

Father’s Day Thoughts

by Dawn Wiggins, Ed.S.

Father's Day can be tough for many. For those who have lost a child or parent, are not able to have children or are estranged from their loved ones, my heart opens to you.

Father's Day is a great time to check your relationships. Are they growing barnacles, run aground, on fire, or smooth sailing?

Besides the greeting card and fishing lure industry getting a sales boost, how do we honor dads?

I believe a satisfying relationship between parent and child is a process - regardless of age. Some years will feel rewarding and some years will need work.

My own relationship with my father has grown and changed over the years. He

is the same with me as he is with you. Generous, passionate, brilliant, moody, stubborn and head-over-heels in love with my daughter, Grace. I believe he works every day to do it better than his dad. For that, I am grateful.

If you have been angry with your father, perhaps it's time to let go. Holding onto resentment is like believing there is a time machine to change history. There is no perfect father. Fathers are just regular humans with extra responsibility, learning as they go.

Dads want fun, love, respect, time for themselves. They also want to feel appreciated for all their hard work. Dads don't want to feel pressure to be perfect and want to be accepted for who they are.

Take a moment to connect with dad this father's day. It doesn't have to be deep, smart or intense. Just give fatherhood its due credit and say "thanks."



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The Mangrove Galley
by Sandi Mieszczenksi

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



Chicken is a major staple in our home. The great thing about chicken is that there are so many different ways to prepare the bird. Whether it be white meat or dark meat, there is nothing like a good chicken dish. The recipe printed here is easy but elegant and great for boaters, as it is prepared entirely on the stove top. This dish would also be perfect to serve Dad on Father's Day, which is the 18th this year. So try the Cordon Bleu and enjoy!

CHICKEN CORDON BLEU

- | | |
|--------------------------------------|---|
| 4 boneless, skinless chicken breasts | 1 Tbsp. extra virgin olive oil |
| 4 slices thin sliced ham | ½ cup white wine |
| (needs to be thin enough to roll) | 1 chicken bouillon cube |
| 4 slices swiss cheese | 1 tablespoon cornstarch |
| 3 tablespoons flour | 1 cup heavy cream (for a lighter dish you may substitute light cream for heavy) |
| 1 teaspoon paprika | |
| butter | |

Pound the chicken breasts until slightly flat. Place a slice of the ham then a slice of the cheese on each breast. Roll each breast securing them with toothpicks. Mix thoroughly the flour with the paprika. Roll each chicken breast in the flour mixture. Heat a sauté pan. Add 1 tablespoon of butter and the oil (the oil will keep the butter from burning.) Using tongs, brown each rolled chicken on all sides and set aside. Extra butter may be added if necessary. Pour in the wine, scraping up any bits in the pan.

Add the bouillon cube and bring to a simmer. Return the chicken to the pan, cover the pan and simmer for 20 to 30 minutes. Remove the chicken from the pan and tent with foil to keep warm. Place the cornstarch and cream in the pan. Stir until the cornstarch is well blended with the cream and the cornstarch taste has dissolved. Place the chicken on plates pouring the sauce over them. Garnish with chopped parsley or chives (optional.)

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