

# Hearty corn muffins a perfect bite for breakfast, brunch ... or anytime



Sausage, Chive and Cheddar Corn Muffins

Photos Susie Iventosch

## By Susie Iventosch

I love corn almost any way imaginable — grilled on the cob, polenta, cornbread, cream of corn, corn chowder, corn tortillas, street corn, and especially corn muffins. We make this recipe with turkey breakfast sausage, chives (or green onion) and sharp white cheddar. They are hearty, moist and so delicious. And, they're perfect for any meal of the day, too!

This basic recipe comes from Professor Torbert's website and then I add sausage, cheese and chives. What I love

about Professor Torbert's corn products, is that they have a vibrant orange color due to increased levels of carotenoids, which are potent antioxidants said to be helpful for both eye health and vitamin A deficiencies. But, mostly for me, it's that amazing, bright orange color of the corn that goes into their corn meal, corn flour and grits.

Because these muffins are so good, you might want to double the recipe and save half of the muffins in the freezer for another time. In fact, we had guests in house, so I doubled the recipe and baked half the batter one day and saved the remaining batter for a few days

later and baked another fresh batch. I was so happy that they came out just as well as the first batch.

You can always change the added ingredients from sausage, chives and cheddar to bacon, onions and jack cheese, or whatever combination you like best. And although I have not done this yet, next time we have an extra ear of grilled corn, I am going to add it to the batter and I'll bet that will be fantastic!



### INGREDIENTS

1 cup all-purpose flour  
1 cup corn meal (we love Professor Torbert's Orange Corn Meal)  
1/4 cup granulated sugar  
1 tsp. salt  
1 tbsp. baking powder  
1/3 cup vegetable oil  
2 large eggs  
1 cup buttermilk  
1 cup shredded sharp cheddar cheese  
1 cup chopped turkey sausage  
1/4 cup finely sliced chives or green onions

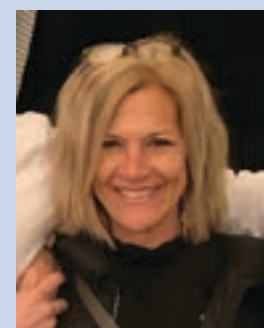
### DIRECTIONS

Preheat oven to 350 F. Line a muffin tin with paper liners. I also like to spray the liners with cooking spray to make it easier to get the paper off the muffin.

Mix all dry ingredients (flour, corn meal, sugar, salt and baking powder) in a large mixing bowl until combined. Add the wet ingredients and mix gently until well incorporated.

Stir in the diced sausage, sliced chives or onions and cheese. Fill each muffin tin about 2/3 full and bake for approximately 15 minutes or until golden brown. Serve right away or store in an airtight container in the refrigerator or freezer.

For more information or to buy Professor Torbert's products, please visit:  
<https://professortorberts.com>



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

## What is Eligibility in the Local Context?

### By Elizabeth LaScala, PH.D.

ELC is a program that guarantees students in the top 9% of their California high school class admission into the University of California system. Students must also earn at least a 3.0 GPA and they must have fulfilled the A-G course requirements. You can find a list of the A-G course requirements on the UC ELC page. As long as these requirements are met, applicants can expect to attend a UC after they graduate from high school, but not necessarily the UC of their choice.

#### Why was the ELC program started?

The ELC program, which began in 2000, was designed to improve equity and diversity in UC admissions. The program's specific goal was to be "race-neutral." Because ELC is conducted at a school level rather than a statewide level, high achievers are determined relative to their local educational opportunities and context. This is a more equitable approach as it is a better way to recognize outstanding performance while at the same time capturing the racial and so-

cioeconomic diversity of California.

Initially, the admission guarantee was only offered to the top 4% of students in their high school class. However, in 2012, this was expanded to the top 9%. There are currently over 1,600 California high schools participating in ELC.

#### How do I get ELC status?

You can get ELC status if your school participates in the ELC program and if you have met the A-G subjects and GPA criteria. All you have to do is apply to a UC. But watch out for mail that asks you to give the state permission to collect information about you from your high school. Your high school may not participate in the program, or some misinformation could be on file. I have seen that kind of letter/email and it is good to respond to anything specific to be sure you receive your ELC status.

#### Is it important that I submit a good UC application?

Yes! Even if you "know" you are in the top 9% of your class, be sure to do an excellent job on your UC application. While you should always strive to do

your best, there are two specific reasons for putting effort into your application related to ELC.

First, ELC status uses a UC-calculated GPA that meets or exceeds the 9% benchmark. This GPA is based on past transcripts submitted by your high school. Just being in the top 9% compared to your peers does not guarantee that you will satisfy the UC-calculated benchmark.

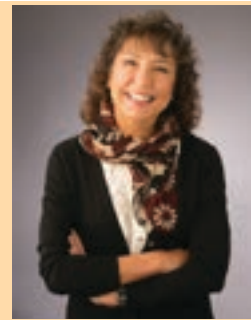
The second reason to take your application seriously is that achieving ELC helps you get admitted to the UC of your dreams. It has been reported that students with ELC status are accepted at a higher rate at top UCs. Although you might not get into the school of your choice, you will be offered a space on a UC campus.

#### How can my school join ELC?

The ELC program is eager to include all eligible California schools, so ask your school to apply for the ELC program if they aren't already part of it. Contact [ELC@ucop.edu](mailto:ELC@ucop.edu) if your school wants to participate and did not in the prior year.

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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 US. Elizabeth attends conferences, visits campuses and makes personal contacts with admissions networks to stay current on the evolving nature of college admissions. She and her professional team offer resume development, test preparation, academic tutoring, value analysis, merit and need-based scholarship search and more.



## Tips for pet safety during hot summer months

### By Vera Kochan

It's difficult enough for humans to stay cool and escape the heat of summer, but it's also important to remember our four-legged friends can suffer from the effects of high temperatures, too.

The Humane Society of the United States reminds pet owners to never leave pets in a parked car. "Not even for a minute! Not even with the car running and air conditioning

on. On a warm day, temperatures inside a vehicle can rise rapidly to dangerous levels. On an 85-degree day, for example, the temperature inside a car with the windows opened slightly can reach 102 degrees within 10 minutes. After 30 minutes, the temperature will reach 120 degrees. Your pet may suffer irreversible organ damage or die."

It's not just high summer temperatures that can adversely affect your pet; high

humidity can make them unable to cool themselves. Animals pant to evaporate moisture from their lungs, and they sweat through their feet. Too much humidity won't allow them to cool down, which in turn raises their temperatures. A dog's temperature should never climb above 104 degrees.

HSUS also cautions pet owners about over-exercising their pets. Either early morning or evening hours are the coolest times to be outdoors for animals as well as their owners, and bring extra water along for both to keep from dehydrating. Be especially mindful of pets with white-colored ears, as they are more susceptible to skin cancer, and short-nosed pets tend to have difficulty breathing in the heat. Also, older dogs, just like humans, might not be able to handle high temperatures.

According to HSUS, if a pet has to be outside, try to keep it in the shade or under tarps to take advantage of any air flow. Lack of air flow also makes a doghouse a dangerous place during a heat wave.

DoveLewis, an Oregon-based nonprofit ICU & ER Animal Hospital, reminds pet owners to "protect your pet's paws from hot surfaces. Walk your pet in the grass or the shade whenever possible. If the pavement is too hot for your bare hands or feet, it's too hot for your pet's paws."

Additionally, "If you need to take them outside to do their business, try wetting the surface with a hose or water bottle to help make it a little cooler for them."

DoveLewis also recommends using a pet-safe sunscreen on unprotected areas such as the tips of the ears, the skin around the lips, and the tip of the nose. If a sunscreen is safe for babies, it will also work for pets.

Heatstroke in animals can be just as dangerous as it is for humans. Panting, vomiting, excessive drooling, warm and dry skin, rapid heartbeat, staring or anxious expressions, uncoordinated movements or collapse require urgent attention. "Owners who suspect their pets may be experiencing heatstroke should call their regular veterinarian immediately," states DoveLewis. "In the meantime, you can: lower your pet's body temperature by applying towels soaked in cool water to the hairless areas of the pet's body (the tips and back of the ears, foot pads, belly, and inner thighs). Do not use ice or extremely cold water because that can worsen the problem."

Another tip is to "use a fan to help cool the animal. Even if the pet seems to cool down, it's still imperative to visit a veterinarian immediately, as temperatures often spike again or cool below a safe, normal temperature."



Photo Lorna Kochan

#### "Buddy" chooses to stay "cool" with sunglasses.

In 2016, California passed a law prohibiting anyone from leaving an animal in "any unattended motor vehicle under conditions that endanger the health or well-being of an animal."

California penal code 597.7 states that endangering conditions include lack of ventilation, heat, cold, lack of food or water, or "other circumstances that could reasonably be expected to cause suffering, disability, or death to the animal."

A "Good Samaritan Law," AB 797, also known as the Right to Rescue Act, allows a person to break into a vehicle if the vehicle is locked or there is otherwise no reasonable manner for the animal to be removed from the vehicle, the animal is in imminent danger of suffering harm if it is not immediately removed from the vehicle, the rescuer has contacted a local law enforcement agency prior to forcibly entering the vehicle; and the rescuer stays at the scene until local law enforcement responds to the situation.



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**Correction:** In the July 5 article, "Got a rodent problem? Working Cats could be the answer," the correct website address is [www.oaklandanimalservices.org/adopt/oakland-feral-cats-program/](http://www.oaklandanimalservices.org/adopt/oakland-feral-cats-program/). Also, kittens are not placed into the Working Cat Program, and Oakland Animal Services does not test the cats for FIV/felV before being placed.