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COVER PHOTO BY TOM MEINHOLD

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## September Hero Profile 2018

**Children's Bill of Rights #9:** As the children and youth of San Luis Obispo County, may we each make and keep healthy relationships with friends.

**SEPTEMBER'S HERO**  
**Rebecca Britton**

**PASSION**  
**Giving kids a safe place to learn, grow and have fun together**

**ONE WORD TO DESCRIBE REBECCA**  
**Persistent**

**NOMINATED BY**  
**Boys & Girls Club of South San Luis Obispo County**



Rebecca Britton is a champion for children, working to ensure that youth have meaningful ways after school to bond with friends, learn, and contribute to their community.

Over her 15+ years working at the Boys and Girls Club of South SLO County, Rebecca has been a key visionary behind its programs. The agency promotes and enhances the development of kids by instilling a sense of competence, usefulness, belonging and influence.

Colleagues say Rebecca believes every child deserves the same opportunity to participate in fun, enriching activities—regardless of where they come from or their ability to pay. In an effort to keep program costs down and fund scholarships, Rebecca created a t-shirt sponsorship for businesses and donors, who are plenty proud to have their names and logos on the “walking billboards” of hundreds of future leaders. Forging community partnerships has elevated awareness and highlighted the value of the kinds of educational and recreational services the Boys and Girls Club offers.

Thanks to Rebecca's diligent work to build relationships and resources, kids now practice their cooking skills together with the help of Dignity Health, learn the history of landmarks like the Port San Luis Lighthouse, try out sports with Cal Poly athletes, appreciate animals alongside the Roving Reptile Group, and take up sewing and improvisational theater, among other creative outlets.

Rebecca's life motto is much like her work passion: to enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible members of the community.

**Thank you, Rebecca.  
You are a true Hands-On Hero.**

*Look for more on all of our Hands-On Heroes on COE-TV channel 19!*



Hands-On Heroes is a special recognition of dedicated individuals who believe in and support the Children's Bill of Rights, an achievable vision that our children grow up with healthy minds, bodies and spirits that enable them to maximize their potential. This program is coordinated by First 5 San Luis Obispo County in collaboration with local organizations that make a difference in the lives of children in our community. To find out more about First 5 and the Children's Bill of Rights, please visit first5slo.org.



Design: Verdin



RYAN M. ROSS, DDS

*More smiling,  
less worrying.*



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## FROM THE PUBLISHER

As time marches on and I see how San Luis Obispo has changed over my 53 years, it's nice to see that some things stay the same. When I was kid, the downtown had a butcher shop, a hardware store, an auto parts store, even a saddle shop. Today all those stores are gone and in their place we have new business owners trying to make a living by giving the public what they think will be successful. It's never easy to start a business. Being a small business owner myself I commend everyone who tries. This leads me to the cover story about Lincoln Market & Deli written by Susan Stewart. When I was a kid, it was Ellsworth's Market. Myself and my classmates would stop by on our bikes and get a soda on the way home from Mission school, back in the day when most kids rode their bikes to school. My flavor of choice was Orange Crush. Such great memories. Well today it's owned and operated by Mike and Becky Hicks, and what they have done here is truly entrepreneurial. The Hicks had a vision of what they thought the public wanted: a return to the old way of life but with a modern take that appeals to everyone. I think it's a home run.

This month we are jam-packed with more great stories. April Charlton brings us pediatrician Dr. Bravo. I have always known of Dr. Bravo but we had never met until I photographed him for the story. I could tell instantly that he loves his job.

Charmaine Coimbra brings us the Coastal Clean-up Day on Saturday September 15th. Last year this group collected over 6,444 pounds of trash off beaches and creeks. This year I hope it's much less. Please read the story and see how you can help.

We also have Heidi Harmon with the Palm Street Perspective, and Maggie Cox from AMF Media group brings us an Eye on Business. Plus many more great reads from our talented writers.

As always, let our advertisers know you saw them in Journal Plus and enjoy the magazine.

~ Tom & Julie

## BEHIND THE BADGE

# SHERIFF'S OFFICE HAS AN APP NOW!

**SAN LUIS OBISPO CO.**  
Sheriff's Office

BY IAN PARKINSON

**F**IRST CAME THE WEBSITE. NOW HERE COMES THE SHERIFF'S App. The Sheriff's Office recently debuted its new mobile phone app. We understand people are on the go a lot these days. Now you'll be able to take the Sheriff's Office along with you to stay connected to us and the rest of your community.

We began work on the app several months ago when we realized it was important to get information to the public in a timely manner, even when they weren't in front of a computer. The mobile app has a number of the same features you can find on our website, [slosheriff.org](http://slosheriff.org). Features like inmate information which tells you who's in custody and visitation hours. And to stay up to the minute with information from the Sheriff's Office, we've included our press releases on incidents happening around the county. You can even set up a notification system to alert you when there's a new press release that's been posted. We also have a feature regarding all the different Sheriff's Office programs like Project Lifesaver, Neighborhood Watch and Crime Stoppers and how you can get involved.

There are a number of features which are new on the app. Our Most Wanted Wednesday feature is one of our more popular segments on our social media platforms. Every Wednesday, we name a person who is wanted by the Sheriff's Office and a list of their crimes. We find the public likes to help us nab the bad guys and gals. And we couldn't do it without you. In fact, we have about a 73 percent rate when it comes to capturing these criminals. Now you'll be able to find that feature on the app.

A couple of the exciting features, which you will only find on the app, are notifications and alerts. You will be able to receive updates on breaking news notifications directly to your phone. For example, if there's a wildland fire in the area, and you've downloaded our app, you'll be able receive alerts regarding evacuations that affect you and your family. The notification feature will also let you know about severe weather in the area and what you need to do to ride out the storm.

The app is powered by [thesheriffapp.com](http://thesheriffapp.com), which specializes in developing mobile apps for law enforcement agencies around the country. We had specific needs and they were able to integrate them into our app to make it convenient and easy to use with the features we knew the public would want. It gives everyone who downloads the app full control of the information in the palm of his or her hand because it's highly customizable.

And it's all in a convenient mobile app designed to provide improved communication with the citizens we serve by providing public safety news and information. It's just one more way you can stay connected to the Sheriff's Office.

The best part, it's free. You can get it on Google Play for Android phones or download it from the App Store for Apple products. Happy apping!



## FEATURES



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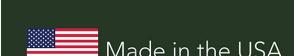


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# LINCOLN MARKET & DELI

## A Modern Take on an Old-Fashioned Tradition

BY SUSAN STEWART  
PHOTOS BY: TOM MEINHOLD

**C**OKER ELLSWORTH WORKED IN HIS FATHER'S CORNER grocery store from the time he was 7 years old. He had a special wooden crate to stand on emblazoned with the words "Shortest Box Boy." For many summers and vacations to come Coker would stock shelves, work the cash register, and help with deliveries. That's the part he liked the best: riding through town with his father, taking groceries to the seniors and other house-bound neighbors who depended on the Ellsworth's store for their weekly list of produce, meats, and dairy items.

Built in 1941 by Ed and his father Les (who earlier owned one of the first grocery stores in San Luis Obispo near High Street), Ellsworth's Market was a small-town fixture and neighborhood hub for generations of San Luis Obispans. Until it sold in 1970, the butcher shop was famous for its excellent cuts and expert butchering of all manner of meats (venison, beef, lamb) the townspeople brought there. Places like Ellsworth's are icons of the best our small towns used to be, and evoke wistful nostalgia among those who remember it. But wait ...

When Becky and Michael Hicks saw that the old Ellsworth's Market was for sale (again), they saw a chance to revive that genuine mom-and-pop, neighborhood-hub feel of the building's history, and to



expand on it. "We wanted to do right by that history," said Becky. And right they have!

In 2013, when the oldest of their two sons was just six months old, the young couple—straight from years in the food service industry—took a chance and threw all their creativity and customer service chops into the small building on the corner of Broad and Lincoln, now called Lincoln Market & Deli.

"We wanted a place where people could come, meet their neighbors, talk over lunch," said Becky. "Get to know the stranger across from them at our community table, engage with one another, and truly enjoy the experience of connecting with community."

Born and raised in SLO, Michael Hicks met his wife Becky (who grew up in Bakersfield) when they were both working in a popular San Francisco restaurant. Wanting to return to his hometown to raise their family, they landed jobs managing Eureka Burger (Michael) and Madonna Inn Steak House (Becky). "The steakhouse was truly an institution," said Becky. "And it gave me such a great experience with what it means to run a home town establishment."

When they bought Lincoln Market & Deli, they knew the food service part would be easy, and had confidence that the rest would come. The

Hicks began by updating lunch items, adding modern twists to the classics, such as Pulled Pork Banh Mi and their "Almost Famous" (and wildly popular) breakfast burrito. Becky completely transformed the retail store, cultivating strong relationships with local food and beverage makers to fill the shelves with the best of locally made specialty foods, wellness items, craft beers and local wines.

"We work with many local and small vendors to sell their wares in our store, bring home to our children, and give as gifts to friends and family," she explained. "I absolutely love the buying process. Finding new brands, makers, and products ... working with other local businesses that are doing amazing things. I feel honored to be connected to so many of them."

"Our customers are a perfect cross section of San Luis Obispo," added Michael. "Students, retired folks, young families, working professionals, and everything in between."

Last summer they also transformed the original structure (but without destroying the existing building), adding a patio outside, air conditioning inside, installing brand new bathrooms, and replacing the old electrical and plumbing systems, much of which was then 75 years old!

"The biggest change we've made," said Michael, "is that we've really tried to focus on bringing in an incredible staff. They do an amazing job





of representing Becky and me in everything they do."

"I love going to work every day, being my own boss, having the freedom to try new and creative things, from recipes to marketing ideas,"



he added. "I love seeing our regulars and introducing new customers to our little piece of SLO."

While living and working together might strain many couples, Michael and Becky met at work so they had confidence that owning their own business would work well. They thrive on the flourishing new business community coming up among 30- and 40-somethings here. And they acknowledge the harsh realities that not every day is going to be fun and exciting.

"Food service is a daily grind," Michael admits. "You can get the machine humming along perfectly, but there will always be little challenges that present themselves and throw it off course."

"There are so many plates spinning at once," added Becky. "Keeping them in the air takes a lot of work and a lot of planning, writing down thoughts and to-do's. I was never very good at that, but this business has taught me how."

Two of those spinning plates are their sons, Jackson 6, and Reese 4.

But it's not all work and no play for the newest owners of a corner grocery—and the parents of two young boys. The Hicks each understand the value of balance, of taking care of yourself so you can be better at all the rest. Becky is an avid yoga and gym enthusiast. She reads and journals every day. Michael is a singer-songwriter and musician in a local band. They both love to hike and to explore new wellness-related products and activities.

*"They are all following their passion while being committed to serving others. I'm so proud to be a part of that."*

"There's a new and very cool energy among young families and business people here," said Becky. "They are all following their passion while being committed to serving others. I'm so proud to be a part of that."

Expanding on the community-hub theme, Lincoln Street Deli has been offering workshops, events, and pop-ups regularly. The pop-up concept began in the professional chef arena and has now trickled down to other businesses. The pop-up offers quality craftsmen, food and beverage makers, who do not have a retail space of their own to showcase their products in a host retail space—in this case, Lincoln Market & Deli. Everything from house-made sausage to specialty herbs and plants can find their way onto the shelves, vetted of course by the Hicks.

"We use almost everything we sell," said Becky. "We take things home and give them as gifts, too."

Last December, the market hosted a Christmas pop-up where local craftsmen and specialty vendors partnered with the Hicks and each other to create a sort of holiday Farmers Market. The Hicks plan to make that an annual holiday tradition.

Tradition. Perhaps that word, more than any other, conveys what the Hicks hope the future holds for Lincoln Market & Deli. Traditions hold families, neighborhoods and towns, even countries together. Long-established traditions strengthen the fabric, the history, and the values that make a place what it is. They craft the stories and make the memories we pass on for generations.

Michael and Becky Hicks have taken the best of what is old-fashioned and made it new again. At Lincoln Market & Deli, images like a little boy standing on a wooden crate to stock the shelves of a mom-and-pop grocery store are alive and well. They hope that one day, generations from now, oldsters will be waxing nostalgic about *their* place, about the community it brought together, and all the sweet memories they made there.



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# DEREK JOHNSON, CITY MANAGER, CITY OF SAN LUIS OBISPO

*Compassion, Communication and Commitment:  
The Currencies of his Leadership*

BY DEBORAH CASH



**N HIS CITY** Hall office, san luis obispo city manager Derek Johnson, after a short but enthusiastic greeting, excused himself and darted out to grab some papers from the copier. Looking around in his brief absence, one notices the organized, neat but comfortable digs he's created in the space where he spends most of his waking life. Photos of family and

other mementos accent the bright room that features a large desk with double computer screens; the occasional alert that a situation is going down somewhere in his fiefdom interrupts. "Yes, it's a 24/7/365 job," he admits upon returning, "but I can't wait to get up every day and come to work. This was the life I imagined: to serve others and make the world a better place." He added, "My family is my number one priority but after them, this is my life right now."

And that life presents a full platter: The City of San Luis Obispo is growing quickly—though some of that expansion was already "on the books" just as the recession of the late 2000s hit and, thus being financially deferred, is now moving full steam ahead. "There's a lot going on," Derek said of the unprecedented level of construction in the City. "It may look like it, but we don't have a 'For Sale' sign in our window; all the projects underway are consistent with the City's General Plan." Indeed, the Chinatown project was approved in the early 2000s with the Garden Street hotel project getting a green light shortly thereafter. "What you're seeing is the pent-up demand for these projects that were waiting for capital and a market," he explained.

Another issue named in the City's major goals and of immediate concern, said Derek, is "Climate Action" that directs the City to achieve a net-zero carbon target and analyze how climate change is affecting the City's ability to provide for its future water needs given an alarm-

ing trend of historic hotter temperatures and less rainfall jeopardizing available resources. Housing continues to be a hot button topic though Derek believes discussions with Cal Poly about adding on-campus housing are productive and will provide relief in that sector—"We have a good partner in Jeff Armstrong," he said—along with private development for workforce homes underway and proposed.

Those are but a few of the challenges Derek says he, working closely with the community, believes he can find solutions for. "I'm passionate about doing a lot to stabilize our neighborhoods so that we have working professionals and families," he says affirmatively. He also acknowledges that with the current makeup of younger people serving on the City Council and City advisory bodies come new ideas and new conversations that may be different from what people who've lived here a while are used to. He notes that ultimately, success will prevail when people with diverse interests start talking and develop mutual solutions and ideas. All issues come with their ups and downs, but Derek welcomes the hard work of facilitating community conversation and forming government policy. "I want to leave the City a better place than I found it," he stated firmly.

"I cut my teeth in local government," Derek shared, describing the journey that led to his hiring as SLO City Manager in 2017. After earning his B.A. in Environmental Science from UCSB in 1992, he served as General Manager for Isla Vista Recreation and Parks District, adjacent to the university. "It was an environment with lots of students but had serious blight due to lack of investment. We also had town/gown issues but I feel we made some positive changes with infrastructure improvements and housing," he recalled. From there, Derek transitioned to Director for the County of Santa Barbara where he really put his ideas and vision in play. "I was able to do long range planning for rural areas like Santa Ynez Valley and the Channel Islands; I worked with Chumash tribes on growth and development plans of their areas. I studied water, strategic planning and closely watched trends and services of communities," he said.

Derek expanded his expertise in public service in his next position as Community Development Director for the City of Capitola where he worked on redevelopment planning and affordable housing for seniors. During this time, Derek and his wife Sarah felt the pull to relocate closer to the area they'd moved away from. "We've always loved the Central Coast and our best friends live in Los Osos," he said. In 2011, the position of Community Development Director opened; Derek applied and was hired. While he and his family were thrilled to move here, Derek got his "trial by fire" at work. He said, "When I started, the General Plan was being updated. The committee assigned to the task was divided on many of the issues (this was during the recession when the economy was far from recovering)." While he didn't elaborate, it's easy to imagine how many late nights and doubts about the move may have resulted. But, true to form, Derek hung in there and helped pull it all together.

From there he later served as Finance Director and Assistant City Manager prior to being hired for the lead position. "This is the job for



me," he says emphatically with his characteristic huge smile. "We're a stable community, we're a Mission town, and we've got a lot of structure and projects that serve our community well. Ninety percent of people say this is a great place to live. Hey, I know there are some things to work on," he said. "But my job is to be about implementing a community vision, to get them to articulate that and to then be objective, neutral and provide support to achieve that vision."

Derek came by his personal philosophy of doing well for others early on. Born in Marin County to Rex and Kay Johnson, he says he grew up in an area—along with siblings Brandon and Nikki—where people have values and interests very similar to those of San Luis Obispo. "Open space preservation, resource protection; my early lessons about those issues inspired me later on to use planning as a way to improve the quality of life. We're social beings, we want to see and be seen. We value the outdoors, a healthy environment."

Derek and Sarah, who also graduated from UCSB and works at Bishop's Peak Elementary as School Secretary, have two daughters Makena, 13, and Hadley, 10. Hadley attends Bishop's Peak and Makena recently transitioned to Laguna Middle School. The family includes two dogs—both senior Golden Retrievers, Daisy and Mac—that, says Derek, "My daughters coaxed my wife and I to adopt after we lost our 15-year-old last year."

A surfer since age eight who has chased the waves all around the world for the past 40 years, Derek is also an avid cyclist and a member of Rock Solid Racing, a master cycling club. He now enjoys yoga as well. "At my age, it's safer," he laughs. Travelling to Spain with his family is his favorite vacation; he particularly loves that some of the towns like Granada and Seville have individually-branded 'districts' with unique themes. "I'd love to see that in Downtown SLO," he said.

Looking ahead at a couple other major issues for Derek is the forthcoming closure of Diablo Canyon Nuclear Power Plant and maintaining the vitality of Downtown. As to the first, he says, "The closure of Diablo means we'll lose a lot of jobs (approximately 3,000) county-wide—that economic impact would be the equivalent of losing our wine industry," he points out. "What are we doing to keep jobs here and the quality of life that we have come to enjoy," he asked, "when we hear of businesses that want to come here but need workforce housing to put their people in?" And, Derek feels strongly committed to keeping Downtown safe, beautiful and economically strong. "We need more people living Downtown—that will help moderate the late-night impacts to its ambiance and help keep it vibrant in the face of more people shopping on-line," he said. Derek believes the city's

urban story started with the Mission and it should honor that history and be the best it can be.

"I love my job and am so thankful every day to serve this community. It is hard, it is difficult, and you can't make everyone happy," he said, "but I get to serve the people who live here and that's the most important thing."



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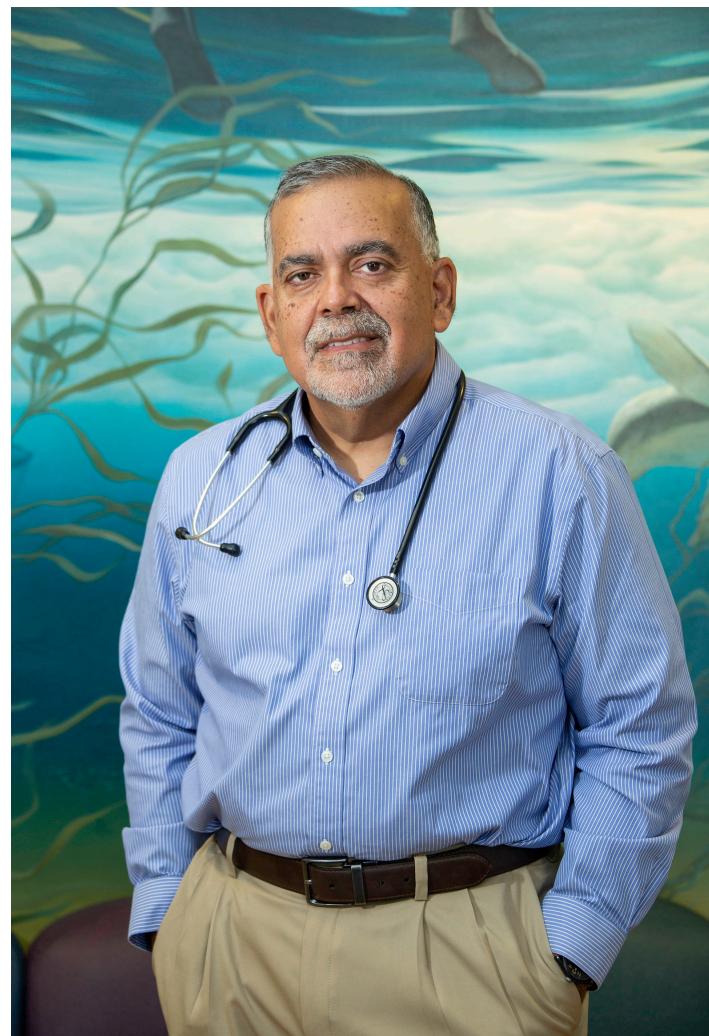


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# SAN LUIS OBISPO'S DR. BRAVO

*He'd do it all again in a heartbeat*

BY APRIL CHARLTON



PEDIATRICIAN DR. RENE BRAVO DOESN'T EXAGGERATE when he says during the course of his 30-plus-year career that has been spent entirely in San Luis Obispo he has easily treated 100,000 local youth.

He does joke, though, he and his wife, Debra, of 38 years, have to leave the area and travel to the other side of the country to get any kind of anonymity.

"Sometimes to escape, I have to go places like New York City," Bravo said with a wide smile on a recent Friday morning at BlackHorse Espresso & Bakery on Los Osos Valley Road, where he, of course, knew several families that came into the coffeehouse.

The 60-year-old pediatrician's face lit up every time he recognized a young family—or they recognized him—as he chatted about his life and career. It goes without saying when you have spent the better part

of your days treating many of the community's youth, who are now bringing their own children into your practice, you can't go many places without knowing someone.

And that's OK with Bravo, a Florida native, who said he wouldn't change his life's work for anything.

"If I had to do it over again, I would do this in a heartbeat," Bravo said, adding he feels very blessed he knew early in his life he wanted to become a physician. "It didn't start this way. I wanted to be a surgeon."

He also doesn't really mind the trek across the country seeking rest and relaxation as the couple love theatre and plan an annual visit to the Big Apple to take in Broadway shows, concerts and the like while under the cloak of anonymity the city provides.

Born to immigrant parents—his mother was from Cuba and his father from Ecuador—Bravo and his family relocated from Florida to California in 1962, when he was just a small boy and didn't speak any English.

When he entered kindergarten in a suburb near southeastern Los Angeles, Bravo remembers laughing at the other kids because he didn't understand them.

"One of my earliest recollections of being a monolingual child in Los Angeles was going to kindergarten, not knowing a lick of English and laughing at everyone because they were just jibber jabbering," Bravo said. "I got punished several times for that."

He quickly learned to speak English at age 5 and was the first in his family—Bravo has a sister and brother—to go to college. Bravo graduated Bell High School in 1975 and attended Point Loma Nazarene University, graduating in 1979. He then attended medical school at UC San Francisco, completing his internship and residency at Stanford University Medical Center.

He came to San Luis Obispo County in 1986 right out of his medical residency, joining the San Luis Medical Clinic. Bravo stayed with the clinic for a few years, then left to join a group of local pediatricians before starting his own practice—Bravo Pediatrics—which he still operates today at 3421 S. Higuera St.

"It's an amazing experience to live in a town where you have raised your family and you see other people raise theirs," Bravo said. "I feel very blessed to have landed in a community that is so warm. This is a good town. I could have ended up anywhere else in the country, but I ended up here. San Luis Obispo has allowed me to have a good life, a quality life, and to be able to do meaningful things and give back."

Bravo said he knew he wanted to be a doctor from a young age, having been diagnosed as a teen with cancer. He injured his knee while fleeing his home during a large earthquake. Doctors subsequently found a lump and it was cancerous.

The teen spent the next several years in treatment, including radiation and chemotherapy, at the City of Hope. It spurred his desire to



THE BETTENCOURT CHILDREN: JESSE (8), HARPER (5), TRISTEN (11), AND LENA (3)

want to dedicate his life to practicing medicine and helping others.

"Out of a great tragedy and a difficult time in my life, I was able to glean that which was able to make me a doctor," Bravo said. "That was a seminal event. I faced my mortality at a very young age and it really made me very grateful for everything that I have around me. I never take life or its permanence for granted. I came out of that with a desire to serve and to help and to give back."

Bravo, who was raised in the Protestant church, also said his strong faith helped to support him and his family through that hard time in their lives, just as it does today. He also said people can't really know who he is without knowing how important his faith is to him.

"It sustains me at a time when things don't make sense or are confusing," he added. "You can't know a lot about me without knowing that is a critical part of my life. (My faith) has been an important part of my life throughout life."

In the 1980s, Bravo led missionary trips in to the jungle in Central America, where he worked with an orphanage in Guatemala during the civil war to provide health care, including immunizations to many of the orphans of the war.

That work also changed Bravo's perspective on justice and the need to be involved, which carried over making it a priority to help provide the best possible medical services — especially to families that might not otherwise have access — throughout his medical career, which he said is far from over.

"I really enjoy children and most importantly I enjoy the fact that when you invest in a child you are investing in the future," he said. "You are investing in a human being that will touch the lives of people for generations to come. The fact that you can get into people's lives and their families and help them, that is the ultimate. There's nothing like it at all. That's what I love about it."

Bravo doesn't deny his job does come with days when he has to deliver news no parent ever wants to hear and no pediatrician ever wants to speak. On those days when things don't make sense, Bravo draws comfort from his faith.

"There are sad days" he said. "The most difficult thing that I have ever had to do is tell people their child has something that will result in their own mortality. I have seen children born; I have seen them die. It's quite a ride, emotionally. The secret to enduring is my wonderful wife and my faith."

Asked what advice he gives new families, Bravo's eyes sparkled and the pediatrician said he always tells first-time parents to trust their instincts because they do know what they're doing, even if it may not feel like it to them when they are in that moment of feeling like a complete failure.

"I also tell them they won't remember how to change a diaper or how to nurse a baby or how to take care of a belly button," Bravo said. "They won't remember that in 20 years, but they will remember what it feels like to be a parent for the first time and they will carry that memory for the rest of their life."

He added, "And at the big, most important times of life when their child goes to kindergarten or graduates from high school or gets married later in life, they will think back to the moments when the child was born, so I tell them it's very important to create good memories for themselves because these are the memories that are going to last."

Bravo has five grown sons and four grandchildren. In his spare time, he also enjoys exercising, backpacking and gardening. He still owns the 1974 red VW van that he drove in college.



For more information about Bravo Pediatrics call (805) 544-4460 or visit [www.bravopediatrics.com](http://www.bravopediatrics.com).

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# MANUEL BARBA BRINGS HIS LOVE OF MUSIC TO ATASCADERO

## Traffic Records Opens in Downtown

BY HEATHER YOUNG

**M**ANUEL BARBA OPENED TRAFFIC RECORDS in downtown Atascadero in March of this year with his partner Dawn Neill because of his love of music.

"I didn't think I'd be opening a record store at all," Barba said. "I just knew I'd do something with music. When the location in the downtown Colony District opened up, Barba said when he did the math, it was clear that Atascadero was the place to open a record store. "It didn't take me long to figure it out," Barba said. "I feel people are excited that we're here. New people find out [about the store] every day. People are starting to learn that we are here." And that was how Traffic Records on Traffic Way was born.

The walls of the 400-square-foot space are lined with wooden boxes filled with vinyl records, many of which Barba buys from people who have either inherited the records or are looking to downsize what they'd collected over the years. He encourages people looking to off load the records to bring them down to the store. When he gets a collection, he checks the condition of each dust jacket, the condition of each record and evaluates the records based on whether they are something that would appeal to his customers. He doesn't accept every record that comes through the door, though.

"We get a lot of junk too," Barba said. "It doesn't feel good to turn people away." He won't accept a record, which is in bad condition, or is it not something his customers would be interested in. However, as much as possible, he does try to do what he can to keep records out of the landfill. "I've shifted my mind-set [when looking for records]," Barba said. "It's about getting them out into the community. I'm not necessarily looking for records in the same way I was before."

Now, he said, he gets excited when he finds a pristine record that he knows his customers will want.

Barba started with reselling vinyls by organizing record swaps in San Luis Obispo, where he lives with Neill, a Cal Poly anthropology professor, and their three children, Joaquin, Mateo and McCartney, ages 12, 10 and 3.5 respectively. The Record Days still continue two to three times a year at the Guild Hall on Broad Street in San Luis Obispo. "I'm addicted to music, not vinyl," Barba said. "Vinyl is just how I prefer to listen to it."

He added that vinyl conveys the music in the way that the musicians intended. In addition to running record swaps and his store, Barba also is a disc jockey, spinning records. Being a DJ is something he has done since he was in high school. He DJs events and weddings with records. At his store he plays the full album of records in the collection he carefully curates for his customers. The full album is put together and is meant to be listened to in full, not just listening to the hits.



He spins records every Sunday at Libertine during vinyl brunch, which is from 10 a.m. to 2 p.m.

In addition to selling vinyl records, Traffic Records also sells cassettes and 45s. Barba is in the process of getting a machine that will enable him to sell tickets from EventBright.

Got some vinyls collecting dust in your closet? Take your collection to Traffic Records. Barba will sort through them to pick out what he will resale. He pays cash or gives store credit to sellers. After he buys the records, he takes out every record to inspect and clean it before putting it out for sale. He has boxes upon boxes of records in his back room, just waiting for him to go through them and get them on the store's floor.

Before he moved to the Central Coast 20 years ago, he grew up in East Los Angeles and then moved to Santa Cruz right before he turned 18. When he moved to the San Luis Obispo area, he worked for Parks and Recreation, which propelled him into a career working with families and children. Working with children led him to get a master's degree in psychology. Now, he imparts his wisdom to his customers.

Some things he's planning for the future is to be a ticket box office for various shows and venues in the area and he would like to host his own shows in the community.

"I'd like to get involved in city growth and planning," Barba said, adding that Atascadero is in need of a venue. "People are waking up to the importance of having live music."

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# CALIFORNIA NATURALIST PROGRAM COMES TO SLO

BY MICHELE ROEST



**H**AVE YOU ALWAYS WANTED to know what's so unique about California ecosystems? Do you wish you could rely on science-based information to help you make informed decisions about environmental concerns? Here's some good news: there's a new Master Naturalist program coming to Cuesta College Community Education. It's called the California Naturalist. I'm the instructor for the course, and I'm very excited to bring it to your attention!

Master Naturalist programs are similar to the well-known Master Gardener Program. Almost every state in the US has a Master Naturalist Program. In California, it's called the California Naturalist, or CalNat for short. The statewide program is coordinated through the University of California's Office of Agriculture and Natural Resources (UCANR). The mission of the UC California Naturalist Program is to foster a diverse community of naturalists and promote stewardship of California's natural resources through education and service. The UC California Naturalist Program is creating a vibrant, thriving, inclusive environmental movement for the 21st century.

Master Naturalists are trained to be stewards of the natural environment and to teach environmental stewardship to others. In order to become a certified California Naturalist, participants must complete a 40-hour education and training program offered by a partner organization. The CalNat program started in 2012 with five partners, and in six years it has expanded to nearly fifty partner organizations. Not surprisingly, urban areas have the most programs, many of which are offered through environmental organizations, community colleges, museums and research stations.

The first CalNat program in San Luis Obispo County was offered through the Coastal Institute at Camp Ocean Pines in Cambria as an 8-day intensive. As an instructor for the Coastal Institute, I saw the value of offering the course at a slower pace for residents in San Luis Obispo County. Working with staff from UC Extension, Cuesta College became its newest partner, and we are pleased to offer an eight-week CalNat course, which meets on Fridays from September 21 through November 9.

The California Naturalist course is open to adults and has no pre-requisites other than an interest in learning about the natural world. The class is ideal for adults who want to strengthen their knowledge and understanding of California's natural history in a structured 8-week program. It's a great resume-builder for people seeking jobs in environmental fields. And it's a fun and enjoyable way to learn about many special places in San Luis Obispo County.

CalNat courses add to the knowledge base of environmental docents and volunteers who are continually seeking new information about California ecosystems. CalNat encourages and recognizes volunteerism for Citizen Science projects and other kinds of environmental volunteer work.

There's nothing like the feeling of completing a challenge and mastering the information. Upon completion of the course, participants receive a CalNat certification and lapel pin. Four units of UC transferable credit are available for students who complete the course (at an additional \$85 fee). Continued volunteer work qualifies participants for a new pin each year. Surveys show that certified naturalists feel more empowered to address environmental challenges after their training, and they enjoy being part of a community of trained individuals.

DATES: 8 Fridays; September 21 through November 9, 2018

TIME: 9:00am - 3:00pm. Each class begins with a lecture, followed by an off-site field trip, with time for lunch and breaks. Field trip travel is by personal vehicle. Highlighted field trip destinations include tours of Cuesta College campus, SLO Botanical Garden, Morro Bay National Estuary, Northern SLO County forests and grasslands, the PG&E Energy Education Center and others.

FEE: \$345

LOCATION: Cuesta College, San Luis Obispo Campus, Room 4730

INSTRUCTOR: Michele Roest

Course Requirements:

- Reading and homework: The California Naturalist Handbook
- 40 hours of instruction in the classroom and on field trips
- Participation in a class Citizen Science Project
- Field notebook and journal
- Participation in an iNaturalist local project
- A capstone project and presentation

To register, go to: [https://www.cuesta.edu/communityprograms/community-education/nature\\_science/naturalist.html](https://www.cuesta.edu/communityprograms/community-education/nature_science/naturalist.html)

Michele Roest carries a lifelong love for San Luis Obispo County. She has a BA and MS in biology and has taught biology classes for more than twenty years. She volunteers as an advisor to the Friends of the Elephant Seal and as co-chair of the Morro Bay Winter Bird Festival. Contact Michele at [michele.roest@gmail.com](mailto:michele.roest@gmail.com).

# JOHN MADONNA CONSTRUCTION STILL AT WORK IN BIG SUR

BY CAMAS FRANK

PHOTOS BY JOHN MADONNA & CALTRANS

**N FEBRUARY LAST YEAR A LANDSLIDE LED TO THE FAILURE** of the Pfeiffer Canyon Bridge and closed Highway 1. In May, 36 miles to the north, more than 5 million cubic yards of dirt and rock dwarfed earlier slides, covering a quarter mile of tarmac at Mud Creek.

With lots of planning and a year of hard work, the reopening of Highway 1 through Big Sur on July 18, 2018 was noteworthy from Monterey to New York.

A big milestone to be sure, and important even to international travelers as a stop on their globe trotting vacations, but just as newscasts used to herald the work of men building the nation's skyscrapers well before the last beam was lifted into place, folks do like to celebrate early.



John Madonna, the second generation contractor based out of San Luis Obispo with his own company since 1978, knows a bit about how people respond around big projects, and who gets credit.

"The guys are definitely still working up there," he said, in early September. "Highway 1 is crazy right now. It was reopened but only one lane through. The traffic is horrendous."

While dignitaries and politicians attended the July 20 ribbon cutting ceremony at Ragged Point—thrilled, not only that early worries the route would be closed for multiple years were unfounded, but that traffic flowed a full two days earlier than scheduled—Madonna said he made sure to get time on the schedule to recognize his crew.

"These guys have given a full year of their lives," he said. "That's something people don't realize about the work but we hired a lot of good people who have been willing to give up a solid year and a half, with every waking hour for the chance to be part of something big. To me it is as big as being on the Empire State [building in New York City] or the Golden Gate. Something you point to the rest of your life, and say 'I helped do that.'"

One of the company men still up there everyday is their vice president, Mark Amish, who, to hear Madonna tell it, might have made the road open through force of will.

"Mark challenges everybody, including me, and pushes to get results no matter what," he added paraphrasing what he told attendees on the day, "He's very goal oriented and never lets an answer go unquestioned."

The relentless effort was manifest in moves that cost in the short run but evened out over the course of a \$54 million project. Such as renting an additional mining truck to compensate for daily downtime on the eight massive haulers already on-site, or sending trucks on 12-hour round trips to import material from Porterville when quarries in Cambria reached their production capacity.



"It cost a lot more per load and doesn't look like much at a time, but you factor that extra 100 tons a day into the progress and it's all the difference," Madonna said.

Intuition pays off, especially when you know you can trust old compatriots.

Amish and Madonna went to high school together and have been in business since the beginning.

According to the folks over at Caltrans, the state agency which bankrolled the emergency contract for the repairs, it was one of Madonna's senior employees of equally long standing who made the decision to pull workers off of the hillside at the Elephant Trunk project, where repairs were underway the day before the big slide in May.

Which isn't to say that later work wasn't dangerous, but when large rolling boulders threatened men and equipment moving a million tons of dirt at Mud Creek they did have the advantage of a \$500 radar rig to spot the problem areas.

Nevertheless there were two hits on trucks at the site.



"Eight million tons were moved in five minutes," Madonna said. "We 'only' got to a million, but that's twice as much as was moved in 1984."

He added that what they've done, and are still working on, buttressing the new roadway with embankments, berms, and imported rock, is all laying a foundation.

"We're still waiting on Mother Nature to put a roof on it and tell us what will stay," he said.

Engineers expect two winters for the new slopes to fully stabilize.

In the meantime, Madonna has been thinking about the history for the route.

"There are photos of horse-drawn graders being used in the 30s," he said. "Dynamite was how it was all excavated. We had to do that in a few places but it's a major cause of instability. We're working on that foundation."



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# COASTAL CLEAN UP-DAY

Saturday, September 16th

BY CHARMAINE COIMBRA

**S**ULLIE, AN AGING GULL, IS DISTRESSED AND ANGRY about the trash left by people on the beach. Sullie's granddaughter was permanently crippled after her entanglement in plastic waste—or so goes the story, "Sullie Saves the Sea," a children's book by ocean activist Goffinet McLaren. McLaren is not local, but the story she wrote is both universal and very local. As a matter of fact, during the last Coastal Clean Up Day in SLO County, volunteers removed 6,444 pounds of trash from our beaches and creeks, according to EcoSlo, the SLO County coordinator under the auspices of the California Coastal Commission.

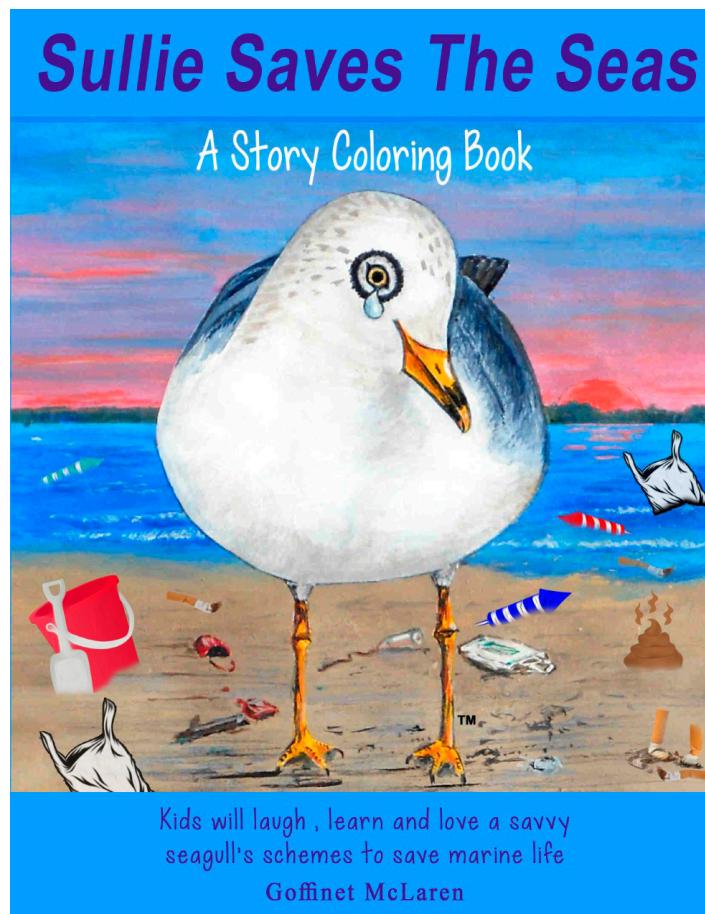
On Saturday, Sept. 16, volunteers will choose between 31 regional sites set for cleanup. From Hearst State Beach to Oceano Dunes, and local lakes and watersheds to include Lopez Lake, Oso Flaco Lake, Santa Margarita Lake, Arroyo Grande Creek, and West Cuesta Ridge trail head in Santa Margarita, over a thousand volunteers will coat themselves in sunscreen, tote buckets held by gloved hands, and pick up trash before it goes to sea. Coastal Clean Up Day is worldwide and the "the largest volunteer event on the planet," boasts the Ocean Conservancy. Worldwide, about 12 million people volunteer for this one-day event.

Last year I observed the cleanup along the 4-mile stretch of Estero Bluffs State Park, under the guidance of the Cayucos Land Conservancy (CLC) with Cayucos resident Mary Bettencourt taking the lead. The cleanup literally rolled into high gear when 5th District County Supervisor Bruce Gibson hauled in an old tire just minutes after he began his trash hunt. But he sparked a gasp of horror by the volunteers when he produced several exploded remains of fireworks he found in the dry brush.

About 26 volunteers collected an array of waste, from tiny pieces of plastic to oversized sleeping bags. "Everyone was enthusiastic, es-



BRUCE GIBSON GETTING THE CLEAN-UP ROLLING



pecially the students from the Templeton High School Ecology Club," Bettencourt said. "The volunteers were surprised at the amount of small plastic collected—the kind that chokes birds, including straws and lids," Bettencourt added.

But the most enthusiastic from my perspective were CLC members, Phil Kiesewetter and Larry Fishman. Armed with buckets and trash grabbers, they aggressively scoured the bluff grasslands like safari hunters. Only this time they hunted debris that would eventually wind up in the ocean and become part of the global pollution that endangers and entangles marine life, and impacts human health and safety. "Marine debris entanglements have been documented for more than 275 species of animals, including 46% of all species of marine mammals," as stated by the California Coastal Commission. Plus 245 different species "have been found to have ingested marine debris." And for humans, the Coastal Commission notes, "Nails, glass, and syringes on the beach can cause physical harm to beachgoers. Additionally, trash in our waterways increases the amount of pathogens and chemicals, impacting water quality."

PHIL KIESEWETTER SLAYS THE MARINE DEBRIS



C. Coimbra photo

Kiesewetter and Fishman bagged a few trophies including a plastic irrigation line, and large plastic bags.

The Cayucos Land Conservancy (CLC) has an historical attachment to the Estero Bluff. CLC is "...committed to the enduring preservation of the rural greenbelt that surrounds Cayucos," according to CLC's website, cayucoslandconservancy.org. Preservation of history and open space is the main goal of CLC. Land conservancies typically work with landowners to protect and conserve land for its natural, recreational, scenic, historic, or productive value. The Estero Bluffs are a special part of the Central Coast. Several endangered species inhabit the area, including the snowy plover. In the early 1990s zoning for development that included a 250-room hotel and 65 homes, on the bluffs was approved. CLC challenged the zoning. Now the 4-mile stretch of coastline is part of the state parks system.

While scenic and spectacular, the bluffs accumulate debris from trash blowing out from the beds of passing trucks, people who find the unlit bit of highway a convenient dumping ground for old tires and an assortment of trash that was collected last year, like worn sleeping bags and, of course, the perennial plastic water bottle. On the positive side, Bettencourt said that less single-use plastic bags are now evident during SLO County coastal clean-up efforts.

The top five items of trash picked up throughout SLO County in 2017, according to EcoSlo were:

- 14,724 cigarette butts
- 8,631 plastic pieces
- 5,108 food wrappers
- 3133 glass pieces
- 2,504 plastic bottle caps

The California Coastal Commission has captained the cleanup for 33 years. From 1985 through 2016, 23,054,067 pounds of trash and recyclables were removed and properly disposed or recycled by 1,437,549 volunteers, the commission reports.

The fictional marine debris battling gull, Sullie, forms a Secret Society of shorebirds that take on the task of teaching humans about leaving all sorts of litter on the beach. They mourn the loss of their pal, Stub, a dolphin that choked to death from a plastic toy that washed into the sea; and they skirmish to save Tatoosh Turtle, a 30-year-old sea turtle sick and near death from ingesting plastic bags that floated into Tatoosh's habitat. Sullie completes his mission to educate humans about the multitude of debris commonly found during beach cleanups, and like the over 1,000 volunteers on our local beaches on Coastal Clean Up Day, takes a relaxing rest on a beautiful beach.

Coastal Clean Up Day is a perfect time for family and friends to form their own secret society against marine debris by picking a county clean up site on Saturday, September 16, between 9 a.m. and noon. To me, a group picnic and to rest on perfectly cleaned beaches afterwards, is a Central Coast ideal and gift.

To learn more, visit the EcoSlo website, ecoslo.org, or contact EcoSlo at (805) 544-1777, or email info@ecoslo.org

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# WEEKEND ESCAPE:

## Cabo San Lucas

BY SHERRY SHAHAN



**F**RIENDS INVITED us to stay at Cascadas de Baja, a thatch-roofed resort on the southern tip of Mexico's Baja California Peninsula. The flight from LAX to Cabo is a bit over 2 hours, less than \$200 round-trip if deals are scouted off-season.

The double glass doors leading into our three-story villa swung open over a terrazzo floor. A whimsical animal head was molded into the banister. Even better, a private pool and Jacuzzi off the second floor. The view beyond: palm trees, bougainvillea, and the deep blue sea.

Phillip and I left our unopened suitcases to stroll the coarse sands of Playa el Médano with its beach bars, restaurants, and tequila-swilling contests. Vendors strained under armfuls of Mexican kitsch in a romper room of color: Sombreros, ponchos, woven bracelets, and inflatable dolls bobbing on sticks. We didn't mind being approached by vendors who accepted No gracias.

Neither of us had interest in conga lines nor fly-boarding so we walked to the marina to check out local fishing boats. A guy looking for something to do asked if we'd like a tour in his modest panga. "Ten dollars," he said. "For an hour and a half."

The glass-bottom boat slid over schools of fish while he recited names: Comtooth Blennies, Sea Chubs, Parrotfish, and enough others to exhaust the most ardent list-maker. He slowed at Land's End, the boundary between the Sea of Cortéz and the Pacific Ocean for a photo of El Arco, the famed wave-battered rock formation.



The waters on the wilder Pacific side glinted turquoise. Neptune's finger jutted from the sea off Lover's Beach, a popular spot even though it's inaccessible by land. Not much shade, I noted. No restroom or showers either.

From there, Divorce Beach is a five-minute walk, so named for the strong riptides. It's one of the few beaches in the world that connects two different bodies of water. "Romantic sunsets here," our guide said.

After our tour we ventured into the evening sun, a flood of golden Coppertone light, a breeze drying our cotton shirts. Live music surged from bars and restaurants. People danced on the boardwalk in flip-flops.

I was mesmerized by the outgoing nature of the locals. "Where are you from?" "Do you like it here?" My awkward attempts at Spanish were met with grins.

The aroma from a steamy pot of slow-cooked beans drew us to Tacos Guss. A big hunk of meat cooked on a vertical rotisserie, like an inverted cone. The chef shaved the meat as it cooked. "Let's have some of that," I said.

Even before we'd ordered, salsa fresca appeared on our table, then a tray of shredded cabbage, pickled carrots, radishes, cucumbers, and

quartered key limes. The tacos were \$1 each, making them a tasty, inexpensive meal in an otherwise tourist area.

Our next stop: The Fish Resort, touted as a "unique foot spa experience." Scores of garra rufa swam in knee-high vats of filtered water. These tiny toothless fish suck dead skin cells off your feet.

According to the brochure, Ictiotherapy started in China and Korea before expanding to Los Cabos. Phillip paid \$20 for 15 minutes with the little suckers, giggling the whole time because it tickled. Some spas offer a full body fish exfoliation.

A few days into our trip we rented a car (\$55, including tax and insurance) and ventured up 4-lane Highway 19 to Cerritos Beach, a well-known surfer's spot. The turn-off is well marked, but once off the highway it's a maze of dusty roads. Our landmark: The tall Dos Equis sign beside the Cerritos Beach Club & Surf, an unassuming palapa with a full bar and great menu. (Cash only.)

We settled into lounge chairs on shore beneath an umbrella for beach-side service and front row views of some really good surfers. French fries laced with melted mozzarella arrived with a large, creamy bowl of guacamole. Oh, my. Just wow.

Margaritas gave us enough courage to share a one-hour surf lesson. (\$65) "The water is warm so you don't need a wetsuit." Our instructor Rafael smiled. "But it will help keep your swimsuit on." Indeed, the choppy waves swirled in a bikini-grabbing current.

Lessons began on the sand with instructions on where to plant my hands on the board (by my shoulders) and how to stand up (knees first).

"Keep your eyes on the beach," Rafael said. "Never look down."

Paddling out was a challenge, a dozen shoulder-aching pushups in the face of powerful waves. "Are you ready?" he asked, swinging the board around. He didn't wait for an answer. "Paddle! Stand up! Now!"

I sort of crawled into position staying upright about eight seconds.

Back in Los Cabos and famished thus again. We hit quiet backstreets looking for tacos. The local, authentic milieu of "1 & Only Taco" called to us. Five plain white plastic tables out front, each with a set of plastic chairs. Inside, an immaculate kitchen.

We met Fred who was a partner in this family-owned restaurant. He brought out a bowl of house-made chips fresh from the fryer. The roasted tomatillo salsa can only be described as burn-your-face-off hot.

When asked if I needed utensils I merely wiggled my fingers.

Fred chose his English words with care, "Those are the only tools you need."

I stuffed myself on sea bass tacos, the fish caught by locals, dipped in a beer batter and fried puffy. Phillip opted for al pastor (chili-rubbed, marinated pork). Tacos, \$1.50 each. Cerveza \$2.50.

Fred hung out with us while we ate, sharing stories of past construction jobs in California and his amazement at the difference between Bakersfield and Monterey. Phillip and I felt like guests invited into a friend's home for the evening.

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## AT THE MARKET



# FALL FAVORITES

BY SARAH HEDGER

**S**EPTEMBER MARKS EARLY FALL HERE ON THE CENTRAL Coast, which hopefully means some reprieve from the heat! It also means Summer produce has hit its peak of sweetness, leaving the last of the taste of Summer to be enjoyed as Fall produce rolls into our lives. Thus, an abundance of tomatoes, peppers, zucchini/Summer squash, eggplant, are as sweet as they are going to get, and found in great quantities both at the market, as well as many backyards. The summer fruit sweetness is also at an all time high this time of year, with berries, stone fruit, melons, all found in great abundance. So much goodness to choose from; it is great to have so many options to continue to eat fresh.

This month's recipe is a bit of a traditional favorite, and is really great for the end of the Summer as so many of the ingredients are needing to be eaten. I use the word "need" here, as this is what many experience when they are growing in great abundance in our backyards and we don't want them to go to waste! Thus, Late Summer Spag Bol (Spaghetti Bolognese) is the go to this month and one of my all time favorites as it goes together easily, while making great left-

overs, and can easily be tweaked to adapt whatever vegetables you have on hand. It can be made vegetarian or with meat, it can be made with noodles or, our recent favorite, zoodles (zucchini noodles), which add even more nutrients in the form of vegetables, to the dish. A lot of times spaghetti sauces have a wine component in them which is nice. However, I often don't have wine on hand to use a few tablespoons in a pasta sauce, and have found that a good balsamic vinegar does the trick, something most of us keep in our pantries. It adds a similar acidic, sweet flavor to the sauce, while cutting the tart, acid notes of all the tomatoes. Some people also add a pinch of sugar to tomato sauces for this reason however the balsamic vinegar ticks all the boxes, deeming the sugar addition unnecessary as well. Problem solved!

Being primarily made of in-season vegetables, this meal is also packed with great nutritional value, making it a heavy hitter of Vitamin C, B, Foliate, as well as fiber. The garlic is full of antibacterial as well as anti-viral compounds, giving the immune system a great

boost. Using zoodles instead of pasta, increases the nutrient density as well as it adds additional fiber and vitamins, instead of starches found in pasta. Lastly, we can't overlook the endless benefits of olive oil as it has anti-inflammatory compounds, as well as healthy fatty acids. While Italy is known for their olive oil, buy local where you can as the Central Coast produces some amazing, beautiful olive oil! Lastly, if you love this recipe, make a double batch and freeze some of the sauce for when you don't have time to make a fresh batch. It freezes great and will remind you of the goodness of summer all over again. Enjoy!!



## LATE SUMMER SPAG BOL (SPAGHETTI BOLOGNESE)

Makes 4 Servings

### For the Spag:

- 2 T olive oil
- 1 red or yellow onion, finely chopped
- 4 garlic cloves, minced
- 1 carrot, diced
- 2 zucchini, diced
- 1 red bell pepper, charred and diced
- 1 handful/pint cherry tomatoes
- 1 can of good quality chopped tomatoes (and juice)
- 1 tsp oregano

\*Meat option- 16 oz good quality, free range ground beef

2 T balsamic vinegar

1 tsp sea salt

Pinch of red chili flakes

1 large handful fresh spinach, washed twice

Handful of fresh herbs- Any of your favorites from fresh basil to rosemary to parsley

Freshly grated Pecorino Romano or Parmesan for the top

### For the Pasta:

8 ounces dried pasta, cooked in salted water and drizzled with olive oil

\*Optional non-pasta/low carb- spiraled zucchini, soaked in boiling water for 3 minutes and drained

Preheat large, heavy-duty sauté pan with olive oil over medium heat. When hot, add onion and garlic and sauté for a couple minutes. Add carrot, zucchini, red pepper, tomatoes, oregano, meat if you're using, vinegar, salt, and chili flakes. Sauté for 10 minutes until vegetables are soft and meat is no longer pink. Add a cup of water (rinse the tomato can out and use this for more flavor) and simmer for 20 minutes until sauce is thick. Add spinach and fresh herbs and remove from heat.

Place noodles in bowl and top with sauce, cheese, and a sprinkle of fresh basil. Enjoy!



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# KIDS' EYE VIEW

## Celebrating Guileless Creativity

BY KAREN KILE

**W**ITHIN MINUTES OF GETTING A NAME TAG, SEEING all the art-making stuff to play with, checking out the other kids, hearing the teaching artist's ideas—a first time young student's anxiety with taking art lessons at a real museum melts away. He or she realizes this museum is going to be fun. You get to break the mold. Ask questions. Get your hands onto all kinds of neat stuff. And, if you learn anything along the way, that is okay too.

This past summer, 224 youth, from 5 years old to teenager, enrolled in six week long art camps at the San Luis Obispo Museum of Art (SLOMA). These young students enjoyed brains-on art lessons from talented and inspiring teaching artists focusing on sculpture and painting inspired by nature, on stitching ideas together, making art that moves, combining poetry and art, and using unusual materials to express new ideas—always learning to use their observations and imaginations in creative ways.

Honoring these younger members of our community, SLOMA celebrates their creative and artistic genius in Kids' Eye View, an annual exhibition showcasing selected artwork created by summer art camp students, on view until October 14, 2018. A public reception to celebrate the young artists will take place on Sunday, October 14 from 2–4 pm. Refreshments will be served.

Beth Mott, SLOMA's Youth Education Coordinator, takes great care in curating Kids' Eye View, an impressive exhibition of the students' artwork. "Being recognized for one's artistry is an inspiring experience for the young artists. It's a proud moment for the families who know the importance of having art in their children's lives. It is also a popular exhibition with the public—reminding adults how creative and imaginative children and teenagers can be, if provided with a stimulating art education," she said.

Beth Mott also praised SLOMA's teaching artist faculty that included Brian Williams, Lori Wolf Grillias, Susan Connors, Barbara Rosenthal,



Madeline Simonaro, Juleen Packard, Carolyn Balogh, Guy Kinnear, Kathy Friend, and Marti Niles for their talents and inspiration this summer. SLOMA also thanks FrameWorks for providing their professional matting of all the students' paintings and drawings again this year.

Since SLOMA's founding in 1968, its youth art education program has been igniting a passion for the visual arts in generations of children and teenagers throughout San Luis Obispo County—always valuing the process of art-making over the final product, with a curriculum that explores contemporary art, experiences the creative process, excites imaginations, encourages problem-solving and engages professional teaching artists.

SLOMA's art classes are based on the California State Visual and Performing Arts Content Standards, K-12. SLOMA's teaching artists' talents are matched to every session's content, assuring the teaching artists' personal ownership and that every student learns sequentially from every previous session. Teaching artists also have the opportunity to plan their lessons around upcoming SLOMA exhibitions; then taking their students through an exhibition where they engage in small group activities, art exercises, and discussions about the exhibition's themes and materials, and challenging the students to create their own art projects, inspired by what they experienced in SLOMA's galleries.

Beth Mott sums up the benefits of the SLOMA art education program by pointing out that the visual arts connect students to themselves and to others, provides new challenges for students already considered successful, and are also uniquely positioned to engage students who might otherwise not do as well in school, or drop out. The visual arts also connect these students with skills that will benefit them later in the world of real work.

"Every interested child should be able to take SLOMA's art lessons," states Karen Kile, executive director. "Our policy is to simply ask families to pay what they can afford, using full and partial scholarships to help every family in need." No child is ever turned away, thanks to generous grants in support of SLOMA's youth art programs this year from the Charles D. & Mary A. Bauer Foundation, Robert H. Janssen Foundation, Rita's Rainbows, the Rotary Club of San Luis Obispo de Tolosa, the Janine Barasch Children's Art Education Scholarships, the PG&E Corporation Foundation, and gifts from other interested individuals and businesses. "Slightly more than \$7,000 in scholarships was distributed in 2018—a 75 percent increase over last year. Young working families are being squeezed economically like never before," Kile explained. "SLOMA hopes that those who can help give scholarship funds, will continue to support SLOMA's art education programs so that all children who want art can have it in their lives."

The San Luis Obispo Museum of Art is located at 1010 Broad Street, on the west end of Mission Plaza in San Luis Obispo. Open 11 to 5 every day except Tuesdays. Admission is free. SLOMA is a 501(c)(3) public benefit nonprofit arts organization dedicated to providing and promoting diverse visual arts experiences for people of all ages and backgrounds through exhibitions, education, creation and collaboration. It preserves the artistic legacy of the California Central Coast in its permanent collection. More information about the Museum of Art is available online at [www.sloma.org](http://www.sloma.org).



# COMICAL CRAFT WORK

BY HELLIE BLYTHE



**H**ELLIE WAS BORN WITH A SILVER paintbrush in her hand, soon graduating to a mural brush, painting sets for Pioneer Players' Stage Productions. At seventy, she became a violinist, delighting her family with recitals of "Happy Birthday" in Japanese. Inspired by foreign artists, she spent several seasons painting en plein air in France, escaping her glassblowing addiction. Lately, Hellie has enjoyed being with her fellow artists at Studios on the Park, where her creations are displayed.

### EXPERIMENTATION by Hellie Blythe

Years ago I learned a lesson:  
Not all oils are made by Wesson  
Olive oil, though sometimes bitter,  
Subs for butter and leaves us fitter.  
But, if I wish to paint with oil,  
Linseed's best, and doesn't spoil.  
When I add it to my paint,  
(And, doing so without restraint),  
It will make the mixture runny,  
Pothead portraits might look funny.  
Paint that seeks a lower level  
Tends to be friend or 'tis the devil!  
Portraits done by Francis Bacon

Were so weird they left us shaken.  
When his oil faces slid,  
An eye fell south without its lid!

Mixing too much oil with pigment  
Makes the form a slippery figment,

But keeping mixtures a smidgen thicker  
Lets us recognize objects quicker

Who needs those chins upon the floor?

Or drooping noses, ears, and more?

To answer that, without ado,  
The simple fact is this: I do  
For instance: painting the humble fish,  
Under the water, or on a dish,

I find he appears artistically better  
Wearing a shrunken woolen sweater,

I'd give him some wavy human hair,  
Depict him in lacy under ware,

Build him lidded, glowing eyes;  
Cauliflower ears to complete the disguise.

Art ages dawn with new-found gimmicks  
We artists are only a bunch of mimics

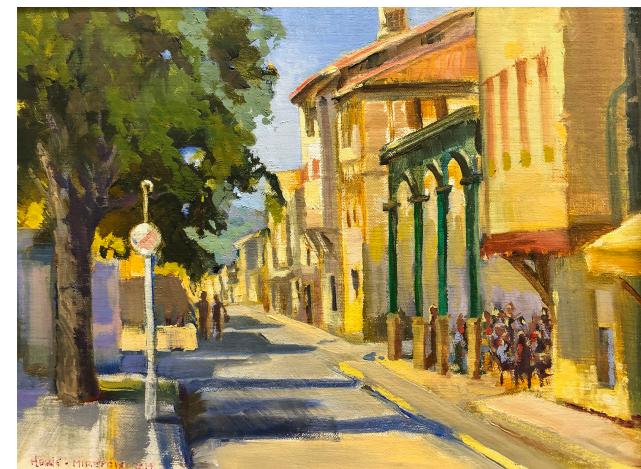
Of what is seen, or thought, or heard  
And I prefer to keep it absurd.

### PISTACHIO TABLEAUX by Hellie Blythe

I'm thankful for all you cigar smokers,  
And for world-wide Pistachio Brokers,  
And Basketball Teams whose championship means  
A display case to bely finger-pokers.

Cigar boxes are excellent stages  
For professions that're often outrageous.  
Professional Swells made from pistachio shells  
Protected by basketball cages.

My paintings are born from my doodles,  
Whether Potheads or Cinnamon Streusels,



From a place upstairs in my noodle,  
That sorts the whole kit and caboodle.

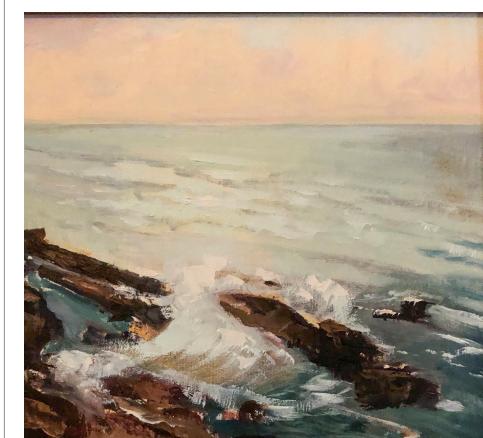
To put pots on heads is a breeze,  
Far easier than portraying Trees!  
Painting outdoors can result in bad sores,  
From sun, rain, mosquitoes, and freeze.

I paint in my studio, Friends,  
In spite of some popular trends.  
When you're an artist, it's certainly smartest  
To practice those skills away from the hills  
Stay inside, as this artist recommends!

Rembrandt spent years with his brushes,  
Indoors, not out in bulrushes.

He practiced his skills far from the hills.  
(Inside, near a toilet that flushes)

Painting people who never showed blushes.



# FIFTY YEARS SERVING MORRO BAY

## The van Beurden Family

BY BRUCE BADRIGIAN

**W**HEN I WAS IN MY MID-TWENTIES, MY BROTHER Wayne and I often joined our friends at the Hofbrau restaurant on the Embarcadero in Morro Bay. Looking out on the calm bay with pelicans gliding by overhead and the moored boats pointing out the direction of the swelling tide, we would enjoy the craft beers while verbally jousting with friends. At the time, I knew little about the van Beurden family except that they made the best roast beef sandwiches I had ever tasted. Cornelius van Beurden would usually retire after the dinner rush and leave his sons to clean up and close. The van Beurden brothers Joost, Stan, and Paul were always upbeat, personable, and warm-hearted individuals. Their Dutch-driven work ethic resulted in them being on duty almost constantly, yet they greeted us locals enthusiastically, knew almost everyone's name and were adept at striking up a conversation with visitors from all over the world. Such was the family atmosphere they created; as a result, we just kept returning. Tragically, Joost was killed in a car accident in 1978 on Los Osos Valley Road.

What I didn't know then, I know now thanks to Marge van Beurden who (via a recent interview) graciously shared her family's fascinating yet arduous history. It begins with Cornelius van Beurden and his wife Mary. As a young man, Cornelius joined the Dutch Army and was promptly stationed in Indonesia. His future wife, Mary Teurlings, was still in Holland, and the only way she could join Cornelius was if they were married, so Cornelius's brother Harry served as a proxy for his absent brother and soon Mary and Cornelius were legally married. Afterwards, Mary caught the next ship to Indonesia to join her husband.



Once there, Mary gave birth to her first boy Cle in 1940, and Bill soon followed in 1941. Cornelius became an officer and life was good... for a while.

However, WWII was looming and soon the Japanese invaded and took over Indonesia. Cornelius lost his position and was forced into slave labor building the railroad near Sumatra. Pregnant Mary was placed into a concentration camp with her two boys. Once again, Mary and Cornelius were separated.

Mary also suffered. She slept on a cot, used an open trench for a toilet, scrounged for scraps of food to feed her toddlers, and was responsible for tending the dead bodies that were quickly piling up as the war progressed. During this misery, she gave birth to a baby girl—also named Mary. Mother Mary had the foresight to sew jewelry into the seams of her dresses to later be used to bribe guards for food. Unfortunately, she was eventually caught and beaten severely, but she never broke nor lost hope.

In August 1945, the war ended. The Japanese officers received orders that instructed them to kill all prisoners of war; fortunately, the orders did not make it to a few of the smaller islands. Nevertheless, the Japanese gave their weapons to the Indonesians who slaughtered many of the Dutch people—severing their body parts and casting them into the river to float downstream.

By 1946, Mary was not sure her husband was even alive, but with the help of the Red Cross, they were soon reunited and boarded a refugee freighter headed back to Holland. After arriving in Rotterdam, Joost was born in 1947, Iris in 1948, Marge in 1950, Leon in 1951, Stan in 1953, and Paul in 1954. Paul was two years old when the family found



CORNELIUS VAN BEURDEN (FAR LEFT) AND JOOST VAN BEURDEN (BEHIND THE CARVING STATION COUNTER)

passage on a ship from Rotterdam to Ellis Island. From New York, the family of ten took a 4-day train ride across the country to Fresno where Anja was born in 1959.

"The Catholic Charities made all the difference for us; they sponsored us, found us shelter, clothes, and work. Without their help, I am not sure what we would have done. Our family still donates to those organizations to-day," stated Marge during our interview. "We were placed in a tract home: parents in one bedroom, 3 boys in another, 3 girls in the last bedroom, and the two oldest boys, Cle and Bill, slept in the garage."

The family's struggles were not over. There were nine children to feed, so Cornelius rose at 4 a.m. to deliver newspapers and then drove to Our Lady of Victory parochial school to serve as day custodian until the evening when he worked as an accountant. He also joined the Knights of Columbus, and sang in the church choir. Meanwhile, Mary cleaned homes for a realtor who worked the family at slave labor wages, but there was not much choice, so the family worked and saved what they could. Mary started her own informal business by ordering Dutch wares from Holland and selling them to local Dutch families.

In 1964, Cornelius found a better job in the Yosemite Valley working for Degnan's—a company that sold Irish soda bread. Soon, Cornelius and Mary were managing a bakery, smorgasbord restaurant, gift shop, and grocery store. Meanwhile, Marge and her three sisters stepped up on several levels insuring their family's success while their parents worked.

In 1968, Cornelius and Mary purchased the Frasier Motel and coffee shop in North Morro Bay for around \$115,000—and now, here I am writing this article on the incredible van Beurden family on their 50th Anniversary of arriving in Morro Bay. Cornelius sold the motel in 1972

and soon after established the Hofbrau. Paul and Stan (ages 15 and 16) were washing dishes every day after school.

Today, Paul owns Dutchman's Seafood House formerly known as The Flying Dutchman; it offers fresh fish dinners, famous clam chowder, fish tacos and other seafood delights.

Stan owns the longstanding and renowned Hofbrau restaurant and carves up the best roast beef sandwiches this side of the Rockies. Both restaurants are located on the Morro Bay Embarcadero and sit right on the water. The Hofbrau recently added an outdoor deck that allows the public to dine above the bay while viewing Morro Rock and playful sea otters.

Older brother Bill began van Beurden Insurance Services, and Leon opened Bay Osos Brokers. Many of the siblings' children and grandchildren developed their work ethics in these family businesses. The van Beurdens still maintain contact with their extended family in Holland and some of their relatives' children come and work summers at the restaurants.

The van Beurden family history tells a tale of the hardships many of our immigrant ancestors faced when they first came to the USA. No English, no money, no way home, so they brought to our country strong backs, steadfast determination, a variety of skills and foreign flavors, and... a love for America's values and sense of purpose. America remains a country built by immigrants who suffered greatly to come here. They fought in our wars, worked our fields, paved our roads, and picked our crops. Like the van Beurdens, they brought new knowledge, skills, ideas, and an admirable work ethic we all can be proud of. Even today, when so many countries are turning their backs on immigrants, let us remember our own beginnings, and in doing so, honor our ancestors who suffered greatly, so we wouldn't have to.

# WHY SAN LUIS OBISPO

## Part III

BY JOE CAROTENUTI



**T**HE MAJOR CIVIC ANCESTOR FOR SAN LUIS OBISPO—both county and city—was born on September 1, 1772. In a hastily conducted ceremony, Fra Junipero Serra intoned the ritual establishing the fifth outpost in the spiritual “conquest” of Alta California. Understandably impatient, his military superior, Lt. Pedro Fages, was intent on reaching San Diego for desperately needed supplies.

The civic chronology included the famous bear hunt earlier in the summer that had not provided more than a temporary pause in the cycle of hunger and prayer. The bears of los osos survived; hunger continued. From a crudely made flag for the short-lived Bear Flag Revolt to permanency on the state flag, the ferocious beasts continue as a modern reminder of the state’s historical roots.

The cycle of desperation and deprivation will ease as the mission, dedicated to a French saint, grew in population and productivity. Carefully maintained records from 1772 to 1832 enumerate sacred events: births, marriages and deaths as well as crop and livestock productions reaching record levels around 1820.

In the meanwhile, a cataclysmic shift in lineage changed Alta forever. An insurrection, begun in New Spain in 1810, rippled through time and events and finally engulfed the pastoral outpost.

The story continues.

The new Mexican Empire was intent upon bringing about the secularization of the then 20 missions. It began with more than proclamations as huge grants of land reduced mission geography and cultivated an

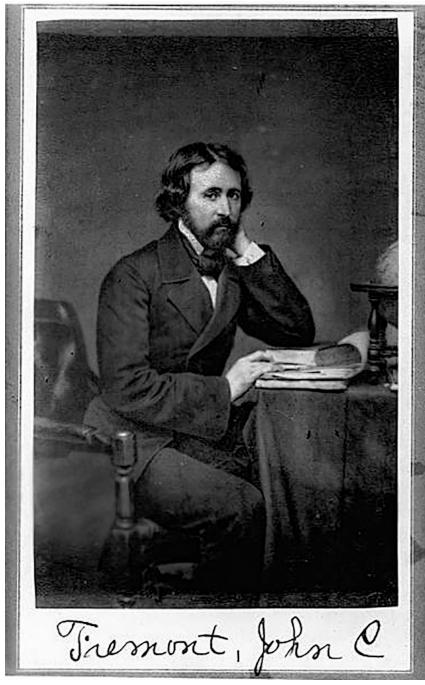
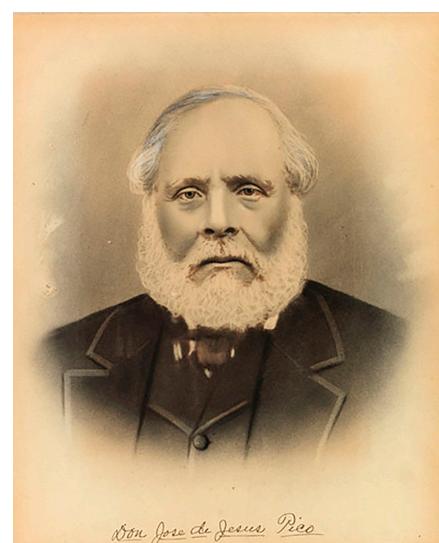
often-romanticized era of the ranchos. With its own heritage, there are still remnants today of the residents of the hacienda. In a tale of escalating destruction, the previous half-century was often reduced to memories and mayhem. Population became more diverse while missions and natives along the central coast faded into the landscape while two seismic civil earthquakes would once again greatly influence the territory’s genealogy including a somnolent central coast.

By the mid-1840s, there were few who would remember mission days as often-lackluster governance from the capital in Mexico City produced a generation who had no ties to imperial Spain and few to the new nation of Mexico. By then, prime mission lands had been transformed into great ranchos, population continued to expand while political machinations produced yet another war resulting in a huge portion of the Spanish/Mexican nation embraced in the arms of Uncle Sam.

After a largely ignored conflict in contemporary literature, the Mexican-American War reached a formal conclusion with the signing of the Treaty of Guadalupe Hidalgo on February 2, 1848. The former mission at the center of the state was considered a pueblo with a community church. In their lifetime, some residents had been citizens of Spain then Mexico and, now, the United States.

Locally, a prominent figure in American history, John C. Fremont, “invaded” the pueblo. The future senator from California decided not to execute an errant resident, Jose de Jesus Pico. Instead, the much-relied Pico accompanied the commander to assist in eventually ending hostilities in the raging Mexican-American War in California.

In one of those dazzling historical dramas, nine days before the signing of the peace treaty,



Fremont, John C.

gold was discovered on the American River. As if caught downstream from a bursting dam, California was inundated with strangers intent with neither permanence nor governance...but wealth.

Local ancestry now had new members as an American government required a different bureaucracy. With a fledgling state government committed to addressing virtually every aspect of life via county government, enclaves of residents within this county struggled for corporate identity.

There had been attempts to simply recognize the mission site as a former

pueblo and grant corporate boundaries as had been done with other Mexican designations, especially San Francisco. This did not happen and it was not until six years after statehood on February 19, 1856, the Town of San Luis Obispo was formally recognized by the state solons.

It was not much of a recognition. The legislature was in session for limited amounts of time, the elected had other pursuits unlike most of those elected today, and—given the small population—San Luis Obispo, other than the county, did not require much attention. The federal government had conducted an official survey of the state and the metes and bounds description—embraced by surveyors and civil engineers, but a mystery to all others—declared the community contained “two square miles.” At least, it was a start in staking the small enclave’s physical location in the evolving state. The legislative act was akin to a municipal birth certificate.

What records exist do not paint a picture of an enthusiastic population eager for recognition in a new state that would expand in population from under a hundred thousand to over a half-million twenty years later. Designated as a “cow county,” the agriculture driven county served the dietary needs of the hordes invading the north in search of the elusive gold. In a hodgepodge of humanity, some became immensely wealthy; most were, at best, disappointed while many found their quest the last in this life. Indeed, a hallmark of the 1850s was the rampant violence. With public safety more an illusion than a reality, the new town soon resorted to its own means of security. Civic development became essentially a matter of survival.

The community prevailed and some twenty years later, the small town reached municipal adulthood with a formal proclamation establishing the city on March 20, 1876.

In the meanwhile, the required accoutrements of governance developed as leaders were chosen, increasing ordinances and resolutions were required along with the insatiable need for the public to fund the activities and rules of the community. While official documents are rare, Minutes of the governing body from 1870 are preserved today. In most often beautiful penmanship, the demands and solutions of the community’s “family” life intrigue the modern reader. With the introduction of the newspaper in 1868, community genealogy becomes much easier...if not more complicated...to trace.

Of course, much will occur as the community grows slowly amid the burgeoning state and nation. The arrival of the railroad (1894), world wars, lesser designated conflicts, “movements,” moments of civic pride (as well as shame), the fodder of local history will require a more intense investigation of local ancestry.

At this point, however, it’s best to remember the genealogy of a civic past that resonates to this day and, undoubtedly, in the future.

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## GREATEST ATHLETES ON THE CENTRAL COAST

# BRUCE STANLEY SHERIFF

BY DON MORRIS



**F**ORMER CAL POLY football standout Stan sheriff started his illustrious sports career in high school while attending George Washington High School in San Francisco from 1947-50, where he earned first-team All-Academic/Athletic Association honors in 1948 and 1949 as a center and linebacker. He was also named to the 1949 All-Northern California Third Team.

He was Cal Poly's starting center all four years (1950-53), leading the Mustangs to the California Collegiate Athletic Association title with a 9-0 overall mark.

Following his senior season, Sheriff was named CCAA most valuable player, first-team All-CCAA, first-team Little All-Coast, first-team Little All-American, honorable mention National NCAA All-American and played in both the East-West Shrine Game and the Hula Bowl.

He was drafted by the Los Angeles Rams in 1954 and played for the National Football League's Pittsburgh Steelers, San Francisco 49ers, and Cleveland Browns from 1954-57. He also served in the U.S. Army in 1955.

Sheriff was a successful teacher, coach and administrator at the University of Northern Iowa from 1958-82 and the University of Hawaii from 1983-93.

At Northern Iowa, he was both athletics director and head football coach, compiling a 129-101-4 record with six conference titles, 15 winning seasons, four bowl appearances and twice was named Coach of the Year.

As Athletic Director at University of Hawaii (UH), Sheriff secured television and radio deals for UH worth millions of dollars, operated the athletic program in the black, and upgraded all UH athletic programs despite the expense of flying all teams, even those in minor sports, at least 2500 miles to play Division I opponents. Despite local opposition against the expense, Sheriff lobbied successfully for a new athletic complex to replace an aging Klum Gymnasium. Many thought a 4,500-seat structure would do, but Sheriff held the line and insisted on at least a 10,000-seat capacity for the new domed center, similar in construction to the Northern Iowa complex.

Sheriff was Director of Athletics at Hawaii from 1983-93 and passed away in January 1993. He is a member of the Cal Poly, Hawaii and Northern Iowa athletics Halls Of Fame.

Sheriff was posthumously inducted into the San Francisco Prep Hall of Fame on May 15, 2010. He also was inducted into the National Association of Collegiate Directors of Athletics Hall of Fame in 1995.

The field in the UNI-DOME (Northern Iowa's football stadium) at the University of Northern Iowa is named "Sheriff Field" and the 10,300-seat arena at the University of Hawaii is named "Stan Sheriff Center". (The Stan Sheriff Center is the home venue for Hawaii's basketball and volleyball teams and was renamed in his honor in 1998).

SEND NOMINATIONS TO  
[dmmorris@calpoly.edu](mailto:dmmorris@calpoly.edu)



### Side note:

Back in 1950, Don Morris (the author of this column) was recruited to Cal Poly to run track. (He had placed 3rd in the 120 yard High and in the 220 yard Low Hurdles at the Community College National Championships that were held in the Los Angeles Coliseum and placed 2nd in the National A.A.U. Jr. Track and Field Championships in the 400 meter hurdles and had also played football on the Mt. San Antoino College Team).

When I arrived on the Cal Poly campus part of my scholarship was being appointed as a "Dormitory Manager". (Free Room and Board).

Stan Sheriff was one of the student/athletes in my Dormitory.

One day, I felt that a lineman on the football team had talked some "trash" to me at football practice and I was leaving my Dormitory to go up and talk to him.

Stan asked me where I was going and I explained what I was going to do. He said he wanted to come along. When we got to the athletes room I knocked in the linesman's door. He opened the door and saw me and immediately looked somewhat aggressive and combative. (I weighed about 145 pounds and he must have been about 230 pounds).

It was obvious that he was going to "clean my clock".

Then he looked behind me and saw Stan. He immediately smiled and politely asked us into his room. And that was the end of his harassment.

There is another story that should be told about my long ago friend Stan Sheriff.

On a weekend after football, Stan wanted to go home to San Francisco and visit his parents. He did not have a ride but my girl friend, Jean (and now my wife for 65 years and the mother of our three children and grandmother to seven grandchildren) did have a car and was willing to drive Stan, and I and fellow Cal Poly Hall of Fame Member Alex Bravo up to San Francisco. (We are now all in the Cal Poly Athletic Hall of Fame.) Upon arrival at Stan's family house his mom greeted us and we spent the night at Stan's house.

Stan was an exceptional athlete and Coach and friend and most worthy of being honored as the GREATEST ATHLETE AND COACH IN THE HISTORY OF THE CENTRAL COAST.

**EDITOR'S NOTE:** "Who are the Greatest Athletes in the history of the Central Coast? So far the following athletes have been featured: Chuck Liddell, Loren Roberts, Steve Patterson, Gene Rambo, Robin Ventura, Jordan Hasay, Chuck Estrada, Mike Larabee, Ron Capps, Jamie Martin, Rusty Kuntz, Randall Cunningham, Jim Lonborg, Kami Craig, John Rudometkin, Ivan Huff, Chelsea Johnson, Michael Louis Bratz, Frank Minini, Scott McClain, Mel Queen, Napoleon Kaufmann, Katie Hicks, Mark Brunell, Gene Romero, Kenny Heitz, Thornton Starr Lee, Pat Russo, Rusty Blair, the Lee Family, Dan Connors, John Iribarren, Jeff Powers, The Mott Family, Casey Todd Candaele, Bill Brown, Theo Dunn, Ed Jorgensen, Hamp Pool, Kevin Lucas, Mohinder Gill, Mark Conover, Tracy Compton Davis, Ozzie Smith, Gil Stork, Dr. Paul Spangler, John Jones Sr & Jr., and Robert, Karena Bonds, Paul Cummings, Dana Nafziger, & Louie Quintana, Sr. & Jr., Art Wilmore, and Jackie Robinson.

## PALM STREET PERSPECTIVE



# PROJECT LABOR AGREEMENT

BY SLO CITY MAYOR, HEIDI HARMON

community members develop the skills they need to enter the job market and start careers. These programs may include reserving a certain number of apprenticeship positions for minority or disadvantaged youth and/or setting hiring targets for members of the community.

PLAs have also been crafted so that local schools have additional opportunities to use qualified building trades students to participate in School-to-Registered Apprenticeship programs. These programs are a first step in the creation of a lifetime career in the construction industry.

In addition, some Public Agencies as part of their commitment to using their construction projects to invest in community development utilize innovative programs to assist small businesses—including minority and women-owned contractors—in preparing bids and complying with the various legal requirements for operating on a construction site.

Lastly, because of the local hire requirement in a PLA, many local workers are hired to build the project, the project's payroll dollars stay in the community and contribute to its prosperity by supporting local businesses, buying local goods and paying local taxes.

With the impending closure of the Diablo Canyon Power Plant, communities like ours need to pursue every opportunity to develop local economic strategies to retain head of household jobs with benefits and secure retirements. The economic benefits to a local community that utilizes a PLA are compelling and should not be overlooked.



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# STRESS MAY ACCOMPANY A NEW SCHOOL YEAR

*"The two most powerful warriors are patience and time" ~ Leo Tolstoy*

BY JAMES J. BRESCIA, ED.D., COUNTY SUPERINTENDENT OF SCHOOLS

**A** NEW SCHOOL YEAR, NEW JOB, NEW LIVING ARRANGEMENT, and even a new relationship can cause stress. For many, the fall means back to school, a return to routine, or time to begin a new term. Some view the fall as a chance to make a fresh start or an opportunity to make new friends. However, individuals with challenges such as Attention Deficit Hyperactivity Disorder (ADHD), learning disabilities, and depression, may find transitions difficult. These transitions can be particularly challenging for individuals with mental health concerns because they can struggle with friendships, may have difficulty relating to teachers, or may experience feelings of discontent. If you have a loved one, friend, colleague, or acquaintance who is dealing with a mental health issue, there are ways you can assist with transitions (Barber B. K. & Olson J. A. 2004).

For many, preschool, elementary, middle, and high school transitions to a different school can signify social and educational development. Regular transitive events such as puberty, changing schools, making friends, and accepting more autonomy are considered part of the typical progression to adulthood and independence. However, research indicates that there is interpersonal stress experienced by all individuals during times of transition. Often the physical environment in which the change occurs is larger in size and expectations. When compared to the smaller, single-teacher environment of an elementary school, students at the middle or high school experience multiple teachers and differing expectations. Individuals transitioning to the workplace, technical schools or college may move to entirely different cities. In contrast to the psychosocial needs of the developing adolescents making these transitions, bigger environments can be less personal, more controlling, and require different levels of cognitive skills than those necessary in smaller settings (Eccles et al., 1993; Simmons, Burgerson, Carlton-Ford, & Blyth, 1987). These disconnects can occur at all levels of schooling and different points in life.

Young adults with mental health issues can face difficulties, from getting educational accommodations to accessing affordable, high-quality mental health care. For many, the transition to college or the workplace may require some planning. If an individual is overwhelmed by the process of post-secondary changes, there are organizations such as Transition Year that can assist. These types of organizations can help develop a comprehensive plan and offer information about resources. People can assume that the major obstacle in adjusting to campus life or the workplace will be academic. However, research shows that emotional issues are most likely to interfere with success at college (Purcell, R. et al., 2010).

No matter the age or type of mental health issues, researchers promote "routine" as a tool for ensuring mental health. There is no "perfect" routine for back to school time. Instead, find something that works. The hallmarks of a good routine include:

- Time Buffer—Extra time can serve to reduce anxiety when new events cause stress.

- Personalized Paths—Many find comfort in accomplishing tasks in a familiar manner.
  - Support Decisions—A routine works best when it is something agreed upon.
  - Task Lists—Try breaking tasks into parts to reduce the stress and simplify the process.
- Examining the previous year can serve as a barometer for potential stressors that may be faced this year. Someone who struggled in math last year or who could not concentrate in class may likely face the same issues this year. Rather than hoping a new school year will wipe the record clean, work to resolve the problems before they start. Some steps you can take include:
- Address what is required to achieve more success this year.
  - Inform teachers about any learning disabilities, even college teachers or employers.
  - Consider an Individualized Education Plan (IEP). Such a plan outlines specific methods designed to assist individuals with learning issues.

Mental health should be considered the same as physical health. Individuals with mental health challenges need regular mental health check-ups. Schedule an appointment with a psychiatrist or therapist for early in the school year. It could be time to adjust, alternate, or even wean off of medications altogether. The only way to be sure is to talk to your physician or mental health professional. Be sure to take a list of questions, and to encourage the sharing of thoughts. Individuals who participate in their medical care are more likely to comply with the treatment plan. The goal is to have everyone advocate for their own physical and mental health needs (Young, J.L., 2014).

Mental health can be directly affected by the quality of physical health. Summertime often means snacks on the go and slacking off on healthy lifestyle choices. Try to get back on track with the following suggestions:

- Ensure that there is enough sleep. Some individuals require from eight to twelve hours of sleep per night depending on age and individual factors. If you struggle with sleep disturbances, speak with a health care provider.
- Focus on a healthy diet. Professionals advise that you do not have to eliminate sweets or every unhealthy food. Trying to exert too much control over your diet may backfire. Instead, nutritionists recommend that we aim for balance over time, and steer clear of unhealthy practices such as eating in front of the television. Foods such as nuts, avocados, and dark chocolate are particularly helpful for ensuring good mental health.

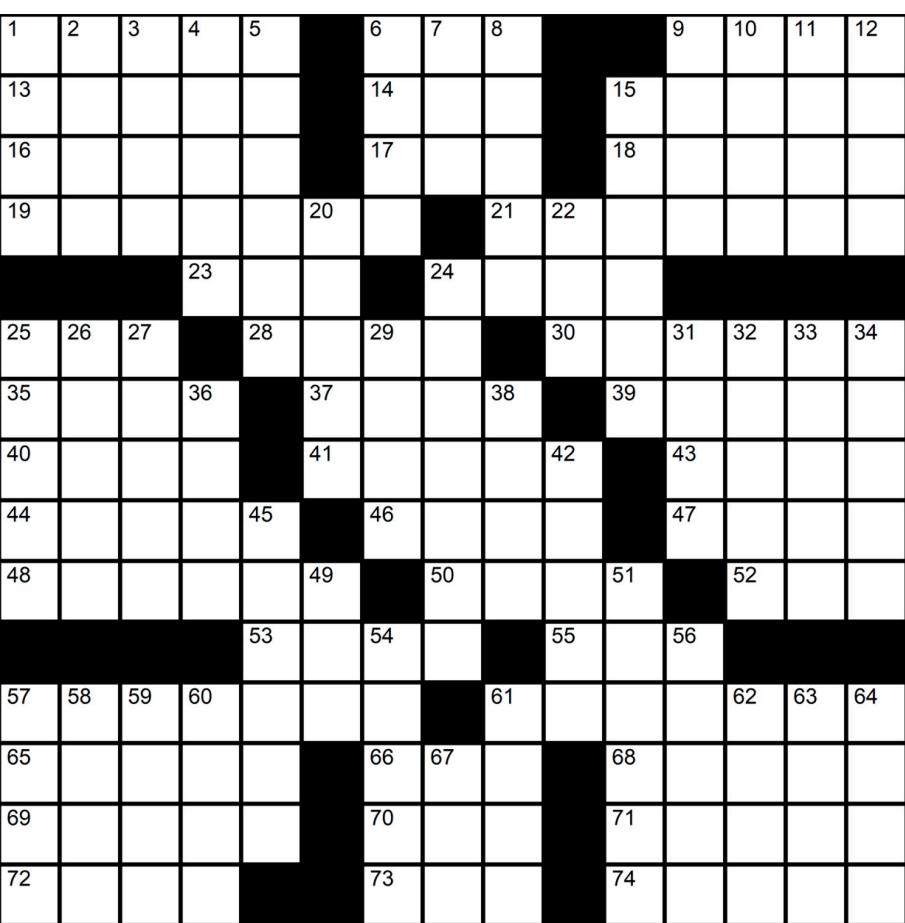
•Maintain an active lifestyle. Exercise can help combat a host of mental health challenges. It may also help use up energy and assist with concentration. Make exercise fun by participating in sports, doing a nightly activity such as walking, roller skating, or spending your weekend hiking or biking.

Fall transitions can be difficult for individuals with mental health issues, but anticipating and working to counteract problems before they arise will assist with transitional anxiety. San Luis Obispo County residents have access to 2-1-1 SLO County, a free program, that is a one-stop way to obtain timely access to health and human services and referrals. Together we are a stronger community. It is an honor to serve as your County Superintendent of Schools.

*"Mental health is often missing from public health debates even though it's critical to wellbeing."*

~Diane Abbott

## SEPTEMBER CROSSWORD SOLUTIONS ON PAGE 43



© StatePoint Media

### STATEPOINT CROSSWORD THEME: BACK TO SCHOOL

#### ACROSS

1. TÈa Leoni as \_\_\_\_\_ Secretary
6. Lending letters
9. Cat-headed Egyptian goddess
13. Round openings in architecture
14. Pilot's estimate
15. Short tale
16. Deprived of a limb, e.g.
17. Popular pickup
18. Revolving mechanism
19. \*L in LMC
21. Peninsula with Portugal
23. Not a win nor a loss
24. Lou of The Velvet Underground
25. The \_\_\_\_\_ Four
28. Unpleasant road display
30. Authoritative declaration
35. The 15th of March
37. Rubik's puzzle
39. \*Sorority letter
40. Pinocchio's lie detector

#### 41. Do-re-do-re-do-re, e.g.

43. Same as alighted
44. Perpendicular to the keel
46. Major in the sky
47. Condoleezza \_\_\_\_\_
48. \*Varsity award
50. \*Multiple choice challenge
52. \*Where Driver's Ed occurs
53. Richie \_\_\_\_\_
55. \*Standard aptitude assessment
57. \*"Sideways Stories from \_\_\_\_\_ School"
61. \*Hall order keeper
65. George Clooney's recurring character
66. Shakespearean "fuss"
68. Heating outlet cover
69. Muse of love poetry
70. Confession subject
71. All the words in a language
72. Withered
73. Id's partner
74. Same as #30 Across

#### DOWN

1. Gangster's gal
2. Berry high in antioxidants
3. Avoid these mistakes
4. Red or orange announcement
5. Somewhere above ground
6. Bald eagle's nest
7. \*Parents+teachers, acr.
8. China Grass
9. Uncouth one
10. Not in favor
11. Roofed colonnade
12. Seaside bird
15. \*Extra of it can help students
20. Act against
22. Made in the morning?
24. Spring event
25. \*Type of assessment
26. Acrobat maker
27. Continually annoy
29. Buddhist teacher
31. Burn to a crisp
32. Denoting the final end or purpose
33. Carthage's ancient rival

#### 34. \*Alma \_\_\_\_\_

36. \*Assigned spot
38. More
42. Rodeo rope
45. Breed of sheep prized for wool
49. Free
51. Hair knot
54. This and desist
56. ClichEd
57. Things to lament
58. Homesteader's measure
59. \*180 days, in most states
60. Fill to satisfaction
61. Kissing disease?
62. De Niro's ride, 1976
63. Like an ear infection
64. None of this for the weary
67. Like a lot



# LEADERSHIP SLO GETS DOWN TO BUSINESS

BY MAGGIE COX, AMF MEDIA GROUP

**L**EADERSHIP SAN LUIS OBISPO (LSLO) GOT ITS START IN 1981 and in the 27 years since, almost 1,000 people have made their way through the community building program of the San Luis Obispo Chamber of Commerce. Many graduates have moved on to comprise a who's who of leadership in local business, government and nonprofits.

This program produces impressive results. Alumni hold elected office across SLO County, and hundreds serve on planning commissions, nonprofit boards and in other community service roles. All five members of the current San Luis Obispo City Council are Leadership SLO grads. It's a powerful program that reflects the vision and passion of a quarter century of its own committed leaders, beginning with Class 1's Judith Bean and now under the care of executive director, Sandi Sigurdson.

Each year, Sandi works with the Leadership SLO Board of Directors to attract a diverse class. They work together with sector thought leaders to assemble speakers and program ten daylong sessions that showcase critical elements of what makes SLO County work. Once a month for a year, class members gather to spend a day focused on a given topic, whether it be health and human services, manufacturing and agriculture, sustainability or government and the political process. The arts get a day; so do education and media and communications. There is nothing cookie cutter about the program from year to year. Sandi says the program stays fresh and relevant by bringing in leaders in the field for a day of interaction, provocative conversation and up-close-and-personal exposure to industries and issues in our community. The objective is to provide an intense, thought provoking immersion experience.

I have had the opportunity to be involved with Leadership SLO since it was a brand-new program and have participated in Media and Communications Day many times over the years. One year I had the pleasure of working with now-retired SLO County Tribune Executive Editor Sandi Duerr in presenting a "you be the editor" exercise in which real world scenarios forced class members to feel the chal-

lenges of thinking fast under extraordinary duress. We've trained class members in crisis communication and managing difficult media interviews, talked about First Amendment issues and delved into the business of media.

Just last month I had the opportunity to present to LSLO on the topic of trends in media.

I shared my perspective that the speed of change, the business pressure on media and the exploding world of social media have produced sweeping changes in the news landscape. I am fiercely grateful that we still have newspapers and news websites and TV news sources, and I am just as passionately concerned about the emergence of opinion-based news and the lack of close scrutiny we sometimes give claims of "news." I shared my belief that we are each responsible for sorting out which news sources are credible and trustworthy, and which are not.

As we talked about different trends, we polled class members on their personal opinions about some of the ideas. Brandon Downing, Marketing Director at KSBY and day coordinator for the Media & Communications Day (along with serving on the LSLO Board of Directors), was my partner and tech support in creating a text-your-answers instant poll. We asked class members about their own media usage: do they consume local news, what is their social media use, how do they feel about the increasingly blurred lines of media and news. It made for a lively session and great conversation that reflected the class's range of ages and diversity and points of view. It was an energizing and fun hour, but more than that, it was an experience that illustrated the importance of LSLO in working with an impressive, engaged group of people who will undoubtedly shape our future. It makes me optimistic.

Applications and scholarship information for Class 28 of the yearlong program (begins in January 2019) are due by October 2. Learn more about this terrific program at [www.leadershipslo.org](http://www.leadershipslo.org).

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**Around Downtown**  
*The Magazine of Downtown San Luis Obispo*  
September 2018

**Inside:**  
*Downtown Perspective*  
*Downtown Business Spotlight*

A man wearing sunglasses and a blue shirt is playing a violin. In the background, a drummer is visible behind a drum set. The magazine cover features a banner with the text "CERT in the" and "www.DowntownSLO.com".

## Downtown Perspective

### Sip 'n Saunter Returns to SLO

It's back! Last year's smash inaugural success, Sip 'n Saunter, returns this year on Friday, September 28 from 5-8 PM. In our spirit of continually improving Downtown business and bringing together our community, we are thrilled to bring this highly anticipated event back to San Luis Obispo this fall.

It's a busy time for us (as always). Our spring events quickly roll into the beginning of Concerts in the Plaza, and this year we re-introduced Fresh Picked Concert Series at the Downtown SLO Farmers' Market after a brief hiatus

last year. Sip n' Saunter takes place just two weeks after Concerts season ends—then, our fall and holiday events begin to take shape. Plus, we're moving, and as I write this are getting ready to close our office until we settle in our new space (more on that later).

**On the Cover:** The Folk Rock Americana of Moonshiner Collective at last year's Concerts in the Plaza. This year, the band closes out the season on September 14 at Mission Plaza. Photo by Zoya Dixon



Celadon House was packed at last year's Sip 'n Saunter. They are participating again this year, too.  
Photo by Zoya Dixon

The excitement of Sip 'n Saunter stems from the fact that it's so unlike our other events, and so new. Participating retail locations in Downtown partner with a food vendor and beverage vendor that provide small bites and samples of their finest product. (For example, last year you could shop at Ambiance while sipping wine from Laetitia Vineyards and sampling bites from Novo Restaurant & Lounge. Repeat this routine 30 times and you've got a hit on your hands.) Our diligent Sip 'n Saunter Committee last year conceptualized the event, planned, programmed, and partnered nearly 90 vendors, organized every last detail down to plates and napkins, blew up and hand

delivered 30 flamingo balloons—our signature theme for this year, too!—and publicized the event to boot. To our excitement—and honestly, relief—all 500 tickets to the event sold out!

## Downtown Perspective

This year's event is still a steal. At \$50 a pop for General Admission tickets (\$40 Early Bird tickets ended August 31), you get a wristband, wine glass, and map to take with you as you sip, saunter, and snack your way through Downtown San Luis Obispo's finest shopping. We are so thrilled and proud that nearly \*all\* of our retail vendors are back on board this year.

Says Jules DuRocher, past Board President of Downtown SLO and owner of men's lifestyle boutique Jules D.: "Sip and Saunter was created to generate traffic in Downtown stores by partnering with local restaurants, wineries, and breweries. It's a fun evening for the community to walk around Downtown and venture into stores they may never have been in, or be in their favorite store and try a yummy nibble from a restaurant they have never tried. It's about exploration, finding new places, and tasting new foods and beverages. We really wanted to show our community what our great Downtown has to offer. It has been such a success on all these levels."

This year's Sip 'n Saunter Committee is a wonderful amalgam of San Luis Obispo's finest and fiercest community and business members: we are proud to have Laura Mullen (HumanKind Fair Trade), Jules DuRocher



Zoya Dixon  
Communication Manager  
Photo by Aubrey Young

Jules D. and—news flash!—Femme Jules D.), Karen Motto (Tolosa Winery), Sophie Boban-Doering (Fromagerie Sophie), Landy Fike (long term Cultural Arts Committee member), Erica Ellis (San Luis Obispo Museum of Art), and Rodessa Newton (Downtown SLO President, Libertine Brewing Co., and Triad Realty) on board.

Tickets—if they are still available by the time of this printing—are at [DowntownSLO.com](http://DowntownSLO.com).

P.S. By the time you read this, we'll have moved offices! You can now find us at 1135 Chorro Street in the old San Luis Luggage spot. Come on by, say hi, and shop our new retail space!

**Concerts in the Plaza 2018**

**September 7**  
**THE MOTHER CORN SHUCKERS**  
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**September 14**  
**MOONSHINER COLLECTIVE**  
Sponsor: CREEKY TIKI BAR & GRILL

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## Downtown Business Spotlight

**F. McLintocks Saloon**  
Toney Breault, Proprietor  
686 Higuera Street  
(805) 541-0686  
[www.mclintocks.com](http://www.mclintocks.com)

Toney Breault of F. McLintocks opens with a funny memory. "Years ago, my dad said, 'Son, we need to make more money on the BBQ. Figure out how to BBQ an artichoke.'" Toney pauses, then smiles. "I hate artichokes." Despite his disdain for the vegetable, Toney played with the recipe and eventually came up with a winning recipe that now sells over 400 grilled artichokes every Thursday night at The Market. (For the curious, the artichokes are marinated in Tabasco, salt, pepper, and olive oil, barbecued over oak, and then served with chipotle aioli.) Humor aside, Toney speaks proudly and evocatively about his family's 35-year participation in the Downtown SLO Farmers' Market. His father, Bruce Breault, set up one of the original barbecues on Higuera after the Downtown Association closed the street in response to cruising. Bruce's customers and friends from the Shell Beach location of F. McLintocks brought in produce to sell, in addition to recruiting other barbecues to set up and encouraging the stores to stay open later. Thus, the Downtown SLO Farmers' Market came into existence. Toney knew that what they were doing was special. "I believed in my father's vision."

He isn't kidding. Toney started working at the restaurant when he was six years old as a dishwasher in the back of the restaurant. He shares this story with his signature enthusiasm: when an employee failed to show up one day to work, it was Toney's dad who pushed him into the role. Toney reminisces: "Son, you're going to see how we make our money. You are going to wash all these plates, all day. I'll be back at 5." Six year old Toney cried for an hour after being dropped off; then, his competitive edge kicked in, and he truly hasn't left the family business since.

Incredibly, the F. McLintocks barbecue at The Market serves an astonishing 2,200 to 3,000 customers per night: that's roughly one

person every 16 seconds. This translates to whopping quantities of food being served in a three hour span on Thursday evening, including 600 pounds of beef, spare and baby back ribs; 150 pounds of corn; 300 loaves of bread; and 50 gallons of beans. Food preparation takes all week, and Toney knows it is indeed work, albeit enjoyable and rewarding. Through three and a half decades of being present at The Market, Toney knows many of his customers, who come religiously to The Market and grab F. McLintocks for dinner. He affirms, "This is religious to them, it's part of the ritual of their lives ... and that makes me feel special." As Toney grew up with his father and mother, Cathy, around the restaurant and The Market, his family, too, keeps this tradition going: daughters Baileyana and Olivia may take over the business some day.



**Toney Breault working his magic at The Market.**  
Photos by Zoya Dixon

Don't miss the start at 6 PM sharp when the entire F. McLintocks team belts out God Bless America...a patriotic start to a historic BBQ! F. McLintocks Saloon is located at 686 Higuera Street, and you can find them barbecuing in front of the restaurant on Thursday during the Downtown SLO Farmers' Market. By Zoya Dixon

By Zoya Dixon

**For more information on Downtown SLO events, programs and activities, or to sign up for our weekly Deliver-E newsletter, visit [www.DowntownSLO.com](http://www.DowntownSLO.com)**

# SLO COUNTY LIBRARY NEWS

## Nature and Nurture Through Your Local Library

BY REBECCA JURETIC

### NEW NATIVE PLANT GARDEN COMES TO THE NIPOMO LIBRARY:

The new native plant garden at the Nipomo Library is thriving, as are the community partnerships which make so many of our programs and services possible.

The garden was a joint effort among San Luis Obispo County Parks, the San Luis Obispo Chapter of the Native Plant Society, and Dana Elementary, transforming an empty plot into a lush plantscape. SLO County Parks facilitated the garden, while the SLO-NPS provided plants well-suited for the north-facing side of the Nipomo Library building—among them, the a narrow-leaved, Monarch-friendly milkweed, *Asclepias fascicularis*.

On a June afternoon, 22 fifth graders from Dana Elementary helped to install the garden, guided by representatives from SLO County Parks and SLO-NPS. They carefully dug each hole, planted, placed drip lines and covered the ground with wood chips.

Visitors have enjoyed this new addition to the Nipomo Library—four in particular. The first four Monarch caterpillars were spotted on the milkweed in early September, and we hope there will be many more to come.

### SLO LIBRARY RECEIVES GRANT

Did you know that many of the library services, features and programs at the San Luis Obispo Library would not have been possible without the over \$100,000 in grants that the San Luis Obispo Friends of the Library received from the Harold J. Miossi Charitable Trust over the last decade? This includes many of the animal and science materials, science programs, animal shows, toys in the children's area, and the colorful mural in the library atrium.

This year, the Trust has presented the SLO Library with an additional \$13,200 grant which will fund a program with the theme, "Discover the Natural World at Your Library." Included in the program are updated animal and science materials and hands-on science programs, especially in the areas of ecology and animal science.

"The Miossi Trust has allowed the library to add beauty, curiosity, opportunity, and learning to our SLO County community, and we are the better for it," said Margaret Kensinger-Klopfer, Coordinating Librarian for Youth Services. "It is a legacy that Harold J. Miossi would be proud of, and we continue to be grateful for."

For more information on the Harold J. Miossi Charitable Trust, visit [miossicharitabletrust.org](http://miossicharitabletrust.org).

org. For information on library programs, visit [slolibrary.org](http://slolibrary.org) or follow County of San Luis Obispo Public Libraries on Facebook.

### DISCOVER THE INNOVATION STATION

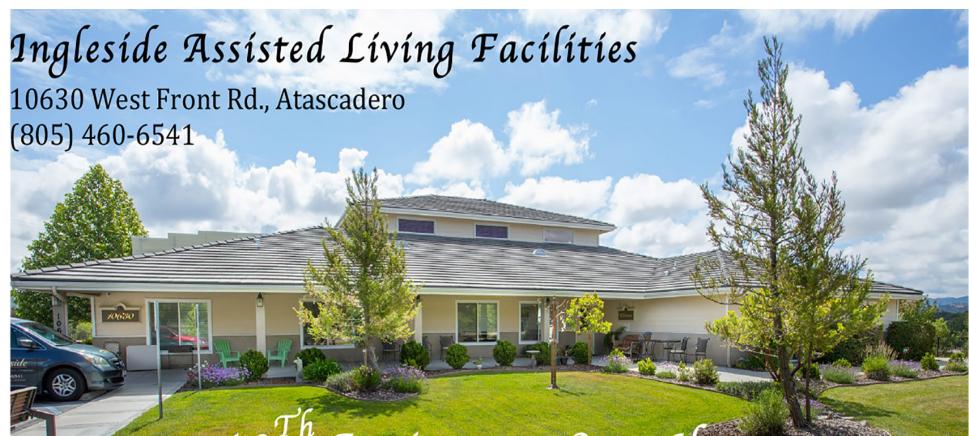
Makers, rejoice! The Library's Adult Services department was awarded a \$10,000 grant to create Mobile Maker Kits. This new Innovation Station is a project of the Southern California Library Cooperative and the California State Library. MakerKits, including robotics, coding, digimanities and more, are coming to your local branch this fall. Take them home to hack, tinker, and create!

### KANOPI IS NOW FREE FOR LIBRARY CARDHOLDERS

The popular on-demand film streaming service Kanopy is now available for free for County of San Luis Obispo Library cardholders. Simply visit [slolibrary.kanopy.com](http://slolibrary.kanopy.com), or stream films from any computer, television, mobile device or platform by downloading the Kanopy app for iOS, Android, AppleTV, Chromecast or Roku.

Kanopy showcases more than 30,000 of the world's best films, including award-winning documentaries, rare and hard-to-find titles, film festival favorites, indie and classic films, and world cinema with collections from Kino Lorber, Music Box Films, Samuel Goldwyn, The Orchard, The Great Courses, PBS and thousands of independent filmmakers. It's just one of many digital offerings accessible with your library card at [slolibrary.org](http://slolibrary.org).

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**10<sup>th</sup> Anniversary Open House & Elder Care Resource Day**  
September 8<sup>th</sup> 10am-2pm  
Community Resources include Assisted Living information, Home Health, Hospice Care, VA Benefits, and Care Management  
FREE BBQ LUNCH, LIVE MUSIC & GIVE AWAYS

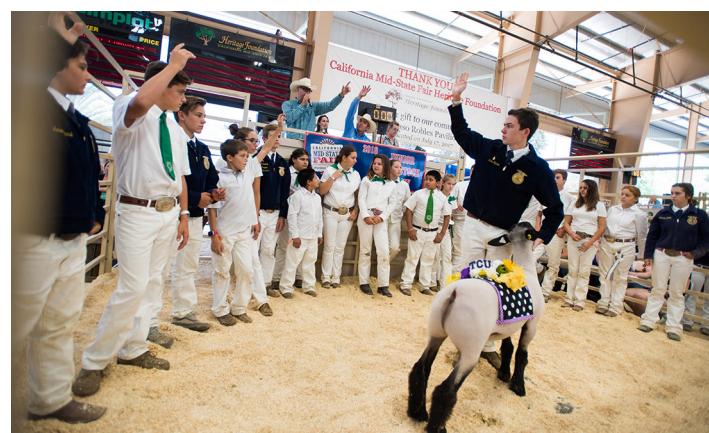
## THE BULLETIN BOARD



### INAUGURAL HUGH PITTS CAPITAL CAMPAIGN FUND RAISER RAISES NEARLY A QUARTER-MILLION DOLLARS

Nearly a quarter-million dollars was pledged on Saturday, July 28, 2018 at the inaugural Hugh Pitts Capital Campaign Fund raiser. More than 110 individuals and businesses made pledges—with the largest pledge coming from the James

W. Brubeck Youth Legacy Fund—totaling \$221,530. The recent passing of Hugh Pitts in June 2018 is a devastating loss for the Pitts and Blythe families and the Paso Robles community. Hugh was loved and respected for his can-do spirit. His contributions to the community touched hundreds of friends and organizations in and around Paso Robles. Hugh was an incredibly positive individual and constantly strived to make those he interacted with stronger and better because of his tireless work and relationships. Hugh was a dedicated buyer of market lambs and other livestock projects each year at the Junior Livestock Auction. To honor the late Hugh Pitts and recognize his extraordinary life and legacy of service to San Luis Obispo County agriculture, individuals and businesses contributed to the California MidState Fair Heritage Foundation, where Pitts served for more than 10 years on the Board of Directors. Funds will support capital improvements at the Paso Robles Event Center to benefit 4-H, FFA and the community in Mr. Pitts' honor. Individuals and businesses may continue to provide contributions to the Hugh Pitts Capital Campaign by going to the Heritage Foundation website at [www.thecmsfheritagefoundation.org](http://www.thecmsfheritagefoundation.org).





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### PG&E TO OFFER DIABLO CANYON POWER PLANT LANDS TOURS

During the month of September, Pacific Gas and Electric Company (PG&E) will offer Diablo Canyon Power Plant (DCPP) lands tours to increase public knowledge of the 12,000 acres that surround DCPP and provide an opportunity for the public to offer input on future land use as DCPP decommissioning plans are developed. PG&E manages 14 miles of pristine coastline between Avila Beach and Montaña de Oro State Park on the historic Pecho Coast. The three-hour lands tours will start at 9 a.m. and will be offered on select Tuesdays and Wednesdays, from September 7 to September 26. Tours will start at the PG&E Energy Education Center (6588 Ontario Road, San Luis Obispo) and will highlight the cultural significance and biological diversity of the land by including stops at the south property, the DCPP site, the marina, and the coastal bluffs on the north property. Additional information, including all tour dates, can be found at [www.pge.com/diablocanyontours](http://www.pge.com/diablocanyontours).



### THE RETIRED ACTIVE MEN (RAM) OF SAN LUIS OBISPO CELEBRATED MEMBER WORTH KEENE'S 100TH BIRTHDAY

Seventy or so Retired Active Men and their guests gathered at Madonna Inn for their Thursday morning Coffee Cabinet meeting and celebration of Keene's birthday. Pictured are (LEFT)

Big Bean Roger Eberhardt and (RIGHT) Centenarian Worth Keene.

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## THE BULLETIN BOARD



### THE FOOD BANK COALITION OF SLO COUNTY HAS RECEIVED A \$50,000 MATCHING CHALLENGE!

The Food Bank Coalition of San Luis Obispo County has received a \$50,000 donation-matching challenge from an anonymous SLO County resident. Donations to the Food Bank will be matched dollar to dollar from now until September 30, 2018, or until the \$50,000 goal is reached. Those who would like to have their donations to the Food Bank Coalition of San Luis Obispo County matched should note "\$50,000 Matching Challenge" on their check or select it from the drop down menu when donating on-line at [www.slofoodbank.org](http://www.slofoodbank.org).



### CROSSWORD SOLUTIONS

M	A	D	A	M	A	P	R	B	A	S	T
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### FRENCH HOSPITAL MEDICAL CENTER FOUNDATION GOLF TOURNAMENT RAISED MORE THAN \$80,000

The French Cup, the twelfth annual charity Golf Tournament held on June 11, 2018 at the San Luis Obispo Country Club, broke previous French Cup records with the amount raised. Funds from the event will support the Hearst Cancer Resource Center Endowment at French Hospital. The French Cup was sponsored by Mustangs Sports Properties, with other major sponsors including Pacific Premier Bank, J.W. Design & Construction and French Hospital Medical staff. Nipool Patel, a Foundation Board Member, has chaired the event for the past 11 years. Since its inception in 2007, The French Cup has generated more than \$650,000 for FHMC's programs and services. The FHMC Foundation hosts a number of fund raising activities such as the annual golf tournament to support patient services and hospital programs. For more information on how to support FHMC, visit [www.supportfrenchhospital.org](http://www.supportfrenchhospital.org) or call the FHMC Foundation at 805.542.6496.



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## THE BULLETIN BOARD

### JCC-FEDERATION TO HOST 3RD ANNUAL APPLES & HONEY FESTIVAL SUNDAY, SEPTEMBER 16, MITCHELL PARK, 10 AM – 4 PM



#### APPLES & HONEY FESTIVAL 2018

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There's a horn-blowing contest to teach about the tradition of sounding a shofar, also an applesauce eating contest plus, apple peeling, apple critters, and apple stacking, as well as a honeycomb hunt. Apple games and crafting are generously made possible by our festival apple vendors, Gopher Glen Apple Farm and SLO Creek Farms.

### PANCAKE BREAKFAST FUNDRAISER BENEFITS WOMEN'S EDUCATION

On Saturday, October 6th the American Association of University Women (AAUW) and Bay Osos Kiwanis Club will join forces once again to flip pancakes, scramble eggs and cook sausages from 8 to 11 am at the Unitarian Universalist Fellowship, 2201 Lawton Ave in SLO. Tickets for the breakfast, which includes juice, coffee and hot tea, are \$10 for adults, \$5 for children under 10. To make reservations, call 805-439-1085. Money raised will be used for scholarships and educational opportunities for women in San Luis Obispo County.

### MEALS THAT CONNECT NEEDS DRIVERS

Help Meals That Connect in their mission to provide nutritious meals to homebound seniors. One hour a day, one hour a week, one hour a month—anything helps and is greatly appreciated! Drivers are needed in San Luis Obispo. Volunteers must be over 18, licensed and insured, and use their own vehicle. If interested, please call Janine at the Anderson site in San Luis Obispo. Phone number is 805-543-0469. You can make a difference.



### ASSISTANCE LEAGUE RECEIVES GRANT FROM THE COMMUNITY FOUNDATION SAN LUIS OBISPO COUNTY

We are pleased to announce a \$3,150 grant to Assistance League of San Luis Obispo County from The Community Foundation San Luis Obispo County. The grant will be used to support our Operation School Bell program for the 2018-19 school year. This grant will be used to purchase new school-appropriate clothing for disadvantaged students in grades Kindergarten through 12th grade, living and attending school throughout San Luis Obispo County.

The Apples and Honey Festival is a fun, special way to learn about and bring in the Jewish new year with community. Pictured above are (from l to r): Len Smolburd, grants manager for the Community Foundation; Sue Pino, president of Assistance League; Charlene Ables, Chair of the Grants and Donor Development Committee; and Gini Martin, grants committee member.

### GROSSI GOLF TOURNAMENT RAISES MORE THAN \$8,000 TO SUPPORT CANCER SERVICES AT ARROYO GRANDE COMMUNITY HOSPITAL

The Cypress Ridge Residents' Golf Club hosted the 14th annual Grossi Golf Tournament at Cypress Ridge with proceeds benefitting cancer care services at Arroyo Grande Community Hospital (AGCH). This was the most successful tournament yet, with help from the Cypress Ridge Women's Golf Club as a major sponsor. The event raised \$8,415 in support of Arroyo Grande Community Hospital Foundation's Cancer Care Fund, which provides financial, emotional, and diagnostic support to local cancer patients in need. To learn more go to <http://www.dignityhealth.org/arroyo-grande/>.

### AVILA BEACH COMMUNITY FOUNDATION PRESENTS \$6,500 CHECK TO AVILA BEACH JUNIOR LIFEGUARD PROGRAM

Avila Beach Community Foundation Board of Trustee members Bev Aho, Barbara Nicholson, along with Executive Director Rick Cohen, presented a check for \$6,500 to representatives of the Avila Beach Junior Lifeguard Program. The matching grant was used to help fund the highly popular summer program that involves 200 youngsters annually by subsidizing

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### FIVE BEAUTIFUL HOMES—ONE BEAUTIFUL CAUSE

Rotary Club of San Luis Obispo Presents their 18th Annual "Homes of Distinction" Tour to raise funds for Rotary Charities. Guests will have an exclusive look into five beautiful and unique homes as the Rotary Club of San Luis Obispo presents the 18th Annual "Homes of Distinction" Tour, Sunday, September 16 from 11 a.m. to 4:30 p.m. All proceeds fund scholarships for local students & grants to support local non-profits. Tickets to tour the five homes are \$25 per person. Tickets will be available for purchase online, and at the San Luis Obispo, Arroyo Grande and Atascadero Chambers of Commerce. You can download a brochure, take a sneak peek at the homes, and purchase tickets at [www.slorotary.org](http://www.slorotary.org). Tickets will also be available to purchase at the door of any of the homes on September 16th. To purchase tickets by phone, or for additional information, please call (805) 769-8779 or email [jessica@simplyclearmarketing.com](mailto:jessica@simplyclearmarketing.com).



costs associated with scholarships, equipment, transportation, and storage. Founded in 1998, the Avila Beach Community Foundation is a charitable non-profit organization that was created to accept donations and fund projects for the enhancement and betterment of the Avila Beach community. In its 18 years of grant making the Foundation has awarded and helped distribute nearly \$3 million to benefit over 175 Avila Beach projects and organizations. For more information about the Foundation visit [www.avilabeachfoundation.org](http://www.avilabeachfoundation.org).

### RABOBANK SUPPORTS SLO REPERTORY THEATRE EDUCATIONAL PROGRAMS

The San Luis Obispo Repertory Theatre (SLO REP) has received a generous \$3,000 donation from Rabobank in support of the theatre's Academy of Creative Theatre (ACT) educational programs. ACT offers year-round professional theatre arts training and performance opportunities in a lively, supportive environment for children ages 5-18. Funding from Rabobank underwrites all aspects of the program, helping to keep it accessible and affordable for participating families and children from throughout San Luis Obispo County all year long. For more information about SLO Repertory Theatre or the Academy of Creative Theatre, please visit [slorep.org](http://slorep.org)

### CENTRAL COAST REALTORS® CHARITABLE FOUNDATION DONATES ALMOST \$10,500 TO SLO COUNTY FOOD BANK

The Central Coast Realtors® Charitable Foundation (CCRCF) recently donated almost \$10,500 to the SLO County Food Bank from funds that were raised during the Foundation's 2nd Annual Poker Tournament. Last week, a check was handed over to Food Bank CEO Kevin Drabinski on behalf of the many local Realtors® and affiliates that made this possible. The Poker Tournament was an exciting event, which included dinner, drinks, live music and both silent and live auctions. The event was held at Holland Ranch with over 150 community members participating. Prizes for the top winners included a 3-night stay at a condo in Maui and a weekend getaway at Allegretto Vineyard with reserve tastings at Niner Wine Estates.

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### EL CAMINO HOMELESS ORGANIZATION (ECHO) RECEIVES \$5,000 GRANT FROM THE COMMUNITY FOUNDATION

ECHO Homeless Shelter is pleased to announce it has received a \$5,000 grant from The Community Foundation through the 2018 Community Needs Grant program. The grant will help support shelter operations from July 2018 through June 2019. ECHO operates a safe and secure overnight 50 bed shelter to meet the immediate needs of families and individuals who have become homeless. With a unique residency program, clients are provided case management services to assist them in securing a job and finding permanent and sustainable housing within three months of entering the shelter program. While enrolled in the program, clients are taught life skills for employment, budgeting, health care management and social communication and interaction. The goal and the result of this practical support is the empowerment of residents to move in a positive direction while assisting them in acquiring the skills and services they need to become self-sustaining, including secure housing. For more information, please visit our website at [www.echoshelter.org](http://www.echoshelter.org).

### LITERACY FOR LIFE NEEDS TUTORS

Literacy For Life has a San Luis Obispo countywide need for tutors. Work one-on-one with non-literate adults learning to read, write, and speak English. Our 2-part Tutor Training Workshop will take place on Saturday, September 8th and Saturday, September 15th. The training will be held in the conference room at Union Bank, 995 Higuera Street, San Luis Obispo. Tutors must go to both training sessions. A registration fee of \$25.00 is required to help cover training costs. Both sessions begin at 10:00am and end at 3:30pm. For more information or to sign up, please call 805-541-4219 or visit our website at [www.literacyforlifeslo.org](http://www.literacyforlifeslo.org).

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### PEOPLES' SELF-HELP HOUSING CELEBRATES NEW AFFORDABLE HOUSING FOR FARM-WORKER FAMILIES IN SANTA MARIA

Peoples' Self-Help Housing (PSHH) is excited to announce the grand opening of Los Adobes de Maria III (LADM III), new affordable housing for farmworker families in Santa Maria. LADM III, located at 525 South Russell Avenue, is PSHH's first Leadership in Energy and Environmental Design (LEED) Platinum project and features 34 units with environmentally friendly and energy efficient systems plus a community room, on-site laundry facilities, barbecue area and playground. Residents of the new LADM III will join the Los Adobes de Maria community, which already features two development phases for farmworkers and their families. Children at all three developments will benefit from educational programming available at the learning center at LADM II including after school tutoring and support for K-8 and college prep for high school and college students. Adults will benefit from career preparedness and other community services also available at the learning center.

### SENIOR VOLUNTEERS NEEDED!

**The Salvation Army (Morro Bay Office)** - Volunteers are needed on Tuesdays and Thursdays at The Salvation Army, Morro Bay office. The volunteer will greet clients, work in the pantry filling grocery bags for distribution. The hours are 12:45pm to 3:30pm. The Salvation Army is a major food distributor for Morro Bay, Los Osos and Cayucos.

**Wilshire Good Neighbor Program**- Volunteers needed to assist isolated older adults with simple daily activities to support the client and provide much needed socialization. Volunteers may choose from tasks such as: friendly visits, transportation help, groceries and errands, or pet walking. Training and on-going support is available from friendly, knowledgeable program staff. Volunteering is flexible and fits your interests and schedule.

**California Highway Patrol/San Luis Obispo Area** - We are looking for 2 volunteers to work in our San Luis Obispo office 1 day per week for 4 hours to provide general support for the daily objectives/mission of the California Highway Patrol.



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