

JANUARY 2021

Santa Barbara

NEIGHBORS

An exclusive magazine serving the residents of the Riviera and Eucalyptus Hill



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BE YOURSELF



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Karen Robiscoe
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Santa Barbara NEIGHBORS

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DEAR RESIDENTS,

Well, we made it through 2020! It was a year that will never be forgotten. Civil unrest, the pandemic and the elections, to name a few of the issues from 2020. We are fortunate to live in an area that has generally not been affected by these challenges as much as some other parts of the country have been. Maybe it is because the people here are a little more tolerant and thoughtful of others, but we have all been through a lot. 2021 will undoubtedly be better. Here's to looking forward to a brighter new year!

In this issue we meet the Seymours. A creative couple who make their home on the Riviera, the duo bring our imaginations to life through both the penned word and puppeteering. Marilyn Helsenrott Hochhauser shares a variety of her abstract artwork with us. The Eucalyptus Hill Improvement Association and the Riviera Association give us some updates and important reminders about emergency preparedness. I think it's great that the two associations work together and collaborate on important area issues. Sarah Washburn of the Ridley-Tree Cancer Center informs us about the different designations of the term "organic" when it is applied to food. This is something that I have always found confusing. While on the topic of food, The Black Sheep restaurant provides us with a recipe for a Scallop Crudo that looks fantastic. Robin Newman tells us of her struggle with infertility, which led her to start Global Egg Donors. Her story, though not the happiest, ultimately offers hope and help for women and couples who find themselves in a similar situation. World Dance for Humanity gives us a firsthand view of the charitable work they do both at home and abroad using dance as the vehicle, while nationally recognized author and speaker, Patrick Lencioni provides us with the first of a series of three articles. This premiere article discusses three questions that can calm a "frantic family".

As we start the new year, I want to wish everyone good health and happiness. I hope you appreciate that our publication is meant to be a light, positive and helpful magazine that is specifically for the Riviera and Eucalyptus Hill neighborhoods. We welcome your feedback. The contact information for our Content Coordinator, Karen Robiscoe and myself is located on this page. I would also ask if you can, to please support the sponsors of this magazine. Providing excellent service in all their capacities, we at *Santa Barbara Neighbors Magazine* are especially grateful for their support—without which, we wouldn't exist. So here's to them... and to you! Happy New Year!



Sincerely,
Dan

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END-OF-LIFE ARRANGEMENTS



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THE DIVERSE ARTWORK OF MARILYN HELSENROTT HOCHHAUSER

Story by Dan Keep and Marilyn Helsenrott Hochhauser
Photography credit: Marilyn Helsenrott Hochhauser

Local artist Marilyn Helsenrott Hochhauser grew up in New York city as the child of immigrant parents. With her parents working, Marilyn was fortunate enough to spend time at the University Settlement House after school. Their compassion and enlightenment "cultivated my resourcefulness and imagination for the arts". Marilyn began her career as an artist drawing as a child. She married at a young age and raised three children while working part-time as a graphic artist in New York. Over a period of eleven years, she completed both a Bachelor of Arts at Long Island University and a Master of Fine Arts at New York University.

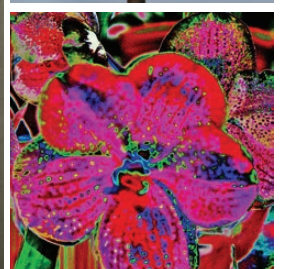
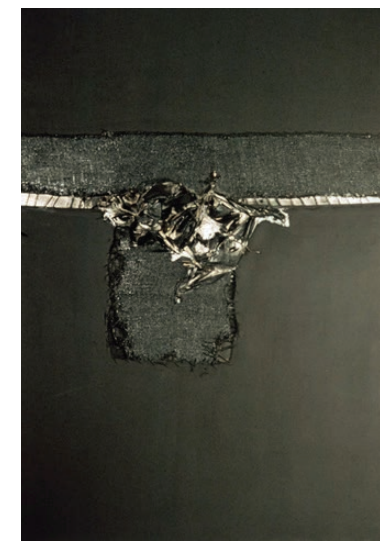
Marilyn says that she is influenced by world events and her personal experiences. Watching the first man to walk on the moon started her career as a serious artist. It led to her *Aerial View Series* of paintings which was her interpretation of the moon and planets in space. Her feelings at the moment are a very important part of her art. The emotions of the human experience, which can be wonderful or even terrorizing are often displayed in her works. Her charcoal series *Emblems of Destruction* from 1979-1989, portrayed her feelings of "anger and disgust for societies that encourage mechanical reproduction, technological alienation, human cloning, conflict, greed, lies and media manipulation force me to reveal these powerful, intense, and emotional feelings in my works of art."

Marilyn says that "During a trip to Japan, I worked and learned the art of handmade paper-

making—'washi'—a craft that Japanese artisans have been doing for hundreds of years. This experience nurtured my passion to explore Japanese culture and aesthetics and has since become a major focus in my creative life. It inspired the creation of my series of handmade paper constructions, assemblages, and geometric constructions that play with form, light, shadow and sound." Her works of art during this time focused on manipulating the paper she made into the general form of the art piece, then adding bold paint, and various "found objects" to produce dramatic works of art.

In addition to the media described so far, Marilyn has created a variety of sculptures both for private collections and public sculptures for the Harbor of San Diego Bay, Elings Park and she recently completed a sculpture for the Summit Senior Care Facility in Ramona, California. She also had an Art Installation at the Museum of Contemporary Art in Santa Barbara. *Shapes in Space and Music*, featuring "forty individual three-dimensional shapes, cut, folded and formed, became a multifarious collection; a complete hanging sculpture, suspended from the ceiling, gracefully swaying to the sound of Japanese music." Recently, partly because of the pandemic, Marilyn has started working with digital printing. Another new way for her to express herself!

You can see more of Marilyn's art and contact her at www.arthochhauser.com.

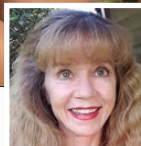


LOCAL
ARTISTS





By K.E. Robiscoe
Photos provided by Toben Seymour



Meet the Seymours

Be Yourself

"There's not a word yet, for old friends who've just met." This quote by Muppets creator Jim Henson is a fitting introduction for this month's featured Riviera residents, Yvonne and Toben Seymour. If anyone could invent such a word, it would be this duo. The former a novelist working on her second book, and the latter a director and puppeteer, the energetic husband and wife team are as friendly as they are creative. They have a knack for imbuing others with these same qualities—even when those others are stuffed with foam and cotton, and covered in fur and fleece.

Founder of Seymour.tv, which in turn, produces Seymour Creatures, Toben has been involved in the craft of puppeteering since he was a child. He expounds on his journey with the same energy he brings to his art. "I've been picking up inanimate objects and bringing them to life as long as I can remember. Things like scissors, tongs and loose tea strainers. As early as kindergarten, I remember thinking scissors looked like they were eating because they could cut through things," The Wisconsin transplant told me, noting the crafting of puppets came a bit later.

"I was home sick from school one day in the 5th grade, watching a TV special

about Jim Henson. He took people into the workshop in this special, and showed them how they built puppets, and all of a sudden it just clicked for me. I started building puppets that very day. I found some old foam rubber, ping pong balls...I even cut apart a stuffed animal to use for hair. I modeled it after a school recess supervisor named Bernie." Toben paused, allowing us both a moment to envision this character, no doubt, before adding, "And from there I created my own puppet workshop in our basement. All through childhood, I collaborated with friends to build puppet characters and shoot films, so much so that my teachers in high school actually allowed me to submit films in lieu of papers."

No surprise then, that Toben migrated to Los Angeles in 2001 to earn his Bachelors in Cinematic Arts at the USC School of Cinematic Arts. A school Yvonne also attended in the course of studying for her Masters in Fiction Writing, though the pair wasn't to meet until years later. "We met at a friend's birthday party. I'll never forget when she walked up to the table where I was sitting. She had this glow about her," Toben said, disarmingly honest as he described his own ap-

pearance. "At the time I was cutting my hair with a Flowbee, an infomercial tool you attach to a vacuum hose to barber your own hair. So I probably looked a little goofy, but she sat down next to me anyway."

Wed at the Mission Rose Garden, the couple lived in the Santa Monica area for many years before the charm of the Riviera lured them to return. The charm and chance sighting of a well-timed ad, that is. "We decided to move here when we found this place online on our third year anniversary, coincidentally enough," Yvonne said, revealing she'd developed a fondness for Santa Barbara during the many vacations she's spent here over the years—while the couple both agreed the quiet of their neighborhood fed their creative souls. Creativity that goes beyond the first book she wrote, released by Henry Holt in 2016 and titled "A Wife of Noble Character," and even the book she's working on now, the duo often works together to further Toben's vision for Seymour.tv. "I help wherever I'm needed. I shoot most of the Mr. Monkey footage." Curious to know more about this Mr. Monkey, I asked Toben to elaborate.

"Mr. Monkey is one of the first characters I ever developed. I still puppeteer,

voice and create short films with him to this day. I've redesigned him many times over the years. You might have seen him looking for Santa Claus at the Santa Barbara Christmas Parade in 2019. He was dressed as a reindeer, so Santa invited him for a ride on the sleigh. He went trick-or-treating in San Roque last year. He was a big hit with the kids." You can see Mr. Monkey's adventures in Santa Barbara on his Instagram profile, @MrMonkeyShow.

Toben sees the evolution of Mr. Monkey moving toward teaching children valuable life lessons in the guise of fun and adventure, as well as instructing kids in more specialized activities having to do with making puppet films themselves. "Puppetry is having a resurgence right now, and is debatably the oldest form of animation," Toben notes, and he is certainly qualified to know. With several of his films being selected to compete in such film festivals as Clermont-Ferrand International Short Film Festival, Berlinale Talent Campus, South by Southwest, and Slamdance, Yvonne also holds bragging rights to film festival inclusion. She co-wrote "Given," a family surf movie that ran at the Santa Barbara International Film Festival in 2017.

It isn't all work at the Seymour household, though. When asked to name his favorite thing about his neighborhood, Toben responded without hesitation. "We love having a little piece of land. I've trimmed hedges into archways and created pathways, and between Yvonne and me, we've turned over a lot of the soil on the property. We have lots of different gardens, now—mostly native plants, but also a vegetable garden, and a milkweed area for my wife's butterfly garden. It's a certified Monarch Waystation. There are a number of large trees in the yard, so the house feels like a treehouse. I put a hammock up in a rubber tree about 20 feet off the ground, and I actually puppeteer Mr. Monkey up there for a series I'm developing."

Intrigued to know more about Yvonne's work with the monarchs, her story was both mystical and applicable to real-life. "I had a dream about them before we moved here, actually. My left ear was filled with monarch butterflies. The image really stuck with me." As a self-professed "lover of bugs," caterpillars in particular, the dream's lasting effects seemed inevitable. "I did some research into butterflies after that, and the first thing I did was buy a milkweed plant. If you plant a certain number of plants that are beneficial to monarchs, you can qualify as a certified Monarch Waystation, too. The Western Monarch—the ones in Santa Barbara—actually winter here. Their population is threatened right now, mainly because of pesticides and habitat loss. Anything I can do to help change that—I will. The biggest help anyone can provide is planting native milkweed," she finished, emphasizing the importance of the indigenous quality of milkweed since it prevents disease among monarchs and encourages healthy breeding cycles.

Their love of all life forms is wide enough to include rescue kitties, Finnegan and Dena, as well as a couple of other neighborhood cats that enjoy the garden view as much as the Seymours. Welcomed to the community by all those nearby, Toben praised the friendliness of their less feline neighbors, too, saying,

"The neighbors are very kind and we get along very well and exchange meals with them. We lived for 15 years in the Santa Monica/LA area, and it was great living near the beach. In Santa Barbara, though, there is just more of a sense of home. We feel like we are building a home here together." A home built on memories new and old, Yvonne added to the sentiment.

"I love that our neighborhood is full of places where my parents spent time when they were newlyweds. Dad attended classes at Brooks when the Riviera Theater building was still part of its campus, and my mom used to study for her college classes in the Mission Rose Garden. I grew up going to the Rose Garden during summer visits here. I love all the memories I have in this neighborhood, and I love to imagine my young parents here, as well. This area is part of my soul."



DO YOU KNOW A NEIGHBOR WHO HAS A STORY TO SHARE?

Nominate your neighbor to be featured in one of our upcoming issues! Contact us at krobiscoe@bestversionmedia.com



Eucalyptus Hill Association Update

Article by Loy Beardsmore, President, EHIA
Photo Credit: Eucalyptus Hill Improvement Association

The Eucalyptus Hill Improvement Association is a nonprofit organization whose mission is to encourage emergency preparedness and safety in our neighborhood, as well as preserve and increase the beauty of the Eucalyptus Hill section of the City of Santa Barbara.

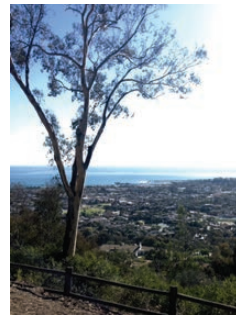
Our goal is to help our small community be self-sufficient during disasters when First Responders are overwhelmed. The EHIA has worked hard to build a neighborhood disaster plan and our volunteer members have built a resilient and effective response network.

Most recently we simulated what it would be like for our radio carriers to check in during a disaster. The drill went very well. We have radio carriers throughout our neighborhood to communicate should we lose landlines, cell, etc. You can find these radio carriers on our website.

We hope everyone is doing well during the pandemic. Thankfully, we have been very fortunate during this season's wildfire season. As a reminder, we encourage you to sign up for alerts through SBC Alerts (formerly called Aware & Prepare) at, www.readysbc.org. It's equally important to have an evacuation plan in place, and know your exit routes from the neighborhood. If you haven't already, we encourage you to consider hardening your home against wildfire. Please feel free to call the Santa Barbara City Fire Department if you need guidance. They will be happy to come out and do a free inspection of your property and show you what you need to do to make your home as safe as possible from wildfire. You can contact them at the following number, (805) 965-5254.

We are continuing to work on areas to make our neighborhood safer. We've been especially focusing on issues such as speeding, pedestrian safety, wildfire mitigation, and others.

We encourage all our residents to become active members in our association and community. It's easy to join on our website at, www.eucalyptushillia.com.



The Riviera Association

Article provided by
The Riviera Association

Photo Credit:
The Riviera Association

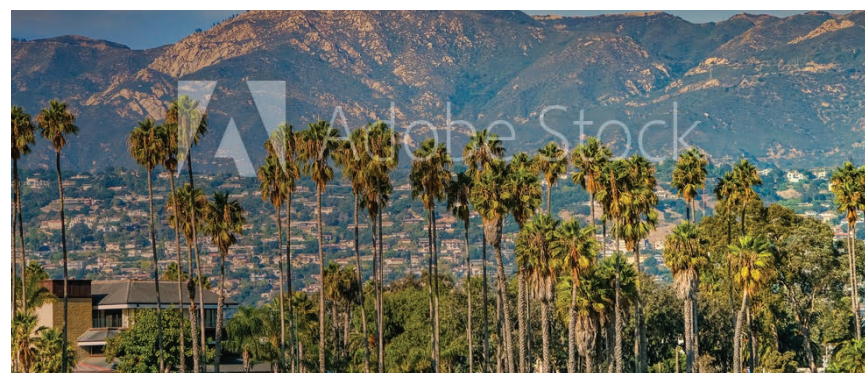
Founded in 1930, the Riviera Association's mission is to maintain the quality of life characteristic of the Santa Barbara Riviera. The Association is a 501-(3)(c), non-profit organization that disseminates relevant information to Riviera residents through email alerts, biannual newsletters, and membership meetings which include panel discussions.

Covid-19 forced the Association to cancel the 2020 Spring and Fall General meetings, and to adopt new technologies to inform and connect its members. In October, the Association produced a webinar that included an overview by the Riviera's Board President, Michael Millhollan, and two presentations. Loy Beardsmore, president of our sister organization, the Eucalyptus Hill Improvement Association, discussed their disaster preparedness programs. Jim Knight, chairman of the Riviera Emergency Communications Group, explained their volunteer emergency radio network. The webinar can be found at www.rivieraassociation.org.

On behalf of its membership, Association board members attended meetings on the city's development of the Community Wildfire Protection Plan (CWPP) and are communicating with city staff about fire abatement and other concerns at Franceschi Park. On the horizon, the Association hopes to install a permanent dog water fountain at the park next to Sheffield Reservoir.

If you would like to know more about the Riviera Association and become a member, please visit our website at www.rivieraassociation.org.

The Riviera Association wishes everyone a safe and healthy Holiday Season and may the New Year be a good one.



Imagine a Community Without Frantic Families

By Patrick Lencioni, founder and president, The Table Group

Parents are the CEOs of their families, and families are more important than companies. Yes, I am confident that both of those statements are true. And so, it stands to reason that parents should go about planning and organizing their home life with at least as much strategic clarity as a CEO runs his or her business.

Unfortunately, most of them don't. I certainly didn't. And the cost of this is greater than we know, for our families, our children, our marriages, and even our communities.

Fortunately, it doesn't have to be that way. Imagine you, your family, and your community, being calmer, more intentional and more peaceful. Imagine not having to worry about whether your son makes the travel squad of the underwater lacrosse team, or whether your daughter takes advanced placement astrophysics during her junior year of high school, or whether you should have bought that lake house while interest rates were low like your neighbors did. Theodore Roosevelt once said that "comparison is the thief of joy," and it is so easy for parents and families to lose their joy when they are tempted to compare their lives to the people next door, down the street or in the next pew over at church. The key to avoiding this is to get clear—really clear—about who you are and what matters most to you, and then making decisions with confidence, knowing that you're living true to yourselves regardless of what others are doing. That is the purpose of my book, *The Three Big Questions for a Frantic Family*.

I discovered the model for the book years ago. By day I was, and still am, a consultant to CEOs. By night I'm a husband and father. One evening I came home, and innocuously said to Laura, my wife: "If my clients ran their companies the way we run this family, they'd go out of business." Feeling like I was criticizing her, Laura objected, and I reminded her that it was as much my fault as hers. In fact, I was more at fault because I spent my days helping others create clarity and



strategy, and I did virtually nothing in that area at home. So I adapted the work I did for corporations for families and came up with *The Three Big Questions*.

What this entails is actually simple. In just an hour over dinner, parents can have a discussion that provides a basic but critical level of family clarity. By asking and discussing a few key questions, they can identify the values that guide the behavior of the family, the basic principles that create the strategy for the family, and the single greatest priority for the family over the next few months. By carving out just 15 minutes each week, they can review those things and make whatever decisions and adjustments are necessary to keep things smooth and on track. The book provides real-life examples from different kinds of families, from those with young kids to empty-nesters. It's a fictional story about a husband and wife who discover the model, but the most important thing about the book is this: it really works.

Additional Assets:

www.tablegroup.com/download/frantic-family-model/

Patrick Lencioni was named in *Fortune* magazine as one of the "ten new gurus you should know." His passion for organizations and teams is reflected in his writing, speaking and executive consulting. He is the author of eleven best-selling books.



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SAT. JAN 23, 2021

SANTA BARBARA VIRTUAL GAME NIGHT: TRIVIA, CHARADES, AND DRAWING OVER VIDEO IN SANTA BARBARA

- A VIRTUAL EVENT HOSTED BY LET'S ROAM SCAVENGER HUNT ADVENTURES

Explore the city, discover treasures, and connect with your neighbors through this one-of-a-kind video platform. From trivia questions to charades to Pictionary-style guessing games, you'll enjoy hours of entertainment donning that thinking cap from the comfort of your own home. Best of all, one ticket covers groups as large as 16 members! It's easy to pre-register at the link provided below.

*Time: 7:00-10:00pm
Cost: FREE
www.letsroam.com/roam_from_home/virtual_game_night?utm_source=event_brite_free_game*

THURS., JAN 28

PUZZLES AND PING PONG WITH WILL SHORTZ

- A VIRTUAL EVENT HOSTED BY UC SANTA BARBARA ARTS & LECTURES

Any crossword buff will recognize the name of this well-known editor of the New York Times crossword puzzle, but it's likely fewer folks know Mr. Shortz is also an avid player of table tennis. Join the master wordsmith for a discussion concerning the relationship between his two passions, and pose your own puzzle-related questions to him along the way.

*Time: 5:00pm
Cost: \$10.- virtual viewing, and FREE to UCSB students
www.artsandlectures.ucsb.edu/Select-Tickets.aspx?PerfNum=4485*

SAT., JAN 30TH

ACT PRACTICE TEST

- A LIVE EVENT STAGED BY SANTA BARBARA TUTORING, LLC

@81 David Love Place, Suite#222, Santa Barbara, CA 93117
Students of all ages are invited to hone their skills in all the subjects that are part of an actual ACT exam. Presented and proctored by Santa Barbara Tutoring, LLC—voted "Best Tutoring Company" by the Santa Barbara Independent—you'll learn how to calculate your score, and understand your percentile ranking, in addition for prepping for the "real thing".

*Time: 8:30am-12:00pm
Cost: \$15.-
www.eventbrite.com/e/act-practice-test-tickets-88965581449?*

TUES. FEB 2ND AND TUES. FEB 9TH THE SCHMOOZE ROOM

- A LIVE LUNCH AND PRESENTATION BROUGHT TO YOU BY BRONFMAN FAMILY JEWISH COMMUNITY CENTER

@524 Chapala, Santa Barbara CA 93101

A free community café, featuring a nutritious vegetarian lunch prepared by our in-house chef. Stay for the presentation, and expand your horizons through our special enrichment programs. Come and relax, make new friends, and enjoy yourself. Open to all! For those in need, ask about our Kosher Food Pantry.

*Time: 12:00-1:15pm
Cost: FREE. Donations suggested.
www.jewishsantabarbara.org or call: 805-957-1116*



Gyms closed? Stay Safe, Fit, and Inspired – While Helping People in Need

Article by Janet Reineck, Executive Director of World Dance for Humanity, Photos courtesy of World Dance For Humanity

When the COVID-19 lockdown began last March, World Dance for Humanity (WDFH), a Santa Barbara nonprofit organization, wasted no time in organizing free daily classes on Zoom to help people cope with the isolation and inertia that was creeping into everyone's lives. "We've offered the class every day since then—that's 300 classes in a row, all for free, as a benefit to our community," Ms. Reineck said.

The class is designed for people of all ages and abilities—from those with limited mobility who take the class sitting down, to those who make it their own low-impact dance party, to experienced dancers getting a full-body workout. Whatever their background or agility level, they depend on this daily dose of exercise, fun, and community to help them stay sane, fit, passionate and purposeful.

Part of what keeps them motivated is the great music. Each day is a new musical journey ranging from Mambo to Motown, Ragtime to Rock n' Roll, Salsa to Swing and music from Africa to Ireland.

The classes are free, but most dancers make donations in appreciation of their daily dance adventure. WDFH has used every penny to help people. Here at home, and half-way around the world.

Locally, the class contributions have gone to Food Bank of Santa Barbara County and 805UndocuFund, which serves undocumented workers and their families.

Donations also support humanitarian aid in Rwanda, where the nonprofit is helping 12,000 people in 28 rural cooperatives lift themselves out of poverty. Last summer, the funds were used to bring emergency food relief to 6000 Rwandans facing starvation in the wake of COVID shutdowns and failed crops. Now they're being used for education, giving 300 Rwandan high school and college students the chance to go to school.

Prior to founding WDFH, Ms. Reineck led rural development projects for Oxfam and International Rescue Committee in Kosovo (formerly known as Yugoslavia) and directed fundraising for Santa Barbara's Direct Relief International and the National Disaster Search Dog Foundation in Santa Paula. She began teaching World Dance classes in 2010, offering dancers and non-dancers alike a chance to experience other cultures while helping communities in need. In 2013, World Dance became World Dance for Humanity, supporting Rwandan communities through donations of livestock, education, training and business development. The program is very personal, direct and highly successful. Thanks to an annual grant that covers the organization's minimal operational costs, 100% of all designated donations go to the people they serve in Rwanda—not a penny to overhead.

"When I started the Zoom classes, I never imagined they would become so much more than a daily workout," Ms. Reineck said. "They're a wake-up call to gratitude, a chance to experience our shared humanity during these challenging times. The music, movement, and message have helped us all cope with everything going on in our country and our world. We come together each day to celebrate life, feel compassion for the world, and be of service to people struggling to survive."

"Moving into teaching at home was a big undertaking that came with a lot of stress," WDFH teacher Lorian Mastro-marino observed. "Knowing I could dance each day and escape the stress for a while helped me to get through those days of having to create a new way of teaching. I have SO enjoyed being able to move my body, participate in a bit of beauty, listen to great music, and be a part of a live community of dancers who inspire me to live each day in joy and gratitude!"

To learn more about WDFH, visit the website at www.world-danceforhumanity.org.





SOME BASICS OF BUYING ORGANIC FOODS

Article by Sarah Washburn, MS, RDN, CSO, Oncology Dietitian Nutritionist and Program Manager at Ridley-Tree Cancer Center

Buying organic food shouldn't be so confusing, but it is...Even if you are interested in buying organic whole foods such as fruits, vegetables, nuts, seeds, legumes, grains, dairy and real meat, (red meat, poultry, fish, etc.) it still requires some attention. The United States Department of Agriculture offers a document that may assist with some of your basic questions. You can find it at this URL, www.usda.gov/media/blog/2012/03/22/organic-101-what-usda-organic-label-means. Federal law requires that "certified organic" foods be grown in soil that has no toxic substances such as synthetic fertilizers and pesticides applied for three years prior to harvest. Meats may be labeled "organic" if animals are raised in living conditions that accommodate their natural behavior, are fed 100% organic food and are not given antibiotics or hormones. There is continued debate about whether these laws are adequate enough to protect our health and the health of our planet.



lbluephotography.com 805-708-2583



When choosing fruits and vegetables, also referred to as "produce", the Environmental Working Group has created the *2020 Shopper's Guide to Pesticides in Produce*. This is available to you at, www.EWG.org. This guide includes handy lists of popular fruits and vegetables with the highest and lowest pesticide contents, based on an analysis of 47 types of produce and over 43,000 samples. Samples of each produce were evaluated for the amount and number of pesticides present. For example, multiple samples of kale showed higher pesticide content than other crops, and these samples contained many different pesticides. Prior to testing, produce with inedible peels are peeled and those with edible peels are rinsed under cold running water and drained.

The *Dirty Dozen* list consists of produce with the highest pesticide content ranked from highest to lowest: strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery and potatoes. You may prefer to buy these foods organic to help decrease your pesticide exposure.

The guide also includes the *Clean Fifteen* list of produce with the lowest pesticide content from lowest to highest: avocado, sweet corn, pineapple, onions, papaya, sweet peas (frozen), eggplant, asparagus, cauliflower, cantaloupes, broccoli, mushrooms, cabbage, honeydew melon and kiwi. You may be more

comfortable buying these foods conventionally-grown as they contain less pesticides.

According to current federal laws, genetically engineered (GMO) foods cannot be labeled "organic". If you prefer to avoid GMO produce, you may choose to buy organic sweet corn, papayas, apples and potatoes. Beginning in 2022, GMO food products in the US must be labeled as such.

Whether your fruits and vegetables are organic or conventionally-grown, they are the foundation of a healthy diet. Make these foods the main focus of your meals. Here are a couple of ways to increase your intake of fruits and vegetables:

1. Start eating vegetables in the morning. Add lots of veggies to your eggs or add cucumbers and a handful of spinach to your toast with almond butter.

2. Cut up fruits and vegetables and keep in your refrigerator for easy access. Add to soups, sandwiches, salads, meat and whole grain dishes. Or, just snack on them throughout the day

Finally, enjoy your meals, allow time to "rest and digest" during mealtime and stay as active as you are medically able.

DIVER SCALLOP CRUDO WITH SEA URCHIN, PARSNIP PUREE, SNAP PEAS AND SAKE MIRIN WHITE SOY DRESSING

Recipe provided by Chef Robert Perez of The Black Sheep Restaurant

For 4 guests

For the scallops:

- 4 ea. U10 diver scallop
- Pinch Maldon flake salt

For the sake mirin shoyu dressing:

- 2 tbsp olive oil
- 2 oz sake
- 1 oz mirin
- 1 oz white soy
- 1 tsp diced ginger
- Place all ingredients into a bowl and whisk together

For the parsnip puree;

- 1 medium parsnip, peeled and finely diced
- Water, just enough to cover
- Kosher salt and togarashi
- 3 tbsp olive oil



Blanch parsnip in a pot of salted filtered water until tender and soft. Remove the parsnip from the water and place in a food blender. Blend on medium speed, slowly adding some of the cooking water to the parsnip in order to achieve a homogeneous puree, keeping it somewhat thick. Season to taste, and strain through a fine mesh sieve. Refrigerate.

For the snap peas:

- 12 pieces snap peas
- Water
- Kosher salt and 1 tsp sugar

Season the water with salt and sugar and bring to a boil. Submerge the snap peas in the water, bring back to a boil and immediately strain the peas, shocking them in an ice-water bath. Remove as soon as they are chilled and set aside.

Garnish;

- 12 urchin gonads (corals)
- Maldon sea salt flakes
- Wasabi tobiko caviar (if desired)
- Shaved radish
- Micro cilantro

To Finish:

Toss snap peas with a small amount of the dressing. Slice each scallop into 4 or 5 uniform circles. With a dinner spoon, drop a bit of parsnip puree onto a chilled plate. Use the bottom of the spoon to streak the puree nicely across the plate. Lay 3 snap peas across the puree. (you can split the peas open with a paring knife to expose the inner peas to give a nice, visual effect by taking your knife and cutting open along one edge of the pea). Lay the scallop slices artistically across the peas.

Place 2 pieces of sea urchin gonads over the scallop, dress with the dressing and top with a few flakes of Maldon flake salt, and top with the dressing and micro cilantro.

Enjoy!

**The Black Sheep Restaurant • 26 E. Ortega St., Santa Barbara
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Robin's Fertility Story

Story and Photo by Robin Newman, Founder Global Egg Donors

Mine is not a fertility story with a happy ending, I don't have a child. I share it not for sympathy but to let egg donors and intended parents know why I am so passionate about what I do and how connecting families is very personal to me. I "conceived" Global Egg Donors to help others on their fertility journey. This is my story.

• Age 20

Married, just 3 years after my parents' divorce, all I want is to re-create a whole, healthy family unit. We are doing everything right to conceive.

• Age 35

Fifteen years and \$40,000.00 later, still no pregnancy. All tests and exploratory operations have shown that I am a normal, healthy woman. I have just Tried for the Last Time, with the Best Infertility Specialist. I am labeled Idiopathic Infertility; meaning I am infertile without explanation.

Divorced by age 36. We finally broke under the strain. Too many years of making love according to the thermometer reading, before getting up in the morning. Then we could only "do it" every other day to optimize sperm count and motility. All passion died a slow death.

• Age 40

Does the longing ever stop? I am a single woman, yet feel my biological clock ticking loudly. With the help of The Sperm Bank, I go through an IVF procedure. Everything is normal, and my four fertilized eggs are transferred to my womb! No pregnancy. They tell me I am too old for another try at IVF. The chances of conception are now below 15%.

I learn about Egg Donation. I am not ready emotionally or financially for this \$20,000.00 attempt. The waiting list for Egg Donors in my region is two years. There is still time as I am very healthy and only 43.

• Age 48

I am feeling at peace. I have heard worse stories from those who have suffered their empty wombs. I did not have multiple miscarriages; I didn't spend over \$100,000.00 on my attempts. It has been years now since I shed tears over my infertility. Therapy helped and the time has healed...now my focus is helping intended parents conceive.

• Age 58

Life continually expands with the joy of assisting others and being included in their stories of gratitude sent to their donors over the years. For this, I am extremely grateful. Our first egg donor is still with me, daily supporting the donors, as I support the recipients. We've added a few more to our team, seeking first to help people as best as we can, we expand as our knowledge grows. Global Egg Donors has deepened greatly.

• Age 65

What a joy I experience when donors arrive to donate in California, they often elect to come stay with me a few days in Santa Barbara. Now my greatest joy is the change donating eggs has wrought in them: self-confidence, self-worth when receiving gratitude on the deepest of levels from their recipient, and travel that encourages "broad, wholesome, and charitable views." Some even return to stay with me long after their donation days are over.

Robin Newman is the Founder and Director of Global Egg Donors, an egg donor agency which started in South Africa, 19 years ago. Now, she assists intended parents around the world, and has helped bring forth a small city of children. When not traveling internationally visiting clinics, she can be found working in her large vegetable and flower garden. She lives a full life of adventure: camping, horse-back riding, hiking, cooking and hanging out with friends. She lives with her dog, Maverick, and two chickens in Montecito, California.

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