

we were on a narrow bridge with an RV coming straight for us. This was the first of many games of “traffic chicken.” Every muscle in my body tensed out of fear of a collision. The driver came to an abrupt stop, causing a piece of luggage to fall from the trunk onto my head. A team member picked it off and ensured I was ok. The RV passed safely. I remember being intrigued that the driver was unaffected by the commotion. Meanwhile, all I could think about was getting to my destination and was relieved when we did.

As I look back on my experience with Indian traffic and the drastic contrast between my anxiety and the driver’s lack of it, I can’t help but compare it to the journey of fulfilling our dreams. We have the incredible opportunity to not only develop dreams but also make them come true in America. The path of life is terrifying. The journeys to our goals hold fear, stress and anxiety. The fear and anxiety I had during that initial car ride prevented me from looking out the window to see the wonderful things occurring on the streets of Kolkata. Because of stress, I missed the important points of the journey, much like what occurs in our lives. A few days into my trip, I was able to ignore the chaotic traffic and look out the window. I watched as the members of the Kolkata communities carried out their daily lives; lives that emphasized the most important things in life.

The people of India place a lot of trust in one another, a conclusion I came to because of my driver. Family and community are priority in their lives. There isn’t a sense of competition that dominates like in American culture. The love that the people of India possess in their hearts and wear on their sleeves is responsible for the sense of calm I experienced walking out of the airport. Half way through my time in India I witnessed the greatest love India possesses, the love of Mother Theresa.

Days before my trip I read, “Come Be My Light, the Private Writings of the Saint of Calcutta.” The book is a collection of Mother Theresa’s personal letters. In the book, I learned that it took Mother Theresa two years and countless letters to get permission to leave the Sisters of Loretto and start her own Mission. Each response to a letter refusing the mission could have created disappointment. Instead, her response to each



First cab ride in India.



Our Team after seeing 675 patients in one day.

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Staci Stengle

Quick Summer Recipes from Chef Staci

Edamame, Black Bean and Corn Salad

1 package Edamame Beans, shelled and thawed according to directions

1-15 oz. can black beans, rinsed and drained well

1 c fresh or frozen corn or 1 can, drained or thawed according to package

1 red pepper, diced

1/2 red onion, minced

1/2 bunch green onion, sliced thin

2 T cider or red wine vinegar

1/4 c olive oil

Salt and pepper to taste

*Stir all ingredients

together and season to

taste. Refrigerate until

ready use, serve as a side

dish, topping for mixed greens, or as a salsa with chips. ENJOY!

Wheat Berry Tabouleh

Serves 4

2 c cooked wheat berries, cooked according to package from 1 c dry and cooled

2 large tomatoes, diced

2 cucumbers, cut in 1/2, seeded and diced (peeled if desired)

1 bunch green onions, sliced

1 bunch parsley, chopped

1 package mint, sliced thin

2 lemons, zested and juiced

2 T olive oil

Salt and pepper to taste

*In a large bowl, stir together the cooked, cooled wheat berries, tomatoes, cucumbers, green onions, parsley and mint. Season with lemon zest and juice, olive oil and season to taste with salt and pepper. If necessary to taste you may need to add more or less lemon juice or olive oil. Refrigerate until ready to serve.



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