

Get Your Copy of Dive with Vengeance by W.F. Mullen

W. F. Mullen, a friend and much-loved writer in the Keys, passed away a year ago at Mariner's Hospital. Dive with Vengeance (see picture on cover), Mullen's last self published book, had been accumulating dust in a storage unit until recently. Hundreds of books written in, about, and for the magnificent Florida Keys were even beginning to yellow with age. Mullen, or Farel as his friends called him, left



W.F. Mullen

Vengeance and enjoyed every minute of it. At that point Glenn said, "Maybe you can do something with them. I gotta get them out of my dining room."

He gave me the books and even the displays Mullen had made for them. Since Mullen had spent a month at Mariner's Hospital getting the best care possible and died without money or insurance, we decided to donate a

portion of the proceeds to the hospital's ICU unit.

One day, Hover mentioned the book to me and I told him I would love to read it. I devour all the books I can that are related to the Keys and South Florida. Edna Buchanan, Randy Wayne White and Carl Hiaasen... I just can't write them fast enough.

So I read Dive with

You can purchase your own copy of *Dive with Vengeance* at Key's Visitor Center 107.9 Overseas Hwy., Kat's Little Hair House in the Tavernier Town Plaza, and the Mariner's Hospital Gift Shop. For more information about the books contact Denise Malefy at 305-304-2837.

Marine Bank Sponsors Treasure Village Montessori After School Music Program

On April 8, 2008, Marine Bank made a generous contribution to Treasure Village Montessori and music teacher Cheryl Kinkelaar. The funds will go to develop the After School Music program. "It's our goal to provide a quality program that will be interesting to the students and affordable to the parents," said Ms. Cheryl about the program. "We want to entice the older students to participate in the after school programs. Considering the alternative of going home to empty houses, these programs are essential to the safety and development of these students."

The need for this program is yet another indicator of the state of the economy. The aftercare program has grown substantially since the 2006/2007 school year, further underscoring the situation. Many parents are working longer hours and multiple jobs, leaving children unchaperoned and until parents return from work. To offer these after school programs - which include Roots of Rhythm, Guitar workshop, Keyboard lab

and a grand musical - \$16,000 is needed. For the 2008/09 school year, administration has applied for grants, but many contributors prefer to donate funds to nationwide organizations, or to organizations in areas with greater populations, a reality that leaves Ms. Cheryl and the school looking to businesses the community - like Marine Bank - for funding. To date, Marine Bank is the sole responder to Ms. Cheryl's request for support.

"We have a responsibility to these kids to provide structure and exposure to new things," said Hunter Padgett. "By supporting and enabling pro-grams like this, as a community we're doing right by our kids. I applaud Ms. Cheryl and Treasure Village Montessori in pursuing programs like this, and encourage other businesses to see these opportunities as responsibilities."

If you, or someone you know, is interested in contributing please contact Ms. Cheryl Kinkelaar at 853-5634, 393-0303, ckink@bellsouth.net. Or you can contact the school at 852-3482.

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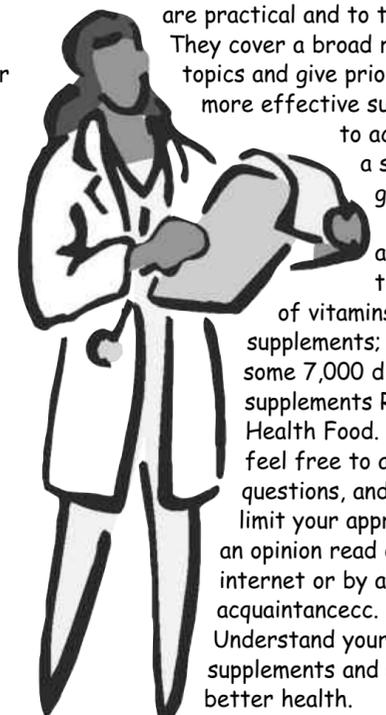
Vitamins, What They Accomplish

The purpose of the article this month is to give synopsis of what some basic vitamins for your body will accomplish. Following you will find a general guide to help whatever may be affecting your health:

Inflammatory

- Vitamin K
- Blood Coagulation
 - Bone Formation

Many times, a simple vitamin relieves your infirmity. Also, you will find that your recuperation time greatly enhanced, whether it be from surgery or a simple cut. The most important aspect is not just to believe everything you hear or read, but verify through reliable sources. We recommend publications such as "Prescription for Herbal Healing", "Prescription for Natural Healing" or "7-Sydrum Healing". These publications are practical and to the point. They cover a broad range of topics and give priority to the more effective supplements to accomplish a specific goal.



There are literally thousands of vitamins and supplements; we carry some 7,000 different supplements Remedy's Health Food. Please feel free to ask questions, and do not limit your approach to an opinion read on the internet or by an acquaintance. Understand your supplements and enjoy better health.

- Vitamin A
- Conversion of neural signals into visual images
 - Integrity of epithelial cells in skin, lining of organs, body cavity
 - Genetic expressions, embryonic development
 - Immune function

- Vitamin C
- Collagen Formation
 - Capillary Walls
 - Amino Acid Metabolism
 - Neurotransmitter Function
 - Iron Absorption

- Vitamin D
- Calcium Absorption (especially D-3)
 - Growth and Development
 - Skin
 - Cell Growth

- Vitamin E
- Prevents LDL Oxidation
 - Platelets (Adhesions, thrombosis)
 - Protects Against Cellular Damage)
 - Anti-

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