

The Daily Independent

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Strong winds pummel Ridgecrest

Strong winds hit the Indian Wells Valley on Monday, kicking up dust, sending debris flying and knocking over trees. According to the National Weather Service in Hanford, the wind reached speeds of 35 mph, with gusts as strong as 45 mph. The California Highway Patrol shut down traffic on Highway 395 for big rigs and other high-profile vehicles from Pearsonville to the state line. The weather station at

China Lake also hit a high of 52 mph and Jawbone Canyon recorded a gust as high as 63 mph. The IWW will also be going through a winter alert advisory later this week, with a 70-percent chance of rain on Wednesday and a chance 50 percent chance of snow and rain on Thanksgiving Day. Temperatures for Wednesday will be a high of 52 degrees and a low of 36 degrees; Thanksgiving temperatures will be a high of 45 and a low of 31.



Strong winds shear a tree in front of a North Palm Street home on Monday.

JACK BARNWELL/DAILY INDEPENDENT

Volunteers help pack up food



SUBMITTED PHOTOS

Volunteers from Naval Air Weapons Station China Lake, including VX-39 enlisted sailors, help pack up holiday food baskets on Friday, Nov. 22 at the Ridgecrest Salvation Army. Every year, sailors help pack the food baskets, of which some go to military families aboard the Navy installation. Within one hour, sailors managed to pack up about 230 boxes for both Thanksgiving and Christmas.



Thanksgiving with a touch of Basil in Trona

BY JACK BARNWELL
Community Editor
jbarnwell@ridgecrestca.com

Hundreds of Trona residents filled the elementary school dining hall Saturday or took home Thanksgiving dinner courtesy of a Victorville-based nonprofit. Chef Basil Kimbrow and his wife Lizet Angulo and a small army of volunteers cooked up a storm using Trona Elementary's kitchen to prep food as part of their con-



JACK BARNWELL/DAILY INDEPENDENT
Chef Basil Kimbrow checks on Trona residents during a pre-Thanksgiving meal held at Trona Elementary on Saturday.

SEE BASIL, A3

Where to find a Thanksgiving meal in town

The Daily Independent wishes everyone a Happy Thanksgiving. And while this is the season of eating, here is a quick rundown of where to find a Thanksgiving meal in town:

- Kristy's Family Restaurant, 430 S. China Lake Blvd., is hosting a Thanksgiving Turkey Dinner from 11 a.m. un-

til it's all gone. The menu features roast turkey and stuffing with soup or salad and garlic bread or dinner roll. A slice of pumpkin pie can be purchased for 99 cents.

- Lugo's Grill, 908 N. Norma, welcomes the community for a Thanksgiving Dinner, beginning

SEE OPTIONS, A2

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THE WEDNESDAY COLUMN

Let's talk turkey



JESSICA WESTON

We have all seen them. The cute Facebook cartoons about the turkeys dressing in costume to avoid the farmer this time of year. They are cute, they are funny, they are a little bit troublesome. I don't like assigning human feelings to food I am about to eat.

Even worse are the videos of live animals. I click on the cat links, so that somehow makes me privy to the cat and baby pig links or the cat and baby fowl links. Which again gets me thinking about whether I really want to eat these cute animals.

And here's the point: I

know people are meant to be partially carnivorous. It is healthy for us to eat meat. At least that's what my scientifically-minded mother tells me. We were probably designed to eat protein fairly often, with a diet that was otherwise composed of plants or whatever. So it's not unnatural. But I am reaching the point where mid-life is making me sentimental and I am not sure I want to eat animals anyway.

So I have tentatively toyed with eating less meat. There is a problem here, too, though. Content warning: graphic. Tofu makes me fart. Soy burgers give me other digestive problems. So alternate sources of protein are problematic as well.

I have resolved the issue, sort of, by avoiding pork and eating as little red meat as I can get away with. I can't do tofu or soy (as mentioned above) so I eat a lot of eggs, cheese, plain yogurt, etc. Once in awhile I eat bacon and feel

guilty afterwards.

Which brings me to Thanksgiving. I love traditional Thanksgiving fare. As I have written earlier, my mom's mother (nicknamed "The G") was a master at preparing these foods. Her stuffing was a wonder, I have never had any better. So a big plate of turkey, potatoes, gravy, stuffing and a few token vegetables always, always reminds me of her. She is no longer with us, but in a real way a good Thanksgiving meal brings her back. And being a grandmother, I know she would approve. She was always telling me I was too thin.

My family and I will be dining out on Thursday, since my mom and I don't want to subject anyone to our collective cooking. (Just kidding, my mom is a good cook. I am not.)

This opens me up to whatever is on the menu. And I will probably order a traditional meal and feel a little guilty, although I am sure it will taste really good.

Holidays are a time for family, to relax, and relax the rules (and your belt) a little bit. It's the one time of year its socially acceptable to over-indulge, so I may order a dessert (or three) too.

Then there is the issue of Native Americans and Thanksgiving. By my mom's latest estimate, I am 1/64 Cherokee. So I don't even know how to feel about that. But I do believe that holidays transcend their historic pasts and become of the present, a way of uniting families. And I have lost enough family members over the years to want to spend time with those I have left.

So I will probably eat whatever I want for one day, then afterwards I may revert to limiting meat and sugar. Who knows? The year 2020 is almost upon us and given the catchiness of the year, I am sure we all have a lot of catchy resolutions to make. "Save money in 2020," etc. But there is a month before I have to think of all that. So for now ... Happy Thanksgiving!

2019 Christmas Lighting Contest

Get in the spirit of the holiday season!

Name: _____

Address: _____

Phone#: _____

RULES: The contest this year is free to enter. Fill out this contest entry form or email Community Editor Jack Barnwell at jbarnwell@ridgecrestca.com or call us at 760-375-4481 x109.

The best entries will be published in the December 25 edition and will be featured as our Facebook cover photo for the month of January 2019.

Deadline for entries is Dec. 16.

The map of the local Christmas Light Tour (which is separate from the contest) will run on Dec. 4, 11, 18 and 25.



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OPTIONS

Continued from A1

at 11 a.m. until all gone. The price is \$13.99, \$12.99 for seniors.

• Schooners Patio Grille, 1400 N. Norma, will begin its Thanksgiving Dinner at noon until all gone. \$17.99 for a traditional turkey dinner; \$22.99 for a traditional turkey and ham dinner.

• Denny's, located at 104 S. China Lake Blvd., will have a Thanksgiving dinner on its menu, featuring a turkey and dressing dinner pack with stuffing, turkey gravy, and cranberry sauce.

• If you feel like a drive, The Panamint Springs Resort will host its annual Thanksgiving dinner from noon to 10:30 p.m. The doors usually open at noon sharp and we serve the free dinner until close. Donations are appreciated. For those wishing to stay overnight, people should make motel or campground reservations ASAP as we consistently book up for this event. Camping reservations must be made over the phone at 775-482-7680. Panamint Springs Resort is located on Highway 190, 32 miles west of Stovepipe Wells. Ridgecrest and Trona residents can travel either Trona Wil-drose Road or on US 395 and Highway 190. Please be aware that the resort has no official address, so plan the trip accordingly.

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'Scenes from Lives of Service' goes on sale

Many years in the making, the new Ridge Writers book "Scenes from Lives of Service: High Desert Veterans of WWI Through Desert Storm" has just arrived and is on sale at Red Rock Books, Maturango Museum, and the Historical Society of the Upper Mojave Desert. It is also available by mail order by letter and check to Ridge Writers, PO Box 484, Ridgecrest, CA 93556; buyer should state name, mailing address, number of copies requested, and enclose a check for \$32.50 each (cover price, sales tax, and shipping by media mail).

Spanning the globe and an entire century, both war and peacetime, stories range from a World War I submarine to the Pearl Harbor attack, atomic testing to China Lake, Vietnam and more recent action. Containing 120 profiles and 276 black-and-white photographs, the collection draws from regional news reportage, archival sources, family reminiscences, interviews, and several pieces by the subjects themselves. "Scenes from Lives of Service" follows Ridge Writers' successful 2011 anthology "Planet Mojave: Visions from a World Apart."

Ridge Writers is the East Sierra Branch of the 110-year-old California Writers Club (calwriters.org). The CWC traces its roots to Jack London and friends in the Bay Area and has 22 branches throughout the state.

BASIL

Continued from A1

Continued support for Searles Valley following the July earthquakes.

"We came up here following the earthquake with trailers full of food, water and supplies because we saw it twice," Angulo said. "Every year, our nonprofit feeds veterans, but talking with my husband Basil, I said let's step away from doing veterans this year and do Trona."

She said she coordinated with Trona resident Debbie Wright and a Trona committee and drummed up a host of volunteers and sponsors to help with dinner.

Volunteers from Chaffey College and from Victor Valley High School's culinary arts program helped

prepare the food. Sponsors included Southern California Edison, Valley Spuds, Broken Soldiers and Ladies TKO, Individual Food Service, Libbey, Julia's Produce and more. Chefs from the American Culinary Federation cooked the meal.

"Everything just started pouring in help," Angulo said.

Angel started her nonprofit, Ladies TKO, in 2015 as an extension of taking care of her elderly parents, who suffered from Alzheimer's Disease.

"When they passed, I decided to do it in their memory," Angulo said.

Wright, the Trona resident, noted that the couple has supported Searles Valley through the earthquake recovery effort.

"They have done so much for us and they've stood behind us since the

earthquakes," Wright said. "It's amazing what they're doing."

She noted that Trona residents are pulling together following the July Ridgecrest earthquakes, which caused substation damage to Searles Valley homes and businesses.

"We had a lot of families leave but the people who are still here are sticking together," Wright said. "There's still some concern about what we have, but my thing is bigger, better, stronger. Trona Strong."

One driving point was Searles Valley Minerals going back online following an two-month recover process. Searles Valley Minerals' three plants and its rail system were hard hit by the earthquakes, requiring substantial repair.

"Hearing that noise as the main plant going back

online and the trains going was so wonderful," Wright said. "We went without that sound for so long."

She added things could be better if the town had better forms of communication, but "I think this dinner is part of the healing process."

Support from surrounding communities has also helped, including Burroughs High School sending over its marching band to perform in two home Trona High School football games.

Kimbrew, the chef, said the Thanksgiving dinner for him is part of giving back. A veteran, Kimbrew said he was homeless, suffering from Post Traumatic Stress Disorder (PTSD) and Attention Deficit Hyperactivity Disorder, which left him unstable.

He ended up spending 13 months in jail.

"I lost my freedom for 13 months and I had mental problems," Kimbrew said. "My wife helped clean me up, she clothed me, bought me shoes and a computer and directed me to culinary school at Le Cordon Bleu."

He said that was his inspiration to give back.

"So many people helped me get back up, they never gave up on me," Kimbrew said. "When I saw up was happening up here

the first time I came up, said 'Damn, I've got to come back.'"

He said a second trip to Trona left him "devastated because things were still not getting better."

"I said I'm coming back and feed you a pre-Thanksgiving dinner," Kimbrew said. "I want to feed the whole town. The American Culinary Federation are the best chefs in the world, but when there's a disaster, we go."

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Odd Addresses	Wed, Fri, Sun		
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Odd Addresses	Wed, Fri, Sun		
ALL Addresses	In March, transition from the anytime hours schedule to the 8pm to 8am schedule above		
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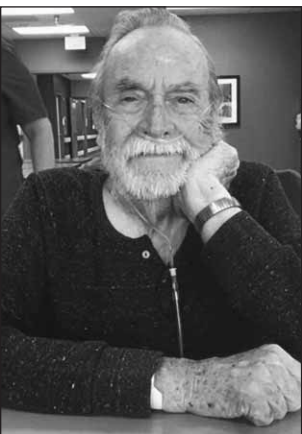
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OBITUARY

Leslie Carrington Hunter



Leslie Carrington Hunter passed away peacefully on July 14, 2019, in Memphis, Tennessee surrounded by his wife of 31 years, Marjorie Jo Stauffer Hunter and his children. He was born in San Bernardino on December 16, 1938.

Les joined the Navy in 1956 and retired after 20 years as an Aviation Ordnance Chief in 1975. His duty stations included Hawaii, Florida, Alameda, Whidbey Island, San Diego, and China Lake where he retired. Les always said his favorite sea duty was on the U.S.S. Salisbury Sound, a seaplane tender. Shortly after that, Les worked for the now Naval Air Weapons Station as a physical sciences technician until his retirement in 2000 with 42 years total federal service. After retirement, Les moved to Marion, Arkansas and continued

to enjoy the RV lifestyle. He crisscrossed the country from coast to coast and border to border. Other hobbies Les pursued included the CB club, square and round dancing, flying, but his favorite was spending time with his family.

Les is preceded in death by his mother, Georgina Leslie Hunter Workman, his father Joseph Madone Hunter, his elder brother Joseph Richard Hunter, and his younger sister, Kathy Hunter Petlansky. Les is survived by his wife Marjorie of Arkansas, sister Marilyn Hunter Rodefer, of Carson City, Nevada, three sons Michael Jon Hunter of Westminster, Colorado, Frederick Joseph Hunter of Long Beach, California, and Allen Scott Hunter of Ridgecrest. Les is survived by five daughters, Gina Marie Hunter Zwierchowski, Stephanie Kay Parker Montoya, both of Ridgecrest, Tina Marie Parker Rolfson, of Tacoma, Washington, Marjorie Isabelle Johantgen McColum, of Crawfordsville, Arkansas, and Amanda May Johantgen, of Marion, Arkansas. He is survived by twenty-four grandchildren and numerous great-grandchildren.

Graveside military services will be at 2pm on Friday, November 29, 2019 at Desert Memorial Park.

One injured in crash at post office



Kern County firefighters and Ridgecrest police officers respond to a woman who accidentally ran her truck into the Ridgecrest Post Office on East Coso Ave Monday morning. The woman was transported to Ridgecrest Regional Hospital to be treated for moderate injuries.

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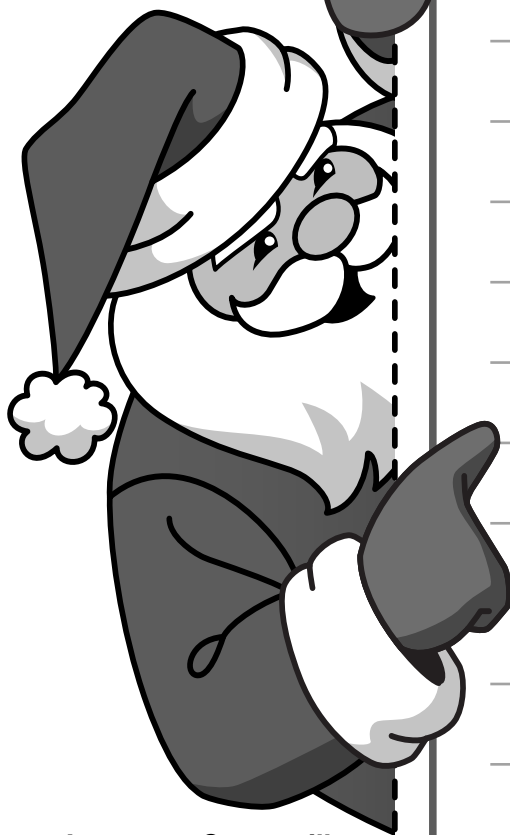
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Write to Santa! It's FREE!



Letters to Santa will be published in the December 25th edition of The Daily Independent, along with additional Christmas photos. After all letters are received and retyped, they will be mailed to the North Pole, Attn: Santa Claus.
All submissions must be received by December 13th, 2019 in our offices at 224 East Ridgecrest Blvd.

Santa has gone digital!
You may also email your letter to Santa to
SantaRidgecrestShop@gmail.com

Food for thought: Alternative Thanksgiving dishes



No holiday is more associated with food, specifically the main dish and sides, than Thanksgiving. Just about everybody could rattle off the traditional Thanksgiving menu with ease. Turkey, cranberry sauce, green bean casserole and sweet potatoes are the most traditional spreads seen on dinner tables, but according to a new survey, some Americans are reluctantly eating a traditional Thanksgiving meal.

According to a recent Harris Poll of more than 2,000 adults, 68% of Americans secretly dislike a classic Thanksgiving food, but will eat it anyway out of tradition. The poll also found that 29% dislike canned

cranberry sauce, but eat it anyway; 24% dislike green bean casserole, but eat it anyway; 22% eat sweet potatoes or sweet potato casserole despite disliking it; 21% eat pumpkin pie, but dislike it; and 19% dislike turkey, but eat it anyway.

If you fall into the category of "disliking" some Thanksgiving options, here are a few main dish alternatives from FoodandWine.com and side dish alternatives from BonAppetit.com.

Main dish alternatives:

- Honey-Bourbon-Glazed Ham
- Spiced Coriander and Mustard-Crusted Rib Roast of Beef
- Spiced-Rubbed Salmon with

Herb-and-Pomegranate Raita

- Slow-Cooked Sweet-and-Sour Pork Shoulder with Pineapple
- Beef Chuck Eye Roast with Paprika-Herb Rub
- Side dish alternatives:
- Broccolini with Sesame Sauce and Lemon
- Cheesy Cabbage Gratin
- Cornbread Stuffing Fried Rice
- Marinated Lentils with Lemon Broccolini and Feta
- Coconut Creamed Greens
- More Content Now

EASY RECIPE

Green Pea Salad with Roast-

SEE DISHES, A7

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DISHES

Continued from A1

ed Chiles and Red Onion
Serves: 8

Ingredients
— 2 large eggs
— 1/4 cup roasted,
skinned, cored, seeded
and chopped poblano
pepper

— 2 tablespoons roast-
ed, skinned, stemmed,
and chopped jalapeño
(remove some or all of
the seeds and mem-
branes for less heat)
— 4 cups frozen green
peas, thawed
— 3 tablespoons diced
red onion
— 2/3 cup mayonnaise
— 1/4 teaspoon salt,
plus additional as desired

Directions
Place the eggs in a
small saucepan and cover
with cold water. Bring to
a rolling boil and cook
for 1 minute. Turn off the
heat and let the eggs rest
in the water until you can
immerse your hand in it,
about 20 minutes. Pour
off the water and cover
the eggs in cold water.
Set aside for 5 minutes.
Peel the eggs.
Finely chop the eggs

and transfer to a large
bowl. Add the chopped
peppers, peas, onion,
mayonnaise, and salt.
Stir to combine. Taste
and adjust the season-
ings as desired. Cover
and refrigerate for 1 to 2
hours to blend the fla-
vors.

- *SouthernKitchen.com*

DRINK

Ginger ale best drink
for air travel

If you are planning on
flying for the upcoming
holidays but aren't look-
ing forward to it, experts
say drinking ginger ale
can help calm you during
your flight. According to
Travel and Leisure, you
should drink ginger ale
because it offers calming
health benefits. Ginger
ale can also be more "re-
freshing" because the dri-
er air and cabin pressure
can dull sense of taste
and smell.

- *More Content Now*

FUN FACT

Food in space
Applesauce was the
first good eaten in space
by an American astro-
naut.

- *More Content Now*

Tips for eating healthy during this holiday season

Slow down before plowing
through the holiday hors d'oeu-
vres or finishing off that overfilled
plate of comfort food. An approach
called mindful eating could just
help you enjoy it even more and in-
crease well-being.

Paying close attention to food
and how it makes your body feel
also can help you make better de-
cisions about what, why and the
amount to eat.

"Mindful eating starts before the
meal," said registered dietitian Car-
rie Dennett. She suggests "checking
in" with your body and pondering
questions such as, "Am I hungry?"
or "Why am I wanting to eat?"

Controlling portions and losing
weight are not the goals, but they
may be indirect outcomes of mind-
ful eating. It can help in selecting
nutritious foods and recognizing
when you've eaten enough to feel
satisfied.

Consider which foods sound

good. Something cool, crisp and re-
freshing? Or something warm and
hearty?

Rather than eating on autopilot,
take it slow during a meal. Focus
and enjoy a food's smell, taste and
texture.

"I mean really, really noticing
your food," said Dennett, author of
"Healthy for Your Life: A Holistic
Approach to Optimal Wellness."

Mindful eating is rooted in the
ancient Buddhist philosophy
known as mindfulness, highlighting
awareness of the "present moment,
without judgment," said registered
dietitian Dana Notte, of ThrivIn-
spired Nutrition and a board mem-
ber of The Center for Mindful Eat-
ing.

"This is about curiosity and ex-
perimentation," Notte said, adding
that no food is off limits and there
is no right or wrong.

When preparing to attend a food-
filled holiday gathering, try to arrive

pleasantly hungry and ready to eat,
but not ravenous. Otherwise, you
may eat quickly and become over-
full before your stomach has time to
tell your brain you are satisfied,
which can take 20 minutes, Den-
nett said.

If hors d'oeuvres are present,
think about how to avoid filling up
before the meal is served, she said.

At Thanksgiving, Dennett said,
she forgoes more routine foods and
opts instead for stuffing or special
tasty foods she doesn't eat at other
times of the year.

"I can have a dinner roll at any
time," she said.

Whether it's a hearty wedge of
pumpkin pie or a single sugar cook-
ie, focus on each bite. Take time
chewing and savoring.

"Slow down and tune in to that
eating experience," Notte said, and
remember it's OK if every meal is
not perfectly balanced during the
holidays.

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The Burros' Sebastian Drefs (15) nails a last second shot to secure Burroughs win over Palmdale. Head coach Scott Hansen and the bench are seen celebrating, backed by a loud crowd.

LAUREN JENNINGS/DAILY INDEPENDENT

Burros soccer beats Barstow 6-0 in home opener

BY LAUREN JENNINGS
Sports Editor
ljennings@ridcrestca.com

The Burroughs High School boys' soccer team defeated Barstow 6-0 during its home opener on Friday afternoon, marking the team's first win of the season.

The Burros scored five in the first half, and one in the second. Miguel Romero scored three goals, while Alex Ponce scored two and Isael Jaimes scored one.

"All goals were assisted, which really demonstrates the work we have put in on passing and utilizing our teammates more as well as working the ball around all areas of the field," said head coach Scott Craft.

Junior Espindola recorded 11 saves, which Scott said was huge for the Burros.

"Tenacious defense and solid goalkeeping kept the Aztecs out of the back of our net, with Morgan Vargas holding down our defensive line," Scott said.

This win comes off of a 4-0 loss earlier in the week.

"Barstow is a pretty good side, but we played better and harder today. We have a lot to still build on but I'm very happy with our effort. And to come away with a big in our first home game... it is a great start," Scott said.

The Burroughs High School boys' soccer team plays again on Dec. 16 at Victor Valley at 3 p.m.

With this win, the Burros improve to 1-1.

Victor Valley, led by head coach Bryan Musslewhite, is currently undefeated, winning their first two games of the season.

Burros basketball battles back; defeats Palmdale

BY LAUREN JENNINGS
Sports Editor
ljennings@ridcrestca.com

The Burroughs High School boys' basketball team defeated Palmdale 52-46 in a nail-biter on Friday night, marking the team's first win of the season.

The Burros lost their first game of the year by just one point. Unfortunately, Burroughs also lost two players due to injury as well.

Evan Hansen, one of the team's captains, is out due to an upper-body injury, as well as Grant Martin, who is out due to a lower-body injury, both expected to return in the coming weeks.

Down two men heading into Friday night's game, the Burros relied heavily on their younger guys, specifically sophomores Sebastian Drefs and Kaleb McClendon, as well as freshman Terence Haywood.

"Kaleb and Sebastian were asked to handle the pres-

sure... and that's a lot for sophomores. But they just came in and did some great stuff. I am so proud of them," Scott Hansen said.

Scott Hansen mentioned that Kaleb had been seriously sick a couple of weeks prior saying, "[Kaleb] came all the way back from [being sick] to play[ing] tonight, and that is really freaking awesome."

As far as Haywood, Scott Hansen praised the hard pre-season work ethic that led to him playing Friday.

"Terence Haywood came in and played a lot of minutes tonight. He is like a sponge. He comes into practice and he just learns and he listens. Every week he gets better," Scott Hansen said.

The game itself was back and forth — Burros were tied at the end of the first, up heading into the second half, and down heading into the final quarter.



LAUREN JENNINGS/DAILY INDEPENDENT

Toren Vice (23) pushes his way to the basket, putting up two points for the Burros in the second quarter.

SEE BURROS, B2

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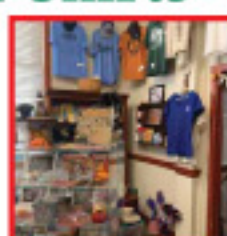
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Lady Burros soccer drops road game against Aztecs

BY LAUREN JENNINGS
Sports Editor
ljennings@ridgecrestca.com

The Burroughs High School girls' soccer team fell to Barstow 3-1 on Friday afternoon.

The Aztecs scored on a penalty kick, corner and

free-kick, while the Burros only goal came from Izzy Roquemore.

Roquemore has had four-goal in two games, making her the team's goal-scoring leader.

Head coach Kelly Blake noted that the team was missing two

starters, Hannah Ostermann and Aileen Ponce. Ostermann is competing in the 2019 Girls Individual Tennis Sectionals this week as the Mojave River League No. 2 player.

Despite the loss, head coach Kelly Blake is still optimistic saying, "On-

ward and upward," after the game.

She also stated that the game may have had a different outcome if they were full strength.

The Burroughs High School girls' soccer team takes on Silverado on Dec. 2 at 3 p.m.

BURROS

Continued from B1

Palmdale didn't go down without a fight either. After nailing multiple three-pointers, the Burros were forced to shoot from behind the arc to close the gap, and as many know, that's a tough spot to be in.

Aaron Celestine made three three-pointers for Burroughs, recording 15 points on the night, and that, coupled with good defensive rebounds from Toren Vice and Andre Sponseller, really kept the Burros in the game until the very end. Vice led the team in points at 23.

Sponseller, another one of the Burros captains, was in for the majority of the game. Burroughs couldn't sub him out either, and Sponseller was pretty tired for the last quarter.

"Andre was so tired at the end because I couldn't take him out. And I said to him, 'Please, just one more minute. Give me one more,' and you could see that he cared more about his team and them winning than him being tired," Scott Hansen said.

Despite the exhaustion, the Burros pressed on,

finding themselves up three a little under a minute left. The plan was to run the clock as much as possible while hopefully scoring to spread the gap.

Drefs dribbled the ball to waste a little time, as instructed by Scott Hansen, and there was some passing back and forth when Drefs found himself with the ball again.

He was forced to shoot from behind the arc while the entire gym was counting the shot clock down. He nailed the three, securing the Burros win.

"We have so much talent, and we saw that tonight. We needed to take advantage of those guys," Scott Hansen said.

"Everyone that played had so much heart. I try not to overdo it on the second game of the year, but I don't care. That was fun. This group doesn't give up, and I am very proud of them."

The Burroughs High School basketball team plays again against Paraclete at home on Tuesday, Dec. 3 at 6 p.m.

Paraclete is currently undefeated, winning their first two games of the season.

The Burros have improved to 1-1 after Friday night's win.

Coso hoops win five straight

BY LAUREN JENNINGS
Sports Editor
ljennings@ridgecrestca.com

Cerro Coso basketball extended its winning streak to five games on Saturday after winning

back-to-back games at the Bakersfield Extravaganza Tournament this weekend.

On Friday night, the Coyotes (5-1) took on Napa Valley (0-4), defeating them 84-67.

Coso had an eight-point

lead heading into the second half, scoring 41 in the first half. The Coyotes outscored Napa Valley again in the second half, scoring 43 to Napa's 34.

Haven Ousley led the team, scoring 19 points. He nailed three three-pointers on the night, tying with Jonathan Foster. Foster had the second-most amount of points on the team at 14, tied with Alex Dieudonne and Tommie Flanagan.

The Coyotes then defeated Cuesta (2-4) 91-60 on Saturday night.

Coso put up 49 points in

the first half, dominating over Cuesta's 28 points scored. The Coyotes put up another 42 in the second half, while Cuesta scored 32.

Jordan Pumphrey led the team in points at 25, nailing six three-pointers on top of eight from inside the arc.

Isiah Thomas had the second-most points for the Coyotes at 15, scoring three threes.

The Cerro Coso basketball team plays again on Wednesday, Dec. 4 against West Hills Coalinga on the road at 5 p.m.



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WASTE NOT, WANT NOT: It's a wonderful time to try making bone broth

ARI LEVAUX
MORE CONTENT NOW

Thanksgiving marks the start of the holidays, and a parallel season of enhanced leftovers consumption. It can be a freewheeling, chaotic time, when pieces of feasts and roast beasts are combined and reheated. But amid improvisations like refried mashed potatoes and microwave kale salad, the most sacred act of leftovers season remains constant: bird bone soup.

The process begins when the table is cleared. As the uneaten sides and desserts are wrapped for the fridge, the motivated host will cut the remaining meat off the carcass, pluck leftover turkey bones from the returned

plates, and add the bones and sinew to a stock pot. If you get started like this before the dust settles, that's one less large object to cram into the fridge.

For me, bone broth soup isn't just a holiday ritual. It's a literal way of life. Whether it's from a deer, cow, pig, fish or a rotisserie chicken in a plastic bag from the supermarket, I'm loath to throw away a bone without simmering it first to extract its goodness.

If you have a pasta pot with a removable insert drainer, I recommend using it. That way you can keep simmering your bones in the soup for as long as possible, even after you've added veggies and meat and other ingredients that will be in the finished soup. If you don't

have a pasta pot, use a colander to strain the finished stock before making soup.

When I make bone stock, I try to cut, break, smash and otherwise reduce the size of the bone pieces as much as possible.

This facilitates the release of marrow and other beneficial bone particles.

But going to such lengths, admittedly, is not absolutely necessary. If you aren't up to bone breaking, don't sweat it. And definitely don't hurt yourself. There is, in fact, a decent argument against breaking the bones: leaving them intact creates a more clear and delicate stock.

If you can make this recipe without a single trip to the store, do, even if it means skipping the parsnips, mush-

rooms or hoisin sauce. If you don't have wine, use a little vinegar for the acid. But, if you don't have onion, carrot, celery and noodles, then you are going shopping.

Turkey Bone Soup, with noodles

— 1 turkey (or other bird) carcass

— 6 sticks celery: 3 chopped finely (about 2 cups), 3 cut in half, plus the leaves

— 6 medium carrots: 3 chopped (about 2 cups), 3 cut in half

— 2 onions: 1 chopped finely (about 2 cups), 1 sliced in half

— 4 sprigs fresh thyme

— 4 sage leaves

— 1 (14 oz.) can diced

SEE BROTH, B8

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BROTH

Continued from A1

tomatoes (or rough equivalent in other tomato form)

- 2 cups mushrooms, cut into quarters
- 1 parsnip, chopped
- Leftover veggies and pan drippings if available
- 1 cup wine
- 1/2 cup soy sauce
- Salt
- Pepper
- 1 tablespoon hoisin sauce
- 3 cloves garlic, minced
- Egg noodles

Fill a pasta pot or stock pot 3/4 full of water, and place on high heat. Pull apart the carcass, bones and everything in between, yanking off the bits of cartilage and connective tissue while stripping the good pieces of meat. Keep the meat in the fridge.

Cut the bones and tissues into as many small pieces as you can with a pair of kitchen scissors. Smash what you can't cut, if you are up to it, but don't hurt yourself.

Broken or not, add the bones, along with all of the cartilage, skin, onion halves, large sections of celery and carrot, thyme and sage to the pasta insert or stock pot. Simmer for as long as time permits, up to 10 hours.

When it's time to make the soup, remove the bones — if using a pasta pot, do so slowly so they drain into the pot, and set the insert in a container to catch further drainage. If not using a pasta cooker, strain the bones in a colander.

Add the chopped celery, carrot, onion, tomato, mushrooms, parsnip, wine, soy sauce, pan drippings, leftover veggies and meat, cut into bite-sized pieces, to the pot, on medium heat.

If using a pasta boiler, and if space permits, put the bones back in the soup while it cooks. Sip the broth every half hour or so to check the seasoning, and adjust the salt and pepper and wine as necessary.

About 30 minutes before serving time, add the celery leaves, hoisin sauce and garlic.

Now it's time for the noodles. You can either add them directly to the soup, or cook them separately. Neither is a perfect solution, as cooking the noodles in the soup means leftovers will be soggy, while cooking the noodles in water deprives them of the opportunity to get bloated by bone broth.

If using a pasta boiler, you don't have to choose, because you can dump the bones and use the insert to cook the noodles in the soup, and then add them as needed to each bowl at serving time.



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