

SLO CITY NEWS

YOUR COMMUNITY IN YOUR HANDS



The SLO YMCA/Copa Cabana Beach Soccer Tournament gave kids from SLO County the chance to find a slice of Brazil's World Cup competition right on the Central Coast. Photos by and more information from Paul Winninghoff on page 13.

Dredging Up Laguna Lake's Future

By Camas Frank

The City of San Luis Obispo is making progress on plans to dredge Laguna Lake and start a new era of conservation for the popular parkland that have been on hold during the "Great Recession."

The City operates 12, large open-space areas, including Laguna Lake, but neighboring residents and those that come from all over the area to enjoy the water, have felt the quality of recreation decline since 2010, when the City Council came close to abandoning dredging efforts.

Then-Councilman Andrew Carter agreed with residents that shallow

water leading to algae growth was a big quality-of-life issue but noted that the residents with the best access also stood to gain the most and hoped to find a way for a tax assessment that would help pay for the project.

In the end they told City Public Works to start working on the dredging project, and "...return to Council during the next budget cycle with a Capital Improvement Project proposal to achieve an approximate 9-foot depth, expert analysis and cost alternatives and financing options to include any

See *Dredging*, page 4

Understanding Sought at Mosque Open House

By Camas Frank

The Islamic Society of San Luis Obispo County and the Muslim Students Association at Cal Poly held their Third Annual Open House at the Mosque of Nasreen on Saturday, with the total number of attendees nearly equaling the Society's active membership.

Started in 2012 to help combat misperceptions about the lives of American Muslims and of Islam in general, the event has grown each year to include talks on a broader range of subjects and offer more time for curious neighbors to tour the local mosque.

"We haven't experienced any hate

crimes in San Luis Obispo," Naiyerah Kolkailah, president of the Islamic Society of SLO, said, "it is very culturally open. We're a small community though. We get a lot of push back from those from Islamophobic views when we organize speakers."

Kolkailah said she found it distressing that even people in an academic university setting have confused extremism elsewhere in the world with the moderate faith practiced on Walnut Street by 100 people during Friday prayers.

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Job Fair with Flair

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SLO High County Student Honored Best in Co.

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Cuesta Volunteers Awarded

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Keep Your Clothes On—Tequila Fest

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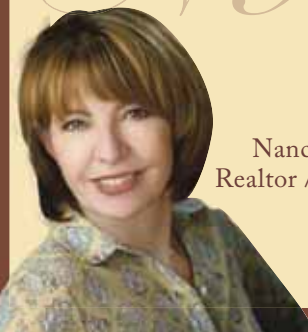
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Tips for Kitchen Remodel

By Nancy Puder



Have you wanted to update your kitchen for a long time and are finally ready to get started? Be sure to read these tips first to be sure that some of your ideas have not become dated.

1. Chef Stove - a stove with a flat griddle or area to place a searing pan or an extra burner ranks top choice. Even people who don't cook are attracted to a cool looking stove.

2. Eco-Friendly features - Energy star and green certified appliances were among the most popular as people are becoming more environmentally conscious.

3. Granite or Quartz Countertops - Granite still ranks most popular, but quartz is beginning to emerge as a top choice because it is stain resistant and doesn't burn as easily if a hot pan is set on it.

4. Tile Backsplash - Tile is the number one choice for the backsplash in the kitchen rather than other choices that are available. Many people consider the backsplash the "jewelry" of the room. This is where you can add a pop of color if you choose or get a little creative.

5. Flooring - Hardwood is still the number one choice of flooring with tile coming in at a close second.

6. Stainless Steel - Stainless steel appliances continue to be the number one choice among buyers and homeowners when thinking about their dream kitchen.

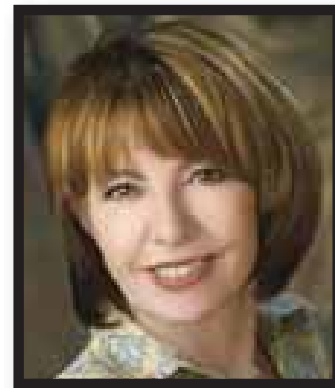
7. Islands - Islands are desirable but if you don't have adequate room for one, don't do it. Having to squeeze around an island because the kitchen is not large enough to accommodate one will make you regret spending a big part of your budget on this item.

8. Transitional Style - Transitional design has elements of the past, but presents them in an updated, fresh way.

9. White Cabinetry- White or off-white cabinets continue to grow in popularity. White kitchens look clean and un-fussy and continue to gain in popularity

10. Shades of Grey - Although it is hard to go wrong with a white kitchen, grey tones have been very popular over the past couple of years.

Remodeling a kitchen can be exciting. The best advice I can give you is to keep



If you have any questions or concerns about your property, call Nancy anytime at 710-2415 or email Nancy@NancyPuder.com. She always enjoys hearing from you.

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

these trends in mind when remodeling but be sure not to get carried away. What might seem exciting and cool to you now, may not seem that way to a buyer purchasing your home in a few months or a few years. You do not want to ask yourself down the road "What were we thinking?"

If you are thinking if selling or remodeling your home and would like a free consultation and perhaps a little direction before spending your hard earned money, call me at (805)710-2415. I always enjoy hearing from you!

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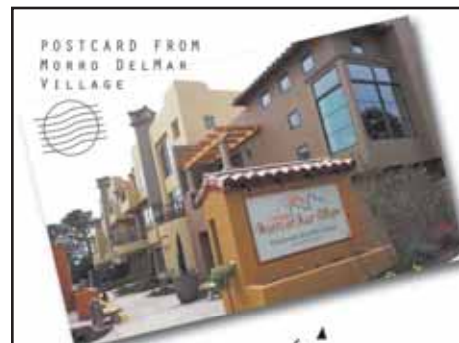
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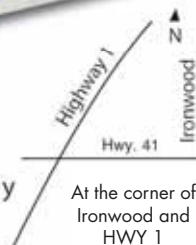
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ON THE MARKET

Moving On? Tips To Help Get Your Home Ready To Sell



Listing your home for sale? Or want to? First impressions can make the difference in attracting prospective buyers. Many buyers make decisions based on emotion. To appeal to emotions, and make a positive first impression with prospective buyers, present your home at its best.

Get out the toolbox: identify and make repairs

No need to completely remodel the bathroom, but make certain you fix the leaky faucet. Consider an inspection to identify potential problems to correct before they turn away prospects. Making small repairs to sticky doors, torn screens, cracked caulk or chipped paint can create a better appearance, without breaking your budget. Install new hardware on kitchen cupboards or worn door handles to update the look.

Create the “wow-factor” with curb appeal

First impressions begin once

people set their eyes on your home’s exterior view. Start by pulling out your gardening gloves and clean up the landscaping. Keep the lawn tidy, trim hedges, pull weeds, clear out leaves and debris, and plant colorful flowers.

Invest in exterior paint to touch up or freshen up your home’s exterior.

The entryway sets the stage for the home, so make yours inviting. Place a new welcome mat outside your front door to greet visitors. Add a bold new entry door or storm door.

Spruce up your space: clean and de-clutter

Clean homes attract buyers. Clean, clutter-free rooms feel more spacious, so pack up extra shoes and holiday decor, then grab cleaning supplies to add the shine. Pay attention to details like bookshelves, bathrooms, closets and pantries, to make sure your home projects a sparkling clean, neat look. Depending on your climate and time

of year, open the windows to breathe fresh air into the home.

Set the stage

To prepare for an open house or showing, add final touches to make your home memorable. Appeal to the sense of scent by using scented candles or light air fresheners, or simmer cinnamon sticks and orange slices in a pan of water on the stove before prospective buyers arrive. Focus on the details, like putting flowers near the entry, or leaving freshly-baked cookies on the table to make your home feel more welcoming.

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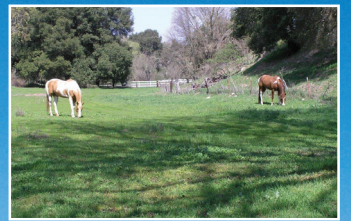
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Dredging, from page 1

available grants and/or assessment district options.”

However, by the time the 2011-13 Financial Plan rolled around, cuts were being looked at for any project that could be put off a little longer. The City’s Natural Resources Program did however get a directive to plan maintenance of Laguna Lake and look for potential funding. By putting it under Natural Resources’ scope there was also a vision for more comprehensive conservation planning.

“It’s been an ongoing concern that this project could cost anywhere between [\$4 million and \$9 million],” explained Robert Hill the City’s Natural Resources manager, adding

that the project before the Planning Commission for review on June 11 would likely cost \$5 million.

“We think that it should be protected with an eye towards natural wildlife management,” said Hill. “It that way the plan wouldn’t be much different than the several nature preserves we’ve had since 1993.”

In a survey of 2,000 City residents the lake ranked among the most important attractions the City possess, in terms of open space. Hill said the dredging would be better for recreation and conservation, as well as helping keep more water in reserve.

“It’s not deep enough for a keeled sail boat to go out right now,” he said. “Once it’s deeper there would be an improvement in water quality that will take place over the life of the project.”

If a plan is approved by the City Council later this year, there won’t be an immediate change though. Dredging barges will work on individual sections of the lake for the better part of the next nine years, slowly altering the ecosystem as they go.

“The water will become more clear as the sediment sinks deeper to the bottom. It will be very incremental,” Hill said, noting that the City itself will have to jump through many permitting hoops over the years to

come. Among those concerns is what to do with the dredge spoils? ♣



The Laguna Lake boat ramp

Job Fair Attracts Masses

By Camas Frank



The line of job seekers stretched out the door and down the street Friday as Pacific Gas and Electric Co., held its second job fair seeking temporary workers for an upcoming refueling outage at Diablo Canyon Nuclear Power Plant.

More than 750 hopefuls got in the doors but nearly 1,000 lined up outside the utility company’s Education Center on Ontario Road hoping for a job, even a temporary one, with the utility company. A similar job fair was held last fall with about 700 attendees.

Blair Jones, PG&E’s Diablo Canyon-based spokesman, was keen to emphasize their efforts, as the County’s largest private-sector employer, to give local residents an opportunity to for one of approximately 1,000 hiring slots.

Diablo Canyon’s two nuclear reactors are shut down alternately every 18-20 months for refueling, a process

that requires many highly-specialized workers and plenty of trades people to get the job done.

Some men and women in line Friday dressed in plaid shirts and work boots but many more arrived in business suits. Many had driven in from, as far away as Solvang or Santa Rosa to attend, but few had any idea what kinds of posts would be available to them, repeating, “Just anything they’ve got,” during interviews by SLO City News.

America’s Job Centers of California, a program locally administered by a division of Goodwill Industries, was at the fair plus trade unions to talk about employment opportunities outside of PG&E’s current needs. Several attendees who had worked during previous outages said they believed the company had a much smaller pool of jobs than could actually be filled by those waiting in line. ♣



Non-Profit Events



Point San Luis Lighthouse is holding a series of Sunday afternoon wine and food events at the historic lighthouse in Avila Beach once a month starting June 15 and running through October. The Lighthouse Jubilees are set for noon-4 p.m. Sundays, June 15, July 20, Aug. 17, Sept. 21 and Oct. 19. Cost is \$55 a person (children 3-12, \$25, under-3 free). Reservations required. Call (855) 533-7843 or online at: www.sanluislighthouse.org. Wine tasting, live music, gourmet picnic lunch and an ice cream social are on tap and during the Jubilees you can wander the grounds of the historic 124-year-old lighthouse at your leisure.

The Friends of RISE will host its annual benefit gala, *Little Italy on the Lake*, Friday, June 20 at the Atascadero Lake Pavilion. Tickets are \$75 and available online at: www.RISEslo.org or call the office at (805) 226-5400. Pre-sale tickets are available until June 19. *Little Italy on the Lake* will feature entertainment, a cocktail hour, dinner, live and silent auctions, a raffle, and an

awards ceremony. Decorations, music, and dinner will all have an Italian flare. Proceeds from the fundraiser support RISE programs helping those in our community affected by sexual assault and intimate partner violence. "We are so grateful to our Friends Committee for planning this beautiful evening," RISE's Executive Director, Jennifer Adams said. "Each year, the theme, decorations, and food are spectacular. We invite the community to enjoy an elegant evening while supporting the most vulnerable in our community."

The League of Women Voters will hold its annual meeting Saturday, June 14 at the Madonna Inn. Helen Hutchison, California LWV president-elect, will be the keynote speaker. The membership business meeting begins at 11:15 a.m. Members will adopt a budget and program for 2014-15 and elect officers and directors for the year that begins July 1. Lunch is at 1 p.m. Hutchison will discuss important statewide issues and the California League's advocacy efforts

in Sacramento. The keynote address is open to the public. All are welcome. For more information contact the LWV at (805) 782-4040 or by E-mail at: info@lwvslo.org. See the website at: www.lwvslo.org.

The Estero Bay Republican Women's Federated will hold its monthly luncheon at 11:30 a.m. Thursday, June 19 at The View restaurant at Morro Bay Golf Course. Lunch is \$20 and the guest speaker is Mike Brown, the government affairs director of the Coalition of Labor, Agriculture, and Business (COLAB) of San Luis Obispo and Santa Barbara counties. Reservations are required Call Gayle at 772-2841 or (805) 903-3851. Need a ride, call them. The club is open to expanding its membership, call membership chairwoman, Carolyn Atkinson at 528-6208 or E-mail to: deansatkinson@sbcglobal.net. The club promotes a Republican platform.



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YPNG offers a variety of professional-development opportunities, as well as social, sports and outdoor activities. Annual membership fees are just \$12 for the first year and \$10 for renewal.

YPNG members also get discounts or free access to YPNG events, such as Day at the Blues on June 26 from 6 to 9 p.m. at Sinsheimer Stadium and the seventh annual Movie Night, which benefits CASA of SLO County on September 12 from 6 to 9:30 p.m.


To become a member, get information about events, or make a donation to YPNG, visit www.ypng.org.

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Understanding, from page 1

“What really makes a difference is giving a face to our faith,” she said. “We simply need to show ourselves to educate those around us.”

So, to break the ice, in addition to a series of lectures, visitors on Saturday were invited to ask questions and enjoy home-made desserts brought in by the ethnically diverse families of the mosque. Tasneem Elghandour, president of the

Cal Poly Muslim Students Association, recommended the Baklava.

Faysal Kolkailah, a Cal Poly professor for nearly 30 years and an unofficial Imam for the mosque until the arrival of someone to fill the position full time, gave his third annual “Intro to Islam” presentation, including explanations of the five pillars and six articles of faith in Islam.

The second presentation for the day, “Islam’s Perspective on Violence and Terrorism,” was made more necessary by what the event announcement described

as “the perverse acts of a few in the recent kidnapping of 200 girls by Nigerian rebel group Boko Haram,” and took the time to unpack the majority of Muslims’ condemnation against such acts.

The fact that the most recently publicized case of religiously rooted violence happened to be against a group of women and girls also fed into the stream of questions for the third presentation, given by Kolkailah, on “Women in Islam.”

That portion of the day’s event was also the most attended, with several classes at Cal Poly giving extra credit

for their students to sit in on Kolkailah’s explanations on gender equality and respect being core principals, but sometimes expressed in manners not accustomed to in the West.

For those who would like to learn more about the local Islamic tradition, the MSA is organizing a talk by Osama Eisa, the new interim Imam at the Mosque of Nasreen on the topic of Shariah law. The talk is scheduled for 6:30-8 p.m. Wednesday, June 4. The event will be held in Building 003 (Rm. 213) at Cal Poly. ❖

Swinging For Dreams In South Africa

By Camas Frank

Landscape architects from Cal Poly are teaming up to put their professional interests into wider use for social change around the world.

Swings for Dreams, a nonprofit started with help from the San Luis Obispo Center For Innovation and Entrepreneurship, has launched its first fund-raising campaign with the goal of raising \$30,000. They’re using the Indiegogo Internet donation platform to fund construction costs for a project in South Africa, set for August 2014.

Students Nick Tuttle and Mike Aguas will be traveling with a team of eight and a few more volunteers to build a playground at Lettie de Klerk Primary School in Nieu Bethesda, South Africa. The money they’re asking for will go towards materials and the resources needed to build a playground and gardens tailored to the needs of the locals.

“There are no prefabricated designs in a project like this,” Tuttle said. “One of the benefits of building it from scratch with materials available in the developing world is that we really get to know what they need and build something the kids will be able to use. We do interviews and play games with them.”

The materials are important, as most blueprints used in the U.S. call for items either unavailable on site or such a commodity locally that they would be instantly stolen after the crew leaves. The opportunity to understand what the kids already enjoy is equally important to using expertise to enhance lives rather than trying to overlay a Californian vision of a fun afternoon.

One of the games already being played by kids in Nieu Bethesda is a sort of race, sliding down a dirt or concrete berm on a piece of plastic, the same way kids in colder

climates grow up with snow sleds. The designs for the new playground are being made with a large sailing ship, from which the kids can slide down a metal chute.

“Just the simple ability to have safe play is a foundation for education,” Tuttle explained, noting the impact that realization had on him after a school internship he took in the area last year. “Just being able to play in a place that has no glass shards, that’s not part of a dump, for lack of a better term, that makes a huge quality of life difference,” he said. “Challenging a child’s mind is part of mental development. It’s essential to them growing up, part of education we take for granted.”

While there are already some organizations working to make sure that under privileged children in the U.S. have playgrounds, Tuttle said Swings for Dreams was founded to serve a

niche in places like South Africa, where aid organizations are all over the social landscape but sometimes only focus on crises that make headlines.

AIDS and HIV infection rates for example provide alarming statistics and earn United Nations grants for outreach, not so for the long term benefits of a little good landscape architecture.

“We’re the first trying to do this internationally,” he said, noting that a project will get done whether or not they get the full \$30,000, but 501(c)(3) nonprofit status is being processed now and they hope to follow more traditional fund-raising methods, with bigger projects in the future.

Swings for Dreams has an online video explaining their projects, see: vimeo.com/93049427, and their Indiegogo campaign video is at: vimeo.com/93452986. ❖

Best of the Best Honored

CoastHills Foundation recently awarded its annual “Gold Standard Scholarship,” honoring, with \$1,000 scholarships, the best of the best high school students at each of 18 schools in Santa Barbara and SLO Counties.

San Luis Obispo High senior, Kaesha Freyaldenhoven, was the SLO County Student of the Year. She’s been playing the violin since age 4, and was first violinist in the California All State Orchestra. She was president of the SLOHS International Club and captain of the swim team.

Freyaldenhoven created a not-for-profit organization, SLO Spoke Folk, which gives bikes to underprivileged people through the homeless shelter program. She plans to attend the University of Chicago and study economics and then pursue an entrepreneurial business venture. She wrote in her essay, “to be a true leader and global citizen, you must aspire to be an exemplary role model and assist others to elevate the community as a whole. That way, the world becomes a better place.”



Scholarship winners pose with CoastHills president/CEO Jeff York (back left) and board members Bill Anders and Chuck Scheithauer.

Each applicant submitted lists of their accomplishments, from class presidents to athletes and musicians. Most detailed hundreds of volunteer hours spent in their communities,

including many who started their own charities. CoastHills Foundation Chairman, Scott Coe, said he was awed at the students’ accomplishments. “The caliber of students who applied was just

phenomenal,” said Coe. “Every one of those students was worthy of this award, and so much more.”

Two of the winners were named SLO and SB County Students of the Year and got another \$1,000. In all, \$20,000 was awarded, bringing the program’s total awards to \$110,000 over the past four years. The awards were presented at a reception May 6 at the Cliffs in Shell Beach.

Fatima Cacho of Cabrillo High School was Santa Barbara County Student of the Year and was also the Elks’ Most Valuable student. She will attend U.C. Berkeley, studying social psychology and ethnic studies and then law school. She hopes to one day sit on the Supreme Court.

Local scholarship recipients included Helaina Hurwitz of Mission College Prep, Maria Alcantar of Nipomo H.S., Melisa Zarate of Arroyo Grande, Sergio Mendoza of Coast Union, and Sierra Schwellenbach of Morro Bay.

The foundation also surprised the more than 100 family and friends in the audience, pledging another \$214 per student, in honor of the class of 2014, to the charity of each student’s choice. ❖

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Not One More! Good to be King

By King Harris

May 23 is a date that Richard Martinez will always remember. That Friday night he learned he would never see his 20-year-old son Chris again.

"I was at home," he recalled. "What happened was that one of Chris's roommates was in the area where Chris had been shot and knew he had been injured. He tried to call me but I didn't pick up because I didn't recognize the number, and then he called Chris's mom.

"She heard him leave a voice message that Chris had been hurt, but at that time we didn't know that he had been killed, and it was several hours before we heard that he had. We jumped in the car immediately and we headed down to Isla Vista and we were informed that Chris had not left the scene and he had not been transferred because he had died. He was shot while in the IV Deli."

"People think about how somebody would feel... people who have had

been through this would tell you that we would rather be dead. You don't expect your kid to go before you, who does? He just had so much potential, such a nice kid. People loved him."

Chris Martinez was one of three students shot and killed by a crazed Santa Barbara City College student who also stabbed to death three others and injured 13 more before taking his own life during a rampage next door to UCSB.

"Chris played sports in San Luis Obispo ever since he was 5-years old," Richard continued. "Many people know him from those activities and anybody who saw him would tell you there may have been kids on the field who were better athletes, but nobody worked harder than Chris."

Dr. Gil Stork, President of Cuesta College, will never forget May 23 as well. "The Isla Vista tragedy has affected me greatly since my niece is a freshman at UCSB and lives about four blocks from where the shootings occurred," he explains, "and as a matter of fact we went down early Saturday morning to pick her up and take her back to San Luis where she met with her parents, who came down from Palo Alto to pick her up.

"She was obviously very devastated because she only missed being at that IV Deli by only about 5 minutes. She and a large group of girls were going to be going down to that area and one of her good friends was one of the boys that was hit by a car and broke both his legs, so it was a very traumatizing experience for a 19-year old being in that vicinity."

"So on a personal note," Dr. Stork continues, "we were deeply involved emotionally with this, especially because this came on the heels of another tragic event. She played soccer at Santa Barbara and a boy she had just started dating was a water polo player and during spring break he was practicing some underwater breathing methodology and blacked out and drowned. That was 3 months ago and she's traumatized again by this event. She has a twin brother at Purdue, and he was at Purdue this fall where there was a shooting. What are the chances that there are two people in the same family who were at schools where shootings happen? This has had multiple layers of impact on this girl, so it was really intense. I think she will be OK; she just needed to get out of that environment for a few days, be back in a safe haven and just kind of reflect on what happened."

Chris Martinez was attending UCSB with plans of becoming an attorney, according to his father. "I



didn't want him to be a lawyer," he says, "but I knew better than to tell him I didn't because you know his mother is an attorney as well. He learned at an early age that we're older, but if he wanted something, he had to make his case, choose what he thought was the more vulnerable parent and try and convince them, and then go to the other one and say 'Mom agreed to this' and then you're in a weaker position, but he was very good. He was very competitive, very kind and gentle but very competitive, academically and at sports. "People say I was a 'good dad.' Well, it was easy because he was a really good kid.

"If he's gone I want it to mean something. I want people to know who he was, what a good kid he was. And I don't want it to happen to other people because it's just gone on far too long. I refuse to believe that we have to live like this; that we can't come up with a way to solve this. I can't accept it. I'm determined that it just can't go on. If I had done something myself, if I had listened to what happened at Sandy Hook, my son might still be alive!

"But like everybody else, until it happens to you, it doesn't seem real, to just accept the situation as something that normally occurs in our society and we think we have to accept it but there's no way to avoid it, it's just wrong. And you know, I was down there in UCSB, and they're scared! Those kids are scared! People come up and express their sympathy to me, and I appreciate that, but what I really want them to do is let Congress know we can't keep living like this. Next time it could be your kids. We don't want that. It's just not right." ❖

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Cambria

• May 24: Deputies got calls for suspected criminal activity at 5:04 p.m., 5:48 and 6:21 in the 800 and 2100 blocks of Main and the 1200 block of Knollwood. Three crime reports were started, no doubt a record in the pines.
 • May 22: Four deputies responded at 12:48 a.m. to a disturbance in the 1800 block of Main. An hour later, they hauled some saucy dodger to the nick.
 • May 21: Someone in the 1800 block of Ogden reported a trespassing juvenile at 4:49 a.m. A crime report was started, as the sneaky hooligan got away.

Cayucos

• May 25: Deputies were asked to check the welfare of someone at 1:33 p.m. down by the pier. They couldn't find them so now they're apparently lost too. Then at 2:53, they got a report of a missing juvenile down by the pier. The kid apparently turned up OK, though sitting down might be a problem for a while.
 • May 25: Sweet Jesus, the neighbors weren't getting along in the 500 block of St. Mary. A crime of no doubt Biblical proportions was alleged.

Los Osos

• May 27: Deputies responded at 10:26 a.m. to the junior high where some junior thief had struck. No word on what the miscreant stole.
 • May 27: Deputies stopped someone on a bike at 1:09 a.m. at LOVR and Palisades, but they let them go. They came across a sneaky pedestrian at 1:19 a.m. at Fairchild and Los Olivos. Los Osos, where all men are considered equally suspicious.
 • May 23: Deputies were asked to keep the peace at 3:53 p.m. on Ferrell Avenue. They returned at 4:42 because chaos reigned once more and some stay-away order had been violated, so he's in trouble now.

Morro Bay

• May 25: Police stopped a suspicious vehicle at 11:41 p.m. in the 300 block of Atascadero Rd. The 41-year-old woman driver was arrested for suspicion of child endangerment, DUI, driving on a license that's suspended for a previous DUI while on DUI probation. Oh, and of course, she had a warrant.
 • May 25: Police got a report at 2:46 a.m. of a car run off the roadway at Main and Yerba Buena. Logs indicated the car was stolen from a motel in Cayucos and had gotten into another crash north of Cayucos. The driver/thief was gone. The CHP took the case.
 • May 23: Police came across a woman walking in the 1700 block of Main at 1:32 p.m. and arrested the 50-year-old for suspicion of being in the horrors.
 • May 23: Police got a call at 8 p.m. on the 23rd of a woman allegedly shoplifting at Albertson's. The 23-year-old sticky fingered gal was arrested for that and a warrant. Next day at 11 a.m. she and a man were drawing suspicions at Rite Aid. The 28-year-old guy got pinched for alleged burglary and she was allegedly in possession of stolen items. No word on if she got to change clothes between mug shots.
 • May 22: Staff at the high school reported the theft of prescription

medicine out of a locked drawer.

• May 21: Police contacted some 22-year-old scofflaw at 12:30 p.m. in the 500 block of Harbor that the SLOPD wanted to have a chat with. He was booked on suspicion of burglary and petty theft with priors, the evil "Penal Code 666."
 • May 19: Police got a call at 5:30 a.m. of a pair of ragpickers going through the recycle bin at a home in town. The guy had two felony warrants and the belle of the ball was allegedly high on drugs and carrying too. They were added to the County's heap.
 • May 19-20: People found and turned in a bike on Piney Way, a backpack at Rite Aid and a bike found abandoned on the Boulevard.

Pismo Beach

• May 29: A black bear was trespassing behind a residence on the 800 block of Bakersfield.
 • May 29: Police were asked to check the welfare of a teenaged girl walking down Five Cities Drive wearing ripped nylons and a short dress at about 11 a.m. The fashion mavin checked out okay. At about 2:30 p.m. another caller reported a woman who seemed disoriented wearing ripped nylons on James Way. She checked out okay, but the fashion police were called to the scene.
 • May 29: A thief with a guilty conscious walked out of Bass with a stolen shirt, but went back in to pay for it.
 • May 29: A caller on the 100 block of Shoals reported a large brown and white snake in the front yard where children were playing. The snake was determined not to be poisonous and slithered away.
 • May 29: A female was reportedly out of control in a room at the Quality Inn. A man who was with her reported that she was drunk and drove off.
 • May 29: Police were unable to locate a man dressed all in black and carrying a black rope on the 500 block of Five Cities Drive. The caller thought that Spiderman had been on the roof of a business.
 • May 28: A caller on the 100 block of Hinds reported that someone had chased him home. At the home, it appeared that someone had broken a window with his or her fist. Police were trying to follow the blood trail left behind.
 • May 28: A woman entered the police station to report that she was suicidal and had taken numerous pills.
 • May 28: A fisherman reported a female had been on the pier all day and hadn't moved. She told police she was just enjoying the beach, which is still legal in some parts of the county.
 • May 28: A caller on the 200 block of Esparto was returning a cat, no doubt they had a receipt, and came across someone passed out in a hallway who was possibly under the influence of heroin or meth. The high one was arrested.
 • May 27: A man and a woman on the 200 block of Pomeroy got into a fight. The caller said that they were travelling through town and he had fed them, obviously ignoring the do not feed the squirrels sign. The male half of the

diabolical duo took the woman's wallet and ran off.

• May 27: Police were unable to locate someone with a rope by the cliffs at Ventana Grill trying to rappel down the cliff side. The climber was asked by management to knock it off but refused to do so.
 • May 27: A caller on the 100 block of Cliff reported being harassed via Facebook and their cell phone by a former employee.
 • May 27: A man on the first block of Pomeroy who was reportedly stumbling and slurring his words was arrested for being soaked in public.
 • May 27: A man who clearly knows how to dress the part was wearing painters pants when he strolled into Orchard Hardware Supply, stole paint brushes and ran out.
 • May 26: Police were unable to locate two males running on Dolliver Street. One of the hooligans was carrying a purse.
 • May 26: A surfer reported that a fisherman had deliberately hooked him. The man said it was an accident, a likely fish tale. The surfer was taken to the ER to have the hook removed.
 • May 26: Traffic control was requested at the pier parking lot while public works pumped the porta potties. What a load of crap.
 • May 26: A caller on the 200 block of El Portal reported backing out of her driveway when a vehicle sped by honking at her. The driver of the car then waited for her down the road and when she drove by yelled at her to slow down.

San Luis Obispo

• May 30: Police got a 9-1-1 call at 2:03 a.m. from a woman in the 300 block of Islay who said there was "a large black man" pounding on her door. Eight police officers responded, including two sergeants and the 21-year-old was allegedly hammered, so he got nailed.
 • May 30: A man on Verde called at 3:10 a.m. to report interrupting some thief breaking into his car, but the fiend apparently got away.
 • May 29: Police got a call at 8 a.m. from Hwy 101 north by the Marsh Street exits of a car smoking. The call was canceled, as the vehicle no doubt put the butt out.
 • May 29: Police were called by C.L. Smith School at 8:46 a.m. after an 8-year-old left school and the staff was unable to catch the hooligan.
 • May 29: A woman called police at 9 a.m. reporting a "hostage situation" at the La Cuesta Inn on Monterey.
 • May 29: Police got a call at 10:18 a.m. from Palm and Osos across from the library of a woman screaming at a child and holding her down. At 10:22 they got a call from a car dealer on Auto Park Way of a strange woman acting erratically, looking in and out of vehicles, and looking confused, which used to be called car shopping. At 11:30 a woman was being rude, crude and socially unacceptable, and hassling the public library staff, so police were called, as "Shush!" apparently doesn't work these days.
 • May 29: Someone called at 1:17 p.m. from the 3200 block of Rockview to

report a race car tear-assin' around a vacant lot next to Crystal Springs Water Co. Race was over when police arrived.

• May 29: Someone called at 4:36 p.m. from Meadow Park because a man was standing 200 yards from the Woodbridge Street entrance and smoking, a hanging offense in these here parts.
 • May 29: Police went to Higuera and Toro at 6:03 p.m. after a man reportedly walked inside a business, stated that he was drunk and then got in his car and drove away, a case of thanks for the warning buddy, stick around next time will ya?
 • May 29: A citizen in the 900 block of Cyclamen reported that some freak hacked to pieces a bunch of water pipes in his or her front yard. Then at 8:36 p.m. someone at Madonna and Devaul reported a woman with a 10-year-old daughter hacking branches off a tree.
 • May 29: A man called police at 9:08 p.m. from the Downtown Center to report losing his wallet. Two minutes later someone at Eureka Burger called police to say they'd found the same man's wallet. At 9:42, a guy at Kohl's said he dropped his wallet in the dressing room and when he went back to get it, naturally the wallet was gone.
 • May 29: Police were called to a construction site in the 1000 block of Chorro at 3:20 a.m. for three men sneaking around speaking German.
 • May 29: Someone called at 5:24 a.m. to report approximately 20 naked men "streaking" towards a nearby sorority house. Police couldn't find them, as they no doubt shrank away.
 • May 29: Police got a 9-1-1 hang-up call at 6:56 a.m. from a woman who was in the bathroom at Santa Rosa Shell.
 • May 28: Police got a report at 8:28 a.m. from the YMCA on Southwood of a suspicious man in a van, "who walks cats and hides in the bushes."
 • May 28: Police got a call from Rite Aid on Foothill of a down in the dumps transient man who was living in their trash enclosure.
 • May 28: Police responded at 11:50 p.m. to the Madonna Enterprises yard in the 200 block of Higuera for a report of a man standing by their entrance with no pants on.
 • May 28: Someone reported two men at 2:30 p.m. on Lobelia sitting in a parked Honda 4-door sedan smoking the evil weed. Ol' Cheech and Chong made their escapes.
 • May 28: Someone called at 4:37 p.m. from Cucaracha to report six cockroaches throwing knives at a gate. They were advised to cut it out. Then at 5:17 a woman said some moron threw things at her car as she passed Food 4 Less on Higuera. That maniac couldn't be found.
 • May 21-27: It was rough week on Reservoir Canyon Road, as deputies answered several theft calls, a burglary and a grand theft. Of interest was a report at midnight May 27 when deputies stopped a pedestrian at Reservoir Canyon and Hwy 1. They let the person go and at 11:52 that morning they got a report of grand theft from the 2800 block. There were petty thefts on May 25 and 26, and the burglary came in May 21. ♣



Drug Bust and Death at County Honor Farm

The San Luis Obispo County Sheriff's Department recently served a search warrant at its own facility. Two people ended up being arrested for smuggling drugs into the County Honor Farm.

According to a news release, on March 16 an investigator with the Sheriff's Narcotics Unit served the search warrant at the Honor Farm, 880 Oklahoma Dr., looking for suspicious pieces of mail sent to a certain inmate.

"The search resulted in the discovery of Suboxone film strips hidden under the postage stamps of the letters sent to the inmate," reads the news release. "Suboxone is used to treat opiate addiction but can also itself be abused. Acting on a tip, the investigator discovered the letters were being sent from a woman in Oceano to the inmate at his request."

The stamps on the letters appeared to have "small bulges" and further investigation found the drug laced strips underneath the stamps. The inmate/suspect, Thomas Richard Rodriguez, Jr., 26 of Grover Beach and Linda Vanessa Johns, 25 of Oceano

were arrested on suspicion of bringing or sending a controlled substance into a jail and criminal conspiracy.

The Honor Farm incident was followed May 30 with the reported death of the third inmate at County Jail this year. Timothy Richard Janowicz, 29, a transient was discovered deceased

in his cell bunk at about 5:40 a.m. by other inmates. Medical staff and correctional deputies responded but Janowicz was gone. He'd been arrested Atascadero Police and booked into the County Jail on Nov. 20, 2013, according to the Sheriff's Department, charged with alleged possession of a

controlled substance for sale, carrying a concealed weapon, and violating probation. He was due to be released in November 2015. The Coroner's Office and Detectives are investigating the case and an autopsy was be done to determine the exact cause of death. The jail was placed on lockdown. ♣

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Volunteers Awarded

By Neil Farrell

Three community members, one student and a Cuesta College board member have been named the 2014 Cuesta College Volunteer Award recipients.

The five were feted at a luncheon for their “invaluable service and commitment to the college” on April 30.

Dr. Frank Martinez Superintendent/President’s Award went to Jim Merzon for his work facilitating various gifts Cuesta has received via estate planning and his community networking. Merzon facilitated the Leeta Dovica Trust, which resulted in Cuesta receiving a more than \$8 million donation being used to fund the Promise Scholarship Program, giving all newly graduated SLO County high school seniors a free fall semester at Cuesta.

“It is extremely nice to be honored by Cuesta,” said Merzon. “I really enjoy being able to help bring people’s gifts to the college. Cuesta is so deserving and I am just delighted that people choose to give to the college.”

Dr. Martinez’ award began in 2001 and is given to recognize “the accomplishments of a community volunteer who has contributed time and talent generously, working in partnership with Cuesta faculty or staff resulting in an achievement that might not have happened otherwise,” according to a news release.

The J. Vard Loomis Award for Distinguished Board Service went to 9-year board member, Pat Mullen. According to his nominator Bob Wacker, “Pat Mullen has provided exceptional leadership over the years, especially during the difficult budget times. He is a great representative of the college and sets a great example with his preparation and diligence for college issues.” Mullen is the region director of customer service for PG&E and has helped facilitate ongoing gifts from



PG&E to Cuesta, providing updated technology in classrooms, instructional support and funding.

First awarded in 1998, the Loomis Award is given in memory of J. Vard Loomis, founding president of the San Luis Obispo County District Board of Trustees. The award recognizes distinguished service and exceptional representation of Cuesta to the public by a member of either the Foundation Board of Directors or the District Board of Trustees.

The John Schaub Student Volunteer Award went to Sabrina Bussell, the Associated Students of Cuesta College activities director who coordinates the ASCC’s social and educational activities at all the Cuesta campuses

First awarded in 2001, the Schaub Award is given to a student whose community volunteer work “best exemplifies the high standards established by the college’s first dean of students.”

Bussell also volunteers as supervisor

of the infant nursery at Agape Church in SLO, is president of the local Head Start Policy Council and at San Luis Obispo’s Kennedy Club Fitness assisting with “Kids Night Out.”

“I just really like helping people and I feel empowered by making a difference in the community,” said Bussell. “It’s all from the heart.”

The Dr. Merlin E. Eisenbise Service in the Classroom Award went to Vera Wallen for her volunteer work with the Cuesta College Astronomy Research Seminar, which is held every fall at the college’s South County Center. A retired superintendent at Coast Union, a former principal and superintendent of various other schools, and former special education teacher, Dr. Wallen has volunteered with the astronomy seminar at for the past seven years. She has spent hundreds of hours working with Cuesta students co-editing three astronomy books and dozens of student papers.

“When I was a little girl,” she said,

“I fell in love with the idea of going to space but my career ended up being in education. When I retired, I registered for Cuesta’s astronomy class just for fun, but soon found myself helping out in the classroom. Ever since then, I have absolutely loved pairing my passion for helping students with my childhood interest in space.”

First awarded in 2002, this award recognizes direct service in the classroom and is given in honor of the district’s first Superintendent/President, Dr. Merlin E. Eisenbise.

The Betty Nielsen Volunteer of the Year Award went to Pat Renshaw, a media technician at the County Office of Education who manages the public access education Channel 19 (on Charter Cable).

In April 2011, the Cuesta Marketing and Communications Department partnered with the COE on a video switching computer that has made it possible to broadcast Cuesta events on Ch. 19. Renshaw has helped train the marketing department staff and with the set-up and filming of nearly 100 events.

According to her nominator, Cuesta marketing coordinator Jay Thompson, “She has gone the extra mile so many times that some Cuesta workers actually think she is on staff.”

Renshaw says the partnership between Cuesta and the COE is a natural one. “I volunteer because I believe it is the right thing to do,” she said. “When I became involved with educational television and saw the need for Cuesta to achieve a media presence in the community, it was an easy choice to make.”

Volunteer of the Year started in 1995, and is given in memory of College Trustee Betty Nielsen, considered “the epitome of volunteerism.” She served unselfishly as an exemplary volunteer in the community and the college for many years and in several capacities. ♣



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Nine Busted in Prostitution Sting



David Jay King



Depeche Ronnelle Lewallen



Tyesha Antoinette Orr



Melissa Monia Amey



Crescensio Hernandez-Villar



Douglas James Stephens



Henry Endon Choate



Shuante Suzette Madden

San Luis Obispo Police arrested nine people last week in a prostitution sting at a local motel. According to SLOPD Sgt. Kurt Hixenbaugh, the May 29 sting was a follow up to a major anti-prostitution sting done in September 2013, in conjunction with Arroyo Grande and Pismo Beach police departments. That crackdown was “in response to violent crimes against women, drug sales, and trafficking of stolen property. This operation successfully impacted the prostitution industry and the crimes associated with it that were targeted in the operation,” said Sgt. Hixenbaugh. SLOPD’s Special Enforcement Team

and detectives conducted a one-night operation at a motel in San Luis Obispo on Calle Joaquin. A news release did not name the business, but in media logs the address is listed in at least two cases as Motel 6-North. Sgt. Hixenbaugh said police had three goals — arrest prostitutes in an effort to discourage them and others from providing their illegal services in our cities; arrest customers, or “Johns,” in an effort to discourage them and future customers from soliciting the services of prostitutes; and to make the operation public at its conclusion, “in an effort to bring to the public’s attention the hazards of soliciting a prostitute or performing the services of

prostitution,” he concluded in a news release. Of the nine arrests one was for suspicion of human trafficking. Douglas J. Stephens was arrested for suspicion of felony human trafficking of a 16-year-old girl, and pimping a minor. Additionally, Stephens had an arrest warrant from Sacramento County. His bail was set at \$45,000. The 16-year old, who was not identified due to age, was arrested for suspicion of prostitution and resisting arrest. “When the juvenile was being placed under arrest,” Sgt. Hixenbaugh said, “she fled on foot and directly to the vehicle Stephens was in to alert him that law enforcement was present. Once

alerting him, she continued to flee and was captured about 30 minutes later.” Officers arrested Douglas before he could drive off. The juvenile also had a felony, no-bail warrant out of Sacramento County and was booked at the Juvenile Services Center. Others arrested for suspicion of prostitution were Depeche Ronnelle Lewallen, 22, Tyesha Antoinette Orr, 26 of Sacramento, Melissa Monia Amey, 23 of Madera, and Shuante Suzette Madden, 25 of Fresno. Arrested for suspicion of solicitation for prostitution were David Jay King, 52 of Oceano, Crescensio Hernandez Villar, 41 of SLO, and Harry Endon Choate, 32 of Paso Robles. ♣

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MAKING SENSE OF INVESTING

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Bubble Tea and More at Downtown Boba

By Gareth Kelly
Photos by Gareth Kelly

Samir Aburashed is a young man on a mission; a mission to bring some exotic foreign culture, in the way of food and drink, to San Luis Obispo. Born to Jordanian parents, Aburashed has been influenced by his family's Middle Eastern roots his entire life. After helping his father with operating and growing local favorite restaurant Petra, he branched out on his own, first with the takeover of the Middle Eastern restaurant Fattoush, and now with the launch of Downtown Boba in San Luis Obispo.

Boba or bubble tea as it is sometimes known is an Asian-inspired fruit smoothie or tea or coffee-flavored drink that contains small balls-or bubbles-of tapioca pudding in the bottom. As you slurp your way through your drink you will be hit with these sweet treats giving you something to chew on.

"I've spent over three years, spent over \$300,000 and visited over 400 shops all over the world to find out what makes the perfect Boba store. I designed the store myself and I want



it to be the happiest store in SLO," Aburashed said.

At 29, this Cal Poly graduate is hoping the new store will be a big hit with the younger crowd. With a wide-ranging menu of varying drinks alongside nibbles such as pitas and hummus, a large outdoor patio and free Wi-Fi, the owner sees Boba as the perfect place to hang out opposed to a regular coffee shop or bar.

"We are open late until 11 p.m. weeknights and 2 a.m. Thursday through Sunday. Rather than the designated driver, go hang out at the bar. I'd love them to come here and experience something different," said Aburashed.

Using as much local produce as possible and substituting sugar with a more natural agave honey, Boba drinks provide a refreshing change to traditional smoothies or coffee. With a slight amount of caffeine, Boba still gives you the little kick your afternoon requires.

Community is important to Aburashed. He has donated free drinks to Big Brothers/Big Sisters and is hosting Art After Dark next month. He also hopes to have more events

happening at the store in the coming months.

Full of energy and keen to tell you his story and share his dream, Aburashed now splits his time between Fattoush where he can still be found cooking on the grill and managing the Boba store. Coupled with his weekly trips to the Middle Eastern area of L.A. for supplies for Petra, this entrepreneur says he doesn't have time for fun outside of work.

Next time you're downtown and need that 3 p.m. pick-me-up, why not forego the usual and sample the exotic. Downtown Boba is located at 1133 Garden St. in San Luis Obispo and on the web at www.downtownboba.com.

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The 2014 Golden Quill Awards

In association with
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This year's theme: Déjà vu

Visit www.slolightwriters.org for information and entry forms

All Writers Welcome
Entries accepted from April 1 - June 30, 2014
Entry Fee \$15

2 Categories
Short Story/Memoir 1,000 word limit
Poetry 40 line limit

1st Place Prize \$750 for each category
2nd Place Prize \$400 for each category
Honorable Mention Certificates

First place winners will be given free entries into the conference (\$140 value each)



Beach Soccer Tournament—Fun in the Sand

Photos by Paul Winninghoff



Central Coast soccer players had an excellent opportunity to stretch their legs ahead during the SLO YMCA/Copa Cabana Beach Soccer Tournament. Squads were fielded from up and down the Central Coast with a couple in town from Fresno. Teams competed in youth, adult, and co-ed divisions. Teams from the local Madrid Soccer Club, Condors Soccer Club, and San Luis Obispo All Stars each competed hard but remembered to have some fun in the sand. ❖

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After June 1st, 2014 (Regular Price)

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Week 1B	June 16th-20th	Morro Bay	(Morro Bay Elementary)
Week 2A	June 23rd-27th	San Luis Obispo	(Bishop's Peak Elementary)
Week 2B	June 23rd-27th	Templeton	(Ever's Field)
Week 3	July 21st-25th	Atascadero	(Paloma Creek Park)
Week 4A	July 28th-Aug. 1st	Orcutt	(Orcutt Junior High)
Week 4B	July 28th-Aug. 1st	Paso Robles	(Barney Schwartz Fields)
Week 5	Aug 4th-8th	Arroyo Grande	(Soto Sports Complex)
Week 6	Aug 11th-15th	San Luis Obispo	(Hawthorne Elementary)



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2014 SLO

Cal Ripken All Stars:

6/7 - 6/8 Tournament – Visalia

6/20 – 6/22: Beat the Heat All Star Tournament, hosted by SLO Youth Baseball

6/1 The SLO 12U All Stars won the annual Battle at the Beach tournament in Pismo Beach

SLO ADULT SOFTBALL

6/9 6:30pm FN Idiots (Home) Gas House Gorillas (away) El Chorro (location)

6/2 6:30pm 805er's (Home) Tomahawks (away) El Chorro (location)

6/2 6:30pm TBA (Home) One to Wasted (away) El Chorro (location)

Bye- Dreadhawks

MB MENS DIVISION

5/29 Fish Bonez 18 Pays to Play 10

5/29 Question Marks 7 Staff Infection 10

6/5 6:30pm- Fish Bonez @ Question Marks- Lila Keiser East

6/5 7:45pm- Road Warriors @ Pays to Play- Lila Keiser East

6/5 9:00pm- Staff Infection II @ Central Cal Schools- Lila Keiser East

MB COED D2 LOWER

5/19 Caucasian Debris 15 A.B.A 13

5/19 I'd Hit It 15 Jim's Automotive 12

5/19 Swift 18 Libertines 8

6/9 7:45pm Swift @ Caucasian Debris- Lila Keiser East

6/9 9:00pm Libertines @ I'd Hit it- Lila Keiser East

6/9 9:00pm A.B.A @ Jim's automotive- Lila Keiser East

MB COED D1 UPPER

5/19 Jolly Rogers 8 Squids 7

5/19 Complete Chaos 15 Tremors 13

6/9 6:30pm Complete Chaos @ Jolly Rogers- Lila Keiser East

6/9 7:45pm Squids @ Tremors- Lila Keiser East

MB MASTERS 50

5/27 Half-Cents 17 Grayline Fever 11

5/27 Bearly Movin 9 M.B. Bombers 8

5/27 Sprouse Communications 17 South Bay Grays 15

6/10 6:30pm Bearly Movin @ South Bay Grays- Lila Keiser East

6/10 7:45pm Sprouse Communications @ Question Marks 50+ -Lila Keiser East

6/10 9:00pm M.B. Bombers @ Half Cents- Lila Keiser East

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Sports Round-Up

By Paul Winninghoff



SLO's Raymond Smith

Track and Field

Four area teams sent athletes to this year's CIF Southern Section Finals meet. Morro Bay's Sierra Emrick finished first in the Div. 4 girls' pole vault with a height of 11-feet 4-inches. The Pirates' Austin Lay finish fourth in the boys' 3200 meters (9-minutes 22.08-seconds) a time that MBHS Coach Chuck Ogle said, "would have won a CIF Championship in most years," "including 2008, 2009, 2010 and 2011. But high school distance running has enjoyed a resurgence in the Southern Section, and the pool of talent is deep."

Arroyo Grande's Talley Hill posted a new school record, finishing second in the Div. 2 1600 with a time of 4 minutes and 56.1 seconds. The Eagles also had Samantha Henkel place second in the girls' shot put (41.5 feet), Josephine Graeber finish fourth in the long jump (17' 3.25"), and Leza Cassidy finish sixth in the 3200 (11:02.77).

Nipomo's Kyra Meko took first place in the girls' Div. 4 1600 (5:01.86) and fourth in the 3200 (11:20.37) but her times were not good enough to make the Master's Meet. The Titan's Jared Springer placed third in Div. 4 discus (162' 8") and fifth in the shot put (48' 7.5").

San Luis Obispo's William Ernst

was fifth in the Div. 3 1600 (4:13.81) but won't run in master's, while teammate Raymond Smith was seventh in the 400 (:50.06). Grace Torres finished fifth in triple jump (36' 10.25") and Elizabeth Willey finished seventh in the pole vault (9' 9") for the Tigers. This weekend's Master's Meet will be held at Cerritos College.

Golf

San Luis Obispo's Michael Daigle finished tied for 15th place at the CIF-Southern Section boys golf individual championship. Daigle shot a 3-over 74 to be one of 28 players that moved on to compete in the CIF Southern California Golf Association regional championship in Pasadena.

Baseball

Coast Union advanced to the third round of the CIF Div. 7 playoffs with an 8-1 victory over St. Monica Academy. Lane Sutherland got the Bronco's offense going early with a 1st inning RBI double and teammate James McAvoy added some insurance runs with 3 RBI in the bottom of the sixth. The Broncos (18-4) got some timely pitching from Quinten Raethke going 5 innings with 6 strikeouts. Coast Union plays Dunn in the next round. ♣

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by DESIGN

Ask Donna's Interiors

By Shari Pankey

Do ceilings always have to be white?

The answer is no. You do not have to paint your ceilings plain flat pure white. In fact, the current trend is to start with all the ceilings slightly off white. Instead of a bright white that has been used forever, the slightly off white is very complimentary with most current colors. It creates a softer, warmer feeling. It really enhances most any wall color. And if your décor is asking for white trim, you would also use the same off white for your doors, casings, baseboards and if you have crown molding, it too can be the same off white.

I love to jazz up a space that has warm golden walls or neutral taupe walls by selecting a contrasting color such as a beautiful aqua or a lovely sage. It works best if the room is surrounded by four walls. Because this room would have a different color ceiling than the



rest of the house, it is not predictable and makes that room special. You can use crown molding or another type of trim to transition from the wall color to the ceiling color. If you want white crown molding, you actually will see it because your walls would be a color and your ceiling would also be a color, instead of white crown and white

ceiling. If you are not as daring to use aqua or sage, a very safe way to enhance the appearance of crown molding is to use your wall color just as a lighter shade.

To help visualize paint colors larger than the little sample provided by the paint store, it is good to paint on a piece of cardboard. There are at least two reasons I can think of for doing this. The first reason is that you can walk around with it and see the sample in different lighting in different places. And secondly, the painters tell me that when a sample is painted on the wall it is

often hard it cover the swatches mostly because of the texture created by the heavier paint in just small samples.

So have fun. Pick some pretty colors and remember you don't have to love everything you choose. You have to love everything you choose together. It is the complete look that is so satisfying. ❖

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In the Black



Tempus est Pecunia (Time is money)

Only Human

By Betsey Nash, SPHR

be accounted for.

McDonald's and other fast food companies are being sued by employees who say they were forced to work "off the clock." At the Home Depot 20-plus years ago, I had a Floor and Wall Department employee who used to clock out on time and then come back on the floor to "just do a few things."

He was ambitious and, unlike the McDonald's employees, was under no obligation to continue working. In fact, it took his department head and I weeks to convince him that yes, he was appreciated as a hard worker; yes, he was recognized for his incredible customer service; and no, he should not be working off the clock!

Doffing and donning rules, concerning how much time to allot for an employee's uniform and clothing changes that an employer pays for and how much are "on the employee," are always a point of contention. We pay you for the 10 minutes it takes to put on a required haz-mat suit but not for the 2 minutes to put on your Home Depot apron.

Employees who have previously been classified "Exempt" (from some wage and hour laws such as overtime), have an especially hard time when they are reclassified as "non-exempt" and have to adjust to using a time clock.

Exempt (often called "salaried" employees) are not paid by the hour, but by the work they do, regardless of the amount of time it takes. So keeping track of their time is painful.

In most cases they still have to work certain hours, sometimes even 8 to 5, but they can take lunch whenever they want, take a break, or six, or none. As long as they get their work done, they're gold.

But oh the poor once-exempt employee who is now punching a clock. Did they clock in on time? If they were early they might create overtime if they clock out on time later. Will they clock out for lunch before the end of their fifth hour or will they be late, breaking the law, putting their employer at risk for fines and penalties? Do they clock in and then get their coffee and bagel, forgetting they

are paid by the hour now and no longer get to stay until midnight or whenever, until the job's done?

It feels like being babysat, but those little minutes add up to big bucks to the employers, especially at time-and-a-half pay. So if you have an employee in this situation, I recommend you talk to them about this dynamic as soon as you can. Tempus est Petunia. ❖

Long-time human resources professional, Betsey Nash, SPHR, is a firm believer in explaining the context, the thinking behind rules and regulations. Doing so helps most people comply. There are many who would say there is no thinking behind most rules and regs, but that's a discussion for another day. Her Only Human column is a regular feature of Tolosa Press. Betsey can be reached via E-mail at: bnash@strasbaugh.com.

Does everybody hate the time clock? I didn't think so either, but I am hearing stories about employees who just cannot drag themselves over to that box on the wall to clock in or out on time.

Remember those photos of men in lines winding out to the street, lunchboxes in one hand, timecards in the other hand, men ready to manufacture America to victory in factories across this great land?

Now even in factories where time clocks are used, they are computerized, with thumbprints and login numbers and such. But timing is still key. The lines may be gone, but every minute of labor must still



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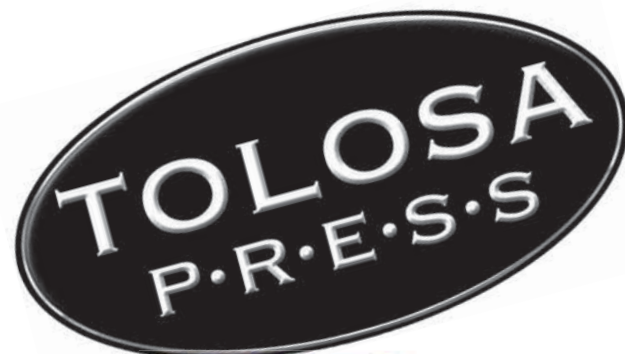
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In the Black

Tequila, Golf, the Beach and More

By Gareth Kelly



When one hears about a tequila festival, a sense of fear and trepidation fill the mind. The idea of spending all day at a festival in the sunshine with only tequila to sample could potentially lead to monumental bad decisions and the kind of next morning one only remembers from college.

Luckily, the annual Tequila Festival, now in its third year and held at the beautiful Avila Beach Golf Course, has more than simply tequila to help keep people on the straight and

narrow. Alongside some of the finest tequilas in the world you will find delicious cocktails, beers and a delightful sampling of food from some of the best restaurants our area has to offer. To cap off this "perfect collection of goodness" is a large stage hosting exciting, interesting bands such as Mariachi El Bronx; the alter ego of L.A. hardcore punk band The Bronx, an ensemble of white men dressed as Mariachis playing an eclectic fusion of Mexican/California mariachi music, providing the soundtrack to

your experience. With a beautiful creek, buoyed by a high tide from the Pacific, its own private beach, soft green grass, tall palm trees and an abundance of sunshine, the golf course at Avila Beach is considered one of the finest concert and event venues anywhere on the Central Coast. With more than 22 years hosting events at this venue, the organizers have a wealth of knowledge in making sure all of its 3,000 capacity crowd has an excellent experience. Not only host to the Tequila Fest, the Firestone 805 Beach

Festival and the ever popular Irish Festival, this venue is host to more than 60 weddings annually and in conjunction with Otter Productions, numerous concerts. This year, the Oyster Festival, Mac and Cheese Festival and the Central Coast Wine Classic will use the facility. One of the brains behind making the venue run smoothly is Katie Manley. After learning the ropes organizing events for Hospice of San Luis Obispo, Manley joined the golf course about five years ago. "We want to be the premier family-friendly, fun music and event venue on the Central Coast," Manley said. The Oyster Fest will be held on June 7 and the popular Pops Symphony by the Sea Aug. 10. To find out more about this gem of a venue, visit www.avilabeachresort.com. ♣

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Biz Briefs

Business News and Announcements

Compiled by Camas Frank



The Naked Fish celebrated a new San Luis Obispo Chamber of Commerce membership with a ribbon cutting last week. Naked Fish offers fresh fish, local wines, imported Sake and craft beers in a fun environment. They have daily happy hour specials and patio dining. "We strive to protect our environment by using as many recycled and recyclable products as possible to make less impact on the gift Mother Nature gave us," reads a Chamber news release. Naked Fish is at 857 Higuera St., in SLO. For more information see: www.thenakedfish.com or call 543-3474.

partnership with Big Brothers Big Sisters for a program called "Biking Buddies," to provide free rentals to underprivileged children and their mentors across the nation. More than 5,000 "Biking Buddies" passes have been distributed to Big Brother Big Sisters chapters this year alone, a donation equating to approximately \$125,000 in rental fees for 2014. For eight years, Wheel Fun Rentals has offered free rental use to tens of thousands of Big Brother Big Sister matches across the nation. By being part of the program, these children see "Little Moments turn into Big Magic." If you'd like to become a volunteer or support BBBS's programs, find your local chapter info online at: aim.bbbs.org/einquiry/einquiryzip.aspx?t=2.

Obispo Chamber of Commerce last week. The Group is a 501 c(4) non-profit organization that connects young professionals with community events, professional seminars and various social networking functions. They offer a variety of activities including monthly socials, evening hikes, professional development seminars, camping, sporting events, such as softball, and more. For more information see: www.ypng.org.

board: Roxanne Carr, president, the Mortgage House; Dr. Julian Crocker, superintendent, SLO County Office of Education; Reese Davies, president, Founders Community Bank; Stephen K. Hall, Esq., Stephen K. Hall and Associates; Garret Matsuura, owner, Arclight Media; Steve Owens, publisher, Journal Plus Magazine; Julie Rodewald, SLO County Clerk-Recorder; Lori Thomas-Hicks, principal, Atascadero Junior High School; and Mary Verdin, president, Verdin Marketing. Assistance League is an all-volunteer, national non-profit organization dedicated to philanthropic programs benefitting children in need within the local community. For more information see: www.alslocounty.org



Google Street View, a program that extends Google's original Street View, is now going inside of local businesses through Evolving Photography of Los Osos, a husband and wife team that's certified and partnered with Google to provide Google Business View. The virtual tours appear on Google searches, Google Maps, and Google+, as well as business websites and social media pages. Still photos are also taken to help highlight a business. Businesses interested in putting themselves on display can set up a photo shoot with Evolving Photography via E-mail at: Contact@EvolvingPhotography.com or call 423-9131. For more information, and to see local examples see: www.EvolvingPhotography.com/google-tours.



The San Luis Obispo Noor Foundation is the beneficiary of the Summer Green and Healthy Living Expo, to be held at Avila Bay Athletic Club and Spa, from 5:30-7:30 p.m. Wednesday, June 18. The Address is 6699 Bay Laurel Dr., in Avila Beach. There will be free food samplings and live music with Jon Stephen. The Noor Foundation is a non-profit organization in SLO that provides non-emergency health care to the uninsured and provides general practice health care, eye exams including glasses. The Foundation will get all the \$5 ticket donations from the Expo. For an appointment call 439-1797. They are located at 1428 Phillips Ln., Ste. B-4. There will also be more than 30 vendors plus \$1,000 worth of free giveaways. For more information call 260-9333.



The Rotary Club of Pismo Beach-Five Cities and Rotary Club of Grover Beach invited teachers and students to participate in the 2014, "4-Way Test and Me" Essay Contest. Eleven student winners were chosen from the elementary school level up through high school. The winners were:

- Elementary school first, Mikayla Provence, 2nd grade, Branch Elementary; second, Talia Conn, 3rd, Ocean View Elementary.
- Elementary school first place, Mikayla Quam, 6th, Ocean View Elementary, second Mustafa Assal, 5th, Shell Beach Elementary, and third, John Pollard, 6th, Ocean View Elementary.
- Middle School first, Kimi White, 8th grade, Paulding, second, Destinee Meza, 7th, Judkins, and third, Natalie Garcia, 7th, Judkins.
- High school first, Lucy Rebecca Wickstrom, 10th, Coastal Christian, second, Leanna Newby, 11th, Coastal Christian, and third, Ryan Brennan, 10th, Coastal Christian

First place winners got scholarship checks of \$300, \$200 for second and \$100 for third place. ❖



Sierra Vista Regional Medical Center celebrated health care professionals during National Hospital Week. Dozens of hospital employees were honored at the Annual Service Awards Dinner on May 15. Among them, Carol Ann Moyes was recognized for 45 years of service at Sierra Vista. The 2014 Nurse of the Year Award went to Paige Ramos, RN. Leticia Gonzales was selected by her peers as the 2014 Employee of the Year. Sierra Vista's 2014 Tenet Hero Awards were presented to Kip Dettmer, lead CLS in the Laboratory Department and occupational therapist Wendy Liepman, physical therapist Maria Rodriguez, and speech therapist Andrea Richey. "These individuals have gone above and beyond to meet the highest level of professional excellence and quality care," said the hospital.



The San Luis Obispo Young Professionals Networking Group celebrated with a different kind of ribbon cutting with the San Luis



The Assistance League of SLO County announced that Kathleen Maas, owner of Pear Valley Vineyards, will serve on the organization's advisory council for 2014-15. Maas joins nine others on the

Wheel Fun Rentals, has announced it will renew its

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

In the Black

SLO Biz Pulse

By John Lindt

Will More Passengers Equal More Flights?

The passenger count from April at the San Luis Obispo County Airport shows traffic up 17.5% from a year earlier, the fifth month in a row that passenger numbers are up double digit. "It just shows improvement in the economy and how the local community supports their airport" said airport manager and Cal Poly grad Kevin Bumen. "It's a great selling point when we talk to airlines about adding more service here."

Bumen said there is no word from United Airlines about possible flights from SLO to Denver after a lobbying effort that been going on for several years, however, they aren't waiting around before knocking on other doors.

Bumen said he recently met with Frontier Airlines who also flies to Denver from Fresno and Bakersfield. Plus he is on the prowl for more. Could we get a Southwest, Alaska or SF-based Virgin Airlines who says they want to expand the number of their West Coast communities? The company flies mostly to larger cities but also some smaller ones like Palm Springs, about the same population as SLO. They fly an Airbus 319, 124-seat jet.

Bikes Pump Up SLO Economy

San Luis Obispo, considered a mountain biking and road biking paradise, is also home to growing number of firms that make cycling their business. Global bike component maker, Sram, who bought SLO-based Truvativ back in 2004, continues to expand. Local spokesman Anthony Medaglia said, "We'll be moving into two adjacent buildings across from the airport next March with a combined 20,000 square feet, more than

double our current facility size." The buildings are under construction now. The SLO Sram Center here is a product development center, not manufacturing he explained. "Our facility specializes in development of drivetrain components including crank sets, bottom brackets, chain rings, and front derailleurs. We are one of eight product development centers in the global Sram organization. Since then [2004] we've grown from just a few employees in the San Luis Obispo facility to over 30 and are continuing to add more to our team."

Cal Poly Gets \$8M Donation

San Joaquin Valley farmer James G Boswell's foundation will give Cal Poly \$8 million to establish a "J.G. Boswell Agricultural Research Center," the college recently announced. Plans include laboratories to support sensory, food safety, plant pathology, enology and genomics. This will allow agriculture students to do front-line research. The Center is planned for the middle of Cal Poly's campus, on a site now occupied by what remains of Building 52, a science building that was partially demolished several years ago to make way for the Warren J. Baker Center for Science and Mathematics. Construction on the \$25 million Boswell Center would start when the rest of the needed funds are raised. In addition to the Boswell Foundation's \$8 million pledge, Cal Poly has secured another \$5 million in pledges for a total of \$13 million for the center.

SLO County Budget Bond Rating Up

Fitch Ratings recently upgraded San Luis Obispo County's Pension Obligation Bonds series making it less expensive for the County to borrow money. "An upgrade at the end of an economic downturn is quite an accomplishment," said County Auditor Jim Erb. Also this

month, the County announced a projected budget surplus of approximately \$5.8 million in FY 2014-15, for the first time in years the budget has been in the black. Back in 2009, there was some \$30 million of red ink. County Administrator Dan Buckshi said, "Numerous signs, including increases in home prices, building permits, sales tax, property tax revenues, and Transient Occupancy Taxes (TOT), are reflective of an improving economy. The small surplus allowed staff to recommend a budget that begins to restore, and in some cases increase, service levels to support the vision, mission, and community wide results."

Embarcadero North Plan

Cal Poly Architecture and Environmental Design students have been carrying out an exercise to envision the Embarcadero North area (north of Morro Creek and up Atascadero Road) with its mix of industrial uses, power plant, trailer parks, sand dunes and open space. Three teams of students offered their vision to the Planning Commission in May that all call for a large roundabout at Hwy 41 and Main Street. All tie this access-impaired area back to the Downtown and the Embarcadero but offer alternative scenarios for the reutilization of the power plant. The most intense and wildest would leave the landmark stacks and building a minor league baseball stadium next to them. Nearby would be boutique hotels with rooftop restaurants connected by green space and paths. Lower intensity plans offered a vision of smaller visitor enterprises, campgrounds, park land and pathways that tie it all together.

Avocado Crop Down This Year

Savor that guacamole, the California Avocado Commission pre-season estimates indicate a 2014

crop volume of approximately 300 million pounds. That compares with a 500 million pound crop last year but a comparable crop size to 2010-11.

SLO County Jobless Rate Falls

The unemployment rate in the San Luis Obispo County was 5.2 percent in April, down from a revised 6.1% in March, and below the year-ago estimate of 6.3%. This compares with an unadjusted unemployment rate of 7.3% for California and 5.9% for the nation during the same period. The 5.2-percent rate is the lowest in SLO County since May 2008 — before the "Great Recession." The current report says in April there were 1,400 more nonfarm jobs than there were a year ago. The report says the county's labor force has declined by almost 1% in the past year.

Foot Golf Course at Sea Pines

Like the rest of the nation's golf courses who are seeing lower rounds of traditional golf being played, Los Osos-based Sea Pines Golf Course is experimenting with new variations on the game to attract a younger crowd. They added Frisbee Golf a few years ago and now are installing a Foot Golf course in coming months.

Somewhere between soccer and golf — similar rules apply to Foot Golf, except one kicks a soccer ball nine holes instead of putting a golf ball. The hole is bigger to accommodate the size of a soccer ball. There are some 25 such courses in California that are adding the sport this year including ones in Visalia and Madera. ♣

San Luis Obispo

activities



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CENTRAL COAST BREWING is Celebrating 16 years of hand crafting beers on the beautiful Central California Coast. CCB is your neighborhood brewery. Enjoy Daily happy hour and guest food trucks. Enjoy our beers in a "living room of stainless", or sit out on the newly refurbished patio. We offer 10-13 beers on tap, and there is always something new to try at the bar. Free WiFi, board games, sports and more. Located at 1442 Monterey St. b100, SLO 783-2739 centralcoastbrewing.com, facebook.com/CentralCoastBrewing



shopping

FORUM RECORDS is located inside the Sports Forum in downtown San Luis Obispo. We buy, sell and trade vintage vinyl records and turntables. We carry over 500 titles of new and used vinyl record including the Beatles, Stones, Dylan, The Who, Dr. Dre, Snoop Dog, Wu-tang, Black Keys, Jack White, Pink Floyd and more. Open Daily 11am-6pm. 710 Higuera St, San Luis Obispo • (805) 543-8336



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THE SPORTS FORUM is where the true sports fan shops. We have the largest selection of hats on the Central Coast. Come check out our jerseys, memorabilia and our newly remodeled San Luis Obispo Store. Now buying new and used vinyl records—come in and trade in your old records for cash. [Facebook.com/theforummerchandise](https://facebook.com/theforummerchandise). 231 Pomeroy, Suite E, Pismo Beach • (805) 773-0892 710 Higuera St., San Luis Obispo • (805) 543-8336. Text SPORTSFORUM to 56955 to join and get deals!



<h3>SAN LUIS OBISPO, CA DOWNTOWN FARMERS' MARKET</h3> <p>Higuera Street • Every Thursday • 6 pm - 9 pm</p>			<p>June 5th, 2014 Kick off the month of June at Farmers' Market! Stone fruit and cherries are in season, so get them while you can!</p>
<p>NIPOMO STREET Richie Begin <i>Country, oldies but goodies!</i></p>	<p>CHORRO STREET Loren Radis <i>Local singer songwriter!</i></p>	<p>TABLE AND CHAIR SEATING ON BROAD STREET Sponsored by: SLO Downtown Association </p>	
<p>BROAD STREET Jim & I <i>Cover tunes duo!</i></p>	<p>MORRO STREET Rob Larkin <i>Contemporary solo act!</i></p>	<p>FREE BIKE VALET SERVICE ON MORRO STREET Sponsored by: San Luis Obispo County Bicycle Coalition</p>	
<p>GARDEN STREET Music Motive <i>Featuring the "Bucket Busters!"</i></p>	<p>OSOS STREET Jessica's Jolly Jumps <i>Climbing wall & bounce house!</i></p>		
<p>For more information about upcoming events sponsored by the Downtown Association, please call (805) 541-0286 or visit: www.DowntownSLO.com</p>			



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coffee & treats



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restaurants



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Los Osos

restaurants



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shopping



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restaurants

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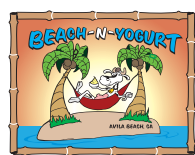


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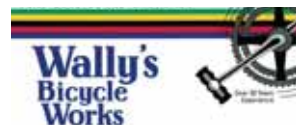
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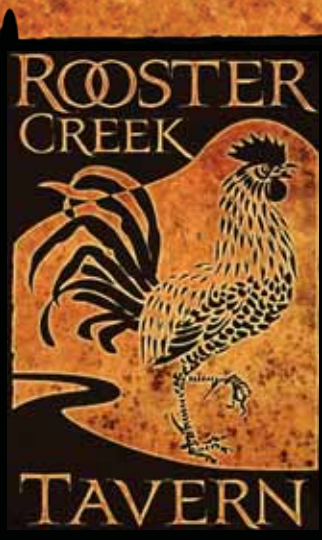
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Healthy LIVING

Coffee and Health Part 1

by Gary E. Foresman, MD

Coffee is among the most widely consumed beverages in the world. I have noticed with great interest while study after study documents that habitual coffee consumption substantially lowers the risk of mortality, cardiovascular disease, diabetes, many degenerative diseases such as Alzheimer's and Parkinson's, and many types of cancers. Yet so many people in the "natural health" world proclaim coffee to be "bad" for you. Why? Given America's puritanical heritage one can come to only one logical conclusion: "Since it feels good, it must be bad for you". Certainly it's not science that causes us to not only question the health benefits of this extraordinary beverage but to continue in the quest to look for what damage it must do to us?

This healthy "supplement" to the diet includes antioxidants, polyphenols with anticancer properties, chlorogenic acid that has antioxidant effects and improves insulin sensitivity, two diterpenes known as cafestrol and kahweol that work with our detoxification system to both inhibit the Phase I enzymes that can activate carcinogens while they stimulate Phase II enzymes that aid in carcinogen detoxification, and of course caffeine which

inhibits the hypermethylation of DNA common to tumor cells. If that sentence seems like a bunch of scientific rationale for the pluripotent powerful health benefits of a complex array of compounds present in this beverage, it is. Multiple compounds also help explain the overall anti-inflammatory effects as well.

Outside of an enormous body of data documenting why coffee might be of benefit, there are multitudinous epidemiologic and case-control studies proving coffee to be one of the most consistently health-promoting habits ever studied. One obvious caveat is that if you personally react negatively to coffee (or any purportedly healthy substance), stop consuming it. Never let science supersede your own common sense. Let's look at what has been proven in regards to caffeinated coffee so far:

CANCER

Breast Cancer Various long-term trials document from 12-50% reduction in the risk of breast cancer in postmenopausal women. Premenopausal women with the BRCA mutation have a 70% risk reduction. Drinking more than five cups of coffee per day is necessary to get the full benefit.

Colon Cancer Over thirty clinical trials

document a 12% reduction in the risk of developing colon 2. cancer.

Liver Cancer Daily coffee consumption provides an overall 51% reduction in risk of death from 3. hepatocellular cancer and a 69% reduction in those with Hepatitis C. No trial of interferon has ever proven any benefit in hepatocellular cancer mortality where coffee can prevent cirrhosis and cancer.

No cancer ever studied has been found to be associated with coffee consumption.4.

CARDIOVASCULAR DISEASE

After suffering from a heart attack, drinking 5-7 cups of coffee per day led to a 48% reduction in the risk of overall mortality compared with non-coffee drinkers among patients studied for 7-9 years. This is a far greater reduction in mortality than any 'statin' drug. In the Framingham study any coffee consumption at all was associated with a 10 year, 43% reduction in cardiovascular mortality primarily by slowing the progression of vascular heart disease.

Furthermore, a fascinating trial about the effects of mental stress on blood pressure documents coffee's blood pressure stabilization effects on habitual coffee drinkers. In 15 healthy volunteers men-

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Healthy LIVING



prevent mental stress effects in people who routinely drink coffee.

Finally, an analysis of the nurses' health study in over 24 years of follow-up drinking greater than 4 cups of coffee per day led to a dramatic 43% reduction in stroke risk. Drinking other caffeinated beverages had no effect on stroke risk whereas decaffeinated coffee seemed to provide a mild benefit. Smoking

eliminated any of the risk reduction benefits seen with coffee consumption.

DIABETES

For every cup of coffee per day one drinks, a statistically significant decrease in the risk of Type 2 diabetes occurs. For those who drink more than 6 cups of coffee per day their overall diabetes risk decreases by an astounding 35%!

GOUT

Drinking coffee leads to a significant reduction in uric acid and subsequently drinking 4 or more cups of coffee per day reduces the chance of developing gout by almost 40%! No such benefits were found with tea.

MUSCULAR HEALTH

Multiple trials confirm that caffeinated coffee provides at least a 50% reduction in perceived pain with exercise.

NEURODEGENERATIVE DISEASES

This is yet another area of research where numerous trials confirm such a profound health benefit with ageing. Whether due to antioxidant, anti-inflammatory, detoxifying, or other properties, it is clear that the whole (coffee) is greater than the sum of its many fine parts.

Parkinson's Disease (PD): In a study spanning 13 years, drinking more than 5 cups of coffee per day • or three cups of tea per day led to an amazing 60% reduction in the risk of developing PD.

Alzheimer's Disease (AD): In another study covering 21 years of follow-up, drinking 3-5 cups of coffee per day led to an shocking 65% reduction in the risk of developing AD. No such benefits were seen from drinking tea.

Whether preserving the health of heart, brain, or liver, coffee consumption has no parallel in the natural or pharmaceutical world. Drink responsibly and listen to your own body. I recommend that for each cup of coffee you drink, be sure to drink twice as much water to keep the body well hydrated. ❖

**In Good Health,
Gary E. Foresman, MD**

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Join the San Luis Obispo County Library Adult Summer reading program! Reach 9-goals and receive prizes and surprises. The fun starts runs through Aug. 30. San Luis County Libraries participating in the Adult Summer Reading program are: Arroyo Grande, Atascadero, Cambria, Creston, San Luis Obispo, San Miguel, Santa Margarita, Shandon, and Simmler or go to www.slolibrary.org and view the event calendar on the home page. Contact your local library for more information.

Tognazzini's Dockside Too is hosting the Fifth Annual BBQ Oyster & Beer Feast, from 11 a.m. to 8:30 p.m. Sunday, June 8 a benefit for Morro Bay 4th, the citizen group that puts on the family fun picnic, music fest, bike parade and fireworks show on 4th of July. For \$20 you'll get a pitcher of beer or soda and half a dozen small, medium or large barbecued or raw oysters. Free corn dogs or sea dogs and sodas for kids. Free live music, too. This is the major fundraiser for the Fourth of July fireworks show, along with a direct plea for donations to residents in their current water bills. See the website at: <http://bbqoysterandbeerfeast.splashthat.com> for more information and to make donations. Dockside Too is at 1275 Embarcadero on the Fishermen's Wharf. The event is sponsored by the Tognazzini Family, owners of Dockside Too.

The California Ocean Science Trust, and State Department of Fish and Wildlife, is looking for public input on its draft Central Coast Marine Protected Area Monitoring Plan that was recently released for public comments. To read the



Folk Pop Music Group, Shadowlands

draft plan and get instructions on submitting comments, see: bit.ly/centralcoastmonitoringprogram or E-mail them at: mpamonitoring@calost.org. Written comments are due by 5 p.m. June 4. The final draft Central Coast MPA Monitoring Plan will be presented to the DFG Commission for adoption this Summer. State MPAs began being established in the waters off the Central Coast and include a large swath of Estero Bay off Montaña de Oro.

The SWAP Weed Warriors will wage their monthly battle against weeds and erosion in the Elfin Forest of Los Osos from 9 a.m. to noon Saturday, June 7. Weed Warriors will get home-baked cookies after the work and new volunteers will get a Weed Warrior badge. Dress for wind, fog, or sun. Wear sturdy shoes, long pants and sleeves. Bring work gloves and a shovel. Meet at the north end of 15th

Street off Santa Ysabel Avenue. Don't block driveways or mailboxes when you park. For more information call 528-0392.

The Mustang Fever and the Poly Thunder, Cal Poly's monster tractors, will be hard to miss at the 2014 San Luis Obispo Concours Main Event set for Sunday, June 8 at the Madonna Inn. Shown by the Cal Poly Tractor Club, a group of 40 students who build the tractors in 10 weeks, the tractors are maintained and prepped to compete in 20 tractor pulls throughout the summer in California and Nevada, including Cal Poly Open House. SLO Concours benefits Hospice of San Luis Obispo County and includes a series of events from June 6-8. The weekend will end with the Main Event from 10 a.m. to 3 p.m. at Madonna Inn Meadows. For more information see: www.sloconcours.com.

The Arroyo Grande Village Summer Concert Series kicks off on Sunday, June 8 with the folk pop music of Shadowlands. Join your friends at 1 p.m. at the Rotary Bandstand in the Village of Arroyo Grande for the festivities which will also shine a spotlight on concert sponsor Ventana Grill and the featured nonprofit organization the Central Coast Classique bike event. The quartet Shadowlands has quickly become the "talk of the town" in regional music circles and are a "must see" for other musicians. The newly formed band's folk pop sound combines the voices and instruments of four experienced songwriters. With musical roots in San Luis Obispo, Southern California and Denmark, Shadowlands is an expression of the universal language of music; Karoline Hausted's distinctive piano and voice; Mark Davis' solid guitar and vocals ; Bob and Wendy Liepman's vocals, guitar and cello.

Evening Star Productions presents Tret Fure on her "Piece of the Sky" CD release tour at 7 p.m. Sunday, June 8 at the Unitarian Universalist Fellowship of San Luis Obispo, 2201 Lawton Ave. Cost is a \$20 donation and \$15 for seniors and students. E-mail to: jernest4@gmail.com, online at: www.tretfure.com/concerts, or at the door, which open at 6:30. Fure's career spans four decades. She was the guitarist and a vocalist for Spencer Davis, touring with him and penning a single for his album "Mousetrap." She went on to record her own album in 1973 on MCA/UNI Records, with the late Lowell George of Little Feat producing. She has opened for bands like Yes, Poco and the J Geils Band. See: www.tretfure.com for more information.

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Entertainment



Kiki Ebsen will headline the next Songwriters at Play concert at D'Anbino Wine Cellars, 710 Pine St., Paso Robles on June 13 at 7 p.m. Ebsen sings songs in honor of her dad the late actor Buddy Ebsen. Also featured is touring folk singer John Craigie. Tickets are \$10. Ebsen is known for backing Christopher Cross, Wilson Phillips, Boz Scaggs, Tracy Chapman and many more. She also has five solo records out, with number six dropping just in time for Father's Day. "Scarecrow Sessions" is a collection of jazz standards.



Otter Productions presents the "Fremont Theatre Comedy Club" bringing Ralphie May and special guests to town on Friday, July 11 at the historic Downtown SLO theater. General admission tickets are \$30 plus handling fees and on sale now at VALLITIX outlets. Charge by phone at (888) 825-5484, order on line at: www.vallitix.com. Also available at: eventbrite.com and at the Performing Arts Center Box Office and polytix.com. There are a

Percussionist John Astaire will be the guest soloist at Cal Poly's Wind Bands Spring Concert set for 8 p.m. Friday, June 6 at the Performing Arts Center. Tickets are \$12 and \$14 for the public and \$9 and \$12 for senior citizens and students and include all fees and parking. Get tickets at the PAC Box Office from noon-6 p.m. Tuesdays-Saturdays. Order by phone at 756-4849. Poly alumnus Astaire has performed with the Kylix Contemporary Music Ensemble, Columbus Symphony Orchestra, Bloomington Symphony Orchestra, and the SLO Symphony. They will play "Raise the Roof" by Michael Daugherty, a piece that features solo timpani. Astaire will also perform the Hungarian dance "Czárdás" on the xylophone with accompaniment by the Wind Orchestra.

Children's picture book author, Beryl Reichenberg, will sign her books, "A Real Dragon" and "City Bear," from 2-4 p.m. Saturday, June 7 at Coalesce Bookstore, 845 Main St., Morro Bay. Free. A Real Dragon is about a troubled young dragon as he tries to learn to breathe fire and roar like a real dragon. City Bear is a diary about a bear who comes down from the mountains and finds city life inviting with swimming pools, garbage cans and flower beds. The story is based on a bear in Glendale that was repeatedly returned to the mountains only to come back to town. See: www.berylreichenberg.com for more on the author.

limited number of VIP tickets, \$50 plus fees that have priority seating and a meet and greet with May. See: www.otterproductionsinc.com. Voted one of Variety's "10 Comics to Watch" in 2008, May has filmed three, highly-rated, 1-hour Comedy Central specials and was on season one of "Last Comic Standing." May doesn't shy away from touchy topics or ethnic jokes, so expect adult material.

The Cal Poly Choirs and Symphony will perform at 8 p.m. Saturday, June 7 at the Performing Arts Center. Tickets are \$12 and \$14 for the public and \$9 and \$12 for senior citizens and students. Pricing includes all PAC fees and parking. Get tickets at the PAC Box Office from noon-6 p.m. Tuesday through Saturday. Order by phone at 756-4849. The concert includes Tchaikovsky's, "Romeo and Juliet," music from "Star Wars," by John Williams and many other pieces.

The California Mid-State Fair is looking for volunteers to be a part of the Friends of

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Entertainment

the Fair program. If you would like to help out and be a part of the Fair, applications are now available! Volunteers in the Friends of the Fair program assist the fair staff in many different aspects of the Fair. You can volunteer as little or as much as you like. Applications are available at the Administration Office Monday thru Friday 8 a.m. to 4 p.m. The first Friends of the Fair workday is scheduled for Saturday, June 14, from 9 a.m. to 1 p.m. Volunteers are to meet in Frontier Town at the Paso Robles Event Center. For more information or questions, contact Tisha Tucker at tisha@midstatefair.com.

The Gallery at the Network in San Luis Obispo is featuring a ceramic-art show, "Carved, Coiled and Thrown," during June and July with an opening reception on June 6 during Art After Dark. Among the artists are Richard Rowe, Charles Varni, and Ben Trogden (work shown here). An artists' reception during Art After Dark is set for 6-9 p.m. Friday, June 6. Terry Sanville will play guitar and

refreshments will be served. Gallery at the Network is at 778 Higuera St., Ste. B.

The Food Bank Coalition of San Luis Obispo County is counting on Hunger Awareness Day to help as many as 44,000 residents feed their families. Set for Friday, June 6, Hunger Awareness Day has a goal of raising \$125,000 to help the Food Bank meet the ever-growing demand for food assistance in SLO County. With its sources for free and low-cost food, the Food Bank can stretch \$1 into \$10 worth of food. To donate, mail checks to: Food Bank, P.O. Box 2070, Paso Robles, CA 93447, donate online at: www.slofoodbank.org, or at any Rabobank branch in the county during the month of May.

Resonator guitar and "ukulele goddess," Del Rey and blues fiddler Suzy Thompson, will play the Red Barn Community Concert Series in Los Osos at 6 p.m. Saturday, June 7. Cost is a \$10-\$15 minimum donation at



Del Rey and blues fiddler Suzy Thompson

the door. The red barn is at 2180 Palisades Ave., Los Osos. Doors open at 4:30 p.m. and there's a potluck supper at 5, with the Potluck Band. Bring a dish to share and your own place settings. BYOB, too. Suzy and Del have been playing together since the mid-1980s, stirring things up with their masterful playing, show-stopping vocals, and humorous repartee. See: delreyplays.com and ericandsuzy.com for more on the artists.

The Women's Shelter Program of San Luis Obispo is holding "Klash of Keys: A Dueling Pianos Event with Musical Fire," set for 8-11 p.m. Saturday, June 7 at Embassy Suites Hotel, in SLO. Tickets start at \$50 a person and include appetizers with a no-host bar and dancing. Proceeds benefit

the Women's Shelter program, which provides services for victims of intimate partner violence and child abuse. See: www.wpslo.org to get tickets online.

Pack a dinner and head down to the Los Osos Library for another family movie night, 5:45 p.m. Saturday, June 7. Showing is the film adaptation of Michael Crichton's "Jurassic Park"

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p.m. Friday, June 6 during Art After Dark. The show is a benefit for the 2nd Chance at Love Society, a humane organization that rescues neglected, abandoned and abused dogs and finds them new homes. Art Central is at 1329 Monterey St., SLO. The gallery is open Mondays-Fridays, from 10 a.m. to 5:30 p.m. and Saturdays 10-5. Photo is a painting by Jim Peacher. Call 747-4200 for information.

Local favorites, The Hay Dudes will be in concert at 2 p.m. Sunday, June 8 at Coalesce Bookstore, 845 Main St., Morro Bay. Tickets are \$20 a person and available at Coalesce, call 772-2880. The Hay Dudes are Kenny Blackwell, Mike Mullins and Wally Barnick. Fiddler Paul Lee will also play this show. The Dudes have been friends and music buddies for more than 30 years, and after jamming together off and on at various festivals for years, put together this band in 2009. See: www.haydudes.com for more on the band. ♣

(PG-13). This is a free event, popcorn courtesy of the Friends of the Los Osos Library. The library is at 2075 Palisades Ave. Call 528-1862 for details.

Art Central Gallery in SLO is featuring "Fur, Feathers & Fins" an exhibit of animal art from June 6-July 29, with an opening reception set for 6-8

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New Locale, Same Goodness at Artisan

By Teri Bayus

When wonderful eateries move to a new location or get a facelift, I always wonder about what they've lost versus the new and improved.

One of my favorite chefs and restaurants in Paso Robles has always been Chef Chris Kobayashi and his brother Michael of Artisan. They moved a couple of blocks over from their old location and built a larger, more bar-focused establishment. I was interested to see what had changed and because of our impromptu visit, we choose to eat at the bar.

I always like the "counter" or bar for dinning, as the wait staff is held hostage and must have conversations with you, which doesn't happen when sitting at a table. I was in the mood to ask questions, and the poor bartender, Jason, was my victim.

One of the first things I noticed is the puritanical practices of this mixologist. They serve nothing with chemicals in it; even the Coke (Mexican) and Diet Coke are the versions that are toxic free.

Jason makes all his mixers, including fresh lemon, lime and more to create amazing libations that are satisfying and original. Jason is also a sommelier, so I was flinging questions about the wine at him. I started with a Hope Family Troublemaker that was on tap and quite tasty. Then the chickpea fries arrived. Garbanzo beans are mashed down to a paste, shaped into fry shape, breaded with a garlic-herb mixture,



and then deep-fried. They were served with a Calabrian chili aioli that was hot and addictive, a nice potato alternative.

Gary started with the peach sundae with a Blondie (a white brownie), fresh peaches, butter pecan and a bourbon maple sauce served in a parfait glass topped with fresh, real whip cream. The presentation was as delectable as it was yummy.

Next we moved on to barbequed pig wings. I was told to imagine if pigs could fly, where the wings would come from and that is what this dish was about — a pig wanting to be a chicken. Found under the rib meat, seared and cooked slowly on the barbeque (it was a different version of pork belly), served with a whimsical accompaniment of celery pieces, and Bay Bleu cheese

elements. It also had grilled nectarine with lima beans and micro greens.

We were all watching a NBA playoff game on TV, but just as interesting was the bartender creating amazing drinks like Moscow mule and terra cotta, using vintage brass glasses; it was a tasty treat. Next came the Mushroom Toast. I was told to expect breakfast, lunch and dinner in this one

dish. First it had a perfect presentation, a large piece of Brioche toast stacked with mushrooms, Parmesan shavings, crème fraiche, and micro greens. It was topped with a poached egg that exploded like a little whale getting ready to breach spilling forth its yellowy goodness.

And, Jason was correct, all at once a savory breakfast, lunch and dinner. We shared boar tenderloin with a carrot risotto, pioppini mushrooms with a fantastic salsa verde. It was dreamy and the flavors sang through the bar like the swish of the winning basket.

I decided to go the French route and have a cheese plate for my dessert. Served with their hot-from-the-oven, crunchy, sourdough bread, this was an impeccable wrap up for a meal. The

Merriment was a cow-cheese, soft-served with honey and two apricot halves. The Golden Valley Delight was a goat cheese served with a house made sesame cracker and the St. Pat was a sheep cheese served with roasted Marcona almonds, Rosemary infused olives. It was hard like Parmesan with heightened flavor.

Other things that you learn at the bar are that Chef Chris is whimsical. After graduating at the top of his class at the California Culinary Academy in San Francisco, he earned a certificate in baking and pastry at the Culinary Institute of America in Napa Valley. Artisan is built upon chef Kobayashi's attention to detail, a focus on locally sourced ingredients and fervor for refined cuisine. Artisan is at 843 12th St., in Paso Robles; call them at (805) 237-8084. ♣



New X-Men an Action-Packed Delight

By Teri Bayus



My husband and I are nerdy purists and each time a comic book movie comes out with another installment, we force ourselves to watch all the previous movies so we do not miss one insider joke.

After four days of watching X-men and arguing about which order to watch them in (there is chronological or by the release date) we were finally ready to watch "X-Men: Days of Future Past."

I am a huge fan of Hugh Jackman. He is the reason I have embraced this franchise (that and Star Trek's Capt. Piccard as Professor Xavier). This is his seventh portrayal of Logan, the Wolverine, raising the record for the most times a comic book character has been played by the same actor in theatrical films.

He will also be the only actor to appear in the entire X-Men film series. So there's that. But this is an interesting twist in presenting the past, future and present of the X-men. I have to admit,

it helped watching the ones before it, and I enjoyed every nerdy minute.

The plot: In 2023, giant robots called Sentinels rule the earth and when the powerful mutants battle with them, these giant robots prove to be invincible and the mutants are powerless. Charles Xavier (Patrick Stewart) and the remaining X-Men are the last ones, as even all the regular people are dead. They discover the Sentinels' starting point and in hopes of saving the earth, they send Wolverine (Hugh Jackman) back to the year 1973, so he can prevent the disaster from happening.

Jackman is pleasing as always, but the real star of this film was James McAvoy (Young Xavier). He was absolutely brilliant and was able to pull off such a hard role to play. Michael Fassbender (Young Magnito) was also wonderful, as was Jennifer Lawrence (Mystic).

My favorite staple of the franchise is the "frenemy" relationship between Professor X and Magneto. In the past

under a more liberal context, the younger two construe a "bromance." This really fills in and spackles all the elements that make their long-term struggle make complete sense.

I liked that in the future, the mutants had combined their powers to help each other, but my favorite part was that they implied that President JFK was a mutant. (At the Bayus House we're still having fun guessing what JFK's mutant power would have been.)

Here is the thing, you don't have to watch all the previous X-men films, or be a nerd to enjoy this movie. It is a fantastic flick and one you can jump into with no knowledge of this pulp franchise and still appreciate thoroughly. ♣

Teri Bayus can be reached at livewell@teribayus.com or follow my writing and ramblings at www.teribayus.com



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Young at Heart

Smart Shopping Tips For Budget-Savvy Baby Boomers



While the economy is moving again, many Americans - baby boomers included - continue to realize the importance of good money management skills. Boomers are focused on making the most of their money by boosting earnings, investing more and shopping smarter.

* Plan shopping trips before you leave the house. Make lists, map out your route and consolidate errands into one trip. You'll not only save time and gas, you'll cut down on impulse buys that will affect how much you spend overall.

* Keep quality in mind when you're tempted to buy less expensive brands of everyday necessities. For people with bladder control issues, Depend Underwear with new Fit-Flex protection is a smart

buy because it offers a discreet fit that helps give you the freedom and confidence you need every day.

* Try samples before investing in a full-sized product. Many manufacturers offer free samples of everyday items - like laundry detergent or personal care products - through their websites. Sampling products can help ensure you spend money only on things that you know you'll use and work well for you.

* If you have the storage space, don't be afraid to stock up when something you use often is on sale. Buying something you know you will use when the price is right ensures you won't end up paying more when you run out of it.

* Coupon, coupon, coupon! Digital coupons have made it easier than ever to save. Consumers have embraced high-tech mobile coupons as a "green" and convenient alternative to traditional paper

coupons. Look for a free app that allows you to select your favorite stores and use online or in-store coupons. You can even opt in to receive emails with additional discount offers.

* When you're buying a big-ticket item, ask for a discount, even if none is advertised. More retailers these days are open to negotiation, and often the difference between paying full price and getting a discount is simply asking for one.

* Pay cash whenever possible and minimize credit card purchases. It's human nature - and a tried-and-true tactic - that seeing actual dollar bills go out of your wallet underscores the fact that you're spending real money. Paying with a credit or debit card often doesn't have the same psychological effect. Spending cash can make you think twice about impulse purchases. ♣

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Young at Heart

Stay active as you age



Getting older can be a challenge. Staying on top of your health and fitness goals often becomes more difficult as you try to find enough time in the day to balance the schedules of work and life, and taking care of others. Improper nutrition, joint and muscle soreness and inactivity are additional challenges. Here are three simple tips to overcoming these challenges to continue living a healthy, active lifestyle.

First, get proper nutrition. Erica Wasser, registered nutritionist and nutrition coach with Life Time - The Healthy Way of Life Company, notes that taking a multivitamin is one of the best things you can do for your overall nutrition. She also suggests limiting processed or packaged foods by making meals that will last.

"Instead of cooking one chicken breast, cook three," says Wasser. "Add one to a salad, eat one with a side of steamed vegetables and use the last in a sandwich or wrap."

Smart snacking is also important. Focus on items like Greek yogurt, cottage cheese, almonds, seeds, vegetables and hard boiled eggs and try to avoid granola bars and 100-calorie packs by prewashing and cutting vegetables and fruit and premixing bags of nuts and seeds.

Settling on a routine of eating healthy, nutritious and protein-based meals and snacks will keep your energy up and your diet balanced for a healthy, fit life.

Second, take notice of what your body is telling you. Are your joints sore? Does your back hurt from sitting in a chair most of the day? If so, choose exercises that will keep you fit while minimizing the impact on your joints or back and

improving muscle strength and stamina.

Check out the local community pool, or stop by a fitness facility with pools to see what type of aqua instruction they offer.

"At Life Time, we offer aqua aerobics classes that focus on non-weight bearing cardio components and stretching," says Wasser. "The buoyancy of water helps take pressure off joints and allows everyone to get a great, total body workout." Wasser adds that yoga, mat Pilates and reformer Pilates can stretch your body, reducing back pain and limiting stress on joints under certain practices.

Simple chair or balance ball exercises will also help build core muscle strength and stamina without taxing your body. Consider these exercises:

* Sit with good posture and lift your arms above your head, at a 12 o'clock position. Visualize a clock and gently circle your arms clockwise until they reach the 12 o'clock position again. Reverse the movement. Add soup cans or hand weights for difficulty. Repeat eight times.

* Sit with good posture and tuck your elbows into your sides holding your forearms and hands out at a 90 degree angle. Slowly rotate your torso to the side as far as you comfortably can, making sure to keep the rest of your body stationary. Rotate back to center and repeat to the other side. Add soup cans or hand weights for difficulty. Repeat eight times.

* Sit with good posture and your feet planted shoulder width apart. Slowly raise one leg up as far as you can comfortably go, or parallel to the floor. Hold for three seconds

and slowly return to starting position. Alternate legs, repeating eight times for each leg.

If you're used to a more active lifestyle, keep it up. Make sure you're taking the proper supplements to help your body recover quickly keep adding intensity to your workouts so they don't become stale.

Third, conquer the inactivity battle. Don't confine yourself to your home after a long day. Go to a local mall and window shop or people watch with friends. Join a local exercise class or start a walking and talking group in your neighborhood.

"It's important to remember that being active doesn't have to mean completing a total body workout," says Wasser. "Anything that gets you up and moving can significantly add to your health and fitness as you get older." Wasser also suggests scheduling and setting up daily or weekly activities to ensure you're held accountable. ♣

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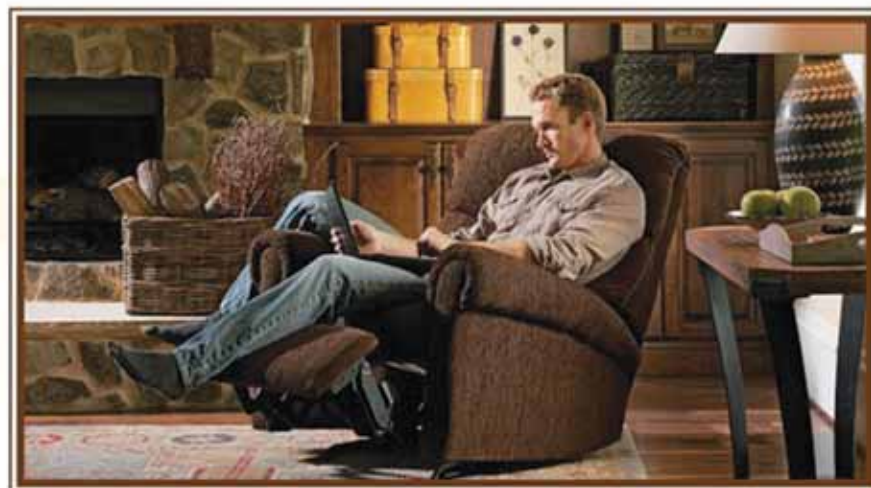


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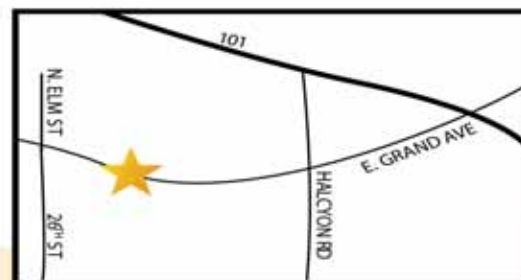
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