

Sun

AT THE MOVIES



Beale Street: Things haven't changed [32]



HEALTH &
Beauty

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Feel beautiful, pampered, and healthy with the Sun's annual health and beauty issue, starting with a makeup artist who knows how to treat you right [13]
BY REBECCA ROSE

NEWS Santa Maria gets a Women's March [7]

MUSIC Trombone Shorty gets jazzy at the casino [26]

ARTS Recycling machine parts into art [29]

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JANUARY 24 - JANUARY 31, 2019 VOL. 19 NO. 47

This week at the *Sun* is all about Health and Beauty. It's not just one or the other. You can be both healthy and beautiful—we promise. For this year's issue dedicated to both inner and outer beauty, Arts and Lifestyle Writer Rebecca Rose talks Love Strike Makeup artist Mia Espinosa about creating the perfect look for her clients [13]; Staff Writer Kasey Bubnash writes about plans to bring better health care access to Lompoc [14]; *New Times* Staff Writer Karen Garcia talks to someone who uses CBD in her skin care [15]; and Staff Writer Chris McGuinness gets the lowdown on nutrition [16].

Also this week, Santa Maria gets a Women's March all of its own [8], a contractor turned artist uses old tools, parts, and machine pieces for sculpture [29], a fiber artist discusses the art of nature [30], and getting butter at a restaurant isn't as easy as it sounds [34].

Camillia Lanham,
editor



THE ART OF YOU: The *Sun's* annual Health and Beauty issue is all about you, your health, and feeling good.

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Sun

If you post something you think we should see, please tag us @SantaMariaSun or use hashtag #SantaMariaSun

Cover design by Alex Zuniga, Top: File photo, Bottom: Photo courtesy of Love Strike Artistry

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ADOPT!

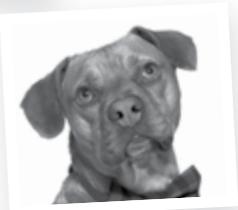
Adoptable Pets of the Week



Sasha
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Breed: Domestic Short Hair
Sex: Female
Weight: 6.5 lbs.

Zeke

Age: 2 years 8 Months
Breed: Vizsla
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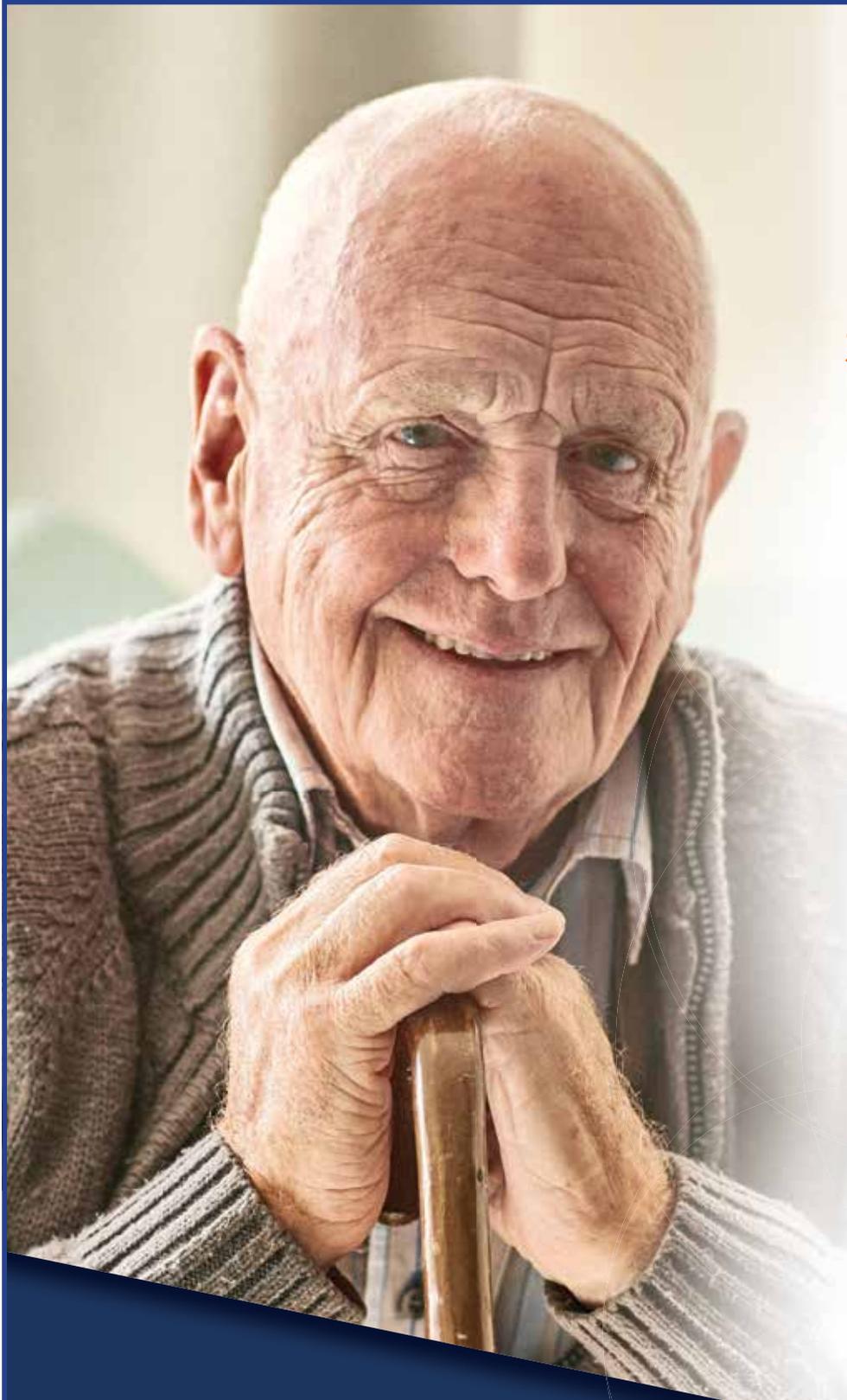
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Political Watch

• Federal employees living in Santa Barbara County can hit up three extra **Foodbank of Santa Barbara County** distribution locations. “The immediate impact of the partial government shutdown is being felt by federal employees, as well as contractors and others ... possibly your neighbor or family member whose income is tied to the federal government,” stated an email sent out by the Foodbank. “Please consider making a donation to help us meet the growing need for food assistance in our community during our challenging times.” The Foodbank served 120 federal employees affected by the shutdown during its first two special distributions on Jan. 11 and 16. These distributions are aimed directly at those affected by the shutdown, with the next pickup on Friday, Jan. 25, from 1 to 2:30 p.m. at The Santa Barbara Foodbank, Santa Maria Foodbank, and First United Methodist Church in Lompoc. To donate or learn more about how you can help, visit foodbanksbc.org.

• **U.S. Rep. Salud Carbajal** (D-Santa Barbara) was appointed to serve on the House Transportation and Infrastructure Committee and the House Agriculture Committee. The congressman will continue to serve on the House Armed Services Committee. “Agriculture is an economic driver in our region grossing over \$2 trillion a year, and this new post allows me to have a louder voice in fighting for the needs of our farmers and ranchers, as well as maintain a robust support for our nutrition assistance programs that 16,000 families on the Central Coast rely on to put food on the table,” Carbajal said in a press release. “The opportunity to advocate for strategic infrastructure projects that combat our historic drought and provide for water security, to ensure pipeline safety, and make robust investments to shore up our crumbling roads and bridges.”

• The **Department of the Interior** is revising the regulations that it follows to process records under the Freedom of Information Act. In light of “the unprecedented surge in FOIA requests and litigation,” according to the notice in the Federal Register, the department is updating the rules “to best serve our customers and comply with the FOIA as efficiently, equitably, and completely as possible.” Comments on the proposed rule changes must be submitted by Jan. 28, 2019. From 2016 to 2018, FOIA requests to the department increased by 30 percent. The notice states that the Interior department’s attempts to respond to the increase in FOIAs in a timely manner have been further hindered by litigation, therefore the proposed rules would limit the number of FOIA requests processed by the department each month and allow it to reject any requests it finds to be “unreasonably burdensome.” Los Padres ForestWatch sued the department in 2018 for withholding records related to the administration’s 2017 review of the Carrizo Plain National Monument and other national monuments. “The Interior Department’s proposed changes will keep the public in the dark about this administration’s devious attempts to roll back protections for our public lands,” **Los Padres ForestWatch Conservation Director Bryant Baker** said in a press release. To comment on the proposed changes, visit regulations.gov.

• State **Sen. Hannah-Beth Jackson** (D-Santa Barbara) introduced legislation on Jan. 16 to strengthen the state’s family leave laws after **Gov. Gavin Newsom’s** announcement that he was committed to expanding paid family leave. Senate Bill 135 would ensure that workers can’t be fired for taking paid family leave, it would extend the time period workers can take off during the first six months of a newborn’s life or to care for a seriously ill family member, expanding the definition of family member, and increasing the wage replacement amount in the paid family leave program. ○

Aera’s draft EIR hearing pits socioeconomic good versus liability costs

Hard hats, work boots, and orange vests crowded the chairs in the Santa Barbara County Board of Supervisors chambers in Santa Maria on Jan. 17.

A chartered bus had just awkwardly backed its way out of the parking lot. Anti-oil signs filled the overflow room for the 6 p.m. public hearing on Aera Energy’s 667-page draft environmental impact report (EIR) for its proposed project to re-establish oil production in East Cat Canyon.

“Two minutes is not nearly enough to address all the inadequacies in this EIR,” a pharmacology student from UC Santa Barbara said during her allotted two-minute slot for public comment. “We shouldn’t need an EIR in 2018 to tell us that digging up more fossil fuels is a bad idea.”

The public comments made over the course of three hours were nothing new for the project: jobs, safety, and socioeconomic impact versus global warming, impacts from potential spills, and groundwater contamination. One side touted Aera’s attempts to go “above and beyond” in its effort to be thorough and mitigate project impacts. The other side pointed to the fact that any groundwater contamination is unacceptable and the EIR’s admission that there would probably be oil spills over the life of the project. Plans include construction and restoration of 72 well pads and more than 9 miles of roads as well as drilling up to 296 wells, which include oil/gas wells and cyclic steam injection, produced water re-injection, and fresh groundwater wells.

Brian Gregory with IBEW (International Brotherhood of Electrical Workers) Local 413 said that oil produced in Santa Barbara County would be cleaner than oil produced in other places.

“While this EIR considers the local impact, it should really consider the impact to our globe,” Gregory said. “Stopping this project will not prevent the consumption of a single drop of oil. ... Oil produced here under the mitigation methods before you will be an offset.”

Members of the standing-room-only crowd occasionally shouted in protest against other speakers, such as Ed Hazard, the president of the state’s branch of the National Association of Royalty Owners.

“It is somewhat of an insult when people say, ‘Don’t produce oil here,’” Hazard said during his turn at the mic.

“Don’t produce oil here!” someone from the crowd interjected.

“This is California oil,” Hazard continued. “Produce local. Use local. Refine local.”

Others who spoke questioned the liability cost to locals who depended on groundwater as their sole source of drinking water and wondered why that information wasn’t included in the EIR. Chance English referred to the cost of the fires that PG&E is dealing with. The energy giant announced its intent to file for bankruptcy as the claims against the company from the Tubbs Fire that hit Santa Rosa in 2017 and the Camp Fire in Butte County in 2018 mount to \$30 billion and counting.

“Even giants such as PG&E are unable to front the costs of their liabilities,” English said. “And this needs to be considered.”

The public comment period on the project’s draft EIR runs through Jan. 28.

—Camillia Lanham



OIL OR NOT: The Santa Barbara County Board of Supervisors Chambers in Santa Maria was packed on Jan. 17 for a public hearing on Aera Energy’s draft environmental impact report for the East Cat Canyon oil well drilling project.

Railroad loses bid to appeal Betteravia Plaza project

The Santa Maria City Council will allow plans for commercial and residential development on West Betteravia Road to move forward over the objections of the Santa Maria Valley Railroad.

The council voted 4-0 on Jan. 15, with Councilmember Mike Cordero absent, to deny an appeal of the city Planning Commission’s November 2018 approval of a tentative tract map for the development project, also known as Betteravia Plaza. The railroad filed the appeal, arguing that proposed residential housing, open space, and trails planned for the development would pose safety and security concerns.

The 57-acre project site is located just east of the West Betteravia and Blosser intersection, adjacent to the Santa Maria Police Department. While it was initially zoned for industrial uses, the zoning was later amended to allow the project to include commercial, office, and high-density residential uses. Current plans for a 22-lot subdivision also include open space and a walking and biking trail.

At the meeting, Santa Maria Valley Railroad President Rob Himoto told the council that he believed allowing residential development, open space, and walking trails near the railroad presented safety concerns and increased the likelihood of vandalism, trespassing, and littering on railroad property.

“A railroad is a different animal,” Himoto said. “In some ways it’s like a utility. Any change in land use next to the railroad right-of-way will have an effect on the railroad.”

The project’s developer, Dan Blough, pushed back on Himoto’s claims in his comments to the council that night, stating that he would take measures to ensure separation between the planned trails and the railroad.

“I don’t want to see the railroad, to tell you the truth. It’s not a pretty sight,” he said. “I think if we put up a chain-link fence, some concrete posts, and we landscape it correctly, we can protect the railroad, and we won’t have to see it.”

Council members sided with Blough, with several noting that the railroad

officials did not show up to raise their concerns about the project when it was originally approved in February 2016, nor when the tentative tract map went before the Planning Commission in November of last year.

“This developer went along in the process in developing this project without any issues,” Councilmember Etta Waterfield said. “A lot of money and time went into this, so I wish you would have been at either one of those meetings to express your undesire to have something like this occur while they were setting all those plans.”

The Betteravia Plaza project is located in the newly formed district of Councilmember Gloria Soto, who voiced her support for the project at the Jan. 15 meeting.

“I think this is a good opportunity for the residents of District 3,” Soto said. “I know we’ve been needing more commercial space and definitely more open space.”

—Chris McGuinness

NEWS continued page 6

Weekend Weather

KSBY Q NEWS
Microclimate Weather Forecast
Dave Hovde
KSBY Chief Meteorologist

<p>Thursday</p> <p>COASTAL > High 71 Low 43 INLAND > High 71 Low 38</p>	<p>Friday</p> <p>COASTAL > High 73 Low 44 INLAND > High 73 Low 42</p>
<p>Saturday</p> <p>COASTAL > High 73 Low 45 INLAND > High 75 Low 42</p>	<p>Sunday</p> <p>COASTAL > High 71 Low 46 INLAND > High 72 Low 43</p>

A high pressure ridge is in control and won't loosen much through the weekend. Sunshine and above-average winter temps in store.

NEWS from page 5

Lompoc offers utility payment extensions to federal employees

For weeks Santa Barbara County organizations have been finding unique ways to assist local furloughed federal employees, and now the city of Lompoc is joining in the effort.

At a meeting on Jan. 15, the Lompoc City Council unanimously approved a resolution that would give residents impacted by the partial government shutdown 30-day extensions on their utility bill payments. The extensions will be free of interest and penalty charges.

“Well, a great deal of our community members are employed not only with the federal penitentiary but also the federal government,” Mayor Jenelle Osborne told the *Sun*.

Osborne said that while it's unclear exactly how many Lompoc residents are currently working without pay because of the shutdown, several hundred work at Lompoc's Federal Correctional Institution, and even more are employed by Vandenberg Air Force Base. Osborne said she, other City Council members, and city staffers, have received several phone calls and questions about possible assistance from struggling federal employees and labor union representatives since the shutdown started.

And considering that Lompoc is one of the area's “largest commuter cities,” Osborne

said, many furloughed employees are having difficulty even paying for gas to get to work, let alone paying bills.

“We wanted to ease that pain, as difficult as it is on our residents,” Osborne said, “and wanted to see how the city could help.”

The city of Lompoc provides utility services to about 16,000 customers, according to Public Information Officer Samantha Scroggin, and as of Jan. 22, only “a handful” of those customers had contacted the utilities division to sign up for shutdown accommodations.

Residents interested in receiving deferments are required to provide a copy of a letter that was given to them by their employer, as well as work identification to the utilities division in Lompoc City Hall, Scroggin said.

The utility accommodations for furloughed federal employees is scheduled to run through Feb. 12, and if the shutdown continues into that time frame, the City Council will consider further action.

The program, she said, will have very minimal impact if any on the city's budget, because the revenue will not be entirely lost, but will be paid in full when the government shutdown ends.

At the meeting on Jan. 15, City Councilmember Victor Vega expressed concerns over other residents impacted by the shutdown, including those who could soon stop receiving financial assistance from Social Security, food stamps, and other federal programs. He said if those programs do lose funding in the coming weeks, City Council should consider adding impacted residents to the utility accommodation program.

Still, Vega said, “I'm fully in favor of helping

the federal employees defer their payments or giving them something to work with.”

City Councilmember Jim Mosby said he voted to approve the program—despite the lack of a staff report and information on the subject—because he wanted to help his fellow citizens as quickly as possible.

“This is something they can't control,” Mosby told the *Sun*.

Furloughed federal employees interested in an extension on utility payments can visit the utilities counter at Lompoc City Hall, 100 Civic Center Plaza, or call the utilities division to arrange accommodations at (805) 875-8247.

—Kasey Bubnash

Tech at Northern Branch Jail will allow inmates to appear in court remotely

The long-awaited Northern Branch Jail in Santa Maria won't just feature new facilities for Santa Barbara County inmates, but new technology that officials claim will improve safety and cut down on transportation costs.

Plans for the 376-bed, \$110.8 million facility will include audio and video conferencing technology that will allow inmates to meet with their attorneys and even participate in hearings and arraignments in court without having to leave the jail.

Thomas Jenkins, the retired Santa Barbara Sheriff's Office commander overseeing the Northern Branch Jail project, said the facility will come equipped with video conferencing spaces that will allow inmates to appear in

court for arraignments and other hearings by video. He said the technology would help cut down on costs and manpower associated with transporting inmates to court, particularly if they have to appear in Santa Barbara. Jenkins also indicated that video arraignment means inmates would spend less time traveling and waiting away from the jail, freeing them up to participate in rehabilitation programs and other activities.

“We want to have a lot of programming to address recidivism,” Jenkins said. “When they are being transported back and forth, they are missing that programming.”

In addition, Jenkins said the jail would also contain multiple visitation booths, where inmates can speak with their attorneys or investigators. Jenkins said there will be one booth for each of the jail's three housing areas, and that it will be equipped with audio and video conferencing technology, allowing attorneys to cut down on the time it takes to travel to jail, sign in, and go through other time-intensive formalities in order to visit a client in person.

“Even for a 10-minute conversation, it cost them an hour and a half,” Jenkins said. “This way, the attorney can call, and we can move them into a booth and they can have conversation.”

Jenkins said attorneys will still have the ability to visit their clients in person, and that the video conferencing was just an option for them.

The Northern Branch Jail is tentatively scheduled to open in August of this year. ○

—Chris McGuinness

Project Open House

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Overlooked no longer

Santa Maria gets its first-ever Women's March

BY KASEY BUBNASH

"Women are the wall and Trump will pay!" read the sign Santa Maria resident Rochelle Reed held high as she walked away from Buena Vista Park, down South Broadway, and toward Minami Park, where a resource fair with free bottles of water, music, and food trucks awaited the energized marcher and others like her.

It was a path scores of residents walked before noon on Jan. 19 as part of Santa Maria's first-ever Women's March, which coincided with thousands of similar marches across the nation. San Luis Obispo and Santa Barbara hosted like-minded events that day, but Reed said she'd already gone to those in past years, and was glad to finally have the opportunity to march through her own town.

"I'm really excited," she said, lowering her sign and keeping pace with the rest of the crowd as she talked. "I definitely would have gone to one here if they'd had it before."

Cathy Castro, another local who walked alongside Reed, agreed, and said she was proud to see her city finally getting involved, two years after the first series of marches were held all over the world in 2017. Reed and Castro both grew up on the Central Coast, live in Santa Maria now, and said that without a march in Santa Maria the past two years, they traveled miles out of town to participate.

"It's wonderful to have one in our own city," Castro said.

That weariness of being overlooked and left out was the catalyst for this year's march in Santa Maria, according to Daisy Basulto, who helped organize the event along with a core group of a few other locals who've been planning since February 2018.

Basulto, who also works full time as a

programs coordinator at the Foodbank of Santa Barbara County, previously attended marches in San Luis Obispo and Santa Barbara as well. Both were inspiring experiences, Basulto said. At the march in San Luis Obispo, it unexpectedly poured rain, but she said hundreds of Central Coast residents took to the streets anyway, chanting, protesting, and laughing through the weather.

Still, Basulto said despite being geographically close, San Luis Obispo, Santa Barbara, and Santa Maria aren't at all the same—not demographically, economically, or politically—and in many ways, she said Santa Marians have more to fight for.

"So it's time that we stop going somewhere else and start staying in town and being a voice," Basulto said.

When some other local organizers said they wanted to put together a Women's March in town, Basulto jumped at the idea. She's always enjoyed being an organizer and advocate, especially when it comes to women's health and reproductive rights.

The year-long planning process came with its fair share of surprises, Basulto said, even for a seasoned community organizer like herself. Some, including the approval process for street closures and park permits, were challenging surprises. Others—like the sheer volume of support, from city officials to labor union leaders—were the best kind of surprises.

"We thought we were going to have to really push back, and we thought we were going to get a lot of resistance, and we didn't," Basulto said. "So I think that was one of the biggest highs we had."

On Jan. 17, at one of the group's last planning meetings before the event, Basulto, Anne Bercilla, and Audy Macdonald talked posters, funding, and logistics in the Fund for Santa Barbara's Santa Maria office. There was only one

VOICES HEARD:

Santa Maria hosted its first-ever Women's March from 10 a.m. to 2 p.m. on Jan. 19. Dozens of attendees gathered first at Buena Vista Park for a rally, which included fiery speeches from several locals, including City Councilmember Gloria Soto. Marchers walked down South Broadway to Minami Park, where a resource fair, food trucks, and a DJ were waiting.



more full day to get everything nailed down, and things appeared to be falling in place.

The organizers joked around as they discussed who would pick up a much-needed banner and where to place a cash box during the event.

They seemed laid-back, comfortable working together, and focused, even as other core leaders and helpers shifted in and out of the room.

In terms of planning, Macdonald said the process went pretty well. The group received a helpful organizational tool kit when they registered with the national Women's March, numerous sponsors and donors helped fund the necessary permits and decor, and Macdonald said the group won a grant from the Fund for Santa Barbara County.

While marches across the nation have been criticized for being exclusionary to trans women and women of color, Macdonald said Santa Maria's planning committee made a point to be inclusive to all, and to bring as much diversity as possible to the table. That, she said with a laugh, even included a few token men.

But for Macdonald, who also helped found the House of Pride and Equality (HOPE), an advocacy organization focused on supporting the local LGBTQ community, the fun of getting

involved in activism stems from her love of being a part of "something that's bigger" than herself.

"With HOPE, we started off like, 'Oh it'll be fun,'" Macdonald said, adding that it wasn't until the organization was up and running that she realized how much of an impact it had on the community. "It meant so much more to people than we thought . . . And then I was kind of like, 'Wow, this is really important.'"

She feels the same way about the Women's March, and although it's two years after the worldwide marches originally started, Macdonald said this year felt like the right time for Santa Maria to get into the mix.

With the existence of HOPE, the last two LGBTQ Pride festivals being so successful, and the election of Gloria Soto to City Council, Macdonald said there is a lot of energy flowing through Santa Maria's left-leaning community, or as she called it, a "progressive buzz."

"We're ready," she said. "Santa Maria has been ready. And I think people have been fed up that it hasn't already happened. So I mean, if you want to make change you have to do it." ○

Staff Writer Kasey Bubnash can be reached at kbubnash@santamariasun.com.

SPOTLIGHT ON BUSINESS

Spotlight on: Hardy Diagnostics

Jay Hardy, co-founder and president

BY CALEB WISEBLOOD

After two years of planning and seven months of construction, more than 700 solar panels were installed at Hardy Diagnostics, a manufacturing company specializing in medical devices for microbiological procedures, in Santa Maria at the beginning of January. The panels, generating a total of 250 kilowatts of power, cover the entire roof of one of the Hardy headquarters' industrial buildings and part of the roof of another.

"The installation of solar panels is a great way to go for any business," Jay Hardy, co-founder and current president of Hardy Diagnostics, told the Sun. "Due to the government incentives, the payback period can be just a few years."

This particular project received a 30 percent tax credit, Hardy also said. He expects the company to break even on the panels in less than five years. The installation marks the largest solar project in Santa Maria to date and was completed by Bright Future Solar Energy, a solar energy equipment supplier based in San Luis Obispo. Ryan Burks, director of logistics and customer service at Hardy, oversaw the

project, which started construction in 2018.

The solar panels that cover the first building will power all of its energy needs, including a large cooler that stores the company's culture-media products. The additional panels that cover a portion of an adjacent building have successfully powered part of its energy consumption.

"If this project continues to go well, we will consider solar panels for the other buildings as well," Hardy said.

As a Santa Barbara County certified green business, Hardy sees this solar project as an example of the company's enduring concern and care for the environment. To achieve the distinction, Hardy Diagnostics had to complete numerous energy and water saving projects, including the conversion of all lighting to LED bulbs, the elimination of the use of paper plates and cups, and the installation of low water use landscaping, low-flow toilets, and waterless urinals. The company also provides incentives to employees who utilize carpooling or bike riding to get to work, Hardy said.

"The county of Santa Barbara has an excellent program to encourage businesses

PHOTO COURTESY OF RYAN BURKS



HERE COMES THE SUN: More than 700 solar panels, capable of generating 250 kilowatts of power, were installed on the roofs of two out of the six Hardy Diagnostics buildings at its headquarters in Santa Maria.

to become green certified," Hardy said. "By doing so, they can not only do something good for the planet, but also cut their costs and eliminate waste."

The success of the project will benefit every employee of the company, Hardy explained, as the company is 100 percent employee owned through the Employee Stock Ownership Project (ESOP). Hardy Diagnostics was founded by Hardy and Robert Shibata in 1980, after the two completed their medical technology training at Santa Barbara Cottage Hospital, but they didn't implement ESOP until 2012.

In between then and 2015, Hardy Diagnostics

went from 70 percent employee owned to 100 percent, after Hardy sold all of his remaining shares, he said.

"Our workers are not just employees, but actual owners of the company," Hardy said. "It provides great motivation to serve our customers well as we watch our company grow."

Highlights:

- Local pastor Dave Brogren is making a career shift taking on a real estate position with broker Krista Murchison at OiC Real Estate Services in Orcutt. Before going into full-time ministry 30 years ago, Brogren trained to become a real estate agent.

"Because of the call to ministry in my life, I changed gears and went to seminary rather than pursue a real estate career," Brogren said in a press release. "This next chapter of my life will be spent continuing to help people, just in a different way."

Brogren will specialize in residential real estate. OiC Real Estate Services is located at 1105 E. Foster Road, Orcutt. Call (805) 478-2913 for more information. ○

Calendar Editor Caleb Wiseblood wrote this week's Biz Spotlight. Information should be sent to the Sun via fax, mail, or email at spotlight@santamariasun.com.

*Some restrictions apply - New customers only

Santa Ynez school district says payments to charter school could be detrimental

BY KASEY BUBNASH

A 2018 decision by the State Board of Education requires several Santa Barbara County school districts to pay a local charter school system hundreds of thousands of dollars each year to help it operate.

While two of the districts have already made their first monthly payments, Santa Ynez Valley Union High School District has not, and its superintendent said the projected costs of helping fund Olive Grove Charter School could eventually lead the district to insolvency.

"We can't afford this," Superintendent Scott Cory said. "It literally would eviscerate our people and programs."

Cory presented details on the situation at a Santa Ynez board of education meeting on Jan. 15, when he told board members and attendees that the district will have to pay Olive Grove an estimated \$696,586 for the 2018-19 school year. That amount could be adjusted—and even increased—based on Olive Grove's official year-end enrollment count.

Olive Grove Charter School provides non-traditional, out-of-classroom education to K-12 students and has existed on the Central Coast for nearly 20 years.

In 2016, an appellate court ruled that charter schools can't operate resource centers outside the geographic boundaries of their authorizing school districts. That reversed the previous interpretation of a law dictating how charter schools are operated, according to Cory, and put charter schools across California out of compliance—including Olive Grove.

In order to continue offering services to students in Santa Maria, Lompoc, Buellton, and Santa Barbara, Cory said Olive Grove had to apply for and receive authorization from a district in each area. That essentially means that a district will agree to fund a charter school, Cory said, without any role in managing its operations.

Olive Grove's applications for authorization were denied twice by Santa Maria Joint Union High School District, Lompoc Unified School District, Santa Ynez Valley Union High School District, Santa Barbara Unified School District, the Santa Barbara County Education Office, and once by the California Department of Education. Then in July 2018, the California Department of Education authorized Olive Grove's petition appeal, making all denying districts fiscally responsible for the charter.

Involved districts received the California Department of Education's official cost estimates on Dec. 28, 2018, Cory said.

While the impacted districts in Santa Maria and Lompoc will receive back-filled funding from the state for any revenue losses, Cory said the districts in Santa Barbara and Santa Ynez will not. Santa Barbara and Santa Ynez are designated basic aid districts, and they don't receive additional state funding because they receive more revenue from local property taxes per student than required by the state. In short, basic aid districts are typically located in more advantaged, higher income communities.

Still, Cory said Santa Ynez is a much smaller district than Santa Barbara. It has a 2018-19 budget of about \$12.4 million, and a structural deficit of roughly \$750,000 from increasing contribution rates to CalPERS and CalSTRS and ripple effects of the Refugio oil spill.

Funding Olive Grove, he said, will be "uniquely detrimental" to Santa Ynez. Cory said he plans to work with his board, legal counsel, and the California Department of Education to find a solution to, or way out of, this issue.

"I cannot imagine the intent was to fund another school at the extent of eviscerating another," Cory told the Sun. "We're putting the full-court press on this one."

Laura Mudge, executive director of Olive Grove, said that while she highly doubts Santa Ynez would be forced to dissolve over these payments, she plans to help the impacted school districts find ways to remain fiscally viable through the transition.

"We don't want them to be negatively impacted in any sort of way," Mudge told the Sun, adding that the state is already working to assist all parties involved.

Still, Mudge said the authorizing districts had an opportunity to work with Olive Grove prior to the charter school's appeal to the state board, and all knew this outcome was possible. Instead, she said, they repeatedly declined Olive Grove's applications and refused calls for collaboration and negotiation.

The districts also received Olive Grove's budget projections before the state's were released in December 2018, so Mudge said they can't be surprised by the amount owed. Santa Maria and Santa Barbara have already made their first payments no problem, Mudge said.

Although Mudge said she hopes other schools and students aren't shortchanged by this decision, Olive Grove's students and families are just as important.

"There are many students who don't fit the mold of a traditional high school," Mudge said, adding that if Olive Grove closed any of its locations, those kids would be displaced. "For the students and families who want us, that's why we're there." ○

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

ATHLETE OF THE WEEK

PHOTO COURTESY OF LALO CUNA



Jonathan Santos

Santa Maria High School's boys' soccer program is all about discipline and responsibility, and forward-midfielder Jonathan Santos has been the picture of both of those virtues this season.

As one of the team's captains this year, Santos is saddled with the responsibilities that come with acting as a role model and pushing his team through hard times. He's handled it well, according to coach Lalo Cuna, who said Santos has used the opportunity to lead by example.

Santos always comes to practices and games with a winning mentality—and it shows. He recently scored two goals for the team in a week, and opened up a shot for the team in its winning game against a highly ranked San Luis Obispo team on Jan. 15.

It was a big win, and Cuna said they couldn't have done it without Santos. ○

—Kasey Bubnash



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- 50% It's hurting hardworking people. It needs to end!
- 43% We need a border wall. Keep it shut down until we get one!
- 6% I didn't even know there was a government shutdown!
- 0% I don't care. It doesn't impact me anyway.

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Lompoc's in trouble

The city needs to pass a sales tax increase to pay off its pension debt

BY JUSTIN RUHGE

Mayor Bob Lingl, the best mayor Lompoc had in the past 10 years, has retired. Lingl, who beat out ex-mayor John Linn, has been a blessing to Lompoc for the past four years. His well-attended Thursday get-togethers, “Coffee With Bob,” provided badly needed visibility on city issues. City Councilmember Jenelle Osborne was elected mayor in the Nov. 6 election. These two supported sound financial budgets for years. However, now the city of Lompoc is floating into financial oblivion with

Jim Mosby, Dirk Starbuck, and Victor Vega as Lompoc City Council members. These three have done untold damage to the future of Lompoc. The new problem the city faces is the result of the total mismanagement of CalPERS civil service benefits that created a financial disaster for cities all over California, and Lompoc has been caught up in this disastrous web. Lompoc’s “bill” for CalPERS is more than \$70 million.

In presenting the former city budget, then City Manager Patrick Wiemiller pointed out the problems for the city in graphic details. Mosby, Starbuck, and Vega did not grasp the finality of the situation. Lingl and Osborne “got it.”

Lompoc could solve the problem by temporarily increasing sales taxes by 1 percent

to pay for the debt over 10 years or could decide not to raise taxes—which would push the city into possible bankruptcy. The “bill” is not going away; we have to pay for it one way or another. You taxpayers may say, “I do not want to pay for someone’s retirement,” but you will now and in the future whether you like it or not. Your option is to raise the sales tax to pay for the bill or eliminate all city services to pay for the bill. The citizens of Lompoc should be given a chance to review their options and make a decision on these issues at the ballot box. Santa Barbara, Santa Maria, Guadalupe, and the county have made this decision, why not Lompoc?

Councilmember Mosby and his two befuddled followers, Starbuck and Vega, would not listen to the city staff members who were way above their pay grades, with financial experience, and had been working on this problem for several months. The triad refused

LOMPOC continued page 12

At the pain clinic

Wanting pain to go away isn't a crime

BY TERRY SANVILLE

My wife has more things wrong with her back than the Trump administration has ethics problems. Her neurologist just shook her head when she spoke of bone spurs, spinal stenosis, scoliosis, herniated disks (yes, plural!), and sciatica. Her primary care physician had a similar response but at least, on request, referred her to a pain clinic for evaluation and treatment.

We’re thankful for having access to Medicare, and that system has more than once saved our ageing keisters from financial disaster. But even with federal help and gap insurance, our medical expenses last year took more than 30 percent of our pension incomes. And now my wife is faced with another series of chronic conditions that produce copious amounts of pain but might not be fixable.

We arrived at the pain clinic a half hour before her appointed time. It’s located along a highway with lots of traffic roaring past. The clinic’s parking lot was full, with people double parked in the handicapped zone. I dropped my wife off along with her walker and circled the block, finally finding a vacant space.

The clinic’s building is a two-story affair with offices and patient treatment on the second floor (Geez, that’s logical. Not!). The cramped elevator might hold two people in wheelchairs or with walkers. It’s in constant use since most people in pain can’t climb stairs. Coming out of the elevator I was shocked to find patients standing and sitting along the breezeway that led to the clinic offices. Inside the cramped waiting room, patients filled the few chairs, many with heads bent, scratching on the 13 pages of paperwork that first-timers must fill out. Try doing that in your lap without a clipboard.

More people piled into the office. I left my wife to her clerical duties and stood outside in the breezeway, on a pop-out balcony exposed to the raucous din of highway traffic and the cold morning wind. More patients exited the elevator. The place reminded me of an old college stunt of seeing how many students could be crammed into a Volkswagen Bug.

As I stood elbow-to-elbow with patients and their spouses, it was easy to tell that most of us were geezers, many with walkers or in wheelchairs, some with canes. They looked

resigned to their internal battle with pain. The few younger adults and small children seemed out of place. I was glad for their presence since the kids were the only ones smiling. But I did feel an overwhelming sense of empathy and kindness from the group as each made room for the new arrivals. I studied the lined and wrinkled masks, the slumped or standing bodies quietly waiting for their name to be called. I could almost feel that craving for sweet relief that allows clenched jaws to relax, for smiles, and maybe even uninterrupted sleep to return.

I stood next to a gray-bearded fellow with an impressive belly covered by a bright print shirt. He recounted how his feet had been mangled while fighting as a Marine in Vietnam. Yet there he stood next to me in the cold wind. He claimed to have so much metal in him that he never could make it through airport security without being thoroughly wanded. A retired college professor with multiple degrees, he taught physics and math at prestigious universities, and loved to ramble on about science.

“After 42 years, I can’t stop,” he said, grinning.

“Robert” a voice called and off he trundled for a urine test, then a brief visit with a doctor and their physician assistant.

He’d stood there for 30 minutes, teaching me about the physics of the universe, not complaining about pain or his disabilities.

My father was also a Marine and a stoic. Like the Spartans, I think our culture values stoics, people who internalize their problems and don’t bother the rest of us with their issues. But in my father’s case, being a stoic probably killed him. One night, he complained about chest pains but wouldn’t go to the hospital, claiming it was probably heartburn that would go away. By the next morning, the pain was intolerable, with major parts of his heart muscle destroyed by the attack. If he would have sought treatment immediately ...

My father’s death taught me not to wait. I stared at the pain clinic’s patients and wondered how many of them suffered in silence before showing up to crowd into that airy breezeway.

CLINIC continued page 12



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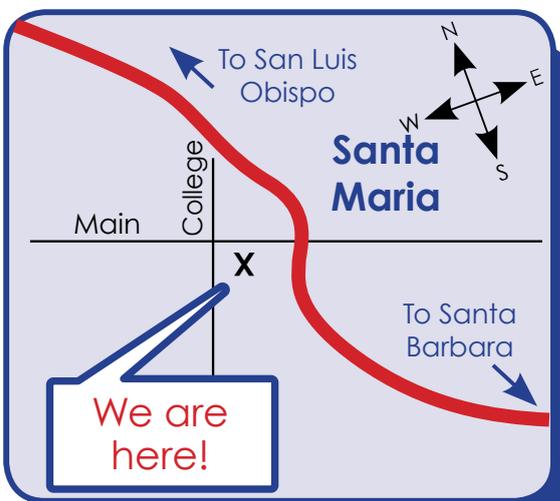
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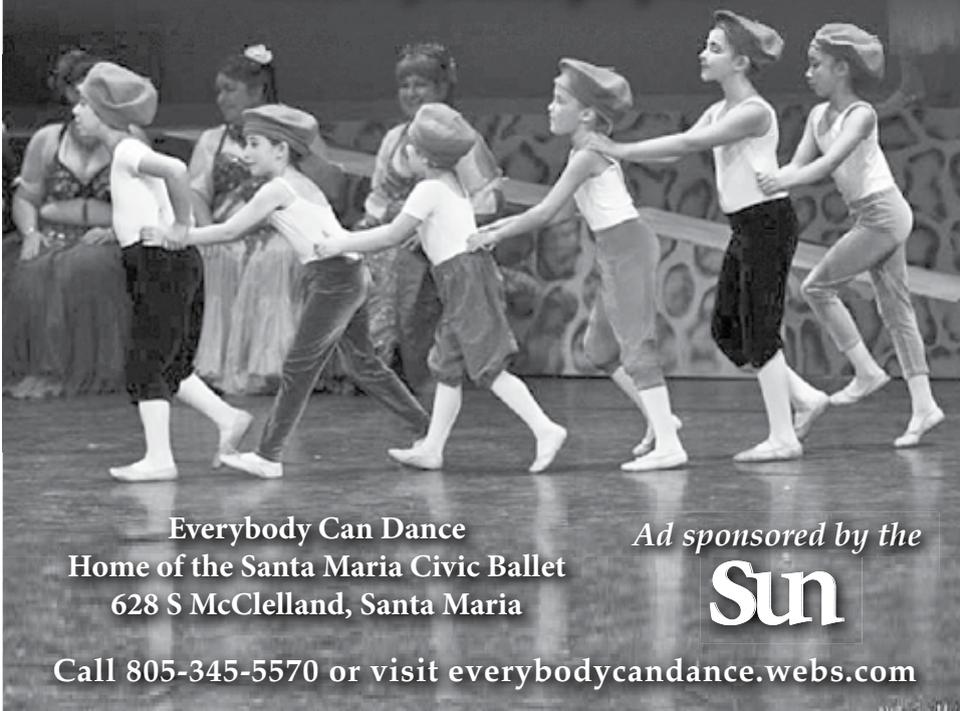


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Choices

Well, guys. You did it. You really did it. **Santa Maria** had its first ever **Women's March** on Jan. 22, joining the closest liberal hubs to the north and south—**Santa Barbara** and **San Luis Obispo**—in marching for strength, unity, equality, and choice. Against oppression, misogyny, and the **Great Trumpy Dumpty** who doesn't have his own wall to fall off of yet, but he's working on it. Say what you want about me and my unfair "progressive" thoughts about our Commander in Chief, you have to admit that this partial government shutdown is total bird poop.

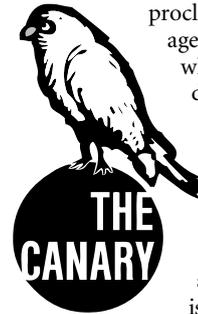
The **Lompoc Federal Penitentiary** is full of federal workers who are required to go to work and not get paid. Yes, folks. These correctional officers patrolling a facility where society places its felons aren't making any money. How well would you perform if you were forced to do something and knew you weren't going to get a paycheck in time to pay the rent?

The **Foodbank of Santa Barbara County** is stepping up in a big way. The city of **Lompoc** is giving furloughed federal workers a break on their utility bills through Feb. 12. Lompoc will probably have to extend that deadline as the political machine that stopped working in Washington, D.C., continues to grind its teeth in its sleep.

Anyway, it's about time people took to the streets in Santa Maria to raise their voices and

their signs! To speak up for choices and equality. Nobody puts women in a corner! Nobody!! The **Santa Maria City Council** recognized the **Women's March of Santa Maria Valley Day** at its Jan. 15 meeting with a proclamation: "On Jan. 19, 2019, every major city in the U.S. will advocate for the rights of women, people of color, those who are disabled, immigrants, and LGBTQ people, and encourage health care, education, and justice for all."

You know what's weird though? The proclamation following it on the council's agenda was for **Respect for Life Week**, which ran Jan. 14 through 20. Yes, I do believe it means exactly what you think it means.



Three decades ago, **Central Coast Citizens for Family and Life** was started by **Pat Riehle**. The organization requests a proclamation each year to raise awareness of the cause: "human life is sacred, from conception to natural death." So, the cause is for women to *not have a choice* when it comes to abortion. **Citizens for Family and Life** did its annual **Life Walk** on Jan. 20, the day after the **Women's March**.

It seems an odd thing for the City Council to place on its agenda one after the other. If the City Council has recognized this organization for the last couple of decades, it's time women in Santa Maria raised awareness for another cause, which the biggest city in Santa Barbara County should advocate for: Equality, choices, and the power of voices. ○

The canary is all about choices at canary@santamariasun.com.

LOMPOC from page 10

to listen to the professional experts, instead listening to ex-mayor Linn. The result is cutting everything, from police, to fire, to parks, to the dog show, to staff In the meantime, we still have to pay the pension bill with interest.

The Mosby triad had disdain for former City Manager Wiemiller because of his frankness on a need for a sales tax. Wiemiller resigned under protest. He was the best manager the city has had, and was hired by Santa Maria as the assistant city manager. The assistant Lompoc city manager quit, and so did the second assistant. Both got better jobs elsewhere. The fire chief left, as did the manager of public works. The city employees used their own funds to support the candidates running to replace Mosby, Starbuck, and Vega in the Nov. 6 election. A new city manager, Jim Throop, was hired but the police chief just announced his resignation.

The triad cut the police budget drastically. They allowed the sale of fireworks but did not add more police support. And the worst, they

promoted an open door policy on the sale of cannabis—dope—in Lompoc. Even more layoffs and closures are predicted for the future, maybe even the library, chamber, and museum will go. They know no limit. Their antics had the county grand jury investigating Lompoc again.

A recent budget review by the new city manager shows a financial deficit that cannot be solved by cuts. Voters need to approve a sales tax to solve this problem.

The next election that the sales tax issue could make the ballot is in 2020. The past tax action for a ballot vote was deliberately stopped by the triad in 2017. We are in this mess today because of their bad judgement.

The voters must take action or suffer the consequences. A recall vote may be needed to get this done this time. ○

Justin M. Ruhge is a 25-year resident of Lompoc who also happens to be a senior. Send your thoughts through the editor at clanham@santamariasun.com or write a rebuttal for publication and email it to letters@santamariasun.com.

CLINIC from page 10

Do we look down on people who complain about pain? Do we expect people to just suck it up? And what is the payoff for the persons who maintain their stoicism?

My wife joined me on the breezeway and we waited. A woman leaned toward a man next to her and murmured, "There's only two doctors, you know—and just look at all of us."

By then I had become numb to my surroundings. Finally, they called my wife's name. The doctor was the picture of efficiency. He prescribed injections for some parts of her back pain, new meds for nerve pain, low dosage opioids for when the pain became intolerable, and arranged for a consult with a spinal surgeon to address the most serious stenosis problem. The doctor spoke in direct terms, outlining the consequences of not pursuing

treatment—all in a serious, intense, 10-minute consultation while his assistant furiously typed chart notes into their computer system.

Our morning at the pain clinic made me wonder about the federal government's war on opiate abuse and how many of the abusers began by using the drugs for legitimate reasons: to treat pain. It scares me that at some moment, my wife or I might be refused medications over concerns for drug abuse and addiction. I would humbly suggest that the feds focus *more* on fostering the development of non-addictive pain medications and new treatments, especially those that deal with chronic problems. It should not be a crime to want pain to go away. ○

Terry Sanville lives in San Luis Obispo. Write a response and send it to clanham@santamariasun.com.

A beautiful job

Mia Espinosa harnesses the power of makeup's increasing online popularity to grow her business

BY REBECCA ROSE

Mia Espinosa was a middle schooler when she thought she pulled off the ultimate makeup coup.

It was school picture day and she tried wearing what she called a “natural look” for her photo. Her mother was having none of it.

“I thought I was slick and could pull off the ‘natural look,’” she said. “My mom saw the pictures and said, ‘You’re wearing makeup!’ That’s where it all started.”

Today Espinosa runs Love Strike Artistry, a makeup and hairstyling company she launched in 2013. Much of her life has been devoted to makeup and helping people look their best on their special day—whatever that day may happen to be.

The Santa Maria makeup artist said her love of makeup and beauty products started when she discovered what her mother’s makeup collection could do.

“My mom had some makeup out, and I picked it and started to use it,” Espinosa said. “I was fascinated by how it got rid of some imperfections that I saw in myself. That was the hook.”

She explored more of what the products could do, from making her eyes appear bigger to altering the color of her lips. Like a lot of young women, she had fun playing with different products and creating looks, but for Espinosa, it quickly became about something more than just looking pretty. She saw potential for a career.

Her parents also owned a business so the inclination to launch her own company was implanted in her at an early age. Espinosa said her parents were big believers in customer service, which is an important element in makeup artistry.

“I thought, I can do that job,” she said. “Being kind and hearing people out and trying to achieve what they want in their makeup routine. Sometimes you just have to work with them to find out what they really

want in their look.”

After an internship at a hair and makeup business, Espinosa said she fell in love with the entire process, especially being involved with brides. In 2013, she opened Love Strike Artistry.

Bridal makeup can be challenging, especially knowing that clients expect nothing but perfection on their most important day. But Espinosa said that there are ways to alleviate the stress. Trial runs that involve testing out different looks help makeup artists plan the perfect look with a bride’s approval before the big day. The way a makeup artist approaches meeting the needs of a client on such a big day—with anxiety or nervousness—also makes a difference.

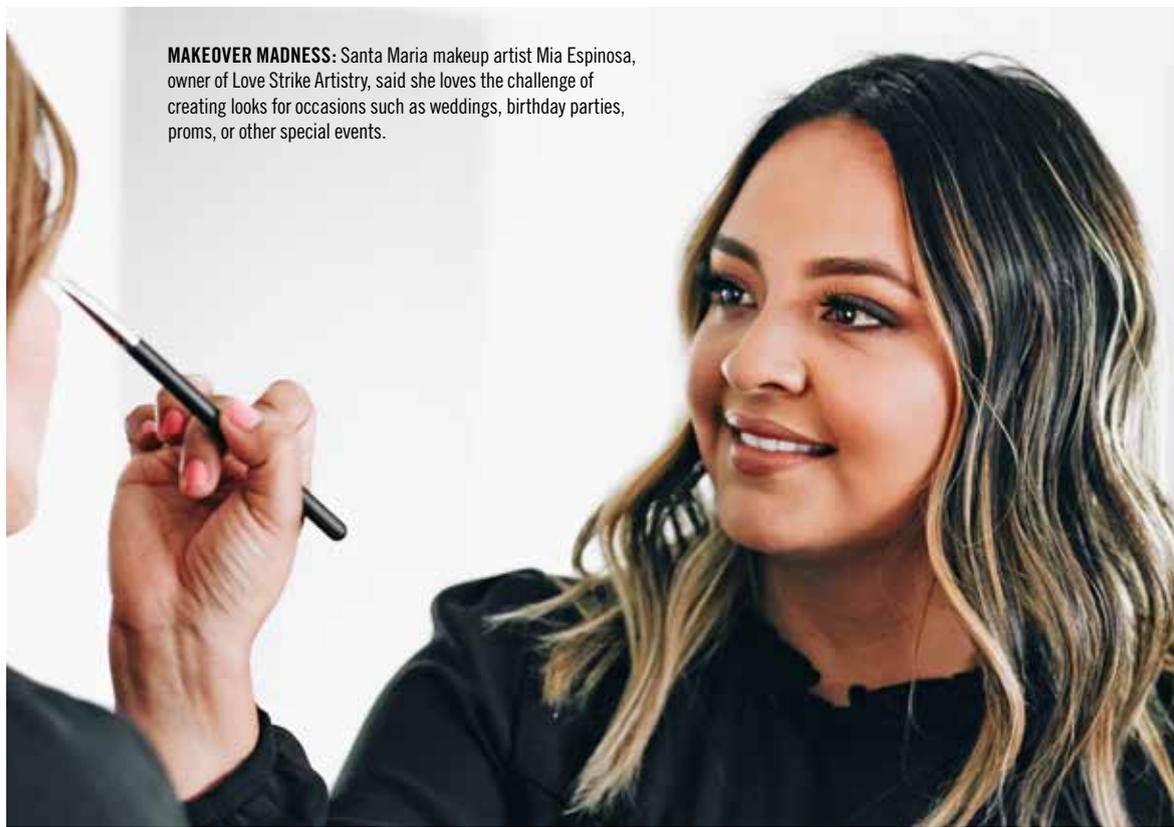
“It is pretty intimidating especially when you’re first starting out,” Espinosa said. “Those [photographs] have to last forever. The trial helps the nerves go away.”

The most popular look for the brides Espinosa works with on the Central Coast is one that emphasizes a natural look, with a soft smokey eye, pink-toned lip color, and glowing skin.

One thing that’s helped Espinosa’s business over the past few years is the increase in popularity of online makeup tutorials and beauty bloggers. Exposure and access online can be key to growing a business.

“Social media is the new way to reach people,” she said. “Anybody that calls my business and wants to get an idea of what we do, it’s the

MAKEOVER MADNESS: Santa Maria makeup artist Mia Espinosa, owner of Love Strike Artistry, said she loves the challenge of creating looks for occasions such as weddings, birthday parties, proms, or other special events.



easiest way to see. They see how everything is going together; it’s easy to see the looks.”

YouTube has proven to be an especially powerful platform for the makeup artist industry at large, launching careers of makeup artists such as Jeffree Star, Jaclyn Hill, and James Charles, to name a few. With millions of followers on Instagram, YouTube, and other social media platforms, Star and Hill are reportedly worth tens of millions of dollars each. Charles routinely hosts appearances with thousands in attendance, demonstrating the power of makeup to turn beauty bloggers and makeup-counter workers into celebrities.

Espinosa has also felt the impact of makeup’s moment in the spotlight. Clients will often bring her photos from Instagram, featuring looks by popular artists or celebrities whose makeup artists now claim the same fame and wealth as their clients.

Mario Dedivanovic, Kim Kardashian’s makeup artist, is one of Espinosa’s favorites, as is Desi Perkins and Hill. But Espinosa said it takes more than seeing a beautiful photograph to help a client achieve a certain look seen online or in magazines.

“Fist of all, when someone shows you a picture, as an artist, you have to point out what you see in the picture,” Espinosa said. “Sometimes the client might not see what you’re

seeing. You want to get it right.”

For example, a client may be looking at someone like Kardashian and want to achieve the same eye or contoured cheek look, but their features may not be physically similar enough to match the look. Espinosa said it’s a makeup artist’s job to be honest with a client.

“You have to point that out,” she said. “You have to ask them, ‘What is it about this that you’re loving? Is it the eyelashes or the colors?’ Communication is key when a client brings you a celebrity makeup look. You have to tell them they don’t have these specific features, but we’re going to make it work because I know what you want to achieve.”

Espinosa said a typical makeup look can cost around \$100 and require about an hour of work, but prices and time ranges depending on the makeup artist, event, or individual look. And makeup artists aren’t just for brides, she said.

“It can be for any event,” Espinosa said. “Prom, birthdays, baby showers, photo shoots, senior pictures, wherever you want to feel beautiful. It’s a pampering experience. It could be for anything you want.” ○

Arts and Lifestyle Writer Rebecca Rose is expertly highlighted and contoured. Contact her at rose@santamariasun.com.

Glow up

Love Strike Makeup Artist Mia Espinosa recommends a few basic product tips for your makeup kit at home:

Foundation: “Make sure it is your correct color. That’s the No. 1 thing people always struggle with. Not every brand is for everyone. Find yours—get color-matched, get samples, and try them on outside the store. Makeup oxides and can change color, so it’s important to try it in different lighting.”

Eyebrows: “The easiest thing to do your brows with is get an eyebrow pencil, such as the Anastasia Beverly Hills pencil. It’s really easy and has a spoolie at the end.”

Bronzer/Blush: “Those are a good staple to always have on hand.”

Eyeshadow: “A good basic look is a soft smokey eye, with a brown shadow and a shimmer over it to brighten it up.”

Lipstick: “Try a new lip color and step outside your comfort zone.”

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A symbiotic relationship

New law allows Lompoc and Santa Barbara health care systems to collaborate

BY KASEY BUBNASH

For years staffers at Lompoc Valley Medical Center and Santa Barbara Cottage Health have worked together informally, smoothly coordinating transfers and referrals for Lompoc-based patients in need of specialized care that is only available in Santa Barbara.

Now that collaboration is in the process of becoming official, due in part to a piece of legislation that went into effect on Jan. 1, authorizing the relationship. The law, Assembly Bill 653, was penned by Assemblyman Jordan Cunningham (R-San Luis Obispo), who said the partnership is an effort to bring increased health care services and accessibility to residents of Lompoc.

"This will be great for Lompoc," Cunningham told the *Sun*. "That is a really underserved area."

While Lompoc Valley Medical Center provides a wide array of services, Cunningham said it has always struggled to recruit all kinds of medical professionals, from primary care physicians to nurses. Lompoc's cost of living really isn't dramatically lower than other parts of Santa Barbara County, and for most people considering living on the Central Coast, Lompoc wouldn't be the first choice.

Lompoc's medical center is also at least 40

miles away from another hospital in every direction, Cunningham said, a somewhat long distance for patients who have been referred to specialized care.

The new law allows Lompoc Valley Medical Center, a public institution, to form a Joint Powers Authority with Cottage Health, a nonprofit. It's a model that Cunningham said a number of other health care providers have used to successfully tackle similar issues of access, and he hopes it will help these local organizations do the same.

"The ultimate goal is to get more medical professionals into the Lompoc community," Cunningham said, "and we want to do that in a cost effective way."

Although the organizations remain separate, unaffiliated entities, the partnership could benefit both in varying ways, according to Nora Wallace, public relations coordinator at Lompoc Valley Medical Center.

In recent years, Lompoc Valley Medical Center and Cottage Health have developed a successful telemedicine program for neurology consults—to relay information quickly when minutes matter most—and have partnered

on effective transfer protocols for newborns needing neonatal intensive care at Cottage Children's Medical Center. Physician residents from Santa Barbara Cottage Health's Graduate Medical Education program also rotate to Lompoc, where they learn about providing care in a rural acute care hospital setting.

Along with the patient transfer and referral process, Wallace said those programs could likely become more efficient through this official partnership. Still, she said nothing has been decided, and the organizations are working out the best ways to meet the health care needs of the Central Coast.

A representative of Cottage Health, Maria Zate, made similar statements.

"The agreement between Cottage Health and Lompoc Valley Medical Center allows the organizations to explore options in how we can work together to add to the services available for Lompoc residents," Zate wrote in a statement to the *Sun*. "We look forward to meeting with Lompoc Valley Medical Center's new CEO to continue our discussions on partnership opportunities." ○

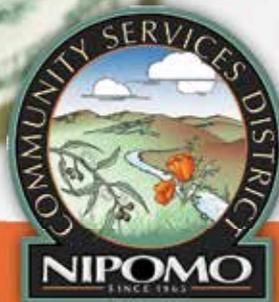
Staff Writer Kasey Bubnash can be reached at kbubnash@santamariasun.com.



A HEALTHY RELATIONSHIP: Lompoc Valley Medical Center provides 24/7 access to neurology specialists who can conduct audiovisual consultations with on-call neurologists at Cottage Health through a "virtual doctor" robot (pictured).

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Clean slate

Eliminate the chemicals in everyday makeup and skin care with natural and CBD products

BY KAREN GARCIA

Jessica Blanco, the owner of Central Coast Beauties, vividly remembers her abuelita (grandmother) creating homemade ointments and salves for the family with organic ingredients.

“If you got a cut or a burn she would go get a fresh aloe leaf from the backyard for you,” Blanco said of the woman who raised her in the Bay Area.

She also remembers a rub that her abuelita would use to relieve her body of aches when she had a fever—it was a mixture of alcohol infused cannabis.

“I realize now that cannabis was going to end up in my future regardless, because she used to rub our bodies where we felt discomfort with this secret remedy, and it helped,” she said.

Blanco’s abuelita has since passed away, but constantly using herbs and home remedies during her upbringing gave Blanco an appreciation for an organic and holistic approach to caring for the body. But this ideology wouldn’t really become Blanco’s career focus until she took a deeper look into the products she used on her face after she was diagnosed with an autoimmune disease.

Fine print

Fresh out of beauty school, Blanco started her career as a makeup artist at MAC cosmetics. She learned a lot through that experience, but

she said she started noticing that some clients would come in with inflammation, acne, or irritation on their face because of the products they were using.

Other than the laundry list of ingredients in one product, what stood out to her the most were the chemicals found in a typical moisturizer, blush, or concealer.

Blanco said a typical beauty product could contain sodium lauryl sulfate, polyethylene, or parabens. These chemicals can be found in makeup, face wash, scrubs, and exfoliates. She also said that federal law does not require companies to list the chemicals used in their fragrance mixture on product labels.

It got her to thinking about what she was applying to her face, and it was enough for her to start over with makeup and skin products.

“You really have to take the time and do your own research to find clean and natural products, because it could say organic on the label but you have to read the ingredients,” she said.

As Blanco discovered natural products that were less harmful to her skin, she also started experiencing body aches and pain. She was diagnosed with an autoimmune disease that was making it difficult for her to work. Abuelita’s remedy came to mind and Blanco started looking into CBD products to manage the pain.

In her research, she discovered Cannabliss, an organic cannabis infused skincare line. It has products such as a cleanser, moisturizer, and body oil. The benefits of having cannabis in skincare products, she learned, is that it can work as an anti-inflammatory component. The plus, for Blanco, was the fact that most products from the company contained fewer than 10 ingredients.

“My biggest rule is it should have less than 10 ingredients, at least, and if I can’t pronounce it, I don’t want it,” she said.



WHOLE BODY Jessica Blanco focuses on natural products, her client’s diet, and their everyday routine to fully care for their skin.

She tried the Cannabliss products as part of her skin care routine and facials. Blanco instantly knew that this was a product she could get behind for herself and others.

With all of these tools in her pocket, the next step for Blanco was to share her information about CBD and local organic makeup and skin care products with other women. She joined the Mission Community Services Corporation Women’s Business Center to learn about creating her own business—a studio where she could not only showcase a few of her preferred products but offer makeup and organic facial services.

Pure relaxation

Visit Jessica Blanco in Grover Beach for an all-natural holistic facial and/or makeup. She’s offering the most refreshing vibes around at Central Coast Beauties. Check out centralcoastbeauties.com for more information.

“I just want people to walk in and instantly feel warm and welcomed,” she said. “I’m hoping it feels cozy and like a getaway.”

With more than 10 years of experience in the beauty industry, Blanco opened her studio in March of last year. Her services include organic facials (with or without CBD products), body treatments, event makeup, and makeup consultations.

Each client starts with a questionnaire so Blanco can understand where the skin on your face might need a little more attention.

On her massage table—the lights are dim and your choice of music floats in the background—she begins with a gentle steam. Each facial is different, as it’s customized to the client and their needs. Blanco makes sure to tell you the product she’s going to apply and why it’s beneficial to your specific skin.

Between the sweet aromas, the electric fireplace, and soothing products, Blanco has created a space for more than just a facial. It’s a place for her to share her love of clean beauty products and services with others—although she’s not opposed to meeting with clients in their homes. It’s also a place for her to support other local businesses and female business owners. ○

Staff Writer Karen Garcia from *New Times* can be reached at kgarcia@newtimeslo.com.



RELAXATION Aside from her all-natural and CBD products, Blanco uses a jade roller and Gua Sha tools to further enhance the oils and creams applied to the face.

Home away from home

It’s hard to miss Blanco’s studio, Central Coast Beauties, on Grand Avenue in Grover Beach. The studio is part of a plaza with a few other businesses, but the gold palm tree leaves on the window give the studio away.

Upon entering, Blanco is ready to greet you with a hug, something that’s pretty instinctual for her. She’s prepared to not only speak passionately with clients about their skin, but connect and learn more about them. It’s not just about what goes on the skin, Blanco said, it’s also about diet, illnesses people have, and stress, among other things.

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By Rebecca Rose



Be sure to check out **Reccamendations** for what’s new, what’s fun, and what to try.

Sun

SantaMariaSun.com/eats/

The power of eating

Local nutritionists and dieticians prescribe food for health

BY CHRIS MCGUINNESS

When it comes to the tools of the trade in medical care, most people think of stethoscopes, scalpels, or X-ray and MRI machines.

But what about a knife and fork? More and more, a dedicated group of individuals is helping people inside and outside of hospitals to prevent, treat, or even help heal what ails them through nutrition. Dieticians and nutritionists specialize in helping people make the connection between what they eat and how it affects their body, applying their knowledge to a wide range of organizations, from hospitals and school districts to their own private practices.

"I think our society and diet culture can put a negative light on food, encouraging restriction and starvation," said Kelsey McCourt, a registered dietician for Marian Regional Medical Center and Mission Hope Cancer Center. "Food not only nourishes our bodies, but it can help fight disease, help you recover, and also brings people together in a very special way."

As a dietician, McCourt said she helps provide patients with nutrition counseling, develops individualized nutrition therapy plans, and even teaches nutrition classes in English and Spanish.

"Nutrition is an essential part of a patient's care plan," she said. "Cancer patients in particular are

a population where meeting their nutrition needs is especially important. It can help optimize and increase their chances for recovery."

McCourt's decision to become a dietician began close to home.

"My father was a doctor, so I grew up around someone who worked in health care," she said. "Through my own journey, I developed a passion for food and exercises, so nutrition was a perfect match to bring both of those aspects together."

The journey to helping others through nutrition also began in a personal way for Fiona McKiernan. McKiernan, a registered dietician and functional nutritionist, owns Zero to Hero Nutrition in Santa Maria. After a combination of medical conditions left her bedridden, McKiernan said she began to learn about the intersection of food and health in order to help herself get healthy and recover.

"Nutrition became the cornerstone of me getting my health back," she said. "For me to get better, I had to take a much deeper dive into [the subject]."

Today, McKiernan helps her clients, many of whom suffer from conditions ranging from celiac disease and fibromyalgia to irritable bowel syndrome, develop individualized plans based on their needs.

"For me, it's a holistic approach that includes nutrition, movement or exercise, sleep, and



YOU ARE WHAT YOU EAT: Registered dietitians work at a range of organizations and businesses, including hospitals, helping people better understand how food affects their bodies and health.

reducing stress," she said. "But their diet really is the cornerstone for their health."

Currently, McKiernan says she has also taken an interest in nutrigenomics, or the study of the intersection between genetic science with nutrition. Such technology could, for example, test a patient's genes to discover food allergies, nutritional deficiencies, or find out how certain nutrients may impact their health.

"It is really exciting," McKiernan said. "It's really the next level of nutrition science."

While not everyone will decide to dedicate their lives and careers to the study of nutrition, McKiernan noted that everyone can still be aware of the benefits of learning more about how what you consume affects your body.

"I think people tend to underestimate the power of food, and the impact food can have on their health," she said. ○

Staff Writer Chris McGuinness can be reached at cmcguinness@newtimeslo.com



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STRONG FOLLOWING

An opening reception for *Ray Strong: A Collector's Passion* takes place on Feb. 2 from 3 to 5 p.m. at the Wildling Museum of Art and Nature. The exhibit features works by Strong (pictured), a prolific Santa Barbara artist who died in 2006, from the private collection of David Parker. The museum is located at 1511-B Mission Dr., Solvang. More info: (805) 688-1082 or wildlingmuseum.org.

SPECIAL EVENTS ARTS

SANTA MARIA VALLEY/LOS ALAMOS

CHAPEL TO CHURCH HALF MARATHON RUN/WALK Run/walk from San Ramon Chapel, Sisquoc, to St. Louis de Montfort Church, Orcutt. Benefits Catholic Charities of Santa Maria Valley. **Feb. 2**, 8 a.m.-noon \$65-\$75 (includes lunch and t-shirt). 805-937-4555. chapeltochurch.com. Santa Maria, Citywide, Santa Maria.

NAT FAST FREE CHILDRENS ART DAY Enjoy painting, drawing, singing, and dancing workshops with professional artists. This event celebrates the legacy of local artist Nat Fast. **Jan. 27**, 12-4 p.m. Free. 805-928-8414. smdiscoverymuseum.org/. Santa Maria Valley Discovery Museum, 705 S. McClelland St., Santa Maria.

PIZZA, VINO, AND FUN All proceeds benefit Boys and Girls Clubs of Santa Maria Valley. Enjoy pizza, wine, and more. **Jan. 26**, 7-9 p.m. \$100. 805-863-2842. CORE Winery, 105 W Clark Ave., Orcutt.

SOUTH COAST SLO COUNTY

AVILA BEACH SPAGHETTI DINNER/BINGO NIGHT Enjoy a spaghetti dinner with salad, garlic bread, and dessert followed by Bingo. Dinner tickets include first bingo card. **Feb. 1**, 6-8:30 p.m. \$10; \$5 for children ages 6 and under. 805-627-1997. avilabeachcc.com. Avila Beach Community Center, 191 San Miguel St., Avila Beach.

PSYCHIC FAIRE Features a variety readings, crafters, and more. **Feb. 2**, 2-6 p.m. and **Feb. 3**, 2-6 p.m. \$25. 805-489-2423. Halcyon Store Post Office, 936 S. Halcyon Rd., Arroyo Grande.

SAN LUIS OBISPO

38TH CHINESE NEW YEAR CELEBRATION Hosted by Central Coast Chinese Association. Features activities, food, entertainment, and more. **Feb. 2**, 4:30-8 p.m. \$15-\$25. centralcoast-chinese-association.org. Veteran's Memorial Building, 801 Grand Ave., San Luis Obispo, (510) 285-6221.

ARRANGIARSI: PIZZA AND THE ART OF LIVING A screening of director Matteo Troncone's whimsical documentary film on the joys of Italy. **Jan. 29**, 6-8 p.m. Free. wlc.calpoly.edu. Cal Poly (Keck Lab), Building 007, Room 02, 1, Grand Avenue, San Luis Obispo, 805-756-1111.

SUBMIT YOUR EVENTS

CLASSES & WORKSHOPS

SANTA YNEZ VALLEY

ZEST IT UP WEAVING WORKSHOP A workshop teaching the fundamentals of weaving. All guests take home their very own wooden loom along with their own woven creation. Ticket includes all supplies, food, a glass of wine, and additional non-alcoholic beverages. **Jan. 26**, 4-7 p.m. \$69. Zaca Mesa Winery, 6905 Foxen Canyon Road, Los Olivos.

LOMPOC/VANDENBERG

BECOME AN ADULT LITERACY VOLUNTEER Become a volunteer and help empower an adult learner to reach their full potential. **Jan. 28**, 11 a.m.-1 p.m. Free. 805-925-0994. Lompoc Public Library, 501 E. North Ave., Lompoc.

SANTA MARIA VALLEY/LOS ALAMOS

BALLROOM, LATIN, AND SWING LESSONS Marie King and Kings of Swing offer dance lessons for all ages and skill levels. Couples and singles welcome. Wednesdays, 6:30-8:30 p.m. \$36 for 4-week session. 805-928-7799. Oasis Senior Center, 420 Soares Ave., Orcutt.

BASIC WATERCOLOR No experience required. Tuesdays, 1-3 p.m. \$8. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-937-9750.

BEADING WORKSHOP Thursdays, noon oasiorcutt.org. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-937-9750.

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New Times and the Sun now share their community listings for a complete Central Coast calendar running from SLO County through northern Santa Barbara County. Submit events online by logging in with your Google, Facebook, or Twitter account at newtimeslo.com. You may also email calendar@newtimeslo.com. Deadline is one week before the issue date on Thursdays. Submissions are subject to editing and approval. Contact Calendar Editor Caleb Wiseblood directly at cwiseblood@newtimeslo.com.

welcome. Thursdays, 6:15-7 p.m. \$8. 805-680-5695. Oasis Senior Center, 420 Soares Ave., Orcutt.

CREATIVE ART TUESDAYS Meet other artists and support and critique others' works. Tuesdays, 1-4 p.m. \$1. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-937-9750.

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

INDIVIDUAL PAINTERS No instructor. Fridays, 9 a.m.-noon \$1. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-937-9750.

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

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

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

MUSIC LESSONS Offering private and classroom lessons. ongoing 805-925-0464. Coelho Academy of Music, 325 E. Betteravia Road, Santa Maria.

MUSICAL THEATRE AND CABARET WORKSHOP CLASSES Come improve your vocal skills so that you'll have more fun singing cabaret, karaoke, and more. Mondays, 6:30-8:30 p.m. through Sept. 30 \$75 for a four week session; \$20 to drop in. 805-400-5335. Cabaret805.com. Santa Maria Civic Theatre, 1660 N. McClelland St., Santa Maria.

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

SWING, BALLROOM, AND LATIN DANCE CLASSES

Hosted by the Kings of Swing. All skill levels welcome (adults). Couples and singles welcome. Pre-registration recommended. Thursdays, 7-8 p.m. \$45. 805-928-7799. Adkins Dance Center, 1110 E. Clark Ave., Santa Maria.

UKULELE CLASS Wednesdays, 11:30 a.m. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-937-9750.

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

WINTER MAKERSPACE Events take place in the learning center. Call for full schedule and more info. Saturdays, 10 a.m.-3 p.m. and Wednesdays, 4-6 p.m. through Feb. 27 805-925-0994. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

SOUTH COAST SLO COUNTY

ACRYLIC POURING INTERMEDIATE WORKSHOP Artist Shelley Kenny host this class, where every piece will look completely different from the next. **Jan. 30**, 6-8 p.m. \$40. 805-550-9963. theartgalanipomo.com/classes-and-events/. Gala De Arte Plaza, 136 N Thompson Ave. B, Nipomo.

ART AND WINE: CACTUS FLOWER ACRYLIC PAINTING CLASS Create a colorful cactus and flower canvas with artist Wendy Thrasher. All materials and a glass of wine are provided. **Jan. 24**, 6-8 p.m. and **Jan. 31**, 6-8 p.m. \$40; \$65 for 2; \$30 each for 3 or more. 805-550-9963. theartgalanipomo.com/classes-and-events/. Gala De Arte Plaza, 136 N Thompson Ave. B, Nipomo.

ART AND WINE: STARFISH NAIL AND STRING ART CLASS Bring beach shells them to this starfish nail and string mixed media class. Artist Wendy Thrasher guides guests through techniques that are easily replicated. All materials and a glass of wine are included. **Jan. 26**, 6-8 p.m. and **Feb. 1**, 6-8 p.m. \$40; \$65 for 2; \$30 each for 3 or more. 805-550-9963. theartgalanipomo.com/classes-and-events/. Gala De Arte Plaza, 136 N Thompson Ave. B, Nipomo.

ART AND WINE: WINTER ICE ACRYLIC PAINTING CLASS An evening of wine and painting. Artist Wendy Thrasher guides guests through techniques that are easily replicated. All materials and a glass of wine are provided. **Jan. 25**, 6-8 p.m. and **Feb. 1**, 6-8 p.m. \$40; \$65 for 2; \$30 each for 3 or more. 805-550-9963. theartgalanipomo.com/classes-and-events/. Gala De Arte Plaza, 136 N Thompson Ave. B, Nipomo.

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Weaving Workshop
SATURDAY, JANUARY 26
Zaca Mesa Winery



SLO Blues Society: Tommy Castro
SATURDAY, JANUARY 26
SLO Veteran's Hall



Bach Cello Suites
SUNDAY, JANUARY 27
Cass Winery



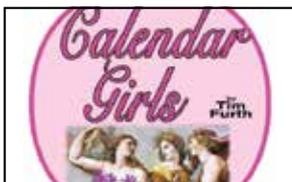
Point SLO Lighthouse Tours
EVERY WED & SAT
Point San Luis Lighthouse



SLO Blues Baseball
2019 SEASON PASSES
Sinsheimer Stadium



Tours for Paddlers
SELECT DATES THROUGH FEBRUARY
Point San Luis Lighthouse



Calendar Girls
SELECT DAYS IN JAN-FEB
By the Sea Productions



Blindfold Yoga
SATURDAY, JANUARY 26
7Sisters Brewing Co.



Barre & Brunch
SUNDAY, JANUARY 27
Tooth & Nail Winery



Avila Beach Spaghetti Dinner
FRIDAY, FEBRUARY 1
Avila Beach Community Center



Hard Day's Night: A Tribute to the Beatles
SATURDAY, FEBRUARY 2
Rava Wines + Events



Brewasana
SUNDAY, FEBRUARY 3
7Sisters Brewing Co.



Bear Market Riot and Arthur Watership
THURSDAY, FEBRUARY 7
7Sisters Brewing Co.



Bill & Ian's Excellent Abu Dhabi Adventure:
Fundraising Party for Special Olympics
SATURDAY, FEBRUARY 9
The Barn at Greengate Ranch



Orchestra Novo Co-Creation Project III with Robert Thies
SUNDAY, FEBRUARY 10
CPAC at Cuesta College



Tribute to Aretha Franklin & Smokey Robinson
TUESDAY, FEBRUARY 12
Morro Bay Wine Seller



Valentine's Couples Dinner and Singles Bash
THURSDAY, FEBRUARY 14
Tooth & Nail Winery

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Love in Avila Beach Dinner and Dance
FRIDAY, FEBRUARY 15
Point San Luis Lighthouse



Unfinished Business 55th Beatles Anniversary Valentines Show
SATURDAY, FEBRUARY 16
Mongo's Saloon



Wine & Dine
SATURDAY, FEBRUARY 16
Wild Coyote Estate Winery



Share the Love Fashion Show
FRI & SAT, MARCH 1 & 2
Alex Madonna Expo Center



Player
SATURDAY, APRIL 6
Rava Wines + Events



Kentucky Derby Party
SATURDAY, MAY 4
Doce Robles Winery & Vineyard



Chicago duo Small Potatoes
TUESDAY, FEBRUARY 19
Morro Bay Wine Seller



SLO Blues Society: Albert Castiglia
SATURDAY, FEBRUARY 23
SLO Veteran's Hall



Return of the Jette: A Benefit Concert for Orchestra Novo
SATURDAY, MARCH 2
Congregation Beth David



Highway 46 West Wine Safari
SAT & SUN, MARCH 2-3
Paso Robles HWY 46 West Wineries



UK Guitarist Clive Carroll
FRIDAY, MARCH 7
Morro Bay Wine Seller



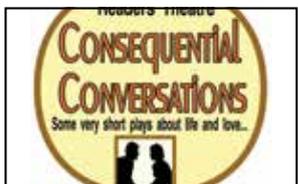
Vocal Arts on Broadway
FRIDAY, MARCH 8
Monarch Club at Trilogy



A Historic Evening with Eva Schloss
SUNDAY, MARCH 10
Chumash Auditorium



Rick Springfield: Stripped Down
SATURDAY, MARCH 16
Rava Wines + Events



Consequential Conversations
MARCH 22-24
By the Sea Productions



Royal Family KIDS Fundraiser
SATURDAY, MARCH 23
Fountain Pavilion at the Santa Maria Fairpark



Watercolor & Wine Workshop
SUNDAY, MARCH 24
Zaca Mesa Winery



Brynn Albanese performs with StringFire
SUNDAY, MARCH 31
Old Santa Rosa Chapel



DIY Succulent Wreath Workshop
SATURDAY, APRIL 27
Zaca Mesa Winery



Silent Sky
MAY 3-26
By the Sea Productions

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stilledmuseum.org/news/ray-strong-2019-art-exhibit. Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang.

SANTA MARIA VALLEY/LOS ALAMOS

FIRST FRIDAY ARTIST RECEPTIONS Valley Art Gallery features 12 artists each year. Enjoy art, wine, and food at these opening receptions. First Friday of every month, 5-7 p.m. Free. 805-937-2278. valleygallery.org. Valley Art Gallery, 125 W. Clark Ave., Orcutt.

NATIONAL ART PROGRAM RECEPTION For city and school district employee artists showing their artwork as part of the National Art Program in the library's Shepard Hall. **Jan. 24**, 5-7 p.m. Santa Maria Public Library, 421 S. McClelland St., Santa Maria, 805-925-0994.

SOUTH COAST SLO COUNTY

SOUTH COUNTY POETRY An open mic follows each month's featured poet. Fourth Sunday of every month, 5:30-7:30 p.m. Free. 805-268-9216. CanDoJack.com. South County Poetry, St. Barnabas' Episcopal Church (annex), 301 Trinity Way off Traffic Way, Arroyo Grande.

SAN LUIS OBISPO

ROLLING STONE MAGAZINE COVER ART SHOW An evening with Baron Wolman, Chief Photographer with the *Rolling Stone*. **Feb. 1**, 6-9 p.m. 805-781-5785. San Luis Obispo Library, 995 Palm St., San Luis Obispo.

EXHIBITS

SANTA YNEZ VALLEY

FOLDED ART: ORIGAMI ANIMALS Featuring origami animals by artist Robert Salazar. In the Oak Gallery (second floor). **Through March 20** Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang, 805-688-1082, wildlingmuseum.org.

GLO ARTIST SHOW **Through Feb. 1** Gallery Los Olivos, 2920 Grand Ave., Los Olivos, 805-688-7517, gallerylosolivos.com.

NATURE ABSTRACTED This exhibit is on display in the Barbara Goodall Education Center (third floor). In collaboration with the Santa Barbara based Abstract Art Collective. Features 29 works by 18 artists. **Through Feb. 4** \$5. Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang, 805-688-1082, wildlingmuseum.org.

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

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

NEW PERSPECTIVES Feb. 1-March 1 Gallery Los Olivos, 2920 Grand Ave., Los Olivos, 805-688-7517, gallerylosolivos.com.

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

RAY STRONG: FEATURED ARTIST Sponsored by the Robert and Mercedes Eichholz Foundation. In the Main Gallery (first floor). **Through March 20** Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang, 805-688-1082, wildlingmuseum.org.

RAY STRONG: A COLLECTOR'S PASSION One collector, David Parker, is sharing his Ray Strong paintings as well as his stories of how he built his collection of over thirty pieces. Mondays, Wednesdays-Sundays, 10 a.m.-5 p.m. **through July 8** \$5. 805-686-8315. wildlingmuseum.org/news/ray-strong-2019-art-exhibit. Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang.

SANTA MARIA VALLEY/LOS ALAMOS

FEATURED ARTIST: IRINA MALKMUS This exhibit is one of a continuing series of shows to spotlight local art and artists. ongoing 805-938-9724. irinamalkmus.com. Ameriprise Financial, 2605 S Miller St., Suite 104, Santa Maria.

FINE ARTS STUDENT SHOW Jan. 24-Feb. 21 Ann Foxworthy Gallery, 800 S. College Dr., Santa Maria, 805-922-6966, Ext. 3252, hancockcollege.edu/gallery/.

SANTA BARBARA PRINTMAKERS JURIED EXHIBITION ongoing smartscouncil.org. Betteravia Gallery, 511 E. Lakeside Parkway, Santa Maria.

SOUTH COAST SLO COUNTY

FROM ARTISTS, FOR ARTISTS, BY ARTISTS



DAY OF DISCOVERY

The ninth annual Nat Fast Children's Arts Day takes place on Jan. 27 from noon to 4 p.m. at the Santa Maria Valley Discovery Museum, located at 705 S. McClelland St., Santa Maria. Professional artists will be hosting painting, drawing, dance, and music activities for children to enjoy. Admission is free. More info: (805) 928-8414 or smvdiscoverymuseum.org.

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

SAN LUIS OBISPO

ART AFTER DARK SLO Unites visual, literary, and performing artists with the community and participating venues. Visit site for full list of programs and events. First Friday of every month, 6-9 p.m. 805-544-9251. artsobispo.org. SLO County, Countywide, San Luis Obispo.

CENTRAL COAST PRINTMAKERS: BANNER A collaborative exhibition featuring contemporary prints made by members of the Central Coast Printmakers Group, a membership group of SLOMA. **Through Jan. 27** Free. 805-543-8562. sloma.org. San Luis Obispo Museum of Art, 1010 Broad St., San Luis Obispo.

CYNTHIA MEYER: LOCAL COLOR Enjoy landscape, light, and architecture captured on a sunny day in SLO. ongoing, 6-9 p.m. Free. 805-210-8687. secretslco.com. Sauer-Adams Adobe, 964 Chorro St., San Luis Obispo.

LIGHT FROM A DARK ROOM: PHOTOGRAPHY BY MARTA PELUSO Contains black-and-white silver gelatin photographs made using film as well as digital color photography. This exhibition reflects the evolution of Marta Peluso's art over time and includes new as well as older images that have been revisited. **Through Jan. 27** Free. 805-543-8562. sloma.org. San Luis Obispo Museum of Art, 1010 Broad St., San Luis Obispo.

PILGRIM'S PROCESS: THE POETRY OF MICHAEL HANNON The exhibit celebrates over five decades of works in print. Includes chapbooks, books, broadsides, poetry-infused sculpture, mail art, and altered objects. Mondays-Fridays, 9 a.m.-4 p.m. **through March 29** Free. 805-756-2305. lib.calpoly.edu/events/pilgrimsprocess. Cal Poly Special Collections and Archives, Robert E. Kennedy Library, 1 Grand Ave., Building 35, Room 409, San Luis Obispo.

PUERTO RICO GROUP EXHIBITION: ART OPENING RECEPTION This exhibition attempts to document and celebrate the practices that emerged in post-Hurricane Maria Puerto Rico. A group exhibition, featuring Juan Alberto Negroni. **Jan. 31**, 4:30-7:30 p.m. Free. 805-546-3202. cuesta.edu/student/campuslife/artgallery/. Harold J. Miossi Gallery, Highway 1, San Luis Obispo.

VICTORIA FU The video art and photography of Victoria Fu examines artistic conventions and the dispersal of technical images in the contemporary era. Tuesdays-Saturdays, 11 a.m.-4 p.m. **through Feb. 8** Free. 805-756-1571. Cal Poly University Art Gallery, Cal Poly Art & Design, 1 Grand Ave., San Luis Obispo, 93407-0321, San Luis Obispo, artgallery.calpoly.edu.

WILD SILKS: THREE PERSPECTIVES Featured artists: Jeanne Miller, Dana Kimberly Hixson, and Martha Sparta. This exhibit showcases the work of three silk artists who paint together, sharing their talents and insights with one another. Saturdays, 10 a.m.-5 p.m., Sundays, 12-4 p.m. and Mondays-Fridays, 10 a.m.-5:30 p.m. **through Jan. 29** Free. 805-747-4200. Art Central, 1329 Monterey St., San Luis Obispo.

CALLS FOR ARTISTS

SAN LUIS OBISPO

CALL FOR ARTISTS: BRUSHSTROKES 2019 A non-themed state-wide juried exhibition at SLOMA. Juror: Jerry McLaughlin. Visit site for details. Mondays-Sundays. **through May 15** \$35 for up to two paintings. 805-543-8562. sloma.org. San Luis Obispo Museum of Art, 1010 Broad St., San Luis Obispo.

CALL FOR ARTISTS: AWAKEN SLO COUNTY STUDENTS A year-long program celebrating art and community expressed through the imaginative creations of our county's students. Three student exhibitions will be displayed at SLOMA throughout the year. **Through May 12** Free. 805-543-8562. sloma.org. San Luis Obispo Museum of Art, 1010 Broad St., San Luis Obispo.

STAGE

SOUTH COAST SLO COUNTY

CROSSING THE LINE A play about how one man's quest for peace lands him in prison. Presented by the Poetic Justice Project. **Jan. 26**, 4-7 p.m. \$15. 805-714-7417. poeticjusticeproject.org. St. Barnabas Episcopal Church, 301 Trinity Way, Arroyo Grande.

SAN LUIS OBISPO

STAGED READING: DRY POWDER Presented by Ubu's Other Shoe Staged Reading Series. **Jan. 25-26**, 7-9 p.m. and **Jan. 26**, 2-4 p.m. \$15. 805-786-2440. slorep.org/shows/dry-powder/. San Luis Obispo Repertory Theatre, 888 Morro St., San Luis Obispo.

CALENDAR GIRLS Based on the true story of eleven Women's Institute members who posed nude for a calendar to raise money for the Leukemia Research Fund. Fridays, Saturdays, 7 p.m. and Sundays, 3 p.m. **through Feb. 17** \$15-\$20. 805-776-3287. By The Sea Productions, 545 Shasta Ave., Morro Bay, bytheseaproductions.org.

COMEDY NIGHT Weekly comedy show featuring touring and local comics all for one dollar. Guests can enjoy beer, food, raffle giveaways, and more. Hosted by Henry Bruington and Aidan Candelario. Limited spots available for the open mic. Thursdays, 7:30-10 p.m. **through Feb. 28** \$1. 805-540-8300. Bang The Drum Brewery, 950 Orcutt Road, San Luis Obispo, bangthedrumbrewery.com/.

FILM NOIR STYLE IMPROV COMEDY WITH RUBY ROCKET Part of the second annual SLO Coast Improv and Sketch Comedy Festival. **Jan. 25**, 7-9 p.m. \$15. 805-242-3109. centralcoastcomedytheater.com. The 4 Cats Cafe and Gallery, 1531 Monterey St., San Luis Obispo.

IMPROV COMEDY JAM AT BUFFALO An improv jam to close the second annual SLO Coast Improv and Sketch Comedy Festival. **Jan. 27**, 8-10 p.m. Free. Buffalo Pub And Grill, 717 Higuera St., San Luis Obispo, 805-544-5515.

IMPROV COMEDY SHOW Part of the SLO Coast Improv and Sketch Comedy Festival. Features guest performers and teams. **Jan. 26**, 7-10 p.m. \$10. 7Sisters Brewing Company, 181 Tank Farm Rd. Suite 110, San Luis Obispo, 805-868-7133, 7SistersBrewing.com. Fast-

ARTS continued page 21

paced improv comedy shows performed by the ensemble of Central Coast Comedy Theater. All shows are based on audience suggestions making every show unique. Saturdays, 8-10 p.m. \$5. centralcoastcomedytheater.com. Kreuzberg Coffee Company, 685 Higuera Street, San Luis Obispo, 805-430-0260.

SHORT FORM IMPROV GAMES CLASS A fast paced comedy class. Sundays, 2-4 p.m. through Feb. 25 \$150 for all 6 weeks. 805-242-3109. centralcoastcomedytheater.com. Tigerlily Salon Studio, 659 Higuera St., San Luis Obispo.

TABULA RASA The 49th annual Cal Poly Orchestral Dance Company concert. Jan. 24, 8-10 p.m., Jan. 25, 8-10 p.m. and Jan. 26, 8-10 p.m. \$20 general admission; \$12 student, faculty/staff, senior. 805-756-4719. theatredance.calpoly.edu/productions. Spanos Theatre, Cal Poly, San Luis Obispo.

TABULA RASA: CAL POLY ORCHESTRAL DANCE COMPANY Guest artists with Cal Poly faculty and students have created dances in multiple genres that embrace the idea of a blank slate, learned knowledge, and perception. Fridays, Saturdays, 8-10 p.m. and Jan. 24, 8-10 p.m. through Jan. 26 \$12-\$20. 805-756-6436. theatredance.calpoly.edu/tabula-rasa. Spanos Theatre, Cal Poly, San Luis Obispo.

CULTURE & LIFESTYLE

LECTURES & LEARNING

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. Fourth Thursday of every month, 6-7 p.m. Free. Santa Maria Public Library, 421 S. McClelland St., Santa Maria, 805-925-0994.

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

TOURS FOR PADDLERS A special tour for visitors who come by ocean. Paddlers will need to clean sand from their feet and dry themselves before the tour so not to damage the antique flooring. Saturdays, 10-10:45 a.m. \$6.49. 805-540-5771. Point San Luis Lighthouse, 1 Lighthouse Rd., Avila Beach.

SAN LUIS OBISPO

BAD GIRLS WALKING TOUR Jan. 28, 10 a.m.-noon \$20. 805-210-8687. secretsslo.com/tours/. Sauer-Adams Adobe, 964 Chorro St., San Luis Obispo.

CAL POLY BACH WEEK PRE-CONCERT TALK Join Cal Poly Bach Week directors David Arrivée and Scott Glysson for an overview of two of their upcoming concerts. Jan. 25, 7 p.m. Free. 805-756-2406. music.calpoly.edu/calendar/. Mission San Luis Obispo de Tolosa, 751 Palm Street, San Luis Obispo.

CENTRAL COAST WATERCOLOR SOCIETY MONTHLY PROGRAM MEETING Jan. 29, 6:30-8 p.m. Free. 805-439-0295. ccwsart.com. United Methodist Church, 1515 Fredericks Street, San Luis Obispo.

CITIZENSHIP CLASS To prepare for the citizenship exam. No registration required. Tuesdays, 5-6 p.m. Free. 805-781-5783. slolibrary.org. San Luis Obispo Library, 995 Palm St., San Luis Obispo.

HEART OF SLO WALKING TOUR Jan. 25, 10 a.m.-noon, Jan. 26, 2-4 p.m. and Jan. 27, 2-4 p.m. \$20. 805-210-8687. secretsslo.com/tours/. Sauer-Adams Adobe, 964 Chorro St., San Luis Obispo.

UCCE MASTER FOOD PRESERVERS BOWL OF SOUL-BONE BROTH AND BEYOND Start with a bone broth base that can be incorporated into different recipes. Techniques for freezing and pressure canning will be highlighted. Jan. 26, 10 a.m.-noon \$10. 805-781-1429. UCCE Auditorium, 2156 Sierra Way, San Luis Obispo.



WALL TO REMEMBER

Before I Die, a global art initiative, runs through Feb. 7 at the Ann Foxworthy Gallery. The exhibit features a wall where guests can leave their own messages about their personal goals and dreams. The gallery is located at Allan Hancock College, 800 S. College Dr., Santa Maria. More info: (805) 922-6966, Ext. 3465.

VICTORIAN HOUSES, WILD WEST LIVES WALKING TOUR Jan. 26, 10 a.m.-noon \$20. 805-210-8687. secretsslo.com/tours/. Sauer-Adams Adobe, 964 Chorro St., San Luis Obispo.

CLUBS & MEETINGS

SANTA MARIA VALLEY/LOS ALAMOS

COFFEE AND CONVERSATION Tuesdays, 1 p.m. oasisorcutt.org. Oasis Senior Center, 420 Soares Ave.,

Orcutt, 805-937-9750.

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

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

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

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

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

SOUTH COAST SLO COUNTY

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

SAN LUIS OBISPO

DEATH CAFE: SAN LUIS OBISPO A casual non-judgmental group discussion about topics related to death. There is no intention of leading participants to any particular conclusion. Fourth Monday of every month, 6-7:30 p.m. Free. 805-544-2266. hospiceslo.org/workshops/death-cafe-san-luis-obispo. Hospice SLO County, 1304 Pacific St., San Luis Obispo.

GALA Q YOUTH GROUP This group serves gay, lesbian, bisexual, and transgender youth (ages 13 through 18). Thursdays, 6-8 p.m. 805-541-4252. galacc.org. GALA Center Gallery, 1060 Palm St., San Luis Obispo.

OPEN GAMING AT CAPTAIN NEMO Board games,

CULTURE & LIFESTYLE continued page 22

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GUADALUPE CULTURAL ARTS & EDUCATION CENTER

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

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

Guadalupe Cultural Arts & Education Center
Open to the public: Tuesday – Saturday, 10am – 4pm

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

1055 Guadalupe St., Guadalupe CA
www.GuadalupeCulturalCenter.com

card games, and more. Bring any games you'd like. Refreshments available on site for purchase. Please park in Reserved spaces. Sundays, 11 a.m.-4 p.m. and Saturdays, 10 a.m.-2 p.m. Free. 805-544-6366. facebook.com/pg/CaptainNemoGames. Captain Nemo Games, 563 Higuera St., San Luis Obispo.

OVEREATERS ANONYMOUS Meets at various locations in SLO County: Arroyo Grande, Oceano, San Luis Obispo, Morro Bay, Cambria, Atascadero, and Paso Robles. No dues/fees. Mondays-Sundays, 6-7 p.m. Free. oacentralcoast.org. San Luis Obispo, Citywide, SLO.

RAINBOW CONNECTION GROUP This group serves gay, lesbian, bisexual, and transgender youth (ages 18 through 26). Meets every Thursday (except the third of the month). Thursdays, 6-8 p.m. 805-541-4252. galacc.org. GALA Center Gallery, 1060 Palm St., San Luis Obispo.

SLO CHESS CLUB All ages and skill levels welcome. Plays at the giant chess board in Morro Bay on Saturdays. Boards generally provided. Thursdays, 6:30-9 p.m. and Saturdays, 10 a.m.-2 p.m. Free. 805-540-0470. slochess.com. Target, Los Osos Valley Rd., San Luis Obispo.

SLO TABLE TENNIS All ages and skill levels welcome. Tuesdays, Thursdays, 7-10 p.m. and Sundays, 4-7 p.m. Free. 805-215-4963. Ludwick Community Center, 864 Santa Rosa, San Luis Obispo.

TOASTMASTERS WEEKLY MEETING A meeting for those who wish to improve their communication skills and lose their fear of public speaking. Thursdays, 6:30-7:45 a.m. SLO County Government Center, 1055 Monterey St., San Luis Obispo, 805-544-6654.

THE WALT WHITMAN GAY MEN'S BOOK CLUB This club meets to discuss books and films, chosen by the group, that relate to their lives as gay men. Fourth Monday of every month, 7 p.m. 805-720-4528. galacc.org. GALA Center Gallery, 1060 Palm St., San Luis Obispo.

SUPPORT GROUPS

SANTA MARIA VALLEY/LOS ALAMOS

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

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

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

SAN LUIS OBISPO

CHILD LOSS SUPPORT GROUP Hospice SLO County is offering this support group for those grieving the loss of a child. Drop-ins welcome. Thursdays, 6-7:30 p.m. Free. 805-544-2266. hospiceslo.org/support-groups. Hospice SLO County, 1304 Pacific St., San Luis Obispo.

FAMILY CAREGIVER SUPPORT GROUP A support group for those who are caring for a loved one, no matter the diagnosis. Drop-ins welcome. Every other Friday, 2:30-4 p.m. Free. 805-544-2266. hospiceslo.org. Hospice SLO County, 1304 Pacific St., San Luis Obispo.

HEALING DEPRESSION SUPPORT GROUP A safe place for anyone dealing with depression who would like to receive support from others. Mondays, 6-7 p.m. Free. 805-528-3194. Hope House Wellness Center, 1306 Nipomo Street, San Luis Obispo.

LIVING WITH GRIEF SUPPORT GROUP Grief is a natural response to the death of a loved one. This group helps those who have lost a loved one or have a loved one who is dealing with a life-altering illness. Trained grief counselors will be present to provide information about grief. Mondays, 12:15-1:15 p.m. Free. 805-544-2266. hospiceslo.org/support-groups. Hospice SLO County, 1304 Pacific St., San Luis Obispo.

NAR-ANON: LET IT BEGIN WITH ME Nar-Anon is a support group for those who are affected by someone else's addiction. Tuesdays 805-458-7655. naranoncentralca.org/meetings/meeting-list/. San Luis Obispo, Citywide, SLO.

PET LOSS SUPPORT GROUP A support group for those grieving the loss of a pet. This group provides the opportunity to connect with individuals in a similar situation. Drop-ins welcome. Last Wednesday of every month, 5-6:15 p.m. Free. 805-544-2266. hospiceslo.org/support-groups.



WINTER VINTNER

Gala De Arte in Nipomo hosts its Winter Ice Acrylic Painting Class on Jan. 25 from 6 to 8 p.m. and Feb. 1 from 6 to 8 p.m. This art and wine class is led by artist Wendy Thrasher. Tickets are \$40. Admission includes all materials and a glass of wine. More info: (805) 550-9963 or theartgalanipomo.com.

Hospice SLO County, 1304 Pacific St., San Luis Obispo.

CREATE & LEARN

SANTA MARIA VALLEY/LOS ALAMOS

CARD MAKING Tuesdays, 9 a.m. oasisorcutt.org. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-937-9750.

KNITTING AND CROCHETING Wednesdays, 9:30 a.m. oasisorcutt.org. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-937-9750.

SOUTH COAST SLO COUNTY

SEWING CAFE CLASSES AND WORKSHOPS

CULTURE & LIFESTYLE continued page 24

PAIGE

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CHAMBER WELCOMES NEW MEMBERS

January 2019

Cracker Barrel Old Country Store
905 E Betteravia Rd., Santa Maria
(805) 346-1128
www.crackerbarrel.com

Dave Brogren at O.I.C. Real Estate Services
1105 E. Foster Road, Ste. B, Santa Maria
(805) 478-2913

Eco-T Tire & Retreading, LLC
302 W. Betteravia Road, Santa Maria
(805) 623-0500
www.eco-tretreading.com

Landkammer Consulting
1622 Chadwell Drive, Santa Maria
(310) 654-3446

Wine & Design Orcutt
3420 Orcutt Rd., Ste 105, Orcutt
(805) 868-1746
www.wineanddesign.com/orcutt

Upcoming Events

February 12, 2019:
Annual Police Awards
7:30 a.m. - 10:00 a.m.
Radisson Hotel Santa Maria

February 21, 2019:
Chamber Mixer with Coastal Community Builders
5:00 p.m - 7:00 p.m.
Location TBD

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FRIDAY

JAN 25

8 PM

FRIDAY

FEB 1

8 PM



LOS TUCANES DE TIJUANA



TOM SEGURA

FRIDAY

FEB 8

8 PM

FRIDAY

FEB 15

8 PM



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

SAN LUIS OBISPO

KNITTING FOR BEGINNERS Beginners will learn basic stitches and work on starter projects. All materials provided. Saturdays, 12-2 p.m. through Jan. 26 Free. 805-781-5783. San Luis Obispo Library, 995 Palm St., San Luis Obispo.

MIND & BODY

SANTA MARIA VALLEY/LOS ALAMOS

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

DANCES OF UNIVERSAL PEACE Simple, meditative, and joyous circle dances using music, mantras and movements from a variety of cultures and spiritual traditions. First Sunday of every month, 2-4 p.m. \$8 - \$10 donation. 805-717-1933. Unity Chapel of Light Church, 1165 Stubblefield Rd., Orcutt, unitysantamaria.net/.

GENTLE YOGA Tuesdays, Thursdays, 8:30 a.m. oasisorcutt.org. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-937-9750.

MEDITATION GROUP Features a 20 minute meditation followed by a brief discussion. Meetings take place in the sanctuary. All are welcome. Thursdays, 11 a.m.-noon Free. 805-937-3025. Unity Chapel of Light Church, 1165 Stubblefield Rd., Orcutt, unitysantamaria.net/.

REFLEXOLOGY AT OASIS Tuesdays, 9 a.m. oasisorcutt.org. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-937-9750.

SEVEN CHAKRA CLASS Learn about the 7 Chakra energy system that has been identified within the context of cultural spirituality around the world. Find out how this part of your spirit can be healed and aligned to create balance, energy, focus and stamina. Wednesdays, 6:30-8:30 p.m. through Feb. 6 \$126. 805-598-1509. divining.weebly.com. Divine Inspiration, 947 E Orange St, Santa Maria.

TAI CHI AT OASIS Tuesdays, Thursdays, 9:45 a.m. oasisorcutt.org. Oasis Senior Center, 420 Soares Ave., Orcutt, 805-937-9750.

WISDOM READINGS AnnKathleen is available every day by appointment for Wisdom Readings with Tarot and Oracle cards. Gift certificates available. ongoing \$95-\$160. 805-598-1509. divining.weebly.com. Divine Inspiration, 947 E Orange St, Santa Maria.

SOUTH COAST SLO COUNTY

BEGINNER'S CHI GONG AND YOGA For adults and youth ages 11 and up. Includes stand up exercises, breathing techniques, and more. Sundays, 9:45 a.m. Free. 805-534-1600. Morrocco Method Headquarters, 800 Farroll Rd., Grover Beach, morroccomethod.com.

MAY I BE HAPPY: SERIES ON SELF-COMPASSION Befriend yourself to experience greater peace, emotional stability, joy, and well-being. Pre-registration required. Thursdays, 5-6 p.m. through May 30 805-270-5523. mindfulkindfullyouiversity.com/ self-compassion. Women's Club of Arroyo Grande, 211 Vernon St., Arroyo Grande.

MINDFUL YOGA: GENTLE, RESTORATIVE, AND SLOW FLOW Mondays, Wednesdays, 9-10:15 a.m. \$10 donation. White Heron Sangha Meditation Center, 6615 Bay Laurel Place, Avila Beach, whiteheronsangha.org.

SILVER SNEAKERS ZUMBA Appropriate for all ages and fitness levels. An easy-to-follow dance fitness class. Mondays, Wednesdays, Fridays, 9-10 a.m. Free for members; \$6 to drop-in. 805-441-7932. Oceano Community Center, 1425 19th St., Oceano, adulted.luciamarschools.org.

WATER EXERCISE FOR ALL AGES These classes help relieve joint pain, enhance your breathing, and increase your range of motion. Mondays, Wednesdays, Thursdays, 6:30-7:30 p.m. 805-481-6399. 5 Cities Swim School, 425 Traffic Way, Arroyo Grande, 5citysswimschool.com.

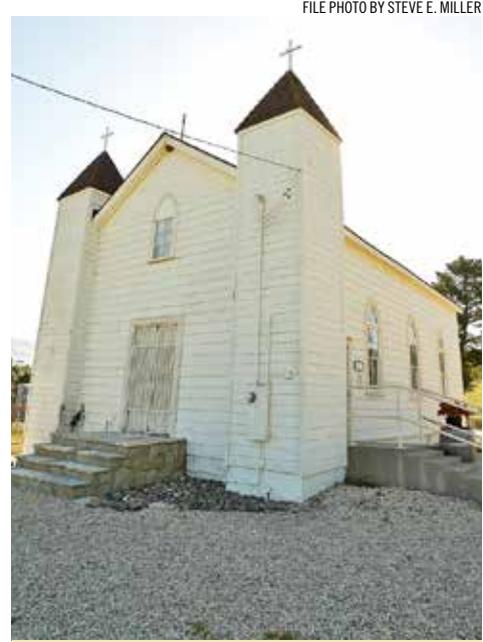
OUTDOORS

SAN LUIS OBISPO

IRISH HILLS HIKE WITH ECOSLO A 5 to 7 mile round trip. Be prepared with sturdy shoes. Jan. 26, 8:30-11:30 a.m. Free. 805-544-1777. ecoslo.org. Irish Hills Natural Reserve, 1599 Devaul Ranch Dr, San Luis Obispo.

LAWLESS SAN LUIS WALKING TOUR Jan. 25, 2-4 p.m. and Jan. 27, 10 a.m.-noon \$20. 805-210-8687. secretsslo.com/tours/. Sauer-Adams Adobe, 964 Chorro St., San Luis Obispo.

MODERN MASTERS OF ARCHITECTURE WALKING TOUR Learn the stories behind the builders of various buildings in SLO. Jan. 28, 2-4 p.m. \$20. 805-210-8687. secretsslo.com/tours/. Sauer-Adams Adobe, 964 Chorro St., San Luis Obispo.



CHAPEL CHARITY

The Chapel to Church Half Marathon Run/Walk takes place on Feb. 2 from 8 a.m. to noon. The marathon starts at San Ramon Chapel in Sisquoc and ends at St. Louis de Monfort Church in Orcutt. Admission ranges from \$65 to \$75 and includes lunch and a T-shirt. Proceeds benefit Catholic Charities of Santa Maria Valley. More info: (805) 937-4555 or chapeltochurch.com.

SLO GROUP WALK/VOLKSMARCH Hosted by the Central Coast Beach Boardwalkers. Jan. 26, 8-11 a.m. Free; \$3 for Volksmarching credit. 805-714-1552. beachboardwalkers.org/traditional-events. The Kinney Hotel, 1800 Monterey Street, San Luis Obispo.

SPORTS

SANTA MARIA VALLEY/LOS ALAMOS

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

KIDS & FAMILY

SANTA MARIA VALLEY/LOS ALAMOS

AFTERNOON STORY TIME Story time for kids ages 6 to 12 featuring stories, movies, and a craft. Tuesdays, 3:30-4:30 p.m. through Feb. 19 Free. 805-925-0994. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

HOMEPWORK HELP For grades K through 6. Mondays-Thursdays, 4-7 p.m. through June 6 Free. 805-925-0994. cityofsantamaria.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

KTS ALL STAR GYMNASTICS: NINJA WARRIOR CLASSES Bring out your inner warrior with kids parkour classes in a safe setting. For ages 5 and up. Wednesdays, Fridays, 5:30 & 6:30 p.m. 805-349-7575. Santa Maria Town Center, 142 Town Center East, Santa Maria.

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

PRESCHOOL CRAFT TIME EXPRESS Craft time designed for preschoolers ages 3 to 5. Jan. 24, 4-5 p.m. Free. 805-925-0994. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

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

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

TEEN GAMING FRIDAYS Teens can enjoy an afternoon of gaming. Jan. 25, 4-5:30 p.m. Free. 805-925-0994. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.



ULTIMATE UNICORN STORY TIME Story time for preschoolers, ages 3 to 5, and their families. Wednesdays, 10:30 a.m.-11 p.m. through Feb. 20 Free. 805-925-0994. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

SOUTH COAST SLO COUNTY

LEGO CLUB Registration required. For ages 6 to 10. **Jan. 26**, 2-3 p.m. Free. 805-473-7163. slolibrary.org. Arroyo Grande Library, 800 W. Branch, Arroyo Grande.

MINDFUL KINDFUL PEACEFUL (AGES 6-11): ARROYO GRANDE A social-emotional learning program that provides foundation for greater mental strength, resilience, happiness, and well-being. Pre-registration required. Thursdays, 3:45-4:45 p.m. through May 30 805-270-5523. mindfulkindfullyouiversity.com/register-dragonfly-ag. Women's Club of Arroyo Grande, 211 Vernon St., Arroyo Grande.

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

PLAY EXPLORE CREATE 1 Enjoy various art activities including drawing, painting, building sculptures, and more. Designed for ages 3 to 4. All materials are included. Mondays, Wednesdays, 9-10:30 a.m. \$20. 805-668-2125. LiLa Creative Community, 1147 East Grand Ave. Suite 101, Arroyo Grande, lila.community.

SLO COUNTY PUGS ON THE BEACH Socially friendly dogs and their humans are invited to run (leash free) in the surf sand at Olde Port Beach (Avila Dog Beach). Last Sunday of every month, 2-3 p.m. Free. aggbchamber.com. Olde Port Beach, 6520 Avila Beach Dr., Avila Beach.



SPIRITUAL

SANTA MARIA VALLEY/LOS ALAMOS

FREE WOMEN'S EXERCISE CLASS Open to all women regardless of denomination. Class includes stretching, aerobics, and floor exercises while listening to uplifting, spiritual music. Free childcare offered on site. Mondays, Wednesdays, Fridays, 9-10 a.m. Free. 805-922-1919. cornerstonesm.org. Cornerstone Church, 1026 E Sierra Madre Ave., Santa Maria.

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

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

SOUTH COAST SLO COUNTY

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

HOUSE OF GOD CHURCH SERVICES Join Pastor Joseph and Amanda Anderson every Sunday for prayer, healing, and more. Sundays, 9:30-11 a.m. 805-888-7714. House of God Church, 946 Rockaway Ave., Grover Beach.

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

REFUGE RECOVERY Refuge Recovery is a non-theistic, Buddhist-inspired approach to treating and recovering from addictions of all kinds. Open to people of all backgrounds and respectful of all recovery paths. Wednesdays, 7-8 p.m. Free; donations welcome. The Haven (classroom), 621 E Grand Ave, Arroyo Grande, 805-202-3440.

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

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

VOLUNTEERS

SANTA MARIA VALLEY/LOS ALAMOS

BECOME AN ADULT LITERACY VOLUNTEER Become a volunteer and help empower an adult learner. **Jan. 24**, 5:30-7:30 p.m. Free. 805-925-0994. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

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.

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

SANTA MARIA VALLEY/LOS ALAMOS

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

SOUTH COAST SLO COUNTY

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

NIPOMO FARMERS MARKET

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

SAN LUIS OBISPO

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

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

SLO GUILD TUESDAY FARMERS' MARKET Tuesdays, 2-5 p.m. through Dec. 31 Free. 805-762-4688. facebook.com/TuesdayFarmersMarketSLOGuildHall/. SLO Guild Hall, 2880 Broad St., San Luis Obispo.

EVENTS

SAN LUIS OBISPO

BEER AND GIRL SCOUT COOKIE PAIRING

Enjoy a flight of 7Sisters beers paired with Girl Scout cookies. **Jan. 27**, 12-7 p.m. \$20. 805-868-7133. 7SistersBrewing.com. 7Sisters Brewing Company, 181 Tank Farm Rd. Suite 110, San Luis Obispo.

THE BLACK GLASS CHALLENGE AT CROMA VERA

Test your blind tasting skills. Winners get their names listed on the front board and posted to social media. Fridays, 11 a.m.-6 p.m. \$12. 805-946-1685. cromavera.com/events/. Croma Vera Wines, 3592 Broad St., Ste. 106, San Luis Obispo.

FRIDAY NIGHT PINT NIGHT Buy logo glass for \$8 and bring it in every Friday for \$2 off refills. Wine offered at happy hour pricing. Fridays, 4-10 p.m. Free. 805-868-7133. 7sistersbrewing.com/events-page. 7Sisters Brewing Company, 181 Tank Farm Rd. Suite 110, San Luis Obispo.

GEEKS WHO DRINK PUB QUIZ 8 rounds of audio, visual, and live hosted trivia with prizes. Thursdays, 6:30-8:30 p.m. Free. 805-868-7133. 7SistersBrewing.com. 7Sisters Brewing Company, 181 Tank Farm Rd. Suite 110, San Luis Obispo.

TASTE OF SLO: WALKING FOOD TOUR Visit five different destinations in downtown SLO per tour. All food and drinks are included. Mondays, Saturdays, 1-4 p.m. through Sept. 5 \$85. 320-420-9853. tasteofslowalkingfoodtour.com. Downtown SLO, Higuera St., San Luis Obispo.

TRIVIA Hosted by Brain Stew Trivia. German food from Beda's Biergarten available 6 to 8 p.m. Wednesdays, 7-9 p.m. Bang The Drum Brewery, 950 Orcutt Road, San Luis Obispo, 242-8372, bangthedrumbrewery.com/.

WINE TASTING AT CROMA VERA Wines also available by the glass and bottle. Club members enjoy special pricing and exclusive benefits. Mondays, Fridays-Sundays, 11 a.m.-6 p.m. \$14. 805-946-1685. cromavera.com/tastingroom/. Croma Vera Wines, 3592 Broad St., Ste. 106, San Luis Obispo.

WOODSTOCK'S SLO PINT NIGHT With the first pint as low as \$5, Woodstock's gives half-off refills in the same glass. Wednesdays, 8-11 p.m. Free. 805-541-4420. woodstocksslo.com. Woodstock's Pizza, 1000 Higuera St, San Luis Obispo.

WOODSTOCK'S SLO TRIVIA NIGHT For trivia aficionados and fun-lovers in general alike. Tuesdays, 9-11 p.m. Free. 805-541-4420. woodstocksslo.com/events/. Woodstock's Pizza, 1000 Higuera St, San Luis Obispo. ☺

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\$30 per couple; \$10 each additional daughter

Tickets may be purchased online at www.SantaMariaAtPlay.org or by visiting the Santa Maria Recreation and Parks Department at 615 South McClelland Street, Santa Maria.

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smdiscoverymuseum.org Tues-Sat 10-5, Sun 12-4

PHOTO COURTESY OF CHUMASH CASINO RESORT

Live Music**SANTA YNEZ VALLEY**

THE AGREEABLES LIVE An indie rock group. Food and drinks available for purchase. Not outside food or drinks allowed. **Feb. 1**, 6-9 p.m. Free admission. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.

CHARLIE OVERBEY AND THE BROKEN ARROWS **Feb. 2** \$20-\$25. Standing Sun Wines, 92 2nd St., Unit D, Buellton, 805-691-9413, standingsunwines.com.

THE DYLAN ORTEGA BAND As part of KRAZY Country Honky-Tonk Thursday. Thursdays, 7 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.

FIRST FRIDAY '80S NIGHT Featuring the Molly Ringwald Project. First Friday of every month, 8:30-11:30 p.m. \$10 after 8 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.

HOT ROUX LIVE Food and drinks available for purchase. Not outside food or drinks allowed. **Jan. 27**, 4:30-7:30 p.m. Free admission. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.

JIMI NELSON LIVE **Jan. 25**, 8 p.m. Free before 8 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.

KELLY'S LOT LIVE A blend of blues, rock, folk, and more. Food and drinks available for purchase. Not outside food or drinks allowed. **Feb. 3**, 5-8 p.m. Free admission. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.

LIVE MUSIC ON THE PATIO Local acts perform every Saturday. Saturdays, 5-8 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.

LIVE WIRE IN CONCERT **Feb. 1**, 8 p.m. Free before 8 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.

THE NOMBRES LIVE A blend of rock and country. Food and drinks available for purchase. Not outside food or drinks allowed. **Jan. 26**, 5-8 p.m. Free admission. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.

ODDLY STRAIGHT LIVE Food and drinks available for purchase. Not outside food or drinks allowed. **Jan. 25**, 5-8 p.m. Free admission. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.

THE PHANTOM PUMPS LIVE **Feb. 2**, 8 p.m. Free before 8 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.

PULL THE TRIGGER LIVE **Jan. 26**, 8 p.m. Free before 8 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.

MUSIC LISTINGS continued page 27

Get Shorty

Trombone Shorty brings New Orleans soul to Santa Ynez

TROMBONAFIDE: Jazz musician Trombone Shorty (pictured) and his band Orleans Avenue perform on Friday, Jan. 25, at Chumash Casino Resort.

PHOTO COURTESY OF WILL BREMAN

BY CALEB WISEBLOOD

If Orleans Avenue was a property in *Monopoly*, you wouldn't be able to buy it. That's assuming it's the same stretch of road referred to in the name of musician Troy Anderson's jazz ensemble, Orleans Avenue. Because if it is, the property would be priceless. Better luck trying to land on Free Parking! And if the name Anderson doesn't ring a bell, perhaps his stage name will, or more than one bell even—the number of bells it would take to replicate the au contraire sound of a trombone.

Trombone Shorty and Orleans Avenue perform on **Friday, Jan. 25**, at 8 p.m. at the Chumash Casino Resort in the casino's Samala Showroom. Although jazz is his forte, Shorty has worked in multiple genres over the years while collaborating with some of the biggest names in music, heavy hitters like Madonna, LeAnn Rimes, and Macklemore and Ryan Lewis to name a few. And don't let his first name fool you either, Shorty also plays trumpet, drums, organ, and tuba.

He first got the nickname at age 4, growing up in the Tremé neighborhood of New Orleans, when he picked up a trombone for the first time. By age 8, he was already leading his own band, performing at parades and other local events.

After graduating from the New Orleans Center for Creative Arts High School, Shorty became a featured member of the horn section in one of Lenny Kravitz's world tours. At the age of 20, Shorty performed with U2 and Green Day at the New Orleans Superdome to mark the New Orleans Saints' return home after Hurricane Katrina.

In 2007, *OffBeat* magazine awarded Shorty with Performer of the Year and Best Contemporary Jazz Performer. His most recent album, *Parking Lot Symphony*, was released in 2017 and reached No. 1 on the Billboard Jazz Chart.

Tickets to Shorty's Jan. 25 show are far more attainable than the *Monopoly* property, ranging from \$29 to \$59. Risk whatever's left on the first slot machine you spot on the way out, it'll be your lucky night regardless.



WHERE THERE'S A WILL: Santa Barbara-based singer/songwriter Will Breman performs at Cold Spring Tavern and Sort This Out Cellars on Saturday, Jan. 26.

Will call

There are two chances to see Santa Barbara-based singer/songwriter **Will Breman** on **Saturday, Jan. 26**, the first at 1 p.m. at the Cold Spring Tavern off Highway 154, and the latter at 7 p.m. at Sort This Out Cellars on Solvang.

A one-man band in every sense of the phrase, Breman utilizes live looping during his performances, a technique that requires him to

LOCAL NOTES continued page 27

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LOCAL NOTES from page 26

record and play back multiple instrument parts in real time. As meticulous as it sounds, Breman considers the product a process to channel emotions no other medium can hope to express.

Throughout his career, Breman has traveled with other artists across Russia, Mexico, and Western Samoa, immersing himself in new styles of music in the process. Stateside, the performer tries to dwell in a phase of constant experimentation, from metal to bluegrass to whatever comes next.

Other music

If you're unable to catch any waves this weekend, you might have better luck catching some **Wavebreakers** instead, specifically the

ones playing on **Friday, Jan. 25**, from 5:30 to 7:30 p.m. at Moxie Cafe in Santa Maria. This trio covers a variety of pop and classic rock tunes ranging from the '50s to the '80s. The concert is part of the cafe's ongoing complimentary live music series. Unlike admission, the Moxierella Sticks are not free, but I triple-dog dare you not to order them once you get a whiff of the cafe's homemade tomato basil sauce. Surf's up!

Traditional country enthusiasts should hop on over to the Maverick Saloon in Santa Ynez to hear **Jimi Nelson** on **Friday, Jan. 25**, at 8 p.m. and Ventura-based group **Pull The Trigger** on **Saturday, Jan. 26**, at 8 p.m. Nelson's biggest influences include Johnny Cash, Waylon Jennings, and Elvis Presley, while Pull The Trigger covers hits from Merle Haggard, Waylon

Jennings, Hank Williams, Kenny Chesney, Toby Keith, Blake Shelton, and more.

If you're in the mood for classical, the **Santa Maria Philharmonic Society** presents its 2019 Youth Showcase on **Sunday, Jan. 27**, at 3 p.m. at Gloria Dei Lutheran Church. This year marks the seventh for this annual recital that showcases young musicians local to the Central Coast. ○

Calendar Editor Caleb Wiseblood wrote this week's Local Notes. Contact him at cwiseblood@newtimeslo.com.



BREAKING WAVES: The Wavebreakers perform pop and classic rock covers from the '50s to the '80s on Friday, Jan. 25, at Moxie Cafe.

MUSIC LISTINGS from page 26

THE SHORELINES LIVE A psychedelic fusion band. Food and drinks available for purchase. Not outside food or drinks allowed. **Feb. 3**, 1:30-4:30 p.m. Free admission. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.

SUNDAY ROUND-UP Enjoy live music on the patio and special menu offerings every Sunday morning. Sundays, 11 a.m. Free. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.

THE THIRD MAN LIVE A blend of bohemian noir lounge, surf, and old school country. Food and drinks available for purchase. Not outside food or drinks allowed. **Feb. 2**, 1-4 p.m. Free admission. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.

TOM BALL AND KENNY SULTAN LIVE Enjoy a blend of guitar and harmonica blues, and rags, and good time music. Food and drinks available for purchase. No outside food or drinks allowed. Sundays, 1:15-4 p.m. Free. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.

TROMBONE SHORTY AND ORLEANS AVENUE **Jan. 25** Chumash Casino Resort, 3400 E. Highway 246, Santa Ynez, 800-248-6274, chumashcasino.com/entertainment.

WILL BREMAN LIVE Food and drinks available for purchase. Not outside food or drinks allowed. **Jan. 26**, 1-4 p.m. Free admission. Cold Spring Tavern, 5995 Stagecoach Rd., Santa Barbara, 805-967-0066, coldspringtavern.com/entertainment.html.

LOMPOC/VANDENBERG

FRISSON ENSEMBLE LIVE The six-piece ensemble performs various combinations of strings and winds, including violin, viola, cello, flute, clarinet, and oboe. Their program features classical works by Beethoven. **Feb. 1**, 7:30-9:30 p.m. \$5 students; \$25 adults. 805-588-5971. First United Methodist Church, 925 North F St., Lompoc.

THE FRISSON ENSEMBLE LIVE Doors open at 6:45 p.m. Presented by the Lompoc Concert Association. **Feb. 1**, 7:30 p.m. lompoconcert.org. First United Methodist Church, 925 North F St., Lompoc.

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

SANTA MARIA VALLEY/LOS ALAMOS

BOB CLARK LIVE Part of Moxie Cafe's ongoing, complimentary live music series. Food and drinks available for purchase. **Jan. 31**, 5:30-7:30 p.m. Free admission. Moxie Cafe, 1317 W. McCoy Ln., Santa Maria, 805-361-2900, moxiecafe.com.

KEITH T. COX LIVE Food and drinks available for purchase. **Jan. 25**, 6-9 p.m. Free admission. Vino et Amicis, 156 S. Broadway, Orcutt, 805-631-0496, vinoetamicis.com.

KELLY IRELAN LIVE Food and drinks available for purchase. **Jan. 26**, 7-9 p.m. Free admission. Vino et Amicis, 156 S. Broadway, Orcutt, 805-631-0496, vinoetamicis.com.

LIVE MUSIC AT COSTA DE ORO Enjoy live music and complimentary appetizers every week. Thursdays, Fridays, 5-7 p.m. and Saturdays, 3-5 p.m. Free. Costa De Oro Winery, 1331 S. Nicholson Ave., Santa Maria,



PHOTO COURTESY OF STANDING SUN WINERY

THESE EYES

Blues/Americana group Jeremiah and The Red Eyes, featuring Jeremiah Sammartano (pictured), perform with Charlie Overbey and The Broken Arrows on Feb. 2 from 7 to 10 p.m. at Standing Sun Winery in Buellton. All ages are welcome. Tickets are \$20 and \$25 for reserved seating. More info: (805) 691-9413 or standingsunwines.com.

805-922-1468, cdowinery.com.

LIVE MUSIC AT MOXIE CAFE Enjoy live music from local artists, food, and drinks. Thursdays-Saturdays, 5-8 p.m. Free admission. moxiecafe.com/music/. Moxie Cafe, 1317 W. McCoy Ln., Santa Maria, 805-361-2900.

TOM MUTCHLER LIVE Part of Moxie Cafe's ongoing, complimentary live music series. Food and drinks available for purchase. **Jan. 26**, 5:30-7:30 p.m. Free admission. Moxie Cafe, 1317 W. McCoy Ln., Santa Maria, 805-361-2900, moxiecafe.com.

THE WAVEBREAKERS BAND LIVE Enjoy covers of music from the 1950s to the 1980s. **Jan. 25**, 5:30-7:30 p.m. Free. 805-361-2900. moxiecafe.com/. Moxie Cafe, 1317 W. McCoy Ln., Santa Maria.

SOUTH COAST SLO COUNTY

THE EARLY SHOW WITH JOHN ALAN CONNERLEY Enjoy live music, wine, food, and more. **Jan. 25**, 4:30-6:30 p.m. Free. 805-773-6563. Puffers of Pismo, 781 Price St., Pismo Beach, puffersofpismo.com/.

SAN LUIS OBISPO

CAL POLY BACH WEEK CHAMBER CONCERT: MUSIC ROYAL AND DIVINE A performance of Couperin's "L'impériale," Handel's "Gloria in excelsis Deo" and "Salve Regina," and Rameau's "Thétis." Featuring sopranos Cait Frizzell and Lindsey McLennan Burdick and bass Matthew Goinz with Mensa Sonora California on period instruments and Paul Woodring on organ. **Jan. 25**, 8 p.m. \$15 general; \$10 students. 805-756-4849. music.calpoly.edu/calendar/. Mission San Luis Obispo de Tolosa, 751 Palm Street, San Luis Obispo.

CAL POLY BACH WEEK'S BACH IN THE MISSION IX: MUSIC FOR THE KING Featuring members of Cal Poly's Chamber Choir and Symphony as well as guest

artists. **Jan. 26**, 8 p.m. \$15 general; \$10 students. 805-756-4849. music.calpoly.edu/calendar/. Mission San Luis Obispo de Tolosa, 751 Palm Street, San Luis Obispo.

CAL POLY BACH WEEK: INSTRUMENTAL MASTER CLASS The guest artists of Mensa Sonora California will coach Cal Poly students in instrumental repertoire from the Baroque era, with a focus on historically informed performance. Featuring Anthony Martin, violin, David Wilson, violin, John Dornenburg, viola da gamba, and Charles Sherman, harpsichord. **Jan. 24**, 11 a.m. Free. 805-756-2406. music.calpoly.edu/calendar/. Cal Poly Davidson Music Center, Room 218, Cal Poly, San Luis Obispo.

CAL POLY BACH WEEK: VOCAL MASTER CLASS Guest artist Matthew Goinz, a longtime member of the world-famous men's ensemble Cantus, will coach several Cal Poly voice students in repertoire from the Baroque era. **Jan. 24**, 3 p.m. Free. 805-756-2406. music.calpoly.edu/calendar/. Cal Poly Davidson Music Center, Room 218, Cal Poly, San Luis Obispo.

CAL POLY PIANO STUDENT RECITAL A free recital presented by Cal Poly Music Department student pianists. **Jan. 29**, 7:30 p.m. Free admission; campus parking enforced. 805-756-2406. music.calpoly.edu/calendar/. Cal Poly Davidson Music Center, Room 218, Cal Poly, San Luis Obispo.

EMILY FRANKLIN LIVE Enjoy a blend of soul, folk, and jazz. **Jan. 29**, 6-8 p.m. Free. 805-868-7133. 7Sisters Brewing Company, 181 Tank Farm Rd. Suite 110, San Luis Obispo, 7SistersBrewing.com.

FOREVER YOUNG: NEIL YOUNG TRIBUTE WITH CHARLIE BAKER Enjoy live music during Friday Pint Nite. **Jan. 25**, 6-8 p.m. Free. 805-868-7133. [facebook.com/events/263828224287179/](https://www.facebook.com/events/263828224287179/). 7Sisters Brewing Company, 181 Tank Farm Rd. Suite 110, San Luis Obispo.

HERB ALPERT AND LANI HALL LIVE This duo and their band will deliver an eclectic mix of American standards. **Jan. 26**, 8 p.m. \$25-\$52. Performing Arts Center, 1 Grand Ave., San Luis Obispo, 756-4849, pacslo.org.

JACOB BANKS LIVE With Jamie N commons. **Jan. 25** The Fremont Theater, 1035 Monterey St., San Luis Obispo, 805-546-8600, fremontslo.com.

THE JAMES HUNTER SIX LIVE With the Reverend Shawn Amos. **Jan. 27** The Fremont Theater, 1035 Monterey St., San Luis Obispo, 805-546-8600, fremontslo.com.

J.I.D. LIVE With Reason, Hardo and Lou The Human. **Jan. 26** The Fremont Theater, 1035 Monterey St., San Luis Obispo, 805-546-8600, fremontslo.com.

PETRELLA, FIRST LADY OF COUNTRY SOUL Featuring Petrella's band, Mixed Influence. **Jan. 25**, 5:30-8:30 p.m. Free. 805-925-1555. countrysoultrail.com. Tap It Brewing Company, 675 Clarion Ct., San Luis Obispo.

REVEREND HORTON HEAT With Big Sandy, Voodoo Glow Skulls, and Delta Bombers. **Jan. 24** The Fremont Theater, 1035 Monterey St., San Luis Obispo, 805-546-8600, fremontslo.com.

RICHARD THOMPSON LIVE With Ryley Walker. **Jan. 29** The Fremont Theater, 1035 Monterey St., San Luis Obispo, 805-546-8600, fremontslo.com.

TOMMY CASTRO LIVE Presented by the SLO Blues Society. **Jan. 26**, 7 p.m. \$20-\$25. Veteran's Memorial Building, 801 Grand Ave., San Luis Obispo, (510) 285-6221.

WHITNEY MORGAN LIVE **Jan. 30**, 7 p.m. SLO Brew Rock, 855 Aerovista Pl., San Luis Obispo, 209-417-7748.

DJ/DANCE

SANTA YNEZ VALLEY

KRAZY COUNTRY HONKY-TONK THURSDAY Thursdays, 6 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.

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.-2:30 a.m. Free. 805-478-3980. DJ's Saloon, 724 E Ocean Ave., Lompoc.

SANTA MARIA VALLEY/LOS ALAMOS

HULA DANCING Thursdays, 6:30 p.m. 805-598-6772. Oasis Senior Center, 420 Soares Ave., Orcutt.

LINE DANCING Mondays, 6:30-9 p.m. \$5. 805-310-1827. Oasis Senior Center, 420 Soares Ave., Orcutt.

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

SOUTH COAST SLO COUNTY

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

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

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MUSIC

PHOTO COURTESY OF THE LOMPOC CONCERT ASSOCIATION



DREAM TEAM

The Lompoc Concert Association presents the Frisson Ensemble on Feb. 1 from 7:30 to 9:30 p.m. at First United Methodist Church. This six-piece ensemble will be performing works by Beethoven. Tickets are \$25 for adults and \$5 for children. The church is located at 925 N. F St., Lompoc. More info: (805) 588-5971.

MUSIC LISTINGS from page 27

KARAOKE/OPEN MIC

SANTA YNEZ VALLEY

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

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

SANTA MARIA VALLEY/LOS ALAMOS

KARAOKE WITH DJ RICARDO Thursdays, 9-11:30 p.m. spotonevents.com. Blast 825 Brewery, 241 S Broadway St., Ste. 101, Orcutt, 805-934-3777.

WEDNESDAY NIGHT KARAOKE Guests are welcome to take the stage and sing. Wednesdays, 9 p.m.-1:30 a.m. 805-863-8292. Louie B's, 213 E. Main St., Santa Maria.

SOUTH COAST SLO COUNTY

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

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

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

SAN LUIS OBISPO

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

OPEN MIC NIGHT AT 7SISTERS For musicians, poets, and comedians. Family-friendly. Performers get a free beer. Sundays, 5-7 p.m. Free. 805-868-7133. 7sistersbrewing.com/calendar. 7Sisters Brewing Company, 181 Tank Farm Rd. Suite 110, San Luis Obispo. ☪

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Arts Briefs

Santa Barbara County to offer relief funding for arts

The Santa Barbara County Office of Arts and Culture plans to provide funds through a new disaster relief grant program to support small arts organizations and local artists impacted by the Thomas Fire and other natural disasters.

Grants are intended to help locals recoup lost income or replace or repair damaged materials. More than \$30,000 are available to artists and organizations based in Santa Barbara, Summerland, Carpinteria, and Montecito communities. Organizations must be nonprofits with an operating budget under \$500,000. The grants are overseen by the Santa Barbara County Arts Commission; funding was provided through the California Arts Council in partnership with the National Endowment for the Arts.

The Office of Arts and Culture will host a series of informational sessions as well. The sessions will take place on Feb. 4 at 3 p.m. at the county Planning Commission Hearing Room, 123 E. Anapamu St. in Santa Barbara, and on Feb. 6 at noon at the Carpinteria Arts Center, 855 Linden Ave. in Carpinteria. The application is available online at sbac.ca.gov/county-grants. Submissions are due by March 15. Applicants will be notified of awards in May.

Lompoc library seeks local artwork

Lompoc Public Library's Grossman Gallery is calling for artists to submit work samples to be considered as an exhibitor for the 2019-20 calendar year.

Artists from the Central Coast must submit six exhibit-ready pieces by Feb. 7. Work will be evaluated for technique, expression, and style. Members of the Lompoc Public Library's Art Advisory Committee evaluate and select the work. Artwork should be dropped off to the gallery from 3:15 to 3:45 p.m. on Feb. 7. Work should be picked up the same day at 5 p.m. Paintings, sculpture, photography, mixed media, and drawings, are welcome; artwork must not extend 6 inches from the wall surface.

Artists must be 18 years or older and currently reside on the Central Coast. The exhibition for each artist is expected to start in June and run for up to two months. For more information, contact Art Advisory Committee Chair Sherrie Chavez at (805) 757-1485 or Library Administrative Aide Lee Edie at (805) 875-8787. More details are available online at cityoflompoc.com/library.

Weaving workshop planned in Los Olivos

Zaca Mesa Winery will host a weaving workshop in Los Olivos on Jan. 26 from 4 to 7 p.m.

Weavings by Alexa will lead a workshop where participants can learn to create woven art pieces. Tickets are \$69 and include a wooden loom with wool fibers. Refreshments including Zaca Mesa wines will be served.

The workshop will take place at the winery at 905 Foxen Canyon Road. For more information, call (805) 688-9339. To purchase tickets, visit my805tix.com/events/weaving-workshop-at-zaca-mesa-winery-in-los-olivos to reserve your tickets now. ○

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

A repurpose

Shamrock Acosta's daring sculptures break out of the box

BY REBECCA ROSE

The work of Shamrock Acosta doesn't take long to jump out at you.

Bold yet unapologetically playful, Acosta's pieces are an expression of synergy between all of the best elements of art and are largely created from found or repurposed items. A saw with a grinning face. A robot with the body of an antique radio. But the unusual fruits of his labor don't mean that he immediately always sees himself as an artist.

"This is by accident," Acosta said of his second career. "It's an anomaly as far as I'm concerned. There are no so-called artists in my family. I'm the lost link."

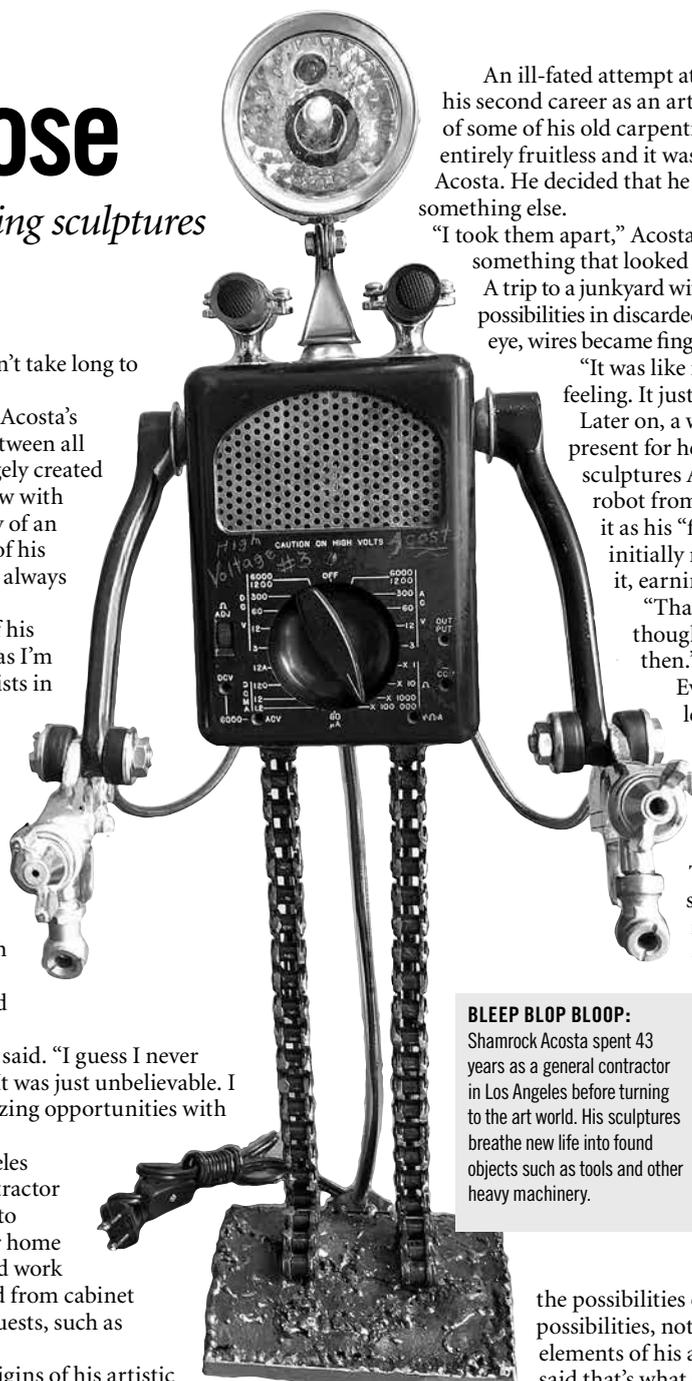
Much like his reshaped and reformed objects, Acosta himself has found a new purpose and meaning through his artwork. For years the Orcutt-based sculptor worked as a general contractor, spending more than 40 years doing construction at the homes of some of the world's most wealthy and famous people, such as actor Kirk Douglas, whom Acosta recalled fondly. But the celebrity world never really went to his head.

"I'm just a very simple guy," Acosta said. "I guess I never really understood where I really was. It was just unbelievable. I saw amazing art, and I was given amazing opportunities with these people."

A stint working for famed Los Angeles designer Rose Tarlow showed the contractor a wealth of possibilities when it came to creating unusual projects or pieces for home and office spaces. Acosta's projects and work over his decades in contracting ranged from cabinet installation to more unique client requests, such as turning a railroad caboose into a bed.

When it comes to describing the origins of his artistic drive, he finds himself at a loss for words. He said he closed a chapter of his life when he retired four years ago as a builder and creator and didn't think he would ever pursue it again. Nor did he ever see himself becoming an artist.

"I wasn't really a painter," Acosta said. "I'm a fish out of water when it comes to the art scene."



BLEEP BLOP BLOOP: Shamrock Acosta spent 43 years as a general contractor in Los Angeles before turning to the art world. His sculptures breathe new life into found objects such as tools and other heavy machinery.

An ill-fated attempt at a yard sale is what ultimately launched his second career as an artist. Acosta tried to have a sale to get rid of some of his old carpentry tools. But the sale proved to be almost entirely fruitless and it was then that a creative spark ignited within Acosta. He decided that he would try to reinvent his tools into something else.

"I took them apart," Acosta said. "I re-created them. I made something that looked like a wolf. I made a little robot."

A trip to a junkyard with a close friend also helped him begin to see possibilities in discarded or found art. A small sprocket became an eye, wires became fingers, and metal began to feel alive.

"It was like magic," Acosta said. "I never had that feeling. It just traveled through my mind."

Later on, a woman looking for a unique birthday present for her husband stumbled upon one of the sculptures Acosta had designed to resemble the iconic robot from the television series *Lost in Space*. He saw it as his "firstborn," one of his originals, and he was initially reluctant to let it go. He finally parted with it, earning a little less than \$200 for the sale.

"That was my first real sale," Acosta said. "I thought, 'Well maybe there is something to this then.'"

Even as his sales have grown, Acosta hasn't let go of his blue collar roots as an artist.

Many of the ideas come from experiences he's had on the job as well as his expertise with tools and construction materials that others might find burdensome or difficult to work with. The elemental nature of his work is strong—steel and copper and other mixed metals feel almost absorbent to human connection.

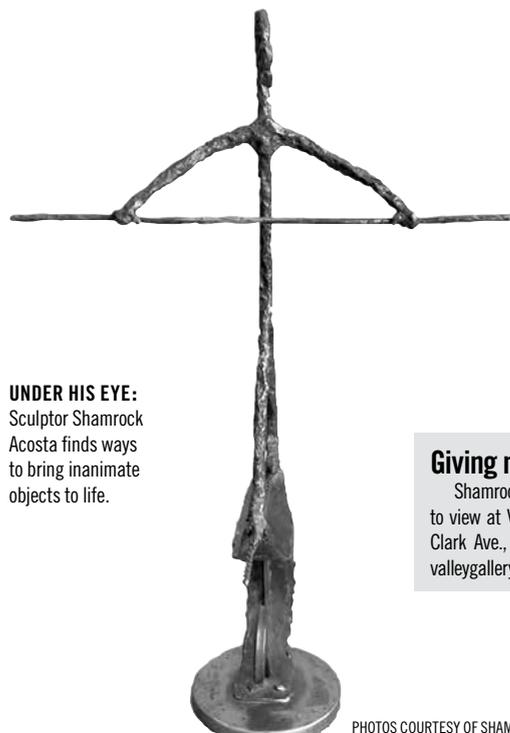
But make no mistake; Acosta's work isn't kitsch. These aren't toy figures cutesily clamoring for anthropomorphism. They are achingly antique, fixed to a time and purpose no longer warranted by human consumption. They are a testament to consumerism, innovation, and evolution all at once.

What Acosta has really thrived on since becoming an artist is his own staunch belief in himself and

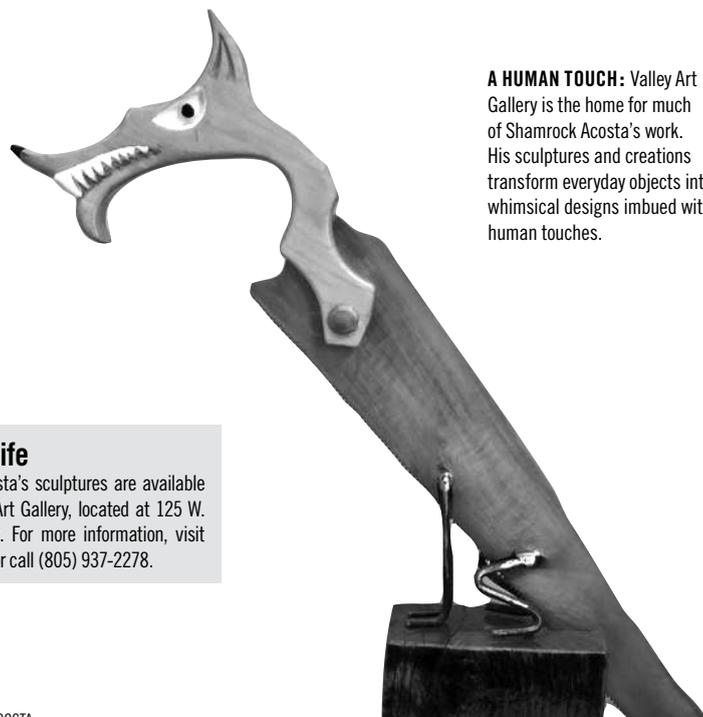
the possibilities of his work. He seems to see endless possibilities, not just in the discarded or seemingly broken elements of his art he gathers, but in himself as well. He said that's what drove him to pursue art.

"I didn't see that I had limits," Acosta said. "I wasn't limited as far as what I wanted to do. I wouldn't take anyone telling me I couldn't do something." ○

Arts and Lifestyle Writer Rebecca Rose is made entirely out of old junk. Contact her at rose@santamariasun.com.



UNDER HIS EYE: Sculptor Shamrock Acosta finds ways to bring inanimate objects to life.



Giving new life

Shamrock Acosta's sculptures are available to view at Valley Art Gallery, located at 125 W. Clark Ave., Orcutt. For more information, visit valleygallery.org or call (805) 937-2278.

A HUMAN TOUCH: Valley Art Gallery is the home for much of Shamrock Acosta's work. His sculptures and creations transform everyday objects into whimsical designs imbued with human touches.

PHOTOS COURTESY OF SHAMROCK ACOSTA

The *Sun* in Northern Santa Barbara County is looking for its next staff writer, but we're not looking for just any article-pushing, source-wrangling, story-chasing someone.

Are you sick of editing or regurgitating press releases day after day? Or maybe it's those damn list things—you know the ones: "Top 10 hottest places to eat your lunch on a rainy day." Or maybe it's just not being able to put the time and reporting into a story that deserves it: the weeks and repeated phone calls that give a story what it needs to ripen into the hard-charging, data-filled narrative it's dying to be; the time that turns a "meh" story into one that blows a hole in the status quo.

Can you see the big picture of what a story means to a community? Is that what drives you? Do you know what it takes to—yes, we know, it's cliché—make a difference in the lives of the people you cover? Does that sort of thing matter to you?

If so, then you're exactly who we're looking for: a staff writer who isn't afraid to take on the tedious, the tenuous, or the talented. That certain someone who can wrestle a story to the ground and fill it with the things that matter to the communities we cover at the *Sun* and *New Times*. Oil, agricultural, water, and environmental advocacy aren't the only things that drive this place—although those are pretty juicy beats. There's more, and we want to hire someone who can drive his or herself to unearth those stories and tell them in a meaningful way.

Let us know if you've got what it takes. We dare you. Send a résumé, cover letter, and story samples to Cindy Rucker at crucker@newtimeslo.com.

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SQUISHY FRIENDS: Dr. Isabel Downs and her husband Dr. Robert Warner will present *Nature Through the Eye of a Needle*, at the Wildling Museum of Art and Nature on Feb. 10. Downs is a multimedia artist who has worked alongside her marine biologist husband for decades, creating works such as *Tidepool Souvenirs*, made from oil, cotton, ribbons, buttons, beads, tulle, monofilament fishing line, and origami.

Best of both worlds

Artist Dr. Isabel Downs and her husband, Dr. Robert Wagoner, discuss their work together at the Wildling Museum

BY REBECCA ROSE

The Wildling Museum of Art and Nature will present *Nature Through the Eye of a Needle* featuring Dr. Isabel Downs and her husband, marine biologist Robert Warner. Downs is a fiber artist who has worked alongside her husband for decades, as a research assistant and as an artist chronicling their scientific endeavors. In a Q and A with the *Sun*, she explains how she got started as an artist and what kind of work she and her husband do.

Sun: Tell me about your background/childhood. Where did you grow up? What about your background led you to art or inspired you to become an artist?

Downs: I was born in Mexico and grew up in Trinidad, at the time an island in the British West Indies, now an independent country along with its sister island Tobago. For all that [time], my father was a medical doctor specializing in epidemiology ... his passion for nature was shared with us children in countless ways, and we were introduced to birdwatching, snorkeling, and other fun activities at a very young age. I sketched and painted mostly in watercolor from a very young age simply because the environment I was in was so incredibly colorful. While still a graduate student at Scripps Institution of Oceanography in San Diego, I was asked in circumstances I do not recall to take over the duties of illustrator for the public aquarium. That put me on a sharp learning curve. It was at this time that my boyfriend, now husband, Bob Warner, came to play a signal role in my work. He is an ichthyologist among other things and so insisted that my illustrations be absolutely scientifically accurate. I learned how to identify the key features of any given creature/plant under observation. In the many years that we have been together, I have continued to hone

my observational skills under [Warner's] tutelage.

After grad school, we relocated to Panama where he worked at the Smithsonian Tropical Research Institute. There was no staff illustrator so I happily fell into that role and worked with scientists in wildly differing disciplines such as botany, anthropology, and ethnomusicology.

The "doctor" part of my name, which I never use, was earned in French literature. My Ph.D. was on a peculiar phenomenon of the 20th century, the illustrated modern French bestiary. A bestiary in the Middle Ages was a book which used animals to teach moral lessons. Many centuries later, French poets and painters revamped that idea by collaborating on making a beautiful limited edition book, which again used animals to teach us about human nature. Some of the great names of 20th century French literature and art were involved. There are about 100 such books, some small fraction of which I own and all of which I studied in private and public libraries the world around.

Sun: Why do you think the fusion of science and art is so important? What are some of the things that you think scientists and artists can learn from one another?

Downs: Artists can impart a great deal of sensitivity to scientists while the latter can instruct the former in attention to verisimilitude and detail; they each can inform the other. Some aspects of aesthetics and art appreciation are innate, based in biology. Understanding those aspects makes for more compelling artistic creations.

Sun: Your process involves a lot of different media and tools. How do you start a typical project? What is your process like from conception to completion?

Downs: An idea is born of a surprising

Pair with a lot to share

The Wildling Museum of Art and Nature presents *Nature Through the Eye of a Needle—A Shared Adventure*, an arts and science talk featuring Dr. Isabel Downs and Dr. Robert Warner. The lecture will take place on Feb. 10 from 3 to 4 p.m. The Wildling Museum is located at 1511 Mission Dr., Solvang.

observation (either on my or [Warner's] part). Then I or we collect materials and, if need be, I learn a technique from someone with that skill such as the origami used for the starfish. I stash the components in little tubs until I think I have enough—this is how the marine quilts were put together. More recently, I study photos, both my own and ones online, of whatever and wherever, until there is an "aha" flash. Then I wrestle with design, next construction, and then lastly quilting the piece (my least favorite part of the endeavor).

Sun: In your own words, explain what "Nature Through the Eye of a Needle—a Shared Adventure" is and describe the kind of artwork that you do. How does it play a role in conjunction with the scientific elements?

Downs: The exhibit showcases those pieces of my work which are nature based. The title suggests that someone utilizing a needle, either hand or sewing machine, will necessarily record things differently than someone armed with a brush or pencil or sculpting tool or camera, digital or otherwise. I enjoy a good pun or witticism, hence the title of the exhibit and the title of the tidepool piece. In our many years together, [Warner] has first and foremost acted as the reason I've found myself in so many exotic locales doing field work, as his research assistant in many cases. He has also been a mirror, a sounding board, a gentle critic, and most importantly a scout for just the right material that would suggest a given creature or plant. Unlike other husbands in a fabric store or at a quilt show, he does not drag along unwillingly behind or sit in a corner and pout, instead he dashes around to the different vendors looking for the perfect material and dragging me along behind him. ○

Arts and Lifestyle Writer Rebecca Rose is in stitches. Contact her at rrose@santamariasun.com.

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- I'm still on the fence about it.
- We should drill for more oil, just not in SB County.

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Film Reviews

A DOG'S WAY HOME

What's it rated? **PG**
 What's it worth? **Matinee**
 When's it showing? **Movies Lompoc**
PICK Charles Martin Smith (*Air Bud, Dolphin Tale*) directs this family adventure about Bella (voiced by Bryce Dallas Howard), a dog who travels 400 miles to find her owner. Born a stray under a house, Bella's found and brought home by aspiring doctor Lucas (Jonah Hauer-King) to live with him and his unemployed veteran mom, Terri (Ashley Judd). Then through circumstance, Bella's sent to live elsewhere. She tries to find her way home only to get lost in the woods and befriended by a cougar cub.
 Sure, the story is familiar, perhaps even derivative. Yes, it's clumsily cloying and emotionally manipulative. True, its social justice message is dumbed down to the point of being ineffective. But there's an adorable dog, a formulaic feel-good story, and you can bring the whole family ... and some tissues, definitely some tissues. (96 min.)
 —Glen Starkey

ESCAPE ROOM

What's it rated? **PG-13**
 What's it worth? **Rent it**
 When's it showing? **Movies Lompoc**
 Director Adam Robitel (*Insidious: The Last Key, The Taking of Deborah Logan*) helms this thriller about six strangers who find themselves in circumstances beyond their control after entering a mysterious escape room. The group must use their wits and work together if they're to survive.
 There's enough tension and suspense to thrill fans of the genre, but for many viewers the film won't warrant a trip to the theaters. (109 min.)
 —Caleb Wiseblood

GLASS

What's it rated? **PG-13**
 What's it worth? **Matinee**
 Where's it showing? **Hi-Way Drive-In, Movies Lompoc, Parks Plaza**

NEW/PICK In *Glass*, M. Night Shyamalan (*The Sixth Sense, Signs, The Village, Lady in the Water, The Happening*) brings back three of his most iconic characters, directing Bruce Willis as David Dunn, Samuel L. Jackson as Elijah Price, and James McAvoy as Kevin Wendell Crumb, a man with 24 personalities. The three are meshed together in a psychiatric ward to rid them of their superhuman delusions while Elijah has a plan of his own to bring the comic book plot to life.
 The film opens up with David Dunn (you'll remember him from the 2000 film, *Unbreakable*), who's basically an upgrade to neighborhood watch. He and his son, Joseph (Spencer Treat Clark), are the community's vigilantes, keeping an eye on injustice and stopping it in its tracks,

FILM REVIEWS continued page 33

SCORING

FULL PRICE ... It's worth the full price of an evening showing
MATINEE Save a few bucks, catch an afternoon showing
RENT IT It's worth a rental
STREAM IT Wait 'til Netflix has it
NOTHING Don't waste your time

Love > hate

Writer-director Barry Jenkins (*Moonlight*) helms this story based on James Baldwin's novel about Harlem woman Tish Rivers (KiKi Layne) trying to clear her fiancé, Alonzo "Fonny" Hunt (Stephan James), of a crime he didn't commit while carrying their first child. (119 min.)

Glen: If you want a reminder of all the ways the deck is stacked against black people in the U.S., this is the film. It lays out the systemic racism, lack of education and opportunity, unfair policing, mass incarceration, discriminatory housing, social caste system, and destructive policies that plague black communities. The story is set in the early '70s, and it'd be nice to think we've overcome these issues, but what novelist and social critic James Baldwin wrote about 44 years ago is just as prevalent today. The story's an infuriating indictment of American culture, deftly handled by Jenkins, whose last feature-length film, *Moonlight*, deservedly took home the 2017 Best Picture Academy Award. What's amazing about the film and book is it's also a complicated and tender love story, a celebration of black family life, and an optimistic clarion call that despite the horrors piled upon the black community, there's an unstoppable nobility there. When Tish tells her family that she's pregnant out of wedlock, her sister, Ernestine (Tayonah Parris), says, "Don't you hang your head. Lift your chin up!" There's no shame in suffering indignities brought upon you by an oppressor, and if Tish's fiancé, Fonny, hadn't been falsely accused of rape instead of sitting in jail, he and Tish would be married and starting a family. At its center, this is a tragic story of a couple forced apart by an uncaring and broken system designed to perpetuate on the black community all the things it accuses the black community of, but Tish's family is too strong, too loving, and too proud to give up. I left the theater both furious at our culture and amazed by Baldwin and Jenkins' narrative gifts.
Anna: *If Beale Street Could Talk* is nothing short of heartbreaking—a story you desperately hope will turn out differently but inevitably cannot and remain truthful, so the audience is left to wallow in the injustice of it all. Fonny and Tish are a classic story of young love—raised in the same neighborhood, friends since either can remember, and soon young lovers whose world of possibility shoots like sparks from their eyes when they look at each other. They don't have much, but they have each other. While Tish's

IF BEALE STREET COULD TALK

What's it rated? **R**
 What's it worth, Anna? **Full price**
 What's it worth, Glen? **Full price**
 Where's it showing? **The Palm Theatre in SLO**

family is loving and supportive, Fonny's holy roller mother (Aunjanue Ellis) and condescending sisters (Ebony Obsidian and Dominique Thorne) think he's far too good for Tish and that she's led him down a dark path. Fonny's father, Frank (Michael Beach), tries to be the bridge between the two families when Tish breaks the news that Fonny will soon be a father, but his quick anger and Mrs. Hunt's holier-than-thou attitude crash into a messy scene that leaves the celebration tainted with violence. The film vacillates between Fonny's time in jail awaiting trial, Tish's pregnancy, and flashbacks to their budding relationship and plans for the future. We watch as Fonny becomes a shell of himself, gaunt and broken as his trial gets pushed further and further away and as hope and money quickly diminish. It's a beautiful story of enduring love, yet equally devastating as their hope for a happy life is slowly and constantly ground down by the unfair, racist society surrounding them. Like *Moonlight*, this is not to be missed.
Glen: The scene you describe is pivotal and depicts a black community pitted against itself. The social caste system, with Mrs. Hunt thinking her family is somehow superior to the Rivers family, is one of the ways the white power structure keeps communities of color in check. Likewise, Victoria Rogers (Emily Rios), the Hispanic woman who was raped, is directed by the police to pick Fonny out of a lineup even though she can't identify him as the rapist. She's *told* he did it, so she *says* he did it. She's no freer to do the right thing than Fonny is free to effectively defend himself against the false charges. Tish and one of Fonny's friends, Daniel Carty (Brian Tyree Henry), may have been with Fonny at the time of the rape, but Tish is his fiancé and Daniel is an ex-con, so neither alibi means anything. The police have the power, and Rogers' violation is doubled by dragging an innocent man into the mess. The only obvious villain in it all is Officer Bell (a marvelously malevolent Ed Skrein), who saw Fonny thrash a white man for harassing Tish but couldn't arrest him because too many witnesses saw the truth. I'm still infuriated days later thinking about the injustice of it all. Tish and Fonny's fathers even



UNBREAKABLE: Tish Rivers (KiKi Layne) and her fiancé, Alonzo "Fonny" Hunt (Stephan James), find their bond tested by a racist and unjust system.

turn to petty crime to make enough money to send Tish's mother, Sharon (a fierce and riveting Regina King), to Puerto Rico to implore Rogers to tell the truth and save Fonny. These men aren't criminals, but the story shows the depths they'll go to save their kids from heartache. We're writing this on Martin Luther King Jr.'s birthday, and it seems appropriate to quote him: "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." That's this film's message, too.
Anna: Skrein is fantastic as the racist and crooked cop. His hate is abundantly clear from his encounter with Fonny, and his promise to "see you around" haunts the young couple when Officer Bell comes upon a crime to pin on him. All of the performances are masterful. Jenkins is a gem at casting. These actors evoke layers upon layers of depth into these characters—no role is small even if brief. In one scene, Daniel is over for dinner with Tish and Fonny, and while Tish is busy in the kitchen, Daniel starts to tell Fonny about his recent stint in jail. He was falsely accused of stealing a car and had a little pot on him at the time. So which do you take, the theft you didn't commit or the drug charge that will put you away for longer? There's no right answer, and the justice system chews up young black men and spits them out with nothing but a record and a chip on their shoulder. Blatant racism isn't justice, and with the preponderance of those incarcerated being black men, the problems of 44 years ago are obviously still rampant today. This is an important film, one that will no doubt haunt me. I can't wait to see what Jenkins give us next. ○

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

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FILM REVIEWS from page 32

even if it means beating up a stupid kid or two. Because of that, law enforcement isn't really keen on David's efforts. They actually see him as a villain (similar to Gotham City and Batman's relationship).

David and Joseph are hot on the heels of Kevin, who, when the beast (one of his personalities) gets out, has held people hostage and mangled their bodies. Currently Kevin has four cheerleaders hostage in an empty warehouse. When David accidentally touches Kevin's arms, he has an uncanny vision of the location of the girls, and in the mist of letting them go, he encounters the beast.

The two fight and end up falling out of a window where police have surrounded them, ready to take them both into custody. But instead of a cell, they're taken to a psychiatric ward under Dr. Ellie Staple's care—her specialty is delusions of grandeur. She's basically there to say, "Hey you're making up your freakish strength in your mind." Somehow this doe-eyed woman has every explanation under the sun for David's bizarre strength and for Kevin's outlandish ability to walk on walls and ceilings.

And surprise surprise, the ward's longtime resident is none other than Elijah, the mastermind behind the Eastrail 177 train crash, but he's highly sedated... or so we think. Dr. Staple has a ridiculous three days to whip these three into shape, but otherwise "vegetable" Elijah has another plan.

Look, I know what you're thinking: This is too long of a buildup to wait for a plot twist that we all know is coming. But with that said, I can honestly say I loved every minute of this film.

We're so used to superheroes that have some sort of connection to a mythical god and are destined for greatness. These heroes are based on comic books' stories, but Shyamalan based his trilogy on the structure of the comic books themselves. He has a totally different look on his superheroes: They're just people.

While I can see the blatant faults in this movie, I still believe it was worth my \$12. I'll admit Willis was so boring to watch on the screen and Jackson was subpar—remember he's supposedly highly sedated during most of the film. The star here is clearly McAvoy. He gives his all to every personality.

If you're going to see *Glass* hoping for a spectacle of fight scenes, crashing cars, breaking buildings, and so forth, you're not going to get any of that. This is more than just some superhero film, and while it could have been more, it has the potential to be great. (129 min.)

—Karen Garcia

GREEN BOOK

What's it rated? PG-13

What's it worth? Full price

Where's it showing? Movies Lompoc

PICK Co-writer Peter Farrelly (*Dumb and Dumber*, *There's Something About Mary*) directs this biopic about African-American pianist Don Shirley (Mahershala Ali), who

BETTER CALL SAUL

When? 2015-present

What's it rated? TV-MA

Where's it available? Netflix, Amazon Prime, iTunes, YouTube, Google Play

Prequels and sequels normally trigger big red flags in me. They seem to be, on the whole, made usually either as hollow cash cows or unwise attempts at rekindling the magic of an original movie or TV series. So, to be frank, my initial reaction was cynicism when *Better Call Saul*, a prequel to Vince Gilligan's masterpiece, *Breaking Bad*, went on the air in 2015. I passed at the time, not wanting to spoil my warm, fuzzy feelings for the original.

But I should've known better: Gilligan, who teams up with Peter Gould this time to chronicle the life of Albuquerque lawyer Jimmy McGill (Bob Odenkirk)—who we know later becomes Walter White's shady smooth-talkin' fixer in *Breaking Bad*—is simply one of the best storytellers in television. In astonishing and impressive fashion, Gilligan and Gould succeed at not only making a worthy prequel but also creating a series

that easily stands on its own and that actually has more depth and nuance than its predecessor.

When we meet McGill, he's a struggling lawyer in the early 2000s, at this point better known for his antics as Slippin' Jimmy, his former con-man moniker. He lives in the shadow of his über-successful older brother, Chuck (Michael McKean), a founding partner of prominent Nevada law firm Hamlin, Hamlin, & McGill (HH&M). Jimmy wants to get on the up-and-up with his own private practice but continually finds himself resorting to criminal or fraudulent tactics. Desperate for cash at the beginning, he gets the idea to stage personal injury cases with a couple of willing skateboarders. Instead he winds up entangled with the grandma of a gang leader, who spares their lives only thanks to his remarkable wit and ability to negotiate out of backed-in corners.

Meanwhile Jimmy also plays the role of devoted brother to Chuck, who's on an extended leave from work due to a "condition" where he believes that he's "allergic" to all electricity. Crazy as it sounds, Jimmy regularly and dutifully



SLIPPIN' JIMMY: Bob Odenkirk stars as Jimmy McGill, a morally fraught lawyer living in the shadow of his successful brother, in *Breaking Bad's* prequel, *Better Call Saul*.

PHOTO COURTESY OF BIG TALK PRODUCTIONS



BE SOMEBODY: Merlin (Sir Patrick Stewart) helps Alex (Louis Ashbourne Serkis) fulfill his destiny, in *The Kid Who Would Be King*.

hires working-class Italian-American bouncer Tony Lip (Viggo Mortensen) as his driver on a music tour of the 1960s American South. Though they're very different people, they develop a warm and enduring friendship. This is one of those classic feel-good movies only a true cynic could reject. Both lead characters come out of the other side of the story improved. (130 min.)

—Glen

THE KID WHO WOULD BE KING

What's it rated? PG

Where's it showing? Movies Lompoc, Parks Plaza

NEW Writer-director Joe Cornish (*Attack the Block*) helms this family adventure about a group of kids on a quest to save the world. Alex (Louis Ashbourne Serkis) is sure he's nothing special... until he finds Excalibur encased in stone! With the help of Merlin (Sir Patrick Stewart), Alex will unite his friends and attempt to defeat the evil enchantress Morgana (Rebecca Ferguson). (132 min.)

—Glen

THE MULE

What's it rated? R

What's it worth? Matinee

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

PICK Clint Eastwood (*Unforgiven*, *Million Dollar Baby*, *Gran Torino*) directs this crime thriller screenplay by Sam Dolnick, based on *The New York Times Magazine* article "The Sinaloa Cartel's 90-Year-Old Drug Mule" by Nick Schenk. Eastwood takes on the role of Earl Stone, a horticulturist and World War II vet who's caught in Michigan running \$3 million worth of Mexican cartel cocaine.

BINGEABLE

brings food and supplies to his dark, shuttered home. Chuck isn't Jimmy's only tie to HH&M: He's also secretly dating an attorney at the firm, Kim Wexler (a tremendous Rhea Seehorn), who serves throughout as Jimmy's voice of reason and his liaison between the aboveboard legal world and the ethically nebulous space he operates in. Ultimately, Jimmy's drive to survive and succeed, in concert with his genuine talent at law, eventually elevates him to working with his bro on a big-time case—but there's many a twist to come.

Similarly to *Breaking Bad*, where we witness a passive high school chemistry teacher devolve into a Machiavellian drug lord, *Better Call Saul* portrays the tragic trajectory of characters slipping deeper and deeper into criminality and corruption. Also returning from *Breaking Bad* is retired cop Mike Ehrmantraut (an amazing Jonathan Banks), who's given his own downward character arc that just feels destined to merge with Jimmy's.

In my view, no one in television is exploring the hazy lines of morality better than Gilligan. Characters you'd think you would root against, you find yourself rooting for, and vice-versa. Every actor turns in fantastic performances, with Odenkirk leading the way as the one-of-a-kind Jimmy McGill, who charms as much as he infuriates over the course of this captivating journey. (Four seasons, 41- to 60-min. episodes) ○

—Peter Johnson

Overall, this is an ambling film that occasionally delivers moments of emotional resonance. Eastwood is 88 years old, and the former hunky lead is comfortable in his skin, gifted behind and in front of the camera, and still capable of crafting an entertaining story.

The Mule will be remembered as an effective late-career effort from a masterful filmmaker who's given us classics such as *The Outlaw Josey Wales*, *Pale Rider*, *Mystic River*, *Flags of Our Fathers*, *Letters from Iwo Jima*, and *American Sniper*. (117 min.)

—Glen

ON THE BASIS OF SEX

What's it rated? PG-13

What's it worth? Full price

Where's it showing? Parks Plaza

PICK Mimi Leder (*Pay It Forward*) directs this biopic about a young Ruth Bader Ginsburg (Felicity Jones) and her fight for equality, which eventually helps propel her onto the Supreme Court of the United States.

Just when I thought I couldn't respect Ruth Bader Ginsburg more, along comes this film to show me I can. Ginsburg was one of nine women among 500 men admitted into 1956 class of Harvard Law School, and Sam Waterson as Dean Erwin Griswold is the constant reminder to her and the other women that he's not convinced they're worthy.

Director Leder reminds us again and again that Ginsburg is in a man's world. The opening scene shows a herd of young bespoke men in wingtip shoes striding toward Griswold's law school orientation, where he describes what it means to be a "Harvard man." What it took to continue on in the face of such dismissiveness and discrimination is nothing short of amazing.

This is also the story of Martin Ginsburg (Armie Hammer), Ruth's forward-thinking husband, and the herculean effort it took them both to attend law school and raise a family.

Also essential to the story is the relationship between Ruth and her firstborn Jane (Cailee Spaeny), who inspires her already driven mother to work even harder for equality so her daughter has the opportunities her male counterparts enjoy.

Ruth and Martin eventually enlist the help of pioneering equal rights lawyer Dorothy Kenyon (Kathy Bates at her most acerbic) and ACLU attorney Mel Wulf (Justin Theroux) to take on the discrimination case brought by Charles Moritz (Chris Mulkey), who ran afoul of a gender-specific law.

On the Basis of Sex is both an important history lesson and an inspirational film for girls and young women still struggling for full equality, access, and representation.

The film also works as entertainment—tax law has never seemed so exciting! The acting and direction is roundly excellent as well. Jones is wonderful as the diminutive Ginsburg—she plays Ruth's moments of despondency and weakness effectively, reminding viewers that even the Notorious R.B.G. is fallible.

Hammer is terrific as Ruth's dashing husband, who also acts as the bridge between Ruth and her teenage daughter Jane, who at first finds her mother overbearing but soon discovers she's an inspirational hero whose strength and tenacity are needed for the fight of their lives.

I was so inspired by this story. I think being raised in a home with a lot of strong women made it resonate for me. The film's a tribute to smart and proud women everywhere. I loved it! (120 min.)

—Glen

SERENITY

What's it rated? R

Where's it showing? Parks Plaza

NEW Writer-director Steven Knight (*Redemption*, *Locke*) helms this thriller about fishing boat captain Baker Dill (Matthew McConaughey), whose tranquil life is disrupted when his ex-wife, Karen (Anne Hathaway), finds him and weaves a desperate tale about her abusive new husband, (Jason Clarke), who's not only threatening her but her and Baker's son, Patrick (Rafael Sayegh). Karen's solution is a fishing excursion that will leave her new husband to the sharks. Is Baker in? Is Karen's story all it seems to be? (106 min.)

—Glen

THE UPSIDE

What's it rated? PG-13

What's it worth? Matinee

Where's it showing? Parks Plaza

Neil Burger (*The Illusionist*, *Limitless*, *Divergent*) directs this American remake of the wonderful 2011 film, *Les Intouchables*, about Phillip (Bryan Cranston), a wealthy quadriplegic who hires Dell (Kevin Hart), a man with a criminal record, to help him with his day-to-day needs.

Score this as another one of those audience-pleasing films that critics find cliché and cloying. True, it's not as good as its French progenitor, but as a feel-good story of redemption, it works, and there's no denying Cranston and Hart's chemistry. (125 min.) ○

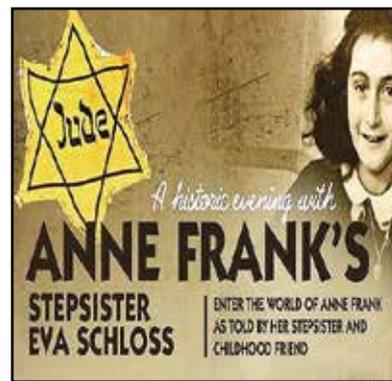
—Glen

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

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'No butter for you!'

From Prague to California Restaurant Week, with love

BY HAYLEY THOMAS CAIN

No butter!" This is what the waitress is yelling in my general direction, standing in the middle of the dining room. She is fed up.

The entire restaurant is the size of a large closet. The kitchen appears to be a tiny compartment through a curtain. The chef is a mysterious figure that might be, in this case, a ghost—or perhaps a game show host, ready at any moment to jump out and announce, "You've been podvedeno!"

That's "tricked" in Czech.

We are seated at one of three empty tables, next to a window looking up and out onto the bustling tourist attraction known as Prague's Old Town Square.

We stopped here for a late lunch after thinking this place looked pretty stinking authentic. Plus, let's be honest. They had a deal posted on the front door: four course meal for just 150 Czech Koruna (about 7 U.S. bucks). That's what really snagged us.

Our feet are aching from traveling around the cold, cobblestoned city. We are ready for some

Doing OK over here?

Butter (and a lot of other delicious things) is available at a slew of local restaurants during California Restaurant Week with specials priced at \$20.19. Santa Maria Valley's Restaurant Week runs from through Jan. 27 and includes Anthony's in Guadalupe, The Century Room at the Santa Maria Inn, Pizzeria Bello Forno in Orcutt, and many more. Santa Ynez Valley Restaurant Week runs from Jan. 27 through Feb. 10 and features The Gathering Table, Cecco Ristorante, Hill Haven Provisions, Industrial Eats, Hummingbird Restaurant, and others. For more information, visit visitsyv.com/restaurant-week/ or santamariavalley.com/restaurantweek.

authentic potato pancakes and dumplings. Something hot—anything full of carbs or meat.

We were promptly buzzed in and taken down a small flight of stairs below street level (how Old World!). The tiny dining room is heavily carpeted and the bar consists of a small table cluttered with dusty bottles (perhaps we'll be offered a shot of Becherovka, Prague's famous herbal liqueur!).

None of this would transpire.

First, we are told that the four-course deal was no longer available —by the waitress yelling, 'No!' and ripping the menus out of our hands, the menus we had found ourselves by rooting around the dining room, as no one had greeted us when we walked in.

Next, we are served the soup: "a rich broth with cognac, duck meat, seasonal vegetables, and noodles." It took one hour to arrive and turned out to be a few frozen vegetables swimming in a watery broth with something that appeared to be the chewed end of pencil eraser. No noodles.

Of course, we laugh. This is the fun of traveling. You never know just what you'll get. However, we are pretty hungry.

The soup is served in bowls the size of a child's toy teacup and the beer is served in a comically massive mug. We don't complain.

Beer is cheaper than water in Czech Republic, so we sip the crisp, cold Pilsner Urquell and resolve to roll with the punches. We cross our fingers that the cheese plate and endive salad will arrive soon.

After all, we'd had other amazing meals in Prague. Sure, the waiters had all been pretty cranky, with the exception of a fancy shmancy meal at the Imperial Cafe, which looked



TRAIN FOOD CAN BE GREAT: News flash! Train food can be killer. Writer Hayley Thomas Cain's favorite meal from a recent trip to Prague was (surprisingly) served on the train from Berlin to the ancient city. Dumplings and goulash plus delicious Czech beer for under \$10? Sold.

like something out of Hearst Castle and was reportedly an old hangout of Kafka. We didn't mind paying extra for pleasantries, even if we knew we might as well have one word plastered across our foreheads: "Trump."

We told ourselves that we didn't need to be babied, like some Americans. We kind of deserved the abuse, even. Plus, wasn't the curmudgeon vibe part of the authentic charm of Central Europe? How freeing it is not to have to exchange small talk! How swift and efficient the queues are!

Our food never comes, but the beers somehow appear, as if by magic. We became delirious and half drunk. It was like the waitress wanted so see how far she could push us.

First, she decided to take away all of our silverware, never to be seen again.

Hadn't it been like two hours now? We hadn't even gotten a slight whiff of our entree or our long forgotten bread. Where was our silverware? Were we going to die down here?

Now the waitress, having finally tossed a basket of cold bread on the table, is smirking with delight. We ask for butter, but she only vanishes for another half hour.

Finally, we catch her, corner her, and plead again. She gives us a weird look and vanishes a second time. By now another table has come in, and she is speaking dramatic, flowing Spanish

EATS continued page 36



FROM PRAGUE, WITH LOVE: Flavor writer Hayley Thomas Cain may have been seen as downright crazy for smiling at waiters in Prague, but in Santa Maria Valley's Restaurant Week, you can let your friendly flag fly. The promotion continues through Jan. 27, featuring specials priced at \$20.19. Don't forget to tip your wait staff.



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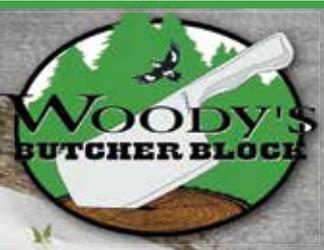
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EATS from page 34

sentences and offering the newcomers shots of that famous herbal liqueur in tiny frozen fluted glasses.

"Butter? Please?"

Finally, she says the unspeakable: The two words I'd never heard uttered in any restaurant in any country.

"No butter."

"Let me get this straight. You have, like, no butter in the entire restaurant? Like, none at all?"

My sister and I share a horrified glance. A nervous laugh.

I pull up the menu, thinking for sure that we must be wrong. The customer is always wrong. This is the unofficial mantra here, and I get it. Every country's political baggage is displayed in everyday interactions. A restaurant is a perfect example of this.

After WWI, Czechoslovakia managed to remain the only democracy in Central Europe all the way till the '30s, but, of course, we all know what came next. The following years brought WWII, brutal Nazi occupation, the rise of communism, then Soviet occupation, and finally, revolution and the formation of the new unified Czech Republic in 1993. Of course, I am oversimplifying (a totally American thing to do).

Hostility and distrust? Understandable. Mostly, there is an undertone of being "fed up," a sense that everyday folks have been put upon and are one bad interaction away from throwing in the towel. Add all this in with the sight of two boisterous, loud Americans in red lipstick, red hats, and red coats, and—well—you have war on your hands.

But is this so wrong? I imagined my waitress sitting down to a meal at a fast casual chain restaurant in Southern California. She would probably have the same shocked expression on her face.

The Americans—the forever new kids on the block with our own dark history of slavery, European rule, and obsession with leveling the playing field—we just want to be liked. It's annoying, really. We want to get the fat tip, even if we must kill with kindness. We smile even when we're faking it. Waiters overdo it, asking if "we're all OK over here" as if it's a therapy session, not supper.

To each her own, right?

I try again on the butter front, an optimist. I was always told the squeaky wheel gets the grease. How wrong I am.

"We ordered 'the three kinds of bread with three kinds of butter.' See, there it is."

I point to the word, "butter," as if this will help clarify everything. Our waitress, our ruler, simply laughs, offers another flat "no," and skips away.

We eat our cold bread in silence like the pigeons in the town square. The "entrees" finally arrive, although we must request new silverware to eat it: Mine, a massive plate of chopped endives, bitter and raw, tossed with a bit of sour lemon dressing with a few half-hearted walnuts. My sister's cheese plate looks like the end of a charcuterie platter at a good party (mostly rind and a few stray crumbs).

A single grape is quartered and placed along the rim like a compass, or a dark joke: North, east, south, west. Do you know where you are? Perhaps you should go home."

We laugh and enjoy ourselves anyway, because we are Americans and we are nothing if not loud and unsinkable. Our laughter fills the tiny room, which probably annoys the chef, if he's even back there. We tip generously. It's not all bad.

In fact, it's a good meal because it's a good story.

My sister and I are together in a strange place, grinning—as Americans do—through the discomfort. We are asking for more than

what reality wants to give us. Maybe we are just entitled.

Then, we see it: A quarter-sized blob on my sister's plate that must be some sort of soft cottage cheese?

She flicks a butter knife through the substance and smears it on the cold bread. I do the same. Like that, the blob is gone, swimming in our bellies. But it is so sweet. I've never had better.

It is butter! ○

Hayley Thomas Cain from New Times is still proud to be an American (sometimes). She can be reached at hthomas@newtimeslo.com.

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

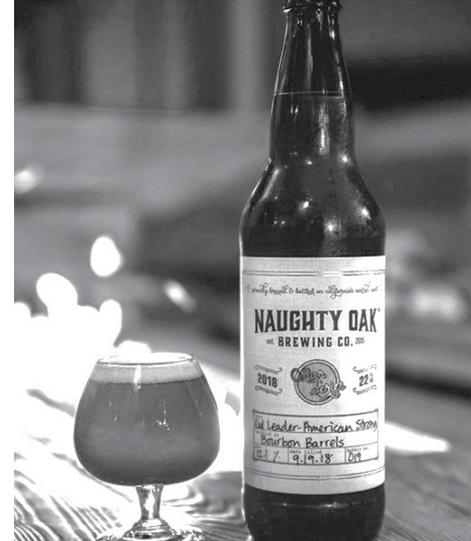
• **The Hitching Post 2** in Buellton announces a new expanded lunch and appetizer menu geared toward roving wine tasters. New menu items from chef and winemaker Frank Ostini include steak salad with blue cheese crumbles; grilled chicken salad with corn salsa; corn and cheese quesadilla; South Carolina-style pulled-pork sandwich with brioche bun; and many more. New appetizers include slow-roasted garlic with herbs, roasted peppers, and balsamic with olive oil; barbecue sautéed mushrooms; steak bites; fire-roasted stuffed pasilla peppers with shrimp and cheese; and Texas quail with Wild Turkey sweet potatoes. Give them a sample on your next wine tasting trip at **406 E. Highway 246, Buellton**.

• I've hyped the Mushroom Festival in Los Alamos before, but it's important to remember that the Wine and Mushroom Tasting at **Bedford Winery** is coming up on Jan. 26. Don't miss what wonderful things Stephan Bedford can do with chanterelles, hedgehogs, shitake, porcini, oyster, maitake, candy cap, huitlacoche, and black trumpets. Tickets are \$50 each or \$40 for wine club members. Reserve tickets by calling (805) 344-2107 or emailing tastingroom@bedfordwinery.com. The party starts at 2 p.m. at **448 Bell St., Los Alamos**.

• There are some new late-night happenings at **Root 246** in Solvang. The Lounge at Root 246 is now open Fridays and Saturdays, featuring service until 1:30 a.m. (bar food menu is served until 12:30 a.m.). Have a (safe!) night out on the town at **420 Alisal Road, Solvang**.

• Cornhole enthusiasts take note! **Naughty Oak Brewing Company** (pictured below) is hosting a Cornhole Tournament on Jan. 27 from 10 a.m. to 1 p.m. They will serve beer mimosas, Orcutt sunrises, and Micheledas as well as nitro coffees and lattes. Check-in is from 9:30 to 9:45 a.m. Each player must buy a pint to participate. To reserve a spot for your team, contact (805) 287-9663. The brewery is located at **165 Broadway, suite 102, Orcutt**. ○

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\$2295 918 Louisa Terrace – 4 + 3, Classics 1stry home w/vaulted ceilings, open kit, F/P, ldry rm hkups, mstr ste w/grdn tub, 2car grg, low maint yd, grdnr, no pets.

\$1995 2206 Cottage Lane – 3 + 2.5, Autumn Glen 3stry home w/lg bonus 3rd flr bonus rm, open kit, F/P, w/d hkups, sm yd/ grdnr, 2 cars max), No Pets, 18mos lse.

\$1995 1915 Celebration Avenue – 3 + 2.5, Brand New 2stry hm centrally located w/open kitchen/ss appls, loft, a/c, w/d hkups, 2car grg (2 cars max), no pets.



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\$2100 4184 Vanguard Drive – 3 + 2, well kept spacious hm on quiet street in N. VV, F/R off kitch, ample cabinet space, formal L/R w/gas F/P, 2car atch grg, low maint landscaping front and back.

\$1600 3952 Mesa Circle – 3 + 2, North VV, spacious twnhm w/F/P, patio, 2car detached grg, nice prvt creekside setting

\$1300 319 E. Airport, #A-D – 2 + 1, w/back enclsd patio. Exterior has newer paint/landscape, interior many upgrades thru-out, newer wndws, screens, wndw cvrnrgs, paint, flrng, baseboards & light fixtures, bthrm w/newer lg vanity, tile shower, ldry on site. No Pets.

\$1100 117-121 S. "K" Street #B – 1 + 1, Southside apt is well maintained w/manicured yd, many upgrades such as newer paint, high quality vinyl flrng thru-out, cozy kitch w/fridge, newer sink/faucets, newer exterior/ interior paint, ldry rm on site, water incl, no pets.

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