

Santa Maria Native Jim Glines Honored with the Santa Barbara County 2009 "Circle of Serving" Award

■ The Family Care Network honored Santa Maria community activist Jim Glines with the 2009 "Circle of Serving" Award. Mr. Glines was recognized with the award at the organization's 6th annual Taste of the Central Coast at the Cypress Ridge Pavilion in Arroyo Grande on September 20th. The elegant fine food and wine tasting event paired with a live and silent auction, showcased local establishments while raising funds to support the local foster and high-needs children and families served by the organization while bringing to light individuals who make a difference.

The "Circle of Serving" award is given each year to outstanding community members from both San Luis Obispo and Santa Barbara counties who demonstrate exceptional dedication to enhancing the wellbeing of children and families in the our community. This year's honorees were nominated by the organization's esteemed "Pave the Way" committee and selected by the agency's Executive Team. Mr.

Jim Glines was chosen as an honoree due to his unwavering commitment to bettering his community. Jim Glines is a native of Santa Maria and has been the President of the Community Bank of Santa Maria since 2001. He and his wife Kathy have a long record of dedication to their community and the children and families who call it home. Such endeavors include: participating in the Junior Livestock Sale which raises funds for the Future Farmers of America; serving on the Board of the 37th District Agricultural Association; being the founder and President of the Santa Maria Police Council; heading up the Joe White fundraising committee which raises funds for Allan Hancock College; and leading the Community Bank of Santa Maria's BBQ team,

which participates in charitable events that raise funds to support many children's and families' issues.

Outside of his professional life, Mr. Glines and his wife Kathy are the proud parents of four children and the grandparents of four. Mr. Glines is also a professional auctioneer at many important community events. Described as a "selfless, enthusiastic and professional" auctioneer, Jim was named the California State Champion Auctioneer in 2001. Mr. Glines has also been awarded "Citizen of the Year" by both the Santa Maria Valley Chamber of Commerce in 2005 and by



Jim Glines and Michael & Charlotte Byrne are recognized at the Taste of the Central Coast for their dedication to enhancing the wellbeing of children and families throughout the Central Coast. (Left to right: Michael & Charlotte Byrne, Co-Founders of the El Camino Homeless Organization, Jim Glines, President & CEO of Community Bank of Santa Maria)

the Santa Maria Elks Lodge #1538 in 2008. Additionally, Jim was honored by the Los Padres Council Boy Scouts of America as "Business Leader of the Year." When awarded the "Citizen of the Year" honor, Mr. Glines encouraged

his community to help others by stating simply that "it's the right thing to do."

In addition to receiving the Family Care Network's "Circle of Serving" award, Mr. Glines was awarded a Resolution from the Santa Barbara County Board of Supervisors and a joint Resolution from the office of Senator Able Maldonado and Assemblyman Sam Blakeslee. Mr. Glines' servant's heart exemplifies the mission of the Family Care Network, and we thank him for committing himself to enhancing his community and its children by always doing "the right thing" and for being an inspiration to us all.

This year's event was truly remarkable, bringing together nearly 300 community members,

over 100 volunteers, as well as numerous restaurants, wineries, sponsors and donors, all

working together to enhance the wellbeing of foster and high-needs children, youth and families in our community. The 6th Annual Taste of the Central Coast was sponsored by the Access Foundation and Bryan J. Crawford, Charles Schwab.

The Family Care Network is a private, non-profit children and families services

provider. In its 22 year history, the agency's programs have grown to serve approximately 2,000 children, youth and families in San Luis Obispo and Santa Barbara counties through 17 distinct programs under five service divisions including: Therapeutic Foster Care; Family Support Services; Early Intervention and Prevention Services; Transitional Housing Services; and Community-Linked Services. For more information on the Family Care Network, please visit FCNL.org or call (805) 781-3535. ■

One-Stop Shopping for Online Health Help

■ People regularly turn to the Internet for games and gossip, news and entertainment, travel planning, Twittering and piano playing cats.

But did you know that browsing for health and medical information is second only to visiting travel and vacation sites?

A number of successful online medical interventions have been reported in recent months, helping folks quit smoking, lower their blood pressure and deal with any number of ailments.

New York City cardiologist Dr. Nieca Goldberg figures it's a great trend, as long as people are going to reliable and trusted sources for help.

"I think it is the wave of the future and, theoretically, it seems like a great idea," said Goldberg, a spokeswoman for the American Heart Association, a clinical associate professor of medicine and medical director of the Women's Heart Program at New York University Langone Medical Center and author of Dr. Nieca Goldberg's Complete Guide to Women's Health. "There could be multiple interactions with patients that are brief and effective."