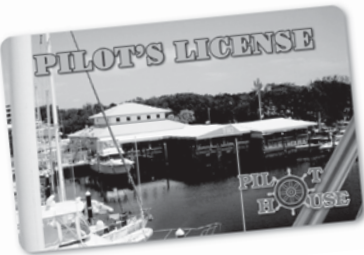


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SMALL BOAT SUMMER SPECIAL!
\$250/mo. (25ft or less)
Stored in our brand new racks — no long term contract.
You enjoy the water — we do the work!
Limited number of small berths available.
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Dine outside at our waterfront Glass Bottom Bar™
overlooking our five-star marina. Or, if you're
looking for a more private experience consider
dining indoors in air-conditioned comfort.

13 Seagate Blvd., Key Largo, MM 99.6, 305-451-3142
www.pilothousemarina.com fb.com/pilothousekeylargo

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.



Cookie



Dixie



Butterscotch



Homer



Smokey



Chloe



Mickey



Bart



Melinda



**The MARC Thrift Shop at the
Coral Isles Church
(next to Coral Shores High School)
is in need of clothing and
household items – anything
new or slightly used,
excluding large furniture.**

*If you don't have the time to personally
deliver it to the store, give the MARC folks
a call and they will schedule a volunteer to
come to you and pick it up, from Ocean Reef
to Islamorada – 305-852-3282.*

The Monroe Association for ReMARCable Citizens is a non-profit agency that serves adult clients within Monroe County who have developmental disabilities that include mental retardation (I.Q. 69 or below), cerebral palsy, spina bifida, Prader-Willi Syndrome, and traumatic brain injury sustained prior to age 18.

MARC provides numerous services for their clients. These services are designed to insure that each client receives training and support that enhances his or her individual abilities to understand daily community routines and learn social, self-care, vocational skills and help to increase a client's ability to develop friendships with non-disabled persons.



M.A.R.C., Inc. is a 501(c)(3) Non-Profit Organization providing life services for Monroe County residents with Developmental Disabilities.

"A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free (800-435-7352) within the state. Registration does not imply endorsement, approval, or recommendation by the state."

Hunk of the Month



"Video Dave" Kay

THE LIMITS OF THE HUMAN BODY

BODY HEAT 107.6° F	When a person's core body temperature hits 107.6° F heatstroke can't be reversed and will prove fatal.
COLD WATER: 40° F	Water saps body heat. A person would last barely 30 minutes in a 40° F sea.
HOT AIR: 300° F	In a burning building or a deep mine adults can survive 10 minutes at 300° F. Although children soon succumb in a 120° F car.
HIGH ALTITUDE: 15,000 FEET	Consciousness fades for most people at 15,000 feet. Although highland dwellers have adapted to have larger lungs and more red blood cells so they can survive.
STARVATION: 45 DAYS	If a person loses 30% of their body weight, death is imminent. Although, disease would probably kill a person before they have a chance to starve.
DIVING DEEP: 282 FEET	When diving deep without equipment most people black out before reaching 2 minutes once they are below 60 feet. The best free diver made it to 282 feet before blacking out.
LACK OF OXYGEN: 11 MINUTES	Typically, a person would pass out after 2 minutes without oxygen. With training, people can hold their breath for nearly 11 minutes.
BLOOD LOSS: 40%	A person can survive after losing 30% of their blood. After losing 40% of your blood a person would need an immediate blood transfusion.
DEHYDRATION: 7 DAYS	Every cell in a person's body needs water. Without being able to replace the quart of water a person loses per day, a person will not last more than a week at most.