

# Extra Weight Choosing Loving Care

Our bodies are not our enemies.  
Treat yourself with the care and support your  
mind, body and spirit deserve.

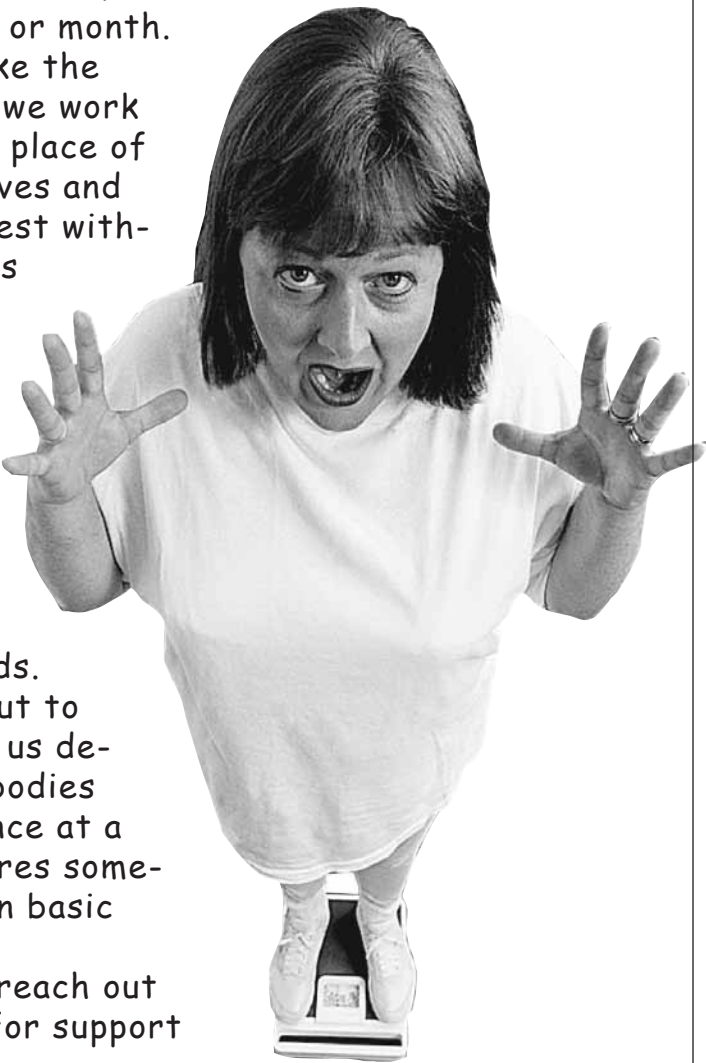
Our bodies are like living temples, and they deserve all the love and care we can give them. Amazingly flexible and strong, they allow us to experience the world. If we notice that we're not feeling our best, that we've put on extra weight, or that our favorite clothes don't fit, we can make the choice to be good to ourselves in a new way today. There are times we become conscious of a deeper hunger that will not be satisfied physically. We can make a new, healthier choice for ourselves in any moment, regardless of the hour, day, week or month.

When we make the choice lovingly, we work from a creative place of improving our lives and nurturing the best within us, so there is no need to punish ourselves.

From this place, we can be gently honest with ourselves about the reasons we want to eat certain foods. We can reach out to doctors to help us determine if our bodies are out of balance at a level that requires something other than basic nutrients.

We can also reach out to our friends for support

and to share the journey of health, which is just another part of our adventure on the physical plane. When we treat ourselves and our bodies as we would a trusted and loyal companion, we keep our energy free from negative thoughts that would complicate our journey. Our bodies are not our enemies, and we are not fighting a battle. Instead, we are investing our love and attention into the care and support of a beautiful creation—our selves.



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# Have a party! It Works!

Jessica Delgado has a new product called "It Works!" Delgado is the local distributor for an amazing body contouring product that helps make inches off your body disappear before your eyes. Need some help with a double chin? No problem. Are your upper arms a little flabby? No problem. You can also use it on back fat and the waist and buttocks. Men use it too. See results in as little as 45 minutes!



For more information call  
Jessica 305- 923-6540 or email  
[jessicaboos75@yahoo.com](mailto:jessicaboos75@yahoo.com)

# Useless Facts

1. Sharks can live up to 100 years.
2. Mosquitos are more attracted to the color blue than any other color.
3. About 75 acres of pizza are eaten in the U.S. every day.
4. There are 200,000,000 insects for every one human.
5. Octopuses have 3 hearts.
6. If you eat too many carrots you will turn orange.
7. Tiger shark embryos fight each other in the mother's womb. The survivor is born.
8. Most cats are left pawed.
9. An eyeball weighs about 1 ounce.
10. A blue whale's tongue weighs more than an elephant.
11. Bamboo can grow 3 ft in 24 hours.
12. Sperm whales have the biggest brains; 20 lbs.
13. A 75-year-old person will have slept 23 years.
14. The Statue of Liberty's index finger is eight feet long.

# Lose weight and make money!



Jamaican Slim is a raspberry ketone oral spray; a safe, all natural approach to weight loss & maintenance; it controls appetite and increases metabolism.

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.

Raspberry ketone causes the fat within your cells to get broken up more effectively, helping your body burn fat faster.

## Be part of "The 90 Day Quest"

Recieve one entry for each person that joins you in "The 90 Day Quest."

Quest Winners in 5 Different Divisions get a 7-day Caribbean Cruise for 2.

Top runner up in each division gets a 3-day cruise for 2.

- Lose weight
- Increased energy
- Improved health
- Feel better
- Make money

To get started on this amazing product and opportunity call 305-304-2837



Rick Ramsey supporters and Sheriff Bob Peryam celebrate Republican Primary returns.

# On the LOOK-Out for Real Estate Agents!

If you would like to GET PAID WHAT YOU'RE WORTH - we have 90% and 100% plans for the Realtor who is interested in joining our team. Great Key Largo location. Call for more information. Ask for Buddy Natase - 954-856-8181.



The Post  
needs your  
support!

Happy Hour  
4 to 7 daily

# American Legion Post 333 - Key Largo

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 8-11 am	Jam Night Music with Tim Dressing 8 pm-til-?	Kendall's Prime Rib \$16 6pm-til-?	John T's Famous Tacos \$2 each 6pm-til-?	Bingo 7pm	Fish Fry \$7 6-8pm

Check our Daily Wall Post for Special Events! The Legion ALWAYS has something going on!!!!

2 Seagate Boulevard • MM 99.6 • Key Largo • 305-451-0307

Where is the Party?

# KEYS ADVENTURES WATERSPORTS Waverunner Rentals!

NEW! Boat Rentals  
Paddleboards & Kayaks

HOURLY, DAILY OR WEEKLY!

We Deliver! • Great Rates!  
Large Ride Areas!

Call to reserve your ride time!

(302) 293-7199

(Reservations suggested, but not required)

[www.keysadventureswatersports.com](http://www.keysadventureswatersports.com)



Let's Get  
Wet!!

107900 Overseas Hwy, Key Largo

305-451-1133

Gilbert's Resort

Waterfront Tiki Bar, Restaurant, Motel & Marina 107900 Overseas Hwy

Monday thru Friday  
HAPPY HOUR  
4pm - 7pm

www.gilbertsresort.com  
or visit us on facebook

Beat the Heat!  
Cool off at Gilbert's  
Tiki Bar on the Water

RAW BAR open every day!

Gilbert's Breakfast Nook  
Serving Breakfast Daily  
7am - 11am

## SEPTEMBER ENTERTAINMENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hours - Tiki Bar: 7 Days 11 am to 11pm or later Inside Restaurant: Monday to Friday 5pm to 10pm • Saturday and Sunday 7am to 11am and 5pm to 10pm						1 Luke & Dave 2-6p No Restrictions 7-11p
2 Eclipse 2-7p Kim Bankston during band breaks	3 Mr Nice Guy 2-7p LABOR DAY	4 Luke 1-5p TJ / Karaoke 6-10p	5 Allen Truesdell 1-3:30p & 6-8:30p	6 Luke Sommer Glenn 1-5p Jimmy Hawkins 6-10p	7 David Bowman 2-6p The Regs 7-11p	8 Luke & Dave 2-6p The Xs 7-11p
9 EGO 2-7p Kim Bankston during band breaks	10 David Bowman 1-5p Jammin' w/ the Steve Venini Band 6-10p	11 Luke 1-5p TJ / Karaoke 6-10p	12 Allen Truesdell 1-3:30p & 6-8:30p	13 John McKinna 1-5p Jimmy Hawkins 6-10p	14 David Bowman 2-6p Traveler Band 7-11p	15 Luke & Dave 2-6p Limerock 7-11p
16 Mr Nice Guy 2-7p Kim Bankston during band breaks	17 David Bowman 1-5p Jammin' w/ the Steve Venini Band 6-10p	18 Luke 1-5p TJ / Karaoke 6-10p	19 Allen Truesdell 1-3:30p & 6-8:30p	20 Luke Sommer Glenn 1-5p Jimmy Hawkins 6-10p	21 David Bowman 2-6p Jimmy Hawkins Band 7-11p	22 Luke & Dave 2-6p Whipping Post 7-11p
23 Traveler Band 2-7p Kim Bankston during band breaks	24 David Bowman 1-5p Jammin' w/ the Steve Venini Band 6-10p	25 Luke 1-5p TJ / Karaoke 6-10p	26 Allen Truesdell 1-3:30p & 6-8:30p	17 John McKinna 1-5p Jimmy Hawkins 6-10p	28 David Bowman 2-6p Stalking Mildred 7-11p	29 Luke & Dave 2-6p GladeZmen 7-11p
30 The Regs 2-7p Kim Bankston during band breaks	Join the "ISLAND TIME" Paddle Wheel Boat for a Sunset Dinner Cruise. Launches from STEAMERS - While cruising Key Largo's shore line on Blackwater Sound, enjoy the amazing views, sumptuous food, a full Liquor cash bar and the sounds of live music. Call 453-0001 or visit <a href="http://islandtimecruises.com/">http://islandtimecruises.com/</a> for info/res.					