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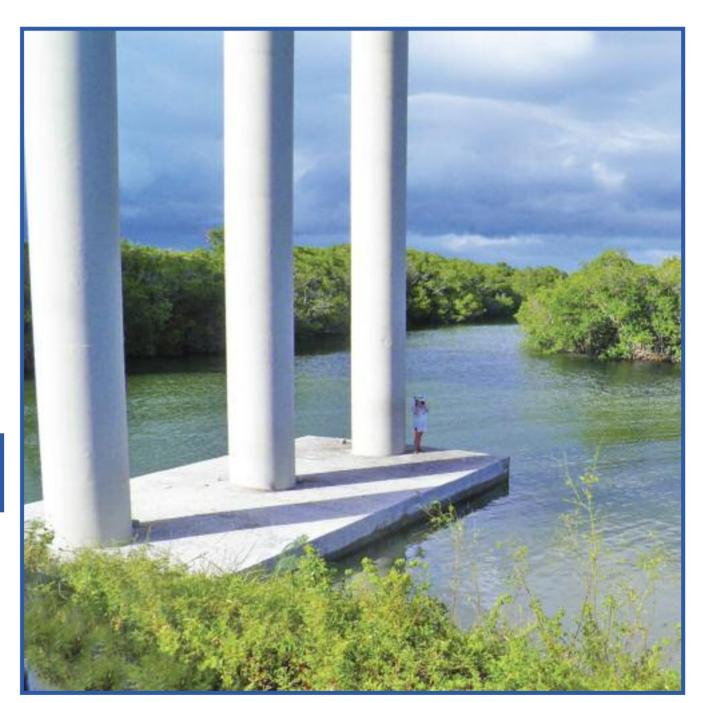
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All the Buzz

Putting Yourself First, Daily Self-Care A Natural Cure for Cancer? Coconut Funnies



As a storm rolls in off the ocean the woman with the binoculars is dwarfed in comparison to the Jewfish Creek Bridge.



Coconut Telegraph

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Deadline

for the Coconut Telegraph's December issue is Wednesday November 23, 2011

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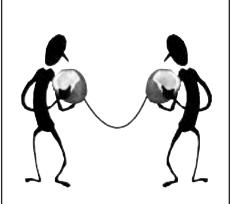
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Editorial: What are you Breathing?

(Not for the Squeamish)

Take a deep breath and think about this for a moment. What is in the air we breathe? If you have a pet you are breathing fur and dander. And if it's a cat, when you change the litter box the dust that floats into the air contains urine and fecal matter. Yuck!

Tiny microscopic bugs such as dust mites and termite's wings are also in the air. And of course, mold spores. What the air conditioning filter doesn't catch winds up in your lungs.

As you probably know, the Upper Keys are in the process of converting to a sewer system to improve the quality of our ocean water, but in the interim the air is being saturated with coral dust from the digging. At my old house I buried my dog next to a tree. I didn't realize it was in an easement. The little dog isn't there anymore, dug up

for the new sewer pipe. Take a deep breath of Maltese. Eww!

Can you think of other things you may be

There are two antidotes to this air pollution problem. One, you can spend a fortune on an air purifier, changing filters often; Or two, get some inexpensive Enchanted Sea Crystals.

When placed in a warm sunny window or in a dish with a candle Enchanted Sea Crystals not only look pretty and smell nice but they emit negative ions that clean the air. The ions actually latch onto the pollutants, grounding them before they can enter your lungs. You'll find you will be dusting and vacuuming more often but that dirt won't be going into your lungs. No room in your home, car or boat should be without it.

After you implement a solution for cleaner air think about our aguifer and your tap water. How far does that water travel? What chemicals are they using to clean it this week? The fastest, easiest, most convenient solution is to have bottled water delivered right to your door. Eliminate buying expensive cases of individual water bottles and call our locally owned and operated friends at McCullough Premium Water. They can set you up with a home water cooler to give you peace-of-mind when quenching your thirst. For cleaner water and cleaner air call McCullough Premium Water at 305-451-1196, and visit any of the fine outlets listed in this newspaper and get some Enchanted Sea Crystals.

local interest to be used and/or edited at the discretion of the publisher. The Coconut schedule.

Enchanted Sea Crystals Clean Air You Breath



If you have ever experienced the air at a waterfall, on a mountain top, at the seashore, or after a thunderstorm - then you have experienced the results of Negative Ions and you know how the air smells fresher and how much easier it is for you to breathe.

Negative Ions are displaced electrons in the air, formed when an energy source acts on a molecule of oxygen, carbon dioxide, water or nitrogen. They are short-lived and highly reactive particles that attach and neutralize microscopic particles floating

in the air, like mold, pollen, dust allergens, pet dander, odors, cigarette smoke and chemicals.

Enchanted Sea Crystals are also natural Negative Ion generators. Salt is naturally hygroscopic, which means, it naturally attracts moisture. The interaction of humid air with the surface of a salt crystal releases Negative Ions. Many medical studies in Europe have shown such health benefits provide relief from hay fever, asthma and allergy relief, improvement with sinus related illnesses, migraines and Continued on page 20...

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Oscar Winner Jon Landau Named Grand Marshal of Key Largo Holiday Boat Parade, Dec. 10

Oscar Winner Jon Landau, Producer of Avatar and Titanic will be the Grand Marshal of this year's Key Largo Boat Parade held on December 10.

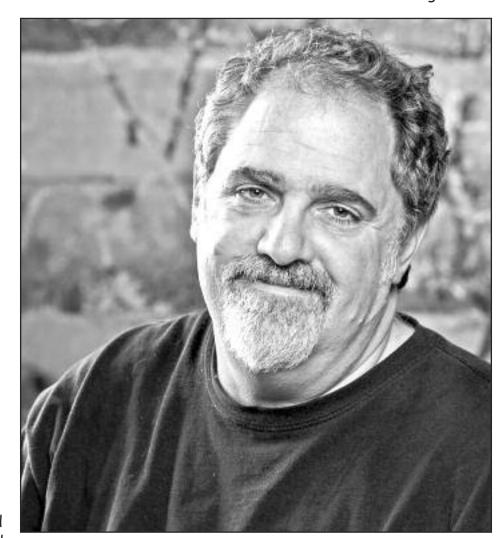
Participants and attendees of this year's Key Largo Boat Parade will have the opportunity of meeting Jon Landau 'the man behind the scenes' producer of the two highest grossing films of all time, Avatar and Titanic. This year's theme is 'Imagination' which seems particularly appropriate to Landau who is quoted as saying "Whatever your fields are, go out and dream, and remember though — when you dream, it's a leap of faith. When you innovate, it's a leap of faith. Whenever a leap of faith is involved, failure has to be an option but fear cannot be.

Jon was born in New York City, New York, the son of Edie, a producer, and Ely A. Landau, a studio executive and producer. In 2009, Landau and James Cameron produced the science fiction blockbuster, Avatar, which has since become the highest-grossing film of all time, surpassing Titanic, which had previously

held that position. Avatar earned Landau his second Academy Award nomination, which he lost to producers of The Hurt Locker.

awards party after the parade Under 25' and Best Boat Over at Sundowners Restaurant. MM 104, at 10 p.m.

Entry to the Parade is free and boats are encouraged to



Audience and participants will have the opportunity of meeting Jon together with Don Noe, and local celebrities Captain Skip Bradeen and Captain Spencer Slate, at the

register early. There is \$1500 in cash and awards for Best in Parade. Best Use of Theme.

Colorful, Most Original, Best Business, Best Boat

25'. All entries receive a fabulous ditty bag and win great raffle prizes at the Captains Party on Friday evening the 9th. In addition every entry except the overall winner will qualify for a \$500 cash drawing. The winner will be picked at random at the awards party after the parade.

The Boat Parade will begin at 7:30 p.m. on Saturday, December 10th. Boats will line up at Dusenbury Creek and travel north along the shoreline to the westernmost point of Stillwright Point then turn and head back south to Sundowners for the awards at 10pm. The best viewing locations along Blackwater Sound are the Caribbean Club, mile marker 104.5. Jimmy Johnson's Big Chill, Senor Frijoles and Sundowners Restaurant mile marker 104 and the Marriott Key Largo Bay Beach Resort, mile marker

Parade entry forms are available online at www.keylargoboatparade.com. For more information call Robert Stoky at (305) 451-4502, or Sue Finney at (305) 394-3736.



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Astronauts Visit Key Largo



The NASA astronauts pictured above recently stopped by the Key Largo Conch House for lunch. They were here on a mission to study the ocean at the underwater laboratory Aquarius. Aquarius is located in the Florida Keys National Marine Sanctuary. The laboratory is deployed three and half miles offshore, at a depth of 60 feet, next to spectacular coral reefs. The astronauts will live in Aquarius on a ten-day mission using saturation diving to study and explore our coastal ocean. Aquarius is owned by NOAA and is operated by the University of North Carolina Wilmington.



Gilbert's Breakfast Nook

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SUNDAY

1-6 Kim Bankston during Band Breaks

n Bankston du Band Breaks

27. THE REGS

MONDAY

TUESDAY

08. Luke 1-3:30pm T.J. Karaoke 6-10

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4pm - 7pm **NOVEMBER ENTERTAINMENT**

VEDNESDAY

2. Allen Truesdo 1-3:30 pm and Allen Truesdell 6 – 8:30 pm

09. Allen Truesde 1-3:30 pm and Allen Truesdell 6 – 8:30 pm

6. Allen Truesde 1-3:30 pm and Allen Truesdell 6 – 8:30 pm

23. Allen Truesde 1-3:30 pm and Allen Truesdell 6 – 8:30 pm

THURSDAY

1-3:30pm Kevin Hurley 6 – 8:30pm

Gilbert's Breakfast Nool 7am - 11am

05.Luke &

lking Mildre 7 11

12. **Luke &**

19 **Luke &**

Dave 2-6 Gypsy Road Band 6-10

Dave 1-5 EGO 7-11

FRIDAY

2-5 pm THE REGS 7-11

8. David Bowi 2-5 pm Blackwater Sound 6-10

25.David Bowm 2-5 pm Colbert the Band 6-10

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Entertainer of the Month Jason Poff



Story by Nick Charles

Living in the Keys, you never know who is standing next to you. This is especially true for the artists and entertainers that migrate here for the beauty and inspiration that this chain of islands is famous for. Some of them you may have seen on stage, or even shared a cocktail with. They may be famous, should be famous, or have been part of a vast amount of projects that just might happen to be in your record collection. The latter is true with Jason Poff.

Poff is a man of several hats that include producer and live sound and recording engineer, along with being a phenomenal bass player. He has shared musical endeavors with Government Mule, Frank Zappa, Medeski Martin & Wood, Edgar Winter, Johnny Winter, Ted Nugent, Delbert

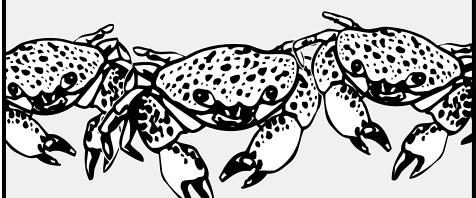
McClinton, Bella Fleck, Montgomery Gentry, Los Lobos, Derek Trucks, Greg Allman, Ryan Adams, Michael Brecker, Blood Sweat & Tears, Earth Wind & Fire, Clarke Terry, Ellis Marsallis, along with many more.

Now a proud Florida Keys resident, local favorites Steve Venini and Scott Youngberg, and new comer Lee Sharp have enlisted his talents. "These current projects are some of my favorite projects I have worked on," said Jason from his Islamorada home.

Born in Ashland, Kentucky in 1974, some of Jason's earliest musical memories revolve around the Pentecostal Church and "getting down for Jesus." However, it was the marching band that got him hooked when he watched a rehearsal of, "Georgia On my Mind." He

joined the school music

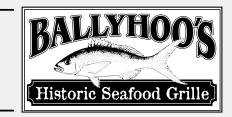
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program in the fifth grade, starting with piano, and quickly switched to the french horn. Over the next several years, he worked his way down the brass section and settled on the tuba. That the famous label known as was until the school unearthed an upright bass. It was almost love at first sight.

Attending college in Lexington, Jason studied performance and acoustics. While there, he began

participating in recording sessions in the area. It wasn't long before he landed an internship at Arddent Studios in Memphis, Tennessee. This studio played a major role in Stax.

While he has played with countless others, one can not look past Poff's own adventure into original music with his Memphis-based

Continued on page 22...

Car Seat Safety and Education

The Florida Keys Healthy Start Coalition has partnered with Centennial Bank to promote child passenger safety. Certified technicians recently inspected the car seats of any parent who brought their car, child, and seat to the Key Largo branch of Centennial Bank.

Techs and fire department personnel worked with parents to properly fit seats into their car, and the child safely into the seat. Many seats did not pass inspection and low cost, certified car seats were available to replace them. Firefighters destroyed the unsafe seats so they could never be used again.

Florida Keys Healthy Start and Centennial Bank want to educate parents on the following points:

- · 3 out of 4 car seats are improperly installed
- · Most car seats expire 5 to 6 years from manufacture
- · All kids under 13 should ride in the rear seat
- Infants should ride in rear-facing car seats installed in the back seat
- · After outgrowing regular seats, kids should ride in booster seats until they are 80-pounds

In addition to car seat safety the Florida Keys Healthy Start Coalition offers many valuable programs and information such as a new mother support groups, grief resources, breastfeeding advice, and information for fathers. You can also find important news about recalls and other current parenting news online at www.keyshealthystart.org.

The mission of Florida Keys Healthy Start Coalition is to ensure all parents and infants have access to resources and support to promote the health and wellbeing necessary for a successful pregnancy and a healthy start in life.



Above: Leslie, baby Sable & Rob Clift visited the recent safe check at Centennial Bank.

Below: Eric Fundora checked the seat of child Jordan Collins





Artist of the Month Angel Chambers

Nail Technician at Shear Paradise



The Coconut Telegraph's Artist of the Month is talented nail technician Angel Chambers. In 1994, Chambers moved to Key Largo and began working at S&S Hair Salon. After 12 years there the salon closed and Chambers found a new "art studio" at Shear Paradise.

What sets Chambers apart from other nail technicians? Experience. Other salons carry the same products but can't offer the quality of service that comes from years of experience. Chamber's clients are so loyal that some have been traveling to the Keys from Miami for years just to get their nails done by her. Whether you are in a public profession where you need a polished image, or a busy mother, a manicure or pedicure by Chambers is the absolute ultimate pampering experience.

Get those feet sandal ready for holiday parties. Sit back and relax while your

calluses melt away. Men also enjoy the treatment.

Chambers is now offering shellac, a gel polish that cures under ultraviolet light and lasts two weeks without chipping.

Not only is Chambers friendly and professional, but so is everyone at Shear Paradise Salon. It is always a pleasant experience when I deliver newspapers or Enchanted Sea Crystals to the business. Everyone is always happy and having a great time.

Call ahead to make an appointment 305-451-7110. Gift certificates are available, stop by and pick one up or Chambers will mail it to you. Don't let this holiday season go by without giving that special person a treat.

Shear Paradise is open Monday through Saturday 9am-5pm. Located at 99353 Overseas Highway #4, (across from Napa Auto Parts in the north bound lane) Key Largo, Fl 33037.





Palmetto Bugs Aren't Cute: My Battle with the Bug

"How can you live in Florida with all those bugs?" asked my mother more than once

"What bugs?" I replied. I thought she was talking about the bloodthirsty mosquitoes because I hadn't seen many other bugs in the Keys.

"With all the beauty that surrounds us why worry about some pesky little bugs?" That was what I thought before I met my first Palmetto Bug.

I came home late one night, admittedly after a few glasses of wine, and when I flicked on the light I saw something from under the kitchen sink take off as fast as a bat out of hell, rapidly zipping across the tile.

Whoosh! It looked like a speeding cat turd on wheels!

Just then my feline friend took off after it and pinned the thing against the wall. I took one look at it and froze. Shivers went up my spine. My hair stood on end. It was a monster of a cockroach! I grabbed the shoe off my foot, and then realized I couldn't kill the monster with a high heel even if it was a vintage designer Candies. My head circled like the exorcist - I had to locate a potential murder weapon. Briefly I thought about my .38 caliber with the laser from Kiffney's but decided that was too dangerous. I could shoot up the house and the neighbors might call the cops. There's no law against bugs breaking and entering.

Just about then my cat lifted its paw and the grotesque bug flipped, became airborne, and landed smack dab on my nose. I hit myself in the face with the

shoe. The flying turd flew off and landed on all six feet, gave me a "ha, ha" look

reached for the broom, but before I could do anything else I had to sit down and

THAT HUMAN HAS BEEN TRYING TO CRUSH ME FOR HOURS! IT'S STARTING TO FREAK ME OUT!

RELAX. HE"LL BE GONE IN A THOUSAND YEARS OR SO.



and zigzagged under my hutch.

Ok, it's 11:00 p.m. and I'm barefoot alone with a cockroach on steroids. I

put my head between my legs to stop from hyperventilating myself unconscious. I knew I would never be able to sleep with a lurking Godzilla bug in was safely away from children and animals and fel a sense of relief. The table did the trick and were only \$2. Bye, bye Palmetto Bugs.

the house. Then, I remembered my phone. Got to call someone fast! So I dialed animal control only to get a recording. Now I was really screwed. It was either escape the house and look for a motel vacancy or go to battle with the bug.

I swished the broom sideways under the hutch but only captured some dust bunnies.

"That does it!" I screamed and rammed the broom under the furniture like a madwoman on an adrenalin rush, which of course, I was.

Finally Mr. Palmetto Bug limped out the side. Euphoria, I'd crippled the bastard! Yellow goo, the color of newborn baby poo, was oozing out his backside. With the shoe I bravely coaxed the creepy, crippled critter onto the dustpan and raced, with my heart pumping, to give the king of cucarachas the royal flush. Safe-at-last!

As I took a deep breath I thought of my mom asking me about the bugs. A delightful smile crossed my face thinking about the humor she would have found in my terrified fight with the gigantic roach. The jacked-up cockroach that was really no roach at all. It was none other than the infamous Keys resident, the Palmetto Bug.

The next day I went to the grocery store and purchased Harris's Famous Roach Tablets. I tossed them under every appliance and piece of furniture that was safely away from children and animals and felt a sense of relief. The tablets did the trick and were only \$2. Bye, bye Palmetto Bugs.

Putting Yourself First

Paily Self-Care

Putting yourself first

someone else in order to say

We have all heard the

instructions of an airline

on our own oxygen mask

self-care because it so

before we help anyone else

with theirs. This advice is

important. It seems to say,

ironically, that if you can't

take care of yourself for

yourself, do it for others.

Few situations in our daily

lives mimic the wake-up call

of an airplane emergency, so

care off—easy, that is, until

we get sick, overwhelmed, or

have the energy to care for

the people who count on us.

That's when we realize we

haven't been getting the

oxygen we need to sustain

understand that taking care

nor indulgent; it's just plain

Putting yourself first

means that it may be

necessary to say no to

of ourselves is neither selfish

ourselves. We begin to

practical.

means that it may be

necessary to say no to

yes to yourself.

Bartender of the Month Lisa Nichols at Chilli Willie's



One day while on vacation, Lisa Nichols was driving down the Overseas Highway with her mother and her two small children when she spotted Chilli Willie's. With a hungry family in the car, she did what any smart mother would do and turned into- the establishment. Since Chilli Willie's is the ONLY restaurant in all of the Upper Keys with a game room for children, it is a smart pick for any parent.

While Nichols and her mother watched a game on one of the many TVs the children entertained themselves in the game room. On that very same day Nichols applied for a job there and was hired on the spot. She then returned to Mt. Dora, where she was born and raised, packed her things and moved to the fabulous Florida Keys.

Now, six years later. Nichols continues to work at Chili Willie's as one of their great bartenders. Since moving to the Keys she and her family have also become

very much a part of our community. They enjoy all the Keys have to offer whether they are boating, riding waverunners, or active in football, baseball and soccer which Nichols coaches.

"Chillie Willie's has a great, friendly atmosphere," says Nichols. "I absolutely love all the local customers. We all know each other by name."

In addition to all the fun and great food Chilli Willie's offers, they have added a New Moon Party to the successful restaurant. At the beginning of each month (see ad at top of page) Big Tony brings in his Karaoke equipment and photographer Sandra Spaulding. You can dress up in a variety of costumes, use props, sing and have your picture taken for

"It's a blast", says Nichols. "And really entertaining!"

Nichols didn't want to end our interview without saying thank you to all the friends, customers and co-workers who make her job so much fun.





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VFW Holiday Raffle Fundraiser



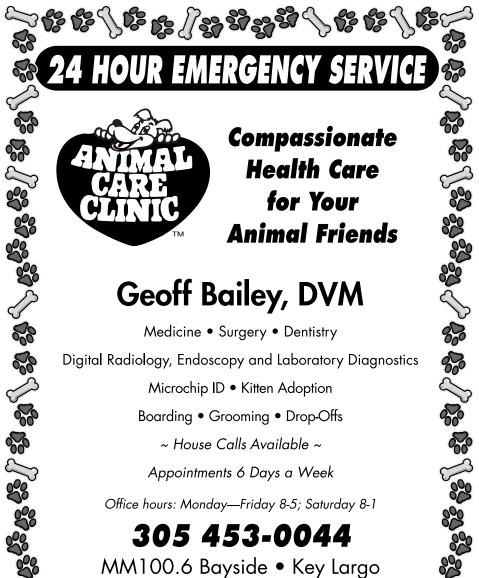
This basket along with some holiday cheer will be raffled off for the Men's Auxiliary at the VFW. Stop in and buy a ticket, it all goes to a good cause. Support our Veterans.



someone else in order to say yes to yourself. For many of us, there is always something we feel we could be doing for someone else, and it helps to remember the oxygen metaphor. You can even attendant reminding us to put encourage yourself by saying "I am caring for myself so that I am better able to care for others" or some other often cited as a metaphor for mantra that will encourage you. It also helps to accurately expresses why it is remember that self-care doesn't have to be composed of massively time-consuming acts. In fact, the best prescription for taking care of yourself is probably small, daily rituals; for example, taking one half-hour for it's easy to keep putting selfyourself at the beginning and end of the day to meditate, journal, or just be. You might exhausted, and suddenly don't also transform the occasional daily shower or bath into a

Whatever you decide, making some small gesture where you put yourself first every day will pay off in spades for you and the ones you love. The oxygen you need is all around you; sometimes you just need to be reminded to breathe.

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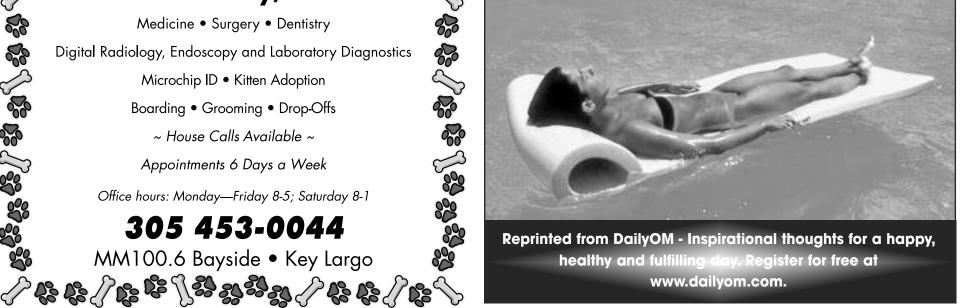
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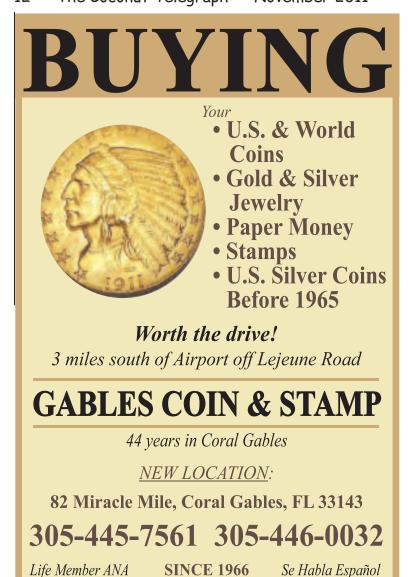
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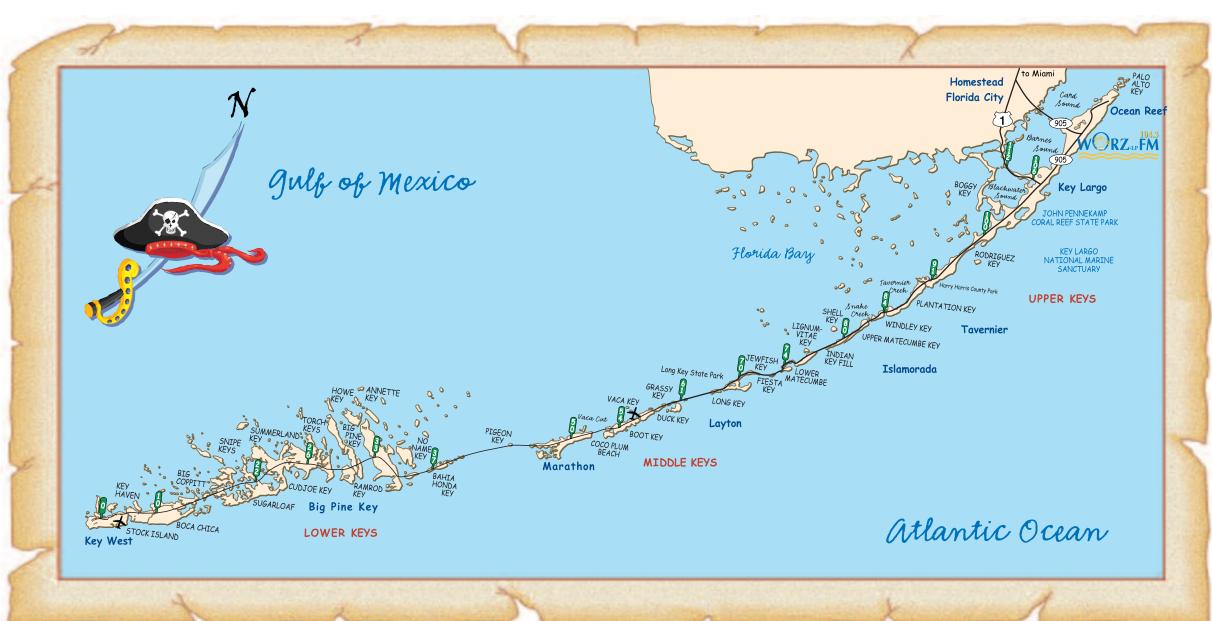




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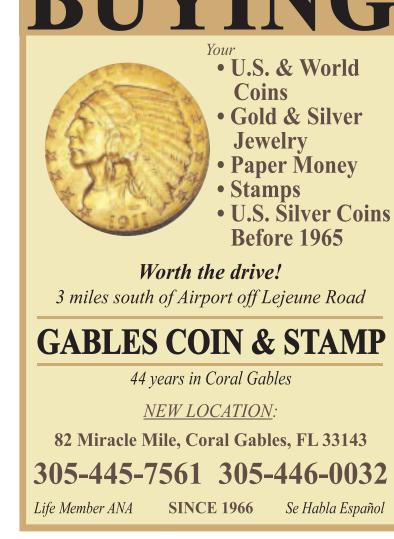
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The purse genie is available for all makes of cars and trucks, and comes in any color for only \$20. Works for purses or

Buy one and be the first to have it... great gift idea!

Call Chuck at 305-240-4928 and Drive Safely! ÄLIKI KANDANININI KANDANININI KANDANININI KANDANINI KANDANINI KANDANINI KANDANINI KANDANINI KANDANINI KANDANIN

Take Stock in Children Tournament Raises over \$16,000 for Scholarships



Front row (from left): Sara Hamilton (accepting for Chris Jones), Lain Goodwin, Bruce Davis. Back row: Mike Shipley, Robert Lavelle, Buzzy Matherene, Maura Palmer and Will Palmer

With nearly 30 anglers and over 100 supporters, the Key Largo Rotary Club declares success! It was a magical night at the Key Largo Lions Club this Sunday, October 2nd. Anglers, educators, mentors, Rotarians, and the kids all came out to support the 12th Annual Take Stock in Children event.

Doc Boilini of Doc's Diner and Ted and Laura Dreaver of The Key Largo Conch House prepared a spread like no other. Between the live & silent auction, the 50/50 and the Cooler of Cheer festivities, everyone knew what they were celebrating.

Dresdin Edwards, with Take Stock in Children. shared the unbelievable success stories of Monroe Country graduates who have gone on to make a difference.

There were also tons of fishing stories floating around. Capt. Lain Goodwin won in the Professional Division and the Top Guide award went to Chris Jones. A complete list of the winners including a photo journal of the event can be found at www.keylargorotary.org.

Proceeds of the event will support both Take Stock in Children & local scholarships provided by the Key Largo Rotary Club. This tournament was made possible through the generous donations of so many local businesses, most notably the premier sponsorship from KLI Home Center. Mark your calendars now for the 13th Annual event, September 28-30th, 2012.

A Natural Cure for Cancer in Our Own Backyard?

Deep within the Amazon rain forest grows a tree that could literally revolutionize what you. your doctor, and the rest of the world thinks about cancer treatment and chances of survival. Research shows that with extracts from this miraculous tree it now may be possible to:

- Attack cancer safely and effectively while not causing extreme nausea, weight loss and hair loss
- Protect your immune system and avoid deadly infections
- Feel stronger and healthier throughout the course of the treatment
- Boost your energy and improve your outlook on life The source of this

information is just as stunning: It comes from one of America's largest drug manufacturers, the

fruit of over 20 laboratory tests promising – why doesn't every conducted since the 1970s! Those tests revealed extracts from the tree were shown to:

- Effectively target and kill malignant cells in 12 types of cancer.
- The tree compounds proved to be up to 10,000 times stronger in slowing the growth of cancer cells than Adriamycin, a common chemotherapeutic drug!
- Unlike chemotherapy, the compound extracted from the Graviola tree selectively hunts down and kills only cancer cells. It does not harm healthy cells!

The amazing anti-cancer properties of the Graviola tree have been extensively researched - so why haven't you heard anything about it? If Graviola extract is as half as

single oncologist at every major hospital insist on using it on all his or her patients? The spinechilling answer illustrates how easily our health, and for many, our very lives, are controlled by money and power.

And the story begins when one of America 's biggest billiondollar drug makers began a search for a cancer cure and their research centered on Graviola, a legendary healing tree from the Amazon rain forest. The company's major road block was the Graviola tree is completely natural, and therefore, under federal law, not patentable. So the drug company invested nearly seven years trying to synthesize two of the Graviola tree's most powerful anti-cancer ingredients with no success. The original simply could not be replicated.

With no way to make serious profit from the Graviola tree the company shelved the entire project and chose not to publish the findings of its research! Luckily, one scientist from the Graviola research team whose conscience wouldn't let him see such atrocity committed contacted a company that is dedicated to harvesting medical plants from the Amazon rain forest and blew the whistle. When researchers at the Health Sciences Institute were alerted to the news of Graviola, they began tracking the research done at the Juice House MM 103.2 on the cancer-killing tree. The National Cancer Institute performed the first scientific research in 1976.

The results showed that Graviola's "leaves and stems were found effective in attacking and destroying malignant cells." Inexplicably, the results were published in an internal report and never released to the public... Since 1976, Graviola has proven to be an immensely potent cancer

killer in 20 independent laboratory tests, yet no doubleblind clinical trials, the typical benchmark mainstream doctors and journals use to judge a treatment's value, were ever

A study published in the Journal of Natural Products, following a recent study conducted at Catholic University of South Korea stated that one chemical in Graviola was found to selectively kill colon cancer cells at "10,000 times the potency of (the commonly used chemotherapy drug) Adriamycin..."

Most significantly, results also showed that, unlike chemotherapy, Graviola was able to selectively target the cancer cells, leaving healthy cells untouched.

Graviola, also called Brazilian pawpaw, soursop, and quanabana, in addition to numerous other names, refers to a particular tree or its fruit. The fruit is green and heart shaped, and about six to eight inches in diameter. The tree is found in South America and on numerous tropical islands and grows best in rain forest climates. The pulp of the fruit is popular in juices, sherbets, and smoothies, and exhibits notes of tangy and sweet. It can also be peeled and eaten, though some find the taste alone too sour.

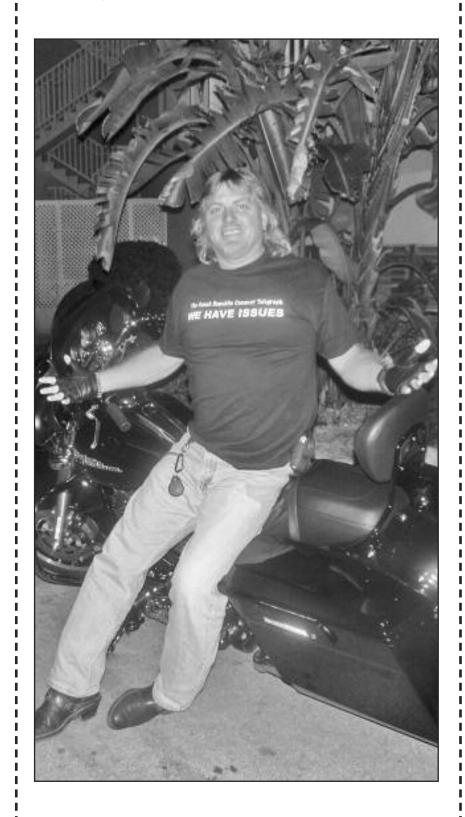
Guanabana juice is available Key Largo and a large glass is less than \$3.00.

Remedys Health Food carries graviola in a capsule form.

Editor's note: We aren't saying to bet vour life on this fruit but it is worth trying. I personally think the juice tastes like wall paper paste smells. I know one person on chemotherapy taking this juice regularly and is doing well. My daughter is giving it to her cat that has



Hunk of the Month



Charles Alan Fountain a.k.a. "Moon"

Homeland Security

Happy Birthday Moon!

Shirts from T-Toons

Conch Characters



Key Largo's littlest pirates, Anthony and Tatiana at Coconuts to sign up for the parade.



Tyler Everett and friends at Coconuts.



entertains friends at the Whistle Stop on Halloween.

and More Conch Characters



Magician Michael Trixx and Reverend Kerry Foote at the **Burton Memorial** Methodist Church Fall Festival.



The "Tropically Impaired" group stopped by the Pilot House and the party began...



Washed in Blood



Alan Truesdell (right) and friend Randy on the fiddle at the all new Steamers.



Holiday shopping? The Key Lime Tree has great gifts and food too!



Centennial Serves Lunch on Student Council Election Day



Centennial Bank rolled out the hospitality wagon to serve lunch for students at Treasure Village Montessori as they elected their Student Council for the 2011-12 school year

Adopt a Key Largo Animal Shelter Pet

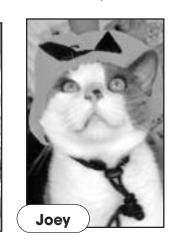
Meet a few of the animals who are currently available for adoption at the Key Largo Animal Shelter. If you are interested in taking one of these adorable furry friends home stop by or call. The Shelter is located at mile marker 106 Oceanside; phone 305-451-0088.











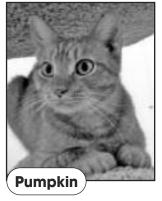












Dear Anny Bannanny

Dear Anny Bannanny,

I find seeing people and their pets out together at our local watering holes part of the Keys charm. While I don't bring my dog with me, I don't mind sitting next to a well-behaved animal at the bar and I often coo over the friendly dogs, birds, cats, rats, snakes and even igunas I've seen being well managed by their owners. It isn't the animals that bother me it is the occasional owner who has no common sense that ruffles my fur.

How can we stop the inconsiderate, not-so-smart pet owners from giving all the animals a bad name?

I pose the question, because I was recently at a bar when a lady's dog lunged at a patron tearing his pants and giving everyone guite a scare. Rumor has it the massive dog had also attacked a child in a neighborhood so when the dog's owner just stood their apologetic but not wanting to remove the dog from the establishment I was baffled. What is this owner thinking? She didn't take the dog home until the bar owner insisted. All I could think is she is lucky no one called the cops.

What can we do to unleash some sense into these irresponsible dog owners to make sure they don't get all the loveable animals band from being out in public?

Sincerely,

Fur-strated

Dear Fur-strated.

I too find irresponsible pet owners obnoxious. I have seen animals at the bar that have more common sense and social skills than their owners. And I have seen owners and their pets whom, together, should not be out at all - not even enough sense between the two of them to shake a bone at.

To the common sense-lacking pet owners, I say leave your furry friend at home. If you can't ensure your pet is going to mind its manners don't bring them out. If your pet is a repeat offender, maybe it is trying to tell you it doesn't like to go out. Maybe tearing pants and scaring children is its way of saying "I'm not really a bar kind of dog." Duh.

Putting your animal in a situation where it is likely to behave badly is setting the poor pet up. Someone can get hurt and the pet could lose its life over poor ownership. If you don't want to see your pet put down or have animals band from being in public in this town, have the sense to leave unsocial animals happily at home. Just because you don't want to hit the bar alone doesn't mean you should bring your pet as your wingman.

We love our local furry friends and don't want a few bad bones to ruin it for everyone.

Yours truly, Anny Bannanny

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www.fkwbc.org

Or, checks can be mailed to: Florida Keys Wild Bird Center email us: info@fkwbc.org 93600 Overseas Highway, Key Largo 33037

Mission Statement

Florida Keys Wild Bird Center's mission is to rescue, rehabilitate, and release native and migratory wild birds that have been harmed or displaced, to provide or locate a humane shelter for those birds that cannot be released, and to educate the public toward the importance of coexistence with all wild bird species

Objectives

1. To provide professional standards of animal care, rehabilitation and assistance to injured, sick, rescued or orphaned wild birds

2. To educate the public about the impor tance of our migratory and resident wild bird populations to the Florida Keys and to the Everglades.

3. To provide a humane example for others to learn from and follow.

The Center also need volunteers. Contact the Center at 852-4486



Enchanted Sea Crystals Clean Air You Breath

...continued from page 3 reduce susceptibility to colds and flu. Negative ions can enhance the immune system, increase mental alertness and concentration, purify indoor air and control odors, plus many additional reported health benefits.

The healing properties of salt have been recognized since the beginning of recorded history. Every civilization has valued salt, using it as trade currency, a preservative for food and a valuable health tonic. In many cultures, people seek the refuge of salt crystal mines for their health and rejuvenation. It has been reported that deep within a salt mine, the symptoms of asthma, allergies and other respiratory illnesses are relieved, even joint pain is

reduced when a person is surrounded by salt crystal

For thousands of years, people suffering from chronic congestive problems have gone to clinics located in salt mines for treatment. This treatment is known as Speleotherapy. The very dry, negative ion environment of a salt mine helps to clear out the patient's bronchial tubes and sinuses, killing bacteria and other microbes.

Researchers have discovered that if there is little or no moisture in the air. small salt crystals are largely ineffective at producing Negative Ions. However, areas such as the outdoors, bathrooms and spas have too much humidity and the salt crystals dissolve rapidly when exposed to high humidity

levels above 60 percent. Researchers also discovered that when a salt crystal is heated slightly, it will generate odor needs to be controlled. Negative Ions. The more Negative Ions that are generated, the better the ambient air will become. The size of the salt crystals and the conditions of the surrounding area, will ultimately determine the radiant effect of a Negative Ion discharge.

The natural beauty of our Enchanted Sea Crystals are the perfect accent to any room in your home, office, beauty salon, cafe, restaurant, bar, nightclub or retail store. The soft illumination of the glowing light will create an enchanting environment that will freshen the air, inspire your imagination and awaken your senses.

Enchanted Sea Crystals can be used in any room where the air needs to be cleaned or an They can help eliminate odors around smoking areas, litter boxes, baby nurseries, kitchen areas and laundry rooms anywhere you want to restore a fresh clean air environment. Cafe, restaurant and bar owners have used Sea Crystals to help clean the air and set a romantic mood. They are located strategically on the bar, in a private booth, or on the dinner table in order to create a more enchanting environment. The soft illumination of the glowing light when used with a tea candle freshens the air, inspires the imagination and awakens the senses.

> Small Sea Crystals work Continued on page 22...

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Upper Keys Mac User Group meets the second Thursday of every month at Key Largo Library Comm. Room 7pm. Free/open to public. 451-4601

Key Players, Inc. Community Theater Group needs volunteers to work behind the scenes! Sign up on the web! www.thekeyplayers.org

Florida Keys Orchid, Fern & Bromeliad Society meets the 3rdThurs. of every month at Key Largo Library Comm. Room 7pm. Free/open to public. 451-3000

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Enchanted Sea Crystals

...continued from page 20. best in your car or boat. The warmth of the sun activates them. Larger Sea Crystals are more effective at eliminating the smell of smoking, chemicals, mold and mildew or allergens such as pet dander, pollen, dust and airborne bacteria. Our large crystals are best suited for larger living rooms, family rooms, kitchens, garages, workshops, studios, etc. At work, they are ideal for hotel rooms, large conference rooms, waiting rooms, employee break rooms and kitchens (especially if employees are allowed to smoke) retail stores, hair salons, restaurants, coffee shops, art galleries and nightclubs.

Our Enchanted Sea Crystals come from the Caribbean. Seawater is dried in large

puddles and what is left is naturally formed sea salt crystals. We purchase them in bulk, and immerse them in natural coloring and cosmetic grade fragrance and essential oils. They are then attractively arranged in clear containers containing seashells, silk flowers and pearls. Each one is a decorative arrangement that compliments any decor.

The fragrance will last up to three months. A few drops of your favorite fragrance oil or perfume will renew their potpourri effect. However, scented or not they will still clean the air and neutralize

Enchanted Sea Crystals can only be found in the Florida Keys. They make a wonderful gift or souvenir of your fabulous Florida Keys



Perhaps you have noticed that your feeling of well being is intensified in pure mountain air, or at the seashore, or after a thunderstorm. This is due to the higher concentration of negative ions in these surroundings. Objects that release negative ions are believed to purify air and promote good health.

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Enchanted Sea Crystals are pure ionic sea salt crystals, solar evaporated from the clear blue waters of the Caribbean Sea; colored in rich hues and infused with pure oils to provide lasting fragrance. The fragrance from the crystals is as strong as candles, yet it is safe to your health and environment.

Enchanted Sea Crystals will retain their fragrance up to three months (without adding more fragrance oil) depending on the environmental conditions of the room. Direct sunlight and strong air exposure will cause the fragrance oils to evaporate faster but will not affect the ionic value.

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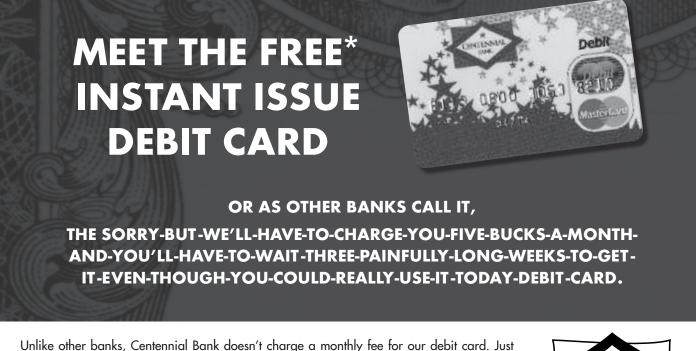
...continued from page 6. band, Staggo, with whom he hopes to continue the journey, utilizing Skype. Another notable member of Staggo, is Glen Kotche, who went on to join Wilco.

Jason Poff

As they do to many, the Keys beckoned to Poff. "The seemingly abundant amount of gigs in such a small area looked like a nice opportunity." It gave him an outlet to do what he loves best: playing live music.

Currently, Poff plays with Steve Venini, Scott Youngberg, and the Marathon-based band, Storm Watch.

He can be caught Mondays at Gilbert's, Thursdays at Bayside Grill, and Fridays at the Pilot House.



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USA Today: WE'RE DEAD.

Wall Street Journal: Dow Jones Plummets as World Ends.

National Enquirer: O.J. and Nicole, Together Again.

Inc. Magazine: 10 Ways You Can Profit From the

Apocalypse.

Rolling Stone: The Grateful Dead Reunion Tour.

Sports Illustrated: Game Over.

Playboy: Girls of the Apocalypse.

Lady's Home Journal: Lose 10 Pounds by Judgment Day with

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TV Guide: Death and Damnation: Nielson Ratings Soar!

Discover Magazine: How will the extinction of all life as we

know it affect the way we view the cosmos?

Microsoft Systems Journal: Netscape Loses Market Share.

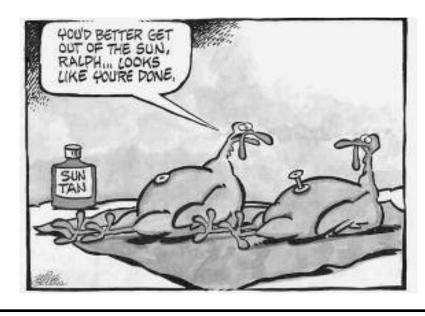
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