



ROCKERS ON TRIAL

Russian feminist band accuses judge of being biased, seeks to dismiss her

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TUESDAY, AUGUST 7, 2012

OUT & ABOUT



Murray Ray

Ray to lead Rotary club

Murray Ray has been elected president of the Rotary Club of Montecito. Mr. Ray has been a member for 13 years, and served as a charter member of Glenhaven Rotary Club, Sydney, Australia. He has served as a board member of both Montecito and Glenhaven club and is also a recipient of two Paul Harris Fellow Awards given by Rotary International. He is senior vice president and chief people officer at QAD, where he has worked for 16 years. Other Rotary officers include John Glanville, president-elect; Rosslyn Ray, secretary; Phil Palmquist, treasurer; and Carolyn Brown, past president.

—Charlotte Boechler

OUR TOWN

Yoga-licious in Ojai

August is a great primer for beginning yogis at The Oaks at Ojai destination spa, 122 E. Ojai Ave. in Ojai. Yoga/Pilates/Tai Chi/Qi Gong Week is taking place through Sunday, and three to four classes are offered daily at no additional charge to guests. The fundamentals of the four disciplines will be taught throughout the week, including Relaxing Yoga, Yoga for Strength, Pilates Mat and stretch. For more information, call 818-541-7724.

—Marilyn McMahon

ON STAGE

Burnett, Horne team up

Music of the Academy West Voice Fellows, coached by Montecito star Carol Burnett and legendary mezzo-soprano Marilyn Horne, will sing at the school's Cabaret at 6 p.m. Thursday at Fess Parker's Doubletree Resort, 633 E. Cabrillo Blvd. Music at the benefit will vary from Broadway standards to light classical works. Tickets cost \$300. Table sponsorships are available. To purchase, call 695-7918.

—Dave Mason

GENERATIONS

Shoe Kings

Gen X'ers start shoe shop celebrating collectible footwear **D6**

Other columns include:
• Our Time
• Social Security



Ashley Lemmex tries to pull Richard Lonsbury, a fellow Santa Barbara City College theater student, away from the beckoning Super Big Gulp. (Can he really drink all that?)

STEVE MALONE / NEWS-PRESS PHOTOS

Educate, not regulate

Dietitians, locals say it's better to inform consumers than impose rules on them

By **DAVE MASON**
NEWS-PRESS STAFF WRITER

New York City Mayor Michael Bloomberg's proposal to slim down the Big Apple by barring establishments, except convenience stores, from selling sugary beverages in containers larger than 16 ounces is causing big gulps everywhere.

On Wednesday, Nigel Travis, chief executive of Dunkin' Donuts' parent company, said in a New York Times letter to the editor that, "Any regulation to eliminate people's right to buy beverages

in sizes of their choice is not in the public interest and not an appropriate answer for battling obesity. Restaurants have a responsibility to offer a variety of menu options and easy-to-read nutritional information. But then it should be up to individuals to make choices that are right for them."

On the other coast, dietitians, physicians and consumers in Santa Barbara also find bans of this type hard to swallow.

First off, they argue, it's not going to accomplish much: People will simply buy two smaller sodas to get around Mr. Bloomberg's proposed restriction.

Second, they say, government has no business sticking its nose in your soda cup, no matter how big that cup happens to be.

Those interviewed by the News-Press said the answer to improving America's diet at a time of increasing obesity is education, not consumer regulation. And most said any rules should be limited to those placed on the processed food industry, not customers.

For example, if government were to pass an ordinance banning sales of candy bars to kids, then kids would just find another way to get them, said Dr. Kristi Wrightson, naturopathic physician and registered

dietitian at Integrative Medicine Center of Santa Barbara. She recommended education through programs such as school health classes.

"Instead of investing in banning things — the Prohibition didn't work — it's more about restructuring the perspective around unhealthy foods," Dr. Wrightson said. "Why would you want to buy an apple rather than a candy bar?"

"I think what's going to help is show kids there is an alternative," Dr. Wrightson said. "Kids are so much more malleable than

Please see **RULES** on **D8**

Is medical clearance to exercise really necessary?

'Obtain a doctor's approval before beginning an exercise program." We've all read this and heard this advisory many times. Does it need to be taken seriously? Yes. Absolutely. One hundred percent.

It's important for several reasons. First, things change. We change. Our bodies change. As a result, your exercise regimen may need to change. Re-evaluate your health status at least once a year. For example, maybe your blood pressure was never an issue in the past. However, with a more sedentary job, higher daily stress and poor nutrition choices, combined with long work hours, your blood pressure could now be elevated. High blood pressure is an example of compromised health that often goes undetected in the early stages but is considered a serious health risk.

Second, generalizations are exactly that — generalizations. Youth does not automatically equate health. Likewise, just because a person is an avid exerciser doesn't automatically mean he or she is healthy. Each individual should pursue and manage his or her health as an individual.

Third, underlying conditions can be disregarded as a symptom of hard workouts. Heavy exercisers may often feel fatigue, aches and soreness, so if something new arises, there is less likely the chance the new symptom will be noticed and therefore tended to. For example, heavy lifting can lead to soreness in the upper back, neck and chest muscles. However, chest pain, neck and/or upper back pain can also be symptoms of cardiovascular issues.

Re-evaluating your health status is an important component of managing overall wellness. Doing so also allows you to tend to issues before they become serious. It's not a matter of being paranoid; it's a matter of simply being aware. If something feels off with your body, pursue it.

Here are some considerations to discuss with your doctor:

- Family history. Family history does not automatically predetermine someone to a certain illness or disease, however, genetic makeup may bring certain predispositions into the picture. Genetics influence and

determine body chemistry and biological components to a large degree. For example, you should be aware of how many family members have died from heart disease, heart attack or stroke.



SIMPLY FIT
Nicole Clancy

- Review of medications. Health care is often compartmentalized. You likely visit various medical specialists for different aspects of your health. A dermatologist focuses on skin checks, an internal medicine doctor may address allergies and a rheumatologist oversees treatment for arthritis. So what happens if you receive a medication from each of these professionals? Keep a log of all medications you are taking, dates you received the prescriptions and dosages.

There are some categories of medications that influence heart rate during exercise, for example, so it's vital to be aware of the effects of various medications on your body during exercise as well as at rest. Take this list to all your doctors and review it regularly.

- Bone or joint pain. Pain is a signal your body is sending to you. It's telling you something is not functioning correctly. You shouldn't have pain with daily function. For

example, you've had pain in your hip off and on for years. But, because the body works as one long chain of movement, you're now also having back pain and knee pain. Had you tended to the original hip issue when pain first developed, your body wouldn't have compensated, now involving additional areas of your body. Something as simple as a few strengthening exercises or custom orthotics placed into your shoes could have solved the issue with far less effort, money and pain medication months or even years ago. Don't wait.

Next time you see or hear the phrase "seek medical clearance before beginning an exercise program or activity," take it seriously. Smart exercisers are constantly re-evaluating how they feel and how their body is working. Checking in with medical professionals prior to activity is just another aspect of managing your wellness.

Nicole Clancy, a certified fitness professional/medical exercise specialist in Santa Barbara County, designs exercise programs for those managing chronic illness/injury concerns. Her column appears every other Tuesday. Email her at n.clancy@att.net.

'Restructuring the perspective'

RULES

Continued from Page D1

adults. If you give kids vegetables and water and you don't give them sugary drinks, they don't have a taste for (the sugary drink). They like vegetables. They like sushi. It's amazing what kids will like once you introduce them to it."

According to the Centers for Disease Control and Prevention, America is fat and getting fatter, with more than 35 percent of adults and 17 percent — 12.5 million — children and adolescents ages 2 to 19 obese.

"If you look at the statistics in being overweight and obesity in the '70s in kids, it was 4 percent," Dr. Wrightson said. "Now it's like one in three kids. That's insane. I think part of it is there's a lot of access to unhealthy foods."

For Dr. John La Puma, a Santa Barbara physician who focuses on internal medicine and nutrition, government regulation is not the answer.

"What I'm a fan of is medical research and encouragement," he told the News-Press. "We have to do a much better job in promoting healthy choices and (proper) portion sizes."

Nancy Weiss, food service director for the Santa Barbara Unified School District, said she favors education and availability of healthy choices, rather than ineffective regulation.

"There's no need to ban 16-ounce (or larger) sodas (in stores)," said Ms. Weiss, 52, whose school district doesn't allow the sale of sodas or processed foods at its campuses and has a salad bar in every school. "It's like Prohibition. People who want to get the 16-ounce sodas are going to get them, and if they have to, they will buy two eight-ounce cans. I'd like to see our food choices improve."

It'll take a lot more than regulating big sodas to decrease obesity, said Chantal Gariepy, a Santa Barbara registered dietitian and diabetes educator. "Should Santa Barbara have a ban like that? I don't know. I would like to know how effective it will be in New York."

There are many factors in obesity, and focusing on just one thing such as soda consumption or a single ingredient such as sugar won't solve it, Ms. Gariepy, 42, said. "I'm not sure if the ban on serving size at

the point of purchase is the way to go."

Parents aren't quick to embrace Mayor Bloomberg's plan, which could take effect as soon as March 2013 after approval by a board of health made up of Bloomberg appointees. The panel is scheduled to have its final vote Sept. 13.

"I think they should stop putting regulations on how people control themselves, and people need to learn to control themselves," said Sarah Villalobos, a 26-year-old sports retail store associate, as she took her 2-year-old daughter to Fiesta last week. "I think people should have more control over themselves and have more responsibility for their actions."

The Santa Barbara resident said that as someone allergic to sodas and fake fruit punch drinks, she knows not to drink them. There's no need, she said, for a law to keep her from making herself sick.

Let people make their own choices, she and other residents told the News-Press.

"I think people should be free to drink what they want," said David Turpin, 62, a Santa Barbara attorney.

It's the food industry, not consumers, who should be regulated, dietitians and residents agreed. That's the opinion of Cheri Spencer, a Santa Barbara resident who's concerned about nutrition for her and her partner Kathy Patterson's 12-year-old boys, Michael and Patrick Spencer.

"I'd like to see the government regulate what goes into food instead of regulating how much you can buy," said Ms. Spencer, 54, vocational and transition service manager at the Santa Barbara County Education Office.

She said she would favor a ban on high fructose corn syrup or other ingredients in processed foods. "I don't see that as interfering with my liberty. I expect the government to protect me."

Gerri French, a Sansum Clinic registered dietitian and diabetes educator, said she sees the big-soda ban, affecting restaurants, delis, movie theaters, stadiums and street carts in New York City, as a symbolic move. "I think taxes (on sodas and other processed foods) make more sense."

Dietitians noted the revenue from such a tax could drive the prices up, discouraging young people from buying them while at the same time raising money for nutrition education.



MIKE ELIASON / NEWS-PRESS FILE PHOTO

Calorie counts are part of the menu boards at restaurants such as McDonald's. Dietitians and consumers agree the information is useful.

That issue is being considered now. The cities of El Monte, just east of Los Angeles, and Richmond, in the San Francisco Bay area, are seeking soda taxes on the November ballot. The El Monte measure would charge business owners one cent for every ounce of sugar-sweetened beverages they sell.

But last week, the Baldwin Park City Council quickly rejected Mayor Manuel Lozano's proposed soda tax. And a statewide soda tax failed to pass in the Assembly last year after opposition from food industry advocacy groups.

Besides taxes, regulation is needed of processed foods, Ms. Gariepy said. "The way it should be done, how many grams of this and that, I'm not sure. But there needs to be more control of what the food industry is creating. There are a lot of items that are not food. Blue Jell-O? What is that? It's water and sugar and dye and chemicals. Is that food?"

"There are groups saying it's our freedom of choice," she added. "It was the same with the seat belts when they decided to put seat belts in cars." Dietitians, physicians and residents alike agreed that California's banning restaurants from cooking with trans fat in all but baked goods, which took effect New Year's Day 2010 — the first such ban by a state — was a good thing.

Trans fats increase bad cholesterol and decrease good cholesterol, Dr. La Puma said. "You reduce the hardening of the arteries, the main cause of heart attacks. But the one down side is that trans fats have been replaced by saturated fats that are almost as bad."

Ms. Gariepy, the registered dietitian, said the federal government could do more to help by replacing subsidies for the meat and dairy industries with money for fruit and vegetables. That would bring down the prices for the latter and encourage people to buy them, she said, adding that she thinks Congress is bowing to pressure from



STEVE MALONE / NEWS-PRESS

McDonald's offers any-size sodas or sweet teas at \$1. Overconsumption of sugary beverages has contributed to obesity, but dietitians say education, rather than regulation, is the answer.

cattle and dairy lobbies.

She and other dietitians and parents praised the Walt Disney Co. for voluntarily requiring that any food featured in commercials on the Disney Channel and other networks, as well as its web sites, meet certain nutritional criteria. That means no ads for junk food.

Ms. Gariepy said she would love to see the government ban commercials on sugary, processed food.

"Why not? It did happen with cigarettes."

In the meantime, those interviewed said it makes sense to give consumers information to make the right food choices.

Santa Barbara resident Alex Ibarra, a 24-year-old Brooks Institute photography student and father of a 2-year-old girl, said he likes the nutritional labels that the federal government requires on all packages and boxes.

"I know exactly how much I'm eating and what I'm eating."

Ms. Spencer, the parent, also praised the labels. "People do better when they make informed choices."

But Dr. La Puma noted the labels are making a difference mainly for people who are already health-conscious. The challenge, he said, remains educating those who aren't.

Dietitians and others like the governmental requirement for calorie counts on menus for restaurant chains, and residents say they find them useful.

But Ms. Gariepy said she would never favor the government trying to limit portion sizes.

No one, she said, should tell you how hungry you are.

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New York City Health Commissioner Thomas Farley, accompanied by Deputy Mayor for Health and Human Services Linda Gibbs, addresses a news conference at New York's City Hall. New York Mayor Michael Bloomberg is proposing a ban on the sale of large sodas and other sugary drinks in the city's restaurants, delis and movie theaters in the hopes of combating obesity.



ASSOCIATED PRESS

Fancy a curry? Games athletes have range of choice

By NICOLE WINFIELD

ASSOCIATED PRESS

LONDON — Fancy a traditional English fry-up for breakfast? How about a chicken curry or some kimchi? Or would a lamb samosa and some baba ganoush from a halal kitchen be more to your taste?

Step right this way. The athletes' dining room in the Olympic village is a food court like no other, offering the world's elite athletes healthy, hearty food and fuel, 24 hours a day — and doing it the Slow Food way.

The milk is organic, the coffee free-trade and eggs free-range. The chicken, which is flying off the grill as athletes opt for basic protein, carries Britain's "Freedom Food" label, certified by the Royal Society for the Prevention of Cruelty to Animals as meeting its strict animal welfare standards.

Recycling and compost bins proliferate and where possible, local farmers have grown the produce. The seafood part of Britain's famous fish and chips is made from sustainably caught fish.

And yet, off in the back corner of the dining room, next to the coffee bar that's disproportionately populated by Italians queuing up for their morning espresso, lurks McDonald's and its Sausage & Egg McMuffins.

Fast-food giant McDonald's, Coca-Cola and Cadbury are official sponsors of these games and have branding rights inside Olympic Park.

And so the Golden Arches have no corporate competition in these parts — just whatever chief Olympic caterer Jan Matthews and her crew of chefs from around the world can dish up for the more than 24,000 athletes, coaches and team officials from 200-plus countries who pass through her dining room on any given day.

"Our view was that if we got good ingredients and we had good chefs, we would get great food," Ms. Matthews said over coffee one morning amid the breakfast bustle in the dining room.

She acknowledges the incongruity of McDonald's in her Slow Food-inspired dining room, but says no one is forcing anyone to eat it.



ASSOCIATED PRESS FILE

Olympic athletes dine at the dining hall July 31 inside the Olympic Village in London. The athletes' dining room in the Olympic village is a food court like no other, offering the world's elite athletes healthy, hearty food and fuel, 24 hours a day — and doing it the Slow Food way.

"I think it's a choice thing," she says. "The fact is, people like it." And besides, McDonald's in recent years has changed its menu to reflect demands for healthier food. And it's an official Olympic sponsor.

Ms. Matthews' aim in her kitchen was to showcase British food, sustainable food and food that reflects the trend for better animal welfare, because "better animal welfare in many cases actually does mean better meat at the end of the day."

It's an Olympian feat given the numbers involved. Over the course of the 17-day games, Olympic organizers estimate 14 million meals will be served to athletes and spectators alike. On a busy day in the athletes' dining room, chefs will serve 65,000 meals. In the Olympic village

alone, that breaks down to:

- 25,000 loaves of bread
- 31 tons of poultry items
- 232 tons of potatoes
- 19 tons of eggs
- 20,000 gallons of milk

Ms. Matthews goes through the shopping list outlined in her "Food Vision" — a manifesto of sorts for these 2012 Foodie Games — and realizes the numbers are already way off.

"I think we'll probably beat that, and that, and that and that," she says running her finger down the line. "Demand across the board is higher than we anticipated."

But fear not, Michael Phelps. The food won't run out while you're off winning another medal. Ms. Matthews says her

food budget, which started out in the single-digit million-dollar realm, is flexible and no more expensive than if she hadn't insisted on an environmentally sensitive menu.

"If Michael Phelps comes in and he wants his eggs and his steak, he gets his eggs and his steak," Ms. Matthews says.

Mr. Phelps is not alone in getting special treatment. The Australians requested jars of their beloved Vegemite, the brown goo (high in Vitamin B) made from brewing beer that's a popular bread spread Down Under. The highly endorsed Americans asked that Kellogg's cereals be available, if not advertised as such.

Ms. Matthews brought in the grain spelt for the handful of wheat-intolerant athletes. The three to four Orthodox Jews are getting their kosher meals delivered from a London kosher kitchen.

But most athletes are sampling fare from home and far away at the five food "pods" that ring the cavernous dining room. Front and center sits the "Best of Britain" offering traditional English breakfast of eggs, bacon, sausage, black pudding, roast tomatoes and mushrooms.

For a country whose culinary reputation for years centered on mushy peas and boiled potatoes, the decision to showcase British food might strike some as odd. But the "Best of Britain" food station is the most popular among athletes and coaches, Ms. Matthews said.

The selection of fruits at the Europe/Americas/Mediterranean station would make any foodie's mouth water. Condiments take up an entire counter: Balsamic vinegar, rapeseed oil, sweet chili sauce and blue cheese dressing. Conspicuously absent: poppy seeds. ("It will show up on an anti-doping test," Ms. Matthews says.) And alcohol. The athletes village is officially dry.

Next door at the halal food station — which provides food slaughtered and prepared according to Islamic law — curried spinach and aubergines vied for attention with the baba ganoush and fava beans.

Rotisserie chickens roasted on a spit at the "African and Caribbean" station while at the bustling "India and Asia's Finest" pod, Hong Kong fencer Sin Ying Au piled

some nasi goreng fried rice next to her bacon and eggs and bowl of hot milk.

"I like it very much," she said. "Every day they have a new style, and I think the taste is very authentic."

Polish team psychologist Maciej Regwelski lined up behind her, looking for some pierogis, the traditional Polish stuffed dumplings.

"We don't have typical Polish food here," he said. "Sometimes there are little pierogis at the Asian station," but not today. He walked away with sushi. For breakfast.

While Ms. Matthews is delighted that so many athletes are spreading their gastronomic wings and "tucking in," she's well aware that they eat for one reason only: fuel.

"They're not looking for rich fancy food," she said. "They're looking for good-quality, good-tasting food that will give them the protein and carbs that they need."

Ms. Matthews made the daily menus at the village available to national Olympic committees ahead of time, so coaches could plan down to the calorie what each athlete should eat and when, depending on training and competing schedules.

For athletes without team nutritionists, experts at the "nutrition kiosk" just inside the dining room entrance offer meal-to-meal advice.

Watched over by his two coaches, Nicaraguan swimmer Omar Yasser Nunez Munguia finished his plate of sliced fruit as he surveyed the tempting options nearby, noting that in his previous Olympics at Beijing in 2008 there were only three choices in the athletes' dining room: international, Mediterranean and Asian.

"There's much more variety here," he said, though he acknowledged that he's sticking to fruit for breakfast, and lunch and dinners of grilled chicken with a bit of pasta and salad on the side.

For now. After he competes, he plans to celebrate by breaking his diet.

"I haven't had a Big Mac yet," he whispered, looking wistfully at the McDonald's just a few yards away.