

Come and visit Tradewinds Plaza Shops at MM 101.4 Oceanside, Key Largo!
At the Publix Traffic Light



Key Largo's Best
Ice Cream Shoppe & Coffee Bar

10 % OFF

ANY PURCHASE OVER \$5.00
NOT VALID IN CONJUNCTION WITH OTHER SPECIALS OR OFFERS

33+ ICE CREAM & ITALIAN ICE FLAVORS
SUNDAES & BANANA SPLITS
MALTS - FLOATS - SHAKES
SMOOTHIES - FREEZES

Breakfast & Lunch Menu

CAPPUCCINOS & LATTES
ITALIAN & CUBAN ESPRESSO
ICED & BLENDED COFFEES
COFFEE FREEZES

101431 Overseas Highway Mile
Marker 101.4 in Key Largo
Publix Shopping Center
305-451-3334
Open 7 days



Tradewinds Liquors

WINE & SPIRITS
—Weekly Specials—
10% Off Case Orders of Wine
or Champagne - Mix or Match

451-5958
Open 7 Days 9-9 • Fri & Sat 'til 10
Conveniently located next to Publix
Visit our sister store in Islamorada: **Martinis** MM 81.6 Bayside



Professional Nail Care for Ladies & Gentlemen

T & T Nails
In Key Largo, FL

The Ultimate Experience
for Hands and Feet

305-453-5060

Acrylic Nails • UV Gel Nails • Pink White • Aqua Nails
Curve Nails • Manicure • Waxing • Spa Pedicure

HOURS: Mon-Sat 9:30am-7pm • Closed Sunday • Hours Subject to Change
By Appointment • Walk-Ins Welcome • Tradewinds Plaza



Florida Keys Jewelry

GALATEA
Diamonds in a Pearl

14k Mother of Pearl
Flip Flop Pendant
\$69.95



453-0177
Key Largo, Publix Plaza MM 101.4
Serving the Florida Keys Since 1990

Wear With All Boutique

For women who like to be comfortably fashionable while working, running errands or out on a "hot date".
We only sell cute clothes.

Over 200 pairs of the best jean brands to choose from, as well as unique tops, bottoms, dresses, shoes & accessories.



In the Publix Tradewinds Plaza on 2nd floor above Payless Shoes
Open Tues - Fri 10-6 & Sat 10-4 **305-453-0889**

All Sports Depot

BUY ONE PAIR & GET THE SECOND HALF OFF
ON SELECTED ATHLETIC SHOES.

NAUTICA BOAT SHOES \$49.99
TIMBERLAND \$69.99
REEBOK \$34.99-\$59.99
US POLO \$29.99
FILA \$39.99-\$52.99

PUBLIX PLAZA NEXT TO RADIO SHACK







TEL 305 453-3554

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Stimulating Your creative side!

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From Macrame & Notions to Beading & Bamboo Yarn
We have it ALL!
And if we don't we will get it for YOU!

Bring in this ad and receive \$5.00 off your purchase of \$20.00 or more.
Let 123139-01 display on your card to receive supplies.
101425 O'S Hwy • 305-451-5487
Store Hours: Mon-Sat 10am-6pm, Sun 10am-5pm

Don't forget to visit our sister store
The UPS Store
www.upsstore.com
One stop shopping for all your shipping, supply & office needs!



First State Bank Testimonial



"When I'm chained to my desk, First State Bank is there to help!"

Sue Beal, owner/operator of Island Information Services, doesn't like to leave her one-woman business to go to the bank. Says Sue, "When I heard about the business courier service that First State Bank of the Florida Keys offers, I switched. I no longer have to sneak out to the bank, hoping my clients won't notice I'm gone. I save time and gas by not having to run to the bank before business hours. No time wasted waiting in line at the drive-through either... what a great service! And it's greener - Ken's (pictured above with Sue Beal) efficient courier 'loop' saves everyone else a drive to the bank."

WHERE THE LOCALS, THEIR FRIENDS AND FAMILY
STAY FOR A GREAT VACATION

Get keyed up and conched out



Key Largo, FL, 305-451-0705

Suncove04@aol.com

Kayak ~ Canoe ~ Fish ~ Snorkel ~ Beach ~ Ramp ~ Dock
Pet Friendly

Adjacent to GREAT Restaurants: Bayside Grille and Café Largo,
Mrs. Mac's Kitchen, D.J.'s Diner and The Key Largo Park and Pool

Focus on the Good Raise Your Vibrations

Everything in the universe is made of energy. What differentiates one form of energy from another is the speed at which it vibrates. For example, light vibrates at a very high frequency, and something like a rock vibrates at a lower frequency but a frequency nonetheless. Human beings also vibrate at different frequencies. Our thoughts and feelings can determine the frequency at which we vibrate, and our vibration goes out into the world and attracts to us energy moving at a similar frequency. This is one of the ways that we create our own reality, which is why we can cause a positive shift in our lives by raising our vibration.

We all know someone we think of as vibrant. Vibrant literally means "vibrating very rapidly." The people who strike us as vibrant are vibrating at a high frequency, and they can inspire us as we work to raise our vibration. On the other hand, we all know people that are very negative or cynical. These people are vibrating at a lower frequency. They can also be an inspiration because they can show us where we don't want to be vibrating and why. To discover

where you are in terms of vibrancy, consider where you fall on a scale between the most pessimistic person you know and the most vibrant. This is not in order to pass judgment, but rather it is important to know where you are as you begin working to raise your frequency so that you can notice and appreciate your progress.

There are many ways to raise your vibration, from working with affirmations to visualizing enlightened entities during meditation. One of the most practical ways to raise your vibration is to consciously choose where you focus your attention. To understand how powerful this is, take five minutes to describe something you love unreservedly—a person, a movie, an experience. When your five minutes are up, you will noticeably feel more positive and even lighter. If you want to keep raising your vibration, you might want to commit to spending five minutes every day focusing on the good in your life. As you do this, you will train yourself to be more awake and alive. Over time, you will experience a permanent shift in your vibrancy.

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Steve Venini

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patio, making conversation possible while listening.

I don't think I'm going out on a limb when I claim that his original stuff is as good as any I've heard. Heart is the word that comes to mind.

Along with his musical talent, Steve is a champion marlin angler and a serious fly fisherman. He is also a captain and takes parties out to the flats. Check out his web site at www.bonechance.com. He's been living in Key Largo since

1980, and he loves the community of musicians and the music scene here.

Take some time off next Saturday afternoon and stop by Marleys (MM107 Bayside). Steve plays from 2 to 6, and you never know who'll show up to jam with him. Singer-songwriters like him don't come by often. It's a comfortable venue to relax, put your feet in the sand and enjoy the aroma of the barbecue cooking.