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Enchanted Sea Crystals

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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 nues and infused with pure oils to provide asting fragrance. The fragrance from the crystals is as strong as candles, yet it is safe to our health and environment.

Enchanted Sea Crystals will retain their ragrance 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 out will not affect the ionic value.

> GET IT HERE: UPS Stores

n Tradewinds Plaza & Plaza Bldg. Ocean Reef Shear Paradise - MM 99.4 Oceanside The Art Box - MM 100.2 Bayside DISTRIBUTORS WANTED!!

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



Clinic Announces New Board Officers



New officers. (L-R) President, Jill Miranda Bake; Vice President, Brett Ekblom; Secretary and Treasurer, Claudia Stober.

The Good Health Clinic board of directors is pleased to announce the new officers that will serve on the Executive Committee for the fiscal year of 2012. Jill Miranda Baker, Manager, Medical Staff Services at Mariners Hospital will preside, Brett Ekblom, owner of Native Construction has been elected as Vice President, with Claudia Stober, President and Owner of Horizon Mortgage serving as the Secretary/Treasurer.

The board also consists of: patient advocate, Dan Cole of Key Largo Real Estate; David DeHaas of DeHaas Consulting; Dr. Bob Foley of the Upper Keys Animal Hospital; Cheryl Meads of the Meads Family Foundation; and Shawn Tolley of Tolley and Davis CPA firm.

The Good Health Clinic, a not-for-profit organization, is the only free health care facility in Monroe County that provides free medical services to gualified uninsured low income families residing in the Upper Keys. The clinic is funded in part by Baptist Health South Florida, Health Foundation of South Florida, Monroe County Board of Commissioners and the Human Services Advisory Council.

The clinic also relies heavily on corporate and individual donations and grants throughout the year in order to continue to provide free services to the community.



Centennial Bank's Jennifer Hawkins Completes MCSO Citizens Police Academy

Centennial Bank congratulates Jennifer Hawkins for completing the Monroe County Sheriff's Office First Annual Citizens Police Academy. Ms. Hawkins, Branch Manager of Centennial Bank Key Largo participated in the seven week program designed to give citizens a better understanding of law enforcement in Monroe County. Sessions included traffic stops, drug dogs, a jail tour, fingerprinting, building searches and talking to members of Special Teams like SWAT team and Bomb Squad. Ms. Hawkins was one of 16 people in the Plantation Key class.









Jennifer Hawkins holds the certificate she earned by completing the First Annual Monroe County Sheriff's Office Citizens Police Academy

Tina has Moved!!

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DAILY SPECIALS

Wednesday - Live Music 5:30 - 8:00 Friday - All You Can Eat Fish (fried, grilled or blackened) Saturday - Prime Rib

HAPPY HOUR

Every Day 4 to 6pm featuring... \$1 Drafts Pitcher and Wings Special • Beef or Chicken Sliders OPEN 11 AM to 10 PM EVERY DAY

Band Honors Young Musicians



Youna musicians receive awards at May concert. Photo: Donna Dietrich

Our community is growing young musicians! At its final concert of the 2011-2012 season, the Keys Community Concert Band honored the local music students who participated in the annual Young Musicians' Concert. Conducted by Coral Shores Bandmaster Robert Sax, band members and students presented an entertaining program of concert band music.

The Young Musicians' Concert was supported by the Hurlburt Family Foundation, with additional funding from the First State Bank. Students who rehearsed with the Band and performed in the final concert received either a metronome/tuner or gift card for musical supplies.

Participants in the Young Musicians' Program included the following: Key Largo Schools: Seamus Dougherty, Destiny Ruiz, Braeden Barnhill, Savannah Hernandez, Amber Nelson, Julie Polston, Janet Polston, Julia Talamo, Luis DeLaFuente, Oscar Flores, Hannah Vinney, Katarina Wronka. Plantation Key School: Billy Butler. Coral Shores High School: Josh Paquette, Taylor McDaniel, Nyan Feder, Chelsea Penne, Alex Vinney, Jesus Mora, Ryan Raines, Zak Wronka

"Pops in the Park" is funded, in part, by a grant from the Monroe County Tourist Development Council, administered by the Florida Keys Council of the Arts.

The Keys Community Concert Band begins rehearsals for the 2012-2013 season in November. Musicians of any age who can play at a high school level are welcome to join. For more information, follow the Band on Facebook or call Susan Bazin at 451-4530.