

SEPTEMBER 2021

CENTRAL COAST

LIVING



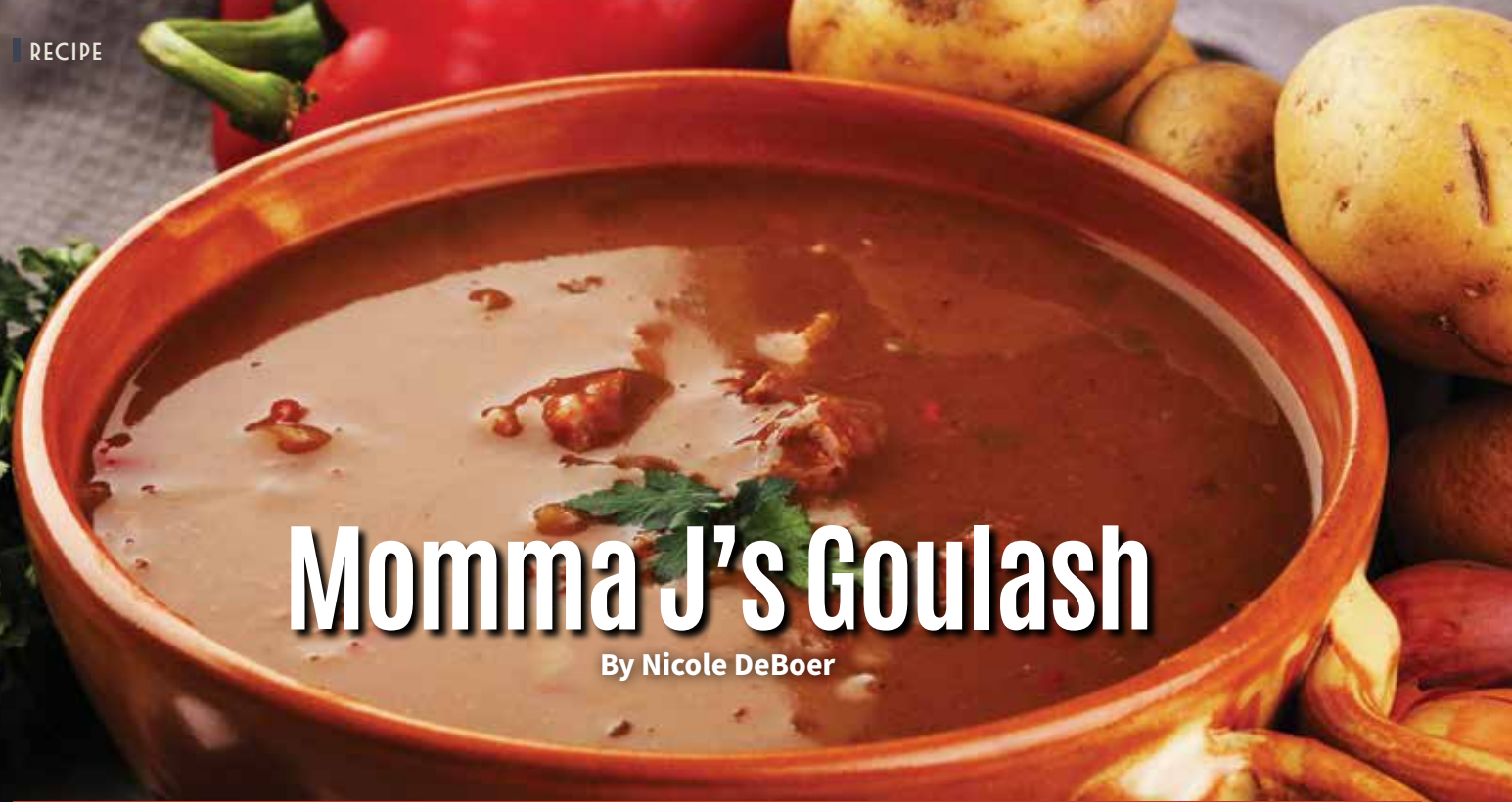
Mandy Davis

A COASTAL ALLY



Best Version Media®

PHOTOS BY MICHAEL J COSTA



Momma J's Goulash

By Nicole DeBoer

Goulash originally derived from medieval Hungary; it was a common dish prepared by cowboys and herdsman. Today, there are a lot of variations of goulash, but this is the way my mom always prepared it. Simple, yet hearty and filling, it's the perfect dish to warm everyone up on a crisp night.

Ingredients:

- 2 lbs. ground beef
- 6-8 large potatoes
- 1 bag frozen sweet peas
- 1 bag frozen sweet corn
- 1 bag baby carrots
- 1 (28 oz.) can tomato sauce
- 1 (28 oz.) can diced tomatoes
- 1 (6 oz.) can tomato paste

- Salt and pepper (to taste)
- Optional: a couple dashes of hot sauce, garlic or onion

Instructions:

1. Brown beef, drain grease.
2. Transfer to a large roaster.
3. Peel and dice potatoes, adding them to the roaster.
4. Cut up baby carrots. Add to roaster.
5. Add frozen bags of corn and peas.
6. Combine tomato ingredients.
7. Stir the mixture, making sure the potatoes remain submerged in liquid.
8. Bake at 350°F for two hours or until desired potato firmness. (Add a little water if too thick.)
9. Optional: serve with biscuits

BRANDON CREATH
REALTOR®
DRE #02112768

(805) 704-1498
BrandonCreathHomes@gmail.com
@BrandonCreath805
BrandonCreathHomes.com



RE/MAX
SUCCESS
Each office independently owned and operated

Serving California's Central Coast

Janice Leach - Lead Photographer




Art Designs Photography

805-440-3976
www.adp7.com
janicelav7@gmail.com

CARATS TO KARAT
YOUR LOCAL FULL SERVICE JEWELER

330 WEST TEEFT #D
NIPOMO, CA. 93444



C&K IN HOUSE REPAIRS OF
FINE JEWELRY
AND HIGH END WATCHES

805-929-3039

APPRAISALS - CUSTOM DESIGN JEWELRY - LOCAL ARTISTS
WWW.CARATSTOKARAT.COM



The **Natural Toolbox**.com
Locally Inspired...

Now OPEN in the
Pismo Beach Premium Outlets



65 Landing Passage
Avila Beach, CA

805.752.1188
theavilagallery.com

JEWELRY | ART | CLASSES



TABLE OF CONTENTS

Momma J's Goulashpg. 2

Expert Contributors.....pg. 4

Publication Team.....pg. 5

Letter to Residents.....pg. 5

The Art of Living Minimallypg. 6

Mandy Davis
A Coastal Allypg. 8

Calendar/Classifieds.....pg. 10

Pet Corner:
Meet Levi!.....pg. 11

Three Ways to Relax in Nature.....pg. 12

Mason Jar Butter.....pg. 13

The Stimpmeterpg. 14

Fall Family Bucket List.....pg. 15

EXPERT CONTRIBUTORS



ARCHITECT

Michael D. Smith, Architect
MICHAEL SMITH
 805-457-5440 | mikesmitharchitect86@gmail.com
 www.michaelsmitharchitect.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 meet their vision.



HOME IMPROVEMENT

Zoat Inc.
ZACH MCELEARNEY
 1-805-627-2133 | zoat805@gmail.com

With over fifteen years of experience, specializing in interiors, features, accents, restorative treatments, architectural highlights, installations, trim, exterior deck and so much more. Zach's clients praise him for attention to detail. Zach works with your budget to maximize every dollar with methodical planning and researched shopping. His exceptional workmanship standards and dependability yield a continuously growing list of satisfied customers.



JEWELER

Carat 2 Karats
 805-929-3036 | carats2karat@gmail.com

Carats to Karat, the only jewelry store in Nipomo with one of the last fully-trained watchmakers on the central coast. We provide expert services in design and fair trade to our clients. We are the only jewelry store with two full time jewelers on staff with over 80+ years of service skills. We add a much needed service to the area with custom designed jewelry, watch repairs and the fairest gold buying around.



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 for 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.



SENIOR LIVING

Villa Care Home I, II, III
JENNIFER VILLAROS
 415-595-2210 | jenny.villaros@gmail.com

Villa Care Home provides a comforting group home setting for seniors in Santa Maria. With a full-time staff that is on-site 24 hours a day, 7 days a week, we are available to provide companionship, security and assistance with daily living activities. We ensure that each senior receives the level of care they need to enjoy optimal health and independence. We are dedicated to providing compassionate, personalized care for every member of our close-knit community, providing a high quality of life for seniors and peace of mind for their family members.



WINDOW TREATMENTS

Coast Window Fashions
ANDREW BECKER
 805-625-6300 | hello@coastwindowfashions.com
 www.coastwindowfashions.com

Hello, I'm Andrew Becker, owner and manager of Coast Window Fashions. I was born and raised 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 modernize the name to Coast Window Fashions this last March. Be assured that we are still an independent dealership and continue to provide time tested products, styles and services to our public. Thank you.



SENIOR LIVING

Central Coast Transitions
 1-805-602-1789 | claryce@centralcoasttransitions.com
 www.centralcoasttransitions.com

Central Coast Transitions (CCT) helps older adults adapt their home for who and where they are now! We provide guidance, project management, encouragement, and hands-on help. CCT starts by performing a comprehensive home assessment to provide an objective opinion of the home's environment and the functional status of the older adult in their current home.



Publisher: Mitchell Friedeck Resident since 1987

Content Coordinator: Michael J Costa

Designer: Jenna Wilkinson

Contributing Photographer: Art Design Photography

ADVERTISING

Contact: Mitchell Friedeck

Email: mfriedeck@bestversionmedia.com

FEEDBACK/IDEAS/SUBMISSIONS

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 10th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: asullivan@bestversionmedia.com.

Any content, resident submissions, guest columns, advertisements and advertorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, homeowners associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted. All content submitted is done so at the sole discretion of the submitting party. ©2021 Best Version Media. All rights reserved.

Coast Window Fashions

169 Granada Drive, Suite 1 * San Luis Obispo, CA 93401



Andrew Becker
805-635-6300
hello@coastwindowfashions.com

Commercial and Residential
SALES, REPAIRS, PRE-CONSTRUCTION CONSULTS

Your local, independent dealer:
an open resource of working knowledge
for ALL your window covering questions.



expert flooring installation for the central coast

FROM START TO FINISH

Argus Flooring is a trusted installation service for carpet and hardwood. We bring direct value to your space through skilled demolition, slab and sub-floor correction, repairs, and expert installation.

805-459-4997
ARGUSFLOORING.COM
LICENSE# 836936

Welcome to Fall 2021,

One of my all time favorite seasons is fall. With summer coming to a close, the crowds thin out and the beaches and the weather stays sunny and warm well into September and beyond. If you're into wine, this is your best time to visit the California Central Coast to catch harvest season at the wineries. There are many opportunities to even see some fall colors. Regardless of where you go, the peak tourist season will have ended, the locals will begin to take over the beaches, making this the perfect season for outdoor enthusiasts to soak in the Central Coast's natural beauty.

In this issue we introduce you to Mandy Davis, a lifetime environmental activist. Mandy's passion and energy has led her to devote herself to educating the masses about our beautiful home here in the Central Coast. Being environmentally conscious stretches beyond philosophy, rather, it is concerned with the protection and overall improvement of the environment. Mandy has now combined her love for nature and education by creating Wildheart Coastal Adventures, an authentic approach to uniting each person with the environment by immersing oneself in nature.

The Central Coast is our home for generations to come and your team at Central Coast Living takes pride in introducing our readers to the diversity that represents the communities in which we live. If you have a story you would like to share, please feel free to reach out to us michaelcosta@bestversion.com.

Best Wishes,

Michael J Costa
 Content Coordinator



The Art of Living Minimally

By Madison Farkas

As a design concept, *minimalism* has skyrocketed in popularity over the last few years, with good reason. The push to scale back waste and simplify your life carries a lot of appeal, especially since everyone has been spending a lot more time at home. I recently went through a decluttering spree of my own. Here are a few tricks I learned!

Evaluate your possessions: Every time I declutter, I find myself wondering how I accumulated all my stuff, and no

matter how much I get rid of, there always seems to be more. The best strategy is to be mindful of what you allow into your space in the first place. But before you do that, take stock of what you already have. Really consider why you have something and whether you really need it. Are you only keeping it because someone gave it to you? Is it a duplicate of something else you own? Could a different tool pull double duty? I couldn't believe the number of kitchen items I eliminated

with that strategy alone. You have to be a little ruthless sometimes, but it works.

Use it or lose it: How long has it been since you last used the item in question? Here are some guidelines for how often things should be used to be worth keeping:

- Fitness equipment: 2 weeks
- Kitchen gear (tools, gadgets, speciality items): 1 month
- Tools/hardware/garage items: 6 months
- Seasonal items (decorations, outdoor toys, yard supplies): 1 year
- Clothing: 1 year
- Craft/hobby supplies: 1 year
- Books: 2 years

A place for everything: People complain that, no matter how often they organize, nothing stays that way for long. Mostly, it's because they've only done a *surface-level* tidy and haven't created a sustainable organizational system, with "homes" for each item. Make sure you give yourself room to grow into whatever system works best for you, and designate a permanent spot for every item. This prevents flat surfaces (like kitchen counters and hall tables) from becoming catch-alls.



Think before you buy: Before purchasing a new household

item, consider whether you could get away with borrowing it from someone, or with using or repurposing what you already have. For any big-ticket items, give yourself a waiting period. You'll cut down on a lot of impulse purchases, and you'll realize there are a lot of things you can do just fine without.

Design cleanly: Everyone has an interior design style they like, but there are a few ways to work minimalism into both your aesthetic *and* functional choices. Aim for an open, airy style with as much natural light as possible. Try storing items behind closed doors (rather than in open shelving units). Keep your counter and tabletops clear. Instead of relying on trinkets and knickknacks for decoration, focus on contrasting textures in your *necessary* furnishings. You might pair clean white walls with a rough-grained wood table, a leather sofa, a soft wool blanket or rug, shiny brass light fixtures, and a few cheerful houseplants.

Be realistic in your goals: While it can be helpful to look at design blogs and magazines for inspiration, remember that those interiors are often professionally staged with no actual people living in them. It's fine to leave your toothbrush on the bathroom counter, and it's okay to hang onto items with sentimental value; as organizational legend Marie Kondo might say, the fact that they make you happy is a perfectly valid reason to keep them! You can't and shouldn't get rid of every object you own, nor is it possible to live your day-to-day life with nothing but a single potted succulent in each room. What's more important is that your space

is functional, suits your specific needs, and makes you feel relaxed and comfortable.



We provide high-quality, dedicated services to families in need.

Prepare your home:

- Aging-in-Place Home Modification
- Move Management & Relocation Services
- Pre-estate or Estate Liquidation
- Estate Clean-Outs (including hoarders)
- Home Preparation for Market (sale / rent)
- Purging and Organization of Belongings



CONTACT US
805.602.1789

www.centralcoasttransitions.com
claryce@centralcoasttransitions.com

Mandy Davis

A COASTAL ALLY



WRITTEN BY BRENNAN SWANSTON | PHOTO BY MICHAEL J COSTA

The California Central Coast is a vast region made up of rolling hills, lush Pacific terraces and rugged coastal canyons that all dramatically meet the majestic Pacific Ocean. It is a place of amazing diversity and ecosystems that are rich in marine and terrestrial wildlife. The unique geology along the coasts creates some of the most beautiful coastal vistas in the world and is a place that inspires its inhabitants to revel in its beauty and enjoy its bounty. This visceral and physical relationship to our home inspires locals to protect its uniqueness, preserve its abundance and assure that future generations can appreciate and thrive in this paradise we call home. This is “old California” pristine and reminiscent of decades past....a California that inspires a different way of life; one that encourages locals to invest their energy and focus into protecting the coastline through careful planning and

regulation of environmentally sustainable development, rigorous use of science, strong public participation, education, effective intergovernmental coordination, and the willingness to take a stand for our environment.

Meet Mandy Davis, one of those willing to take a stand for our environment. A local naturalist and guide, and a natural born activist who has invested her life into standing on the soap box and fighting for Mother Nature and her beloved Central Coast

For Mandy, her activism and her chosen profession are a direct result of her personal intention...to experience and share her love for the Earth and her creatures, and to share that knowledge in a way that inspires others to act on the Earth's behalf. Her passion for speaking up for the environment is just who she is, it's a sort of “ethical imperative” that drives her to

be a powerhouse activist. Let's face it Mother Nature doesn't have a voice and she needs our help. Mandy comes from the school of, “We have a choice. We have a voice!”. A motto she has lived by her whole life and will do so until she places her last step on this earth and literally worships the ground she walks on. For Mandy, it is the importance of making every step count and she does this with the intention of preserving the earth everyday she is alive.

Sometimes having eccentric and unique relatives can be a real benefit as one is growing up, and in Mandy's case this is absolutely true! She can attribute many of her attitudes and interests to her close relationship with her father, an avid outdoorsman, and a research chemist and inventor in Palo Alto California, and her paternal grandmother who was a mixed blood woman of eclectic attitudes and a deep respect for the earth and

its teachings...both were prone to hysterical use of unusual euphemisms, and cooking and eating the most ungodly assortment of foods imaginable!! Growing up in the backwoods of the Shawnee National Forest made them hardy and reliant on their daily observations in the wild. The information they shared with Mandy on camping, paddling and hiking trips (including huge doses of tough love and lessons in independence) sparked her natural interests and served to guide her on her life's path. The wonderful adventures she had canoeing and camping with her father led to a lifetime of competitive paddling and exploring wilderness in some of the most beautiful and remote places on earth.

This patiently taught love and respect for the earth and all her relations, whether they inhabit land, air, or water, has been the underlying force driving Mandy's decisions and the choices in career and activities throughout her life. Trained in biology formally, she has taken her varied interests and has allowed them to guide her into work as a tech writer, marketing director for two high tech companies in California and Florida, a creative director for an ad agency, fitness director for three health clubs and a lifetime advocate of fitness and health as a coach, trainer, and guide. All of these jobs helped to shape her personality and beliefs, but it is her family and relationship with her two sons that has taught her the most. Her devotion to and love for her two boys has treated her to the valuable life's lesson of what it is to care for a living being and to love unconditionally. That unconditional love is the most profoundly human experience one can have and is, for Mandy, the most beautiful gift a generous universe could give. It is such a blessing to have her two sons so near, one in Santa Cruz and the other in Gardena. So easy to visit and maintain close ties!

After decades of living on her sailboat on the Morro Bay National Estuary, Mandy currently lives on her “land yacht” (her neighbors called it Gilligan's Island); a tiny home that is off the grid that enables her to have a small footprint and live as sustainably as possible...growing food, reusing gray water and harvesting rain for personal use. Life on her sailboat was a lifestyle she will never forget and treated her to the experience of being entirely self-sufficient, and reliant at the same time on the ocean's cycles



PHOTO BY MANDY DAVIS

and patterns. This close relationship to the Morro Bay Estuary and her experiences on the world's oceans as a direct-action activist, have given her insights and knowledge that surpasses any formal education that has been available to her in the academic world.

After a lifetime of environmental activism, Mandy has observed that It is no less than miraculous what can happen if humans can put aside their differences, get past their egos and look to the common thread between them.. The power of a unified group of diverse individuals is undeniable and a force that can be daunting if focused, and successful when implemented. It is this spirit of unity and recognition of a common goal to work towards that has driven the efforts to positively impact our oceans and has, in the recent past, successfully protected our oceans from outside and corporate threats. Mandy has been influential in organizing just such a group called the COAST Alliance, that among other players, helped end the threat of offshore seismic testing. Currently she is a part of the important effort to designate our offshore area between Monterey Bay Marine Sanctuary and the Channel Islands Marine Sanctuary as the Chumash Heritage National Marine Sanctuary; a designation that will be crucial in the future, protecting our marine economy, habitats and our children's coastal legacy! Everyone on the Central Coast can get behind something that will preserve our rich marine environment for future generations, and all that it implies.

It is Mandy's personal goal to continue to work towards teaching people about the amazing place we call home, the Central Coast, for as long as she is able. It is with that goal in mind that she recently started her own custom/private adventure tour company, Wildheart Coastal Adventures. www.wildheartcoastaladventures.com Decades of experience as a guide/naturalist locally and internationally, a lifetime of traveling and learning, and a keen interest in all that nature has to teach us, make her an informed and entertaining guide. It is her pleasure and intention to introduce visitors and locals alike to the wonders of kayaking and hiking the varied ecosystems in this region! Her Tag Line for the company is: YOU DREAM IT.... WE MAKE IT HAPPEN!! After all, the central coast IS an amazing place of diversity and beauty, and an adventure enthusiast's dream come true!

a very wise conservationist said.

“In the end we will conserve only what we love; we will love only what we understand; and we will understand only what we are taught.” (Baba Dioum, 1968.)

It is Mandy's hope that she can in some way teach people to love, understand and conserve our beautiful and living Earth. “We have a voice. We have a choice!”

SEPTEMBER 2021

BIRDS AND BOTANY MONTHLY WALK

The Garden is excited to present a monthly bird walk series on the 4th Thursday of every month which explores the intersection of birds and botany. This walk, led by Mark Mushkat and Ken Levine, studies birdlife amongst the plants of the botanical garden. The focus will be on which avian species are drawn to certain plants, what's gained or lost in the exchange, and how this understanding can shape your own landscaping efforts to the benefit of fauna and flora. Allow for a two-hour exploration on mostly flat ground. Bring binoculars (if you have them), comfortable shoes, and water. All tickets include free admission to the Garden as well.

Location: San Luis Obispo Botanical Garden, 3450 Dairy Creek Rd., SLO, CA 93405
 Date & Time: Recurring on the 1st of every month, 8:00 AM to 10:00 AM
 Cost: \$10 for Garden Members, \$20 for the general public, free for children
 SLOBG Website: <https://www.slobg.org/>
 Contact number: (805) 541-1400

PAAT GENERAL MEETING

The Peer Advisory and Advocacy Team (PAAT) is a committee of peers that work to advocate for those served by the mental health system, educate our community about mental illness and provide support for those living with a mental illness. Meetings are intended to All PAAT events, including the monthly general meetings, are open to the public and we encourage anyone curious to come by! PAAT is an organization within the umbrella services of Transitions Mental Health Association (TMHA).

Location: Copeland Education Pavilion (behind French Hospital)
 1911 Johnson Ave
 San Luis Obispo, CA 93401
 Phone Number (805)540-6500
 Date: Recurring monthly on the 2nd Tuesday
 Time: 4:00 PM to 5:30 PM

35TH ANNUAL PISMO BEACH CLASSIC CAR SHOW

One of the largest and finest classic car and street rod shows. View over 850 classic cars and street rods throughout California. Great Event for the entire family. The show is located in the beautiful downtown of Pismo Beach, CA. Over 55 trophies are awarded each year.

Location; Downtown Pismo Beach, CA
 Date: September 10-12, 2021
 Time: 10 a.m. to 5 p.m.

ARROYO GRANDE 83RD ANNUAL HARVEST FESTIVAL AND PARADE

The Arroyo Grande harvest Festival is a local favorite that features everything from entertainment to food, scarecrow and baking contests, games for the kids, movie night and so much more. This family and friendly event highlights the best of Arroyo Grande and its neighboring communities. Come enjoy this two day event and savor the small town love and community spirit that only the Harvest Festival can provide.

Location: Village of Arroyo Grande
 East Branch St.
 Arroyo Grande, CA 93420
 Date: Friday and Saturday,
 September 24-25, 2021
 Time: Parade and Festivities begin at 10 a.m.
 Cost: Free to the Public

DAMON CASTILL BAND CONCERT

The City of Pismo Beach Recreation Division is proud to present the 12th Annual Pacific Breeze Concerts at Pismo Beach Rotary Amphitheater at Dinosaur Caves Park. This three-show summer series will feature exceptional regional musical groups. These community events are free to the public. Bring your lawn chair or blankets for seating on the park's expansive lawn overlooking the Pacific Ocean. Refreshments, local vendors and children's activities.

Location: Dinosaur Caves
 2701 Price St.
 Pismo Beach, CA 93449
 Date: September 12, 2021
 Time: 1:00 to 4 p.m.

NEIGHBORHOOD CLASSIFIEDS

Have something to sell or give away? It might be just the thing your neighbor is looking for! To place your free classified, go to www.bestversionmedia.com and click "Submit Content." Ads must be 40 words or less, text only, and no business listings.

SAMPLES

Yamaha Piano model 305T - \$1750. This beautiful French Provincial upright is 18 years old but kept in top condition. Please call Dave at 333-333-3333.

Play Set

Beautiful kids' play set for sale. Has built-in picnic table, two swings, fort, slide and hanging bar. A great set for a growing family. Set was stained each year. Best offer.
 Call 222-222-2222.

YOUTH CLASSIFIEDS

Hey Kids! Free Advertising!

Be in business for yourself and make a little money – all while helping your neighbors! To place your free classified offering services, go to www.bestversionmedia.com and click "Submit Content." Please limit to 40 words. Please be advised that all communication regarding Kids' Classifieds will be directed through a parent or guardian.

SAMPLES

Landscaping Tyler

I have worked at a landscaping company for two summers and can mow lawns, water plants and perform general maintenance in your yard.
 Call 333-333-3333.

Pet Sitting Amy

I can take care of your dogs and cats while you are busy or on vacation, up to a week at a time. Call my mom at 555-555-5555.

Meet Levi!

By Nicole DeBoer



Levi is an F1B Goldendoodle, meaning his mom was a purebred Poodle and his dad was half Golden Retriever and Poodle. He is currently 12 years old but aging like a fine wine; his age does not slow him down!

Levi thoroughly enjoys his daily walks around the village, going camping, car rides, swimming and playing with his tennis ball. He's very particular when it comes to his tennis balls. He won't touch a brand new one; they have to be pre-owned or covered in dirt.

Levi also adores squirrels and bunnies (not in the threatening type of way), he wants to be their best friend, although, I don't think Levi

quite understands that they see him as a predator.

He is also the king of the household. What Levi wants, Levi gets. He's extremely spoiled. From his daily treats to an occasional cheeseburger from McDonald's, he really is living his best life.

Ever since we brought Levi home, he's always had a calm temperament, unless you said the words treat, car ride or walk, then he will continuously pace around the house until he receives what he heard, there's no outsmarting him!

Levi has brought us so much joy, love and laughter over the past 12 years. He truly is part of our family.

ARNOLDUSSEN & ASSOCIATES

For all your insurance needs

Call for a **FREE** Quote!
 P:(805)489-3000
 F:(805)489-3553

License #0754752

874 W Grand Ave
 Grover Beach, CA 93433
www.arnoldussenins.com



COLLEEN ROSENTHAL
 PHOTOGRAPHY

805.550.2620
colleen@rosenthalphotography.com



Three Ways to Relax in Nature

By Kady Parker



Hammocking

I have a confession. When it's time to relax and unwind, I'm guilty of plopping myself on the couch to binge my favorite TV show, heading to the spa for a massage to melt all my cares away or sinking into a warm bath (trimmed with mounds of soapy bubbles). Heading outside to commune with nature isn't the first thing that comes to mind when I'm in need of chill time, but I'm working to change that. If you'd like to join me in spending more time outdoors, here are three ways to relax in nature.

It's worth investing in a portable hammock (sometimes called a camping hammock) because you can take it just about anywhere and set it up in minutes when the mood strikes. Mine is made of a nylon material that is durable, lightweight and dries very quickly. I keep it in my car during the summer months so I have the freedom to have a "hang" anywhere there are two trees that can accommodate my hammock. My favorite places are a dune near the lake or a shady spot in the woods. A light breeze gently rocking the hammock back and forth means a nap is not far away!



Grounding

Touted for both its mental and physical health benefits, *grounding* (also called *earthing*) can be very relaxing. There are several techniques, but I'm partial to a barefoot walk on the sand or soft grass. As I walk, I strive to stay present in the moment and be aware of how the earth feels beneath my feet. I take each step with intention and care, focusing on my movements and not the events of that day, work or responsibilities. This is not the kind of walk you take to get your *body* somewhere. It's a walk you take to get your *mind* somewhere: hopefully a place of peace, focus and connection (with nature and yourself).



Forest Bathing

Have you heard of forest bathing? I hadn't until just a few months ago. Forest bathing (or *shinrin-yoku*) is a way to reconnect with nature and disconnect from distractions (technology, the stress of work, etc.) by experiencing it through all of our senses. The objective is to slow down, unplug and unwind. Forest bathing is the perfect thing to do in your hammock, actually! I'm no expert, but I like to find a quiet place in nature, away from the buzz and bustle of cities and other people. I breathe deeply, listening to the sounds of nature. I am intentional about noticing and appreciating the way the light filters through the trees, how the air smells (and feels) as I expand my lungs to take it in. I even take a moment to press my hands to the earth to feel the texture of pine needles, sand, a fallen piece of bark or a spongy patch of moss. The idea is to see, hear, taste, smell and touch the world around us to bring us closer to nature.

Hopefully, these ideas will inspire you to spend more time in the great outdoors, rediscovering the magic of our beautiful earth.



Farrell Smyth Inc. *Leading* REAL ESTATE COMPANIES IN THE WORLDSM
A Real Estate Company






From the Beaches to the Vineyards and everywhere in between...

Serving the entire Central Coast, Since 1978

- ♦ Real Estate Sales
- ♦ While You're Away Home Care
- ♦ Worldwide Relocation Services
- ♦ Full-Service Property Management

www.FarrellSmyth.com

Heart of SLO: 21 Santa Rosa Street, Suite 100, San Luis Obispo ~ 805.543.2172
Village of AG: 110 E. Branch Street, Arroyo Grande ~ 805.904.6616

Mason Jar Butter

By Chelsea Scott



Have you ever wondered how butter is made? It's simpler than you think. Try making butter at home with this quick and easy recipe. Your family will be impressed!

Ingredients

- 1 pint-sized (16 oz.) mason jar
- 1 cup of heavy whipping cream
- cold water
- kosher salt

Directions

Pour the cream into the jar and tightly screw on the lid. Shake the jar vigorously for 5-7 minutes. At the 2-minute mark, you should have whipped cream. Keep going!

When you hear that a lump has formed inside the jar, keep shaking for another 30 to 60 seconds. By now, the buttermilk should be separated from the butter. Pour the contents out of the jar and into a bowl, using a strainer to catch the solid part.

Rinse the butter by pouring cold water over it and kneading it with your hands. Pour out the water, and rinse two more times. Add salt to taste.

Enjoy on a slice of toast!



ZOAT

Zach of All Trades

BETTER THAN THE MASTER OF ONE

Zachary Zel McElearney

805-627-2133

ZOAT805@gmail.com



SDVOSB

Home Inspection, Construction, Consultation

Certified Professional Inspector through InterNachi ID# NACHI#19102719

By Brian McDonald,
PGA of Canada

The Stimpmeter

According to Oxford, an *eponym* is a word derived from the name of a person. A most fitting reward for a scientist is to be named for a unit of measurement that couldn't be calculated or quantified before. Names like Celcius, Richter and Fahrenheit come to mind.

In the world of sports, eponyms can be more lighthearted and jovial, like a Gordie Howe hat trick or a Mulligan. Like the Richter scale, the Stimpmeter is the result of an intuitive mind determined to quantify a measurement.

History

Edward Stimpson was the 1935 Massachusetts state amateur champion and former captain of the Harvard golf team. Since golfers couldn't expect greens to be the same speed from course to course, Stimpson believed a consistent measuring system should be implemented.

So, in 1936, he invented the Stimpmeter: a simple wooden device (resembling a yardstick) with a V-shaped track down the middle. It shows, numerically, how far the ball rolls on a green. In 1976, the USGA updated the Stimp. And in 1978, it was made available to golf course superintendents and tournament committees.

How It Works

Even with today's high-tech gadgetry and instrumentation, the Stimp has remained primitive and simple. In fact, today's version hasn't changed much

from its original 1936 design.

It's just a small ramp with a little depression at the top for the ball. When that end is lifted to about 6 cm (2 ft), gravity decides to roll the ball down the ramp. The speed of the ball rolls on a flat part of the green is determined by the distance the ball rolls on a flat part of the green. The Stimp rating is the average of three balls measured in both to and from directions.

This rating is a simple number, usually from 6 to 14. The lower the number, the slower the green. If the average of the three balls is 10 feet*, then the Stimp is 10. "Our greens are running at 10" is thus a precise measure for the green's speed. A green speed of 6-7 is considered slow, a common speed for country clubs is 9-10, and PGA Tour greens run at 11-12. A Stimp rating of 15+ would be like putting on the hood of your car.

Today's Faster Stimp Ratings

With improved turf management practices, the ball is now rolling farther and smoother than ever. In the 1960s, it was common (even on major championship greens) to Stimp as low as 6-7.

When watching film of Arnold Palmer and his peers, notice how "wristy" their putting strokes were compared to what we see on TV today. In Arnie's heyday, players needed more putter loft at impact to get the ball airborne, rather than plough through the longer grass.

*Not to confuse the younger generations, but Stimpmeter ratings are measured in feet.

Brian McDonald has been a golf professional and PGA member since 1982.

Villa Care Homes
OF SANTA MARIA

Residential Care Home for the Elderly
"Compassionate and quality care you can truly trust"

Our Community Provides the Following basics services:

- 24 hr care and supervision w/reliable staff
- Three home cooked meals with snacks in-between
- Physician prescribed modified diets
- Medication management and central storage of medications
- Incontinent care service (supplies not included)
- Daily cleaning of room and house keeping services
- Medical transportation and field trips
- Furnished rooms including flat screen t.v.
- Assistance with activities of daily living:
Dressing / Bathing / Grooming
- Attention to personal hygiene, with 3rd parties reference.

Always caring, Always here...

Photos show residents sitting at a table outdoors and two women standing in front of a Villa Care Homes van.

Fall Family Bucket List

By Nicole DeBoer

Fall is one of my favorite seasons. There are so many fun activities that the whole family can enjoy. From recipes to outdoor fun, this ultimate fall bucket list will sure keep you and your family busy this fall.

-
- Go horseback riding
 - Stuff a scarecrow
 - Do an outdoor scavenger hunt
 - Visit a petting zoo
 - Make chili
 - Go trick-or-treating
 - Make a campfire
 - Make s'mores
 - Tell ghost stories
 - Go to a petting zoo
 - Carve a pumpkin
 - Go to a fall festival
 - Make caramel apples
 - Have a Halloween movie night
 - Go to a farmers' market
 - Craft with leaves
 - Make Halloween cookies
 - Go sightseeing for fall foliage
 - Visit an apple orchard and pick some apples
 - Make apple cider
 - Make a Halloween costume
 - Make an apple recipe
 - Go to a pumpkin patch
 - Bake a homemade pumpkin pie
 - Roast pumpkin seeds
 - Paint pumpkins
 - Enjoy a hayride
 - Jump in a giant leaf pile
 - Take a foggy morning walk
 - Visit a haunted house
 - Make a fall wreath
 - Go camping
 - Make beef stew

Crystal's Mobile Phlebotomy
w/ Central Line Blood Collection

Schedule Your Appointment NOW!
805-431-0221

CrystalsMobilePhlebotomyCBC.com
cmpwcbc@gmail.com

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'll learn what to anticipate before getting started; the relationships you'll need to rely on from start to finish; and how to manage critical interactions with your architect and contractor. You'll be ready for any unexpected challenges that arise – guaranteed. **Best of all, this book is my gift to you**, just because you support Lavish Living Magazine and our local community. There's no risk, no charge, no obligation. Just go to www.MichaelSmithArchitect.com/FreeBook and leave your name and address and I'll send a copy to you right away.

You CAN have the best experience possible when designing, constructing, and living in your dream home. Now I only 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.

HOW TO AVOID HOME REMODELING HELL

YOUR STRESS FREE BLUEPRINT TO NEW HOME CONSTRUCTION OR HOME REMODELING SUCCESS

amazon.com BEST SELLING

MICHAEL D SMITH

▶ *SHARE YOUR STORY*

Share your child's first T-ball hit, their first catch, their first smile playing the sport they love!

FREE & EASY · NO ACCOUNT NEEDED

———— **BVMSPORTS.COM** ————

SUBMIT



BVM 
SPORTS

