



Coconut oil is made up of more than 90% Medium
Chain Triglicerides (MCTs)
which are the main source of benefits.

Coconut oil, having these beneficial MCTs, can do a lot for your dog, including:

- Clear up skin problems, from allergies to dry skin
- Improve general skin health
- Make the coat shiny while also deodorizing any doggy odor

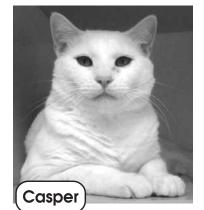
- Prevent and treat yeast and fungal infections
- Disinfect cuts
- Improve digestion
- Reduce or eliminate bad breath
- Help control diabetes
- Increase energy
- Aid in arthritis or ligament problems

Give 1/4 tablespoon for every 10 pounds of body weight, twice daily for basic MCT support.

Adopt a Key Largo Animal Shelter Pet

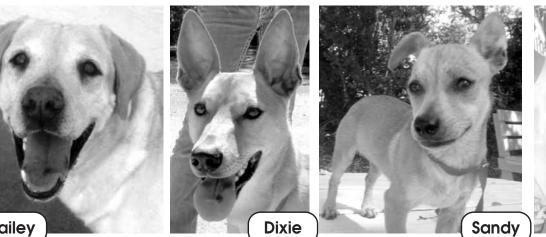
Meet a few of the animals who are currently available for adoption at the Key Largo Animal Shelter. If you are interested in taking one of these adorable furry friends home, stop by or call. The Shelter is located at mile marker 106 Oceanside; phone 305-451-0088.













Scam Busters!

Do not be a victim! The latest scams:

One of the more prevalent scams involves the caller saying they work for the IRS and a federal complaint has been filed against the victim. The scammer then says the victim can take care of the problem by making a payment immediately. The scammer tells the victim not to tell anyone about the scam due to security concerns and the scammer stays on the phone and walks the victim through the process of sending the money via Western Union to what turns out to be a fictitious bank account.

The other prevalent scam involves the caller placing a fake job ad on Craigslist where the victim has replied. The scammer and victim exchange a few emails then the scammer tells them they must send some sort of payment immediately or risk losing the job. The victim sends the money to the scammer and the scammer makes off with the money.

An electric company scam via phone wherein the scammer advises the victim that their utility bill is overdue and that payment must be made over the phone in order

to avoid the utilities being shut off.

An IRS scam via phone wherein the scammer advises the victim that they owe back taxes and that they must pay the overdue taxes with a credit card over the phone during that phone call or risk having the bank foreclose on the home the next day.

A Craigslist apartment scam wherein the scammer lists what appears to be a vacant apartment on Craigslist, waiting for someone to call about it, and then advises the caller that there has been significant interest in the apartment and that the only way to reserve it is to send money via Western Union immediately.

Consignment Shops - Do not leave your belongings without a signed copy of a list of your items. If you do not receive payment for your items or receive them back, call the Sheriff's Department.

If you have been the victim of any scam, call the Monroe County Sheriff's Department at 305-853-3211.

Charles Bernard (Chuck) Kincaid, 58, of Key Largo, passed away Wednesday, March 25.

He was born to the late Barbara Mollett and Bernard Kincaid, April 23, 1956, in Huntington, WV. Chuck was a veteran of the United States Coast Guard where he served five years. He was a member of the Moose Lodge # 2287, the American Legion Post 333, and the VFW Post 10211 - all in Key Largo. Most importantly, Chuck was a loving husband, father, grandfather, and friend.

Charles Bernard Kincaid

Chuck leaves behind his wife (Lucy Kincaid), his daughter (Heather Vargas), two sons (John Al Kincaid and Ricky Hardyman), three adopted daughters (Ashley Fuller, Jessica Fuller, and Leah Walls), his sister (Karen Wood), his son-in-law (Robert Vargas), and four grandchildren

Chuck was a gifted man - his many talents varied from guitar playing to making people laugh even at the most uncomfortable of moments. Everyone who knew Chuck knew that he had a story to tell. He had touched many lives during his journey here on Earth. May he rest in peace with his brother Mark.

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A celebration of life will be held at a later date. Please contact Adam or Paul of Sharkey's for more information.

