

**Pedestrian Access/ADA/Residential Impact**

Not enough wheelchair cuts, dangerous crosswalks, narrow and buckling sidewalks and unattractive medians were brought up. Ideas for fixing the issues included adding decorative lampposts, better landscaping and fixing the sidewalks. A suggestion was men-

tioned to get flashing lights for the crosswalks.

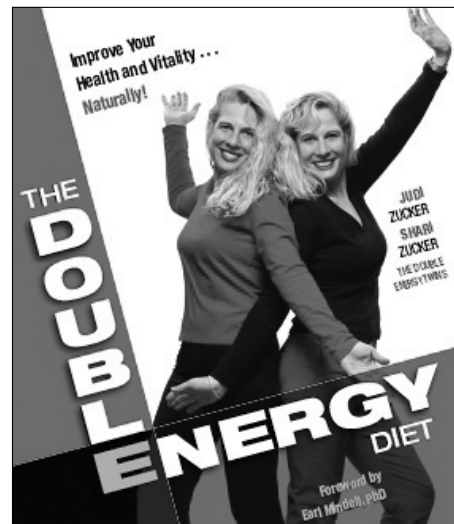
**Environment**

Freeway noise was a big concern, as well as water issues. One suggestion was to get a sound wall installed by Coast Village Circle. Another issue that came up was the low guard rail along the freeway bridge on Olive Mill.

**Size Bulk and Scale of Buildings**

The issue of new building height was brought up at Town Hall 1, and solutions included varying the height of the buildings so as not to impact public views. More ideas to maintain the eclectic feel of CVR included adding more "paseos" linking buildings and courtyards, and keeping a diverse architectural style.

Danny Copus, President of the CVBA, suggests the town hall meetings were a success. "We will," he vowed, "integrate these ideas and solutions into our vision plan for Coast Village Road."



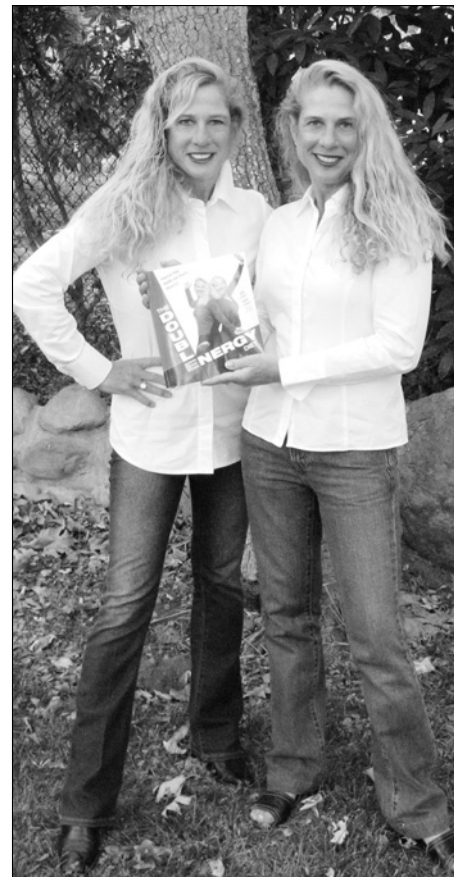
"The Double Energy Diet," which took three years to complete, is Judi and Shari Zucker's fourth published book on health and nutrition

**The "Double Energy" Twins**

If you know twins Judi and Shari Zucker, you have no doubt noticed how spending time with them is like watching a ping pong match: when one pauses between words to breathe, the other jumps right in to finish where her twin left off. The two have put their undeniable energy to good use in their fourth book, *The Double Energy Diet*. The twins, who live "four minutes and thirty three seconds apart" in Montecito, have made it their mission to help people become health conscious.

The girls grew up in Beverly Hills, and say they set still-standing track records running one and two mile races at Beverly Hills High School. "We grew up in a health conscious family," Shari said. However, they both admitted, their "mother was the world's worst cook." Thus their first book was born when the twins were just 17; a compilation of recipes the girls used to cook for themselves called *How to Survive Snack Attacks... Naturally*. That was followed by *How to Eat Without Meat... Naturally* while the twins were studying health and nutrition at UCSB. "We've been vegetarian since we were eleven years old," Judi said. And since then, they have been following and advocating a plant-based, no-sugar diet, which they say gives them natural energy. The third book, *Double Your Energy with Half the Effort* was published when the twins were in their thirties.

The latest book, *The Double Energy Diet*, is three years in the making; the "double energy twins" decided to modernize and refresh the ideas laid out in their previous books. With a lot of research and recipe trial and errors, *The Double Energy Diet* boasts seventy vegetarian recipes, with instructions on how to make them vegan. Also included in the book are suggestions on nutrition through pregnancy, getting kids to eat healthy, exercise tips, energy boosting food ideas and much more. "Our passion is to turn people



Montecito residents Shari and Judi Zucker are both married and together (with separate husbands, Daniel Kilstofte and Dr. Christopher Mjelde) have had five children: twins Max and Miles, Mattea, Taryn, and Tanner

on to improving their health and vitality naturally," Judi said.

To spread their message, the twins have appeared on hundreds of radio and television spots in addition to being featured in several publications. They have taught parent and child Natural Cooking classes at Montecito Union School, where their combined five children attended. "Parents should control what their kids eat," Shari said, "There are so many alternatives to processed foods, sugar, and meat." According to Judi *The Double Energy Diet* is not about losing weight; she told us they do not believe in scales. "Your jeans will tell you the truth, or in our case, your twin will!" she laughed. The twins also emphasized that the "diet" is intended as a total lifestyle change.

Shari and Judi and their husbands Daniel Kilstofte and local dentist Dr. Christopher Mjelde say the diet



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