

The Mangrove Galley by Sandi Mieszczenksi SAUTÉED SHRIMP WITH GORGONZOLA SAUCE



The Holidays are upon us and it may be time to pull out a dish that is elegant Keys-y. This dish is excellent for a fancy brunch or an intimate dinner. The rich flavors of the sauce taste like you were in the galley for hours, when in fact, this is a quick and easy dish to prepare.

- 20 large uncooked shrimp, tails on

Flour for dredging

Garlic powder

4 Tbs of butter

1/3 cup of white wine
- 1/2 cup whipping cream

1/3 cup grated Parmesan cheese

1-1/2 tsp Italian seasonings

1/2 cup crumbled Gorgonzola cheese

Finely chopped fresh Tarragon for topping

Lightly coat shrimp with flour, shake off the excess and place on a plate. Sprinkle with garlic power according to your taste. Melt the butter in a large sauté pan to medium high heat. Add the shrimp and sauté for 1 minute. Add the white wine and stir to incorporate. Add the cream, Parmesan cheese, and the Italian seasonings. Bring to a boil then reduce heat to medium, stirring frequently. Cook until the shrimp are beginning to get tender and the sauce thickens. Add the Gorgonzola, stir until melted and remove from the heat. Serve over the rice of your choice with the tarragon sprinkled on top. Enjoy!

Sandi's recipes are featured here monthly. For previous issues go to theconchtelegraph.com

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Dealing With Uncertainty

by Dawn Wiggins, Ed.S.

The feeling of not knowing is probably one of the most unsettling human sensations. We get all into our feelings and imagine the worst possible outcomes. We try to walk ourselves back from the edge of panic, but find that it's like trying to move in quicksand.

Uncertainty invites us to abandon perspective. We become myopic, obsessed with the drama or conflict that his happening. We forget to remember the big picture of life. And we forget that all of our struggles pass in time. In fact, indulging the feelings of uncertainty can cause any situation to spiral into a bigger issue than it is.

Recent research from Yale tells us that the brain

benefits from volatility and that uncertainty switches on the learning parts of our brain. I'm not advocating for constant chaos; that is not ideal. I am telling you that your struggle can facilitate your growth.

So, how do you manage your feelings until you realize your growth?

Expand your perspective. Jot down a few struggles you've resolved from your past and notice that they no longer feel so emotionally charged. For me, this would include financial uncertainty from my college days, the entire experience of divorce, pregnancy, child-birth, and parenting. With each encounter, I can see how I problem solved, learned and moved on.

Rotary Club of Key Largo helps fund a defibrillator for Ocean Studies Charter School



(L-R) Key Largo Rotarian Lieutenant Nancy Alvarez, Ocean Studies Charter School Principal Trisha Woods, Key Largo Rotary President Jennifer McComb with students and SRO Deputy Jean Gonzalez.

The Rotary Club of Key Largo helped fund the purchase of a defibrillator for Ocean Studies Charter School in Tavernier. The gift was matched by Patricia Thompson, Director of School Safety & Security for the Monroe

County Sheriff's Office. "Thank you, you have assisted in providing a much-needed safety item for one of our smaller schools," said Monroe County Sheriff's Office Sergeant Patricia O'Keefe, who coordinated the donation.



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Let go of trying to resolve EVERYTHING right now. The goal is to do what you can and allow the rest to unfold. You can't make solid decisions with the information you don't have. So, sometimes we need to be patient and wait until we have a deeper understanding or more knowledge. Please don't confuse patience with avoidance. Burying your head in the sand won't help. In fact, avoidance only creates more significant problems down the road. At some point, you will need to take action. Better to take action from a place of love and clarity than fear, anger or confusion.

The strategy is to practice behaviors that bring peace, perspective and hope. For instance, accepting that life may not be how you want it today. And, trust your ability to adapt as needed because hey, you've been adapting since conception!

A common tendency in times of uncertainty is to blame others for your circumstances. I promise you this won't work. Blame is only going to fuel anger and resentment. Instead, focus on the idea that this is happening for you, not to you. That idea can be challenging to embrace, yet the Yale research would agree! Stay focused on the lesson and the growth opportunities. Otherwise, you are willingly exchanging your growth for a victim mindset.

Finally, I want you to stop rehearsing negative thoughts. It's limiting your ability to see all of the possibilities. In my experience, even the darkest of experiences have led to surprising outcomes. Most of the time, my fears don't come true. Instead, the opposite happens; I end up experiencing abundance beyond my wildest dreams. So think big and use that imagination of yours to see a world that wants you to feel loved and worthy - even when you don't.

