

You Are Contagious!

by Dawn Wiggins, Ed.S.

It's flu season and it seems like everyone is fighting something. The idea of spreading germs got me thinking about contagion. Viruses are contagious. But so are yawns and laughter.

Want to try something fun? Start laughing hysterically right now. Do it! Just burst out laughing. Don't worry; I'm doing it with you.

How did that feel? If you didn't do it, it's not too late to try!

The science tells us that our minds and bodies don't know the difference between



authentic laughter or manufactured giggles. You get the benefits either way!

All day long we are susceptible to influences in our minds as well as things we observe around us. Fear is one of the most dangerous contagions. Worse than the flu! It takes hold and convinces you that everything is a threat.

Media marketers live to convince you that you don't have what you need. Counting on your fear of being left out to cinch their sale.

What about joy and gratitude? They are totally contagious. I love catching Joy! One of my coworkers has been very inspirational this week. I found his enthusiasm and optimism so refreshing in contrast to my

general feeling of exhaustion.

This weeks goal: spread joy. The more I spread, the better I feel. And, the better you feel! Sure, it's tricky to be joyful all the time. But, the more we do it, the easier it is.

When I'm cranky, I focus on the positives to adjust my mindset. When things aren't going the way I want at work, I remind myself how blessed I am to have a career I love. When my kid isn't listening, I remind myself how fortunate I am to be a mom. When I feel tired or sad or frightened, I remind myself that I have choices. I can focus on the pain or adjust and think about chocolate or macaroni and cheese...hmmm I must be hungry right now :).

So if I see you around this week, (virtually or otherwise) lets grin at each other and see how we can improve the health of the world!



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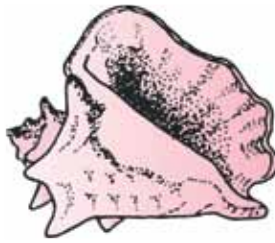
Conch Characters



Captain Morgan party at Big Chill.



3 beauties from the Ralphie walk at the Big Chill.



So, two boobs walk into a bar... VFW Bar Manager Toni with Joe Brennan (L) and David Hollarah (R) after the Ralphie walk to raise funds for Cancer Research.



Baseball Superstar Anthony Rizzo, MVP of the Chicago Cubs in the 2016 World Series, attended high school at Marjory Stoneman Douglas High School in Parkland, Florida. Recently he stopped by Gilberts when he was in south Florida to speak to students following the shootings.



Country Superstar Brett Eldredge and Chicago Cubs MVP Anthony Rizzo enjoy a Boobie drink at Gilbert's Resort.



Kelly Hershey, who is both Bartender of the Month and Artist of the Month, with a lovely pair of Sirens at Blackwater Siren Restaurant and Tiki Bar. Make sure you read all about Kelly on page 5 of this issue!

The Mangrove Galley
by Sandi Mieszczewski

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



Blackened, grilled, or fried — these are your standard menu selection for fish and shrimp at many Keys restaurants. How about trying a marinade for a change? This recipe allows you a different method of preparing shrimp, and it is grilled, so it takes you out of the kitchen. The flavors mesh together very well and you can serve the shrimp with grilled vegetables on the side. Try it — I think that you will enjoy this variation of shrimp.

MARINATED AND GRILLED SHRIMP

- 1/4 cup honey
- 1/4 cup Dijon mustard
- 2 tablespoons fresh lemon juice
- Pinch of dried sage
- 3 tablespoons balsamic vinegar
- 3 tablespoons extra virgin olive oil
- Fresh cracked pepper
- 24 large shrimp, peeled and cleaned

Mix together the first 7 ingredients. Add the cleaned shrimp, cover, and marinate in the fridge for about 3 hours. Place on skewers. If the skewers are wooden, soak them in water first to prevent burning. Grill the shrimp until they turn pink. (Be sure to grill the veggies first, as they take longer to cook.)



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