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This delicious delicacy helps folks dive into decadent sauces



Naan with Cilantro-Lime Butter

Photo Susie Iventosch

By Susie Iventosch

We love a good naan and it's hard to beat when you go to a restaurant that has this delicious item on the menu. Hot out of the skillet, naan is the perfect implement for scooping up sauces — especially curry sauces, but really any good sauce that's worth savoring every, single drop! I've made naan many times in the past, but this is the best recipe I've found yet. It comes from Upbeet Anisha's food blog and it's super easy to make, too, which is always a plus. Her recipe calls for no yeast, and is made with simple ingredients like flour, salt, baking powder, water, olive oil and yogurt. It's nice and soft and forms just the perfect air bubbles while cooking. She

makes hers vegan style, using non-dairy yogurt, but I used regular nonfat plain Greek yogurt and it was superb. I have a new favorite Greek yogurt called Esti and I absolutely love their nonfat plain yogurt with fruit, or mixed with cottage cheese, or as a base for condiments for enchiladas, or even a spoonful straight out of the container. It's so good and it was perfect in this recipe, too.

Anisha makes her naan with fresh garlic, which is delicious, but we had it for lunch so decided to go the more subtle route and used lemon pepper and fresh lime juice instead of garlic. A sprinkling of parmesan cheese would also be delicious on this bread. I made a few minor changes from her

recipe in terms of quantities and those are reflected here in this column.

The best way to cook the naan is straight on a cast iron skillet, so be sure to have one on hand before you dive into this recipe. It cooks the naan quickly and gives it the perfect air bubbles, so I highly recommend using one if you have one. I have yet to try baking this bread on any other type of pan or baking sheet, so if you try it, please let me know. Soon I am going to try making this with a 1:1 gluten-free baking flour, and will report back how that works out as soon as I have a chance to try it!



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>



Naan with Cilantro-Lime Butter

INGREDIENTS

Naan

- 2 cups all-purpose flour
- 2 tsp. baking powder
- 1/2 tsp. Himalayan pink salt
- 1/2 cup nonfat plain Greek yogurt
- 1/3 cup lukewarm water (I found that 1/3 was a little too much water the second time I made this, so add the water a little bit at a time.)
- 1 tsp. olive oil

Cilantro-Lime Butter

- 2 tablespoons butter, softened to room temperature
- 2 tablespoons freshly snipped cilantro
- 1/2 tsp. fresh lime juice
- 1/2 tsp. lemon or lime pepper

DIRECTIONS

Add flour, baking powder, and salt to a mixing bowl. Blend with a fork. Add yogurt, olive oil and all but 2 tablespoons of the water, and mix well. If you need more water, add the rest, but if not, just let it be. Mix until everything is well-incorporated and you can form the mixture into a ball.

Place dough on a floured board if it is still a bit sticky, just knead a few seconds with enough flour to make it smooth. Divide dough into six pieces and form each into a ball shape. Allow the dough balls to rest, covered, for at least 15 minutes. You can let it rest longer, too. When I've made this recipe, I've let the dough rest, covered, for up to an hour at room temperature before cooking it.

Before you cook the bread, mix the butter, lime juice and lemon or lime pepper. Snip the fresh cilantro leaves right into the butter and mix well. (If you want to use garlic, add a couple cloves of either sautéed or fresh minced garlic to the butter.)

When you're ready to cook the bread, preheat the cast iron skillet over medium heat. Once the whole surface of the skillet is hot, roll out the dough balls into circles about 6-inches in diameter and about 1/4-inch thick. (I roll the next one out while the current one is cooking, but you can roll all of them out at once if you have a large enough board.)

Place the dough round in the skillet and cook for about 2 minutes, or until you see the bottom beginning to turn golden brown and small air bubbles form. Flip and cook the other side for the same amount of time, or until it looks perfect!

Immediately spread the cilantro-lime butter over the top of the naan and serve while it's hot.

Note If you make these all at once and want to keep them warm, you can preheat a second cast iron skillet and transfer the cooked ones to that to keep warm, or keep them in a warm oven until ready to serve.*

How to successfully request a gap year deferral

By Elizabeth LaScala, Ph.D.

Some students choose to defer their undergraduate studies to take a gap year, using the time to work, travel, or volunteer. Aside from having a concrete gap year plan, students must ensure that they apply for a deferral at the college they plan to attend. The deferral process differs across colleges, and thus it is vital that students understand their college's policies to successfully apply for a gap year.

An obvious first step is ensuring that the college allows gap year deferrals. While the vast majority do, the University of California system does not allow admitted students to defer their enrollment. Students that aim to take a gap year and attend a UC must reapply the following year, and thus should ensure that they factor in time for

college applications when making their gap year plan. Conversely, many private colleges and some public universities support gap years. Harvard not only allows incoming students to take a gap year but encourages it. Harvard admissions' "Considering a Gap Year?" webpage states that the school believes students should consider deferral, if it will allow them to make the most of their opportunities and avoid burnout; between 90 and 130 incoming Harvard students take a gap year each cycle. The school even has a student-run Gap Year Society to support students during and after their gap year experience. Tufts University also believes that a gap year can be a "fulfilling experience" for students. However, Tufts does not allow students admitted from the waitlist or transfers to apply for a gap year. The university also does not accept deferral requests for stu-

dents to pursue "structured" or "credit-bearing" academic programs during their gap year.

Clearly, schools have varying gap year policies: students must investigate their college's specific gap year deferral process. Most colleges list their gap year information online, but it is most beneficial to call the college's admissions office to learn more about the gap year application process. Students are generally required to submit a deferral form or write a gap year application letter that asks for information like the student's reason for taking a gap year, their gap year plan and objectives, and the length of time they plan to defer their enrollment. Students that submit a concrete deferral plan are more likely to have their application accepted. Thus, conducting thorough gap year program research and identifying clear

goals for the gap year before applying will go a long way to ensuring success. Most schools have a May 1 deferral application deadline, so students should begin considering gap year plans before receiving college admissions decisions.

After learning more about gap years and if your preferred college allows it, students must write and submit their deferral application! As with college essays, it is wise to have a college counselor, teacher, or another strong writer review the application before it is submitted. The reader should be able to easily understand the student's gap year objectives. While applying for a gap year deferral is less intensive than the college admissions process, having clear goals and conducting thorough research will help ensure success.



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.

Helping the visually impaired with recycled eyeglasses



Photos provided

Campolindo Leo Club President Luca Rago and Leos

Submitted by Bob Murtagh

The Campolindo High School Leo Club and Moraga Lions Club conducted an eyeglass sorting event Nov. 14 at the Hacienda de Las Flores. The group consisted of nine Leos, six Lions and four Moraga residents and in a few hours they sorted 8,000 eyeglasses that had been donated for recycle.

Each year Lions clubs in California collect many thousands of used eyeglasses, which are sorted, cleaned and sent to local prisons where the prescription will be assigned before the glasses are sent to third world countries where local Lions Clubs will distribute them to the visually impaired.

In past years the Leos and Lions would usually process around 4,000 eyeglasses and this year's event set a record for both clubs.

For more information about the Eyeglass Collec-

tion or Recycle, contact Lion Bob Murtagh at rmurtagh62@yahoo.com



Campolindo Leo Club members