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## Professional Writing, Photography, and Merits

### Published Writings

**Travel Book: The Insiders' Guide to Santa Barbara 4<sup>th</sup> Edition.** 400-pages. January 2008 Release Date. Published by The Globe Pequot Press, Guilford Connecticut.

**2007 Meeting & Event Planners' Guide to Santa Barbara County – Santa Barbara Conference & Visitors Bureau.** 75-page guide. Striker Media Group, Los Angeles

**2007 Santa Barbara Visitors Guide to Santa Barbara County – Santa Barbara Conference & Visitors Bureau.** 106-page guide. Striker Media Group, Los Angeles

**2006 Meeting & Event Planners' Guide to Santa Barbara County – Santa Barbara Conference & Visitors Bureau.** 75-page guide. Striker Media Group, Los Angeles

**2006 Corporate Travel & Meeting Planner, Santa Monica – Santa Monica Convention & Visitors Bureau,** 67-page guide. Striker Media Group, Los Angeles

**2006 Santa Barbara Visitors Guide to Santa Barbara County – Santa Barbara Conference & Visitors Bureau,** 107-page guide, Striker Media Group, Los Angeles

“The Virtual Affair: Internet Pornography,” Winter, 2005.  
**Coastal Woman Magazine**

“Use Passion to Re-Enter the Workforce,” Winter, 2006. **Coastal Woman Magazine**

“The Hot Spot of Diagnosis,” Spring, 2007.  
**Coastal Woman Magazine**

### Quarterly Magazine Column.

**“Men We Love.” Coastal Woman Magazine: Summer 2005 – present**

Highlighted writer Kevin Mills; plein-air artist Rob Robinson; journalist & attorney Craig Smith; oncologist Fred Kass; Spinning© founder Johnny Goldberg; social worker Ken Williams, and documentary filmmaker Sam Tyler, retired Santa Barbara City College president Peter MacDougall

**Weekly Newspaper Column.**

**“5 Minutes With”, South Coast Beacon:  
March, 2005 – July, 2005**

**Articles.**

Article. “Riccardo Morrison is Wild at Heart.” June 23, 2005. **South Coast Beacon**

Article. “Rescued Dog Gets New Leash on Life.” May 12, 2005. **South Coast Beacon.**

Article. “Planting the seeds for some life lessons: Ray Somodka.” April 28, 2005. **South Coast Beacon.**

Article. “Bridging the Gap Through Volunteering.” Intergenerational Vol., April 28, 2005. **South Coast Beacon.**

Article. “Kids Tee Up with Life Skills.” April 21, 2005. **South Coast Beacon.**

Article. “Local Filmmaker Inspired by *The Divine*,” April 7, 2005. **South Coast Beacon**

Article. “Crane Digs In For the Future.” March 31, 2005. **South Coast Beacon.**

Article. “Cowboy Ethics Still Riding Tall?” March 17, 2005. **South Coast Beacon**

Article. “Is Yoga Right for You? Try it, you’ll like it.” March 10, 2005. **South Coast Beacon.**

Article. “Yoga brings balance to kids’ lives.” March 10, 2005. **South Coast Beacon.**

Article. “No Place Like Home”. February 10, 2005. **South Coast Beacon.**

**Article. International Magazine.**

Article. “Rescued”. February/March, 2001. **Yoga International Magazine.**

**Chapter in a Book.**

Chapter. “The Special Events: For Funds, Friends, or Fun.” Copyright, 1992. **A Development Handbook: Promoting Philanthropy at Independent Schools.** CASE.

Article. “Patrons Dine to Show Tunes at Griswold’s Dinner Theater.” **Hollywood Today.** Los Angeles, CA, April 29, 1988.

Article. “Passion and Conviction.”, **Crane School Newsletter,** Santa Barbara, CA. 1993.

Article. “Shower It Her Way.”, **Michigan State News,** East Lansing, MI. 1982.

**Published Photography.**

**4<sup>th</sup> Edition Insiders' Guide to Santa Barbara**

**2006 Santa Barbara Writers Conference  
Brochure – Agents Day photos**

**South Coast Beacon – multiple photos**

**Education**

Bachelor of Arts in Communications Arts and Sciences. Major: Advertising.  
Michigan State University, East Lansing, MI. 1983

Masters of Arts in Psychology. Concentration: Psychology & Yoga Therapy.  
Antioch University, Santa Barbara, CA. 2001