

## Chicken & Herb Sausage for seniors – or discriminating diners of any age



Homemade Chicken & Herb Sausage Patties

Photo Susie Iventosch

### By Susie Iventosch

Local reporter Sora O'Doherty and I share a love of cooking and we email back and forth about food and recipes quite often in between issues of the Lamorinda Weekly. Sora is an avid cook and always has fun recipes, cooking tips, and interesting websites for me to check out. Recently she told

me about a website called Cooking For Seniors, which, the older I get, the more appealing this sounds. She was talking about a chicken breakfast sausage recipe in particular, and since I love chicken sausage, this recipe sounded fantastic to me. I've never made homemade sausage before so it was a fun project. Plus, my whole family was staying with us at our

cabin, and they were the perfect guinea pigs. We served the sausage with eggs and biscuits and everyone loved the breakfast. They turned out to be kind of like little breakfast sliders!

As usual, I made several changes from the recipe to suit our tastes, but there are links below to two different chicken sausages, in case you would like to try them, too. Instead of using dark meat, I used white ground chicken, but I do think either would be great. We also have some people in our family who are averse to sweet and savory together in the same dish, so I left out the maple syrup, brown sugar, and allspice and added poultry seasoning, which was really yummy in this sausage.

You can add or delete any of the herbs and spices as you see fit for your family, too. Also, you can make the meat mixture the day before and refrigerate in a covered container until you're ready to cook them the next morning.

### Homemade Chicken & Herb Breakfast Sausage Patties

(Makes 18-20 sausage patties)

#### INGREDIENTS

2 lbs. ground chicken  
2 1/2 teaspoons poultry seasoning  
2 teaspoons dried marjoram  
2 teaspoons dried thyme  
1 teaspoon garlic powder  
2 teaspoons Himalayan pink salt (or sea salt)  
1 teaspoon ground black pepper  
1 teaspoon barbecue rub spice (I used Trader Joe's BBQ 101 Seasoning Blend)

#### DIRECTIONS

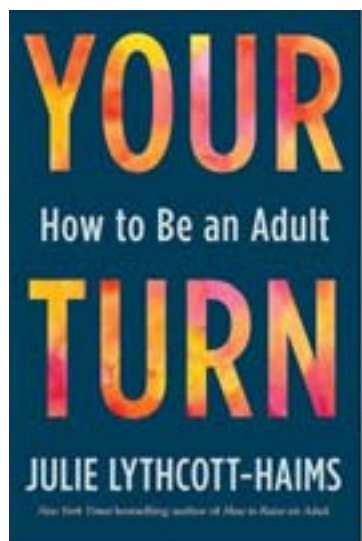
Mix the ground chicken with all of the herbs and spices. Form into 18-20 balls. When ready to cook, heat a large skillet over medium-high heat and spray with cooking spray or drizzle a little olive oil in the pan. Using a flat, sturdy spatula, flatten the balls into patty shapes and cook over medium-high until browned. Flip to the other side and continue to cook until the second side is nicely browned. Cover the pan and reduce the heat to low. Cook until chicken is cooked through. You may need to add a splash of water to the pan before covering it, to keep the chicken nice and moist while it finishes cooking through. Serve hot with biscuits, toast, eggs, pancakes or French toast!

Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://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. Or visit <https://treksandbites.com>



Cooking for Seniors - <http://cookingforseniors.org/>  
Easy Country Style Breakfast Chicken Sausage - <https://cookingforseniors.org/recipe/easy-country-style-breakfast-chicken-sausage>  
Chicken Breakfast Sausage - <http://leitesculinaria.com/240046/recipes-chicken-breakfast-sausage.html>

## LLLCF Distinguished Speaker Series features author Julie Lythcott-Haims



Julie Lythcott-Haims and her book

Image provided

### By Lou Fancher

The years 2020 and 2021 and lessons they have taught if nothing else, shout out: "It's time to grow up and act like an adult!" If that sounds like a quote from a parent to an adolescent or words directed to older Gen Zs (people born between 1997 and 2012) who are slow to embark on independent "grown-up" pathways, it's not. In this classroom, the COVID-19/social justice protest/partisan-politics-like-never-before syllabus stretches into adulting lesson plans that include seniors, Greatest Generation retirees, baby boomers, millen-

nials, Gen Z and Gen Xers. It even forecasts guidelines for Generation Alpha kids with birth years 2012 to 2025.

That means a new book by New York Times bestselling author Julie Lythcott-Haims, "Your Turn: How to Be an Adult," arrives with impeccable timing. The 486-page guide book follows her 2016 "How to Raise an Adult" and powerful "Real American: A Memoir," written in 2017 and in which she fearlessly shares her battles as a Black woman with low self-esteem and stories of micro-aggressions she has suffered or witnessed due to racism in America.

In her third and, arguably, most transparent book, the

former corporate lawyer, former Stanford University dean of freshmen and undergraduate advising, writer, public speaker and mother of two, identifies herself as one member of a 32-year-and-counting marriage to "an amazing white Jewish bisexual cis-male husband" and writes she is "a Black biracial woman with light skin who is bisexual, butch, and queer."

It's a hefty load to take in, but the signal is clear: Lythcott-Haims leads a complex life that includes blows and buoyancy as she continues to evolve. She is, in a phrase, a practicing adult. The Lafayette Library and Learning Center Foundation in partnership with Lafayette Partners in Education presents Lythcott-Haims Sept. 9 in a Distinguished Speaker Series online event.

Launching into an explanation of the meaning of adulting, Lythcott-Haims writes that the process is "part wanting to, part having to and part learning how." Adulting is more than paying taxes and joining the workforce, although those things are included. The basic ideas of finishing an education, leaving the childhood home, finding employment and possibly a long-term relationship and parenting or not having children are summed up in a re-

alization that being an adult is far broader and is best captured by one stunner of a phrase, "It's up to you," followed by a second phrase to wisely adopt as a mantra: "You'll be okay."

After that, the terror and joy of the journey outlined in the book's chapters and in real life essays and stories at the end of each chapter plays out in applications: accepting non-perfection, putting the brakes on false people-pleasing, getting out of neutral to act and live in the now, talking to strangers, halting the performative forces of a life lived on social media, dealing responsibly and proactively with money and health, coping during difficult times by selecting from a 12-step can-do-it-if-I-know-myself list of recommended actions, and a directive to "find your why" by opening your eyes to the world outside of yourself and finding purpose.

In the last chapter, mindfulness, kindness and gratitude lay out a compelling carpet that she writes "is not about drugs, or God, or mysticism." Striking an egalitarian note, the three powers (mindfulness, kindness and gratitude) she posits are "neither enhanced nor decreased by your degree of schooling, socioeconomic status, sexual orientation, race, ethnicity,

religion, age, gender, abilities, neurological situation, relationship status, job, ancestry, or how you were parented."

A study guide and an appendix with links to resources and references to science-based studies offers readers extended ways to bolster the learning. In addition to the many raw autobiographical stories and openly self-critical truths Lythcott-Haims shares throughout the book – unremarkable for anyone familiar with her evolution as a writer and public speaker – she adds a personal, two-page "commitment to inclusion" statement to close the book. "As an author, I want to do my part to bring an anti-racist, decolonized, and inclusive approach to publishing," the statement begins. Through life stories and by including people from across the widest spectrum of humanity—liberals, conservatives, educated, non-educated, neuro-typical or atypical, Christians, Jews, white people and people of color, herself and her family, friends, colleagues and more, "Your Turn" as a guide to being a grown-up reaches full maturity and recognizes that adulting is a never-ending journey.

To register for the Sept. 9 special event, visit [lllcf.org/special-events](http://lllcf.org/special-events).

## 'Antigone' – a resounding Greek tragedy transposed to modern day Canada

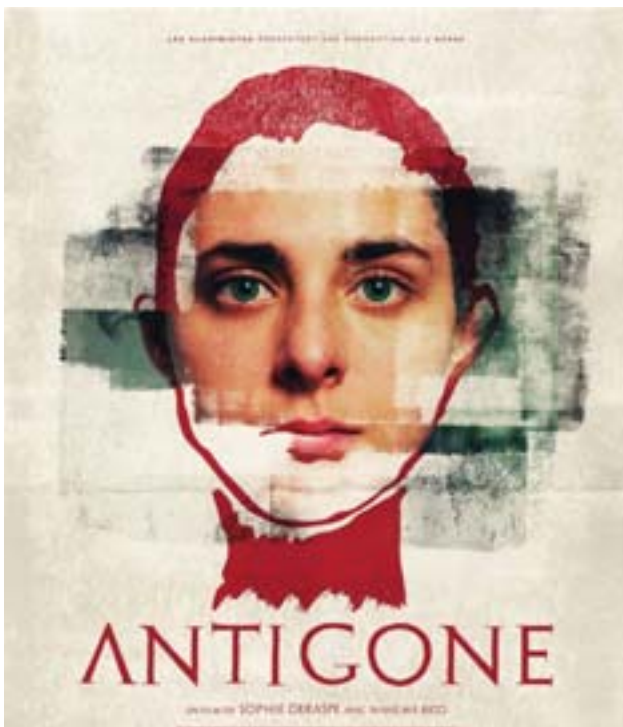


Photo provided

### By Sophie Braccini

In 441 B.C. Sophocles wrote and produced with great success the play "Antigone," based on the myth of Oedipus' daughter who defied authorities to honor her outlawed dead brother, risking her life in doing so. This version, blending in with today's social reality, set in modern day French speaking Montreal, asks the same question the myth did: when a judicial sys-

tem makes a decision that seems unfair, should one comply in order to fit in, or on the contrary, rise up and continue to defend one's deeper inner truth, no matter the consequences?

The movie "Antigone," which was Canada's Oscar submission this year, tells the story of a teenage Kabyle immigrant, who after the killing of her parents immigrates and is raised in Québec by her grandmother with her sister and two brothers. During a violent confrontation with the police, the older brother is killed and the younger one finds himself accused of violence against the police and condemned to be extradited to Algeria. Antigone, the youngest of the four siblings, is determined not to let her already devastated family be ripped apart once again.

The movie by creative Canadian director Sophie Deraspe is incredibly intense and romantic. It gives the portrait of a true contemporary heroine whose purity and strength clashes against a judicial system she is not prepared to confront. Antigone is a brilliant student, she is ambitious and unafraid. She lost her parents at age 3 during the Algerian civil war, and now her whole sense of belonging and of self is wrapped around an unwavering commitment to her family, whether some members deserve it or not.

In the amazing deep and bright gaze of young actress Nahéma Ricci burns the fire of passionate youth that can start revolutions, invent new forms of art or change history's trajectory. This is a story as old as humanity, when somebody too righteous to play by unjust rules has to be broken by society that demands some level of conformity. The spectator is in turn drawn to the beauty of Antigone's soul or her confounding courage, and somewhat taken aback by the sharpness of her intransigence.

Deraspe explained clearly her motivation in an interview with The Montreal Gazette: "I read

'Antigone' when I was in my early 20s," she said. "I immediately had a connection with the character. I felt it was so uplifting, even if it was a tragedy, to read such a strong character, a young woman with such dignity. And to think that a man wrote it more than 2,000 years ago – it felt good to know it was possible for such a character to exist and to endure throughout history."

The movie will enthrall viewers because of the dramatic powerful themes it develops, but also because of the director's innovative technical mastery. The form of the movie itself sets the confrontation between the adolescent's fire and the adult's academism by inserting short scenes that break the normal movie rhythm and imaging: SMS and graphic superimpositions take over the screen, the film editing becomes jerky, and for a little while, the movie looks like a TikTok production. Deraspe explained in another interview that, for her, social media plays the role that the chorus used to play in the classic Greek tragedy, explaining and commenting the feelings aroused in the spectators by the protagonists. "Social media is nowadays society's murmur," she said.

The powerful and emotional performance by Ricci as Antigone will also fascinate viewers. She is in turn a shy 17-year-old making a presentation in class, a young woman in love, and a true dramatic classic heroine and role model for the youth around her. Antigone's sister Ismene is an interesting contrasting character as her aspiration is not heroism but just a normal and banal life.

"Antigone" is not to be missed when it is presented by the local nonprofit International Film Showcase at the Orinda Theater, opening on Aug. 20 for at least one full week; three screenings each day. Limited seating. Tickets: [www.OrindaMovies.com](http://www.OrindaMovies.com)