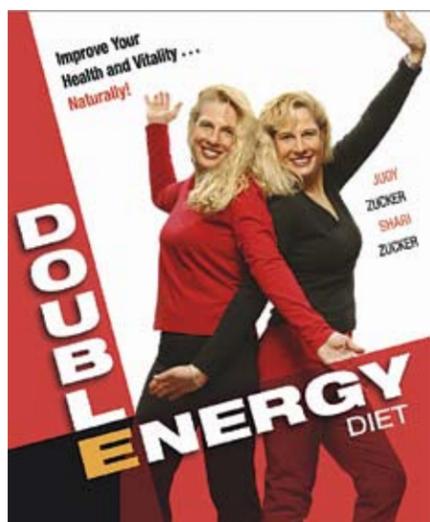


### Curves celebrates birthday

To celebrate Curves of Carpinteria's sixth anniversary, an open house celebration will be held at the gym, 5412 Carpinteria Ave., on Friday and Saturday, Aug. 22 and 23. Kicking off the event, the Carpinteria Valley Chamber of Commerce will hold a ribbon cutting at the Curves facility on Thursday Aug. 21 at 5:15 p.m. Then on Aug. 22 from 8 to 11 a.m. and 6 to 7 p.m. and on Saturday, Aug. 23 from 8 to 11 a.m., Curves will host a certified group that will conduct bone density screenings for \$35. "It's exciting to have been a part of the Carpinteria community for so long, providing women with weight loss guidance and a fun, doable program," stated Camp. "We feel our success in Carpinteria stems from not only the strength of the Curves brand, but our dedication to helping women get fit." To find out more, call 745-8500.

### CEF throws Carp-A-Cabana

Join the Carpinteria Education Foundation (CEF) at BEGA US, 1000 Bega Road, for its Carp-A-Cabana on Saturday, Sept. 6 from 4 to 7 p.m. At Carp-A-Cabana, CEF will celebrate its 15-year anniversary and will also honor the Hutton Foundation for its support of Carpinteria youth and education organizations. Advance tickets cost \$40, or pay \$50 at the door to enjoy wine, beer, mojitos, tapas, and entertainment by Hip Brazil featuring the dancing of Vanessa Isaac and music by The Rincons. Proceeds of Carp-A-Cabana will benefit the CEF's Grants for Educators. For more information call 722-5909.



Former Carpinterians Judi and Shari Zucker published "The Double Energy Diet" to help others access the health and vitality dialed in by the dynamic twins.

### Local twins author health book

Judi and Shari Zucker are releasing their newest book, "The Double Energy Diet," to provide readers with tools to improve their lives through health and nutrition. The Zuckers, who are twin sisters, said they were frustrated with fad diets and felt that common sense food and lifestyle choices were the best strategies to achieve health and high energy.

Both sisters earned degrees in health and nutrition at UCSB and since have focused on living a healthy lifestyle, while encouraging the same for their children. Their book features a wide variety of plant-based recipes as well as chapters on exercise, raising healthy kids and eating patterns. According to Judi, the book is locally available at Head to Toe Salon, 887 Linden Ave., but is "selling out all over town." To find out more about "The Double Energy Diet" and its availability, visit doubleenergytwins.com.

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