

'We treasure our bodies'

■ TWINS

Continued from Page A6

Cheese With Cauliflower to Sweet Potato Chili to Quinoa Walnut Burgers.

Among the sides are Best Baked Vegan Potato Latkes and Sesame Orange-Laced Soba Noodles.

Desserts vary from Banana Walnut Muffins to Pistachio Cheesecake. "My favorite is the Peanut Butter Dream Pie," Shari said.

A section of the book is also dedicated to smoothies, including Caramel Apple and Banana Bee.

The twins, who grew up in Beverly Hills, started writing books at age 16 and earned their bachelor's degrees in ergonomics — the study of human physiology, physical education and nutrition — at UCSB in 1983. They have promoted healthy eating on national and local TV shows.

"We love to eat, but we treasure our bodies," Shari said. "You only get one body in this life, so take care of it. Then it will take care of you when you get older."

email: dmason@newspress.com



KENNETH SONG / NEWS-PRESS PHOTOS

Judi Zucker, left, and Shari Zucker say a diet rich in folic acid, omega-3 fatty acids and other healthy nutrients can help reduce the risk of dementia.

FYI

Judi and Shari Zucker, Montecito authors of "The Memory Diet: More Than 150 Healthy Recipes for the Proper Care and Feeding of Your Brain" (New Page Books, \$15.99), will sign copies at 7 p.m. May 25 at Chaucer's Books, 3321 State St.

The book, which will be released May 23, will also be available at Tecolote Book Shop, 1470 East Valley Road, Montecito (969-4977), and amazon.com.

For more information, go to www.doubleenergytwins.com.

Resist the overuse of antibiotics

TRIBUNE NEWS SERVICE

A new study shows an estimated 30 percent of outpatient oral antibiotic prescriptions are unnecessary. Penicillin and other antibiotics have played a leading role in treating bacterial infections, preventing the spread of disease and minimizing serious complications of disease; however, overuse of the drugs has led to antibiotic resistance.

Mayo Clinic infectious diseases specialist Dr. Pritish Tosh says, "We are seeing across the country and the world worsening issues of antibiotic-resistant bacteria, meaning that we have antibiotics that are sometimes not effective against bacteria that cause infections."

Antibiotics are used to treat bacterial infections such as pneumonia and won't help viral illnesses such as colds, flu and most sore throats.

Recently, the American College of Physicians and the Centers for Disease Control and Prevention released a paper that outlines best practices for use of antibiotics. It recommends that clinicians not prescribe



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antibiotics for patients with a common cold.

"The area where antibiotics are misused is in the treatment of upper respiratory infections," Dr. Tosh adds. "Often people have a viral cough or viral upper respiratory illness, or perhaps even a mild bacterial process that gets better on its own. It's very clear you don't need antibiotics to treat these."

HEALTH AND FITNESS CALENDAR

TODAY

Advance Care Planning Community Workshop: 4-6 p.m. Visiting Nurse & Hospice Care, Community Room, 602 E. Montecito St. Presented by Alliance for Living and Dying Well. Free. To RSVP, call 845-5314.

Diabetes & Pre-Diabetes Basics in Spanish: 5-6:45 p.m.; program continues May 17 for part 2. Sansum Clinic, 215 Pesetas Lane, third floor. Instructor is Lyda Martin, registered nurse. \$15. To RSVP, call 866-829-0909 or visit www.sansumclinic.org/classes.

WEDNESDAY

Diabetes & Pre-Diabetes Basics: 5:15-6:45 p.m.; program

continues May 18 and 25 for parts 2 and 3. Sansum Clinic, 215 Pesetas Lane, third floor. Instructors are Diana Bullock, registered nurse, and Gerri French, registered dietitian. \$15. To RSVP, call 866-829-0909 or visit www.sansumclinic.org/classes.

SATURDAY

Family Fun 5K and Tot Trot: 8 a.m. check-in; 9 a.m. 5K; 10 a.m. Tot Trot for kids ages 3-7; 11 a.m. family festival. Montecito Family YMCA, 591 Santa Rosa Lane. Pancake breakfast and festival with carnival games, relays, open swim and more following races. Proceeds will support the Y's Open Doors Scholarship program.

\$30 adults, \$20 youth (8-14), \$8 children (3-7). To register, go to www.ciymca.org/montecito or call 969-3288, ext. 106.

Benefit Golf Tournament: 8 a.m. registration, 9 a.m. tournament. Glen Annie Golf Club, 405 Glen Annie Road. Presented by Eye & Vision Care of Santa Barbara, event benefits The California Project to Cure Blindness at UCSB. Open to individuals and/or teams. \$175 registration. To sign up, call Joe at 320-7164.

MONDAY

Bariatric Surgery Orientation: 5:30-6:30 p.m. Sansum Clinic, 317 W. Pueblo St. Hosted by Dr. Marc Zerey and Emily Luxford,

registered dietitian. Free. To RSVP, call 898-3472 or go to www.sansumclinic.org/classes.

UPCOMING

Understanding Medicare: 2 p.m. May 17. Garden Court, 1116 De la Vina St. Topics will include general overview of 2016 Medicare Changes and recent changes related to Affordable Care Act. Presented in part by Health Insurance Counseling and Advocacy Program. Free. For reservations, call 928-5663 or go to www.centralcoastseniors.org.

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

Generations

As yearbooks die, colleges lose a link to the past

By **CARRIE WELLS**

TRIBUNE NEWS SERVICE

BALTIMORE — For 126 years, the annual yearbook of the Johns Hopkins University — called, at different times, the Debutante, the Hopkinsian and, most enduringly, the Hullabaloo — has documented a range of life on campus and beyond: the great tug-of-war team of 1892 and protests against the Vietnam War, the Class Yell and the deaths of the school's graduates in World War II.

This year, for the first time in decades, graduating seniors won't have a yearbook to buy. Hopkins and colleges around the state and country are phasing out yearbooks in an age when students who already document their experiences themselves — and can access their memories — on social media are less interested in shelling out \$100 or more for the hard copy.

Towson University published its last yearbook in 2009. Morgan State University is scaling back to print-on-demand. The University of Maryland, Baltimore County printed its last in 1986.

Nationwide, the University of Virginia, Wesleyan and Purdue are among the many that have discontinued yearbooks in recent years. Virginia revived its book, Corks & Curly, last year.

Kelley Callaway, president of the College Media Association and yearbook adviser at Rice University in Texas, said yearbooks appear to be shrinking nationally, as the number of yearbook advisers with whom she stays in touch has shrunk in recent years. The association plans to start tracking the phenomenon.

They're not all going away, Ms. Callaway said, but "they're definitely morphing and changing."

When universities stop publishing their yearbooks, they lose not only a once-cherished campus tradition, but also future historical records.

"I don't know how people will replace this resource," said James Stimpert, a senior

reference archivist for Johns Hopkins' Sheridan Libraries. "Even though (the Hullabaloo) was a shell of its former self in recent years, it still was something. It had some photographs, it had some documentation of student clubs and other activities. So going forward, I don't know how that is going to be documented."

Change has long been coming, Ms. Callaway said.

While yearbook staffs in the past featured portraits of all the students, she said, some of today's colleges have so many students that they're scaling down the portraits to focus more on pictures of campus life or sports.

Some are shrinking the number of pages to cut down on costs. While some seniors might not be thinking about the yearbook as they prepare for graduation, Ms. Callaway said, they might come to regret not having one decades down the line.

"There's a lot of prestige to having an old yearbook," she said. "You're just losing that end-

of-the-road piece, especially for seniors."

At Johns Hopkins, the earliest editions of the yearbook were filled with flowery prose and poems written by the editors.

Smaller classes made it possible for the editors to write a detailed biography of each student — most of which were intended to be humorous. One laid-back Johns Hopkins student in 1928 was described as having "a most happy college career without having become embroiled to any great extent in extracurricular activities or intensive study."

Hullabaloo adviser Joan Freedman struggled last year to find students interested in putting together the yearbook. The last edition sold 228 copies at \$75 apiece.

"I can't put my finger on when it became a problem," Ms. Freedman said. "We just tried to sustain it as long as we could. Students will make time for things that they're passionate about, and this just wasn't one of them."

Coppin State University



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James Stimpert, senior reference archivist at the Johns Hopkins University Sheridan Libraries, holds copies of the university's first (left, from 1889) and last (from 2015) yearbooks.

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