

# Dear Anny Bannany

Dear Anny Bannany,

It never fails. You sit down and light up a cigarette and suddenly there appears a cigarette bum. They won't spring for a pack of their own but they expect you to give them yours. It's rude and annoying! How can I keep people from grubbing cigarettes?

Signed,  
Sick of Bums

Dear Sick of Bums,

You are absolutely right to be angry. The US Congress just increased the tax on smokes from .39 cents to \$1.01 per pack and they may be going up more.

My advice is to get ruthless and rattle off all of the health risks of smoking. Tell them that what you do to your own body is your own problem, but that you refuse to destroy the health of others. If they choose to smoke they must buy their own poison.

There are over 4,000 chemicals in tobacco products. 43 are known to cause cancer and another 400 are poisonous! The brand you are probably smoking is made from a product called "recon". They take stale and used cigarettes, filter, paper and all (it's called "reclaim") and grind it into a soup mixture, add chemicals, dry it up, flatten it out and it looks just like tobacco! Here are just a few of the nasty ingredients: acetone, benzene, cadmium, polonium, amonia, butane, formaldehyde, nickel, turpentine, arsenic, carbon monoxide, hydrogen, cyanide, nicotine and ambergris which is whale vomit.

However, medical studies have proven that you can still live with one lung and most forms of cancer are treatable at least for a while. This is only one of hundreds of products that are slowly killing you. Smoking does not affect the fetuses of women that are not pregnant. You can smoke and drive or operate heavy machinery if you want to. Refusing to inhale drastically reduces the risk or lung cancer.

Sincerely,  
Anny Bannany



Bob Curtis from the Island Smoke Shop at the Pink Plaza says "If you must smoke try our imported and all natural 100% tobacco cigarettes." The Island Smoke Shop is home of the OFFICIAL CIGAR of the Conch Republic Northernmost Territories.

**American Legion Post 333  
2nd Annual Armed Forces  
and Veterans Appreciation Day Pig Roast**

**Saturday May 16th 2 - 6 pm**

**MM 97.5 in the median, Key Largo**  
The food is FREE and the drinks are  
at Happy Hour prices

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# Coco 'Nut' Funnies

## How to Avoid the Swine Flu

Get plenty of exercise because exercise helps build your immune system. Walk for at least hour a day, go for a swim, take the stairs instead of the elevator, etc.

Wash your hands often. If you can't wash them, keep a bottle of antibacterial stuff around. Wear a mask when out in public places and avoid going out in public as much as possible while the swine flu is spreading.

Get lots of fresh air. Open windows whenever possible. Get plenty of rest. Try to eliminate as much stress from your life as you can.

OR... You can take the doctor's office approach. Think about it, when you go for a shot, what do they do first? Clean your arm with alcohol.. Why? Because alcohol kills germs.

So... I put on my mask, walk to the liquor store (exercise), I put lime in my Corona (fruit), celery in my Bloody Mary (veggies), drink on the bar patio (fresh air), get drunk, tell jokes, and laugh (eliminate stress) and then pass out (rest). The way I see it, if you keep your alcohol levels up flu germs can't get you!



**Marine Mammal Conservancy**  
**June 6, 2009**

Location:  
Dagny Johnson State Park  
Key Largo, FL

This will be a family-friendly event with face-painting for the kids as well as assorted prizes to be raffled off.

Registration: \$25  
Online registration is available at:  
[www.marinemammalconservancy.org](http://www.marinemammalconservancy.org)  
or email [MMC5KEvent@gmail.com](mailto:MMC5KEvent@gmail.com)

Schedule for June 6th:  
7:30am — Registration Begins  
8:30am — Runner start time  
8:45am — Walker start time  
9:30am — BBQ & Raffle

**5K**  
RUN WALK  
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