



THE “DISNEY ¡Viva Navidad!” street party features Mickey and Minnie dressed for the occasion at Disneyland in Anaheim.

Season of inclusion

Multicultural holiday observances at Disneyland and California Adventure seek to represent varied stories and voices this year.

BY SARAH MOSQUEDA

The holidays are often hailed as the most wonderful time of the year. This season, Disneyland Resort is acknowledging that the idea may be true for different reasons, depending on what traditions you honor and which culture you celebrate.

“Today starts our Festival of Holidays celebration, and it goes all the way through Jan. 8,” said Stephanie Graves, a Disneyland Resort cast member, on opening day, Nov. 11. “What we love about the Festival of Holidays is there is something for everyone. It is not only fun, but it is educational. You get to embrace your own culture and maybe learn about your neighbors as well.”

The multicultural celebration takes place at Disney California Adventure with food and entertainment featuring traditions from

See **Season**, page A9



COLORFUL LIGHTS adorn the facade of “It’s a Small World” at Disneyland for the holidays. The resort is celebrating traditions from Christmas, Navidad, Hanukkah, Diwali, Kwanzaa and Three Kings Day.

Photos by Sarah Mosqueda

See **Transfer**, page A4

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UCI Health

Zero-waste market aims to combat plastic proliferation

UCI grads Chris McGuire and Jessica Walden have branched out from the lab into the marketplace with a plastic-free grocery store in Costa Mesa.

BY SARA CARDINE

Environmental scientists predicted in 2017 that, at the current rate of production, there will be more plastic in the planet’s oceans, pound for pound, than fish by the year 2050.

That’s a trend that Jessica Walden and Chris McGuire, two doctoral students in UC Irvine’s Department of Earth System Science, have seen firsthand in their oceanographic studies of the Atlantic and Pacific oceans, where samples they collect are replete with microplastics.

“When, every time I collect a shot glass’ worth of water and can find hundreds of these tiny pieces of plastic — no matter where you get the sample from — you realize the problem is much bigger than the public understands,” McGuire, 39, said.

It’s a problem for people, as fish commonly ingest plastics that cycle through the food chain as they are eaten or fed to livestock that humans consume. In March, researchers detected microplastics in the blood of 80% of humans they tested, according to a study published in the peer-reviewed scientific journal “Environment International.”

To help combat the rising tide of plastic proliferation, McGuire and Walden recently decided to branch out from the laboratory into another realm of experimentation — the local marketplace.

In September, the newlyweds opened Amis de la Terre Zero-Waste Market in Costa Mesa. It’s name means “Friends of the Earth” in French, a nod to Walden’s time at the Sorbonne in

See **Plastic**, page A2



Scott Smeltzer | Staff Photographer

JESSICA WALDEN and Chris McGuire, owners of Amis de la Terre Zero-Waste Market, wanted to give people a way to help stem the plastic pollution they’ve seen firsthand in their oceanography work.

¡Más Fresco! program benefits CalFresh families

BY SARAH MOSQUEDA

Northgate González Market is known for authentic prepared foods and carnicería, but it soon might be known for fresh produce too.

The Mexican market, with 40 locations in Southern California, has partnered with UC San Diego Health and the United States Department of Agriculture to launch the ¡Más Fresco! More Fresh Program, which provides rebate dollars to CalFresh recipients when they purchase fresh fruits and vegetables with the CalFresh benefits on their Electronic Benefit Transfer, or EBT, cards.

“Since 2017, more than 7,000 underserved community members across Southern California have participated in the ¡Más Fresco! More Fresh Nutrition Incentive Program,” Oscar Gonzalez, co-president, Northgate González Market said in a press release. “The Gonzalez family has always prioritized making our communities a priority, and with this program our qualified customers have earned over \$2 million in nutrition incentives, enabling them to purchase and consume more fruits and vegetables to provide better health for low-income families.”

CalFresh participants are randomly assigned to earn either \$2 in rebate dollars or \$4 in rebate



A SHOPPER buys fresh fruits and vegetables with her EBT card at a Northgate González Market location.

dollars for every CalFresh benefit dollar spent on qualifying fresh fruits and vegetables when they enroll in ¡Más Fresco!

Participants can earn a maximum of \$100 per month in rebate dollars. The program's aim is “to evaluate the effect of financial incentives on the purchase and consumption of fruits and vegetables among CalFresh recipients,” according to a statement on the ¡Más Fresco! website. The program hopes to empower underserved communities by in-

creasing their purchasing power and consumption of healthy foods as a whole.

The program promotes healthy choices by counting a variety of whole or cut fruits and vegetables, bagged or packaged salad mixtures and garlic, onion, ginger, jalapenos, peppers and chilies as qualifying fresh fruits and vegetables. However, fruits and vegetables with added ingredients, like dressing, croutons, cheese, dips or sauces, do not qualify.



¡MÁS FRESCO! provides rebate dollars to CalFresh recipients when they purchase fresh fruits and vegetables with the CalFresh benefits on their EBT cards at Northgate González Market.

Photos courtesy of ¡Más Fresco!

To participate in the program, shoppers must be CalFresh participants aged 18 or older and shop at a participating Northgate González Market. Participating Orange County locations include those in La Habra, Anaheim, Santa Ana, Buena Park and Placentia.

Besides the financial incentives, the program offers ongoing fruit and vegetable discounts and pricing promotions. Nutrition education is provided in-store in the form of cooking classes and store tours, designed to increase

healthy-eating knowledge.

The program has run so successfully it has reached its capacity for new participants in San Diego County. Northgate Markets are continuing to enroll CalFresh participants in Orange County however, as well as in Los Angeles and Riverside counties.

CalFresh recipients can enroll in the program online at [Mas Fresco.org](https://www.masfresco.org).

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CdM seniors lobby for more menstrual products on campus

BY LILLY NGUYEN

Ella Avital was taking an exam in her AP Macroeconomics class. She was facing 60 questions and had roughly one minute to answer each.

She needed to use the restroom. It was then she discovered her period had started, but she didn't have any menstrual products at hand to deal with it, and the dispenser in the restroom was, as usual, empty.

“Honestly, they’ve been empty for as long as I can remember,” Avital, 18, said of the dispensers. “I’ve always had to be prepared with my own supplies. There’s always been machines, but they were never full and, since the seventh grade, I thought there wasn’t anything I could have done about it so I just got used to bringing my own, or I’d depend on a friend.”

Neither of these were options at the time, Avital said. She had left her bag in the classroom, and no friends were available to bring her a pad or tampon. Walking to the nurse’s office, she added, wasn’t an option because it would



Don Leach | Staff Photographer

CORONA DEL MAR High School seniors Ella Avital, left, and Yasmin Kallel spoke at the NMUSD school board meeting Tuesday advocating for more menstrual products on campus.

have taken another 10 minutes she needed for her exam. In the end, she made do with toilet paper and returned to class. She said she was so distracted she rushed through the exam.

Avital said she got a C after weeks of studying and felt if the supplies she

needed were available she would have been able to come back earlier and had more time to take her exam.

Her experience that day wasn’t the first time that a lack of menstrual products had been an issue for students on campus, according to Avital, who said she’s

heard from other people complaining about the lack of supplies on campus since she became ASB vice president.

Her friend, Yasmin Kallel, 17, had been complaining about the lack of menstrual supplies since at least freshman year. Both Kallel and Avital have at-



ONE of the dispensers located in the girls’ restrooms at Corona del Mar High School.

Courtesy of Yasmin Kallel

tended Corona del Mar since they were in middle school and throughout their years on campus it’s been a common experience to find empty dispensers.

“It’s affecting pretty much every girl. I think it’s been so normalized that we think it’s OK when it’s really not,” Kallel said.

For a class on research methods, Kallel wrote a paper about the lack of access to menstrual products

and how it affects students. While delving into the subject she learned about AB 367, a state law that requires any public school serving grades six to 12 to stock at least 50% of all restrooms on campus with free menstrual products.

It was to be implemented by the 2022-23 school year.

At first Kallel took a wait-and-see approach, in

See **Lobby**, page A4

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PLASTIC

Continued from page A1

France, where she earned a master’s degree in oceanography and witnessed a consumer culture oriented toward sustainability.

The shop allows customers to purchase natural and organic pantry staples and health foods in bulk and then take home their wares in jars or paper bags without creating additional plastic waste.

“We wanted this place to be warm and inviting,” Walden, 30, said of the market’s interior, which they built themselves. “We’ve been to stores in other cities or countries and the ones that stuck with us are the ones that are warm and bright and welcoming.”

Long rows of glass canisters display dried fruits, grains and different types of flour along with oils, vinegars, honeybee products and more. Shoppers

can bring their own jars or containers and assign each one an electronic ID that tracks the weight of its contents. Staff are also on hand to fill orders.

The store is currently open Wednesdays through Fridays, from 11 a.m. to 7 p.m. and on Saturdays and Sundays, from 11 a.m. to 4 p.m.

Walden and McGuire man the register when they aren’t teaching or doing research at UCI. When they sought to open a brick-and-mortar business earlier this year, they amassed interest and support on Instagram, through a GoFundMe account and among family and friends.

McGuire said the idea of impacting people’s shopping behaviors, while making them aware of the importance of producing less waste, has been more satisfying than discussing troubling trends among an academic community already familiar with the research.



“It was like preaching to the choir,” he said. “We needed to pivot and figure out a grassroots way to make a difference at the community level. Now, when people come in, we try to make it not only a shopping experience but an educational experience as well.”

So far, the enterprise is

doing well. Located at 1125 Victoria St., Amis de la Terre opened just a few doors down in the same plaza as Fill Up Buttercup, a home and body refill shop that operates under a similar cause and concept.

Fill Up Buttercup owner Jamie Lake introduced the newcomers in a Sept. 8 post to her more than 6,100

followers: “O.C.’s first and only zero-waste grocer is officially open! The best part ... it’s located in our shopping center.”

Walden said Lake reached out to them about the commercial space becoming available for lease. She also refers customers to the market three doors down.

JESSICA WALDEN holds a bottle of microplastics she pulled from the Atlantic Ocean, a visual reminder that plastics are polluting the world’s water sources and fish populations, potentially threatening humans.

Scott Smeltzer | Staff Photographer

“The majority of our customers have come from her store,” Walden said. “We wouldn’t be where we are today without her.”

While the couple plans to complete their education at UCI, Walden said she hopes to devote much of her post-post-graduate time to Amis de la Terre and, if all goes well, possibly expand to other Orange County locations.

McGuire said the pair’s scientific backgrounds and understanding of a global problem, and all that is at risk, gives them a distinctive view of sustainability they hope to share with more customers.

“A lot of what we do is under the microscope, literally,” he said Monday. “We can’t look at a single sample without seeing plastic — that gives us a unique angle because we’re scientists and we see this every day of our lives.”

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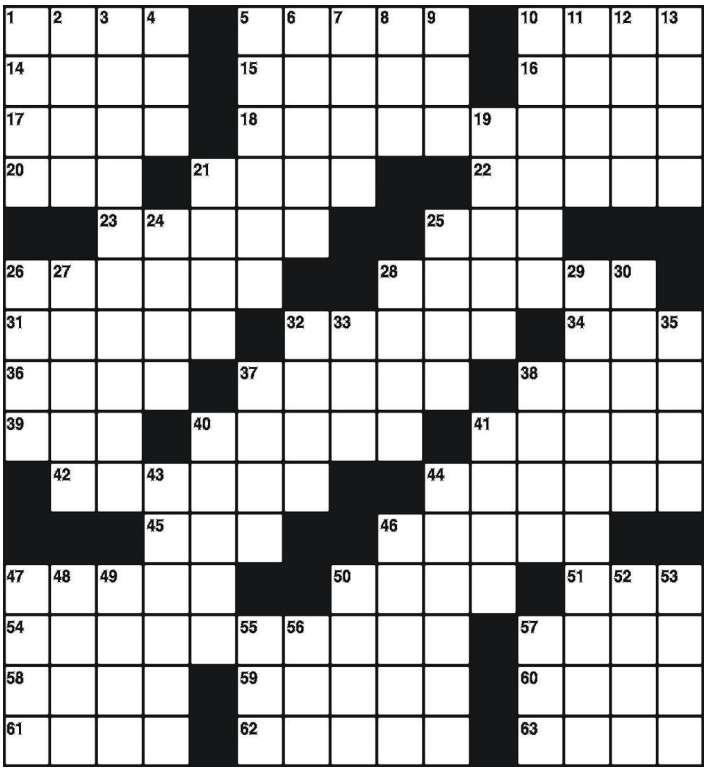
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By Jacqueline
E. Matthews

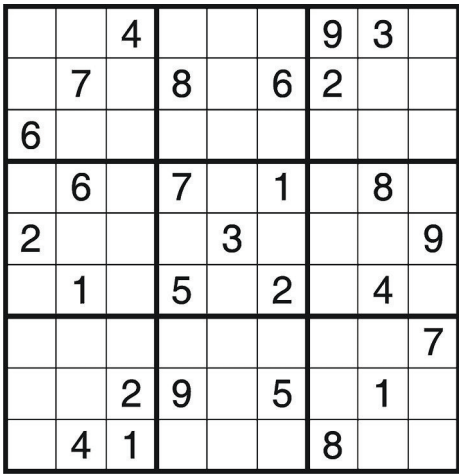
- ACROSS**
1 Slipped __; back woe
5 “Jack __ could eat no fat”
10 Preschool recitation
14 Suffix for prefer or confer
15 Of highest quality
16 Roller coaster feature
17 Sore
18 Ability to bounce back
20 Greek letter
21 Humble
22 Terror
23 Body of water
25 Half __; dope
26 Slew
28 Perches
31 Let in
32 Marrying man
34 Gun the engine
36 Jump
37 Court event
38 World’s most populous island
39 Devour
40 Prevailing tendency
41 Trait
42 Wiggle room
44 “Alice __ Live Here Anymore”
45 Pelosi’s title: abbr.
46 New Zealand native
47 See eye to eye
50 Discover
51 Fight result, for short
54 Strolling
57 Isn’t __ of; dislikes
58 Metric weight
59 Knight’s spear
60 Spruce or sycamore
61 Crock-Pot meal, perhaps
62 Deep-seated
63 Goes blonde
- DOWN**
1 Cherished



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.

- | | |
|------------------------|----------------------------------|
| 2 __ along; crawl | 9 __ Aviv |
| 3 Kid in the next desk | 10 Warns |
| 4 __ West, FL | 11 Scapula or femur |
| 5 Bed covering | 12 Sid Caesar’s sidekick Imogene |
| 6 Primp | 13 __ away; hightailed it |
| 7 Strategy board game | 19 Everyday |
| 8 Parisian pal | |

- phrase
21 TV’s “__ the Press”
24 Cut coupons
25 Kilt material
26 Curly cabbage
27 Just right
28 Highway
29 Passing; brief
30 Rising time, for some
32 Author Zane
33 “The Adventures of __ Tin Tin”
35 Expansive
37 Mouse’s downfall
38 __ at; deride
40 Twitter post
41 Virtuous
43 Prior to today
44 Hazard
46 __ pie
47 __ over; invites for a visit
48 Horse’s pace
49 Law
50 Helsinki native
52 Part of the leg
53 Poems of praise
55 Actor Wallach
56 Galloped
57 1-800-Flowers rival

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A WORD, PLEASE | JUNE CASAGRANDE

Readers might cringe when they read this

“I hated that movie. The love scene was so cringe.”

Suddenly, this use of “cringe” seems to be everywhere. And some quasi-scientific evidence shows it’s on the rise.

According to Google’s Ngram Viewer, which lets you search for words and terms in a database of published sources then charts the words’ use over time, “cringe” appeared in about 0.00013% of published works in the mid-1970s. By 2017, “cringe” was showing up in about 0.0001% of published writing in the database — a nearly eightfold increase.

These numbers tell us only that “cringe” is being used more often, not how it’s being used. So from these numbers alone, we can’t tell whether this uptick comes from people using “cringe” in the traditional way, as a verb, for example describing characters in horror novels who “cringe” in fear. But if we tweak our search term we can learn more.

In the phrase “so cringe,” it’s likely that “cringe” is being used not as a verb but as an adjective. We know this because “so” is an intensifier of adjectives: so nice, so true, so small, so bright.

I searched Ngram Viewer for “so cringe.” No surprise: The phrase is extremely rare in published writing, appearing in just 0.0000007% of published works in the database in 2017. But compared to 50 years ago, that’s a landslide. In the mid-1970s, “so cringe” showed up in 0% of the publications in the database. It didn’t exist.

That’s Exhibit A that the

verb “cringe” is being adopted as an adjective.

Exhibit B: the emergence of the term “cringe comedy” to describe shows like “The Office” and “Curb Your Enthusiasm” that make viewers laugh by making them squirm.

Wikipedia even has an entry for “cringe comedy.” I don’t recall people using that language to describe the awkward hilarity in “The Bob Newhart Show” or “All in the Family.”

Exhibit C (and this is the real hallmark of a language shift): the backlash. Whenever a new English usage

New World College Dictionary agrees, as does my 2009 Merriam-Webster’s Collegiate Dictionary.

Fast-forward to the present and you can see history in the making. Merriam-Webster’s online edition, which is more current than any of my physical dictionaries, defines “cringe” not just as a verb and a noun, but also as a slang adjective meaning “so embarrassing, awkward, etc. as to cause one to cringe; cringeworthy.”

This is how new word forms are born. For a few centuries, a word like “cool” means lower in

Suddenly, this use of “cringe” seems to be everywhere. And some quasi-scientific evidence shows it’s on the rise.

gains popularity, people push back, as evidenced by this February 2022 post on Reddit.

“Cringe is a VERB,” an anonymous user insisted. “It’s something you DO: ‘I cringe at the thought’; ‘I am cringing just thinking about it’; ‘he cringed so much he imploded.’... Cringe is NOT an adjective, so saying ‘that is so cringe’ or ‘that’s the most cringe thing ever’ is objectively incorrect. ... It’s like pointing at something funny and saying, ‘That is so laugh!’ What people mean when they use ‘cringe’ as an adjective is ‘cringe-worthy’ or ‘cringe-inducing.’”

Anonymous has a point. “Cringe,” according to my 2006 American Heritage Dictionary, is mainly a verb, though it can also be used as a noun to mean the act of cringing. But there’s no listing for an adjective form. My 2002 Webster’s

temperature. Then, from the world of pop culture and the arts, “cool” gains currency as a slang term meaning “fashionable” or “excellent.” Then dictionaries stop labeling it “slang” and start labeling it as “informal,” which is how Merriam’s now describes this use of “cool.” If it doesn’t fall out of use, dictionaries will eventually consider this use of “cool” to be standard and acceptable even in formal contexts. That’s just how language goes.

So if “cringe” as an adjective makes you cringe, that just means you don’t like slang. And that’s perfectly cool.

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.



Don Leach | Staff Photographer

A LIFEGUARD watches the water from a lifeguard tower at Aliso Beach in South Laguna.

TRANSFER

Continued from page A1

riod in June in preparation for the summer months, which is peak staffing. We feel that this timeline allows us the time to hire, train [and] acquire equipment.”

Approximately 50 additional ocean lifeguards will be needed for seasonal work to cover all beaches within the city at peak staffing levels during the summer, city staffers estimate.

County executive officer Frank Kim, via a letter dated Aug. 17, said the county would offer \$22 million to transfer its coastal properties within Laguna Beach. The first \$2 million is set to be paid within 30

days of the agreement being finalized.

Ahead of the start date, the marine safety department will purchase up to six lifeguard towers, communication equipment such as radios, cellphones and iPads, and rescue tubes and paddleboards. The department will also add rescue vehicles to cover the new service area.

Mayor Sue Kempf said that Laguna Beach Pride had expressed interest in having a rainbow-decorated lifeguard tower, and the group had been willing to raise funds for it.

“I don’t think they need to raise money to purchase it because we’re going to purchase the towers ...,” Dupuis said. “If they want to raise funding for the painting and fabrication of

the coloring, we’d be more than happy. ... We can work with them to make it happen.”

Laguna Beach Pride president Craig Cooley said the suggested rainbow tower, which he said would represent a culture of diversity and acceptance in town, would be at West Street. The organization would also like to put a commemorative plaque on site.

A couple residents also encouraged city staff to meet with locals to gain an understanding of issues unique to South Laguna, including the oft-discussed Aliso Beach sand berm, which advocates have been encouraging the county to better protect.

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LOBBY

Continued from page A2

hopes the school would come into compliance with the law. But after not seeing significant change, she and Avital decided to ask trustees at the Newport-Mesa Unified School District to take action.

“[Pads and tampons] are as much a necessity as toilet paper, toilet seat covers

and soap ... and I think a big argument against providing them for free is kids will take them, stock up and it’ll be abused. But I don’t think that makes sense,” Kallel said. “You could theoretically make that argument for everything in the bathroom, but you continue to stock them because they’re necessary. Tampons and pads aren’t treated as necessary.”

Kallel added that during

the few times she found supplies in stock, they were old and uncomfortable products.

District spokeswoman Annette Franco confirmed the district provides free menstrual supplies and that there are dispensers in at least half of the girls’ restrooms of all the secondary schools and, in many cases, all of them.

See **Lobby**, page A8

¹ Offer is subject to change without notice and applies for one term only. Annual percentage yield (APY) is effective as of publication date. Penalty will be imposed for early withdrawal. \$10,000 minimum balance required. Member FDIC and Equal Housing Lender

NOTHING IS OFF LIMITS ON HER PODCAST

The 'Adult Chicken' podcast Nikki Chase started this year to share her journey is gaining fans across the country.

BY MATT SZABO

Authentic. Raw. Funny. These are just some of the words that Newport Beach resident Nikki Chase said her friends have used to describe her podcast.

It's autobiographical, in the most intimate way.

"Most of my stories are just my experiences," Chase said. "I bring up my childhood ... and I had forgotten that half of this crap has happened in my life, but it relates to a current subject."

The podcast is called "Adult Chicken," and even that has a story. That's a code word for marijuana that the single mom uses with her two special needs children, daughter Bootsie, 19 and son Sandler, a 15-year-old.

Each was born with an unbalanced translocation of chromosomes 2 and 8.

"They're cognitively delayed, they're intellectually disabled, both hearing impaired," Chase said. "They've got the laundry list of special needs."

Neither goes to school, so they're around their mother constantly. That's why Chase records her "Adult Chicken" podcast weekly at 4 a.m., in a studio in her living room. She records video with her phone and episodes are on YouTube, but the audio version is also available on popular platforms.

Chase speaks on a wide range of topics, from her interesting childhood to later domestic abuse. After packing up and leaving her native Colorado in the middle of the night, the



NEWPORT BEACH resident Nikki Chase in her home studio. Chase has started an irreverent podcast, "Adult Chicken," about maneuvering through life's obstacles, which she records at 4 a.m. in a studio in her living room.

family landed in Tacoma, Wash., where they stayed for about a year, and where Chase said she developed a stalker.

A common theme of her podcast is getting past life's obstacles, and Chase has had plenty of those.

"Life has just not been anything like what I anticipated or imagined, not by any stretch of the imagination," said Chase, 49. "It's absolutely insane."

She and her two children settled down on the Balboa Peninsula nearly 13 years ago. Soon after that, she met Sarah Calvert, who has become one of her best friends.

"It's been in discussion for a while," Calvert said of the "Adult Chicken" podcast, which is now up to 26 episodes since Chase



A FEW inspiring rubber chickens are part of Nikki Chase's podcast studio in Newport Beach.

Photos by Don Leach | Staff Photographer

launched it in April. "I've been encouraging her. She just has the best stories. They're the kind of things you can't really make up. Truth is stranger than fiction sometimes. And her

way of handling things, it's just really inspiring." Skateboarding also plays a role in the story. Sandler picked up the sport, and later so did Nikki. It has given her

younger child an activity, and her older child a place to hang out — and possibly scope out teenage boys. They frequent the Volcom Skate Park in Costa Mesa.

Nikki Chase broke her ankle and was in a boot for five months, but now she's back to skateboarding.

"It goes hand in hand," she said with a smile. "Podcasting and skating are kind of like the yoga for ... people who can't calm down."

Chase said she hasn't had guests on her podcast yet because "I've got to run out of my stories first." One exception is Episode 25, in which Sandler is a special guest.

Chase said that skateboard legend Tony Hawk found out about the episode, and he sent Sandler a nice message on his Instagram.

Leslie Orrell, who used to work with Chase at a jewelry store in Colorado, has kept up with her former colleague through social media. Orrell, now an elementary school teacher in Mississippi, has become an avid listener of the podcast.

"I got hooked," Orrell said. "Some of those stories, I knew her at some of those times in her life, but didn't really know what was happening. I didn't know the backstory. She just really gives you her raw, honest, unfiltered opinion. Even though I haven't lived it, I get it."

Chase warns that the podcast has some adult language and is not for children.

It's unfiltered, just like her life. And the "Adult Chicken" podcast is gaining fans across the country.

"It's funny, because you see how you can reach people," she said. "I've heard from people I haven't thought of for 30 years. They say, 'Nikki, I heard your podcast.'"

"And I'm like, 'I hope I didn't talk about you.'"

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An organic sourdough bakery returns to its roots

Rye Goods opened a location in Tustin this month, and a Laguna Beach shop is set to open next.

BY SARAH MOSQUEDA

It all started with Winona. “Everyone names their starter,” said Rye Goods pastry chef and owner Sara Lezama. “Ours is Winona Ryeder.” The rye sourdough culture Lezama was gifted 22 years ago was already 15 years old when she received it. Winona Ryeder is the base of nearly all the goods that come from Rye Goods. “We have been feeding this thing, and it’s 100% rye, and so that is the base of almost everything,” Lezama said.

Besides the good starter, Rye Goods mills all its flours and sources heritage grains and wild yeast. The organic sourdough bakery “lives in the seasons” and uses fresh, seasonal, local fruits and veggies in its baked goods that are sold along with coffee and natural wine.

Rye Goods began in 2016, when Lezama was rebuilding her garage in Tustin and decided to add a few extra things to the structure.

“I got the idea that if we are building this out, maybe we can add some things here and there,” she said. “And we ended up building this fully functioning professional kitchen.”

Lezama started baking bread and pastries for catering gigs and wholesaling to coffee shops until it became a full-time job.

“We outgrew our garage. I think we got to 10 wholesale accounts, so we landed



OWNER SARA LEZAMA stands in the pastry kitchen at Rye Goods in Tustin. She began the business in her garage in 2016 with a sourdough culture named Winona Ryeder.

at the Hood Kitchen,” she said.

The team had just gotten settled at Costa Mesa’s Hood Kitchen Space, a commercial kitchen rental and event space, when the pandemic struck.

“We went from being 100% wholesale to zero wholesale accounts in a weekend,” Lezama said. “Everything shut down and all of our accounts called and said, ‘We don’t need anything.’”

Rye Goods was just coming off a holiday season where it had successfully sold pies on a rudimentary

website for the first time, so Lezama decided to put the site to use by selling bread online.

“We launched it, and it went crazy, we had lines around the block,” said Lezama. “Especially for holidays, no one was up and running, and we were just getting so much love.”

For the first time, Lezama said the team was also getting the chance to interact directly with customers who were fans of Rye Goods’ bread and pastries.

“We had talked to people on Instagram that were picking up our stuff at cof-

fee shops, but we got to meet everybody. For like two years, we built really great relationships with our direct customers for the first time.”

A year into the pandemic Rye Goods opened a storefront at Lido Marina Village in Newport Beach, and those same enthusiastic customers came out to support it.

The Tustin location on Red Hill Avenue opened this month, but it was initially conceived as Rye Goods’ own commercial production kitchen when Lezama and her team began the buildout in 2019.

“Then we added this little storefront area onto it, as customers said they didn’t want to go all the way down to the peninsula and wanted something more central,” said Lezama. “And Tustin is where we started, so we felt like we had to do it here.”

A variety of loaves are available, from country to sesame to jalapeño cheddar along with brioche, bagels and baguettes. Customers will also find seasonal treats like apple turnovers, sticky buns and strawberry vanilla



RILEY JOHNSON pulls out a tray of various croissants made on Nov. 17 at the newly opened Rye Goods in Tustin.



FRESH BAKED banana rye bread at Rye Goods.

cream danish. A deli menu offers sandwiches, pastas, soups and cheese plates too.

Rye Goods, Tustin did end up the hub of production as intended.

“We were working with about 600 square feet of kitchen space at Lido, and we soon burst out of that. So we have all really been waiting for this,” Lezama said.

The Tustin location contains a bread room, bake room, a deli, storage space and a place for packaging.

“It is three times the size, and everyone is very happy,” Lezama said.

And Rye Goods continues to rise, with a Laguna Beach location planned for the former Grove on Forest coffeehouse space at the Lumberyard Mall on Forest Avenue.

“It will be a storefront,

but it will also be a full wine bar,” said Lezama. “It will be the shop that stays open later. We will do bread, but then we will do little appetizer too.”

Besides gearing up for the next location, Lezama said the team is getting ready for the next big project: preorders for Christmas.

“We have always been like, it’s the pandemic — get out what you can,” Lezama said. “This year we have the equipment and the people and the creativity to make this holiday menu our most fun Christmas menu yet.”

Lezama said customers can look forward to festive pies, tarts and cakes.

“We are excited for December.”

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HEAD PASTRY chef Kieran Tyler, center, works alongside the pastry team at Rye Goods in Tustin.



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Disneyland Resort celebrates world's diverse cultures

SEASON

Continued from page A1

Christmas, Navidad, Hanukkah, Diwali, Kwanzaa and Three Kings Day.

Performances range from the Grammy Award-winning Mariachi Divas, who play holiday tunes in the style of mariachi to Mostly Kosher, which honors Hanukkah with a contemporary spin on klezmer music. At the Paradise Gardens Park, the Blue13 Dance Co. tells the story of Diwali with traditional and Bollywood-style dances while the Mistletoes celebrate Christmas and the spirit of Kwanzaa with a cappella vocals.

The Disney ¡Viva Navidad! street party, hosted by Three Caballeros and Minnie and Mickey dressed in traditional folklórico costumes, features Brazilian samba dancers and percussionists, Mexican folklórico dancers and 12-foot-tall *mojiganga* puppets, papier mâché sculptures first brought to Mexico by Spanish colonists as a folk religious tradition.

"They have these giant *mojiganga* puppets of Santa Claus and Mrs. Claus," said Arielle Harris, a Disneyland Resort cast member. "The kids are always screaming when they see those, because we have never had those at the park before."

The Festive Foods Marketplace features nine kiosks, each serving creative takes on multicultural cuisine, like Filipino favorite pork belly adobo with garlic fried rice, curry mac 'n cheese with cilantro oil and crispy garbanzos. A snack-friendly spin on a Jewish deli mainstay, lox and everything bagel nachos, comes with bagel chips, cream cheese, diced smoked salmon and everything spice, topped with onions, tomatoes and capers. Guests can purchase a Sip and Savor Pass good for eight food or non-alco-



Photos by Sarah Mosqueda

BOLLYWOOD DANCERS tell the story of Diwali at Disney's California Adventure in Anaheim.

holic beverage items over multiple visits.

At Disneyland, festive holiday décor can be found throughout the park.

"Over at Disneyland Park you have your 60-foot Christmas tree and at the end of Main Street, you have Sleeping Beauty's Castle, which is beautiful at night," said Harris.

The castle gets capped with snow for the holidays, and during the nightly "Believe ... In Holiday Magic" fireworks spectacular, it snows in the park. In New Orleans Square, Jack Skellington gets comfortable in the Haunted Mansion as the attraction transitions from Halloween to Christmas and transforms into Haunted Mansion Holiday.

"It's a Small World Holiday," celebrating its 25th anniversary, also gets a holiday makeover. More than 50,000 twinkling lights adorn its usually



A GIANT *mojiganga* puppet glides along the "Disney ¡Viva Navidad!" street party at Disney's California Adventure.

white façade. Every 30 minutes throughout the night a light projection show that features holiday imagery like snowfall and nutcrackers is displayed to holiday music.

But even Disneyland's tried and true traditions like "Small World" are making strides toward more inclusion.

"For the first time ever, they have added in a doll in a wheelchair," said Harris.

The inclusivity isn't just reserved for the holidays.

A limited-time experience celebrating "Black Panther: Wakanda Forever" at California Adventure immerses parkgoers in the spirit and culture of the fictional world of Wakanda.

"Disney has really taken a giant step in this inclusion, diversity movement with this character," Paul Bryant, associate show director at Disney, said of Black Panther. "When I was growing up as a Black man,

we didn't have a super hero. The Black Panther that I grew up reading in comic books was not a Black man, he was a man in a black suit. This is very important to me for our young people to see there is actually a character in the park, who is just as popular as Snow White or Cinderella, and he is a Black superhero."

At the celebration, Chief-tan M'Baku invites "recruits" to share some of the culture of the Jabari Tribe through chants and percussion in "The Way of the Jabari" experience.

"We took the character of M'Baku and brought him into the Avengers Campus. It is an interactive moment," said Bryant. "We made sure we kept the true essence of the character."

The experience continues with dishes inspired by African cuisine at Flavors of Wakanda in the Hollywood Backlot, with menu items like peri-peri chicken and Maafe, a West African stew made with beef and peanuts. The Black Panther Celebration Garden honors the legacy of the Black Panther, and respect is also paid to the late Chadwick Boseman, or "King Chad," in a special mural at Downtown Disney illustrated by artist Nikkolas Smith.

No matter what you celebrate, this holiday season is one of inclusion at the resort.

"Disneyland is a place where everybody is welcome, no matter what age, background, ethnicity or class. So it is so important that a place that draws so many people has something for everybody to connect to," said Harris. "And, also it is an opportunity for someone to learn about another culture, and that is probably one of the most exciting parts too. It brings everybody together."

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THE BUNGALOW

Ritzy Lunch Is Back!

Traditional Holiday Fare

Served Wednesday - Friday 11:30am - 3pm Nov 30th - Dec 23rd



This Holiday Season, The Bungalow Restaurant Family is continuing the tradition of the Ritzy-style lunch that locals and visitors alike enjoy year after year!

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RITZY HOLIDAY MENU

TRADITIONAL HOLIDAY FARE

Served Wednesday - Friday 11:30am - 3pm | November 30th - December 23rd, 2022

The Bungalow restaurant family would like to thank you for joining us this holiday season to continue the tradition of the Ritzy-style lunch that locals and visitors alike enjoy year after year.

APPETIZERS

THE BUNGALOW EGG

Chive smoked salmon scrambled egg topped with caviar. Served with a shot of Grey Goose Vodka 20

COLOSSAL PRAWN COCKTAIL

Spicy cocktail sauce with fresh horseradish & Tabasco then mixed with diced celery 24

BUTTERNUT SQUASH RAVIOLI

Sage brown butter, shaved Manchego, pistachios 18

SWEET CHILI CALAMARI

Tender calamari fried golden brown, sweet chili, bean sprouts, daikon sprouts, peanuts, carrots, Japanese dressing 18

GRILLED ARTICHOKE

Quarters of grilled artichoke, garlic olive oil marinade, ginger aioli 18

SOUPS & SALADS

CORN CHOWDER

Fresh corn, Applewood smoked bacon 13

MEATBALL SOUP

Pork & beef meatballs, beef stock, sautéed spinach, penne pasta 13

HOLIDAY SALAD

Cut romaine, Belgian endive, chives, watercress, Canadian coral bay shrimp, hard-boiled egg, tomato, ciabatta croutons, tossed in an olive oil, tarragon apple cider vinaigrette & a touch of Dijon mustard 21

DUNGENESS CRAB & BAY SHRIMP LOUIE

Juliened iceberg lettuce, sliced egg, asparagus spears, roasted red pepper, 1000 island dressing 29

LIME-MARINATED CHICKEN SALAD

Mixed greens, lime marinated grilled chicken, avocado, chopped grilled vegetables, tarragon vinaigrette 21

BUNGALOW COBB SALAD

Diced chicken, bacon, hard-boiled egg, avocado, tomato, scallions, bleu cheese, red wine vinaigrette 21

SEARED AHI SALAD

Seared rare, field greens, sweet peppers, Portobello mushrooms, toasted sesame seeds, wasabi-ginger vinaigrette 29

SANDWICHES

STEAK SANDWICH

Six ounce sliced filet mignon, onion strings, French baguette, French fries 29

BEEF DIP SANDWICH

Sliced thin, au jus, Swiss cheese, caramelized onions on a French roll. Served with creamy horseradish & French fries 22

FILET MIGNON BURGER

Ground filet mignon, cheddar cheese, lettuce, tomatoes, pickles, caramelized onions, 1000 island dressing & French fries 22

HOLIDAY FARE

TRADITIONAL ROAST GOOSE WITH LINGONBERRY SAUCE

Celery root mashed potatoes, warm gala apple compote & sweet sour red cabbage 40

DI BELLA PASTA

Penne pasta, marinara sauce, meatballs 25

PEPPERED MEDALLIONS OF FILET

Two medallions of pan-seared & pepper crusted filet mignon, topped with Diane sauce, seasonal vegetables 36

MISO-MARINATED CHILEAN SEA BASS

Soy glaze, coconut rice, stir fried vegetables, mushrooms, lemongrass ginger beurre blanc 38

BLACKENED KING SALMON

Yukon Gold mashed potatoes, avocado relish, honey jalapeño beurre blanc 33

CALIFORNIA CHICKEN BREAST

Pan-seared chicken breast, oven roasted tomatoes, avocado, Yukon Gold mashed potatoes 33

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