

The Mangrove Galley by Sandi Mieszczeni **PUMPKIN CUPCAKES WITH CREAM CHEESE FROSTING**



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|------------------------------|---------------------------------------|
| 1 pkg. of spice cake mix | 1 8-ounce pkg. cream cheese, softened |
| 1 cup sour cream | 1/4 cup butter, softened |
| 1 can (15 ounces) of pumpkin | 2 tablespoons maple syrup |
| 1/4 cup vegetable oil | 1 16-ounce pkg. of powdered sugar |
| 3 eggs | 1 1/2 teaspoon cinnamon |
| | 1 bag of candy corn autumn mix |

Heat the oven to 350 degrees. Beat the first five ingredients with a mixer, blending well. Line cupcake pans with paper and spoon in the mixture. Bake 20 to 22 minutes. Check the centers with a toothpick. Make sure it comes out clean. Cool in the pans then remove.

Beat the cream cheese, butter, and maple syrup with a mixer. Gradually beat in the sugar, then stir in the cinnamon. Frost the cupcakes. Decorate each cupcake with the candy corn. I prefer the autumn mix because it includes the candy pumpkins and really gives the cupcakes a festive look. Now let us hope for some cooler weather.

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

Finally, Fall is here though it does not really feel like it. Fall brings visions of turning leaves, holiday foods, and of course the ever-loving pumpkins. This cupcake recipe is quick, easy, and oh so tasty. Try it, I think you will really like this autumn treat.

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It Takes a Village

by Dawn Wiggins, Ed.S.

Death. Just reading the word feels heavy on the page. The urge is to turn the page or toss the paper. What if you didn't?

I am advocating on behalf of those who are grieving. Will you join me in supporting them in their loss?

We've all known loss in some way. Whether it be a pet, a marriage or a loved one; you know the pain of grief. Today, I want to acknowledge those among us who have experienced a depth of loss which most of us cannot comprehend. Those who have lost a child.

Too often, these parents are suffering in silence. I know it's hard to move towards death. That is what I am asking of you. As their friends, family, neighbors,

and co-workers, I am enrolling YOU to support them in their grief.

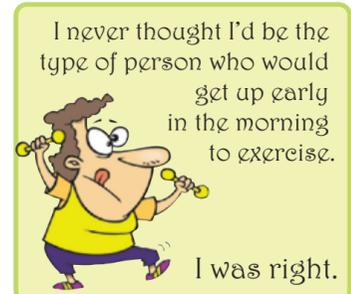
You know who they are. You think of them and talk in whispers at the nail salon, grocery store, or charity event. Cut the bullshit and talk to them, not about them. They need our love and attention. They need us to face our discomfort.

And by doing this, you will be healing your personal grief. Because we are a culture of avoiding painful feelings and you have your own deeply stuffed feelings of fear, sadness, and loss. That is the number one reason it is so difficult to face other people's pain; because you can't easily avoid your own.

So now what? You invite them to talk. You sit with



THE FIRST RULE OF THE OCD CLUB IS TO HAVE A SECOND RULE SO THERE IS AN EVEN NUMBER OF RULES.



NUTRITION FACT
If you drink a gallon of water per day, you won't have time for other people's drama because you'll be too busy peeing. Stay hydrated my friends.

HACKERS
need to step up and delete everyone's STUDENT LOANS.



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them. You hug them. Make it clear that you want to hear the stories; the joyful and the sad. And you are willing to call deep on your courage to do so. You are willing to be with them in their tears Over and over. You are willing to listen to their most profound struggles. Guilt and regret are some of those struggles. No matter the age of their child, they get stuck in the coulda, shoulda, woulda mindset. There is an inherent belief that a parent must protect their child. Outliving your child feels

like an automatic failure of epic proportions. While you may not know their specific struggle, you can relate to feeling guilt and failure. What do you need or want most in times of alleged failure? For me, the answer would be acceptance, forgiveness or love. Whatever your response, I want you to offer it to someone who is struggling with the loss of a child. They deeply miss their son or daughter. Every. Day. But broaching the topic with you is so taboo, complicated, uncertain. Will you shrink away, will they burst into tears, will it bring up feelings that no one wants to express in a public place? They don't want to burden you. And, they are pretty sure you are going to say something completely unhelpful.

Who cares. Let's not avert our eyes, change the subject or pretend as though it's not happening. Let's not ask "how are you"? Let's say, "I know you feel terrible, I want to support you."

We are stronger together. I'm not saying it's going to be easy; I'm saying it's going to be worth it. So, thanks in advance for all of the love you are going to spread. I am deeply grateful to you.

The 4 apples that changed the world:

Eve Isaac Newton THE BEATLES Steve Jobs

I'm a Social Vegan. I avoid Meet.