



PHOTO: FRITZ OLENBERGER

## SUMMER SOLSTICE CELEBRATION

The Summer Solstice Celebration, which began in 1974 and continues to be one of Santa Barbara's most colorful and anticipated events. Drawing nearly 100,000 spectators and participants, the three day celebration begins with the Festival Opening on Friday, June 21st at Alameda Park, followed by the Summer Solstice Parade kicking off at noon on Saturday. Starting at State and Cota Streets, the parade winds, dances, rolls and bounces up State Street. The Festival at Alameda Park offers non-stop theatrical and musical performances, Friday - Sunday with live music and entertainment on the Main Stage. The celebration boasts a variety of arts and crafts booths and delicious food as well as a beer and wine garden for the duration of the Festival. Visit [www.solsticeparade.com](http://www.solsticeparade.com) for more details and a complete schedule of Summer Solstice events.

## TAJ MAHAL & SHEMEKIA COPELAND

With two Grammys, more than 25 albums and five decades of sterling performances behind him, Taj Mahal is one of the most influential figures in late-20th century blues and roots music. Grounded in American pre-war blues but incorporating world sounds, from West Africa to Latin America and the Caribbean, Mahal's unmistakable and thrillingly eclectic musical fusions inspired a whole generation of performers and revitalized a dying art form. The golden-voiced singer and multi-instrumentalist appears with Taj Mahal Trio and special guest, sizzling hot vocalist Shemekia Copeland. Scheduled for April 19th at UCSB's Campbell Hall.

For tickets: [ArtsandLectures.UCSB.edu](http://ArtsandLectures.UCSB.edu) or 805.893.3535.



PHOTOS: JAY BLAKESBERG

THE SAFE, NUTRITIOUS, EASY-TO-PREPARE SNACKS FOR ANY OCCASION

# THE ULTIMATE ALLERGY-FREE SNACK COOKBOOK

OVER 100  
KID-FRIENDLY  
RECIPES FOR THE  
ALLERGIC CHILD



JUDI AND SHARI ZUCKER

## THE ULTIMATE ALLERGY-FREE SNACK COOKBOOK

It's Allergy-Free, NOT Taste-Free. That is the tagline for this innovative book by Judi and Shari Zucker, aka The Double Energy Twins. With over 12 million people in the states with food allergy issues, the Zucker twins decided to put the taste back into allergy free goodies. The focus of the book is on treats for the kids, and parents who struggle to find healthy allergy free snacks that their kids will crave. Today's parents may be surprised at how many children suffer from a food intolerance, triggered by even the slightest trace of an allergen. Finding allergy free foods in the supermarket can be frustrating and limiting and although these items may be suitable for allergies, that does not necessarily mean they are healthy. That is where their newest title, The Ultimate Allergy-Free Snack Cookbook, comes in. Judi and Shari alter some traditional favorite snacks to make them "allergy-free." There are over 100 recipes to choose from, including: No Egg-Eggplant Dip, Killer Kale Crisps, Pumpkin Eaters' Oatmeal Chewies, Sweet Potato Fries, and dozens more. Whether you are looking for creative recipes to fill your child's lunchbox, new ideas for after school snacks, or simply a healthy alternative to what's being offered in grocery stores, look no further than The Ultimate Allergy-Free Snack Cookbook. Their book can be purchased locally at Chaucers, Backyard Bowls and Tri-County Produce or online at Barnes & Noble and Amazon. Visit their website [doubleenergytwins.com](http://doubleenergytwins.com) for more info.