



Photos by Kevin Chang | Staff Photographer

THE INDOOR ART exhibition "Have Blues, Will Travel" opened July 24 at Fullerton Museum Center. It includes artifacts, photographs and songs centered on the struggle that Black blues musicians faced while traveling and how usage of the "Green Book" was more than a travel guide but rather a lifesaving tool.

The blues and 'Green Book' make a stop in what was once a sundown town

BY VERA CASTANEDA

The National Blues Museum's traveling exhibit "Have Blues, Will Travel" landed in Orange County this week.

Fullerton Museum Center, which has been closed since March 2020, reopened its beer and wine garden on Thursday evening and the indoor exhibit on Saturday.

The show is centered on the hardships and inequality Black blues musicians faced while traveling to play concerts in the Jim Crow era, which meant the segregation of hotels, restaurants and bathrooms. Some cities also placed restrictions on who could be on their streets after dark. Such conditions made traveling for the Black musicians a challenge at best and fatal at worst.

Visitors will be serenaded by blues music while walking through a selection of posters on view featuring the likes of Fats Domino, Muddy Waters, Ray Charles and B.B. King to



See **Blues**, page R4

STAFFERS JOZEF CHAVEZ, right, and his brother Raul Chavez clean up an exhibit space.

Disney lawsuit certified as class action

Judge's decision allows the case that claims Disneyland workers were not paid a living wage to move forward.

BY BEN BRAZIL

A lawsuit claiming Disneyland employees do not earn a living wage can move forward following an Orange County Superior Court decision to certify it as a class action.

The lawsuit filed in 2019 on behalf of five resort workers alleges the Walt Disney Co. violated Measure L, which requires Anaheim resort businesses that receive tax subsidies and their subcontractors to pay employees a living wage. At the time, that was \$15 an hour, and now it's \$17. Unite Here Local 11 and other unions representing Disneyland employees backed the measure.

It took a year and a half for the judge to allow the case to proceed as a class action. Many of the workers are employed directly by Disney. Others work for contractors like Sodexo and Sodexo-Magic, which operate restaurants and coffee shops in the resort.

Attorney Randy Renick, who represents the workers, said Monday that he couldn't disclose exactly how many employees comprise the class, but placed it in thousands.

"I think the issues here are simple: The voters demanded that companies like Disney, who take public handouts, pay their workers a living wage," Renick said. "Disney should not get a pass."

Voters approved Measure L in 2018, requiring resort businesses that receive a city subsidy to pay at least \$15 an hour. Under the ordinance, the minimum rises by \$1 an hour each year until 2022, when it reaches \$18. Raises will then be based on the cost of living index.

In the lawsuit, the Disney workers contend that Anaheim is using tax dollars to pay off construction bonds for the Mickey and Friends parking garage. Most of the taxes

See **Lawsuit**, page R4

After years in limbo, veterans cemetery gets Anaheim's backing

BY BEN BRAZIL

The Anaheim City Council showed unanimous support this week to build a controversial veterans cemetery in Anaheim Hills after years of contentious debate and political inaction.

For about a decade, veterans fought to have the cemetery constructed in Irvine, but local politicians couldn't agree on where it should be placed.

The proposal to build the cemetery in the Gypsum Canyon area on county land in Anaheim Hills has gathered support from a host of politicians, including Orange County supervisors Don Wagner, Katrina Foley and Andrew Do; Dist. Atty. Todd Spitzer and Rep. Lou Correa, among others.

The Veterans Alliance of Orange County, which has advocated for the cemetery, is in support of the

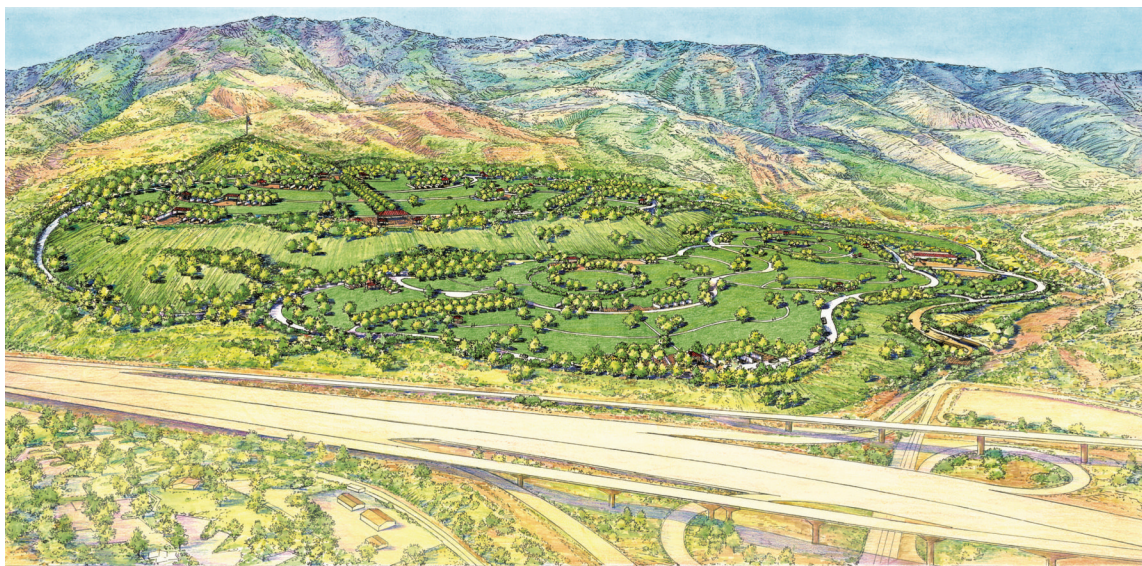
Anaheim Hills site, as are all Veterans of Foreign Wars posts in the county and several American Legion posts.

"There won't be any politics in Anaheim, I can assure you that we will be there with you, hand to hand, to make sure we get the money as soon as possible," Anaheim Mayor Harry Sidhu said to members of the alliance at the meeting Tuesday.

"The council will fight to make sure that we get that built as soon as possible."

Deputy City Manager Greg Garcia said there isn't currently a timeline for the cemetery.

But Wagner, whose district includes Anaheim Hills, has said that he would like to break ground on the cemetery later this year.



Courtesy of Orange County Cemetery District

See **Cemetery**, page R4

AN ARTIST'S rendering of a proposed cemetery in the Gypsum Canyon area on county land in Anaheim Hills.

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Civil Air Patrol remobilizes after partial stand-down

BY DANIEL LANGHORNE

Civil Air Patrol squadrons at Fullerton Airport celebrated their remobilization on July 17 after being partially shuttered for more than a year under a nationwide stand-down order.

This year, the 60,000-member nonprofit organization is celebrating its 80th anniversary serving as the civilian auxiliary of the U.S. Air Force.

During the pandemic, Fullerton-based squadrons continued emergency services on behalf of federal, state and county agencies.

Civil Air Patrol flight crews have piloted a Cessna 172 single-engine plane to search for downed aviators, said Maj. Jeff Goeggel, public affairs officer for Fullerton Composite Squadron 56.

They've also flown photographers over neighborhoods that burned down in a Northern California wildfire and acted as lost pilots intercepted by U.S. Air Force fighter pilots during training exercises.

In the recent past, Civil Air Patrol aviators have also flown DEA agents looking for drug traffickers on the U.S.-Mexico border.

The Orange County Sheriff's Department has requested Civil Air Patrol's help with searching for hikers lost in the back-country, Goeggel said.

In addition to these emergency services, the local squadrons run Civil Air Patrol's cadet program for youths aged 12 to 18.

Similar to the Reserve Officer Training Corps at colleges and universities, the 63 cadets currently on the roster wear uniforms, endure physical training, and work within a chain of

command. Mentor pilot-led orientation flights also offer cadets time at the controls of propeller-driven and glider aircraft.

During the COVID-19 restrictions, cadets were largely restricted to classroom-based learning held via Microsoft Teams.

"We actually were kind of concerned we would see an increase in the number of cadets who would decide to leave Civil Air Patrol, or even officers — that interestingly never happened," Goeggel said.

Senior cadet Jesse James, 15, of Fullerton joined Civil Air Patrol just after his 12th birthday with his dad's encouragement after they met members at Fullerton Airport Day.

The Troy High School student stuck with the program after befriending an older cadet who is now in the U.S. Air Force, adding "he represented everything that I wanted to be as a leader."

COVID-19 forced squadrons to push their evening cadet meetings online for many months. In May, they started some hybrid sessions that allowed some cadets to meet in person.

"It was a little sad because I love the program I'm in," Jesse said.

"They're great people, great cadets. Not being able to be around them was unfortunate."

Civil Air Patrol's CyberPatriot, a national youth cybersecurity education program, has sent Jesse to national competitions where teams of cadets attempt to defend a Cisco network from a simulated hacker attack.

His long-term goal is to apply to the U.S. Military Academy and pursue an



Photos by Kevin Chang | Staff Photographer

LT. COL. DEE CHESTER, center, a Virgin Galactic astronaut, explains a Virgin Galactic flight plan during the Civil Air Patrol's Remobilization celebration event at AFI Flight Training Center in Fullerton on July 17.



RON ALLEN, right, instructs Alex Arroyo, 12, in a glider flight simulation during the Civil Air Patrol's Remobilization celebration event at AFI Flight Training Center in Fullerton.



A SCHWEIZER 2-33 training glider is on display at AFI Flight Training Center in Fullerton on July 17.

Army cybersecurity career.

"One of the things in Civil Air Patrol is we're not pressuring cadets to join the military, we just use military practices to instill a sense of confidence and leadership," Jesse said.

"Transformational leadership is something that has really stuck with me through the program and signifies what we do in Civil Air Patrol."

Those cadets who decide to move onto the service academies or enlist

in the Air Force find they are better prepared for the physical and psychological challenges of boot camp, Goeggel said.

Maj. Richard Benson, commander of Squadron 56 at Fullerton Airport, noticed a marked difference in cadets' enthusiasm and attitude now that they're able to do things in person.

"There's something about watching a cadet come in very introverted and blossom into a cadet

who is able to stand in front of a group and speak with confidence," Benson said.

Benson was introduced to Civil Air Patrol by his son, who pursued an interest in aviation with the organization as a teenager.

Benson and his wife, Maj. Shaleana Benson, were impressed with the leadership skills gained by forcing cadets to teach each other, rather than the parent-led instruction they saw in Boy Scout troops.

Years later, the couple

both hold leadership roles in their squadron.

Watching cadets get excited at the aircraft's controls during orientation flights, also called O-Rides, is particularly rewarding to watch, Maj. Richard Benson said.

"The purpose of O-Rides is to get them familiar with flying and hopefully spark the interest in flying that they wouldn't have," he said.

DANIEL LANGHORNE is a contributor to TimesOC.



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A RAINBOW-COLORED crosswalk is shown in San Francisco in 2015. Santa Ana is considering installing rainbow crosswalks in the city to recognize the LGBTQ community.

Santa Ana considering rainbow crosswalks in show of diversity

BY BEN BRAZIL

Santa Ana is looking into installing rainbow crosswalks in the city to honor the LGBTQ community.

The City Council briefly discussed the issue at a meeting Tuesday night following a presentation from city staff. Council members didn't vote on the issue, but spoke in favor of the crosswalks.

The council addressed the issue at the request of Mayor Vicente Sarmiento and after a constituent contacted the city last month to request the installation of rainbow crosswalks in downtown Santa Ana. As noted in a city staff report, the resident said that not much is done by cities and organizations to commemorate the LGBTQ community other than celebrating Pride Month.

"We have such a richness here and such a long tradition of being not just supporters, not just those that do things every once a month, we've done things here in Santa Ana that we should be very, very proud of, going back to being the first community in the county to recognize Harvey Milk and being the home of the Pride parade..." Sarmiento said at the meeting.

"We shouldn't confuse this with saying this is going

to solve problems, because this really is a symbolic gesture. It doesn't solve the hardships that the LGBTQ+ community has to endure. But what it does, especially for young people in our community, at least they know that ... we embrace diversity. We embrace the fact that we have young people growing up in very hostile environments, but at least they know that their city cares for them and loves them. This is one way that can be done all year long, and not just once a month."

Several other cities around the country have painted crosswalks with rainbow colors around the country, including Long Beach, West Hollywood and San Francisco.

City staff suggested the first rainbow crosswalks could be installed on Broadway at 2nd Street. However, council members proposed different locations during the meeting.

"I think this is something important and that we could be proud of and show more prominently on a more prominent and visible intersection," Mayor Pro Tem David Penaloza said, proposing crosswalks at Main and Fourth streets, Fourth Street and Broadway Avenue and Fourth and Spurgeon streets.

Councilman Johnathan Hernandez said the cross-

walk could be near the LGBTQ Center at 1605 N. Spurgeon St.

Councilwoman Thai Viet Phan suggested that the crosswalks use the design of the progress Pride flag that includes chevrons with various colors to represent people of color, transgender people and those living with HIV/AIDS.

"In my opinion, it would better represent our community, which is a community of color," she said.

The city's Public Works Agency estimated it will cost about \$8,000 to paint one rainbow crosswalk. So if the city wants to paint all four crosswalks at an intersection, it will cost about \$32,000.

Since it was created by artist Gilbert Baker in 1978, the rainbow flag has become an important symbol for the LGBTQ community, with the color spectrum signifying the vast spectrum among human sexual preferences and gender. Santa Ana flies the rainbow flag at City Hall each year to honor Pride Month and Harvey Milk Day.

The city staff gathered the council's comments Tuesday and were directed to bring the rainbow sidewalk proposal back as an agenda item at a later date.

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BLUES

Continued from page R1

name a few.

Across from the posters are various cover editions of the “Negro Motorist Green Book,” a pocket-sized guide published for Black road-trippers. The guide was established in 1936 by New York City mailman Victor Hugo Green. It provides a comprehensive list of friendly hotels, restaurants, gas stations, beauty parlors, barber-shops and more.

The guide became essential for Black musicians who relied on touring to make money from their music, especially since they were not paid royalties on their songs in the way white musicians were.

The exhibit’s collection of book covers show how the guide grew from including New York exclusively, to all of the United States and parts of Mexico, Canada, Bermuda and the Caribbean. On an interactive U.S. map, visitors can use dry erase markers and suggested itineraries to visualize a trip.

The guide fell out of use in 1964 as segregation became illegal after the signing of the Civil Rights Act. However, one of the visuals at the end of the exhibit connects the Jim Crow era to present day newspaper headlines showing how driving while Black can be just as dangerous.

Although one won’t find Orange County marked anywhere in the 1940 edition guidebook that visitors can pick up and flip through, toward the end of the show there’s work that contends with Fullerton having been a “sundown town.”

Also, it’s noted that Disneyland was the only O.C. location listed in the 1960s



Photos by Kevin Chang | Staff Photographer

THE INDOOR ART exhibition “Have Blues, Will Travel” runs through Aug. 31.



FULLERTON Museum Center, which has been closed since March 2020, was on the verge of closing permanently when the city defunded it in the 2020-21 budget plan.

editions of the guide.

“It’s an important historical exhibit that’s also relevant to the things that are going on today in terms of people of color,” said Janet Buzan, the museum board president.

Elvia Rubalcava, directing operational advisor, said the thought process in selecting exhibits for the museum is informed by wanting the surrounding community to see them-

selves reflected in the art, lectures, movie series or performances.

The museum staff and volunteers had about four weeks to reassemble as a group and add to the already-curated traveling exhibit the O.C. connections, after the Fullerton City Council decided in June to fund the museum’s reopening.

FMC has a contract with the city through 2024, mak-

ing Fullerton responsible for staffing, utilities and maintenance while the museum board’s role is to raise funds for the costs of exhibits and educational programming.

The council’s decision came after a year of uncertainty about whether the museum was going to permanently close.

Three months after closing the museum in 2020 due to the coronavirus, the

IF YOU GO

What: “Have Blues, Will Travel”

When: July 24 to Aug. 31, Thursday from 4 to 8 p.m.; Fridays and Saturdays from noon to 4 p.m.

Where: Fullerton Museum Center, 301 N. Pomona Ave., Fullerton

Cost: Adults \$10, children ages 5 to 18 \$5, children under 5 free

Info: fullertonmuseum.com

city completely defunded it. All part-time staff and three full-time staff members were laid off by September while one member of the staff was reassigned to another city department.

Community members started a “Friends of Fullerton Museum Center” Facebook group with 888 members and an online petition with 2,887 signatures in support for a museum reopening.

Buzan said people wrote postcards, called City Council members and bought gifts from the museum’s shop or purchased museum memberships to show their support.

After the November 2020 elections, the museum’s board members continued a conversation with the council and reopening the facility eventually made its way back into the meeting agenda by June.

The city reimbursed the museum \$51,770 to cover cancellation fees and other costs. It also granted \$100,000 to go toward the museum’s reopening costs for about six months at a reduced schedule.

Typically, the city budgets more than \$600,000 per year for the museum, which itself brings in more than \$160,000 via its beer and wine garden, gift shop and other fundraising resources.

“The fact that at the June meeting all five council members wanted to see the

museum succeed and reopen is a very positive sign that even though Fullerton has severe financial issues, they wanted to find some solution to at least get it up and going,” Buzan said.

A small group of contracted staff were brought in to prepare for the building’s reopening and an outdoor open mic series in early August.

“Now, we have a group that’s really interested in volunteering and that’s probably how we’re going to be able to survive — through volunteers and insurance for now, especially with our tight budget. But the community is excited even if we are only open three days a week,” Rubalcava said.

In the next six months, the City Council will reevaluate whether to award the museum another \$100,000.

The museum board plans to apply for grants, host new exhibitions including “Land as Kin,” talk about whether they can welcome back schools and determine what their relationship to the city should look like in the future.

“We have a lot of goals. We also know the reality of the situation. We’re still in a pandemic,” Rubalcava said. “This is an important part of, not only Fullerton’s history but, its future. We want it to succeed.”

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CEMETERY

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“There are a number of questions and issues with regard to funding and state legislation and coordination with CalVet, and also with the federal govern-

ment on how to get this going,” Garcia said.

“So there’s a lot of steps that need to take place. I think next year is ambitious, but certainly could be done if everybody gets on the same page and this momentum continues to move forward.”

Anaheim spokesman Mike Lyster said in an email that the next step in the process appears to be that the California Department of Veterans Affairs will do an assessment of the site.

There isn’t currently an estimated cost for the site, but Councilman Trevor

O’Neil said the Board of Supervisors will consider at a meeting next week whether to devote \$20 million to the veterans cemetery project.

Tim Deutsch, general manager of the Orange County Cemetery District, said in a phone interview that CalVet typically determines the cost of sites.

The OC Cemetery District could develop the cemetery in partnership with the county.

It appears to be a long shot for the cemetery to ever be built in Irvine.

After several officials held an event at the Anaheim Hills site earlier this month, state Sen. Tom Umberg pulled a bill that would have required the cemetery to be located in Irvine.

Veterans had grown tired of local politicians’ inability to decide where the cemetery should be built.

“For those of you vets, you know when we were in Vietnam we used to say, ‘When we die and go to heaven St. Peter we will tell,

another veteran reporting sir, I’ve served my time in hell,’ ” VALOR President Nick Berardino said earlier this month at a news conference at the Anaheim Hills site.

“I used to think that applied to Vietnam until I tried to get a cemetery in Irvine.”

One of the areas considered in Irvine, called the ARDA site, was backed by some residents and former Irvine mayor and current Councilman Larry Agran.

Other officials, residents and veterans groups favored the construction of the cemetery on a piece of land in the Great Park that was once destined to be a golf course.

Both sites were part of the now-defunct El Toro Marine Corps Air Station.

“El Toro for many many years was in our heart,” Bill Cook, chair of the Orange County Veterans Memorial Park Foundation, said news conference.

“That was where a ceme-

tery had to be, but our hearts been broken.”

The ARDA site was chosen by officials in 2014. But in 2017, another site was proposed, with FivePoint offering a land swap deal that was eventually voted down by Irvine residents in the 2018 primary elections.

Later, the council voted to build the cemetery on land that was slated to be a golf course in the Great Park.

Last year, the council then decided to support a citizens’ initiative to zone the 125-acre ARDA site for the cemetery.

But after an election and a mayoral change, sentiments shifted on the council.

Late last month, all hope of an Irvine-based cemetery seemed lost after the Irvine City Council could not come to an agreement on a site after a lengthy meeting.

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LAWSUIT

Continued from page R1

come from Disney, while the rest comes from hotel bed taxes. The lawsuit asserts that Disney keeps revenue from the parking garage and will own it once construction costs are paid back.

“All this was paid for with what Disney would have otherwise paid in taxes,” the lawsuit claims. “The money Anaheim gave Disney was raised by the issuance of municipal bonds. The bonds are repaid with and secured by Disney taxes.

“Instead of going to the city for general purposes, almost all of Disney’s transient occupancy, sales and real property taxes go to payments on the bonds,

which will not be paid off until 2036. Disney got a rebate of the best kind: it got its taxes back before it paid them.”

Disney and Anaheim contend that the parking garage agreement does not constitute a subsidy under Measure L.

Anaheim City Atty. Robert Fabela said in 2018 that “although there are many moving parts to the bond transaction, it does not appear to incorporate a direct city subsidy.”

A Disney spokesperson said the company agrees with Fabela.

“We continue to hold that the public-private partnership of the 1990s with the city and Disney does not fall under the tax rebate language of Measure L,” Anaheim city spokesman Mike Lyster said Tues-

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A LOCAL CBD AND HOLISTIC HEALTH BUSINESS SEES AN UPTICK IN ORANGE COUNTY CLIENTS

BY VERA CASTANEDA

CBD-infused tinctures in dark-tinted bottles, pre-rolls mixed with organic rose, cookie edibles, body salves, face serums, toner sprays and crystals have become a health, wellness and spiritual comfort mainstay in most recent years.

Silvana Zamara, 38, has built a small business out of it and has seen an uptick in Orange County clients in the past year.

Through Sana Canna, she combines eclectic healing services rooted in old Peruvian traditions and what some call New Age practices. On the production side, she produces CBD-infused skincare, tinctures and plant-based foods. On the service side, she offers spiritual consultations, group sound healing and workshops on reiki and herbal remedies.

From an early age, Zamara knew she wanted work in both arts and healing. She studied fine arts at Parsons the New School for Art and Design while also taking private trainings in massage therapy, aromatherapy, herbal remedies, yoga, reiki and Peruvian shamanic practices.

When a friend introduced her to CBD around 2016, she found it helped her cope with daily anxiety. Since Zamara already had work experience making organic skincare and tinctures, she formulated CBD-infused products and advertised on Instagram when she had about 200 followers — mostly people in her social circles. She started using the hashtags Latina and CBD to grow an online following. It eventually led to establishing Sana Canna in late 2017.

At the time, she had a job in therapy working with children who have special needs. Using her fluency in English and Spanish, she helped train parents on how to implement behavior therapy at home. Zamara decided to put aside that career in 2018 to focus on building her fledgling business.

“As much as it’s rewarding to help families that are struggling, I felt unsatisfied and like there was something else I could be doing,” she said.

Although Sana Canna’s headquarters remain located in her at-home workspaces in Garden



Scott Smeltzer | Staff Photographer

SILVANA ZAMARA founded Sana Canna & Wellness, where she offers healing services as well as hemp and cannabis products. She describes herself as having medium abilities and remembers seeing and hearing spirits at a young age.

Grove, most of her customers at the beginning were based in Los Angeles.

“When I started to make the CBD products three years ago, I tried vending in Orange County and it was just not happening for us,” Zamara said. “People weren’t buying or they would assume it was more about weed. Even if we would explain it to them in Spanish and English, it didn’t matter.”

But that changed in 2020. No longer feeling comfortable traveling far to sell during the coronavirus pandemic, she opted to offer delivery and vend at local pop-ups and farmers’ markets. Online business was busy throughout the entire year.

She hired Memo Alvarez, whom she met in L.A. markets, to help make deliveries and manage booths. Her husband also helps make products to keep up with online restocks.

She said more O.C. residents are seeking products and healing services.

“Even though COVID is horrible, it’s also been a huge blessing because it brought me closer to my own community, where in the past I always felt like I needed to go outside of it to have a more significant profit and for people to

appreciate what we were doing,” Zamara said.

She describes her clientele as mostly 25- to 45-year-old Latinas. She doesn’t take on clients under 18 without parental consent and offers a sliding price scale for those struggling financially.

Anxiety is the No. 1 issue clients want to work through when seeking spiritual consultations.

Zamara said some of the anxiety generally stems from sexual trauma or feeling unsatisfied with their current jobs and not knowing what path to take.

Others, who come from families who left them behind for a short time in order to migrate to the United States, work through abandonment issues.

Spiritual consultations may involve a mixture of reiki, crystal and shamanistic energy work.

For first-timers, Zamara sits down and goes over a questionnaire of sorts. Then the client takes off their shoes and lies face up on an elevated massage table lined with a heating mat. They close their eyes and take deep breaths while Zamara places small crystals on their chakra points and sprays scents of palo santo, sage, cedar or lavender. She turns on relaxing flute music, sets

an intention by asking angel guides, ancestors, God, power animals and the cosmic universe for protection and guidance, then hovers her tattooed hands through the chakra points on their body.

She may stop her hands on one body point to ask questions about the client’s life and guide them through a meditation. Some people cry. The eyes of some move from side to side rapidly.

When she’s done, they sit back down in chairs to talk through what she sensed during the energy reading.

“What I do a lot in my own healing practice is that I help people access parts of themselves that we don’t get to access every single day. I’ve learned that through indigenous healing practices. If you put somebody in some sort of a trance through sound or through energy work, there’s a different part of them that will start talking and I’m able to access memories from when they were young,” she explained.

She describes herself as having medium abilities and remembers seeing and hearing spirits at a young age. Those experiences inspired her to learn more about her culture and ancestral medi-

cine.

Zamara, who was born in Lima, Peru and raised in O.C., said she returned to her home country and was initiated as a curandera in 2014 by a Q’ero medicine man.

She said “not expressing emotions when things happen gives us trauma. Sometimes it’s so overwhelming that we can’t express it all. My healing practice involves holding space so that people can express those emotions and have some sort of peace with it so that they feel OK.”

Alvarez, who initially turned toward spiritual practices to help him through addiction, took Sana Canna’s reiki workshops last year.

“The classes and readings helped me understand the power of touch and voice. It really helped me understand that we are all capable of healing,” Alvarez said.

He hopes to take what he learned to offer it to his family.

Online and in-person Zamara warns people she is not a medical doctor and her expertise is in the field of emotional, psychosomatic and spiritual realm.

At the beginning of 2021, she decided to take a month off. She felt burnt out from the uptick in customers. Most of her days involved answering messages online and over the phone.

“I didn’t feel very happy just constantly producing, producing, producing,” she said. “It made me feel like a machine and that’s not what I want to offer to people, so I stopped.”

Later on, she got back into business at a slower pace and a schedule that allows her to spend more time with her three children during the daytime.

She put a pause on one-on-one spiritual healing services to focus on the nutrition and baking side of Sana Canna. In her home, the kitchen and CBD workspace are directly across from each other. She’s spent the last couple of months making plant-based sweets and selling them online and at pop-ups as well as continuing to teach workshops.

Looking ahead, Zamara said she wants to own a café one day to sell healthy foods and Sana Canna products.

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