

DECEMBER 2020

# Santa Barbara

N E I G H B O R S

*An exclusive magazine serving the residents of the Riviera and Eucalyptus Hill*



**ASHLEIGH BRILLIANT**

*"WHEREVER I AM, YOU HAVE A FRIEND"*



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CONTENT DUE:	EDITION DATE:
December 8.....	January
January 8.....	February
February 8.....	March
March 8.....	April
April 8.....	May
May 8.....	June
June 8.....	July
July 8.....	August
August 8.....	September
September 8.....	October
October 8.....	November
November 8.....	December

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## DEAR RESIDENTS,

I hope everyone had a nice Thanksgiving, even if it wasn't quite as traditional as usual. Here we are in December and at the end of an interesting year. December is the first month of winter. The winter solstice, the shortest day of the year, is on December 21st—which means things are going up from there!

In this issue we meet Ashleigh Brilliant. A Santa Barbara treasure, his observations, adages and mottos are enjoyed by a worldwide audience, and we're proud to note the author makes the Riviera his home. Local artist Rick Doehring shares some of his thought-provoking abstract art, and the process behind it. The Eucalyptus Hill Improvement Association looks at this past year and beyond, while the Foodbank informs us about the work they have done throughout the pandemic and for the holidays, as well. Dan Flynn of Simply Remembered Cremation Care shares the Swedish concept of Döstädning, a simple and heartfelt practice that honors the rites of passage in a pragmatic way. Kristi Miller of Solutions in Parenting gives us tips to keeping the family full of joy this holiday season, and Dr. Steve Politis shares the importance of breathing through the nose and why it actually relieves stress. And don't forget the holiday goodies! The Montecito Wine Bistro gives us their tasty and healthy recipe for Salmon Tacos to tempt your palate with lighter fare this holiday season.

Well, that is what we have for this issue; we hope you enjoy the stories and information. We have all been through a lot his year, but we made it and hopefully 2021 will be a less eventful and happier time. I would like to wish everyone joyful, safe holidays and a great start to the new year!



Sincerely,  
Dan

**DAN KEEP**  
PUBLISHER

[dkeep@bestversionmedia.com](mailto:dkeep@bestversionmedia.com)

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Dan Flynn is owner and managing director of Santa Barbara-based Simply Remembered Cremation Care, the Central Coast's leading provider of Direct Cremation services. Dan is a proponent of funeral consumer rights and eco-friendly end-of-life dispositions.

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Chris is one of the most respected realtors in Santa Barbara and is known as, "the go-to agent" for selling homes in the Riviera and surrounding communities. Throughout his 32-year career he has assisted countless homeowners get top dollar for their properties with quality, cutting-edge marketing and unparalleled negotiating expertise.



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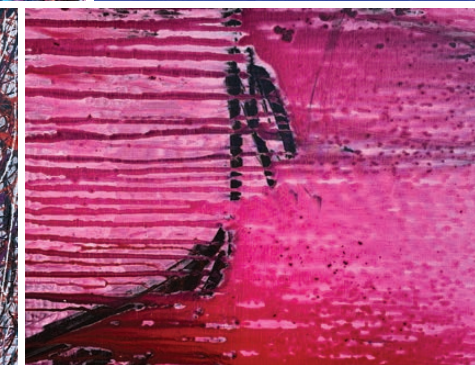
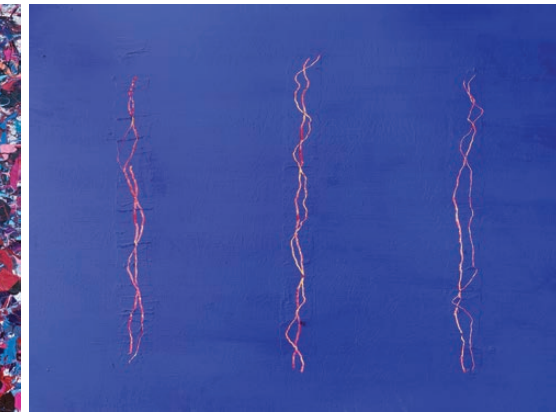
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LOCAL ARTISTS 

Paintings from top left:  
1 - Copper,  
2 - String Theory,  
3 - White Women,  
4 - Dark Shadows,  
5 - Y

## LOCAL ABSTRACT PAINTER: RICK DOEHRING

Story by Dan Keep and Rick Doehring, Photos courtesy of Rick Doehring

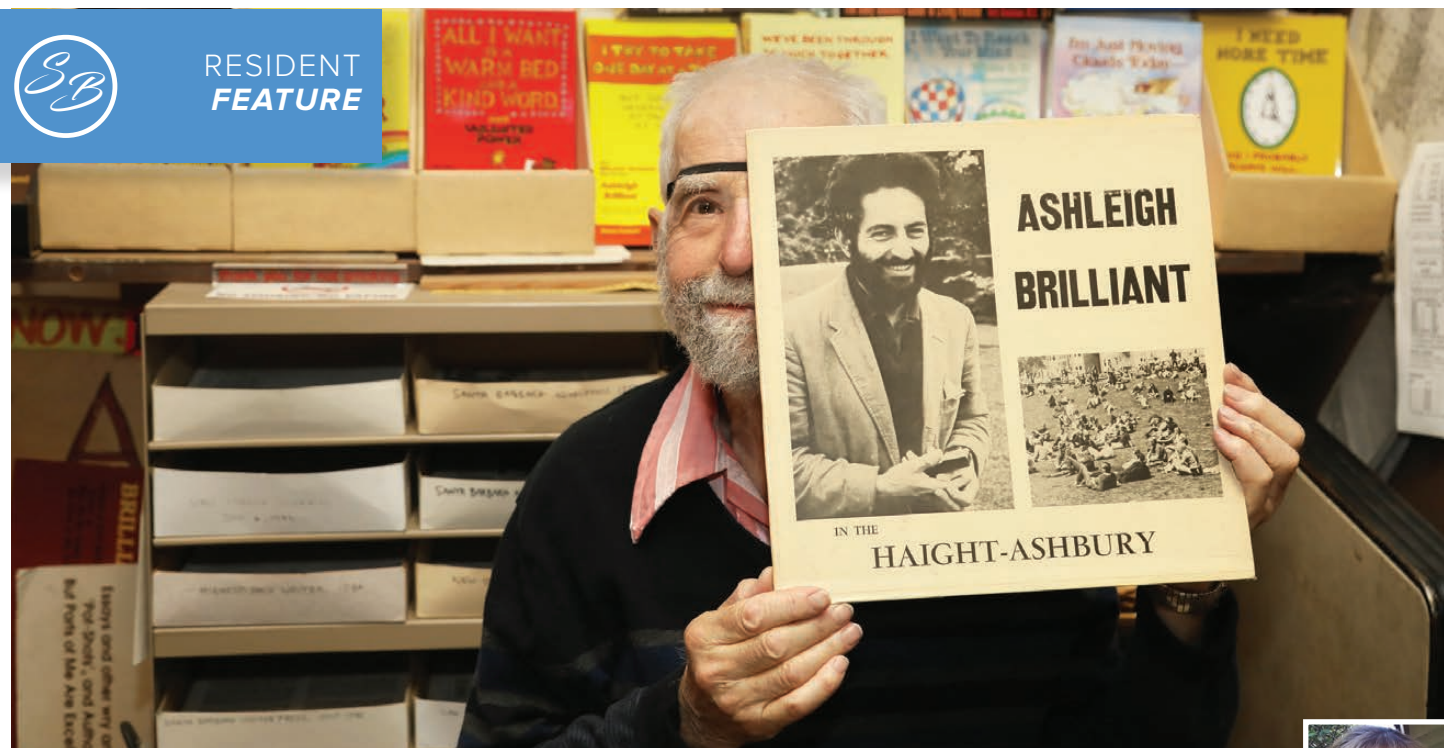
Local abstract painter Rick Doehring was born and raised in Detroit. After earning a Master's degree in Film and Television from the University of Michigan, Rick won an internship at a Hollywood television production company, and moved to Los Angeles to pursue a career in television and screenwriting. Later, as the stay-at-home parent, Rick stopped writing until his children became teenagers, and then began writing mystery novels.

Rick moved to Santa Barbara nine years ago and began his painting career. Though he has had limited formal training, he continually visits a wide range of museums and galleries, and has learned a great deal from observing various art genres, ranging from choreography to architecture. Personally, he's also been inspired by discussions with his son who was an art major and who is currently an artist in L.A. Rick has a large collection of art books which he uses to expand his appreciation of art.

Rick chose abstract art "because it is a great way to express how I feel" whereas writing "is a more precise method of describing what I think". He says that writing and painting demand the use of different sides of the brain, but that he has learned a lot about the creative process from his years of writing which he applies to his painting. He feels inspired by just about everything, but especially by the "free flow" of jazz, though he never listens to music when working. When painting or writing, he becomes "hyper-focused". Rick says that most frequently he enters his studio and just begins to work but sometimes he starts with a vision in his mind, such as an arrangement of shapes or colors; either way, "a flow of energy takes over and leads you and— though it may sound strange—the painting itself will tell you what to do next." He says the most difficult thing about abstract painting is knowing when a work is finished. He wants his work to challenge the viewer and to create a strong reaction. To Rick, how the audience feels and thinks about a painting completes the work.

Rick's work can be seen regularly at 10 West Gallery, and occasionally at Gallery 113, both in Santa Barbara. You can also visit his website at: [www.rickdoehring.com](http://www.rickdoehring.com).





# Ashleigh Brilliant

"Wherever I am, You Have a Friend" Pot-Shots®

Santa Barbara is home to many accomplished people, and this month's feature resident is certainly one of them. Meet Ashleigh Brilliant. An aptly named man who can't be described in 17 words or less; the word limit to which the renowned author adheres for his pithy adages printed under the trade name, Pot-Shots, it's likely you've seen his work in the paper, on a postcard or posted online.

**"I may not be totally perfect, but parts of me are excellent." Pot-Shots®**

A lifelong fan, it was a particular privilege for me to become acquainted with the gentleman. Gracious and well-spoken, the native Brit took me on the fascinating journey of his rise to prominence as a writer, from scratch paper to syndication, and the winding road that led him from London to the American Riviera almost 50 years ago.

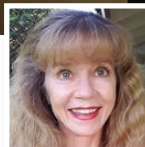
"I always thought being a writer was the ideal occupation, but it took a long time before I became one—and when I finally did, I was limited to 17 words or less. Long before the advent of Twitter, I was writing epigrams limited to 17 words." Ashleigh mused, explaining the reason for the parameter had to do with the

natural flow of his axioms. "When I first started, I wanted to create a new form of literature. One criterion was length. I looked through all the ones I had written so far, and none was longer than 16 words. So I thought, I'll give myself just one more word, for emergencies." Pointing out that haikus are comprised of 17 syllables and that even the letters in his name tally 17, it seems 17 words per Pot-Shot was in the cards all along. In the postcards, you might say, and neither bashful nor boastful about filling in the blanks, Ashleigh told me additional guidelines he employs. "I want them to be easy to translate into other languages, so I don't use rhymes or idioms, and I also avoid topical and cultural references." A constraint ensuring the timelessness of his art, and proof of the following axiom:

**"Good ideas are common—what's uncommon is people who'll work hard enough to bring them about." Pot-Shots®**

Ashleigh certainly did the work, and as any writer knows, you are on-call 24/7. "I have always had a habit of writing down strange little pieces of writing that I saved in shoe boxes and

By K.E. Robiscoe  
Photos by Linda Blue  
Additional photos provided by  
Ashleigh Brilliant



drawers, but I didn't do anything with them for a long time." Prior to following his passion and unique talent, Ashleigh made use of his PhD of History from Berkeley, his Bachelors of History from the University of London, and his Masters of Education from Claremont by way of the teaching profession. He explained his transition from teaching to writing, saying, "When you get all this, you're supposed to spend your life writing history books, and so I wrote one. Only one. Titled: *The Great Car Craze*—it was about how the automobile collided with California in the 1920's—and that was enough for me."

**"It's easy to learn many other things, if you first learn how to learn." Pot-Shots®**

Certainly the way he and his wife met breaks the usual mold, as well. "I met Dorothy in the early 60's when we were both teachers on board the floating University of the Seven Seas. Each voyage was three and half months, and she and I both did it twice. It's a program that is still running—in my time it was affiliated with Chapman College in Orange County, and now it's an adjunct of with the University of Virginia."

Married soon after disembarking, the couple subsequently settled in the San Francisco area, and as most couples do, socialized with their friends and neighbors. In Ashleigh's case, however, this was the critical nexus for his eventual Pot-Shots fame. "I started sharing my anecdotes with friends at parties, and people would tell me that I was really onto something—something different—and that I should do something with the things I had written. This was in 1967. I didn't want to put them in a book, though, and decided that putting them on postcards would emphasize that each one was a distinct and separate work. They were originally called, *Unpoemed Titles*, but that title wasn't very commercial, and about a year later I came up with the trade name Pot-Shots—because of its multiple meanings. I can choose three different definitions of the term: The first definition has to do with the fact I was living Haight Ashbury at the time this started and I was regarded as kind of a hippie guru, and the second meaning denoting the practice of firing at random hoping to hit a lucky target also makes sense, and the third meaning to Pot-Shots being the act of going out to shoot something to put in your cooking pot for dinner is accurate in this context also, if you think about it." He went on to say a newspaper operator named John Henderson in the Haight Ashbury District—who also published a column Ashleigh wrote called, *Trash from Ash*—financed the production of the first 10 cards. A gentleman who later became the owner of the *Carpenteria Herald* and first local paper to run his work, Ashleigh's story continues.

**"The best way to advertise is simply to be unusually good." Pot-Shots®**

"At the same time I was doing the cards, I was also a public speaker in the Golden Gate Park. I would stand with a microphone where the Haight met the park, and sing and recite poems. My wife Dorothy would record these sessions from time to time, and actually produced an LP titled: *Ashleigh Brilliant in the Haight Ashbury*. I sent a copy of my songbook to Herb Caen, a columnist for the *San Francisco Chronicle*, and he dubbed it—among other things—'good clean fun.' Mr. Caen was particularly taken with Ashleigh's biographical note that stated prior to his arrival in San Francisco in 1933, nothing much of significance had happened since his birth. Noting that if Herb Caen mentioned you, you were basically on your way to making it, Ashleigh summed it up simply, "From there I became a local celebrity. When my wife and I moved the business down to Santa Barbara in 1973, Pot-Shots had already become syndicated, and one of the papers it was sold to was the *Santa Barbara Newspress*."

**"If you want to put yourself on a map, publish your own map." Pot-Shots®**

And the rest, as they say, is history. Boasting over 10,000 Pot-Shots at this juncture in time, every one of which he regards as "one of his children", Ashleigh's talent is appreciated by people all over the globe. Circulating across America and such foreign countries as Australia and England, New Zealand and South Africa, and India and Canada, the author observed, "That's the thing about postcards—they circulate themselves. And now, with the web, you can my find my books and my CD at my website. The CD has *all* my work on it." An opus worth viewing, indeed.

When quizzed how an author of his caliber found inspiration, the lover of Van Gogh and reader of Thomas Wolfe left me with this sage advice, "I carry two secret weapons with me at all times. A pen and a piece of paper. It's amazing how many writers do not. When I get an idea I write it down."

A practice that bears notation in and of itself, you can learn more about your neighbor and browse his one-of-a-kind insights by visiting [www.Ashleighbrilliant.com](http://www.Ashleighbrilliant.com). Ashleigh's work can also be found weekly in the *Montecito Journal*, under the byline, Brilliant Thoughts.

**"Don't quote me, but I love you." Pot-Shots®**



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NEIGHBOR WHO HAS  
A STORY TO SHARE?**

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## From the Eucalyptus Hill Improvement Association: 2020 and Beyond

Article by Loy Beardsmore, President, EHIA

Photo Credit: Eucalyptus Hill Improvement Association

As 2020 draws to a close, we can all agree that it's been quite a year. Despite quarantining, we think the pandemic has brought us closer together as a neighborhood. It's given us time for reflection, to refocus our goals, adapt to new challenges and to move forward. While challenged with the pandemic, the Eucalyptus Hill Improvement Association has been looking at ways to improve our neighborhood, such as continuing our emergency preparedness for wildfire, earthquake, and power outages.

With wildfire, we need to look at our evacuations plans, defensible space, hardening our homes against wildfire, fire-wise landscaping, and vegetation management around our homes and in our canyons. We cannot stress enough that you need to have a robust plan for evacuation in the event of wildfire. You should also be registered with ReadySBC Alerts to get notifications for evacuation.

We've informed our members about crimes such as mailbox theft as it continues to occur. We're still encouraging you to get a locking mailbox, or at least collect your mail and packages as soon as they are delivered. Taking advantage of package tracking emails, texts, and apps that notify you when packages are delivered to your home is helpful, as

well. Keeping your vehicles locked is equally important, as there are still thieves looking for crimes of opportunity.

We continue to see speeding as an issue and have been working with the SBPD for increased police enforcement in our area. The construction on the 101 is impacting our traffic flow, too, and we've been sharing this information with our members.

Neighbors have been working together to enhance and improve the neighborhood with new landscaping in some areas, including in front of the office and the entrance to Cleveland School.

We've been fortunate to add more Block Volunteers and Radio Carriers and we thank all of you that have stepped forward to help us! We believe we have one of the most prepared neighborhoods in the Santa Barbara area to respond to any emergencies that might arise.

Our membership is continuing to grow. We hope all our neighbors will become active members in our association and community. We encourage you to sign up for membership at, [www.eucalyptushillia.com](http://www.eucalyptushillia.com).

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## Döstädning: Quite Possibly the Greatest Gift You Can Leave Your Loved Ones

Article and photo of Dan provided by Dan Flynn, Managing Director of Simply Remembered Cremation Care

Most all of us have heard the term, "Scrubby Dutch" or are familiar with the Scandinavian culture of Minimalism in things like furniture and architecture.

Allow me to introduce you an age-old concept in Sweden called *Döstädning*. *Dö* is Swedish for "death" and *städning* means "cleaning". Read on, the definition may grant you a sigh of relief from what your initial guess may have been. The Swedish custom of Death Cleaning is the process of decluttering your life and home before you die so that those who survive you are not left with the burden.

My father passed away a couple of years ago. I don't want to use the term hoarder, as that has been linked to psychological disorders since for him, it was more about amassing material possessions. Like many members of his generation, whose childhood occurred in the midst of the Great Depression, he was a pack rat. Imagine the concept of "he who dies with the most toys wins" on steroids. Mind you, I'm not referring to the house, boats or cars. I mean he collected everything: decanters, guns, coins, nautical memorabilia—to name just a few. He kept crates of nuts, bolts, and tools ranging from antique to modern, along with light switches, and even a crate of 8-track tape players. He held on to EVERYTHING, going back to World War II. His garage and basement looked like storage for the Smithsonian.

And then he died. His wife, along with my brothers and I, were faced with this mountain of stuff. Stuff that, whether for rational reasons or not, held value for my father. At first, my brothers unanimously stated, "There is nothing here that I am interested in, sell it all." (famous last words). But then things started going downhill. Disagreements arose about "who gets Dad's watch" and how precisely to dispose of the items, and what was an acceptable price for Mom's wedding ring—which naturally begged the question, "Are we really going to sell Mom's wedding ring?" and on and on.

The basic principle of *Döstädning* is that while your parents are still capable, the family works together to decide the inevitable disposition of their possessions: Keeping in mind that not everything that holds sentimental value to Mom or Dad holds that same value to the kids, decisions are made jointly. Decisions like what should be thrown out (either now or after they pass) and what should be donated to charity. What should be sold and most importantly, who gets what of the possessions that are desired by the survivors.

To a degree we are used to this concept in our society but it is normally reserved for larger items, such as those that would be listed in a will. Unfortunately, it is usually disagreements over

items not listed in a will, such as a treasured photo or Mom's favorite quilt, that create ill will between surviving family members that can last a lifetime.

In *Döstädning*, it's Mom or Dad who decides what possessions go to which survivor while they are still alive. This ensures three things:

- The Grantor's wishes are known rather than guessed.
- The intended recipient actually wants the item.
- Any disagreements are worked out while all parties are still present.

We often find this hard to approach with our families, because it calls for us to leave our egos at the door and in some cases, face existing, underlying conflict between family members. But as with all aspects of "End-of-Life" issues, it is easier to deal with in your time frame, rather than waiting until the inevitable comes to you.

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 @1000 Block of State Street (between Carrillo & Figueroa)  
 Join your friends and neighbors and browse a showcase of high-quality products created by local artisans. Under the festive glow of State Street's seasonal lights, you're sure to find that perfect gift for that special someone—in a market observing both the holiday and safe social distancing measures.  
*Time: 3:00-7:30pm*  
*Cost: FREE*  
[www.downtownsb.org/events/state-street-promenade-market](http://www.downtownsb.org/events/state-street-promenade-market)

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*Cost: FREE*  
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**SUNDAY, DEC. 20, 2020**  
**WINTER SOLSTICE CEREMONY-NATIVE FLUTE MEDITATION AND DRUM JOURNEY WITH SONYA JASON -A VIRTUAL EVENT HOSTED BY SPIRIT TRIBE MUSIC**  
 Join talented musician Sonya Jason as she guides you with drumming, singing, flute-playing and candlelight from the darkest of winter days to a celebration of light.  
*Time: 4:00-6:00pm*  
*Cost: TBA*  
[www.eventbrite.com/e/winter-solstice-ceremony-native-flute-meditation-and-drum-journey-on-zoom-tickets-126515040893?aff=erelexpmit](http://www.eventbrite.com/e/winter-solstice-ceremony-native-flute-meditation-and-drum-journey-on-zoom-tickets-126515040893?aff=erelexpmit)

**TUESDAY, JAN. 12, 2021**  
**RACE TO JUSTICE A VIRTUAL EVENT HOSTED BY UC SANTA BARBARA ARTS & LECTURES**  
 Considered one of the most influential black intellectuals of his generation, join acclaimed author Ta-Nehisi Coates for an evening of enlightenment and eloquent discourse. Coates is the current writer in residence at NYU's Arthur L. Carter Journalism Institute and a national correspondent for The Atlantic, his insightful presentation will be followed by a Q&A.  
*Time: 5:00pm*  
*Cost: \$10.- virtual viewing, and FREE to UCSB students*  
[www.artsandlectures.ucsb.edu/Select-Tickets.aspx?PerfNum=4497](http://www.artsandlectures.ucsb.edu/Select-Tickets.aspx?PerfNum=4497)

**FRIDAY, JAN. 15 AND SUNDAY, JAN.17, 2021**  
**LITTLE WOMEN - A LIVE EVENT HOSTED BY OPERA SANTA BARBARA**  
 @Lobero Theatre, 33 East Canon Perdido Street  
 Follow the journey of four sisters through love and loss in Louisa Alcott's contemporary American classic reimagined by Mark Adamo. Director Alison Moritz and conductor Emily Senturia lead a spectacular cast of up and coming stars in the Santa Barbara premiere of this coming of age epic, headlined by former Opera SB Studio Artists Ashley Armstrong, Evan Bravos, and Rachel Blaustein.  
*Times: 7:30pm and 2:30pm*  
*Cost: contingent on package*  
[www.lobero.org/events/operasb-little-women](http://www.lobero.org/events/operasb-little-women)

## SEEKING STARS FOR STORIES!



Do you want to discover new things about your neighbors? Want to be in the headlines? Want to see your pictures published? We're looking for neighborhood families or individuals with a story to share to grace the covers of the magazine.

Your story might include love, romance, drama or any combination of the three. It could be to celebrate a milestone in your life, share about a recent vacation, or simply to introduce yourself and share what you love about the community. Everyone has a story to share, and we want to help you tell yours. We'll talk with you, write the article and give you a free, professional photo session at your home so you can look your best in the magazine!

If you know others who would enjoy this opportunity, we welcome nominations. Begin by brainstorming the people you know who you'd like to see in this magazine. They might be your next-door neighbors and friends, volunteers who serve others through local charities, community leaders, athletes, artists or hobbyists.

To get started, go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." Or, simply e-mail your content coordinator at [krobiscoe@bestversionmedia.com](mailto:krobiscoe@bestversionmedia.com) with your contact information and ideas.

With your help, we can bring people together, stay connected and create an informative, family-friendly forum through your magazine.



## Foodbank of Santa Barbara: Stepping Up During Covid and the Holidays

Article by Judith Smith-Meyer, Marketing Communications Manager, Foodbank of Santa Barbara

Throughout the Covid-19 crisis, the Foodbank of Santa Barbara County has provided more than twice as much healthy food to over twice as many people as usual. Since the crisis began in March, the Foodbank has distributed over 14.5 million pounds of healthy food, nearly half of which was fresh fruits and vegetables. In an *entire ordinary year*, the Foodbank provides around 10 million pounds to those facing hunger locally.

The Foodbank's food sourcing team leveraged existing relationships—and established new ones—with growers and distributors, grocery retailers and wholesale food outlets, state and federal government programs, as well as the nationwide network of food banks known as *Feeding America*, to meet the county's growing need. With a local economy centered around hospitality, four times as many people in Santa Barbara needed food assistance than during the same time last year. Carpinteria alone saw a mind-boggling 1,300% increase in need.

Local families are taking dramatic measures to survive the crisis.

"Patricia" worked nearly full-time at a local health care center prior to the pandemic. Once the shutdowns began, her hours were based on whether doctors were working in the office or not. Some weeks she would only get 12 hours of work and had no idea from one week to the next if she'd have any work at all. She applied for unemployment, but the difference in her hours was irregular and not enough to be eligible for benefits. She moved home with her parents,

who are both under 60 and had lost work. Her boyfriend, who had also lost his job, moved in too.

Patricia's sister works at a local clinic that administers COVID-tests and comes in contact with sick patients. Her sister has two small children that she didn't want to expose to the virus, so the children moved in with Patricia and their grandparents. This multi-generational household of six still can't make ends meet. They cancelled their cable service and cut back everywhere they can, but are still falling behind on utility bills. Prior to this year, Patricia had never thought of the Foodbank. She saw ads online and found the nearest place to receive food.

The adults at home think creatively to keep the kids eating fruits and veggies. "We'll bake apple chips and make applesauce, or mashed potatoes and potato salad to have different dishes with the produce we receive. We loved the produce boxes that came in last summer."

With food supply chain shortages and several federal food programs coming to an end this month, the community is facing a food gap for winter.

That means the Foodbank will have to spend more than \$200,000 in unexpected food purchases to keep up with skyrocketing need. Community support is needed to ensure those facing hunger here at home have enough to eat. For information about how you can help, please contact the Foodbank via phone, at: 805-967-5741, or go to their website at: [www.foodbanksbc.org](http://www.foodbanksbc.org).



## NOSES ARE FOR BREATHING – MOUTHS ARE FOR EATING AND TALKING

Article and Photos Provided by Dr. Steve Politis, Kineci Health and Movement Center

This year has been one full of stress! Stressful situations trigger your body into the familiar “fight or flight” response. Your body responds by pumping out stress hormones which change the functions in your body to prepare you to fight or run. The way you breathe, the rhythm, speed, and manner are all changed by stress and this “fight or flight” response.

Stressful breathing is mouth breathing, shallow, fast, irregular, and sometimes holding your breath. Think of the panting that occurs after you run, or the gasping and holding your breath when suddenly frightened. Unfortunately these stress responses are happening to us all the time now, and 2020 has brought a whole new level of stress. Over time stressful mouth breathing leads to poor health and disease. Poor breathing has been linked to health conditions including sleep disorders, cardiovascular diseases, autoimmune diseases, obesity, neck pain and headaches, back pain, bad posture and more.

But there is a free, easy way to counteract the “flight or fight” response.

**Breathe with your nose and belly–** NOT your mouth and chest.

The following is a short list of key benefits of nose and belly breathing:

- Shifts nervous system from “fight/flight” to “rest/recover”
- Reduces stress
- Reduces pain
- Calms your muscles and mind

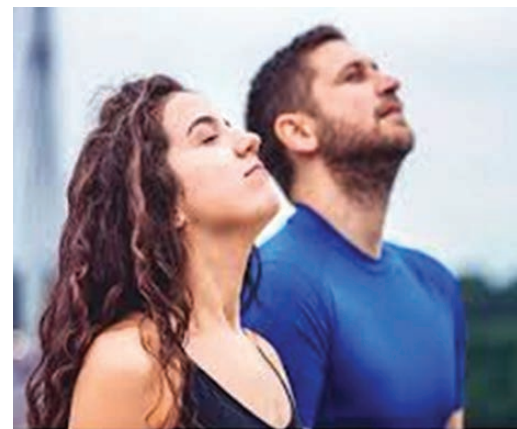
- Better oxygenation of your blood and tissues
- Improves your sleep

Your nose is your breathing tool, your mouth is not. Mouth breathing leads to poor posture, poor health and contributes to diseases. Nose breathing reverses those bad effects and improves your health. The more you use your nose exclusively to breathe the better it will work. Here are two major benefits of using your nose to inhale, and exhale.

Use your nose to inhale. Your nasal passages are lined with cells that produce Nitric Oxide. This is a happy hormone that improves your body’s ability to transfer oxygen from your lungs into the bloodstream. Mouth breathing misses this nitric oxide, so your body is less effective at getting oxygen into your bloodstream.

Use your nose to exhale. Using your nose maintains a better balance of CO2 compared to your mouth. This is key because your body senses the CO2 levels in your bloodstream to trigger releasing the oxygen into the tissues. If you exhale too much CO2 through your mouth it triggers your body to hold onto the oxygen in the blood, in essence starving your tissues of oxygen.

Breathing in through your nose you get better oxygen transfer from your lungs into your bloodstream. And



breathing out through your nose you get better oxygen released from your bloodstream into your tissues. Mouth breathing makes all of this oxygen transfer less efficient and poor health.

So here is your simple formula to help reduce your stress, reduce pain, improve sleep, improve your health and improve oxygen transfer into your tissues:

- Breathe in through your nose and make your belly expand
- Breathe out through your nose and allow your belly to contract
- Make your nose your primary breathing tool, not your mouth.

If you would like to learn more about breathing or pain relief contact Dr. Steve Politis, PT at Kineci Health & Movement Center or find him online at: [www.Kineci.com](http://www.Kineci.com).

## SALMON FISH TACOS

Recipe provided by Montecito Wine Bistro, Photo by Dan Keep

Makes two tacos

**Ingredients:**

- 6 oz salmon
- 1 cup cabbage slaw (¾ cup shredded cabbage, ¼ cup shredded carrot)
- 1 serrano pepper
- 2 white corn tortillas
- 1 tbsp chipotle mayo
- 1 avocado
- 1 pinch each salt & pepper
- 1 tsp extra virgin olive oil

**Preparation:**

Mix cabbage slaw with chipotle mayo. Cut up salmon filet into squares. Heat up a sauté pan and add a teaspoon of olive oil. Once hot, toss the pieces of salmon into sauté pan with a pinch of salt and pepper. Cook for about 3 minutes or as preferred. Use another sauté pan to warm up 2 white corn tortillas. Grab a plate and build your taco. Fill the tortilla with the spicy slaw and top slaw with 3 ounces of salmon (per tortilla). Slice up the serrano pepper and avocado, add to your tacos and enjoy.



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# Five Tips to Keep Your Family Full of Joy This Holiday Season

Article by Kristi Miller, Founder of Solutions in Parenting

**1. Face it.** There's no way around it; this holiday season is different due to COVID-19 restrictions. Family gatherings may be virtual, shopping may be online, the turkey might be ordered in. Instead of dreading or fighting the changes your family may experience, have conversations with your partners, kids and extended family members about your new expectations and needs this holiday season. The sooner you are all on the same page about what to expect, the more flexible and creative you can be.

**2. Feelings.** It's fun to feel excited about the holidays! However, with different COVID-19 experiences, this year holidays may be painful or even terrifying for some families if there has been a divorce, separation, death or other tragedy. Children and

other family members may need extra-special attention, so be sure holiday plans include plenty of space for flexibility, loads of loving kindness and expression of feelings. (the good, the bad, and the ugly)

**3. Traditions.** We may not be able to participate in some of our important family traditions this year. Get creative with establishing new 'COVID-19 holiday traditions' and talk about existing family traditions and how they came to be, as well. Use these holidays as an opportunity to reconnect with family beliefs and values, and focus on what is most important to your family. Your kids may surprise you when they say spending time—even virtual time—with family and friends is just as important to them as that new cell-phone or video game they have been begging for, and maybe even more so.

**4. The Fab 4: Drink. Move. Sleep.** By staying true to this mantra, you can stay well-resourced throughout the holidays—or any day for that matter. It is much easier to deal with increased holiday stress when our bodies are getting what they need. Teach kids how to incorporate the Fab 4 into their daily routines; to eat fresh and healthy food, drink plenty of water, move their bodies, and get adequate sleep. Do your family a favor. Join forces to build good habits that keep everyone healthier—not just over the holidays, but for a lifetime.

**5. The Gift of Giving.** Regardless of the ages of your children or family members, focusing on giving and sharing rather than receiving might be the gift that really matters. Model for your children that there is real joy in sharing with others no matter how little you have. Donate to Toys for Tots programs, make homemade masks as gifts, or virtually volunteer for the local Red Cross. Whatever your family decides, make sure all members have a voice in choosing what to share and with whom. A gift is an expression of love and when children can share a gift with someone who truly needs it, they feel like they are making a real difference.

Kristi Miller is a licensed Marriage Family Therapist in private practice, and is the founder of *Solutions in Parenting*. Kristi helps families of all shapes, sizes and colors thrive through psychotherapy, consultation and mediation services. She currently lives in Santa Barbara, California. Her website is: [www.solutionsinparenting.com](http://www.solutionsinparenting.com).

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