Ecologistics
NOVEL ENVIRONMENTAL CONCEPTS
This hearty chili is so warming and delicious that it’s sure to please both meat eaters and those who prefer a more plant-based diet. You can even swap in your favorite meat, whether that is ground turkey, brisket or pulled chicken. This recipe begs to be customized to your family’s tastes and preferences.

**Ingredients**
- 12-16 oz. vegetarian meat crumbles (such as Morningstar)
- 2 Tbsp. oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 1 6-oz. can tomato paste
- 2 15-oz. cans diced tomatoes
- 1 15-oz. can tomato sauce
- 1 12-oz. jar hot sliced pickled jalapeños, with brine
- 1-2 Tbsp. honey
- 1-2 Tbsp. cumin
- 2 Tbsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. onion powder
- A pinch of cayenne pepper (or to taste)
- Red pepper flakes
- Black pepper

In a large soup pot or Dutch oven, sauté onions and garlic in oil over medium heat until translucent (about five minutes). Add the cumin, chili powder, garlic powder, onion powder, cayenne pepper and a shake of red pepper flakes (more to taste). Let the spices toast in the oil with the onions and garlic for a minute or until fragrant. Dump in the tomato paste, diced tomatoes, tomato sauce, beans, jalapeños, honey and black pepper. Simmer on low for an hour, stirring occasionally. Taste and adjust the seasonings as needed. Serve in big bowls and top with whatever you like. My personal favorite toppings are cubes of avocado, shredded cheese, sour cream and tortilla chips.

Yields: 6-8 servings
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PHOTOGRAPHY
Colleen Rosenthal Photography
COLLEEN ROSENTHAL
805-550-2620 | colleen@rosenthalphotography.com
www.rosenthalphotography.com
Colleen Rosenthal is a hard-working portrait photographer in the Central Coast Community. She believes authentic “best moment” portraits are powerful in business, meaningful to families and have lasting value. Her photography includes family, business, newborn, couple and high school senior portraits. She holds international photography awards, and an advanced degree in design.

Photography: Art Design Photography
ANDREW BECKER
805-625-6300 | holla@coastwindowfashions.com
www.coastwindowfashions.com
Hello, I’m Andrew Becker, owner and manager of Coast Window Fashions. I was born and raised right here in San Luis Obispo, and have worked in the family window covering business, Becker’s Draperies, for most of my adult life. My parents, who owned Becker’s Draperies, have both recently deceased, and so I’ve decided to rename the store to Coast Window Fashions. I am a Christian Mancini. We are proud to be an independent, family-owned and continue to provide time tested products, styles and services to our public. Thank you.

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Dear CCL Residents,
Welcome to Summer 2021!!!
Get ready for longer days and beautiful golden sunsets, as we enter the summer season. Living in the Central Coast we are so lucky to have the beach at our disposal. Summertime is filled with family and friends gathering at the beaches, playing in the sand, the surf, the volleyball courts and creating lasting memories that go beyond the beautiful California long summer nights. It is time to turn on your favorite summer song, put on some suntan lotion and hit the California surf.
Summertime in the Central Coast is like going down memory lane for me. There is a definite vibe with classic cars cruising down the main streets, soft serve ice cream being served on the local pier and the smell of smoke-mesquite barbecue reminding you it is time for beach balls, umbrellas, patio chairs and packing the Yetti.
In this first summer issue of Central Coast Living we introduce a non-profit organization called Ecologistics. Their mission is to create a resilient and healthy community for the residents of the California Central Coast that is environmentally and economically sustainable. Ecologistics develops, conducts, and sponsors programs intended to provide information, encourage collaboration, generate conversation, inspire action, and engage the community.
At Central Coast Living, we are always looking for engaging stories that make up the Central Coast. A big part of those stories come from non-profits just like Ecologistics, who make a difference through their extraordinary amount of volunteers hours in order to make a difference. Non-profit organizations make up a big part of local communities here in the Central Coast and it is important that we support them and efforts.
If you are interested in having your non-profit group featured in one of our upcoming issues of Central Coast Living, then I would encourage you to reach out to CCL magazine. Please forward your information to the following email address: michaelcosta@bestversionmedia.com. Give your non-profit organization the exposure it needs. We can only grow with your help and your stories.

Have a great Summer.
Michael J Costa
Content Coordinator

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Janice Leach - Lead Photographer
805-440-3976
janellaje7@gmail.com

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Publisher: Mitchell Friedeck
Content Coordinator: Michael J Costa
Designer: Jenna Wilkinson
Contributing Photographer: Art Design Photography
ADVERTISING
Contact: Mitchell Friedeck
Email: mfriedeck@bestversionmedia.com

EXPERT CONTRIBUTORS
ARCHITECT
Michael D. Smith, Architect
MICHAEL SMITH
805-457-5440 | mkevsmitharchitect85@gmail.com
www.michaeldsmitharchitect.com
As a graduate of Cal Poly in San Luis Obispo, and a Licensed Architect for over 30 years, Mike has worked with hundreds of clients, providing architectural designs for residential projects. Everything from patio covers, residential remodels, to custom homes, Mike has a wealth of experience, knowledge, and problem-solving skills that serve his clients with cost and time-saving strategies delivering a final product that will exceed their vision.

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JUNE 2021
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CENTRAL COAST LIVING

PLAYING WITH SHARKS
The Central Coast State Parks Association (CCSPA), in collaboration with National Geographic, is offering exciting new week of shark’s Master offering fresh fish vegetables and tours from local farms in the Central Coast. Enjoy an afternoon in classic Pismo Beach and take this chance with the family take a walk on the beach and support the local farmers in the region. Meet our local vendors while enjoying the same cafes of Pismo Beach.

Location: Pismo Beach Promenade Downtown
Date: Wednesday
Time: 4 p.m. to 7 p.m.
Cost: Free to public.

KIDS PARTY PARADISE
PERFORMANCE ATHLETICS GYMNASTICS
Boys and girls ages 4 to 10 can experience, games, obstacle courses, dinner, desert, gymjam times, movies and so much more. A gym jam will be held all while learning a new skills in gymnastics.

Location: 4446 Broad St.
San Luis Obispo, CA.
Contact: Parks and Recreations - City of Grover Beach
Phone Number: (805) 472-4846
Date: Second Saturday of every month
Time: 5:30 to 8:30 p.m.
Website: www.performanceathleticsca.com
Cost: $34-$65 family Discounts available

WALK FOR HEALING
Join Hospice SLO County in a virtual walk across America. Register to log your miles walking, jogging, running, biking, and/or swimming between 5-1-21 and 6-19-21 and meet your fitness goals while helping Hospice reach a community goal of $50,000. Prizes will be awarded!

Cost: $30 includes entry T-shirt.

MARKET
2021. Pismo Beach is hosting two week of Hospice SLO County’s event! This event is open to everyone.

Location: Avila Main Street, Avila Beach, CA 93424
Date: Saturday, May 29th
Time: 10 a.m. to 2 p.m.
Cost: Free to public.

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BY KATELE KAPELS
Ecologistics
NOVEL ENVIRONMENTAL CONCEPTS

BY STACEY HUNT | PHOTO BY ART DESIGN PHOTOGRAPHY

F
dar roadways. Three-dimen-
sional ocean farming. Biomim-
ery. These and many other novel environmental concepts were introduced to San Luis Obispo by Ecologistics, Inc., a Los Osos-based nonprofit, through their Central Coast Bioneers Conference.

Ecologistics has been hosting Central Coast Bioneers since 2010, when the organization was formed. Stacey Hunt, Michael Jencks, and the late Celso Zentzes brought the Na-
tional Bioneers Conference to the Central Coast. Since then, the Ecologistics team has put on over 150 workshops, field trips, lectures, and tours, focusing on the pressing environmental, social justice, and environ-
mental justice issues of our time.

“The is so much good work going on out there to protect our planet that never makes it onto the evening news,” explains CEO Stacey Hunt. “We like to call the Central Coast Bioneers Conference a platform for our local change-
makers to get the word out about their work.” SLO-based environmental heroes who have presented at Central Coast Bioneers include:

- Robert Nieto, a landscape designer who teaches homeowners how to create ocean friendly gardens.
- Financial planner Scott Secret, who shows investors how to diversify their investments from companies that are harming the Earth and put them into more sustainable businesses.
- Jeff Wade of local nonprofit Slow Money SLO, on providing access to capital for sustainable businesses.
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Ecologistics has grown beyond the Central Coast Bioneers Conference. In 2015 the group was asked to host a colloquium showcasing research on the endangered species who live out on the Carrizo Plain. “The research was funded as part of the settlement of a lawsuit against the energy companies who installed the solar plants out in California Valley,” explained Board Chair Michael Jencks. Ecologistics has put on four Carrizo Colloquiums to date. The 2020 offering was delayed by the pandem-
ic, “but we hope to hold it in 2022,” said Hunt.

In 2016 Ecologistics hosted a Salinas River Symposium in Paso Robles to bring focus on the degraded condition of the Salinas River. Sponsored by three San Luis Obispo County Supervisors, Cal Poly, the UC Cooperative Extension, Upper Salinas-La Tablas Resource Conservation District and Abalone Coast Analytical, the Symposium was a huge success. “Seven-five people representing nine nonprofits, twenty public agencies, six universities and numerous local companies and interested citizens attended,” said Hunt. An outcome of the symposium was a bi-county working group that met monthly over the next year to move forward some sort of program to protect the river and meet the needs of farmers, ranchers, recre-
atists, and the flora and fauna dependent upon the water. Ultimately a local environ-
mental group, Biodiversity First!, financed a two-year $150,000 study to examine the possibility of a management plan for the entire Salinas River watershed. The results of that study, plus a discussion of next steps, was supposed to be presented at the 2020 Salinas River Symposium, but that too was a victim of the pandemic.

In 2016, Ecologistics hosted a 3-day Deep Ecology Colloquium at Ranches El Chorro Regional Park featuring environmental-legend Dava Foreman, Derrick Jensen, Eileen Crist and others.

In late 2013, Ecologistics was approached by startup nonprofit Carrizo Plain Conservancy for fiscal sponsorship. The Conservancy had applied for but had not yet been approved for charitable 501(c)(3) status from the IRS, so could not yet accept tax-deductible dona-
tions. Donors were anxious to make dona-
tions to the group but needed the write-off.

Fiscal sponsorship allows an existing 501(c)(3) to be an umbrella for other nonprofits and accept donations and grants on their behalf. Having legal backgrounds, Hunt and Jencks started researching the law and procedure for fiscal sponsorship and in 2013 Ecologistics opened for business as a fiscal sponsor. Since then, they have sponsored 45 different nonprofit projects, helping them get off the ground and on their way. Several, like HomeShare SLO, Carrizo Plain Conservancy and the Peace Academy of Sciences and Arts have since gotten their own 501(c)(3) designations and moved out on their own.

“It has just been a thrill for us to incubate so many wonderful projects,” said Hunt. The list includes film, art, education, social and environmental justice, climate change and human service projects. And the love is returned. Anne Wyatt, Program Coordinator for HomeShare SLO said, “Ecologistics’ fiscal sponsorship program made starting our nonprofit SIMPLE and inexpensive.” Court-
nery Hale of R.A.C.E. Matters said “Ecol-
logistics has been wonderful for R.A.C.E. Matters, especially during our recent growth. Their fiscal sponsorship has allowed us to take our time to develop, while feeling confi-
dent with their financial oversight.”

Along with their environmental podcast “Ecologistics: Where We Question the Status Quo,” Ecologistics launched a Facebook Livestream on the first Thursday of every month featuring one of their sponsored or-
ganizations. The program is hosted by board members Alyssa Adams and Doreen Liberto.

So, who are the people behind this growing nonprofit, that has had such an impact on the community?

Michael Jencks, Board Chair, is a 5th gen-
eration Californian raised in a family with a strong tradition of public service. He is a teacher, lawyer, hiker, and a co-founder of two local non-profits, Ecologistics and Biodiversity First!

Stacey Hunt, Chief Executive Officer, spent her early years camping all over California and Oregon and playing at her family’s beach house at Monterey Bay. She raised her children to appreciate wild nature and now enjoys life in beautiful Los Osos.

Eric Berg-Johansen, Secretary, is a Cal Poly alum and has a master’s degree in City and Regional Planning. He has worked in the public sector as a City Planner in both Ore-
gon and California, and in the private sector as a project manager for a northwest-based consulting company. Erik currently lives in SLO and works as a local Realtor and land use planning consultant.

Saba Asghary, Treasurer, is also a Cal Poly alumna, currently pursuing a master’s degree at Cal Poly in City and Regional Plan-
ing. She completed her bachelor’s degree in Environmental Management and Protec-
tion with minors in City and Regional Plan-
ning and Sustainable Environments in 2017. Since then, she has tailored her nonprofit work and career path around those fields, which have ended up being her passion.

Doreen Liberto, Program Director, is founder and managing partner of Earth Design Inter-
national. She is an experienced community

Part of the growing team of volunteers with the Non-Profit Ecologistics. Left to right: Alyssa Adams, Michael Jencks, Stacey Hunt, Doreen Liberto, Ted Hamilton and Deborah Bayles.
Wouldn’t you agree that golf has the greatest aura of all sports? One reason for this is that golf is played on natural terrain (or land shaped to resemble natural terrain). Courses are carved out of natural landscapes like an artist’s brushstroke on a canvas. No two courses are alike.

AN EXACTING GAME

Golf challenges even the keenest and most avid players. Since it’s played on huge, undulating grassy fields, golfers must learn a variety of shots. Through mistakes of judgement or execution, a golfer can regularly mess up a good round—even on a dearly admired course. During the same round, even the weather can change; the wind can come from different directions at different velocities. Other threats (uncommon to other sports) can include blood-sucking horseflies or mosquitoes hovering around your head. It’s every man for himself. Alas!

UNPARALLELED LURE

Not only is the golf swing extremely difficult, it’s also unique. A golfer must combine strength, flexibility and dexterity with the steadiest of nerves and the everlasting struggles to maintain one’s composure. There is no coach to obey, no relative position of players, no snap count to remember, no defence and no reactionary reflex motion. In golf, every shot must be played by a calculating mind: slowly, deliberately, quietly. There is no other game in which failure is so humbling—or so infuriating. Ultimately, golfers learn to not ‘get their speech ready’ before the round ends.

A CHARACTER BUILDER

Golf is also complex. There is no other place than on the links where a player can truly pride themselves, through private instruction, properly fitted equipment and regular practice. However, attitude and confidence count more than muscle and might. Hope and luck are not a game plan here. Golf demands the most concentrated mental attention. Oddly, excellence in other sports is not necessarily a standard for proficiency in golf. This game is unique and (at times) unfair. A bad bounce in golf is called rub of the green. Suck it up and move on!

By Brian McDonald

Brian McDonald has been a golf professional and PGA member for 35 years, and continues to teach on weekends.
Despite their similarities, succulents are not cacti. By storing water in their leaves, they are able to go great lengths without water, which is a nod to their usual habitats such as semi-desert climates. However, they do require some type of consistent moisture, which is needed more often than a common cactus. If needed, succulents are able to grow “air roots” and draw on the humidity in the air, but this is a sign your succulent is thirsty and needs more frequent watering. This makes them the ideal houseplant as they are low-maintenance and can survive your weeklong vacation without even noticing you’re gone. Find a warm window with some indirect sunlight (south-facing is best), and you’re in business.

Ideally, you live somewhere where it’s warm year-round and there’s plenty of light to go around. Unfortunately, that’s not the case for my succulents, and winter takes a brutal toll on their overall health due to the lack of light, humidity, and warmth. Come spring, I am jumping at the thought of replanting all my succulents in fresh soil and getting them back to full strength. I wait until the weather is getting warmer, however, before undertaking this task to make sure I am not prematurely snipping and damaging the plant.

When receiving too little light, succulents “stretch” or grow toward the light, resulting in a plant that is more stem than leaf, which (in the case of the succulent) is bad form. After the winter, it’s necessary to cut off the tops of my stretched-out succulents and either replant the rosettes or let the plant regrow as necessary. This does not hurt the plant at all. In fact, it helps the plant not waste precious energy toward the light, resulting in a plant with a favorite succulent of mine. This develops a rot on the plant, which eventually kills it. I’ve been known to use a Q-tip to wipe accidental water droplets from the leaves for this very reason.

Additionally, succulents prefer to dry out before watering. Of course, this is a slow process as you don’t want to injure any of the existing roots or break the plant. Succulents are hardy but very delicate. Any leaves that break off get put into your prospect pile. I’ve been known to use a Q-tip to wipe accidental water droplets from the leaves for this very reason.

If they are happy enough, you might even find your succulents blooming. Not only are they conversation pieces, but they also seem to increase mood just by being there. They are all so different and intricate.

Since they are hardy little things and ship very well, it is possible to buy succulents online. If you order a rosette, it will come without roots. You simply plant the stem into soil and let it grow. This method is definitely easier than buying seeds and growing them on your own. Otherwise, just stop by your local greenhouse and start growing your collection!
STAYING POSITIVE
During Injury Recovery
By Ericka Jones

Injuries stink. There’s no escaping this simple truth. As you grind down the road towards recovery and rehabilitation, it’s easy to get discouraged and pessimistic. Just remember that injuries heal; your rehab routine won’t last forever. As you train your way back to 100%, keep these tips in mind:

TAKE IT ONE DAY AT A TIME. After a major injury, it could take a while to get your full range of motion back. Don’t look too far ahead in the journey. Focus on what you can do—not what you can’t do yet. Recovery is a process, so don’t do too much too quickly, or you’ll end up back at square one.

CONFIDE IN A FRIEND. Misery loves company, right? Find someone who understands what you’re going through. While you’re cooking, invite some friends over, and make a day of it.

MODIFY YOUR ACTIVITIES. Injured doesn’t mean unable. You can still do many of the things you love—with some slight modifications. If stairs are too difficult right now, take the elevator. If you want to exercise but you can’t do your regular routine, switch it up. Take a short hike or easy swim. Before engaging in any new activity, though, know your body’s limits.

FOCUS ON NUTRITION. Even if you aren’t as physically active as you were before your injury, you can still monitor your health. To aid in the healing process, eat nutritious meals. If you have extra time on your hands, try out some new recipes; find a few you love. While you’re cooking, invite some friends over, and make a day of it.

STICK TO THE PLAN. If you’re seeing a doctor or physical therapist, follow their instructions. It isn’t usually enjoyable, but your persistence and grit will be worth it in the end. You can work hard to beat the curve, but don’t push yourself so hard that you make the injury worse. Persevere and trust the process.

SPREAD THE MOTIVATION. Do you like motivational quotes? There are thousands of quotes out there that can inspire you each day. Print some off and stick them around your house or write them out and leave them in fun locations to find later. You are strong. You will overcome this injury!

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WARNING: Before You Start ANY Home Remodel, Get This FREE Book

Are you dreaming of a new home, an addition, or an update to your current home? Have you been ripping pages out of magazines for years, updating your boards on Pinterest, watching “Love It or List It” on HGTV to help you decide if you are up for a remodel? But you’ve heard the horror stories of remodels gone wrong. “Oh, remodeling is a nightmare,” or “Building a house is a dreadful experience. I’ll never do it again.”

Well, you don’t have to be in that category of disappointed homeowners who complain about their architect and their contractor, how much it cost, and the hardships they went through. My Best-Selling book “How To Avoid Home Remodeling Hell” will help you safely and cost-effectively navigate the entire remodel process. You CAN have the best experience possible when designing, constructing, and living in your dream home.

You CAN have the best experience possible when designing, constructing, and living in your dream home. Now you can have a limited number of books on hand, so go to www.MichaelSmithArchitect.com/FreeBook now and grab your free copy of “How To Avoid Home Remodeling Hell” today.

NEIGHBORHOOD CLASSIFIEDS

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