

# ISLAND GRILL

HOME OF THE ORIGINAL TUNA NACHOS

The Island Grill will not be having the Annual Dolphin Tournament this year.

We apologize, but, do look for next year at Father's Day as that will be the 10th year for the Tournament, which has provided Baptist Children's Hospital with thousands of dollars to help our children afflicted with Cancer.

Right now, Jack McCormick, the Tournament creator, is fighting lung cancer, and he is devoting his time to winning his battle.

Hopefully, next year, he will once again be raising funds for this cause.

So do check in at the Island Grill and say hello.

We look forward to holding a great tournament next year!

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# Wanting to Join Dumbing Ourselves Down

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



The ability to go into any social situation and sense the level of consciousness in that situation is a gift. It enables us to move considerably in a world that holds people of all levels of awareness. However, there is a difference between shifting our energy to accommodate people and dumbing ourselves down to a regrettable degree. Sometimes, when we get into a particular social situation, we may feel pressure to play it small in order to fit in. Perhaps everyone is drinking or smoking excessively, engaging in gossipy small talk, or complaining bitterly about politics. It is one thing to notice this and modify our expectations and another thing entirely to join in.

When we notice where people are coming from and acknowledge to ourselves that their energy is not in alignment with ours, we have several choices as to how to proceed. One viable option is to quietly endure the situation, keeping to ourselves until it is time to leave. In this way, we take care of our

own consciousness and protect our growth process.

Another option is to interact in a way that honors and pays respect to the people in the group, while gently attempting to shift the level of consciousness with our input. In order to do this, we must maintain our own vibration, which means that joining in by dumbing down is not an option.


When we choose to dumb ourselves down to fit in, we not only sell ourselves short but we also lose a possible opportunity to influence the situation for the good of all concerned. Our desire to join in may come from our natural yearning to feel connected to the people around us.

There is no shame in this, but being able to stand on our own, separate from the crowd, is a powerful milestone on any spiritual path. It can be difficult in the moment, but when we arrive on the other side, our integrity intact, we may find ourselves feeling positively smart.

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# The Mangrove Galley

by Sandi Mieszczeni



It's May and that means one of the "party time" days of the year: Cinco de Mayo. Cinco de Mayo celebrates the expulsion of the French from Mexico.

In 1862 French Emperor Napoleon III invaded Mexico in order to recover a debt owed to the French government. The emperor was also eager to possess land in the Americas. The United States government was, of course, not happy with the situation. However, we were consumed with our Civil War.

When the American Civil War ended in 1865, we joined forces with the Mexican army to oust the French. The last French troops were defeated on May 5, 1867 and France was forced to withdraw from Mexico - thus Cinco de Mayo.

This dish is one of my husband's favorite breakfasts.

If your mom is fond of Mexican food, this recipe would be a perfect breakfast to prepare for her on Mother's Day which is May 12th. Enjoy!

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# Breakfast Burritos

Using one skillet for preparation means little clean up.

- 6 flour tortilla shells
- butter
- 1 pound hamburger
- 1 package of taco seasoning
- 1/2 green pepper, chopped
- 1 small onion, chopped
- 6 eggs, whisked well with 1/4 cup water
- a dash of salt
- fresh cracked pepper
- 1 teaspoon garlic powder
- 1 jar salsa
- 1 jar taco sauce
- 1 cup (or more) shredded cheddar cheese
- sour cream



Melt a small amount of butter in a large skillet. On medium heat, brown the shells on both sides and place in foil to keep warm. In the same pan, saute the green pepper and onion until soft. Remove and set aside. Next, brown the hamburger, drain, then add the taco seasoning with water following the directions on the back of the seasoning packet. Remove and keep warm.

Again, using the same skillet scramble the eggs, adding the onion, green pepper, salt, pepper, and garlic powder. Lay the burrito shells out. Evenly divide the meat and eggs on each shell. Complete by adding a dollop of the salsa and taco sauce over the eggs. Roll the shells up, and secure with toothpicks. Place in a baking dish and top with the cheese. Bake in a 350 degree oven for 10 minutes.

Serve with a spoonful of sour cream and a sprig of cilantro on each shell.

Sandi's recipes are featured monthly in the Coconut Telegraph. For previous issues go to <http://www.theconchtelegraph.com>.

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