



FIT AND FAB

Local nonagenarian stretches herself in yoga class

COMING WEDNESDAY

TUESDAY, MARCH 10, 2015

OUT & ABOUT



Roberta Heter

Heter joins Family Service Agency board

Roberta Heter has joined the board of directors of the Family Service Agency. A 50-year Lompoc resident, Ms. Heter worked for the Lompoc School District for 30 years in various capacities, most recently as principal of Lompoc High School. She is a board member and past president of the Region XIII of the Association of California School Administrators. She is also a member of the Santa Barbara County Board of Education. Ms. Heter and husband Tom have four children, 11 grandchildren and 10 great-grandchildren.

—Charlotte Boechler

OUR TOWN

‘The Ethics of Cyberwar’

Shane Harris, senior correspondent at The Daily Beast and author of “@War: The Rise of the Military-Internet Complex” and “The Watchers: The Rise of America’s Surveillance State,” will discuss “The Ethics of Cyberwar” at 8 p.m. Wednesday at the New Vic Theater, 33 W. Victoria St. Mr. Harris looks at how cybersecurity has become such an important national security policy issue and how the rules and ethics of cyber warfare are evolving. He contends that in its efforts to protect cyberspace, the government is actually making cyberspace less safe. Copies of “@War” will be available for purchase and signing at the free event presented by the Walter H. Capps Center for the Study of Ethics, Religion and Public Life at UCSB. For more information, call 893-2317.

—Marilyn McMahon

ON STAGE

Feast of tales at Center Stage

Speaking of Stories will present “Speaking of Food: A Feast of Foody Tales, Deliciously Delivered” at 2 p.m. Sunday and 7:30 p.m. Monday at Center Stage Theater, upstairs at Paseo Nuevo. The readings will feature excerpts from Anthony Bourdain’s “Kitchen Confidential,” Elizabeth Berg’s “How to Make an Apple Pie” from her book “The Day I Ate Whatever I Wanted” and Aleksandar Hemon’s “Family Dining.” Tickets cost \$28 for general admission and \$18 for students and military, as well as anyone buying the Sunday matinee tickets by Thursday. To purchase, call the theater at 963-0408 or go to www.centerstage theater.org. For more information, visit www.speakin gofstories.org.

—Dave Mason

A plant a day...

USC pharmacology prof joins herbalist for medicinal plant walks

By **BRETT LEIGH DICKS**
NEWS-PRESS CORRESPONDENT

Lanny Kaufer had barely made it 50 feet on a recent Saturday morning Medicinal Plant Walk when he and colleague James Adams came to a halt. At the side of the trail was a clump of a stout, broad-leaved plant.

“Over here we have some miner’s lettuce,” Mr. Kaufer hollered as he summoned the group. “It’s edible and tastes just like lettuce, and a lot of people use this plant in a salad just like they would with any other type of lettuce.”

Mr. Kaufer then picked some leaves and passed them out for participants to try. Fleshier than regular lettuce, the plant tastes like a less-tart version of spinach.

“Can you use it in any other ways?” asked a member of the group.

“You can use it as a poultice for arthritis pain,” responded Mr. Adams. “And you can also make a tea from it, which, in moderation, can be used as a laxative.”

As the misty morning gave way to the warmth of the sun, the group continued along Sulphur Mountain Trail between Ventura and Ojai, in search of more plants.

Since the early 1970s, Mr. Kaufer, 68, has been leading nature walks and hikes through the backcountry of the Central Coast.

Born in Hollywood and raised in the San Fernando Valley, Mr. Kaufer came to Santa Barbara in 1964 to attend UCSB and it was while there that he started studying native plants during hiking and backpacking treks in the surrounding mountains. After earning a biology degree at UC Santa Cruz, he participated in an independent study program in naturopathic medicine.

Now residing in Ojai, Mr. Kaufer conducts a number of nature and herb walks aimed at educating participants about various aspects of local plants and their environment.

On this recent stroll, which explored the hills behind Casitas Springs and focused on the medicinal properties of native plants, he brought along guest speaker Mr. Adams, an associate professor of pharmacology and pharmaceutical science at USC and expert in plant-based

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BRETT LEIGH DICKS / NEWS-PRESS PHOTOS

Lanny Kaufer and James Adams recently led a group of about 20 on a Medicinal Plant Walk through the hills behind Casitas Springs near Ojai. Plant walks aren’t all that unusual — unless you’re accompanied by someone like guest speaker Mr. Adams, an associate professor of pharmacology and pharmaceutical science at USC, whose institutional knowledge enhances the trek. Below left, Mr. Adams, left, and Mr. Kaufer discuss the medicinal properties of California sagebrush. Below right, the flowers of blue elderberry, *Sambucus nigra*, can be dried and made into a tea that can help reduce cold and flu symptoms.



Honoring ‘Tin Man’: Yellow Brick Road foundation supports kids with ailing hearts

By **NASEEM S. MILLER**
TRIBUNE NEWS SERVICE

ORLANDO — Before Holden’s less-than-perfect heart gave out last year, when he had gotten too weak to stand on his two little feet, and when he had to spend days at the hospital for one of his four surgeries, he loved to parade around the hospital floor in a little wagon.

The wagon had a pole that held his IV bags, and with that, the 2-year-old, whose parents had nicknamed the Tin Man, could get out of his room at Arnold Palmer Hospital for Children and move around the place that had become his second home.

“It was basically his moment of being a child when he was in the hospital,” said Holden’s dad, Joseph “Trey” Flynn. “He felt most comfortable in that wagon.”

Holden Flynn, born in October 2011 with a congenital heart defect, died in January 2014. He was waiting for a heart transplant.

The Flynns had been wanting to start an organization for congenital heart disease. “Holden’s passing emboldened us even more,” Mr. Flynn said. “We said this is something we can do; we can make a difference in Orlando.”

They teamed up with a couple of other

families they had gotten to know in their congenital heart disease journey and created a foundation last year in memory of Holden. They called it Yellow Brick Road.

They have big plans for their young foundation. They want to raise awareness about congenital heart disease and help families with their medical bills. They’ve started providing small care packages to the families in the hospital. Eventually, they hope to offer high-school scholarships.

But first and foremost, they are raising money to buy specialized wagons and donating them to local hospitals and practices so that other little kids can have their own parade, too.

Congenital heart disease is not rare. Nearly half a million adults in the United States live with it, and approximately 1 in 100 babies are born with it.

“Some forms are minor and easy to take care of, but at the other end of the spectrum, there are some very, very challenging abnormalities, for example like the one Holden had, that really challenge even modern medicine,” said Dr. William DeCampi, co-director of the heart center and the chief of pediatric cardiac surgery at Arnold Palmer Hospital for

Children.

Yet with advancements in diagnosis and surgery, more babies are surviving. Congenital heart disease is a chronic condition and is rarely limited to just the heart. Many children have gastrointestinal issues. They don’t gain weight. They’re developmentally delayed.

“People think you get surgery and you’re done, but the reality is that every single day there’s something,” said Krista Connors, who is on the board of Yellow Brick Road.

Her daughter Brenna, 10, has a milder form of congenital heart disease. She has more specialists than you can count with your fingers. “Therapies and doctors’ appointments are a part of our life,” said Ms. Connors.

The Flynns donated the first specialized wagon to Arnold Palmer Hospital in December. The wagon cost about \$900, and they hope to raise funds to donate more of those wagons to local institutions. They’ve also been donating smaller wagons with IV poles, which cost about \$200.

“It’s nice to be able to get the kids out and about,” said Mike Seeman, whose son, Easton, was at Arnold Palmer last week, tooling around in the wagon. He was born with a congenital heart defect.



TRIBUNE NEWS SERVICE

Jaxson and Easton Seeman, 3, get a ride from Stephanie Neubert, registered nurse, on a wagon donated by the Yellow Brick Road Foundation.