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1303 N. BAYFRONT	Sold	Buyer & Seller	\$3,995,000
206 APOLENA	Sold	Seller	\$1,875,000
210 COLLINS	Sold	Seller	\$2,060,000
214 COLLINS	Sold	Seller	\$1,750,000
234 AGATE	Sold	Seller	\$3,860,000
307 APOLENA	Sold	Seller	\$2,900,000
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Do you have a creative side? We are always looking for residents to be involved, follow up on leads, write great stories and send us ideas. Let's celebrate the great things happening in your community! No contribution is too small. If you'd like to be involved, feel free to email George.latos@n2pub.com with your pictures, suggestions or requests.



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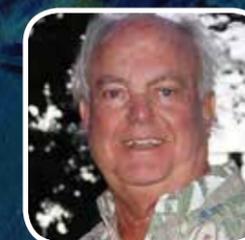
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MAY MESSAGE...

It's hard to believe that almost half of 2019 is over. May flowers were an understatement as the poppies and the mustard painted the OC in a palette only nature can provide. This morning I woke to a post on our local social media that stated, "Lucky to live here." We truly are. Each neighborhood in its own way has a personality, a character, and a voice. We are all connected through the good people who live here.

If we are truly lucky to live here, we need to acknowledge more than just the scenery and the weather. It takes special people who care deeply for their neighborhoods who fill the voids.

Our volunteers, the unpaid and often overlooked first responders who always seem to be there when the issues arise. The coordinators, docents, fundraisers, advocates, crossing guards, those who set up and clean up, protectors of the quality of life and character of the neighborhoods, we thank you all. In the larger context, Newport Beach is one of our country's most charitable and philanthropic places. It's what we do...neighbors to neighbors and person to person that binds us and makes us special.

Winston Churchill said that "You make a living by what you get. You make a life by what you give."

Next time you see one of our many unpaid volunteers, take a moment and say thank you.

All the Best,

George and Emily



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10 THINGS TO DO WITHIN 10 YEARS OF RETIREMENT

Part One

Your dreams of white sandy beaches, days spent on the golf course, or more time with family are just around the corner. After countless years of working and saving, you are finally getting closer to the retirement finish line. That doesn't mean it's time to put your feet up and count down the days until you pack up your office for good. Determine to finish the race stronger than you started by doing these 10 things within 10 years of retirement.



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1. Run Your Numbers Through Different Scenarios

There are countless uncertainties when it comes to your retirement savings. While it may be impossible to predict exactly how long your nest egg will last, you can run your figures through different scenarios to evaluate what will happen if the market crashes, if you face unexpected healthcare costs, or if a spouse dies prematurely. Once you stress-test your savings in this way, you can come up with a plan to mitigate these risks. If you wait until you are retired to take this step, it may be too late to make the changes necessary to maximize your retirement income.

2. Test Out Your Retirement Income

Whether you choose to continue working during retirement or not, you'll likely rely on a retirement income generated from several different sources, including Social Security, employer-sponsored retirement plans, personal retirement plans, and other savings and investment programs. Over the course of your working years, you've likely been contributing money to these accounts so you'll have a consistent income in retirement. But how do you know if it's enough money?

One way is to test it out. While it's generally recommended to assume you'll need 80% of your current income in retirement, you and your family may need more or less. For a few months, test drive a reduced budget. To start, try living on 80% of what you currently receive. Do you find yourself pinching pennies or did you find even more ways to cut back?

3. Up Your Savings Rate

The closer you get to retirement, the more you should aim to save. Cut back on expenses, channel any raises and bonuses directly to savings, and automate savings increases of 1% every few months.

Your increased savings can be invested into your company 401(k) or 403(b) plan or your personal IRA. If you are over 50, you can invest an extra \$1,000 a year into an IRA for a total of \$7,000 for 2019. At \$6,000, the catch-up contribution for those over 50 is even greater for 401(k) and 403(b) plans, allowing a total annual contribution limit of \$25,000.

4. Decide Where You Will Live

According to studies by the Employee Benefit Research Institute, housing expenses account for an overwhelming 43% of spending for those ages 75 and older—even more than healthcare [1]. As you approach retirement, think through where you're going to live and how much you'll spend on housing costs in retirement.

If you plan on relocating, do your research. Visit your potential locations, and decide if the climate, community, and area are right for you. If your plan includes staying where you are, ask yourself if downsizing is a viable option. If you want to stay in your current home, look at any modifications that are needed to accommodate aging. Plan to make any expensive adjustments and repairs now before you're living on a tighter budget.

5. Keep An Eye On Your Investments

The 10-year pre-retirement mark is a particularly appropriate time to adjust your portfolio's allocations. Meet with your financial advisor to review your current lineup and determine whether your risk tolerance should change.

Along with reallocating your investments, you'll want to consider how the sequence of returns could impact your portfolio's value over time. In the simplest of terms, sequence of returns refers to the risk of receiving lower or negative returns early in a period when you're making withdrawals from your investments. If your retirement date correlates with the onset of a bear market, your savings can be depleted quickly as you withdraw from your

portfolio. With a smaller investment base, you'll have less wealth remaining to benefit from a future market upswing.

To mitigate the risk of the sequence of returns ruining your retirement portfolio, work with your advisor to take the appropriate steps, such as reducing volatility, examining your withdrawal strategy, and finding different market options to protect your money.



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Human beings have 10 times more microbial cells than human cells in and on our bodies. These bacteria, fungi, protozoa and viruses are essential to our existence and profoundly determine who we are and how we feel. They influence the expression of our human DNA. They impact how we digest foods, react to different chemicals, produce neurotransmitters and how our immune systems function.

The Human Genome Project was a comprehensive international scientific study, completed in 2004, whose mission was to identify and map all the genes in the human genome. It showed us we have approximately 22,300 protein-coding genes in our bodies. This has had a major impact on how we understand and treat disease and healing.

Another outcome of this Project was the realization that there are trillions of non-human microbial genes, far outnumbering our human genes, intrinsic to our existence. This paved the way for the Human Microbiome Project, started by the National Institutes of Health in 2007. This project's goal was to identify and understand these microbes and how we work together to do human life.

We each have about 100 trillion bacteria in and around us, with one to two pounds of them living in our guts at all times. The gut microbiome is linked to many diseases and conditions, from diabetes to autism, anxiety and obesity. The variability in the gut microbiome helps explain why some people react differently to the same foods or medicines. We get our microbiome from our birth environment and as we grow our microbial profile changes. The balance and number of species adapt in response to life events, like puberty and pregnancy, illnesses, diseases, antibiotic use and stress. They vary with gender, diet, climate, age, hygiene and occupation.

There are hundreds of species of bacteria in our intestines and each plays a different role and requires different nutrients for

its own survival and growth. One major consensus is that a diverse microbiota is a healthy one. And that translates into the importance of eating a wide variety of nutrients for maximum well being.

About 80% of our immune system is in our guts, so it's pretty clear we want the right balance of happy bacteria in there. Eating foods that feed the "good" bacteria keeps the "bad" ones properly balanced, whereas consuming things that feed the "bad" bacteria ultimately causes disease. For example, consume aspartame, the artificial sweetener, and you increase the unfriendly clostridium and Enterobacteriaceae, which poorly impacts blood sugar and has been linked to obesity and cancer. Consume green tea, almonds, onions or broccoli and you decrease clostridia and increase the happy bifidobacterium and lactobacilli. These are good for your triglycerides and C-reactive protein levels, markers of inflammation.

Whole greens contain non-digestible carbohydrates that feed and promote the growth of beneficial microbes. These microbes are good for metabolic health, increasing feelings of fullness and decreasing inflammation. Foods rich in polyphenol plant compounds which human cells can't digest, feed beneficial gut bacteria. As above, foods like apples and artichokes feed the beneficial bifidobacteria which helps prevent internal inflammation and improves gut health.

It's a big topic about a lot of little critters, but the basics are clear. Focus on good, whole quality fruits and vegetables with lots of variety. Avoid added chemicals and processed foods and steer clear of antibiotics and animals injected with them. Add fermented foods such as sauerkraut, kimchi, yogurt and kombucha to increase your happy microbes. Don't eat GMO foods. They disrupt digestion and send altered messages to your human DNA. Follow these tips and your microbiome will thank you and keep you happy and well!

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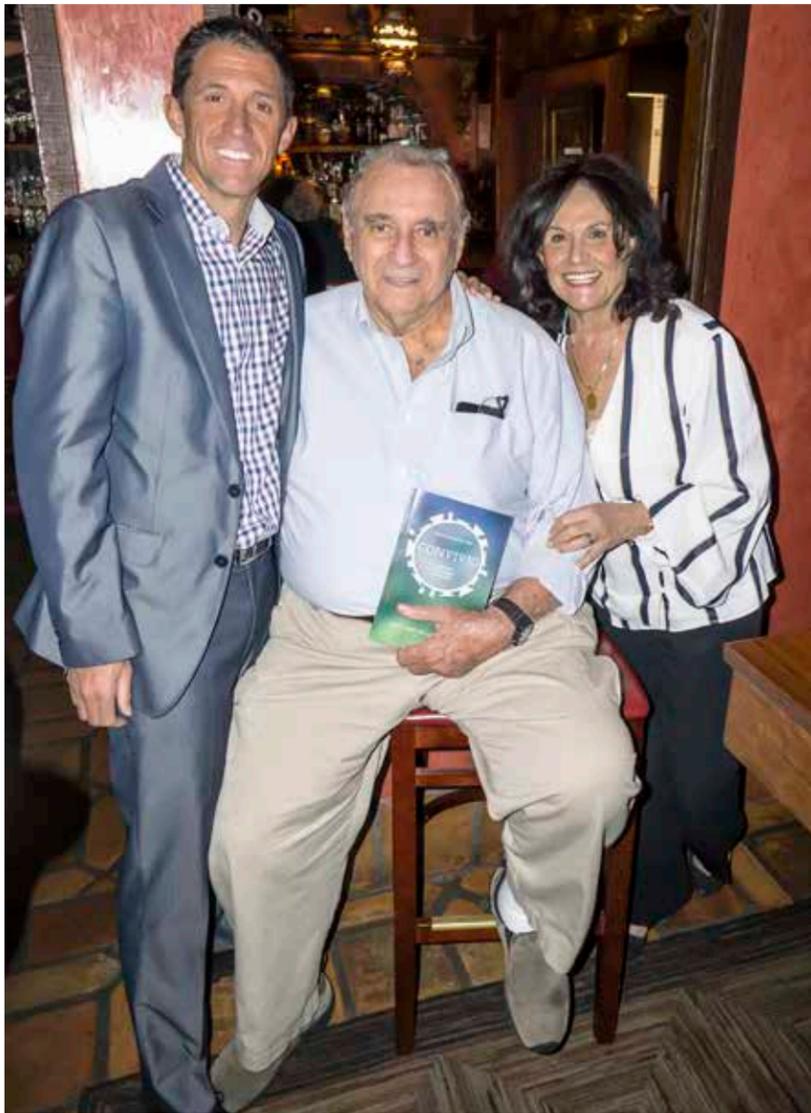
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Jorge Luhan, Dr. Jorge Luhan, Lucy Ann Vallera Luhan at Luciana's Restaurant.

“Convivio” Book Signing at Luciana's Ristorante

LUCY ANN VALLERA LUHAN

A first-generation Italian-American and longtime Newport Beach resident, Lucy Ann Vallera Luhan (Lucia), has built her family and businesses on values and good food. Her passion for delicious Italian feasts and deep appreciation for her native culture has set the tone for Luhan's life. As a wife, mother, sister, friend, and a 35-year career as a restaurateur in Southern California,

starting her journey with Newport favorite “What's Cooking?,” the first OC restaurant to serve house-made pasta, Lucia has recently been inspired to write the book *Convivio*, which translates to “gathering around the table.” In her book, Lucia tells heart-warming stories of good food, good company, and good health, while exploring the differences she now finds in the United States.



Lucy Ann Vallera Luhan and Rachel Svoboda.



Rose Vallera, Emily Latos, Lucy Ann Vallera Luhan.

“I believe food culture begins at home and succeeds with a mentor in the kitchen, which is what I've passed onto the next two generations in our family and beyond,” says Luhan.

Luhan now resides full-time in Tuscany, Italy, and was in town to host an exclusive book signing at one of her local restaurants Luciana's in Dana Point.

Lucia and her husband, Jorge Luhan, own and operate Villa Lucia, a bed and breakfast and cooking school in Tuscany, Italy. Villa Lucia is Orange County's most



Mary Spirito, Tammy Warren, Emily Latos, Rose Vallera.

popular Tuscan Villa, which has served over 5,000 local guests in the last 30 years. Son Jorge Jr., operates Luciana's Restaurant in Dana Point. Emily and I have been dining at Luciana's for years and find it to be one of the most authentic and consistent Italian restaurants in Southern California.

Lucia and Jorge have also been featured on *The Today Show* for their array of boutique produce and organic olive oils grown under the Tuscan sun.

About Lucy Luhan

A strong, dynamic and loving woman, Lucy Luhan (Lucia) has always made her husband, children, and extended family her number-one priority. Food has been the vehicle to keep her family together and traditions alive. If “having it all” is truly defined as a combination of personal and professional success, then Luhan has achieved great success. Learn more about Lucy Luhan by purchasing *Convivio*, visiting *Villa Lucia* in Tuscany, or dining at *Luciana's Ristorante* in Dana Point. For more information, please visit:

<http://www.lucianas.com/>
<http://www.luciatuscanyvilla.com/>

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Jack Palmer

MY STORY

Hi, I'm Dr. Jack Palmer, a husband, father, philosopher, sports enthusiast, and author of several books. My life has taken many twists and turns. I will call these events my transformations.

The First Transformation

I took an evasive route to medicine. I was at first afraid I would be choosing a career path based on what peers and parents were telling me and not my own predilection. There had been generations of physicians on my father's side. With family ties on my mother's side, I was granted an opportunity of studying medicine in Belgrade, Yugoslavia, which is now the country of Serbia.

I had these great-aunts and a great-uncle who were in their 80s and 90s at the time I lived there, and they were lucid and active. These relatives had lived through two devastating world wars, yet still were loving and affectionate. Their attitude to life helped endear them to long life; it was inspirational to me. Two of them lived to be over 100 years and the other two just up to 100. If I lived to be their ages, I wanted to be active and lucid; the seed had been planted.

The Second Transformation

After graduating from medical school, I started a residency program to complete my training in a chosen specialty. I chose internal medicine, it was the source of all major diseases. Internal medicine was like the quarterback of the medical specialties in my perspective.

The first year of internship was grueling, but I became passionate about my training. I was honored to have been asked to stay another year to function as a chief resident for the hospital and medical school.

The Third Transformation

My first job was working in an emergency room. Within a year, I got a job working in the VA hospital in Florida in the geriatric/psychiatric unit. Most of my patients were very elderly and few were still active and lucid contrary to my elderly ancestors.

Three years later I transferred to the Long Beach VA hospital in California. My next career stop was the County Healthcare Agency of Orange County in correctional medicine.

It was after I had attended my first anti-aging convention in Las Vegas that my passion was rekindled. The legacy of medicine from my paternal family and longevity from my maternal family ignited within me.

I have found my passion, energy, and life in my anti-aging practice. My mission is to help and guide others to have a healthier, better, and longer life, and I do that through using the latest science and technology.



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If caring for your health has not been your focus, I encourage you to ask yourself why?

www.JackPalmerMD.com

THE LEGENDARY LUXURY Venice Simplon-Orient *express*

The famous Orient Express luxury train service is one of the world's most celebrated travel experiences and on many travel bucket lists. It certainly was for me! After just returning, I can tell you its an experience to remember. With the opening of Belmond's newest property in London, The Cadogan and the iconic Belmond Cipriani Venice, The Venice Simplon-Orient Express train traveling between the two cities offers the perfect hotels as bookends to this train journey.

I was like a giddy, excited little child waiting for the Venice Simplon-Orient Express to pull in to the station. It is quite extraordinary to see this train pull in and see the excited faces of everyday train passengers in awe and every-

tour & travel

By Tiffany Bowne – All Star Travel Group Newport Beach



one taking photographs of this lucky sighting. It's even more special — if you are lucky enough to be waiting to board! Each sleeping car has a steward/butler and takes care of their passengers' boarding, onboard needs and luggage. Seeing all the train staff dressed in their finest uniforms takes you back to a time gone by. I was worried it might feel a little contrived or touristy, but it only adds authenticity. It is a trip at its finest where dressing up to travel is required — no jeans or tennis shoes allowed.

The draw of this journey is to immerse in the experience of luxury train travel from the past. Slowing down to enjoy the scenery between delightful, gastronomic dining experiences. Surprisingly, this journey is a mere 24 hours—one overnight on the train (of course there are other itineraries with longer stay options). These train car restorations are exquisite art deco. The wood inlays, the Lalique relief crystal work, the light fixtures, down to the china and crystal all contribute to a vintage cabin experience. The staterooms range from single or twin cabins (or add more space by connecting cabins) or Grand Suites. Relaxing into the small space is part of the experience. The Grand Suites include showers and private bathrooms. It can be a little surprising that all single and twin cabins share a bathroom on their sleeping car. Each stateroom does have a small sink with mirrors. All regular stateroom guests do not have shower access during the 24-hour journey.

The train journey is set around dining experiences, enjoying the immaculate details of the train and the passing scenery through Italy, Austria, Switzerland, France and ultimately England. Getting ready for the black tie optional seated dinner is a little challenging in the small stateroom but the energy of the train with all guests dressed up in suits, tuxedos, and fancy dresses is festive, glamorous fun. There are three restaurant dining cars and each guest has the opportunity to dine in each one while aboard. Drinks in The Bar Car 3674 with a live pianist really sets the scene or sip champagne at the champagne bar! All the passengers are engaging and meeting each other either in the bar carriage, dining cars or passing through the train carriages. It seems every passenger is thrilled to be there. It's hard to leave the common areas and tuck in for the night. Don't be fooled, the simple accommodations are quite comfortable! Returning to a wonderful turndown service and breakfast in bed before pulling into Paris is not something you will forget.

Personally, I prefer the Venice to (Paris) London route because traveling through the Dolomites in

...

the daylight is truly stunning! It's important to note that you can include London via the Channel by bus connecting with a British Pullman for tea on the other side.

There are other special release train journeys that include Istanbul and Vienna departures and arrivals that sell out as soon as

they are released! These itineraries may only come around once a year! Other options include the Belmond Grand Hibernian which does longer itineraries through Ireland and the Belmond Royal Scotsman in Scotland. Each train is different but unique to the destination. Any one of the Belmond Orient Express train journeys will be filled with luxury and lifelong memories.



ISLAND

Why we are lucky to live here!
Sunrise on the Island

Thank you, Contributor and
Pacwest Commissioner Bob Houge

eyes



Tiffany Bowne - All Star Travel Group Newport Beach.



Museum Veteran History Curator Bill Stewart, Museum President Shirley Pepys and Veteran Charlie Vandervort.

NATIONAL VIETNAM WAR VETERANS' DAY




history
By Shirley Pepys

National Vietnam War Veterans' Day Celebrated at the Balboa Island Museum. "On behalf of a grateful nation, thank you for your service."

These 11 sincere and long overdue words were personally offered to over a dozen Vietnam War period veterans at the Balboa Island Museum on Friday, March 29—the official

National Vietnam War Veterans Day. Over 125 people gathered inside the Museum to enjoy coffee, red, white and blue donuts, and a slide presentation by Silver Star veteran, Bill Pavone. Each veteran present received a commemorative lapel pin and certificate of appreciation from the Department of Defense. The date, March 29, was signed into law by President Donald Trump in 2017. This date was chosen because it was on this day in 1973 when the last 2,500 U.S. troops were withdrawn from South

Vietnam, and the last American POWs held in North Vietnam arrived back home.

The Balboa Island Museum is proud to be one of 11,000 partners designated by the Department of Defense's United States of America Vietnam War Commemoration. The Commemoration honors all U.S. veterans who served on active duty from November 1, 1955, to May 15, 1975, regardless of location.

Also on hand to present the Museum with a very generous \$1,000 donation from American Legion Auxiliary Unit 291 Newport Harbor were Auxiliary Board Members Sharon Morgan and Bea Foster.

The Museum staff wishes to thank Bill Stewart, the Museum's Veteran History Curator, the many volunteers who made this day possible, American Legion Auxiliary Unit 291, and most especially ALL Balboa Island/Newport Beach veterans and their families.

Thank YOU for your service!



The American Legion Auxillary Unit 291 Newport Harbor presents a generous donation to Museum Executive Director Tiffany Pepys Hoey. | Sharon Morgan, Charlie Vandervort, Hoey, Bea Foster, Bill Stewart.



Museum Veteran History Curator Bill Stewart, Celeste Dennerline and Veteran Bill Pavone.



Volunteer Susan Riddle and Veteran Ted Fuller.



Museum Veteran History Curator Bill Stewart, Museum President Shirley Pepys and Veteran Charlie Vandervort.



Veteran Bill Hoofe.



Veteran Jim Lockhart.



The Friendly Foodies

SOS Wild and Crazy Taco Night

A Taco Lover Paradise

Share Our Selves (SOS) is a nationally recognized health center providing high-quality, comprehensive safety net services to the Orange County community. They are one of 256 health centers nationally to be designated as a Healthcare for the Homeless provider. SOS is a patient-centered medical home and values the concept of the right person, the right treatment, at the right time.

The 26th annual Wild and Crazy Taco Night was a food lover's paradise of unique and creative takes on our beloved taco!

Five Crowns and Side Door Alejandra Padilla: Lamb carnitas Taco with pickled dates and Harrisa Salsa and Fresh mint were perfect!

Pirozzi Corona del Mar: Red Rose Petal-Infused Tortilla Homemade Bison Sausage, Fresh Grass Spicy Housemade Salsa Verde and Julienne Yellow and Pink Parsley was the instant hit.

ADYA, Shachi Mehra: It was a roasted mushroom and chorizo chili fry taco and it was extremely flavorful! Got our cummin fix.



Karen L. McGlinn, chief executive officer, and Michael McGlinn, director of social services.

Harley Laguna Beach Greg Daniels: Stemple Creek Beef Larb Fresh Herbs Peanuts.

Fashion Island Hotel Newport Beach, David Man: This taco was tortilla-less. It was fried Halloumi cheese, chorizo and hot Cheeto bits on top. Alongside a House made Chorizo Avocado Crema and Pico de Gallo.

Filomena's Italian Kitchen, Linda Johnsen: A Roasted Chicken Bruschetta taco, with roasted garlic basil aioli. Tomato bruschetta and parmesan and fresh basil. Pride of South Philly!

Goodfellas Taco Catering: Scott Troupe Bacon wrapped salmon with raspberry chipotle salsa, grated asparagus, almonds and cheese on a flour tortilla.

Orange Hill, Eric Mickle: Pastrami Taco and Beer Mustard. It was tasty.

Pete's Sunset Grille at Hyatt Regency in Huntington Beach: Salmon poke taco with avocado creme and jicama slaw.

Primal Alchemy Catering, Paul Buchanan: Roasted pineapple taco with salsa.

Puesto, Kathy Smith: A favorite taco from this event. It was a filet mignon taco with pineapple and spicy salsa.



Trevors at the Tracks



Pete's Sunset Grille at the Hyatt



Emily Latos and Chef Pirozzi



Sol Agave "Sol on Fire"



Filomena's Italian Kitchen and Market



Primal Alchemy Catering



Five Crowns & Side Door

Sessions West Coast Deli: Pork belly with jalapeño and veggies.

SOL Cocina: Octopus, taco chorizo, onion and tomato, garlic on a home-made tortilla.

Always ready for octopus, this was a favorite! Soli

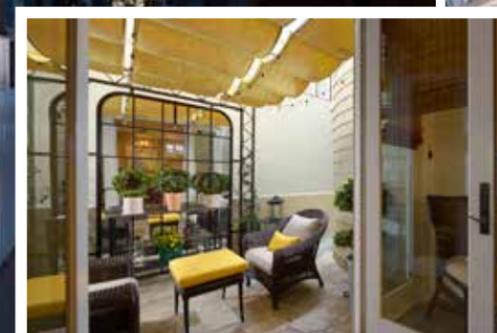
Blackmarket Bakery: It was a vanilla cake, with mango and brittle with a bit of custard.



Island Hotel David Mann

Sol-Agaves Mission Viejo, "Sol, on Fire": Margarita was the to-die-for beverage for the spicy crowd

Trevor's at the Tracks: Cucumber and pineapple margarita, which was very refreshing. There were plenty of other great tacos all worthy of accolades. Everyone was friendly and welcoming and shared tables as the event drew several hundred hungry taco lovers. There was also indoor seating for a little rest between tacos! This was my fourth year attending the event and I am already looking forward to next year.



home of the month

121 GARNET AVE.

From its white picket fence to the rooftop deck with water views, this quintessential island cottage radiates charm. Bright and beachy interiors have been recently remodeled to include full “smart home” automation with Nest Thermostat and Ring door systems as well as an invisible pet fence system bordering the property. A cheerful yellow Dutch door provides entry to the thoughtfully rearranged interiors, where an open floor plan and multiple exterior doors effortlessly blend indoor/outdoor living spaces. Every detail of the residence feels welcoming and intimate, a result of the careful choice of materials

and finishes including hardwood floors, stone patios, shiplap accents, custom millwork, and rustic limestone backsplash in the chef’s kitchen fit with Wolf, SubZero, and Bosch appliances. A stairwell as beautiful as it is functional leads to the second level which reveals a bonus living space, exercise room or den, and three spacious bedrooms including the master suite with office nook, open ceilings displaying artfully installed wood trusses, and sparkling spa bath with expansive sink/vanity area, showpiece soaking tub,

heated floors and oversized shower with multiple shower heads. A wet bar on the third level and access to the spacious rooftop deck complete this thoughtfully designed home. A designated laundry room, EV

charging in the garage, La Cantina folding doors and a built-in BBQ are evidence that no detail was overlooked in creating this special coastal residence.

meet the Arnolds

OPPOSITES ATTRACT!

meet your neighbor

Photographed by Turville Photography



Hi, we're Heather and Larry and here's our story...

Heather grew up in Lancaster with horses, dogs, cats, a sweet pig named "Eau de Cologne" and a pet chicken she raised from birth named "Peppy." Life was good! In 1947, Heather's parents moved from Virginia to Mojave. Her dad, Clyde, along with six other men began the NASA flight research program at Edwards Air force Base. Astronauts and Test Pilots were family friends. Because it was such an exciting time in the Aerospace Industry, Heather's father and mother decided to live out the rest of their years 100 and 95 respectively in the Antelope Valley. After high school, Heather moved to Balboa Island went on to study fine art, win National awards, marry and have a beautiful daughter named Drew.

Larry was born in Los Angeles and was raised in Camarillo. He came from a family of farmers. He attended Adolfo Camarillo High School where he played on the golf team. The 4-H Club selected Larry as an All-Star for Ventura County. He went on to graduate from U.S.C., which was his parent's alma mater. He then received his Law degree from California Western.

Heather and Larry first met in 1971. Larry's parents had moved to Newport Beach, and so had Heather. They dated for a year then decided to call it quits. While they each went on their separate ways, they remained friends. In 1998 Heather and Larry reconnected. They were engaged on the Balboa Island Ferry and in June



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2000 they were married at Larry's aunt's home on North Bayfront.

Since 1974 Larry has been with the firm of Cummins & White. He is currently one of two owners of the Newport Beach firm. Larry had two children of his own and was a founder of Little League in Newport Beach. He served on the Board of Directors of the Orange County Fair for ten years and was president for two. Larry was an avid supporter and eventually Chairman of the California 4-H Foundation.

Heather's passions are her pets, including a few rescues, tennis, art and creating beauty. The Arnolds enjoy exploring different cultures, spending time in their second home in Palmilla Norte in Cabo and enjoying the cottage life here on charming Balboa Island.

*Much love,
Heather and Larry*



COOK

TOMATO TART



By **Shawn Mastos**
Resident Contributor

Spring...you are finally here! Spring brings more hours in the day, perfect temperatures, breezes and flowers blooming everywhere. So put some flowers on your patio table, invite your friends and spend an afternoon outside enjoying all that nature provides.

**THIS RECIPE IS PERFECT FOR SPRING.
SERVE THIS WITH ARUGULA SALAD WITH
CHAMPAGNE DRESSING.**

- 1 store-bought packaged pie crust
 - 1 or 2 garlic bulbs
 - 1/2 tsp. olive oil
 - 1 1/2 cups Fontina cheese, shredded and divided
 - 4-5 large tomatoes
 - Salt and pepper to taste
- Press the pie crust in a round 9" pie plate Bake at 450 degrees for 9 minutes and set aside.
 - Cut off the tip of the garlic bulbs, drizzle olive oil over the top of the exposed part of the bulb and wrap them in foil. Bake for 30 minutes at 425 degrees. (This can be done at the same time you do the pie crust.)
 - Squeeze the garlic bulbs onto the crust and spread it evenly. Sprinkle 1/2 cup of the cheese on top.
 - Slice the tomatoes and lay evenly on top of the cheese. Sprinkle the remaining cheese on top of the tomatoes.
 - 350 degrees for 45 minutes or until lightly browned.
 - You can salt and pepper the tomatoes and use fresh or dried thyme on top, if you like.





giving back
 By Liz Maxson - Resident Contributor
 Photographed by Doug Gifford & Annie White



Scott Seigel, Music Director Carl St.Clair, Susan St.Clair, Leslie Seigel, Pacific Symphony President John Forsythe.



Charles Zhang, Carol and Eugene Choi

Pacific Symphony

USHERS IN YEAR OF THE PIG WITH LUNAR NEW YEAR CELEBRATION, RAISES FUNDS FOR EDUCATION PROGRAMS

PACIFIC SYMPHONY USHERS IN YEAR OF THE PIG WITH LUNAR NEW YEAR CELEBRATION, RAISES FUNDS FOR EDUCATION PROGRAMS

With symbols of good luck and prosperity everywhere, along with festive flying Pigs, the Orange County PACIFIC SYMPHONY celebrated the Chinese New Year with a sold-out crowd, who were treated to a special feast and concert at the Renee and Henry Segerstrom Concert Hall. The elegant affair raised approximately \$150,000 for the Symphony's programs.

Preceding the Symphony's annual Chinese New Year concert, Pic up Stix founder and Pacific Symphony Board member Charles Zhang and his wife, Ling, along with Mei Yen Chang, honorary member of the Bowers Museum Board of Governors, co-chaired an elaborate dinner in South Coast Plaza Jewel Court. Guests were stylishly attired in glamorous evening wear in shades of red and gold, colors associated with the Lunar New Year that represent good luck, joy and happiness.

"Because this is truly a feast of love, all proceeds from the dinner will go to support Pacific Symphony's many education and community programs so that underserved children and community members can also enjoy the wonderful art of music," said Pacific Symphony Board Member Charles Zhang, entrepreneur-in-residence at Concordia University, who many consider an ambassador for Orange County's Chinese-American community, as well as the Symphony.



Photographed by Doug Gifford Dr. Peter Keller of Bowers Museum

He told dinner guests, "Your charitable act may change someone's life as you bring more meaning to your own."

Pacific Symphony President John Forsythe commented, "The evening is a celebration of the rich heritage emanating from Chinese culture and an opportunity to bring our diverse Southern California community together for a grand celebration framed in the glories of symphonic music, dance, art and vocal music."

The Event was anchored by a performance of the 88-member world-class Pacific Symphony led by Music Director Carl St. Clair. Talented singers and dancers from the Yaya Dance Academy and the Pacific Chorale, joined the orchestra to perform a variety of music celebrating the Chinese New Year. The music included Li Huanzhi's "Spring Festival Overture," "I Love You China" by Quiferg Zheng, "Wusuli" Barcarolle featuring the internationally celebrated violinist Suli Zue, "O, Mio Babbino Caro" from Puccini's "Gianni Schicchi" with soprano Wei Feng and Borodin's "Polovtsian Dances" from the opera *Prince Igor*.

"Pacific Symphony's Lunar New Year events, including a free, family-friendly Lantern Festival... bring cultures from both the East and West and our own community together," said Zhang. "China has a unique culture and a long history that is appealing to Americans. These events will allow everyone to learn about Chinese culture as we unite together..."

Led by Music Director Carl St. Clair, Pacific Symphony celebrates its 40th anniversary this season. It is the largest orchestra formed in the United States in the last 50 years and is recognized as an outstanding ensemble making strides on both the national and international scene as well as in its own community of Orange County.

Proceeds from the Chinese New Year Dinner and Concert benefited the Symphony's artistic, education and community programs.

Orange County Pacific Symphony was founded in 1978 as a collaboration between California State University-Fullerton and North Orange County community leaders led by Marcy Mulville.

For more information: Pacific Symphony Special Events Department, (714) 876-2364 or events@pacificsymphony.org. Visit <http://www.pacificsymphony.org>.

JOHN WAYNE AIRPORT

John Wayne Airport has been quietly expanding its service options under our noses, and the upshot is an ever-increasing number of smaller, less-regulated jet flights. While this will benefit a small minority of passengers around Orange County, that comes at a potentially profound environmental cost, and the residents of Newport Beach and other impacted communities — who had no idea this expansion was going on — will have to cope with the noise and pollution.

My wife and I often walk along the trail in the Back Bay in Newport Beach. We've become accustomed to the noise as planes take off from JWA. Recently as we were walking, I became aware that in addition to the usual disruption, there was a new kind of jet that I had not really noticed in the past. In fact, before I saw any commercial jets, there were at least five of these small jets taking off in a row. It prompted me to question why there were so many, and how that relates to the recent changes being considered for the John Wayne Airport. With the help of some friends in the industry, and others who use these jets to save money, here is what I learned:

In 1985, Newport Beach, local community groups and the County entered into an agreement meant to curb noise and establish a curfew. At that time there were no "general aviation" (recreational and private transport) jets at JWA except small Cessna-type planes. Therefore, no one could have anticipated what is happening today. Far from the handful of small, privately-owned jets that used the airport three decades ago today, 55 general aviation jets fly in and out of JWA daily. These jets have

full freedom to fly outside of the curfew, and only need to meet the outdated 1985 noise requirements.

In effect, these flights double the noise

and pollution and do so with none of the regulations involved in normal airport expansion.

JWA, these carriers, and a small subset of passengers benefit from this service expansion and my neighbors and I must pay the cost in terms of quality of life. In the meantime, the scheme is not in keeping with the spirit of the original agreement. Jet planes with regularly scheduled flights can be booked. By definition, general aviation *does not include regularly scheduled flights*. I believe a jet airline that sells tickets in a passenger jet has entered into a commercial relationship and therefore should not operate at JWA unless they compete for one of the approved commercial slots. They should use current terminal facilities, screening and TSA that is in place. This new around the back door process is wrong and in my mind illegal when considering the current agreement signed in 1985 and subsequently amended.

The Orange County Supervisors are responsible to the communities impacted by the JWA. They need to redefine general aviation to meet the intent of the use and not allow these passenger jets with commercial type flights. This would make The County Supervisor's upcoming decision easy on the construction of a new general aviation terminal. There is no new terminal or TSA necessary when the corporate jet flies their CEO to a meeting. The upcoming County decision should not just be about the profit of the airport when the quality of life of County residents are impacted.

I look to the County, Cities, local groups and environmental groups to sort out this problem and ensure proper usage of our airport with the best possible quality of life to impacted residents. The County Supervisors may not be considering the expansion of the General Aviation Facility if they were to fully evaluate the types of small jets currently operating under the guise of General Aviation.



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Arlene and David's

by BI Resident Arlene Rose

EXCELLENT ADVENTURE

We left the house with a picnic in hand. Walking along the beach the sun is setting over the water, and a feeling of well-being settles in as our toes sink into the soft sand. Another miraculous evening on Balboa Island? No, we are strolling on the beach in Herzliya, Israel, enjoying dusk on the Mediterranean. There are so many parallels between Southern California and Israel. And some striking differences.

Just as in California, you can ski in the morning and swim at your choice of beaches in the afternoon. Like California, the terrain and opportunities to explore seem endless. Here you can hike in a 211 miles National Park on the Muir Trail, there you can traverse the entire country (683 miles) on the Israel National Trail.

While we don't ski and hike anymore. We do enjoy diverse and pervasive cultural activities. There are more museums per capita than in any other country. The Israeli Philharmonic, the Batsheva Dance Company and Opera are world-renowned. Every summer, we spend a weekend at a music festival on a farm!

We volunteer at a school for mentally disabled kids. I in the Gan (kindergarten), David takes the dog to visit the upper grades. There is a lot more home entertaining than in California. You must keep cakes and cookies for impromptu drop-ins. Friday night we have company for dinner or go to friends for Saturday lunch. Lunch can start at 1 and end at 4 or 5.

As an American Jew in the 1970s, I had yearned to have a second house in Israel, my spiritual homeland. Well, now that we are IN our 70s, we've finally done it. And are thrilled with our decision. The resilience and the Israeli attitude of "It will be OK" is likely

the reason that polls show that Israel ranks as 11th among the happiest countries and the clean produce-based Mediterranean diet positions Israel even higher in the health category.

Tel Aviv has windsurfing, lots of dogs, bars in the sand on the beach, fabulous restaurants, and transgender night clubs. And yet, just an hour's drive to the seven hills of Jerusalem and you are immersed in Biblical history. The Sabbath-from Friday at sundown to Saturday at sundown-in Jerusalem is transformational. Starting Friday afternoon, everyone (the bus driver, supermarket cashier, friends) greet you with Shabbat Shalom (a peaceful Sabbath). And that's what happens. By mid-day, everything slows down. Public transportation comes to a halt. There is little traffic and much quiet. On Friday night the hotel dining room is filled with individual tables singing the prayer to welcome in the Sabbath, families bless their children and recite prayers over the wine and bread. We walk to the Kotel (Western Wall) to pray and enjoy the reason Sabbath was created.

But quiet doesn't last long in Israel. Native-born Israelis (Sabras) are passionate and boisterous! Heated political discussions are a national sport and drinking coffee is a national pastime. Walking down any main street, you would be hard-pressed not to pass 20 sidewalk cafes and hear heated discussions about books or politics in at least three languages including Hebrew, Arabic, French, Spanish, Russian, Amharic, and yes, English.

Even though we've been going regularly since 1969, even the things we've seen in the past change and are new again. Everything in Israel is either very old or very new. Last year we were busy fixing up our apartment. This year we are going to travel more. Come visit! We have cakes in case you stop by.

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UPCOMING EVENTS

local events

Thursday, May 16

9:00am–2:00pm

ART WALK

South Bayfront Promenade of Balboa Island

The Balboa Island Artwalk is the premier showcase for talented local artists and marks the start of Balboa Island's summer season. The 25th Annual Balboa Island Artwalk will take place Sunday, May 19, 2019, from 9am to 5pm along the South Bayfront Promenade of Balboa Island. Admission is free. Mark your calendar! This fine art show features 90 artists exhibiting paintings, fine jewelry, blown glass, sculpture, and photography. Performing musicians include Gary Gould, The Retros, Jim Roberts, Don Ross & Rose, and the Rick Sherman Duo. Limited-edition Artwalk posters and t-shirts will be available for purchase at Diamond and South Bayfront. The Balboa Island Artwalk is presented by Mary Hardesty Realty. Serving Balboa Island and local beach communities since 1971. **For more information on homes available on beautiful Balboa Island, call 949-675-3612 or visit www.maryhardestyrealty.com.**

Sunday, June 2

12:00pm–4:00pm

**26TH ANNUAL BALBOA ISLAND PARADE & AFTER PARTY
BALBOA ISLAND**

Parade begins on Marine Avenue at 12:00am; party starts right after the parade is over in front of the fire station! Sponsored by the Balboa Island Improvement Association www.balboaislandNB.org.

Tuesday, June 11

7:00pm–8:00pm

**BALBOA ISLAND CLASSICAL CONCERT SERIES – June Concert
St John Vianney's Chapel**

Tickets are \$10/pp, available at Island Home Décor.

Monday, July 29–Friday, August 30

1:00pm–2:00pm

JUST PLEIN FUN

229 Marine Ave Newport Beach

The Huse Skelly Gallery on Balboa Island, CA, is the official site for the 14th annual Just Plein Fun! Award-winning professional artists from across the country painting plein air scenes around Balboa Island and beyond! 20 YEARS OF PLEIN AIR EXCELLENCE. 949-723-6171, huseskellygallery@gmail.com

Friday, August 2–Friday, August 30

6:00pm–7:30pm

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