

FEBRUARY 2021

# *Santa Barbara*

## N E I G H B O R S

*An exclusive magazine serving the residents of the Riviera and Eucalyptus Hill*



**DIANA WASHBURN**  
*HELPING HANDS OF SANTA BARBARA*



Best Version Media

Cover photo by  
Linda Blue







## EXPERT CONTRIBUTORS

### END-OF-LIFE ARRANGEMENTS



**Dan Flynn** - Simply Remembered Cremation Care  
(805) 569-7000 - [www.simplyremembered.com](http://www.simplyremembered.com)

Dan Flynn is owner and managing director of Santa Barbara-based Simply Remembered Cremation Care, the Central Coast's leading provider of Direct Cremation services. Dan is a proponent of funeral consumer rights and eco-friendly end-of-life dispositions.

### TRAVEL AGENCY



**Chris Weatherhead** - Montecito Village Travel  
(805) 969-5096 - [www.montecitovillagetravel.com](http://www.montecitovillagetravel.com)

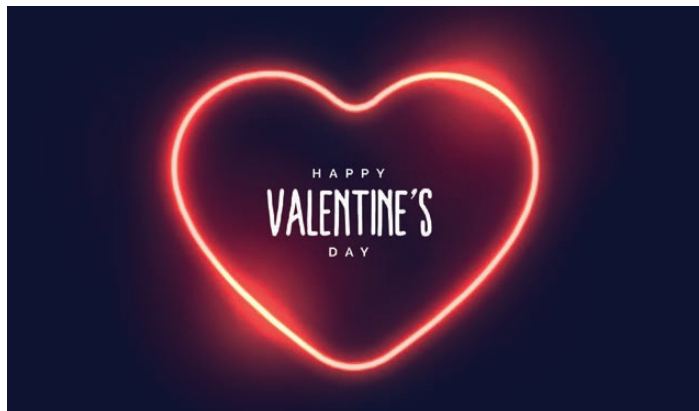
Montecito Village Travel was established in 1972. We are members of virtually every affinity club and preferred partner program that is important to our clients. This translates into very special treatment, benefits, access, amenities and savings for you.

### REALTOR



**Chris Palme** - Coldwell Banker Realty  
(805) 565-8823 - [www.SBRivieraHomes.com](http://www.SBRivieraHomes.com)

Chris is one of the most respected realtors in Santa Barbara and is known as, "the go-to agent" for selling homes in the Riviera and surrounding communities. Throughout his 32-year career he has assisted countless homeowners get top dollar for their properties with quality, cutting-edge marketing and unparalleled negotiating expertise.



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LOCAL  
ARTISTS



## MEET SCULPTOR CHRIS PROVENZANO

Story by Dan Keep

Photography credit: Chris Provenzano

Chris Provenzano grew up in a family of artists, but given that it can be a difficult profession to provide a living, her parents never encouraged her to pursue art as a career. While working as a legal assistant, she decided to take up painting. After having kids, she worked very hard and received a degree in Art from UCSB and continued her painting.

Chris's husband owned a company called Vic's Novelty that provided artwork for Disney and Universal Studios. One day he came home and told Chris that he needed a sculpture made of The Incredible Hulk for an upcoming movie and asked Chris if she could do make the sculpture. She gave it a try and the studio loved her work. Sculptures of Spiderman and other characters followed, and the rest is history.

After her husband passed away from a sudden illness, Chris found sculpture to be very therapeutic and with a little time and dedication, her proficiency for the medium grew exponentially. She was nominated as a master sculptor by "Focused on the Masters" in Ventura. Chris is also a board member of the California Sculptor's Symposium. She creates commercial art as well as sculpture for private collections and for art lovers of all walks of life. Her work is often inspired by societal issues.

A fine example of her commercial art is *The Business of Bees*. Bees are an incredibly important part of our ecosystem and food production. The bee population is being destroyed by pesticides, loss of habitat, climate change and disease. The sculpture is located at Bryant Circle at Ojai Valley Office Park.

One series of works from a private collection that I personally find captivating is *The Trabajadores*. I feel that no matter what your position is on immigration, they are examples of world class art. The statues are made of limestone and bronze. Each stature represents a person that Chris actually met. The statue of the coyote represents the "Coyotes" that help the immigrants cross the border. The whole project took about 1½ years to complete. I would love to see it person!

*Yoga Scorpion* and *Luna Invierno* are a couple of beautiful examples of Chris's smaller scale and varied works of art. You can see more of her work at her website: [www.chrisprovenzano.com](http://www.chrisprovenzano.com).



*Trabajadores*



*Yoga Scorpion*



*Luna Invierno*

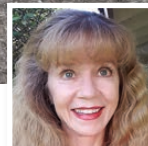


*The Business of Bees*





By K.E. Robiscoe  
Photos by Linda Blue



## Diana Washburn

### Helping Hands of Santa Barbara

Thanksgiving is over. Christmas, with all its stocking stuffers and gaily wrapped gifts has passed now too, and for most, the giving season is over. Not so for Riviera resident Diana Washburn. A neighbor whose outreach for our community is as constant as it is selfless; it is my pleasure to introduce readers to this soft-spoken gem of a lady, and illuminate the light she trails in her wake. To give her the recognition her deep-seated sense of values merit.

"Volunteering and giving back to my community has always been an important part of my life." Diana said, in response to my query regarding that which she is most passionate about. "For as long as I can remember—and as soon as I was able. In junior high I was very involved in the YMCA raising funds for different local charities. I also helped with Fiesta. Some of my best memories are of the times I spent being part of that. I became a flower girl and walked in several parades and enjoyed it so much, I decided to find a way to get on one of the beautiful floats. By volunteering at the Fiesta Office to do clerical work, I ended up on a beautiful float covered in gorgeous marigolds. Flash forward to a few years ago when I found myself as a barmaid on the Rotary float, and you could say, I came full circle. Fiesta has a

very special place in my heart." Viva la to that, Diana, and pondering the absence of real-life festivities this past year, I asked her how that had affected her.

"Normally I would have been involved with helping to decorate the floats, but because of the pandemic our Rotary group, SB Sunrise Rotary, wasn't able to meet and help out. That's a big topic of discussion—with the Riviera Association and fellow community members, too. What's going to happen to our parades? To our festivals? It's very much on our minds and hearts, but I know SB will rally and figure it out." A multi-generational, native born Santa Barbaran, I was inclined to believe her.

A steward of children, as well, this nana several times over left UC Irvine with a Bachelor of Arts at the same time she was earning her Lifetime Teaching Certificate. A notable distinction, as those in the teaching profession know, Diana taught elementary school for 10 years in Costa Mesa before moving to Marin County. As the lady herself put it, "There seemed to be a magic about the City to me. It was calling me. The cable cars, the history, the museums..." and

love, as it turns out. "While living there I reconnected with an old classmate at a high school reunion and sparks flew. Shelton Washburn and I had attended the same junior high and high school in Santa Barbara, and though we were just friends at *that* time, this time around we were wed. What a difference a few years make!" Diana paused, chuckling as she recalled the awkward period that is adolescence and continued,

"We had children, naturally, and while raising our kids I joined a non-profit modeling agency and modeled for about 15 years." The Mannequin League of Marin County, for those wondering, and I know I certainly was. "I had done freelance modeling before, everything from runway and magazines, to fashion and face. Being so busy with the kids and maintaining a home, the Mannequin League was something just for me. We'd donate to groups like Big Brothers and Big Sisters—a wide variety of charitable organizations—in the Bay area. The proceeds from 30 to 40 models—it was a *lot* of money!" Undoubtedly so. As the philosophy instilled in her as early as junior high affirms, "when there's a time in your life where you have enough, reach your hand out to help another." you could say her catwalk echoed her talk.

Making Santa Barbara especially fortunate she returned. "In the late 90's I came back to Santa Barbara to bring my Mother home. She was getting on in years, and wanted to spend the last part of her life where she had spent the first. Rediscovering Santa Barbara as an adult after being gone for 40 years was delightful. I savored all the beauty here. From the ocean and islands, to the Spanish architecture and nearby mountains. Marin County is somewhat similar to Santa Barbara, but there is only one American Riviera. And you can't beat the design. SB's downtown is very well laid out. It's clearly defined what's business and what's residential."

After refurbishing the house her grandparents had built in 1949, Diana was determined to find a new career. "The perfect job opportunity came thanks to a good friend. I became the Manager for the Foster Grandparent and Senior Companion Programs for Santa Barbara County. The programs are sponsored by Tri-Counties Regional Center, which is an organization providing services to children and adults with developmental disabilities. It was my responsibility to recruit, train and place low-income seniors in Schools and Adult programs for those with special needs. What I learned from these volunteers could fill a book. Their motto was, 'You're never too old to wear red high heels and dance' and they did and so do I." It was during her years with the Foster Grandparents that Diana joined the Rotary Club of Santa Barbara Sunrise. An altruistic lady of her caliber wears many hats, after all, and she was happy to explain her attraction to the club.

"I wanted to get involved with an organization that gave back locally and internationally. Just recently we helped push through grant funding for the Transition House. While advocating for this, I became aware of the need to make temporary housing more home-like. I immediately thought of the Coastal Quilters Guild group and asked the president of the organization Kathy Draine, if they could help. The quilters donated 47 quilts for families at the halfway homes! It's amazing

what people will do if asked. Even as she herself does, I was glad to learn Diana took some "me time" in the midst of all her good work.

"I retired, eventually, from the Foster Grandparent Program, and just traveled for a year. I visited the Greek Islands, France, Hawaii and Turkey, but after a while, I felt the need to return and look into a new avenue of service." By this point in our interview, I'm not surprised in the least, but I am still marveling at her selflessness. We need a *world* of Dianas', is what I'm musing, as she picked up the thread of her story. "A friend recommended I become a Docent at the SB Court House—which I do to this day. The training was extensive and fascinating to me, and I so enjoy meeting people from around the world and sharing with them what many consider the heart of Santa Barbara. Unfortunately with Covid-19 we are no longer able to give tours but we meet on Zoom, and continue disseminating through guest speakers." Pausing to afford some attention to her barking Havanese Cocker Spaniel Oliver, I waited indulgently, wondering aloud as to her efforts on behalf of our furrier Santa Barbara residents when she was through.

"I joined C.A.R.E.4Paws during the time I was at Tri-Counties Regional Center. C.A.R.E.4Paws is a wonderful organization that provides services to animals and their owners. Their mission is to reduce pet overpopulation, keep animals out of shelters and improve the quality of life for pets and their owners. With their mobile van they can serve low-income members of our community as well as the homeless by providing medications, spay and neutering, and animal food. In the four years I spent there, I did everything from serving on their board to fund-raising, and was so touched by the success stories. "Noting that she's currently looking into becoming involved with an organization that takes in hard-to-manage, high-energy dogs, and trains them to be search-and-rescue animals, she added, "I'm spearheading the installation of a dog drinking fountain at Sheffield reservoir right now, as well. As a board member of the

Riviera Association, I'm really pushing for it!"

A pending addition her beautiful pup thirsts for, too. These days, when Diana isn't helping the neighbors she regards as "extended family", or socializing with them, she enjoys walking Ollie and discovering new hikes all over the city. Her beautiful garden calls her name just as often, with its 12 fruit trees that include an apricot tree her grandpa planted some eighty years ago. While she enjoys tending it, sometimes she prefers to sit quietly under that beautiful tree, and read a good book. A 15 year member of a book group called "Bookies" the readers convene lately via Zoom, and are currently reading the classic, *Tinker, Tailor, Soldier, Spy*.

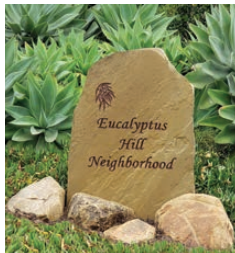
Diana Washburn treats the present like we all should, a gift worth unwrapping with enthusiasm, care and reciprocation.



**DO YOU KNOW A  
NEIGHBOR WHO HAS  
A STORY TO SHARE?**

Nominate your neighbor to be featured in one of our upcoming issues! Contact us at [krobiscoe@bestversionmedia.com](mailto:krobiscoe@bestversionmedia.com)





## The Eucalyptus Hill Improvement Association

Article by Loy Beardsmore, President, EHIA

Photo Credit: Eucalyptus Hill Improvement Association

The Eucalyptus Hill Improvement Association's goal is to help our small community be self-sufficient during a disaster when first responders are overwhelmed. The EHIA has worked hard to build a neighborhood disaster plan and our volunteer members have built a resilient and effective response network. We have also networked with the Riviera Association, Montecito Association, and MERRAG to make our organizations as strong as possible.

We continue to work with the Santa Barbara County Fire Safe Council, Santa Barbara County, Santa Barbara City Fire Department, and Montecito Fire Department to enhance our emergency preparedness efforts. We are hopeful that the appointment of EHIA neighbor, Barney Melekian as interim Police Chief will further enhance our relationship with the Santa Barbara Police Department. We also continue to communicate with Das Williams, our Santa Barbara County

Supervisor, to relay our neighborhood safety concerns.

We have added some very informative videos on our website to help you better prepare for wildfire. They include defensible space, hardening your home, fire wise landscaping, and how to survive a wildfire. They are listed under the Disaster Preparedness Tab and on the new page Wildfire Preparedness. We suggest you take some time to look at these important tips. Most homes are lost in wildfire due to embers that can travel for a mile or more especially in a wind-driven fire. We hope you will find these videos helpful.

Our membership is continuing to grow. We hope all our neighbors will become active members in our association and community. To find out more, please visit, [www.eucalyptushillia.com](http://www.eucalyptushillia.com).

## SEEKING STARS FOR STORIES!

Do you want to discover new things about your neighbors? Want to be in the headlines? Want to see your pictures published? We're looking for neighborhood families or individuals with a story to share to grace the covers of the magazine.

Your story might include love, romance, drama or any combination of the three. It could be to celebrate a milestone in your life, share about a recent vacation, or simply to introduce yourself and share what you love about the community. Everyone has a story to share, and we want to help you tell yours. We'll talk with you, write the article and give you a free, professional photo session at your home so you can look your best in the magazine!



If you know others who would enjoy this opportunity, we welcome nominations. Begin by brainstorming the people you know who you'd like to see in this magazine. They might be your next-door neighbors and friends, volunteers who serve others through local charities, community leaders, athletes, artists or hobbyists.

To get started, go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." Or, simply e-mail your content coordinator at [krobiscoe@bestversionmedia.com](mailto:krobiscoe@bestversionmedia.com) with your contact information and ideas.

With your help, we can bring people together, stay connected and create an informative, family-friendly forum through your magazine.



## What is Your Working Genius?

By Patrick Lencioni, founder and president, The Table Group

When it comes to work, we all have gifts. Natural, God-given talents that give us energy and allow us to contribute to the success of organizations and teams. We are meant to use those gifts, and it is frustrating, sometimes tragic, when we can't. Of course, if we don't know what our gifts are, we can't be sure that we are using them.

Now, in addition to our gifts, we all have limitations—natural areas of deficiency that drain us of our energy and frustrate our ability to contribute to work. Though we can't always avoid those areas, we are meant to minimize the time we have to spend on those tasks, though again, if we don't know what those deficiencies are, we can't minimize them.

The Six Types of Working Genius is a model and an assessment tool that allows anyone—CEOs, schoolteachers, factory supervisors, college students—to identify their gifts and limitations so they can maximize their satisfaction and success in any kind of work they do. In thirty minutes, someone can radically alter their day-to-day job fulfillment or even their career direction.

What a difference that can make in a person's life. As it turns out, those six types of genius—Wonder, Invention, Discernment, Galvanizing, Enablement and Tenacity—make up the six required activities for any work endeavor.

Whether you're engaged in running a company, a department, a project, or even a family, all six are necessary ingredients for success. No one person can possibly embody them all, which is why teamwork is so important.

Among those six types, everyone has two that we call areas of genius, where we get our joy and energy and have natural ability. We have two that we call areas of frustration, where we get drained of joy and energy and have little natural ability. Then there are two in the middle, areas where we might have some ability, but that are not a source of energy and satisfaction.

Imagine if every company, every organization, every team knew the areas of genius, competency and frustration of their people

and organized them for success. Imagine if every parent knew those areas of genius for their spouse and children. It's not an exaggeration to say that there would be more joy and less misery in society. But that has to happen one person at a time and that person might as well be you. What are your areas of genius?

**Patrick Lencioni** was named in *Fortune* magazine as one of the "ten new gurus you should know." His passion for organizations and teams is reflected in his writing, speaking and executive consulting. He is the author of eleven best-selling books.



### The Genius of Wonder (W)

The natural gift of pondering the possibility of greater potential and opportunity in a given situation.

### The Genius of Invention (I)

The natural gift of creating original and novel ideas and solutions.

### The Genius of Discernment (D)

The natural gift of intuitively and instinctively evaluating ideas and situations.

### The Genius of Galvanizing (G)

The natural gift of rallying, inspiring and organizing others to take action.

### The Genius of Enablement (E)

The natural gift of providing encouragement and assistance for an idea or project.

### The Genius of Tenacity (T)

The natural gift of pushing projects or tasks to completion to achieve results.

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**FRIDAY FEB 12TH – MONDAY FEB 15TH**  
**VALENTINE'S DAY LOVE RUN/WALK 3K**

**- A VIRTUAL-AND LIVE-EVENT HOSTED BY HEART OF THE CITY (HOTC)**

Join friends and neighbors in spirit when you participate in this first annual 3K Love Run/Walk to benefit disadvantaged youths. Pick any route...go any time—within the dates and hours listed, then send the snap of your route to: [iromero@heartoftc.org](mailto:iromero@heartoftc.org). Once received, participants will receive Heart of the City's 3K certificate. Medals are available at an additional fee. All proceeds will go to HOTC programs that support youth empowerment. Follow @heartofthecity805 on Instagram for updates.  
Time: 7:00am-7:00pm  
Cost: \$20.-  
[www.eventbrite.com/e/135305084149](http://www.eventbrite.com/e/135305084149)

**THURSDAY, FEB 18TH**  
**MULTIMEDIA EXPERIENCE WITH ULTIMATE SAILING**  
**- A VIRTUAL EVENT BROUGHT TO YOU BY SANTA BARBARA MARITIME MUSEUM.**

This unique presentation affords the viewer a bird's eye view of Sharon Green as she zips over the waves in a rib, or hangs out of a helicopter to capture Grand Prix Yachting events. A seasoned photographer, Sharon has been snapping images of performance sailing for over 35 years, and is frequently published by major boating publications, both locally and internationally. Sponsored by Marie Morrisroe.  
Time: 7:00-8:30pm  
Cost: FREE with registration  
[www.sbmm.org/santa-barbara-event/sharon-green](http://www.sbmm.org/santa-barbara-event/sharon-green)

**RECURRING DAILY IN FEBRUARY AND MARCH**  
**KAYAK AND STAND-UP PADDLEBOARD**

**- A LIVE ACTIVITY PROVIDED BY SANTA BARBARA SAILING CENTER**  
@SB Harbor, Marina #4, Boat Launch Docks  
Hit the waves, and get your HIIT training in, too. SB Sailing Center rents pedal boats, stand-up paddleboards, rowing sculls and single or double occupancy kayaks by the hour or by the day. Life vests and paddles provided with all rentals.  
Time: 9:00am-5:00pm (latest time to launch is 3:30pm)  
Cost: starts at \$12.00 an hour

## FEBRUARY - MARCH 2021

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**RECURRING DAILY IN FEBRUARY AND MARCH**  
**SURF LESSONS**  
**- A LIVE ACTIVITY PROVIDED BY ISURF**

@370 North La Cumbre, Santa Barbara, CA 93110  
iSurf is the only surf school in Santa Barbara sanctioned by the World Surf League. Their staff of professionals are trained to help people of all ages and skill levels learn to catch waves, better understand the ocean and advance in the sport of surfing. Customized surf lessons and lesson locations determined on an individual basis.  
Time: 8:00am-5:00pm, 7 days a week  
Cost: starts at \$95.- per 90 minute session  
[www.isurfschool.com](http://www.isurfschool.com) or call (805) 699-5371

**RECURRING DAILY IN FEBRUARY AND MARCH**  
**WINE COUNTRY TOUR BY BIKE**  
**- A LIVE ACTIVITY PROVIDED BY SANTA BARBARA WINE COUNTRY TOURS**

@34 East Haley Street, Santa Barbara, CA 93101  
Pedal through the heart of local Wine Country. This 8 mile ride is rated moderately difficult, and affords breathtaking views of the Santa Ynez Valley. Visit with vintners, taste unique vintages, and take advantage of special discounts offered to tour participants. (Note: the biking segment is fully van supported.) Fee includes air-conditioned shuttle to and from Santa Barbara, all bikes and cycling equipment, lunch and cold beverages, and knowledgeable guides.  
Time: 10:00am-5:00pm  
Cost: \$149.-  
[www.info@winetours-santabarbara.com](http://www.info@winetours-santabarbara.com) or call (805) 965-1414

**RECURRING EVERY SATURDAY IN FEBRUARY AND MARCH**  
**SANTA BARBARA CERTIFIED FARMERS MARKET**  
**- A LIVE ACTIVITY IN ASSOCIATION WITH THE SANTA BARBARA CERTIFIED FARMERS MARKET**

@ 119 E. Cota St., Santa Barbara CA  
Talk with local growers, fellow neighbors, and buskers, too, as you stroll through the Saturday morning Santa Barbara Farmers' Market. Operating for almost 30 years in the same location, this venue hosts over 100 local farmers and vendors, and is the largest market of its kind in the area. Featuring everything from fresh seafood, nuts

and grass-fed beef, to fresh vegetables, fruits and flowers, still more offerings await your discovery every Saturday.  
Time: 8:30am-1:00pm  
Cost: FREE  
[www.sbfarmersmarket.org](http://www.sbfarmersmarket.org) or call (805) 962-5354

**RECURRING EVERY SUNDAY IN FEBRUARY AND MARCH**  
**THE SANTA BARBARA ARTS AND CRAFTS SHOW**

**- A LIVE SIDEWALK FAIR SPONSORED BY SANTA BARBARA CITY PARKS AND RECREATION DEPARTMENT**  
@236 East Cabrillo Blvd, Santa Barbara, CA 93103  
Browse, buy and bring home that one-of-a-kind piece of artwork created by any one of the 200 local artisans that make of the show. Choose from original drawings, paintings, graphics, sculpture, crafts, and photography—and in some instances, watch the artist create as you shop.  
Time: 10:00am until dusk  
Cost: Free to look!  
[www.sbaacs.com](http://www.sbaacs.com) or call: 805-897-2519

**THURSDAY, MAR 4TH**  
**ART MATTERS LECTURE**  
**- A VIRTUAL LECTURE BROUGHT TO YOU BY SANTA BARBARA MUSEUM OF ART**

This lecture explores the gender politics of occupational expertise—artistic and medical—through an analysis of Morisot's The Mother and Sister of the Artist. Associate Professor of Art History and Communication Studies Mary Hunter presiding.  
Time: 3:00-4:00pm  
Cost: FREE  
[www.tickets.sbma.net](http://www.tickets.sbma.net)



## Critical Support for Community Animals and Pet Owners

By Isabelle Gullo, Executive Director and Cofounder of C.A.R.E.4Paws  
Photos provided by Winkface Photography and C.A.R.E.4Paws

Since C.A.R.E.4Paws was founded in 2009, our nonprofit has grown significantly each year, increasing our services and implementing new programs to meet the community's needs. While we anticipated a busy 2020, nothing could have prepared us—any of us—for the challenges created by COVID-19.

Throughout the pandemic C.A.R.E.4Paws has continued to work directly in the community to provide essential wellness services to low-income, senior, disabled and homeless pet parents. Additionally, we have tripled the number of families we help to ensure that animals stay healthy and in their homes. In 2019, we assisted 7000 pet owners. In 2020, that number grew to 20,000 plus!

Since March, our weekly, countywide distributions have exceeded four tons of food. This is compared to a total of two tons distributed in all of 2019. This is made possible through our mobile clinic and family food distribution events. We also deliver to homebound seniors, senior centers and low-income housing facilities.

In 2019, our mobile veterinary clinic team altered 1300 pets. Last year, we performed 2000 spays and neuters. We also assisted more than 1800 dogs and cats with veterinary care, compared to 1100 pets in 2019. Due to the tremendous demand, we ended up hosting 190 surgery and vaccine clinics in 2020, up from 140 a year ago.

Through Safe Haven, a program launched 12 months ago alongside Domestic Violence Solutions (DVS), we have helped dozens of pets of domestic violence survivors with anonymous foster care or boarding for as long as it's needed.

As our goal is always to keep animals out of shelters, we now work even more closely with County Animal Services to provide services on the spot to pet owners looking to relinquish their animals due to lack of resources. We also collaborate with Animal Services to offer regular microchipping campaigns so that lost pets can find their way home faster.

C.A.R.E.4Paws has always put a premium on education. Despite the hardships the pandemic has placed on us, our Paws Up For Pets youth program has kept running. Its aim is to inspire compassion and accountability for animals and empathy in our community as a whole. We work mainly with youth through the YMCA and the United Boys & Girls Clubs of Santa Barbara County. In 2020, we even expanded the program to include a well-received Youth Pet Portrait Project. Children enrolled at the United Boys & Girls Club in Lompoc make wonderful portraits that pet owners order for a donation to C.A.R.E.4Paws.

While 2020 presented extreme challenges for so many and forced C.A.R.E.4Paws to step up our efforts in an unprecedented way, there are also countless "pawsitives," as we call them. This includes the kind and generous support we have received from the community to help those in need, including donations, grant funding, and contributions from our business and nonprofit partners. We are also so grateful for our amazing volunteers who help make our work possible.

To learn more about C.A.R.E.4Paws, please visit [www.care4paws.org](http://www.care4paws.org) or email us at [info@care4paws.org](mailto:info@care4paws.org) or call, 805-968-2273.







## ORGANIZATION IN YOUR LIFE CAN BRING PEACE OF MIND

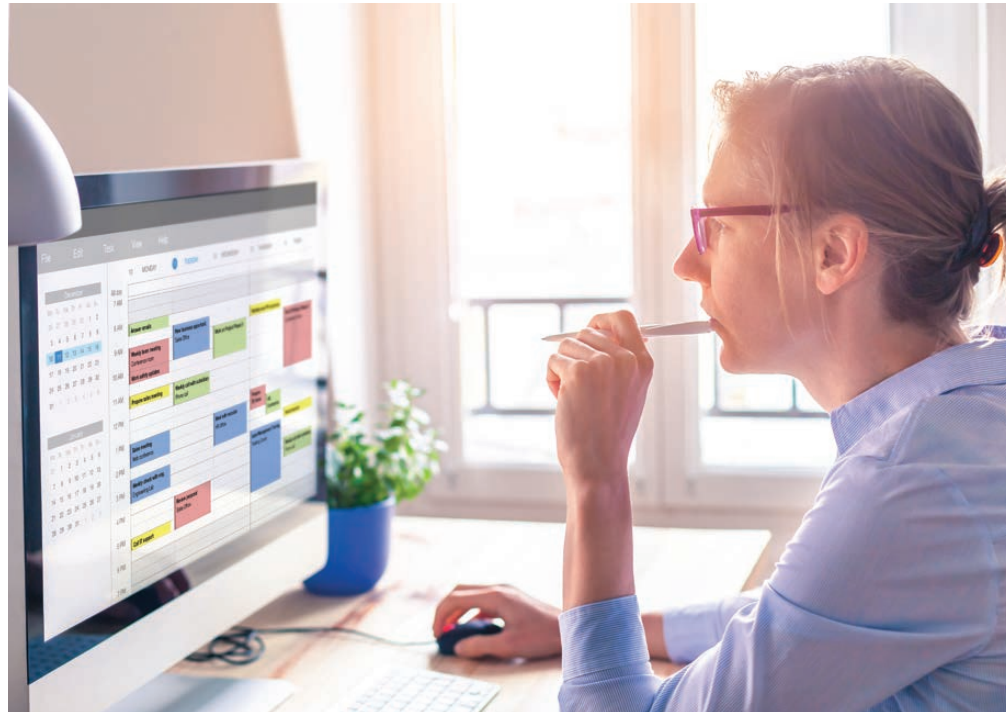
Article by Amy Fritz, Headshot Photo Credit: Amy Fritz

If you're like most people, your life is busy and you're likely unorganized, and your workspace might be in disarray. What you might not realize is that being unorganized costs you time and money. It causes distraction, stress and that feeling you're always one step behind.

It doesn't have to be this way.

You know that feeling you get after you've done some major spring cleaning? Where you just feel lighter and more centered? This feeling doesn't happen by mistake, it's actually how our brains are wired. When we work in a space that's more organized, we feel better about ourselves and we have a better sense of where things are. Regardless of whether you're organizing your space at home or at work, when you know where things are and can find them, you'll have that sense of inner peace.

Taking time to organize your physical space helps you in three big ways.



First, being organized helps you stay ahead of your work. When you're not organized you may feel that you're constantly trying to keep up. You and I both know that being behind is no fun. When your workspace is full of clutter and non-essentials, it will take that much longer to get things done. You know the feeling.

Next, when you stay organized, you'll be more efficient at completing your tasks. You'll be able to find things more easily and know where things are. You won't waste time looking for things. You'll be able to jump right in and work instead of spending time making sense of your clutter.

And finally, when you're organized, you'll feel less stressed. You won't spend time spinning your wheels or feeling weighed down by the mess around you. When you can just jump right into your work, you'll be much more productive. And when you're

less stressed about work you'll sleep better, too.

So how well are you managing your space? Begin imagining and taking note of all the ways you could benefit from having a more organized work space. I can tell you from experience, when you take time to get organized—you'll feel unstoppable. No matter what the day throws at you.

Amy Fritz is an organizational coach who helps clients create more "white space" in their life. She helps them organize their homes and business spaces. Amy brings peace of mind by creating organization in the space to free up time for creativity and productivity. She especially likes coaching clients on how to down-load by completely unplugging and recharging in nature. If you would like to learn more about Amy, please visit her website, [www.thoughtfulorganizing.com](http://www.thoughtfulorganizing.com).

## SEAFOOD PASTA

Recipe contributed by Real Meals  
Photography Credit: K.E. Robiscoe

### Mornay Sauce (for pasta)

**Prep time:** 15 min

**Cook time:** 15 min

**Ready in:** 30 min

**Yields:** 3-4 cups

### Ingredients

- 2 cups  $\frac{1}{2}$  &  $\frac{1}{2}$
- 1 cup no-sodium chicken stock (keep some extra on hand in case sauce needs to be thinned)
- $\frac{1}{2}$  cup buttermilk
- $1\frac{1}{2}$  cups Parmesan, shredded
- 1-2 shallots diced
- 2-4 cloves garlic minced
- 1-2 tbsp butter
- 2 tbsp flour
- 1-2 tbsp olive oil
- 1 tsp nutmeg
- salt and pepper to taste

### How to Do it:

1. Dice the shallots and garlic. Keep separate.
2. Sauté shallots in a blend of melted butter and olive oil. Once the shallots are translucent, add the minced garlic. Cook an additional 60-90 seconds, stirring frequently to prevent garlic from burning.
3. Add flour, and cook 2-3 minutes, until a bread-like aroma emanates from pan.
4. Add chicken stock, and mix with spoon.
5. Add  $\frac{1}{2}$  &  $\frac{1}{2}$ , buttermilk, and Parmesan, stirring after each addition.



6. Simmer until a velvety consistency is attained, something like the viscosity of kefir yogurt.
7. Remove from heat. Add nutmeg, and salt and pepper to taste.

### Seafood Pasta

**Prep time:** 15 min

**Cook time:** 15 min

**Ready in:** 30 min

**Yields:** Serves 4. Note: cook time assumes prepared sauce.

### Ingredients

- $\frac{1}{2}$  lb. rock shrimp, (15-25 count)
- $\frac{1}{2}$  lb. bay scallops
- 3-4 cups Mornay Sauce
- 2-3 carrots, peeled & diced
- 1 cup snap peas, string removed & halved
- 1 cup broccoli florets
- 1 cup bell peppers--a mix of red, yellow, and green is nice
- $\frac{1}{2}$  lb. dry pasta of choice
- 2-3 tbsp olive oil
- 2 shakes black pepper

### How to Do It;

1. Put a pot of water on the stove at med-high heat to boil for the pasta noodles.
2. Peel and halve the carrots, and then halve them again, and then dice these planks into neat, triangular-shaped chunks. Set aside.
3. Cut peppers in half and remove seeds. Cut halves into  $\frac{1}{2}$  inch strips. Dice these strips coarsely. Set aside.
4. Cut florets into bite-size pieces. Set aside.
5. Remove string from pea pods, cut pods in half, and set aside.
6. Peel, devein and butterfly shrimps. Set aside.
7. The water is probably boiling by now, so go ahead and add your pasta, cooking until al dente. When done, drain pasta and place in mixing bowl. Toss lightly with olive oil to prevent sticking.
8. Add a tbsp of olive oil to a sauté pan. Wait until it is sizzling, and flash sauté first the scallops and the shrimps. Remove and set aside for now.
9. Using the same pan, add another splash of olive oil and sauté the broccoli. NOTE: if you prefer, you can blanch your veggies instead. Remove and set aside.
10. Sauté carrots. Remove and set aside.
11. Sauté peppers. Remove and set aside.
12. Sauté snap peas. Remove and set aside.
13. Now it's on to assembling the pasta. Take 3-4 cups of hot Mornay Sauce and drizzle over noodles in the mixing bowl. Stir.
14. Stirring after each addition, add: broccoli, carrots, peppers, snow peas.
15. Add shrimps and bay scallops, mix together very well, and plate.

### Real Meals

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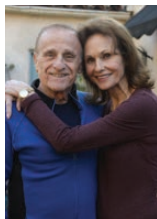
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# 24 Ways to Practice Existential Fitness

Article by Bernard Sandler  
Photography Credit: Linda Blue

We can change the concept that to make a change must be painful...lets show how this can bring us the peace we seek in a pleasurable awareness. Discuss that this is all the journey, and, in the end, it is only the journey that has any meaning. The destination is only a period at the end of a long passage of thoughts and ideas we manifest...

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate antidepressant.
2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
3. When you wake up in the morning complete the following statement:  
  
'my purpose is to \_\_\_\_\_ today.'
4. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
5. Drink green tea and plenty of water. Eat blueberries, wild Alaskan Salmon, broccoli, almonds & walnuts.
6. Try to make at least three people smile each day.
7. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
8. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed-out charge card.
9. Life isn't fair, but it's still good.
10. Life is too short to waste time hating anyone.
11. Don't take yourself so seriously. No one else does.



12. You don't have to win every argument. Agree to disagree.
13. Make peace with your past so it won't spoil the present.
14. Don't compare your life to others. You have no idea what their journey is all about.
15. No one is in charge of your happiness.....except you.
16. Frame every so-called disaster with these words: 'In five years, will this matter?'
17. Forgive everyone for everything.
18. What other people think of you is none of your business.
19. Faith heals everything.
20. However good or bad a situation is, it will change.
21. Your job won't take care of you when you are sick. Your friends will. Stay in touch!
22. Envy is a waste of time. You already have all you need.
23. Each night before you go to bed complete the following statements:  
  
'I am thankful for \_\_\_\_\_. Today I accomplished \_\_\_\_\_.'
24. Remember that you are too blessed to be stressed.

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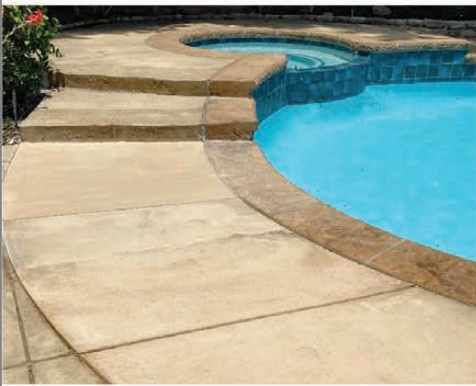
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