



Place360 health + spa co-owners Helen McCabe-Young and Tracy Whynot

'Wellness, Wine and Mini-Treatment'

Place360 health + spa co-owners Helen McCabe-Young and Tracy Whynot hosted a "Wellness, Wine and Mini-Treatment" event on Oct. 27 at their Del Mar location. Friends and neighbors in the community enjoyed complimentary wine, wellness talks and mini treatments.

They were able to relax, and learn about homeopathy, acupuncture and skin care, plus guests enjoyed chair massages and other mini-treatments offered throughout the evening.

In honor of Breast Cancer Awareness Month, between Oct 17 - Oct 31, 10 percent of all iS Clinical skin care product sales were donated to The National Breast Cancer Coalition.

Place 360 is located at 1349 Camino Del Mar, Suite F in the village of Del Mar. 858-793-1104.

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CIA serves up a program for recruits

The Kitchen Shrink



CATHARINE KAUFMAN Contributor

'Tis the season for college recruiting, and if you have a culinary passion, then perhaps you should check out the CIA.

No, not the "Big Brother is Watching You" peeps, but the Culinary Institute of America, aka The Harvard of Culinary Schools. Its team of regional recruiters and alumni chefs recently presented a pitch session at the UCSD Faculty Club.

"Food is life: Create and savor yours," is the mantra that marinates throughout the trio of CIA campuses. The main hub is in Hyde Park, New York bustling with 2,700 students, while a pair of satellites is on the Greystone campus in St. Helena in Napa Valley, and a fledgling one in San Antonio, Texas.

Students can receive an associate's degree by majoring in either Culinary Arts, or Baking and Pastry Arts. At the end of fresh-

Mango Pineapple Salsa

Chef Barry Schneider's sweet and savory salsa dials-up fish tacos and even makes a lowly corn chip do a Fandango in your mouth. It earns an "A" in my class.

(Recipe may be halved.)

Ingredients:
 2 small pineapples, diced
 8 small, ripe mangos, diced
 2 small jalapeno peppers, diced
 2 tablespoons of canned Embasa brand chipotle chilies
 3 tablespoons of fresh cilantro, chopped
 1 tablespoon of pickled ginger, chopped
 2 tablespoons of red onion, chopped
 2 tablespoons of freshly squeezed lime juice

Method: In a large mixing bowl, combine all ingredients and chill.

man year, they complete an externship for 18 weeks at any one of 1,300 approved sites worldwide — including Disneyland, Ritz-Carlton, Hilton and Four Seasons' properties, and George's at the Cove in La Jolla — and then return to campus to finish their degrees. If they continue with more courses, they can receive a bachelor's. According to Terri Ann Parks, regional recruitment director, "although competition is stiff, 70 percent of applicants are admitted."

The Culinary Arts program serves up such courses as Food Safety, Culinary Math, Nutrition, History and Cuisines of Asia, Europe, the Mediterranean and the Americas, and the business side Restaurant Operations, and Communications and Finance.

If your druthers is being elbow deep in dough,

then the Baking and Pastry Arts program is for you. It offers courses on Chocolates and Confections, Contemporary Cakes and Desserts, Hearth Breads and Rolls, and Café Operations.

Students take some of classes in the various campus restaurants where they both cook and serve the food. The Wine Spectator at the Greystone campus is a full-on restaurant with wine pairing.

Campus "sports" include Chili and Chowder Cook-Offs, Ice-Carving Competitions, and Baking and Cheese Clubs, with items sold at farmers markets.

The CIA has more than 150 master chef instructors, and a Top Chef Series that includes lessons from alumni like Duff Goldman, star of Food Network's "Ace of Cakes," Cat Cora (Iron Chef America); and Antho-

ny Bourdain of the Travel Channel's "No Reservations."

San Diego alum chef Barry Schneider, class of 1985, said, "CIA opens doors and gives you access to its employment placement service for life." For Schneider, those doors include 38 years (and going strong) as executive chef for Premier Food Services at the Del Mar Fairgrounds and Racetrack. He seamlessly runs 11 restaurants each summer and mentors students in and out of his kitchen.

"It's an ever-changing industry that needs talented people," Schneider said. "If you can read a recipe and learn techniques, you're on your way."

Send questions to kitchenshrink@san.rr.com or visit www.FreeRangeClub.com.

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