Bartender of the Month **Bob Dolan** at Gilbert's Resort

At age 82, Bob Dolan is the oldest working bartender in the Florida Keys and perhaps all of Florida. With age comes experience. With experience comes knowledge. With

knowledge comes wisdom. And Dolan has all four.

A "Jack" of many trades, Bob Dolan is a veteran of the Korean War, retired ironworker. and master plumber. He moved to the Keys from

New York in the early 1960s to work at Turkey Point. After retirement, it was his restless spirit that led him to become a bartender, as boredom was his worst enemy. For 15 years he worked at the prestigious, 4 1/2 star Harbor Course Club at Ocean Reef, and through the

owned a few of them. "Why are you still working?" I asked.

years he has worked at other

fine establishments and even

"I have to stay busy and

work is my therapy." Dolan replied.

With years of life

experience under his belt, Dolan is anything but dull. You can pull up a stool at his bar at Gilbert's

and talk to him for hours. He is truly a wealth of information, a great storyteller and probably the best bartender the Coconut Telegraph has had the pleasure of interviewing. With

Dolan's experience he

could work anywhere in town but it's at Gilbert's Resort he chooses to hang his hat.

With pride, Dolan shows off Gilbert's beautiful, newly remodeled dining room and notes the scenic marina with its spectacular sunset view. He also mentions the new breakfast nook that has become very popular with the locals and is open from 7 to 11 a.m. every day. He goes on to say his employers are extremely hard

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Gilbert's Resort newly remodeled dinning room.



The new breakfast nook located at Gilbert's, open from 7-11a.m daily



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your vibration including thinking positive and uplifting thoughts.

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Everything in the universe is made of energy. What differentiates one form of energy from another is the speed at which it vibrates. For example, light vibrates at a very high frequency, and something like a rock vibrates at a lower frequency but a frequency nonetheless. Human beings also vibrate at different frequencies. Our thoughts and feelings can determine the frequency at which we vibrate, and our vibration goes out into the world and attracts to us energy moving at a similar frequency. This is one of the ways that we create our own reality, which is why we can cause a positive shift in our lives by raising our vibration.

We all know someone we think of as vibrant. Vibrant literally means "vibrating very rapidly." The people who strike us as vibrant are vibrating at a high frequency, and they can inspire us as we work to raise our vibration. On the other hand, we all know people that are very negative or cynical. These people are vibrating at a lower frequency. They can also be an inspiration because they can show us where we don't want to

There are many ways to raise be vibrating and why. To discover where you are in terms of vibrancy, consider where you fall on a scale between the most pessimistic person you know and the most vibrant. This is not in order to pass judgment, but rather it is important to know where you are as you begin working to raise your frequency so that you can notice and appreciate your progress.

There are many ways to raise your vibration, from working with affirmations to visualizing enlightened entities during meditation. One of the most practical ways to raise your vibration is to consciously choose where you focus your attention. To understand how powerful this is, take five minutes to describe something you love unreservedly—a person, a movie, an experience. When your five minutes are up, you will noticeably feel more positive and even lighter. If you want to keep raising your vibration, you might want to commit to spending five minutes every day focusing on the good in your life. As you do this, you will train yourself to be more awake and alive. Over time. you will experience a permanent shift in your vibrancy.

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