

Safe Parking Program Set for Unhoused on Palisades

By Theresa-Marie Wilson

A new safe parking program is scheduled to begin tomorrow, Aug. 13, to provide an alternative site for unhoused residents who have been living in their vehicles along Palisades Ave. in Los Osos.

The site is located on Kansas Ave. near Highway 1 in SLO and can accommodate a wide variety of vehicles including cars, vans, trucks, and RVs.

"I'm glad we are taking this first step toward addressing the situation with unhoused residents living in their vehicles, but we have much more to do," District 2 Supervisor Bruce told Estero Bay News. "We need to follow through on this and increase efforts to provide all our residents a path toward permanent housing. That's going to take long-term commitment."

Reportedly there are close to 30 vehicles that fill the sides of the street at Palisades with and estimated 40-50 people.

"The purpose of the site is to provide a safe and stable place for people to stay, where services can be provided to address their specific needs and put them on a path to permanent housing," said Gibson. Beyond access to social services, the site will include showers, toilets, trash collection and access to public transit.

County staff and contracted service providers have started reaching out to those parked on Palisades to let them know that in the near future long-term parking will no longer be allowed.

Use of the safe parking program is voluntary and participants are encouraged, but not required, to accept appropriate services. Relocation of residents will occur only after extensive outreach efforts, so the reduction in long-term parked vehicles may take some time.

"I'm not sure exactly how long it will take to relocate these residents — each person has a unique set of circumstances," Gibson said. "Our outreach is focused on understanding each person and figuring out the best path for them. That will likely take at



A safe parking program goes into effect this week for people living in vehicles on Palisades Ave. in Los Osos. Photo by Dean Sullivan

least a week in most cases."

Folks with non-working vehicles would be aided on a case-by-case basis.

The County is coordinating with 5Cities Homeless Coalition and CAPSLO to provide outreach services and offer case management and links to supportive services to address individuals' needs.

The new program has been initially funded through the SLO County Department of Social Services' operating budget. The County is considering options for reimbursement through American Rescue Plan Act (ARPA) or regional homeless funding, to be discussed by the Board on August 10.

The safe parking site will serve people with working vehicles — currently, there is no restriction on vehicle size.

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Former Owner Charged with Bribery; City to Review Cannabis Store License

By Neil Farrell

The arrest by the FBI and apparent plan to plead guilty to bribery and tax evasion by a former owner of a Morro Bay cannabis retail store, will be reviewed by Morro Bay officials to see if the license provisions were broken and if the company should continue with its license to sell cannabis products in Morro Bay.

Helios Dayspring, founder of Natural Healing Center (nhc), a cannabis company that has several grow farms, and three retail stores — in Grover Beach, Morro Bay and Lemoore — on July 28 was indicted by federal prosecutors for, "paying a county supervisor approximately \$32,000 — most of that in cash — in exchange for the supervisor's votes and influence on other votes affecting his cannabis business interests," reads a news release from the U.S Attorney's Office in Los Angeles.

Dayspring, 35, "was charged in federal court with one count of bribery and one count of subscribing to a false 2018 income tax return that deliberately failed to report millions of dollars in income to the IRS," the Department of Justice statement reads.

Dayspring signed a plea agreement, prosecutors said, where he agreed to plead guilty to both felonies, pay \$3.4 million in restitution to the IRS and "cooperate in the government's ongoing investigation."

The DOJ notes that Dayspring owned, operated and/or had a controlling interest in multiple farms that grew cannabis in SLO County, and had interests or owned the marijuana stores, which included the one in Grover Beach.

The DOJ release said to bolster his pot

growing farms, Dayspring bribed the late Dist. 3 County Supervisor Adam Hill for favorable votes, this as the Supervisors were trying to craft an ordinance that would regulate cannabis farms. The bribes reported started in spring 2016 and continued through November 2019, the DOJ said.

Hill committed suicide in 2020 not long after the FBI served search warrants at his office in the County Government Center and at his Pismo Beach home, both of which garnered extensive local news coverage.

In total, Dayspring paid Hill "multiple bribes in cash and money orders totaling \$32,000. In exchange, the supervisor voted on matters affecting Dayspring's farms, including voting multiple times in favor of legislation that permitted Dayspring's farms to operate before it had obtained final permitting approvals," the DOJ said.

Dayspring also admitted to attempting to bribe then-Grover Beach Mayor John Shoals, offering him \$100,000 in September 2017 in exchange for securing two cannabis retail permits from that city. Shoals reportedly did not respond and Dayspring didn't pay the bribe.

"Dayspring also admitted," the DOJ statement said, "that he substantially underreported his personal income on his federal tax returns for the years 2014 through 2018, which resulted in the IRS losing more than \$3.4 million in tax revenue."

Dayspring, who graduated from Morro Bay High School, is slated to surrender to authorities in Los Angeles Federal Court on Aug. 25,

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Saying 'Good-Bye' to No. 8; 'Hello' to No. 9 Fire Chief

By Neil Farrell



Retired MBFD Chief Steve Knuckles was given a framed collection of the various badges that he's worn in a more than 30-year career in the fire service.

In what the city manager called a "momentous occasion," the community said "thank you and good-bye" to the eighth and welcome to just the ninth chief in the 90-year history of the Morro Bay Fire Department.

City Manager Scott Collins presided over the July 30 ceremonies that served as a retirement party for now-retired Fire Chief Steve Knuckles and a welcome party for his replacement, Chief Daniel McCrain.

Collins told the crowd of over 100 at the Harbor Street Firehouse that Knuckles was one of the best public servants he's ever worked with. "We're here to make a positive impact for our community," he said, "for the people we serve."

Knuckles has done that and more since being named chief in 2013 including coming up with the money and donations that paid for the equipment you see here, Collins said, referring to two new fire engines and a ladder truck and countless more equipment that help make MBFD what Collins said was the finest fire department in the State.

Knuckles, he kidded, "could squeeze blood out of a budget turnip like no one else."

Collins commended Knuckles for an outstanding job organizing the City's emergency response last year during the height of the Coronavirus Pandemic, making sure the citizens were looked after and helping the County Health Department with its pandemic response.

Fr. Ed Holterhoff of St. Timothy's Catholic Church, who

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Library Ready for new Chapter

By Theresa-Marie Wilson



The final meeting to discuss changes at the Los Osos Library takes place Monday, August 16.

Two decades and a pandemic are not going to keep the Los Osos Library from starting a new chapter. The long-awaited expansion project is resuming after things came to a COVID-19 halt in 2020.

The final public meeting, a presentation of the conceptual design work reflective of operational needs and community feedback, takes place Monday, August 16 at 6 p.m. at the Cal Fire/SLO County Fire Station - 880 Manzanita Drive, Los Osos in the South Bay Training Center multi-purpose room.

"The Los Osos Library is an incredible community asset providing a cultural center to lifelong learning," said Christopher Barnickel, the county director of libraries. "The current building has served the community well, but an expansion and refresh is necessary to continue

to meet the growing needs of the community. In order to accomplish that end, we need community support and buy-in to make this project proposal a reality. The new design is a gem and will be seen as a place of civic pride for years to come."

In late 2019, a well-attended workshop put on by the County of San Luis Obispo Public Libraries in partnership with Friends of the Los Osos Library asked for a vote on four possible options for the project including an extensive retrofit and expansion of the current location, construction of a new facility on the corner of Los Osos Valley Road and Palisades Avenue, an improvement/remodel on an existing building on Los Osos Valley Road, or a new facility on a vacant parcel on 2nd or 3rd streets in the heart of a Baywood Park neighborhood. The retrofit

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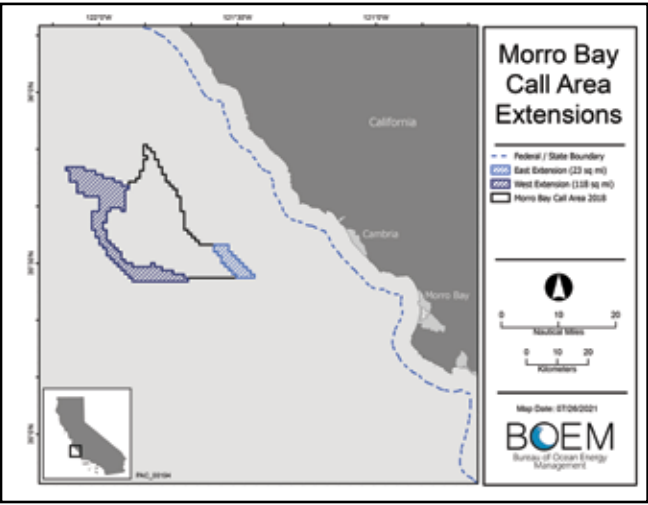


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Feds Call For Comments on Offshore Wind Expansion

By Neil Farrell



The Federal Bureau of Ocean Energy Management (BOEM) is calling for public input on a proposal to expand an already proposed area 30 miles offshore from San Simeon for expansion of an additional 191 square miles to accommodate some 4 gigawatts of floating wind turbine. The new area is adjacent to the originally proposed site.

The federal agency that regulates offshore wind farms plans to expand a potential site off San Simeon that has been identified as a potential site where the giant floating turbines can be installed.

President Biden’s Administration is calling for the development of 30 gigawatts of wind energy production offshore of the Continental U.S., including nearly 400 square miles in a spot about 30 miles west of San Simeon and abutting the Monterey Bay National Marine Sanctuary’s southern end. The two new areas would add some 191 square miles (90,025 acres) to the original call area of over 300 square miles.

That so-called “Morro Bay Call Area” has already been proposed for the development of a 1 GW (1,000 megawatts) floating wind farm by Castle Winds, a partnership between Trident Wind and the German energy company, EnBW North America, nearly 10 years ago.

But while Trident Wind may have been the first to ask for a license to do offshore wind on the West Coast, the federal Bureau of Ocean Energy Management or BOEM, has a process to go through before it can lease U.S. lands and that includes asking other potential customers to bid on it. When they did, some 11 companies responded.

BOEM is now asking for information and nominations from the public and industry “to determine industry interest in commercial offshore wind energy development for two new areas.”

The term new areas might be confusing to readers who have followed these developments, but the initial Morro Bay Call Area was about 320 square miles and the additions to the original area brings it up to 399 square miles.

The other new call area is off Humboldt County in Northern California.

“Today’s announcement,” BOEM Director Amanda Lefton said, “builds on an earlier agreement between the White House, the Department of the Interior, the Department of Defense, and

the state of California to advance areas for offshore wind off the Northern and Central Coasts of California. If approved for offshore wind energy development, these areas could bring us closer to reaching this administration’s goal of deploying 30 gigawatts of offshore wind by 2030.”

With Castle Wind’s proposal, assuming the availability of 10 MW turbines, 1,000 MW would require 100 of the 600-foot tall turbines, more for redundancy. The new call area is designed to allow over 4 GW of turbines, which would mean at least 400 of the turbines would be needed. That’s a far cry more than Castle Winds’ relatively modest proposal of 100 turbines.

BOEM will be accepting public input through Sept. 13. There are two main ways to comment: submit via email to the Federal eRulemaking Portal, see: www.regulations.gov. (In the search box, enter BOEM-2021-0044 and click “search.” Follow the instructions to submit public comments and view supporting and related materials available for this notice.

Or mail comments via the Post Office to: Bureau of Ocean Energy Management, Office of Strategic Resources, 760 Paseo Camarillo (Suite 102), Camarillo, CA 93010.

BOEM has a long ways to go before offshore wind becomes more than just hot air. BOEM must do an assessment before putting any leases out for auction. And even if someone does manage to get a lease, there’s no guarantee of it ever being built.

According to BOEM’s lease policy, “A lease does not grant the lessee the right to construct any facilities on the leasehold. Rather, the lease grants the lessee the exclusive right to submit site assessment and construction and operations plans to BOEM, which BOEM may approve, modify, or disapprove. The lessee must obtain BOEM’s approval of its plans before it may proceed to the next stage of the process.”

Companies will also have to figure out where to build a maintenance yard, which a Cal Poly economic study of the issue in SLO County, decided would need a sizable, deep water port and about 40 acres of space to assemble and to maintain the turbines.

That maintenance yard is where the majority of any new jobs this burgeoning industry is claimed to be able to produce.

However, such a port does not currently exist anywhere in SLO County and the study suggested one could be built at the Diablo Canyon power plant, which already has a small manmade harbor.

For more information on the issue, see: www.boem.gov/renewable-energy/state-activities/morro-bay-call-extension-areas.

D.A. Speaks Out Against SB-82

By Neil Farrell

The local district attorney is calling for an end to a controversial bill that would change some serious violent crimes to misdemeanors, this following the strong-armed robbery of former U.S. Sen. Barbara Boxer.

SLO County D.A. Dan Dow on July 28 reacted to the assault and robbery of 80-year-old Boxer in Oakland on July 26, wherein a thug in a mask accosted her on the street, shoved her in the back, yanked the cell phone out of her hands and fled in a waiting car. Boxer reportedly begged her attacker not to hurt her and asked him, “How can you do this to a grandmother?”

Oakland police are reportedly hunting for the scoundrel but no arrest has been announced.

Boxer’s assault and robbery was just one of numerous recent brazen attacks of defenseless elderly people, including numerous attacks of elderly Asian men and women that have been committed — many caught on surveillance video — across the nation.

“There was nothing ‘petty’ about what happened to former U.S. Senator Barbara Boxer yesterday,” Dow said in a news release, “it was a violent robbery, and it was awful. This crime occurred in broad daylight in Oakland’s Jack London District, a popular tourist destination that also happens to be in the California Senate District of Sen. Nancy Skinner. The same Senator who proposed declaring such horrific crimes to be misdemeanor petty thefts under SB-82.”

Dow noted that Boxer is “an 80-year-old grandmother” and while she wasn’t hurt in the incident, which garnered press coverage across the nation, and she is a famous and prominent figure, “there are countless other lesser-known victims who have endured similar attacks. To be clear, all these victims were subjected to a violent crime, and it would be a terrible insult to minimize their trauma by calling it misdemeanor petty theft — a low-level offense that is eligible for diversion. Recent reforms have gone too far; it is time to withdraw SB-82. This is a reckless proposal that only encourages lawlessness.”

SB-82, the “Safe Neighborhoods and Schools Act,” was introduced in December 2020 by Sen. Skinner, and is purported to be enacting legislation for 2014’s Proposition 47, which, “requires the theft of money, labor, or property to be considered petty theft, punishable as a misdemeanor by up to 6 months in county jail, a fine of up to \$1,000, or both, whenever the value of the property taken does not exceed \$950 or in other cases that are specifically defined as grand theft,” according to the Legislative Council’s report on the bill.

Further, “The bill would specifically exclude from the crime of petty theft in the first degree acting in concert with one or more persons to steal merchandise from one or more merchant’s premises or online marketplace with the intent to sell, exchange, or return the merchandise for value.

“The bill would define the crime of petty theft in the 2nd degree as all other petty theft. The bill would impose a penalty of imprisonment in county jail for up to one year, a \$1,000 fine, or both, for petty theft in the first degree and would prohibit an act of petty theft from being charged as robbery or burglary. By creating a new crime, this bill would impose a state-mandated local program.”

It’s also a “get out of jail free” card of sorts for already convicted criminals. “This bill,” the Legislative Counsel’s report continues, “would provide a means of vacating the sentence of, and resentencing, a currently incarcerated defendant who had been convicted of robbery, who was sentenced under an alternative sentencing scheme based on one or more prior convictions for robbery, or whose sentence includes an enhancement based on one or more prior convictions for robbery and who would not be convicted of robbery based on the changes made in this bill.

“The bill would also provide a means of vacating the sen-

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tence of, and resentencing, a person who had previously served a term of imprisonment for robbery and who would not be convicted of robbery based on the changes made in this bill. By requiring the participation of district attorneys and public defenders in the resentencing process, this bill would impose a state-mandated local program.”

SB-82 rewrites Penal Code 486 (the main theft law) and divides the act of theft into three degrees of severity — grand theft, and petty theft in the first and second degree.

Under a rewritten PC 488 (the petty theft law), would change to taking property “from the person of another or from a commercial establishment by means of force or fear without the use of a deadly weapon or causing great bodily injury,” according to the Legislative Counsel’s report.

The bill prevents changing 1st degree petty theft into a burglary or robbery charge.

Petty theft in the second degree would be defined as “all petty theft that is not in the first degree,” meaning things like shoplifting at stores, or porch piracy, where there is no direct victim. But shoplifting at stores by an organized groups — as has been committed numerous times in department stores form San Francisco to Los Angeles — as that crime is covered under a separate State Law (PC-490.4).

Both first and second degree petty theft would be subject to a \$1,000 fine and up to 6 months in County Jail, which is the normal sentence for a misdemeanor.

Grande theft, which can be charged as a felony, would apply to the theft of anything worth \$950 or more.

The portions of the bill dealing with releasing convicted thieves, falls under PC-1170.98 and would commence in January 2022. Convicts would still have to undergo an appeal process through the courts to see if their case comes under the new law.

But SB-82 must still be passed by both Houses of the Legislature and signed by Gov. Gavin Newsom, who has a Sept. 14 recall election looming, and might not be around when it comes time to sign the bill into law, if it makes it that far.

Dow’s anger at SB-82 was prompted by Boxer’s robbery and a general move towards easing up on crime across the State. “This is exactly why I am opposing the ridiculous bill,” said D.A. Dow. “Downgrading a violent robbery to a petty theft is legislative malpractice. It will encourage violent behavior and make our community more dangerous.”

This past March, Dow said he sent a letter to the California Senate Public Safety Committee in strong opposition to SB-82 and encouraged them to refocus on the needs of victims and survivors of crime.

Vehicle Break-ins in Los Osos

By Theresa-Marie Wilson

A slew of vehicle break-ins were reported in various areas of Los Osos resulting in a reported \$50,000 in stolen items.

In one day, six burglaries or thefts were reported involving work tools taken from trucks with utility boxes. All are believed to have happened between the night of Aug. 5 and the early morning of Aug. 6

“The difference between the burglary designation, and the

theft designation is that the burglaries involved locked vehicles,” said Comdr. Stuart MacDonald with the Sheriff’s Office Substation in Los Osos. “Four of them had their utility boxes locked, and two of them had utility boxes that were not locked. But, they all had tools.”

The crimes occurred on the 600 block of Los Osos Valley Road, the 1900 and 2000 blocks of 9th Street, the 1200 and 1600 blocks of 12th Street, and the 1400 block of 17th Street,

MacDonald said investigators would follow-up with neighbors for potential video of the incidents to identify a vehicle or persons associated with the crimes.

Once thieves are set on breaking into locked utility boxes, not a lot can be done, but the Sheriff’s office has a few ideas to help prevent these types of incidents or help in locating the criminals.

“Our basic recommendation is to take anything of value out of vehicles, but understanding that that’s not practical for tradespeople who can’t take all of their tools inside,” MacDonald said. “We always recommend surveillance camera systems and then parking in the driveway area.”

This is an ongoing investigation. Anyone with information is asked to call 805-528-6083.

Council to Discuss Replacing the late-Councilman Red Davis

By Neil Farrell

With the recent death of Morro Bay City Councilman Robert Davis, the focus turns to how the City Council will go about replacing him?

City Manager Scott Collins said a report on the path forward would be given to the City Council at its Tuesday, Aug. 10 meeting.

Davis was re-elected to a second, 4-year term on council at the November 2020 election, was sworn in last December, and was just 7 months into that term when he died July 24.

According to Collins, the council has several possible paths to take in replacing Davis. The Council can and in all likelihood will appoint someone to fill Davis’ seat. The process is laid out in the City’s Codes.

Municipal Code Section 2.06.030, Paragraph B reads: “The city council shall immediately call a special election to fill any vacant seat on the council, including the mayor’s seat. The special election shall be held on the next established election date, as specified in California Elections Code, which is not less than one hundred fourteen days from the call of the special election. The city council may appoint an elector who is a registered voter in the city of Morro Bay to fill such vacancy prior to the special election. The appointee shall hold office only until the date of said special election.

Collins said the special election would be held in April 2022 and since Davis died in office and didn’t leave office mid-term in order to run for higher office, the City will be paying for it.

The ordinance does allow it to be a mail-in vote held according to the State’s rules on mail-in balloting.

Collins said whoever wins in that special election, which would be open to any registered voter in Morro Bay, would not have to run again in November 2022.

If the appointed person wins election, he or she would have to stand election again in November 2024 under the normal schedule for City Council termsk. Every two years Morro Bay voters elect a Mayor and two council people.

Coincidentally, the County Board of Supervisors is in a similar situation after the suicide death of Dist. 3’s Adam Hill, who won his third term in the March 2020 Primary but committed suicide.

Dawn Ortiz-Legg was appointed by the Governor to fill his seat. And Clerk-Recorder Tommy Gong, who resigned last month will be replaced by the Board of Supervisors. Both of these positions will have to stand election next year.

If the Morro Bay Council decides to take applications, it would name a replacement soon after that, most likely in September.

Davis is the first City Council person to die while in office in the town’s history; though there have been numerous instances over the years where a council person has left office early — for various reasons from recall to resignation to expulsion — the most recent cases were in 2004 when Janice Peters won the mayor’s seat over incumbent Bill Yates, and the Council named Planning Commissioner, Thad Baxley, to serve out her term. Baxley ran for election 2-years later but lost.

And in 1996, then-Councilwoman Cathy Novak was elected Mayor in mid-term and the council named Peters to fill her seat.

Between service on the TV Franchise Board (1989-90), Planning Commission (1990-96), the Council (1996-04), and three terms as Mayor (2004-10), Peters served for 21 years.

In both of these instances, the third-place finishers in the council election that year were considered for the vacant seat — indeed, citizens turned out en masse to lobby for them — but were passed over.

The other candidates in the November 2020 Election were former Councilwoman Betty Winholtz and Richard Sadowski. Laurel Barton won the second Council seat at the November 2020 Election.

PG&E Donates to Food Providers

By Neil Farrell

Pacific Gas & Electric has made another cash donation to an area food provider, bringing the company’s total donations this year to over \$30,000, the company announced Aug. 3.

PG&E donated \$5,000 to the Santa Maria Good Samaritan Shelter, which provides food for the needy in the Santa Maria area.

With that donation, PG&E’s total giving rose to \$32,500 “so far in 2021,” said PG&E spokesman Mark Mesesen in a news release.

Sylvia Barnard, Executive Director of Good Samaritan Shelter, said, “We are very grateful for PG&E’s support. We’ve experienced increased demand for our services because of the many

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Just Listed

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challenges associated with the pandemic. The funds provided by PG&E have helped us extend our services to more local people who need help.”

The Company also donated money to El Camino Housing Organization (ECHO), which operates three facilities in North SLO County providing food, shelter and support to the homeless. ECHO recently purchased a Motel 6 in Paso Robles to house the homeless.

“The pandemic and shelter-in-place orders,” Wendy Lewis, ECHO President and CEO said, “brought new challenges to our community members facing homelessness and hunger.”

A total of eight agencies have gotten donations in 2021: ECHO, Santa Maria Good Samaritan, Community Action Partnership of SLO (CAP-SLO), the Five Cities Homeless Shelter; SLO County Food Bank; Santa Barbara County Food Bank, Santa Maria Valley Meals on Wheels, and the Senior Nutrition Program of SLO County — Meals That Connect.

Of those, the SLO County Food Bank and Meals That Connect serve people in the Estero Bay Area, as food bank giveaways are held regularly in Cayucos (every Wednesday, 10:30 a.m. Cayucos Community Church), Morro Bay (third Wednesday of the month, 9:30 a.m. Vet’s Hall) and Los Osos (Wednesdays, 9:30 a.m. South Bay Community Center).

These distributions are organized by volunteers with the Cayucos Community Church, Lion’s Club of Morro Bay, and People Helping People in Los Osos, respectively.

Also, Rock Harbor Christian Fellowship church, 1475 Quintana Rd., Morro Bay, has a food bank giveaway — the Open Arms Pantry — from 9:30-10:30 a.m. every Saturday and the pantry is open daily on a walk-in basis (see: www.slofoodbank.org/food-locator to find a distribution time and place near you).

Teresa Alvarado, PG&E’s Regional Vice President for the South Bay and Central Coast, said, “We wholeheartedly support the efforts of organizations that serve to meet the needs of people struggling with food insecurity and other necessities. As a company and as individuals, we recognize the need to serve and support our hometowns.”

If readers are interested in getting assistance from the food bank, find one nearby online at: www.cafoodbanks.org/find-a-food-bank, by calling 2-1-1, or call the statewide hotline at: (833) 544-2374.

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News Briefs

By Theresa-Marie Wilson

Citizens' Bond Oversight Committee Releases Annual Report

The Measure L Citizens' Bond Oversight Committee released its 2020 Annual Report, which was presented and accepted by the San Luis Obispo County Community College Board of Trustees at their June meeting.

Measure L is a \$275 million general obligation bond voted on by San Luis Obispo County voters in November 2014 that authorizes funding for new construction projects, needed repairs, and upgrades. The Citizens' Bond Oversight Committee is an independent group of community members tasked with reviewing expenditure reports and ensuring that the District expends bond proceeds for the purposes set forth by Measure L.

The committee reviewed the Independent Auditor's Report for the financial statements of the general obligation bonds and a Performance Audit Report for the fiscal year ending June 30, 2020. It concluded that the District "has properly accounted for the expenditures held in the General Obligation Bond Fund (Measure L) and that such expenditures were made for authorized bond projects."

"The future looks bright for the San Luis Obispo County Community College District with facilities improved to provide a quality education and life experience," said committee chair Dr. Gil Stork. "The contribution of Cuesta College to the county is enormous, and the Citizens' Bond Oversight Committee is proud to be part of this most beneficial program."

The report provides project updates, including the completion of the R & B Shultz Early Childhood Education Building on the North County campus, road improvements, and upgrades to ADA compliance, HVAC, roofing, and technology. Upcoming bond projects include a new campus center on Cuesta College's San Luis Obispo campus and conceptual design and construction of new signage and wayfinding for the District.

"Cuesta College continues to champion student success through its improvement of District facilities, increasing our ability to provide a safe and technology forward learning environment for all students," said Cuesta College Superintendent / President Dr. Jill Stearns.

Find out more about Measure L updates and information at cuestacollegebond.info.

Healthcare Board Approves Mandatory Vaccinations for Employees

The Cambria Community Healthcare District Board has approved mandatory vaccinations for all employees.

"With the recent increases in COVID-19 Delta variant cases, the urgency to ensure safe work environment was paramount to their decision," said Mike McDonough, CCHD administrator in a press release.

The new policy states that workers, as a condition of employment, must be vaccinated by September 30, 2021, unless they file and exemption for medical or religious reasons. Those who are exempted must wear a mask when around others and be tested for COVID-19 twice a week.

"The District leadership emphasizes that the professionals who staff our ambulances are well trained and equipped to continue in providing a safe and effective service," McDonough said. "The residents and visitors in our community should never hesitate to call 911 in an emergency."

The District operates an Advanced Life Support ambulance (ALS) service, owns a professional medical building and provides community health education.

LOCSD Committee Vacancies

The Los Osos Community Services District Board of Directors is looking for two qualified individuals to fill vacancies

Final Plaza Pop-Up In SLO is Colorful



Six brightly colored, imaginative structures adorn Mission Plaza throughout August as the final installation this season in the city's Plaza Pop-Up series that began in April.

"This Plaza Pop-Up series has exceeded all expectations," said Molly Cano, City of SLO tourism manager. "We are so grateful to have supported five cultural nonprofits and to have worked with the talent at local company, Karson Butler Events, to create unique installations for the community to enjoy all summer long."

The SLO County Arts Council tapped local artist, SHAHRZAD, to produce the whimsical installation, "Untitled VI" as part of August's city-sponsored featured cultural nonprofit. SHAHRZAD conceived the idea for the eccentric structures from digital symbolism, Zoroastrian superstition, and Instagram pop-up culture with the intention of creating a space of fantasy in the heart of San Luis Obispo.

The six sculptures—including a hand, flame, "evil eye", squiggle, rainbow and smiley face—vary in height from four to six feet. The large, colorful figures are juxtaposed by the hard, industrial materials they are made from including 600 pounds of hydrocal and 1,000 feet of quarter-inch steel rod—meant to express the collective contradiction of emotions experienced over the past year and a half exacerbated by the pandemic and global social unrest.

"Before a person enters the space, these structures are just symbols of my artistry—defined by a Persian-ness, a Zoroastrian superstition, and an obsession with the Internet," said SHAHRZAD. "But as community members share space with the installation, I hope our energies meld and for a moment, we can live like children, curiously together."

The artist drew inspiration for the pieces from her heritage and identity as a first generation, mixed, Iranian-American. Her middle name, SHAHRZAD, is a nod to the infamous storyteller from Persian folklore. In honor of her namesake, SHAHRZAD, as an artist, uses sculpture installation, and her body to create immersive environments that serve as a narrative describing contradictions and characteristics of personal identity through time, ritual and familial history. Though this installation marks the end of the Plaza Pop-Up series, it also coincides with the return of Downtown SLO's 25th Annual Concerts in the Plaza. The free community concert series runs every Friday until mid-September.

Send your news, community and business briefs to Editor@Estero-BayNews.com. Be sure to include the who, what, why, where and when information along with a contact person.

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MBFD Fights Blaze in Old Elevator Shaft



Photos courtesy Morro Bay Fire Department

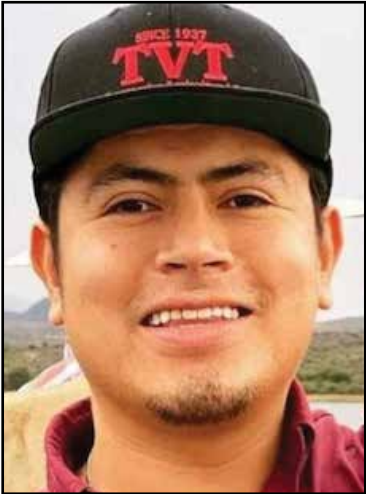
The Morro Bay Fire Department battled a fire July 24 at The Libertine Pub in the 800 block of Embarcadero, according to a department tweet. M-BFD said the fire was reported at 10:42 a.m. was located at the bottom of an abandoned elevator shaft at the 2-story restaurant.

Firefighters made quick work of the blaze but had the Embarcadero tied up for some 2 hours. No injuries were reported.

In the photos, a Morro Bay firefighter uses a rescue saw and two firefighters prepare to vent the roof to release heat and smoke.



Body Found at Lake Nacimiento Identified



Jesus Munoz Vargas

The County Coroner's Office has identified a body found at Lake Nacimiento in June as a missing Central Valley man. According to the Sheriff's spokesman, Tony Cipolla, the body was discovered June 26 at the North County Lake, and was identified as Jesus Munoz Vargas, 29 of Los Banos, Calif. Vargas was reported missing from that Merced County City, located on Hwy 152, on June 5.

Though the body was found on the 26th, Cipolla said, "efforts to ID the victim were hampered by the condition of the body when it was located. Coroner investigators identified the body and notified next of kin."

He added that no foul play was suspected in Vargas' death but did not say whether he drowned in the Lake or how he died. The Enterprise, the newspaper in Los Baños, had a July 29 report that said Vargas' family had put out flyers when he disappeared in June. He disappeared shortly after his mother died and was reportedly heartbroken by her passing.

He was reportedly last seen driving a silver 2014 Volkswagen and was thought to possibly be in Yosemite, Mexico, or Los Baños.

Morro Bay Man Named County PW Director



John Diodati is San Luis Obispo County's newest Public Works director.

A Morro Bay man was recently promoted to lead the County Works Department, removing the word "interim" from his title.

County Supervisors, on July 20, approved an employment contract with Morro Bay resident, John Diodati, as the permanent PW director.

According to a County staff report from County Administrative Officer, Wade Horton, Diodati has been with County Public Works since 2006. In that time he's spent 8 years as a department administrator and 4 years as deputy director.

Diodati has a bachelor's degree in agricultural science and a master's degree in business administration. Before he came to the County, Horton wrote, Diodati was a lecturer at Cal Poly and worked 4 years for the federal government as the rural development manager at USDA Rural Development.

He takes the new position with a salary of \$16,416 per month, (\$196,997 per year), which Horton said was Step 4 in the salary range of five steps. With benefits, the total compensation package is worth \$317,000 a year.

As his promotion comes well into the year, the immediate costs to the County budget is some \$290,000.

It's a big responsibility to run one of the County's largest departments.

According to the PW Department's website, "The Public Works Department provides public services related to the safe and efficient movement of traffic on the 1,349 miles of County maintained roadways; engineering and surveying review of proposed land development; administration and operation of various water and waste water wholesale and retail facilities, including the Nacimiento Water Supply and Los Osos Waste Water projects; long term master water planning; franchise administration for the unincorporated areas; facility planning, design and construction management of all County building projects; maintenance and custodial services for all County occupied facilities."

Locally, Diodati was part of a team of people that got the Los Osos community sewer project funded and built after over three decades of debate.



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HOLISTIC WELLNESS

Are Sweets Undermining Your Health?

By Shari Sullivan

Would you say you eat like most Americans? If so, you're consuming an average of 17 to 26 teaspoons of sugar a day, depending on which statistics you read. That's around double the government's daily recommended limit for a 2,000 calorie/day diet. The American Heart Association's recommendation is even lower – no more than six teaspoons for women and nine for men. Yikes.

We're hardwired to want sugar. Sweetness indicated to our ancestors that a food was safe to eat, while bitterness meant danger. Sugary food was a great source of energy but was hard to come by. We couldn't easily overeat it. Prehistoric individuals who binged on these high calorie foods stored fat, which allowed them to live through famine. Those individuals reproduced and passed on their genes and their taste for sweet.

Today, sugar is cheap, readily available and in most processed foods. We've inherited our ancestor's biological drive for sugar. It's in everything, and it's hard NOT to overeat it.

When we overdo sugar, we risk a variety of health problems. High sugar consumption has been connected to:

- Increased risk of:**
- Heart disease
 - Cancer
 - Diabetes
 - Asthma
 - Disruption of the gut microbiome
 - Impaired immunity
 - Increased inflammation
 - Nutritional deficiencies
 - Hypertension
 - Insomnia
 - Hair loss
 - Alzheimer's
 - Wrinkles and acne
 - And more (believe it or not)

What's a modern human to do?

You probably know that soda, candy and heavy desserts are best reserved for an occasional indulgence. But added sugar has snuck into foods that you may not even suspect like breads, protein bars, cereals, sauces, dressings, deli meats, plant milk, canned soup, yogurt and many more.

The easiest step toward limiting sugar intake is to limit processed foods. While many whole foods do contain sugars, they also contain other components that balance out that glucose load. The water, fiber and other micronutrients in berries, for example, all help your body process the sugar in a healthy way. In fact, berries contain so many phytonutrients that they make it to the top of most healthy foods lists.

Focusing on whole foods is just the start. Eat those whole foods closest to their natural state. Compare eating an apple to drinking an 8-ounce glass of apple juice.

Apple	Apple Juice
4.4g fiber	.5g fiber
72 calories	120 calories
14 g sugar	27 g sugar

Once you've swapped out some processed foods for whole foods, think about crowding out high sugar foods. Have a well-balanced, tasty, healthy meal, and you're far less likely to go for a bowl of ice cream two hours later.

If you do go for that bowl of ice cream, have a glass of water and a small, high-protein snack beforehand (a few nuts, a little hummus with some carrots). Chances are you'll be satisfied with

Your Health Continued on page 13



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Community

Crystals, Plant Shop Opens in Morro Bay

By Neil Farrell



Sierra Mace, with Marley, recently opened Gaia's Garden, a crystal, houseplant and gift shop along with her mother, Summer Birchell in Morro Bay.

Crystals and exotic houseplants are two of the main offerings of a new "rock" shop in Morro Bay, recently opened by a local mother-daughter team.

Sierra Mace, 26, and her mother, Summer Birchell, opened Gaia's Garden, a crystal, houseplant and gift shop, located at 600 Morro Bay Blvd, Suite C, in a space that's been vacant for some 6 years. The last business in that space was the first local crystal shop, Ruby Dragon.

Birchell also has Summer Expressions Hair Salon a couple of blocks away on Napa Avenue. And Mace, 26, was an original partner in Goddess Goods, an eatery on Front Street, which she left in 2018.

Why a crystals shop? Mace said the new store is, "definitely a passion project for mom and I." The shop addresses the different interests of both women.

As for opening a new business during the chaos of the coronavirus pandemic, Mace admits it gave her pause. "I was like, 'What? Open a shop in the middle of COVID?'" But things have gone well in the short time they've been open.

"We've been successful so far," she said sitting at a small table set outside the store, with Marley, the store's dog. The store addresses the beliefs of many people in the power of crystals and beauty of exotic plants.

The crystal shop part was her mom's idea, as they are good friends with Penny Harrington, who operated Ruby Dragon. They decided to look into bringing back a crystal shop to town to cater to the many spiritual people who want to "Let Nature Balance You," as the slogan of the shop says.

Mace grew up in Morro Bay and attended local schools, "From Del Mar Elementary through Cuesta College," she said, "I'm as local as you can get."

She said opening the new store was much easier than the

restaurant was. "It was a breeze to open this up," she laughs. "This all happened within six weeks."

The store is attractive in its presentation of the various types of crystals available, which Birchell selects personally at gem shows, and the plants that are Mace's specialty. She wanted to have something different to offer.

"With the houseplants," she explained, "I try to find more specialty plants that you don't see at Home Depot." She points out that there are not many places here to buy houseplants.

And on Mondays, when the retail store is closed, she has someone come in to do Tarot Card readings. It's part of her vision for the store. "It's a spiritual wellness shop," Mace said. "A unique healing place for the community."

She will soon start taking classes in herbalism and wants to also offer herbs, which people use for many things. "We'll be a little apothecary shop," she said. Mace is working with a woman that she met when she taught yoga, something she did for several years. They have, "witchy products and gifts," Mace said with a laugh.

They also put together a vendor's booth and have been attending street fairs, which has helped a lot to jumpstart the business into a retail store, she explained.

The pair make a good team, as their special interests mix well. "Mom and I work really well together," Mace said. "That's unusual for two Libras."

Mace brings an upbeat attitude to the shop and her interactions with customers, perhaps a reflection of a positive, up beat attitude about life in general. "I love to come to work every day. It's crazy the similarities between us," she said of her mom and the work ethic they share. "That's where I get all of this from."

Gaia's Garden is at 600 Morro Bay Blvd., Suite C, in the same building as Morro Bay Drug & Gift on the corner.

But it's a bit tricky to find the place, as it faces Shasta Avenue, across from Distasio's Restaurant. The shop is open Tuesdays through Sundays, 10 a.m. to 5 p.m. and closed on Mondays (when the Tarot readings are held).

They are planning to host a Chamber of Commerce mixer from 5:30-7 p.m. on Wednesday, Aug. 18, with Morro Bay Butcher Shop fixing the food, Mace said.

Abalone Fishery History Told in New Film; Debut is Aug. 22

By Neil Farrell

Is anyone curious about what a wild, red abalone looks like? Or what it was like to wear 150 pounds of primitive (by today's standards anyway) hard-hat deep-sea dive gear as you walk-crawl along the reefs hunting the mollusks?

The Morro Bay Maritime Museum Association has a brand new documentary by a local filmmaker to explain why Morro Bay was once called "The abalone capital of the world."

The history of Morro Bay's once world-famous abalone fishery is told in the documentary, "Morro Bay — 'Once' the Abalone Capital of the World," debuting at the Bay Theater at 7 p.m. Sunday, Aug. 22, a fundraiser for the Maritime Museum.



George "The Greek" Koemetis is shown offloading abalone in a screen shot taken from the film, "Morro Bay — 'Once' the Abalone Capital of the World," making its debut Sunday, Aug. 22 at The Bay Theater in Morro Bay

The film was produced by Lori Mather of Lori Mather Video Services and features rare home movies from the 1950s-era, underwater, hard-hat diving intermixed with historic photographs of the men who pioneered the modern era of abalone fishing, which has its roots in ancient times.

Glen Bickford moved from Iowa to the West Coast as a boy and eventually joined the thriving fishery. Bickford, who had an interest in photography and movie making, filmed his compatriots in what was a very dangerous way to earn a living (and still is today).

In what the Association calls, "an incredible stroke of luck," those movies and photos have survived and will have their public debut with this film.

The film discusses the earliest beginnings of abalone as a foodstuff by Native Americans thousands of years ago. The film notes that the Native Americans prized the pearl-essence of the abalone shells, which they used for fish hooks, jewelry and ceremonial pieces, examples of which are in the film.

It chronicles the early Chinese fishers from 1853-1900, who scoured the rocks at low tide for abalone, bringing their taste for the meat of the alien looking mollusk from China, where "peasants" were banned from consuming them.

The U.S. Government in the 1880s barred Chinese immigration, and in 1900 banned fishing abalone in shallow waters, the film explains, which put an end to their part of the story. The Japanese soon replaced them and free dived in the kelp forests offshore to skirt the ban.

The Japanese brought hard-hat diving to the area around 1905, and they shipped abalone to Japan until 1913, when the exportation of abalone was banned.

The Japanese flourished until World War II, when the Government deported Japanese divers and put Japanese-Americans in internment camps after the Attack on Pearl Harbor and America's entry into the war. Their part in the story ended, too.

Abalone Continued on page 9

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Police Blotter



Morro Bay Police Logs

• **Aug. 1:** Police found a vehicle at Cypress and Main and towed the car away for a parking violation, and the world is safe once again for democracy.

• **July 31:** Police contacted a woman at 6:50 p.m. at the police station in the 800 block of Morro Bay Blvd. Logs indicated she was arrested on numerous charges including suspicion of resisting arrest with violence and battery on a police officer. The apparently feral cat was tossed into the gaol.

• **July 31:** Police responded at 5:47 p.m. to a disturbance in the 900 block of MBB. Logs indicated they contacted a man, 45, and a woman, 36, and arrested 'ol Bungle and Claude for suspicion of being bent in public.

• **July 31:** Police contacted a suspicious woman at 5:33 p.m. who was going all woolly-booger at City Park in the 700 block of Harbor. The 49-year-old model citizen was nicked for suspicion of possessing drug paraphernalia; her stash no doubt hidden where the sun don't shine and the cops won't look.

• **July 31:** Police responded at 4:46 p.m. to Albertson's Market where they'd caught an apparently sticky-fingered woman, 77, allegedly using the help-yourself lane. She was cited and released, presumably empty-handed.

• **July 31:** At 11:30 a.m. in the 900 block of Piney Way police contacted a regular customer, 69, who had a bench warrant. He was issued a second disappearance ticket and released to catch again another day.

• **July 29:** Police took a missing person report at an RV park in the 1700 block of Embarcadero.

• **July 29:** Police stopped a suspicious vehicle at 10:49 p.m. on Hwy 1. The driver, 51 was arrested for suspicion of drugged driving, possession of drugs and paraphernalia. His citizen of the year passenger, 51, was nicked on a bunch of bench warrants and "drug related charges," according to logs. Both men were hauled to hoosegow, where naughty boys end up.

• **July 29:** Police contacted a disorderly man and woman at 3:14 p.m. in the 600 block of Quintana Rd. The pair, both 63, was arrested for allegedly being schnuckered in public.

• **July 29:** Police contacted a suspicious woman at 3:15 p.m. outside Albertson's who of course had a warrant, and low and behold also had suspected drug paraphernalia.

• **July 29:** A citizen in the 600 block of Piney Way turned in four firearms for police to destroy, gun control one pistol at a pop.

• **July 29:** Police contacted a regular customer in the 700 block of Quintana who had half dozen bench warrants. She was issued a seventh and released to go forth and sin no more.

• **July 29:** Police contacted a familiar face at 12:08 p.m. The 32-year-old probationer was arrested for suspicion of resisting arrest and possession of drug paraphernalia.

• **July 29:** Another regular customer, 39, was spotted by police at 10 a.m. in the 900 block of Atascadero Rd. He naturally had a warrant and was given another ticket to Le carousel.

• **July 29:** A citizen in the 300 block of Island reported credit card fraud, the scourge of the modern, wired world.

• **July 29:** A citizen in the 600 block of Elena reported a case of forgery and mail theft. Police sent a report to the District Attorney.

• **July 28:** Police documented the towing away of a red 2000 Audi A4 from La Loma and Allesandro.

• **July 28:** Police contacted a suspicious woman at 3 p.m. in the 1700 block of Main. The 41-year-old scofflaw had a bench warrant and was issued another useless piece of paper and released.

• **July 28:** Police stopped a suspicious car at 12:22 p.m. in the 100 block of Kennedy Way. The 79-year-old driver was ticketed for driving on a suspended license, no doubt an understandable oversight at that age.

• **July 28:** Police stopped a suspicious car at 8:43 a.m. at Scott and Beach. The 45-year-old driver was cut a ticket for a suspended license and alleged possession of a switchblade.

• **July 27:** Police contacted a suspicious fellow, 29, at 4:55 p.m. in the area of Quintana Place and Main. He was tossed into the gulag for suspicion of possessing methamphetamine and paraphernalia.

• **July 27:** Some scoundrel rode off with a bicycle in the 200 block of Pacific.

• **July 26:** Police responded to a report of a disorderly man running around like a fox on fire at 7:39 p.m. in the 1700 block of Embarcadero. A 47-year-old man was arrested for suspicion of being strunked in public.

• **July 26:** Police stopped a suspicious vehicle at 5:46 p.m. in the 300 block of Quintana. Logs indicated the driver, 37, had three bench warrants and a suspended license to boot. He was of course issued another ticket and released.

July 26: Police responded to the 1300 block of Berwick for a report of a voluntarily missing, at-risk adult, which while not against the law, is certainly concerning.

• **July 26:** Police at Sunset and Atascadero Road towed away a car for violation of the City's parking-in-one-place-too-long law.

• **July 25:** Police contacted a 54-year-old fellow at 4:19 p.m. in the 200 block of Atascadero Rd., and arrested the apparent master criminal for an outstanding warrant.

• **July 25:** Police responded at 12:18 p.m. to a traffic collision at Sienna and Sandalwood. No juicy details were available.

• **July 25:** Police contacted two suspicious people at 9:35 p.m. on Quintana Road. A 63-year-old man was booked into County Jail on a warrant and suspicion of possessing drug paraphernalia. A 49-year-old woman was cited for allegedly possessing paraphernalia and released, as their stash had apparently gone up in smoke.

• **July 24:** Police contacted another suspicious fellow at 11 p.m. in the 400 block of Atascadero Rd. The apparent ne'er do well had a bench warrant and was given his second, no doubt part of the new catch-and-release job-security program.

• **July 24:** Police contacted a trio of hammered fellows at 9:48 p.m. in the 1000 block of Market. Logs indicated all three were booked into County jail, a possible case of arrive on vacation and leave on probation.

• **July 24:** Police responded at 12:49 p.m. to a disturbance in the 900 block of Morro. Logs indicated a 32-year-old woman was hooked up for suspicion of being stoned, and possession of suspected narcotics, and of course the shining example also had a warrant.

• **July 24:** Police contacted two suspicious men at 10 a.m. in City Park. One, 29, had nine bench warrants and the other apparent idler was lagging behind with just four warrants. Both were issued fresh summonses and released no doubt to go have a good laugh.

• **July 23:** Police and firefighters responded at 2:48 p.m. to the 2400 block of Main for a reported fire at the Rodeway Inn. Logs indicated that illegal drugs were found inside the room, ironic, as the place is slated to be turned into a drug rehab facility.

• **July 23:** Someone found a wallet and gave it to police to find the owner. Someone else turned in a wallet found on July 21.

• **July 23:** Police responded at 9:03 a.m. to a traffic crash at the Roundabout. Then at 9:55 a.m. there was another hairy crack-up at Kodiak and Main. No injuries were reported in either.

• **July 22:** A citizen in the 2000 block of Seaview reported his or her license plate had been lost, or more likely stolen.

• **July 21:** Police responded to a disturbance at 5:35 p.m. at Morro Rock. Logs indicated they arrested a 32-year-old hombre and charged him with battery.

• **July 21:** Another car crash was reported at 3:42 p.m. on Embarcadero at Pacific. No injuries reported nor arrests made, as it was no doubt chalked up to tourists driving.

• **July 20:** Police stopped a suspicious vehicle at 11:45 p.m. at Main and Atascadero Road. Logs indicated the driver, 46, was nicked for suspicion of drunk driving. He was cited and released, a case of COVID — the stay out of jail free card.

• **July 20:** Police stopped a suspicious car at 10:49 p.m. at Pacific and Shasta for some no doubt trumped up code violation. Logs indicated the driver, 66, had a bench warrant out of San Berdoo and was cited and released with a no doubt solemn promise to appear... this time.

• **July 20:** Police stopped a suspicious vehicle at 9:45 p.m. in the 200 block of Harbor. The driver, 56, was arrested for suspicion of driving in the horrors, and later released.

• **July 20:** Police stopped another suspicious vehicle at 9 .m. in the 1200 block of Main. The idjit driver was cited and released for a suspended license.

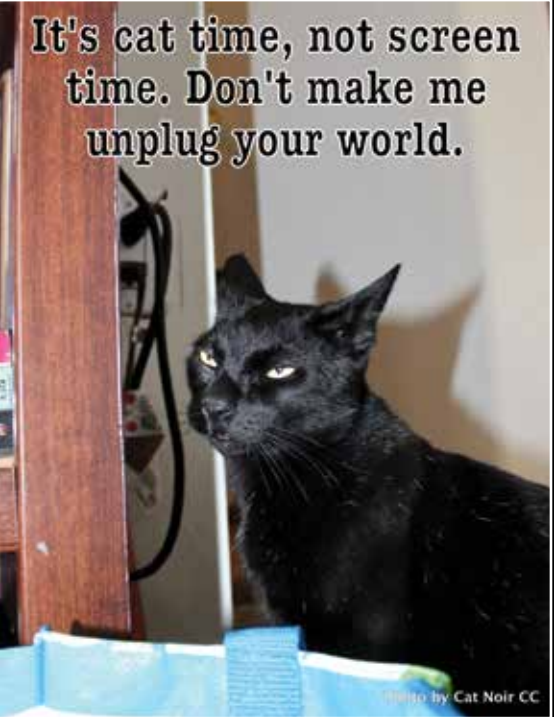
• **July 19:** Police are investigating vandalism at Del Mar Elementary School on Sequoia.

• **July 19:** Police got two reports of traffic collisions within seconds of each other at 12:29 p.m. One was at Main and Surf and the other in the 200 block of Pacific, a case of when it rains it pours.

• **July 19:** A citizen in the 2000 block of Sunset said someone pedaled off with his or her bicycle.

• **July 19:** Police contacted a suspicious woman at the suspect time of 3:24 a.m., well past decent folks' curfew. The 21-year-old belle of the ball was arrested for suspicion of being stoned on drugs and possession of a crack pipe. She was booked into the County detox center to sleep it off.

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Community

Events From page 9

built in 1856 by Pierre Hypolite Dallidet, the first commercial winemaker in San Luis Obispo County. Pierre's youngest son, Paul, willed the house and gardens to the History Center upon his death in 1958.

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Join the SLO County Public Library for a lecture called the Struggle for Women's Suffrage with Juliane McAdam on Wednesday, August 18 from 12 p.m. to 1 p.m. McAdam, a member of the SLO County League of Women Voters, will give a historical presentation on the passage of the 19th Amendment, including a view from our own county during that pivotal moment for equal rights. This is a Zoom presentation and you will receive an email with the Zoom link when you register. Register at SLOLibrary.org and click the Events tab.



The San Luis Obispo Botanical Garden presents a monthly bird walk series on the fourth Thursday of every month. An walk is scheduled Aug. 26 from 8 a.m. - 10 a.m. Explore the intersection of birds and botany with bird lover Mark Mushkat and docent Ken Levine, studying birdlife amongst the plants of the botanical garden. The focus is on which avian species are drawn to certain plants, what's gained or lost in the exchange, and how this understanding can shape your own landscaping efforts to the benefit of fauna and flora. Allow for a two-hour exploration on mostly flat ground. Bring binoculars (if you have them), comfortable shoes, and water.

Tickets are \$10 for Garden members, \$20 for the general public, and free for children. All tickets include admission to the Garden as well. Walks are open to all ages. Group size is limited to 12 and children must be accompanied by an adult. Ticket sales end at 4 p.m. the day before each walk. For tickets, visit slobg.org.

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Got some vino to give away for a good cause? The Friends of the Morro Bay Harbor Department are looking for donations to their live online auction on September 15. Help them reach their goal of 50 bottles by dropping off your donation at the Harbor Department Office at 1275 Embarcadero, Morro Bay, by August 15, with a description and estimated value. You can also help the department by donating to help purchase a new harbor patrol boat. Castle Wind offered to match up to \$20,000 of collected donations! The vessel has been purchased, but funds needed are the final push to help pay for retrofitting and adding specialized equipment specific to our Bay's needs. Contribute through friendsofthehbhd.org or mail your donation to PO Box 718, Morro Bay, CA 93443.

...

Reminder: By the Sea Productions is back onstage, opening with the one-woman show, "Shirley Valentine" starring Morro Bay actress, Sharyn Young. The play depicts the life of a bored British housewife driven to having conversations with her kitchen wall. When a friend wins a trip to the Greek Islands and invites her along, Shirley's world opens up with new adventures. This heartwarming play was also a popular movie. Sharyn performed this show several years ago at the Pewter Plough Playhouse, and is delighted to reprise her role for By the Sea Productions re-opening premiere.

Cambria resident, Sandy Bosworth, directed both productions. Says Bosworth, "Willy Russell's 'Shirley Valentine' is a classic. It is funny, whimsical, touching and revealing...a truly loveable, enjoyable experience."

"Shirley Valentine" plays one weekend only, August 13-15, with performances on Friday at 7 p.m. and Saturday at 2 p.m. and 7 p.m. Sunday is sold out. To ensure the comfort and safety of the audiences, there will be limited seating, with masks and proof of COVID vaccination required. Tickets are available online at bytheseaproductions.org, or call 805-776-3287. Location is 545 Shasta Ave in Morro Bay.

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Spend a relaxing evening learning the basics of macramé. The SLO Botanical Garden is invites folks to a macramé workshop on Thursday, August 26 from 6 p.m. – 8 p.m. Lindsey Altman of Tied & True Goods teaches the workshop. Attendees will master the basic knots and make their very own macramé air plant hanger using local driftwood and natural cotton rope. All macramé materials are provided, including a bubble vase and air plant to fit inside your new creation. Class is appropriate for ages 12 and up. Tickets are \$55 for SLOBG members and \$55 for the public. Class size is limited. Pre-registration required. Visit slobg.org for tickets.



...

A new traveling exhibit is headed to the Spooner Ranch House at Montaña de Oro State Park. Explore the rich, long histories of African Americans in rural California From the 1849 Gold Rush to today, black Californians have been part and parcel of rural areas, and histories of California's rural communities are incomplete without the role of African Americans. "We Are Not Strangers Here: African American Histories in Rural California," is a new travelling exhibition that will be at Spooner Ranch House from August 15 to October 10. It highlights unknown and untold stories of black farmers, ranchers and rural residents. These stories challenge myths about early California and create new narratives about freedom, self-governance, and civic culture, exhibit representatives said. We Are Not Strangers Here is a collaboration between the Cal Ag Roots, Susan Anderson of the California African American Museum, the California Historical Society, Dr. Caroline Collins, and Exhibit Envoy. The project was made possible with support from California Humanities.

Send your event listing at least three weeks in advance to Editor@EsteroBayNews.com. Make sure to include the who, what, why, where and when of the event and contact information. Please, type out in paragraph form rather than attaching flyers.

Takin' Care
of BUSINESS

By Theresa-Marie Wilson

Bids Wanted for Cambria Healthcare

The Cambria Community Healthcare District (CCHD) has issued a Request for Proposal (RFP) to provide professional architectural-engineering pre-design services for its ambulance station and administrative offices located at 2515 Main Street, Cambria.

The requested services include a facilities condition assessment (FCA), architectural programming, feasibility and conceptual design studies, and conceptual project budgets and schedules.

"Our existing building is over 70 years old and lacks the features necessary to comfortably house our crews," said Mike McDonough, administrator of the CCHD, "Additionally, we do not have an ambulance garage to take proper care of our ambulances."

The situation was exacerbated in 2018 when runoff from the hillside above damaged our crew quarters building during the rainy season. That building has now been vacated due to its potential hazards. As a precaution, the crew was moved into small offices in the administrative building currently shared with Community Health Center of Cambria.

The RFP is posted on the District's website at cambria-healthcare.org/rfp.html. A pre-submittal job site meeting takes place at 2 p.m. on Saturday, Aug. 14. Responses to the RFP must be received no later than 2 p.m. on Wednesday, Aug. 25.

Kelsey Brings Home 31 Medals

San Luis Obispo based Kelsey See Canyon Vineyards took home 31 medals across three recent wine competitions. The winery entered a collection of 2018 and 2020 vintages in the 2021

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Community

Orange County Fair Commercial Wine Competition, the 2021 Sunset Magazine Wine Competition, and the 2021 Central Coast Wine Competition.

Most notable wins for Kelsey See Canyon Vineyards include the following:

The 2018 BB Zinfandel, a full-bodied, jammy zinfandel, received a 94pt Gold from Sunset Magazine.

The 2020 Golden Delicious, a unique apple Chardonnay, received a 92pt Gold from Sunset Magazine.

The 2018 Cabernet Franc, a peppery red with plum notes and a medium-full body, received a Gold from the Central Coast Wine Competition.

Colleen Gnos, label artist and niece of the winery owners, won a Gold Medal in the Figurative Art category for the 2020 Orange Muscat label, at the Orange County Fair Commercial Wine Competition.

“Winemakers Jac (Jacobs) and Joey (Roedl) continue to make us proud,” said Laurie Kelsey, co-owner and GM of Kelsey. “We are very fortunate to have such an outstanding winemaking team. We are also blessed that Colleen continues to provide us stunning pieces for our labels.”

Morro Bay Chamber Ribbon Cutting



The Morro Bay Chamber of Commerce was thrilled to celebrate a grand reopening and renovation of the Museum of Natural History with a ribbon cutting ceremony on Thursday, August 5. The Museum is located at 20 State Park Rd. and offers activities and exhibits for every age.

How to Hire Employees

If your organization is preparing for growth but unsure of the different processes that come with hiring employees, Spokes’ one-hour training session can help to prepare you well in advance. Learn the basics of HR and payroll regulations and best practices to implement for a smooth employee onboarding experience. This session takes place on August 24 from 12 p.m. to 1 p.m. The price of admission is \$35 or \$20 for Spokes 2020 members. This class is for any founder, board president/chair, volunteer executive director, board finance chair, board member, or other member of an organization that is considering hiring the first employee. This class is online; link will be sent with registration acknowledgement. This class may be recorded. Steve Wilner, MBA teaches the session. He is business devel-

opment manager for Your People Professionals (YPP)/HR Your Way, a 35-year-old boutique HR outsourcing and consulting firm. His broad business background, including an MBA from Santa Clara University as well as sales, technical, and general management experience, gives him a keen understanding of the challenges faced everyday by business owners and leaders. Learn more/register at www.spokesfor nonprofits.org or call (805) 547-2244.

New Times celebrates its 35th Birthday!

It all began in a San Luis Obispo garage on August 13, 1986. Ronald Reagan was the president, gas was 89 cents a gallon, and alternative weeklies were on the rise throughout the country. With the help of a couple friends, Steve Moss created and published the first edition of New Times. Now, 35 years later with more than 1,820 issues published, New Times has proven to be an important and vital part of the San Luis Obispo County community. For three and half decades, New Times has made local news and entertainment accessible for the Central Coast. Steve Moss’s vision of connecting readers with the community propelled New Times into a publication that readers can count on every week. Fun fact, August 11, 1989, 32 years ago, was the first issue of The Bay News. It started in the old gas station on second street in Baywood Park. Fun fact, I, Dean Sullivan was involved with New Times’ first issue called “Food Fight.” On page two, there is a special thank you to Ed Harris, owner of Coast and Country Properties, and Dean. They did all the darkroom work for Steve Moss when he started the publication.

Mental Health Help

The City of San Luis Obispo is looking for proposals for an additional mental health clinician to expand the City’s Community Action Team (CAT), which handles calls for service involving community members suffering from a mental health crisis. The City will spend upwards of \$125,00 this fiscal year to expand the CAT with another mental health worker in support of the major city goal related to housing and homelessness. The annual ongoing cost is estimated at about \$116,000. The City will continue to work with the County Behavioral Health Department and County Department of Social Services to identify sustainable funding sources for programs and services like this in the future. “Although the City does not provide broader homeless services or mental health services, City staff and officials can connect people with the service providers in our area, including the County and 40 Prado,” said City Manager Derek Johnson. “One way we do that is through our Community Action Team. It’s clear we need to meet people where they are and fill gaps in state and county services. We need to expand this team to have a bigger impact.” The City’s existing CAT is made up of a police officer and a mental health clinician. They work together to respond to calls related to unhoused or transient community members, and other clients who have severe mental health and/or substance abuse issues in San Luis Obispo city. The additional mental health clinician will provide similar in-person mental health services. For questions, contact City of SLO Homelessness Response Manager Kelsey Nocket at 805.781.7216 or knocket@slocity.org.

Summerfest Films Aug. 21



Director Jon Levenson on the set of his short film, Someone Will Assist You Shortly

SummerFest, an activity of the Cambria Film Festival and the Cambria Center for the Arts (CCA), returns Saturday, Aug. 21. Offering more than a dozen feature and short films, the festival will offer all films live in a CCA theater space as well as through an on-line streaming platform. SummerFest focuses on films made by locals or with a local connection or theme. This year’s programming includes both documentaries and a variety of serious and comic short films. Some of the films include: “Trusting Chloe,” a short rom com, shot locally by and starring Cal Poly professor Todd Long. “Letters from Marge,” a short documentary about Morro Bay surfing pioneer Marge Calhoun. “Firestorm 77,” a full-length documentary on the 1977 Honda Canyon Fire that threatened Vandenburg Air Force Base. “Where There Once Was Water,” a timely documentary about California and the challenges of water. A reprise of favorite short films from the first years of the Cambria Film Festival. A first-time look at a film in progress by local filmmaker Jon Levenson with his short film titled “Someone Will Assist You Shortly.”

SummerFest also brings back live parties. On Friday night, Aug. 20 the Festival hosts a special meet-and-greet wine party with filmmakers and filmgoers. It takes place in the Courtyard of the Garden Shed in Cambria and features the wines of Cayucos Cellars. VIP All Access Passes (\$50) give purchasers access to all live screenings and the party, as well as the ability to stream films. Other ticketing options include a streaming only pass (\$15) as well as individual tickets to specific screenings or the party. For more details or to purchase tickets, visit www.cambriafilmfestival.com. Online films will be available for streaming beginning Friday evening, Aug. 20 and continue through Monday, August 23. Guests can watch at their convenience on their smartphone, tablets, personal computers or project to their televisions with common apps like Roku, AppleTV, and Chromecast. The full traditional Cambria Film Festival returns February 3-6, 2022. Already, hundreds of films — all dealing with romance, romantic comedy and the complexities of love — have been submitted for the competition. As in the past, the festival plans to showcase approximately 50 to 60 shorts and ten or more feature films. This year, the festival will stream all films in a virtual festival, as well as return to hosting traditional live screenings and events. For more details, follow the Cambria Film Festival on Facebook or Twitter or visit its website at www.cambriafilmfestival.com

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Music

Brynn Albanese & Jody Mulgrew at CCAT



Brynn Albanese and Jody Mulgrew are performing together at the Cambria Community Arts Theater (CCAT) on Saturday, August 14th at 7:30pm. You may know Brynn from her role as Concertmaster and first chair violinist of the SLO Symphony, her gypsy-tango group Café Musique, her trio Classinova, her pandemic-inspired “One Woman Show”, or on stage with any number of artists spanning the full gamut of music genres. Jody Mulgrew is a local troubadour crooner with an unmistakable tenor voice who has captivated audiences locally and nationally for many years. Brynn and Jody have joined forces to create a diverse collaboration of soulful, almost meditative selections. The combination of Jody’s beautiful tenor voice, superb song writing mixed with Brynn’s soaring and soothing sounds from her violin offer audiences a very unique and emotional experience that’ll be remembered long after the concert is over. Limited tickets for this very special concert are available now at CambriaArts.org. Photo: Brynn Albanese

Fri., Aug. 13 • 5:00pm
Concerts in the Plaza:
Brass Mash
Mission Plaza
989 Chorro St,
San Luis Obispo

Fri., Aug. 13 • 6:00pm
The Charities
Derby Wine Estates
525 Riverside Ave,
Paso Robles

Fri., Aug. 13 • 8:00pm
High Voltage (AC/DC Trib-
ute)
The Siren
900 Main St, Morro Bay

Sat., Aug. 14 • 7:00pm
Brynn Albanese & Jody Mul-
grew
Cambria Community
Arts Center
1350 Main St, Cambria

Sat., Aug. 14 • 2:30pm
Danny Grasseschi
Black Hand Cellars
766 Main Street, Cambria

Sat., Aug. 14 • 6:00pm
Good Medicine Presents -
SambaDa
Castoro Cellars Winery
1315 N Bethel Rd,
Templeton

Sat., Aug. 14 • 6:30pm
JD Project: Saturday in the
Park Concerts
Atascadero Lake Park
9305 Pismo Ave, Atascadero

Sat., Aug. 14 • 3:00pm
Live at the Lighthouse: Zongo
All-Stars
Point San Luis Lighthouse
1 Lighthouse Rd,
Avila Beach

Sat., Aug. 14 • 8:30pm
Nearvana - tribute to Nirvana
The Siren
900 Main St, Morro Bay

Sat., Aug. 14 • 6:00pm
Next Life
The Savory Palette
601 Embarcadero, Suite 5,
Morro Bay

Sat., Aug. 14 • 2:00pm
Back Bay Betty
Sea Pines Golf Resort
1945 Solano St, Los Osos
Sun., Aug. 15 • 1:00pm
Burning James All Stars - A.G.
Summer Concerts
Heritage Square Park
201 Nelson St,
Arroyo Grande

Sun., Aug. 15 • 3:00pm
Rock Odyssey
Grover Beach Sizzlin
Summer Concert
993 Ramona Ave,
Grover Beach

Sun., Aug. 15 • 1:00pm
Lazy Locals- Zen Mountain
Poets
Castoro Cellars
1315 North Bethel Road,
Templeton

Sun., Aug. 15 • 6:00pm
Resination Duo - Live Outside
Schooners
171 N Ocean Ave., Cayucos

Sun., Aug. 15 • 4:00pm
Rosebud (A Grateful Dead
Tribute)
SLO Brew Rock
855 Aerovista Place,
San Luis Obispo

Sun., Aug. 15 • 4:00pm
Sunday Jazz Jam
The Siren
900 Main St, Morro Bay

Wed., Aug. 18 • 5:00pm
Jill Night
Calcareous Vineyard
3430 Peachy Canyon Road,
Paso Robles

Vinyl Record Day at Sea Pines



Sea Pines Golf Resort presents Vinyl Record Day on Saturday, August 14 from 2:00 to 6:00pm as part of the weekly Barefoot Concerts on the Green Series, featuring local favorites Back Bay Betty. Sea Pines emcee Gary Freiberg is the founder of this annual event, bringing in vinyl record dealers from around the state and offering classics, collectibles, and other records for sale. Vinyl Record Day was proclaimed by the San Luis Obispo County Board of Supervisors in 2002 with the sentiment: “Whatever we go through personally, or nationally, life has its good times. Vinyl Record Day is a day to celebrate them with friends, family and music.” Be sure to come early, as the first 200 attendees will receive a free “Mural of Album Cover Art” poster. Admission is free and open to all ages. More details are at SeaPinesGolfResort.com.

Wed., Aug. 18 • 7:00pm
Rise Against
Vina Robles Amphitheatre
3800 Mill Road, Paso Robles

Wed., Aug. 18 • 7:30pm
Surfer Blood with Worn-Tin
The Siren
900 Main St, Morro Bay

Wed., Aug. 18 • 6:00pm
Truth About Seafood
Templeton Concerts in the
Park
550 Crocker St, Templeton

Fri., Aug. 20 • 6:00pm
Robi Duganne
Hoyt Family Vineyards
1322 Park Street, Paso Robles

Fri., Aug. 20 • 7:00pm
Comedy Night at Rava Wines
Rava Wines + Events
6785 Creston Road, Paso
Robles

Fri., Aug. 20 • 5:00pm
Concerts in the Plaza: Bear
Market Riot
Mission Plaza**
989 Chorro St,
San Luis Obispo

Sat., Aug. 21 • 5:00pm
The 805 WAVE: Comedy
Show
Willow Road & Hetrick Avenue
Nipomo

Sat., Aug. 21 • 2:00pm
Jazz & Blues Jam Session
Top Dog Coffee Bar & Bistro
857 Main Street, Morro Bay

Sat., Aug. 21 • 2:00pm
Stellar Band
Sea Pines Golf Resort
1945 Solano St, Los Osos

Sat., Aug. 21 • 8:00pm
Yachtley Cr w (The titans of
soft rock!)
The Siren
900 Main St, Morro Bay

Sun., Aug. 22 • 7:00pm
Amanda Anne Platte & the
Honeycutters
Castoro Cellars
1315 N Bethel Rd, Templeton

Sun., Aug. 22 • 3:00pm
Artikal Sound System
SLO Brew Rock
855 Aerovista Place, San Luis
Obispo

Sun., Aug. 22 • 1:00pm
Lazy Locals- Mark Adams
Castoro Cellars Winery
1315 N Bethel Rd, Templeton



Paul's Picks

Sun., Aug. 22 • 6:00pm
Live Outside: Big Search
Schooners
171 N Ocean Ave., Cayucos

Sun., Aug. 22 • 1:00pm
Rockin' The Ranch: LuLu &
The Cowtippers
Filipponi Ranch
1850 Calle Joaquin, San Luis
Obispo

Sun., Aug. 22 • 8:00pm
Steve Martin & Martin Short
Vina Robles Ampitheatre
3800 Mill Road, Paso Robles

Tue., Aug. 24 • 7:30pm
Lost Dog Street Band
The Siren
900 Main St, Morro Bay

Wed., Aug. 25 • 6:00pm
DV8D
Templeton Concerts in the
Park
550 Crocker St, Templeton

Thu., Aug. 26 • 7:00pm
The Brothers Comatose
SLO Brew Rock
855 Aerovista Place, San Luis
Obispo

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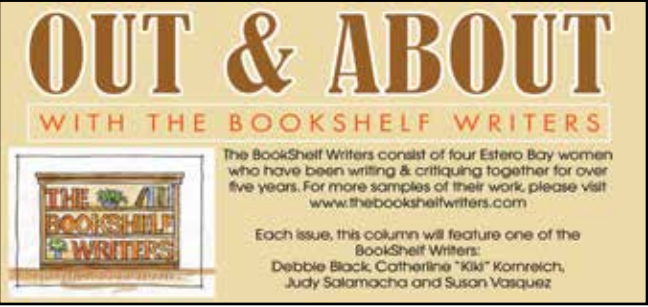
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Carol Alma McPhee: ‘A Small Town Women’s Movement: A Memoir’

By Judy Salamacha

During the 1960s when the women’s liberation movement was in full swing nationally, San Luis Obispo’s Carol Alma McPhee (Norton) felt left behind. Her father, Julian A. McPhee, was president of Cal Poly University, SLO from 1933-66. They lived on-campus and early on she enjoyed college level books. Her career goal was to become a writer, but a Cal Berkeley English professor dashed her dreams telling her women were not welcome.

“Most young women today don’t realize what we went through,” said McPhee. “In the sixties women were expected to marry and raise children. We could be teachers, nurses or secretaries.”

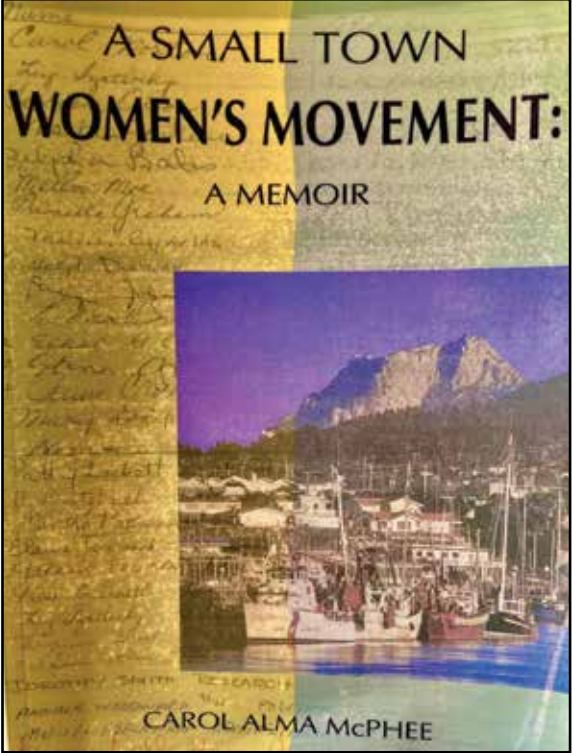
McPhee briefly taught at Atascadero High then married thinking she would write while child rearing and housekeeping. Consuming information and direction from National Organization for Women (NOW) was her road towards independence. She recalls “...wishing I could participate in the 1970 Women’s Rights for Equality Day held in other cities, but not in SLO.” McPhee would not publish for years faced with personal roadblocks until she found like-minded friends with her passion to advocate more opportunities for women.

In 2017 McPhee introduced her feminist journey in “A Small Town Women’s Movement: A Memoir” supported by publisher Linna Thomas, owner of Coalesce Book Store.

McPhee wrote “...I joined in as if it were a religious calling...I did all I could personally and politically to bring other women to feminism.” She established the Commission on the Status of Women in June of 1976. The San Luis Obispo County Supervisors supported the efforts of fellow-collaborators, including two local journalists, Ann FitzGerald and Mary Gail Black, and organizational support from AAUW and Quota International Club of Morro Bay.

Thomas explained why she felt McPhee’s story was important in 2017 and now in 2021. “I’ve known Carol since 1973. She arrived with a group of women – Ms. Independent Feminists -- to help ready Coalesce for our opening. Janet Brown, who was my business partner from 1973-1978, and I had gone to a meeting of the group in SLO pleading for their help. They responded with a vengeance! They sewed curtains, laid down carpet -- whatever we needed. I have always admired Carol for her intelligence, trustworthiness, talent and serving spirit.

“My second reason was a sad shortage of local women’s



history. This is the only book I know of that talks about the local women’s movement as it was unfolding in the early to mid-70s. It’s hard to remember how different things were for women back in those days. They did not hold many offices, exert much in the way of political power, have many high-powered executive jobs, and many were not highly educated. They were busy raising families, running households, spending time with each other at church, in small clubs, among friends.

“Through Carol’s story we get a real and specific peek behind the scenes of a significant development for women in our county. We meet the individual players that were involved. The process touched and changed many lives and was empowering for women who were stepping out onto the local and political scene. Their combined efforts were ultimately successful and the Commission exists to this day.”

McPhee has achieved her original career goal. Other published writings include: “Feminist Quotations,” co-written with Ann FitzGerald and “The Non-Violent Militant: Selected Writings of Teresa Billington-Greig” are currently out of print; a novel “Staying Under” and her poetry included in “Where the Palm Rests” are available at Coalesce Book Store in Morro Bay and Volumes of Pleasure Book Shoppe in Los Osos.

She is proud to have paved the way for three daughters and their daughters. Noelle Norton, a dean at University of San Diego, was chairwoman of the SLO Commission on the Status of Women, 1983-84. Elizabeth Norton, a marine biologist with the National Oceanic & Atmospheric Administration (NOAA), has numerous published research papers and was first woman to monitor fishing catches off Korean and Japanese vessels. Claire Norton a speech therapist owns her own business in northern California.

“We’ve crashed through the steel ceiling and continue to work on penetrating the glass ceiling,” said McPhee.

Judy Salamacha is a member of The BookShelf Writers. To see more of her work, visit www.thebookshelfwriters.com.

Letters to The Editor



Let Residents Decide Growth

The Morro Bay City Council seems to be headed towards annexing property in north Morro Bay to form five building lots and adjoining open space. This may or may not be legal and will likely result in legal challenges and expense for the city if the city council takes this action.

In 1984, as I was completing my first term on the Morro Bay City Council, Measure F was passed by the voters in Morro Bay that resulted in Ordinance # 266. Legal interpretations may differ, but most people felt this would prevent development of open space within the city limits or annexation and development of property bordering the city. This was because of the concern of impacts on limited city resources and services. Those concerns still exist today.

In 1990 Measure H was voted on and passed to limit the development of the “Williams Property” across Highway #1 from today’s Albertson’s Shopping Center. This was another example of the residents desire to keep Morro Bay from growing and impacting resources and services.

Five building lots may not sound like much, but if this can happen, what might follow? I know many residents and, perhaps current members of the city council, are not fully aware of all this history. The language in Section 7 of Ordinance # 266 that resulted from the passage of Measure F states: “These policies and the zoning ordinances which now implement them may be amended or repealed only by a majority vote of the people at a regular or special election.”

As someone who served two terms on the city council and two terms as mayor, I understand how difficult the job can be. Given the history regarding growth, I strongly encourage the current city council to explain why they feel this is a good thing to do, and then put an advisory vote on the ballot in the next scheduled election, and let the residents tell them how they feel about growth. I stated earlier that it may or may not be legal to do this but, given the history, why not let the residents give their input? Hold an advisory vote on this matter during the next election.

Rodger Anderson
City councilmember 1980-1984 and
1994-1996, mayor 1996-1998 and 1998-2000.

Ambush Style Rapes are Common

The fact is that “ambush-style” rapes are not rare (Vol. 3, Issue 13). What is rare is the person who reports them, and rarer still is the response from law enforcement...at least for a long time and including in my lifetime. My rape kit, to this day, remains untested.

I’m proud of the victim in the reported situation, and thankful for Rapid DNA; the Me Too movement, perhaps, had an impact?

Whatever the case, my point is, this area, like EVERYWHERE is NOT immune to rapists, and the FROM BEHIND tactic is in full force.

Cassandra Bodlak
Baywood Park

Did God Bury Dinosaur Fossils?

I have a few questions for Scott Presnal, (Letters, Vol. 3, Issue 14). You say you’re “fascinated by earth science” yet you don’t seem to buy any of it. If the earth, as you claim, is only 6,000 years old, where did all the dinosaur fossils come from? Did God bury them in the ground to confuse us with a fictitious backstory? Why would He do that? You then take issue with the ‘theory of evolution’ calling it a “lie that has been taught in our high schools and community colleges....” Well, I have news for you. Evolution is not a theory, it’s a force of nature at work on everything and everyone all of the time. Were you born knowing how to read and write, drive a car, ride a bike, or speak English? If not, then you, my friend, have evolved! You wrap up your little missive by citing the book of Revelations as “prophecy” when, in reality, it was just an hallucinogenic fever dream of St. John, who just happened to remember enough of it to write it down. I have some wild dreams

Letters Continued on page 15

Your Health From page 5

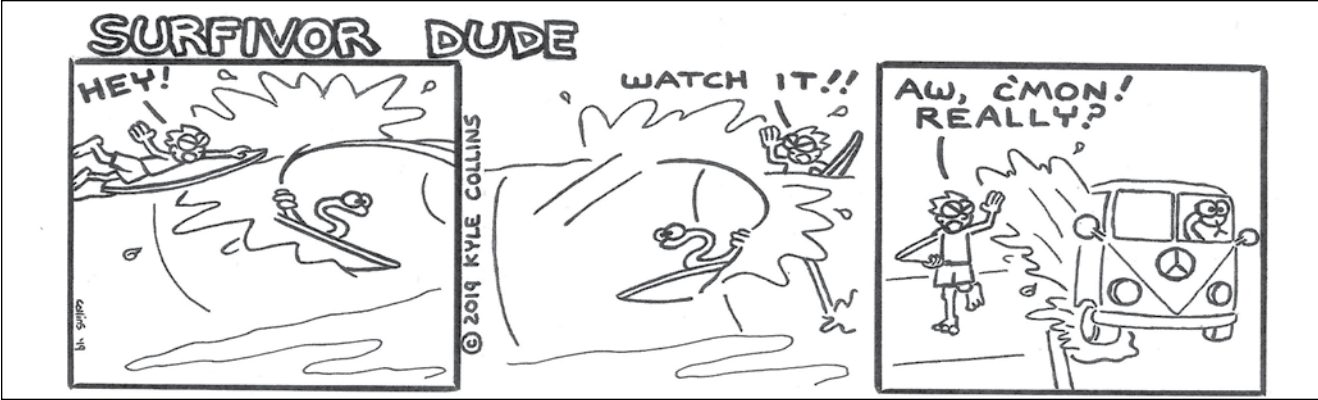
less sweet, or maybe even skip it entirely.

Read labels and learn to identify the many forms of sugar. They include, to name just a few, agave, honey, high fructose corn syrup, coconut sugar, maple syrup, dates, the “-oses” including dextrose, fructose, galactose, lactose, maltose, etc, the “-ides” including disaccharides, monosaccharides and polysaccharides, as well as molasses, fruit juice and many, many more.

The good news is that once you start to limit the hidden

sugars in your diet, those that you chose to eat taste that much sweeter and satisfy that sweet tooth much more quickly.

Shari is a certified integrative nutrition health coach with advanced training in gut health, yoga teacher, herbalist and an artist working in mixed media and metals. For more wellness information and a free downloadable guide to low sugar sauces, marinades and dressings, visit rootpetalandleaf.com



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News

Goodbye/Hello From page 1

himself is slated to retire soon, said a blessing, including that “The fire department here is beloved.” Fr. Ed praised the lifesaving, dangerous and life saving work the firefighters and all first responders do for the community.

Knuckles was given a certificate from State Sen. John Laird, delivered by his representative Clint Weirick and MBFD Capt. Travis Hasch gave sincere thanks to Knuckles from the crew, and then welcomed new Chief McCrain, as well.

Knuckles had a long list of people to thank for all they do for the community and the department that included Fr. Ed, Carla Wixom president of the Friends of the Fire Department, retired Chiefs Mike Pond and Jeff Jones, the Mayor and council members, and thanked his twin brother, mother and family for their support.

His mother watched him join the fire service — at Atascadero Fire — back when he was 18, Knuckles said. “When I was skinny and had long hair,” he joked. He said a fire chief makes sacrifices to do this job and “The No. 1 sacrifice is that you’re married to the City first. The City has to come first.”

“This has been the greatest job,” he continued. It’s a job where you get to help people and no matter the question, “The answer is always ‘Yes.’”

Safe Parking From page 1

- Interested people must arrive during check-in hours (5 p.m. to – 9 p.m. daily) to meet with site security.
- Once checked in, participants will have access to the site 24 hours/day, 7 days a week, for the duration needed.
- Participants must sign a contract with a simple code of conduct focused on safety and respect for neighbors.
- Pets, under appropriate control, will be allowed to stay with participants.
- The site will not be available for camping in tents or similar structures.

The Facility

The site offers ADA-accessible showers, restrooms, a hand wash station, and dumpsters for participants’ use.

- Site security staff will be present during check in hours, and otherwise the site will be monitored for safety by the San Luis Obispo County Sheriff’s Office.
- There is a bus stop along RTA Route 12 adjacent to the site on Kansas Ave., near the intersection of Highway 1. While currently a call to RTA is required to have Route 12 buses stop there, the County is working with RTA to create a simple, accessible process for safe parking participants to access that transit service.

The site has an initial operating period of three months after which the county will reassess the program.

The Kansas Ave. site is not the only option that will be offered to residents who need to relocate.

“Other shelter options are possibly available, although the current COVID-19 outbreak at 40 Prado makes that option challenging right now,” Gibson said on social media. “Each shelter has requirements and sometimes these make certain individuals balk at participating. For instance, some don’t feel comfortable in group settings. The safe parking program has relatively low barriers to participation and we will try to provide the kind of effective services that are found in shelters.”

A similar safe parking program is planned for areas of Oceano in South County. Gibson admits that these programs are not the solution that ends the problem.

“I want to re-emphasize that the new safe parking site is only one, relatively small, first step,” he said. “I’m sure you realize that this program won’t eliminate homelessness in Los Osos, much less countywide. Homelessness will not simply disappear, but we are moving now to reclaim the public spaces on Palisades, protect the public’s health and safety, and support unhoused residents on their path to permanent housing.”

A code enforcement officer will attend the Los Osos Community Advisory Council on August 26 and give a presentation regarding code enforcement and the community.

The Board of Supervisors is expected to talk next steps at the meeting on Aug. 10, post press time.



estero bay news.com

He called the firefighters his friends and said, “My No. 1 priority is to see that they never get hurt. Pound for pound, I really believe you’ve got the best public safety crew. These guys made me a better person.”

McCrain’s family — wife Stephanie and two young daughters — were on hand to watch him accept his new job, which he started July 31 and do the official pinning on of his Chief’s badge — serial No. 9 — and rank insignia collar pins for his dress uniform.



Fr. Ed Holterhoff of St. Timothy’s Church said a prayer for outgoing Fire Chief Steve Knuckles, for incoming Chief Daniel McCrain and for all firefighters and public safety people that keep everyone safe.

He was hired by Collins out of a field of 20 applicants and brings over 27 years of experience in fire/paramedic and emergency management service to Morro Bay, including captain with the Cambria Fire Department. Chief McCrain thanked his family and “all the people who have supported me in my career.” That included members of the Cambria Fire Department and Ambulance service, which he used to oversee, as well. He thanked Knuckles too. “Your contributions are too numerous to count.”



City Manager Scott Collins, at left, congratulates Chief Daniel McCrain, giving him his official, white, Chief’s helmet and welcoming him to the city.



City Manager Scott Collins congratulates former Chief Steve Knuckles on his retirement.



MBFD Chief Daniel McCrain’s daughter affixes his chief’s collar pins at the July 30 ceremony.



Retired MBFD Chief Steve Knuckles addresses the crowd of well-wishers who turned out July 30 to salute his service to the City.



Morro Bay Mayor John Headheading administers the oath of office to new Fire Chief Daniel McCrain.



Clint Weirick (left) presents retired Chief Steve Knuckles with a certificate of commendation from State Sen. John Laird.



MBFD Capt. Travis Hasch (left) relayed the sentiment and good wishes to Chief Knuckles on behalf of the Firefighter’s Association.

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Kevin says,
"Look
for the
ANT
on the
Door"

KEVIN O'CONNOR, President

New Chapter From page 1

and expansion ranked highest.

“The other options weren’t popular with those who attended previous community meetings and/or became too costly or complicated to move forward in a timely manner,” Barnickel said.

At that time, plans were to put a bond measure on the ballot to help pay for the estimated \$4.94 million project, which would also be infused with more than a million in funds raised by Friends of the Los Osos Library. That plan didn’t come to life.

“The proposed ballot measure in November 2020 never saw the light of day with the expectation that the pandemic would hit the local economy hard,” Barnickel said. “We are currently working with the Administrative Office and Auditor-Controller-Treasurer-Tax Collector-Public Administrator on options to bring before the Board of Supervisors to fund the project.”

Barnickel says plans are to present the proposal in the current fiscal year, which ends June 30, 2022.

Things have changed in many ways since the 2019 meetings meetings, notably the number of people living in their vehicles on Palisades Avenue, where the library, a church, the community center and a park are located. The issue has raised concerns from the community.

“Very few people choose to live without permanent shelter,” Barnickel said. “There are a myriad of reasons that led to the current circumstances individuals in that area are facing. While no blanket solution will address every individual need, having access to services and a path to more permanent shelter should go a long way toward providing security to those in need. Moreover, the impacts of parking access and trash abatement should also be addressed.”

Multi-agency and community efforts to address the increasing homeless population were presented to the Board of Supervisors and a safe parking program goes into effect on Aug.13, but is expected to take some time enforce.

The library dates back to 1940 when it opened as a room in a home located in Baywood Park. It has moved at least 9 times over the years, always looking for more space. The current facility was built in 1981 and was designed to serve a population of 10,000. In 1999, the Friends of the Los Osos Library and the County of San Luis Obispo began planning for a new facility on the existing site.

License From page 1

when his plea will be officially entered. He faces up to 13 years in federal prison.

The FBI and IRS Criminal Investigation investigated the case, which DOJ said, “is part of an ongoing public corruption investigation in San Luis Obispo County.”

Dayspring reportedly signed over all of his interests in the local cannabis businesses to his girlfriend, Valnette Garcia, according to news reports. In Morro Bay he was the name and face of nhc as it was one of a handful of companies that applied for cannabis retail licenses in the City. The City Council decided there would be just two such permits allowed, and able to sell both medical and recreational (adult) use marijuana and marijuana products.

The two operators are Perfect Union (1000 Quintana Rd.) and nhc, which has a Downtown storefront at Morro Bay Boulevard and Napa Avenue (495 MBB). Perfect Union opened last fall and nhc just this past April.

Dayspring was the face and name of the company when the City issued the license, as he was the person who signed the City permit agreement on behalf of the company, City Manager Scott Collins confirmed.

Grover Beach, as well as City of SLO officials have said in published news reports that they will review nhc’s status. The company was awarded a license by SLO and is slated to open a storefront on Broad Street, but has not completed the remodeling of the existing building, reportedly running into issues with their plans. SLO officials have also said they are reviewing the matter with regard to nhc’s license.

In Morro Bay, Collins said, “The City is reviewing the matter given the new information.” Here too the ownership of the nhc store and in turn the license, was changed to Garcia, who is now the official CEO of nhc, according to the company website.

Did the City vet her, as Dayspring was in the City’s extensive licensing process? Collins replied, “The police conduct background on every employee of cannabis retail shops in Morro Bay, and utilize Live Scan in their review. They conduct a more thorough background of cannabis retail owners.” Live Scan is a computerized laser fingerprinting system commonly used by law enforcement.

Dayspring’s reach goes back at least 5 years, as he threw a controversial dinner party/fundraiser for a number of local candidates for office, including Morro Bay Mayor John Headding and Councilwoman Dawn Addis.

Election records show each received sizable donations from people who reportedly attended that Oct. 28, 2018 party and

were investors in the still budding local cannabis industry.

Both Addis and Heading list Tierra Redonda, LLC of Los Angeles, an investor in cannabis businesses, as donating \$1,000 to Addis and \$2,500 to Headding. Also, Headding listed Susan Wood as contributing \$2,500 to his campaign.

In legal papers filed with the Secretary of State’s Office, Wood is listed as the agent for Tierra Redonda in paperwork dated in 2018 and again last November (2020).

Addis in an April 2019 filing and covering the time period from Oct. 21, 2018 to Dec. 31, 2018, listed Dayspring’s donation of the fundraiser the previous October, as worth \$215. Headding also listed the Dayspring event in paperwork filed March 21, 2019.

But Morro Bay’s officials getting swept up in Dayspring’s flood of trouble would seem a long shot. That’s because in Morro Bay, the City Council didn’t make any decisions about who would get the pot licenses.

City Manager Collins had the final say on who could open a shop in Morro Bay. “Our process differed from Grover Beach,” Collins told Estero Bay News, “in that staff reviewed permit applications and made the decisions, Council did not make decisions, but approved the process via ordinance.”

The applicants who tried to get a license from the City were: nhc, Perfect Union, Connected Morro Bay Blvd, LLC; Ethnobotanica, LLC; Megan’s Organic Market; Morro Bay Green, Inc.; and SLO Retail Group LLC.

Morro Bay’s process included an initial screening by a consultant, HdL Consulting, that rated the applicants based on a certain criteria. That was followed by a review and interviews with a panel of City officials — the chiefs of the police and fire departments, the finance director and community development director. That group ranked nhc and Perfect Union as the top candidates in a recommendation to Collins.

Collins said at the time that he reviewed all the material and even visited stores operated by Perfect Union (in Sacramento) and nhc (Grover Beach).

It was Collins who awarded the final licenses, which prompted Connected Morro Bay Blvd., to sue the City and the other applicants, demanding that since they were the highest ranked by the consultant, they should have gotten a license. But the City won in court and Collins’ decision stood.

Dayspring would not be the first cannabis dispensary owner in Morro Bay to run afoul of the law. The town’s first medical marijuana retailer, Compassionate Caregivers, had its operation shut down by the federal government at the behest of the former county sheriff.

An Arroyo Grande man, Charlie Lynch opened Compassionate Caregivers in April 2006, and with the blessings of the City Council at the time. The medical marijuana dispensary was in a second story storefront on Monterey Avenue.

In March 2007, the Federal Drug Enforcement Agency and SLO County Sheriff’s Deputies raided the store. The agents seized many pounds of the marijuana, as well as starter plants, food stuffs made with pot and lots of computer records. Lynch kept detailed records on all his transactions and that provided federal prosecutors pretty much all they needed for a conviction.

Lynch went on trial in L.A. Federal District Court and was eventually convicted on five counts of selling marijuana including one count of selling to a minor (who was in fact a cancer patient and Lynch actually sold it to the boy’s father).

Lynch, who himself suffered from migraine headaches and used cannabis to relieve his own suffering, was sentenced to a year and a day in prison but has been out pending appeal ever since. He now lives in another state.

As for the Dayspring case, Collins said, “I am not aware of anyone from Morro Bay being interviewed by the DOJ/FBI.”

Letters From page 13

too, but I don’t claim any of them as prophecy!

You can keep playing make-believe inside your own head for as long as you like, just don’t expect any of the rest of us to take you seriously.

*Dan Curtis
San Luis Obispo*

The Bible is Not Science

I chortled over the recent letter from Scott Presnal (Letters, Vol. 13, Issue 14), which I happened to read on a recent visit from Fresno to your charming burg. Mr. Presnal claimed to be fascinated by earth science and geologic history, while simultaneously believing that the universe is only 6000 years old. Thankfully, he does not appear to have ever been an educator.

Mr. Presnal has chosen to buy into a fairy tale, and even spoke of mountains ceasing to exist during the upcoming “tribulation period.” Using the bible as a science book makes as much sense as using “The Lord of the Rings” as a history book. They are both

fantasy books, with the bible featuring various talking things like snakes and donkeys, not to mention witches and a whale that swallows people. And, as we all know, the bible condones the owning of people. And, let’s not forget the sun “standing still” for a day.

My fervent “prayer” is that Mr. Presnal will magically awaken and come to his senses and finally start to absorb some of that geology that he claims to be fascinated by, rather than the pixie dust that his pastor has been giving him to snort.

*Jeffrey W. Eisinger
Fresno*

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Why is Morro Bay throwing away tens of millions of tourists’ dollars? It’s simple. Demolish two of the smokestacks. Leave the third.

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Then: Install a zip-line from the platform all the way across the bay onto the sand spit. Charge tourists \$100 a pop to take the zip line.

Morro Bay will become the most popular tourist destination in California overnight.

*Sean R. Shealy
Morro Bay*

Grateful for the Dollar Store

COVID-19 has changed many things that we have to deal with every day, but sometimes it is good to look at and concentrate on the many good things that we still enjoy every day. One of the things that I enjoy and am grateful for is:

The Dollar Store (poem by Ybi)
We come from all over, rich or poor,
To fill a need at the Dollar Store
And carry it out by foot or by bike,
When we have no money for gas.

We count the pennies, while shopping there,
And carefully buy what we need.
Some pass by the items they would like to buy
For the cat or the dog they must feed.

We need so little to stay alive
When we live like a bird in the field
But the sun still shines for everyone
And we learn what a dollar will yield.

We look with joy at the items we find
And them up in our cart.
We leave the money at the check stand
And find it not hard to part.

Then, when we leave the Dollar Store,
We feel we have found a friend.
For what can you buy anywhere else,
If you just have a dollar to spend?

*Y. Van Ekeren
Los Osos*



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SATURDAY, AUGUST 21



12:00 PM & 12:30 PM

The San Luis Obispo County Early Warning System sirens will be tested on Saturday, August 21. Sirens will sound at 12:00 pm and again at 12:30 pm for three minutes.

During the tests, no action is required on the part of the public.

Local radio and television stations will conduct normal programming during the tests. If you hear the sirens at any other time, tune to a local radio or television station for important emergency information. When at sea, tune to Marine Channel 16.

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