

BAY NEWS



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MORRO BAY

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CAMBRIA



Wintery skies have brought some dramatic sunsets to the greater Estero Bay Area, like this golden sunset Sunday on Morro Strand Beach. Photo by Neil Farrell



Big Dynegy Check Cashed

By Neil Farrell

The City of Morro Bay got its final full payment from the power plant in August and in November, put a sizable chunk of it towards fixing local streets.

The Bay News requested proof of that payment and the City sent a photo of the final remittance from Dynegy, dated Aug. 21, in the amount of \$525,000. A notation on the receipt indicates the money was added to the City's emergency general fund reserves.

According to the City Clerk, the city also expects to get a "pro-rata" (partial) payment from Dynegy in January but didn't say how much. Dynegy will also

continue paying some \$40,000 a year for services from the fire department.

That \$525,000 payment was actually into the "Community Development Fund" (CDF), established through the "agreement to lease" originally between the City and Duke Energy, and set up as a public benefit within the general fund. And while connected at the hip with the outfall lease, it's separated for accounting and spending purposes.

The agreement brought in a minimum of \$500,000 a year to start

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Sanctuary Would Give Big Economic Boost

By Neil Farrell

Having the waters off San Luis Obispo County declared a National Marine Sanctuary could mean a \$23 million a year boost to the local economy and create some 600 new jobs, bringing in federal government dollars and increasing tourism by ensuring offshore oil platforms are forever banned, concludes a recent study done for the Sierra Club.

For the first time since 1995, the National Oceanic and Atmospheric Administration (NOAA) is seeking applications for NMS status, which has touched off a renewed push for such a

designation off our shore.

The push is on by both the Chumash and environmental groups and the economic report makes a case for supporting the matter. Each of these groups has a different name for a potential designation — Chumash Heritage NMS vs. Central Coast NMS — but otherwise have the same goals. That being to protect the area from oil exploration and preserve, protect and enhance it for future generations.

"The Potential Economic Impacts of the Proposed Central Coast National

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Cycle-cross Tests Mettle

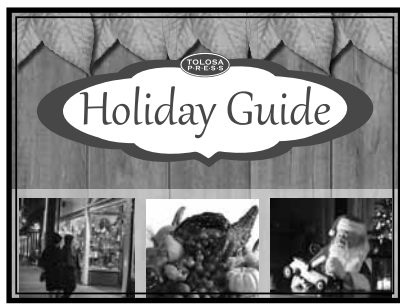
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Voters Speak

Local voters approved two school construction bonds, tossed an incumbent CSD director out and decided they'd had enough of Primary Elections, in some of the local results from the Nov. 4 General Election.

With a final vote count due Wednesday, as it stands now in the race for three seats on the Los Osos Community Services District, appointed incumbent Jon-Erik Storm came out ahead in the balloting with 2,611 votes, some 20 percent (all percentages here are rounded up or down).

Second was newcomer to the board, Louis Tornatsky (2,346, 18%), and in somewhat of an upset, former CSD board member, Chuck Cesena was third with 2,016 votes (16%), winning over incumbent Craig Baltimore (1,694, 13%). The other candidates, Peter Bresler, Paul Malykoint and Keith Swanson, finished out of the running in that order.

Del Clegg won another term on the Coast Unified School District Board



From left: Chuck Cesena, Lou Tornatsky and Jon-Erik Storm, are new LOCSO board members

up in Cambria, with 2,417 votes (44%) and Leslie Murdoch also won a seat with 1,547 votes (28%).

Jim Bahringer won a seat on the Cambria CSD board with 1,498 votes (29%) along with Mike Thompson with 1,484 (29%).

Tommy Gong won the County Clerk-Recorder's race with 43,872 votes (countywide, 63%) over Amanda King with 26,051 votes (37%).

The San Luis Coastal School

District's Measure D, a \$175 million construction bond that needed 55% to pass, won easily with 17,233 votes (71%) approval and just 6,878 (29%) voting against. Voters in Morro Bay, Los Osos, SLO, Avila and points in between are included in the district boundaries.

Peter Sysak (6,995, 52%) won the Cuesta College board seat over Charlotte Alexander (6,295, 47%). Cuesta also had its \$275 million construction bond, Measure L, pass

in a countywide vote, with 48,589 "Yeses" (62.26%) and 29,456 "Noes" (38%).

And Republican State Assemblyman, Katcho Achadjian, won in a landslide over Democrat challenger, Heidi Harmon, 49,956 (62%) to 30,290 (38%).

And Morro Bay's Measure J, to eliminate the Primary Election system in the city, was approved with 2,166 votes (48%) to 1,044 (33%). So starting again in 2016, the City will conduct just one November general election.

In the latest figures, the turnout countywide was just over 55%, as 82,808 ballots had been cast by the 150,139 registered voters. ♣

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Surfboard Photo Safari

By Neil Farrell

The First Annual Morro Bay Surfboard Art Festival, sponsored by Morro Bay in Bloom, has produced some truly amazing works of art being displayed through Nov. 28 at local businesses. Tracking the boards down on a photo safari was fun and a chance to meet

the merchants and employees at a wide variety of businesses. The boards will be auctioned off at a gala event set for 2 p.m. Saturday, Nov. 29 at Fish Bonez Restaurant, located upstairs at Rose's Landing on the Embarcadero. See: www.morrobayinbloom.org/surfboard-art-festival for details. ♣



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Five Get Meadows Scholarships



Five Central California paramedic students, from a 5-county region, have been named the “2014-15 Christopher Meadows Memorial Paramedic Scholarship” recipients following recent interviews held at Cuesta College.

The awardees are: Dustin Bury and Jonathan Nugent from NCTI in Santa Barbara, Taylor Alaimo from Foothill College in Los Altos, Danielle Vidal from WestMed College, San Jose, and Natacia Garcia from Cuesta.

A record number of students applied for the \$3,000 memorial scholarships, given out annually to Central California EMS workers pursuing paramedic education. The scholarship has now been awarded to 12 students over its 5-year existence.

“The response this year was overwhelming,” Tim Meadows, Christopher’s father and interview committee member said, “and we had an incredibly talented group of applicants, making our decision harder than usual. It is humbling

to see so many selfless individuals who have chosen such a noble profession — helping others in their darkest hour.”

The Christopher Meadows Memorial EMS Education Fund was established by Taylor and Heather Tucker, co-workers with Meadows at San Luis Ambulance after he was killed in May 2009, while volunteering at Oceano Dunes for the Sheriff’s Department’s Search and Rescue Team.

Meadows had planned to attend paramedic school that fall but

never got the opportunity. Both paramedic and EMT scholarships are awarded by the fund, and its primary fundraiser, the 6th Annual Christopher Meadows Memorial Wine Tasting & Silent Auction, will be held Saturday, May 9, 2015 from 3-6 p.m. at the Pavilion on the Lake in Atascadero. More information can be found, and donations are gladly accepted at: www.meadowsscholarship.org. ❖

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Avila Beach

- Nov. 5: At 12:11 p.m. at 1st and Avila Beach Dr., a bomb scare was a dud, as blowing up Avila would be the waste of a perfectly good bomb.
- Nov. 9: A domestic dustup was reported in the 200 block of Avila Beach Dr., and some louse was hauled to the County lock up for suspicion of spousal abuse.
- Nov. 10: Deputies were called at 11:40 a.m. to the 1200 block of Avila Beach Dr., to check the welfare of some shady character. He or she was arrested, so from one to 10 today was probably a minus-two.

Cayucos

- Nov. 5: Some kid was trespassing at 7:45 a.m. in the 700 block of St. Mary. The hooligan was gone when deputies arrived at 8:20, so the sinner was forgiven his trespasses.

Cambria

- Nov. 5: A petty theft was reported in the 1100 block of Warren, maybe they need a scarecrow.
- Nov. 11: Deputies were called at 9:57 a.m. to the 2400 block of Pierce for an un-neighborly dispute. A crime report was begun and peace reigns, yeah and ISIS is being contained.

County Jail

- Nov. 10: The crime lab boys returneth, this time carrying away 15 jars of irrefutable evidence of guilt or innocence.

Los Osos

- Nov. 5: Deputies responded at 10:18 a.m. to the 2000 block of 9th for a peeping Tom report. The sneak snuck off but then at 12:38 the freak was back, as someone reported a suspicious subject. The phantom perv slipped away again.
- Nov. 10: A burglary was committed in the 1400 block of 7th. No word on witnesses, as neighbors may spy on each other incessantly, but no one ever sees the burglars.
- Nov. 11: Deputies responded to the 300 block of LOVR for a "cruelty to animals" case. Logs indicated some cruel mutt actually got cited for it.

Morro Bay

- Nov. 10: Deputies were sent to check the welfare of someone in the 900 block of Atascadero Rd. He or she was arrested, no doubt on some trumped up charge.

Pismo Beach

- Nov. 12: A man on the 600 block of Price St. was going through a caller's trash. He was no doubt advised to leave it for the landfill.
- Nov. 12: Police checked on the welfare of a man sleeping under the northbound overpass off of Frady Lane. Sleepy was warned about overnight camping.
- Nov. 12: Some unhappy harpy was

throwing all of her things out of an apartment and breaking items. She refused to talk to police, so they left after confirming that she was okay. Not long after, another call came in reporting that the woman had slapped the caller's husband and was throwing things at him. County Mental Health was called in.

• Nov. 12: A caller on the 200 block of San Luis reported hearing noises in her backyard that sounded like banging on glass. The frightened woman was hiding in the closet. Police arrived and found that it was her boyfriend in the backyard. Perhaps next time he should use the front door.

• Nov. 12: A caller on the 300 block of Five Cities Drive reported that a man was following her near McDonald's. Police caught up with the caller and the reported creepy guy across the street at the Outlet Center. The two Big Macs were separated and told to create their own happy meals.

• Nov. 11: A taxi driver on the 1200 block of Avila Beach Drive gave a ride to two sloshed people. Police were asked to check the welfare of the couple after the driver kicked them to the curb because the male passenger became argumentative. The driver said that the couple were from out of town and were trying to get to Arroyo Grande. The female half later reported being stuck between a chain-link fence and some granite. Her husband was no longer there. Surprisingly, only one member of the dynamic duo was arrested for drunk in public.

• Nov. 11: A guy on the 300 block of Five Cities Drive, who had been in a fight with his girlfriend, reported receiving an email stating that someone had tried to use his credit card.

• Nov. 10: A manhole cover on the 300 block of Morro was leaking wastewater, which is just plain crappy.

• Nov. 10: Beanies, jackets, T-shirts and hats were lifted from Zumies. The thief took off in a waiting car.

• Nov. 10: A caller reported that a dog defecated on the beach and its human refused to clean it up. What a poopy attitude.

• Nov. 10: A caller on the 1300 block of Costa Del Sole reported her microwave was flashing and making weird noises. She wanted the fire department to respond because she couldn't find the outlet to unplug it.

• Nov. 10: A caller in Lemoore called to report a theft of a ring during an estate sale over the summer. Obviously, not a sense of urgency on that one.

San Luis Obispo

• Nov. 14: Police responded at 1:22 a.m. to a brewery on Garden Street where a woman was schwasted and non-responsive.

• Nov. 14: The transient wake up calls started at 7:24 a.m. with a guy passed out on the top floor of the Marsh Street parking garage. At 7:53, a transient was curled up in a blanket sleeping in the

1800 block of Santa Barbara, and at 9, another slumbering fellow was in the front doorway at State One Insurance on Laurel Lane.

• Nov. 13: County Mental Health called at 9:37 a.m. from the first block of Tassajara to have police check someone's welfare. Then at 10:07 CMH called again because there was a fellow there who wanted to check himself in but his blood alcohol was .25%, apparently too drunk for the loony bin.

• Nov. 13: At 10:27 a.m. someone at Morro and Pacific reported hearing screams coming from the women's public restroom, with grunts and farts no doubt coming from the men's. Police found nothing wrong.

• Nov. 13: A citizen near Nipomo and Brizzolara reported a white Mustang parked by a hydrant, and the driver is a "repeat offender." Naturally, the car was gone. But at 1:32, the scoundrel was back and "You got a tick-it! You got a tick-it! And now you have to pay a fi-ine, pay a fi-ine!"

• Nov. 13: In the 100 block of Santa Rosa police towed off a red Nissan Versa, a white Chevy Cruze, gray Chevy Impala, burgundy VW Passat, silver Toyota Camry, red Toyota and a white Mazda Protégé, a case of parking enforcement rules, baby!

• Nov. 13: The transient rodeo started at 12:49 p.m. in the 1400 block of Madonna with two mischievous fellows in a parking lot. Ralph's soon called about two more outside the front doors being disruptive. Then a bus driver reported two slackers sleeping in the bus stop at Forever 21 and today's sport ended at 2 p.m. with a transient man in his 30s outside the Downtown Apple Store with a brown, scruffy beard and no doubt AKC registered street mutt, smoking cigarettes and being rude.

• Nov. 13: Police responded at 3:52 p.m. for a man and woman having a row between City Hall and the SLO Little Theater. Curtains closed on that little drama.

• Nov. 13: A woman called at 4:25 p.m. to report her 14-year-old hellion daughter hit her and was throwing things.

• Nov. 13: At 7p.m. folks at McClintock's had enough of some sot sitting outside the saloon refusing or unable to leave. The 53-year-old was drunk and officers helped him to the hoosegow.

• Nov. 12: At 11:32 a.m. someone reported two transient men at the Jack House on Marsh were "shaking a baggie full of a white substance." No word on what it was, though one can probably rule out soap.

• Nov. 12: Someone at Payless Shoes on Madonna called at 1 p.m. to report a transient man hanging around behind the store. He split before the cops arrived. Then at 3:14, presumably the same swine was behind Payless Shoes pinching a lobe off in the bushes. He was gone again, no word on whether

any "evidence" was collected.

• Nov. 12: A citizen called at 5:32 p.m. from Johnson and Marsh to report a hit-n-split had just occurred and the caller was following the suspect. Police stopped the car and "Holy vigilante, Batman!" the 27-year-old hombre was popped for hit-run and DUI.

• Nov. 12: A citizen in the 2100 block of King said she had a package delivered at 6:30 p.m. and when she finally got around to bringing it in at 6:45, some thief had un-delivered it.

• Nov. 12: At 9:33 p.m. a citizen in the 1100 block of Orcutt reported her bathtub was half full of raw sewage. Police turned that crap over to public works.

• Nov. 12: Starbucks in the 3900 block of Higuera called at 5:23 a.m. because some transient animal was hitting his dog and jerking its collar, a true test of that unconditional love stuff.

• Nov. 11: Someone called at 8:11 a.m. from the 100 block of Suburban to report a mattress lying in the roadway, and surprisingly, no transient was sleeping on it.

• Nov. 11: At 1:50 p.m. someone at Central Coast Real Estate on Nipomo reported a pissy fellow whizzing on the side of the building, who then banged the window where the audience was no doubt watching.

• Nov. 11: Police got a call at 7:38 p.m. from an apparently fed-up property owner who said "they're" heading to their property on Johnson to "roust" some transient squatters.

• Nov. 11: Someone asked police at 8:24 p.m. to check the welfare of an old man found wandering around lost in the Sierra Vista parking garage. Then at 9:08, they went to the 100 block of Seaview where some man was wandering around looking confused in people's front yards. That 19-year-old was trashed and hauled to the nick. At 10:25, a very intoxicated tadpole called 9-1-1 from the Frog & Peach and said "Simba" was drunk.

• Nov. 11: Police responded at 3:24 a.m. to the 1100 block of Laurel where hooligans TP'd a bus at Crux Climbing Gym.

• Nov. 10: A gardener found a lost elderly woman wandering around at 9 a.m. in the 3500 block of Johnson and turned Miss Daisy over to police. At 1:34, someone at a rest home on Augusta said an old woman there had "eloped" and run off, but they had the lovebird cornered at Johnson Park.

• Nov. 10: A concerned citizen called 9-1-1 at 11:32 a.m. from the Bob Jones Trailhead on Prado to demand extra patrols against un-leashed dogs, in the latest example of why we need SWAT.

San Simeon

• Nov. 8: The weekly San Simeon call was for suspected child molestation in the 9400 block of Castillo. ♣



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Lady Pirates Make CIF Finals

Morro Bay High's Girls' Cross Country Team will live to run another day after running fast enough to slip by and make it to the CIF Southern Section Finals in Div. 4.

It wasn't easy, and the Lady Pirates had to reach down into tie breakers to advance out of the prelims to one step away from the State Meet.

"The Div. 4 girls competed in three heats of 15 teams each," explained MBHS coach Chuck Ogle, "with the Top-5 teams in each heat advancing, plus the fastest sixth place team based on team time [the combined times of the first five runners]. In their heat, the Morro Bay girls tied with San Luis Obispo for fifth place, with each team scoring 149 points. The sixth place finisher for San Luis beat ours by one second, giving the Tigers the tiebreaker."

But the girls' team time of 1-hour 2-minutes and 45-seconds was better than La Salle (1:02:53) and San Marino (1:02:46), so the girls won the right to compete at Mt. SAC again this weekend.

The Pirate's top boys runner, Austin Lay, had another monster meet and earned his way into the CIF Finals. Lay, who won another Los Padres League boys' championship this year, had to finish in the Top-8 in his heat to advance as an individual, coach Ogle explained.

"Austin ran a controlled 15:42 to take third," he said. Morro Bay's top runner who runs a 4:23 mile during track season, "stalked a pack of four or five runners for most of the race," Ogle said, "and easily kicked past the entire group to secure his spot. Austin appears primed to substantially better his 15:27 mark from last season's CIF Finals."

Morro Bay's all-time school record on the Mt. SAC course is 15:03, set by Isaiah Festa when he won the 1997 individual championship and went on to win a State Title as well.

"Southern California is the strongest high school cross country region in the nation, and making it into the finals of any CIF SS division is a true test," said Ogle.

Tie-breakers and team times swing both ways. "The 2011 Lady Pirates, who won the LPAL," Ogle explained, "made it as the fastest sixth-place team, just like the current squad. In 2012, when prelims were contested as two large heats, the



Pirates tied for the final spot in their heat, but lost to Fillmore on a sixth runner tiebreaker."

Morro Bay's top-5 finishers were: Eliza Lewis (21st, 20:04), Alexis Lewis (22nd, 20:04), Shannon McClish (26th, 20:18), Natalie Marquardt (42nd, 21:00), and Madeline Ogle (48th, 21:18). The all-important sixth runner was Hannah Buechner (51st, 21:24) and Abby Ogle (69th, 22:51) also ran.

"Only Madeline and Shannon had previous racing experience on the course,"

Ogle said. "Obviously, each cross country course is unique, but Mt. SAC's twisting climbs and long, steep downhill segments make it stand out. Explanations only go so far with this course. To understand it, one has to race it. Armed with course knowledge and with captains — Madeline and Shannon — who are in Morro Bay's Mt. SAC record books, the team is itching for another chance to race at this iconic venue."

The State Meet is set for Saturday, Nov. 29 at Woodward Park in Clovis. ♣

MORRO BAY HIGH SCHOOL Sports Schedule

CROSS COUNTRY

11/15 CIF PRELIMS @MT. SAC TBA

11/22 CIF FINALS @MT. SAC TBA

11/29 CIF STATE MEET @WOODWARD PARK-FRESNO

GIRLS' TENNIS

11/24 CIFINDIVIDUAL BEGINS TBA



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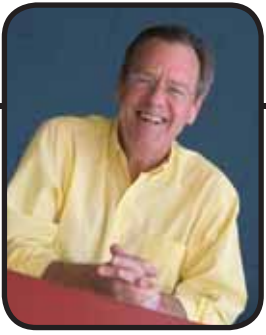
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Hope for the Holidays

Good to be King

By King Harris

If anyone appreciates the holiday season it's Beth Raub, who helps run the SLO County Women's Shelter, which is in the midst of its annual "Ho-Ho-Hope for the Holidays" campaign.

"Holiday season is here; we're already halfway into November," she said recently. "Our Ho-Ho-Hope for the holidays; I know isn't that a fun name? Basically, who we serve are victims of inter-partner violence and child abuse. So during the holiday season it can be very trying if somebody is trying to leave a violent situation.

"Maybe there is financial abuse, just trying to get those holiday traditions in place, so that there is a new kind of dynamic without the abuser in the home. And so we have primarily women and children, and we do have a few male survivors that we also support, and basically what we're trying to do is put their Thanksgiving dinner on the table."

Raub says she does that through gift cards. "People can go to our website and send us money through our PayPal account and put holiday in the memo and we'll go buy the gift card, or they can go buy gift cards at anywhere they would normally shop for their holiday meal

and then they can bring them to us at our location at 51 Zaca Lane Suite 150 during normal business hours and we'll give them to one of our clients that need that extra support."

Giving a gift card versus presents is more rewarding. "The gift cards give them a lot of empowerment and it really treats them with dignity because they can go and get exactly what their traditions are.

"We all have favorite foods that we like on the Thanksgiving table and so it really gives them that opportunity to shop, put them and what their children need and want on the table and then start that healthy, violence-free holiday tradition."

When Raub mentioned males, I asked her what kind of abuse they go through? "It's very similar in many ways. A lot of it is emotional and verbal and psychological but can also be financial and physical abuse in the relationship.

"In my personal family history, my great aunt was an abuser. My great uncle 'Jimmy' was the victim. And she shot him, and beat him with curtain rods, and was horribly verbally and emotionally abusive, so it can be very similar in those ways. There are some differences just because of society. Men tend not to be believed as

much and not recognized as much, so that can throw in a weird dynamic for them trying to report or trying to escape."

Raub told me everyone is affected during the pressure of a holiday season with the abuser there. "There is a lot of pressure to let bygones be bygones," she says, "families need to be together during the holidays. If you have somebody who's using power control tactics and they may be telling the family crazy stories about the victim — the kids aren't going to see Grandma unless we get back together — so they'll use these tactics to try to pull the victim back in.

"A lot of them are around societal pressure to keep the family together. 'There won't be Christmas unless you come back.' Those kinds of things can really play on a victim; just psychological well being during the holidays, there's so much pressure from our society to provide extravagant Christmases. We do provide modest celebrations but we feel it's a very nice Christmas or Thanksgiving."

Ho-Ho-Hope for the Holidays is entirely donation driven. "It's whatever comes in we put back out. For Thanksgiving I think we have so far 50 families we'd like to support and when I say that it's either

a woman or man with their children, so it ends up being about 120 people that we're trying to give meals to through the gift cards.

"For Christmas," she continues, "it typically goes up a little bit more like 250 people. For a complete list of the packages that we recommend we'd like the gift cards in about \$25 increments. You can go to our website at wspso.org. We have the flyer on there that tells you how you can donate. The Gobble package costing \$60 supports a mom and one kid.

"You can pick up a gift card at any grocery store or big-box retailer. The other one we recommend is the 'Bountiful Package' for a mom with three kids. That's \$100. Get the cards to us by Nov. 21, so clients have time to shop."

How important is Ho-Ho-Hope for the Holidays? "It makes a huge impact on our clients. A lot of them just don't even think about it or expect it. They think they are going to find a place to go for Thanksgiving or maybe they think they aren't going to have a Christmas this year. People in the community do care and they are greatly impacted by that." ♣

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In memory of Christine Allen



The SLO Downtown Association's Annual Holiday Parade in downtown San Luis Obispo. This year's parade will start at 7 p.m. Friday, Dec. 5.

It's Gingerbread House Contest Time at the Clark Center in Arroyo Grande and you could win sweet cash. Registration deadline is November 21. Online registration is available at www.clarkcenter.org or by calling the box office at 489-9444. Any structure is permitted. Participants must pick up their official display board at the Clark Center box office by 4 p.m. before 4 p.m. Entrees must be delivered between 4-6 p.m. on Dec. 5 or 10 a.m. - 12 p.m. on Dec. 6. For guidelines, visit clarkcenter.org/2014/11/07/holidayinfo/.

You can help the less fortunate this holiday season. Del's in Shell Beach is accepting donations of 20lb. turkeys or cash contributions until Friday, Nov. 21 in order to purchase food items for Thanksgiving baskets. Baskets will be given to 55 needy families from Oceano Elementary School. For more information, call Bernadette Delmore at Del's Pizzeria 773-4438.

A group of Morro Bay organizations rotate hosting a free hot dinner to anyone who's hungry from 5-6 p.m. Mondays, at the Vet's Hall, 209 Surf St. Participating organizations are The

Lions Club, St. Timothy's Catholic Church, St. Peter's Episcopal Church, the Circle of Friends and Rock Harbor Fellowship. The dinners started last January and now draw about 50 people a week. All are welcome. Volunteers are needed to help. Call 441-5770, to lend a hand.

Up to two thousand local people and their guests - some of them dressed like turkeys or pilgrims - are expected to participate in the 3rd Annual South County at the Beach Turkey Trot taking place on Pismo Beach Thanksgiving morning, Nov. 27 beginning and ending at the pier. The event is a benefit for the San Luis Obispo County Food Bank Coalition. This year's "Trot" will once again be held in memory of Christine Allen of San Luis Obispo who died May 2013 in a rockslide accident. The 19-year-old left behind a legacy of volunteering. Before her tragic death, she had organized the donation of thousands of pounds of meat to the Food Bank, as well as raised money for the processing of donated animals. Like last year, Christine's sisters and family will participate in the Turkey Trot. There is no registration fee for the 3rd Annual Turkey Trot; however, there will be an entry fee of \$1 donation that will be given to the San Luis Obispo

County Food Bank Coalition. The Trot is open to all runners/walkers and dogs on short leashes. Remember costumes are encouraged. Participants to run or walk a 10K, 5K, or one-mile course. It will start at the south side of the Pismo Beach pier with the 5K and 10K starting at 8:30 a.m. sharp. The one-mile run starts at 8:45 a.m.

The SLO Downtown Association invites the public to its 39th Annual Holiday Parade in Downtown San Luis Obispo. This year's parade theme is 'Hula Holiday' and the Downtown Association and hundreds of marching participants will be getting into the island spirit at **7 p.m. Friday, Dec. 5** as they make their way around Downtown SLO. Grand Marshal Robert Horch, the former City parking manager, will kick off the procession at Palm and Chorro streets. "It's been a labor of love for me to be able to provide a service to this community, and to be recognized for it in this way, I am truly honored." said Horch. A detailed map is available online at: www.downtownslo.com.

Dist. 2 County Supervisor Bruce Gibson announced change to his office hours this month and next in Los Osos. He's canceled

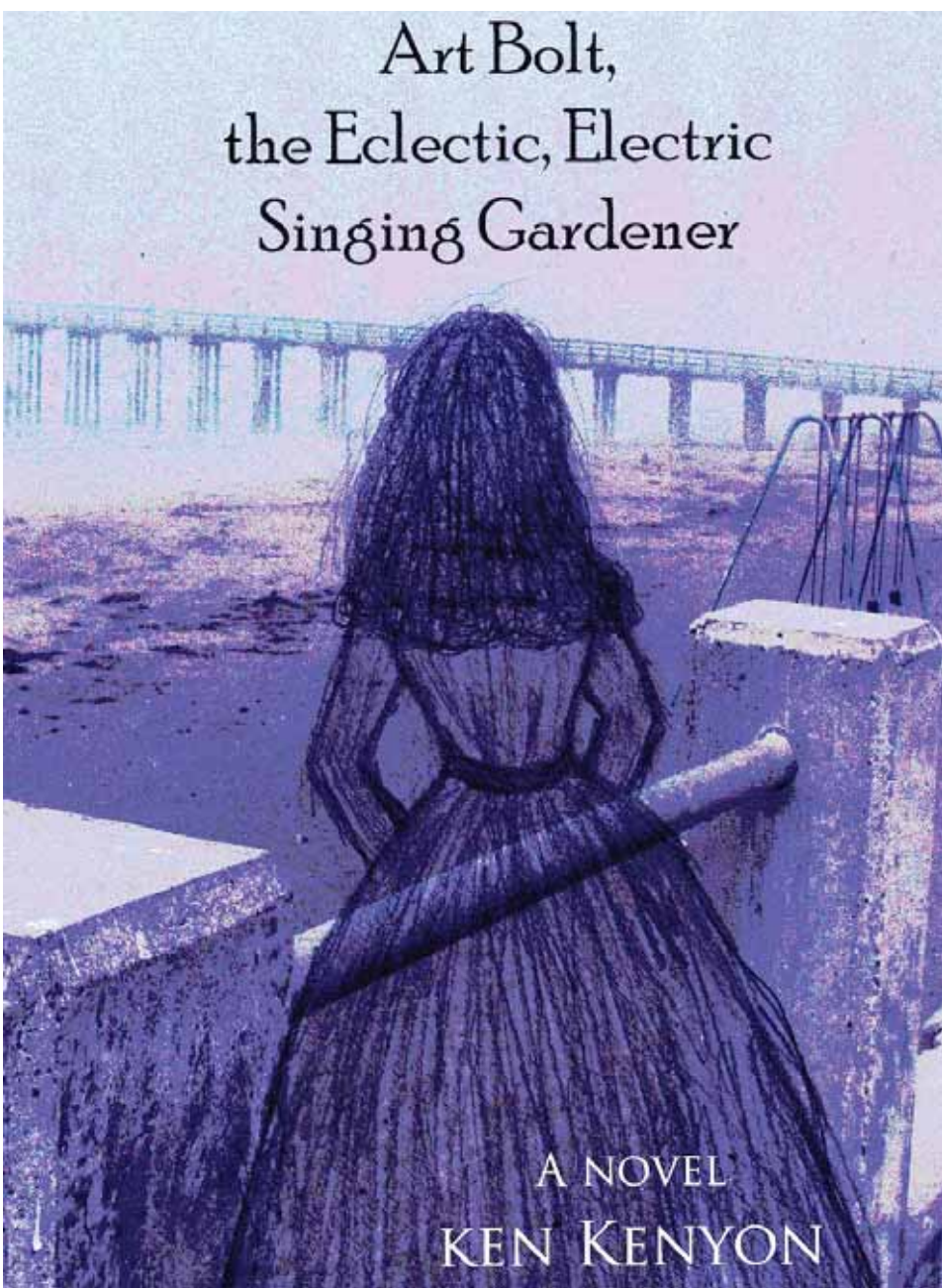
his November office hours due to the Thanksgiving holiday and will next hold court from 4-5 p.m. Friday, Dec. 19 at the Sea Pines Lodge in Los Osos. He will return to his regular schedule of the third Friday of the month in January. In Cambria, Gibson canceled his November and December office hours at the Cambria Library and won't grant audience again until Jan. 21 at the Library. For more information about the Dist. 2 office hours, call Gibson's office at 781-4338.

The Morro Bay Chamber of Commerce is looking for volunteers to assist with general reception activities - answer phones, interact with the local business community, and greet visitors. Knowledge and appreciation of Morro Bay are highly desirable and any basic computer skills a bonus. The office is open Mondays-Fridays, 10 a.m. to 4 p.m. Volunteers should be available a minimum of 4 hours a day at least one day a week. Call 772-4467 if interested.

Sign-ups are being taken now through Dec. 5 for the 27th Annual Los Osos Christmas Parade, set for 10 a.m. Saturday Dec. 13 on LOVR through Downtown Los Osos. Bring a chair to sit on. This year's theme is "Christmas Around the World." The parade is open to all businesses and organizations. No rainout date. Applications are available online at: www.lobpchamber.org or at the LO/BP Chamber Office, 781 Los Osos Valley Rd. Call 528-4884. All forms and the \$25 entry fee must be returned to the Chamber Office by Dec. 5, or you'll make Santa's naughty list. Awards for Best of Theme, Best of Music, Best on Foot, Best on Wheels, Best of Animals and Judges Favorite. The Bay Osos Kiwanis Club will have a pre-parade pancake breakfast at the Bear Valley Garage on Los Osos Valley Road. Following the parade, the Maxine Lewis Memorial Homeless Shelter Fundraiser will be held at the South Bay Community Center until 9 p.m.

Local author, Ken Kenyon, will read from his new novel, "Art Bolt, the Eclectic, Electric Singing Gardener," at 6:30 p.m. Thursday, Dec. 4, at the Los Osos Library. He will also perform a few songs from the novel's accompanying songbook. Ken says it's, "A ghost story set in Los Osos, it's about a singing, songwriting,

—COMMUNITY CALENDAR—



Novel, "Art Bolt, the Eclectic, Electric Singing Gardener" by Ken Kenyon

guitar picking gardener out of sync with the '80s and haunted by his past. Ironically, it is the ghost of a former client who comes to his aid." Some 50% of the book sales at the signing will be donated to the Friends of Los Osos Library.

Morro Bay Skateboard Museum is hosting a benefit screening of the documentary, "The Signal Hill Speed Run" at 7 p.m. Saturday, Nov. 22 at 7 p.m. at the Palm Theatre, 817 Palm St., San Luis Obispo. Tickets to the screening are \$10 a person and \$25 including a Skateboard Museum T-shirt. There will be a raffle with great prizes and proceeds benefit the Skateboard Museum, located in Morro Bay's Marina Square on the Embarcadero. For information call 610-3565 or email Museum Founder Jack Smith at: jack@theskateboardersjournal.com. Several of the skaters who took part in the downhill race and documentary will be

at the screening.

The Rainbow of Treasures – Holiday Style – Home Décor & Gift Fair to benefit Rita's Rainbows, a local non-profit created in memory of Rita Marie Goehner to help children in need, takes place Saturday, December 6 from 10 a.m. to 5 p.m. at the SLO Grange Hall, 2880 Broad Street, San Luis Obispo. During the event, attendees will be greeted by more than 25 local artisans as they showcase their beautiful homemade and unique items including jewelry, paintings, quilted linens, hand-marbled silk scarves, handbags, rustic and vintage décor, glassware, Christmas decorations and more. Gift wrapping and a make'n take booth for children will be available. ❖



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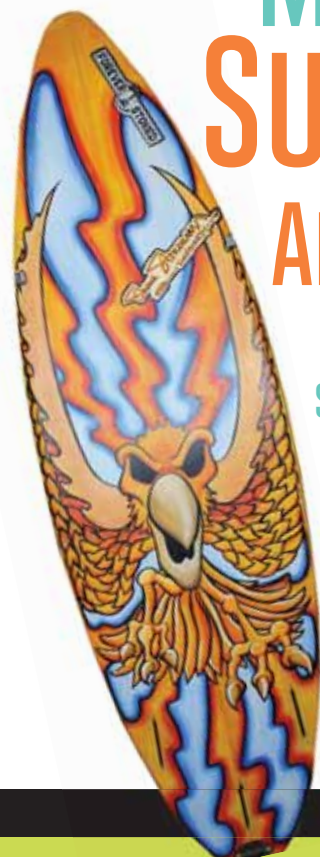
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MORRO BAY SURFBOARD ART FESTIVAL *Meet the Artists*

MORRO BAY SURFBOARD ART FESTIVAL

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Shane Stoneman

Shane Stoneman was born in California in 1973 and moved to Oahu as a child. It was in these early years in Hawaii that Shane became infatuated with surfing and surfboards. By the time his family moved back to California in the early 80's, he was a complete surf addict. When he wasn't actually surfing he spent his days drawing waves or surfboard templates on any scrap of paper he could find. His intense dedication to the sport led to years of competitive surfing and a short stint as a traveling pro. He moved to the San Luis Obispo area in the mid 90's where he applied his focus to a broader horizon. He earned a bachelor's degree in English Literature, started a band, got serious about painting, and started shaping surfboards. Nowadays, Shane is still busy as ever. He is a married father with two daughters and a surfboard shaper by trade. He keeps his easel and paints set up in the corner of the shaping room lounge in the hills of Cayucos, always ready to make an impression of the California coastline, the surrounding rolling hills, or some surf inspired theme. You can view some more of his art (and a lot more of his surfboards) at Wavelengths Surf Shop in Morro Bay or contact him directly through his website. www.shanestoneman.com. ★



Wayne Velte



I make art in order to process life. By creating visual art, I manifest questions that confound me, about myself, society, humanity. The answers to these questions may be blatantly obvious, or humorous, or so far beyond my comprehension, they might only be obtained through spiritual enlightenment. One of the most important questions I asked myself at the beginning of my current adventure, "How does a social-phobic, middle aged family man with little formal academic training, begin endeavors to become a vital creative element in the local art world and beyond?" In 2011 I made a life altering decision to give up a moderate paying yet stable position in an upscale southern California BMW dealership. This decision came as a result of a lifetime of questioning my true purpose in life and society. In my heart and soul I never felt content living and working toward a consumer based suburban lifestyle, yet societal logic told me that that is the measure of success. This nagging feeling of misdirection haunted me throughout my adult life, to the point of severe depression and anxiety. Finally, I reached a mental breaking point and could not resist the overwhelming urge to flee from my workplace or suffocate and die right there on the showroom floor. During a three month leave of absence and hours of personal reflection coupled with intensive psychotherapy, I had an epiphany. No longer would I suppress my true creative nature, while striving to gratify my ego with material things. The answer to the question I had been asking myself all my life began to rise to the surface of my consciousness. "Who do I want to be?" Deep down, I had known the answer to that question all along. "I want to be an artist." My wife and I resolved to sell our southern California home, get rid of as many unnecessary material possessions as possible, and find a simpler and slower paced way of life where we could raise our two sons in a modest, safe and nurturing environment while I chase after and cherish all things creative. ★

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| CIANO REAL ESTATE
360 Morro Bay Blvd. | MORRO BAY ART ASSOCIATION
835 Main St. |
| COALESCE BOOKSTORE
845 Main St. | MORRO BAY SKATEBOARD MUSEUM
601 Embarcadero |
| DORN'S ORIGINAL BREAKERS CAFÉ
801 Market Ave. | MORRO BAY VISITORS CENTER
275 Morro Bay Blvd. |
| FARMER'S KITES AND SURREYS
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| FIONA BLEU GALLERY
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Meet the Artists

MORRO BAY SURFBOARD ART FESTIVAL

David Ramirez



David Ramirez is an untrained, untailored street-influenced painter. At an early age, he started drawing cultural icons and images inspired by his Hispanic heritage. After moving to the Central Coast, he experimented with oil and acrylic paint. Painting, whether on canvas or recycled materials, is a spontaneous and mysterious process in which "the paintings paint themselves," says Ramirez.

Ramirez entered work for the Altadena Art on Millionaire Row Shows in 2010 and 2011. For "Lady de Guadalupe," he used oil pastels, acrylic, spray paints, and epoxy on plywood to make the image come alive. Ramirez received second place for this work at the Altadena Art on Millionaire Row

Show in 2011. Ramirez calls himself modestly "a painter." However, he isn't like most painters possibly because of his renegade style of combining and layering different kinds of paints creating, at times, a collage of real and abstract images on a variety of surfaces.

The strong, sacred female presence appears in his works as well. Ramirez showed such works in the former Heaven and Earth Gallery for the "Buddha and Virgin Show."

Ramirez's first solo show was at Mee Heng Low for Art after Dark

2012. Since his solo show, he created a piece for the Vapor

Galleries' 99 cans of paint on the walls in 2013. Also, he

showed work at Monterey Street Wines and Treat Paine

Acupuncture for Art After Dark this year. Recently, he

showed work at the former: A Vibrant Life in Morro Bay. ★

Neil Breton



Neil Breton, a New Hampshire native, has been a professional artist for twenty years. After initially focusing on commercial design at Pasadena City College, Neal soon fell in love with painting, which eventually landed him a Dean's Recognition award. After a stint in Los Angeles, Breton moved to San Luis Obispo, where he opened an art supply store which quickly became a hub of activity for emerging and professional artists. Currently he dabbles in commercial curation, illustration, and is learning the ins-and-outs of pop-up gallery ownership with his artist friends Jeff Claassen and Bret Brown. ★



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MORROBAYINBLOOM.ORG/SURFBOARD-ART-FESTIVAL/EXHIBIT-MAP

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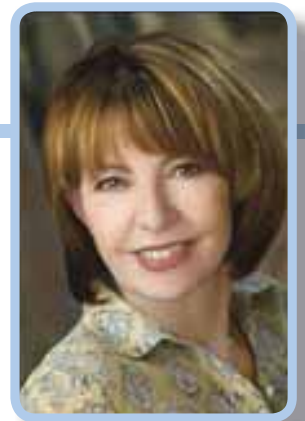
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REAL ESTATE

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Santa Will Be Coming Soon!

By Nancy Puder

With the holiday season rushing in, many home sellers are already withdrawing their homes from the market. That seems reasonable if the homeowner has small

children and wants to simply embrace the joy of the season or if they have relatives coming in from out of town during this “merry time” and don’t want the disruption of buyers walking through the home.

hustle-bustle of the season, a unique opportunity emerges for their home to stand out because of less competition.

If you would like to discuss whether your home should be put on the market now instead of waiting until spring when everyone else is putting their home on the market, call or email me to discuss the pros and cons of when to begin the marketing of your home. Initial consultations are always free of charge. ❖

What surprises me is when a seller withdraws the home from the market because they have heard that no one is looking for a home during November and December. The fact is that motivated buyers usually DO continue to

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look at homes during the holiday season. The buyers that stop looking during this time are the ones that are the least motivated and who really cares if those buyers come through the home anyway? The idea that a home won't sell from mid-October through December is a myth.

Savvy sellers realize that although buyer traffic may slow down during the

Nancy Puder is a Real Estate Broker in Arroyo Grande CA with Nancy Puder & Associates. If you have questions or concerns regarding your property, contact Nancy at (805)710-2415 or email Nancy@NancyPuder.com. You may also go to Facebook.com/NancyPuderRealtor and “like” her page to access other real estate related articles.

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Reduce Fat Folds While Folding Clothes

By Michelle S. Jang, PT

Want to shrink that muffin top or tone your thighs at the same time you fold laundry? Committing lengthy amounts of time to “working out” is not the only way; benefits can be achieved from short periods of targeted exercises performed on a regular basis.

While your arms may be occupied, your core and legs are free to work on reducing your bodies’ folds. This can be beneficial for fat reduction because many of your largest muscle groups are in your lower half; including your gluteal muscles (buttocks) and legs. The more active muscle tissue you have, the higher your metabolism to burn fat!

Below are a couple exercises to get you started. They should be performed slow and controlled, and if you experience any pain stop the exercise.

Muffin Top Melter

While standing, ensure your

abdominals are engaged and activated by contracting your stomach and bringing your belly button closer to your spine. Avoid flexing or arching your back and slowly lift one knee up towards your stomach. In this position you can turn your torso slightly towards the lifted leg to place the whites in the white pile. Slowly lower your leg while maintaining abdominal control and repeat with the other side. Start with up to 5 on each side and slowly increase repetitions.

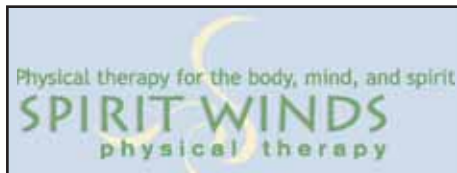
Thigh and Tush Toner

Again, start standing with your abdominals engaged. With your legs shoulder width apart, slowly squat as if you were going to sit in a chair behind you. Hold this for 5-10 seconds and slowly rise to starting position. Start with one set of 8-10 repetitions and increase reps and sets as you progress.

Please contact us for more guidance

on toning while performing your daily activities.

Michele S Jang, PT is a physical therapist who likes to look outside the box. She has been a physical therapist for over 20 years and has extensive training in manual therapy or the use of hands to help rehabilitate the body. Michele has been an instructor both in the United States and abroad. She offers Free Consults on Tuesday afternoons. Michele also has a team of therapists at Spirit Winds who offer an array of expertise on exercise, fall prevention, movement reeducation, body mechanics and proper breathing technique to increase body awareness and healing. Michele can be reached at 805-543-5100 or info@spiritwindstherapy.com. For more information please also visit www.spiritwindstherapy.com.



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Lifestyle HOME & GARDEN

How to Organize Your Closet

By Sharon Brown, ASID, NSIDQ



There are several key components to organizing your closet.

First, you must get rid of items which no longer fit your lifestyle. Work to be realistic here. Sometimes we hang on to items for emotional reasons but if you haven't used it or worn it in the last two years, it could probably benefit someone else!

Now that you've pared down, let's look at the bones of your storage space. Look at how much in the way of 'long hanging' you have (dresses, long skirts, pants hung by their cuffs, etc.). Provide a space with the rod at about 70" above the floor for these items. Next, for separates, a rod at 82" above the floor with one below it at 42" will provide "double hang". If you put your pants over the hanger, hang them in the upper portion, leaving room for an extra shelf below them for everyday shoes. Shirts can go in the bottom half. Much better use of the vertical space!

Folded clothing and shoes need shelves so they are at eye level. You can get beyond having to search for that other shoe if you will put your shoes on shelves instead of on the floor.

Once you have provided the space to store your clothes, it's time to put them away in a manner that is more

user-friendly. Hanging all items facing the same direction, toward the door, is a good first step. You may even want to make all the hangers matching for good aesthetics!

Starting with blouses and shirts, white sleeveless are first, followed by white short sleeved and then, white long sleeved. Now move on to yellow, pink, etc. and work your way to blues, browns and blacks. Treat pants and skirts the same color wise. A separate section for prints would follow. Taking the time to implement this system will make it much easier to find the components of an outfit without having to sort through everything.

Visually, your closet will look beautiful, neat and clean. Functionally, it will be much easier for you to dress in a stress free manner! ❖

Sharon Brown, ASID, NCIDQ, is a certified professional Interior Designer and Space Planner. She designs storage solutions for Tailored Living. Call for a complimentary appointment at 462-8133 or email at: slo@tailoredliving.com Visit on FaceBook and at their website: www.tailoredliving.com/sanluisobispo

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Holiday Guide



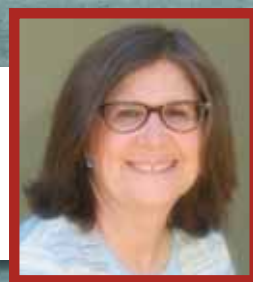
Your Guide to Local Shopping,
Dining and Events



Holiday Guide

Corners

By Debbie Nicklas



A corner is a simple intersection where two places meet. Everyday, we turn corners without much thought. But sometimes there are special corners—corners in our lives—moments when we notice that something big is happening. Maybe it's a new road to be traveled or leaving a past road behind. Parenting is full of such moments. . . such corners.

I noticed my first significant corner when I was being discharged in a wheelchair with my newborn son, Danny, in my arms and my husband by my side. As a new mother, I was filled with a combination of joy and fear. The nurse took time to help us settle into the car and then I watched as she walked away and turned the corner into the hospital. As she disappeared, my fear and panic heightened. I'd lost my security blanket. The engine started and I looked down at Danny, so tiny and peaceful in his car seat, and I realized that I was smiling. A new wonderful chapter in my life had begun.

When my son was in elementary school, our morning routine consisted

of getting him ready for school and walking together to the bus stop. But as Danny grew older, he wanted to walk there on his own. I watched from our living room window as he turned the corner at the end of our street and disappeared from my sight. I realized the impact of that moment—a simple intersection representing that tug of my heart. I needed to let him be independent but wanted to be by his side every second.

With high school came a new driver in the family. After all of those emotional driving lessons, it was time for Danny to drive alone. Again, I was at the window watching as he got into the car and drove down the street moving slowly past that same intersection. I remembered him as a little boy walking to the bus stop alone. His independence had taken a giant step forward.

Then it was time for my son to go to college. After meeting his roommates, Danny informed my husband and me that it was OK for us to leave now. I was jealous of the other mothers who were staying to help unpack while my son was ready to be on his own. Danny

walked us to the elevator and gave us a quick hug goodbye. I watched as he sauntered away and turned the corner towards his dorm room. I felt both pride and sadness as he vanished from my sight. I was proud that he was confident to handle this new adventure and I was sad that my little boy was all grown up.

Time traveled fast to my son's wedding day. I woke up that morning thinking about when he was a little boy. Where had all those years gone? The wedding was beautiful—a day filled with complete joy. Danny surprised his new bride, Hannah, with a horse-drawn carriage ride as they left the reception. I watched the horse gallop down the alley with the two of them inside the carriage as it rounded the corner and disappeared onto the main road. My heart swelled with both happiness and emptiness. It was another moment that signified an important turning point in my son's journey.

I'm thankful for these corners that represent how life doesn't stand still. Without them, there would be no joy, excitement, fear, and anxiety —that

combination of emotions that make us feel so alive. So I'm filled with much gratitude during this season of giving for many great moments and cherished memories that I've had as a parent.

These special corners give me comfort in this next chapter of my life and I treasure the days when my son and his wife come to visit. So on this Thanksgiving, I gaze out that same living room window and wait for them to turn the corner towards home. ❀

Debbie Nicklas is a mother of two grown sons, Danny and Jeff, and lives with her husband, Steve, and dog, Sunny, in San Luis Obispo. She works at French Hospital Medical Center as Vice President of Philanthropy and is also a freelance travel writer and theater critic for the San Luis Obispo Tribune. Debbie is a member of SLO NightWriters, the Premier Writing Organization on the Central Coast since 1988.

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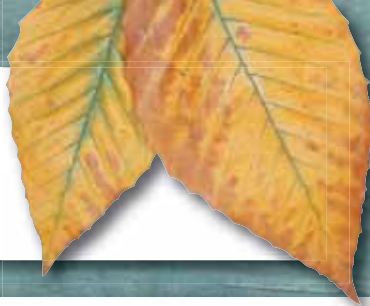
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Ingredients

- 1 cup (2 sticks) butter, room temperature
- 1/4 cup pure maple syrup
- 1/2 teaspoon salt
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground black pepper
- 8 small red yams, oval-shaped



Directions

Mix first 5 ingredients in medium bowl. (Can be made 3 days ahead. Cover and chill. Bring to room temperature before using.)

Preheat oven to 375 degrees. Lightly pierce potatoes all over with fork. Place yams on a cookie sheet. Bake until tender when pierced with fork, about 1 hour. Cut cross in top of each potato. Using even mitts to protect hands, squeeze potatoes gently in from sides, forcing crosses to open. Spoon 1 tablespoon butter into each potato. Serve, passing remaining butter separately. Makes 8 servings.

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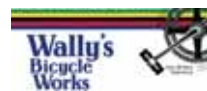
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LOLO'S MEXICAN RESTAURANT Great Mexican food, served in a warm and friendly atmosphere at a reasonable price. Reservations and credit cards gladly accepted. Daily drink and food specials and patio dining. Brunch, lunch, and dinner served 7 days a week 10:00 to 9:00 pm. Located at 2848 N. Main St., Morro Bay • (805) 772-5686



GRANDMA'S FROZEN YOGURT AND WAFFLE SHOP Morro Bay's newest downtown business, GRANDMA'S FROZEN YOGURT & WAFFLE SHOP is open and offering Old Fashion specialty waffles, Real frozen yogurt, and refreshing sorbet. Non-electronic activities are available throughout the week, including board and card games. Located on the corner of Morro Bay Blvd. & Main Street, they also provide a public restroom for downtown guests. Come and enjoy the newly created courtyard as you watch downtown come alive during the Saturday Farmers Market. Live music is available periodically. Be sure to Facebook us for daily yogurt flavors and activity updates! Hours: 10am-7pm Sun-Thurs and Fri- Sat till 10pm. Come see us after the show! 307 Morro Bay Blvd., Morro Bay, CA Call (805) 704-YUMM (9866)



NATIVE HERBS & HONEY CO opened a new shop in Los Osos. A locally owned beekeeping company specializing in raw-local honey, 100% pure beeswax candles, handcrafted soaps, herbal & natural skin care, gifts & Custom orders. 1001 Santa Ynez St. Los Osos (805) 534-9855. Tue.-Sun.. 12-6pm www.nativeherbsandhoney.com



SMOOBAGE, which means "something that you really love" is a delightful store that will peak your senses as you search for the perfect item or gift. You will find Artistic pieces from a variety of local artists as well as a quaint store that houses a paradise of colorful palettes & textures. From leather goods to jewelry, greeting cards & a children's section there are treasures abundant. 591 Embarcadero, Morro Bay. (805) 459-5751. Text SMOOBAGE to 56955 to Join & receive 10% OFF your next purchase!



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401 Shell Beach Road, Shell Beach

November Special — Expires 11/26/14

Mon-Thurs. Dine-in only. Must mention this ad for discount.

You can help the less fortunate this holiday season!

We are accepting DONATIONS of 20 lb. turkeys or cash contributions until Friday, November 21st to purchase food items for Thanksgiving baskets to give to 55 needy families from the Oceano Elementary School. Please help.

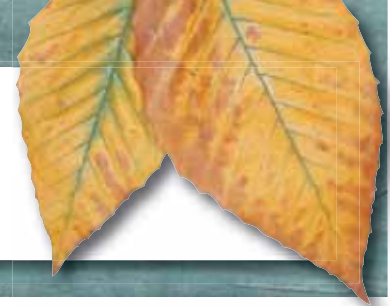
Contact Bernadette Delmore at Del's Pizzeria: 805-773-4438

This ad space is donated by COAST NEWS



Holiday Guide

Holiday Events



Holiday Tree Lighting
Awards for best-decorated business
Raffle prizes
November 29, 2014, 5:30-6pm
Promenade -Front St., Avila Beach

Santa's Doggie Parade
November 30, 2014, 11:30-12:30pm.
Promenade -Front St., Avila Beach

Christmas at the Castle
Christmas at Hearst Castle is an event that is not to be missed! The main house and guest houses are decorated just as they might have been on Christmas in the 1920s and 30s, creating an impressive sight and a special atmosphere that is sure to make the season bright for you and the whole family.
The Grand Rooms Tour and the Evening Tour are excellent ways to see many of the best and brightest holiday decorations



during this special time of year.
November 29 - December 31
www.visitsanluisobispo.com/events
Hearst Castle 750 Hearst Castle Road, San Simeon

Christmas Concert, Parade & Movie
We usher in the holiday season on the last weekend of November with a Christmas Concert and Parade on Sunday. Grace Bible Church provides a 50 voice Christmas music choir at the Rotary Bandstand in Heritage Square Park at 3:30pm. Our annual Christmas Parade begins at 5pm at Traffic Way and Branch St., then proceeds up East Branch to Short St. The parade is followed by the Tree Lighting (at the Conrad House) and Harvest Church Nativity. At 6:30pm there will be a free showing of "It's a Wonderful Life" at "The Spot" Theater, 116 W. Branch St. (next to



Harvest Church). For additional parade information and entry forms, please call (805) 474-4068.
November 30, 3:30pm
Heritage Square Park, Arroyo Grande

Light Up The Sunken Garden The City of Atascadero Lights up the downtown at an annual illumination at the Sunken Gardens. This Annual Holiday Lighting Ceremony gets into full swing at 6 pm and includes a great celebration, face-painting, hot chocolate, pictures with Santa, and ribbon cutting ceremony for the City Hall fountain. Don't miss this fun evening for the whole family!
December 5, 6-8:30pm
Sunken Gardens 6505 El Camino Real, Atascadero

Holiday Harmony & Light Up



Holiday Harmony will take place at the Beach Bum Holiday Rental parking lot (off Dolliver & Pomeroy) in downtown Pismo Beach. Kids will have fun with fresh snow, a bounce house, crafts and cookie decorating. Join Santa and carolers at the Beach Bum Holiday Rental parking lot at 5:30pm before he makes his way to the tree lighting ceremony on a fire truck. Enjoy hot drinks and listen to carols as the tree is lit. Kids can have their picture taken with Santa. The official lighting of the city of Pismo Beach will take place at 6pm in conjunction with Holiday Harmony. For more information, please contact the Pismo Beach Parks & Recreation Department at 805-773-7063.
December 5, 5:30-8:30pm
Pismo Beach Pier, Pismo Beach

39th Annual Holiday Parade
The parade kicks off at 7 PM at the corner of Palm and Chorro Streets. Entries

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EsteroBayRadio.org

Holiday Events Holiday Guide

include nearly 100 bright floats, jammin' music, marching bands, animal groups and classic carolers rocking the streets of Downtown San Luis Obispo. Parade watchers are encouraged to come early and set up their blankets and chairs for prime viewing spots. **December 5, 7:00pm Downtown Higuera st. San Luis Obispo. 805-541-0286**

Lighted Boat Parade

Decorated boats of all sizes will cruise the harbor at 6:30 pm. Christmas music performed by White Caps will be at the North T-pier starting at 6 pm!
December 6, 6:00-8:00pm Morro Bay Harbor North T Pier, Morro Bay. 805-255-1633

Paso Robles Christmas Light Parade

Celebrating 125 Years in Downtown! The 53rd Annual Christmas Light Parade will be held in downtown Paso Robles starting at 7 p.m. The traditional light parade marks the arrival of Santa Claus who will be in residence at the Holiday House in the downtown city park until Christmas Eve. The hours are posted on the Holiday House and on www.pasoroblesdowntown.org. **December 6, 7:00pm. Downtown Paso Robles 12th and Park Street. 805-238-4103**

24th Victorian Teddy Bear Tea

The Downtown Paso Robles Main Street Association will host the 24th Annual Victorian Teddy Bear Tea for the children of Paso Robles. Tickets go on sale for this popular event on Dec. 3. Children bring their favorite teddy bears—often in spectacular costumes—to the Teddy Bear Tea. Seating is limited. Tickets include all the fun, tea (juice) cookies, and more!
December 20, 2:00-4:00pm \$7.00 children under 12, \$15.00 adults. Paso Robles Park Ballroom 1232 Park St. 805-238-4103

Holiday Magic at the Zoo

Come celebrate the season at the Charles Paddock Zoo! Do you like getting gifts? So do the animals! Watch and be delighted as the animals investigate and tear open homemade packages of every shape and size, delivered by Santa and his elves. During the festivities children will have the opportunity to make a craft to take home and don't forget to browse our Gift Shop for gift ideas of your own! There will be hot chocolate available to enjoy while you see all of the holiday fun! Be sure to check the schedule so you don't miss your favorite animal eagerly opening their presents!
December 20, 11:00-2:00pm Charles Paddock Zoo 9305 Pismo Ave. Atascadero. 805-461-5080

New Year's Eve In New Orleans

at Robert Hall Winery! Join us to ring in the New Year at our Annual New Year's Eve bash. You have 2 options: Jackson Square Ticket, 7pm-12:30am Enjoy wine and appetizers in the cavern, a traditional New Orleans Second Line procession to dinner, a three course meal in our Meritage Room paired with Robert Hall Wines and champagne. Live music by the Hot Club of SLO Band. Dance to the live music in the Meritage Room or crash the DJ Party downstairs in the cavern. \$160 for non-members, \$130 for Cavern Club. French Quarter Ticket, 9pm to 1pm in the cavern enjoy sweet and savory appetizers, wine and champagne, a lounge area, a photobooth to capture the evening and a DJ to dance the night away club style. \$65 for non-members, \$52 for Cavern Club. For more information and listings of upcoming events in the central Coast please visit www.pasoroblesdowntown.org.
December 31, 2014 - January 1, 2015 7:00pm-1:00am. Robert Hall Winery 3443 Mill Rd. Paso Robles, 805-239-1616 x24



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December 4th, 2014
11:30 am - 1:30 pm

Come hear about the great things CASA is doing in our community to help abused & neglected children!

Special Guest Dave Hovde, KSBY-TV6

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or call (805) 541-6542



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Drum Roll Please

By Carrie Jaymes

The drums are the essential backbone of a band. A bad drummer can ruin a great band. A good drummer makes a great band even greater.

Over the years I have heard many local musicians boast about the talent, professionalism and great attitude of Kevin Simmons. Which is what inspired me to write this piece on him. The first time I heard Kevin was with The Road Dogs in March of 1991 at Harry's Night Club and Beach Bar, where he has played in various bands since the mid 80s and still does to this day. Simmons was 10-years-old when he got his first drum kit which was probably inevitable since he was banging on pots and pans with pencils from a very young age. "My parents knew what was coming" said Simmons.

Kevin Simmons is not a show off type of drummer. No drum competitions or throwing his sticks around. His humble way of playing and living life is what makes him so likable. He does his job and does it very well. Which is why he gets calls from bands on a regular basis.

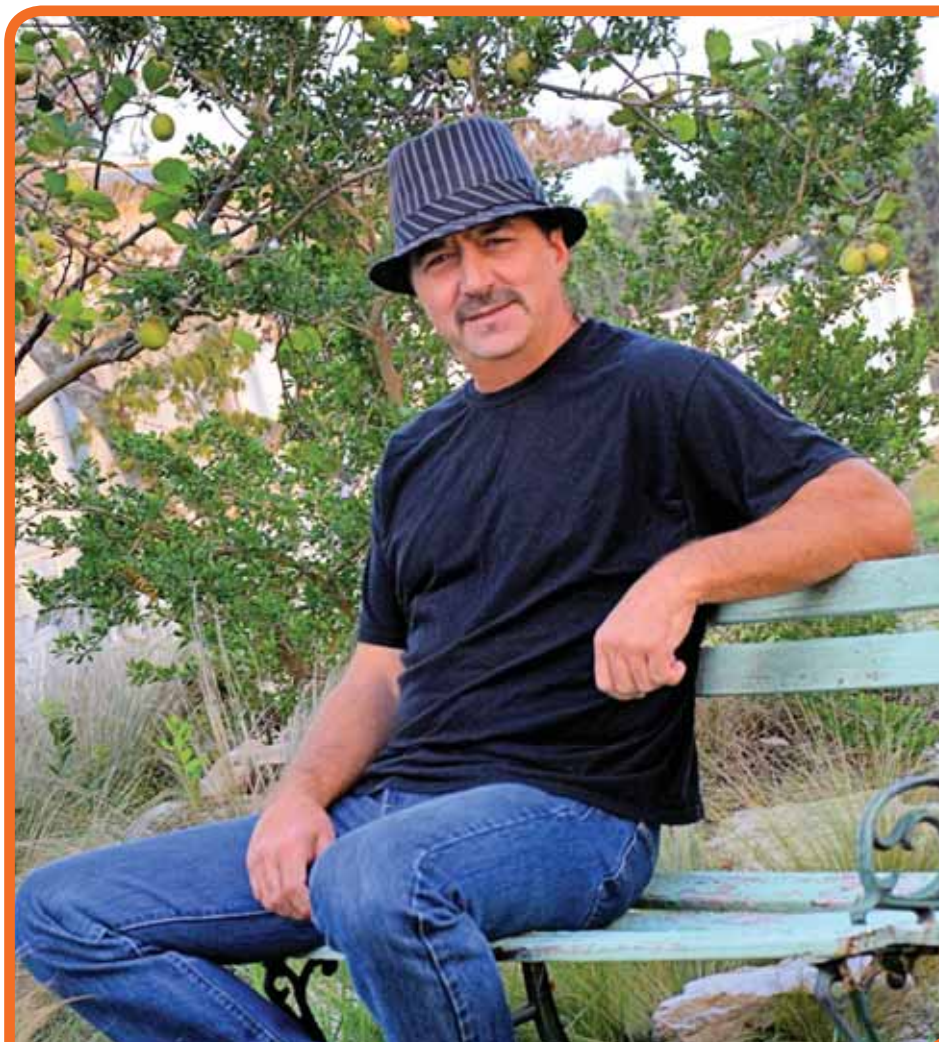
"My whole approach is I want to make the band sound good which makes me sound good," he said. "I have no bias towards a song. The band is going to play it anyway so why not make it sound good. That's why a lot of people call me, because they say I play for the song."

CJ: Who are some of your favorite drummers?

KS: Art Dugall and Jim Stomberg, I learn something new every time I watch them. Steve Smith is my favorite drummer.

CJ: What famous musicians have you played with?

KS: Mike Dean and I met at Denny's in Atascadero at 3 a.m. one night in 1992 after our gigs and I drove non-stop to Merle Haggard's place in Palo Cedro, near Redding, Ca. We played with him



in his bar for a private party. What happens at Merle's, stays at Merle's. I have a drum autographed by him and Hal Ketchum--both members of the Grand Ole Opry.

CJ: Would you say country music is what you like to play most?

KS: No, it's what I grew up playing. It doesn't do much for the drummer's ego though.

CJ: Is it hard to get excited about playing a slow song?

KS: My approach to slow songs is, they

don't have to be wimpy. Play like you've got a pair. Not overpowering, but with authority. Don Henley, Russ Kunke and Larrie Londin are my favorites at that.

CJ: Do you think it's the drummer's responsibility to keep the groove alive?

KS: The groove comes from both the drummer and the bass player. If one doesn't groove, it's hard for the other.

CJ: What is your favorite type of music to play?

KS: I like to play all types of music, with the right people.

I asked some local musicians what they like about playing with Kevin Simmons and what they thought of him as a person. Here are some of the Responses.

Terry Lawless: U2

As a player, Kevin is rock solid and prepared on every tune, but where he shines is as a person. He is always cheerful, witty and able to talk on any number of subjects. On the stage he is all business and listens to other players more than any drummer I know on the Central Coast. He is a lock.

Gene Baker: MGB

I know Kevin very well and played with him many times from high school till current years. "Kevin has always been spot on, ready to go at a moment's notice, perfect attitude, solid player, pleasure to work with, easy going and dedicated".

Al Martinez: Copy Katz

Kevin plays sweet grooves with beats with class and a killer sounding drum kit. He likes smooth round ear pleasing arrangements that work in every venue.

Evan Hiney: Road Dogs, 6250 Band

I have known Kevin for over 20 years. Always been easy to play with and get along with. Great pocket and always a strong friend. We were part of the original Road Dogs and we had some great times together

Kelly Atwell: MGB

Unfortunately I have never had the pleasure of performing with Kevin... Though I have seen him perform and he's always on point and right on time. He has great chops.

You can hear Kevin playing along with The Belmore's this Saturday from 3-7:30 p.m. at Harry's Night Club and Beach Bar in Pismo Beach. ❖



Thu 11/20 **Dave Miller Band**
Farmer's Market food welcome inside

Fri 11/21 **Dread Daze**

Sat 11/22 **Chronic Vitality**

Sun 11/23 **Jade Jackson Band**

Mon 11/24 **Toan's Open Jam**

Wed 11/26 **Billy Manzik**

TUESDAY NIGHT
2 for 1 drinks with
DJ Donk

WEDNESDAY NIGHT
Karaoke Night with



Nightlife & Club Listings

South County

THE CLIFFS RESORT: 2757 Shell Beach Road, 773-5000 or cliffsresort.com.

F. MCLINTOCKS SALOON: Two locations: 750 Mattie Road in Pismo Beach and 133 Bridge St. in Arroyo Grande. 773-1892 or mclintocks.com. Live music at the Pismo Beach location every Fri. and Sat. from 6-9pm. Tennessee Jimmy Harrell and Doc Stoltey play on alternating weekends.

HARRY'S NIGHT CLUB AND BEACH BAR: Cypress and Pomeroy, downtown Pismo Beach, 773-1010. Every Thu. Front Row Karaoke. 11/20 Front Row Karaoke 11/21 Steppin' Out 9pm 11/22 Steve Tracy Band 3pm Steppin' Out 9pm 11/23 The Indian Valley 9pm 11/24 The Indian Valley 7:30pm 11/25 Manny English 7:30pm 11/26 Manny English 7:30pm 11/27 Front Row Karaoke 11/28 L'Amour 9pm 11/29 TBA 3pm L'Amour 9pm 11/30 Double Shot 9pm

LAETITIA WINERY: 453 Laetitia Vineyard Drive, Arroyo Grande, 805-481-1772. www.laetiawine.com. Live Music Saturdays and Sundays 1-4pm.

LIDO RESTAURANT AT DOLPHIN BAY: 2727 Shell Beach Road, Shell Beach, 773-4300 or thedolphinbay.com. Join Three-Martini Lunch every Thurs. and Fri. from 6-9pm. Live Music Every Tues. from 5:30-6:30 and Thursdays and Fridays 6-9

MANROCK BREWING CO. TASTING ROOM: 1750 El Camino Real ste A, Grover

Beach, CA 93433. Tasting room M-Th 4pm-10pm, Fri 3pm-12am, Sat noon-12am, Sun noon-7pm

MONGO'S SALOON: 359 W. Grand Ave., Grover Beach, 489-3639. Karaoke Tuesday and Wednesday 9pm. Live Music and dancing every Friday and Saturday at 9pm.

MR. RICK'S: 404 Front St., Avila Beach, 805-595-7425 www.mrricks.com Happy Hour Monday-Thursday 4-7pm 11/21 Soundhouse 11/22 La Faz 8pm 11/23 Living Large 1:00pm 11/24 Happy Hour 11/30 Bobby Santacruz

SEAVENTURE: 100 Ocean View, Pismo Beach, 773-4994. www.seaventure.com Live music every Wednesday from 6-9pm in the Fireplace room. Acoustic Sundays from 3-6pm on the Deck.

SHELL CAFÉ: 1351 Price St., Pismo Beach, 805-773-8300 www.shellcafepismo.com 10/30 Songwriters at Play 6:30pm 11/8 Blues Master Jam 11/9 Songwriters at Play 11/10 Songwriters at Play 11/10 Scratch 11/11 Cliffnotes 11/13 Songwriters at Play 6:30-9:30 (Every Thu) 11/20 Ted Russell Kamp 12/4 Tom Waits Tribute

TALLEY VINEYARDS: 3031 Lopez Dr., Arroyo Grande, 489-0446, talleyvineyards.com

VENTANA GRILL: 2575 Price St. Pismo Beach, 773-0000, or ventanagrill.com. Matt Cross plays on Mon and Wed. evenings.

VINO VERSATO: 781 Price St., Pismo Beach, 773-6563 or vinoversato.com. Every

Tuesday: Side Effects

CREATIVE JUICES LOUNGE: 874 Guadalupe Street, Guadalupe, CA 93434, 805-219-0518 www.creativejuicelounge.com 10/31 The Crisptones with a wild night of fun 7pm-1am

San Luis Obispo

BON TEMPS CREOLE CAFE: 1000 Olive St., 544-2100. Zydeco music, live blues, and jazz on Monday, Wednesday and Thursday evenings. 11/17 Gary Garrett 11/24 Drew Tabor 12/1 Maria Woodson

CREEKY TIKI: 782 Higuera St., 903-2591. www.creekytiki.com EVERY FRIDAY Live Music 11/20 Alex & Spike 11/21 Michael Keeney 11/22 Michael Keeney

FROG & PEACH PUB: 728 Higuera St. (805)595-3764. 11/20 Dave Miller Band 11/21 Dread Daze 11/22 Chronic Vitality 11/23 Jade Jackson Band 11/24 Toan's Open Jam 11/26 Billy Manzik

THE GRADUATE: 990 Industrial Way, 541-0969 or slograd.com. Every Thu. Is Country Night 8pm 18+, Every Fri "Noche Caliente" or "Hot Latin Nights" 18+, Every Sat "Big Chill" hits from the 70's 80's 90's 21+ & Every Sunday is Minor Madness 8pm-11:45pm

LINNAEA'S CAFE: 1110 Garden St., 541-5888 www.linnaes.com 11/4 Cuesta Jazz 7pm 11/6 Jeff Brinkman 7pm

LUNA RED: 1023 Chorro St., 540-5243 www.lunaredslo.com 10/31 Halloween Event "Howl" at Luna Red

PAPPY MCGREGOR'S: pappymcgregors.com or 543-KILT (5458), 1865 Monterey St. Live music is Wed./Thurs./Fri. from 6-9pm. Old Time Fiddle & Banjo Show every Wed. from 6-9pm.

SLO BREWING CO.: 1119 Garden St., 543-1843 or slobrewingco.com 11/20 Lucero 11/21 The Mother Hips 11/22 Journey Unauthorized- Ultimate Journey Tribune 11/23 Minus The Bear 11/28 Breather Carolina 11/29 MiMosa

North Coast

10TH STREET GRILL: 2011 10th St., Los Osos, 528-2011 or 10thstreetgrill.com.

CAMBRIA PINES LODGE: 2905 Burton Drive, Cambria, 927-4200 or cambriapineslodge.com. Entertainment every night in the Fireside Lounge.

FUEL DOCK SALOON: 900 Main St., Morro Bay, 772-8478

MOZZI'S SALOON: 2262 Main St. in Cambria, 927-4767. Friday Night: Karaoke, Saturday Night: Live Music

OLD CAYUCOS TAVERN: 130 N. Ocean Ave., Cayucos, 995-3209. Fri.-Sat.: Live music.

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FRI 11/21	9PM-1:30	STEPPIN' OUT
SAT 11/22	8:00PM-7:30	STEVE TRACY BAND
	9:00PM-1:30PM	STEPPIN' OUT
SUN 11/23	9PM-1:00	THE INDIAN VALLEY BAND
MON 11/24	7:30PM-11:30	THE INDIAN VALLEY BAND
TUE 11/25	9PM-1:00	JUAN MARQUEZ DOUBLE SHOT
WED 11/26	9PM-1:00	TOMMY LEE & THE PORTIGEEES
THU 11/27	9PM-1:00	FRONT ROW KARAOKE

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FRI, 11/21 Michael Keeney
SAT, 11/22 Michael Keeney

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Morro Bay, 805-772-1420. www. otterrockcafe.com Every Wed: Karaoke, 8pm. Every Thurs.: Thursday Night Spotlight, 8pm. 11/20 Jackie Myers Band 11/21 Kenny Taylor Band 11/22 Big Rain 11/23 Jill Knight 11/24 Mo. Night Football 11/26 Karaoke 11/29 Croondogs 11/30 Mud on the Tire

SKIPPERS RESTAURANT: 113 N Ocean, Cayucos, 995-1122.

SWEET SPRINGS SALOON: 990 Los Osos Valley Road, Los Osos, 528-3764, sweetspringssaloon.com. Friday and Saturday: Live music from 9pm to 2am.

TOGNAZZINI'S DOCKSIDE: 1245 Embarcadero, Morro Bay, 772-8100.

WINDOWS ON THE WATER: 699 Embarcadero, Suite 7, Morro Bay, 772-0677. Live music every Monday and Friday evening.

North County

ASUNCION RIDGE: 725 12th St., Paso Robles, 237-1425 Live music Saturdays from 5-8pm

AVION & CLAW: 6155 El Camino Real, Atascadero, 461-9463 or avionandclaw.com. Live music Thurs.-Sat. from 7-10pm.

BROKEN EARTH WINERY: 5625 Highway 46E, Paso Robles, 239-2562.

BRU COFFEEHOUSE: 576 El Camino Real, Atascadero, 464-5007. www.brucoffeehouse.com Live music every Friday from 7-9pm. 11/14 Max Martinelli 11/21 The Simple Parade November artwork from Louisa Cardinali

CAMOZZI'S: 5855 El Camino Real, Atascadero, 466-1880.

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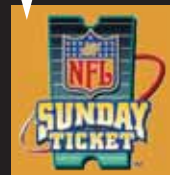
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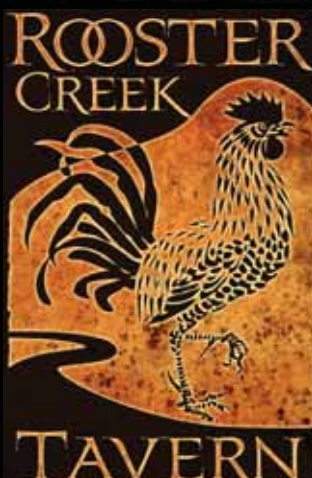
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“Mooking” Around

The Goddess of Groove

By Mad Royal

The first thing you notice when you hear the Mooks! perform is how full the sound is, considering there are just three guys. The band defines “power trio”. A power trio consists of electric guitar, electric bass, and drums. The rhythm section (drums and bass) has to be strong and tight, and the guitar player has to be able to play the keyboard parts on his guitar as well as the guitar parts if it’s going to work.

Such is the case with the Mooks! Add in the fact that all three are fine musicians in their own right, and all three can carry a tune well. Then factor in a dedication to honoring great classic dance tunes, and to make the songs exciting both for themselves and for their audience, and you end up with a band that is not only great to listen to, but absolutely irresistible when it comes to dancing.

Jack Collins and Billy Love met when they were seven years old. Bill’s big brother, Jim (currently in the bands Local Vocals and Critical Mass), had a drum set. Bill liked to do everything his big brother did, so he started banging on the drums, and so did Jack. Jack later switched to guitar, and started taking lessons at age 11 from Rex Gallion. The boys’ first gig was in sixth grade. Their debut was at an assembly in the cafeteria.

When they were 13, Jack and Bill formed The Dynamic Duo. The boys wanted to call the band “The Rubbers”, but were discouraged by their music teacher.

After college, Bill and Jack continued to play in bands together and separately, including Rendezvous, the James Way Band, and the Richard Green Band, The Usual Suspects, and Big Daddy’s Blues Band.

In 2009, Jack and Ernie Pezza from The Usual Suspects decided to form a band with Bill, and so the Mooks! was born. The band gained popularity with a repertoire of classic dance songs, mostly from the rock’n’roll genre, but also blues, rockabilly, disco and funk. After a few years, Ernie moved to Arizona, which left the trio without their bass player and lead singer. Jack and Bill stepped up to the plate, taking on more vocals as they tried out different bass players. Their booking agent heard bass player Dale Claiborne



perform at a blues jam, and had a strong feeling he just might “click” with the band. Billy and Jack came over to check him out. The rest, as they say, is history.

Dale Claiborne moved to the Central Coast from Bakersfield ten years ago, where he started playing guitar in church at 14. A few years later, he switched to bass as an emergency fill in, which bass became his instrument of choice. His first professional gig was at 23 with Jennifer Keel. He subsequently joined with members from Buck Owens’ band, the Buckaroos, to form the country band, Branded. They were one of two house bands at the Crystal Palace, opening for the likes of Joe Diffey, Keith Urban, and Patty Lovelace. Dale recorded with Buck Owens on some of his albums. In 2000, Dale joined and still tours with the Bunky Sperling Band.

“Mook” is a British slang term for an “ordinary bloke”. While the three band

members are just ordinary working guys, the Mooks! are anything but ordinary. Jack says, “We want to make people feel good and want to dance.” Bill adds, “No empty dance floors. We play songs where people know all the words.” Of bass player, Dale Claiborne, they say “He plays like he has ESP. He’s a great bass player, a chameleon, and he never says ‘no’ to learning a new song.” Dale adds, “Bill is a fun and full of energy. Jack is solid on guitar. The Mooks! is one of the funnest bands I’ve ever played in.”

That fun is contagious to the audience. This band may have coined the word.

Upcoming Mooks! gigs: A Hard Day’s Night Pajama Party and Sock Hop at Marie Callender’s banquet room, Pismo Beach, Nov. 21, 6:30 p.m.-10:30 p.m. Tickets are \$15 and include appetizers, pie, and the dance after the movie, which starts at 7:30 p.m. New Year’s Eve, also at Marie Callender’s, 7:30 p.m.-12:15 a.m. Tickets are \$40 includes dinner, or \$15 just for the dance. Music starts at 9 p.m. The Mooks! are the regular hosts of the Blues Masters Jam the second Wednesday of every month, Shell Café, Pismo. For details, or to book the Mooks! call Love Live Music at 904-9529. ♣

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ENTERTAINMENT

East Coast-based jazz trio, Steel House, on a West Coast Tour will play at 8 p.m. Saturday Dec. 6 at the Unity Concert Hall, 1130 Orcutt Rd., SLO (entrance on Fernwood). Tickets are \$25 general admission, \$20 for Jazz Fed members and \$15 for Students. Tickets at the door or in advance at BooBoo's Records in SLO and online at: BrownPaperTickets.com. Doors open at 7:30. Steel House is Edward Simon, piano (he's performed with Bobby Hutcherson, Terrance Blanchard and the SF Jazz Collective among many others); Scott Colley, bass (Herbie Hancock, Jim Hall and Michael Brecker); and Brian Blade, drums (Wayne Shorter Quartet Joshua Redman, Joni Mitchell and Bob Dylan). More information at 546-3733 and at: slojazz.org.



Opera and oratorio tenor, Christopher Campbell, and soprano, Ciera Lamborn

arranged by Michael Abene. The concert is sponsored by the College of Liberal Arts, Music Department, and Instructionally Related Activities Program. For more information, call the Music Department at 756-2406.

Opera and oratorio tenor, Christopher Campbell, will lead a free vocal master class at 6 p.m. Tuesday, Dec. 2, in the Pavilion of the Performing Arts Center at Cal Poly prior to its scheduled concert with the Cal Poly Symphony Orchestra, set for Dec. 7 along with soprano, Ciera Lamborn. Leading voice students in the Music Department will perform and be critiqued at the master class. Titled "Symphony at the Opera," the Dec. 7 concert will begin with three orchestral works: Wagner's overture to "Die Meistersinger," Rossini's overture to "The Barber of Seville" and Saint-Saëns' "Danse Bacchanale" from "Samson and Dalilah." Lamborn will sing Puccini's, "Vissi d'arte" from "Tosca," and Campbell will sing, "Nessun dorma!" from "Turandot."

Tickets for that show are \$14 and \$12 general admission and \$12 and \$9 for seniors and students and are available at the PAC Box Office, Tuesdays-Saturdays, noon to 6 p.m.

The Cal Poly big bands and jazz combos will present their Annual Fall Jazz Concert at 8 p.m. Friday, Dec. 5 in the Spanos Theatre on campus. Tickets are \$12 for the public and \$9 for senior citizens, students and SLO Jazz Federation members. Price includes all fees and parking. Tickets are available at the PAX Box Office noon-6 p.m. Tuesdays-Saturdays. Order by phone at 756-4849. The two big bands will perform "Airegin" by Sonny Rollins and "You'd Be So Nice to Come Home To," both

The Cal Poly Choirs will present their annual holiday spectacular, "A Christmas Celebration," at 8 p.m. Saturday, Dec. 6, at the Performing Arts Center on campus. Tickets are \$12 and \$14 for the public and \$9 and \$12 for senior citizens and students. Pricing includes all fees, and parking. Tickets are sold at the PAC Box Office from noon-6 p.m. Tuesdays-Saturdays. Order by phone at 756-4849. PolyPhonics, the University Singers, and the Cal Poly Early Music Ensemble will play holiday favorites and some new works. Music Professor Thomas Davies will conduct the performance. The Brass Ensemble, conducted by Christopher Woodruff, and Cal Poly's two student-led a cappella ensembles — Take it SLO and That's the Key — will also take the stage. Staff members Susan Azaret Davies and Paul Woodring will accompany and perform solo works for piano and organ. Repertoire will include original works for Christmas and Hanukkah by Antonio Vivaldi, Felix Mendelssohn, Benjamin Britten, Stephen Paulus and Ron Jeffers. Arrangements by Norman Luboff, Lara Hoggard and Joshua Jacobson will also be showcased.



Award-winning singer and actress, Audra McDonald



The Cal Poly big bands and jazz combos will present their Annual Fall Jazz Concert

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ENTERTAINMENT

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Titled "Symphony at the Opera," the concert will begin with three orchestral works: Wagner's overture to "Die Meistersinger," Rossini's overture to "The Barber of Seville" and Saint-Saëns' "Danse Bacchanale" from "Samson and Dalilah." Lamborn will sing Puccini's, "Vissi d'arte" from "Tosca," and Campbell will sing, "Nessun dorma!" from "Turandot."

Award-winning singer and actress, Audra McDonald, returns to the Performing Arts Center at Cal Poly at 7:30 p.m. Wednesday, Dec. 3. Student and adult tickets range from \$36.80 to \$86 and available now at the PAC Box Office noon to 6 p.m. Tuesdays-Saturdays. Call 756-4849 or order online at: www.calpolyarts.org. Sponsored by The Hampton Inn & Suites, SLO. Blessed with a luminous soprano and an incomparable gift for dramatic truth telling, the Juilliard

graduate is as much at home on Broadway and opera stages as she is on film and TV.

Pianist, Linda Brady, will present "A Keyboard Christmas," at noon Friday, Dec. 5, part of the free Brown Bag Concert Series at First Presbyterian Church of San Luis Obispo, 981 Marsh St. Call 543-5451 for more information.

Tickets are on sale now for Coalesce Bookstore's Holiday Concert, set for 7 p.m. Friday, Dec. 5, at 845 Main St., Morro Bay. Tickets are \$5 each and available at the store or call 772-2880. Headlining the show is slack key Hawaiian guitarist, Jim "Kimo" West with special guests the hula-dancing group, Hoapili Pomaika'i Aloha. Kimo West is one of ki ho *alu*s most unique talents. A virtuosic player and prolific composer, his delicate, heartfelt playing technique and his generous output of new, exciting slack key guitar originals puts him solidly in a category of his own. See: www.jimkimowest.com for more.

Hip-hop singers, Grouch & Eligh, will play at 7 p.m. Saturday, Dec. 6 at the SLO Brewing Company, 1119 Garden St. San Luis Obispo. Other artists include Cunninglynguists, DJ Abilities and DJ Fresh. For more information, call 543-1843. General admission tickets range from \$20-\$23. This is an all ages show.

Stand-up comedian, Brian Regan, will take the Performing Arts Center stage at 7:30 .m. Thursday, Dec. 4 for a fund-raising show for Rotary de Tolosa Club. Tickets range from \$45 to \$62 and may be purchased in advance at the PAC Box Office, Tuesdays-Saturdays, noon to 6 p.m. Order by phone at 756-4849 or online at: www.calpolyarts.org. First appearing on The Late Show with David Letterman in 1995, Regan has become a regular and recently made his 26th appearance, the most of any comedian on the CBS show. Sponsored by Central Coast Mortgage Consultants, Central Coast Suites — A Quality Suites Hotel, KJUG 98.1 FM, and Popolo Catering.

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A Classical Fairytale Ballet

Photo © Julie Campbell

••• ENTERTAINMENT



Pianist, Linda Brady

will have you "beet red" with laughter with its delightful blend of music and comedy. Rounding out the evening is the Holiday Vaudeville Revue. Full of nostalgic songs to warm your heart and comic ones to make you laugh, this revue promises to send everyone out into the night with a smile on their lips and a song in their hearts. The Melodrama offers great food, snacks, desserts, beer & wine at the in-house pub. Many shows are added to the regular schedule to accommodate

Jordan Richardson and Marian Partee and musical arrangements by Jordan Richardson and many old masters! Directed by Eric Hoit with musical direction by Kevin Lawson, this zany twist on a classic fairy tale

the demand for this show. For a calendar of show dates and times and to buy tickets online, visit www.americanmelodrama.com. ❖

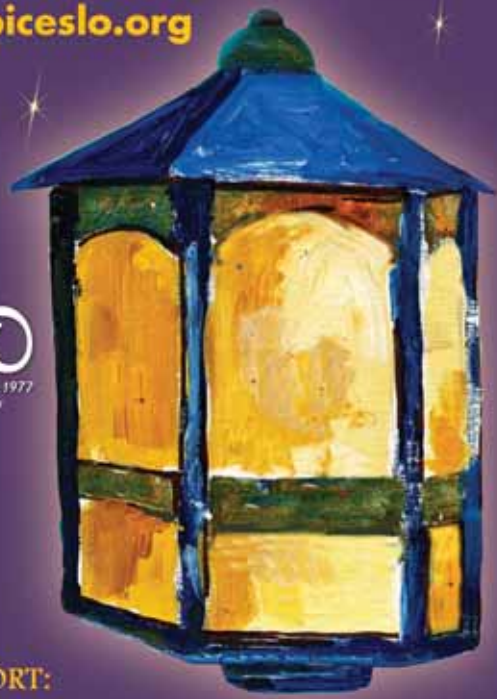
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- Morro Bay**
Wednesday, Dec. 3, 6 p.m., Coalesce Bookstore (indoors)
- Arroyo Grande**
Thursday, Dec. 4, 6 p.m., Village Gazebo (indoors)
- Atascadero***
Thursday, Dec. 4, 6 p.m., Pavilion at the Lake (indoors)
- Nipomo**
Friday, Dec. 5, 6 p.m., Kaleidoscope Inn (outdoors)
- Paso Robles***
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Teri Bayus can be reached at: livewell@teribayus.com or follow her writings and ramblings at: www.teribayus.com. Dinner and a Movie is a weekly feature of Tolosa Press.



The Perfect Steak at Jocko's

By Teri Bayus

When my father visits he wants two things when dining out — a respectable California steak and a full liquor bar.

For him I chose Jocko's in Nipomo, with its incredible steaks, ranch style atmosphere with branding irons on the walls and a full bar with requisite bartenders a little rough around the edges.

With its down-home atmosphere, surly waitresses and lines out the door every day, this place is a mystery to most people. What is not a mystery is the quality of the meat. People come from all over the country to sample the world's best steak and they are never disappointed. My Dad is now one of the converts.

Open for breakfast, lunch, and dinner seven days a week, this restaurant is always busy but it's worth the wait, with huge portions and savory flavors.

And when I say huge, I mean Fred Flintstone-sized steaks. We were a party of 15 on a Wednesday night when the special is roast turkey with all the trimmings. This is my favorite meal; like a mini-Thanksgiving.



The turkey — white and dark meat — is heaped on the plate, delightful mash potatoes, stuffing, cranberry, green beans, and rolls. Every time I order this, I have leftovers to take home. If you want this special, you have to call 24 hours ahead and reserve it as they run out every week.

The table is set with a relish tray, remnant of a 1950's meal. Olives, celery, banana peppers, green onions, celery, and carrot slices are served with a tray of single wrapped crackers and salsa. The salads are simple iceberg lettuce, carrot shavings with a big beet on top (which I give to Dad) and a healthy portion of dressing.



Each huge serving of meat (the pork chops were bigger than my head) is served with baked potato or rice pilaf. The steaks are all cooked over a big, oak barbeque pit out behind the restaurant. They are magnificent, aged perfectly and seasoned for flavor.

All steaks come medium rare, anything more requires extra cooking time according to the menu. (They post a nice warning about this for extra sized items and pork chops). A thick filet will always take longer than an equal sized New York steak. The Spencer was amazingly tender, and cooked to precision. The flavor was superb. As was the extra-sized New York, also

cooked flawlessly.

The pork chops were remarkable. I have never had better, fully cooked yet juicy and a great barbeque flavor. The sweet breads are a dying delicacy that is hard to find anywhere else and are the finest I have had.

Jocko's also has an Italian favorites menu, seafood and sandwiches. But go there for the steaks.

I have traveled the world over, eaten my way through most of it and never tasted a steak this perfect. Call for reservations and be prepared to wait even with those, but it is worth it. Locals learn to sit in the breezeway, as it is a bevy of activity, but no waiting.

Another trick is to have a drink and a stall barbeque steak at the bar. The chopped steak is cut for you and served with bread and salsa, making it a perfect quick meal.

Jocko's is steeped with tradition and family; a perfect place to celebrate. Located at the corner of Tefft Street and Thompson Road in Nipomo, call for reservations at (805) 929-3686. They are open for breakfast, lunch and dinner everyday. ♣

'Nightcrawler' is Fascinating and Horrifying

By Teri Bayus



Nightcrawler is a movie that is both fascinating and horrifying. But it is made bearable by a fantastic performance by Jake Gyllenhaal (playing Lou Bloom).

This is a movie that will stick with you. I left the theater not knowing whether I loved or hated it. Attempting to gather my thoughts, the next day I was still reeling from this mind-boggling experience.

The film is saturated with

different moods and commentaries. It is a hauntingly provocative film. Every layer slowly unfolds with ominous and grippingly dark events, a spectacle to watch.

Nightcrawler is a dark tale of greed, psychological disconnection, and the morally questionable state of our TV news. It is masterfully filmed

in the dark and foreboding Los Angeles nightlife, adding to the film's corrupt but honest themes.

The plot follows Bloom (Gyllenhaal), an amoral petty thief turned instant paparazzi, after witnessing a grisly accident that becomes his inspiration for a new career choice. Lou follows a blood trail of dead bodies and injured victims by recording their crime scenes via video camera and hawking his footage to the highest bidder.

He finds a willing partner in Nina Romina (Rene Russo), an ambitious TV producer looking for big ratings.

In this performance Gyllenhaal is the epitome of a bottom feeder. Every nuanced action is steeped in creepiness. It's an interesting idea, but the main character is so despicable and so far removed from being empathetic, you really just want to strangle him rather than understand his motives.

In a surreal film such as Nightcrawler, functional relationships are the last thing we expect from Bloom. Russo's character Nina is twisted and yet charming like Bloom. Nina puts on the trappings of social norms, even if her work is morally questionable. Bloom's "employee" is cowed into work due to his desperate conditions. For all of Bloom's lack of news experience, he knows how to play people and take advantage of their vulnerabilities. He's a charming sociopath.

The film aims squarely at its target by showing journalism at its most tasteless. Writer/director Dan Gilroy,

who is married to Russo, captures the right rhythms and atmosphere of L.A. at night.

Strong camera work by Robert Elswit and the amazing editing of John Gilroy, the director's gifted brother, achieve the feat of tawdriness. This film is a family affair as Tony Gilroy, another brother, is one of the producers.

Gilroy lets the story speak for itself. There are brilliant moments of camera theatrics that match the drama of the story. Bloom films the gutter and goes into the gutter to get his stories, sometimes seeding the gutter to get a scoop. He does whatever it takes and has a twisted sense of morality.

Like the ignominious photographers that let famine victims starve to not interfere with the story and to get their award-winning photo, Bloom will do what it takes to have the best footage to sell. It is creepy and wonderful; proceed with caution. ♣



NEWS

Check, from page 1

and through inflationary clauses rose to a final \$525,000. The City began putting some of that money away in reserves in 2011 to the point that this entire payment went into reserves.

Since the outfall lease and agreement to lease were signed in 2006 the general fund has gotten \$4.025 million and the harbor department (at \$250,000 a year) has gotten \$2.26 million.

It came in at an opportune time too, as the city council approved putting some \$193,000 of it towards a \$1.5 million street repair contract approved Oct. 28. Sousa Const., of San Luis Obispo was the lowest of three bidders on this year's streets repairs. Souza bid \$1.51 million; Calportland of Santa Maria came in at \$1.56M; and R. Burke Const., of SLO bid \$1.9M.

According to a staff report, the City pulled together money from Measure Q sales taxes (\$708,000); SLOCOG (\$275,000); a Bicycle Transportation Act grant (\$60,000, plus \$11,200 match from M-Q); \$180,000 out of the parks department (to rebuild the parking lot at Del Mar Park); \$180,000 out of the water fund to replace some manholes; \$40,000 from the sewer

fund; \$100,000 from M-Q (for storm drain work), for a total of \$1.54M. Add in costs for design and management (\$150,000), street maintenance (\$50,000) and leasing a skid (\$25,000) for a grand total project cost of \$1.73M (that's \$193,000 short).

The public works department plans to put through some change orders to control the costs, according to the report.

Oddly enough the City Council also agreed to reject all the bids for the Morro Creek Bridge Project and Harborwalk extension because the lowest bid — from Sousa Const. — was some \$240,000 over their available budget.

City Manager David Buckingham told The Bay News that while the rest of the Dynegy payment would be available for a project such as this (paid for out of the general fund), he was confident they could redesign the project and re-bid it and come in under budget.

With much of that project's promised money set to expire at the end of December, the City will need to get a contract approved in early December to encumber that money or get an extension from the Council of Governments. This is the second time the City has redesigned the project over budget issues. ❀

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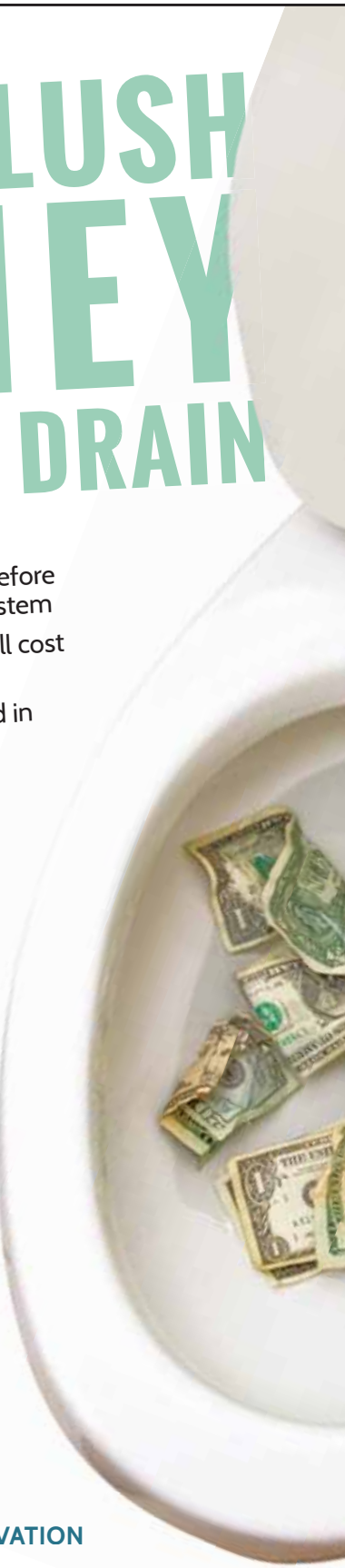
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Sanctuary, from page 1

Marine Sanctuary,” reads a press release from the Sierra Club, “was prepared by Jason Scorse, Ph.D., Director of the Center for the Blue Economy at the Monterey Institute of International Studies [a Graduate School of Middlebury College] and Judith Kildow, Ph.D., director of the National Ocean Economics Program at the Center.”

The area being discussed runs from Cambria, where the Monterey Bay NMS ends, to Point Conception, at the northern edge of the Channel Islands NMS. The shore off Santa Barbara is mostly at Vandenberg AFB, and the economic report says any economic boost would almost entirely be for SLO County.

The area is rich with kelp forests, sea otters, is a gray whale migration route and boasts one of the most sustainable fisheries in the country including rock fish, salmon, sole, swordfish, and hundreds of non-commercial species, according to the Sierra Club report. It is also part of the Pacific Flyway for migratory birds both game birds like brant geese and non-game birds like brown and white pelicans.

“A new Central Coast Sanctuary,” reads the report, “would have a total annual budget of approximately \$1.76 million, a staff of 16, and attract outside grants of about \$410,000 per year.” (Note: numbers have been rounded off.)

Using economic multipliers, the report predicts \$1.08M in economic activity and 28 additional jobs in San Luis Obispo County “for a total of economic impact of \$3.26M and 44 new jobs.”

More economic benefit would be attributed to non-governmental organizations (NGOs) like environmental groups or

universities doing studies but the writers acknowledge that there is no way to estimate this amount accurately and “even if there were, it would be difficult to determine how much of this money was awarded solely due to Sanctuary designation.”

They did however, discover that in Monterey, the Monterey Bay Crescent Research Institutions, both with and without the Monterey Bay Aquarium (MBA) and the Monterey Bay Aquarium Research Institute (MBARI) brought in an impressive amount of money. “In 2014, external funding including MBA and MBARI was \$168M and \$53.2M without it.”

As for tourism, “there are many variables that impact tourism [i.e. infrastructure, range of activities and services, weather, alternative and substitute sites, along with larger macroeconomic trends]. Complicating matters even further, it is complicated to draw a clear causal link between Sanctuary policies and any improved quality of the natural environment — which could potentially be linked to increased tourism — and no current research makes this connection.”

But birds and otters don’t equate to \$23 million. Tourism is a huge part of all this. And with tourism, it’s the “brand,” that’s key for who benefits. For example, calling it “Chumash Heritage” or “Central Coast” NMS likely wouldn’t be as beneficial to Morro Bay or Cayucos as naming it after Morro Rock, the largest and most distinctive feature of the local coastline.

“Currently,” reads the study, “there is no uniform national marketing strategy for National Marine Sanctuaries, and each Sanctuary is left to determine its own outreach efforts to the local community.

“For this paper, we conducted our own survey of local businesses along

the Monterey Bay and discovered that many Monterey Bay Area tourist operators believe that the Sanctuary is a tourist draw; 63% of outdoor recreational businesses on the coast directly advertise the Sanctuary in their materials (of the 27 tour operators, 18 [67%] cited the Sanctuary on their web pages), and 14% of coastal hotels cite the Sanctuary as a reason to come visit.

“If efforts such as these were made, the Central Coast Sanctuary could reap even greater tourism benefits because of its unique cultural and historic significance.”

Still, they do believe tourism could benefit. “We estimate that with a significant investment in marketing and education to potential tourists, the establishment of the proposed Central Coast Sanctuary could increase tourism in San Luis Obispo County by at least 5%, with a much greater increase if special marketing was done to promote new museums and sites of historic and cultural significance.”

Unfortunately the federal government has no money to aid in these sorts of promotions, so those efforts and monies would have to be raised by local entities.

The study extrapolates out the potential benefits as, “Given that average tourism revenues over the past three years for which data are available (2009-11), were \$235.4M (in 2010 dollars) and employment 6,685, a 5% increase would provide an annual economic impact of \$11.7M in new tourism revenue for the local community, and 334 new jobs.

Using the standardized multipliers “this would lead to an additional \$6.4M in revenue generated and 213 additional jobs for a total economic impact of \$18.2M and 547 new jobs.”

There is also an undefined benefit to property values because the ocean views would never be marred

by offshore oil platforms, though calculating that compared with current values (there are no oil derricks here now) is too hard and the study does not attempt.

“Property values would likely decrease in the event of the presence of these large offshore structures and/or appreciate at a slower rate into the future and the cumulative impact, plus the lower property taxes that would result, could be large.”

SLO County already has voter-approved laws that prohibit the building of onshore facilities to support offshore oil rigs, which has effectively kept speculators out of area waters.

“In addition, the extent to which Sanctuaries improve the environmental quality of the coastal environment could translate into higher home values as well,” the study says.

In sum, the study concludes that a marine sanctuary designation here would mean:

- Government Expenditures — \$1.7M direct local revenue; \$883,000 indirect revenues; \$410,000 in outside grants; and \$205,000 in indirect revenues.

- Increased Coastal Tourism — \$11.7M direct local revenue; \$6.4M Indirect revenue.

- Jobs — Governmental: 18 direct local jobs; 26 indirect jobs (visiting researchers); and 14,000 “volunteer hours” a year.

- Jobs — Tourism: 337 local jobs; and 213 Indirect jobs.

Totals are: revenue — \$23.3M direct and indirect; 594 jobs; and 14,000 volunteer hours.

The Sierra Club plans to submit a formal application to NOAA “in the coming months” for the sanctuary designation. ♣

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Bay Poo No Laughing Matter

Letter to the Editor: Please use “grown-up” terms. The topic of feces in the bay is informative and something that needs addressing.

However your use of the childish word “poo” was off-putting and not necessary even once, let alone repeatedly.

Your overly graphic description of what appears on the bay’s surface after some people use heads that empty directly into the water was disgusting.

I keep The Bay News on my kitchen table to read while having a meal. After such stomach-turning reporting, I’ll no longer do so.

Lee Sutter, Los Osos

Repent, Morro Bay, Repent

Dear Editor: History is allegedly repeating itself with these animated bunches of storm troopers, Municipal Auditing Services — MAS. Out-of-towner’s hired to glean the pockets of the citizens of Morro Bay with legal impunity.

What’s next? Requiring a forearm tattoo of your Morro Bay business license number for all to see? Perhaps requiring a chip implant or a GPS to track the movements of oneself and his employees?

Morro Bay, abolish your present course, and all who embrace its methods of collection through intimidation! Rewrite your future with common sense and reject the present “mandated nonsense.”

Back off entirely from the alleged Gestapo mindset of all involved with the hiring of MAS. Parasites! Goons! All hired to pick the pockets of the working people, and then take its 40-percent of the monies out of town and out of our local economy, regardless of who locally possesses the funds.

The Rule of law here is ambiguous and arbitrary, so over-reaching and arrogant in its application. What’s next? Goose-step training for the neighborhood lawn boy who might know how to install or repair a senior citizen’s door or window?

Oh, yes! Don’t forget to collect and report the appropriate taxes, young man.

“Ignorance of the law is no excuse!” Remember to be an obedient informant on others. You DO NOT want to challenge our “police state of mind.”

Sincerely, D. Leroy Collins, Morro Bay

Coyote Fears in Cayucos

Editor: Sad to relate that my beautiful, black rescue kitty “Mister Johnson” disappeared from my Cayucos home on Veteran’s Day. Had never even left my yard before, and I think he may very well have been nabbed by a coyote.

I see them running in the hills and creek beds just outside of town when I’m out on my daily bike rides. Many have even been spotted in town, and they are extra hungry and thirsty with this prolonged drought.

It’s easy for them to get into my neighborhood (18th Street) too, following the dry creek bed from the cemetery to the east, under the freeway, and coming out at 24th Street.

Coyotes hunt in the evening

hours, sometimes in packs of two or more, and they **will** nab your cat (or small dog!) in no time.

I really miss my funny, gentle kitty. Advise you keep yours in at night. Always,

John Winthrop, Cayucos

Free Speech Being Stifled

The Oct. 28 the Morro Bay City Council

meeting was very sad indeed for the citizens of Morro Bay.

On the advice of our new city attorney, the Mayor decided to pick and choose what we the citizens of Morro Bay can say at our City Council meetings.

That was a violation of our First Amendment Rights by the Mayor. It happened when a person wanted to express her views about voting for a school bond measure that was on the ballot; just as Morro Bay citizens have been expressing their views for the last

50 years.

The Mayor asked our new, appointed, L.A. lawyer to read an order that from here on out nobody can talk about candidates or other political topics during public comment.

The sad part is that before the new City Council and Mayor were elected like many others before them, they all announced their candidacy at the City Council meetings. This is the kind dictatorship you voted for.

Garry Johnson, Morro Bay


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COMMUNITY

Cyclecross Tests Cyclers' Mettle

Photos by Erin O'Donnell



A local cycling club, SLO Nexus, held its 5th Annual Cyclecross Race, Nov. 15-16 at El Chorro Regional Park. Race categories covered juniors through masters (55+), beginners to pros, including a Kiddie Cross Race. The event was a fundraiser for the San Luis Obispo County Bicycle Coalition. They offered plenty of picnic options with support from food vendors, and a little adult refreshment from the folks at Central Coast Brewing.

This year also featured a fund-raising corn-hole tournament. Central Coast Brewing, Tolosa Winery and The Paring Knife were all on hand with proceeds from sales to go the Bicycle Coalition.

In the true fashion of cycle cross, the course was a mix of dirt, grass and rural pavement, with the course stretching across almost all available space in the park's day use picnic area. Each lap was 1.5 miles with timed circuits for most events. ♣





In the Black

Excuses, Excuses, Excuses...

Only Human

By Betsey Nash, SPHR

CareerBuilder surveys employers every year to hear the “most unbelievable excuses for calling in sick.” They usually make me shake my head, sometimes grin, often grimace, and this year a few of them made me burst out laughing. Enjoy:

- Employee was sitting in the bathroom and her feet and legs fell asleep. When she stood up, she fell and broke her ankle.
- Employee had been at the casino all weekend and still had money left to play with on Monday
- Employee woke up in a good mood and didn't want to ruin it.
- Employee had a “lucky night” and didn't know where he was.
- Employee caught their uniform on fire by putting it in the microwave to dry.
- Employee accidentally got on a plane.

According to the survey, one in four employers have caught an employee

faking being sick through social media. Seriously? How stupid do you have to be to post your clandestine day of fun on Facebook?

But a word of caution to employers: do you really want to know the personal lives of your employees? If you fire them it'll be hard to prove you didn't discriminate against them for something you learned about on Facebook.

I am not sure if the growing trend towards “personal time off” or PTO comes from employee request or employer despair.

PTO, instead of designating some days off as “vacation” and others as “sick time,” the employer lumps them all together so they don't have to scour Facebook for the slouches who lied about being too sick to come in, so that



they could take their kids to Disneyland. One in five survey responders though said they have fired an employee for calling in sick with a fake excuse.

If you decide to keep offering sick days, the following sample Sick Leave Policy might help cut down on the abuse:

Sick Days — We will no longer accept a doctor's statement as proof of sickness.

Of course, not all employers offer time off to their employees. This is a Time Off Policy for their Handbooks:

Personal Days — Each employee will receive 104 personal days a year. They are called Saturdays and Sundays.

Starting July 1, 2015, under AB1522, all California employers will be required to provide up to three paid sick days for their employees who have worked longer than 90 days.

Now every employer will have to design — and enforce — policies that clearly explain how to inform managers in advance if they're sick, when producing a doctor's note is required, and stressing that employees may only take them if they're truly sick.

I predict more Facebook trolling in 2015 and fear that next year's CareerBuilder “worst sick day excuses ever” survey will rate at least four guffaws. ❖

Betsey Nash is a long-time human resources professional who has always had clients who fight the time-off battle with their employees. Her favorite excuse for being late came from an employee who absolutely had to be on site at 8 a.m. She rushed in about 8:06, announcing, “We were having sex and it took longer than we planned.” Nash can be reached via email at: bnash@strasbaugh.com.



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In the Black

Marshalls Jewelers

Photos courtesy of Marshalls

One hundred and twenty-five years is a long time, whatever way you slice it. People certainly don't live that long, but if they did, there is one business in downtown San Luis Obispo that would seem familiar to them, Marshalls Jewelers.

Established in 1889 by Azorean immigrant Manuel Marshall and a horologist, Mr. Oppliger from Bakersfield, Marshalls & Oppliger occupied a space on Monterey Street and upon the departure of Mr. Oppliger back to Bakersfield became known as simply Marshalls Jewelers in 1897.

More than just a purveyor of fine jewelry, an article in the San Francisco Chronicle from 1908 encouraged travelers to stop by the jewelry store as it was as much an art gallery with fine works on display.

After Manuel and his wife, Mabel Marshall, retired, their son, Art Marshall, took over and introduced his passion for music and fine art, something the store still holds in high regard to this day. After the Korean War, Marshalls' cousin, Clifford Chapman, was in need of work and Marshall put him to work as a janitor. However, Chapman was a natural for the jewelry business and quickly moved up until eventually ending up as the store's manager before finally purchasing the business from Marshall in 1961. Chapman was a frequent



about Laliue wine glasses. A conversation developed between Keegan and Chapman, with Mckeegan ending up behind the counter, a place he would remain for many years before himself purchasing the business from Chapman in 1993.

"Clifford was more than a boss or predecessor,

he shaped me, introducing me to giving back and community involvement. He always said, 'If you give, be it in business or personal life or wherever else – the rest will come,' Mckeegan said.

Having recently been awarded a certificate of recognition by the California State Assembly, presented by State Assemblyman Katcho Achadjian, Mckeegan is happy to be celebrating 125 years of Marshalls. Customers new and old are welcome to come and visit the store on Wednesdays throughout December to peruse not only fine jewelry but to also enjoy a glass of wine and a bite from 5 p.m. to 7 p.m. There will also be an opportunity to win a \$125 Marshalls gift card.

"People always ask if Marshalls is a family store; they mean descendants, but the answer is still always yes," Mckeegan said.

To find out more about Marshalls, visit them online at www.marshallsjewelers.net or pop into the store itself. ♣



traveller to New Orleans and when presented with the perfect building to move the store to in the early '70s, he purchased the building and hired two Cal Poly graduates to re-design the storefront reflecting the same beauty and welcoming architecture he saw in the south. Finished in 1976, the store,

located at 751 Higuera St., has been the home of Marshalls ever since.

Such was the longevity and serendipitous nature of the business, a change in ownership was once again soon on the cards. In 1981, another Cal Poly graduate, Jeff Mckeegan, wandered into the store asking

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In the Black

Biz Briefs

Business News and Announcements

Compiled by Camas Frank



Cal Poly's Orfalea College of Business recently named Mary Kelting as the new assistant dean for advancement and external relations. Kelting will oversee communications and fund-raising efforts in addition to growing the Dean's Advisory Council with Dean Scott Dawson. "Mary brings a wealth of experience and enthusiasm to the assistant dean position," said Dawson. "We are thrilled to have her join our leadership team to help guide our college during this energizing time of growth." Kelting formerly served for more than two years as the director of development for the university's Center for Innovation & Entrepreneurship (CIE).

combined with his successful private sector expertise. We are confident he will effectively represent the building industry and its members in San Luis Obispo and Santa Barbara Counties." Eckles has been in private industry for the past 25 years, while also serving as president or board member of many non-profit organizations. "I have a passion for advocating for a cause I believe in," Eckles said. "I am excited to represent the Home Builders Association on the Central Coast as they fill a vital need to provide much-needed housing in our communities." The Association is a non-profit trade association representing homebuilders, subcontractors, architects, engineers, designers, and other industry professionals working in SLO County and Santa Barbara County. See their website at: www.hbacc.org.

The Morro Bay Chamber of Commerce has an office space coming available soon, as part of its business incubator program, for a new business start-up looking for cheap office space to rent. The program could last up to three years and the rent starts at \$200 a month, rises \$100 a year to a max of \$400 that third year. Call the Chamber at 772-4467 for more information.

stewardship program was also a finalist for the WHC's "Corporate Lands for Learning of the Year" award, which recognizes a single program each year for outstanding environmental education, stewardship and voluntary employee efforts. "Environmental stewardship is one of the cornerstones of PG&E's values," said Ed Halpin, senior V.P. and chief nuclear officer. "That commitment is evident through the thousands of acres of rugged coastline and pristine land on which Diablo Canyon Power Plant sits and that we vigilantly preserve. Examples of PG&E's land management efforts include a managed grazing program and support for native plant species.

Big Brothers Big Sisters has received a \$3,000 grant from the Janssen Youth & Youth Sports Fund, held at The Community Foundation San Luis Obispo County (CFSLOCO). The grant will be used to support the Big Brothers Big Sisters School Based Program at Sinsheimer Elementary. The program pairs high school-aged role models with elementary students for supervised weekly activities with the goal of creating long-term friendships that ultimately help youth achieve higher aspirations, greater confidence, better relationships, avoidance of risky behaviors, and educational success.

in the near future, after closing escrow on San Luis Obispo's Creekside Brewing Company on Broad Street. Employees with the decade old Creekside Brew met the new owners this month and the alcohol license is set to change hands after public notice. "We're not going to change Creekside to begin with," said Pratt in an interview with an industry publication. "We didn't buy it to turn it into something else. We bought it because it was already a functioning brewery and already in the right construct we're looking for — and a great location. It just happened to be the right magical combination to make this purpose."

The Spirit of San Luis Restaurant, located at the County Airport for a quarter century, is for sale by owners, Doug and Julie Wagnon. The asking price is \$400,000 plus rent to the County. The Spirit of San Luis is slated to stay in its current location, said assistant airport manager, Craig Piper, noting the great views and easy access will remain even after a planned for terminal overhaul.

Make the holidays brighter in our community by sharing "HOPE" with survivors of domestic violence and child abuse this season. Purchase one of the donation packages listed on the Women's Shelter Program of SLO County's website and the gift certificates and items will be given directly to a client of the Women's Shelter Program to create a, "healthy, violence-free holiday tradition," explains the shelter's outreach director. "Why donate gift cards and not gifts? Because we believe in empowering survivors toward self-sufficiency, and gift cards allow our clients to budget, shop, and give gifts to their children with dignity." See the website at: wpslo.org for a retailers list for gift cards and drop them off at 51 Zaca Ln., SLO or donate online. ♣



Morro Bay businessman, Jeff Eckles, has landed a new job, being recently named the executive director of the Home Builders Association of the Central Coast (HBACC). "After conducting a thorough interview process with many well qualified candidates," said Wes Willhoit, president of the HBACC board, "we chose Jeff because of his extensive public board experience



Pacific Gas and Electric Co.'s Diablo Canyon Land Stewardship Program has once again received accreditation by the Wildlife Habitat Council's "Corporate Lands for Learning." The recognition was announced last week following the WHC's annual symposium. In addition to the 3-year re-certification, the land



Santa Barbara Brewing Company's outgoing brew master, Kevin Pratt, is coming to SLO with the newly-formed Heirloom Brewing Company, which will operate as a production brewery

Send business news and announcements for consideration to: frank@tolosapress.com.



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Armando Siqueiros, MD.

Tamara Battle, MD.

Karen Fong, MD.*

William Morgan, MD.

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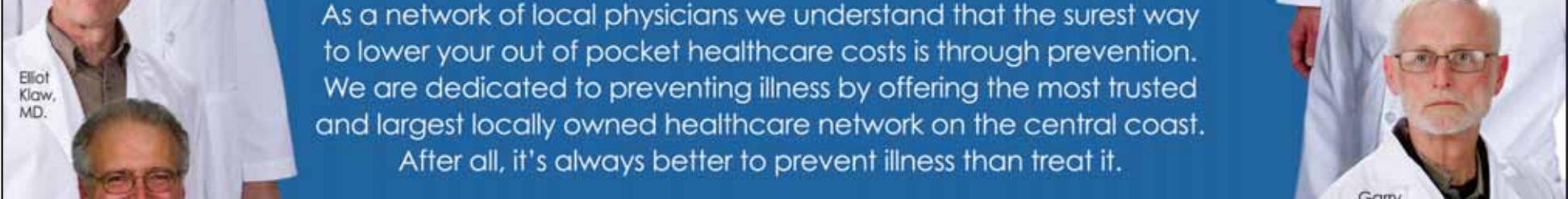
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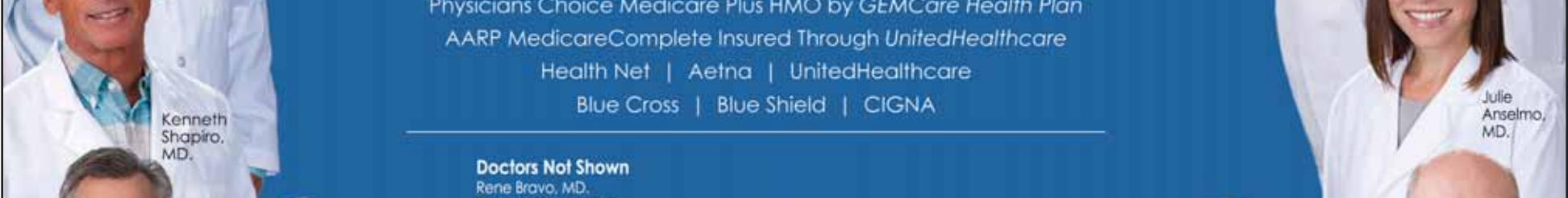
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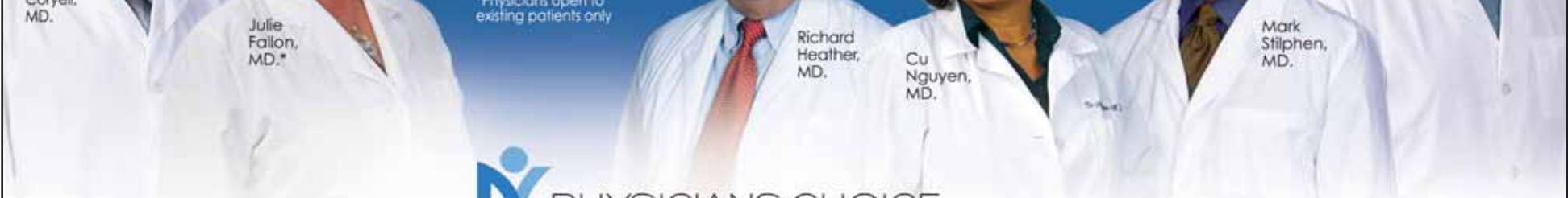
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Doctors Not Shown

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- Phoebe Chen, MD.*
- Frank Callie, MD.*
- Joseph Cruz, MD.*
- Joyce Kellawon, MD.
- Mary Nave, MD.
- Charles Sturgeon, MD.*
- Sasha Szyfel, MD.
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