

# Curtis Studio of Dance

Proudly offers a quality  
dance education in a  
professional environment.

Celebrating 36 Years



Congratulations  
Blair O'Donnell,  
1st Place National  
Winner Unique  
Dance 'D' Roma

## REGISTER For Fall Classes

AUGUST 26-29  
3-6 pm

### CURRICULUM OFFERED

- |        |                |           |
|--------|----------------|-----------|
| Ballet | Musical Comedy | Hip Hop   |
| Pointe | Dance Camps    | Acrobatic |
| Tap    | Performance    | Flamenco  |
| Jazz   | Competitions   |           |

Call Today!  
**684-4099**

Visit us at  
[www.curtisdance.com](http://www.curtisdance.com)

Be sure to visit

*9th Street Dance Shoppe*  
for your exercise and dance wear needs!

## Carpinteria Swim Club IT'S A GREAT PLACE TO BE! at the COMMUNITY POOL



WE'RE BACK! MONDAY - FRIDAY

Ages 6 and up

3:30 - 5:00 pm  
Swim Workout  
and Conditioning



Don't miss this  
great opportunity to  
train for high school  
water polo  
and swim team!

Contact Coach Esther at 566-2417  
5305 Carpinteria Avenue



## Fueling their schooling

After a long summer break, students must get their brains back in gear this month—and high-performance brains run best on good fuel. We have all heard that breakfast is the most important meal of the day, and that could not be more true for growing minds that must be focused on the three R's for long days in the classroom.

In their new book "The Double Energy Diet," locals Judi and Shari Zucker provide a number of healthy high-protein, carbohydrate-loaded recipes to charge your child's mind and keep it running all day long.

This "Great granola" recipe is easy to make, and when served with milk or yogurt, provides the key ingredients to power a successful day of learning.

### Great granola

#### Ingredients

2/3 cup canola oil  
1/2 cup honey  
5 cups rolled oats  
2 1/2 cups chopped walnuts or pecans

2 cups unsweetened, shredded or shaved coconut  
1 cup raw sunflower seeds  
1 cup oat bran  
1/2 cup raisins  
2 Tablespoons flax seed meal or flax seeds  
1 Tablespoon pure vanilla extract  
1 teaspoon ground cinnamon

#### Process

Preheat the oven to 350 degrees. Place the oil and honey in a large saucepan and warm over medium heat. Remove from the heat and stir in the rest of the ingredients. Mix well, then spread the mixture over a baking sheet and bake for 15 minutes, stirring with a butter knife occasionally.

If stored in a cool, dry place the granola will keep for up to one week, or in quart-sized zipper-lock freezer bags for up to three months.

To find out more about "The Double Energy Diet," by Judi and Shari Zucker, visit [doubleenergytwins.com](http://doubleenergytwins.com).

**UNIFIED CARPINTERIANS  
PRESENT  
AN EDUCATIONAL MOVIE NIGHT  
IN THE LIGHT OF REVERENCE  
PROTECTING AMERICA'S SACRED LANDS  
CARPINTERIA STATE PARK AMPHITHEATER  
FRIDAY AUGUST 22 7:30-10 PM**

7:30 PM REFRESHMENTS

8:00 PM MOVIE

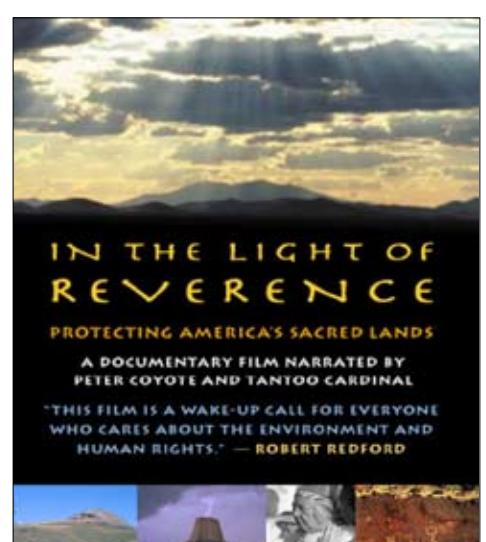
DISCUSSION TO FOLLOW

POPCORN \* FRUIT \* WATER  
BRING A BOWL & CUP  
FOR REFRESHMENTS &  
A BLANKET TO KEEP WARM

FREE PARKING ON PALM AVE

FREE SHOWING

DONATIONS ACCEPTED



Devils Tower. The Four Corners. Mount Shasta. All places of extraordinary beauty — and impassioned controversy — as Indians and non-Indians struggle to co-exist with very different ideas about how the land should be used. For Native Americans, the land is sacred and akin to the world's greatest cathedrals. For others, the land should be used for industry and recreation. Narrated by Peter Coyote and Tantoo Cardinal (Metis), **IN THE LIGHT OF REVERENCE** is a beautifully rendered account of the struggles of the Lakota in the Black Hills, the Hopi in Arizona and the Wintu in California to protect their sacred sites.