

The Mangrove Galley

by Sandi Mieszczenski

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



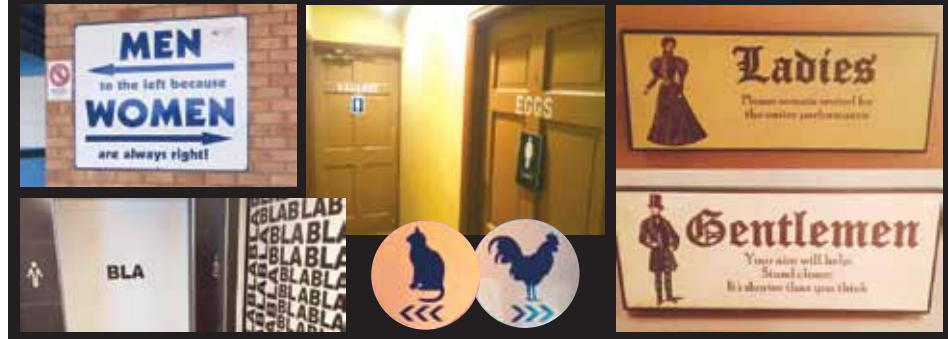
The celebration of Easter this year is April the sixteenth. I like to begin this holiday with a special Easter brunch. One of my favorite brunch foods is French toast. This particular version is very easy to prepare and really yummy. Serve it with your favorite syrup and I am sure that you will enjoy it.

BANANA STUFFED FRENCH TOAST

- 4 one-inch thick slices of bread (a loaf of butter crust works well)
- 2 bananas
- 1/3 cup sugar
- 1 teaspoon cinnamon
- 2 eggs
- 1/2 cup milk
- 1 teaspoon vanilla

Cut a pocket in each bread slice leaving a one inch border. Slice the bananas lengthwise then in half. Place two banana slices in each pocket. Mix the remaining ingredients in a large pan. Soak the bread in the mixture for five minutes on each side or until the mixture is absorbed. Cook in a large skillet until brown on both sides. Add a side of meat of your choice and **Happy Easter!**

A little sexist bathroom humor for you! Signs...



Love

How to Find Love

by Dawn Wiggins, Ed.S.

People often ask me "how did you meet your husband"? I think what they are truly asking is "how did you find love"? The answer most people expect is: "I met him at Coral Shores High School." The truth is that I met him in healing.

My husband has loved me as long as I can remember. Long before I loved him. Long before I loved myself. Apparently he knew how to find love better than I did.

Yes, we grew up together. But I married the other guy first. I found someone to marry but not my happily ever after. My ex and I could not sustain love.

My husband loves me so much he attended my first wedding. He supported me through my eventual divorce and watched me date other guys. He waited patiently.

I used to judge him. I thought he dressed funny, wasn't properly educated and didn't share my spiritual beliefs.

It wasn't until I began to address my judgement that he became truly beautiful to me. I began re-prioritizing my life and re-evaluate my beliefs. This is when I started learning how to find love.

My therapist once said to me, "This man has loved you unconditionally for 15 years while you have constantly judged him. Perhaps he has something to teach you about God!" That was a



Dawn Wiggins, Ed.S.
Licensed Marriage & Family Therapist

Boca Raton • Key Largo • Online
561- 221-5575
101 Plaza Real South #226
Boca Raton, FL 33432
www.dawnwigginstherapy.com

pivotal moment for me.

Over time I saw him for the being that he is; loving, kind, sensitive, hardworking, honest, loyal, brilliant and willing to learn. Once I saw these things, I was in love.

Then it happened. I was pregnant. That may not seem shocking to you, but it was shocking to me. I had received an infertility diagnosis 10 years prior during my previous marriage.

I finally surrendered to unconditional love. I traded in what looks perfect on the outside for something real on the inside. I learned to find love by learning to love myself. I continue to work on this every day. I have come to understand that the more I love and accept myself; the more loving I am to my husband, my daughter and to you!

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