



## IT'S BACK

Fiction Pulitzer returns, restoring high literary honor

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TUESDAY, APRIL 16, 2013

## OUT & ABOUT



David Grant

### Grant joins education board

David Grant has been elected to the board of the Santa Barbara Education Foundation. Mr. Grant is general manager and senior partner of Gecko Media, an information technology consulting company. He is also an NFL staff writer for mybriefs.com and writes a weekly NFL column. A Santa Barbara resident for 18 years, he received a local area network certificate from UCSB and a bachelor's degree in communications from Anderson University in Indiana. He lives with his wife, Jill, in Goleta.

—Charlotte Boechler

## OUR TOWN

### Resilient children lecture

Dr. Ryan Smith will present a community lecture on the topic "Building Resiliency in Your Child" 6:30 to 7:30 p.m. today in the Barbakow Family Theater at Crane Country Day School, 1795 San Leandro Lane in Montecito. Dr. Smith, a clinical psychologist and training coordinator at CALM, will discuss research behind resiliency in children and techniques to help children learn to cope with adversity. Child care will be provided. The free event is part of CALM's series of events open to the public during April, which is National Child Abuse Prevention Month. For more information, call 965-2376 or visit [www.calm4kids.org](http://www.calm4kids.org).

—Marilyn McMahon

## ON STAGE

### Freud meets C.S. Lewis in play

Plaza Playhouse Theater will perform "Freud's Last Session," in which atheist Sigmund Freud and religious author C.S. Lewis debate their beliefs, from Saturday through May 5 at the theater, 4916 Carpinteria Ave., Carpinteria. Curtain rises at 8 p.m. this Saturday, Thursdays, Fridays and May 4. Matinees are 2 p.m. Sundays. Tickets cost \$17 for general admission and \$12 for students and seniors. To purchase, call 684-6380 or go to [www.plazatheatercarpinteria.com](http://www.plazatheatercarpinteria.com).

—Dave Mason

Information for Out & About, Our Town or On Stage items should be submitted at least two weeks before the event to Life Section, P.O. Box 1359, Santa Barbara 93102-1359 or emailed to [life@newspress.com](mailto:life@newspress.com)



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# Sleepless in Santa Barbara

Experts stress the importance of getting a good night's rest

BY MARILYN MCMAHON  
NEWS-PRESS STAFF WRITER

More than 80 percent of people who have problems getting a good night's sleep are suffering from a disorder called sleep apnea and don't even know they have it, according to Sleep Apnea Treatment Centers of America, sponsor of National Sleep Apnea Awareness Day, which is Thursday. "If you wake up in the morning after seven to nine hours in bed and you are still tired, chances are you have sleep apnea," said Dr. Jeffrey Polito, 43, medical director of the Santa Barbara Sleep Clinic in Goleta. "One in five people have it."

"OSAS or Obstructed Sleep Apnea Syndrome is far and away the most common problem in my practice," said Dr. C. Eric Schroeder, 58, a sleep specialist at Sansum Clinic, explaining that the condition is caused when there is a problem when the muscles in the throat relax after a person falls asleep.

"The soft palate drops down, the tongue falls back, and the airway becomes obstructed. There is no air flow, the oxygen level in the blood

Please see **SLEEP** on **D8**



ROBBY BARTHELMESS / NEWS-PRESS PHOTO

Sleep studies are conducted in home-like bedrooms at the Santa Barbara Sleep Clinic in Goleta, where Dr. Jeffrey Polito is medical director.

# Lock of baby's hair, first tooth ... breast milk?

The latest fad in mommy jewelry may surprise you

By **LEANNE ITALIE**  
ASSOCIATED PRESS

NEW YORK — Strands from baby's first haircut. The first tooth. Tiny footprints sunk into clay. Some parents even tuck away the dried stump of the umbilical cord or the stick pregnancy test as a touching memento marking the milestones of their kids.

The latest? Breast milk jewelry.

Few issues polarize mothers more than breast-feeding, and all things related to breast-feeding, so wearing processed breast milk around the neck or in a bracelet has ignited some passions.

The jewelry, on sale at the handmade marketplace Etsy, is definitely not for writer Ashley McCann, 34, in Naples, Fla. She nursed both her boys, 6 and 9, and loved it, but she feels some sort of gross-out line has been crossed.

"This is the most hilariously absurd trend in mommy jewelry that I have ever heard about in my life," she said. "I think it is just flat-out weird, to be honest."

In addition to finished jewelry, a search on Etsy produces sellers of breast milk soap and one offering a locket kit for the DIY inclined. A couple purveyors, both moms, said in interviews that they hit on the idea as they sought out unusual keepsakes of their special bonds with their babies during nursing.

The two wouldn't reveal their recipes for processing the milk, which is covered with a glaze or clear resin after it is plasticized or dehydrated, forming a clay-like substance that hardens over time when at least one method is used.



ASSOCIATED PRESS

A heart locket housing processed breast milk. It is one of the items on sale at the handmade marketplace Etsy that provides a memento out of breast milk.

Prices range from \$15 for the kit, which includes various locket designs, to \$125 for a double pendant in copper bezels with a matching vintage chain.

Please see **MILK** on **D8**

## Walk vs. run — the studies are in

A study published this month in the journal Arteriosclerosis, Thrombosis and Vascular Biology compared the heart benefits of walking versus running. Researchers looked at data from two ongoing studies: The National Runners



### SIMPLY FIT

Nicole Clancy

Health Study and the National Walkers Health Study. The combined participants totaled more than 48,000 adult men and women of various ages. Researchers examined the energy output based on the duration of the walk or running workout. The study concluded runners were 12.1 percent less

likely to be diagnosed with diabetes and experienced a 4.5 percent reduction of heart disease risk than nonrunners. Walkers were 12.3 percent less likely to be diagnosed with diabetes and experienced a 9 percent reduction in heart disease risk than nonwalkers. Researchers added that it is important to note that there may be additional health benefits to running specifically, but walking may be more sustainable for exercisers.

So what's to take away from this research?

The cardiac benefits of walking are equal to (or better than) that of running. Participants reported on cardiovascular exercise duration along with incidence of high blood pressure, high cholesterol, diabetes diagnosis and heart disease diagnosis.

So, think you don't have time to exercise to care for your heart? Think again. Simply walk!

Proper walking techniques are important for increased efficiency. Increased efficiency means increased effectiveness, decreased risk of injury, reduced risk of falling, increased energy, and sustainability of intensity during the workout. Here are a few things to be aware of during your routine:

- Even stride length between your right and left legs. Uneven stride length could signal dysfunction of how your body is moving, which may lead to injury down the road.

- Walking in a heel-to-toe pattern. Walking flat-footed increases risk of falling. Shuffling feet also decreases the distance covered (and therefore energy expenditure) for each step.

- Proper spinal alignment. Keep your ears lined up over your shoulders to prevent slouching. Hold your chin parallel to the floor and keep your feet pointing forward.

For additional benefits and effectiveness in your walking workout, try the following:

- Focus on increasing the turnover of your steps. Basically, shorten your stride and step faster. Moving at a faster pace will increase energy expenditure and burn more calories.

- Power from your arms: Move more muscles, burn more calories.

- Pull your belly button in and your shoulders down and back. Why not get a core workout and strengthen your posture muscles at the same time?

- Shoulder blade pinches. Pinch your shoulder blades together as you go. Hold the pinch for 10 to 20 seconds and repeat as you walk. Only release about half the tension in between your shoulder blades in between each interval.

- Practice deep breathing while walking. Slowly inhale through your nose for a count of four, exhale out your mouth for a count of six. The result will be an increase in energy and decrease in stress.

- Stabilize your torso. Keeping your shoulders square to your hips works more muscles.

So here's the bottom line: Does running offer heart health benefits? Yes! Does walking offer heart health benefits? Yes! Pick one or both. Choose to move your body aerobically on a regular basis. Find what you enjoy, and you'll enjoy doing it.

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](mailto:n.clancy@att.net).



# Preserving the ‘liquid gold’

## ■ MILK

*Continued from Page D1*

“What a wonderful way to preserve the ‘liquid gold’ that we are only able to make for a certain period of time,” reads the product description for the latter: “This can be passed down for generations and what a fantastic gift to give to your child, the root of their survival.”

The passing-down notion prompted more than a few jokes on BabyCenter.com when the subject first came up innocently enough in January. A poster on the site, which has an average 11 million unique views a month, said she had heard of breast milk jewelry and wondered where she could find some, said Rebecca Michals, who manages the message boards.

“It may not be for everyone,” Ms. Michals offers. “I think it’s a matter of opinion.”

Oh yes. Just as attachment parenting is a matter of opinion, or nursing in public, or those breast-feeding baby dolls of the holiday season last year.

“I actually think it’s the attitude behind it,” Ms. McCann said as she tried to explain her disdain. Nursing, she said, “is one of my fondest memories, and honestly I would get pregnant again to nurse another baby. But it was the relationship. There’s something about plasticizing breast milk, which is just food to nurse your baby, that almost seems like some sort of weird worship of nursing.”

Tell that to the 20 or so people who contact Allicia Mogavero each day about the breast milk jewelry she began selling in 2007, then mostly to friends. She put her designs on Etsy about a year ago and has sold about 200 pieces, including pendants, bracelets, lockets and beads of breast milk alone for people to do with what they wish. She personalizes the jewelry with names in fancy script.

In all, she offers 36 items, using a five-step process to preserve a small amount of milk shipped to her as instructed. Working the milk takes about four weeks and the resin needs a week or two to dry, she said.

Ms. Mogavero, 34, in Wakefield, R.I., said sales have picked up since the jewelry arose on BabyCenter, producing dozens of posts that seem evenly split between admirers and the repulsed.

“A lot of people are repelled by breast-feeding in general, as crazy as that is. And I think anything having to do with it is probably not anything that they like. It is a body fluid, so maybe that’s why people are somewhat against it,” mused Ms. Mogavero, who has shipped to the Philippines, England, Australia and Japan.

Ms. Mogavero said she has had husbands steal breast milk out of the freezer to surprise their nursing wives with one of her creations. She sells on Etsy as MommyMilk as she continues to nurse her third child, a 16-month-old girl.

Brooke Becker in Summerville, S.C., offers the breast milk kits on Etsy under the user name MilkMomBaby.

“I think initially you tell some people about it and they say, ‘Oh, that’s gross,’” she said. “Breast milk is pretty personal. Just sending that off to someone is a little bit of a leap for people.”

That’s why she decided to sell kits, including discreet lockets and a pill box design as vessels. She said she has sold about 48 kits since October.

“It’s something that moms do for themselves,” said Ms. Becker, 33. She has shipped jewelry to the United Kingdom and Asia. “It’s more for mothers who are nursing long term, not people who just nurse a couple of months.”

Victoria Cameron, 33, is nursing her 13-month-old son and pursuing a master’s in social work in Minneapolis. She went on Etsy in search of mother’s jewelry when she stumbled on the breast milk sellers. She was the first to post about it on a BabyCenter board for bargain hunters. The quick-fire reaction surprised her.

“At the same time people were talking about getting cremation remains made into a diamond or a rock, and that was, like, super meaningful, and then people were just like, ‘Oh this breast milk thing is crazy.’ It was very odd,” she said.

The debate has since spread on parenting blogs and social media. In Belleville, N.J., Sharon Valcarcel, 32, nurses her 11-month-old daughter in the evenings after she returns from her job as a high school psychologist. She heard about the jewelry from a friend and thought it was “kind of gross.”

The jewelry, Ms. Valcarcel said, plays into broader divisions over breast-feeding, with women “who are very elitist” about it on the supportive side.

“The funny thing is they’re kind of pretty,” she said of some of the designs. “But I think it’s awkward.”

Ms. Cameron hasn’t bought a piece of breast milk jewelry but plans to “as kind of a weaning type of thing, when I think we’re getting towards the end of it.”

So what’s the fuss?

“This has nothing to do with promoting the breast-feeding campaign. This is people on Etsy wanting to make a buck, and emotional moms like me wanting to have something for themselves,” she said. “I’m not going to pass it down to my son. I’m not going to tell the average person on the street what it is. It would be for me.”



ASSOCIATED PRESS PHOTOS

**The Milk.Mom.Baby Breast Milk Keepsake Locket Kit. The kit is one of the items on sale at the handmade marketplace Etsy.**



**MommyMilk shows a necklace with a charm made of breast milk.**

## ■ SLEEP

*Continued from Page D1*

drops, causing the person to wake up and start breathing again. This can happen as many as 100 times an hour, all in a matter of seconds each time. The next day, the person doesn’t remember any of this and is confused about why he or she is so tired,” said Dr. Schroeder.

Equally concerned about the condition is Dr. Hsien Young, also a sleep specialist at Sansum Clinic.

“A good night’s sleep is extremely important because it has an impact on every aspect of life — work, relationships, health, to name a few. Sleep deprivation can lead to illnesses like diabetes, a higher risk of heart attack, even sudden death when a person falls asleep driving and kills himself or other people,” said Dr. Young, 43.

When asked what they considered a good night’s sleep, the three doctors agreed it is eight hours of “good, solid rest” with no awakenings.

“The body needs that time to repair itself from events of that day and to download memories and information from the day,” said Dr. Polito, “Less than six hours can lead to death and disease.”

The specialists also agree that very few Americans are getting the required amount of sleep, a problem that is increasing for a variety of reasons.

“We have a busy lifestyle and poor habits,” Dr. Young said. “Many baby boomers are taking care of elderly parents. They work all day, come home after long commutes and want a few precious hours with their families, so they cut down on sleep. Many (who work) in Santa Barbara live in Lompoc, Santa Maria, Ventura and Camarillo.”

He also blames the addiction to social media for lack of sleep.

“People have to be connected to or in the loop with Twitter, Facebook and the Internet,” said Dr. Young.

Students in middle school, high school and college are among the most sleep deprived because of their academic obligations and social life, according to Dr. Schroeder.

“We have become a 24/7 society, with people working different shifts during the day and night. Kids are playing computer games. People have their cell phones by their beds,” he added.

Insomnia is another major sleep disorder.

“The difference between that and apnea is that insomniacs know that they aren’t sleeping, but those with apnea aren’t aware of the problem,” said Dr. Polito, who tells other doctors to ask two questions of patients complaining about fatigue: “Have you been told you snore?” and “Have you been told you choke or gasp while sleeping?”

“I think more women than men suffer from sleeplessness because they have greater demands on their time, more responsibility, even if they aren’t working. This is not something scientific. It’s my opinion,” he said.

Dr. Young agrees.

“Women have hormonal changes during menopause that can cause sleep deprivation. They also seek help more often than men, and they tend not

# ZZZZs ... Ahhh ...



ROBBY BARTHELMESS / NEWS-PRESS PHOTOS

**Above, an assistant at the Santa Barbara Sleep Clinic demonstrates a CPAP or Continuous Positive Airway Pressure machine used to treat sleep apnea, while Dr. Jeffrey Polito, below, monitors its patterns.**



*Treatment for sleep disorders is readily available to locals at Sansum Clinic and at the Santa Barbara Sleep Clinic, a state-of-the-art facility near Fairview Avenue and Calle Real in Goleta.*

to self medicate — alcohol consumption, for example — more than men. However, career-driven young men can have problems, too.”

Age makes a difference, with sleep problems increasing as people grow older.

“They have more difficulty falling asleep and staying asleep. Men have prostrate problems, women have hormonal problems. Both have arthritis and back pain,” Dr. Young said.

Insomnia is more of a problem in the elderly, according to Dr. Polito, “but the good news is that as you grow older you don’t need as much sleep.”

Mary Lou Schroeder, 59, the wife of Dr. Schroeder, suffers from restless legs syndrome, another sleep disorder.

“Mine feels as if someone is

tickling my feet, and I’m trying to pull away. I have had it for 20 years, and fortunately, now take the same medication used for Parkinson’s disease. I have to take the tiny pill, which is very powerful, by 4 p.m. every day because once the feeling starts, I have to let it run its course,” said Mrs. Schroeder.

“There have been times when I have forgotten to take the pill, and the only solution is to get up and walk. I have worn a path in the carpeting, and I am familiar with late-night TV. My children have come home from their dates and found me walking in circles,” she said with a chuckle.

Treatment for sleep disorders is readily available to locals at Sansum Clinic and at the Santa Barbara Sleep Clinic, a state-of-the-art facility near Fairview

Avenue and Calle Real in Goleta.

“We have two home-like bedrooms where patients spend one night to be diagnosed so treatments can be prescribed,” said Dr. Polito, “A registered technologist monitors the patient from an adjoining control room. The cost is approximately \$1,400 to \$1,600, and most insurance companies cover it.”

While there is no cure for sleep apnea, it can be treated with a machine that is called Continuous Positive Airway Pressure or CPAP.

“It’s a mask that a person wears over his or her nose during the night. It’s attached to a small machine that blows air power to the back of the throat to prevent the airway from collapsing. Eighty percent of my patients love it. Ten percent of them tolerate it, and 10 percent refuse to wear it,” said Dr. Polito. “Sleep apnea is a very serious disease that can cause strokes and memory loss. If you have a bed partner who snores and stops breathing, make sure he or she sees a doctor.”

*email: mmcmahon@newspress.com*

# Happiness wasn’t always the case

## ■ HELP

*Continued from Page D6*

Wiffle ball diamond where former owners kept horses.

Then there’s the two-story red-and-white tepee that was Ms. Hemingway’s 51st birthday gift last fall. Inside, rugs and pillows ring a rock fire pit — one of life’s simple but powerful pleasures, Ms. Hemingway says.

When the fire is strong, “guys get their egos on, one-upping each other in their stories,” Mr. Williams says. “As the fire dies down, everyone gets quiet. Heads are going on laps. No one is making fun of each other.”

On a walk around the yard, the partners are chatty and warm. Mr. Williams starts climbing the rope ladder, his strength from years as a stuntman obvious. Ms. Hemingway follows, her big, strong hands and muscled arms enabling a nimble climb.

Everything at the ranch supports their view that simple things make them healthier and happier, that happiness is basic, even though “everything in our world says it has to be complicated,” Ms. Hemingway says.

Anyone might conclude, “Of course they’re happy. They’re beautiful, affluent, smart.” They readily acknowledge their blessings,

especially the chance to turn what they love into their work promoting physical and mental health.

That wasn’t always the case.

Ms. Hemingway, the youngest of three girls born to Jack Hemingway, the son of writer Ernest Hemingway and his first wife, Hadley Richardson, turned to nature to escape a family where alcohol, fights and mental illness all played outsized roles, she says.

“Nature was the only solace I had,” says Ms. Hemingway, who has become an advocate of suicide prevention and an honest appraiser of the turbulence around her.

“Running From Crazy,” made by Oscar winner Barbara Kopple, premiered at the Sundance Film Festival. Using more archival family footage, it’s a haunting look at suicide and mental illness and the power of bringing them into the open.

Ms. Hemingway spent a lifetime looking “shiny and happy for everyone,” she says. And that wasn’t easy: Her parents’ nightly “wine time” often devolved into fights and left her cleaning up broken glass, she says. One older sister lives with schizophrenia, and sister Margaux died of an overdose.

Ms. Hemingway also stayed for 24 years in a marriage that she now says should have dissolved sooner: “It was so much better than

the marriage I grew up with. I thought, ‘How can I leave? No one was beating me up. There was no blood on the wall.’”

She looked everywhere for a solution to her depression — gurus in India, therapy, diets, “until the ripe old age of 47, when I realized the answer is in me.”

Her evolution has been a gift to her 20-something daughters, one a model, one an artist. “It gives them permission to share what they’re going through,” she says.

Mr. Williams, on the other hand, says he always questioned everything, living a life his father calls “alternative.”

But to Mr. Williams, it’s everyone else who’s alternative, eating “synthetic, processed and irradiated food” and scrimping through decades of 80-hour workweeks in order to fund medical interventions in later years. At 50, Mr. Williams says, he can run a mile in under five minutes and loves risky adventures, such as rock climbing sans ropes.

Together, they are grounded seekers, interested in athletic exploits, herbal tinctures and other health care ideas outside the mainstream.

If other people see their choices as a little odd, that’s OK, Ms. Hemingway says. “We want to inspire people to find the adventure that works for them.”



**A heart locket housing processed breast milk, on sale at Etsy.**