

The face of AIDS Help



medical care • affordable housing • assisted living • education

See story on page 4-5.



The AIDS Help organization: Dr. Michael Hayes, John Guy, Sam Baird, Sandra Duffey, Jason Hatch, Millicent Weech, Mathew Tochtenagen, Derrick Traylor, Gisi Bragli, Lisa Kronus, Jeremy Wilkerson, Dale Silva, Terry Paulson, Randy Bickers, Joy Thompson, Bryan Green, Laura Bocchino, Mark Sciarrillo, Scott Pridgen and Christopher Elwell. MIKE FREAS/Keys Weekly.

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LOCAL CHATTER

By Mike Freas

The 30, the 40, the 50, He – Could – Go – All – The – Way!!!!
The regular season kicked off this past weekend for the NFL.

Diehard fans are always superstitious and will go to great lengths for a team win. The Big Game, a.k.a. The Super Bowl, is the destination that every team shoots for, but only two will make the show. With that said, the fans of Duval Street were asked....



How far would you go to ensure your team makes the **Super Bowl?**



1

Mike Banks is an optimistic Buffalo Bills fan.

"I would strip down to my boxers and walk around," said Banks of Buffalo, NY, "and if it really depended on it, I would strip down to my birthday suit!"

Drametrius Bowen of Homestead is all about the Miami Dolphins.
"I would jump in shark-infested waters wearing a seal outfit," Bowen said. "Fins Up!"



2

Green Bay fan **Laura Canavan** is willing to sweat.

"I would walk all the way to Miami," said Canavan of Key West, "in the extreme heat with a cheese head on top."



3

Billy Hackett, who is always enjoying the local color of Key West, had one thing on his mind, cheese.

"I would dye myself green and yellow and wear a thong of bleu cheese for the Packers to make the Super Bowl," said Hackett of Key West, "then run down Duval Street!"



4

Jo Mitchell, of St. Louis, is definitely on the bright side of the moon.

"I would moon every photographer and camera man to ensure the Rams in the Super Bowl," she said as she mooned Weekly staffer Mike Freas.



5

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AIDS Help does more than help AIDS patients

Affordable housing and assisted living are continuing projects

By Alex Press

AIDS Help began in 1986, when the disease was in full force with no cure. Everybody in Key West knew somebody infected or dead from the virus, according to AIDS Help Executive Director Scott Pridgen.

"When the AIDS epidemic came on the scene nobody knew what was happening and it was a death sentence," Pridgen said.

The organization had a very modest beginning — supporters sold beads at Fantasy Fest. Their efforts did not go unnoticed and eventually AIDS Help partnered with Fantasy Fest to create a unique fundraiser. Now candidates vie to be named king and queen by raising the most money for AIDS Help with a series of events ranging from cocktail parties to bingo games. The most money raised was in 2003, \$413,000, when Bill Anderson was crowned king and Nadene Grossman crowned queen. The lion's share of the funds go to meet AIDS Help's housing goals.

Due to medical advancement, HIV-positive patients are living longer. AIDS Help has responded by widening the scope of its services in 1989 to provide housing. It now has 96 residential units available not only to AIDS patients, but also others who are in need.

"Our properties diversified four years ago to include people with disabilities, the

elderly, homeless veterans and low-income households. Our organization recognizes a housing problem in the community and we decided to do something about it," said Pridgen. "You cannot do anything in life unless you are housed."

AIDS Help continues to provide new services to the community. In 2014, a portion of the king and queen campaign will

help fund an assisted living program, where nurses and specialists take care of low-income elderly clients in the comfort of their own home, in partnership with Island Home Care. The nurses and home health aides also treat HIV positive patients younger than 65 because they often have medical problems linked to AIDS and the strong medication.

"While the discussion regarding assisting living in the Lower Keys has been going on for quite a while, the same obstacles that have kept development stagnant have been embraced by the collaboration of AIDS Help and Island Home Care. We saw opportunity where others saw roadblocks," said Kim Wilkerson of Island Home Care. "The lack of avail-



AIDS Help Executive Director Scott Pridgen is superimposed in front of the AIDS Memorial on White Street Pier.

“

While the discussion regarding assisting living in the Lower Keys has been going on for quite a while, the same obstacles that have kept development stagnant have been embraced by the collaboration of AIDS Help and Island Home Care. We saw opportunity where others saw roadblocks.

— Kim Wilkerson

able and affordable land, along with governmental bureaucracies and an overall high cost of living has made creating an assisted living facility burdensome. So, instead of waiting for an assisted living facility to be built, we are bringing assisted living to the individual home. People don't want to leave their homes and, now, they don't have to."

AIDS Help also participates in educational outreach programs. In collaboration with Woman-kind, it is helping educate Keys youth about sexually transmitted diseases.

AIDS Help is a Keyswide organization and has four offices throughout the island chain. For more information about AIDS Help, call 305-296-6196 or visit aidshelp.cc

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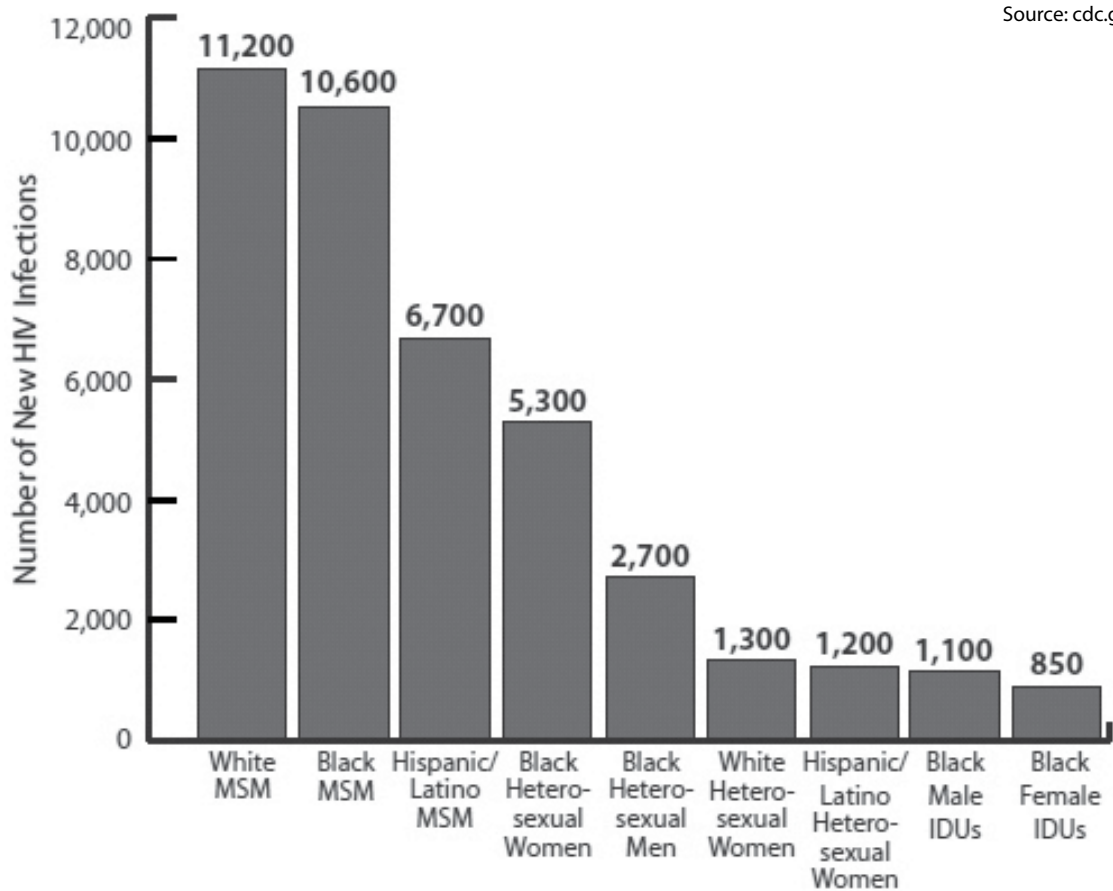
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Subpopulations representing 2% or less of the overall US epidemic are not reflected in this chart.

Facts about AIDS

More than 1.1 million people in the United States are living with HIV infection, and almost 1 in 6 (15.8 percent) are unaware of their infection.

Gay, bisexual, and other men who have sex with men — particularly young black/African American — have disproportionately high HIV numbers.

By race, blacks/African Americans face the most severe burden of HIV.

CDC estimates that 1,144,500 persons aged 13 years and older are living with HIV infection, including 180,900 (15.8 percent) who are unaware of their infection. Over the past decade,

the number of people living with HIV has increased, while the annual number of new HIV infections has remained relatively stable. Still, the pace of new infections continues at far too high a level— particularly among certain groups.

HIV Incidence (new infections): The estimated incidence of HIV has remained stable overall in recent years, at about 50,000 new HIV infections per year. Within the overall estimates, however, some groups are affected more than others. Men who have sex with other men continue to bear the greatest burden of HIV infection, and among races/ethnicities, African Americans continue to be disproportionately affected.

HIV Diagnoses (new diagnoses, regardless of when infection occurred): In 2011, an estimated 49,273 people were diagnosed with HIV infection in the United States. In that same year, an estimated 32,052 people were diagnosed with AIDS. Overall, an estimated 1,155,792 people in the United States have been diagnosed with AIDS.

Deaths: An estimated 15,529 people with an AIDS diagnosis died in 2010, and approximately 636,000 people in the United States with an AIDS diagnosis have overall. The deaths of persons with an AIDS diagnosis can be due to any cause—that is, the death may or may not be related to AIDS.

— cdc.gov

BRIEFLY

HPV, Flu Vaccinations available on Fridays

The Florida Department of Health in Monroe County is teaming up with Womankind to fight human papillomavirus (HPV), the most common sexually transmitted disease. Certain strains of HPV can develop into head, neck, throat, cervical and other cancers later in life, which is why it's so important to get

vaccinated. The vaccine is most effective in men and women ages 9-26. Womankind, located at the corner of Truman Avenue and Eisenhower Drive in Key West, offers a walk-in clinic for HPV and flu vaccinations on Fridays from 1 to 4 p.m.

DOH-Monroe has programs that can help cover the cost of a vaccination. Anyone up to age 18 who'd like to be vaccinated must have parental consent. For more information, call 305-809-5655.

League of Woman Voters to host event

Lower Keys League of Women Voters wants more members — both men and women. The next event will be on Tuesday, Sept. 30 at the New York Pasta Garden in Key West. Special guest is Monroe County Schools Superintendent Mark Porter. For membership information please visit lowerkeyslwv@gmail.com.

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Wittekerke 'goes good' with eggs

By Nate Fox

Living in Florida and the sultry weather of the Keys, one of my favorite beers to counteract the heat is Wittekerke in the cool blue can. I call this beauty "sunshine in a can" and in my opinion it's the perfect beer for any situation. Wittekerke is from Belgium and has an ABV of 5 percent. It is classified as a witbier by style, meaning it's made up of 25 percent wheat malt and naturally cloudy since it is unfiltered. Wits, unlike German wheat beers, are flavored by spices like coriander, grains of paradise and citrus.

Allow me to tell you why I feel Wittekerke is the perfect beer for any situation, its drinkability! From the first sip you will notice an explosion of citrus full of lemon zest and orange peel. With all those citrus flavors, Wittekerke is very thirst quenching during or after any outdoor Florida activity. And because it's in a can, it's also practical for Florida activities such as boating, golfing, hanging on the beach or playing a Belgian favorite *Pétanque* (the French version of Bocce Ball). Wittekerke is also a great beginner's beer; very well balanced and it doesn't pack a bite nor is it overly sweet.

Those citrus flavors also make Wittekerke an amazing beverage to pair with an array of meals. For starters, and one you might not think of, Wittekerke is known as the brunch beer. Yes, brunch! Move over mimosa. Wittekerke pairs great with eggs



in any form, and mixed with champagne or solo it makes a great man-mosa. Wittekerke is a solid companion for any chicken or seafood dish, and some traditional Belgian dishes such asr Waterzooi and Mussels with frites. Personally, my go-to pairing is Wittekerke and some good, old-fashioned American tacos. Try it with something from Amigo's or Bad Boy's. Wittekerke is also the perfect beer to put out the fire of anything spicy.

Wittekerke is brewed by the Bavik brewery in the village of Bavikhove in the western part of Flanders, which is in the north half of Belgium. Wittekerke translates to "white church" in English and was the name of a popular soap opera in Belgium. Bavik Wit was the name of the original wit bier

until a deal was worked out with the producers of the soap opera. From then on, anyone on the television serial drinking beer was always sipping a Wittekerke.

The witbier style is undergoing a resurgence. Although it's a 400-year old brewing sytle, witbiers were extinct for a number of years until Pierre Celis revived it around 1965. Celis, a milkman turned brewer, created the beer Hoegaarden. This was known as the quintessential witbier for a long time. In the 1980's his brewery burnt down. Celis was forced to sell his brewery to InBev.

Today, I would feel confident putting Wittekerke against Hoegaarden in any taste challenge. Both beers are outstanding in their own way, but I feel the blast of citrus you get and the fact that in comes in a can makes Wittekerke shine as the true witbier for Key West.

Nate Fox works for Micro Man Distributors and specializes in import, craft and boutique beers. He considers himself a beer expert and imports select brews from all over the globe to restaurants, bars and stores in Key West.



BRIEFLY

Artist in Paradise features local talent

Artists in Paradise Gallery is featuring artist Connie Hauk in September. Connie has lived in the Florida Keys since 1985. Hauk is an integral part of the Keys community, teaching art and music to students from ages 3 through 8th grade for six years at the Big Pine Academy. Connie's work is on prominent display at Artists in Paradise, MM 30, Winn Dixie Shopping Plaza

in Big Pine. The public is invited to visit.

KW Musicians Festival

Singing Iguana Productions of Key West announces its fourth annual Key West Musicians Festival, a free event to be held on Saturday and Sunday, Sept. 20- 21 from 2-9 p.m. on at the Smokin' Tuna Saloon, 4 Charles St.

Tom Luna and Will Thompson will be the hosts for this festival which showcases local musi-

cians, singers and songwriters and helps support Sister Season Fund, the nonprofit that assists locals in tourist-related industries in Key West with their rent and utilities when they fall on hard times through no fault of their own.

Donations to Sister Season Fund are encouraged and there will be 50/50 prize raffles throughout the day and commemorative T-shirts and CDs for sale.

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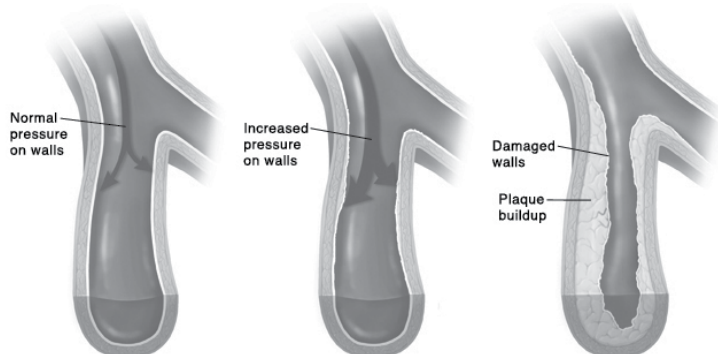


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Hypertension: a sneaky blood pressure condition

Often patients have no idea their arteries are narrowing



Contributed

High blood pressure is a common condition in which the force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease.

Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.

You can have high blood pressure (hypertension) for years without any symptoms.

Even without symptoms, damage to blood vessels and your heart continues and can be detected. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke.

High blood pressure generally develops over many years, and it affects nearly everyone eventually. Fortunately, high blood pressure can be easily detected. And once you know you have high blood pressure, you can work with your doctor to control it.

Although a few people with early-stage high blood pressure may have dull headaches, dizzy spells or a few more nosebleeds

than normal, these signs and symptoms usually don't occur until high blood pressure has reached a severe or life-threatening stage.

Changing your lifestyle can go a long way toward controlling high blood pressure. Your doctor may recommend you eat a healthy diet with less salt, exercise regularly, quit smoking and maintain a healthy weight. But sometimes lifestyle changes aren't enough.

In addition to lifestyle changes, your doctor may recommend medication to lower your blood pressure.

Your blood pressure treatment goal depends on how healthy you are.

— Mayo Clinic

Blood pressure measurements:

• Normal blood pressure.

Your blood pressure is normal if it's below 120/80 mm Hg. However, some doctors recommend 115/75 mm Hg as a better goal. Once blood pressure rises above 115/75 mm Hg, the risk of cardiovascular disease begins to increase.

• Prehypertension.

Prehypertension is a systolic pressure ranging from 120 to 139 mm Hg or a diastolic pressure ranging from 80 to 89 mm Hg. Prehypertension tends to get worse over time.

• Stage 1 hypertension.

Stage 1 hypertension is a systolic pressure ranging from 140 to 159 mm Hg or a diastolic pressure ranging from 90 to 99 mm Hg.

• Stage 2 hypertension.

More severe hypertension, with a systolic pressure of 160 mm Hg or higher or a diastolic pressure of 100 mm Hg or higher.

Because some medications, such as over-the-counter cold medicines, pain medications, antidepressants, birth control pills and others, can raise your blood pressure, it might be a good idea to bring a list of medications and supplements you take to your doctor's appointment. Don't stop taking any prescription medications that you think may affect your blood pressure without your doctor's advice.

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Tim Hollohan - The man that has it all

Tim Hollohan has it all... the home, the job, the car, the girl of his dreams and a life in sunny Key West. On top of that, he plays guitar and sings for a living!

Tim got his first taste of music from his father's gospel bluegrass band. By age 7, Tim was playing the mandolin at churches, rodeos, and county fairs. Throughout high school, Tim put the music aside to focus on school and sports. His dedication led him to study pre-law at the University of Charleston, South Carolina but it wasn't long before he decided that life

was too short not to follow his dreams.

By his mid-20s, Tim was back in the music scene and began playing gigs at "Cheeseburger in Paradise" in Greenville. After several successful solo gigs, he was approached by the owner to play a Cinco de Mayo event with a band. Tim didn't have a full band at the time so he called his brother and cousin and they threw one together under the name "Sullivan's Roof." They had a blast and the band was such a hit they continued to play for several years together traveling all around Georgia and the Carolinas.

In 2010 Tim was given an opportunity to leave his hometown of Columbia, South Carolina and explore a sales job in the Florida Keys. He figured getting a good job here would get him started and eventually he could play music on the side.

Tim moved to Key West and his life changed. Tim met and became engaged to the love of his life, Andrea, who after leaving Hungary and traveling the world has found that Key West is her paradise and home as well. Despite Tim's initial intentions, music quickly became his full time career. He quit his day job and has been playing roughly 40 shows per month for the last four years. Regardless, Tim considers himself retired. He feels like this "dream job" really isn't a job at all.

Tim's performances will make you want to sing and dance the night away. He is always full of joy and he passes it on to others through his music. You can tell by his appreciative and humble attitude that the man who "has it all" deserves every bit of it.

Karri Daley is a singer, writer and vocal coach originally from Chicago. She plays in the band Bluesion Fusion at Little Room Jazz Club with musician Topher James on Tuesday and Friday nights.



Musical Quote of the Week:

"Beautiful music is the art of the prophets that can calm the agitations of the soul; it is one of the most magnificent and delightful presents God has given us."

- Martin Luther

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LEAH ORLIKOWSKI

Tuesdays, 5:30-8:30 p.m., at Salute
Sundays, 12-3 p.m., at Southernmost Hotel
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Monday, 9 p.m., at The Smokin' Tuna
Wednesday, 2:30-5:30 p.m., at The Galleon
Friday and Saturday, 2:30-5 p.m., at The Galleon
Friday and Saturday, 6-8:30 p.m., at The Smokin' Tuna

JOAL RUSH

Friday and Saturday, 9 p.m. -1 a.m., at The Smokin' Tuna

TONY ROBERTS

Tuesday and Saturday, 6-9 p.m. Sunset Tiki Bar Galleon Hotel

Friday, July 11 and July 25, 8-12 p.m. at Island Dogs

CAFFEINE CARL

Monday, Wednesday, Thursday, Friday and Saturday, 9 p.m.-1 a.m. at The Smokin' Tuna

JACK WOLF

Wednesday and Thursday, 8:30 p.m.-12:30 a.m., at Captain Tony's
Friday, 9 a.m.-1 p.m., at Willie T's

Friday and Saturday, 4:30-8:45 p.m., at Captain Tony's
Sunday, 9 p.m.-1 a.m., at Coyote Ugly

TIM HOLLOHAN

Monday, 9 p.m.-1 a.m., at Willie T's
Tuesday, 7-11 p.m., at The

Lazy Gecko
Tuesday, 2:30-5:30 p.m., at Sunset Tiki
Wednesday, 7-11 p.m., at Schooner Wharf
Thursday, 8 p.m.-12 a.m., at The Lazy Gecko
Saturday, 7-11 p.m., at The Lazy Gecko

RICK FUSCO

Monday, 6:30-8:30 p.m., on the Fury Sunset Cruise
Tuesday, 7-10 p.m., at The World of Beer
Wednesday, 6:30-8:30 p.m., on the Fury Sunset Cruise
Thursday, 6-10 p.m., at The Conch Republic
Sunday, 12-3 p.m., at McConnell's

Sunday, 6:30-8:30 p.m., on the Fury Sunset Cruise

Sunday, 9-1 p.m., at The Smokin' Tuna

ANTHONY PICONE

Monday, 6-9 p.m., at Dante's
Wednesday, 4-8 p.m., at Rick's
Thursday, 5-8 p.m., at Seadog Tavern

Monday through Saturday, 9:30 p.m.-close, at Rick's

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Tuesday and Friday, 8-12 p.m., at The Little Room Jazz Club

Sundays, 8 p.m.-12 a.m., at Shameless Lounge

KARRI DALEY

Tuesday, and Friday, 8 p.m.-12 a.m., at The Little Room Jazz Club

Thursday and Saturday, 9 a.m.-1 p.m., at Willie T's

TONY BALTIMORE

Tuesday, 1-4 p.m., at Sunset Pier

Tuesday, 6-9 p.m., at Dante's
Thursday, 6-10 p.m., at Conch Republic

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Libations



Kara Keefe is a mixology master at Island Dogs and makes one of the best Key Lime Pie Martinis on the planet.

Island Dogs

Pat Croce and his talented team have a knack for developing epic eats and iconic bars in the heart of Key West and Island Dogs is no exception. Located along the flourishing assortment of bars and eateries on Front Street, the eclectic locale offers libation lovers a trendy domain without sacrificing the integrity of what an island bar should offer.

Along with an assortment of frozen concoctions, Island Dogs offers a variety of dessert and specialty drinks. A must try is the Key Lime Pie Martini, made with ingredients that include Absolut Vanilla, Malibu Coconut Rum, lime juice and a graham cracker rim. For mojito enthusiasts, Island Dogs boasts seven distinct flavors and the Island Dogs Passion Fruit Mojito is the perfect complement for people—watching along the outdoor deck. And the Goom-bay Smash, mixed with Captain Morgan and Apricot Brandy with orange and pineapple juice is a palate savory delight.

Of course a bar cannot be defined by ambiance and mixed drinks alone. The beer selection at Island Dogs is not complicated. Instead, a calculated blend of quality drafts and bottled beers preserve the balance between cocktails and suds. Harpoon IPA, Shipyard Export Ale and Island Dogs Ruff Life Copper Ale are a few of the favorites available on draft, while Magic Hat # 9, Kona Longboard and KCCO Black Lager highlight an assortment of bottled beers. And traditional beer lovers can still grab PBR or Strongbow by the can.



@ the bars

SLOPPY JOES

- Tim Hollohan — Friday, Sept. 12, 12 p.m.
- Parachute Adams — Friday and Saturday, Sept. 12-13, 5:30 p.m.
- The JJ Rupp Band — Friday and Saturday, Sept. 12-13, 10 p.m.
- Michelle Dravis — Saturday, Sept. 13, 12 p.m.

GREEN PARROT

- Thomas Wynn and the Believers — Friday through Sunday, Sept. 12-14 various times
- The Wholtones — Thursday, Sept. 17, 9 p.m.

SEA DOG TAVERN

- Ross Brown — Friday and Saturday, Sept. 12-13, 4 p.m.
- Chris Toller — Friday and Saturday, Sept. 12-13, and Thursday, Sept. 18, 8 p.m.
- Michael Festa — Sunday, Sept. 14, 7 p.m.
- Frankendread — Tuesday, Sept. 16, 4 p.m.
- Lance Taylor — Tuesday, Sept. 16, 8 p.m.
- Anthony Picone — Wednesday, Sept. 17, 5 p.m.

EL MESON DE PEPE

- Caribe — Friday through Sunday Sept. 12-14, 7 p.m.

KEY WEST PUB

- Spectrals — Friday, Sept. 12, 8:30 p.m.
- Rock Solomon — Saturday, Sept. 13, 8 p.m.
- River and Tiger — Sunday, Sept. 14, 6 p.m.
- Karaoke with Jeanie —

Monday, Sept. 15, 8 p.m.

- Locals Bring Your Vocals Karaoke — Tuesday, Sept. 16, 8 p.m.

LAGERHEADS

- Local Key West Musician — Saturday, Sept. 13, 4:30 p.m.
- Key West Chris — Sunday, Sept. 14, 4:30 p.m.

TWO FRIENDS PATIO RESTAURANT

- CW Colt — Friday, Sept. 12, 12 a.m.
- Joel Nelson — Saturday and Monday, Sept. 13 and 15, 11:30 a.m.
- Din Allen — Monday and Tuesday, Sept. 15-16, various times
- Debra Hudson & Woody Jenkins — Tuesday and Thursday, Sept. 16 and 18, 11:30 a.m.

For details: twofriends-keywest.com

HOG'S BREATH SALOON

- Kenny and Cuda Show — Friday and Saturday, Sept. 12-13, 12 p.m.
- Ronnie and Dale — Friday through Sunday, Sept. 12-14, 5:30 p.m.
- Dan Harvey Band — Friday through Sunday, Sept. 12-14, 10 p.m.

To get your entertainment in The Key West Weekly email Alex Press at alex@keysweekly.com

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NEW TEACHERS



JENNIFER RIDDLE

Classes you teach: Kindergarten

College(s) and degree(s) earned: bachelors in elementa-

ry education with an emphasis in interdisciplinary early childhood and cultural diversity from the University of Wyoming.

Previous teaching experience: This is my eighth year teaching.

Where are you from? I am from a tiny town of 3,000 people — Saratoga, Wyoming.

Family: Married Kevin Riddle August 16, 2014—the Saturday before school started! Crazy, I know! Also, we have one dog (Shooter) and two cats (Bella and Peppy).

Hobbies: When I'm not at school or planning lessons at home, I love paddle boarding or kayaking in the open water behind my house, spending time with my new husband and pets, and generally enjoying the outdoors with my great friends and neighbors.

Teaching philosophy: To quote John Quincy Adams, I believe that "to furnish the means of acquiring knowledge is the greatest benefit that can be conferred upon mankind." In other words, I believe in teaching the child how to learn.



JULIE BRIDGER

Classes you teach: ELL for grades K-2, working with students who are learning English.

College(s) and degree(s) earned: bachelor's degree in early childhood education from Florida State University.

Previous teaching experience: I began teaching eight years ago at Glynn Archer Elementary and most recently taught at HOB School last year.

Where are you from? Key West.

Family: I have been married to Chris Bridger for six years and we have two boys Jack, 5, and Ryan, 4, who also attend Poinciana Elementary School and love it.

Hobbies: I love spending time with my family and pets, watching football (Go Noles!), going on vacation, arts and crafts, and swimming.

Teaching philosophy: Children learn through experiences and my goal is to make them positive and rewarding. My main priority with my students is creating a rapport that allows them to feel safe and welcome in our classroom.

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Saturday, Nov. 29, 2014
8am - 2pm
Free Admission

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ILINKE ROYSE

Classes you teach: Kindergarten through 5th grade Spanish

College(s) and degree(s) earned: bachelors from Flagler College, St. Augustine.



RALPH A. GARCIA JR.

Classes you teach: Music, K-5

College(s) and degree(s) earned: A bachelors of musical art from DePauw University.

Previous teaching experience: This is my first year teaching in the school system but I have been working with students of all ages teaching music for many years now.

Where are you from? Key West. I'm a Conch!

Family: The Garcia Family and Soldano Family


Hobbies: My hobbies are singing, spearfishing, lobstering cooking and reading.

Teaching philosophy: My philosophy for music is, everyone can make music and we have to have fun with it. My entire life, I have loved music and I will continue to share my love and inspire others.


Previous teaching experience: two years as a Spanish teacher in St. Augustine for students in Pre-K through 5th grade; three years teaching 4th grade in St. Augustine; two years teaching 5th grade in Atlanta, Georgia; three years teaching 4th grade gifted in Ponte Vedra Beach; two years as an instructional literacy coach in Ponte Vedra Beach.


Where are you from? I was born in Cape Town, South Africa, and immigrated to the United States with my family in 1985. Three weeks ago my husband and I moved from St. Augustine after I accepted the teaching position at Poinciana.

Family: I have been happily married for the past 12 years to my husband Adam.

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Presented by:
Anthony Porter



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A gifted public speaker, Tony Porter is an educator, activist, and lecturer working in the social justice arena for over twenty years.

For any questions or concerns please call: 305-743-5452


Coral Shores High: Tuesday, September 23 • 12:45 - 2:15 pm

Marathon High: Wednesday, September 24 • 8:30 am - 10:00 am

Key West High: Wednesday, September 24 • 1:00 pm - 2:30 pm

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Live Entertainment Daily

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Page 11 • Upper Keys Weekly • Sept. 12, 2014

Beach & Mangrove Shoreline Clean Up

Be a part of the 29th Annual International Coastal Clean Up Day, sponsored by the Ocean Conservancy.

Join us on
Saturday, September 20th
9:00 am - 2:00 pm



**Water & Snacks
will be provided.**

Fury Water Adventures is seeking volunteers to conduct a kayak and walking clean up of Boca Chica Beach and mangrove shoreline of the Western Sambo Ecological Reserve.

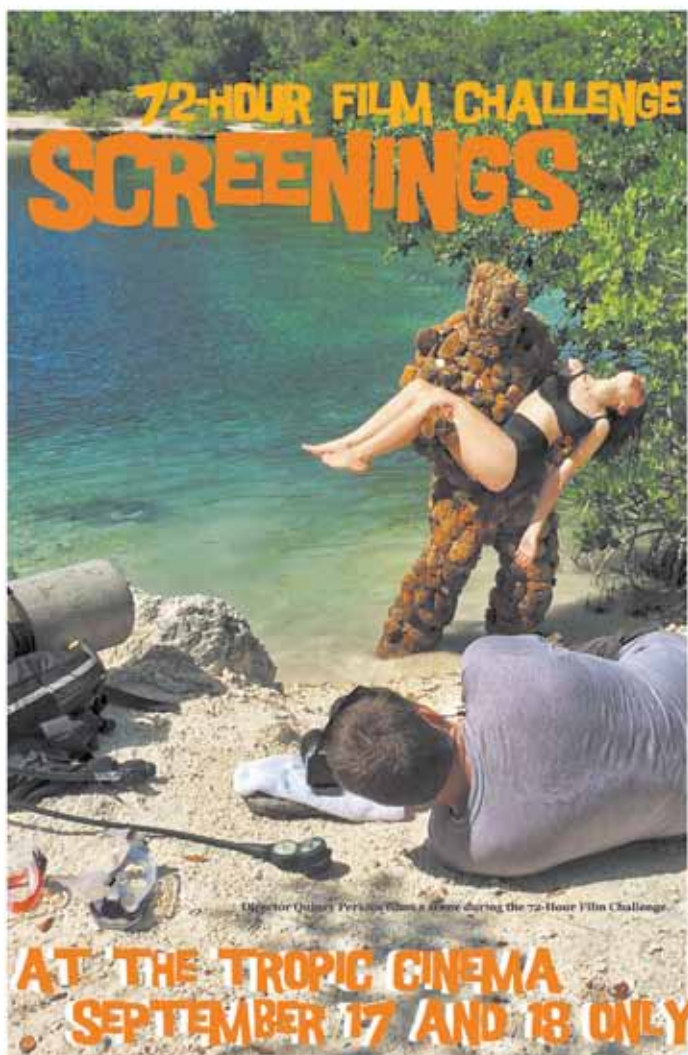
Staff from the Florida Keys National Marine Sanctuary will be on hand to discuss the issue of marine debris and help direct clean up efforts.



INFO & RESERVATIONS
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Please call to RSVP & for more information. Must be in physical condition to perform strenuous activities. Please remember to bring closed-toe shoes or water shoes.



Join us for a special screening of the local short films made during our Key West 72-Hour Film Challenge! Tickets are available by calling 877-761-FILM or on tropiccinema.com.



BUSINESS

Shameless Lounge

New restaurant and bar on Greene Street has locals' approval

By Michael Haskins

The Shameless Lounge, 610 Greene St., opened in mid-July and it only took days for the rumors to spread about its fabulous food and signature cocktails.

Owners, Dion Contreras and Sarita Bandita smiled when asked about the bar's popularity, almost viral in nature.

"All true," said Contreras, a native of Puerto Rico who came to Key West via Chicago.

"When people walk in, I want them to feel like they walked into my home. It's an eclectic representation of favorite places around the world and how everyone here brings their flair from somewhere else," said Sarita.

Plus, they have Chef Jennifer, formerly of Saluté and Blue Heaven. The evolving menu developed from months of passionate foodie discussions between Jennifer and Sarita Bandita.

"She's great with our food," Contreras said. "All our desserts and pizza dough is homemade too. We have a great pastry chef."

Sarita describes the menu as "comfort food with a twist." Contreras is happy to go into more detail.

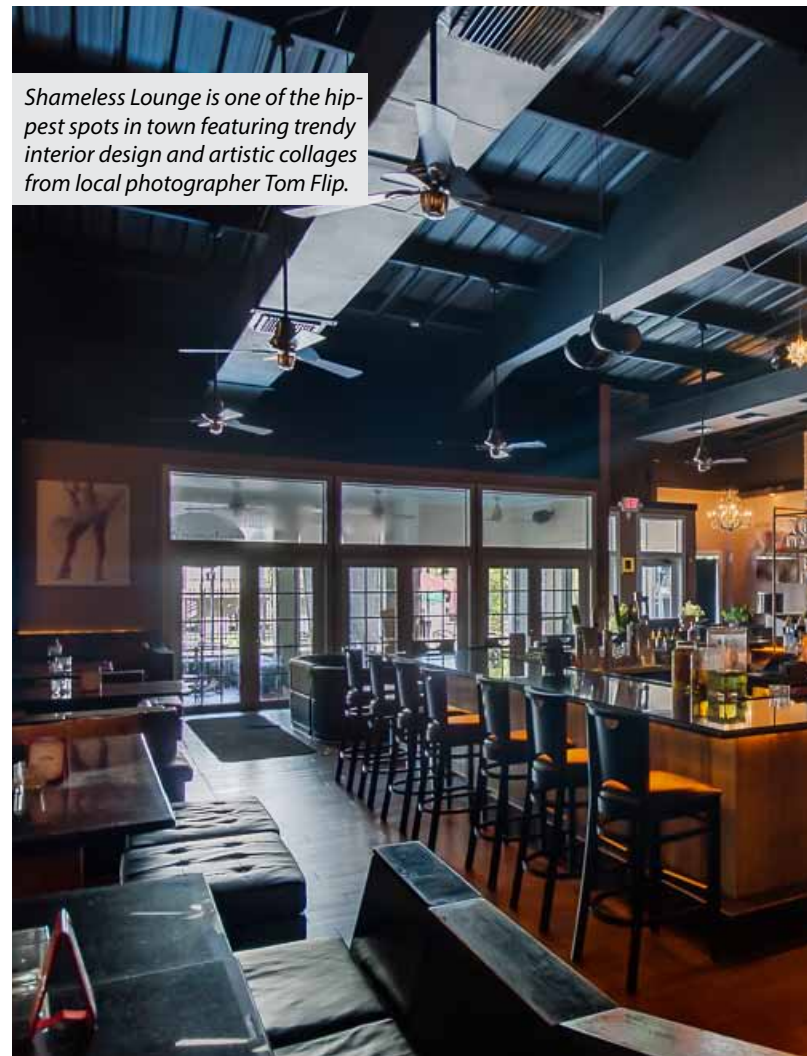
"Our pizzas are based on various styles," he said. "They are very popular."

He said the luncheon sausage fest pizza is one of his best sellers.

"Along with our unique salads," Contreras said. "Where else can you get a watermelon and blueberry salad? Or a shrimp and leeks pizza with bacon?"

The large interior is decorated with four murals depicting Key West scenes and famous characters. One has a towering photo of author Ernest Hemingway, bare-chested and holding

Shameless Lounge is one of the hippest spots in town featuring trendy interior design and artistic collages from local photographer Tom Flip.



Grilled hanger steak with gorgonzola-shrimp butter, asparagus tempura, potato puree and ancho reduction is a favorite dish at Shameless Lounge.



a shotgun.

All four murals are framed with black-and-white photos of Key Westers in photo-booth styled headshots. Some try hiding their faces, while others laugh at the camera.

"It is a collaboration of the communities input, with new additions and changing artwork," Sarita said. "The arts are key here, and this entire space is an homage to past and present shameless Key West characters."

"We infuse our liquor with fresh ingredients for our drinks."

— Dion Contreras

a blushing success



MIKE FREAS/Keys Weekly

Owners Dion Contreras and Sarita Bandita make every guest feel like family at the lounge.

“When people walk in, I want them to feel like they walked into my home. It’s an eclectic representation of favorite places around the world and how everyone here brings their flair from somewhere else.”

— Sarita Bandita

The Signature Craft Cocktail menu represents Sarita Bandita’s passion for drinks that highlight the rich flavors of handcrafted spirits blended with a Key West flair and sassy innuendo.

“We infuse our liquor with fresh ingredients for these drinks,” Contreras said. “One of the most popular of our signature drinks is the ‘pin up girl.’”

The \$11 cocktail is made with strawberry-infused Tito’s vodka, fresh muddled strawberries with Liquor 43 and Cointreau, shaken with half-and-half and served in a strawberry-sugar rimmed martini glass.

Recently opened, the lounge is still developing its entertainment, but some staples have already been marked on the schedule.

“Sundays we serve up a help yourself Bloody Mary bar and the almost famous ‘Hangover Brunch Sandwich’ and the remote is first come first served for NFL games” he said.

Monday night at 10 p.m., after most dinners have been

UPCOMING EVENTS:

Tuesday, Sept. 16: tequila tasting broadcast live on Pirate Radio.

Friday, Sept. 19: craft liquor event, sponsored by Jack Daniels, with cigars from the Green Street Cigar Company.

served, Contreras said the lounge begins an “interactive” game show event featuring Q-Mitch, where customers willing or not so willingly participate.

“Wednesday we have singer MC Couscus,” Contreras said. “He wrote a song about our pizzas, so while he’s performing our pizzas are half priced.”

Friday nights, beginning at 11 p.m., the lounge hosts a “flip cup” tournament after the music entertainment ends.

“And the last Sunday of each month we’re having a ‘Drag Brunch,’” Contreras said. “The Girls of Duval Street will be performing while guests enjoy a special themed prix-fixe menu.”

The lounge’s dinner menu varies from its lunch menu, though its popular salads are available.

“We also have a great buffalo chicken soup served in a puff pastry,” he said. “Our most popular dinner item is just about a tie between our sea scallops plate and grilled hanger steak.”

Also popular with customers is the lounge’s homemade potato chips and its homemade ketchup.

This is Contreras’ first restaurant/bar venture.

“I love it,” he said, in the midst of orchestrating deliveries and having menu discussions with Chef Jennifer. “It’s the nature of the beast, a lot of long hours and for a while no days off. But I’m loving it.”

Contreras and Bandita said the support and appreciation they’ve received from the locals and visitors has made their hard work worthwhile.

For more info visit www.shamelesslounge.com.

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DATES

Sept. 9-12
• Islamorada Invitational Fall Fly Tournament.

Friday, Sept. 12
• Womankind is offering HPV and flu vaccinations from 1-4 p.m. at their location on Roosevelt Blvd.
• Take Stock in Children applications are due at Monroe County middle and high schools.

Saturday, Sept. 13
• Quit smoking program from 10 a.m. to noon in Tavernier.
• MCSO and KWPD softball tournament at 9 a.m. at field on Kennedy to benefit MARC House, Key West.
• Fifth annual Key Largo Lionfish Derby.

Sunday, Sept. 14
• "Godspell" at 7 p.m. at Marathon Community Park amphitheater.

Tuesday, Sept. 16
• Flag football for kids ages 4 to 7 begins at Marathon Community Park.

Sept. 17-18
72 hour film challenge at 8 p.m. at Tropic Cinema.

Sept. 18-21
• Phil Peterson's annual Key West Poker Run.
• Marathon International Bonefish Tournament with registration on Thursday, Sept. 18 at Key Colony Inn.

Sept. 20-21
The 4th Annual Key West Musicians Festival, is from 2-9 p.m. at the Smokin' Tuna Saloon, Key West.

Sept. 21-27
Revival Fire Fall featuring a variety of churches, speakers and musicians from 6 to 9 p.m. daily at Marathon Community Park.

Tuesday, Sept. 30
Lower Keys League of Women Voters meeting at New York Pasta Garden, Key West.

Sunday, Oct. 5
Celebration of St. Francis' Day includes a blessing of the pets at 3 p.m. at St. Columba Church, Marathon.

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Marathon Community Park
every night from 6 p.m. - 9 p.m.

This Event is being held to Unite all of the Churches of the Florida Keys for a week of Music, Praise, Worship and Inspiration!

Schedule of Events:

Saturday, September 20th
Prayer Breakfast - 9 a.m.
Prayer Walker's Scripture
John 17:20-21
Marathon Community United Methodist Church
3010 Overseas Highway * Marathon

Remaining Events Take Place at the Marathon Community Park every evening from 6 - 9 p.m.

Sunday, September 21st - Music Concert featuring:
James McDuffie, Christina Robinson, Kristin Davis, Linda Johnson, Chloe, New Beginnings Choir and Voices of Praise Choir

Monday & Tuesday, September 22nd - 23rd
Pastor Billy Strange of Mt. Calvary Missionary Baptist Church

Wednesday, September 24th
Evangelists Charlie Watts and Joel Adjiel

Thursday, September 25th
Pastor Anthony Reed and Lord of the Seas Lutheran Church

Friday, September 26th
Pastor Anthony Reed and Martin Memorial AME Church Praise Team

Saturday, September 27th
Pastor Dustin Sedlak of Kirk of the Keys and the churches of Marathon

For more information, please call Pastor Larry White at 786-554-1285.



James McDuffie
SUNDAY, 21st

KWHHS STUDENT OF THE WEEK

Faculty and students at Key West High School chose a Weekly Student by selecting candidates with good character, achievements and involvement. These students stand out amongst their peers and are recognized by the Key West Weekly.

KRZYSZTOF BUJACK Senior



What organizations and activities are you involved with at KWHHS and why are they important to you?

I am involved with the National Honor Society, Jazz Band, the swim team and tennis team. Through these activities I learned the most important aspects of my life, discipline and humility.

Who has been your biggest inspiration at KWHHS and why?

My biggest inspiration at KWHHS has been Marcus Brisson. We came into the big and scary world of high school together and he has taught me an incredible amount since that first day. He encouraged me to swim faster, to be a more devoted man of God and to be a much better person in general.

What class do you think has best prepared you for life after high school and why?

Pre-calculus with Mr. Whaley was probably the best decision I made in

terms of being prepared for life after high school. He taught me fundamentals of money and how to succeed in college.

How is today's world different than the one your parents or guardians grew up in?

First of all there was no internet. Being as useful as it is, I guarantee no one in this generation could fathom how hard doing a basic project would be without it. Second there were no cell phones so if you didn't get the homework assignments you were out of luck.

What advice would you give to a freshman entering high school?

Do not think it is safe to slack off your first year. In fact, freshman year is the year that will have the easiest classes so do your best in them. Also, find a group of friends that will be a positive impact to you.

What movie character do you most identify with or would most like to be?

I feel like I most identify with Kristoff from Frozen; that character really calls to me.

What are the biggest challenges facing the future of Key West? What would you do to meet these challenges?

I feel the main issue is the homeless problem. We seem to brush them off as parts of the background and give them no aid. I am not an expert in politics but some sort of housing solution should be followed through with.

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Atmospheric Water Generator creates fresh, clean and pure drinking water

By Andrew Printer

The snowbirds are coming! And by that I don't mean northerners heading to Key West for the winter. What I mean instead are kettles of hawks and white pelican formations that will soon be flying overhead.

The great migration begins later this month but Key West might be the end of the road for many younger birds unfamiliar with their seasonal flight. Some will be too exhausted and unable to begin the next leg of their journey, the 90-mile sea crossing to Cuba. Birds already fatigued from their flight from the Carolinas will land somewhere in Key West and never get up. But this need not be the case, especially if the community is vigilant.

That's a message the Key West Wildlife Center is keen to get out. Thomas Sweets, the Center's executive director explained how locals and visitors can help.

"The pelicans will come later

Key West Wildlife Center



Thomas Sweets Executive Director

The main thing we do is provide all wildlife rescues, rehabilitations and releases from mile marker 0-15, 24 hours a day, seven days a week.

— Thomas Sweets

us instead and we'll send a volunteer."

The Key West Wildlife Center is a wonderfully bucolic space near White Street pier. It's tucked behind a parking lot, and by "it" I mean a Swiss Family Robinson tree house clinic beyond which is a set of structures built for birds on the mend and those few creatures that are unable to be returned to the wild. There's a small but tranquil nature preserve surrounding the facility, a freshwater pond and a pathway running through the property that leads to a set of decks designed for events and visitors to sit and find some shade.

I visited the Wildlife Center twice and saw for myself how essential and how busy the non-profit is. On the first day, both Sweets and Peggy Coontz the Center's Animal Care Director were overwhelmed with animal rescues. They clearly didn't have a moment to spare. I returned the following day, which was thankfully calmer. I asked Sweets what the Wildlife Center does and what a typical day involved.

"The main thing we do is provide all wildlife rescues, rehabilitations and releases from mile marker 0-15, 24 hours a day, seven days a week. Yesterday, for example, we rescued a Double-crested Cormorant with a fishing hook embedded in its mouth, an Oven Bird that struck a window at the Montessori school, and a Red-bellied Woodpecker fledgling that was almost struck by a vehicle. When we have mornings like this, it can make our afternoons quite hectic and unpredictable trying to catch



The Peregrine falcon can reach speeds up to 200 mph during its 'hunting swoop.'

in the season and will gravitate to local docks and piers but the hawks will come first and we need the community to be on the look out. Pay attention to curbs and foliage in your neighborhood. If you notice a bird stopped in the same spot for over an hour it's probably dehydrated."

Sweets stresses that people shouldn't try to take care of the hawks themselves, no matter how harmless and tired they appear. "Their claws can puncture human skin to the bone, even when they are weak. Call

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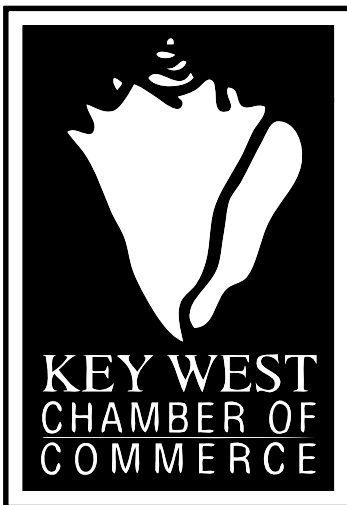
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Volunteer Liza McCain



up on aviary chores.”

And there are plenty of aviary chores that need to be done, plus office work and educational programs and meeting and greeting visitors who visit the center. The place is a hive of activity, yet it is a surprisingly relaxing place to be.

According to Sweets the Wildlife Center is several years into a multi-year plan designed to put the organization on a surer path than ever before. Fundraising is happening and the facilities are being expanded. The mission of the center has also been re-worked. Once upon a time the center housed more birds than it does today. The motto they live by now, however, is “quality of life.” Sick and injured animals will continue to be rescued and rehabilitated — including the islands protected feral chickens — but unless survival is unlikely every bird that comes their way will be released back into the wild.

Visit the Key West Wildlife Center or its website to check out its wish list of supplies. And look out for those weary hawks!



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On Friday, the **Pirate Radio Morning Show** takes a field trip to **Two Friends Patio Restaurant** from 8am to 11am. Catch **Jack & Becca** and special guests, including local musicians and all the movers and shakers. **Two Friends** has the best **bloody mary** and **breakfast on the island** since 1967!

Then catch **Rev Ryno** weekdays from 2pm to 7pm; more music than anyone else on the island. Tune in, rock out and laugh your socks off. Then, it's **Breakfast with the Beatles** Saturdays from 8am to 10am.

Start your Sunday right with the **Acoustic Storm** from 7am to 12 noon, featuring cool acoustic tracks all morning.

After sunset, be sure to tune in to **Ian Shaw's Indie & Unsigned** @ 7pm, which showcases the best indie music from around the globe.

Followed by **Little Steven's Underground Garage** from 8pm to 10pm.

Wrap it all up with **Carmen Algood** and the **Indie Music Wave** from 10pm to 11pm.



COMMUNITY NEWS

Poker Run bikers to travel Florida Keys' Overseas Highway Sept. 18-21

Motorcyclists from throughout the United States are to travel one of America's most scenic highways to raise money for charity during the 42nd annual Phil Peterson's Key West Poker Run, set for Thursday through Sunday, Sept. 18-21.

Riders on up to 10,000 bikes are expected to traverse the Overseas Highway (U.S. Highway 1), the 113-mile roadway from mainland Florida to Key West that features 42 bridges and long vistas of breathtaking open water.

Beginning Sept. 1 bikers can register at Peterson's Harley-Davidson of Miami, 19400 N.W. 2nd Ave., and Peterson's Harley-Davidson South, 19825 S. Dixie Highway. Online registration is accepted before that date at www.petersonsharley.com. Upon registering, each participant receives a poker sheet and weekend parking band. Drivers of cars and trucks also can participate in the run.

Bikers who want to explore the Florida Keys prior to the main event can participate in parties and adventure tours around the island chain beginning Monday, Sept. 15.

Starting at 8 a.m. Thursday, Sept. 18, Poker Run participants are to ride the Overseas Highway from Miami to Key West, stopping at designated points to draw cards. Entrants who draw the 10 best poker hands are eligible to play in a winner-take-all round of Texas

Hold 'Em, competing for a new Harley-Davidson 500 Street motorcycle or \$6,000 cash. The high-stakes round is set for 11 p.m. Saturday at the World of Beer, 511 Greene St.

A section of lower Duval and Greene streets is to be closed to car traffic and open only to motorcycles and pedestrians during much of the Poker Run, so bikers with weekend parking passes can park on the street to display their bikes. Other attractions include a Thursday night "Upper Duval Crawl" and bar stroll, bike merchandise market, "Biker Bash" and street party, custom bike show, tattoo contest, blessing of the bikes and parties at Key West resorts and watering holes.

The Poker Run is a fundraiser for the Diabetes Research Institute and charities of the Key West Sunrise Rotary Club. Events conclude Sunday, Sept. 21, with a waterfront brunch at the Conch Republic Seafood Company, 631 Greene St. in Key West's Historic Seaport.

Bikers will draw cards at designated stopping points.



Neugent tosses first pitch at Marlins game

Monroe County Commissioner George Neugent threw the ceremonial first pitch during Saturday night's game between the Miami Marlins and Atlanta Braves. Also in attendance were a few prodigies from Key West including Nevaeh Arnold, left, Alexandra Rodriguez, Caroline Smith and Montunique Van Staden.

According to Key West city attorney Shawn Smith, the commissioner fired a rocket "right down the middle of the plate."

"I'm probably mistaken, but I thought he tried to make his way into the bullpen to warm up late in the game in case the team needed any relief help," Smith added.

BRIEFLY

Film challenge showcases short films made in short time period

The community is invited to two special screenings of the short films created during the 72-Hour Film Challenge at the Tropic Cinema. Key West filmmaking teams had 72 hours to write, shoot, edit, and score a complete short film seven minutes or less in length. Those films are ready to be shown to the public for two nights only: Wednesday and Thursday, Sept. 17-18 at 8 p.m. at the cinema on Eaton Street. Tickets are on sale now at tropiccinema.com/main.html or by calling 877-761-FILM.

National Key Deer Refuge beach cleanup

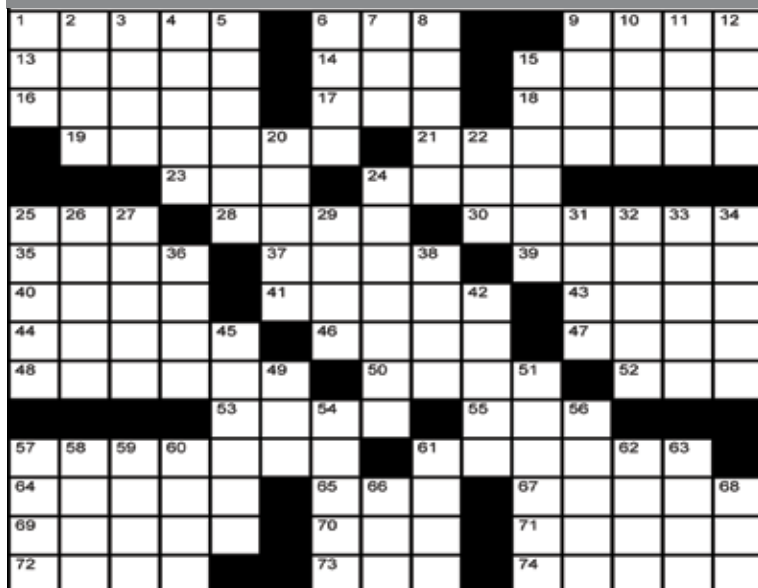
Saturday, Sept. 20, is International Coastal Cleanup Day. In honor, the National Key Deer Refuge is hosting a beach cleanup at Long Beach on Big Pine Key from 9 a.m. to noon. The organization invites volunteers to help clean this magnificent public beach area.

The Refuge will supply gloves and trash bags, and have water available. Please bring your own refillable water bottle and appropriate clothes.

This is also an official geocache "cache in-trash out" (CITO) event. Information will be available about geocaching as a hobby, and have examples of geocaches, trackable coins and new Refuge path tags to share. Geocachers will meet on Long Beach Road near the Refuge gate (approximately a half mile south of U.S. 1, on left side) at 9 a.m.

For more information call Kristie Killam @ 305-304-9625 or email kristie_killam@fws.gov

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ACROSS

1. PayPal money
6. "La" precursor
9. Japanese restaurant staple
13. Spasm of pain
14. Romanian money
15. Where one reaction is oxidation and reverse is reduction
16. Portend a good or bad outcome
17. Ash container
18. Anoint
19. *Clyde's crime partner
21. Ubiquitous protein
23. "Do it to create a tunnel like John Henry"
24. Discarded cards in cribbage
25. Diminish
28. Jessica of "Dark Angel"
30. Last in octad
35. "Frog and ____ Are Friends"
37. Used to row
39. "And Then ____ Were None"
40. *Paul Bunyan did it to his axe?
41. Double-reed instruments
43. Enthusiasm
44. Montezuma, e.g.
46. Eurozone money
47. Arabic for commander
48. Nervous system component
50. First king of Israelites
52. *Br'er Rabbit is more this than Br'er Fox
53. Sommelier's domain
55. Additionally
57. Drag one's feet
61. *Halloween prowlers
64. Collectible in a cabinet
65. Court
67. Brownish gray
69. Resembling wings
70. "To ____ is human ..."
71. Encourage
72. *Br'er rabbit fought with a sticky one of these
73. Levi's competitor
74. What the defense does?

DOWN

1. Pilot's announcement, acr.
2. Fish of the carp family
3. Mythological ship
4. "The hills are alive with the ____ of music..."
5. Lifting injury
6. Swerve
7. "____ the land of the free ..."
8. ____ eclipse
9. Waiter's handout
10. Footnote word
11. Musical composition for one, pl.
12. Friends of #29 Down
15. *Br'er trickster
20. Icy hut
22. Rest in state
24. Paint the town red
25. *Revolutionary Allen
26. Drunkard's downfall
27. African language
29. *Blue Ox
31. Clarified butter
32. Steers
33. Hiker's path
34. *Steel-driving man
36. Hunted ruminant
38. Evening in Italy
42. *Where "Uncle Remus" tales took place
45. *Pecos Bill, e.g.
49. Goose egg
51. Plunderer
54. Handrail post
56. "August: ____ County"
57. Healing sign
58. Maui dance
59. Kuwaiti, e.g.
60. Boggy
61. *Blood's partner in Halloween tales
62. Yanks
63. Dalmatian mark
66. Bonanza find
68. Lt.'s inferior, in the Navy

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LEGAL NOTICES

IN THE CIRCUIT COURT OF THE SIXTEENTH JUDICIAL CIRCUIT IN AND FOR MONROE COUNTY, FLORIDA CIVIL ACTION

CASE NO. 2009-CA-001091-P

NOTICE OF FORECLOSURE SALE

Notice is hereby given that the undersigned, AMY HEAVILIN, Clerk of the Circuit Court of Monroe County, Florida, will, on the 2ND DAY OF OCTOBER, 2014 AT 11:00AM on THE FRONT STEPS OF THE MONROE COUNTY COURTHOUSE, 500 WHITEHEAD STREET in the city of KEY WEST, Florida, offer for sale and sell at public outcry to the highest and best bidder for CASH the following described property situated in Monroe County, Florida to wit:

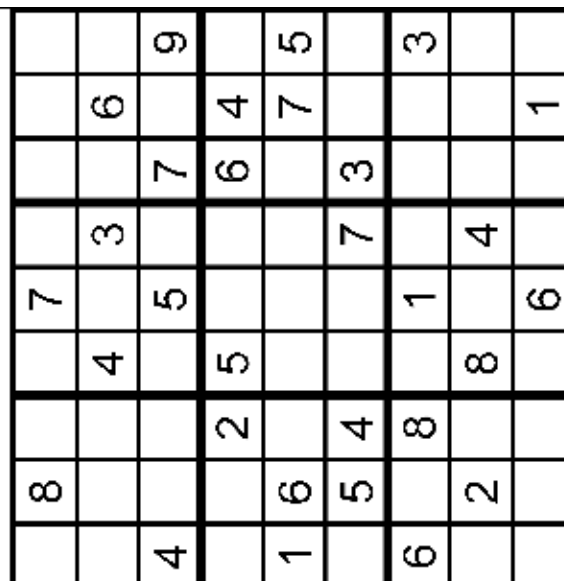
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LEGAL NOTICES

UNIT NO. G-104, PLANTATION VILLAS I, A CONDOMINIUM, ACCORDING TO THE DECLARATION OF CONDOMINIUM THEREOF, AS RECORDED IN OFFICIAL RECORDS BOOK 618, PAGE 305, OF THE PUBLIC RECORDS OF MONROE COUNTY, FLORIDA.

40 HIGH PT RD G-104, TAVERNIER, FL 33070

Pursuant to the FINAL SUMMARY JUDGMENT entered in a case in said Court, the style of which is:

WELLS FARGO BANK, N.A.,

Plaintiff,

vs.

GEORGE GARGIULO; MARY GARGIULO; PLANTATION VILLAS CONDOMINIUM ASSOC.; UNKNOWN TENANTS,

Defendant(s).

And the Docket Number of which is Number 09-CA-001091-P WITNESS my hand and the Official Seal of Said Court, this 3RD day of SEPTEMBER, 2014.

AMY HEAVILIN
Clerk of Circuit Court
Monroe County,
Florida
By: Laura Vorhes
Deputy Clerk

Florida Statute 45.013: Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the Lis Pendens must file a claim within 60 days after the sale.

Albertelli Law
Attorney for Plaintiff
P.O. Box 23028
Tampa, FL 33623
(813) 221-4743
(813) 221-9171 facsimile
eService: servealaw@albertellilaw.com
14-150181

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the

LEGAL NOTICES

Monroe County ADA Coordinator at 502 Whitehead Street, Key West, FL 33040, telephone number (305) 292-3423, at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days: if you are hearing or voice impaired, call 711. To file response please contact Monroe County Clerk of Court, 500 Whitehead Street, Key West, FL 33040, Tel: (305) 292-3540; Fax: (305) 295-3970.

Publish: September 12 and September 19, 2014

The Weekly Newspapers

FICTITIOUS NAME

NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of **DEE'S POLISHED STONE** located at **11400 OVERSEAS HIGHWAY, SUITE 105** in the county of **MONROE**, in the city of **MARATHON, FLORIDA 33050**, intends to register the said name with the Division of Corporations of the Florida Department of State, Tallahassee, Florida.

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SEEN AROUND TOWN



1



2

Plastic surgery institute celebrates

Forty-plus of the best doctors, families and health professionals turned out to the grand re-opening of Key West Institute for Plastic Surgery on Sept 4. There were hors d'oeuvres, drinks and hundreds of dollars of prizes for surgeries auctioned off.

—Alex Press



3

Photos by ALEX PRESS/Keys Weekly

1. Kelly Sullivan, dentist Dr. Kendall Jones of Paradise Dental Care and Irina Rose attend the celebration.

2. Dr. Robert Cantana, his wife Elizabeth and Phyllis Stout talk joint pain and orthopedic surgery.

3. Larry Baeder and Bubba Low Notes provide blues and jazz vibe.

4. Dr. Scott Loessin cuts the ribbon to his clinic next to wife Caroline and parents Jim and Kristine.

5. Jerry Dean, Melissa Harris and Heather Rallias all work with cardiologist Dr. Michael McIvor at Lower Keys Medical Center.

6. Janis Stevens, Key West Historian Tom Hambright and Kecia Eleby mingle during the event.

7. Teresa Faber, Dr. Stephen and Marilyn Oppenheimer congratulate Jim and Kristine Loessin on their son's practice.

8. The Loessin family, Caroline, Ella, 2, Julyana, 4, and Scott are excited for the new year at the practice.

9. Womankind Executive Director Kim Romano and Bill Saunders enjoy wine and food from Great Events Catering.

10. Kelsey Bartels of Key West Health and Rehabilitation talks injury prevention with Michelle Gibson of Key West Orthopedics.

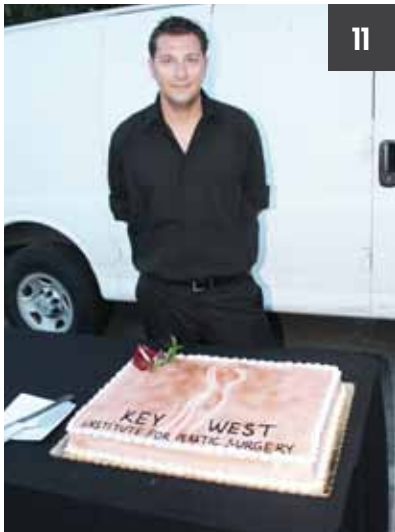
11. Uygar Baykara of Great Events



4



5



Catering has the cake.

12. Mac and Raquel McCarthy of Stayfit Studio Key West converse with Clinic of Alternative Medicine owner Ashley Hoyt.

13. Kelly Sullivan, Jenny Hornby, Claudia Wilson, Bob Cardenas and Franca Savi wait in line together for some cheer.



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Sept. 12 WWW.KEYSWEEKLY.COM

Swimmers in the inaugural Alligator Reef Lighthouse Swim round the half-way point in 2013, about four miles off Islamorada. The 8-mile Atlantic Ocean course off the Florida Keys has participants swimming to Alligator Reef Lighthouse and back next weekend on Saturday, Sept. 20. Already, more than 300 swimmers have signed up for the event that starts at The Moorings in Islamorada. See story on page 13. Photo by ANDY NEWMAN/Florida Keys News Bureau



JANET WOOD

FOR VILLAGE COUNCIL, SEAT 4

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Best Place to Have a Wedding: Hawks Cay
Best Elected Official: John Dick
Best Neighborhood: Key Colony Beach
Best Tourist Attraction: 7 Mile Bridge
Best Local Celebrity: John Bartus,
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The Businesses

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The Food

Sweet Savannahs :**Best Key Lime Pie**
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Cleanse your body at Fresh Press Café!

(But, regretfully, not your sins)

By Jen Friel

You see that person in the mirror who started the summer with a six pack, and by their 10th trip to the sandbar ended up with a keg? You regularly took Fernando's classes at Froggy's, yet somehow after all the beer was said and done, your healthy physique has become as memorable as a night at the Hog.

Fresh Press Café located in Casa Mar Village in Tavernier now offers three different type of juice cleanses, in addition to their awesome food and smoothies. The "Detox Cleanse" is a one-day juice cleanse consisting of six different type of juices: Go juice (consisting of parsley, grapefruit, lemon, ginger, and apple), Glow (yams, green apple, celery, ginger, and cinnamon), Flow (beet, grapefruit, celery, parsley, ginger, trace minerals), Yogi Tea (house-made spice and herbal tea), Sweet Green (cucumber, apple,



JEN FRIEL/Keys Weekly

The juices all have clever names such as 'You Glow Girl' and 'Green Goodness.'

spinach, kale, raw local stevia, lemon, ginger, pink Himalayan sea salt) and Skinny Lemonade.

The Fresh Press "Grab and Glow" package allows you to grab any four juices of your choosing and Skinny Lemonade, and Yogi tea. Finally, their third option is the "Stay Young Forever Cleanse" which consists

of Green Goodness (cucumber, apple, celery, spinach, kale), You Glow Girl (carrot, pineapple, apple, ginger) Glow, Fountain of Youth (cucumber, celery, spinach, kale, lemon, e3 live), Skinny Lemonade, and Yogi Tea.

Their most popular juice is the Green Goodness, and my personal favorite is a smoothie

called The Guru (coconut water, apple juice, goji berry, banana, blueberry, raw cacao, green super food, protein powder, e3 live, raw local honey), that boasts a total of 19 grams of protein.

If non-drinkable food is more your fare, try their Cheesy egg-wich served until 11 a.m. It is

scrambled organic local eggs with mozzarella cheese on a toasted wheat croissant, and garnished with a salad.

You honestly can't go wrong with your order at Fresh Press. Next time you're in Tavernier grab a juice or snack and enjoy the canal view (and hopefully a smaller waist line).

Athletes to swim from Islamorada to Alligator Lighthouse

Contributed

Swimmers can test their endurance while focusing attention on preserving six aging offshore Keys lighthouses Saturday, Sept. 20, during the second annual 8-mile Swim for Alligator Light.

The Atlantic Ocean challenge was started by Florida Keys artist Larry Herlth, familiar to Keys locals as "Lighthouse Larry" for his detailed, scale-model metal reproductions of Keys lighthouses. When he was 52 years old, he completed the roundtrip open-water swim to Alligator Reef Lighthouse in five hours and 11 minutes, and afterward forged the idea of a competitive group swim to promote awareness.

"We need to bring the attention to a national treasure,"



Swimmers set out from The Moorings to Alligator Reef Lighthouse. They swim individually, or on teams, accompanied by a support boat or kayak.

ANDY NEWMAN/Florida Keys News Bureau

Herlth said of the iconic lighthouses. "These structures need to be saved."

The large beacons were fabricated in the 1800s, including three built before the Civil War, to warn ships away from the Florida Keys reef tract. Modern Global Positioning System navigation has replaced the need for lighthouses in the Keys and, with the exception of their navigation lights, they no longer are maintained.

Swimmers can enter the 8-mile roundtrip event solo or as two- or four-person teams. Individuals must show prior proof of completing a 1,650-meter or 1-mile swim in 35 minutes or less to compete as a solo swimmer.

Entrants have up to seven

hours to complete the course, which features an in-water start and a beach finish, ending shore-side at The Moorings resort at 123 Beach Road oceanside in Islamorada.

Awards are to be given to the top three male and female finishers overall.

Registration and check-in is set for 4-8 p.m. Friday, Sept. 19, at the Founders Park swimming pool, located at mile marker 87 bayside.

Entry fees are \$95 per individual swimmer, \$75 per person for members of a two-person team and \$50 per person for members of a four-person team. Admission for spectators is free. Swimmers can register at www.swimalligatorlight.com or at www.active.com.

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