relationships and communities to survive and thrive.

So why then does personal struggle feel so heavy? Is it because it's personal? No.

It's because you're afraid. So afraid, that you fear you can not or will not overcome this struggle.

Sure, you may need a more loving and supportive community. And you probably



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Key Largo, Florida 33037
www.dawnwigginstherapy.com

need some extra guidance. But none of that will make a dent in your struggle if you don't do something productive with your fear.

I'm not knocking fear. It keeps us alive in times of danger and motivates us to take action. But if you allow your fear to tell you: You can't, then you won't. And, you will continue to feel alone and a victim to your struggle.

Want to change your life? Decide. You. Can. The fear will still be there, but you won't be its victim. And suddenly you will feel empowered. Ready to take action.

BUSINESS IN THE KEYS

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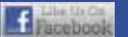
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Sunday May 19
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5 STEREOTOMY 1-6	6 HAPPY HOUR 4-5 PM MON- FRI	7 SCOTT YOUNGBERG 5-9	8 ALEX CALDWELL 5-9	9 DJ RONNIE 5-9	10 JIMMY O'SHEA 12-4 BACKWATER 7-11 SHRIMP FRY-DAY \$9.99	11 CAT DADDIES 1-5 SILVER SPINE 7-11 MAGIC by MICHAEL TRIXX 8
12 TRIP MACHINE 1-6  Mother's Day	13 HAPPY HOUR 4-5 PM MON- FRI	14 SCOTT YOUNGBERG 5-9	15 ALEX CALDWELL 5-9	16 KARAOKE PARTY WITH DJ RONNIE 5-9	17 JIMMY O'SHEA 12-4 UNCLE SMOKEY 7-11 SHRIMP FRY-DAY \$9.99	18 SPANK THE BAND 1-5 3RG MIAMI 7-11 MAGIC by MICHAEL TRIXX 8
19 ROGUE THEORY 1-6 SPECIAL APPEARANCE	20 HAPPY HOUR 4-5 PM MON- FRI	21 SCOTT YOUNGBERG 5-9	22 ALEX CALDWELL 5-9	23 DJ RONNIE 5-9	24 JIMMY O'SHEA 12-4 GREEM MEANS GO 7-11 SHRIMP FRY-DAY \$9.99	25 UNCLE RICO 1-5 BOMBSHELL 7-11 MAGIC by MICHAEL TRIXX 8
26 REGS 12-5 MOJO SCOUNDRELS 6-10 MAGIC by MICHAEL TRIXX 8	27  MEMORIAL DAY MONDAY STATIC 1-6	28 SCOTT YOUNGBERG 5-9	29 ALEX CALDWELL 5-9	30 DJ RONNIE 5-9	31 JIMMY O'SHEA 12-4 DOUBLE DOWN 7-11 SHRIMP FRY-DAY \$9.99	<i>Fresh new music, only at Gilbert's!</i>



STEREOTOMY
Sunday, May 5 1-6pm



TRIP MACHINE
Sunday, May 12 1-6pm



ROGUE THEORY
Sunday, May 19 1-6pm



MOJO SCOUNDRELS
Sunday, May 26 6-10pm



THE REGS
Sunday, May 26 12-5pm