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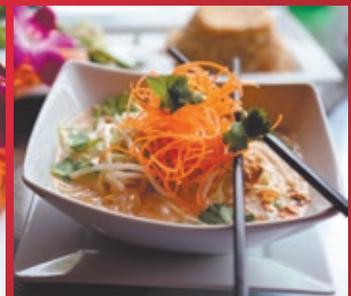
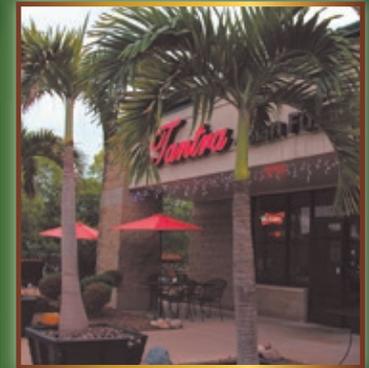
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from the editor



Radish editor Sarah J. Gardner, left, and writer Leslie Klipsch. (Photo by Todd Welvaert / Radish)

It's fair to say I've eaten some unusual Thanksgiving dinners over the years: turkey burgers shared with my flatmates while studying abroad. Cheese and crackers and a tin of smoked oysters eaten while rafting down the Rio Grande. Popcorn popped over a campfire.

Because I haven't always been able to head home for Thanksgiving, I've opted more than once to make the best of it where I was at — and when I lived in a warmer climate, that often meant a little camping adventure. I'd like to think it was in the spirit of the first Thanksgiving, which, when you think about it, was organized by people who likewise were “roughing it” far from family.

One of my favorite Thanksgiving memories, in fact, came about when a woman stopped by our tent and invited my husband and me to head over to her RV. She had prepared a traditional meal, right down to the pumpkin pie, and was eager to share it. I couldn't believe she had managed to roast a turkey in her little oven; even more amazing, it was marvelously juicy and tender. “Eat up, eat up!” she told us, proving not every feast you find in a desert is a mirage.

From these adventures, I've learned that whether the meal is big or small, what makes it feel abundant is the heart you bring to your table. Indeed, the most satisfying things I've eaten haven't been particularly lavish, but were seasoned with a deep sense of gratitude and served by a generous hand. A lot will get said in the weeks ahead about trying to embrace the holiday spirit the rest of the year. Equally wonderful, to my mind, would be to bring the spirit of Thanksgiving to every meal.

In this issue of Radish, as with every month, you'll find recipes that make the most of seasonal ingredients, including sweet potato rolls (page 8) and turkey soup with wild rice (page 12). But you'll also find reminders, such as Leslie Klipsch's excellent reflection on the perfection of less-than-perfect meals (page 32), that warmth and good humor are always in season.

— Sarah J. Gardner
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Radish

HEALTHY LIVING FROM THE GROUND UP

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Radish uses soy-based ink and recycled content in its newsprint and is 100 percent recyclable.

the grapevine

On the Road with **Radish**

Thanks to Friends of Radish, you can find representatives of the magazine this month at the second day of the **2014 Iowa Organic Conference**, 8 a.m.-1:30 p.m. Monday, Nov. 17, University of Iowa Memorial Union, 125 N. Madison St., Iowa City.

For more information on this event, visit sustainability.uiowa.edu, and to discover more upcoming events of interest, see the events calendar on the Radish website.

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Radish reads: Author rises to the challenge of local eating

Mini review: "Blessing the Hands that Feed Us: Lessons From a 10-Mile Diet," by Vicki Robin (2014, Viking, 352 pages, \$26.95)



Sustainable living advocate Vicki Robin has a bone to pick with those who believe the only way to feed our growing world population is by the mass production of food bereft of nutritional value.

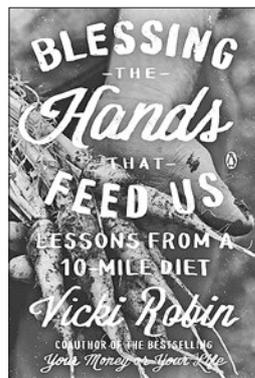
A lifestyle and eating experiment by the nearly 70-year-old woman proved to her that a self-sufficiency diet can be achieved (at least for a month) with respect to acquiring and living off of food produced within a 10-mile radius of one's home. The experiment proved a time of building self-confidence as well confronting challenges.

An innovative spirit and a never-, never-, never-say-die attitude served to bolster Robins' belief that the individual taking ownership in the food system as well as in his or her community can effectively combat the negative effects of climate change, dwindling fossil fuel supplies and industrialized food production.

"Blessing the Hands That Feed Us" isn't exactly a quick read, though. Robin takes the reader approximately 150 pages deep before nailing down the particulars of her 10-mile diet. She chronicles her own personal journey from her childhood on Long Island through life lessons learned as an activist during the '60s and '70s to her life now on Whidbey Island off the coast of Washington state near Seattle. Chapters include bullet-riddled checklists and some recipes, and the book concludes with a challenge to all to examine whether local food production and local eating could be a viable option for them.

A paperback version of the book will be available January 2015.

—David Grimes, *Monmouth*



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A sweet potato cloverleaf roll spread with cinnamon honey butter. (Photo by Todd Welvaert / Radish)

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radishmagazine.com

John Henry Hauberg was many things — a humanitarian, a scholar of Native American history, a traveler, and a benefactor of wild places. He was also a photographer, and his life and his travels are recorded in about 7,000 glass plate negatives and lantern slides stored in the special collections library at Augustana College.

One student, Rukmini Girish, has been working diligently to sort and organize these little windows into an extraordinary life. Learn about her project at radishmagazine.com.



healthy living

Habitat helpers

Conservation group with Q-C chapters talks turkey



By Dennis Moran

When the National Wild Turkey Federation was founded in 1973, there were about 1.5 million wild turkeys in North America. That sounds like a lot, but according to the National Wildlife Federation website, populations of wild turkeys, abundant when Europeans first began settling on the continent, diminished steadily as their habitat was cleared to make way for the settlers. By the mid-18th century, wild turkeys had disappeared entirely from a number of the original colonies, and by 1920, Iowa and Illinois also were among the states where no wild turkeys could be found.

Over the next 40 years, NWTf members undertook a number of conservation projects with a goal of protecting and fostering wild turkey populations, and according to the organization's website, the number of wild turkeys grew to about 7 million nationally. But, the website notes, more recently the population total has been going down again.

Just as before when European settlers pushed into turkey territory, that's largely due to habitat loss — presently, the NWTf says 6,000 acres of habitat is lost every day. To reverse that trend, the NWTf has a twofold approach. First, the organization aims to conserve 4 million acres of habitat. Second, it hopes to recruit 1.5 million new hunters to help with the cause.

Unlikely allies?

“Creating new hunters and habitat go hand in hand, since hunters pay for over 80 percent of the conservation work that is done in the United States through license sales, excise taxes on firearms and other hunting equipment, and nonprofit organizations like the NWTf,” says Andrew Limmer, NWTf regional director for central Illinois.

Cord Brandt of rural Cordova, Illinois knows that well — he's a hunter — and he's pitching in to help increase the habitat side of the equation a bit. Brandt is the president of the Mississippi Valley Gobblers-North, a local NWTf chapter.

The NWTf provides low-cost seeds to Brandt to create a wildlife “food plot” and hunting spot. “These are food plots to help us hunt, but it's also food for the animals all winter long,” Brandt explains, pointing to a stand of corn on a hillside that a neighboring farmer allows him to cultivate for wildlife. “There's corn and beans out here, and I won't mow it until spring when I want to replant it. It helps the wildlife get through the winter.”

The habitat conservation and hunting promotion is on behalf of all the game that's out there, but the wild turkey — an American icon that Benjamin Franklin felt superior to the eagle in virtue — is the NWTf's benchmark.

In addition to Brandt's group, local NWTf chapters include a southern version of the Gobblers serving areas around Milan and Sherrard, Illinois. On the

other side of the river the Big River Longbeards chapter has members in Scott County, Iowa and beyond.

These chapters and their NWTf member-volunteers hold annual fundraising banquets in the spring to benefit the national organization, as well as a variety of activities to promote safe, ethical and sustainable hunting and wildlife stewardship, especially among young people. A keystone event for any NWTf chapter is an annual JAKES Day — the acronym stands for Juniors Acquiring Knowledge, Ethics and Sportsmanship.

There are several JAKES Days held locally, and they typically involve getting youngsters involved in outdoor education activities, including target shooting with guns and bow and arrows with an emphasis on safety instruction.

For Dana Bourquin of the Big River Longbeards, the push to attract youngsters is important. The chapter does a JAKES Day in cooperation with the Davenport Valley Archers in Long Grove, with activities including birdhouse building and land cleanup, as well as giveaways of outdoor equipment like fishing poles, tents and sleeping bags.

“Kids are the future, so we try to do what we can to get kids involved,” Bourquin says. “We’re not limited to hunting. We just encourage kids to be outdoors.”

Modern agriculture and a changing landscape

Brandt said he’s noticed declining wild turkey numbers locally in recent years, and fellow Gobblers member Robert Dersham points to one of the culprits for habitat loss: the rising demand for corn cultivation. As corn prices rise, farmers look for every scrap of land to eke out a few more bushels.

“Just in this area, a lot of timber has been torn out in the last few years for corn,” Dersham says, standing on an area of his Whiteside County property he’s set aside for wildlife habitat. “And a lot of fence lines and things like that. Whether it’s your small birds or your rabbits or whatever that uses that for protection, it’s just not there anymore.”

For Dersham, the NWTf provided both the work and seed for four acres of sunflowers on his property. In exchange for the help from the NWTf, Dersham agrees to provide the sunflower acreage as mentoring ground so folks who’ve never hunted before can give it a try. Youths are particularly welcome, but anyone with an interest is welcome.

Greg Shaffer of rural Sherrard, president of the Mississippi Valley Gobblers-South, emphasizes that ethical hunting also includes not shooting an animal in sight if it’s not close enough to ensure a clean kill.

“The worst thing in the world is to wound a deer and have him run off and suffer,” Shaffer says. “I think that bothers any hunter.”

NWTf chapters often work with state natural resources departments, which regulate hunting and adjust the number of permits for a given hunting season based on estimates of animal populations.

“Most states have management, and part of managing that population is hunting,” says Shaffer.

The local chapters are involved in other charitable activities, such as purchasing turkeys from grocery stores for needy families at Thanksgiving time and putting together hunts aimed for veterans or kids with disabilities.

Contributor Dennis Moran makes his Radish debut this month. For more information on the National Wild Turkey Federation, see the organization’s website at nwtf.org.



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healthy living

Bread 'n butter

Sometimes the simplest foods warm the heart most

By Sarah J. Gardner

There's an old superstition that if two people are walking down the street and something comes between them, they should both say "bread and butter" to ward off a larger parting of ways. Why bread and butter? Because bread, once buttered, can't be unbuttered. Scrape all you want, you'll never remove the butter entirely.

I can't claim ever to have said this myself while out walking with a friend, but I've thought of it many times while at a table, butter knife in hand. Some things are just meant to go together. And, just as bread and butter represent some of the most basic foods that sustain us, this is equally true of friendship. In fact, for

a meal to really be a feast, you need both things at the table — good, nourishing food to eat and warm, wonderful people to share it.

It's a lesson I learned early. Growing up, Thanksgiving was a family affair spent with aunts and uncles and cousins at my grandparent's house, with Grandpa sitting at the head of the table and Grandma seated right next to him. But one year my grandparents made a special trip that involved spending Thanksgiving with relatives living in South Carolina. When Mom told me we'd be staying home to eat our turkey dinner that year, I was perplexed. "How is that Thanksgiving?" I wanted to know.

Mom explained that she had already invited friends and neighbors to join us. And then she added that to feed all these people she would need help in the



Todd Welvaert / Radish

Sweet Potato Cloverleaf Rolls

2 cups bread flour
½ cup water, room temperature
2 teaspoons honey
1 teaspoon instant yeast
2 tablespoons buttermilk powder
4 teaspoons butter
½ cup cooked, mashed sweet potato
1 teaspoon salt
½ teaspoon neutral flavored oil

Begin by combining $\frac{3}{4}$ cup flour, water, honey and $\frac{1}{4}$ teaspoon yeast in the mixing bowl of a stand mixer. Whisk together to form a thick, smooth batter that will serve as the dough starter. In a separate bowl, combine remaining flour, yeast and buttermilk powder. Pour this flour mixture over the starter and then cover the bowl with a towel or plastic wrap. Allow to ferment 1-4 hours (starter will break through the flour cap during the process).

When ready to proceed, add butter and mashed sweet potato, then mix for two minutes using the dough hook to form a rough dough. Cover bowl with a towel and allow to rest 20 minutes, then sprinkle with salt and, again using the dough hook, knead the dough for 7-10 minutes on medium speed. Dough will become smooth and shiny. Remove dough from bowl, add oil to bowl bottom, return dough to bowl and spin it in the oil to coat.

Cover bowl with plastic wrap or a towel and allow to rise at least $1\frac{1}{2}$ hours. When dough is doubled in size, gently remove from bowl and lay on a counter top or

kitchen. There was a lot I ultimately loved about that Thanksgiving — getting to eat on Mom’s good china, proudly showing my elderly baby sitter to her a place of honor at the table — but I especially remember helping Mom roll out the dough to make cloverleaf rolls for the meal. It was the first time I ever got to contribute to Thanksgiving dinner.

If you’ve never made cloverleaf rolls, they are among the simplest baking projects. You can begin with any pliable bread dough, then divide it into small portions, roll them into little balls, and place them in a muffin tin, three balls to a well. It’s a great project for children, who can help shape the dough balls and assemble the rolls. As the dough rises, the balls grow together. This fascinated me as a young child. I loved watching the dough rise, and I equally loved pulling the rolls apart again once baked, buttering each piece.

As an adult, I’ve come to think of cloverleaf rolls as an emblem of Thanksgiving itself. I often bake them because they remind me of Mom and my first experience helping with a big meal. But I also make them because the rolls are separate pieces that grow together — just as something special arises each year among people gathered together at a Thanksgiving table, whether family or friends or guests newly met.

Sarah J. Gardner is the editor of Radish.

other work surface. Fold the top half of the dough down and the bottom half of the dough up, as though folding a business letter. Turn the dough 90 degrees and repeat once more, folding the top third down and the bottom third up. Return to oiled bowl, cover, and allow to rise another 1½ hours.

When dough is once more doubled in size, remove from oven and begin preheating to 475 degrees. Meanwhile, using kitchen shears or a bench scraper, divide dough into 36 small pieces of roughly similar size. Roll each of the pieces into a small ball, and then place three dough balls together into the well of a greased muffin tin, repeating to make 1 dozen rolls. Cover loosely with plastic wrap and allow to rise ½-1 hour, until top of rolls are at least ½ inch above the rim of the muffin tin. Place rolls in hot oven. Bake for 5 minutes, then lower temperature to 375 degrees and bake 10 minutes more. Remove from oven and take each roll out of the muffin tin. Place on a cooling rack to cool briefly. Serve warm or reheat later.

— Recipe adapted from "The Bread Bible" by Rose Levy Beranbaum.



Cinnamon Honey Butter

- 1 stick (8 table-spoons) butter, softened
- 1 tablespoon honey
- ¼ teaspoon cinnamon
- Pinch of salt

Combine all ingredients in the mixing bowl of a stand mixer and whip on high speed using the paddle attachment. Scrape down bowl with a spatula and place butter on a square of wax paper. Roll into a small log, twist the ends of the paper closed, and place in a refrigerator to firm. Remove 10 minutes ahead of serving to soften once more.



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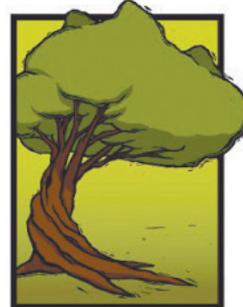
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healthy living

Into nature

Taproot encourages youthful outdoor exploration



Taproot Nature Experience founder Zac Wedemeyer and youth enrolled in the after-school program explore the Terry Trueblood Recreation Area. (Photos by Cindy Hadish / Radish)

By Cindy Hadish

In the hands of children, sticks create walls for fairy houses, oversized zucchini turn into canoes and woolly bear caterpillars become pets for an afternoon.

That imagination, and freedom, is what Iowa City-based Taproot Nature Experience taps into and fosters during its outings for area youth.

Zac and Elesa Wedemeyer founded the nonprofit in 2007 to share their love of the outdoors with others and strengthen the bond between people and nature. Like its namesake, the strong “root” of the program has formed offshoots as it now enters its eighth year.

Beginning with after-school programs for 5- to 8-year-olds, Taproot has grown to offer activities for people of all ages, including summer camps, morning preschool programs, and leadership camps for teenagers, along with the after-school excursions.

“We’ve expanded both in size and the different programs we offer,” said Zac, who taught elementary school in Iowa City for six years, as well as at the University of Iowa Wildlife Camps and School of the Wild, before launching Taproot with Elesa. He calls his wife the “driving force behind the scenes” as well as offering the creative innovation for Taproot.

The 80-acre Taproot Farm in rural Iowa County, about 30 miles west of

Iowa City, is the site of some of the programs, but most takes place in various spots in the Iowa City area.

Among the many destinations are Hickory Hill Park, with 200 acres of old and new-growth forest, prairie and fields; Wilson’s Orchard, where children sample apples and float leaf boats in Rapid Creek; and the Devonian Fossil Gorge, where fossils, waterfalls and caves are among the many attractions.

Hands-on, child-directed exploration of nature

A recent after-school outing, with nearly 20 children ages 5 to 11, took the group to the Terry Trueblood Recreation Area in Iowa City. Vans pick up the students directly from school, after which they spend the next few hours in mostly unstructured outdoor activities.

“The foundation is pure nature,” Zac noted, adding that the programs are held outside in all types of conditions. This September outing took place in ideal weather, with moderate temperatures under sunny skies.

“A day like this is perfect,” he said, as the children scattered along the banks of the Iowa River, searching for mussel shells, catching grasshoppers and building imaginary houses. Many finds were punctuated by shouts to their Taproot leaders: “Look at this!”

Assistant director Michele Thompson and Zac helped identify the critters and other treasures the children found while allowing the children to explore as they pleased.

“These days, kids just don’t get enough time when they get to direct themselves,” Zac said, citing the emotional and physical benefits of unstructured activity.

Thompson added that even children who are stressed out in school “are never stressed out at Taproot.”

“I think playing outside and making up their own games and rules helps them problem-solve in the real world,” she said. “Kids are just happy outside. Period.”

For her family, parent Dawn Anderson said Taproot is “the gold standard from which all other camps are measured.” They learn skills such as baiting a fish hook and can try activities like climbing a tree.

“Taproot cares about safety, but lets them explore, so the kids decide for themselves what they’re comfortable with,” she said.

Taproot charges tuition of about \$500 to more than \$700 for the weekly fall or spring sessions, with financial help available through scholarships. “It’s worth every single penny,” said Brenna Eldeen, whose children also participate in Taproot. “I feel they learn lifelong lessons every time they go there.”

Contributor Cindy Hadish writes about the environment, local foods, farmers markets and gardening at homegrowniowan.com. For more information about Taproot Nature Experience, visit taprootnatureexperience.org.



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Nature's remedy for winter doldrums

Looking for ways to keep your own youngsters engaged with the natural world during the months ahead? Here are suggestions from Taproot Nature Experience for keeping children connected with nature in winter:

- **Hiking:** Children can observe the changing seasons year-round.
- **Animal tracking:** Finding tracks can be fun after a newly fallen snow.
- **Shelter building:** Kids love to construct igloos and snow forts.
- **Art projects:** Search for natural materials like pine cones that can be found in colder months and used for creative play.
- **Sledding/snowshoeing:** Snow makes frolicking that much more fun.
- **Maple syruping:** Trees are tapped in late winter effort and offer a sweet reward.

food

Turkey, take two

Thanksgiving leftovers? Make the most of them in soup

By Sarah J. Gardner

Did you know the first Thanksgiving as celebrated by the Pilgrims and the Wampanoag wasn't actually a single meal, but a feast that lasted three days? To me, this says two things. First, however buttoned up the Pilgrims may have been the rest of the year, when it came time to celebrate and give thanks, they went all in.

Second, when the weekend rolls around and you are still eating leftovers from your own modern Thanksgiving feast, you are participating in a tradition as old as Thanksgiving itself. Although it may not have been in the form of turkey tetrazzini, you can bet when the folks at Plymouth Plantation came to the table for day two and day three, there were repeats on the menu.

In fact, when thinking about what to do with my own turkey leftovers each year, I'm often inspired to forgo the cream sauces and casserole dishes and do something that would have been utterly familiar to the Pilgrims: make soup. After all, nothing is more leftover on the Thanksgiving turkey than the turkey carcass — which is often thrown away but actually can be made into a rich and flavorful soup stock.

Making turkey stock is easy. Once you've carved the meat from the carcass, place the bones in a large stock pot. Add two stalks of celery, two carrots, and one large onion cut into quarters. Cover this all with water. I usually like to save the

seasoning for when I make the actual soup, so for the stock I keep it simple and only add two or three bay leaves and a teaspoon of peppercorns.

Bring this mixture to a boil over high heat, then reduce the temperature and let it simmer for two to three hours. You'll soon be rewarded with the savory aroma wafting from the kitchen. When the stock is finished, simply strain the liquid and discard the solids. For minimal effort and ingredients costing pennies, you've just created one of the most versatile and rewarding kitchen staples around.

As to how you use it, the possibilities are endless. You can use the turkey stock to make any soup calling for chicken stock. Turkey and noodle soup? Delicious! Turkey minestrone? Fantastic! But for Thanksgiving, I especially appreciate the soups that use up other leftovers while I'm at it — like this scrumptious soup that also makes use of cooked rice and small portions of mushrooms, corn and kale (and, like any good soup, is flexible; add more or less of any ingredient for equally good results).

Whatever turkey stock you don't use in the soup can always be frozen to use later. You can be sure such prudent use of Thanksgiving abundance would make our nation's thrifty forebearers proud.

Sarah J. Gardner is editor of Radish.



Gary Krambeck / Radish

Turkey and Wild Rice Soup

2 tablespoons oil	½ teaspoon thyme
1 onion, diced	1 bay leaf
2 carrots, diced	1½ cups cooked turkey, diced
1 rib of celery, diced	1 cup cooked wild rice
5-6 crimini mushroom, diced	1 cup kale
6 cups turkey stock	Salt and pepper to taste
1½ cups kernels of corn	Parmesan cheese (optional)

In a large soup pot or Dutch oven, warm oil over medium-high heat. Add diced onion and cook until it begins to soften, 4 minutes or so. Add carrots, celery and mushrooms and continue to cook until vegetables soften. Pour in turkey stock and add corn, thyme and bay leaf. Bring to a boil, then reduce heat and simmer 20 minutes or so. Meanwhile, remove the ribs from the kale and tear the leaves into small pieces. Finally, remove bay leaf from the soup and add kale, turkey and wild rice. Cook until heated through, approximately 5 minutes more. Season to taste with salt and pepper. Serve hot, optionally garnished with shaved Parmesan cheese.



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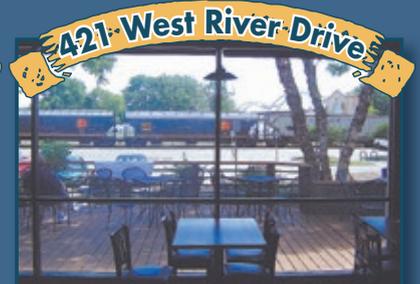
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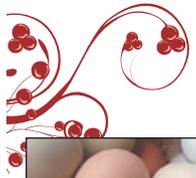


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health & fitness

Care to dance?

The best things happen while you're dancing — it's true

By Becky Langdon

If you don't attend many wedding receptions or go out clubbing, dancing may not be on your radar as an adult, but perhaps it should be. Dancing offers numerous health and personal benefits, and some of them simply don't happen through other types of physical activity, according to the latest research.

Case in point: a study published in the *New England Journal of Medicine* shows that dancing offers protection against the onset of dementia and Alzheimer's. Frequent dancing reduced the risk of dementia by 76 percent, while no correlation was found with pastimes such as swimming, golf, bicycling and other physical activities.

On a physical level, dancing also can provide a great workout. Danyelle Pinkerton, Manager of Arthur Murray Dance Studio, 221 Brady St., Davenport, has seen clients lose weight through dance. Not surprising, as dance provides aerobic exercise and improves posture and alignment.

Pinkerton says, however, the benefits transcend the physical. "Really I think the most important benefit and the one that has the most impact on people's lives is simply that dancing helps build confidence," she says.

Both Pinkerton and Wesley Arnold, franchisee of Arthur Murray, can cite countless such examples — from widowers finding the courage to date again to victims of domestic violence regaining self-confidence.

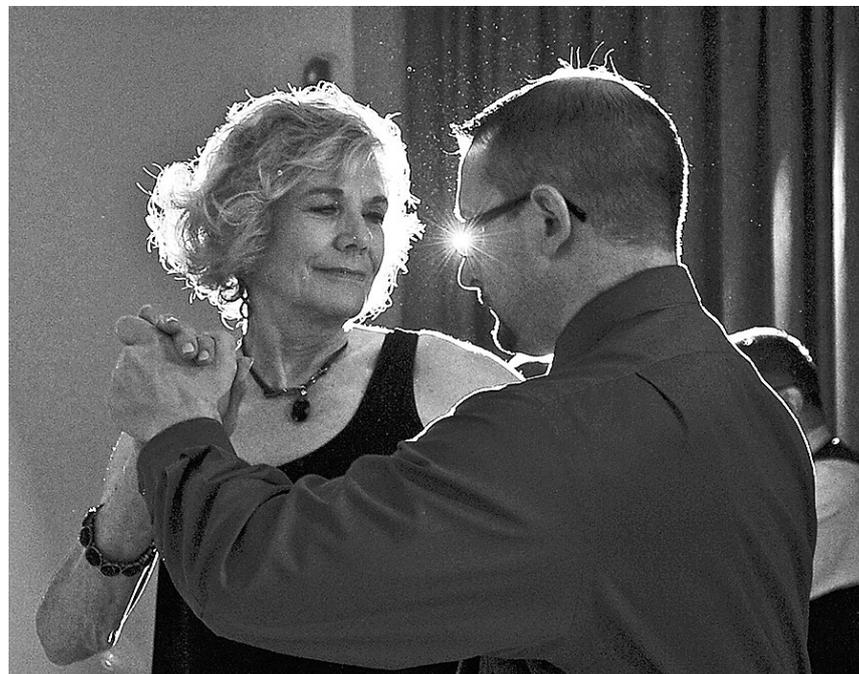
Pam Rutherford, studio dance director at Fred Astaire Quad Cities, 3170 E. 53rd St., Davenport, says stress relief is one of the biggest benefits she sees in students. "We get lots of comments from students that this is as good as therapy," she says. "(They say) it's cheaper, a lot more fun, and (they) get more out of it."

Whether for the physical or mental benefits or just for kicks, if you're thinking of signing up for dance lessons, here are a few questions to consider in finding a class that's a good fit for you.

Private lessons or group classes?

The answer to this question depends on your budget and schedule. Rutherford says students learn the most through private lessons because of the one-on-one attention. They are more expensive, but they may offer a better value if you max out the benefits. Many studios will include group classes and practice parties at no extra charge. Additionally, instructors can work around an individual's schedule, so you can take lessons when it's best for you. Rest assured, even if you don't have a partner, you can still learn partner dances with an instructor.

Of course, private lessons come with the highest price tag, so if budget is a concern, group classes may be a better choice. Bettinna Bolger, owner of Salsa Touch, 2381 Cumberland Square Drive, Bettendorf, says group classes like the ones she offers at her studio provide students with an affordable option to enjoy the physical and social benefits of dance.



Carmen Minor of Bettendorf dances with Arthur Murray Dance Studio instructor Drew Wilson during a group dance lesson. (Photo by Todd Welvaert / Radish)

Do I need special clothing or dance shoes?

It depends on the studio. Dance classes in tap and ballet, like those offered through Ballet Quad Cities School of Dance, require appropriate clothing and shoes. Most ballroom and Latin dance studios, however, don't require any specialty shoes. As students progress in their learning, instructors will recommend purchasing shoes specifically for dancing, but it's not essential in the beginning.

How do I know which dance style or studio is right for me?

The simplest answer is give it a try. Most studios will offer a consultation or free lesson to help students decide if the lessons or classes are a good fit. Pinkerton says, "It's really like buying a car. You should go do some test drives."

It comes down to your individual preferences, says Bolger.

Regardless of what you choose, everyone seems to agree that dancing offers a plethora of unique benefits. Pinkerton sums it up best: "As far as I'm concerned, everybody needs a little dancing in their lives."

Becky Langdon is a frequent Radish contributor.

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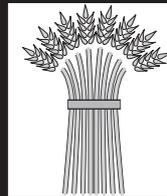
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Quad-Cities Basketry Guild members Jennie Baas and Priscilla Gomez-Stream consult on a project (top, center); some of the baskets, large and small, woven by hand by various members of the group. (Photos by Paul Colletti / Radish)

healthy living

Woven together

Q-C Basketry Guild fosters community and creativity

By Nicole Lauer

In today's culture in which so much comes ready-made, there's a group of people — at least 50 of them in the Quad-Cities — who find the time and the pleasure in the handmade pursuit of transforming a pile of reeds into baskets.

Baskets for apples, for flowers, for salt and pepper shakers, or for Xbox games. Baskets to treasure in one's own collection, and many, many more to gift to family, friends and charities, or to sell.

Quad-Cities Basketry Guild president Sue Tucker says she thinks the group is easily one of the longest running guilds in the area, with a more than 20-year history. Meetings are typically held on the second Saturday of the month at various locations. Guild members show up with their own tools and work together to weave baskets, enjoy each other's company and partake in potlucks.

The monthly guild newsletter shows a calendar

packed with basketry events. Tucker says she's excited about the Nov. 15 "Make it/Take it" event at the Butterworth Center garage in Moline. Members plan to sell low-cost items to each other, including basket kits, Christmas ornaments and paper and felt crafts.

The December slate calls for a holiday party with a "Buddy Basket Reveal." This event is akin to a Secret Santa party. The guild pairs members in January who secretly trade gifts a few times throughout the year, finally learning who their "basket buddy" has been at the December event.

In January, guild members are planning a LeClaire overnight where they will enjoy two days of weaving, including the option to purchase a kit to make a two-handled laundry basket. Or overnight attendees can choose to work on UFOs (that's "unfinished objects" for those not well versed in crafting lingo).

"You are almost not a true guild member without a UFO at home," Tucker says.

No matter the meeting theme, Tucker says at every gathering you'll find members sitting around, chatting and sharing. She says everyone is willing to expand each other's creativity and weaving skills.

"It's about the people, that's what makes or breaks a guild," Tucker says. "I can weave in my living room. I can weave in my yard. I belong to the guild because of the people."

Guild secretary Laura Wagschal says what she finds neat about the group's meetings is that they are entirely member driven. She says once or twice per year the guild may arrange for someone to come from out of town to lead the group, but for the most part, it's individual members who spearhead sessions based on projects they are passionate about.

"The guilds' members are the ones that put the kits together, bring them and show and teach. ... For the most part, guild members step up because they love it, to share their knowledge and whatever comes out of their heads," she says.

Wagschal says one example is the watermelon kit that was created, assembled and instructed by Tucker. "She came up with it right down to the seeds," Wagschal says, with a laugh. "It was a lot of fun."

Guild members pay \$20 in annual dues and pay a small fee to cover the costs of the basket kits supplied at each meeting. Wagschal says guild members can pick and choose which meetings they attend and kit fees are nominal, usually between \$6 and \$20. She says costs are kept low because supplies are purchased in bulk.

"You can't buy kits for what they put them together for," she says. "It's a neat way to get something done every month without having to buy all these things (supplies and equipment). It's easy to show up, get a kit and sit down. You have someone there to walk you through it and help with questions. That's what I like about it. I'm learning a lot."

Butchie Hasken, who serves as guild vice president, says what has her hooked on basketry is how handy the final products are and the speed from which you can go from start to finish.

"What's neat about them, to me anyway, is you can have the finished product that day. You can be using it that night," she says.

Hasken's addiction started in 1990 when she was asked by a couple of friends to join in on a community college class to learn basket weaving. The class needed eight live bodies to get going, she says, and was stalled because it was short one. Hasken says she originally tried to deny her friends. In the end, she caved, signed up for the course and has been weaving ever since.

She says she now has a few hundred baskets at her home and she sells her wares at farmers' markets and makes them for gifts. Hasken says she probably has about 10 patterns she has completely designed on her own. And some of her baskets mean more to her than others.

"I do have some really pretty close to my heart," she says. "They bring back memories. The time you spent with people in the class. It's a social thing, just a fun day out."

Hasken says whatever the design, she can always find space for one more basket. "For me, they all have a purpose."

Nicole Lauer contributes to Radish regularly. Learn more about the Quad Cities Basketry Guild by visiting qcbasketguild.com.

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body, mind & soul

Fighting fair

A little insight can go a long way in resolving conflict

By Ann Ring

“Two of the most important skills you can learn in life are how to negotiate relationships and how to parent well,” says Candice Kundert, founder and director of The Healing Heart Center, located at 2135 Mississippi Boulevard in Bettendorf.

When it comes to resolving conflicts in a relationship, Kundert confirms that all relationships are surprisingly similar — because we are all human and we all need nurturing and understanding. However, how individuals approach and understand conflict can be very different.

Generally speaking, men are problem solvers, Kundert explains. They get to the point sooner in a conversation than women and are good at completing one job or task then moving onto the next. On the other hand, women are more relationship oriented, are more in touch with their feelings, are more nurturing, and multitask easier.

Nor is gender the only dynamic. Whether a couple is heterosexual or in a same-sex relationship, conflicts naturally arise and individuals can face challenges resolving those differences.

Says Kundert, “We listen with our own values and defenses, and we hear what we want to hear.” She compares communicating and resolving conflicts to a tennis match: It’s frustrating when the ball is continually served over our heads — and more fun when both players connect with the ball. “Both parties must put aside their ego, want to give up being right, listen with an open mind, and not think about their own agenda.”

Listening to another person can

be difficult, but people can improve upon this skill. For example, Kenny Knight of Moline says that even though he has changed the way he resolves problems in his personal relationships, he realizes he needs to develop more patience in listening.

“Cutting off someone in conversation while you’re trying to resolve a conflict because you don’t want to listen to everything that person needs to say means that you’re drawing conclusions and you’re making assumptions,” says Kundert, “which is not productive if you really want to understand the other person and resolve the problem at hand.”

She says that instead of being condescending, dismissing the other person’s point of view, or making critical remarks such as, “You’re just like your mother/father,” we can ask ourselves certain questions at the beginning of a possible conflict, such as, “Do I need to be right, or would I rather find a way to live in harmony?”

Kundert also notes that a key ingredient to resolving conflicts is being able to be vulnerable, no matter how hard the conversation. When we allow ourselves to be open emotionally and express our true feelings, we are better equipped to discuss and resolve conflicts that come up in relationships.

“Conflict resolution works best when we have the strength to value ourselves and be secure in who we are, so we can listen to the other person and help nurture that person’s spirit,” says Kundert. “When we’re secure, we can leave ourselves open to discussing problems and asking ourselves, ‘What do I want to see happen, and how can I set my own needs and fears aside?’”

Kundert also suggests we ask pointed questions at the very beginning of a relationship, such as, “How do you handle conflict?” “Are you a good listener, and how do you know that?” “How many kids do you want?” “Where do you want to spend the holidays?” This way, we can determine critical information early in the relationship.

“Good conflict resolution in relationships is about negotiating and embracing each other’s differences and nurturing each other’s spirit,” says Kundert.

Ann Ring is a frequent Radish contributor. The Healing Heart Center can be reached at 563-370-7995.



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Photos courtesy of Ford Photography

By Julie Stamper

If you've ever heard the phrase "Death by PowerPoint," you know that watching presentations can be the depths of misery. Not so with an international event taking place in the Quad-Cities that is hard to pronounce but easy to enjoy.

PechaKucha 20x20 (pronounced Pa-Chaka-Cha) is a presentation event where volunteers speak about 20 slides for 20 seconds on each slide. The name PechaKucha means "chit chat" in Japanese, and describes the event well — it is literally a chit chat with the audience about a topic.

Started in Tokyo in 2003 by architects Astrid Klein and Mark Dytham, PechaKucha Night now takes place monthly in over 700 cities around the world. Can't get to Tokyo this month? The Figge Art Museum in Davenport hosts a PechaKucha Night nearly every month.

Melissa Mohr, director of education at the Figge, was one of the people who brought the program to the Thursday-night lineup, and she's been overwhelmed by the positive community response. "The topics are so varied, and it really highlights the talent we have inside our own community," she says.

One result of the program Mohr is excited about is the evolution of the collaborative creative process. Presenters not only get out of their comfort zone on the presentations, but also interact with the audience and connect with other presenters after the program.

"My favorite speakers are generally people who go beyond the restraints of the presentations and find creative ways to get around them," Mohr says. "They surprise me when they include things like step dancing, yoga and singing. The format is pretty rigid, so it's a skill to break out of that while still following the rules."

One of her more memorable presentations came about because an architect with a well-known local firm agreed to speak, but when his presentation came in, it wasn't about architecture, but rather a slide deck called "Oodles of Poodles" about the poodles that he shows.

"There are so many layers to people, and it takes courage to share some of those lesser-known things with a group of strangers. This is a safe environment for risk-taking," notes Mohr.

Another favorite, "Game of Thrones," was presented by Ryan and Amy Orr, a husband-and-wife team who spoke about the history of toilets — specifically over-the-top, excessive and odd toilets. The Orrs got started by attending an earlier PechaKucha

Night and were motivated to present themselves. Ryan Orr has now presented twice and is thinking about new presentations.

"My approach is to move the audience and open the door to a new experience," Orr explains.

In the beginning, Mohr had to recruit people to present so she was guaranteed a variety of topics and speakers. After the first few events, people started to get the concept, and audience members were not only thinking about presentations they could do, but also bringing friends and encouraging others to speak.

Usually held on the last Thursday of the month, PechaKucha attendees can purchase burger baskets or beverages starting at 5 p.m., with presentations getting underway at 6:30 p.m.

"The biggest reason I enjoy PK night is because it's diverse and open," Orr says. "Everyone who presents is passionate about what they present, and it shows. You never know what you're going to see at a PK night, and no two nights are alike."

Julie Stamper is a regular Radish contributor. For more information on how to get with PechaKucha Night, contact Melissa Mohr at the Figge Art Museum, 563-326-7804 ext 7895, or visit figgeartmuseum.org.



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eating well

Forks on film

Recent documentaries focus on food issues

By Jeff Dick

From food blogs to TV programs, Americans love to talk about what's for dinner — and yet often the conversation doesn't range much beyond whether it's tasty. For those craving a bit more to chew on, several films now out on DVD take a closer look at how we feed ourselves and how we might do it better.



Eat less and exercise more is the standard mantra for reducing obesity, but the filmmakers behind “Fed Up” want to cut those watching their weight some slack. It's not just a matter of calories in, calories out, they contend.

Co-produced and narrated by Katie Couric, “Fed Up” maintains that food industry practices and government policy share the blame for epidemic obesity.

“The deck is stacked against eating healthy,” says Iowa senator Tom Harkin, a longtime anti-obesity advocate who, along with former FDA commissioner David Kessler and others, point their fingers at processed-food producers.

While acknowledging that being overweight is a generational problem, “Fed Up” focuses on childhood obesity and the skyrocketing rate of Type-2 (once considered “adult-onset”) diabetes it has set off. Tearful stories of obese kids and their painfully ineffective efforts at weight loss add an emotional appeal.

In the end, the film offers simple but good advice: All calories are not equal. Skip the processed food and cook fresh, real food. Forgo the orange juice in favor of an orange with a glass of water. And so on. Bottom line: “Fed Up” wants to change gut feelings about eating.



Genetically modified organisms (GMOs), or seeds with altered genes, are an agricultural mainstay, and that bothers “GMO OMG” documentarian Jeremy Seifert, who plays up his role as the worried dad of a three kids, including a 6-year-old son unfazed by what he's eating.

Fifteen years after their adoption, GMOs account for 80 percent of crop production — with feed corn at 85 percent — meaning most meat and dairy products are the result of bio-tech crops.

Judging by the farmers interviewed, most of them are quite content to plant bioengineered seeds. The reason is simple: crop yields are higher by as much as 50 percent.

The counterargument contends that organic farming provides lower yields but does not create allergies, lower immune responses, or reduce nutritional content. Seifert alleges that results of studies conducted by GMO makers have been kept hidden just like tobacco sellers did decades ago.

Seifert's anti-GMO case may be stronger in its environmental message about trading long-term sustainability for short-term production gains, speeding up the loss of topsoil and creating more greenhouse gases than organic farming.



Part inspirational, part how-to video, “Ground Operations: Battlefields to Farmlands” supports farming as a career option for veterans who need “a new mission” in their post-military, purpose-driven life.

With a looming shortage of farmers due to an aging farm population, the need for organic, hydroponic, and other types of sustainable farmers only will grow in the coming years.

Another rationale advanced by the filmmakers for farming is the therapeutic benefit for vets, some of whom are suffering from post-traumatic stress syndrome. Farming as therapy beats medication.

Personal stories lend a compelling touch to this 40-minute promotional program, which may be excused for its cheerleading tone in pursuit of a worthy recruitment effort.

Jeff Dick is a regular Radish contributor. “Fed Up” and “GMO OMG” are available on DVD from Netflix and Quad-Cities area public libraries.

“Ground Operations” is available for streaming from iTunes and Google Play, or on disc for public screenings by contacting groundoperations.net.

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Eat. Sleep. Relax.

Lifestyle changes can impact chronic inflammation

By Laura Anderson Shaw

Dr. John Golden, with Genesis Integrative Wellness Center and Genesis Health Group in Moline, sees patients with chronic inflammation all the time. “The 21st-century lifestyle is one of the biggest contributors” to chronic inflammation, he says.

And that’s a problem. Why? Among other ways inflammation impacts the body, many researchers believe inflammation throughout the body may be a more significant cause of heart disease than high cholesterol, says Golden.

Inflammation is a reaction in the body that is normally part of the healing process, he explains. It protects us from bacteria and viruses, and aids the early detection and destruction of cancer cells. “But if that process becomes too exaggerated,” Golden says, inflammation begins to cause “destruction and injury to our normal cells.”

Golden says this causes damage to the lining of the arteries and joints, and creates changes at the cellular level that could lead to cancers. Inflammation can “lead to a break down of tissues (and) injury to the lining of arteries,” too, leading to vascular disease such as heart disease, stroke and peripheral vascular disease.

Contributing factors include highly-processed foods that are high in carbohydrates, such as breads, pasta, chips and crackers. These foods increase insulin production, and “insulin is very pro-inflammatory,” Golden says.

The increase in insulin production also can cause insulin resistance in the body, as well as metabolic syndrome, which leads to higher rates of heart disease, stroke and diabetes, Golden says.

In addition, sleep deprivation also contributes to inflammation in the body. The lack of sleep “stresses our adrenal glands,” and causes our bodies to produce increased amounts of the hormone cortisol. And “when cortisol is chronically stimulated, it starts to decline in production, further allowing the inflammatory response to escalate,” he says.

So what can you do to keep inflammation in check? When Golden treats patients with chronic inflammation, he looks at their lifestyle, he says, including their diet.

Rather than eating grains and grain-fed meats that contain high dosages of omega-6 fatty acids, which are pro-inflammatory, Golden points to a diet that is low on grains and emphasizes fruits, vegetables and protein such as wild-caught fish like salmon, mackerel and sardines. Such proteins offer a better ratio of omega-6 fatty acids and omega-3 fatty acids.

Golden also recommends taking a high quality fish oil or omega-3 supplements, too, including krill oil.

When it comes to getting a good night’s sleep, Golden emphasizes to patients that “quality is much more important than the quantity.” He explains that sleep in the hours before midnight “are the most important hours,” and sleep between the hours of 10 p.m. and 2 a.m. are the “most beneficial for healing the adrenal glands” where cortisol is produced.

Weight management is important for decreasing inflammation, too, because “the more body fat you carry, the more inflammatory it tends to be,” says Golden. To be mindful of their weight, people should focus on not only the foods they eat, but incorporating physical activity as well.

In addition, stress management is important when working to eliminate inflammation in the body. Golden recommends that his patients incorporate breathing into their day, taking a few minutes to take deep, slow, abdominal breaths.

Bottom line: “If you are unhappy with the way you feel — gaining weight, having more joint stiffness, aching, fatigue, or other symptoms that are not explained — think about inflammation,” Golden says. The gobs of information on working toward better health “can be overwhelming,” he says, “but pick one thing and work on that until you master it. Then add another.”

If you aren’t sure of where to start, Golden says, “seek out the care of a qualified practitioner who can help you along your journey.”

Laura Anderson Shaw is a writer on staff with Radish. For a longer version of this article, visit radishmagazine.com.

When Golden treats patients with chronic inflammation, he looks at their lifestyle, he says, including their diet.



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Save the date

New Radish wellness event coming December 6

By Radish staff

Temperatures are falling. Holiday stress is rising. Cold and flu season is at hand. There's no question that winter brings its own health challenges — and to help you identify area resources to meet those challenges, Radish is excited to announce a new event that assembles many of those resources together in one place: the Radish Winter Wellness Festival presented by Genesis HealthPlex, Bettendorf.

This free event will offer an afternoon of health, education, local food and fun, all with an aim to help maintain and improve health and well-being throughout the cold months ahead.

The Winter Wellness Festival will take place from 1 to 5 p.m. Saturday, Dec. 6, at the newly built Genesis HealthPlex, Bettendorf. Located at 2140 53rd Ave., the facility is scheduled to open in early November. The festival will take place in a heated tent adjacent to HealthPlex, and visitors to the event will have the opportunity to be among the first to tour the new medical facility.

In addition, over 40 area businesses, organizations and health professionals will be at the festival with information, demonstrations and products to share.

These will include yoga and tai chi instructors, personal trainers, and fitness experts who can offer advice on ways to meet fitness goals and stay physically active through the winter.

Representatives from NAMI-National Alliance for the Mentally Ill, the Quad Cities Transcendental Meditation Center and the Lamrim Kadampa Buddhist Center also will be at the festival to share insights and suggestions for maintaining mental health and well-being.

And, while touring the HealthPlex, visitors to the fair will have the opportunity to speak with physicians accepting new patients and ask questions about their practice, as well as learn about the services available on site.

Ken Croken, Genesis Health System vice president of corporate communications, marketing and advocacy, says, "First and foremost we hope people who have not yet found a medical home will come and tour the facility, meet our health care providers, and learn more about this state-of-the-art facility."

The HealthPlex houses 17 primary care providers, lab services and a convenient care walk-in clinic, as well as an imaging center that includes MRI, CT, ultrasound, bone density testing, digital mammography and general X-ray equipment.

The facility fits with the larger national trend toward "one-stop shopping" for health care services, says Croken. By grouping so many services together under one roof, the HealthPlex offer patients the opportunity to see a physician and have some diagnostic tests performed without having to leave the building and drive to another location.

The Winter Wellness Festival also will showcase healthy eating ideas for the



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winter months with all-day cooking demonstrations and food samples featuring local ingredients. Area growers, including those affiliated with Buy Fresh Buy Local-Quad Cities and the Quad Cities Food Hub, will contribute to the seasonal fare.

Visitors to the festival also can pick up ideas to try at home. Slow Food Quad Cities will be on hand with winter recipes and information about winter classes and events. In addition, area grocers will be sharing favorite healthy tips and tasters for the season.

Heritage Natural Foods Store, Greatest Grains and doTERRA Essential Oils will be among those with a booth at the festival offering information about herbal teas, essential oils and other helpful home remedies to keep winter bugs in check.

And for those looking for ways to relax during the busy holiday season, representatives from Serenity Massage Center and The Institute of Therapeutic Massage & Wellness, as well as Pam Kaufman of Heartland Healing Massage Therapy, will be at the event to discuss the benefits of massage, reiki and myofascial release. Free sample sessions will be available.

The Winter Wellness Festival also will offer free workshops throughout the afternoon. The event is free and open to the public. For more information, keep your eyes on radishmagazine.com throughout November.

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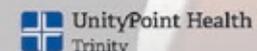
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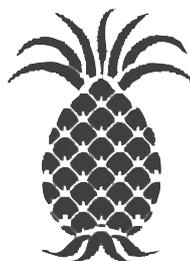
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food for thought

The imperfect table

Plans go astray? Great memories can begin that way

By Leslie Klipsch

Ever since I can remember, my mother has thrown a lovely holiday dinner party. It's a dressed-up affair that begins with shrimp cocktail, a cheese tray, stuffed mushrooms, and oyster stew, and ends — after huge platters of lasagna are served and enjoyed — with dessert, often ice cream for the kids and a Grasshopper (vanilla ice cream with crème de menthe and crème de cacao) for the adults.

At one particularly merry gathering when I was around 10, the dinner plates were cleared and my mom unveiled something new she had spent the afternoon making — a beautiful blueberry cream cheese tart with a crumbly, homemade pecan crust.

My dear mother. It was obvious within the first few bites that the crust was severely burnt. The guests were having trouble chewing and swallowing, though everyone — friends and family alike — was too polite to mention it, instead carrying on pleasant conversation while reaching for their water glasses.

Our parish priest, still in his collar, was seated at our table, and he ventured to use the side of his fork to casually (but determinedly) cut his next polite bite. Before we knew it, a quarter-size piece of burnt pecan crumble crust shot across the table like a bullet and landed on my grandmother's plate.

All eyes quickly turned to my mother to measure her response. To everyone's relief, she broke out in raucous laughter and we all followed suit, howling until we had tears in our eyes. The niceties were over; the crust was a flop. But the dinner party? Still fabulous.

Of course, this is not exactly how my mother had hoped her tart would turn out that year. It's also probably not the one moment out of three decades of beautifully prepared holiday dinners that she would hope to have been crystallized in my mind forever, but it is. I treasure this memory because it highlights the joy

found in imperfection. My mother is a gifted hostess whom I admire immensely. However, her piecrust is not perfect.

The holidays are so often fraught with anxiety and expectation. We worry about everything from money to menus to being face-to-face with the pain of fractured relationships. We stress over creating long-lasting memories with every move we make. If only we would loosen our grip on the quest for perfection. In doing so, we might welcome a better season, one during which we are free to enjoy the promise of joy without the heavy weight of flawlessness.

I don't want to miss an opportunity to experience life's highs and lows with family members because I'm insecure about the state of my kitchen or am afraid of the fragility of a relationship. I don't want to postpone an invitation to my friends until I'm able to plan a perfect meal to serve in a perfectly decorated (or spotlessly clean) house, because if I wait for that moment, I will never be able to invite them at all.

Instead, this holiday season and throughout the rest of the year, I will set my table with great care, but the "china" will be what I've picked up at thrift stores over the years. I will do everything I can to make sure guests are comfortable, but depending on the size of the crowd, I might ask two of them to share the piano bench. The food will be simple but good — a bowl of pasta, a huge salad, a basket of crusty bread.

When you gather with friends or family over the next few harried months, I invite you to join me in opening the door to the occasion with gratitude and grace. And in the spirit of the season, sit down at the table and focus on the moment. Someone might say something annoying. A child will spill his milk. The piecrust may be burnt. You'll all be together. It will be perfect.

Leslie Klipsch is a frequent Radish contributor. Find more of her thoughts on food, family and healthy living at leslieklipsch.com.



Todd Welvaert / Radish

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