

## The Mangrove Galley by Sandi Mieszczenski

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



Oh my, what to have for Christmas dinner. If you're tired of Turkey from Thanksgiving and a standing rib roast is out of the question, how about a nice easy pork roast with a special glaze? By the time Christmas day gets here, most everyone I know is tired out. Pair this tasty dish with baked sweet potatoes and a squash casserole, and enjoy the day as they all bake in the oven together at one time. Enjoy!

### ROAST PORK WITH ORANGE, HONEY AND ROSEMARY GLAZE

2 to 2.5 lb. pork sirloin roast  
garlic cloves  
sprigs of fresh rosemary  
1 fresh lime  
cracked pepper

**Glaze**  
4 Tbls frozen orange juice concentrate  
2 Tbls honey  
chopped fresh rosemary

With a sharp paring knife, cut multiple slits into the roast. Stuff each slit with a garlic clove and a sprig of rosemary. Use as much or as little as you prefer. Squeeze the lime over the roast and sprinkle with fresh ground pepper. Insert a meat thermometer in the roast in the meatiest part. Bake the roast in a 350 degree oven for about 35 minutes per pound. The thermometer will tell you when the meat is done.

Mix the glaze together and brush over the meat twice during the last 40 minutes of baking time. Let the roast cool for 5 to 10 minutes before slicing.

If you decide to add the sweet potatoes and squash to the meal, remember that their baking time will be a little longer than usual due to the multiple items in the oven.

## Hunk of the Month - Fred Taylor

The Coconut Telegraph is proud to present Crystal Health and Rehab Center's Administrator as Hunk of the Month. Under his management the facility (formerly known as Plantation Key Convalescent Center) has currently achieved a high satisfaction score with the community, stakeholders, families, vendors, and others as Taylor has created a collaborative approach to all aspects of the facility's functioning and presence in the Upper Keys community. Fred Taylor is a warm and kind hearted individual who is perfect for his position. Fred Taylor is a highly decorated retired Army combat veteran who has been awarded 3 Purple Hearts!

See the sidebar for a list of his military accomplishments.

When I met Mr. Taylor I asked him how he happened to get 3 Purple Hearts and our readers would be curious... He replied, "You've heard of chick magnets? Well I'm a lead magnet."

Thank you for your service Fred Taylor and thank you for making our community a better place.



Crystal Health and Rehab Center

### FRED TAYLOR

Served with the First Cavalry Division (Airmobile) in Vietnam; was wounded on 3 occasions and received 3 Purple Hearts for combat wounds.

He served as an Infantryman and Combat Team Leader, and was awarded the Combat Infantryman Badge, for combat experiences.

Taylor was awarded the Vietnamese Cross of Gallantry, Air Medal, National Defense Medal, Good Conduct Medal, Vietnam Campaign Medal, and Vietnam Service Medal. He was inducted into the Florida Veterans Hall of Fame for his combat record in 2016.

Taylor was awarded the Florida Governor's Medal of Merit by Governor Rick Scott in 2018, and then the Order of Saint Maurice, by the National Infantry Association, which is the highest infantryman's award they present.

He was elected National Commander of the Military Order of the Purple Heart (2000-2001) and Elected National Commander of the Combat Infantrymen's Association for 2017-2018.

In 2000, Taylor was selected by AIPAC to be a join a 10-person USA delegation to tour military installations and meet with Israel government representatives, military leaders, and civilians, in order to enhance the understanding of the threats to Israel and the volatile condition that existed. The same year, he was selected as the USA Delegate to the World Veterans' Council in Paris, where 88 nations were present.



Taylor was selected by Army Chief of Staff, Gen. Creighton Abrams, to serve a 4-year term at the Pentagon on the prestigious Army Retiree Council (1974-78).

Veterans/Military Organizations: American Legion (51 Years); VFW (Life Member); DAV (Life Member); Paralyzed Veterans of America (Life Member); Vietnam Veterans of America (Life Member); Life member of Combat Infantrymen's and the National Infantry Associations; Association of the United States Army; Life member of Non-Commissioned Officers and First Cavalry Division Associations.

Aren't we forgetting the true meaning of Christmas?

You know, the birth of Santa.

— Bart Simpson



Every year I resolve to lose 20 lb. after new years. And I do. The problem is, I gain 30.



Once again, we come to the holiday season, a deeply religious time that each of us observes, in his own way, by going to the mall of his choice.

—Dave Barry

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