

# 805

LIVING

## The Best of Fall



# Pulse

TRACKING THE BEAT OF THE 805

By Leslie Dinaberg



## FLAVOR OF THE MONTH: CARAMEL

Celebrate National Caramel Month with these luscious, autumn-inspired interpretations of one of fall's favorite flavors.

**What:** Handmade from her Great Grandma Edith's 1930s-era recipes, Anne Marquart's made-to-order caramels, including the buttery, apple cider and cinnamon-spiked bites, available only for a limited time

**Where:** Online from Paso Robles' **Sugar + Spoon** ([sugarandspooncaramels.com](http://sugarandspooncaramels.com)) and at retail locations in the Paso Robles area

**When:** Through October

**What:** Caramel-flavored beers, such as Paso Robles' Firestone Walker Brewing Company Unfiltered DBA with notes of toffee, caramel, and toasted oak; Carpinteria's Island Brewing Company Avocado Honey Ale with hints of caramel and honey; and Westlake Village's Figueroa Mountain Brewing Co. Finney's Irish Red Ale with layers of rich caramel-malt flavor

**Where:** **Finney's Craffthouse** ([finneycraffthouse.com](http://finneycraffthouse.com)) locations in Westlake Village, Santa Barbara, Ventura, and San Luis Obispo

**When:** Year-round >

**FLAVOR OF THE MONTH: CARAMEL**  
(continued)

**What:** Jessica Foster's dark chocolate bonbons filled with tangerine caramel or sea-salt caramel and pepitas

**Where:** Online from **Jessica Foster Confections** ([jessicafosterconfections.com](http://jessicafosterconfections.com)) and at multiple retail locations on the Central Coast

**When:** Through Thanksgiving

**What:** The Seasalt Zookie, caramel-pretzel ice cream, Nutella, caramel sauce, whipped cream, and cookie crumbles atop a fresh-baked, fish-shaped pastry

**Where:** **Coastal Cone** ([coastalcone.com](http://coastalcone.com)) in Ventura Harbor Village

**When:** Year-round

**What:** Caramel Apple Popcorn, a colorful combo of caramel popcorn and green-apple-candy-flavored popcorn

**Where:** **Popped Fresh** ([poppedfresh.com](http://poppedfresh.com)) in Agoura Hills

**When:** Year-round

**What:** Hot Caramel Sticky Buns, fresh-baked fluffy cinnamon rolls, topped with a rich caramel glaze

**Where:** **Sticky Fingers Baking Company** ([stickyfingersbakingcompany.com](http://stickyfingersbakingcompany.com)), Ventura

**When:** Every other Sunday, from 9:30 a.m. until they run out; year-round

A vintage men's shirt is reimagined as a fresh feminine fashion by designer Kate McHale Jensen.

## UPCYCLE CHIC

Everything old really is new again in the hands of fashion designer Kate McHale Jensen. Inspired by the timeless style and comfort of men's shirts, Jensen's **KMJ** ([shopkmj.com](http://shopkmj.com)) line came about after the designer, who says she "has lived and breathed fashion and

clothing since I can remember," took a shirt from her husband's closet and remade it into something for herself.

Each one-of-a-kind women's style is fashioned from a vintage men's shirt and hand cut by the designer herself in her Santa Barbara studio. So "no two are alike," says Jensen, who suggests that their popularity may be partly due to the fact that "sustainability is so much at the forefront of fashion these days." Her most-sold design is the *Bon Voyage*, a feminine twist on the classic button down, with a three-quarter-length puff sleeve.

"I get the biggest rush," Jensen says, "from pulling the next batch of vintage shirts to offer them another life—digging through, seeing the potential of an otherwise forgotten shirt to be repurposed in the hope of making women feel empowered and alive." She's also excited by special

commissions, when people send her sentimental favorites—such as a father's wedding tuxedo—to be refashioned into something new.



See fiber artist Regina Vorgang's handwoven table runners in *A Time to Gather* at Studio Channel Islands through November 25.

## WISHFUL WEAVING

Folks are spending more time than ever in their homes these days, and with that in mind, fiber artist Regina Vorgang has turned her talents to creating functional pieces of art for the table—handwoven table runners. "I've been thinking a lot about family gatherings," says Vorgang, whose **Regina Design** ([reginadesign.com](http://reginadesign.com)) studio is based in Camarillo. "I'm trying to focus on what *can be* for the end of this year, in the hope that we can gather without too much worry."

Vorgang started her career as a graphic designer before her desire to do something more tactile led her to begin creating handwoven tapestries and rugs. "I'm inspired by nature or designs that come into my head," she says. Her table runners are on display through November 25 in *A Time to Gather*, an exhibit at **Studio Channel Islands** ([studiochannelislands.org](http://studiochannelislands.org)), a former elementary school housing 40 artists' studios and a gallery. To schedule a private viewing visit [studiochannelislands.org/visit](http://studiochannelislands.org/visit). >

Shop for furnishings, textiles, and the works of local artists at Porch on Summerland's Lillie Avenue.

## RAISE A GLASS TO A LOST HERO

**Tarantula Hill Brewing Co.** (togetherhillbc.com) in Thousand Oaks created its 4S3 beer to honor Ventura County Sheriff Sgt. Ron Helus, who was killed in the line of duty during the 2018 mass shooting at Borderline Bar and Grill. Brewing the blonde ale was a collaboration between the Tarantula Hill team, first responders, Helus' wife, Karen, and son, Jordan, and other involved families, says CEO Ali Zia.

Everything about the beer, including its name, which is expressed as "four Sam three," Helus' radio call sign, and the ingredients, Victory malt and Warrior and Noble Saaz hops,

was collaborative, says brewmaster Mike Richmond. And at least one Helus family member has helped to create the brew each time a batch is made. Jordan was even involved in designing the can, which includes the messages "where our heart lies" and "never forget."

The special brew is available at the brewery and local liquor stores and by order for shipment. A portion of the proceeds from every 4S3 beer sold is donated to local causes.

**Toast local fallen Sheriff Sgt. Ron Helus with a beer brewed in his honor that also gives back.**



## PORCH SWINGS OVER TO SUMMERLAND

"The building itself is an object of art. I feel like it was meant for us," says Diana Dolan, owner of **Porch** (porchsb.com), about her shop's new digs on Summerland's Lillie Avenue. The relocation to the larger space is her dream come true for the unique home and garden store that she has operated in Carpinteria for the past 12 years.

Featuring furnishings, kitchen goods, textiles, bedding, jewelry, candles, coffee-table books, succulents, and works by local artists, such as Pedro de la Cruz, Will Pierce, Lety Garcia, Colette Cosentino, and Michael Haber, the business is known for its thoughtfully curated space and inviting indoor/outdoor vibe, and Dolan says the new location will embrace that same spirit. "Our soul remains true to our essence," she says. "We're going to continue to offer beautiful home and garden furnishings inspired by nature."

Porch and other recent newcomers to Summerland—Sweet Wheel Produce, Field+Fort, and The Well—join businesses like The Sacred Space, Botanik, Garde, and Summerland Oriental Rugs in what is fast becoming an exciting design destination. "I think shoppers are looking for a real connection to something heartfelt and soulful," says Dolan.

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## THIS LAND IS OUR LAND

Hoping to encourage her environmental studies students to get out and explore public lands within a 300-mile radius, UC Santa Barbara lecturer Deborah Williams has created a new website for all to enjoy. **Great Public Land Destinations** ([50greatpubliclanddestinations.org](http://50greatpubliclanddestinations.org)) spotlights 50 parks, monuments, preserves, and open spaces, where visitors can appreciate natural beauty and historical significance.

“One of my goals in creating the site was to remind us of the rich diversity of our public lands,” Williams says. In addition to well-known national parks, like Yosemite and Joshua Tree, her impressive compilation tallies lesser-known spots, such as Manzanar National Historic Site—a World War II Japanese internment camp in the Eastern Sierras, and the Antelope Valley California Poppy Reserve, preserved through fundraising efforts led by conservationist Jane Pinheiro, including a 1970s “Pennies for Poppies” drive to which schoolchildren contributed. All of the sites are within a day’s drive of the 805. ♦



Discover local spots to explore, like Lost Palms Oasis in Joshua Tree National Park, at [50greatpubliclanddestinations.org](http://50greatpubliclanddestinations.org).

DEBORAH WILLIAMS

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