Book Signing By Local Author

Join us on Saturday, June 14, from noon - 2 p.m. at Moore Books as local author Jo Webnar discusses her new book, a romantic suspense, Saving Tampa. Come and find out why she picked the setting and how she developed her story.

Local Author Jo Webnar discusses her latest book at Moore Books on June 14th.

Jo's reluctant heroine, Rachel Cunningham, feared and hated her psychic ability. When a strange man accidentally touches her, she sees the death of thousands. Rachel knows the FBI won't believe her, but she has to try. Lives are at stake.

Special Agent Hawk Arrons dismisses her information as a publicity stunt, yet his conscience nags him. When Rachel identifies an Al Qaida cell leader, Arrons puts his career at risk and issues an alert.

Together they race against time to prevent an attack. Will the terrorists' threat succeed, or will Rachel and Hawk save Tampa?

Author Jo Webnar lives and works in the Upper Keys. Books will be available for sale and the signing will be at Moore Books located in the Key Largo Pink Shopping Plaza.

For more information you may contact Jo Webnar at PO Box 9268 Tavernier, FL 33070; by e-mail jwebnar@yahoo.com; or visit her website at www. jowebnar.com.

Legion Honors Veterans on Armed Forces Day

On Saturday, May 17th, Key Largo American Legion Post 333 celebrated Armed Forces Day with a free barbecue for all veterans. According to Post Commander Chris Hyde, "Armed Forces day is a day when we honor all active and retired veterans. As opposed to Memorial Day, which honors military personnel who died in service to the United States, this is a day for veterans to get out and shake hands with fellow veterans."

Gary Dunlap thanks veterans for their service.

The barbecue was organized by the Sons of the Legion, led by Gary Dunlap, who spoke to the attendees, thanking veterans for their service. One of the main reasons for having the event was to show appreciation for veterans in the community, whether or not they're members of the Legion. (Of course, the Legion would be happy for any veterans who aren't members to join.)

Donations were received to benefit the Legion's children's fund, which helps kids' groups, such as soccer teams. A major function of the Children's fund is to help families in the community at Christmas time. For example, funds were used to provide a tree and presents for a family last year who lost everything in a fire.

Armed Forces day was created in 1949 by President Harry S. Truman as a holiday for citizens to come together and thank Service members for their support of our country (www.defenselink.mil/afd). For more information, contact Post 333 at 97630 Overseas Highway. Or call 852-0413.

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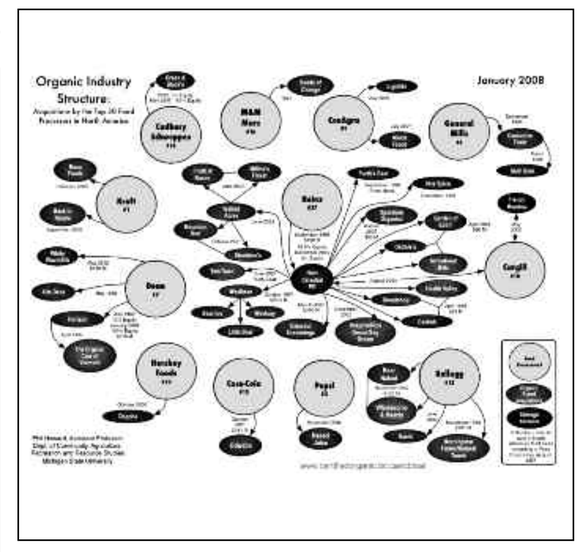
By Gene C. Lentz, MBA, BC, PM, MRT

Who Owns What?

As corporate America continues to purchase and change the natural food industry, it is good for us as consumers to really understand who owns what, and what changes are being made. When Burt's Bees was purchased for some $975 million by Clorox, the opening statement was "we look forward to modifying the line". The purpose of this article is not to discourage health oriented purchasing, but to shine a brighter light between the real deal and those that are trying to jump in the wagon. Indeed, a healthier choice is present for all, just look for the smaller companies and those that have maintained integrity and a purity about the products they sell.

Corporate Acquisitions



While it would seem impossible to eat the perfect food all the time, it does seem prudent to make as many wise choices possible. In a world of processed food and shortcuts, eat health when you can. Be cautious with companies that are fertilizer and seed companies because invariably they contain genetically modified foods which can affect your health and well being.

Next month look for the article on toxic make-ups and viable alternatives.