

Comfort food for cooler fall days



Photo Susie Iventosch

Turkey or Pork Tenderloin with roasted cabbage, onions, apples and sage

By Susie Iventosch

This dish says “autumn”! Turkey or pork tenderloin roasted with apples, cabbage and onions is comfort food for cooler fall days. A touch of sage and country Dijon complement the sweet nature of the roasted apples and veggies. As I was pouring the extra sauce over the tenderloin, I couldn’t help but think what

a fantastic soup base it would be. If you want to double the marinade, cook it with tenderloin you’ll have a great start on your next soup project.

Even though I used both red and green cabbage, (for the additional color) I recommend using only the green cabbage. The red cabbage didn’t really go with the other flavors as well as the green cabbage did. It’s funny, be-

cause I make salads all the time with both red and green cabbage, and I love them together, but once cooked, the

red cabbage is not as sweet as the green in my opinion. If you want to add a little more color to the dish, you could

use half red and half yellow onions.

Turkey or Pork Tenderloin with roasted cabbage, onions, apples and sage

(Serves 4-6)

INGREDIENTS

Meat and Veggies:

2 lbs. turkey or pork tenderloin

2 tablespoons country Dijon mustard (to spread on tenderloin)

2 large Honeycrisp apples (or similar), cored and sliced, but leaves skins on

2 medium yellow onions, cut into wedges

1/4 head green cabbage, cut into thin wedges

Marinade:

1/4 cup olive oil

2 tablespoons white wine vinegar

1/4 cup dry white wine (or dry sherry)

1 tablespoons coarse-grain, country Dijon

1 teaspoon salt

1 teaspoon black pepper

2-4 leaves fresh sage, snipped into small bits

Garnish:

6 sprigs fresh sage

DIRECTIONS

Preheat oven to 375 F. Spray a roasting pan or casserole dish with cooking spray.

Place onions, apples and cabbage in the prepared pan and toss with 2-3 tablespoons of the marinade. Place tenderloin in the center of the dish and spread 1-2 tablespoons country Dijon over the top. Drizzle remaining marinade over tenderloin and veggies, to use all of the marinade.

Bake for approximately 45 minutes, or until meat thermometer reads 140-145 F for pork and 165 F for turkey.

Slice tenderloin and serve alongside roasted produce. Drizzle baking juices over the top of everything.

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>



Assessing the financial stability of colleges

By Elizabeth LaScala, PhD

COVID-19 related stresses are likely to hit hardest those institutions that were already weakened by existing market challenges, such as fewer state revenues earmarked for education and less affluent student populations seeking a college education. The good news is that upwards of 80% of U.S. colleges will not close their doors; but many are going through budget cuts and adjustments. For example, the transition to online learning is not easy or inexpensive.

It pays to do your research into the financial health of schools when putting together a well-matched college list. Since a college’s website is designed primarily as a marketing tool to recruit you, they are unlikely to tell you about their

financial woes. Instead, ask colleges direct questions and ask for the documentation that backs up the responses – ‘trust, but verify’ as the saying goes.

Many researchers are working hard to develop tools to evaluate college fiscal health. Dr. Scott Galloway, a professor at NYU, developed his own methodology to show how colleges have been impacted by the pandemic. He assigned each school a rating of ‘Struggle, Perish, Survive or Thrive’. For those of you who do not want to pour over spreadsheets and tables, some of his basic findings were not surprising. Smaller schools, those with fewer than 1,000 students, less selective schools, those that admit greater than 80% of applicants, and very rural colleges are the most likely to perish or at least struggle.

Last year, Forbes introduced a methodology with nine criteria and gave each school a grade. One of the nine measures that is both easy to understand and find is admission yield, the percentage of accepted students who decide to enroll. The higher the yield, the more likely the school will continue to fill a freshman class for years to come. The more selective colleges have very high yields.

Other easy to find and valuable indicators of a college’s fiscal viability and educational value include retention rate, the number of students who return as sophomores, and the 4-year graduation rate. I like to see at least a 90% retention rate and at least a 65% graduation rate.

Given most colleges will stay open, at least for the foreseeable future, the budget cuts and readjustments are of

greater concern. I like to enter the college’s name in a search engine to check out state and local media coverage. Take note if a school is experiencing an operating deficit or announces that it is cutting faculty, graduate student stipends or eliminating programs and majors. Are they cutting the major you plan to select or a program of special appeal to you? I recommend going back to the basics – create a college list that is an academic, social and financial fit. Ask does a school offer sustained evidence of strength in your major(s) of interest, can you imagine making friends with the students who attend, does the location appeal to you and can you afford the college? Addressing these basics, along with the added research into financial viability will keep you on track for college success.



Elizabeth LaScala Ph.D. guides college, transfer and graduate school applicants through the complex world of admissions. She helps students choose majors and programs of interest, develops best match college lists, offers personalized essay coaching, and tools and strategies to help students tackle each step of the admissions process with confidence and success. Elizabeth helps students from all backgrounds to maximize scholarship opportunities and financial aid awards. Call (925) 385-0562 or visit Elizabeth at her website (www.doingcollege.com) to learn more.

Rise in cyberbullying among adolescents during COVID-19



BigStock images

By Vera Kochan

The Moraga town council recently declared October to be Bullying Prevention and Moraga iKind Project Month. Unfortunately, COVID-19 has been the catalyst for a 70% increase in cyberbullying during shelter-in-place orders, according to Verywell Family, a website that provides infor-

mation gathered from health professionals.

For many children and teens their contact with each other over the past seven months has largely been done virtually. Accustomed to a regimen of online classes, they continue to remain on the internet to socialize with the outside world. A 2019 study from the Cyberbullying Re-

search Center found that students who are idle or bored spend an hour or more online.

Licensed marriage and family therapist, Margie Ryerson, (www.margiererson.com), who is also a Lamorinda Weekly contributing writer states, “Parents should be aware that every form of social media provides potential access to cyberbullies. Some common social media sites where bullying occurs are: Snapchat, Instagram, YouTube, Facebook, Twitter, Ask.fm, Kik, WhatsApp and Pinterest.”

A major crisis, such as a global pandemic, creates stress, confusion, anxiety and depression in adults as well as children. Over a prolonged period of time it can lead to misunderstandings, acting out or lashing out at others and risk-taking behavior. Ryerson lists a number of triggers that can lead to cyber bullying as: the need for power and con-

trol; retaliation for pain they’ve experience from others (revenge); boredom; lack of empathy toward others; relationship problems with family/friends; the need to elevate their self-esteem; and its addictive nature which provides a temporary lift and protection in that it’s anonymous.

According to the Alameda Police Department, it is important for parents to take an active part in what their children are doing online. Approve every app on your child’s phone and stay up-to-date with popular apps for teens. Have an open dialog with children about appropriate phone, app and social media usage. Also, remind them that once “send” is clicked there is no way to take it back.

“Parents can be more restrictive in light of the higher incidence of cyberbullying,” Ryerson says. “While it’s important for parents to have

discussions about cyberbullying and what their children can do, teens won’t necessarily share with parents when they are receiving harmful, nasty comments. Besides limiting use of screens for social media purposes, parents can encourage texts, FaceTime and phone exchanges for their children so that communication is personal and safe.” Ryerson also suggests that parents can visit Google’s Family Link for computer use and Apple’s Screen Time and Family Sharing links for iPhone.

Probably one of the easiest methods for parents to monitor a portion of their child’s social media activity is to have them hand over their devices at a predetermined time each evening. This not only helps to limit online usage, it is an opportunity for everyone to get a good night’s sleep.

Cycle Recycle donation drive begins again



Photo courtesy Waterside Workshops

Submitted by Bobbie Preston

For the 23rd year, Bobbie and Tom Preston will be holding the Cycle Recycle, collecting repairable bikes to be refurbished and given to charitable groups. To date, over 3,600 bikes have been collected. This year the recipient organizations include Oakland International High School’s Earn-A-Bike program, The Bike Charity Institute of Alamo, Keeping our Promise, which supports Afghan immigrants that served the U.S. government in Afghanistan, Waterside Workshops in Berkeley, and the Lake Merritt Community Cabins.

Waterside Workshops, new

recipients of the Cycle Recycle, provide job training, wrap-around support, and outdoor recreation for over 250 low income and disconnected youth from across the East Bay each year. In addition, its bicycle mechanics and bicycle reuse program teach youth interns professional bike repair, sales and customer service, refurbishing used bicycles, which are redistributed back to the community as affordable, sustainable transportation. Once fixed up, bikes are distributed through its earn-a-bike program for low-income teenagers, through partner organizations that serve low-income youth and adults, or are sold in its used bicycle shop to generate funds for the free community programs. Each year, Waterside Workshops refurbish, reuse, or recycle over 1,500 unwanted bicycles.

Lake Merritt Community Cabins is a transitional housing site for previously homeless adult men and women, as permanent housing is arranged for them. Bicycles will allow them to get to job sites inaccessible by public transportation.

New and/or used adult or children’s bikes – in working order or repairable, or useable bike parts may be delivered to the side driveway of the Preston’s home at 1307 Larch Avenue in Moraga from Oct. 17 through the month of November only. No skateboards, trike, or plastic bikes please; no need to call beforehand, but for more information contact Bobbie or Tom Preston at (925) 376-8474.