

Entertainer of the Month: Gary Jennings

It was an incredible treat indeed when Gary Jennings came to town in July to see friends and play a one-night-only gig at Dillon's Pub in Tavernier. Jennings was the Coconut Telegraph Entertainer of the Month in June of 2010. Here is what we had to say back then:

Versatile should be Gary Jennings middle name. He plays a vast array of music

including reggae, country, blues, rock and roll, and rhythm and blues. He's as much at home playing his solo acoustic guitar gigs as he is with a 3- or 4-piece band.

Gary has been playing in the Florida Keys for over 20 years in exclusive resorts such as the Ocean Reef Club, Cheeca Lodge and Hawk's Cay. He uses a state-of-the-art Bose system so whether he is playing solo or with a full band you are sure to get great music. Gary is a really nice guy too, if there is a local benefit he's there to help.



Gary Jennings now resides in Vero Beach, Florida and is battling terminal cancer. He is pictured here with his bandmate and long time girlfriend Cindy Hudson on percussion and Leslie Saunders on guitar. Well wishers can find Gary Lee Jennings on Facebook.



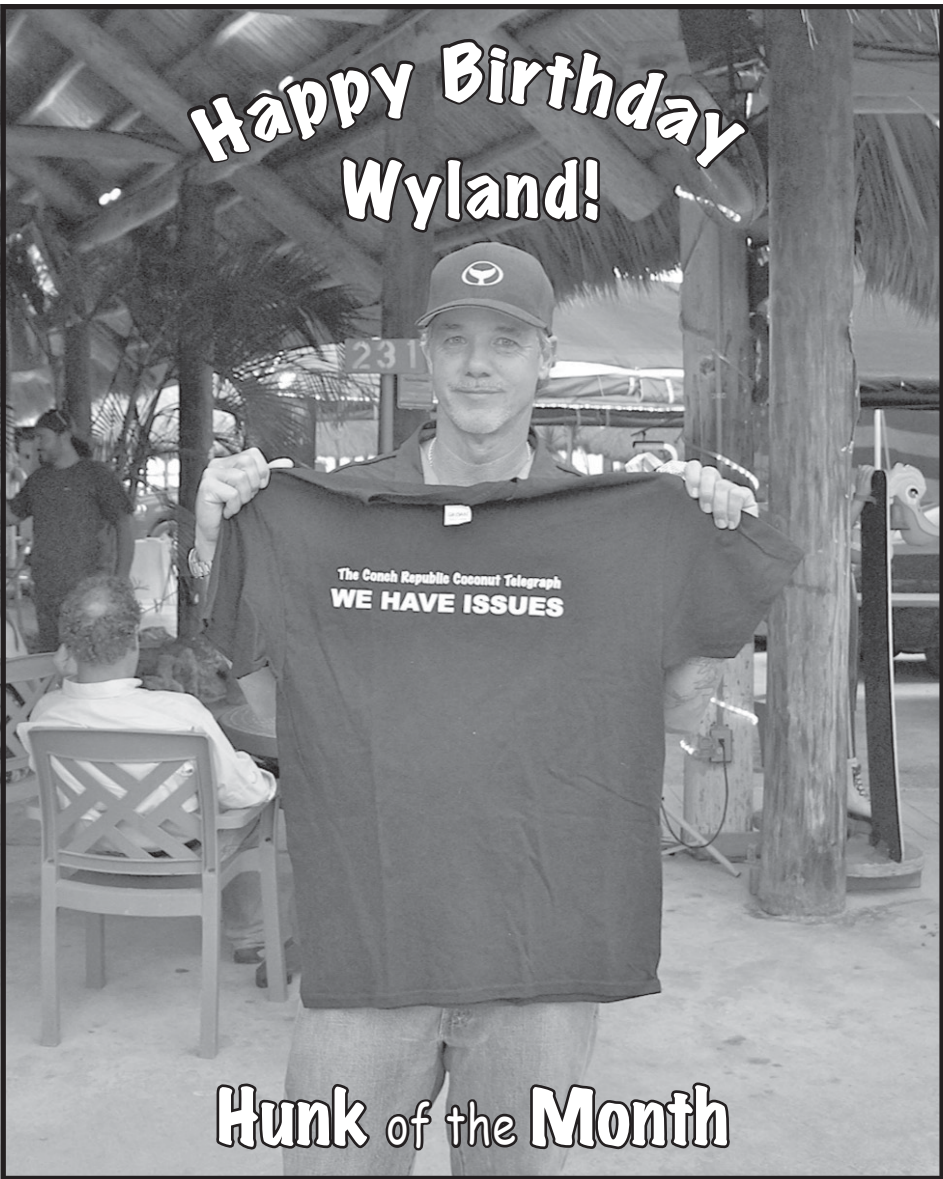
Left: with Allan Truesdell, above Gary & friends lit up Dillon's.

Good day fishing!



Sonny Sparks on the Hell Bent.

Happy Birthday Wyland!



Hunk of the Month

The Miracle of Keys Vapors - A Healthier Way to Smoke



I have been smoking cigarettes for 40 years, non-stop, two packs a day. I tried the patch. I tried the gum. I tried the e-cigarettes and nothing worked. I kept on puffing. Spending hundreds of dollars to ruin my health and make me smell like the inside of a chimney.

Recently a couple of friends of mine opened shop next to the new Dollar Tree at MM 101 in a black camper, selling a larger version of the vapor cigarettes and, for lack of a better word I'll call it a vapor wand. Look around, people are smoking them everywhere. In restaurants, in banks, grocery stores, you name it. Why are these vapor wands such a big hit? Because they really work!

They do take a little bit of getting used to. At first I was sucking so hard I could have sucked a golf ball through a garden hose. I coughed and sputtered for two hours till I got it right.

As of this writing I am on day 16 cigarette free and I haven't missed



"That's the third smoker we've lost this week."

Smoking is dangerous!!

them at all! If these had been around 5 years ago I would have rushed out to buy one for my mother and she would be alive today. Instead she died of COPD because she could not give up the cigarettes. She made the comment once that she had smoked her life away.

The vapor wands consist of a rechargeable battery, a reservoir where you put the e-liquid and a mouthpiece. I found that the e-liquid I was using had a bit too much nicotine for me so I bought some with 0% nicotine and mixed it to get just the right level for me.

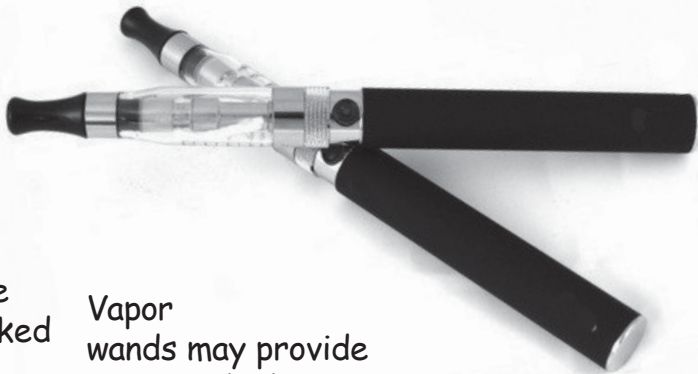
GENERAL HEALTH BENEFITS OF SWITCHING TO THE VAPOR WAND

- HEALTH BENEFITS SAME AS WHEN YOU QUIT SMOKING
- NO MORE SMOKER'S COUGH AND PHLEGM
- SENSE OF SMELL IS BACK
- BETTER PHYSICAL STAMINA AND CARDIO
- NO MORE WHEEZING AND TIGHTNESS IN CHEST

Ideally you should mix the fluids and continue to lower the nicotine level until you are using only 0% nicotine. One negative person commented "You are just trading one chemical for another". That is not entirely true. Typically, the liquid consists of vegetable glycerin or propylene glycol, or a combination of both substances. It also includes food-grade flavorings and nicotine extract. Propylene glycol is a component used in several products including cough syrups, asthma inhalers, cosmetics, and toothpaste.

Propylene glycol is a fairly safe ingredient, and the FDA considers it generally safe for human consumption. Nicotine, on the other hand, is a substance that can be addictive and dangerous when taken in large amounts, which is why you must be 21 to purchase it.

Cigarettes have hundreds of harmful chemicals and some are even poisonous!



Vapor wands may provide users with the same experience of smoking a traditional cigarette; however, this new smoking device has more benefits than you can ever imagine. It does not emit harmful smoke, so you do not affect other people's health whenever you use it. This type of apparatus also allows you to choose from numerous flavor options, which you can purchase at a very reasonable price. I like the Pina Colada and mint flavors. Most people consider using the vapor wand because it is easy to use, practical, and suitable for their budget. The cost of a small bottle of vapor liquid is \$5 and it is enough to last a couple of weeks or more, depending how much vapor you inhale. The top of the line kit including e-liquid and charger cost \$50. The average cost of a pack of cigarettes is \$7. At those prices I will be saving about \$5,000 a year!

What I like most about my quitting cigarettes is that if something happened and I needed an operation I will be in a better position to heal much faster. My mother was denied surgery for a polyp on her larynx (caused by smoking) because her lungs could not support it. She could not talk above a whisper for the last several years of her life. She caught a common cold and it killed her.

Don't smoke your life away! Stop by Keys Vapors and see Howie or AJ. 305-731-5118



Stop by Keys Vapors at MM 101 today!