

Paso Robles Food Co-Op plants the seed of 'community abundance'

■ *Exploratory meeting slated for Tuesday, March 26 at Centennial Park*

Hayley Thomas
OF THE PASO ROBLES PRESS

With more than 150 produce and products grown and crafted in North County — from grapes to soap, apples to olive oil — the reality of a Paso Robles Food Cooperative may not be far off.

Paso Robles Food Cooperative founder Montgomery Norton will lead an exploratory meeting on Tuesday, March 26 at Centennial Park in an effort to build upon his vision of “community abundance.”

The group will discuss cooperatives, how they can benefit a community and what a local cooperative would need to get off the ground.

With a master's degree in urban planning from U.C. Irvine, 37-year-old Norton crafted the idea alongside girlfriend and fellow brainchild Erica Crawford. The core concept — centered on buying locally and supporting local farmers and craftspeople — comes down to common sense, according to Norton.

“Countless members of our community are not only growing, but are also hand-crafting jams, sauces, oils, wines, soaps and other products,” he

said. “When we buy our goods locally, we keep our money circulating in our economy, and we are able to purchase goods at a lower cost by eliminating distribution fees. When we shop daily at a co-op in our community, we are truly benefiting our family, our friends and our neighbors.”

In other words, Norton said, “My intention is to create an organization that allows the most connections between the abundance of food that is grown here and the demand in San Luis Obispo County.”

Norton said the region is fortunate to boast such abundance.

“Some areas in the country, you're limited to what you can grow,” he said. “Here on the Central Coast, from San Miguel to Arroyo Grande to Cambria, there are totally different ecosystems. You can grow everything from citrus to avocado to hearty wheat.”

Last July, Norton made the move to Paso Robles from Napa — another region abundant in crops and locally-crafted goods. However, Norton said accessibility was an issue.



Courtesy photo

PLANTING THE SEED — Paso Robles Food Cooperative founder Montgomery Norton will lead an exploratory meeting on Tuesday, March 26 at Centennial Park in an effort to build upon his vision of “community abundance.”

See CO-OP, C8

EAT THIS WITH

Spaghetti Squash with Niner Sangiovese



Photo by Lisa Pretty

NO PASTA HERE — With approximately 42 calories per serving, this winter squash spaghetti is loaded with nutrients, including folic acid, potassium, vitamin A and C.



LISA PRETTY

Owner/Winemaker
at Pretty-Smith Vineyards &
Winery/Pretty Café

One of my weaknesses is my passion for pasta, breads and rice. Eliminating carbs is always a challenge, and I find myself looking for substitutes when trying to drop a few pounds.

A grilled portabella mushroom can be a nice base for pizza toppings, a butter lettuce leaf can replace bread in a sandwich and quinoa is a very satisfying whole grain substitute for white rice. The greatest challenge is trying to find a tasty replacement for pasta — one with good flavor and an enjoyable texture. I have yet to find a whole grain pasta that doesn't remind me of cardboard.

The winning substitute for a pasta topped with a homemade sauce is spaghetti squash. The squash strands have a beautiful color, texture and the flavor is mild enough that it serves as an excellent base for just about any sauce. With approximately 42 calories per serving, this winter squash is loaded with nutrients, including folic acid, potassium, vitamin A and vitamin C.

The squash can be cooked a number of ways. I prefer to just place the entire squash in the oven and bake for an hour. Days when I am in a hurry, I cut the

squash in half, remove the seeds and then microwave in a glass pan with water for 10 minutes.

Once cooked, the strands can be removed with a fork.

When it comes to pairing with wine, you really will want to pair with the sauce since the squash itself is very mild. My favorite sauce is one made with tomatoes, onions, mushrooms, garlic and plenty of herbs and spice. This Italian-style sauce begs for and Italian grape varietal, and one of my favorites is sangiovese.

There are several wineries who offer a delightful sangiovese made from Paso Robles grapes. One of my favorites is the 2010 Niner Sangiovese. The aromas include chocolate, wood character, cherry and cranberry. The velvety texture leads to a finish with vanilla, caramel and baking spices. This wine will pair well with a wide range of food items.

For RECIPE, see C8

Fresh talent emerges at Young Savages art show

■ *25 local alternative artists put a bold twist on First Saturdays Art & Wine, slated for tomorrow evening at Studios on the Park*



Courtesy photo

SOARING ABOVE THE RADAR — Pictured, “Jacob's Ladder,” by Drew Davis, one of 25 local artists included in the Young Savages Art show, an homage to burgeoning creatives on the Central Coast. Meet the artists at the show opening, slated for Saturday, March 2 from 5 to 8 p.m. at Studios on the Park.

Hayley Thomas
OF THE PASO ROBLES PRESS

A fiercely creative cross-section of the Central Coast art scene will fly under-the-radar no more thanks to the Young Savages art show unfolding at Studios on the Park in Paso Robles this Saturday, March 2 from 5 to 8 p.m.

The emerging talent — age 17 to 38 or so — represent an artistic community underrepresented in county galleries and

art venues, according to show curator and San Luis Obispo artist Neal Breton.

“These are young people, and they have fresh ideas and they have new ways to say old things,” Breton said. “I feel like Paso is hitting a renaissance, and if that continues, [the area] will offer one of the very best opportunities for younger people. Young artists should start making the drive over the hill from San Luis Obispo.”

Urban and lowbrow art, sur-

realism and suggestivism — as well as tattoo and street art esthetics — will be on full display at the upcoming show. About 25 artists hailing from across the county — and a few from the Los Angeles area — will bare their souls on 15 by 20-inch canvases. Records spun by DJ Malik and home-brewed ale for the sipping round out the unique art experience.

“It is very much the DIY esthetic being brought to Paso

See SAVAGES, C8

COMMUNITY CALENDAR:

GET THE WORD OUT!

SUBMIT LOCAL EVENTS FOR THE COMMUNITY CALENDAR:

Submit a short description of your club, business or organization's event. Be sure to include relevant dates, times, locations and contact information.

EMAIL: news@pasoroblespress.com or sports@pasoroblespress.com

WEB: www.pasoroblespress.com

**FRIDAY,
MARCH 1**

SPOTTED WHALE

The Paso Robles Event Center presents the Spotted Whale Consignment Sale, held March 1 through 3. For more information, goto www.thespottedwhale.com.

AG BIZ TICKETS

Tickets for the 2013 Agri-Business Tour, hosted by the Paso Robles Chamber of Commerce, will go on sale Friday, March 1. Tickets for the May 1 event are \$65 per person and sure to sell out fast. For more information, call Karyl Lammers at 238-0506.

READ ACROSS AMERICA

From coast to coast, more than 45 million readers, both young and old, are gearing up for the nation's largest reading celebration--the National Education Association's (NEA) Read Across America Day. In San Miguel, teachers, staff,

students, guest readers and elected officials are doing their part to deliver the very important reading message: Kids who read, and who are read to, do better in school and help build great public schools. The teachers and staff of Lillian Larsen Elementary in San Miguel ask everyone to participate in this worthwhile cause. Whether it is donating books to the local library or encouraging your own children to pick up a book and read, everyone can do something on March 1.

LAND CONSERVANCY ART

The Land Conservancy will hold an exhibit, "Wandering the Central Coast," artist's reception and exhibition, on March 1 from 6 to 9 p.m. at their office, 547 Marsh St. in SLO. Benefit features artist Sandi Heller.

**SATURDAY,
MARCH 2**

SLOFOLKS

SLOFOLKS presents Beppe Gambetta and Peter Ostroushko on Saturday, March 2 at Castoro Cellars, 7:30 p.m. A Ukranian American meets an Italian in love with American music for a magical musical stew of roots, jazz and folk. Tickets (\$20) available at the venues and at BooBoo Records (with Svce Charge for Castoro concert only). Coalesce Bookstore, Morro Bay, 845 Main St.: 772-2880, Castoro Cellars Winery, Templeton, 1315 North Bethel Road. Make reservations at 238-0725 or online at castorocellars.com. For more information, contact slofolksmusic@sbcglobal.net or visit our website at www.Slofolks.org.

YOUNG SAVAGES AT STUDIOS

Join Studios on the Park for the Young Savages Art Show on Saturday, March 2 from 5 to 8 p.m. as part of the First Saturdays: Art and Wine event in downtown Paso Robles. The Young Savages show is a showcase of emerging talent sprinkled about the Central Coast, including Jeff Claassen, Reid Cain, Neal Breton, Lena Rushing, Kyle Naylor, Lauren Buzzetti, Jason Hudson, Chris Daly, Isaac Yorke, Nick Wilkinson, Jamie Coxon, Jordan Quintero, Lisa Harrison, Drew Davis, Peter Ljepava, Erica Hamilton, Lakin Hamilton, SOAK, GWAP, Stenzskull, Ty Hjortland, Chloe Parks, Julian

Calvillo, Alister Dippner, Beth Reninger, Scott Osburn and Los Angeles artists, Eric Valdez and The Free Humanity. Sean Ryan will pour home-brewed ale from Leff Street Brewhouse, and DJ Malik will be spinning records. For more information, contact Studios on the Park at www.studiosonthepark.org.

NRA DINNER

The National Rifle Association will hold a dinner at the Paso Robles Event Center on Saturday, March 2 in Commercial Building No. 2. For more information, contact Noel Ryan at 238-3401.

HOW SUITE IT IS

Atascadero Community Band will hold its winter concert, "How Suite It Is" on Saturday, March 2 at noon at Crossroads North County Church, 9685 Morro Road in Atascadero. Cost is free. Proceeds from the concert are designated to benefit the Arts For Living program. All contributions are welcome and are tax-deductible. Federal I.D. #770280653. For more information, visit www.atascaderoband.org.

PASTA FEED

The public is invited to partake in a "Grand Pasta Feed" with spaghetti and meatballs, salad, dessert and beverages on Saturday, March 2 from 5 to 8 p.m. at St. Rose Parish Hall, 820 Creston Road in Paso Robles. Event presented

by the Paso Robles Italian Catholic Federation (ICF) St. Rose Branch #354. Take-outs are available starting at 4:30 p.m. Proceeds will be used toward ICF scholarships at St. Rose and local high schools. For tickets or information call the ICF at 238-6360, St. Rose School at 238-0304 or the parish office at 238-2218. Cost is \$12 for adults, \$5 for children.

**SUNDAY,
MARCH 3**

WEDDING EXPO

A wedding and special events expo will be held on Sunday, March 3 from 11 a.m. to 3 p.m. at the Paso Robles Inn Grand Ballroom. Come see what the myriad of products, services and the best in the business have to offer for prospective weddings. Vendor spaces are available. This is truly a one-stop shop for the bride and groom, where you can meet face-to-face with experts. For more information, call Main Street at 238-4103.

DISCO BOWL

Big Brothers Big Sisters Bowl For Kids' Sake Disco Bowl will be held on Sunday, March 3 from 11 a.m. to 6 p.m. at Mustang Lanes, 1 Grand Ave. in SLO. Bowling teams are being accepted. Raise funds for youth mentoring programs and celebrate your success with pizza and bowling. Visit www.slobigs.org for more information. For more information, call 781-3226.

**MONDAY,
MARCH 4**

QUILTERS GUILD

Please join the Almond Country Quilters' Guild for its March meeting to be held Monday, March 4 at Trinity Lutheran Church, 940 Creston

Road, Paso Robles. Social time begins at 6:30 p.m., and the general meeting begins at 7 p.m. Following the general meeting, the yearly sale, "Trash to Treasures", will begin. Members will be selling no longer needed items including fabric and sewing supplies. For further information about the guild, go to www.almondcountryquilts.org.

**TUESDAY,
MARCH 5**

CITY COUNCIL

The Paso Robles City Council is slated to convene its regular meeting on Tuesday, March 5, 7:30 p.m. in the City Hall/Library Conference Center, 1000 Spring St. Among items on the agenda include council consideration of a multi-year road repair plan. For more information, visit www.prcity.com.

VOLUNTEER PATROL

Paso Robles Police Department Community Volunteer Patrol Program (CVPP) will host an orientation program beginning at 6 p.m. in the Emergency Operations Center at the Public Safety Center, 900 Park St. on Tuesday, March 5. RSVPs are encouraged and can be made by calling CVPP President Lynn Rogers at 400-7795 or CVPP Treasurer David Padolsky at 423-5772.

ARTHRITIS SOLUTIONS

Twin Cities Community Hospital is proud to announce its next complimentary seminar offered to the public. The Arthritis Solutions for Knee, Shoulder & Hip Seminar will be taught by Twin Cities Community Hospital's Orthopedic Surgeon, Fellowship Trained in Knee and Shoulder Dr. Mark Kowall on Tuesday, March 5 from 5 to 7 p.m.

Complimentary light refreshments will be served to seminar attendees. The seminar will cover typical issues encountered with knee, shoulder and hip arthritis including: nonsurgical and surgical treatment options, reducing how to reduce daily joint pain, and advanced surgical technologies available. Attendees will gather at the Founders' Pavilion, inside the Morgan Conference Center at 1220 Las Tablas Road in Templeton. To RSVP, call 434-4965. For information about Twin Cities Community Hospital, visit www.twincitieshospital.com. For press inquiries, please call AR & Co. PR & Marketing at 239-4443 or email pr@arandcompany.com.

**THURSDAY,
MARCH 7**

CASA GIRLS NIGHT

Meathead Movers presents Girls Night Out, a benefit for CASA of San Luis Obispo County, on Thursday, March 7 from 6 to 9 p.m. at the San Luis Obispo Country Club, 255 Country Club Drive, San Luis Obispo. Cost is \$60 per person. Call 541-6542 or visit www.slocasa.org to purchase a reservation.

PRHS BAND FUNDRAISER

The PRHS Marching Band and Color Guard is proud to present "Dinner at Chili's" Night on Thursday, March 7. Pick up a coupon at the high school office, go to dinner on March 7 and Chili's will donate 15 percent of proceeds to the Band. Hope you can join us. Thank you for your support. For more information, call 237-9264.

**FRIDAY,
MARCH 8**

DEMOCRATIC STARS

The San Luis Obispo County Democratic Party welcomes State Insurance Commissioner Dave Jones as the honored guest at their second annual "Dining with the Stars." The event will be held on Friday, March 8 at the Gardens of Avila Restaurant at Sycamore Mineral Springs, Avila Beach. For more information, visit www.slocdp.org, or call the Democratic Headquarters at 805-546-8499. Tickets for the dinner are \$115 each and are available online at: secure.actblue.com/page/diningwithstars2013. For information on sponsorship opportunities, please call Harris at 440-4426.

**SATURDAY,
MARCH 9**

PEELING BACK THE LAYERS

Templeton artist Robin Johnson just completed a year long workshop with Seasons of Creativity through SLOMA. Her resulting exhibit "Peeling Back the Layers - Vaporizing the Mythic Fairy Tale" in conjunction with Art About Town will run at Coastal Peaks Roasters, 3536 S. Higuera #250, San Luis Obispo through June 7. An opening reception to meet the artist is Saturday, March 9 from 2 to 5 p.m.

WOMEN'S HISTORY DAY

The Paso Robles Pioneer Museum celebrates Women's History Day on Saturday, March 9, 1-4 p.m. Free of charge. The event is part of a national celebration of women's month with a variety of activities at the Museum, 2010 Riverside Ave., Paso Robles. "Women's History Day is fun for the whole family!" says Chuck Desmond, museum president. The Pioneer Museum presents Famous women

talking about their lives, fun "hands-on" activities, door prizes, a historic "shoot-out" between famous sharpshooters, unique photo opportunities, and a kitchen "band." For more information call 239-4556 or visit PasoRoblesPioneerMuseum.org.

BIENNIAL GOAL-SETTING

The Paso Robles City Council has scheduled their biennial goal setting workshop for Saturday, March 9 at 9 a.m. in the City Hall/Library Conference Center, 1000 Spring St. The workshop will provide community members a public forum to offer goal suggestions.

**SUNDAY,
MARCH 10**

GRANGE BREAKFAST

The Paso Robles Grange will hold its monthly breakfast the second Sunday of the month at 7:30 p.m. at the Paso Robles Grange Hall, 627 Creston Road in Paso Robles, from 7:30 to 11 a.m. This month's breakfast is scheduled for Sunday, March 10. Pancakes, eggs, bacon, orange juice and coffee will be served. For more information, call Lester Rougeot at 238-2340 or 801-1766.

**WEDNESDAY,
MARCH 13**

MULTIFLORA GARDEN CLUB

North County Multiflora Garden Club will meet Wednesday, March 13, at 1 p.m. Carolyn Fergoda, Multiflora Club member, will show us how to create a garden at our homes. She is a master gardener and a member of the Transition Paso Robles Food Group that built the demonstration garden at Centennial Park. The meeting will be held at the Paso Robles Community Church, 2706 Spring St., Paso Robles. For more information, call 712-7820.

EDUCATION FORECAST

Community members re invited to attend the 2013 Education Forecast for San Luis Obispo County on Wednesday, March 20 from 9 to 10:30 a.m. at Cuesta College in SLO, room 5401. Come hear from public educators about the status of public education in the county, including successes to date and the challenges ahead. Please RSVP by calling Lori Pena at 782-7202.

ST PATRICKS DAY SHOW

Wednesday March 13, enjoy Story Road and Special Guest Johnny B. Connolly at the Park Ballroom, 1232 Park St #200 in Paso Robles at 7 p.m. Tickets are \$15 per person or \$25 per couple suggested donation. No advance sales. Contact allisonhayward@aol.com for more information.

**FRIDAY,
MARCH 15**

QUIET KNIGHTS

The Quiet Knights will perform on Friday, March 15 from 5:30 to 8 p.m. for a press and VIP preview for the Vines RV Resort, 88 Wellsona Road, Paso Robles. For more information, call 467-2100.

QUIET KNIGHTS

The Quiet Knight will perform at The Vines RV Resort tentatively on March 15, 5:30 to 8 p.m. for the grand opening of Vines RV Resort, 88 Wellsona Road, Paso Robles 93446, 855-467-2100 (toll

free), 467-2100 office. Owner/manager Karen Marsden has created quite an exquisite destination spot in its own right. Don't own a RV? It's still worth checking this out this beautiful facility. Need a place to store your RV? Space available.

**SATURDAY,
MARCH 16**

SLO SYMPHONY

The San Luis Obispo Symphony Classics Concert: "Blooming Talent" with pianist Salome Jordania and guest conductor Giorgi Jordania will be held on Saturday, March 16 at 8 p.m. at the Christopher Cohan Center, 1 Grand Ave., San Luis Obispo. Tickets are \$20-\$75. Call PAC ticket office at 756-4849 or order online at www.pacslo.org. Visit www.slosymphony.com or call 543-3533 for more information.

UCP BENEFIT

Come join United Cerebral Palsy of San Luis Obispo County for a night of food, dancing, blackjack and fun. Accompanied by local musical ensemble "Swing for Joy," Night Without Limits will be held on Saturday March 16 from 6 to 10 p.m. at the Veterans Hall in San Luis Obispo; 801 Grand Ave., San Luis Obispo. Call Kristine from UCP at 543-2039 to purchase tickets.

MOVIE NIGHT

On Saturday, March 16 Movie Night in the SummerWood Barrel Room will be held from 7 to 10 p.m. \$10 p/p, complimentary to members. Join us for a screening of James Bond's "From Russia with Love" complete with Chef Kelly's gourmet popcorn! Wine and pizza will be available for purchase. Doors open at 7 p.m., movie at 8 p.m. Reservations are required. For more information contact 227-1365, tiffany@summerwoodwine.com or visit www.summerwoodwine.com.

**SUNDAY,
MARCH 17**

INTERNATIONAL DINNER

The Creston Women's Club will host their annual International Dinner, an all-you-can-eat buffet, at the Creston Elementary School multipurpose room, 5105 O'Donovan Road in Creston on Sunday, March 17 from 4 to 6 p.m. All proceeds go to the scholarship fund benefiting Creston area residents. Tickets are \$12/adults and \$5/children and must be pre-purchased, available through any Creston Women's Club member. Questions, please call Ann Spencer at 438-3543.

CREATIVE PAIRING

Local nonprofit Creative Mediation, along with Creekside Brewing Company, will present their Fourth Annual Beer Pairing event on St. Patrick's Day, March 17, beginning at 3 p.m. The event will be held at The Monday Club and feature live Celtic music from the Gillie Wheesels, as well as gourmet culinary creations specially paired by Chef Arna Ginn with Creekside Brewery's handcrafted microbrews. Proceeds of the event benefit Creative Mediation's Youth Peace Education and Peer Mediation programs in more San Luis Obispo County schools. Tickets are \$75 per person or \$650 for a VIP table of 10. For more information, visit www.creativemediation.net or call 549-0042.

CRESTON INTERNATIONAL DINNER

The Creston Women's Club

will host their annual International dinner, all you can eat buffet, at the Creston Elementary School Multipurpose room, 5105 O'Donovan Rd., Creston, CA 93432. Sunday March 17 from 4-6pm. All proceeds go to the scholarship fund benefiting Creston area residents. Tickets are \$12/adults and \$5/children and must be pre-purchased, available through any Creston Women's Club member. Questions, please call Ann Spencer 438-3543.

**MONDAY,
MARCH 18**

E-COLI WORKSHOP

The University of California Cooperative Extension's Natural Resource and Watershed Advisor, Royce Larsen is hosting an E. coli workshop on Monday March 18 from 8 a.m. to noon. The meeting is located at the American Legion Hall in Templeton at 805 South Main St. University of California food safety, pathogen and watershed specialists, along with industry representatives, will present the results of recent research projects that looked at E. coli in cattle, wildlife and the environment. The fee is \$5, and refreshments will be provided. For more details and to register, go to ucanr.edu/ecoli workshop or call 781-5940.

**TUESDAY,
MARCH 19**

PHOTO YOUR ART

Learn how to photograph your art from professional photographer Deborah Denker on Tuesday, March 19 from 4 to 6 p.m. at her workshop in downtown SLO. Sign up now by calling 544-9251, ext. 14. This workshop fills at 30 people, so please be prepared to reserve your spot by paying



Courtesy photo

THE GREAT PASTA FEED — The public is invited to partake in a "Grand Pasta Feed" with spaghetti and meatballs, salad, dessert and beverages on Saturday, March 2 from 5 to 8 p.m. at St. Rose Parish Hall in Paso Robles.

when you call.

**WEDNESDAY,
MARCH 20**

START SMART

The Santa Maria office of the California Highway Patrol has announced there are openings available for the next Start Smart classes scheduled for Wednesday, March 20 from 6 to 8 p.m. at the Santa Maria CHP Office, 1710 Carlotti Drive. Start Smart addresses traffic safety issues that directly affect new drivers in a way no other program does, organizers said. For reservations, information or questions call 349-8728.

**SATURDAY,
MARCH 23**

FIFTH ANNUAL DOG JOG

Dogs can bring their owners for a 4K/2K fun run or walk

through the beautiful Salinas River walk trail that starts and ends at the Kennedy Club Fitness in Paso Robles. The proceeds from this popular event will benefit the new Sherwood Dog Park in Paso Robles. Early bird race registration is \$15 per dog until March 20 and \$20 through race day. Participants of the 4K/2K race will receive a racer's goodie bag, an event bandana for their dog, and a medal. 4K/2K race starts at 9 am. Rain or shine. Race day registration starts at 8 am. Register at the Kennedy Club Paso Robles facility at 500 South River Road, via mail-in registration or through the website at www.parks4pups.org. Dogs must be on leash for this event. For information call Paula O'Farrell at 239-4437 or email info@parks4pups.org.

SAVAGES

Continued from C1

Robles,” said Breton. “There’s kids in high school doing pieces in the show and people ranging from graffiti artists to commercial artists doing this. It’s going to be a really interesting room and very interesting to see these artists come together.”

The artist said he’s excited to carve out a home for alternative art forms over the grade.

If all goes right, Young Savages may provide that all-important foot in the door for a fresh crop of artistic individuals seeking a venue.

“Traditional landscapes and traditional ways of painting the landscape are championed in San Luis Obispo, where Paso Robles looks like it has more of an open mind,” Breton said.

Breton knows first hand: He’s shown his own artwork at Vale Fine Art, located in downtown Paso Robles. That venue, along with Pierce Modern Gallery and the Artery in Atascadero, are all part of a greater push toward artistic inclusivity within the county, he added.

Although some may argue “youth” to be synonymous with novice, Breton urges locals to take a closer look at the show’s long and illustrious roster. San Luis Obispo heavyweight Jeff Claassen of Claassen Gallery, mixed media darling Lena Rushing and eye-catching upstart Alister Dippner are all hardworking Central Coast artists who sell their work regularly, foster the local creative community and continually push the envelope.

As Breton so aptly suggests, “If you like what you see, support it.”

Studios on the Park founder Anne Laddon, along with program director Sasha Irving, certainly liked what they saw. Irving said a show like Young Savages has been a long time coming.

“A lot of these folks are coming from South County and coming from the larger creative

community,” said Irving. “We are excited to provide a place for them, where they can be involved and introduce locals and visitors to their work. This is really going to showcase a segment of the artistic community that we haven’t seen in Paso Robles before.”

ABOUT THE YOUNG SAVAGES

The Young Savages exhibition will through March 31 with an opening on Saturday, March 2 from 5 to 8 p.m. at Studios on the Park.

According to organizers, “The word “savage” takes on several meanings — as a noun, it means primitive or uncivilized; as an adjective it describes an animal or force of nature; a verb weaponizes it into an attack. The Young Savages Collective defies conventional description. Some of them aren’t young (two are 38, and a handful more are in their mid-30s), and they aren’t really a collective in their grouping. Some of this “collective” has yet to cross paths, some prefer complete reclusion. The Young Savages are a loose collection of talented, ascending artists—some use skin as their normal canvas, some use walls, some are commercial in their wares and some prefer to show their work only to their close friends. Some have sold paintings for years and some are embarking upon their first show here at Studios on the Park.”

Artists include: Reid Cain, Neal Breton, Lena Rushing, Kyle Naylor, Lauren Buzzetti, Jason Hudson, Chris Daly, Isaac Yorke, Nick Wilkinson, Jamie Coxon, Jordan Quintero, Lisa Harrison, Drew Davis, Peter Ljepava, Erica Hamilton, Lakin Hamilton, SOAK, GWAP, Stenzskull, Ty Hjortland, Chloe Parks, Julian Calvillo, Alister Dippner, Beth Reninger, Scott Osburn, Eric Valdez and The Free Humanity.

For more information, visit www.studiosonthepark.org.



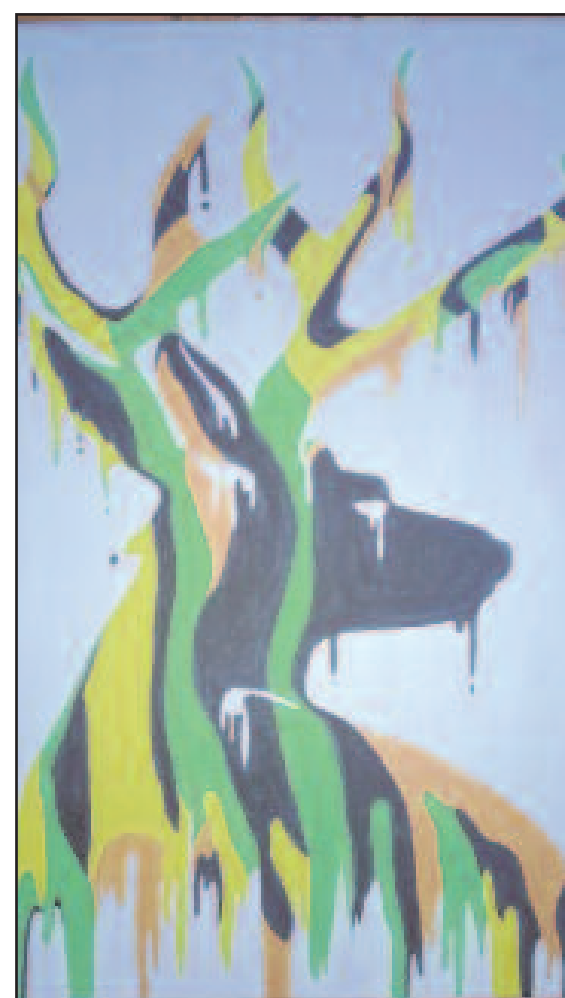
Courtesy photos
Pictured, “Skulk No. 2” by Young Savages curator Neal Breton. The San Luis Obispo-based artist will bring a pop of color to Studios on the Park this Saturday from 5 to 8 p.m.



Isaac York’s piece, “Young Savages” will be shown at the art show of the same name slated for tomorrow evening in Paso Robles.



Artist Stenzskull’s piece, “Nice Move Einstein” will be on display at the upcoming Young Savages Art Show this Saturday, March 2 at Studios on the Park in Paso Robles. The show runs through March 31.



Above, a piece by Kyle Naylor, one of 25 emerging local artists to be showcased at the Young Savages Art Show this Saturday.

must! charities debuts new site in effort to better serve families

Charity is 'eager to build relationships with local nonprofits,' organizers say



Contributed

TEMPLETON — must! charities, a northern California organization dedicated to lessening the local effects of poverty, recently announced its newly designed, robust website: www.mustcharities.org. Crafted for simplicity and ease of navigation, the new site offers several

new key features, including the ability to track progress of current projects, ideas for how citizens can get involved in the community, videos, donation opportunities and more. One of the most interactive elements of the new site is the option for community members to recommend nonprofits for future collaborations with must! charities.

"I am confident the new must! charities website provides the right information in a clear layout for visitors," shared Becky Gray, must! charities executive director.

"With an emphasis on the people who are involved — and those we are supporting — the content focuses on the impact our organization is making in San Luis Obispo's North County Region."

The core mission of must! charities is to collaborate with existing organizations for the purpose of lessening the effects of poverty, and the organization has invited the community to make recommendations for those relationships. Several steps exist for considered parties: Potential organizations are

screened by must! charities to determine whether they effectively serve those living at or below the poverty line and meet community needs in the North County.

Screenings include site visits and interviews, analysis of outcomes and financial data, supplementary research and reference checks.

Submissions are accepted year-round, and final collaboration decisions will be made by the must! charities Executive Board of Directors on a bi-annual basis as funds are available.

To be considered for a formal collaboration with must! charities, those interested should review the qualifications and submit a request form.

The must! charities website also features a comprehensive press kit, details about the Executive Board and the Partner Advisory Board, as well as a list of current partners (donors). The current project with the Boys & Girls Clubs of North San Luis Obispo County is highlighted; read more from the original announcement here.

ABOUT MUST! CHARITIES

must! charities, located in Templeton, Calif., is dedicated to lessening the effects of poverty by working alongside existing organizations to make a greater, more focused impact through collaboration. must! charities fosters relationships through a blend of expertise, research and other resources, to empower existing nonprofits to make strategic, sustainable change throughout the region.

Contact must! charities to learn more at www.mustcharities.org.

— 'Warm Bodies:' a zombie romance at heart —

Witty, original, moving and surprising with an upbeat message underneath



MATTHEW FOX
FILM CRITIC

'WARM BODIES'



(out of four)

By Matthew Fox
FILM CRITIC

"This film is funny and quirky, but I also liked its heart. It is the rare dystopian film that dares to suggest that things can get better and that love is the key." — Matthew Fox

But a funny thing happens.

As R eats Perry's brain, he starts to experience Perry's memories. This includes Perry's love for Julie (Teresa Palmer). When R spots Julie across the room he does something strange — he protects her.

Reluctantly, Julie decides to trust R and accompany him to his airplane home. While she can't explain it, she begins to see signs of life in the zombie before her. And R, as he starts to embrace what it means to be human through his connection to Julie, actually starts to reverse the effects of his condition.

The reawakening in R starts something among his fellow zombies, which leads to backlash from those unwilling to change. But that's not the only hurdle for this unlikely couple. Julie also has to convince her father — Grigio (John Malkovich) — the leader of the surviving humans that zombies really can change. That proves to be no easy task.

Some have said that love is the most powerful force in the universe. I think Isaac Marion, who wrote the novel that served as the basis of the film, and writer/director Jonathan Levine would agree. That is the premise at the heart of "Warm Bodies."

The film is witty, original

and moving — and it's completely surprising. The film is told from the point of view of R, a zombie who struggles with his essence and life.

This film is funny and quirky, but I also liked its heart. It is the rare dystopian film that dares to suggest that things can get better and that love is the key. If "The Walking Dead" sees the world glass half empty, then "Warm Bodies" sees the glass half full. That's refreshing.

The film features good performances, doesn't linger on the gore too long, and offers a nice twist on the genre. It helps that it's kind of a charming story too. "Warm Bodies" is one of the most engaging new films to be released so far in 2013.

"Warm Bodies" has been rated PG-13 by the Motion Picture Association of America for zombie violence and some language.

Three 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>.

There are those who see the world as glass half full, and those who see the world as glass half empty. In terms of dystopian visions of the future — usually things don't get much better.

That is especially true in the zombie genre, where things seem pretty grim, has been pretty set. You basically have works that are like "The Walking Dead," which is as much a negative commentary on humanity as it is about the zombie virus that could destroy our future.

That's what makes "Warm Bodies" so refreshing. By now the zombie genre is well-worn territory. There is little variation to the stories — whether they be by the George Romero film variety of the previously mentioned "Walking Dead." Never has a zombie film been a romantic comedy that dared to suggest that love is the tonic that can cure even death — that is until now.

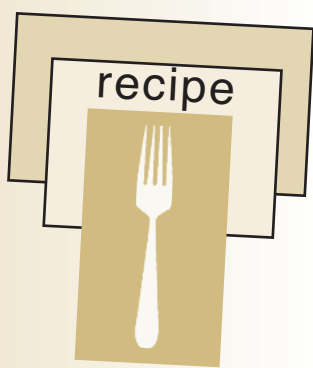
"Warm Bodies" is set in the future, where a virus has ravaged the Earth. R (Nicholas Hoult) is a vampire, but he doesn't want to be. He's not content with his lot in life, and his internal monologue — which serves as narration for the film — lets us know that he feels bad about what he's doing.

Still, R, along with his best friend M (Rob Corddry), and a group of zombies venture out from their airport home in search of food. When they find a group of survivors out gathering supplies, it's meal time.

R indulges his hunger, eating Perry (Dave Franco).

SPAGHETTI SQUASH

with tomato mushroom sauce



■ After 30 minutes, turn squash over so it cooks evenly. After a total of 60 minutes, remove squash from oven and allow to cool for a couple of minutes.

■ Cut squash in half length wise and scoop out the seeds.

■ Discard the seeds, and then, using a fork, scrape the strands from the squash. Work from top to bottom.

■ Remove simmering sauce from stove top. Serve squash topped with sauce and garnished with green onions.

WHAT YOU NEED

- 1 tablespoon olive oil
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 1 pound of mushrooms, chopped
- 1 tablespoon dried thyme
- 1 tablespoon dried oregano
- 1 teaspoon dried chili flakes
- 1 28-ounce can chopped tomatoes
- 1 tablespoon tomato paste
- Salt and pepper, to taste
- 1 green onion, chopped (optional for garnish)
- 1 spaghetti squash

GET COOKING

■ In a large sauce pan, heat the olive oil and sauté the onion for 3 minutes. Add the garlic and mushrooms and continue to sauté until the mushrooms release their juice.

■ Add thyme, oregano, chili flakes and stir. Add the chopped tomatoes and bring to a boil. Stir in the tomato paste, season with salt and pepper then reduce sauce to simmer, stirring occasionally.

■ Preheat oven to 375F. Pierce the spaghetti squash with a fork 2-3 times. Place the squash on a baking sheet in the pre-heated oven.



AREN'T YOU CLEVER — Squash makes a healthy — and deliciously mild — substitute for pasta, and when smothered in tomato mushroom sauce, it may even be better than the real thing. Pair with Niner Wine Estates' sangoise (pictured at left) for a foodie-approved meal you can still feel virtuous about.

Photo by Lisa Pretty

CO-OP

Continued from C1

“If you do have access to it, it’s super expensive, it’s limited quantities sold at limited times for people who have lots of money,” he said.

As for farmer’s markets, Norton said they serve a purpose, but they fail offer the convenience of a permanent, local cooperative.

“Farmer’s markets are awesome, and they can be a great event for the community and a way for people to get access to local [items]; however, they are more of a tourist option or showpiece than they are a way to get food to a family,” he said.

Norton painted a common picture: A busy mom and dad with two jobs, children and hectic schedules. They’re seeking fresh, locally grown food for everyday meals.

According to Norton, that’s where a local food cooperative would come in, providing fruits, veggies, meats and home items produced exclusively on the Central Coast.

Norton approaches the idea of a future Paso Robles food cooperative with both free-spirited optimism and a solid business approach.

“You can create systems within a business or organization that provide the max-

imum benefit for the community, and that is what I intend to do,” he said. “I aim to provide as much local produce as possible, in one location, and to provide as many opportunities possible — in connection with farmer’s markets and other businesses in the area — for people to gain access to local food.”

For more information or to attend the upcoming meeting, email pasofoodcooperative@gmail.com.