Our attention to practical or activity that redirect and reduce the futility of unwarranted help us recognize the reality. But anxiety is not rational for nothing. 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 a few hurdles you will face will be as high as they at first appear.

Shannon, the highly successful Island Grill is famous for their excellent food and great service. When restaurateur extraordinare Sam Nebbia bought the Mandalay, he naturally brought his expert Island Grill team with him. They had their work cut out for them, and the results? A Conch Republic Coconut Telegraph 5 Conch rating! Shannon invites all past and future Mandalayers 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, $3.00 fried clam strips, $3 chicken wings (6), or $4 pork sliders with that.

The highly successful Island Grill was 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 downtown at Shell World (at Mile Marker 97.6). For more information call 305-652-0999.

NATURAL HABITAT

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 downtown at Shell World (at Mile Marker 97.6). For more information call 305-652-0999.

DADDY RAY AND HIS BABIES AT MANDALAY

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

Key West business owner Ed Johnston won the second annual Florida Keys Dolphin Championship by weighing in a 46.6 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. Interestingly this is the first prize place 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 of 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.

**Shannon Roth**, the absolutely amazing and one of the best bartenders I have ever had the privilege to work 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 uptown New York she had worked for the renowned Rama 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... it’s no wonder enough of a cool breeze rolling in to fill your senses with the refreshing salt air.

Shannon invites all past and future Mandalayers 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, $3.00 fried clam strips, $3 chicken wings (6), or $4 pork sliders with that.

The highly successful Island Grill was 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 downtown at Shell World (at Mile Marker 97.6). For more information call 305-652-0999.

DADDY RAY AND HIS BABIES AT MANDALAY

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

Key West business owner Ed Johnston won the second annual Florida Keys Dolphin Championship by weighing in a 46.6 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. Interestingly this is the first prize place 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 of 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.

**Shannon Roth**, the absolutely amazing and one of the best bartenders I have ever had the privilege to work 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 uptown New York she had worked for the renowned Rama 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... it’s no wonder enough of a cool breeze rolling in to fill your senses with the refreshing salt air.

Shannon invites all past and future Mandalayers 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, $3.00 fried clam strips, $3 chicken wings (6), or $4 pork sliders with that.

The highly successful Island Grill was 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 downtown at Shell World (at Mile Marker 97.6). For more information call 305-652-0999.