

# How Would You Like To Lose Weight And Make Money?

Jamaican Slim is a raspberry ketone sub-lingual spray offered through Island Life; it is a safe, all-natural approach to weight loss and maintenance; it controls appetite and increases metabolism. Its key ingredients are raspberry ketone, B vitamins and green tea. If raspberry ketone is new to you, read what Dr. Oz has to say about this amazing gift from Mother Nature:

"Research has shown that raspberry ketone can help in your weight-loss efforts, especially when paired with regular exercise and a well-balanced diet of healthy and whole foods.


"Raspberry ketone is the primary aroma compound of red raspberries. This compound regulates adiponectin, a protein used by the body to regulate metabolism. Raspberry ketone causes the fat within your cells to get broken up more effectively, helping your body burn fat faster. The recommended dose is 100mg per day. To get the same benefit from the whole fruit, you'd have to consume 90 pounds of raspberries." (From Dr. Oz's website "Raspberry Ketone; Fat Burner In A Bottle.")

The **Jamaican Me Slim** 90-Day Quest allows you to eat normal food and still see dramatic weight loss by simply spraying 6 squirts under the tongue about 20 minutes prior to eating. It couldn't get any easier. Every 90 days the Champions in each division and the Top 5 Runner ups in each Division will receive either 7- or 3-day cruises; over 100 cruises will be given away every 90 days!!!

Spray the Pounds Away! No Pills... No Shakes... No Food Bars... No Meal Plans! Be part of "The 90 Day Quest"... Receive one entry for each person that joins you in "The 90 Day Quest"

1. You will be better nourished: When you go on a weight loss plan you don't just eat less, you change the way you eat. You need to eat in a nutritionally balanced way, so that your metabolism will work more efficiently at burning calories. Naturally, these vitamins and minerals will also result in improved health in every other respect. Your immune system will also be better equipped to ward off illness.

2. Your energy levels will increase: As your metabolism begins to work faster, there will be more energy available to you, simply because



it's working more efficiently. Also, as you begin to loose weight, your body won't have to work as hard to run itself and to perform day to day activities. The excess energy will be available to you. You'll feel more energetic, which will probably lead to increased activity and will in turn lead to more weight loss.

3. Your cardiovascular health will improve: The heavier you are, the harder your heart has to work to pump your blood around. As you loose weight, you take a lot of strain off your heart that may have otherwise lead to heart disease or heart attack.

4. Your digestive tract will work better: Weight loss plans often promote an increase in your daily fibre intake. Fibre regulates your digestive tract and monitors bacteria levels.

5. You will feel better about your body: This leads to increased confidence and self esteem.

For more information on this amazing product call 305-304-2837. See the ad on page 16.



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Recent flooding in Key Largo.



**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.

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**MADE IN KEY LARGO, FLORIDA KEYS 305-304-2837**





## Vicki Walker Joins Centennial Bank in Islamorada

Centennial Bank welcomes Vicki Walker as Assistant Vice President and Branch Manager for the Islamorada market. "Despite significant changes in banking, customer expectations of a community bank have not changed," said Stephanie Scuderi. "Nobody understands that better than Vicki and we couldn't be more thrilled to have her on our team. It's a great fit and we're excited for what the future holds, particularly in Islamorada."

Vicki joins Centennial with more than 34 years of banking experience. Originally from Virginia, Vicki left a position as Corporate Secretary and Human Resources Director with Harbor Bank, and moved to the Keys in 1997 with her late husband, Boyd. Vicki joined Capital Bank (formerly TIB Bank) as a Teller Supervisor and held several positions throughout the bank in retail, lending and corporate administration. While there, Vicki earned numerous service awards and recognition including Officer of the Year.

In the community, Vicki served on the Islamorada Chamber of Commerce Board of Directors from 2005-2009, including serving as President in 2007-08. Vicki is currently a Chamber Ambassador. A graduate of Leadership Monroe County Class XVI, Vicki has been a member of Upper Keys BPW since 2004, serving on the Board in 2006-08. Vicki was Runner Up for the Peoples' Choice Woman of the Year six years running, from 2005-2010. In addition to her work with the American Cancer Society's Relay for Life, Vicki is a lifetime member of Mariners Auxiliary and a three-time Take Stock in Children mentor whose student recently graduated.

A member of the HomeBancShares (NASDAQ: HOMB) family of businesses, Centennial Bank is a full-service financial institution focused on the communities we serve. For more information, please go to [www.my100bank.com](http://www.my100bank.com).



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