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Pack up some legal documents when your child goes to college

By Elizabeth LaScala, Ph.D.

Did you know that once children turn 18, parents lose the legal authority to make decisions for them? An individual who has reached the age of 18 is considered an adult in the eyes of the law. This includes the loss of parental ability to access educational information, medical records, represent them in certain situations or manage their financial affairs.

Although laws and circumstances vary, in general, proper documents must be generated that grant the parent(s) the authority to act on the adult child's behalf. The purpose of this article is to jumpstart the process of families thinking through important legal matters that may support them and their adult children during the college or early adult years and in the event of an emergency. As with most things in life, good planning helps to ensure greater peace of mind.

The following documents should be considered that will allow you to continue to aid your son or daughter with regard to educational, medical and financial information and decisions:

1. FERPA Release: This form allows the parent(s) to speak with the school about your adult child's grades and other information related to their school performance. Ask the school directly for this form since each usually has its own form to use for this purpose.

2. Health Care Power of Attorney: This document will allow you to act on your adult child's behalf with regard to medical decisions in the event that they are incapacitated, even temporarily, and cannot make such decisions. There are also provisions within this document that allow your adult child to express his or her wishes with regard to end of life decisions and organ donation.

3. Durable Power of Attorney: This document allows you to act on your adult child's behalf regarding financial or legal matters. For example, you would have the ability to pay your child's bills,

apply for student loans, sign tax returns, etc.

4. HIPAA Authorization Form: Federal law prohibits disclosure of information about your child's health. This form allows you to access your adult child's health records and speak to medical personnel about his or her health. In the event of a medical emergency, for example, if your child was in an accident and unconscious, you would be able to obtain medical status information and make prompt decisions regarding treatment options.

It is highly recommended that you consult with an attorney regarding these issues. Much of the information contained in this article is based on advice given by an attorney at <https://sites.google.com/site/robingorenberg/Documents-for-Adult-Children> and distributed through college admission professional organizations.

Now that you have survived the college admission process with careful planning and attention to important details, it is time to take the steps necessary to put your legal house in order for the college years ahead.



Elizabeth LaScala, PhD, brings decades of admissions expertise to personally guide each student through applying to well-matched colleges, making each step more manageable and less stressful. She has placed hundreds of students in the most prestigious colleges and universities in the U.S. Reach her at (925) 385-0562 (office) or (925) 330-8801 (mobile), or online at www.doingcollege.com or Elizabeth@doingcollege.com.

Thoughtful Food Peach Grunt

By Susie Iventosch



Grunt if you like this delicious "grunt."

Photo Susie Iventosch

In a recent column we explored "grunt" in the cooking term of the week section, and I knew then that as soon as peaches were good and ripe, I'd be trying to make one of these for my family. I love fresh, ripe peaches in pies, cobblers or just plain, but I have to say, this turned out to be one of my favorite uses of peaches yet.

Since I'd never made a grunt before, it took a couple of attempts to get the recipe where I wanted it. Because the definition indicated the dish was somewhere between a

cobbler and a pie, but with biscuit-like pastry, I decided to make sweet biscuits for the crust. The first attempt was a rather free-form drop biscuit topping, and it was not very pretty. So, then I actually rolled and cut out round biscuits and placed them on top of the fruit beneath. What resulted was a sort of peach shortcake, but with the fruit on the bottom and the crust built in right on top. I didn't serve this dish with ice cream or whipped cream, but I think that a dollop or scoop of either would be a great accompani-

ment to the grunt.

Grunts are often cooked on the stovetop, but I baked this one in the oven and actually took it out during the baking to see if it was "grunting" as indicated by its namesake. It didn't really sound all that much like a grunting noise, but rather like a bubbling noise. Perhaps, if cooked on the stovetop it would make more of a grunting sound. I'll keep you posted as I make more of these yummy desserts!

INGREDIENTS

Biscuit Dough:



Photo Susie Iventosch

2 cups flour
1/4 cup granulated sugar
1 Tbsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 stick butter, cut into small pieces
1/3 cup buttermilk
Peach Filling:
10 medium juicy, ripe peaches, peeled, pitted and sliced
1/2 cup brown sugar
1/2 tsp. cinnamon
1/2 tsp. cardamom
Dash salt
3-4 tablespoons flour
Dusting of extra-fine baker's sugar

DIRECTIONS

Grease or spray a 2-quart casserole dish. Set aside. Peel peaches and remove the pit. Slice into 1/2-inch slices. Place in a bowl and toss with brown sugar, flour, cinnamon, cardamom and salt. Pour all into the bottom of the prepared casserole dish.

In a medium-large bowl, place flour, sugar, baking powder, baking soda and salt. Mix well. Add butter and with a pastry cutter or fingers integrate butter into the dries until very small crumbles. Mix in enough buttermilk to form a ball of dough. Roll dough into a 3/4-inch thick disc and cut eight or so 2-3 inch rounds with a biscuit cutter. Place rounds on top of fruit and sprinkle with extra-fine sugar. Bake at 400 F for approximately 25 minutes, or until biscuits are golden-brown and fruit is bubbly. Cool and serve one biscuit and fruit per serving. Garnish with whipped cream or a scoop of ice cream if desired.

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.



Cooking Term of the Week

Jalousie

A jalousie is a French pastry that resembles something between a turnover and a strudel, made with light, flaky puff pastry wrapped around fruit filling like a neat little rectangular package. The name comes for the design of the pastry, which has long slits in the upper crust that resemble the traditional French louvered or slatted "jalousie" window shades or blinds. I found a particularly intriguing and yummy-looking Apple Brown-Butter Jalousie on Fine Cooking's website that I plan to make in the fall. Here is the link: <http://www.finecooking.com/recipe/apple-brown-butter-jalousie>

*Note: Last week's term of the week missed one word and that is glucose! This is how it should have read: Invert sugar is the result of the breakdown of complex sugar into its component sugar molecules of fructose and glucose.

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of the recipes
published in the
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on our website.

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www.lamorindaweekly.com/html2/food1.html



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