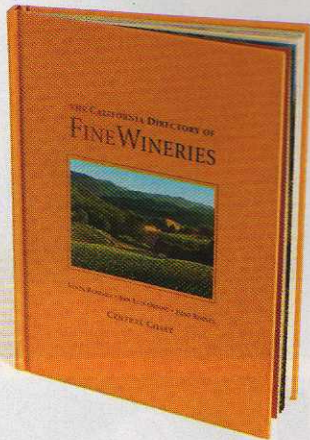
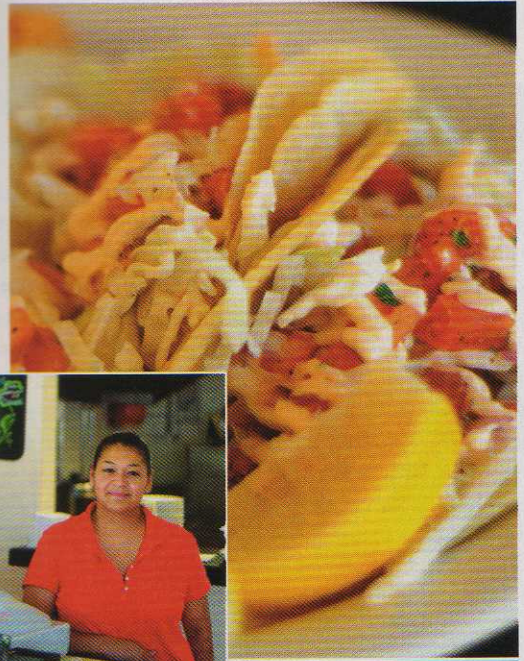


AmaZ-ing

Finding delicious Mexican food north of the border is often hit or miss, but **Me & Z's** in Arroyo Grande is right on target. Owner's Mark and Zenaida "Z" Stevens have completely refurbished and transformed the previously uninviting space on Grand Avenue into an open, modern, and attractive restaurant. But even more appealing than Me & Z's spotless interior is their appetizing menu and unbeatable specials. Not only does your meal begin with a complimentary bowl of Zenaida's homemade tortilla chips and award winning salsa (she recently took home a blue ribbon for "Best Salsa"

at the Stone Soup Music Festival in Grover Beach), but you also receive a sample of the soup de jour as an appetizer and a scoop of ice cream with toasted cinnamon crispies drizzled in caramel for dessert—all at no extra charge. Stop by on Tuesday Taco Nights for \$1.25 tacos and \$2.50 beers, or visit them on Sunday afternoon for a taste of Zenaida's famous pozole. When enjoyed out on Me & Z's back patio with an ice-cold margarita or Corona, it makes for the perfect midday siesta.

1351 E. Grand Ave., Arroyo Grande
(805) 474-9778



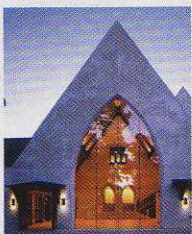
Get the Exclusip

So many wineries so little time! Selected because of their elegant tasting rooms, serene settings, and (of course) tantalizing wines, the recently released *California Directory of Fine Wineries: Central Coast* features 58 distinct wineries throughout vineyard-lined Santa Barbara and San Luis Obispo Counties.

Co-writer and local San Luis Obispo-based author K. Reka Badger offers insight and insider information (including nearby attractions, tasting prices, and special winery events) alongside the photographic tour of each distinguished destination.

Special Delivery

Living like a locavore just got a lot easier thanks to **Local Harvest Delivery**. Owners Julie Beaumont and Sarah Coffman bring market-fresh fruits and veggies to health-conscious and environmentally-aware individuals in the Santa Barbara area. Each delivery or "harvest box" contains a customized assortment of local produce from certified organic farmers and is dropped off at your doorstep each week. Plus, your order includes recipe tips, a monthly newsletter, and advice for a balanced diet. Visit localharvestdelivery.com to subscribe and choose your ideal ingredients for a healthy lifestyle.



Sundance at the Sunset

Normally reserved exclusively for Park City, Utah, the Sundance Film Festival makes its debut on the Central Coast at the Sunset Center during the **Carmel Art & Film Festival** from Oct 8 - 11. Director of the Sundance Film Festival, John

Cooper, curates the event with such award-winning films as Oprah and Tyler Perry's *Precious* and R.J. Cutler's *The September Issue*. Proceeds go directly toward generating scholarships for art education. (831) 601-0816; www.carmelartandfilm.com