

Laurie Daniel  
 THE GRAPEVINE



How local wineries are going 'green'

As Earth Day approaches, a lot of California wineries are trumpeting how they've gone "green." Some have installed solar systems; others are packaging their wines in lightweight, recyclable cartons or bag-in-box containers that require less fuel to transport. But perhaps most important, they're putting out the word that they're growing their grapes organically, biodynamically or sustainably.

There have long been certification programs for organic and biodynamic viticulture. The vineyard at Tablas Creek in Paso Robles, for example, was certified organic in 2003. Sustainable viticulture in California, however, relied largely on self-assessment programs like the Sustainable Wine-growing Program put together by the Wine Institute and the California Association of Wine-grape Growers. That led some critics to complain that the term "sustainable" was too vague. Any winery could claim to be operating sustainably.

But in recent years, a few regional organizations have started third-party certification programs for vineyards that are being farmed with sustainable practices. One such program certified its first acreage on the Central Coast last year. The Sustainability in Practice, or SIP, program was put together by the Central Coast Vineyard Team, a Paso Robles-based nonprofit organization that has promoted sustainable viticulture for 15 years. The group had its own self-assessment program for growers, but in 2002, its members started talking about setting up a third-party certification.

They started with a pilot program involving 14 vineyards in Monterey, San Luis Obispo and Santa Barbara counties, which were certified in 2008. The bulk of those — nine — are in San Luis Obispo County, accounting for 2,100 acres out of the 3,700 total that were certified.

SIP, like other sustainability programs, goes beyond rules about herbicides and pesticides to encompass such things as water conservation, energy conservation, air quality and treatment of workers. "It's not just a chemical issue," says Kris O'Connor, executive director of the Central Coast Vineyard Team. "We're proud of the program."

Vineyards have to be recertified every year, and O'Connor says that some new vineyards are signed up for this year. "We will easily double our certification in 2009," she says.

The local companies who participated in the pilot program were the Niven family's Paragon Vineyards and Firepeak Vineyard in Edna Valley; Wolff Vineyard, also in Edna Valley; Laetitia Vineyard and Saucelito Canyon in Arroyo Grande Valley; and Robert Hall Winery, Castoro Cellars, D'Anbino Vineyards, Halter Ranch and Pomar Junction Vineyard, all in Paso Robles.

The biggest of those is Paragon/Firepeak, which encompasses about 1,200 acres. John Niven, vice president of sales and marketing for Niven Family Wine Estates, which includes the Baileyana and Tangent brands, says the family "always considered ourselves sustainable farmers." But he acknowledges that many consumers "look at 'sustainable' as an overused term." Certification makes growers prove what they're doing. "It's nice to put your actions where your mouth is," he says.

Niven says the first SIP-certified Tangent wines are just being bottled and will include the certification seal on the back label. Robert Hall Winery and Halter Ranch recently released their first SIP-certified wines. They, too, have the SIP logo on the back label.

TAKE A LUNCH TO WORK



McCLATCHY TRIBUNE

IT'S LUNCH A LA YOU

In tough economic times, toting a meal to work is becoming a cheap, hip, healthy trend — we've got some strategies and recipes to help

By GINA KIM  
 McClatchy Newspapers

Frugality is the new black. Throw in the terms "eco-friendly" and "healthier," and the result is a trifecta of hip.

Who knew packing a lunch could symbolize so much?

"It's every penny counts," says Kevin Wehr, an assistant professor of sociology at California State University, Sacramento. "It's expensive to go out to eat, and when people have fewer dollars in their pockets, it's a cheap and easy way to reduce expenses."

American adults carried 8.5 billion lunches from home in 2007, the most recent figure available, according to the NPD Group consumer market research firm. More than half were eaten at work, mostly right there on top of desks. And although sandwiches are still the most-packed item — 40 percent of lunches include them — there are easy ways to keep lunch from being the old standby PB&J.

"There's no question Americans are carrying more lunches from their homes than they were at the beginning of this decade," says Harry Balzer, NPD Group vice president. "It's the cheapest way to feed ourselves."

Matt Robinson has been taking food to his job as a legislative analyst at the California Department of Fish & Game for the past four years.

"I started realizing that I was going to La Bou and spending \$10 a day on a sandwich and chips, and that I can buy an entire week's worth of lunches (for the price of one day) if I just went to the store," the 30-year-old says.

Robinson keeps it interesting by switch-

ing up what he buys at the supermarket each week — he'll choose different sandwich meats and cheeses, and he varies his bread to include pitas and wraps.

Packing a lunch doesn't have to be a time-consuming process, says Deborah Hamilton, who writes the blog [www.lunchinabox.net](http://www.lunchinabox.net).

Hamilton sends a bento-box lunch to school with her son every day.

"I would like to say I have a master plan and my evil genius of bento kung fu tells me what to do, but really it's whatever I have in the house," she says. "I try not to spend more than 10 to 15 minutes on any one bento because I have a kid I'm getting ready in the morning."

A bento box is simply a reusable container that encourages the packing of a variety of foods with a basic five-color rule — include at least five colors in each box. Hamilton likes using an assortment of containers she purchases for just a few dollars each because they automatically result in portion control.

If a box is packed using a general guideline of three parts carbohydrates to one part protein and two parts fruits and vegetables, the calories contained are usually relative to the size of the box — so a 600-milliliter box carries about 600 calories, she says.

And there's nothing that cannot go into a bento, even though it has Japanese origins.

"I have culinary (attention deficit disorder), and I can't stick to one particular ethnic group or food," Hamilton says. "So I pop all over the map, based on what I'm making for dinner."

Please see LUNCH, Next Page

VEGGIE TORTILLA BITES

Prep time: 10 minutes  
 Cook time: 30 minutes  
 Makes: 1 servings

- 1 medium potato, cut into small chunks
- 2 teaspoons olive oil
- 1/4 cup red bell pepper, finely chopped
- 1/4 cup frozen green peas
- 3 eggs, beaten
- Salt and pepper to taste

Boil potato chunks until tender, drain. Fry in olive oil in a nonstick frying pan until lightly browned. Add red bell pepper and cook until softened. Stir in frozen peas, then pour in eggs. Season and cook until eggs are set on bottom. Slide pan under a hot grill or broiler and cook until the top is set. Cool and cut into wedges.

PER SERVING: 438 CAL.; 24 G PRO.; 31 G CARB.; 24 G FAT (6 SAT., 13 MONOUNSAT., 3 POLYUNSAT., 2 OTHER); 637 MG CHOL.; 819 MG SOD.; 4 G FIBER; 6 G SUGAR; 50 PERCENT CALORIES FROM FAT.

— Recipe adapted from "The Lunchbox Book: Nutritional and Creative Ideas to Liven Up Your Packed Lunch" (New Holland Publishers, \$12.95)

RICE TRIANGLES

Prep time: 20 minutes  
 Cook time: 45 minutes  
 Makes: 4 servings (12 triangles total)

- 3 cups whole-grain sushi rice, dry
- 1/2 cup rice vinegar
- 1 teaspoon salt
- 1/4 cup sugar
- 2 tablespoons sweet sake or mirin
- 3 tablespoons sesame seeds
- 6 sheets nori seaweed

Wash rice, drain and cook as directed. While rice is cooking, prepare vinegar sauce by mixing together vinegar, salt, sugar and sake or mirin. Toss with cooked rice. Add sesame seeds and toss again. Allow rice to cool.

Wet hands and mold rice mixture into 1-inch-thick triangles with 2-1/2-inch sides.

Cut nori sheets in half and wrap each rice triangle in one half sheet.

For variety, shape rice into logs, spheres, cubes and pyramids.

PER TRIANGLE: 157 CAL.; 3 G PRO.; 33 G CARB.; TRACE FAT; 0 MG CHOL.; 209 MG SOD.; 2 G FIBER; 4 G SUGAR; 4 PERCENT CALORIES FROM FAT.

— Recipe from "The Laptop Lunch" by Amy Hemmert and Tammy Pelstring (Morning Run Press, \$8.99)

FIND MORE LUNCH RECIPES ON THE NEXT PAGE

EXTREME COOKING

Baker takes her craft to the bottom of the world

By NANCY STOHS  
 Milwaukee Journal Sentinel

Hawaii, we understand. If I were inclined to cook or bake for a living, a position in the kitchen of a cruise ship that continually circles the islands would sound like a dream job to me.

But Antarctica? It gets ungodly cold at the bottom of the world. And dark (in winter). Not to mention that you're completely isolated from civilization as we know it.

None of this mattered to Joscelyn "Josie" MacLeod, a Wauwatosa, Wis., native who never dreamed that trading in nurse's training for culinary school would bring such adventure to her life.

Five months in total darkness, subzero weather and learning to improvise with limited ingredients make a stint cooking at a research station on Antarctica a once-in-a-lifetime experience

Since September MacLeod has been employed by the National Science Foundation as a baker at McMurdo Station, a U.S. research facility and Antarctica's largest community.

In a recent e-mail interview, the 29-year-old talked about her life on the icy, frigid continent, where it's early winter:

**Q. How did you hear about the Antarctica job, and what appealed to you about it?**

**A.** I worked with a girl on (a

cruise) ship that did a season here, and she said that it was the best seasonal job she ever had. I thought, "Why not?... To say you have worked in Antarctica is pretty cool — literally. I started for the summer season, which is from September to February. ...

The baker that was to stay here for the winter had a family emergency and had to leave early in the summer season, so they asked me if I would stay for the winter season. I thought

why not, maybe it would balance out my body? I just had five months of sunlight 24 hours a day, why not have five months of complete darkness? ...

The scary thing about the winter season is that there is no way to leave. It is too cold for the planes to get here, so I am stuck here until September. I am due to leave sometime in October, then I will travel a while and be home for Christmas this year. My family is very happy for that, and so am I.

**Q. Were there special preparations or purchases you had to make?**

Please see BAKER, Next Page

## FoodCalendar

## THURSDAY

**Rib Cook-Off.** 6:15 p.m. Six local barbecuers compete. Farmers Market, Garden Street, San Luis Obispo. 541-0286.

## FRIDAY

**Wine Tasting.** 5 to 7 p.m. Wine from Chamisal Vineyard and live music. Dolphin Bay Resort and Spa, 2727 Shell Beach Road, Shell Beach. \$20. 627-1774.

## SATURDAY

**Wine 4 Paws.** A portion of the proceeds from wine sales at participating wineries benefits Woods Humane Society. www.wine4paws.com.

## SUBMIT YOUR EVENT

Send your event announcements two to three weeks in advance, e-mail at [calendar@thetribunenews.com](mailto:calendar@thetribunenews.com), via fax at 805-781-7905 or to The Tribune, P.O. Box 112, San Luis Obispo, CA 93406.

## Cook'sQ&amp;A

## You say stock, I say broth

By KATHLEEN PURVIS  
McClatchy Newspapers

**Q. What is the difference between chicken broth and chicken stock, both found on the soup aisle in the grocery store? Can they be used interchangeably?**

**A.** That's a perennial question. And truthfully, it has a lot to do with semantics. Technically, stock is the flavored liquid you get when you simmer bones and flavorings such as fresh vegetables, and then strain it, discarding the bones and vegetables. Chicken stock, for instance, is made with bone-in chicken and vegetables, traditionally a mixture of diced onion, celery and carrot called a mirepoix.

Broth is the liquid left when you cook meat — with or without bones — and vegetables. See the difference? Neither do I.

The fact is, the two terms often are used interchangeably. Both are flavorful liquids, both are used to cook things, such as soups, or to make things, such as sauces.

I've even seen some sources claim that stock is used in restaurants and broth is used in homes. Nonsense — given a good hen and a pile of onions, carrots and celery, you're just as capable of making stock as any chef.

In practice, when a recipe refers to stock, it means a liquid that is richer and darker than a broth.

Until recently, the product sold in supermarkets usually was labeled broth, not stock. But recently, some brands have come out with a version labeled "stock." Theoretically, it should be darker and richer than the broth, but I'd bet that quality will differ according to brand. And stock made from scratch will still be better.

Contact Kathleen Purvis at 704-358-5236 or [kpurvis@charlotteobserver.com](mailto:kpurvis@charlotteobserver.com).

## IN SEASON

At farmers markets this week:

Kiwis                  Sapotes  
Walnuts              Tangelos  
Cherimoyas

SOURCE: SAN LUIS OBISPO COUNTY FARMERS MARKET ASSOCIATION

## DINNER TONIGHT

## Scallop salad bursts with flavor and texture

A sweet and salty vinaigrette rounds out this tasty dish

By BONNIE S. BENWICK  
The Washington Post

This mouthwatering recipe comes from Joyce Goldstein's "Mediterranean Fresh" (W.W. Norton, 2008), which received a James Beard nomination this year (winners are announced in early May). The San Francisco cookbook author and restaurant consultant has thought these flavors through, and they all work in concert: the complexity of crisp mushrooms, toasted almonds, peppery greens and sweet scallops in a salty-sweet dressing.

You'll have some leftover vinaigrette, which would be good on grilled chicken or fish, cooked asparagus or artichokes. Refrigerate and use within three days.

Serve with warmed crusty bread.

## WARM SALAD OF SCALLOPS, MUSHROOMS AND CATALAN VINAIGRETTE

Makes: 4 servings

- 3/4 cup sliced almonds
- 1 or 2 juice oranges
- 2 tablespoons capers
- 1 tablespoon anchovies
- 1 cup fruity extra-virgin olive oil
- 1/4 sherry vinegar
- Sea salt
- Freshly ground black pepper
- 8 ounces white or cremini mushrooms
- 5 to 7 ounces arugula (preferably small leaves)
- 1 pound small bay scallops

Toast the almonds in a dry skillet over medium heat; it should take about 4 minutes for the nuts to pick up a light brown color. Let cool, then coarsely chop and place in a 2-cup container



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## Warm Salad of Scallops, Mushrooms and Catalan Vinaigrette.

with a tight-fitting lid. Meanwhile, zest the orange(s) to yield 2 tablespoons, then squeeze them to yield 1/4 cup of juice; add both ingredients to the container.

Drain and coarsely chop the capers and anchovies, then add to the container; mix well.

Add the oil and sherry vinegar. Seal the container and shake well to form an emulsified vinaigrette; taste and season with salt and pepper.

Cut the mushrooms into thin slices and place in a medium bowl. Add 1/4 cup of the vinaigrette and toss to coat evenly.

Wash and dry the arugula; place in a large salad

bowl. Add the mushrooms and toss lightly to combine. Season lightly with salt.

Heat 1/2 cup of the vinaigrette in a large saute pan over medium heat. Use paper towels to pat the scallops dry, then season them lightly with salt. Add to the pan; cook, stirring occasionally, for about 3 minutes, until the scallops become opaque but are still quite soft and tender.

When ready to serve, divide the salad-mushroom mixture among individual plates. Top each portion with the scallops and warm vinaigrette.

NUTRITION PER SERVING: 387 CALORIES, 26 G PROTEIN, 10 G CARBOHYDRATES, 29 G FAT, 4 G SATURATED FAT, 39 MG CHOLESTEROL, 356 MG SODIUM, 3 G DIETARY FIBER, 3 G SUGAR

## Lunch

From Previous Page

Leftovers often go inside, and Hamilton also keeps three bins — one in the refrigerator, another in the freezer and a third in the pantry — with items

that can be thrown into a box. She calls these "gap-fillers."

The refrigerator bin includes single-serving cheeses, hard-boiled eggs, grapes, cherry tomatoes and vegetables that can be quickly microwaved in a mini-steamer. The freezer

bin holds pre-made rice balls, leftovers frozen in reusable muffin cups, mini-frittatas, and mini-hamburgers she made with leftover dinner meat. And the pantry bin has puddings, nuts and crackers.

As far as food safety is concerned, her son does

not have access to a microwave or refrigerator, so she includes frozen fruit or juice that serves as an ice pack but also melts by lunchtime.

"You can make it really Martha (Stewart) if you want to," she says. "But it really doesn't have to be."

## ASIAN PASTA SALAD

Prep time: 20 minutes

Cook time: 10 minutes

Makes: 6 servings

- 8 ounces pasta
- 1 cup broccoli, cut into bite-size pieces
- 1-1/2 cups green beans, sugar snap peas, cabbage or zucchini, cut into bite-size pieces
- 3/4 cup carrots, cut into thin 1-inch strips
- 1 clove minced garlic (optional)
- 2 tablespoons sesame oil
- 2 tablespoons soy sauce
- 2 tablespoons sesame seeds
- 2 tablespoons fresh cilantro, chopped

- 1/2 cup bean sprouts

Boil pasta in large pot of boiling water until it is half cooked. Add all vegetables, except bean sprouts, and boil until pasta is al dente and vegetables are tender. Drain and place in large bowl.

Mix together garlic (if using), sesame oil and soy sauce for dressing.

Add the sesame seeds, cilantro, bean sprouts and dressing to the pasta. Toss well.

PER SERVING USING CABBAGE: 215 CAL.; 10 G PRO.; 32 G CARB.; 5 G FAT (1 SAT.); 2 MONOUNSAT.; 2 POLYUNSAT.; 0 MG CHOL.; 457 MG SOD.; 4 G FIBER; 4 G SUGAR; 23 PERCENT CALORIES FROM FAT.

— Recipe from "The Laptop Lunch" by Amy Hemmert and Tammy Pelstring (Morning Run Press, \$8.99)

## VEGGIE PINWHEELS

Prep time: 20 minutes

Chilling time: 2 hours

Makes: 1 serving

- 1 tablespoon fat-free cream cheese
- 1-1/2 teaspoons fat-free ranch dressing
- 1 10-inch wheat tortilla
- 2 tablespoons broccoli, cooked or raw, finely chopped
- 2 tablespoons carrots, finely shredded

Stir ranch dressing into cream cheese. Spread mixture within 1/4 inch of entire edge of tortilla.

In a bowl, mix broccoli, carrots and optional ingredients such as 1-1/2 tea-

spoons sunflower seeds; 1 tablespoon sun-dried tomatoes packed in oil, patted dry and finely chopped; 1-1/2 teaspoons golden raisins; 1 tablespoon water chestnuts, chopped; or 1 tablespoon mango chutney. Sprinkle a thin layer of mixture on tortilla within 1/4 inch of edge. Roll up; pin with toothpicks. Chill at least 2 hours. Slice into pinwheels 1 inch thick.

PER SERVING: 274 CAL.; 8 G PRO.; 49 G CARB.; 5 G FAT (1 SAT.); 3 MONOUNSAT.; 1 POLYUNSAT.; 1 MG CHOL.; 521 MG SOD.; 3 G FIBER; 4 G SUGAR; 16 PERCENT CALORIES FROM FAT.

— Recipe from "The Healthy Lunchbox" by Marie McClendon and Cristy Shauck (Small Steps Press, \$12.95)

## BENTO-BOX LUNCH GUIDELINES

• Try to abide by the color rule: Have at least five colors of food in each box.

• Food should be tightly packed inside a bento box. Use reusable muffin cups as dividers and fill gaps with foods like cherry tomatoes and grapes. This not only gets the portion right but also keeps food from moving around.

• Generally a 600-milliliter bento will hold 600 calories if it is packed with about three parts carbohydrates, one part protein and two parts fruits and vegetables.

SOURCES: WWW.LUNCHINABOX.NET; WWW.GLOBALGOURMET.COM;

## LUNCH TIPS

• Anything perishable that will be kept at room temperature for more than two hours should be packed



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## The Leaflet Tight bento box closes up securely to keep food from jostling.

with ice. Frozen fruit or juice can serve as edible or drinkable ice packs.

• Room temperature, moisture and protein are the three feeders of bacteria. Dry hot food on racks and pat dry with a paper towel to

reduce moisture before packing in containers.

• If time is an issue, make a week's worth of sandwiches over the weekend, put them in the freezer, and take one to work each day. They will thaw by lunchtime. Pack

moist vegetables or condiments separately to keep bread from turning soggy.

• Create a lunch pool with four people at work. Each person packs five lunches to share one day a week.

• Repurpose plastic condiment cups for salad dressings and dips.

• Invest in reusable lunch containers. There is a variety in different shapes, sizes, designs and materials: plastic, glass and stainless steel.

## REUSABLE GEAR

Regular Tupperware can be used to carry lunches, and two online companies sell lunch gear:

[www.ichibankanusa.com](http://www.ichibankanusa.com) (items cost from \$1 to \$8.50)

[www.laptoplunches.com](http://www.laptoplunches.com) (the basic lunch box with containers that fit inside costs \$22.99)

## HINTS FROM HELOISE

## A crust that's a cut above

Dear Readers: Saving money is No. 1 on everyone's mind these days, but you don't necessarily have to sacrifice taste when preparing a favorite dessert. In fact, with my quick and easy graham-cracker crust recipe, you can have homemade taste for less than you'd spend on a store-bought brand.

You'll need only three ingredients:

- 1/4 cup sugar
- 1/2 cup melted butter or margarine
- 1 cup graham-cracker crumbs

Make the crumbs by crushing about 8 whole graham crackers in a closed plastic bag with a rolling pin or by using a food processor. Then mix the sugar, melted butter and graham-cracker crumbs together.

Press the mixture into the bottom and sides of an 8- or 9-inch pie pan. Keep refrigerated until you're ready to use it. Doubling the crumb-mixture recipe works well for cheesecakes made in a springform pan.

— Heloise

## Handy cooking spray

Dear Heloise: I find that if I spray a little cooking spray in my strainer when I am cooking pasta, the pasta does not stick. Saves pasta and scrubbing of the strainer.

— Jimmie Haury, Zachary, La.

## Healthy eating

Dear Heloise: Due to high cholesterol, I have to eat "fake" eggs, which are not very fluffy. Now I add about 2 tablespoons of low-fat cottage cheese to 1/4 cup of fake eggs and stir over low heat. They come out fluffy and light, and taste great!

— Raul Kottler, Oak View, Calif.

I do egg-sactly the same, and it's a nice way to "fluff out" an egg-white omelet, too.

— Heloise

## Looking over blueberries

Dear Heloise: My mother-in-law taught me to "look over" dry beans, peas and nuts for stones by pouring a single layer on a clean, flat surface.

Yesterday, I was having trouble trying to sort fresh field-picked blueberries for stems, bad berries, etc. I got a tray and poured a single layer of berries, and the job was done quickly.

I rinsed them well, drained in a strainer, packed and froze them.

They are really good frozen.

— Dixie Howard, Huntsville, Ark.

## Baker

From Previous Page

**A.** I did bring my down blanket to sleep with, and a couple pairs of long underwear, but I didn't need to. I received all my extreme cold weather gear in New Zealand, right before I came down here. The only thing they don't provide is a pair of polarized sunglasses, which you really need in the summer season, because of the reflection off the snow. A lot of people get sunburn and burn their eyeballs.

**Q. When you arrived at McMurdo, what was the temperature? What's the coldest it's gotten (with and without wind chill)?**

**A.** When I got here it was minus 15 (Fahrenheit) with a wind chill of minus 25. That is the beginning of summer and the warmest it got was 34 degrees, wind chill of plus 9.

Your body adjusts almost instantly to the cold. It actually felt warm outside. I would walk with just my T-shirt and lightweight wind jacket and was fine, but it is getting colder every day. Today (early March) is the coldest I have felt yet, minus 38 and a wind chill of minus 38, and this is just the beginning of winter. It gets to minus 95 degrees without a wind chill.

**Q. What are your baking responsibilities?**

**A.** I work six days a week, 60 hours a week. In the summer there were four to five bakers to feed four meals a day for 1,000 people. We would make three to four different desserts a day, a dinner bread, the breakfast pastries, all the white and wheat bread for the sandwich line, and special items the galley needed — i.e. hamburger buns, hot dog buns, baguettes, etc.

Now the population went

down to 150, and I am the only baker. So I do all of the above, at a much smaller level, and I also do the ordering and menu planning.

**Q. What are the special challenges associated with cooking/baking there?**

**A.** There are some challenges like no fresh herbs for breads, and all the nuts were rancid, so now we have no nuts (well, maybe we are all nuts!). What we have is what we have.

There is no running to the store for more vanilla extract when we run out. So you learn how not to waste very quickly. And most of the food is expired. We need to have a two-year supply in case of an emergency. But the extra supply is never anything that you run out of or that you want.

The equipment ... is outdated but still does its function. Everything is electric, run with generators.

**Q. How often do you get**

shipments of food? How have you had to improvise?

**A.** During the summer an ice breaker comes through and breaks up the sea ice. Then two vessels, called vessel off load, come in, one carrying fuel and the other carrying our food supply for one year. They bring us food and supplies and take away all of the waste we have for the year. It takes about 10 to 14 days, and the ice starts to freeze over, and it looks like nothing happened.

During the summer, we get fresh vegetables and fruits once every two weeks or so. We have a small greenhouse that provides us with some fresh veggies about once a month in the winter.

You have to be able to improvise here. The best example is cream. We don't get fresh cream, so we make McMurdo cream. We make really thick milk. Oh yeah, all of our milk is powdered. And

coming from a dairy state, I cannot wait for a nice cold glass of real milk!

**Q. How big is the kitchen staff? What's the work atmosphere/camaraderie like?**

**A.** There are four cooks, one sous chef and one baker. We get along really well — at least so far. We all live, work and play together, so you get to know one another very well.

**Q. What are some of the favorite foods of the McMurdo staff? What do they miss that you can't get there?**

**A.** Well, I hate to brag, but everyone loves the baker. Some of the main dishes have been frozen for years and have some funny tastes, nothing that will get you sick, but some days all people eat is bread and soup, or dessert.

I really don't eat much here. After making the desserts, they just don't look appetizing to me. Most of us

miss salad and fresh fruit.

**Q. What do you do for fun on your days off?**

**A.** There are a few walking trails you can hike or ski on. There is also a bowling alley (where you reset your own pins) — two lanes — a craft room, two gyms and a pottery room. I like to cross-stitch and read. But mostly sleep.

**Q. What's your next adventure? What have been the biggest things you've learned so far from this job?**

**A.** I have no idea what I am going to do after this. No goals, I just go where the wind takes me.

I really like to bake, but it is nice to cook it up once in a while and change.

I have learned how to adjust my level of production to avoid waste. Also, it is very dry, so I have to compensate for the amount of liquid in a recipe. But mostly I have learned how to function in a small, tight-knit community.



Send a money-saving or timesaving hint to Heloise, P.O. Box 795000, San Antonio, TX 78279-5000, or fax it to 1-210-HELOISE or e-mail it to [Heloise@Heloise.com](mailto:Heloise@Heloise.com).

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PHOTO BY AL PIOTROWSKI, MORRO BAY

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### CLASSIFIED DEADLINES

PUBLICATION DAY	DEADLINE DAY & TIME (all times pm)	DAY & PUBLICATION	DEADLINE (all times pm)	DAY & PUBLICATION	DEADLINE (all times pm)
<b>DAILY</b>	Monday 4:00 Tuesday 2:30 Wednesday 12:00 Thursday 12:00 Friday 2:30 Saturday 12:00 Sunday 5:00	<b>COASTAL BUY</b>	Wednesday Sun Bulletin Tuesday Noon Thursday The Cambrian Tuesday Noon	<b>REAL ESTATE</b>	Saturday Real Estate Weekly, part II Thursday 4:00 Sunday Real Estate Showcase Friday 12:00 In Classification

### Services & Announcements

**Personal**  
Readers are cautioned that calls made to 900 numbers are the sole responsibility of the caller.

**Lost**  
MISSING CAT HOLLY  
Beloved, black & white female. Long hair, spayed. Lost in Avila Beach near the Avila Bay Club. Missing 4/9/09. Please call if found or seen.  
661-747-8862

**Services Offered**  
10 PEOPLE WANTED TO LOSE WEIGHT!  
10 More People wanted to lose up to 30 lbs in 30 Days! Call for info, or check out the website: [www.dcnhealthforlife.com](http://www.dcnhealthforlife.com)  
800-293-8291

**Wanted To Buy**  
CANOPY for outdoors approx. 10'x10' or 10'x20', must be in excellent condition. Please call 466-5631.

**Firearms**  
More Breaking News updates than any other local news source.  
Log on to [SanLuisObispo.com](http://SanLuisObispo.com)

**Pets**  
A Breeder's permit number should be included in all publications for sale of animals when the cost of the animal is \$50. or greater. Any ads (for animals sold at \$50. or more) without this number will be researched by the Sheriff's Office, Animal Services Division and non-permit holders will be subject to citation. For information call: 781-4400.

**Household Goods**  
BED Calif. King mattress for sale. Nice pillowtop! Never used. Includes the boxes too. Worth \$899 asking \$350  
805-706-0609

**Household Goods**  
DRYER \$175.00  
805-295-9334

**Household Goods**  
MODEL HOME FURNISHINGS  
Half-price Pottery Barn style furniture for sale. Warehouse inventory changes weekly. Beds, tables, sofas, chairs, etc. G. Beach 489-4277  
Paso Robles 440-9085  
[mhfurnishings.net](http://mhfurnishings.net)

### Announcements

**Lost**  
DOG male Beagle 11 yrs. old, recent surgery. Lost Santa Ysabel Ranch, Templeton area. REWARD!  
(805) 221-5173

**Found**  
Keys found at Laguna Middle school driveway at 4pm Thursday, April 16th. Call 544-9140

**Stuff**  
ADS in Class 202 "Free Items" may run: 4 Lines for 1 Day Free of Charge.

**CLASSIFIED WORKS!**  
WANTED: Small pop-up tent trailer. Call 805-748-9971

**CLASSIFIED WORKS!**  
Farm, Ranch & Livestock  
SADDLE, smaller xint. condition \$85.00 268-1016

**CLASSIFIED WORKS!**  
ADOPT a Shy Cat From POUNCE  
Patient owners needed 528-7326 528-2917  
[pouncecats@att.net](mailto:pouncecats@att.net) "give them a chance"

**CLASSIFIED WORKS!**  
CHAIR & A HALF  
Big overstuffed recliner, comfy, earhtones, great condition. Price reduced \$195.  
466-5631

**CLASSIFIED WORKS!**  
CHINA CABINET  
glass & wood very nice \$90 239-3159

**CLASSIFIED WORKS!**  
MEMORY FOAM MATTRESS  
Tempurpedic style memory foam mattress. Queen size. Still in plastic with warranty. Worth \$1500. Asking \$395. Can deliver.  
805-706-0609

### CLASSIFIED WORKS!

**DOG White Maltese.**  
Named Teddy. Went missing 4/18 in Paso Robles, around the Riverbluff Homes on Navajo. Please call if you find him!  
805-239-0052

**Found**  
KEYS found at Laguna Middle school driveway at 4pm Thursday, April 16th. Call 544-9140

**Giveaways**  
ADS in Class 202 "Free Items" may run: 4 Lines for 1 Day Free of Charge.

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SADDLE, smaller xint. condition \$85.00 268-1016

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Tempurpedic style memory foam mattress. Queen size. Still in plastic with warranty. Worth \$1500. Asking \$395. Can deliver.  
805-706-0609

**CLASSIFIED WORKS!**  
OAK END TABLE w/ lamp attached. \$25.00 466-4120  
OAK TV STAND w/ storage, glass doors. \$100 481-6073  
QUEEN FURN. Headbrd, nite stand. + more \$150 481-8698  
QUEEN SIZE BED no frame, Restonic \$85.00 544-2148  
RECLINERS Two contemporary style, Lay-Z-boy, 3 yrs. old, dark tan floral fabric. Xint. cond. \$200/both Call 805-927-2201  
REFRIGERATOR \$175.00 805-295-9334  
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## Business & Service Directory

**NOTICE TO READERS:**  
"California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license number on all advertising. You can check the status of your licensed contractor at [www.cslb.ca.gov](http://www.cslb.ca.gov) or 800-321-CSLB. Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board."

**Caregiver**  
Tender Loving Nursing Care  
provided to your loved ones. Annie 772-8872

**Cleaning Services**  
Busy Maids  
Serving SLO County Starting @ \$60per hr  
Lic#074795 674-4374

**Drywall**  
All your drywall needs! 21 yrs exp. No job too small.  
Lic#855741 441-4431

**Gardening**  
#1 American Yards  
Clean-ups, monthly lawn maint. Free est.  
Lic#003158 238-0787

**Gutters**  
Affordable Rain Gutters Seamless. 20 yrs. exp. Owner operated. 434-3602

**Hauling**  
#1 Bear Valley Yard clean-up, demolition, appliance & trash removal. 441-7743

**Landscape**  
Architects  
Design  
Supplies

**Painting**  
TERRY STONE PAINTING  
Standard or Creative Projects - Mobiles too!  
Lic#744384 528-5449

**Weed Control**  
#1 Bear Valley  
Brush removal, lot clearing, yard access, poison oak. 441-7743

**Bankruptcy**  
\* Free consultation Attorney Richard Rossi 805-541-1044  
Debt relief agency

**Carpentry**  
Pacific Carpentry  
Affordable prices. No job too small! Lic# 630070 441-2225

**Electrical Contractors**  
Bulldog Electric & Solar  
Res/commercial 24/7 Lic#839852  
★ 459-6777 ★

**General Contracting**  
G.W. Anderson Const.  
All trades. High quality, low price. Lic#755210 547-9844

**Handyperson**  
A+ Handyman  
Serving SLO County No. lic. Call Tom 542-9956 202-6273

**Handyman**  
HANDYMAN No job too small! Hauling, fence, roof, decks. I'll do any type of repairs. just call. no license. (805) 438-3821

**Landscaping**  
Tribune Marketplace  
544-SELL  
Cole Landscaping weed-whacking, Tree trim/clean-ups/etc Lic#883453 458-0430

**Painting**  
Anchor Plumbing  
Quality Service. Reasonable rates/local Lic#882030 772-2951

**Plumbing**  
All Clear Plumbing  
Drain/gas. We do it all! Countywide Lic#897655 540-1321 927-1924

**Plumbing**  
Anchor Plumbing  
Quality Service. Reasonable rates/local Lic#882030 772-2951

**Caregiver**  
HOME TEAM HEALTHCARE  
Exp., honest, ref's avail. All shifts avail. (805) 610-7956

**Cleaning Services**  
A1 HouseCleaning  
Experienced Excellent references 805-712-2614

**Concrete & Asphalt**  
beachconcrete.com  
drive/walkways, patios, etc. Stamping, colors. Lic#632466 588-8040

**Fencing**  
# Fence, Decks & Gates  
Senior discount J.C. Const. 550-3798

**Gardening**  
Miranda Const.  
Decks/fences/concrete remodels/additions/etc Lic#778608 441-2383

**Handyman**  
HANDYMAN No job too small! Hauling, fence, roof, decks. I'll do any type of repairs. just call. no license. (805) 438-3821

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**Plumbing**  
Anchor Plumbing  
Quality Service. Reasonable rates/local Lic#882030 772-2951

Call today for home delivery. 1-800-288-4128.

**Household Goods**

**SOFA** Beige floral xlnt. condition! \$85.00 929-6624

**TWIN BED** frame Tube steel, wood legs \$35.00 481-8698

**TWIN MATTRESS** Sealy Posturepedic \$30.00 481-8698

**WALL MIRROR** 3ft by 2ft beveled edge \$20 239-3159

**WASHER & DRYER** Maytag, white \$100 474-4663

**WASHER** \$200.00 805-295-9334

**Business Opportunities**

More Business Opportunities can be found in Category 503!

**READERS ARE CAUTIONED** to make no investments before thoroughly investigating any advertisement in the Business Opportunity columns which require investments in stock samples, equipment or cash bonds.

**Route Driver Needed In: San Luis Obispo**

Early Morning Hours Start Tonight!

**Newspaper Routes Available**

Delivery time: approximately 2 hours per night.

Approximate profit range: \$180 per week - \$800 per month

**Call Chris Nielson 805.471.0181**

**Tools & Machinery**

**HAND DRILL** electric, with extras \$10 239-3159

**RADIALSAW** Craftsman 10" with table. Model #113-23111 \$150 805-528-1132

**WEED EATER** homelite straight shaft, duel line \$50 466-3208

**Jobs**

**Schools & Training**

**BEGIN A NEW CAREER IN 3-4 MONTHS**

Massage therapy classes starting on May 3rd 461-4808 www.chieducation.com

**Help Wanted**

**DENTAL OFFICE**

In North County looking to add a person to our team. Job includes help with both front and back office duties. Experience preferred but will consider training the right person. Call (805) 239-2001. Mon. - Thurs. or fax resume to: (805) 239-2118

**Web ID TB6812509**

**Help Wanted**

**HOTEL HOUSEKEEPER**

P/T at Bed and Breakfast in Cambria. Must speak English. Great atmosphere and pay! (805) 927-3222

**Web ID TB6813490**

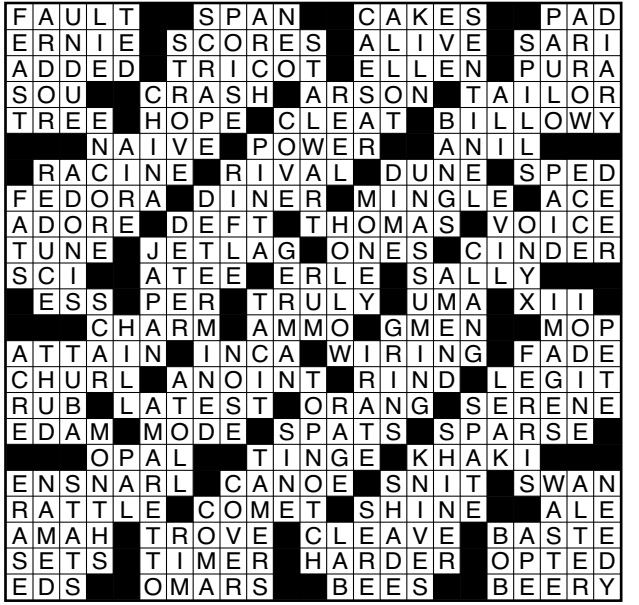
**Help Wanted**

**HOUSE MANAGER**

Full-time, plus benefits. Under direction of Shelter Services Director oversee daily operation, provide direct client services.

Send resume to: eallan@tcsn.net or fax to: North County Women's Shelter (805) 461-8115

**Web ID TB6812497 VIDEO**



**Firewood**

**ALMOND WOOD** 16-20' lengths. Split. Delivery & Stacking. Call Brian 781-0954

**Miscellaneous**

**BARBECUE** galore 3 burner, cover, rotisserie \$50 927-5883

**BEDLINER** New 02-09 Dodge Ram sh. bed \$90 464-0345

**COOKTOP** Thermador Glass Cooktop. Model GG30. Gas Operation with piezo-electronic ignition. \$100. 466-5631

**DISNEY JACKET** Denim Pooch w/m small 481-6073 \$45.00

**DOCTOR'S SCALE** Old Sears Doctor's Scale. Model 6450. Max weight 350 lbs. \$60/obo. 466-5631

**GAZELLE EX MACH** T. Little's Heavy duty \$38.00 772-6042

**Garage Sales**

**AMAZING SALE** Old & New ANTIQUE DOLLS AVAILABLE ON REQUEST

Clothes, books, knick knacks something for everyone! 2437 Alban Pl., Cambria 8am - 12noon 4/25/09 then everything HALF OFF until 1pm!

**Building Materials**

**FREE HOUSES (2)**

-To be moved -Date to be determined -\$2.0 m liability Insurance policy naming current property owner will be required -For further information please Fax request to 805-549-0702

**Employment Opportunities**

**CAUTION:** Make no investments before investigating advertisements in Class 310 Employment Opportunities which require investments in stock samples, equipment or cash bonds.

The Tribune strongly urges you to fully investigate thoroughly before making commitments or sending money in any form.

**1**

Log onto: **San Luis Obispo.com/jobs**

**Have an Open Position?**

Let us help you fill it! Combine print and online for MAXIMUM results.

**The Tribune and CareerBuilder.com** Reaching 95% of SLO County Job Seekers NOW! Call an employment representative today! 781-7814, 781-7820 or 781-7821

**Sell It Fast**

In The Tribune Classified Marketplace

**544-SELL**

**Help Wanted**

**NURSE ASSISTANT DIRECTOR OF NURSES**

P/T position 2 days per week working with mentally and physically challenged adults. Responsibilities: monitoring client medical care, treatments, medications, staff and completing assessments and reports. We offer competitive salary.

Call Suzie at (805) 544-5332 x121 or send resume to: Casa De Vida, 879 Meinecke Ave SLO, CA 93405 or fax to: (805) 544-5548 sebaugh@rescare.com EOE/AA

**Web ID TB6813500 VIDEO**

**Help Wanted**

**SALES OUTSIDE SALES REP**

Established SLO Water co. seeking outside sales rep. Seeking independent, team-oriented individuals. Door to door sales position. Must have clean DMV.

Apply in person at: **Crystal Springs Water 3215 Rockview Pl San Luis Obispo**

**Web ID TB6812534 VIDEO**

**Journalism**

**SIERRA STAR THE FRESNO BEE MCCLATCHY**

**Editor**

The Sierra Star, a McClatchy Company newspaper located in Oakhurst has an opening for an Editor. This position is responsible for managing the newsroom, assigning and editing stories, writing editorials and occasional stories, taking photos and pagination.

Bachelor's degree in Journalism and experience in editing, writing and managing a newsroom staff preferred. Must have excellent written and verbal communication skills with a strong command of English grammar and AP Stylebook. Unisys experience, the pagination and word processing system used at the Sierra Star a plus. Acceptable driving record required.

Competitive salary and excellent benefit package. Current DMV printout required with application. Applications can be downloaded [www.fresnoBee.com/beejobs/](http://www.fresnoBee.com/beejobs/) and submitted with cover letter and resume to:

The Fresno Bee Human Resources 1626 E Street Fresno, CA 93786 Fax (559) 441-6053 EOE

All offers of employment are contingent upon successful completion of a drug test.

**Used Vehicles Sell Fast in Auto Central**

**544-SELL**

**MATTRESS** for adjustable bed, new, \$200 543-1626

**PORTA POTTY** for elderly or handicap. Adjustable seat. Great condition. \$35. 466-5631

**PROM DRESS** red satin, size 12 \$25.00 434-1545

**MACHINE SHOP For Sale, Complete.**

Over \$30K in equip. Will sell for \$15K/obo + low rent space avail. For complete list of equip. call 975-3738 or email request to machineshop4sale@gmail.com. Lv name & phone #. Motivated!

**USE CLASSIFIED IT WORKS!**

**SLO COUNTY OFF SALE BEER & WINE LICENSE** Call 805-291-2656

**Garage Sales**

**AMAZING SALE** Old & New ANTIQUE DOLLS AVAILABLE ON REQUEST

Clothes, books, knick knacks something for everyone! 2437 Alban Pl., Cambria 8am - 12noon 4/25/09 then everything HALF OFF until 1pm!

**Help Wanted**

**HELP WANTED POSITIONS OFFERED**

The first word of Help Wanted ads must be the title of the position offered and will appear in upper case bold. Ads will flow in alphabetical order, sorted by the position title.

Positions that require a fee of any kind, or ask for any out of pocket money from the job seeker to apply for the position(s) advertised will not appear in the Help Wanted classification section but can be found in Employment Opportunities.

The Tribune strongly encourages job seekers to investigate thoroughly before sending money or providing any personal information when seeking employment.

The Tribune

**2**

Go to: **Search by Web ID and enter Web ID number**

**Tribune Marketplace**

**544-SELL**

**HOTEL FRONT DESK**

Seeking customer service oriented person. Must have computer skills.

Apply in person at: **Sands by the Sea** 9355 Hearst Dr, San Simeon or call (805) 927-4668

**Web ID TB6810162 VIDEO**

**Sell It Fast**

In The Tribune Classified Marketplace

**544-SELL**

**Help Wanted**

**NURSING**

**RN**

F/T opening. 11pm - 7:30am shift. Long term care exp. helpful.

Please inquire at: Cabrillo Care Center 3033 Augusta St San Luis Obispo

**Web ID TB6810917 VIDEO**

**Journalism**

**SIERRA STAR THE FRESNO BEE MCCLATCHY**

**Reporter**

The Sierra Star, a McClatchy Company weekly newspaper located in Oakhurst, California has an immediate opening for a general assignment reporter. This position will write stories and take photos for the weekly edition. In addition, this position will also write stories for special sections, compile the obituaries, wedding and engagement announcements and may serve as a backup paginator.

Bachelor's degree in Journalism or Communications, and newspaper experience preferred. Must have excellent written and verbal communication skills with a solid knowledge of English grammar and AP Style. Must be able to work as a team. Pagination and photo experience a plus. Acceptable driving record and dependable transportation required.

Competitive salary and excellent benefit package. Current DMV printout required with application. Applications can be downloaded [www.fresnoBee.com/beejobs/](http://www.fresnoBee.com/beejobs/) and submitted with cover letter and resume to:

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All offers of employment are contingent upon successful completion of a drug test.

**SWIMMING POOL Doughboy Blue Glacier**

**Just in time for Summer Fun in the Sun!**

Swimming Pool 16' x 24' Too many features to list! Call for details. \$1,200 Or Best Offer 805.461.5888

**TABLES** Circular and oval. \$20/each. 466-5631

**TOMATO PLANT** Large Healthy #1 call 528-0148

**TOW BAR** Hooks to metal bumper \$35 805-835-1655

**TRUCK BED** 1975 GMC 8 foot good cond. \$250 528-6057

**TRUCK TOOL BOX** like new \$200 call Ron 503-8194

**TV STAND** 2ft by 27" with shelf verynice \$20 239-3159

**TV/COMPUTER/PRINTER** cabinet. 28 1/4" w x 24" h x 15.5" d, great condition. \$50/obo. 466-5631

**WHEEL COVER** for 5th wheel, like new in bag \$250 441-4219

**WINDSHIELD** golf cart. with mounts \$50 466-3208

**Antiques Collectibles**

**LAMPS** Antiques, great cond. \$100 obo/ set. 466-5631

**Office Supplies & Equipment**

**COMPUTER DESK** black, Modern \$25.00 466-5120

**Musical Instruments**

**NEW GUITAR** plus much more! \$175 238-4278

**SAXOPHONE** Selmer Bundy, Good Cond. \$100 440-8480

**Tools & Machinery**

**SHP ROTOTILLER** Front Tine 24" \$200 544-2148

**DRILL PRESS** Walker Turner DDP500, Hoover 1/2HP motor, 3/8" chuck. Also included heavy duty Vice. Both mounted on Solid Steel table 2'x4'x3' \$375 obo 805-528-1132

**Tribune Classified Marketplace will Sell Your Vehicle FAST!**

**544-SELL**

**CAMBRIA** Armoire, books & misc. No early birds. Sat. 9am-12 2566 Leona

**CAMBRIA SALE** Home & Garden & Misc. Sat. 9-2 1748 Spencer

**CAMBRIA** Yard Sale Sat. 4/25, 8:30-11. Lots of good stuff. 2145 Skye St.

**CAMBRIA** Flea Market benefitting the American Field Service students raising money to pay for study programs abroad. Donated items needed. Contact Sharon Bisso at 927-3889 or 995-1432 to arrange pick up or drop off. Sat. 4/25, 8-1 1350 Main St. The old grammar school.

**MORRO BAY 2 BIG SALES!** One for the ladies and one for the guys! **Guys:** Household items, vintage electronics, bikes & parts, vinyl, clothes trombone, videos, cd's blankets and many other man cave items! **Ladies:** Clothing, framed art, size 10 & 11 Shoes, books & Misc. Sat. Only 565 & 516 Acacia 7am - ?

**More Breaking News**

updates than any other local news source. Log on to **SanLuisObispo.com**

**CAREGIVER ALL HOME CARE**

Experienced caregivers for hourly, 12 and 24 hour shifts. Inquire about our 24 hr. caregiver bonus as well as our Rx benefits. Please call (805) 473-4043 or apply at [www.all-homecare.com](http://www.all-homecare.com)

**Web ID TB6807652 VIDEO**

**CAREGIVERS** 24, 48 & 72 hour shifts 4 to 12 hourly shifts. Only experienced & dedicated need apply. Top pay & Benefits Guaranteed. (805) 781-8156 (888) 439-8800

**Web ID TB6808327 VIDEO**

**3**

Find your job! Submit your resume and apply online

**ALLAN HANCOCK COLLEGE** Santa Maria, CA

Now recruiting for the following positions:

**Job Title:** Closing Date

**Dean, Academic Affairs** 4/30/09

Please visit: **www.hancockcollege.edu** or call (805) 922-6966 ext. 3378, 3509, 3338 for more information on open positions

EOE

**More Breaking News**

updates than any other local news source. Log on to **SanLuisObispo.com**

**RECREATION**

**CITY OF MORRO BAY KIDS' CAMP COUNSELORS & COUNSELORS - IN - TRAINING**

P/T 20 - 40 hr. wk. \$8.00 - \$9.12/hr. supervise kids in summer day camp setting & assist in preparation of activities & field trips. **Deadline: 5/22/09**

**Apply at 595 Harbor, Morro Bay (805) 772-6207**

**Web ID TB6811190 VIDEO**

**RETAIL SALES**

P/T, possibly F/T retail help needed in popular Cambria apparel/leather goods store. Seeking kind helpful person who enjoys staying busy and providing cheerful customer service. Pleasant atmosphere. Appreciative owners.

Apply in person: Cambria Wildwood 4210 Bridge St. corner of Bridge & Main St. East Village

**Web ID TB6809083**

**SWIMMING POOL Doughboy Blue Glacier**

**Just in time for Summer Fun in the Sun!**

Swimming Pool 16' x 24' Too many features to list! Call for details. \$1,200 Or Best Offer 805.461.5888

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**CAMBRIA** Yard Sale Sat. 4/25, 8:30-11. Lots of good stuff. 2145 Skye St.

**CAMBRIA** Flea Market benefitting the American Field Service students raising money to pay for study programs abroad. Donated items needed. Contact Sharon Bisso at 927-3889 or 995-1432 to arrange pick up or drop off. Sat. 4/25, 8-1 1350 Main St. The old grammar school.

**MORRO BAY 2 BIG SALES!** One for the ladies and one for the guys! **Guys:** Household items, vintage electronics, bikes & parts, vinyl, clothes trombone, videos, cd's blankets and many other man cave items! **Ladies:** Clothing, framed art, size 10 & 11 Shoes, books & Misc. Sat. Only 565 & 516 Acacia 7am - ?

**More Breaking News**

updates than any other local news source. Log on to **SanLuisObispo.com**

**CAREGIVER ACTIVE CARE**

is seeking kind professionals to help Seniors at home. Light care to complete care. 24 hour shifts to part-time. (805) 772-7744

**Web ID TB6813169 VIDEO**

**CAREGIVER** You would provide non-medical personal care & general help in their home. Starting wage \$9/hr. Locations Vary. Exp. only. Please call for an appt. Pismo Beach 805-773-3744 Paso Robles 805-227-6437

**Home Instead SENIOR CARE**

**Web ID TB6807899 VIDEO**

**CAREGIVERS** 24, 48 & 72 hour shifts 4 to 12 hourly shifts. Only experienced & dedicated need apply. Top pay & Benefits Guaranteed. (805) 781-8156 (888) 439-8800

**Web ID TB6808327 VIDEO**

**4**

Find your job! Submit your resume and apply online

**Sales THE TRIBUNE Newspaper of the Central Coast**

**PRINT & ONLINE ADVERTISING SALES EXECUTIVE**

The Tribune, a 40,000 circulation McClatchy newspaper in San Luis Obispo, CA is seeking an ambitious, experienced sales professional to develop and grow advertising sales for the daily newspaper and its website [www.sanluisobispo.com](http://www.sanluisobispo.com). This individual will focus on maintaining and growing print and online advertising in the automotive category while strategizing and developing new business in other assigned categories to grow market share. He/she will establish strong customer relationships, understand clients' business needs and develop comprehensive, tailored solutions to focus on their clients' target customers. He/she will educate advertisers on the benefits of newspaper print and online advertising, prepare and present proposals, resolve customer inquiries and meet daily deadlines.

The successful candidate will possess effective communication skills, strong conceptual and analytical skills, the ability to strategize business opportunities, analyze market research and demonstrate the ability to manage multiple accounts and tasks. Excellent presentation, negotiation and closing skills. Must be an accomplished PC user and have a strong depth of knowledge of the Internet and interactive media.

This candidate will have 3+ years of successful track record in B2B sales; advertising sales experience in print, radio or television a plus. Experience in online advertising sales highly desirable. Degree in marketing, communications or business preferred.

This position includes base salary plus commission and medical, dental and vision insurance. Applications may be picked up/dropped off at any of our locations:

- Tribune SLO • 3825 So. Higuera
- Paso Robles • 705 Pine St
- Cambria • 2442 Main

Submit resume, cover letter and salary requirements to: Attn: Human Resources at any of the above locations. Or mail to: The Tribune, Human Resources P.O. Box 112, SLO, CA 93406 [dgoetz@thetribunenews.com](mailto:dgoetz@thetribunenews.com)

EOE

**Web ID TB6807195**

**RETAIL SALES**

P/T, possibly F/T retail help needed in popular Cambria apparel/leather goods store. Seeking kind helpful person who enjoys staying busy and providing cheerful customer service. Pleasant atmosphere. Appreciative owners.

Apply in person: Cambria Wildwood 4210 Bridge St. corner of Bridge & Main St. East Village

**Web ID TB6809083**

**Journalism**

**SIERRA STAR THE FRESNO BEE MCCLATCHY**

**Reporter**

The Sierra Star, a McClatchy Company weekly newspaper located in Oakhurst, California has an immediate opening for a general assignment reporter. This position will write stories and take photos for the weekly edition. In addition, this position will also write stories for special sections, compile the obituaries, wedding and engagement announcements and may serve as a backup paginator.

Bachelor's degree in Journalism or Communications, and newspaper experience preferred. Must have excellent written and verbal communication skills with a solid knowledge of English grammar and AP Style. Must be able to work as a team. Pagination and photo experience a plus. Acceptable driving record and dependable transportation required.

Competitive salary and excellent benefit package. Current DMV printout required with application. Applications can be downloaded [www.fresnoBee.com/beejobs/](http://www.fresnoBee.com/beejobs/) and submitted with cover letter, resume and samples of your work to:

The Fresno Bee Human Resources 1626 E Street Fresno, CA 93786 Fax (559) 441-6053 EOE

All offers of employment are contingent upon successful completion of a drug test.

**Journalism**

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**SWIMMING POOL Doughboy Blue Glacier**

**Just in time for Summer Fun in the Sun!**

Swimming Pool 16' x 24' Too many features to list! Call for details. \$1,200 Or Best Offer 805.461.5888

**TABLES** Circular and oval. \$20/each. 466-5631

**TOMATO PLANT** Large Healthy #1 call 528-0148

**TOW BAR** Hooks to metal bumper \$35 805-835-1655

**TRUCK BED** 1975 GMC 8 foot good cond. \$250 528-6057

**TRUCK TOOL BOX** like new \$200 call Ron 503-8194

**TV STAND** 2ft by 27" with shelf verynice \$20 239-3159

**TV/COMPUTER/PRINTER** cabinet. 28 1/4" w x 24" h x 15.5" d, great condition. \$50/obo. 466-5631

**WHEEL COVER** for 5th wheel, like new in bag \$250 441-4219

**WINDSHIELD** golf cart. with mounts \$50 466-3208

**Antiques Collectibles**

**LAMPS** Antiques, great cond. \$100 obo/ set. 466-5631

**Office Supplies & Equipment**

**COMPUTER DESK** black, Modern \$25.00 466-5120

**Musical Instruments**

**NEW GUITAR** plus much more! \$175 238-4278

**SAXOPHONE** Selmer Bundy, Good Cond. \$100 440-8480

**Tools & Machinery**

**SHP ROTOTILLER** Front Tine 24" \$200 544-2148

**DRILL PRESS** Walker Turner DDP500, Hoover 1/2HP motor, 3/8" chuck. Also included heavy duty Vice. Both mounted on Solid Steel table 2'x4'x3' \$375 obo 805-528-1132

**Tribune Classified Marketplace will Sell Your Vehicle FAST!**

**544-SELL**

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- Tribune SLO • 3825 So. Higuera
- Paso Robles • 7

# Rentals

## Apartments For Rent

**PUBLISHERS NOTICE:** All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwelling advertised are available on an equal opportunity basis.

**ARROYO GRANDE**  
1 bedrm, 1 ba upstairs apt. w/ garage. No pets/smoking. All utilities pd. W/D, Carport. \$850/mo+dep. **481-9569**

**ARROYO GRANDE**  
2 Bedrms from \$875-\$950 Rent + Deposit. **B&W Management 489-0667**

**ARROYO GRANDE VILLAGE**, 2 bedrooms, Older home, large fenced yard, consider pets, \$1100 plus dep. **Iverson Realty 481-1422**

**ATASCADERO**  
For Rent. Low cost senior apartments. **EOH 466-0759**

**ATASCADERO**  
Seniors, A/C, One bedroom, w/private patio, central lobby, on-site laundry, walk to downtown. No pets. \$650/mo. + \$750 sec dep. **461-9240**

**ATASCADERO**  
5340 Olmeda. 2 bedrm, 1 ba newly redone apt w/ garage. \$800/mo + \$900 dep. No pets. Darci, 461-1292

**ATASCADERO**  
1 bedroom w/garage, walk in closet, refrig, private patio, clean, quiet. No pets/smoking 7407#C Santa Ysabel \$775/mo. **441-9872**

## CLASSIFIED WORKS!

**ATASCADERO**  
1 bedroom duplex. AC, appliances. No smoking or pets. Parking by front door. \$725, water & trash pd. **466-3853**

**ATASCADERO**  
2 bedrm, 1.5 bath townhouse. \$900. Small Pets OK. Casa Ysabel Apts. 7605-7685 Santa Ysabel. **461-9126**

**ATASCADERO Apartments from \$995-\$985**  
2 bedrm, 2 ba  
• W/D hook-ups  
• Central Heat & Air  
**No application fee!** Also, Ask About Our Move-In Special **(805) 466-5693**

**CAMBRIA**  
1 bedrm, frplc, West Village area, no pets, \$800/mo. + sec. dep. **927-4917**

**CAMBRIA**  
Small apt. for rent. \$525/mo. + dep + util. **916-784-3350**

**CAMBRIA:** Sm 1 bedrm, kitchenette, ocean view, util. & cable pd. No smoking, no pets. \$750 + dep. **805-927-8270**

**CAMBRIA New Price!**  
1 bedrm, 1.5 ba townhouse. Garage + parking. Frplc, 2 decks, priv. yd, W/D. No smoking/pets. \$890/mo. **927-3457 cambria8@earthlink.net**

**CAMBRIA New Price!**  
1 bedrm, 1.5 ba townhouse. Garage + parking. Frplc, 2 decks, priv. yd, W/D. No smoking/pets. \$890/mo. **927-3457 cambria8@earthlink.net**

**GROVER BEACH**  
1/1, \$785 Rent + Deposit. **B&W Management 489-0667**

**GROVER BEACH**  
2 bedrm, 1.5 ba, carport \$950 Rent + Deposit. **B&W Management 489-0667**

**GROVER BEACH**  
3 bedroom, 1 3/4 baths, single car garage, walk to beach. \$1100 plus sec dep. **Iverson Realty 481-1422**

## Apartments For Rent

**LOS OSOS**  
1+1. \$750/mo + dep. Water/trash pd. No dogs. **805-646-0678**

**LOS OSOS**  
2 Bedroom, 1.5 bath townhouse style apartment with patio, \$950 per month **Call Terry (agt) JDR Real Estate Services, Inc. (805) 781-3595 x5**

**LOS OSOS Duplex.**  
1 bedrm, quiet, no pets. \$795. 748-3090 1268 Santa Ynez Ave

**MORRO BAY 2/1,**  
deck, ocean view, carport. No dogs/smoking. \$1000/mo + Deposit **495 Napa 772-5445**

**MORRO BAY-N.**  
New 1 bedrm, 1 ba, high ceilings. No pets. \$750. **805-771-8062**

**OCEANO**  
2 bedrm, 1.5 bath, \$900 Rent + Deposit. **B&W Management 489-0667**

**PASO ROBLES**  
Nice 2 bedroom, 1 bath apartment, carport. Laundry room, water/sewer & landscaping paid. \$875 per month, security required. 1502 Pine #5 **Tom Taylor Realty 805-550-8427**

**PASO ROBLES**  
621 Oak St. #A 2/1.5, no pets, \$1025. **310-821-7639**

**PISMO BEACH**  
1 & 2 bedrms. Starting at \$900/mo. No pets. 773-2308 or 773-1544

**SHELL BEACH**  
2 bedrm, 1.5 bath, 1 block from beach, 1 car garage, water, trash, basic cable paid! \$1,200.

**REG Prop. Mgmt. 541-6664**  
**www.regmgmt.com**

## CLASSIFIED WORKS!

**SLO Modern Apt.,**  
1 bedrm, approx. 750 sq.ft, \$1,150/mo., 1 month free with 1 year lease. Call to see

**Quaglino PROPERTIES**  
543-0560 x110  
**www.quaglino.com**

**SLO:**  
1/1, \$875 Rent + Deposit  
**B&W Management 489-0667**

**SLO** We have a great inventory of available rentals for July. Check out our web site at: **www.regmgmt.com REG Prop. Mgmt. 541-6664**

**SLO Motel Room**  
Refrig, micro, cable TV. Low rates on Sun-Thurs. Weekly avail. No pets. Call 543-7700

**SLO: 2 bedrm,**  
\$1050/mo. to mo. & \$1050 dep. **1 bedrm, \$800/mo. + \$800 dep.** Water & trash paid. No pets, no smoking. **543-1871**

**SLO: 2 bedroom**  
townhouse with fireplace, refrigerator, private patio, clean, quiet. No smoking/pets. \$1150/mo. **441-9872**

**SLO: 1 Bedrm**  
Apartment Available. \$865. Please Call **544-8620**

**SLO: 1 bedrm duplex.**  
Stove, refrig, D/W, & on-site laundry. No pets/no smoking. Avail Now! \$850/mo + Deposit. **503-9439**

## Apartments For Rent

**SLO:** 1 bedrm, 1 ba townhouse. \$860/mo. + dep. 1 year lease. Fully refurbished. No pets. **1581 El Tigre Ct. 805-787-0965**

**SLO:** 2 bedrm, 1.5 ba townhouse apt. Patio, laundry facility, no pets. Water & trash pd. \$1200 + dep. **544-0376**

**SLO: 560 Hathway Ave. #F**  
1 bedrm w/den. \$800/mo. Between Cal Poly & Downtown. Avail Now. **(805) 546-1097**

**SLO:** Close to Cal Poly. 1 & 2 bedrm townhomes, spacious 2 story floor plan. Newly refurbished pool. On site laundry rooms. basic util pd. **805-543-2032**

**SLO:** Close to downtown 2 berm, 1.5 bath. New carpet and paint. Small backyard. Water, trash, sewer paid. Credit check and deposit required. **\$1250. 543-0647**

**SLO: de Tolosa Apts. New, lg 1 & 2 bedrm.** Xint location. Fitness center, garage & carports, laundry hookups, pool, spa, free computer center, game room. **543-7900**

**SLO: DOWNTOWN STUDIOS**  
Cute studio, garage & laundry - \$900/mo. **Lovely studio by City Hall;** fireplace & separate kitchen, small yard - \$1000/mo. **Studio-House;** separate bedrm & Lovely yard; may be nicest in town! - \$1200/mo. **805-440-5064 (agt)**

**SLO: Lg 3 bedrm,**  
2 ba townhouse. \$1600, water/trash pd. No pets. **546-0814**

**TO PLACE AN APARTMENT RENTAL AD**

**The Tribune Real Estate Experts!**

**Cassie Verley 781-7812**

**Danielle Brown 781-7813**

**Combine the Power of the Largest Real Estate Section in the county and On-Line for Fast Results!**

**Rental Services**

**Don Bricker Property Management**

**CAMBRIA View our listings for full time rentals on our website: www.donbrickerproperties.com 805.927.0177**

## Houses For Rent

**GROVER BEACH**  
2/1, extremely charming, laundry, garage, fenced, properly maintained, gardener pd. \$1395 Lease 489-7586

**POPE MGT. 481-6999**

**ARROYO GRANDE**  
2 bedrm, 2 bath, single story, den, fireplace, new carpet, dbl car garage and nice yard. \$1,595/mo. **504 Morning Rise VISIT OUR WEBSITE www.popemgt.com**

**ARROYO GRANDE**  
No rent till 5/1/09. Corbett Cyn & Hischier. Lg 1/1, \$1099. Lease. Pets ok. 459-1388

**ARROYO GRANDE**  
3/2, garage, yd, \$1500 Rent + \$2250 Deposit. **B&W Management 489-0667**

**ARROYO GRANDE**  
3/2.5, on golf course. \$2300 + Deposit. **B&W Management 489-0667**

**ARROYO GRANDE**  
3 bedrm home, 1.5 ba w/ocean view. \$1800. **Call 441-4098**

**ARROYO GRANDE**  
Newer 1400 sq. ft. 3 bedrm, 2 bath. W/D, stainless steel refrig, stove, microwave & gardener incl. Many upgrades e.g. Corian Countertops, window shutters & tile floors. For more photos go to **galley.me.com/ayorba.com** Shown by appt. only. **805-709-0366**

**ARROYO GRANDE**  
3 bedrm lakeside home at Cypress Ridge. **481-4150 or 441-7411**

**ARROYO MESA**  
Lg 2/2, dbl wide mobile. Country, Hwy 1, lease. \$1150/mo. **489-1871**

**ATASCADERO**  
2 bedrm, 1.5 ba condo w/frplc, pool, AC, W/D. \$1100. **434-3837**

**ATASCADERO**  
1 bedrm in quiet park-like setting. \$950/mo util. incl. Aval 5/1 **805-543-8801**

**CAMBRIA**  
Lg 1 bedrm, 2 ba house, fenced yard, frplc, \$1375/mo, inclds util. **927-8150**

**Scenic Coast Property Management**

**--CAMBRIA--**  
View all rentals @ **www.cambria.coastrentals.com** Bradford 2 Bedrm/2 Ba. \$1650, no pets Canterbury 1 Bedrm/1 Ba attach'd Studio. \$775 London Lane 3 Bedrm/3 Ba. \$1700 **www.sceniccoastrentals.com (805) 927-6163**

**CAMBRIA 2/2**  
clean, view, garage, pet friendly. \$1475/mo. **927-6129**

**CAMBRIA Ocean view.**  
Happy Hill. Beautiful 2 bedrm, 1.5 ba, frplc, cathedral ceilings, deck, garage, laundry, some furn. \$1550. **965-5862**

## Houses For Rent

**Quality Mgmt. Services 927-2953**

**CAMBRIA Dorset St:** 1 bedrm, 1 ba, frplc, carport, refrig, W/D. Avail Now. \$800/mo dep

**Pembroke:** 1 Block to Shamel Park. Single level, 2 bedrm, 2 ba, frplc, Avail Now. \$1000/mo + dep

**BALBOA/San Simeon:** Ocean front beach! 4 bedrm, 3 ba, 1 car garage, family/livingrm, 2 frplcs, all appliances, no pets. Avail Now. \$1990/mo+dep. **Dovevale:** 3 bedrm, 2-1/2 ba, sgl garage. All new paint, carpet, linoleum, appliances! No Pets. Avail Now. \$1550/mo+sec dep. **Wilcombe:** 3 bedrm, 1 bath, Living+den, single level, No Pets. Avail 4/12. \$1050/Mo + Sec. Dep.

**CAMBRIA Gold Coast Realty**

**Ocean View**  
3 bedrm, 2 1/2 ba, 2000 sq ft, 2 car garage. \$1650/mo.

**Single Level**  
3 bedrm, 2 ba, frplc, family room. \$1600/mo.

**Duplex**  
2 bedrm, 1 ba, 2 car garage, frplc. \$1100/mo. **John P. Dunn Property Mgr./Sales 927-3883**

**CAMBRIA**  
1 bedrm, 1 ba, frplc, garage. 458-8889 **1713 Sandown**

**GROVER BEACH**  
2/1, newly remodeled \$1175 Rent + Deposit. **B&W Management 489-0667**

**GROVER BEACH**  
3/2, yard, \$1400 Rent + Deposit. **B&W Management 489-0667**

**GROVER BEACH**  
2/1, \$1200 Rent + Deposit. **B&W Management 489-0667**

**GROVER BEACH**  
2/1, remodeled, gardener incl'd. \$1150 + sec.dep. **805-710-0733**

**Let Us Help You Rent Your Home FAST!**

**Call The Tribune Real Estate Experts!**

**Cassie Verley 781-7812**

**Danielle Brown 781-7813**

**Ads will appear in Print & On-Line to reach your Target audience!**

**MORRO BAY**  
3 bedrm, 2 bath in the Heights. Frplc. \$2100/mo. incl. util. **474-9211**

**MORRO BAY**  
Beautiful vintage style house. Lg 3 bedrm, 2 ba. Big living rm, W/D, sm yard. \$1600. Hano's Real Estate **805-528-1586**

**MORRO BAY**  
491 Whidbey St. 2 bedrm, 1.5 ba, fireplace, sm yard & garage. \$1350/mo + Deposit

**MORRO BAY**  
Gorgeous 2 bedroom, ocean view, fireplace; lg garage; 2 full baths. \$1495/mo. **440-5064**

**NIPOMO**  
4/2, 1.5 acres. \$2500 + Deposit. **B&W Management 489-0667**

**NIPOMO**  
3/2, garage, \$1400 Rent + Deposit. **B&W Management 489-0667**

**OCEANO** Brand new custom beach home, 1900 sq.ft. 3 bedrm, 2.5 ba, lg deck, ocean & Cune views. \$1800. Section 6 OK. **805-441-2855**

## Houses For Rent

**OCEANO:**  
1 bedrm, 1 ba, partially furn'd, 1 block to beach, off strand. \$1100 + \$1000 dep. Util. pd. 559-259-9815

**PASO ROBLES**  
3 bedrm, 2 ba, barn w/loft, 10 acres, by lake. \$1600+ dep. **610-4687**

**PASO ROBLES**  
3/2 in vineyard country Avail Now. \$1500/mo. Drive by 6188 Falcon Way. **805-674-7174**

**PASO ROBLES**  
3600 sq.ft. home on Westside ranch. 4 car garage, fenced yard. \$2400/mo. **237-4716 ext 11**

**PASO ROBLES**  
4/2, 3617 Vine. Newer home, some upgrades. Avail Now. \$1800. **235-6942**

**PASO ROBLES**  
605 Oak. 3/2, garage, hkuqs, near downtown **310-821-7639**

**PASO ROBLES**  
Beautiful 3/2 + bonus rm, RV parking, near lake, W/D, no smoking, pets OK. \$1450/mo. Avail Now. **238-5578**

**PASO ROBLES**  
Seniors 55+ 2 bedrm, 2 bath, 2 car, \$1095/mo. + dep. 1729 Mari-gold. (805) 238-1569

**PISMO BEACH**  
3/2.5, garage & more, \$1600 + Deposit. **B&W Management 489-0667**

**SANTA Margarita**  
2/1 w/lg 1 car garage. Clean, D/W, refrig. Nice yard, lots of tile. AC, W/D hookup. \$1250/mo. plus dep. Avail Now. **Landmark Co. 471-9184**

**SANTA Margarita**  
Studio, 17 mi to Poly, quiet, util. paid, AC, \$700 + dep. **462-0347**

**SHANDON**  
3 bedrms/2 baths w/office, on 10 acres. 3 car garage, fenced yard. \$1500/mo. **237-4716 ext 11**

**SHANDON**  
3 bedrm, 2 bath, 2 ba, clean, \$1200/mo + dep. Avail 5/1/09. **805-226-8245**

**SHELL BEACH**  
3/2, garage, \$1550 Rent + Deposit. **B&W Management 489-0667**

**SHELL BEACH**  
3 bedrm, 2 ba, 2 story, frplc, garage, steps to beach. \$1950/mo. **461-5677 234-4445**

**SHELL BEACH**  
3 bedrm, 1.75 ba, No Pet. \$1295/mo. 118 Palomar. **Asset Mgmt. 473-0102**

**SLO Downtown**  
3 bedrm/2 bath, 2-car garage; huge yd; appliances, pets, by Meadow Park. \$2300/mo. **440-5064 (agt)**

**SLO:** 3 bedrm, 2 ba house. 2 car garage, 2 story, fenced yd & jacuzzi. Quiet S. Higuera neighborhood. Gardener incl. Avail 5/9. \$2000 + dep. **805-235-6114**

**SLO:** Short-term/mo-mo. Avail Nov. Lg 2 bedrm triplex unit w/spacious private patio. Unique architectural design, frplc, cable tv, pool, good location, all for \$1425/mo. Furn or unfurn. **544-4300**

**SLO:** Very cute downtown 1-bedrm 'studio-house', appliances & garden yd. \$1200/mo. **440-5064 (agt)**

**SLO**  
Cute 3 bed, 2 bath, hardwood floors, fenced yard, gardener included. \$2,000 **REG Prop. Mgmt. 541-6664 www.regmgmt.com**

**TEMPLETON**  
Large 4 bedroom, 2 bath home located on a cul de sac, pool & spa. \$2,350 per month, security required. 235 Gaucho Ct. **Tom Taylor Realty 805-550-8427**

**TEMPLETON**  
3 bedrm, 3 ba, views galore, frplcs, carport, room for horses xtra, no pets/smoking, water /trash pd. \$1750, 1st & last. **805-591-9139**

**TEMPLETON**  
Downtown 2 bedrm, 1 bath house. Detached storage building with W/D hookups. No inside pets/ smoking. \$1300/mo. +\$1300dep. Avail 5/1. **466-8422**

**ATASCADERO**  
Own room & bath. \$500/mo. + \$500 dep. **459-3716**

**CAYUCOS** Daily, Weekly, & Winter rates. 399 S Ocean 995-3810 Dolphin Inn.

**LOS OSOS**  
Furn. rm, util's incl'd \$450 + \$450 sec. dep., no smoking/pets. Male pref'd. **528-3702**

**Storage Rentals**

**LOS OSOS: Budget Storage 528-0618**

**Office Rentals**

**GROVER BEACH**  
1445 W. Grand Ave., Suites B, C, D, G. 272-585 sq.ft. Established location, plenty of parking, completely improved- call for details. For this & other listings, visit our website: **www.FordeProperties.com FORDE PROPERTIES 805-481-0752**

**SLO Airport Area Office Spaces**  
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**4211 Broad St # C**  
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**755 Fiero Lane, Suite G**  
Warehouse & Office Space. 1863/sq.ft.

**1075 Court St. #209**  
Above Peet's. \$690/mo. gross.

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543-0560 Sue  
**www.quaglino.com**

## Houses For Rent

**TEMPLETON**  
2 bedrm, 1 ba w/ garage, no pets/ smoking. \$1200. **528-2826**

**Condo Rentals**

**ARROYO GRANDE**  
2/1, garage, \$1200 Rent + Deposit. **B&W Management 489-0667**

**GROVER BEACH**  
2 Bedrm, 2 bath,

**WEEKLY PUZZLER**

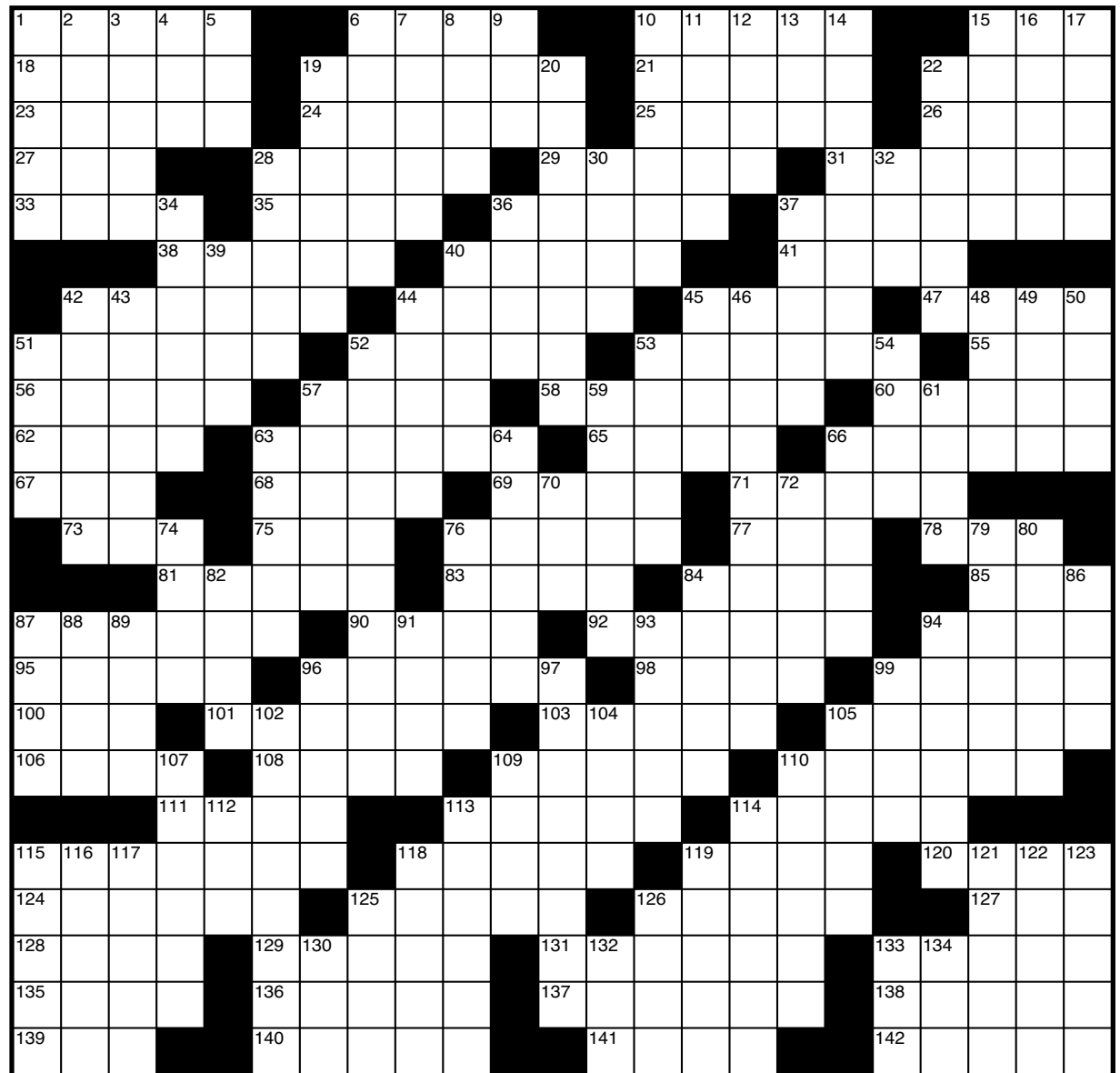
**ACROSS**

- 1 Crack in the earth
- 6 Bridge
- 10 Tortes
- 15 Rocket platform
- 18 Tennessee - Ford
- 19 Makes points
- 21 - and kicking
- 22 Indian garment
- 23 Summed
- 24 Knitted fabric
- 25 Barkin or Burstyn
- 26 Aqua -
- 27 Old French coin
- 28 Collision
- 29 Illegal burning
- 31 Sartor
- 33 Woody plant
- 35 Desire
- 36 Anti-slip device
- 37 Surging
- 38 Artless
- 40 Kind of plant
- 41 Indigo dye
- 42 City in Wisconsin
- 44 Challenger
- 45 Sand hill
- 47 Went quickly
- 51 Felt hat
- 52 Modest restaurant
- 53 Commix
- 55 High card
- 56 Love
- 57 Skillful
- 58 - Alva Edison
- 60 Express
- 62 Melody
- 63 Flyer's fatigue (2 wds.)
- 65 Singles
- 66 Coal
- 67 Chem. or biol., e.g.
- 68 Fit to -
- 69 - Stanley Gardner
- 71 Field or Struthers
- 73 A letter
- 75 According to
- 76 Verily
- 77 Actress - Thurman
- 78 Clock numerals
- 81 Incantation
- 83 Bombs and bullets
- 84 Federal agents (hyph.)
- 85 Swab
- 87 Reach
- 90 Indian of Peru
- 92 Electrician's concern
- 94 Vanish
- 95 Boorish one
- 96 Apply oil to
- 98 Peel

- 99 Authentic
- 100 Chafe
- 101 Most recent
- 103 Chimp's cousin, for short
- 105 Calm
- 106 A cheese
- 108 Fashion
- 109 Quarrels
- 110 Few and far between
- 111 Fall birthstone
- 113 A little bit
- 114 Yellowish brown
- 115 Tangle
- 118 Kayak
- 119 State of agitation
- 120 Graceful bird
- 124 Baby's toy
- 125 Celestial body
- 126 Gleam
- 127 Pub drink
- 128 Eastern servant
- 129 Treasure -
- 131 Cling
- 133 Moisten with juices
- 135 Hardens
- 136 Stopwatch
- 137 More difficult
- 138 Chose
- 139 Begley and Sullivan
- 140 Sharif and others
- 141 Insects
- 142 Like a tavern

**DOWN**

- 1 Elaborate meal
- 2 Passion
- 3 Excessive
- 4 Fib
- 5 Spread to dry
- 6 Harsh noise
- 7 Balance
- 8 Chief
- 9 - -impressionism
- 10 Roman emperor
- 11 Apportion
- 12 Oven for pottery
- 13 Holiday time
- 14 Guard
- 15 Sao -
- 16 Item in a quiver
- 17 Locked book
- 19 Endeavored
- 20 Dependable
- 22 Acts of falling
- 28 Porcelain
- 30 Film spool
- 32 - Baba
- 34 Repeat performance
- 36 Inlet
- 37 Fringe of hair



- 39 River in England
- 40 Ship of 1492
- 42 Lessen
- 43 Gorgeous guy
- 44 Carbine
- 45 Silver coin
- 46 Modest
- 48 Remunerated
- 49 - homo!
- 50 Buck
- 51 Waller or Domino
- 52 Resolved
- 53 Cash
- 54 Wicked
- 57 Prevent from acting
- 59 Empty
- 61 Stone for cameos
- 63 Where Sapporo is
- 64 Berliner
- 66 Bell sound
- 70 Liquor
- 72 Make better
- 74 Mark from an injury
- 76 Implied only
- 79 Pictures
- 80 An antiseptic
- 82 Mound
- 84 Smiles
- 86 For -'s sake!
- 87 Land measure
- 88 Dull sound
- 89 Brass instrument
- 91 Proboscis
- 93 Angry
- 94 - wheel
- 96 Coral island
- 97 Excellent
- 99 Plumber's concern
- 102 Almond liqueur
- 104 Fury
- 105 Outpouring
- 107 Periods of time
- 109 - qua non
- 110 Black eye
- 112 Chum
- 113 Circus performers
- 114 Scalpels
- 115 Rub out
- 116 Called
- 117 Numerical information, for short
- 118 Lid
- 119 Ghost
- 121 Squander
- 122 Make changes in
- 123 Poor
- 125 Insensible state
- 126 Withered
- 130 Curved edge
- 132 Workroom, for short
- 133 Move up and down
- 134 Mimic

**PUZZLE ANSWERS PAGE 4**

**Auto**

**Boats & Equipment**

**Vans**

**RVs, Travel Trailers & Campers**

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**TIMO'S AUTO WRECKING**  
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**Import Autos**

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**Honda Civic '96**  
234,000 miles. Runs good. Ideal for getting around the county, or for a student. Single owner, white (rust patch on hood), 4-door, stick shift. Make offer. Call Bob or Gayle at 489-1026

**CLASSIFIED WORKS!**

**HONDA Civic LX '05** 4D, Auto, good cond., 101K mi., \$10,750 805-704-0357

**INFiniti Q45, '97**  
Auto, leather, sunroof, Bose, chrome wheels, etc. Great cond. \$4,095 805-541-5559

**LEXUS RX 330**  
2005 chrome wheels. GPS. Sunroof. Xlnt. cond. \$18,000. 478-7970

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**TOYOTA PRIUS 2005** Silver. 37,190mi. Good condition \$16,450 805-528-8233

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