

SANTA CRUZ DINER
 909 OCEAN ST. 831-426-7151
 Your Local Diner Since 1998
 www.santacruzdiner.com

Wednesday Special
Chicken Scallopini \$17.99
 Dinners include soup or salad
 Daily specials from 4pm until sold out

Wednesday, July 10, 2024 » MORE AT FACEBOOK.COM/SCSENTINEL AND X.COM/SCSENTINEL

santacruzsentinel.com

SANTA CRUZ

Meeting to focus on energy efficiency ordinance

By **Aric Sleeper**
asleeper@santacruzsentinel.com

SANTA CRUZ » The city of Santa Cruz will host a virtual meeting Wednesday evening about the development of a new energy efficient renovations policy and to receive the public's feedback.

As part of the Climate Action Plan 2030, which contains a goal to electrify 31% of existing residential buildings in the city by 2030 and 53% by 2035, Santa Cruz city staff are working to improve energy efficiency and reduce carbon emissions in exist-

ing buildings through the development of an ordinance that would mandate energy efficiency improvements when residential buildings are added onto or altered in certain ways.

According to the city's website, an addition or alteration to an existing building that would fall under the purview of the proposed ordinance would be defined as an addition of 350 square feet of floor area or more, and an alteration that affects 350 square feet or more of the building's existing floor area.

The proposed policy as it is currently written would not ap-

IF YOU GO

What: Online community meeting: Energy Efficient Renovations Ordinance

When: 5:30 to 7 p.m., Wednesday

Where: Link available at cityofsantacruz.com

ply to work that does not require a permit, appliance replacements, windows, roof projects, cosmetic changes or gas stoves. When the ordinance does apply, applicants would be provided a menu of energy efficiency modifications to

ENERGY » PAGE 4



Solar panels affixed to the roof of the Midori Haus help achieve the property's 80% energy reduction. The house, located on Van Ness Avenue in Santa Cruz, was purchased as a fixer-upper and was transformed into a highly energy efficient home.

KEVIN JOHNSON — SANTA CRUZ SENTINEL FILE

SANTA CRUZ HARBOR

FLOATING IN THE FOG



SHMUEL THALER — SANTA CRUZ SENTINEL

A flotilla of youth from a summer camp offered by SUP Shack paddle Tuesday morning through the fog in the Santa Cruz Harbor. The National Weather Service forecast calls for patchy morning fog along the coast through at least Monday. Opened dockside at the harbor in 2011 by Trudie Ransom, SUP Shack offers all levels of padding from beginner lessons to adventures out of the harbor to the Boardwalk and around the Santa Cruz Wharf. Ransom said that "as a teenager she wanted to be a marine biologist, so she has spent her life chasing the ocean - growing up sailing in her native England, diving off the Great Barrier Reef, white water rafting in New Zealand, river-trekking in Thailand and stand-up paddling in California with the sea otters, sea lions, dolphins and whales." SUP Shack will continue offering week-long camps for youth through July. Go to supshacksantacruz.com for information.

SECOND HARVEST FOOD BANK

Library hosts kids cooking, nutrition events

By **Tara Fatemi Walker**

Does it sound impossible to transform kids who hate blueberries into kids who not only like them, but are willing to use them in a recipe? The Second Harvest Food Bank and the Watsonville Public Library recently collaborated to produce this miracle and more.

Recipe Remix is a Monday afternoon series of four events at the library, two in June and two in July (the last is July 15). Facilitated by Second Harvest staff, each 90-minute program includes nutrition education for kids and "cooking cart demos" where attendees - which sometimes include parents or other family members - get to taste the final products. The series was popular from the start, with 16 kids showing up to the first one.



COURTESY

Recipe Remix with Second Harvest Food Bank at the Watsonville Library.

"The cooking cart demos are effective, because they keep the younger audience engaged," says Vanessa Arizmendi, Second Harvest's wellness and nutrition director. "It is a short les-

son and a recipe all in 90 minutes." Arizmendi oversees the nutrition team, composed of Nutrition Education Manager Delia Bernal and Nutrition Education Coordinator Lizzett Sanchez Nol, which does cooking demos, cooking clubs and nutrition classes for the community, and at Second Harvest's distribution sites.

Sanchez Nol was the instructor for the first Recipe Remix session, where the majority of attendees gave the yogurt parfait recipe two thumbs up. "The kids were very excited," she says. "Some people don't realize that involving kids in the kitchen and cooking can teach them many things. In all our recipes, we use fresh fruit and vegetables. This encourages healthy eating because children are open to eating the food they've helped prepare."

LIBRARY » PAGE 4

DOWNTOWN SANTA CRUZ

Judge hands down 56-year term for murder

By **Jessica A. York**
jyork@santacruzsentinel.com

SANTA CRUZ » A 65-year-old former Santa Cruz man convicted of fatally stabbing another man in the heart was sentenced Tuesday to a 56-year-to-life prison sentence.

Within hours of the conclusion of a five-day trial in March, a jury found John Burke guilty of first-degree murder. The trial featured extensive video surveillance evidence related to the Nov. 21, 2022, killing of Neoklis "Nick the Greek" Koumides, 36, in a downtown Santa Cruz parking garage where he and others were weathering the tail end of a cold night. Several witnesses who sat on the witness stand for the trial were themselves experiencing homelessness, which Santa Cruz County Superior Court Judge D-nine Guy described Tuesday as "very unique."

Before handing down her sentence, Guy recounted some related facts of the case, describing it as "one of the most callous, cruel cases I have ever seen." His use of a knife to kill Koumides was a "very personal weapon to use," she said.

"This case is an important reminder for us as a community that even people that sometimes are marginalized in our community, we know the victim was homeless or unhoused at the time of this incident, and it's easy to look past these people," Santa Cruz County Assistant District Attorney Mike McKinney, who prosecuted the case, told the court. "This case is a really good reminder that everyone has loved ones."


McKinney said Burke remained a threat to society whose past actions - including the discovery of a handmade shank in his jail cell immediately prior to his trial - showed he favored the use of a knife.

Burke's murder conviction, combined with a prior 1996 stabbing in Orange County counted as a first violent felony "strike," doubled his 25-year-to-life sentence, in addition to additional special enhancements. The nearly 600 days Burke has already served at the Santa Cruz County Jail since his arrest will be subtracted from his sentence. Burke's defense attorney, Art Dudley, unsuccessfully urged Guy to stick with the base prison term of 25 years, saying that for his aging client, even that lower amount of incarceration would likely spell a life sentence.

BURKE » PAGE 4

SENIOR BENEFITS INSURANCE SERVICES

Founded by Bill Weber in 2000 Continuing the Caring Tradition



KEN & KATHLEEN COOK LICENSED AGENTS
 KENNLH - CA LICENSE #0E46549
 KATHLEEN - CA LICENSE #0K59103

- PLANS OFFERED**
- MEDICARE SUPPLEMENT PLANS
- MEDICARE ADVANTAGE PLANS
- PRESCRIPTION DRUG PLANS
- CANCER PLANS
- FINAL EXPENSE PLANS

CARING FOR OUR CLIENTS SINCE 2000



ALL OUR SERVICES ARE NO COST TO YOU!

CALL / TEXT (831) 661-0700

ken@seniorbenefits.care
www.seniorbenefits.care

64 Rancho Del Mar | Aptos | CA 95003 • WHERE OUR CLIENTS SEND THEIR FRIENDS

We do not offer every plan available in your area. Currently, we represent [] organizations which offer [] products in your area. Please contact Medicare.gov, 1800-Medicare, or your local State Health Insurance Program (SHIP) to get information on all of your options.

Coast Lines

SOQUEL

Library to host ice cream social

Preschool and elementary school children are invited to the Porter Memorial Library for ice cream and storytelling by Jeanne Jorgensen pertaining to the theme "The Garden." The free event is at 1 p.m. July 17, at 3050 Porter Street, Soquel. Call 831 475-3326 or go to www.porterlibrary.org for information.

WATSONVILLE

Volunteer at Rodgers House during fair

Volunteers are being sought to assist at the Rodgers House during the Santa Cruz County Fair, which takes place Sept. 11-15.

Volunteers will be giving tours of the 154-year-old house, located at 2601 East Lake Ave., Watsonville. In addition to giving a tour, volunteers are needed to sit on the porch to write the names of those on the tour and to serve lemonade.

A meeting for volunteers will be held at 10:30 a.m. July 17 at the Rodgers House. Park your car in the lot to the left of the Rodgers House and walk through the gateway.

SANTA CRUZ

Criminal court diversion program seeks volunteers

The Santa Cruz County District Attorney's Office Neighborhood Courts program is seeking volunteer panelist applications through July 19.

The Neighborhood Courts program is a community-driven, pre-filing diversion program designed to divert low-level misdemeanor offenses from entering the criminal justice system.

First-time offenders given the opportunity take responsibility and repair the harm they caused through a community-based process using restorative justice principles instead of a courtroom.

Trained community volunteers serve as panelists and meet with the participant and victim (if applicable) in a relaxed, confidential space called a conference. To become a volunteer panelist, applicants must pass a background check where immigration status will not be checked, agree to a two-year time commitment or one year if a student and attend 17+ hours of training.

Once a panelist, volunteers are expected to attend monthly meetings, participate as an observer in a minimum of two Neighborhood Court Conferences, participate as a panelist in Neighborhood Court conferences approximately once every 2 months and participate in at least 4 of 8 additional trainings a year, with total volunteer panelists' monthly time commitment at about 2-3 hours a month.

Information, including upcoming volunteer training dates, is available online at santacruzdistrictattorney.us/Home/NeighborhoodCourts.aspx.

SANTA CRUZ COUNTY

Shuttle program to service Big Basin State Park

California State Parks and Friends of Santa Cruz State Parks announced that access to Big Basin Redwoods State Park will increase this summer with the addition of a free pilot shuttle program, a new interim parking area, and weekend Santa Cruz Metro bus service to the park.

The new State Parks shuttle will operate on a loop within Big Basin from a new interim satellite parking area at Saddle Mountain, at Highway 236 and Little Basin Road, to the main day-use area near the park's former headquarters. This will augment existing reservation parking located in the historic core of the park at the main day-use area.

The 14-passenger, ADA-accessible shuttle, with a bike rack for two bicycles, will operate from 9 a.m. to 6 p.m. on weekends and holidays from May 25 to Sept. 2. Reservations will be available for day-use parking at the park for \$8 (\$6 day-use parking fee plus a \$2 reservation fee). Once parking reservations in the heart of the park are full, visitors will be able to make reservations to park at Saddle Mountain to ride the shuttle into the park. State Parks' day-use passes and other park entry programs are honored, but a \$2 reservation fee still applies.

Visitors are encouraged to check availability and make a reservation online in advance to guarantee access to the limited parking areas. If the shuttle parking area isn't fully reserved, first-come, first-served parking will be available for \$10 per vehicle, payable by credit card at the kiosk. All fees support the park.

Santa Cruz Metro started offering weekend bus service to the park on Bus Route 35 in March. Service will continue through spring and summer with five stops a day at the park. Bus riders can park for free at the METRO station in Scotts Valley to catch the bus. Single-ride tickets are \$2 each, a day pass is \$6, and K-12 students with student ID ride for free. Visitors who arrive by bus access the park for free.

SANTA CRUZ

'EmpowHer Sound' live workshop set for July 11

Join the EmpowHer Sound live workshop Introduction to Music Production for Women, a transformative experience tailored for beginners from 6-9 p.m. Thursday at Theater Arts Second Stage on the campus of UC Santa Cruz.

The three-hour workshop is designed to equip women with the skills and confidence to start producing their own music and to unleash creativity by learning practical skills in beatmaking, synthesis and audio effects.

The Music Department at UCSC presents this free event and it is open to the public. Registration is required.

For information and to register, musicproductionforwomen.com.

SANTA CRUZ

City seeks energy efficient renovations ordinance

The city of Santa Cruz is developing a new energy efficient renovations ordinance as part of its Climate Action Plan 2030. The city will hold a virtual community meeting from 5:30-7 p.m. Wednesday to discuss the proposed ordinance and provide feedback.

This ordinance targets energy improvements during major alterations or additions to residential buildings.

Community input is crucial in shaping this initiative to enhance energy efficiency and reduce carbon emissions in the community.

For details and to join the meeting, visit tinyurl.com/energy-efficient-reno.

Send us your Coast Lines

If you have a news event or announcement for Coast Lines, email newsroom@santacruzsentinel.com and place "Coast Lines" in the email subject line. Coast Lines items are run at no charge. Please include contact information for questions. To view previous Coast Lines items, visit SantaCruzSentinel.com/tag/coast-lines.

SANTA CRUZ COUNTY

Libraries host virtual author talk with Max Brallier

By Nick Sestanovich
nsestanovich@santacruzsentinel.com

SANTA CRUZ » Not everyone would be prepared in the event of a zombie apocalypse, but then again, not everyone is Jack Sullivan, the young protagonist of Max Brallier's hit book series "The Last Kids on Earth."

With every installment, Jack and his close-knit group of friends use their wits and arsenal of tools to take on a different monster, and the series has proven successful with its pre-teen audience, making regular appearances on the New York Times and USA Today's

best-seller lists and even spawning a hit Netflix series. Brallier will be discussing the series and his writing process, as well as taking questions from viewers, in a virtual author talk for patrons of Watsonville Public Library and Santa Cruz Public Libraries July 16.

The event comes courtesy of a partnership with the Library Speakers Consortium, an organization that hosts virtual author talks and streams them to patrons of its more than 250 member libraries. Watsonville has had a partnership with the organization for a few years, and Santa Cruz Public Libraries began its partnership in May

through the support of the Friends of the Capitola Branch Library.

"The Last Kids on Earth" tells the story of Jack, a 13-year-old foster child living in a treehouse as his town is invaded by zombies. Using skills learned from video games, he assembles a team of classmates to fight against the horde of zombies and different monsters that have emerged amid the chaos.

The first book was released in 2015 and was praised for its blend of comedy and apocalyptic horror. It was followed by eight additional books and four standalone books and was adapted into a Netflix

series in 2018.

Additionally, Brallier is the author of the "Eerie Elementary" and "Galactic Hot Dogs" series in addition to standalone books such as "Can You Survive the Zombie Apocalypse?" and books based on Cartoon Network series such as "Adventure Time," "Steven Universe" and "Regular Show." He also was a designer for "Poptropica," an online role-playing game developed by "Diary of a Wimpy Kid" author Jeff Kinney.

The event will be livestreamed at 11 a.m. July 16. To register, go to Library.org/watsonvillelibrary.org or Library.org/santacruzpl.

Burke

FROM PAGE 3

"Mr. Burke does appear frail, he appears elderly and certainly his time in custody has quickened that impact on his overall health," Guy said. "But on the night of this event, this was not a frail, elderly person that went to take care of what he felt was his due. He clearly went to the scene to attack Mr. Koumides."

Koumides' mother and

three sisters attended Tuesday's sentencing through live Zoom video connections to provide victim impact statements. Mom Dora Koumides, giving a tearful and short statement from Greece, said that she had lost her son and "nobody's going to bring him back to me."

Sisters Daniela and Marianna Koumides also spoke separately, thanking the prosecution for standing up for their brother and the larger community.

"We'll never have our

Nico back," Daniela Koumides said. "He was gone way too soon."

Marianna Koumides, through tears, detailed an "enormous amount of loss" in her life, including her father's 2019 death from cancer and her own miscarriages. She said her big brother's death, however, was "avoidable." She added that she hoped Burke would be prosecuted to the fullest extent of the law so he would not have "a chance to do this to anyone or any other family ever again."

"For someone to wake up one morning, having decided to take a life, they must have had no idea the impact it would have made on so many," Marianna Koumides said. "While my brother was in California, miles away from us, I'm sure it looked as if he had no one."

Burke declined to provide a statement during his sentencing hearing.

Dudley later informed the court that he had already prepared an appeal in the case, which he planned to submit.

Library

FROM PAGE 3

For example, Sanchez Nol has repeatedly observed that children come into the classes saying they don't like blueberries. "After we teach them about the health benefits of blueberries and help them create a fun creative recipe, they will end up not only eating the blueberries but also really enjoying them," she says. "I love when things like this happen!"

The sessions begin with Sanchez Nol or Bernal spending around 20 minutes on nutrition education covering topics such as "What is a Whole Grain" or "The Importance of a Colorful Plate." After that, for the next 45 minutes the instructor and group make a hands-on recipe that reinforces what was taught in the nutrition education part of the demo. "For instance, if we (Delia or I) teach a lesson on whole grains we include a recipe about how to incorporate healthy whole grain options in their diet," she explains.

In addition to teaching, Sanchez Nol is involved in designing and creating nutrition curriculum. "I find my role quite rewarding," she says. "Aside from playing a crucial part in improving the community's health and well-being, I get to engage with individuals on a personal level. They share stories about their families as well as the hardships and determinants that affect their reaching optimal health. This is key to providing the best services we possibly can to our community."

"We learned that more people wanted to learn how to cook and make healthier food choices, so we created cooking clubs to fill the gap."

— Josue Barajas, Second Harvest chief programs officer

Sanchez Nol says a successful nutrition program is not limited to nutrition education. "Instead, it is paired with a cooking class that aligns with a mission that promotes healthier eating habits, fosters creativity and enhances life skills. I believe that this is why the nutrition program at Second Harvest is successful."

Delia Bernal led the second Recipe Remix session, with a smoothie recipe featuring bananas, strawberries and blueberries. "The kids really enjoyed cutting and adding the ingredients to the blender. Tasting the final result was one of their favorite parts," says Bernal. The session also included an activity where participants had to look at images of fruits and vegetables and determine specific health benefits they provide according to their colors.

The roots of Recipe Remix? The library, which had received a grant and recently purchased a cart to do cooking demonstrations, reached out to Second Harvest to see if staff was available to provide cooking demos with a nutrition education component. "I saw this as a great opportunity for us to reach kids over the summer," says Arizmendi. "The recipes are quick and easy to recreate on their own."

In the summer, when kids aren't in school and don't have access to free

or reduced-cost food programs, nutrition is especially important. Some organizations (like the library and Second Harvest) focus on providing options for the students and families. Bernal has enjoyed participating in Recipe Remix and looks forward to future partnerships. "Joining forces is a great way to support each other's organizations and support the community."

Bernal is a strong nutrition education advocate. "As a mother and grandmother, I believe any space for our families to gather and prepare food is critical to nurture a family," she says. "The cooking demonstrations provide great opportunities for the community to experience different approaches to preparing foods that are familiar to them. Inspiring community members about cooking at home and developing their creativity is also part of our mission."

Cooking cart demos like Recipe Remix are "one-offs" where The Food Bank may or may not see the participants again. Second Harvest also provides year-round nutrition education including "cooking clubs," which require six-month commitments from attendees. "There is a sequence to the lessons and recipes; together they create a whole experience that builds on each other," says Arizmendi.

In recent years, the non-

profit began surveying clients annually about its services and asked what types of food people want to see at distributions. "This has yielded more data-driven decision-making around food purchasing and recipes," says Josue Barajas, Second Harvest chief programs officer. "We learned that more people wanted to learn how to cook and make healthier food choices, so we created cooking clubs to fill the gap. Families can come to these clubs and learn how to make delicious, healthy recipes. At the end of the class, they get to take home a box filled with ingredients to continue practicing at home."

The clubs are always followed by participant surveys. "I know we're making an impact when the recipes we introduce are well-received and our participants report in our post-survey that they would cook the recipe at home," says Arizmendi. "On average, 90% say they would." Arizmendi takes great pride in the work she and her team accomplish. "We not only help our community with nourishing their food insecurity, but we are also able to give them the tools they need to be successful in cooking with, and trying, new ingredients."

The last session of Recipe Remix at the Watsonville Library, 275 Main St., is from 1:30-3 p.m. July 15. All ages are welcome.

The Second Harvest Food Bank will hold its inaugural Party in the Parking Lot on Aug. 3. There will be food trucks and a performance by The Joint Chiefs. Go to thefoodbank.org/partyintheparkinglot to learn more.

Energy

FROM PAGE 3

choose from — such as new ducts or induction cooktops, for example — and applicants may also have to create outlets for future zero-emission appliances.

The city held an online meeting about the proposed ordinance at the end of June with developers, contractors and designers — where it pointed out that the ordinance is projected to impact 300 permits a year — and will hold another virtual meeting open to the public from

5:30 to 7 p.m. Wednesday evening.

City staff will then consider the feedback gathered at the two meetings and at the Santa Cruz City Council study session slated for Aug. 6, and draft a revised ordinance. The city plans to then gather more public feed-

back on the revised policy through an online survey. The draft ordinance will also be available for view before it is considered by the city of Santa Cruz Planning Commission at its Aug. 17 meeting.

For information and to attend the meeting, visit cityofsantacruz.com.

PLEASE RECYCLE THIS NEWSPAPER.

Thank you!



JM Construction General Contractor

- New construction
- Room Additions
- ADU's
- Kitchens
- Bathrooms
- Decks / Pergolas
- Structural and Minor Repairs
- Consulting

831 402-3955 | jmcon71@gmail.com

<http://JMConstructionJLM.com>

Lic. #828061



Beautiful park like setting
Over 250 parking spaces
Sparkling clean ADA restrooms
Indoor and outdoor space available

CELEBRATIONS
in the
REDWOODS

REASONABLE RATES
For information call
831-251-5013

Bob Slawinski
www.1500greenhillroad.com/events-venue