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Otto: sweet, sappy [18]



Washed away

Residents continue to struggle with the aftermath of atmospheric river damage in the county [4]

BY SUN STAFF

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JANUARY 12 - JANUARY 26, 2023 VOL. 23 NO. 47

Santa Barbara County continues to assess the impact of the storms that pushed through the area from Jan. 8 through 10. The deluge that dropped more than 12 inches of rain in some parts of the county was more than the Santa Maria River levee bargained for. It flooded areas of Guadalupe, displacing residents from their homes and leaving the city and county to figure out how to help them recover. All that water caused two sinkholes in Orcutt, which also displaced residents from their homes. At the same time, local reservoirs are fuller than they've been in years. Staff Writer Taylor O'Connor and Arts Editor Caleb Wiseblood speak with residents and the county [4].

You can also read about 4th District Supervisor Bob Nelson's push for more equity in resource distribution between North and South County [6]; the oil paintings of Annie Hoffman in Los Olivos [16]; and Nosh Paleo Cafe in Nipomo [20].

Camillia Lanham
editor

Cover photo by Caleb Wiseblood > Cover design by Alex Zuniga



DAMAGE REPORT: The Jan. 9 rainfall in Orcutt resulted in two massive sinkholes: one on the corner of Franklin Road and Country Hill Road (pictured) and another near the intersection of Union Valley Parkway and Bradley Road.



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Political Watch

Gov. Gavin Newsom signed an executive order to further bolster the emergency response to severe winter storms and support impacted communities across the state, according to a Jan. 16 statement from the governor's office. In the past week, California secured a Presidential Major Disaster Declaration and a Presidential Emergency Declaration to assist response and recovery efforts to the storms, which have resulted in at least 20 fatalities and evacuated tens of thousands of residents. With lingering storms expected, the state continues to work with local and federal partners to prepare for and respond to flooding, debris flows, and other storm-related emergencies. Newsom's executive order includes provisions that help ensure adequate staffing for the emergency response by waiving work hour limitations; support impacted residents by waiving fees to replace records like marriage and birth certificates; and provide flexibility to help health care facilities in impacted areas remain open. In recent weeks, Gov. Newsom has met with evacuated residents in Merced County, assisted storm preparedness work in Santa Barbara County, and surveyed storm damage in Santa Cruz County and Sacramento County with state and local officials. Newsom also activated the State Operations Center to its highest level and proclaimed a state of emergency statewide.

U.S. Sen. Alex Padilla (D-California) joined several of his colleagues in a letter to Southwest Airlines CEO Robert E. Jordan, seeking answers for its mass flight cancellations in the final week of December, according to a Jan. 13 statement from the senator's office. Southwest canceled more than 7,500 flights between December 27 and 29 in the wake of winter storm Elliott as all other major airlines canceled 1,077 flights combined during that period. The senators asked Jordan to explain the causes of this holiday debacle, including specific questions around its outdated scheduling software, personnel decisions, ticket refund policies, passenger baggage decisions, and shareholder compensation. "The mass flight cancellations at Southwest Airlines ('Southwest') during the last week of December ruined the holidays for tens of thousands of travelers, stranding them at gates without their bags and forcing them to miss celebrations with families and friends," the letter stated. "Although winter storm Elliott disrupted flights across the country, every other airline operating in the United States managed to return to a regular flight schedule shortly thereafter—except Southwest. Southwest must take all necessary steps to ensure that this debacle never happens again."

In coordination with local, state, and federal partners, Santa Barbara County made local recovery and assistance resources available online through readysbc.org, according to a Jan. 16 statement from the county. Resources can be found in both Spanish and English, and this online location serves as a single point of access for essential resources and services available for community members beginning the process of rebuilding and recovery following the storm impact. In addition to online resources, a physical one-stop shop local assistance center opened for a third consecutive day on Jan. 16 in Guadalupe and Orcutt. Cleanup kits for those impacted by the January storms were also available at the Local Assistance Centers (LAC) on Jan. 16. Resources from various local, state, and federal agencies are available through the LAC, which aimed to provide answers to commonly asked questions and give important information as well as links to counseling and emotional support, resource assistance, and other information available to aid in rebuilding, permitting, hazardous materials cleanup, housing assistance, navigating loss of business or employment, basic health and human services, and many other topics. Visit readysbc.org/3683/January-2023-Storm-Recovery for online resources and more information in both English and Spanish. Direct questions to (833) 688-5551. ○

U.S. Rep. Carbajal visits Guadalupe to assess storm damage

After a Santa Maria River levee broke during early January's severe storms, around 20 families evacuated and are now staying in temporary H-2A housing for farmworkers or sleeping in the Guadalupe Auditorium, Guadalupe Mayor Ariston Julian said.

"This has happened about four times in the last 30 years. It can't happen anymore," Julian said about the levee. "There was mud about a foot deep in the street. It's pretty clear today but we're continuing to work."

To figure out next steps, U.S. Rep. Salud Carbajal (D-Santa Barbara) toured Guadalupe, Santa Maria, and Orcutt with Federal Emergency Management Agency (FEMA) representatives on Jan. 17 to assess the damage done in an effort to push the Biden administration to approve a major disaster declaration for the Central Coast.

"Seeing firsthand the damage that this month's severe storms and flooding has brought to our region helps me bring stories of this disaster directly to our federal emergency managers to push for the additional help the Central Coast needs to recover and rebuild," Carbajal said in a statement. "As I continue to urge the Biden-Harris administration to extend a 'major disaster declaration' to San Luis Obispo, Santa Barbara, and Ventura counties, I'm grateful to the residents and business owners displaced by these damages who've spoken with me in Los Osos, Guadalupe, Orcutt, Santa Maria, Morro Bay, and elsewhere."

A major disaster declaration would allow the federal government, led by FEMA, to receive claims from individual families and businesses, provide unemployment and legal assistance, and crisis counseling to Santa Barbara, SLO, and Ventura Counties, according to a statement from the congressman's office. As of Jan. 15, declarations for Merced, Sacramento, and Santa Cruz counties were approved by the Biden administration.

In Guadalupe, water breached the levee at 11:30 p.m. on Jan. 8, and flooded homes off of Pioneer Street. Families were evacuated to the auditorium where the Red Cross had a trailer and people began distributing cots, blankets, first aid kits, and other personal items, Julian said. On Jan. 9, a city-contracted inspector visited the homes to see whether they were safe to enter.

"All of them were yellow-tagged, meaning people could go in but they couldn't stay," Julian said. "Smooth Transportation helped us take people out of the auditorium down to their homes to salvage what they could."

Since Guadalupe doesn't have a motel in town, with the nearest in Santa Maria, and many residents can't afford to stay in one for a long period of time, the city reached an agreement with H-2A housing owners to lease 10 rooms for three weeks, he said.

"We're leasing these rooms for the residents because they have nowhere to go. One room has 10 people in them," Julian said. "We talked about having emergency trailers placed along the street because people want to work on their houses."

The Foodbank of Santa Barbara County made several donations of food and clothing; the Presbyterian Church of Nipomo donated clothes; Good Samaritan Shelter provided meals at the Guadalupe senior center; Waste Management brought out four, 44-yard containers to fill with mud and discarded items;



HELPING THE CENTRAL COAST: U.S. Rep. Salud Carbajal (D-Santa Barbara), center, visited Los Osos, Guadalupe, Orcutt (pictured), Santa Maria, and Morro Bay to assess the storm's damage in various communities while pushing for the Biden administration to add the Central Coast to its major disaster declaration.

and 5th District Supervisor Steve Lavagnino's staff distributed 50 hygiene kits, he said.

Supervisor Lavagnino said it wasn't so much a breach of the levee, but an area where the levee ends. It hasn't seen a rush of water like that in "decades," causing it to flood down into the neighborhood.

"This is my first time representing Guadalupe, and [I found] they have this built-in system for themselves where they've learned to take care of themselves without asking for help," Lavagnino said. "We actually had to ask [Julian] to request help from the Office of Emergency Services to get the jurisdictional wheels moving."

Having the congressman in town will hopefully get things moving smoothly and begin to assess what needs to be done in order to help the city, Lavagnino said.

"The main thing for me is the extension of the levee. There has to be better protection for Guadalupe in the future," Lavagnino said. "Historically this has happened before, and I guess the response has been if \$50 million is worth people flooded out of five or 10 homes for three weeks. We've got to take another look at that."

—Taylor O'Connor

Community members raise funds for flood-damaged Orcutt households

The muddy water inside Orcutt resident Rob Draper's home was up to his knees by the time he and his family evacuated their house, during the night of the Jan. 9 storm.

Upon exiting the front door with as many belongings as they could carry, the family of five attempted to reach one of their cars parked in the street. The Drapers were quickly flagged down by some firefighters, who offered the family a lift.

"They convinced us to catch a ride with them," said Draper, who hopped into the fire engine with his family and asked for them to be dropped off at the Radisson Hotel in Santa Maria, where they're still staying as of Jan. 17.

Draper said he has returned to his yellow-tagged house, near the corner of Country Hill Road and Franklin Road, at least once a day since

then to clean and salvage what he can. Parts of the roadway and sidewalk in front of Draper's yard are coned off, as his house is directly parallel to a massive sinkhole that resulted from the Jan. 9 rainfall.

"We got lucky in the respect that nothing sentimental was lost," said Draper, who was able to grab some photo albums and other nostalgic items after gathering the essentials, just before evacuating, but will have to replace nearly all of his furniture and appliances damaged by the flooding.

On Jan. 11, Draper's sister-in-law, Longina Ramirez, started a GoFundMe page to help the family recoup their losses. As of Jan. 17, \$2,965 has been raised from a total of 40 donors.

Ramirez isn't the only local resident who decided to take the GoFundMe route to support an Orcutt household damaged by the storm. Rosalynd Sena started a fundraiser page for her sister's family on Jan. 11, whose home in Orcutt was flooded. The house is located by another colossal sinkhole in the area, near the intersection of Union Valley Parkway and Bradley Road.

Sena's fundraiser has raised \$13,425, as of Jan. 17, from a pool of 207 donors.

To support two of her longtime friends, local resident Ana Garcia started a GoFundMe page on Jan. 10 on behalf of husband-and-wife Craig and Alex Cullen, whose house on Parkland Drive in Orcutt was flooded during the Jan. 9 storm.

Alex and her son evacuated their home that night to stay with some relatives in town, while Craig was stuck in Oxnard. That morning, he was on his way back home from Los Angeles when his truck hydroplaned and crashed into a median barrier on the 101, Garcia said.

Garcia joined Alex in returning to her home on Jan. 10. First they went to Lowe's to pick up trash bags and cleaning supplies around 7 a.m., before entering the house around 8 a.m.

"It was very somber, seeing all the damage," said Garcia, whose GoFundMe page for the Cullens has raised \$18,638, as of Jan. 17, from a total of 242 donations.

"There was nothing in their house the water didn't touch," Garcia said, "except the clothes that were hung up high."

—Caleb Wiseblood
NEWS continued page 5

NEWS from page 4

Jameson, Gibraltar, and Cachuma reservoirs reach capacity

Cachuma, Gibraltar, and Jameson reservoirs hitting their capacity levels for the first time in years is a silver lining amid the damage from recent storms, Santa Barbara County Water Agency Manager Matt Young told the *Sun*.

"Having most of our major surface waters full is an incredible benefit to the agencies and people that rely on them," Young said. "Now that we're full, it takes a lot of strain off those agencies and homeowners to conserve water. Although we do encourage water conservation, you may see some of those agencies begin to step back on some of those measures."

As of Jan. 17, Cachuma's capacity was at 91.8 percent, with water levels at 747 feet of its 753-foot capacity, according to county rainfall data. Jameson went over its capacity, with levels at 101 percent, after it received almost 14 inches of rain and filled the reservoir's 2,224-foot capacity. Almost 35 inches of rain hit the Gibraltar Reservoir and filled it to 1,400 feet, with its capacity at 1,402 feet.

"It's still early in the winter. January, February, and March are typically our rainiest months. While we don't have a storm projected, there's a chance for more rain to come," he added.

So far, the county has received 273 percent of its normal-to-date rainfall, with 182 inches this month, according to rainfall data.

The county has no authority in the decision-making process regarding reservoir outflows—with the city of Santa Barbara overseeing Jameson, the Montecito Water District with Gibraltar,

and the U.S. Bureau of Land Management at Cachuma. Those agencies will release water at various increments over time in order to maintain reservoir capacity and reduce the risk of flooding downstream, Young said.

"County flood control and agencies are going to monitor these reservoirs so they remain full and remain protective of downstream flooding issues," he said

A spokesperson for the U.S. Bureau of Reclamation directed the *Sun* to its Twitter updates, which said that the bureau is monitoring the reservoir's conditions "round the clock."

"Based on the latest info, releases from Bradbury Dam into the Santa Ynez River will be deferred for four to seven more days. We will continue to provide another update on Jan. 18 unless an earlier announcement is needed," the tweet stated.

Despite full lakes and reservoirs, the deluge barely scratched the surface of what's needed for groundwater basin recovery. Of the 125 wells monitored in the county, 25 wells' groundwater levels are still at an all time low, and 65 are below normal levels, according to the California Department of Water Resources website. Only one well in the Santa Ynez River Valley Basin reached an all-time high, and four are above normal.

"It does take, in general, several years to start to recover, and most basins have declined significantly since the beginning of the drought," Young said. "It depends on the basin, some respond rapidly but others take time. In the central part of the Cuyama basin, for example, we wouldn't expect recovery because water levels have been low for many years." 

—Taylor O'Connor

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'Little weaknesses'

North County representatives and residents reflect on Santa Barbara County's storm response

BY TAYLOR O'CONNOR

Melony Edwards woke up on Jan. 10 to large sections of Colson Canyon Road just gone, leaving her and her neighbors stranded.

When a historic storm hit Santa Barbara County on Monday, Jan. 9—bringing more than 12 inches of rain in 24 hours to some areas—the creek on Colson Canyon Road overflowed and the water washed away swaths of the road, Edwards told the *Sun* via email.

"Many of our neighbors on Tepusquet Road were in the same boat with roads washed out, driveways blocked with slides, debris, and/or downed trees," Edwards wrote. "Tepusquet community members Mary Andrade and Renee O'Neill emailed county Supervisor Bob Nelson Tuesday inform him of the destruction and the concern for community members who have young children, who are older, who have illness, and who have no way to get out if needed or emergency services to get to them either."

The next day, Jan. 11, Nelson and Santa Barbara County Fire Chief Mark Hartwig surveyed the damage in Tepusquet and Colson, and 30 minutes later, county heavy equipment operators arrived and worked on the road to make it accessible by ATVs, she said. The Fire Department worked from Jan. 11 through 13.

"Colson Canyon Road is still not drivable. It is a mess. But, due to the hard work of Santa Barbara County Fire, as well as many of our wonderful community members, everybody can now walk out and/or get out by ATV to Tepusquet Road," Edwards said. "Everybody in our community also now knows that Santa Barbara County Fire can and will get to them one way or another if there is an emergency."

As of Jan. 13, Colson Canyon Road residents are waiting for the U.S. Forest Service to come out, assess, and eventually fix the road, since it's a public access road and the Forest Service's responsibility to maintain, she said.

"We really need this process to begin and happen as quickly as possible," Edwards said.

Residents across the county felt the storm's impact with significant road closures, debris flows, a sinkhole in Orcutt, and school closures in every district. The Santa Barbara County Fire Department received more than 400 calls for service, with 100 of them involving rescues, but there were no reports of fatalities or injuries as of Jan. 11.

Fourth District Supervisor Nelson expressed frustration during the Jan. 9 Board

of Supervisors meeting regarding the allocation of resources between North County and the South Coast—with more focus going toward South County when North County still needed assistance.

"To me, I don't doubt there was reason for concern in the South Coast, but if you watched the press conferences you wouldn't even know the North County existed," Nelson told the *Sun* on Jan. 11.

Specifically, Nelson wanted to see more attention geared toward evacuating individuals experiencing homelessness in the Santa Ynez and Santa Maria riverbeds. On Jan. 9, a woman gave birth while the water was actively flowing. The Lompoc Fire Department rescued the mother, father, and child from the river and took them to the hospital, but Nelson said more should have been done.

"We're going door-to-door in Montecito with deputies, search and rescue, but very little presence in Lompoc or Santa Maria," he said. "We talk about diversity, equity, and inclusion, but if we want to do those things, then our actions should reflect that. We shouldn't focus the majority of our resources on the most affluent. This is what the county government does, we've been diverting resources to the South Coast for generations."

Although 5th District Supervisor Steve Lavagnino said he could see where his fellow North County supervisor was coming from, he understood the county's reasons for allocating resources to South County due to past experience with extreme debris flows. Lavagnino said he was pleased with the county's response to the storms.

"Anything I've asked for at this point has been a yes," he said. "People are inconvenienced and displaced, but looking at the big picture, we had no fatalities. We have to realize the scale and magnitude of what happened."

There were places in the county that received more than 20 inches of rain, Cachuma Lake doubled in size in one day, and the Gibraltar and Jameson reservoirs are all over capacity after the rainfall, he said.

"That's just biblical proportions. You can't engineer everything to withstand a once-in-



DAMAGE DONE: The Jan. 9 atmospheric river that hit Santa Barbara County left Tepusquet and Colson Canyon residents stranded as flood water deteriorated Colson Canyon Road.

a-100-year type of event. There's things we're going to learn from this, there's always a chance to look back," Lavagnino said. "I've had nothing but a positive response, and I guess Bob's got his things he's concerned about in Orcutt that had significant damage and I know he's doing the best to deal with that, but I haven't run into that as far as resources [being] limited to me."

Good Samaritan Lompoc Director of Services Brian Halterman said he had a positive experience with the emergency response in the Lompoc community. Good Sam's outreach teams went into encampments to provide information, the county opened up its warming centers, and shelters prepared for more people. County officials and the housing department checked in constantly, and local first responders showed great attention to the community.

"It was a great example of what collaboration looks like, what a community looks like when everything pulls together," Halterman said. "It was a stressful and most nerve-wracking moment of my life, but it was a great experience seeing that care from all angles."

Good Sam's 20 Pallet shelters in Lompoc are full, and the organization had 70 to 80 people at its other locations with six new people showing up in the rain, Halterman said. Good Sam is also prepared to take in the woman who gave birth in the riverbed if necessary, and he added the outreach teams have been working with her for

quite some time.

Although Halterman had a positive experience with resource allocation, he understood Nelson's concerns and frustrations.

"I know the experience from our outreach workers and staff in Santa Maria was entirely different from mine. I know they did not feel the river bottom in Santa Maria was addressed," he said. "I don't think there was an equal distribution of resources, I don't think there was the same attention, but I don't know the details. I'm not a politician, but I do know the frustration of our case workers in North County."

Good Samaritan employees at the Santa Maria shelter couldn't be reached before the *Sun's* deadline for comment. Halterman added that tense situations like severe storms tend to show the flaws in the system.

"Those little weaknesses show in these moments and we have to learn what to do better next time. What can we do better and how can we do better, and I think that was some of Supervisor Nelson's frustration," he said. "We're trying our best that we know how at that moment in time. When we communicate and are all on the same page, we achieve so much more—especially at these crisis moments." ○

Staff Writer Taylor O'Connor can be reached at tconnor@santamariasun.com.

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Dialing in for services

Santa Barbara County nonprofit CommUnify hosts a celebration day for its 211 crisis line

BY TAYLOR O'CONNOR

The statewide information and referral system 211 provides people with help and human services, disaster relief, and general information about available local resources.

Local nonprofit CommUnify oversees the Santa Barbara County helpline, which received 29,505 calls in 2021 and has been helping people since 2014, Community Services Director Kemba Lawrence said.

"It's a staple throughout counties in California, but CommUnify took it on with the urges of Congressman Salud Carbajal to keep it in the community because he saw value in it," Lawrence said. "It's consistently grown in its presence in social service and emergency preparedness during the Montecito fires, mudslides, and the response to the coronavirus."

The helpline was highlighted as an alternative to calling 911 for nonemergency assistance more recently as the atmospheric rivers hit the county in early and mid January, causing flooding, road closures, and property damage. The 211 helpline connected residents to mental health services, social services, and other resources they may need, Lawrence said.

"What I just found is 211 has always been ready and willing to be a partner in these times, and we're just grateful to serve the community," she said. "We've been supported consistently with the county, and it's been amazing for us to grow and be here."

To highlight its contributions to the community, CommUnify is hosting a 211 Community Day Celebration on Feb. 11 at Lompoc's Dick DeWees Community Center. This free event will have live music, kids activities, food trucks, and more than 50 community organizations in attendance, Lawrence said.

During the event, community partners will talk about disaster preparedness; provide health, dental, and vision screenings; administer vaccines; and provide mental health related services to give residents the tools they need in case of emergencies, Lawrence said.

"When families are in crisis, it's definitely a stressful time and people could use this as an opportunity to educate and prepare no matter what their situation is. Knowing what's out there will help our families in the planning process and understand where they [will] go when certain things come up," she said.

CommUnify realized after the pandemic that family needs are so diverse, Lawrence said, and many people found themselves reorganizing their priorities to address needs like mental health—something that is a challenge to address in some families. She added that she hopes county families will come out to the Feb. 11 event to understand not just emergency preparedness, but "life itself."

"Hopefully they'll find answers for questions in their daily lives like housing information, free medical services, things they might have thought were out of reach, unaffordable, or unacceptable," she said. "We're hoping they can find these things at Community Day as well as putting a smile on their faces and letting them know there are



IMMEDIATE ASSISTANCE: The 211 helpline can connect people to health and human services, disaster relief, and general information about services and resources available to them in their communities.

beautiful things in life as well."

From a personal perspective, Lawrence said she hopes people come to understand the importance of community and how helpful it is to have different levels of support during difficult times.

"It's all about unifying the community as well as services. The [211] partnership is a very close partnership with constant communication, and to make information accessible through three numbers is really time-saving. It can make the difference between life or death when you're trying to find information," she said.

Community Day will be a free event running from 10 a.m. until 2 p.m. at the Dick DeWees Community Center, 1120 West Ocean Ave. Nonprofits interested in participating can call (805) 964-8857, Ext. 1145.

Highlight

• Marian Regional Medical Center was recently awarded \$1 million in federal funding in support of Marian's new Obstetrics and Gynecology (OB/GYN) Residency Program Clinic. At the end of December 2022, President Joe Biden signed more than \$22 million in direct federal funding for Central Coast community projects championed by U.S. Rep Salud Carbajal (D-Santa Barbara). The \$1 million federal funding award for Marian will specifically cover a portion of the costs associated with the medical equipment needs and construction fees for the 8,700-square-foot clinic. Services provided at the OB/GYN Residency Clinic will include prenatal and postpartum care with on-site access to ancillary services. A significant benefit of the clinic will be the addition of full-time translators in both Spanish and Mixteco languages. Additional services will include birthing education, postpartum and lactation support, perinatal mood disorder support, early parenting support, nutrition counseling, women's preventive care, and acute and chronic management of gynecologic conditions. ○

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

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DEATH NOTICES

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BELARDINO, PONTELIONE JOSEPH, 89, of Santa Maria passed away 12/30/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

BLAKE, NELDA BEATRICE, 88, of Morro Bay passed away 1/3/2023 arrangements with Los Osos Valley Mortuary & Memorial Park

BOYLES, PATRICIA L., 81, of San Luis Obispo passed away 12/18/2022 arrangements with Los Osos Valley Mortuary & Memorial Park

CARAMELLI, ELAINE F., 96, of Tucson, AZ passed away 12/5/2022 arrangements with Los Osos Valley Mortuary & Memorial Park

CAVANILLAS, JOE, 53, of Nipomo passed away 12/28/2022 arrangements with Marshall-Spoo Sunset Funeral Chapel

CRIBBS, CAROL GRACE, 73, of Los Osos passed away 12/15/2022 arrangements with Los Osos Valley Mortuary & Memorial Park

DE LA GARZA, RAYMUNDO "BABY RAY" JR., 58, of Nipomo passed away 1/5/2023 arrangements with Marshall-Spoo Sunset Funeral Chapel

DELL, RUSSELL WILLIAM, 70, of Santa Maria passed away 1/8/2023 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

DIAMOND, GEORGE K., 79, of Santa Maria passed away 1/12/2023 arrangements with Magner-Maloney Funeral Home & Crematory

EVANS, TOM, 75, of Arroyo Grande passed away 12/29/2022 arrangements with Marshall-Spoo Sunset Funeral Chapel

GOLSTON, VERNON, 86, of Atascadero passed away 1/3/2023 arrangements with Blue Sky Cremation Service

GRIGGS, LOIS M., 95, of Santa Maria passed away 1/7/2023 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

GUPTON, RONALD FRANK JR., 55, of San Luis Obispo passed away 12/5/2022 arrangements with Los Osos Valley Mortuary & Memorial Park

JORGENSEN, JOYCE, 65, of Santa Maria passed away 1/10/2023 arrangements with Magner-Maloney Funeral Home & Crematory

KIRKPATRICK, MICHELLE RENEE, 63, of Los Osos passed away 1/5/2023 arrangements with Los Osos Valley Mortuary & Memorial Park

LARSON, MAMIE LOUISE, 98, of Bakersfield passed away 12/26/2022 arrangements with Los Osos Valley Mortuary & Memorial Park

LOOMIS, BARBARA JEANNE, 92, of Arroyo Grande passed away 11/25/2022 arrangements with Marshall-Spoo Sunset Funeral Chapel

MILLS, THOMAS NEWTON, 78, of Los Osos passed away 12/21/2022 arrangements with Los Osos Valley Mortuary & Memorial Park

MONTGOMERY, RUTH ARDELLA, 99, of Los Osos passed away 12/10/2022 arrangements with Los Osos Valley Mortuary & Memorial Park

MORTON, LARRY, 76, of Morro Bay passed away 12/26/2022 arrangements with Blue Sky Cremation Service

NEWTON, BETTY LEE, 90, of Santa Maria passed away 12/31/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

OYE, AKIKO, 94, of Santa Maria passed away 1/6/2023 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

PARK, KEUM SEON, 86, of Nipomo passed away 12/9/2022 arrangements with Los Osos Valley Mortuary & Memorial Park

PAZ, ROSEMARY LARA, 77, of Santa Maria passed away 1/15/2023 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

REGIS, CARL A. SR., 65, of Santa Maria passed away 1/9/2023 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

SALAZAR, MARY, 86, of Morro Bay passed away 1/3/2023 arrangements with Blue Sky Cremation Service

SMITH, LEO "LEE", 87, of Nipomo passed away 1/9/2023 arrangements with Marshall-Spoo Sunset Funeral Chapel

SOTO, JENNY M., 89, of Nipomo passed away 12/30/2022 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

STILES, CHERYL, 64, of Atascadero passed away 1/3/2023 arrangements with Blue Sky Cremation Service

SUA ALIPIA, PETELO TAFAO, 73, of Santa Maria passed away 1/2/2023 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

VENTRIGLIA, JAMES "JIM", 72, of Santa Maria passed away 1/9/2023 arrangements with Magner-Maloney Funeral Home & Crematory

WAJDA, WALTER L., 83, of Santa Maria passed away 1/13/2023 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens

WELDON, RICHARD "DICK", 94, of Santa Maria passed away 1/9/2023 arrangements with Magner-Maloney Funeral Home & Crematory

ZEE, CAROL, 71, of Arroyo Grande passed away 1/4/2023 arrangements with Marshall-Spoo Sunset Funeral Chapel

ZEPEDA, MICKEY SR., 65, of Santa Maria passed away 1/9/2023 arrangements with Dudley-Hoffman Mortuary, Crematory & Memory Gardens



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ONLINE POLL

What happened to you during the storm?

- 81% My neighborhood wasn't extremely affected, but I still stayed home as a precaution.
- 13% I got stuck on the road due to the highway closures.
- 6% I had to be evacuated, and I stayed at an evacuation shelter.
- 0% There was a flash flood warning, and I was required to shelter in place.

16 Votes

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

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They missed the story

Local journalists overlooked an important document for Nipomo's Dana Reserve development

BY ANDREW CHRISTIE

I've been an environmental activist for a while, which means I've had occasion to be interviewed a time or two. I've also read a lot of environmental reporting. And I've seen *All the President's Men*, as did just about everyone in my generation who went on to major in journalism and become a reporter.

I am a fan of the men and women of the Fourth Estate. Going out and getting the story, informing the public and thereby helping democracy to thrive, is a noble vocation. So this should be considered a gentle critique.

Lately, the journalistic method often seems to consist of the reporter interviewing subjects involved in the story, making sure the statements of opposing sides are represented in rough proportion, and writing an inevitable variation on he-said, she-said.

I'm sure omnipresent deadlines are a factor in how deeply a story gets reported, not to mention decisions that must be made by editors about how much money to pour into a reporter's quest to dig up everything they can.

But reporters who report on land use issues have an advantage. If they want to go beyond the clash of opinions, they don't need to wear out shoe leather tracking down suppressed memos and filing Freedom of Information Act requests. When a major development project is announced and starts heading for a permit hearing, all the reporter needs to do to get the story, in addition to asking project opponents and proponents what they think, is tap a keyboard a few times and pull up a document called an environmental impact report (EIR).

If a development project were a patient, the EIR would be its full medical history—all the tests, X-rays, full body scans, bone marrow density, and courses of treatment. They tend to clock in close to a thousand pages in length, and some

could occupy several feet on a library shelf. The California Environmental Quality Act requires a high degree of thoroughness, and very long and expensive documents are the result. Everything anyone could want to know about the project—how it relates to all other current and proposed development in the area, what its impacts on the environment would be, what mitigation measures could reduce those impacts, and what impacts cannot be reduced by mitigation measures and why—is all there, in granular detail.

And though they look daunting, their indexing is equally thorough, so it's not that hard to get to the section that has the information you need. (And while the environmental consultants who write EIRs may sometimes choose to interpret data in a way that makes an impact seem less harmful and makes life easier for the developer, no environmental consultant has ever massaged the data to make a project look like it will inflict *more* harm than it actually would.)

Last November, *The Tribune* in San Luis Obispo published a story on the Dana Reserve development in Nipomo headlined, "SLO County housing development could add 1,289 homes. Why are neighbors opposed to it?" The Dana Reserve is a historically large project, with, as I've noted previously, massive environmental impacts. The story was appropriately long. The reporters interviewed Nick Tompkins, the developer, who is in favor of the project as designed, and local residents opposed to it, and a county planner who likes the idea of fulfilling the county's "above moderate income" housing requirement at one shot. They all made their arguments in roughly equal proportion.

At no point in that long story did the term "environmental impact report" appear. As a result, statements like this simply skated by:

Speak up! Send us your views and opinion to letters@santamariasun.com.




• The developer said "he will mitigate the loss of these oak trees by planting about 1,500 new oak trees on the property, and conserving a tract of oaks on a ridge several miles from the development. He will also preserve 1,552 oak trees already on the property."

• Referring to a much less impactful design alternative, the developer said "the county rejected this plan, however, because some of the homes were too close to the freeway by San Luis Obispo County Air Pollution Control District standards."

• "Critics are also concerned about how the Dana Reserve project would impact traffic." But the developer said he'll implement measures that "will offset many of the circulation problems."

• And "a member of the San Luis Obispo County chapter of the Native Plant Society doesn't agree with Tompkins' conservation methods."

But in fact, those "conservation methods" were analyzed and discarded in the EIR because they won't work. And residents are concerned about how the project will impact traffic because the EIR makes it clear that no amount of mitigating measures would reduce the significance of the project's traffic impacts. And the EIR tells a different story—several, in fact—about why the less impactful alternative design was rejected.

I know that reporters prefer interviewing people and writing down their statements, and this puts the average thousand-page environmental document at a disadvantage. But when reporters have the facts at their fingertips and ignore them in favor of opinions, thereby making opinions sound like facts and vice versa, they are reporting the conflict, but they are not reporting the story. ○

Andrew Christie is the director of the Santa Lucia Chapter of the Sierra Club. Respond with a letter to letters@santamariasun.com.

WRITE NOW! We want to know what you think about everything. Send your 250-word letter to Sun Letters, 2450 Skyway Drive, suite A, Santa Maria, CA 93455. You can also fax it (1-805-546-8641) or e-mail it (letters@santamariasun.com). All letters must include a name, address, and phone number for verification purposes; may be edited for space or clarity; and will be posted to santamariasun.com.

LETTERS

We should all be concerned about House majority

The new Republican House majority is a collection of election deniers, QAnon conspiracists, and political arsonists hell-bent on gaining power at the expense of our democracy. They'll be in control of the House of Representatives for the next two years and have already shown an inability to govern. They couldn't even elect House Speaker Kevin McCarthy without historic chaos.

We should all be concerned about their far-right extremist agenda. Already on the chopping block? Our freedom to vote and our right to an abortion.

Rather than focusing on kitchen table issues, these MAGA extremists are pledging to focus on punishing anyone who tried to hold them accountable for their attacks on our democracy, including members and staff of the Jan. 6 Select Committee.

It's up to us to resist this MAGA House majority to protect our democracy and our freedoms. We must call out their lies and combat their far-right agenda starting now.

Carlos Arnold
Santa Maria

The little town that could

Guadalupe residents know the meaning of community. After the recent storms that sent floodwaters over the **Santa Maria River levee** and into town, its residents and officials banded together to take care of their own.

The city contracted with a local H-2A housing owner to provide shelter for displaced residents. The 20 families that evacuated are now staying in that temporary H-2A housing for farmworkers or sleeping in the Guadalupe Auditorium, according to **Guadalupe Mayor Ariston Julian**.

Smooth Transportation bused residents to their yellow-tagged homes so they could get their belongings and be relocated.

The **Red Cross** set up an aid trailer expediently and handed out cots, blankets, first aid kits, and more.

And when it came to receiving county resources for help and cleanup, **5th District Supervisor Steve Lavagnino** practically had to beg Guadalupe officials to take the county up on its assistance.

"[I found] they have this built-in system for themselves where they've learned to take care of themselves without asking for help," the supervisor said. "We actually had to ask [Julian] to request help from the Office of Emergency Services to get the jurisdictional wheels moving."

Kudos to Guadalupe, which may have its system in place, but Mayor Julian is fed up.

"This has happened about four times in the last 30 years. It can't happen anymore," Julian said about the levee. "There was mud about a foot deep in the street."

Similarly, parts of rural **North County** also received quick action from the county Fire Department and elected representatives. Floodwaters washed out sections of **Colson Canyon Road** and **Tepusquet Road** on Jan. 9, leaving residents stranded. Within a day of getting an email from two residents, **4th District Supervisor Bob Nelson** and county Fire Chief **Mark Hartwig** got out there, surveyed the damage, and had equipment on the scene 30 minutes later.

"Colson Canyon Road is still not drivable. It's a mess. But, due to the hard work of Santa Barbara County Fire, as well as many of our wonderful community members, everybody can now walk out and/or get out by ATV to Tepusquet Road," **Colson Canyon Road resident Melony Edwards** said.

Nelson—who lit into **Sheriff Bill Brown** at the Jan. 10 Board of Supervisors meeting for not busting his butt enough when evacuating the Santa Ynez Riverbed ("Our community," Jan. 12)—continued his impassioned commentary this week.

"We talk about diversity, equity, and inclusion, but if we want to do those things, then our actions should reflect that," he told the *Sun*. "We shouldn't focus the majority of our resources on the most affluent. This is what the county government does, we've been diverting resources to the **South Coast** for generations."

Meanwhile North County supervisor Lavagnino admittedly just doesn't have the same lens on the discrepancy between the North and South when it comes to distributing resources—while Guadalupe's kind of wrecking the curve in his district, so to speak.

He told our reporter that he was pleased with the county's response.

"Anything I've asked for at this point has been a yes."

Well, that's great, but it seems that our own South Coast could learn a lesson from the folks in Guadalupe about the meaning of community. ○

The Canary is a communal creature. Send neighborly thoughts to 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 1/19-1/26

What's your opinion on how the county allocated its resources during and after the storms?

- Santa Barbara County did a great job taking care of its community across all parts.
- The county paid more attention to the South Coast, but for good reason and necessity.
- There was more focus on the South Coast because that's how it's been here for years.
- The county didn't do a good job, and more should have been done in all areas.

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VALLEY RALLY

The 2023 Santa Maria Valley Women's March will be held on Saturday, Jan. 21, starting at 11 a.m., at the Minami Community Center, located at 600 W. Enos Drive, Santa Maria. The public is also welcome to join a poster-making event before the march on Friday, Jan. 20, from 6 to 8:30 p.m. at UDW Hall, located at 402 Miller St., Santa Maria. Attendees will create their own posters to carry during the march. For more info, visit facebook.com/womensmarchsmv.

—Caleb Wiseblood

FILE PHOTO BY TAYLOR O'CONNOR

ARTS

SANTA MARIA VALLEY/LOS ALAMOS

AUDITIONS: ORCUTT COMMUNITY THEATER Three men and two women needed, according to venue, for an upcoming comedy production about a war hero. **Jan. 21**, 5-7 p.m. and **Jan. 22**, 5-7 p.m. 805-268-2993. orcuttcommunitytheater.org. KDA Studios, 3558 Skyway Dr., Santa Maria.

BALLROOM, LATIN, AND SWING DANCE CLASSES Social ballroom, Latin, and swing lessons for all ages on Tuesdays and Wednesdays. Beginner and advance classes. Tuesdays, Wednesdays, 7-9 p.m. \$45-\$55. 805-928-7799. [KleinDance Arts](https://kleindancesarts.com), 3558 Skyway Drive, suite A, Santa Maria.

BASIC CROSS STITCH TO-GO KITS Pick up a beginner's cross stitch kit and learn at your own pace. All materials will be provided including floss, fabric, instruction sheets, and several designs. Quantities are limited; first-come, first-served. For ages 18 and older. Through Jan. 21 Free. Santa Maria Public Library, 421 S. McClelland St., Santa Maria, 805-925-0994.

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.

FREE ARTS CROCHÉ WORKSHOP: CORAZON DEL PUEBLO Join and discuss social justice topics with community while learning to crochet hearts and creating them into either hair accessories or keychains. **Jan. 24**, 6-7 p.m. Free. Corazon del Pueblo Office, 201 E Main St., suite M, Santa Maria, 209-312-8653, corazondelpueblo.org.

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

NEXT CHAPTER BOOK CLUB: GUADALUPE BRANCH LIBRARY A special book will be provided on a first come, first served basis. Supported in whole or in part by the Central Coast Literacy Council. **Jan. 25** Free. 805-925-0994. engagedpatrons.org. Guadalupe Library, 4719 W. Main St., Ste D, Guadalupe.

NEXT CHAPTER BOOK CLUB: SANTA MARIA PUBLIC LIBRARY Copies of the book will be provided on a first come, first served basis. The book for January is *The War that Saved My Life* by Kimberly Brubaker Bradley. **Jan. 25** Free. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

THE RED VELVET CAKE WAR The three Verdeen cousins—Gaynelle, Peaches, and Jimmie Wyvette—could not have picked a worse time to throw their family reunion. Presented by SMCT. Fridays, Saturdays, through Jan. 29 smct.org/show/the-red-velvet-cake-war/. Santa Maria Civic Theatre, 1660 N. McClelland St., Santa Maria.

TEEN ANIME CLUB: SANTA MARIA PUBLIC LIBRARY Hang out with other fans, eat Japanese snacks, and do fun activities. New members are always welcome. **Jan. 27** Free. 805-925-0994. engagedpatrons.org. 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 Varies. wineanddesign.com/orcutt. Wine and Design, 3420 Orcutt Road, suite 105, Orcutt.

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, 11 a.m.-5 p.m. Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang, 805-688-1082, wildlingmuseum.org.

LAUGH THERAPY 2023 With headliner Dan McGowan ("Last Comic Standing"), Trent Babb, Paula Jane Newman, and others. **Jan. 25**, 8-10 p.m. \$20. 773-401-2998. my805tix.com. Maverick Saloon, 3687 Sagunto St., Santa Ynez.

WILDLIFE ON THE EDGE: HILARY BAKER New and recent acrylic paintings from Baker's Predators series alongside a new series of animal portraits on birch wood. From a group of common pigeons to an elusive cougar, Baker's subjects make themselves at home in urban locales. Through March 6 Wildling Museum of Art and Nature, 1511-B Mission Dr., Solvang, 805-688-1082, wildlingmuseum.org.

WINTER SALON In honor of the holiday season and celebration of the gallery's 30th anniversary. All fine art media hung "salon style", floor to ceiling. Mondays, Thursdays-Sundays, 10 a.m.-4

p.m. through Jan. 30 805-688-7517. GalleryLosOlivos.com. Gallery Los Olivos, 2920 Grand Ave., Los Olivos.

LOMPOC/VANDENBERG

ANOMALY HOUSE PRESENTS LIMINAL SPACE This event will feature a gallery of visual art by Weirspace Design, a downtempo DJ session by Frank the Tank, live experimental art metal by Cool Homer Jack, and a live powernoise session by Cryptid Wrangler. **Jan. 25**, 7 p.m. my805tix.com. Flower City Ballroom, 110 W. Ocean Ave., Lompoc.

LIVE STAND-UP COMEDY SHOW With Adam Dominguez, Wendy Wilkins, AJ Santos, Stef Teran, and host Justin Bournonville. For ages 18 and over. **Jan. 21**, 6 p.m. my805tix.com. Flower City Ballroom, 110 W. Ocean Ave., Lompoc.

SOUTH COAST SLO COUNTY

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. Free. 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.

MIXED MEDIA FOR AGES 5-6 AND 7-12 For ages 5-6 (Mondays) and 7-12 (Tuesdays). Mondays, Tuesdays, 3:15-4:15

p.m. 805-668-2125. lila.community. LiIA Creative Community, 1147 East Grand Ave. suite 101, Arroyo Grande.

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 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. LiIA 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. LiIA 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. LiIA Creative Community, 1147 East Grand Ave. suite 101, Arroyo Grande.

UPCOMING EXHIBIT AT DANA CULTURAL CENTER Photography of My Diné (Navajo) Family and images of the Southwestern Landscape by professor, photographer, and DANA volunteer John Craig. **Jan. 22**, 1 p.m. \$8 for non-members; \$3 for children; free for DANA Members. 805-929-5679. danaadobe.org. DANA Adobe Cultural Center, 671 S. Oakglen Ave., Nipomo.

SAN LUIS OBISPO

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

ALL LEVELS POTTERY CLASSES Anam Cre is a pottery studio in SLO that offers a variety of classes. This specific class is open to any level. Teachers are present for questions, but the class feels more like an open studio time for potters. Thursdays, 6-8 p.m. \$40. Anam Cre Pottery Studio, 1243 Monterey St., San Luis Obispo, anamcre.com.

ARTIST RIKI SCHUMACHER AT ART CENTRAL GALLERY Schumacher's work is pensive and introspective, inspiring one to take a solitary walk on a cloudy day. Wander in to reflect on her "delicious, wistful landscapes." Mondays-Saturdays, 10 a.m.-5 p.m. and Sundays, 12-4 p.m. Free. 805-747-4200. artcentralslo.com/gallery-artists/. Art Central, 1329 Monterey St., San Luis Obispo.

CATAPULT An "America's Got Talent" finalist, Catapult features incredible dancers who work behind a screen to create magical shadow silhouettes of shapes from the world around us. **Jan. 28**, 3-4:30 p.m. \$22-\$39. 805-756-6556. Performing Arts Center, 1 Grand Ave., San Luis Obispo, pacsl.org.

ARTS continued page 13

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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SUBMIT YOUR EVENTS

ARTS from page 12
CERAMIC LESSONS AND MORE Now offering 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.

COMEDY HOUSE A night of stand-up comedy and house music. Featuring an all female lineup of comics from SLO to LA. **Jan. 21**, 6-11 p.m. \$20-\$65. eventbrite.com. The Siren at El Chorro, 2990 Dairy Creek Rd., San Luis Obispo, 805-541-1149.

COMEDY NIGHT Professional comedy show featuring local and touring comics. Hosted by Aidan Candelario. Third Thursday of every month, 7-9 p.m. \$5. 805-540-8300. Bang the Drum Brewery, 1150 Laurel Lane, suite 130, San Luis Obispo, bangthedrumbrewery.com.

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, anamcre.com.

ESCAPED ALONE Caryl Churchill's convention-defying play juxtaposes backyard tea with environmental disaster, exploring themes of politics, crisis, communication, and female endurance. A staged reading. **Jan. 27**, 7 p.m. and **Jan. 28**, 2 & 7 p.m. San Luis Obispo Repertory Theatre, 888 Morro St., San Luis Obispo, 805-786-2440, slorep.org/.

HILDA KILPATRICK-FREYRE: ART SHOW Hilda is influenced by California paintings, as well as impressionists. Her work is vibrant and she paints local nature scenes. Through Feb. 14 805-545-5401. bigskycafe.com. Big Sky Cafe, 1121 Broad Street, San Luis Obispo.

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.

INTRO TO OIL PAINTING WITH SPENCER COLLINS The perfect class for those wanting to try oil painting for the first time. Guests discuss color theory, layering paint, and how to use various media. For ages 16 and over. Thursdays, 10 a.m.-1 p.m. \$30 per class or \$100 for 4 classes. 805-747-4200. artcentralslo.com/workshops-events/. Art Central, 1329 Monterey St., San Luis Obispo.

KIDS POTTERY CLASSES Enjoy making animal sculptures, bowls, plates, etc. Please arrive on time, not early, as venue uses the transition time between classes to sanitize. Designed to sign up on a weekly basis. Thursdays, 1:30-2:30 p.m. \$40. anamcre.com. Anam Cre Pottery Studio, 1243 Monterey St., San Luis Obispo.

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.

LITTLE TREASURES HOLIDAY EXHIBIT Artwork in this exhibit is priced \$100 or less. Everything is handcrafted and made with love by local artists. Find that one-of-a-kind gift for that special someone. Mondays-Fridays, 10 a.m.-6 p.m., Saturdays, 10 a.m.-5 p.m. and Sundays, 12-4 p.m. through Jan. 30 Free. 805-747-4200. artcentralslo.com. Art Central, 1329 Monterey St., San Luis Obispo.

THE MONDAY CLUBHOUSE CONSERVANCY FINE ARTS AWARDS APPLICATIONS Open to high school juniors and seniors. Categories: classical music, jazz music, and visual art. Submit online application. Finalists in all categories compete in a live competition at The Monday Club on Feb. 26. Through Jan. 30 Free. 805-242-1076. themondayclubslo.org. Online, See website, San Luis Obispo.

OPEN MIC COMEDY Sign-ups at 6:30 p.m. Hosted by Aidan Candelario. Mondays, 7-9 p.m. Free. 805-540-8300. saintsbarrel.com/event-calendar. Saints Barrel Wine Bar, 1021 Higuera St., San Luis Obispo.

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.

POTTERY: BEGINNING WHEEL CLASS This series is a great intro to the pottery wheel. Students learn to throw various shapes, surface decorate, and glaze. Clay and firing included with admission. Thursdays, 10:30 a.m.-12:30 p.m. \$180. anamcre.com. Anam Cre Pottery Studio, 1243 Monterey St., 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.

SENIOR CLAY CLASS Offered to the senior community as an outlet to explore the beauty of clay. For ages 60 and over. Caretakers welcome for an additional \$20. Fridays, 10 a.m.-noon \$40. anamcre.com. Anam Cre Pottery Studio, 1243 Monterey St., San Luis Obispo.

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.

NORTH COAST SLO COUNTY

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.

COLLAGES AND PHOTOGRAPHS OF LOS OSOS Collages and photographs featuring Sweet Springs Nature Preserve and the Elfin Forest by Los Osos photographer Kelly Hayes are for sale online and on display at Los Osos Pop-up Gallery (1056 Los Osos Valley Road). Photo prints on metal, paper, acrylic, and greeting cards. ongoing Free. centralcoasty.com. Los Osos, Townwide, Los Osos.

COSTA GALLERY: ELLEN JEWETT Gallery hours are expected to be extended beginning in October or November for the holidays. Thursdays-Saturdays, 11 a.m.-4 p.m. and Sundays, 12-4 p.m. Costa Gallery, 2087 10th St., Los Osos, 559-799-9632.

FINE ART CRAFTS BY JARI DE HAM: GALLERY AT MARINA SQUARE Jarien de Ham began Chinese brush painting in 2002. The Central Coast inspires her paintings and sculptures. Through Jan. 29, 11 a.m.-5 p.m. Free. 805-772-1068. galleryatmarinasquare.com. Gallery at Marina Square, 601 Embarcadero suite 10, Morro Bay.

FINE ART MIXED MEDIA PAINTINGS BY STEVIE CHUN: GALLERY AT MARINA SQUARE Stevie Chun is passionate about shape and color in her paintings and crafts and uses minimal outlined shapes to create larger formats on canvas, paper, ceramics and other surfaces. Through Jan. 29, 11 a.m.-5 p.m. Free. 805-772-1068. galleryatmarinasquare.com. Gallery at Marina Square, 601 Embarcadero suite 10, Morro Bay.

FOR THE BIRDS Art Center Morro Bay presents its annual For the Birds exhibit. This exciting exhibition celebrates Morro Bay's vast array of indigenous species of birds and all things bird-related. **Jan. 22-Feb. 20**, 12-4 p.m. Free. 805-772-2504. artcentermorrobay.org. Art Center Morro Bay, 835 Main St., Morro Bay.

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



FILE PHOTO BY REBECCA ROSE

MUSHROOM KINGDOM

The Bedford Tasting Room and Courtyard in Los Alamos hosts its annual Mushrooms Gone Wild celebration on Saturday, Jan. 28, from 2 to 5 p.m. The event features displays of edible and nonedible mushrooms. Admission is \$70 per person, which includes wine. Call (805) 344-2107 or visit bedfordwinery.com to find out more. The venue is located at 448 Bell St., Los Alamos.

—C.W.

FREE DEMONSTRATION: UNDERSTANDING SITUATIONAL CHARACTER DESIGN AND HOW TO TELL A STORY WITH ONE PERSON Free and open to the public. Walk-ins encouraged. **Jan. 23**, 3-5 p.m. Free. 805-772-2504. artcentermorrobay.org/. Art Center Morro Bay, 835 Main St., Morro Bay.

HEARTS ALL A FLUTTER MOSAICS Learn mosaic basics to create a one-of-a-kind heart project. Many projects to choose from including non-heart related shapes. Preregistration required. **Jan. 29**, 10 a.m.-2 p.m. Various. 805-286-5993. CreativeMeTime.com. Art Center Morro Bay, 835 Main St., Morro Bay.

METAL ART BY TRUDI GILLIAM Gilliam creates her sculptures using copper, brass, nickel/silver, and found objects. This new series of whales and birds uses copper and sea glass. ongoing 805-772-9955. Seven Sisters Gallery, 601 Embarcadero Ste. 8, Morro Bay, sevensistersgalleryca.com.

MOSAIC TRIVET WORKSHOP During this workshop, you will learn how to design and create a mosaic trivet. You will learn how to select materials, lay out a pleasing pattern, and adhere the tiles to the trivet base. You will learn how to properly grout and seal your project. ongoing, 1-4 p.m. \$60. 805-772-2504. artcentermorrobay.org/index.php/workshops/. Art Center Morro Bay, 835 Main St., Morro Bay.

THE PLEIN AIR TEAM Acrylic artist, Nancy Lynn, and husband, watercolorist, Robert Fleming, have an ongoing show of originals and giclee prints of Morro Bay and local birds. ongoing 805-772-9955. Seven Sisters Gallery, 601 Embarcadero Ste. 8, Morro Bay, sevensistersgalleryca.com.

SLOFUNNY COMEDY GYM The SLOFunny Comedy Showcase is a monthly showcase for local SLO County comedians. Come see how comedy is born. Take a look at the amazing local talent that began right in our back yard. Hosted by Steph Clark and a surprise headliner. **Jan. 29**, 5:30-7:30 p.m. \$10. 805-534-3129. my805fxt.com. The Merrimaker Tavern, 1301 2nd Street, Los Osos.

SLOFUNNY COMEDY SHOW Features headliner Mary Gallagher. Hosted by Tom Clark with Steph Clark. Other comedians include James Uloth and Robert Omotto. **Jan. 28**, 6:30-8 & 9-11:30 p.m. \$30. 805-534-3129. facebook.com/slofunny. Morro Bay Vet's Hall, 209 Surf St., Morro Bay.

WHERE THE BIRDS ARE: A GROUP PHOTO SHOW Featuring photographers: Alice Cahill, Cathy Russ, Gregory Siragusa, Karen Peterson, Dominic Hartman, Jessica Weiss, and Michael Johnston. Through Jan. 29, 11 a.m.-5 p.m. Free. 805-772-1068. galleryatmarinasquare.com. Gallery at Marina Square, 601 Embarcadero suite 10, 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.

ADULTING 101: LIFE SKILLS FOR THE 21ST CENTURY This hands-on workshop will teach home maintenance/repair skills and cover other life skill topics. **Jan. 19**, 3:30-5:30 p.m. Free. 805-925-0994. cityofsantamaria.org/library. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

BILINGUAL STORY TIME: HORA DE CUENTOS Enjoy songs, activities, and stories in English and Spanish. Story time is designed to build literacy skills and school readiness, all while having a great time. **Jan. 23** Free. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

BOUNCING BABY STORYTIME: SANTA MARIA PUBLIC LIBRARY 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. For ages 0-12 months. Wednesdays. through Feb. 22 Free. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

CELEBRATE LUNAR NEW YEAR Celebrate and recognize Lunar New Year with craft and activities. **Jan. 21, Jan. 23, Jan. 24, Jan. 25, Jan. 26 and Jan. 27** Free. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

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

GROUP WALKS AND HIKES Check website for the remainder of this year's group hike dates and private hike offerings. ongoing 805-343-2455. dunescenter.org. Guadalupe-Nipomo Dunes Center, 1065 Guadalupe St., Guadalupe.

POKEMON CLUB: SANTA MARIA PUBLIC LIBRARY Join other Pokémon trainers at the popular Pokémon Club. Learn how to play the Pokémon Trading Card game, watch Pokémon, and participate in other fun activities. Bring a deck from home to battle or use one from the library. **Jan. 21** Free. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

PRESCHOOL STORY TIME: SANTA MARIA PUBLIC LIBRARY Story time is designed to build literacy skills and school readiness, all while having a great time. This fun story time will have

CULTURE & LIFESTYLE continued page 14

Get Outside

The Central Coast Guide to Everything Outside

Summer/Fall 2022 issue out now - Pick up a copy or read it online: NewTimesSLO.com

NEXT ISSUE Spring 2023 BOOK ADS BY Jan. 19, 2023



San Luis Obispo County 805-546-8208

Northern Santa Barbara County 805-347-1986

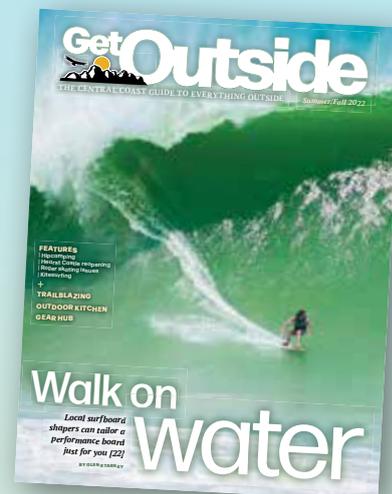


IMAGE COURTESY OF CAL POLY ARTS

CULTURE & LIFESTYLE from page 13 songs, fingerplays, and stories. For ages 3 to 6. Mondays, through Feb. 20 Free. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

PRESCHOOL YOGA STORY TIME: SANTA MARIA PUBLIC LIBRARY A morning of yoga with stories and breathing exercises. Children are introduced to mindfulness and will learn exercises to help regulate emotions. Space and supplies are limited. Yoga mats will be provided (or bring one from home). Jan. 27 Free. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., 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.

SANTA MARIA VALLEY WOMEN'S MARCH 2023 A march, a rally featuring local speakers, and an "action alley" of community partners. Jan. 21, 11 a.m.-2 p.m. 805-266-0518. facebook.com/womensmarchsmv. Minami Community Center, 600 W. Enos Drive, 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.

TEEN BOLT: SANTA MARIA PUBLIC LIBRARY Teens, help shape the future of your library. Discussions during BOLT will help determine teen program themes, and BOLT members will have the opportunity to help plan and run teen programs. Light snacks will be provided. Jan. 20 Free. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

TODDLER TIME: SANTA MARIA PUBLIC LIBRARY High-energy learning experience for toddlers and caregivers. Grow through stories, movement, and music. Tuesdays, Thursdays, through Feb. 23 Free. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

VIRTUAL WORKSHOPS OVER ZOOM Visit site or call to learn about various virtual workshop offerings. ongoing. Unwind Studio, 130 N. Broadway, suite B, Santa Maria, 805-748-2539, unwindstamaria.com.

YOUTH CODING AND CULTURE: SANTA MARIA PUBLIC LIBRARY Learn how to code and make a difference through coding, STEM careers, and more. Ages 9-14. Registration required. Thursdays, through Feb. 23 Free. 805-925-0994. engagedpatrons.org. Santa Maria Public Library, 421 S. McClelland St., Santa Maria.

LOMPOC/VANDEMBERG

CHRISTMAS LIGHT EXCHANGE PROGRAM Exchange your old Christmas

lights for new, energy-saving LED lights. Participants entered in a raffle for a chance to win LED Christmas yard decorations and other items. Mondays-Fridays, 9 a.m.-5 p.m. through Jan. 27 cityoflompop.com. Lompoc City Hall, 100 City Hall Dr., Lompoc.

LOMPOC VALLEY BOTANIC AND HORTICULTURAL SOCIETY MEETING A presentation on the vegetation growing on Santa Cruz Island, after the removal of grazing sheep and feral pigs, along with invasive weed control. All are welcome to attend. Jan. 22, 2-4 p.m. 805-450-3668. lbhs.org. Stone Pine Hall, 210 South H St., Lompoc.

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.

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 empoweroyoga805@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, empoweroyoga805.com.

POINT SAN LUIS LIGHTHOUSE TOURS Tours will give you a glimpse into the lives of Lighthouse Keepers and their families, while helping keep our jewel of the Central Coast preserved and protected. Check website for more details. Wednesdays, Saturdays pointsanluislighthouse.org/. Point San Luis Lighthouse, 1 Lighthouse Rd., Avila 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, 5citieswimsschool.com.

YOGA AND HIKE TO THE LIGHTHOUSE Hike to the Point San Luis Lighthouse for a one of a kind yoga session by Ashley Sagariballa, of Saunter Yoga and Wellness. Jan. 22, 9 a.m.-1:30 p.m. my805tix.com. Point San Luis Lighthouse, 1 Lighthouse Rd., Avila Beach.

SAN LUIS OBISPO

BARS AND BOUNCE CLINIC Build whole-body strength swinging on bars and bouncing on trampolines. Jan. 21, 1:15-3:15 p.m. \$25 for first child, with \$10 per additional sibling. 805-547-1496. performanceathleticslo.com/events. Performance Athletics Gymnastics, 4484 Broad St., San Luis Obispo.

BDSM 101 This monthly class from the Central Coast Kink Community provides a basic overview of kink, consent, rules, and information to help practitioners be successful and safe. Attendees must be 18+ years of age. Virtually meets via Zoom.

Fourth Friday of every month, 6-8 p.m. No admission. galacc.org/events/. Online, See website, 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.

BIRDS AND BOTANY MONTHLY WALK AT SLO BOTANICAL GARDEN The Garden is excited to present a monthly bird walk series on the fourth Thursday of every month which explores the intersection of birds and botany. Fourth Thursday of every month, 8-11 a.m. \$10 for Garden Members; \$40 for general public. 805-541-1400. slobg.org. San Luis Obispo Botanical Garden, 3450 Dairy Creek Rd., 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.

CONTAINER GARDENING BASICS: FLOWERS, SUCCULENTS, BLUEBERRIES, AND CITRUS Learn about the joy of container gardens through four previously recorded presentations. Jan. 19, 6:45-7:45 p.m. Free. lovardenclub.org. 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.

MINDFULNESS AND MEDITATION (ONLINE MEETING) Zoom series hosted by TMHA. Thursdays, 10:30 a.m.-noon Transitions Mental Health Warehouse, 784 High Street, San Luis Obispo, 805-270-3346.

NORMA RAPKO: YOU'RE A CREATIVE GENIUS START ACTING LIKE ONE Presented by Wiire SLO. Featured speaker Norma Rapko is a serial entrepreneur, author, investor, artist, and inventor. Jan. 20, 12-2 p.m. my805tix.com. Santos Barrel Wine Bar, 1021 Higuera St., San Luis Obispo, 805-439-1929.

Q YOUTH GROUP (VIRTUALLY VIA ZOOM) This is a social support group for LGBTQ+ and questioning youth between the ages of 11-18. Each week the group explores personal, cultural, and social identity. Thursdays, 6-8 p.m. Free. galacc.org/events/. Online, See website, San Luis Obispo.

SBCEO EDUCATION SPOTLIGHT WEBINAR: YOUTH OPIOID AND FENTANYL EPIDEMIC SBCEO to lead countywide forum on youth opioid and fentanyl epidemic in new "Education Spotlight" series. Jan. 19, 5-6:30 p.m. Free. 805-964-4710. sbceo.org/edspotlight. Online, See website, San Luis Obispo.



SHADOWY SHOWMANSHIP

Catapult, a prolific dance ensemble, will perform at the Performing Arts Center (PAC) in San Luis Obispo on Saturday, Jan. 28, from 3 to 4:30 p.m. Seen on America's Got Talent, this group works behind a screen to create shadow silhouettes during its act. Tickets to the show range between \$22 and \$39. Visit pasclo.org for more details. The PAC is located at 1 Grand Ave., San Luis Obispo.

-C.W.

SLO BOTANICAL GARDEN PRESENTS YOGA ON THE TERRACE WITH CHERYL WAKEFIELD

An immersive yoga experience led by Cheryl Wakefield, a yoga instructor of 15 years. The event will take place on the terrace in a serene outdoor setting that promotes a relaxed and tranquil mind. Saturdays, through Jan. 29 San Luis Obispo Botanical Garden, 3450 Dairy Creek Rd., San Luis Obispo, 805-541-1400.

SLO LEZ B FRIENDS (VIRTUALLY VIA ZOOM)

A good core group of friends who gather to discuss topics we love/ care about from movies, outings, music, or being new to the area. We come from all walks of life and most importantly support each other. Transgender and Nonbinary folks welcome. Third Friday of every month, 6:30-9 p.m. Free. sloqueer.groups.io/g/lezbfriends. Online, See website, San Luis Obispo.

SUNDAY EVENING RAP LGBTQ+ AA GROUP (VIRTUALLY VIA ZOOM)

Alcoholics Anonymous is a voluntary, worldwide fellowship of folks from all walks of life who together, attain and maintain sobriety. Requirement for membership is a desire to stop drinking. Email aarapgroup@gmail.com for password access. Sundays, 7-8 p.m. No fee. galacc.org/events/. Online, See website, San Luis Obispo.

TRANS* TUESDAY

A safe space providing peer-to-peer support for trans, gender non-conforming, non-binary, and questioning people. In-person and Zoom meetings held. Contact tranzcentralcoast@gmail.com for more details. Tuesdays, 7-9 p.m. Free. GALA

Pride and Diversity Center, 1060 Palm Street, San Luis Obispo, 805-541-4252.

TRANS* YOUTH PEER SUPPORT GROUP

This group is a safe place for trans* and gender non-conforming people, as well as those questioning, from ages of 11 to 18. A facilitated emotional support group to be heard, share your story, and hear stories that may sound surprisingly like your own. Fourth Tuesday of every month, 6-8 p.m. Free. GALA Pride and Diversity Center, 1060 Palm Street, San Luis Obispo, 805-541-4252.

WHEN WOMEN RUN, WOMEN WIN

Join for inspiring speakers as we celebrate the progress women have made locally and nationally since the inception of the Women's March, and also focus in on all the work that remains. Jan. 21, 2-4 p.m. weareplannedparenthoodaction.org. Mitchell Park, 1445 Santa Rosa St., San Luis Obispo.

YOUR NEW VIBE: INTENTION, MANIFESTATION, ACTION

Two hours of relaxation, co-creation, and journaling with a community of uplifting women. Jan. 27 my805tix.com. Vibe Health Lounge, 1238 Monterey St., San Luis Obispo.

NORTH COAST SLO COUNTY

CENTRAL COAST WOOD CARVERS

Learn the art of wood carving or wood burning. Join Central Coast Wood Carvers in Morro Bay at St. Timothy's. Open for beginners, intermediate, or advance. Learn a wide range of techniques and skills. Mask Required. Tuesdays, 9:30 a.m.-12:30 p.m. Free. St. Timothy's Catholic Church, 962 Piney Way, Morro Bay, 805-772-2840, sttimothymorroabay.org/index.html.

PALE KAI OUTRIGGER CANOE DEMO DAYS Join Pale Kai for a fun intro to outrigger canoe paddling. Jan. 28, 8-10 & 10 a.m.-noon Free. palekai.org/recruitment-program/. Coleman Park, Morro Bay, 101 Coleman Drive, Morro Bay, (805) 772-6278.

SOCRATES: DISCUSSION GROUP Group members present interesting and thought provoking topics of all sorts. Topics are selected in advance and moderated by volunteers. Vaccinations are necessary. Enter through wooden gate to garden area. Wednesdays, 10 a.m. 805-528-7111. Coalesce Bookstore, 845 Main St., Morro Bay, coalescebookstore.com/.

FOOD & DRINK

SANTA MARIA VALLEY/LOS ALAMOS

COAST TO CUYAMA Venue is partnering with Santa Barbara's La Paloma Cafe for a weekend-long event celebrating the coast and the valley of our Santa Barbara County. Jan. 20, Jan. 21 and Jan. 22 661-766-2825. cuyamabuckhorn.com/happenings/coast-to-cuyama. Cuyama Buckhorn, 4923 Primero St., New Cuyama.

FOOD TRUCK FRIDAYS AT COSTA DE ORO

Featured vendors in the series include Cali Coast Tacos, Cubanissimo, Danny's Pizza Co., Chef Ricks, and more. Call venue for monthly schedules. Fridays 805-922-1468. costadeorowines.com. Costa De Oro Winery, 1331 S. Nicholson Ave., Santa Maria.

FOOD TRUCK FRIDAYS AT WINE STONE INN

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

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/.

LOMPOC/VANDEMBERG

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.

SOUTH COAST SLO COUNTY

PISMO BEACH FARMERS MARKET

Features various vendors selling their goods. Wednesdays, 4-7 p.m. Pismo Beach Farmers Market, Pismo Pier, 805-773-4382.

HOT STUFF continued page 15

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MUSIC

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 YNEZ VALLEY

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

SANTA YNEZ VALLEY CONCERT SERIES: 42ND SEASON The SYV Concert Series' 2022-23 season includes five upcoming concerts, between October and May. Through May 13 smitv.org/syv-concert-series.html. St. Mark's in the Valley Episcopal Church, 2901 Nojoqui Ave., Los Olivos.

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

ANOMALY HOUSE PRESENTS STUDIO 110 "An Evening of Disco-Infused House Music on Vinyl." **Jan. 27**, 8 p.m. my805tix.com. Flower City Ballroom, 110 W. Ocean Ave., Lompoc.

GROUP CONCERT Hexenghul, Disrupted Euphoria, Sinsation, and Pentacaustic take the stage at the Flower City Ballroom. **Jan. 28**, 7 p.m. my805tix.com. Flower City Ballroom, 110 W. Ocean Ave., Lompoc.

LOMPOC CONCERT ASSOCIATION: 2022-23 SEASON Visit website for full list of the Lompoc Concert Association's 2022-23 programming. Through March 18 lompoconcert.org. First United Methodist Church, 925 North F St., Lompoc.

YOUTH OPEN MIC NIGHT A fun, welcoming environment for first time performers and an opportunity for kids and teens to showcase their talent. Prizes awarded every month for Outstanding Performer. Last Friday of every month, 6-8 p.m. certainsparks.com/. Certain Sparks Music, 107 S. H St., Lompoc.

SAN LUIS OBISPO

CAL POLY BACH WEEK CHAMBER CONCERT: BACH RECONSTRUCTED/DECONSTRUCTED Tesseræe Baroque will perform modern reconstructions of Bach's works, including their own. **Jan. 20**, 7:30 p.m. \$20 general; \$10 students. 805-756-4849. music.calpoly.edu/calendar/special/. First Presbyterian Church of San Luis Obispo, 981 Marsh St., San Luis Obispo.

CAL POLY BACH WEEK FINALE: BACH AND THE GERMAN CHORALE Members of Cal Poly's Chamber Choir, Symphony, and faculty join with guest artists to perform a variety of works based on German chorale tunes and texts. **Jan. 21**, 2 & 7:30 p.m. \$20 general; \$10 students. 805-756-4849. music.calpoly.edu/calendar/. First Presbyterian Church of San Luis Obispo, 981 Marsh St., San Luis Obispo.

CAL POLY BACH WEEK INSTRUMENTAL MASTER CLASS AND CONTINUO WORKSHOP Guest artists Leif Woodward, cello, and Ian Pritchard, harpsichord, will coach Cal Poly students in instrumental repertoire from the Baroque era. **Jan. 19**, 11:10 a.m.-1 p.m. Free. 805-756-2406. music.calpoly.edu/calendar. Cal Poly Davidson Music Center, Room 218, Cal Poly, San Luis Obispo.

CAL POLY BACH WEEK VOCAL MASTER CLASS Guest artist Mindy Ella Chu will coach several Cal Poly voice students in repertoire from the Baroque era. **Jan. 19**, 3 p.m. Free. 805-756-2406. music.calpoly.edu/calendar/special/. Cal Poly Davidson Music Center, Room 218, Cal Poly, San Luis Obispo.

DJ B.TRU An evening DJ set featuring Mushroom Jazz and Roots Reggae and delicious ciders on tap. Held in the tasting room and patio. Saturdays, 5-8 p.m. 805-721-6878. SLO Cider, 3419 Roberto Ct., Suite C, San Luis Obispo.

EASTON EVERETT SOLO Enjoy some indie-acoustic, live music. Thursdays, 5:30-7:30 p.m. eastoneverett.com. Big Sky Cafe, 1121 Broad Street, San Luis Obispo, (805)545-5401.

THE GUITAR WIZ LIVE The "Guitar Wiz" performs live in the tasting room with many ciders on tap. **Jan. 20**, 5-7 p.m. Free. 805-721-6878. SLO Cider, 3419 Roberto Ct., Suite C, San Luis Obispo.

LIVE MUSIC AT RAGTAG WINE CO. Enjoy live music by local favorites. Wine available by the flight, glass, or bottle. Thursdays-Saturdays, 6-9 p.m. Ragtag Wine Co., 779 Higuera St., San Luis Obispo, 805-439-0774, ragtagwineco.com.

LIVE MUSIC FROM GUITAR WIZ BILLY FOPPANO AND MAD DOG Join "Guitar Wiz" Billy Foppiano and his trusty side kick Mad Dog for a mix of blues, R&B, and more. Saturdays, 11 a.m.-1 p.m. 805-544-2100. Bon Temps Creole Cafe, 1819 Osos Street, San Luis Obispo, bontempscreolecafe.com/index.htm.

PECOS AND THE ROOFTOPS **Jan. 21**, 8 p.m. The Fremont Theater, 1035 Monterey St., San Luis Obispo, 805-546-8600, fremontslo.com.

SUNDAY MUSIC AT RAGTAG WINE CO. Enjoy live music by local favorites. Wine available by the flight, glass, or bottle. Sundays, 4-7 p.m. Ragtag Wine Co., 779 Higuera St., San Luis Obispo, 805-439-0774, ragtagwineco.com. ○

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COURTESY IMAGE BY ANNIE HOFFMAN

Arts Briefs

SB County Office of Arts and Culture awards grants to 39 nonprofits

FILE PHOTO COURTESY OF ANDREA DE ANDA



The Santa Maria Philharmonic Society (pictured), Orcutt Children's Arts Foundation, and Santa Ynez Valley Botanic Garden Foundation are among the 39 nonprofits across Santa Barbara County that recently received grants from the Santa Barbara County Office of Arts and Culture.

The grants were made possible through funding from the county, the city of Santa Barbara, and the Santa Barbara Bowl Foundation, according to the county Office of Arts and Culture.

"Local arts and culture organizations put so much time and love into helping local communities to express themselves where they live," Sarah York Rubin, executive director of the county Office of Arts and Culture, said in a statement. "This is important and relevant work that the creative sector is uniquely able to perform, and the city of Santa Barbara and county of Santa Barbara recognize arts and culture investment as community investment."

Visit sbac.ca.gov for more info on the recent grants and other programs organized by the county Office of Arts and Culture.

Great American Melodrama brings Lumberjacks in Love to the stage

IMAGE COURTESY OF THE GREAT AMERICAN MELODRAMA



The Great American Melodrama's first production of 2023, *Lumberjacks in Love*, is scheduled to premiere on Feb. 3. Performances of the upcoming show are slated to run through March 26.

Written by Fred Alley and James Kaplan (who also penned the show's lyrics and music, respectively), *Lumberjacks in Love* is set in Minnesota during the early 1900s. The show's plot follows a group of five bachelor lumberjacks: Slim, Muskrat, Dirty Bob, Moonlight, and The Kid. After Slim accidentally orders a mail-order bride named Rose, the lumberjacks' "simple, shanty lives are turned upside down," according to press materials.

The show's cast includes Antwon Mason, Toby Tropper, Mia Mekjian, Sydney Ennis, Garret Haven, and Nathan Miklas. To find out more about the production or purchase tickets, visit americanmelodrama.com. Discounted tickets for seniors, students, and children are available for purchase.

The Great American Melodrama's popular snack bar will open 30 minutes before each performance of *Lumberjacks in Love* and will reopen during the intermission breaks between each act.

For additional details on *Lumberjacks in Love*, call the Great American Melodrama's box office at (805) 489-2499. Other upcoming productions in the theater's 2023 season include *Sherlock Holmes and the Final Problem* (March 31 through May 21), *Under the Boardwalk* (May 26 through July 16), *Gold Fever at the Rough and Ready* (July 21 through Sept. 10), and more.

The Great American Melodrama is located at 1863 Front St., Oceano. ○

Arts Briefs is compiled by Arts Editor Caleb Wiseblood. Send information to cwiseblood@santamariasun.com.

Figuratively speaking

Gallery Los Olivos showcases figurative oil paintings by Annie Hoffman

BY CALEB WISEBLOOD

Gifted with a Kodak Brownie at age 11, one local oil painter captured her subjects with a camera long before switching to brushes and palettes during adulthood.

"I became obsessed with photographing birds," said Santa Barbara resident Annie Hoffman, born and raised in London, England.

While Hoffman—who moved to California in the late '70s—specializes in painting and sketching figurative portraits of live models nowadays, she had no interest in photographing human subjects as a youth. Most of her photos were of sparrows and other birds that lived near her childhood home.

Her new solo exhibit, titled *Seeing Ourselves in Color*, at Gallery Los Olivos explores the artist's contrasting feelings of love and mistrust of humanity in general.

"I feel anxiety about the way that we humans have a decreasing relationship with our natural world," said Hoffman, who first became interested in illustrating members of her own species during her teen years.

When Hoffman was 16, her high school art teacher recommended that she attend a night drawing class at a local college, to see if she enjoyed sketching a live model. And she did.

"I clearly remember how wonderful I felt holding my sketch pad in front of me on the bus home," Hoffman recalled.

Hoffman planned to attend either art or cooking school after graduating from high school, but her parents dismissed both ideas "as out of the question," and advised that she work toward a career in either teaching or nursing.

She decided to attend a nursing school but remained curious about art and visited a

gallery for the first time in her life during her studies. It was the National Gallery in London.

"It was there I first saw and was awed by Van Gogh's colors and Turner's incredibly atmospheric paintings," said Hoffman, who bought a stash of souvenir postcards from the gallery "which I displayed in my room for years."

"Those paintings spoke to me in a way that continues to this day," added Hoffman, whose nursing career allowed her to travel around Europe, and eventually Canada and the U.S.

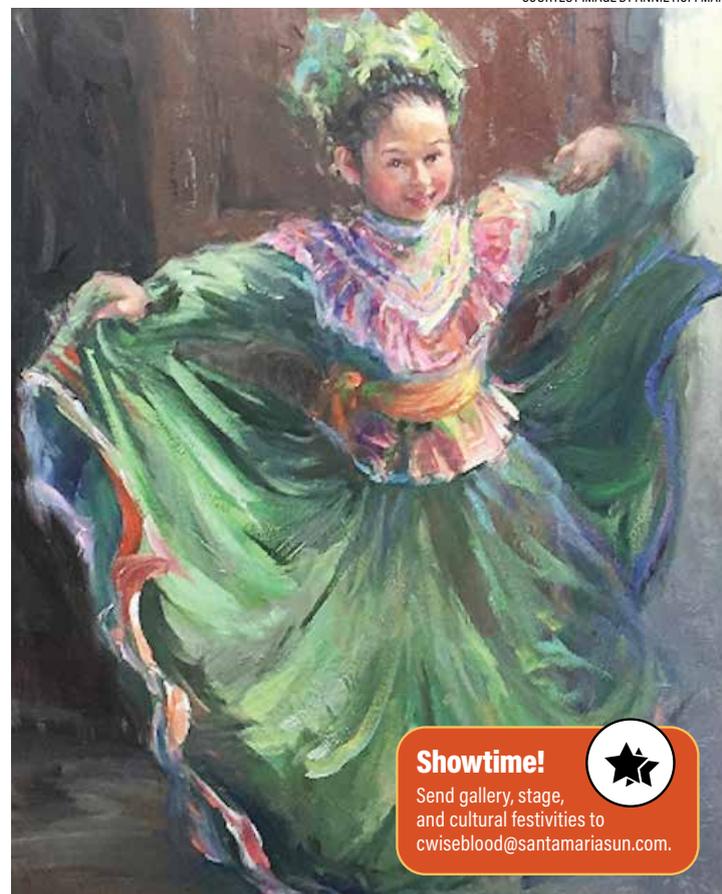
After moving to Los Angeles, Hoffman said she immediately signed up for horseback riding lessons and bought a pair of roller skates, to ride along the Santa Monica boardwalk on a regular basis.

"I had never felt so free," said Hoffman, who met her husband while living in LA, and spent more than a decade studying with a handful of impressionist painters and taking various art classes at Santa Monica College and UCLA before committing to pursue a full-time career as an artist during the mid '90s.

One of Hoffman's pieces in her upcoming Gallery Los Olivos show—on display Feb. 1 and 28—is *Dance Poetry*, a portrait of a young dancer she photographed during a Cinco de Mayo festival in downtown LA. When Hoffman isn't working with a live model, her alternative is usually painting from a vast collection of photos she's taken over the years.

"I typically ask people permission to take their picture. But I rarely ask anyone to pose—as I want to capture spontaneous gestures or emotion," said Hoffman, who'll avoid learning too much personal information

PHOTO COURTESY OF ANNIE HOFFMAN



Showtime!

Send gallery, stage, and cultural festivities to cwiseblood@santamariasun.com.



POETIC LICENSE: *Dance Poetry* is one of more than two dozen oil paintings set to be displayed during artist Annie Hoffman's upcoming February exhibition, *Seeing Ourselves in Color*, at Gallery Los Olivos.

about the strangers who allow themselves to be photographed. "It seems intrusive and because I prefer to be an anonymous observer so that I can develop the story of my painting for myself."

In 2016, Hoffman and her husband moved from Los Angeles to Santa Barbara, a city they had been fond of for a while beforehand.

"For many years, we had visited friends in SB, so it had long been on my radar as an arty town," said Hoffman, who made a point at least once a year to head up there to visit the Waterhouse Gallery, and for the pure joy of the scenic drive alone.

"I loved traveling up the coast, watching the light and the colors on the pink mountains with their deep blue shadows, and the ever-changing ocean." ○

Arts Editor Caleb Wiseblood's inbox is also ever-changing. Send comments to cwiseblood@santamariasun.com.

COURTESY IMAGE BY ANNIE HOFFMAN



GALLERY GLOBETROTTER: Oil painter Annie Hoffman was born and raised in London, England. During the late '70s, she moved to Los Angeles, where she lived until she and her husband decided to move to Santa Barbara in 2016.



DANCING DUO: *Pure Joy*, one of the pieces included in Annie Hoffman's upcoming solo exhibit, was a commissioned project in which the artist was assigned to illustrate a portrait of two children, but as candidly as possible. "I was left alone with the children for a few moments when they spontaneously, without any prompting from me, started to dance with each other," said Hoffman, who quickly took some photos and used one as a reference for the final painting.

Misanthropy

Marc Forster (*Monster's Ball*, *Stranger Than Fiction*, *World War Z*) directs this film based on Swedish author Fredrik Backman's book, *A Man Called Ove*, and Hannes Holm's subsequent 2016 film. *Otto* (Tom Hanks) is a grumpy widower who's the bane of his neighbors' existence. He doesn't feel like life's worth living alone. Then a young immigrant family and its matriarch Marisol (Mariana Treviño) move nearby, changing his life forever. (126 min.)

Glen: I was reluctant to see this film. I watched the 2016 Swedish version, which was good, and I didn't feel like I needed to see Hollywood's attempt. Well, I'm glad I did. *A Man Called Otto* makes a few missteps, has some clunky moments, wallows too much in sentimentality, but it's also very moving. And as usual, Hanks is dependably terrific as perpetually exacerbated Otto, who thinks everyone around him is an idiot. This film also boasts two really amazing performances by Treviño as Marisol and Rachel Keller as Otto's wife, Sonya, in the flashbacks to their first encounter, subsequent romance, and early lives together. Both Treviño and Keller are positively luminous and loveable. Sonya clearly brought out the best in Otto, and without her, his curmudgeonly tendencies have run unchecked. But Marisol—

like Sonya—holds Otto accountable, forcing him to confront his behavior. It's a bumpy ride (and a weepy one), but worth taking. **Anna:** Oh man, I was not prepared to be such a blubbering mess with this film. Hanks has a hold on me, that's for sure. He pushes my emotional buttons with every performance, and here even more than when Wilson floated away in *Castaway*. Otto is a grump for sure, but through flashbacks we get a little glimpse into why he is so curmudgeonly. One thing is evident—while

A MAN CALLED OTTO

What's it rated? **PG-13**

What's it worth, Glen? **Full price**

What's it worth, Anna? **Full price**

Where's it showing? **Regal**

Edwards RPX Santa Maria, Movies Lompoc, Regal

Edwards of Arroyo Grande, Fair

Oaks of Arroyo Grande

Otto may seem to hate the world and everyone in it, he loved his wife with the sort of devotion and tenderness that seem almost unreal. The neighborhood clearly is trying to love Otto, whether it's Jimmy (Cameron Britton), the power-walking positivity dude, or Anita (Juanita Jennings), who is taking care of her invalid husband, Rueben (Peter Larson Jones). They're demonstrating kindness, but Otto gives them nothing in return. We soon learn that maybe this man wasn't always such a cynic, and when Marisol and her family needle their way into his life, he softens. I can't stress just how sweet this film was—it's meant to hit your heart and that's what it does. Is it cinematic genius? No. Is it an absolutely lovely watch? Yep.

Glen: One of the story's rather sweet side plots is about Malcolm (Mack Bayda), a trans neighborhood kid who Otto takes under his wing by first helping him with his bicycle and later helping him through some family issues. Otto seems prickly, but underneath he's a decent human being. Then there's the stray cat, which at first Otto shuns. This cat, whose name is apparently Smeagol, is a heck of a feline actor. It's also worth noting that Hanks' son, Truman Hanks, plays the younger version of Otto opposite Keller's Sonya. If you need a good cry, get thee to the theater.

Anna: It was super smart to have Hanks' son take on the role of younger Otto. He does a great job in the role, and looking like



TURN THAT FROWN UPSIDE DOWN: Cranky Otto (Tom Hanks) is forced to confront his attitude when new neighbor Marisol (Mariana Treviño) and her family move nearby and enter his insular life, in *A Man Called Otto*, screening in local theaters.

your older counterpart definitely helps suspend disbelief. It's Otto before he became a cranky old man, but we also get clued into the various reasons Otto is the way he is. My favorite part is definitely his budding friendship with Marisol and her young family, who are so endearing even an old grump can't resist getting to know them. It's so sweet. This film is a win for softies like me! ○

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

Film & TV & Film Reviews

MY POLICEMAN

What's it rated? **R**

When? **2022**

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

Harry Styles is having a heyday in the box office, and rightfully so—I've been a fan of every project he's signed off on. This is a tough story. Patrick (David Dawson) needs caretaking after a stroke, and while Tom (Styles) wants nothing to do with the matter, Marion (Emma Corrin) brings Patrick into their home to be cared for. This act of what seems like kindness may actually be revenge though.

Flashing back to their younger years, we meet the couple in the beginning of their courtship as well as when Tom and Patrick first meet. No one is a winner here. Patrick is both possessive and mean-spirited when it comes to Marion. He loves having a secret to hold over her. Tom wants to have it all—he wants convention, and he wants his love affair. Marion feels incredibly betrayed and subsequently competitive with her beau's beau.

It's all so messy but beautifully portrayed. An Amazon

NEW Flicks



FORBIDDEN: Marion (Emma Corrin); her husband, Tom (Harry Styles, center); and their friend Patrick (David Dawson) find their lives deeply damaged when the two men begin an affair in an era when homosexuality was illegal, in *My Policeman*, screening on Amazon Prime.

Prime original movie, *My Policeman* manages to be both stunningly beautiful and sad. If you are a fan of stories about the weighty nuance of a relationship that isn't happy-go-lucky, this series is likely to hit just where you want. (113 min.)

—Anna

PHOTO COURTESY OF AMAZON STUDIOS

ECHO 3

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

When? **2022-present**

Where's it showing? **Apple TV Plus**

Created by Mark Boal (*The Hurt Locker*, *Zero Dark 30*), this action thriller series revolves around the kidnapping of Amber Chesborough (Jessica Ann Collins) during a scientific research trip near the Colombia-Venezuela border, and the subsequent rescue attempts by her new husband, Sgt. Prince Hass (Michiel Huisman), and her brother, Sgt. Alex "Bambi" Chesborough (Luke Evans)—both U.S. Army Delta Force operators.

It's an effective action drama, with well-staged firefights and well-filmed exotic settings, but what really makes this series sing is the complicated relationships between the characters—Prince and Bambi have been through brutal combat together and have conflicted over actions taken or not taken, and Prince's relationship with his wife feels like something of a mismatch.

The story is fraught with danger and disaster, and it's held together by riveting performances by the principal actors as well as exemplary direction by Boal, Pablo Trapero, Claudia Llosa, and Jeffrey Nachmanoff. It's something of a slow burn

BINGEABLE



IT'S PERSONAL: Delta Force soldiers Sgt. Prince Hass (Michiel Huisman) and Sgt. Alex "Bambi" Chesborough (Luke Evans) attempt to rescue Bambi's sister and Prince's new wife, who was kidnapped near the Colombia-Venezuela border, in *Echo 3* on Apple TV Plus.

punctuated by moments violence, but its tension feels real, not contrived. All 10 episodes are now out, so binge away. (10 approximately 49-min. episodes) ○

—Glen

PHOTO COURTESY OF APPLE AND KESHET STUDIOS

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PEDAL TO THE KETTLE: The drink menu at Nosh Paleo Cafe in Nipomo includes a variety of Paleo diet-friendly smoothies, coffee, and nine different blends of organic tea.



Share tasty tips!

Send tidbits on everything food and drink to cwiseblood@santamariasun.com.



BAKING RAD: Local restaurateur Aubriel Ruano has been operating Nosh Paleo Cafe in Nipomo since November. Her dessert menu changes on a daily basis, but her sugarless chocolate chip cookies and muffins are nearly always available.

Cave cravings

Nosh Paleo Cafe dishes out caveman diet-friendly comfort food

BY CALEB WISEBLOOD

Not every smoothie fan is a Spider-Man fan, nor the other way around. But those at the center of a Venn diagram between the two may be drawn to Nosh Paleo Cafe's Green Goblin smoothie.

Green spirulina, kale, pineapple, lemon peel, and coconut milk are among the ingredients local restaurateur Aubriel Ruano blends together for this drink, part of a long lineup of beverages that adhere to the tenets of the Paleolithic diet, also known as the Paleo diet or caveman diet.

The protocol greenlights meat, fish, and most vegetables (except nightshade vegetables), but sugar, dairy products, and processed oils are big no-nos.

"Everything in here, even the teas and smoothies, are packed full of veggies. With the mint chocolate chip smoothie, you can't even taste that it has cauliflower and kale in it," said Ruano, who first embraced the Paleo diet—specifically the Wahls protocol—in 2019, after being diagnosed with multiple sclerosis (MS).

Ruano's goal with Nosh Paleo Cafe—which opened in November—is to spread awareness about the diet, based on her own beneficial experience adapting to the Wahls protocol to relieve the symptoms of her disease, and give others with dietary restrictions a nice, cozy comfort food restaurant without inducing anxiety over the menu options.

"I've been cooking this way for three and a half years. I pretty much take the recipes I used to cook but modify them so they're strictly Paleo. I make stuff people are familiar with,

stuff they enjoy eating, just a cleaner, healthier, good-for-you version," said Ruano, who curated Nosh Paleo Cafe's wide-ranging menu to include soups, sandwiches, coffee, desserts, and more.

"It's really inspiring to know that when people come here, they're looking for almost a sanctuary—they don't know where to eat, they don't know what to eat, they don't know where to go," added Ruano, who converses with the cafe's customers as often as possible, trading stories about different dietary needs and approaches in the process.

"When they come in here, I hear all of that and it's really awesome, and it makes this a community place to be, and that's what I want it to be."

Of course, having a dietary restriction is not a requirement for entry at Nosh Paleo Cafe. Ruano said it's easy to assume the cafe

Back to the Stone Age

Find out more about Nosh Paleo Cafe by calling (805) 619-7553 or visiting noshpaleocafe.com. The restaurant is located at 671 W. Teft St., suite 11, Nipomo.

is a regular restaurant without paying attention to the menu items' ingredients. On the other hand, she thinks it's amusing when guests come in with an experimental mindset.

"Some people simply come in because they want a smoothie, or tell me they want to experiment. One guy was like, 'My wife wanted me to come here as an experiment.' And I'm like, 'It's not really an experiment, man,'" Ruano said with a laugh. "This is the same kind of food that you eat, just without all the junk."

Among her most popular items, Ruano listed her club sandwiches—made with organic chicken, vegan mayonnaise, grapes, cashew halves, organic celery, red onion, carrots, mint leaves, curry spice, and sesame bread, served with a choice of roasted Brussels sprouts or sweet potato fries on the side—and

sugarless chocolate chip cookies.

Nosh Paleo Cafe has a breakfast selection as well, including a breakfast scramble and waffles (traditional or pumpkin), both with the option to add two strips of Ruano's favorite food, bacon.

"I actually eat bacon every day, which is like the best thing ever," Ruano said. "I was always told you shouldn't eat bacon, and that it's like a heart attack on a plate. But with MS, you actually need a lot of fat,

because when your immune system attacks your nerves, it eats the myelin sheath, which is like a wire covering, which is needed fat.

"So in order to rejuvenate that, you need to have fat in your diet," Ruano continued. "Cholesterol is actually good for you. You just have to know how to eat the right type of food." ○

Arts Editor Caleb Wiseblood never turns down bacon. Send comments to cwiseblood@santamariasun.com.



CUTE AND COZY: Located on West Teft Street in Nipomo, Nosh Paleo Cafe offers guests a comfortable dining space to enjoy a wide range of comfort foods, including soups, sandwiches, smoothies, and hot drinks.



SUPER BOWLS: Two of Nosh Paleo Cafe's best-selling soups are the Thai coconut chicken curry and Paleo chicken pot pie soup. Cups and bowls of soup range from \$8.50 to \$9.50 each.



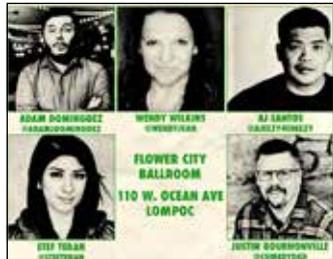
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WEDNESDAY, JANUARY 25
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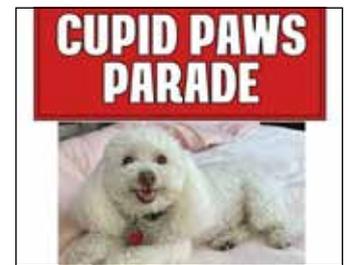
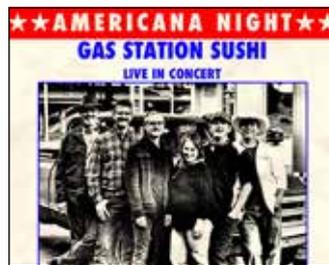
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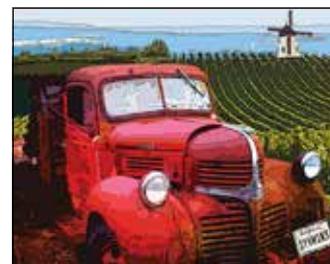
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SATURDAY, JANUARY 29
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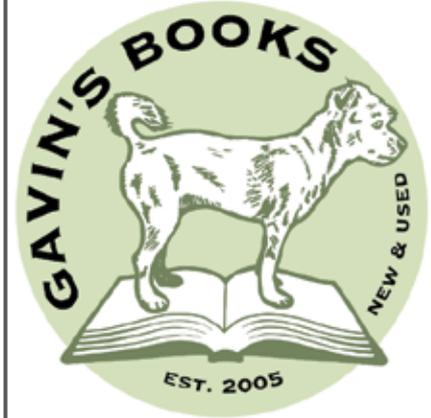
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