

## Penguin

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presidency on August 9, 1974. Facing certain impeachment, the man who lost the presidency in 1960 to the alleged philandering icon John F. Kennedy, turned the reins of government over to the well-meaning but seemingly overmatched Gerald Ford, who would serve a couple of years in the Oval Office before being blown away by the Georgia peanut farmer, Jimmy Carter, in the 1976 elections.

All right, so the South Carolina Guv is not the first politician to make a marriage misstep. Heck, if memory serves me correctly, Thomas Jefferson, he of the wonderful powdered wig, was the poppa of a few kids out of wedlock. And William Jefferson Clinton may have been involved in a few indiscreet rendezvous while he called the White House home.

Quick aside on Clinton: Monica Lewinsky? Is that the best that you could do, Slick Willie? C'mon, most powerful man in the world. And the best you could do is a chubby intern? Or may there have been others? Oh well, I certainly don't know the deal there. And you know what, if it was good enough for the lovely Hillary Rodham Clinton, current Secretary of State, to say, "Who cares?" then it was good enough for me.

Is a political leader's alleged marital infidelity our business? Or is it something that the infidel must work out with his wife, husband or significant other?

So at the top I said I was going to lead with the Sanford embarrassment. But then celebrities started passing away. And while celebrities moving on to the netherworld may or may not be fodder for the *Penguin*, CNN went wall-to-wall with Michael Jackson coverage the day the King of Pop died.

Forget the tumult in Iran, or the fact that the bellwether states of California and New York are about to go bankrupt, or that President Obama is trying to make a stand to revamp the health care system in our fine country.

First, Ed McMahon passed away. Yup, the guy who used to introduce the greatest late-night show in the history of television, *The Tonight Show* starring Johnny Carson, left us. Then the beautiful Farrah Fawcett succumbed to cancer. And next, quicker-than-lickety-split, Jackson was pronounced DOA. Political, maybe not. But all of the political outlets gave the Jackson death overkill coverage.

Sorry for that pun. Never owned a Jackson album, but I used to occasionally listen to the *Off the Wall* album back in the day when living with my pal, Tony Q. *His* album, but I do admit to spinning a few of the tracks on the old turntable after I tired of listening to Ted Nugent and the other manly stuff I was favoring at the time.

## Frankly

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your bowels. Gulp it down and run to the pot. Again and again for about three hours. And the morning of the procedure, you give yourself a couple of enemas to finish the cleansing process. That was great fun. Picture that one, loyal readers.

Thought you needed to know...

Speaking of enemas, wonder how many of you Dodger fans will cheer wildly when the drug-cheater Manny Ramirez returns to Chavez Ravine and plants his cleats in left field? The returning hero is slated to play his first game with the Dodgers on the road against the minor league Padres this Friday, and to return to Dodger Stadium in a couple of weeks against Houston. Cheering Ramirez wouldn't make a heck of a lot of you hypocrites, would it? Cuz most of you gave nothing but grief to "Old Helium Head" Barry Bonds when he and the hated Giants visited the Ravine in the final years of Bonds' career.

By the way, Halo fans, would you rather have Old Helium Head swinging in the middle of the lineup for our Angels, or what certainly appears to be a way-over-the-hill Vlad Guerrero? Just asking. Sure like to see the Angels make a play for Oakland's Matt Holliday, who is wasting his time in Oakland with the perennially rebuilding A's. Holliday will be a free agent next year, but so what? Pick him up, put him in the middle of the order, and see what happens. Couldn't be less effective than Vlad has been so far this season.

Back to my Dodgers. Nothing like a double standard, right, amigos? Wonder if Manny got prego in the last two months while he was hiding out, by the way? He was caught taking a female fertility drug, right?

Manny being Manny, right? Amazing how we fans will forgive darn near anything that "our" guys do, but excoriate a visiting player for the same offense.

Reminds of a time many, many years ago

when the cursed Reggie Jackson signed with the Angels as a free agent. Back in 1982, if my hazy memory is correct. Me and my Angel pals didn't like the arrogant Jackson, but as soon as he put on an Angel uni, all was forgiven. At least by us amnesiaics.

Heck, we were in the stands when Reggie cranked a couple of homers in Anaheim, and we stood up and cheered "Reggie, Reggie!" -which was embarrassing, to say the least.

Course me and my posse were also the same guys who used to go to L.A. King games in the pre-Gretzky days of the mid-'80s and wave a white hankie at the Edmonton Oiler superstar. Somehow, we thought Gretzky was some kind of wimp, hiding behind the fists of enforcers like Marty McSorley and Dave "Cement Head" Semenko.

But the second the Great One signed with the Kings in the summer of 1988, we chucked our hankies and gushed about the guy who made hockey a bigger sport than basketball in this little town for a five-year period. Don't believe the Kings were a hotter ticket than the Lakers? Must be under the age of 25, are ya?

But that's a good thing. I need all the readers that I can get--young, old and way in-between.



## Food

### 6 TIPS FOR COOKING WITH BEER



Wine adds depth and flavor to many foods, so does beer, but with a distinctly different taste. Here are some simple guidelines for cooking with beer anytime.

1. Start off slow. Try adding half a bottle to a batch of your favorite chili; let it cook for a bit, then taste it. Want more beer flavor? Crack open another one (you finished that first bottle while the chili was cooking, right?) and add some more.

2. Hops are bitter. Most every beer has some hops in it—they essentially act as the spice in beer. Some beers are more "hoppy" than others. Pale ales are pretty balanced and not overly hoppy, generally making them a better choice for cooking than IPAs (India Pale Ales). Use hops to your advantage: they can cut through creaminess, so try adding a slug to the sauce for a batch of homemade

mac-and cheese. Balance the bitterness with inherently sweet things like carrots, caramelized onions or a touch of honey.

3. Malt is sweet. Malt is malted barley—barley that has been sprouted in water then dried in a kiln. Depending on how the barley is dried, some of the sugars are caramelized and give sweet flavors to the beer. To balance that sweetness in cooking, try adding acidic elements like some chopped tomatoes, a squeeze of fresh citrus juice or a splash of vinegar. Try a nut-brown ale for a user-friendly maltier brew.

4. The flavors in a beer intensify as it cooks and reduces down, so use it judiciously and taste as you go.

5. Use beer like wine. Try making a combination of beer and broth to deglaze a roasting pan or the pot you're browning meat in for stew.

6. Wing it. Steam mussels or shrimp in beer with some chopped tomatoes and garlic, add lager or pilsner to your favorite batter for fish or seafood (be sure to use light-colored beers or the batter will be gray) and use it to marinate almost any kind of protein.

Here are some tested recipes that take full advantage of the delicious flavor of beer. Cook up some tried and true recipes that go great with a tall frosty mug of your favorite brew. By EatinWell, EatingWell.com. Courtesy of Arcamax.com •

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