

April 2020

Beach Neighbors

Spotlight



Meet the Gustavson & Newby Family
Dogs and Wine Make Everything Fine



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Cover Photo by Kristin Lee Vincent

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Publication Team



Publisher:
Christine Cumming

Designer:
Cameron Wrenn

Content Coordinator:
Lucinda Chrisman

Contributing Photographer:
Kristin Lee Vincent

Advertising Information

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Phone: 831 588-7767

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Dear Readers,

Happy Springtime! I hope everyone is finding ways to stay positive and uplifted, through these unusual times. I'll be the first to confess that things have been challenging for me on several levels, however, I'm doing all I can to embrace this time with gratitude intact. On my Facebook page I recently asked for people to share something positive about life now, and got over 200 soothingly beautiful comments very quickly... such as the wonderful connected time people are getting to have with their families, and the chance to slow down and focus on things they usually don't give themselves time to do. Not to mention, I love how much neighborhoods pull together to help each other out where they can, and this community has been no different. I have been finding new ways to connect with people using the internet - lucky us - and there's always a sense that we're in this together.

Santa Cruz, let's keep the love flowing and while we hunker down, let's not forget to enjoy the beauty of springtime happening around us!

With love,



Lucinda Chrisman
CONTENT COORDINATOR

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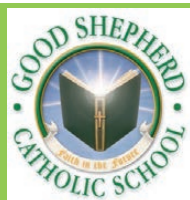
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Beach Neighbors
Spotlight

Beach Neighbors
Spotlight



Meet the Gustavson & Newby Family Dogs and Wine Make Everything Fine

By Lucinda Chrisman | Photos By Kristin Lee Vincent

Volunteering to help out a cause can be deeply rewarding, as Nancie Newby and Brian Gustavson have discovered over the past four years. Since they married in 2005, the couple has found common ground in their love of dogs, and now regularly donate their time to the Santa Cruz County Animal Shelter. They have found a great sense of fulfillment in helping the animals, and feel strongly that volunteering any amount of time to something you're passionate about can be a therapeutic and enriching part of life.

When they met online and had their first date at the Crows Nest in 2003, their common interests mostly centered around both growing up in Santa Cruz, such as hiking, going to movies and finding out about some common friends. Brian, 55, graduated from Harbor High School in 1983, then got an associates degree in electronics from Cabrillo College. He began working at the Santa Cruz Beach Boardwalk in 1981 at the age of 17, first as a sweeper, a parking lot attendant, and eventually an arcade operator. He found his calling in the arcade department and today he is the Arcade Tech Supervisor. He loves his job, and

even gets to travel to Florida every year for an arcade show and see the latest amusement park attractions to consider purchasing for the Boardwalk.

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Spotlight

Nancie, 50, went through the medical transcription program at Cabrillo College after she graduated from Soquel High School, and began working at Radiology Medical Group of Santa Cruz County in 1990. After 17 years there, she began a new career at Design Octaves, a manufacturing company in Soquel. She started out in customer service and has been the human resource and payroll manager for the last 8 years.

“I like the people I work with and my job is wonderful,” says Nancie, “but the work at the animal shelter is so deeply fulfilling and addicting as it makes you feel like you can make a difference, that what you do matters deeply.” Once she gets to talking about the animals, you can just hear it in her voice, as the emotion and passion seep to the surface.

Prior to being together, Brian had never had a dog in his life, but he grew up wanting one. After adopting their first dog together, Spencer, a German-Shepherd mix, in 2009, the couple wanted another but felt their Ben Lomand home was too small, so it was Brian who floated the idea of volunteering at the animal shelter simply to be able to spend time around more dogs. That kicked off what was to become a dedication to helping, starting with walking dogs and providing them “TLC” while they waited to be adopted. They went through training to take the dogs off shelter property for events, and began helping with fundraisers like Ales for Tails, a monthly event at Santa Cruz Mountain Brewing. For Brian, it has opened up more social interaction with people outside of his job where he already knows everyone, and he even took on the role of becoming a mentor to train new volunteers.

Between the two of them, they now dedicate anywhere from 12 to 16 hours a week as volunteers, including some time that Nancie manages the shelter’s Instagram account to increase social media exposure for the adoptable shelter pets. Early last year Nancie was asked to become a member of the Foundation Board which is a 501(c)(3) that helps cover costs for special programs that the shelter cannot afford.

After Spencer, Nancie and Brian had a sweet dog called Rosa until she passed in 2019 at age 12, and currently they live with Elle, a 5-year-old pit bull who they adopted last August after she was surrendered with her four puppies. The puppies went into foster care and were adopted quickly; they’ve even visited two of them.

Nancie has strong empathy for those who grieve a lost pet. When the canine love of her life, an Australian Shepherd named Sawyer, passed away years ago, she thought no one could ever replace him.

“It seems like you can never love another, but the heart has so much space,” she shares, tearful thinking about her beloved Sawyer even today. “You are not replacing anyone. When you lose a dog, you don’t need to shut off to having another dog someday. There are so many wonderful dogs who need homes and you can open your heart again.”



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At first, Nancie had some resistance to the animal shelter as there was a time she thought of it as a sad place, but she realizes now that it is not. "It's actually a very positive place," she says. "The animals are well-taken care of, they are happy playing with us, and a lot of people come visit. We have a wonderful community of support in this area."

Besides dogs, another major passion that Brian and Nancie discovered together is wine. It started with some classes they took at Cabrillo in the early 2000's, and they became hooked. Many of their travels became geared around wine tasting, and eventually they began making wine with friends they met in the class. They now enjoy regular outings with a group of fellow wine-lovers, and together they pick the grapes and complete the entire wine-making process at a friend's home in Scotts Valley.

When asked for her favorite wine picks, Nancie proudly stayed local. "It's funny because we would travel to other places and taste wine but soon realized that we have so much great wine right here under our noses," they share. "Any red by Odonata is one of our favorites, as is the Windy Oaks Pinot, based in Corralitos."

"We like to interact with the winemakers," Brian says. "Being local it's nice to be able to go to their parties and open houses and have that experience, rather than just getting a shipment of wine in the mail that you have no connection to."


The traveling they have done to other places has always confirmed for them that Santa Cruz is the best area to call home. When not working, they love being out in nature, enjoying the ocean and going out on the Chardonnay. They take walks under the redwoods at Henry Cowell State Park daily. They love their neighborhood which they call "Brook Lomond", because it is quiet and quirky, and they enjoy talking with their neighbors and walking their dog every day. Most of their activities in the community revolve around the Santa Cruz County Animal Shelter, and usually involve a lot of canine snuggles and unconditional love.

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who has a story to share?***

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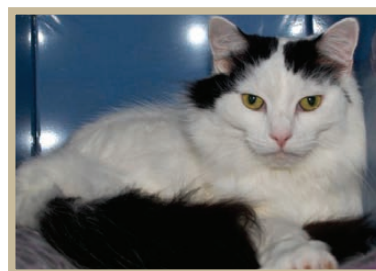


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Pet of the Month Simon

By Erika Anderson



Meet Simon, a black and white six-year-old cat with a big personality! Simon came to the Shelter December 7th with two other cats, Beau and Lightening. These cats were surrendered when their family could no longer care for them. Lightening has

been adopted, but Beau and Simon are still looking for a new home. Simon is a mischievous cat who likes to investigate his environment. He enjoys playing with running water and searchers for a cozy spot high up in the house to sleep so that he can keep an eye on everyone! Simon is a smart cat who is looking for a new home to watch over and explore. Do you have room in your heart and home for Simon? Visit the Santa Cruz County Animal Shelter today at 1001 Rodriguez St. in Santa Cruz!

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Calendar of Events

APRIL 11 @11 AM
CAPITOLA VILLAGE EASTER EGG HUNT
@ Capitola Beach, in front of the Capitola Venetian Hotel
Hop on down to Capitola Village for an Easter Egg Hunt on the beach! Kids 12 and under can hunt for candy-filled eggs hidden in the sand. The Easter Bunny will be there! Please limit 3 eggs per child so there is plenty of fun for everyone! Be sure to bring your camera to capture a fun, spring day on the beach in Capitola! 831.475.6522
www.capitolachamber.com

APRIL 18
PASSPORT CELEBRATION DAYS
@ Various Wineries Santa Cruz Mountains
SANTA CRUZ COUNTY
SCMWA Passports are a great way to experience the Santa Cruz Mountains wine region. Passport Celebration Days occur four times a year on the third Saturday of January, April, July and November. Passport holders are welcomed into 50+ wineries throughout the Santa Cruz Mountains. Visit our website for more information and to purchase your Passport. www.scmwa.com

APRIL 21 - APRIL 26
EARTH WEEK
@ Seymour Marine Discovery Center
Each April, our Earth Week celebration includes free admission for anyone arriving via people power (bicycle, walking, etc.) or via public transportation. Learn more about the big blue planet called Earth. The Seymour Center thanks you for doing your part to reduce your carbon emissions! 831.459.3800
seymourcenter.ucsc.edu Starts at 10 am and ends at 5 pm

April 25 - April 26
LOGJAM!
@ Pleasure Point County Park
E Cliff Drive and 33rd Avenue
Enjoy panoramic views of World-class Surfing at beautiful Pleasure Point Park. Fun booths feature art and wearables. All funds raised support local academic and environmental good causes. 831.454.7901
bigsticksurfing.org Starts at 7 am and ends at 5 pm
Free

APRIL 25
SOQUEL VILLAGE SIP & STROLL
@Soquel Village, Soquel
5th Annual Sip & Stroll Wine Walk is a walking tasting tour through charming Soquel Village. Our third year promises to be our best yet! We have a new roster of the area's finest wineries and our hosting stations will offer an array of complimentary small bites. Spend the afternoon wine tasting and enjoying antique shops, shopping and restaurants. Tickets include: Commemorative glass, wristband, and map of event route with pours and complimentary small bites at each of our tasting stations. 1 PM - 5 PM / Check-in for the event will open at 12:30 PM Please remember your ID, as we will check ID for all attendees purchasing tickets. / 831.475.6522 / www.soquelsipandstroll.com

APRIL 25
30TH ANNUAL DUCKY DERBY
@ Harvey West Park 10AM - 3:30PM
The ducks race rain or shine! Over 12,000 rubber ducks will race in heats down a 75 yard man-made waterway. If you adopt ducks, you will have a chance to win over 100 prize packages. Ducky Derby is a fun day for the entire family. There will be delicious food, carnival games, music, entertainment and of course the duck races! Come and enjoy a great day at the park. www.duckyderbysantacruz.org

At the time this magazine went to print, all event times and locations were accurate, but please check event websites for the most current information. Some events may have been postponed or canceled.




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One of the three paths of yoga is Karma Yoga, or the “path of unselfish action”. It focuses on doing things from a place of non-attachment to outcome, bringing focus instead to the pure spirit of giving, duty, contribution, and service to others.

The other two paths of yoga are Jnana Yoga, the path of knowledge, and Bhakti Yoga, the path of loving devotion to a personal god. Every form of yoga is intent on helping beings achieve liberation and spiritual enlightenment.

Karma Yoga puts an emphasis on ethical, rightful action and being considerate with how actions affect others. The Bhagavad Gita states:

“Your work is your responsibility,
not its result.
Never let the fruits of your actions
be your motive.
Nor give in to inaction.

Set firmly in yourself, do your work,
not attached to anything.
Remain evenminded in success,
and in failure.
Evenmindedness is true yoga.”



At Breath+Oneness, Noelle Strunk has chosen to offer a Karma Yoga class in the spirit of service to others. She and Breath+Oneness are donating proceeds every month from her class to a chosen charity and keeping the cost of the class low to make it economically accessible to all members of the community.

This is a familiar vinyasa flow class, yet the intentions behind the class are specific. With a minimum donation of \$5, the aim is to get as many people as possible to the class and in so doing raise money for important causes.

Being of service to the community in these ways feels especially important to both Strunk and Breath+Oneness.

March’s karma class donations will go to the **Lymphoma Research Foundation**, chosen by Strunk herself due to a personal loss from this disease.

Strunk said “Our community recently lost an amazingly funny, quirky, artistic and honorable man. Nick Trowbridge lost a hard-fought fight to Lymphoma in January. He was an extremely supportive father, husband, and friend and we chose this donation to honor him.

Though we have made strides in cancer research there are still people losing the battle every day to this disease.

Please show your support for Nick and his wonderful family by making it to our classes in April and in the future. Nick inspired the idea for a karma class so come and practice yoga and make a difference!”

This class is **Every Friday, 12-1pm** at Breath+Oneness in Capitola, lovingly taught by Noelle Strunk.

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Soquel High Annual Golf Tournament & Dinner Tees of Friday May 8th

By Christie Donaldson, Golf Tournament Director



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Vietnamese Noodle Bowls

By Rose Alexander

If you've ever been to a Vietnamese restaurant, these noodle bowls, or *bún*, are always a staple. You could make them with beef, satay chicken or vegetarian options, but I'm a fan of marinated pork. This recipe makes two servings, and the amounts can easily be increased to serve more.

INGREDIENTS

Bowls

- 2 romaine lettuce leaves, washed and sliced
- 1 oz. rice vermicelli noodles
- 1/2 carrot, peeled and sliced into matchsticks
- 1/4 cucumber, sliced into matchsticks
- 1/4 cup bean sprouts
- 2 Tbsp. fresh mint
- 2 Tbsp. fresh basil
- 2 Tbsp. fresh cilantro



- 2 spring rolls (homemade is great, but frozen ones also work)
- Sliced beef, chicken or pork (see below)
- Hoisin sauce, for garnish (I like a lot of this)
- Chopped salted peanuts, for garnish
- Nuoc cham sauce, for dipping

Sweet Lemongrass Pork

- 1 quick-fry (thin-cut) pork chop, thinly sliced
- 1/2 stalk lemongrass (white stem only), very thinly sliced
- 1 clove garlic, crushed
- 1/2 Tbsp. ginger, minced
- 1 Tbsp. cilantro, minced
- 2 Tbsp. soy sauce
- 1 Tbsp. fish sauce
- 1/2 Tbsp. honey
- 1/2 Tbsp. brown sugar

Mix all ingredients and marinate pork slices overnight.

ASSEMBLY

1. Cook the spring rolls according to package directions. If using homemade, heat them up in a toaster oven so they stay crispy.

2. While the spring rolls cook, soak the vermicelli in hot water until the noodles are soft, (about 5 minutes). Drain, then run cold water over them. Leave them in the colander and toss them in a little neutral oil so they don't stick.
3. When the spring rolls are ready, let them cool slightly, then cut them into bite-sized pieces.
4. Place half of the sliced lettuce in the bottom of a large serving bowl, then half the noodles on top. Working your way around the outside of the bowl, place half each of the bean sprouts, carrots, cilantro, cucumber, basil, spring rolls and mint.
5. Just before serving, stir-fry the pork slices in a wok or skillet over medium-high until cooked through, (about 2 to 3 minutes). If you want to use the remaining marinade as a sauce, cook until it reduces by *at least half* to make sure it's safe to eat. Place the pork in the bowl.

6. Top with a generous drizzle of hoisin sauce and a handful of chopped peanuts. If desired, serve nuoc cham in a small bowl on the side for dipping spring rolls, or pour some over the noodles.

Beach Neighbors
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Student Success: Tips for a Productive Exam Season

By Madison Farkas



Exam time is on the horizon! Maybe you're a seasoned pro, or maybe you're a younger student and this is your first time writing "real" exams and juggling multiple subject finals over the course of a few weeks. Regardless,

there are strategies to make your prep process less painful while also ensuring you get the grade you're aiming for.

Take Good Notes

The first step to smooth exam revision is taking comprehensive notes all term so you have a solid base to work from. I'm a firm believer in the value of re-copying notes. The ones I take in class aren't always the clearest or neatest, so I like to rewrite a clean, complete version during exam prep. The physical act of writing or typing is a great way to help information stick in your brain. You can do this throughout the year for individual unit tests, then put them all together for the final exam.

Try Being the Teacher

The whole point of school is to actually *learn* the material, not just memorize a few facts and regurgitate them on the final. If your only focus is memorization, you're just as likely to forget the information the moment the exam is over. Instead, prove you actually understand the material by explaining it to someone else—ideally someone who doesn't know it at all (i.e. a parent, sibling or significant other). Taking the role of teacher is a great way to demonstrate how much you've absorbed. Albert Einstein is often quoted as saying, "If you can't explain it to a six-year-old, then you don't understand it yourself."

Know the Logistics

It's one thing to mark the date, time and location in your calendar. Make sure you gather as much information about the test as you can. Will it be multiple choice? Is there an essay component? Is it cumulative, or does it only cover the material you've learned since the midterm? Will it be open-book, or will your teacher allow a "cheat sheet"? If you aren't sure, ask! You don't want to waste valuable prep time studying something you won't need.

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Avoid Cramming

Despite what so many movies would have you believe, cramming isn't a helpful strategy. Instead of waiting until the last minute, start reviewing your notes *at least* two weeks before the exam (if you can). Consistent, methodic repetition over time is much more likely to keep you from blanking during the test than trying to memorize all the material the night before. One of the most stressful parts of exam season is that you never know when you're done until you actually start writing the exam. Even if you feel unprepared, a solid night's sleep will do you more good than an all-night emergency cram session.



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