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One Good Turn ...: Local Chef Lisa Dupar gives thanks each Thanksgiving by sharing her cooking with a different group of busy families. This year, the owner of Lisa Dupar Catering and Pomegranate Bistro (18005 N.E. 68th St. Redmond, 425-556-5972) and her catering team will deliver pre-made meals (roast turkey, pie and all) to about 45 families spending the holiday with their newborns in the Neonatal Intensive Care Unit of Seattle's Swedish Medical Center.