

Art Box Artist of the Month: **Nessie Yara**



Nessie Yara defines herself as a happy mother of two and a South Florida artist. Formally educated in visual arts (photography and ceramics sculpture), she attended the Fine Arts program at the University of Puerto Rico and later graduated from FIU majoring in Liberal Studies, Fine Arts, and Art History.

Born in San Juan, Puerto Rico, Nessie has been a Florida resident for the past 24 years. Last summer she left Broward County's suburban convenience for a more wholesome life in the Keys. She and her family are enjoying the not-so-fast way of life of the Keys as well as the close contact with nature the Florida

Keys has to offer. "It feels good to have time to sit down and not be in a rush to be somewhere all the time. The Keys make me feel close to the island feeling I grew up with, and its beauty inspires me every day," says Nessie.

In college Nessie had a sort of fear of color; she did not even take painting classes. Instead, she concentrated on drawings and black and white photography. It took a long time for her to move away from her monochromatic creative background. It was not until she had children that her interest in color began.

For the past 10 years, Nessie has been a full-time mom and part-time Etsy shop owner (specializing in handmade personalized children's products - including jewelry, stationary, digital designs, and favors for children's special celebrations).

After many years of "life happening," Nessie finally decided to

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get out there and recapture the gifts she has been given. Her most recent endeavor involves brushes, canvases, and lots of bright colors. Using acrylics, she paints about motherhood, childhood, family, and the little things in between. The brush serves her to illustrate the permanence of transitory moments in life. She says, "Through artwork I want to represent the unique footprints relationships leave in our lives."



The saturation of blues and greens of Florida and Puerto Rico influenced Nessie's color palette, which reflects earth elements that surround the tropical life she enjoys. Nessie says, "My purpose in art is to emphasize that even when everything seems to lead to a disposable fast-paced-life, we have the choice, to use our hands to create and not to destroy."

The day Nessie sold her first painting, a customer told her... "You are a person of many talents; your work

reminds me of a quote that says... 'May you use those gifts that you have received, and pass on the love that has been given to you'" Nessie truly hopes to live up to that dream.

See Nessie's work at the Art Box this month.

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The Mangrove Galley by Sandi Mieszczenski

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



March is here and that means St. Patrick's Day. The traditional meal for the day is, of course, corned beef and cabbage. The meal consists of corned beef, cabbage, red potatoes (small, whole potatoes not peeled), carrots, and onions. Place the corned beef in a large

stock pot, cover with water and bring to a hard simmer with bay leaves and black peppercorns. Simmer for approximately 30 minutes a pound. The longer you cook, the more tender the meat becomes. Thirty minutes before serving remove the meat and cover with foil. Add the potatoes, carrots, and onion. Then add the cabbage the last twenty minutes. You can achieve the same effect by using a crockpot. Place the meat in the bottom of the pot, add water, bay leaves and peppercorns. Pile the vegetables on with the cabbage on top and let the meal slow cook all day.

If you are fortunate enough to have leftover corned beef there are many possibilities for leftovers. One of my favorite leftover dishes is shown at the right. Try it... and enjoy!

HOMEMADE CORNED BEEF HASH

Serve this with poached eggs on an English muffin for a delicious breakfast!

- 2 tablespoons butter
- 3 cups potatoes, peeled and cut into 1/2 inch cubes
- 2 medium onions, peeled and sliced
- 3 cups corned beef, sliced with the grain, shredded and chopped
- 3 teaspoons garlic powder
- 2 tablespoons Worcestershire sauce
- fresh cracked pepper
- Tabasco sauce (optional)

Heat a large skillet on medium heat. Melt the butter in the pan. Add the potatoes and onion (be sure that you dry both well with a paper towel to avoid splattering.) Saute for 10 minutes. The potatoes should be slightly al dente. Add the corned beef, spices, and sauces. Mix well.

Saute, covered, for 25 minutes.

Stir occasionally. Serve.



JON & JOANNA DREAVER

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