

Say goodbye to winter with this white bean chicken chili



Photo Susie Iventosch

White Bean Chicken Chili

(Serves 4)

INGREDIENTS

2 tablespoons olive oil
 1 yellow onion, coarsely chopped
 1 jalapeño, stem removed, seeded and very finely diced
 1 poblano pepper, stem removed, seeded and medium diced
 1 teaspoon cumin
 ½ teaspoon chili powder
 2 cups shredded, cooked chicken breast
 2 small cans diced, fire-roasted Ortega chilies (7 ounce cans)
 1 14-ounce can cannellini beans, drained
 1 14-ounce can chicken broth
 ¼ cup white wine
 ¼ cup fresh cilantro, minced
 Salt and pepper to taste
 Garnishes:
 Grated white cheddar cheese
 Avocado, diced
 Cilantro leaves

DIRECTIONS

In a soup pot, heat olive oil over medium heat and add onion, poblano and jalapeño peppers. Cook until onions are translucent. Add cumin and chili powder and stir well, cooking just a few minutes longer until cumin and chili powder have been lightly browned to release flavors. Next, add the shredded chicken, roasted Ortega chilies, cannellini beans, chicken broth and wine. Cook over medium-low heat until everything is hot. Season with salt and pepper to taste and sprinkle in minced cilantro. At this point, you can refrigerate chili for a day or two until ready to serve, or serve immediately and garnish with grated cheddar, diced avocados and cilantro leaves. Serve with warmed tortillas or toasted bread.



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.

By Susie Iventosch

My mom has always been an amazing cook, and she instilled in me a love of cooking from a very early age. Even at 86 years old, she still loves cooking and stays very busy in the kitchen testing new recipes and altering old favorites to better suit today's healthy standards and tastes. One time, years ago, when we went to visit my parents, she made this white bean

chicken chili, which was a completely new twist on chili to me. We all loved it and it was perfect for that particularly cold winter weekend in the mountains. With this rare wet Bay Area winter and the chilly temperatures, it seemed fitting to bring this recipe out for a few cozy meals and it was just as good as I'd remembered. It's an easy soup to make and it also freezes well, in case you decide to double the batch!

The College Admissions Scam

By Elizabeth LaScala, PhD

The recent college admissions scandal that was revealed in a March 12 New York Times article quickly spread to all the major news media. The article reported how William Singer, a businessman who owns the Edge College & Career Network, also known as The Key, opened a side door to one of the limited, fiercely competitive undergraduate openings across elite colleges and universities in the U.S. By 3 p.m. the same day my inbox was filled with emails with links to various articles about the swindle as well as messages from my clients ending in questions like, "Do you think the kids knew?", exclamations such as, "This is just the tip of the iceberg!" and statements, "The colleges knew—they had to know."

Here's what we do know: Singer is a businessman who owns the Edge College & Career Network – a for-profit college counseling and preparation company that offers help in getting students into competitive colleges and universities. It also seems that Singer established a nonprofit organization that claimed to be a charity. Prosecutors said that this alleged charity was used as a vehicle to disguise the true nature of payments from parents – payments made to buy their children a ticket into college.

In court Singer talked about college applicants who get in the honest way, on their own merits. "And then there's a back door," he said, "where people ... make large donations, but they're not guaranteed [to get] in. And then, I created a side door that guaranteed families get in. So that was what made it very attractive to so many families ... I

created a guarantee." Singer is charged with one count each of racketeering conspiracy, money laundering conspiracy, conspiracy to defraud the United States and obstruction of justice. He is said to have been cooperating with the Justice Department since September 2018.

As a dedicated and ethical college advisor, I see many victims as this drama unfolds.

I see the universities and colleges that hold themselves to high standards now being subjected to greater scrutiny and suspicion in their admission processes and decisions.

I see independent educational consultants, who are both knowledgeable and trustworthy, feel concern over the negative image that Singer has cast on IECs. As a group, IECs are honest; they work hard to earn the trust of their clients, and they belong to professional organizations that set the highest ethical standards of conduct for their members.

I see (and greatly admire) the kids we college counselors guide each day, who are honest and forthright in their test taking, academic accomplishments, essay writing and extracurricular achievements. Through each admission cycle many of them must bear the pain of rejection from highly competitive universities and learn in the process to hold their heads high and adjust to the inevitable blows of life; these experiences make them better and stronger individuals. These same students go on to "best fit" colleges, ones that truly value them, offering not only admission but often scholarships too.

Perhaps, most unsettling of all the victims I see, are the children who 'got in' because their parents were so desperate for them to attend a highly competitive, 'name brand'

university that they resorted to hiring a criminal to accomplish that end. These children must in one way or another measure their own worth by their parents' wealth. But how can they authentically consider their futures, given the ethical missteps of their parents?

My sentiments run parallel with those of my IEC colleague, Jeff Levy, who put it so well: "I think it is a good thing that dirty players – and there are always going to be dirty players – get a public shaming." I agree. As always, sunlight is the best disinfectant. We must all strive in whatever ways we can to continue to ensure that integrity and ethical conduct are at the core of the college admission process.



Elizabeth LaScala, PhD personally guides each student through each step of selecting and applying to well-matched schools for undergraduate and graduate school study. Over the past two decades, Elizabeth has placed hundreds of students in some of the most prestigious colleges and universities in the U.S. The number of clients taken is limited to ensure each applicant has personalized attention. Contact Elizabeth early in the process to make a difference in your outcomes. Write elizabeth@doingcollege.com; Visit www.doingcollege.com; or Call: 925.385.0562.

Burton Valley fifth-grader advances to GeoBee state finals



Photo provided

Fifth-grader Jacob Jo with his teacher Judy Zenoni.

Submitted by Diane Hong

Burton Valley Elementary School fifth-grader Jacob Jo won this year's National Geographic GeoBee at his school and passed the qualification test to enter the state finals. According to its website, The National Geographic GeoBee includes three levels of competition; school, state, and national. Schools conduct a GeoBee and name a school champion. The school champion takes a proctored online qualifying test and the top 100

ranked students in each state qualify to represent their school at the state level GeoBee competition. State champions then travel to National Geographic headquarters in Washington, D.C., to compete in the national championship.

Jacob, who loves to read articles about geography, climate, history and politics and has had a special interest in reading books including children's atlases, is very excited and proud to represent Burton Valley at the 2019 California National Geographic State GeoBee on March 29 at Cal State University, Fresno.

15th Annual JF Kapnek 5/K Fun Run Supports Education and Wellness for Zimbabwe Children

The 15th annual JF Kapnek Trust Family Fun Run will take place at 9 a.m. on Sunday, May 5 at Miramonte High School (750 Moraga Way). The event supports early childhood education, nutrition and AIDS treatment and prevention programs for children and families in Zimbabwe. Along with a 5K run and a 1K children's run or walk, event

participants will enjoy music, arts and crafts, food and prizes for the top finishers including certificates from Dick's Sporting Goods, and Sports Basement. And all participants will receive a commemorative T-shirt. Strollers welcome! Other sponsors this year include Dudum Real Estate, Diablo Foods, Diablo Valley Oncology, Oakwood

Athletic Club and Bryan Silveira/State Farm Insurance. Visit www.kapnektrustusa.org for more information and to register go to <http://jfkapnekusafunrun.eventbrite.com>. Onsite day of registration is also available.

Please submit stories and story ideas to:
storydesk@lamorindaweekly.com

Please ...



... thanks!