

JULY 2021

Santa Barbara

N E I G H B O R S

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



THE O'SHEAS:
LIVE WITH INTENTION



Best Version Media

Cover photo by
Linda Blue

Simply Remembered
Cremation Care
FD2113

Locally Owned and Operated

Complete Cremation Package

\$1450

- Affordable • Eco-Friendly

New Services

Full Body Burials at Sea, Green Burials
Home Funerals

Ask us about **The Living Urn**
The Biodegradable Urn Designed to Grow a Tree

Arrangements Available 24/7
(805) 569-7000
www.simplyremembered.com

BROCK & CO.
If you haven't worn it lately, you never will.



always buying vintage estate items

located at Montecito's upper village
1482 E. Valley Rd. Studio #3 - (805) 565-0621

MAAPS
Pest Control

"Locally Owned & Operated"

TERMITES

- Alternative termite eradication
- Borax treatment available
- Safe & effective products

Call us for a free limited inspection

RODENTS

- Rats, Mice, Gophers
- Exclusion
- Trapping
- Prevention

Poison free rodent eradication methods available

GENERAL PEST

- Ants, Wasps, etc.

Senior Discounts

Call us for an inspection!
(805) 563-7580

www.maapspestcontrol.com

- Licensed
- Insured

Home Equity Conversion Mortgage (HECM) & Jumbo Reverse Mortgage Loans

- ✓ Convert your home equity into a better retirement
- ✓ Jumbo reverse mortgage loans available for high-value properties
- ✓ No capital gains or income tax on loan distributions*

AAG
Retire Better

Call Today!
(805) 570-8885

Eric Miller, NMLS# 582959
Reverse Mortgage Professional
Serving the Santa Barbara area!

*Capital gains taxes are only due upon a sale. Reverse mortgages are loans, secured by a mortgage on your home, that do not require a sale of the home. The proceeds of a loan are not taxable as income.
NMLS # 9392 (www.nmlsconsumeraccess.org). American Advisors Group (AAG) is headquartered at 18200 Von Karman Ave., Suite 300 Irvine, California 92612. (CA) Loans made or arranged pursuant to a California Finance Lenders Law license (603F324) and Licensed by the Department of Department of Financial Protection and Innovation under the California Residential Mortgage Lending Act (4131144). This ad was not approved by HUD, FHA, or any government agency. For full legal disclosure, please visit: www.americanadvisorsgroup.com/disclosure

BVM
Best Version Media®

PUBLICATION TEAM

PUBLISHER:
Dan Keep

CONTENT COORDINATOR:
K.E. Robiscoe

DESIGNER:
Robert Alexander

CONTRIBUTING PHOTOGRAPHER:
Linda Blue

ADVERTISING

CONTACT: Dan Keep
PHONE: (805) 636-3194
EMAIL: dkeep@bestversionmedia.com

FEEDBACK / IDEAS / SUBMISSIONS:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 8th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to:

K.E. Robiscoe
krobiscoe@bestversionmedia.com

Santa Barbara
NEIGHBORS

IMPORTANT PHONE NUMBERS

EMERGENCY.....911
POLICE DEPARTMENT.....(805) 897-2300
SHERIFF DEPARTMENT.....(805) 681-4100
FIRE DEPARTMENT.....(805) 965-5254
CITY HALL.....(805) 963-0611
LIBRARY.....(805) 962-7653
PARKS AND RECREATION.....(805) 564-5418
COTTAGE HOSPITAL.....(805) 682-7111
CA HIGHWAY PATROL.....(805) 967-1234
SCHOOL DISTRICT.....(805) 963-4338
SB COUNTY OFFICE OF EMERGENCY MANAGEMENT.....(805) 681-5526

CONTENT SUBMISSION DEADLINES

CONTENT DUE:	EDITION DATE:
December 8.....	January
January 8.....	February
February 8.....	March
March 8.....	April
April 8.....	May
May 8.....	June
June 8.....	July
July 8.....	August
August 8.....	September
September 8.....	October
October 8.....	November
November 8.....	December

Any content, resident submissions, guest columns, advertisements and advertorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, homeowners associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted. All content submitted is done so at the sole discretion of the submitting party.
© 2021 Best Version Media. All rights reserved.

HELLO EVERYONE,

Welcome to July! We are already in the second half of the year. While July has the "dog days" and is often the hottest month of the year elsewhere, we usually escape the heat in July. Some important figures born in July include Julius Caesar (who the month was named for), Alexander the Great, Frida Kahlo, Franz Kafka and Nelson Mandela. In addition to Independence Day, July was also the month that the first atomic bomb was detonated on July 16, 1945 in New Mexico and Neil Armstrong took the first steps on the moon on July 20, 1969.

In this issue we meet the O'Sheas. A multi-generational family of teachers, they still find time to gaze at the stars. Artist and furniture maker Koji Tanaka shares some of his work with us. The Riviera Association gives us an update on the Franceschi House and the Eucalyptus Hill Improvement Association reminds us to be fire prepared as the weather warms up. The Transition House tells us how they have been helping local families in need for decades and Petra Beumer of the Mindful Eating Institute discusses the relationship between our emotions and food.

Expert Contributor Chris Palme informs us about the benefits of recently passed Proposition 19. Private Chef Suzanne Hyde shares her recipe for Halibut in Lemongrass Coconut Broth with Bok Choy, Peppers and Shitake Mushrooms, and the Santa Barbara Museum of Natural History tells us about the opening of their annual Butterflies Alive exhibit.

I hope everyone had a nice 4th of July and that you are enjoying your summer! I also hope that you enjoy this issue and we look forward to bringing you our August issue next month.

Sincerely,

DAN KEEP
PUBLISHER
dkeep@bestversionmedia.com



ESTETICA
mia

We're Open

And we're so excited to have you back!

Private Rooms
•
Clean Disinfected Environment
•
Relaxing Skin & Nail Care

3311 STATE STREET SANTA BARBARA CA 93105
MAKE RESERVATIONS BY CALLING 805.770.2117
ESTETICAMIA.COM • OPEN 24/7 ONLINE
ESTETICAMIABEAUTY

TREMBLAY
FINANCIAL SERVICES

FOUR GENERATIONS
Marcia Tremblay, Tim Tremblay, Dorothy Tremblay, Troy Tremblay and Tyler Tremblay

3902 STATE STREET, SUITE 101
SANTA BARBARA, CA 93105
805.569.1982

HOURS 7AM-4PM
MONDAY-FRIDAY, OR BY APPOINTMENT

INVESTING INVOLVES RISK AND IS SUBJECT TO MARKET FLUCTUATIONS AND MARKET LOSS. PAST PERFORMANCE IS NOT INDICATIVE OF FUTURE RESULTS.

VISIT OUR WEBSITE FOR UPCOMING SEMINARS:
WWW.TREMBLAYFINANCIAL.COM

Tremblay Financial Services offers securities and advisory services. Centaurus Financial, Inc. Member FINRA and SIPC. A Registered Investment Advisor. Tremblay Financial Services and Centaurus Financial, Inc. are not affiliated.

EXPERT CONTRIBUTORS

END-OF-LIFE ARRANGEMENTS



Dan Flynn - Simply Remembered Cremation Care
(805) 569-7000 - www.simplyremembered.com

Dan Flynn is owner and managing director of Santa Barbara-based Simply Remembered Cremation Care, the Central Coast's leading provider of Direct Cremation services. Dan is a proponent of funeral consumer rights and eco-friendly end-of-life dispositions.

REALTOR



Chris Palme - Coldwell Banker Realty
(805) 565-8823 - www.SBRivieraHomes.com

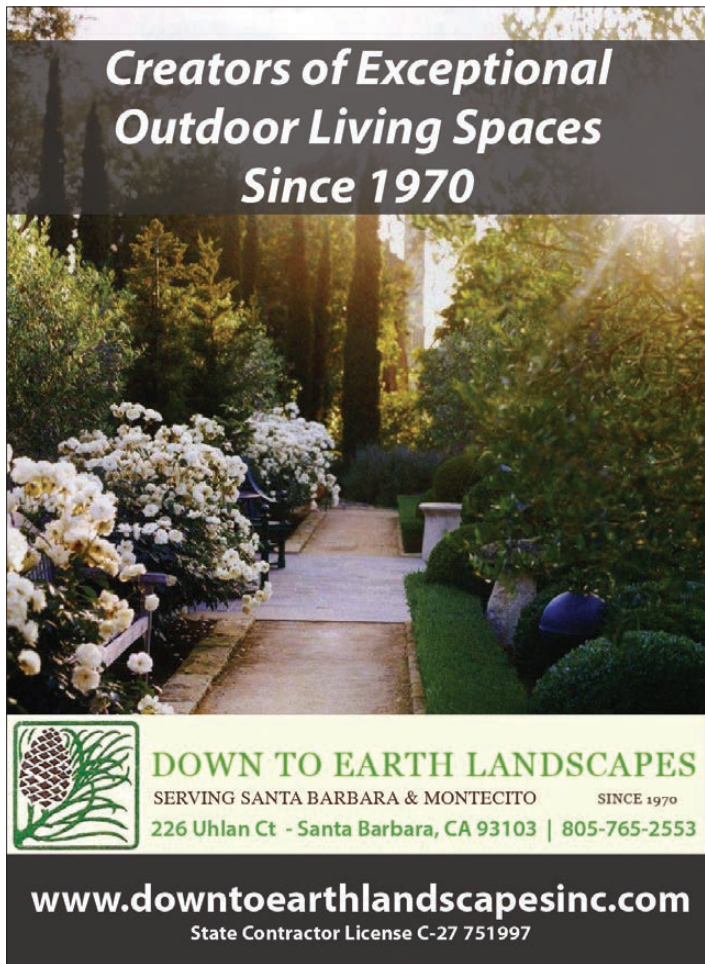
Chris is one of the most respected realtors in Santa Barbara and is known as, "the go-to agent" for selling homes in the Riviera and surrounding communities. Throughout his 32-year career he has assisted countless homeowners get top dollar for their properties with quality, cutting-edge marketing and unparalleled negotiating expertise.

TRAVEL AGENCY



Chris Weatherhead - Montecito Village Travel
(805) 969-5096 - www.montecitovillagetravel.com

Montecito Village Travel was established in 1972. We are members of virtually every affinity club and preferred partner program that is important to our clients. This translates into very special treatment, benefits, access, amenities and savings for you.



THE ART OF KOJI TANAKA

Story by Dan Keep

Photos courtesy of Mitro Hood Photography, Attila Nyerges of Atlantic Picture Photography and Koji Tanaka

LOCAL
ARTISTS



Story by Dan Keep

Photos courtesy of Mitro Hood Photography, Attila Nyerges of Atlantic Picture Photography and Koji Tanaka

Local artist Koji Tanaka was born and raised in the San Francisco Bay Area along with his two older brothers. His mother is a master Japanese calligrapher and his father was a graphic designer for Sanrio, the company that invented Hello Kitty, among other characters. Both nurtured his love for the arts and that support continues to be his main source of influence and inspiration. They also taught him that while achieving perfection might be an impossibility, art is an evolution and you should strive for it by continually refining your skills and your craft. From an early age, Koji had a natural affinity and interest in different art media, which led him to the University of California, Santa Barbara where he graduated with degrees in Art Studio and History of Art and Architecture. While at UCSB, Koji participated in a design-build project called *Open Container*. This sustainability art project involved converting two 70-foot shipping containers into a habitable studio space. With this valuable experience, and following completion of his studies at UCSB, he became an apprentice to master woodworker Victor DiNovi. Since 2007, he has specialized in handcrafted wood art, custom furniture, and other woodworking.

Koji says, “The heart of my work is derived from organic forms found in nature. Working with wood allows me to sculpt natural pieces and attempt to embody and regain what nature has perfected over millennia. Every piece of wood I work with has its own unique characteristics and grain patterns that dictate how the material will best be displayed.” Koji uses power tools, but says, “I believe the hand is the best tool to truly bring the piece to its finished stage.” Collaboration with his clients is very important to Koji. “I want my clients to experience my pieces as I do in their final stages; feeling and touching all the curves, grains and essence with their fingers.”

In April of 2011, Koji was accepted to exhibit his work at the Smithsonian Craft Show, the top such show in the country. He won an award for Excellence in Wood for his body of work at the show. Koji sold 20 of 26 pieces presented. Later that year at a show in Philadelphia, the reality of being an artist set in as he sold only one piece. The pieces in the first two photos were recently accessioned to the permanent collection of the Renwick Gallery of the Smithsonian American Art Museum. He will also be showing at the Smithsonian 50th anniversary show in 2022.

The last photo is of a manzanita burl. The burls have been washing up on shore since the Thomas Fire. Koji has been collecting them and turning them into works of art with the plan of donating some of the proceeds to fire relief. Koji calls them “beauty through devastation.”

While Koji's parents and Victor are his most influential inspiration, he also follows the works of Wharton Eshkerick and George Nakashima. Koji says that as he grows as an artist, he wants his pieces to reflect that in the manner of visual narratives, telling a story or starting a conversation about "hearts and minds."

In addition to his wood working, Koji is also the Program Director of the Santa Barbara School of Squash (SBSOS). SBSOS is a non-profit program serving low-income students which does far more than simply teach squash. Koji is very proud of the academic and community programs SBSOS offers to its participants facing financial hardships, in particular the program providing food support to those in need during the pandemic.

If you would like to contact Koji or see more of his work please visit, www.kojitanaka.com.



Photo Credit:
Attila Nyerges of Atlantic Picture Photography





The O'Sheas: *Live With Intention*

Education. One of the most important tools we acquire in life, those whose charge it is to educate our children are key players in shaping the generation of tomorrow. It's with pleasure SB Neighbors introduces you to this month's featured resident, Lisa O'Shea. Both daughter and mother to a teacher, the longtime California resident personally taught school for over 25 years before becoming the principal of Carpinteria Middle School.

"I come from a family of educators," Lisa said. "My mom was an elementary school teacher and taught Special Education. My daughter Laura just received her BS in Education this year, and plans to become a teacher, also." A native-born Texan, the family recently attended her graduation from the University of North Texas.

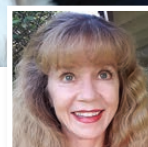
"I was raised in Houston and attended Baylor University in Waco, Texas. I majored in Education with an emphasis on Math and History, and went on to teach middle school and high school math; algebra and geometry. Trying to make the subject accessible to students was

very motivating to me, as were the special bonds I formed with the students I taught," Lisa said, and curious to learn what drew her from teaching to overseeing a student body, I asked her to explain. "At my first student teaching position I really admired the principal. I knew that was the role that I wanted to fulfill eventually. Planning the programs, picking the classes, hiring teachers who would really engage the students—all these things are so important," she said, going on to illuminate how this translates to her current position. "I audit classes to ensure the instruction is rigorous, relevant, and interesting and that students are learning at high levels. I feel a responsibility to see that all of our Redhawks are emotionally healthy as well. We work with a group known as *AHA!* that helps teach our students how to manage their emotions. We also teach social justice standards. We teach our kids how to have respect for others by acknowledging and accepting cultural diversity and fostering a sense of empathy for one another."



Article by K.E. Robiscoe

Photos courtesy of Linda Blue and Lisa O'Shea



Qualities every bit as important to master as those found within textbooks, it's a sure bet that Lisa has imbued her own children with similar awareness. The mother of three young adults, her melded family makes for a full house when they get together for special occasions. Her son Lee is a Specialist in the US Army, stationed in Hawaii, and her stepson Liam attends SBCC and studies UX Graphic Design. She also cares for her 90-year-old mother-in-law Marilyn who "once served the Queen of England tea at the Santa Barbara courthouse", two dogs and of course, her wonderful husband Sean.

"Molly has the best doggie smile of any dog I know," Sean said. The academic advisor and instructor at UCSB's Theater and Dance Department exuded pet-pride as he spoke of the Lhaso Apso charmer. "She's picked up habits from our Labrador Wally who is the more dominant of the two. Molly used to run away when we took them out off-leash, but since Wally doesn't, she now hangs with the pack."

A pack destined to be since their first



encounter, Sean and Lisa had an affinity from day one. Or perhaps 'date one' is a better way to phrase that. "Our first date was a blind date," Sean confided.

"We're both older and we've been through relationships and neither one of us was desperately looking for a partner. I always dreamed of having a great marriage and a great relationship and while I learned an awful lot before meeting Lisa, it wasn't until we met—and dated for a while—that I realized that could still happen for me." Lisa remembers her first outing with the Santa Barbara native fondly. "It was the summer of 2016, and we went to Islands Brewery. I was immediately struck by his great sense of humor and kind demeanor. I saw huge potential there. We started seeing each other regularly and got engaged a couple years later. We married at the downtown Santa Barbara venue, Villa and Vine, and honeymooned in Cabo."

The well-matched couple is honeymooning to this day, sharing many of the same interests. Given the popularity of the electric bicycle, it wasn't surprising that this healthy pursuit was a resounding favorite activity. "I've been an avid cyclist for decades," Sean said, underscoring just how avid by tallying the number of 100-mile "Century Rides" in which he's participated to a solid five "So when someone suggested I try an electric bike, I was sort of a snob about it, but I tried it and I liked it. It makes cycling more accessible for people who aren't clocking the big miles. It's a very different type of cycling than a road bike—it has a whole different feel. Hills are a lot less daunting. You get this feeling you can go anywhere." A feature that appeals to many electric bike buffs, Lisa offered her take on it. "It's just fun to go explore places. We have these little Pannier saddlebags on our bikes, and we pack a picnic lunch— and go adventuring."

Perhaps that lunch includes delicious leftovers since Lisa loves trying new recipes. "Tuscan Chicken." Lisa said, responding to my query as to which dish she felt she made best. "It's made with cream, potatoes, and sun-dried tomatoes." Sean added several more meals to the menu, noting, "I don't want to pigeonhole myself, but my favorite meal is her jambalaya. Her crock-pot lasagna is also amazing." He paused, reflecting for a moment before saying decisively. "Of course, Liam does back-flips for her Chicken Piccata which I also enjoy. I like everything she cooks!" Beyond trying new foods, the couple enjoys mixing fun new cocktails, as well. Big fans of the Palace Grill's Cajun Martini, their favorite place to try new cocktails is



"at home". "The Horchata Martini is our current go-to," Lisa said. "Its main component is Rumchata, and you can dress it up with a coconut rim, or just enjoy it over ice."

A treat their neighbors are sure to relish when they drop by, as they frequently do. "We get together with our neighbors really often," Sean said. "We'll pull out my Celestron telescope and invite them over to stargaze." Residents of the Riviera for almost three years, both Lisa and Sean appreciate its proximity to the beach and downtown areas of Santa Barbara.

The family dabbles in eco-friendly activities too. "We're beekeepers," Sean said. "It sort of happened by serendipity. When I found out how easy it was to keep them, I thought: I'd like to do that." Lisa expanded on the subject, adding, "Right now we have two hives, and we're putting out swarm catchers to increase our population. We pulled out a cumulative 80 lbs of honey in one season from three separate harvests. We actually gifted it to people who attended our wedding."

With that much honey at their fingertips, it's little wonder the O'Shea's find life sweet. Their shared philosophy, "always be grateful—it makes life easier" are words to live by, as fundamental a guide to a life well-lived as our ABC's are to learning.

**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



Be Prepared for Fire Season!

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

In May, EHIA began Fire Mitigation by using sheep and goats and we are continuing that project. If you would like to contribute to this program, you can do so on our website.

We cannot stress enough that you should be prepared for wildfires. At the very least, you should be registered with ReadySBC Alerts so that in the event there is a wildfire you will receive evacuation notifications. You can register online at www.readysbc.org.

Hopefully, you have hardened your home as much as possible. We've learned that 60-90% of homes are lost to embers which can blow as far as two miles away! If just one ember gets inside your home, all can be lost. Defensible Space is key. Clearing brush and trimming over-hanging trees, as well as moving flammables away from your home is imperative. We have extensive information on our webpage under Disaster Preparedness/ Wildfire Preparedness to give you suggestions with how to do this. We've linked numerous videos and information to help you. Please check it out at our website at www.eucalyptushillia.com.

We can possibly experience Red Flag Warnings and Public Safety Power Shutoffs, aka PSPS outages. Be certain you have registered with SCE for outage alerts. If you or a neighbor rely on medical equipment requiring power, we suggest that you develop an emergency or back-up plan. You can call SCE at 1-800-655-4555, for more information. SCE also has a plan to remove dead or dying trees that could fall onto their electrical lines. If you have a tree growing under an electrical line that SCE must regularly trim, sometimes they will remove those trees at no cost to you. The number to call is 1-800-655-4555.

We also hope if you're not currently a member of EHIA, you will choose to join us, and you'll find information on becoming a member on our website as well.



Franceschi Park Update

Article provided by Diana Washburn,
The Riviera Association

Photo Credits:
Diana Washburn

For more than twenty years the future of Franceschi Park and Montarioso, Franceschi's home has been in limbo. The structure has steadily deteriorated during those twenty years, as have the gardens. The Santa Barbara City Council voted in 2018 to demolish the house and build an interpretive pavilion honoring the contributions made to our city by Dr. Franceschi and Alden Freeman, standard oil heir and philanthropist. The pavilion will incorporate elements from the old house which may include medallions and stained glass windows. According to Jill Zachary, the Santa Barbara Parks and Recreation Department Director, a budget of three hundred thousand dollars has been set aside for FY23 to enable planning and an environmental review of the open air pavilion.

Francesco Franceschi Fenzi, (later known as Francesco Franceschi) an Italian horticulturist from Florence, was one of the first to build on the upper Riviera. In 1904 Franceschi purchased 40 acres above Mission Ridge Road, one mile east of the Santa Barbara Mission, where he established a nursery and arboretum. The nursery plantings he propagated—with acacias, eucalypti, eugenias, hibiscus shrubs and many varieties of palms—contributed to the transformation of the Riviera into a lush, semi-tropical hill. In addition to the nursery, Franceschi built a redwood mansion, Montarioso ("airy mountain"). Four years after Franceschi's death in 1924, Alden Freeman purchased Montarioso, the arboretum and the nursery. In 1931 Freeman donated 14 acres to the city to establish Franceschi Park.¹ and in recent years, the park has been under the care of the Santa Barbara Parks and Recreation Department. Currently, the Parks Department is working to clean up the park removing dried and dead trees and brush.

Franceschi introduced some 330 species to the area and identified and catalogued 600 native species. "One can live for years in Santa Barbara, and never get tired of admiring the scenery of the mountains that rise between us and the rest of the world," Franceschi said. We look forward to viewing the pavilion in the near future.

Source: ¹ Walter Tompkins, Santa Barbara Neighborhoods



Touchless Auto Repair Service Santa Barbara & Goleta

1301 Chapala Street
Santa Barbara, CA 93101
(805) 962-7316

Open Monday-Friday 7:30am - 5:30pm



How Does It Work?



Step 1
Schedule your appointment online or by phone.



Step 2
Our Touchless Concierge will pick up your car at your home or office.



Step 3
We bring your car to our shop and repair it for you.



Step 4
We deliver it right back to you!

What Else To Expect

- You will review and approve by phone or online the service work before the work begins.
- WE SANITIZE the seats, steering wheels, shift knobs, floor mats, handles, and an exterior car wash is included.
- Car is delivered back to you OR we pick you up OR you come to the shop to pick up the car!

LOT'S OF CHOICES AND THE OPTIONS
ARE YOURS ~ THE CREW AT AYERS



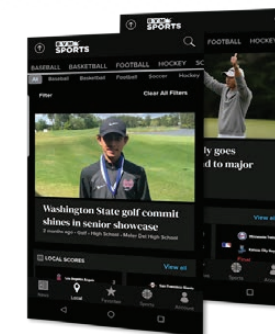
BE SAFE

SELETTI
LIGHT + HOME
a Kartell partner
18 W. Calle Laureles | 805-757-7878 | www.lightandhome.com

► HEY, SPORTS FANS!

DOWNLOAD THE BVM SPORTS APP AND:

- **ENJOY** local and national sports content all from the palm of your hand!
- **CREATE** an account to keep up with all your favorite local and national teams.
- **SHARE** your favorite sports content via social media, text or email with just a few clicks.



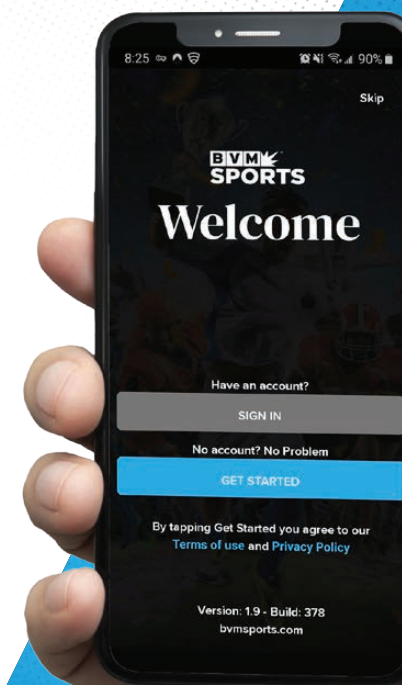
BVM Sports
Best Version Media Digital

Install

Have everything sports right at your fingertips.

►► Download the BVM Sports App today! ◀◀

BVM Sports: One Place. All Sports.



BVM
SPORTS



EXPERT
CONTRIBUTOR



New Law Benefits Santa Barbara Homeowners

Article and photo provided by Chris Palme,
Coldwell Banker Realty
Photo courtesy of Tom Ploch

Are you one of the many long-time homeowners who is reluctant to downsize and/or move closer to family in another city for fear of losing the affordable property taxes that you currently pay? The recently enacted Proposition 19 alleviates this problem and gives senior homeowners much more financial flexibility when the time comes to make a change.

As Prop 19 relates to property tax portability, the changes aim to lift a heavy burden from homeowners age 55 or older. At its most basic level, Prop 19 is a tax savings program for those aging homeowners who find themselves in a current living situation that has become unmanageable.

Targeted specifically to retirees and seniors, Prop 19 moves to unburden older homeowners from the stresses of managing a home that may be too much for them to handle.

Now, these homeowners can relocate to a property that is easier to care for without facing a tax penalty. Additionally, they can also move closer to family or to areas where medical facilities and treatment are more accessible. The primary stipulation is that the move must occur within the state of California.



This new law is a major change from the previous rules which only allowed seniors to take their tax base with them if their new home purchase was lower in value and within Santa Barbara County.

You can read more details about Prop.19, including its provisions for intergenerational transfers, on my website www.SBRivieraHomes.com in the "Live on the Riviera" section. I would also encourage you to discuss specifics with a tax advisor before making any decisions regarding your real estate holdings.

If you are keeping apprised of the local market, you may be aware that we are currently experiencing strong demand for Santa Barbara real estate. Combined with a lack of available inventory, prices are on the rise and homes are selling quickly. If the "tax portability" provision in Prop 19 is what you have been waiting for to make a move, this may be the ideal time to simplify your life and/or relocate closer to family.



COLDWELL BANKER
REALTY

SANTA BARBARA
Riviera Homes
SANTABARBARARIVIERAHOMES.COM

CHRIS PALMÉ
Live on the Riviera

DRE#00989478



805.565.8823

LOCAL
FLAVORS



HALIBUT IN LEMONGRASS COCONUT BROTH

Recipe and photo contributed by Chef Suzanne Hyde

Ingredients

- 2 6oz halibut filets
- 3 TBSP olive oil (divided)
- 1 yellow bell pepper, sliced
- 4 shitake mushrooms, sliced
- 2 baby bok choy, chopped
- 1 can coconut milk
- 1 TBSP sugar
- 1 TBSP sweet chili sauce
- 1 TBSP lemongrass puree*
- cilantro sprigs for garnish

*Lemongrass puree is found in a tube in the refrigerated section on the produce department.

Preparation

1. Heat 1 TBSP olive oil on medium high in a skillet.
2. Add halibut and sear for 2 minutes on each side. Remove from pan, set aside.
3. Add additional 2 TBSP of olive oil to pan.
4. Add peppers. Sauté for 2 mins.
5. Add mushrooms and bok choy and sauté for another 2 mins.
6. Add coconut milk, sugar, sweet chili sauce, lemongrass puree and halibut. Bring to a simmer for 2 minutes.
7. Garnish with cilantro sprigs. Serve over steamed rice.

Every other Saturday morning, Suzanne sells fresh off the boat local halibut at the Santa Barbara Harbor Fish Market. Also sells fresh catch of the day delivered. Call, text or e-mail for details.

Chef Suzanne Hyde
(925) 963-1391 - Chefhyde@aol.com



WHEN FOOD IS LOVE

Article and Photos Provided by Petra Beumer,
Owner, Mindful Eating Institute

"The problem of overweight and obesity has reached epidemic proportions in the U.S. and globally, and the high prevalence is due in part to the recidivism associated with weight-loss treatment. Approximately one-third of lost weight is often regained in the first year after treatment and, at times, continues."¹

People are tired of yo-yo dieting and want to have a healthy, relaxed relationship with food. Quick fixes don't last. Many commercial weight loss programs are based on behavior change and meal replacements only. Diets increase a client's inner critic and further disconnects him or her from their true needs. When emotional eating is not addressed, weight loss is temporary and leaves the dieter feeling more hopeless and frustrated than ever.

A survey asked 1328 psychologists which strategies were essential to losing weight and keeping it off. They cited that "understanding and managing the behaviors and emotions related to weight management" were critical. More than 70% identified cognitive therapy, problem-solving and mindfulness as "excellent or "good" weight loss strategies."²

Mindful Eating promotes mindful self-compassion and self-empathy. A non-diet approach to overeating and obesity may prove to be a gentler and more efficient strategy for an emotional eater to achieve peace with food and their body.

Throughout the therapeutic process clients are encouraged to explore the triggers that lead to emotional eating. The goal is to gain an understanding of how to free themselves from the "eating instead of feeling" cycle and to transform mind (and body) along the way.

The therapeutic goals are to not use food as a mood regulator and to end the familiar pattern of worrying about calories and dieting. A client gains an understanding of how the quick reliable "fix" of the emotional eating ritual has induced a "trance" state.

He or she learns to be in tune with their body & differentiate physical from emotional hunger. The therapeutic process is based on crafting and developing healthy rituals, i.e. taking a walk, talking to friend, having a cup of soothing tea, writing in a journal, and understand the true need for comfort or relief. "I need a treat." means: "I need a break." or: "I need comfort."

Contrary to the seductive promise of fast weight loss, this kind of deeper work typically takes a minimum of six months to a year. The 'heart' of therapy becomes re-mothering, strengthening the Self, and embracing the small inner child that needs emotional comfort.

Evidence-based research suggests that diets don't work, long-term. A client's relationship with food should be the focus of intervention, not the food itself.

Without addressing the emotional eating component, weight loss will be temporary in many cases. We all have the need for comfort and relief; working with a specialized counselor can lead to ending the yo-yo dieting cycle for good. Clients are guided to implement healthy new self-soothing rituals and self-care strategies, which don't involve food.

About Petra Beumer:

Petra received her Masters in Psychology from the University of Hamburg/ Germany and has been practicing as a counselor and health coach for over 25 years. She is the owner and founder of the Mindful Eating Institute in Santa Barbara. Her specialty areas are weight management, emotional eating and self-care, and in her work she combines cognitive-behavioral therapy with mindfulness strategies. She offers private sessions as well as support group meetings. Her website is www.mindfuleatinginstitute.net

Sources:

¹ Randomized Clinical Trials of Weight-Loss Maintenance: A Review. The Journal of Cardiovascular Nursing. 24(1):58-80, JAN 2009

² Online poll by the Consumer Reports National Research Center in partnership with experts provided by American Psychological Association. (APA, APRIL 2013, Vol 44, No. 4. Print version: page 15)



Homeless Families Find Their Way Home With Help From Transition House

Article by Kellie Topar / Marketing & Communications Associate
Photos provided by Transition House

For 35 years, Transition House has helped thousands of our neighbors who have lost their homes by providing them a holistic array of anti-poverty programs that empower families to take control of their lives and find their way back to housing. Transition House is a grass-roots organization that was started by community groups and continues to be supported by a huge network of volunteers, philanthropists, faith congregations, local businesses, and local government.

Along with safe emergency shelter, capable and motivated families are offered compassionate support, financial literacy training and employment assistance, childcare, free educational offerings, and much more. We strive to impart the life skills people need to become financially self-sufficient so they can one day move back into the community and remain in stable housing.


Sophina C., a mother who recently went through Transition House's program says that a series of unfortunate events led her family to become homeless. "The Thomas Fire, the mudslides, and the birth of my daughter led us both to being out of work. We lost our home and moved into our RV but had to sell it just as I found out I was pregnant with my second child...Everything was falling apart, and that was not what I wanted for my kids. I felt like everything I worked for was ripped out from under me and I did not know how to ask for

help. Then we were offered a room at Transition House."

Transition House offers a three-stage housing continuum. During a families' stay, our dedicated case managers meet with clients weekly, helping them create a monthly budget, manage expenses, save money, and develop skills that increase earning potential. Transition House's goal is for families to achieve economic stability. Therefore, parents are required to work or access entitlements if they are disabled and save their income. In addition to our emergency shelter, we also offer transitional and permanent supportive housing for families with significant barriers to success. We provide a full array of children's programs designed to help arrest the cycle of generational poverty.


The program works. "The program was like a stepping-stone into the future and it helped me set realistic, long-term goals. I still use the budget sheet from the program to balance my finances today. It taught me a lot about myself and how strong I really am." said Sophina.

Ninety-five percent of our residents come from south Santa Barbara County. More than 70 percent of the families who join our program succeed in moving to stable housing situations. Along with our dedicated supporters, Transition House strives to solve homelessness in Santa Barbara, one family at a time.



McCormack Heating & Air

Complete Home Comfort Systems



YORK
CERTIFIED COMFORT EXPERT

6489 Calle Real C Goleta, CA 93117

CA STATE LIC# 780963

Service agreements available - save on every visit and year round maintenance!

- Maintenance/Repair/Installation
- Residential & Commercial
- Indoor Air Quality Works
- Efficient Energy Management
- Ductless Mini Split Systems
- NATE Certified Technicians
- Professional Consultants
- No Overtime Charges
- Service All Makes & Models of A/C's & Heaters

Call & make an appointment today:
805-692-4980

WWW.MCCORMACKHVAC.COM



KIDS
CORNER



Butterfly Pavilion at SB Museum of Natural History Opens

Article and Photos by Briana Sapp, Director of Marketing and Communications, Santa Barbara Museum of Natural History

- Butterflies Alive! (summer exhibit) will be open Sat, May 29–Mon, Sept 6, 2021
- Museum indoor and outdoor exhibits open Wed–Sun, 10:00 AM–5:00 PM
- Reservations required for admission at www.sbnature.org/tickets

The Santa Barbara Museum of Natural History is thrilled to announce the opening of its beloved summer exhibit *Butterflies Alive!* on Saturday, May 29th in the Sprague Butterfly Pavilion. Featuring 1000 live butterflies, the exhibit will be open through Monday, September 6th. The Museum's indoor and outdoor exhibits are open Wednesday through Sunday, 10:00 AM to 5:00 PM and reservations are required for admission at www.sbnature.org/tickets.

One of the Museum's most popular exhibits, *Butterflies Alive!* features a dazzling va-

riety of butterflies, from local favorites like the Monarch to exotic varieties like Swallowtails, Longwings, Gulf Fritillaries, and Malachites. Various butterfly species cycle through the pavilion throughout the summer, so no two visits are the same.

Beautiful flowers and foliage provide butterflies with plenty of nectar and roosting space. In this tranquil garden atmosphere, guests can discuss butterfly behavior and biology with trained volunteer interpreters. If the record number of people interested in joining the *Butterflies Alive!* volunteer team is anything to go by, the pavilion is going to be a particularly popular place this summer.

Last year, the Museum's indoor exhibits were closed during *Butterflies Alive!* but this year, with indoor exhibits open concurrently, guests can see pavilion-bound butterflies emerge from their chrysalides in the Santa Barbara Gallery's emergence chamber. Those interested in more behind-the-scenes peeks can check out the video series that followed last year's butterflies from pupae to pavilion. The full series hosted by Butterfly Pavilion Senior Manager Kim Zsembik is available at www.sbnature.org/magic-window and features—in addition to close-up views of every stage of the butterfly life cycle—guest appearances by the Museum's entomologist and a Q&A with Zsembik about what it's like to work with butterflies.

"We are excited to invite Members and guests back to our Butterfly Pavilion this summer. After so much positive

feedback last year, we've kept our socially distant pavilion similar to 2020, allowing families and guests to peacefully explore the pavilion in nine butterfly zones. Guest favorites like Malachite and Swallowtail butterflies are not to be missed," shared Zsembik.

The Museum currently requires online reservations to limit the number of guests on campus at one time. Although face mask guidelines are quickly changing, face masks are currently required for anyone three years or older and must cover your nose and mouth at all times while on Museum property indoors and outdoors.

Those interested in helping the butterflies have a wonderful stay at the Museum this summer are invited to sponsor a butterfly. Opportunities range from \$50 to \$10,000 and sponsorship includes recognition on the exhibit's Wall of Wings.

To learn more visit www.sbnature.org/butterflies-alive.

About the Santa Barbara Museum of Natural History:

Powered by Science. Inspired by Nature. Founded in 1916, the Santa Barbara Museum of Natural History is a private, 501(c)3 nonprofit organization with a mission to inspire a thirst for discovery and a passion for the natural world. The Museum seeks to connect people to nature for the betterment of both, and prides itself on being naturally different. For more information, visit www.sbnature.org.



15% Discount

Restrictions apply. Not to be used with other offers or discounts.

Call for free design consultation

805-988-7861

closetfactory
the art of organization

closets | garages | home offices | entertainment centers
wall units | wall beds pantries | craft rooms
laundry rooms | mud rooms | wine rooms

©2019 Closet Factory. All rights reserved. CA Lic. #937353



KEEPING PETS HOMEBOUND

During COVID-19, C.A.R.E.4Paws has provided an unprecedented level of support to pet owners in need, including distribution of pet food, assistance in our mobile veterinary clinic and help for domestic violence survivors. Together, we can keep pets healthy and with their families for life!

CARE4PAWS.ORG



SHARP HEARING IS NOW OPEN

Your Hearing Is Essential

We service all brands of Hearing Aids

Starkey, Widex, Phonak, Unitron, Oticon, GN Resound, Sonic Innovations, ...

Having trouble with your Hearing Aids?

Bring in or ask someone to bring your hearing aids to our office so that we can clean and fix them for you.



My clientele are extremely important to me. I take great pride in providing each person with individual care and the best that the industry can offer. It is my goal to build a lasting relationship based on your trust and satisfaction. I'm confident that you will be happy you chose me as your hearing health care provider.

Together, we can bring your world in, "loud and clear."

— Kevin Sharim

Santa Barbara: 226 E. Canon Perdido Suite K (805) 899-1700 www.TIME2HEAR.com



**2 RECHARGEABLE
RADIANT 60
HEARING AIDS**

Powered by
Innovations

\$2699

Original Price:
~~\$3499~~



Sharp

Hearing Care Professionals

Questioning your hearing?
Come in for a Free Hearing Evaluation.
Your hearing is our concern.

Decorative Concrete Specialists



Add Value To Your Home Or Business
Driveways • Garage Floors • Walkways • Patios
Pool Decks • Commercial • Residential



Call to Schedule a
Free Estimate
805-683-4085

5901 Corta St, Goleta, CA 93117
Monday - Friday: 8:00am to 3:30pm
www.santabarbarasurfacing.com
Lic. #730303