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American Legion Post 333 - Key Largo

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Karaoke with "Bullfrog King" Mike Kane, Monday at 7 p.m.
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TIKI BAR CABANAS POOL


SUNDAY TICKET


ESPN GAMEPLAN


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JAMAICAN BANANA BREAD




2 cups all-purpose flour
 3/4 teaspoon baking soda
 1/2 teaspoon salt
 1 cup granulated sugar
 1/4 cup butter, softened
 2 large eggs
 1 1/2 cups mashed ripe banana (about 3 bananas)
 1/4 cup plain low-fat yogurt (or piña colada flavored!!)
 3 tablespoons dark rum OR apple cider
 1/2 teaspoon vanilla extract
 1/2 cup flaked sweetened coconut
 Cooking spray
 1 tablespoon flaked sweetened coconut
 1/2 cup powdered sugar
 1 1/2 tablespoons fresh lime or lemon juice

Directions:
 Preheat oven to 350°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda, and salt, stirring with a whisk.

Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended. Add eggs, 1 at a time, beating well after each addition. Add banana, yogurt, rum, and vanilla; beat until blended. Add flour mixture; beat at low speed just until moist. Stir in 1/2 cup coconut. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray; sprinkle with 1 tablespoon coconut. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Combine powdered sugar and juice, stirring with a whisk; drizzle over warm bread. Cool completely on wire rack.

The Keys Disease
 by Teddy Welch, Key Largo

Dedicated to the Memory of Mr. Jimmy Buffett, 1946-2023

It's not the sunsets or the rum in the breeze that keeps me in the Keys.
 It's not the way the moon seems brighter when looking through palm trees.
 Not the ocean, the bay, the dolphins, or manatees.
 I took the STRETCH of my imagination and caught the **Keys Disease**

There's no cure I've been told and probably never be, some have tried but caught the fever just like you and me. I have no need to understand. Some things are meant to be. All I know is I'm infected with the **Keys Disease**

I don't want no antidote, don't need no pills for pain, it's not that kind of illness, but thank you just the same. I stare at clouds, soak up the breeze. That s my therapy. What else do you do when you have the **Keys Disease**

I'll give you some symptoms, but can't tell you what to do, you'll be hypnotized by the ripples and waves, own a talking bird or two. but by then it will be too late. You won't cough you won't sneeze, but I guarantee you one thing, you've been exposed to the **Keys Disease**

I wonder what those people are thinking on their boats going by. They have no physicians ER rooms, only water and sky. They keep their distance; they don't dock, they know there's no remedy. If their engine stalls or their anchor falls in sight of these mangrove trees. Let's be realistic there's more than statistics, they got this **Keys Disease**

We're all gonna go sometime. I know where I'll be. I'll be on this dock on this rock you'll hear no complaints from me. I'll give my body to science. Let all the doctors see. They can run me through their labs and test me all they please. When all is said and done and their probes are history, they'll be no nearer to a cure for this **Keys Disease!**

