

Stronger than You Know

Getting Ourselves Worked Up

Often we get unfounded anxiety. We are stronger and more capable than we believe ourselves to be.

Our capacity to cope successfully with life's challenges far outstrips our capacity to feel nervousness. Yet in the weeks, days, and hours leading up to an event that we believe will test our limits, we can become nervous. While we may have previously regarded ourselves as equal to the trials that lie ahead, we reach a point at which they near and our anxiety begins to mount. We then become increasingly worked up, until the moment of truth arrives and we discover that our worry was all for nothing.

We are almost always stronger and more capable than we believe ourselves to be. But anxiety is not rational in nature, which means that in most cases we cannot work through it using logic as our only tool. Reason can help us recognize the relative futility of unwarranted worry but, more often than not, we will find more comfort in patterns of thought and activity that redirect our attention to practical or engaging matters.

Most of us find it remarkably difficult to



focus on two distinct thoughts or emotions at once, and we can use this natural human limitation to our advantage when trying to stay centered in the period leading up to a potentially tricky experience.

When we concentrate on something unrelated to our worry, such as deep breathing, visualizations of success, pleasurable pursuits, or exercise, anxiety dissipates naturally. Meditation is also a useful coping mechanism as it provides us with a means to ground ourselves in the moment. Our guides can aid us by providing us with a focal point wholly outside of our own sphere.

The intense emotional flare-up you experience just before you are set to challenge yourself is often a mixture of both excitement and fear. When you take steps to eliminate the fear, you can more fully enjoy the excitement.

Though you may find it difficult to avoid getting worked up, your awareness of the forces acting on your feelings will help you return to your center and accept that few hurdles you will face will be as high as they at first appear.

YOU'VE BEEN
CRITICIZING
YOURSELF FOR YEARS
AND IT HASN'T
HELPED.

TRY APPROVING
YOURSELF AND SEE
WHAT HAPPENS

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Second Annual Florida Keys Dolphin Championship Winners

For the second year in a row Key West Boats took home the Championship.

Key West business owner Ed Johnston won the second annual Florida Keys Dolphin Championship by weighing in a

46.8 lb. bull dolphin on the first day of the two-day tournament. This was Ed's first tournament, and after landing the "Slammer" fish, they turned the "Signs Unlimited" boat towards Key West to make sure they got this prize fish to the weigh station in time. Interesting thing is that Ed got the fish to the weigh station two and a half hours before it opened... resulting in him pacing up and down the dock!

By taking first place "Signs Unlimited" won the \$15,000 first place prize along with an additional \$7,148 in optional entries, taking home a total of \$22,148.

Second place went to team "Twin Bruddas" out of Fort Myers, lead by Andrew Kagen, who weighed in the next biggest dolphin at 45.6 lbs., winning a total of \$7,422 in prizes.

Third place winner "The Natural" out of Marathon secured the \$4,000 number three spot along with another \$3,230 in optional entries when angler Reese Lewis landed a 44.3 lb. bull dolphin, earning him \$7,230.00.

The contest had a total 69 boats and 340 anglers throughout the Keys. Even with the high winds both days, many large dolphins were landed and the top three positions were separated by a mere 2.5 lbs. Many teams are already making plans for the third annual Florida Keys Dolphin Championship on May 15-17th, 2015.



LOCALS' FAVORITE

Ship Wrecks

305-453-3153 45 Garden Cove Drive, Key Largo, MM 106

DAILY SPECIALS

Wednesday - Live Music 5:30 - 8:00
Friday - All You Can Eat Fish (fried, grilled or blackened)
Saturday - Prime Rib

HAPPY HOUR

Every Day 4 to 6pm featuring... \$1 Drafts
Pitcher and Wings Special • Beef or Chicken Sliders

OPEN 11 AM to 10 PM EVERY DAY



Through the years the "Mandalay," as the locals call it, has been host to a wide range of unique and interesting characters. Artists, writers, fishermen, businessmen, billionaires, mud wrestlers, pirates and other scalawags. The owners have changed and the place has been remodeled and upgraded into the beautiful restaurant and full liquor bar that it is today but the eclectic "Mandalites*" (and this writer is one of them) naturally continue to gravitate to the "Home of Perpetual Consumption*". It has been a local Key Largo Rock Harbor landmark since 1947.

Only an extraordinary experienced intelligent, compassionate and super fast professional bartender can handle these thirsty local folks while keeping up with the dinner crowd and

Bartender of the Month: Shannon Roth at Mandalay

always smiling. And that bartender is...

Shannon Roth, she is absolutely amazing and one of the best bartenders I have ever had the privilege to write about.

Shannon moved here from Ellenville, New York. Having visited the Keys every year on vacation, Shannon and her fiancé saved up their money, packed up all their worldly belongings and moved here two years ago. Shannon went to work at the Island Grill Mandalay Restaurant and Tiki Bar. In upstate New York she had worked for the renowned Roma Time Bistro in Montecello, a 5-star, fast-paced restaurant.

She traded her view of the majestic rolling mountains for the Island Grill Mandalay Oceanfront Grill and Tiki Bar... a bar that literally sits upon the ocean's edge with an unparalleled view of Rodriguez Key, the anchorage and all the vibrant colors of the Florida Keys ocean waters... where there is always enough of a cool breeze rolling in to fill your senses with the refreshing salt air.

The highly successful Island Grill is famous for their excellent food and great service. When restaurateur extraordinaire Sam Nekhaila bought the Mandalay, he naturally brought his expert Island Grill team with him. They had their work cut out for them and the result? A Conch Republic Coconut Telegraph 5 Conch rating!



Shannon invites all past and future Mandalites in to enjoy Happy Hour every day from 4 to 6 with PBR bottles at \$2, \$2.50 domestic bottle beer, \$3 wine, and \$3 well drinks. Have some \$3 peel and eat shrimp (6), \$3.00 fried clam strips, \$3 chicken wings (6), or \$4 pork sliders with that.

They are open for lunch and dinner daily 10am to 10 pm. Shannon recommends the Tuna Nachos but I salivate for the amazing prime rib special every Sunday night after 6 pm for only \$13.95. Best deal in town! Thursday is all-you-can-eat Fish Fry for \$13.95 and the rest of the week the specials change.

The Island Grill Mandalay is also known for having

superb entertainment. Monday and Thursday is the Sunshine Band, Friday is Kevin Hurley, Saturday is John McKinna and Sunday is Kenny Channel.

Come by car, boat or motorcycle, but do stop in and meet Shannon. David Roth, who is a manager at the Pilot House Restaurant, is now Shannon's husband! They got married aboard the Key Largo Princess Glass Bottom Boat in March. Congratulations to the newlyweds!

Directions: Turn towards the ocean at Shell World (at Mile Marker 97.6). For more information call 305-852-0595.



Daddy Ray and his babies at the Mandalay

* From vintage Mandalay University tee-shirts.

The Post needs your support!

American Legion Post 333 - Key Largo

Sunday Breakfast

8-11 am
\$6

Happy Hour

4-7pm daily

Support our Veterans...

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