



Photos by Don Leach | Staff Photographer

BOAT CAPTAINS Dani Fasser, Angela Syswerda, Erica Page and Kayla Smith, from left, stand with Davey's Locker Whale Watching & Sportfishing owner Pamela Watts, center, aboard the whale watching vessel Catalac in Newport Harbor on Thursday.

Female captains excel in 'man's world' of boating

BY MATT SZABO

The boats set out from Davey's Locker Whale Watching & Sportfishing like they do every morning. Nothing appeared out of the ordinary on this particular Tuesday.

Angela Syswerda, Dani Fasser, Delaney Trowbridge, Kayla Smith and Erica Page each guided their vessels out from the Balboa Peninsula.

Fasser, who captained the Newport Legacy, said she saw Syswerda getting ready for her first solo trip aboard the Ocean Explorer. Each of the other women also set out on their vessels, many with an all-female crew.

And then it clicked. Each of the five captains on this day was a woman.

"It was completely unplanned and we all figured it out," Syswerda said. "It was like, 'Oh my gosh, look at us.'"

It didn't take Davey's Locker owner Pam Watts long to figure out the significance. Watts has been in the business since the late

See **Boating**, page A11



CAPT. DANI FASSER holds a poster guests will use to identify the whales they watch on the Newport Legacy boat at Davey's Locker in Newport Harbor on Thursday.

Gold Medal exhibition returns to Bowers Museum



Courtesy of Bowers Museum

WARREN CHANG'S "Man with Dog" is part of the California Art Club's Annual Gold Medal exhibition at Bowers Museum in Santa Ana. The exhibit will run through Sept. 10.

BY SARAH MOSQUEDA

Although it is billed as an unthemed art exhibit, the works featured in the California Art Club's Annual Gold Medal exhibition does have one thing in common: It all upholds the classic techniques favored by the club's founders at the beginning of the 20th century.

The California Art Club is an educational nonprofit organization and among the oldest and largest arts organizations in the state. Founded in 1909, it aims to promote the fine arts in painting, drawing, and sculpture and works referred to as traditional and representational art.

In its early years the club showcased many California Impressionists of the time, also known as plein air painters, including artists who were involved in the Laguna Art Colony from 1918 to 1935. Today the club boasts 14 chapters, with renowned Orange County artist Michael Obermeyer currently serving as the or-

See **Gold**, page A12

Drug research expands to treat disorders

The FDA's update on psychedelic drugs could provide alternatives to treat PTSD, depression and other conditions.

BY ERIC LICAS

The U.S. Food and Drug Administration set forth new guidance for research on psychedelics like LSD or psilocybin and other drugs like ketamine or MDMA for the treatment of post-traumatic stress disorder, depression and other mental health conditions.

The move by the FDA has researchers, advocates for veterans and others hopeful for the development of better medication for frequently diagnosed disorders. The guidance, published June 23, comes amid a growing body of studies suggesting hallucinogenic drugs taken in a clinical setting and accompanied by therapy can be an effective form of treatment in patients who have seen little improvement using conventional anti-depressants.

"We have anti-depressants that work in 30% of the patients with major depression fairly well," Daniele Piomelli, neuroscientist and director of UC Irvine's Center for the Study of Cannabis said during an interview Thursday. "They work OK in another 30% of the patients, and don't work at all

See **Research**, page A11

Laguna sparks plan for electric vehicles

City officials believe that fleet electrification gives an opportunity for Laguna Beach to reduce its carbon footprint.

BY ANDREW TURNER

Laguna Beach has started down the road toward converting its municipal fleet to electric vehicles, as a master plan for the eventuality was brought before the City Council at its June 27 meeting.

The council called on city staff to study the cost and feasibility of such a transition two years ago. The master plan, developed with the consulting firm ICF, looks at fleet electrification and adding electric vehicle charging infrastructure to support the move.

"The overall objectives of this plan were first to look at how we could transition the city's fleet to electric vehicles where operationally feasible," Michael Litschi, director of transit and community services for the city, said. "So that includes looking at how the existing vehicles are used, how much

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Grab the lawn chairs! C.M. welcomes back Concerts in the Park

BY SARA CARDINE

Grab the lawn chairs and the blankets. It's July in Costa Mesa, which can only mean one thing — it's time for Concerts in the Park.

For more than a decade, the annual summertime event has brought a spirit of conviviality to the city's typically serene Fairview Park, as local residents convene to enjoy free live music, games, food and friendships.

Presented by the city and the nonprofit Costa Mesa Foundation, this year's three-week series begins Tuesday evening with a 6 p.m. performance by the Reflexx, a Southern Califor-

nia band known for their rendering of alternative classic hits of the '80s and '90s.

The following Tuesday will feature Santana tribute band Savor, while Huntington Beach high-octane rock and party band Tijuana Dogs is due to headline on July 25, the final installment of the series.

Each concert is preceded by a slate of preshow games and crafts for families, as well as community group booths, a no-host beer and wine garden and food trucks.

While the concerts are obviously at the center of "Concerts in the Park," those who help put on the

event say the real magic is the feeling of community spirit that coalesces as families come together to celebrate summer, togetherness and Costa Mesa's abundant natural beauty.

"It's about taking a break from the busy schedule and coming to enjoy free live music, food and kids activities, beer and wine in a beautiful nature park," said Costa Mesa Foundation President JoJo Crowley, head of a team of volunteers who help make the concerts happen year after year.

In addition to its entertainment value, the series serves as a major fundraiser for the foundation,



James Carbone

FAMILIES HAVE fun during Costa Mesa's Concert in the Park series at Fairview Park in 2022. The three-week free series kicks off on Tuesday at 6 p.m.

which offers some \$10,000 in grants to various community groups each year, including nonprofit organizations and school teams.

Crowley said hopeful re-

ipients may apply throughout most of the year with funding requests for special projects, assistance and needed equipment. Those looking to in-

crease their earning capacity may also volunteer to help set up and tear down the concert site for addi-

See **Concerts**, page A3

Surf City lifeguard hospitalized with spinal cord injury

BY MATT SZABO

A Huntington Beach city lifeguard remains hospitalized after suffering a serious spinal cord injury on the job on Monday.

The Huntington Beach Fire Outreach Foundation identified the lifeguard as Elizabeth Lovat, a 2020 graduate of Huntington Beach High.

Officials said she has been in serious but stable condition this week at a local hospital following the injury.

Lovat was not actively involved in a rescue when the injury occurred, Huntington Beach public affairs manager Jennifer Carey said Thursday night. No other information has been released about the injury out of respect for the family's privacy.

The HBFOF has set up a PayPal donation link to raise money for Lovat and her family.

Former Huntington Beach High girls' water polo coach Jacob Moore, who started coaching Lovat in club water polo at age 13, knows her to be a fighter. He said she has already dealt with a lot of adversity in her life over the past several years.

Her father passed away from cancer during her senior year of high school, Moore said, and her mother was also fighting breast cancer during that time as well.

As for Lovat herself, Moore said she had a shoulder surgery to repair injured tendons after high school. But she returned stronger than ever and has played three years of Division I collegiate water polo at Iona College in New York.

"It's going to be a long road to recovery, but what I know from coaching Lizzie is that she is a major fighter," Moore said in a text message, adding that she was one of his favorite players to coach. "No matter



Courtesy of city of Huntington Beach

ELIZABETH LOVAT, an H.B. city lifeguard, was injured on Monday.

what the obstacle is, she is always optimistic and will do anything it takes to get better."

Lovat is a speech pathology major at Iona.

"Elizabeth has a passion for helping others and has learned and used her communication skills with American Sign Language to help her community, which has in turn shaped her career and educational goals," a post on the Huntington Beach Fire Outreach Foundation website says. "She knows what it takes to overcome life's most challenging setbacks and persevere. Her dad taught her not to be afraid of failure, and her attitude has inspired those around her."

Lovat is going into her senior year at Iona. The utility player competed in 23 games this spring as a junior women's water polo player for the Gaels, scoring 10 goals.

Lovat was awarded as a Ben Carlson Foundation scholarship recipient in 2021. Carlson was a Newport Beach lifeguard who died during an ocean rescue in 2014. He was honored with a ceremony at the site of the rescue on Thursday, which was the anniversary of his death.

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ELECTRIC

Continued from page A1

time they have to charge overnight, and any special requirements of the vehicles that we use in the city fleet.

"Second is to develop a sustainable infrastructure plan, so obviously, you can go and buy an EV vehicle fairly easily, but the important thing is to have the charging infrastructure and the electrical grid infrastructure backing it up, so that you're able to effectively operate those vehicles and ensure that they're able to be charged in the places they need to be charged."

The plan also evaluated the cost of a transition to an electric fleet and potential funding sources such as grant programs.

City officials believe that fleet electrification represents an opportunity for Laguna Beach to reduce its carbon footprint. As of 2018, 51% of the city's greenhouse gas emissions were con-

nected to its vehicle and transit fleet, Litschi said. Thirty-five percent of those emissions were from the trolleys, though Litschi said the data did not factor in the reduced emissions from taking drivers off the road.

Laguna Beach had 181 vehicles (164 on-road) in its municipal fleet as of June of 2022. Analysis provided by ICF indicated that 147 of the on-road vehicles could be transitioned to battery-electric and plug-in hybrid models. It also projected the cost of ownership of an electric vehicle fleet to be \$1.1 million less than if the city continued to operate internal combustion engine vehicles.

If the plan to replace 147 fossil fuel vehicles with electric vehicles is implemented, city staff said it could reduce greenhouse gas emissions by 12,000 metric tons and nitrogen oxide emissions by 30,000 pounds over the life of the new fleet.

"These emission reductions are equivalent to tak-

ing 2,600 light-duty vehicles off the road for a whole year," said Sam Pournazeri, senior director of clean transportation and energy for ICF.

Costs would approach \$4.6 million to replace the city's non-transit fleet with electric vehicles, and the associated charging infrastructure was estimated to be \$650,000.

The California Air Resources Board is requiring municipal fleets to have 50% of their new vehicle purchases be zero-emission vehicles next year. In 2027, all new vehicles purchased should be zero-emission vehicles, according to the board's Advanced Clean Fleets regulation.

Laguna Beach operates 25 propane-powered trolleys. Per the Innovative Clean Transit regulation from the state, all purchases of new transit buses exceeding 14,000 pounds must be zero emission by 2029. The transit fleet should be zero emission in its entirety by 2040.

The council accepted the master plan, and it adopted a resolution for a zero-emission bus rollout plan. Small transit agencies, such as the Laguna Beach Transit trolleys, had to submit a zero-emission bus plan by the end of June.

Conversion of Laguna Beach's propane-powered trolley fleet to electric vehicles would cost approximately \$1.6 million more than the city's existing vehicles, according to a staff report. Upfront costs and a need for additional vehicles to maintain service levels account for the difference. The cost for an electric trolley is roughly \$450,000, while the necessary charging infrastructure is expected to have a price tag of at least \$1 million.

The city's consultant found that the number of trolleys would need to expand from 25 to 33 upon transition to an electric fleet to support summer demand. The extra trolleys would be needed because of the vehicles' limited



A CANYON ROUTE trolley drives by the Sawdust Art & Craft Festival in Laguna Beach in the summer of 2022.

File Photo

range and time needed to charge.

"What we want to avoid is jumping in with both feet and buying a bunch of electric vehicles and then figuring out we don't have the infrastructure we need to charge them," Litschi said. "That's been a mistake that's been made by a lot of municipalities. ... I'm very familiar with a lot of transit agencies who have gone down that road and have dozens of buses parked that they can't use because they have no way to charge them."

The council authorized the city manager to enter

into an agreement with ICF for a multi-stage implementation plan, if it is less than \$75,000, or return to the panel at a later date with a recommended consultant to develop such a phased plan. The goal is to transition a majority of the municipal fleet to electric options by 2035.

"This is going to continue to evolve and morph, depending on technology and a whole lot of factors," Mayor Bob Whalen said. "Our implementation plan is going to have to be flexible."

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N.B. cancer nonprofit strives to empower with salon



Photos by James Carbone

YOLI ORIGEL is a 15-year cancer survivor who started nonprofit Cancer Kinship dedicated to cancer patients. In 2021, Origel launched the Kinner Beauty Salon in Brea to provide wigs and support for cancer patients and survivors.



BY LILLY NGUYEN

Cancer has touched every part of Yoli Origel's life.

Her mother was diagnosed with metastatic breast cancer when Origel was 6 and died four years later. Her sister, too, was diagnosed with that same cancer and died in 2014.

Origel, the youngest of seven children, had her suspicions that she might have cancer in 2007 at the age of 31.

She was later diagnosed with Stage 3 triple-negative breast cancer, and found out her genetic profile put her at risk for other types of cancers too. She survived, and 15 years later, is striving to give back to her community of "cancer warriors" through her nonprofit Cancer Kinship.

The nonprofit was founded in November 2018. Today it has offices in the Melinda Hoag Smith Center for Healthy Living in Newport Beach, the Anaheim Hive and the Kinner Beauty Salon in Brea.

Origel said after she underwent chemotherapy, surgery and radiation she started to mentor other newly diagnosed patients, helping them through the process, even as she was in a lengthy reconstruction period.

She described that period of her life as feeling as though she was "at the top" of her cancer survivorship, but it all came to a crashing halt when her sister died of breast cancer shortly after being diagnosed.

"We caught it too late," Origel said. "That is when my life went dark and I really had to navigate through the grief and the survivor's guilt. I wasn't really aware of survivor's guilt until I was living in it, but then my breast surgeon asked me if I would mentor a patient again. While I was going through this grief, she encouraged me to tell my story and it helped me with healing. That's when my wheels started turning."

Origel, who had lengthy experience working in the nonprofit world, said that she recognized gaps in the services that her mother, her sister and she faced as patients.

"I really leaned on my personal experiences to fill the gaps and the growing needs of cancer survivorship," she said, adding that she surrounded herself with coaches, executives and other industry experts before she developed a business plan.

"When I decided to develop the business plan, I wanted to make sure what I had in mind and what I was envisioning really met the needs," Origel said.

"The way that I did that was by talking to nurses, my cancer warrior friends and [by looking] back into my own life. My mother faced language barriers as an immigrant from Mexico, and my sister had developmental disabilities that prevented her from managing her own care. There are big problems ... for long-term survival, so I learned more about the needs and growing needs.

"Anything that we developed was going to address the gap. For us, the organization is centered around mental health, cancer and addressing the emotional impact of cancer."

To do that, Cancer Kinship offers four main programs for support: mentorship, education and empowerment, community resource navigation and the Kinner Beauty Salon, which came online in March 2021 after Cancer Kinship inherited a 20-year-old free wig program from the Susan G. Komen Foundation.

"When is a patient most vulnerable? Especially when you look at suicide ideation and fear, you're most scared when you first find out and ... in chemotherapy ... one of the most traumatic experiences is hair loss. One way we can empower diagnosed people early on is by giving them a wig that helps them recognize themselves in a mirror," Origel said.

The organization initially distributed wigs out of the dining room in her apartment until they secured the Brea location, and this year's goal is to get 200 wigs into the hands of cancer patients. They are aiming to assist at least 400 individuals across all the programs they offer.

As a fairly young organization, Origel said Cancer Kinship is seeking volunteers and monetary donations to help provide funding for those wigs and for its other programs. People can reach out to the organization directly at cancerkinship.org.

"When I look at the trio of my mother, myself and my sister, we all had unique needs as cancer patients, but what was lacking in all of our care was having somebody to walk alongside with us and help guide us to access resources," Origel said. "That may have impacted survivability. What [Cancer Kinship] really wants to be is ... be here for the community because they're partners in this 'cancer storm,' but we can certainly be the calm within the storm."

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YOLI ORIGEL holds one of her wigs available for patients in the Kinner Beauty Salon in Brea on Thursday.

CONCERTS

Continued from page A2

tional funding.

"We'll take all the help we can get in the summer, because there's a lot of heavy lifting and organizing — way more than [our] group can do," he added.

Francisco Jimenez, a special events coordinator for the city, said the municipality assists Costa Mesa Foundation each year by assisting with use of the park, including parking and helping arrange the permits necessary to operate at Fairview, which comprises acres of protected land.

City staff also provide a number of community booths designed to help introduce attendees to the many services provided for residents and the wider community. For example, one booth will focus on 2023 being 70 years since the city's incorporation, offering a trivia game on local history with prizes.



Don Leach | Staff Photographer

THE JASMINE FIELDS band with Courtney Chambers and Randy Redmon, from left, perform during Concerts in the Park in 2021. The series returns to Costa Mesa on Tuesday.

"It's definitely about community engagement, for people to know exactly what the city is all about, especially in our Parks and Community Services department," Jimenez said of the city's presence at the event. "We'll show what they're offering throughout the summer and promote city events held throughout the year."

On the last day of the series, July 25, the city will close down a portion of Placentia Avenue to encourage attendees who may want to walk, bike or scooter to the concert. Jimenez said, no matter how you get there, it's sure to be fun for all ages.

"If you want to have a good time on a Tuesday night, come enjoy a show,

some good food and get to know the community," she said.

Preshow activities begin each Tuesday at 5 p.m., followed by a concert at 6 p.m. Fairview Park is located at 2525 Placentia Ave., Costa Mesa. Parking is available at nearby Estancia High School. For more visit costamesafoundation.org.

Other free concert series in O.C.

Costa Mesa isn't the only city taking advantage of summer weather in the great outdoors. Here's a look at some of the other cities in Orange County hosting free live music series this summer:

HUNTINGTON BEACH

Surf City's 50th annual "Sunday in the Park Concerts" series kicked off June 25 and continues each Sunday at 5 p.m. through Aug. 20 at the city's Thomas Ridley Central Park Concert Bandstand, behind the li-

brary. Free dance lessons start prior to the concert at 4:15 p.m. For more, visit hbconcertband.org/summerseries.

NEWPORT BEACH

An annual "Summer Concerts on the Green" takes place outside City Hall, 100 Civic Center Drive, starting July 23 at 6 p.m. The series opener is the Sully Band, which will play tunes by Stevie Wonder, the Doobie Brothers, Bill Withers and Bruno Mars. Additional concerts are scheduled for Aug. 20, and Sept. 17, with a final show at Marina Park on Oct. 15. Visit newportbeachca.gov for details.

LAGUNA BEACH

The Laguna Beach Arts Commission kicks off its 40th annual "Music in the Park" concert this Sunday at 5 p.m. at Bluebird Park, 772 Cress St., Laguna Beach. The series opens with Neil Young tribute the Neil Deal and runs through Aug. 20. Visit

lagunabeachcity.net.

FOUNTAIN VALLEY

Fountain Valley's "Concerts in the Park" series began July 6 and will continue each Thursday evening through July 27, from 6 to 8 p.m., at the Fountain Valley Sports Park at Mile Square Park, 16400 Brookhurst St. For details, visit fountainvalley.org/856/special-events.

SANTA ANA

The city's annual "Concerts in the Park" series kicks off July 20 and takes place every Thursday through Aug. 10, hosting a concert at a different location each week. Each event begins at 5:30 p.m. with headliners set to go on stage at 6:30 p.m. This year, community bands have been invited to show off their skills from 5:45 to 6:15 p.m. Visit santa-ana.org/concerts-in-the-park for locations and details.

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forum

COLUMN | **PATRICE APODACA**

Our obsession with youth sports programs should be sidelined

Folks, we need to talk about youth sports, because we've darn near wrecked them.

It's hard to pinpoint exactly when or where we started going off the rails. But many of the problems can be linked to a pernicious mix of misguided ambition and the laws of unintended consequences.

The adults involved — parents, coaches, college recruiters, and those operating in what has become a highly lucrative industry — share in the blame for perpetuating a warped system that often results in harm being done in the quest to do good.

That's why many influential voices are advocating for change. One example is former track coach and elite runner Linda Flanagan and her excellent book, "Take Back the Game: How Money and Mania are Ruining Kids' Sports — And Why It Matters."

To be clear, sports are great. Youth sports provide many important benefits, including promoting fitness and qualities of leadership, teamwork and perseverance. Some kids find themselves, or discover some previously under-appreciated aspects of themselves, through participation in sports. Plus, they're fun.

Indeed, it is a deep love of sports and the belief in their power to enhance young lives that fuels the growing movement to



Nick Koza

YOUTH SPORTS provide many important benefits, including promoting fitness and qualities of leadership, teamwork and perseverance, columnist Patrice Apodaca writes. But there are also unintended consequences, such as eating disorders, anxiety, injuries and even abuse, Apodaca says.

address the toxicity that permeates youth programs.

The fallout from that poisonous culture can be brutal: Eating disorders,

impossible body standards, anxiety, injuries, early burnout, even abuse. The maniacal competitiveness. The way that the money

poured into youth athletics exacerbates inequality, with winners and losers too often determined by who has the bigger bank ac-

count.

Let's start with the parents. And yes, for the record, I belong in that group.

Most of us tell ourselves that we are not going to be *that* parent — the kind that

See **Apodaca**, page A8



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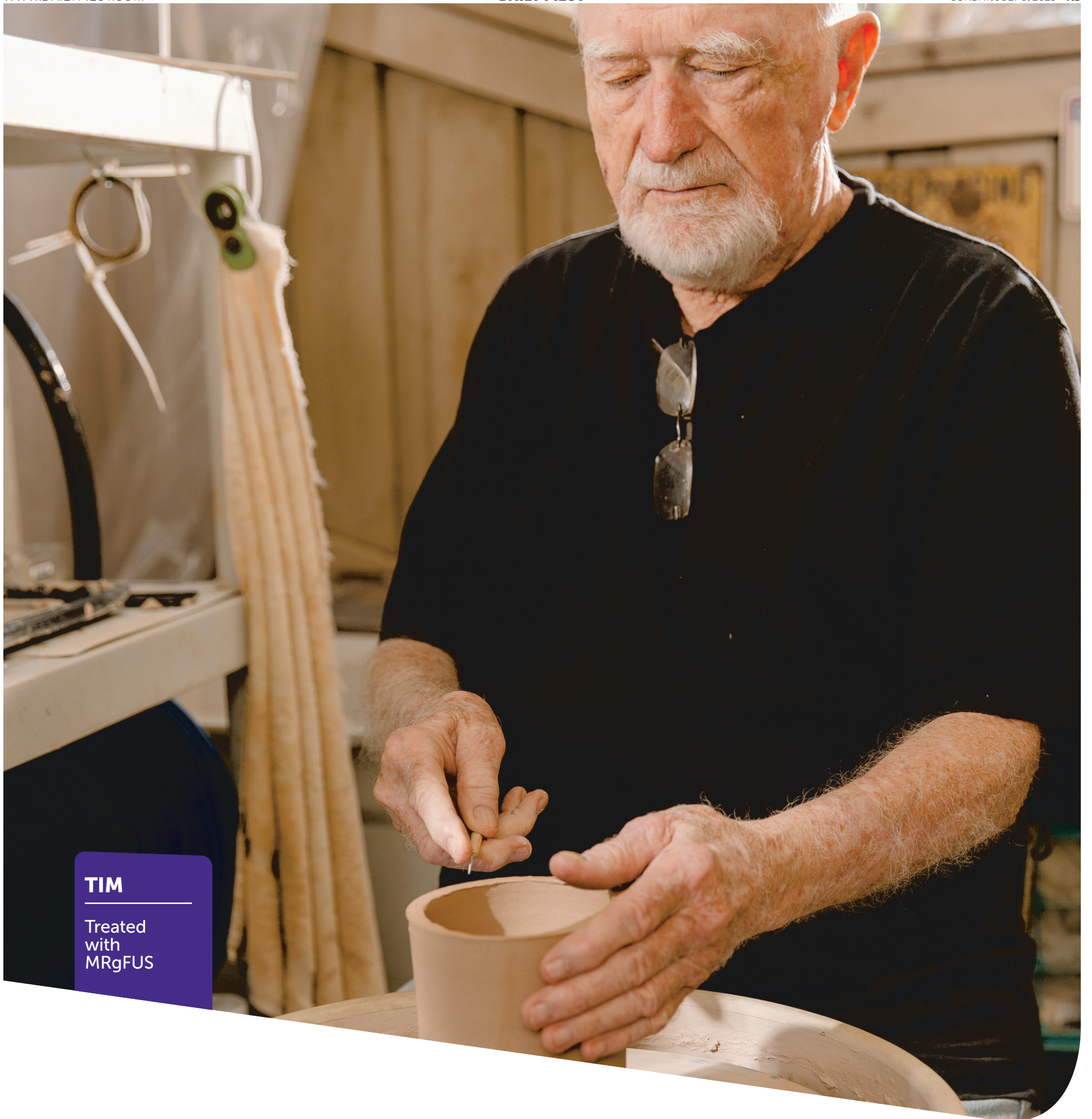
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A WORD, PLEASE | JUNE CASAGRANDE

It's sometimes tricky to navigate plural possessives

When I saw “men’s clothing” with two apostrophes, I figured it must be a typo. I was editing a professional writer who’s been on the job for years, and I know from experience that writers make typos, but none — none of them — think that two apostrophes go in “men’s clothing.”

But then I saw “women’s clothing,” with two apostrophes. Then “children’s clothing.” That’s when

I knew that what I was witnessing was not a single accidental strike of an apostrophe key. Instead, it was the weirdest take on plural possessives I’ve ever seen.

Most writers, in my experience, stumble on plural possessives — even writers who have no problem with singular possessives or plurals that aren’t possessive.

They understand that the tail of a dog is the dog’s tail, singular possessive. And they understand that when one dog joins another dog, you have two dogs, plural, not possessive. But when they have to apply both those rules to the same word, they start to lose their grasp on them.

For regular nouns like “dog,” making the plural possessive isn’t tough. Many get it right: “the dogs’ tails,” with the plural S followed by the possessive apostrophe. But nouns with irregular plurals, like “man,” “woman” and “child” trip them up. Throw in some confusing expressions like “each other,” and almost everyone loses their grasp on how to use apostrophes:



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CONCEPT ART for a women’s clothing store interior. In her editing work, grammar expert June Casagrande recently came across an incorrect use of an extra apostrophe when a writer chose to use “women’s clothing.” She explains the basic ins and outs of the plural possessive.

childrens’? childrens’ childrens’? They’re not sure.

So what’s the trick to writing plural possessives correctly? Just remember these basic rules and don’t get frazzled. To make a plural noun that ends in S possessive, add an apostrophe: kids’ clothes. If you want to make possessive a plural irregular noun that does not end in S, like children, add both an apostrophe and also an S: children’s clothes.

It’s easy. Or it should be. But plural possessives get confusing because the

letter S has too many jobs in English and they all get jumbled in our heads.

In English, S is used to form plurals. To talk about more than one dog, you add S: dogs.

S also forms possessives of nouns: the cat’s pajamas.

S is also used for verb conjugations. For the verb “let,” for instance, the third-person form is “lets”: He lets the cat out.

S also stands in for not one but several different words in contractions, where it adds an extra

layer of confusion by pairing with an apostrophe.

“It’s raining” means “It is raining,” with the letter S serving as an abbreviated form of “is.” But in “Who’s been sleeping in my bed,” the S stands for “has.” And in “Let’s eat,” the S represents the word “us,” which is hard to remember because no one says, “let us eat.”

Then come even more curveballs. For example, that rule that says you use an apostrophe and S to make a possessive out of a noun? Well, don’t try that

with a pronoun. If you did, you’d write, incorrectly, “The dog wagged it’s tail” instead of the correct “The dog wagged its tail.” You’d also incorrectly write “Who’s car is parked outside?” when the possessive of “who” is not “who’s” but “whose”: Whose car is parked outside? “Each other” is easy to get wrong, too. When you’re making it possessive, the apostrophe goes before the S, “They shook each other’s hand,” because “other” is meant as singular.

With all these confusing

S rules, you can be forgiven if you stumble on plural possessives. But if you just remember the basic rule — add only an apostrophe to plurals that end in S, but add an apostrophe plus S to plurals that don’t — you’ll get men’s, women’s, children’s and even kids’ right every time.

JUNE CASAGRANDE is the author of “The Joy of Syntax: A Simple Guide to All the Grammar You Know You Should Know.” She can be reached at JuneTCN@aol.com.

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forum

COMMENTARY | JOSEPH KLUNDER

Local community colleges will help us move forward

In this last week, both the United States Supreme Court (SCOTUS) and local political decisions have made legal changes that will undoubtedly affect the future trajectory in the Newport-Mesa area.

First, SCOTUS blocked Biden's impulsive executive order to forgive \$430 billion of student loan debt (at \$20,000 a person).

Second, SCOTUS ruled race-based affirmative action unconstitutional in public universities.

Third, locally, Newport Beach has now made it illegal for the homeless or almost homeless (such as those living in cars) to obstruct a public right-of-way.

While these three events may seem unrelated, they come together to give Newport-Mesa the opportunity and responsibility to become a model for California and possibly the entire nation.

More than ever, an individual must gain admission into universities based solely on merit, pay for their share of the cost of education, perform well, and transition into gainful employment. Unlike the discouraging examples we see in San Francisco or Los Angeles, individuals in Newport-Mesa cannot give up on life and live as vagrants, hoping the passage of time will change the situation.

But how can those on the margins of society live in a place like Newport Beach or Costa Mesa,



Courtesy of Orange Coast College

ORANGE COAST COLLEGE'S 75th commencement ceremony. Commentary writer Joseph Klunder says strong local community colleges contribute to a better future.

given the obvious skyrocketed living costs? Equally important, as good fellow citizens, how can we help those in need to show the strength of our community?

I praise local community resources for relieving, re-focusing, and lending support to those most in need.

Having supplied Someone Cares Soup Kitchen, Friendship Shelter, and numerous homeless shelters and senior centers in Newport-Mesa, I can see that organizations with qualified personnel work tirelessly. Unfortunately, these organizations need continuous fundraising efforts to keep pace with rising demand.

Local community colleges, specifically Orange Coast College, Coastline College, and Golden West College, provide fee waivers, book vouchers, and

technology loans to reduce the cost of education to almost zero. Student services can help those who apply for housing vouchers, Temporary Assistance to Needy Families or obtain psychological support. Those who need relief funding can apply to the Student Relief Funds to get urgent medical bills and other expenses paid for.

Given this framework, we can work toward a future where every Newport-Mesa citizen has robust psychological and physical health, stable housing, food, and transportation access. Coupled with a dedication to education, a person can develop excellent command of spoken and written English language, associate degrees in both transferable liberal arts fields, and

See *Colleges*, page A8

MAILBAG



Scott Smeltzer | Staff Photographer

MAYOR PRO TEM Gracey Van Der Mark, center, listens to public comments during a Huntington Beach City Council meeting June 20.

Trust the librarians to decide on the Public Library's materials, not city

Librarians are trained and employed to organize, access and obtain the collection of information available to library patrons, whether in physical or digital form. Typically librarians hold graduate degrees in

the academic discipline of information science.

As a former chairperson of the erstwhile Huntington Beach Library Board of Trustees, I put my trust in the skills and professionalism of our librarians. Not in the

opportunistic inclinations of Huntington Beach Mayor Pro Tem Gracey Van Der Mark and her reactionary cabal.

Ben Miles
Huntington Beach

Parade no place for negative partisan gestures

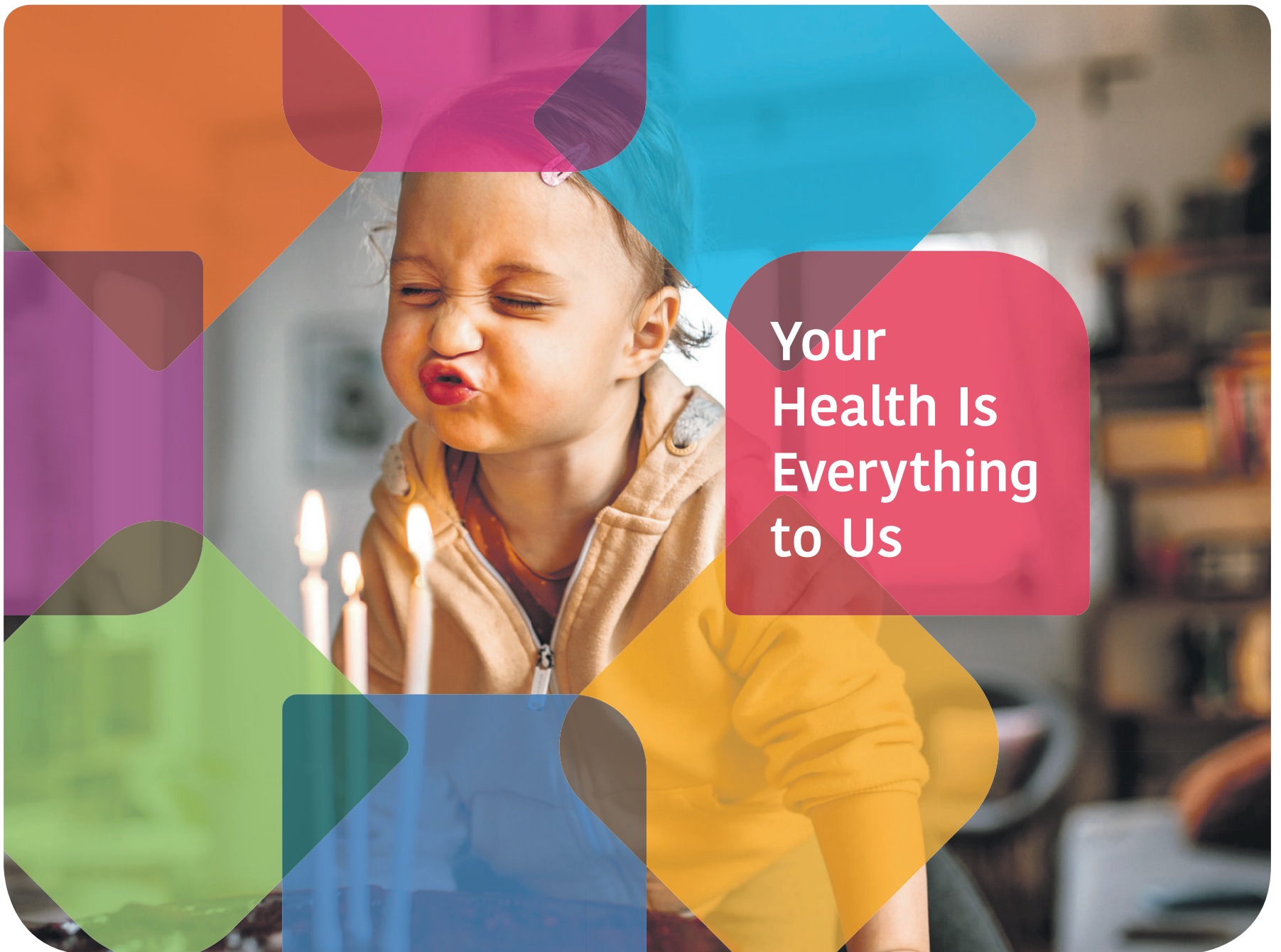
I had the opportunity to work on the Democratic Party of O.C. float and ride in the 119th Fourth of July Parade in Huntington Beach (the largest such event west of the Mississippi River). I was surprised that

while the majority of the crowd viewed our float and Beach Boy music without comment, a few felt their need to show their displeasure by shaking their heads from side to side and making "thumbs down" gestures.

This was definitely not the proper gestures that should have been demonstrated, especially on a day celebrating free-

dom. As a wise person once said, respect for the opinion of others means peace. Let us hope that the nationwide violence that has taken place this year is only temporary and true bipartisanship can once again prevail.

Richard C. Armendariz
Huntington Beach



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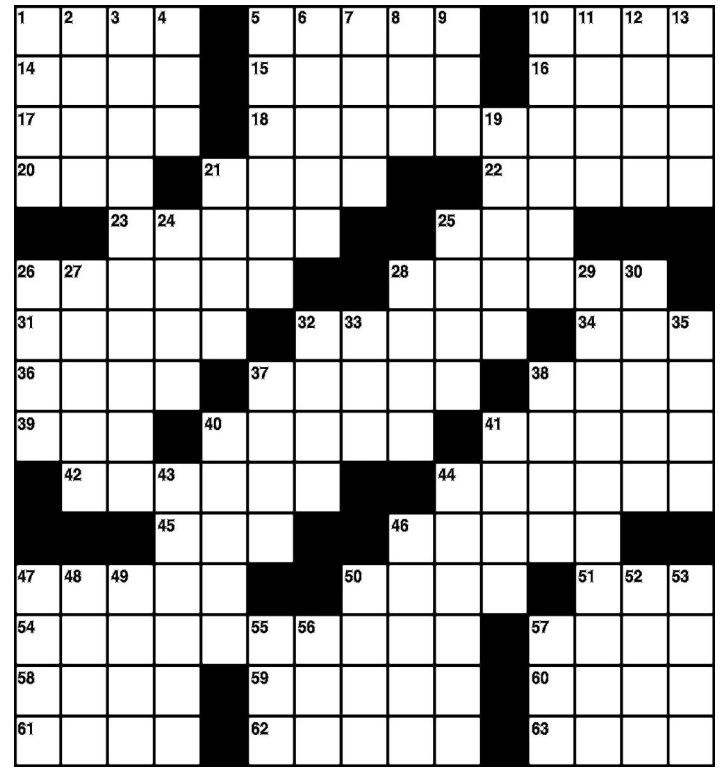
³APY = Annual Percentage Yield. As of February 1, 2023, HY Checking earns 4.00% APY on average daily balances between \$2,000-\$15,000. Average daily balances between \$0-\$1,999.99 and over \$15,000 earn .05% APY. Minimum opening deposit is \$25. Dividends earned and ATM fees reimbursed each month you meet the following qualifications: have recurring direct deposit or conduct eDeposits of at least \$500 aggregate for the month and conduct at least eight (8) purchase transactions with your UNIFY debit card.

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THE DAILY COMMUTER PUZZLE

By Jacqueline E. Mathews

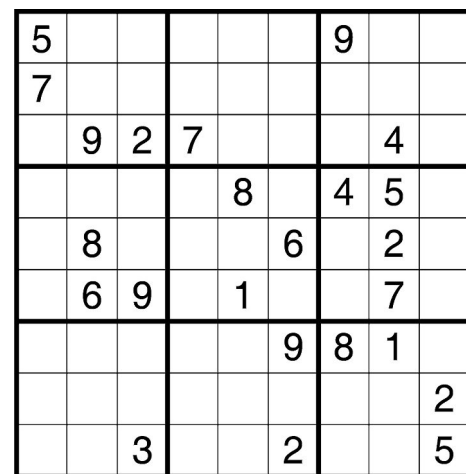
- ACROSS**
 1 Decrease gradually
 5 Trump's predecessor
 10 Game broadcaster
 14 Large appliance
 15 _ bear; Arctic animal
 16 Song for one
 17 Committed perjury
 18 Frown or smile
 20 Teddy Roosevelt's 5th cousin, for short
 21 Singles
 22 _-Meal; cereal company
 23 Underwater explorer
 25 Johnny Carson's successor
 26 Market owner
 28 Largest city in Poland
 31 Bunk option
 32 Official decree
 34 "I _ Rhythm"; 1967 hit song
 36 Pre-owned
 37 Fill in cracks
 38 Fiend
 39 Singer Tillis
 40 Tear to bits
 41 For the _; ridiculous
 42 Schedules
 44 Trustworthy
 45 Like steak tartare
 46 Nuts
 47 Trellis
 50 Toil
 51 Tree secretion
 54 Hairstylist
 57 Ascend
 58 Silken sashes
 59 Chowder server
 60 Gabor & Mendes
 61 Meryl Streep's alma mater
 62 Bread recipe verb
 63 Express pent-up anger



SUDOKU

By The Mepham Group

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit sudoku.org.uk.



For answers to the crossword and Sudoku puzzles, see page A10.

- DOWN**
 1 Wild canine
 2 Enthusiastic
 3 Loser
 4 Tight _; football position
 5 Can _; kitchen gadget
 6 Medium-sized dog
 7 Peaks seen from Salzburg
 8 Calendar pg.
 9 " _ you kidding me?"
 10 Grade school papers
 11 Dirt
 12 Scheme
 13 Advice to Nanette
 19 Brainy
 21 Above
 24 Frosted

- 25 Item in a car trunk
 26 Morose
 27 Kennedy & others
 28 Feral
 29 Belligerent
 30 In other _; that is
 32 Corn servings
 33 _ date; invoice phrase
 35 SAT, for one
 37 Use the molars
 38 Sty cry
 40 Get-go
 41 Word attached to worm or shelf
 43 Stir up
 44 Great _ owl; fierce predator
 46 Eucalyptus leaf muncher
 47 " _ Named Sue"; Johnny Cash song
 48 Ms. McEntire
 49 Arrestee's hope
 50 Broad
 52 As straight _ arrow
 53 _ control; Orkin's specialty
 55 Type; sort
 56 Cheap container
 57 Part of RPM: abbr.

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WE WILL BEAT ANY WRITTEN ESTIMATE

APODACA

Continued from page A4

paces the sidelines, clutches the chain-link fence, screams, berates referees, harangues coaches and insists on dissecting their kid's performance after every contest.

While most of us aren't guilty of such extreme behavior, it's hard for even the most even-keeled parents to remain unaffected by an environment in which superior athletes are idolized and rewarded. The marketing campaigns and "Just Do It"-type messages are everywhere. How can we avoid getting a little infected by the bug?

So we might push a bit too much. We might be tempted to sign up 3-year-olds for sports academies—is anyone surprised that these are a real thing? — out of fear that the tots won't develop the skills they'll need to be competitive 6-year-olds.

By the time they turn 8 we are planning our vacations — pretty much our entire lives — around their sports schedules, and driving long distances to tournaments because we're convinced that's what athletes must do. We steer our kids into specializing in one sport, and once on that track there's no turning back.

Let's not leave coaches off the hook.

Again, most are well-intentioned, and whether they are parent volunteers, underpaid English teachers, or experienced professionals, they often play

positive roles in children's upbringings. But they, too, feel the pressure — to meet parents' sometimes ludicrous expectations, to be competitive, to mold kids into winning athletes.

And that pressure inevitably seeps through in their dealings with kids. Some kids get little to no playing time, yet often all are required to engage in elaborate fundraising activities and overly long practices that are prioritized over other commitments, including homework and family time. Excessive scheduling eats up evenings and weekends. Shouting and constant berating become normalized.

All this heightened competitive fervor is fed by a multibillion industry with a vested interest in persuading kids and their parents that they don't stand a chance unless they invest in pricey equipment, clinics, private coaching, personal trainers, nutrition consultants, summer camps and academies.

It's no wonder some kids walk away. We've sucked the joy out of sports. Or they never get started because their families can't afford all the bells and whistles. The haves are worn out and the have nots are locked out.

It's impossible to escape the conclusion that these issues are behind the fact that youth sports participation in the U.S. has dwindled over the past 15 years.

So what's the answer? A national cultural awakening would help, as would an end to serious competition for very young kids. We

also need to rewire our thinking about what it means to be a youth athlete. Girls, in particular, should not feel pressure to emulate an unrealistic, ultra-idealized image of a fit female body. And more funding should go to community-based youth sports programs that welcome all, regardless of ability or income level.

Beyond those measures, a more radical idea has emerged, one that addresses what many see as a root cause of the woes plaguing youth sports.

They think we should get rid of athletic scholarships. Don't faint. It's not as crazy as it might seem.

Collegiate scholarships and big admissions advantages for athletes have fed an incentive structure — nearly impossible to resist — to identify promising young athletes early on, and then push them into accelerated programs with sometimes wildly inflated objectives. Thus, early flame-outs are common.

If we banned such preferential treatment, not only would it help level the college admissions playing field, but it would relieve much of the pressure that we put on kids to pursue overly aggressive athletic trajectories.

It will probably never happen. But think about it anyway. Maybe we could just let kids be kids.

PATRICE APODACA is a former Los Angeles Times staff writer and is coauthor of "A Boy Named Courage: A Surgeon's Memoir of Apartheid." She lives in Newport Beach.

COLLEGES

Continued from page A7

employable middle-skills jobs in career and technical education fields.

Rather than words in the newspaper, real people have been working on such a vision for years. I praise Orange Coast College's Kristoffer Toribio for

having a global outreach and Lisa Knuppel for running a vibrant Career and Technical Education office.

The Great Recession showed millions of newly-minted college graduates but no jobs to take them on. Well-supported local resources with many good jobs ready to accept them will ensure everyone in

Orange County is financially stable, engaged, and contributing to the strength of a community we value so highly.

JOSEPH KLUNDER, an advocate for community colleges, is a native of Newport Beach and now works as a high school teacher and counselor in China.



Courtesy of Bob Hodson

THE WINE ROOM at Luciana's Ristorante in Dana Point boasts a diverse wine list of nearly 350 highly rated wines. It was one of many O.C. restaurants recognized by Wine Spectator.

Wine Spectator hands out awards of excellence to Orange County restaurants

BY SARAH MOSQUEDA

Each year, Wine Spectator recognizes restaurants around the world for well-curated wine programs. The publication favored by wine enthusiasts awarded several Orange County restaurants honors this year, including Luciana's Ristorante in Dana Point.

"We are absolutely delighted to receive the Wine Spectator Award of Excellence for 2023," said William Blank, general manager and sommelier at Luciana's Ristorante.

Wine Spectator is a leading authority in the world of wine and the Award of Excellence recognizes exceptional wine programs and establishments that deliver extraordinary dining experiences along with outstanding wine lists. Wine programs must feature a selection of 90 or more wines that are not easily found in stores and match the restaurant's cuisine and price point.

"At Luciana's, we have

always believed that a thoughtfully curated wine selection elevates the entire dining experience and enjoyment of our guests," Blank said. "This award reinforces our dedication to providing a premier dining experience with an extensive and diverse array of wines."

The recognition comes at a particularly special time, as Luciana's Ristorante is celebrating its 40th anniversary this year. The Luhan family's first eatery, the former What's Cooking bistro in Newport Beach, was opened by youngest daughter Lucia in 1976. The bistro's success prompted Lucia to open two more locations: What's Cooking Express Cuisine in Costa Mesa in 1982 and Luciana's Ristorante in 1983.

Today the second generation of the Luhan family runs the restaurant in Dana Point's Lantern District, serving classic Italian dishes using the family's own brand of olive oil produced at the family

farm in Tuscany. Wines are stored in the restaurant's Private Wine Cellar, which is large enough to accommodate private parties and events.

Other Orange County restaurants recognized with the Award of Excellence for 2023 include Del Frisco's Grille, Morton's Steak House, Seasons 52, Twenty Eight, Fogo de Chão, Eddie V's Prime Seafood, the Quiet Woman, Rusty Pelican, Waterterable at Hyatt Regency Huntington Beach, Henry's Coastal Cuisine at Hilton Waterfront Beach Resort, Spaghettini, O'Neill's Bar & Grill and Knife at Marriott Laguna Cliffs.

More Orange County restaurants were recognized by Wine Spectator as Best of Award of Excellence recipients, like Selanne Steak Tavern in Laguna Beach, which received the award for the seventh consecutive year.

Selanne Steak Tavern is owned by Hockey Hall of Famer Teemu Selanne and



Courtesy of Luciana's Ristorante

A BOTTLE of Osso del Milio at Luciana's Ristorante in Dana Point.

local businessman Kevin Pratt. Opened in 2013, the restaurant serves steak and seafood with a wine list that leans into California and French wines curated by the tavern's certified advanced sommelier, Vito Pasquale.

"Our 3,000-bottle inventory of 400 carefully chosen, diverse wine features selections from California and France, as well as curated options from Washington, Oregon, Italy, New Zealand, Spain, Argentina, Germany, Austria, South Africa, Portugal,

Canada and Australia," Pasquale said. "The list is designed to appeal to all wine lovers — their palates, pairing preferences and spending desires."

Best of Award of Excellence honors are granted to restaurants that offer 350 or more selections of wine with collections that demonstrate a wide range of wine regions and styles, as well as vintage depth.

Other Orange County restaurants granted the Best of Award of Excellence include the Winery Restaurant & Wine Bar,

the Hobbit, Mastro's Steakhouse, the Capital Grille, the Ranch Restaurant & Saloon, Napa Rose at Disney's Grand Californian Hotel, Mastro's Ocean Club, Splashes at Surf and Sand resort and Bourbon Steak at Waldorf Astoria Monarch Beach.

All award-winners will be featured in Wine Spectator's August issue and the full list can be viewed at WineSpectator.com.

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Baking loaves with love for O.C.

BY SARAH MOSQUEDA

Yannick Guegan doesn't really like to take a day off. The master baker often finds his way into Bread Artisan Bakery's baking facilities in Santa Ana even on days he isn't expected to come in.

Guegan's hometown of Brittany, France is known for the *kouign-amann*, or butter cake. Traditionally, a *kouign-amann* has flaky folds like a croissant, each one generously layered with butter and sugar before baking, making the end result a sticky, crackly, caramelized treat. Guegan comes in on weekends to make the decadent sweet and other pastries.

Guegan will knead, roll and fold dough carefully, lovingly. When he speaks, his soft-spoken voice carries a strong French accent. It can be hard to hear him in the baking facility, where industrial-sized mixers whirl.

"This year, it is 29 years that I am a baker," Guegan said.

Jonnie LoFranco found herself the owner of Bread Artisan Bakery in much the same way Guegan finds his way into the bakery on his days off: by accident.

"My father, this [business] was his dream, and I am just living it now," LoFranco said surrounded by speed racks filled with rows and rows of unbaked bread.

LoFranco's father, Bob Peckham, launched the bakery Breads & Spreads in 1995, but passed away in 2001. Several years later, LoFranco decided to help

the family by trying to sell the business.

"I didn't sell it," LoFranco said with a smile, "I had always worked with restaurants and we are big food family, so I always felt like this was my calling."

LoFranco left her job as an advertising executive in 2010 to take up her father's dream. She was given the opportunity to deliver a big order (1,200 rolls big) to a popular local theme park.

She was able to meet the order by subleasing a bakery and its staff, but soon realized she needed an expert baker if she wanted her business, Bread Artisan Bakery, to rise to the next level.

"One project led to another project, led to another project," said LoFranco, "I finally outgrew that space. Then I met Yannick."

The bakery Guegan was working for at the time was closing and a mutual friend introduced him to LoFranco.

"He took a chance on me," said LoFranco. "We just connected. He liked my vision, I loved his passion and we started making bread together."

Guegan agrees. "When I met Jonnie, magic happened," he said. They moved into the current space in 2012.

LoFranco said she looks at her partnership with Guegan as the true start of her business.

"Prior to that, yes it was functioning, but it wasn't what is now and what it has become since he joined," said LoFranco. "We weren't able to make the kind of bread that we make today."

Guegan attended an after-school apprenticeship at a small bakery in Milizac, France in 1984. "I started very young," Guegan said of his early



Photos by Don Leach | Staff Photographer

BAKER ROBERTO HERNANDEZ drops fresh bread from the oven that will quickly be shipped to local restaurants from the Bread Artisan Bakery in Santa Ana. From baguettes to burger buns, the bakery provides hundreds of breads daily.



BEN RAMIREZ rolls baguettes for the oven at the Bread Artisan Bakery in Santa Ana.



JORGE SANCHEZ prepares baskets of dough that will soon be baked and delivered to local restaurants.

baking life. He spent a decade learning the business before coming to U.S. in 1994.

The pastries that Guegan makes — about 1,500 pastries weekly — go out to local farmers markets. Bread Artisan Bakery can be found on Saturdays at the Laguna Beach farmers market, and Sundays at the Laguna Niguel and Ladera Ranch farmers markets.

The bakery also churns out hundreds of breads daily for some of Southern California's most popular restaurants, baking everything from baguettes and sourdough loaves to burger buns and ciabatta. The baking facility is hot inside on a Thursday afternoon, but filled with the fragrant

scent of freshly baked bread.

"Our customers are our friends and the relationships we have with the people we work with are very close," said LoFranco. "So developing things together is great."

Bread Artisan Bakery can be found on menus all over Orange County. They make bread for Marche Moderne, Tableau Kitchen & Bar, Gem Dining, Mario's Butcher, Sapphire, Haute Cakes Caffe, Ironwood, Mayfield, Strong Water Anaheim, OEB, the Cheese Shop, Vine and Water Grill. The bakery makes sourdough loaves for Nick's and grinder rolls for Docent Brewing. The brioche used at popular egg sandwich



RACKS OF freshly baked buns ready for packaging at the Bread Artisan Bakery in Santa Ana.

concept Flippoly comes from Bread Artisan and so does the rosemary focaccia used on the eggs Benedict at Bloom in San Juan Capistrano.

"I've been ordering bread from them for almost nine years now," said Paul Cao, chef-owner of Burnt Crumbs in Irvine. "We use their buns for our breakfast sandos, sourdough for our avocado toast and our famous spaghetti grilled cheese."

Besides the love that gets baked into each loaf, the service Bread Artisan Bakery provides is also part of what keeps chefs like Cao coming back.

"Listen, the bread is obviously very good. But what makes me a longtime customer is that not only is the care and thoughtfulness evident in the quality of their breads, but also in their level of customer service," said Cao. "They have helped us with all kinds of bread emergencies over the years, going above and beyond to make sure our bases are covered when it comes to bread."

Besides restaurants, Bread Artisan Bakery also provides bread for specialty grocery stores and local hotels. What began as a one delivery truck operation has since grown to a fleet of 11.

Guegan and LoFranco watched dough get loaded into a machine that forms uniform dinner rolls and spits them out on to a conveyor belt. With more space, a second machine could be added, which Guegan said would make life easier for the bakers.

"We are making, I would say, 45,000 to 55,000 pieces of bread a day," said Guegan.

Baguettes and other breads are formed by hand and Guegan has a corner where he makes his pastries, but all the bread no matter the style, gets loaded on to a rolling rack and taken to the large industrial oven for baking. Bakers with clothes dusted in flour, use large wooden paddles to carry hot bread from the oven to black stacked racks to cool.

Bread Artisan Bakery is quickly outgrowing their Santa Ana space and looking for a 25,000-square-foot building to move into. While the growth is great, Guegan said the real reward is making people happy with bread he has baked with love.

"The most rewarding thing is when you can see people enjoy eating your final product," said Guegan. "Some people will not understand, but it is a personal satisfaction when you see your product coming out great."

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Rachel Bartholomew and DOES 1 to 10

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There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web Site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case.

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Santa Ana, CA 92701

The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es):
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CROSSWORD AND SUDOKU ANSWERS

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2	7	6	3	5	9	8	1	4
9	5	1	8	4	7	6	3	2
8	4	3	1	6	2	7	9	5

BOATING*Continued from page A1*

1970s. She first got her captain's license from the United States Coast Guard in 1982, one of only a handful of women on the West Coast to have obtained one at the time.

Newport Landing opened in 1987, and started partnering with Davey's Locker to provide year-round whale watching trips two decades later. "I was really elated,"

Watts said. "For years, I've been telling all the girls that you don't have to be a deckhand ... [but] boating has always been a man's world."

This particular group of female captains, who range in age from early 20s to early 30s, put in the work. They had to register at least 720 days at sea, plus class time.

Davey's Locker operates eight boats and employs about 20 captains, Watts said, including plenty of



Don Leach | Staff Photographer

CAPT. ANGELA SYSWERDA aboard the whale watching vessel Ocean Explorer as she waits for guests to arrive at Davey's Locker on Thursday.

men as well. But that's part of the reason why that all-female Tuesday voyage was so special.

"You never know if it's going to happen, because

there's a mixed crew," Fasser said. "There's a mix of men and women in the industry, and it just kind of lines up that way. For all we know, that might never

happen. We're proud of ourselves, right? We're proud on an individual level, but we're proud to represent an area where women aren't prominent.

We have a huge stance for women here, and it's awesome."

After researching and asking around knowledgeable folks within the industry, Newport Landing and Davey's Locker education and social media manager Jessica Roane said the company believes it has the most female captains working for the same place anywhere in California.

The women don't take their job lightly. On the whale watching trips, which last a couple of hours, they know there are plenty of young eyes watching and looking up to them.

"We get that all the time on the boat," Fasser said. "Not only little girls, even little boys, when they see women driving I think it sparks something in both genders. I see little boys that are shocked like, 'Wow, that's amazing.'"

Syswerda, the oldest of the five captains at 32, said the job is always interest-

ing. She's worked a 9-to-5 in the past, but quickly realized that it wasn't for her.

"You go out there and the weather is different, the animals are different, the people are different, the crew is different," she said. "There's a ton of variables that go into your day, so it keeps it exciting and interesting."

She said even to have females working on a boat is rare, but she was motivated to get her captain's license.

"It's super attainable if you have the desire to do it," Syswerda said. "Even if you have to start small, there is room to grow. Hard work is honestly what gets you there. Your hard work doesn't go unnoticed. I guess I can't speak for the entire industry, but here at our company it doesn't go unnoticed, and that's why we're where we are now."

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RESEARCH*Continued from page A1*

in the last third of the patients. With conditions like depression, we're talking about millions of people in the United States."

Anti-depressants are even less effective at helping people handle PTSD, but are practically the only form of medication prescribed for its treatment, Piomelli said. They may have some impact on the mood of people diagnosed with the condition, but conventional drugs do little to combat nightmares and many other underlying symptoms experienced by those patients.

In a study published by the American Journal of Psychiatry in 2021, 10 out of 15 patients with PTSD who were given ketamine, a potent anesthetic with hallucinogenic properties, experienced a significant reduction of symptoms as soon as one day later. And in those who were responsive

to it, the effects lasted an average of about a month after treatment ended.

Long-term research conducted by John Hopkins University and featured by the Journal of Psychopharmacology in Feb. 2022 suggests that therapist-guided sessions under the effects of psilocybin, the active ingredient in hallucinogenic mushrooms, were able to dramatically reduce symptoms of depression in patients for up to a year after treatment. Other drugs that had previously considered to have little to no medical use like MDMA or LSD have also been shown to have beneficial effects in people with depression, PTSD, substance abuse disorder and other mental health conditions.

"Psychedelic drugs show initial promise as potential treatments for mood, anxiety and substance use disorder," Dr. Tiffany Farchione of the FDA's Center for Drug Evaluation and Research wrote in a statement. "However, these are still in-

vestigational products. Sponsors evaluating the therapeutic potential of these drugs should consider their unique characteristics when designing clinical studies."

Psychedelics and other drugs being considered as experimental treatment for mental health conditions are not typically habit-forming and have relatively low toxicity, according to researchers at John Hopkins. However, their powerful hallucinogenic effects can lead to erratic and potentially dangerous behavior when taken unsupervised, or can result in what's colloquially known as a "bad trip," where negative factors in the environment contribute to intense anxiety, dysphoria or paranoia during a session. And extremely rare cases of prolonged psychosis, in which people feel the effects of psychedelics days or even months after using them, have been recorded.

The drugs operate in complex ways in the brain that scientists are still work-

ing to fully understand, UCI's Piomelli said. He said psychedelics have to be treated with "respect," and stressed the importance of having monitored, clinical settings for research and therapy involving power psychoactive chemicals.

The therapeutic use of psychedelics among indigenous cultures in the Americas and elsewhere is well-documented. Past generations in the U.S. had begun looking into their possible uses as medication, but that research came to an abrupt halt with the passage of the Controlled Substances Act in 1971.

The guidance issued by the FDA presents a possible "paradigm shift" in the study of mental health disorders, Piomelli said.

"What we are witnessing now at the federal level is slow," he said. "But it's part of an increasing, growing sensibility toward these potential tools, which as I said have been set aside with no good reason, in reality. There were political rea-

sons, ideological reasons, but no good medical reasons."

FDA'S ACTION SPARKS HOPE IN VETERANS

The potential for developing new medications for mental health disorders has sparked hope for advocates for veterans like Tom Sauer of Miramar Health, a mental health and addiction treatment company based in Laguna Hills. Former members of the military are disproportionately diagnosed with PTSD, depression, manic-depressive disorder or alcohol-related problems. And male veterans with those conditions exhibited a significantly increased risk of suicide.

"Out of the 250-plus veterans we've treated, nearly every single one of them suffers from depression or PTSD, often both," Sauer wrote in an email Thursday. "The addictions they suffer from are quite often not the cause, but the symptoms."

Sauer said he's concerned about potential risks in us-

ing psychedelics to assist in therapy, especially if patients aren't carefully screened and prepared for the experience. But he's cautiously optimistic, given the urgent need to develop more effective treatment for mental health disorders.

He said he co-founded Miramar Health in part because he grew up in a home "scarred by mental illness and addiction." Just a few weeks before he shipped out with the Navy in 1999, his father died as the result of a methamphetamine overdose.

"Since then, addiction and mental health in this country has only gotten dramatically worse," Sauer said. "So I decided to do something about it. We're not here to change the world, but if we can change the world for some people and make the world a little better than we found it, then that's a win in my book."

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FIRST COURSE SELECTIONS

select one

Corn Chowder

Fresh corn, Applewood smoked bacon

Classic Caesar Salad

Chopped hearts of romaine, herb croutons, tomato, shaved Manchego

Bungalow Salad

Greens, hearts of palm, olives, feta, red onion, bay shrimp, tarragon vinaigrette

Strawberry Summer Salad

Baby spinach, fresh strawberries, goat cheese, toasted pecans, raspberry vinaigrette

ENTRÉE SELECTIONS

select one

Prime Filet Mignon

8 oz. prime filet mignon, Yukon Gold mashed potatoes, fried shallots

Bone-In Rib Eye

16 oz. prime bone-in rib eye, Yukon Gold mashed potatoes, fried onion strings

(Twenty Dollar Supplement)

California Chicken Breast

Pan-seared chicken breast, oven-roasted tomatoes, avocado, Yukon Gold mashed potatoes

Blackened Scottish Salmon

Roasted corn and avocado salad, chimichurri sauce

Miso-Marinated Chilean Sea Bass

Soy glaze, coconut rice, stir-fried vegetables, mushrooms, lemongrass ginger beurre blanc

Double Pork Chop

Thick-cut grilled all natural pork chop, creamy caramelized onion barley risotto, creamed kale, sherry sauce

Australian Lobster Tail

10 oz. drawn butter, grilled lemon, Yukon Gold mashed potatoes

(Fifteen Dollar Supplement)

DESSERT

select one

New York-Style Cheesecake

Fresh whipped cream, raspberry coulis

Peach Cobbler A La Mode

Vanilla bean ice cream, whipped cream, caramel sauce

Vanilla Crème Brûlée

Vanilla custard, fresh raspberries

Berries & Ice Cream

Fresh seasonal berries, vanilla bean ice cream

20% Gratuity will be added to parties of eight or more.

A 3% processing fee will be added to all credit card transactions. For guests that choose to pay with cash, the 3% fee will be waived.
*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.

GOLD

Continued from page A1

ganization's 45th president.

On Sunday, the California Art Club will return to Bowers Museum in Santa Ana to present its Gold Medal exhibition, an art show that showcases 170 paintings and sculptures that has been selected by the club's panel of art scholars and artists.

"We are pleased to return to the Bowers Museum with our 112th annual Gold Medal exhibition and showcase many new works in which our artists strive to innovate by finding inspiration in the unexpected, as we appreciate and learn from cultures from around the world," Obermeyer said in a statement.

This is the second year the California Art Club has presented its Gold Medal exhibition at Bowers and the show will focus on contemporary-traditional artwork, selected from nearly 600 submissions. The exhibition is inspired by the European art salons of the 19th century, when artists submitted their best work for jury review.

The artworks featured in the Gold Medal exhibition demonstrate techniques used by those who founded the California Art Club, which came to be known as California Impressionism.

Participating artists include painters Peter Adams, John Asaro, Brian Blood, Warren Chang, John Cosby, Dennis Doheny, Kathleen Dunphy, Michael Godfrey, Laurie Kersey, Frank Ordaz and Mian Situ. The works of sculptors Béla Bácsi, Adam Matano and Christopher Slatoff are also represented.

Bowers will present an opening day lecture with art historian Jean Stern in the Norma Kershaw Auditorium titled "The Art of Appreciating Art." Stern will discuss the key elements art experts and collectors keep in mind when viewing art, using work from the Gold Medal exhibition as examples. Tickets are \$15, and \$10 for members.

In conjunction with the exhibition, a series of educational programs will also run at Bowers Museum. On July 16, families are invited to "Learn from Master Artists with the California Art Club: Plein Air Landscape Painting with Robin Hall." The Gold Medal artist will help artists of all ages learn



Courtesy of Bowers Museum

FRANK ORDAZ'S "Between Heaven and Earth" is part of the California Art Club's Annual Gold Medal exhibition at the Bowers Museum.

about landscape in the style of traditional art.

Artist Spotlight Talks will be given by participating artists every Saturday morning throughout the show's run to answer questions and provide insight on the work and techniques favored by the Cali-

fornia Art Club. On July 23, Christopher Slatoff, Sculpture chair for the California Art Club, will lead a hands-on workshop on three-dimensional art.

On Sept. 10, the exhibit will close with a Paint/Sculpt-Out in which California Art Club

painters and sculptors will set up in the Key Courtyard to create new works inspired by live models posing in traditional folk costumes.

Admission to the Gold Medal exhibition is included in general admission at Bowers Museum, which is \$18 for adults, \$15

for seniors and students and free for Bowers members and children under 12. More information can be found at bowers.org.

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CLOCKWISE: David Yurman, Givenchy, Saint Laurent, Burberry, Sandro, Gucci, Porsche Design, Frette, Hublot

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