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(autumn 2008)

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THE VALUES OF TRADITION

In an increasingly high-tech, high-speed world, it's evermore important to connect with family and stay in touch with the people we love. Creating rituals, whether playful or spiritual, is the best way to establish common ideals and reinforce what it means to be a family.

STORY BY PAULA FELPS

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SMALL STEPS, SENSATIONAL STRIDES

Grey's Anatomy star Chandra Wilson has a busy month ahead. The hit show's season premiere is just around the corner. She's up for an Emmy Award on her third consecutive nomination. She has a new Hallmark movie coming out. And she is the official spokesperson for Lee Jeans' breast cancer awareness campaign. But ask this dynamo what's really on her mind and she'll tell you about time with her kids, PTA meetings and the importance of keeping it real.

STORY BY LIZBETH SCORDO
COVER PHOTOGRAPHY BY BRIAN BOWEN SMITH



“ THERE’S MORE TO LIFE THAN INCREASING ITS SPEED. ”
 - MAHATMA GANDHI



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