



MUSIC'S BIG NIGHT

Mumford & Sons, Gotye among big winners of the Grammy Awards

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OUT & ABOUT



Klein-Brown

Klein-Brown to lead CAF board

Jacquelyn Klein-Brown has been named president of the board of trustees of the Santa Barbara Contemporary Arts Forum. A Santa Barbara County resident for five years, she joined the CAF board in 2008 and has served as co-president since September 2010. In 2011, she served as co-chair for CAF's 14th annual Valentine's Benefit Auction. Ms. Klein-Brown has extensive experience in the arts, including 12 years on the board at the Museum of Contemporary Art, North Miami, Fla., where she served as vice chair. She was also recently named to the board of trustees of the Santa Barbara Museum of Art.

—Charlotte Boechler

OUR TOWN

'Harbor Treasures and Tastings'

"Harbor Treasures and Tastings" is the theme for the 10th annual benefit for the Santa Barbara Maritime Museum, 113 Harbor Way. Featured at the March 9 event will be sample tastings from more than 30 purveyors of wine, spirits, beer and gourmet cuisine. Competing restaurants will be awarded prizes by local judges James Sly, Michael Hutchings and Michael Cervin. The event begins at 5 p.m. for those with VIP tickets, which cost \$200, and 6 p.m. for general admission at \$100. For more information, call 962-8404, ext. 102, or email development@sbmm.org.

—Marilyn McMahon

ON STAGE

Break out the bluegrass

Singer, mandolinist and guitarist Peter Feldmann and fiddler Blaine Sprouse will perform during "Breakin' Up the Bluegrass" at noon Wednesday at the UCSB Music Bowl as part of the Winter 2013 World Music Program. In case of rain, the outdoor concert will move to room 1145 in the Music Building. For more information, call Mr. Feldmann at 688-9894 or go to www.bluegrasswest.com.

—Dave Mason

GENERATIONS

New troop

New Boy Scout policy may lead to acceptance of gays into their ranks **D6**
Other columns include:
● Frank Talk
● Securing the Future

Not your average Paleo

SB author writes book featuring movement of our ancestors

By **NIKKI GREY**
NEWS-PRESS STAFF WRITER

Most of us have heard of the Paleo Diet, a regime that instructs participants to eat wholesome, unprocessed foods similar to those our hunter/gatherer ancestors consumed.

But Paleo isn't just a diet; it's a lifestyle, according to Santa Barbara fitness trainer and entrepreneur Mikki Reilly, who now adds author to her credits. "Your Primal Body: The Paleo Way to Living Lean, Fit and Healthy at Any Age" (Da Capo Lifelong Books, \$17.99), which

came out in December, differs from other Paleo books because it focuses on Ms. Reilly's fitness philosophy.

"The majority of the people out there in the gyms are doing low-fat (diets) still and working with machines doing low-intensity cardio, but that's really not in sync with your DNA," Ms. Reilly, who has lived in Santa Barbara for 25 years, tells the News-Press. "That's why people get frustrated and quit."

"The human genome blueprint evolved slowly."

Ms. Reilly's approach focuses on research that shows hunter/gatherers were in far better shape than people today, and

although our circumstances have changed greatly, our DNA hasn't. Since those guys didn't suffer from nearly as much disease and painful conditions as we do, we should follow their diet and exercise (or movement) patterns.

"Your body basically is designed to do what you had to do in the early days; you had to move quickly to get out of harm's way," Ms. Reilly says, noting that our ancestors lived relatively long (60 to 90 years) given the conditions they faced.

"Your Primal Body" provides a fitness program that matches what Ms. Reilly says our bodies are pre-programmed to do, and it

Please see **PALEO** on **D8**



THOMAS KELSEY/NEWS-PRESS

Mikki Reilly's book, "Your Primal Body: The Paleo Way to Living Lean, Fit and Healthy at Any Age," shows readers how Paleo can be a lifestyle that includes both diet and exercise. The Santa Barbara fitness trainer works with clients at her State Street fitness studio, Fitness Transform.



STEVE MALONE / NEWS-PRESS

Vitamin D deficiency is common despite the sun we get in California, and doctors say supplements are the best way to make up for the lack of vitamin.

efficient

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

Doctors have a bone to pick with you. Odds are you're not getting enough vitamin D.

Physicians agree it's crucial to preventing osteomalacia (softening of the bones), osteoporosis (in which the bones become brittle and fragile), and hip and spine fractures, particularly in the elderly, as well as rickets (bowing of the legs) in the young. And research suggests it might curb other illnesses.

Despite that and the California sun, many people are deficient, local doctors and dietitians told the News-Press.

A large number were found to be lacking the vitamin when they submitted a blood test at a Santa Barbara cancer prevention fair in 2011, said Dr. Fred Kass, Cancer Center of Santa Barbara director of research and wellness. "These people did not have cancer, and they were health-aware enough to show up at a cancer prevention fair."

"The more you look for it (deficiency), the more you find it."

Deficiency appears to be common, said Dr. Ali Javanbakht, a family doctor at Sansum Clinic in Carpinteria. "A lot of people we check are low or borderline in vitamin D levels. My perception is about a third of people are low and that it's common in the elderly."

He said medical articles and papers during the last five years have shown a high deficiency rate among the U.S. population and the need for more aggressive screening, which doctors have started to do in recent years.

Globally, an estimated 1 billion people have deficient or insufficient levels of vitamin D, said Dr. Soram Khalsa, author of "The Vitamin D Revolution" (Hay House, 2009), a recent guest on TV's nationally syndicated "The Dr. Oz Show."

"Eighty to 90 percent of my new patients have insufficient vitamin D," the internist told the News-Press by phone from his Beverly Hills office, stating the vitamin is actually a hormone.

Locally, people are surprised when they learn they're deficient, said Dr. Kristi Wrightson, a Santa Barbara naturopathic doctor and registered

dietitian. She tests for vitamin D in all her patients. "They assume (they get enough because) we live in Santa Barbara and it's sunny here all the time, but if you don't get at least 15 minutes of sun on your arms and face without any kind of sunscreen, you're definitely not getting enough vitamin D."

The same sunscreen that protects us from skin cancer blocks the UVB rays that produce vitamin D. And that's how many people in sunny California end up vitamin D-deficient.

While there are no statistics about the total number of vitamin D-deficient Californians, a 2012 USC study, the first one of its kind in Southern California, found 70 percent of those tested were vitamin D-deficient, said Dr. John Cannell, executive director of the Vitamin D Council, a San Luis Obispo nonprofit.

The solution, doctors and dietitians say, is to increase our vitamin D through supplements, which they explain is easier to do than through food because it's in limited amounts in a few foods. Vitamin D is found in vitamin-fortified milk, cheese, yogurt and cereal; egg yolks; cold-water fish such as salmon, shrimp and mackerel; and some mushrooms.

"A lot of people are deficient," said Betsy Malear, associate director of student health promotion at UCSB and registered dietitian, adding that it isn't just seniors. Ms. Malear, 55, said she sees deficiency in some young people who, glued to their computers, stay inside all the time or have eating disorders. "It's probably prudent for most of us if we're not active outside to take a vitamin D supplement."

Doctors and dietitians typically recommend 1,000 or more International Units a day. That's not so hard to swallow; you can get a thousand IUs in one pill.

How much vitamin D should be in our blood? Most doctors and dietitians talking to the News-Press agreed 30 nanograms per milliliter of blood is enough.

"But I work with many doctors who say, 'I'm not tolerating a level that low (30), and I want my patients to be above 50,'" said Chantal Garipey, a Santa Barbara

Please see **VITAMIN D** on **D8**

26 hours and still dancing

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

Three UCLA students from Santa Barbara are going to dance 26 hours nonstop to help kids who have HIV and AIDS.

Katie Mellon, Alex Melton and Jaimie Mayner are raising at least \$250 each to participate in

the Dance Marathon at UCLA. Thousands will dance from 11 a.m. Saturday to 1 p.m. Sunday at UCLA Ackerman Grand Ballroom.

Proceeds benefit the Elizabeth Glaser Pediatric AIDS Foundation, the UCLA AIDS Institute and Project Kinde, which provides free camps for

children affected by HIV, AIDS and other chronic diseases and disabilities. Organized by the Pediatric AIDS Coalition at UCLA, the annual marathons have raised \$3 million in their 12-year history. In 2012, the Dance Marathon at UCLA grossed \$450,000.

As DJs spin records and

Hollywood celebrities make appearances, the dancers will keep going for 26 hours. They get breaks only for meals.

"I know I definitely want a good night's sleep beforehand," Ms. Mellon, 20, a junior and economics and political science major, told the News-Press by phone from UCLA. But she said

she does plan to be all charged up in her dancing from the start as motivation. It's her first Dance Marathon.

"I'm guessing they'll play all kinds of music, with hip-hop, pop and upbeat songs to keep people moving," said Ms. Mellon, a 2010

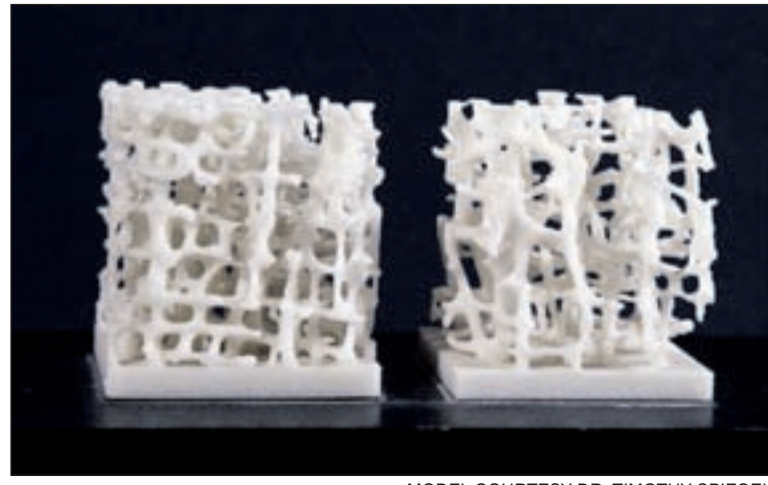
Please see **DANCING** on **D8**

UCLA students from Santa Barbara join Dance Marathon

Symptoms of deficiency include low bone density

VITAMIN D Continued from Page D1

registered dietitian and diabetes educator. The reason, explained Dr. Cannell of the Vitamin D Council, is that 50 nanograms is what would be found naturally if people were outside all the time without sunscreen. Ms. Garipey advised that if your level is between 30 and 50 nanograms or lower per milliliter, which can be measured through a blood test, consider taking vitamin D pills. Dr. Wrightson, 41, said she likes seeing levels between 50 and 80 nanograms. "Getting up to 100 is a little too much. Toxic is 200 to 250 nanograms per milliliter."



MODEL COURTESY DR. TIMOTHY SPIEGEL
Segments of the spine are magnified 10 times in this model to show the difference between a healthy one, left, and one made unhealthy by vitamin D deficiency.

Research has shown that to increase your vitamin D level by 10 nanograms per milliliter, you need to take 1,000 IUs a day, Dr. Wrightson said. "If your vitamin D level is 20 and you want it to be 50, you would need to take 3,000 IUs of vitamin D." Doctors say symptoms of vitamin D deficiency range from osteoporosis and low bone density to muscular pains and aches, and fatigue.

Start watching your vitamin D levels when you're young; think of it as investing in good bone health for your old age, advised Dr. Bryan Emmerson, an orthopedic surgeon. He regularly sees hip and spine fractures at Sansum Clinic in Santa Barbara. "Vitamin D acts as a helper to get calcium into our body and get calcium where we want it," said Dr. Timothy Spiegel, a Santa Barbara rheumatologist who regularly finds vitamin D deficiency in his patients and corrects it with pills combining vitamin D and calcium. "If you don't get vitamin D, you don't get calcium in the bloodstream. If you don't get calcium into your bloodstream, you don't get calcium into your bones."

When you're vitamin D-deficient, the parathyroids, four glands that are next to the thyroid, actually will take calcium from your bones and make them fragile, he said. The result can be a hip fracture.

Fortunately, all the recent news about vitamin D has raised awareness, said Dr. Doreen Burks, another Santa Barbara rheumatologist. Dr. Burks said five years ago, she found deficiencies in more than half her patients. Now it's about a third.

Dr. Wrightson, the naturopathic doctor, said she found a similar improvement.

"About five years ago is when I started testing it in every patient, and everybody was deficient. Nowadays, more people are aware and a lot of people are taking vitamin D as a supplement. I still have patients who are deficient, but it's less common." Doctors agree vitamin D is good for your bones, but they debate what else it can do for you. Studies such as those compiled by the Harvard School of Public Health have suggested that vitamin D can help lower risks for high blood pressure, heart disease, colon cancer and other cancers, Type 1 diabetes, multiple sclerosis, tuberculosis, the flu and even the common cold.

Not so fast, said local doctors. They advise waiting for the results of clinical trials that will take a few years. They said research hasn't definitively shown whether vitamin D is a cause or just an effect. Dr. Joseph Aragon, Sansum Clinic director of cardiology and board president of the Central Coast Division of the American Heart Association, said vitamin D deficiency in cardiac patients might simply result from a poor diet or lack of outdoor exercise, factors related to heart disease.

"Traditional risk factors (smoking, lack of exercise, genetics, high blood pressure and high cholesterol) trump vitamin D deficiency," the interventional cardiologist, 42, said.

Dr. Dante Pieramici, a Santa Barbara ophthalmologist and director of the California Retina Research Foundation, questioned research on mice showing that vitamin D can deter age-related degeneration, a cause of blindness. A mouse trial isn't sufficient to prove a

connection, he said. Noted Dr. Kass, 64, at the Cancer Center of Santa Barbara: "We see a fair number (of cancer patients) who are below the optimum levels," he said. "I don't know if we have sufficient data to tell whether the deficiency we see in cancer patients is any different than what we would see in an equal number of unaffected (non-cancerous) people walking around the streets."

But Ms. Garipey, the diabetes educator and registered dietitian, noted some research says vitamin D can help reduce the inflammation associated with diabetes, heart disease and hypertension.

Dr. Khalsa, the Beverly Hills author who has a line of his own supplements, cited a 2007 cancer study by Dr. Joan Lappe and her colleagues, published in The American Journal of Clinical Nutrition. In his book, he claims that the research involving 403 postmenopausal women in Nebraska showed those "who received 1,100 IUs of vitamin D and 1,000 milligrams of calcium per day reduced their risk of developing any kind of cancer by 60 percent, compared to the women who received a placebo." Critics, however, are not so quick to make a connection to cancer prevention.

Dr. Khalsa told the News-Press vitamin D also boosts the immune system and that he has seen people get fewer colds and flus after their levels rose. While more data is collected, it can't hurt to take the correct dosage of inexpensive supplements, Dr. Khalsa said. "The worst thing that will happen is they will have a normal vitamin D level."

email: dmason@newspress.com



Ms. Reilly demonstrates exercises she promotes in her book.

Moving properly while exercising an important aspect of fitness

PALEO Continued from Page D1

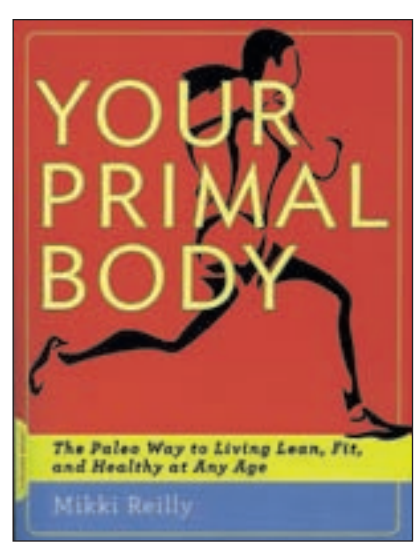
gives readers a step-by-step plan on how. The book instructs readers to eat an "Anti-inflammation Primal Diet," which is low-carb and high-protein. Ms. Reilly also explains why we need supplements even though our ancestors didn't (to match their nutrient density).

She also covers her "seven primal movements" to help readers learn how to move properly while exercising and, in turn, more quickly.

"The results are incredible and they don't spend a lot of time (exercising) compared to doing aerobic exercise for hours and hours," Ms. Reilly says.

An example of this is the squat. "The first thing (people often) do is they push their knees forward, but really what you want to do is move through your hips instead of moving forward," the trainer explains. Modern-day humans can practice this movement using kettlebells or barbells, as Ms. Reilly suggests in her book. She compares this to the primal movement of squatting down to gather wild herbs and plants.

The other six movements include the lunge, bend, push, pull, twist and gait. The book provides explanations and demonstrations of how to do each one. The former bodybuilder and UCSB grad (her degree is in



exercise and health science, and communication) works with clients at her State Street fitness studio, Fitness Transform, using her primal body approach to varying levels with clients. She's seen great results.

"I've had people lose as much as 90 pounds," Ms. Reilly says.

She's been a fitness trainer for 20 years and says her approach continues to evolve. This approach will lead to health benefits such as less pain (prolonged cardio such as running, after all, isn't exactly great for your joints and neither is back pain caused from bending incorrectly). Bursts of explosive movements are both better for your body and produce greater results, says the trainer.

Ms. Reilly didn't write this book for "the CrossFit" crowd or people



THOMAS KELSEY/NEWS-PRESS PHOTOS

Mikki Reilly performs the kettlebell squat, one of her "seven primal movements." This exercise is similar to movements our hunter/gatherer ancestors performed often and thus will provide good fitness results for people today.

who are already really into Paleo. She hopes to help everyday people who are ready for a change in their exercise style.

"People are working a whole lot harder than they need to be and they're not getting the results that they want," she says. "I wanted to reach those people."

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'I may not be the best dancer, but ...'

DANCING Continued from Page D1

San Marcos High School graduate and daughter of Santa Barbara residents Fred and Carrie Mellon.

"I love to dance. I may not be the best dancer, but it's such a special cause and it's the largest philanthropic event that UCLA puts on as a whole. It's one of those events I feel you have to experience at least once as a Bruin," said Ms. Mellon, who runs four to six miles regularly and plans to wear her running shoes for the 26 hours (incidentally, there are 26 miles in a marathon). She said her running experience could help with her endurance for the Dance Marathon.

Ms. Mellon, who doesn't have any signature dance moves, said she sees the exciting event as a good way of having fun after the recent midterms. She noted "moralers" — people who only dance three hours — will show up to bring extra energy in shifts spread out during the 26 hours. ("Moralers" boost morale.) "I've heard about times that people will be leaning on the wall (while they're dancing). They're at least up — as long as you're standing."

Another of the dancers, Ms. Melton, a 22-year-old senior majoring in design media, said she will count on the energy of her fellow dancers to keep her going. The 2009 Santa Barbara High School graduate participated in a previous Dance Marathon as a moraler and recalled the excitement of the event.

"It's a lot of fun and an amazing cause," said Ms. Melton, whose parents are Santa Barbara residents Rex and Christine Melton. "It's my last year to do it,



COURTESY PHOTOS

Katie Mellon, a Santa Barbara woman attending UCLA, is participating in the university's Dance Marathon. Proceeds benefit the Elizabeth Glaser Pediatric AIDS Foundation; the UCLA AIDS Institute; and Project Kindle, which provides free camps for children affected by HIV, AIDS and other chronic diseases and disabilities.

so I thought I might as well do the whole thing."

She admitted, "I don't know if I'll be as enthusiastic (in the 26th hour) as I am in the first hour." But she said she thinks she'll get a power boost from everyone dancing together.



Alex Melton of Santa Barbara is among the UCLA students from Santa Barbara in the Dance Marathon at the university.

FYI

Dance Marathon at UCLA will take place 11 a.m. Saturday to 1 p.m. Sunday at UCLA Ackerman Grand Ballroom. Participants are required to raise \$250 if they're dancing 26 hours or \$30 for three-hour shifts. Volunteers helping the event don't have to collect money. Proceeds benefit the Elizabeth Glaser Pediatric AIDS Foundation; the UCLA AIDS Institute; and Project Kindle, which provides free camps for children affected by HIV, AIDS and other chronic diseases and disabilities. The marathon is organized by the Pediatric AIDS Coalition at UCLA.

To register or volunteer, go to www.bruindancemarathon.org.

Her strategy: "Keep the energy up and not get too exhausted."

email: dmason@newspress.com