

NOVEMBER/DECEMBER 2014

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# Home Lifestyle

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INTO NEW URBAN LIVING

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AS PERSONAL AS YOU

THE REFINEMENT OF  
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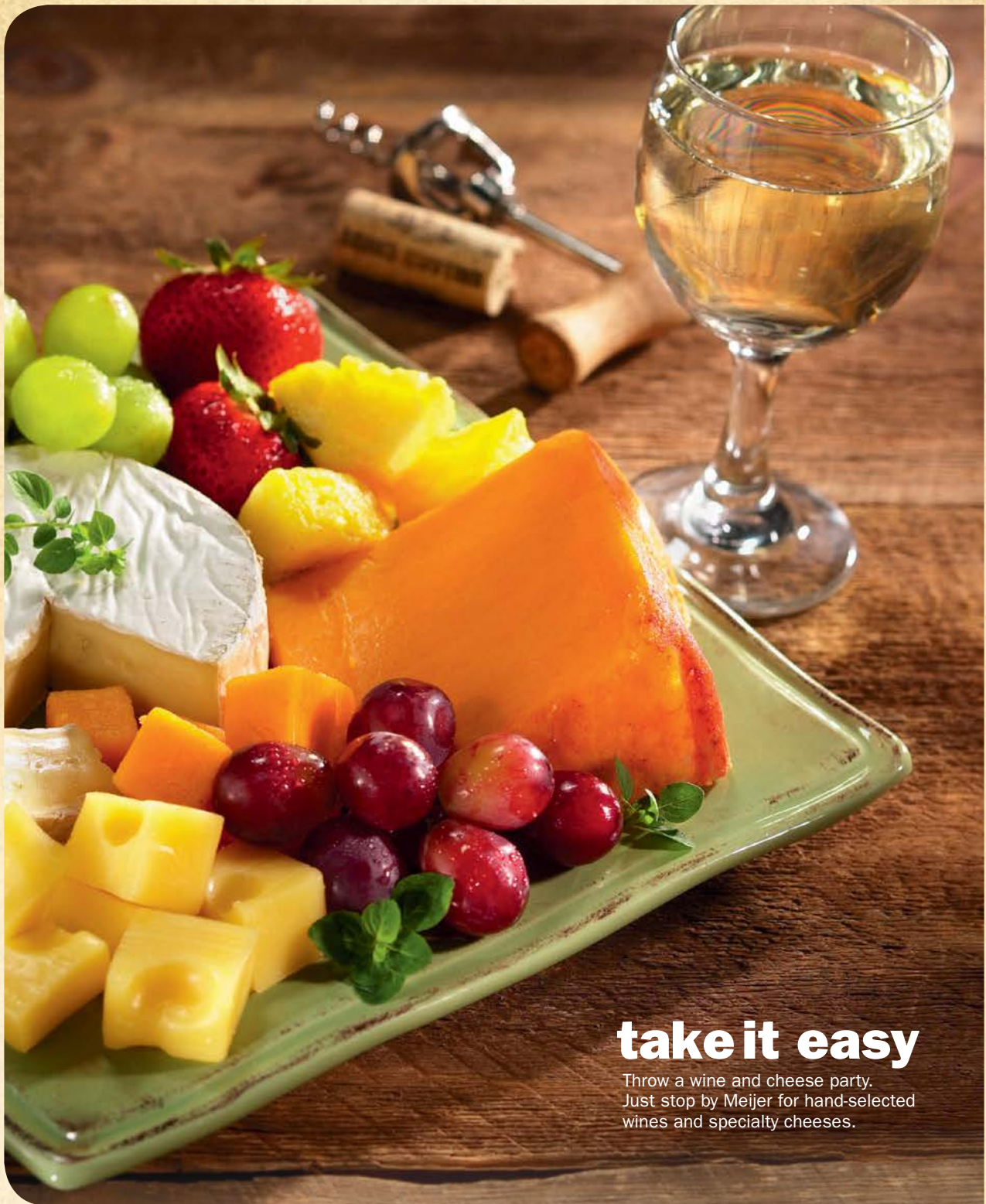


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**COVER FEATURE**



**20 AT HOME**

**Here Comes the Neighborhood...**

*Traditions at Lovers Lane* enters its second decade an older, wiser version of what it means to build community. Using high-value architectural details like this custom-made shadowbox style reclaimed barn-wood fence, developer Johnston Boyd introduces old world charm into New Urban living.

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Thankful memories of being together.





# A Note about the Days that are NOT Summer

BY BETTY SPARKS



**M**y husband definitely knows his way around a barbecue grill. He spends all summer cranking out perfectly seasoned steaks, glazed salmon and beer chicken. After pestering him for healthier fare, he even mastered roasted vegetables and grilled romaine.

Naturally, he has an extensive collection of grill gear. He owns several sets of anodized tongs, spatulas and serrated knives. He has a special clay pot for au jus, a pair of lobster claw hot pads and an apron that proclaims him *King of the Grill*.

So you would assume that with Christmas just around the corner, the King of the Grill would be looking forward to each passing day. You'd think he'd be excited by the prospect of discovering this season's novelty barbecue item wrapped up under the tree. Sadly, though, you would be mistaken.

In fact, the shorter the day is, the longer his face becomes.

As the frost creeps in, he will winterize his veranda-style Weber with the hotplate and side burner. It will be safely tucked beneath a heavy vinyl blanket and stowed away until spring. At dinnertime during the short days of the year, the King of the Grill will watch



from the cheap seats as his wife rattles around the kitchen, preparing what he refers to as “hippie food.”

He says “hippie food” with a mixture of awe and disdain. He enjoys the soups and stews, pizzas and pies that seem to define it. But where is the challenge of an open flame? And what the heck is quinoa?

For the first few weeks of autumn, the King of the Grill predictably alternates between sulking in front of the evening news and wandering into the kitchen to check the pots and administer unsolicited advice. He insists on adding a tablespoon of oil to the boiling pasta water. He lifts lids while they’re cooking to see how things smell, and he opens the oven door to see what’s inside.

Perhaps I failed to mention that I, too, have an apron. My apron was a gift from a friend, and I’m pretty sure it was with great sarcasm that she selected a lovely black-and-white ruffled smock to christen me the *Queen of Everything* in bright-green embroidered script. She laughed knowingly when I opened it at the company Christmas party. Nonetheless, I wear it every time I cook. Sometimes I just leave it on. Would you believe me if I told you I forget it’s there?

One cold day in autumn, the King found himself having to make some critical decisions at work. On that same day, the Queen learned that the grant proposal for a nonprofit that looked to her for expertise at crafting such documents had been shot down for the second time. And so it was that the King of the Grill called around three and suggested a bucket of chicken with every single side. And so it was that the Queen of Everything agreed that a bucket of chicken with every single side would be just fine with her.

And so it was that later that night, the Royal Couple sat in the great room, watching the nightly news and enjoying their KFC.

But as they channel surfed from Brian Williams to Diane Sawyer with a brief glimpse of the BBC World News desk, it didn’t seem so delicious.

Did it make any sense for the King and the Queen to be high and dry in their

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matching recliners, smacking on fried chicken and sides? How is it that they were cozy and warm and blessed when all around them, the world seemed chaotic with drone strikes, oil wars and police brutality? Sure, it would be easy enough to switch channels for reruns of *Modern Family* or *How I Met Your Mother*, but the King and the Queen were old enough and wise enough to understand that only innocence is bliss. Willful ignorance is something else entirely.

And so it was in a moment of carelessness—and through some crack in the male armor—the King of Everything passed the remote to the Queen and pronounced, “This is just depressing. Go ahead. Watch whatever you want.”

“I’m just going to put it on my favorite channel,” countered the Queen.

“I don’t care. Put on your favorite channel,” said the King, though he already knew the Queen’s favorite TV

channel was “off.”

So the Queen switched off the television. The room went from white to blue before popping into darkness. The King and Queen sat in the darkness, waiting for their eyes to adjust. They could hear the wind outside as the sun finally set on this short, cold day that wasn’t summer.

Then the King got an idea. He rose from his recliner and walked over to the fireplace where he scooped out the pile of last season’s ashes, poured them into the bucket and left them by the door. He carried in a handful of firewood inside, and in a flash of grill-master obvious, the first fire of the season crackled to life in the hearth.

And because the best thing about a short day is a long night, and because the best thing about a long night is a bedtime story, this must be the part where the Queen of Everything and the King of the Grill lived happily ever after. ✿

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Eye-catching lighting, complementing architectural details, additional storage and seating areas with contrasting colors—the kitchen island is a multifaceted space accessible to the entire kitchen. Design and photography courtesy Western Products.

## Innovative Islands... Where Design, Families and Friends Come Together.

BY WANDA PERKINS



↑ Mixing and matching cabinetry and colors lends visual relief and balance. Personalize your kitchen space with sophisticated lighting options, window treatments and warm flooring options. Design and photography courtesy Western Products.

A gathering place, pizza party central, homework station, grocery sorting center—the kitchen island operates as a multifaceted space with countless uses. With a bit of preplanning and some expert design advice, creating that “just right” island space for your home will become a reality.

Because the kitchen island space is as individual as the homeowner, considering how it will be used is crucial in designing and personalizing it to meet your needs. Do you prefer cooking and prep work at the island? Would you prefer appliances within the island instead of in outer areas of your



↑ A small island can pull everything together visually. A handy second sink, microwave drawer and three tuck-under stools create a great food preparation or eating spot. White quartz countertops complete a superior finishing touch. Design and photography courtesy Western Products.

↓ Multilevel island surfaces give additional opportunities to keep sinks, outlets and cooktops out of sight. Pendant lighting suspended from upper cabinetry offers ambiance while directing lighting to work surfaces. Design and photography courtesy Braaten Cabinets.



**kitchen? Do you desire an additional sink within the island?**

“How your island will be used will determine its makeup of storage cabinets, appliance placement and/or plumbing possibilities,” explains Dawn Schmitt, showroom manager and designer at Braaten Cabinets in Fargo, North Dakota. “Proportion is essential when designing your island. Countertops that are the same height all around make the island look larger while giving uninterrupted space for preparation. Varied heights on an island provide opportunity to hide sinks or keep little fingers from cooktops. The length and width of your island should be in proportion to both spaces and functions.”

“If a homeowner likes to entertain, extra seating around the island and a separate prep sink will allow interaction with guests,” adds sales designer, Amanda Weigelt. “Or maybe there is space needed for school-age children so meal preparation and helping with homework can help a busy, young family stay connected. Whether used for meal preparation, entertainment or for casual

meals, kitchen islands are multifunctional spaces that work best when designed with a homeowner’s lifestyle in mind.”

You’ll also want to consider the importance of adequate lighting for your kitchen island. Don’t be afraid to combine a variety of lighting options in your kitchen. Recessed lighting, a gorgeous focal chandelier and pendant lights will provide optimal lighting. Weigelt notes, “Islands need good task lighting for family activities and preparing meals, which include activities like chopping, mixing, cooking and baking. Decorative pendant lights add personality and ambiance to your kitchen space for entertaining and casual meals.”

And when it comes to selecting materials for countertops, the list of options is as wide and individual as each homeowner’s preferences. Polished or honed granite, steel, quartz, marble, concrete, laminate, butcher-block wood, glass—choose your favorite or a combination!

“Quartz is the first choice for island countertop materials,” notes Bill Tweten, CKD/CBD, Western Products in Fargo.



← Select lighted cabinetry within your island to display collectibles! Creating clean lines with cabinetry, countertops and flooring can extend the appearance of your kitchen space. Design and photography courtesy Showplace Kitchens.

↓ Proportionate to the entire kitchen, a well-planned island space will reflect your kitchen's design elements while providing you with a functional work space. Design and photography courtesy Braaten Cabinets.



“New designs in quartz and Cambria patterns and colors are especially popular. More than ever, people are more open to color on their island. Contrasting colors offer balance and visual relief in larger kitchens to change up the look of the island from the perimeter cabinetry. Whatever your choice—deep slate tones, greens, yellows, taupe, mushroom or classic white or off-white tones—have fun and don't be afraid to use a splash of color on your new island!”

By utilizing imaginative designs, you can truly transform and personalize your kitchen space. “The island style should be a reflection of design elements present in the rest of the space. Some are traditional with heavily carved legs and corbels, and others are contemporary with sleek lines and very little detail. Most designs are a mix of transitional styling with varying materials and textures that show off the homeowner's personal preferences,” Schmitt states.

“I think the island is so reminiscent of the old country kitchen table that sat in the middle of the room,” Tweten concludes. “We can add cabinetry to the sides or back of an island to store china, wine, seasonal dishes, cookbooks—perhaps a nook, a file drawer or two and outlets to plug in your technology gadgets. People like the psychology of an island. It's an inviting place to gather, sit and share with one another.” \*

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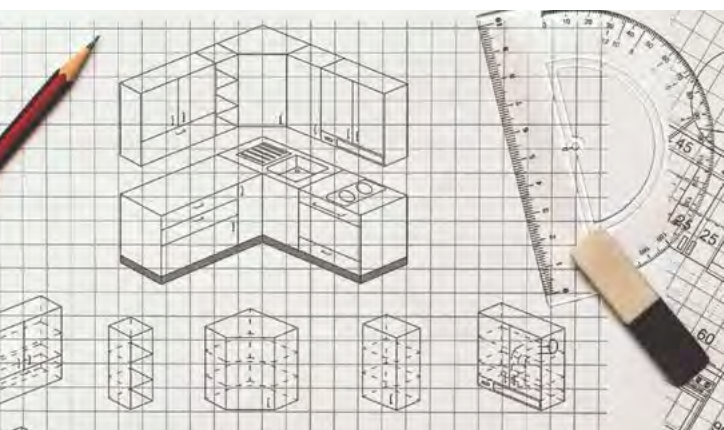
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# The Work Triangle Comes Full Circle

BY MARIKA KUTCHINS



In the cowboy days, the “kitchen triangle” may have referred to the musical instrument the cook hung from the bunkhouse so that when dinner was ready, he could alert the crew with the high-pitch clanging of steel on steel.

But when 19th-century statistician Frederick Winslow Taylor used a stopwatch to measure and codify the distance people traveled to complete a certain task, the “kitchen triangle” became imaginary lines that connect the stove, the sink and the refrigerator. In the 1940s, architects from the University of Illinois used Taylor’s “time-studies” to establish standards that the building industry still uses today.

As appliances got smaller and kitchens got larger, the kitchen triangle continued to be refined. Today, it might not be a triangle at all. Open kitchens anchored by kitchen islands have introduced the idea of workstations, where individual cooks can have their space and share it, too.

**Solve for X**

According to the National Kitchen and Bath Association, the sum of the distances between these workstations should be no more than 26 feet. None of the “legs” of the triangle should be shorter than 4 feet or longer than 9 feet.

Experienced builders, however, don’t necessarily review these measurements every time they design a kitchen. On the other hand, a good builder will definitely want to know exactly how their clients plan to utilize their kitchen spaces.

Kelly Arnold of Gemini Homes in Bowling Green says he relies on common sense and intuition as much as he does a tape measure and geometry. For one thing, most kitchens today have eliminated that third wall that often formed the triangle. Instead, they’re open to the rest of the house, which means that the cabinet space must be reconsidered.

Arnold says that most new kitchens rely on the center island to create storage space and countertops. He prefers to build two-tier, raised-height islands because they accommodate barstools and “plenty of standing-around space” but also because they help rein in some of the mess that gets generated by cooking.

Brent Wimpee of Southern Kentucky Building & Remodeling agrees. The kitchen island is the new normal, and he says bigger seems to be better. “People want an open kitchen, so instead of having three walls with cabinetry, you take out a wall, and it opens it out,” he says.

Working islands have emerged that incorporate sinks, dishwashers and cooktops. Wimpee says that in today’s market, he builds them with pot drawers and plenty of extra cabinets.

Tim Graham of Design Builders, Inc., relies on the concept of a workstation triangle, and he has developed his own set of criteria to measure his clients’ needs. His first order of business is to determine




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Since the kitchen has become a gathering place for entertaining, more consideration has to be given between food, food preparation and cleanup.

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who does the cooking and who does the entertaining, because, as he points out, that isn't always the same person.

"Typically we are designing for two people, but the important features, interests and roles are sometimes very different for each," he explains.

Graham also appreciates the shift from galley kitchen at the rear of the home to today's world, where an open kitchen doubles as a gathering space. "In many homes, the kitchen has become a hub for entertaining," he says. This means more people in the kitchen and more consideration for those critical lines between food, food prep and cleanup that formed the original triangle.

**What's Next?**

As kitchens evolve, so will the geometry of the work triangle. As far as what's trending, these three experienced builders are also always open to the next big thing.

For his part, Arnold likes the trend toward plenty of LED tape lights beneath the upper cabinets to help illuminate the counter workspace and eliminate the





The additional use of open shelving in the kitchen allows form and function to blend together.

shadowing effect.

Wimpee sees a trend toward open shelving in the kitchen, which allows form and function to blend. He says homeowners enjoy showcasing special pieces, but even utilitarian day-to-day plates, bowls and glasses can become decorative elements of a well-appointed kitchen whenever they're displayed on open shelves.

Graham relies on the 3-D drawings to measure workflow, which helps in his role to facilitate the conversation and understand the need.

And what about those kitchen islands that all seem to be getting larger and more ornate? Wimpee says to bring it on. He likes the idea of adding dishwashers and deep drawers and capping it with a slab of granite.

"Why does everybody love granite?" he asks before answering his own question. "Each is one of a kind. Granite comes in an infinite array of hues and patterns, so every kitchen in America could literally have a piece of granite that nobody else has." ❁

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VIEWPOINT

# Don't be Green When Choosing a High-Performance Builder



**Q:** *Tim, we want to build our retirement home within the next year. We are looking for a high-quality home with low maintenance costs and ultra-low ongoing utility costs. We continue to read about green and high-performance homes. High-performance homes seem to have all the characteristics we desire, but how do we find a high-performance homebuilder?*

**A:** Your question is one I encounter regularly. First, allow me to clarify a couple of terms for the benefit of our readers. "Green homebuilding" is a broad term that encompasses everything from water/moisture infiltration to indoor air quality to energy efficiency and most everything in between.

Within the green homebuilding umbrella is energy efficiency and durability. Ultra-energy-efficient homes are sometimes referred to as high-performance homes due to their ability to produce remarkable comfort and low or no energy costs.

When you speak with a professionally trained green builder, he or she will determine the aspects most important to you. Additionally, he or she will prevent pitfalls commonly associated with novice green building.

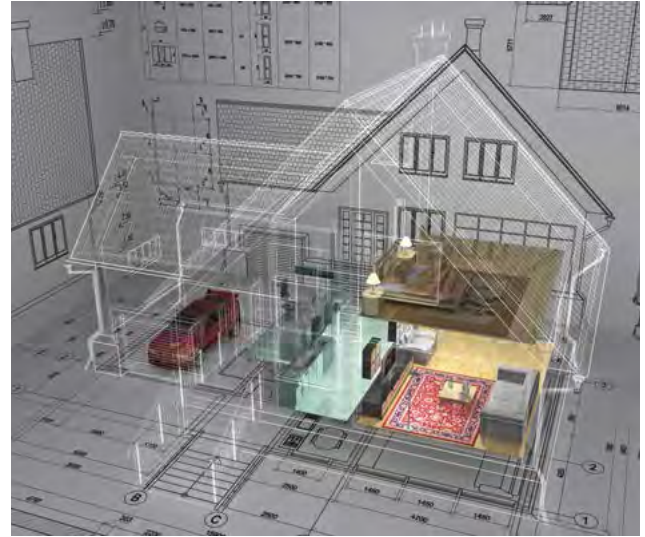
So how does one select a well-trained homebuilder who understands all aspects of building science and has built certified green/high-performance homes in the past? Here are some questions to ask as you interview prospective building professionals.

## Questions for your designer or architect

- What makes a home "green"? (A designer who mentions things like keeping energy bills low is on the right track. A designer whose first answer is "choosing green materials" may not be the one you want to hire.)
- What design elements contribute to energy savings? (Good answers: airtightness, well-insulated walls and ceilings, and well-designed, high-efficiency HVAC system.)

## Questions for your builder

- Have you ever built a home with an airtightness goal included in the specifications?
- How many homes have you built that were tested with a blower door? What were the results?
- How do you address thermal bridging through the exterior wall framing? (Good answers: "We build double stud walls" or "With



exterior rigid foam." A not-so-good answer: "What's thermal bridging?")

- What type of mechanical ventilation do you use? (A bathroom fan is not the answer you are looking for. A whole home ERV is a good answer.)

As you maneuver through the building process, remember that highly qualified and trained professionals exist in your area and are ready to assist you with your next building project. With the right building professionals by your side, your new green home will continue to pay you energy efficiency, health and low-maintenance dividends for many years to come. ✨



*Tim Graham has been building homes in South Central, KY for over 20 years. He is a Master Builder, a Registered Builder and a Certified Green Professional.*

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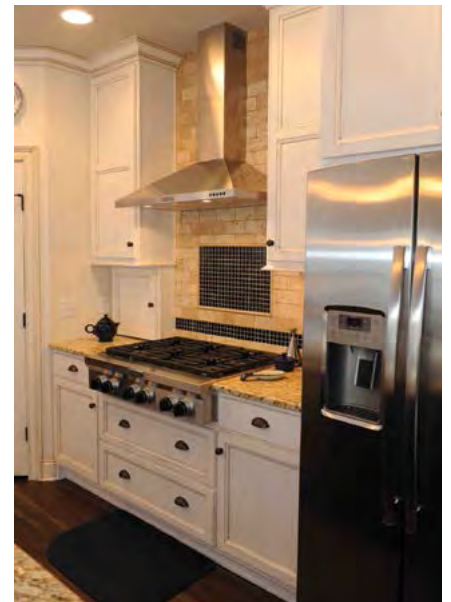
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← Bench seating in the breakfast nook is a great way to accommodate plenty of diners while still maintaining a compact and efficient use of space. The benches and the table were constructed of reclaimed wood.

↓ Durable and lustrous, the bamboo floors set the tone for the entire main level. They were a serendipitous discovery by the homeowner who scoured local sources to find exactly what she wanted.

↑ ↓ *Don't be fooled by the relaxed ambiance. This kitchen brings serious firepower. A six-burner stove, convection oven with a warming drawer, an Advantium microwave, an appliance garage, custom spice drawers and curio cabinets are anchored by the generous footprint of the granite capped kitchen island.*



Zero lot lines, low maintenance lawn care, and durable building materials supply the foundations, but the custom homes along Traditions Boulevard are truly one of a kind.



# Walk Your Talk

## *Getting to Know the Neighbors*



↑ A shed style ceiling along with the “cottage red” hue of the façade enhances the home’s French Country aesthetic. Outdoor living spaces are an integral element of New Urbanism because they speak to the intersection of home and neighborhood.

WRITTEN BY **MARY NESTOR**  
PHOTOGRAPHY BY **JOE IMEL**  
LAYOUT BY **M. SCHOFDING**

**W**ith its one-way streets and centrally located parks, Traditions Boulevard evokes a turn-of-the-century neighborhood. Custom homes share certain elements—curb appeal, zero lot lines and backdoor garages—that help create a higher-density footprint within plenty of green space.

This concept of “neighborhood” is called New Urbanism. It is a 30-year-old phenomenon, conceived as the antithesis to urban sprawl.

New Urbanism asks: What are neighborhoods? How do they function? Under what conditions do they thrive?

Here in Bowling Green, builder Johnston Boyd and his partner Steven Freeman of Vision Development have tried to address those questions. Traditions at Lover’s Lane is a 68-acre mixed-use parcel that blends single-family homes, patio homes, townhomes



↑ From a pedestal sink in the powder bath, the tiles embedded in the kitchen backsplash, to the decorative etching above the dining room table, the homeowner wanted bursts of cobalt blue because it is one of her favorite colors.

↓ The homeowner was able to surprise his wife by specifying this functional upstairs craft and kitchen space. She had expected that they would do it at a later date, but working hand-in-hand with the builder and his subs, they were able to pull off a surprise reveal.



↑ Blue walls and a blue ceiling give the soaker tub the sense of being cast beneath sea and sky. The glass-front shower keeps the space warm and steamy, but allows for easy clean up

and high-end custom projects. In less than a decade since they broke ground, Traditions has taken on a life of its own.

Part of what makes Traditions a unified community is as simple as the front porches, shared parks, a clubhouse and a pool. The critical mass that makes neighbors out of neighborhoods is just as important but a little harder to map.

Rhonda and Jerry Heming learned about Traditions through a co-worker who introduced them to Boyd. At the time, they owned a 4,000-square-foot home in the Talbot subdivision. That is, until one afternoon when Jerry was doing yard work and realized that never pulling another weed would be too soon. With the last of their grown children ready to leave the nest, it became evident that the time had come to “right-size” and trade those weed-pulling weekends for full-service lawn care and a maintenance-free swimming pool.

In a whirlwind year, they found themselves transitioned from Talbot to a small rental home with a quarter of the space, all the while celebrating a college graduation, planning a wedding,



meeting new in-laws and balancing a custom building project.

In that same time period, Jessica and Bryse Yonts began construction across the street on the opposite side of Traditions Boulevard. The Yontses needed room to grow, because their idea of “right-size” meant a custom home on a corner lot with plenty of square footage for their growing family.

Jessica says that she, too, liked the idea of low-maintenance landscaping and the wide-open spaces of the development’s five parks. The catch-and-release fishpond in Independence Park has a special appeal for the Yontses’ young daughter, who Jessica claims “loves to fish.” She says that despite being newcomers, the family has already made many friends. “I love the mixed-use elements of the community, because literally at any stage of life, people can live here,” she says. “There can be young professionals beside families beside retired couples. It’s a good mix here.”

Part of the beauty of a custom building project is that it provides the opportunity

↑ Thanks to its lofty perch on corner lot, this single-family Traditions Boulevard home reads much larger than its 3,000 square feet.

↓ A wide-angle view of the family room and kitchen showcases the open floor plan.



↑ The builders knew that intimate outdoor spaces would be integral to the success of the New Urban design. Thanks to a pair of French doors, and a separate entrance, this side porch with its fireplace hearth and relaxed elegance enjoys easy accessibility from the master suite and from the main family room.





↑↑ Short board hand-scraped hardwood flooring, and a custom concrete countertop are essential elements in this beautiful contemporary Craftsman kitchen. The yellow pantry door offers a cheerful burst of color.



↑ Command Central: The kitchen office is a trademark of a Traditions Boulevard home. From cookbooks to computers files to filigree, they help put the essentials within reach while allowing for a personal touch.



for the client to make decisions on everything from the blueprint to the wall color. But this collaborative process between the builder and the buyer requires clear lines of communication.

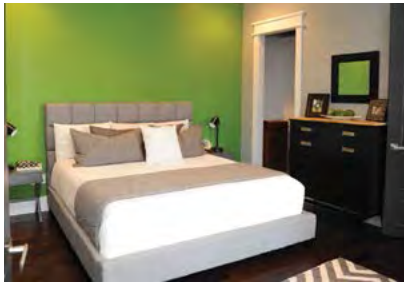
Boyd says he relies on what he calls the “Friday meeting.” These meetings take place on-site, once a week, rain or shine, to help everybody understand where things stand and where they’re going. These meetings could inspire forward progress and help avert expensive change orders.

“We met on Friday, and I had this little chunk of the granite that I thought I wanted to use on the kitchen island,” Rhonda explains. However, as the kitchen took shape, she was able to visualize it better, and it was during one of these Friday meetings that she realized the stone she had intended to use had too much purple for her taste. “They’re called wine spots,” she explains, joking that she would be forever cleaning spilled wine that wasn’t even really there. After this particular Friday dispatch, Jerry and Rhonda spent their weekend searching the area’s granite dealers to secure the piece they really wanted.

In the Yontses’ kitchen, the countertops also serve as an example of how the builder and the buyer collaborated to customize each home. Jessica was busy with paint colors and architectural details while Bryse designed and built, among other things, the concrete countertop with a raw aggregate finish that complements the palette and never competes with the luster of the hand-scraped hardwood floors.

Naturally, this hands-on building project means that some lines get blurred. Boyd not only builds houses here, but he also lives here. So visiting with his clients also means visiting with his neighbors.

Rhonda puts it this way: “People thought we were crazy (to sell a home and rent a home and build a home), especially during the harsh winter we had.” Today, she can look back on it and smile, but at the time she remembers informing her builder, who also happens to be a new neighbor and new friend, “I told Johnston, ‘If it’s not done in time, we’re moving in with you.’” ❀



↑ A fresh coat of paint and a pop of turquoise give this 70’s era buffet a chic update. The burl wood chandelier with Edison pendants is a high-value piece, while the chevron area rug is an easy way to update.



↑ The homeowner credits Interior Designer Tara Commer of Coomer & Co., with helping her incorporate bright yellows, emeralds, and turquoise greens into an architectural palette of soft gray and white.

↓ By incorporating hallway space into the larger circulation, the area above the stairs becomes an open gathering place and play area

↑ Cement siding, engineered woods, and weather-resistant fabrics enhance this private perch overlooking the parks along Traditions Boulevard.





# Kitchen Bliss

Maximize your kitchen experience with these great tips

BY ASHLEY F. JOHNSON

The kitchen is often the most used area in the home. This can also make it the most frustrating space to keep clean and organized. If the kitchen is not designed and organized properly, chances are you may be missing out on precious, underutilized space. We asked organization expert Ursula Hegvik, owner and founder of Smart Spaces, a company specializing in organizing and designing custom closets and other spaces, to share her ideas with *Home & Lifestyles*.

### What is the biggest kitchen nightmare?

Lack of storage. Adequate places for things is not enough. You need the correct type of storage for what you have in your kitchen. Cupboards with doors are less expensive than drawers, which is typically why only one to two cabinets per kitchen have them. Having big, deep cupboards for pots and pans is great, but often kitchens are composed of small gadgets, containers, dishcloths and cling wrap.

### Are kitchen pantries necessary?

Yes, yes, yes. Time and time again I hear clients that don't have one say they wished they did. Pantries do not have to be huge; they have to be functional. Having dedicated spaces for food lets you quickly survey what you need and what can be tossed—no more finding a half-eaten bag of chips in the back of the cupboard from 2011. Having space in a pantry for less-frequently used items such as a waffle iron, turkey platter, Crock-Pot, blender or ice cream maker can open up space for the things you use daily.

### How do lifestyles come into play when it comes to designing a kitchen space?

So often people will see magazine pictures and say, "I love that idea!" and try to incorporate it. What they really need to think is how they are using space in their lives, not the lives of a magazine. With organization, the best way to design a kitchen is to think through your day. Is coffee the highlight of your morning? How about a coffee bar stocked with all the things you use? Are you moving all around your kitchen assembling the ingredients to make soup? Instead, collect all the dry goods, cans and recipe and put them in a pretty



Photo courtesy of Smart Spaces



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“With no  
(organization) plan,  
things can spiral out  
of control quickly.”



~ Ursula Hegvik,  
Founder/Owner, Smart Spaces



Photo courtesy of Smart Spaces

basket labeled “Mealtime.” Plan for your dishware to be near the dishwasher, utensils and potholders by the stove. **What is the biggest misconception when it comes to designing the perfect kitchen?** The biggest misconception is that a dedicated spot for things is not a big deal. With no plan, things can spiral out of control quickly. The best advice I give my clients is to divide and conquer. If a shelf is devoted to cereal, not only will the chances of it going back to the same spot consistently increase, but you will see when it is time to buy more. If the shelf is full, no need to buy more—even if your kids are having a meltdown in the cereal aisle.

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**Are there design elements that make a difference in the level of organization?**

Choose clear bins, boxes, jars and containers. Opaque containers can make it look more organized and less chaotic, but you can easily see what you have by using clear. Lazy Susans built into cupboards and deeper shelves in corners are great—anything that aids getting the kitchen items you use into your sightline.

Your kitchen is the heart of your home. It is where bread is broken, stories are shared, families are joined and memories are made. Maximize those special times creating memories and meals in an organized and purposeful space. Bon appétit! \*

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## This Holiday, Create a COLORFUL FEAST

As you prepare for this season of celebrations, consider recipes that offer a fresh approach to the traditional holiday menu.

With its sweet simplicity and vibrant color, a garnish featuring California grapes can make your meal presentation even more enticing. Keep those mealtime traditions intact by serving favorites like Brussels sprouts, but pair them with sweet California grapes in a salad for the perfect balance of flavor and crunchy texture.

A beloved side dish, such as cornbread dressing, will exceed all expectations with ingredients like red and green grapes, butternut squash, walnuts and pancetta. Complete the meal with a new twist on a trifle that results in a rich dessert worthy of any gathering for the holidays and beyond.

### Tips

#### The Perfect Holiday Turkey

- When shopping for your turkey, look for one with a pop-up timer.
- To thaw your turkey, keep it in the refrigerator based on its weight. For example, it should remain in the refrigerator for 24 hours for every 5 pounds. To thaw quickly, place it in the sink and cover with cold water, changing the water every half hour per pound.
- Once the turkey has thawed, always refrigerate or cook immediately.
- When you're ready to cook, baste the bird with extra virgin olive oil. Place turkey with the breast up on a rack in a shallow roasting pan in an oven preheated to 325°F. Loosely cover turkey with foil to prevent over-browning.
- The turkey is done cooking when the meat thermometer reads 180°F, or if the red stem on the pop-up timer is up and the drumstick feels soft or moves easily.
- Always allow the bird to rest for at least 20 minutes for easy carving.
- Present your turkey on a platter with a fresh and colorful garnish, such as California grapes.



## RAW VEGETABLE AND GRAPE SALAD

SERVINGS: 6

### SALAD:

- 2 cups shredded or very thinly sliced Brussels sprouts
- 1 cup shredded carrots
- 1 cup thinly sliced fennel
- ½ cup cooked, chopped bacon (6 slices)
- 4 cups green and red seedless California grapes, halved
- ½ cup sliced green onions

### DRESSING:

- 3 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1 teaspoon minced garlic
- ½ teaspoon salt
- ¼ teaspoon pepper

### DIRECTIONS:

Toss all salad ingredients together in large bowl. Whisk together all dressing ingredients in medium bowl and drizzle over salad. Toss until ingredients are well coated with dressing.

Nutrition information per serving: 226 calories; 14 g fat (4 g saturated fat); 55% calories from fat; 8 g protein; 19 g carbohydrate; 3 g fiber; 17 mg cholesterol; 516 mg sodium; 471 mg potassium.

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## CORNBREAD DRESSING WITH ROASTED GRAPES, WALNUTS AND PANCETTA

SERVINGS: 12

- 2 cups red seedless California grapes
- 2 cups green seedless California grapes
- 2 cups cubed butternut squash
- 1½ tablespoons olive oil
- Salt and pepper, to taste
- 6 ounces diced pancetta
- ¾ cup sliced celery
- 1 large onion, chopped
- 2 cloves garlic, minced
- 5 cups coarsely crumbled cornbread (either store-bought or prepared from a mix), toasted
- ¾ cup coarsely chopped walnuts, toasted
- 2 tablespoons chopped fresh sage
- 1 cup reduced-sodium chicken broth
- 3 tablespoons butter, melted
- 3 tablespoons white balsamic vinegar
- 1 egg, beaten

### DIRECTIONS:

Preheat oven to 400°F. Toss grapes and squash cubes together in large bowl with oil, salt and pepper, to taste. Spread in single layer on baking sheet and roast for about 20–30 minutes, until grapes have begun to slightly shrivel and squash is tender. Set aside.







Heat large nonstick skillet over medium-high heat and cook pancetta until it begins to brown slightly. Add celery and onions and cook until tender and onions are translucent, about 5–6 minutes. Add garlic and cook for one minute more. Remove from heat.

In large bowl, combine cornbread, pancetta mixture, grapes, squash, walnuts, sage and salt and pepper to taste, if desired. Set aside.

In medium bowl, whisk together broth, butter, vinegar and egg. Pour over cornbread mixture and toss well to combine.

Spray 9-by-13-inch baking dish with cooking spray. Spoon dressing evenly into dish. (At this point, you can either bake immediately or cover and refrigerate overnight to bake the next day.)

Bake, covered with foil, at 350°F for 20 minutes. Uncover and bake another 20 minutes, or until warmed through and golden brown.

Nutrition information per serving: 442 calories; 18 g fat (4 g saturated fat); 37% calories from fat; 14 g protein; 54 g carbohydrate; 2 g fiber; 75 mg cholesterol; 1103 mg sodium; 475 mg potassium.

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## PEANUT BUTTER AND GRAPE TRIFLE

SERVINGS: 14

- 1 (16-ounce) container nonfat vanilla Greek yogurt
- 8 tablespoons creamy peanut butter
- 2 tablespoons honey
- 1 (8-ounce) container lite whipped topping, divided
- 1 (16-ounce) store-bought pound cake, sliced into 1-inch cubes
- 3 cups red seedless California grapes, plus more for garnish
- 3 cups green seedless California grapes, plus more for garnish
- ¼ cup honey-roasted peanuts, chopped (optional garnish)

### DIRECTIONS:

In medium bowl, stir together yogurt, peanut butter and honey until well combined. Gently fold in half of whipped topping. Set aside.

In clear glass trifle dish or bowl, layer half each of pound cake cubes, peanut butter mixture, red grapes and green grapes. Repeat layers a second time and top with remaining whipped topping. Garnish with additional grapes (sliced in half) if desired, and chopped peanuts, if desired.

Nutrition information per serving (with peanuts): 313 calories; 15 g fat (5 g saturated fat); 42% calories from fat; 8 g protein; 38 g carbohydrate; 1 g fiber; 73 mg cholesterol; 197 mg sodium; 206 mg potassium. \*

## FYI

The first Thanksgiving in 1621 was a three-day festival that celebrated the pilgrim's first successful harvest. But the tradition wasn't celebrated as an annual event until 200 years later.



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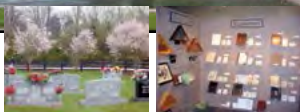
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EVENTS

Food represents region, history, and handed-down recipes. From burritos, to baklava, to blue snow cones, when it comes to celebrating culture, food is the bar by which other things are measured.



The 25<sup>th</sup> Annual

# International Festival

Celebrating a diversity of foods and friends

What began with a partnership between the Human Rights Commission, the Chamber of Commerce and Sumitomo Automotive, the "Japanese Festival," has blossomed into a celebration of diverse cultures.

The International Festival takes place on the last Saturday in September, at Bowling Green's Circus Square Park. People from around the region and around the world come to enjoy authentic food, music, dance and native crafts.

Bowling Green's diverse population is thanks in part to WKU's international outreach, and in part to the refugee program that relocates people from war torn countries into our region and our neighborhoods.

According to Executive Director Kim Mason, the 25<sup>th</sup> Annual International Festival drew more than 15,000 people. She says there is nothing else like it in this region.

The festival relocated to Circus Square when it outgrew the space of Fountain Square Park downtown. In fact, all 134-vendor booths were filled this year, and Mason expects more applicants next year.

"The purpose is to celebrate and learn about our diversity," says the director. She says she is proud of the festival's success, even during some of the economic downturns that caused corporate sponsorship dwindled and required that they implement a gate fee to keep the festival solvent.

"It was my family's personal favorite event when my kids were young and now my kids help with the planning," says Mason, commenting on the continued success of the festival. ❁

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REFLECTIONS



## Thankful *Memories*

BY DAYNA DEL VAL

When I was a freshman in college, I went to New York City for Thanksgiving break. I stayed two days with my cousin, who was in law school in the city, two days with my grandparents, who lived about 20 miles outside the city, and five days with my dear friend Michael.

I had been to New York many times because of my grandparents, but I had spent very little time in the city, and I hadn't traveled much by myself at this point. This trip represented my first real taste of freedom, and I remember every moment of it, all these years later.

My cousin was in school when I stayed with him, so I was on my own with a subway map. I found my way to the Metropolitan Museum of Art, where I turned a corner and came across my first real Monet. I nearly burst into tears and had to say something to someone, so I approached the nearest security guard and said, "Can I just talk to you about how much more beautiful this is in real life?" He was nonplussed, but he nodded, so I prattled on for a few moments, thanked him and moved on.

At my grandparents', I tried my first antipasto plate: I tasted salty capers, cured meats and pickled vegetables. This was not like the normal Thanksgiving food I was used to, but it was fun to try something new.

At Michael's gorgeous brownstone

in Brooklyn, I helped prepare for a huge feast we were hosting later in the week for 20 people. We traveled all around the city, going to specialty shops to purchase cheeses I had never heard of and vegetables I had never seen. We carted in huge pieces of plywood and covered them in beautiful tapestries to create one big table. The day arrived, and everyone who came performed; there were singers and musicians and poets, and it was a day of eating and art and laughter. My family Thanksgivings had always been wonderful, but I had never experienced anything like this. This was pure magic to me; I felt so grown-up and sophisticated.

Now, we often host Thanksgiving at our house, and it is usually a big affair. I realize that I have carried some of what I learned on that trip into the way I entertain today: More people than we can really fit crowd into our small dining area, we often try new foods – at least something unusual – and the day is filled with eating and laughter and sometimes a little art.

This year, I am thankful for the memories I have of that trip and for the people who were part of it with me. I am thankful that I learned how to throw a great party, how to be adventurous and how to find joy in being together with friends. I wish you the same joy this holiday season. ✨

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