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# FROM THE HELM

S adly, our NSCA Board Member Mike Link passed away on February 15. Mike always stepped up to help the community in many ways. Before being elected to the Board of Directors last May, Mike served on the Architectural Committee for several years. He took part in the Ad Hoc Master Recreation Committee, the Communication Committee, and, as a Men's Club member, he was part of the 4th of July Breakfast team. Mike was passionate about helping in any way and about keeping our community operating at a high standard.

Mike was also an avid golfer and a member of the Niguel Shores Men's Golf Club. His golf game was excellent and he quickly became recognized as one of the best players in the group.

Mike will be missed immensely but Niguel Shores is a better place because of Mike Link. Our condolences to Terry and the entire Link family.

-Niguel Shores Board of Directors

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## THE MONTH OF MARCH

#### **NATIONAL WOMEN'S HISTORY MONTH**

Since 1987, the month of March has celebrated women's achievements and contributions to culture, society, and history.

#### **TUESDAY, MARCH 2**

**Read Across America Day** sponsored by the National Education Association

#### **FRIDAY, MARCH 5**

**National Employee Appreciation Day** 

#### SUNDAY, MARCH 14

Pi Day (for the mathematically inclined)

March Madness Selection Sunday (for the basketball inclined)

**Daylight Saving Time** begins at 2:00 a.m. Set your clocks forward one hour.

#### WEDNESDAY, MARCH 17

Saint Patrick's Day (socially-distanced, of course).

#### SATURDAY, MARCH 20

**First Day of Spring** 

#### **MONDAY, MARCH 29**

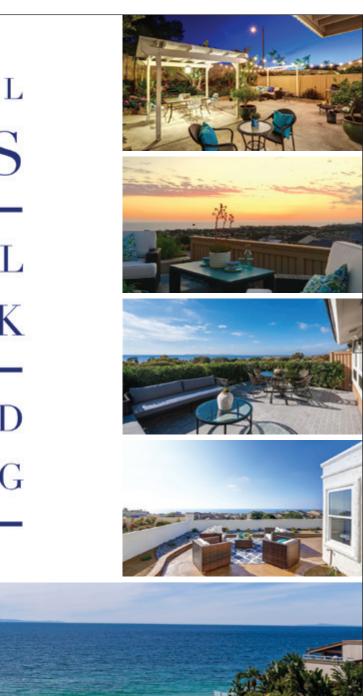
**National Vietnam Veterans Day** 



Don't Forget! Daylight Savings Time on March 14.







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**2021** Annual Meeting and Election Dates: Please mark your calendars for the "Meet the Candidates Night" scheduled for Tuesday, April 21 at 6:00 p.m. This will be hosted in much the same manner as in the past, except for it will be held via Zoom. If you have questions of the candidates, please complete the questionnaire form in advance and email it to me at *mmiller@niguelshores.org*. The questionnaire form can be found on the website niguelshores.org. We scheduled "Meet the Candidates Night" close to the mailing of the ballots so everyone can hear what the candidates have to say and be prepared to vote. The Annual Meeting is scheduled for Tuesday, May 18 with registration beginning at 5:00 and the meeting starting at 6:00 p.m. in the Clubhouse.

**Roth Capital Event:** The Roth Capital Event which is normally held in March at the Ritz Carlton will not be occurring this year, but they are looking forward to hosting it again in 2022.

**Bicycle Safety:** There are lots of electric bikes throughout the community and I am happy to see people outside and enjoying themselves. However, with everything that is fun there is also the factor of safety that we must realize. These bikes go very fast and should always be ridden with safety in mind. Please wear a helmet and watch for vehicles and pedestrians. Use caution when entering the gates and remember that the gate arm comes down after each vehicle enters. I have seen many near misses in which a bicycle rider is almost hit in the head with the gate arm. Now that we have bike racks at the Community Center, please rack your bicycles and avoid parking them on the sidewalk by the tennis courts.

Association Maintained Landscaping: Many landscaped areas within Niguel Shores are maintained by the Association and not the homeowner of the property where the landscape is located. This was all part of the original recorded CC&R's, which provides the Association with an easement over certain portions of properties for landscape maintenance. Part of this maintenance includes irrigation of the plant material in the easement area. In some situations, an easement to the Association may not exist and an owner may decide they would like to take over the maintenance responsibility of the landscaped area. For this transfer to occur, NSCA must first review the governing documents of the Association to make sure it is permissible. If permitted, you will be required to submit a plan for review, consideration, and approval by the Architectural Committee. Once the homeowner has approval for planting and irrigation of a landscaped area, the Association will work



Example of an unauthorized connection to the Association's reclaimed water system.

with both Harvest Landscape and South Coast Water District (SCWD) to remove the Association irrigation and confirm the homeowner has not connected their sprinklers (irrigation lines) to the Association's reclaimed irrigation lines.

This is crucial, as SCWD cannot have cross-connections between potable and reclaimed water. If your landscaper merely hooks up your irrigation to the Association's irrigation, there could be cross-connection which could cause contamination and issues on many levels. It is very important that all parties continue to work together to prevent reclaimed irrigation systems from connecting to potable water systems.

Generally, potable water lines are white in color and reclaimed water lines are purple in color. Due to the Association's irrigation system being converted from potable water to recycled water in the mid 1980's this is not always the case in Niguel Shores. Many reclaimed PVC lines are white rather than purple in our community. This is unlike new construction sites which utilize strictly purple PVC lines for recycled water. Therefore, it is imperative that under no circumstances you (or your landscaper) connect to the Association's recycled irrigation water lines. Remember that reclaimed water is treated sewer water and can contaminate the potable drinking water system to your house and possibly to SCWD's potable water domestic distribution system.



## Happy St. Patrick's Day and welcome springtime!

*—Marla Miller* 



## SEA TERRACE II TOWNHOMES

The annual Sea Terrace II Townhome Association meeting will be scheduled for late March or early April. We are still in need of at least 2 more candidates for the HOA Board. Please notify Adrienne Ruben at *rruben1@sbcglobal.net* to volunteer or for any questions.

Board of Directors Action Summary for February, 2021 is posted on the Niguel Shores website at www.niguelshores.org.

# COMMITTEE REPORTS

## COMMUNICATION COMMITTEE



With fondness, we remember Mike Link and his contributions to the Communication Committee. Representing the Board at our meetings, Mike provided honest, insightful ideas that added new direction to our ways of reaching

Terry and Mike Link

out to the community. You are still with us in spirit, Mike. Rest now in peace.

*—The Communication Committee* 

## EMERGENCY PREPAREDNESS

In this column for the past eight years, **Kent Wellbrock** reached out to us with over 100 informative articles about keeping ourselves safe and being prepared for emergencies and natural disasters. Nobody addressed our community



Gaye and Kent Wellbrock

with more enthusiasm, energy, positive spirit, and loving concern than Kent in his monthly column!

With Kent's passing, we remember the spirited way he extended friendship to all, and how he truly lived the words he wrote in one of his recent articles: "Be kind. Nobody can plan for some of the unforeseen problems life sends us, but we can learn to BE KIND to each other when handling whatever might arise any time in life."

In 2013, Kent took leadership as Chair of the newly formed Emergency Preparedness Committee and began writing here every month in the *Seashore News*. He also ran safety and emergency awareness events, arranged for a portable defibrillator to be placed in the clubhouse in addition to the one in a patrol vehicle, and organized CPR/AED/First Aid training classes for our staff and residents.

To his wife Gaye and their children and grandchildren, we send our deepest sympathies. To Kent—our friend and news reporter for so many years—you remain in our hearts remembering how you always looked out for the best interests of our community, filled your family with love, and were a light to all who knew you.

-The Seashore News Staff

## **RECREATION COMMITTEE**

Spring forward and step into a new month.

March Events:

**Spring Scavenger Hunt – Sunday, March 28, 4:00 to 6:00 p.m.** Bunny hop your way in the indicated area on the community map looking for items with an Easter theme. See the *Seashore News* insert for details and a map of where to look. —*The Recreation Committee* 

## AD HOC RECREATION COMMITTEE

**New bike racks** have been installed near the Clubhouse that will hold both the heavy electric bikes and regular bikes. You are responsible for bringing your own locks/chains. Thanks to members **Debi Berk** and



**Bob Farnsworth** for making this happen! We will keep you updated on our progress and any new upcoming amenities.

*—Jeannie Sticher* 

## TRAFFIC AND SAFETY

The past few months have been relatively quiet and free of significant traffic and/or events. We have a few reports of an early-morning prowler(s) that apparently climbed over fences and was surveying the contents of trash cans before noticing that he was being monitored. He then hurried away. Other than trespassing, there has been no indication of this man being involved in another crime.

Oh no, not again! — It's sad to report an increase in the number of both residents and service providers that have had their tires flattened when they tailgated through either the Selva or Cabrillo gates. Time and time again, we find that the gates and corresponding security spikes are working as designed, and the spikes prevent entry. There is ample signage directing service provid-



A large truck tries to tailgate through the Selva gate, then cannot turn around. Our patrol officer guides him as he backs out onto Selva and directs him to use the Mariner gate for entry.

ers to the Mariner Gate, but the delivery and service people are at times in a rush, fail to heed the directive, and try to "beat the system." I can't speculate why a resident would want to tailgate through these gates as the system is quite efficient.

I understand that in today's economy we have a lot of new people involved in delivering goods and services. Consequently, we ask you to warn anyone you summon to our community, especially for the first time, to enter via the Mariner Gate at 33510 Mariner Drive. This warning is usually much appreciated.

Have a safe St. Patrick's Day! Remember don't congregate, wear your face shield, watch out for green beer!

-God Bless ... Tim Murphy

# COMMITTEE REPORTS

## MAINTENANCE

#### **Bike Racks**

Keen eyes may have noticed newly installed stainless steel bike racks at the entrance to the Community Center. As usual, this was not the result of just one committee but a collaboration of several. One of the many changes resulting from the pandemic was the rapid increase in the use of bicycles of every shape and form including the burgeoning use of electric models. (Am I the only one who still thinks it odd to see someone moving so fast and not pedaling their bike?) This trend was first noticed by the Ad Hoc Recreation Committee who suggested adding bike racks in the community. This recommendation was passed to The Board, who asked staff to research and develop a proposal to install them at the Clubhouse. George Cooley, our head of Maintenance, recommended the stainless steel style, then reviewed proper placement, spacing, and location. Once approved by the Board, the racks were installed by our Maintenance Staff.

Besides looking nice, the racks securing your valuable modes of transportation are "in-camera view" of the security system so we have the video if ever a bike goes missing from there.

#### **Cabrillo Isle Gate**

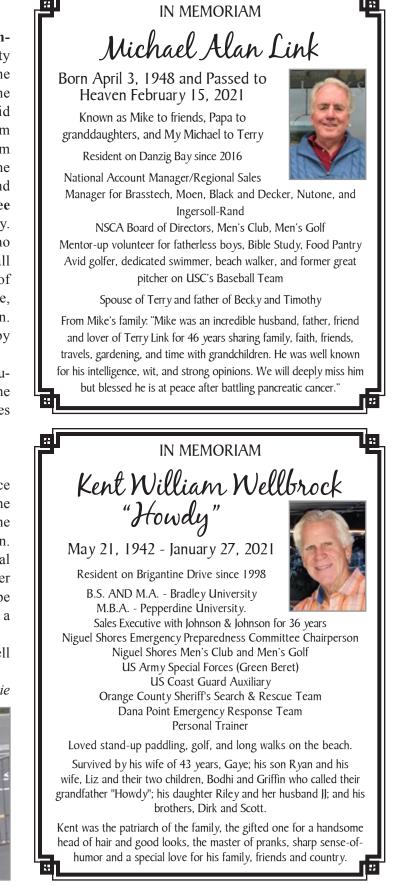
A landscaping beautification at the Cabrillo Isle entrance gate began January 4. The project involved removing the existing plant material from the planter and along the wall that separates Niguel Shores from the Ritz Carlton. Sounds easy, but the wall-clinging shrubs left a great deal of residue and the newly exposed wall required power washing and painting for a fresh look. Harvest Landscape then came in with plantings and mulch. Take a walk, a bike, or drive by. It looks great!

All projects to keep our community "Extremely Well Maintained!"

—Geoff Dunlevie







# CLUBS

## WOMEN'S CLUB

**Membership**—Members of the Niguel Shores Women's Club have certainly been resilient these past months holding Board meetings outside at different homes and luncheon meetings outdoors at the Bluff, Clubhouse Patio, and Poolside Park. To all Niguel Shores ladies, we would love you to join us at one of our monthly meetings. Please contact Jennifer Paige at *jenopaige@gmail.com* or Judi Palladino at *twopalls@yahoo.com* for more information about membership in our great club.

Leadership—At our recent Board Meeting, I looked around at the lovely ladies whom I have worked with for the past three years and thought about their wonderful gifts to the club and to our community. Every one of these special women volunteer their time and energy toward keeping the traditions of the Women's Club alive. Each one, in her special way, offers leadership within the club and beyond.

Let me share some **Qualities of Leadership** my Board and Committee Chairs have shown during the time I have served as President.

- Integrity—being honest and upright during our agenda discussions.
- **Vision**—being able to plan future events with imagination.
- Focus—being able to center on building a fun and congenial meeting environment.
- Compassion—showing understanding with each member and life's challenges.
- Generosity—sharing ideas, commitment and time.
- **Humility**—being a team player and learning from others.
- Authenticity—showing strength and being self-confident even in challenging situations.

**In Appreciation**—Thank you to the following ladies for their leadership throughout the past three years as

Women's Club Outside Activity for March

EVENT: Whale Watching at Dana Point Harbor aboard Dana Wharf Sportfishing Boat, DATE: Tuesday, March 16

#### **SPECIAL INSTRUCTIONS:**

Meet at the Clubhouse Parking Lot at 11:00 a.m. sharp. Boat leaves at 12:00 Noon. Cost is \$30 per person

Tuesday is half-price day so we are able to go Whale Watching for \$30 including tax.

Seating on the boat is at 50% capacity for safe distancing on this trip. You must wear a mask.

Carla Perin will purchase the tickets on March 11 to make sure we have seats. If you are going, please bring \$30 cash to the Women's Club meeting on March 11 for your ticket, or you can deliver your payment to Carla at 33531 Atlantic Avenue. Call her with any questions: (949) 689-8831.

NSWC Board Members and Committee Chairs (alphabetical): Maria Elena Banks, Catherine Bitran, Bar-

bara Boyd, Lisa Buchner, Martha Burns, Diane Dale, Suzanne Enis, Tina Fornadley, Betty French, Ginny Gravely, Barbara Goffman, Mary Kay Gutknecht, Suki Hahn, Jennifer Hochstadter, Mary Ellen Hoffmann, Sandy Homicz, Marian Kennedy, Christy Manetta, Christy Martinek, Carmen Murphy, Judi Palladino, Jennifer Paige, Carla Perin, Lydia Reese, Jenny Rose, Adrienne Ruben, Hansa Sehgal, Janelle Sommer, Sharon Stewart, Jeannie Sticher, Cynthia Talley, Cathy Tyson.

Monthly Club Meetings—The sun was shining for our February meeting as members gathered in the Poolside Park under trees decorated with giant hearts for Valentine's Day. Our speaker was **Roy Dohner**, a longtime owner in Niguel Shores who has







chaired the Men's Club Pancake Breakfast, NSCA Maintenance Committee, NSCA Rules Committee, served as NSCA Board President, and was named Niguel Shores Volunteer of the Year in 2009. Roy currently serves on the City of Dana Point Planning Commission, acting as Chair in 2020. Using posters and visuals, Roy reviewed the status of Dana Point's major projects including hotels, a hostel, senior living, affordable housing units, and areas slated for improvement. He also

described the City's Pilot Program on Short Term Rentals and took questions from our interested and concerned members.

This month's meeting is at **Noon** on **Thursday, March 11.** Please watch your email for details about our program and the location where we will meet. Looking ahead, we are optimistic about having our annual Fashion Show in April and Tea in June.

**Outside Activity**—On **March 16** we will go **Whale Watching!** See the announcement on this page for details of the trip.

—Terry Link



## CLUBS

## MEN'S CLUB

We are always thinking of new activities. One idea is visiting interesting places in a caravan of cars—for example, the New Sofi Stadium for Rams and Chargers; Angels Stadium Tour; Space Shuttle Museum; Missouri Battleship Tour; Mt. Wilson or Palomar Observatories; Newport Coast Guard/OC Sheriff Harbor Tour; Long Beach Pacific Aquarium Tour; Reagan and/or Nixon Libraries.

Some exceptional speakers have offered to join us once our meetings begin in the Clubhouse again—for example, adventurer and world hiker **Ed Monsour**; land sailor **Don Rypinski** with a new video produced by National Geographic; Dana Point Harbor developers; Dana Point update by Mayor Pro Tem **Joe Mueller**; winning Toastmaster Jennifer Timm; Alan Hess and a history of Hollywood stars' homes; radio programming history with announcer **Don Ferris.** 

**Steve Morris** tells me our great club cooks will be ready to prepare hot American breakfasts when the Clubhouse opens. We also hope to continue our popular Putting Contest and breakfast at Talega; the famous 4th of July Pancake and Sausage Breakfast; our Oktoberfest with German food and beer. And, something we all look forward to, more time for fun and interaction at our meetings.

We invite interested men of Niguel Shores to come join us, especially if you are new and want to get to know your neighbors, or just want to enhance your enjoyment of all Niguel Shores offers.

Before closing, we want to pay respects to the memory of two members, **Mike Link** and **Kent Wellbrock.** 

Mike Link was a friend to all, a great golfer with our Men's Golf group, and an important part of our annual 4th of July Breakfast Team. Roy Dohner who worked with Mike on the Breakfast Team, shared the following that some might not know: "Mike was a pitcher on the 1968 USC baseball team. That year the team won the Pacific 8 Championship with 42 wins, 12 losses, and 1 tie. Mike played for Rod Dedeaux, who coached for 45 seasons and won 17 National Championships. Mike worked for DeWalt Tool Company in sales and marketing, and was an excellent golfer. For years he and his wife Terry lived adjacent to El Niguel Country Club, where they were members. When Mike retired, they moved to Niguel Shores and Mike joined the Niguel Shores Men's Club and Men's Golf. Terry is currently the Co-President of the Woman's Club and Michael was recently elected to the NSCA Board of Directors."

On Kent Wellbrock's passing, our president, John Yocca, sent this message to club members: "Gentlemen, I could write pages about Kent and what a terrific person, father, spouse, and neighbor he was. When COVID closed down the Men's Club breakfast meetings, I emailed everyone asking for volunteers to assist other members with grocery shopping and other errands. [Even though] Kent was receiving chemotherapy, he was the very first member to reply and volunteer to assist others. That's just the way he was. Kent was a special person and will be greatly missed. Rest in Peace, Kent."

-C.W. Gruenig

## GARDEN CLUB

Niguel Shores Garden Club met on February 15. Our own **Tom O'Keefe** presented an informative talk on **Monarch Butterflies** and their favorite plant, **milkweed**.



Tom's interest in Monarchs goes back to the 1970s when he remembers the hillsides of this area alive with fluttering Monarchs and the native California milkweed plants that sustained them. Since then, the Monarchs have seriously declined and are being considered an Endangered Species. Decreasing habitat, pesticides, and the introduction of non-native species of milkweed have been blamed. Tom showed us the common Tropical Milkweed plant which is widely available in our nurseries and very attractive to Monarchs. However, botanists attribute a harmful protozoa in the leaves of this plant (ingested by Monarch caterpillars) to a debilitating disease in the adult butterflies. Therefore, planting tropical milkweed is not recommended unless you cut it back to the ground in the winter to kill the harmful protozoa. Gardeners can do our part by planting native California Narrow-leaf Milkweed (Asclepias fasicularis) and many nectar plants (such as Lantana) for Monarchs to lay their eggs on and feed.

Native Narrow-leaf Milkweed plants are available in nurseries in March and April and can also be planted from seed now. Tom discussed the butterfly life cycle and said that our local Monarchs are not the ones who do the big migrations to winter in Mexico, but they do move around regionally. The Garden Club will be planting native California milkweed and some nectar plants in the elevated planters near the Community Center Playground, hopefully to attract and sustain the Monarchs and to serve as an educational marker for our community. Tom finished with a surprise gift to each of usan envelope of native Milkweed seed! We enjoyed a snack, exchanging news, picking out something from our horticulture table, and the camaraderie of our Garden Club friends and guests! Join us on March 15 for a special presentation by Al Glatt, Chris Daley, and Karl Kuhn on Bluebirds and how to attract them to your garden.

-Nadine Allen

# ACTIVITIES

## BRIDGE

The Bridge Club, in the past, met on Wednesday at 12:30. (But we might consider an earlier time to start now, in case some of us need a nap after 2:30.) All kidding aside, we are looking forward to the clubhouse being opened for our regular Bridge sessions. Timing of opening still to be announced.

Even though the Clubhouse is closed, several of us play outdoors two and three times a week using masks and hand sanitizers to prevent spreading any virus, and about half of us have already had our first vaccination dose.

Several people I meet on my walks have expressed an interest in joining our club. Bob French and I and other volunteers are willing to set up beginning lessons to help those who want to learn Bridge. This is a game you can play throughout your lifetime, well into your 90s and way beyond. It's good social and mental exercise! At the Dana Point Senior Center, the Bridge Club had an individual who was 102 actively playing and winning.

To find out more about our Bridge Club please call **Betty** or **Bob French** at (949) 312-2566 or **Mike Oliva** at (949) 444-8122. To find out more about the Senior Center in Dana Point, please call **Don** and **Betty White** at (949) 240-4657. If no answer, please leave a message and we will get back to you as soon as possible.

—Mike Oliva

## PAGE TURNERS

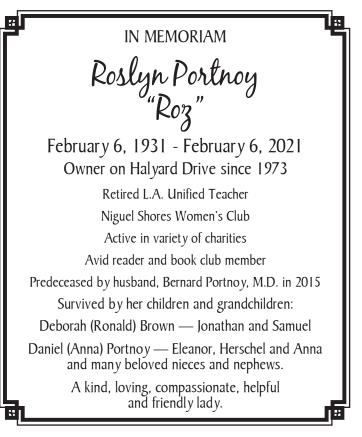
*The Giver of Stars* by Jojo Moyes is this month's selection for **Page Turners** book club. The 2019 novel has earned praise from many sources for its portrayal of the packhorse librarians who helped bring literacy



to Appalachia. Amazon/Goodreads says, "Set in Depression era America, it is a breathtaking story of five extraordinary women and their remarkable journey through the mountains of Kentucky and beyond."

While the author has made her name writing contemporary romance, "she proves just as adept at historical fiction..." (*Washington Post*)

"Based on a true story rooted in America's past, *The Giver of Stars* is unparalleled in its scope and epic in its storytelling. Funny, heartbreaking, enthralling, it is destined to become a modern classic—a richly rewarding novel of women's friendship, of true love, and of what happens when we reach beyond our grasp for the great beyond." (Penguin/Random House)



"Moyes brings an often forgotten slice of history to life ... the true power of the story is in the bonds between the women of the library ... A love letter to the power of books and friendship." (Kirkus)

I find it interesting to note that Moyes is a British author who lives and works in the U.K. and has never lived in the United States. She did, however, visit the sites depicted in this work several times when writing *The Giver of Stars*.

Page Turners book club consists of three groups, one meeting on the fourth Monday afternoon of the month and the two other groups meeting on the fourth Thursday afternoon of the month. For information on the Thursday groups please contact **Steve** and **Ann Morris** at *samwrsi@cox.net* and for the Monday group contact me at *fozimec@cox.net*.

-Frances Ozimec

*Note:* You can read more about the packhorse librarians and the WPA Packhorse Library Initiative in the novel *The Book Woman of Troublesome Creek* by Kim M. Richardson (2019), the children's book *Down Cut Shin Creek* by Kathi Appelt and Jeanne C. Schmitzer (2019), and the *Smithso*-

*nian Magazine* article "Horse-Riding Librarians ... Depression's Bookmobiles" (June, 2017).



# SPORTS

## MEN'S GOLF

Because of COVID-19, the Niguel Shores Men's Golf Club weekly Tuesday golf outings have taken hiatus since last March. For now, with multiple tee times currently unavailable, our members are scheduling their own tee times, playing individually, and skipping their most favored 19th Hole.

By tradition, each year we announce our Golfer of the Year Award in December at the annual Putting Contest and Brunch. This tradition has taken place for the past twenty years and is highlighted by the presentation of the esteemed White Jacket to the winner.

Kent Wellbrock was our 2020 Golfer of the Year and the last recipient of the White Jacket. Kent passed away on January 27, and the White Jacket is being retired in Kent's honor.

Kent was a great friend, an enthusiastic golfer, a soughtafter addition to every foursome, and an entertaining provocateur at the 19th Hole. We all loved the experience of spending a day on the golf course with him. Kent's goodwill, kindness, and sense of humor will remain a part of Niguel Shores golfers. Always with a smile on his face, Kent's warm personality touched all of us that were lucky enough to know him.

-Larry Wellikson, Bob Russell, Roy Dohner

## **TENNIS**

Contact List: At present, Niguel Shores courts are still restricted to residents only. If you want to contact other residents to set up games, please add your name to our Contact List before our player update goes out in April. We list residents who have agreed to share contact info with Niguel Shores players. Include your name, phone/email, preference for singles, doubles, or mixed play, your current rating if you have one or simply beginner, intermediate or advanced. Send to 4oceanbreeze@gmail.com so others can reach you, and you'll receive the updated list yourself by email.

-Jennifer Rose

## PICKLEBALL

#### Drop In / Rotate Play — What Is It?

Debi Berk of the Pickleball Committee gives this description for Drop In Play: Drop In/Rotate Play is Social Play! Players use the paddle wheel to rotate and play with different players. Fun is emphasized. It's mixed-level play so advanced players are encouraged to support the newer ones. Players can organize their own groups and play any other time not indicated as Drop In Play. Grab a racquet and come join us! -Steve Barrett

## Wellness... With the End in Mind

fter three trying days of preparation, it was time to go. I awoke early, still tired from a night of interrupted sleep. I got up, brushed my teeth, and pulled on a pair of jeans and a sweater. The sun was just beginning to rise over the hills as we got into the car. Along the freeway, I took a moment to appreciate the fluffy, white clouds that dotted the early morning sky. A sky that glowed of yellow and orange while gently melting into a vibrant blue reminiscent of a tropical cove. Beautiful! If only we were headed to such a place! Instead, I was due to have another colorectal cancer screening, otherwise known as a colonoscopy! Oh Joy!

I think I can safely say that no one really wants to have a colonoscopy. The procedure itself is a piece of cake, as the saying goes, but the preparation, well, not so much. How-



ever, it's a very important diagnostic test to have done, starting at the age of 45 according to the American Cancer Society. See https://www.cancer.org/. Colorectal cancer generally occurs as you get older, but it's now being found in young people as well.

Colon cancer starts with abnormal cells that grow into polyps in the colon or rectum. They can be present for years before causing any symptoms (blood in stools, change in bowel habits, bloating, abdominal pain) making regular screenings very important. Screenings can find polyps before they become cancerous as well as find those that have become cancerous early on, resulting in a much more hopeful treatment plan and prognosis.

The causes arise from a family history of colon cancer, or an irritable bowel disease such as Crohn's, for example. At the same time, lifestyle habits play a large role in prevention. Maintaining a healthy weight, being physically active, drinking alcohol moderately, smoking cessation, eating lots of fruits, vegetables, and whole grains, and reducing the amount of beef, pork, lamb, and processed meats (bacon, hot dogs, etc.) are all very important. So, take care of yourself. And, in case you're interested, I came out clean as a whistle! I get to go back in seven years! It's on my calendar! Is your next screening on your calendar?

To Your Health!

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

# HAWKS AND DOVES (AND OWLS)

Photos from Mary Kay Gutknecht, Sandy Homicz, Jessina Peterson, Joel Weintraub

### THE MOURNING DOVE: A SIGN OF PEACE AND GOOD FORTUNE

The Mourning Dove, so named for its sad cooing sound, is one of the most common birds across North America—and very

I much at home in Niguel Shores. We often see these graceful, slender-tailed, small-headed doves perching on our roofs, fences, and wires or searching for seeds on the ground. Their flight is swift and straight, with their wings making a rustling, whistling sound. The Mourning Dove holds a special place in folklore as a sign of good luck or peace. So, we can feel fortunate to be graced with abundance of them here in Niguel Shores.



Mourning Doves sunning on a Marmara Bay rooftop, strolling on a Halyard patio, and surveying activity on Windward Drive

### THE COOPER'S HAWK: A BIRD OF PREY

A few months ago, **Joel Weintraub** reported: "There is an adult Cooper's Hawk periodically hunting in our neighborhood. This raptor is a type of accipter, and is a bird prey

specialist." Joel captured photos of the hawk with his Nikon P1000 as it visited his yard on Marmara Bay, and remarked on its exceptional good looks, "A pretty specimen!"

In January, Joel gave an update: "The hawk is still being seen in our front yard, although not predictably. It has taken at least three Mourning Doves this winter from our yard ... the balance of nature."

Jessina Peterson, who takes a special interest in the birds frequenting our com-

munity, added more information about the Cooper's Hawk: "The photos from Joel look like a mature Cooper's Hawk male. We have lots of them in the Shores. They are fast, fierce hunters of other birds. They are also very intelligent and excellent predators. They tend to ambush bird feeders quite often, as you can see in Mary Kay's picture where the hawk is perching on a bird feeder."

**Locating Your Birdfeeders:** Jessina said, "Oftentimes the Cooper's Hawk will approach a bird feeder as fast as a lightning bolt and the birds on the feeder will explode off of it in all directions in order to escape. If the bird feeder is not located properly there is a chance that the feeder birds will get

### **NIGUEL SHORES BARN OWL BOXES**

Some time ago, Niguel Shores installed two Barn Owl Nestboxes (one in the Community Park and the other in the Villas Park) in hopes of attracting owls who might help diminish the rodent population. We will keep you posted if we a lot of speed going and accidentally fly into the glass windows of the house, injuring themselves. I moved our feeder to a safe position and the window strikes have gone way down."



(1-2) Cooper's Hawk spotted by Joel Weintraub on Marmara Bay, (3) Juvenile Cooper's Hawk bathing in Jessina Peterson's birdbath, (4) Cooper's Hawk perched on Mary Kay Gutknecht's birdfeeder.

The following advice on locating birdfeeders with bird safety in mind comes from *allaboutbirds.org:* 

"You'll want to make sure the feeder is in a place that's relatively safe from window collisions and from predators ... Place feeders closer than 3 feet to a picture window (or even affixed to the glass or window frame), or farther than 30 feet from a window ... Feeders close to natural shelter such

as trees or shrubs offer resting places for birds between feeding bouts and a quick refuge if a hawk flies through."

hear of any owls visiting

these "open houses" and

finding a home for them-

selves in the Shores.

#### THE GREAT BACKYARD BIRD COUNT TOOK PLACE AROUND THE WORLD LAST MONTH

from February 12 to 15.

Results are still being tallied for this year, but the count from 2020 went like this: 268,674 Estimated Participants 27,270,156 Total Birds Counted

27,270,156 Total Birds Counted 6,942 Species of Birds Identified 194 Countries

# Frank Tuner and the Niguel Shores Dolphins

This year our bronze dolphins celebrate their 24th birthday. Many residents walk or drive by them almost every day, often stopping to admire, but might not know the history of the beautiful dolphin sculptures that grace the entrance to our Niguel Shores Community.

"The Dolphins" are the creation of **Frank Turner**, who was a longtime original resident of Niguel Shores. Back in 1996, **Jerry Milner**, former Niguel Shores Board President, noticed that the original dolphin topiary bushes needed a face lift. He recruited Frank, who was well known for his artistic talents, to help him come up with a plan for something

more aesthetic. After considerable research and discussion, the idea of a stone or metal sculpture seemed to be the perfect solution. Frank agreed to design and make the model for a bronze casting. So, problem solved, the Niguel Shores Mariner Gate would get the updating it needed and the community would have impressive statuary to greet residents and visitors.

However, as you have probably guessed, there was still one issue to be resolved: how to pay for "The Dolphins."

The estimated cost of the statue and installation was \$20,000. The Niguel Shores Board at the time liked the proposal, but they did not feel the project should be funded by the Association. Two longtime residents, **Rick** Foth and Jerry Pearl started a fund-raising campaign,

and in a surprisingly short period of time with the generous support of 132 residents, the financing for "The Dolphins" was secured.

Frank Turner then went into artist/ sculptor mode. He completed the mold for two dolphins and a wave-like base using a polyurethane material. The actual bronze casting of the sculpture took approximately four months and was done at an art center in Escondido. Frank was on hand to supervise the entire process.

How was Niguel Shores so fortunate to have this very talented artist in residence here? Well, this is a bit of Frank's story. He was born in Reno, Nevada but moved to Washington State when very



young. In Washington, Frank met and married his high school sweetheart Josephine, and they lived in a small home they built themselves on Peugeot Sound. From the time he was a child, Frank had a gift for drawing, which he put to use when serving as a draftsman for the United States Navy. After completing his military service, he decided to take his artistic talents to the next level.

He and Josephine packed up the car and their baby daughter so that Frank could attend the highly respected Art Institute in Los Angeles, now located in Pasadena. Frank graduated from the Art Institute and landed a job as a graphic artist with

a large advertising agency in Los Angeles. He eventually left the advertising world to open his own studio, Studio Graphics in Whittier, which he directed for 30 years.

In 1972, once their daughters **Paula** and **Leslie** were grown, Frank and Josephine decided it was time to look for a home near the water, remembering their small home on Peugeot Sound. Fortunately for us, they found their home on Capstan here in Niguel Shores. As original owners in this new growing community, they both quickly became involved. Frank was an active member of the Men's Club, and Josephine joined the Women's Club and helped deliver the *Seashore News*. According to both of Frank's daughters, Josephine was not only the inspiration for much of Frank's work, she was the

> "glue" that kept the family going, working well into her 80s so that Frank could pursue his artistic passion.

> Frank continued his craft after he retired, setting up a studio in his home. His work was showcased in the Niguel Shores Art and Fair for many years, and local residents commissioned Frank to create pieces for them. His work has found "homes" all over the United States and internationally as well.

> Josephine passed away in 2011 and Frank the following year. Niguel Shores resident **Ginny Nevitt** spearheaded a campaign to have a memorial bench created in Frank's honor. It now occupies a scenic spot in the greenbelt behind *continued on page 12*



#### continued from page 11

Windward at the end of Capstan, near his Sea Terrace Townhome.

Frank and Josephine's daughter **Paula Clark** and her husband Jim came to visit Frank and Jo very often back in the day and loved the life her parents had found here in the Shores. They, too, became Niguel Shores residents and now live in a home that overlooks the wonderful bench that sits in her father's honor.

Paula has recently become involved with the Niguel



Shores Maintenance Team to help with the care, cleaning and general upkeep of "The Dolphins." You may have noticed her out at the statue polishing it up from time to time. (For more about the polishing of the statue, see below.)

The Turner family includes **Paula** and **Jim** and their son John, and Paula's sister **Leslie** and husband **Paul** and their daughters, **Marisa** and **Erica**. The family's fondest memory





is of July 4, 1997—the day "The Dolphins" were unveiled here in Niguel Shores at the annual 4th of July Celebration in front of over 400 residents and guests.



Leslie describes her dad as a "talented and charitable" artist, and anyone who has the privilege of viewing some of his work would wholeheartedly agree. It is the family's hope that "The Dolphins" will serve as a reminder of Frank's beautiful talent and as an enduring legacy to the community he so loved.

-Patti Staudenbaur

### The following article about maintaining and polishing "The Dolphins" appeared in the July 2013 issue of Seashore News.

As Paul Harvey would say on his nightly broadcast, "and now for the rest of the story."

In 1996 a **Men's Club Dolphin Committee** composed of Don Ellis, Rick Foth and **Jerry Pearl** started a fund-raising campaign to replace the topiary dolphins at the entrance of Mariner Drive. **Frank Turner**, a local artist, volunteered his considerable skills to sculpt the dolphins and residents donated \$20,000 to cast the bronze dolphins. A deep sense of community pride was felt by the residents participating in the formal dedication of the dolphin statue July 4, 1997.

It became the task of our **Maintenance Staff** to care for and polish the dolphins. However, the staff was not experienced in the proper polishing and care of bronze art work. It wasn't long before Frank expressed his dissatisfaction with our care of his artistic creation. Frank provided Maintenance with a "special wax" and explained how we were to use this "special wax." It was green in color and provided a patina green to the statue exactly as Frank wanted.

He did not reveal what it was or where it could be purchased but assured the staff not to worry; he would provide the wax that would be needed, and he did just that for many years.

Frank Turner passed away in 2012 without revealing the source of this special, and soon to be needed, wax. Enter

the wax detective, **George Cooley**, and his computer search skills. There was no label on the can, only some scotch tape that Frank had labeled "midnight green." The first search for midnight green wax or bronze wax came up with only one hit. Lincoln shoe polish made a midnight green wax.

Searching further, George learned that carnauba wax was best for statues but it must not contain certain petroleum additives.

A search for the ingredients of the Lincoln Wax revealed that it did contain carnauba wax with acceptable petroleum ingredients. But the container for the Lincoln Wax did not look like the container provided by Frank.

Another search for "midnight green shoe polish" came up with a rare match for an obscure wax product called Angelus Perfect Stain Shoe Wax Polish. It comes in midnight green and the cans match perfectly. Angelus Wax has a peel away label which Frank had removed.

So Frank, we broke the code. It's shoe wax! The dolphins continue to look good with just the right patina as directed by a very special artist. We are sure you are smiling, as we do, when we look at our dolphins and remember your contributions to Niguel Shores and the "rest of the story."

—Jack Christiansen



# THIS MONTH IN DANA POINT

#### Yes! The Whales Are Still Here!

Much has changed over the past year, but not the presence of magnificent whales in local waters—and Dana Point is one of the best places in America to see them.

According to a Whale Watching Count from January 1, 2020 through February 13, 2021 the following have been sighted off our beautiful coast:

4842 Gray Whales, 293 Humpback Whales, 16 Blue Whales and 41 Fin Whales, plus numerous dolphins and marine life species. How lucky we are to be able to see these awe-inspiring creatures so close to Niguel Shores!

It is no wonder Dana Point has been recognized on its 50th Anniversary of the Festival of Whales as the First



Whale Heritage Site in the United States. Jean-Michael Cousteau, president and founder of the World Cetacean Alliance, explains why World Heritage Sites are important: "Whale Heritage Sites are becoming the gold standard for responsible whale watching destinations worldwide. But they also have so much more to offer. By interweaving natural and cultural elements and placing communities at their very heart, these sites will become places where people respect, celebrate, and protect cetaceans and their habitats long into the future."

This year the **50th Annual Festival of Whales** will be celebrated the weekend of **March 6-7.** Because of COVID-19 precautions, quite a few modifications are in place in order to provide participants with both in-person and virtual events.

There will be art exhibits and a virtual **Splash Dash** for those who want to run, walk, bike, kayak, or stand-up paddle. **Whale Watching Tours** will continue with mask wearing and fewer reservations to provide safe viewing.

For the most up-to-date schedule of events, check *festival of whales.com* 

-Michelle Ralph

# REMINISCING

Are you an original Niguel Shores homeowner? We invite you to share your story of the early days when Niguel Shores was a newly developing community. Send your memories and photos to *seashorenews@hotmail.com*.

In this article, the family of Don and Lois Borsack recall special moments of their life in the Shores.

Don and Lois Borsack's love affair with Niguel Shores began in 1972. At the time, they had a full life in Las Vegas raising seven children and Don running his family-owned business, *El Portal Luggage*. Don's dream, though, was to have a place near the ocean. After searching up and down the coast with several kids in tow, Lois happened upon the new community of Niguel Shores. Although Don wasn't with her, she took one look and knew this had to be their new vacation spot.

Within days, Don and Lois returned together hoping to purchase their home. Of course, in 1972, there were no "homes" There were just stretches of vacant lots. But Don had vision. He scrutinized all the Sea Terrace lots in Tract 6884 until he decided on Lot 84 with a perfect view of the Pacific Ocean. It was the first ocean view townhome lot purchased, and came with a whopping \$5000 price tag. The deal was done with the help of Joe Smith and Al Carmichael from Avco Realty. For the Borsacks, Niguel Shores became a home away from home. When Don arrived to Niguel Shores and sat on his deck on Halyard Drive, all the stresses of work melted away. For the years that followed, the family enjoyed the amenities Niguel Shores had to offer: the beach, the pool and, of

course, the bluff. The bluff was Don's favorite spot. Many evenings he would pack up his children (and later his grandchildren), grab a few balls and lawn games, and watch them all play. Niguel Shores was his Shangri-La filled with joyful times he and Lois shared with children



and grandchildren. Don's love for Niguel Shores extended to the entire family, many of whom live in Southern California. His son **Donny** and wife **Julie**, own a home right here in Niguel Shores too.

Planning for retirement, Don and Lois remodeled their vacation home in 2004, and in 2011, 33631 Halyard became their permanent residence. Don was very happy in Niguel Shores, claiming anything he ever needed was within five miles of home.

In January this year, Don decided it was time to leave his heaven on earth for the real thing. Because of his profound faith, we know he is in a better place. We just hope it looks a lot like Niguel Shores.

—Julie Borsack



Our neighbor, the Monarch Beach Resort, is once again sporting a new name: The Waldorf Astoria Monarch Beach.

### **Twenty Years of Change**

Originally built in 2001 for a cost of around \$240 million, the 400-room hotel was then known as the St. Regis Monarch Beach Hotel and Resort, because it was managed by Starwood Hotels, which owns that brand name. That association ended in 2016 when the hotel became independently managed and was renamed the Monarch Beach Resort.

After the financial crisis of 2008, the hotel's value dipped until it was barely worth \$100 million, according to some. Several big-name lenders took quite a hit at the

time. It did not help the hotel's image that in 2008, AIG sponsored a luxury retreat there just days after receiving a federal bailout.

In 2014, the hotel was sold to KSL Capital Partners out of Denver, and then, in 2019, it was bought by the San Francisco company, Ohana Real Estate Investors. The selling price was just shy of \$500 million.



Ohana was getting a lot in that purchase, including 175 acres of prime coastal real estate. Locally, the hotel is the only five diamond resort with its own golf course. There are some 21 meeting rooms in the hotel, and almost 30,000 square feet of event space. The resort offers numerous dining venues such as 33 North Terrace, Aveo Table and Bar, Club 19 on the golf course, and Bourbon Steak by the well-known chef Michael Mina. The new wellness and spa area has some 21 treatment rooms, with seventy signature treatments offered. Golfers can enjoy the 18-hole course designed by Robert Trent Jones Jr. with a par of 70. There are three swimming pools as well as access via tram to a private beach club. Free parking is available with validation; otherwise the cost is \$18 per day. Valet parking is a bit expensive at \$60 per day.

Ohana has now partnered with the Waldorf Astoria, an iconic luxury hotel brand owned by Hilton. The Waldorf

Astoria brand manages some 32 resorts in their portfolio with more expected in the pipeline.

#### About the Waldorf Astoria

The Waldorf Hotel and the Astor Hotel originated as two separate hotels in the late 1800s in New York City. They were later united after family members settled some issues between them. The buildings were originally on Astor land along Fifth Avenue between 34th and 35th Streets. The Waldorf was built by the father-in-law of Lady Nancy Astor. She was an American, but moved to England and became the second female to ever be elected to Parliament. The builder of the Astor Hotel was her cousin John Jacob Astor, a fur trader. He died when the Titanic went down. In 1929, both hotels were razed to make way for the Empire

State Building.

The current Waldorf Astoria, a 47-story building located on Park Avenue between 49th and 50th, is one of the world's grandest hotels. Conrad Hilton bought the management rights in 1949, and the hotel itself in 1972.

Many years later, and after many renovations, it was recently sold to Anbang Insurance Group of China

for \$2 billion. This made it the most expensive hotel ever sold. Much like the Plaza in NYC, about half of the hotel has been converted into condos. Herbert Hoover lived there until his death in 1964. Dwight Eisenhower kept a residence there until his death in 1969, and General MacArthur lived there in his retirement.

#### An Invitation

Dana Point and Niguel Shores are fortunate to have such a venue in our backyard. In addition to its amenities, the resort offers job opportunities for the local area by employing almost 800 people, with approximately 300 of the jobs in the food and beverage area alone. They encourage the surrounding community to stop by and utilize these available services, whether it be dining, spa, golf, event services, or the public activities they offer at holiday time or special occasions.

-Mike Harrod

# COVID HEALTH WATCH — IN THE WAITING ROOM

The COVID vaccine is available to Orange County residents who qualify into Tier Levels by age, job, or medical conditions. You can register through Othena at *othena.com*. After registration, you are placed "in the waiting room" according to the date you registered and your place in the vaccination tier

level. Othena notifies by email when you can schedule a vaccination appointment. Be sure to check your email often after registering, and download the free Othena app on your phone for a convenient way to monitor your status and receive further information.

Your health care provider may also offer the COVID vaccination. In addition, UCI Health, Providence Health, St. Joseph Health, Kaiser, and certain retail outlets like Walgreen's, CVS, and Albertson's have begun vaccination programs. Check their websites. For questions, you can also try the Orange County Health Care Hotline at (714) 834-2000.

As we all await news of when, where, and how we might be offered the COVID vaccine, several Niguel Shores residents shared the inside scoop on how it went for them.

Michelle Ralph: Our experience getting the first vaccine shot was like many others, I think. The process of signing up on Othena was easy. The waiting to make the appointment was the unclear part. Hearing about many different tactics for securing the appointment made it a little stressful. Securing that one-day window of opportunity felt like we won the lottery! The entire process at SOKA could not have been easier. Everyone was helpful and efficient. Received the follow up date later the same day!

**Mike Harrod:** Being over 65, I applied for a vaccine through the Othena website. Kept waiting, and then a friend suggested the Council on Aging in Riverside County, where

I have a second home. I was able to get an appointment and it only took about 30 minutes once there to receive the Moderna vaccine. One would have to prove some sort of residency in Riverside County to do this. A few days later, I finally received a notice from Othena asking for a log-in to schedule an appointment. Their system works, but on its own timeline.

**Sue and Dick Kichline:** Went to Soka University for the Pfizer vaccination. Well organized. We recommend using the Othena app—really speeds up the process. There were friendly volunteers to guide us from start to finish. Don't try to enter





Dr. Laura Wilson, formerly of Niguel Shores, is now in her thirdyear residency at UCI specializing in Pediatric/Genetics. Shown here, Dr Wilson administers the COVID vaccine at Soka University.



Jeannie Sticher registers vaccine recipients at Soka.

more than 30 minutes before appointment time or they will turn you away. We had different appointment times 30 minutes apart, but they allowed us to go together at the earlier time. Total time from when we left home until we returned was about 1 1/2 hours. Overall, a pleasant experience.

**Steve Leonard:** We received an email notification from Othena with several options for day, place and appointment time. I chose the first available day, place was Disneyland, and appointment at 1:30.

We left home at 12:25 taking the 5 Freeway and exiting on Katella at 12:55. Once off the freeway, we saw the slow-moving left lane line and joined the fun. Snaking through several turns and u-turns, we entered the parking lot at Disney 50 minutes later.

More fun ahead but this time on foot. People were directed into four lines according to appointment time, each line moving forward then melding into two lines before arriving at the first of three progressive tents. By then we'd gone between one-quarter and onehalf mile, standing or walking all the while. If walking is a problem, you might opt to take a wheelchair, walker, or light folding beach chair. Also consider a hat for the sun, coat for a cloudy day, umbrella if it looks like rain.

The first tent checked our printed appointment confirmation and photo ID. Second tent went over the questionnaire and the scanned app we filled out. Third tent gave us the injection and record card. Each tent takes about four minutes. There's a relaxation tent where you wait 15 minutes to watch for any bad reactions. Then more walking back to the car before driving home. Door to door was three hours.

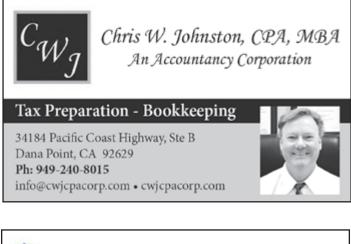
**Jeannie Sticher:** Jeannie volunteers at the Soka vaccination site and offers tips such as these:

- Register and keep current with the *Othena.com* website. State public health officials recently announced that administrators can begin vaccinations in mid-March for anyone under 65 with a medical condition that increases their chances of having a deadly case of COVID-19. Until then, vaccines are for those over 65 and Tier A Essential Workers. Caregivers, unless employed by an agency or contractor, are not eligible unless they meet age requirements.
- Show an approved photo ID and an OC residence address. If Niguel Shores is your second home and you reside continued on page 16

outside OC, Othena appointments need proof of temporary residency at your Niguel Shores address (utility bill, insurance card). Check *Othena.com* for details.

- Have proof of a scheduled appointment. You must have an appointment to get a vaccine. Othena may open up appointments at end of day, so check the website.
- Some pharmacies and health care providers offer vaccines, but you must register on their websites to see requirements and availability.
- As a private residential community, Niguel Shores is <u>not</u> a candidate to be a vaccine site.
- The Soka site has a drive-thru for those who are not mobile or have a handicap tag on their auto. Overall, the logistics at SOKA are very well organized and we are working to get qualified OC residents vaccinated. To date, the oldest person I registered was 102 and very excited to get the vaccine.

**Frances Ozimec:** I was "in the waiting room" with Othena for two-plus weeks, then received an email saying an appointment was available. Following the online instructions, I clicked February 11 and three times for an appointment came up. I choose 1:45 p.m. at Soka and arrived 30 minutes early as instructed. Everything was very well organized with workers stationed all along the route. There was walking involved, some of it uphill, which I do not handle well. At the entry gate, they asked if I required handicapped



parking (I don't have a handicapped sticker), and when I go back, I will take that offer. I was impressed at the efficiency of the whole operation. I arrived at about 12:45 p.m. and was out of there about 1:30 p.m. I left with a card detailing my vaccination and the date and time of my second appointment. My arm was a little sore for about 24 hours, otherwise no problems.

**Deanna and Robert Saint-Aubin:** March 12, 2021 will mark the end of our one-year lock-down. In early January, we registered with Othena. Checked it every couple of hours. Nothing. Then the boiler plate switched to announce we were in the waiting room.

After that, while sipping a glass of wine at 5:48 on a Friday, the phone alert signaled incoming email. Went to the website immediately to schedule an appointment. Minutes later we had appointments at 9:45 and 10:00 Saturday morning at Soka University for the Pfizer vaccine.

On the appointment day, checked in online, answered current state of health—eleven yes/no questions. We left home at 9:05 and returned, vaccinated, at 10:20.

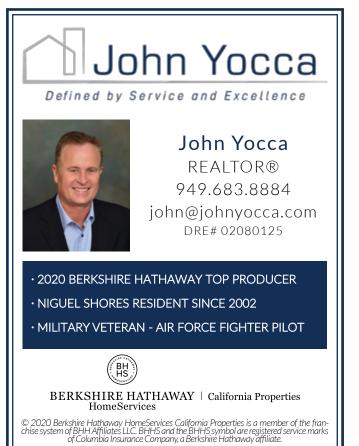
Waze, Google Maps and signs took us right to the campus, a hidden gem off Alicia Parkway. FM 94.3 gave us live guidance. Signs took us straight to the handicap parking lot. Guides everywhere, courteous and helpful. No lines, no waits. Everyone socially distanced. They let couples stay together.

On our way to the check-in point, we told the Othena app we had arrived. It provided a QR code for all the next steps. We entered the gym, were directed to a station where we were vaccinated, then took seats in the post-shot holding area for 15 minutes to be sure of no immediate complications. By the time we sat down, the app showed an appointment for our second shot three weeks later. No problem. PAINLESS!

The literature suggests that the vaccine is not fully effective until two weeks after the second shot, which brings us to our lock-down anniversary date March 12, and our release from house arrest!

-Meg Wilson RN







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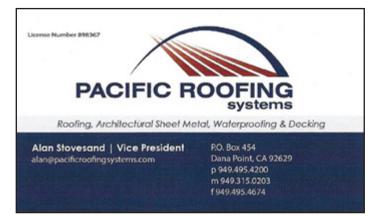
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# NIGUEL SHORES Market Update



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