One Big Difference Amongst Council, Mayor Candidates

By Neil Farrell

Candidates for Morro Bay Mayor and City Council didn’t show a lot of stark differences in their positions at the Sept. 24 candidates forum, with one big exception — the 800-pound gorilla of a sewer project that’s hung over the heads of residents for the past five years.

With more than 100 voters packing the Community Center, two Mayoral candidates — Councilman John Headding and business owner John Weiss, and five council candidates — Dawn Addis, Jesse Barron, Jan Goldman, Jeff Heller and Betty Winholtz — faced off, with the League of Women Voters running the show, and AGP Video taping the proceedings for broadcast on Charter Cable Ch. 20 (check: slo-span.org for schedule). Voters on Nov. 6 will select a new Mayor and two Council members.

Q&A With Council Candidates

Morro Bay voters will pick a new Mayor and two new City Council members when they go to the polls on Nov. 6, as for the first time in six years there is no incumbent Mayor on the ballot and both council seats are vacant, as they were in 2016.

Two men, John Headding and John Weiss are vying for the 2-year Mayor’s seat and five people — Betty Winholtz, Jan Goldman and Dawn Addis — are up against two men — Jeff Heller and Jesse Barron — for the two, 4-year council seats.

Though it remains a truly divisive issue, the City’s planned $126 million sewer project would seem to now be settled (unless a lawsuit is filed), and at a recent forum (see story this page) all the candidates expressed similar themes of preserving Morro Bay’s small town vibe, fixing streets and other infrastructure, and bringing more affordable housing to town. The Bay News sent a series of questions to the candidates and these are their answers:
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### Offshore wind energy will be discussed at a public meeting from 6-8 p.m. Thursday, Oct. 11 at the Morro Bay Community Center

Los Osos Middle School’s 6th Annual ‘Tough Two’ obstacle course will be open from 9 a.m. to 5 p.m. Friday, Oct. 19 and 9-2 p.m. Saturday, Oct. 20. See: www.toughtwo.com or call (805) 534-2835 to register

The 31st Annual Fall Antique Street Faire is set for 7 a.m. to 3 p.m. Sunday, Oct. 21 on Ocean Avenue in Cayucos
New Student Center Set to Cost $7.9M

The San Luis Coastal Unified School District has reached agreement on a “Guaranteed Maximum Price” or GMP with its contractor for the new Student Services Center at Morro Bay High School.

ACME Construction Inc., of Modesto, Calif., is the contractor for the new, 8,000 square foot, single story building, which broke ground over the summer and is under construction now.

In the fourth amendment to its contract ACME has given the district its GMP of a little over $7.9 million with an estimated completion date of Nov. 11, 2019.

The new student services center will be a 1-stop shop for every service a student might need. It will have a large lobby, reception and waiting area; the Principal’s Office, administrative offices, nurse’s office, the attendance office, career center, counselor, athletic director’s office and ASB office, and more all housed in the new building.

The project includes a complete remodel of the main entrance to school, which opened in 1959, with a new entry plaza and drop-off area including a roundabout driveway.

With construction costs now set at $7.9 million the project has shown incredible increases as it’s gone through the design process. Originally it was estimated to cost $4.9 million and most recently the district had pegged it at $6.2 million. With a final GMP now agreed upon, the cost increases should grind to a halt.

ACME also got an amendment to its contract for the remodeling of the “J Building Project” which involves the old auto shop building on the west side of campus.

The District remodeled its old bus maintenance building, turning it into a new auto shop building that was opened at the start of the last school year, and is in the process of redoing the old auto shop into a series of classrooms to support its “Science, Technology, Engineering, Arts and Math” or STEAM curriculum.

The District Board approved a fourth amendment to ACME’s contract for the J Building, adding some $401,800 to the contract for a total of $4.9 million.

According to a staff report, “During the course of construction at the J Building, District Administration and Morro Bay High School staff were working on the equipment and programming aspect of the J Building Project. This included traveling to Dos Pueblos Engineering Academy, a 4-year Career Technical Education program based at the Dos Pueblos High School in Goleta, Calif. Upon return, the District worked with KBZ Architects to determine the mechanical, electrical, and plumbing infrastructure that would be needed to support the equipment and programming needs for the J Building,” according to a staff report. “This will allow for the design and architectural revisions that were required to increase the level of mechanical, electrical, and plumbing infrastructure required to support the programs and equipment that will be installed in the J Building.

Money for all the new construction and remodeling is coming out of Measure D, a $177 million bond approved by voters in 2014.

Wind Energy Meeting Oct. 11

The company looking into building an offshore wind energy farm off the North Coast will lead a public workshop set for 6-8 p.m. Thursday, Oct. 11 at the Morro Bay Community Center, 1001 Kennedy Way. The meeting is free and open to the public.

Trident Winds and EnBW GMBH, the entities trying to get a federal lease to build the wind farm, will lead the meeting.

The meeting will show “how the offshore wind project could help the State by tapping into this new renewable energy source, boost local economy, and address potential environmental impacts,” according to a press release from the City of Morro Bay.

And they want to gather public interest, questions, and comments “as they may be considered as the project progresses.”

Several years ago, Trident Wind representatives approached the City about their idea to put a 1,000 megawatt wind farm about 25 miles offshore and north of Morro Bay. Conduit cables on the sea floor would bring the power ashore at Morro Rock and connect with the power grid at the closed power plant.

The idea of large-scale wind farms offshore on the West Coast is new and a team of federal and state agencies have formed a task force to look into the issues such facilities raise and the permitting process they should take. The Federal “Bureau of Ocean Energy Management” or BOEM, is the lead agency in the task force along with the California Energy Commission.

In January 2016, Trident Winds submitted an “unsolicited lease request” to BOEM to lease a site off the Coast of Cayucos. That triggered the BOEM to put out a “Request for Interest” to see if anyone else was interested in such a lease and they got one response from a European energy company.

Trident is interested in Morro Bay because of a PG&E substation on the power plant property. That would provide easy access to the power grid, as the substation is connected to high voltage wires that head east to the Central Valley and the state power grid. Having to run new wires and towers would be an extremely expensive undertaking.

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RTA Gets $6.2M for New Bus Barn

A local transportation agency will get a new maintenance facility thanks to a federal grant. The San Luis Obispo Regional Transit Authority (RTA) received a $6.285 million grant to help pay for building a new administration and bus maintenance facility in San Luis Obispo, RTA announced recently.

The money is coming out of something called the “Federal Transit Administration Buses & Bus Facilities Infrastructure Investment Program,” which makes federal monies available to States and direct recipients, “to replace, rehabilitate and purchase buses and related equipment and to construct bus-related facilities,” RTA said. “The RTA received 22 applications for this grant and RTA received the largest amount in the State of California.”

RTA said its current facility is too small for its fleet of more than 90 small, medium and large passenger vehicles, and buses. “The vehicles that RTA maintains,” the agency said, “include the RTA buses, Paso Express, South County Transit, Runabout and Dial-A-Ride vans, administrative support vehicles and two trolleys.”

Also, RTA’s lease at its current facility will run out in February 2022 and, if recent history continues, the agency might expect a sizable increase in rent, as many local businesses and firms have experienced.

The land for this new headquarters was purchased in 2014, and is next door to a new homeless shelter on Prado Road in San Luis Obispo. That facility is run by Community Action Partners of SLOCOG, CAPSLO and the City of San Luis Obispo. This grant is a significant step forward in developing a long term solution for the RTA’s needs.

The County’s transportation funding agency is proud of itself. “SLOCOG is proud of the role we were able to take in helping to develop this new facility project,” said Pete Rodgers, executive director of San Luis Obispo Council of Governments. “We are pleased that this Federal funding support has been awarded for the new RTA facility to ensure that transit services continue to support and serve our community.”

And our local Congressman said he’s been hard at work. “It is vital,” said Congressman Salud Carbajal, “that SLO County residents have safe and affordable buses they can depend on to get to work, school, and around the Central Coast. Thousands of Central Coast commuters utilize our public transportation system each day and I will continue working to build on this significant investment in our public transit.”

The new facility’s design and permitting is hoped to be done by October 2019, and if so, they estimate the facility will be completed around the end of 2021.
Morro Bay has officially joined the international peace movement, after the City Council unanimously approved a Resolution declaring Sept. 21 of each year as “the City of Morro Bay Day of Peace” and September as the “City of Morro Bay Peace & Nonviolence Month,” at its Sept. 11 meeting.

Headed up by Ruth Ann Angus, the director of “Yes We Can Peacebuilders” she and a group of volunteers brought the Proclamation to the attention of the City.

Morro Bay joins with 50 other cities nationwide in “the Campaign Nonviolence Nonviolent Cities Project tackling all aspects of violence,” Angus said in a prepared statement that she read at the meeting. “Violence is not only physical or psychological but also occurs through justification of violence through nationalism, racism, sexism and other forms of discrimination as well as social, political and economic injustice.

“Nonviolence asks for the cessation of the ‘Us versus Them’ way of thinking,” she continued, “and encourages dialogue and understanding for all to reach common ground.”

Angus said in 2013, the Campaign Nonviolence started Peace Week, which this year was from Sept. 15-23, to coincide with the United Nations’ “International Day of Peace” on Sept. 21.

Angus said there were going to be more than 2,600 peace events held across the U.S. with several scheduled locally as well.

“I’d like to thank the members of my committee with Yes We Can Peacebuilders and members of the Engage Now Study Group and Rotary Club of Morro Bay Sunset for the invaluable assistance I received in bringing about this proclamation,” she said. “Thanks to Mayor Jamie Irons, City Council and the Staff of the City of Morro Bay.”

Some of the “Whereas” statements in the City’s Proclamation read:

“WHEREAS for peace and nonviolence to prevail the City of Morro Bay will endeavor to foster a culture of peace through education and sustainable economic and social development as a necessity for peace to prevail, and

“WHEREAS the City of Morro Bay desires to promote and respect all human rights, advance understanding, tolerance, and solidarity and support participatory communication and the free flow of information and knowledge, and

“WHEREAS the City of Morro Bay is committed to establishing peace and nonviolence in the region to promote understanding, economic opportunity, and improve the quality of life of the people of our region, and this vision builds on the expertise of each person and involves all segments of our City in planning actions and making a difference, and

“WHEREAS the City of Morro Bay will work together to create and implement initiatives that not only foster peace and nonviolence but create a positive and lasting change in our community, seeking to become a model for other communities, and

“WHEREAS with these statements the City of Morro Bay rejects war, poverty, injustice, and environmental degradation, and

“WHEREAS, each year the International Day of Peace is observed around the world on September 21, and the General Assembly of the United Nations has declared this as a day devoted to strengthening the ideals of peace, both within and among all nations and peoples.”

Ruth Ann Angus, right, accepts a City of Morro Bay Proclamation designating September ‘Peace & Nonviolence Month’ and Sept. 21 as ‘Morro Bay Day of Peace.’ Photo by Neil Farrell
With the cost of housing continuing to rise faster than wages, it’s no wonder that many Americans nationwide are struggling to make ends meet. Luckily, solutions already exist to address the affordable housing shortage, say experts.

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

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

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

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

“At a time when there is a great need for high-quality, affordable housing, today’s manufactured homes are an effective solution for many American families and communities,” says Jennison. (StatePoint)
Local Quilters Host Famous Authors

A local quilter’s guild had a brush with quilting fame, when the Bear Valley Quilt Guild along with other quilters from the Central Coast hosted a book signing with authors, Kaffe Fassett and Brandon Mably, Sept. 26 at the Baywood Tavern in Baywood Park.

Fassett, 81 and a native of San Francisco, started in fine arts, winning a scholarship to study at The Boston Museum of Fine Arts School when he was 19. A painter, he left for London a few months later and settled in England in 1964.

A passion for color led him to knitting and designing knitwear for Missoni, Bill Gibb and others, and his hand-knitted garments are now in museum collections all over the world.

For the past 50 years he’s dedicated himself to the world of knitting, needlepoint and patchwork (quilting), promoting these crafts through his own work and encouraging others to find their own creativity. He has produced over 30 publications and “how-to” books.

He’s returned to the U.S. to celebrate the 20th Anniversary of a highly successful series of books on patchwork and quilting.

Using a collection of vintage American quilts on display in Britain’s American Museum in Bath as inspiration, Fassett has chosen 18 different quilts as the basis for 20 new designs in the book.

Fassett was named an Honorary Member of the Most Excellent Order of the British Empire by Her Majesty The Queen, in recognition of his service to the crafts of knitting and needlework. He was presented with his honorary MBE by Michael Ellis, the British Minister for Arts, Tourism and Heritage on Sept. 6.

Mably designs knitwear patterns for Vogue Knitting and Rowan Yarns, and leads workshops in knitwear design and use of color throughout the world.

For over a decade, Mably has been studio manager of Kaffe Fassett Studio in London, and has worked closely with Fassett in the design, creation, and execution of knitwear, tapestry, patchwork, mosaic, and mixed media artwork. Mably has honed a unique style of bold design and vibrant color.

Mably travels the world teaching workshops, learning designs from indigenous people, and finding inspiration from communities he visits.

In the photo from left to right are: Kirk Gafil, Miranda Roberts, Mary Belle Snow, Brandon Mably and Kaffe Fassett at the Baywood Tavern in Baywood Park. Submitted photo

TROOPS ARE FORMING NOW!

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Arroyo Grande

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

Oct. 5: Some pour soul was swindled out of nearly $12,000 as part of an ongoing problem. At 11:58 a.m. at Harbor Street and Piney Way, which is in front of the fire department. No injuries reported. Then at 12:49 p.m. two other cars collided at Anchor and Main streets. No injuries reported there either.

Oct. 25: A citizen in the 700 block of Alta Ct., reported losing $2,000 in a telephone and computer scam. Police took a report and arrests are no doubt imminent. And talk about having the ol' twig & berries, someone wrote hot checks to City Hall.

Pismo Beach

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

Oct. 1: A woman on the 200 block of Five Cities Drive reported hearing smoke alarms in a mobile home near her. She went to check and didn't see or smell any smoke, but no one was home to verify. The alarm had been an old one that was left in a trashcan during a construction project.

San Luis Obispo

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

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

Oct. 4: Starting at 4:23 a.m. police towed a Toyota Tacoma, a VW Jetta, a Honda CRV and a Toyota Avalon from the SLO Student Living complex on Foothill, where an apparent crackdown has occurred. At 4:39, someone in the 500 block of Higuera Street reported a偷 with a silver Honda Accord block a fire hydrant. At 4:35 a.m. someone reported a stolen Honda MDX parked blocking the bike lane at Steiner and Murray. And at 4:04 a.m. in the 1300 block of Monterey, a transient man was parked in the street blocking traffic.

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

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

- Oct. 4: Someone called at 3:00 a.m. from the 1400 block of Morro to report some liquor-regulated sourpuss was sitting on the sidewalk sucking from a bottle of hooch and then threw a couple of bottles. The Zhub was gone when they got there.

- Oct. 4: Someone at Southwood and Woodside complained at 12:55 a.m. about two knot heads stumbling about and being loud. They got away.

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

- Oct. 3: A citizen called at 11:30 p.m. from the 200 block of Santa Rosa and said there was a Hispanic man peering into apartment windows at Mustang Village. The Peeping Pépe got away.

- Oct. 3: A citizen in the first block of Chorro called at 10:42 p.m. to report a suspicious person sitting in a car parked suspiciously sideways that appears to be eying the neighborhood.

- Oct. 3: At 10:42 p.m. someone reported a suspiciously joyous fellow apparently staring the neighborhood.

- Oct. 3: A suspicious person sitting in a car was reported a suspiciously joyous fellow apparently staring the neighborhood.

- Oct. 3: Someone stole a blue Sonders bicycle from Mustang Village.

- Oct. 3: A guy in a 5 Cities Plumbing van called in a vehicle burglary at Costco.

- Oct. 3: Police were twice called to Broad because the same five transients were hanging around outside Chipotle's and they're smoking.

- Oct. 3: At 9:38 p.m. in the 1500 block of Royal, a woman called police and said she was home alone and was under surveillance by a video camera on the apartment doorbell showed two strange men walk past her door.

- Oct. 3: At 9:26 p.m. in the 2100 block of Broad someone said a car alarm on a Toyota Tacoma had been sounding for an hour outside Chili Peppers.

- Oct. 3: At 8:10 p.m. someone reported various power tools scattered around at Preumo Canyon Road and LOVR. In another traffic hazard, at 9:44 an apparent stumblebum was reportedly falling down drunk at Higuera and Nipomo.

- Oct. 3: At Peach and Nipomo someone reported a light foam oozing out of a sewer pipe and flowing down to the creek. Police turned that crap over to public works.

- Oct. 3: At 4:58 p.m. in the 2000 block of Harris, a guy said some butt-toasted driver crashed into his car and he's trying to leave the scene.

- Oct. 3: Two transient men were aggressively panhandling outside Rite Aid on Johnson and got saucy with the management when asked to leave.

- Oct. 3: Some unwelcome interloper was causing unhappiness at Happy Nails Salon in the 3900 block of Higuera. He took off before police arrived.

- Oct. 3: Yet another potential speed bump was in and out of traffic yelling at people at Marsh and Chorro. The polluted palooka, 68, was tossed to the nick for being forshnicked.

- Oct. 3: Someone stole a blue Sonders bicycle from Mustang Village.

- Oct. 3: Someone reported a suspicious person sitting in a car.

- Oct. 3: At 1:10 a.m. from the 800 block of Higuera because the same five transients were hanging around the creek. Police turned that crap over to public works.

- Oct. 3: At 9:38 p.m. in the 2000 block of Higuera, a guy said some butt-toasted driver crashed into his car and he's trying to leave the scene.

- Oct. 3: Two transient men were aggressively panhandling outside Rite Aid on Johnson and got saucy with the management when asked to leave.
The candidates seemed to have a lot in common. All espoused strong support for protecting the environment, affordable housing and affordable workforce housing, as well as support for an offshore wind energy farm.

During an opening statements, Heading, a pharmacist with a store in town, recounted his resume including working in hospital administration as a COO and CEO for Dignity Health, overseeing more than 200 employees, owning a pharmacy in Cambria (which he sold) and 8-years with the Morro Bay store.

He is a 1-term councilman who decided to run for mayor instead of re-

Weiss, whose family has had Coast Electronics/Radio Shack for decades

He added didn’t agree that the City was

Asked about a perceived future

Goldman said the City was rewriting

Goldman said the wind energy

Goldman said the wind energy proposal was a good chance to bring in

Heller noted the City is required to

He said he would make sure the Council

He said he would make sure the Council

He said he would make sure the Council

He added he was running for mayor because of his passion

Healso has the potential to bring “a few

Barron favored cutting the number to

With three mini-motel projects being

Weiss has been losing money. Distassio’s was

He criticized the City for making a

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Look in the Mail for Voter Guides

Registered voters should have gotten a sample ballot in the mail by now, as the County Clerk-Recorder said she sent them out Sept. 27. And if anyone is interested in a short-term job, Tommy Gong is looking for poll workers.

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

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

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

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

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

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

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

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

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

An organization can earn from $448-$525 for working on Election Day and attending the precinct worker training sessions. For more information, and complete the online poll worker application, contact the County Clerk-Recorder’s Office at: www.slovote.com, via email at: precinctworker@co.slo.ca.us, or call (805) 781-4989.

Mayor Candidates, from page 10

Addis said she’s a proponent of paid parking, but only if local residents could purchase parking permits. She wants to encourage more bicycling and walking so we don’t need so much parking.

Barron said, “I think paid parking is the way to go.”

Goldman said there should be more diagonal parking uptown and more spaces should be developed away from the Downtown.

Heller said he’s from Southern California so, “I don’t see us as having a parking problem.” He supports paid parking as well “We need that money.”

Winholtz said she is totally against paid parking in Morro Bay “It’s against our character,” she said. She noted that when she came to town in 1986, there was no parking garage planned for the Front Street parking lot (and accessed from Surf Street), where the Maritime Museum has now been built. She pointed out the parking lot at 714 was big enough for a 3-story parking garage but together with a big hotel and “you can bet the hotel will have priority for the parking.”

As for the main disagreement amongst the candidates — the sewer project — Heading is in full favor of the City’s project, which he has supported and voted for every time. “It comes down to debt service,” Heading said. He said the project would lose a low interest, $69 million EPA loan, if it dropped the water-recycling portion.

Interest is almost half the costs, he said, adding that he believes more savings could be found with the project.

Weiss appeared somewhat resigned, saying that in large part the City Council has already made the decisions. He has concerns about potential cost overruns and about running pipes down Quintana Road and disrupting the businesses along that street, of which his electronics store is among them.

Heller said, “I am against this project as currently conceived.” He said there are red flags waving everywhere. For example, he said the process is out of sync. They’re building 3 miles out and up hill without even knowing the cost of the needed lift station. He also criticized the numerous cost estimates that have come out. “This project never has had a budget.”

Winholtz too does not support the plant at the South Bay Boulevard site. She was on the Council in 2003 when the first project was begun. This second project moves it away from the Coast to a place where now if there is a spill it could go directly into the estuary.

Addis said, “I don’t want Morro Bay to become Los Osos and that she was committed to the current project. “A bird in the hand is worth more than two in the bush,” she said. “I’m committed to that.”

Barron said the sewer has been a long time coming. “Not everyone is going to like where it goes,” he said. “Healing the community is important to me.”

Goldman too said she supports the current plan, which the City estimates at $126 million or $41 per month per customer on top of the regular charges for water and sewer service and usage.
Send in the Cuzzas! 

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

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

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

Cal Poly’s large choral ensembles will perform a concert featuring a variety of styles at 8 p.m. Saturday, Oct. 27, in Mission San Luis Obispo. Tickets are $14 each and available by calling the Clark Center at (805) 489-9444, purchase in person at 87 Fair Oaks Ave., A.G., and online at: http://clarkcenter.org/event. As one of the originators of the astonishing full-band sound of “contemporary” a cappella, “Rockapella” has shown everyone the raw power of pure vocal talent and originality. Rockapella achieved national fame on PBS’s “Where In The World Is Carmen Sandiego?” and since then, they’ve toured the world. With buckets of catchy original pop songs, and complete contemporary revisions of Motown, pop, and soul classics, this group has always been the one to watch.

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Burnin’ James
& The Funky Flames

September 1
Unfinished Business

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September 15
Resination

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Young Dubliners

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Great Food! Family Fun Zone! Saturdays 2–6PM
No outside food or beverages.
Spanish pop stars, Amanda Miguel and Diego Verdaguer, bring their “Siempre Juntos” U.S. tour to the Fremont Theater in Downtown SLO at 9 p.m. Tuesday, Oct. 16. Tickets are $25 and $70 and available online at:  https://fremontslorenaalaina.eventbrite.com/?aff=PR or at Boo Boo Records in Downtown SLO. Doors open at 7 p.m. Miguel and Verdaguer’s love story started in the early 1970s, when she joined his group, Mediterráneo. Miguel left for a solo career with help from Verdaguer and became a household name in the 1980s with her songs, “El Mintio” and “Así No Te Amarás Jamás.” Multiple Latin Grammy nominee Verdaguer is known for romantic classics, such as “Corazón de Papel” and “Usted Que Haría.”

Electronic artist and producer, Whethan, will play the Fremont Theater in Downtown SLO at 9:30 p.m. Tuesday, Oct. 16. Tickets are $25 and $47 and available online at:  https://fremontslorenaalaina.eventbrite.com/?aff=PR or at Boo Boo Records in Downtown SLO. Doors open at 8 p.m. Ethan Snorek, 18, is Whethan, an innovative artist who’s best known for his music streaming on Soundcloud starting in 2016. Whethan is now one of the hottest up-and-coming producers and recently released a collaboration with Dua Lupa called “High.”

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

This year’s theme is music from the 1940s and ‘50s. Tickets are $30 or a person and $150 a table of eight for $400, and for 10, $450, which will include a complimentary bottle of wine. Tickets available on line at:  WWW.Estebaycommunityfoundation.org/events; at Coalesce Book Store, 845 Main St.; at the Community Center during normal business hours; or call show producer, Mitch Barnett at (805) 234-2980 or email to: utopiaonthebeach@gmail.com. The tickets include a soup and salad supper by the Galley Seafood Grill & Bar and smoked chicken from Dockside, salad supper by the Galley Seafood Grill & Bar and smoked chicken from Dockside, and there’ll be a no host bar with beer and wine, with non-alcohol drinks available.

Doors open at 5 p.m., dinner is at 5:30, and the show starts at 7.
Community Events

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

Los Osos Middle School’s 6th Annual “Tough Two” obstacle course will be open from 9 a.m. to 5 p.m. Friday, Oct. 19 and 9-2 Saturday, Oct. 20. Cost is $10 for LOMS students (team of four = $40); $20 for regular students; $40 for adults (team of four = $160); and $100 for a family or team (combination of parents and children 10-18). Register online at: toughtwo.com or call (805) 786-8251. “The Toughest Two-Mile Obstacle Race Course Award” is a fundraiser for the LOMS P.E. Department. The course is 2 miles long, with messy crawl and vail, mental and physical challenges, and food and beverage trucks on site. Free T-shirts to participants. Friday is students-school groups day and Saturday is open to all.

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

The Dana Adobe Cultural Center will host, “Death Walks the Rancho” three nights of ghost tours, set for 6:30-9:30 p.m. Saturdays and Sundays Oct. 20-21, with 2 p.m. Sunday, Oct. 21. Tickets are $15 a person, and $10 for Dana members, with group discounts available. Reservations are strongly suggested. See: https://bit.ly/2Odq60B for tickets.

The tours feature chilling reenactments of tragic, terrifying, but true events that took place on Rancho Nipomo in the 19th Century. This year’s events will be led by Death itself – in the guise of the Mexican trickster from 1960s Academy-Award nominated film, Macario, based on a short story by B. Traven. Costumed interpreters will relate the stories of their own, often grisly, demise. Visitors are invited to come early and gather around a campfire outside the new Visitor Center and hear of ghostly sightings by those who have gone before. Some events may be difficult for youngsters, so the event is recommended for ages 7-older. Refreshments and souvenirs will for sale.

The Pismo Beach Veterinary Clinic is holding its 10th Annual Pet Costume Contest for pet owners and animal lovers throughout SLO County from noon to 1 p.m. Saturday, Oct. 27 in the clinic parking lot, 990 Price St. The contest is free to enter and judges will award the best costumes with gift baskets worth from $100-$200. The event includes local eats and prizes, and a wealth of pet care information from the Pismo Beach Clinic staff. The public is invited to come down and join in the fun.

Cayucos Land Conservancy is hosting a guided nature walk along the Estero Bluffs with State Park’s Rouvaishyana, the director of the Morro Bay Natural History Museum, at 9 a.m. Saturday, Oct. 21. Rouvaishyana will impart the natural history of the area, including marine mammals and plant life. Meet at the Fig Tree Parking Area of Estero Bluffs State Park, about 1.25 miles north of Cayucos on Hwy 1. The walk will be at a casual pace, but wear good walking shoes, bring sunscreen and binoculars.

For more information, contact Laurie Leary at: learycpc@gmail.com. See: www.CayucosLandConservancy.org for information about CLC.

The American Association of University Women Morro Bay Chapter’s October meeting will have its Terce Creek campers at 10 a.m. Saturday, Oct. 13 at St. Peter’s Episcopal Church, 545 Shasta Ave., Morro Bay. AAWU sent four middle school girls to the week-long science and technology camp at U.C. Santa Barbara. The girls were challenged to figure out using natural resources how the experience has impacted their lives. AAWU meetings are open to the public.

San Luis Obispo resident, Ellen Morrison, is trying to get the word out on the importance of the November Election and is organizing a “flash mob” that will gather at 7 p.m. Thursdays, Oct. 1 and 8, and 9:25 at the corner of Church and Chorro during the Thursday Night Farmer’s Market in Downtown SLO. “This is a non-partisan effort,” Morrison said. “I am advertising all elected officials and candidates, local service and political organizations, students from elementary schools through college, seniors citizens and more. I have already garnered the support of Cal Poly officials, San Luis Obispo Chief of Police Cantrell, the San Luis Coastal Unified School District, teachers, students and SLO City Council Members.” She plans two rehearsals on Oct. 1 to participate in the flash mobs to attend. They will be at 2 p.m. Oct. 13 and 20 at 1500 Eto Cr., in SLO. To see the flash mob routine and for a tutorial, go to YouTube and enter: “Pay Attention Vote.”

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

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

Author, Klazina Dobbe, will sign her book, “My Cancer Journey: Emotional Reactions to Cancer Wounds,” from 2-4 p.m. Saturday, Oct. 20 at Coalesce Bookstore Chapel, 845 Main St., Morro Bay. The book tells the tales of two sisters who were both diagnosed with cancer and are visited by the spirits of their ancestors. That’s how Dobbe learns how the emotional experiences of ancestors are still imprinted in DNA, possibly leading to illness of the body, mind or emotions. Dobbe immigrated from Holland and started the Holland America Flower Farms with her husband. She learned that if you nurture plants they will blossom, the same is true for people. This became the basis of her 20-years of work in healing. She earned master’s degrees in acupuncture and Oriental medicine, and holds certificates in Neuro-Linguistic Programming and Reiki. See: klazinadobbeauthor.com for more on the author.

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

The Morro Bay Art Association is hosting a mosaics workshop with instructor Joan Fee from 1-4 p.m. Saturday, Oct. 20. Choose from making a trivet, stepping stone, heart, garden rock and more. Cost is $40-$90 depending on the project you choose to make. All ages and abilities are welcome. Supplies and perfect for a beginner. Everything is provided and no experience necessary. Preregistration is required at www.creativetime.com or by contacting Fee (805) 286-5993.

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

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

From noon to 4 p.m. Saturday, Nov. 3 wineries and chefs will be at the Avila Beach Golf Resort for the “Grand Tasting & Wine Auction” with food and wine from more than 60 establishments. Live with the Damon Castillo Band, and a lifestyle auction if wines and getaways, auctions and more. See: slowine.com/events/harvest-on-the-coast.php. This year’s event benefits RISE, a non-profit organization serving both victims of intimate partner violence and sexual assault/abuse and their loved ones.

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

General admission tickets are $90 offering entry from noon to 4 p.m. Early-entry tickets are $115 and include admission at 11 a.m. and tastings of reserve wines during the first hour of the event. Premium seating at the live auction includes tables of eight for $130 with wine service and appetizers. See: slowine.com/events/harvest-on-the-coast.php. The entry fee covers food, wine and parking.

Calendar of Events

An Amherst College astronomy professor will be in town to discuss discovering and researching planets outside of the solar system from 7:30-9:30 p.m. Wednesday, Oct. 10, in the Spanos Theatre at Cal Poly.
The Community Foundation of San Luis Obispo County will celebrate its 30th anniversary with a special party set for 3-5 p.m. Sunday, Oct. 21 at the Unitarian Universalist Church in Cambria. Cost is a donation of $10 at the door. Refreshments provided.

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

Morro Bay’s Meals On Wheels needs volunteer drivers. If you can drive, you can help feed the hungry. A proper driver's license and auto insurance are required.

The Hearst Castle Visitor Center needs friendly volunteers for its Visitor Center Lobby and the Exhibit Hall. Volunteers are required to complete 16 hours of basic training by staff, including field trips to nearby locations.

Volunteers work a minimum of two, 4-hour shifts per month. Volunteers receive complimentary tours at Hearst Castle and other fringe benefits.

Transitions Mental Health Association needs volunteers for its upcoming SLO Hotline training for volunteer resource and support staff. Volunteers are expected to staff the county’s only 24-hour mental health support, information, crisis, and suicide prevention line.

San Luis Obispo Area Highway Patrol is looking for two volunteers to work in the SLO office one day a week for 4 hours to provide general support for the daily/overseas/mision of the CHP.

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

United Way of SLO County is looking for volunteers to help coordinate volunteer days. The goal is for the volunteers to learn about resources available through the central volunteer computer system.

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

SLO-4-PUPS is looking for one or two volunteers each day to help keep the El Chorro Dog Park yards clean. Volunteers are responsible for picking up poop, walking paths and using a leaf blower; keep water bowls filled and refill poop bag dispensers. Bring your dog to work at El Chorro Dog Park in El Chorro Regional Park.

The Estero Bay Republican Women’s Federated, whose members encompass Los Osos, Morro Bay and Cayucos, will have its next monthly luncheon at 11:30 a.m. Thursday, Oct. 18 at The Inn at Morro Bay. For reservations call Gayle at 772-2841. Speaker will be District 35 Assemblyman Anthony R. Cunningham.

Lunch is $22. The Republican Women’s Club promotes a political platform. For membership information call Linda Trahey at (805) 441-9306 or email to ltra@thegrid.net.

Tickets for next February’s Cambria Film Festival are on sale now. Advanced VIP passes for the 4-day festival held at three venues in Cambria’s West Village are $75 a person and available online at: www.cambriafilmfestival.com. The festival features four days of movies, talks, food and wine. See: cambriafilmfestival.com for more information.

SWAP will hold its monthly nature walk in the Elfin Forest of Los Osos at 9:30 a.m. Saturday, Oct. 20. Historian Robert Pavlik will share selections from the works of Robinson Jeffers, Wallace Stegner, Rachel Carson, Gary Snyder and other writers and poets from this and past centuries. Park at the north end of 15th Street (16th for wheelchairs) off Santa Ysidro Avenue in Los Osos. Wear comfortable shoes, long sleeves and pants to avoid poison oak. Park avoiding driveways and mailboxes, and leave pets at home.

For more information call (805) 528-0392. Walk last 1-1/2 to 2 hours on the Elfin Forest boardwalk.

SWAP will host a pre-Big Sit! nature walk in the Elfin Forest at 8:30 a.m. Saturday, Oct. 13. In Roiyer will lead the walk in preparation for the Annual Big Sit! — an international birding event hosted by Birdwatcher’s Digest (see: www.birdwatchersdigest.com) that promotes awareness to avoid poisoning oak. Park avoiding driveways and mailboxes, and leave pets at home.

For more information call (805) 528-0392. Walk last 1-1/2 to 2 hours on the Elfin Forest boardwalk.

People Helping People of Los Osos is having its Annual Fall Pizza Party set for 5-7 p.m. Thursday, Oct. 11 at the South Bay Community Center, 2180 Palisades Ave., Los Osos. Tickets are $8 and must be purchased in advance at the PHP Office in the Community Center.

For more information, call the Museum: (805) 772-2694 Ext. 6.

The Galley at Marina Square, 601 Embarcadero Morro Bay, will feature painter Kimberly Hempel and photographer, Nic Stover from Oct. 29. There’s an artist’s reception set for 5-8 p.m. Friday, Oct. 12, open to the public. Hempel is a plein air artist who specializes in landscapes and still life capturing dramatic light. Stover has traveled the globe from Greenland to Patagonia and north to Alaska. Stover will donate 10% of his sales to the SLO Land Conservancy.

The Alzheimer’s Association’s “Walk to End Alzheimer’s” is set for Saturday, Oct. 27 at Mission Plaza in Downtown SLO. Registration starts at 8 a.m. and the walk starts at 9. Those who participate in the Promise Ceremony at 9:30 a.m. Some 800 participants are expected at the 3K walk, which raises money for research in the fight to end Alzheimer’s Disease. The goal this year is to raise $150,000. To start or join a team today, see: alz.org/SLO or email Sonya Branco at sbranco@alz.org or call (865) 547-3830 Ext. 9679. To learn more about disease and available resources, call the toll-free Alzheimer’s Association 24/7 Helpline at (800) 272-3900.

Nita Kenyon will lead a meditation workshop, “Let’s Go and Be Free,” from 10-11:30 a.m. Saturday, Oct. 20, at the Central Coast Body Therapy Center, 2005 9th St., Los Osos. Cost is $10 at the door. Participants are encouraged to practice self-care and self-compassion can free you from negative self-talk and support you in living a happy, fulfilled life. You will also learn the four components of meditation: focus, awareness, practicing self-compassion. All are welcome. For information email: awakening2theone@gmail.com.

The San Luis Obispo City Fire Department is teaming up with the National Fire Protection Association for Fire Prevention Week, set for Oct. 7-13. Activities take place Oct. 10 and 11 and in SLO. Today’s homes are filled with burnable items and materials and can burn very quickly, leaving someone with just 1-2 minutes to escape a burning structure.

Now in its 90th year, Fire Prevention Week has a new theme this year: “Look. Listen. Learn. Be aware. Fire can happen anywhere.” SLOFD will be offering a variety of public education opportunities and activities leading up to Fire Prevention Week, set for Oct. 10-11 and will host an open house at Fire Sta. 1 at 2160 Santa Barbara Ave., at broad Street, from 10 a.m. to 2 p.m. Saturday, Oct. 13. All are welcome to come down and tour the fire station and get fire safety tips. For more on Fire Prevention Week, see: www.firepreventionweek.org.
Spacex Lights Up The Sky
Framed
By PhotoByVivian.com

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

Morro Bay voters will pick a new Mayor and two new City Council members. When they go to the polls on Nov. 6, as for the first time in six years there is no incumbent Mayor on the ballot and both council seats are vacant, as they were in 2016.

Two men, John Headding and John Weiss are vying for the 2-year Mayor’s seat and five people, three women — Betty Winholtz, Jan Goldman and Dawn Addis — are up against two men — Jeff Heller and Jesse Barron — for the two, 4-year council seats.

Though it remains a truly divisive issue, the City’s planned $126 million sewer project would seem to now be settled (unless a lawsuit is filed), and at a recent forum (see story this page) all the candidates expressed similar themes of preserving Morro Bay’s small town vibe, fixing streets and other infrastructure, and bringing more affordable housing to town. The Bay News sent a series of questions to the candidates and these are their answers:

### Betty Winholtz

Former 2-time City Councilwoman, Betty Winholtz, 66, hails from Independence, Mo., and has been in Morro Bay for 32 years. She is single, and a private educator and has a master’s degree in education from the University of Iowa.

Other candidates applying for city council, excluding Mr. Heller, support the current city council’s direction regarding finances, planning, and sewer plant. I do not support this council’s latest actions. I believe the voters want and deserve better. Having prior experience on city council, I already know City policies, operations, and relations with other agencies.

Q: Some waterfront leaseholders have concerns about the City’s master lease format, in particular the requirement for large investments in order to get time extensions ($250,000 for 10 years), which they consider to be onerous. Where do you stand on this issue?

The original intent of this requirement was to make it worthwhile for the leaseholder’s financial investment: investment required to upgrade old and borderline properties, to make them safe and attractive. Unfortunately, this requirement has gotten out of hand and is ill-applied. We are losing some of the flavor of the waterfront while leaseholders are grasping at ideas for investment.

Q: The City is in the process of writing a “tourism master plan” what would you like to see included in this document? Do you have any ideas for boosting tourism?

Advertising and tourism use to be planned by hoteliers, business owners, and residents. These tasks are now performed by hired City employees. There is debate about which method is more effective. This organizational issue should be resolved first. Then a tourism master plan, which includes attention to traffic and circulation can be made. While boosting tourism will be best for the Town, how will the Town manage the flow of so many people is my question.

Q: Prioritize these three issues — affordable housing, repairing infrastructure, and increasing tourism — and briefly explain why No. 3 is least important to you.

All three tasks can be addressed simultaneously because they involve different City departments. That said: though all of us would give city infrastructure low grades, I would make affordable housing No. 1 because shelter is a basic human need. Though in need of repair, at least our Infrastructure is functioning. Increasing Tourism, No. 3, contributes tax dollars toward paying for some functions; however, it is not a basic need and does not provide the basic tax revenue for repairing infrastructure.

Q: The City’s ordinance currently allows 250 licensed, no-host vacation rentals anywhere in the City, why do you agree or disagree with this?

I disagree with this number and “anywhere” designation. There is no requirement to uniformly spread out the burden of a non-hosted, commercial business, which is negatively impacting our neighborhoods. The negative impacts are not only parking and noise, but loss of long-term housing. The 250 limit, which does not account for unlicensed rentals, has reduced housing availability to a crisis, in the county and around the world.

Q: If the legal challenge to the City Council’s decision on the WRF’s Prop. 218 vote (to disregard the 998 late votes) prevails, how do you propose the City move forward from there?

Should the Prop. 218 protest vote succeed in a legal challenge, the City does not have to start at square one. First, contact to fix as many major collection pipes as necessary to get a true reading on the flow to the sewer plant. Second, discuss with companies who build plants for under $100 million, companies which were excluded from bidding, our options to get the best price. Third, request of the California Coastal Commission that Morro Bay get the same 30-year delay that Oceano received to move our plant.

### Dawn Addis

Dawn Addis grew up in Mill Valley, Calif., and has been in Morro Bay for 17 years. She is married to Marcus Jackson and they have two sons, Marcel and Maceo. She is a public educator, a “teacher on special assignment” and holds a master’s degree in special education, a bachelor’s Magna Cum Laude in art education and Spanish, and teaching credentials in special education, multiple subjects, secondary art and Spanish and preliminary administrative services credential eligibility.

Dawn Addis — are up against two men — Jeff Heller and Jesse Barron — for the two, 4-year council seats.

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I am running for Morro Bay City Council because I believe in our community and I believe that we have a responsibility to make sure our community thrives. Morro Bay is a great place to live, but we need to make sure that it continues to be a place where people want to come and live.

Q-1: Master Lease Format: The master lease process needs to revamped. At present, the terms are widely varied and changes happen to depend on who the tenant is. Standard procedures and practices need to be established and followed. Tenants need to be treated fairly and equally, so they can plan their property. There should be a cap on additional expenses. For additional revenues should never abuse its power over the tenants. Set up standards that are fair to both sides, then follow them from one administration to the next.

Jeff Heller

Q-2: Tourism Master Plan: I’m not sure we really needed another “master plan” of anything. Tourism is going to be all about and the businesses that are here know more about tourism than most of us who just live here and enjoy the place. I would like to see a “Citizens Task Force” developed for specific issues like this. The Tourism CTF would be comprised of hoteliers, restaurant owners, small shop owners, etc. It needs to be a diverse group with no particular connection to the mayor or councilmembers who happen to be in office at the time.

Jesse Barron

Q-3: Priorities: Affordable housing is our most immediate need, as it keeps workers and families in Morro Bay, and maintains the integrity and strength of our most valuable asset, our community. COMMUNITY and THE CHARACTER OF OUR NEIGHBORHOODS. Affordable housing can be provided for singles, or couples quickly if accessory dwelling units (ADUs) are allowed in all residential areas (second and industrial areas (second). Those STRs that are not today (licensed or unlicensed) should be phased out over the next 4-5 years.

Q-4: Vacation Rentals: We need to look at Cayucos for a model that will lead to a successful project. They have a single person in charge who is completely responsible for the completion of the project. Rather than following the model Los Osos used (which is what we are doing now), Morro Bay needs to follow Cayucos’ lead. First, hire an “owner’s representative (not a firm).” Then get out of the way and support this person. The only questions city administrators and staff should ask are A) is the project on budget; B) is the project on schedule; and C) when can we have it?

Jesse Barron

Q-5: Sewer Project: We need to look at the City of Cayucos for a model that will lead to a successful project. They have a single person in charge who is completely responsible for the completion of the project. Rather than following the model Los Osos used (which is what we are doing now), Morro Bay needs to follow Cayucos’ lead. First, hire an “owner’s representative (not a firm).” Then get out of the way and support this person. The only questions city administrators and staff should ask are A) is the project on budget; B) is the project on schedule; and C) when can we have it?

Jesse Barron

Q-6: Tourism Project: The City is obligated to perform as the law requires. I feel that submission of votes at the last minute was intended to be disruptive to the process of building the plan. I also feel that the City should count the votes and if they prove to be sufficient to stop the rate increase, then stop the process; these views are mutually exclusive. I believe that not limiting the number of rented vacation rental licenses will give homeowners flexibility in managing their property.

Jesse Barron

Q-7: Tourism Master Plan: I would like to see a renewed emphasis on marketing Morro Bay as a tourism destination, partnering with other local tourism marketing campaigns to help Morro Bay stand out as a unique, beautiful place. Morro Bay is also why we need leaders who think outside the box and take innovative steps to address the challenges we face.

Jan Goldman

Q-8: Affordable Housing: Affordable housing is a pressing issue in Morro Bay. I advocate for heightened attention to the Housing Element of the General Plan. City and County leaders must work on multiple issues simultaneously. I committed to focusing on all three concurrently.

Jesse Barron
and Pajaro Valley school districts before getting married, when life took her to Northbridge in the San Fernando Valley, Calif.

She has two sons that were 10 and 14 when she was divorced. She returned to teaching for the L.A. School District and earned a credential for teaching special education and learning disabled students from Long Beach State.

She retired in 2007 and moved to Morro Bay and is a part time staff member at the City’s Visitor’s Center. She volunteers for several organizations and causes and sits on the Public Works Advisory Board and the General Plan Advisory Committee. She’s also the Chamber of Commerce’s 2018 Citizen of the Year.

“All of these experiences have allowed me to become very aware of how our City Government works. I would like to be in a decision-making position in maintaining the small town that we love as we deal with challenges facing us in the future.”

Q-1: Master Lease Format: I talked with some current lease holders on the Embarcadero. They felt that it was a fair expectation that they could extend a lease agreement if they invested large sums of money to upgrade their business. They would expect to be able to retain a lease long enough to see a return on their investment. The City is establishing a committee made up of council members, Harbor Department representatives, and waterfront leaseholders to update the master lease format.

Q-2: Tourism Master Plan: The Tourism Bureau has expanded the focus of its marketing to extend to areas more than a 3-4-hour drive from Morro Bay. They are targeting higher income levels, traveling families and are dependent upon the allotment of the city’s revenue. The success of the city services. LISTENING to the stakeholders about their investment and ways to promote the waterfront is a WIN-WIN opportunity!

Q-3: Priorities: My top two issues for the city are affordable housing and repairing infrastructure. These are issues in which the City can play a direct part. The affordable housing issue will not be solved overnight, but it is past time to take steps to work with other agencies and change permitting procedures in Morro Bay to deal with this problem. Infrastructure repairs are more readily seen by the residents and are dependent upon the allotment in the annual city budget. Improved economic conditions can positively effect this. Currently, the TOT collected from the tourism industry is a big part of the city’s revenue.

Q-4: Vacation Rentals: I agree with this. These rentals need to pay their fair share of TOT. Details are being worked out regarding signage, distances between rentals, and parking.

Q-5: Sewer Project: At this time, no claim has been filed and the city has not been made aware of any lawsuit being filed. I propose that the city move forward with the plans to relocate the wastewater facility at the South Bay site.

John Weiss

Mayoral candidate John Weiss, 59, was born in Glendale, Calif., and moved around a lot as a kid growing up — La Habra, Bakersfield, Coachella, and graduating from high school in San Carlos. He’s lived in the local area — Cayucos (1978), Los Osos (1979-86) and Morro Bay (1986-present, with 2 years in Yorba Linda mixed in) for a total of 32 years. He owns Coast Electronics/Radio Shack, the family business since 1978. He is married to local realtor, Christine McDonald-Weiss, and has five children — Paul (40), Melissa (37), Sophia (36), Stuart (33), and Jessica (31). Professionally, he is a small business owner-entrepreneur, retail electronics and professional communications.

He’s attended the College of San Mateo and Cuesta College and is a long time member of Rotary Club, including president, 2009-10, and a charter member of the Eco-Rotary and president in 2011-12. He’s also been on the Morro Bay Chamber of Commerce Board, and was Chamber president from 2006-08, and 2011. He’s running — “To LISTEN to our amazing people whose heart and soul represent the fabric of our community; REACH out to make a difference in Morro Bay bringing our community and citizens together with an affordable sewer-reclamation facility; support for our First Responders and volunteers; innovation of promotion of the community; collaborate to bring the community together for a waterfront we can all be proud of and in support of our working fishing community and precious Estuary.”

Q-1: Master Lease Format: I don’t consider the investment onerous if the promotion of the community brings business and a return on investment. As a business person in Morro Bay for 40 years, I really appreciate the cost of doing business. I support our Maritime Museum, Chamber of Commerce, Morro Bay Historical Society, Morro Bay Skateboard Museum, Morro Bay Natural History Museum, and Harbor Department. The success of our waterfront stakeholders is vital to our city’s ability to provide adequate city services. LISTENING to the stakeholders about their investment and ways to promote the waterfront is a WIN-WIN opportunity!

Q-2: Tourism Master Plan: Let’s include Input from our hotel, restaurants, and gift ships. I recently heard for the second time from one of our long-time Stakeholders an idea to bring some fun activities for families and residents to enjoy at no out of pocket expenses by the City.
We used to.

than Morro Bay. We can do better, and they are closer to the Hwy 1 closure.

a decline than Morro Bay even though over 2016 and Cayucos has had less of

council on September 11th on top of the

Sadly, we have people already leaving

viable WRF that our community can

tourism — helps fund the vital First

meters parking on the Embarcadero

that reason, and others, I’m opposed to

metered parking and it has impacted

with waterfront businesses in Morro


cities which have already been shared

and I’M LISTENING!

Q-3: Priorities: No. 1: Increasing tourism — helps fund the vital First

Q-5: Sewer Project: We obviously need to fix or replace our sewer

plant. There is a surprising amount of misinformation and flat out bad

information and a 30-minute response time to neighbor complaints is just

right.

I respect a person’s right to invest in

Q-4: Vacation Rentals: The cities vacation rental ordinance has been

addressed by the planning commission, the city council appointed

subcommittee and will be returning to the full council for consideration. I am not

sure that 250 is the ideal number, however I would not support increasing

the number. I do believe the ordinance should consider: neighborhood

compatibility including buffer zones, discontinuance of licenses that are

presently not utilized, strict guidelines for behavior, parking, and occupancy,

strong penalties for possible permit termination, transferring of licenses

only to heirs, a formal complaint resolution process, and finally a
discovery process to identify unlawful rentals with penalties for unpermitted

operation. In order to cover costs incurred by the city for ordinance,

violations, penalties and/or permit fees must be adequate to insure cost

doing the council agendized this item on Sept.

recovery.

Q-5: Sewer Project: First, I’m not aware of any formal legal challenge to

the Prop. 218 appropriation. On the contrary, I received a letter from an organization

asking to preserve certain information regarding the Prop. 218 process. As

the protest vote did not surpass the threshold, the increased

assessment will be implemented, and the project should move forward as

planned. In order to limit future cost increases associated with project delay

and loss of low cost federal/state funding.

Q-2: Tourism Master Plan: I believe it becomes the roadmap for
destination success. The plan should

address three important questions:

Where are we? Where do we want to go? Area.

The proposed location has several

Q-4: Sewer Project: We obviously need to fix or replace our sewer

plant. There is a surprising amount of misinformation and flat out bad

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State Makes Recycling Fraud Busts
By Neil Farrell

The State of California is celebrating the arrest of several people allegedly caught attempting to defraud the State’s recycling redemption program.

California Department of Resources Recycling and Recovery or CalRecycle along with the State Department of Justice recently arrested eight people attempting to defraud the Beverage Container Recycling Program and smuggle in out-of-state empty beverage containers allegedly to illegally collect the California CRV deposits.

“Working in partnership with the California Department of Justice,” reads a news release from CalRecycle, “the California Department of Food and Agriculture, and other state and local partners, CDOJ Recycling Fraud Team agents recovered more than 56,000 pounds of material worth an estimated $82,853 in potential CRV.”

Team agents recovered more than 5,000 pounds of aluminum and beverage containers valued at some $1,450 was seized from her vehicle. But agents think she’s been at this for some time.

“It’s believed Simpson imported approximately 468,000 pounds of aluminum worth an estimated $748,800 in CRV into California over the past three years.”

On July 16-17 at the Nevada border checkpoint in Needles, Calif., agents busted five vehicles over two days allegedly trying to smuggle in more out-of-state cans.

“Agents arrested Jose Ramirez, 25, of Duarte; Juan Higuera, 37, of Buckeye, Ariz.; Romeo Turticos, 49, of Los Angeles; Ricardo Flores, 57, of Pomona; Mario Tolentino, 37, of Las Vegas, Nev.; and Rafael Escobar, 57, of Los Angeles on charges including [suspicion of] felony recycling fraud, attempted grand theft, and conspiracy,” said CalRecycle’s news release.

Agents seized 33,639 pounds of aluminum and 13,623 pounds of plastic empty beverage containers with an estimated CRV value of $71,260.”

On June 6 in Barstow, Calif., agents were tipped off that a semi-truck filled with empty beverage containers from a Las Vegas construction yard was coming to California with more fraudulent cans and bottles. Agents followed the truck, which took a roundabout route they claim was intended to avoid the border checkpoint in Yermo, Calif., and the Highway Patrol stopped the vehicle in Barstow.

“Officers arrested Moises Morgan-Gomez, 33 of Las Vegas on [suspicion of] felony recycling fraud, attempted grand theft, and conspiracy. Agents seized 1,480 pounds of aluminum and 6,260 pounds of plastic empty beverage containers with an estimated CRV value of $10,142.”

Though they are felonies, the crimes don’t carry much of a penalty. “Upon conviction, felony recycling fraud and related crimes carry a potential sentence of 6 months to 3 years behind bars in addition to fines, court-ordered restitution, and loss of license and/or vehicle.”

Though these arrests and alleged crimes would seem serious, they pale in comparison to a case that CalRecycle and State law enforcement worked earlier in the year.

Back in April, CalRecycle got grand jury indictments and arrested five people who allegedly worked a multi-year suspected recycling fraud scheme through the Recycling Services Alliance or RSA Corp., in Sacramento County that allegedly processed some $80.3 million worth of out-of-state empty beverage containers and conspired to write fraudulent weight tickets to justify State payments and reimbursement claims, Cal Recycling’s spokesman Lance Klug said in a news release.

“CalRecycle took decisive action to suspend RSA from the Beverage Container Recycling Program in 2016, as our internal audit and the California Department of Justice’s criminal investigation progressed,” director Smithline said. “Recycling fraud is a serious crime and CalRecycle will continue to work alongside our law enforcement partners to disrupt these schemes and protect public funds.”

See Recycling Fraud, page 23
Mounting’s Not About Sex

Good Dogma

By Lisa Ellman

"It’s not about sex ...." This was my response to a comment made by someone at the dog park about his dog being a “horn dog,” because his dog had been mounting other dogs.

I see it all the time, as I’m sure you have, when dogs are playing and can become overly stimulated.

I know for some people it’s absolutely mortifying to see their dog do this, but it’s important for humans to take the sexuality out of it. Mounting is a typical and common dominance behavior, not only in dogs, but also in cows, chimps, lions and horses, to name a few.

The only time it’s actually about sex, in non-human animals, is when a male is alerted to a female, of its own species, that is in heat, or “estrus,” and ready and receptive to mounting.

A female dog that is cycling a higher level of testosterone may feel more dominant than her playmates at that time and exhibit the mounting behavior.

When dogs are playing and this behavior manifests, I believe it is best to let the dog being mounted let the mounter know to stop. This happens when the mounted dog, male or female, signals that they’ve had enough, either by turning and snapping or otherwise somehow communicating, as dogs do, to the mounter to stop.

In the long run, I believe letting dogs work it out helps to prevent escalation and a potential fight. Dogs must learn from each other, especially in social situations, the cues and signals about what will be tolerated and what will not.

Human intervention prevents the receiver from learning these cues and that can have unfortunate consequences in future engagements.

The only exception to human interference, in my opinion, is when the dog being mounted is unable to get the other dog to stop. The dog may not know what signals to give, or may be so submissive that it just lays there.

At that point, it is important for the person whose dog is mounting, to step in and, calmly, take the dog away.

If the dog continues to go back and ‘bully’ the same dog, then the mounter should calmly be taken out of the park. Keep in mind that your dog hasn’t done anything wrong; it’s just being a dog.

Good Dogma has been helping dogs and their people for over 20 years. Listen to the Good Dogma radio show on 97.3/107.9 The Rock on Saturdays from 2-2:30. For more information contact Good Dogma at: gooddogma@hotmail.com, or see her website at: www.gooddogma.net.
Recycling Fraud, from page 21

According to CalRecycle, the case started in May 2015, when the DOJ’s Recycling Fraud Team launched an investigation into RSA “after receiving information the Sacramento facility was illegally receiving out-of-state material from various recycling centers and conspiring to defraud the Beverage Container Recycling Fund.

“As DOJ pursued its criminal inquiry, CalRecycle staff worked alongside the California Department of Food and Agriculture’s Division of Measurement Standards and the Sacramento County Agricultural Commissioner’sWeights and Measures Division to investigate the CRV reimbursement claims submitted by RSA and the weight tickets used to support those claims.”

In May 2016, as fraud team agents continued their criminal investigation, CalRecycle’s legal staff initiated the “informal hearing process” to suspendRSA’s participation in the CRV program, said Klung. On May 13, 2016, CalRecycle issued a “Notice of Suspension” to RSA.

Further investigations including search warrants and employee interviews led to the uncovering of an alleged “organized effort to generate inaccurate, altered, or falsified weight tickets to increase CRV reimbursement claims from the fund.”

“CalRecycle concluded that RSA’s CRV claims submitted from January 2012 to December 2015, which totaled $80,331,217.19, were based on fraudulent weight tickets.”

A Grand Jury was convened in December 2017 and resulted in five people being indicted on a total of 166 counts including suspicion of grand theft, recycling fraud, perjury, and conspiracy.

They were: RSA owner Shengchien Tseng, 49 of Cupertino; weighmaster Maximina Perez, 50 of San Leandro; assistant weighmaster Alejandra Lazaro-Martinez, 26 of Hayward; assistant weighmaster Veronica Castillo, 35 of Sacramento; and assistant weighmaster Marlene Davalos-Mendez, 28 of Rocklin. All were booked into the Sacramento County Jail and are being prosecuted by the State Attorney General’s Office.

Attorney General Xavier Becerra said, “In California, those who criminally misuse public programs for personal gain will be held accountable. Recycling Services Alliance Corporation owner Shengchien Tseng and employees Maximina Perez, Alejandra Lazaro-Martinez, Veronica Castillo, and Marlene Davalos-Mendez are going to learn that the hard way.

“The Beverage Container Recycling Program is a public program that we can be proud of — it betters our environment and our society.”

And in a third major case of redemption fraud, another Sacramento man along with his alleged partner in crime from Washington State, pled no-contest to fraud charges and were ordered to pay some $19,980 in restitution ($9,990 each) to CalRecycle. Both men got time served for their crimes.

In that case, CalRecycle said they became suspicious in October 2016 when a Sacramento man, identified as Candido Acevedo, 59, “suspiciously redeemed several hundred pounds of aluminum empty beverage containers for California Redemption Value [CRV] at a Sacramento recycling center.

“During the criminal investigation, California DOJ agents discovered that in 2016 Acevedo regularly redeemed hundreds of pounds of out of state aluminum empty beverage containers at that same location.”

The investigation led to the origin of the illicit cans. “RFT agents identified Placido Martinez-Lopez, 55 of Grandview, Wash., as the source of Acevedo’s used beverage container supply,” CalRecycle said.

“Agents believe the individuals were responsible for the importation of more than 4,000 pounds of aluminum beverage containers for the purpose of defrauding the California Beverage Container Recycling Program’s CRV fund. On Jan. 9, 2018, Martinez-Lopez was arrested at his residence in Washington State. Agents executed a search warrant at Acevedo’s residence in Sacramento on Jan. 18. Acevedo was not there at the time, but was later arrested.”

Both men pled No-contest and were given credit for time served and placed on 3-years probation, in addition to the restitution.

So while it might seem incredibly difficult to recycle legitimate CRV cans and bottles locally, crooks in Sacramento and down by the Southern California borders would appear to be making a killing on the program.

And in case readers were wondering about recycling matters closer to home, as in the dearth of redemption centers in SLO County, nothing has yet been done to alleviate the matter.

“CalRecycle hasn’t stopped working with lawmakers and other stakeholders on this issue,” said spokesman Klug. “I know you’re well aware of the complexities of something like this, including the decline in the local market value of recyclable commodities. CalRecycle will continue to use the authority it has in statute to help buffer these challenges, but at the end of the day it will take legislation.”

They’ve started on a system to reform the CRV program. “The department developed a reform policy framework,” he added. “SB 458 authorizes CalRecycle to certify up to five BCR pilot projects to help improve redemption in underserved areas — we held a workshop on that in March.”

Also, he said the head of CalRecycle’s Division of Recycling shared at a recent public meeting that the closure of recycling centers has appeared to stabilize over the last year. “We’re currently at 1,589,” said Klug.
Welcome to the October edition of Aging and Still Engaging, presented by the SLO County Commission on Aging (SLOCOA). Colin Quinnell, L.M.F.T., who is a program supervisor for the County of San Luis Obispo Health Agency Behavioral Health Department, provided the content for this month’s column.

As the baby boomer generation has entered the aging population, the substance use treatment field has had to change how we understand this community. Baby boomers’ history of higher risk taking regarding substance use now requires greater understanding and effective responses. By far, the dominant substance problem in the senior community continues to be alcohol. Anyone at any age can have a drinking problem, but seniors are also impacted by isolation, loss of support systems, increased sensitivity to alcohol, harmful interactions with medicines, and decreased cognitive functioning. Increased opioid use has clearly hit the senior population with similar concerns as alcohol use, but compounded by physical ailments and the need for pain management. The National Institute on Aging (NIH) tells us that sustained alcohol use over time can lead to certain kinds of cancer, liver damage, immune system disorders and brain damage. It may also worsen some health conditions like osteoporosis, diabetes, high blood pressure, stroke, ulcers, memory loss, and mood disorders. Another side effect of alcohol use in seniors can make some medical problems harder for doctors to find and treat. For example, alcohol causes changes in the heart and blood vessels and simultaneously can dull pain that might be a warning sign of a heart attack. Alcohol and other drugs may cause some people to be forgetful and confused, the very symptoms that could be misdiagnosed as signs of Alzheimer’s disease. In older adults, the risk for falls resulting in hip or arm fractures and other injuries increase by 60% with drinking. Substance misuse and abuse can strain relationships, and at the extreme, heavy use can contribute to domestic violence and elder abuse. In other words, substance use is often a factor when people become violent, as well as when they are violently attacked. Help with substance use problems is available in SLO County. In my experience working in this field for more than 25 years, there is no upper age limit to begin addressing the problem. ‘Mike’ was 82 years old when he received a letter from an old friend telling him she still cared for him. His wife had passed six months earlier and he had just put his faithful companion dog to sleep. ‘Mike’ had decided earlier that he would drink himself to death. Instead he took a shower, put on a suit and went to his first Alcoholics Anonymous meeting and got sober. He married a year later and is still active in his sobriety at age 94.

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

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

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Morro Bay Memories With Boomer Huntington

By Luise Gleason

Morro Bay’s Bill Huntington, known as “Boomer” to family and friends, is a fixture at Morro Bay’s monthly Food Bank giveaway, held the third Wednesday of the month at the Morro Bay Vet’s Hall. Boomer, 97, says he’s been volunteering since the beginnings of the Food Bank back in 1989.

Intrigued, we at the Food Bank Coalition wanted to hear more about Boomer. Intrigued, we found Boomer and his friends would drive to the Food Bank in Paso Robles to get additional supplies.

In the very beginning,” he says, “the Food Bank had only two employees. One of them was actually a volunteer who helped us load the food into our picks up. I had exactly 31 deliveries to houses in Morro Bay. Only people 55-years or older were allowed to receive food.”

Many things have changed over the past 30 years, but he still shows up every month to greet people with a warm smile at the food distribution at the Vet’s Hall in Morro Bay. Nowadays, Boomer likes to bring food home as well, but only what he really needs — maybe a couple of peaches or other dried vegetables.

Unfortunately, Edna developed dementia about a year and a half ago. Boomer, who is still going strong, takes care of her. “I counted 10 things we do every morning. We’d get up,” Boomer says. “First, I get her up and fill her water bottles. I open the curtains and turn the lights on because she likes them. After that I get the laundry done and a little while later I put the clothes in the dryer. Then I make her breakfast and put her in her wheelchair, but she usually gets in and out of it on her own. In the morning she can eat here in the living room, but for dinner she has to be at the table in the kitchen.”

Boomer’s heart-warming story is a great reminder that through all the hardships we encounter in life, the love in our hearts will continue to guide us if we only give it space to unfold.

Despite his early difficulties, Boomer’s resilience, relentless spirit, and work ethic eventually paid off. Many Food Bank volunteers carry this mindset with them week after week, month after month and year after year. They know that the most vulnerable among us need the love we have to share the most.

Boomer has a number of historical photos of Morro Bay posted online, see: www.oldmorrobay.com/bill_huntington.html. A video of the interview with Boomer is also posted online, see: www.youtube.com/watch?v=DhWL_YsoKnOfk&feature=youtu.be.

Luise Gleason is the marketing and communications coordinator for the Food Bank Coalition of SLO County. She wrote this for the Food Bank’s blog and submitted it to The Bay News for publication. See: slofoodbankblog.
**Letters To The Editor**

**Thanks for Yard Sale PSA**

Dear Neil at Bay News:

Thank you for your public service announcement about our Annual Treasures and Treats Yard Sale at the Estero Bay United Methodist Church.

Many of our happy shoppers mentioned seeing the announcement in your Community Events section. This was our best yard sale with many treasures going to needy homes and delicious home baked treats enjoyed by all.

We appreciate the free listings of community events in The Bay News that benefits all of the community.

**Melinda Elster, Yard Sale organizer
Estero Bay United Methodist Church**

**Editor's note: You are very welcome Melinda. Readers who have community events coming up are encouraged to send the “Who, What, Where and When” to: neil@simplyclearmarketing.com at least 2 weeks in advance (earlier if possible) for inclusion in our Community Events pages.**

**It's About Making Every Vote Count**

It's extraordinarily difficult to get a simple majority of ratepayers to protest rate increases. These increases usually pass, and yet... we had the votes. But the City decided to invalidate 1,000 of them.

At the Sept. 11 City Council meeting, Citizens For Affordable Living delivered an additional 1,000 protest ballots, some of which were dated.

But the Council voted to throw out those ballots because of mere presumption that all protest votes were not dated; because of mere presumption that all ballots were signed and collected prior to the hearing date being officially announced; because of mere presumption that ratepayers did not receive the information they needed to cast an informed protest; and that CAL allegedly told three residents their bills would skyrocket to $300-$800/month and that their properly values would plummet.

Whether or not your protest ballot has a date, if you turn in your protest before the closing of the Prop. 218 hearing date, your ballot should be counted. Period.

City employees have previously date-stamped undated protest letters in City Hall upon receipt. How is this any different? Supporters of the proposed Reclamation Facility will tell you to move forward and be constructive. They'll tell you what happened tonight was an example of “the will of the people” coming together; that the community must unite to support the project. But that’s not the issue.

The issue is this: the voice of ratepayers have been silenced in addition to registered voters who are disenfranchised by this process because they're renters or not parcel owners. This is a perversion of democracy.

It's not about winning or losing. It's about making every voice and every vote count. Leave no stone unturned.

To those who feel victorious tonight: get the full count so you have legitimacy and assurance that all the votes were counted, and say with certainly that you still won. Having every vote count benefits everyone involved.

We agree with the sentiment that we need to work together, move forward and drop the acrimony. But now it's time to work together, move forward and be constructive.

What is the job? Who do you want to hire your nice neighbor who does you favors, and brings in your trashcans when you’re on vacation?

A city is really like a business; it's not a popularity contest.

If you hired the right person, they would have business background or financial background. They would have your same vision for your city. But they need at least two of these: business, financial, vision.

If you hire your nice neighbor you are just setting them up for failure, and your city for failure — a lose/lose proposition!

If they have been in city government before, look at their voting record. Do they vote how they talk or do they vote to get along?

Think of these things very hard and “hire” the right person to do the job.

**Ann Reisinger, Morro Bay**

**Voting’s Not a Popularity Contest**

Voting really is like hiring someone. What is the job? Who do you want to run your city?

Do you want to hire your nice neighbor, who does you favors, and brings in your trashcans when you’re on vacation?

A city is really like a business; it’s not a popularity contest.

If you hired the right person, they would have business background or financial background. They would have your same vision for your city. But they need at least two of these: business, financial, vision.

If you hire your nice neighbor you are just setting them up for failure, and your city for failure — a lose/lose proposition!

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Think of these things very hard and “hire” the right person to do the job.

**Ann Reisinger, Morro Bay**

**No Room for Activism on Council**

Letter to the Editor:

I listened with interest and care — as well as some concern — to the recent Morro Bay City Council candidate forum.

One of the Council candidates described herself as an “activist,” and espoused “activism” as a City Council member.

The Oxford Dictionary defines an activist as, “a person who campaigns to bring about political or social change,” and defines activism as, “The policy or action of using vigorous campaigning to bring about political or social change.”

The Miriam-Webster Dictionary defines an activist as, “a person who uses or supports strong actions [such as public protests] in support of or opposition to one side of a controversial issue,” and defines activism as, “a doctrine or practice that emphasizes direct vigorous action especially in support of or opposition to one side of a controversial issue.”

Section 3.4 of the City of Morro Bay’s adopted Council Policies and Procedures manual states, “...the Council shall have the power in the name of the City to do and perform all acts and things appropriate to a municipal corporation and the general welfare of its inhabitants...”

Nothing in established Council policies and procedures calls for or allows activism as defined.

What is needed from each Morro Bay City Council candidate is a promise of reasoned representation of all 10,000-plus citizens, with no bias from the dais.

**Ron Reisinger, Morro Bay**

**Time for a Brake Check**

Dear Editor:

When it comes to vehicle safety, the brake system is at the top of the list. Brake Safety Awareness Month is the ideal time for drivers to stop and make sure their brakes are working properly before the new school year and colder temperatures arrive.

Motorists can put a stop to any potential brake problems by recognizing the signs and symptoms that their brake system may need maintenance or repair.

Typical warning signs include the car pulling to the left or right, noises when applying the brakes, an illuminated brake warning light, brake grabbing, low pedal feel, vibration, hard pedal feel and squealing. Several factors that affect brake wear include driving habits, vehicle type, operating conditions and the quality of the brake lining material.

For routine maintenance, drivers should check their vehicle’s braking system at least once a year. A thorough inspection should include brake lining wear, brake fluid level, rotor thickness, condition of hoses and brake lines, brake and dash warning lights, as well as taking the car for a test drive to detect other potential brake system problems.

Drivers should never put off routine brake inspections or any needed repair, such as letting the brakes get to the “metal-to-metal” point, which can be potentially dangerous and lead to a more costly repair bill.

Sincerely,

**Rich White, Executive Director Car Care Council, Bethesda Md.**

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**You’re going to love the music we play!**

Fleetwood Mac • Norah Jones • James Taylor
Harry Connick Jr. • Tony Benett • Michael Buble
Elton John • Rod Stewart • The Eagles
Neil Diamond • Barbara Streisand • And Many More!

America’s Best Music!
The 37th Annual Morro Bay Harbor Festival was a rousing success Saturday, as several thousand people poured onto the Embarcadero to celebrate live music, Hawaiian shirts, oysters and a working waterfront. Of note, the winner of the ‘Down the Hatch’ oyster eating contest, ate a total of 65 of the slimy, bivalve mollusks over two, 1-minute rounds and her competition ate 64, after they tied in the initial round, scarfing 35 each.
The Morro Bay Maritime Museum officially opened Sept. 30 as hundreds of supporters turned out to be on hand as history was made. More than two decades in the making, the small 20-foot by 20-foot exhibit building is nestled among historic ships and a submarine, on display at the north end of The Embarcadero. It’s displays represent the various maritime histories of the area — from a Salinan Tribe tule boat, to a replica of an abalone dive boat and a hardhat dive suit, a sailing dinghy and displays and models of the Montebello and the Japanese submarine that sank the oiler off Cambria in December 1941, among other exhibits. The opening was marked with speeches by MB MMA’s Larry Newland, local historian and Tribune columnist Dan Krieger, a blessing ceremony by Salinan Tribal elders, and official Certificates and Proclamations from the City of Morro Bay, SLO County Supervisors, the State Assembly and even Congress. It will be open from 10 a.m. to 5 p.m. Saturdays through the end of the year. The museum is looking for volunteer docents. See: www.morrobaymaritime.org for more information.
Opinion

40th Oktoberfest in Baywood Park, Oct. 28

By Dawn Rodden

Los Osos/Baywood Park will be celebrating the 40th Annual Oktoberfest on Sunday, Oct. 28 from 9 a.m. to 5:30 p.m. in Downtown Baywood Park.

Oktoberfest began in 1978 and was organized by the Los Osos/Baywood Park Chamber, Downtown Baywood Park Association, Kiwanis and Lions Clubs. Today the festival is a fundraiser for the Los Osos/Baywood Park Chamber and Kiwanis of Bay Osos.

The day kicks off with a pancake breakfast prepared by the Kiwanis Club at 8 a.m. They will be offering all-you-can-eat pancakes, sausage, orange juice and coffee for $7 a person.

Morning festivities continues with the 4-Mile Oktoberfest Fun Run sponsored by Morro Bay High School Athletics. Runners from the ages of 8 to 79 are welcome to participate, there is even a stroller division. To register or for more information see: www.oktoberfestfunrun.com.

The 13th Annual Car Show will be located near the north end of 2nd Street. Both classic and contemporary cars will line the street between Santa Maria and Santa Ysabel avenues. Presentation of Car Show winners begins at 3 p.m. in the Beer Garden.

Local breweries will once again be featured in the Beer Garden and with the possibility of some local wineries, too.

Live music performed by Bad, Burning and Cool; The Mudskippers and Unfinished Business begins at 11 a.m. on the Beer Garden stage.

The Kid’s Zone, located on 2nd Street next to the Chamber booth and sponsored by Zacster’s Hobbies, is back with new activities.

The community’s favorites will also be there — face painting, balloon animals and reptile exhibit. We invite you to give your Halloween costume a test run during our Costume Contest for pets, kids and adults. A prize will be awarded to the winner of each group.

A new vendor activity includes The Lock Boxx, a new mobile escape room.

For updates on activities, vendors, breweries and the entertainment schedule visit our Oktoberfest Facebook Page.

All forms to sign up for a festival booth or to register a car in the Car Show can be found at: www.lobpchamber.org.


Dawn Rodden is the Executive Director of the Los Osos/Baywood Park Chamber of Commerce. She can be reached via email at: info@lobpchamber.org or call 528-4884.
Flashback on the Life of Sports Journalist Dan Hruby

By Judy Salamacha

Since 1903, baseball’s American and National Leagues have ended their seasons seeking to crown a Championship team during the World Series.

San Luis Obispo’s Dan Hruby covered many World Series before he retired in 1995 from a 45-year career as a sports journalist/columnist for the San Jose Mercury News. He wrote in his last published column, “I never envisioned in 1950 that I would have opportunities to cover eight Olympics, not to mention innumerable World Series, Super Bowls, Kentucky Derbys, British Opens and championship fights.”

Hruby first flowed ink in his veins working for the Daily Independent as a teenager in Grand Island, Neb., before the family moved west. While attending San Jose State and editing the Daily Spartan, he happened to answer the phone when the San Jose Daily News was looking for a summer replacement.

He took the job looking for a career, but timing was such he was drafted into the Army during the Korean War to serve two, non-combat years in counter-intelligence stationed in Baltimore. The good news is that’s where he met his love of his life and bride, Gerry.

Hruby’s home office is full of photographic memorabilia with tales to tell his friends and family since he and Gerry relocated next door to Paolo’s in San Jose. “Sandy Koufax is retiring,” he told me. “I was at the peak of his career.”

Hruby’s scoop came out several months before Kofax made the announcement, and broke the hearts of Dodgers fans everywhere.

During the 1972 Munich Olympics, and fellow journalists were not only on the field with guest players such as John Wayne, Dean Martin’s team and told Crosby, who said, “The fun seems to be a little out of control. It won’t happen again.”

Hruby also covered Olympian Peggy Fleming’s efforts to establish an eye program for people with problems and the Holmes vs. All fight and took a picture of Ali’s tablet doodles for an autograph.

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

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

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

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

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Time to Think About Year-End Investment Moves

Financial Focus

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

• Add to your IRA. For the 2018 tax year, you can put up to $5,500 into your traditional or Roth IRA (assuming you are eligible), or $6,500 if you're 50 or older. If you haven't reached this limit, consider adding some money. You have until April 15, 2019, to contribute to your IRA for 2018, but why wait until the last minute?
• Increase your 401(k) contributions. To earn your employer's matching contribution, if one is offered. Of course, you should always put in enough to bump up your contributions for the year, possibly bumping you into a higher tax bracket and affecting the amount of your Social Security benefits subject to taxes. So, if you are considering delaying your first RMD, consult with your tax advisor.
• Take your RMDs. If you are 70½ or older, you must start taking withdrawals — called required minimum distributions, or RMDs — from your traditional IRA and your 401(k) or similar retirement plan. Generally, you must take these RMDs by December 31 every year. But if you turned 70½ in 2018, you can wait until April 1, 2019, until you take your first RMD. However, you will then have to take a second RMD (the one for age 71) by December 31, 2019. Taking two RMDs in one year could give you an unexpectedly large taxable income for the year, possibly bumping you into a higher tax bracket and affecting the amount of your Social Security benefits subject to taxes. So, if you are considering delaying your first RMD, consult with your tax advisor.
• Make changes in response to life events. In 2018, did you experience a major life event, such as a marriage, divorce or addition of a child? Or did you change jobs or retire? Any of these events could lead you to adjust your investment plans, so now may be the time to do so, possibly with the help of a financial professional.
• Review your investment mix. At least once a year, it’s a good idea to review your investment mix to ensure it’s still suitable for your goals and risk tolerance. Sometimes, even without your taking any action, your portfolio might change in ways you hadn’t expected. For example, suppose you wanted your portfolio to contain 60% stocks and 40% bonds and other investments. After a period of rising prices, though, the value of your stocks may have increased so much that they now occupy 65% of your portfolio — which means you may be taking on more risk than you had originally intended. Consequently, you may need to rebalance your portfolio to get back to your original 60% to 40% ratios. (Keep in mind that these figures are just for illustration; everyone’s ideal portfolio mix will depend on their individual situations.)
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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Sarah Santana is a Central Coast local, she earned her bachelor’s degree in Business from California Polytechnic State University in San Luis Obispo. She holds a Series 7, a Series 66 and a Life Insurance License. At the age of 18 she found herself homeless, working 3 jobs and putting herself through college. Her intrinsic desire to learn about investments was a passion from a very young age. Sarah has been serving investors for 10 years and has clients in 12 different states. She is a board member of The Morro Bay Community Foundation and a Morro Bay Rotarian. Sarah currently is a Financial Advisor for Edward Jones Investments in Morro Bay. Her proudest accomplishments though are her 2 children, Noah & Bella.
Biz Briefs

Meathead Wine Storage, Speed Dating for Businesses and 5G Comes to SLO County

Compiled by Mark A. Diaz

Dignity Health Central Coast hospitals recognize the significance of October as National Breast CancerAwareness Month and urge women to schedule their annual breast exams. Dignity has partnered with many local organizations to offer free screening mammograms year round to those who may otherwise not afford them. A busy life should not get in the way of early detection. Schedule a mammogram today by calling AGCH Coastal Diagnostic Center (805)348.4705, FHMC Women's Health and Imaging Center (805) 597.6700, FHMC San Luis Diagnostic Center (805) 542.9700 or MRMC Breast Imaging Center at Mission Hope Cancer Center (805) 481.4705.

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

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

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

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

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

Central Coast non-profit organization Peoples’ Self-Help Housing (PSHH) celebrated its grand opening of Casas de Los Carneros Apartments located off Los Osos Valley road at 1221 Calle Joaquin. The current list of produce includes heirloom and cherry tomatoes, cucumbers, corn, carrots, green beans, sweet and hot peppers, pumpkins, summer and winter squash, beets, peas, and certified organic Turmeric and ginger. For more information, visit centralcoastgrown.org.

Meathead Wine Storage, an extension of Meathead Movers, the family-owned student athlete moving company, announced the newest opening of its professional grade wine storage facility located at 4468 Broad Street.
Field Day Opening Ceremony of Oct. 5 during its Tiger Challenge County receiving the honor this year. This honor and one of only 12 schools prestigious 2018 National Blue Ribbon Elementary (TE) has been awarded the monitored temperature with redundant and as the facility opens. With the facility opens.

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

The US Department of Education recently announced that Teach Elementary (TE) has been awarded the prestigious 2018 National Blue Ribbon Schools Award as an Exemplary High Performing School. TE is one of 349 schools in the United States receiving this honor and one of only 12 schools in the state of California. Teach Elementary is the only school in SLO County receiving the honor this year. The school celebrated the recognition of Oct. 5 during its Tiger Challenge Field Day Opening Ceremony.

The South County Chambers of Commerce invites the public to participate in its Leadership South County Class I. The 9-month long course focuses on community leadership and inspiring, educating and empowering tomorrow’s business and community leaders. The program includes a 2-day, 1-night Leadership Retreat, plus nine Leadership Day Sessions complete with focused leadership training, exciting behind the scenes tours, and engaging conversations with local leaders. Applications are open until Wednesday, Oct. 15. A special tuition price of $1,200 is being offered for individuals who apply before Monday, Oct. 15. After October 15, tuition increases to $1,350. To apply for the course, go to: https://www.jotform.com/aggchamber/soco-leadership-application.

City Farm SLO located off Los Osos Valley road at 1221 Calle Joaquin will feature a variety of pesticide and synthetic fertilizer-free freshly harvested vegetables grown onsite by tenant farmers and students from Pacific Beach Continuation High School’s twice-weekly Farm Class.

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

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

The South County Chambers of Commerce celebrates the grand opening of member, Cava Robles RV Park & Recreation Facility, with a ribbon cutting ceremony.

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

SunWork Renewable Energy Projects will host a solar energy presentation at the facility opens.

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The SLO Chamber celebrates the grand opening of member, Cava Robles RV Park & Recreation Facility, with a ribbon cutting ceremony.

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

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

www.jeffleeforgbmayor2018.com

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Plum Cake

Ingredients
2 ½ cups plums, sliced
2 ½ teaspoon cinnamon
¼ teaspoon ground ginger
¼ teaspoon freshly grated nutmeg
1 cup flour
1 tablespoon sugar
1 teaspoon baking powder
1 ½ cup buttermilk, chilled and cubed
1 ½ teaspoon vanilla
2 tablespoons heavy cream
1 egg

Custard Topping:
½ cup heavy cream
1 egg
1 teaspoon vanilla

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

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

In a large bowl, stir together the sugar, baking powder and add the chilled cubes of butter and cut in with a pastry blender or knife to form coarse crumbs. In a small bowl mix ½ teaspoon vanilla, 2 tablespoons cream and 1 egg. Add to flour mixture and stir until just combined.

Turn the dough to the bottom of the pan and press it evenly with your fingers. Arrange the plums over the batter and press them down. This is to ensure no leakage. Lightly spray the bottom and sides with cooking oil.

While the cake is baking, prepare the custard topping by whisking together ½ cup cream, ½ cup sugar, 1 teaspoon vanilla and 1 egg. When the cake is done baking, pour the custard over the plums and return to the oven for about 20 minutes until the custard is set.

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

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

Physical Therapy Pet Peeves

Do you know what irks me about physical therapy? Don’t get me wrong, the profession and the goal of helping people is truly rewarding, but there are aspects of physical therapy that drive me crazy.

Here are my top 10 “Pet Peeves”:

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

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

Michele S. Jang
Physical Therapist/Owner
23 Years Experience

Experience Holistic Physical Therapy

“Your hand and neck pain has decreased considerably. The exercises in therapy and practiced at home are helping me improve my posture and body mechanics. ‘Hands-on’ therapy and low level lasers are very helpful.”

– Barbara, SLO
Autumn is the ultimate time for outdoor dining. For your next gathering, bring the party out to the deck or patio for an evening of enjoyable light bites and delicious wines.

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

White Wine Pairings

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

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

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

Red Wine Pairings

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

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

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

Create an evening to remember, complete with perfect pairings of two Sonoma wines and four appetizers. Your guests are sure to leave satisfied and impressed by an array of flavors that nod to the transition of seasons and help you welcome the tastes of even cooler weather. (StatePoint)
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Ask for Christine Kemp!
One of my favorite culinary romances is with Pier 46 Seafood in Templeton. Owned and operated by Eric Gonzales and Tony DeGarimore, they’ve created a fish market and seafood food utopia that makes me fall in love every time I visit.

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

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

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

I special ordered oysters to do a side-by-side comparison of four different kinds (this was a bet with my best friend Kathy, who stodgily said that blue point was the finest mollusk to ingest, and I was out to prove her wrong). They presented us with 12 oysters on the half shell, freshly plucked out of the tanks of seawater keeping them vibrant and alive.

First my process: Each oyster is rinsed and catches like abalone and scallops (coarsely ground black peppercorns, red wine vinegar, and chopped shallots) and then slurp them down.

Gary goes a bit more flavor forward and adds a dab of horseradish, a dash of mignonette sauce (coarsely ground in Champagne (A Spanish Cava), a dab of pepper jack cheese, cilantro, and a spicy sauce with limes on the side). I went for my favorite dish, the Ahi tacos. These delectable treats call to me over the Cuesta Grade more times than I can count. Chopped and super fresh raw Ahi steaks are laid atop a delicious cabage slaw with flax and sesame seeds.

The shell is a fried wonton and the sauce drizzled on top is a wasabi aioli. Pure, unadulterated Neptune’s Heaven. With a bottle of Dr. Loosen Riesling, I let my mermaid side emerge. These victuals will force my car over the Grade to consume them weekly. You can come here for a full meal or just to pick up a fresh fish.

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

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

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

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

‘A Star is Born’ — Brave, Beautiful, Utterly Flawless

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

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

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

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

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

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

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

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

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

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

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

Teri Bayus can be reached at livewell@teribayus.com or follow her writing and ramblings at: www.teribayus.com. Bayus also hosts Taste Buds, a monthly picture rendition of her reviews shown on Charter Cable Ch. 10. Dinner and A Movie is a regular feature of Simply Clear Marketing & Media.
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**It Goes Too Far**

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

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

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

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

**“Measure G would hurt working families and eliminate an important source of county tax revenue that goes to our local schools.”**

*Melissa Diedrich-Williams,*

*High School Teacher, Paso Robles Joint USD*

**“My family farm still relies on oil and gas for fuel and electricity. Rather than banning production, we should continue to produce it safely as we transition to a clean energy economy. Measure G goes too far.”**

*George Donati,*

*4th Generation Farmer, Edna Valley*

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

*Keilah Crichton*

*Welder, Local Union 403*

Join thousands of community members, local leaders and organizations including

![Coastal Energy Alliance](image1)
![Carpenters](image2)
![San Luis Obispo County Cattlemen's Association](image3)
![Central Coast Labor Council](image4)

and

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