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# Sun

AT THE MOVIES

*Barbarian: relevant  
and unexpected [26]*



## Reversing death

*With fatal opioid overdoses on the rise,  
Santa Barbara County works to increase  
prevention and treatment services [6]*

BY TAYLOR O'CONNOR

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# Get Outside

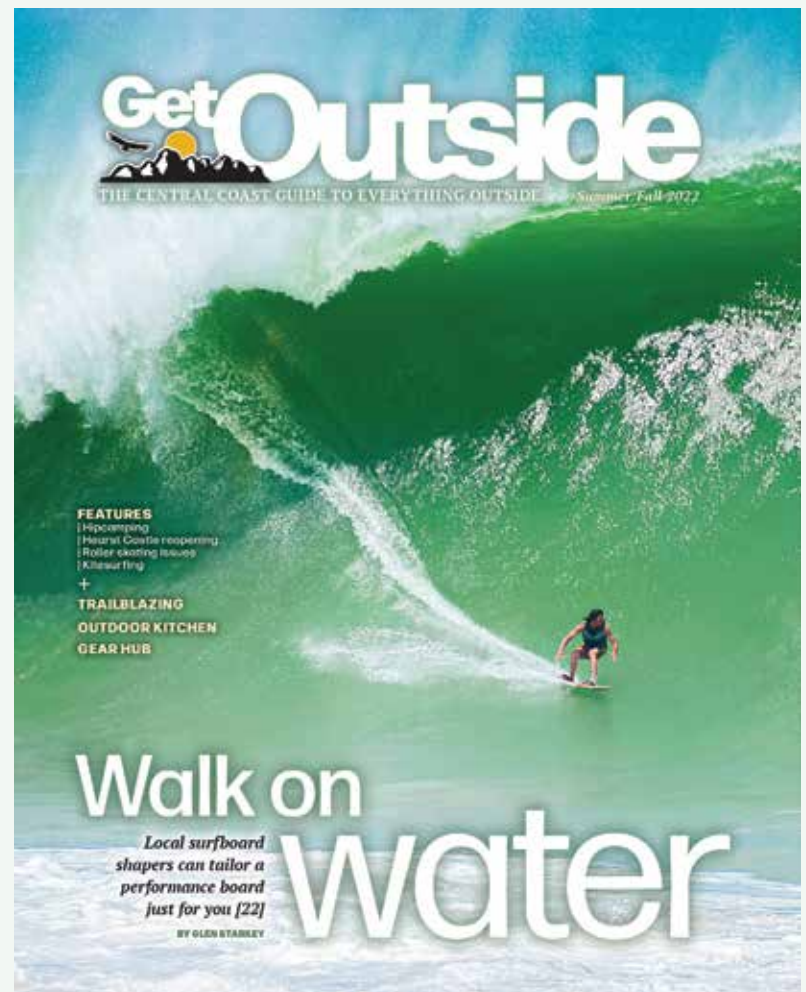
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SEPTEMBER 15 - SEPTEMBER 22, 2022 VOL. 23 NO. 29

In 2021, Santa Barbara County experienced a record-breaking 133 opioid-related deaths—a number the county is on track to beat in 2022. Fentanyl was cited as the leading cause of that increase. As law enforcement and paramedics respond to more and more overdoses, city and county elected officials, department heads, and behavioral health leaders are collaborating with nonprofits and the education sector to try and find ways to increase awareness and provide treatment services. For this week's cover story, Staff Writer Taylor O'Connor reports on the holes in the county's system, where fentanyl is coming from, and who's impacted [6].

You can also read about who spoke during a mobile home group's Santa Maria City Council candidate forum [4]; the Living History Festival at the Elverhoj [24]; and coffee, ice cream bananas, and more at Dewlson Family Farm [28].

Camillia Lanham  
editor

Cover photo by Jayson Mellom > Cover design by Alex Zuniga

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**September 29, 2022 • 6:30 p.m. to 8:00 p.m.**

Presentation at 6:50 p.m. Spanish Interpretation Provided.

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**PROJECT:** Includes the removal of the existing Bonita School Road Bridge and embankment fill over and through the Santa Maria River and replacing them with a new bridge; construction of roadway approaches to the new bridge; and dedicated pedestrian and bicycle facilities on the new bridge. The Project runs parallel to and approximately 3.5 miles east of State Route 1 and approximately 5 miles west of U.S. 101 in the unincorporated area of the Santa Maria Valley.

**FUNDING:** Highway Bridge Program (88.53%) and Bridge Toll Credits (11.47%) Program

**More information:** [www.countyofsb.org/2724/Planned-Projects](http://www.countyofsb.org/2724/Planned-Projects)

**Contact:** Steven Manuel, P.E., Project Manager, (805) 803-8762, [smanuel@countyofsb.org](mailto:smanuel@countyofsb.org)



## Political Watch

• **Santa Barbara County** hosted a special ceremony commemorating the 21st anniversary of 9/11 at the Santa Barbara Courthouse Sunken Gardens, according to the Sheriff's Office. Undersheriff **Craig Bonner**, along with the Sheriff's Office Honor Guard, joined local dignitaries and representatives from area fire departments and other agencies for the second annual 9/11 Flag of Honor Across America Memorial. The **Council on Alcoholism and Drug Abuse** Teen Court program was selected as one of 60 participants across the United States to lead this National 9/11 Day Remembrance Project. "Ceremonies in the selected 60 communities [joined] together to never forget the 2,983 women, men, and children who lost their lives on Sept. 11, 2001, and in the Feb. 26, 1983, World Trade Center Bombing," the Sheriff's Office said in a statement. "Each of the 60 inaugural communities [remembered] 50 of the souls by reading their names and short biography information for each." During the ceremony, the teen court program presented the official 9/11 Flag of Honor, which includes all the names of the victims who lost their lives.

• As the Western United States faces a record-breaking and historic heatwave, and as multiple wildfires actively burn across the state, U.S. **Sen. Alex Padilla** (D-California) highlighted the need to ensure Americans have access to clean air during a September hearing to examine several pieces of air quality-related legislation. In 2021, Padilla co-sponsored the Smoke Planning and Research Act and the Wildfire Smoke Emergency Declaration Act, bills that aimed to ensure that California has the federal resources it needs to protect communities impacted by wildfire smoke. During the hearing, the senator spoke with Dr. **Cassandra Moseley**, vice provost for Academic Operation and Strategy at the University of Oregon, about the critical need to enact wildfire smoke protection legislation. He also spoke with **John Walke**, director of the Clean Air Project, about California's environmental leadership as the top agricultural state and the critical role that farmers and ranchers play in feeding the nation and in reducing methane emissions and ensuring clean air for all Americans. "California is also the largest agricultural state, home to a \$50 billion agricultural economy and the largest dairy industry in the country. California's farmers and ranchers know better than most that our ability to feed the nation and to support family farmers and farmworkers alike relies on clean air and clean water," Padilla said in a statement. "That's why California is working to cut methane emissions by at least 40 percent by 2030, in partnership with farmers and ranchers as they transition to more sustainable manure management and emission reduction practices."

• Gov. **Gavin Newsom** announced that California secured a Fire Management Assistance Grant from the **Federal Emergency Management Agency** (FEMA) to help ensure the availability of vital resources to suppress the Fairview Fire burning in Riverside County, according to a Sept. 6 statement from the governor's office. Driven by temperatures in excess of 110 degrees, wind gusts, and drought conditions, the Fairview Fire has burned more than 28,000 acres as of Sept. 10, and was 40 percent contained. The grant, which is provided through the president's Disaster Relief Fund on a cost-share basis, will enable local, state, and tribal agencies responding to the fire to apply for 75 percent reimbursement of their eligible fire suppression costs. The program, which is administered through the Governor's Office of Emergency Services, provides rapid financial assistance to communities impacted by fires. The Office of Emergency Services fire and rescue and CalFire personnel are working in concert with state and local agencies in response to the rapidly moving fire. The State Operations Center is actively coordinating the state's fire response, dispatching mutual aid, and addressing emergency management needs. ○



PHOTO BY TAYLOR O'CONNOR

**THE FIGHT CONTINUES:** North Santa Barbara County Manufactured Homeowners Team members invited candidates Gregg Hart (California Assembly District 37), left, and Gloria Soto (Santa Maria District 3), right, among others to speak about their campaigns at the Sept. 12 candidates forum.

## Rent stabilization activists hire attorney and host candidate forum

Local, county, state, and federal candidates spoke about rent stabilization at Santa Maria's Casa Grande Mobile Home Park on Sept. 12.

"The forum is to win support for mobile home issues from the candidates. The specific issue we are pressing forward on is rent stabilization," Rancho Buena Vista mobile home resident and North Santa Barbara County Manufactured Homeowners Team President Gary Hall told the *Sun*. "Rent stabilization is one initiative taken up by [the team] and consumed a lot of time. If we are supported by candidates, we will be more successful with our efforts in the long run."

Along with candidates acknowledging the issue, the homeowners team recently received a \$4,000 grant to hire an attorney as they work with the city to make adjustments to Santa Maria's enforceable model lease—a lease agreement that has a 6 percent ceiling on yearly rent increases for mobile home park spaces, but park owners aren't required to use it—after a June 7 agreement to add it to the City Council's agenda, Hall said.

"In 2019 we didn't have legal representation where the model lease was passed, but our request for modifications were rejected or ignored," Hall said. "We are so grateful to have the attorney this go-round to level the playing field."

Santa Maria City Council 3rd District representative Gloria Soto is one of the officials who's been advocating for more dialogue about rent control in council chambers. During her Sept. 12 presentation, Soto said that the council finally passed a motion that would allow Santa Maria to take a deeper look into the city model lease agreement.

"I'm eager to see what the outcome of that will be," Soto said. "And my hope is that that outcome is an enforceable model lease, one that really ensures that every mobile home park is offering this to the residents and one that also ensures

that we are putting a cap on these [unjust] rent spikes that we've been seeing."

Protecting mobile home parks from sharp rent increases by putting housing trust funds in place is one of Soto's solutions to housing affordability, which is one of her platform issues in 2022.

"That would increase our rent voucher program that we currently have, [or] use those funds to build affordable housing units or to be able to support first-time home buyers to really achieve that American dream," she said.

Maribel Aguilera-Hernandez—a 4th District City Council candidate—said it's important to preserve the home's value rather than trying to control its rent.

"We looked at talking about rent control. It sounds great, except we've been trying for a really long time and it's not getting anywhere," Aguilera-Hernandez said.

Rent control depresses property values and landlords wouldn't get as high of a return on their property, she said, so she proposed subsidized housing as a solution to spiking prices.

"We subsidize housing for low-income, and I think that is a different way if we cannot get anywhere with capping rent. We need to solve it. The definition of insanity is doing the same thing and expecting different results. Well, why do we continue to choose leaders that continue to think the same way?" Aguilera-Hernandez said. "That's what I'd really like to focus on and look at creative solutions for solving everyday problems."

—Taylor O'Connor

## Lompoc officials consider lifting bike ban on sidewalks

Pedestrians in one Santa Barbara County city could be sharing sidewalk space with bicyclists in the future, depending on the outcome of an ongoing study.

Lompoc's streetscape improvement plan, approved by both the City Council and Planning Commission in July, includes proposals to turn some sidewalks in the city into shared-use paths for walkers and bikers.

Without a concrete timeline of completion, the plan could take multiple years to implement, which bicyclists on H Street and Ocean Avenue can't afford to wait for, Councilmember Victor Vega argued during the Lompoc City Council's Sept. 6 meeting.

"I'm looking for a 'now' solution, not a '10 years from now' solution when they revamp and remodel the streets," said Vega, who spoke in favor of repealing a section of Lompoc's municipal code that prohibits bicyclists from using sidewalks.

"The ordinance is old, it's unenforceable, and it's not safe riding on the street here. How many times have people had to veer off and avoid a bike? There's just no room," Vega said. "I'd love to ride a bike too, but I'll be darned if I'm going to be riding on H and Ocean—shoot, you'll get run over, and everybody knows that, OK? There's just no room. I don't know who has the nerve to ride on those streets."

Lompoc City Attorney Jeff Malawy outlined the potential outcomes of removing the sidewalk ban during the Sept. 6 meeting. Malawy explained that whether or not the city decides to legalize biking on sidewalks, the city's liability remains the same.

Under state law, "cities owe a duty of care to people riding bikes on sidewalks even if biking on sidewalks is prohibited," according to the staff report.

"Having the ordinance doesn't legally help us in court, but having the ordinance and enforcing the prohibition does logically result in fewer people riding bicycles on the sidewalk, which results in fewer injuries," Malawy said, "and therefore less likelihood that someone would get injured and sue the city for riding a bicycle on the sidewalk."

Lompoc Police Capt. Kevin Martin also spoke during the meeting, and explained why he doesn't recommend repealing the bike ordinance. Martin said that the sidewalk ban has been helpful for local law enforcement over the years.

"Because [biking on the sidewalk] is illegal, we use it as a probable cause where we maybe didn't have something, then it develops into something bigger for us," Martin said. "I've taken guns off of people who are riding bikes. I've taken lots of narcotics off of people who are riding bikes on a city street—on sidewalks, sorry, and streets for that matter."

Martin added that he believes removing the sidewalk ban to increase safety for bikers would ultimately decrease safety for pedestrians.

"When you put the bicycles on the sidewalk, who has the right of way, the pedestrian or the bicycle?" Martin said. "They're both going to feel like they have the right of way and at some point, that's going to be another issue."

Mayor Jenelle Osborne said that although she's not currently in favor of removing the sidewalk ban, she would like city staff to prioritize the shared-use pathway proposal, and bring back a progress update in six months or sooner. Members of the Lompoc City Council unanimously agreed to hold off from making an official decision on the ordinance until then.

—Caleb Wiseblood

## Guadalupe discusses eligibility list for denied cannabis applications

The SLO Cal Roots and Element 7 cannabis dispensaries will eventually open their doors in Guadalupe, filling the city's two permit spots after a 4-1 approval at an Aug. 16 City Council special meeting.

Element 7 was originally given a permit slot on



NEWS from page 4

April 26 with a 3-0 vote, but the council decided to have final candidates The Roots and Element 7 redo their presentations and take another vote because two council members were absent from the initial meeting, contracted city attorney Philip Sinco said. SLO Cal Roots' permit was approved during the April 12 meeting.

During the Sept. 13 meeting—which happened after the *Sun* went to press—council members were slated to formally deny the remaining three applicants and discuss whether the city wanted to create an eligibility list for future openings.

“The idea is if one or more falls off and doesn’t complete the process, which has happened before, according to our consultants, we can have the council choose one or two of the three from the list,” he told the *Sun* before the meeting on Sept. 13. “I think they’ll agree with the wisdom of that, and come back with the criteria of the list and have the council approve that.”

Although The Roots was disappointed in council’s decision to give cannabis dispensary permits to SLO Cal Roots and Element 7, The Roots’ consultant Joe Armendariz said the owners were pleased to come in second place and are hopeful the city moves forward with an eligibility list.

“Frankly, even if both selected applicants do open, it doesn’t stop the possibility of the city opening up a third license as the city—to its credit—is very interested in economic development, and has very ambitious project[s] that could open the door for the justification of a third license,” Armendariz said.

The Roots planned to weigh

in via public comment during the Sept. 13 meeting on what the eligibility list could look like and advise the council to create a deadline for companies to begin operations, he said.

“I suppose by definition it is a waiting game; we were very pleased with the way our application was scored and the response we got from City Council,” Armendariz said. “It is our hope by being on an eligibility list, so when there is a spot open, we will be at the very top.”

With Element 7 holding a spot in the center of downtown, and The Roots in an area with 37 percent vacancy rate, it made more sense to go with Element 7, Mayor Ariston Julian said.

“My choice [looked] at the whole community and where they will be located in terms of benefiting the businesses around them, among other things in their business plans and their ability to perform,” he said.

The city will also make sure the selected companies follow through with the community benefit aspects of their applications and ensure they uphold their agreements, Julian said. Creating an eligibility list creates fairness for the previous applicants, he said, and it makes it easier for the council since it’s already seen the presentations two or three times.

“It’s going to be open to discussion of how we are going to pick others. We are going back to the drawing board and [looking at] what they are going to do to benefit the community,” Julian said. “There’s going to be some interesting comments if one of these two don’t make it. There’s understanding from council that they want to look at all of the three again.”

—Taylor O’Connor

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# Seconds to live

*Santa Barbara County wants to improve overdose prevention services as it faces a record-breaking year of opioid-related deaths*



**SAVING LIVES:** Orcutt firefighter Ritchie Sage demonstrates the nasal administration of naloxone hydrochloride—commonly referred to as Narcan—at Santa Barbara County's Fire Station 21.

**BY TAYLOR O'CONNOR**  
**PHOTOS BY JAYSON MELLOM**

A paramedic pumps nasal spray into an unconscious person's nose while placing a ventilation bag over their mouth to get them to breathe. In less than half a minute, they're conscious and animated, with open eyes.

"There's no question in my mind when this person is not breathing and I give them this—and 20 seconds later they're now talking to me—that it was an opioid overdose," Daniel Haynes described as he held up a naloxone container.

Commonly known as Narcan, the medication administered through the nose, as a shot, or as an IV reverses any opioid's effects on the body. Haynes, an engineer paramedic for county Fire Station 21, said it's an item every Santa Barbara County paramedic carries, and it's life-saving when responding to overdose calls.

"It's pretty cool because you're dealing with somebody potentially who's not breathing at all—they have minutes, potentially seconds to live, and you start and a minute later, they could be talking to you," Haynes said.

When someone takes an opioid, the drug binds to opiate receptors in the brain, and too many opiates in the system—or an overdose—creates dangerous bodily effects, he explained.

"Decreased respiratory rate, or completely [lost] respiratory rate, is our main concern because that's what's going to kill you the quickest," Haynes said.

Narcan binds itself to the brain's receptors and kicks off any attached drugs. However, those drugs remain in the body, he said, so people need to go to the hospital to be monitored because the opioids can reattach themselves as Narcan's effects wear off.

The tough part for Haynes and his team is knowing that Narcan only acts as a Band-Aid for people battling addiction—it simply extends a drug user's life until the next overdose, he said.

"We're not going to fix their addiction on-scene," Haynes said. "I've been on calls where we've done this [administer Narcan] and woken the person up and took them to the hospital at 10 o'clock at night, and then we got called back to that house at six o'clock the next morning and they were dead."

Santa Barbara County reported a record-breaking 133 opioid-related deaths in 2021. Fentanyl—a lethal opiate 50 times more potent than heroin—was cited as a leading cause of the increase. Since 2017, fatal overdoses in the county have nearly doubled. While working to plug holes in a porous system, county Sheriff Bill Brown and other local leaders believe that starting a dialogue is the first step to reducing overdose deaths.

"A lot of people have this, 'Oh, well it's not my problem. I don't use drugs. My kids don't use drugs.' Well, guess what? Next week, your kids could be using drugs, and I guarantee there's somebody in your neighborhood that's using drugs," Sheriff Bill Brown said. "This is all of our problem, and instead of people trying to hide it, [awareness encourages people] to come out and admit what's happening and get some help."

## Poison, not overdose

While recovering from surgery in 2021, Brandon Claude couldn't get his pain medication prescription refilled so he went to a neighbor for help. He unknowingly took a fentanyl-laced pill, Claude's mother, Connie Branquinho, told the *Sun*.

"That day Brandon died, my life changed. There's a life before May 30, and a life after May 30," she said. "My son made a poor decision that day, but he didn't deserve to die."

Claude never used drugs because he'd witnessed his brother go in and out of treatment for addiction, Branquinho said, and she knew her other son didn't want to be on the same track. After his death, Branquinho joined Let's Make a Difference—a Santa Maria-based nonprofit that provides support for families and sponsors people through treatment—where she learned more about the fentanyl crisis and the drug's severe effects.

"Fentanyl is so potent it takes one time to be hooked or kill you, like my son. It's all mixed now; it's in everything, and that's the problem. The people doing drugs, like cocaine, have no clue they are getting fentanyl too, and that could kill them," Branquinho said. "That's why my son was pronounced dead of fentanyl poisoning, because he had no clue he was taking fentanyl."

The Drug Enforcement Agency (DEA) seized 3.2 million counterfeit pills in 2021—a 2.2 million increase from 2020, said DEA Los Angeles Special Agent in Charge Bill Bodner. In the first quarter of 2022, the DEA seized more than a million.

"Projecting that, it would put us over 4 million, which is a 30 to 35 percent increase from last year," Bodner said.

The majority of counterfeit pills containing fentanyl are produced by cartels in Mexico, Bodner said, signaling a shift from the drugs they've traditionally profited from, like marijuana and heroin. He attributes this to cartels wanting to cut costs.

"Just like a corporation, they wanted to see what they could do to increase their profits," he said. "Heroin is labor-intensive; it's grown with poppy plants, [and] a lot of the violence in Mexico is territory battles."

Producing a synthetic drug like fentanyl requires less labor and no land, Bodner said, because cartels only need access to chemicals to create the drugs. Economically speaking, synthetic pills—which are designed to look like ordinary prescription pills—increase profits, Bodner said.

"The reality is there [are] no pharmaceutical ingredients in them," he said. "They are the same shape, color, and stamping on them, but they are not the same."

This deception is creating an "incremental" increase in overdoses and shifting first responders' and law

enforcement's reality, he added, with recreational drug users playing a "very significant part."

"There's no long history of drug use; they are overdosing and dying," Bodner said. "A whole new group of people is susceptible to death."

At the retail end of the supply chain, drug dealers are mixing the opiates with stimulants (like cocaine) to create a "perfect, euphoric high," he added, but people taking the drugs are unaware of fentanyl's presence.

"If you are expecting fentanyl and get coke, you will be pissed off. If you expect coke and get fentanyl, you will be dead," Bodner said.

## 'Dying at faster rates'

Even if fentanyl is a leading contributor to an overdose death, Santa Barbara County Sheriff's Lt. Robert Minter said it can be challenging to identify it as the cause of death.

"Usually with multiple illicit drugs in the system, it's hard to say and pinpoint which drug caused the death," Minter explained.

In order to see if fentanyl is in someone's system, a coroner will draw bodily fluid (typically blood)

for toxicology testing, he said. The doctor and detectives analyze the breakdown of substances in the body in order to pinpoint the cause of death.

The county Coroner's Office has seen a "drastic increase" of overdoses where fentanyl was in the system, Minter said. In 2020, 36 of the 114 fatal overdoses contained fentanyl, and in 2021, 67 of the 133 had fentanyl.

"That's not saying fentanyl was the leading cause of death, but it was in the toxicology report," he said.

From January to July of 2022, there were 111 opioid-related overdoses reported in Santa Barbara County, with 50 involving fentanyl, Sheriff Brown said.

"When I started here, [overdose rates] were in the high 40s, 50s—50 people give or take—that would die, and then last year, we had 133," Brown said. "It's a crisis really; it's something we have to do something about, and I wanted to sound the alarm and just get people aware that this [is] a very real problem that we're experiencing in Santa Barbara County."

To do this, Brown started Project Opioid, which follows a similar model to Florida's



**CARRIED BY FIRST RESPONDERS:** Narcan nasal spray is widely distributed and used by Santa Barbara County police officers and sheriff's deputies and other first responders to combat opioid overdoses.





**HARM REDUCTION:** During the Aug. 31 Let's Make a Difference event in Santa Maria, harm reduction group SLO Bangers distributed overdose prevention kits containing Narcan.

Seminole County, where local leaders came together to compile overdose data, increase awareness of the issue, and provide better treatment-related services. Brown invited about 60 to 70 leaders from cities, county departments, nonprofits, school districts, and churches to join the first meeting in May 2022, which had about 34 individuals turn up. The following three meetings had similar attendance, Brown said in August. “We’re now in the final stages of having put together an inventory of the services and everything that we already have,” he said. “The lowest hanging fruit of how we can save more lives is to make Narcan available in the community.”

Brown’s ultimate goal, he said, is to see a Narcan kit sitting beside a first aid kit and an automated external defibrillator in every public building. However, as of Aug. 31 Project Opioid has no direct source of funding and no full-time staff dedicated to the project. The Sheriff’s Office was recently denied a federal grant to fund the program, and the project’s meetings are only three hours every month.

“We’re hoping to get funding for an executive director because we’re doing this all part time in addition to all the other things that we’re doing,” Brown said. “We really need a point person. All these other ones in Florida have somebody assigned to it full time.”

Project Opioid coalition member Pacific Pride Foundation—a nonprofit that serves the LGBTQ-plus community—has been running the county’s only syringe exchange program since 2002 where people can bring in old needles in exchange for new ones—and grab free Narcan.

“People often think syringe exchanges increase drug use, but that’s like saying a homeless shelter increases homelessness,” Pacific Pride Executive Director Kristin Flickinger said. “It’s incorrect; all it does is ensure people are not sharing needles and ensures that people have the tools they need to keep themselves alive.”

The program began in Isla Vista and now has in-person services in Santa Barbara and Santa Maria. Once a week, Pacific Pride volunteers and staff travel in a “health utility vehicle” to provide services that help reduce risk for blood-borne diseases like HIV and hepatitis C.

Now, the nonprofit’s noticing that once a week isn’t enough. The foundation wants to expand how often it hosts the syringe exchange and add a Lompoc location, Flickinger said.

“However you feel about drug use, I think [we] can agree we don’t want people to die, and people are dying at faster rates,” Flickinger said. “People who come to syringe exchanges and seek services are more likely to get help when they are ready for that than people who don’t.”

According to the Centers for Disease Control and Prevention (CDC), syringe exchange programs are safe, cost-effective, prevent disease, do not increase illegal drug use, and the provision of Narcan decreases opioid overdose deaths.

“Research shows that new users of [syringe exchange programs] are five times more likely to enter drug treatment and about three times more likely to stop using drugs than those who don’t use the programs,” according to the CDC.

Flickinger came to understand that her opinion on needle exchanges means “absolutely nothing”—the fact is they help save people’s lives, she said.

“What matters is whether or not they have the tools they need. It’s important to set aside the stigmas you have with drug use, LGBTQ-plus people, and help whatever way you can,” Flickinger said.

## Death prevention

In 2021, Pacific Pride began distributing fentanyl strips—pieces of paper that change color if fentanyl is detected in a substance—and is the only organization allowed to do so through an exemption provided by the state and the Sheriff’s Office, Flickinger said.

“This is a key tool in the battle against opioid overdose for what we are starting to talk about as opioid poisoning,” she said.

State and federal laws classify testing strips as drug paraphernalia and prohibits possessing them. In response, Pacific Pride and other community organizations advocated for AB 1598: a 2022 state bill that legalizes testing equipment.

California Assemblymember Laurie Davies (R-Mission Viejo) proposed the bill in order to prevent fentanyl poisoning among young people in her community.

“Before I came up to Sacramento for Assembly, I was serving on the Laguna Niguel City Council and working with police services losing children to the opioid crisis,” Davies said. “We created programs and educational events for parents and teens. When I came up here [to Sacramento], fentanyl became much bigger.”

AB 1598 removes testing strips from the paraphernalia category, allowing for their distribution and use to test substances for fentanyl and ketamine, Davies explained. The bill passed through the Legislature and was signed into law on Aug. 29.

“I think you’re going to see lives saved,” Davies said. “It’s a really good precaution measure, interesting to see what the numbers are once they start coming in. It just gives us another tool to prevent someone from overdosing and dying.”

Medical-assisted treatment centers like methadone and buprenorphine clinics can also save lives through addiction treatment, said John Doyel, the county Behavioral Wellness Alcohol and Drug Programs Division chief.

“It doesn’t matter what the drug is, we have withdrawal management—formerly known as detox—residential treatment, outpatient treatment, intensive outpatient treatment, and after care,” Doyel said. “Some of our providers provide in-house medicated-assisted treatment, others link with providers.”

After an initial screening, the client receives methadone or buprenorphine—Food and Drug Administration-approved medications meant to treat addiction or pain—to assist with withdrawal symptoms and cravings all under a clinician’s watch, he explained.

However, county Behavioral Wellness and community organizations contracted with the county are having a hard time finding licensed clinicians, certified drug and alcohol counselors, and psychiatrists, Doyel said.

“We’ve got a real workforce problem; if we do have the money and positions, it’s difficult to find them,” he said. “We need more prevention, more public health models because treatment cannot keep up with the condition [of the] epidemic.”

## Reducing stigma

Santa Maria resident Danielle Murillo called her experience with Behavioral Wellness a little frustrating after seeing her own son go through county treatment programs.

“If you are on MediCal, you have to call the hotline number and go through Behavioral Wellness and be assessed in order to get any programming they have,” Murillo said.

Self-paid, privately run programs often won’t accept MediCal and will direct people with state medical health coverage to a public program for assessment, plus those private programs often cost \$600 to \$700 a month, she said.

“We put him in and out of treatment for five years. [My ex-husband] put him in, and my son would leave,” Murillo said. “When your child is actively using, they are not themselves. You want your child back. You end up mourning a child that’s still living because they don’t have the personality of the child you had.”

There were periods when her son wouldn’t use for six months, but then he would relapse. One day in 2018, he overdosed on heroin while his girlfriend was in the shower and was rushed to the hospital, placed on life support, and passed away at 27, she said.



**CREATING COMMUNITY:** Santa Maria resident Danielle Murillo started the nonprofit Let’s Make a Difference to support others who lost loved ones to overdoses and to raise money for those entering treatment.

“I wanted to use his story to help save the lives of other people. I did not want his life as an addict to [have] a negative impact on people. I didn’t want his life to have a negative stigma, I didn’t want it to be considered dirty taboo, I didn’t want it to look like I was a horrible mom,” Murrillo said. “I needed something positive to come out of it. I am not ashamed of my son, and I’m not ashamed of being his mom, and I need people to know that.”

After speaking with close friends, Murillo said she started a community awareness and educational event about overdose and addiction in Santa Maria—which ended up raising money to sponsor someone going through treatment.

Now known as Let’s Make a Difference, the nonprofit has hosted three educational community events and provided eight, one-time sponsorships for addiction treatment. Most members are either recovering addicts themselves or have lost someone to addiction, she said.

“We all have something in common, and we are all there to support each other,” Murillo said. “We come together as a safe place to express our emotions and get out some of those feelings we need to get out, and we understand each other.”

This year, Let’s Make a Difference hosted its fourth annual event on Aug. 31—International Overdose Awareness Day—during which several organizations provided information about opioid addiction and distributed free Narcan, and members (including Murillo) shared their experiences of loss with the community.

“It’s helped me in that I know I’m helping others, and I’m not dwelling on the loss of him,” Murillo said. “If we close up and not talk about it, we aren’t going to help anyone. We have to talk about it and share our stories; if we keep covering it up, we are never going to help anyone.”

*Taylor O’Connor can be reached at [toconnor@santamariasun.com](mailto:toconnor@santamariasun.com).*



**RAISING FUNDS:** On Aug. 31, Let’s Make a Difference hosted its annual fundraising event with a silent auction, information booths, and testimonies from families who lost loved ones to overdoses.



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NEWS

SPOTLIGHT

COURTESY PHOTO BY JOHN GRAFMAN



**TEACHING TUNES:** Lessons from Anywhere Founder Pete Pidgeon credits his online music school as a stress reliever and a confidence builder for its students.

## Digital harmony

*A Central Coast music school can teach you to sing or play an instrument from the comfort of your home*

BY BULBUL RAJAGOPAL

COVID-19 may have compelled Central Coast musician Pete Pidgeon to open a distance-learning music school, but the concept had been on his mind for years.

"When I was living in Denver in 2015, I had the idea to start a music school online. The biggest complaint from people was if their child was taking a lesson, they'd have to take the time to drive to the lesson ... sit there for a whole hour while the child took the lesson, and drive another 20 minutes home, plus the expense of the gas," Pidgeon said. "I found a solution and came up with the idea for Lessons from Anywhere that solved a lot of these problems that parents and adults were having."

But it was only in 2020 that Lessons from Anywhere became a full-fledged business, though Pidgeon ran a previous music school in Boston in the early 2000s. The idea was pushed to the back burner because Pidgeon started concentrating on his music career. Now, he juggles performances with his band, Pete Pidgeon & the Arcoda, along with running Lessons from Anywhere.

The online music school may have Templeton roots, but its instructors and students hail from far-flung locales, with one tutor tuning in from Brazil. Pidgeon invested time recruiting teachers well-versed in not just playing an instrument but also in often-overlooked qualities that make successful guides.

"I really thoroughly interview everybody. There's really quite a process to become a tutor here. We don't just take anybody. One of the most important factors is that with teaching you have to have a background in psychology. You have to be able to talk to people and understand people, be on their level and understand them as a human being," he said. "The best teachers I've ever had always had a human element to them. They were actually concerned about how you were doing."

The youngest student is 3 years old—a crucial time, according to Pidgeon because that's when a Japanese musical philosophy named after violinist Shinichi Suzuki kicks in.

"Suzuki method is mainly a string-teaching

pedagogy. It's also used in piano, but when young students are learning, that style of teaching allows for very young students to start on the instrument, primarily violin," he said. "Also, in that age group, a very young

child could start drum lessons.

It's physically an easy instrument to play. Ukulele and electronic keyboard, too."

Pidgeon's oldest student is an 88-year-old who started piano lessons a few years ago. He also has other students in their 60s and 70s.

"One common thing that people tell me is they lose track of time

when they play an instrument. That takes away a lot of things in daily life—home stress, work stress, money stress," he said. "They're able to detach from their problems and are able to enjoy playing their music."

Lessons from Anywhere enrolls students throughout the year. Peak enrollment season is in the fall, when students return to school. Classes, which are mostly one-on-one, usually start at 4 p.m. and go until 10 p.m. To sign up, visit [lessonsfromanywhere.com](http://lessonsfromanywhere.com), call (877) 3-LESSON, or text/call (805) 222-6787.

The online music school not only teaches any instrument Pidgeon can find a tutor for, but also offers voice, music theory, and songwriting lessons.

"There's something really therapeutic about playing music. Now that we're suffering from things like increased food prices, gas prices inflation, stress of war, political unrest, and all of the things going on in daily life, what music offers is respite from that," he said. "Even if you only have 15 minutes a day, take up your instrument and immerse yourself in music; it does an incredible number in reducing stress and anxiety. For kids, it fosters something in the brain to increase learning capability and confidence."

## Highlight

• The League of California Cities announced that Buellton received the esteemed 2022 Helen Putnam Award for Excellence in Economic Development through the Arts for creating an Arts and Culture Committee—which brings artistic and cultural projects to the city and surrounding area. Long known as "Servicetown, USA," many drivers viewed Buellton as a stopping point while traveling on Highway 101 between Los Angeles and San Francisco. To change this narrative, the city formed the Arts and Culture Committee. Beyond providing permanent art installations, live performances, educational opportunities, and interactive cultural experiences to the community of Buellton, the program also supports local artists, businesses, and community-based organizations, and helps tourists and other visitors witness what Buellton has to offer. ○

Reach Staff Writer Bulbul Rajagopal from the Sun's sister paper, New Times, at [brajagopal@newtimesslo.com](mailto:brajagopal@newtimesslo.com).

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# DEATH NOTICES

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**BUMANGLAG, LORETTA E.**, 85, of Santa Maria passed away 9/2/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**CASTNER, ELLIS**, 83, of Missouri passed away 8/28/2022 arrangements with Marshall Spoo Sunset Funeral Chapel

**DUNIVEN, DOYLE**, 75, of Atascadero passed away 9/6/2022 arrangements with Blue Sky Cremation Service

**EDWARDS, RENEE**, of Paso Robles arrangements with Chapel of the Roses

**FLEMING, JEFFREY BRYAN**, 58, of Arroyo Grande passed away 8/6/2022 arrangements with Lady Family Mortuary

**GOMEZ, BLANCA ROSA GOMEZ**, 78, of Santa Maria passed away 9/7/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**GOODENOUGH, ROBERT C.**, 88, of Santa Maria passed away 9/7/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**HEADRICK, CASTIN PATTY**, 28, of Arroyo Grande passed away 8/30/2022 arrangements with Marshall Spoo Sunset Funeral Chapel

**JOHNSON, WILMA**, 86, passed away 9/3/2022 arrangements with Chapel of the Roses

**JULIAN, RONALD**, 75, of Atascadero passed away 8/28/2022 arrangements with Chapel of the Roses

**KENDRICK, RONALD ONIEL**, 63, of Arroyo Grande passed away 9/9/2022 arrangements with Marshall Spoo Sunset Funeral Chapel

**KISH, KATHLEEN BLANCHE**, 58, of Santa Maria passed away 9/8/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**LEMUS, CARMEN TORRES**, 93, of Nipomo passed away 9/3/2022 arrangements with Marshall Spoo Sunset Funeral Chapel

**MCDONALD, CARLTON "CORKY"**, 74, of Santa Maria passed away 9/5/2022 arrangements with Magner-Maloney Funeral Home & Crematory

**MEYER, NANCY A.**, 81, of Santa Maria passed away 9/11/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**MILES, MICHAEL EUGENE**, 82, of Santa Maria passed away 9/3/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**PARKINSON, KRISTINE ANN**, 56, of Santa Maria passed away 9/9/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**PUSSEY, NANCY M.**, 88, of Santa Maria passed away 9/6/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**RAYMOND, MAXINE MARIE**, 100, of Santa Maria passed away 9/11/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**RIOS, HAROLD "BUTCH" JR.**, 79, of Santa Maria passed away 9/3/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**ROTHGARN, MICHAEL**, 50, of Atascadero passed away 9/4/2022 arrangements with Blue Sky Cremation Service

**RYAN, FAYE HELOISE**, 98, of Nipomo passed away 9/5/2022 arrangements with Marshall Spoo Sunset Funeral Chapel

**SEARLES, DALLAS E.**, 83, of Paso Robles passed away 9/5/2022 arrangements with Chapel of the Roses

**SLOSSON, SCOTT A.**, 61, of Santa Maria passed away 9/6/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**SOUZA, WILFRED JOSEPH**, 99, of Santa Maria passed away 9/10/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**STANDINGCLOUD, CARLOTTA**, 65, of Atascadero passed away 9/6/2022 arrangements with Blue Sky Cremation Service

**STEED, D.C. DR MARK**, 70, of San Luis Obispo passed away 6/22/2022 Life Service 10/9/22 at SLO Mason's Lodge at 12:00pm

**TENIENTE, JOSE "JOE" M. JR.**, 79, of Santa Maria passed away 9/3/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**TRUJILLO, HELEN VERONA**, 89, of Nipomo passed away 8/30/2022 arrangements with Marshall Spoo Sunset Funeral Chapel

**VALE, DR MARTIN M.**, 83, of Nipomo passed away 9/9/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

**WALLER, CAROLINE J.**, 63, of Atascadero passed away 9/3/2022 arrangements with Magner-Maloney Funeral Home & Crematory

**WOLFF, CONSTANCE**, 54, of Paso Robles passed away 9/2/2022 arrangements with Blue Sky Cremation Service

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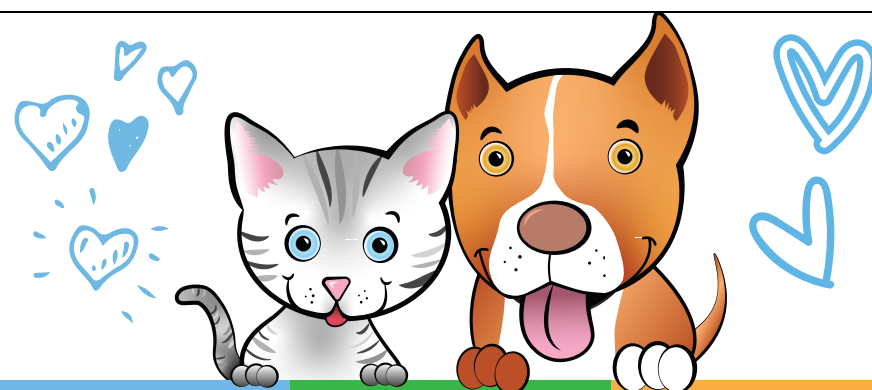
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### Online Poll

#### Are you following the Kristin Smart trial?

- 46%** Yes, I've been monitoring news outlets for any major updates.
- 27%** Yes, I've been following Chris Lambert's podcast like it's scripture.
- 18%** Not really, I lost interest.
- 9%** Who's Kristin Smart?

11 Votes

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## War or unity?

*Was the Jan. 6 insurrection the 'high-water mark' of the right-wing rebellion or the opposite?*

BY JOHN ASHBAUGH

I've been a student of our American Civil War since I was 10 years old. I first delved into that conflict in Mr. Greer's fifth grade class in 1965, when the nation observed the centennial of Lee's surrender at Appomattox, effectively ending the war. That summer, our family visited Gettysburg National Battlefield in Pennsylvania. I vividly remember standing on Cemetery Hill at the very spot where Pickett's Charge failed to break the Union center on the third day of that dreadful 1863 battle—widely regarded as the “high-water mark of the Confederacy.” The war that had started at Fort Sumter in April 1861 would grind on for another two years, until the surrender of rebel armies in the spring of 1865.

For most of the last two decades, I've taught history at Allan Hancock College, and I showed scenes of that decisive moment from the 1994 movie *Gettysburg* to each of my classes that covered the Civil War.

I've also been watching with growing dismay as our nation has become dangerously polarized, to the point where many observers are issuing stern warnings of an impending “second civil war.”

I hesitate to compare any Civil War battle with the assault on the Capitol on Jan. 6, 2021, but as a loyal American, I took special offense as that angry mob paraded the Confederate battle flag under the dome of our Capitol. Over the entire four years of the Civil War, Confederate flags had never entered the Capitol; but on that day last year, the banner of Southern insurrection insulted our seat of government.

Could the violence on Jan. 6 be another Fort Sumter, the opening battle in a new civil war? Or is it more accurately compared to Pickett's Charge, the high-water mark of this appalling wave of national hostility and right-wing extremism? If it's Fort Sumter *déjà vu*, ever more violent forces of insurrection threaten new levels of unrelenting domestic terrorism.

One scholar of the Civil War has warned that the nation now faces a threat even more dangerous to our democracy than Fort Sumter. Heather Cox Richardson asserts that the intent of the Jan. 6 rioters—to prevent the peaceful transfer of power and overturn the results of the election—was far more serious than the secession by 11 Southern states in 1860-61. The South did not seek to reverse Lincoln's election and retain the presidency, even though the Illinois lawyer had won with less than 40 percent of the popular vote. Instead, they simply chose to withdraw altogether from the nation to sustain their “peculiar institution” of slavery.

What threatens our democracy now is the constant drumbeat of doubts about the very legitimacy of the institutions that have served us so well for so long. Winston Churchill has noted that “democracy is the worst possible form of government—except for any other form of government,” and few among us would or should dispute that conclusion. Yet more and more Americans are finding their votes frustrated by high-tech gerrymandering, court-ordered limits to enforcement of the Voting Rights Act, and voter suppression measures designed to inhibit voting by minorities or younger voters.

How can we challenge the narrative of an impending “second civil war”? Can we recover the sense of national unity and common purpose that has distinguished our democracy for almost 250 years? Can we assure that Jan. 6 was, at worst, a “high-water mark” of extremism?

We can begin by continuing to prosecute those responsible for Jan. 6. Already, more than 840 individuals face criminal charges and more than 180 have been convicted, with jail or prison time for at least 80. Now it is up to Attorney General Merrick Garland to indict the

major ringleaders of the riot, especially the circus master himself, Donald Trump. A trial, conviction, and punishment of the former president would go far toward extinguishing the incendiary threat that he still poses from Mar-a-Lago.

And finally, we can all take steps to educate ourselves and our communities about the continuing threat of right-wing extremism and domestic terrorism, whether it's from the Proud Boys, the Oath Keepers, or any local self-styled “militia” groups. We can challenge the conspiratorial ideology of the “3 percenters,” who believe that an armed resistance must remove “tyrannical” government and call openly for violent revolution. We can support organizations like the Southern Poverty Law Center or People for the American Way, whose founder, Norman Lear, turned 100 years old in July.

Time will tell whether Jan. 6 was “Fort Sumter” or the “high-water mark,” but we'll know more when we see the results of this year's election—and even better, the 2024 election. I'm hoping that by that time, we might be celebrating another Appomattox: The total defeat of right-wing extremism, the salvation of American democracy, and the return to some semblance of national unity. ○

*John Ashbaugh has been engaged in local politics since arriving on the Central Coast in 1977. Write a response for publication by emailing letters@santamariasun.com.*

## LETTERS

### Beware the bureaucratic penchant for 'thin-skinism'

I have learned some things from years of interaction with county government officials and agency staff. Most are exceptionally capable, conscientious, cordial, and responsive. And some are prone to the very human foible of thin skin. It is also clear that as our taxes pay their salaries, they work for us in our collective best interests.

It is the nature of bureaucracies and other large organizations to lean toward insularity, notions of infallibility and arrogance. It is the responsibility of leaders and managers to rein in these tendencies. Many are disposed to resist new ideas and to bristle at constructive criticism, even when offered with civility. They sometimes miss the mark in their analyses and reports. And this can have severely negative consequences for us.

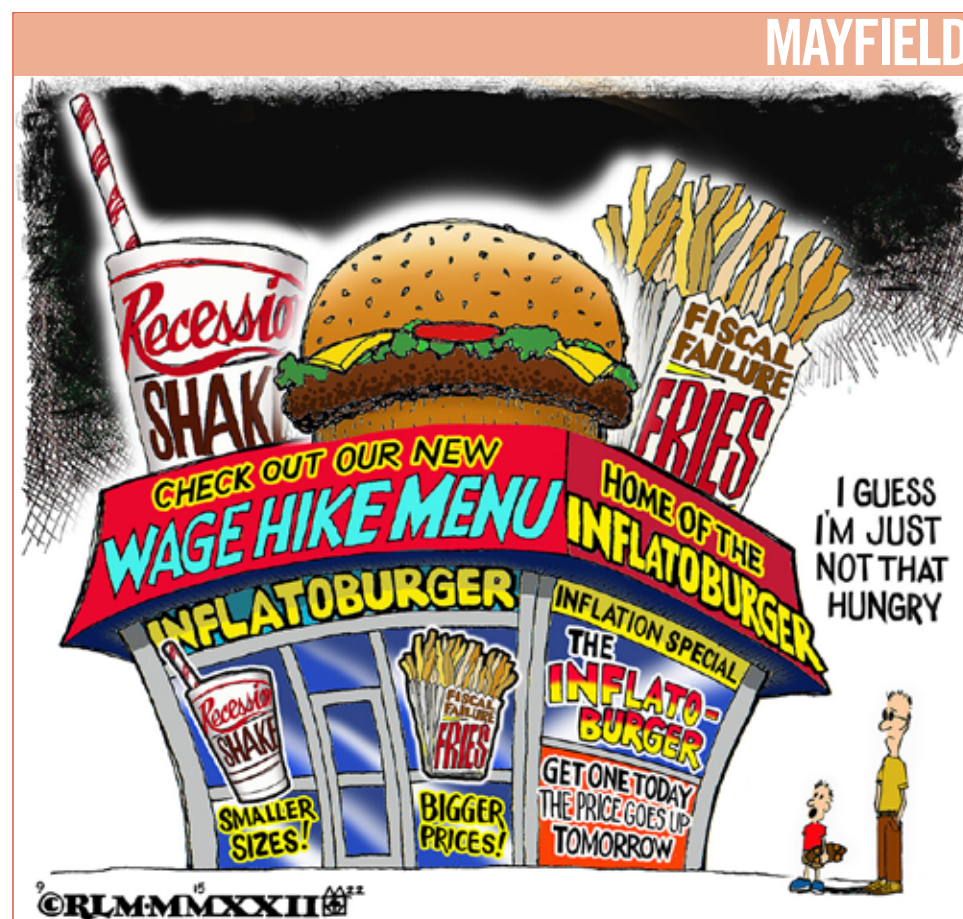
Agency staff have occasionally sought to approve plans that, if actualized, would have endangered the lives and safety of hundreds, or even thousands, and the health of children. Thankfully, shoddy staff reports have often been successfully countered and corrected by concerned citizens and outside experts during the review process.

Further, Santa Barbara County residents who live in unincorporated towns have no local government of their own. We depend on our district supervisor to listen to problems, seek solutions, and identify ways to mitigate negative outcomes.

Our Los Alamos Planning Advisory Committee was disbanded by the county last year. It had long been the most effective channel for our voices to be heard, and heeded, on matters affecting our town and the quality of life here. But the Planning and Development Department was not pleased that we spoke up with local input. Our current supervisor seems supportive of resuming this form of community involvement, with its advisory role.

It can never be too late for our county officials and Planning and Development leaders to take stock of their relations with residents, to be aware of the bureaucratic penchant for thin-skinism, and to strive to base actions and policies on best practices, on fact and truth. We could all benefit from this.

Seth Steiner  
Los Alamos





**CLAIM DEADLINE: DEC 31, 2022**

Attorney Advertising

# Abused by Clergy in California?

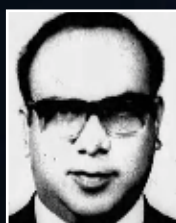
These individuals have been accused of child sexual abuse in California.



Fr. Ruben  
L. Abaya



Fr. Leonard  
Abercrombie



Fr. Nicolas  
Aguilar-  
Rivera



Deacon Arturo  
Federico  
Ahumada



Fr. Pierre  
Albalaa



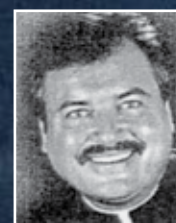
Fr. Roger  
Anderson



Bishop Juan  
Arzube



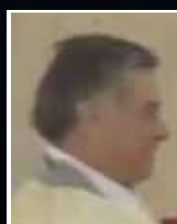
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Atherton



Fr. Michael  
Baker



Fr. Fredrick  
Balak



Fr. Roberto  
Barco



Fr. Kevin P.  
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Fr. Matthias  
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Leland Boyer



Fr. John  
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Brown



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D. Buckley



Fr. Honorato  
Cabaong



Br. Samuel  
Cabot



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Caffoe



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(Carriere)



Fr. Michael  
J. Carroll



Fr. Edward  
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If you have information regarding alleged abuse or  
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Lawsuits were filed in California involving these alleged perpetrators. The vast majority of claims against these individuals have not been fully evaluated in a civil or criminal court. The allegations should not be considered proved or substantiated in a court of law. All individuals should be considered innocent until proven guilty.

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# ARE YOU ONE OF THE 30?



## OPINION

## Creative evasion

**H**ave you ever wanted to gather all the people who want your vote into one place to get their views on an issue near and dear to your heart? That's what the **North Santa Barbara County Manufactured Homeowners Team** did during its Sept. 12 candidate forum, which was designed to "win support for mobile home issues," specifically rent stabilization, according to team President **Gary Hall**.

Most candidates obliged by at least supporting the ideas tangentially related to the team's focus, including rent stabilization, affordable housing, real estate value, and oranges.

**Maribel Aguilera-Hernandez**—a 4th District Santa Maria City Council candidate—spoke up for maintaining homes' values.

Rent control depresses property values, she said, and landlords wouldn't get as high of a return on their property—so she proposes subsidizing housing.

"We subsidize housing for low-income, and I think that is a different way if we cannot get anywhere with capping rent."

The trick with taking that tack is that it's not really on topic. The mobile home activists (they graduated from "advocates" once they showed up to their 25th City Council meeting) know what they want: predictable, limited rent increases for the land that mobile homes sit on. This isn't a citywide renter issue, it's a niche issue.

And then Aguilera-Hernandez compared landlords to oranges:

"Let's say you own a perfume [shop] that sells orange-smelling perfumes, and I sell oranges. There's a shortage of oranges. And we both want the orange and there's only so many. We need to be creative. So if we start to look at what do you want and what do I want, you can take the skin of the orange that you need, and I take the part of the orange that I need. And we've creatively solved the problem, and we both got what we wanted. That's the way we need to start looking at problems. There's no losers and winners. We all need to get a little bit of what we want. We won't always get 100 percent of what we want."

OK, but the activists already received less-than-100-percent of what they wanted from the city, which actually yielded a big fat zero.

Yet somehow, the team got candidates from the federal level down to the city to show up to their little, super specific one-issue forum to talk about rent stability—so maybe there's a chance that their oranges can become the city's perfume.

Did I get the metaphor right?

Lompoc's got oranges for days—and by oranges, I mean bicyclists in dangerous situations on H and Ocean streets. **Lompoc City Councilmember Victor Vega** really wants the city to find a solution to this issue, and that includes repealing a city ordinance banning bike-riding on sidewalks.

At least pedestrian-bike collisions aren't as horrifying as car-bike collisions?

The Police Department spoke against such a move, saying that they've used Lompoc's bike ordinance as a way to stop people and search them.

"Because [biking on the sidewalk] is illegal, we use it as a probable cause where we maybe didn't have something," **Police Capt. Kevin Martin** told the council on Sept. 6. "I've taken guns off people who are riding bikes. I've taken lots of narcotics off of people who are riding bikes on ... sidewalks."

Sounds slightly profile-y to me.

That's classic oranges and perfumes, amirite? ○

*The canary is selling oranges by the bushel. Send perfume to [canary@santamariasun.com](mailto:canary@santamariasun.com).*



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## What's Your Take?

**We know you've  
got an opinion.  
Everybody's got one!**

**This week's online poll 9/15–9/22**

**How do you feel Santa Barbara County's been  
handling the opioid epidemic?**

- ☐ Great—they're providing an adequate amount of treatment services to help.
- ☐ They're on the right track, and more will be coming with Project Opioid and other collaborative efforts.
- ☐ They need way more resources and funding in order to tackle a crisis like this.
- ☐ The crisis is hopeless, and the county's not going to solve it.

**Enter your choice online  
at: [SantaMariaSun.com](http://SantaMariaSun.com)**

**Sun**



# HOT STUFF

SEPT. 15 – SEPT. 22  
2022

## SONGS AND SKETCHES

*Performances of Sand In Our Shorts: A Night of Sketch Comedy and Song will be held through Saturday, Sept. 17, at the Great American Melodrama in Oceano. Tickets to this vaudeville and variety show start at \$30, with discounts available for seniors, students, and children. Call (805) 489-2499 or visit americanmelodrama.com for more info. The Great American Melodrama is located at 1863 Front St., Oceano.*  
—Caleb Wiseblood

**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!

PHOTO COURTESY OF THE GREAT AMERICAN MELODRAMA

## ARTS

### SANTA YNEZ VALLEY

#### DUNES: VISIONS OF SAND, LIGHT, AND SHADOW

Traverse the sand dunes with Central Coast photographer Bob Canepa in the Wildling Museum's new Valley Oak Gallery exhibition. Receptions: Sept. 11 and Oct. 9. Through March 23, 2023, 11 a.m.-5 p.m. Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang, 805-688-1082, wildlingmuseum.org.

**AN EVENING WITH BRIAN REGAN** Critics, fans, and fellow comedians agree: Brian Regan is one of the most respected comedians in the country. **Sept. 21**, 7:30-9 p.m. \$69.50. 805-686-1789. Solvang Festival Theater, 420 2nd St., Solvang.

#### FIRE AND ICE: OUR CHANGING LANDSCAPE

Features a wide diversity of artwork, including video installations, photography, paintings, mixed media, and more, illustrating aspects of fire and ice. Through Sept. 26 Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang, 805-688-1082, wildlingmuseum.org.

#### GREENLAND: LAND OF THE MIDNIGHT SUN

Features stunning photographs of Greenland's vast Arctic terrain, its people, and culture. Located in North America near Canada, Greenland is the world's largest island. Contrary to its name, it's not very green and covered in ice. Through Sept. 18 Elverhøj Museum of History and Art, 1624 Elverhøj Way, Solvang, 805-686-1211, elverhoj.org.

**SOLVANG DANISH DAYS** California's premier Danish heritage festival, Solvang Danish Days, returns this year with a three-day, in-person event line-up. Celebrate Solvang's unique heritage with authentic Danish food, music, folk dancing, parades, entertainment, and family-friendly experiences throughout Solvang village. **Sept. 16-18**, 8:30 a.m.-9 p.m. Varis. 877-327-2656. solvangdanishdays.org/. Downtown Solvang, Citywide, Solvang.

#### SOLVANG FESTIVAL THEATER:

**NATIVE GARDENS** Gardens and cultures clash, turning friendly neighbors into feuding enemies in this hilarious comedy of good intentions and bad manners. Through Sept. 17 Solvang Festival Theater, 420 2nd St., Solvang, 805-686-1789.

### LOMPOC/VANDENBERG

#### MEETING OF THE LOMPOC VALLEY BOTANIC AND HORTICULTURAL SOCIETY

All garden and botany enthusiasts are invited. **Sept. 18**, 2-4 p.m. Free. 805-717-0067. Stone Pine Hall, 210 South H St., Lompoc, lompoctmuseum.org/pine.php.

#### PIECEWORK: PATCHWORK PAINTINGS BY

**ELIZABETH MONKS HACK** Features artworks by Elizabeth Monks Hack, comprised of oil and mixed media on sewn canvas, a new direction for the artist. Through Sept. 25 Free. 805-737-1129. lompoctmuseum.org. Cypress Gallery, 119 E Cypress Ave., Lompoc.

### SANTA MARIA VALLEY/LOS ALAMOS

**AUTUMN CRAFT EXPERIENCE** Experience autumn with crafts at the Santa Maria Public Library. Leaves, paint, colors, and artists will be part of the experience. **Sept. 24**, 11 a.m. 805-925-0994. engagedpatrons.org.

Santa Maria Public Library (Altrusa Theater), 421 S. McClelland St., Santa Maria.

#### DANCE CLASSES: EVERYBODY CAN DANCE

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

**JOURNAL IN A JAR PACK** Explore one of the many ways to journal by creating a journal in a jar. Journaling in a jar is a fun way to record thoughts and memories. Packs include supplies needed to create your journal from home. **Sept. 17** 805-925-0994. 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. 8 a.m.-10 p.m. 805-922-0663. Santa Maria Airport, 3249 Terminal Dr., Santa Maria.

**MUSIC LESSONS AT COELHO ACADEMY** Learn to play piano, drums, guitar, base, ukulele, or violin, or take vocal lessons. 805-925-0464. coelhoacademy.com. Coelho Academy of Music, 325 E. Betteravia Rd., Santa Maria.

#### SUCCULENT EXCHANGE/BOOK CRAFT

Create a unique and spectacular succulent planter using a book. All materials provided, registration is required. **Sept. 17**, 12:30 p.m. Free. 805-925-0994.

cityofsantamaria.org/city-government/departments/library. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

**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. Mondays, Wednesdays, 10:30-11:30 a.m. cityofsantamaria.org/register. Elwin Mussell Senior Center, 510 Park Ave., Santa Maria.

**WINE AND DESIGN CLASSES** Check Wine and Design's Orcutt website for the complete list of classes, for various ages. ongoing. wineanddesign.com/orcutt. Wine and Design, 3420 Orcutt Road, suite 105, Orcutt.

**YOUTH SEW MUCH FUN CLUB** Youth will learn to sew, and practice sewing skills at the library. Together, learn the basics of a machine and sewing by hand, or practice skills with the club. Materials will be provided. September project is a pillowcase. Youth are welcome to their own fabric. **Sept. 21**, 4-5 p.m. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

### SOUTH COAST SLO COUNTY

**SCARY POPPINS** When their father decides they need some minding, the Peabody children come up with a scheme to get a new, "practically perfect" nanny just like the one they read about in their book. Much to their shock, they get her demented sister, Scary. Wednesdays-Saturdays, 7-9:30 p.m., Saturdays, 2-4:30 p.m. and Sundays, 6-8:30 p.m. through Nov. 6 \$30-\$36. 805-489-2499. americanmelodrama.com/. Great American Melodrama, 1863 Front St., Oceano.

**BE PART OF ART** There will be a different art activity each month. Bring the whole family to see the beauty in creating together and how easy it can be to bring art into your home. Last Saturday of every month, 1:30-3 p.m. 805-668-2125. lila.community/. LiIA Creative Community, 1147 East Grand Ave. suite 101, Arroyo Grande.

**BIG LIBRARY BOOK SALE** Books are sold by the inch, which means you can load up on any genre, hardback or paperback and pay the same price. The ever-popular bag sale starts at 1:30 p.m. Shoppers buy a paper grocery bag for \$2 and fill it with books. **Sept. 17**, 8 a.m.-3 p.m. Free. 805-481-4131. GroverBeachLibrary.org. Grover Beach Community Library, 240 N 9th St., Grover Beach.

#### MEET THE AUTHOR: CATHERINE KITCHO

Catherine Kitcho presents her suspense novel series. Light refreshments will be served. RSVP to nansbooks@aol.com. **Sept. 20**, 6:30-8 p.m. Free to attend. 805-481-4131. GroverBeachLibrary.org. Grover Beach Community Library, 240 N 9th St., Grover Beach.

**MIXED MEDIA FOR AGES 5-7** Each week students will have the opportunity to explore and combine various mediums like pastels with tempera, watercolors and collage, or clay and wood and so much more. Mondays, 3:30-4:45 p.m. \$25. 805-668-2125. lila.community/. LiIA Creative Community, 1147 East Grand Ave. suite 101, Arroyo Grande.

**MIXED MEDIA WORKSHOP (AGES 7-12)** Come explore mixed media with an emphasis on the Elements of Art and the Principles of Design. Each week, students will have the opportunity to use various media. Tuesdays, 3:30-4:45 p.m. \$25. 805-668-2125. lila.community/. LiIA Creative Community, 1147 East Grand Ave. suite 101, Arroyo Grande.

**OPEN STUDIO (AGES 7-12)** Guests can explore a variety of media and techniques while focusing on their own subject matter. Whether they come with a project in mind, or find their way as they play, this class offers a chance for independent learning in a supportive environment. Thursdays, 3:45-4:45 p.m. \$25. 805-668-2125. lila.community/all-workshops/open-studio. LiIA Creative Community, 1147 East Grand Ave. suite 101, Arroyo Grande.

**OPEN STUDIO FOR TEENS** Are you looking for an art studio to share your creative ideas with other teens? Whether it's painting, drawing, sewing, weaving, or building with clay, you will find the right supplies to work independently or collaborate with others. Come find support and encouragement. Fridays, 3:45-5 p.m. \$25. 805-668-2125. lila.community/. LiIA Creative Community, 1147 East Grand Ave. suite 101, Arroyo Grande.

**MIXED MEDIA (ADULTS)** Each week, attendees will combine two or more media in several pieces, while working with watercolor, acrylic, ink, pastels, charcoal as well as various printmaking techniques in the course of a month. Enjoy discovering new ways to work with traditional and nontraditional materials. Mondays, 1-3 p.m. \$35. 805-668-2125. lila.community/. LiIA Creative Community, 1147 East Grand Ave. suite 101, Arroyo Grande.

ARTS continued page 14

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 newtimeslo.com. You may also email calendar@newtimeslo.com. Deadline is one week before the issue date on Thursdays. Submissions are subject to editing and approval. Contact Calendar Editor Caleb Wiseblood directly at cwiseblood@newtimeslo.com.

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**OPEN STUDIO FOR ADULTS** Guests can come in and decide what materials they would like to work with and create freely. Share your creative process with others and see how your work will flourish. Tuesdays, 6-9 p.m. and Wednesdays, 12:30-3:30 p.m. \$40. 805-668-2125. lila.community/. Lila Creative Community, 1147 East Grand Ave. suite 101, Arroyo Grande.

**PLAY, EXPLORE, CREATE 1 (AGES 3 AND 4)** Enjoy the opportunity to explore drawing, painting, collage, sculpture, and mixed media. Each week a new adventure awaits. Thursdays, 2-3 p.m. and Fridays, 9-10 a.m. \$25. 805-668-2125. lila.community. Lila Creative Community, 1147 East Grand Ave. suite 101, Arroyo Grande.

**PLAY, EXPLORE, CREATE (AGES 5-7)** Young artists will play at various stations, exploring games, and mixed media. There will be a new activity each week. Wonderful opportunities for drawing, painting, and sculpture. Tuesdays, 9-10 a.m. \$25. 805-668-2125. lila.community. Lila Creative Community, 1147 East Grand Ave. suite 101, Arroyo Grande.

**SAND IN OUR SHORTS: A NIGHT OF SKETCH COMEDY AND SONG** This two-act vaudeville review is jam packed with enough sketches and songs to split your sides. Drawing on the grand tradition of vaudeville and variety shows, this is a compilation of some of the venue's favorite comedy "shorts," new and old. Wednesdays-Saturdays, 7 p.m. and Saturdays, Sundays, 2 p.m. through Sept. 17 \$30-\$36. 805-489-2499. americanmelodrama.com. Great American Melodrama, 1863 Front St., Oceano.

**WOMEN'S MORNING OF RENEWAL** Together we'll master the basic knots and you'll make your very own ceiling plant hanger. This class will be taught by Lindsey of Tied + True Goods, a local macramé artist based in San Luis Obispo County. All materials are provided. **Sept. 24**, 10 a.m.-noon \$50. 805-668-2125. Lila Creative Community, 1147 East Grand Ave. suite 101, Arroyo Grande, lila.community/.

#### SAN LUIS OBISPO

**AROUND THE WORLD IN 80 DAYS** Hold onto your seats for the original amazing race. Danger, romance, and comic surprises abound in this whirlwind show from SLO Rep. Thursdays-Saturdays, 7-9 p.m. and Saturdays, Sundays, 2-4 p.m. through Sept. 25 Starts at \$20. 805-786-2440. slorep.org/shows/around-the-world-in-80-days/. San Luis Obispo Repertory Theatre, 888 Morro St., San Luis Obispo.

private one-on-one and group lessons in the ceramic arts. Both hand building and wheel throwing options. Beginners welcomed. ongoing 805-835-5893. hmcruceceramics.com/. Online, See website, San Luis Obispo.

**DATE NIGHT POTTERY** Looking for a fun date night? Head to Anam Cre Pottery Studio and play with clay. Couples will learn how to throw a pot on the wheel and make a cheeseboard. Fridays, Saturdays, 6-8 p.m. \$140. Anam Cre Pottery Studio, 1243 Monterey St., San Luis Obispo, 805-896-6197, anamcre.com.

**INTERMEDIATE OIL PAINTING: ADULT ART CLASS** This class is for students who may have tried oil painting in the past but are looking to advance their skill levels. Color theory and proportion study will be a focus in the class. Mondays, 2-5 p.m. \$30 per student or \$75 for 3 classes. 805-747-4200. artcentralslo.com/workshops-events/. Art Central, 1329 Monterey St., San Luis Obispo.

**JIJI: FREE OUTDOOR CONCERT** An adventurous artist known for her diverse selection of music, ranging from traditional and contemporary classical to free improvisation, played on both acoustic and electric guitar. **Sept. 17**, 3:15-3:45 p.m. Free. 805-756-6556. Performing Arts Center, 1 Grand Ave., San Luis Obispo, pacslo.org.

**LEARN TO WEAVE MONDAYS** An opportunity to learn how a four-shaft loom works. You will get acquainted as a new weaver or as a refresher with lots of tips and tricks. This class includes getting to know a loom, how to prepare/dress a loom, and much much more. Mondays, 1-4 p.m. \$75 monthly. 805-441-8257. Patricia Martin: Whispering Vista Studios, 224 Squire Canyon Rd, San Luis Obispo, patriciamartinartist.com.

**PLEIN AIR PAINTERS OF THE CENTRAL COAST A** self-directed fun group of dynamic artists who enjoy painting and sketching outdoors. Artists meet on site at various locations. Weekly plein air destinations are provided by Kirsti Wothe via email (mrswothe@yahoo.com). Wednesdays, 9 a.m.-noon SLO County, Various locations, San Luis Obispo.

**SCENE WRITING CLASS** The scene writing class will be led by experienced writer and teacher, Brian Danilo, and is a great foundational class for writing

stories, books, plays, etc. Tuesdays, 6-8 p.m. through Oct. 18 \$225 (for all 6 weeks). 805-858-8255. centralcoastcomedytheater.com/classes. Central Coast Comedy Theater Training Center, 2078 Parker Street, Suite 200, San Luis Obispo.

**SCULPTURE CLASS WITH ROD PEREZ** This weekly sculpture drop-in class gives an opportunity for potters to take on new projects and learn new techniques relating to sculptural work. Additionally, every first Friday of the month, a new project will be taught by Rod Perez for beginners. Fridays, 10 a.m.-noon \$40. anamcre.com. Anam Cre Pottery Studio, 1243 Monterey St., San Luis Obispo, 805-896-6197.

**THROWING BIG POTTERY SERIES** This class will be guided by Brian Cully, and centers on how to throw big pots. If you have a desire to improve your ceramic throwing, come join this fun three-week series. Wednesdays, 5:30-7:30 p.m. through Sept. 28 \$160. anamcre.com. Anam Cre Pottery Studio, 1243 Monterey St., San Luis Obispo, 805-896-6197.

**VENDOR FAIR: CALIFORNIA INTERNATIONAL GUITAR FESTIVAL** Vendors from all over the country will showcase their custom-made guitars and accessories. **Sept. 17**, 11 a.m.-6 p.m. and **Sept. 18**, 10 a.m.-5 p.m. Free. 805-756-6556. Performing Arts Center, 1 Grand Ave., San Luis Obispo, pacslo.org.

**VIRGINIA MACK: BEGINNING WATERCOLOR** This is a watercolor class designed to let you jump in and try out this engaging medium through experimentation. It's designed for beginners and those with watercolor

experience who wish to expand their knowledge of painting in watercolors. To enroll please contact Mack via email: vbmack@charter.net Wednesdays, 1:30-3:30 p.m. \$35. 805-747-4200. artcentralslo.com/workshops-events/. Art Central, 1329 Monterey St., San Luis Obispo.

#### YOUTH ART SESSIONS

Segment 1: Intro to Art Basics. During this segment, students will learn the basic principles of art. Students will have an opportunity to experiment with the color wheel, blending and color mixing, working with Play-Doh, weaving, shading and printing. For grades K-4. Mondays, 11 a.m.-2:30 p.m. through Oct. 3 \$100. Art Central, 1329 Monterey St., San Luis Obispo, 805-747-4200, artcentralslo.wordpress.com.



**Spread the word!**

Send event information to [calendar@santamariasun.com](mailto:calendar@santamariasun.com).



**ART AND ABOUT MORRO BAY** Join us for Art and About Morro Bay, a self-guided art walk that gives the community an opportunity to experience visual, literary, and performing art in galleries and other venues. Visit site for a map of locations. (Events will not occur on major holidays). Fourth Saturday of every month, 1-4 p.m. Free. 805-544-9251. artsobispo.org/art-and-about. Morro Bay (participating artists), Townwide, Morro Bay.

**THE REBOOT (STORYTELLING REIMAGINED)** Enjoy a live show of entertaining, true personal stories around a different theme each month performed in an enchanted garden theater under the stars. The event offers "story gold for folks who delight in all things well told." Fourth Friday of every month, 7-9:15 p.m. through Oct. 28 Free. 805-772-9225. Top Dog Coffee Bar, 857 Main St., Morro Bay.

**SLOFUNNY COMEDY SHOW** Hosted by Allison Weber. Lineup includes Edi Gibson, Cat Alvarado, Camilla Cleese, and headliner Jonny Loquasto. **Sept. 24**, 6:30 p.m. my805tix.com. Morro Bay Veterans Memorial Building, 209 Surf St., Morro Bay.

## CULTURE & LIFESTYLE

#### SANTA MARIA VALLEY/LOS ALAMOS

**30 VOLUNTEERS NEEDED IN SANTA MARIA/ ORCUTT** Community Partners in Caring is seeking volunteers to help support dependent older adults and seniors. ongoing partnersincaring.org. Santa Maria, Citywide, Santa Maria.

**BILINGUAL STORY TIME: HORA DE CUENTOS** Songs, activities, and stories in English and Spanish. Story time is designed to build literacy skills and school readiness. Mondays, 4-4:30 p.m. through Oct. 10 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

**BOUNCING BABY STORY TIME** Explore pre-literacy skills through music, movement, and visual stimulation and promote a healthy bond between baby and caregiver. Learn, connect, and grow with other babies and their caregivers. Wednesdays, 10 a.m. through Oct. 12 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

ARTS continued page 19

# WHERE THERE'S A WALK, THERE'S A WAY.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia. It's time to add your flower to the fight.

Join us at [alz.org/walk](http://alz.org/walk).



**2022 Walk to End Alzheimer's - Santa Maria**  
Waller Park  
Saturday, October 1 | 9:30AM

2022 NATIONAL PRESENTING SPONSORS

Edward Jones

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# YouthWell

RESOURCE DIRECTORY • WORKSHOPS • AWARENESS • COLLABORATIVE

It can be overwhelming to know where to start when a young person is struggling with a mental health challenge. YouthWell works with community partners to reduce stress for families by simplifying the process of connecting to **Santa Barbara County** resources. Find printable rack cards with resources and self-care tips at YouthWell.org

## RESOURCE DIRECTORY

Youth and Family Mental Health and Wellness directory or the Community Calendar to help youth, ages, 0-25, and their families access services. Visit YouthWell.org to find therapists, support groups, treatment programs, crisis resources, and after-care resources for those in recovery. Translated in Spanish.

## WELLNESS WORKSHOPS

Free, virtual workshops provide a platform for students, ages 10-25, and the adults who care about them to learn. Speakers share tools for managing mental health and tips for practicing self-care in order to build resilience to be better equipped to cope with stress. Spanish interpretation is provided. View past workshop recordings on our YouTube channel.

## COMMUNITY COLLABORATIVE

YouthWell partners prioritize prevention and early intervention and work toward systemic change that encourages collaboration so that we can fill the gaps and remove the barriers to services.

**OUR MENTAL HEALTH MATTERS!**

**THIS IS HOW WE DO  
SELF-CARE IN  
SANTA BARBARA COUNTY.**



YouthWell.org • education@youthwell.org • It's ok to ask for help



# IT'S OK TO ASK FOR HELP

## HELPLINES IN SANTA BARBARA COUNTY

### **SAFTY CRISIS & HELP LINE** **888.334.2777**

SB County Hotline • mobile triage team can do welfare checks.  
Call 8am-8pm • ages 0-20

### **ACCESS LINE FOR SERVICES** **888.868.1649**

SB County Behavioral Wellness • mobile crisis team  
Call 24/7 • all ages

### **CENTRAL COAST HOTLINE** **800.783.0607**

SB & SLO County crisis line provides resource information. Call  
or text 24/7 • all ages

### **YOUTH SHELTER** **805.698.6701**

Noah's Anchorage crisis hotline & temporary housing  
call or text 24/7 • ages 12-17

### **DOMESTIC VIOLENCE** **805.964.5245**

DVS helpline & emergency shelter • call 24/7 • all ages

### **SEXUAL ASSAULT** **805.564.3696**

South County, STESA  
North County Rape Crisis Center

call 24/7 • all ages

**805.736.7273**

### **RESOURCE DIRECTORY • YOUTHWELL.ORG**

Online directory & community calendar. Find mental health  
services for youth, ages 0-25, and families in SB County.

### **NON-EMERGENCY • 211**

Connect to health and human services, disaster relief, housing,  
& public information 24/7. Multiple languages.

### **EMERGENCY • 911**

Police & Sheriff, crisis intervention teams, welfare checks

### **HOSPITALS**

SB, Carp, Goleta	Lompoc	Santa Maria
<b>805.682.7111</b>	<b>805.737.3300</b>	<b>805.739.3000</b>

## **NATIONAL HOTLINES • 24/7**

National Suicide & Crisis Lifeline  
Call/Text **988** or **800.273.8255**

Eating Disorders helpline  
Call or text **800.931.2237**

Crisis Text Line  
Text **HELLO** to **741 741**

Runaway Safeline  
Call **800.786.2929**

Teen Peer Line • 6pm-10pm  
Call **800.852.8336**  
Text **TEEN** to **839 863**

Human Trafficking Hotline  
Call **888.373.7888**

Trevor Project • LGBTQ+ support  
Call **866.488.7386**  
Text **START** to **678 678**

Child Welfare Services  
child abuse/neglect reporting  
Call **800.367.0166**

## YOU ARE NOT ALONE TALK TO SOMEONE

It takes courage to ask for help. Talk to a trusted adult, school counselor, parent, or friend. Call/text a hotline if you are feeling depressed, suicidal or like you want to hurt yourself. Counselors can help talk you through when things feel hopeless and help you connect to local resources.

Practice daily self-care which can include getting enough sleep, exercise, healthy eating, and taking breaks from digital devices & social media.

## LABEL YOUR EMOTIONS

- |                |              |              |
|----------------|--------------|--------------|
| • angry        | • frightened | • jealous    |
| • anxious      | • frustrated | • lonely     |
| • annoyed      | • grateful   | • optimistic |
| • bored        | • grouchy    | • peaceful   |
| • depleted     | • guilty     | • sad        |
| • depressed    | • happy      | • satisfied  |
| • disappointed | • helpless   | • shame      |
| • envious      | • invisible  | • upset      |
| • excited      | • irritated  | • vulnerable |

Often we dismiss our feelings. Labeling our emotions reduces the influence negative feelings have over us and allows us to deal with them more effectively. Taking time to recognize our emotions helps us understand ourselves and our underlying needs.



## WARNING SIGNS OF A MENTAL HEALTH CHALLENGE

- ✓ Feeling very sad or withdrawn for more than 2 weeks
- ✓ Extreme difficulty in concentrating or staying still
- ✓ Intense worries that get in the way of daily activities
- ✓ Drastic changes in mood, behavior, or sleeping habits
- ✓ Risk-taking behaviors or excessive drug/alcohol use
- ✓ Making plans to harm or kill oneself
- ✓ Significant weight loss or weight gain

YouthWell.org • education@youthwell.org • It's ok to ask for help



## LISTENING IS ONE OF OUR BEST TOOLS! ACTIVE LISTENING SHOWS RESPECT AND BUILDS TRUST.

- Be patient and don't interrupt.
- Remember, it's about the person, not you.
- Use "I" statements to convey what you observe.
- Be aware of your body language & expressions.
- Don't minimize their experience or feelings.
- Sometimes listening is enough. It's not your job to fix it.

## OUR WORDS MATTER...



## HELP SOMEONE YOU ARE CONCERNED ABOUT

### WHAT TO SAY...

- I'm worried about you.
  - You haven't been yourself lately.
  - How can I support you?
  - Can I help you find some services?
- If they're at risk, ask...
- Are you considering suicide?

### ASK FOR HELP • REPORT A CONCERN...

Trust your gut. It may feel like you're betraying someone but you could be saving their life. Youth, talk to a trusted adult.

**See something, say something...** If you're concerned at school about a student potentially dangerous to self or others, or is being bullied, or has been sexually assaulted, talk to a teacher, counselor, or principal. Some schools have anonymous online reporting forms.

**Call a helpline...** The person doesn't need to be in crisis. Helplines can guide you on how to talk to the individual or connect you with resources. If you are worried they're considering suicide, tell the **crisis line**, "I want to make a report and would like to have you document it."

**Call 911** in a crisis to request a **welfare check**. Say, "This is a mental health emergency. We need a crisis evaluation done." Police can stop by the home to ensure the person is okay. Individuals 18+ cannot be forced into treatment. They can be detained for 72 hour psychiatric hospitalization for evaluation to determine if they are a risk to self or others.

Continue to **check-in** with the person. Offer support and **listen** without judgment. This isn't something you can fix.

## FRIENDS & FAMILY, TAKE CARE OF YOURSELF

Watching a loved one struggle can be stressful. Practice your own self-care.

You may need to process your own emotions of shock, grief, hurt, guilt, or anger after a loved one attempts to take their own life.

Talk to someone. Reach out to a helpline. Join a parent support group.



# YouthWell

RESOURCE DIRECTORY • WORKSHOPS • AWARENESS • COLLABORATIVE

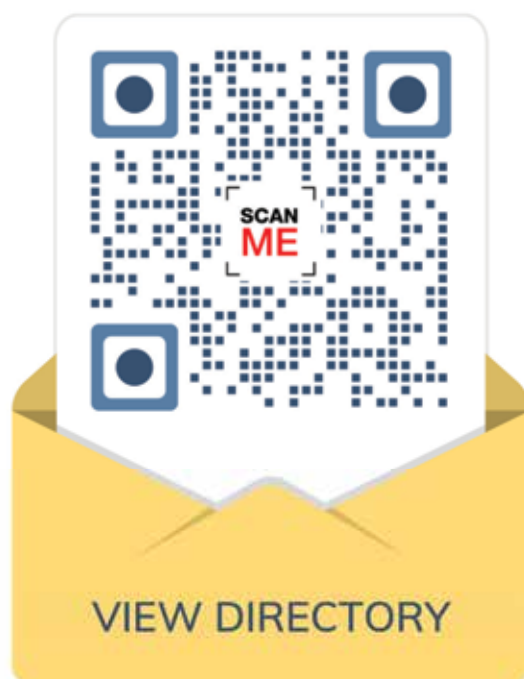
## WE CAN ALL MAKE A DIFFERENCE...

- **ELIMINATE STIGMA** Treat mental illness with the same respect you show someone with a physical illness. One of the reasons people don't seek help or support when they are struggling is because of the stigma and shame associated with it.
- **EDUCATE YOURSELF** Learn to recognize the signs and symptoms of a mental health challenge.
  - attend Wellness Workshops
  - take Youth Mental Health First Aid
  - visit the YouthWell.org Resource Directory for great books and articles and learn what is available in our community
- **SUPPORT OTHERS** Check-in, listen, and show compassion. You don't have to have all of the answers or fix the problem.
- **PRIORITIZE YOUR SELF-CARE** Get enough sleep, exercise, and take breaks from digital devices. Do things to relax... volunteer, listen to music, walk outside, journal, and practice deep breathing. Volunteer... it can reduce stress and improve your mental health.

## GET INVOLVED...

Help YouthWell address the need for increased early intervention efforts in our community so youth don't have to wait until they're in crisis to get help.

- **DONATE** to YouthWell. Your contribution supports the online Resource Directory, outreach, and Wellness Workshops.
- **VOLUNTEER...** High school and college students can intern to help with our outreach, social media or act as brand ambassadors. Students can start a club to promote wellness on their campus. Adults can volunteer with the Compassion Project and pay it forward with simple acts of kindness.
- **FOLLOW US** to learn tips & facts on our social media @youthwell or subscribe to our newsletter.  
   
- Providers and schools can **JOIN** the Community Collaborative or Behavioral Health Linkages Team.
- **CONTACT US** for more information, email contact Rachael or Elise at [education@youthwell.org](mailto:education@youthwell.org)



HUTTON  
PARKER  
FOUNDATION

Sun

YouthWell.org • [education@youthwell.org](mailto:education@youthwell.org) • It's ok to ask for help



**FEEL GOOD YOGA** Tuesdays, Thursdays, 8:30-9:30 a.m. 805-937-9750. oasisortcutt.org. Oasis Center, 420 Soares Ave., Orcutt.

**FOURTH ANNUAL SANTA BARBARA COUNTY FARM DAY: MEET ALL THE HANDS THAT FEED YOU** A free, once-a-year opportunity to meet the hands that feed you. The public will experience a day of agricultural activities, farm tours, giveaways, and onsite farmer's markets, plus hear from the local farmers who grow the food they eat. **Sept. 17**, 10 a.m.-3 p.m. 805-901-0213. santabarbaracountyfarmday.com. Farms throughout Santa Maria Valley, Multiple venues, Santa Maria.

**PAWS TO READ** Reading to dogs is a wonderful way for children to gain confidence while reading aloud. No one pays attention to a child reading quite like dogs do. For ages 6 to 12. **Sept. 20**, 3:30-5 p.m. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

**POKÉMON CLUB** Join other Pokémon trainers at the popular Pokémon Club. Learn how to play the Pokémon Trading Card Game, watch the show, and participate in

Thursdays to Sundays, through Oct. 13 805-925-0994. engagedpatrons.org. Santa Maria Public Library (Altrusa Theater), 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, unwind santamaria.com.

#### SOUTH COAST SLO COUNTY

**BEGINNER GROUP SURF LESSONS AND SURF CAMPS** Lessons and camp packages available daily. All equipment included. ongoing Starts at \$70. 805-835-7873. sandbarsurf.com/. Sandbar Surf School Meetup Spot, 110 Park Ave., Pismo Beach.

**CENTRAL CORE WEEKEND WELLNESS FITNESS RETREAT: WATER WEEKEND** In addition to invigorating Pilates workouts, we'll go play on the water with kayaking and boating. You'll also enjoy the fresh air of a coastal hike and more. The small event is open to everyone and all fitness levels. No need to be studio member. **Sept. 24**, 10 a.m.-6 p.m. and **Sept. 25**, 10 a.m.-1 p.m. \$325. 805-295-9505. centralcore.fitness. Central Core, 1160 Price Street, Pismo Beach.

FILE PHOTO COURTESY OF THE LOMPOC POPS ORCHESTRA



#### STAY TUNED

*The Lompoc Pops Orchestra presents Bubbles and Broadway at the First United Methodist Church on Monday, Sept. 19, at 7:30 p.m. Show tunes will be performed during this live concert, which is part of the orchestra's 25th season. Admission to the show is \$25 for adults, \$5 for students with ID, and free for children ages 12 and under. Call (805) 733-1796 for more info. The First United Methodist Church is located at 925 N. F St., Lompoc.*

—C.W.

other fun activities. Bring a deck from home to battle or use one from the library. **Sept. 17**, 11 a.m.-noon 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

**PRESCHOOL STORY TIME** Story time is designed to build literacy skills and school readiness, all while having a great time. For ages 3-6 with caregivers. Mondays, 10 a.m. through Oct. 10 805-925-0994. engagedpatrons.org. Santa Maria Public Library (Altrusa Theater), 421 S. McClelland St., Santa Maria.

**SANTA MARIA COIN CLUB: MONTHLY MEETING** Coin collectors of all ages invited. Bring coins for free appraisals. Third Wednesday of every month, 7 p.m. Yearly membership: \$20-\$25. 805-937-3158. Elwin Mussell Senior Center, 510 Park Ave., Santa Maria.

**SANTA MARIA VALLEY RAILWAY HISTORICAL MUSEUM TOURS** The collection includes late 1800's-early 1900's Engine used by the Betteravia Union Sugar Company, a 1930's Sacramento Northern box car, and more. Fourth Saturday of every month, 12-4 p.m. smvrhm.com. Santa Maria Transit Center, Miller and Boone Streets, Santa Maria.

**SMVGS MEETING** Visitors welcome. Contact smvgs.org for program and location info. Third Thursday of every month, 2:15-4 p.m. smvgs.org. Santa Maria Valley Genealogical Society, 908 Sierra Madre, Santa Maria.

**TECH HELP SATURDAY** Schedule a one-on-one appointment for instruction on technology topics like setting up new devices, installing apps, best privacy practices, and enjoying library e-resources at home. Registration is required. Call the library to schedule. **Sept. 17**, 11 a.m.-1 p.m. Free. 805-925-0994. cityofsantamaria.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

**TEEN ANIME CLUB** Teens who are interested in anime or manga, come to Anime Club. Hang out with other fans, eat Japanese snacks, and do fun activities. New members are always welcome. **Sept. 16**, 4 p.m. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 South McClelland St., Santa Maria.

**TODDLER TIME** High-energy learning experience made for toddlers. Toddlers learn and grow through stories, movement, and music. Sign up for one six-week time slot. For ages 1-3 with caregivers. Registration is required Tuesdays, 10 a.m. through Oct. 11 805-925-0994. engagedpatrons.org. High-energy learning experience made for toddlers. Toddlers learn and grow through stories, movement, and music. Registration is required.

#### DOCENT-LED BIRD AND NATURE WALK AT OSO FLACO LAKE

Hikers will begin their adventure walking through a wooded area of arroyo willows and wax myrtle, where numerous species of songbirds make their homes, as they head to a bridge that crosses the lake. **Sept. 17**, 8-10 a.m. my805tix.com. Oso Flaco Lake Natural Area, Oso Flaco Lake Rd., Nipomo, 805-343-2455.

**FREE YOGA FOR FIRST RESPONDERS, EMS, AND COMMUNITY CARETAKERS** Join for some well-deserved self-care. Anyone including fire, EMS, police, hospital workers, medical staff, assisted living caretakers, etc. is welcome. All yoga abilities are encouraged to attend. Please email empoweryoga805@gmail.com in advance to enroll. Thursdays, 6-7 p.m. 805-619-0989. Empower Yoga Studio and Community Boutique, 775 W. Grand Ave., Grover Beach, empoweryoga805.com.

**MOVIE IN THE PARK** The City of Pismo Beach Recreation Division is to host its Movie in the Park event, featuring Disney and Pixar's original feature film, *Luca*. **Sept. 16**, 6-9 p.m. 805-773-7063. pismobeach.org/recreation. Dinosaur Caves Park, 2701 Price St, Pismo Beach.

**WEEKLY WATER SAFETY LESSONS** Facility advertised as open and safe. Give the office a call to register over the phone. Mondays-Fridays \$160-\$190. 805-481-6399. 5 Cities Swim School, 425 Traffic Way, Arroyo Grande, 5cityesswimschool.com.

#### SAN LUIS OBISPO

**BEYOND MINDFULNESS** Realize your potential through individualized meditation instruction with an experienced teacher via Zoom. This class is for those who wish to begin a practice or seek to deepen an existing one. Flexible days and times. Certified with IMTA. Email or text for information. Mondays-Sundays, 5:30-6:30 p.m. Sliding scale. 559-905-9274. theartofsilence.net. Online, See website, 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. SAINT MARY'S** It is Kick Hunger night. Help raise awareness of food insecurities on campus and in SLO County. Cheer on the Mustangs as they face the Gaels of Saint Mary's. **Sept. 17**, 7-9 p.m. 805-756-4849. Gopoly.com. Alex G. Spanos Stadium, 1 Grand Ave., San Luis Obispo.

**CULTURE & LIFESTYLE** continued page 20

# Social Dis-Dance



## This is what 6 feet looks like

Indoor / Outdoor & Safety Precautions Followed

**Class Size Limited – Sign Up NOW!**

All dance skill levels welcome · Classes for ages 2–adult

New Beginning Pointe class

**ENROLL NOW TO DANCE IN NUTCRACKER!**

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**SATURDAY OCT 01 3pm & 7pm**



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TOM PETTY Tribute

**SATURDAY OCT 22 7:30pm**



**HEREDEROS**  
MARIACHI HERENCIA DE MÉXICO  
WITH SPECIAL GUEST LUPITA INFANTE

**SUNDAY OCT 30 7:30pm**



Get Your Tickets Today!  
(805) 489-9444  
www.clarkcenter.org



**Coastal Cleanup Day 2022**  
SANTA BARBARA COUNTY  
**September 17 9am-12pm**  
**LET'S CLEAN UP OUR COAST!**

**Carpinteria & Summerland**  
Carpinteria State Beach  
Carpinteria Creeks  
Jelly Bowl  
Lookout Park  
Rincon County Beach (Bates)  
Santa Claus Lane (Padaro)

**Santa Barbara**  
Arroyo Burro (Hendry's)  
Butterfly Beach  
East Beach-Chase Palm Park  
East Beach-Volleyball Courts  
Hammonds/Miramar/Fernald  
Leadbetter  
Oak Park  
Sandspit/Harbor  
West Beach

**Goleta & Isla Vista**  
Campus Point  
Devereux  
Ellwood Bluffs/Beach  
Goleta Beach  
Haskell's  
Isla Vista Streets  
San Jose Creek

**Gaviota Coast**  
El Capitan State Beach  
Gaviota State Beach  
Refugio State Beach  
Tajiguas

**Lompoc**  
Jalama  
Santa Rita Hills



**ExploreEcology.org/ccd**  
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**October 7, 2022 · 7-10pm**  
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Presented by:  
**SLO COUNTY ARTS COUNCIL**

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Get more exposure and sell more tickets with a local media partner. Call 805-546-8208 for more info.

**CULTURE & LIFESTYLE** from page 19

**CAL POLY WOMEN'S SOCCER VS. SAN DIEGO**  
Come cheer on the Mustangs against San Diego at Spanos Stadium. **Sept. 22**, 7 p.m. 805-756-4849. gopoly.com/. Alex G. Spanos Stadium, 1 Grand Ave., San Luis Obispo.

**CAL POLY WOMEN'S SOCCER VS. UCSB**  
Come watch the Mustangs take on Blue-Green rival UC Santa Barbara at Spanos Stadium. **Sept. 15**, 7 p.m. 805-756-4849. gopoly.com/. Alex G. Spanos Stadium, 1 Grand Ave., San Luis Obispo.

**CENTRAL COAST POLYAMORY (VIRTUALLY VIA ZOOM)**  
Hosting a discussion group featuring different topics relating to ethical non-monogamy every month. Virtually meet via Zoom. Third Wednesday of every month, 6:30-8:30 p.m. Free. galacc.org/events/. Online, See website, San Luis Obispo.

**FREE GUIDED MEDITATION GROUP**  
A free guided meditation group held every Friday morning. Call for more info. Fridays, 10-10:45 a.m. through Jan. 27 Free. 805-439-2757. RuthCherryPhD.com. Online, See website, San Luis Obispo.

**THE GRIEF RECOVERY METHOD WORKSHOP AND CLASS (ONLINE)**  
The Grief Recovery Method, is the only "evidenced based" grief program in the world. It is a step-by-step process, an "action program" for unlocking and respecting the emotional experience of our grief, for all types of losses and heartbreaks. Email revdiann@yahoo.com for more info. Wednesdays, 9:30-11:30 a.m. through Oct. 26 \$150 includes book. 714-273-9014. griefrecoverymethod.com/grms/rev-diann-davison. Online, See website, San Luis Obispo.

**HEALING DEPRESSION SUPPORT GROUP**  
A safe place for anyone suffering from the pain of depression. We do not criticize but do share our journey, feelings, and what works for us. We can meet in person or use Zoom if needed. Mondays, 6-7 p.m. Free. 805-528-3194. Hope House Wellness Center, 1306 Nipomo St., San Luis Obispo.

**HOW TO DEAL WITH HOUSEHOLD WASTE AND IMPROVE YOUR GARDEN**  
Join the Los Osos Valley Garden Club via Zoom to learn about composting for beginners; what goes in the recycle and green waste bins; what goes to the hazardous waste facility; and how to start a worm farm. **Sept. 15**, 6:45-7:45 p.m. Free. lovgardclub.org. Online, See website, San Luis Obispo.

**INTRODUCTION TO MINDFULNESS**  
Engage your senses (sound, sight, touch) by sitting, walking, and exploring in silent contemplation. Discover how the garden provides a naturally supportive setting. Learn how easy and effortless mindfulness can be. Every fourth Tuesday, 8:30-10 a.m. through Sept. 28 Sliding scale from \$5 to \$30; Suggested donations are \$15. 805-543-0638. historycenterslo.org/mindful.html. Dallidet Adobe and Gardens, 1185 Pacific St., San Luis Obispo.

**RECONNECT TO NATURE**  
This 90-minute workshop will be an organic exploration of nature-based practices based on being present to the needs of our times. Practices will be partially inspired by ecophilosopher Joanna Macy's book, *The Work that Reconnects*. Fourth Thursday of every month, 8:30-10 a.m. through Sept. 30 Sliding scale from \$5 to \$30; suggested donations are \$15. 805-543-0638. historycenterslo.org/mindful.html. Dallidet Adobe and Gardens, 1185 Pacific St., San Luis Obispo.

**SEPTEMBER CAFÉ Y CULTURA: MEXICAN INDEPENDENCE DAY FROM A DECOLONIAL PERSPECTIVE**  
This month's topic will be hosted by historian, activist, and poet Citlalli Citlalmina Anahuac who will pinpoint crucial elements of what that independence looked like to the majority of Mexicans. Email evelyn@corazondepueblo.org for more info. **Sept. 16**, 7-8 p.m. Free. 209-312-8653. Tinyurl.com/CafeyCultura21. Online, See website, San Luis Obispo.

**UC CLIMATE STEWARDS CERTIFICATION COURSE**  
This program is designed for anyone looking to play an active role in the statewide effort to advance rapid and equitable solutions to the climate crisis in their community. Participants meet weekly on Zoom for nine weeks with some weekend in-person field trips. Wednesdays, 6:30-8:30 p.m. through Nov. 9 \$225. cecsb.org/climate-stewards. Online, See website, San Luis Obispo.

**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.

**LOMPOC/VANDENBERG**

**HEAD GAMES TRIVIA AND TACO TUESDAYS**  
**CLASH**  
Don't miss Head Games Trivia at COLD Coast Brewing Company every Tuesday night. Teams can be up to 6 members. Earn prizes and bragging rights. Kekas will be serving their delicious local fare. Fun for all ages. Tuesdays, 7-9 p.m. Free. 805-819-0723. coldcoastbrewing.com. COLD Coast Brewing Company, 118 W Ocean Ave, Lompoc.



PHOTO COURTESY OF THE LOMPOC VALLEY HORTICULTURAL SOCIETY

**HOT STUFF**  
SEPT. 15 - SEPT. 22 2022

**FLOWER POWER**  
*The Lompoc Valley Botanic and Horticultural Society hosts its next club meeting at Stone Pine Hall on Sunday, Sept. 18, from 2 to 4 p.m. This local group encourages all garden and botany enthusiasts to join. Admission to the meeting is free. Call (805) 717-0067 for more details. Stone Pine Hall is located at 210 S. H St., Lompoc.*  
—C.W.

**SANTA MARIA VALLEY/LOS ALAMOS**

**FOOD TRUCK FRIDAYS**  
Fridays, 5-8 p.m. Wine Stone Inn, 255 W. Clark Ave., Orcutt, 805-332-3532, winestoneinn.com/.

**OLD TOWN ORCUTT FARMERS MARKET**  
Third Wednesday of every month, 4:30-7:30 p.m. through Nov. 1 Historic Old Town Orcutt, S. Broadway and Union Ave. Orcutt.

**PRESQU'ILE 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/. Presqu'ile Winery, 5391 Presqu'ile Dr., Santa Maria, 805-937-8110.

**TACO TUESDAY**  
Tuesdays, 5-8 p.m. Wine Stone Inn, 255 W. Clark Ave., Orcutt, 805-332-3532, winestoneinn.com/.

**SOUTH COAST SLO COUNTY**

**ARROYO GRANDE HARVEST FESTIVAL DINNER DANCE**  
This event is a fundraiser for the Arroyo Grande Valley Harvest Festival and Camp Arroyo Grande. Enjoy live music, dinner, and more. **Sept. 24**, 5:30 p.m. my805tix.com. Camp Arroyo Grande, 250 Wesley St., Arroyo Grande, 805-249-9517.

**EMPTY BOWLS 2022**  
Receive a hand-crafted bowl generously donated by a local artists, and a coupon for a free bowl of soup from a participating local restaurant. **Sept. 17** my805tix.com. St. Patrick's Church, 501 Fair Oaks Ave., Arroyo Grande.

**JOIN US FOR THE CAPTAIN'S LUAU**  
The Captain's Luau fundraiser commemorates a traditional celebration held on the Rancho, dating all the way back to the days of Captain Dana and Maria Josefa. **Sept. 17**, 5 p.m. DANA Adobe Cultural Center, 671 S. Oakglen Ave., Nipomo, 805-929-5679, danaadobe.org.





**SOIREE: Big Sirs of Swing - Senior Dance at the Garden!**  
THURSDAY, SEPTEMBER 15  
SLO Botanical Garden



**Country Night with DJ Frank the Tank**  
THURSDAY, SEPTEMBER 15  
Flower City Ballroom, Lompoc



**Women Investing In Real Estate (Wiire) SLO Luncheon**  
FRIDAY, SEPTEMBER 16  
Saints Barrel SLO, San Luis Obispo



**Metalachi - The world's ONLY heavy metal mariachi band**  
FRIDAY, SEPTEMBER 16  
Flower City Ballroom, Lompoc



**Point San Luis Lighthouse Tours**  
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**Docent-led Bird & Nature Walk at Oso Flaco Lake**  
SATURDAY, SEPTEMBER 17  
Oso Flaco Lake, Arroyo Grande



**5 Cities Homeless Coalition: Empty Bowls Fundraiser**  
SAT., SEPT. 17, SEPT. 24, OCT. 1  
Arroyo Grande, Pismo Beach, Nipomo



**Downtown Paso Main St. Assoc: Taste of Downtown Paso Robles**  
SATURDAY, SEPTEMBER 17  
12th & Park, Downtown Paso Robles



**Planet Funk with DJ Neon Maniac**  
SATURDAY, SEPTEMBER 17  
Flower City Ballroom, Lompoc



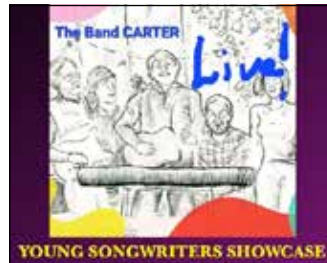
**Redwings Horse Sanctuary Block Party 2022**  
SUNDAY, SEPTEMBER 18  
Redwings Horse Sanctuary, Paso



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FRIDAY, SEPTEMBER 23  
Franklin Hot Springs, Paso Robles



**Three Speckled Hens: Antiques & Old Stuff Show**  
FRI, SAT, SUN, SEPT. 23, 24, 25  
Paso Robles Event Center



**Young Songwriters Showcase with The Band Carter**  
FRIDAY, SEPTEMBER 23  
Flower City Ballroom, Lompoc



**Arroyo Grande Harvest Festival Dinner Dance**  
SATURDAY, SEPTEMBER 24  
Camp Arroyo Grande



**SLO Funny Comedy Show**  
SATURDAY, SEPTEMBER 24  
Veterans Memorial Building, Morro Bay



**Skunk Puppy**  
SATURDAY, SEPTEMBER 24  
Flower City Ballroom, Lompoc



**Basin Street Regulars: Hot Swingin' Jazz: Little Lizzy Combo**  
SUNDAY, SEPTEMBER 25  
Pismo Beach Veterans' Hall



**Songwriters at Play: The Salty Suites**  
SUNDAY, SEPTEMBER 25  
Unity of Santa Maria



**Cambria Concerts Unplugged: The Fire Scottish Band**  
SUNDAY, SEPTEMBER 25  
Old Santa Rosa Chapel, Cambria



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SUNDAY, SEPTEMBER 25  
Timshel Vineyard (Templeton Site)



**Knot & Sip with Tied+True Goods: Macramé Workshop**  
SUNDAY, SEPTEMBER 25  
Timshel Vineyards, Paso Robles



**Camp Cass: Olive Oil Class**  
SUNDAY, SEPTEMBER 25  
Cass Winery, Paso Robles



**Laugh Therapy Stand Up Comedy**  
WEDNESDAY, SEPTEMBER 28  
Maverick Saloon, Santa Ynez



**Country Night with DJ Benz Jamz**  
THURSDAY, SEPTEMBER 29  
Flower City Ballroom, Lompoc



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HOT STUFF from page 20

## MUSIC

SANTA YNEZ VALLEY

**ADRIAN GALYSH LIVE ON THE PATIO** Sept. 24, 1-5 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.

**FLANNEL 101 LIVE ON THE STAGE** Sept. 23, 9 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.

**JOHN LYLE LIVE** Sept. 25, 2-6 p.m. Brick Barn Wine Estate, 795 W. Hwy 246, Buellton, 805-686-1208, brickbarnwineestate.com.

**LET'S B FRANK LIVE** Sept. 24, 2-6 p.m. Brick Barn Wine Estate, 795 W. Hwy 246, Buellton, 805-686-1208, brickbarnwineestate.com.

**LIVE MUSIC SUNDAYS** Sundays, 2-6 p.m. Brick Barn Wine Estate, 795 W. Hwy 246, Buellton, 805-686-1208, brickbarnwineestate.com.

**PAUL KENT LIVE** Sept. 23, 4-6 p.m. Brick Barn Wine Estate, 795 W. Hwy 246, Buellton, 805-686-1208, brickbarnwineestate.com.

**PULL THE TRIGGER LIVE ON STAGE** Sept. 24, 8:30-11:30 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.

**SPECIAL CONCERT WITH**

**BEAR REDELL** Sept. 22, 8-11 p.m. Maverick Saloon, 3687 Sagunto St., Santa Ynez, 805-686-4785, mavericksaloon.org.

**WINE DOWN WEDNESDAYS**

Wednesdays, 4:30-5:30 p.m. Brick Barn Wine Estate, 795 W. Hwy 246, Buellton, 805-686-1208, brickbarnwineestate.com.



LOMPOC/VANDENBERG

**COUNTRY NIGHT WITH DJ FRANK THE TANK** Sept. 15, 7 p.m. my805tix.com. Flower City Ballroom, 110 W. Ocean Ave., Lompoc.

**POPS ORCHESTRA: FALL CONCERT** Celebrating 25 years of live performances, the award-winning 55-piece orchestra opens the 2022-23 season with hits from the musical *Carousel*, plus Lawrence Welk favorites and much more. Sept. 19, 7:30-9:15 p.m. \$25 adults; \$5 students; free for ages 12 and under. 805-733-1796. LompocPopsOrchestra.org. First United Methodist Church, 925 North F St., Lompoc.

**METALACHI LIVE AT THE FLOWER CITY BALLROOM** Sept. 16, 8 p.m. my805tix.com. Flower City Ballroom, 110 W. Ocean Ave., Lompoc.

**PLANET FUNK WITH DJ NEON MANIAC** A dance party featuring funk, disco, R&B, hip-hop, and more. Sept. 17, 8 p.m. my805tix.com. Flower City Ballroom, 110 W. Ocean Ave., Lompoc.

**SKUNK PUPPY LIVE AT THE FLOWER CITY BALLROOM** Enjoy classic rock, pop, Americana, and more. Sept. 24, 8 p.m. my805tix.com. Flower City Ballroom, 110 W. Ocean Ave., Lompoc.

**YOUNG SONGWRITERS SHOWCASE** With the band Carter. Sept. 23, 8 p.m. my805tix.com. Flower City Ballroom, 110 W. Ocean Ave., Lompoc.

SANTA MARIA VALLEY/LOS ALAMOS

**THE HOMESTEAD: LIVE MUSIC ON THE PATIO** Check the Homestead's Facebook page for details on live music events. Fridays, Saturdays The Homestead, 105 W. Clark Ave, Old Orcutt, 805-287-9891, thehomesteadoldorcutt.com.

**SANTA MARIA PHILHARMONIC SEASON CONCERTS: ROMANTIC REVELRIES** Tickets are now on sale for the Santa Maria Philharmonic's first concert of the 2022-23 season, Romantic Revelries. Sept. 24, 7:30-9:30 p.m. 805-925-0412. smphilharmonic.org/event/romantic-revelries/. Grace Baptist Church, 605 E. McCoy Ln., Santa Maria.

**SONGWRITERS AT PLAY PRESENTS THE SALTY SUITES CONCERT** A dynamic three-piece acoustic band with blazing instrumentals, beautiful vocals, and soaring harmonies. Sept. 25, 2-4:30 p.m. \$20. 805-204-6821. stevekey.com/events. Unity Chapel of Light Church, 1165 Stubblefield Rd., Orcutt.

SOUTH COAST SLO COUNTY

**CUESTA COLLEGE SOUTH COUNTY COMMUNITY BAND** Do you play a band instrument? The Cuesta College South County Community Band is now forming. The band will rehearse weekly on Wednesday evenings at the Mark Mills Community Center. Sept. 21, 6:30-8:30 p.m. Class fee through Cuesta College Community Programs. 805-459-9543. cuesta.edu/communityprograms/community-education/music/community\_band.html. Mark M. Mills Community Center, 1221 Ash Street, Arroyo Grande. ○



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**SANTA MARIA** - Wednesday, September 14, 2022  
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**SANTA BARBARA** - Monday, September 26, 2022  
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## Arts Briefs

### SLOPOKE holds 12th annual Art of the West Show in Solvang

COURTESY IMAGE BY MICHAEL OBERMEYER



Thirty-seven artists will be featured in this year's SLOPOKE Art of the West Show, which will be held at Flag Is Up Farms in Solvang Friday, Sept. 23, through Sunday, Sept. 25. This year marks the group exhibition's 12th year. The show highlights artworks of various media—including painting, photography, sculpture, and more—that center on Western themes.

"We are deliberately broad in our definition of Art of the West to include ranch life, historical and contemporary Native American life, landscapes, seascapes, urban scenes, and wildlife in all media and styles from realism to abstract work," Tom Burgher, founder of SLOPOKE, said in press materials. "We're excited to showcase so many fine artists and look forward to welcoming the public to enjoy another fantastic event this year."

Southern California-based artist Michael Obermeyer will serve as the guest artist and jurist for this year's exhibition. Obermeyer is the president of the California Art Club, and a signature member of the Laguna Plein Air Painters Association.

As a professional illustrator, Obermeyer has worked for Disney Studios, the Anaheim Angels, the U.S. Air Force, and several other notable clients over his 20-year career. Some of Obermeyer's paintings can be found on display in the U.S. Air Force Historical Art Collection at the Smithsonian Institute and the Pentagon. A curated selection of Obermeyer's artworks (including *Trail Dust*, pictured) will also be on display at the Art of the West Show.

Obermeyer will be jurying the exhibition's artist awards, which will be presented during the SLOPOKE opening reception on Friday, Sept. 23, from 5:30 to 7:30 p.m. LA-based ensemble Silver Mountain String Band will be performing live music during the reception. The exhibit will be open on Saturday, Sept. 24, from 10 a.m. to 5 p.m. and Sunday, Sept. 25, from 10 a.m. to 4 p.m.

Visit [the-slopoke.com](http://the-slopoke.com) for more info on the three-day exhibition. Flag Is Up Farms is located at 901 E. Highway 246, Solvang.

### Solvang Festival Theater presents An Evening with Brian Regan

Prolific comedian Brian Regan is bringing his show, *An Evening with Brian Regan*, to the Solvang Festival Theater on Wednesday, Sept. 21, from 7:30 to 9 p.m. *Entertainment Weekly* once referred to Regan as "your favorite comedian's favorite comedian."



Visit [solvangfestivaltheater.org](http://solvangfestivaltheater.org) for tickets to the show or more info. The theater is located at 420 2nd St., Solvang. ○

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



**BLAST FROM THE PAST:** Randel McGee will perform as Hans Christian Andersen at two storytelling sessions at the Elverhoj Museum during the Living History Festival. McGee will also lead a workshop on "papirklip" (or Danish paper clipping).

### Showtime!

Send gallery, stage, and cultural festivities to [cwiseblood@santamariasun.com](mailto:cwiseblood@santamariasun.com).



**A STAR IS BORN:** Several paper-crafting workshops and demonstrations will be offered throughout the Elverhoj Museum's two-day Living History Festival. Here, museum volunteer Inge Jacobsen crafts a paper star at a past event.



**GRAB LIFE BY THE HORNS:** Viking helmets and other fun photo booth accessories will be available at this year's Living History Festival for Elverhoj Museum guests to try on and take group selfies with.

## Tale blazing

*Elverhoj Museum's upcoming festival celebrates Danish histories and fictions*

BY CALEB WISEBLOOD

Guests of an upcoming author showcase in Solvang will get to meet a Danish writer who's been dead for more than 100 years.

The event's special guest from beyond the grave is none other than Hans Christian Andersen, as played by Randel McGee, who is set to appear a handful of times during the Living History Festival, a yearly celebration of Solvang's cultural and historical roots held at the Elverhoj Museum of History and Art.

McGee has frequented the annual festival for more than a decade, not including the Elverhoj Museum's two-year hiatus from hosting the program due to the pandemic. This year's two-day event, scheduled for Sept. 17 and 18, marks a triumphant return for the fest, which is being held in conjunction with Solvang's town-wide Danish Days festivities.

"We are looking forward to the smiles on the faces of guests and volunteers," said Esther Jacobsen Bates, Elverhoj Museum's executive director. "We have families that return every year that we can't wait to welcome back."

The museum will host a wide range of activities as part of the family-friendly festival, including McGee's outdoor storytelling performances, scheduled to take place in the museum's garden at 1

p.m. during each day of the event. McGee will also lead a unique paper-crafting workshop on Sept. 18 at 4 p.m.

In his top-hat adorning role as Andersen, McGee will retell various stories written by the Danish icon, whose notable works include "The Little Mermaid," "The Snow Queen," and "Thumbelina."

"The selection varies from year to year," Bates said, referring to the countless fairy tales in McGee's arsenal, ready to be retold for his audiences.

A fan of Andersen's stories, Bates has trouble ranking her personal favorites.

"He wrote around 160 fairy tales, which makes picking a favorite difficult," Bates said. "The tales that stick out to me include 'The Princess and the Pea,' 'The Ugly Duckling,' and 'The Emperor's New Clothes.'"

Speaking of clothes, McGee won't be the only costumed figure on-site during Living History Days, as museum docents and volunteers will be garbed in colorful folk costumes as they guide visitors through various crafting workshops and other celebratory activities.

Museum guests will have the opportunity to dress up for the occasion too, as Viking helmets and other photo booth accessories will be available for visitors to try on and take selfies with.

Bates said the event will include offerings that appeal to all ages, and guests will have access to

### Staying alive

Call (805) 686-1211 or visit [elverhoj.org](http://elverhoj.org) for more info on the Living History Festival, which will be held at the Elverhoj Museum of History and Art on Saturday, Sept. 17, from 10 a.m. to 5 p.m., and Sunday, Sept. 18, from 10 a.m. to 4 p.m. The museum is located at 1624 Elverhoj Way, Solvang.



**A PLACE FOR LACE:** Elverhoj Museum volunteer Clara Ehrsam (left) shares tips on bobbin lace making with two workshop guests during the museum's 2019 Living History Festival.

the museum's ongoing art exhibitions as well. Several artisans will be available to demonstrate their crafting skills and help guide the festival's interactive workshops, designed for young and old crafters alike, regardless of artistic experience.

"The projects will be suitable for ages 9 to 109," Bates said.

Bobbin lace making, basket weaving, and paper crafting will be among the demonstrations and workshops offered during the festival. Participants of the latter will create their own paper ornaments with unique designs.

"Paper crafts are a Danish Christmas tradition that starts at a young age," Bates said. The festival's workshop featuring "papirklip," Danish paper clipping, will yield results she described as "paper snowflakes on steroids." ○

Start a paper trail with Arts Editor Caleb Wiseblood at [cwiseblood@santamariasun.com](mailto:cwiseblood@santamariasun.com).





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**PUBLICATION DATE:**  
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# Film

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SUN SCREEN

PHOTO COURTESY OF 20TH CENTURY STUDIOS

**W**riter-director Zach Cregger (*The Civil War on Drugs*) helms this horror-thriller about Tess (Georgina Campbell), a woman who arrives at her rented Airbnb to discover it's been double booked and occupied by Keith (Bill Skarsgård), who invites her in while they sort it out. Big mistake, lady! (102 min.)

**Glen:** This wildly inventive and multi-textured film is probably best enjoyed going in completely uninformed—the less you know, the more surprising these twists and reveals will be, but here you are reading a review, so without giving too much away, what we have here is a film about societal unfairness between genders. Keith (a perfectly cast Skarsgård who played Pennywise in *It*) knows how risky it is for Tess to accept his offer to come inside while they sort out the double-booking snafu. He offers to sleep on the couch while she takes the locked bedroom; he waits to open a bottle of wine in front of her to prove it's safe to drink. She too knows the risks, admitting that if she arrived first, there's no way she would have extended him the same courtesy to come inside. It's a clever set-up for what's to come—a film about societal decay, rape culture, male dominance, and most resoundingly, bravery. I'm unfortunately making *Barbarian* sound didactic and preachy, when in fact it's a thrill ride. If you like Jordan Peele's brand of social satire horror, this will be right up your dark, sinister alley.

**Anna:** I was reminded today of the social media explosion around the question, "Women, what would you do if there were no men on earth for 24 hours?" The overwhelming responses were simple day-to-day activities like "go for a walk in the city in peace," or "Wear whatever I want and feel safe doing so," or the heartbreaking

simple response of, "Feel safe, I guess." We have not built a world in which women feel safe, and even a seemingly nice guy needs to be approached with suspicion. But as they say, "The devil you know is better than the devil that you don't know," and for Tess, driving unfamiliar streets or sitting in her car in a completely dark neighborhood are not viable options. She has to hope and pray that Keith isn't sinister. What becomes clear the next day when Tess leaves for a job interview is just how completely rundown and abandoned this Detroit neighborhood is. Burned-out houses and abandoned vehicles are everywhere, and the only house that seems to have anyone around is the rental they are in. It's a spooky atmosphere—everything feels unsafe. It's all a great backdrop for the madness about to come. This film isn't all jump scares and dark hallways, though there's some of that. Interestingly, it weaves several stories together wonderfully.

**Glen:** Yes, it does! I hope it's not a spoiler to bring up AJ (a perfectly cast Justin Long), who in a big tonal shift we meet zooming down sunny Pacific Coast Highway in a red convertible. He's giddily singing Donovan's "Riki Tiki Tavi"—just a cocky Hollywood actor who's about to have his TV pilot picked up when he learns a co-star has accused him of something horrible. Turns out the Detroit Airbnb is one of his investments, and as his TV pilot dreams fade and legal troubles loom, he heads back to figure out how to liquify his asset for the fight ahead and maybe even face his demons. Did he do something wrong? He's too obtuse to know. "Riki Tiki Tavi mongoose is gone, won't be coming around for to kill your snakes no more, my love"—AJ isn't going to slide out of his troubles this time. What awaits him in Detroit is a richly deserved lesson. Gotta say, this one just kept coming at me in unexpected ways. I loved it.

**Anna:** There's also a time jump to the early '80s that shows the



**BAD IDEA!** Tess (Georgina Campbell) arrives at her Airbnb to find it double booked, goes in like an idiot, and then follows cries into the basement, in the horror-thriller *Barbarian*, screening at local theaters.

neighborhood when the lawns were green and the homes were loved and lived in. The separate storylines create a much bigger picture, one more horrific and terrifying than a lot of horror films manage. The monsters live among us; they buy gas and chat with store clerks and mow their lawns. Abuse, neglect, and a wildly unbalanced power structure are scarier than any shadowy figure. ○

*New Times Senior Staff Writer Glen Starkey and freelancer Anna Starkey write Sun Screen. Glen compiles listings. Comment at gstarkey@newtimeslo.com.*

## Film & TV Reviews

### MURDER AT YELLOWSTONE CITY

What's it rated? **Not rated**  
When? **2022**

Where's it showing? **Redbox, Amazon Prime**

**NEW Flicks**

Richard Gray (*Robert the Bruce*) directs this Old West mystery set in Yellowstone City, Montana, a former gold rush boomtown that's fallen on hard times ... until a local prospector strikes gold but is quickly murdered. Whodunit? The main suspect is former slave and newcomer, Cicero (Isaiah Mustafa), but did he and why?

The story pits the town's remorseless sheriff, Jim Ambrose (Gabriel Byrne), against the town's new minister, Thaddeus Murphy (Thomas Jane) and his wife, Alice (Anna Camp), who are determined to see justice prevail. It's a slow-burn story until everything goes haywire in the finale.

This is definitely low-budget straight-to-video fare, and it mashes up a ton of Western tropes, from the wise Native American medicine woman to the retired gunslinger forced out of retirement to the sex worker hoping for an honest life. In fact, accusing the film of trying to do too much isn't a stretch,

PHOTO COURTESY OF YELLOW BRICK FILMS, F8 FILMS, AND SKYWOLF MEDIA



**NEVER ASSUME:** Thaddeus Murphy (Thomas Jane) is the new minister who's determined to see justice though it pits him against the sheriff, in *Murder at Yellowstone City*, available from Redbox and Amazon Prime.

but if you like Westerns, this fits the bill. It's got an effective cast, twists and turns, and enough moral complications to make the story and its characters interesting. I used a \$1.25-off promo code and thought the 80 cents I paid at Redbox was fair. (127 min.)

—Glen

### I JUST KILLED MY DAD

What's it rated? **TV-MA**  
When? **2022**

Where's it showing? **Hulu**

Admitted killer Anthony Templet is an enigma to many. The investigator and prosecutor find his demeanor cold and unfeeling after he confessed to shooting his dad, Burt. However, his family and stepmother think he's just as much— if not more—of a victim than Burt.

It's easy to throw around words like psychopath and sociopath, and frankly the true crime community and media do it way too much. In reality, we have a story of neglect and abuse for years on end and a shocking revelation that Anthony wasn't the unloved child of a drug-addicted mother, and Burt was a calculating abuser in so many ways.

This three-part miniseries interviews Anthony, his relatives, and those surrounding the case, such as attorneys and investigators who are all trying to figure out what the rest of Anthony's young life is going to look like. He could serve his life in prison; he could be released—where does justice lie in this tangled web? Who was the man who kept Anthony under surveillance his entire life? The best thing about this series is we actually get to see the resolve, a welcome treat when

**BINGEABLE**

PHOTO COURTESY OF HALF YARD PRODUCTIONS



**HE DID IT, BUT WHY?** The new Netflix miniseries *I Just Killed My Dad* explores the special circumstances surrounding Anthony Templet's admission of shooting his father to death on June 3, 2019.

so many of these true crime series end without an actual conclusion. (three 37- to 46-min. episodes) ○

—Anna

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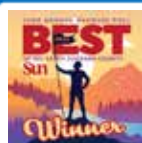
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**DYNAMIC DUO:** Dewlson Family Farm owners Judy Paulson (left) and Ron Dewey (right) host tea and coffee tastings for attendees of the venue's weekly tours, which center on the coffee plants, tea leaves, and exotic fruits grown at the farm.

## Palate palooza

*Dewlson Family Farm dishes out tea, coffee, exotic fruits*

BY CALEB WISEBLOOD

History has shown time and time again that bananas and ice cream work well as a team. Banana splits. Banana-flavored ice cream. Ice cream-flavored bananas.

As unreal as the latter sounds, the Blue Java banana—known for its ice cream-esque consistency and vanilla flavor—is just as real as any fruit grown at Dewlson Family Farm in Santa Maria.

Although the farm's primary commercial crop is lemons, with about 6,000 lemon trees sprawled across more than 40 acres, one area of the venue was specifically carved out by its owners to grow exotic fruits.

"I try to find unusual things that people have not heard of," said Judy Paulson, who owns and operates Dewlson Family Farm with her husband, Ron Dewey. "'Dewlson' is a combination of our names that just stuck."

The aforementioned "ice cream banana" is just one of several exotic fruits grown at the farm, which also nurtures caviar limes (also known as finger limes) and Buddha's hand—a unique

citron variety traditionally given as a religious offering in Buddhist temples, Paulson explained during a tour of her garden.

"People also use it for its fragrance," Paulson said of Buddha's hand. "If you scratch it, you'll get a fragrance, and it lasts for weeks. You can have it in your kitchen and just

go by and scratch it every once in a while."

Paulson and her husband periodically host tours of their farm property, with three tour options for visitors to choose from. One tour takes attendees through Dewlson Family Farm's "Exotica" section, where trees, plants, and shrubs from around the world are grown. The other two tours are dedicated to tea and coffee plants grown at the farm.

"Coffee is not normally grown here, so we've created an artificial environment for the coffee," said Paulson, whose tented coffee dome houses five varieties of Arabica coffee.

One of the coffee varieties Paulson said that she and her husband are most proud of growing is Geisha coffee, for a handful of reasons.

"Geisha coffee is the most expensive coffee in the world, and we now know why it's so expensive—it's very difficult to grow," Paulson said, while standing next to the prized coffee plant. "It's very spindly ... and temperamental, so we're constantly worried about it. It's just a tough, tough plant to grow in comparison to the other ones."

One thing that some attendees—whether they're coffee aficionados or not—of the Dewlson Family Farm's coffee tours will likely be surprised to learn is that a coffee bean is essentially a seed, the stone pit of a fruit often referred to as a coffee cherry.

"Coffee is a fruit, this is the seed," Paulson said, while squeezing the pit, or coffee bean, from a



**COFFEE KINGDOM:** Dewlson Family Farm's tented coffee dome—an artificial environment to nurture the plant that's not usually grown on the Central Coast—houses five different varieties of Arabica coffee.



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**TEA'S COMPANY:** Three different varieties of tea are grown on the Dewlson Family Farm's vast property, where tour attendees get to bag their own tea blends to take home after their visit.

coffee cherry in her hand. "They've called it coffee beans because that's what it looks like, but really it's a seed."

Each coffee tour at Dewlson Family Farm ends with a coffee tasting, in the same way tea tours at the venue end with a tea tasting. Three different varieties of tea are grown at the farm, and tour attendees get to bag their own tea blends to take home after their visit.

All three tour options are usually offered on Fridays, Saturdays, and Sundays, and they're available to book on the Dewlson Family Farm's website.

Dewey and Paulson, who have been together for more than 30 years, both worked for the U.S. Navy before becoming first-generation farmers. After the husband-and-wife duo retired, they decided to follow their mutual dream of starting their own farm in the Santa Maria Valley.

"We decided we wanted to do a family farm, so the kids could come and take it over eventually," said Paulson, whose farm uses solar panels, hawk perches, and other environmentally conscious resources to maintain sustainability.

"We wanted the farm to be sustainable, and something we could hand down to generations." ○

*Spill the tea with Arts Editor Caleb Wiseblood at [cwiseblood@santamariasun.com](mailto:cwiseblood@santamariasun.com).*



**FINGERS CROSSED:** One of the items grown in Dewlson Family Farm's "Exotica" area is Buddha's hand, a unique citron variety traditionally given as a religious offering in Buddhist temples.





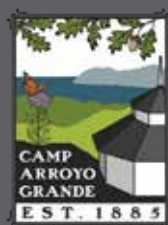
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## UPCOMING SPECIAL PUBLICATIONS

# AUTUMN ARTS

**BOOK ADS BY:** Sept 16  
**PUBLICATION DATE:** Sept 22

Annual pull-out guide to everything arts-related over the coming months

# MENUS

**BOOK FEATURES BY:** Sept 22  
**BOOK ADS BY:** Sept 29  
**PUBLICATION DATE:** October

The Central Coast guide to all things food and drink

# AWARENESS

**BOOK ADS BY:** Sept 30  
**PUBLICATION DATE:** Oct 6

This publication brings awareness to domestic violence and breast cancer

**NEW TIMES MUSIC AWARDS** November 4  
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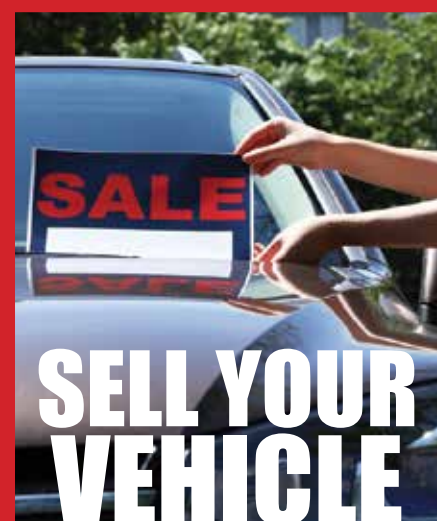


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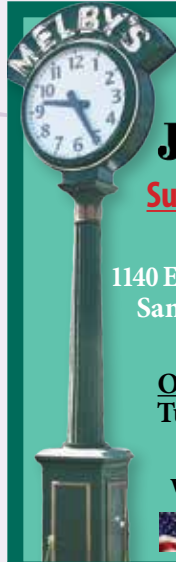
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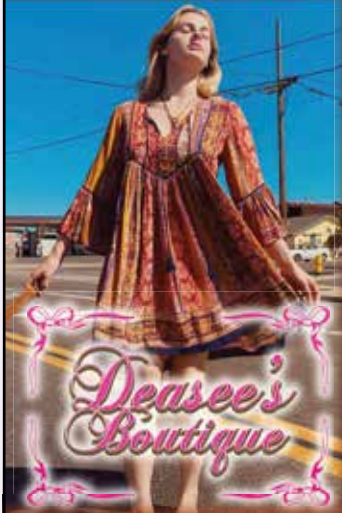
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