

The Mangrove Galley

by Sandi Mieszczenski

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



The summer months are a great time for picnics and outings with family and friends. One way to make this easy and fun is doing a "potluck" where everyone contributes a dish. This recipe was contributed by my mother. It is a great condiment, especially for pickle lovers. It is easy to prepare and so tasty! It is also soothing on a hot summer day. Try and enjoy.

SWEET AND TANGY FREEZER PICKLES

10 to 12 pickling cucumbers - medium size, sliced thin
3 medium onions sliced thin
1 large chopped green pepper
3 tablespoons of salt, divided
2 cups of sugar
1cup of white vinegar
1 tablespoon of celery seed



In a large container that can be put into the freezer, combine the cucumbers, onions, green pepper and 2 table-
spoons of the salt. Fill with crushed ice and mix well. Cover and refrigerate for 8 hours. Drain, rinse, and drain again.

In a saucepan, combine the sugar, vinegar, celery seed, and the remaining tablespoon of salt. Bring to a boil and stir for 1 minute. Pour the liquid over the cucumber mixture. When cooled, put the container into the freezer. When ready to serve, thaw at room temperature. Yields 4 pints.

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Are You a People Pleaser?

Trying to make everyone happy is impossible. If I could satisfy everyone in one fell swoop, it would mean we all want, like and believe the same things. That's unrealistic.

When I write articles, I think of ways to reach all of you. And, to relate to each of you. Sometimes I wonder if that forces me to be a better writer and therapist. Or, does it water down my inspiration?

Last week I wanted to go paddleboarding. My tiny human did not want to go. She said to me "It's ok mommy. You can go by your-self. God is always with you!" I paused hard. Instead of forcing the situation, I went paddling solo. Instead of expecting her to please me, I elected to respect her choice.

When I catch myself wanting to please everyone, I notice a spike in anxiety. The anxiety is because I am choosing an impossible out-come. It equals automatic personal failure. My fear of disappointing people leads to wriggling and squirming to accommodate.

Is there a better balance between being considerate and people pleasing? How do we know when to stop? When is it ok to let others adapt and adjust to their feelings? And where do I fit in all of this? Where and when do I get to say or do what I want?

I believe it requires some self-awareness. Becoming aware of my expectations. Understanding if they are reasonable or straight crazy. Noticing how empty or full

by Dawn Wiggins, Ed.S.

my tank is. Like, do I even have the energy to attend to someone else's needs? It's also important to consider the weight of the situation. Keeping in mind whether it will matter in 5 years, five months or 5 days. I can also check the crowd I'm in.

Some folks have high or inflexible expectations. It doesn't mean I am obligated to meet their expectations. I have the freedom to choose! These are especially essen-tial reminders because our focus becomes narrow when feeling anxious to please others. It's easy to lose perspective and get caught up in fear.

The trick to ending all of this people pleasing is work-ing through feelings. The source of people pleasing is not wanting to feel awkward, guilty, etc. Not wanting to feel the emotional discom-fort when someone else expresses anger, fear, sad-ness or shame and directs it straight at you.

Living in fear is what generates this type of code-pendency. (Yes, people pleas-ing is a trait of codepen-dency). No matter how, when or where you learned about fear, it is the culprit.

It's really important to notice how we respond to others feelings. There is the temptation to give in and appease them. Then there is



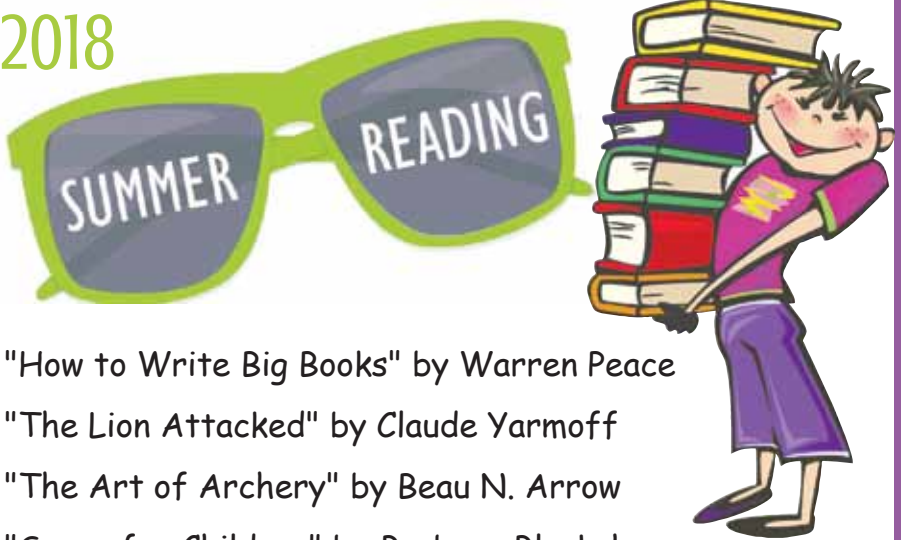
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the temptation to become hardened with a closed heart and give zero f's. Ultimately, the goal is to stay open. And, not internalize others percep-tions. So, how do we do that?

Let go, allow and settle down.

We all want the right to self-expression. In some ways, trying to manage others feelings by pleasing is a way of suppressing their self-expression. Yuck! I detest the feeling of being overpowered or marginalized. So, the more I can celebrate and allow the expression of others, the more I am sup-porting and creating joy, ease, and love. I can culti-vate happiness rather than trying to develop a sense of peace through others.

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yawn /yon/
verb
a silent scream
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It is only when a mosquito lands on your testicles that you realize there is always a way to solve problems without using violence.