


NURSERY RHYMES UPDATED FOR THE 21st CENTURY



Humpty Dumpty sat on a wall
Humpty Dumpty had a great fall
The structure of the wall was incorrect
So he won ten grand with Claims Direct.

It's raining, it's pouring
Of course its global warming,

Jack and Jill went into town
To fetch some chips and sweeties
Now he can't keep his heart rate down
And she's got diabetes.

Georgie Porgie pudding and pie
Kissed the girls and made them cry
When the boys came out to play
He kissed them too 'coz he was gay.

Mary had a little lamb
It ran into a pylon
10,000 volts went up its arse
and turned its wool to nylon.

It's Kitten Season! Fix Those Felines!



Please help "fix" pet overpopulation by spaying and neutering your pets.

Free spay and neuter clinics at Key Largo Animal Shelter, normally every 2 weeks.

This program is privately funded by Humane Animal Care Coalition for Upper Keys residents.

Please call the shelter for details and appointments.

Open Monday to Friday 9am to 6pm and Saturday 9am to 5pm

Mile marker 106 Oceanside • phone 305-451-0088

FREE Healthy Frozen Meals!

NOT A PATIENT? NO PROBLEM!
Open to ALL Florida Keys residents.

Pick-Up Locations & Times:

Marathon Office: Tuesdays, 9:00 AM – 4:30 PM

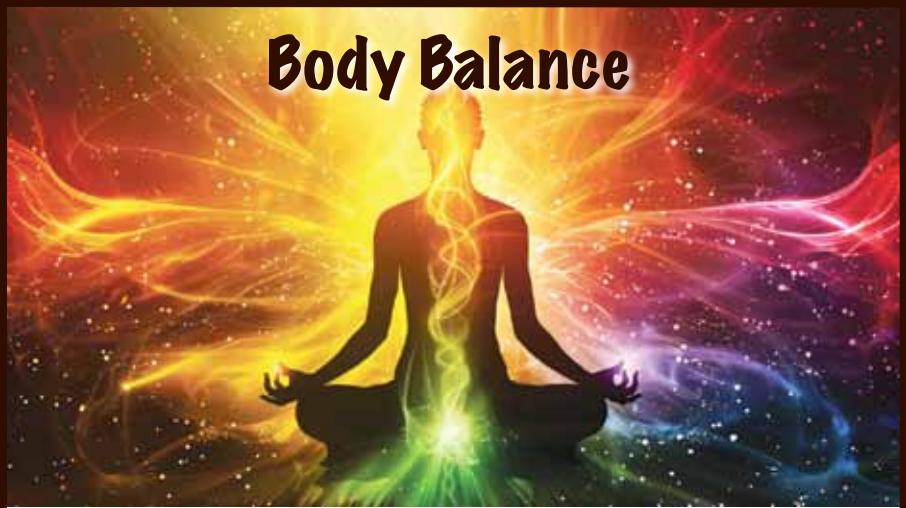
Tavernier Office: Monday–Friday, 9:00 AM – 4:30 PM

Take home up to 5 meals per family member
No paperwork required





Body Balance



Paying attention to the male and female sides of your body can help give you clues in how to balance your life.

If you look in the mirror and view your profile from each side, you may notice that the two sides of your face are slightly different from one another. Additionally, your left hand is similar to but different from your right hand. In fact, these subtle differences pervade both sides of your entire body. Considering these differences in the context of the idea that the right side of your body is masculine and the left side feminine may shed some light on how balanced you are in relation to your masculine and feminine qualities.

Intuition, feelings, openness, and unselfishness govern the feminine side of our natures. The masculine side is characterized by logic, facts, systems, and self-interest. If you are giving too much to others to the detriment of yourself, your feminine side may be overactive and your right side may need strengthening, to speak up on your behalf, protecting and conserving your energy. If your life is too rigidly structured, your masculine aspect

may be overactive; developing your feminine aspect will bring a more open-ended and creative approach.

Maintaining harmony between the left side and the right side, the feminine and masculine, is a key to wholeness. We can foster awareness of our own relative state of balance by tuning in to our bodies. When you close your eyes and scan your body, what do you see? You may find that most of your ailments, from acne to muscle tension, occur on the left side of your body. This might indicate that your feminine aspect is out of balance in some way.

Similarly, if you notice a lot of tension in your right shoulder, perhaps your masculine side is overtaxed or weakened. Just noticing an imbalance is the beginning of healing it. Some imbalances may be long-standing, and it may take time to bring your system into equilibrium. Remember to be gentle with yourself and listen to your body. Over time, this can guide you to a dynamic state of inner and outer balance.

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THE ENTRANCE EXAM FOR MEDICAL SCHOOL

WHEN STUDENTS TOOK THE ENTRANCE EXAM FOR MEDICAL SCHOOL, THEY WERE FACED WITH THIS QUESTION:

"REARRANGE THE LETTERS P-N-E-S-I TO SPELL OUT THE PART OF THE HUMAN BODY THAT IS MOST USEFUL WHEN ERECT."

THOSE WHO SPELLED SPINE BECAME DOCTORS.

THE REST ARE IN CONGRESS.



EXCUSE ME, DO YOU HAVE ANY LITTLE RABBITS?

AWWW, SWEETIE, DO YOU WANT A LITTLE WHITE RABBIT OR A SOFT, FLUFFY BLACK RABBIT OR THE LITTLE BROWN ONE OVER THERE?

I DON'T REALLY THINK MY PYTHON GIVES A.



I guess I misunderstood what you meant by writing "cursive."



I DON'T PRETEND TO BE SOMETHING I'M NOT.

EXCEPT NORMAL. I'VE PRETENDED TO BE NORMAL A FEW TIMES.

Community Arts and Culture Celebrates Hispanic Heritage Month

Miami's premier Cuban folk music ambassadors Cortadito will celebrate the release of their new album The Guajiro Triangle and honor Cuban music icons the Buena Vista Social Club on Saturday, September 13, 2025 at Florida Keys Brewing Company (81611 Old Highway, Islamorada, FL 33036) beginning at 6 p.m. The following afternoon, Fusión Vayu will represent Colombian folk music in all of its colorful variations, with selections from DJ Supa Kundukta beginning at 3 p.m. Both concerts are free and open to all ages, to be held in the Beer Garden, and are presented by the Miami non-profit Community Arts and Culture (CAC).

"Hispanic Heritage Month is a time to showcase our hispanidad, and we're excited to be presenting Cortadito and Fusión Vayu to Latin music fans in and around Islamorada," says CAC Founder and Executive Director Jose Elias. "We thank the Florida Keys Brewing Company and our fans in Monroe County for their continued support." Elias is also Cortadito's co-founder and tresero.

Since its origins thirteen years ago, the award-winning Cortadito has evolved into one of the torchbearers of a pop culture phenomenon that is two centuries strong. A traditional folk and acoustic band that focuses on performing one of the earliest styles of Cuban country music known as Son

COMMUNITY ARTS AND CULTURE PRESENTS



HISPANIC HERITAGE CELEBRATION

SEPT 13TH 6-9 PM

CORTADITO

SEPT 14TH 3-6 PM

FUSIÓN VAYU • DJ SUPA KUNDUKTA



(pronounced sOwn), their sound can best be described as reminiscent of the famed Buena Vista Social Club.

The band has just released a third album single called "Guajira En La Madrugada", written by the late Alberto Pantaleon Hernandez and features guest vocals by the Havana powerhouse Aymée Nuviola. The first two album singles, "A Yemayá" (with Nestor Torres) and "Aquí Te Traigo Me Son" have been well received by critics and fans alike, amassing new followers and thousands of views and streams. The band will have vinyl copies of The Guajiro Triangle for sale at the event.

Cortadito was recently featured on NPR's Alt Latino podcast and is gaining momentum in various foreign markets like Mexico, Colombia, France, and Spain. The September 13th show will be the first stop of their regional tour which also includes dates in Central Florida and North Carolina.

Comprised of members of Group Barrio Abajo, Fusión Vayo plays the folkloric music of the Caribbean Colombia by using traditional percussion instruments and flutes, with modern instruments, presenting styles such as bullerengue, porro, chandé, and more than 30 other unparalleled musical rhythms. Globally, their home country is known for cumbia and vallenato, but these are just two parts of their musically diverse heritage.

FKBC is the Upper Keys' first microbrewery and is located in the Morada Way Arts and Cultural District. They always have a great selection of their favorite beers, as well as a rotating list of seasonal and barrel aged beers, on draft.

DJ Supa Kundukta will be spinning a variety of music from Hispanic countries throughout the Antilles and the Americas on Sunday. This event is sponsored by the Monroe County Tourist Development Council.

For more information, visit CACMiami.org.