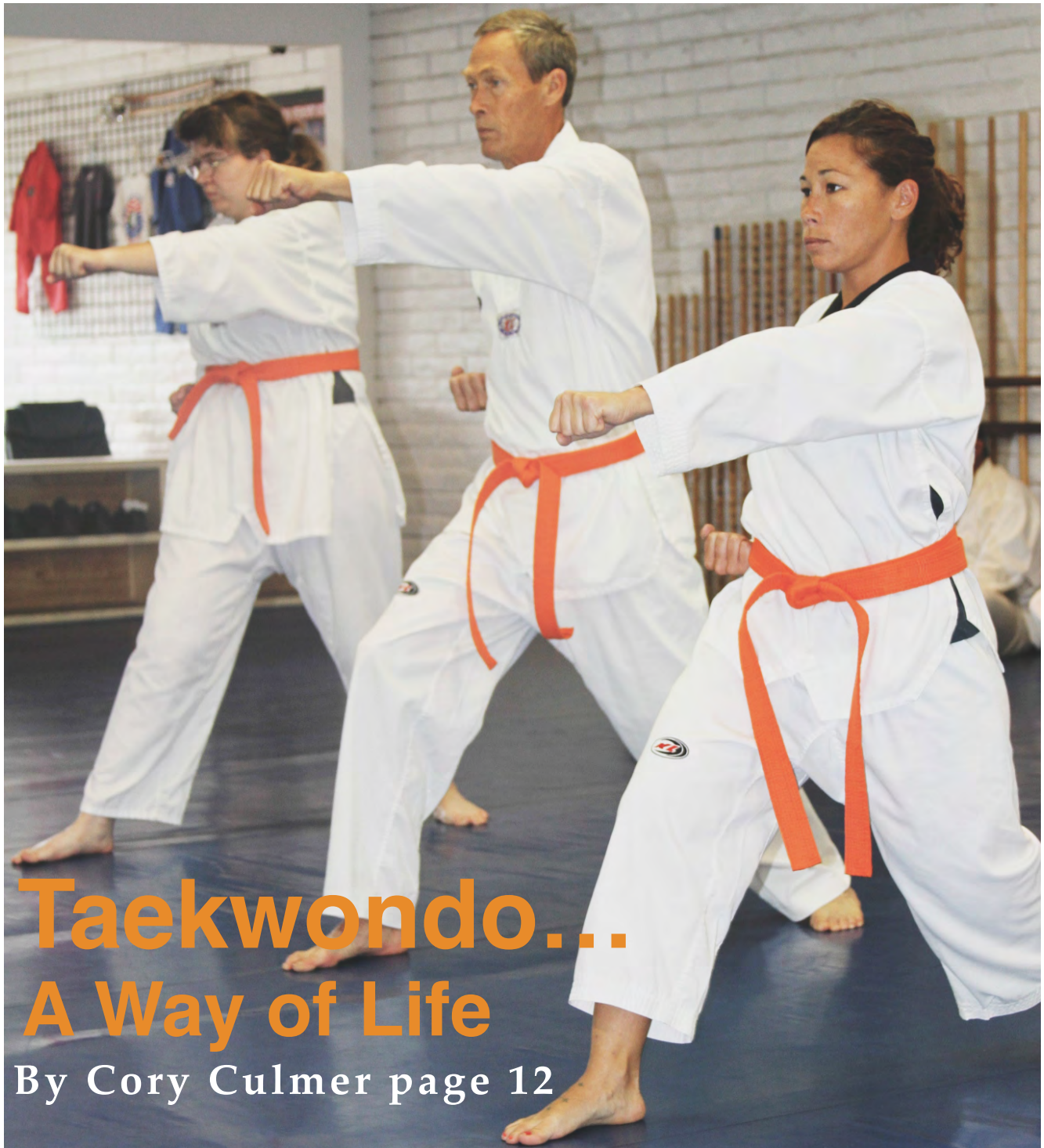


THE SAINT JOSEPH'S
Chronicle

"We write frankly and fearlessly but then we 'modify' before we print". - Mark Twain



Taekwondo...
A Way of Life

By Cory Culmer page 12

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Photo by Larry Martel

MEET THE PRESS



SAVANNAH ANDRESON

"I do sports. I play Golf and Bocce Ball. I like to hang with my friends. I like to take care of my Mom. I grew up in Santa Maria. I have cousins that live in Orcutt. I like working at Oak Creek Farm with my friends. I like to open the door for people when they need help."



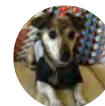
ANTOINETTE ELLIS

"I was born in California. I like to cook and I like to make things. I like to learn new things. I like goats and chickens and cats. My favorite goat is named Hans. I have nice friends. I like to do things with my friends and family. My best friend is funny. My favorite food is pizza."



JACOB DOLAN

"I grew up in Santa Maria. I am very hardworking and I get the job done! I enjoy working with my hands. I am going to work on my old truck, it is a working project that I want to go to school to learn more about. I definitely love to cook. I am also a nice and kind person."



OSCAR MAYER

"I am 11 years old and I was born some where in California. I live with my mama on the Central Coast. I like to eat, sunbathe, go gopher hunting. Chasing things. Car rides, playing at the park and most of all sleeping."



KEVIN DONAGHEY

" I am 55 and 2 month. I have general education requiremets completed. I am pursuing a major in language and arithmetic. My hobbies are horticulture and animal care. I am single. I like to keep busy with my schedule, work is a big benefit in my opinon. I am a Lompoc native. I choose to commute for environmental benefits. I appreciate renewing the arts. I keep entertained."



PJ ARADANAS

"PJ enjoys listening to classic rock music, and collecting brochures from car dealers. PJ is writing a column about the freeways we travel on and what attractions you can visit!"



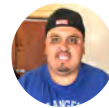
CORY CULMER

"My name is Cory Culmer. I was born here in Santa Maria. I am a red belt in Taekwondo. I like to help my classmates at Taekdondo. I like going different places. My wife and I go together to the movies. I enjoy getting out and meeting new people in our community."



JEANNIE MATTER

"My name is Jeannie. I grew up in Santa Maria. I am hardworking. I recently retired and now have more time to be an Explorer. I am a good friend and I like animals. I have always been The Chronicle's #1 Fan."



STEVE SALUTAN

"My name is Steve. One of the things that I like to do is run the sound system at my church. I am a friendly guy with a good attitude. I have family in Guadalupe, Santa Maria, and Lompoc. I enjoy BBQ'ing with my family, occasionally we cook a pig. I love to ride my bike. I ride it anywhere! I really like working on cars. I am a Chevy guy. I have a Camaro that is a Father/Son project with my Dad. I am handy and like to fix things. I like using power tools. My favorite power tool is...all of them!"



ROBERT BOBB

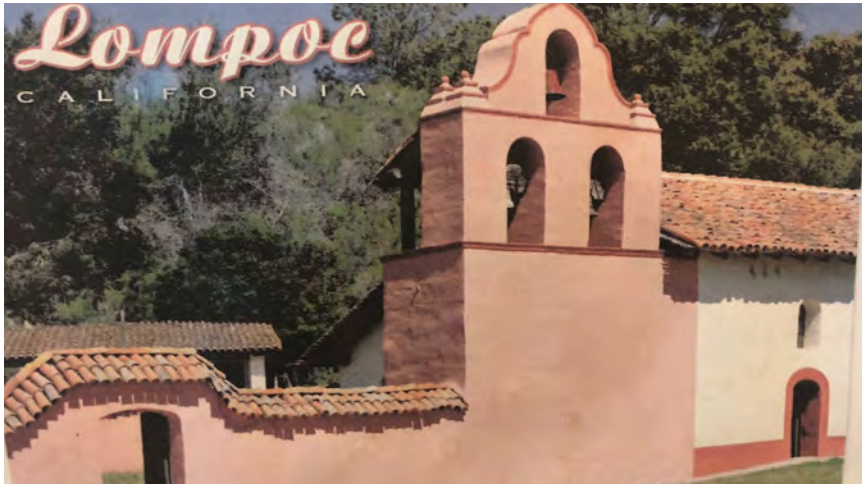
"I play golf. I can hit up to 55 yards on the driving range. I am pretty good at golf. I made four birdies in a row! I am a wrestling fan, I have all the movies at home. I have met Stone Cold Steve Austin. He gave me a t-shirt with his autograph, but I won't wear it at Oak Creek Farm because I don't want it to get dirty. I am a good guy and I like to help people. I do a lot of things with my church. I enjoy volunteering. When I was in ROTC in school, I shook President Reagan's hand and we played golf together. He had his own golf course. I like coming out to Oak Creek Farm, and I keep an eye out for everyone there. I want everyone to read my article and get a kick out of it."



Lompoc
 PJ LIKES TO ATTEND SOUTHSIDE COFFEE HOUSE COMPANY PJ LIKES ALSO TO LOMPOC POLICE DEPARTMENT LOMPOC FIRE DEPARTMENT AND LOMPOC VALLEY MEDICAL CENTER HOSPITAL SINCE PJ WAS SICK THE PROGRAMS PJ USED TO ATTEND WERE LOVARCCTHE LIFE OPTIONS Vocational Resource Center) DEVEREUX FOUNDATION (SB COUNTY MHS WERE DTC OC AND WTP PLS) Before And Now Lompoc VTC Enterprises PJ ALSO LIKE TO ATTEND CAR SHOWS and PJ LIKES TO ATTEND LOMPOC MUNICIPAL COURT Lompoc AQUATIC Center Lompoc Public LIBRARY To Make Just Copies ATTEND Ocean Beach County Park, Lompoc Surf Beach Lompoc Filipino American Club as a Member (But PJ must Be 70 Years Old and over To Be A Member of LFAC FOR FREE, And Lompoc AVIATION Center



PJ Aradanas
 Columnist



The Great OUTDOORS with Jake

I am the chicken man! In the morning, I will ask Matt to see if I can let out the chickens. We have named a few of them. There is a black chicken with gold spots, her name is Beyonce. She is my favorite, and she loves to be held. There is another chicken named Jada. One of our Americanas was named Buffy by Kelly. Kevin named one of the chickens Miss Cleo. Josiah has an all grey chicken named X-23. They like to go in the other animal pens. They always go in Tilly's house to kick around her straw. Some of the chickens like to sneak into our shed and lay eggs. One day, I happened to put a chicken on Steve's head. Me personally, I thought it was pretty funny. Steve didn't like having a chicken on his head. She sat there for a while and then flew off. Some of our eggs are small, some are medium, and some are large. Out of the colors of the eggs...we have blue, green, white, and brown. We put in a chicken swing so the chickens can swing on it. I am sure the chickens use it when we are not there!



Photo by Larry Martel



Jacob Dolan
Santa Maria Explorer
& Columnist

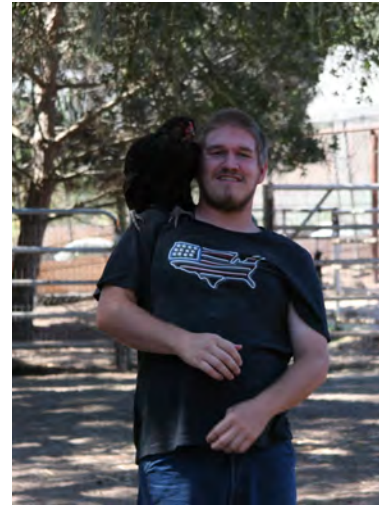


Photo by Larry Martel



Photo by Larry Martel



Photo by Larry Martel

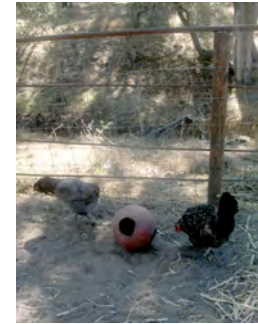


Life On The Farm

by Robert Bobb



"Thumper Boy chases chickens out of his pen really quick!"



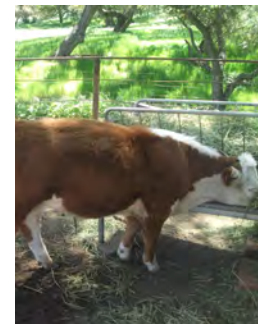
"Those crazy chickens are trying to eat Tilly's watermelon."



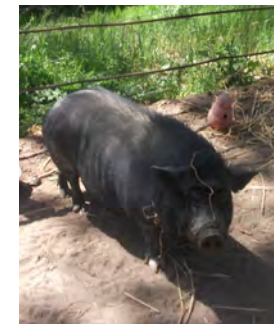
"Kelly is hugging George the sheep."



"We put some hay on the mat for the sheep. We put hay in the bags on top of the house. I like the sheep, they are funny. Marco the sheep, is quick!"



"We moved Duke and Thumper's pens. Duke's pen is kind of wet and Thumper's is bigger, so we switched them."



"When Tilly wants her food, we have to give it to her! We give her half at a time. We use a cup to measure. We pour water in a white bucket and we use a stick to mix it up."



Robert Bobb
Santa Maria Explorer
& Photographer



My classes testing went really well. We go up in groups to sign a paper about what belt we are testing for. You sign your name up top. Grand Master Hong and Master Park will set up the testing table and prepare for the test. Grand Master tests the lower belts first. He makes sure to test your forms, terminology, falls, kicks, punches, and how you break boards. Each belt has their own levels to test for. Grand Master will grade you after you test and you will find out if you passed. Once you start testing for your belt, you either pass or keep at it for the next time around. We encourage one another to work harder even if we don't pass. We help each other practice and work hard so next time they might pass. Once I become a black belt, I will be able to go to tournaments and conferences.



Cory Culmer
 Santa Maria Explorer
 & Columnist





Photo by Larry Martel



Photo by Larry Martel



Photo by Larry Martel



Photo by Larry Martel



Photo by Larry Martel





We watched Bob Ross and then painted with him. He had big, curly hair! I painted a brown and grey barn with white snow. I painted green trees with a sunset. My favorite color in this painting was blue. I had fun painting this picture.



Antoinette Ellis
Santa Maria Explorer
& Columnist



Let's Chisel This Out With Steve

We are working on a checkerboard project. We glued different types of wood and different colored wood together in big, long strips. After we glued them together we clamped them together. We waited for them to dry. After they dried, we cut the long boards into strips and then we glued 8 strips together. We cut and glued the borders. We just started sanding our boards. I will keep you posted on the final details.



Steve Salutan
Santa Maria Explorer
& Columnist



FARM COOKING

with Jeannie



Photo by Larry Martel



Photo by Larry Martel

I chopped the colored peppers. We cut them long ways and then into smaller pieces. I chopped the onions this time! I took foil and put my chicken inside. I chose peppers, zucchini, yellow squash, and potatoes for my packet. I poured oil and sprinkled seasoning on my chicken and veggies. We had corn on the side. Corn was my favorite.



Jeannie Matter
Santa Maria Explorer
& Columnist

Grilled Chicken and Veggie Foil Packs with Grilled Corn

Serves 4

Ingredients:

- 4 Boneless Skinless Chicken Thighs
- 2 Colored Peppers, Sliced
- 2 Zucchini, Chopped
- 2 Yellow Squash, Chopped
- 1 Yellow Onion, Chopped
- 2 Red Potatoes, Chopped
- Extra Virgin Olive Oil
- Susie Q Seasoning
- 4 Ears of Corn
- Butter

Directions:

Preheat outdoor grill to medium high heat. Stir together veggies and olive oil. Lay out tin foil squares and place one chicken thigh on top and desired amount of vegetables. Sprinkle with Susie Q seasoning. Fold the packets and place on the grill for 30 to 40 minutes, until the internal temperature of the chicken reaches 170 degrees.

Peel back corn husks and remove silk. Place butter, salt, and pepper on each piece of corn. Close husks. Place on the grill. Cook approximately 30 minutes.



Photo by Larry Martel



Photo by Larry Martel



Photo by Larry Martel

Just Ask Oscar?

The Dog who can give you advice on your life and will answer your questions!



When I go out to potty I don't want to come back so I run around the yard having my mama chase me to get me to come in. A friend told my mama that she should take me out and let me roam around the yard for a while then we can come back in. Why do you ask why I don't stay out. We'll see my gate doesn't have a lock on it and my mama is worried. I would get out if the gate is opened. So my mama has to stay out there with me.

Q Greetings Oscar, I have been thinking about getting into social media. I see all these other dogs that have their own blogs and pages! I really want to become famous, and I think I have what it takes! A friend of mine was telling me about Facebook. Do you know anything about it? Do you think that is a good way for me to get my name out there?

Cheers,
Hollywood

A Hello Hollywood, I really think your name says "famous". I think a blog would be great because you will have a page right on the internet and people can come to it and read about you. Facebook to me means friends and people your parents know, they would know you too. I'm sure you want to be famous with everyone. I know I would.

Sincerely,
Oscar Mayer



Send your questions to "Just Ask Oscar"
TheChronicle@StJosephSLS.com

Q Dear Oscar,

My family is going out of town for Christmas to visit extended family and they are not sure whether they should take me with them! Our other family has animals of their own and we are just not sure how we will all get along. Do you have any suggestions on where I could stay if my family decides to not take me on their trip?

Happy Holidays,
Gunner

A Dear Gunner, I have never been on vacation with my mama. You might get to go. I would love to go. If you don't then maybe you can either see if you get along with your relatives and if you don't then maybe your mama can get someone to come in and give you some food and water. They can stay a while and play with you so you won't be lonely. There is also another place you can go you can go to a kennel where you have a place to stay the entire time while your family is away.

Sincerely,
Oscar Mayer



Oscar Mayer Jose Quarvo Robinson
Columnist



The Inside Scoop with Kevin Donaghey

Interview with: **Dr. Wayne Miller, D.C.** from **Miller Chiropractic**



Good Morning, Dr. Miller, I'm Kevin Donaghy. Thank you for meeting with me today and thank you for participating in our magazine. I brought you a past copy of The Saint Joseph's Chronicle so that you can see what we do.

Can you tell me what Chiropractic health care is?

Yes, Chiropractic healthcare is the art, science, and philosophy of adjusting the spine and other articulations to improve health and homeostasis.



How is Chiropractic different from other types of healthcare?

It is actually more similar than different in a lot of ways. We use nutrition, talk about diet and exercise, clean air, clean water, posture, and alleviating stress in your life like all other professions. The fact that chiropractic is a natural, non-drug approach makes it hugely different than allopathic and medical doctors. The actual adjusting of the spine separates chiropractors from acupuncture, physical therapy, and other healthcare professions.





What types of health concerns can be treated here at Miller Chiropractic?

Most of our patients come here for pain. Pain is the number one thing that we deal with on a daily basis. Patients are scared or hurting when they come in. It can be anywhere from neck pain, headaches, migraines, back pain, lower back pain, sciatica, shoulder, elbow, carpal tunnel, hips, knees, and ankles. We work on all the joints that deal with pain. That is probably the number one thing that people come in to get treated for. We also treat for vertigo, dizziness, balance problems these are the second most common that we treat.



When was Miller Chiropractic founded in our community?

I believe 1960 is when we started! My grandfather was a chiropractor, my father, and my uncle. I am the third generation and my nephew is the fourth generation. My son is currently going to school and he will be the fourth generation.



What inspired you to become a doctor of Chiropractic medicine?

My father inspired me. When I watched him help people, I knew that was something that I wanted to do.



Dr. Miller, you are also a Functional Neurologist. Would you tell me what is a Functional Neurologist?

A Functional Neurologist is a Dr. who has trained to use functional or physical activities to stimulate or inhibit the nervous system. For example, a common neural network integrates all conjugate eye movements, such as saccades, vestibular movements, optokinetic, and pursuits and that is how you can use one eye movement to influence another. So if you have a problem with a pursuit mechanism, I might be able to use an optokinetic system that is working on you to make that system become stronger by stimulating the common neural integration. It is called neuroplasticity, it is the way the nerves respond and get stronger and build more synapses and properties can be changed during novel visual and vestibular demands. So, we use those to stimulate areas not firing enough or appropriately, or inhibit areas that are actually firing too high.





You also have another program called: "Alternative Neurological Solutions". What is that program?

That program was to encompass the functional neurology more because even though chiropractic is considered an alternative, the functional neurological component is extremely new and I wanted to make it completely separate, we can actually do a lot more and it has very little to do with pain. The program has more to do with the quality of life. So, more people will be coming to us for that issue rather than actual pain.



I learned that Alternative Neurological Solutions is a non-profit organization; why did you make it a non-profit?

I realized that once you start to get into that type of treatment that there was more need than finances. Because it is so new a lot of insurance won't cover it, even if you are on the insurance. Insurance companies consider it to be experimental and unproven. We saw that if I could start a nonprofit and do fundraisers or get grants, I would have the funds to help people get the treatment that they need. Rather than patients saying, "sorry we would like to come in and get treated, we really need it, but we can't afford it". My future goal would be that funds are there so anyone that needs help can get help. If they can't afford it, then the nonprofit can help them.





Why did you decide to found Alternative Neurological Solutions here in Santa Maria?

Well, this is where I was born and raised, so this is my home. You want to help your neighbors.



What are all the types of health problems that you want to help people with at Alternative Neurological Solutions?

There are so many! It can be anywhere from ADD, ADHD, Cerebral Palsy, Stroke, Dysautonomia, and Anxiety. If you go to our website at <http://www.alternativeneurologicalsolutions.com>, you can see that our main focus is concussions, veterans, and PTSD.





Can anyone chose Chiropractic or Functional Neurology treatment; such as the elderly people, young people, people

Yes, I have treated newborns with colic and helped them get over the colic almost immediately. I also have a patient that is coming in this morning that I will be treating, and she is 94 years old. So we have both ends of the spectrum. We have worked with patients in wheelchairs and with strokes. We work with stroke patients to help them learn how to walk without assistance. There have been a couple articles in *Central Coast Kind* that talk about some of our efforts with stroke patients.



Dr. Miller, what is the most special thing about being a Doctor for you?

Helping people. When you have done that, it is special!





Lastly, Dr. Miller, what is the funniest thing that ever happened to you in your work as a doctor?

It is not really funny stuff per say, but it is magical and it is inspiring. When I first got started and I walked into the room to take care of a patient they looked at me with a straight face and said, "When is the doctor coming in?" I looked at them and I said, "I am the doctor!" They thought I was too young to be the doctor. It was kind of a compliment. I thought if age is the only problem I have, then time will fix that! I found that situation to be very funny that they thought I looked that young. It was a compliment, but it was funny all at the same time!



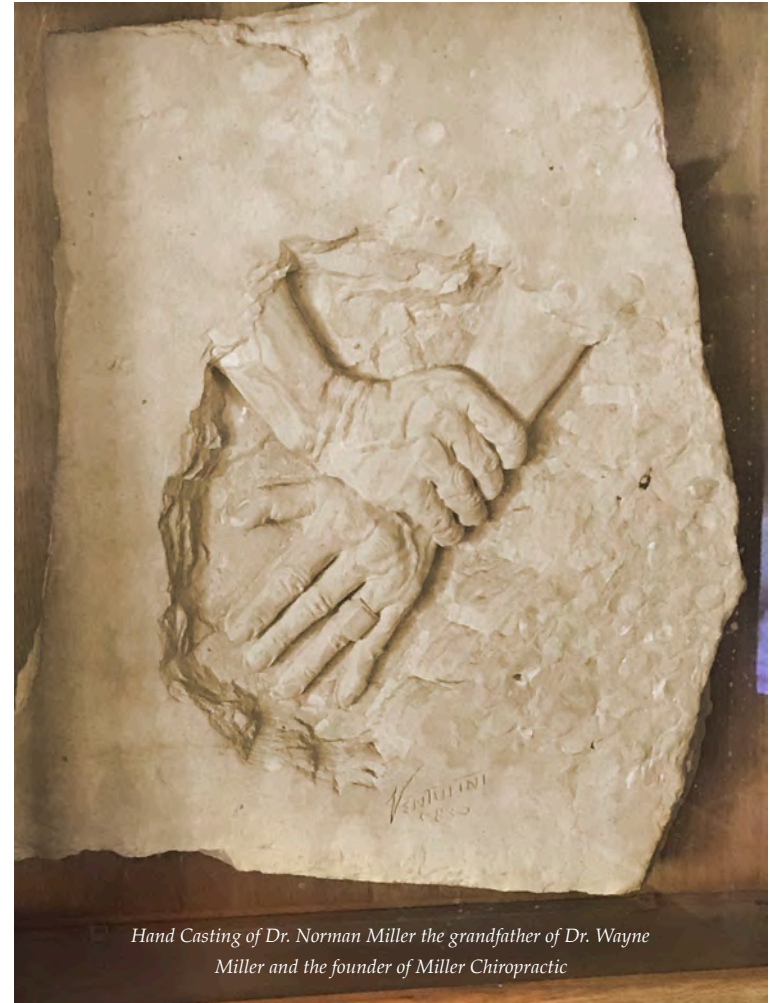
Miller Chiropractic:

2441 Professional Parkway
Santa Maria, Ca 93455
(805) 934-5703


<http://westcoastfunctionalneurology.com>

Alternative Neurological Solutions:

<http://www.alternativeneurolgicalsolutions.com>



Hand Casting of Dr. Norman Miller the grandfather of Dr. Wayne Miller and the founder of Miller Chiropractic



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