

### Smart spellers

Students at Point Dume Marine Science Elementary School recently competed in a schoolwide spelling bee. Azim Stack and Sammy Mankoff were the overall winners of the event. Mankoff, the winner of last year's competition, will go on to represent PDMSS at the Los Angeles County Scripps's Spelling Bee. Stack is the first alternate.



Photo courtesy Michele Turturici  
Students at Point Dume Marine Science Elementary School recently competed in a spelling bee. Participants pictured, from left, bottom row: Sammy Mankoff, Patricia Strutz, Grace Fouch, Azim Stack and Vanessa Clarke; top row: Noah Redclay, Alexa DeBrouwer, Harmony Jaret, Caroline Wallach and Sienna Shah



Photo courtesy Lisa Hall  
Students at Our Lady of Malibu School plant milkweed seedlings to help increase the Monarch butterfly population.

### Beautiful butterflies

Our Lady of Malibu School students have created a place for Monarch butterflies to lay their eggs in Malibu. Kindergartners and second-grade students dug holes and planted 50 milkweed plants within the classroom gardens on Friday.

A representative from the Malibu Monarch Project, who brought the milkweed seedlings for planting, explained how the Monarch's habitat is shrinking. Milkweed is the only plant on which Monarchs will lay eggs and due to development in California, there is a loss of milkweed throughout the state.

## Snack like a pro on game day

The team sports dietitians for the New England Patriots and Denver Broncos give snack tips.

Ted Harper, the team sports dietitian of the New England Patriots, and Bryan Snyder, the team nutrition manager for the Denver Broncos, may be rivals on the field, but when it comes to nutrition, they agree on one thing: pistachios are an ideal snack, whether you're a professional athlete or an armchair spectator.

Harper and Snyder meticulously plan the diets of their teams to maximize each player's performance and recovery. The hard-hitting impact of weekly games and daily practices takes a toll on the players' bodies and their nutrition plan is designed to help them achieve specific performance and recovery goals.

Both agree that, while the "Average Joe or Joann" doesn't take the same hits as a professional football player, he or she still needs a healthy diet to battle the stresses of everyday life. According to Harper and Snyder, a big part of one's nutrition plan should be mindful snacking habits. And are those choices helping or hurting your everyday performance?

"One very easy way to improve your overall nutrition is to replace some or all (depending on how you want to tackle the situation—gradually or with full force) of your not-so-wise snacks like chips, cheese flavored crackers, sugary 'fruit snacks,' pre-made snack cakes, cookies, soda, or candy with something that still tastes good, but is full of healthy nutrients," says Harper. "Pistachios are one of the best recommendations I can make, because they're packed with many important nutrients and because they are very versatile. They lend themselves to just snack on in a pinch, or can be incorporated into the larger scheme of things like adding them into smoothies, topping off oatmeal or sprinkled over a salad."

Pistachios contain important nutrients, such as potassium, calcium, magnesium and phosphorus, which can contribute to a lower risk of heart disease. They're also a great



snack to help with weight management and may help prevent hypertension and lower blood pressure, according to recent studies.

People who eat a handful of nuts (including pistachios) daily have a 20 percent lower death rate, according to a 30-year research project published in the New England Journal of Medicine, the largest study of its kind. In addition, other supporting studies showed people who eat nuts regularly tend to remain leaner due to an association with reduced waist sizes and less weight gain throughout the course of life, compared to individuals who don't regularly eat nuts.

Snyder adds that pistachios are a great snack for anyone looking to lose a few pounds.

"Not only do pistachios contain fiber and protein, but a study showed that people eat 41 percent less when they snack on in-shell pistachios compared to those who consumed shelled pistachios," he says. "Cracking open each nut slows down your consumption, and the empty shells serve as an unconscious visual reminder of how much you've eaten."

"We're all concerned about our heart health and living a healthy, active lifestyle," says Snyder. "It's important that you make smart choices with your nutrition so you can support these goals."

Roasted pistachios straight from the store will satisfy and nourish, but

for a dazzling game day snack, try this tasty pistachio recipe from Chef Robert Del Grande of Houston, Texas.

#### Super Bowl recipe Pistachios Roasted with Smoked Chile Tequila and Limes

- Ingredients:  
1/2 cup fresh lime juice  
1/2 cup granulated sugar  
4 large chipotle chiles canned in adobo: approximately 3 ounces  
2 tablespoons adobo sauce: from the canned chipotle chiles  
6 tablespoons silver tequila  
1/2 teaspoon salt  
2 pounds pistachio nuts in the shell  
Lime wedges

#### Instructions:

Combine the lime juice, sugar, chipotle, adobo sauce, tequila and salt in a blender. Puree until smooth. Place the shell-on pistachio nuts in a mixing bowl. Add the sauce and toss or stir until the sauce is fully incorporated into the nuts. Transfer the nuts to a sheet pan. Pre-heat an oven to 350 F. Toast the nuts for 5 to 10 minutes or until the nuts are nicely browned. Remove from the oven and cool to room temperature.

To serve, place the pistachio nuts in a serving bowl. Sprinkle the nuts with salt and garnish with lime wedges.

See Super Bowl Recipes, page B7

### Disney music magic

Juan Cabrillo Elementary School fourth- and fifth-grade students attended Disney's Music Education Program where they had an opportunity to compose and perform music to Disney films. They studied music harmony, melody and tempo.



Photo courtesy Pamela Rose

### Birthday bash



Photo courtesy Lea Anderson  
Malibu resident of more than 64 years Bill Armstrong celebrates his 99th birthday.

Longtime Malibu local Bill Armstrong turned 99 years old in January. To celebrate, he was treated to lunch at Spruzzo's Restaurant by his children, Lea Anderson, Alan Armstrong and Lani Netter. Alan

drove Bill to the restaurant in Bill's antique 1924 Pierce Arrow Runabout Roadster.

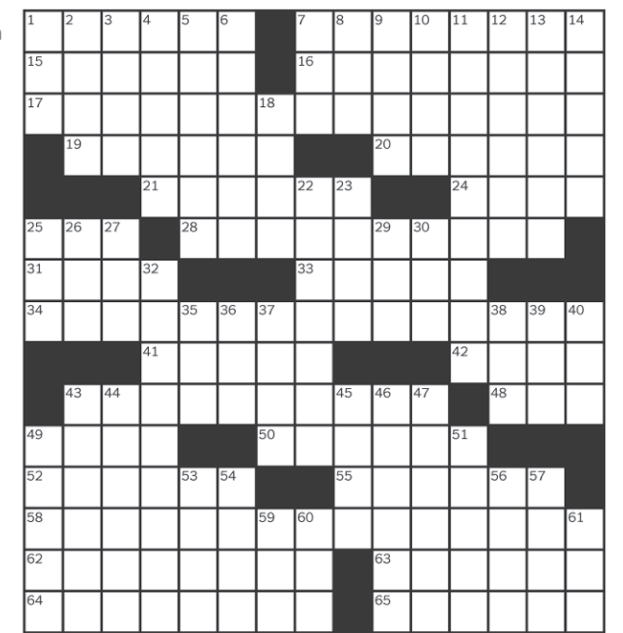
Bill has lived in Malibu for more than 64 years. He says his birthday is to celebrate his 100th birthday next year.

## CROSSWORD

Edited by Will Shortz No. 1226

- ACROSS**  
1 Some tubers  
7 Anyway  
15 Unqualified  
16 Jamaican rum liqueur  
17 Many a Manhattan Project worker  
19 Search for, in a way  
20 Undiluted  
21 Brown shade  
24 Toward safety  
25 One on One: \_\_\_ vs. Larry Bird (old video game)  
28 Growth on wet rocks or the surface of stagnant water  
31 Pre-Susan B. Anthony dollar coins, informally  
33 Bygone Brazilian airline  
34 What a coiled spring or charged battery has, in physics
- DOWN**  
41 Public, as dirty laundry  
42 Skinny  
43 Targeted area?  
48 Hit with an electric bolt  
49 Silents sex symbol  
50 Bugged down  
52 Animated greetings  
55 Oscillates  
58 Chaos... or a hint to the contents of 17-, 28-, 34- and 43-Across  
62 Dubai-based airline  
63 California's National Forest  
64 Private dining area?  
65 Maxim

- 2 Sedate, say  
3 Using the bow, in music  
4 Purity rings?  
5 Old iPod Nano capacity  
6 More rough around the edges, perhaps  
7 Partook of  
8 End of a French film  
9 Auto necessities  
10 Discharge  
11 Completely tuckered out  
12 Site of some piercings  
13 Name on a property deed, maybe  
14 Brobdingnagian  
18 Surrealist Magritte  
22 Silver Stater  
23 Fastidious to a fault  
25 Skinny-\_\_\_  
26 1929's "Street Girl" was its first official production  
27 Deep black  
29 "The Way I \_\_\_" (2007 Timbaland hit)  
30 Architectural designer of New York's Museum for African Art  
32 Vikings, e.g.  
35 Zip  
36 Nickname for a junior's junior  
37 Yesterday: It.  
38 Cartoonist Chast  
39 I.O. is not a good one, in brief  
40 "You betcha!"



PUZZLE BY TIM COCOE

- 43 Flower cluster on a single stem, as in the honey locust  
44 Many Shiites  
45 Language of Pandora  
46 Richard \_\_\_\_, former chief of the N.Y.S.E.  
47 Continental pass name  
49 Embellish, in a way  
51 Like chestnuts  
53 Alternative to hell?  
54 Be plenty good for  
56 Slips  
57 "The poet in my heart," per a Fleetwood Mac song  
59 Sports anchor Berman  
60 48 U.S. states observe it: Abbr.  
61 Ship's departure?

### ANSWER TO PREVIOUS PUZZLE

CAT ROMANCE BCD  
ARR EXEDOUT ALE  
PTA COLORTV NEE  
TINF on LAMP  
ACCOSTS TRAINER  
ILES ULTRA MANE  
NESS BR OLER ESTD  
LIKEWATER AND OIL  
AWE ATATIME URI  
SHY HOT BAG TAB  
TEA ODE SIR LTR  
PERIOD TOLLIFE  
ALEC LAYER ONIT  
SINE ELATE WENT  
SEA RAZED SKI

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