

OCTOBER 2021

# Santa Barbara

## N E I G H B O R S

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

A man and a woman are standing on a stone-paved pool deck. The woman is wearing a black dress with a colorful floral pattern and black strappy sandals. The man is wearing a blue and white striped short-sleeved shirt, light blue shorts, and black flip-flops. They are both smiling. In the background, there is a swimming pool, a white wooden deck with railings, and a staircase leading up to a house.

### THE THOMASCOS: LIVE IN TRUTH



Best Version Media

Cover photo by  
Linda Blue







## EXPERT CONTRIBUTORS

### END-OF-LIFE ARRANGEMENTS



#### Maggie McMillan

Simply Remembered Cremation Care  
(805) 569-7000 - [www.simplyremembered.com](http://www.simplyremembered.com)

Maggie McMillan is a 5th generation funeral director and owner of Santa Barbara-based Simply Remembered Cremation Care, the Central Coast's leading provider of Direct Cremation services. Maggie is an advocate for funeral consumer rights and eco-friendly end-of-life-dispositions and her true passion is making hard conversations just a little bit easier.

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#### Chris Weatherhead

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### REALTOR



#### Chris Palme

Coldwell Banker Realty  
(805) 565-8823 - [www.SBRivieraHomes.com](http://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.



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## SANTA BARBARA VISUAL ARTISTS — FINE ARTS GALLERY

Article by Lynn Dodge and Jan Baker, Santa Barbara Visual Artists

A local vibrant art community was created when 25 professional artists from four Santa Barbara art organizations formed a collective art gallery. Each of these groups—The Abstract Artists group, The Sculpture Guild, SB Art Association and SB Visual Artists—united to create the Santa Barbara Visual Artists Fine Art Gallery, which can now be experienced at the Paseo Nuevo Mall through October 23rd. Curated by the renowned Letitia Haynes, owner of Reflections Digital Lab, the gallery flows with an energy that invites the viewer to experience each piece throughout the gallery. Visitors will be taken thought a journey of many mediums, including sculptures, abstracts, paintings and mixed media.

*Water Bearer* by Felice Willat. Neither the water bearer, nor the oxen were aware that I was observing this peaceful scene in the foreground of one of Burma's most sacred pilgrimage sites, Pindaya Caves, protecting thousands of golden Buddhist statues.

*Further in the Anthropocene* by A. Michael Marzolla. Thinking that I would like to be on Ken Kesey's Hog farm bus...Santa Barbara Visual Artists Fine Arts Gallery.

*After the Rain* by Kay Lemke. Early morning on the pond when the sun tries to come through the mist. Peace.

*River of Forgotten Sorrows*. A Collaboration by Lynn Dodge and Karen Haub, Our mission is to promote environmental awareness through the arts. This piece is a tribute to the people who live along "Cancer Alley", the 85 mile-long stretch of the Mississippi River between Baton Rouge and New Orleans.

*Chaotic Deconstruction #2* by Eliesa Peters-Bollinger. My detailed and abstract ceramic creations come from a desire to evoke curiosity, and invite the viewer to ponder historical references. My "Chaotic Deconstruction" series is a response to the chaos, wars and clash of cultures that I see and feel in contemporary modern society.

As a collective group of artists, we welcome you to stop by our gallery to meet the artists and experience their art. We are located at 101 Paseo Nuevo at the Paseo Nuevo Mall in Santa Barbara until October 23rd, 2021. We invite you to our 1st Thursday reception—October 7th, 5:30-8:00pm and final reception—Friday, October 22nd, 5:30-7:30pm.

Gallery Hours: Tues-Thurs 11-5pm, Thurs-Sun 11-7pm, Closed on Mondays.

"Artists follow their heart and what feeds their soul in life, to express through art."

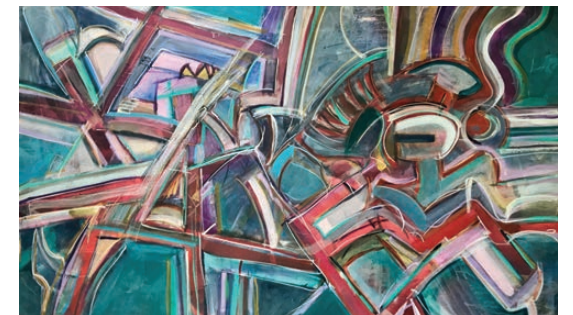
- Jan Baker



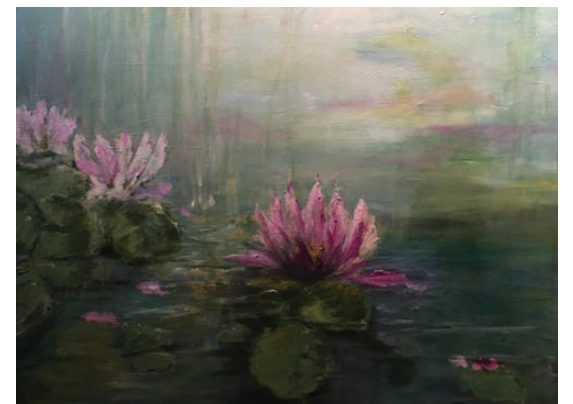
*Chaotic Destruction #2*  
Photo Credit: Eliesa Peters-Bollinger



*Water Bearer*  
Photo Credit: Felice Willat



*Further in the Anthropocene*  
Photo Credit: A. Michael Marzolla

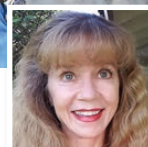


*After the Rain*  
Photo Credit: Kay Lemke



*River of Forgotten Sorrows*  
Photo Credit: Lynn Dodge and Karen Haub





Article by K.E. Robiscoe  
Photos courtesy of Linda Blue

## A Talk with the Thomascos:

*Live in Truth—Because There's Plenty Of Time to Rest in Peace.*

Across the board, if there's one thing that's true of the residents of our fair city, it's our appreciation of the finer things in life. Using drive to attain them and diligence to maintain them, this trait is ingrained in us all. The manner this modality evidences itself is always delightfully unique, though, as this month's feature residents, Dr. David Thomasco and his wife Carole bear out, allowing SB Neighbors a peek into their life, love, and pursuit of the Santa Barbara Dream.

"I was working as a DJ for a radio station in Pennsylvania back in the 70's." David reminisced, noting his handle had been "Dynamite Dave" on the rock-n-roll station WLBR before continuing. "I was taking time off to tour the United States and emcee for a 3-day major rock show, and when we stopped in Santa Barbara, I knew this place was special." David said, modestly admitting he'd introduced such legends as BB King, Ravi Shankar, and Cheech and Chong. "I decided then and

there that Santa Barbara was going to be my home. I was so certain I actually left the group at that point. They said 'it's time to go' and I said, 'Nope I'm not going.'" A man who knows his own mind, the erstwhile spin doctor soon set his sights on becoming an actual doctor of psychology.

"I started at City College exactly a year later, and once I accrued enough credits, I transferred to UCSB to major in Psychology and Speech and Hearing Pathology. I got my Bachelors of Arts in Psychology, and went on to earn my Masters in Counseling Psychology at Fielding Institute. After completing 3000 clinical hours I sat for the test to get my Marriage Family Therapy license." David said, his rapid-fire recounting mimicking the actual speed with which he accomplished these goals. "I was the youngest person in the whole program to actually get my license at the age of 28. I was working full-time, too!" A testimony to his drive, his resourcefulness during

this process was not to be dismissed, either. "Interesting story. I arrived here with just thirty-five cents in my pocket. While we were traveling with the tour, we picked up a hitchhiker for whom we felt compassion, and he actually robbed us!"

A solid thumbs-down by any standards, David persevered, finding fulfillment of his heart as well as his mind in the 80's. "I met Carole in 1984 at the Santa Barbara Athletic Club. She had a great smile, bright eyes, and was super fit—massively into aerobics. She would work out twice a day sometimes, wearing ice-packs under her leg warmers to alleviate pain from shin splints."

Carole's pursuit of fitness was in keeping with her quest as a successful business woman. In her own words she is "pursue-oriented", and the native New Yorker told me a little bit about her life in SB before meeting David. "I was working at a trade show in New York at



our booth for our children's clothing line, Giggling Lizards, and the fellow in the booth adjacent mine was from SB. He spoke so glowingly about what an amazing place it was, I ended up coming to visit him here." Carole said, remarking she had always wanted to see California. "I really loved it, but I wanted to be sure that SB was the best place to settle. So I drove from San Diego to San Francisco to contrast and compare, and there was no question. SB was the place for me. I just loved the mountains the ocean and the small-town vibe. Everyone was so friendly!"

I opened Midnight Butterfly on lower State Street. The store sold a variety of items. From greeting cards to stained-glass—you name it—we had it. From there I went on to starting two children's clothing company: Giggling Lizards and Watercolors. We had a factory in SB with wholesale distribution to boutiques across the country." In the early 80's Carole and her business partner decided to sell the businesses to try new ventures, and it was at this time she and David met. "I was really attracted to his intelligence, discipline and commitment to health and family." Carole said.

"She was really into health, diet, exercise, and self-help books, and as a psychotherapist that was very interesting to me." David said, his iteration of Carole's most appealing qualities almost verbatim to her attraction to him. "Of course it didn't hurt that she was a dead ringer for Ali McGraw." Their camaraderie growing and chemistry assured, the no-show of a training partner took their friendship to the next level.

"I was en route to play racquetball, but my partner ended up cancelling, and when Carole saw me coming back, she challenged me to join the aerobics class she was preparing to start. I used to tease her about how silly I thought aerobics was, but boy, did I learn my lesson! 15 minutes later, I crawled out of that class, and made an unconditional commitment to kick the classes butt next time out. We spent the next year going to class and getting to know each other, and on March 15th, 1985, we had our first date. We went to Beto's Mexican Cantina



off of Las Positas, and had a wonderful time." David said, the moment of falling in love so memorable the details stand out to this day. "Such a wonderful time I couldn't sleep, and so I called her the next morning at 5:30 am. I said, 'I hope you don't think I'm crazy but what if I come over, put the top down on the car, and we head down to Mexico for four or five days.'"

"I'll be ready before you get here!" Was my answer, Carole added, describing her first trip South of the Border. "What a culture shock! It was such a contrast from life in SB. The poverty in some areas of Tijuana filled me with compassion, whereas the vibrancy of Rosarito and Ensenada just enthralled me. I fell in love with the food, the culture, the colors, and especially the friendliness of the people." Carole said, going on to describe the charm of her traveling companion. "I loved the way he interacted with different people, using as much Spanish as he could—you could call it Spanglish—to connect on a deeper level. He was so handsome, too! He has these remarkable deep-blue eyes, but it was how he engaged with the children of the people we met that melted my heart. He'd had the foresight to bring along some toys to give to the kids we encountered, and it was just wonderful how the kindness of his heart broke the language barrier."

"We married two years later." David said. "On Feb 4th, 1987 in South Lake Tahoe. We honeymooned and skied...and honeymooned some more. In fact, we started our family on that very trip. We have four children altogether. All young adults at this point, three are UCSB grads, and the fourth calls Cal State University Channel Islands her alma mater."

"All the kids have names that begin with the letter 'T'." Carole added, explaining the reason for this alliteration in the next breath. "It's a documented fact that teachers remember those students in their classes that have names

(Continued on pg. 8)





with double-alliteration. Our kids are: Talia, Tiffany, Torian and Tarielle. Tarielle's name was inspired by the Little Mermaid movie, and we invented it to accommodate our preference for these double-alliterations. We even gave the name 'Tia' to a Dalmatian dog we once had!"

Their current four-footed friend is a rescue named Winston, a Cockapoo they brought to SB from a shelter in Compton. "I trained him to jump thru hula hoops, roll over, and even dance on his hind legs. Being raised on a farm, you learn a lot about animals." David mused, referencing his upbringing on his parents Pennsylvania farm. "He's an indoor dog. Outside we have two cottontail bunny rabbits, a bunch of chipmunks and squirrels, plus birds and lizards. We feed all these guys."

"We recently got into birdfeeders—now they are all over the place!" Carole agreed. "We even have a scrub-jay we've named Benji that will eat peanuts out of our hands. If I hold a peanut up and call him, he will come. The bunnies are free-roaming and we have a couple of doves that have made their home here—complete with lots of baby doves every year."

The Thomascos have plenty of time to appreciate them. Retired from a life of private practice, forensic psychology, and running businesses as diverse as tanning salons, an art gallery, and vacation rentals—to name just a few—the family's most enduring business is the well-known Medicine Shoppe Pharmacy, which their son Torian has been acquiring since his graduation from UCSB.

There's time to enjoy their many recreational activities, too. Pursuits that have included everything from fire-walking to ski instruction to swimming with actual piranhas, these days you're more likely to find David deep-sea diving or fishing in Alaska, while they both cherish time spent gardening in their "own little enclave of fruit and vegetable trees". Savoring the amazing meals David creates using some of these home-grown ingredients is a shared love, also. And if dining on "Alaskan Line-Caught King Salmon prepared with lemon, pesto, panko and a generous scattering of sun-dried tomatoes" isn't one of the finer things in life, I'm stumped to know what is.

## 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](mailto:krobiscoe@bestversionmedia.com)



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## SEEKING STARS FOR STORIES!

Do you want to discover new things about your neighbors? Want to be in the headlines? Want to see your pictures published? We're looking for neighborhood families or individuals with a story to share to grace the covers of the magazine.

Your story might include love, romance, drama or any combination of the three. It could be to celebrate a milestone in your life, share about a recent vacation, or simply to introduce yourself and share what you love about the community. Everyone has a story to share, and we want to help you tell yours. We'll talk with you, write the article and give you a free, professional photo session at your home so you can look your best in the magazine!

If you know others who would enjoy this opportunity, we

welcome nominations. Begin by brainstorming the people you know who you'd like to see in this magazine. They might be your next-door neighbors and friends, volunteers who serve others through local charities, community leaders, athletes, artists or hobbyists.

To get started, go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." Or, simply e-mail your content coordinator at [krobiscoe@bestversionmedia.com](mailto:krobiscoe@bestversionmedia.com) with your contact information and ideas.

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## Acid-Alkaline Axis: The Essential Role of pH in Human Health

By Irina Petrova, Soma Skin Spa  
Photo provided by Irina Petrova, Soma Skin Spa

Is pH imbalance lowering your quality of life? You may be familiar with some of the symptoms of pH imbalance, such as heartburn, chronic fatigue, headaches, acne or osteoporosis. The body needs to maintain precise pH ranges in each organ to properly digest your food, carry oxygen through your blood and support a healthy gut microbiome.

Many physical, mental and spiritual issues can be solved by correcting pH balances. pH measures the hydrogen ions in a solution, and living systems—like our cells—are highly sensitive to changes in acidity. A build-up of these charged particles prevents our proteins from carrying out their essential functions. Inefficient proteins lead to impaired metabolic processes and

movement of energy throughout the body. Ancient and modern Ayurvedic practices pull pH and Prana together to optimize energy movement through the body and minimize illness. Prana (universal life energy) is composed of soma (vibrational lunar energy), agni (vibrational energy of the sun), and marut (expression of air and space). From the metabolic digestive agni “flames” to the soma joint lubrication and the marut movement, each physiological process is carried out by enzyme proteins and Prana energy. The elements of transformative, moving and stabilizing forces need to be balanced or we’ll experience physical, mental, and emotional blockages and struggles.

The dire effects of chronic low pH are apparent in the blood: immediately affected by the diet, the blood is the most susceptible to pH fluctuations. My teacher, Dr. Vidya Mishra of SVAyurveda explains how acidic blood and nutrient deficiencies cause the blood to break down bone and other tissues to facilitate important renal, immune, and endocrine functions. The metabolic flames of the body operate in different organs and at different pH’s, each optimized for the macronutrients and micro-environment to achieve the proper function of the tissue.

Controlling body pH goes beyond a recommended diet—the proper preparation of food and herbs to preserve pranic intelligence must be combined with a holistic daily schedule, proper breathing and exercise.

Several easy changes can drastically improve imbalances in your skin, joints and digestive tract. Start by measuring the pH of your saliva each morning and monitoring your mood. Dr. Vidya Mishra gives an example of ancient Ayurvedic practitioners placing acid-sensitive leaves in their mouths to monitor their saliva pH. With modern resources and hundreds of recipes at our fingertips, we can tailor our habits to prevent the buildup of wastes and loss of nutrients by adopting holistic habits that have withstood the test of time for many millennia.

*Irina grew up among the pristine forests and meadows of Ukraine, where she developed a great respect for nature’s restorative powers. This love led her to Ayurveda (India’s 5000-year-old system of natural healing) and to earn a master’s degree in Ayurveda from MIU (Fairfield, Iowa) in 2001. Irina also trained in Vaidya Rama Kant Mishra’s Shaka Vansiya Ayurveda and is certified to offer the Blissful Beauty Marma Facelift System and other advanced SVA Marma protocols. She is an aesthetician licensed by the Santa Barbara Cosmetology Academy and is certified in Usui/Holy Fire III Reiki Ryoho. Irina is currently in training with the Soma Yoga Institute, and will soon offer restorative yoga therapy sessions in addition to the skincare and other healing services offered at her new luxurious skin care salon ‘Soma Skin Spa’ in Montecito.*



## LEMON GRASS CRUSTED SALMON WITH THAI CURRY SAUCE

Recipe provided by Opal Restaurant  
Photo courtesy of Dan Keep

### Ingredients

- Four to six 6-8 oz salmon filets
- Thai curry sauce (see following recipe)
- Caramelized apple and orange zest basmati rice (see following recipe)
- Lemon grass crust (see following recipe)
- Extra-virgin olive oil
- Thinly sliced (julienne style) vegetables: 1 carrot, 1 celery stalk, 1 red bell pepper, 1 zucchini, 1 yellow squash, 1 red onion.

### Method

Sauté the julienne vegetables with a little butter in a pan for 2-3 minutes and set aside. Use a basting brush to coat the top of the salmon with the lemon-grass crust. Heat oil in a sauté pan and sear the top of the salmon with the crust side for a little less than a minute. Turn the salmon over and pan-sear the bottom of the salmon for another minute. Then place pan in 400° oven for about 5 minutes. Take salmon out of oven. Ladle Thai curry sauce onto plates. Place caramelized apple and orange zest basmati

rice. You can pour some of the sauce over the salmon filets as well and then add julienne vegetables on top of the salmon.

### Thai Curry Sauce

Serves 4-6

### Ingredients

- 4 cups coconut milk
- ¼ cup lemon grass, chopped
- 3 basil leaves, chopped
- ¼ cup sugar
- ½ TBSP Tiparos fish sauce
- 2 TBSP fresh grated ginger
- red curry paste, to taste

### Method

Bring to a boil, then reduce heat and simmer for 45 minutes. Place sauce in a blender and blend until all ingredients liquefied.

### Caramelized Apple and Orange Zest Basmati Rice

### Ingredients

- 2 cups basmati rice
- 2½ cups water
- 1½ cups fresh-squeezed orange juice
- 2 TBSP extra-virgin olive oil

- ¼ cup finely diced onion
- ¼ cup diced apple
- 2 TBSP diced red pepper
- 2 TBSP orange zest

### Method

Sauté onions until caramelized. Bring water to boil and add rice, sautéed onions and the rest of the ingredients. Cook until all water absorbed (about 25 minutes).

### Lemon Grass Crust

### Ingredients

- 2 TBSP lemon grass, chopped
- 1 TBSP garlic, diced
- 1 TBSP shallots, diced
- 1 TBSP ginger, grated
- 1 TBSP wasabi
- a dash of extra-virgin olive oil

### Method

Combine ingredients in blender and blend to a smooth paste.

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## The Eucalyptus Hill Improvement Association

Article by Loy Beardsmore, President, EHIA

Photo Credit: Eucalyptus Hill Improvement Association

The Eucalyptus Hill Improvement Association Board has been busy pursuing our options to continue to do fire mitigation in our remaining two canyons next spring, since that will be the optimal time to do work. As we learn more, we will inform our neighbors.

If you have trees that need pruning or trimming, or if neighbors have approached you to financially assist you in such projects, we hope that you will be cooperative and work together for neighborhood safety and harmony.

We continue to have bear, coyote, bobcat, mountain lion, deer, and other wild animal sightings in our neighborhood. With the continuing drought, they are looking for water and food sources. We caution you to be alert and aware of your surroundings regardless of the time of day as you venture out and about. We also remind you that it is illegal to feed these wild animals.

We are hopeful that as we enter this fall that we will have a wet winter, despite predictions of continuing drought. IF,

and when, we do begin to get rainfall, we remind you to be mindful of any drip or irrigation timers that you might have operational, and adjust them as needed.

EHIA's Board is hopeful that you took advantage of the summer months to get to know your neighbors. We've noticed many new neighbors and as we've tried to welcome them to the neighborhood, we hope you are doing so as well. In a recent conversation with city officials, we were told that EHIA is one of the strongest neighborhoods that strives to be prepared for disasters, as well as being friendly. If you are new to the neighborhood, we encourage you to look at our website, [www.eucalyptushillia.com](http://www.eucalyptushillia.com) and if our Block Volunteer has not had a chance to introduce themselves, that you will contact them, or us, at [www.info@eucalyptushillia.com](mailto:www.info@eucalyptushillia.com). We'd love to get to know you and welcome you to the best neighborhood in Santa Barbara!



## The Montecito Motor Classic: A Spectacular Collection of Cars Supporting Local Non-Profits

Article by Dan Keep

Photos provided by the Montecito Motor Classic

The annual Montecito Motor Classic is back again this year on Sunday, October 10, from 9 am to 4 pm at the Santa Barbara Polo Club. The event features a diverse selection of rare and unique vehicles including vintage vehicles, mid-century sedans, muscle cars and exotic sports cars among others. Millions of dollars' worth of spectacular cars will be on display with this year's theme being, "The Concept Car and Automotive Technology".

Giving back to the community is the principal objective of the Montecito Motor Classic and it has successfully raised hundreds of thousands of dollars since its inception in 2012. If you enjoy cars, this is definitely the local event to attend.

The family-oriented event draws over 5000 spectators every year and gives attendees an opportunity to interact with the cars and their caretakers, free of charge. The show also offers something for people of all interests including awards, interactive displays, vendor chalets featuring local boutiques, a hat competition for those styling alongside the autos, a "Kids Zone" with toy car races and this year will feature the truck from the TV show, *The Munsters*. The Polo Club's new Fieldside Grill will also offer a full menu and bar.



The Montecito Motor Classic has always been about benefiting community organizations such as the Santa Barbara Police Activities League (PAL), Special Olympics, and the Santa Barbara Police Foundation. Critical funds raised during this year's event will go directly to supporting PAL, which strives to build positive mentoring relationships between teens, the police department, and members of the community through educational, athletic, and leadership development programs. The programs offered through this amazing organization play a vital role in the greater Santa Barbara County. If you love cars and enjoy supporting our community, please plan to attend!

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In this healing Hatha Yoga class, yoga asana postures are practiced to align, strengthen and promote flexibility in the body. The slower pace allows focus on breathing techniques and movement control. Complete relaxation and mind/body balance are the goal. Class recommended for all fitness levels; beginners very welcome!

Time 9:00-10:00am

Cost: \$10.-

Contact: [www.claystudiosb.org/wellness](http://www.claystudiosb.org/wellness)

#### SATURDAY, OCT 16TH OCTOBER LONG-FORM IMPROV SHOW

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@Unitarian Parish Hall, 1535 Santa Barbara St, SB, CA

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Time: 8:00-9:30pm

Cost: \$10.-

Contact: [www.sbimprov.com/shows](http://www.sbimprov.com/shows)

#### THURSDAY, OCT 21ST

##### "FOUND...A DDT DUMPING GROUND NEAR LA AND CATALINA!"

##### - A ZOOM WEBINAR BROUGHT TO YOU BY SB MARITIME MUSEUM, SPONSORED BY MARIE L. MORRISROE

Join Dr. David Valentine, the Norris Presidential Chair in Earth Science at UCSB, for an important presentation discussing the ramifications of the discovery of tens of thousands of ruptured waste barrels

found off the coasts of Catalina and Los Angeles.

Time: 7:00pm

Cost: FREE with registration

Contact: [www.sbm.org/santa-barbara-event](http://www.sbm.org/santa-barbara-event)

#### SATURDAY, OCT 23RD

##### RIDE SANTA BARBARA 100

##### - A LIVE ATHLETIC ACTIVITY BROUGHT TO YOU BY EASY DAY SPORTS.

@Leadbetter Beach, 801 Shoreline Drive, SB CA

The premier cycling event set on California's Central Coast, is returning to historic Leadbetter Beach for its 10th anniversary ride. One of the most beautiful and challenging 100 mile rides, the route includes the Santa Barbara waterfront, the foothills of Carpinteria and Montecito, the famous 7 mile climb up Gibraltar Road and the flatlands of Goleta before finishing back at Leadbetter Beach. Experienced cyclists only, all 100 milers will receive an exclusive Finisher Coin at the 100mi turnaround.

Time: 7:00am

Cost: \$159.-

Contact: [www.ridesb100.com/details](http://www.ridesb100.com/details)

#### THURSDAY, NOV 4TH

##### HOW TO WIN ELECTIONS AND LOSE THE COUNTRY WITH MICHAEL STEELE

##### - A LIVE LECTURE MADE POSSIBLE BY UC SANTA BARBARA ARTS & LECTURES

@Campbell Hall, located on the UCSB Campus, off Mesa Road and University Plaza.

MSNBC analyst and former Republican National Committee chair Michael Steele examines our political parties and the systems they create in the fight for electoral success. Time: 7:30pm

Cost: \$20-\$35.- General Public; \$10.-

UCSB students

Contact: [www.artsandlectures.ucsb.edu/Details.aspx?PerfNum=4676](http://www.artsandlectures.ucsb.edu/Details.aspx?PerfNum=4676)

#### FRIDAY, NOV 5TH

##### SACRED SOUND MEDITATION WITH BRANDON

##### - A LIVE SOUND MEDITATION BROUGHT TO YOU BY AT KINECI HEALTH AND MOVEMENT CENTER

@Kineci Health and Movement Center, 22 West Mission Street, SB, CA

During this installment of Sacred Sound, you will meditate with the elemental qualities of sound for support in calling in the tools, lessons, and inspiration needed for the next phase of your journey.

Time: 6:00-7:00pm

Cost: \$25.-

Contact: [www.kineci.com/events-and-classes](http://www.kineci.com/events-and-classes)

#### SUNDAY, NOV 14TH

##### BEACH CLEANUPS

##### - A LIVE COMMUNITY ACTION COURTESY OF EXPLORE ECOLOGY

@Arroyo Burro Beach County Park (Hendry's) 2981 Cliff Drive, Santa Barbara

Meet in front of the Watershed Resource Center (blue building) to sign in. Bring your own clean up supplies or use those provided; buckets, plastic bags, and reusable or disposable gloves. Cleanups will be self-guided and can include the beach, the parking lot, or the open spaces surrounding Arroyo Burro Beach. Participants will receive a coupon for a cup of chowder from Santa Barbara Shellfish Co.

Time: 10:00 am to 12:00 pm

Cost: FREE

Contact: [www.exploreecology.org/coastal-cleanup-day](http://www.exploreecology.org/coastal-cleanup-day)

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