



NEW SUPPORT GROUP

Help for those grieving four-legged friends

COMING WEDNESDAY

TUESDAY, SEPTEMBER 16, 2014

OUT & ABOUT



Tom Ligare Ligare joins Girls Inc. board

Tom Ligare has been named a board member of Girls Inc. of Carpinteria. Mr. Ligare is founder and president of 'Planned Giving' Marketing Solutions and Legacy Life Giving. He is also a mentor for the technology management program at UCSB and has taught business and marketing classes. He is treasurer of the Rotary Club of Carpinteria Foundation and serves on the board of directors for Safewater International. In addition, he is on the executive board of the Carpinteria Chamber of Commerce, where he is a past president.

—Charlotte Boechler

OUR TOWN

Depot Day

The 32nd annual Depot Day will be held Sept. 28 at the South Coast Railroad Museum, located at the historic Goleta Depot, 300 N. Los Carneros Road in Goleta. Hours are 11 a.m. to 4 p.m. Depot Day is the day set aside each year for celebrating the preservation of one of the area's leading historical landmarks — the Southern Pacific railroad station building, which was moved on Nov. 18-19, 1981, to save it from demolition. A donation of \$1 per person will be requested upon admission. For more information, call 964-3540.

—Marilyn McMahon

ON STAGE

'Follow' leads into festival

Sarah Elgart of Arrogant Elbow will present "Follow" at 8 p.m. Thursday at the Santa Barbara County Courthouse, 1100 Anacapa St. The free performance art piece features dancers, an original score and an artist's projections. It's part of Museum of Contemporary Art Santa Barbara's On Edge Festival. For more information, go to www.centersstageattheater.org.

—Dave Mason

The music's in his hands

'Glee' percussionist to help Zumba teacher celebrate her birthday

By **DAVE MASON**
NEWS-PRESS STAFF WRITER

Miguelito Leon was just 11 months old when he played an egg shaker as he listened to Vientos del Sur, a band at Carlitos Cafe y Cantina on State Street.

The musicians were so impressed with his rhythm that they welcomed him to play percussion with them there on weekends for the next 10 years. The beat went on for the Santa Barbara native whose love of congas, bongos, timbales, tambourines and other handheld percussion instruments led him to play on "Glee" last season.

The 19-year-old will perform as an estimated 250 Zumba students dance at 5:30 p.m. today at Carrillo Recreation Center, 100 E. Carrillo St. The 90-minute fitness class will celebrate teacher Josette Tkacik's birthday, and Mr. Leon will keep the beat to recordings of Latin music and other genres.

Mrs. Tkacik, a Carpinteria resident who found out about Mr. Leon from another dance instructor, asked him to play percussion during a Zumba class on her birthday last year at the Carrillo center.

IF YOU DANCE

Percussionist Miguelito Leon will play during a Zumba class and birthday celebration for its teacher, Josette Tkacik, from 5:30 to 7 p.m. today at Carrillo Recreation Center, 100 E. Carrillo St. Cost is \$15 for drop-ins, \$35 for a five-class pass or \$67 for a 12-class pass. For more information, go to www.josettetkacik.com.

"He added a special kind of bonus energy that we've never had before," Mrs. Tkacik told the News-Press. "He's really awesome."

Mr. Leon said he enjoyed the spirit in the large Zumba class.

"That's the goal of a musician, to make people happy and dance," he told the News-Press by phone from his home in San Francisco, where he plays with bands. "The fact that they're already doing it makes my job that much more fun because I get to come and jam and join the party."

Mr. Leon has played professionally with bands since age 14 at Santa Barbara venues such as SOHO Restaurant & Music Club, Velvet Jones and Muddy Waters Coffee

House. In 2013, the former Santa Barbara High School student earned the equivalent of a diploma by passing the California High School Proficiency Examination.

He got on "Glee" in fall 2013 when a percussionist friend recommended him to the Fox show. In his national TV debut, he and a band were filmed in three episodes, playing songs such as Barry Manilow's "Copacabana" and Stevie Wonder's "You Are the Sunshine of My Life."

Mr. Leon noted "Glee" stars Harry Shum Jr. (Mike Chang) and Amber Riley (Mercedes Jones) spent time with him during one of the all-day shoots. "They talked to me about what I did, where I was from, where I went to school."

This year, Mr. Leon spent four months in Havana to learn more about Cuban drumming.

"Being a percussionist means being able to find the sounds in anything and knowing that everything has a sound and that there's no such thing as a wrong sound," Mr. Leon said. "We had a recording session, and I took off my shirt and started slapping my chest (for nine minutes). It was all red for two days!"

email: dmason@newspress.com



NIK BLASKOVICH PHOTO

Miguelito Leon, a percussionist and Santa Barbara native featured on "Glee," will play during a Zumba class tonight at the Carrillo Recreation Center.

Energy to burn

Double Energy Twins release 'The Ultimate Allergy-Free Cookbook'

By **BRETT LEIGH DICKS**
NEWS-PRESS CORRESPONDENT

When you're in the company of Judi and Shari Zucker, it doesn't take long to see how the twins earned their alias, the Double Energy Twins.

Even when sitting down and chatting, the two, co-authors of an ever-growing collection of cookbooks, are a bundle of energy. Responses to questions come at breakneck speed, hands flail in every direction as they make their point, and, more often than not, they hysterically finish each other's sentences.

It was their father, Irwin Zucker, a Los Angeles-based public relations veteran, who dubbed his daughters the Double Energy Twins while they were still in high school.

"Our first book came out when we were 16 and sold 80,000 copies," Shari said. "It was called 'How to Survive Snack Attacks Naturally,'" and our father came up with the name. He also said, 'We're going to call you the Double Energy Twins.'

"We laugh at being called the Double Energy Twins at our age, but we actually do have a lot of energy."

The sisters, 53, have channeled that energy into authoring and releasing five other books, their latest being "The Ultimate Allergy-Free Cookbook."

Recently released through New York-based Square One Publishers, it contains more than 150 vegetarian or vegan recipes that avoid the eight most common food allergens: eggs, milk, soy, wheat, peanuts, tree nuts, fish and shellfish.

The new book follows their previous release, "The Ultimate Allergy-Free Snack Cookbook," which presented parents with allergy-free lunchbox, party and other snack options for children. "The Ultimate Allergy-Free Cookbook" takes that one step further, offering a variety of allergy-free options for the entire family.

The book is bursting with allergen-free alternatives. Sunflower Seed Butter Cookies replace Peanut Butter Cookies. For a rich and creamy bisque that's full of flavor, the twins serve up a Sweet 'n Spicy Carrot Bisque made with coconut milk. And for anyone craving lasagna, there is an Italian Noodle Casserole that uses rice or quinoa pasta and shredded soy-free vegan mozzarella cheese.

"We wanted to do a book that dispelled all the myths," Judi told the News-Press. "For some people, the term 'allergy-free cooking' conjures up images of bland and boring meals

Please see **ENERGY** on **A7**



BRETT LEIGH DICKS / NEWS-PRESS PHOTOS

Santa Barbara twins Judi, left, and Shari Zucker, also known as the Double Energy Twins, have recently co-authored their sixth healthy eating cookbook, "The Ultimate Allergy-Free Cookbook." Inset, add a splash of rice milk and some fresh fruit to the Gluten-Free Granola, top, for a perfect start to the day. Red Bell Pepper & Black Bean Burger, bottom.

Buddy-up your fitness

Want to invite your friend to exercise with you? A medicine ball makes a great buddy-friendly equipment option. The following is for intermediate exercisers without injury concerns. Consult your physician before beginning exercise.

Begin with a 5- or 8-pound medicine ball. Be sure to only work in a range of motion that you can control because if you're using momentum, risk of injury increases if you don't. Second, do not sacrifice form for repetitions, ever. When your form starts to fade, your set is over. Third, mastering the form of each move first without a medicine ball is required, as is knowledge of

proper posture and stabilization techniques. Finally, start light. Choose a lightweight ball when learning a new exercise.

- **Rotate and Pass:** Stand back to back. Turn to your right and pass the ball as fast as you can control to your friend. The friend should take hold of the ball and pass it to you via his or her right side as well. Continue passing the medicine ball clockwise for 15 rotations. Repeat passing the ball to your left in a counter-clockwise direction.
- **Lunge and Overhead Pass:** Stand back to back. Hold the ball in front of your chest. Step forward with your right foot about three feet, bend both knees and lower your body down about 6 inches. Push up from your right heel and return to your

starting upright position. Then, immediately pass the ball overhead to your partner. Your partner should grab the ball and hold the ball in front of his/her chest and immediately step forward into a lunge. Upon return back to his/her starting position, pass the ball overhead back to you.

- **Squat and Toss:** Stand facing one another. Perform a squat and then toss the ball underhand to your partner. Your partner should catch the ball and immediately drop into a squat, stand up straight again and toss the ball back to you. Perform 15 squats and tosses each.
- **Push-Up and Roll:** Start in a push-up position, either modified (on knees) or full (on toes). Place ball directly in front of your right hand. Perform

a push-up, now lift your right hand and roll the ball to your partner. Hold your push-up or plank position while your partner stops the ball in front of his or her right hand, performs a push-up and rolls the ball back in your direction. Perform 10 push-up and rolling reps. Take a quick break and then repeat rolling the ball with your left hand only.

Nicole Clancy, a certified fitness professional/medical exercise specialist in Santa Barbara County, designs exercise programs for those managing chronic illness/injury concerns. Her column appears every other Tuesday. Email her at n.clancy@att.net.



**SIMPLY
FIT**
Nicole Clancy

Obesity is a preventable disease

■ ENERGY

Continued from Page A6

and dishes that are missing something.”

“What a lot of people don’t realize is that allergy-free meals can be made flavorful, satisfying and healthy and still avoid common allergenic ingredients,” added Shari. “When you taste these recipes, you can’t tell they’re allergy-free.”

The twins also credit their father for their introduction to healthy eating. Mr. Zucker handled the public relations accounts for organizations such as the National Health Federation and the annual Cancer Convention and his daughters would tag along with him to the events.

“We became health-oriented because we would hear these amazing speakers like Gloria Swanson,” Shari said. “We heard people talking about health food

in the 1970s and we just thought they made sense. We became vegetarians at 11 and decided to start putting recipes together.”

One by one, the recipes piled up until one day, while clearing out a kitchen drawer of their Beverly Hills family home, their mother asked the 16-year-olds what they planned to do with them. They decided to turn them into their first cookbook that they released in 1979.

After heading off to college, earning bachelor’s degrees in ergonomics at UCSB in 1983, the Double Energy Twins settled in Santa Barbara. They made sharing the importance of maintaining

a healthy lifestyle their mission. Along with appearing on numerous radio and television shows, the two have lectured on the topic of health and nutrition throughout the United States.

“We’re health advocates and we’re all about preventative medicine,” Judi said. “Just look at all the things we’re facing as a society — cancer, diabetes and

FYI

The Double Energy Twins will sign copies of “The Ultimate Allergy-Free Cookbook” (Square One Publishers, \$15.95) at 7 p.m. Oct. 7 at Chaucer’s Books, 3321 State St., where the book can be purchased. It’s also available locally at Tecolote Book Shop, 1470 East Valley Road in Montecito.

For more information, visit www.doubleenergytwins.com.

TUNE IN

The twins will appear as guests on Nipper’s Table Talk at 9 a.m. Oct. 9 on KZSB AM 1290, the News-Press radio station.

obesity. Obesity is a preventable disease. Over \$150 billion is spent each year on health care for obesity and its related diseases. We want people to take responsibility for their own health care by helping prevent disease through healthy living.”

It was while working on their previous release that the two became aware of the extent of allergy-related ailments.

“We submitted the idea for the book to Square One Publishers and the owner, Rudy Shur, called us up and said he liked the idea

of another snack book, but told us about the epidemic of people getting allergies,” Judi said. “There are 18 million people with food allergies, so he asked us if we could make it an allergy-free book.”

In 2011, they released “The Ultimate Allergy-Free Snack Cookbook,” which is now in its third edition; the book’s success quickly inspired an expanded follow-up.

The pair spent another two years investigating allergy-related research and channeled that into a new selection of recipes that includes hors d’oeuvres; soups and salads; sides; mains; and desserts. Sometimes the two started with tried-and-true recipes and removed the known allergens from them. Other times, they started from scratch, devising recipes of their own.

The twins pulled together more than 150 allergen-free recipes that are accompanied by step-by-step instructions. They also devised a set of guidelines for setting up an allergen-free kitchen, tips for avoiding cross contamination, and a list of allergen-free ingredient options.

“We have a real passion for food education, so this book comes from a genuine desire to help people with food allergies,” Shari said.

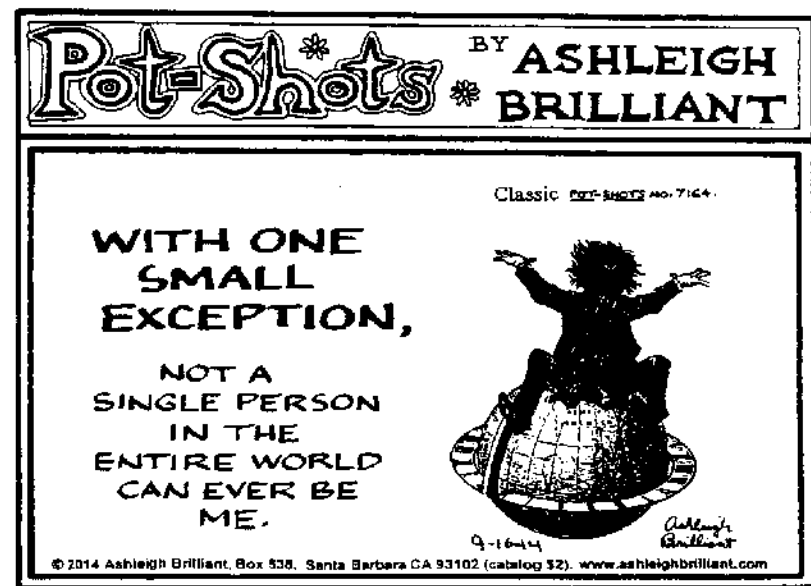
“And who doesn’t enjoy eating?” Judi interjected. “There is no reason why allergen-free recipes

shouldn’t taste as good or even better than any other recipes. There is so much variety out there and we want to share that with people. We want people to be healthier, feel better and have

more energy.”

More energy? You will definitely need it if you plan to keep up with these two.

email: life@newspress.com



METROPOLITAN THEATRES			Showtimes for September 16	★ = NO PASSES
FAIRVIEW THEATRE 225 N FAIRVIEW AVE, GOLETA	PASEO NUEVO 8 WEST DE LA GUERRA PLACE, SANTA BARBARA	ARLINGTON 1317 STATE STREET, SANTA BARBARA		
CANTINFLAS PG-13 2:00 PM THE NOVEMBER MAN PG-13 2:15, 5:00, 7:45 THE HUNDRED-FOOT JOURNEY PG-13 1:45, 4:30, 7:15 A MOST WANTED MAN PG-13 4:45, 7:30	★ THE DROP PG-13 2:20, 5:10, 7:45 THE LAST OF ROBIN HOOD PG-13 3:30, 5:45, 8:15 ★ LOVE IS STRANGE PG-13 2:40, 5:00, 7:30 THE HUNDRED-FOOT JOURNEY PG-13 2:30, 5:15, 8:00	LUCY PG-13 2:45, 5:10, 7:30 RIVIERA 2044 ALAMEDA PADRE SERRA, SANTA BARBARA MAGIC IN THE MOONLIGHT PG-13 5:00, 7:40 FIESTA 5 916 STATE STREET, SANTA BARBARA		
BOYHOOD PG-13 4:15, 7:45 A SUMMER'S TALE PG-13 4:45, 7:30	CAMINO REAL 7040 MARKETPLACE DR, GOLETA ★ DOLPHIN TALE 2 PG-13 1:00, 2:20, 3:45, 5:00, 7:40, 9:10 ★ NO GOOD DEED PG-13 12:50, 3:00, 5:10, 7:30, 9:45 AS ABOVE, SO BELOW PG-13 6:50, 10:15 IF I STAY PG-13 1:30, 4:30, 7:00, 9:35 LET'S BE COPS PG-13 2:20, 4:50, 7:20, 10:05 GUARDIANS OF THE GALAXY PG-13 1:40, 4:10, 7:10, 9:35	★ DOLPHIN TALE 2 PG-13 2:55, 4:35, 7:10 ★ NO GOOD DEED PG-13 2:25, 5:30, 7:40 CANTINFLAS PG-13 2:15, 4:50, 7:20 IF I STAY PG-13 2:35, 7:30 LET'S BE COPS PG-13 2:45, 5:20, 7:50 TEENAGE MUTANT NINJA TURTLES PG-13 5:05 PM		
METRO 4 618 STATE STREET, SANTA BARBARA THE IDENTICAL PG-13 4:50 PM THE NOVEMBER MAN PG-13 1:50, 4:25, 7:10 THE GIVER PG-13 2:20, 7:20 GUARDIANS OF THE GALAXY PG-13 2:00, 4:45, 7:30 MAGIC IN THE MOONLIGHT PG-13 2:10, 4:35, 7:00				
CHECK OUT OUR NEW WEBSITE!			www.metrotheatres.com	877-789-MOVIE

HEALTH AND FITNESS CALENDAR

TODAY

Art Exhibition: By appointment through November. Hospice of Santa Barbara, Leigh Block Gallery, 2050 Alameda Padre Serra, Suite #100. Featuring paula re's art exhibit, "crossings of my mind." Thirty-five percent of the show's sale proceeds will be donated to Hospice. 563-8820 or www.hospiceofsantabarbara.org.

Healthier Living with Ongoing Health

Conditions: 9:30 a.m.-noon. Tuesdays through Sept. 23. Sansum Clinic, third-floor conference room, 215 Pesetas Lane. Class co-sponsored

by CenCalHealth, Mental Wellness Center, Partners in Care Foundation and Sansum Clinic. \$20 optional materials free.

WEDNESDAY

Nutrition Class: Noon-1 p.m. Santa Ynez Valley Cottage Hospital, conference room, 2050 Viborg Road, Solvang. Instructor is Stacey Bailey, clinical dietitian. Presented by Cottage Health System. Free. 694-2351.

THURSDAY

Living with Alzheimer's - Late Stage: 2-4

p.m. Senior Planning Services, 1811 State St. For caregivers and their family members. Free. 892-4259, ext. 111.

SUNDAY

She.is.beautiful 5K and 10K: 8 a.m. Meet near East Beach Grill, 1118 E. Cabrillo Blvd. All-female event. \$43. To register by Thursday, go to www.runsheisbeautiful.com.

Please send event announcements two weeks in advance for consideration to listsings@newspress.com.

Generations

Wandering solutions for Alzheimer's caregivers

Dear Savvy Senior,
My mother, who lives with me, has Alzheimer's disease and I worry about her wandering away. What tips can you recommend to help me protect her?

— Concerned Daughter

Dear Concerned,

According to the Alzheimer's Association, about 60 percent of people who suffer from dementia wander at some point. For caregivers, this can be frightening. But there are things you can do to guard against this and protect your loved one.

WANDERING PREVENTION

For starters, to help reduce your mom's tendency to wander, keep her occupied and involved in familiar daily activities such as preparing dinner or folding laundry. It's also important to encourage daily exercise and limit daytime napping to reduce nighttime restlessness.

There are also a number of simple home modifications you can make to keep her from wandering. Some possible solutions include adding an extra lock on the top or bottom of the

exterior doors out of the line of sight; installing child-proof door knobs or levers; putting a “STOP” or “Do Not Enter” sign on the doors you don't want her going through; or getting a signal device or motion sensor that lets you know when the door is opened. See alzstore.com for a variety of product solutions. And, be sure you hide the car keys to keep her from driving.

It's also a good idea to alert neighbors that your mom may wander so they can keep an eye out, and have on hand a recent picture to show around the neighborhood or to the police if she does get lost.

WANDERING SERVICES

If you want some added protection in case she does wander off, there are a number of services you can turn to for help, like the MedicAlert + Safe Return program (medicalert.org/safereturn).

This service comes with a personalized ID bracelet that will have your mom's medical information engraved on it, along with her membership number and the toll-free MedicAlert

emergency phone number.

If she goes missing, you would call 9-1-1 and report it to the local police department, who would begin a search and then report it to MedicAlert. Or, a Good Samaritan or police officer may find her and call the MedicAlert number to get her back home safely.

Another option that could help, depending on where you live, is

a radio frequency locator service like SafetyNet and Project Lifesaver, which are offered

by some local law enforcement agencies. With these services, your mother would wear a wristband that contains a radio transmitter that emits tracking signals. If she goes missing, you would contact the local authorities who would send out rescue personnel who will use their tracking equipment to locate her. Visit safetynetbylojack.com and projectlifesaver.org to see if these services are available in your community.

GPS TRACKING

There are also a number of GPS tracking devices that can help you keep tabs on your mom.

SAVVY SENIOR

Jim Miller



My name is Margaret and I am the Nurse at the Peppers Estate.

This is such a beautiful home and caring place for seniors needing care, and I am so happy to be here.

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in this historic 1885 Estate home and some of the best co-workers I have known in my 24 years as a nurse. All of this is for the happiness and well being of our guests and client elders, who we are dedicated to.

I love being here, I love the people I work for and most of all I love our residents and the chance to serve their families. We have a client opening and if we can serve you too, please call David at 805-451-2222.



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