

Sun

AT THE MOVIES



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Music as medicine

Locals incorporate music to help stave off and manage Alzheimer's disease and dementia [8]

BY JOE PAYNE




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NEW TIMES MUSIC AWARDS
MUSICIANS
ENTER TODAY! [13]

NEWS County's poverty rate among highest in state [7]

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ARTS Local painter explores colorful country architecture [26]

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Anyone who has seen a loved one suffer from Alzheimer's disease or dementia, as I have, knows too well the pain and confusion that can pollute the last years of their life. Though there's currently no known cure, medical researchers have found the art of music to be a promising tool in helping manage the symptoms of cognitive decline. For this week's cover story, I spoke with Santa Maria Valley caregivers who are singing tunes and queuing up playlists to help improve the lives of locals as well as advocates and medical experts on the forefront of confronting Alzheimer's and dementia [8].

Also this week, a recent report found Santa Barbara County had the third highest poverty rate in California [7], a Russian-born pop singer will sing her original tunes in Lompoc [22], a local painter explores the British countryside on canvas [26], the Great American Melodrama in Oceano relives the 1990s in *The Mix Tape* [28], and you can taste wine to your palate's content just off Highway 101 at Costa de Oro in Santa Maria [32].



MUSIC IN MIND: Karen Easteley directs the Oasis Senior Center Choir (pictured) and also leads sensory awareness classes at elder care facilities in Santa Maria as an Allan Hancock College instructor.

Joe Payne,
Managing Editor

Photo by Jayson Mellom > Cover Design by Alex Zuniga

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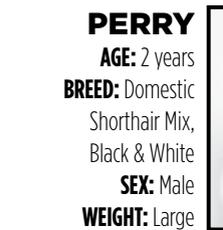
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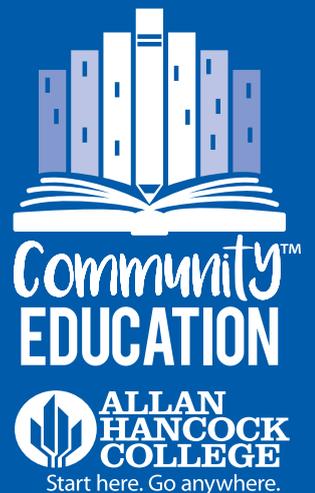
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Political Watch

• Rep. **Salud Carbajal** (D-Santa Barbara) criticized the Trump administration's announcement that it would remove the Obama-era policy of fuel emissions standards for car manufacturers, including California's own more stringent fuel emission standards, on Aug. 2 while joining more than 60 House Democrats in co-sponsoring Rep. **Mark DeSaulnier's** (D-Concord) resolution to oppose the decision. "We cannot allow an administration that is unwilling to accept the realities of climate change to roll back the progress our state has made to improve public health and reduce harmful emissions," Carbajal said. "The Central Coast is already experiencing major climate change impacts like wildfires and drought. We can save lives, property, and money when we work to proactively mitigate these increasingly destructive events. We simply cannot afford inaction on the most significant challenge of our time." On Aug. 7, California 35th District Assemblymember **Jordan Cunningham** (R-San Luis Obispo) introduced his own resolution to the state Assembly in support of California's independent fuel efficiency standards. "California is proud to lead the nation towards a cleaner future," Cunningham said in a statement. "Our ability to set our own emission goals has reduced pollution, increased fuel efficiency, and saved drivers money at the pump."

• Assemblymember **Jordan Cunningham** (R-San Luis Obispo) announced on Aug. 2 that he honored RISE (Respect. Inspire. Support. Empower), a San Luis Obispo County-based organization that provides support for those fleeing intimate partner violence and sexual violence, as Nonprofit of the Year for Assembly District 35. "I can think of no better nonprofit to showcase the supportive and generous spirit of the Central Coast than RISE," Cunningham said in a statement. "This award is meant to spotlight organizations that are making a difference, and whether it is through their valuable community organizations that are making a difference, and whether it is through their valuable community trainings or the help they provide to thousands of victims and survivors of domestic abuse, RISE serves as a beacon of hope and inspiration for our community."

• Santa Barbara County Registrar of Voters **Joseph Holland** sent out a reminder that the deadline to file a Declaration of Candidacy in the county is Aug. 10 at 5 p.m. to be considered qualified as a candidate. Candidates must be registered voters of the district or trustee area if applicable. If an eligible incumbent fails to file or meet nomination requirements by the deadline, a five-day extension is allowed for any person other than that incumbent to file for the office. According to Holland's release, the cities of Buellton, Carpinteria, Goleta, Guadalupe, Lompoc, Solvang, and Santa Maria all have city offices up for election. Declarations may be filed at the Santa Maria Elections Branch Office at 511 Lakeside Parkway, suite 134, Santa Maria. Appointments are required for candidate filing and are available from 8:30 to 11 a.m. and 1:30 to 4 p.m. Monday through Friday. More info: (805) 346-8374. Candidate filing will not be available at the Lompoc Elections Branch Office.

• Santa Barbara County 3rd District Supervisor **Joan Hartmann** announced office hours across her district, inviting constituents to visit and discuss issues pertaining to Solvang, Los Alamos, and Guadalupe. Hartmann's Solvang hours are Aug. 15 from 4 to 6 p.m. at 1745 Mission Drive, Solvang. The Los Alamos hours are Aug. 22 from 4 to 6 p.m. at Bedford Winery, 448 Bell St., Los Alamos. Guadalupe hours are Aug. 23 from 5 to 7 p.m. at The Maple Cottage, 945 Guadalupe St., Guadalupe. More info: (805) 568-2192 or countyofsb.org. ○

Santa Maria High School District breaks ground on long-awaited CTE Center and Ag Farm

Shovels in hand, students donning corduroy Future Farmers of America jackets and hard hats giggled as they simultaneously dug into the freshly graded ground and tossed dirt into the air as a small audience snapped photos.

Behind them, massive yellow backhoes and bulldozers sat still near the newly formed outline of what will soon be the Santa Maria Joint Union High School District's Career Technical Education (CTE) Center and Ag Farm, a nearly \$20 million project that has been in the works for years.

Although construction officially started in June, district officials, students, and community members ceremoniously broke ground on the project on Aug. 6. The facilities and farm, which will sit on 25 acres of land just north of the Santa Maria Elks Rodeo Grounds, will provide students at all high schools within the district with workshop classrooms, livestock corrals and pens, and farming land.

"We're creating a state-of-the-art facility that will improve education in our community," Superintendent Mark Richardson said at the event. "Through the development of the facility and subsequent career technical education programs, we're putting the comprehensive back into a comprehensive high school education."

The project, which is expected to be finished by December of 2019, and open to students in August 2020, includes several CTE workshops and classrooms where students will be trained in manufacturing, diesel systems and diagnostics, construction trades, health science, and medical technology.

A separate CTE pavillion will house a fully equipped commercial teaching kitchen, where the district's culinary arts program will be taught, and a covered patio with removable bleachers. The ag barn will include 15 steer, 32 pig, four sow, and eight goat and sheep pens, surrounded by 7 acres of livestock corrals and 11 acres of farming land.

The CTE Center and Ag Farm, which is being paid for by voter-approved Measure C2004 and Measure H2016 bond funds, is just one of many facility and program improvement projects happening within the district, Richardson said at the event.

The district, he said, recently opened a 14-classroom building at Santa Maria High School, and is currently developing plans for an almost total renovation of that campus. A new performing arts center recently opened at Pioneer Valley High School, and a 38-classroom building is opening on the Ernest Righetti High School campus later this year.

Although Jennifer De Leon, an incoming Santa Maria High School senior and president of the Future Farmers of America, will graduate before the CTE Center and Ag Farm opens, she said that she is excited for future ag students to have a designated space for their animals.

In the past, De Leon said members of the local Future Farmers of America chapter have had to find supportive farmers with extra space willing to house their animals. But with this land, De Leon said her younger siblings will have their own place to keep their animals.

"This will be the go-to farm," De Leon said.

—Kasey Bubnash



TOSSIN' DIRT: Future Farmers of America members from each of the Santa Maria Joint Union High School District's schools break ground on the district's Career Technical Education (CTE) Center and Ag Farm on Aug. 6.

State Sen. Jackson's bill targets wildfire prevention

As much of California burns in the middle of a particularly bad fire season, one bill penned by a Central Coast state senator is making its way through the Assembly. Sen. Hannah-Beth Jackson's (D-Santa Barbara) Senate Bill 1260 aims to improve "forest management practices to reduce the risk of wildfires in light of our changing climate."

In a conference call on Aug. 3, Jackson gave reporters an update on the bill's progress. The bill passed through the Senate on May 25 and was most recently amended in the Assembly on July 2.

"This measure, along with commitment from [Gov. Jerry Brown] will allow California to more than triple the amount of land that is treated with prescribed fire, thus significantly reducing wildfire fuel," she said. The bill also includes additional prevention efforts, lists provisions for wildfire hazard mitigation, and calls for collaborative forest management between government agencies, nonprofits, and the public.

It also gives California's Department of Forestry and Fire Protection (Cal Fire) a means to provide input during new home planning in fire hazard regions. Jackson explained the latter as essential "so that we build in the most responsible ways, particularly in areas that are most vulnerable to these fires."

Another portion of the bill would provide the state's Air Resources Board a pathway to develop an air quality and smoke monitoring program for prescribed burns.

"We know they have an impact on air quality, but frankly, they pale in comparison to the air quality consequences of a catastrophic wildfire," Jackson said. "In California we must do everything we can to stop these uncontrolled wildfires from breaking out in the first place."

Joining Jackson on the conference call were two representatives from environmental groups who support the piece of legislation.

Paul Mason, a vice president for policy

with the Pacific Forest Trust, told reporters that prescribed fires give state officials and forest managers control over the timing and intensity of fires, as well as their impact on the landscape and nearby human communities.

He said the prescribed burning method was essential to land management in the state's wildlands.

"It has to be a cornerstone of how we make California more resilient going forward," Mason explained. "Today's forests in California look nothing like the historical forests, pre 1800: a legacy of logging, mining, grazing, and then land use development, combined with a really effective fire suppression program for the last many decades, has fundamentally changed what our landscape looks like."

Add climate change to that mix, Mason said, and then you have those unfavorable conditions coupled with warmer than normal temperatures lasting for

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Weekend Weather

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Dave Hovde
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Sunday is the big day in the forecast for many. The long-lasting heatwave looks to end.

NEWS from page 5

longer periods and intense drought cycles.

"It has put us in a very different, less stable position than we've been in the past," he said. "Unfortunately, this is only going to get worse."

Mason noted that simply the appearance of a dense forest in the mountains isn't necessarily what scientists would call natural. "That's really the byproduct of prior human intervention decisions and fire suppression," he said. "These issues combined with climate change and drought have led to these really large [tree] mortality events and the uncharacteristic fire behavior we've been seeing the last couple of years with low humidity, high winds, and dense fuel loads."

And it's critical that California as a state tries to increase the resilience of its landscape. Part of that means more large trees and fewer small ones, Mason said.

"Historically, there were a lot more big trees, fewer small trees, and very frequent fire," he added, which is important when considering using fire proactive policies like controlled burns to be able to restore and maintain natural conditions that existed before broad European settlement in the 1800s.

According to Mason, more than 4.5 million acres a year burned in California pre Gold Rush. However, those fires occurred at much lower intensities, in part due to the number of large trees and consistent fires wiping out vast groves of smaller ones, like spruce, which grow as little as a few inches away from each other and provide vast fuel sources when not properly managed.

"We can talk about fire protection and defending from fire, but at the same time we need to increase significantly the ecological use

of fire to protect communities and people in the future," said Craig Thomas, with Sierra Forest Legacy. "We have pretended we could relegate fire to the dustbin of history, and we found out that that doesn't work really well."

Both Thomas and Mason conceded to reporters on the conference call that there was no future scenario where California did not have wildfires.

"Fire is always going to be part of California's ecology," Mason said. "Trying to stop it is not an option."

—Spencer Cole

Santa Maria responds to grand jury report on pensions

The Santa Maria City Council responded to a Santa Barbara Barbara County grand jury report on Aug. 7. The city's answer included two recommendations, which Santa Maria officials say the city has already implemented, as well as several findings that the city partially disagreed with and noted in its letter, sent by Mayor Alice Patino.

The council met after the *Sun's* press time but was expected to ratify the letter's contents unanimously, according to city staff.

In all, the city partially disputed several findings, including its state Public Employees Retirement System (CalPERS) plan's solvency, which the jury said was at high risk.

While the city agreed with the jury that its funding ratios were lower than it "would like," officials argued that the funding ratios identified by the jury were "not a predictor of a plan's solvency." Instead, a lower ratio is "a signal that action may need to be taken to improve the ratio over the long term."

The grand jury noted in one of its findings that Santa Maria faced greater pension risk because of its relatively low general fund revenue per capita, which currently is less than 50 percent of Santa Barbara's and less than 67 percent when compared to Lompoc.

"Santa Maria has taken steps to end employer contributions in lieu of employee contributions in its pension plans," the jury stated. "This step moves some of the burden of repaying its unfunded pension liabilities from the city to its active employees."

For the most part, the city agreed with this finding from the jury but took exception to two key points. Spokespersons for Santa Maria argued that the grand jury did not take all factors into account when it came to the general fund.

"For example the grand jury's analysis does not take into account that Santa Maria has (both currently and historically) a much lower number of employee-to-population ratio than Santa Barbara, San Luis Obispo, and Lompoc," the city said in its response. "In fact, Santa Maria's employee-to-population ratio at 4.76 (per 1,000 residents) is almost half that of Santa Barbara's ratio of 9.26, San Luis Obispo's 8.93, and Lompoc's 8.14."

Another factor the city noted was that not all pension costs are funded by general fund revenues and that the grand jury did not take into account new or significant changes in the city's revenues. One example listed was the retail development at Enos Ranch, which Santa Maria officials say will provide a steady revenue stream and increase city tax revenue.

The letter is scheduled to be sent to the grand jury following the Aug. 7 City Council meeting.

—Spencer Cole

Clarification

In the *Sun's* annual Best Of readers poll issue out on Aug. 2, the address of Tips and Toes, which won Best Nail Salon, was stated incorrectly. Tips and Toes is located at 104 N. Concepcion, Santa Maria.

Retraction

The *Sun's* Aug. 2 issue, the annual Best Of readers poll, including a brief that sourced information from an incorrect website. The following brief for the winner of Best Senior Living Community, won by Country Oaks Care Center at 830 E. Chapel St. in Santa Maria, is the correct version:

Finding the right place for an aging family member who needs constant care can be a daunting prospect, but many locals trust the kindhearted caregivers at Country Oaks Care Center in Santa Maria. Founded 27 years ago by owners John Henning, a Ph.D. psychologist, and his wife, Sharon, who has a degree in recreational therapy, Country Oaks overflows with positivity. Residents at the 50-plus bed facility listen to music, dance, play table games, and feed birds in a small aviary in the sunlit lobby, all while receiving daily care tailored to their specific needs and abilities.

"We strive to provide residence-centered care for all of our residents to help them reach their highest level of functioning and help them maintain that," John Henning said. "It's important to keep their minds activated and their bodies functioning. The whole person needs to be involved." ○

—Joe Payne



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Lacking resources

Santa Barbara County and cities battle high poverty rate

BY SPENCER COLE

Santa Barbara County has one of the highest poverty rates in California. A new report recently released by the nonprofit think tank Public Policy Institute of California shows the Central Coast municipality's 23 percent poverty rate trailed only Los Angeles (24.3) and Santa Cruz (23.8) counties.

Likewise, childhood poverty was found to be equally dismal in all three of the aforementioned counties: Los Angeles (27.8) and Santa Cruz (27.2) again outpaced Santa Barbara County (26.3), but only barely.

It's a problem the county and cities like Santa Maria can trace back for years and an issue government officials and nonprofit organizations have attempted to combat through monitoring, along with funding social and affordable housing programs.

Santa Maria's Public Information Officer Mark van de Kamp told the *Sun* the city's Special Projects Division released an annual "action plan," which focussed on alleviating some of the social issues such as homelessness and access to vital health services.

"The program seeks to expand educational and youth development opportunities, and to develop and support programs to increase the supply of affordable housing for low and moderate income households, particularly people living in poverty," he added.

A 2013 report conducted by Santa Barbara County assessing the region said the 2007-10 Recession resulted in a 52 percent increase in residents living below the federal poverty thresholds and a 61 percent increase in child poverty in Santa Barbara County.

"Yet, just as the community need for human service programs grew, state and federal budget deficits resulted in deep cuts in human services programs," the report's authors wrote. "These cuts have strained the public and nonprofit safety net infrastructure, leaving Santa Barbara County's most vulnerable community members without adequate resources to make ends meet."

The report identified four cities as high poverty areas: Santa Barbara, Santa Maria, Lompoc, and Isla Vista.

Although Guadalupe and Carpinteria did not meet the 20 percent high poverty threshold used in the report, "they have significant numbers of residents struggling economically and display other indications of financial distress (e.g. high rates of benefits usage, overcrowding, and uninsurance)," its authors added. "It is also important to note that undocumented workers are not counted in official statistics, so the poverty rates in certain areas are likely to be higher than portrayed."

All of the identified cities have relatively high homeless populations, compared to surrounding areas. The 2017 Report on Homelessness in Santa Barbara County found sheltered and unsheltered populations had remained "remarkably consistent in Santa Barbara County over the past six years (1,536 in 2011 vs. 1,489 in 2017)."

The largest increases in counted homeless people were observed in Lompoc, Goleta, and Isla Vista, but Santa Maria still had a fairly large

population of homeless (338), or roughly 40 percent more than in 2011 (less than 250).

The high level of poverty makes for a tough reality for some cities like Lompoc and Santa Maria, communities that have struggled to rein in their spending due to skyrocketing state pensions and unstable economic conditions over the past decade.

For instance, Santa Maria balanced its budget for the next two fiscal years in June, but that equilibrium came at the cost of millions of dollars in reserve funds. Officials said the move was necessary given the city's growing pension payout obligations, which saw a spike of nearly \$4 million in California Public Employees' Retirement System (CalPERS) costs compared to just a half decade ago.

Even though the pension problems have been successfully staved off for a couple more years, Santa Maria, like many West Coast cities, must deal with the cost of homelessness and poorer populaces.

"In many instances, it costs more to maintain a homeless individual than to solve the problem," a spokesperson for Santa Barbara County's Department of Behavioral Wellness told the *Sun*.

The annual cost of criminal justice, health care, and other services for a homeless person ranges between \$35,000 and \$150,000, according to the U.S. Interagency Council on Homelessness.

It's why California and its cities have tried to address one of the most prevalent issues statewide, a lack of affordable housing. Most recently, local nonprofit People's Self-Help Housing opened its third low-income apartment complex in Santa Maria on July 27, which will house 34 farmworker families.

The Public Policy of California (PPIC) report issued in July found that more than 14 percent of Californians lacked enough resources, or around \$24,000 a year for a family of four, to

meet basic needs in 2016. It should be noted that the official poverty line does not account for the state's housing costs or other critical family expenses and resources.

Nearly one in five Californians were found to not be living in poverty but still "lived fairly close to the poverty line," and at least two-fifths (more than 38 percent) of state residents were declared "poor" or "near poor" in 2016.

Moreover, the report's authors said poverty statewide is higher once key family needs and resources were factored in.

The California Poverty Measure (CPM), a joint research effort by PPIC and the Stanford Center on Poverty and Inequality, is a more comprehensive approach to gauging poverty in California. It accounts for the cost of living and a range of family needs and resources, including social safety net benefits.

According to the CPM, 19.4 percent of Californians (about 7.4 million) lacked enough resources to meet basic needs in 2016—about \$31,000 per year for a family of four, nearly \$7,000 higher than the official poverty line. Poverty was highest among children (21.3 percent). The overall poverty rate went unchanged between 2015 and 2016—following two years of decreases.

"The picture of poverty is quite different than what you might expect based on the 1960s-era official poverty estimates," PPIC researcher Sarah Bohn said in the report. "It tends to be higher on the coast, and some of that's driven by the high cost of living, but also by the fact that in some of those places families are working and less eligible for social safety net programs that boost their income." ○

Staff Writer Spencer Cole can be reached at scole@santamariasun.com.

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ACCENTUATE THE POSITIVE: Karen Eastey leads the Oasis Senior Center Choir (pictured) as well as several sensory awareness classes for Allan Hancock College at care facilities in Santa Maria. The classes use music and visual aids to help keep seniors stimulated and mentally active to help stave off or manage symptoms of cognitive decline.



ART OF HEALING

You've got to ac-cen-tuate the positive/E-lim-in-ate the negative/Latch on to the affirmative/Don't mess with Mister In-Between"

The 20-plus members of the Oasis Senior Center Choir all sang in unison with the piano accompaniment. Gruff baritones and lilting sopranos blended together, filling the room with melody.

Karen Eastey led the group from the piano, where she plunked vocal lines before giving the full, jazzy accompaniment while the group of seniors sang the classic tune first published by Harold Arlen and Johnny Mercer in 1944. The song was made famous by the era's most popular baritone, Eastey explained after the last chord struck.

"All right, well that was from Bing Crosby," she said. "But now let's go to 1964, from a Broadway show called *The Roar of the Greasepaint—The Smell of the Crowd*, 'On a Wonderful Day Like Today.'"

The group was ready with the words in hand and the tune already in their memories as Eastey moved them quickly through one of the last songs of their usual Thursday afternoon session. It's a regular gathering, Eastey told the *Sun*, where anyone is welcome to join each week, regardless of musical skill or background.

But that wasn't even Eastey's first gig that day. She had already performed at a rest home for seniors unable to travel to a community center or join a choir, but are under constant care. Many are experiencing cognitive decline, and suffer from Alzheimer's disease and other forms of dementia.

Eastey performs and sings those same standards as an Allan Hancock College instructor, through the college's Community Education Department, teaching sensory awareness classes. For the residents in her classes with dementia, Eastey has seen firsthand the power that music has to connect them with their memories, providing moments of joy and lucidity, especially with those old songs.

Caregivers incorporate music to stave off and manage the effects of Alzheimer's and dementia

BY JOE PAYNE • PHOTOS BY JAYSON MELLOM

"Those are the favorite songs that we know, the ones from our high school years and when we're in our 20s," she said. "It helps the Alzheimer's and dementia patients particularly to recall old memories through music, the music they grew up with and loved."

A drug trial announced in July may provide a possible breakthrough in slowing the cause of Alzheimer's, but for those currently living with the disease, it remains incurable. But years of research, including studies from the National Institutes of Health, have proved that music is a powerful tool to help manage the symptoms of Alzheimer's and dementia.

Researchers have also found that engaging in music, especially in social settings like the Oasis Senior Center Choir, has been shown to stave off cognitive decline as well. Caregivers have shifted the way they approach patients with cognitive decline to align with that research, finding that music and other arts provide tangible and meaningful results.

In the Santa Maria Valley, Eastey's program isn't the only one that brings music to the ears of dementia patients, better connecting them with their caregivers, their families, and their own minds.

Disease without a cure

At least 57 types of diseases are known to cause dementia, according to Donna Beal, the vice president of program services for the

Alzheimer's Association's California Central Coast Chapter. But of those, the most common is Alzheimer's disease.

Researchers have known for years that music is helpful for managing symptoms of Alzheimer's and dementia, she said, which is important considering the current treatments available.

"Alzheimer's disease is the only disease in the top 10 in the United States with no real treatment and no cure whatsoever," Beal said.

"There's five kinds of medications on the market that do anything to treat the disease itself, and those don't cure it all, and they have much more therapeutic uses in the earlier stages, but they in essence really just slow the progression."

Some of the biggest changes in the past decade regarding Alzheimer's have to do with its public perception, Beal explained. Advocates have argued for more funding from the National Institutes of Health for research into a cure, and Congress has pledged more money over the years, she said.

And how the disease is understood publicly has improved as well, she said, from the compassion from caregivers to the awareness that erratic behavior could possibly be caused by Alzheimer's or dementia.

"It's a much more complicated disease than people thought for many, many years," Beal said. "People in the community are much more aware that what's going on is an actual disease that's impairing the person's ability to

get dressed, take a bath, have a conversation, and those types of things. That's one of the big changes I see."

Alzheimer's disease is caused by an excess of amyloid tau proteins in the brain, according to Dr. Verna Porter, a neurologist and director of programs for Alzheimer's disease, dementia, and neurocognitive disorders at the Pacific Neurosciences Institute at Providence Saint John's Health Center in Santa Monica.

A new breakthrough drug, announced at the Alzheimer's Association's International Conference in July, reduced the amount of amyloid tau buildup in the brains of more than 800 patients with early onset of Alzheimer's, according to a release from the Alzheimer's Association. The drug, called BAN2401, is an anti-amyloid antibody that may help slow the progression of Alzheimer's.

The drug is still in its trial phase, Porter said, so for now caregivers and medical professionals are stuck dealing with the outcome of amyloid tau protein buildup, which she said "essentially gum up the works of the brain."

"They interfere with nerve signaling and with the appropriate transmission of information, so they're essentially blocking a network of finely connected and interwoven neurons that normally would be able to spread information effectively throughout the brain, which is essentially memory," Porter said. "It's blocking those networks and making it far less efficient, which is manifesting as memory cognition problems."

Those blockages also affect executive functions, Porter explained, which include "reasoning, judgement, and problem solving." That's why dementia patients may wander off, or have an irrational fear of water, which makes something as simple as a bath or shower a nightmare for the patient and caregiver.

That's where music comes in handy. Porter said that just listening to music has been shown to improve executive function in patients with dementia, as well as improve attention, psychomotor speed, and memory.

Learn more

The Alzheimer's Association's California Central Coast Chapter connects locals to resources in Santa Barbara, SLO, and Ventura counties. Information is available at alz.org/centralcoast or by calling (805) 892-4259.

The chapter's Santa Maria offices are located at 120 E. Jones St., and can be called at (805) 636-6432.

“So it seems that listening to music actually increases the overall global cognition for patients with Alzheimer’s disease,” she said. “So clearly that’s a positive.”

Even more positive is that music offers those effects without the need of any psychotropic intervention, or medications, Porter said. That fact is what inspired one local care center to implement a music-based program while the organization that started it was expanding nationally.

Music and Memory

At Country Oaks Care Center in Santa Maria, music plays throughout the halls. From the twanging guitars of classic country to the full jazz orchestra of the big band era, there’s always something on.

And there’s always something for residents to do at Country Oaks if they want, Activities Coordinator Randi Vargas said from the sunlit lobby of the care facility. She spoke over the chirps of several birds inside a glass-walled aviary there, which residents enjoy spending time in front of as they watch the birds flutter and preen, she said.

“You can have all the medication in the world, but if you’re still depressed and have no one to talk to and no activity to keep your mind stimulated, or socialization, what kind of quality of life do you have?” Vargas said. “My department can make you happy, so I think it’s a great combination of the medical care and the quality of life that we bring. I think that’s super important; one is just as important as the other.”

About three years ago, Country Oaks joined the first phase of a program called Music and Memory, which provides care facilities with MP3 players, computers, and music download gift cards to help create tailored playlists for patients with dementia and cognitive decline. Music and Memory is also a nonprofit, founded by Executive Director Dan Cohen, that purchases the technology and distributes it to care homes that join the program.

Country Oaks’ owners Dr. John and Sharon Henning had seen the documentary *Alive Inside*, which details what music can do for those with dementia, Vargas explained, and wanted to incorporate it at their care facility. Since then, Country Oaks has been an active participant in Music and Memory as the program has expanded, Vargas said.

“During that time there wasn’t a whole lot that people thought they could do for people with dementia and Alzheimer’s, so it gave us great hope to give others hope with people suffering from dementia, to give them some sort of quality of life,” Vargas said.

Of the 57 residents currently at Country

Oaks, around 26 of them participate in Music and Memory, Vargas said, and finding the right music for each patient is a process.

Many residents tell Vargas exactly what they love, from gospel music to old jazz standards, but for those with progressed dementia, some detective work is involved. She talks to their families, asks about music that would be tied to positive, happy memories, especially memories from their youth, like what played at their high school prom, or the first dance at their wedding.

“What I’ve found with people with Alzheimer’s and dementia, is their long-term memory isn’t as affected, it usually affects their short-term memory,” she explained. “That’s why people tend to regress back, and so if we personalized the music, they are able to connect with those memories that were associated with a certain song and kind of bring them back to the present, make them kind of alert.”

According to Dr. Porter with the Pacific Neurosciences Institute, the ability of music to activate the emotional centers of the brain, especially when storing and recalling memories, explains why beloved music is so helpful in managing dementia.

“Those are all things that help re-establish connections in the brain that are hardwired over many, many years,” Porter said. “So it can help to reinvigorate those areas in the brain.”

Music and Memory has been so effective at Country Oaks that it’s actually helped caregivers reduce the amount of psychotropic medications needed for patients there, Vargas said, earning the facility an award from the nonprofit. Because of the power of music, staff have been able to help those residents navigate sometimes challenging tasks like bathing, without drug intervention.

Music and Memory is also a program that Vargas turns to for residents on end-of-life care, “whose health is declining fast and they could go at anytime,” which they also call “comfort care.”

“The last thing to go is hearing, and there’s nothing like putting a set of headphones on and letting them listen to some soothing gospel music or something their family says, ‘Hey, this is what she loved, and what she’s always loved,’” she said. “I play a lot of old gospel hymns, but this one lady I had who loved country music,



CREATIVE CARE: Volunteer Dorothy Tilley, right, chats with Shirley Thomas, center right, at Country Oaks Care Center in Santa Maria, which provides numerous activities to keep residents engaged and active physically and mentally.

that good ole country music, and I tell you, by the end of her days, if she wasn’t tapping her foot, smiling to Merle Haggard ...”

Community caring

For Eastey, who leads Hancock’s sensory awareness class from the piano bench, nothing beats a live performance.

She plays at care facilities like Country Oaks, Villa Maria Care Center, and the Santa Maria Wisdom Center, most of which have acoustic pianos, she said. That’s what the majority of residents grew up around, like she did.

“They were born, a lot of them, in the ’20s and ’30s,” Eastey said. “I was born in ’44, so I grew up with all the same songs they know because my mom played the piano and we didn’t even have a TV until I was 10. Everybody sang around the piano still.”

Those who attend Eastey’s classes aren’t just passive listeners, they’re active participants, singing along, clapping, and more. Making music has been linked to neurogenesis, or the generation of new brain cells, Dr. Porter explained, as well as “various repairing mechanisms in the brain.”

But more than just getting the cognitive benefits of singing and listening, residents are also connecting socially.

Social interaction may also be beneficial to staving off dementia as well, according to a study the National Institutes of Health released in 2016. The study suggests that programs “that encourage social interactions, light physical activity, and cognitive activities among older participants may be effective for preventing cognitive decline.”

The pro-social and creative benefits of Hancock’s sensory awareness classes aren’t lost on the college’s Community Education Department. The department’s dean, Sofia Ramirez Gelpi, told the *Sun* that Eastey’s class is one of several that are designed to keep local seniors active and engaged.

“We provide a series of courses besides this one to help older adults stay fit mentally, physically, cognitively,” she said. “We have art classes that are geared towards artistic development, but hidden within the class are concepts like keeping eye coordination, gross motor skills, fine motor skills, things of that sort.”

Eastey’s sensory awareness classes are a lot like what she does directing the choir at Oasis, except she incorporates visual aids, like computer projections that include photos of the artists. She doesn’t have all that technology at Oasis, though most same benefits are there, she said, and she uses the same songbooks.

For most of the members of the choir at

Oasis, staving off cognitive decline wasn’t their motivation to join the throng.

Sandy Boyd, an Oasis member, decided to join after she saw the group perform at an organization event. She’s aware of the studies that link music and social interaction with brain health, but that’s not why she’s there every Thursday.

“I just like to come and sing,” she said. “It looked like so much fun that I wanted to be part of it.”

Engaging in creativity, especially in a group, is almost like a Trojan horse of cognitive care. Seniors are motivated to sing, paint, or quilt, especially when it means they get to meet with friends or family.

But another hidden benefit is for the caregivers, whether professionals like Vargas at Country Oaks or family who take care of a loved one at home. According to Dr. Porter, there are health benefits for the caregivers themselves who employ music and creativity in their care.

“If the patient is doing better, then that improves the quality of life for the caregiver and gives them perhaps a little more free time and a better ability for them to socialize and do other things that they need to do for their cognitive health and well-being,” Porter said. “So interestingly, there’s more research now going into looking at not only the direct effects of music therapy on the patient, but the secondary benefits on the caregiver.”

For Vargas, there’s no study necessary to illustrate the benefits of music therapy to her life as a caregiver at Country Oaks.

Not only does she infuse her family life with a variety of music when not at work, but every resident at Country Oaks either introduces her to something new or connects with her over a favorite musical genre or artist. And what that means to her patients’ families is important as well.

“It’s from the heart,” Vargas said. “It’s memory, it’s art, it’s all those things at once, and it’s such a great feeling. ... Even if it’s for a brief moment that we can bring them back and give them a quality of life, I think we’ve accomplished something.”

In Eastey’s case, even though she’s in her 70s now, she hasn’t planned to stop teaching through Hancock or leading the choir at Oasis. The payoff for her is too great to give up.

“It makes me cry,” she said through tears. “It just makes me so happy to see that it’s helping. I saw it in my own father and my aunt, and it just makes me so happy and blessed to be able to be going around to these people.

“And I think I’ll never be able to retire,” she added. “I’ll one day fall off the piano bench, because I just can’t.” ☐

Contact Managing Editor Joe Payne at jpayne@santamariasun.com.



ARTISTIC TREATMENT: Numerous medical studies have shown that playing or listening to music can improve neuropsychiatric symptoms of Alzheimer’s disease, like anxiety and depression, and raise the quality of life for those living with the disease, according to Dr. Verna Porter, a neurologist with the Pacific Neurosciences Institute in Santa Monica.

Spotlight on: The Ultimate Escape Rooms

Alexis Crouse, co-owner

BY SPENCER COLE

Central Coast residents and visitors have a new place where they can “escape” from the real world. The Ultimate Escape Rooms, a Ventura-based company, plans to open its doors at 485 Alisal, suite 120, in Solvang sometime this month.

The business’s main attraction? Its name says it all. “Real-life room-escape games are a type of physical adventure game where people are locked in a room with other participants and must use elements of the room to solve a series of puzzles, find clues, and escape the room within a set time limit,” co-owner Alexis Crouse said. “The rooms are a little like a video game come to life.” Crouse co-owns the company with Annette Cortez and her husband, Scott.

So far, only one room is listed on the company’s website for patrons to escape from at the Solvang location. It’s called “The Mischievous Nisse” and is described as a traditional Christmas-themed setting where your family’s nisse—a goblin in Scandinavian folklore—is not happy about your family’s decision to not observe traditional Christmas activities this year.”

Other rooms will be added in the coming weeks, including one called “The Snow Queen” and another dubbed “Gold Fever.”

Like most escape rooms, participants have an hour to solve all the puzzles and escape.

But don’t worry, Crouse said, the spaces are family friendly and come with an unlocked emergency exit “available at all times.”

Escape rooms are on the rise in popularity nationwide. According to the Room Escape Artist, a website devoted to tracking and reviewing such businesses, in 2014, there were roughly two dozen escape rooms in the United States. That number ballooned to more than 2,000 in 2017, according to data compiled by the site.

“They are small adventures,” Room Escape Artist’s cofounder David Spira wrote in a blog post. “When they’re really good, you feel like you’re a character in Indiana Jones, *Oceans 11*, Mission Impossible. There’s a range of quality, and all manner of different themes, but in a world gone digital, it feels so good to do something in real life.”

The Ultimate Escape Rooms offers private parties and team-building corporate events. To make a reservation for a group of eight or “join in on the experience with new friends,” contact Alexis Crouse at alexis@theultimatescaperooms.com or call (805) 474-4208 and leave a message. For more information and to book a time to play, visit theultimatescaperooms.com.

Highlights:

- United Blood Services and Enos Ranch Stores, along with Doc Burnstein’s Ice Cream Lab, will host a blood drive on Aug. 13, from 1 to 6 p.m. at the Enos Ranch Shopping Center. All donors will receive a voucher for a free pint of ice cream. Doc Burnstein’s opened a store at the shopping center earlier this year. To make an appointment, call

(805) 543-4920.

- On Aug. 9, a job fair for manufacturing operators will be held from 9:30 a.m. to 1:30 p.m. at the Workforce Resource Center (1410 S. Broadway) in Santa Maria. For questions, contact Alma at a.janabajab@sbcsocialserv.org or at (805) 884-6812.

- CoastHills Credit Union donated \$500 to the Lompoc Museum in July. The funds will go toward restoring the museum’s World War I monument.

- Expo Fest 2018: Business, Agriculture, and Energy Industry Expo and Festival will be held on Aug. 25 from noon to 4 p.m. at Allan Hancock College in Santa Maria. The event is open to the public.

- Santa Maria’s Recreation and Parks, the Mayor’s Task Force on Youth Safety, and One Nation 805, will present its first backpack giveaway for kids age 5 to 18 on Aug. 12, from 1 to 4 p.m. at the Abel Maldonado Community Youth Center. Barbers and hair stylists will also be available on site to provide free haircuts.

- Bonipak Produce Inc., a California-based, family owned and operated grower and shipper of quality vegetables, announced Stan Otremba had been named the new director of sales. “Stan’s exceptional leadership skills and depth of industry expertise make him a significant asset to the Bonipak team and our customers,” stated Bonipak CEO Joe Leonard. “As Stan steps into his new position, we look forward to continuing to provide the same top-notch service our customers have come to expect, and



ESCAPE TO FUN: Solvang’s newest attraction features a series of 200-square-foot rooms that challenges teams of two to eight people to solve puzzles and escape the space within an hour.

to reaching new heights through the unique strengths he brings to the table.”

- On Aug. 2, Lompoc’s Economic and Community Development Department (ECDD) honored four local businesses that participated in the city’s Commercial Facade Rebate and Loan Program. The honored businesses were: Earl’s RV; Jael and Jabez Salon and Spa; Grocery Outlet Bargain Market; and Mary Sharp, CPA. The ECDD offers a rebate and loan program for commercial businesses located within the city limits wishing to make improvements to the façade of their building. The rebate component comes in installments of cash up to \$5,000, and the loan component is an unsecured loan of up to \$15,000. ○

Staff Writer Spencer Cole wrote this week’s Biz Spotlight. Information should be sent to the Sun via fax, mail, or email at spotlight@santamariasun.com.

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Former principal plans new charter school

BY KASEY BUBNASH

Just months after enduring what she called her “worst” experience in 25 years of teaching and education, which led to her recent resignation from a local junior high school, former principal Carmen Rivera is working to open a new charter school in Santa Barbara County.

Although plans for the public charter school, Affinity Charter, are still in their earliest stages, Rivera said the application process has begun. In order to be authorized, Rivera must submit a detailed charter petition, budget, and school design to a local school district, the county, and then the state.

If approved, Rivera said the school would use innovative, individualized learning plans to better educate fifth through eighth graders in Santa Maria, specifically those of color and low socioeconomic status.

While students and teachers of all colors would be welcome at Affinity Charter, Rivera said each student’s inherent strengths, background, and culture would be considered throughout their time in the school—a practice that Rivera said is not currently used in mainstream education.

“It’s about being culturally responsive,” Rivera told the *Sun*.

The nation’s student population has been diversifying for decades, but Rivera said teaching strategies used have largely gone unchanged. American kids still spend most classes sitting in rows, silently listening, reading, and writing, and only speaking when

called upon, Rivera said, just as students did centuries ago.

But not all students learn in the same ways, and not all students come from the same kinds of homes and families. Childhood trauma, poverty, and privilege are all issues that affect different children in different ways, and Rivera said Affinity’s individualized teaching strategies would address those contrasting characteristics.

Class times would be flexible for families with demanding schedules, communication would be revered, and the school would take full advantage of each student’s learning strengths. Affinity students wouldn’t be punished for trivial infractions like doodling, speaking out, or being late for class, Rivera said.

“The foundation is really about supporting parents and students through this progressive type of learning,” Rivera said. “This charter school is supposed to give an opportunity to students who struggle with mainstream programs and systems.”

It’s the same strategy Rivera had hoped to establish at Tommie Kunst Junior High School when she was hired as principal in the summer of 2017.

At Tommie Kunst, Rivera said she saw the same pattern repeated constantly: a student managing a lot at home would be constantly berated by teachers for being late, being loud, and being distracted.

Those issues, Rivera said, were compounded by the “implicit biases” that all teachers have toward students of varying ethnicities and socioeconomic statuses. While

about 92 percent of students attending Tommie Kunst during the 2017-18 school year identified as hispanic or Latino, only 1.4 percent of its teachers were the same ethnicity, and 82 percent were white, according to data collected by the California Department of Education.

Those disparate rates, she said, often negatively impact students of color.

“I saw an instance where I realized that how we were treating kids on campus was inappropriate,” Rivera said, “and I called it out. Some people were offended. And I get it, I get it. Maybe I went about it in the wrong way.”

At a Santa Maria-Bonita board of education meeting in February, almost a dozen Tommie Kunst teachers called for Rivera’s resignation, citing ineffective leadership skills and a hostile attitude toward white teachers. Although a few community members and a student defended her at the meeting, Rivera stepped down from her post as principal in April, according to Santa Maria-Bonita Public Information Officer Maggie White, and officially resigned from the district on June 29.

The experience, though painful, inspired her to develop the plan for Affinity Charter, which she hopes will be opened to a small group of students and teachers by fall 2019. Finding donors and other funding sources, she said, are her immediate next steps.

“It broke my heart to leave [Tommie Kunst],” Rivera said, “but I don’t know that I’m ready to leave the community. And I don’t know that I’m ready to abandon children who need an advocate for them.” ○

Staff Writer Kasey Bubnash writes *School Scene* each week. Information can be sent to the *Sun* via mail, fax, or email at mail@santamariasun.com.

ATHLETE OF THE WEEK

PHOTO COURTESY OF CHRISTOPHER ENDERLE



Elizabeth Enderle

She’s not the first in her family to love horses, but incoming Santa Ynez High School sophomore Elizabeth Enderle shows them like no one else can.

Elizabeth, 15, has been riding horses since she was a child, but started competitively showing only about three years ago, according to her mom, Kerry Enderle. And she’s already making waves.

Although Elizabeth originally trained as a hunter rider and competed in the Hunter Pleasure division, she recently switched to Western Pleasure, a riding style that Kerry said requires an entirely different skill set. After only a few months training, Kerry said Elizabeth was crowned the 18 and under champion of the Region 2 Championship Arabian Horse Show at the Earl Warren Showgrounds in mid-June.

Elizabeth won, Kerry said, showing a horse that was bred and raised by Elizabeth’s grandparents. Elizabeth plans to compete again come fall. ○

—Kasey Bubnash

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Misdeeds in La-La Land

BY KEN MCCALIP

In every local community in America it is apparent that the lies and misdeeds of Washington's La-La Land impact our nation's standing and tarnish our country's reputation and place each and every community's safety in peril! Now is the time for us all to act locally as one to protect those principles that our Founding Fathers created. In the end we will exit this cloudy and murky historic period, and the Star Spangled Banner will proudly wave over our land of the free and the home of the brave!

Each and every day the misdeeds and lies become more apparent to us all as our free press gains access to more information. The misdeeds are numerous and growing much like a cancer on the heart of our nation. Most recently, Donald Trump's private attorney has disclosed that President Trump did in fact OK in advance the meeting with Russian agents by his son in Trump Tower to get helpful information for his campaign. This is in contrast to all of his prior false statements surrounding this disgraceful event. Working with a foreign adversary is a major crime against our country. Oh! By the way, his lies as of Aug. 1, 2018, stand at 4,229 and are increasing in frequency! His recent actions at the Russian-American summit have cemented his connections with the Russian leader and point out his weakness as our leader as he is not looking out for our national interest and is beholden to Vladimir Putin. Trump's performance covered to Putin in front of the American public at the summit. Then Putin stated in front of the cameras that he supported and ordered his agents to help Trump in the 2016 election. Who will ever forget Trump during the campaign on TV telling Russia to get the emails of his opponent? All this is extremely bad for American security and bad for Trump.

La-La Land's irrational leadership moves have also impacted our national trading relationships, which in turn impact local communities. The most notable, the tariffs he has irrationally imposed, without any prior thought, on most of the world's nations. Now Midwest farm income has plunged and will undoubtedly drive some farmers out of business. To counter this, he has decided to use the taxpayers' pocketbook to help the farmers out of the mess he created! The average Joe will start to see the rise of all prices because of tariffs. Even the price of a can of beer and Coke will skyrocket because of tariffs on steel and aluminum. One mess after another as our national debt has hit the highest ever at \$21 trillion under Trump after his tax cuts for mainly the wealthy and corporations. All this after he had promised in his campaign to get rid of our national debt?

National security is certainly at risk with his off-the-cuff type of negotiations with North Korea without any advanced preparation or set goals and no verification protocol. Today, we see no solid results with the continued factory production of intercontinental missiles at North Korea factories. But Trump continues his braggadocio, puffing up his success when none exists with no existing verification protocol or even an agreement.

Pulling out of the Iran deal was another misstep without proper advanced thinking. It frees Iran to build nuclear weapons with no inspection protocol allowed and has alienated vital allies. France, Germany, and the United Kingdom have all expressed their disgust with the U.S. action. It also limited the likelihood of success in the later dealings with North Korea

when they saw that we do not stand behind our commitments. Off-the-cuff La-La Land negotiations have proven they do not work in the real world.

Splitting up asylum-seeking immigrants' children, with absolutely no plan for reunification, was the height of irresponsibility and cruelty, but has become standard unthinking policy by this administration. Trump has clearly stated that this program was instigated to deter others from seeking asylum. His own words were used in court to stop the evil practice. This is just one of many blots on our country's history as a beacon of freedom caused by this administration's actions, and as of today, there are still more than 500 children who have not been reunited with their families.

Our national leader's head is certainly in the clouds of La-La Land for what appears to be the long haul. More misdeeds pop up each day, such as his propensity to tweet either with ignorance of the law or his obvious arrogance or more likely both. In early August, he tweeted that the attorney general should fire Special Counsel Robert Mueller, apparently not knowing that this is public evidence of obstruction of justice.

So how do we get ourselves out of Trump's La La Land and back to reality with every community safe from our nation's foes and from insane moves to kill free trade? Our Founding Fathers created a system of checks and balances in our national government. But today congressional checks are not being exercised. It is time for us all to become loud and vocal, insisting on checks on this administration. We all need to VOTE in the upcoming midterms, as your family's safety and prosperity are at stake! ○

Ken McCalip is a North Santa Barbara County native who holds degrees in history, cultural geography, and law. He can be reached at kennethmccalip@yahoo.com. Send your thoughts to letters@santamariasun.com.

WRITE NOW! We want to know what you think about everything. Send your 250-word letter to Sun Letters, 2450 Skyway Drive, Suite A, Santa Maria, CA 93455. You can also fax it (347-9889) or e-mail it (letters@santamariasun.com). All letters must include a name, address, and phone number for verification purposes; may be edited for space or clarity; and will be posted to santamariasun.com.

LETTERS

Dear editor

You Canary says: "It must be nice to be able to own a house or a piece of farmland, to rake in the stacks of rental or ag income from the county's working class," ("Must be nice," July 26).

I'm a working-class employee, a senior citizen, and the owner of rental income. I'm also the child of a sharecropper from the American South. I'm also an American citizen, which means I can begin my adult life on welfare, work hard, save, and one day own rental property that working people pay for.

Please let your "bird" know that one's hourly wage is not the same as their net worth. People who work for a living can save and invest. To assume this way of life—working hard and getting out of poverty—is something to be devalued is not something I would discourage. It is a shame your publication feels differently.

Dianne Martin
Santa Maria

It is sad

There is fear throughout this land. Fear of truth. Fear of offending. Fear of being different. Fear of responsibility. Fear of being natural, normal.

It is sad. Think about it!

Ken Hansche
Santa Maria

MAYFIELD

THE NEW MONTECITO LOOK

MONTE-STILT-O

POST FIRE/FLOOD/MUD BUILDING REQUIREMENTS

YOUR NEW STRUCTURE MUST BE BUILT AT THE APPROVED LEVEL

- 13 FEET ABOVE THE MUD LEVEL
- 2 FEET ABOVE THE FLOOD LEVEL

APPROVED BUILDING LEVEL
1ST FLOOR LEVEL
MUD LEVEL
GROUND LEVEL

ORLMMXVIII

ATTENTION LOCAL BANDS, MUSICIANS, SINGERS, AND SONGWRITERS!

TIME TO ENTER THE 10TH ANNUAL NEW TIMES MUSIC AWARDS

Win amazing prizes including a Newtie (the official, custom NTMA trophy), a chance to be included on the 2018 NTMA CD, recording time at The Sauce Pot studios, AND a spot performing at the winners showcase at the Fremont Theater, on Friday, November 2nd, 2018.



ENTER CONTEST ONLINE OR WITH ENTRY FORM BELOW
 ENTRY PERIOD IS THURS., JULY 26 - MON., AUG. 20, 2018 BY 5PM
 ENTER ONLINE AT www.NewTimesSLO.com

ENTER UP TO 13 SONGS & 1 ALBUM

ONLINE ENTRIES ARE PREFERRED, however, you may fill out the following form to enter songs into this year's competition. Be sure to check ONE box to indicate the genre of the song. 10 original songs max for the genre categories, 3 original songs max for the songwriters category, and 1 entry for album category total.

Name(s) of songwriter(s) _____
 Address _____
 Phone # _____ Email _____
 Instagram _____

SONG ENTRY BY GENRE (please check one box per song title to indicate song genre)

Song Title #1 _____
 Name of performing artist(s) EXACTLY as it should appear on CD _____
 (band name, stage name, etc.)
 Rock/Alternative Country/Americana/Folk R&B/Blues Hip-Hop/Rap Open Youth

Song Title #2 _____
 Name of performing artist(s) EXACTLY as it should appear on CD _____
 Rock/Alternative Country/Americana/Folk R&B/Blues Hip-Hop/Rap Open Youth

Song Title #3 _____
 Name of performing artist(s) EXACTLY as it should appear on CD _____
 Rock/Alternative Country/Americana/Folk R&B/Blues Hip-Hop/Rap Open Youth

Song Title #4 _____
 Name of performing artist(s) EXACTLY as it should appear on CD _____
 Rock/Alternative Country/Americana/Folk R&B/Blues Hip-Hop/Rap Open Youth

Song Title #5 _____
 Name of performing artist(s) EXACTLY as it should appear on CD _____
 Rock/Alternative Country/Americana/Folk R&B/Blues Hip-Hop/Rap Open Youth

Song Title #6 _____
 Name of performing artist(s) EXACTLY as it should appear on CD _____
 Rock/Alternative Country/Americana/Folk R&B/Blues Hip-Hop/Rap Open Youth

Song Title #7 _____
 Name of performing artist(s) EXACTLY as it should appear on CD _____
 Rock/Alternative Country/Americana/Folk R&B/Blues Hip-Hop/Rap Open Youth

Song Title #8 _____
 Name of performing artist(s) EXACTLY as it should appear on CD _____
 Rock/Alternative Country/Americana/Folk R&B/Blues Hip-Hop/Rap Open Youth

Song Title #9 _____
 Name of performing artist(s) EXACTLY as it should appear on CD _____
 Rock/Alternative Country/Americana/Folk R&B/Blues Hip-Hop/Rap Open Youth

Song Title #10 _____
 Name of performing artist(s) EXACTLY as it should appear on CD _____
 Rock/Alternative Country/Americana/Folk R&B/Blues Hip-Hop/Rap Open Youth

SONGWRITER CATEGORY ENTRY

Song Title #1 _____
 Song Title #2 _____
 Song Title #3 _____

BEST ALBUM ENTRY

(only 1 total)
 Album Title _____

TOTAL NUMBER OF ENTRIES _____ x \$10= _____ PAYMENT ENCLOSED _____

I certify that I am the writer or co-writer of the song(s) or lyrics submitted. I also certify that I have read, understood, and accept the rules and regulations of the New Times Music Awards. If entrant is under 18 years old, the signature of a parent or guardian is required.

Signature _____ Date _____

ONLINE ENTRIES ARE PREFERRED, BUT YOU MAY ALSO MAIL OR DROP OFF SUBMISSIONS AT EITHER OF OUR OFFICES. Additional entry forms are available at either of our offices or on our website: www.NewTimesSLO.com.

LOCAL LEGEND AWARD NOMINEE

The Local Legend Award recognizes an individual or group who has contributed to help enrich, support, and further music's reach in our community; someone whose ideas, inspiration, and dedication to this art scene have helped nurture and grow the music scene—whether it's bringing new sounds to the area or giving people the tools they need to create their own. We would love your input! Please use this space to nominate an individual, group, or organization, you feel should be considered for this award:

NEW TIMES: 1010 MARSH STREET, SAN LUIS OBISPO, CA 93401 • SUN: 2540 SKYWAY DRIVE, SUITE A, SANTA MARIA CA 93445

GENERAL RULES

- All entries must be received by 5pm on Monday, August 20, 2018, to be considered for the 2018 New Times Music Awards (NTMAs).
- Entries are \$10 for each song and for the Best Album award.
- Participants may enter a maximum of 13 songs (10 genre category, 3 songwriting category) and 1 album.
- ONLINE ENTRIES ARE PREFERRED. Please fill out the entry form, upload songs, and pay for your entries with a credit card at www.NewTimesSLO.com.
- If you wish to pay with cash or check, you may drop off your entries at either the New Times or Sun offices (addresses listed below). Bring your music entries on a CD or USB drive along with your completed entry form. Checks should be made payable to "New Times."
- All entrants must reside primarily in San Luis Obispo County or Northern Santa Barbara County.
- All entrants must be able to play at the showcase event on **FRIDAY, NOVEMBER 2, 2018**.
- All entrants under 18 years of age must select the Youth category and must have a parent or guardian sign the entry form.
- By entering the contest, all entrants give permission to New Times Media Group to reproduce submissions on compact disc and on the web. All entries remain the property of performers.
- New Times Music Awards is not responsible for lost, damaged, incomplete, or late entries.
- The top 3 songs in each category need to provide high-quality versions of their songs (16 Bit, 44.1 Sample Rate).

- Songs may have multiple co-writers, but please designate one contact name only on entry form.
- Winners will be chosen by a select panel of judges.
- Songs will be judged on overall performance.
- Live performers will share the 'Back Line'.
- Check NewTimesSLO.com or contact NTMA@NewTimesSLO.com for more information.

GENRE CATEGORIES

- The Youth category is for anyone entering music who is under the age of 18.
- The Open genre includes reggae, world beat, jazz, classical, new age, electronic, etc.
- Each song submission must have a genre selected. If nothing is selected, the song will go into the Open genre.
- If judges determine a song to be a better fit with a different genre category than what was originally submitted, they reserve the right to recategorize it.

SONGWRITER CATEGORY

- You may enter up to 3 songs in the Songwriting genre, which is being judged separately.
- Upload (or include) a .doc file of lyrics with your entry.

ALBUM CATEGORY

- Albums must have been released between July 1, 2017 and August 20, 2018 to be eligible. Please deliver a hard copy to either the New Times or Sun office along with a completed entry form by 5pm on Monday, August 20, 2018 for consideration. The entire presentation will be judged, including quality of songs, sound, and packaging.
- Only 1 album per entrant total.



Free Admission!



Stone Soup
MUSIC FESTIVAL,
FOOD, & STREET FAIR
AUGUST 25 & 26 in GROVER BEACH

Live concerts, entertainment, fun for all ages!
Sat. Aug 25, 10 am to 9 pm • Sun. Aug 26, 11 am to 5 pm

Headliner:
The English Beat
August 25 • 7:30 pm



More free entertainment by:
Tempest • Drum & Perk • Ras Danny
Raye Zaragoza • Atmasandhi • Island Time
Steel Drum Band • Alan Vogan & the
Sumthin' • Gillie Wheesels • Ichimi Daiko
Mariachis • Grupo Aries and more!



Tempest



Drum & Perk



Ras Danny



Raye Zaragoza



Atmasandhi

Browse an assortment of food, art, crafts, and merchandise vendor booths. Kids will love our Central Coast Party expanded play area with a surf simulator, mechanical shark, dance dome, bungee run, rockwall slide, and more! Check out the Saturday Dune Run Run & Walk and Sunday Mardi Paws Dog Parade!

Stone Soup Music Festival is an outdoor event in Ramona Garden Park (993 Ramona Ave.) and the surrounding streets in Grover Beach. For details, call (805) 489-1488, or visit the Stone Soup Music Festival Facebook page. Thanks to our major sponsors: Nichols Foundation West and the City of Grover Beach.

Stone Soup Music Festival, Food, & Street Fair
is a South County Chambers of Commerce event.



Poor choices



I'm getting really weary of hearing the same tired, and frankly lazy talking points being regurgitated again and again, especially regarding problems that have only gotten worse.

Take poverty, a huge problem in **Santa Barbara County**, recently illustrated by the fact that we were placed at No. 3 of all the counties in the state for highest poverty rates (see page 7) in a report by the **Public Policy Institute of California**.

Poverty is tied to so many other complicated issues in the economic realm—inflation, wages, housing, unemployment, health care costs and access, property values, social services, crime—the list goes on and on. There's no basic explanation for all of this, and in fact, those simple excuses do nothing to get us closer to addressing the problem.

And what is the age-old excuse for so many living in poverty? "Poor people make poor choices!" It doesn't matter how you parrot that line, updating it with a reference to avocado toast, it still stinks.

What kind of choices do people living in poverty actually have? Not many. Most are working multiple jobs to get by, with both parents often working to support their kids. And many federal entitlement programs are only available if you meet the nationwide poverty level, which doesn't take into account the insane cost of living in California. Two working parents can make just enough to not qualify for aid but are still below the state's poverty level.

Many of those most affected by poverty are literally in no position to do anything about it. The childhood poverty rate in the county is 26 percent, according to the aforementioned report, which includes many in **North County**.

Sun reporters have heard from county Social Services officials about local kids who've never eaten at a sit-down restaurant, been to a movie, or played sports outside of school. City Council candidate **Gloria Soto** mentioned in her announcement for candidacy that 40 percent of the students at **Robert Bruce Elementary School** are essentially homeless.

There's no end to the complaints about homelessness during public comment at city council meetings, but what are our cities doing to help keep more people in their homes? Has anyone even *heard* of rent control?

And while I appreciate the letter from **Dianne Martin** (see page 12) replying to what I said two issues ago ("Must be nice," July 26), she missed the point I made completely. I'm not discouraging *anyone* from working hard, saving up, and buying property. I was pointing out the fact that fewer and fewer are able to do that.

Dianne said she's a senior citizen who makes some income from renting property, that's great! But she bought that property after saving up with essentially the same wages that people make today, even though there have been decades of inflation and rising costs of living. Rents are higher. Education costs more. Food is more expensive. Take a look at the gas prices.

The numbers don't lie. The national housing average as it stands now is 64 percent, according to the **U.S. Census Bureau**. The rate in Santa Barbara County? It was 50 percent as of 2016, according to state data. In 2000, the county homeownership rate was 56 percent. It was 52 percent in 2010.

See a pattern here? This bird does, and isn't going to blame those who are struggling without any resources or influence to do something about it. ○

The Canary hopes to own a nest one day. Send your thoughts to canary@santamariasun.com.



PHOTO COURTESY OF PCPA

FACE YOUR WATERLOO

The Pacific Conservatory Theatre PCPA presents *Mamma Mia!*, a musical comedy featuring songs by ABBA, through Aug. 26 at the Solvang Festival Theater. Performances take place Tuesday through Sunday at 8 p.m. The theater is located at 420 2nd St., Solvang. More info: (805) 928-7731 or pcpa.org.

HOT STUFF

AUG. 9 - AUG. 16
2018

SPECIAL EVENTS

LOMPOC/VANDENBERG

16TH ANNUAL LOMPOC POLICE CAR SHOW

Featured vehicles include Corvettes, Mustangs, imports, and street rods. Guests can enjoy live entertainment, family activities, food, a silent auction, and more. Proceeds go toward the Lompoc Police Officer's Association's programs to benefit local youth athletics. **Aug. 11**, 9 a.m.-3 p.m. Free. 805-714-1140. lompopolicefoundation.org/events/. Ryon Park, 800 W. Ocean Ave., Lompoc.

MIXER AT THE HISTORIC LOMPOC THEATRE

Join the Lompoc Theatre Project and members of the Lompoc Chamber of Commerce for this community mixer. Enjoy food, beer, wine, and exploring the historic building built in 1927. **Aug. 9**, 5:30-7 p.m. Free. 805-588-5391. lompoctheatre.org/. Lompoc Theatre, 112 North H Street, Lompoc.

WORLD WAR I: PROPAGANDA, THE SEDITION ACT, AND CIVIL LIBERTIES

The Lompoc Museum continues its series on World War I. This month's program explores the tactics used to fight the war at home. **Aug. 11**, 7-9 p.m. Free. 805-736-3888. facebook.com/Lompoc-Museum. Stone Pine Hall, 210 South H St., Lompoc.

SANTA MARIA VALLEY/LOS ALAMOS

5TH ANNUAL FREE MOVIES IN THE PARK

Featured films include *Back to the Future*, *Grease*, *Black Panther*, and more. Venues include Sierra Vista Park, Preisker Park, Rotary Centennial Park, and more. Saturdays. **through Aug. 18** Free. 805-925-0951 ext.2260. Rotary Centennial Park, 2625 South College Dr., Santa Maria.

FAMILY DAY IN THE PARK AND HEALTHY KIDS DAY

Guests can enjoy carnival style games, live entertainment, food, various vendors, the annual Huck Finn Fishing Derby, and more. **Aug. 19**, 11 a.m.-4 p.m. Free. 805-937-8521. familydayinthepark.org. Waller Park, 3107 Orcutt Road, Orcutt.

SOUTH COAST SLO COUNTY

GOOD OLD-FASHIONED BENEFIT BASH Guests are encouraged to dress old-timey for this dine and dance event. Proceeds benefit Spokes' programs and services. **Aug. 18**, 3-7 p.m. \$85. 805-547-2244. spokesforprofits.org. The Victorian, 789 Valley Rd., Arroyo Grande.

SAN LUIS OBISPO

WHERE THERE ONLY WAS WATER: FUNDRAISER PARTY

An evening of fundraising for Brittany App's debut documentary film. Enjoy live music, wine tasting, an art show, a silent auction, photo ops with Zoo To You animals, and more. **Aug. 10**, 5-10 p.m. \$10 minimum donation at the door. 805-704-3996. SLO Guild Hall, 2880 Broad St., San Luis Obispo, sloguildhall.com.

WALKING BEER TOUR

Enjoy award-winning local brews while a personal beer guide explains the history, brewing process, and highlights of each destination. **Aug. 11**, 12-4 p.m. \$50. 855-554-6766. hoponbeertours.com/walking-beer-tour/. Central Coast Brewing, 1422 Monterey St., San Luis Obispo.

26TH ANNUAL HOT EL CAMINO CRUISE NITE

A closed, controlled cruise route on El Camino Real from Curbaril to Traffic Way. Presented by the City of Atascadero and H&R Block. **Aug. 17**, 6:30-8:30 p.m. \$27-\$37 to register. 805-470-3360. Sunken Gardens, 6505 El Camino Real, Atascadero.

MID-STATE CRUIZER'S 29TH ANNUAL CAR SHOW

Enjoy vintage cars, music, food, raffles, various vendors, and more. **Aug. 18**, 10 a.m.-3 p.m. 805-423-5218. Atascadero Lake Park, 9305 Pismo Ave., Atascadero.

ARTS

CLASSES & WORKSHOPS

SANTA MARIA VALLEY/LOS ALAMOS

BALLROOM, LATIN, AND SWING LESSONS Marie King and Kings of Swing offer dance lessons for all

The Sun and New Times now share their community listings for a complete Central Coast calendar running from northern Santa Barbara County through SLO County.

Submit events online by following the link on the calendar widget at santamariasun.com. Submissions require logging in with your Google, Facebook, or Twitter account. You can also email calendar@santamariasun.com. Deadline is one week before the issue date. Submissions are subject to editing and approval. Contact Calendar Editor Caleb Wiseblood directly at cwiseblood@newtimeslo.com.

ages and skill levels. Couples and singles welcome. Wednesdays, 6:30-7:30 p.m. \$36 for 4-week session. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-928-7799.

BEADING WORKSHOP Thursdays, noon oasiorcutt.org. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-928-7799.

COUNTRY TWO STEP DANCE LESSONS From the basics to a variety of patterns. Dancers of all skill levels welcome. Thursdays, 6:15-7 p.m. \$8. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-928-7799.

EVERYBODY CAN DANCE Ballet workout classes for teens and adults. Tuesdays, 6 p.m. everybodycandance.webs.com. Everybody Can Dance, 628 S. McClelland St., Santa Maria, 805-937-6753.

INTRODUCTORY BALLET 1 Tuesdays, 5 p.m. everybodycandance.webs.com. Everybody Can Dance, 628 S. McClelland St., Santa Maria, 805-937-6753.

INTRODUCTORY BALLET 2 Wednesdays, 6 p.m. and Fridays everybodycandance.webs.com. Everybody Can Dance, 628 S. McClelland St., Santa Maria, 805-937-6753.

INTRODUCTORY BALLET 3 Wednesdays, 6 p.m. everybodycandance.webs.com. Everybody Can Dance, 628 S. McClelland St., Santa Maria, 805-937-6753.

LATIN DANCE CLASS: SALSA, BACHATA, AND MORE Instructors and styles vary from week to week. Thursdays, 8-10 p.m. \$10. facebook.com/dancingamor. Everybody Can Dance, 628 S. McClelland St., Santa Maria, 805-937-6753.

SALSA DANCE CLASS No partner or experience needed. Wednesdays, 7-9 p.m. Free. 805-937-1574. CentralCoastSwingDance.com. Old Town Brew, 338

W. Tefft St, Nipomo.

UKULELE CLASS Wednesdays, 11:30 a.m. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-928-7799.

WEST COAST SWING CLASS No partner or experience needed. Mondays, 7-9 p.m. Free. 805-937-1574. CentralCoastSwingDance.com. Old Town Brew, 338 W. Tefft St, Nipomo.

SOUTH COAST SLO COUNTY

PLAY, EXPLORE, CREATE 2 Activity options include drawing, pastels, watercolor, tempera, collage, printmaking, sewing, and more. For ages 5 to 6. Tuesdays, Thursdays, 9-10:30 a.m. & 1:30 p.m.-4 a.m. through Sept. 8 \$20 for 1 day; \$35 for 2. 805-668-2125. LiIA Creative Community, 1147 East Grand Ave. Suite 101, Arroyo Grande, lila.community.

SAN LUIS OBISPO

ACRYLIC PAINTING WORKSHOP WITH DREW DAVIS: LOOSELY LANDSCAPE Davis will break down his creative process used to construct vibrant and energetic paintings. **Aug. 10**, 2-5 p.m. \$45. 805-234-2302. artcentralartsupply.com. Art Central, 1329 Monterey St., San Luis Obispo.

ADULT POTTERY CLASSES Enjoy using clay to create handmade pottery. Tuesdays-Fridays, 10:30 a.m.-12:30 p.m. and Tuesdays-Saturdays, 6-8 p.m. through Dec. 20 \$50 for 2 classes. 805-896-6197. anamcre.com. Anam Cre Pottery Studio, 1243 Monterey St, San Luis Obispo.

CABARET SINGING AND PERFORMANCE CLASS Learn the art of singing in a Cabaret style and setting. Find your key and style with a skilled accompanist. You may start anytime during the semester. Wednesdays, 6:30-9:30 p.m. \$185 for 12 week class or \$20 per night as a drop-in student. 805-772-2812. cuesta.edu/communityprograms. Cuesta College Community Programs, Highway 1, San Luis Obispo.

CHINESE BRUSH PAINTING LESSON BY HILDA VANDERGRIF: CAT WITH BLOSSOMS Learn how to paint a cat and a bee and blossoms using simple strokes. **Aug. 12**, 12:30-2:30 p.m. \$40. 559-322-6557. artcentralartsupply.com. Art Central, 1329 Monterey St., San Luis Obispo.

COLORING FOR ADULTS: FINDING AND USING COLOR IN PAINTING WITH SYDNEY HALL This class covers the fundamentals

SUBMIT YOUR EVENTS

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Soweto Gospel Choir
Fri, Oct 5, 2018 at 7:30pm

Bill Haley Jr. & The Comets
Sat, Oct 13, 2018 at 7:30pm

Paula Poundstone
Sat, Oct 27, 2018 at 7:30pm

Live at Central Park (revisited):
Simon & Garfunkel
Sat, Nov 3, 2018 at 7:30pm

Rockapella
Sat, Nov 17, 2018 at 7:30pm

Rumors: Fleetwood Mac Tribute
Sat, Jan 19, 2019 at 7:30pm

The Everly Brothers Experience
Sat, Feb 9, 2019 at 7:30pm

Stunt Dog Experience
Sat, Mar 9, 2019 at 3:30pm & 7pm

Masters of Soul
Sun, Mar 10, 2019 at 7:30pm

ABBA Mania
Sat, Mar 16, 2019 at 7:30pm

The Official Blues Brothers Revue
Fri, Mar 22, 2019 at 7:30pm

The Travelin' McCourys
Sat, Apr 6, 2019 at 7:30pm

Night Fever: Tribute to the Bee Gees
Sat, Apr 20, 2019 at 7:30pm

Broadway's Next Hit Musical
Sat, May 4, 2019 at 7:30pm

Best of San Francisco Stand-Up Comedy Competition
Sat, May 11, 2019 at 7:30pm

See Full Show Descriptions Online!
Multiple Show Discounts!
Group Discounts!

TICKETS ON SALE NOW!
805-489-9444
www.clarkcenter.org

essential to oil painting. All levels welcome. **Aug. 18, 12:30-3:30 p.m.** \$35. 805-782-9288. artcentralartsupply.com/. Art Central, 1329 Monterey St., San Luis Obispo.

DROP-IN OIL PAINTING CLASSES Materials are provided but artists are free to bring in their own if preferred. All experience levels welcome. For ages 16 and up. Please dress appropriately for potential painting mishaps. The class is taught by professional artist Christine Cortese. **Aug. 11, 10 a.m.-noon** \$25-\$29. 805-543-8562. sloma.org/events. San Luis Obispo Museum of Art, 1010 Broad St., San Luis Obispo.

FILM AND TV ACTING CLASSES Film and TV acting classes for all ages and skill levels. Offers optional showcases for major Hollywood talent agents and casting directors. Sundays, 12-8:45 p.m. Cost varies per class. 310-910-1228. actorsedge.com. Mission Cinemas, 1025 Monterey St., SLO.

MAKE AND TAKE AUG: CERAMIC BENTO BOXES Join guest instructor Jennifer Hope to learn advanced throwing, hand building, and carving techniques in ceramics with a different theme each month. All skill levels welcome. Saturdays, 11 a.m.-1 p.m. through Aug. 18 \$16. 805-252-1285. slomakerspace.com. SLO MakerSpace, 81 Higuera St., Ste. 160 and 180, San Luis Obispo.

PACIFIC HORIZON CHORUS WELCOMES WOMEN SINGERS Visit site or come by in person to see if these music lessons are right for you. Tuesdays, 6:30-9 p.m. 805-441-1405. pacifichorizon.org. SLO United Methodist Church, 1515 Fredericks St., San Luis Obispo.

PEER-TO-PEER MENTAL HEALTH CLASS A free 10-session educational program for adults with mental illness who are looking to better understand their condition and various recovery options. Wednesdays, 3:30-5:30 p.m. through Sept. 12 Free. 805-540-6577. t-mha.org. Hope House Wellness Center, 1306 Nipomo Street, San Luis Obispo.

NORTH SLO COUNTY

ENCAUSTIC/HOT WAX PAINTING CLASS Learn how to use the encaustic medium with Vicky Hoffman. This class covers fusing, layering, and transfers using hot wax. All supplies provided. **Aug. 12, 1-4 p.m.** \$375. 805-466-3684. art/, 5806 Traffic Way, Atascadero.

ZENTANGLE CLASS With instructor Debbie Geydayloo. **Aug. 18, 10 a.m.-12:30 p.m.** \$22-\$37. 805-466-3684. art/, 5806 Traffic Way, Atascadero.

SPECIAL ART EVENTS

SANTA YNEZ VALLEY

10TH ANNIVERSARY PHOTOGRAPHY COMPETITION The theme of this year's competition is "Nature Regenerated." This year's guest judge will be Bill Dewey, whose extensively photographed the tri-counties through its many cycles of fire and regeneration. **Through Nov. 5**

Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang, 805-688-1082, wildlingmuseum.org.

SANTA MARIA VALLEY/LOS ALAMOS

POETRY NIGHT AT CORE WINERY Monthly poetry group with two featured poets and open readings. Check CORE Winery Facebook page for details or schedule changes. Second Saturday of every month, 7:30 p.m. Free. 805-937-1600. corewine.com. CORE Winery, 105 W Clark Ave., Orcutt.

SOUTH COAST SLO COUNTY

AG LIBRARY BOOK SALE Features books, DVDs, CDs, and more. All proceeds benefit the Arroyo Grande Library. **Aug. 11, 10 a.m.-3 p.m.** fotagl.org. Arroyo Grande Library, 800 W. Branch, Arroyo Grande, 473-7164.

EXHIBITS

SANTA YNEZ VALLEY

COMMUNITY DAY AT THE WILDLING Wildling offers free admission during Community Day. Enjoy drop-in art activities, current exhibits, and more. Third Wednesday of every month Free. 805-688-1082. wildlingmuseum.org. Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang.

NATURE IMAGINED This exhibit celebrates nature through art by Cheryl Medow, Ellen Jewett, and Hilary Brace. These artists used diverse materials and methods to create their works. Mondays, Wednesdays-Sundays, 10 a.m.-5 p.m. **through Jan. 21** \$5. 805-686-8315. wildlingmuseum.org. Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang.

NATURE REGENERATED Photographers were encouraged to capture examples of nature's ability to regenerate and thrive. This exhibit showcases winning entries in the Adult and Junior categories. ongoing Free. 805-686-8315. wildlingmuseum.org/photography-competition/. Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang.

PAVLOV GALLERY: FEATURED ARTISTS

Showcasing new collections on a weekly basis. Featured artists include Chris Pavlov, Iris Pavlov, Robert Hildebrand, Doug Picotte, and more. ongoing, 10 a.m.-5 p.m. Free. 805-686-1080. pavlovgallery.com. Pavlov Art Gallery, 1608 Copenhagen Dr., Ste C, Solvang.

THE SANTA YNEZ VALLEY ARTS ASSOCIATION: SECOND SATURDAY ARTISANS

Applications to be a featured artist will be accepted throughout the series. Second Saturday of every month, 12-5 p.m. Free. 805-688-7338. santaynezvalleyarts.org. Santa Ynez Valley Grange Hall, 2374 Alamo Pintado, Los Olivos.

SUMMER BLOOM A collection of plein air and studio paintings by pastel artists Deborah Breedon and Kris Buck. ongoing Gallery Los Olivos, 2920 Grand Ave., Los Olivos.

SANTA MARIA VALLEY/LOS ALAMOS

COLOR AND MOTION: AN ARTISTS



PERSPECTIVE See the work of local artist Kathy Badrak on display at the Terry Dworaczyk office of Ameriprise Financial. This exhibit is one of a continuing series of shows to spotlight local art and artists. ongoing 805-938-9724. ampf.com. Ameriprise Financial, 2605 S Miller St., Suite 104, Santa Maria.

HATTIE STODDARD AT VALLEY ART GALLERY Stoddard is the gallery's featured artist for the month of August. **Through Sept. 1** Free. Valley Art Gallery, 125 W. Clark Ave., Orcutt, 805-937-2278, valleygallery.org.

SOUTH COAST SLO COUNTY

ART BY SLOPE AT DANA ADOBE A collection that culminates art and history to educate the community. Fridays. **through Sept. 30** 805-929-5679. danaadobe.org. DANA Adobe Cultural Center, 671 S. Oakglen Ave., Nipomo.

FROM ARTISTS, FOR ARTISTS, BY ARTISTS

Featuring fine art oils and pastels from Corynn Wolf, acrylics from Ryan Adams, and works from various mediums by Marc Wolf ongoing Free. 805-773-6563. Puffers of Pismo, 781 Price St., Pismo Beach, puffersofpismo.com/.

SHE SANG ME A GOOD LUCK SONG

A statewide traveling exhibit featuring the California Indian photographs of Dugan Aguilar. ongoing 415-525-1553. exhibitenvoy.org. DANA Adobe Cultural Center, 671 S. Oakglen Ave., Nipomo, 805-929-5679.

SAN LUIS OBISPO

COLOR RHYTHM: INGRID BRINK AND SUSAN MALMGREN Brink and Malmgren are two Los Osos artists that use watercolor, acrylic, and collage. **Through Aug. 29, 6-9 p.m.** 805-542-9000. sloart.com. Frame Works, 339 Marsh St, San Luis Obispo.

FLORA AND FAUNA: BETH VAN HOESEN PRINTS A collection of prints and rare paintings by artist Beth Van Hoesen. Mondays-Sundays. **through Aug. 19** Free. 805-543-8562. sloma.org/exhibits/. San Luis Obispo Museum of Art, 1010 Broad St., San Luis Obispo.

SELECTIONS: BAY AREA Ruta Saliklis, curator and director of exhibitions at SLOMA, is showcasing oil paintings by Anne Subercaseaux and a metal sculpture by Flora Davis. Mondays-Sundays. **through Aug. 19** Free. 805-543-8562. sloma.org/exhibits/. San Luis Obispo Museum of Art, 1010 Broad St., San Luis Obispo.

CALLS FOR ARTISTS

SAN LUIS OBISPO

10TH ANNUAL NEW TIMES MUSIC AWARDS: ACCEPTING ENTRIES Enter up to 13 songs and 1 album. See site for full details. **Through Aug. 20** newtimeslo.com. New Times, 1010 Marsh St., San Luis Obispo, 805-546-8208.

CALL FOR ENTRIES: SLO PART-TIME PLAYERS 10-MINUTE PLAYS Accepting submissions of 10-minute plays with 5 or fewer characters (1-3 preferred), few or no props, simple staging, and an emphasis on the text. Writers should have theater experience (please include brief description). Email submissions to celestegoyer@gmail.com. ongoing Free. Mission Plaza, 989 Chorro St, San Luis Obispo.

STAGE

SANTA YNEZ VALLEY

MAMMA MIA! AT SOLVANG FESTIVAL THEATER Music and lyrics by Benny Andersson and Björn Ulvaeus. Book by Catherine Johnson. Presented through special arrangement with Music Theatre International. **Through Aug. 26** Solvang Festival Theater, 420 2nd St., Solvang, 805-928-7731.

THUNDER FROM DOWN UNDER: GIRLS' NIGHT OUTBACK The famous Australian dance team brings their show to the casino's Samala Showroom stage. **Aug. 10, 8 p.m.** Chumash Casino Resort, 3400 E. Highway 246, Santa Ynez, 800-248-6274, chumashcasino.com/entertainment.

SANTA MARIA VALLEY/LOS ALAMOS

ARCADIA AT MARIAN THEATRE By Tom Stoppard. Presented by special arrangement with Samuel French Inc. **Aug. 16-25** Marian Theatre, 800 S. College Dr., Santa Maria, 805-928-7731, pcpa.org.

SOUTH COAST SLO COUNTY

GOLD FEVER AT THE ROUGH AND READY A



A LITTLE BIRD TOLD ME

Family Day in the Park, also known as Healthy Kids Day, takes place Aug. 19 from 11 a.m. to 4 p.m. at Waller Park. Guests can enjoy carnival games, various vendors, and live entertainment, including Zoo to You. Admission is free. Waller Park is located at 3107 Orcutt Road, Santa Maria. More info: familydayinthepark.org.

spoof of traditional melodramas by Neil LaVine. Wednesdays-Sundays, 7-9:30 p.m. **through Sept. 16** \$21-\$28. 805-489-2499. americanmelodrama.com. Great American Melodrama, 1863 Front St., Oceano.

THE MIX TAPE An original musical comedy set in the late '90s. **Through Sept. 15** 805-489-2499. americanmelodrama.com. Great American Melodrama, 1863 Front St., Oceano.

SAN LUIS OBISPO

A FUNNY THING HAPPENED ON THE WAY TO THE FORUM Stephen Sondheim's musical romp about desperate lovers and scheming neighbors. Wednesdays-Saturdays, 7-9 p.m. and Saturdays, Sundays, 2-4 p.m. **through Sept. 9** \$20-\$39. 805-786-2440. slorep.org. San Luis Obispo Repertory Theatre, 888 Morro St., San Luis Obispo.

SLOLIO: A GATHERING OF TRUE STORIES This monthly storytelling event is open to anyone who has a true story to share based on a theme (which can be told without notes). This month's theme is "Another Anniversary". **Aug. 15, 7-9 p.m.** Free. 805-995-2867. slolio.org. Linnaea's Cafe, 1110 Garden St., San Luis Obispo.



CULTURE & LIFESTYLE

LECTURES & LEARNING

SANTA YNEZ VALLEY

TED AND CONVERSATION The Solvang Library screens an 18-minute talk from the TED Talks series. Afterwards, the audience explores the topic together over tea and coffee. Third Thursday of every month, 10-10:50 a.m. Free. 805-688-4214. Solvang Library, 1745 Mission Dr., Solvang.

LOMPOC/VANDENBERG

COMMUNITY FOOD CENTER The center is a food pantry offering nutritional classes. Wednesdays, 3-5 p.m. Free. 805-967-5741, Ext. 107. El Camino Community Center, W. Laurel Avenue and N. I Street, Lompoc.

SANTA MARIA VALLEY/LOS ALAMOS

BI-LINGO Informal conversation to practice Spanish language skills for anyone with basic Spanish-speaking skills. Second Thursday of every month, 6-7 p.m. Free. Santa Maria Public Library, 421 S. McClelland St., Santa Maria, 805-925-0994.

SOUTH COAST SLO COUNTY

A PHOTOGRAPHIC WALK THROUGH TIME: SLO, THEN AND NOW Featuring commentary by Pierre Rademaker. **Aug. 12, 2 p.m.** 805-929-2606. DANA Adobe Cultural Center, 671 S. Oakglen Ave., Nipomo, danaadobe.org.

POINT SLO LIGHTHOUSE TOURS Docents lead guests on a one-hour tour of the historic site, the buildings, and up to the Lighthouse tower. Please arrive 15 minutes early. All proceeds go directly toward the site's restoration. Wednesdays, 12 & 1 p.m. and Saturdays, 12, 1 & 2 p.m. \$17-\$22. 805-540-5771. pointsanluislighthouse.org. Point San Luis Lighthouse, 1 Lighthouse Rd., Avila Beach.

CLUBS & MEETINGS

SANTA MARIA VALLEY/LOS ALAMOS

ANIME CLUB FOR TEENS For teen fans of anime and manga. **Aug. 17, 4:30-5:30 p.m.** Free. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

COFFEE AND CONVERSATION Tuesdays, 1 p.m. 805-928-7799. oasisorcutt.org. Oasis Senior Center, 420 Soares Ave., Orcutt.

DCSMV MONTHLY MEETING Speaker sessions open to the public. Meeting for registered Democrats only. Third Thursday of every month, 5:30-8:30 p.m. Free. santamariademocrats.info. IHOP, 202 Nicholson Ave, Santa Maria.

HI-WAY DRIVE-IN SWAP MEET Come to the

MY 805 TIX

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Endless Summer Concert
FRIDAY, AUGUST 10
Four Sisters Ranch Vineyards & Winery



Concerts at the Lighthouse:
Zongo All Stars
SATURDAY, AUGUST 11
Point San Luis Lighthouse



Point SLO Lighthouse Tours
EVERY WEDNESDAY AND SATURDAY
Point San Luis Lighthouse



The Cinders Blues Band
THURSDAY, AUGUST 9
7 Sisters Brewing Co.



Zongo Yachting Cup
SATURDAY, AUGUST 11
Morro Bay Yacht Club



The Salty Suites
SATURDAY, AUGUST 11
Morro Bay Wine Seller



Alice in Wonderland Art Bar
SUNDAY, AUGUST 12
Tooth & Nail Winery



The Salty Suites Benefit Concert
SUNDAY, AUGUST 12
D' Anbino Tasting Room



Tribute to Leon Russell
TUESDAY, AUGUST 14
Morro Bay Wine Seller



30th Anniversary ft. Lucky Devils Band
SATURDAY, AUGUST 18
Cottonwood Canyon Winery



The Molly Ringwald Project
SATURDAY, AUGUST 18
Ca' Del Grevino Estate and Winery



Jazz Faculty Concert at Cuesta College
FRIDAY, AUGUST 24
CPAC



Of Mice & Men
AUGUST 24-SEPTEMBER 16
By the Sea Productions



Reggae Sundays ft. Babylon Rockers
SUNDAY, AUGUST 26
Cottonwood Canyon Winery



Cen-Cal Professional Wrestling: Dog Days of Summer
SUNDAY, AUGUST 26
The Graduate



Australia's Daniel Champagne
TUESDAY, AUGUST 28
Morro Bay Wine Seller



Pryor Baird at Mongo's!
FRIDAY, AUGUST 31
Mongo's Saloon



The McNaughtstys
FRIDAY, AUGUST 31
Tooth & Nail Winery



9th Annual Brews & Bites
SATURDAY, SEPTEMBER 1
Mission Plaza



Jody Mulgrew
SATURDAY, SEPTEMBER 1
Sculpterra Winery



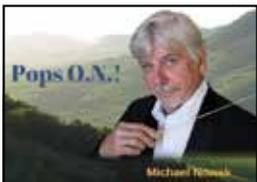
HWY 46W Harvest Block Party
SATURDAY, SEPTEMBER 1
Highway 46 West Wineries



1st Annual Harvest Kick-off Winemakers Dinner
SATURDAY, SEPTEMBER 1
Tooth & Nail Winery



2018 Tour & Taste of the Valley
SATURDAY, SEPTEMBER 1
Orcutt Union Plaza



4th Annual Pops ON!
SUNDAY, SEPTEMBER 2
Madonna Expo Center



Eye Will Survive Disco Benefit
SATURDAY, SEPTEMBER 8
Avila Bay Athletic Club



Catch of the Central Coast
SATURDAY, SEPTEMBER 8
Avila Bay Athletic Club



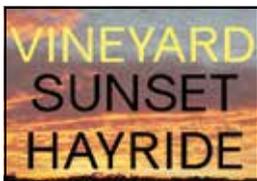
Tribute to Jimmy Buffet
TUESDAY, SEPTEMBER 11
Morro Bay Wine Seller



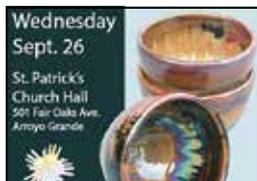
Poncho Sanchez
SUNDAY, SEPTEMBER 16
CPAC, Cuesta College



Avila Apple Festival Gala Dinner
SATURDAY, SEPTEMBER 22
Avila Beach Community Center



Sunset Vineyard Hayride
SATURDAY, SEPTEMBER 22
Doce Robles Winery & Vineyard



7th Annual Empty Bowls Luncheon for 5CHC
WEDNESDAY, SEPTEMBER 26
St. Patrick's Church Hall



A Concert for Hope
SATURDAY, SEPTEMBER 29
Presqu'ile Winery

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**GUADALUPE
CULTURAL ARTS &
EDUCATION CENTER**



The Guadalupe Cultural Arts and Education Center provides the history of Guadalupe, and the surrounding areas. This Center holds educational cultural awareness of diverse community groups and ethnic arts, presentations and educational classes.

**We invite schools, clubs and social groups to tour our facility.
Artist and presenters are welcome to schedule exhibits.**



Guadalupe Cultural Arts & Education Center

Open to the public: Tuesday – Saturday, 10am – 4pm

For all questions please contact Karen Evangelista at 805-478-8502
Email: karen@guadalupeculturalcenter.com

1055 Guadalupe St., Guadalupe CA

www.GuadalupeCulturalCenter.com



**Santa Maria
VALLEY**

WINE TROLLEY

Cheers to you!

Every SATURDAY and SUNDAY

Until October 14, 2018

10:30am - 6:30pm

Including Labor Day

Cost \$10/per ticket pre-sale
(transportation only)



Starting and ending at the
Radisson Hotel
on Skyway Drive in Santa Maria
Trolley route takes approx. 60 mins.

Visit **www.SantaMariaValley.com/WineTrolley**
for ticketing information.

CULTURE & LIFESTYLE from page 17

Hi-Way Drive-In for the Sunday Swap Meet. Sellers: \$20; Produce sellers: \$25; Buyers: \$2 car load. Sundays, 4:30 a.m.-12:30 p.m. 805-934-1582. Hi-Way Drive-In, 3170 Santa Maria Way, Santa Maria.

RECREATION AND PARKS DEPARTMENT:
MAH JONGG Wednesdays, 11:30 a.m.-4 p.m. 805-922-2993. Elwin Mussell Senior Center, 510 Park Ave., Santa Maria.

SANTA MARIA COIN CLUB MEETING Coin collectors of all ages welcome. Bring coins for free appraisals. SMCC is a non-profit organization dedicated to stimulating interest in coin collecting for people living in Northern SB County and SLO County. Third Wednesday of every month, 7 p.m. through Aug. 28 \$20-\$25 a year. 805-937-3158. santamariacoinclub.com. Elwin Mussell Senior Center, 510 Park Ave., Santa Maria.

SANTA MARIA TOASTMASTERS WEEKLY MEETING Toastmasters International is a worldwide nonprofit educational organization that empowers individuals to become more effective communicators and leaders. Tuesdays, 6:30-8 p.m. 805-264-6722. santamaria.toastmastersclubs.org/. Toyota of Santa Maria, 700 E Beteravia Rd., Santa Maria.

THE SANTA MARIA VALLEY GENEALOGICAL SOCIETY The Santa Maria Valley Genealogical Society holds meetings open to the public. Third Thursday of every month, 2-4 p.m. SMVGS.org. Family History Center, 908 Sierra Madre, Santa Maria.

TRI CITY SOUND CHORUS OF SWEET ADELINES INTERNATIONAL Welcomes all women who are interested in learning about barbershop-style music singing and performing. Thursdays, 6:45-9:30 p.m. 805-736-7572. Lutheran Church of Our Savior, 4725 S. Bradley Road, Orcutt.

TRIVIA NIGHT Wednesdays, 7 p.m. Free. naughtyoak.com. Naughty Oak Brewing Co., 165 S Broadway St Ste 102, Orcutt, 805-287-9663.

SOUTH COAST SLO COUNTY

BISHOP PEAK CHAPTER OF THE EMBROIDERER'S GUILD OF AMERICA Welcoming those who work with all forms of needlework. Bring a sack lunch. Third Saturday of every month, 10 a.m.-2 p.m. through Nov. 17 Free. Grover Beach Community Center, 1230 Trouville Ave., Grover Beach, (805) 773-4832.

BOOKENDS BOOKCLUB A meeting to discuss *The Handmaid's Tale* by Margaret Atwood. **Aug. 17**, 10-11 a.m. Arroyo Grande Library, 800 W. Branch, Arroyo Grande, 473-7164, slolibrary.org.

NIPOMO SENIOR CENTER The center is open five days a week; closed on weekends and holidays. Mondays-Fridays, 9 a.m.-1 p.m. 805-929-1615. Nipomo Senior Center, 200 E. Dana St., Nipomo.

SUPPORT GROUPS

SANTA MARIA VALLEY/LOS ALAMOS

HELP4HD SUPPORT GROUPS Help4HD Support Groups is the Help 4 Huntington's disease support group. Second Monday of every month, 12-1:30 p.m. Free. 354-0708. help4hd-international.org. Bethel Lutheran Church, 624 E. Camino Colegijo, Santa Maria.

TRUAMA INFORMED PARENTING GROUP A foster parent class presented by Calm. Tuesdays 805-965-2376. calm4kids.org. Church For Life, 3130 Skyway Dr., Suite 501, Santa Maria.

SOUTH COAST SLO COUNTY

GENERAL GRIEF SUPPORT GROUP (SOUTH COUNTY) Hospice SLO County is offering this support group for those grieving the death of a loved one. Held in the Church Care Center. Drop-ins welcome. Tuesdays, 10-11:30 a.m. Free. 805-544-2266. hospiceslo.org. New Life Pismo, 990 James Way, Pismo Beach.

SPOUSE AND PARTNER LOSS SUPPORT GROUP (SOUTH COUNTY) A Hospice SLO support group for those grieving the loss of a partner or spouse. This group provides the opportunity to connect with individuals in a similar situation. Held in Room 16. Drop-ins welcome. Thursdays, 5-6:30 p.m. Free. 805-544-2266. hospiceslo.org. New Life Pismo, 990 James Way, Pismo Beach.

CREATE & LEARN

SANTA MARIA VALLEY/LOS ALAMOS

CARD MAKING Tuesdays, 9 a.m. 805-928-7799. oasisorcutt.org. Oasis Senior Center, 420 Soares Ave., Orcutt.

KNITTING AND CROCHETING Wednesdays, 9:30 a.m. 805-928-7799. oasisorcutt.org. Oasis Senior Center, 420 Soares Ave., Orcutt.

SOUTH COAST SLO COUNTY

SEWING CAFE CLASSES AND WORKSHOPS Sewing Cafe offers various classes and workshop. Call for full schedule. ongoing Sewing Cafe, 541 Five Cities Dr., Pismo Beach, 805-295-6585.

MIND & BODY

SANTA MARIA VALLEY/LOS ALAMOS

CANDLELIGHT RESTORATIVE YOGA Release and open your body with breath, props, and meditation. Mondays, 7-8 p.m. yogaformankind.com. Yoga for Mankind, 130 N Broadway, Suite B, Orcutt.

CULTURE & LIFESTYLE continued page 19

FILE IMAGE COURTESY OF TONYA ROMANO SCHULTZ



JOY TO THE WORLD

The Lompoc Valley Art Association presents *Joy*, a new exhibit showcasing works by artist Tonya Romano Schultz, through Aug. 31 at the Cypress Gallery, located at 119 E. Cypress Ave., Lompoc. Schultz's art incorporates elements of both impressionism and abstraction. More info: (805) 737-1129 or lompocvalleyartassociation.com.



OUTDOOR SCREENING
 The city of Santa Maria Recreation and Parks Department and PLAY Inc. present a free screening of *Black Panther* on Aug. 18 at Rotary Centennial Park, located at 2625 S. College Drive, Santa Maria. The film starts at dusk. This screening is part of the ongoing *Movies in the Park* series. More info: (805) 925-0951 or cityofsantamaria.org.

CULTURE & LIFESTYLE from page 18

GENTLE YOGA Tuesdays, Thursdays, 8:30 a.m. 805-928-7799. oasisorcutt.org. Oasis Senior Center, 420 Soares Ave., Orcutt.
REFLEXOLOGY AT OASIS Tuesdays, 9 a.m. 805-928-7799. oasisorcutt.org. Oasis Senior Center, 420 Soares Ave., Orcutt.
TAI CHI AT OASIS Tuesdays, Thursdays, 9:45 a.m. 805-928-7799. oasisorcutt.org. Oasis Senior Center, 420 Soares Ave., Orcutt.

SOUTH COAST SLO COUNTY

COMPLIMENTARY YOGA Free for resort guests and locals alike. Sundays, 8:30-9:30 a.m. through Oct. 28 Free. 805-773-5003. thedolphinbay.com. The Spa at Dolphin Bay, 2727 Shell Beach Rd., Pismo Beach.
KUNDALINI YOGA Gentle yoga classes with a focus on meditation and chanting in the Kundalini Yoga (as taught by Yogi Bhajan). All levels of experience welcome. Thursdays, 6:30-7:45 p.m. through Dec. 31 \$12 per class; \$40 for 4 classes. 626-864-4810. branchmillorganics.com/classes-offered/. Branch Mill Organic Farm & Retreat Center, 2815 Branch Mill Rd., Arroyo Grande.
SENIOR BODY FITNESS Please bring your own weights and bands. Mondays, 11 a.m.-noon \$1 per class. 805-598-7108. Cortina Apartments, 241 Courtland St., Arroyo Grande.
SILVER SNEAKERS ZUMBA Appropriate for all ages and fitness levels. An easy-to-follow dance fitness class. Mondays, Wednesdays, Fridays, 9-10 a.m. Free for members; \$6 to drop-in. 805-441-7932. Oceano Community Center, 1425 19th St., Oceano, adulted.luciamarschools.org.
WATER EXERCISE FOR ALL AGES These classes help relieve joint pain, enhance your breathing, and increase your range of motion. Mondays, Wednesdays, Thursdays, 6:30-7:30 p.m. 805-481-6399. 5 Cities Swim School, 425 Traffic Way, Arroyo Grande, 5cityesswimschool.com.



OUTDOORS

SANTA MARIA VALLEY/LOS ALAMOS

HIKE TO MUSSEL ROCK Explore the Santa Maria River Estuary and the natural reserve dunes. Aug. 18, 9 a.m.-noon Free; \$5 suggested donation. 805-343-2455. dunescenter.org/event/hike-to-mussel-rock/. Rancho Guadalupe Beach, 6999 W. Main St, Guadalupe.

SPORTS

SANTA MARIA VALLEY/LOS ALAMOS

NFL FLAG FOOTBALL Presented by Rise and Achieve. For boys and girls ages 5 to 17. First game takes place July 7. 10 games guaranteed. ongoing 805-868-3633. riseandachieve.com. Ernest Righetti High School, 941 E. Foster Rd., Orcutt, 805-937-3738.

SOUTH COAST SLO COUNTY

LADIES GOLF NIGHT Offering swing and putting instruction from 5 to 6:30 p.m. and live music and refreshments to enjoy from 6:30 to 8:30 p.m. Thursdays, 5-8:30 p.m. through Aug. 30 \$10. 805-481-5215. Pismo Beach Golf Course, 25 West Grand Avenue, Grover Beach, pismoeachgolf.com.

KIDS & FAMILY

SANTA MARIA VALLEY/LOS ALAMOS

AUGUST AFTERNOON ART TIME Local artists from the Valley Art Gallery teach this workshop. Registration begins Aug. 8. Aug. 15, 4-5 p.m. Free. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

MOMMY AND ME CLASSES Brief gymnastics classes for ages 1 to 3 (as soon as they can start walking on their own). Mondays, Wednesdays, Fridays, 9:30-10 & 10:15-10:45 a.m. \$35-\$55. KT's All Star Gymnastics, 237 Town Center E, Santa Maria, 805-349-7575.

READALoud The Buellton Library presents ReadAloud, a play-reading group for adults, teens and children 9 and up. Fridays, 4-5 p.m. Free. 805-688-3115. Buellton Library, 140 W. Highway 246, Buellton.

SANTA MARIA VALLEY RAILWAY HISTORICAL MUSEUM The Santa Maria Valley Railway Historical Museum features a locomotive, boxcar, cabooses, railroad artifacts, and diorama. Second and fourth Saturday of every month. 12-4 p.m. ongoing 805-714-4927. Santa Maria Transit Center, Miller and Boone St., Santa Maria.

SUMMER MAKERSPACE Kids can enjoy creating, building, and using their imagination during these Library Maker Events in the library's Learning Center. Saturdays, 10 a.m.-3 p.m. through Aug. 25 Free. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

SOUTH COAST SLO COUNTY

SLEEPING BEAUTY PUPPET SHOW Enjoy this marionette adaptation of *Sleeping Beauty*. Aug. 18,

6TH ANNUAL

Hoe Down with the Hounds

Presented by Altrusa International, Santa Maria Inc.



Adoptable Dogs will also be part of the show!

DOG SHOW & DINNER
 August 11, 2018 at 5:15pm
 ELKS 1538 • 1309 N. Bradley Road

\$25 Entry Fee to Show Your Dog

Reservations: **SHOW & DINNER**

(Choice of Top Sirloin, Veg or Hot Dog)

\$45 per person – \$20 per person for 16 years and under

For more information, please call Maria Martino at 805-714-8749 or email her at Poohesq1@mac.com



Please make checks payable to: Altrusa International Santa Maria Inc. PO Box 5184 Santa Maria, CA 93456-5184

CITY OF SANTA MARIA
DOWNTOWN FRIDAYS
 Every Friday through 9/28/18
LETTUCE
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FRESH.FUN.FRIDAYS.
 Friday's 5:30PM to 8:30PM

50 GREATEST PHOTOGRAPHS

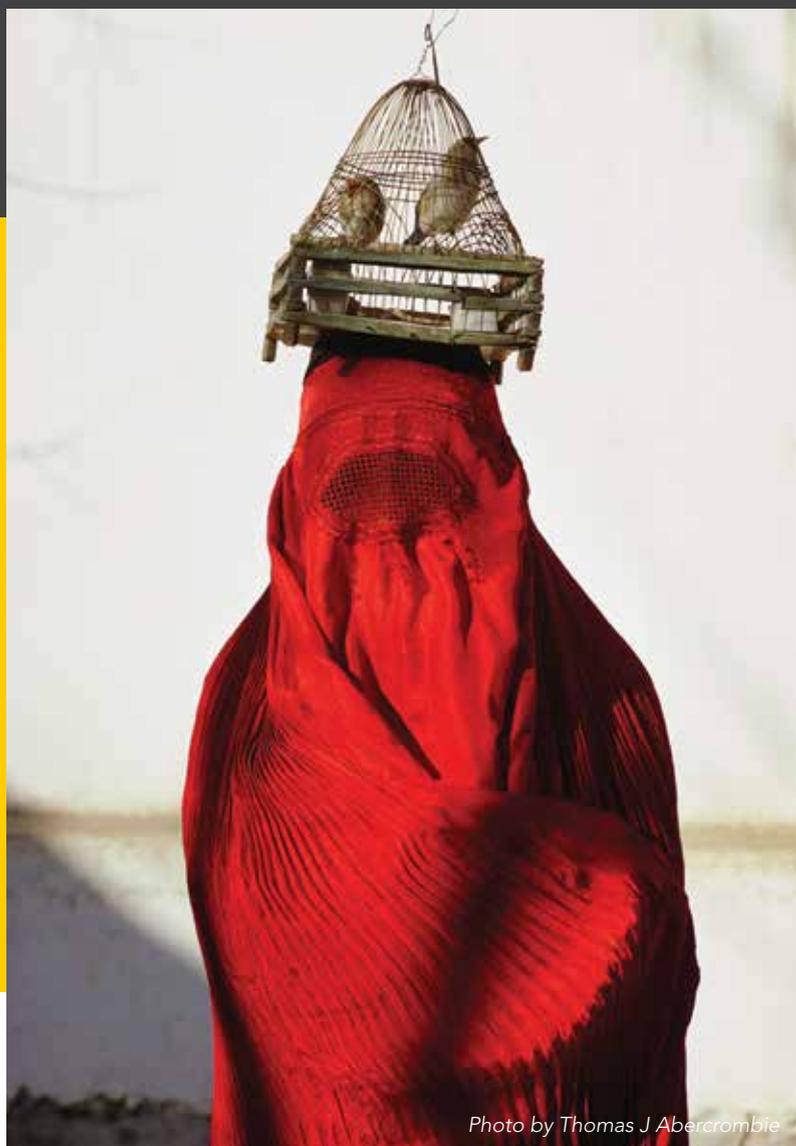


Photo by Thomas J. Abercrombie

Now–September 3, 2018

This exhibition is organized and traveled by the National Geographic Society.

This exhibition transports visitors behind the lens of some of National Geographic's most engaging images. From Steve McCurry's unforgettable Afghan girl, to Michael "Nick" Nichols's iconic photograph of Jane Goodall and a chimpanzee, to Thomas Abercrombie's never-before-seen view of Mecca, the exhibition features 50 of the magazine's most remembered and celebrated photographs from its almost 130-year history.

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Open Daily 10:00 AM–5:00 PM
2559 Puesta del Sol, Santa Barbara, CA 93105
805-682-4711 · sbnature.org

2-3 p.m. Free. 805-473-7161. slolibrary.org. Arroyo Grande Library, 800 W. Branch, Arroyo Grande.

CAMP BRAVE GIRLS For girls fifth through eighth grade. Includes dance, crafts, and theater activities. Through Aug. 10, 8 a.m.-3 p.m. \$225. 805-489-1210. stpatschoolag.com. St. Patrick Catholic School, 900 W. Branch St., Arroyo Grande.

OCEANO DUNES VISITOR CENTER Enjoy exhibits of dune and lagoon plant and animal species. End your visit with a stroll behind the center to the fresh-water lagoon. Thursdays, 12-4 p.m., Fridays, 12-4 p.m., Saturdays, 12-4 p.m. and Sundays, 12-4 p.m. through Dec. 30 Free. 805-474-2667. Oceano Dunes Visitor Center, 555 Pier Ave, Oceano.

PAWS TO READ Children are invited to read with Nella the therapy dog. All ages welcome. **Aug. 9**, 3:30-4 p.m. Free. 805-473-7163. slolibrary.org. Arroyo Grande Library, 800 W. Branch, Arroyo Grande.

SPIRITUAL

SANTA MARIA VALLEY/LOS ALAMOS

HOPE COMMUNITY CHURCH SERVICES Join Hope Community Church for Sunday morning and Wednesday night services. Children care provided for infants and children under 4. Sundays, 10:30 a.m. and Wednesdays, 6:30 p.m. Free. 805-922-2043. hopesm.com. Hope Community Church, 3010 Skyway Dr. Suite F, Santa Maria.

INTUITIVE GUIDANCE Sessions may include but are not limited to mediumship, psychic awareness, light journey work, and aura cleansings. Thursdays, 12-2 p.m. \$20 for 15 minutes. 937-271-5646. CovenTree: Books and Gifts, 722 E Main St., Santa Maria.

MEDITATION CLASS: A STUDY OF TRADITION AND PRACTICE With AnnKathleen, who has been meditating since 1992 when she was introduced to Transcendental Meditation from teacher Sri John Karuna. Wednesdays, 6:30-7:45 p.m. \$10-\$15. 805-598-1509. divining.weebly.com. Art of Alchemy, E. Orange St, Santa Maria.

WISDOM READINGS AnnKathleen uses tarot and oracle cards to guide participants to solutions that bring peace, happiness, and positive thinking. Fridays-Sundays, 1-5 p.m. \$60-\$100. 805-598-1509. Art of Alchemy, E. Orange St, Santa Maria, divining.weebly.com.

WISDOM READINGS AT COVENTREE AnnKathleen, the Mistress of Alchemy, uses tarot and oracle cards to guide participants to solutions that bring peace, happiness, and positive thinking. Every other Friday, 1-5 p.m. \$60-\$100. 805-598-1509. divining.weebly.com. CovenTree: Books and Gifts, 722 E Main St., Santa Maria.

WOMEN ON THE FRONTLINES **Aug. 9** and **Aug. 9-11** \$55. 805-925-5678. healingroomssmv.com.

SOUTH COAST SLO COUNTY

CHANNELING With Mike Smith. Receive channeled messages from spirit guides and love ones. Second Saturday of every month, 6:30-7:30 p.m. \$35. 805-489-2432. Halcyon Store Post Office, 936 S. Halcyon Rd., Arroyo Grande.

DRUM CIRCLE With Julie Jensen. You may bring your own drum if you wish. Those without drums are welcome. Additional instruments will be available for use. Third Wednesday of every month, 6:30-8 p.m. Donations accepted. 805-489-2432. Halcyon Store Post Office, 936 S. Halcyon Rd., Arroyo Grande.

DRUM MEDICINE JOURNEY With Julie Jensen. Every third Monday, 6:30-8 p.m. \$30. 805-489-2432. Halcyon Store Post Office, 936 S. Halcyon Rd., Arroyo Grande.

MEDIUMSHIP DEVELOPMENT Learn the basics of communicating with spirit in a safe environment with Mike Smith. Tuesdays, 6:30-7:30 p.m. \$15. 805-480-2432. Halcyon Store Post Office, 936 S. Halcyon Rd., Arroyo Grande.

SUNDAY FOR SPIRIT PSYCHIC READINGS Features an assortment of psychic readers. Sundays, 1-5 p.m. Vaires. 805-489-2432. Halcyon Store Post Office, 936 S. Halcyon Rd., Arroyo Grande.

YOUTH SERVICES The City Church Central Coast holds youth services for junior high school students. Mondays, 6:30 p.m. Free. 805-929-8990. thecitycc.org. Faith Life Community Church, 726 W Tefft St, Nipomo.

SAN LUIS OBISPO

ASK SABRINA 30 years of Tarot reading experience. Open Wednesday, Friday, and Saturday in SLO County and Thursday and Sunday in South SLO County. ongoing 805-441-4707. asksabrina.com. Private Location, TBA, San Luis Obispo.

HOW WISDOM PURIFIES THE EMOTIONS A meditation retreat with monk, teacher, and author Hye Wol Sunim. **Aug. 11**, 10 a.m.-2:30 p.m. Suggested donation of \$30-\$50. 805-709-2227. Crows End Retreat Center, 6340 Squire Ct., San Luis Obispo.



VOLUNTEERS

SANTA MARIA VALLEY/LOS ALAMOS

GUADALUPE NATIVE GARDEN BEAUTIFICATION DAY Seeking volunteers interested in gardening and helping to beautify the Guadalupe Native Garden. This event is led by Judith Evans. Third Saturday of every month, 9 a.m.-noon through Dec. 15 Free. 805-343-2455. dunescenter.org/event/guadalupe-native-garden-beautification-days/. Guadalupe Native Garden, Corner of Campondonico and 7th Ave., Guadalupe.

CULTURE & LIFESTYLE continued page 21
PHOTO COURTESY OF CHUMASH CASINO RESORT



A STORM IS COMING

Australian dance team *Thunder From Down Under* brings its live show to Chumash Casino Resort on Aug. 10. The performance starts at 8 p.m. in the Samala Showroom. Tickets start at \$20. Chumash Casino Resort is located at 3400 E. Highway 246, Santa Ynez. More info: (800) 248-6274 or chumashcasino.com.

SAN LUIS OBISPO

CENTRAL COAST HOSPICE VOLUNTEER TRAINING Central Coast Hospice is seeking compassionate volunteers to provide 3 to 4 hours a week to hospice patients and their families. Fridays, 9 a.m.-3 p.m. through Aug. 17 Free. 805-540-6020. Central Coast Home Health and Hospice, 253 Granada, San Luis Obispo.

FELINE NETWORK OF THE CENTRAL COAST Seeking volunteers to provide foster homes for foster kittens or cats with special needs. The Feline Network pays for food, litter, and any medications needed. Volunteers also needed to help with humanely trapping and transporting feral cats for spay/neuter. ongoing 805-549-9228. felinenetwork.org. San Luis Obispo, Citywide, SLO.

HOSPICE SLO COUNTY THRESHOLD SINGERS SEEK NEW VOICES Sing for individuals experiencing life-limiting or end-of life conditions. Third Sunday of every month, 2-4 p.m. Free. 805-544-2266. hospiceslo.org/services/hospice-slo-county-threshold-singers. Hospice SLO County, 1304 Pacific St., San Luis Obispo.

MEALS ON WHEELS Meals on Wheels, San Luis Obispo, needs noon time drivers. Must have own car to deliver prepared meals. Mondays-Fridays, 11 a.m.-2 p.m. 805-235-8870. San Luis Obispo, Citywide, SLO.



FOOD & DRINK

FARMERS MARKETS

LOMPOC/VANDENBERG

LOMPOC FARMERS MARKET Features fresh fruit and vegetables, flowers, entertainment, and activities for the whole family. Fridays, 2-6 p.m. Lompoc Farmers Market, Ocean Avenue and I Street, Lompoc.

LOMPOC'S OLD TOWN MARKET Features live entertainment, a farmers market, food booths, vendors, free kids activities, and more. Presented by the Lompoc Valley Chamber of Commerce and Visitors Bureau. Fridays, 5-8 p.m. through Aug. 10 Free. explorelompop.com. Lompoc Old Town Market, 100 South H St, Lompoc.

VANDENBERG VILLAGE FARMERS MARKET Locally grown produce and food stuffs are available year round. Sundays, 10 a.m.-2 p.m. Vandenberg Village Farmers' Market, 120 Burton Mesa Blvd., Lompoc.

SANTA MARIA VALLEY/LOS ALAMOS

ORCUTT FARMERS MARKET Presents local farmers and small businesses. Tuesdays, 10 a.m.-1 p.m. Orcutt Farmers Market, Bradley Road, Orcutt.

SOUTH COAST SLO COUNTY

ARROYO GRANDE FARMERS MARKET Includes produce, artists and musicians. Saturdays, 12-2:25 p.m. Arroyo Grande Farmers Market, Olohan Alley, Arroyo Grande.

NIPOMO FARMERS MARKET Includes a large variety of locally grown produce. Open year round Sundays, 11:30 a.m.-2:30 p.m. nipomofarmersmarket.com/. Nipomo Farmers Market, Via Concha Road, Nipomo.

SAN LUIS OBISPO

FARMERS MARKET Farmers Market in SLO is the largest Farmers Market in California. Thursdays, 6-10-9 p.m. Downtown SLO, Higuera St., San Luis Obispo.

SLO FARMERS MARKET Hosts over 60 vendors. Saturdays, 8-10:45 a.m. World Market Parking Lot, 2650 Main St., San Luis Obispo.

EVENTS

SANTA YNEZ VALLEY

WINE TASTING WITH THE SUMMER PASS Taste at your own pace from 14 Santa Ynez Valley tasting rooms. Each tasting consists of 4 to 5 wines. No blackout dates. Reservations are not required. Through Aug. 31 \$50. 800-563-3183. santaynezwinecountry.com. Participating Wine Tasting Rooms, Santa Ynez Valley, Santa Ynez, Buellton, Los Olivos, Solvang. ○

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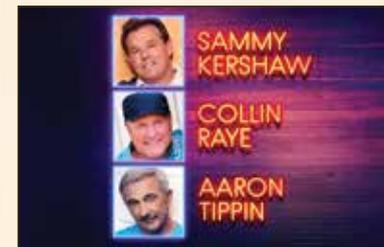
THUNDER FROM DOWN UNDER: GIRLS' NIGHT OUTBACK



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FRIDAY

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Live Music

SANTA YNEZ VALLEY

- AREA 51 LIVE** Aug. 17, 8-11 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.
- ASHLEY STEELE: NASHVILLE POP-UP ACOUSTIC SHOW** Aug. 10, 6-8 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.
- THE BRYAN TITUS TRIO LIVE** Aug. 10, 8-11 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.
- CONNER CHERLAND LIVE** Part of Crafted, Bottlest's ongoing live music series. **Aug. 9**, 6:30-9 p.m. Bottlest Winery, Bar & Bistro, 35 Industrial Way, Buellton, 805-686-4742, bottlest.com.
- DIFFERENT STRINGS LIVE** Part of Crafted, Bottlest's ongoing live music series. **Aug. 17**, 7:30-10 p.m. Bottlest Winery, Bar & Bistro, 35 Industrial Way, Buellton, 805-686-4742, bottlest.com.
- EL COYOTE LIVE** Featuring special guest Fidel Rueda. **Aug. 17**, 8 p.m. Chumash Casino Resort, 3400 E. Highway 246, Santa Ynez, 800-248-6274, chumashcasino.com/entertainment.
- THE HOLLYWOOD HILLBILLIES LIVE** Aug. 18, 8 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.
- INDIGENOUS CONCERT FEAT. MATO NANJI** Aug. 16, 7-11 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.
- THE JOE LOMBARDO BAND LIVE** Enjoy live '60s and '70s classic rock. **Aug. 11**, 5-8 p.m. Free. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.
- JOHN LYLE AND THE GROOVE LIVE** **Aug. 17**, 6-9 p.m. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.
- JR'S COMBO LIVE** Aug. 11, 1-4 p.m. Free. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.
- NATALY LOLA LIVE** Part of Crafted, Bottlest's ongoing live music series. **Aug. 16**, 6:30-8:30 p.m. Bottlest Winery, Bar & Bistro, 35 Industrial Way, Buellton, 805-686-4742, bottlest.com.
- NOACH TANGERAS LIVE** Part of Crafted, Bottlest's ongoing live music series. **Aug. 18**, 7:30-10 p.m. Bottlest Winery, Bar & Bistro, 35 Industrial Way, Buellton, 805-686-4742, bottlest.com.
- PARADISE ROAD LIVE** Performing live country and classic rock. **Aug. 10**, 6-9 p.m. Free. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.
- SLEEPING DOGS LIVE** Enjoy live blues rock. **Aug. 18**, 5-8 p.m. Free. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.

MUSIC LISTINGS continued page 24

Stars in her eyes

Russian/American pop singer Marina V talks music and emotion ahead of concert in Lompoc

BY JOE PAYNE

The Russian-born pop singer/songwriter Marina Verenikina, who goes by Marina V, has wowed audiences and critics across the U.S., Europe, and her home country with her startling voice and piano-centered pop music. Based in LA, the artist is currently on tour, and will make a stop on the Central Coast for an Aug. 10 show at the Lompoc Wine Factory, where she'll perform original music from her latest album, *Born to the Stars*, and covers of some of her favorite American music.

The *Sun* caught up with Marina V over the phone, and spoke with her about her musical background, where she finds inspiration, and what her audience in Lompoc can expect to hear.

Sun: You're going to perform in Lompoc at the Wine Factory; have you performed on the Central Coast before?

Marina V: You know, only in Santa Barbara, at SoHo. I've done almost 1,100 shows around the world, and I come to the Lompoc and Santa Ynez area quite a lot because I'm a big wine fan, but I've never performed in Santa Ynez or Lompoc. I've been on the radio in Paso Robles, but haven't performed there either, so it's like the weirdest thing.

Sun: You began your musical journey in your home country of Russia. When you look at music history, Russia is well known for its musical culture. What was it like being educated and brought up there?

MV: I went to a school of music and received classical training on the piano and music theory. I learned for eight years and graduated from the children's school of music, and as all the Russians will tell you, the training is quite rigorous. People take their music very seriously. I remember my piano teacher slapping my hand when I made mistakes. She was not mean, but she was extremely passionate and very strict, which I hated as a child, but now I think I appreciate it now that I'm older. I grew up mainly on classical music. My grandfather and great-grandfather had a big vinyl record

collection. You pretty much name a classical recording and they had it. My personal favorite, even though Beethoven was my grandfather's favorite, for me, I'm a huge fan of Tchaikovsky. I've always loved his melodies and just beautiful music, so I'm very much influenced by him.

Sun: He's such a heartfelt composer. **MV:** Yes, very much so, and quite dramatic as well. In the music, you just feel a lot of pain and beauty all rolled into one.

Sun: Is that something that you emulate in your music? There's a lot of passion and joy, maybe not the downtrodden heartache of Tchaikovsky, but there is a lot of heartfelt stuff going on in your music.

MV: I don't really try to emulate it, it just comes to me naturally. I'm an extremely emotional person, which can be a bad thing sometimes because I really feel my highs and I really feel my lows. Music has always been the way I've stayed sane, because I would feel something so strongly and writing a song—I started writing when I was a

kid—would take all that negative emotion out of me and put it in a music form, which kind of saved me, over and over and over throughout my whole life. I feel passionate, which is why I think I resonate with Tchaikovsky's music so much. And the funny thing is I didn't really know much about him personally when I was a kid, but when I got older I read his biography and he had gone through some difficult stuff, so I can understand how he put all of his passion and frustration into the music he created, which is why I really, really feel his pain coming through in the music, but in a beautiful way.

Sun: Was it difficult to leave your family to come to America?

MV: It was the most difficult thing I've ever done in my life. I came to America when I was 15 at first on a one-year scholarship to attend a high school in America as a cultural



FROM MOSCOW TO AMERICA: Pop singer/songwriter Marina V grew up and learned music in Russia, with a focus on classical music. She moved to the U.S. permanently at 17 and has pursued her own music career ever since, putting out several albums of piano-centered pop music over the years.

ambassador, and I really fell in love with this country and I just felt that I was meant to be here. So when I was 17, I left Russia for good and came here and that was probably, you know, it's kind of haunted me ever since. I wouldn't change that decision now, but it was so hard, and to this day it's my source of a lot of heartache when I think about it. Leaving your family, it's hard, and it's not like you can go back and forth a lot, and at first I didn't. I had no money and visa issues, so there was one point of my life, between 18 and 23, I did not see my family at all for five years. It was hard, so I really poured myself into music so strongly, and once again, it

LOCAL NOTES continued page 24

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LOCAL NOTES from page 22

helped me process what I was feeling and help me deal with those frustrations.

Sun: When was the last time you were home?
MV: Now I go twice a year. Last year I got to go four times. I perform there and also last year I had a big tour in Germany and went to Moscow before and after because it was such a super easy flight. Then I went to Moscow in December. I helped the Grammys open their first ever Grammy Museum exhibit in Moscow, so that was very fun. And then I went there in May to see my family and play a show.

Sun: You've come out with albums in Russian, right?

MV: I have two Russian language albums, *Russian Bootleg Vol. 1* from 2006, and *Vol. 2* from 2016, so they're 10 years apart. Now I just retouched them and put them all in one album, so now I have one album with 23 songs entirely in Russian. I will have that at the show with me if anyone wants to buy that. I have many Americans or non-Russians who tell me how much they enjoy hearing Russian being sung, which I know it's odd to hear that, but I've sold a lot of those copies and people seem to really respond to that. It's very cool. I've also translated a handful of very famous American songs into Russian. I've translated Neil Diamond's "Solitary Man" into Russian and released that, and I've done other songs that I've translated.

Sun: When did you start writing your own songs?

MV: I've always been writing music in my head, and I remember when I was 4, my grandma and

I sat down at the piano, and we wrote our first song together, my first and her first. Ever since I started playing piano, and I started learning around 4, I started writing songs on the piano. We had a little recording device and I was able to do all that.

Sun: What would you say you're trying to get across in your songs today, like in your most recent album *Born to the Stars*, and songs you'll be performing in Lompoc?

MV: A lot of my songs are about overcoming difficulties in your personal journey, or obstacles that this life throws at us and finding hope even in the darkest of times. I have suffered from severe depression most of my life. I tried medication when I was younger, which didn't quite work, but music is my biggest therapy. Many of my songs deal with overcoming, finding light when you only see darkness, and people who even don't suffer from depression tell me that they can resonate with that.

Sun: Will you be performing solo in Lompoc?

MV: It will be me and my digital piano and my husband and co-writer, Nick Baker, who will be playing acoustic guitar. He's a musician, we met many years ago, and we've done almost 1,100 shows together. We basically co-write music for me. I write most of the music and some of the words, and he's a great poet, so we really co-write very well together, especially on the lyrics. The music is all me. ○

Managing Editor Joe Payne resonates with Tchaikovsky, but like Marina's grandfather, his favorite is Beethoven. Contact him at jpayne@santamariasun.com.

MUSIC LISTINGS from page 22

SOLVANG SUMMER CONCERT SERIES

Featured acts include The Soul Cats, Cuesta Ridge, Bear Market Riot, Grass Mountain, LiveWire, Rock Cats Rock, Low Down Dudes, Unfinished Business, and more. Wednesdays, 5-8 p.m. and **Aug. 10**, 5-8 p.m. through Aug. 22 Free. facebook.com/solvang3rdwednesday. Solvang Park, Mission Dr. and First St., Solvang.

T-BONE RAMBLERS LIVE Part of Crafted, Bottlest's ongoing live music series. **Aug. 11**, 7:30-10:30 p.m. Bottlest Winery, Bar & Bistro, 35 Industrial Way, Buellton, 805-686-4742, bottlest.com.

TERESA RUSSELL AND COCIBILLI LIVE Enjoy live music from this blues/rock group. **Aug. 12**, 4:30-7:30 p.m. Free. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.

THE TEX PISTOLS LIVE **Aug. 11**, 8 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.

WILL BREMAN LIVE Enjoy live music from this Santa Barbara-based singer and songwriter. **Aug. 18**, 1-4 p.m. Free. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.

WILL CHAMPLIN LIVE Part of Crafted, Bottlest's ongoing live music series. **Aug. 10**, 7:30-10:30 p.m. Bottlest Winery, Bar & Bistro, 35 Industrial Way, Buellton, 805-686-4742, bottlest.com.

LOMPOC/VANDENBERG

SIP MUSIC CLUB Pairing music and local wine with 4 seasonal releases each calendar year. Price includes 3 VIP access tickets to each SipMusic event, and 1 album and 1 bottle of premium wine every 3 months. ongoing \$40. Lompoc Wine Factory, 321 N. D St., Lompoc, 805-243-8398, lompocwinefactory.com.

TACOS, WINE, AND MUSIC Enjoy food, drinks, and live music from Tina and The Graceland Exiles. Features a vintage market with multiple vendors. **Aug. 18**, 10 a.m.-5 p.m. and **Aug. 19**, 10 a.m.-5 p.m. Free. babcockwinery.com. Babcock Winery and Vineyards, 5175 E. Hwy. 246, Lompoc, 805-736-1455.

SANTA MARIA VALLEY/LOS ALAMOS

30TH ANNIVERSARY WITH THE LUCKY DEVILS BAND This group performs pop, rock, jazz, and more. **Aug. 18**, 5:30-9:30 p.m. \$11.49-\$17. 805-937-8463. luckydevilsband.com/. Cottonwood Canyon Vineyard And Winery, 3940

Dominion Rd, Santa Maria.

CODY CANADA AND THE DEPARTED LIVE

Guests are welcome to bring lawn chairs and blankets. **Aug. 17**, 5:30 p.m. \$20-\$22. Presqu'ile Winery, 5391 Presqu'ile Dr., Santa Maria, 805-937-8110, presquilewine.com.

JACOB COLE LIVE

Aug. 10, 4-6 p.m. Complimentary. Presqu'ile Winery, 5391 Presqu'ile Dr., Santa Maria, 805-937-8110, presquilewine.com.

A LITTLE OLD TIME ROCK'N'ROLL Featuring Riptide Big Band. Guests are encouraged to dress in '50s attire. Presented by the Santa Maria Valley Sr. Club and funded by the Community Foundation of SLO County **Aug. 12**, 1:30-4 p.m. Free. 775-813-

MUSIC LISTINGS continued page 25

PHOTO COURTESY OF CHUMASH CASINO RESORT



FIDEL ON THE ROOF

Singer and accordionist Fidel Rueda (pictured) opens for El Coyote on Aug. 17 at 8 p.m. in the Chumash Casino Resort's Samala Showroom. Tickets range from \$35 to \$55. Chumash Casino Resort is located at 3400 E. Highway 246, Santa Ynez. More info: (800) 248-6274 or chumashcasino.com.

MUSIC

MUSIC LISTINGS from page 24

5186. RiptideBB.com. Elwin Mussell Senior Center, 510 Park Ave., Santa Maria.

THE MOLLY RINGWALD PROJECT LIVE

Guests can enjoy food, drinks, and dancing. All ages welcome. Gates open at 5:30 p.m. Festival style-seating (blankets and low back chairs are recommended). **Aug. 18**, 7-10 p.m. \$15; free for ages 12 and under. 805-621-5889. Ca' Del Grevino Cafe and Wine Bar, 400 E. Clark Ave., suite A, Orcutt.

SOUTH COAST SLO COUNTY

BROADWAY BY THE SEA CONCERT Opera San Luis Obispo performs Broadway hits. Features a quintet of nationally acclaimed singers from Los Angeles. **Aug. 11**, 2-5 p.m. \$70-\$90. 805-541-5369. operaslo.org. Chapman Estate, 1243 Ocean Blvd., Shell Beach.

CENTRAL CITY SWING This concert is sponsored by Morgan Stanley and will benefit Captive Hearts. **Aug. 12**, 1 p.m. Free. 805-473-2250. agvillageconcerts.com. Heritage Square Park, 201 Nelson St., Arroyo Grande.

CENTRAL COAST FIDDLERS JAM SESSION

The Central Coast Fiddlers invite musicians, dancers, and listeners to this jam session. All string instruments welcome. Genres include classic country, bluegrass, and oldies music. Refreshments will be available. **Aug. 12**, 1:15-3:30 p.m. Free. 805-937-2238. centralcoastfiddlers.org. Arroyo Grande Community Center, 211 Vernon St., Arroyo Grande.

DISPATCH LIVE **Aug. 19**, 4-9 p.m. \$44.97-\$83.00. 805-329-5720. californiarootspresents.com/avila-beach-resort/. Avila Beach Resort, 6464 Ana Bay Dr., Avila Beach.

JOHN ALAN CONNERLEY LIVE Connerley performs classic standards and originals. **Aug. 10**, 4:30-6:30 p.m. 805-773-6563. Puffers of Pismo, 781 Price St., Pismo Beach, puffersofpismo.com/.

PORTUGAL THE MAN With special guests Chicano Batman. For adults 18-and-over only. Rain or shine. **Aug. 11**, 5-10 p.m. \$42-\$87. 805-924-1142. otterproductionsinc.com. Avila Beach Resort, 6464 Ana Bay Dr., Avila Beach.

SAN LUIS OBISPO

THE CINDERS BLUES BAND LIVE Presented by Songwriters at Play. **Aug. 9**, 6:30-9 p.m. \$11.49. 805-868-7133. songwritersatplay.com. 7Sisters Brewing Company, 181 Tank Farm Rd. Suite 110, San Luis Obispo.

FOR THE FOLKS DANCE PARTY TO SUPPORT IMMIGRANT RIGHTS Featuring live music from Midtown Social and The Turkey Buzzards. **Aug. 11**, 6:30-10 p.m. \$10. 805-888-7940. forthefolksmusic.com. Bang The Drum Brewery, 950 Orcutt Road, San Luis Obispo.

JAZZ VESPERS CONCERT Featuring The Dave Becker Quartet, with Becker, Jeff Miley (guitar), Ken Hustad (bass), and Darrell Voss (drums). **Aug. 12**, 4 p.m. Donations appreciated. 805-543-5451. Facebook.com/JazzVespersSLO. First Presbyterian Church of San Luis Obispo, 981 Marsh St., San Luis Obispo.

MEGAN STEINKE LIVE Performing during Pint Night. **Aug. 10**, 6-8 p.m. Free. 805-868-7133.

PHOTO COURTESY OF BOTTLEST WINERY, BAR, AND BISTRO



RUN TO LOLA

Bottlest Winery, Bar, and Bistro presents musician Nataly Lola on Aug. 16 from 6:30 to 9 p.m. The winery is located at 35 Industrial Way, Buellton. More info: (805) 686-4742 or bottlest.com.

7SistersBrewing.com. 7Sisters Brewing Company, 181 Tank Farm Rd. Suite 110, San Luis Obispo.

RESONANCE: UNUM Presented by the 30-voice Resonance under the direction of Paul Osborne. Features the music of Herbert Howells, Maurice Duruflé, Arvo Pärt, Mårten Jansson, René Clausen, and others. **Aug. 11**, 8-10 p.m. \$25 general; \$10 students. Mission San Luis Obispo de Tolosa, 751 Palm Street, San Luis Obispo, 781-8220, missionsanluisobispo.org/.

SONGWRITERS AT PLAY: WINONA WILDE

Enjoy live music from this award-winning singer/songwriter. Special guests include John Sandoval, Sarah Biklen, and Steve Key. **Aug. 16**, 6:30-9 p.m. Free. 805-204-6821. songwritersatplay.com/calendar/. 7Sisters Brewing Company, 181 Tank Farm Rd. Suite 110, San Luis Obispo.

DJ/DANCE

SANTA YNEZ VALLEY

KRAZY COUNTRY HONKY-TONK THURSDAY

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SANTA MARIA VALLEY/LOS ALAMOS

HULA DANCING Thursdays, 6:30 p.m. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-928-7799.

LINE DANCING Mondays, 6:30-9 p.m. \$5. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-928-7799.

NIGHTLIFE AT RANCHO BOWL Enjoy DJ's 6 nights a week in the Rancho Bar and Lounge. For ages 21-and-over. Tuesdays-Sundays, 9 p.m. Free. 805-925-2405. ranchobowl.com/nightlife. Rancho Bowl, 128 E Donovan Rd., Santa Maria.

SOUTH COAST SLO COUNTY

DJ CAMOTE Thursdays, 5 p.m. Harry's Night Club And Beach Bar, 690 Cypress St., Pismo Beach, 805-773-1010, harryspismo.com.

DJ DRUMZ AT MONGO'S Fridays Free. 805-489-3639. mongosaloon.com. Mongo's Saloon, 359 W. Grand Ave., Grover Beach.

SAN LUIS OBISPO

CONTRA DANCE Enjoy live music and energetic contra dancing. Featuring Jean Gorrindo, Phil Curnow, and the Growling Old Geezers Band. Families, couples, and singles welcome. Free pizza for clinic attendees. **Aug. 11**, 6:30-10 p.m. \$5-\$10. cccds.org. Odd Fellows Hall, 520 Dana St., San Luis Obispo, 805-544-0876.

COUNTRY NIGHT Thursdays, 8 p.m.-2 a.m. 805-541-096. slograd.com. The Graduate, 990 Industrial Way, San Luis Obispo.

KARAOKE/OPEN MIC

SANTA YNEZ VALLEY

KARAOKE AT SOLVANG BREW Thursdays Free. Solvang Brewing Company, 1547 Mission Dr., Solvang, 805-688-2337.

OPEN MIC NIGHT AT SOLVANG BREW Wednesdays Free. Solvang Brewing Company, 1547 Mission Dr., Solvang, 805-688-2337.

SOUTH COAST SLO COUNTY

FRONT ROW KARAOKE Thursdays, 9 p.m. 773-1010. Harry's Night Club And Beach Bar, 690 Cypress St., Pismo Beach, harryspismo.com.

JAWZ KARAOKE Thursdays, 9 p.m. Harry's Night Club And Beach Bar, 690 Cypress St., Pismo Beach, 805-773-1010, harryspismo.com.

KARAOKE WITH DJ SAM Sundays Mongo's Saloon, 359 W. Grand Ave., Grover Beach, 805-489-3639.

SAN LUIS OBISPO

KARAOKE NIGHT SUNDAYS AT BUFFALO PUB AND GRILL Sundays, 8 p.m. Free. 805-544-5155. Buffalo Pub And Grill, 717 Higuera St., San Luis Obispo.

OPEN MIC NIGHT AT 7SISTERS For musicians, poets, and comedians. Family-friendly. Performers get a free beer. Sundays, 6-8 p.m. Free. 805-868-7133. 7sistersbrewing.com/calendar. 7Sisters Brewing Company, 181 Tank Farm Rd. Suite 110, San Luis Obispo.

OPEN MIC NIGHT AT KREUZBERG Wednesdays Free. 805-439-2060. kreuzbergcalifornia.com. Kreuzberg Coffee Company, 685 Higuera Street, San Luis Obispo. ☺

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JACK WHITE AUG 19
DAVID BYRNE AUG 24
REBELUTION W/ STEPHEN MARLEY. . . SEP 09
LUIS MIGUEL SEP 11
BANDA MS SEP 30
JIM GAFFIGAN OCT 06
KEITH URBAN W/ LINDSAY ELL. OCT 08
ARCTIC MONKEYS OCT 19
ROD STEWART OCT 21

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Arts Briefs

CORE Winery presents San Francisco Poet Susan Terence

As part of the winery's Second Saturday poetry night, CORE Winery in Orcutt presents a reading from Susan Terence on Aug. 11.

Terence's poems have been published in journals including the *Nebraska Review*, *San Francisco Bay Guardian*, *Southern Poetry Review*, and the *San Francisco Chronicle* as well as numerous other literary magazines and collections. She has won awards including the California DeWar's Young Writer's Recognition Award and the Audre Lorde Fiction award. She holds a Master of Arts in Inter-Disciplinary Arts and a Master of Fine Arts in Creative writing, both from San Francisco State University.

CORE's poetry reading takes place at 7 p.m. at 105 W. Clark Ave., Orcutt. More info: (805) 937-1600 or corewine.com.

Santa Maria Civic Theatre holds auditions for new musical

The Santa Maria Civic Theatre is holding auditions for an upcoming production of the musical comedy *Little Shop of Horrors*.

The show will be the second production of the group's 60th season. Roles include Seymour, Audrey, Orin, Mr. Mushnik, The Plant, and various ensemble members. Ages range from early 20s to middle-aged.

Auditions will be held at the theater Aug. 12 and 13. Actors are asked to prepare to sing and bring a track or sheet music to play during the audition. The theater is located at 1660 N. McClelland St., Santa Maria. More information, including audition times, is available at smctheatre@gmail.com or (805) 922-4442.

Guadalupe Dunes Center hosts hike to Mussel Rock

The Dunes Center in Guadalupe will host a nature hike to Mussel Rock on Aug. 18.

The park, which lies to the south of Guadalupe, includes 550-foot-high dunes along the Santa Maria River Estuary. The hike to the park will be led by Ray Segovia and will feature a mild pace with highlighted features of the trail pointed out for participants. The length of the hike is 4 miles round trip.

Interested hikers can meet Segovia at the Rancho Guadalupe Beach parking lot at 9 a.m. Participants are asked to email admin@dunescenter.org or call for a reservation. The hike is free with a \$5 suggested donation. More info: (805) 343-2455. ○

PHOTO COURTESY GUADALUPE DUNES CENTER



Arts Briefs is compiled by Arts and Lifestyle Writer Rebecca Rose. Send information to rose@santamariasun.com.

Backroad Rambler

Carol Simon's work features whimsical interpretations of still life and world travel

BY REBECCA ROSE

Carol Simon admits she has a very patient husband. The artist, whose work currently can be seen at Gallery Los Olivos in a one-woman show running through Aug. 31, laughs when she talks about driving through the backroads of Europe and spotting a place she wants to sketch.

"My husband is really sweet," Simon said. "I'll start screaming for him to stop and he stops so I can work. He just calmly pulls over and lets me work."

That patience with the enthusiastic artist has paid off in a lifetime of work, which can be seen at various galleries and businesses throughout California including Cottage Hospital and galleries such as Katherine Designs in Montecito. A member of Santa Barbara Art Association and Scape, she also worked in the Goleta Creative Arts Program as a teacher for 15 years.

Her latest exhibit, *A Country Ramble*, gives art lovers insight into her journeys as well as the playful balance of color and form Simon is known for. Simon has been painting for the past 33 years, but it was a different

art form that led her to painting. She was a musician, spending decades studying and performing various instruments including the clarinet, piano, and organ at UC Davis and the University of

the Pacific. She retired after 42 years with the City College Symphony to focus on her painting.

For Simon, music and art are almost symbiotic. She said music and art have a lot of connections both in their creation and what it takes to master either.

"There is rhythm and harmony and discipline," she explained. "There's rhythm in art by repetition of color or lines, patterns. Your eye will go from one place to the next."

One of the keys to being a successful painter and musician is the art of discipline. Simon said patience is paramount, as well as pushing yourself to do the work itself.

"You have to be a disciplined person to be a musician and an artist," she said. "You have to sit down at that easel whether you feel like painting or not. It's the same with music."

Simon studied with influential artists including Marilyn Simandle, Ted Goerschner, and James Armstrong. She was drawn to painting because she was seeking a more visual means of expression, something that could combine her knowledge of form in music and her love of the visual world.

"I think I was always a visual person," she said. "And I always loved looking. I think looking is a key to painting."

Simon prefers working in oil over watercolor or acrylics owing to the versatility of the medium and its monumental color range. She spent 15 years doing watercolor until she discovered a knack for oils. After that, she said she became addicted to the medium, especially for the bright and thick colors it allows artists to experiment with.

When asked what her favorite subjects to depict are, Simon is crystal clear. She has an unwavering passion for classic architecture, especially the kind seen in the rural communities of Europe. She and her husband have taken numerous trips to Switzerland, Italy, Great Britain, and France. She said Wales is by far her favorite place to visit, dotted with a lot of old buildings and bold landscapes.

"I love European villages," she said. "That's really my passion. We find wonderful buildings and structures. I love old buildings that are not

straight lines. I like crooked lines in stone buildings, with good landscape behind them."

Simon said she will pull off the road when she finds something that catches her eye and tries to capture the moment either in oil sketches on small canvases or in photographs. Then she takes the work back to her Rose Cottage studio in Santa Barbara where she turns them into oil paintings she describes as "whimsical and joyous."

Simon's paintings do not shy away from the artist's fanciful vision of country life. She verges on impressionism, especially in her landscapes. But the style remains uniquely Simon—bold and inviting colors that allow the eye to wander from corner to corner of each canvas, telling a tale of a jovial world where viewer and creator can find harmony in nature or architecture. Whimsy is another striking element of Simon's work—she doesn't differentiate between the natural world and the human-made one. Stone and concrete get the same loving attention as skyscapes and animals, because to Simon they possess the same kind of pure organic beauty.

As for advice to younger or new painters who want to try their hand at art professionally, Simon urges them to jump into it without fear.

"You have to do a thousand canvases," she said. "They told me that when I first started and I was so unsure. But you have to just keep at it. Always have an easel up. Always have a painting going. It keeps your juices flowing." ○

Arts and Lifestyle Writer Rebecca Rose got lost on the backroads. Contact her at rose@santamariasun.com.

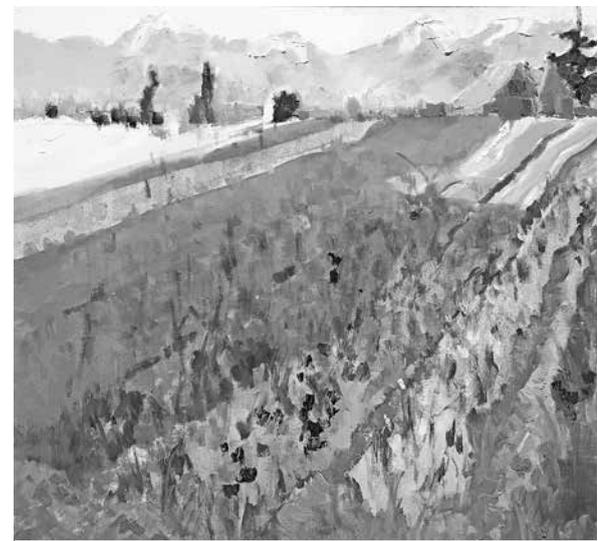
PHOTOS COURTESY OF CAROL SIMON



LIFE IS A HIGHWAY: Carol Simon's travels in Europe have heavily influenced her work. The artist says she loves old buildings, especially the kind found in places like Wales.



SIT STILL: Artist Carol Simon said it took a while for her to find an interest in still life painting, but once she did, she fully embraced it. Her work can be seen at Gallery Los Olivos through Aug. 31.



WIDE OPEN SPACES: Carol Simon's paintings are currently on display at Gallery Los Olivos, part of a one-woman show called *A Country Ramble*. Simon is a classically trained musician who played music professionally for more than four decades.

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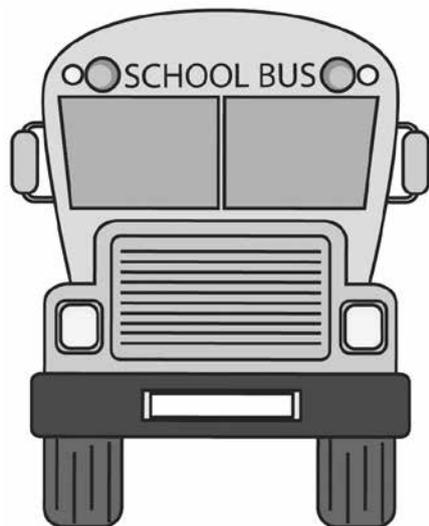
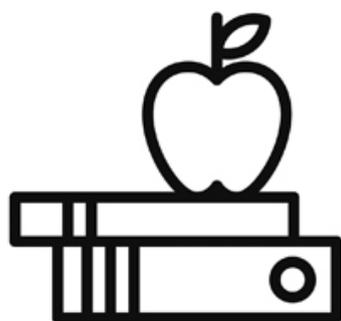
MODIFIED SINGLE TRACK

2018/2019 School Schedules - All Schools Start on August 13, 2018

	AM/PM	1st thru 6th
ADAM	a.m. 7:50 - 11:10 p.m. 11:10 - 2:30	8:00-2:25/buses arrive 2:30 p.m.
ALVIN	a.m. 7:50 - 11:10 p.m. 11:10 - 2:30	8:00 - 2:25
ARELLANES (K-6)	a.m. 7:45 - 11:25 p.m. 10:30 - 2:10	7:45 - 2:10
BATTLES	a.m. 7:50 - 11:10 p.m. 11:10 - 2:30 THURSDAY SCHEDULE ALL KINDERS a.m. 7:50 - 11:10	8:00 - 2:25
BONITA	a.m. 7:45 - 11:05 p.m. 11:40 - 3:00	7:35 - 2:00
R. BRUCE	a.m. 7:45 - 11:25 p.m. 10:45 - 2:25	8:00 - 2:25
FAIRLAWN	a.m. 7:50 - 11:30 p.m. 11:20 - 2:40	8:00 - 2:25
JIMENEZ	a.m. 8:00 - 11:40 p.m. 10:40 - 2:20 10:40-11:00 AM K Lunch 11:05-11:25 PM K Lunch THURSDAY SCHEDULE ALL KINDERS a.m. 9:50 - 1:30	8:00 - 2:25
LIBERTY	a.m. 8:00 - 11:40 p.m. 10:45 - 2:25	8:00 - 2:25
MILLER	a.m. 8:00 - 11:40 p.m. 10:45 - 2:25	8:00 - 2:25
OAKLEY	a.m. 7:55 - 11:15 p.m. 11:15 - 2:35	8:00 - 2:25
ONTIVEROS	a.m. 7:50 - 11:30 p.m. 10:55 - 2:15 (PM Kinders eat lunch from 10:35 to 10:55)	8:00 - 2:25
RICE	a.m. 7:50 - 11:10 p.m. 11:15 - 2:35	8:00 - 2:25
SANCHEZ	a.m. 8:00 - 11:20 p.m. 11:16 - 2:36	8:00 - 2:25
TAYLOR	a.m. 7:30 - 10:50 p.m. 10:50 - 2:10	7:45 - 2:10
TUNNELL	a.m. 8:00 - 11:40 p.m. 10:45 - 2:25	8:00 - 2:25

JUNIOR HIGH SCHOOLS

Arellanes	8:36 - 3:30
El Camino	8:37 - 3:37
Fesler	8:15 - 3:17
Kunst	8:40 - 3:31



ARTS

STAGE

I want it that way

Melodrama's *The Mix Tape* celebrates 1990s nostalgia

BY REBECCA ROSE

In 1999, I was living in Indiana and working as a part-time photographer. I had a car with a five-CD changer and I thought it was the most technologically advanced piece of equipment that had ever existed. The '90s, my college glory days, were rolling past me and I was heading right into Y2K paranoia madness and the full brunt of adulthood.

It's hard to capture what that specific era was like. As the millennium counted down, there was a sense of excitement and dread of what we could be facing. (Nuclear holocaust? Global war? Another season of *Friends*?) Mostly, it was the music that grounded our consciousness in that era. While we were seized by panic fits wondering if a misplaced zero in a line of code would send us all into a dark abyss, Britney Spears was gleefully bopping around in crop top athleisure wear reminding us to not take things so damn seriously. It was a weird time.

At the Great American Melodrama in Oceano, they've done a nice job tapping into the cultural zeitgeist of that year in the comedy production *The Mix Tape*. The show centers on Molly (Graham Galloway) who's at a roller rink for a birthday party for her friend Becky's (Randa Meierhenry) child. Becky's disappointing husband, Kent (Cameron Parker), appears, and as Molly explains, life is not at all what she expected when she was back in college. Molly had dreams of being a singer but was eventually forced into songwriting and later a dreary office gig. She pines for her old boyfriend, Tim (Steven Makropoulos), also a singer who is now known as the "poor man's Josh Groban." Molly realizes it all went wrong in college, at Pacific Coast University in Oceano.

That's when Molly stumbles upon an arcade game at the roller rink, a fortune teller machine just like the one in the movie *Big*, which transformed a boy into grown-up Tom Hanks. Molly makes her wish and wakes up back in 1999, as a freshman at PCU.

There she runs into Becky, who is already being taken advantage of by her college boyfriend, Kent, who works himself to death paying for school in the servitude of Dean Martin (Ashley Whiting). The dean is basically

telling everyone on scholarship that the school lost money to fund their education, so she makes them write commercial jingles and songs so that she can use the money the songs earn to renovate her home. As Molly becomes reunited with her first love, Tim, the kids find themselves on the road to stardom in the *National Idol* singing competition. I won't give any more spoilers away other than that.

As expected, *Mix Tape* delivers a string of vivacious musical numbers influenced by popular songs from the '90s, including Spears' "Slave 4 U" and Meredith Brooks' "Bitch." By the time they break into "This Is How We Do It" from Montell Jordan, it's clear *Mix Tape* is doing something especially extraordinary. The numbers give enough of a nod to nostalgia while still imbuing them with a sense of corny punniness that's actually quite befitting of the era in question. The 1990s were all a bit ridiculous, with absurd fashion and hairstyles that made everything we did in the 1980s seem rational by comparison. The songs speak to that absurdity as well as the chipper exuberance in pop culture.

The show also gives us an opportunity to see actress Ashley Janel Whiting, who also takes on the role of Mrs. Wiggins in *The Blue-Collar Vaudeville Review*. Whiting is a brilliant comedic actress who sails through multiple roles including Molly's father. But her real star turn is as the evil Dean Martin (heh) of PCU.

Whiting is a delight to watch as she barrels through song after song, contorting her body into ludicrous whips and poses, hitting each comedic beat perfectly. Plus, the girl can sing the hell out of an old song. She pulls big notes and best of all makes it look totally effortless. The dean is a great role, and Whiting whirls into with a dervish force that makes her memorable as a performer.

Anna Wentworth playing Daria, Molly's roommate, is another vibrant comedic performer who stands out. Wentworth is a scene stealer as the quiet goth girl dementedly torturing her dolls to death in between big musical numbers that show off her impressive singing voice.

So leave all your 2010s existential ennui dread at home for a night and come relive a time when baby-doll dresses and jean jackets conveyed an air of sophistication and truly was a genuine escape. ○

Arts and Lifestyle Writer Rebecca Rose regrets everything from the '90s. Contact her at rrrose@santamariasun.com.

This is how we do it

The *Mix Tape* runs through Sept. 15 at the Great American Melodrama in Oceano, 1863 Front St., Oceano. More info americanmelodrama.com or call (805) 489-2499.

PHOTO COURTESY OF GREAT AMERICAN MELODRAMA



HIT ME BABY ONE MORE TIME: The cast of the Great American Melodrama's *The Mix Tape* includes (pictured left to right) Randa Meierhenry, Graham Galloway, and Anna Wentworth as three college girlfriends who aspire to musical glory in 1999.

SANTA MARIA-BONITA SCHOOL DISTRICT

Bus Schedules for 2018/2019 Modified Single Track (Listed are Pick-up/Drop-off Times)

BATTLES		Pick-up	Drop
7:05 a.m.	Battles/Rosemary (@ yellow poles)		3:10 p.m.
7:12	Bradley/Bello - West side of Bradley		3:13
7:16	Bradley/Bello - East side of Bradley		3:19
6:55	2745 Telephone Rd		3:05
	1912 E Prell Rd. (p.m. only)		3:10
7:27	San Ysidro/Miller		3:02
7:14	Stephen/Bradley		3:16
7:33	McCoy/Miller (SMAT Zone)		3:10
7:25	Knightbridge turnout (off Miller)		3:00
7:29	San Miguel/San Lino		3:04
7:23	McCoy/Caballero		2:55
7:19	Del Sur/Crossroads		3:09
7:20	(on) Lincoln/(before) Newlove		2:50
7:40	Drop Battles		
11:10	Pick up a.m. Kinders		

BATTLES KG			
	a.m. KG drop	p.m. KG in	p.m. KG drop
1912 E Prell Rd.	12:35 p.m.	9:39 a.m.	3:10 p.m.
2745 Telephone Rd.	12:40	9:44	3:05
San Ysidro/Miller	12:04	10:01	3:02
Stephen/Bradley	12:15	10:12	3:16
Knightbridge turnout (off Miller)	12:02	9:59	3:00
San Miguel/San Lino	12:06	10:03	3:04
McCoy/Caballero	11:59	9:54	2:50
Del Sur/Crossroads	12:09	10:07	3:09
Bradley/Bello (West side)	12:18	10:08	3:13
Bradley/Bello (East side)	12:21	10:15	3:19
Miller/McCoy/SMAT Zone	12:25	10:20	3:24
(on) Lincoln (before) Newlove	11:52	10:30	3:00
7:30	Drop P.M. KG		10:35

MILLER			
Pick-up		Drop	
7:10	Rosemary Farms	2:55 p.m.	
7:20	Concepcion/Cypress	2:45	
7:20	Palisade/Marilyn	3:00	
7:20	Lincoln/Boone	2:45	
7:25	Church/East	2:40	
7:30	Drop Miller		
11:40	Pick up a.m. Kinders		
P.M. KG	A.M. KG	P.M. KG	
Pick-up	Drop	Drop	
10:05 a.m.	Rosemary Farms	12:28 p.m.	2:55 p.m.
10:10	Palisade/Marilyn (Joe White Park)	12:18	3:00
10:35	Lincoln/Boone	11:50	2:45
10:20	Concepcion/Cypress	12:10	2:45
10:25	Church/East	12:00	2:40
10:45	Drop Miller		

RICE SCHOOL			
Pick-up		Drop	
7:30 a.m.	1628 N. Pine	3:00	
7:40	Drop Rice		
P.M. KG	A.M. KG	P.M. KG	
Drop	Drop	Drop	
10:45 a.m.	1628 N Pine	11:35 a.m.	3:00 p.m.
10:55	Drop Rice		

TUNNELL SCHOOL			
Pick-up		Drop	
7:20 a.m.	Siratt & Weldon	2:56 p.m.	
7:30	Domingues/Hearst	2:45	
7:35	Navarra/Main	3:00	
7:25	Centennial/Mt. Whitney	2:52	
7:45	Drop Tunnell		
A.M. KINDERS		Drop	
Pickup		Drop	
7:25 a.m.	Centennial/Mt. Whitney	11:50 a.m.	
7:30	Domingues/Hearst	11:55	
7:35	Navarra/Main	12:00	
P.M. KINDERS		Drop	
Pickup		Drop	
10:30 a.m.	Centennial/Mt. Whitney	2:52 p.m.	
10:35	Domingues/Hearst	2:45	
10:40	Navarra/Main	3:00	
10:45 a.m.	Drop Tunnell		

EL CAMINO JUNIOR HIGH			
Pick-up / Thursday		Drop	
8:05 / 8:50 a.m.	Hanson Way/Main	4:05 p.m.	
8:15 / 9:05	Church/Russell	3:53	
8:20 / 9:05	Cox/DeJoy	3:50	
8:00 / 8:45	1482 Black road	4:15	
	3740 W. Main (p.m. only)	4:18	
7:55	Furukawa Way	3:59	
8:10 / 9:00	Thornburg/Cook	3:50	
8:25	Drop El Camino		

FESLER JUNIOR HIGH			
Pick-up		Drop	
0 period / Reg / Thurs			
6:48 / 7:58 / 8:49 a.m.	Stephen/Bradley	4:08 p.m.	
6:40 / 7:50 / 8:40	McCoy/Miller (SMAT Zone)	4:10	
6:35 / 7:41 / 8:35	Del Sur/Crossroads	3:52	
6:43 / 7:49 / 8:40	Knightbridge turnout (off Miller)	4:00	
6:40 / 7:52 / 8:43	San Ysidro/Miller	4:02	
6:48 / 7:53 / 8:45	San Miguel/San Lino	4:04	
6:35 / 7:45 / 8:37	McCoy/Caballero	3:54	
7:00 / 8:00 / 8:45	Newlove/Miller	3:57	
6:50 / 8:05 / 8:50	McClelland/Inger	4:03	
6:55 / 8:10 / 8:55	Enos (back of Battles)	3:50	
6:45 / 8:10 / 8:55	Lincoln/Newlove	3:50	
6:51 / 7:58 / 8:53	Bradley/Bello (West side)	4:14	
6:55 / 8:02 / 8:55	Bradley/Bello (East side)	4:16	
6:45 / 8:20 / 9:00	Lutheran Church	3:50	
6:35 / 8:05 / 8:53	Rosemary Farms	4:20	
6:22 / 7:57 / 8:45	Prell Road	4:10	
6:25 / 8:00 / 8:48	2745 Telephone Road	4:10	
6:55 / 8:15 / 8:55	Enos/Depot (by Minami)	3:50	
6:55 / 8:15 / 8:55	Boone/Curryer	3:50	
7:10 / 8:25 / 9:10		Drop Fesler	

KUNST JUNIOR HIGH			
Pick-up		Drop	
8:00 a.m.	Willow Walk/Big Pine (Pick-up midblock West side)	3:55 p.m.	
8:00	Fesler/Palisade - Pick-up on Palisade (North side of Fesler)	3:55	
7:53	Siratt/Weldon	4:08	
8:10	Palisade/Dena	3:50	
8:10	Magellan/Degama	3:50	
7:57	Centennial/Mt. Whitney	4:00	
8:10	Canyon/Seaward	4:05	
8:00	Domingues/Hearst	4:05	
8:13	Carlotti/Seaward (In turn-out)	4:00	
8:03	Main/Navarra	4:10	
8:15	1628 N. Pine	3:45	
8:10	McClelland/Donovan	3:55	
8:20		Drop Kunst	

ARELLANES JUNIOR HIGH (7th & 8th grade)			
Pick-up / Late		Drop	
8:10 / 9:00 a.m.	Knudsen/Western	3:50 p.m.	
8:15 / 9:00	Carmen/Vista del Oro	3:50 (pick up/drop off across the street)	
8:10 / 9:00	Westgate/Bethel	4:00	
8:05 / 8:55	Calle Mirasol/Jacaranda	3:55	
8:12 / 9:00	Sonya Lane (mid block)	3:55	
8:16 / 9:05	Sheila/Thornburg	3:50	
8:00 / 8:50	A Street	3:55	
8:18 / 9:05	Rayville/Mahoney	3:50	
8:20 / 9:05	Biscayne/Provance	3:53	
8:05 / 8:55	McCoy/Westbury	4:00	
8:10 / 9:00	Sandpiper/McCoy	4:05	
8:15 / 8:55	Madison/Heritage	3:55	
8:10 / 8:50	Pershing/Russell	3:55	
8:25 / 9:15	Drop Arellanes		

ARELLANES ELEMENTARY (grades K thru 6th)			
Pick-up		Drop (K thru 6th)	
7:10 a.m.	McCoy/Westbury	2:30 p.m.	
7:05	Sandpiper/McCoy	2:28	
7:20	Rayville/Mahoney	2:25	
7:30	Drop Arellanes		
11:25	Pick up a.m. Kinders		
Kinders		Drop a.m. KG	
11:30 a.m.	Rayville/Mahoney		
11:35	McCoy/Westbury		
11:40	Sandpiper/McCoy		
NO P.M. KINDER CLASS (10:30-2:10)			



BONITA SCHOOL			
Pick-up		Drop	
6:30 a.m.	Stowell Rd.	2:55 p.m.	
6:30	Black Rd.	3:00	
6:45	Thornburg/Cypress	2:20	
6:45	Thornburg/Cook (South side)	2:20	
6:45	1025 W. Boone	2:20	
6:45	Cypress/Russell	2:20	
6:45	Orange/Russell	2:20	
6:45	Cook/Oakley (North side)	2:20	
6:45	Cook/Oakley (South side)	2:25	
6:50	Ray Road	2:25	
6:50	Hanson Way/Main	2:25	
7:00	Souza Farms	2:15	
7:05 a.m.	Drop Bonita		
11:25 a.m.	Pick-up a.m. Kinders at Bonita School		
A.M. Kinder	P.M. Kinder	P.M. Kinder	
Drop	Pick up	Drop	
11:50 a.m.	Souza Farms	11:10 a.m.	3:15 p.m.
11:50 a.m.	Hanson Way/Main	11:00	3:10
11:56	1025 W. Boone	10:45	3:20/3:12
			Los Adobes ASE
12:10 p.m.	Cook/Oakley (North)	10:50	3:15
12:15	Cook/Oakley (South)	10:52	3:15
12:20	Cypress/Russell	10:55	3:18
12:05	Orange/Russell	10:40	3:15
12:25	Thornburg/Cypress	10:35	3:15
12:28	Thornburg/Cook (South side)	10:38	3:15
11:20 a.m.	Drop p.m. Kinders at Bonita		
3:00 p.m.	Pick-up p.m. Kinders at Bonita		

TAYLOR SCHOOL			
Pick-up		Drop	
6:55 a.m.	Cesar Chavez/side of Kunst	2:24 p.m.	
6:50	Taylor/Curryer (South side)	2:30	
6:45	Taylor/Curryer (North side)	2:30	
6:50	Railroad/Boxcar (East side of Railroad)	2:25	
6:45	Railroad/Boxcar (West side of Railroad)	2:30	
6:45	Hidden Pines/Central Park	2:35	
6:50	Johnson/Bennetta	2:25	
6:55	Preisker/Cedar	2:32	
6:50	Hidden Pines/Boxwood	2:30	
7:10	Drop at Taylor		
11:30	Pick up a.m. Kinders at Taylor		

TAYLOR KG			
A.M. Kinder pick-up		a.m. KG drop	
6:55 a.m.	Cesar Chavez/Hidden Pines	11:30 a.m.	
6:50	Railroad/Boxcar (East side of Railroad)	11:25	
6:45	Railroad/Boxcar (West side of Railroad)	11:27	
6:50	Taylor/Curryer (South side)	11:20	
6:48	Taylor/Curryer (North side)	11:22	
6:45	Hidden Pines/Central Park	11:33	
6:50	Johnson/Bennetta	11:35	
6:50	Hidden Pines/Boxwood	11:38	
6:55	Preisker/Cedar	11:43	
7:10	Drop at Taylor		

P.M. KG			
Pick-up		P.M. KG drop	
10:00 a.m.	Cesar Chavez/Hidden Pines	2:24 p.m.	
9:55	Railroad/Boxcar (East side of Railroad)	2:25	
9:45	Taylor/Curryer (South side)	2:30	
9:50	Taylor/Curryer (North side)	2:30	
9:57	Railroad/Boxcar (West side of Railroad)	2:30	
10:03	Hidden Pines/Central Park	2:35	
10:07	Johnson/Bennetta	2:25	
10:10	Hidden Pines/Boxwood	2:30	
10:15	Preisker/Cedar	2:32	
10:25	Drop at Taylor		

LIBERTY ELEMENTARY			
Pick-up		Drop	
7:18 a.m.	Russell/Church	2:55 p.m.	
7:20	Russell/Cook	2:48	
7:20	Boone/Western (1026 W. Boone)	2:45	
7:15	Russell/Las Flores	2:53	
7:20	Knudsen/Blosser	2:45	
7:23	Oakley/Knudsen	2:55	
7:25	Heritage Home Development	2:45	
7:30	Drop Liberty		
11:40 a.m.	Pick up a.m. Kinders		
a.m. KG		p.m. KG	p.m. KG
Drop	In	In	Drop
11:52 a.m.	Russell/Las Flores	10:14	2:53
11:59	Russell/Church	10:21	2:45
12:03	Russell/Cook	10:25	2:48
12:05	1026 Boone/Western	10:27	2:45
12:10	Oakley/Knudsen	10:32	2:55
12:15	Knudsen/Blosser	10:37	2:45
Drop p.m. Kinders 10:45 a.m.			

JIMENEZ SCHOOL			
Pick-up		Drop	
7:27 a.m.	Prairie/Depot West	2:35 p.m.	
7:05	Roschelle/Thornburg	2:45	
7:10	Sheila/Lincoln	2:37	
7:25	Lolita/Thornburg	2:58	
7:33	Dal Porto/Thornburg	3:05	
7:35	Prairie/Depot	3:08	
7:25	521 Sonya @ gate mid-block	2:49	
7:28	Depot/Carmen Ln.	2:52	
7:30	Carmen Ln./Vista del Oro	2:54	
7:35	Drop Jimenez		
11:30 a.m.	Pick up a.m. Kinders		

Thursday ONLY PM Kinder Modified Schedule			
a.m. KG Drop		p.m. KG In	p.m. KG Drop
11:40	Roschelle/Thornburg	9:14 a.m.	2:29 p.m.
11:47	Sheila/Lincoln	9:21	2:27
11:52	Lolita/Thornburg	9:24	2:33
11:56	Dal Porto/Thornburg	9:27	2:30
11:59	521 Sonya @ gate mid-block	9:29	2:35
12:			

PHOTOS COURTESY OF LIONSGATE

Film Reviews

Editor's note: Santa Maria 10 (805-347-1164) films and show times were unavailable at press time.

ANT-MAN AND THE WASP

What's it rated? **PG-13**
 What's it rated? **Matinee**
 Where's it showing? **Hi-Way Drive-In**
PICK Peyton Reed (*Bring It On*, *Yes Man*, *Ant-Man*) directs this next entry into the Marvel universe set after the events of *Captain America: Civil War*. Paul Rudd returns as Scott Lang and his superhero alter ego Ant-Man. As Scott struggles to balance his crime fighting and home life, he's once again called-on by Dr. Hank Pym (Michael Douglas) to join forces with Scott's one-time love interest (and Pym's daughter) Hope Van Dyne/The Wasp (Evangeline Lilly) to deal with a new threat, Ghost (Hannah John-Kamen). (118 min.)

—Glen Starkey

CHRISTOPHER ROBIN

What's it rated? **PG**
 What's it worth? **Matinee**
 Where's it showing? **Parks Plaza**
PICK From director Marc Forster (*Monster's Ball*, *Finding Neverland*, *Stranger Than Fiction*, *The Kite Runner*) comes this live-action adaptation of A.A. Milne's *Winnie-the-Pooh* characters that poses this question: What happens to Christopher Robin after he grows up? After decades of separation, everyone's favorite Pooh bear makes a trek from the mythical Hundred Acre Wood into the real world to find out what's become of his old, lost friend.

In a nutshell, it's *Winnie-the-Pooh* meets *Hook*. In fact, the two films' protagonists and their arcs are virtually identical. The adult Christopher (Ewan McGregor, *Moulin Rouge!*, *Big Fish*) is an overworked father who alienates himself from his wife (Hayley Atwell, *Captain America: The First Avenger*, *Agent Carter*) and daughter (Bronte Carmichael) by spending too much time at the office. In the same way *Hook's* adult Peter Pan had to return to Neverland to rediscover his long-lost inner child, so must Christopher to the Hundred Acre Wood.

McGregor is perfectly sufficient as the titular character, but the real star of *Christopher Robin* is legendary voice actor Jim Cummings (who's played the Disney iterations of both Pooh and Tigger since the late '80s). In case you forgot how adorably hilarious Pooh as a character is, this film is here to remind you in spades. As much I enjoyed this outing, I think I would have much rather preferred a more Pooh-centric plot, or even a collection of vignettes (akin to *The Many Adventures of Winnie the Pooh*). All I'm asking for is less human interactions and more heffalumps and woozles please! It's hard to care about the real world when the vastly superior Hundred Acre Wood is right around the corner.

I'm not saying I have anything against watching an adult

FILM REVIEWS continued page 31

SCORING

FULL PRICE...It's worth the price of an evening show
 MATINEE.....Save a few bucks, catch an afternoon showing
 RENTAL.....Rent it
 STREAMING...Wait 'til Netflix has it
 NOTHING.....Don't waste your time

Putting the 'oof' in spooof

Co-writer and director Susanna Fogel (*Life Partners*, *Chasing Life* TV series) helms this action-comedy spy spooof about 30-year-old besties Audrey (Mila Kunis) and Morgan (Kate McKinnon) who find themselves thrown into the world of international espionage after Audrey's ex-boyfriend Drew (Justin Theroux) shows up, revealing that he's a spy with assassins on his trail. The pair of women throw themselves headfirst into the adventure, which soon takes them to exotic European locales, where they encounter charismatic-but-suspicious British agent Sebastian Henshaw (Sam Heughan). (116 min.)

Glen: With a female director and two female leads in a usually male-centric genre, I had high hopes that *The Spy Who Dumped Me* might offer a sly, satirical take on the macho spy movie. Instead, the film focused more on slapstick and vagina jokes than poking fun at a film type that's usually an absurdist, infantile, misogynistic fantasy. That's not to say *The Spy* wasn't fun.

McKinnon—who does most of the comedic heavy lifting—and Kunis seem to be having a lot of fun as two fish-out-of-water average gals who relish diving headfirst into adventure.

As a summer popcorn comedy it fills the bill, but the premise seems somewhat wasted on this lowbrow joke fest. The film opens on Audrey's 30th birthday party, and her friend Morgan is trying to cheer her up amid coworkers asking about Audrey's now-ex boyfriend. "Where's your adorable boyfriend, Drew? I want to hug him." Audrey is clearly the less flamboyant of the two, and McKinnon as Morgan is focusing all her considerable manic energy into the character. The next day at work, Audrey meets a handsome stranger, Sebastian, but the meet-cute quickly turns perilous, and Audrey learns her ex Drew is a CIA spy. Soon Drew returns, and Audrey and Morgan's adventure begins when they travel to Europe to meet a contact named Verne, so they can hand off a mysterious flash drive that competing interests are after. While *The Spy* is pretty forgettable overall, it's also an amusing way to fritter away a couple of hours watching

two engaging leads stumble through some international intrigue.

Anna: I'm a fan of both Kunis and McKinnon. Both have some serious comedy chops, but McKinnon is especially off-the-wall entertaining. I tried to go into this movie with little expectation storyline-wise and higher hopes for well-pulled-off silliness. Smart move on my part—this is a story you should let yourself have a little fun in, whether it makes for a "good movie" or not.

I like that the team actually created some pretty cool action sequences. In an interview with Kunis, I heard she gave big props to director Fogel for bringing in the big guns as far as stunt coordinators and actors. I'm not surprised with the fairly dismal critics' score on Rotten Tomatoes, or the high 70s rating by audiences. It's boisterous and slapstick centered, an over-the-top gal-pal adventure with little meat on the bones, but tasty nonetheless. This one is way too

silly for the critics to give it a second glance. The audience we were in seemed to have a lot of fun with the flick, and I'll be the first to admit to laughing at a lot of those lowbrow, slapstick moments. McKinnon definitely carries the film;

Morgan may be "a little much" for most of the world, but her best friend, Audrey, and her overly involved parents love her for her zany self. I wouldn't recommend this film for everyone, but I would certainly settle on the couch with my bestie and a drink and laugh as these women fly by the seat of their pants through Europe.

Glen: The film definitely makes good use of its supporting cast. Jane Curtin and Paul Reiser are pretty hilarious as Morgan's all-too-supportive parents, with whom Morgan commiserates and asks for advice via inopportune phone calls. They're deadpan as hell—Curtin especially showing her *Saturday Night Live* flair of comedic genius. Ivanna Sakhno as the beautiful Russian gymnast-turned-assassin is also well cast as Nadedja, and her Cirque du Soleil aerial trapeze battle with Morgan is a highlight of the film. Theroux plays Drew just right, alternating between charming and conniving, and the



BEGINNERS: Besties Audrey (Mila Kunis) and Morgan (Kate McKinnon) are thrust into the spy world and discover they have an affinity for espionage.

film's other two spies—Heughan as MI6 agent Sebastian and Hasan Minhaj as his CIA counterpart Duffer—both play their characters ambiguously. The audience is never sure who's on the right side and who might be a double agent. Definitely stay through the closing credits. There's some fun stuff with Morgan and Audrey's pseudo friend, Tess (comedian Lolly Adefope), as well as gags with Ruby Kammer and Genevieve McCarthy, who play two Australian travelers Audrey and Morgan interact with earlier. If what we've described really appeals to you, hit a matinee. For me, I would have been perfectly happy to have rented this one and watched it at home.

Anna: I agree that this isn't a must-see in theaters, but it's a fun film to see with a friend, whether on the big screen or at home. The trapeze scene is some pretty solid physical comedy, and the fact that an audience watches on with no clue of the actual peril overhead makes it even more fun. The good-looking good (Wait, I mean bad. Maybe? Hard to say.) guys are typical spy material, jutting chins and cheekbones and sleek suits with hidden weapons aplenty. It's nothing new for the genre, but for someone who has to sit through a lot of action films that just aren't my thing, a film that plays at comedy along with the thrills is a welcome treat, and a female-centric one doubly so. If you're a big fan of McKinnon, you'll most likely get a kick out of her larger-than-life portrayal of Morgan, and while that alone can't carry a whole movie, there's enough good stuff put out by Kunis and the supporting cast to keep the fun rolling. This is one safely viewed at home once it gets released, or perhaps a cheap two-for-one Sunset Drive-In date flick if it ends up there. ○

Sun Screen is written by *New Times* Senior Staff Writer Glen Starkey and his wife, Anna. Comment at gstarkey@newtimeslo.com.

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Disney
Christopher Robin

(PG) (2:00) (4:30) 7:00

LOOK US UP ON

Friday August 10th thru Thursday August 16th

FILM REVIEWS from page 30

Christopher Robin rediscover his old (or should I say young?) self, the one that loved embarking on marvelous adventures in a magical setting, especially when that reemergence results in heartstring tugging exchanges between him and his loved ones—including Pooh of course. But I truly hope I live to see the day when this kind of story can be told without a climactic boardroom-meeting scene, ya know? The ones where the protagonist has to choose between his career or helping his family with (insert a problem that can easily wait until after the meeting is over). I'd take an extra dose of "Rumbly in My Tumbly" over that broken record any day. (120 min.)
—Caleb Wiseblood

CRAZY RICH ASIANS

What's it rated? **PG-13**
Where's it showing? **Parks Plaza (opens Aug. 15)**
NEW Jon M. Chu directs this rom-com based on Kevin Kwan's best selling novel about native New Yorker and Chinese economics professor Rachel Chu (Constance Wu), who travels to Singapore to meet her boyfriend, Nick Young's (Henry Golding), ridiculously wealthy family. Once there, Rachel realizes Nick's the most eligible bachelor in Asia, and all the single women are out to undermine her. (120 min.)
—Glen Starkey

THE DARKEST MINDS

What's it rated? **PG-13**
Where's it showing? **Movies Lompoc**
When teens mysteriously develop powerful new abilities, they are declared a threat by the government and detained. Sixteen-year-old Ruby (Amanda Stenberg), escapes her camp and joins a group of runaway teens seeking safe haven. (105 min.)
—20th Century Fox

INCREDIBLES 2

What's it rated? **PG**
What's it worth? **Matinee**
Where's it showing? **Hi-Way Drive-In**
PICK Everyone's favorite family of superheroes is back in *Incredibles 2*—but this time Helen (voice of Holly Hunter) is in the spotlight, leaving Bob (voice of Craig T. Nelson) at home with Violet (voice of Sarah Vowell) and Dash (voice of Huck Milner) to navigate the day-to-day heroics of normal life. When a new villain hatches a brilliant and dangerous plot, the family and Frozone (voice of Samuel L. Jackson) must find a way to work together again. (118 min.)
—Spencer Cole

MAMA MIA! HERE WE GO AGAIN
What's it rated? **PG-13**
What's it worth? **Matinee**
Where's it showing? **Parks Plaza**
PICK Ol Parker (*Now is Good, The Best Exotic Marigold Hotel*) directs returning and new cast members in the sequel to *Mamma Mia!* The sequel switches off between a time before and after the original film, focusing on both Sophie's (Amanda Seyfried) new life attempting to carry on her late mother's hotel business and her mother, Donna's (Meryl Streep), young life around the time of her pregnancy. (114 min.)
—Ashley Ladin

THE MEG

What's it rated? **PG-13**
Where's it showing? **Parks Plaza, Movies Lompoc**
NEW Jon Turteltaub (*Phenomenon, Instinct, National Treasure*) directs Jason Statham as former Naval Capt. Jonas Taylor (Jason Statham), whose career and marriage were destroyed after he abandoned half his crew during an exploration of the Mariana Trench in what he claimed was an attack by a 70-foot shark. Five years later when a sub crew is stranded in what may be an attack by the supposedly long-extinct 70-foot Carcharodon Megalodon, Taylor is recruited to attempt a rescue. (113 min.)
—Glen Starkey

MISSION: IMPOSSIBLE-FALLOUT

What's it rated? **PG-13**
What's it worth? **Full Price**
Where's it showing? **Parks Plaza, Movies Lompoc**
PICK Writer-director Christopher McQuarrie (*The Way of the Gun, Jack Reacher, Mission: Impossible—Rogue Nation*) helms this action-packed sixth installment of the *Mission: Impossible* franchise, starring Tom Cruise as super spy Ethan Hunt. The new film ties together narratives and characters from multiply films, including IMF (*Impossible Mission Force*) team members

Luther Stickell (Ving Rhames) and Benji Dunn (Simon Pegg), Hunt's Rogue Nation love interest and fellow spy Ilsa Faust (Rebecca Ferguson), and Hunt's ex-wife Julia Meade (Michelle Monaghan) from *Mission: Impossible III*. (147 min.)
—Glen Starkey

What's it worth? **Rent it**
Where's it showing? **Parks Plaza, Movies Lompoc**
See Sun Screen. ○

Sun movie reviews are compiled by New Times Senior Staff Writer Glen Starkey. Contact him at gstarkey@newtimeslo.com.

THE SPY WHO DUMPED ME

What's it rated? **R**

GREASE

When? **1978**
What's it rated? **PG-13**
Where's it available? **DVD and Blu-ray, On Demand**

What's the word? *Grease!* That word brings back memories of singing—a lot of singing—along



'I GOT CHILLS': *Grease*, starring John Travolta and Olivia Newton-John, will give you chills and make them multiply (at least by the end of the movie).

to an ultimately raunchy tale of high school love performed by, as one of my friends put it, "a bunch of 30-year-olds pretending to be teenagers." But I still love it. And I still think John Travolta is a total babe in it.

Celebrating its 40th anniversary this year, it still holds the same charm for me as it did when I was 14. For 20 years, I've watched, sang, and spoken the lines of this movie, fighting with myself over its perceived sexism, which might actually be the ultimate struggle to find yourself as you attempt to be the person you think someone else wants you to be.

Good girl exchange student Sandy (Olivia Newton-John) and bad boy greaser Danny (John Travolta) fall in love over the summer before their senior year in the fall, they discover that they're both students at Rydell High. But the social pressure of high school cliques tear them apart over and over again throughout this musical, leading to some pretty awesome songs, dancing, scenes, and a happy ending (not that kind of happy ending; get your mind out of the gutter).

There are the pink jacket wearing Pink Ladies, whom Sandy befriends, and the leather clad T-birds, which Danny leads. There are football rallies, the local soda jerk, sneaking out from sleepovers, make-out hill, a drive-in, a high school

BLAST FROM THE PAST

dance, and a street-racing scene. Couple all of that with show tunes of the rockin' variety, and really, what more could you ask for in a movie? (Don't answer that.)

My favorite character is Rizzo (Stockard Channing), a sassy bad girl with a taste for doing things I may have wanted to do in high school but could never bring myself to do—you know, because of social pressure to be "good." She struggles with her choices to sleep with an ex, then make him jealous, and how she treats the virginal Sandy ("Look at me, I'm Sandra Dee, lousy with virginity"), while potentially becoming pregnant herself.

It's cheesy, full of one-liners, and sexual innuendo. But, that's kind of what *Grease* and *every high school in America* is all about. High school was a struggle. Love is a struggle. But ultimately, that's what life is all about. Plus, singing. Life is about watching a movie with your friends and singing along to it while giggling like a schoolgirl. (110 min) ○

—Camillia Lanham

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Wind down

Costa de Oro is the perfect spot to enjoy a pre-weekend night out

BY REBECCA ROSE

The sun is barely beginning to descend from the sky, leaving us with a blanket of warmth as a cool breeze comes up from the east. The music coming from inside the small two-story building is inviting, bouncy, and familiar as we approach.

Here at Costa de Oro's tasting room in Santa Maria, Thursday nights are spent pre-winding down for the weekend. The venue, which opened in 2006, features live music from local and not-so-local acts every week, along with a chance to get to know their wines and their unique ambiance a little bit better. On the night we happened to stop in, the crew was jamming to Sweet T's "One Man Caravan" (also known as musician Terry Lawless, who spent more than a decade touring with the band U2). Lawless keeps the mood fun and upbeat wherever he plays, and if I'd actually stayed longer (and had more wine), I'd probably have hit the dance floor myself.

While Lawless cued up renditions of some of my favorite oldies, we sidled up to the bar to take a look at the wine list. There's a good variety of whites offered, including two different chardonnays, a table wine, a rosé, and a pinot grigio. On the red side it's mostly pinot noirs and a cabernet sauvignon. While I ended up trying a lot of mostly white wines, I think Costa de Oro speaks to pinot lovers best. They win awards for their pinots, and they really seem to understand and embrace the region in their winemaking.

It might be a little boisterous on Thursday nights to be able to ask a lot of questions about the wines while you're sampling, but keep in mind you're there to enjoy the atmosphere, not complete your wine expert certification. For \$10, Costa de Oro offers a tasting of five wines from their list, which I think is a pretty good bargain considering a lot of places are now pushing \$15 for tastings of four. I started with a 2017 pinot noir rosé. This is a very light and approachable rosé perfect for those who are still not on the rosé bandwagon, grumbling on the side of the road and leering at the rest of us who are. It's described as having notes of pear,

lavender, and peach. The lavender is what sets this apart for me; it's so well balanced and perfectly paired with the citrus finish to the wine. It does what florals in food or beverages are supposed to, which is accentuate the other flavors around it rather than dominate the palate.

I also sampled the 2015 Pinot Noir Reserva Oro Rojo, which has a good essence of strawberry and raspberry and some toasted notes behind it. For the Oro Rojo, Costa de Oro selects pinot noir

from various lots throughout their vineyard, picked during different days over a three-week time frame in order to create different

components for the wine. Grapes picked early are a bit more acidic and brighter while the ones that come later are bigger and have darker, richer flavors. They then monitor the maturation and make decisions about what will blend well together. The results are impressive, including a win for Best Pinot Noir at the Pasadena Pinotfaire VIP Tasting this year.

Another wine you want to get to know at Costa de Oro is the 2016 Estate Chardonnay. I am not a chardonnay fan; my tastes lean more toward heavier reds or brighter and crisper whites. But this wine is pretty friendly to any stubborn palate. The grapes are all from the Santa Maria Valley (yay, hometown pride!), and honestly, it just feels like a wine grown in the place we call home. The wine is aged in 25 percent new French oak and exhibits notes of pear and pineapple, as well as a woodiness and a caramel finish.

Off the road

Costa de Oro's tasting room is located at 1331 Nicholson Ave., Santa Maria. More info: (805) 922-1468.

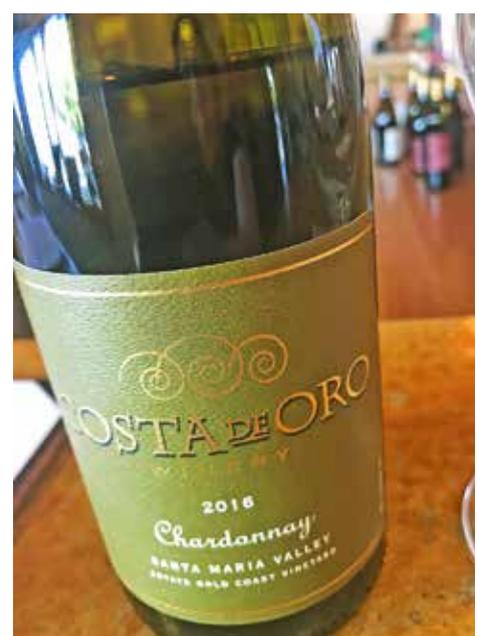
EATS continued page 34



THE ROSE IS A-OK: One of Costa de Oro's best wines is the 2017 pinot noir rosé, a very light and approachable rosé with notes of pear, lavender, and peach.



SHE KNOWS PINOTS: Costa de Oro, located in Santa Maria off of Highway 101, has a strong range of pinot noirs, including the 2015 Reserve Oro Rojo.



WATCH ME WHIP, AND WATCH ME CHARDONNAY-NAY: Costa de Oro's 2016 Estate Chardonnay has light aromas of fruit such as apple and lemon and a gentle acidity to cut through the richness of the flavor.

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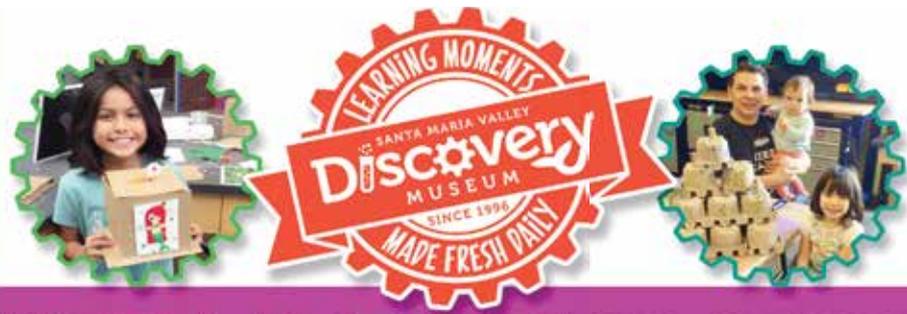
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EATS

PHOTO BY REBECCA ROSE



SIP, SIP, SYRAH! Thursday nights at Costa de Oro includes live music and complimentary appetizers. Tastings are \$10 for five selections from more than a dozen different wines.

EATS from page 32

But it was the 2014 Quail Crossing Pinot Grigio that stole my heart. Every sommelier I know winces when I say how much I love my “peeno greesh,” but in this case, it’s really warranted. It’s a nice wine that doesn’t have to pair with anything except a cool breeze and some good music.

Costa de Oro also offers a really great setting to enjoy these wines in. I’ve heard skeptics side-eye this assertion, owing to the fact that the

tasting room sits eerily close to a monster block of big-box shopping venues and fast food joints. But once you’re off the clustered highway, the tasting room feels secluded and quiet, sitting behind a large field that stretches off into the hills. ○

Arts and Lifestyle Writer Rebecca Rose is gently aged in French oak. Contact her at rrrose@santamariasun.com.

EATS continued page 36

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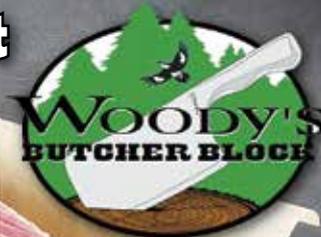


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E A T S

EATS from page 34

Rebeccamendations:
What's new, what's fun, and what to try

• Brace yourself, I'm dropping big news about a big change. Tommy's Pho in Santa Maria is now the **Saigon Cafe**. The owners have a brand new chef who is basically a genius. They are expanding their menu and focusing on a wide range of traditional Vietnamese dishes. Some of the standouts I sampled were the fried squash with salted egg yolk (pictured below left) and tamarind shrimp, which are must-tries. Don't worry, they still have favorites from Tommy's including big bowls of pho and banh mi sandwiches. Check out what's new at **229 Town Center West, suite A17, Santa Maria**.



• Attention hungry Lompoc Wine Ghetto fans: Follow **Lompoc Wines** on Instagram for updates on food truck comings and goings in the Wine Ghetto (pictured below right). The account keeps good tabs on local food truck vendors and also has news about concerts, special events, and much more. Follow them at [instagram.com/lompocwines](https://www.instagram.com/lompocwines).

• Normally I don't promote chain or corporate restaurants, but there's no shame in my love for **Red Lobster**. I could eat there every day. Also, they have a drink called the Lobsterita and it's basically so huge they have to give you an extra shot of tequila on the side to calm you down. Plus, cheddar bay biscuits, y'all. Get 'em at **1525 S. Bradley Road, Santa Maria**.

• **Bodega Los Alamos** is now open, featuring a huge selection of beers and wines. The wine bar and shop also features sweet treats like ice cream over the long weekends and has bocce ball for visitors. Have fun at **273 Bell St., Los Alamos**. ○



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\$2295 2654 Niverth Place - 3 + 2.5, Classics 2stry hm w/ mstr ste d/s, bdrm u/s, ldry rm hkups, open kit w/fridge, cstm paint, new carpet, low maint yd, 2 sm dogs neg w/deposit.

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\$1,200,000 • www.3625Rucker.com

Religious & Educational Center For Sale. 6280 SF Sanctuary Building Built in 1965 w/Foyer, Sanctuary w/Balcony Stage, Audio Visual Station & Offices. 5120 SF Classroom Building Built in 1978 with 8+ Classrooms, 2 Kitchens & a Fellowship Hall. 62 Paved Parking Spaces. 5.00 Acre Property Site.

BRIAR CREEK



1015 Tranquillion Court, Lompoc, CA 93436
\$445,000 • www.1015Tranquillion.info

Beautiful Briar Creek Cul-De-Sac Lompoc CA Home Built New in 2012 For Sale. 4 Bedrooms, 3 Baths, 2176 SF Interior w/Bedroom & Full Bath Downstairs, Open Concept Living Space w/Chef's Kitchen, Island w/Breakfast Bar, Granite Slab Counters, Recessed Lighting, & Stainless Steel Appliances. Master Suite w/Walk-in Closet, Dual Vanities, Separate Shower, Tub & Water Closet. Low HOA Fees of \$110 a Month.

SANTA MARIA LISTINGS

NEW LISTING



317 Calle Pequeno, Santa Maria, CA 93458
\$255,000 • www.317CallePequeno.info

Attached Casa De Campo PUD For Sale. Walking Distance to Marian Medical Center. 1594 SF Townhome w/2 Car Garage Built in 1980 w/Two Large Upstairs Master Bedroom Suites & 2.5 Baths. Gorgeous Wood-Look Laminate Installed in Living and Dining Areas. HOA Dues of \$345 a Month Include Water & Trash. Development Has a Pool & Clubhouse.

COMING SOON



2303 Signal Avenue, Santa Maria, CA 93458
\$412,000 • www.2303Signal.info

Newcastle @ Willow Creek North West Santa Maria, CA Home for Sale. 4 Bedroom, 2 Bath 1799 SF Interior, 4792 SF Lot, Single Story Home Built in 2004. Open Floor Plan w/ Vaulted Ceilings & Gas Fireplace. Master Suite w/Private Bath, Tile Roof, Stucco Exterior, Indoor Laundry & Attached 2 Car Garage. No HOA Fees.

SANDRA CERVANTES' LISTINGS

NEW LISTING



1917 Ybarra Avenue, Santa Maria, CA 93458
\$430,000 • www.1917Ybarra.info

Spacious Single Level Westgate Ranch Home. Former Model Home, 3 Bedrooms w/Office Option (No Closet), 2 Bath, 2212 SF Home Built in 2001. Vaulted Ceilings, New Wood Look Laminate Flooring & New Interior Paint. Formal Living & Dining Room Upon Entry w/French Doors to Office Form a Fantastic Entertainment Space. Spacious Master Suite w/ Oversized Walk-in Closet & Separate Private Vanities.

NEW LISTING



312 Jala Court, Santa Maria, CA 93454
\$380,000 • www.312Jala.info

Cul-De-Sac Via Rubio Estates Home For Sale! Two Story 1665 SF Single Family Home Built in 2001 w/3 Bedrooms & 2.5 Baths. No HOA Fees in this Tucked Away Enclave of Homes. High Ceilings Accentuate the Spacious Feeling Upon Entry into the Living Room that Features a Focal Point Gas-Start Wood-Burning Fireplace. Bedrooms are Located Upstairs for Privacy. Indoor Laundry. Walking Distance to Shopping.



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*Information deemed reliable but not verified or guaranteed by Broker. School district boundaries are subject to change.

Open House 8/12 1Pm-5pm

5124 Snowy Plover, Guadalupe

Pride of ownership!!! Mr. and Mrs. Clean lived here. This stunning 3 bd, 2 full ba home is warm and inviting. Walk into an open floor plan w/vaulted ceilings & laminate flooring. This is a split floor w/master on one side of kitchen and 2 bdrms on the other side. Great room w/top of the line plantation shutters & gas F/P. Kitchen is carrion countertops, breakfast bar, stainless steel stove & pantry. Master suite has relaxing soaking tub and separate shower, & features double sinks, w/slider to backyard. Indoor laundry & great cabinet space for storage. Yards have beautiful landscaping and have been well maintained. There's even an area on the side yard that could potentially be used for a garden! This home is a must see!! (SN512) **\$372,990**

Exclusive

Desirable Lake Marie

This home offers 4bd/4ba. Perfect for a large or growing family! Separate living room and family room that both have fireplaces. Family room is perfect for entertaining, featuring a bar. Laminate flooring throughout. Huge backyard is perfect for 4H animals, chickens, gardening, or whatever your heart desires. (GL230) **\$604,990**

Beautiful Turnkey Home

In desirable Orcutt Area. 3 bedroom, 2 bathroom home with gorgeous laminate flooring in most of the home. Huge backyard as well as RV parking with full concrete area for your boat or RV. Indoor laundry and tons of storage in the fully finished garage. Make an appointment to see this beautiful home today! (CO120) **\$449,000**

Rare Tepusquet Canyon

Property with 3 homes! Possibilities galore! Three adorable homes on 60 oak-studded acres with beautiful, serene surroundings. Could be the perfect setup for a family compound or live in one and rent out the other two. All units were built by owner and have been lovingly and very well maintained. Two 2 bedroom/1 bathroom units and one 3 bedroom/2 bathroom unit. All have indoor laundry, living room, dining area and individual storage sheds to match each house. A must see! Make an appointment to view this unique property today! (TE302) **\$899,990**

Exclusive

Highly Desirable

Condo without a neighbor directly above. 3 bedroom, 2 bath in Oak Creek Villas. Patio area, and is located close to the pool. (MC310) **\$281,000**

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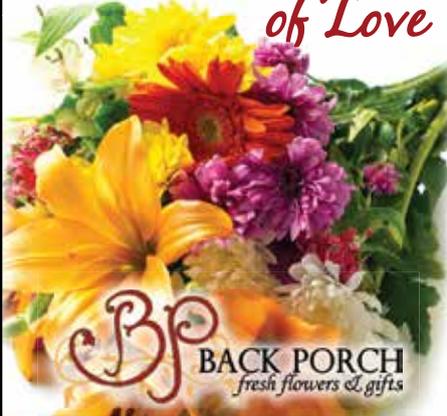
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