Coco'Nut' Funnies

The Twelve Days of BiPolar Christmas

On the first day of Christmas
my pdoc (psychiatrist) gave to me
A dx (diagnosis) of insanity.

On the second day of Christmas
my pdoc gave to me
Two caps of lithium
Which made my hands all shaky.

On the third day of Christmas
my pdoc gave to me
Three puvules Prozac
Two caps of lithium
And now I can barely see.

On the fourth day of Christmas
my pdoc gave to me
Four hits of Zoloft
hree puvules Prozac
Two caps of lithium
My mouth tastes like soiled undies.

On the fifth day of Christmas
my pdoc gave to me
Fiiiiiive benzzzzzadriiiiine.
Four hits of Zoloft
Three puvules Prozac
Two caps of lithium
I'll never pay off that shopping spree.

On the sixth day of Christmas
my pdoc gave to me
Six caps of Dalmane
Fiiiiiive benzzzzzadriiiiine.
Four hits of Zoloft
Three puvules Prozac
Two caps of lithium
Whoa, my feet feel so awful heavy.

On the seventh day of Christmas
my pdoc gave to me
Seven tabs of Haldol
Six caps of Dalmane
Fiiiiiive benzzzzzadriiiiine.
Four hits of Zoloft
Three puvules Prozac
Two caps of lithium
Now I'm a lock-jawed zombie.

On the eighth day of Christmas
my pdoc gave to me
Eight wedges Serzone
Seven tabs of Haldol
Six caps of Dalmane
Fiiiiiive benzzzzzadriiiiine.
Four hits of Zoloft
Three puvlules Prozac
Two caps of lithium
Oh, my head is so sore and dizzy.

On the ninth day of Christmas
my pdoc gave to me
Nine doses Nardil
Eight wedges Serzone
Seven tabs of Haldol
Six caps of Dalmane
Fiiiiiive benzzzzzadriiiiine.
Four hits of Zoloft
Three puvlules Prozac
Two caps of lithium
A tub of water and I'm still so thirsty.

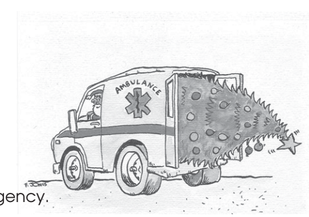
On the tenth day of Christmas
my pdoc gave to me
Ten more Effexor
Nine doses Nardil
Eight wedges Serzone
Seven tabs of Haldol
Six caps of Dalmane
Fiiiiiive benzzzzzadriiiiine.
Four hits of Zoloft
Three puvlules Prozac
Two caps of lithium
Now all I can do is just pee.

On the eleventh day of Christmas
my pdoc gave to me
Eleven Paxil dancing
Ten more Effexor
Nine doses Nardil
Eight wedges Serzone
Seven tabs of Haldol
Six caps of Dalmane
Fiiiiiive benzzzzzadriiiiine.
Four hits of Zoloft
Three puvlules Prozac
Two caps of lithium
I just know he is out to get me.

On the twelfth day of Christmas my
pdoc gave to me
Twelve shots of Thorazine
Eleven Paxil dancing
Ten more Effexor
Nine doses Nardil
Eight wedges Serzone
Seven tabs of Haldol
Six caps of Dalmane
Fiiiiiive benzzzzzadriiiiine.
Four hits of Zoloft
Three puvules Prozac
Two caps of lithium
And a quick ride to Emergency.

Top 10 Reasons Christmas is like Hurricane Season

10. Decorating the house is like boarding up windows.
9. Dragging out boxes that haven't been used since last season (camping gear, flashlights).
8. Last minute shopping in crowded stores.
7. Regular TV shows pre-empted for "specials".
6. Family coming to stay with you.
5. Family and friends from out of state calling.
4. Buying food you don't normally buy …and in large quantities.
3. Days off from work.
2. Candles.
1. And the number one reason Hurricane Season is like Christmas… **At some point you know you're going to have a tree in your house!**



The Awesome Power Of A Wife's Love

A very old man lay dying. In death's doorway, he suddenly smelled the aroma of his favorite chocolate chip cookie wafting up the stairs.

He gathered his remaining strength and lifted himself from the bed.

Leaning against the wall, he slowly made his way out of the bedroom, and with even greater effort forced himself down the stairs, gripping the railing with both hands.

There, spread out on newspapers on the kitchen table were literally hundreds of his favorite chocolate chip cookies.

Was it heaven? Or was it one final act of heroic love from his devoted wife, seeing to it that he left this world a happy man?

Mustering one great final effort, he threw himself toward the table.

He was suddenly smacked with a spatula by his wife. "Stay out of those," she said, "They're for the funeral."

Bartender of the Month: Jenny Allen at Gilbert's

What do tiki bars, Lynyrd Skynyrd and microorganisms have in common? There's a new species, the tiki bar customer. Jenny and some lucky tiki bar customers will have the opportunity to experience Lynyrd Skynyrd* at Gilbert's January 19th and 20th. the customers will have the pleasure of being served by the beautiful and talented Jenny Allen.

Jenny hails from Kentucky where she earned a degree in biology at the University of Louisville. She also earned a full scholarship for swimming and academics. "The Keys has been my home for the last 10 years," says Allen. "I fell in love with the lifestyle, the friendly people and of course, the ocean, it is a biology major's dream location."

Since moving to the Keys, Allen has worked at the Fish House Encore, the Island Grill at Mandalay and the Ocean Reef Club, where she honed her bartending skills. "People naturally gravitate to her and she is a very popular bartender here, she is fun to work with too," say Jim Mazelin, a senior bartender at Gilbert's.

When asked what Allen likes most about Gilbert's she replied "The German burger is the best burger in the Keys! The managers Tamara and Robert are so easy to work for, they are just great. It's an honor to work with so many veteran bartenders, the money is awesome and we have an outstanding view of Jewfish Creek and the bay. Folks flock here to enjoy the newly expanded tiki bar. Happy hour is 4-7 pm and 9-12 pm Monday thru Saturday nights with the late night menu. There is live music day and night with the Keys best entertainers such as Alan Truesdell, Luke and Dave, Steve Venini, Jimmy Hawkins and John McKinna. On the weekends we enjoy some of Miami's name bands too. We have all-new flatscreen TVs and even a magician, Michael Trixx is here Saturdays at sunset. You can come by boat and enjoy the pool or lounge on the beach. The raw bar here is famous, a lot of people come here just for that. Gilbert's is biker and pet friendly. People from Miami come to get away and stay in the old-style Keys hotel and rent paddle boards, wave runners boats or kayaks from Dave 305-293-7199" ...says Allen in one breath as she constantly scans the bar for customers in need of libations.

When Jenny is not at work she likes to follow NFL and horse racing. She won her league in Fantasy Football last year and every year she attends the Kentucky Derby.

*Editors note: Sorry but we found out at Press time Gilbert's and Lynyrd Skynyrd could not come to terms on the contract and the concert has been cancelled.

Enchanted Sea Crystals

Natural Sea Salt Potpourri

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.

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.

Natural salt potpourri:
- Improves air quality by reducing air pollution, airborne dust particles, and airborne bacteria and viruses
- Reduces symptoms of asthma, allergies, bronchitis, sinusitis, and other respiratory diseases
- Reduces the effects of Seasonal Affective Disorder (SAD) and other mood problems
- Reduces stress
- Improves concentration
- Relieves headaches and migraines
- Reduces fatigue and insomnia
- Improves sleep

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