Fairytale Dust

Eat, Pray, Love' author explores creativity and inspiration in 'Big Magic'

By DAVE MASON  NEWS-PRESS STAFF WRITER

CHILDREN sing, dance and draw with their parents in "Eat, Pray, Love" author Elizabeth Gilbert's new book, "Big Magic: Creative Living Beyond Fear." Gilbert, who wrote the New York Times best-seller that inspired the movie of the same name, has expanded the concept of the gift of creativity to everyone and an online course to help people find their own creative "dents in the universe." The book is based on research Gilbert did in a" year of wildutarism" in Italy, India and Bali, "spending as much time as I could creating in the beautiful" and "what I think the best way to do this is to bring as much art and creativity into my life as I can."

"I really do believe there's a certain amount of magic in how inspiration interacts with human beings. She"—The News-Press.

But inspiration isn't necessarily so magical. Gilbert said, and explained that people don't have to wait for the clouds to part and Zeus to shower down from the heavens.

"Inspiration is much more quiet and subtle and leaves you bewildered and elated that you have to follow," she said. "I think a lot of people understate these signs because they don't seem big enough or important enough, but they're paramount.

The author said her creativity is in the "pyramidal part" of her brain, and it takes over when something inspired comes to her.
Inspiration pays unexpected visits

"It's something everyone had growing up. It's the thing that makes people say they need comfort," says Ms. Miller. Her favorite sambusas are the ones she used to make with her husband while making the sambusa dough. She learned to make sambusas from her grandmother. 

"Grandma made this sambusa dough. She flooded it with flour and water, and I've done it ever since. The good old days, it was like a".

**CHEESE**
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Next year's theme? "I don't want to say anything, but maybe the town will have a cheese bang," she says and adds, "You know, making your own cheese, which is an age-old tradition." Ms. Miller has made a lot of different cheeses. She's been making about 200 a day, and averages about 500 a month. She's sold about 30,000 sambusas since she started selling them at the Sambusa Shack, "That's around 6 tons of cheese."

So what is it about grilled cheese? "It's something everyone had growing up. It's the thing that makes people say they need comfort," says Ms. Miller. Her favorite sambusas are the ones she used to make with her husband while making the sambusa dough. She learned to make sambusas from her grandmother. 

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**CARTOON**
Continued from Page 2

The cartoon on page 2 is a humorous illustration. It features a group of people enjoying a meal together, with a focus on the joy of sharing food. The caption reads: "At the dinner table, everyone is laughing and having a good time."

**COALITION AGAINST GUN VIOLENCE**

"A Santa Barbara County Coalition"

COALITION AGAINST GUN VIOLENCE

"Santa Barbara County Coalition"

COALITION AGAINST GUN VIOLENCE

Santa Barbara Coalition presents Frankie Valli music in "On What a Night!"

**On the Town**

CADA presents Frankie Valli music in "On What a Night!"

At left, Our Day Will Come: dinner patron Peggy Lamb, from left, with event co-chairs Holly Murphy and Susan Neuman at the auction preceding the 21st annual Amethyst Ball benefiting the Council on Alcoholism & Drug Abuse. At right, Let's Hang On To What We Got! a smiling samba accompanied Carol Anne Lonson, inspiring patrons at the auction. She had been honored at a tour of her 20acre Cambalb Alha ranch in Carpinteria along with a five-course gourmet meal for 10.

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The Minute Planning Commission will consider a public hearing on 15 minutes of a public hearing, an amendment to the Uniform Environmental Quality Act (CEQA) that would allow for the adoption of a general plan for a project that is subject to CEQA. The hearing will take place at 9 a.m. on Monday, May 23, 2017, at the Santa Barbara Court House, Room 104.

Staff recommends that the board briefly review and recommend the following: a) a resolution to adopt the General Plan for the project that is subject to CEQA; and b) a resolution to adopt the Uniform Environmental Quality Act (CEQA) that would allow for the adoption of a general plan for a project that is subject to CEQA.

For additional information, please contact Teresa Miller, Planner.

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