



Photos by Sarahi Apaaz

**STEVE RANDALL** uses tape to lift fingerprints from evidence as instructed during a session of the Costa Mesa Citizen's Police Academy.

## Patterns emerge at Citizen Academy's hands-on CSI night

BY ERIC LICAS

Lindsey Olson likened the process of applying fingerprinting dust onto a piece of evidence to a "spinning ballerina," as she used her fingertips to twirl a thin, black brush. Its long, soft threads flared out as the crime scene investigation supervisor demonstrated to about a dozen participants of the Costa Mesa Police Department's Citizen Academy on Thursday.

It was the fourth of eight sessions scheduled to take place at Costa Mesa Police Department headquarters, 99 Fair Drive, and the first hands-on experience of the program. After a brief tutorial, participants donned surgical

gowns, gloves and masks. They were then allowed into two small connected rooms where investigators analyze evidence.

Swirling patterns emerged as participants dusted glass beakers and lightbulbs. They then gently pressed pieces of clear tape onto the revealed fingerprints, careful not to disturb the dust it was made of as they did.

"Everybody seemed energetic and excited to learn," Olson said after the session. "I saw everyone getting hands-on and lifting prints. They all did a really good job."

The technique practiced during the academy is just one of

See **Patterns**, page A6



**CHRISTINA BROWN** lifts fingerprints from a flask in the evidence room of the Costa Mesa Police Department.

## Forum focuses on runs for state office

Speak Up Newport invites six candidates running in the two state districts and the 47th Congressional District.

BY LILLY NGUYEN

At one of the final forums for the state races before Election Day, candidates for the 72nd State Assembly District and the 36th State Senate District addressed questions about issues currently impacting Orange County during the Speak Up Newport state candidates' forum Wednesday night.

The organization invited all six candidates running in the two state districts and the 47th Congressional District. Rep. Katie Porter (D-Irvine) was unable to attend. Her opponent, Republican Scott Baugh, participated in the opening remarks but ceded his time to the other candidates.

The forum was moderated by Tony Petros.

Running for the 72nd State Assembly District are Newport Beach Councilwoman Diane Dixon, a Republican, and Democrat candidate Judie Mancuso.

That district is currently represented by Assemblywoman Janet Nguyen (R-Fountain Valley), who is running for election in the 36th state Senate District and was also present Wednesday. She faces Huntington Beach City Councilwoman Kim Carr, her Democratic opponent.

Both districts have been redrawn. The 72nd State Assembly District now stretches from Sunset Beach south to parts of Laguna Niguel and into Lake Forest. The 36th State Senate District now spans the length of coastal Orange County from Huntington Beach south to San Clemente. It also includes Cerritos and parts of Garden Grove and Fountain Val-

See **Forum**, page A8

## Enjoy life's best moments in good health

Choose a UCI Health primary care doctor today.  
[ucihealth.org/choose](https://ucihealth.org/choose) | 844-310-9750

**UCI Health**



**EASTERSEALS CLINICAL**

Director Dr. Shaji Haq leads a training Thursday for Severe Behavior Services Center staff.

Courtesy of Easterseals of Southern California



## Easterseals accepts state funding to help expand autism services

BY SARA CARDINE

Children and young adults with developmental disabilities that present severe behaviors — such as sudden episodes of impulse or aggression, angry verbal outbursts or violence — often have few places to turn to for help, hope and treatment.

Families may be frustrated or feel they've reached the end of

their rope in finding services for loved ones, as few facilities and programs exist and those that do are often at capacity. Enter Easterseals of Southern California.

The nonprofit serves more than 15,000 people with disabilities, primarily autism spectrum disorders, which affect one in 26

See **Services**, page A8

## Westminster High School's Giving Farm helps feed the community

BY SARAH MOSQUEDA

At one time, farms were plentiful in Orange County. Today they are not as easy to come by, despite a growing population that needs to be fed. It's a problem the director of the OC Food Bank, Mark Lowry, has been working to solve since he began his career at Community Action Partnership of Orange County 35 years ago.

"I walked into the food bank for the first time and was so inspired by what they were doing," Lowry said.

One way Lowry envisioned combatting food insecurity was by growing food right within our communities. With the help of A.G. Kawamura, founder of local nonprofit Solutions For Urban Ag and former secretary of the California Department of Food and Agriculture, Lowry searched for a place they could set up an urban farm.

"For 20 years we looked at various properties that might be



Kevin Chang | Staff Photographer

**MARK LOWRY**, the director of OC Food Bank, helps collect butternut squash at Westminster High School's Giving Farm.

available for us to farm together," said Lowry. "For various reasons, none of them worked."

Then about four years ago, Kawamura was driving down the

405 freeway when he noticed an odd parcel of land. He discovered it was on the side of Westminster

See **Farm**, page A9

# Ballet artists who left Russia to reunite in dance

BY SARAH MOSQUEDA

Partners and dancers Adrian Blake Mitchell and Andrea Lassakova performed in St. Petersburg, Russia with the Mikhailovsky Ballet for years, but as the political climate became more tense the couple began to make plans to leave.

"We were already thinking to change before, but it was hard with COVID," said Lassakova, "and the way things were escalating."

"We kind of had this inkling that it was time to move on," said Mitchell, who grew up in Los Angeles. "Politics were getting a little dicey, and also I was hoping to come back home to my family. I only see them once a year."

Then war broke out, and they made their plans with more haste. The couple were among those lucky enough to escape Russia following its invasion of Ukraine, and on Nov. 12, they will join other renowned ballet dancers from around the world for a one-night-only performance of "Reunited in Dance" at the Renée and Henry Segerstrom Concert Hall in Costa Mesa.

"We are so proud to be joining probably one of the best groups of dancers in the entire world right now," said Mitchell. "You just don't see this kind of group put together and for it to be Orange County."

"Reunited in Dance" will bring together multiple dancers who danced with Russia's most elite companies, such as the Bolshoi and Mariinsky ballets and Stanislavsky Theatre, before fleeing the country.

The program is under the artistic direction of British dancer Xander Parish, former principal dancer at the Mariinsky. The show itself is made possible thanks to Elizabeth Segerstrom and the Henry T. and Elizabeth Segerstrom Foundation and presented in association with Segerstrom Center for the Arts.

"We have had such wonderful favor from Elizabeth Segerstrom, who has given her whole-hearted support, love and kindness to us," said Parish, "and enabled us to come together as a reunion."

Parish danced in Russia for 12 years and met his wife there.

"My wife is Russian and we met there, in the theater," said Parish. "When the war began, we and



Photos by Kevin Chang | Staff Photographer

**BALLET DANCERS** Andrea Lassakova and Adrian Blake Mitchell rehearse at the Renée and Henry Segerstrom Concert Hall in Costa Mesa.



**BALLET DANCER** Katia Raj rehearses.

many of our friends left the country and crossed the border by bus."

Mitchell and Lassakova said they secured plane tickets the day the war began, but the flight was canceled within a few days.

"We have a small dog, and we couldn't fly with him on certain airlines. We weren't allowed to take the train out of Russia because it was closed to people who were not Russian or Finnish, and the buses were getting turned away sometimes," said Mitchell. "We ended up taking a car, a taxi to the border."

They crossed the border into Estonia by foot, with their luggage and white Maltese in tow.

"It was a rough ride, but that was nothing compared to what the people of Ukraine are going through," said Mitchell.

At a closed rehearsal on Sept. 30 at Renée and Henry Segerstrom Concert Hall, many of the dancers saw each other for the first time since leaving Russia.

"We are all friends in Russia," said Lassakova, "and we always wanted to dance together somewhere."

Parish said some dancers



**DIRECTOR XANDER PARISH**, center, shares a laugh with ballet dancers during rehearsals.

left the day after the war began, and he didn't see them again until this rehearsal.

"This is a big reunion for us to have that feeling of comrade and bring us back together to perform as a family again," said Parish.

"Reunited in Dance" will feature new choreography, like the premiere of a new ballet choreographed by

Parish to Tchaikovsky's Children's Album as well as classics like choreographer Christopher Wheeldon's "After the Rain." Music will be directed by Gavriel Heine, and the show's executive producer is Christopher Minev, both formerly of the Mariinsky. The Hettema Group has specially designed a digital set for the once-in-a-life-

time performance.

"This is one of the most exciting things that I have heard about since we left Russia," said Mitchell, "or maybe since I started dancing professionally."

Tickets are on sale now at [scfta.org](http://scfta.org) and start at \$59.

sarah.mosqueda  
@latimes.com  
Twitter: @SarahNMos

## Enjoy life's best moments in good health

Choose a UCI Health primary care doctor today.  
[ucihealth.org/choose](http://ucihealth.org/choose) | 844-310-9750

**UCI Health**



# Orange County bus service could be suspended Monday

BY SUMMER LIN

All Orange County bus services in Orange County could be suspended Monday after maintenance workers voted this week to strike.

The strike is expected to begin 12:01 a.m. Monday, according to a news release from Local 952, which represents about 9,500 members. The union said it voted to strike Wednesday, after the Orange County Transportation Authority "refused to address key health and welfare issues" and offered a "substandard final contract offer."

About 150 mechanics, service workers and machinists with the OCTA have been working under an expired contract since Sept. 30, according to the union. Negotiations began May 25, and the union has met with OCTA more than 20 times.

The OCTA warned bus passengers Wednesday to



Allen J. Schaben | Los Angeles Times

**ALL BUS SERVICE** in Orange County could be suspended Monday.

plan alternative ways of travel Monday, according to an agency news release. Another meeting is scheduled for this weekend "with

the hope of resolving contract negotiations and avoiding any disruptions to bus service," OCTA officials said.

"We know that any interruption in bus service hurts the people in our community who rely on OC Bus to get where they need to be,

whether that's jobs or to school," said Mark Murphy, OCTA chairman and mayor of Orange, in the statement. "That's why we want to avoid a strike. There's no reason we can't continue negotiating to reach a resolution without putting the burden on bus passengers."

The union has accused OCTA of not bargaining in good faith and giving the members a "last, best and final offer" on Sept. 22, giving them "no time to respond," according to the Local 952 news release. After its offer was rejected, OCTA agreed to meet the following week for four days but then canceled those meetings except for one, the union said.

Eric Carpenter, a spokesperson for OCTA, confirmed the agency is meeting with the union again Sunday to continue negotiations. In the event of a strike, OCTA employees have volunteered to go out to transit centers and the

busiest bus stops to let passengers know about the disruption, he said.

Eric Jimenez, secretary-treasurer for Local 952, criticized OCTA for not signing an extension agreement that would retroactively apply wage and benefits increases to union members, allowing them to keep bargaining past the expiration date.

"Every day we go without an extension, our members are losing money," he added.

Union members are hoping for improved healthcare packages, that would allow them to pay less money out-of-pocket. Jimenez said some members currently pay \$350 a month for healthcare and that the new plan proposed by OCTA would result in a jump to \$400-\$500 in costs to employees in the next two years or so.

The union is also bar-

See **Bus**, page A8

# Enjoy life's best moments in good health

Whether you have an acute or chronic illness, need an annual physical exam or vaccinations for you and your children, UCI Health primary care physicians offer exceptional care to keep you and your family healthy. As part of Orange County's only academic health system, our primary care doctors work seamlessly with more than 500 world-renowned UCI Health specialists to deliver the highest level of care and treat even the most complex conditions. Also, with UCI Health, you and your family have access to same-day care options for primary care, including walk-in care locations, virtual care and in-home care.

Enjoy life's best moments in good health. Choose a UCI Health primary care doctor today.

Learn more at [ucihealth.org/choose](https://ucihealth.org/choose) or call 844-310-9750.



**UCI Health**



forum

A WORD, PLEASE | JUNE CASAGRANDE

YOU GOT TO LEARN THIS RULE, OR, THAT IS, YOU HAVE TO

"My wife and I cringe at the use of ... 'got' in daily language: 'I'm late. I got to go!' Don't I have to go?" Grant in Orange County, asked in an email. "Is there a separate usage for 'have' and 'got'? I'm so confused."



Webster's Collegiate Dictionary, and it's "used in present tense situations usually in informal writing and in ordinary speech."

more prone to "have got" in this sense, while Americans are more inclined to use "have gotten."

But "have got" and "have gotten" aren't just for the past tense. They can also be used in the present to talk about possessing something or obtaining it.

"To many — perhaps most — Americans, 'have got' denotes mere possession, while 'have gotten' denotes obtaining," writes Merriam-Webster's Dictionary of English Usage (which despite the name is a usage guide, not a dictionary, and not the same as Merriam-Webster's Collegiate Dictionary cited above).

Here are Merriam's examples: "I haven't got a dime myself" uses "got" to mean you have something. "However much money you have gotten from Thaw, it is only as much as he wanted to give you" uses "gotten" to mean you acquired something.

So you can see why Grant is confused. But if you want an easy rule, just do what I do: Avoid "I got." Use "have got" only in informal situations. In more formal usage, use "have" for the present tense, "got" for the simple past and "have gotten" for the perfect tense.

**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](mailto:JuneTCN@aol.com).

When a reader tells me something makes them cringe, I cringe. The reason: Their peevish usually put me in the awkward position of having to tell them they're wrong. If a word or phrase is so common that you've developed a conditioned response to it, that means that it's probably standard usage — and therefore acceptable.

Not so with "I got to go." I scoured my reference books to find a justification for this phrasing and came up empty-handed. None of my usage guides say it's OK. And according to dictionaries, "got" — the past tense of "get" — doesn't mean "must" or "have to." So "I got to go" isn't a dictionary-sanctioned way of saying "I have to go" or "I must go."

The best excuse I can find for this use of "got" comes from me personally: When people say, "I got to go," I assume they're saying "I've" instead of "I" and just glossing over the "ve." That would be fine because "I've got to go," a contracted form of "I have got to go," uses "have got" as an idiom meaning "have," according to Merriam-

"Idiom" is the key word here. It means that a construction that's not grammatical is still OK because it's standard. But when you want your English to be better than just OK, you should eschew "I have got" and stick with the simpler and 100% grammatical "I have."

But "I got" isn't always wrong. When you mean the verb "get" in the past tense, "I got" is correct. I got promoted. I got a raise. I got a parking ticket. It's only wrong(ish) in cases where you're using "got" like an auxiliary verb — especially to introduce an infinitive verb like "to go."

Even when you mean it as a form of "get," the phrase "have got" is controversial. Some people say it should be "have gotten." Others say "have gotten" is wrong and it should be "have got." In fact, both forms are usually fine. But the differences are interesting.

"Got" is the simple past tense of "get," and "gotten" is the past participle. So today you get paid. Yesterday you got paid. In the past you have gotten paid. However, "got" is also acceptable as a past participle. So you could say that, in the past, you have got paid. It means the same as "have gotten." British speakers are

MAILBAG



Kevin Chang | Staff Photographer

**MESA WATER** District in Costa Mesa. A Daily Pilot reader agrees with candidates for the Costa Mesa Sanitary District that the Mesa Water District is in financial and organizational trouble.

If candidates are right about water district's woes, what should be done?

It sounds odd, but based on the inexperienced candidates running against the well qualified and experienced incumbents (Mike Scheafer, Bob Ooten, and Arlene Schafer) at Costa Mesa Sanitary District, it appears that the Mesa Water District is in real financial and organizational trouble.

The trouble comes from the need to repair and replace hundreds of millions of dollars in old and failing infrastructure the district has put off properly funding and working on for years. The inexperienced candidates seem to know this because of their bias toward a hostile merger with CMSD. Also, they probably know that due to

decreased revenue resulting from the drought-driven reduced water consumption and MWD's current indebtedness, MWD isn't going to borrow money for the infrastructure at as favorable a rate unless it continues to raise rates or get access to some additional money — or both.

MWD getting access to additional money could be by hostile takeover. If the inexperienced candidates get elected, based primarily on a study done six years ago that has at least 15 serious flaws, they will vote for a hostile merger with CMSD and take their reserve funds to get a better borrowing rate. However, this will leave CMSD in a

very unstable position with the inability to deal with its financial needs, such as its asset replacement plans.

The organizational problem that MWD faces is the potential of being taken over by Irvine Ranch Water District. This merger makes some sense due to the efficiencies of scale of similar functions and skill sets, in other words, the same size organization could manage a larger water district without increasing costs to the same degree. These same economies of scale would be unlikely by a merger of MWD and CMSD, considering their obviously differing skill sets and job func-

See *Mailbag*, page A6

**From burns to breaks.**  
Let's get you better.

Most insurance accepted.

**exer**  
URGENT CARE™ ExerUrgentCare.com



THE DAILY COMMUTER PUZZLE

By Jacqueline E. Mathews

ACROSS

- 1 Seymour or Curtin
- 5 Forest fire
- 10 Expand
- 14 Figure skating jump
- 15 Not as polite
- 16 Molten rock
- 17 11/11 honorees
- 18 Carried out in secret
- 20 Shade tree
- 21 Clown costume pieces
- 22 "\_\_\_ Manual"; handbook title
- 23 Clear the board
- 25 Yrbk. section
- 26 Bawl out
- 28 Colonoscopy finds
- 31 Send in payment
- 32 Procrastinate
- 34 Male animal
- 36 Small appliance
- 37 Beautician's place
- 38 Explorer Marco
- 39 Soldiers, for short
- 40 Boundary
- 41 Not as dangerous
- 42 Moral principles
- 44 Loathe
- 45 Antlered animal
- 46 Punctures
- 47 Extreme
- 50 Fishhook, e.g.
- 51 Malia, to Sasha
- 54 Phenomenal
- 57 Mouthwash flavor
- 58 Orange rind
- 59 Twilled fabric
- 60 Learn by \_\_\_; memorize
- 61 Sought damages from
- 62 Brooklyn's \_\_\_ Island
- 63 Weather forecast

DOWN

- 1 Most populous island
- 2 Firefighters'

1	2	3	4		5	6	7	8	9		10	11	12	13
14						15						16		
17						18						19		
20					21							22		
			23	24						25				
26	27								28			29	30	
31							32	33				34		35
36							37					38		
39					40						41			
		42		43						44				
					45						46			
47	48	49							50			51	52	53
54								55	56				57	
58									59				60	
61									62				63	

SUDOKU

By the Mephram 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](http://sudoku.org.uk).

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

For answers to the crossword and Sudoku puzzles, see page A6.

- tools
- 3 Farthest down
- 4 Golfer Ernie
- 5 Black-and-blue mark
- 6 Sudden forward rush
- 7 Uses a plus sign
- 8 26th of 26
- 9 Go astray
- 10 Shiny
- 11 Overnight dance
- party
- 12 \_\_\_-the-top; outrageous
- 13 Military conflicts
- 19 "\_\_\_ Top"; Shirley Temple film
- 21 Light bulb measure
- 24 Baseball game spoiler
- 25 Rivers or

- Collins
- 26 Ship's jail
- 27 Uncanny
- 28 Cemetery purchase
- 29 Job
- 30 Store events
- 32 Aswan & Hoover
- 33 Whitney or Wallach
- 35 Comedian Sahl
- 37 Queasy
- 38 Cracker spread
- 40 Purple flower
- 41 Belgrade native
- 43 Name for a newspaper
- 44 Jimmy or Tommy
- 46 Measuring device
- 47 Sports officials
- 48 In \_\_\_ of; as a substitute for
- 49 "A \_\_\_ Grows in Brooklyn"
- 50 Steppenwolf's "\_\_\_ to Be Wild"
- 52 Four \_\_\_ four is one
- 53 Worry; fret
- 55 Trojans' univ.
- 56 Name for 13 popes
- 57 \_\_\_ Butterworth's syrup

Tribune Media Services

# Taste of Laguna fosters community, supports Chamber of Commerce

BY ANDREW TURNER

The Taste of Laguna Food and Music Festival returned Thursday night, a sellout crowd taking in the bites, sights and sounds at the Festival of Arts grounds in Laguna Beach.

A prime fundraising event for the Laguna Beach Chamber of Commerce, it brought together more than 30 local restaurants and vendors within the venue, and for all involved, it fostered a sense of community.

Erin Slattery, the president and chief executive of the Chamber of Commerce, said the organization hoped to raise more than \$100,000 from the fundraiser.

Admission was capped at 1,000 people, and a silent auction featured some two dozen items.

"It's an event to share our businesses with the community," Slattery said of the Taste of Laguna. "It's to show off our businesses, and specifically our restaurants. Obviously, we want to give them their best foot forward to have all of the guests say, 'That's where I'm going to have my next reservation,' [or], 'That's where I want my next birthday party — at that restaurant that I had that amazing experience with at Taste.'"

One appetizing table led into the next, as patrons had their pick of delicious dishes. From tacos to sushi and a lot in between, the restaurants shared the spotlight — and stomach space — as the attendees worked their way through the rows.

Rodrigo Ceja, the chef de cuisine for Hendrix in Laguna Niguel, brought a

roisserie prime rib creation combined with truffle scallop potatoes and a shallot-red wine reduction styled in a cone.

"You get to see the community," Ceja, a Costa Mesa resident, said. "[The attendees] get to see the chefs because we're always behind the scenes. They finally get to see who's actually cooking the food and what we're all about. We kind of get to explain a little bit more about all that, so that's always the fun part about doing these events."

Another element that Ceja said he enjoys about events like the Taste of Laguna is the opportunity to read people's faces, taking in a person's first reaction when they try his food.

After consuming their fill, festivalgoers were able to shake off some calories on the dance floor, as the Mighty Untouchables took the stage and performed numerous popular hits that the crowd sang along to.

Deborah Paswaters, an artist who created works on site, said she could feel the rhythm of the live music in her brushstrokes. She used a live fine art model as a reference while producing a piece inspired by Athena, the goddess of war.

"I've been working alongside the Chamber of Commerce for several years, and I love when the art can become philanthropy," Paswaters, a Laguna Beach resident, said. "I've worked with many charities over the past 30 years, and I've seen the power of what can happen when the art comes into play, and so I feel so honored when I can have live art, as well as donate art-



Photos by James Carbone

**GUESTS ENJOY** samples of delicious dishes from many restaurants around Laguna Beach during the Taste of Laguna Food and Music Festival at the Festival of Arts on Thursday. It brought together more than 30 local restaurants and vendors.



**BEEF SKEWERS** and coconut shrimp prepared by cooks from the Cliff restaurant at Taste of Laguna.

works and create sort of a full circle by connecting the community to our community businesses.

"It's wonderful because that's when the true creative comes through the chefs and through the musicians and through the artists. Everyone is cre-

ating. It's almost as though competition doesn't exist in the true creative."

Paswaters donated a work from her goddess series and a personal sketch session for the silent auction.

Ed Steinfeld, a radio personality for the Laguna



**THE MIGHTY UNTOUCHABLES** perform during the Taste of Laguna Food and Music Festival on Thursday night.

Beach station KX FM 104.7, said he felt the event brought a feeling of community not seen since the coronavirus pandemic.

"I think 2020 put a stop to that feeling of community and that willingness to talk face to face with someone [while] breathing their

air and without being afraid of catching something from them," Steinfeld said. "This was the first time in two years that we were all totally free again to do that."

andrew.turner@latimes.com  
Twitter: @AndrewTurnerTCN


Segerstrom Center Presents

# Chris Mann

Star of TV's  
*The Voice*  
and *The Phantom of the Opera*



Oct 20-22 • 7:30 pm  
**THURSDAY-SATURDAY ONLY!**

MANUAL CINEMA PRESENTS

# Leonardo!

A WONDERFUL SHOW  
about a

# TERRIBLE MONSTER

BASED ON THE BOOKS BY  
MO WILLEMS

Tickets \$20  
Sat, Oct 29 • 1 pm  
Sun, Oct 30 • 1 pm and 3:30 pm



MAILBAG

Continued from page A4

tions. If MWD takes over CMSD, we will sacrifice the well managed CMSD organization and gain two poorly managed ones.

Instead, I support the election of the CMSD incumbents (Scheafer, Ooten and Schafer) who oppose the merger and will let MWD solve its own self-inflicted problems.

Charles Mooney
Costa Mesa

Candidates: With age comes vanity?

Wednesday's issue of the Daily Pilot had a pretty good read and facts provided by the eight candidates running for Newport Beach City Council. The group was split half and half between the two genders with pertinent facts for each candidate. All four of the guys running for their position ranged in age from 38 to 74 with a wide dispersion of background and education. The four gals ranged in age from three of them declining to provide their ages to 44. The three undisclosed gals did however state the time they have lived in Newport Beach ranging from 35 to 60 years. And so the female candidate who has been in Newport Beach for 35 we can safely say that she is at least 35 years of age. And the same goes for the one who has lived in Newport for 60 years with her being at least 60 years old.

The old saying regarding never ask a woman her age may be fine and dandy for everyday use, but someone who is running for a political office in which important decisions are made frequently, it would appear that the public who places people in office and pays their salary, should have as much pertinent knowledge regarding who is elected. And age, regardless of old wives tales about asking a woman to divulge how old

she is, would be something to ponder when going to the voting booth. Politics should be the last place where the concept and proliferation of vanity, an almost useless form of excessive pride or conceit, should prevail.

Bill Spitalnick
Newport Beach

Mosher knows Newport Beach

Well, what do I know about Newport Beach City Council elections? I ran for the City Council twice and lost both times! But one thing I do know is that Jim Mosher is the very best candidate running in 2022 for a council seat, and maybe the best council candidate that we've had in over a decade.

Jim is the most knowledgeable person in Newport Beach on the workings of our city and its many ordinances, city policies, and every city code. Over the past 12 years, if not longer, Jim has attended most every City Council meeting and the many different commission meetings. He really knows our city inside and out.

If you want knowledge and not egos, please vote for Jim Mosher on Nov. 8.

Roy Englebrecht
Newport Beach

Rounaghi would be good for Laguna Beach

It would be a missed opportunity for Laguna Beach if Alex Rounaghi is not elected to its City Council this November.

It is infrequent that a political candidate, regardless of age, is so well-equipped for public office as Alex. As a policy advisor for Supervisor Katrina Foley, he has advanced initiatives like an innovative Fly Friendly program to reduce noise and pollution from John Wayne Airport, cracked down on illegal sober living home operators, and conducted oversight over the county's

\$8-billion-plus budget. He has also served on two Laguna Beach City Council committees — Parking and Traffic and Housing and Human Services — so knows how our town operates in a way many people who run for office do not.

Alex has received an incredible number of endorsements (the only candidate endorsed by both our police and firefighters) because he is capable of effective political leadership. He has the patience and perseverance to accomplish the trying work of negotiation and governance. He has both a strong viewpoint and the capacity to hear other opinions. And his integrity is exceptional.

Kristin Winter
Laguna Beach

Laguna Beach needs Alex Rounaghi as a member of our City Council. Serving as the co-chair of the Laguna Beach Housing and Human Services Committee, I see him as vigorous proponent for quality solutions to the problem of affordable housing. As committee chair, Alex has become a proven leader, consistently researching and implementing smart and data based solutions.

Alex's unique skills make him stand apart. First is his ability to consistently show up and be the most well-informed person on the topic in the room. Alex digs deep to research data-driven solutions to community issues. He spends more time than anyone else delving more deeply into issues than most. His work ethic on behalf of the committee did not shift when he transitioned from a job hunting recent Dartmouth graduate to a full-time policy advisor for Katrina Foley. Alex is more than willing to meet with constituents personally, seeking out their opinions and experiences, until he understands deeply how a decision or vote will affect all members of our community. Not afraid of hard work, he is brave in his willingness to tackle diffi-

cult topics; he thinks very carefully about important decisions. Vote for Alex and feel confident that you will have someone looking out for you.

Laura Sauers
Laguna Beach

Election deniers running for office

On Oct. 12, I attended a candidate forum hosted by the Newport Beach Chamber of Commerce which featured hopefuls for the state and congressional seats for my districts. The state Assembly candidates for the 72nd District were Republican Diane Dixon and Democrat Judie Mancuso. The state Senate candidates for the 36th District were Republican Janet Nguyen and Democrat Kim Carr. The congressional candidates for the 47th District were Republican Scott Baugh and Democrat Katie Porter. As with a similar Chamber-sponsored City Council candidate forums in Huntington Beach, no questions from the audience, written or oral, were entertained.

If I had had the opportunity to pose a question to these candidates, it would have been introduced like this: Candidates for state and congressional office are supposed to reflect the views and concerns of their district constituents and be transparent in stating their positions. My concern is that various candidates for all levels of office have denied 2020 election results and have been inflexibly partisan in their pronouncements. My question is "Will each candidate for state and congressional office disclose their stance on denying election results from 2020, the legitimacy of the current administration and legislature, and how any denying of election results should not be considered an affront to democracy?"

How are we supposed to trust election "deniers" to represent all constituents fairly? Should they be allowed to simply walk back

HOW TO GET PUBLISHED

Send an email to erik.haugli@latimes.com and include your full name, hometown and phone number (for verification purposes) with your submission. All letters should be kept to 350 words or less and address local issues and events. The Daily Pilot reserves the right to edit all accepted submissions for clarity, accuracy and length.

their public statements to the degree needed to avoid voter condemnation? The ample-sized audience never got to hear candidate responses on this important topic. What would some of them have said? Should we allow our representatives to thumb their noses at election results if they don't like the outcome?

This election will be a test of democracy at all levels, but it will affect everyone who lives in Orange County. Future candidate forums should allow for some audience interaction so that real world concerns can be expressed.

Tim Geddes
Huntington Beach

Lisa Pearson for NMUSD Area 4

One question before voters shortly will be who will take Karen Yelsey's place on the NMUSD School Board Area 4. Over her tenure on the board, Karen has been an engaged, dedicated and fearless leader for our schools and our community. We need to elect a person who, like Karen, will put the welfare and educational needs of the students above all else.

I believe that the perfect person to fill this seat is Lisa Pearson. I became friends with Lisa when our kids were in school together at Corona del Mar High School. Lisa and I served on the PTA together, and I saw firsthand how effective a leader Lisa is.

Lisa has the credentials and the experience to step into the role as a trustee with a dual master's degree in education and school administration, as well as

many years of hands-on experience as a teacher and volunteer in our local schools. But more importantly, Lisa is the perfect candidate. She will be a voice of reason and logic on the school board. She will use her background and education to improve upon our district's educational excellence. Lisa will work to ensure each child has access to the best possible resources and educational programs offered.

As our school community emerges from the COVID-19 crisis, Lisa knows that her immediate focus as a trustee will be to address the mental health issues and educational setbacks students have had to endure during that difficult time. I am confident she has the correct temperament and grasp of the situation to ensure a robust recovery for our school district and children.

I'm concerned about the candidates running against Lisa because their rhetoric is to paint the narrative that the school board was harming our children during the uncharted period of the pandemic. Our school board worked tirelessly to reopen our schools safely and earlier than most other districts in Orange County. We cannot continue accepting these false narratives when our children have already lost so much.

Lisa knows her job will be to ensure each and every child in our district receives the opportunity to live and learn in an environment without fear or intimidation and in an environment that allows children to strive, succeed and be happy.

Sue Ellen O'Connor
Newport Beach

Keep up with L.A. Times, wherever you are.

As a print subscriber, you have free unlimited digital access on our app.

Our easy-to-use digital design allows you to find what you're looking for quickly. Download the app and never miss a thing.

- Stay informed 24/7 with award-winning journalism.
Experience our upgraded app.
Get access to the eNewspaper with easy navigation, searchable archives and offline reading.
Easily manage your account and subscription.

Download the L.A. Times app



Access today's top stories.
Navigate the newspaper with searchable archives and offline reading.
Listen to our podcasts and watch exclusive video content.
View your recently read and saved stories.



The state of what's next. Los Angeles Times



Sarahi Apaez

CSI SUPERVISOR LINDSAY OLSEN instructs participants how to lift fingerprints during a session of the Costa Mesa Citizen's Police Academy on Thursday.

PATTERNS

Continued from page A1

many used by investigators to find fingerprints on evidence or at crime scenes, Olson said. Others include the use of chemicals that turn a bright purple on contact with body oil or superheated superglue that crystalizes to form a relief of a print.

Investigators travel all over Costa Mesa in white vans responding to practically every crime that takes place in the city, Olson said. They sometimes spend over an hour searching not only for fingerprints, but also blood, hair, other forms of DNA and anything that might be a potential piece of evidence.

Academy participant Christine Green, 52, said she had a chance to observe investigators working in the field when she went on a ride-along with an officer earlier in the program. They were responding to a home and SUV that had been broken into on a cul de sac near Newport Boulevard.

"Dusting, pulling the fingerprint, pulling it off the sheet and logging it many times, it was fascinating," Green said. "I found it almost artistic. Of course, they also do blood and all kinds of gross stuff."

Olson chuckled when asked if she thought of her profession as an art form. But she conceded that like painting, sculpting or drawing, it requires good

hands, patience and attention to detail. She added that it took years of practice before she truly felt she was proficient. She recalled how her first instructor once made her apply and then lift a piece of tape from an unmarked surface over and over for about an hour.

"I sat at a desk and had to do that at least 500 times before he let me touch a fingerprint brush, and I remember thinking 'Let me at it! I want to do this!'" Olson said. "But that actually helped me because now I'm able to smooth out prints and have a lot more control with what the tape is going to do."

eric.licas@latimes.com
Twitter: @EricLicas

CROSSWORD AND SUDOKU ANSWERS

Grid of crossword puzzle answers including words like JANE, BLAZE, GROW, AXEL, RUDER, LAVA, VETS, UNDERCOVER, ASH, WIGS, USERS, ERASE, JRS, BERATE, POLYPS, REMIT, DELAY, RAM, IRON, SALON, POLO, GIS, LIMIT, SAFER, ETHICS, DETEST, ELK, GORES, ULTRA, BARB, SIS, MIRACULOUS, MINT, PEEL, SERGE, ROTE, SUED, CONEY, SNOW

Grid of Sudoku puzzle answers with numbers 1-9 in a 9x9 grid.

# TOP 20 CANCER PROGRAM IN THE NATION

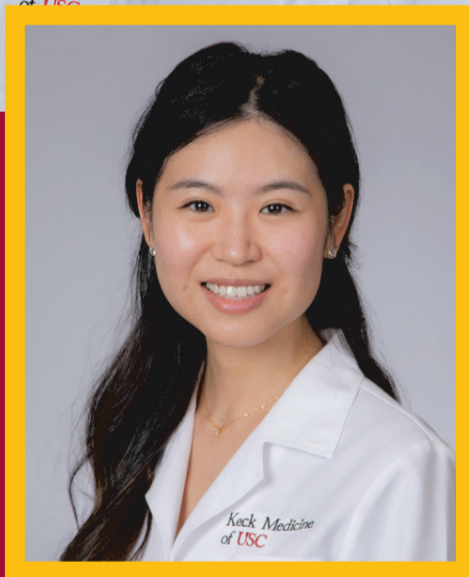
## Right here in Newport Beach

Our new state-of-the-art facility in Newport Beach is home to world-renowned cancer and blood disorder specialists who will provide the personalized care you need in an environment designed to make you feel most comfortable.

USC Norris Comprehensive Cancer Center is ranked by U.S. News & World Report as one of the top 20 cancer programs in the nation and is a leading academic cancer program in Orange County.

Our Newport clinic provides easy access to on-site clinical trials and best-in-class care, so you spend less time traveling and more time with those you love.

**Together we are limitless.**



**MEET THE NEWEST EXPERT  
ON OUR TEAM**  
Sherrie Yu, MD

For More Information  
[KeckMedicine.org/newportbeach](https://www.keckmedicine.org/newportbeach)  
**(949) 438-5886**



**USC Norris**  
Comprehensive  
Cancer Center  
Keck Medicine of **USC**

FORUM

Continued from page A1

ley. The 47th Congressional District also includes those same coastal cities up to Laguna Beach, but also stretches inland to Costa Mesa and Irvine.

Candidates were given two minutes to make opening remarks with the exception of Baugh, who was given five minutes.

Baugh spoke at length about the existing national debt, describing the current Congress as "[scratching] every spending itch that they have."

He noted growing inflation and said he is running on a platform of a balanced budget and countering what he feels is irresponsible spending. He also noted that he wants to secure the border and increase public safety, describing defunding the police as "lacking in common sense altogether."

Panelists were asked questions focused on Newport Beach, particularly impacts felt by the loss of local control by cities and other jurisdictions; the regional housing needs assessment numbers; public safety policy; state licensed recovery centers; homelessness and fractional ownership.

Candidates were generally in consensus on some of the issues with Dixon, Mancuso, Carr and Nguyen aligning on the issue of local control. Dixon argued that control was being sucked away



Don Leach | Staff Photographer

STATE ASSEMBLY candidates Diane Dixon, Judie Mancuso, Kim Carr, Janet Nguyen and Scott Baugh, from left, are introduced during a Speak Up Newport candidates forum in Newport Beach.

from local jurisdictions like Newport Beach and the county, pointing to the housing mandates that require the city to zone for 4,834 housing units over the next decade.

Dixon described Sacramento as "Moscow on the Sacramento River" and said centralized planning does not work in coastal cities like the ones she seeks to represent.

Mancuso countered that the current Democratic supermajority — only 19 state Assembly members are registered as Repub-

licans — did not fall out of the sky and were elected to their positions because they reflected the values of Californians. She said Dixon's description of Sacramento would not encourage other legislators to work with her.

Carr took jabs at Nguyen's voting record while noting that she wanted to be able to have a seat at the table to even talk about the housing mandates. In response, Nguyen noted COVID-19 made her unable to vote on those housing issues and pointed to Carr voting against allowing Hunting-

ton Beach City Atty. Michael Gates to continue to challenge the Southern California Assn. of Governments on the housing numbers allocation.

All four candidates agreed that Orange County lacks representation at SCAG, though Mancuso noted she felt that government officials need to make an honest effort at making a plan and seeing how many houses the county can actually support before rejecting the allocations outright.

Mancuso said she is concerned about hate crimes in Orange

County while Dixon and Nguyen criticized what they felt were lax crime bills like AB 109, which diverts jurisdiction over felons of less serious offenses to the county as opposed to the state, and AB 1603, which amends 2014's Proposition 47 — also known as the Safe Neighborhoods and Schools Act — to reduce the threshold amount for petty theft and shoplifting.

Carr described Proposition 47 as a "hot mess" and in need of reform.

Candidates were likewise in agreement on greater enforcement on state licensed recovery centers. Petros noted a man died in August in Newport Beach after being released from a residential detox center though he told staff that he was hearing and seeing "demons." The man later broke into a house and was fatally shot by the homeowner.

The issue of homelessness received more mixed responses, while all four candidates were in consensus on the matter of fractional property ownership, noting that it was an issue better taken up by local jurisdictions as opposed to involving Sacramento.

Readers can watch the complete forum at [speakupnewport.com/2022-state-candidates-forum](https://www.latimes.com/2022-state-candidates-forum).

The last day to register to vote in California is Oct. 24. Election Day is Nov. 8. Early voting will begin Oct. 24.

lilly.nguyen@latimes.com  
Twitter: @lilibirds

Daily Pilot

A Times Community News publication incorporating the Huntington Beach Independent, Coastline Pilot, Orange Coast Daily Pilot and the Newport Harbor News Press combined with Daily Pilot

CONTACT US

Carol Cormaci  
Managing Editor  
carol.cormaci@latimes.com

Beth Raff  
Advertising Manager  
(714) 932-4036  
beth.raff@latimes.com

Address  
10540 Talbert Ave.,  
Suite 300 West,  
Fountain Valley, CA 92708

Business Office  
(714) 966-4600  
Newsroom  
(714) 966-4699  
Sports  
(714) 966-4612

TCN Classifieds  
800-234-4444  
TCN Legal Phone  
888-881-6181  
TCN Legal Email  
LALegal@latimes.com

COMPANY INFO  
The Daily Pilot, established in 1907, is published Wednesday through Sunday by Times Community News, a division of the Los Angeles Times. Subscriptions are available only by subscribing to The Times, Orange County.

© 2022 Times Community News. All rights reserved.

SERVICES

Continued from page A1

children in California, according to the CDC. In 2020, when Easterseals acquired the Irvine-based Center for Behavioral Sciences, it was able to launch an outpatient Severe Behavior Services Program, the only one of its kind on the West Coast.

Today, a team of Applied Behavior Analysis therapists, speech pathologists and other professionals work intensely with 18 patients throughout the year in Irvine and a smaller facility in Northridge.

Staff provide intensive, short-term treatment that allows participants to remain at home or transition safely back into a school or work environment, says Paula Pompa-Craven, chief clinical officer.

"We're talking about people who may be a danger to themselves or others, or who have severely injurious or aggressive behavior," Pompa-Craven said Thursday. "A lot of times, these individuals fall through the cracks, because there aren't services that support them."

Patients as young as 10 years old come from Orange and Los Angeles counties, and from as far as Kern and San Diego counties, to receive functional assessment, analysis and consultation along with occupational and physical therapy and help with social skills.

And now, the program is looking to expand.

Easterseals officials have announced a fundraising campaign that aims to raise \$6 million to \$7 million for the expansion of the Severe Behavior Services program that would allow it to serve up to 100 participants from throughout Orange County and beyond at its Irvine facility.



Photos courtesy of Easterseals of Southern California

STATE ASSEMBLYMAN STEVEN CHOI (R-Irvine), center, with Easterseals of Southern California officials Tuesday during a check presentation in Irvine.



EASTERSEALS' Severe Behavior Services Center helps kids and young adults with acute autism spectrum disorders.

cility. "We know the methodology and services we have work, so we wanted to expand on the West Coast," Pompa-Craven said.

Kickstarting that effort, the nonprofit recently welcomed a \$1-million state budget allocation through the office of state Assemblyman Steven Choi (R-Irvine), whose district represents Irvine, Anaheim, Lake Forest, Orange and Tustin. Choi, who met with non-

sense." Although Choi initially requested \$5 million, he said the acquisition was the most significant budget request granted by the state in his district since his election in 2016.

Pompa-Craven said that since the center's operations are primarily funded by health insurers, funds would go toward expanding its physical facilities and hiring more staff to bring in new participants.

Dr. Joyce C. Tu, who founded the original Center for Behavior Sciences and now works with Easterseals, said expanding local services will help ease the burden of families who currently have to seek costly services out of state. "There are very limited providers who offer severe behavior services and none that offer whole-person, long-term therapies," she said in a statement Tuesday. "This one-of-a-kind, outpatient center means proximity to services, autonomy and hope."

sara.cardine@latimes.com  
Twitter: @SaraCardine

MARKETPLACE

To place an ad, go to  
<http://timescommunityadvertising.com/>

MERCHANDISE  
800

Miscellaneous Merchandise

Vinyl Records Wanted  
\$55 Top cash paid  
4 all or part of collection.  
Jazz, Classical,  
Psychedelic, Blues  
949-933-6777 Mike

COMMERCIAL  
REAL ESTATE  
1000

Real Estate Services

Coastal Property Owners / Investors  
Your beach real estate sales and leasing resource. 25 Years Experience / USC MBA / Local. Reach out for a free consultation and off-market properties list. Contact Ken Robertson at [ken@covecanyon.com](mailto:ken@covecanyon.com) or 949-354-1510 (call or text).

FIND  
an apartment  
through classified

GOOD JOBS,  
RELIABLE  
SERVICES,  
INTERESTING  
THINGS TO BUY,  
IT'S ALL  
HERE  
EVERYDAY  
IN  
CLASSIFIED!  
(714) 966-4600

Legal Notices

CALIFORNIA REGIONAL WATER QUALITY CONTROL BOARD  
SANTA ANA REGION  
3737 Main Street, Suite 500  
Riverside, CA 92501-3348  
NOTICE OF PUBLIC HEARING AND OPPORTUNITY TO PROVIDE ORAL COMMENT  
Basin Plan Amendments to Incorporate Total Maximum Daily Loads for Copper in Newport Bay, Orange County  
Notice is hereby given that the California Regional Water Quality Control Board, Santa Ana Region (Santa Ana Water Board) has prepared a Draft Substitute Environmental Document 2022 (SED 2022) and proposed amendments to the Water Quality Control Plan for the Santa Ana River Basin (Basin Plan) to incorporate Total Maximum Daily Loads (TMDLs) for Copper in Newport Bay, Orange County, California. The TMDLs include implementation strategies to address copper in water and sediment. If approved by the Santa Ana Water Board, the State Water Resources Control Board, the Office of Administrative Law, and U.S. Environmental Protection Agency (USEPA), these Copper TMDLs will supersede the Copper TMDLs established in 2002 by USEPA for Newport Bay. The Santa Ana Water Board will hold a public hearing to receive oral comment on the SED 2022 and the proposed Basin Plan amendments. At the conclusion of the hearing, the Santa Ana Water Board will consider adoption of the SED 2022 and the proposed Basin Plan amendment, including changes to the proposed Basin Plan amendment that are consistent with their general purpose and a logical outgrowth of the comments received. The public hearing will be held at the regularly scheduled Santa Ana Water Board meeting as follows:  
DATE: December 2, 2022  
TIME: 9:00 a.m.  
LOCATION: Video, Teleconference, and Physical Meeting  
City of Anaheim  
200 S. Anaheim Blvd.  
Anaheim, CA 92805  
A copy of the Santa Ana Water Board's agenda for the public hearing will be available at least ten days prior to the date of the public hearing and will be available at the Water Board website at the following link: 2022 Agendas | Santa Ana Regional Water Quality Control Board (ca.gov). The agenda will specify the procedures for participation in the meeting in person or remotely and will specify the process for requesting special accommodation to participate. This hearing date and location is subject to change. Please check the Board's website for any updates. The public notice of the hearing providing additional detail will be posted on September 06, 2022, on the Santa Ana Water Board's website home page at <https://www.waterboards.ca.gov/santaana>. The notice will contain instructions for accessing the Basin Plan amendments and supporting documents. The written comment period for this matter closed August 30, 2021. No additional written comments will be accepted. Oral comments will be accepted at the public hearing. Santa Ana Water Board staff will provide oral responses to comments raising significant new issues. Please direct any questions regarding this notice or to obtain a hard copy of the agenda for the public hearing to:  
Dr. Linda Candelaria at [RB8.CuTMDL@Waterboards.ca.gov](mailto:RB8.CuTMDL@Waterboards.ca.gov) or (951) 782-4991 or Terri Reeder at [terri.reeder@waterboards.ca.gov](mailto:terri.reeder@waterboards.ca.gov) or (951) 782-4995.  
10/16/22  
CNS-3632050#  
DAILY PILOT

Legal Notices

Mark's Painting & Handyman Service  
714-222-3055  
Wood Restoration Specialist  
Licensed & Bonded  
C-33-#967860



Chip Stassel Ins Agcy Inc  
Chip Stassel, Agent  
Insurance Lic#: OC08488  
Bus: 949-723-4000  
chip@chipstassel.com

State Farm Mutual Automobile Insurance Company  
State Farm Indemnity Company  
State Farm Fire and Casualty Company  
State Farm General Insurance Company  
Bloomington, IL  
State Farm Florida Insurance Company  
Winter Haven, FL  
State Farm County Mutual Insurance Company  
of Texas  
State Farm Lloyds  
Richardson, TX  
2101651

Great home & auto rates for any budget.

Surprisingly great rates await when you have options like bundling your home and auto insurance. Call me for a quote today.

Like a good neighbor,  
State Farm is there.®

Individual premiums and budgets will vary by customer. All applicants subject to State Farm® underwriting requirements. Availability and amount of discounts and savings vary by state.



BUS

Continued from page A2

gaining for higher wages and pensions for members, who haven't seen an increase since 2009, according to Jimenez. He said members are willing to strike for as long as it takes for the company to "come to the table and negotiate fairly and stop stonewalling us."

"They're saying to the public, 'we worry about you and we care about your safety,' but this time around, they don't want to take care of the very people that take care of these buses," Jimenez said.

Carpenter declined to comment on the specifics of the contract, saying that the agency doesn't "want to discuss these issues through the media."

"We have been negotiating in good faith all along the way and we plan to continue doing that."

In February, the union previously reached a three-year contract with OCTA for its bus operators. Carpenter said the agency successfully averted a planned strike in an "eleventh-hour" deal.

"We feel that a strike is unnecessary and puts unfair burden on bus passengers that rely on us for getting to work and school," he said, adding that ridership has increased to 100,000 boardings a day since the pandemic began.

"People rely on us to get to essential jobs and we think a strike would unfairly hurt the people who can least afford to be hurt," he added.

Summer Lin is a reporter for the Los Angeles Times



## FARM

Continued from page A1

### High School.

"This high school had an agriculture program, a Future Farmers of America program, one of nine in Orange County," said Lowry. "And it boasted the largest farm property of any of those FFA programs."

Over the years agriculture and resources diminished, and the program was down to one teacher.

Geographically, the land was 3 miles from the food bank, and since it had once been a functioning farm, Kawamura and Lowry saw potential. When they contacted school district officials, they learned they were considering a proposal to pave over the whole thing to turn it into RV storage.

"We came along accidentally at the perfect time, and we were able to save that urban farm," said Lowry.

Kawamura, Lowry and CAP OC worked to prepare the land for farming again, and the school district recommitted to the project. Today, the farm-to-food bank program works to promote student and community engagement in the California agricultural industry and expects to deliver over 200,000 pounds of produce annually to OC Food Bank. Sitting on 8 acres of land, the Giving Farm is the largest remaining public-school farm in Orange County with fields of crops, livestock, aquaponics/hydroponics systems, a greenhouse, shade house, orchard, vertical tower irrigation system and nature center.

"The students renamed it. It had previously been referred to as the Farm," said Lowry. "But now that we were a partner, and it was clear that fruits and vegetables were going to be grown on that property and donated to us to provide to vulnerable families right here in Orange County, the students renamed it the Giving Farm."

Enrollment in the pro-



Photos by Kevin Chang | Staff Photographer

**VOLUNTEERS HELP** collect butternut squash at Westminster High School's Giving Farm. The program partners with the OC Food Bank.



**BRANDON RUIZ**, a coordinator, drives supplies over for volunteers before they help collect butternut squash.

gram doubled in its first year, 2018, and a second full-time teacher and a part-time farm aide were brought on. Then COVID-19 hit and the momentum slowed. Community volunteers kept the

farm going during distance learning.

"But now students are back on campus and everyone is reengaged with the partnership," said Lowry. "Just this last 12 months we were successful in getting a

grant that our staff wrote to introduce beekeeping into the agriculture program here."

In September, students and volunteers harvested 3,374 pounds of watermelons for people in need.

Lowry was recently honored with the Lifetime Achievement Award at CAP OC's "A Night of Hope" gala on Oct. 2 for his accomplishments over the past 3½ decades that not only include the Giving Farm but bringing the federal Commodity Supplemental Food Program to Orange County in 1991, securing support to launch the OC Diaper Bank in 2022 and advocating for the Child Tax Credit with Rep. Katie Porter.

"Our CEO was quite gracious and said, 'I know you don't love awards and don't

do this work for attention, but we think this is important to recognize your 35 years with the food bank,'" said Lowry.

Lowry hopes to continue to help the Giving Farm grow with grant money CAP OC acquired.

"We are buying a bee shed so that they can process the honey, another tractor for the farm, and utilities carts for the farm aides to drive around the farm," said Lowry.

He also hopes to invest in a barn that can be used to house livestock and serve as a meeting place for students and volunteers.

"Some of the site is still quite rough, especially the livestock area," said Lowry. "It was built in the 1970s with material that was used in the 1970s ... We imagine demolishing all of that and

building something that is suitable for the future and will really inspire students. We would love to build a state-of-the-art barn."

Many things have changed since Lowry began his journey with OC Food Bank, but his desire to help the community by growing the bank has remained.

"I was placed at the interim manager of the food bank, and that was 35 years ago," said Lowry. "Everything about our world has changed and evolved, and certainly the food bank is dramatically different today than it was then, but I am fortunate to be part of that growth and development."

sarah.mosqueda  
@latimes.com  
Twitter: @SarahNMos

# MemorialCare Surgical Weight Loss Center at Orange Coast Medical Center Provides Comprehensive Program – Partners with Patients to Ensure Support Throughout Weight Loss Journey

By Atif Iqbal, M.D.  
medical director, Digestive Care Center  
MemorialCare Orange Coast Medical Center



For Orange County residents seeking weight loss surgery, the MemorialCare Surgical Weight Loss Center at Orange Coast Medical Center walks hand in hand with patients, providing a comprehensive program that includes nutritional guidance, support groups, education, a navigator that helps coordinate appointments, and highly skilled surgeons who have performed successful weight loss surgery procedures for more than 20 years.

From your first visit to the bariatric surgeon's office, you will feel supported. Our staff wants to get to root of the issues our patients are facing. Together, we can determine if surgical weight loss is the right option for you. I provide potential patients a complimentary call to learn about their situation. If a short call will help, I feel like I have done my job, as education about weight loss and surgery is key. There is no pressure, just a conversation.

Our specialized weight loss surgery program is designed for people who are 75 pounds or more overweight or have a Body Mass Index (BMI) of 40 or greater or 35 or greater with certain co-morbidities, such as hypertension, diabetes or sleep apnea.

### Comprehensive Support

Throughout your journey, you'll have the support you need to motivate, encourage and guide you because a supportive network is important to the weight-loss effort. Once you and your surgeon determine the best surgical option for your needs, you will be referred to the MemorialCare Surgical Weight Loss Center at Orange Coast Medical Center, where you can attend a weekly support group, meet with a nutritionist to discuss diet and lifestyle modifications and learn about what to expect after surgery.

The team at the MemorialCare Surgical Weight Loss Center includes internists, psychologists, counselors and dietitians to help you develop a program to achieve your weight-loss goal.

### Office Visit Before Surgery

Before surgery, you will meet with your surgeon who will order bloodwork and an electrocardiogram (ECG or EKG) to make certain you are medically cleared before the procedure. At that time, your surgeon will also review expectations for the day of surgery, and the lifestyle modifications needed after surgery.

Proper nutrition and exercise are essential to a successful weight-loss program. A dietician will teach you how to eat properly and create a personalized nutrition program for you. In addition, any form of moderate exercise will help you lose weight faster, maintain your muscle mass and make you feel better overall.

A healthy level of exercise is important to your daily life pattern. After the first visit following your procedure, we encourage you to resume activities and begin exercises that you find enjoyable. Once you begin to lose weight, you will find that you have more energy than you did before the procedure and exercising will become more pleasurable.

### Continued Support After Surgery

After surgery, having a supportive network is important to the weight-loss effort. There are support groups for those who have undergone surgical weight loss, and patients are automatically linked into this network. This network includes a supportive group environment and regular meetings to discuss topics that deal directly with the daily issues you will face as you progress with your weight loss.

  
**MemorialCare**<sup>™</sup>  
Surgical Weight Loss Center

To learn more about the MemorialCare Surgical Weight Loss Center at Orange Coast Medical Center, visit [memorialcare.org/weightloss](https://www.memorialcare.org/weightloss).



# HOPE IS HERE

## TO END BREAST CANCER

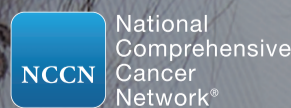
Women. We're CEOs, physicians, moms, wives, sisters, best friends, soccer coaches and so much more. We're so busy taking care of others that we don't take care of ourselves. It's time to change that. Put your health first so you'll be there for your daughter's wedding, for long walks at sunset with your partner, and more moments with the people you love and who love you.

**Protect your hope for the future. Schedule a mammogram today.**  
**949-671-4100**

Jennifer Tseng, M.D.,  
Medical Director  
Breast Surgery, City of Hope Orange County



[CityofHope.org/OC](http://CityofHope.org/OC)



© 2022 City of Hope