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# SUN

AT THE MOVIES



*Many Saints: Making a mobster [22]*

The

## Awareness Issue

For Domestic Violence and Breast Cancer Awareness Month, we write about shared trauma and advocate burnout [6] and the increase in incidents of later-stage cancer [8]

BY SUN STAFF

**NEWS**

Marching for abortion rights [4]

**ARTS**

One couple's vivid landscapes [20]

**EATS**

Holy Grounds fundraises through coffee [23]

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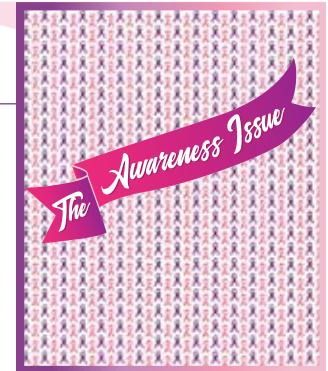
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OCTOBER 7 - OCTOBER 14, 2021 VOL. 22 NO. 32

**O**ctober shines a national spotlight on two things we should be paying attention to year round—breast cancer and domestic violence awareness. As a way of helping to get the word out, the Sun is writing about the people who help domestic violence survivors navigate through tough times and the burnout that can come with that [6] and the consequences of a lack of breast cancer screenings during the COVID-19 pandemic [8].

You can also read about a local march organized against anti-abortion laws passed in other states [4]; the husband-and-wife duo whose paintings showcase Solvang's landscapes [20]; and a holy place where coffee raises money for Meals on Wheels [23].

*Camillia Lanham*  
editor



**BUILDING AWARENESS:** The Sun's annual October awareness issue focuses on breast cancer and domestic violence.

Cover photo by Jayson Mellom > Cover design by Alex Zuniga

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TWO WEEKS WORLDWIDE



## NEWS from page 4

ForestWatch, community participation was a movement in the making for months prior to the Santa Barbara County Planning Commission's Sept. 29 hearing on ExxonMobil's oil trucking project permit, ForestWatch's Conservation Director Bryant Baker said.

"This was probably the most interaction the commission's received from the general public in a long time," he said.

The project, which commissioners voted 3-2 to deny, planned to transport 11,200 barrels of oil per day from Exxon's Santa Ynez Unit along Highways 101 and 166 to pumping stations in Santa Maria and Pentland. Exxon's goal is to restart its offshore oil platforms, which have been shut down since the Plains All American Pipeline ruptured in 2015 along the Gaviota Coast.

ForestWatch set up an webpage where people could submit comments for the meeting and received more than 900 emails, Baker said.

"We were working together to make sure that accurate and useful information was getting out to the public and that the public could submit comments to the Planning Commission," Baker said.

Project documents addressed community concerns, including risks of oil spills, traffic safety, and greenhouse gas emissions. However, many area residents expressed remaining concerns about these issues and urged the Planning Commission not to approve the plan.

During the Sept. 29 meeting, 3rd District Commissioner John Parke said he was worried about potential spills and higher traffic rates in regards to Cuyama residents.

"Cuyama residents don't

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have cities sticking up for them, they have us. When they—almost unanimously—express their concern in the meeting, I want to show them that I am concerned," he said.

Although there was a lot of verbal support against this proposal, a significant number of residents still expressed interest in the oil trucking project, 4th District Commissioner Larry Ferini said.

"There's 1,680 signatures [for approval], and I was really surprised. It looked like there was a lot of support for the project," Ferini said.

After listening to more than an hour of public comment and ExxonMobil's response, the Planning Commission denied the project permit.

ExxonMobil Operations Media Manager Julie King sent a statement to the Sun on behalf of the oil company.

"We appreciate the thorough evaluation of the Santa Barbara County planning department staff and professional consultants prepared to recommend approval of the permit. We are disappointed the Planning Commission did not adopt the staff's recommendations," King stated via email. "We also appreciate the continuing support of numerous organizations and community members who recognize the many benefits that resuming safe operations at [Santa Ynez Unit] would bring to Santa Barbara County, including local jobs and millions in vital tax revenues for county schools, public safety, and health care services."

The commission's decision will go before the Santa Barbara County Board of Supervisors for a final say on ExxonMobil's proposal. No date is set for the meeting as of press time. —Taylor O'Connor

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# Trauma exposure

*Domestic violence advocates use self-care to combat burnout and shared trauma*

BY TAYLOR O'CONNOR

Calls about domestic violence crises became a daily occurrence at one Santa Maria shelter in September.

"We get them all day and through the night; they are emotionally tough, but it's no comparison to what the victim is going through," Domestic Violence Solutions (DVS) Lead Advocate Miriam Ceballos said. "My coworkers and I were discussing that this has just been such a yucky month. It's been intense."

DVS Director Jan Campbell said that from July to August, DVS Santa Maria had a total of 536 crisis line calls, 400 bed nights, and 299 law enforcement calls. Numbers for September aren't available yet, but Campbell believes calls continued to increase.

"What hit me is the level of lethality and violence that escalated in the North County area. We got a lot of calls from care providers—Dignity Health and Cottage Hospital—where people had been hurt. This caused a huge decline in mental health," Campbell said.

The numbers raised Campbell's concerns for advocates experiencing burnout and shared trauma—an emotional and cognitive response people can develop when exposed to others' hardships.

"When you're dealing with people that are in trauma, advocates tend to take on the trauma of the person they are working with through

empathy or compassion, but there are techniques to manage that," Campbell said.

Figuring out those techniques challenged Ceballos during her first two years working at DVS.

Ceballos—who's been an advocate for four years—started working at Domestic Violence Solutions after working in the banking industry. She made the career change to help others since she had experienced physical, emotional, and verbal abuse in her home. She went to therapy, developed positive coping mechanisms, and believed she was in a good mental state to handle this kind of work.

However, she quickly learned that nothing had prepared her to work with domestic violence survivors.

Ceballos saw victims of sexual abuse, suicide, and homicide. She visited clients at hospitals and received 2 a.m. crisis calls to come and save someone from their home.

"I'd come home and bring work with me. I lost my appetite, and I wouldn't eat dinner. I felt angry and frustrated—there were moments where I would just cry," Ceballos said. "It was definitely overwhelming and crept over every aspect of my life."

In the days following hard calls, she felt like she had just run a marathon, she said. Although she was physically at work, Ceballos said she felt checked out mentally. She put her own emotions aside and pushed through in order to be there for her clients.

Ceballos' experience is common, DVS Clinical Director Carolina Najera-Magana said. Advocates are trained to be very empathetic, but the

challenge is separating themselves enough to see outside of the clients' emotions.

"I've seen many advocates who are dedicated, passionate, and love the work, but the job wears on them," Najera-Magana said.

This causes high turnover rates for domestic violence advocates, she said.

"People experience compassion fatigue and then, of course, just the stress levels physically. A lot of people decide this is something they cannot do long term. That is a result of not being able to manage trauma very well," she said.

As clinical director, Najera-Magana does clinical counseling and is on call for 24 hours when on shift. Debriefing—with Najera-Magana or other coworkers—is one of the ways that advocates can let go of the trauma, she said.

"It's a feeling of, 'You need to take this, because I can't take this anymore. I'm going home and I want to leave it,'" she said.

That sharing can lighten the load, and the advocate's relief is "palpable," Najera-Magana said. Oftentimes, advocates also need to hear reassurance that they handled a situation well, Najera-Magana said.

"It's really important for the administration to acknowledge how hard the job is. Personal days are encouraged. If you've had a really gnarly day, it's important to take a day for yourself," she added.

Self-care is something Najera-Magana and the administration staff push advocates to do—to take personal days or sick days so that they can take care of themselves.

Ceballos said she preaches self-care to her fellow staff members and found her own practices.

"When I first started working here, I would not miss work at all because I felt a sense of

responsibility, that I needed to be there to help the client step by step.... I understand now that I was doing myself any good. Now, I really do listen to myself and listen to my body," Ceballos said.

She talks about her client calls with coworkers only, and understands more about her own emotional boundaries.

"The clients I shared the most trauma with were Latinx females who experienced domestic violence for decades. There were clients that reminded me of my mother and brought back vivid memories," she said. "If I had a case that had negative triggers, I would tell my coworkers to work on this case or I would move to work with different family."

At home, Ceballos colors in coloring books or journals to bring down her level of anxiety and quiet her thoughts about clients.

"I go home and tell myself, 'I did everything I can. Now, it's time to take care of me,'" she said.

September, though, presented some challenges for Ceballos' boundaries.

"Even though I do practice healthy coping mechanisms, there are moments where I revert back to those old habits—where I want to take the lead on difficult cases because in my mind I want to protect the other advocates. I don't want them to go through that and experience the trauma, but it's not good for me to take all of that in," Ceballos said.

When feeling burnout this past month, Ceballos said she took time off to physically and emotionally repair herself.

"I want to be emotionally healthy so that I can be present at my job and be the best advocate I can be for my clients," she said.

Reach Staff Writer Taylor O'Connor at [toconnor@santamariasun.com](mailto:toconnor@santamariasun.com).

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# Catching it early

*Doctors say a drop in breast cancer scans last year could have repercussions on diagnoses for years to come*

BY MALEA MARTIN

While breast cancer comes as a surprise to most who are diagnosed, some patients know their risk ahead of time.

This is the case for a patient of Dr. Colleen O'Kelly Priddy, a breast surgical oncologist and the medical director of Mission Hope's breast center in Santa Maria. The patient carries a genetic mutation that significantly increases her chances of breast cancer, so she made the choice to get a precautionary mastectomy.

"She was scheduled to have her regular screening mammogram, and then right after that she was scheduled to have her prophylactic mastectomies," O'Kelly Priddy said.

But when COVID-19 hit, everything got pushed back for several months.

"Once she finally went back in and got her mammogram, she actually had a cancer," O'Kelly Priddy said. "Instead of being able to just have her risk-reducing mastectomies, she ended up having to have chemotherapy, then have the mastectomy, and then have radiation afterwards. It turned into a much bigger deal."

While the genetic mutation that this patient has is rare, it is highly recommended that every person with breasts over a certain age get screened annually for breast cancer. But scans on the Central Coast

plummeted last year, and now doctors are seeing more late-stage diagnoses as a result.

"I have seen this in my own practice with delay in diagnosis due to COVID illness and women not coming in last year

for mammograms or exams," said Dr. Rosa Choi, breast cancer surgeon with Ridley-Tree Cancer Center. "I did as much telemedicine last year as possible and picked up cancers when women reported having lumps."

Prognosis for breast cancer tends to be better when it hasn't spread to the lymph nodes yet, but Choi said the medical community is seeing more of that.

"Reports from [the] United Kingdom and Canada suggest that there is a six-month delay in diagnosis with women coming in with larger tumors and more node-positive disease," Choi said. "This may translate into [an] increase in breast cancer mortality by 30 percent in the next five to 10 years."

Kitt Kelly, oncology patient navigator at Sierra Vista Regional Medical Center in SLO, said he has anecdotally witnessed more patients with late-stage breast cancer.

"There is no escape of accepting that, without screening, all the findings are later than they should be," Kelly said. "If you have a breast cancer that's growing, and you wait 18 months, you're already way behind."

With early findings, the chance of curing breast cancer is 94 percent, Kelly said. But with a late finding, chances of curing it drop rapidly, "with a lot of suffering along treatment."

"This is not something that needs to happen," Kelly said. "This is something that would not happen if the person [got their annual mammogram]."

Even before March 2020, doctors faced barriers in getting people to come in for their annual scans. The pandemic only compounded those challenges.

"When life is good and busy, and people are healthy and asymptomatic, they tend to put screening at the bottom of their list," Kelly said.

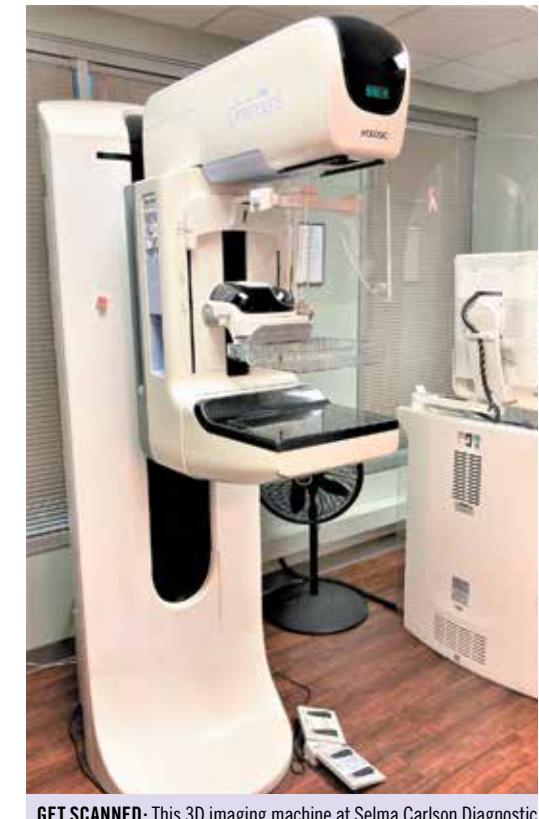
Others avoid their annual mammograms because of radiation concerns.

"I reassure women that the dose of screening mammogram is equivalent to three months of ambient radiation from the environment, so it is safe to get mammograms every year," Choi said.

Income can also discourage someone from getting their annual screening, but Kelly emphasized that most medical insurance covers mammograms, and for those who are uninsured, there are options.

"Throughout the entire state of California, there is a program called Every Woman Counts," he said. "It's run by Medicare. You can walk in or make a simple appointment and get your mammogram, and your care would be the same standard as those who have insurance. People think that because it's free, and without a written order by a primary care physician, that somehow they will get a lesser care. That's not true."

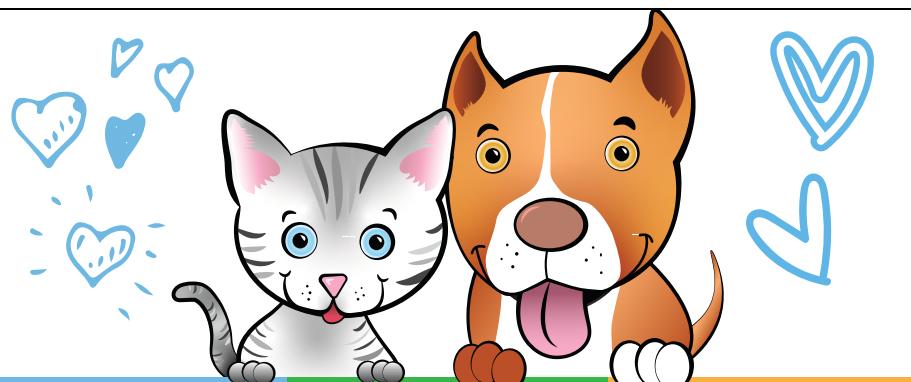
According to the American Cancer Society, breast cancer screenings are optional from ages 40 to 44. Once someone turns 45, scans are



**GET SCANNED:** This 3D imaging machine at Selma Carlson Diagnostic Center in San Luis Obispo is used to detect breast cancer.

recommended every year. For ages 55 and older, mammograms are recommended once every two years, though annual screening is still an option.

Staff Writer Malea Martin can be reached at [mmartin@santamariasun.com](mailto:mmartin@santamariasun.com).



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Monday – Friday

# **Our Family Survivor**

My mother-in-law, Peggy Randolph, is a GREAT wife, mom, grandma, sister and friend. She is not only my mother-in-law she is much more than that, she is a mom. And for that I am truly blessed.

When her kids were young she was a stay-at-home mom and raised 3 sons to be wonderful men. She's been the wife every man would dream of having and the loyal friend who calls friends—family!

She is also a SURVIVOR. She's a 3-time breast cancer survivor and the strongest woman I know.



In 1987, when she was first told she had breast cancer she thought it wasn't going to have a happy ending. To have that same breast cancer again in 2003 and then the other breast having a completely different cancer in 2006 was unimaginable. After Chemo and Radiation and now continual mammograms and oncologist visits, we are happy to share she is cancer FREE. My mother-in-law had a happy ending and now lives every day to the fullest, enjoying every moment.

She proudly walks each year at the Relay for Life event and her family and friends walk beside her to show support. You might ask why she shows up to the Relay for Life each year and why she attends classes at the Wellness Center or others put on by the American Cancer Society (prior to Covid)... for her, it makes her feel better to be around people who are or have been in the "club" and are survivors. This gives her strength and hope to continue the fight.

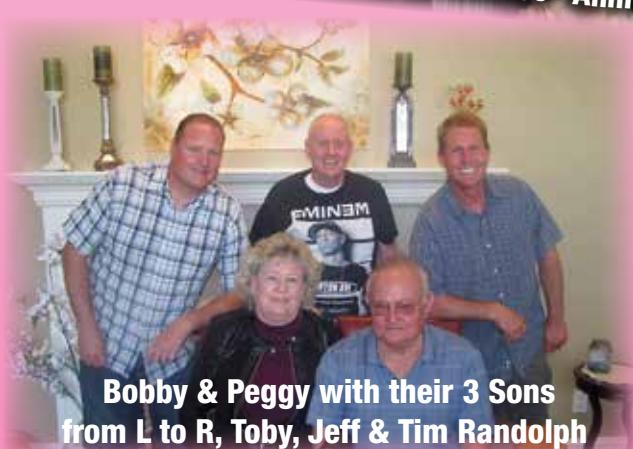
She thankfully continues the fight for her and fight for others who have had similar experiences. She will tell you to live life day-to-day and to enjoy every moment – live for the day and take it all in.

I wish we could all have a happy ending and I await the day we can rid the earth of cancer. Until then, we create our own happy ending each day. I am proud to introduce you to our SURVIVOR and send our love out to those who are still fighting and to those who have lost a loved one to this terrible disease.

**Donna Randolph**



**Bobby & Peggy renewed Wedding Vows on their 50th Anniversary**



**Bobby & Peggy with their 3 Sons from L to R, Toby, Jeff & Tim Randolph**



**Family & Friends Celebrating Peggy's Birthday**

# DEATH NOTICES

**ALONSO, CRYSTAL RUELAS**, 43, of Santa Maria passed away 9/24/2021 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**BARNES, JARROD T.**, 39, of Santa Maria passed away 9/30/2021 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**BELLANCA, WINIFRED A.**, 98, of Atascadero passed away 9/16/2021 arrangements with Los Osos Valley Mortuary

**BRESNAN, JARELYN KIDD**, 84, passed away 9/6/2021 arrangements with Los Osos Valley Mortuary

**CANO, MIGUEL LEON**, 53, of Santa Maria passed away 10/1/2021 arrangements with Magner-Malone Funeral Home & Crematory

**CLARK, FLORA LEE**, 92, of Santa Maria passed away 9/29/2021 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**COBB, TERRY NATHAN**, 71, of Lompoc passed away 9/19/2021 arrangements with Starbuck-Lind Mortuary

**DELARGE, DEANNA RAE**, 37, of Lompoc passed away 9/22/2021 arrangements with Starbuck-Lind Mortuary

**DOW, JUDY**, 71, of Pismo Beach passed away 9/24/2021 arrangements private as per request

**ELLIOTT, CANDACE MICHELE**, 51, of Grover Beach passed away 9/29/2021 arrangements with Marshall Spoo Sunset Funeral Chapel

**FLYNN, ED**, 72, of Orcutt passed away 9/30/2021 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**GRIEVE, ROBERT WILLIAM**, 84, of Avila Beach passed away 8/27/2021 arrangements with Los Osos Valley Mortuary

**HOWARD, WILLIAM RAY**, 89, of Lompoc passed away 9/14/2021 arrangements with Starbuck-Lind Mortuary

**LEWIS, GREGORY DEAN**, 64, of Santa Maria passed away 9/26/2021 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**LYNAM, SUSAN CATHERINE**, 74, of Pismo Beach passed away 9/27/2021 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**MILLER, LOIS ELAINE**, 85, of Santa Maria passed away 9/19/2021 arrangements with Los Osos Valley Mortuary

**MORENO, MANUEL L.**, 26, Resident of Greece passed away 9/8/2021 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**NENE, LORENZA BASCO**, 72, of Santa Maria passed away 9/2/2021 arrangements with Los Osos Valley Mortuary

**NORTHCOTE, BARNEY ROGER**, 79, of Arroyo Grande passed away 9/27/2021 arrangements with Marshall Spoo Sunset Funeral Chapel

**OCHINANG, ARTURO**, 65, of San Luis Obispo passed away 9/1/2021 arrangements with Los Osos Valley Mortuary

**OSWALD, RICHARD**, 84, of Atascadero passed away 9/28/2021 arrangements with Blue Sky Cremation Service

**PARKER, LAURIE IRENE**, 69, of Oceano passed away 10/3/2021 arrangements with Marshall Spoo Sunset Funeral Chapel

**ROBSON, WILLIAM "IAN"**, 67, of Santa Maria passed away 9/26/2021 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**SHEVLIN, MARY L.**, 92, of San Luis Obispo passed away 3/2/2021 arrangements with Los Osos Valley Mortuary

**SHIFFRAR, RICHARD**, 77, of Nipomo passed away 10/1/2021 arrangements with Magner-Malone Funeral Home & Crematory

**SUA, JOHN**, 30, of Santa Maria passed away 9/25/2021 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**SWART, RONALD HAYES**, 73, of Santa Maria passed away 9/24/2021 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**TORRES, DANIEL**, 67, of Santa Maria passed away 9/29/2021 arrangements with Magner-Malone Funeral Home & Crematory

**VILES, ANGELA**, 50, of Atascadero passed away 9/25/2021 arrangements with Blue Sky Cremation Service

**WALKER, ROBERT LEE**, 48, of Arroyo Grande passed away 9/28/2021 arrangements with Marshall Spoo Sunset Funeral Chapel

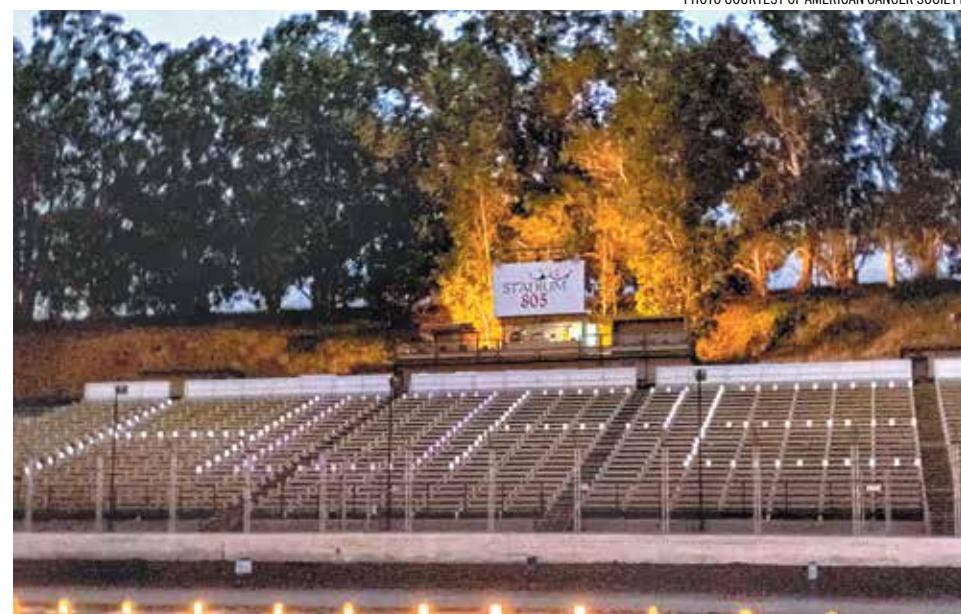
**WARNER, DANIEL DOUGLAS**, 45, of San Luis Obispo passed away 9/4/2021 arrangements with Los Osos Valley Mortuary

**WIDLE, JACQUELINE LORENA**, 89, of Grover Beach passed away 9/28/2021 arrangements with Marshall Spoo Sunset Funeral Chapel

**YOUNG, JOAN VICTORIA**, 90, of Grover Beach passed away 9/29/2021 arrangements with Marshall Spoo Sunset Funeral Chapel

## NEWS

PHOTO COURTESY OF AMERICAN CANCER SOCIETY



**WALK:** Lights in white bags illuminate the track to remind participants of all those impacted by cancer during the Relay For Life.

## A walk in their shoes

*The American Cancer Society hosts Santa Maria Relay For Life to raise funds for research*

BY TAYLOR O'CONNOR

**C**ancer research funding at the American Cancer Society (ACS) dropped by more than 50 percent in 2020.

"Unfortunately, just because COVID is here doesn't mean cancer stops," said ACS Santa Barbara County Development Manager Heidi Gavlak. "For the first time in ACS history, it's been challenging to get funds for cancer research."

With a goal of raising \$31,000, Gavlak said, ACS is hosting the Relay For Life Santa Maria on Oct. 9 from 4 to 9 p.m. at Stadium 805 in Nipomo.

"All funds that are collected—such as Relay For Life—are funds for cancer research. It will have a direct impact on the big picture through treatments and groundbreaking research opportunities. Those treatments funnel back through local oncologists, which in turn saves more lives," she said.

At the relay, Gavlak said ACS will give participants information about screenings and facts about all types of cancer to encourage doctor consultation and early detection.

"Since COVID-19, people have been scared to go out in public, they're scared to get their screenings. It's more important now than ever because people are dying because they didn't know they had cancer," she said.

The Relay For Life event kicks off with an opening ceremony that will honor everyone who's been affected by cancer and all those who contributed to the relay. After the ceremony, people can participate in the Survivor and Caregiver Walk to honor those touched by cancer, Gavlak said.

"This used to be a 24-hour event of walking. We are still going to be honoring survivors by walking around the track. In the evening, we will place white bags with people's names and pictures on them to honor those who have been affected by cancer and pay tribute to those we've lost," Gavlak said.

The white bags, which will be filled with lights, are a part of the relay's Luminaria Ceremony. Each light represents a life either impacted or taken by cancer, according to the event's website.

"It's the most riveting part of the relay because you are seeing the faces of those

who've had cancer," Gavlak said.

People don't have to walk the whole time, and there are other activities to participate in during the relay, she said.

"We will have music playing throughout the event, fun things planned for the kids, like car races, and themed laps during the relay," she said.

The children's area will be set up with arts and crafts stations and games to keep them occupied while parents can walk around the track and explore team booths. Registered cancer survivors and caregivers can receive a free meal while attending the event, Gavlak continued.

"In all honesty, people should come to this event because it's a great way to show support to community members who have been touched by cancer. The Speedway offers the perfect opportunity to socially distance. We can still come together for one common goal, but we can space apart if we need to," Gavlak said.

There will be a meeting on Oct. 6 at Pacific Christian Center for participants to get any more information they need before the event.

People can sign up individually or as a team for Relay for Life online; day-of registration is accepted. Contact Gavlak with questions at heidi.gavlak@cancer.org or (805) 757-6811.

## Highlight

• The Santa Maria Recreation and Parks Department invites everyone to a three-day pop-up skating rink experience, Nightmare on Skate Street, a family-friendly Halloween-themed event taking place Oct. 15 to 17. Participants are encouraged to dress in costume to be entered in an opportunity drawing, and snacks will be available for purchase. Participants may bring roller skates and in-line skates, and there are rental options available for \$5. Skateboards, scooters, and similar equipment are prohibited. Nightmare on Skate Street will be held on the third level of the Santa Maria Mall parking structure at 317 Town Center East. Call

Recreation and Parks with any questions at (805) 925-0951, Ext. 2260. □

Staff Writer Taylor O'Connor wrote this week's Spotlight. Reach her at tconnor@santamariasun.com.

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**Sun**  
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# Opinion

## Online Poll

### What do you think the county should do about climate change's impacts?

- 35% Have an in-depth discussion regarding climate change's impact.  
 29% Put an emergency action plan into place for the worst-case scenarios.  
 18% Address people in the most vulnerable communities now.  
 18% Nothing. The county is completely fine where it is.

17 Votes

Vote online at [www.santamariasun.com](http://www.santamariasun.com).

# Sun

Northern Santa Barbara County's  
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 Santa Maria, CA 93455

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We welcome submissions. Please accompany them with a self-addressed, stamped envelope. All letters to the editor become the property of the Sun.

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NNA

CNPA



VERIFIED

# America's finest

Vandenberg Space Force Base military firefighters were deployed 7,700 miles to keep aircrews safe in Afghanistan

BY RON FINK

When the first plane flew at Kitty Hawk in 1903, it began an era that has produced some very large aircraft—many of those are military aircraft. In 1937, the U.S. Army Air Corp developed the first firefighting vehicle modified specifically to fight aircraft fires from a commercially produced fire engine.

Vandenberg Space Force Base (VSF) was acquired from the U.S. Army in 1957; shortly after that Point Arguello Naval Air Station on south Vandenberg was added. The firefighters, their stations, and their equipment were also transferred to the new Air Force Base.

Since then, the Vandenberg Air and Space Force's fire service has evolved into a world-class asset. And the men and women staffing the department have established themselves as what outside audits have concluded were and are "the best in the Air/Space Force." They are a highly trained multi-disciplined fire/rescue force ready for any challenge.

I say "world class" because that is the domain of military firefighters. Not only do they serve the domestic air bases they are assigned to, but they also serve as part of the communities that are adjacent to and sometimes far distances from their stations. They also serve long-standing military airfields in distant countries and can be and are "deployed" to what's termed "bare base" locations. These are typically organized quickly to serve a specific military mission that involves the use of aircraft.

I recently read a posting on the VSF Fire Department Facebook page saying that some of their firefighters were dispatched 7,700 miles to provide airfield firefighting capability during the Kabul, Afghanistan, evacuation. I was a U. S. Air Force firefighter for 20 years, so naturally I was

interested in how the deployment went.

I tried contacting VSF Public Affairs; I called three times during normal business hours to ask for an interview with the firefighters who had been deployed. The first call went unanswered, so I left a message stating my reason for calling and asking for a return call—I got no response; on the second try I got no answer. Finally on the third try someone answered the phone and directed me to their email-based "workflow portal," and I sent my request on Sept. 21; I submitted this commentary on Oct. 1, and still haven't gotten a reply.

During my 20-year career, I was assigned to 13 different "permanent duty stations"; I say permanent because that was the military terminology. Some of those assignments lasted as long as four years, others a year or less.

One of those assignments was to a base under construction in Thailand that was being used to fly B-52 bombers and air refueling tankers over Vietnam. For the first nine months of that assignment, we slept on canvas cots in open air tents equipped with screen walls to keep out the bugs. They had no running water, heat, or air conditioning. The restroom/showers were about 50 feet from our tents and were common to scores of other tents containing eight to 10 men each, and we ate in a semi-permanent field kitchen.

After that we moved to the new barracks; they were permanent multi-story concrete structures that had indoor plumbing, but no interior walls. We used our wall lockers to "build" semi-private sleeping areas.

Our fire station was in two of the tents that had been hastily moved to a location adjacent to the flight line, and our fire trucks were parked in the open out front; the noise from the

aircraft engines was incredibly loud all day and all night. We used these tents for the full 11 months I was there. Once again, no running water, we used portable toilets, and there was no protection from the dust that blew in regularly from a nearby road.

I relate this story because it demonstrates that Air/Space Force firefighters are not always in tidy, well-equipped fire stations or off-duty barracks.

While I was on my assignment in Thailand, we didn't have any threat from hostile fire; the recently deployed VSF firefighters, however, were right in the middle of the hot zone. The VSF Facebook related that VSF firefighters helped treat a baby who was handed over the wall to them by U.S. Marine perimeter guard, which was seen in a picture widely distributed by the media.

I wanted to ask the deployed VSF folks what kind of living conditions they had during the deployment, but without the help of VSF Public Affairs I had no way to speak with them. It's too bad because their story needs to be told. Where did they sleep, what was their workday like, how were they fed, and did they have adequate restroom/shower facilities during this multi-week deployment?

Deployment isn't new to VSF firefighters; crews made up of military/civil service teams have been deployed for up to two weeks at a time along with thousands of other federal, state, county, and municipal fire crews to many of the wildfires in California every year. The fire camps they stay in are equipped with shower/restrooms and field kitchens; however sometimes they are required to rough it in what are known as "spike camps" in remote areas.

Sometimes the military misses an opportunity to showcase the sacrifices their troops make while serving their country. Today's military are all volunteers unlike years of the past when many were randomly conscripted into service. I have the deepest respect for the men and women who volunteer to serve; they are among America's finest.

## Speak up!

Send us your views and opinion to  
[letters@santamariasun.com](mailto:letters@santamariasun.com)



Ron Fink writes to the Sun from Lompoc. Send a response via the editor at [clanham@santamariasun.com](mailto:clanham@santamariasun.com).

## WRITE NOW!

We want to know what you think about everything. Send your 250-word letter to Sun Letters, 2450 Skyway Drive, suite A, Santa Maria, CA 93455. You can also fax it (1-805-347-9889) or e-mail it ([letters@santamariasun.com](mailto:letters@santamariasun.com)). All letters must include a name, address, and phone number for verification purposes; may be edited for space or clarity; and will be posted to [santamariasun.com](http://santamariasun.com).

## LETTERS

### Let the trucks roll

The county of Santa Barbara has forced ExxonMobil to propose trucking their oil until they are permitted to reopen their pipeline. The pipeline is the least expensive and safest means of transportation for the oil from Las Flores refinery.

We urge the county to grant their permission for ExxonMobil to proceed for these reasons. They are shipping U.S. oil so we do not have to be dependent on foreign oil importations. Gasoline trucks, oil trucks, and hydrogen trucks use the 101 highway every day in numerous transportations without problems. The proposed trucks are safe and temporary.

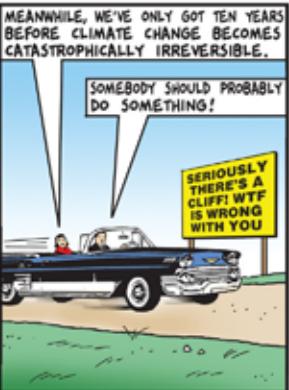
So we urge the county to approve this means of transportation. Help us to buy American and reopen the pipeline.

Justin M. Ruhge  
Lompoc

## THIS MODERN WORLD

### AMERICA 2021

### ANOTHER IN AN OCCASIONAL SERIES OF CARTOONS INVOLVING CLIFFS



REPUBLICANS ARE GONNA DO THEIR BEST TO STEAL THE NEXT ELECTION.

HELP! WHAT CAN YOU DO.

MANCHIN AND SINEMA WOULD RATHER PRESERVE THE FILIBUSTER THAN SAVE DEMOCRACY.

THAT DOES SEEM TO BE THE CASE!

WHAT PART OF "CLIFF AHEAD" DO YOU FAIL TO COMPREHEND?



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FALL/WINTER 2021

# MENUS

**BOOK ADS BY:** October 8**PUBLICATION DATE:** Late October

**Make a reservation to be a part of the Central Coast's ultimate food and drink guide**

# HOLIDAY GUIDE

**BOOK ADS BY:** November 19**PUBLICATION DATE:** November 25

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**BOOK ADS BY:** December 3**PUBLICATION DATE:** December 9

**Help our readers find the perfect last-minute gifts**

**BOYS & GIRLS CLUB NEWSLETTER** December 30**VOLUNTEERS** January 13**HEALTH & WELLNESS** January 27**CONTACT US FOR MORE INFO TODAY****Sun**NORTHERN SANTA BARBARA COUNTY  
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## Virus PR

**V**irus protection is like layering Swiss cheese armor on top of your body.

Masks are one layer, vaccination is another—distancing, well-ventilated air, and hand hygiene are still more. One hole-filled slice of aged cheese on top of another. The more layers, the fewer holes: Get it?

And misinformation? Oh, well, that's a cute little mouse eating more holes into those thin slices of stinky goodness.

"It's a cute little icon, but it drives home a very serious point," Santa Barbara County Public Health Director Dr. Van Do Reynoso told the **Board of Supervisors** on Oct. 5. "Misinformation is endlessly harming to the widespread adoption of the layered prevention strategies, just as this mouse eats away at the cheese, so too does misinformation erode the confidence of the public in proven protection methods."

The misinformation nation isn't just one mouse nibbling away. It's a whole army scarfing down chunks of protection against COVID-19. And they ain't cute mice either! They're rabid and confused.

Do Reynoso continued her little public relations spiel by saying that people should be sure and rely on "trusted" sources of information, such as the **Centers for Disease Control** and the **California Public Health Department**. The only issue is that the moronic mice don't trust these sources—they don't trust local government, state government, or federal government sources when it comes to COVID-19—so what else have you got?

We need a misinformation-eating cat to cull the moronic mice scurrying around with conspiracy theories hanging out of their mouths.

They rant about masks at county Board of

Supervisors meetings, making overtures based on conclusions that don't make sense to people with logical minds, such as the lady who was convinced that people with asymptomatic COVID-19 become symptomatic because of their mask.

"How many people have coughed or sneezed and then because of the mask, their next breath breathed the virus deeper into their nose?" she said during public comment on Oct. 5. "How many cases of symptomatic COVID have been caused through self-infection as a result of wearing a mask where the person would not have otherwise have become sick?"

Self-infection, huh?

That's a new one.

You know what else is new?

Testing sites on school campuses.

And I'm all for it. The **Santa Maria-Bonita School District** partnered with **Pipeline Medical and Heal 360** to provide free COVID-19 testing for students, teachers, and staff on four of its school campuses.

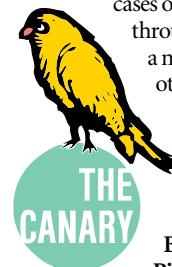
With the requirement to send people home if they exhibit any symptoms of being sick—like, at all—and not let them come back until they have a negative COVID-19 test, it makes sense.

What I don't understand is why more school districts haven't taken advantage of the program yet. Only four districts in the state have signed up with Pipeline to set up testing sites on school campuses.

This should have been a thing before we put students and teachers back on campus with the mandates now in place: Get vaccinated or get tested. Get sent home if you have any symptoms.

Is testing one of the Swiss cheese layers of protection against COVID-19? Because it should be. Layer up! ☺

*The canary always dresses in layers. Send comments to [canary@santamariasun.com](mailto:canary@santamariasun.com).*



## Join our volunteer training this Fall

**Wednesdays from 12:30 to 4:30 pm - October 20, 27 & November 3, 10**

Have you ever wondered what it would be like to volunteer for hospice?

Wilshire Hospice is looking for caring individuals to be **Hospice In-Home Volunteers**. This rich, in-depth, on-line volunteer training program will be held over four sessions.

**Fall 2021 training dates are October 20, 27 & November 3, 10.** Trainees should plan to attend all four sessions to complete the training.

Volunteers are needed in all areas of San Luis Obispo County and North Santa Barbara County.

While staying safe and current with all infectious disease protocol, Hospice in-home volunteers are still providing support and companionship for Hospice patients and their families.

Though the training is offered online, **your volunteer experience will be "live and in-person."** Our Wilshire Hospice Volunteer Training is designed to provide a soulful opportunity for personal growth while equipping you with the skills and support you will need for a meaningful volunteer experience. Spanish-speaking volunteers a plus.



## CONTACT US TODAY!

**Deb Dight, Volunteer Coordinator**

[ddight@wilshirehcs.org](mailto:ddight@wilshirehcs.org) • (805) 782-8608  
[www.wilshirehospice.org](http://www.wilshirehospice.org)

**NOTE: Local COVID-19 case numbers and changing health precautions may cause some event cancellations and venue closures. Please check with the venues directly, and most of all, stay safe!**

# HOT STUFF

OCT. 7 – OCT. 14  
2021

## SANTA YNEZ VALLEY

**ARTISTIC PERCEPTIONS** Gallery Los Olivos presents Cheryl Ambrecht and Patricia Watkins in this duo show. The artists exhibit still life and plein air paintings and jewelry. Both artists have been Gallery artists for more than 10 years and have a huge collection of creative work to share. Mondays, Thursdays-Sundays, 10 a.m.-5 p.m. through Oct. 31 Free. 805-688-7517. [GalleryLosOlivos.com](http://GalleryLosOlivos.com). Gallery Los Olivos, 2920 Grand Ave., Los Olivos.

### HOLLI HARMON: THE NATURE OF CLOUDS

Chandelier crystals, spider plants, and various succulents are among the items suspended by invisible threads, all under a ceiling designed to resemble a cumulus-cloud-filled sky, in artist Holli Harmon's window installation inspired by the water cycle. Through Nov. 1 [wildlmgmuseum.org](http://wildlmgmuseum.org). Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang, 805-688-1082.

**SHARING THE LIGHT: ANSEL ADAMS AND ALAN ROSS** This duo exhibition showcases the photography careers of both Ansel Adams (1902-1984) and Alan Ross (whose work is pictured), a longtime friend and former assistant of Adams. Through March 20, 2022 [wildlmgmuseum.org](http://wildlmgmuseum.org). Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang, 805-688-1082.

**WIDENING CIRCLES: LANDSCAPE PORTRAITS OF SOLVANG** Both of the show's featured artists, husband and wife John Iverko and Chris Chapman, will also be hosting periodic art demonstrations at the museum (Oct. 9, Oct. 30, and Nov. 13). Through Feb. 1, 2022 [elverhoj.org](http://elverhoj.org). Elverhoj Museum of History and Art, 1624 Elverhoj Way, Solvang, 805-686-1211.

## SANTA MARIA VALLEY/LOS ALAMOS

**ART EXHIBIT: FLOYD AND BARBARA SNYDER** Beginning Friday, September 3, the works of talented local artists Floyd and Barbara Snyder will be exhibiting at the Shepard Hall Art Gallery. Their show entitled "Return to Peace & Tranquility," will be on display until the end of October. Through Oct. 28 Free. 805-925-0994. Shepard Hall Art Gallery - Santa Maria Public Library, 421 South McClelland St., Santa Maria.

**DIMENSIONS IN DANCE** Held in the outdoor courtyard between buildings A and B on the college's Santa Maria campus. **Oct. 8**, 5 p.m. and **Oct. 9**, 5 p.m. Free. [hancockcollege.edu/dance](http://hancockcollege.edu/dance). Allan Hancock College, 800 S. College Drive, Santa Maria.

**GOOD MORNING STORY TIME** Storytime is designed to build literacy skills and school readiness, all while having a great time. This fun story time will have songs, fingerplays, and stories. Storytime will be held outside

on our patio. Please bring a blanket to sit on. Thursdays, 10-10:30 a.m. through Oct. 14 Free. 805-925-0994. [engagedpatrons.org](http://engagedpatrons.org). Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

**LOCAL AND FEATURED ARTIST EXHIBITS** Valley Art Gallery, located in the SM Airport, exhibits local and featured artist work. New exhibits are mounted the first Tuesday of even-numbered months. Wide variety of art available for purchase. ongoing, 8 a.m.-10 p.m. Free. 805-922-0663. Santa Maria Airport, 3249 Terminal Dr., Santa Maria.

**MUSIC LESSONS AT COELHO** Call or go online for the Academy's current offerings. The Academy offers private lessons by the hour or half hour for all age groups and ability. ongoing 805-925-0464. [coelhomusic.com](http://coelhomusic.com). Coelho Academy of Music, 325 E. Betteravia Rd., Santa Maria.

**NATIONAL HISPANIC HERITAGE MONTH CRAFT ACTIVITY FOR ADULTS** Create home-made maracas. Join us for a music-themed celebration of National Hispanic Heritage Month. Each supply kit includes an English and Spanish reading list comprised of Hispanic and Latino authors. Registration is required. **Oct. 9**, 3-4 p.m. 805-925-0994. [cityofsantamaria.org/city-government/departments/library](http://cityofsantamaria.org/city-government/departments/library). Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

**OUTDOOR UKULELE LESSONS** For individuals 50 years and up, at no charge. Participants will learn to play chords, melodies, and familiar songs. Five baritone ukuleles are available to borrow, or class members may bring one of their own. Tuesdays, Thursdays, 12:30-1:30 p.m. [cityofsantamaria.org/register](http://cityofsantamaria.org/register). Elwin Mussell Senior Center, 510 Park Ave., Santa Maria.

**PCPA: ACTORS TALKBACK** Streams live on PCPA's Instagram every Thursday and spotlights a different thespian guest each week. Hosted by Erik Stein. Thursdays, 3:30 p.m. Free. [pcpa.org](http://pcpa.org). PCPA: The Pacific Conservatory Theatre, Santa Maria, 805-922-8313.

**PCPA READS AT HOME** A literacy project that uses our students' learning to serve children and parents who are learning at home. Co-hosted by Allan Hancock College and

the Santa Maria-Bonita School District to bring a love of stories and language to people right in their homes. PCPA: The Pacific Conservatory Theatre, Santa Maria, 805-922-8313, [pcpa.org](http://pcpa.org).

**SOCIAL DIS-DANCE** Classes available for all skill levels. Class sizes limited. ongoing Everybody Can Dance, 628 S. McClelland St., Santa Maria, 805-937-6753.

**STORY TIME FOR FAMILIES** Enjoy songs, fingerplays, and stories in English and Spanish. Story time is designed to build literacy skills and school readiness, all while having a great time. Storytime will be held outside on our patio. Please bring a blanket to sit on. Wednesdays, 4:45-5:30 p.m. through Oct. 13 Free. 805-925-0994. [engagedpatrons.org](http://engagedpatrons.org). Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

**TECH TALKS: LIVE ON INSTAGRAM** Every Tuesday sit down with one of our technical staff and learn about the ins and outs of their craft. Get the exclusive with our host Erik Stein. Tuesdays, 3:30 p.m. PCPA: The Pacific Conservatory Theatre, Santa Maria, 805-922-8313, [pcpa.org](http://pcpa.org).

**VALLEY ART GALLERY'S FALL ART SPECTACULAR 2021** The Valley Art Gallery of Santa Maria is presenting original art work from local artists. All work is available for purchasing. Free parking. Free admission. Open during airport hours. Through Dec. 1 Free. [valleygallery.org](http://valleygallery.org). Santa Maria Airport, 3249 Terminal Dr., Santa Maria.

**WAR OF THE WORLDS: THE PANIC BROADCAST** On the evening of October 30, 1938, radio listeners across the U.S. heard a startling report of mysterious creatures and terrifying war machines moving toward New York City. **Oct. 15-31** [my805fix.com](http://my805fix.com). Klein Dance Arts, 3558 Skyway Drive, Orcutt.

**WINE AND DESIGN VIRTUAL AND IN-PERSON CLASSES** Check Wine and Design's Orcutt website for the complete list of virtual and in-person classes, for various ages. Also offering kids camps for summer. ongoing [Varies. wineanddesign.com/orcutt](http://varies.wineanddesign.com/orcutt). Wine and Design, 3420 Orcutt Road, suite 105, Orcutt.

**WORKSHOPS VIA ZOOM** Sara Curran Ice, PCPA's

## SUBMIT YOUR EVENTS

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 [newtimesslo.com](http://newtimesslo.com). You may also email [calendar@newtimesslo.com](mailto:calendar@newtimesslo.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@newtimesslo.com](mailto:cwiseblood@newtimesslo.com).

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## SAN LUIS OBISPO

**ACTOR'S EDGE: ACTING CLASSES** Actor's Edge offers film and television acting training in San Luis Obispo, plus exposure to Los Angeles talent agents. All ages and skill levels welcome. Classes available in SLO, LA, and on zoom. ongoing \$210 per month. [actorsedge.com](http://actorsedge.com). Online, See website, San Luis Obispo.

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## SATURDAY IN THE PARK

The Lompoc Valley Distance Club hosts its Park 2 Park event at Beattie Park in Lompoc on Saturday, Oct. 16, starting at 9 a.m. Participants have the option to join either a 4-mile run or walk, or an 8-mile run. For registration info and more details, call (805) 588-7933 or email [lompocvalleydistanceclub@gmail.com](mailto:lompocvalleydistanceclub@gmail.com). Beattie Park is located at E. Olive Ave. and S. 5th St., Lompoc.

—Caleb Wiseblood

PHOTO COURTESY OF THE LOMPOC VALLEY DISTANCE CLUB



**CALIFORNIA AREA RESIDENTS CASH IN:** Pictured above are protected Priority Packages containing the unsearched Vault Bags that everyone will be trying to get. It's hard to tell how much these unsearched bags loaded with rarely seen Gov't issued coins could be worth someday. That's because each Vault Bag is known to contain nearly 3 pounds of Gov't issued coins some dating back to the 1800's including all those shown in today's publication. In addition, after each bag is loaded with over 200 rarely seen coins, each verified to meet a minimum collector grade of very good or above, the dates and mint marks are never searched to determine collector values. So you better believe at just \$980 these unsearched Vault Bags are a real steal.

# Rarely seen United States coins up for grabs in California -zip codes determine who gets them

*Unsearched Vault Bags loaded with rarely seen U.S. Gov't issued coins some dating back to the 1800's and worth up to 50 times their face value are actually being handed over to residents who find their zip code below and beat the 48 hour order deadline*

**CA RESIDENTS: IF YOU FIND YOUR ZIP CODE BELOW. CALL: 1-800-869-3164 UV31328**

93401	93410	93428	93442	93449	93454	93465
93402	93420	93430	93444	93451	93455	
93405	93422	93432	93445	93452	93458	
93406	93424	93433	93446	93453	93461	

"The vaults at Federated Mint are going empty," said Laura A. Lynne, U.S. Coin and Currency Director for Federated Mint.

That's because a decision by Federated Mint to release rarely seen U.S. Gov't issued coins, some worth up to 50 times their face value, means unsearched Vault Bags loaded with U. S. Gov't issued coins dating back to the 1800's are now being handed over to U.S. residents who find their zip code listed in today's

publication.

"But don't thank the Government. As U.S. Coin and Currency Director for Federated Mint, I get paid to inform and educate the general public regarding U.S. coins. Ever since the decision by Federated Mint to release rarely seen U.S. Gov't issued coins to the general public — I'm being asked how much are the unsearched Vault Bags worth? The answer is, there's no way to tell. Coin values always

fluctuate and there are never any guarantees, but we do know this. Each unsearched bag weighs nearly 3 pounds and is known to contain rarely seen Morgan Silver Dollars and these coins alone could be worth \$40 - \$325 in collector value each according to The Official Red Book, a Guide Book of United States Coins. So there's no telling what you'll find until you search through all the coins. But you better believe at just \$980 these unsearched Vault

Bags are a steal," said Lynne.

"These are not ordinary coins you find in your pocket change. These are rarely seen silver, scarce, collectible and non-circulating U.S. coins dating back to the 1800's so we won't be surprised if thousands of U.S. residents claim as many as they can get their hands on. That's because after the bags were loaded with nearly 3 pounds of U.S. Gov't issued coins, each verified to meet a minimum collector grade

(Continued on next page)

R1054R-1

UNITED STATES GOVERNMENT  
ISSUED COINS SEALED IN EACH BAG:



Silver Morgan Dollar  
1878-1921



Silver Liberty Head  
1892-1915



Silver Walking Liberty  
1916-1947



Silver Peace Dollar  
1921-1935



Silver Ben Franklin  
1948-1963



**UNSEARCHED:** Pictured above are the unsearched Vault Bags being handed over to California residents who call the National Toll-Free Hotline before the 48-hour deadline ends. And here's the best part. Each Vault Bag is loaded with over 200 U.S. Gov't issued coins, including all the coins pictured in today's publication, some dating back to the 1800's and worth up to 50 times their face value. Each coin is verified to meet a minimum collector grade of very good or above before the bags are securely sealed and the dates and mint marks are never searched by Federated Mint to determine collector value. If you find your zip code listed, call 1-800-869-3164 EXT.UV31328 immediately.

(Continued from previous page)

quality of very good or above, the dates and mint marks were never searched to determine collector values and the bags were securely sealed. That means there's no telling what you'll find until you search all the coins," said Lynne.

The only thing U.S. residents who find their zip code printed in today's publication need to do is call the National Toll-Free Hotline before the 48-hour deadline ends.

This is very important. After the Vault Bags were loaded with over 200 of U.S. Gov't issued coins, each verified to meet a minimum collector grade quality of very good or above, the dates and mint marks were never searched to determine collector values. The Vault Bag fee has been set for \$1,500 for residents who miss the 48-hour deadline, but for those U.S. residents who beat the 48-hour deadline the Vault Bag fee is just \$980 as long as they call the

National Toll-Free Hotline before the deadline ends.

"Remember this, we cannot stop collectors from buying up all the unsearched bags of coins they can get in this special advertising announcement. And you better believe with each bag being loaded with nearly 3 pounds of U.S. Gov't issued coins we're guessing they're going to go quick," said Lynne.

The phone lines will be ringing off the hook beginning at precisely 8:30 a.m. this morning. That's because each unsearched Vault Bag is loaded with the rarely seen coins pictured left and highly sought after collector coins dating clear back to the 1800's including iconic Morgan Silver Dollars, a historic Peace Silver Dollar, stunning Silver Walking Liberty Half Dollars, the collectible Silver Eisenhower Dollars, spectacular Silver Liberty Head Half and Quarter Dollars, rarely seen Silver Franklin Half Dollars, high demand President Kennedy Silver

Half Dollars, beautiful Silver Standing Liberty Quarter Dollars, American Bicentennial Quarters, rare Liberty V Nickels, one cent Historic Wheat Coins including 1943 "Steel Cents", one of the beautiful Winged Liberty Head Dimes, scarce Indian Head one cent U.S. coins and the last ever minted Buffalo Nickels.

"With all these collectible U.S. Gov't Issued coins up for grabs we're going to do our best to answer all the calls," said Lynne.

Thousands of U.S. residents stand to miss the deadline to claim the U.S. Gov't issued coins. That means U.S. residents who find their zip code listed in today's publication can claim the unsearched bags of money for themselves and keep all the U.S. Gov't issued coins found inside.

If you find your zip code listed, call 1-800-869-3164 EXT.UV31328 immediately. Just be sure to call before the deadline ends 48 hours from today's publication date. ■

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Presents

40TH ANNUAL



Santa Maria  
**Fairpark**  
Santa Maria  
California

October  
23 & 24  
2021

**Kustom Kulture  
Art Show**



All Kinds of  
**Vendors**

**Automotive  
Swap Meet**

Saturday &amp; Sunday

**Outstanding  
LIVE MUSIC**

**Pin Striping Panel  
Jam & Party**

Sponsored by PPG



**Model  
Car Show**

Sponsored by HISTORIC &amp; HOT ROD MODELS

**Gates Open at:  
8 AM Saturday • 7 AM Sunday**

### ADMISSION AT THE GATE:

Adults \$15.00 • Kids 10 &amp; Under Free

Seniors 60 &amp; Over \$10.00

Active Military \$5.00 With Military I.D.



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Tickets !**

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### CALIFORNIA CENTRAL COAST PASTEL SOCIETY: 3CPS MEMBER ONLINE SHOW

Discover California Central Coast Pastel Society's new online exhibit, with vibrant contemporary and classical paintings in varied styles and themes. Find exhibit, workshop, membership, paint-out dates, and event info on website. Through March 31, 2022 Free. [3cps.org/3cps-online-show/](http://3cps.org/3cps-online-show/). Online, See website, San Luis Obispo.

**CENTRAL COAST FOLLIES: A WHOLE LOT OF NONSENSE** Dancers, singers, Disney kid princesses, and a "Follies Godmother" delight guests with music from Broadway and more. This is the group's 19th year entertaining SLO County and donating to Parkinson's Disease research. CDC/Performing Arts Center COVID-19 protocols include masks. **Oct. 10**, 3:50 p.m. \$20-\$45. 916-837-4329. [centralcoastfollies.org](http://centralcoastfollies.org). Spanos Theatre, Cal Poly, San Luis Obispo.

**MARK DI SUVERO: HISTORY AND ITS SHADOW** An exhibition of paintings and sculpture by the world renowned artist. Through Nov. 7 San Luis Obispo Museum of Art, 1010 Broad St., San Luis Obispo, 543-8562, [sloma.org/](http://sloma.org/).

### MASK MAKING AND HAT MAKING

Geared for children and adults. ongoing Spirits of Africa Gallery, 570 Higuera St., San Luis Obispo, [spiritsofafricagallery.com/](http://spiritsofafricagallery.com/).

### OPEN STUDIOS ART TOUR 2021

Free to the public, artists and crafters open their studios to showcase their art and share their process. Some artists have live demonstrations so visitors can see art being created and experience the creative process. Visitors create their own self-guided tour using the downloadable catalog. **Oct. 9**, 10 a.m.-5 p.m., **Oct. 10**, 10 a.m.-5 p.m., **Oct. 16**, 10 a.m.-5 p.m. and **Oct. 17**, 10 a.m.-5 p.m. Free. 805-544-9251. [artsobispo.org/open-studios-art-tour](http://artsobispo.org/open-studios-art-tour). ARTS Obispo Open Studios Art Tour, SLO County, Countywide.

**PAINTING CLASSES** Easels, brushes, and canvases provided. Limited to 20 students. Spirits of Africa Gallery, 570 Higuera St., San Luis Obispo, [spiritsofafricagallery.com/](http://spiritsofafricagallery.com/).

### PALESTINE: UNLIMITED PHOTOGRAPHY EXHIBIT

The display features photos from ten competition finalists from the first annual Karimeh Abboud Award Competition of Dar al-Kalima University College of Arts and Culture in Bethlehem, Palestine. Saturdays, Sundays, 11 a.m.-1 p.m. through Oct. 31 Free. 805-544-2133. Mount Carmel Lutheran Church, 1701 Fredericks St., San Luis Obispo.

**SLO CAMERA CLUB** Online Zoom meetings and competitions. Everyone is welcome. Visit site for meeting links. Second Thursday of every month Free to guest. [slocameracclub.org](http://slocameracclub.org). Online, See website, San Luis Obispo.

### SLO NIGHTWRITERS PRESENT POET FORREST GANDER

Pulitzer Prize-winning poet Forrest Gander will discuss the complex relationships between humans, ecology and poetry. He will also discuss his work as a poetry editor and will discuss topics of interest to the audience. **Oct. 12**, 6:30-8 p.m. Free. 805-703-3132. [slonightwriters.org](http://slonightwriters.org). Online, See website, San Luis Obispo.

### SPIRITUAL MOVIE DISCUSSION

**(VIRTUAL)** Supported by Unity 5 Cities, this weekly virtual group discusses popular movies with spiritual themes (please watch movies in advance). Contact Melissa at meliss.crist@gmail.com to be added to the email list and receive the link. Tuesdays, 6-7:30 p.m. Free. 805-440-9461. [unity5cities.org](http://unity5cities.org). Online, See website, San Luis Obispo.

### VIEWPOINTS: A SPECIAL EXHIBITION

Viewpoints is an exhibition by four artists who observe the world from different directions. Kim Snyder, Rod Baker, Barry Lundgren, and Janice Pluma each offer a unique perspective on nature's many faces. Through Dec. 31 805-926-5050. SLO Gallery, 1019 Broad Street, San Luis Obispo, [SLOgallery.com](http://SLOgallery.com).

**WALT WHITMAN GAY MEN'S BOOK CLUB** Walt Whitman Gay Men's Book Club meets virtually via zoom. This club reads, studies and discusses books chosen by the group which relate to their lives as gay men. All are welcome. Second Monday of every month, 7:30 p.m. Free. [galacc.org/events/](http://galacc.org/events/). Online, See website, San Luis Obispo.

### WONDERS OF THE OAK WOODLANDS YOUTH ART SHOW: IN SUPPORT OF LCSLO

Features art from kindergarten to grade 12 students in San Luis Obispo County. Showcasing animal and plant diversity found within SLO County's oak woodlands, while spotlighting the amazing talents of youth artists. Mondays-Saturdays, 10 a.m.-5 p.m. and Sundays, 12-4 p.m. through Oct. 10 Free. 805-747-4200. [artcentralslo.com/gallery/](http://artcentralslo.com/gallery/). Art Central, 1329 Monterey St., San Luis Obispo.

**THE WRITER'S PROCESS** Join acclaimed author and writing coach Anne Janzer for this informative workshop to help you find your own best writing process. This 90-minute workshop will take place online via Zoom. Presented by SLO

County Libraries. Space is limited and registration required. **Oct. 13**, 6:30-8 p.m. Free. 805-781-5481. [slolibrary.org](http://slolibrary.org). Online, See website, San Luis Obispo.

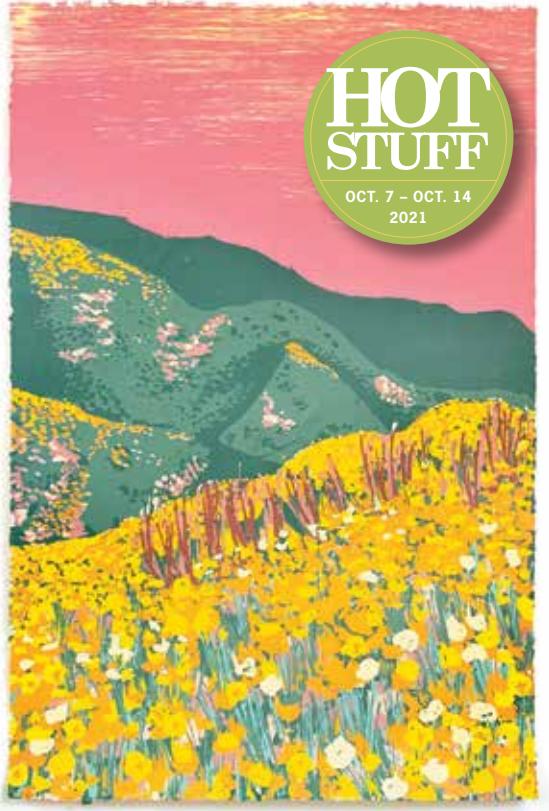
### NORTH SLO COUNTY

#### 1975 PEOPLE PLACES THINGS: A PHOTO EXHIBIT

Maureen Thompson and Larry Borges have restored black and white photos from Europe taken nearly 50 years ago while Maureen studied photography in Austria. Opening reception on Sept. 4. Exhibit continues through Dec. 1. Through Dec. 1 Free. 520-730-9733. Joebella Coffee Roasters, 3168 El Camino Real, Atascadero, [joebellacoffee.com](http://joebellacoffee.com).

**BRUCE MUNRO: LIGHT AT SENSORIO** Acclaimed artist Bruce Munro's Light at Sensorio features two walkthrough installations: "Field of Light" featuring almost 60,000 color-changing blooms covering 15 acres of rolling hills; and "Light Towers," celebrating Paso Robles wine country with 69 towers composed of more than 17,000 illuminated wine bottles. Thursdays-Sundays, through Jan. 2 \$9.50-\$110. 805-226-4287. [sensoriopaso.com](http://sensoriopaso.com). Sensorio, 4380 Highway 46 East, Paso Robles.

COURTESY IMAGE BY CLAUDIA BORFIGA



### HOMEWARD BOUND

The Wildling Museum of Art and Nature in Solvang presents Close to Home, a new printmaking exhibition, starting on Saturday, Oct. 9. A special artist reception for this trio exhibit, which showcases works by printmakers Claudia Borfiga (whose work is pictured), Karen Schroeder, and Sara Woodburn, will take place on Sunday, Oct. 17, from 3 to 5 p.m. Call (805) 688-1082 or visit [wildlingmuseum.org](http://wildlingmuseum.org) to find out more. The museum is located at 1511 Mission Drive, unit B, Solvang.

—C.W.

### DEPRISE BRESCIA ART GALLERY: OPEN DAILY

Features a large selection of encaustic art, sculpted paintings, art installations, acrylic palette knife paintings, digital art, glass, jewelry, stones, fossils, and a butterfly sculpture garden. [DepriseBrescia.com](http://DepriseBrescia.com). Deprise Brescia Art Gallery, 829 10th St., Paso Robles, 310-621-7543.

**LUMINOUS LIGHTSCAPES** Glass art celebrates the drama of light, color and form, making it luminous by its very nature. Luminous Lightscapes showcases many disciplines of glass art created by Rod Baker, Theresa Buccola, George Jercich, Kelly Johnson, Richard Mortensen, Carolyn Niblick, Brenda Steffensen, and Stephanie Wilbanks. Through Nov. 1, 12-4 p.m. 805-238-9800. [studiosonthepark.org/events/luminous-lightscapes/](http://studiosonthepark.org/events/luminous-lightscapes/). Studios on the Park, 1130 Pine St., Paso Robles.

**STUDIOS ON THE PARK: ONLINE CLASSES AND WORKSHOPS** Check site for a variety of virtual classes and workshops online. [studiosonthepark.org](http://studiosonthepark.org). Studios on the Park, 1130 Pine St., Paso Robles, 805-238-9800.

### NORTH COAST SLO COUNTY

#### BEATE AMLER'S PHOTOGRAPHY EXHIBIT:

**REFLECTIONS** Beate Amler shows her photographic work in her exhibit "Reflections" at the Morro Bay Library until the end of October. She captures the light and colors displayed in reflections around us in an unusual way. Tuesdays-Saturdays, 9 a.m.-5 p.m. through Oct. 30 Free. 805-772-6394. Morro Bay Library, 625 Harbor St., Morro Bay.

ARTS continued page 17

**CENTRAL COAST SCULPTORS' "TOMORROW'S SCULPTURE"** Explore Central Coast Sculptors' contemporary exhibition, "toMORRow's Sculpture" at Art Center Morro Bay through Nov. 1, along with Morro Bay Art Association's mixed-media showcase Visionary Human. Juror Russell Hodin chose 30 sculptures with diverse materials, styles and techniques by 24 regional 3D-artists. Masks required. Through Nov. 1 Free admission. 805-772-2504. centralcoastsculptors.org/. Art Center Morro Bay, 835 Main St., Morro Bay.

**DOT MANDALA: FREE ART DEMO** MBAA is proud to present a demonstration of Dot Mandala with Lynne Harrington. She is passionate about dot mandalas, finding the process of creating them meditative and the end result beautiful and would love to show you how you can start this stress-relieving practice yourself. **Oct. 11**, 3-5 p.m. Free. 805-772-2504. artcentermorrobay.org/index.php/comingevents/demos-meetings/. Art Center Morro Bay, 835 Main St., Morro Bay.

**FEATURED ARTIST ATUL PANDE** "I am a self-taught painter working in water-based media, mainly acrylic. My style is based on the non-objective modern expressionist movement that originated in post-WWII New York. I work in an intuitive manner exploring line, form and color, but without a goal in mind," Pande said in a statement. Through Oct. 29, 11 a.m.-5 p.m. Free. 805-772-1068. galleryatmarinasquare.com. Gallery at Marina Square, 601 Embarcadero suite 10, Morro Bay.

**FEATURED CRAFT ARTIST: ARDELLA SWANBERG** Type of Art: Book making and handmade crafts. Ardella was raised in Garden Grove, California, lived in many locations, and relocated to here 25 years ago. Ardella paints subjects found in the Central Coast. Through Oct. 29, 11 a.m.-5 p.m. 805-772-1068. galleryatmarinasquare.com. Gallery at Marina Square, 601 Embarcadero suite 10, Morro Bay.

**FOREVER STOKED PAINT PARTY** Join us at the gallery, for a few hours to travel on a creative paint journey guided by a member of the fun loving FS crew. You will receive as much or as little instruction as you prefer. No artistic experience is necessary. Saturdays, 7-9 p.m. \$45. 805-772-9095. Forever Stoked, 1164 Quintana Rd., Morro Bay.

**FREE CREATIVITY DAY** This ongoing group is free, informal, and open to the public. Meet in the Studio at Art Center Morro Bay. Bring your art work, in any medium and join others working in various mediums. Bring your lunch and join the fun. Choose your attendance time. Wednesdays, 10 a.m.-3 p.m. through Jan. 26. Free. 805-772-2504. artcentermorrobay.org/index.php/comingevents/classes/. Art Center Morro Bay, 835 Main St., Morro Bay.



IMAGE COURTESY OF THE ARTERY

and over. No photos allowed. Bring your own art materials. First come, first served. Wednesdays, 6-9 p.m. through Jan. 26. \$10 members; \$12 non-members. 805-772-2504. artcentermorrobay.org/index.php/comingevents/classes/. Art Center Morro Bay, 835 Main St., Morro Bay.

**LOOKING FOR VOLUNTEERS AND ARTISTS** Cambria Center for the Arts is always looking for volunteers to help us with projects. No artistic skills required. Artists are also sought on a continual basis. Please check our website for details. Through Dec. 31 805-927-8190. cambriaarts.org/home. Cambria Center for the Arts, 1350 Main St., Cambria.

#### QUICK STUDIES IN CLAY

A 2 half-days workshop with Anne Grannis. Anne will be teaching techniques to sculpt a whole figure, a torso, or a bas-relief using water-based clay. We will be working from a live model. Clay and tools will be provided. **Oct. 9**, 1-3 p.m.

and **Oct. 10**, 1-3 p.m. \$125 for MBAA Members; \$135 for Non-members. 805-772-2504. artcentermorrobay.org. Art Center Morro Bay, 835 Main St., Morro Bay.

#### SECOND SATURDAY: FEATURED ARTISTS OPENING RECEPTION

Come by and see the Featured Artists Shows, find gifts for your loved ones, surprises for yourself, and meet the artists featured in the incredible gallery. Second Saturday of every month, 5-7 p.m. Free. 805-772-1068. galleryatmarinasquare.com. Gallery at Marina Square, 601 Embarcadero suite 10, Morro Bay.

### HAMBURGER HUES

The ARTery in Atascadero presents *Creating Comic Characters*, a two-hour art workshop open to all levels of experience, on Saturday, Oct. 16, from 11 a.m. to 1 p.m. Participants of the class will create their own original characters and learn techniques on how to draw their characters' reactions to a variety of situations. Admission is \$25. Visit [theartery.com](http://theartery.com) for more details. The ARTery is located at 5890 Traffic Way, Atascadero.

—C.W.

#### GALLERY AT MARINA SQUARE: FEATURED ARTIST GROUP SHOW

"Between The Tides" is a group photography show, depicting the beauty of our seacoast—the amazing land and waterscapes that shape our beautiful Central Coast. Kerry Drager, Teresa Ferguson, Greg Siragusa, and Dominic Hartman bring their individual photographic snap-shots to this show. Through Oct. 29, 11 a.m.-5 p.m. Free. 805-772-1068. galleryatmarinasquare.com. Gallery at Marina Square, 601 Embarcadero suite 10, Morro Bay.

#### LIVE FIGURE DRAWING CLASS

Open to vaccinated adults. All levels and art techniques are welcome. 18 ages

**HOT STUFF**  
OCT. 7 - OCT. 14  
2021

# CULTURE & LIFESTYLE

## SANTA YNEZ VALLEY

**12TH ANNUAL SCARECROW FEST** Throughout the month of October, participating businesses and organizations throughout Santa Ynez Valley will create their own unique scarecrows to be displayed outside storefronts and at other locations. Through Oct. 31 [syvscarecrows.com](http://syvscarecrows.com). Downtown Solvang, Citywide, Solvang.

## SANTA MARIA VALLEY/LOS ALAMOS

### 2021 MARRIAGE CORNHOLE TOURNAMENT

Calvary Chapel Santa Maria is hosting a Cornhole Tournament for Marriages. For \$40, the family receives a prepared lunch, the married couple gains entry into the tournament, babysitting is provided, and potential prizes can be won. **Oct. 10**, 11:30 a.m.-3 p.m. \$40. 805-922-1822. [ccsantamaria.com](http://ccsantamaria.com). Calvary Chapel Santa Maria, 2620 Santa Maria Way, Santa Maria.

### 30 VOLUNTEERS NEEDED IN SANTA MARIA/ ORCUTT

Community Partners in Caring is seeking volunteers to help support dependent older adults and seniors. [partnersincaring.org](http://partnersincaring.org). Citywide, Santa Maria.

### ANDROID PHONE CLASS

First Thursday of every month Oasis Center, 420 Soares Ave., Orcutt, 805-937-9750.

### CAREGIVER SUPPORT GROUP (ONLINE)

Join us for this Caregiver Support Group online. Sponsored by the Santa Maria Wisdom Center and Dignity Health Family Caregiver Support Program. Open to everyone. Call to have zoom link emailed, or for questions. Second Tuesday of every month, 1:30-2:30 p.m. through Dec. 31 Free. 805-354-5326. [smwisdomcenter.org](http://smwisdomcenter.org). Santa Maria, Citywide, Santa Maria.

### CENTRAL COAST CORVETTE CLUB

Open to Corvette owners and enthusiasts. First Thursday of every month, 7 p.m. Free. 805-934-3948. Home Motors, 1313 E. Main St., Santa Maria.

### FEEL GOOD YOGA

Tuesdays, Thursdays, 8:30-9:30 a.m. 805-937-9750. [oasisorcutt.org](http://oasisorcutt.org). Oasis Center, 420 Soares Ave., Orcutt.

### HUMAN BEING SUPPORT AND INSPIRATION ONLINE GROUP

An online group to listen and get support from others from the comfort of your own home. Tuesdays, 6:30-8 p.m. \$40 monthly subscription. 805-

**CULTURE & LIFESTYLE** continued page 18



## Annual Coin & Collectible Show

SPORTS CARDS BEANIES CASINO CHIPS

October 16th, 2021 • 9am-4pm

Elwin Mussell Senior Center  
510 E. Park Avenue, Santa Maria

Presented by: Santa Maria Coin Club

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**King**

Age: 6 years 1 month  
Breed: American Staffordshire Terrier/Cattle Dog  
Sex: Male  
Weight: 43 lbs.

**Suna**

Age: 3 years 5 months  
Breed: Shepherd /Norwegian Elkhound  
Sex: Female  
Weight: 64 lbs.



All animals are health checked, spayed/neutered, vaccinated and microchipped.

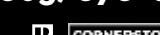


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The guitar will be raffled at the New Times Music Awards on November 12th at SLO Brew Rock.



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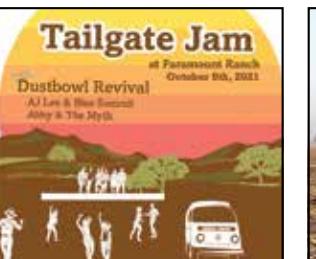
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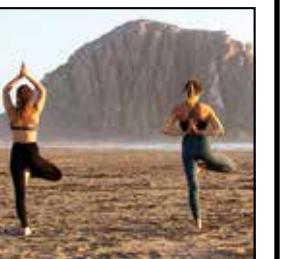
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**Tiny Porch Concerts: Tailgate Jam with Dustbowl Revival**  
SATURDAY, OCTOBER 9  
Paramount Ranch, Agoura Hills



**Sunset Yoga in Morro Bay**  
TUESDAYS, OCTOBER 12 & 19  
Cloisters Park, Morro Bay



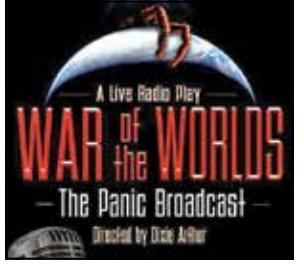
**Cocktails & Comedy**  
WEDNESDAY, OCTOBER 13  
Secret Garden at Sycamore Mineral Springs Resort, SLO



**Chakra Meditation and Breath Work**  
WEDNESDAYS, OCTOBER 13 & 20  
On the Beach, Morro Bay



**Harvest Festival Weekend: Pig Roast**  
FRIDAY, OCTOBER 15  
Cass Winery, Paso Robles



**War of the Worlds**  
FRI, SAT, SUN: OCT 15, 16, 17;  
22, 23, 24; AND 29, 30, 31  
Klein Dance Arts, Santa Maria



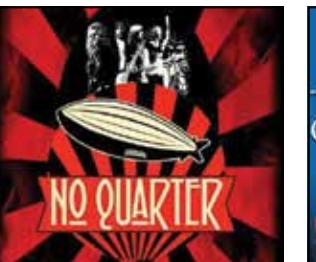
**Fashions for a Purpose: Fashion Event**  
SATURDAY, OCTOBER 16  
Trattoria Oliveto, Orcutt



**Committed to Social Justice Freedom Fund Event**  
SATURDAY, OCTOBER 16  
Bang the Drum Brewery, SLO



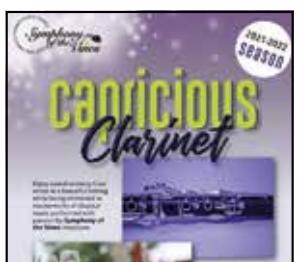
**Harvest Festival Weekend: Grape Stomp & Tacos**  
SATURDAY, OCTOBER 16  
Cass Winery, Paso Robles



**No Quarter**  
(Led Zeppelin Tribute Band)  
SATURDAY, OCTOBER 16  
Rava Wines, Paso Robles



**Cambria Concerts presents: Jill Knight**  
SUNDAY, OCTOBER 17  
Camp Ocean Pines, Cambria



**Capricious Clarinet**  
SUNDAY, OCTOBER 17  
Symphony of the Vines at  
Cass Winery, Paso Robles



**Songwriters at Play/SSH:**  
Josh Rosenblum  
SUNDAY, OCTOBER 17  
Puffer's, Pismo Beach



**Butterfly Ball: Monarch Masquerade**  
SATURDAY, OCTOBER 23  
Octagon Barn, SLO

## CULTURE & LIFESTYLE from page 17

598-1509. [divining.weebly.com](#). Divine Inspiration, 947 E Orange St., Santa Maria.

**LINE DANCING** Mondays, 6:30-9 p.m. 805-937-9750. [oasisorcutt.org](#). Oasis Center, 420 Soares Ave., Orcutt.

**ORCUTT MINERAL SOCIETY** 2nd Tues. of every month Oasis Center, 420 Soares Ave., Orcutt, 805-937-9750.

**PINKTOBER COMMUNITY BAZAAR** Chemo Care Package donations receive one free raffle drawing entry. Oct. 17, 10 a.m.-4 p.m. Filipino Community Center, 2270 Preisker Lane, Santa Maria.

**POKÉMON STEAM YOUTH PACKS** Pick up this Pokémon trainer STEAM pack. Learn fun math with Pokémon cards and create original Pokémon nature material found from hikes or park excursions and more. Program packs are available while supplies last. Oct. 7, Oct. 8 and Oct. 9 Free. 805-925-0994. [engagedpatrons.org](#). Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

**PRESCHOOL ACTIVITY PACKS** Ages 3-5. Preschool Activity Packs include a craft, a fun maker project, coloring pages, a list of fun activities to do from home, and a book list. Packs focus on strengthening fine motor skills, identification of shapes, colors, and textures, all while encouraging learning. Oct. 16 Free. 805-925-0994. [engagedpatrons.org](#). Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

**REFLEXOLOGY** Tues., 9 a.m.-1 p.m. 805-937-9750. [oasisorcutt.org](#). Oasis Center, 420 Soares Ave., Orcutt.

**RESUME WORKSHOP** Learn how to craft a resume that showcases your skills, experience, and education. Participants will learn strategies for communicating their potential in a professional format to potential employers and schools. Registration is required. Oct. 13, 3-4 p.m. 805-925-0994. [cityofsantamaria.org/city-government/departments/library](#). Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

**TEEN ANIME CLUB: SANTA MARIA PUBLIC LIBRARY** If you're a teen who is into anime or manga, come to Anime Club. Hang out with other fans, eat Japanese snacks, and do fun activities. New members are always welcome. Oct. 15, 3:30-4:30 p.m. Free. 805-925-0994. [engagedpatrons.org](#). Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

**VIRTUAL WORKSHOPS OVER ZOOM** Visit site or call to learn about various virtual workshop offerings. ongoing Varies. Unwind Studio, 130 N. Broadway, suite B, Santa Maria, 805-748-2539, [unwindsantamaria.com](#).

**YOUTH STAR WARS READS PACKS: SANTA MARIA PUBLIC LIBRARY** Celebrate reading and Star Wars together with this out of the world pack. Inside, Jedi Masters, ages 6 through 12, will have activity idea sheets, a Star Wars inspired booklist, color your own bookmark, and paint a baby Grogu night light to complete their training. Oct. 9, Oct. 11, Oct. 12, Oct. 13, Oct. 14, Oct. 15 and Oct. 16 Free. 805-925-0994. [engagedpatrons.org](#). SM Public Library, 421 S. McClelland St., Santa Maria.

## SOUTH COAST SLO COUNTY

**AVILA BEACH CHILDREN'S BUSINESS FAIR** A one-day children's marketplace where participants can sell their crafts/creations at their own business booths. This event promotes and supports young entrepreneurs. Oct. 16 Avila Beach Community Center, 191 San Miguel St., Avila Beach, 805-627-1997, [avilabeachcc.com](#).

## SAN LUIS OBISPO

**CAL HOPE SLO GROUPS AT TMHA** Visit website for full list of weekly Zoom groups available. Mondays, Tuesdays, Thursdays, Fridays [calhopeconnect.org](#). Transitions Mental Health Warehouse, 784 High Street, San Luis Obispo, 805-270-3346.

**CAL POLY MEN'S SOCCER VS CAL STATE FULLERTON** The first 200 fans at the match will get a Cal Poly blanket. Oct. 13, 7 p.m. [gopoly.com](#). Alex G. Spanos Stadium, 1 Grand Ave., San Luis Obispo, 805-756-7297.

**CAL POLY VOLLEYBALL VS CSU BAKERSFIELD** The first 200 fans at the match will receive a Cal Poly pop-socket. Oct. 12, 5 p.m. [gopoly.com](#). Mott Athletics Center, 1 Grand Ave., San Luis Obispo, 805-756-7297.

**CAL POLY WOMEN'S SOCCER VS CSU BAKERSFIELD** It's ALS Awareness Night, so come support the fight against ALS. Oct. 7, 7 p.m. [gopoly.com](#). Alex G. Spanos Stadium, 1 Grand Ave., San Luis Obispo, 805-756-7297.

**CAL POLY WOMEN'S SOCCER VS CSU BAKERSFIELD** It's Youth Day, so all kids ages 13 and under receive free admission to the match. Oct. 10, noon [gopoly.com](#). Alex G. Spanos Stadium, 1 Grand Ave., San Luis Obispo, 805-756-7297.

## NATIONAL COMING OUT DAY 2021 (VIRTUAL)

Tour the Castro District, San Francisco's historically LGBTQ+ neighborhood and home of the Painted Ladies from the comfort of your home. Oct. 11, 5:30-6:30 p.m. Free. [tinyurl.com/ComingOutCastro](#). Online, See website, San Luis Obispo.

**REIKI CERTIFICATION WORKSHOP** Reiki I and II Certifications over two magical days building community, learning to tune into your energetic field and facilitate deep healing for yourself and others. Oct. 9, 1-6 p.m. and Oct. 10, 1-6 p.m. \$222. 727-458-5738. [BoundlessBreath.com/shop/](#). SLO Yoga Center, 672 Higuera St #200, San Luis Obispo.

**STAND OUT PARENT SUPPORT GROUP** Stand Out is a California Central Coast peer group providing a safe/confidential space, without judgment. Supplying support and information for families of LGBTQ+ identified youth, regardless of religious affiliation. We believe in meeting people who together can support and navigate through the journey of acceptance. Second Tuesday of every month, 6:15-7:45 p.m. through Oct. 12 Free. [galacc.org/events/](#). Skipper Brew Coffee House, 1242 Monterey St, San Luis Obispo, 805-776-5023.

**TRANS\* YOUTH PEER SUPPORT GROUP** This group is a safe place for trans\* and gender non-conforming people, as well as those questioning, from ages of 11 to 18.

18. A facilitated emotional support group to be heard, share your story, and hear stories that may sound surprisingly like your own. Second Tuesday of every month, 6-8 p.m. Free. GALA Pride and Diversity Center, 1060 Palm Street, San Luis Obispo, 805-541-4252.

**ZUMBA WITH CHRISTIANA** SLO's ultimate dance fitness workout, combining cardio and muscle toning set to today's hottest Latin beats. All levels are welcomed and celebrated. First class is \$5 to try. Various pricing options available. Tuesdays, 7:15-8:15 p.m. [ChristianaEnriquez.Zumba.com](#). Zumba with Christiana, 3422 Miguelito Ct, Studio 3, San Luis Obispo, 805-305-5609.

## FOOD & DRINK

### SANTA YNEZ VALLEY

**KALYRA: PURCHASES AND PICK-UPS** Offering varietals from all over the world. Tuesdays-Sundays, 12-5 p.m. 805-693-8864. [kalyrawinery.com](#). Kalyra Winery, 343 N. Refugio Rd., Santa Ynez.

**STANDING SUN: CELLAR CLUB** Visit site for Cellar Club details and more info. Mondays-Thursdays, 11 a.m.-5 p.m. 805-691-9413. [standingsunwines.com](#). Standing Sun Wines, 92 2nd St., Unit D, Buellton, 805-691-9413.

### SANTA MARIA VALLEY/LOS ALAMOS

**PRESQUEILE WINERY: WINE CLUB** Call or go online to make a reservation to taste at the winery or find more info on the winery's Wine Club offerings. ongoing [presquilewine.com/club/](#). Presquile Winery, 5391 Presquile Dr., Santa Maria, 805-937-8110.

**SIMPLY SOURDOUGH** First Thursday of every month Oasis Center, 420 Soares Ave., Orcutt, 805-937-9750.

### SOUTH COAST SLO COUNTY

**ARROYO GRANDE FARMERS MARKET** Saturdays, 12-2:25 p.m. Arroyo Grande Farmers Market, Olahan Alley.

**PISMO BEACH FARMERS MARKET** Features various vendors selling their goods. Wednesdays, 4-7 p.m. Pismo Beach Farmers Market, Pismo Pier.

### SAN LUIS OBISPO

**OKTOBERFEST SLO** Features a variety of food and beer vendors providing German beer, food, music, contests, and games. Oct. 9, 5-9 p.m. \$50. 805-481-4898. [oktoberfestslo.com](#). Alex Madonna Expo Center, 100 Madonna Rd, San Luis Obispo.

## MUSIC

### SANTA YNEZ VALLEY

**LIVE MUSIC SUNDAYS** Sundays, 2-5 p.m. Brick Barn Wine Estate, 795 W. Hwy 246, Buellton, 805-686-1208, [brickbarnwineestate.com](#).

**WINE DOWN WEDNESDAYS** Wednesdays, 5-7 p.m. Brick Barn Wine Estate, 795 W. Hwy 246, Buellton, 805-686-1208, [brickbarnwineestate.com](#).

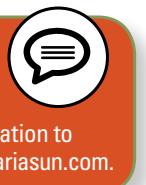
### SANTA MARIA VALLEY/LOS ALAMOS

**CENTRAL COAST BEAT SOCIAL: COURTYARD CULTURE** An ongoing series of outdoor music events at different venues in Santa Maria, Guadalupe, and other cities along the Central Coast. Hosted by Central Coast Beat Social. ongoing [centralcoastbeatsocial.com/](#). Citywide, Santa Maria.

### SAN LUIS OBISPO

**CENTRAL COAST FOLLIES: A WHOLE LOT OF NONSENSE** Enjoy tap and jazz dance numbers. Net proceeds donated to Parkinson's Disease research. Oct. 8, Oct. 9 and Oct. 10. Spanos Theatre, Cal Poly, San Luis Obispo, 805-756-7113. ○

Spread the word!  
Send event information to [calendar@santamariasun.com](#).



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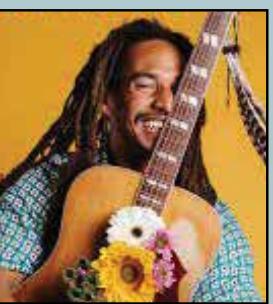
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Congressman  
Salud Carbajal



Music by  
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Spoken Word with  
Andrew Gottlieb

**SATURDAY, OCTOBER 16, 2021**

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FOR MORE DETAILS:

[naacpslocty.org/Gala](http://naacpslocty.org/Gala)



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# The Artist's Table ART SHOW



Ralph Waterhouse, Sunset at Douglas Preserve, 36x36

OCTOBER 2-10

10:00 AM-5:00 PM

Come enjoy the beautiful works of **15** celebrated local artists and support Museum exhibits by taking art home with you.

Art will be for sale in Fleischmann Auditorium (Wed-Sun) and online at [sbnature.org/artshow](http://sbnature.org/artshow)

2559 Puesta del Sol  
Santa Barbara, CA 93105

FEATURED ARTISTS  
INCLUDE:

Jannene Behl  
Ann Shelton Beth  
Steve Curry  
Nancy Davidson  
Rick Delanty  
Karen Fedderson  
Ellie Freudenstein  
Rick Garcia  
Derek Harrison  
Wyllis Heaton  
Ray Hunter  
Linda Mutti  
Craig Nelson  
Garrett Speirs  
Ralph Waterhouse



Ray Hunter, Harbor View, 12x20

Media sponsor Noozhawk

## Arts Briefs

### Hancock College instructor Mark James Miller writes new novel, *The White Cockade: A Novel of the American Revolution*

*The White Cockade: A Novel of the American Revolution*, a new historical fiction book by local author Mark James Miller, was released on Sept. 30 and is now available to order through Amazon, Barnes and Noble, and other sellers. The novel was published by Black Rose Writing and follows various "men and women caught up in the tumultuous events surrounding the early days of the American Revolution," according to press materials.

Miller said he spent more than four years writing the novel and was inspired by a variety of books and films, including *War and Peace* and *Ben Hur*, respectively, which he described as "stories about people caught up in historical forces they cannot control."

"I saw the same kind of compelling drama in our nation's birth, as people with high ideals and strong feelings become embroiled in the events of 1775 and 1776," Miller said in press materials.

Miller is currently a part-time instructor at Allan Hancock College in Santa Maria, where he's taught English courses since 1995. In 2015, his first published novel, *Red Tide*, was released.

### Voting open for New Times Music Awards' Readers Choice Award

FILE PHOTO BY JAYSON MELLON



Votes to determine this year's winner of the New Times Music Awards' Readers Choice Award will be collected through Oct. 18 (deadline is 5 p.m.). The public is invited to vote for their picks online at [newtimesslo.com](#). Each voter is asked to select three picks (and rank them as first, second, and third) out of a list of 19 entries (songs are available to listen to on the survey link).

The musical acts included on the survey are Rogue Status (pictured), Nicole Stromsoe, Louie and Talia Ortega, Carbon City Lights, The Santa Cruz Family Band, Pete Pidgeon, Blythe Berg, Ghost/Monster, Lu Lu and The Cowtippers, The Tipsy Gypsies, Bob and Wendy, Rio Fleming, Miss Leo, b poz, The Boogies, and The Fearless Messenger of Love.

### Ca' Del Grevino Estate Winery hosts Painting in the Vineyard event

Art Spot on Wheels holds its next Painting in the Vineyard workshop at Ca' Del Grevino Estate Winery in Santa Maria on Oct. 23 from 10:30 a.m. to 2 p.m. Admission to the class is \$75, which includes art supplies and a complimentary wine tasting. Participants will create their own plein air landscape based on the scenic views surrounding them.

For more info, visit [artspotonwheels.com](#). Ca' Del Grevino Estate Winery is located at 2510 E. Clark Ave., Santa Maria. ○

Arts Briefs is compiled by Arts Editor Caleb Wiseblood. Send information to [cwiseblood@santamariasun.com](mailto:cwiseblood@santamariasun.com).

## GALLERY

COURTESY IMAGE BY CHRIS CHAPMAN



**A STAR IS BARN:** On Oct. 30, artist Chris Chapman (whose pastel piece, *Historic Gregersen Barn*, is pictured) will lead a pastel painting demonstration at the Elverhoj Museum, in conjunction with her and John Iwerks' current duo exhibition, Widening Circles: Landscape Portraits of Solvang, which premiered at the end of September.



**BIRD IS THE WORD:** Reflecting on Solvang's 110-year history conjured up many of the images found in the new exhibit—panoramic views of barns, mills, and rolling hills, as well as some intimate still life pieces depicting local plants and wildlife. Pictured: one of Chapman's watercolor pieces, *Hummingbird Sage with Anna's Hummingbird*.

## Circle games

*Husband-and-wife duo John Iwerks and Chris Chapman showcase vivid landscapes in new Solvang exhibit, Widening Circles*

BY CALEB WISEBLOOD

It was love at first bite. When artist Chris Chapman asked former gallery manager John Iwerks to help hang some paintings, Iwerks wanted to make a sweet first impression.

"I baked some chocolate chip cookies for her when we first met at the gallery," said Iwerks, who was working at Gallery 113 in Santa Barbara when he met Chapman, his wife of more than two decades.

"Shortly after we met, we became friends," Iwerks, also an artist in his own right, continued. "I think we first painted together on the Mesa in Santa Barbara."

That was the first of many plein air expeditions the couple took during their relationship, although nowadays both artists tend to prefer starting their paintings outdoors and finishing them indoors, inside their private studio.

While Chapman and Iwerks still enjoy the "sensory aliveness" of painting on location and in the moment, this husband-and-wife duo feels that studio work offers a more meditative approach, allowing them to take their time refining their paintings without having to race the sunlight.

### Demo memo

For more info on the Elverhoj Museum of History and Art and its current duo exhibition, Widening Circles: Landscape Portraits of Solvang, call (805) 686-1211 or visit [elverhoj.org](#). Both of the show's featured artists, Chris Chapman and John Iwerks, will be hosting a series of painting demonstrations at the museum, starting on Oct. 9 and through Nov. 20.

Widening Circles is scheduled to remain on display through Jan. 9, 2022. The Elverhoj Museum is located at 1624 Elverhoj Way, Solvang.

Another perk of painting inside a private space is the freedom to listen to music as loud as you want.

"Music is an inherent part of working in my studio," Chapman said. "It keeps me happy and gets me in the flow."

"I enjoy a wide blend of genres, from classical to rock," added the artist, who will put her playlist on shuffle mode while she paints. "The variety keeps me alert."

Chapman said that her and Iwerks' love of landscape painting "is the biggest thing we share artistically," while pointing out their own individual pursuits as artists as well—and a healthy dose of constructive criticism shared back and forth between the two.

"John also has a background in cartoon animation, geologic renderings, museum dioramas, and rock sculpture. I have a detailed eye, especially in botanicals," Chapman said. "We critique each other's work, which is a plus."

While both artists primarily work in watercolors and oils, Chapman frequently adds pastels to the mix. On Oct. 30, Chapman will be leading a pastel demonstration at the Elverhoj Museum, in conjunction with her and Iwerks'

COURTESY IMAGE BY JOHN IWERKS



**WHERE THERE'S A MILL, THERE'S A WAY:** As its title suggests, Widening Circles: Landscape Portraits of Solvang showcases a collection of landscapes by Chris Chapman and John Iwerks, who set out to paint pieces that illustrate the essence of Solvang. Pictured: one of Iwerks' oil paintings, *Grist Mill*.



**CANYON CANVAS:** Both of the exhibit's featured artists will be hosting multiple painting demos at the Elverhoj Museum over the next few weeks, starting with Oil Painting from Start to Finish, led by John Iwerks on Oct. 9. Pictured: one of Iwerks' oil paintings, *Along Ballard Canyon*.

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# How to make a mobster

**A**lan Taylor (*Terminator Genisys, Thor: The Dark World*) directs this prequel to the wildly popular groundbreaking TV series *The Sopranos* (1999-2007), about New Jersey mob boss Tony Soprano (played by James Gandolfini), whose stress from his personal and professional life sent him seeking psychiatric help. In this origin story, Gandolfini's son Michael plays teenage Tony Soprano. Jon Bernthal plays Tony's father, Johnny Soprano, who was already dead in the TV series, and Vera Farmiga plays Tony's conniving mother, Livia, the source of some of his psychiatric distress in the TV series. (120 min.)

**Glen:** If you haven't watched the TV series, you can still enjoy this crime story, but fans of *The Sopranos* will bring with them the background necessary to more fully appreciate it. Set in the '60s and '70s with Newark's 1967 race riots as its backdrop, this is the story of the DiMeo crime family and the various rival families struggling for power, as well as the city's long-simmering racial tensions. It's important to note that it's more Dickie Moltisanti's (Alessandro Nivola) story than Tony's, which may disappoint some fans. I actually expected to learn more about the effect Tony's parents, Johnny and Livia, had on his formative years, but that's somewhat glossed over. In the TV series, one of Tony's underlings was Christopher Moltisanti (played by Michael Imperioli, who narrates this prequel), who Tony strangled to death. Christopher is Dickie's son, who we see as a newborn in the first half of this film. Dickie and Christopher's surname—molti santi—translates to many saints, which explains the title.

The references to the TV series are endless, and fans will either appreciate the narrative Easter eggs or grow tired of them, and the uninitiated will probably wonder what these small distractions are about. We watched this on HBO Max, but the film is very cinematic and deserves a big-screen viewing. If you're a fan of crime and mob stories or a fan of the TV series, catch a matinee in local theaters.

**Anna:** I haven't watched an episode of *The Sopranos* in years, but the details of these characters and this world came back easily. If anything, *The Many Saints of Newark* was a great reminder that I'm overdue to rewatch the series. Seeing Michael Gandolfini reprise his late father's iconic role is a neat trick to help lure audiences in. While he may not yet have the power his dad did onscreen, Michael does a good job at parsing this character—a character who seems to be a sweet boy growing up in a briar of thorny, tough people who mold him in their cruel image. Farmiga has the put-upon, difficult mom roles down between her time on *Bates Motel* and the younger version of Livia here. Even though it's been a while since I watched the series, I do remember straight-up despising Tony's mom (played by Nancy Marchand), and Farmiga channels the same level of horridness. While it's easy to get stuck in the comparison game, *The Many Saints of Newark* stands well on its own. If you have no idea who any of these people are, you may wonder why kid Tony keeps showing up when this film really isn't about him. But unless you've been locked away in the woods for the last 20 years, chances are you're coming into this with at least a sense of the world this show built. While I was happy to have the option to watch it at home, I think you're right—this would be better viewed on the big screen.

## THE MANY SAINTS OF NEWARK

What's it rated? R When? 2021  
Where's it showing? Regal Edwards RPX  
Santa Maria, Regal Edwards Stadium 10  
Arroyo Grande, and HBO Max  
What's it worth, Anna? *Matinee*  
What's it worth, Glen? *Matinee*

**Glen:** Michael Gandolfini actually has a pretty small role here. Child Tony is played by William Ludwig, who does a great job, but watching Michael mirror some of the facial expressions and body mannerisms that his father, James, used in the TV series as Tony is truly a wonder, even if Michael's only on screen sporadically in the second half of the film. I also enjoyed Ray Liotta in a dual role. He plays Dickie's father "Hollywood Dick" Moltisanti as well as Dickie's incarcerated uncle, who's doing life for killing a "made guy." He comes off distinctly different in both roles, but this guy's a scenery chewer! He comes from the Gary Oldman school of acting where there's no such thing as "too much." Here's the thing about all of these characters: They're reprobates. In the TV series, we know Tony's prone to violence, but he loves his family and has a kind of moral code. As he's seeking mental health care, we get to know him. Uncle Dickie, who young Tony idolizes, has no real moral code. Even more than adult Tony, he's at the mercy of his own violent urges—a man who can't control himself, and he knows it. He feels guilt, so he's not a psychopath, but he's close. During a visit to his uncle in prison, Dickie gets a piece of advice. If he really cares about his nephew Tony, "Stay out of his life."



**WATCH AND LEARN:** Young Tony Soprano (Michael Gandolfini, left) is shaped into the mobster he will become by his uncle, Dickie Moltisanti (Alessandro Nivola), in *The Many Saints of Newark*, screening in local theaters and on HBO Max.

**Anna:** Liotta is always a win for me. That guy just takes command of any role he's given. Dickie is a total piece of work, a man who carves destruction all around him. With heroes like that, Tony had little chance of escaping the same cycle of violence. It's gritty and dramatic, and the race riots as an ever-present cause of conflict lend a great backdrop for this dark and oftentimes violent story. It's nice to have a little extra slice of *Sopranos* pie, and while I can't say it rivals the show in complexity and depth, it makes a great addition to the universe. ☀

New Times Senior Staff Writer Glen Starkey and freelancer Anna Starkey write Sun Screen. Glen compiles streaming listings. Comment at [gstarkey@newtimeslo.com](mailto:gstarkey@newtimeslo.com).

PHOTO COURTESY OF FX PRODUCTIONS



**BULLETS AND BROS:** After losing his daughter to gun violence, grieving father Chase Milbrant (Jon Bernthal, left) takes a job at the National Gun Lobby, where he meets Aaron (Boyd Holbrook), in the anthology TV series *The Premise*, episode 2, "Moment of Silence," screening on Hulu.

typical TV. Novak gets a kick out of making his audience a wee bit uncomfortable, and *The Premise* is no different in that regard. (five 30-min. episodes) ☀

—Anna

## TV Reviews

### GOLIATH

What's it rated? TV-MA  
When? 2016-2021

Where's it showing? Amazon Prime

Now in its fourth and final season, I'm clearly a bit late to the *Goliath* party, but better late than never. This Amazon Studios-produced law drama created by David E. Kelley and Jonathan Shapiro follows disgraced attorney Billy McBride (Billy Bob Thornton), who wiles away his days drinking and lazily trying to get poor clients to plead out so he doesn't have to step foot in a courtroom. The once formidable lawyer lost his mojo in a past case, but in season 1, he's offered a chance to get it back when real estate agent and part-time DUI lawyer Patty Solis-Papagian (Nina Arianda) brings him a big case involving a wrongful death lawsuit.

Turns out he'll be facing off against Cooperman McBride, a powerful, deep-pocketed law firm Billy founded with Donald Cooperman (William Hurt), who holds a deep grudge against Billy and still employs Billy's ex-wife, Michelle (Maria Bello). They're representing a ruthless defense contractor.

This is a deliciously juicy story with a terrific cast of veteran actors, and in each season, Billy takes on a new near-unwinnable



**THE HARDER THEY FALL:** Disgraced lawyer Billy McBride (Billy Bob Thornton, right) teams with real estate agent and DUI lawyer Patty Solis-Papagian (Nina Arianda, left) to take on impossible cases, in *Goliath*, a neo-noir TV series set in sunny LA, screening on Amazon Prime.

case—real David and Goliath stuff. There are lots of pitfalls along the way, but like David, Billy is deadly and unafraid of staring down a giant because he knows the law, he knows juries, and he loves justice. I'm halfway through the second season and am loving it. (32 approximately 60-min. episodes)

—Glen

### THE PREMISE

What's it rated? TV-MA  
When? 2021  
Where's it showing? Hulu

B.J. Novak presents us with five different stories from banal to engrossing: In "The Ballad of Jesse Wheeler," for instance, a pop star promises sex to the valedictorian of his alma mater high school therefore upping the overall GPA of the graduating class. In my personal favorite and arguably the most poignant episode showing the aftereffects of gun violence, "Moment of Silence," the protagonist tricks a gun lobby into a PR nightmare.

*The Premise* acts as a book of short stories put on screen, each tale with its own moral takeaway. Novak is a funny guy—a great writer who's put out myriads of solid content, and this latest project is definitely his baby. It hasn't gotten wildly wonderful reviews, and I can see how some of the themes and the short narrative format may not appeal to all, but upon deeper inspection, this series really is trying to get its audience out of their own head and into a storyline that doesn't take hours or weeks to watch.

I'm reminded of a lot of the early quarantine content we had when art had to be made in 6-foot bubbles. This is not as isolated as that, but the individual stories make it feel different than

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**DIVINE SELECTION:** Not only does the staff at Holy Grounds Cafe and Coffee Shop prepare a variety of hot, iced, and blended espresso and tea beverages, they dish out several lunch items and desserts as well.



## Take me to church

Holy Grounds Cafe and Coffee Shop serves up lunch and lattes, donates proceeds to local Meals on Wheels program

BY CALEB WISEBLOOD

Solvang's newest coffee spot is both a source of caffeine and congregation.

Repurposed from a local church's social lounge, Holy Grounds Cafe and Coffee Shop celebrated its grand opening at the end of August, after a six-week period of remodeling.

One of the church's deacons, Pam Gnekow, pitched the coffee shop idea to her peers in leadership earlier this summer. Originally, the plan was to see if any local coffee roasters were interested in renting the lounge—located only a scone's throw away from the Santa Ynez Valley Presbyterian Church's ministries and preschool.

"I just kept thinking, there's got to be a better way," said Gnekow, who eventually convinced the church's board to let her start her own cafe—from the ground up, so to speak—instead.

"The Presbyterian is totally backing us 100 percent. They gave us this space, let us remodel it the way we wanted," said Gnekow, who sought to transform the lounge into a "darling, little Seattle coffee house."

Gnekow said it wouldn't have been possible to remodel the lounge and bring it up to commercial standards without help from the church and volunteers from the community, who worked long days to make Holy Grounds a reality, she explained.

### Houses of the holy

For more info on the Holy Grounds Cafe and Coffee Shop, visit [syvpc.org/holy-grounds-coffee-shop](http://syvpc.org/holy-grounds-coffee-shop). The shop is open Monday through Friday, from 8 a.m. to 2 p.m., and is located at 1825 Alamo Pintado Road, Solvang.

"I felt like I was killing everybody, I was afraid no one would speak to me," Gnekow said. "We were working for hours and hours and hours."

The team worked together with a charitable cause in mind, she explained, as the coffee shop was pitched as a new way to benefit the Meals on Wheels program at the Buellton Senior Center. Gnekow is the CEO of the Buellton program, which provides meals to both seniors and families in need throughout Santa Ynez Valley.

"Proceeds [from the coffee shop] go to the Meals on Wheels program, every bit of it. We pay our employees, and then everything else goes there," Gnekow said.

Although the church's original social lounge functioned as a casual spot for churchgoers to meet, eat, and

drink, several updates were required to re-establish the space as a commercial coffee shop, including new flooring and plumbing.

While resurrecting the lounge, which remained mainly dormant over the past year and half due to the pandemic, Gnekow said she and her team had access to a variety of the church's resources (chairs, tables, etc.) on-site—some of which only required a few touch-ups.

"We found these tables in some back closet and took them home, sanded them down, painted them," said Gnekow, who's been a member of the SYV Presbyterian Church for about two decades. She became one of its deacons about eight years ago.

Career-wise, Gnekow has a longtime background in the catering industry,

but very little experience with coffee specifically, she explained, although she's an avid black-coffee drinker.

"At some point [while preparing to open Holy Grounds] I realized I don't know anything about coffee," she revealed.

Enter baristas Barbara Meeks and Jennette Wolfe, the two employees you're likely to find working behind Holy Grounds' counter (occasionally joined by Connie Kruse, who drives down from Santa Maria to volunteer at the shop once a week).

Not only does this trio prepare a variety of hot, iced, and blended espresso and tea beverages at the cafe, they dish out several lunch items and desserts as well. Anyone familiar with Solvang's

EATS continued page 24

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## EATS

**EATS** from page 23

Bulldog Cafe (now permanently closed), which Meeks owned and baked at for about a decade before retiring, might get déjà vu upon trying some of Holy Grounds' muffins, scones, and assorted pastries.

"All those baked goods—all the things she did there—she's doing here," Gnekow said of Meeks, who came out of retirement specifically to work at Holy Grounds.

Gnekow's personal favorite from Holy Grounds' dessert menu is Meeks' raspberry white chocolate scone. Patrons will find cookies, cakes, and even doughnut holes on the menu as well.

As for lunch items, the coffee shop offers several kinds of croissant sandwiches and side salads. There's also a rotating menu of special salads, depending on which day of the week you visit the shop.

There's also a kids' lunch combo, complete with a peanut butter sandwich, cheese stick, cookie, grapes, and juice, for \$5.50. With the church's preschool just around the corner, Gnekow said it was important to make Holy Grounds feel accessible to kids and parents alike.

"We have toys out there for kids to play with, train sets, all that kind of stuff," said Gnekow, whose shop also offers free doughnut



**VEGGIE TALES:** As for lunch items, the cafe offers several kinds of croissant sandwiches and side salads. There's also a rotating menu of special salads, depending on which day of the week you visit the shop. Pictured: Italian chopped salad.

holes to students of the preschool.

Since the shop's rural location on Alamo Pintado Road is a bit of a drive from downtown Solvang, many of Holy Grounds' patrons are usually churchgoers or preschool parents. Starting the first week of October however, the coffee shop will be included on DoorDash, making the shop more accessible to city residents.

Regardless, the drive will pay off, Gnekow said.

"We're a little out of the way, but we have tons of parking," she said, "and sometimes, you just have to drive somewhere that's really worth it, you know?" ☺

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Arts Editor Caleb Wiseblood would never turn down a free doughnut hole. Send comments to [cwiseblood@santamariasun.com](mailto:cwiseblood@santamariasun.com).

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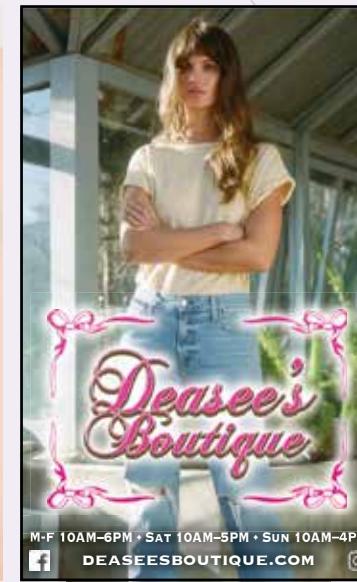
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