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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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.

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

Joe Payne, Managing Editor

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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 workshops 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 high school education program.”

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 pavilion will house a fully equipped commercial teaching kitchen, where the district’s culinary arts program will be taught, and a covered patio with movable 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 Bulmash

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, last 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...
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 San’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 “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 lower 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 plan,” 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. Conception, 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 quest, 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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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 focused 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.

“You, 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 uninsured),” 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 populations.

“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 (about 7.4 million) lacked enough resources to meet basic needs in 2016—and $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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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.
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 just a great way to approach 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 detailed 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.

“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 diagnosed dementia the 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 they 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 stimulate 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.”

“Last thing to go is hearing, and there’s nothing like putting a set of headphones on…at anytime,” which they also call “comfort care.”

Vargas explained, as well as “various repairing mechanisms in the brain.”

“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 those who attend the classes, according to 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 Music and Memory programs 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 other 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, staying off cognitive decline wasn’t their motivation to join the choir.

Sandy Johnson, a Country Oaks resident, 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 members 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 benefit 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 that means to what 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 on stopping 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 said. “I’ll one day fall off the piano bench, because I just can’t.”

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

CREATIVE CARE: Volunteer Dorothy Tiley, 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.
Spotlight on: The Ultimate Escape Rooms
Alexis Crouse, co-owner

BY SPENCER COLE

Central Coast residents and visitors have a new place 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’ main attraction? It’s 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 co-founder David Spira wrote in a blog post. “When they’re really good, you feel like you’re a character in Indiana Jones, Ocean’s 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@sbcglobal.net or at (805) 884-6812.
• Coast Hills 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. 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. Barbaras 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 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.
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 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.”

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.”

SCHOOL SCENE

ATHLETE OF THE WEEK

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
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 more strength. There 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 meetings 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 in our country. Today, 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 cowed 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 actions have also impacted our national trading relationships, which in turn impact local communities. The most notable, the tariffs he has irrationality 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 the wealthy and corporations. All this is certainly at risk with his actions.

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.
ATTENTION LOCAL BANDS, MUSICIANS, SINGERS, AND SONGWRITERS!

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.

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TIME TO ENTER

THE 10TH ANNUAL NEW TIMES MUSIC AWARDS

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
tabbed (band name, stage name, etc.)
Rock/Alternative Country/American/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/American/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/American/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/American/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/American/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/American/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/American/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/American/Folk R&B/Blues Hip-Hop/Rap Open Youth

SONGWRITER CATEGORY ENTRY

You must enclose songs in the following genre, which is being judged separately.

SONGWRITER CATEGORY

URL, marengue, wong, regg, world beat, jazz, classical, new-age, electronic, etc.

Each song must have a unique genre selected. If not selected, the song will go into the Open genre.

If you determine a song to be a better fit with a different genre category, or what was originally submitted, the song will not be reclassified.

ALBUM CATEGORY

All songs must have been released between July 1, 2017 and August 20, 2018 to be eligible. Please deliver a hard copy of either the New Times or SLO office along with a completed entry form by type on Monday, August 20, 2018 for consideration. The entire presentation will be judged, including quality of tracks, sound, and packaging.

ONLY 1 album per entrant total.

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

www.santamariasun.com • August 9 – August 16, 2018 • Sun
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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!

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 and working hard, saving up, and buying property.

Dianne said she’s a senior citizen who makes some income from renting property, that’s great! But she bought that property after saving and working hard, saving up, and buying property.
**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, 5 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. 8 a.m.-1 p.m. Saturdays. $16. 805-688-1082. wildlingmuseum.org.

**EXHIBITS**

**SANTA YNEZ VALLEY**

**COMMUNITY DAY AT THE WILDLING**


**NATURE IMAGINED**

This exhibit celebrates nature through art by Cheryl Medow, Ellen Jewett, and Hilary Brase. These artists used diverse materials and methods to create their works. Mondays, Wednesdays-Sundays, 10 a.m.-5 p.m. through Jan. 21. $5. 805-688-8315. wildlingmuseum.org. Wildling Museum of Art and Nature, 1511 B Mission Dr., Solvang.

**Pavlov Gallery: Featured Artists**


**The Santa Ynez Valley Arts Association: Second Saturday ArtyAins**

Applications to be a featured artist will be accepted throughout the series. Second Saturday of every month, 12:30-5 p.m. Free. 805-688-7338. santaynevalleyarts.org. Santa Ynez Valley Grange Hall, 2374 Alamo Pintado, Los Olivos.

**COLOR AND MOTION: AN ARTISTS PERSPECTIVE**

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

**Hattie Stoddard at Valley Art Gallery**


**South Coast SLO County**

**Art by slope at Dana Aboce**

A collection that captures the history and artist's drive to educate the community. Fridays, through Sept. 30. 805-929-5679. danaaboce.com. DANA Artistic Cultural Center, 671 S. Oak View Ave., Nipomo.

**San Luis Obispo**

**Color Harmony: Ingrid Brink and Susan Malmgren**

Brink and Malmgren are two Los Osos artists that use watercolor, acrylics, and collage. Through Aug. 29. 9-7 p.m. 805-542-9900. sloartcenter.com. Free. 339 Marsh St, San Luis Obispo.

**Flora and fauna: Beth Van Hoesen**

This exhibition features prints and rare paintings by artist Beth Van Hoesen. Mondays-Saturdays. Through Aug. 19. 8 a.m.-5 p.m. Free. 805-543-8562. sloma.org. Exhibits at San Luis Obispo Museum of Art, 1000 Broad St., San Luis Obispo.

**Selections: Bay Area**


**CALLS FOR ARTISTS**

**San Luis Obispo**

**10th annual new times music awards: accepting entries**


**Call for entries: SLO part-time players 10-minute plays**

Accepting submissions of 10-minute plays with 5 or fewer characters (1-3 preferred), no props, simple staging, and an emphasis on the text. Writers should have theater experience (please include brief description). Email submissions to celestegoy@gmail.com. Free. Mission Plaza, 989 Chorro St, San Luis Obispo.

**Stage**

**Santa Ynez Valley**

**Mamma Mia! at Solvang Festival Theater**


**Thunder from Down Under: Girls' Night Outback**

The famous Australian dance troupe brings its trademark show to the casino's Sam's Showroom stage. Aug. 10, 8 p.m. Chumash Casino Resort, 3400 E Highway 246, Santa Ynez. 805-248-4200. 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 statewide traveling exhibit featuring the California Indian photographs of Dugan Aguilar. ongoing. 415-525-1553. exhibitenvoy.org. DANA Artistic Cultural Center, 671 S. Oak View Ave., Nipomo.
**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 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**


**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. $12-$20. 805-540-5771. pointsolighthouse.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.

**DCSMY 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. santamarian democrats.info. 805-202 Nicholas Ave., Santa Maria.

**HI-WAY DRIVE-IN SWAP MEET** Come to the...
Guadalupe Cultural Arts & Education Center

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

For all questions please contact Karen Evangelista at 805-478-8502

www.GuadalupeCulturalCenter.com

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

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.

Guadalupe Cultural Arts & Education Center
1055 Guadalupe St., Guadalupe CA
www.GuadalupeCulturalCenter.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, 6:30-7:30 p.m. 805-928-7799. oasisorcutt.org. Oasis Senior Center, 420 Soares Ave., Orcutt.

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, 5:30-8:30 p.m. through Aug. 30. 805-481-9215. Pismo Beach Golf Course, 25 West Grand Avenue, Grover Beach, pismobeachgolf.com.

KIDS & FAMILY

SANTA MARIA VALLEY/LOS ALAMOS

SPONSORED BY SANTA MARIA VALLEY/LOS ALAMOS


SOUTH COAST SLO COUNTY


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.

SLEEPING BEAUTY

OUTDOORS

HIKE TO MUSSLE 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-mussle-rock/. Rancho Guadalupe Beach, 6999 W. Main St, Guadalupe.
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. felenenetwork.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. explorelompoc.com. Lompoc Old Town Market, 100 South H St, Lompoc.

VANDENBERG VILLAGE FARMERS MARKET Locally grown produce and food stuffs 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


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 SLO. Thursdays, 6-10 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.

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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 standing 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?

Marina V: 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 a result I was able to continue further studies. I studied composition, music history, and Russian music. I’ve always been very passionate about music and have been playing since I was a young girl.

Sun: Is there something specific about Russian music that you enjoy or that inspires you?

Marina V: I’m very much influenced by Russian music. I’ve always loved Tchaikovsky. I’ve always loved Russian classical music, and I’ve always loved singing in Russian.

Sun: What’s your favorite Russian piece of music and why?

Marina V: I think my favorite Russian piece of music is “Boris Godunov” by Modest Mussorgsky. It’s a huge piece that has been performed all over the world, but I think it’s one of my favorite pieces of music. It’s really beautiful and powerful, and I think it really captures the essence of Russian culture.

Sun: What’s something you like about American music, and why?

Marina V: I think what I like about American music is that it’s very diverse and there are so many different styles. I think it’s really interesting to see how different cultures and backgrounds come together to create something new and exciting. I also love the fact that American music is very open and accepting, and it’s really easy to make a name for yourself in the industry here.

Sun: What’s something you enjoy about performing in Lompoc?

Marina V: I think what I enjoy about performing in Lompoc is that it’s a beautiful place and there are so many great opportunities to perform. I think it’s really exciting to be able to share my music with so many different people, and I’m really looking forward to the performance.

Sun: Is there anything you’d like to say to your fans in Lompoc?

Marina V: I’d like to say thank you for supporting me throughout my career, and I’m really looking forward to performing in Lompoc. I’m excited to see you all and to share my music with you.

---

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MUSIC LISTINGS from page 22

SOLVANG SUMMER CONCERT SERIES
Featured acts include The Soul Cats, Cuesta Ridge, Bear Market Rost, Grass Mountain, LiveWine, 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.


TERESA RUSSELL AND COCOBILLI LIVE Enjoy live music from this blues/rock & roll 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 T-TEX PISTOLS LIVE Aug. 11, 8 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.


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, totaling $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 Tamales and The Graceland Exiles. Features a vintage market with multiple vendors. Aug. 18, 10 a.m. 5-9 p.m. and Aug. 19, 10 a.m. 5 p.m. Free, backroadwine.com, Babcock Vineyard and Vineyards, 5175 E. Hwy, 246, Lompoc, 805-736-1455.

SAN ONOFRE SUMMER CONCERT SERIES

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-$17.95. 805-937-8463. luckydevilsband.com.

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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 $85. Chumash Casino Resort is located at 3400 E. Highway 246, Santa Ynez. More info: (800) 248-6274 or chumashcasino.com.

MUSIC LISTINGS continued on page 25

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 24
5186. RiptideBB.com, Elwin Merrill 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. Cal Del Grexico Cafe and Wine Bar, 400 E. Clark Ave., suite A, Orcutt.

SOUTH COAST SLO COUNTY

BROADWAY BY THE SEA CONCERT

CENTRAL CITY SWING
This concert is sponsored by Morgan Stanley and will benefit Captive Hearts. Aug. 12, 1-11 p.m. Free. 805-473-2250. applegateconcerts.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, 1-3:30 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. 805-329-5720. californiarootsresents.com/avila-beach-resort/. Avila Beach Resort, 6464 Ana Bay Drive, Arroyo Grande.

JOHN ALAN CONNERLEY LIVE
Connorley performs classic standards and originals. Aug. 10, 3:30-6:30 p.m. 805-773-6563. Puffers of Pismo, 4-9 p.m. 805-924-1142. otterproductionsinc.com. Avila Beach Resort, 6464 Ana Bay Dr., Avila Beach.

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. fortethefolksmusic.org. Cafe Del Grexico Cafe and Wine Bar, 400 E. Clark Ave., suite A, Orcutt.

JAZZ VESPERS CONCERT Featuring live music by the Becker Quartet, with Becker, Jeff Miley (guitar), Ken Hustad (bass), and Darrell Voss (drums). Aug. 12, 4-9 p.m. $11.49. 805-924-1142. otterproductionsinc.com. Avila Beach Resort, 6464 Ana Bay Dr., Avila Beach.

KARAOKES AT PLAY
Enjoy live music from this award-winning singer/songwriter. Special guests include John Sandland, Sarah Biklen, and Steve Key. Aug. 16, 6:30-9 p.m. Free. 805-204-6821. songwritersatplay.com/california/sanluisobispo/.

LOMPOC/VANDENBERG

THIRSTY THURSDAYS WITH DJ VEGA Playing today’s and yesterday’s hits. No cover charge. Bring your dancing shoes. Thursdays, 9 p.m.-2 a.m. Free. 805-479-3990. DJ’s Saloon, 724 E. Ocean Ave., Lompoc.

SANTA MARIA VALLEY/LOS ALAMOS

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

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


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, harrysnightclub.com.


COUNTRY NIGHT Thursdays, 8-2 a.m. 805-541-0966. strogard.com. The Graduate, 990 Industrial Way, San Luis Obispo.

KARAOKE/OPEN MIC

SANTA MARIA VALLEY


SOUTH COAST SLO COUNTY

FRONT ROW KARAOKES Thursdays, 6-10 p.m. 805-773-1010. Harry’s Night Club And Beach Bar, 690 Cypress St., Pismo Beach, 805-489-3639. harrysnightclub.com.

KARAOKES WITH DJ SAM Sundays Mondays Saloon, 359 W. Grand Ave., Grover Beach, 805-489-3639.

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KARAOKES AT B 52S Thursdays, 7-10 p.m. 805-541-0966. strogard.com. The Graduate, 990 Industrial Way, San Luis Obispo.


KARAOKES AT THE B 52S Thursdays, 8-10 p.m. 805-541-0966. strogard.com. The Graduate, 990 Industrial Way, San Luis Obispo.

KARAOKES AT THE B 52S Thursdays, 6-10 p.m. 805-541-0966. strogard.com. The Graduate, 990 Industrial Way, San Luis Obispo.
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 onewoman 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 has taken her to San Francisco and into the backcountry of 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 in nature, as the playful balance of color and form Simon is known for 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.

“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,” Simon said.

“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 as pushing yourself to do the work itself.

“Colors it allows artists to experiment with. When asked what her favorite subjects to depict are, Simon is crystal clear. She has a 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, Whimsey 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 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 rrose@santamariasun.com.

PHOTOS COURTESY OF CAROL SIMON
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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 besieged 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 expected when she was back in college. Molly

I want it that way

BY REBECCA ROSE

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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 go 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 pinnuness that’s actually quite beffiting of the era in question. The ‘90s were all a bit ridiculous, with absurd fashion and hairstyles that made everything we did in the ‘80s 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 PUC.

Whiting is a delight to watch as she barrels through song after song, contorting her body into ludicrous whispers 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 whisks 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 while still imbibing them with a sense of corny pinnuness. The 1990s were all a bit ridiculous, while still imbibing them with a sense of corny pinnuness.

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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 while still imbibing them with a sense of corny pinnuness. The 1990s were all a bit ridiculous, while still imbibing them with a sense of corny pinnuness.

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 PUC.
### SANTA MARIA-BONITA SCHOOL DISTRICT

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

#### BATTLES

**Pick-up**
- 7:05 a.m. Battles/Rosamond (at yellow poles) 3:10 p.m.
- 9:12 Battles/Bell – West side of Battle 3:13
- 10:45 Battles/Bradley – East side of Battle 3:19
- 11:25 Battles/Ross 3:04
- 12:19 Del Sur/Crossroads 3:09

**Drop Battles**
- 7:40 a.m. Pick up a.m. Kinders

#### BATTLES KG

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1912 E Prell Rd. 3:25 p.m.
- 9:39 a.m. 3:25
- 10:08 a.m. 3:13
- 11:25 a.m. 3:35
- 2:18 p.m. 3:10
- 6:55 p.m. 3:05

**Rice School**
- 10:35 a.m. Rosemary Farms 3:16
- 12:05 a.m. Rosemary Farms 2:55
- 11:50 a.m. Rosemary Farms 3:45
- 12:00 a.m. Rosemary Farms 2:40

**MILLER**
- 7:10 a.m. Rosemary Farms 2:55 a.m.
- 7:20 a.m. Conception/Cypress 2:45
- 7:30 a.m. Palmse/Marilyn 3:00
- 7:50 a.m. Lincoln/Boone 2:45
- 8:20 a.m. Church/East 2:40
- 8:30 a.m. Drop Miller 11:40 a.m. Pick up a.m. Kinders

**PM KG**
- 10:05 a.m. Rosemary Farms 12:18 a.m. 2:35 p.m.
- 11:10 a.m. Palisade/Marilyn (Joe White Park) 12:20 a.m. 2:35 p.m.
- 12:05 a.m. Lincoln/Boone 11:50 a.m. 2:45
- 12:20 a.m. Conception/Cypress 12:10 a.m. 2:45
- 12:25 a.m. Church/East 12:10 a.m. 2:40
- 12:45 a.m. Drop Miller 10:40 a.m. A.M. KG Drop P.M. KG Drop

**RICE SCHOOL**
- 7:30 a.m. 1628 N. Pine 3:00
- 7:40 a.m. 11:35 a.m. Pick up a.m. Kinders
- 12:00 a.m. 2:40 (to the street)

**TUNNEL SCHOOL**
- 7:20 a.m. Sirat & Weldon 2:56 p.m.
- 7:30 a.m. Domingues/Heart 2:45
- 7:35 a.m. Navarra/Main 3:00
- 7:25 a.m. Centennial/Mt. Whitney 2:52
- 7:45 a.m. Drop Tunnel

**A.M. KINDERS**
- 7:45 a.m. Centennial/Mt. Whitney 11:50 a.m.
- 7:30 a.m. Domingues/Heart 11:55
- 7:35 a.m. Navarra/Main 12:00

**PM. KINDERS**
- 10:30 a.m. Centennial/Mt. Whitney 2:52
- 10:35 a.m. Domingues/Heart 2:45
- 10:40 a.m. Navarra/Main 3:00
- 10:45 a.m. Drop Tunnel

**EL CAMINO JUNIOR HIGH**
- 8:05 a.m. Hanson Way/Main 4:05 p.m.
- 8:20 a.m. Oakley/Minami 3:30
- 8:30 a.m. Rosemary Farms 3:45
- 8:25 a.m. Drop El Camino

**ARELLANES JUNIOR HIGH**

| a.m. KG | p.m. KG |

**TAYLOR SCHOOL**

| p.m. KG | p.m. KG |

**LIBERTY ELEMENTARY**

| a.m. KG | p.m. KG |

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www.santamariasun.com • August 9 • August 16, 2018 • Sun • 29
Putting the ‘ooof’ in spoof

C-o-writer and director Susanna Fogel (Life Partners, Chasing Life TV series) helms this action-comedy spoof 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 new ex-boyfriend. “Where’s your adorable boyfriend, Drew? I want to hug him.” Audrey is clearly the comedic genius. Ivanna Sakhno as the beautiful spy world and discover they have an affinity for espionage.

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 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 important 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 Nadejda, and her Cipage du dauphin serial trapeze battle with Morgan is a highlight of the film. Theroux plays Drew just right, alternating between charming and cunning, and the film’s other two spies—Heughan as MI6 agent Sebastian and Hasan Minhaj as his CIA counterpart Duffer—both play their characters ambitiously. 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 Lily Adegoke), as well as gags with Ruby Kummer 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 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, putting chins and chaps on and sleek suits with 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 underneath to make it a fun watch. McKinnon 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@newtimesolo.com.

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PARKS PLAZA
Where’s it showing?
Matinee
PG
What’s it rated?
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) to deal with a new threat, Ghost (Hannah John-Kamen). (118 min.)

The Many Adventures of Pooh comes this live-action adaptation of A.A. Milne’s world-famous books. (PG) (100 min.)

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**NEW FILM**

single women are out to undermine her. (120 min.)

**Where's it showing?**

Matinee

**What's it worth?**

INCREDIBLES 2

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

**CRAZY RICH ASIANS**

What's it rated? PG-13

Where's it showing? Parks Plaza (opens Aug. 15)

One of story can be told without a climactic boardroom-meeting scene, especially when that reemergence results in heartstring tugging exchanges between him and his loved ones—including Polo 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, yes? 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 "Rambo In My Family" over that broken record any day. (120 min.)

—Caleb Wiseblood

**THE DARKEST MINDS**

Where's it rated? PG-13

What's it worth? Matinee

Where's it showing? Parks Plaza

Sixteen-year-olds are declared a threat by the government and detained. Sixteen-years later, a sub crew is stranded in what may be an attack by the supposedly long-extinct 70-foot Carcharodon shark. Five years later when a sub crew is stranded in what he claimed was an attack by a 70-foot 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.)

—Ashley Ladin

**MISSION: IMPOSSIBLE-FALLOUT**

Where's it rated? PG-13

What's it worth? Full Price

Where's it showing? Parks Plaza, Movies Lomprec

The IMF (Impossible Mission Force) is back. Mission: Impossible—Fallout is the sixth installment of the Mission: Impossible franchise, starring Tom Cruise as super spy Ethan Hunt. The new film ties together narratives and characters from earlier 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 Ila Faust (Rebecca Ferguson), and Hunt's ex-wife Julia Meade (Michelle Monaghan) from Mission: Impossible III. (147 min.)

—Glen Starkey

**THE SPY WHO DUMPED ME**

What's it rated? R

**GREASE**

When? 1978

What's it rated? PG-13

What's it worth? Full Price

Where's it available? DVD and Blu-ray.

On Demand

What's the word? Grease! That word brings back memories— a lot of singing—a lot of dancing—a lot of fun. I still love 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, grease stud Sandy (Olivia Newton-John) and bad boy greaser Danny (John Travolta) fall in love over the summer before their senior year in high school. When school starts in the fall, they discover that they're both students at Rydell High. But the social pressure of high school classes that 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 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 virgin Sandy ("Look at me, I'm Sandra Dee, Torus 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)

—Camilla Lantam

**NEW TIMES**

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, yes? 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 "Rambo In My Family" over that broken record any day. (120 min.)

—Caleb Wiseblood

**INCREDIBLES 2**

What's it rated? PG-13

What's it worth? Matinee

Where's it showing? Hi-Way Drive-In

Everyone’s favorite family of superheroes is back in Incredibles 2—but this time Helen (voice of Holly 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, grease stud Sandy (Olivia Newton-John) and bad boy greaser Danny (John Travolta) fall in love over the summer before their senior year in high school. When school starts in the fall, they discover that they’re both students at Rydell High. But the social pressure of high school classes that 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 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 virgin Sandy ("Look at me, I’m Sandra Dee, Torus 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)

—Camilla Lantam
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 bright 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.

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.
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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.

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 rrose@santamariasun.com.
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EATS

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.

PHOTO BY REBECCA ROSE

• 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.

PHOTO FROM LOMPOC WINES’ INSTAGRAM

• 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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PHOTO BY REBECCA ROSE

• 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.

PHOTO FROM LOMPOC WINES’ INSTAGRAM

• 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.

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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.

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SANTA MARIA
(805) 928-4320

$2350
2510 Ellen Lane
- 3 + 2, Traditions 2stry corner home w/open flng plan, mstr ste w/bds, bdmns downstn, 2car att gng, low maint yd/grntr, 1sm pet neg w/dep.

$2295
942 Louisa Terrace
- 4 + 2.5, Classics lg 2stry hm w/ lg L/R, D/R, F/R, open kitchen, nook, F/P, 1 bdrm d/s, lg mstr ste, 2car att gng, yd/grntr, no pets.

$2295
4405 Cutteribon Court
- Feenwood Split level hm on cul-de-sac w/kit granite cntrs, F/P, D/R, L/R, 1car gng, lg yd/grntr, trash pd, no pets.

$2246
Del Sure
- 3 + 2, Classics 2stry w/mstr ste u/s and bdmns d/s, all appls, hwrd flrs, Idry rm inc w/2car gng, low maint yd, grntr, no pets.

$2254
Nivther Place
- 3 + 2.5, Classics 2stry hm w/ mstr ste d/s, bdmn u/s, Idry rm hklps, open kit w/fridge, ctmn paint, new carpet, low main yd, 2 sm dgos neg w/dep.

$2270
305 Hampton
- 3 + 1, Legacy at Lantana newer 1try hm near hospital w/many upgrades, open kit/britfst island, ss appls, w/d hklps, 2car gng, low maint yd, no pets.

$1995
305 Gilea Court
- 4 + 3, Arborwalk 2stry hm in gated comm w/open kit/granite cntrs, lg patio, 1 bdrm d/s, Idry rm hklps, lg mstr ste, 2car grnt, both cars must fit in grnt, no pets.

$1950
780 Stansbury Drive
- 4 + 4, Old Orcutt completely remodeled hm w/all new windows, wood style plank tiles/ceiling, all appls, 2car grnt, no pets.

$2800
1124 Arguello
- 4 + 2.5, Delightfully lg Briar Creek 2stry hm, formal D/R, L/R, F/R w/F/P on lower level, kitc has center work island, u/s has 4 bdmns, 2 ba and bonus/F/R, new carpet thru-out, 2car grnt, grntd incl. Cabrillo School district, no pets.

$2295
305 Hampton
- 3 + 2.5, Classics lg 2stry hm w/mstr ste u/s and attic rm for extra storage, yd care incl, Cabrillo High School district.

$2295
4495 Cuttlebone Court
- Foxenwood Split level hm on cul-de-sac w/kit granite cntrs, F/P, D/R, L/R, 3car grnt, yd/grntr, trash pd, no pets.

$2295
2654 Niverth Place
- 4 + 2, Foxenwood Split level hm on cul-de-sac w/kit granite cntrs, F/P, D/R, L/R, 3car grnt, yd/grntr, trash pd, no pets.

$2295
2426 Del Sur
- 3 + 2, Classics 2stry w/mstr ste u/s and attic rm for extra storage, yd care incl, Cabrillo High School district.

$2350
305 Hampton
- 3 + 2.5, Classics lg 2stry hm w/mstr ste u/s and attic rm for extra storage, yd care incl, Cabrillo High School district.

$2350
4495 Cuttlebone Court
- Foxenwood Split level hm on cul-de-sac w/kit granite cntrs, F/P, D/R, L/R, 3car grnt, yd/grntr, trash pd, no pets.

$2295
2654 Niverth Place
- 4 + 2, Foxenwood Split level hm on cul-de-sac w/kit granite cntrs, F/P, D/R, L/R, 3car grnt, yd/grntr, trash pd, no pets.
**NEW LISTING**

**3625 Rucker Road, Lompoc, CA 93436**
$1,200,000 • www.3625Rucker.com

Religious & Educational Center For Sale: 6200 SF Sanctuary Building Built in 1985 w/Foyer, Sanctuary w/Palma Stage, Audio Visual Station & Offices. 512 SF Classroom Building Built in 1978 with 6 Classrooms, 2 Kitchens & a Fellowship Hall. 62 Paved Parking Spaces. 5.00 Acre Property Site.

**NEW LISTING**

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

Beautiful Briar Creek Cul-De-Sac Lompoc CA Home Built New in 2012! 4 Bed, 3 Baths, 2719 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.

**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 Townhouse 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.

**NEW LISTING**

**2030 Signal Avenue, Santa Maria, CA 93458**
$412,000 • www.2030Signal.info


**NEW LISTING**

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


**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.

**NEW LISTING**

**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 carriion countertops, breakfast bar, stainless steel stove & pantry. Master suite has relaxing soaking tub and separate shower, & features double sinks, w/sliders 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

**NEW LISTING**

**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

**NEW LISTING**

**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
HELP WANTED
ASSISTANT COL- LEGE VOLLEYBALL COACH
Cuesta College is looking to hire for part time coach im- mediatley. Please email ney_meyer@cuesta.edu

HELP WANTED
EXECUTIVE DIRECTOR
San Luis Obispo Master Chor- al, a musical organization which performs large works for choirs and orchestra, is solicit- ing applications for a part time position as Executive Director. Requirements are, in part: ex- perience with nonprofit board or work and donor relations; excel- lent communication skills; media relations; event coordination; office administration and com- puter/software proficiency. This is a new position which will grow through time. Schedule varies depending on concert schedule and other activities. See slo- masterchorale.org for a com- plete job description and details.

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