

## The Mangrove Galley by Sandi Mieszczenski

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



Finally, a little cool weather and a perfect time for chili. Here's a twist on a super bowl staple.

**Pepper Mix:**  
Prepare a day ahead. Any extra stores well for future use.  
4 jalapeño peppers  
6 med. hot/sweet assorted peppers (long hots, arbol, cubanelle, etc.)  
When handling raw hot peppers, be sure to wear hand protection! Slice peppers lengthwise then remove the stems and seeds. Place peppers skin side down on a foiled cookie sheet and roast until crispy; about one to one and a half hours at 275 degrees. Turn the oven off and let peppers cool in the oven. When cool; grind the peppers in a minichop or blender.

## PORK, BLACK BEAN AND PEPPER CHILI

- 2 ½ lbs. pork roast (inexpensive cut)
- 2 10+ oz. cans chicken stock
- 4 yellow peppers
- 4 sweet onions (3 large and 2 small)
- 1 medium green pepper
- 1 medium red pepper
- 3 cans of drained black beans
- 2 Tbls. chopped garlic
- 3 Tbls. cumin



Cut the roast into ¾" cubes. Heat a large stock pot to medium high with just enough oil to cover the bottom. Sauté the garlic until softened, then add 2 Tbls. of the pepper mix, and 2 Tbls. of the cumin. Add the pork, mix thoroughly and brown. Add the chicken stock and one small chopped onion. Bring to a boil then simmer with the top off until tender. Let the contents cool, remove the pork from the broth and set aside. Clean and cube the four yellow peppers and the two large onions. Add to the stock and bring to a boil. Reduce heat and simmer until the peppers are al dente. Add a small amount of water only if necessary. Let cool then pour the contents into a food processor or blender and add the remaining cumin. Puree until smooth and return to the pot. Clean and chop the red and green peppers and add to the mixture with the remaining chopped onion. Bring to a bubble then add the pork and the black beans. Simmer until warmed through. Serve with a dollop of sour cream and extra pepper mix if more heat is desired.

## Everyone Can Heal

We all have the ability to use our healing hands, we only need our intention.

Touch is the first tool we turn to when confronting pain. We react similarly to a stubbed toe and a broken heart, tenderly grasping the affected area. This need to apply physical contact is part of the innate healing instinct present within each of us. We are all born with the ability to heal ourselves and to heal others.



Because healing energy does not come from within but from outside our ourselves, the energy is there for anyone to use, and thus no formal training is required. When you have the intent to heal and love is your only motive, you become a conduit for healing energy. Through the simple laying on of hands, you can direct that universal healing energy in order to comfort those who are experiencing pain or distress.

made a physical connection, and your touch will help awaken the body's capacity for self-healing.

The afflicted areas of the body, which were initially tense or tight, will relax once imbued with enough healing energy. Not everybody is sensitive to subtle energy, so try not to feel like you aren't helping if you don't feel the flow. The work you are doing is indeed helping. Finally, thank the universe. Disconnect yourself from the person being healed by speaking your intention to sever your connection and then wash your hands.

In performing healing energy work, it is imperative that you ground yourself both before you begin and afterward. The illnesses and issues others face can be absorbed into our energy field, and healing can exhaust our own energy reserves. Address the universe directly, stating that you wish to be a one-way channel through which healing energy flows through you and that your energy supply should not be depleted. Next, speak your intention and place your hands on the individual you are endeavoring to heal.

















Understanding how energy works is less important than consciously choosing to make use of it. Performing a loving healing session on your loved ones can be a wonderfully intimate experience that brings you closer together.

Let your intuition guide you to the afflicted area and imagine a healing white light being drawn in through the top of your head and emanating through your hands. The energy will begin to flow once you have

And as the rejuvenating healing energy passes through you, it can awaken a profound compassion within you that helps you better understand the interactions between the spiritual, physical, and mental selves.

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## Collective Nouns For Sea Animals

 A bind of salmon	 A company of angelfish	 A family of sardines	 A fleet of bass
 A float of tuna	 A flotilla of swordfish	 A glint of goldfish	 A herd of seahorses
 A party of rainbow fish	 A school of cod	 A shiver of sharks	 A shoal of fish
 A shoal of mackerel	 A squad of squid	 A swarm of dragonet fish	 A troupe of shrimp

# COCONUT TELEGRAPH CLASSIFIED ADS

### BUYING

**WE BUY COINS**  
No collection too large or too small. We pay cash on the spot and we offer private consultation in our location or yours.  
Call Bill 305.942.0911.

**Buyers agent is buying Vintage Costume Jewelry**  
Call & leave msg. 305-304-2837

### GET CLASSIFIED

**\$10 per col. inch per month!**  
(generous 1.88 column width)  
**Bold Listing \$12./inch per mo.**  
MUST BE PAID IN ADVANCE  
Classified Display Space \$15/inch.  
Drop off your ad and payment at  
The UPS STORE  
101425 Overseas Highway,  
Next to Publix at Tradewinds  
Questions? Call 305-304-2837.

### FOR SALE

**SNOWMAN FOR SALE**  
Used. Needs Repairs \$10



### FOR SALE

**Genie Lamp**  
Still has 2 wishes left!  
I wished for a million more wishes so I don't need it anymore.  
305-555-WISH

### JOBS

**Wanted: someone to hold my hand as I enter the grocery store. It's just the beginning part of the store that scares me, then I'm okay. I'll pay you in groceries.**  
305-555-PUBX

### PERSONAL

**SWF SEEKS COMPANION,** my hobbies include long scrolls down my phone, talking to my pets, binge watching Netflix, singing in the shower, staying in my pjs too long, being tired all day...then not sleeping at night, drinking everything but water, ordering stuff online, reading about new diets while eating cake, and making lists of things I will never do... 305-555-TEXT

**Active grandmother with original teeth seeking a dedicated flosser to share rare steaks, corn on the cob and caramel candy.**  
305-555-BITE



### SERVICES

**House Cleaning**  
call Danielle  
305-393-2728

### MUSICIANS WANTED

Amateur & seasoned musicians wanted!  
**The Keys Community Concert Band**  
begins rehearsals for its new season in the fall. If you want to participate, call 305-451-4530.

### VESSEL SAFETY

The USCG Auxiliary conducts vessel safety checks at Blackwater Sound Marina, MM 103.8 Bayside, every third Saturday of the month. The Public is Welcome. More info: 305-998-8400

**Classified ads will not be accepted without payment.**

### CLUBS

**Fraternal Order of the Eagles** meets every 1st and 3rd Monday, 7pm at Elks Lodge, Tavernier.

**THE KEY PLAYERS** Community Theater Group needs volunteers to work behind the scenes and audition for roles!  
[thekeyplayers.org](http://thekeyplayers.org)

### GARDEN CLUB OF THE UPPER KEYS

The Garden Club of the Upper Keys monthly meeting will be **January 15, 11:00 am** at the Francis Tracy Garden Center (mm 94 bayside). Susan Kolterman will speak on landscaping for birds and butterflies. Visitors are always ways welcome. Our meetings, workshops and special events provide education and information on the fun of gardening in the Keys. Visit our website for upcoming programs and events.

Come grow with us!  
[gardenclubupperkeys.org](http://gardenclubupperkeys.org)

### FOR SALE

**Queen Box Spring**  
**\$1,000,000**  
(Tavernier)

We just moved and couldn't fit this box spring up our stairs, so now it is waiting for you in my office.

It's a Serta Perfect sleeper-queen sized.

I set the price at \$1,000,000 because how can you put a price on the awesome dreams I've had on it? I've won the Roller Derby, rescued Scarlett Johansson from evil alien warlords and was named MVP in the Super Bowl of a sport I dreamed up called "RUMBLE BALL." If that isn't worth a million bucks, I don't know what is.

But hey - I'm a realist - I would be willing to knock something off the price if you're willing to come and pick it up. How about does \$20 sound? Hurry up, before I remember more super awesome dreams and change my mind.

No you're not dreaming ... yet!  
Call 305-555-DRMS

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305-451-3380 • MM 99.5 Bayside, behind Cafe Largo