

The Mangrove Galley

by Sandi Mieszczeni

On July 4 we will be celebrating the 237th anniversary of our formal independence document from Great Britain. The Declaration of Independence embodies the American spirit and sets forth the principles upon which our great nation was founded. Thomas Jefferson referred to the document as "an expression of the American mind."

So, here's to a happy 4th of July!

What better way to celebrate the Fourth than with a bar-be-que? Be patriotic and purchase decorations and dinnerware in red, white, and blue. Try these recipes and you will not be disappointed!

SWEET SLAW

- 1/2 head shredded cabbage
- 1 peeled and shredded carrot
- 1/2 cup mayonnaise
- 2 1/2 tablespoons sugar

In a large bowl mix the cabbage and carrot together. In a small bowl mix the mayonnaise and sugar. Add the mayonnaise mixture to the cabbage and blend well.

BAR-BE-QUE RIBS

- 1 rack pork ribs
- 1 to 2 cups hearty red wine
- 1/4 cup (or more) chopped fresh garlic

Mix the three ingredients together and marinate overnight. Depending on your heat source, oven or grill, and the size of the meat, cook for 3 to 4 hours at 325° to 375° until the meat starts to shrink away from the ends of the bones. Brush on your favorite bar-be-que sauce and grill until the sauce adheres itself to the ribs. Remove, slice ribs, and serve with extra sauce on the side.

GRILLED MARINATED LONDON BROIL

- 4 large minced garlic cloves
- 4 tablespoons balsamic vinegar
- 4 tablespoons fresh lemon juice
- 3 tablespoons Dijon mustard
- 1 1/2 tablespoons Worcestershire sauce
- 1 tablespoon soy sauce
- 1 teaspoon each dried oregano, basil and thyme
- 1/2 teaspoon red pepper flakes (you may substitute all dried herbs with fresh)
- 2/3 cup olive oil

Mix all ingredients well. Place in a plastic bag adding a 2 to 2 1/2 pound London Broil and marinate overnight. Grill to your liking.

BBQ PROCEDURES

We have entered the BBQ season. It is important to refresh your memory on the etiquette of this sublime outdoor cooking activity. When a man volunteers to do the BBQ the following chain of events are put into motion:

Routine...

- (1) The woman buys the food.
- (2) The woman makes the salad, prepares the vegetables, and makes dessert..
- (3) The woman prepares the meat for cooking, places it on a tray with the necessary cooking utensils and sauces, and takes it to the man who is lounging by the grill - beer in hand.
- (4) The woman remains outside the compulsory three meter exclusion zone where the exuberance of testosterone and other manly bonding activities can take place.

Here comes the important part:

(5) THE MAN PLACES THE MEAT ON THE GRILL.

And then...

- (6) The woman goes inside to organize the plates and cutlery.
- (7) The woman comes out to tell the man that the meat is looking great. He thanks her and asks if she will bring another beer while he flips the meat

Important again:

(8) THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN.

More routine...

- (9) The woman prepares the plates, salad, bread, utensils, napkins, sauces, and brings them to the table.
- (10) After eating, the woman clears the table and does the dishes.

And most important of all:

- (11) Everyone PRAISES the MAN and THANKS HIM for his cooking efforts.
- (12) The man asks the woman how she enjoyed her night off, and, upon seeing her annoyed reaction, concludes that there's just no pleasing some women..



Circle of Love

Brittney Baker

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 MALEYT 305-304-2837 OR JUDY CURTIS 305-394-0249

Announcing a unique event!

LUNCHEON & HEALTH FAIR

www.upperkeysbpw.org
Business and Professional Women/FL
Upper Keys Century BPW

This month we bring you a Health Fair from 10am-4 pm with a Luncheon and Speaker featured from noon to 1pm.

WEDNESDAY

July 17th

HEALTH FAIR 10AM - 4PM
LUNCHEON NOON - 1PM

AT THE

Key Largo
Holiday Inn

MM 100 OCEANSIDE

Free services include:

- Osteoporosis Screening
- Skin Cancer Assessments
- Clinical Breast Exams And Education
- Smoking Cessation Programs and Spirometry Testing

PLUS!

An overall risk assessment for cardiovascular disease, which includes a blood pressure reading, a total cholesterol and blood glucose check, and body fat analysis will be available for \$15.

Lunch will be served.
Members: \$20 Non-members \$25

Luncheon Speaker:
Kimberly LaValle
of Keys AHEC

Everyone
is welcome!

For more info: Gina Boilini 305-587-1085 or bpwupperkeys@gmail.com

LOCALS' FAVORITE

Ship Wrecks

305-453-3153 45 Garden Cove Drive, Key Largo, MM 106

DAILY SPECIALS

Wednesday - Live Music 5:30 - 8:00

Friday - All You Can Eat Fish (fried, grilled or blackened)

Saturday - Prime Rib

HAPPY HOUR

Every Day 4 to 6pm featuring... \$1 Drafts
Pitcher and Wings Special • Beef or Chicken Sliders

OPEN 11 AM to 10 PM EVERY DAY

Take it from the NFL's Jimmy Johnson...

JUST CHILL

The Keys' hottest spot to chill is renowned for terrific island dining and a complete waterfront entertainment complex that suits your every mood.

Indoor/Outdoor Restaurant

Sports Bar with 30 Flat Screens

NFL & NCAA - Best Place to View All the Games
Giant Screen on the water!

Two Tiki Bars • Raw Bar • Enrico's Pizza
Pool & Cabana Club • Live Entertainment Daily
Jet Ski and Water Sports Rental

Tuesdays: Ladies Night
with Jimmy Ray and Michael Trixx

Check out the New Martini Bar:
New Martinis, New Wines, New Menu & Live Music
Friday & Saturday: 5pm-Close

The Keys' Hottest Spot to Chill

On the water at MM 104, Bayside, Key Largo
305-453-9066 • www.jjsbigchill.com