

June 2023

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Issue 594

FROM THE HELM

First and foremost, congratulations to **Pat O'Brien** and **Mark Russell** as our newly elected Niguel Shores Board members! As we all know there are many important current (e.g. Recreation Amenities Project) and forthcoming projects we need to focus our attention on, so there's no doubt this Board will be very active across many fronts.

Related to the **Coral Tree** in the community park area, the Board discussed the findings by the recently requested additional professional arborist reports, one of which also included a **Resistograph** report. A Resistograph is a mechanical resistance measurement device, whereby a long thin needle is inserted into wood in order to gain an idea of density, often to identify areas of substandard structural integrity such as decay.

Based on the information and recommendations made within the aforementioned arborist reports, the requested recommendations made at the meeting were to trim/prune the tree twice per year, move the sidewalk away from the root system, build a barrier fence, and have an annual Resistograph report conducted to determine the internal status/well-being of the tree. The Board is currently seeking pricing for these items and should know more by the June Board Meeting.

—Jim Cobb

JUNE EVENTS



Your New NSCA Board of Directors 2023-2024 NSCA Board of Directors (left to right): Rhonda Dunlevie, John Douglas, Mark Russell, Jim Cobb, Pat O'Brien. **NSCA BOARD OF DIRECTORS 2023-24** President Jim Cobb 1st Vice President..... Rhonda Dunlevie 2nd Vice President..... Mark Russell Chief Financial Officer (CFO) John Douglas Secretary..... Pat O'Brien **BOARD LIAISON COMMITTEE POSITIONS** Architecture..... Pat O'Brien Communication Rhonda Dunlevie Finance John Douglas Human Resources John Douglas Landscape Mark Russell Maintenance John Douglas Recreation Mark Russell Rules..... Jim Cobb Traffic and Safety Rhonda Dunlevie View Preservation Pat O'Brien

SUMMER CONCERT & MOVIE EVENTS CALENDAR 2023

DANA POINT SUMMER CONCERTS - SUNE	DAYS AT SEA TERRACE PARK!
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JULY 9	3:00PM-4:00PM	JOURNEY USA
	4:30PM-6:00PM	JUMPING JACK FLASH

- JULY 16 3:00PM-4:00PM SEGA GENECIDE (90'S) 4:30PM-6:00PM FLASHBACK HEART ATTACK (80'S)
- JULY 23 3:00PM-4:00PM FOOZ FIGHTERS 4:30PM-6:00PM LED ZEPAGAIN
- JULY 30 3:00PM-4:00PM PYROMANIA THE DEF LEPPARD EXPERIENCE 4:30PM-6:00PM WILDSHOT GUNS & ROSES TRIBUTE
- AUGUST 6 3:00PM-4:00PM SOUTHBOUND & COMPANY'S "SKYNYARD & FRYNDS" 4:30PM-6:00PM FORTUNATE SON – A TRIBUTE TO CCR
- AUGUST 13 3:00PM-4:30PM COMMON SENSE 5:00PM-6:30PM THE TIJUANA DOGS

LOCAL OC SUMMER CONCERTS - THURSDAYS AT SALT CREEK BEACH!

AUGUST 18 6:00PM-8:00PM TIJUANA DOGS AND KARLY MORENO – BLUFF PARK

AUGUST 25 6:00PM-8:00PM THE NEW RESPECTS & CORY YOUNG – BLUFF PARK

MOVIES IN THE PARK - FRIDAYS AT A NEW PARK EACH WEEK!

- JUNE 2 THE NEVERENDING STORY LANTERN BAY PARK, 25111 PARK LANTERN
- JUNE 9 MINIONS THE RISE OF GRU SEA CANYON PARK, 33093 SANTIAGO DR
- JUNE 16 PUSS & BOOTS THE LAST WISH SEA TERRACE PARK, PCH & NIGUEL RD
- JUNE 23 LYLE, LYLE CROCODILE DANA CREST PARK, 24461 JOSIAH DRIVE

JUNE 30 LUCA – SUNSET PARK, 34345 CALLE NARANJA



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Congratulations—to the new 2023-2024 NSCA Board of Director members, **Pat O'Brien** and **Mark Russell** who were elected to the Board by the community at the annual meeting held May 16, 2023. Thank you to **John Barbee** and all the candidates who ran this year, and all who participated in this electoral process.

Elected Representatives—With the election of the new Board, it might be a good time to review the basics of what a Board member is represented to do.

A Board member is an elected official whose role is similar to your other elected representatives to City Council, State Assembly, etc. Although other elected officials have larger constituencies, their functions and responsibilities are much the same. Board members are elected to make informed decisions for their electorate, which, in the case of our Board members, is the homeowners of Niguel Shores.

Part of the general foundation of democracy is electing representation to make decisions on behalf of the voting population. This system was initiated, in part, because the general population is not always informed on all sides of issues (no matter how hard government officials and administrators encourage them to be). Elected officials are there to make decisions and, if they are not doing things the general electorate agrees with, they can be voted out of office. It is a Board member's responsibility to make tough decisions, and these decisions can sometimes be controversial and a decision not everyone agrees with.

In addition, a Board meeting is much like a City Council meeting or a daily meeting of Congress. As we all know, the general public does not have verbal input during the daily business of a City Council or a vote in the U.S. Senate. So I would ask that everyone remember to please respect this decorum, as it is put in place in all forms of government so that representatives can perform what they were elected to do—make informed, focused decisions which in their views are best for the community.

Correspondence to the Board—The place to provide your input and comments to your Board of Directors is during

BOARD ACTION SUMMARY AVAILABLE ONLINE

See the Niguel Shores website at *niguelshores.org* for a summary of the April 12, 2023 Board of Directors General Session and Executive Session Meeting.

The next Board Meeting is scheduled for JUNE 14, 2023.

the Open Forum portion of Board meetings. This can also be accomplished by submitting something in writing ahead of time for the Board to review via their Board Packet. The best way this can be done is by submitting your comments and/or concerns to the **General Manager Marla Miller** at *mmiller@ niguelshores.org* one week prior to the Board meeting. If everyone follows this procedure, the Board can be better prepared for decision-making and responding to homeowner input.

Notice of Board Meetings and Agendas—Board meetings are generally held on the second (2nd) Wednesday of each month with the General Session portion beginning at 6:00 p.m. Posters noticing the meeting are at each of the vehicle exit gates, put up a minimum of four (4) days prior to the meeting, but are generally up the Friday before regular meetings. Notice of monthly Board meetings are also in the *Seashore News*, our website *niguelshores.org*, and the bulletin board across from the office.

Meeting agendas can be viewed on *niguelshores.org* and the bulletin board across from the office four (4) days before the meeting, generally by 12:00 noon the Friday before the regular meeting. Agendas are also available during each meeting of the Board.

Types of Board Meetings—There are many different types of Association meetings with differing civil code requirements on what is permitted to be discussed and when community notification of the meeting must occur. The different types of HOA meetings are General Session (open to homeowners), Executive Session meetings (closed session), Special meetings (may be open or closed), Emergency meetings, and Annual Meetings. Not every Board meeting has a General and Executive Session portion. All meetings are noticed and posted as appropriate and as required by Civil Code and the Association's governing documents. There are no secret meetings of the Board as NSCA adheres to the Davis-Stirling act and California Civil Code as required by all Community Associations in California.

Enjoy Summer!—I hope you all have a great start to your summer here in Niguel Shores!

—Marla Miller

INSPECTOR OF ELECTION REPORT NIGUEL SHORES COMMUNITY ASSOCIATION

May 16, 2023 — Annual Meeting

There were 3 candidates running for 2 open seats.Number of units:960Quorum Only:3Not eligible to vote:1. John Barbee124Quorum needed:4802. Pat O'Brien430Ballots cast:123. Mark Russell442

COMMITTEE REPORTS

ARCHITECTURAL COMMITTEE

Easements What Are They?

In California, an easement is defined as a right granted to a person or entity to use a piece of property belonging to a separate individual or entity for a specific purpose. The most common types of easements in real estate are those that grant road or utility access, but the unique configuration of our community includes several other types. Easements are designed to continue indefinitely and, as written into our Community Covenants, an easement always continues when a property changes hands.

Understanding easements is a critical part of the process when renovation or landscape projects are planned in Niguel Shores. Have questions or need clarification? Start with us first! Contact **Karen Decker**, Architectural Manager, at *kdecker@niguelshores.org* or (949) 493-0122 x 3.

Niguel Shores Easements

There are five different types of easements in Niguel Shores. The type of easement depends upon the neighborhood (tract) and location of the lot within that neighborhood.

- 1. Standard Maintenance/Access Easement:
- Found in Atlantic Garden, Shores Garden, and Villas tracts
- The purpose of the easement is to allow an owner access to the side yard of the neighboring lot in order to service or maintain their zero lot line wall, and to allow for a drainage system that will collect and dispel water run-off from the zero lot line atrium
- Access to the easement is made by sending written notification in advance to the owner of the property
- 2. Front Yard Landscape Maintenance Easement:
- Found consistently in the Sea Terrace I and Sea Terrace II tracts (townhouse neighborhoods)
- Found sporadically in the Atlantic Garden and Shores Garden tracts
- These easements are recorded against the lot
- The purpose of the easement is for the Association to maintain the landscape material and irrigation between the entry fence/gate and the street
- Modifications to the easement are very limited and require a recorded covenant to reorder the location of the maintenance area

3. Front Yard Utility Easement:

- Found in the Atlantic Garden and Shores Garden tracts
- The purpose of the easement is to provide the Association with the ability to install and maintain utility lines for street lighting and irrigation lines
- This easement cannot be modified or dissolved

4. Slope Easement:

- Found in Broadmoor, Shores Garden, Custom, and Breakers Isle tracts
- The slope is owned by the lot above and is an unbuildable portion of that lot
- The purpose of the easement is for the Association to maintain the landscape, irrigation, and drainage to ensure slope stability
- This easement cannot be modified or dissolved with the exception of the portion of modifiable slope in the Breakers Isle tract
- 5. Reverse Easement:
- Found in Broadmoor Homes tract
- A 3' strip located in the side yard
- This strip belongs to the subject lot but is accessed through the neighboring lot
- The purpose of the easement is for use by the lot where the easement can be accessed to plant, irrigate and install free-standing access gates only.

-Mike Stively

COMMUNICATION COMMITTEE

Welcome—The Communication Committee welcomes Board Liaison Rhonda Dunlevie who will join our meetings on the first Friday of each month representing the Board of Directors. Our committee functions under the direction of the NSCA Board and NSCA Management to bring you news of our community and our residents.

Thanks and Appreciation—We send our sincere thanks to outgoing Communication Committee Board Liaison **Donny Borsack** for the enthusiasm, creative ideas, and positive support he has contributed to our committee and the *Seashore News* publication this past year.

Honoring Our Young Adults—Niguel Shores has many highly accomplished residents with fabulous backgrounds, as you must have noticed if you've been reading our "Meet Your Neighbor" articles. But, as you will see on Pages 10 and 11 of this issue, our young people are equally accomplished. It is a pleasure and an honor this month to feature Niguel Shores 2023 high school and college graduates—a group marked by excellence in academics, sports, service, and positive goals for the future.

Niguel Shores Website—Stay in touch with Niguel Shores information by checking our community website *niguelshores.org* for news, events, forms, contacts, and the online version of the *Seashore News*.

—Sandy Homicz

COMMITTEE REPORTS

LANDSCAPE COMMITTEE

Water, Water Everywhere. If you're a walker or if you are driving through our beautiful community, you may have noticed water seemingly seeping out of the hillsides and around some of the walkways. This situation was addressed at our May meeting at length and Harvest Landscape was consulted. They turned off the sprinklers in several of the areas of concern for over 10 days and the water kept on seeping. It has been determined that we do not have leaky sprinkler systems. It is just excessive groundwater seeping up after our unusually rainy winter.

Harvest is looking into several ways to help mitigate this issue, including cleaning and repairing any drains in the affected areas. The good news is we are saving on our water use.

If you happen to notice any excessive water in your area snap a picture and send it over to the office so we can look into it. —Landscape Committee

MAINTENANCE COMMITTEE

Preparations for summer are in full swing. The new Beach Bluff portable tables arrived just in time for summer picnics and parties. Unfortunately, the Maintenance Staff has noticed that a few residents are using the fixed wood tables as a step-up bench while working out. Please note that these bench seats are *not* exercise equipment and are *not* designed to withstand this type of repetitive force. Such misuse causes the stainless steel rods to bend and the seats to break. **Kindly use the picnic table seats only for your "seat" and do not jump on them.** That way everyone can enjoy our Beautiful Beach Bluff safely.

In other news, the Pickleball fence has been repaired, the new ice machine has been installed in the clubhouse, and concrete walkways are being repaired as quickly as possible—all in our ongoing pledge to keep Niguel Shores the beautiful and well maintained community we all enjoy.

Have a great June.

-Geoff Dunlevie

RECREATION COMMITTEE

What a terrific Cinco de Mayo party! Great friends, neighbors, food, music and weather. Thank you to our Recreation team for putting this event together.

Be sure to mark your calendars for more upcoming fun.

June Events:

Ice Cream at the Bluff—Friday, June 2, 3:00 to 5:00 p.m. This event will be a monthly regular through the summer,



so make sure you watch for announcements in the *Seashore News* and NSCA website. Ice cream prices are \$3 to \$6. Pay the truck directly.

In N Out Night—Saturday, June 17, 6:00 to 8:00 p.m. Tickets are \$15 each and limited to the first 250. Get your choice of a burger, cheeseburger or grilled cheese with chips and a drink. A DJ will add to the fun at this event. Purchase a table with your ticket to have preferred seating. Tickets are on sale now in the Office.

Upcoming Events:

July 4th Celebration—All Day Enjoy all the activities on Independence Day – one of our most fun and best attended events of the year. Be sure to sign up in the NSCA Office between June 19 and July 3 to participate in the Decorating Contest for Golf Carts, Bikes, Trikes and Wagons. The decorating will be judged before the parade starts and all participants will line up on Niguel Shores Drive.

Ice Cream at the Bluff—Friday, July 7, 3:00 to 5:00 p.m. Come on down and cool off! Ice cream prices are \$3 to \$6. Pay the truck directly.

Food Truck Night—Saturday, July 22, 5:00 to 8:00 p.m. Come for a great selection of food trucks this year with Salt N Pepper, Kabobaholic and Funn-O-Cakes. Music provided by DJ George Graham. Pay trucks directly at the event. Cash and credit accepted.

—The Recreation Committee

COMMITTEE REPORTS

RECREATION AMENITIES COMMITTEE

Thank You—Thanks to everyone who attended the **Amenities Improvement Project Update** last month on May 6. We reviewed our current status, scope, schedule, and cost. The presentation is available online on the Niguel Shores website at *niguelshores.org*.

Progress Continues—The engineering is now complete and the city permit comments have been incorporated into our construction bids which are currently under review.

All major features of the project remain in scope, including: new sport court, new bocce ball courts, new shaded picnic area, new shading for the pickleball and tennis courts, the expansion of the existing playground and the walking trail loop. The team is currently focused on the detailed design of the shade structures, the sport court netting, and bocce ball court materials.

Construction is currently set to begin in September and end by December 2023. Pickleball court repairs may begin in an earlier phase this summer. This is currently being evaluated.

Rising Costs—As a result of increased labor and material costs, in addition to the extra city requirements, the decision was reached to not delete amenities, and to assess each home-owner \$180 to complete the project as originally planned.

The amenities project team appreciates your positivity and excitement for these new amenities. The team has worked diligently for our community and are greatly appreciative.

Contact Us—As always, if you have questions related to this project, please email *NSAmenities@gmail.com*.

Happy June!—An improved outdoor area is on the way for all the community to enjoy!

—Debi Berk

TRAFFIC AND SAFETY

Guest Lists—With warmer summer weather approaching, coupled with the festivities associated with the end of the school year, the number of friends dropping by will surely increase. To ensure that traffic at the Mariner Gate moves as smoothly as possible, we request that everyone regularly update their guest lists. If a guest is not on your list, our gate attendants (conditions permitting) will try and work with the prospective guest and contact you. Unfortunately, this sometimes results in folks losing their composure, and slows down processing people into the community.

Pool and Spa—Guests are welcome to use the pool and spa as long as they are accompanied by a resident. We don't have a lifeguard on duty. The uniformed patrol attendant on duty will only be responsible for insuring that the swimmers are residents or guests accompanied by a resident.

Burglaries—South Orange County continues to be plagued by teams of daytime burglars. So far, they have struck all around us, but have avoided our community. There are several possible reasons for this. One is that



we are a gated community with an active mobile parking patrol that observes most things and people out of the ordinary. Other factors, as identified by researchers, are that our homes and neighborhoods project an orderly and secure appearance, and, most importantly, that we have potential witnesses made up of watchful neighbors.

-God Bless ... Tim Murphy

CLUBS

WOMEN'S CLUB

"April Showers Bring May Flowers" was the theme of the Women's Club May luncheon. In line with this theme, we welcomed guest speaker, South Coast Water District Board member and former Niguel Shores resident, **Rick Erkeneff**. Erkeneff informed us about local water resources and issues and plans for a future desalination plant in Dana Point. The proposed Doheny Ocean Desalination Project would create a reliable, local, and drought-proof water supply for Dana Point and surrounding areas by 2028. For more detailed information about this project and South Coast Water District, please refer to *https://www.scwd.org/about/district_projects/*.



Club officers greet Rick Erkeneff of South Coast Water District.

In addition to serving on the Board of SCWD, Erkeneff has been an active member of the **Surfrider Foundation**, where he has promoted responsible water manage-

ment, educated about issues with water conservation and water quality, and organized countless beach cleanup efforts throughout the Dana Point area. We appreciate the time he spent to better educate us about water resources in our community and city.

A group of Women's Club ladies enjoyed a delicious lunch at the beautiful, newly located **Maison Cafe** on May 18 as part of the monthly Outside Activity.

Members are looking forward to the upcoming Mad

CLUBS

Hatter's Tea on Thursday, June 8, chaired by Suzanne Enis. Attendees will be treated to a delicious variety of tea sandwiches, fruit cups, scones, muf-



fins, madeleines and other sweets prepared by our amazing members. Members, be sure to RSVP when you receive your email invitation to this wonderful end-of-the-year celebration!

We welcome residents to join us in the fall for one of our monthly luncheons where the focus is always on "fun, friendship and service" in our Niguel Shores community.

-Karey Palmer

Women's Club Outside Activity

EVENT: Let's kick off summer at the Bluff!

DATE & TIME: THURSDAY, JUNE 15 STARTING AT 5 P.M.

SPECIAL INFORMATION: Bring your

favorite beverage and an appetizer to share. Meet with Women's Club members, spouses and significants. It's a club tradition to welcome summer, so come join the fun!

Call Carla Perin at (949) 689-8831 if you need more info.

MEN'S CLUB

May Recap-May was a fun and interesting month for the Niguel Shores Men's Club. At our breakfast meeting on May 2, we heard from local Congressman Mike



Mike Levin with Geoff Dunlevie and John Yocca

Levin of the 49th Congressional District which includes Dana Point. Mr. Levin is well informed on topics including disposing of the nuclear waste at San Onofre, the recycling and desalination of our water supply, revitalizing Doheney Village, burying the utilities lines on Stonehill, and significant investment in improvements at Camp Pendleton.

On May 16, our meeting space had a warmer look to it with flowers, white table cloths and pink napkins in honor of the ladies, roses in hand, who were invited to join us by Club President Geoff Dunlevie in honor of Mother's Day. The sixty or so guests included Club members, many of their significant others, and deceased member widows. It was a pleasure to have these ladies join us.

The Club's long-time chairman of the Scholarship Program, Jon Cobain, introduced our 2023 scholarship winners, Owen Ivory, Vanessa Frankhouse and Yaritza Garcia, all from Dana Hills High School. Each of the winners took the microphone to say a few words about themselves, and thanked the Men's Club for the cash awards. All three



Scholarship winners speak at Men's Club Breakfast.

are off to college soon. Congratulations, young scholars.

Next we heard from Christine Lee of Cereset Mission Viejo. Ms. Lee has endured more than her share of personal trauma, and explained how she discovered Cereset (short for cerebellum reset) while on a prolonged journey searching for an improved sense of well being. When she found Cereset, Ms. Lee was so taken by the benefits of the Cereset program, she bought the company! Go to the Cereset website at missionviejo.cereset.com and read about its patented BrainEcho neuromodulation process. Cereset is enjoying significant scholarly and medical practitioner attention from those treating PTSD and other disorders.

If you are not yet a member of the Men's Club, please be our guest at one of our June meetings. In addition to the friendly social interactions and stimulating presentations, you will be treated to a fine, hot breakfast. You won't be disappointed.

-Tim Moore



ATH Noore
ATH OF JULY PANCAKE BREAKFAST
Argues Tickets Online in Advance at niguelshoresmensclub.org
Mancake Breakfast will be held on Tuesday, July 4, from 8:30 to 10:30 a.m. at the Niguel Shores Clubhouse.
Cost is \$8 per person.
Aeservations are required for both inside and outside seating.
We request that everyone purchase meal tickets ahead of time online.
Go to niguelshoresmensclub.org to make your purchase.
If you are unable to order online, please contact the NSCA office and a volunteer from the Men's Club will call you to take your order.

GARDEN CLUB

End of Year Celebration-The final event of our calendar year-the traditional Garden Club Barbecue and Picnic—will take place at the Niguel Shores Beach Bluff on Monday, June 19 at 11:00 a.m. A reminder email will be sent to members in early June, confirming who will be attending and whether they will be bringing an appetizer, salad or dessert. Regular and veggie burgers will be provided by the Garden Club and barbecued to perfection!

CLUBS

This is an opportunity to get together with fellow gardeners and to celebrate another year of work, growth, and learning more about Mother Nature. The event is for current members only: no guests please.

April Speaker—At our April meeting, Joanna Giangardella spoke about aeroponics, an advanced

form of hydroponics: the process of growing plants in an air or mist environment, rather than in soil. Aeroponic systems use water, liquid nutrients, and a soilless growing medium to quickly and efficiently grow produce. Joanna promoted the use of an aeroponic tower like the one she uses at her home.

New Officers—At our April business meeting, the slate of officers for the new term was presented and elected. Congratulations to the following officers:

Co-Presidents: Sandi Stauffer	Secretary: Position Open
and Janice Stauffer	Co-Treasurers: Bill Imbriale
Vice President: Tom O'Keefe	& Rob Wollin

Milkweed—Niguel Shores Garden Club has been awarded a grant from the Monarch Watch Milkweed Market of 32 plugs of our native milkweed. Most of these will be planted in our designated milkweed area on Tasman Bay which has already been milkweed seeded by Harvest. But if you would like a "plug" which is a 5" high milkweed plant, please contact Tom O'Keefe and he will arrange for you to pick up a plant at his



Joanna explains aeroponic gardening, an advanced form of hydroponics.

Matilija Poppy

house, 23951 Tasman Bay. Email *tomokeefe10@gmail.com* or call (949) 493-7463.

Dues Reminder—Club dues of \$20 per member are payable by July 1, 2023. Please address checks (no cash) to Niguel Shores Garden Club and deliver to the NSCA Office, or give to the Treasurer at the June Barbecue.

Summer Vacation—We do not meet in July and August, but look forward to seeing everyone in September. Have a great gardening summer.

Until We Meet Again—We hope you enjoy the wonderful display of our state flower, the California poppy, with its four-petaled golden blooms in abundance along our hills and roadways. Another poppy blooming currently is the showy Matilija, the largest flower of any California native species. These 'fried egg' blooms are yellow in the center with white petals, up to four inches in width, and are magnificent to behold. They bloom from May to July in dry canyons and coastal shrub areas giving a beautiful display.

—Ann Strauss



BRIDGE

Some History—Here we are in June, the sixth month, beginning of summer, and half-way mark in the year. The word *June* comes from the Latin *Junius*, the name of the Roman goddess Juno who was the goddess of marriage and childbirth. June means young, which the Romans related to the early summer month.

The game of Bridge is not as old as Roman times, but it dates back to the 16th century, having copied the game Whist and being mentioned in English books of that time.

Our Bridge group does not go back to Roman times, or even to the 16th century, but we are proud to say that Niguel Shores has had its Bridge roots here for over 30 years.

Last Month's Winners

April 19: Bob Ruben came in 1st place for the second week in a row, while Betty French took a peek at 2nd and Patty Hollis roared into 3rd.

April 26: Glenda Wilson found 1st place, while Jane Olson secured 2nd, and Jim Pinola captured 3rd.

May 3: Found Bill Imbriale happy at 1st place, Byron Nelson held on for 2nd, and Jim Pinola held on 3rd for the second week in a row.

May 10: Muriel Krazewski, our newest player, came in 1st, while our returning snowbird Jane Olson came in 2nd again after a weeks absence, and Elizabeth Miller came in 3rd.

If you are interested in playing or want to join the game each Wednesday at 10:30, please call **Bob** or **Betty French** to set up a playing date. Their number is (949) 312-2556.

—Mike Oliva

PAGE TURNERS

Our June Selection—This month finds all three groups reading *The Midnight Library* by Matt Haig. The following is a short description of the book:

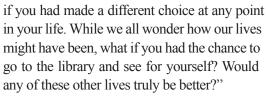
"Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived

FOB REQUIRED

As our busy summer season approaches, remember to bring your Fob for entry into the Community Center gate, pool, sports courts, and clubhouse.

The Office staff cannot open the gate automatically, so please bring your Fob for admittance.

If you are hosting guests, please wait for them at the gate to admit them with your Fob.





Bi-Annual Joint Meeting June 22-

June is the final month of our Page Turners' book club year. We resume our regular meetings in September with a brand new list of nine books. Each June we have one of our biannual joint meetings where all our groups socialize, discuss books, have a fun blind book exchange and, of course, enjoy homemade goodies. In addition, we learn the titles of the nine books that members have selected to read in the coming year. The twenty-one titles suggested are listed below. Watch this article next month to see the nine winners.

A Better Man, Penny The Kingdoms of Savannah, Green Anxious People, Backman The Marriage Portrait, O'farrell Angle of Repose, Stegner The Only Woman In The Room, Benedict David Copperfield, Dickens The Path Between The Seas, Mccullough The Second Life of Miriellle West, Deamon Copperhead, Kingsolver Dear Edward, Napolitano Skenandore The Shell Seekers, Pilcher Empress Of The Nile, Olson English Creek, Doig The Sound of A Wild Snail Eating, Toya Horse, Brooks The Splendid And The Vile, Larson The Woman They Could Not Silence, Lessons In Chemistry, Garmus Next Year In Havana, Cleeton Moore Remarkably Bright Creatures, Van Pelt

Page Turners Groups—One group meets the fourth Monday afternoon of the month and the other two groups meet the fourth Thursday afternoon of the month. If you are thinking of joining a book club, you would be most welcome to visit our joint meeting **June 22** at **1:00 p.m.** in the **Clubhouse.** We just ask that you let us know by contacting one of the coordinators—for the Monday group, myself at *fozimec@cox.net* and for the Thursday groups, **Steve** and **Ann Morris** at *samwrsi@cox.net*.

-Frances Ozimec

2023 SUMMER TROLLEY SERVICE SCHEDULE MAY 26, 2023 TO SEPTEMBER 4, 2023

Mondays - Thursdays: 12:00pm - 9:00pm Fridays: 12:00pm - 10:00pm Saturdays: 10:00am - 10:00pm Sundays: 11:00am - 8:00pm Holidays (5/29, 7/4, 9/4): 10:00am - 8:30pm

Trolleys arrive at stops every 15 minutes. Each trolley will remain open-air while in service. Visit *www.dptrolley.com* for hours of operation and route information. Reach out to *dptrolley@danapoint.org* for any questions.

CONGRATULATIONS GRADUATES!

Mia McKeown has graduated



from California Polytechnic State University, San Luis Obispo with a Bachelor of Arts in Communication Studies. At Cal Poly, Mia participated in Alpha Phi sorority, making lifelong friendships and contributing

to the sorority's mission and values. Mia's commitment to her academic and professional growth brought her to an internship with Quiksilver, specializing in e-commerce merchandising—an opportunity that allowed her to apply her knowledge and skills in a real world setting. Mia is the daughter of Natalie and Matt McKeown, and will be coming home to pursue her career here in Orange County. Mia, your mom, dad, Claire, Grace and Lily are so proud of you and know you will go far! We extend our best wishes along with theirs for your bright future.

Zoe Aharca is graduating from Dana



Hills High School this June. Zoe was an active member of the Associated Student Union and played four years on the high school Volleyball Team. In addition, she was a member of the Health and Medical

Occupations Academy. Zoe has also volunteered in the community through the Mission Hospital Auxiliary Program and as a member of the Monarch Chapter of National Charity League. Zoë will attend the University of Wisconsin in the fall where she plans to study kinesiology. Congratulations to Zoe and her parents Kyle and Jessica as she heads to Wisconsin to pursue her goals.

Mason Mills will be graduat-



ing from Chapman University this month with a Bachelor's Degree in Business and Economics. At Chapman, Mason played Division 3 Soccer and served as President of

his fraternity, Pi Kappa Alpha. He will be traveling this summer before he begins his career in business and real estate. Mason was born and raised here in Niguel Shores, and his parents Danielle and Scott and brother Dylan are very proud of his accomplishments. Congratulations to you, Mason. We wish you much success as you begin your business career.

Emma Brandon is graduating



from JSerra Catholic High School and plans to attend Northeastern University in Boston in the fall. Emma is the daughter of Christy and Keith Brandon. At JSerra, Emma served as President

of the Dupont Business Magnet and VP of the National Honor Society along with several other leadership roles. She was the only female from her school sent as All Girls State Delegate by the American Legion Auxiliary. At Northeastern, Emma plans to pursue a degree focused on International Business. Congratulations on your accomplishments, Emma, and best wishes as you go on to future success at college in Boston.

Class of

Maisie McPherson is



graduating with a Bachelor of Arts in History from Princeton University. While at Princeton, Maisie played Division 1 Water Polo, served as president of Pi Beta Phi sorority, and enjoyed

membership in the Princeton Charter Club. In addition, Maisie wrote for the Daily Princetonian, was an executive member of Princeton's Business Today, and worked at a local independent bookstore. Maisie is the daughter of David and Karin McPherson, and with her brother Johnny, has resided in Niguel Shores nearly her entire life. We are very happy to congratulate Maisie on all her accomplishments and wish her great success for the future.

Kempton Bohn is graduating



from Dana Hills High School this year and heading to Syracuse University to study Political Philosophy and Public Policy. She plans to attend Law School in the future and serve the courts as a Judge.

Kempton grew up in Niguel Shores after moving here from San Francisco in 2008. Her parents, Lori Bohn and Britt Bohn, along with her younger brother Alex and stepfather Kevin Cronk, could not be more proud of her accomplishments. Kempton loves to dance, has been performing since the age of 10, and also loves snowboarding. Enjoy your studies at Syracuse, Kempton, and best wishes as you move forward to pursue your dreams.

Nikiel Douglas, an honor



student at Santa Margarita Catholic High School, is graduating Summa Cum Laude this June. The son of Anu Singh and Jon Douglas, Nikiel is on his way to the University of South Carolina Honors

College, studying International Business. He is graduating Santa Margarita High School with an International Baccalaureate Diploma, was involved in Model United Nations, and served as Treasurer and Secretary of the National Honor Society. In addition, Nikiel served as Treasurer, Dragon Kim Foundation Summer Music Project for Kids and was a Trader Joe's crew member. He enjoys scuba diving, basketball, fitness, and nutrition. Nikiel, we wish you great success at college and afterward in in the business world.

Ensley Miller will be graduating



from Dana Hills High School with honors in June. Ensley is a member of the National Honor Society, the California Scholarship Federation, and volunteers weekly in the Emergency Room

at Mission Hospital. She attended Malcom Elementary School in Laguna Niguel, competed as a gymnast for many years, and eventually found her love of the great outdoors in high school. She enjoys hiking, camping and spending time with friends at the beach. You may also recognize Ensley as the person making your sandwich at Beach Hut Deli in Dana Point. Ensley will be attending the University of Utah in the fall to study Health and Kinesiology with the goal of becoming a Physician's Assistant. She is the daughter of Justin and Meredith Miller and the granddaughter of Bruce and Linda Blakley and Karen Blazine, who are also residents of Niguel Shores. We send congratulations to Ensley and all her Niguel Shores family, and we wish the very best as she heads off to the University of Utah.

Jake Haskins graduates from



Dana Hills High School this month. Jake is a member of the National Honor Society and ran for both the Track and Cross Country teams. In addition his studies and sports, Jake worked at both

Harpoon Henry's and the Beach Hut Deli. Jake will attend the University of Utah in the fall where he will major in Entrepreneurship. We wish Jake much success as he heads to college, and we send congratulations to Jake and his parents Angle and Bruce Haskins.

Erica Smith is graduating from Dana Hills High School and is headed to the University of Oklahoma in the fall to study Aviation Management. At Dana Hills, Erica was a four year Varsity Lacrosse player, two time All CIF, and two time Captain. She enjoys surfing and

gaming in addition to her skills in Lacrosse. Erica's parents, her brother who is also at University of Oklahoma, and her twin siblings at Dana Hills all wish her success in college and a great future in the field of aviation.

Max Mair graduates from Tesla



Academy in Irvine this month. He will be attending the University of San Francisco in the fall, where he will major in Business Management. Max will also be playing soccer on the Men's NCAA Division 1 Soc-

cer Team. He started playing soccer when he was 7, playing for the Striker's Football Club, and has been playing consistently ever since. In addition to soccer, Max loves surfing, snowboarding and golf. His parents, Jim and Sharon, and younger siblings, Dylan and Brigitte, are looking forward to following Max as he plays for the University of San Francisco "Dons" this fall.

Chase Rodriguez graduates



No RED

from Dana Hills High School this month. Chase and his parents, Dave and Elle Midkiff, recently relocated to Niguel Shores from Arizona, where he attended Mountain Ridge High School prior

to moving to Dana Point in 2022. Chase will be studying Commercial Real Estate at Saddleback College in the fall. He created his own podcast and enjoys spending time at the ocean now that he and his family are living in Dana Point full time. Chase works at Project Social Restaurant in Dana Point, and is preparing to spend a few weeks in Northern Europe this summer. Congratulations to you, Chase. Enjoy your travels, and best wishes for success in college.

Georgia Tonini graduates with



honors from Dana Hills High School this month and will attend the University of Utah in the fall majoring in Communications with an emphasis in Experience Industry Management. Georgia is a scholar athlete

who has participated in pep squad, soccer, and track and field. As a four-year member of the pep squad, she was captain for both the Junior Varsity and Varsity teams. A member of Dana's Associated Student Union all four years, Georgia is currently serving as ASU Vice President. She is also the president of the Student Senate, a member of the National Honor Society, the California Scholarship Federation, and the Best Buddies program. Georgia recently received the National Society of the Daughters of the American Revolution Good Citizen Scholarship. Her family has lived in Niguel Shores since 1995. Her parents, Beth and Terry Tonini, are very proud and wish her much success at University of Utah.



SPORTS

TENNIS

The French Open (Roland-Garros) is underway, and the Wimbledon Championships will follow in July. Our residents will have their eyes on tennis, and the tennis world will soon be flocking to Wimbledon.

Wimbledon is my favorite tournament, not because it has my name (--don), but because of the skill needed to win this grueling tournament. Wimbledon is considered the "crown jewel" of slams by the ATP/WTA.

The Wimbledon Championships, better known as Wimbledon, is the oldest tennis tournament in the world and considered the most prestigious. The tournament has been held at the All England Club in Wimbledon, London, since 1877.

Wimbledon is one of the four Grand Slam tennis tournaments, along with the Australian Open, French Open, and US Open. Of these, Wimbledon is the only one played on the traditional outdoor grass courts.

The tournament this year takes place July 3 through 16. In addition to the Ladies' and Gentlemen's Singles, Doubles, and Mixed Doubles, there are also Boys' and Girls' Rounds, and events for Wheelchair players.

PICKLEBALL

Pickleball Skill Level and Rating—Pickleball players might be wondering what your rating is (or maybe you've heard someone talking about their rating and want to know how to get one yourself). Whether you're playing at our community courts or in tournaments, it's fun to know what your rating means.

Pickleball players who are simply interested in socializing and getting some exercise are looking for "beginner, intermediate, and advanced" types of games. However, similar to tennis, those looking to play in official league tournaments need a rating between 1.0 and 5.5+.

Pickleball ratings are usually given as a 2-digit number determined by how well one can execute different shots, such as the forehand, backhand, serve, dink, third shot, and volley, as well as one's ability to understand strategy. Every aspect of how one plays the game is considered when determining a rating.

USA Pickleball Ratings—Here is the breakdown of the 2-digit skill rating by USA Pickleball (the full definition can be found on their official website):

- 1.0 2.0 Players new to the sport who don't have much prior athletic experience.
- 2.5 Players who may be inexperienced but can sustain a short rally.
- **3.0** Players who understand the fundamentals and how to position themselves on the court.

Wimbledon traditions include a strict all-white dress code for competitors, including caps, bandanas, wristbands, socks, shoelaces, shoe soles, and undergarments. The sports outfitter Slazenger claims the





Crowds que up for entry to Wimbledon (top) and the courts (bottom).

world's longest-running sporting sponsorship, providing balls for the tournament since 1902.

I hope each of our residents enjoy the Wimbledon Championships this year, and also spend some time getting to know the history of our own tennis facility that once was called the **Sea Terrace Tennis Club.** (Take a look at the archives of our Niguel Shores community found at *niguelshores.org.*) We enjoy a quality of life here while others spend thousands of dollars traveling to visit places with our lifestyle. Remember, enjoy life, keep your racquets moving, and live life, "Happy, Wild and Free." See you on the courts.

-Don Baer and Penni Buff-Baer

- 3.5 Players who can differentiate between a soft and hard game, can move quickly to the non-volley zone, and understand when stacking might be advantageous.
- 4.0 Players who can recognize and exploit an opponent's weaknesses. They can move as a team because they know where their partners are on the court.
- 4.5 Players with good footwork and a good understanding of strategy. They easily communicate and move well with their partner.
- 5.0 Experts at picking up pickleball strategies. These players can adapt their game to an opponent's strengths and weaknesses because they have efficient footwork. Unforced errors are rare for them.

5.5+ A pickleball player with mastery of the sport. A pro.

Unofficial Ratings—Most players at courts across the country do not have experience playing in pickleball tournaments, so ratings are unofficial and often labeled as follows:

Novice/Beginner—Novice/beginners are those who have never played pickleball before or have only played a few times. They aren't familiar with keeping score and where to place themselves on the court, so they rely on others to help them.

Intermediate—Intermediate players will usually be the largest group. They are regular pickleball players who understand the game, know how to rally, and can dink, serve, and volley decently.

Advanced—A player rated "advanced" at the local courts is generally one who has a strong hitting stroke, is mobile, and makes fewer errors than the others.

These unofficial ratings are generally subjective and relative at the local community courts. A player categorized as "advanced" at the local courts may be a much better player

SPOTLIGHT

NIGUEL SHORES CUSTOM HOMES

Editor's Note: This is the third in our series looking back at the history of Niguel Shores homes. We are presenting them in the order of their construction: first the Broadmoor Homes, then the Shores Garden Homes, and in this issue, the Custom Homes on the streets down close to the Bluff.

A Look Back—We return to the early 1970's, when Niguel Shores was a patch of slowly developing tracts of land in an unincorporated area, expanding to include areas of custom homes edging closer to the ocean.

The Broadmoor Homes and Shores Garden Homes were already built, including Mercator and Nauticus Isles, which were part of the Shores Garden Homes tract, but not given "Bay" names since the streets were single loaded, not bays. As noted previously, the CC&Rs set up during the building of the Broadmoor Homes were in place for the rest of the rising community. Developers and various contractors sat on the Board of Directors, along with home owners, until a percentage of their homes had been completed and were sold. The Board, as we know it today, eventually became only elected homeowners to oversee the rapidly growing Niguel Shores community.

Construction Begins—The new area of construction lay beyond the Garden homes on the south side of Pacific Coast Highway. It encompassed open land that stretched to the bluffs, overlooking the ocean, bordered on one side by the future Ritz Carlton Hotel and on the other side by a motor court. This virgin land was constructed as a Planned Urban Development (PUD) in 1970.

Four new streets were planned and named as "Isles"— Magellan, Shackleton, and Cabrillo Isles were named for famed explorers, and Seaward Isle, for its view toward the ocean. Soon the vacant land was being graded, and the first of what became known as the Custom Homes began construction.

Customized Models—Four plan designs were open to buyers who were provided tract home plans that "could be modified for individual needs." These models were all single than one's peers, but not for those who play in pickleball tournaments or at more competitive pickleball venues.

T-Shirts—Our Pickleball Steering Committee is designing Niguel Shores Pickleball T-Shirts that will be available for purchase. Stay tuned! Stay happy! Play Pickleball!

-Chris Horpel



Custom Homes on Magellan, Shackleton, Cabrillo, and Seaward Isles.

story and limited to 15-foot heights to protect the view. Homes were constructed with standard lot lines, noting that large front yards and side yard spaces balanced the white water views from a limited back area. The house itself was placed in this manner in recognition of the ocean winds, with many having space for their own swimming pools at the front of the house, out of the wind. The lots were terraced with all homes were located on the ocean side of the street. The previously-built Shores Garden Homes sat on terraced land above the first street of the Custom Homes.

The four "Isle" streets we know as our Custom Homes contain a variety of architectural styles and lovely views. Fiftysix homes were originally built. The one existing original blueprint features a large residence with three bedrooms, four bathrooms, a powder room and a maid's quarters. The main part of the house had a large kitchen, family room with a dining room, and a living room looking out at the ocean. Of note, this development, as well as other developments in the Shores, consisted of very few two-story homes. Among the Custom Homes, the lots on Seaward Isle were originally constructed by the Developer as non-conforming homes.

Folklore about the original properties recalls that one of the first houses occupied was painted a bright pink by the owner's request. Today, driving through this area of Niguel Shores you will see no indication of the pink house, nor the original "tract design from four models." Rather, each home has been remodeled to reflect the owner's lifestyle, ranging from English cottage to twenty-first century all-glass modern design.

-Susan Courtney

Correction: The Spotlight article in the May 2023 had an error. It should say that exterior flat roofs in the Atlantic Garden Homes tract can be raised if the modification does not violate an existing rule. These requests are reviewed by the Architectural Committee on a case-by-case basis. Exterior pitched roofs cannot exceed the existing highest roof ridge line in the Atlantic Garden Homes.

Wellness ... Flex Those Muscles!

It was just a few boxes of books to be moved, that's all. Well ... several boxes of books ... more like way too many boxes of books. As it turns out I needed to move 50 boxes from a bedroom into the garage at my mom's house. Mom, the soon to be 93-year-old book hoarder's house. That way, when my brother came to visit the following week, he could sleep in that room without worrying about an earthquake creating an avalanche of heavy cartons that could bury him alive in his sleep. Nice thought, eh?

If the boxes were going to be moved to the garage, I was the one who had to do it, too. I found space out there and got to work. One after another they went. High and low, but carefully balanced not to fall and hurt someone when they were starting a load of laundry, searching for paper towels or toilet paper, or taking out the trash. I just kept going and, 50 boxes later, I was finished. Mission accomplished! The bedroom looked great, and the garage ... well, a little more stuffed.

The reason I could move 50 boxes of books, a relatively heavy job, was because my muscles were up to the task. Without healthy muscles, I couldn't have done it.

Keep Muscles Healthy—We don't often think about the role our muscular system plays in our overall health and wellness. My little story above is a true one, happening only a couple of months ago, and it's an example of our muscles in action. I don't mean we need to move 50 boxes of books in order to shout to the world that we have healthy muscles, as we're all individuals with different abilities. However,



without healthy, strong muscles even something as simple as getting up out of a chair without assistance can become a serious limitation to our independence. This all starts with something called **sarcopenia**, loss of muscle mass, which begins to happen when we're as young as 35, but by the time we're around 65 and older, if

we don't "push back" it will progress rapidly. Not only does sarcopenia result in loss of muscle mass, but those same muscles, when healthy, also improve the way insulin uses glucose so the healthier our muscle mass is, the less likely we are to develop diabetes type 2. Other benefits of healthy muscle mass are strong bones and improved absorption of nutrients.

What brings on muscle loss on in the first place? For starters, a sedentary lifestyle is a very big contributor. Our computer lifestyle drives the majority of our sitting hours each day. Deciding to walk, swim, bike, run, or dance, for example, will definitely help break those sedentary habits and keep your cardiovascular system healthy. However to address sarcopenia, we need to add resistance training, that is weightlifting, to our calendars at least twice weekly with three times being even better. You don't have to join a gym either. Just invest in some small weights you can use right at home, along with using your own bodyweight by doing squats and pushups.

Resources—You could look for different workout routines, which are available online, or better yet hire a trainer like our very own Cynthia Carlson! Just in case, here's a good website with lots of resources from the National Institute of Health: *https://bit.ly/3W43ovx*

So, let's "push back" at sarcopenia! Lift some weights each week. Stay in motion (use it or lose it) and you TOO can move 50 boxes of books from the house to the garage in no time!

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



MEET YOUR NEIGHBOR

We are happy to introduce recent East Coast transplants, Kenny and Edwina Bynoe who arrived here from New Jersey in September of 2020, right at the height of the COVID 19 pandemic. Moving across country is often an interesting adventure; however, to do so in the middle of the pandemic made the move even more challenging.

In 2018, Kenny was offered a position as Vice President of

Sales at Skyworks Solutions corporate headquarters in Irvine. Skyworks develops and manufactures semiconductor products. Kenny accepted the position with the stipulation that the couple would postpone their move until their youngest daughter graduated from high school in New Jersey.

Kenny traveled back and forth from New Jersey to California often during that time and decided that if they were moving to California, they needed to be

by the ocean. With Edwina's approval, they narrowed down their locations to Laguna Beach, San Clemente, and Dana Point. They looked extensively at all three cities but were not having much luck. Needless to say, the price differential between Southern California and New Jersey was considerable. Edwina was about to head back to New Jersey when their relocation realtor showed them a home in Niguel Shores and took them to our Niguel Shores Bluff. They both agreed right then that, even though it was a little out of their original price range, they could be very happy in Niguel Shores.

They sold their New Jersey primary residence, packed up the car and their two dogs, and drove to California. As mentioned earlier, moving across country during the pandemic wasn't easy. It was almost impossible to find hotels and restaurants, especially when traveling with their dogs, yet they made it. They both agree it was a challenging adventure, but definitely worth it.

Kenny was born in Brooklyn, New York, and his family eventually moved to New Jersey. After high school he attended a New Jersey community college, and then went on to Old Dominion University in Norfolk, Virginia where he graduated with a degree in Finance.

Unlike Kenny, **Edwina** was not an East Coast native. She was born in South Korea and, at the age of 11, she and her 13-year-old brother were adopted and brought to New Jersey to live with their new parents. Edwina's Mom and Dad adopted a total of five children from Korea and Vietnam. Her adopted siblings ranged in age from 5 to 13 years old when Edwina and her brother joined the family. Adapting to life in the USA was a huge adjustment. They were both immediately enrolled in

public school, but neither Edwina nor her brother spoke any English. Edwina was in the sixth grade and says she carried around an English/Korean translation dictionary for about three years. Edwina worked hard and was a good student and, by the time she graduated from high school, she was enrolled in Honors English. After graduation, she went on to attend Rutgers University and graduated with a degree in Economics.

Kenny and Edwina met when they were just seventeen years old and dated on and off through college. After graduation, they spent several months backpacking through Europe, eventually marrying and starting their careers in Finance. Edwina continued in the field for many years. However, after a time, Kenny decided to try a different path and headed towards a career in sales. Sales proved to be a difficult field to break into, yet he persevered. As Edwina says, "He can talk to anyone!" Kenny eventually found his passion in the sales field and as mentioned earlier, presently is Vice President of Sales for Skyworks.

The Bynoes have three grown children. Evan recently graduated from Duquesne University in Pittsburgh with a degree in Pharmacy; Emily works as a Neonatal Nurse in Washington, DC; and Abby is a Junior at the University of South Carolina pursuing a career in Speech Pathology. Winston and Cooper, a yellow lab and a black lab who happen to be brothers, made the trip to Southern California with Edwina and Kenny. They maintain a townhome in New Jersey that serves as a base for the kids and family members who are all still located on the East Coast.

Even in the midst of the pandemic lockdown, Edwina and Kenny found the Niguel Shores community surprisingly welcoming. They loved visiting the Bluff with Winston and Cooper, but what really sealed the deal for their welcome into the Niguel Shores community was Pickleball. Edwina played back in New Jersey and knew the game. Shortly after they arrived here, she shyly approached the courts and inquired about playing. Edwina was delighted to learn everyone was welcome, went home and got her paddle, and has never looked back.

Since arriving in California, the Bynoes have hosted lots of East Coast visitors who agree they chose an excellent spot for relocation. Edwina and Kenny travel back east often to see family, especially Edwina's 90-year-old Mom. They also enjoy getting to know more about California and Niguel Shores, which they are happy to call home.

-Patti Staudenbaur



The Bynoe Family

and their dogs

Winston and Cooper



Pet Panade

DENTAL CARE FOR YOUR PET

Here is some pertinent information about dental care for your pet. Hopefully, it will encourage you to brush your pet's teeth!

What is veterinary dentistry and who provides it? Veterinary dentistry includes preventative care, cleaning, extraction, and repair of teeth including root canals and advanced procedures. These are performed by a veterinarian, a board-certified veterinary dentist, or (In some areas) veterinary technicians under the supervision of a veterinarian.

What is included in a dental exam? The veterinarian should examine the pet's entire mouth to look for any abnormalities in the teeth, gums, tongue, or other tissues. Some dental problems may not be obvious, but a pet may show non-specific signs like irritability, difficulty eating and behavioral changes.

What is included in a dental cleaning? Under anesthetic, dental x-rays may be taken to evaluate the tooth roots below the gum line and the jawbone. After the x-rays, a dental cleaning is done (scaling, removing dental plaque and tartar, probing the teeth, polishing).

Why use anesthesia? Your pet does not understand the need to remain still during dental treatments. Without anesthesia, your pet might react by moving, trying to escape, or even biting. Anesthesia allows dental cleaning and procedures with less stress and pain for your pet and with a lower risk of pet injury. Your pet needs to be completely still for dental x-rays to be effective. Also, if cleaning with the pet awake, it is not possible to see all the disease in the mouth or to clean under the gumline.

Is anesthesia safe? Any anesthesia has risks, but today we have very safe anesthetic agents. For most pets who need dental care, the benefits of anesthesia outweigh the risks. Pets usually wake up quickly following anesthesia and go home the same day.



What about "non-anesthetic" dental cleanings? Some grooming parlors and veterinarians offer the option of "nonanesthetic" dental cleanings. This should be reserved for pets with minimal signs of dental disease or for pets who have medical issues that would make general anesthesia dangerous. Non-anesthetic cleanings should done only under the supervision of a veterinarian.

What signs of dental disease can you recognize at home? Look for bad breath, reduced appetite, broken or loose teeth, bleeding from the mouth, teeth discolored or covered in tartar, abnormal chewing, drooling or dropping food from the mouth, and swelling in the areas surrounding the mouth. You always should be *very* careful when you are examining your pet's mouth. The examination could be painful to your pet, and a pet in pain may bite.

Do dogs and cats get periodontal disease? Periodontal disease is an inflammatory condition of the structures that surround and support the teeth. It starts with plaque that hardens into tartar on the teeth and under the gumline. The tartar above the gumline is easy to remove but the tartar below the gumline can set the stage for infection and damage the jawbone and tissues that connect the teeth and the jawbone.

Periodontal (gum) disease is the most common dental condition in dogs and cats. By the time your pet is 3 years old, your pet will likely already have evidence of the disease. Early detection and treatment are critical because advanced periodontal disease can cause severe problems and pain. The disease does not just impact your pet's mouth. Other problems associated with periodontal disease include kidney, liver, and heart muscle changes.

Is there anything I can do at home for my pet's oral health? With patience and positive reinforcement training, most dogs and cats will accept teeth brushing. Your veterinarian can instruct you how to brush your pet's teeth. If you brush only once a week, you can significantly reduce the incidence and severity of dental disease. Any toothbrush can be used for dogs, but for cats we usually use a finger toothbrush. There are many products for home dental care, including pet toothpaste—which, fortunately, tastes good and the animals like it. If your pet does not allow actual brushing of the teeth, just getting the toothpaste in the mouth can be helpful for reducing dental disease. Talk with your veterinarian about other available dental products, such as dental treats, rinses, and diets.

—Susan Davis, DVM



NEIGHBORHOOD ADS

Need to buy patio furniture. Please call me (a) (949) 285-3716.

For Sale: Electric hospital bed and mattress. Damaged footboard \$400.00. Hoyer lift -hydraulic sling included \$400.00. Chiminea free. Call Mary Lynn at (970) 390-9850.

Ads for the Seashore News must be submitted by the 15th of the month. Include a check payable to NSCA, \$5 for a maximum of 30 words. Advertisers must fill out a form available at the Association office. Neither NSCA nor the Seashore News assumes responsibility or liability for quality of goods advertised.





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MARKET UPDATE



The active listing inventory in the past couple of weeks increased by 63 homes, up 3%, and now sits at 2,139, the largest rise of the year. Nonetheless, it is the lowest level for mid-May since tracking began in 2004. In April, 49% fewer homes came on the market compared to the 3-year average before COVID, 1,983 less.



Demand, the number of pending sales over the prior month, decreased by 46 pending sales in the past two weeks, down 3%, and now totals 1,660, the lowest mid-May reading since 2020 during the COVID lockdown. Last year, there were 2179 pending sales, 31% more than today. The 3-year average before COVID was 2,765, or 67% more.



With the inventory rising and demand falling, the Expected Market Time, the number of days to sell all Orange County listings at the current buying pace, increased from 37 to 39 days in the past couple of weeks. It was 34 days last year, similar to today.



There were 1,696 closed residential resales in April, 34% less than April 2022's 2,565 closed sales. April marked a 5% drop compared to March 2023. The sales-to-list price ratio was 100.2% for all of O.C. Foreclosures accounted for 0.1% of all closed sales, and there were no closed short sales.



Buyer demand is extremely high in Niguel Shores, while the supply of homes for sale is very low. Thinking of selling? We have buyers waiting for specific locations and types of homes.

Call for a complimentary and confidential price analysis detailing the new value of your home in Niguel Shores!



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