

Seashore News



September 2012

Published Monthly by Niguel Shores Community Association

Issue 466

FROM THE HELM

Here is an update on the ongoing projects and concerns for our community. The Nauticus slope is in its final grow and kill cycle. The city required us to submit plans of the irrigation for the slope; the plans are at the city and should be approved. Our slope expert has submitted his plan to correct some areas of soil erosion. Also, as part of the Master Landscape, we are working on the Moonsail slope, clearing the dead and diseased plants and replanting. We are repairing the controllers and irrigation for all our landscaped areas. Harvest has prepared a Turf Reduction Plan which is submitted to DWP for rebates that could save not only water but thousands of dollars.

Over the past several months the community has disagreed over large remodels versus view. View and

view corridors are an important concern to our community and the Architecture Committee is working to clarify rules to protect residents' views and help those who are planning to remodel know what they can and cannot do.

For those who did not attend our open meeting regarding Orange County's Parks responsibility to maintain and repair our revetment, there was discussion but unfortunately no agreement on a plan to move forward. We will continue to correspond with Orange County Parks to reach an agreement.

I hope everyone is having a great summer and enjoying the warm weather.

— Pat O'Brien

THE FIRST DAY OF SCHOOL—

One Of This Teacher's Three Favorite Days...

Barbara Barrett has shepherded a number of her fellow Niguel Shores residents through her third, fourth and fifth grade classes at nearby Malcom School, including, at one time, her own two daughters. She runs into these former students and their parents when out and about in the neighborhood and follows their further schooling and careers. Some send her appreciation notes and notes come, too, from parents who thank her for getting their son or daughter organized, teaching them good writ-



Teacher Barbara Barrett with a line-up of her former Niguel Shores students: (left to right) Amanda Meredith, Carinna Snyder, Ally Meredith, Caroline Meredith, Mariah Ryan, Mrs. Barrett, Kenny Schuelke, Chase Snyder

ing skills, and establishing in them a love of learning. Such are the rewards of the school room teacher.

Barbara is from Detroit, a graduate of Michigan State University where she majored in Education

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BOARD ACTION SUMMARY

AUGUST 7, 2012 BOARD MEETING (General Session)

ACCEPTED AND FILED:

- Financial reports
- Communication Committee recommendation regarding website advertising
- General Session Committee Minutes

APPROVED:

- General Session Meeting Minutes of July 17, 2012
- Landscape proposals
- Proposal for seal coat/ street repair

DISAPPROVED:

- Request for reimbursement for tow charges
- Request for reimbursement for tire damage

HEARINGS/MEETINGS/PRESENTATIONS: none

REVIEWED/DISCUSSED:

- Concept plans for Mariner Gate house
- Nauticus slope project
- Manager's report

TABLED: none

AUGUST 7, 2012 BOARD MEETING (Executive Session)

ACCEPTED AND FILED:

- Financial reports
- Executive Session Committee Minutes

APPROVED:

- Executive Session Meeting Minutes of July 17, 2012
- Emergency Executive Session Meeting Minutes of July 10, 2012
- Special Executive Session Meeting Minutes of July 25, 2012
- Refer one account to legal counsel for collection of delinquent assessments

DISAPPROVED: none

HEARINGS/MEETINGS:

- Violations of Rule 6405

REVIEWED/DISCUSSED:

- Legal status report
- Manager's report

TABLED: none

August 21, 2012 BOARD MEETING: (General Session)

ACCEPTED AND FILED:

- General Session Committee Minutes

APPROVED:

- General Session Meeting Minutes of August 7, 2012
- Special General Session Meeting Minutes of August 8, 2012
- Two (2) Landscape proposals
- Proposal to paint stairway between the Villas and Sea Terrace II Townhomes
- Recreation Committee request for additional parking enforcement during Summer Bluff Concert

DISAPPROVED:

- Request of reimbursement for vehicle damage

HEARINGS / MEETINGS / PRESENTATIONS:

- Meeting with Harvest Landscape

REVIEWED/DISCUSSED:

- Nauticus Isle slope project
- Mariner Gate remodel
- Wood fences facing La Cresta/ responsibility to maintain
- Proposed rule changes
- Resident request for picnic tables in Villas greenbelt
- Ritz Carlton expansion
- Manager's report

TABLED:

- Condition of bluff fence
- Refurbishment of observation deck in Sea Terrace I Townhomes greenbelt

AUGUST 21, 2012 BOARD MEETING: (Executive Session)

ACCEPTED AND FILED:

- Executive Session Committee Minutes

APPROVED:

- Executive Session Meeting Minutes of August 7, 2012

DISAPPROVED: none

HEARINGS/MEETINGS:

- Hearing for violation of Rule 4112
- Hearing for violation of Rule 4121

REVIEWED/DISCUSSED:

- Legal status report
- Manager's report

TABLED: none

NOTE: The NSCA Board of Directors meets the 1st and 3rd Tuesday of each month unless otherwise posted. The last approved General Session Minutes are posted on the Bulletin Board across from the NSCA Office entrance. In addition, the General Session Agenda for the next Board Meeting will also be posted at noon on the Thursday prior to the next meeting.

REMINDERS: OPEN FORUMS ARE HELD AT THE BEGINNING OF EACH GENERAL SESSION MEETING (6:00 P.M.)
THE NEXT BOARD OF DIRECTORS MEETING WILL BE HELD ON TUESDAY, SEPTEMBER 4, 2012.

Street Work Planned: The Board of Directors approved a contract with JB Bostick for street work and Associated Engineering Consultants (AEC) has been hired to oversee this project. I was not able to confirm the dates in time for this article, but we plan to schedule this work for the latter part of September. A mailing will be sent to all residents a week prior to the scheduled work which will provide you with important details such as dates streets will have limited access, where to park, etc.

The streets scheduled for seal coat are: Atlantic Avenue, Blue Hill Bay, Colima Bay, Timor Bay, Niguel Shores Drive, Cabrillo Isle, Seaward Isle, Shackleton Isle, Magellan Isle, Sextant Drive, Flying Jib Drive, Crossjack Drive and Gourami Bay. Additional street rehabilitation work will be done on Atlantic Avenue, Blue Hill Bay, Timor Bay and Colima Bay. Watch your mail and our website for the details!

Change in the Gate System: Gateworks, the system used for guest/service provider access at the Mariner Gate, was recently purchased by a company named DwellingLive. On August 1, 2012, DwellingLive began the data transfer and we began to use this new system. Although DwellingLive is similar to Gateworks, there are a few minor differences that may cause a disruption in your ability to access your account if not corrected. If you are experiencing difficulty in logging in to your DwellingLive account, please contact the NSCA Management Office for assistance.

Renovation of the Nauticus Slope: Well, I was hoping the planting of the Nauticus Slope would be in process when this issue was published, but we have had a few delays. We

now are back on track and should have everything completed this month. Due to erosion at the top of the slope, retaining walls have been designed and will be constructed. The “grow and kill” is complete, so the next step will be the installation of the jute and then the plants. Thank you for your patience during this process.

Landscape Update: Harvest Landscape is making more positive changes as we move into September. The irrigation project for the front yards in Sea Terrace I & II is well underway and we are seeing green grass as a result. To improve the mowing process in the community, the landscape crews will now be using smaller mowers in the front yard areas and “grass catchers” to minimize the debris on the driveways, sidewalks and streets. This also will reduce the use of blowers in the area. Tree trimming is underway and will continue through September. If you are interested in what types of trees are scheduled for trimming this year, the information is posted on the Niguel Shores website. www.niguelshores.org

Rules for Political Signs: As the political campaigns ramp up for the November election, please note the NSCA Rules and Regulations allow *one* sign per residence. All political signs must be removed immediately following the election.

Community Crime Prevention: The NSCA Management Office has been notified by the Dana Point Police Department that several residents in the community are reporting theft of items from their cars, garage, or home. Although Niguel Shores is a gated community it is important to remember that we are not impervious to crime. Make sure to keep your vehicles and homes locked at all times and report any suspicious or criminal activity to the police department immediately. Nonemergency Police Services: (949) 770-6011

No Private Sales Allowed on Common Area: This is a friendly reminder that personal sales events are not allowed on Association common area. Recently we had an incident where a resident was selling items during one of the social events planned by the Recreation Committee. Please be respectful of the planning and hard work provided by the volunteers. We want everyone to enjoy these special events.

— Deborah Baker



Nauticus Slope in August at the end of the Grow and Kill phase.

COMMITTEE REPORTS

LANDSCAPE

Fall will soon be here and tree trimming will begin in the Shores. We have all enjoyed the beautiful look of our entrances during this year. Soon they will be filled with fall colors to welcome the season. Harvest has been busy working on our forty-year-old watering system and preparing and planting our most at risk slopes. Your patience and help in locating problems is appreciated. When you see a problem such as an area going dead, or an area that seems to be getting too much water, please fill out a Homeowner Request Form and send it to the office and they will forward the information to Harvest. Our General Manager, Deborah Baker, is very involved in all that is going on with landscape. She continues to walk all the neighborhoods with Harvest and the landscape representatives of those areas. We, on the Landscape Committee, are very appreciative of her active involvement in the workings of our community and for her concern and interest.

As fall approaches be sure to adjust your automatic watering systems. Cooler weather means less water needed in your gardens.

— Janet Traver

MAINTENANCE

Do you know your way to our Sunset Park? We know the way to our beautiful Beach Bluff Park and the Athletic/Picnic Park at the ClubHouse, but there are other less known quite, serene little pocket parks in the community.

Sunset Park is located on Niguel Shores Drive near the Cockleshell cul-de-sac. Maintenance has given it a fresh new look. The seating wall has been power washed, the stucco repaired and the wall painted. The bench wood has been replaced and painted. It is again a pleasant place to pause and enjoy a beautiful ocean view.



Other quiet picnic parks are the green belts of Sea Terrace II. Maintenance has power washed the concrete bench and picnic tables. They look fresh, new and inviting.

And how about the Observation Deck? Check it out. It is also a neat spot to pause, be quiet and know how lucky we are to live in Niguel Shores. If you can't find it, I will tell you more about this deck next month.



Observation Platform at the top of Niguel Shores just below Marlinspike (at the end of Sextant).

In the meantime, look around. You just might find your own “private” little place for quiet and solitude.

— Jack Christiansen



Where: Niguel Shores ClubHouse

When: Sunday, September 16

Time: 6:00 p.m. Social time to be followed by dinner at 6:30.

As Potluck resumes we hope you can join us for an evening with your old friends and meet some new friends from our neighborhood. Please bring a main dish, salad or dessert, your own table setting and beverage plus \$1 per person.

If you have never been to Potluck before we would love to have you join us. Please call either Ann Christiansen 248-1962, Irene McDonald 481-3035 or Gretchen Rask 489-2259 and we will be happy to answer any questions you may have.

Former attendees will receive an e-mail invitation. Please respond and tell us if you plan to attend, and whether you are bringing a salad, main dish or dessert. Please make your reservation by Wednesday September 12, (Those without e-mail will be called). If you have a new e-mail please let us know. We are looking forward to seeing you on September 16.

— Irene McDonald



RECREATION

Summer is over, school begins, but the Recreation Committee continues planning until the end of 2012 for you.

COMMITTEE REPORTS

Mark your calendars for all of the activities listed below:

September 2 - Bluff BBQ:

5:00 to 8:00 p.m. Bring those steaks, hot dogs, hamburgers, chicken, etc. for your friends and family. Come celebrate Labor Day.



September 16 - Pot Luck: See the special article and make plans to attend.

September 27 - Cooking class: 11:30 a.m. to 1:30 p.m. Appetizers and small desserts will be the feature by Kookie and Sally. It will be \$40. Sign up in office.

October 6 - Garage Sale: This is what so many look forward to. It will be 9:00 a.m. to 1:00 p.m. Get busy cleaning the closets and the garage for others to have the items you have enjoyed. Details will be in office later and in the next *Seashore News*.

October 21 - Pot Luck in the ClubHouse at 6:00 p.m.

October 25 - Cooking class will feature casseroles to take to those Holiday events: 11:30 a.m. to 1:30 p.m. \$40 - Sign up in office.

October 28 - Halloween Party for all. Start thinking about those costumes.

November 10 - The Holiday boutique this year will be 2:00 to 5:00 p.m. in the ClubHouse.

November 18 - Pot Luck in the ClubHouse at 6:00 p.m.

December 2 - Tree Lighting Party: Mark your calendar for 4:00 to 6:00 p.m.

December 31 - New Year's Eve: will be 8:00 p.m. to midnight here as well as watching the celebration in New York.

Dana Point Community Special Services will offer the AARP Driver Safety Program on October 24 and 25. Call for details 949 496 4252. They also have some bus trips to casinos and, on November 15, The Palm Springs Follies. Call 949 496 4109 for details.

Enjoy the rest of year with the all of the activities that have been planned.

— Carol Yocom

SEASHORE NEWS

Corrections:

I'm sure you noticed that the excellent article by Sharon Stewart urging us to drink plenty of cool, clear water in the August issue had a bizarre heading. That's because it was the heading for the July article that didn't get replaced. Anyway, please read it again with this correct heading: *Cool, Clear Water*. I'm sure you'll enjoy it more and then do what it says!

Also, I am chagrined to report that we seriously offended the four-legged member of the Mackaig

household about whom we wrote last month. That talented little poodle who dances on his hind legs is aptly named Bojangles. Our article called him Bonaparte— still not a bad name for one who rules his domain... Apologies all round and please do keep reading.

— Mary Crowl

VIEW PRESERVATION



Review Restrictions Before Planting Trees

The CC&Rs Landscape Improvements rule 4101-7 states: "**Tall trees that cannot be trimmed (King, Queen and Kentia Palms; Star Pines; etc.) may not be planted.**"

Unfortunately, over the years, many of these species have been planted without approval of the Architectural Committee. As these trees grow into homeowners' views, the View Preservation Committee receives a corresponding increase in view impairment complaints. Unless a formal landscape plan has been submitted to the Architectural Committee, it has no way to monitor what trees are being planted by residents. Conversely, many residents are unaware of restrictions on what plants they may use. To avoid the inconvenience and expense of trimming or removing trees, slow-growing and/or maximum height limits should be considered when making landscaping choices.

Residents may contact the Architectural Committee if they have questions regarding landscaping.

— Kathy Jones

WEBSITE

Ten reasons why you need to add www.niguelshores.org to your favorites:



- Do you want to know when your trees are going to be trimmed?
- When will Harvest be in your neighborhood?
- What books the Page Turners Club is planning to read?
- What exciting events is the Recreation Committee planning?
- Who were the grand prize winners of the July 4th Sandcastle Contest?
- Do you want to know more about the various clubs and committees?
- Do you want to know more about DwellingLive, our new gate access system?
- Do you want to know what is on the agenda for the upcoming Board meeting?
- Do you want to verify a CC&R?
- Do you want to post a comment or ask a question?

—Matt Northrop, Patti Staudenbaur and Ellen Dovey

CLUBS

MEN'S CLUB

On Tuesday, August 7, the Men's Club introduced five new members. This is an annual custom that provides the general membership an opportunity to meet and get to know new members. Each new member spoke for a few minutes giving a brief summary of his background.

The Men's Club meets every first and third Tuesday of the month at 8:00 a.m. for a breakfast meeting. The meeting typically includes a guest speaker who speaks on topics of interest to our membership. All male residents are welcome to attend a meeting and consider joining. Many of the members play golf each Tuesday at local courses and we welcome new players to join the group.

— Al Thome

WOMENS CLUB

The Womens Club will begin its new year with an entertaining and informative program by a previous and popular speaker, Niguel Shores' own Rhonda Dunlevie. Rhonda is the founder and director of Interior Consultants, a full-service

interior design firm and will enlighten us about design and decor.

The luncheon is, as always, the second Thursday of the month, the 13th of September. It begins at 12:00 in the ClubHouse. Look for your e-mail invitation on Thursday, September 6 and please answer to let us know if you are coming by Sunday, September 9. If you are planning to attend, you will then be informed by e-mail about bringing a salad.

Please note the following rule changes: The luncheon attendance fee has been increased to \$3. Members are to bring a salad for 10 to 12 every other time they attend. Members bringing guests will be asked to pay \$5 for each guest (\$3 for table service and \$2 toward the purchase of extra salads). Members bringing guests are not required to bring an extra salad. These rule changes were passed by the Board and announced at the June tea.

— Mary Crowl



Rhonda Dunlevie

ACTIVITIES

BRIDGE NEWS

Good news for all residents interested in playing bridge, men are now invited to join our Wednesday Bridge Group. Please consider giving us a try—we are sure you will enjoy our group. The Bridge Club meets every Wednesday at 11:00 a.m. and plays until about 2:00 or 2:30 p.m. sharing snacks between rounds. If you are interested, please call Helen at 496-4230 and we will welcome you. Plan to bring \$1 and a snack—what a bargain!!

Our latest winners:

July 25 Angel Kwasny, Frieda Baskin and Bobbe Kahn

August 1 Bobbe Kahn, Helen Campbell and Pouri Fowzi

August 8 Helen Campbell, Frieda Baskin and Margaret Brugger

August 15 Jeanne Boukai, Marcia Winick and Pouri Fowzi

—Helen Campbell

LIBRARY NEWS

Come read to Annie, a specially trained therapy dog. This sweet, friendly dog loves to hear stories and can't wait to meet you! Open to kids of all ages. Mark your calendars for 1:00 p.m. on Saturdays, September 8, October 13, November 10, and December 8.

The Friday Night Movie on September 21 is *Farewell to Manzanar* starting at 7:00 p.m. This film is based on the

book by Jeanne Wakatsuki Houston and her World War II Japanese American internment camp experience. The Dana Point Library review says this film is often compared with *The Diary of Anne Frank* as an example of the effects of war on youth and the human spirit.

—Ellen Dovey

THE OREO BOOK CLUB

The Really Serious Oreo Cookie Book Club met August 15 at the home of Dick Johns, fourteen members strong to discuss Catherine the Great who, legend has it (not in the book) died servicing a stallion. Her other lovers were detailed in the book and reviewed by the group. It was so hot we had to open the doors and the windows. Even with that, some felt dizzy and faint. Upon recovery, we reviewed her relationship with Voltaire and the Enlightenment, her foreign policy and wars and her character evolving from a Germanic teenager to an accomplished leader of a major international power that stood on the edge of a medieval social structure that could not quite cross the chasm to Western-style egalitarianism. The soul of 18th century Russia still resides in Premier Putin today.

The next meeting will be at the home of John Hall on September 19 where our group will discuss the book *End this Depression Now!* written by Paul Krugman. —Norton Schwartz

ACTIVITIES

PAGE TURNERS

Page Turners' Book Club will meet this month to discuss *Five Smooth Stones* by Ann Fairbairn. It is the story of a boy, David, growing up in New Orleans during the depression. He faces the challenges of attending a school in the north with whites, fighting for equality, and maintaining a long-lasting love with a white girl.

Page Turners has three groups all reading the same titles. The Monday morning group will meet at 10:00 on September 24, at the home of Ann Christensen, 23841 Bluehill Bay. The Monday afternoon group will meet the same day at 12:30 at the home of Diane Hearne, 23802 Cassandra Bay. The third group will meet on the fourth Thursday, September 27 at 1:00 in the lobby of the ClubHouse.

Our book for October will be *In the Garden of the Beasts*, because some of us are going to hear Erik Larsen speak at the Newport Library on September 13. If you are interested on going, check out the Newport Beach Library website. There may still be tickets available.

Dates for the other seven titles will be announced in the next newsletter. They are: *Clara and Mr. Tiffany* by Susan Vreeland, *Moloka'i* by Alan Bennert, *One Thousand White Women: The Journals of May Dodd* by Jim Fergus, *The Turn of the Screw* by Henry James, *Whistling Season* by Ivan Doig, *The White Pearl* by Kate Furnival.

For more information about Page Turners: Gretchen Rask: glrask@cox.net, 489-2259– Monday morning,

Diane Hearne: Phearne4@cox.net, 661-6267 – Monday afternoon, Lisa Buchner: lisabuchner@cox.net, 496-9546 Thursday afternoon.

—Lisa Buchner

SOCIETY FOR CIVIL DISCOURSE

Friday, August 17 the Society for Civil Discourse met at 10:00 at the Library to discuss Sunni and Shi'a laws and politics and how and to what extent they threaten Western Civilization laws and politics. The imposition of Sharia laws in enclaves in the United States and Europe were compared with religious restrictions in Mormon or ultra-Orthodox Jewish or Amish settlements in the United States. The restricted, reduced and often abused role of women in the patriarchal cultures verses the open and expanded role of women in Western Culture was discussed. Aspects of the Koran and practice of Mid-Eastern tribal groups were reviewed.

Next meeting will be on September 7 at 10:00 at the library and the subject will be: Interstate commerce and the rights of States vis-à-vis obligations of the Federal Government, as exemplified by recent Supreme Court Decisions on the Health Act.

—Norton Schwartz

SPORTS

MEN'S GOLF

On July 24 the Men's Golf group was at Aliso Golf Club. The format was a challenging Tin Whistle Individual play. First place was Bob Russell, second place went to Bill Verbrugge, third to Roy Dohner, and in fourth place was Dick Grabham. Closet to the pin went to #5 Dennis Rosene and on #12 Bill Verbrugge

Next up are Arroyo Trabuco on August 14 and Talega on August 28.

The secret of good golf is to hit the ball hard,
straight and not too often.

—Bob Russell

WOMEN'S GOLF

Niguel Shores ladies who golf have discovered that they can play golf with just four golf clubs...and have fun doing so. The game-of-the-day last month required each golfer to tee up with only 4 clubs, and that was including their putter. Two teams tied

for first place, with a score of 38, at Aliso Creek Golf Course—Liz Kelsch, Marge Foster and Gretchen Rask on one team; Maria Elena Banks, Irene McDonald and Judy Boitano on the other team. Val Mitchell put her ball closest to the flagstick on hole #6 and Judy Boitano took that honor on hole #8. The rest of the teams enjoyed everything about the day except their golf scores.

September 10, the second Monday of the month, will find us golfers eager to participate in what is being planned for us by the golf captains Maria Elena Banks, 248-9300, and Helena Keeshen, 661-2391. If you wish to join us on the golf course and bid farewell to summer, do call one of those ladies [who just happen to be cousins].

Twelve days later, September 22, is the Autumnal Equinox – the 1st day of the Fall season...

"It is the summer's great last heat
It is the fall's first chill: They meet." —Sarah Morgan

Nine holes of friendly, no-pressure, golf, followed by a no-host lunch on the terrace at the golf course, what a blast. Join us for a **fun day!**

—Ceacy Johns



Carol's Cuisine Corner

It is back to school time, which means, moms and grandmothers, it is time to go out to lunch. We have so many places close by so you can get back in time to pick them up from school.

Going shopping at the Mission Viejo Mall? Take time to have lunch:

Cheesecake Factory: Mission Viejo Mall, 364 6200. Hours: 11:00 a.m. to 10:00 p.m. They have small plates, good salads, egg rolls and very large menu choice plus, of course, sharing their great desserts.

Café Nordstrom: Mission Viejo Mall, 347 2710. Hours: 10:00 a.m. to 8:00 p.m. Very good salmon chowder, soups and salads to choose from and be served.

P.F.Chang's: Mission Viejo Mall, 364 6661. Hours: 11:00 a.m. to 10:00 p.m. Always have the lettuce wraps for the table. Share the dishes that appeal to the group. Desserts they have are very interesting.

The Food Court has many to choose from so, just look around.

Cedar Creek: 26860 Ortega Highway, San Juan Capistrano, 661-0425. Hours: 11:00 a.m. to 9:00 p.m. A nice place to celebrate birthdays with good salads (Marcy salad), crab cakes and many choices from the menu.

L'Hirondelle: 31631 Camino Capistrano, San Juan Capistrano. Hours: 11:00 a.m. to 9:00 p.m. Old world feeling across from the Mission. Petite plates, delicious salmon, rack of lamb and crepes or brulee.

Mangia Bene: 27281 La Paz Road, Laguna Niguel, 831 0141. Hours: 11:30 a.m. to 9:30 p.m. The garlic bread they bring to the table you will not leave alone. A variety of pastas plus very good salads, eggplant, and tiramisu is specialty.

Mozart's: 31952 Camino Capistrano, San Juan Capistrano, 496 0212. Hours: Lunch 11:00 a.m. to 3:00 p.m., dinner 5:00 p.m. to 9:00 p.m. Salmon and Reuben are some of the good sandwiches. Also on the menu, beef goulash, schnitzel, and vegetarian dishes.

Sun Dried Tomato: 31781 Camino Capistrano, San Juan Capistrano, 661 1167. Hours: 11:00 a.m. to 9:00 p.m. Soups change daily with each one a special choice and, with a half sandwich or salad.

California Pizza Kitchen: 25513 Marguerite Parkway, Mission Viejo, 951 5026. Hours: 11:00 a.m. to 10:00 p.m. With salads, you can get ½ especially special BBQ chicken. Thin crust pizza (if you like) has many interesting toppings.

Chaparosa Grill: 30271 Golden Lantern, Laguna Niguel, 363 9888. Hours: 11:00 a.m. to 9:30 p.m. They have a lunch special for \$10, special Caribbean cuisine, with homemade soups, a jumbo artichoke, with special fish, ribs and pasta dishes.

Enjoy some of these with other moms and grandmothers (even some dads) before picking up at school.

Remember, these are not recommendations but just to let you know about some of the restaurants in the area. Bon appetite, Carol Yocom



MONARCH VETERINARY HOSPITAL

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Travel Tidbits . . .



As you know I am quite fond of lists. Many of the destinations I have traveled to are picked because they are on one of my many lists of places to go. My main list is the countries of the world. The Travelers Century Club lists 321 and there are some people who have made it to all of them! (I have a long ways to go). But there are other lists, the longest rivers of the world, all the National Parks, the walkable piers of California and, of course, all the wonderful places in the book “1000 Places to See Before You Die.”

Recently I met a couple who were pursuing a list I had never heard of. They wanted to visit each of the Madonna of the Trail monuments. They were from the east coast and were here in California to finish their quest in Upland. According to Wikipedia,

the Madonna of the Trail is a series of 12 monuments dedicated to the spirit of pioneer women in the United States. The monuments were commissioned by the Daughters of the American Revolution and were intended to provide a symbol of the courage and faith of the women whose strength and love contributed to conquering the wilderness and establishing permanent homes. The monuments were placed along the National Old Trails Road in the twelve states the road passed through. They start in Bethesda, Maryland and end in Upland, California. They were dedicated in 1928 and 1929 and are maintained by local and national groups of the DAR.



*“The World is a book and those who do not travel read only one page” —St. Augustine
—Barbara Milner C.T.C., bmilner@wtbinc.com*

WELLNESS – What, Me Worry?

That famous line may have been uttered by humans for eons...who knows? But when I hear that, I immediately think of Alfred E. Neuman whose goofy countenance has graced MAD Magazine covers since the 1950’s. His giant ears, silly grin with a missing tooth, and one eye just a bit lower than the other matched his tag line...what, me worry? What could ever stress out Alfred E. Neuman enough to be anxious and worry? I don’t know the answer to that question, and you know what? *I’m not going to worry about it!*

However, all jokes aside, to worry, and to worry chronically is not a healthy habit and can affect one’s emotional and physical health. We worry about family, friends, the tyrannical boss, health, how we’re going to meet all of our obligations, if the house is locked, even if the milk in the refrigerator has expired. There can be as many sources of worry as there are grains of sand on the beach.

Worry, stress, and anxiety tend to all go together.

There are some forms of anxiety that are helpful...for example the anxiety over an upcoming job interview will ramp up our stress level enough to push us to get as prepared as possible to increase the odds of a positive



outcome. However, left unchecked worry and stress will get your “fight or flight” response in gear which causes your sympathetic nervous system to release stress hormones that can result in physical reactions like difficulty swallowing, dizziness, inability to concentrate, nausea, and headaches to mention only a few. The chronic anxiety and release of stress hormones can result in *serious physical consequences* such as a suppressed immune system, digestive disorders, or heart attack...again to mention only a few... and we can’t overlook the possibility of serious depression as a result of worry and anxiety.

So, what is a worrier to do? Well, first...don’t worry! I know...easier said than done. You’re right. Instead, start with eating healthy, exercising, cut back on caffeine, meditate daily, be aware of your worries and vow to let them go, learn to relax, and of course talk with your healthcare practitioner. Worry becomes a habit, and daily practices like these can help you regain control over your emotions and pull the plug on your worries. Then you can join the ranks of Alfred E. Neuman and ask that rhetorical question, *“What, me worry?”* which needs no answer but this time answer it anyway with *“Not so much anymore.”*

To Your Health!

If you would like to make a comment or suggest a topic please send an email to . . .
Sharon Stewart RN, Certified Health Coach — sharonstewart@cox.net.

MEET YOUR NEIGHBOR



The Sunset Revelers

Over two centuries ago, the Greek playwright Sophocles said, “One must wait until evening to see how splendid the day has been.” He was actually making a comparison with the sunset of our lives, when we can sit back and treasure our memories of a life fully lived. Nature has given us the gift of beautiful sunsets as a lovely comparison.

I joined some of our neighbors at The Bluff to watch the sunset in August. Many of our friends and neighbors like to be there to watch nature’s end-of-the-day gift. Mary Crowl, our esteemed editor of the *Seashore News*, calls these neighbors “The Sunset Revelers.” I had a camera in my hand that August evening, but almost everyone else was holding a wine glass while in animated conversation. It was a party shared by everyone there and I felt the presence of a wonderful sense of community. Everything stopped as the sun began to sink below the horizon. We all were asking ourselves if we would see a green flash as the sun disappeared. Alas, there was none that night.

Sometime ago, I was at The Bluff at sunset, watching that huge orange ball seeming to sink into the ocean,

and low and behold, everyone there saw a green flash as the sun disappeared. We all clapped and shouted in delight at seeing this rare optical phenomenon. Jules Verne, the famed French author in the late 1800s, wrote a play called “The Green Ray.” The two protagonists in his play were determined to see the green flash at sunset. However, when it appeared, while everyone around them saw it, they missed it because they were looking lovingly into each other’s eyes. (That’s the French romanticists for you!) And the two love-birds also missed out on the heightened perception that it was believed to be given when one saw the green flash as the sun went down. Supposedly, those who saw it could read their own feelings as well as those of others! This charming “pre-urban myth” was, unfortunately, disavowed long ago. However, if it were true, Gary Tinnes, our talented Niguel Shores photographer, would truly be a mind reader! One of his remarkable photos accompanies this article. He took several others right at our Bluff.

Please go to our website, www.niquelshores.org, to see his beautiful photos in color. As you can see, besides a

green flash, there could be a green halo or some other colors. Gary says that the variations are caused by optical phenomena occurring in our ever-changing atmosphere. We humans do cause some of these variations due to pollutants. Many thanks to Gary for sharing these photos with us!

Others took some photos of a few Sunset Revelers that night and one is also included. Come join The Sunset Revelers at The Bluff at the end of the day. It is a gift to see the sunset with or without the green flash.

—*Laurel Livesay*



Some of the Sunset Revelers: Bob Moore (in cap) and his wife Beth and friend from Ohio on the left. On the right: Patti and Art Staudenbaur and author, Laurel Livesay.



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with an emphasis in Special Education. She met her husband, Steve, who is from Lansing, Michigan, at Michigan State and was married shortly after graduation. She taught in Michigan for three years before Steve was transferred, to their great delight, to southern California as they had wanted to travel and hoped to re-locate. Steve, in his early days here before Barbara followed him, had scouted out a few places to live, one of which was our area. When Barbara came they met a local agent who advised them to find a place in Niguel Shores as it was a great place to live. They rented here at first and eventually bought a home on Dositia. Their two daughters grew up here and, as mentioned, attended Malcom School. The younger one, Courtney, is attending the University of Washington studying history and is about to embark on a semester of study in Paris, France. Natalie, her older sister, is out of college and working in college admissions. She eventually intends to pursue a graduate degree in her field of medical anthropology. Steve continues his work in sales for the W. L. Gore Company that makes, among many other things, Gore-Tex fabric.

Once ensconced in California, Barbara found that teaching credentials required here are different from what she had. She was able, however, to teach at first in Huntington Beach and later, in Anaheim, while eventually attending Chapman College to complete her required fifth year. This was necessary to work in the Capistrano Unified School District and allowed her to take a job at Malcom Elementary School where she has progressed from third to fourth to fifth grade during the 18 years she has taught there. In fact, she was there the first year it opened. Barbara was selected as an Outstanding Educator in Orange County and later as Teacher of the Year in 2000. Having worked with the three different grades, she marvels at the change in students that one year can make. She loves the fifth grade students, says they are fun, make her laugh, and are like “little people.” She usually has 33 or 34 in her classroom and praises the students for their enthusiasm, good behavior and respect for their teachers. The parents are supportive and the school has an excellent reputation for its academics and programs.

At Malcom, computers play an integral role in learning. Last year, Barbara introduced Edmodo to her class

which is a district sponsored safe social networking site to encourage on-line peer collaboration. In addition, students learn how to design and present power point presentations, acquire strong word processing skills that are needed for all final writing copies and the much loved student created poetry book. Even though Malcom has a computer lab, at times students have to finish computer assignments at home.

Barbara says that, in her long experience in the classroom, every teacher has hard years which are sometimes not easy to explain since the students and their group relations vary from year to year—some classes are great and some a bit less so... But, in the end, the good ones always outweigh the hard ones.

Her advice for students in preparation for “back to school” is to be reading—reading something that is easy to understand and that is entertaining, since reading is the foundation of all academia. Malcom offers a program that goes year around to encourage students to read books at their level (determined by a test) and then to complete the computerized test on the books they read. The school is open one day a week during the summer to allow students to take this test. The program does require that they read only books at their reading level. She also provides suggested reading lists for summer reading.

Many of us are far away from having children in school so it is enlightening to listen to someone who not only dealt with her own children, but with rooms full of them over the years. Barbara reported that one of the experiences where she learned the most about life and coping was a period of teaching in Anaheim in a special education class of children with severe disabilities and others that were emotionally disturbed. She says that involvement made her a much better teacher. We can certainly all admire her and her fellow teachers who maintain their patience and enthusiasm year after year, each fall with a room full of boisterous children needing to learn what they need to get them to where we are.

p.s. This teacher’s other favorite days are *Flower Day* at Malcom and *the last day of school!*

—Mary Crowl

She usually has 33 or 34 in her classroom and praises the students for their enthusiasm, good behavior and respect for their teachers.

September

The kids are now heading back to school,

Now we don't have the crowds at the community pool.

The beaches that were recently filled with all the beach goers,

Are once again peaceful and pristine for all the homeowners.

Warm waters from Mexico bring more fish to our sea,

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Santa Ana winds blow strong from the east,

Like the breath of a wild and savage beast.

Summer love that once blossomed and shined so bright,

Now fading away into the dark September night.

—Mike Colapinto

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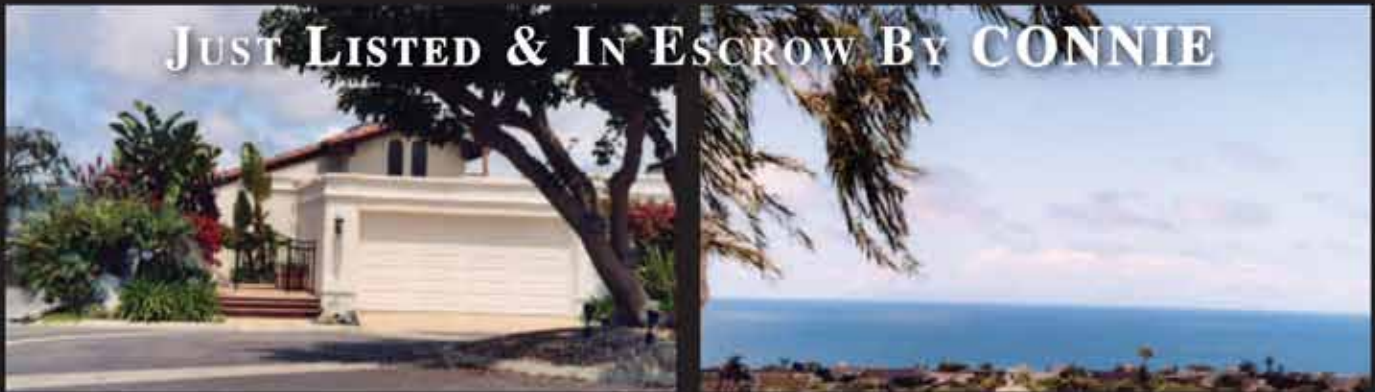
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