

## The Mangrove Galley

by Sandi Mieszczenski

One of my favorite vegetables is eggplant. I am always looking for ways to prepare this delicious treat. If you are an eggplant fan as I am, I know that you will be very satisfied with this recipe.

### EGGPLANT ROLLATINI

- 2 medium sized eggplants
- olive oil
- 1 small onion finely chopped
- 2 minced garlic cloves
- 2 14 ½ ounce cans of diced tomatoes, undrained
- 2 tablespoons Italian seasoning (or four tablespoons of fresh basil and oregano if you have them)
- 2 tablespoons tomato paste
- 8 ounces mozzarella cheese slices
- 8 ounces thinly sliced prosciutto or ham \*
- ¼ teaspoon of pepper
- ½ cup grated Parmesan cheese

For the eggplant:  
Trim the ends of the eggplant and peel them. Cut into ¼ inch thick lengthwise slices. In a large skillet heat 2 tablespoons of the olive oil over medium high heat. Cook 3 or 4 of the eggplant slices in the hot oil for about 2 minutes on each side or until browned. Add more oil for the next batch. Remove the eggplant slices from the pan and place on paper towels to cool.



For the sauce:  
In a sauce pan at medium high heat, add 1 to 2 tablespoons of olive oil and cook the onion and garlic until they are soft. Stir in the undrained tomatoes, Italian seasoning, pepper and the tomato paste. Simmer covered for about 15 minutes stirring frequently. Pour the sauce into a baking dish.

To assemble the eggplant rolls, divide the prosciutto among the eggplant slices. \* I made 10 rolls from two eggplants and found that I had too much prosciutto so I just loaded it on the eggplant slices. I love prosciutto and liked the dish that way. My husband found it salty and would have preferred less prosciutto or used ham instead; it's your call. Place two mozzarella cheese slices on top of the prosciutto and gently roll the eggplant and secure with a toothpick. Place the rolls on the sauce, sprinkle the Parmesan cheese over the dish, and bake in a 400 degree oven until the cheese melts and the sauce is bubbling. Enjoy with a nice glass of your favorite Chianti.

## Divorce with Grace

If you are experiencing divorce, look into your inner heart for guidance and surround yourself with loving friends.

Like the act of marriage that binds two people together, divorce is the result of a life-altering decision. It is the dissolving of a relationship that we believed would last our whole lives. We may not even be able to articulate how we got to this place, yet we may also feel we have no choice but to sever this tie. Whatever we feel, we need the support of the friends and family who will stand by us no matter what we decide. At some point, we may need to be challenged to look deeper inside ourselves as we make this very important decision, but what we need most of all is unconditional love and loyalty.



was truly only meant to last for a short time so that we could learn something we needed to know. Whatever the case, we need friends who will allow us to linger in confusion when we don't have the answers and who will support us whether we find ways to reconcile and stay married or whether we walk away.

Divorce is a process that, once in motion, becomes difficult to stop, and this can be painful if we find ourselves having second thoughts. We may feel that we should do more to save the marriage, or we may wonder if there is something about ourselves that we could fix or change instead of going through with this painful separation. On the other hand, we may be seeing in hindsight that our marriage

Of course, the most essential ally we have lives inside our hearts and speaks to us from within. We can trust this inner guide to help us choose people who will support us in kind and loving ways as we navigate the rough terrain of confusion and loss. Sometimes all we can do is look to the horizon, remembering that we will get through this time, and no matter what happens we will once again feel whole.

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## 6th Annual Le Tour de Keys Scheduled for April 5



On Friday, April 5, 2019, cyclists will "ride for the kids" the entire 125 miles from North Key Largo to Mile Marker Zero in Key West. The sixth annual event honors the work of the Florida Keys Children's Shelter, which serves over 500 youth per year across the entire 125 miles of the Florida Keys.

The event is limited to experienced cyclists who are fit to ride from Ocean Reef to Key West in one day. There is no cost to participate but riders are encouraged to raise awareness and/or funds for the Children's Shelter.

To become a participant or make a charitable contribution to the Children's Shelter, visit [TourdeKeys.com](http://TourdeKeys.com). To inquire about sponsorship opportunities, contact Jennifer McComb at 305-852-4246 x222 or [jmccomb@fkcs.org](mailto:jmccomb@fkcs.org).

**About the Florida Keys Children's Shelter:** "Safe Kids, Strong Families, and a Healthy Community" drives every facet of Florida Keys Children's Shelter programming. Serving Monroe County for 30 years, the nonprofit organization touched more than 500 lives last year through its no-cost programs: emergency shelter, group homes, community-based counseling, respite services and drop-in center for homeless and run-away youth. For more information on services or learn how to get involved, please visit [www.FKCS.org](http://www.FKCS.org) or call (305) 852-4246.

# COCONUT TELEGRAPH CLASSIFIED ADS

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No collection too large or too small. We pay cash on the spot and we offer private consultation in our location or yours.  
Call Bill 305.942.0911.

**Buyers agent is buying Vintage Costume Jewelry**  
Call & leave msg. 305-304-2837

### LOST & FOUND

**MISSING!!!**  
(DRAWN FROM MEMORY, MAY NOT BE TO SCALE)  
MY BIKE WAS STOLEN FROM MY FRONT LAWN LAST WEEK. IT IS A ONE-SPEED BIKE WITH A SKULL FLAG AND A LIGHTNING BOLT ON IT. THE LIGHTNING BOLT AND FLAG MAY HAVE BEEN REMOVED. THIS BIKE WAS BRAND NEW FROM THE STORE.  
**NO REWARD**  
I DON'T EVEN WANT THIS BIKE BACK. I JUST MADE THESE FLYERS TO TELL YOU THAT I HATE YOU BIKES THEIF. I HOPE YOU RIDE MY BIKE WITHOUT A HELMET AND GET HIT BY A MONSTER TRUCK. I HOPE MY BIKE TAKES YOU STRAIGHT TO HELL.

### OPPORTUNITIES

**Work-Related Hearing Loss?**  
LISTEN TO THIS!  
If your claim for hearing loss benefits was accepted by the US Dept. of Labor, you may be eligible for benefits.  
1-800-CNT-HEAR

**Talent Search**  
Can you burp or fart at will? Can you do it better than your friends? If so, apply in person at MM 110 Propane

**Avid male runner seeks female running partner.**  
Looks not important. Must be tall, slim, and attractive. 305-555-AVID

### SERVICES

**House Cleaning**  
call Danielle  
305-393-2728

**MUSICIANS WANTED**  
Amateur & seasoned musicians wanted!  
The Keys Community Concert Band begins rehearsals for its new season in the fall. If you want to participate, call 305-451-4530.

**VESSEL SAFETY**  
The USCG Auxiliary conducts vessel safety checks at Blackwater Sound Marina, MM 103.8 Bayside, every third Saturday of the month. The Public is Welcome. More info: 305-998-8400

**Classified ads will not be accepted without payment.**

### CLUBS

**Fraternal Order of the Eagles** meets every 1st and 3rd Monday, 7pm at Elks Lodge, Tavernier.

**THE KEY PLAYERS**  
Community Theater Group needs volunteers to work behind the scenes and audition for roles!  
[thekeyplayers.org](http://thekeyplayers.org)

**GARDEN CLUB OF THE UPPER KEYS**  
The Garden Club's monthly meeting will be held on March 9, 11:00 am at the Francis Tracy Garden Center 94040 Overseas Hwy. Tavernier (mm 94 bayside). Guest speaker, Florida State Parks Keys Biologist Janice Duquesnel will speak about IDENTIFYING INVASIVE EXOTIC PLANTS  
Our meetings, workshops and special events provide education and information on the fun of gardening in the Keys. Visit: [gardenclubupperkeys.org](http://gardenclubupperkeys.org)  
Come grow with us!

### FOR SALE

**BLUETOOTH JUMPER CABLES \$35 for the set. 305-555-OBO**

**Signed Bible**

Authentic First Edition, perfect for a collector!  
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## American Legion Post 333 - Key Largo

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**ST. PATRICK'S DAY PARTY**  
Starts 1pm  
**Sunday March 17**  
Join us!

**VFW Members Welcome!**