

Concert promises good vibes

Jimmy Buffet Day at Great Park Live! will commemorate the life of the iconic musician, who died a year ago Sept. 1.

BY ERIC LICAS

Chris Maddox has been singing and playing guitar most of his life, including a stint as an Elvis impersonator with the group Graceband. He has fond memories of donning wigs and the persona of the “King of Rock ‘n Roll” before swinging his hips and karate chopping across stage.

He had a lot of fun in his aviators and blue suede shoes. But it never felt quite right.

“I was playing this character,” Maddox said. “It just felt like a lot of pressure. And it didn’t feel natural, just didn’t feel like an honest connection with people. I’m not at all slamming people who want to do it that way, but where am I in all that? How am I actually making someone’s day better, connecting or making a joke with someone, if it’s not me?”

That desire for authenticity stuck with him as he was searching for inspiration to form a new tribute band about two years ago. Then, something just clicked as he was driving one day and “A Pirate Looks at Forty,” started playing on the radio.



Courtesy of Chris Maddox

See **Concert**, page A4 **TRIBUTE BAND** Jimmy’s Buffet will celebrate the life and music of Jimmy Buffett at Great Park Live! on Friday.

O.C. drafts plan on addressing climate change

Board of Supervisors will review next month a sweeping framework to reduce greenhouse gas emissions in O.C.

BY GABRIEL SAN ROMÁN

Home to more than 3 million people, Orange County remains the most populous county in California without a Climate Action Plan aimed at curbing greenhouse gas emissions.

But that may not be the case for much longer.

On Aug. 1, the county published a 125-page draft Climate Action Plan, a sweeping framework for greenhouse gas reduction in unincorporated areas and at county facilities through six key focal points, including

energy, mobility, resource recovery and waste.

Supervisor Katrina Foley announced the preliminary plan’s publication earlier this month.

Since being elected to the Orange County Board of Supervisors in 2021, addressing climate change has been one of her top priorities.

“It was clear that the county didn’t have a plan to comply with a lot of the different state mandates that were coming out as it relates to reduction of greenhouse gasses,” Foley said. “We also didn’t have connectivity between our departments as it related to sustainability practices, policies and procedures.”

Since then, Orange County has taken stock of how it iz

See **Climate**, page A4



Photos by Don Leach | Staff Photographer

LUCY LANDHERR models a dress down the runway by artist Nancy Swan in a piece created in honor of longtime Hollywood costume designer Edith Head, during the annual Festival of Arts runway fashion show.

Festival of Arts creators dress to express in runway fashion show

BY ANDREW TURNER

Nancy Swan knew what time of year it was, and perhaps more importantly, she knew the year.

The painter, a veteran of the Festival of Arts runway fashion show, was in a fever pitch, especially with the Pageant of the Masters running a fashion-oriented show concurrently inside the Irvine Bowl in Laguna Beach.

One of her granddaughters had expressed a desire to be her model again. Swan wanted the bonding experience, but a family vacation that would have her return a day before the show was problematic.

“I planned on getting a head

See **Dress**, page A4



MODEL VALAIR WILLIAMS walks down the runway in a dress made in honor of designer Ossie Clark during the show.

ALSO FROM THE DAILY PILOT:



Don Leach | Staff Photographer

THE FETEER GUY'S EGYPTIAN PIZZA PASTRIES WILL TURN YOU INTO A FETEER FAN PAGE A5



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Courthouse exhibit celebrates Chicano art

BY SARAH MOSQUEDA

The Old Orange County Courthouse is the site of the O.C. History Center and government offices, as well as, for a limited time, a Chicano art exhibit.

The Chicano Collection/La Colección Chicana is comprised of 26 limited-edition digital reproductions, also known as giclées, from noted Chicano artists depicting urban life for the Chicano community from 1969 to 2001.

"It is important to tell the story of Orange County's role in the Chicano movement," said county Supervisor Vicente Sarmiento.

Sarmiento was instrumental in bringing the exhibit to Orange County along with OC Parks, which gives free tours of the historic courthouse.

The works come from the private collection of Cheech Marin, who has become an art impresario. The actor and comedian best known for buddy comedy act Cheech & Chong has championed Chicano art since the 1980s. The Riverside Art Museum opened the Cheech Marin Center for Chicano Art & Culture in 2022, partly to share his personal collection.

The prints on display at the courthouse are selected from that collection and created in partnership with a national art project led by Marin, the late Richard S. Duardo of Modern Multiples Fine Art Editions and Melissa Richardson Banks of CauseConnect.

Visitors can view works like "Little Girl in the Yellow Dress," by Patssi Valdez, inspired by an old photograph Valdez's uncle took of the artist as young girl. The subject wears a prim yellow dress, complemented by brown skin and a radiating aura, while the concrete sidewalk ripples with cracks beneath her. Or Jesse Treviño's "Los Piscadores," which depicts two Chicanos working a field of cotton. The painting was commissioned by Texas federal judge Juan Vasquez and inspired by his memories of fetching water for his grandfather as he labored

IF YOU GO

OC Parks offers free tours of the Old Orange County Courthouse by appointment on weekdays from 9 a.m. to 4 p.m. The Chicano Collection/La Colección Chicana art exhibit is free to view at the courthouse gallery through the end of the year, Monday through Friday, from 8 a.m. to 4:30 p.m.

in such fields.

"I like to do paintings that touch everybody, especially those about subjects rarely painted. As Latinos, it is important to remember where we came from," Treviño's artist statement reads.

Sarmiento believes the community can learn a lot from this special collection.

"Orange County isn't normally seen as a place where the Chicano movement has a legacy, but it really does," he said.

The Old Orange County Courthouse is where the 1943 Doss vs. Bernal trial challenged the residential segregation of Mexican Americans and became one of the cases the Supreme Court used to outlaw racial covenants.

"This was a case that proceeded Mendez v. Westminster, which was one of the important landmark cases that assisted with the Brown v. Board of Education desegregation case that we are all familiar with," said Sarmiento.

Other defining events of the early Chicano movement have strong connections to Orange County. El Salvador Park, on the northwest side of Santa Ana, for example, hosted a memorial march in September 1970 for Ruben Salazar, a Los Angeles Times journalist and activist who was killed a month before at a peaceful protest for the National Chicano Moratorium Against the Vietnam War in East L.A.

Orange County has also been home to important Chicano artists like the late Emigdio Vasquez,



Photos courtesy of OC Parks

SUPERVISOR VICENTE SARMIENTO is joined by members of Santa Ana Youth at the opening of the Chicano Collection art exhibit, featuring works collected by actor and comedian Cheech Marin.



A VIEWER ADMIRES the Chicano Collection art exhibit at the Old Orange County Courthouse in Santa Ana.

often regarded as the "Godfather of Hispanic artists" and Marina Aguilera, whose murals have graced O.C. parks, community centers and handball courts since the 1970s. A mural by Aguilera of a single red rose was unveiled last

summer at El Salvador Park in Santa Ana at a Chicano Heritage Festival.

Sarmiento said making art exhibits like the Chicano Collection accessible and organizing community events like the Chicano

Heritage Festival ensure the younger members of Orange County's Latino community are made aware of their history, culture and local roots.

"Here, young Chicanos who aren't as familiar with the history, the movement, the legacy, they may not be able to get out to Riverside but can see this in their hometown," Sarmiento said.

Dedicated in 1901, the Old Orange County Courthouse is Southern California's oldest court building, and the granite and sandstone structure has been restored to accurately resemble the way it appeared at the turn of the last century. The building also houses the Orange County Clerk-Recorder office, where today county residents come for passports, marriage licenses and other records.

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San Clemente moves to toughen up its e-bike rules

BY GABRIEL SAN ROMÁN

With electric bicycles booming in popularity, San Clemente city officials have long grappled with how best to regulate them.

In 2022, the City Council banned e-bikes from beaches, coastal trails and the pier in response to resident complaints over safety. San Clemente even enlisted hometown comedians Chad and JT to go out and get people "stoked" about the new rules in a humorous public service announcement video that same year.

"Don't worry, we won't fine you. We don't have the authority to do so," Chad said to a couple walking their e-bikes off the beach trail in the video. "We just have the authority to remind you of what's up!"

"We're like cool narcs," JT quipped.

But San Clemente Mayor Victor Cabral noted during a Tuesday City Council meeting that he continued to receive daily complaints about e-bikes, including riders routinely disobeying traffic signs and even doing wheelies down Avenida Pico.

San Clemente Facebook groups are full of residents griping about groups of kids on e-bikes pelting cars with water balloons or riding on traffic lanes.

"Most of the kids out there, you see them with their helmets behaving properly, but there's always a few bad apples," Cabral said.

Council members discussed and moved forward with a slew of new regulations on e-bikes, including a ban on dangerous stunts and a helmet requirement



A SIGN POSTED along the San Clemente Beach Trail makes it known that e-bikes are not allowed.

for riders under 18, to better align the city with state laws.

The Orange County Sheriff's Department would take the enforcement lead on e-bike traffic stops, but code officers, park rangers and lifeguards also have the authority to issue citations.

"It is not unique to San Clemente," said Chief of Police Services Capt. James Christian of e-bike complaints. "It happens all over in a lot of the contract cities we have, even outside of Orange County. Being a beach community, we do see a prevalence of the e-bike usage and a lot of the bad behavior that's going

along with e-bike usage."

In June, the Orange County Grand Jury released the "E-bikes: Friend or Foe" report, which recommended that every O.C. city should adopt specific e-bike policies by Dec. 1, 2024, while acknowledging that there's no "one-size-fits-all" fix.

"A large beachside city will have its own unique policies as compared to smaller inland," the report read. "The rapidly expanding use of e-bikes compels cities to ensure a safe environment for riders of e-bikes and all citizens of Orange County."

Ahead of the Grand Jury

Report, San Clemente council members directed staff in May to draft an ordinance based on input from the city's public safety committee, which returned for a first reading on Tuesday.

Cabral noted that sheriff deputies have faced enforcement challenges in the past, based on the unique issues that arise with unsafe e-bike riders.

"If they enter into a pursuit with a child on a bike, it's more of a danger to that kid than anyone else," he said.

Christian noted that out of such caution, some pursuits have been abandoned by deputies early on. But he

also called recent enforcement actions "proactive" and estimated that 60 citations have been issued in the past six weeks.

Councilman Steve Knoblock wanted the e-bike law to be strengthened in one key area.

"I'd like to see a strict liability for parents," he said. "If there's a citation, and it's not paid, that the parents are responsible, somehow."

City staff had such language ready on hand, which council members agreed to add to the first reading of the law before moving it forward with a unanimous vote.

Councilman Chris Dun-

"Our kids need to be safer on the roads. We need to be doing all that we can to protect them. This is just a huge improvement to the public safety of our city."

— Councilman Mark Enmeier

can noted that he's a father of e-bike riders and supported the amendment.

"Actually, I think this is going to help parents," Duncan said. "Without this kind of structure, it's really hard to tell your kid, 'This is what you have to do.'"

The proposed e-bike law would also provide for a traffic school option for e-bike riders in lieu of paying fines.

Business owners who sell or rent e-bikes would also be required to distribute the new regulations to customers.

The law will come back before City Council for a second procedural vote at a later date, but council members called Tuesday's vote long overdue.

"Our kids need to be safer on the roads," said Councilman Mark Enmeier. "We need to be doing all that we can to protect them. This is just a huge improvement to the public safety of our city."

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Gary Coronado | Los Angeles Times

Diaper bank gets enough funding for 2 more years

BY MATT SZABO

State Sen. Tom Umberg knows the importance of diapers.

Umberg (D-Santa Ana) has seven grandchildren, and he said six of them are 3 or younger.

"[Diapers are] very expensive, and it's hard to get around them," Umberg said. "You can't just cut back on going to restaurants, or something like that. When you have to tighten your belt, that's a hard thing to tighten."

Thousands of families depend on the OC Diaper Bank, run by Community Action Partnership of Orange County. The nonprofit works with about 80 partners to get diapers to those in need, with more than 47 million distributed since the program began in March 2020 at the onset of the coronavirus pandemic.

Recently, CAP OC received some much-needed funding to solve a potential Pampers problem.

Gregory Scott, president and chief executive of CAP OC, said the organization received more than \$2.5 million to keep the diaper bank operating at full capacity for the next two years.

The state Legislature dedicated \$9 million for diaper banks statewide, encouraged by a budget request from Umberg, with support from Assemblyman Avelino Valencia and the entire Orange County delegation.

Of that statewide total, the OC Diaper Bank received \$816,000, Scott said, which represented a decrease. But a sizable allocation of \$600,000 from the Orange County Board of Supervisors, along with a \$1 million donation from the Sun Family Foundation, also helped keep the wheels turning and the diapers flowing.

CAP OC also received \$200,000 from First 5 Orange County, Scott said.

Previously, he was wor-



DRIVER DANIEL JIMENEZ delivers cases of baby wipes to Families Forward in Irvine on Wednesday as part of an OC Diaper Bank delivery.

ried that funding for the OC Diaper Bank would go away at the end of June, when the previous fiscal year ended.

"We were thinking the game was over, that this was not going to happen," Scott said. "We were looking at ways where we could sunset this particular program. ... All of those things came at the last minute, but that helped us secure funding moving forward. We're funded for the next two years, and it gives us a runway to create a sustainability plan going forward so that we're not in this situation again, solely depending on the state for funding."

The OC Diaper Bank typically makes deliveries in a truck with a stork on it, dubbed the "Tom Tom" truck in reference to allies Umberg and state Assemblyman Tom Daly, who first helped secure funding for the program in the state budget.

Umberg said he's known OC Food Bank director

Mark Lowry for decades. The OC Food Bank is another CAP OC program.

"The squeaky wheel gets the oil, and Mark is just very persistent and passionate," Umberg said. "I love him for it, I really do. He's advocating for a great cause ... Babies need certain things. They need sleep, they need formula or food and they need diapers. You mix that in with some love and affection, and you've got the necessities to take care of a baby."

Officials at nonprofit Families Forward, which runs a food bank at its Irvine location, are certainly glad that the OC Diaper Bank will live on. On Wednesday, Families Forward received a shipment of baby wipes.

Families Forward CEO Madelynn Hirniese said that last year the organization was able to provide about 3,500 children with diapers.

"For families with children, the request for diapers is steady," she said.

"Having a steady stream of diapers is one less burden for us to have to worry about. We've got a constant stream of supply, so we can focus on food and wipes and other essential items."

Families Forward also recently wrapped up its back-to-school program, distributing 1,383 backpacks to children. At a community resource fair on Aug. 10, several stylists from Paul Mitchell Hair Salon were on hand to give haircuts to parents and children alike.

Hirniese knows that diapers are another valuable part of the puzzle.

So does Scott, whose organization has emerged from a dire situation with the funding to keep a vital resource coming.

"When families don't have enough diapers, we're talking about rashes for children, we're talking about infections that they can get from not having enough diapers and not being able to have the wipes and be changed in that way," he said. "It sounds



YVONNE SANDERS and Madelynn Hirniese, from left, organize baby products at Families Forward in Irvine.



FAMILIES FORWARD chief executive officer Madelynn Hirniese stocks baby wipes on the shelf on Wednesday.



DANIEL JIMENEZ drives the "Tom Tom truck" to deliver baby wipes to Families Forward in Irvine.

very fundamental, but it can cause a health risk as well. It's not only the economic issue for families, it's also a health issue that we've got to really think about."

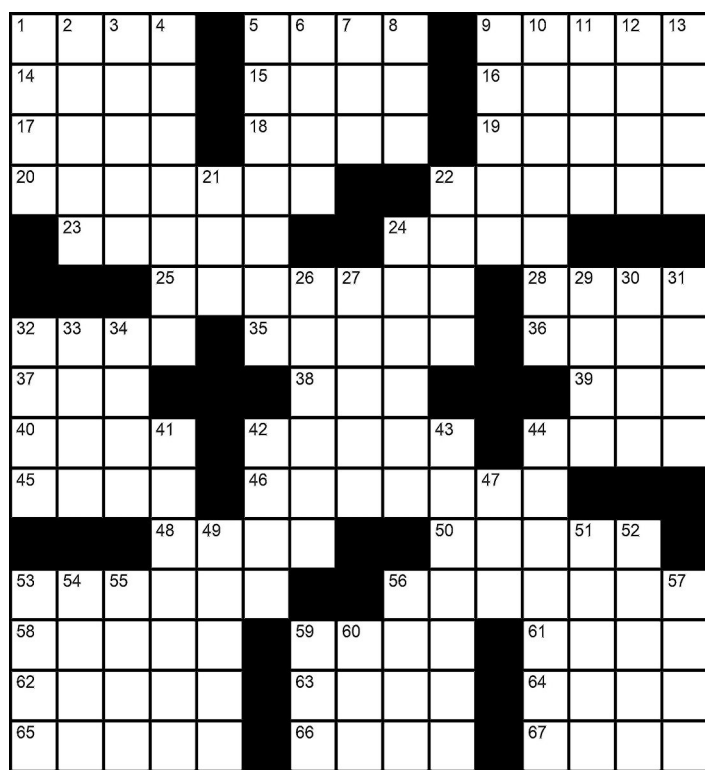
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THE DAILY COMMUTER PUZZLE

By Stella Zawistowski

ACROSS

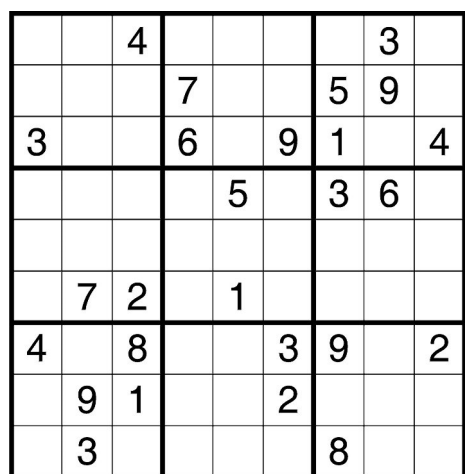
- 1 Design detail, for short
- 5 Shade trees
- 9 Tool for picking up ice
- 14 Grandma's nickname
- 15 Useful implement
- 16 Appliance brand
- 17 Iraq neighbor
- 18 Catch sight of
- 19 Tin or titanium
- 20 Photo in an album
- 22 Remove from a document
- 23 Unyielding
- 24 All-knowing
- 25 Stretchy
- 28 Job to do
- 32 Congregational response
- 35 Sierra _ (West African nation)
- 36 Go across
- 37 Sheep's sound
- 38 Picasso's expertise
- 39 Garden of Eden woman
- 40 If not
- 42 Furry fish-eater
- 44 "Understood": 2 wds.
- 45 Adolescent
- 46 Change course: 2 wds.
- 48 Deceased
- 50 Roller coaster parts
- 53 Leisurely walk
- 56 Totes
- 58 Enamor
- 59 Pad see ew cuisine
- 61 Chess or checkers
- 62 Come up
- 63 Not easy at all
- 64 "Put a lid _!": 2 wds.
- 65 Yardstick, e.g.
- 66 Organs with irises



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.



For answers to the crossword and Sudoku puzzles, see page A8.

- 67 Gentle throw
- hair
- 8 Cunning
- 9 Domesticates
- 10 Egg-based dishes
- 11 NBA star
- 12 Pesky insect
- 13 Retail transaction
- 21 Web address:

- Abbr.
- 22 Cut into cubes
- 24 Cold season
- 26 In a chair
- 27 Rich cake
- 29 Hairy zoo animals
- 30 Sock away
- 31 Mid-leg joint
- 32 Aid and _
- 33 Tom turkey, e.g.
- 34 Facilitate
- 41 Sign, as a check
- 42 Common face shape
- 43 Antacid brand
- 44 "It slipped my mind": 2 wds.
- 47 Tit _ tat
- 49 _ Fudd (Bugs Bunny's foil)
- 51 Instrument with keys
- 52 Big rigs
- 53 "The Lion King" villain
- 54 No _ traffic
- 55 Mass transit option
- 56 Give a darn
- 57 Filming locations
- 59 " _ jig is up!"
- 60 Fodder for horses

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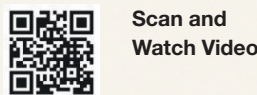
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CLIMATE

Continued from page A1

greening its operations, applied for a federal Climate Pollution Reduction Grant and drafted the preliminary Climate Action Plan in making up for lost time.

Los Angeles County adopted a Climate Action Plan in 2015 and updated it in June to align with California's 2045 carbon neutral goal.

San Diego County passed its first framework in 2018, which it is now working to update by fall.

According to O.C.'s draft plan, the county's operations alone accounted for nearly a million metric tons of carbon dioxide equivalent being released into the atmosphere in 2018, the most recent year with complete data.

Its trio of landfills accounted for a staggering 87% of facility emissions.

"With the plans that we are proposing, we have the ability to reduce our green-

house gasses by 32% just with landfills," Foley said. "If we do nothing, we will see an increase of 36%."

Prior to the draft plan's publication, Orange County Waste and Recycling applied for a \$25-million grant from the U.S. Environmental Protection Agency in April to fund the implementation of a "smart landfill" system.

According to the EPA, landfill gas, which is released from decomposing organic matter, is comprised of equal amounts of methane and carbon dioxide. But methane is a much more effective at trapping heat in the earth's atmosphere.

Tom Koutroulis, director of Orange County Waste and Recycling, sees the current model for monitoring and managing landfill gas leaks as in need of an update.

"We go out with these hand-held sniffer devices, and we have to walk hundreds of acres to do it manually," he said. "We're

trying to find the leaks so we can remediate them. It's like a perpetual game of Whac-a-Mole."

The grant proposal sought to use drone technology, in part, to overhaul and modernize landfill gas detection, especially as the Frank R. Bowerman Landfill in Irvine is the ninth largest in the nation where an average of 8,500 tons of commercial waste is dumped per day.

"We can fly a drone and be much more efficient in areas that are a lot more difficult to get to," Koutroulis said. "It's safer. We can identify those emissions and be able to address them sooner rather than later."

The county's draft climate plan endorsed the proposed "smart landfill" program.

Despite Koutroulis' best pitch, the EPA declined to award funds for it. The federal agency is slated to meet with department officials in the future about their response to the grant



File Photo

ACTIVISTS IN Irvine protest inaction on climate change in 2019. A draft plan seeks to cut greenhouse gases in O.C.

application.

But with the EPA having recently awarded Southern California air regulators a \$500-million grant to curb climate pollution through electric alternatives for the transportation of goods, Orange County is set to benefit. The county's draft climate plan is intended to align with the Climate Pollution Reduction Grant.

"We're hopeful that we

can work with the South Coast Air Quality Management District to compete for some of those funds," Koutroulis said. "We're not giving up."

Outside of landfills, the draft plan addresses the county's nearly 19,000 employees, more than 800 facilities and a 3,000-vehicle fleet.

It calls for "decarbonization" throughout county fa-

cilities and unincorporated communities. The plan also maps out ways to replace its fleet with zero-emission vehicles while installing more charging stations. To advance environmental justice, the county is looking to expand green space for more tree shade and recreational activities in working class neighborhoods.

Tomas Souza de Castro, a climate advocate with Climate Action Campaign, attended several county workshops on the county's draft climate plan over the summer. He's proud of the work his environmental group has done with the county but notes that there is always room for improvement with the draft document.

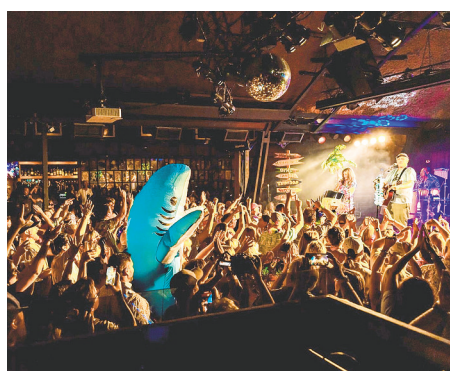
"It's a decent start but lacks a fundamental piece," he said. "It's a draft, so it may change, but right now it doesn't have a quantifiable road map of how the county is going to reach, at

See **Climate**, page A9

TRIBUTE BAND

Jimmy's Buffett will celebrate the life and music of Jimmy Buffett one year after his death at Great Park Live! in Irvine.

Courtesy of Chris Maddox



CONCERT

Continued from page A1

The Jimmy Buffett tune released in 1974 is a reflection on a turning point for the artist, examining youth spent chasing women and fame while sitting on the precipice of middle age. That's practically the same position Maddox, currently in his 50s, and many of his musician friends were finding themselves in.

Maddox came up with a band name, Jimmy's Buffett, then started searching for members. Word got around, and the group had shows booked before he had even completed filling out its lineup.

"It shows that Jimmy's music still resonates, especially with people like us," Maddox said. "A lot of us went pretty wild in our 20s and 30s. Now we're all adults with responsibilities. But we all still know how to have a good time and just need to get away from it all sometimes."

Before his shows, Buffett typically ventured into the parking lots of venues, unchaperoned and unfiltered, to meet his fans. Those pre-performance tailgate parties became a staple in the "parrot head" community.

Playing at one of those parking lot gatherings ahead of one of Buffett's shows in Orange County, rather than opening for him on stage, was one of the tribute band's greatest honors, Maddox said. That's especially true because it was one of the last gigs the iconic, rum-and-coconut sipping artist ever had.

Buffet died last Sept. 1 of Merkel cell carcinoma, a

IF YOU GO

What: Jimmy's Buffett
When: Friday, Aug. 30; opens at 6 p.m.; first set from 7 to 8 p.m., second from 8:45 to 9:45 p.m.
Where: Irvine Nights at Great Park Live!
Price: General admission to the lawn viewing and market area is free. Reserved seating, \$15.90 to \$26.20; reserved standing offered at \$5.75.
Tickets: greatparklive.com.

rare form of skin cancer. He and his family hid his illness from his fans until after his death because he "just wanted to keep the party going," Maddox said.

That's exactly what he and Jimmy's Buffett aim to do by declaring "Jimmy Buffett Day" at Great Park Live! in Irvine on Friday night, Aug. 30. The nine-piece tribute band delivers professional and faithfully performed renditions of his work, palm trees, beach balls and "a welcoming, come-as-you-are atmosphere."

"It's just a good time," Maddox said of his tribute band's shows. "Almost everyone knows the lyrics and is singing along, enjoying beverages and checking everything else at the door."

Jimmy's Buffett aims to deliver the "Buffett vibe," Maddox said. But they don't impersonate him.

"That just wouldn't be Jimmy," Maddox said. "He was his own thing, and it was all about being yourself."

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DRESS

Continued from page A1

start, but as the weeks went by at the festival, I still hadn't found another model," Swan said. "My sister, who was looking out for me, said, 'Oh, it's too much stress. It takes a lot of work. Just don't do it this year.'"

"I thought, 'Yeah, but this is the year of fashion. I want to do it, and I have this idea, and I want to see if it will work.'"

Inside a month before the dress had to be completed, her sister found her a model in Lucy Landherr, who was willing to make the commute from Chino Hills.

Landherr walked the runway in a black-and-white dress framed with hand-cut lace created from newspaper on Aug. 18, when Swan's design was named the Most Glamorous "Red Carpet" Worthy Creation.

The long skirt, which also earned the People's Choice honor, was designed to de-



Don Leach | Staff Photographer

GUESTS SURROUND artist Elizabeth McGhee for a closer look at her dress, created from socks, at the Festival of Arts runway fashion show.

picture fashion silhouettes from 1800 to the present. A headpiece featured stars, representing the Hollywood Walk of Fame.

Swan shared the stage with her granddaughters and niece in a previous

show, when she made four dresses for one entry. They posed as a wedding party, which included the roles of flower girl, a bridesmaid and a bride.

"The little 6-year-old that was walking out there, she

was the flower girl, and I had her lead off," Swan said. "I gave her a whole set of instructions on what to do, and she had nothing to look at to see ahead of her — not like her sisters."

"I said, 'This is what you

have to do.' She walked out, she did everything perfectly. She carried a basket of flowers made out of trash bags and all kinds of things like that, but I had embedded a bubble machine inside of it, so instead of throwing flower petals, this thing was just pumping out bubbles everywhere."

Susan Davis, who recently retired as the special events director of the Festival of Arts, founded the runway fashion show in 2009. The first iteration took place without a runway but instead with a red carpet rolled out in the middle of the festival grounds.

A showcase of the festival's exhibitors and their talents, the contest has called upon those entering to create outfits from recycled, reclaimed and repurposed materials.

Glass artist Cody Nicely was doing much of his work in the final days leading up to the show. On Aug. 13, he accompanied resident Greg Viviani to the La-

guna Beach City Council meeting, where the latter dumped trash collected from Aliso Beach in front of the dais to make a statement. Nicely said he had met Viviani while skimboarding.

After that bit of political theater, Nicely gathered the trash for his purposes, and it ended up on the tail of a mermaid costume worn by McKenna Michels.

"I knew that it needed to stay together for three minutes," Nicely said. "It ended up doing that and more. We built it in a way that it could stay together. ... We used a lot of hot glue that we could count on. We had fishing wire, it was 30-pound test[ed], keeping everything together. All the sewing, we used fishing wire because we didn't want any wardrobe malfunctions."

Durability varied among the designs. Laguna Beach Arts Commissioner Pat Kollenda, who judged the contest, weighed in on the sub-

See **Dress**, page A5

The Feteer Guy's pastries will win you over



Don Leach | Staff Photographer

OWNER AND CHEF Sam Zarzour stands in the dining room holding a popular beef shawarma pie at the Feteer Guy, a new restaurant serving up savory Egyptian pizza pies and desserts in Huntington Beach.

BY GABRIEL SAN ROMÁN

Inside a restaurant kitchen in Huntington Beach, Sam Zarzour unleashed a flurry of cheese over a dough stretched thin and wide. Diced tomatoes, sliced green olives, green bell peppers and soujok, an aromatically seasoned sausage, fell next from his steadied hand.

As the owner and chef behind the Feteer Guy, Zarzour pulled the dough over the top of the assembled fillings before setting the namesake pizza-like pastry to bake in the oven. Twenty minutes later, out came a food once thought fit as an offering to the ancient Egyptian gods.

"Feteer goes back thousands of years to the times of the pharaohs," Zarzour said. "The modern Egyptian version I make goes back to my grandmother."



ZARZOUR FOLDS dough over a beef shawarma pie before setting it in the oven.

His grandmother owned a Culver City pizzeria in the early '90s, where she also made feteer. Zarzour took an interest in the dish from watching his own mother make it, whether in home kitchens in Egypt or the United States.

After working his way up from busboy to manager in the restaurant industry for several years and earning a Cal State Dominguez Hills business degree, Zarzour opened the Feteer Guy last September.

A long, narrow hole in the wall nestled in a shopping plaza off of Beach Boulevard, the restaurant bustled with patrons on a recent Friday night.

Framed photos of the Egyptian pyramids adorned the interior as Arab pop music (which is kind of having a breakout moment) resounded from a mounted television.

Behind the cash register, a banner hung with a cartoon depiction of Zarzour — smooth-headed, bearded, with a feteer proudly hoisted high — that serves as the restaurant's mascot ready to rival Little Caesar.

As the real-life "feteer guy," Zarzour beamed with Arab hospitality. Sporting a sharply cropped beard and a Feteer Guy shirt stained by flour from cooking all day in the kitchen, he patiently explained his Egyptian food offerings to newcomers — if they didn't take up his offer to surprise them from the kitchen first.

In devising the menu, Zarzour and his wife thought about all the favored ingredients — soujok, pastrami, creamy kiri cheese and mixed cheese — they had to have when eating feteer back in Egypt. All appear on the menu in Huntington Beach.

"I also wanted to bring some American-style items, like barbecue chicken, chicken fajitas and seafood," Zarzour said. "And then I made my own item, which is the spicy chicken kiri."

Diners with an ethnic-food palate might be more familiar with manakeesh, a flatbread commonly referred to as Lebanese pizza with zataar typically sprinkled atop a bed of melted white cheese. The meal is easily found in the many bakeries of Anaheim's Little Arabia.

But feteer is built different.

Beneath the golden, flaky crust is a smoldering and scrumptious meal that's a rarer gem in Orange County's food scene.

The popular beef shawarma pie melds mari-

nated beef strips with mozzarella cheese. Pulling up a slice from the dish offers a tantalizing display that has propelled viral videos on social media spreading the word far and wide about the Feteer Guy.

Patrons can ask for ranch dressing and sriracha on the side, but the flavor of the feteer's fresh ingredients best speaks for itself. Save those condiments for the barbecue chicken feteer, instead.

After the pies come out of the kitchen, Zarzour attends to his guests with a congeniality that other restaurant owners bemoan the loss of after the pandemic.

They are made to feel like family.

In Huntington Beach, that feteer foodie family on a Friday night was white, Latino, Asian and Arab, a diversity that is increasingly reflected by the city's food scene.

The clientele is part of the reason Zarzour decided to open his restaurant in Huntington Beach, which has, so far, proven to be a savvy business move for his savory pies.

"It's a perfect location because a lot of different people live close to the beach or travel there to have bonfires," he said. "Three weeks ago, I had a waiting list for almost two to three hours."

Patrons perusing the menu will also be asked if they would like to order the Feteer Guy's other draw — sweet pies.

With Dubai knafeh chocolate bars becoming a viral trend, Zarzour created an off-menu item with dough and crepes stuffed with shredded phyllo dough and pistachios inspired by the craze.

There's also the traditional Egyptian sugar and milk sweet pie.

"That's one of my signature dishes," Zarzour said. "It has homemade custard, coconut and raisins inside. Then I cut it and put some powdered sugar on top with a splash of milk. It's not too sweet, it's not too sour. It's something else."

Whether ordering savory or sweet pies, diners leave the Feteer Guy with a similar feeling. For Zarzour, their satiation is his affirmation.

"Seeing people enjoying feteer at my restaurant brings me happiness," he said. "It's like I have accomplished my dream."

The Feteer Guy is located at 19092 Beach Blvd. Ste. V, in Huntington Beach.

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Dr. David I. Lee is a nationally recognized fellowship-trained urologist who specializes in prostate cancer surgery.



DRESS

Continued from page A4

ject for the environmentally conscious mermaid.

"I do have to say one of the things that impressed me the most was the amazing way she kept it on," Kollenda said. "I actually thought we might have one of those fashion faux pas, but nicely done."

Painter Elizabeth McGhee has caught the fashion bug, and she has caught on when it comes to catching the attention of the judges.

The three-judge panel, which also consisted of costume designer Shelley Komarov and local artist Gerard Stripling, recognized McGhee's latest creation, a dress made out of socks, with the Most Innovative Use of Materials award.

McGhee, who likened the Festival of Arts to a "summer camp" for its artists, described the fashion show as one of the camp activities. She modeled the dress

herself, not unlike her debut on the runway, when booth neighbors Janet Lewis and David Milton asked her to wear their dress during her first season as an exhibitor.

The most recent show featured artists whose primary media included drawing, painting, glass, jewelry and printmaking. An opportunity to challenge oneself outside of their comfort zone has contributed to the interest of the exhibitors.

"I think it's fun to see what the jewelers make or how their brains work," McGhee said. "We're all trying to make outfits, so it's all clothing, but I think it's different. If it was all fashion designers, it would almost have a different tone than when you see somebody do something that's not in their wheelhouse, the creative turns they might take."

In roughly a dozen years as a participant, McGhee said the sock dress was only the second she had sewn. Others had been held to-

gether with staples, duct tape and clear shipping tape.

Artists have been known to help each other, McGhee added. The assistance manifests itself in helping some to find models, while others collect materials for the competitors.

"I've never felt it to be cut-throat," McGhee said. "It's a competition, but it's a very friendly competition, so it doesn't feel ick, and it does feel like a community."

Printmaking artist Anne Moore's dress, which was referred to as "Breakfast at Tea-fany's" featured 312 tea bag covers, winning Most Creative Concept.

In celebration of the 15th anniversary of the fashion show, a retrospective brought back memorable looks made by longtime participant Brad Elsberry. To model his denim design, Elsberry called upon Jeff Lam, who also wore his headpiece for the villainous Minotaur in the most recent Pageant of the Mon-



THE FESTIVAL

of Arts runway fashion show requires outfits to be made of recycled, reclaimed and repurposed materials.

Don Leach
Staff
Photographer

sters in October.

"Miserably uncomfortable because the hooves are 10 inches high, and they each weigh like 4 pounds," Elsberry recalled of the Minotaur. "The costume, I have no idea how much it weighs — probably 20 pounds [or] 30 pounds — and it's all foam rubber, so it just holds in the heat, so you get drenched when you wear it."

"He didn't believe me, and then the first night, he was like, 'Yep.' When he came in the second night to put it on, he was like, 'Oh my god, it's still wet.'"

The event also included a look at a few costumes from the Pageant of the Masters show, "A La Mode: The Art of Fashion."

Valair Williams reprised her role as the model for a tribute to the British design

label Ossie Clark.

"This has been all summer, so this is really like a family," Williams said. "The fact that I got to meet the director of the [Pageant of the Masters, Diane Challis Davy], beforehand, and she's able to interact with us, it really feels like a home vibe."

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After 52 years, Little Onion set to close

BY SARAH MOSQUEDA

For Lori Reich Rowe, owner and general manger of the Little Onion Mexican Restaurant, it was the music and laughter coming from behind the kitchen doors that drew her into the restaurant industry at a young age.

Rowe's father, Lorin "Lorenzo" Reich opened Little Onion at 110 W. MacArthur Blvd. in Santa Ana in 1972. Rowe's mother passed away when Rowe was just 9 years old, and instead of hiring a babysitter, Reich would bring her to the restaurant during summer vacations. When she grew bored of scribbling in her coloring books in the tiny restaurant office, she would sneak into the kitchen.

"I would listen to the music coming out of the kitchen, and I would start talking to the cooks," said Rowe.

But after more than 50 years of operation, Little Onion, which began to use the name La Cebollita after a 2022 remodel and is still widely known as Little Onion, announced via social media on Aug. 6 that it would permanently close this month.

"It is with a heavy heart that we announce the closure of Little Onion / La Cebollita," the open letter began. "We are immensely grateful for your loyalty, support and friendship. You have made Little Onion / La Cebollita more than just a place to dine; you have made it a home away from home. 'Mi Casa es su Casa.' From birthday celebrations to family gatherings, we have been honored to be part of your lives."

Rowe said the energy of the kitchen staff as they get ready for a busy day at the restaurant is one of the things she will miss the most.

"I am going to miss the genres of music I grew up with like classic rancheras,



Sarah Mosqueda

LITTLE ONION/LA CEBOLLITA on West MacArthur Boulevard in Santa Ana opened in 1972 and remodeled two years ago.



File Photo

THREE TACOS at Little Onion, Irvine. That location closed in 2020, and the Santa Ana location will close this month.

bandas, mariachi, Tejano music in the morning to help me wake up," said Rowe. "I will miss hearing the talking, singing and laughter from the amazing cooks."

Growing up at the restaurant, Rowe was even-

tually allowed to take on small tasks like walking guests to their tables and refilling water glasses before becoming a hostess as a teenager. She eventually worked at other restaurants and enjoyed a successful corporate career in pur-

chasing, inventory management and customer service. But Rowe couldn't forget the magic of Little Onion.

In 2010, Rowe bought Little Onion from her father and became the restaurant's new owner and manager, increasing annual revenue and opening a second location in Irvine in 2019.

"I opened Irvine as, I think, another compounded dream of showing my dad and proving to him that I could do it, and I did," said Rowe. "But then COVID hit."

Pandemic restrictions made it difficult for Little Onion, Irvine, to find its footing, and the location closed in November 2020.

Since then, Rowe has kept the Santa Ana location going but she admits it hasn't been easy. Making the decision to close her

family's 52-year legacy restaurant was not one she came to lightly.

"It has been about two years of denial. It was an extremely painful decision. I am the exact same age as the restaurant so my whole life is emotionally connected here," said Rowe. "It was my parents' dream and so many special memories were created there and it provided for our family."

Since the pandemic, Rowe said the industry has changed, especially for single-location small businesses in California.

"The plexiglass went up, the mandates went up, the government overreach went up and the economy and food prices went up," said Rowe. "People can only take so much."

Rowe said she has also noticed a change in dining habits that don't seem to place as much value on

hospitality as in the past. "The industry is not the same anymore, there is no human connection anymore," she said.

The original announcement of the closure gave Aug. 15 as the restaurant's last day, but on Aug. 12, Little Onion announced it would remain open until Aug. 30.

Rowe noted that some of the staff have worked at Little Onion since she was a little girl, and she has been making calls to help them find other work. She hopes the extra days of service can give them more time to find new jobs.

"They believed in me," said Rowe, "and I also believed in them."

The extension is also appreciated by customers.

"Any extra day is a memory made," one user on Instagram commented about the announcement.

On a recent Thursday afternoon, customers shuffled in for Happy Hour. A couple in a booth asked for spicy cucumber margaritas while a large group ordered a round of coco locos, made with coconut puree and tequila. A staff member greeted a guest at the host stand with a hug before leading him to a table.

On social media, guests have continued to share memories and messages of support.

"My family started enjoying the Little Onion back when I was only a few years old, and we have continued the tradition with our kids," one Facebook user said.

"Thank you for 52 years of sharing your restaurant!" an Instagram user posted.

Rowe said she is still working through the five stages of grief, but one thing she wants customers who loved Little Onion to know is this: "My father, myself and everyone at Little Onion loved you too."

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COLUMN | **PATRICE APODACA**

An unstable situation at the O.C. fairgrounds' Equestrian Center

I know next to nothing about horses. The number of times I've been on horseback can be counted on one hand plus a few digits from the other hand. On the rare occasions that I've encountered a horse up close, my reaction has invariably



been astonishing that they are way bigger than I had remembered.

But my lack of knowledge doesn't stop me from imagining that I am inside the brains of the horses that are central to the ongoing feud between the management of the Orange County Fair & Event Center and the majority of the boarders at the center's equestrian facility.

And here is what I am imagining these animals are all thinking: Humans are nuts.

That's a reasonable conclusion to draw from the months-long drama involving rent hikes, con-



HORSES IN their stalls at the OC Fair & Event Center Equestrian Center in November 2023.

Don Leach | Staff Photographer

tract disputes, charges of mismanagement, counter-accusations of untenable demands, and emotional pleas to save the horses after some were barred from the facility's exercise area.

It's the Showdown at the O.C. Corral. While I have

no idea which side is bound to prevail, right now it's pretty clear that the biggest losers so far are the horses. So, really, they have every right to wonder why it's so darn hard for people to work out a decent compromise and end a standoff that never

should have gotten this far. At the time of this writing, such an outcome appears unlikely.

Tensions started rising not long after fairground officials took over operations from a private con-

See **Apodaca**, page A10

MAILBAG



File Photo

A VOTER ENTERS a polling place at Huntington Beach City Hall in November 2022.

One way or another, council members will determine H.B.'s future

"You've got to be carefully taught." Sung by Lt. Cable in "South Pacific," I believe this song contains the kernel of the problem with the current City Council majority. The carefully crafted lessons the majority had for this city began right out of the gate. On the night of Dec. 7, 2022 (a night which will live in infamy), the delirious MAGA crowd mocked Rabbi Stephen Einstein with a raucous antisemitic undercurrent. Since then,

at every opportunity, this majority has step by step encroached on the decency which used to characterize this city. In each case, the majority has taken careful measures to signal the people who can properly be hated from the podium and in the official acts of the city. They came one by one for each. They vilified the unhoused working families of this city (accounting for over 1,000 children). They canceled

See **Mailbag**, page A10

A WORD, PLEASE | **JUNE CASAGRANDE**

Include this rule on your list of grammar musts

Writers, like restaurant patrons and grocery store customers, hold secret meetings to decide when to act as a herd: A slow restaurant suddenly gets

busy? That's no accident. It's a conspiracy. Ditto that for long lines at the supermarket that materialize in an instant even though



the place was a ghost town for the last hour.

So I'm not crazy to believe that every writer I edit held a meeting to decide they would all misuse "include" at the same time. It's the only possible explanation for the sudden rash of sentences like "The sandwich ingredients include bread, peanut butter and jelly." The problem is as much about logic as it is about grammar. In my culinarily simplistic world, peanut butter and jelly sandwiches have exactly three ingredients. Nobody's getting creative with pesto aioli or salted caramel. Yet "include" seems to suggest that an incomplete list will follow — merely a few examples of the bounty of flavors and textures you'll find in a PB&J.

According to Merriam-Webster's online dictionary, "include" means "to take in or comprise as a part of a whole or group." Personally, I find that a little confusing. But "part of" is clearly central to the meaning. Bread, peanut butter and jelly aren't "part of" the ingredient list for a sandwich. They're the whole list. So "include" doesn't make sense according to this definition.

When "include" isn't introducing a list, there's little confusion: "Maria

arrived just in time for us to include her in the meeting." Obviously, people other than Maria were involved. She couldn't be included in a meeting in which she was the only attendee.

A lot of language commentators feel strongly that "include" refers to just a subset of a whole, not every part of it. "Include," which has traditionally introduced a nonexhaustive list, is now coming to be widely misused for "consists of," says Garner's Modern American Usage.

But, like all things in language, "include" gets controversial. "There are quite a few commentators," says Merriam-Webster's Dictionary of English Usage, "who maintain that 'include' should not be used when a complete list of items follows the verb." This reference book, which is not the same as Merriam-Webster's dictionary, disagrees. Those commentators, it says, "have somehow reasoned themselves into the notion that with 'include,' all the components must not be mentioned, which has never been the case."

Normally, I side with the most permissive language authority and I do so for a very good reason: No single authority has the right to impose restrictions on

See **Word**, page A10

CROSSWORD AND SUDOKU ANSWERS

S	P	E	C	E	L	M	S	T	O	N	G	S
N	A	N	A	T	O	O	L	A	M	A	N	A
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R	U	L	E	R	E	Y	E	S	T	O	S	S

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

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Seniors stay the course with sailing program

BY SUSAN HOFFMAN

A couple of golden-agers who happen to share a common interest are just fine with the idea of repeating the same sailing class every Sunday in Newport Harbor offered through the Orange Coast College School of Sailing and Seamanship.

Huntington Beach resident Art Adair, 77, who retired after enjoying a career in education, has been taking the Lido 14 sailing class for nine years. Fellow classmate Rick MacMahon, 75, a psychotherapist from Orange, is in his third year.

"Art and I are unusual taking the same class over and over," said MacMahon. "Most people either go on to bigger boats or they don't come back. But I keep registering for back-to-back sessions."

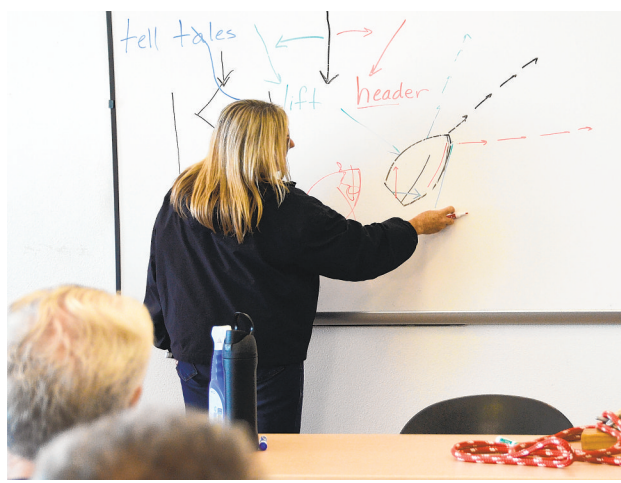
Both men prefer sailing one day a week, even if it means occasionally signing up for a different day in order to keep sailing.

According to the school's sailing program coordinator, Mette Segerblom, the school offers easy and affordable access to sailing, power boating and seamanship education for ages 7 and older.

"We're public access, you don't have to be a member and you don't have to bring any equipment but yourself," said Segerblom.

That easy access is what draws Adair to the program.

"The key reason for me



OCC SAILING instructor Deb Robinson performs classroom instruction combined with actual sailing of Lido 14 craft.

to go there is I don't have a place to store a boat and there's not a decent place to launch a sailboat unless you belong to a yacht club," Adair said. "I don't have to pay for maintenance, license, insurance, dock fees."

MacMahon concurred, adding, "You just go to a place and you're able to start sailing."

The two seniors also agree sailing brings them a host of benefits.

Adair, who enjoys being in the outdoors, even at home, said when he sails he especially savors the peace and quiet of the activity.

"Another reason for sailing is it keeps me limber, keeps me going, keeps my muscles in tone and in good shape, and depending how windy it is it keeps you moving and working pretty hard. I look forward to the

unknown and challenge of small boat sailing.

"I like to sail with other people either in the boat or sometimes just in the class," continued Adair, who also helps out as a tutor to instructor Deb Robinson. "It ends up like a small family, the social aspect is a major part of that."

MacMahon said sailing brings him joy and has enriched his life. "It's exhilarating, it's fun," he said. "When the wind is good it's very exciting to be zipping along having the wind carrying you along at a nice clip."

"I'm a psychotherapist and I talk to people about the importance of community and this class is a community of sailors," said MacMahon. "There's a common interest, a familiarity about going to the same place, seeing others



Photos by Susan Hoffman

FROM LEFT, Ingrid Vallejo, Art Adair and Rick MacMahon rig their individual Lido 14 sailboats during a class at OCC School of Sailing and Seamanship in the Newport Harbor.

there, there's a comfort in that."

Greg Wisener, manager of the OCC Waterfront Campus, said the program engenders a common love of getting out on the water in a boat.

"Many people just assume it's beyond their ability to get on the water and we're here to provide that for them," Wisener said. "As a college, what we want is to reach out to underserved communities and give them a place to extend

community to here. Once they get on the water together it's a leveling force, a shared experience and everyone is out of their element."

When a group of people are suddenly immersed in the maritime world a type of kinship forms, he noted.

"It's easier to connect socially when they are all in the same boat," Wisener quipped.

Open seven days a week, the OCC Waterfront Campus School of Sailing and

Seamanship, located at 1801 W. Coast Highway, is among the largest public boating education programs in the nation, offering around 700 classes a year.

The school operates three dozen boats, including dinghies, keelboats, cruising boats, offshore racers and powerboats, and has an extensive nautical library.

Susan Hoffman is a contributor to the Daily Pilot.

CLIMATE

Continued from page A4

least, the state targets."

Souza de Castro points to San Diego County, where its Climate Action Plan has a defined target of a 40% reduction in greenhouse gases by 2030 — and lists all the measures going to be taken to get there.

Climate Action Cam-

paign submitted comments on the draft plan before the deadline for public review ended on Wednesday.

Souza de Castro is encouraged by seeing building decarbonization included in the draft, as well as an emphasis on transit-orientated development, which promotes more walkable communities.

In addressing airport pollution, the county seeks to

absorb the Climate Action Plan John Wayne Airport developed for its operations that was approved in 2018.

"We want to have one umbrella document," Foley said. "We already are moving forward with significant programs and initiatives to reduce greenhouse gasses at John Wayne Airport. It's one of our dirtiest assets."

The airport has switched from diesel to electric

ground support equipment and now uses a pipeline for jet fuel to reduce greenhouse gas emissions.

According to a 2023 annual report, John Wayne Airport reduced its fleet nitrogen oxides emission factor by 12% from its 2017 baseline.

With the public review period now over for the county's draft climate plan, the document is slated to

be discussed, but not voted on, at a Board of Supervisors meeting next month.

A vote by board members on a California Environmental Quality Act analysis of the plan is still several months away.

Souza de Castro sees the \$500-million EPA grant as a "carrot" for the county and cities within it to get serious about greenhouse gas re-

duction through Climate Action Plans.

"A lot of Orange County cities are cash-strapped right now," he said. "A Climate Action Plan can be something that the county can use to leverage funds for those cities."

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ADVERTISEMENT

Understanding Men's Health Exams and Screenings

As a male primary care physician, I am often asked about the best practices for men's health exams and screenings – and more importantly, and this often comes from the significant other in their life, but now to get them to stick to these preventive measures.

Henry Leung, D.O.,
family medicine,
Greater Newport Physicians MemorialCare



Men's health evaluations are essential for maintaining well-being and detecting potential issues early when things are most treatable and sometimes even reversible – such as high blood pressure.

At the baseline level, my current recommendations are for men to get annual physicals (not just every other year), the relevance of the digital rectal exam, and the role of screening in prostate cancer detection.

Annual physicals are a cornerstone of preventive health care. They offer an opportunity to evaluate a patient's overall health, update vaccinations, and discuss lifestyle habits that impact long-term health. For men, these check-ups are crucial for monitoring common health issues such as hypertension, diabetes, and cardiovascular disease, which are prevalent in the male population.

Regular physical exams help build a comprehensive health profile over time. Annual physicals allow us to track changes in a patient's health year over year, making it easier to identify trends that might indicate underlying problems. It's about staying proactive rather than having to be reactive in treatment.

One of the more contentious components of men's health exams is the digital rectal exam (DRE). While the digital rectal exam can provide valuable information, it is not always necessary for every patient. The necessity of the DRE depends on individual risk factors. For men with a higher risk of prostate cancer—such as those with a family history or certain genetic markers—the digital rectal exam can be a useful tool. However, having an open dialogue with your physician is important to determine if it's right for you.

Another option is the prostate-specific antigen (PSA) screening that measures the level of prostate-specific antigen in the blood, with higher levels potentially indicating prostate cancer. Prostate-specific antigen screening has significantly evolved, with updated guidelines reflecting a more personalized approach.

PSA screening should be individualized based on a man's risk factors. For men aged 55 to 69, the decision to undergo prostate-specific antigen screening should be made after thoroughly discussing the potential benefits and risks with their healthcare provider. For those over 70, PSA screening is generally not recommended unless they are in excellent health and have a higher life expectancy.

Men's health exams and screenings are vital for detecting and preventing serious health issues – and men tend to feel they can put it off since they "feel fine" or are "strong enough."

As a physician, I encourage you to stay proactive about your health. Consult with your primary care physician about the most appropriate screenings and exams for your specific needs. Your health is an invaluable asset—take the steps to protect it today.

Want to learn more? Please visit gnpweb.com or call (949) 425-0321 to schedule an appointment.

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MAILBAG

Continued from page A8

the Greater Interfaith Council of Huntington Beach. They rewrote the statement of welcome and value in the Declaration on Human Dignity, signaling that it is A-OK to nurture a climate of selective hatred toward the LGBTQ+ community. They turned the Main Library into a culture-war no-man's land. They gave city resources by the decade and by the millions as a gift to a political backer and tried to hide it. And then, they tried to claim that it was mere "lawfare" to beg a judge for the details of those gifts — all the while engaging in frivolous, wasteful and unsuccessful litigation against everybody. Then-Mayor Tony Strickland claimed to have "saved the air show" — but they seem to have lost the Olympics for good.

There is a word for this process of incremental violation of norms and boundaries. The City Council majority has been "grooming" this city.

Galen Pickett
Huntington Beach

Now that the televised national political conventions have washed through Huntington Beach, and the state races have yet to heat up, there is increasing

focus on the local City Council scene and who among the eight candidates will best serve the citizenry for the three seats up in November. The choice is surprisingly simple. The council majority has endorsed its slate of like-minded would-be amateur authoritarians (Chad Williams, Butch Twining, Don Kennedy). The three have followed the path of their backers in bashing the incumbents and exhibiting zero leadership qualities to solve problems or address needs. Just MAGA moaning and bluster. The three incumbents (Dan Kalmick, Natalie Moser, Rhonda Bolton) have always been the adults on the dais with intelligent and thoughtful decision-making which has been routinely stifled by the majority members. Perennial offbeat candidate Amory Hanson has run in several elections, even finishing ahead of Don Kennedy in 2018 (when Kennedy came in next to last). First-timer Marissa Jackson presents herself as a "conservative option" with family values.

Who will serve the community better? Ultimately, the electorate will probably go with one of the two major trios. There, the decision seems clear. Either voters will choose more of the same in pushing the unproductive confrontational style of the council majority or they will realize that

we need to go down a more responsible path of leadership to get things done. Surf City can either ride the wave of progress and prosperity or drown in the wake of failed performance.

Tim Geddes
Huntington Beach

H.B. needs a no-kill animal shelter

While Huntington's City Council is deliberating about library books, children's gender reveal, and the settlement over the noise- and air-polluting air show's law suit, innocent dogs, cats and kittens are being killed daily in the O.C. Animal Care shelter in Tustin where Huntington Beach contracts for an exorbitant annual fee.

Coastal cities from Seal Beach to San Clemente, including Costa Mesa, Irvine, Mission Viejo and Westminster have their own shelter. What is Huntington Beach's excuse?

OCAC cannot service 15 cities and unincorporated areas efficiently from Brea down to Huntington Beach, and it's useless to stem the out-of-control breeding and suffering of kittens on the streets of inland O.C.

Lynn Copeland
Huntington Beach



THE MISSION
Fig Mole from CaCao Mexicatessen is comprised of over 20 different ingredients, including chiles.

Mariah Tauger
Los Angeles Times

WORD

Continued from page A8

the language. The only real bosses of the language are you, me and 1.5 billion other English speakers who mold the language as we speak and write every day. But Merriam's usage guide doesn't present any evidence that "include" can introduce a complete list. Instead, the guide seems to be pushing its editors' own opinion. Plus, Merriam's usage guide is out of sync with Merriam's dictionary, weakening their case further.

But for me, the question is moot. My editing projects must conform to Associated Press style, which doesn't allow "include" to set up a complete list.

"Use include to introduce a series when the items that follow are only part of the total: The price includes breakfast. The zoo includes lions and tigers," AP says. "Use comprise when the full list of individual elements is given: The zoo comprises 100 types of animals, including lions and tigers."

So I'll keep replacing "include" before exhaustive lists, no matter how long the writers' conspiracy to drive me nuts continues.

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.

APODACA

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tractor in early 2023, and there's been no let-up ever since. I have spoken with people on both sides of this dispute, and feelings are now so raw, the hostility so palpable, and the positions so firmly dug in that they each offer completely opposing views of the situation.

I won't rehash every detail, but here's a sampling of the alternate-universe positions:

According to some boarders, the outside contractor hired to maintain the equestrian facility — providing such services as mucking out stalls, feeding horses and dragging the arena — is doing a sub-standard job.

OC Fair & Event Center CEO Michele Richards said

the contractor is doing "a great job."

One side considers the steep rent increases that are being phased in to be outrageous. Management maintains the hikes are necessitated by fiscal reality, particularly given that the center is a public facility that must meet strict state standards.

Boarders complain that the new rental agreements they were asked to sign are too vague and leave them vulnerable to extra costs, undefined spaces and other potential problems. Richards maintains they are standard rental agreements, plain and simple.

Some horse owners say that Richards has refused to meet with them to resolve their differences. Richards calls such an assertion "insulting" and says she has met with owners on several occasions.

As for accusations by some boarders that Richards is angling to push them out, she maintains that's flat-out untrue and argues that the boarders are displaying a stubborn resistance to change.

Yet if Richards has her way, more change is coming. She and her staff plan to unveil a blueprint for a wholesale makeover of the equestrian grounds at the end of September. To be called "The Ranch," this new vision would transition the center from a private boarding and training facility to a "an educational center where everyone in the community could come and learn about and interact with these beautiful animals," she said.

"The current boarders and trainers were all invited to stay and be part of this new vision."

But right now, any enthusiasm that might be generated by her ideas is being squashed by the dispute with boarders, which has recently taken an even uglier turn. The 20-or-so boarders who refused to sign the rental agreement as is are barred from exercising their horses in the center's arena.

That's unhealthy for the horses, boarders say. "All we can do is walk them up and down the asphalt driveway, which is dangerous," said Gibran Stout, who runs the nonprofit OC Equestrian Vaulting.

The situation is so fraught that some local officials are now getting involved. County Supervisor Katrina Foley and Assemblywoman Diane Dixon have both called on fairgrounds management to negotiate with the boarders and end the

standoff.

Nonetheless, Richards and Fair Board Chair Nick Kovacevich have notified boarders without signed agreements that their property would be removed from the center if they don't submit signed documents and pay the required rent. As I write, it's unclear what would become of the horses.

Why don't the boarders move their horses elsewhere?

Because their options range from slim to none. Public equine boarding facilities have become increasingly rare as Orange County has urbanized, and open spots are scarce. Boarders say they would have to move their horses to facilities far away, and that would be unworkable for their local clientele and those who receive equine therapy through the cen-

ter's nonprofit operations.

So they stay and fight. Lawyers have been hired. Protests ensue. Relations grow increasingly acrimonious.

And all the while the horses remain caught in the middle, left to the mercy of the humans who determine their fate.

Horses, I'm told, are soulful and highly intuitive. But — here I am, mind-reading again — even these sensitive creatures must have reached their limit.

Get it together, people, and figure out a way forward that everyone can live with. I'm pretty sure that's what they'd like to tell us.

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.

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