



ISLAND GRILL

HOME OF THE ORIGINAL TUNA NACHOS

Welcome Summer!

Summer is a great time to book your party on the Ocean at either location.

Lunch & Dinner served daily at both locations.

Breakfast served daily at the Islamorada location only.

Check in at the Island Grill and say hello.

We look forward to seeing you!


Island Grill at Mandalay • MM 97.5 • Ocean View

Island Grill at Snake Creek • MM 85.5 • Beach Setting

Key Largo 305 852-0595

Islamorada 305 664-8400

NOW WITH TWO LOCATIONS:



Enchanted Sea Crystals

Natural Sea Salt Potpourri

Perhaps you have noticed that your feeling of well being is intensified in pure mountain air, or at the seashore, or after a thunderstorm. This is due to the higher concentration of negative ions in these surroundings. Objects that release negative ions are believed to purify air and promote good health.

Enchanted Sea Crystals are pure ionic sea salt crystals, solar evaporated from the clear blue waters of the Caribbean Sea; colored in rich hues and infused with pure oils to provide lasting fragrance. The fragrance from the crystals is as strong as candles, yet it is safe to your health and environment.

Enchanted Sea Crystals will retain their fragrance up to three months (without adding more fragrance oil) depending on the environmental conditions of the room. Direct sunlight and strong air exposure will cause the fragrance oils to evaporate faster but will not affect the ionic value.

GET IT HERE:

UPS Stores:


Tradewinds Plaza and Plaza Bldg. Ocean Reef

The Art Box

MM 100.2 Bayside

DISTRIBUTORS WANTED!!


MADE IN KEY LARGO, FLORIDA KEYS 305-304-2837



Capturing the Thrill

Do What Excites You

Playing it small in order to fit in with a group robs the essence of your self.



Each human life has the potential to be dramatic, thrilling, and awe-inspiring. Our lives are, in truth, ours to design. Each day, we make choices that influence the character of our experiences, and our decisions determine whether our paths are rousing or tedious, breathtaking or tiresome. We can create an exciting life by simply doing what excites us whenever the opportunity presents itself. Your passions may ebb and flow, and what excites you one year may not excite you the next, but when you make excitement a regular part of your existence, life becomes more fun and more fulfilling.

If you are somebody that tends to live practically, excitement may overwhelm you at first. To ease the anxiety that prevents you from incorporating all that you find exciting into your life, acknowledge that you are alive right now in this time and every moment matters. When you choose to do more of what excites you, even if your choices requires you to make certain sacrifices, your daily life will soon be imbued with exhilaration, pleasure, and optimistic anticipation.

To understand what excites you, you may need to observe and ponder your reaction to the activities, events, circumstances, and concepts that make up your life. What makes your pulse race, what makes you want to get out of your chair and take action? Try to avoid getting too wrapped up in life's details; their tedium may cause you to plod through your existence unaware of prospective excitement.

Once you have created a substantial list of what excites you, find ways to integrate each item into your routine. You will soon find yourself riding a wave of excitement that lifts you up and makes life truly worth living. What excites you in your life?

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Forty five students in Mr. Richard Russell's Commercial Fishing Course recently completed an intensive, eight-week Boating Safety and Seamanship course at CSHS.

The course was the brain child of Mr. Russell and Chief Warrant Officer Jaret C. Mats, the commanding officer of Coast Guard station Islamorada.

The students were drilled in all aspects of seamanship including rules of the road, boat handling, weather, marine electronics, Federal and state boating laws, and aids to navigation.

Special presentations were put on by Mary Tagliareni (Deputy Director of the National Marine Sanctuary) and Officer Bob Dube of the FWC.



Coast Guard Station Islamorada Petty Officers teamed up with Jim Marcotte CG Auxillary Public Education Staff Officer and his teaching team to present the comprehensive course.

The students were awarded Coast Guard certificates of completion and will be issued Florida State safe boarding cards by the FWC.

This is the first time such an outreach has been made in a public high school and is prompted by the high maritime accident/incident rate we have here in Monroe County.

Plans are now being made to present an expanded program in the fall that will include hands-on training aboard CG AUX boats.



Coast Guard and Coral Shores High School set precedent in offering Boating Safety and Seamanship Course



The students pictured are the certificate earners from the commercial fishing classes split between the 3rd and 4th period at Coral Shores High School. There were too many to fit in one classroom! In the orange shirt is their teacher, Mr. Richard Russell. Men in uniform are Jaret C. Mats (C.O. of Station Islamorada) and James T. Marcotte, the Public Education staff officer for the AUX flotilla attached to station Islamorada.

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