

IN THE GARDEN

SEPARATING FACT FROM FICTION
IN URBAN AND SUB-URBAN
GARDENING MYTHS, P. 20

GOLETA GIRL

COULD PIGEON DUNG HAVE BEEN
JACKSON POLLOCK'S ARTISTIC
INSPIRATION, HIS MUSE?, P. 14

HOUSE HUNTERS
TURN TO PAGE 31



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{ once a week from pier to peak }

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LIQUID ALCHEMY ■ BREWING BEER & ROCKET SCIENCE

**THE BREWHOUSE
CELEBRATES TEN
YEARS OF TAMING
THE BIG JOHNSON
AND COURTING
STRONG, SWEET, BUT
TOUGH BONNIE JEAN
(STORY ON P. 9)**



STYLE FILE

Smooth Talk

by **Briana Westmacott**

A lavender-infused salt bath helped slip us into a deep relaxation. Then we followed it up with a buttery smooth Shea Butter treatment and we were soft and glowing. Were we at the latest day spa *du jour*? Nope. We were nestled right in the comfort of our own home.

And our mini home spa had our wintry dry dermis delighting.

We needed this self-pampering and guess you could use it too. The best part is that all you have to do is acquire some of **Natura Culina's** organic skin care products and lock your bathroom door.

Natura Culina is inspired by Old World European spa traditions, and their Summerland-made products are created from organic ingredients meant to nourish and feed your skin. Founder **Lenka Tinka** started her company based on her passion for health and vitality. She is originally from outside of Carlsbad in the Czech Republic, an area famous for its spa cities and the use of nature to heal people and their skin, and wanted to bring some of the beauty treatments from her homeland to those around her. Lucky for us, Lenka just so happened to bring her knowledge right here to Santa Barbara.

So set your spa date, select your Natura Culina products and dedicate an hour (or more) to give your skin the pleasure it deserves. You'll be smiling (and smooth) for days. We were.

You can find Natura Culina at a handful of local businesses. Check www.naturaculina.com for retail locations or order directly from their site. Happy spa day!



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PAGE 12

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PAGE 16

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PAGE 28

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PAGE 29