

The Mangrove Galley
by Sandi Mieszczenksi



A great contribution to a Labor Day meal is a cold apple salad. Just like other salads that contain mayonnaise, be sure to keep it cool, out of the heat. This salad goes well with any type of meat that you might serve for a Labor Day celebration. Enjoy!

APPLE SALAD



- 4 medium apples
- 1/3 cup of mayonnaise
- 1 Tbls sugar
- 3/4 cup thinly sliced celery
- 6 pitted sliced dates
- 1/2 cup chopped pecans

Mix together 1/3 cup of mayonnaise with 1 tablespoon of sugar. Peel and core four medium size apples. Cut into small cubes. Add to the mayonnaise mixture and stir well. Add to the apple mixture 3/4 cup of thinly sliced celery, six chopped, pitted dates (or raisins if you prefer) and 1/2 cup of chopped pecans. Stir well and chill before serving. Makes about 6 servings.

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

BUSINESS IN THE KEYS

305-451-3389 PROMPT PROFESSIONAL SERVICE

CHARTER PEST CONTROL
HOUSEHOLD AND COMMERCIAL PEST CONTROL

CHRIS SANTE BOX 373006, MM 100 1/2
Owner KEY LARGO, FLORIDA 33037

The Conch Republic
COCONUT TELEGRAPH
Independently Owned Local Newspaper

Denise Malefy
PUBLISHER
305.304.2837
www.TheConchTelegraph.com
TheConchTelegraph@gmail.com
101425 Overseas Hwy., PMB #628
Key Largo, Florida Keys 33037

Quality Web design at affordable rates.

Upper Keys Web Design

Web Design
Website
Renovations
E-Commerce
Maintenance

Omar Perez
info@upperkeys.net
305.453.4281
www.upperkeys.net

Advertise Here
\$30 per month
(4 MONTH MINIMUM, PAID IN ADVANCE)

Drop off check and biz card to
The UPS Store, MM 101.4 Oceanside
next to Publix in the Tradewinds Plaza.

Al's Carpet We are **MORE**
than just Carpet!

Carpet • Area Rugs
Tile • Vinyl • Wood
Laminate • Shutters
Window Coverings

(305) 451-4460
99264 Overseas Hwy • Key Largo • Bayside

Advertise Here
\$30 per month
(4 MONTH MINIMUM, PAID IN ADVANCE)

Drop off check and biz card to
The UPS Store, MM 101.4 Oceanside
next to Publix in the Tradewinds Plaza.

24-HR SERVICE **RAY**

NATIONWIDE PLUMBING SERVICES

Commercial & Residential • State Certified Contractor
CFC057546 / Licensed & Insured
CERTIFIED MASTER PLUMBER SPECIALIST
info@nwplkeys.com

Office: (305) 853-1848 97671 Overseas Hwy
Cell: (305) 772-4580 Key Largo, FL 33037

GRAPHIC DESIGN
PRE-PRESS SPECIALIST
Brochures • Rack Cards
Camera Ready Art • Logos

SUE BEAL
305.451.4601
FAX: 305.451.3165
beal_s@bellsouth.net

ISLAND INFORMATION SERVICES
219 SECOND STREET • KEY LARGO, FLORIDA 33037

Advertise Here
\$30 per month
(4 MONTH MINIMUM, PAID IN ADVANCE)

Drop off check and biz card to
The UPS Store, MM 101.4 Oceanside
next to Publix in the Tradewinds Plaza.

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

Email: Barbara@keysforsale.com
Website: www.keysforsale.com

Structural/Civil • Structural Evaluations
Residential/Commercial Design

WE CLOSE PERMITS

Michael F. Padula P.E.
Seacoast Engineering & Design

Key Largo, FL 33037 • 305.509.7695 • fax 305.509.7635
seacoast@live.com • Seacoast Engineering and Design on Facebook

NUM THAI RESTAURANT & SUSHI BAR

LUNCH 11:30-3 (Mon.-Fri.)
DINNER 5-10 (Every Day)

\$1 Sushi all the time!
Special Dinner Menu starting at \$6.99 (5-7:30pm)

Lunch Specials from \$5.95
Private Room Available

305-451-5955
numlargo@yahoo.com
103200 Overseas Hwy, Key Largo, MM 103 Bayside

Pure Thoughts

The longer we are able to hold a positive thought, the stronger that energy around us becomes.

If we make no effort at all, our thoughts usually scatter in a vast array of directions. They start and stop and move in surprising ways from one second to the next. If we try to follow our thoughts without controlling them, we will be amazed at how truly inconsistent they are.

Yet, if we apply our minds to a specific task, especially one that interests us, they gather together and allow us to focus our attention, creating great power and energy. This is what is known as pure thought, because it is undistracted.

The law of attraction--like attracts like--influences all energy, including our thoughts, and this is what makes pure thought so potent. Our undistracted thoughts create a powerful magnet that draws similar energy into our vibrational field. As a result, the longer we are able to hold positive thoughts in our minds, the more powerful the positive energy around us becomes.

We don't need to focus on action and controlling so much when we are surrounded by energy that draws what we want toward us. We can simply respond to the opportunities that naturally come our way.

When this is the essence of our experience, we can go with the flow, knowing that we will be okay.

If pure thought is a body, it is our emotions that supply the heart that can really bring it to life. Our thoughts and feelings exist in relation to one another, and they form a feedback loop through which they communicate and empower each other.

When we hold a thought in our mind without being distracted, we have achieved pure thought. When we have a positive emotional response to that thought, we enable it to dance and move and breathe itself into existence.

Reprinted from DailyOM - Inspirational thoughts for a happy, healthy and fulfilling day. Register for free at www.dailyom.com



For those arriving to the Gilbert's party fashionably late, you can park on the main access road and take the FREE air-conditioned shuttle to and from Gilbert's on Saturdays and Sundays from noon-8pm.

LOR-E-LEI
Restaurant & Cabana Bar
Look for the Mermaid at MM 82 Islamorada

Open 7 Days A Week
Breakfast 7 am - 10:45 am
Lunch from 11 am
Dinner from 4 pm
Live Music Every Night

Breakfast On The Bay

WATERFRONT DINING

Fresh Seafood
Local Specialties
We'll Cook Your Catch
Fishing Guides Available
Amazing Sunsets
Pet Friendly

Daily Happy Hour
4-6 pm
\$3 Well Drinks
\$1 off Bottle Beers
\$1 off House Wines
\$1.25 Domestic Drafts
\$2.25 Specialty Drafts

FREE WIFI PROPERTY WIDE • LOCALS' FAVORITE • LIVE MUSIC NIGHTLY!

KEY LARGO LIBRARY
UKULELE JAM
EVERY 1ST & 3RD WEDNESDAY
1:30 - 3:00 PM
MM 101.4 IN THE
TRADEWINDS PLAZA

FREE AND
OPEN TO THE PUBLIC

UKULELES
AVAILABLE TO BORROW

- BEGINNER INSTRUCTION PROVIDED
- CHORDS AND WORDS PROJECTED
- ALL LEVELS AND AGES WELCOME

SING • STRUM • UKULELE