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Issue 547

FROM THE HELM

There's a lot happening in our community during July! Our big event of the year will soon be here. I'm referring to the July 4th activities beginning with the Men's Club Pancake Breakfast and ending with the Beach Bluff activities. The full day of events offers fun, food and festivities for all ages. Thanks to all the volunteers who work so hard to make this celebration a success every year.

As reported earlier, we are conducting a 90-day trial period for Pickleball. The Board approved some additional changes at the June 12 meeting to allow Pickleball players greater evening and weekend access. Look for details in the Pickleball article on page 13 in this newsletter and on the Niguel Shores website www.niguelshores.org.

The quarterly NSCA Resident Roundtable will be held on July 10 at the beginning of the General Session. One topic under discussion will be the Board's evaluation of the Pickleball 90-day trial period and where we go from here. Residents have shown a lot of interest during the trial period. We're hoping to find a Tennis/Pickleball combination for the four courts that will work best for our community. We encourage interested residents to attend the Roundtable and provide input into the Board's decision.

Save The Date of July 20!

That's when we will be celebrating Niguel Shores' 50th Anniversary! Thanks to Staff members Karen Decker and Blayke Miller and our fantastic Recreation Committee for all their effort in planning this special event. See page 11 and the insert in this newsletter for more details.

The annual budget process begins in July going over the Reserves. During the following months the Finance Committee reviews budget requests from the various NSCA committees and puts a budget proposal together for the Board to review and adopt in November. Thanks, in advance, to the Finance Committee, Staff and the various committees for the many hours they spend to accomplish this important process.

Several Board members and Staff recently attended a legal workshop held by Fiore Racobs and Powers, the Association's legal counsel. The workshop covered a variety of topics related to Board member and Manager duties and responsibilities. It's important for the Board and Staff to keep abreast of new legal developments that affect HOAs.

In closing, I'd like to extend a great big THANKS to our outstanding Staff and our hundreds of capable and willing volunteers who work with such dedication to make Niguel Shores a great place to live.

With our busy lives, it can be hard to find time to volunteer. However, if you've been thinking of serving our community and would like some direction on how you might be able to help, please contact the office and talk to Marla. You'll be glad you did.

Wishing all a Happy and a Safe July 4th Holiday!

—Dick Kichline





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GENERAL MANAGER'S REPORT

It is that special time of year again and, as always, the 4TH OF JULY AT NIGUEL SHORES is an amazing celebration thanks to the combined efforts of the Recreation Committee, the Men's Club and the Women's Club. On behalf of everyone in Niquel Shores, a huge THANK YOU goes out to those outstanding volunteers for their time, energy and efforts dedicated to making our community a wonderful place to live! Without each and every one of you, the 4th of July Celebration would not be the huge success it is every year!

Beach Bluff Parking—4th of July:

s a reminder, only vehicles with resident barcodes or resident passes will be permitted to park in the beach lot on July 4th. You are welcome to leave your vehicle parked in the lot overnight on the 4th if, during the course of the celebration, you determine that it would be safer to walk home. Please be aware that the beach lot will be locked between the hours of 10:00 p.m. to 6:00 a.m. Vehicles left in the beach lot after 10:00 p.m. can be retrieved once the lot opens the next morning. No citations will be issued and your car will not be towed.

Confusion on Parking Citations:

Owner's Process—Citations, notices, hearings, fines! The Association is not out to get you, we promise. When it comes to violations of any kind, but in particular parking violations, there seems to be more rumor than fact floating around out there. The Association follows a very strict and consistent process for parking enforcement. First off, parking violations are enforced per property and not per vehicle. The first citation issued to a resident is just a warning. The second citation issued to a resident triggers a Notice of Violation letter that explains further citations issued to any vehicle registered to that property will result in a hearing and possible fine. If a resident continues to receive citations, then, as the notice warns, the resident will be scheduled for a hearing. Out of this unpleasant experience the Board offers a bright spot. If this is the first hearing for parking violations, the Board will

suspend the fine under the condition that no further citations are received for the next 12 months.

Guest Process—Guest citations are addressed a little differently. A Notice of Violation is triggered after the first citation a guest or service provider receives. The notice explains that further guest citations will result in a hearing and possible fine. If there are continued guest citations, then the Board offers the same reprieve for the fine as with resident citations. For the first hearing the fine will be suspended under the condition that no further guest or service provider citations are received that year.

Call Us—The rules and enforcement thereof were not intended to create an "Us versus Them" atmosphere. If you are experiencing a parking issue, the NSCA staff is here to help you find a solution. Just give us a call!

Pickleball Update:

At the June 12 Board meeting it was approved to extend the dates and times for Pickleball again. Drop-In Play will be Wednesday nights from 4:00 p.m. to closing and Monday, Wednesday, Friday and Saturday mornings from 9:00 a.m. to 12:00 Noon. Organized play will be at a time when anyone wants to organize a game and use the courts.



RULES TO REMEMBER THIS SUMMER:

Pool Rules:

- Bathing suits required
- No food inside pool fence
- No animals inside pool fence
- Guests must be attended by a resident at all times
- FOB required for entry (no jumping the fence or using another object to open)

Beach Bluff Rules:

- No charcoal or tabletop BBQ's
- No skateboarding/scooters
- Guests must be attended by a resident at all times
- Guest parking in top tier only
- Do not leave unattended items on tables, as they will be removed



BOARD ACTION SUMMARY

JUNE 12, 2019 BOARD MEETING: (General Session)

ACCEPTED AND FILED:

- —Unaudited April 2019 Financial Reports
 - —General Session Committee Minutes

APPROVED:

- —General Session Meeting Minutes for May 8, 2019
 - —General Session Organizational Meeting Minutes for May 21, 2019
 - —June 2019 Expense and Transfer (Actual)
 - —Appointment of Wendy Cubbon and Michael Link to the Architectural Committee
- -Appointment of Suzanne Enis to the Recreation Committee
 - —Memorial Service at the Beach Bluff
 - —Pre-Lien Filing: APN 672-051-53; APN 672-041-08; APN 672-012-03 and APN 672-161-55
 - —Smith Architects Contract Renewal
 - —Mariner Gatehouse Dwellinglive Computer Replacement and Phone Auto Dialer
 - -2019 Street Paving Management of Project
 - —Tennis Court Resurface Project
 - —Proposal No. 70795 Harvest Landscape Remove Dead Tree Along Niguel Road

REVIEWED/DISCUSSED

- —Check Register, General Ledger and Delinquency Report
 - —Potential to Install Solar Panels Finance Committee Recommendation
 - -Manager's Report
 - -Board Updates

JUNE 12, 2019 BOARD MEETING: (Executive Session) ACCEPTED AND FILED:

—Executive Session Committee Minutes

APPROVED:

- —Executive Session Meeting Minutes from May 8, 2019
 - —Legal Counsel to File Judicial Foreclosure
 - of Lien: APN 672-131-18
 - —Part-Time Temporary Clerical Position

HEARINGS/MEETINGS:

- —Two (2) hearings held for Violation of Rules Beach Parking, Prohibited Parking (Parked Opposing Traffic)
 - —Three (3) hearings held for Violation of Rules - Overnight Parking
- —One (1) hearing held for Violation of Rules Prohibited Parking (Parked Opposing Traffic), Visible Pass/Decal Required (Construction Pass not Valid after 5 pm)
- —One (1) hearing held for Violation of Rules Visible Pass/Decal Required (No Pass Displayed), Prohibited Parking (Obstructing Sidewalk, Parked Opposing Traffic)
 - —Two (2) hearings held for Violation of Rules - Pet Owners Responsibility
- —One (1) hearing held for Violation of Rules Overnight Parking, Prohibited Parking (Obstruction of Fire Hydrant)
 - —One (1) hearing held for Violation of
 - CC&Rs Article IX, Section 2 Nuisance
- —One (1) hearing held for Violation of CC&Rs Article IX, Section 2 and Rules – Verbal and Physical Abuse

REVIEWED/DISCUSSED:

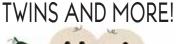
- -Legal Update
- —Legal Analysis
- —Delinquency Report
- -Personnel Matters

NOTE: The NSCA Board of Directors meets the 2nd Wednesday 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 and Executive Session agendas for the next Board Meeting will also be posted on the Friday prior to the next meeting.

REMINDERS: THE NEXT BOARD OF DIRECTORS MEETING WILL BE HELD IN THE CLUBHOUSE ON WEDNESDAY, JULY 10, 2019, BEGINNING WITH A RESIDENT ROUND TABLE AT 6:00 P.M.



NSCA is not responsible for any work done nor are we recommending any of the advertised companies





Are you a Twin or Multiple? Parent or Grandparent of Twins or Multiples?

If you would like to share a brief story or memory please send 50-100 words by July 15 to seashorenews@hotmail.com. Photos welcome!

TRAFFIC AND SAFETY

A Busy Time: Graduations followed by our 4th of July Celebration signify the start of summer and our busiest time of the year as far as visitors and traffic issues are concerned. To ensure that your guests are not delayed at entry and miss any of the festivities, update your guest lists or submit a party list to the office beforehand.

Bluff Parking: Note: As usual, guests will not be allowed to park their vehicles in the Bluff parking lot on July 4th. In addition, this year guests will be also be prohibited from using the Bluff parking lot on July 20 as our community celebrates Niguel Shores' 50th Anniversary.

Watch Out: Virtually every intersection in the community has either a "marked" or "unmarked" crosswalk. Either way, at these locations, pedestrians utilizing caution have the right of way over approaching vehicles. Recently we have experienced a sharp increase in complaints about near misses where drivers were careless and almost collided with someone walking across the street.

Stop Signs: Failing to stop at a stop sign could prove to be a costly moving violation, but also it is a sure sign the driver is developing sloppy driving habits. We live in a small community and perhaps we are too familiar, and feel too safe, with our surroundings. Consequently, we may drop our guard and coast through stop signs. We may not be intending to jeopardize our safety or that of others, but an accident could happen if we are not careful drivers.

Pick it Up: How often does this need to be said? It is a health issue as well as just a plain matter of courtesy to pick up the poop our dogs deposit when we walk them through the community. It also happens to be a community rule with pretty serious consequences. On the first offense, the person with the dog is summoned before the Board of Directors. Here, the violator might be fined or let off with a warning. On the second offense, the violator is again be summoned to appear before the Board and may be fined \$250. If there is a third instance, the offending party could be fined up to \$500. By then, the violators should have developed a keen sense that compliance with the rule is a pretty good idea, both for health and financial reasons.

Caution, No Trespassing! At the intersection of Niguel Shores Road and Cabrillo Isle there are a couple of vacant lots that are privately owned. Recently, people have used these properties to dump trash, to eat, drink and smoke while watching the view, or as a toilet for their dogs. The owner of this property has now placed necessary signs warning everyone "Trespassing is prohibited on these grounds." Should these warnings be ignored, an arrest may now be made.

Protect Your Pets: One last thing, the 4th of July is a difficult time for dogs and other pets with sensitive ears. If you can be there with them when the fireworks start, it may calm them down. Find them a quiet place if you can. Also speak with your veterinarian about ways to calm or sedate them if needed.

—God Bless . . . Tim Murphy

RECREATION COMMITTEE

Summer is here! It might have rained for our Memorial Day BBQ, but it was sunny and warm for our In N Out **Burger Night.** Take a look at the fun photos on page 10.

Mark your calendar for these July festivities:

July 4th Celebration - All Day. Come and enjoy the activities on Independence Day. Be sure to sign up in the NSCA office by July 3 to participate in the decorating contest for Golf Carts, Bikes, Trikes and Wagons. The decorating will be judged during the parade.

NSCA 50th Anniversary Celebration - Saturday, July 20, 5:00 to 9:00 p.m. Celebrate the 50th anniversary of Niguel Shores down at the Beach Bluff and enjoy rockin' sounds from The Roaries. Bring your own refreshments and food to barbeque on the grill. (See page 11 and the insert in this issue.)

Upcoming Events:

Band by the Sea – Saturday, August 24, 6:00 to 9:00 p.m. Enjoy great music and dance the night away with neighbors, family and friends. Ticket sales start July 22nd at a cost of \$10 each.

Labor Day BBQ – Sunday, September 1, 5:00 to 8:00 p.m. Mark your calendars for our famous barbeque celebration. This is a free event in which we provide the hot coals and you bring whatever you would like to BBQ!

—Maria Elena Banks



WOMEN'S CLUB



How does a fancy plate full of fruit kabobs and tea sandwiches of chicken salad, egg salad, shrimp salad, cucumber, salmon, and crab salad sound to vou? How about a dessert selection of traditional scones and lemon curd, chocolate-coconut squares, lemon bars, and rugalach? These were some of the delicacies created by the Women's Club Board for members to enjoy at their Annual June Tea.

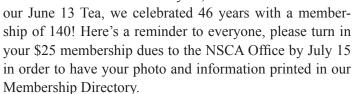
All were served upon a grand table glistening with silver tea services donated by Gay Turner and Suzanne Enis. Previous

Board Presidents Hope Luedeke and Lydia Reese graciously poured Earl Grey Tea into members' own treasured tea cups. The beautifully decorated guest tables were created by Suzanne Enis who delighted us with a Victorian theme using silver teapots filled with pink and white floral centerpieces. We thank **Lisa Buchner** and her committee for preparing this festive finale to our Women's Club year!

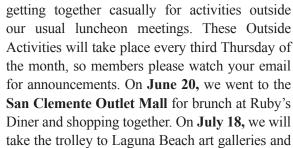
Our Board Members and Committee Chairs shared descriptions of their responsibilities with the assembled club members, and we commended each one for volunteering their time and effort throughout the year. All members were encouraged to become involved in club activities and sign up for the various committees. Parliamentarian Lydia Reese then presented and installed the 2019-2020 NSWC Officers, who are as follows: President, Terry Link; Vice-President, Jennifer Hochstadter; Secretary, Catherine Bitran; Treasurer, Cathy Tyson.

To conclude a wonderful year of Women's Club activities, Terry and Lydia presented a slide show highlighting all our monthly luncheons; our guest speakers; the holiday parties; the Fashion Show; our 2018 June Tea and 4th of July Hotdog Lunch: behind the scenes committee work; our Outside Activities; our departed Heavenly ladies; and Niguel Shores favorite places. The end-of-year slide show has become a favorite final gift from the Board to our lovely ladies!

The Women's Club began in 1973 with six women. This year, at



During this summer and through the fall, we will be



lunch. On August 15, we will have a Happy Hour at the Bluff. These activities will be noted in the Seashore News and detailed email invitations will be sent to all club members.

Please join us on the 4th of July when the Women's Club serves a Gourmet Hotdog Lunch on the Clubhouse Patio from 11:30 a.m. to 2:00 p.m. Your plate will include a gourmet hotdog with all of the fixings you desire, potato chips, cookie, and a drink for \$5. Get there early before we run out!

For information on membership in the Women's Club, please contact Membership Chairs Jennifer Paige at jopaige@aol.com and/or Judi Palladino at twopalls@ yahoo.com. For Outside Activities, please contact Terry **Link** at *tjlink630@gmail.com*.

—Terry Link







EVENT: Trolley to Laguna Beach Art Galleries and Lunch at Tivoli Too

DATE: July 18, 2019

TIME: 10:30 a.m. to 1:30 p.m.

SPECIAL INSTRUCTIONS: Please meet at the Ritz Carlton Trolley Stop at 10:30 a.m. The trolley is free but there will be a \$7 entrance fee to Art-A-Fair, and luncheon salads at Tivoli Too cost about \$17. We will return to the same trolley stop in the afternoon.

RSVP: By July 16, please email Terry Link at tjlink630@qmail.com to let her know you will be joining the trolley group. Thank you!

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MEN'S CLUB

From *Endurance* to *Eagle*, last month the Men's Club heard about lessons of leadership from two excellent speakers.

Endurance—Brilliant. Enlightening. On June 4, Lance Miller used his world champion Toast Master storytelling skills to convey the inspirational story of Ernest Shackleton challenging Antarctica in his ship the Endurance. All survived. Leadership worked. Shackleton's success in leading and completing a mission that seemed to be failing makes an interesting story. How did he inspire his people to work together? Especially when it seems that the Good Lord, unfortunately, does not give us youth and wisdom at the same time. Who among us would sign on for a voyage with the following description, except those with the most eager, young, independent, daring spirits and little regard for consequences?

"MEN WANTED for hazardous journey, small wages, bitter cold, long months of complete darkness, constant danger, safe return doubtful, honor and recognition in case of success."

Frequently, as we look back, our best experiences in life were the worst at the time, but they strengthened us in facing them. How do we handle adversity? How do we handle failure? Lance Miller told of Ernest Shackleton's challenges and how he handled them. In his first attempt for the South Pole in 1907, Shackleton failed when he was less than 100 miles

from his goal of reaching the Pole, but he brought his team home alive! Others then made it to the Pole. Shackleton, in 1914, returned to cross the Antarctic continent on land/ice. His ship *Endurance*, was designed and built for the adventure with a rounded hull enabling it to pop up out of ice jams.

Irrespective of rank and status, the crew shared quarters, victuals, and equipment. Officers and crew worked together, along with 69 sled dogs, as a uniform team. After arriving in the frozen waters of the Antarctic, Shackleton soon realized they would have to encamp in or on the ice through an entire winter to begin the cross-continent trek. Shackleton had a plan—to one day be the man his dog thought he was. Build morale. Play football. Conduct sing-alongs. Keep the team active. Keep bad experiences from overcoming the psyche. In a bleak environment, people with high morale solve problems.



Shackleton's ship Endurance.



Lance Miller on Shackleton



The USCG Barque Eagle

Shackleton's ship wrecks, breaks up, and sinks. The crew dives to the cabin to recover photographic plates. The goal: survival. The strategy: The weak and strong must survive together on a thin line separating success from failure. Where reality is impossible, the solution must defy reality.

After 497 days in the Antarctic ice and through all the perils of the sea, the entire crew returned home. Lance tells the story as though he was there, as if we are there.

We have a street here in Niguel Shores named for Ernest Shackleton, as Lance Miller points out in this photo.

On June 18, Bill Cunningham joined us to address helping veterans. Cunningham described himself as a veteran, starting his adult life as one of the men who "go down to the sea in ships, that do business in great waters . . ." (Psalm 107:23). He began his service on the USCG Barque *Eagle*. Riding the undulating arc and flow at the top of a 150-foot mast trains Seamen in the fundamentals necessary for the Coast Guard's principal mission—search and rescue.

Cunningham carries his Coast Guard training forward today by helping veterans with their business adventures and, more significantly, helping us understand and deal with Post Traumatic Stress Disorder (PTSD).

Veterans experiencing PTSD feel a sense of loss coupled with separation from their natural support group. PTSD presents a real hazard if vets say "NO" in

answer to the question, "Are you OK?" Cunningham advised to watch for trigger incidents in people that break the causative initial incident out of its contained box. In the absence of a helpful infrastructure the PTSD victim hides in escape and addiction. That's when the veteran must be carefully guided away from his box.

Cunningham praised the work ethic of veterans who are given a chance to prove themselves. "Give a veteran a job and it will be done fifteen minutes early, with passion and intensity." He said we need to guide the veteran with a helping hand, not with a handout. His message was well-received by the members gathered that day.

Remember, everyone in the Shores is invited to the Men's Club Pancake Breakfast on the 4th of July. The best \$5 breakfast in town!

—Robert Saint-Aubin

ACTIVITIES

GARDEN CLUB

As the great singer Frank Sinatra once crooned, "It Was A Very Good Year"—for the Garden Club. We had many interesting

speakers and garden tours to reflect on during the summer.

We ended our club year with a potluck luncheon party at the beautiful Beach Bluff with members providing great salads, appetizers and a yummy table of deserts. Bob Borland



Garden Club members gathered in June for a BBQ and Potluck Picnic to end their club season.

and Al Glatt grilled both beef and veggie burgers that were delicious! Thanks, Bob and Al. Wine and soft drinks were plentiful accompaniments to the abundant food and fine afternoon.

I want to thank my BBQ team for their help in putting on another successful event: Ann Strauss, Melanie Wilcox, Lynn Schwartz, Marti Povire, Marilou Heckman, Carol Kuhn and Robbie Wollin.

We are taking a break during July and August, but we start up again in September when our officers will showcase events for the new season. Have a great summer.

—Karl Kuhn

P.S. I suggest all Niguel Shores read the following from a recent insert in the Orange County Register: "Pick up your gardening tools—the hobby might boost your health, according to a study in the British Journal of Sports Medicine. After following more than 88,000 Americans, age 40 to 85, over 11 years, researchers found that those who participated in lowto-medium physical activities (like gardening, etc.) for just 10 to 59 minutes per week lived longer."

Men's Club Scholarship Fundraiser

Win 4 tickets to Music Under the Stars at the San Juan Capistrano Mission.

100% of raffle proceeds go toward support of the scholarships donated annually by the Men's Club to local students.

Drawing for the tickets is July 4.

Contact Jon Cobain at Jonecobain@aol.com or (949) 292-5983.

DANA POINT LIBRARY

Dana Point Library activities for July, 2019 are listed here by date. Programs are free of charge and open to the public. Registration may be required.* Contact the Service Desk at (949) 496-5517 or see www.ocpl.org/libloc/dana/calendar for more information.

DATE	TIME	ACTIVITY
1	11:00 a.m.	Cupcake Wars Junior – ages 8-12
	4:00 p.m.	Marvel Movie and Snack – ages 13+
2	9:00 a.m.	Basic Computer Skills* - adults
	11:00 a.m.	Family Storytime Give a Mouse a Cookie
	2:00 p.m.	Steamport Light and Moon – grades 1-6
	3:30 p.m.	Help from Tech Tutors – all ages
	5:00 p.m.	Write On! Writers' Group – adults
3	11:00 a.m.	Annie Banannie's Magic, Music, Comedy – all ages
	2:00 p.m.	Matinee Movie and Snack First Man – PG13
	3:00 p.m.	Read to a Dog – beginning readers
5	10:00 a.m.	Coloring Club – adults
6	10:00 a.m.	Mini Golf – all ages/under 12 with adult
8	4:00 p.m.	Marvel Movie and Snack – ages 13+
9	9:00 a.m.	Basic Computer Skills* – adults
	11:00 a.m.	Storytime with NCL Laguna Storytellers – all ages
	2:00 p.m.	Steamport Jellyfish and Ocean Waste - grades 1-6
	3:30 p.m.	Help from Tech Tutors – all ages
10	11:00 a.m.	One World Rhythm <i>Percussion</i> – all ages
	3:00 p.m.	Lego Design, Build, Create – all ages
11	10:30 a.m.	Gentle Reads The Clockmaker's Daughter – adults
	3:00 p.m.	Spy Academy – ages 6-12
12	10:00 a.m.	Coloring Club – adults
13	11:00 a.m.	Learn to Code a Video Game* - ages 10-14
15	4:00 p.m.	Marvel Movie and Snack – ages 13+
16	9:00 a.m.	Basic Computer Skills* – adults
	11:00 a.m.	Stuffed Animal Storytime – all ages with stuffed animal
	3:30 p.m.	Help from Tech Tutors – all ages
	5:00 p.m.	Write On! Writers' Group – adults
17	11:00 a.m.	Bubble Party Magic, Art, Science of Bubbles – all ages
	2:00 p.m.	Matinee Movie and Snack Mr. Holmes PG – all ages
18	11:00 a.m.	Family Movie and Snack – all ages
	1:00 p.m.	Crafters Sew, Knit, Crochet, Quilt, Needlepoint – adults
	4:00 p.m.	Green Screen Effects Create a Movie – ages 10+
19	10:00 a.m.	Coloring Club – adults
20	11:00 a.m.	Grow an Herb Garden* – teens and adults
21	2:00 p.m.	Travel Club with author Anita Hughes, Rome in Love
		- adults
22	10:30 a.m.	Seaside Books Before We Were Yours – adults
	4:00 p.m.	Marvel Movie and Snack – ages 13+
23	11:00 a.m.	Storytime with NCL Laguna Storytellers – all ages
	3:30 p.m.	Help from Tech Tutors – all ages
	4:00 p.m.	Win It Minute Speed and Skill – ages 8-12
24	11:00 a.m.	John Abrams Animal Magic and Live Pets – all ages
	1:30 p.m.	Classic Movie Discussion Mysterious Island 1961 – adults
25	11:00 a.m.	Family Movie and Snack – all ages
26	10:00 a.m.	Coloring Club – adults
27	11:00 a.m.	Hogwarts Escape Room – ages 8-11
	3:00 p.m.	Hogwarts Escape Room – ages 12-18
28	2:00 p.m.	Foreign Film from France <i>The Sower</i> – adults
29	4:00 p.m.	Marvel Movie and Snack – ages 13+
30	3:30 p.m.	Help from Tech Tutors – all ages
	5:00 p.m.	Write On! Writers' Group - adults
		—Dana Point Library Staff

PAGE TURNERS

Both the Monday and Thursday afternoon groups of Page Turners gathered in the Clubhouse on June 20 for their bi-annual joint meeting. This is always a fun meeting with socializing, book discussion and a "blind book exchange." Most importantly, the next season's reading list was disclosed. This list was created from results of the members voting for their favorite books from the dozens suggested earlier in the year. The following titles were selected for reading and discussion by both groups starting in September. (Page Turners does not meet July and August.)

Where the Crawdads Sing, Delia Owens..... September A Ladder to the Sky, John Boyne. October Bear Town, Frederick Backman November Joint Meeting (no book) December A Prayer for Owen Meany, John Irving. January The Island of Sea Women, Lisa See. February The Library Book, Susan Orlean.....April The Lighthouse Keeper's Daughter, Hazel Gaynor..... May Still Life with Bread Crumbs, Anna Quindlen..... June

Both the Monday and Thursday groups are full at present, but if you would like to be placed on a waiting list (or if you would be interested in starting a third group) please contact Steve and Ann Morris for the Thursday group at samwrsi@ cox.net and for the Monday group, Frances at fozimec@cox.net.

—Frances Ozimec

REALLY SERIOUS BOOK CLUB

The Really Serious Book Club met at the home of Bill and Susan Imbriale to discuss The Origin Story: A Big History of Everything by David Christian, one of the originators of the "Big History" notion. This book addresses the origins of the universe, of humankind, of civilizations, of science and culture

and, toward the end, what many of the developments in technology and culture bode for future parts of mankind's civilization.

Our group engaged in speculation about, and dissection of the past. We split apart some elements of Christian's thesis and recombined them into recognizable components, whales and dogs included.

Our next book will be Sea of Glory by Nathaniel Philbrick, a story of an epic voyage of discovery for science and land mapping made about 1830 by a flotilla sent off by the young United States of America. If you would like to join us, call Norton Schwartz at (949) 481-2459.

—Norton Schwartz

BRIDGE

Niguel Shores Bridge Club meets each Wednesday at 11:00 a.m in the Clubhouse. We have been playing four tables each week, and several new players have recently joined the group. If you're interested in joining, we only ask that you have a basic proficiency in the game. Please call **Betty** or **Bob French** at (949) 312-2556 for more information. Our Recent Winners:

4/17 1) Helen Campbell, 2) Mark Sobdik, 3) Ceacy Johns

4/24 1) Sandy Youdbulis, 2) Joannie Donohue, 3) Frieda Baskin

1) Karen Oerele, 2) Betty French 5/1

5/8 1) Mark Sobdik, 2) Helen Campbell, 3) Frank Lapple

5/15 1) Bob French, 2) Joannie Donohue, 3) Sandy Youdbulis

5/22 1) Jane Olson, 2) Lorraine Aronson, 3) Hansa Sehgal

5/29 1) Jane Olson, 2) Frieda Baskin, 3) Mark Sobdik

1) Mark Sobdik, 2) Frank Lapple, 3) George Hartmann

-Bob French

SPORTS

WOMEN'S GOLF

A small group gathered last month on what turned out to be a very warm day—a nice change from the June gloom we had been experiencing. We had five golfers: Irene McDonald, Catriona Sigby, Julie Patton, Val Menconi and Brenda Gino. We were happy Brenda Gino joined the golf team again, and also a prospective new golfing member, Val Menconi. Thanks to Marlene Lynch, Lee Sweeney and Chris Beaver for attending the luncheon. Recording Secretary Brenda Tuckley took the minutes.

Julie won Low Gross, Low Putts, Closest to the Pin on #6, and Longest Drive on #9! Congratulations, Julie, on a great golf day! Val won Closest to the Pin on #8!

We wished a Happy Birthday to members celebrating their special day in June - on the 15th Ruthie Stahl, the 22nd Marlene Lynch, the 25th Joanie Beyer, the 27th Julie Patton, and the 30th India Rouse.



Irene McDonald made an important announcement about summer play: Due to several members being on vacation and the fact our group is now quite small, it was decided to cancel golf AND the luncheon for the month of July. We will resume on August 12. All golf levels are welcome and encouraged to join us! Please call Irene McDonald to sign up at (949) 481-3035.

> —Brenda Tuckley and Brenda Gino SPORTS cont. on page 13

Some Great Dogs!



Meet Kya! From checking the surf at the bluff to sniffing out rabbits around the neighborhood, Kya loves living in Nigel Shores!



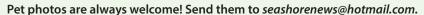
Smokie Mann Hi. I'm Smokie Mann. I live on Amundsen Bay. Come by and say "Hello." Woof!

Niguel Shores resident Angie Narel writes:

I have the privilege of raising a Guide Dog for the Blind right now with my family, and this beautiful yellow lab, Mykonos, is working real hard to help a blind person some day and become a best friend forever.

Potential Guide Dogs go through a hard training program from the time they are born, and many volunteers and fundraisers are needed to help make the dog a success. There is only approximately a 40% success rate, but many of the "Career Change" dogs actually go on to other wonderful service organizations. As you can imagine, the Guide Dogs for the Blind really must have their "A" game on to pass. The good news for those not passing is that many great organizations such as Veterans, Search and Rescue, Police, Cancer, Diabetes, and Autism are lined up waiting for our Career Change dogs if that should be the situation. However, we do everything possible to ensure that our dogs pass.

Mykonos is seven months old now and we've had him since he was ten-and-a-half weeks. He is very, very intelligent and his keen intuitive awareness of his surroundings as well as his enhanced senses of smell and hearing are really amazing!





Mykonos

In N Quil Burger Night June 8

























NIGUEL SHORES



CELEBRATION

Come to the Beach Bluff on Saturday, July 20 to celebrate our community's 50th Anniversary!

(See Flyer inserted in this issue for details.)



A Little History as We Celebrate 50 Years

Niguel Shores is **fourteen tracts** of land in **nine areas** totaling **960 homesites.** In 1969, a Master Document known as the Declaration of Establishment of Protective Conditions, Covenants, and Restrictions (CC&Rs) was introduced with the first developed area, Broadmoor Homes. In addition, there were supplementary CC&R documents prepared for each newly developed tract, and additional Association CC&Rs for Sea Terrace I and Sea Terrace II which are subject to their individual area CC&Rs and the Master CC&Rs.

There are **67** Broadmoor Homes, founded December 1, 1969; **56** Custom Home lots, founded January 11, 1970; **23** Breakers Isle lots, founded June 11, 1970; **144** Shores Garden Homes, founded January 26, 1971 through July 20, 1972; **105** Berkus Homes, founded January 5, 1072; **239** Sea Terrace I Townehomes, founded January 5, 1972 through November 1, 1972; **174** Atlantic Garden Homes, founded May 2, 1972 and November 20, 1972; **77** Sea Terrace Townehomes II, founded August 5, 1974; **75** Villas. The total is **960** lots in the Niguel Shores Community.

—Information from the Niguel Shores Website www.niguelshores.org

MEET YOUR NEIGHBORS

The Sonntag and Resh Families

Tiguel Shores demographics have evolved over the years becoming more age diverse and multigenerational, a trend noticeable in communities nationwide. Two families epitomize that concept right here in the Shores our residents the Sonntag and Resh families.

Lynne and Dr. Volker Sonntag of Niguel Shores Drive spend as much time as possible here in Dana Point when not at their other home in Phoenix or traveling. They enjoy the friendly people, and can often be found socializing at the Bluff or participating in Dippy Dolphins, Page Turners, Women's Club, out for a walk, playing tennis, swimming in the pool, and of course, at our fabulous events and celebrations. Most of all, they LOVE being near their daughter and son-in-law, Alissa and Tyler Resh, and their grandchildren, Tucker and Annalise.

Lynne was born and raised in Phoenix and attended the University of Arizona where she met Volker, who had immigrated to the Phoenix area with his family in 1957 from Germany. Lynne was a nursing student at U of A in Tucson, and Volker was in medical school there. Lynne became a Pediatric Nurse Practitioner while Volker continued his post-graduate

training with an internship at the Arizona Medical Center. They married and moved to Boston where Volker continued his training with a neurosurgical residency and chief residency at Tufts New England Medical Center Hospital. They lived in Youngstown, Ohio for a short stint while Volker continued his training. Their daughter, Alissa, was born there shortly before they moved back to Phoenix. Their family continued to grow. Sons Chris (36) and Stephen (28) now live in

San Diego and Phoenix respectively, and Alissa and her family are right here in the Shores. (More about that to follow!)

Tucker

In his book, Backbone: The Life and Game-Changing Career of a Spinal Neurosurgeon, Dr. Sonntag says he "explores a life journey that has carried me from my beginnings in a postwar German refugee camp to a long and exciting career in the field of spinal neurosurgery. It is a career that has allowed me the supreme satisfaction of contributing to the development of new techniques and instrumentation for the treatment of spinal disorders. I firmly believe that what supported me through the adversity of my early years and the challenges of my profession, and has allowed me to share so abundantly in the great American Dream, has been my philosophy of the 4 H's-hope, honesty, hard work and humility. I hope my book inspires all who have wondered, as I have, how they got here from there."

Volker and Lynne with grandchildren Annalise and



Now retired from surgical practice,

Volker is on staff as Emeritus Professor of Neurosurgery at the Barrow Neurological Institute in Phoenix and also serves as a mentor. Lynne volunteers in Phoenix with the ARCS Foundation which provides scholarships to outstanding doctoral candidates completing degrees in science, engineering, and medical research. She currently serves as Vice President, and formerly was on the National Board.

Lynne and Volkerhave traveled to all seven conti-

nents for both professional and leisure purposes. While their children were growing up they visited Africa, Germany, and Ireland. With Volker an avid soccer fan who also coached his sons, they have been to five World Cup Championship games! They continue their travel and, as avid cyclists, they take an annual cycling trip—this September cycling in Sicily.

Although the Sonntags worked and raised their family in the Arizona desert, they have

always held special feelings for the ocean, spending many vacations with their children on the beaches of Southern California—so in 2008 they purchased a home here in Niguel Shores and love being a part of our seaside community.

-Michelle Ralph

In 2015, the Sonntags' daughter Alissa and her husband Ty-Ler Resh moved to Niguel Shores after making many drives back and forth from their previous home in Talega to the beaches on the coast and realizing it was time to move closer to the ocean. Tyler knew Niguel Shores well through friends in the community, and he visited Strands Beach often. After

MEET YOUR NEIGHBORS

listing their Talega property, they found a rental here on Abalone in the Berkus homes and leased it for a year. Fortunately, when a house came up for sale on Leeward, they jumped at the chance to purchase it.

Alissa and Tyler met when he was a senior and she was a

sophomore at UCLA. Tyler grew up in Laguna Niguel, played baseball for Dana Hills High School, and spent lots of time surfing at Strands Beach. He graduated from UCLA with a degree in Economics and has worked in finance and banking ever since. Alissa, with her degree in Communications, worked in marketing and development for several years as well as teaching yoga part time.

Alissa and Tyler have two children, Tucker who is 8 and Annalise who is 5. One of the

things they appreciate about Niguel Shores

is the multi-generational, diversified demographics where they and their children can socialize with people of all ages and backgrounds. Of course, it's a great bonus having Alissa's parents Lynne and Volker here in Niguel Shores, and Tyler's parents Bev and Tom nearby.

The Reshes are an active family. Both Annalise and Tucker love swimming in the pool and ocean. Tucker just passed the swim qualifying test for Junior Lifeguards and will take part in the OC Junior Lifeguard program this summer. Annalise plays soccer and swims regularly. Tyler continues his love for all things ocean-related, and Alissa continues to teach yoga classes, hav-

ing been with the Montage Resort for ten years.

They like taking part in Niguel Shores events—dressing up for the Halloween Parade, having cookies with Santa in the Clubhouse, decorating bikes for 4th of July. They enjoy the pool, the beach, the Bluff and the sense of neighborliness everywhere in the Shores. Above all, Alissa said what they appreciate most are the wonderful people and families they meet throughout the community. Niguel Shores has proved to be a

great choice for the Resh family, and they are very happy to be sharing this experience with their parents and the children's grandparents living so close by.

—Patti Staudenbaur



SPORTS CONT. FROM PAGE 9

PICKLEBALL

Since the trial period for Pickleball began two months ago, there are over sixty-five residents on the email list, Voice of the Pickle! This paddle sport is attracting players of all ages and fitness levels. Pickleball not only has the fun factor, but it has many health benefits that go along with the sport. Read on to find out how it may help to protect your heart, boost your mood, and improve your eye-hand coordination.

Health Benefits Of Pickleball:

Pickleball is a low-impact sport, allowing for fewer injuries to occur than in some higher impact games. It's a weight bearing exercise which increases bone density. (USA Today Network-Wisconsin, October 2016)

Pickleball combats loss of muscle mass and builds strength in arms, legs, back, and abdominals. Playing improves your eye-hand coordination. You may also improve your range of motion, which can help minimize arthritis symptoms. One of the best things about Pickleball is the social connections players make. You're doing something you enjoy, where there's also time for conversation. Pickleball is a great social outlet and connecting with friends will keep you coming back!

Open Play for Picklers and Newcomers:

Best wishes for continuing good health to our Picklers (devoted pickleball players) and newcomers. Times available for Open Play are

Bev Beesley received the "Pickle Award of the Week" for taking her game to a higher level through lessons, practice and playing games.

Monday, Wednesday, Friday, and Saturday from 9:00 a.m. to Noon, and Wednesday from 4:00 p.m. till closing. Come join us!

—JoAnne Webb

SPORTS cont. on page 16

Wellness... Frightful Fruit Juice

With an irresistible lure, the rays of the sun and the breath of a gentle summer breeze beckoned us to the beach. The car was packed with all that we needed. Towels, chairs, umbrellas, cooler of food, and more. The prospect of a day on the sand had the kids, who were slathered in sunscreen, wiggling with excitement about what lay ahead. "Mom don't forget the juice!" she hollered as she came running through the garage door, arms loaded with their favorites for our beach day excursion.

Whether on the beach or on the patio, an occasional tall glass of fruit juice is a wonderful thirst quencher, especially over ice. However, over the decades, juice has become the beverage of choice for many school age children. The packaging makes it extremely convenient for the harried parents as they fly out the door for work and the school drop off. But are those omnipresent juice boxes and pouches actually as healthy as you think they are?

As it turns out, there are a few things to be wary of when giving your child, grandchild, or even yourself, a serving of fruit juice. People today have become aware of the very



high sugar content in the juices that are available. One cup of fruit juice in the average juice box contains a whopping 23 grams of sugar. For some perspective, the American Heart Association's recommendation for children ages 2 to 18 is

less than 25 grams (or 6 teaspoons) daily. Eating a crunchy apple would be a better choice.

But let's not stop at sugar! How about heavy metals found in juice? Consumer Reports (CR) did a study in 2011 that found elevated levels of inorganic arsenic and lead in apple and grape juices. In early 2019, CR tested 45 popular fruit juices for cadmium, lead, mercury, and inorganic arsenic. Elevated levels of those heavy metals were found in half of the juices, including those marketed to children. In the report I read, 80% of parents gave their children 3 years old and younger juice sometimes, with 74% of that group drinking juice once or more a day. Frequent consumption of just 4 ounces a day of juice by children, especially young ones, may increase the risk of damage to their nervous systems and brains. Adults also put themselves at risk for a variety of illnesses, like various cancers, type 2 diabetes, cardiovascular disease and more, if they choose to drink a lot of fruit juice.

Parents can simply offer water or lowfat milk to their kids, and whole fruit to eat. Contacting your pediatrician or physician would also be in order to learn more about this important topic. It might not be the most scintillating summer reading while watching the kids play in the water at the beach, but it could make a big difference in your health and the health of those you love. You can find out more at https://www.consumerreports.org/food-safety/arsenic-and-lead-are-in-your-fruit-juice-what-you-need-to-know/

To Your Health! Sharon Stewart RN, Health Coach, Sharon@SharonStewartRN.com



THIS MONTH IN DANA POINT

July 4 INDEPENDENCE DAY FIREWORKS

Dana Point Harbor 8:30-9:30 p.m.

July 5

INDEPENDENCE DAY AFTERMATH

Park & Beach Cleanup (Bring Gloves) Doheny Beach

July 7-August 31

PAGEANT OF THE MASTERS

LIVING ART—"The Time Machine"

Laguna Beach—8:30 p.m.

Tickets \$15 and up

July 14, 21, 28 CONCERTS IN THE PARK

Sea Terrace Park Sundays — 3:00-6:00 p.m.

July 16

DANA POINT CITY COUNCIL MEETING

Dana Point City Hall 6:00 p.m.

July 18

YAPPY HOUR FOR DOGS

Ritz Carlton Resort 5:00-8:00 p.m.

July 19

CIVIC ASSOCIATION COFFEE CHAT

Dana Point Harbor—Coffee Importers 8:30-10:00 a.m.

AND DON'T FORGET:

Dana Point Trolley is running all summer with connections to Laguna Beach, San Clemente, and San Juan Capistrano—so hop on and go to the Beach, the Outlets, the Galleries, the Mission, and all your favorite stops in between!



With so many types of dogs out there, it can be confusing trying to pick one for your pet. These are some things I have learned working with dogs for over 30 years.

Terrier Dogs: Terriers as a class are very smart and inquisitive. They are fairly healthy with the biggest health issue being skin allergies. They are generally energetic and need to be entertained or to have something to play with. These can be small dogs like Jack Russell and Fox Terriers or larger pit bull terriers. This class of dogs was originally bred to root or dig out rodents like rats and gophers. They can be good guard dogs but they may bark a lot. They can also be aggressive to other dogs and to people if not adequately trained. In general, terriers do not shed a lot.

Sporting Dogs: This category includes retrievers, a class of dogs generally mellower than terriers. They do, however, have a compulsion to bring things to you, hence the word "retriever." They may pester until you throw them something to bring back. These dogs have friendly personalities and tend to get along with people and other dogs. This is why they make good family dogs. Retrievers tend to shed a lot and do have many potential health problems. Some of their more common medical issues are skin allergies, hip and elbow cartilage abnormalities, knee ligament issues, and cancer. Spaniels and pointers are also in the Sporting group. However, they are not as mellow as retrievers and generally do best if used as working dogs or bird dogs.

Herding Dogs: Herding dogs are less popular than they once were. They include collies, shelties and Australian shepherds, among other breeds. These dogs have a very strong drive to herd anything in their environment, including adults and children, cats and other dogs. This behavior can be difficult to live with unless the herding dog is given an outlet for it, like frequent exercise at your local dog park. These dogs are generally healthy medically although they are prone to eye issues. Herding dogs have very full coats needing attention and grooming every few months. They may or may not shed. They are okay with other dogs and people as long as nothing interferes with their primary task of herding.

Working Dogs: Most working dogs were bred as guard dogs. These include some of the giant and very large dogs like mastiffs, boxers, great danes and huskies, among others. These dogs can be loving and good pets but because of their protective nature, they can be aggressive to other dogs and to people. If you are thinking about one of these, make sure you have the space for it and the time to train it.

They can be big barkers because they were bred to scare off intruders and protect their territories.

Hound Dogs: Hound dogs were bred to sniff out and find things. These can be small dogs like Dachshunds, middle size, like Beagles, or large, like Coonhounds. They tend to be very verbal and will make a lot of noise. They also can be hardheaded and difficult to train.

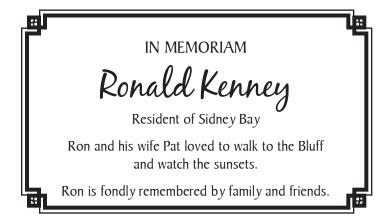
Toy Breeds: Toy dogs are very popular and include many breeds such as Maltese, Chihuahua, Javanese and Yorkshire terriers. It is difficult to generalize about these dogs, as they are all different. They can have allergies and be aggressive to other dogs and people, but they can be healthy and friendly.

Non-Sporting Dogs: This class of dogs includes many breeds as diverse as Boston terriers, bulldogs, Dalmatians, Lhasa Apsos and poodles. Poodles are very popular and extremely smart. They may or may not be responsive to your commands but they know what they want and when they want it. Poodles do not shed as much as other dogs but they need to be groomed regularly. They could be less allergenic as they are such sparse shedders.

The best type of dog may be a mixed breed: Mixed breed dogs can be anything from a terrier mix to a lab or poodle mix. With a mixed breed dog you are ensured to have a pet with diverse genetic make-up. This helps minimize the frequency of medical and behavioral problems that might plague the purebred dog. Of course, getting a mixed breed does not alleviate all medical issues; it just produces a more robust and possibly a healthier dog.

Remember, however, that if you pick a mixed breed—a terrier mix, for example—you will still likely have the personality of the terrier. There are many, many mixed breed dogs available and most are free or available for a minimal charge. You can find them at shelters, online, or from private homes.

—Susan Davis, DVM



SPOTLIGHT

FIREFIGHTER GRADUATE

I iguel Shores residents Barbara and Rob Wollin are very proud of their grandson Alex Wollin, who graduated June 5 after rigorous training with the Orange County Fire Authority.

OCFA training is a demanding process that takes graduates through sixteen weeks of fire-fighting and rescue training exercises, then continues on the job with OCFA for another year before becoming fully-fledged firefighters.

During the ceremony at OCFA Regional Fire Operations Center in Irvine, dignitaries congratulated the thirty-six men and women graduates, praising their demonstrations of skills, valor, and life-saving assistance in fires and emergencies.

Congratulations to OCFA graduate Alex Wollin from all of us in Niguel Shores!

—Seashore News Staff



Alex Wollin with Mayor and OCFA Board Chair Joe Muller following the OCFA graduation ceremony.

WHAT KIND OF DOG PROVED BEST FOR YOU?

Do you have a story about a breed or type of dog that worked well for you and/or your family? We would love to hear a little about your experiences—the good or not so good, the ups and the downs. Send to *seashorenews@hotmail.com*.

As a starter, I'll tell you about two dogs from my past:

When I was about four, I brought home a fluffy white spitz, chosen from a neighbor dog's litter. We named him Muffins, thinking he was so sweet. Well, Muffins

was adorable as a puppy, but he became feisty and downright unfriendly as an adult. My grandma eventually had to take him, since he wasn't at all fond of my brother or me. Years later I experienced quite the opposite dog choice when our daughter adopted a wonderful rescue beagle named Atticus—a fellow

everyone loved. He was smart, gentle, loyal, protective, and rarely even barked. He had a great appetite, cuddled close with the children, wasn't picky at all. His only fault, if he had one, was that he was so slow on walks because he had to "snoop" at



everything along the way. Nose to the ground. Always. Atticus moved with my daughter and her family to Paris, where he "snooped" all around the city even though he was growing very old, nearly blind, and deaf too. He spent his last days on a

farm in Normandy, and I always think of him as one of the many honorable Americans buried there now.

That's my story of choosing a pet. Spitz, maybe not. Beagle, worth a gamble.

—Sandy Homicz

SPORTS CONT. FROM PAGE 13

MEN'S GOLF

In June we had great weather and great course conditions for outings at San Juan Hills, Tijeras Creek, Arroyo Trabuco, and Oak Creek. In July we will be playing Tijeras Creek on July 9, San Juan Hills on July 16, and Arroyo Trabuco on July 23. Contact russler65@gmail.com for more information.

—Bob Russell

Golf! You hit down to make the ball go up. You swing left and the ball goes right. The lowest score wins. And on top of that, the winner buys the drinks.

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www.niguelshores.org Seashore News, July 2019 | 19

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REAL ESTATE REPORT FOR NIGUEL SHORES BY CONNIE MCKIBBAN

SEE MY FULL PAGE MONTHLY AD IN HOMES & LAND MAGAZINE FEATURING MY LISTINGS IN NIGUEL SHORES



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33821 Mercator Isle ~ \$3,750,000



33412 PERIWINKLE DRIVE ~ \$1,650,000



33701 CAPSTAN DRIVE ~ \$1,729,000

2019 REAL ESTATE UPDATE FOR NIGUEL SHORES
14 HOMES CURRENTLY FOR SALE - PRICED FROM \$1,090,000 TO \$5,478,000
8 HOMES CURRENTLY IN ESCROW - PRICED AT \$995,000 TO \$4,800,000
18 HOMES SOLD AND CLOSED TO DATE IN 2019 - PRICED FROM \$935,000 TO \$3,850,000
(PER MILTIPLE LISTING SERVICE AS OF 6/20/19)

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