

Colorful carrot concoction wows with shallots and cranberries



Roasted Rainbow Carrots & Cranberries

Photo Susie Iventosch

By Susie Iventosch

I cannot get over the splendor of all of the colorful carrots available in the markets these days. My very favorites are the maroon carrots with the or-

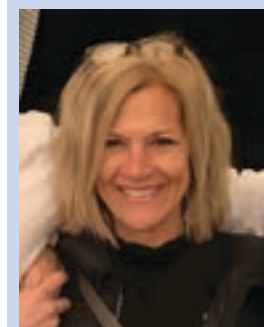
ange center, which are now available in bunches all by themselves. They tend to be just a tad bit sweeter than regular carrots, and they hold their color beautifully even after roasting them.

Maroon carrots are not only

beautiful, but like all carrots, they are low in calories and full of great health benefits like fiber, potassium, vitamins A, B & C, and manganese. The purple varieties also have antioxidants called anthocyanins, which help protect the body from oxidative stress — the imbalance between free radicals and antioxidants in your body.

Regardless of any health benefits, which are awesome, I just simply love the flavor of carrots and especially when roasted like this. Another great thing about this dish, which saves time when it comes to serving dinner,

is that you can prepare the carrots a day or two ahead of time and marinate them along with the cranberries and shallots. When you're ready to serve them, just roast them at 400 F for about 20-25 minutes.



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. Or visit <https://treksandbites.com>

INGREDIENTS

(Serves 6-8)

- 8 large rainbow and maroon carrots
- 1 cup fresh cranberries (or frozen)
- 1 large shallot, peeled and diced
- 1/4 cup olive oil
- 1 tbsp. maple syrup
- 1 tsp. Sambal or harissa (*hot chili paste)
- 1 tbsp. soy sauce
- 1/2 tsp. dried thyme
- 1/4 tsp. white pepper
- 2 tbsp. snipped parsley for garnish

DIRECTIONS

Marinate carrots, shallots and cranberries in marinade for at least 2 hours. Preheat oven to 400 F. Oil or spray a large roasting pan or baking sheet with cooking spray or olive oil. Place veggies along with all of the marinade on the prepared pan and roast for 20-25 minutes, or until carrots, cranberries and shallots are tender and beginning to brown. Serve hot and garnish with a sprinkling of snipped parsley leaves.

Longtime Orinda News editor retires, moves on to follow love of acting



Sally Hogarty

Photo Sora O'Doherty

By Sora O'Doherty

After nearly 30 years of working for the Orinda Association, first as associate editor and for the past 22 years as editor, Sally Hogarty is retiring from The Orinda News to pursue other interests in her life.

No sooner did she step down, than she won an

audition for a television commercial for Bellus Health, which will soon be available on the internet. She was flown to New York City, where the commercial was filmed, but barely had time in her busy schedule to enjoy the Big Apple because she had to be back in California to star in a production of "I'm Herbert" at the Martinez Campbell Theater. Hogarty is excited about having more time for her theatrical pursuits.

She started as an associate editor at The Orinda News in 1993 and was promoted to editor in 2000. She worked continuously at the paper until the end of 2022. Hogarty discussed the history of the newspaper, which was started before World War II but was published sporadically. Ann O'Connell-Nye started it up again in 1985, which was the year that Orinda was incorporated as a city, and the paper has been published continuously since then.

During Hogarty's time at the paper, she says there were two stories that stood out: the development of the Gateway Valley, now Wilder, and the murders of restaurateur Maria Elena Corrieo, 68, and her daughter Gina Roberts, 51 in 1995. "It was very unusual to have an execution-style murder in Orinda, especially right on Moraga Way, Hogarty recalls. "It was very upsetting for everyone. I had never covered a murder before and learned a lot about accessing police reports and court documents. I also got to know the family and was happy for them when the perpetrators were finally apprehended."

She wrote about Gateway every issue for years as developers changed and lawsuits dragged on. She knew there were strong feelings pro and con from local residents. The City Council meetings were often packed and they went on until 1 a.m. Hogarty acknowledges that it was a very important story for the community.

But it wasn't all grizzly murders and late night meetings. Hogarty says that "one of the most fun things she covered was the Lamorinda Independent Film Festival. She enjoyed spending time with the var-

ious Hollywood celebrities. "I learned all sorts of behind-the-scenes info from Tippi Hedren about the filming of 'The Birds' and Hitchcock's unorthodox methods of dealing with actors."

Working for The Orinda News has been more than full time for Hogarty. She explained, "When I first started, the editor basically did everything except sell the advertising. You not only wrote stories and assigned writers, but you also pasted up the ads and the story galley for the typesetter who then made them look good. We did have an editorial committee, but technology was still developing so I'd take a copy of the draft paper to one editor's home and when they were done, I'd pick it up and take it to the next home. Very time consuming. Sometimes we'd fax things back and forth but not everyone had a fax machine. When the typesetter had the final graphic file, it was too large to send via the computer so I'd have to drive it to our printer in Hayward." Nowadays, no one has to drive to Hayward, as the large graphic files of the layout are sent electronically.

Hogarty admits that "it's hard to tell how many hours I spent a month on the newspaper. Definitely a lot more than I was paid for. Up until 5 years ago, I would guess I spent 80-100 hours a month depending upon the size of the paper and how many stories I wrote. With a small paper, if a story comes up at the last minute or a writer doesn't turn his/her story in, the editor has to pick up the slack." She is gratified, however, that the newspaper has a very dedicated local staff that works more for the love of the paper and their community than for the money.

A little over three years ago, Hogarty split her job and hired someone else to deal with the writers and editing while she dealt primarily with the finances, ads, layout and some writing. The new executive editor of the paper is Kathy Cordova. The Orinda News is sent by mail to very residence in Orinda and can be found online at <https://theorindanews.com>

The real life of an LPIE instructor



Laura Zucker

Photo courtesy Laura Zucker

By Sharon K. Sobotta

Laura Zucker still remembers leaving her law practice behind in Connecticut to embark on a fresh start in Lafayette with her partner and three children nearly two decades ago. It didn't turn out like she imagined it.

"My partner left me and suddenly, I found myself (to be) a single mom of three little kids in a place where I couldn't practice law and had no means of income," Zucker remembers with a bittersweet smile. "But I still had my guitar."

Zucker grew up in a music loving family, with a mom who sang opera and a dad who worked at a radio station and appreciated music even if singing wasn't his forte. She'd dabbled in music as a kid and in college, but it wasn't until 2006 that she really leaned into the beginnings of her identity as a musician. "I started going into classrooms and singing 'The Wheels

on the Bus' and all sorts of children's songs. And one day, a(n) original) song popped out of me and I was (awestruck)," Zucker says. "I started writing songs. It was really easy to access my emotions (through music) because they were so close to the surface."

Zucker then joined the West Coast Songwriters Association and then filled the open nooks and crannies of her life (not occupied by child rearing responsibilities) with open mics and musical gigs. Zucker released her first record in 2007. A few years later, Zucker started sowing the seeds for the next generation of potential musicians as a Lafayette Partners in Education (LPIE) instructor in the Lafayette School District.

Today, with six original albums under her belt and hundreds of youth that she's crossed paths with as a music (and in some cases, a substitute) teacher, Zucker says she can only hope she's making a small difference. "I want the kids to know that I have a really big life and that they are a part of my big life. I want them to know they are important," Zucker says. "There is something so rewarding about helping a child (who might otherwise be unsure of themselves) master an instrument and become proud."

Zucker has just released her latest album "Life-line," which she says is a story of the last five years which encapsulates the time of the pandemic. "A life-line is something we grab hold of. It keeps us from drowning. It's something that carries us forward or something that trails behind us for someone else to grab hold of. Sometimes we lead, sometimes we follow and sometimes we do both. There are multiple life-lines all woven together into a beautiful tapestry," Zucker explains with an ear-to-ear smile. "That's what this record is all about. It's about our life, our world. It's beautiful and it's written from my perspective as a nearly 65-year-old woman."

It's perhaps not surprising that the Lafayette School District is proud to have people like Laura Zucker, affectionately known as Mrs. Z by her students, in the mix as part of the infamous LPIE program. What Zucker thinks might be slightly surprising to parents and community members, however, is that she and many of her LPIE colleagues in the music program are not earning what they believe would be a fair wage in this community. Zucker explained that music classes in some of the elementary schools are taught in 30-minute blocks. There isn't built-in prep,

warm up or commuting time. This means that a teaching musical artist, who is compensated at the rate of \$30 an hour, typically earns \$15 for a given class. "By the time you factor in the commute, the gas, the driving time, it's hard to justify the pay."

Zucker and some of her LPIE colleagues have raised this issue to the superintendent and are awaiting further discussions this month. In terms of what would be fair or reasonable, Zucker says she'd love to see LPIE instructors (who are often freelancing artists who don't necessarily receive benefits) receive \$50 an hour and have a one-hour minimum. "LPIE is an important and lucrative program and I think it's important for parents and community members who contribute to know where the money is (or isn't) being spent. It's important to take care of those, who are doing this important work, who in many cases happen to be women."

In a written response to Lamorinda Weekly, Lafayette Superintendent Brent Stephens explains that the district highly values its decades-long relationship with LPIE instructors who provide supplemental art, music, science, world language and social studies instruction to the students. "(We're) committed to fair, competitive and equitable compensation for all our employees," Stephens writes. Although LPIE instructors are not a part of the two unions, whose compensation packages will be reviewed in spring, the district will be exploring LPIE compensation rates simultaneously. "We will be exploring compensation rates for LPIE instructors, who are not a part of the union but who are equally important to our students and families. We look forward to working collaboratively will all our employees on this process."

Regarding the frustration that Zucker says some music teachers experience when offered half-hour shifts, Stephens reiterated that LPIE staff are paid an hourly wage like all hourly employees but stopped short of commenting on alternatives like one-hour minimum shifts. Stephens says, however, that the Lafayette School District is committed to continuing to engage with the LPIE team through regular Zoom meetings not only to discuss pay, but also to get feedback and identify other issues that may also need to be discussed.

To learn more about Zucker's music, visit www.laurazucker.com.