The 7th annual Surfing For Hope event held a longboard surf contest to raise money in support of cancer patients and their families. Pictured is Miranda Joseph of Shell Beach, taking the win for the women’s division. Photo by Ben Schutzer. See more photos on page 7.

2018 Grover Candidates Q&A
By Mark A. Diaz

The Coast News compiled six questions for Grover Beach City Council candidates to answer. In the running for mayor are Elizabeth “Liz” Doukas, and current councilmembers Jeff Lee and Debbie Peterson. Mayor Shoals does not have the option of running since he has termed out. There are two positions open for the city council with incumbents Barbara Nicolls and Mariam Shah and Robert Robert contending for them. Out of fairness, candidates and their answer are listed in alphabetical order. Coast News printed the answers with only minor edits to constrain answers to 75 words or less.

Pismo Readies to Play
By Theresa-Marie Wilson

Government officials in Pismo Beach want people to add a little more playtime in their lives. The Pismo Beach City Council recently approved about $245,000 in playground enhancements at two city parks. The agreement is with RecWest, Inc. to design, purchase and deliver playground equipment. The scope of the project would include the removal of the existing equipment and creating a new project at Spyglass Park and installation of additional equipment at Dinosaur Caves.

See Candidates, page 22
See Playground, page 24
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TIDE CHART

Get out there and vote Nov. 6.
Let your voice be heard and increase voter turnout.

It’s fire prevention week, so make sure to check your smoke and CO alarms.

The City of Arroyo Grande Recreation Services Department will hold its Annual Halloween Carnival and Haunted Maze on Saturday, October 27 from 4:30 p.m. to 7:30 p.m. at Elm Street Park.
In a preemptive move, the City of Pismo Beach voted 5-0 to enact an urgency moratorium on any scooter-sharing companies from operating within city limits.

Gaining in popularity, scooter-sharing programs have been popping up in cities across the country. Companies such as Bird and Lime, allow people to rent electric motorized scooters through an app. People select the scooter, activate it for a minimal charge, use it and then deactivate it. However, there are no designated stations for the two-wheeled rollers, and people can leave them anywhere which can host a whole slew of problems. Companies recommend using bike racks. However the businesses have no way of guaranteeing customers will comply. These businesses also pay or issue credits to people known as “chargers” to pick up the scooter and replenish their batteries overnight and then release them back onto the streets.

In his report to the council, City Attorney David Fleishman called for the urgency ordinance to prevent these companies from doing business in Pismo for the time being. He stated that in some cases these companies perform “rouge launches” where they descend on a city and drop off loads of scooters overnight. He said that they have been left on people’s property and in some instances blocking city walkways.

“The modus operandi of some of the large operators,” said Fleishman, “is to bring them in in large quantities and just start leaving them on street corners.”

When asked by Councilwoman Shelia Blake if the city had the authority to pick up the left scooters and take them to the dump, Fleishman advised against it. However, Pismo Police Chief Jake Miller said that if any scooters obstructed city ways, then they could be impounded for 60 days.

KCBX reported that Bird had planned on dropping scooters in San Luis Obispo back in September, but city officials acted quickly to stop the company. Interim Deputy City Manager Greg Hermann told the news organization San Luis Obispo “may be a good fit for scooter sharing, but just like any business, it will need proper permits to ensure the safety of riders and the community.” SLO continues to work with Bird the possible development of a business that suits SLO needs.

Acknowledging the benefits of the program with alternative transportation and accessibility, the council unanimously deemed it prudent to prevent any rouge launches occurring in Pismo but did not wholly reject the idea of allowing such companies to operate in the future.

Before the vote, City Manager Jim Lewis advised the council to approve the ordinance and observe how other cities address potential issues raised by similar scooter sharing programs.

“I think that these have been such a turmoil and issue in the larger cities,” said Lewis, “I think it is better for us to watch the public policy unfolds and catch up to this, as best practices unfold, and that’s why we’re recommending the moratorium tonight.”

No one stepped forth to speak on the proposed ordinance during the public comment section.

Bird did not respond to questions prior to press time.

PisMO Says ‘No’ to Scooter-Share

By Mark A. Diaz

“The modus operandi of some of the large operators,” said Fleishman, “is to bring them in in large quantities and just start leaving them on street corners.”

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Health and Housing Summit Held in SLO

By Mark A. Diaz

The connection between shelter and health is undeniable. The cornerstone of Maslow's Hierarchy of Needs for survival lists the requirements of both warmth and rest, which are things impossible to attain without the proper shelter. Forbes reported that the average adult requires 6 to 9 hours of sleep daily to allow the brain to process new knowledge and deal with emotional information. However, the connection between housing and health goes far beyond simple shelter.

To raise awareness of the correlation and the complexity of health and housing, as well as discuss emerging innovations to address the issues, HEAL SLO Healthy Communities hosted a half-day summit on housing and health. HEAL SLO is a workgroup convened by the County of San Luis Obispo Public Health Department.

The organization works to advocate responsible and health conscious development in the county. Kathleen Karle, division manager of County of SLO Health Agency, said that when it comes to public input on potential building developments, most times the voices heard are the ones against anything new. She said that NIMBYs (not in my backyard) are at times the biggest proponent against development and often the most vocal.

“We’re trying to point out that there is a direct relationship between health and housing,” said Karle, “and how can the community try and overcome some of that NIMBYism to allow more housing to be built.”

A report conducted by the Rand Corporation in 2017 followed 890 people in the Los Angeles Area who were chronically homeless. The study demonstrated that when the county aided in supported housing for at-risk people, the overall cost to the system was reduced. The report showed that across all the services examined, the associated costs for public services consumed in the year after receipt of supportive housing declined by close to 60 percent. The average savings to LA County equated to $0.20 on the dollar.

Chuck Stevenson, retired SLO County Planning and Building Depart Long range division manager, said that HEAL SLO strives to provide the County with facts and opinions for land development as it pertains to health for individuals and the community as a whole.

“From a health perspective,” said Stevenson, “housing is huge… we’re trying to point out that the health component to housing is significant.”

Stephanie Teaford, chair of the Health Communities Workgroup (HCW), said that there is more to housing and health than merely providing enough homes for everyone. The HCW examines proposed development plans submitted to county and city planning departments and views them through the optics of health. One such factor the group considers is the location of affordable housing in relation to city and county services. People in need of this type of housing, such as seniors, veterans and those in recovery tend to require more of these services. Teaford said that access to transportation also plays a key role and placing such developments on the outskirts of town far away from clinics, hospitals or employment opportunities may not be the ideal location.

Teaford spoke about the importance of social fabric, a term used to describe the interweaving of lives in a community and the importance of living in an area where people can afford to spend the entirety of their lives, what she called “aging in place.” She said that a community suffers as a whole when people must move because they can no longer afford to live where they grew up.

Let’s Finish What We Started…Together!

- “Fix Our Streets”
- Public Safety
- Train Station
- Park Upgrades
- Sidewalks
- Lodge & Hotels

Jeff Lee
FOR GROVER BEACH MAYOR
https://JeffLeeForGBMayor2018.com
For the sixteenth year in a row, the City of Pismo Beach was recognized for its outstanding reporting on its finances. The city received the Certificate of Achievement for Excellence in Financial Reporting by Government Finance Officers Association of the United States and Canada (GFOA). The award is the highest form of recognition in the area of governmental accounting and financial reporting.

The Excellence program is designed to encourage governments from the United States and Canada to produce financial information in an accessible and understandable way for public consumption. According to GFOA, over 4,000 governments participate each year.

During a city council meeting Jim Lewis, city manager, stressed the importance of the award. “This is a really big deal,” said Lewis. “This award is given to entities that have put together a comprehensive annual financial report.” He went on to say, “So many cities just do what is required, they don’t take that extra step to really connect the dots and tell the story of the city’s financial history and financial statuses.”

Both Lewis and Mayor Ed Waage presented the award to Administrative Services Director, Nadia Feerer on the Sept. 18 city council meeting.

“Susan West-Jones, the City’s Finance Manager, is the key staff person whose efforts and contribution have made this award possible,” said Feerer via email. “She goes over and beyond to make sure the city’s financial statements are prepared accurately and in a timely manner, organizing efforts in the Administrative Services Department and across all Departments.”


Assemblyman Jordan Cunningham (R-San Luis Obispo) announced that his bill to protect human trafficking victims was signed into law by Gov. Jerry Brown on Sept. 27, the Assemblyman’s Office said in a news release.

Assembly Bill 1735 will extend court-issued protective orders to victims of labor trafficking and adult victims of pimping for up to 10 years.

“Human trafficking is a heinous crime that must be stopped,” Cunningham said. “Since taking office, I have led the charge to protect innocent victims and increase penalties for traffickers. Victims deserve to feel safe and be protected from their former abusers, and this law will help make that happen.”

AB 1735 got support from Crime Victims United, the California District Attorneys Association, California Police Chiefs Association and the California State Sheriffs’ Association. It was a part of a more comprehensive package of legislation introduced by Assemblyman Cunningham geared to fight human trafficking and protect victims, his office said.
With the cost of housing continuing to rise faster than wages, it’s no wonder that many Americans nationwide are struggling to make ends meet. Luckily, solutions already exist to address the affordable housing shortage, say experts.

For example, more than 22 million people in the U.S. now live in manufactured housing -- homes built to a federal standard in factories and placed on a homeowner’s land or on rented lots in manufactured home communities, according to the Manufactured Housing Institute (MHI). In many parts of the country, homes like these are the least expensive kind of housing available without a government subsidy. The cost to buy a manufactured home averages about $70,600, compared with $286,000 for a single-family site-built home, not including land costs.

In response to growing market demand, almost 93,000 new manufactured homes were built in the U.S. in 2017, an approximate 15 percent increase over 2016, according to MHI, but this is still not nearly enough to meet the nation’s affordable housing needs, according to experts. Advocates say that zoning restrictions and other rules and regulations in many areas are preventing manufactured housing from closing the gap -- as certain jurisdictions only allow manufactured housing in locations far from town centers and other jurisdictions have considered banning them altogether.

“Part of this bias may be based on the negative stereotype of earlier generations of manufactured housing, however, today, our homes are built with quality construction materials to meet rigorous federal standards for safety, installation and construction,” says Richard Jennison, president and CEO of MHI.

What’s more, today’s manufactured housing includes features that today’s homebuyers want, such as luxury bathrooms, vaulted ceilings and state-of-the-art kitchens with energy-efficient appliances. Often situated in communities with swimming pools, playgrounds and clubhouses, they can be a very attractive option for families and retirees seeking affordability. To learn more visit, manufacturedhousing.org.

“At a time when there is a great need for high-quality, affordable housing, today’s manufactured homes are an effective solution for many American families and communities,” says Jennison. (StatePoint)
Surfing For Hope Celebrates 7th Year
Photos by Ben Schutzer, www.runamuckphotography.com

The Seventh Annual Surfing for Hope event took place on October 5 & 6, kicking off with a memorial paddle out in Avila Beach. People affected by cancer joined in remembering and honoring those who have passed away from the disease.

On Saturday, the longboard surf contest brought together surfers of all ages. Contenders and attendees enjoyed the cancer resource health fair, providing support, education and help to those currently going through the cancer experience.

All proceeds from Surfing for Hope 2018, with French Hospital serving as the presenting sponsor, benefit the Surfing for Hope Foundation in San Luis Obispo. Since 2012, the foundation has raised more than $250,000 to support and assist cancer patients and their families; 2017 beneficiaries included the Pure Stoke Youth Program and several local cancer resources for those currently battling cancer. See more photos at www.runamuckphotography.com
Arroyo Grande

• Oct. 6: Another shoplifter was nabbed at Rite Aide. She also had drug paraphilia on her. Meanwhile, on the 1100 block of Branch, some other apparent sticky fingers was found in possession of stolen items from area businesses.

• Oct. 5: Some sour soul was swindled at Albertson’s and someone also reported someone used the help-yourself line at Albertson’s and someone also reported someone used the help-yourself line at Albertson’s.

• Oct. 3: There was insufficient evidence to support claims that three bank accounts belonging to the same businesses.

Morro Bay

• Sept. 30: Someone found prescription medicine in the 800 block of Morro Bay Blvd., a no doubt unforeseen consequence of Obamacare.

• Sept. 30: Police responded to the 1200 block of Embarcadero at 1:48 p.m. after some chisel churlishly bought a kayak. In another bout with honesty, someone in the 500 block of Main said his seconded hijacked his or her credit card account.

• Sept. 29: The theft fest continued as someone used the help-yourself line at Albertson’s and someone also reported the theft of cash and credit cards out of a vehicle, but logs didn’t say where, so you might be safe where you are.

• Sept. 28: Two cars collided at 12:45 a.m. at Hwy 41 and Main. No reported injuries, but the cars will never be the same.

• Sept. 28: Someone gave police a cell phone they found, and police found the owner, and the caze is sol-ved!

• Sept. 26: Police stopped a suspicious vehicle at 5 minutes past the 10 p.m. on the 800 block of Pismo Drive? Responsible parties were rearm for destruction that they were not supposed to be there.

• Sept. 24: MPD officer No. F2780 had quite a day. At 11:58 a.m. he or she responded to the 900 block of Anchor found a theft of gift card, and at 2:45 p.m. they responded to a report of a disturbed man making threats. Logs indicate an apparently irate fellow was arrested for allegedly brandishing a weapon, making criminal threats, charging and having a fight and of course resisting arrest when the challenge was apparently answered. The disagreeableZhubb was tossed to the nick.

• Sept. 24: At 11:23 a.m. at Quintana and La Loma, police stopped suspicious vehicle driven by a familiar face. The woman driver, 30, was arrested for suspicion of driving zotted on a suspended license.

• Sept. 22: Someone in the 1200 block of Main found a handgun and shot it right over to police.

• Sept. 22: Police responded at 9:33 a.m. to a disturbance at Ironwood and Avalon. Logs indicated they arrested the apparently bent fellow, 56, for public inebriation.

• Sept. 19: A man with the same name as above but listed as 48-years old was contacted at 11:33 p.m. in the 1700 block of Embarcadero. He had two warrants and possessed suspected paraphernalia but was cited and released, apparently not worth the gas of a trip to County Jail.

• Sept. 18: Police responded at 4 p.m. to a disturbance at Ironwood and Avalon. Logs indicated they arrested the apparently bent fellow, 56, for public inebriation.

• Sept. 17: Some citizen came down to the station house and reported a theft. Police did a report and passed the buck up to the D.A.

• Sept. 17: Someone found a California license plate, and someone else found a bicycle and police have them both.

• Sept. 17: At 10:46 a.m. at Shasta and Kennedy Way police contacted an apparently creepy dude and arrested him for a probation violation. According to logs, the 62-year old was not supposed to be within 2,000 feet of a school where children are present.

• Sept. 17: Police contacted a suspicious man, 52, at 12:57 a.m. at City Park in the 700 block of MBB. The rascal had a warrant out of San Berdo but was just cited and released.

• Sept. 16: A man on the 200 block of Five Cities Drive reported hearing smoke alarms in a mobile home near her. She went to check and didn’t see or smell any smoke, but no one was home to verify. The alarm had been an old one that was left in a trashcan during a construction project.

• Sept. 29: A caller on the 400 block of Oceanview reported that a man and woman were arguing in a home where a woman lived alone. She was heard yelling, “Stop it.” Both parties said it was only a verbal dispute.

• Sept. 29: A male and female decided to outfit themselves for free during a stealing spree at the Outlet Center. Items from Guess, Calvin Klein, and Bass were found in their car.

• Sept. 29: A motion burglary alarm sounding in a home on the 200 block of Princesa was the result of balloons floating around the house.

• Sept. 29: A man was reportedly inside Penny’s All American Cafe and told someone that he was afraid. He was turned over to his girlfriend and given information about resources for mental health issues.

• Sept. 28: How now was a brown cow wondering in a parking lot on Rancho Pismo Drive? Responsible parties were called to take the bovine home.

• Sept. 28: A caller reported that his or her 11-year-old son was assaulted by two unidentified ruffians outside Shell Beach Elementary.

• Sept. 28: Police were unable to locate a man reportedly exposing himself in a stall in the women’s bathroom by the pier.

• Sept. 28: A caller reported someone on the 900 block of Hanford stealing food and other items out of a car. He was able to escape.

• Sept. 28: Two people reportedly entered a neighbor’s yard on the 200 block of Cliff. The homeowner said that no one should be there. It turned out to be a neighbor’s car in the driveway that was there with permission. They had taken off and they had not the one they were parked front of.

Pismo Beach

• Oct. 1: Loud noises were reported at 1 a.m. on the 100 block of Whitecap where someone wearing a white shirt was reportedly lurking in the bushes. It turned out the noise was the person who lived at the home who was unloading luggage. No word on the person in the bushes.

• Oct. 1: Police were unable to locate a transient reportedly peeping in windows on the 900 block of Price.

• Oct. 1: Someone carrying a cup of coffee at the rear of Cypress Landing was reported. A police officer advised him not to throw liquid at cars, and he said he would move on.

• Oct. 1: A woman reported unknown person breaking into her car at her phone and her car. She said it was an ongoing problem.

• Oct. 1: A man at Point Break was reportedly harassing an employee, who might have been drinking and had been asked to leave. He was advised against trespassing.

San Luis Obispo

• Oct. 4: At 5:49 a.m. someone on Tanglewood reported a downed tree.

• Oct. 4: Someone called at 5 a.m. and asked police to check the welfare of someone in the 1700 block of Santa Barbara and to have her call him.

• Oct. 4: Starting at 4:23 a.m. police towed a Toyota Tacoma, a VW Jetta, a Honda CRV and a Toyota Avalon from the SLO Student Living complex on Foothill, where an apparent crackdown has occurred. At 4:39, someone in the 500 block of Hapgood and at 4:54 a.m. someone reported a Honda Accord bleeding a fire hydrant. At 4:35 a.m. someone reported a silver Honda MDX parked blocking the bike lane at Stenner and Murray. And at 4:04 a.m. in the 1900 block of Monterey, a transient was parked in the street blocking traffic.

• Oct. 4: Someone called at 1:22 a.m. from Walnut and Chorro to report...
schnorkered woman was upchucking on the side of the road.

- Oct. 4: At 1:15 p.m. at High and Higuera, someone reported that a man slapped a woman across the face and then took off in a van.

- Oct. 4: Someone called at 11:10 a.m. from the 1400 block of Morro to report some liquor-aged sourpuss was sitting on the sidewalk sucking from a bottle of hooch and then threw the pint bottle. The Zhub was gone when they got there.

- Oct. 4: Someone at Southwood and Woodside complained at 12:35 a.m. about two knot heads stumbling about and being loud. They got away.

- Oct. 4: A citizen in the 3000 block of Johnson told police that she heard a car slam on the brakes and now it’s parked facing the wrong direction, a hanging offense in these parts.

- Oct. 4: A citizen called at 11:30 p.m. from the 200 block of Santa Rosa and said there was a Hispanic man peering into apartment windows at Mustang Village. The Peeping Pépe got away.

- Oct. 4: A citizen in the first block of Chorro called at 10:42 p.m. to report a suspicious person sitting in a car parked suspiciously sideways that appears to be eying the neighborhood.

- Oct. 4: At 10:42 p.m. someone reported a suspiciously jolly fellow dancing in the parking lot outside Rm. 153 at Motel 6.

- Oct. 4: A couple of ruffian Peanuts got into it at Woodstock’s in the 1000 block of Higuera.

- Oct. 4: A glass-break alarm sounded at 10:14 p.m. in the 800 block of Higuera. Logs indicated it was a malalarm.

- Oct. 4: A couple of rufus kids parked suspiciously sideways that appear to be eying the neighborhood.

- Oct. 4: Police responded at 8:18 p.m. to Vons in the Marigold Center on Broad for a pesky transient man loitering outside the store who just took a whiz on the sidewalk. No report done. Then at 9:48 they returned for a disorderly fellow and a 56-year-old train wreck was treated for a head injury and arrested for resisting arrest.

- Oct. 4: At 9:44 p.m. a guy called from the 500 block of Halyway and said he and his brother just got home and the screen was pulled off their front window.

- Oct. 4: At 9:38 p.m. in the 1500 block of Royal, a woman called police and said she was home alone and someone had been peering in at her apartment doorbell showed two strange men walk past her door.

- Oct. 4: At 9:26 p.m. in the 2100 block of Broad someone said a car alarm on a Toyota Tacoma had been sounding for an hour outside Chilli Peppers.

- Oct. 4: At 8:10 p.m. someone reported various power tools scattered around at Pregmo Canyon Road and LOVR. In another traffic hazard, at 9:44 an apparent stumblemas reportedly falling down drunk at Higuera and Nipomo.

- Oct. 5: At Peach and Nipomo someone reported a light foam oozing out of a sewer pipe and blowing down to the creek. Police turned that crap over to public works.

- Oct. 5: At 4:58 p.m. in the 2000 block of Harris, a guy said some butt-toasted driver crashed into his car and he’s trying to leave the scene.

- Oct. 5: Two transient men were aggressively panhandling outside Rite Aid on Johnson and got saucy with the management when asked to leave.

- Oct. 5: Some unwelcome interloper was causing unhappiness at Happy Nails Salon in the 3900 block of Higuera. He took off before police arrived.

- Oct. 5: Yet another potential speed bump was in and out of traffic yelling at people at Marsh and Chorro. The polluted palooka, 68, was tossed to the nicks for being forshnickled.

- Oct. 5: Someone stole a blue Sonders bicycle from Mustang Village.

- Oct. 5: A guy in a 5 Cities Plumbing van called in a vehicle burglary at Costo.

- Oct. 5: Police were called at 1:08 p.m. to the 1400 block of Calle Joaquin for a pesky transient who has been on and off the Alfano Motors property three times today, as he apparently ain’t about to buy what they be selling.

- Oct. 5: A woman at Marigold Center on Broad called 9-1-1 because some dingly parked so close she couldn’t get into her car, in this week’s example of why we need SWAT.

- Oct. 5: Police were twice called to the 800 block of Higuera because the same five transients were hanging around outside Chipotle’s and they’re smoking.

- Oct. 5: Someone at the City Yard told police they’d been called by a citizen who said there were several hoogians tampering with a Stop sign at Madonna and El Tigre.

- Oct. 5: Police responded to the Sinsheimer Elementary School Office to pick up some illegal drugs they’d found or confiscate — at an elementary school, in this week’s episode of “We’re not in Kansas anymore...”
The City of Grover Beach has extra funds in its coffers after receiving a $2.6 million Community Development Block Grant (CDBG) from the California Department of Housing and Community Development for waterline replacement, housing assistance funding, and a senior center feasibility study.

“I would commend the council in its leadership in seeking competitive CDBG funding,” said City Manager Matt Bronson. “Our track record of receiving its leadership in seeking competitive assistance funding, and a senior center Housing and Community Development Development Block Grant (CDBG) non-entitlement funding. I believe the story to be competitive with the allocation of approximately $75,000. Additionally, Grover Beach is the only city in the county that participates in the CDBG “non-entitlement” program that allows the city to apply for competitive grants rather than receive a set allocation of approximately $75,000.

“We felt that we had a compelling story to be competitive with the non-entitlement funding,” Bronson said. “Give the socio-economic demographics of parts of our community and our ability to deliver on these projects, the council felt that it was worth it to seek the competitive non-entitlement funding. I believe the results speak for themselves. Since 2013, when we received the first grant application, we would have received roughly $375,000, $75,000 annually as part of the entitlement program. In contrast, we are receiving $4.3 million.”

The City was awarded the $2.6 million for the following three activities:

- Public Services ($300,000) – This will fund two programs administered by the 5Cities Homeless Coalition (5CHC) that include $410,000 for subsistence payments (eviction prevention) and $90,000 for security deposits (rapid rehousing).
- Last year the 5CHC had done a similar pilot program with the city for $80,000 that proved to be successful.
- “We were able to work with people and provide some financial assistance to help stabilize them in their housing,” said Janna Nichols, 5Cities Homeless Coalition executive director. “Then we worked with them on budgeting and financial literacy — addressing whatever the issues were that had them on the edge.”

A financial spiral can come from relying on credit cards to pay for basic needs such as food or utilities. Another big problem is utilizing cash advance services that often charge exorbitant interest rates.

“We often find that they have bad credit or they have gotten themselves into some credit hole and they just can’t get out of it,” said Nichols. “This grant not only allows us to provide some stabilizing financial assistance, but also gives us the capacity to work with our case managers to really address the root causes of why they are in that situation.”

The city has executed the necessary contracts with the Department of Housing and Community Development and anticipates being able to begin expending funds by the end of the calendar year. Once the City has received final approval, the 5Cities Homeless Coalition can use the funds for housing assistance.

“It is going to do a lot of good,” said Nichols, whose organization does a similar program countywide through an Emergency Solutions Grant. “We have been doing this program for several years; it’s kind of what we cut our teeth on. We have a good track record. We are really excited. We know what we need to do, and it will really enhance our ability to help folks.”

With the help of a case working and financial education, about 96% of the people 5CHC has housed or helped stay housed have stayed in their homes.

- Planning & Technical Assistance ($100,000) – This will fund a senior center feasibility study to analyze potential sites and develop a conceptual plan with preliminary construction estimates.
- “The city council has long been interested in considering a senior center within Grover Beach, said Bronson. “The interest is to have such a facility that would reflect the needs of not just Grover Beach but the surrounding Five Cities area and have it be a community facility.”
- With the help of a case working and financial education, about 96% of the people 5CHC has housed or helped stay housed have stayed in their homes.
- “The city will now request proposals for the design of the water project and the consultant to prepare the senior center feasibility study. The city has executed the necessary contracts with the Department of Housing and Community Development and anticipates being able to begin expending funds by the end of the calendar year. Once the City has received final approval, the 5Cities Homeless Coalition can use the funds for housing assistance.

Grover Awarded Big Grant
By Theresa-Marie Wilson
The 81st Arroyo Grande Valley Harvest Festival

Photos by PhotoByVivian.com

Folks were Harvesting Happiness during the annual Harvest Festival in the Village of Arroyo Grande. Events included a parade, live entertainment, activities, vendors, information booths and community spirit.

See more photos at PhotoByVivian.com
Opera San Luis Obispo and the Civic Ballet San Luis Obispo will team up in a production of Mozart's “The Magic Flute,” at 2 p.m. Saturday-Sunday, Oct. 13-14 at the Performing Arts Center at Cal Poly. Tickets range from $23 to $77 and available at the PAC Box Office, Mondays–Saturdays, noon to 6 p.m. Call (805) 756-4849 or order online at: www.calpolyarts.org. The cast features tenor, Ben Guiley, soprano, Amy Goymerac of Arroyo Grande and soprano, Alba Franco-Cancé of Atascadero. Premiering in 1791, The Magic Flute was an instant hit and has since been performed by opera companies throughout the centuries and around the world. The opera tells the story of Prince Tamino's quest to rescue Pamina, the daughter of the Queen of the Night, from the high priest, Sarastro. A powerful magic flute and bells help Prince Tamino and his friend Papageno the bird catcher, survive the trials of fire and water while learning about brotherhood and justice. This is Mozart at his comedic best, rife with an outpouring of famous melodies, this opera is perfect for fans of operas and families of all ages.

Cuesta College student singing groups will celebrate Fall with the Annual Fall Cuesta Choir Concert, set for 7:30 p.m. Saturday, Oct. 13 in the Harold J. Moossi Performing Arts Center at the Hwy 1 Campus. Advanced tickets are $10-$15 and available online at: my805tix.com/organizations/cuesta-college Cpac or call (805) 546-3198. The show features the Cuesta Chamber Singers, Concert Choir and the vocal jazz ensemble, Voce.

The Cal Poly Music Department will present a faculty showcase recital at 6:30 p.m. Friday, Oct. 19, in Rm. 218 of the Davidson Music Center (Bldg. 45) on campus. The recital is open to the public and admission is $5 at the door. Parking is free after 5 p.m. in the Grand Avenue parking structure by the Performing Arts Center.

Up to 12 faculty members are slated to perform, including soprano Amy Goymerac; violinist Brynn Albanese; oboist Heidi Butterfield; clarinetist Keith Waibel; Laura Kramer on baritone saxophone; Lisa Nauful on bassoon; Mark Miller on trombone; Barbara Spencer on cello; percussionist John Astaire; and bassist Ken Hustad, bass. Christopher Woodruff will play trumpet and Paul Woodring will play piano.

The program will include a variety of 20th-century works: “Valse Miniature” by Serge Koussevitsky, and a movement from Francis Poulenc’s “Trio for Oboe, Piano & Strings” performed by local faculty members, including bassist Ken Hustad.

Contemporary a cappella show, “Rockapella,” will perform at the Clark Center in Arroyo Grande at 7:30 p.m. Saturday, Nov. 17. Tickets are $42-$55 each and available by calling the Clark Center Box Office at (805) 489-9444, purchase in person at 487 Fair Oaks Ave., A.G., and online at: http://clarkcenter.org/event. As one of the originators of the astounding full-band sound of “contemporary” a cappella, “Rockapella” has shown every audience the raw power of pure vocal talent and originality. Rockapella achieved national fame on PBS’s “Where In The World Is Carmen Sandiego?” and since then, they’ve toured the world. With buckets of catchy original pop songs, and complete contemporary revisions of Motown, pop, and soul classics, this group has always been the one to watch.

Cal Poly’s large choral ensembles will perform a concert featuring a variety of styles at 8 p.m. Saturday, Oct. 27, in Mission San Luis Obispo. Tickets are $14 public, and $9 students, and are available at the PAC Box Office, Mondays–Saturdays, noon to 6 p.m. Call (805) 756-4849 or order online at: www.calpolyarts.org. Tickets also available at the door. PolyPhonics and the University Singers will present “Luminous Night of the Stars.”

Limited Enrollment — spaces fill up fast!
Spanish pop stars, Amanda Miguel and Diego Verdaguer, bring their “Siempre Juntos” U.S. tour to the Fremont Theater in Downtown SLO at 9 p.m. Sunday, Oct. 14. Tickets are $47 and $61 and available online at: https://fremontslolayanala.ina.eventbrite.com/?aff=PR or at Boo Boo Records in Downtown SLO. Doors open at 8 p.m.

Miguel and Verdaguer’s love story started in the early 1990s, when she joined his group, Mediterráneo. Miguel left for a solo career with help from Verdaguer and became a household name in the 1990s with her songs, “El Minuto” and “Así No Te Amará Jamás.” Multiple Lain Grammy nominee Verdaguer is known for romantic classics, such as “Corazón de Papel” and “Usted Que Haría.”

The Community Foundation of Estero Bay will celebrate its 10th Annual Morro Bay Sings fundraiser Saturday, Oct. 20, and Jody Mulgrew, a professional musician and Morro Bay native son, will top the lineup. Cuesta College’s a cappella singing group, Voix, featuring members of Voce, the school’s award-winning singers, will also perform.

This year’s theme is music from the 1940s and ’50s. Tickets are $50 a person or a table of eight for $400, and for 10, $500, which will include a complimentary bottle of wine. Tickets available online at: WWW.Esterobaycommunityfoundation.org/events; at Coalesce Book Store, 845 Main St.; at the Community Center during school hours; or call show producer, Mitch Barnett at (805) 234-2980 or email: uptopiaonthebeach@gmail.com. The tickets include a soup and salad supper by the Galley Seafood Grill & Bar and smoked chicken from Dockside, and there’ll be a no host bar with beer and wine, with non-alcohol drinks available. Doors open at 5 p.m., dinner is at 5:30, and the show starts at 7.
Calendar of Events

Community Events

The 72nd Annual Pismo Beach Clam Festival & PierFest Celebration is set for Friday-Sunday, Oct. 19-21 in the Pier Parking Lot in Pismo Beach. In addition to the usual food, vendors music and festivities, the City of Pismo Beach will also celebrate the completion of repairs and grand reopening of the historic Pismo Pier. Admission is free unless participating in a premium scheduled activity, such as the Wine Walk, VIP PierFest Celebration, or the Best Local Clam Chowder Contest.

Los Osos Middle School’s 6th Annual “Tough Two” obstacle course will be open from 9 a.m. to 5 p.m. Friday, Oct. 19 and Saturday, Oct. 20. Cost is $10 for LOMS students (team of four $40); $20 regular students; $40 for adults (team of four $160); and $100 for a family or team (combination of parents and children 10-18). Register online at: toughtwo.com or call (805) 534-2835. Billed as “The Toughest Two Mile Obstacle Course Race Around” the event is a fundraiser for the LOMS P.E. Department. The course is 2 miles long, with messy crawls and walls, mental and physical challenges, and food and beverage trucks on site. Free T-shirts to participants. Friday is students-school groups day and Saturday is open to all.

The 31st Annual Fall Antique Street Faire is set for 7 a.m. to 3 p.m. Sunday, Oct. 21 on Ocean Avenue in Downtown Cayucos. The street faire is held twice a year in spring and fall and will showcase antiques, collectibles and vintage crafts of all kinds from more than 50 sellers. Free admission, and free parking available.

The Dana Adobe Cultural Center will host, “Death Walks the Rancho” three nights of ghost tours, set for 6:30-9:30 p.m. Saturdays and Sundays Oct. 20-21 and Sunday, Oct. 28. Tickets are $15 a person, and $10 for Dana members, with group discounts available. Reservations are strongly suggested. See: https://bit.ly/20dq60B for tickets.

The tours feature chilling reenactments of tragic, terrifying, but true events that took place on Rancho Nipomo in the 19th Century. This year the tours will be led by Death itself — in the guise of the Mexican trickster from 1960s Academy-Award nominated film, Macario, based on a short story by Ernest Hemingway. Cost: $20 per person, and the tours will retrace the stories of their own, often grisly, demise. Visitors are invited to come early and gather around a campfire outside the new Visitor Center for stories of ghostly sightings by staff and visitors. Some of the stories may be difficult for youngsters, so the event is recommended for ages 7-older. Refreshments and souvenirs will be for sale.

The Dana Adobe Cultural Center is at 671 S. Oak Glen Ave., Nipomo.

The Pismo Beach Veterinary Clinic is hosting its 10th Annual Pet Costume Contest for pet owners and animal lovers throughout SLO County from noon to 1 p.m. Saturday, Oct. 27 in the clinic parking lot, 590 Price St. The contest is free to enter, sale, the Dana Adobe Land Trust, for 3-5 p.m. Sunday, Oct. 21 at the Unitarian Universalist Church, 786 Arlington St., in Cambria. Cost is $10 at the door. In 1996, Burnett became the field supervisor for the Condor Restoration Program and coordinated the first seven releases of condors in Central California and has since worked with a variety of raptors and owls. All ages welcome.

Cayucos Land Conservancy is hosting a guided nature walk along the Estero Bluffs with State Park’s Rouvaishyana, the director of the Morro Bay Natural History Museum, at 9 a.m. Sunday, Oct. 21. Rouvaishyana will impart the natural history of the area, including marine mammals and plant life. Meet at the Fig Tree Parking Area of Estero Bluffs State Park, about 1.25 miles north of Cayucos on Hwy 1. The walk will be at a casual pace, but wear good walking shoes, bring sunscreen and binoculars. For more information, contact Laurie Leary at: learycpg@gmail.com. See: www.CayucosLandConservancy.org for information about CLC.

The American Association of University Women Morro Bay Chapter’s October meeting will have its Tech Trek campers at 10 a.m. Saturday, Oct. 13 at St. Peter’s Episcopal Church, 545 Shasta Ave., Morro Bay. AAWU sent four middle school girls to the week-long science and technology camp based in the Bay Area that will gather at 7 p.m. Thursday, Oct. 18 and 25 at the corner of Higuera and Chorro during the Thursday Night Farmer’s Market in Downtown SLO. “This is a non-partisan effort,” Morrison said. “I am recruiting all elected officials and candidates, local service and political organizations, students from elementary schools through college, senior citizens and more. I have already garnered the support of Cal Poly officials, San Luis Obispo Chief of Police Cantrell, the San Luis Coastal Unified School District, teachers and SLO City Council Members.” She plans to have local officials and asks those who want to participate in the flash mobs to attend. They will be at 2 p.m. Oct. 13 and 20 at 1500 Eto Ctr., in SLO. To see the flash mob routine and for a tutorial, go to YouTube and enter: “Pay Attention Vote.”

Joe Burnett, a senior wildlife biologist with the Ventana Wildlife Society, will share his experiences with and knowledge of California’s iconic condors at the October meeting for Greenspace, the Cambria Land Trust, set for 3-5 p.m. Sunday, Oct. 21 at the Unitarian Universalist Church, 786 Arlington St., in Cambria. Cost is $10 at the door. In 1996, Burnett became the field supervisor for the Condor Restoration Program and coordinated the first seven releases of condors in Central California and has since worked with a variety of raptors and owls. All ages welcome.

The Semi-Annual Cayucos Antique Sale is set for 7 a.m. to 3 p.m. Sunday, Oct. 21 in Downtown Cayucos. There’ll be lots of vendors with great stuff for sale, good food and admission is free. Dealer space is still available, call Marshall Moens at (805) 751-3737. Put on by the Cayucos Chamber of Commerce, see: cayucoschamber.com.

Author, Klazina Dobbe, will sign her book, “My Cancer Journey: Emotional Release of Generational Wounds,” from 2-4 p.m. Saturday, Oct. 20 at Coalesce Bookstore Chapel, 845 Main St., Morro Bay. The book tells the tale of two sisters who were both diagnosed with cancer and are both healed by the spirits of their ancestors. That’s why Dobbe immerses herself in family history and started the Holland America Flower Farms with her husband. She learned if you nurture plants they will blossom, the same is true for people. This became the basis of her 20-years of work in healing. She earned master’s degrees in acupuncture and Oriental medicine, and holds certificates in Hypnosis, Neuro-Linguistic Programming and Reiki. See: klazinadobbeauthor.com for more on the author.

The SLO Botanical Garden’s Semi-Annual Plant Sale is set for 10 a.m. to 1 p.m. Saturday, Oct. 20 at the Garden, located in El Chorro Regional Park on Hwy 1 (3450 Dairy Creek Rd.). This is a chance to buy beautiful, drought-tolerant plants and support the non-profit. See: slobg.org for more information and deals for Garden Members.

The Morro Bay Art Association is hosting a mascot workshop with instructor Joan Fee from 1-4 p.m. Saturday, Oct. 20 at the Garden, located in El Chorro Regional Park on Hwy 1 (3450 Dairy Creek Rd.). This is a chance to buy beautiful, drought-tolerant plants and support the non-profit. See: slobg.org for more information and deals for Garden Members.

SLO Coast Wine Country is holding its signature Harvest on the Coast” event Friday-Saturday, Nov. 2-4 in Arroyo Grande and Avila Beach.

Friday, Nov. 2 is a special dinner at the Casmatas Estate in Arroyo Grande. The evening begins with a 5:30 p.m. wine reception and dinner is at 6:15. Mingle with local winemakers while Chef Heidi Hornikle of Flora and Fauna catering presents four courses paired with coastal wines from throughout SLO Wine Country. Some lodging is available at the Casmatas Estate. See: slowine.com/events/harvest-on-the-coast/collaborative-winemaker-dinner.php

From noon to 4 p.m. Saturday, Nov. 3 wineries and chefs will be at the Avila Beach Golf Resort for the “Grand Tasting & Wine Auction” with food and wine from more than 60 establishments, live music with the Damon Castillo Band, and a lifestyle auction if wines and getaways, auctions and more. See: slowine.com/events/harvest-on-the-coast.php.

This year’s event benefits RISE, a non-profit organization serving both victims of intimate partner violence and sexual assault/abuse and their loved ones.

Sunday, Nov. 4 is “Surf’s Up Sunday,” where wineries host a day of open house offerings such as hors d’oeuvres, live entertainment and wine discounts. This event is complimentary to all who attend Saturday’s Grand Tasting event.

General admission tickets are $50 offering entry from noon to 4 p.m. Early-entry tickets are $115 and include admission at 11 a.m. and tastings of reserve wines for the duration of the event. Premium seating at the live auction includes tables of eight for $130 with wine service and appetizers. See: slowine.com/events/harvest-on-the-coast.php.

The entry fee covers food, wine and parking.

An Amherst College astronomy professor will be in town to discuss discovering and researching planets outside of the solar system from 7-8:30 p.m. Wednesday, Oct. 24, in the Spanos Theatre at Cal Poly.

...
The RSVP Senior Volunteer Program 55+ has several volunteer opportunities for local seniors to stay active in their communities. Senior Volunteer Services helps seniors match your talents and interests with community needs. Call them at (805) 544-8740 for information on any of these opportunities.

- Morro Bay’s Meals on Wheels needs volunteer drivers. If you can drive, you can make a difference in the quality of life for local seniors. They also need substitute drivers when the need arises for a commitment of approximately 90 minutes. The only requirement is a valid driver’s license and auto insurance.

- The Hearst Castle Visitor Center needs friendly volunteers for its Visitor Center Lobby and the Exhibit Hall. Volunteers are required to complete 16 hours of basic training by staff, including field trips to nearby locations. Volunteers work a minimum of two, 4-hour shifts per month. Volunteers will receive a free membership card to the Hearst Castle and other fringe benefits.

- Transitions Mental Health Association needs volunteers for its upcoming SLO Hotline training. Volunteers are especially needed in the area of crisis and support specialists. Volunteers are trained to staff the county’s only 24-hour mental health support, information, crisis, and suicide prevention line.

- Central Coast Highway Patrol is looking for two volunteers to work in the SLO office one day a week for 4 hours to provide general support for the daily objectives/mission of the CHP.

The Central Coast Community Volunteers ages 50-plus has volunteer opportunities as well.

- United Way of SLO County is looking for volunteers to help coordinate special events, do computer work with spreadsheets, filing, guest greeter, help with parking, special event supplies delivery and special set-up and clean up.

- Central Coast Aquarium of Avila Beach needs volunteers and no prior knowledge of marine science is required, just a love of the ocean and its animals. All training provided. Exhibit Hall volunteers help the public and school groups learn about the marine life. Opportunities also exist to feed the animals and work the front desk.

- SLO-4-PUPS is looking for one or two volunteers each day to help keep the El Chorro Dog Park tidy; sweep walkways and use a leaf blower; keep water bowls filled and refill poop bag dispensers. Bring your dog to work at El Chorro Dog Park in El Chorro Regional Park.

The Community Foundation of San Luis Obispo County will celebrate its 20th anniversary with a special party set for 3-5 p.m. Sunday, Oct. 28 at the historic Santa Margarita Ranch. Tickets are $20 a person and available online at: https://cfsloco20.brownpapertickets.com. The event is hosted in honor of the 20th anniversary of the foundation, whose mission is to support community organizations and projects which enrich and improve the quality of life for local seniors. The event will feature live music and a raffle with prizes to be announced. For more information call (805) 543-2323 or email: info@cfsloco.org.

An Amherst College astronomy professor will be in town to discuss discovering and researching planets outside of our solar system from 7-8:30 p.m. Wednesday, Oct. 10, in the Spanos Theatre at Cal Poly. The event is free and open to the public. Doors open at 6:30 p.m. Kate Follette will explain how, when and where planets form, how astronomers can “de-twinkle” stars to make incredibly accurate observations of faint, distant “exoplanets,” including detecting light from newly formed planets. A question-and-answer session will follow. Follette is a member of the Gemini Planet Imager Exoplanet Survey Team, which recently announced the discovery of Exoplanet 51 Eridani b, a methane-shrouded gas giant similar to Jupiter. The talk is sponsored by the Cosmic Evolution Project and the Cal Poly Astronomical Society. For more information, see: https://evolution.calpoly.edu/exoplanets or call (805) 756-2448. Follette’s website is at: www.katefollette.com.

Wilshire Hospice Center for grief Education & Healing will be holding a grief support group in Coalesce Bookstore’s Garden Chapel, 845 Main St., Morro Bay from 3-4:30 p.m. every third Tuesday each month (Oct. 16). With grief comes mourning, and while mourning brings healing, it’s important to keep in mind the grief process while you are experiencing your loss. Join them in a safe space and share your journey through the grieving process. For more information, see: www.wilshirehospice.org or call (805) 269-0414.

Skeleton Saturday at the Morro Bay Museum of Natural History will celebrate the Halloween season and display the Museum’s vast skeleton exhibits from 10 a.m. to 2 p.m. Saturday, Oct. 20. There will be cool displays, games, demonstrations, skull identification games and art projects, and all centered around skeletons. All ages are invited. Museum admission is adults $3, children under-17 and CCSPA members free. For more information, call the Museum: (805) 772-2644 Ext. 0.

The Estero Bay Republican Women’s Federated, whose members encompass Los Osos, Morro Bay and Cayucos, will have its next monthly luncheon at 11:30 a.m. Thursday, Oct. 18 at The Inn at Morro Bay. For reservations call Gayle at 772-2841. Speaker will be District 35 Assemblyman Jordan Cunningham. Lunch is $22. The Republican Women’s Club promotes a Republican political platform. For membership information call Linda Trahey (805) 441-9306 or email: ltra@thegrid.net.

** Tickets for next February’s Cambria Film Festival are on sale now. Advance tickets sell out quickly! The festival runs 4 days, from Thursday, Feb. 21 through Sunday, Feb. 24 and includes 15 films. **

SLO-4-PUPS will celebrate its 17th Anniversary from 10 a.m. to 2 p.m. Saturday, Oct. 20, at the El Chorro Regional Park, located in El Chorro Regional Park on Hwy 1 across from Cuesta College. SLO-4-PUPS will have light appetizers, cake, drinks, and dog treats. They will make paw prints available for $20 as a fundraiser for the county’s first dog park. SLO-4-PUPS is a non-profit organization responsible for building and maintaining the dog El Chorro Dog Park. Volunteers will assist with construction activities, repairs and daily upkeep of the park, in collaboration with County Parks. SLO-4-PUPS depends upon the generous support from donors and sponsors, who can participate, donations, and support. And bring your pup for the celebration.
Spacex Lights Up The Sky
Framed
By PhotoByVivian.com

If you looked up into the sky at 7:21pm on October 7, you witnessed history being made here on the Central Coast.
SpaceX successfully launched the SAOCOM-1A satellite topped by Argentina’s SAOCOM-1A satellite and landed its Falcon 9 booster back on the landing pad at California’s Vandenberg Air Force Base, the first-ever West Coast landing for the rocket.
Hundreds of people watched from their yards and the beaches of the South County to witness this historic event. For those of us who were on the beach, it sounded like a fireworks display with “oohs’ and “aahs,” cheers and shouts of delight and amazement at the launch, the separation which caused a spectacular light show and then the rocket coming back down to earth.
Community Harvest Festival Contest Winners

Teri Kelley’s Bake Off Competition Winners

Best In Show: Connie Mooney “Dilly Beans” (Sponsored by Mason Bar and Grill)

Most Arroyo Grande: Dave Johnston “Zesty Bread & Butter Pickles” (Sponsored by Qupe & Verdad Wines Tasting Room in Arroyo Grande)

Best Junior Entry (under 14): Sarah Beaudin age 14 “Trick or Treat” ice cream (Sponsored by Doc Burnstein’s Ice Cream Lab)

Best Overall Junior Entry (under 14): Elijah Meek age 7 “Chocolate Fountain Cupcakes” (Sponsored by Rooster Creek Tavern)

Grand Marshal’s Prize: Nini Dookie “Cranberry Streusel Cake” (Sponsored by Arroyo Grande Valley Harvest Festival)

Ice Cream: (Sponsored by Doc Burnstein’s Ice Cream Lab)
1. Sarah Beaudin “Trick or Treat”
2. Connie Mooney “Mint Chip”

Cookies: (Sponsored by Café Andreini)
1. Mia Beck “Tiger Stripe Fudge”
2. Kylie Martell “Pumpkin Pie Sugar Cookies”
3. Abby Boulton “The Cat’s Meow” (in memory of Mr. Patel and his cat)

Autumn Bread: (Sponsored by Imes Family)
1. Nini Dookie “Cranberry Streusel Cake”
2. Brett Beck “Banana Bread” (Gluten free)
3. Patty Popovich “Family Home Pumpkin Bread”

Country Canning: Vegetables (Sponsored by Jaffa Café)
1. Connie Mooney “Dilly Beans”
2. Dave Johnston “Zesty Bread & Butter Pickles”
3. Kimberly Beaudin “Nana’s Pickles”

Country Canning: Jams and Jellies (Sponsored by Villa Cantina)
1. Rosemary Krug “Organic Whole Fruit Mulberry Jam”
2. Dave Johnston “Strawberry Jalapeno Jam”
3. Connie Mooney “Strawberry Blueberry Freezer Preserves”

Autumn Pies (Non-apple): (Sponsored by Rooster Creek Tavern)
1. Nicole Raftery “Backroads Country Pecan Pie”
2. Nicole Raftery “The Baker’s Black & Blue Pie”

Apple Pie: (Sponsored by The Imes Family)
1. Janet Knollenberg “French Apple Tart”
2. Nicole Raftery “Cin-ful Apple Pie”
3. Jessica Iwerks “Aunties Apple Pie”

Scarecrow Contest Winners

Theme: Harvesting Happiness
1st place: James R Murphy Jr, attorney at law
2nd place: City of Arroyo Grande
3rd place: Burke & Face Lumber
Honorable Mention: salon 132

Humor:
1st place: The Hive
2nd place: Trader Joe’s
3rd place: Four Star Village Auto
Honorable Mention: Klondike Pizza

Creativity:
1st place: Wyndham Residence

Spelling Bee Results

Third & Fourth Grades - 13 participants
1st Place - Charlene Cohbs - Third Grade - Branch Elementary School
2nd Place - Bibi Shah - Fourth Grade - Grover Heights Elementary School

Fifth & Sixth Grades - 11 participants
1st Place - Corban Pusey - Sixth Grade - Inspire School (homeschool?)
2nd Place - Adilia Leiva - Sixth Grade - Branch School

Seventh & Eighth Grades - 3 participants
1st Place - Carlos Leiva - Eighth Grade - Paulding Middle School
2nd Place - Clark Stafford - Eighth Grade - Paulding Middle School

Diaper Derby Results

Crawling 6 – 12 months girls
1. Violet Hopkins
2. Aria Manalo
3. Charli Johnston

Crawling 6 – 12 months boys
1. Grayson Gammis
2. Oliver Truesdell
3. Dario Moreno

Toddling 8 – 14 months girls
1. Juliana Friesen
2. Kyra Frick
3. Jessie Melero

Toddling 8 – 14 months boys
1. Conrad Bowdey
2. Jeremiah Lahr

Toddling 15 – 19 months girls
1. Delilah Brunsell

Toddling 15 – 19 months boys
1. Westin Ballentine
2. Hudson Chrispensen
3. Miles Vasquez

Toddling 20 - 24 months girls
1. Nora Mackey
2. Grady Boulton

Toddling 20 - 24 months boys
1. Julian Rodriguez
2. Grady Boulton

Harvest Gone Wild: (Sponsored by Emotions Photography)
1. Lily Meek “Thanksgiving Poem”
2. Nicole Stephens “Butterscotch Apple Spice Cake”
3. Jessica Iwerks “Shelly’s Pumpkin Roll”

Celebrations to Our Winners!

Champions - All About Events ‘Varsity’
2nd Place - Etna Interactive ‘Volcanoes’
1st Losers - Etna Interactive ‘Volcanoes’

“Gucci” Award - The Burt Reynolds’s

Special Thanks to Our Sponsors

Fidelity National Title
"Stop right there."

It was the gun Cassie held that convinced me she was serious. We stood in the glade with green filtered sunlight flooding our confrontation, surrounded by twisted oak trees. I had thought my tryst was with my married boyfriend—he’d been the one who called me—but it seemed it might actually be with death. I knew, from the manic glint in Cassie’s eyes and the white cast to her tight-pressed lips, that one of us would not be leaving this isolated grove. Not alive.

“So, what?” I crossed my arms, hoping the nonchalant gesture would hide my trembling body and racing heart. “You’re going to shoot me? Because of Clayton?”

She simply smiled at me. She glanced at the gun then back at me and her grin widened. Not a good sign.

“You want to talk about it?”

Probably not a smart question, but I was clutching at straws, trying to find anything to stay alive a little longer. I had my own weapon in my boot, but I doubted she’d let me bend down to grab it.

“What’s to talk about?” she finally said. Progress? I wasn’t so sure. “He was mine and now, thanks to you, he’s not.”

“You know, Cassie, if he had really loved you—”

“—he’d not have cheated on me.”

Her mocking tone felt worse than her interrupting my hastily-gathered sentiment. “Spare me, will you? No one has ever been able to resist you, not when you go after them with a forklift.”

“Cassie, please, I didn’t—”

“Shut up!” Again the interruption. Obviously, I wasn’t going to get anywhere with making her listen to me, much less understand. Still, hope springs eternal, right? At least until the bullet shatters your brain. Or heart.

“Don’t you even care about the truth?” I asked. “He came after me. I shut him down. Nothing happened between us.” I hoped she’d believe the lie.

“I don’t believe you,” she whispered, so low I almost missed it. She gestured with the gun. “Move. That way.”

So much for my lying skills. I nodded and took one step back, then another, loath to turn around and put my back to her. With the next step my foot dropped into a gopher hole. I stumbled to the side, then collapsed with a yelp as pain shot up my leg. My backside hit the ground so hard my teeth snapped together, but I ignored the added agony and snatched the knife from my boot. Cassie growled, stepped forward and reached for me. My hand swung back, then forward, and the blade slid between her ribs with surprising ease. I twisted it up until it hit her heart, then gave it another twist. She froze, like a deer in headlights. I yanked the gun from her hand and shoved her away. She hit the ground with a resounding thump. Her breath sighed out. I pulled out the knife, wiped it on her blouse, and watched the light die out of her eyes. Then I sighed as the crackling of footsteps sounded behind me.

“You’re late,” I said as I swung around to confront Clayton.

“‘She’s gone?” he asked.

I shook my head at the calculation in his eyes, and I finally understood who he was. He’d used me to rid himself of Cassie. And if I’d died? For him, that was just collateral damage.

“Yes,” I said as I lifted Cassie’s gun and fired. “And so are you.”

Susan Tuttle, an author, writing instructor, and professional editor, is a member of SLO NightWriters, Sisters in Crime (SinC) and PSWA (Public Service Writers Association). Her new series, set in Los Osos and featuring Skylark, a smart, strong, snarky female PI, will debut in July 2018 with Tough Blood. SLO NightWriters is for writers at all levels in all genres; find them online at slonightwriters.org.
This October, the DANA Adobe Cultural Center will host three evenings of ghost tours featuring chilling reenactments of tragic, terrifying, and true events that took place on Rancho Nipomo during the 19th century. These popular fall tours have been offered for the past two years and remain a favorite with DANA's volunteers and staff as well as visitors.

This year, Death itself will lead the tours in the guise of the Mexican trickster from 1960s Academy-Award nominated film Macario, based on a short story by B. Traven. The movie based on the novel of the same name by B. Traven was the first Mexican film to be nominated for an Academy Award for Best Foreign Language Film.

Costumed interpreters stationed throughout the property will also meet those brave enough to take the tour and relate the stories of their own, often grisly, ends.

"Our lives are all connected by stories," said DANA board member, Helen Daurio, "some light and happy, and others dark and sinister."

Visitors are invited to come early and gather around a campfire outside the new Visitor Center (opened May 2018) and listen to reports of ghostly sightings from staff and visitors. Considering the nature of some of the stories, the DANA recommends attendees be 7-years or older. Visitors should wear warm clothing and good walking shoes.

In 2016, one of DANA's school docents, Colleen Beck, had the idea of putting a program together for Halloween that would take advantage of the Dana Adobe's unique stories without disrespecting the Dana family’s history explained Daurio. The tales are historically accurate, but also because of murders and deaths that occurred at the Adobe, or to people connected to the Adobe, they fit the macabre aspects of Halloween. Daurio said that staff did not know how popular the tours would be, but stated that the turnout was “spectacular” with approximately 300 people coming out for the spooky event.

Tour dates are Saturday and Sundays, October 20, 21, and 28 from 6:30 to 9:30 p.m. Each tour lasts 40-minutes with groups leaving every 15 minutes from 6:45 to 8:45 p.m. Tour will take place at the DANA Adobe Cultural Center is located at 671 S. Oak Glen Avenue, Nipomo. Price of admission is $15 for the general public and $10 DANA Members. Group discounts available and reservations are strongly suggested.

To purchase tickets in advance go to: https://bit.ly/2Odq60B

Established in 1999, the non-profit began with the initial focus to save the crumbling historic Dana Adobe and gain for its state and national recognition.

Over its 16 year history, the organization has acquired 30 acres of surrounding land as well as 100 acres east of the Adobe that is permanently protected. Phase One of the park plan is now under construction with funding from a secured state grant. In addition, the Dana Adobe is now a California State Historic Landmark and is on the Federal Registry of Historic Places, according to the non-profit's website.
Welcome to the October edition of Aging and Still Engaging, presented by the SLO County Commission on Aging (SLOCOA). Colin Quennell, L.M.F.T., who is a program supervisor for the County of San Luis Obispo Health Agency Behavioral Health Department, provided the content for this month’s column.

As the baby boomer generation has entered the aging population, the substance use treatment field has had to change how we understand this community. Baby boomers’ history of higher risk taking regarding substance use now requires greater understanding and effective responses. By far, the dominant substance problem in the senior community continues to be alcohol. Anyone at any age can have a drinking problem, but seniors are also impacted by isolation, loss of support systems, increased sensitivity to alcohol, harmful interactions with medicines, and decreased cognitive functioning. Increased opioid use has clearly hit the senior population with similar concerns and decreased cognitive functioning. It may also worsen some health conditions like osteoporosis, diabetes, high blood pressure, stroke, ulcers, memory loss, and mood disorders. Another side effect of alcohol use in seniors can make some medical problems harder for doctors to find and treat. For example, alcohol causes changes in the heart and blood vessels and simultaneously can dull pain that might be a warning sign of a heart attack. Alcohol and other drugs may cause some people to be forgetful and confused, the very symptoms that could be misdiagnosed as signs of Alzheimer’s disease. In older adults, the risk for falls resulting in hip or arm fractures and other injuries increase by 60% with drinking. Substance misuse and abuse can strain relationships, and at the extreme, heavy use can contribute to domestic violence and elder abuse. In other words, substance use is often a factor when people become violent, as well as when they are violently attacked.

Help with substance use problems is available in SLO County. In my experience working in this field for more than 25 years, there is no upper age limit to begin addressing the problem. “Mike” was 82 years old when he received a letter from an old friend telling him he still cared for him. His wife had passed six months earlier and he had just put his faithful companion dog to sleep. “Mike” had decided earlier that he would drink himself to death. Instead he took a shower, put on a suit and went to his first Alcoholics Anonymous meeting and got sober. He married a year later and is still active in his sobriety at age 94.

Help can be found through SLO County Drug and Alcohol Services, which offers walk-in screening clinics at four locations, and can be reached through a 24-hour line at 800-838-1381. Other resources available are Cottage Outpatient Program, Ken Starr Wellness Group, and The Haven.

The San Luis Obispo County Commission on Aging invites the public to join them at the Veteran’s Hall on Grand Ave. in San Luis Obispo on Friday, October 19 from 10 a.m. – Noon. The topic that day, Predatorial Scams Targeting Seniors, will be presented by Dan Dow from the SLO County District Attorney’s Office. For more information about the SLO County Commission on Aging, visit www.slocounty.ca.gov/coa.htm, or call (805) 235-5779.

Substance Use by Seniors
Lucille Ball was sighted doing some grape stomping at the Wyndham Residence in Arroyo Grande. A scene from one of the most popular “I Love Lucy” episodes where the gang goes to Rome took home first place honors in the creativity division for the annual Harvest Festival Scarecrow Contest.

Activities coordinators April Mcclaskey and Jerri Kendrick decided to recreate the scene after showing the episode to residents who loved the show. “They were so happy that we won,” said Mcclaskey. “When we were building it, they said we would win first place. They came and gave us hugs.”

Following the theme of the Harvest Festival, Harvesting Happiness, a tree was placed in the entryway of the independent and assisted living facility where folks could hang notes of what makes them happy. The handwritten notes included being active, petting a puppy and playing bingo among others, which Kendrick and Mcclaskey always try to deliver on.

“That’s our job to make them happy,” said Kendrick. Wyndham Residence is located at 6012, 222 S Elm St, Arroyo Grande. The display will be up through the end of the month.

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* Annual Percentage Yield (APY) effective 10/05/2018. CDs offered by Edward Jones are bank-issued and FDIC-insured up to $250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).
What is your career?
Doukas: I am a certified shorthand reporter, a court reporter, state and federally certified.
Shah: I worked as a professional engineer and work for San Luis Obispo County Department of Public Works. I have worked in the public and private sectors, been a private business owner, and have perspective on many aspects of the business and professional communities.
Nicolls: I worked in business offices all my adult life, from bookkeeper while raising two children and one grandson; and maintaining a 56-year marriage. Since moving to Grover Beach in 2000, my vocation has been running a small business with my husband.

Why are you running for mayor?
Doukas: I am running for mayor because I want Grover Beach to move forward on the path we have been planning for these demands in our community, such as more street lighting, sidewalks and sidewalk repair, police and fire equipment, and repair, maintenance and improvement of our main streets, particularly Grand Avenue and South 4th Street.

Lee: I am running for mayor because I love Grover Beach and I want to make a difference in our community. Having served on the council since 2012, there are many great projects that need to be completed. I have the skills to build consensus and keep the city moving forward. Let’s finish what we’ve started!

Peterson: I want the people of Grover Beach to have a choice of candidate. I have been a connection between our train station expansion, to three projects that have never come to fruition. Our city has paid in a corporate litigator for seven years. I have been working in business offices all my adult life, from bookkeeper while raising two children and one grandson; and maintaining a 56-year marriage. Since moving to Grover Beach in 2000, my vocation has been running a small business with my husband.

Why are you running for city council?
Nicolls: I assisted in two campaigns for council for my husband, Bill, and became dedicated to our community. When he ‘termed-out’ in 2014 I decided not to waste the history and knowledge of other agencies and ran unopposed.

Robert: To serve my community. I would like more transparency on the city council by the city council members and the mayor.

Lee: In coordination with community outreach and input, the cannabis funds should be considered one-time funds and used to complete city improvement projects such as water and sewer infrastructure, installing sidewalks and paying down future PERS liability. Similarly, the TOT funds should be used to complete projects that benefit the city, be aware of the build-out figure designating the growth of our community, to plan land use projects and implement strategic planning for the benefit of our city, to hold our finances accountable to the citizens of Grover Beach, to be concerned in matters that are of importance to our citizens and the business community, remain an honest and trustworthy person.

For you, what is the job description of a mayor?
Nicolls: I'm currently reading several books including "The Go-Giver – A Little Story About a Powerful Business Idea" by Dan Brown, "The Story of Sherlock Holmes" by Sir Arthur Conan Doyle, and re-reading "Toxic Charity" by Robert Lupton. However, the book I most recently finished was "Origins" by Edward O. Wilson.

Robert: As with all council members, the mayor is one of 5 votes and represents the people of Grover Beach and their best interest. The mayor is the ceremonial representative and spokesperson for the city and chairs council meetings. State law requires the mayor to sit on the South SLO County Joint Powers Board. The mayor is the city council representative on the Beach Front Lodge Joint Powers Authority.

Robert: To act as the legislative branch for the city, to be involved in making policy, to set and work on the city's goals, to approve major projects that benefit the city, be aware of the build-out figure designating the growth of our community, to plan land use projects and implement strategic planning for the benefit of our city, to hold our finances accountable to the citizens of Grover Beach, to be concerned in matters that are of importance to our citizens and the business community, remain an honest and trustworthy person.

What was the last book you read?
Doukas: Just finished John Grisham’s "Camino Island" and on to "The Meaning of Human Existence" by Edward O. Wilson.

Lee: I am an avid reader. I read a lot between my roles as city council member, Vice-Chair of the Homeless Services Oversight Committee, and Vice-Chair of the Air Pollution Control District. The last book of note I read is "Girls Forever: An Unauthorized Look Behind the Lana" by Jim Colucci. I used to watch that TV show with my mom and grandma, and I’ve always loved it.

Robert: "Washed in Gold: The Story Behind the Biggest Money-Laundering Investigation in U.S. History" by Ann Wolfinger

Nicolls: "Hide" by Lisa Gardner (a real cliff-hanger mystery)

Robert: "Jonathon Livingston Seagull" by Richard Bach.

How do you plan to use funds from the growing cannabis industry and transient occupancy tax (TOT)?
Doukas: If we ever get there, that is, actually receiving TOT and cannabis industry moneys, we need to start getting this city on the right track to fiscal health, increased consistent revenue, much needed transparency in our local government, cleaning up this town, and to start listening to the citizens, which are our most valuable asset—they have a lot to say and as I cannot put them in letters, it is up to an unhappy citizens...

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Empty Bowls Event is Huge Success
Photos by PhotobyVivian.com

The seventh annual Empty Bowls Community Luncheon raised about $45,000 for 5Cities Homeless Coalition programs and services in southern San Luis Obispo County.

Over the course of two and a half hours, more than 800 people ate soup and bread served by 30 local public servants and celebrities. They consumed more than 125 gallons of soup and dozens of loaves of bread provided by 25 local restaurants and bakeries, eating out of hundreds of handmade bowls selected from and donated by local artists and students.

Twenty-five local restaurants donated bread or at least five gallons of their signature soups, and ceramic and wooden bowls were created by a variety of professional artists, Pottery Coast and Anam-Cré pottery studios, Central Coast Wood Turners, and instructors and students at several local high schools and Allan Hancock College. Thanks to Altrusa International of Cinco Ciudades, students from Oceano Elementary and Lopez Continuation High School decorated more than 100 bowls specifically for the event.

See more photos at PhotoByVivian.com
Playground, from page 1

The Parks, Recreation and Beautification Commission (PRBC) identified several Capital Improvement Projects to take place throughout the city utilizing Park Development Funds. A high priority for the PRBC was to renovate the play areas at Spyglass and Dinosaur Caves parks as both are used by locals and visitors.

"The goal for the Parks and Recreation Commission for both projects was actually to make the equipment more playable and more useable for all ages," Colleen Ghiglia, city recreation manager, told the council.

The existing playground at Dinosaur Caves Park consists primarily of passive equipment (concrete statues) and does not encourage active play. "Oreo," a statue of a killer whale that was originally placed in the park, broke apart and had to be removed further reducing the amount of playable structures.

The purpose of this project is to add more active equipment to the current playground that will be physically and mentally challenging and will increase the playability of the park for all ages.

Ghiglia said some of the remaining statues would remain because they represent the theme of Dinosaur Caves Park, but new equipment would have a different focus. "What they (PBRC) were looking at ideally for the playground was to look at more playable equipment," she said.

You won't see some of those themes carried out at Dinosaur Caves Park because as you get the themes, the structures and the stories, your cost skyrocket and the play value of the equipment goes down.

Planned equipment for the park include a challenging obstacle course of climbers and slides, a spinning net climber, various other climbers, a friendship swing that can fit two adults, traditional belt swings, an Omni Spinner, which is more of a carousel, and multiple slides. The PBRC has requested that more tot swings be added.

"One of the key elements to the playground is a globe in the middle structure," said Nate Stutz of RecWest. "That is our Global Motion. It is one of my favorite pieces of playground equipment that we have. That thing actually rotates fully around and kids can climb inside of it and sit and top and they can climb on the outside of it. It is really great for kids of all ages."

Upcoming projects planned for Dinosaur Caves Park include expanding the parking lot and installing larger restrooms. The existing ones would be moved to Price Historical Park.

The current equipment at Spyglass Park was installed in 1995. The council requested that the equipment be replaced with newer, safer equipment. The existing playground currently geared towards children ages 2 to 5 years of age and the new playground will be usable for ages 2 to 12.

"At Spyglass Park, there is sort of a small ship theme," said Stutz. "We wanted to keep with that sort of nautical theme, but incorporate more challenging equipment for older children as well. We also wanted to keep in mind that there are a lot of residents that live close by. A lot of the equipment that we chose has cable apparatuses on them to promote transparency, so they weren't really obstructive pieces."

Plans for the new equipment include a climbing tower for multiple children with a big slide at the top, a boat theme with a spyglass, a spinner, swings, diggers in a small sand area and various other climber type structures. The PBRC has requested a pirate theme be considered if not cost prohibitive.

"In this playground you will have a more modern theme built with some traditional play structures as well," Stutz said. "I think that combination fits all angles."

Not to be left out of the fun, members of the council asked if adults could use the equipment.

"Just think this is fabulous," said Councilwoman Marcia Guthrie. "Looking at the pictures of the structures that you are going to put on there, I was actually thinking, 'Oh God, that would be fun. This is just going to keep them engaged. Can some of those handle adult weight?'"

The answer, yes they can.

"Maybe when we have the ribbon cutting, the council members get to try it out," said Mayor Ed Waage.

Six design proposals were received. The proposal from RecWest, Inc. was selected through a competitive process by a panel of city staff and PBRC member. The total expected project price breaks down to about $245,000 for RecWest agreement, $175,000 for construction and $17,500 construction contingency for a total price tag of about $437,000.

The project is currently out for bid for construction. Bids are due by October 18.
Registered voters should have gotten a sample ballot in the mail by now, as the County Clerk-Recorder said he sent them out Sept. 27. And if anyone is interested in a short-term job, Tommy Gong is looking for poll workers.

The County Voter Information Guides for the Nov. 6, 2018 General Election contain a copy of the ballot races and candidate statements specific to a voter’s ballot, the voter’s polling place, and an application for a vote-by-mail ballot.

That mailing went out to registered voters as of Sept. 27, Gong said. Voters with permanent, vote-by-mail status and those residing in vote-by-mail precincts, will get their local candidate information along with a mail-in ballot starting Monday, Oct. 8 (which is Columbus Day, so don’t expect mail delivery).

All households with registered voters will also be receiving the State voter information guides, which Gong said contain information about the statewide propositions and candidates.

If anyone is unsure of their registration status, Gong said they should contact the County Elections Office, because Monday, Oct. 8 is the last day to register in order to receive the County sample ballot booklet and State information guide.

Anyone registering to vote after Oct. 8 and before the final drop-dead registration deadline of Oct. 22 will receive only a postcard notification with his or her polling place.

Voters can also use the State’s online registration system to register to vote, see: www.slovote.com.

The County Clerk-Recorder’s Office also needs poll workers and “Adopt-a-Poll” groups to staff the polls for the Nov. 6 election. Gong said the County employs approximately 1,000 precinct workers to work at the polls on Election Day. Poll workers must be at least 18-years old, a U.S. citizen and a registered voter in California or a lawful permanent resident of the United States.

“Be part of democracy by performing your civic duty assisting voters on Election Day,” urged Gong.

Adopt-a-Polls can be used as fundraisers for service clubs, church groups, and non-profit organizations where groups utilize their members to fill the poll worker slots at a precinct, working in shifts.

An organization can earn from $448-$525 for working on Election Day and attending the precinct worker training sessions. For more information, and complete the online poll worker application, contact the County Clerk-Recorder’s Office at: www.slovote.com, via email at: precinctworker@co.slo.ca.us, or call (805) 781-4989.
Since 1903, baseball’s American and National Leagues have ended their seasons seeking to crown a Championship team during the World Series.

San Luis Obispo’s Dan Hruby covered many World Series before he retired in 1965 from a 45-year career as a sports journalist/columnist for the San Jose Mercury News. He wrote in his last published column, “I never envisioned in 1950 that I would have opportunities to cover eight Olympics, not to mention innumerable World Series, Super Bowls, Kentucky Derbies, British Opens and championship fights.”

Hruby first flowed ink in his veins working for the Daily Independent as a teenager in Grand Island, Neb., before the family moved west. While attending San Jose State and editing the Daily Spartan, he happened to answer the phone when the San Jose Daily News was looking for a summer replacement. He took the job looking for a career, but timing was such he was drafted into the Army during the Korean War to serve two, non-combat years in counter-intelligence stationed in Baltimore. The good news is that’s where he met the love of his life and bride, Gerry.

He became the first full time baseball writer for the Mercury News after the rumor was confirmed the New York Giants would be moving to San Francisco. “I was competing for every story,” he said. “You had to be very creative to write three or four columns a week.”

At the same time, area sports reporters, including San Francisco’s Chronicle and Examiner, were buddies and competitors for the most unique — the most read — scoops and commentary. Covering the teams meant road trips away from family that could last up to 21 days, six cities in seven days.

Hruby’s San Luis Obispo home office is full of photographic memorabilia with tales to tell his friends and family since he and Gerry relocated next door to his daughter, Jane. Hind. He was first to write a column about Willie Mays in 1958. Joe DiMaggio was his golfin’ buddy and preferred not to talk about Marilyn Monroe, especially her famous photo with her skirt flying up around his waist.

In 1968 he was invited to play the Bing Crosby/Tennessee Ernie Ford annual charity golf tournament. He noticed some “cheating” happening on Dean Martin’s team and told Crosby, who said, “The fun seems to be a little out of control. It won’t happen again.” Hruby also covered Olympian Peggy Fleming’s efforts to establish an eye program for people with problems and the Holmes vs. All fight and took a picture of Ali’s tablet doodles for an autograph.

Some of his favorite memories were reported in his final column: the U.S. Hockey team beating the Soviets in the 1960 and 1980 Winter Olympics; the rush he got when Billy Mills shocked all by seeming to get an extra burst to win the Olympics’ 10,000 meter in Tokyo in 1964; the surprise he and others experienced at Candlestick Park during the 1989 World Series Earthquake; and amazement in the 1970’s attendance success of the San Jose Earthquakes.

“This was the Golden Age of Journalism,” Hruby said, “with Joe Montana quarterbacking the 49ers and [head coach] Bill Walsh.” Walsh was developing and popularizing the West Coast offense while coaching at Stanford and the San Francisco 49ers, then broadcasting and writing.

“Everybody was looking for a scoop,” he said, Hruby’s big one came in 1966 while playing golf, then having dinner with Joe DiMaggio at the popular Paolo’s in San Jose. “Sandy Koufax is retiring,” he told me. It was at the peak of his career.” Hruby’s scoop came out several months before Kofax made the announcement, and broke the hearts of Dodgers fans everywhere.

During the 1972 Munich Olympics, he and fellow journalists were not only there during the shooting of the Israeli athletes, but thought nothing of the danger they were in as they stood, “…a few yards from negotiations between the German Government and terrorists, as huge tanks rumbled past…The Germans were in tears not believing it could happen under their noses.”

One column Hruby did during the time was about his friend Mark Spitz, who had just won his seventh Gold medal and intended to celebrate, but it was rumored he was Jewish so they whisked him away for his own protection.

When Clint Eastwood started a Pro/Amateur Charity Golf Tournament with guest players such as John Wayne, he came to Hruby and said, “I need publicity.” He and Gerry got to view the 1975 filming of Eastwood’s “Eiger Sanction.”

He was only frightened once on the job. It was the late 1950s. He was wrapping up the paper for the evening. The door was unlocked and “…a shabby guy came in ranting. I walked up to him and all he wanted was a story. I was able to calm him down.”

“It was also the Golden Age of Baseball,” Hruby declared. He was proud to be there working the desk and writing their stories. So many more stories to tell and not enough room to share them, but life is good in San Luis Obispo being with family instead of on the road.

Freelance writer, columnist and author of “Colonel Baker’s Field: An American Pioneer Story,” Judy Salamacha’s is a regular contributor to Simply Clear Marketing & Media. Contact her at: judysalamacha@gmail.com or (805) 801-1422 with story ideas.

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We've still got a couple of months left in 2018, but it's not too soon to start thinking about some year-end investment moves that might benefit you. Here are a few possibilities (although not all will apply to your situation):

- **Add to your IRA.** For the 2018 tax year, you can put up to $5,500 into your traditional or Roth IRA (assuming you are eligible), or $6,500 if you're 50 or older. If you haven’t reached this limit, consider adding some money. You have until April 15, 2019, to contribute to your IRA for 2018, but why wait until the last minute?
- **Increase your 401(k) contributions.** You already may be investing in your 401(k) or similar employer-sponsored retirement plan, but you might be able to bump up your contributions for the rest of the year, possibly bumping you over the limit. Of course, you should always put in enough to earn your employer's matching contribution, if one is offered.
- **Take your RMDs.** If you are 70½ or older, you must start taking withdrawals — called required minimum distributions, or RMDs — from your traditional IRA and your 401(k) or similar retirement plan. Generally, you must take these RMDs by December 31 every year. But if you turned 70½ in 2018, you can wait until April 1, 2019, until you take your first RMD. However, you will then have to take a second RMD (the one for age 71) by December 31, 2019. Taking two RMDs in one year could give you an unexpectedly large taxable income for the year, possibly bumping you into a higher tax bracket and affecting the amount of your Social Security benefits subject to taxes. So, if you are considering delaying your first RMD, consult with your tax advisor.
- **Make changes in response to life events.** In 2018, did you experience a major life event, such as a marriage, divorce or addition of a child? Or did you change jobs or retire? Any of these events could lead you to adjust your investment plans, so now may be the time to do so, possibly with the help of a financial professional.
- **Review your investment mix.** At least once a year, it's a good idea to review your investment mix to ensure it's still suitable for your goals and risk tolerance. Sometimes, even without your taking any action, your portfolio might change in ways you hadn’t expected. For example, suppose you wanted your portfolio to contain 60% stocks and 40% bonds and other investments. After a period of rising prices, though, the value of your stocks may have increased so much that they now occupy 65% of your portfolio – which means you may be taking on more risk than you had originally intended. Consequently, you may need to rebalance your portfolio to get back to your original 60% to 40% ratios. (Keep in mind that these figures are just for illustration; everyone’s ideal portfolio mix will depend on their individual situations.)
- **Revisit your retirement planning.** If you haven't reached this limit, you will then have to take a second RMD (the one for age 71) by December 31, 2019. Taking two RMDs in one year could give you an unexpectedly large taxable income for the year, possibly bumping you into a higher tax bracket and affecting the amount of your Social Security benefits subject to taxes. So, if you are considering delaying your first RMD, consult with your tax advisor.

**Financial Focus**

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- **Increase your 401(k) contributions.** You already may be investing in your 401(k) or similar employer-sponsored retirement plan, but you might be able to bump up your contributions for the rest of the year, possibly bumping you over the limit. Of course, you should always put in enough to earn your employer’s matching contribution, if one is offered.
- **Take your RMDs.** If you are 70½ or older, you must start taking withdrawals — called required minimum distributions, or RMDs — from your traditional IRA and your 401(k) or similar retirement plan. Generally, you must take these RMDs by December 31 every year. But if you turned 70½ in 2018, you can wait until April 1, 2019, until you take your first RMD. However, you will then have to take a second RMD (the one for age 71) by December 31, 2019. Taking two RMDs in one year could give you an unexpectedly large taxable income for the year, possibly bumping you into a higher tax bracket and affecting the amount of your Social Security benefits subject to taxes. So, if you are considering delaying your first RMD, consult with your tax advisor.
- **Make changes in response to life events.** In 2018, did you experience a major life event, such as a marriage, divorce or addition of a child? Or did you change jobs or retire? Any of these events could lead you to adjust your investment plans, so now may be the time to do so, possibly with the help of a financial professional.
- **Review your investment mix.** At least once a year, it’s a good idea to review your investment mix to ensure it’s still suitable for your goals and risk tolerance. Sometimes, even without your taking any action, your portfolio might change in ways you hadn’t expected. For example, suppose you wanted your portfolio to contain 60% stocks and 40% bonds and other investments. After a period of rising prices, though, the value of your stocks may have increased so much that they now occupy 65% of your portfolio – which means you may be taking on more risk than you had originally intended. Consequently, you may need to rebalance your portfolio to get back to your original 60% to 40% ratios. (Keep in mind that these figures are just for illustration; everyone’s ideal portfolio mix will depend on their individual situations.)
- **Revisit your retirement planning.** If you haven't reached this limit, you will then have to take a second RMD (the one for age 71) by December 31, 2019. Taking two RMDs in one year could give you an unexpectedly large taxable income for the year, possibly bumping you into a higher tax bracket and affecting the amount of your Social Security benefits subject to taxes. So, if you are considering delaying your first RMD, consult with your tax advisor.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Sarah Santana is a Central Coast local, she earned her bachelor’s degree in Business from California Polytechnic State University in San Luis Obispo. She holds a Series 7, a Series 66 and a Life Insurance License. At the age of 18 she found herself homeless, working 3 jobs and putting herself through college. Her intrinsic desire to learn about investments was a passion from a very young age. Sarah has been serving investors for 19 years and has clients in 12 different states. She is a board member of The Morro Bay Community Foundation and a Morro Bay Rotarian. Sarah currently is a Financial Advisor for Edward Jones Investments in Morro Bay. Her proudest accomplishments though are her 2 children, Noah & Bella.
**Meathead Wine Storage, Speed Dating for Businesses and 5G Comes to SLO County**

Compiled by Mark A. Diaz

Left to Right: Rabobank Chairman Community Leadership Groups, Steve Harding; Rabobank Director of Wealth Management, Kandy Noel; Rabobank Vice President and Branch Manager, Lisa Adams; MCSC Program Director, Chuck Jehle; MCSC Board Member, Mike Chen; MCSC Consultant, Steve Mathis; MCSC Program Coordinator, Niesha Diaz; and MCSC Consultant and Instructor, Gabe Quirroz

**Dignity Health Central Coast**

Dignity Health Central Coast hospitals recognize the significance of October as National Breast Cancer Awareness Month and urge women to schedule their annual breast exams. Dignity has partnered with many local organizations to offer free screening mammograms year round to those who may otherwise not afford them. A busy life should not get in the way of early detection. Schedule a mammogram today by calling AGCH Coastal Diagnostic Center (805)348.4705; FHMC Women’s Health and Imaging Center (805) 597.6700; FHMC San Luis Diagnostic Center (805) 542.9700 or MRMC Breast Imaging Center at Mission Hope Cancer Center (805) 436.4949

**Score**, a non-profit business resource center, will host a workshop entitled Growing Your Business with Relationships: Speed Networking & Elevator Pitch Workshop on Friday, Oct. 12 from 11:30 a.m. to 1:00 p.m. at Ludwick Community Center located at 864 Santa Rosa St, San Luis Obispo. The workshop aims to help business owners to create a 30-second elevator pitch with expert guidance and feedback. Attendees learn how to use speed networking to maximize time investment and to master the “give first” approach to grow business relationships faster. Workshop presenter, Megan Barnhard, specializes in connecting businesses with their ideal customers through strategic storytelling.

The **Association of Fundraising Professionals** San Luis Obispo County Chapter (AFP SLO) announced the fourth annual celebration of National Philanthropy Day (NPD) in San Luis Obispo County. This year’s Philanthropist of the Year Award will go to the Harold J. Mossi Charitable Trust, Howard Carroll, Trustee. AFP President’s Award will be presented to Gil Stork, past president of Cuesta College, honoring his many contributions to creating a culture of philanthropy in San Luis Obispo County. A luncheon celebration will be held at the Embassy Suites Hotel located at 333 Madonna Rd, San Luis Obispo on Thursday, Nov.15 from 11:45 am-1:30 pm. Admission is $50 per person. For more information or to purchase tickets for the event, please visit afpsloco.afpnet.org or email afpsloco@gmail.com.

The **James Agency** (TJA), a Scottsdale-based integrated advertising, public relations and digital marketing firm, announced its expansion into the California market with two new clients: Travel Costa Mesa and The Cliffs Hotel and Spa. “This is a significant stepping stone in a greater growth plan for The James Agency,” said Veronique James, CEO of The James Agency. “Our firm has specialized in supporting hospitality and lifestyle brands in the Valley of the Sun for 13 years.” The Cliffs is a seaside getaway in Pismo Beach, California offering 160 guest rooms, a full-service restaurant, a newly renovated spa and panoramic ocean views.

A new farm stand offering produce grown on San Luis Obispo’s only urban farm is now open to the public on Wednesday afternoons from 3 to 6 p.m. **City Farm SLO** located off Los Osos Valley road at 1221 Calle Joaquin will feature a variety of pesticide and synthetic fertilizer-free freshly harvested vegetables grown onsite by tenant farmers and students from Pacific Beach Continuation High School’s twice-weekly Farm Class. On Sunday, October 21 the entire farm will celebrate the Second Annual Fall Harvest Festival. The current list of produce includes heirloom and cherry tomatoes, cucumbers, corn, carrots, green beans, sweet and hot peppers, pumpkins, summer and winter squash, beets, peas, and certified organic turmeric and ginger. For more information, visit centralcoastgrown.org.

Central Coast non-profit organization **Peoples’ Self-Help Housing (PSHH)** celebrated its grand opening of Casas de Los Carneros Apartments.

Mission Community Services Corporation’s (MCSC) Women’s Business Center announced Rabobank’s continuing support of $5,000. “Each year the Women’s Business Center is able to expand its reach through its local sponsors,” said Program Director, Chuck Jehle. “We count on these loyal funding streams to support our programs. Rabobank has supported countless women business owners since 2011, through its donations and we are so grateful.” The banks donation assists in the development and delivery of the Women’s Business Center (WBC) programs including free business consulting, workshops, and low-cost entrepreneurial training programs.

**Mission Community Services Corporation** (MCSC) Women’s Business Center announced its expansion to the California market with three new clients: Meathead Wine Storage, Speed Dating for Businesses and 5G Comes to SLO County. Meathead Wine Storage, an extension of Meathead Movers, the family-owned student athlete moving company, announced the opening of its professional grade wine storage facility located at 4468 Broad Street, Suite 110, San Luis Obispo. The space includes 427 self-storage units...
Field Day Opening Ceremony.

The school celebrated the recognition of Oct. 5 during its Tiger Challenge. County receiving the honor this year. Schools in the United States receiving the prestigious 2018 National Blue Ribbon. Elementary (TE) has been awarded the honor.

SunWork Renewable Energy Projects will host a solar energy presentation at the Ludwick Community Center located at 864 Santa Rosa St., San Luis Obispo on Saturday, Oct 13 from 11:30 a.m. to 1 p.m. The free event will feature presentations by experts about solar, heat pumps, EVs. Afterward (between 1 – 5 p.m.), the public will have the opportunity to visit the open houses around SLO that have solar equipment. On Saturday, Oct. 6, the SLO Chamber of Commerce held a ribbon cutting that celebrated the membership. The ceremony took place during a solar installation at the home of Eric Veium, Chair of the SLO Climate Coalition.

The US Department of Education recently announced that Teach Elementary (TE) has been awarded the prestigious 2018 National Blue Ribbon Schools Award as an Exemplary High Performing School. TE is one of 349 schools in the United States receiving this honor and one of only 12 schools in the state of California. Teach Elementary is the only school in SLO County receiving the honor this year.

The SLO Chamber celebrates the grand opening of member, Woodstock’s Pizza’s grand re-opening, with a ribbon cutting ceremony. After months of renovations and remodel, Woodstock’s Pizza in San Luis Obispo is back and better than ever. In addition to completely renovating the main restaurant, they have doubled in size by adding the ultimate Backyard oasis, with new amenities such as a full space with new amenities such as a full size by adding the ultimate Backyard oasis, with new amenities such as a full bar, fireplace and picnic tables, two new bars, giant games, an expanded arcade, gelato, extra dining space, and more, according to the website.

Valpak, a direct marketing advertising company, temporarily changed the color of their coupon envelopes from blue to pink in support of breast cancer awareness month. The pink envelope introduced related sweepstakes, inviting consumers to nominate a hero who has taken action in the fight against breast cancer. The nationwide October Valpak envelope, in mailboxes Oct. 3-6th on the Central Coast, also featured a special surprise for 500 lucky recipients, who will instantly win an immersion blender courtesy of KitchenAid by looking through their pink Valpak envelopes and finding a die-cut certificate shaped like an immersion blender. In addition, the company’s nationwide salesforce has reached out over the past few months to local advertisers and together have collected over $155,000 in donations in the fight to save lives.

Country Real Estate announced the addition of five new agents to their team of realtors; Tim and Sheri Parrish, Kim Phillips, Stephanie Villanueva and Chris Temple. "We are excited about the most recent additions to the team," said Kandie Frederick, owner of Country Real Estate. “The market is growing, and we are thrilled to grow with it and offer real estate agents with a variety of specialties.” For any questions regarding local real estate activity or to contact any of the agents, call the office at (805) 239-9566 or email agent@countryrealestate.com. Additional resources are available online at www.countryrealestate.com.

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AT&T announced the launch of its 5G Evolution network in the San Luis Obispo and Santa Barbara regions on Oct 4. Already in 239 different areas, the company plans to offer 5G up to 400 additional locations by the end of the year. AT&T states that with 5G connectivity, capable devices can reach theoretical peak speeds of at least 400 megabits per second. However, this boast comes with a disclaimer. In a press release, the company also states that it is laying the foundation to secure a mobile 5G platform. The telecom company estimates that it has invested $70 million in both the Santa Barbara and San Luis Obispo areas wireless and wired networks during 2015-2017.

Welcome to SLO Chamber

The SLO Chamber celebrates new member, Purlieu Landscape Design + Build, with a ribbon cutting ceremony.

Purlieu Landscape Design + Build builds relationships with their clients through a unique creative process involving the client throughout the entire development of the landscape. From initial design consultation, to the completed construction, and to years down the road, Purlieu strives to give their clients a complete package of service and love; according to the Facebook page. For more information, visit purlieulandscapes.com.

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JEFF LEE FOR MAYOR As Mayor of Grover Beach, Jeff Lee’s goals include: Fixing our Streets with Measure K-14 funds; Improving Pedestrian Safety by building sidewalks to help our kids get to school; Increasing Police Patrols by authorizing full department staffing; Helping our Firefighters by supporting for a new fire engine to improve public safety; Improving our economy by supporting development of new hotels, the fiber network and the cannabis industry. Jeff’s goals also include support and compassion for the homeless population while advocating for local residents and the business community. Vote “Jeff Lee for Mayor of Grover Beach” in November 2018! Paid for by Committee to Elect Jeff Lee Grover Beach Mayor 2018 (ID#1393232).

www.jeffleeforgbmayor2018.com

MEGAN’S ORGANIC MARKET was founded in 2013 by Megan and Eric as a response to the lack of verifiably organic medicine available to the medical cannabis community. Our mission is to improve the health of our community by providing safe and reliable access to quality organic medical cannabis and by supporting development of new hotels, the fiber network and the cannabis industry. We service all of SLO County. Call us for a delivery today!

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SHORELINEcalvary

We are excited about our new Anchor Groups which are small communities of Christ followers and Christ seekers. Anchor Groups work in conjunction with the larger Shoreline gatherings for the purpose of God’s own special people bringing Him glory.

(805) 772-8525  www.shorelinecalvary.org
Plum Cake

**Ingredients**
- 2 1/2 cups plums, sliced
- 1/2 cup heavy cream
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon freshly grated nutmeg
- 1 egg
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1/2 cup butter, chilled and cubed
- 1/2 teaspoon vanilla
- 2 tablespoons heavy cream

**Custard Topping:**
- 1/2 cup heavy cream
- 1/2 cup sugar
- 1 egg
- 1 teaspoon vanilla

**Directions**

Preheat oven to 350°F. Line a springform pan with parchment underneath the center plate and up the inside of the removable sides. You can pleat the sides as you line the pan. This is to ensure no leakage. Lightly spray the bottom and sides with cooking oil.

In a medium bowl, toss the sliced plums with the cinnamon, sugar and nutmeg. Set aside.

In a large bowl, stir together the flour, sugar and baking powder. Add the chilled cubes of butter and cut in with a pastry blender or knife to form coarse crumbs. In a small bowl mix 1/2 teaspoon vanilla, 2 tablespoons cream and 1 egg. Add to flour mixture and stir until just combined.

Turn the dough to the bottom of the pan and press it evenly with your fingers. Arrange the plums over the batter and bake for 35 minutes.

While the cake is baking, prepare the custard topping by whisking together 1/2 cup cream, 1/2 cup sugar, 1 teaspoon vanilla and 1 egg. When the cake is done baking, pour the custard over the plums and return to the oven for approximately 20 minutes until the custard is set.

Cool before eating and serve warm or chilled. Store it in the refrigerator.

Kathleen Snyder is a food caterer, educator and blogger currently partnering with Talley Farms Fresh Harvest CSA providing recipes showcasing their produce. She is a San Luis Obispo County Yelp Elite reviewer and also writes reviews on Delish-Dish.com for restaurants all over the world.

**Here are my top 10 “Pet Peeves”**:

1. People who don’t try their best. This includes both patients and their therapist!
2. Physical therapists who assign exercises and never place their hands on the patient to determine and try to correct biomechanical imbalances. There is a tremendous amount of education that goes towards our degrees which sets us apart from well-trained personal trainers who can also do an excellent job in assigning exercises. Physical therapy is beyond just exercises.
3. Physical therapists who don’t integrate education into their rehabilitation. An assessment of the patient’s lifestyle is extremely important to determine if there are activities the patient is doing regularly that may be aggravating their symptoms. As a physical therapist, it is our responsibility to educate and empower the individual so that they understand their circumstances and changes are long lasting.
4. Patients who are not doing their assigned exercises and are expecting faster results. Homework is assigned for a reason; whether to increase your range of motion, build strength so that you can hold changes occurring in physical therapy or rebalance your muscles to prevent re-injury. Statistically, those who are compliant with their home program have better results.
5. A physical therapist who is not doing their best to figure out what is going on with a patient and still expecting results. Even worse is the therapist being “lazy” and then attributing the lack of progress solely as the patient’s responsibility.
6. Any healthcare practitioner who doesn’t admit to their limitations and is unwilling to refer out to another healthcare practitioner who may better assist the patient along in their rehabilitation process.
7. Insurance or financial limitations that prevent the physical therapist from doing what they need to do in the appropriate time frame.
8. Patients who feel there is no hope. It is understandable that pain can be debilitating and have a devastating impact on your life. However, when the therapist must be an ongoing cheerleader, it takes energy away from directing effort toward rehabilitation.
9. Extensive documentation requirements that take away from valuable time to treat a patient. Progressively through the years, the paperwork patients must fill out has become more extensive as is the documentation required by healthcare practitioners to abide by insurance requirements and regulations.
10. Being late. This is both for the patient and the physical therapist. Time is set aside towards your care and is valuable for both the patient and therapist. Being on time is one of the ways that we can show respect for each other’s schedules.

Michele S. Jang

PT is a physical therapist who likes to look outside the box. A physical therapist for 24 years, she has extensive training in manual therapy or the use of hands to help rehabilitate the body. She has taught in the United States and abroad. A team of therapists at her clinic, Spirit Winds, offers an array of expertise on post-surgical rehabilitation, low back and joint pain, pelvic floor rehab, exercise, fall prevention, body mechanics, proper breathing technique to increase awareness and healing. There is hope and treatment with dignity and respect. If you have questions about what is going on with your body and don’t know if PT is right for you, Spirit Winds offers Free Consults on Tuesday afternoons. Call 805-543-5100 or request a consultation at info@spiritwindstherapy.com.

**COLD BEER & HAIR CUT**

*Stay Sharp & Look Good*

Because dudes need a little pampering too...
Autumn is the ultimate time for outdoor dining. For your next gathering, bring the party out to the deck or patio for an evening of enjoyable light bites and delicious wines.

If you need some inspiration to create a delectable spread, one resource is St. Francis Winery and Vineyards, a certified-sustainable winery in Sonoma County, California. The winery offers luscious, fruit-driven varietal wines and a food-pairing program voted #1 Restaurant in America by OpenTable. If you are hosting an autumn gathering, elevate the evening with some tips and pairing ideas from the winery’s culinary team.

White Wine Pairings
Chardonnay is a perfect white wine to drink in cool weather. Consider serving a Sonoma County Chardonnay 2016 (SRP: $16.99), a classic, medium-bodied white wine that is refreshing, yet rich in flavors of green apple, juicy pear and melon. The winery achieves these aromas and flavors by picking the grapes in the cool of night and fermenting in French oak barrels.

Serve the Chardonnay alongside a tray of Smoked Salmon Mousse in Phyllo Cups. The creamy salmon mousse, paired with the crisp, bright flavors of the wine, refresh the palate and will have guests going back for seconds.

Another delicious pairing with Chardonnay is a Burrata, Beet and Grilled Peach Salad. Featuring fresh, seasonal produce, the sweetness of the beets and peaches will pair wonderfully with the melon and citrus notes of the wine for an enjoyable combination.

Red Wine Pairings
With the brisk fall air upon us, add a spicy, rich and balanced Sonoma County ‘Old Vines’ Zinfandel 2015 (SRP: $20.99) to your spread. This classic red wine, produced from 50 to 100-year-old vines, has enticing baking spice aromas and mouthwatering flavors of wild, crushed berries and red licorice.

You can serve this ‘Old Vines’ Zinfandel with a starter, such as Goat Cheese and Olive Skillet, a robust, easy-to-make dish perfect for dipping your choice of breads or crackers. The cheeses with tomato sauce and herbs bring out the warm spicy scents and fruit-forward flavors within the wine. Better yet, the wine’s velvety texture accentuates the ‘olives’ saltiness, making for a harmonious pairing.

One more appetizer option to make for your guests is Peperonata and Ricotta Crostinis, an appetizing blend of tomato sauce, red pepper flakes and garlic, topped with ricotta cheese. The Zinfandel’s bold flavors and richness will balance this dish nicely without overpowering the creamy ricotta.

Create an evening to remember, complete with perfect pairings of two Sonoma wines and four appetizers. Your guests are sure to leave satisfied and impressed by an array of flavors that nod to the transition of seasons and help you welcome the tastes of even cooler weather. (StatePoint)
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A Seafood Utopia at Pier 46
Dinner and a Movie
By Teri Bayus

One of my favorite culinary romances is with Pier 46 Seafood in Templeton. Owned and operated by Eric Gonzales and Tony DeGarimore; they've created a fish market and seafood food utopia that makes me fall in love every time I visit.

At Pier 46, they desire to share all their expertise with their customers and to stay on the forefront of environmentally sustainable products. They buy directly from the fishing boats and hand cut most of the product in-house. The front is stocked full of fresh fish, hard to find catches like abalone and delectable premade dips and salads. They now offer sushi on Fridays and Saturdays, and I went nuts for the freshness and flavor they presented.

Over recent years, Eric has seen increasing demand by consumers for sustainable, eco-friendly seafood items. And more and more, people want to know more about where their food comes from and how it's prepared. He enjoys bringing this knowledge to the public, so they feel confident about the choices they make when shopping for fish.

Eric's experience in the seafood industry is vast and diversified. He has worked long on establishing relationships with valuable contacts, suppliers, customers, and fishermen, and loves sharing what he has learned with others, so that everyone can continue to enjoy seafood while making a difference for the future of the oceans.

I special offered oysters to do a side-by-side comparison of four different kinds (this was a bet with my best friend Kathy, who stodgily said that blue point oysters are the finest mollusk to ingest, and I was out to prove her wrong).

They presented us with 12 oysters on the half shell, freshly plucked out of the tanks of seawater keeping them vibrant and alive.

First my process: Each oyster is rinsed in Champagne (A Spanish Cava), a dab of mignonette sauce (coarsely ground black peppercorns, red wine vinegar, and chopped shallots) and then slurp them down.

Gary goes a bit more flavorful and adds a dab of horseradish, a dash of tobacco and a squeeze of lime.

Still rarities on East Coast menus, Kusshis are all the rage out West, due to their small size and ultra-clean waters. A highly innovative grower in Deep Bay, outside Vancouver, Kusshis are grown in floating trays and tumble very aggressively. This breaks off the thin growing edge and forces them to deepen and thicken their shells. The resulting oyster is called a “Kusshi” — Japanese for “precious.”

The last was from local waters, as in Morro Bay or Santa Barbara. Uniform in size and sweet in taste, I think these will be a new hit around here.

Bottom line, we agreed that all were better and more flavorful than blue points. At Pier 46 they have fresh and local sushi-grade fish every day, and live tanks filled with crabs, lobsters, clams, mussels, shrimp, and more.

After the tasting, we were ready for real food, so Gary had the lobster roll, with freshly cooked lobster in a fluffy bun with salad and truffle fries (garnished with a black truffle salt). It was phenomenal.

My friend had the pecan encrusted local red snapper dinner, with wild rice and herb vegetables. She said it tasted like the sea. We shared some excellent crab cakes, served on a bed of mixed greens with cherry tomatoes and two sauces. They were flawlessly done. The fish tacos were served with warm tortilla strips, shredded cabbage, pepper jack cheese, cilantro, and a spicy sauce with limes on the side.

I went for my favorite dish, the Ahi tacos. These delectable treats call to me over the Cuesta Grade more times than I can count. Chopped and super fresh Ahi steaks are laid atop a delicious cabbage slaw with flax and sesame seeds.

The shell is a fried wonton and the sauce drizzled on top is a wasabi aioli.

With a bottle of Dr. Loosen Riesling, I let my mermaid side emerge. These vintuals will force my car over the Grade to consume them weekly. You can come here for a full meal or just to pick up a fresh fish.

Pier 46 Seafood is located at 1131 Rossi Rd., in Templeton. They are open Mondays-Saturdays from 10 a.m. to 7 p.m. and Sundays from 11-5, or call them at (805) 434-1950.

A Star is Born — Brave, Beautiful, Utterly Flawless

I have loved every movie variation of this story, and this is the fifth one. It is a fairy tale, a love story, and a passionate exploration. But this alliteration of “A Star Is Born” is a three Kleenex-rated film; meaning, they pull at your heartstrings with every frame, and you will cry for an hour after it is over.

This is brilliant from start to finish. Lady Gaga is a natural and very gifted performer both on stage and the big screen. No one could have done a better job with this part, as her vulnerability and compassion just shined through.

Bradley Cooper, as always was a master class in acting and absolutely should get awards for this, they both deserve.

Cooper, the lead actor and director, tells this story in the rawest way possible. This movie feels so real. The conversations stumble, yet flow with ease. The romance shows that you don’t always know why you love someone.

This is his first directing role, and my God did he deliver. From the cinematic moments that you will remember forever, to the small moments that pulled us in, this movie has it all.

This movie has a lot of intense moments, and it takes us through a musical journey. It makes you feel bad, happy, cry and unknowingly disturbs your inner conscience of what you’re doing and what you actually wanted to do.

Cast, music, direction, sound editing is way too awesome, and it would make you feel like you are in Jack and Ally’s world, and sitting next to them and should do something to fix their broken hearts.

Not only is the acting cinematography, writing, and directing utterly flawless, it is brave and beautiful.

Mental health, alcoholism, co-dependency, and suicide are topics that are so very hard to talk about and to comprehend, and those who suffer are viewed as weak, selfish, mean, or a joke. This movie dug deeply into the human condition with the most elegant of touches, and Bradley Cooper is to be commended for his utter genius with this film.

A Star Is Born is an Oscar magnet without wanting to be. In most Oscar-nominated films, the films seem to try to check the “Oscar nominee” boxes instead of focusing on what matters: the rawness of it.

These movies try to check the race box, the gender bias box, the stir your soul box, all reaching for that Oscar. This movie is seamlessly innocent and raw, wanting nothing more than to tell its story. The husband loved it too, mushy as it was.

Teri Bayus can be reached at: livewell@teribayus.com or follow her writing and ramblings at: www_teribayus_com. Bayus also hosts Taste Buds, a monthly picture rendition of her reviews shown on Charter Cable Ch. 10. Dinner and a Movie is a regular feature of Simply Clear Marketing & Media.
BAYSIDE CAFE is a wonderful find if you are looking for fresh food and something off the beaten track where the "Locals" love to eat while looking over the Back Bay. A restaurant with a casual dining experience, great home cooked food from the farm and the sea. Homemade desserts are a must try. Open 7 days a week for lunch featuring fish and chips, soups, salads, sandwiches and some Mexican items. Try our dinners served Thursday through Sunday featuring fresh seafood items as well as tri tip, hamburgers, pastas and more...Dog friendly heated patio too. Located in the Morro Bay State Park Marina directly across the road from Morro Bay State Park Campground at #10 State Park Road in Morro Bay!

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Measure G would **shut down** existing oil and gas production in San Luis Obispo County.

Shutting down existing oil and gas production in the County will not reduce our oil consumption – it will just eliminate good-paying jobs and **result in more oil being imported to meet our needs.**

As we transition to a greater reliance on renewable energy, we should **continue to produce the oil and gas we use locally, where it’s the most regulated in the world and our community will benefit from the tax revenue** — instead of transferring wealth and jobs out of our County to places like Saudi Arabia and Russia.

That's why thousands of community members are joining the No on G Coalition. Here’s what some of them are saying:

"Measure G would hurt working families and eliminate an important source of county tax revenue that goes to our local schools."
**Melissa Diedrich-Williams,**
*High School Teacher, Paso Robles Joint USD*

"My family farm still relies on oil and gas for fuel and electricity. Rather than banning production, we should continue to produce it safely as we transition to a clean energy economy. Measure G goes too far."
**George Donati,**
*4th Generation Farmer, Edna Valley*

"Shutting down existing oil and gas production means transferring money and jobs out of our county to countries like Saudi Arabia and Russia to meet our energy needs. That’s why the Tri-Counties Labor Council urges you to vote No on G."
**Keilah Crichton**
*Welder, Local Union 403*

Join thousands of community members, local leaders and organizations including

Get the facts at [FACTSonG.com](http://FACTSonG.com)