



LOCALS' FAVORITE

Ship Wrecks

305-453-3153 45 Garden Cove Drive, Key Largo, MM 106

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

BANKRUPTCY RELIEF

Removal of Debt

FORECLOSURE DEFENSE

May Allow You to Keep Your Home

LOAN MODIFICATION

RICHARD M. BEHR, ATTORNEY AT LAW

is now available for Foreclosure Defense, Loan Workouts
and Consumer Bankruptcy Petitions

We may be able to stop phone calls, letters and other collection efforts

The ONLY Attorney handling Bankruptcy Petitions in the Keys,
who lives and works in the Florida Keys

Key Largo to Key West
(305) 853-5900
FREE CONSULTATION

Also available for Criminal Defense, Family Law, Wills and Probate

Easy Payments

Reasonable Rates

The hiring of an Attorney is an important decision that should not be based solely upon advertisements.
Before you decide, ask us to send you free information about our qualifications and experience.

Tina's Terrific!



Specializing in

Color & Highlights
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See Tina at Linda Lee's Hairport

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451-3455

Ballyhoo's has got the Crabs!



ALL YOU CAN EAT

Crabs

SNOW CRABS • KING CRABS • SNOW CRABS • KING CRABS

Check out Ballyhoo's new menu!

"Hook to Fork" fresh fish!

Craft Beers

Southern Hospitality

ALL YOU CAN EAT

Includes salad and your choice of side dish

WWW.BALLYHOOSRESTAURANT.COM

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BALLYHOO'S

Historic Seafood Grille

The Benefits of Not Smoking Cigarettes

As of this issue it will be 4 months I have gone without smoking cigarettes. There benefits are many.

We all know that:

As well as reducing the risk of developing lung cancer and heart disease you also cut the chances of a loved one developing any health conditions due to your 2nd hand smoke. Smoking increases the risk of at least 50 health conditions including dementia, respiratory and digestive problems. It is a proven fact that non-smokers live longer.

Here are some reason you may not be aware of:

- Smoking can cause problems with fertility, so if you are planning to start a family, now is a great time to quit.

- Smoking also increases the risk of impotence as it affects the blood supply to the penis.
- You will have a better sex life as you are more physically able to perform (being out of breath too soon will be a thing of the past!)
- You will feel much fitter and more able to enjoy sports and physical activity.
- You will enjoy food more, as smoking reduces your sense of taste and smell.
- You will save money! Many people don't realize just how much they spend on cigarettes. Ditch the cancer sticks and you could enjoy less financial stress, and spend more money on the things you

like. Think of it! A new car, new wardrobe, or vacation!

- Giving up smoking could also benefit your relationships. If smoking is causing tension at home because your partner, friend or family member wants you to give up, then finally ditching the cigarettes could make life less stressful all around.
- You'll look much better if you give up. Smoking prematurely ages your skin, and don't even mention the stained tongue and yellowing fingernails.

- Your house will be free of ashes, yellow walls and stale air.

- You'll smell better too! Cigarette smoke clings to your hair and clothes, and hangs on your breath. Don't want to smell like an ash-tray? You know what to do!

Quitting smoking has never been easier with the help of Keys Vapors. Stop by the little black camper next to the Dollar Tree at MM 101 or call 305-731-5118 for more information. A starter kit is \$50. To date (in just 4 months) I have saved \$1,200!





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OPERATION



CINDY CLAUS

For the last 12 years Cindy Smith and Jane Wasmund have been spreading some very special Christmas cheer to needy families in the Upper Keys with what has come to be known as Operation Cindy Claus.

Jane and Cindy connected years ago through letters to Santa Claus and have been working to make Christmas happen in a very special way for folks who might not otherwise have a Christmas at all.


Although there are many organizations that raise money and give to families in

need, the distinct difference in this project is that it targets families who might not qualify for other programs.

Jane and Cindy need your help to try to spread the spirit to families this year.

They accept monetary donations and gift certificates.

Call Jane at 305-451-2214 or email jwasmund@bellsouth.net if you can help make a happier holiday for families in need.



The Post needs your support!

Nov. 10th - 6pm

Marine Corps Birthday Party

Nov. 11th - Veterans Day

(After Ceremony at Bank)

Chicken and Pork BBQ Dinner

Nov. 28th: Thanksgiving Dinner

(Check with Post for time)

Happy Hour 4-7pm daily

Sunday Breakfast 8-11am \$6

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

