

SOME OF YOUR FRIENDS AND NEIGHBORS FROM LOS OSOS, MORRO BAY AND CAYUCOS IN THIS EDITION: Brad Buckley

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STAN THOMPSON

MORRO BAY



*He practices
the art
of being
defensive*

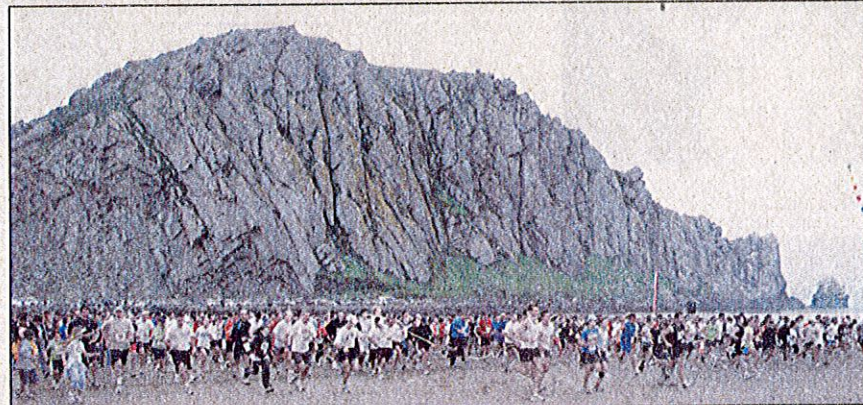
The heady stuff of movie-time karate boggles the senses. Fighters and defenders battle their way across tree-tops, and defy gravity by catapulting themselves breathtakingly high into the air. While going up and coming down, they twist and turn in somersaults as they dish out crippling jabs and kicks.

Closer to reality is **Steve Goss**, a 53-year-old karate guru who instructs classes at Morro Bay's Community Center.

He's so mild mannered there's no clue that he holds a 7th Degree Rank internationally — the top is 10 — with the Okinawa Karate-do Kyukai, an organization based in Okinawa, karate's birthplace. No clue, that is, until he begins his exercise mancu-

Rock to Pier: Locals run Miracle Miles for Kids

The third annual marathon raises \$54,000 for foster and special needs children; many of the 120 volunteers are from Cayucos, Los Osos and Morro Bay.



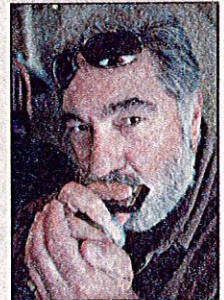
A signal flare from a U.S. Coast Guard vessel stationed offshore, plus a simultaneous screeching air horn sounded by the starting official, and Miracle Miles for Kids 10K Marathon runners are off on a 6.2-mile trek to the Cayucos Pier.



Sun Bulletin photos
by Stan Thompson



BytheBay

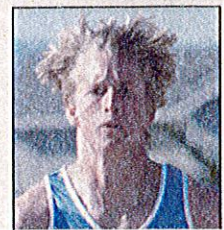


LOS OSOS

Blues and a harp with spark

Jorge Milanes is an energy-filled man with many talents — musician, fisherman, diver, cook, salsa dancer.

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abrupt force and blinding speed that they cause his shirtsleeves and pant legs to snap like cracks of a whip — Pop! Pop! Pop!

Goss has practiced and taught karate for more than 30 years. He's co-assistant director of Uechi-Ryu West Association — affiliated with the Okinawa headquarters — that oversees seven schools located from the West Coast to Missouri, including the one in Morro Bay, where he's taught for the past six years.

Because his stateside trainer of 25 years passed away, Goss is forced to travel to Okinawa for higher-level training guidance from those above his rank. "I train with the best of the best," he says. "The masters."

One is a 73-year-old, "so extremely quick you can't believe it," Goss says. "His forearms are the size of my calf. For all those years, and at that age to do what he does. I hope to be as good as he is."

During his most recent Okinawa visit, Goss earned his 7th Degree Rank.

"It was a great honor to test before nine masters," he says. They scrutinize speed, control techniques and spirit. "They even look into your eyes," Goss adds, "to see if they're alive."

After arriving, he'd spent more than 30 hours of intense training with masters to prepare for the two-hour test ordeal. When it was over, Goss says, "They told me 'Thanks for coming, you can go home now.'"

Goss spent much of his childhood in Hawaii, "forever out in the wide open," he says, "swimming and having fun." At 10, he moved with his family to Southern California where he continued with surfing and water polo. After high school graduation, Goss spent 21 years working for the railroad as conductor and engineer.

Seeking a change, he en-

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Members of the Cal Poly Triathlon Team are colorful in competition during the Miracle Miles for Kids marathon. At right, a baby stroller heads for the finish line. Below, using acrobatics to cheer on runners near the end of the run are, standing from left, Central Coast Gymnastics Sport Center's Maya Monza, Brittany Detrick (hidden from view) and Lara Cone. Tossed into the air is Haven Smith. The number of people in Miracle Miles this year was 954. The first year, 2004, there were 350 participants and last year there were 750.



SPORTS

Pirates ready for league track finals

Steve Kersten, above, is a among those on Morro Bay's track team who have been getting ready for the Los Padres League finals, set today at Nipomo High. **Page 7**

CAYUCOS

Abalone's a draw at this benefit

The Abalone Farm provided and prepared abalone appetizers for a Cayucos scholarship fundraiser. **Page 3**

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LOS OSOS SEWER

12 hours of debate, with no decision on septic

By NATHAN WELTON
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Tempers flared for 12 hours Friday at a hearing to determine whether Los Osos residents and their septic systems should be held individually accountable for polluting the town's groundwater.

But by the night's end, Regional Water Quality Control Board officials reached no conclusions. The hearing was continued to May 11 and 12.

It was a fitting close considering the city's sewage treatment project has been delayed by 30 years of acrimonious and fruitless debate and has

never approached completion. Water officials were considering whether 45 randomly selected homes should receive cease-and-desist orders for using their septic systems and said they planned to expand the blame for groundwater pollution to the rest of the town's septic tank owners by the end of the year.

Water quality regulators initially wanted the residents to pump their septic systems every two months to reduce

the amount of pollution ultimately being discharged into the water table.

But such a rapid pumping schedule — to be performed by numerous diesel trucks — raised concerns with the county Air Pollution Control District.

So water board staff instead temporarily suggested a scaled-back cease-and-desist order that instead would force residents to have their septic tanks pumped, inspected and repaired if necessary.

Los Osos Community Services District board President Lisa Schicker said most residents were willing to have their tanks inspected.

But she said the orders had unintended consequences; they would lower property values and make it difficult for some residents to get loans.

The spectacle

Hours passed as the water board tried to organize a meeting that became confused be-

fore it even started.

When more than 150 people crammed into a conference room at the board's San Luis Obispo offices, officials sent dozens away because of concerns that the room was too crowded should a fire break out.

Some were confused as to when they should return to give their public testimony.

When water board member Russell Jeffries said he had an open mind and no preconceived notions, a collective murmur of skepticism arose.

An armed San Luis Obispo

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