

Super soft snickerdoodles hit the mark this summer



Brown Sugar Snickerdoodle Cookies

Photos Susie Iventosch

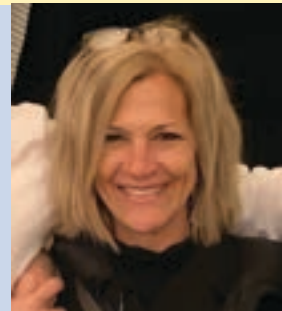


INGREDIENTS

Brown Sugar Snickerdoodle Cookies

1 cup butter
1 cup brown sugar
1/2 cup granulated sugar
2 tsp. vanilla extract
2 large eggs
3 cups all-purpose flour
1 tsp. baking soda
2 tsp. cream of tartar
1 tsp. cinnamon
1/2 tsp. salt
For rolling the dough balls:
1/3 cup sugar
2 tsp. cinnamon

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>



DIRECTIONS

Preheat oven to 350 F. Line a baking sheet with parchment paper. Set aside. Mix the 1/3 cup granulated sugar and 2 tsp. cinnamon in a small bowl for rolling the cookie dough balls in. Set aside.

Place butter in a large mixing bowl or the bowl of your standing mixer. Beat butter until light and fluffy. Add both white and brown sugars and continue to beat until fully integrated and fluffy. Add eggs and vanilla and beat well.

Add all dries (flour, baking soda, cream of tartar, cinnamon and salt), and using the slow speed on your mixer, beat until the dough is thoroughly incorporated.

Form the dough into balls using a cookie scoop (or your hands). The balls should be approximately 1 1/2 inches in diameter for 3-inch finished cookies. Roll the balls in the prepared cinnamon-sugar to generously coat the entire dough ball.

Place the sugared dough balls onto the prepared baking sheet, about 2 inches apart. Bake for 8 minutes and then check on them. They may need another minute or two, but you really don't want to over bake snickerdoodles! Remove from the oven and cool.

Note

These cookies store very well in a plastic container or a baggie for up to two weeks and still remain soft and chewy. You can also freeze the dough if you don't need or want all of your cookies baked at one time. Simply scoop the dough into balls and roll them in the cinnamon sugar. Then freeze the dough just like that in an air-tight container. When you're ready to bake them, take the dough out of the freezer about 15 minutes before baking and bake according to the directions above.

By Susie Iventosch

If you love snickerdoodles, I think you'll really love this brown sugar version. While snickerdoodles are similar to sugar cookies, they vary in taste and texture due to two key ingredients: cinnamon and cream of tartar. If you don't have cream of tartar in your spice drawer, you will want to add this to your shopping list. The signature tangy flavor of the cookies comes from this key ingredient and it also helps to maintain the soft texture. You'll want to have cream of tartar for the tang, baking soda for the leavening, and brown sugar for this version. In most Snickerdoodle recipes, the cookie dough is made with white sugar, but we just love that caramel taste of brown sugar, so I like to use a combination of brown and white sugar, and it works really well in this recipe.

Once you've made your dough

you're going to roll them in cinnamon sugar before baking. The key to making the perfect soft texture in this cookie recipe is to slightly underbake them. You just want to see the edges turn golden-brown and that's about all the heat it takes — maybe 8-10 minutes at 350 F. Also, by using a cookie scoop you can make perfectly round cookies. My nephew gave me one of these a couple of years ago, and I really love that gadget. Ours is about 1 1/2-inches in diameter and we find that it makes the perfect size cookies.

These cookies stay fresh longer than most. Two weeks after making them, they are still as soft as the day we baked them. Just store them in an airtight container. It's amazing, really. Usually, cookies dry out and get crumbly, but not these. On top of that, you can freeze the dough balls so they're ready to bake in case some unexpected guests pop in, or you just have a sudden hankering for snickerdoodle cookies!

Family Focus

Checking in with your family

By Margie Ryerson, MFT

We're encouraged to have yearly physical exams with our physicians, and of course we're also advised to check out any physical symptoms we may be experiencing. In addition, many people are seeing the importance of psychotherapy to help them with emotional concerns and well-being.

A concept that is sometimes overlooked is the idea of periodically checking in with our family members

to get feedback. There are various times when this pro-active approach can be very helpful. Here are some examples:

1) Tyler, age 10, had become increasingly defiant when his parents tried to regulate his screen time. He also didn't comply when it was time to get in the car to go to a sports practice or appointment. In other words, he was not being cooperative with his parents. Tyler had no problem in school listening well to his teacher, so his parents

knew that his behavior was more willful than unintentional.

Tyler's parents had tried both positive and negative reinforcement, encouragement, pleading, and expressing their frustration. They were willing to try an open-ended discussion with him, without blame or anger. The objective was to omit their own feelings and allow for Tyler to express his. Timing was important since it needed to be during a tranquil period when emotions weren't raging.

Of course, Tyler didn't want to cooperate and talk with his parents since this system was working well for him. And he was resentful that they kept nagging him. I encouraged his parents to let him know that they wanted to get along better and to find out what he thought would help. The appeal for Tyler was that suddenly his opinion and preferences mattered.

With Tyler's eventual participation, the family worked out ways to avoid ongoing conflict. Tyler wanted more uninterrupted time on his iPad to play Roblox, and they designated two times per week that this could happen. Tyler acknowledged that he needed to be ready when it was time to leave the house and stop causing everyone to be late. He asked that his mom let him know the schedule for the day each morning so he would have advance notice. Even though he had piano lessons on a certain day at a certain time each week, he said he needed a reminder.

The family agreed to keep meeting from time to time to allow for Tyler's input in a calm, conflict-free setting. He seemed to enjoy being treated in a more adult way and feeling like he had more control at this stage in his life.

2) Allison and her husband, Chris, had an ongoing problem with Allison's mother, Monica, who was divorced and lived close by. The couple had three young children and welcomed babysitting help from Monica from time to time. They wanted to spend time with her as well, but Monica's constant complaining and self-involved conversations were hard for them to tolerate. Although Monica provided help babysitting, they sometimes felt like they had a fourth child.

Since they didn't want to hurt her feelings or alienate Monica, they kept quiet and figured they needed to just accept the way she was. However, they had difficulty tolerating her behavior and therefore were reluctant to see her very often. This became a vicious cycle since Monica then felt excluded and complained more, and Allison felt guilty.

Allison and Chris knew that it would be helpful to communicate with Monica, but they were unsure how to do this effectively. We set up an initial session for just Allison and Monica,

since it might be too overwhelming for Monica if Chris participated as well. Allison knew that she needed to keep her message to her mother as positive and caring as possible so the conversation wouldn't degenerate.

Allison spent time letting her mom know how much she appreciated her help and support. She said she loved her and wanted to spend more time with her. Then she said how it was hard for her to hear about her mother's dissatisfactions and not be able to do much about them. And she also felt that she couldn't listen well enough to her mom when she was pulled between her family, her part-time job, and other compelling pressures. Allison said she wanted to hear about her mom up to a point, but hoped Monica could find someone to talk to more regularly.

Although Monica didn't like hearing anything that sounded at all critical, she was able to accept Allison's message and tried to limit her complaints from then on. Monica realized she needed to find other people in her life to confide in, and she ultimately joined a volunteer group at her church that provided her with more companionship.

Candid conversations in a non-threatening manner are hard to do sometimes. It's not easy to be able to talk openly with someone close, but after the initial discomfort there are usually benefits for the relationship. It is especially helpful for children, teens and young adults to be encouraged to express themselves with their parents. All too often, they may misjudge their parents as not being able or willing to have an open mind. They may be afraid of hurting their feelings or provoking anger or disapproval. If they see that their parents are receptive to what they're thinking and feeling, it can make a world of difference. Relationships can thrive when we make the effort to check in with our loved ones.



Margie Ryerson, MFT, is a local marriage and family therapist. Contact her at 925-376-9323 or margierye@yahoo.com. She is the author of Family Focus: A Therapist's Tips for Happier Families, Treat Your Partner Like a Dog: How to Breed a Better Relationship, and Appetite for Life: Inspiring Stories of Recovery from Anorexia, Bulimia, and Compulsive Overeating. They are available on Amazon.com and BarnesandNoble.com and from Orinda Books.

In Memory

Peter J Sheaff MD

05/11/1935 - 07/08/2023



A proud third generation Californian, Peter Joseph Sheaff was born in Berkeley, raised in San Leandro by his parents, Joseph L and Lucille Sheaff and moved to Orinda in 1948, when his father became superintendent of the Orinda Union School District. Peter attended Acalanes High School, matriculated into Santa Clara University (BS degree) and graduated from St. Louis University, where he obtained his medical degree in 1961. After completing an internship at Highland Hospital in Oakland, he spent his residency at Children's Hospital of the East Bay, Oakland, and opened his Pediatric practice in Orinda in 1964.

Except for two years serving as Chief of Pediatrics at Valley Forge General Army Hospital in Pennsylvania during the Vietnam War (1968-1970), his entire practice was in the Lamorinda area until his retirement in 2007.

At Children's Hospital in Oakland, while an attending staff member he held many positions including Chief of Medicine, Medical Staff President, Chairman of Continuing Post-Graduate Education Committee as well as member of the Board of Directors.

Dr. Sheaff was a member of the Alameda County Medical Association, the East Bay Pediatric Society, the American Academy of Pediatrics as well as the American Academy of Cerebral Palsy and Developmental Medicine.

From 1964 to the present, Dr. Sheaff served as a consultant for California Children's Services where he orchestrated the care of infants, children and adolescents with Neuro-muscular disorders. Caring for these special children along with the many pediatric patients and their parents whom he served in his private practice over the years, allowed a unique professional and personal relationship with those upon whom he left his mark.

Dr. Sheaff's pastimes included leadership in Orinda's Boy Scout Troop #233, membership in the Orinda Roadrunners (completing 11 marathons), attending lifelong learning classes at the Fromm Institute at USF, enjoying extensive back-packing trips including Mt. Everest camp, soloing the John Muir Trail and crossing the Sierras on snowshoes in 1979. He and his wife Helen enjoyed extensive international travel including leading three medical educational exchanges on behalf of Children's Hospital to both China and Egypt. They also enjoyed opera and music. Family members and Roadrunners will long remember his trombone on birthdays, at Christmas and in Orinda's Fourth of July parades.

Dr. Sheaff's survivors include his wife Helen, and his children Kate Faust (John), Tom Sheaff (Valerie), Charles Sheaff (Anna) and their mother Carolyn. He is also survived by his stepdaughters Lindsay Trevino (Dave), Meg Larsen (Sean) and Davina Roche as well as 13 grandchildren, a great grandchild, and his brother Joseph L Sheaff, Jr.

At his request services for Dr. Sheaff will be private. Donations in his memory may be made to The J. F. Kapnek Trust serving children in Zimbabwe at 938 Dewing Avenue, Lafayette, CA 94549.