

# Eagle Scout Court of Honor Recognizes Scout

Joseph "Joe" Pratt would like to thank the Islamorada community for supporting him in his quest of becoming an Eagle Scout. On May 2nd the community was invited to an "Eagle Scout Court of Honor" at the Matecumbe United Methodist Church. Joe's Eagle Scout project is a Labyrinth at the church. Without the gracious support and donations from Dixie Aluminum, Simon Trucking, Centennial Bank, The Matecumbe Methodist Stained Glass Club and Islamorada Ace Hardware this community project could not have been accomplished.



Scouting has been a part of Joe's life since he was a Tiger Cub in first grade. The culmination and highest rank in Boy Scouts is only attained after giving back to the community, by doing an "Eagle project." Joe planned, designed, organized, found donors, and then led younger scouts from Islamorada's Troop 914 in the actual building of the Labyrinth. With this experience, confidence and a moral compass, trued by his parents, church and Boy Scouts. Joe is now pursuing a degree in engineering possibly working with marine robotics in the future.

# High Quality Supplements: A Necessity to Prevent Disease!

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Since the industrialized age, the soil we utilize to grow our nutrition is being depleted of nutrients and immunity-boosting factors. Without the optimum mineral and nutrient ratios, supplementation of these elements is crucial if we are to remain healthy and counter the attack against our immune systems by ever-increasing stress, environmental pollutants and poor nutrition.

To the question of whether high quality supplements should be taken, in all probability we will not need a multi-vitamin and multi-mineral if we eat a balanced diet, vary our diet, have no exposure to stress, no negative environmental factors, do not try to lose unwanted pounds, and eat regular meals. (Brown) However, a realistic evaluation of just one of these factors, eating a balanced diet, demonstrates that less than 10 percent of those surveyed actually do so. (Bradstreet 17)

While supplements are not a panacea for all ills, many studies demonstrate their value. The National Institutes of Health on their website details findings by an independent panel. In the 'Findings by Disease' under 'Cancer', it cites: "Both trials that examined cancer end points found a reduction in

cancer incidence, mortality, or both." Regarding age-related macular degeneration, one study showed "less progression of intermediate-stage age-related macular degeneration in persons receiving vitamins C and E, B-carotene, and zinc."

A poor choice in managing our health would be to wait for disease to manifest itself, and then expect doctors and pharmaceuticals to solve the issue. We must take responsibility ourselves for disease prevention by enacting a proactive rather than a reactive lifestyle, and one key way to address this is to take high quality supplements. As to the swine flu and others, you would be hard-pressed to find any natural or medical professional that would not subscribe to the need for stronger immune systems and healthier lifestyles for all that produce a better immune response. As the saying goes, "An ounce of prevention is worth a pound of cure",

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# Jimmy Johnson Finds A Second Home In The Keys

Fabulous waterfront dining and entertainment facility lures former football coach into partnership deal with developers of exclusive Key Largo Private Residence Club.

The Big Chill (now aptly called Jimmy Johnson's Big Chill at Fisherman's Cove) is sporting an inviting new theme to entice both residents and tourists alike: Come Chill Out with JJ. "The convenience of having a place to play just a few miles or so from where I sleep was a perfect find," says the retired championship coach. "And not only that, they're allowing me to make it even more perfect."

With JJ's astute input, The Big Chill is now undergoing big improvements. The new Jimmy Johnson's Big Chill will emerge in mid-May with enhanced indoor/outdoor waterfront dining, JJ's Sports Bar, Raw Bar, Tiki Bar and a Pool and Cabana Club. This open-to-the-public waterfront dining and entertainment facility is having its grand opening party on Memorial Day weekend starting Friday May 22nd through Monday May 25th - with JJ and friends in attendance of course.

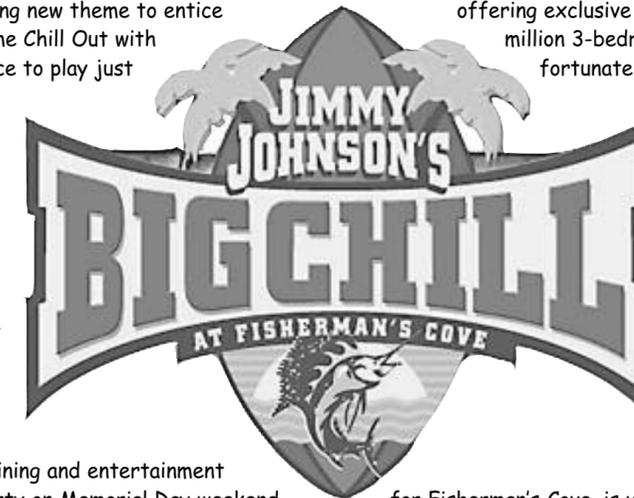
During the off-season when JJ is not in chatting it up on Sundays for Fox Sports, he'll be putting on his flip flops, berthing his boat, and

entertaining his friends somewhere within the confines of The Big Chill at Fisherman's Cove.

In addition to the Big Chill, Jimmy Johnson's Fisherman's Cove is an exclusive Private Residence Club located on the property. The Club is offering exclusive deeded ownership in six luxurious \$2 million 3-bedroom residences to a total of only 48 fortunate owners— complete with waterfront resort amenities, including The Big Chill— for a fraction of the price, approximately \$299,000. Jimmy Johnson's Fisherman's Cove is making vacation home ownership irresistible again.

Owners enjoy virtually unlimited vacations in the unique private residences. subject only to the Club's generous and flexible reservation policies. And they'll have exclusive use of their own boat to go fishing, diving, or sunset cruising.

Digital Capital Sales Group, exclusive sales and marketing partner for Fisherman's Cove, is very excited about their new partner, Jimmy Johnson. They not only welcome JJ's hands-on participation in the redesign of Fisherman's Cove and The Big Chill, but his invaluable aid in greeting potential Fisherman's Cove owners and Big Chill customers whenever he is at the resort.



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