

The Mangrove Galley by Sandi Mieszczenski



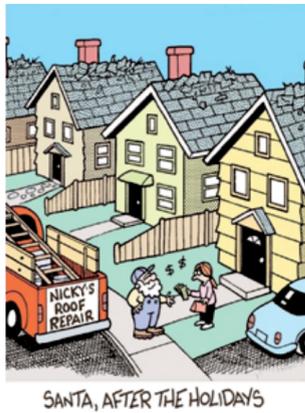
THREE-CHEESE MACARONI & CHEESE

- 16 oz box of elbow macaroni
- 1 large onion sliced
- 16 oz processed cheese (such as Velveeta) cut into ½ inch cubes
- 8 ounces sour cream
- 4 ounces sharp cheddar cheese cut into ½ inch cubes
- 2 cups milk
- 1 teaspoon garlic powder
- salt & pepper to taste
- 1 cup cracker crumbs
- 1 cup freshly grated parmesan cheese

Cook the macaroni according to the manufacturer's instructions leaving the macaroni slightly al dente. Mix the first eight ingredients in a bowl. Spray a casserole dish with oil and place the mixture in the dish. Bake covered in a 350-degree oven for 30 minutes. Stir and bake an additional 15 minutes. Add more milk if the mixture looks dry. Mix the cracker crumbs and the parmesan cheese together and sprinkle evenly over the top. Bake uncovered an additional 15 minutes or until the topping is slightly brown.

January is the month for football championships. The season's most important games will be played to see who goes to the Superbowl. This dish is an easy and delicious side to whatever you're serving at game time.

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



SANTA, AFTER THE HOLIDAYS

My New Year's resolutions are:

1. Stop making lists.
- B. Be more consistent.
7. Learn to count.

Here's to having a fresh start at binge eating, boozing, and slacking off.



YOU GOT DUMPED ON NEW YEAR'S DAY, TOO?



This New Year's I'm going to quit drinking

I'm going to quit smoking. What are you going to give up?

Hanging out with you guys

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PERSONAL

SWM Big Pine Key. Straight. Hobbies include drinking and hanging out with my parrot.



CARIBSEA wins 56th Annual Islamorada Sailfish Tournament

The 56th Annual Islamorada Sailfish Tournament kicked off at Whale Harbor hosting 80 anglers, plus friends and family with a grand buffet. Great sailfish action started on Friday morning and continued over the next three days, concluding on December 8th. Captain KC Spaulding of CARIBSEA led anglers Kenny Spaulding, Sam Milazzo, Phillip Bryan and Lee Gahagen all from Islamorada to the winner's circle with a total of 19 sailfish releases. 141 Sailfish were released out of 154 hook ups with nearly \$55,000 going to the winners.

Anglers were greeted with great conditions on the first day of fishing and it did not take long for CARIBSEA to call in a hook up. Sam Milazzo released the team's first sailfish at 9:16 am. At the end of the day, CARIBSEA was in the lead with 10 releases followed by KELLY DAWN with 7 and CONTAGIOUS with 6.

Day two started early for CARIBSEA as captain KC called in a hook up at 8:38 am. At the end of two days of fishing CARIBSEA held the lead with 16 fish, followed by CONTAGIOUS with 13 and REMIX with 9.

The final day of fishing saw a lot of action. Captain



1st place Team CARIBSEA.



2nd place Team CONTAGIOUS.



3rd place Team CHALLENGER.

Brian Cone aboard CONTAGIOUS, along with anglers Mark Mitchell and Kenneth Padgett (both from Charleston, NC), Travis Bennett and Andy Cone (from Tavernier) and tournament photographer Tim Rahn (from Islamorada) put the pressure on CARIBSEA. In the end CARIBSEA took home the top honors with their 19 releases. Angler Sam Milazzo released 8 of those fish, winning the Bill Hirni Highpoint Angler award.

CONTAGIOUS took the second spot with 16 releases, and Angler Andy Cone took second place in the Junior Division with one release.

Junior angler Danny Maduro from Miami, fishing with Captain Ryan Cano, took home the Top Junior Angler award with 2 sailfish releases. Top Lady Angler, Debbie David of Miami, released a total of 6 sailfish on the RELENTLESS with Captain Paul Ross.

The Islamorada Sailfish Tournament is the first leg of the Florida Keys Gold Cup Sailfish Championship. CARIBSEA is currently in the lead with 19 fish. Second place in the Gold Cup is CONTAGIOUS with 16 releases and third is CHALLENGER with 12 releases. The next leg of the series is at the Cheeca Lodge Presidential Sailfish Tournament January 25th thru the 26th and the champions will be crowned at the Islamorada Fishing Club's Captain Cup Sailfish Tournament on January 30th 2020.

More information on the Islamorada Sailfish Tournament can be found on the web: islamorasailsailfistournament.com.

Photos courtesy of Tim Rahn Photography.



CARIBSEA TEAM



A Jack Daniels Fishing Story

I went fishing this morning, but after a short time I ran out of worms.

Then I saw a cottonmouth with a frog in its mouth.

Frogs are good bass bait.

Knowing the snake couldn't bite me with the frog in its mouth, I grabbed it right behind the head, took the frog, and put it in my bait bucket.

Now the dilemma was how to release the snake without getting bit. So, I grabbed my bottle of Jack Daniels and poured a little whiskey in its mouth. Its eyes rolled back, and it went limp.

I released the snake into the lake without incident and carried on fishing, using the frog.

Not long after, I felt a nudge on my foot. It was that damn snake... with two more frogs.

Life is good.



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