Wednesday, July 27, 2016 Thoughtful Food

By Susie Iventosch

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INGREDIENTS

- 18 cremini (or baby bella) mushrooms
- 4 ounces crumbled goat cheese

Bar in New York City and it was

amazing. The only ingredients are

1/2 cup finely chopped, salted pistachios

DIRECTIONS

Clean mushrooms and remove stems (save stems for another use).

This easy stuffed mushroom appetizer adds pizazz to any party.

recipe, but it is so delicious. an excellent side dish to steak or

dish.

My daughter and I had something chicken. Or, if you are so inclined,

similar to this at Buceo 95 Tapas make enough to serve as a main

cremini mushrooms, crumbled goat crumbled goat cheese, and also

Place mushrooms with the cavity side up on a baking sheet. Fill cavity with crumbled goat cheese.

Bake at 350 degrees for approximately 15 minutes, or until mushrooms are cooked and cheese is beginning to melt. You can broil for a final minute or two to add color. Remove from oven and sprinkle chopped pistachios gener-

ously over cheese. Serve hot!

Family Focus With Young Children, Having a Strong **Connection With Your Partner is Vital**

By Margie Ryerson

ately, more couples have been *coming in for therapy reporting* feeling emotionally distant from each other. They are hard-working, in an outside job or in the home, and are devoted to their children's well-being. They have all the ingredients for a strong relationship and purchasing tickets for each event, family unit. So what's missing? One couple, Dave and Molly, are in their early 40s with two sons, ages seven and nine. Dave works in finance outside the home, and Molly has a home-based business. Both participate actively in their sons' lives, helping with homework, extracurricular activities, and spending many weekends together as a family. Both Molly and Dave lead healthy, active lifestyles and regularly swim and work out at their children and house, concentrate on gym. The one commodity that is missing is personal attention for date instead of responsible homeeach other. They operate like a well-oiled machine in handling the mechanics of their lives, but they rarely spend time as a couple. They seldom touch or talk in a free-form way with each other. Their conversations are business-oriented, revolving around home maintenance, child matters, plans and schedules, es, the number one issue that can and even the dog and cat. It is definitely hard to make everything work well in a family and in a relationship. There always seems to be something that needs adjusting to get back to a good balance. But more and more, I see couples inadvertently sacrificing their relationships by putting many other considerations first.

• Arrange for a regular babysitter, at least once a month but weekly or biweekly if possible. Line up a reliable person in advance. Just as people attend more plays or sports if they have to make the effort of scheduling a regular babysitter

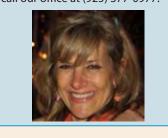
wasn't being responsive to his wife in many ways, but he didn't have much energy to put into the relationship.

The couple continued in cougames with season tickets than ples counseling while Bruce also went for individual therapy. He was diagnosed with clinical depression and decided to go on medication. Six months later, the couple's relationship was much improved. They were able to stop coming in for therapy and to continue practicing necessary communication skills on their own. • Practice self-disclosure. Your relationship will benefit if your partner can understand you more completely. And you will experience comfort if you can share your worries and fears, your regrets and your wide range of feelings. • Practice accepting your partner's self-disclosures in an encouraging and supportive way. Obviously, no one will want to confide their personal feelings unless the listener provides an atmosphere of caring and acceptance. Of course, there is much more involved in establishing a closer connection, but these pointers provide a good start. The simple act of giving each other more personal attention can go a long way in improving your relationship.

Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: www.lamorindaweekly. com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.

better taste the mushrooms and also

pistachios add a crunchy and salty



LLLCF AND DIABLO BALLET PRESENT DANCE ON F INTERNATIONAL DANCE SHORTS AND RARE BIRDS



THURSDAY, AUGUST 4 6:30 PM LAFAYETTE LIBRARY COMMUNITY HALL

Featuring highlights from the San Francisco Dance Film Festival, including award-winning dance shorts and the documentary RARE BIRDS about the making of Alexander Ekman's A SWAN LAKE at the Norwegian National Ballet.

We tried using both plain the tartness of the goat cheese. The

Here are a few recommendations for strengthening your relationship:

to come first. As a matter of fact, they thrive when their parents are a strong unit and the focus of attention is not always on them. As we know, it is not healthy for a child to grow up expecting to be the center of attention at home since no one else will ever be willing or able to duplicate this for him in life.

makes it a smoother process to go out as a couple.

It doesn't matter whether or not there is a compelling movie to see or new restaurant to try. The activity is secondary to spending relaxed time together. Just going on a walk or out for coffee or a glass of wine can be an opportunity to bond as a couple.

Once you are away from the having fun together. Try to think of yourselves as individuals out on a owners, or mommy and daddy.

· Make an effort to show affection toward each other. If there is a lack of verbal and/or physical affection, it may be more difficult to have a healthy intimate relationship

· Share concerns about financdisrupt a marriage. Try to problemsolve together. Often a financial advisor can assist with forming a plan and help couples resolve differences in this area.

• If you are experiencing depression, anxiety or other problems, see a therapist for individual sessions. One partner's issues naturally affect the other and can cause an emotional divide in the relationship.

Bruce came in with his wife for · Children don't always need couples work. After several sessions it became obvious that while his wife, Kara, was happy with her life in general and only wanted to improve their marriage, Bruce was extremely unhappy. He felt burnedout at work, worried about providing financial security for his family, and guilty if he took time for himself. In addition, he knew he



Margie Ryerson, MFT, is a marriage and family therapist in Orinda and Walnut Creek. She is the author of a book for couples, "Treat Your Partner Like a Dog: How to Breed a Better Relationship." Contact her at 925-376-9323 or margierye@yahoo.com.



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