

Sasha Phylars-Burgess' mother once told her that "sea full" was a Trinidadian idiom used to describe high tide. In Trinidad & Tobago, the sea is a life force; healing, rejuvenative, dangerous and familiar. At Shoot The Lobster, NY, *SEA FULL* is our basement; comforting in its familiarity and unwillingness to change. Venetian blinds cover the tiny basement window, and a T&T flag hangs over one door while a bamboo calendar, possibly a year old, hangs on the other. Photos of Trinidad hang on the wall like giant posters under dim lights.

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