

Curtis Studio of Dance

Proudly offers a quality dance education in a professional environment.

Celebrating 36 Years

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	



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

Call Today!
684-4099

Visit us at
www.curtisdance.com

Be sure to visit

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



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.

- 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.

Great granola

Ingredients

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

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

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

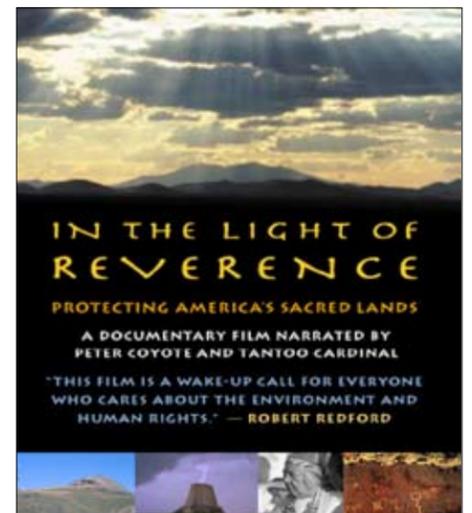
POPCORN * FRUIT * WATER

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.