

Heritage Oaks Bank Fun Run and Family Fun Day



Heritage Oaks Bank held its 15th annual Fun Run and Family Fun Day Sunday at the Downtown City Park in Paso Robles. The run took place early in the morning and was followed by the Family Fun Day in the park with vendors, bounce houses and giveaways. Gordon Sturgess of Paso Robles won the 10K run in 31 minutes and 55 seconds, followed by Aric Champagne (32:16), Justin Bales (35), Jason Blank (35:05) and Trevor Forzetting (37:26). Suzanne Forzetting won the female 10K in 39:34, followed by Kaitlin Martinez (45:34), Michelle Aguis (47:18), Aileen Cota (49:55) and Aly Kilcrease (50:17). Jameson Mora won the 5K run/walk in 15:03, followed by Brian Locher (15:47), Joshua Davis (16:08), Christopher Conrad (16:10), and Robby Hixson (18:07). Kara Thorne won the women's 5K run/walk in 17:52, followed by Malia Simn (19:54), Jane Esahak-Gage (22:08), Mariah Cordova (22:10) and Sandy Drury (23:06). Complete results are available online at www.hobfunrun.com/results.

Photos by Brian Williams/
Paso Robles Press



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will not be receiving money directly," said Norton. "The grant will provide for assistance specifically geared to where we are in the development process over the next year, Oct. 2013 through Oct. 2014. We will receive support with our feasibility and market study, which will give us the accurate data about where and how big of a store to develop."

Through the grant, the cooperative will also receive help with board and leadership development, according to Norton.

"We will receive support for conferences and other trainings," he said. "We may also be able to put together a regional workshop for cooperative development with the CCCD and other local cooperatives."

On Aug. 30, the Paso Robles

Food Cooperative was awarded The Food Co-op Initiative Seed Grant. The nationally competitive start-up food co-op grant is quite a prize, according to Norton.

"This year, 38 start-up food co-ops applied and only 10 were awarded," said Norton. "We are among the youngest to ever be awarded a seed grant."

Norton said the cooperative has submitted a specific budget accounting for how the grant's \$10,000 in matching funds would be spent over the next year. That is, if the cooperative can raise that sum locally.

"If we are able to raise \$10,000 locally through memberships, donations, and other venues, we will receive \$10,000 from FCI to help with our current development expenses," said Norton. "These include the feasibility and market study, trainings and conferences, visits from staff of FCI

to help with specific training, marketing expenses and support for business plan development and legal services."

Norton said future meetings will focus on the steering committees' various subcommittees.

"Our membership subcommittee is focused on scheduling events for us to attend and be present at to share our achievements and progress as well as developing some marketing materials, including a tri-fold brochure and banner," said Norton. "The business subcommittee is working on a timeline and work plan, budgets as well as financing strategies."

Norton said the next small steps moving forward include ensuring that the cooperative meets the budget and program requirements of the two grants as well as garnering new members.

"We need to refocus on

membership recruitment and community outreach: going to events, educating the public and other organizations about our mission, vision, and development process," said Norton. "We need to demonstrate our matching fundraising for the \$10,000 Seed Grant and meet the development requirements: budgets, work plan, financing strategy and marketing, training. We also need to prepare ourselves for the significant capital investment into a professional feasibility and market study. Much of the cost is covered by our grants, but it's still a big investment of \$8 to \$10,000."

As for larger leaps forward, Norton said there is much on the horizon.

"Broad steps moving forward include the need to recruit a significant ownership stake required to secure the full matching investment of the

seed grant, produce significant seed capital for further development tasks and be able to recapitalize our community's initial investment into the necessary capital to open a store worthy of our vision and support," he said, adding that the cooperative is now welcoming new members.

"Now's the time to get involved — the longer people wait to get involved, the longer it will take to open the store and be able to enjoy this community resource," said Norton. "The sooner we have members and support from the community, the sooner we will have a space for more access to local food and all the other benefits that we envision from the Paso Food Co-op. We have received a tremendous amount of support from our group of community volunteers — our Paso Food Co-op Steering Committee.

Now, it is time for the rest of the community who care about local farmers and local food to get involved and support our development."

MORE INFORMATION

For more information on upcoming meetings, interested parties can e-mail pasofoodcooperative@gmail.com for more information.

Community members can now become fully-invested member-owners in the Paso Food Co-op. As the group continues to gain members, these early adopters or "founding members" will have the opportunity to be engaged in the further development of the co-op as a cooperative enterprise that aims to meet the needs of the community.

For more information on membership or the group's mission, visit www.pasofoodcooperative.com.

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and gritty feel, which is likely a credit to director Denis Villeneuve. The location, settings and way the story is filmed add a degree of angst and hopelessness to the production. Given the content of the story, that is intentional. "Prisoners" also twists in a

few unexpected directions, which provides a nice payoff after such a long film. That isn't to say the ending is flawless — it's not — just better than you might expect given the trajectory of the film during its second act.

"Prisoners" has a talented cast, many of whom are past Academy Award nominees or winners. And they dive into the material with gusto. All the

performances from the lead adults are finely tuned and serve the story well. These are meaty and interesting roles, for the most part, but in service of a difficult story.

Therein lies the problem. "Prisoners" presents a grim world and a seemingly grim worldview. Then it adds a layer of misguided religion over the top that feels icky. It's a rough movie to sit through

and it's hard to identify a true protagonist. It challenges you to consider how you would respond to a similar situation.

There are aspects of the film that work well, but that doesn't make it any more enjoyable. There is a lot going on here and none of it is good. The slow burn to the climax doesn't help matters, and the audience doesn't get much in the way of answers or a

satisfying resolution.

There are some clever things done and "Prisoners" features some strong performances. But for most people its subject matter and execution will be too grim to enjoy any of it.

"Prisoners" has been rated R by the Motion Picture Association of America for disturbing violent content, including torture, and

language throughout. Enter with caution.

Two stars out of four.

Matthew Fox has been reviewing films for News Media since 2003. He currently lives in Colorado Springs, Colo. For more on his reviews of films, sports, and entertainment, visit his blog site at <http://highlandsmatt.blogspot.com>.