

The Mangrove Galley by Sandi Mieszczenki



"A Relief From The Heat"

This is the time of the year that we pay the price for living in "paradise." Not only do we have to contend with hurricane season, but the heat and humidity have escalated. The last month of summer is the time that we all want to escape the kitchen.

What better way to cool down than with a cold Gazpacho soup. The beauty of this soup is that it is easy to prepare without turning on the stove and it is a great boat meal.

The soup can be modified by changing the vegetables to your liking. It is better if prepared a day before serving.

GAZPACHO

This cold tomato soup can be made spicier by adding cayenne pepper or more black pepper and Tabasco.

1 15-ounce can tomato sauce	1 cup green (or for color red, orange, or yellow) chopped pepper
1 14.5-ounce can diced tomatoes with juice	1 cup chopped zucchini
1 28-ounce can whole tomatoes with juice	1/4 cup finely chopped fresh cilantro (or more to your liking)
1 28-ounce can crushed tomatoes	2 tablespoons sherry
2 finely minced garlic cloves	1/4 cup Balsamic vinegar
1/2 cup chopped sweet onion	fresh cracked pepper
1 cucumber peeled	sour cream
1/2 cup diced celery	sliced green onions
1/4 cup chopped cubanelle pepper	tortilla chips
1/4 cup diced poblano	

In a large bowl, mix together the canned tomatoes, breaking up the whole tomatoes. Add the garlic and the onion. Peel the cucumber and slice in half lengthwise. Using a teaspoon, gently scoop out the seeds, then slice. Add the cucumber and the remaining ingredients. Stir well, and refrigerate. Serve with a dollop of sour cream on top with the green onion and tortilla chips on the side.

An easy way to prepare homemade chips is to brown corn tortilla shells in melted butter and garlic powder. Cook on both sides until lightly toasted, cut and serve.

Congratulations Capt. Spencer Slatte



On being inducted into the Scuba Diving Hall of Fame!

Made in Key Largo

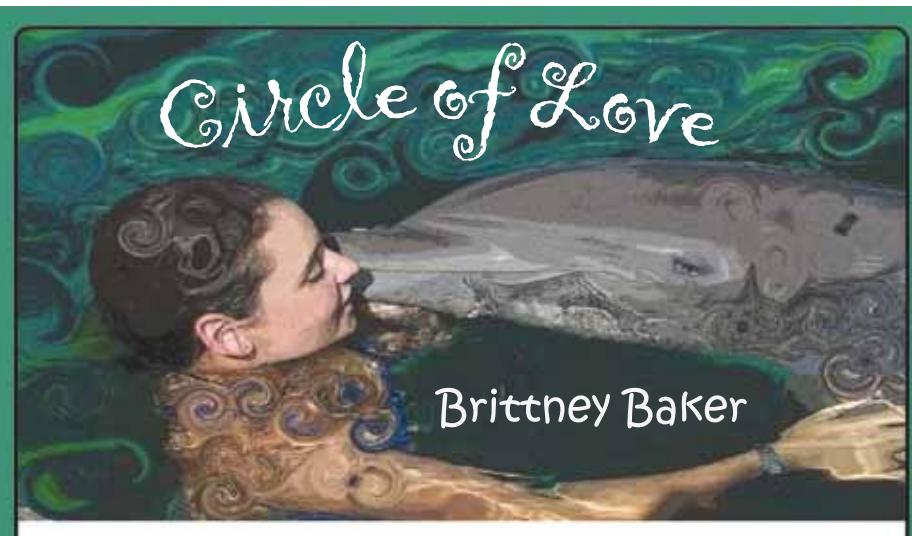
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Just when 23-year-old Coral Shores graduate Brittney Baker's dream of becoming a dolphin trainer was about to come true, she had a tragic car accident.

Brittney has been in a coma in ICU at Jackson Memorial Hospital in Miami for over 2 months. She is being treated for massive head injuries and multiple broken bones. As soon as she is stable enough she will need to have spinal surgery to repair a broken back. Brittney was tossed about in that car like a rag doll and her recovery is going to be a very slow process, if she recovers at all.

The accident happened April 7th at MM 100. Most people would not have survived such a horrific accident but Brittney has youth and strength to her advantage and that is what has kept her alive and got her this far.

Brittney is the child of John and Jennifer Baker of Key Largo. Jennifer Baker is the manager of Dolphin Cove and her husband John is only employed part time. They are doing all they can

to ensure Brittney's survival, but the cost of daily hospital visits and medical expenses is astronomical.

Over the years the Baker family has been active in many community benefits and events - and now they need our help.

Visit Facebook "Britt's Battle" where you can donate money to help with Brittney's medical expenses, or give a donation for one of these Good Karma bracelets to be worn as a "constant reminder to keep the circle positive and loving."

Suggested donation is \$10 each. Available at Dolphins Plus and Shear Paradise.



Good Karma Bracelet
Wear as a constant reminder to keep the circle positive and loving.

MORE INFO: DENISE MALEFY 305-304-2837 OR JUDY CURTIS 305-394-0249



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