



View of Worldwide sportsman from Morada Bay Cafe.



Decorating Life: The World as Home

Each day we choose to decorate our lives just as we do our homes.

There are few things more thrilling than having a new house or an empty room to decorate. Our imaginations soar as we consider the many possibilities. In the same way, our lives offer us the opportunity to express ourselves within various contexts, to ask ourselves questions about what we want to see as we move through our days and how we want things to flow. Some people do this instinctively, moving through the various environments they inhabit and shifting the energy with their presence. These people have a knack for decorating life. This can be as simple as the way they dress, the way they speak, or the fact that they always bring a bouquet of wildflowers when they come for a visit.

As we move through the world, we make a statement, whether we intend to or not. We shift the energy one way when we enter a room dressed elegantly and simply, and another when we

show up in bright, cheerful colors and a floppy hat. One is not better than the other. It is simply a question of the mood we wish to create. What we wear is just one choice we can focus on. The way we speak to people, or touch them, shifts the energy more profoundly than almost anything else. The words we speak and the tone in which we say them are the music we choose to play in the world that is our home. Some of us fill the space with passionate arias, others with healing hymns. Again, one is not better than the other. We are all called to contribute.

Just as we consciously create an environment within our homes, we can consciously choose to decorate life itself with our particular energy. Ideally, in doing so, we express our deeper selves, so that the adornments we add to the world make it more meaningful, more beautiful, and as welcoming as a beloved home.

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The Coconut Telegraph is not your typical newspaper!

The Mangrove Galley

by Sandi Mieszczenski



There are so many things to love about the Keys. We have beautiful weather, multicolored water, and super bars with incredible music and unbelievable seafood. The shrimp, crab, lobster and fish are so fresh and abundant. The recipe below features one of the Keys premier fish, the yellowtail snapper. This delicacy is found off the North American coast in the Atlantic Ocean but most notably in the Florida Keys. The yellowtail snapper is light, delicate and so delicious. Meunière is my favorite way to prepare yellowtail... so enjoy!

Yellowtail Snapper Meunière

If yellowtail is not available you can use red snapper or small grouper. Lengthen the cooking time for thicker fish.

- 1 1/4 pounds yellowtail snapper, skin removed
- 1/4 cup flour
- salt and pepper
- 3 tablespoons butter
- 1 tablespoon olive oil
- 1 egg beaten
- 1 tablespoon Worcestershire sauce
- 1 teaspoon garlic powder
- juice of 1/2 a lemon



Combine the flour, salt, and pepper. Using a bag, coat the fish, then shake off the excess flour.

Place in a pan and refrigerate for one hour. After the hour, remove the fish from the pan and dip into the beaten egg. Place a skillet on the stove and heat the pan turning the knob to the high side of medium heat. Add the olive oil and 1 tablespoon of the butter, bring to a bubble, then add the fish.

Sauté the fish on one side for about 5 minutes, until golden brown. Be careful not to break the fish when turning; cook an additional 3 to 4 minutes. Remove from heat. Add the remaining 2 tablespoons of butter, Worcestershire sauce, garlic powder, and lemon to the pan. Blend and serve over the fish.

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