

# A savory side perfect for spring

By Susie Iventosch



Carciofi (Artichokes) with Olives and Capers

Photo Susie Iventosch

I've been studying several foreign languages on my iPad with the Duolingo language app. It is really fun and the more languages you study, the more time it takes because Duo challenges you to keep up learning streaks. So, every day I try to get in 5 to 10 minutes per language. It's especially fun to learn the words for various foods in these languages, which helps to understand menus when dining in ethnic restaurants, as well as words used in recipes of foreign origin. The languages I've been studying are Spanish, French, German and Italian. Because I wanted to make

an artichoke dish for this week's food column, I decided to look into the word in each of these languages. In French and German it's very similar to English, artichaut and artischocke, respectively. In Spanish, it is alcachofa, but in Italian it's carciofo (plural: carciofi), which is different and fun to say, kar-chaw-fo. This week's Carciofi with Olives and Capers can be served as a side dish, or as a condiment to serve with meat. It would also be fantastic served on a sandwich, much like the olive salad on a mufuletta sandwich, or as the topping on crostini.

## Carciofi (Artichokes) with Olives and Capers

- 12 oz. jar marinated artichoke hearts (I use Trader Joe's Marinated Grilled Artichoke Halves)
- 1 cup Greek olives, pitted and halved
- 1 small yellow onion, chopped
- 2 Tbsp. capers
- 2 Tbsp. olive oil
- Optional: ¼ cup grated Parmesan for topping

In a large sauté pan, heat oil and add onions. Cook over medium-high heat until translucent, about 5 minutes or so. During this time, drain the artichoke hearts and pat dry with paper towels. Cut into bite-sized pieces. Add to cooked onions, along with olives and capers. Continue to cook until artichokes and onions begin to brown slightly. Remove from heat. Serve with a sprinkling of Parmesan cheese over the top.

## Cooking Term of the Week

### Bain Marie

Bain Marie is a hot water bath in a large container, into which smaller cooking containers with food are placed to be gently cooked by the heat in the water surrounding them. This process can be done on the stove top or in the oven, and is often used for custards and terrines.



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.

# Middle school walkout in Moraga

By Sophie Braccini



Students participate in the March 14 walkout at Joaquin Moraga Intermediate School.

Photo Sophie Braccini

There was a little break in the rain on Wednesday morning March 14, long enough for Joaquin Moraga Intermediate School students to assemble for 10 minutes just before their third period for a walkout against gun violence, in solidarity with the students and school staff across the U.S. commemorating the killings at Marjory Stoneman Douglas High School in Parkland, Florida, exactly one month before.

Over half of the 400 JMIS students gathered around the flagpole at the school's entrance. A few parents came in support of the student-led event. All teachers had been asked to stay in the classrooms to supervise the students who decided not to participate.

Joan Danilson, principal at JMIS who witnessed the walkout, said that she was neither for nor against the walkout but supported the fact that students expressed themselves regarding social issues. The event, organized by eighth-grader Chase Obsitnik and her friends, proceeded in an orderly fashion.

Five middle school girls stood by the flag with a sound system and talked to their peers who listened with sustained attention. They read a poem from a Parkland student who had died, they read the list of those killed during the Parkland shooting, and mentioned all the shootings that have happened in the United States since Columbine. Chase asked for a minute of silence before calling the meeting to an end.

Besides the messages of remembrance, the students also called for politicians to enforce tougher gun control laws and institute a ban on assault weapons. In the crowd, students were holding

signs reading slogans such as, "I've seen smarter cabinets at Ikea" or "Your A.R. or my life," or simply, "I stand for safety."

When parents left, some found a sheet of paper with the text from the Second Amendment on their windshield, stating: "A well regulated militia, being necessary for the security of a free state, the right of the people to keep and bear arms shall not be infringed."

Superintendent Bruce Burns, who came to JMIS to see how the

event went, said that he received protest letters from a few parents who were opposed to the district authorizing the walkout. He informed JMIS parents of the position taken by his district in a letter where he emphasized the healing power for the students to express themselves in a meaningful, safe, respectful, empowering and non-political way.

(See the article by John Miller on page B3 about the local high school walkouts.)

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# Scratching the surface to aid in local dog adoption

By Cathy Dausman



From left: Izzy Smith, Jordan Cooney, Kelly Dissman and Tyler Kaplan.

Eighth-graders Kelly Dissman, Jordan Cooney, Izzy Smith and Tyler Kaplan are on a mission. The foursome, members of Lafayette's Girl Scout Troop 30577, recently completed a publicity campaign designed to benefit Lafayette-based Shake, Wiggle N' Roll Animal Rescue Foundation. It will also help them earn their Silver Awards, the highest award a middle school Scout can earn. Only 14 percent of girls in the Girl Scout Northern California division achieved this honor during Division fiscal year 2017.

In the aftermath of the 2017

North Bay wildfires, dogs, as well as people, needed rehoming. To help, the students from Stanley Middle School designed posters, e-flyers and donation boxes and wrote letters and posted photos online to promote fostering and adopting displaced dogs while raising awareness about animal euthanization. While developing teamwork and communication skills the girls hope this project will offer the nonprofit ongoing support.

Shake, Wiggle N' Roll founder Maryann Lovi said she feels blessed the girls selected her small

but mighty organization for their joint project. Each girl had an obvious love for animals, Lovi said. In fact, Cooney's family recently fostered, then adopted two dogs – Stevie and Louie – directly from Shake Wiggle N' Roll.

"They couldn't be in better hands," Lovi says. She educated the Scouts about the organization's all-breed acceptance of animals from overcrowded shelters as well as how she takes in animals surrendered by families who become unable to care for them for any reason.

The students have submitted the project paperwork to the Girl Scout office and should receive their Silver Awards in the fall, says Silver Award parent volunteer Lisa Palma.

"These girls are really working hard," says volunteer troop leader Nicole Carberry about the Stanley group. She notes four other groups are also working toward their Silver Award.

"It's pretty cool when you are 12 or 13," Carberry said.

To learn more about Shake Wiggle N' Roll's part in animal rescue, visit [www.adoptapet.com/shake-wiggle-n-roll-animal-rescue-foundation/](http://www.adoptapet.com/shake-wiggle-n-roll-animal-rescue-foundation/).

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