

10 Ways to Reuse Coffee Grounds

If you're like me, you like to have a cuppa joe every once and a while, or every day. So what do you do with those coffee grounds after you get your caffeine fix? Throw them in the trash or compost? Well, don't just trash those grinds anymore. Here are a few of the neat things you can do to reuse coffee grounds for:

1. **Fertilize plants.** Old coffee grounds are nutrient rich for plants that thrive in an acidic soil.
2. **Soften and add shine to hair.** When washing your hair, rub coffee grounds through wet hair and rinse. For brown hair, coffee grounds add highlights.
3. **Use coffee grounds to exfoliate the skin.** Rub into skin and then rinse. (I love when my face smells like coffee.)
4. **Deodorize a freezer.** Place a bowl of used coffee grounds in

the freezer to remove unwanted odors.

5. **Rid your shoes of stinky odors.** Put some dried coffee grounds in your favorite pair of smelly shoes make the odor vanish.
6. **Use your morning brew to fight cellulite.** Mix the grounds with vitamin E oil and massage onto the area where cellulite exists. Repeat 2 or 3 times and rinse in the shower.
7. **Rub coffee grounds on your pet before bathing to repel any fleas.**
8. **Remove furniture scratches.** Rub furniture with wet coffee grounds to remove marks.
9. **Use coffee grounds to repel ants.** Cinnamon also works.
10. **Keep cats from leaving a little surprise in your garden** by spreading used coffee grounds and orange peels throughout your beds or vegetable garden.



Don't forget your feathered friends this year.

Make a tax-deductible donation to the Florida Keys Wild Bird Center

Open daily from sunrise to sunset

The Florida Keys Wild Bird Center is a non-profit 501C 3 organization that relies almost entirely on the generosity of both public and private donations. We sincerely appreciate and are thankful for all donations of any size.

You can go online and donate securely with PayPal

www.fkwbc.org

Or, checks can be mailed to:
Florida Keys Wild Bird Center

email us: info@fkwbc.org

93600 Overseas Highway, Key Largo 33037

Mission Statement

Florida Keys Wild Bird Center's mission is to rescue, rehabilitate, and release native and migratory wild birds that have been harmed or displaced, to provide or locate a humane shelter for those birds that cannot be released, and to educate the public toward the importance of coexistence with all wild bird species.

Objectives

1. To provide professional standards of animal care, rehabilitation and assistance to injured, sick, rescued or orphaned wild birds.
2. To educate the public about the importance of our migratory and resident wild bird populations to the Florida Keys and to the Everglades.
3. To provide a humane example for others to learn from and follow.



The Center also need volunteers. Contact the Center at 852-4486

Friends of Frazier Nivens Fundraiser

CHARITY CONCERT, SILENT AUCTION, AND SPECIAL PERFORMANCES BY LEGENDARY MUSICIANS

**Sunday, February, 19th 2012
3-10 PM. Venue to be announced.**

Facebook users can also help support Frazier and his family by joining the "Friends of Frazier Facebook Page" at: www.facebook.com/groups/290243847691172.

Performing at the concert will be The Patxi Pastor All Star Band (www.PATXI.com) featuring very special guests including Rock & Roll Hall of Famer and Co-Founder of The Bob Seger Silver Bullet Band Alto Reed on Sax, The Legendary Miami Sound Machine Horn Section With Randy Barlow and Doug Michels on Trumpet, Mike Scaglione on Sax and Teddy Mulet on Trombone, Jack Ciano Drummer for Bruce Hornsby, Tony Bennett, Jon Secada and Dizzy Gillespie, Steve Argy Bass Player for Bruce Springsteen's saxophonist Clarence Clemons, KC & The Sunshine Band and The Bellamy Brothers, Multi-Grammy Nominated Producer & Keyboardist Leroy Romans from Bob Marley's Wailers, Jimmy Cliff & Maxi Priest and Miami's Singing Sensation Maryel Epps from David Bowie, Prince, Bob Dylan and Chaka Khan.

For More Information Please Contact:
Leslie Del Toral
donate@fraziernivensbenefit.com

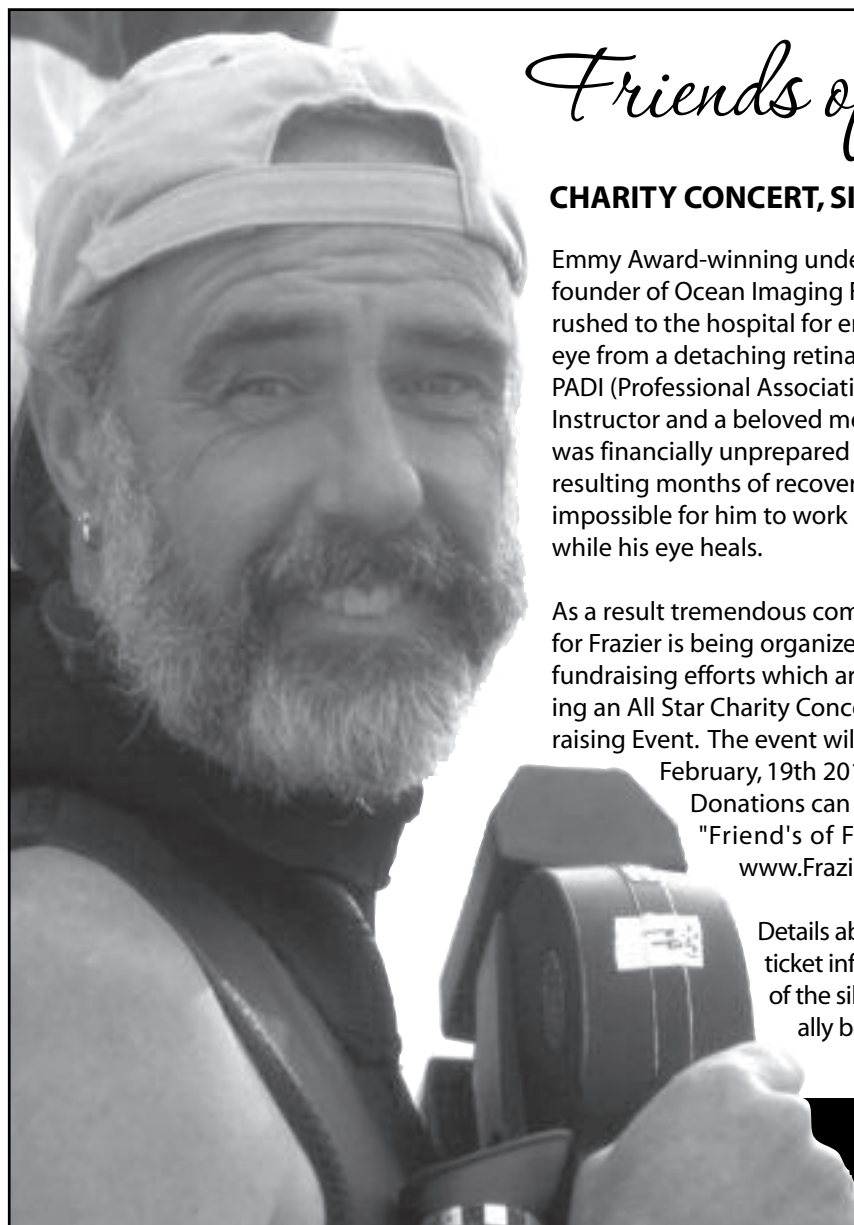
Emmy Award-winning underwater cinematographer and founder of Ocean Imaging Frazier Nivens, was recently rushed to the hospital for emergency surgery to save his eye from a detaching retina. Frazier who is a long time PADI (Professional Association of Dive Instructors) Dive Instructor and a beloved member of the Keys community was financially unprepared for the \$30,000 surgery and resulting months of recovery during which it will be impossible for him to work and dive to support his family while his eye heals.

As a result tremendous community outpouring of support for Frazier is being organized now through a number of fundraising efforts which are currently underway including an All Star Charity Concert, Silent Auction and Fundraising Event. The event will be held in Key Largo Sunday, February, 19th 2012 from 3:00 PM to 10:00 PM. Donations can be made online at the "Friend's of Frazier" official website at www.FrazierNivensBenefit.com.

Details about the event's location and ticket information along with a list of all of the silent auction items will continually be updated on this web site.

www.FrazierNivensBenefit.com

"Friends of Frazier Facebook Page" at: www.facebook.com/groups/290243847691172



Coco'Nut' Funnies

The Five Levels of Drinking

LEVEL 1: It's 11:00 p.m. on a weeknight, you've had a few beers. Just as you get up to leave because you have work the next day, one of your friends buys another round. At this level you think to yourself, "Oh come on, this is silly, as long as I get seven hours of sleep, I'll be fine.

LEVEL 2: It's midnight. You've had a few more beers. You've just spent 20 minutes arguing against the use of artificial turf. You go to leave again, but a little devil appears on your shoulder. And now you're thinking, "Hey! I'm out with my friends! What am I working for anyway? These are the good times! Besides, as long as I get five hours sleep...I'm cool.

LEVEL 3: 1:00 a.m. in the morning. You've abandoned beer for tequila. You've just spent 20 minutes arguing FOR the use of artificial turf. And now you're thinking, "Our waitress is the most beautiful woman I've ever seen!" At level three, you love the world. On the way to the bathroom you buy a drink for the stranger at the end of the bar just because you like his face. But at level three, that devil is a little bit bigger...and he's buying. And you're thinking "Oh, come on, come on now. As long as I get three hours sleep...and a complete change of blood, I'm cool.

LEVEL 4: 2:00 a.m. in the morning, and the devil is bartending. For last call, you ordered a bottle of rum and a Coke. You ARE artificial turf! This time on your way to the bathroom, you punch the stranger at the end of the bar. Just because you don't like his face! And now you're thinking, "Our busboy is the best looking man I've ever seen." You and your friends decide to leave, right after you get thrown out, and one of you knows an after hours bar. And here, at level four, you actually think to yourself, "Well...as long as I'm only going to get a few hours sleep anyway, I may as well....STAY UP ALL NIGHT!!!! Yeah! And besides, as long as I get 31 hours sleep tomorrow, I'm cool.

LEVEL 5: 5:00 a.m. and you and your friends wind up across the state line in a bar with guys who have been in prison as recently as...that morning. It's the kind of place where even the devil is going, "Uh, I gotta turn in. I gotta be in Hell at nine." A waitress with fresh stitches comes over, and you think to yourself, "Someday I'm gonna marry that girl!!!" One of your friends stands up and screams, "WE'RE DRIVIN' TO VEGAS, BABY!!!!!" - and passes out. You crawl outside for air, and then you hit the worst part of level five - the sun. You weren't expecting that were you? You never do. Let's be honest, if you're 19 and you stay up all night, it's like a victory like you've beat the night, but if you're over 30, then that sun is like God's flashlight. We all say the same prayer then, "I swear, I will never do this again (how long?) as long as I live!" And some of us have that little addition, "and this time, I mean it!"

Renamed Hits

...continued from page 8

9. Procol Harem, "A Whiter Shade of Hair"
10. Leo Sayer, "You Make Me Feel Like Napping"
11. The Temptations, "Papa's Got A Kidney Stone"
12. Abba, "Denture Queen"
13. Tony Orlando, "Knock Three Times On The Ceiling If You Hear Me Fall"
14. Helen Ready, "I Am Woman; Hear Me Snore"
15. Leslie Gore, "It's My Procedure, And I'll Cry If I Want To"
16. Willie Nelson, "On the Commode Again"

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