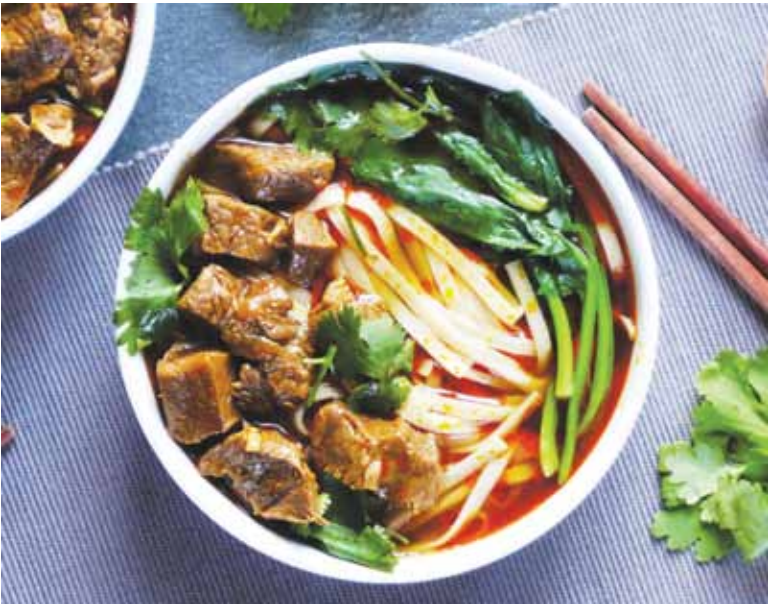


The Mangrove Galley

by Sandi Mieszczeni

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



The month of May features the celebration of Cinco de Mayo. In honor of our neighbors to the south, here is a recipe that is the basis for several common Mexican dishes. A spicy beef that can be used for tacos, chili, tostadas, whatever your favorite presentation. Above, we used it as the star of an Asian-style noodle soup! Be aware, it is very spicy!

SOUTH OF THE BORDER BEEF

- 1 lb. Bottom Round Beef, cubed
- 2 medium to large Jalapeño peppers, seeded
- 1 Habanero or Scotch Bonnet pepper, seeded (for extra spicy, use 2)
- 4 large cloves of Garlic
- 1 small Onion
- 1 10.5 oz. can of Beef Broth
- 1 Tbsp. of butter
- 1 tsp. Cumin

In a medium sauce pan, melt the butter. Chop the peppers, garlic, and onion and add them to the butter. Stir over high heat until softened. Add the beef and stir constantly until brown on all sides. Add the Cumin, stir in and reduce heat. Add the broth and bring to a light bubble. Cover and cook, stirring occasionally, until the beef is about to fall apart and the vegetables have dissolved into the thickening broth, about 2 hours.

Serve as the meat portion of whatever dish you are preparing.



I'm still here, I can't leave this place for too long, I still love my She Breeze and this unusual life style. Though, I did attempt a change, found a good buy on a lot with a close friend. After doing the math and adding everything up to build a house on this small island I realized it meant sharing a house with someone and having to give up my boat, I couldn't afford both. I also did not want a mortgage, I knew I would have to cash in my retirement monies, and then what, work and depend on Social Security?

I know so many folks down here that love living on this rock, in lovely homes, but they all have to work more than one job just for the privilege to live in paradise. And guess what? They never get to enjoy living in paradise because they are always working!!!! Unless the home is their second home, those are



Living Dockside

by Ginny Jones

the lucky and wealthy ones who can come down on weekends to use our waters, restaurants, stores and dive operations, where we all work, so the rest of us can pay our bills. Scheeesh, you see the cycle don't you? This is why I will remain on She Breeze until I can't navigate her pitfalls, and fix 90 percent of her moving parts. Yes, my cost of living is a lot less than landlubbers, and I still get the "look" from

people when I tell them I live on a boat. A couple of weeks ago some good friends and I took She Breeze out. She hadn't been away from the dock for a few months, she was pulling on the dock lines trying to get my lazy butt out there. There wasn't much wind, so we motored out to Cannon Patch, I needed to put her diesel engine to work. It's not good for a diesel to just sit or only be run at the dock. On the way

out, we saw turtles and a pod of dolphin rode our bow wave, which isn't much of a wave when you're only going 4 knots - they left us way too soon. We hooked up to a mooring buoy and all screamed like little girls when we jumped in, yes the water was a bit chilly yet! We stayed out long enough to have lunch and waited, I knew the wind was going to be building in the afternoon. Sure enough, we were able to set the main and the jib sails, we let go of the mooring ball and we sailed all the way back to the head pin of South Creek. Yes, it took a couple of hours, but to sit with our legs dangling off the bow, just listening to the water rushing by the hull, with the wind in our sails, that is why I love this island life. Oh, by the way, I didn't make the tide and got stuck in my channel, embarrassing, thank goodness for the folks who rescued us.

Hidden Strength

I was working on my headstand in yoga this week. Actually, I work on my headstand every week, lol. When it comes to my yoga practice, I have confidence in my flexibility and balance. I don't feel very confident when it comes to my physical strength. If I can't hit or hold a particular pose, I tend to default to the belief that I'm not strong enough yet.

My yoga instructor has given me a suggestion the week before. A specific way to build strength to hit my headstand. I practiced a bit during the week and could tell I was progressing. It felt really exciting.

At the time of my next lesson, he gave me an instruction and I wasn't able to do it. I immediately said to him "it's not available." AKA - I can't. He told me that my center of

gravity was slightly off and that I needed to realign my body. It was a micro adjustment, really. He insisted I do it again. He assisted me, helping me find center and voilà! My feet were pointing to the sky!!! He was very insistent that I DO have the strength, my issue was balance or alignment. Now I get also to practice shifting the belief I'm not strong enough.

So often this is the exact thing I help people with in therapy. Therapy isn't just about solving problems. It's also pointing out your hidden strengths that you may not know are there! We all have so much more available to us than we realize. Sometimes we need some assistance realizing our potential. In yoga, we talk about

finding our edge. The place we can push to in order to grow - but without injuring ourselves. With an assist from my yoga instructor, I was able to push past my edge - with no injury! It's the same in therapy. The supportive and collaborative nature of the process helps clients reach new heights of awareness, self-esteem and empowerment.

If you've ever judged therapy to be for the sick, broken and crazy, consider this an invitation to find a new perspective. As a therapist I'm here to support you in blowing your own mind! With some practice and strategic assistance, you get to breakthrough limiting beliefs by finding your hidden strengths. "Alone we can do so little; together we can do so much" -Helen Keller

by Dawn Wiggins, Ed.S.



Dawn Wiggins, Ed.S.
Licensed Marriage & Family Therapist
Boca Raton • Key Largo • Online
561- 221-5575
99353 Overseas Hwy #16
Key Largo, Florida 33037
www.dawnwigginstherapy.com

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Barbara Eads
GRI, CRS,TRC, CIPS, CLHMS, SFR, REOS
Licensed Real Estate Broker
Barbara Eads Realty, Inc.
91770 Overseas Highway
Tavernier, FL 33070
Off: (305) 853-5982
Cell: (305) 586-7326
Fax: (305) 853-5987
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