

# Daily Pilot & Times OC

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Photos by Don Leach | Staff Photographer

**VOLUNTEERS MARK JAMES** and Mary Ann Sprague, from left, load a car with groceries at the Laguna Food Pantry on Wednesday. The pantry, marking its 30th year in operation, aims to meet all the food groups in the boxes it provides to its visitors.

## 30 years of providing food for those in need

Laguna Food Pantry has shifted its operations from a walk-in grocery store to a drive-through food distribution site to meet increased service demands.

BY ANDREW TURNER

Change is expected with the passage of time, and those who have been around the Laguna Food Pantry through the years will not recognize it as the pantry of old.

What once was a center that provided a walk-in shopper's experience is no longer, giving way to a drive-through grocery loading lane at its location in Laguna Canyon.

The shift in operations came about because of the coronavirus pandemic, and while it broke some hearts to move on from the charm of a shopper's experience, it was necessary.

"Initially, people were very sad," Anne Be-

See **Food**, page A2



**BOARD PRESIDENT** Susan Thomas, executive director Anne Belyea and volunteer Mary Ann Sprague clear boxes after a busy morning at the Laguna Food Pantry on Wednesday.

## Agency takes bite out of mosquito numbers

The O.C. Mosquito and Vector Control District monitors the mosquito population year round looking for diseases.

BY ERIC LICAS

The whining buzz of a mosquito circled John Savage Wednesday as he loaded the hopper of a fogging machine with VectoBac, an insecticide formulated specifically for the pests. He started its motor and strapped the device onto his back, then waded waist-deep around bundles of



Eric Licas

**ORANGE COUNTY** Mosquito and Vector Control District inspectors spread VectoBac, an insecticide that targets the pest's larvae, in Huntington Beach on June 14.

reeds in a marsh just north of UC Irvine, between Campus Drive and Highway 73.

The inspector for the Orange County Mosquito and Vector Control District said he loves his job, and didn't complain about the pint or so of murky water he dumped out of each boot after treating just a small portion of the roughly 50-acre space he was tasked with handling. But he did lament the temporary loss of a drone they had only recently started using, which would have allowed him to dust most of the marsh he was in within just two or three hours.

See **Mosquito**, page A5

## Journaling course aims to help people turn over a new leaf

The five-week course invites participants to foster positive thoughts while exploring Sherman Gardens.

BY SARA CARDINE

For some people, writing is about much more than putting words on a page. It's an act that has the power to transform a person's perspective, mood and way of thinking and being in the world.

Take, for instance, Ellen Bell. A lifelong writer, her style and subject matter have shifted over time, from short stories and poems penned in her youth to newspaper articles and historical essays.

"Writing has always been a constant thread in my life," said the Newport Beach resident, who's provided content for local papers and magazines as a freelance writer. "It's an art and an important form of expression — I do believe it's therapeutic."

Next week, Bell will test that

theory at Sherman Library & Gardens, when she leads a five-week course that encourages participants to foster emotions such as gratitude, curiosity, serenity and joy while exploring the grounds and then capturing the mood in words.

"Writing Wednesdays: Positive Journaling in Sherman Gardens" will be offered from 10 to 11 a.m. beginning on Wednesday and continuing on June 28, July 5, 19 and 26. Writing materials will be provided to attendees who sign up for the series.

The facilitator emphasizes the sessions are not intended to make people better writers, but rather to help people cultivate a mindful awareness of their thoughts and feelings and, where possible, make adjust-

See **Course**, page A3



**WRITER AND** Sherman Library & Gardens volunteer docent and meditative mindfulness facilitator Ellen Bell will lead a positive journaling class starting on Wednesday.

Courtesy of Sherman Library & Gardens

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# Newport Beach author pens novel about ghosts and motherhood

BY LILLY NGUYEN

As a child growing up in San Pedro, Candi Sary remembers her neighborhood as small, where everyone knew everyone, and her parents were involved in the biggest facets of the community's lives: baptisms, weddings and funerals.

And though she didn't go to the funerals as a child, Sary recalls being fearful of death.

"I was really aware of it," Sary said in a recent interview. "I was worried what would happen if I lost someone that I loved, but I would hope they could come back to me. So, ghost

**"There's a lot of quirky little fun things. I hope it's entertaining. I hope the ghost story is intriguing. I hope it's a great escape."**

Author Candi Sary

stories always really stuck with me, and I was comforted by the idea that people could stay with you even when they passed on."

It's no small wonder then that Sary's two books — her debut novel, "Black Crow White Lie" — and her soon-to-be published second, "Magdalena," deal intimately with the supernatural. Ghosts are the focus of the latter, which will be released on July 11 by Regal House Publishing.

"Magdalena," according to its summary, is a novel about town outcast Dottie, who, after suffering from a history of miscarriages, develops a "strange, motherly interest" in her 15-year-old neighbor, Magdalena, who sees ghosts. When Magdalena goes missing, Dottie finds herself at the center of a town scandal.

Sary said she started writing the first draft for

"Magdalena" the year that both of her children went off to college in 2012. Sary said the narrative started out as a ghost story but eventually evolved as she began processing being an empty nester, "that longing for a child."

"I feel like this always happens with writers. When I'm writing something, I am processing something that is happening in my life in a very indirect way," Sary said. "The first draft ... it took a few years. The first draft usually takes anywhere from two to four years and then after that, there's so much rewriting. As I edit, get feedback, there's a ton of rewriting — so, the initial draft is nothing like what it comes out like at the end."

She said her book looks at motherhood, grief and longing while also allowing a sense of hopefulness to shine through.

The town is based loosely on San Pedro, according to Sary, who now lives in Newport Beach. The book contains references to the rock band the Killers.

The character Magdalena was so named because Sary liked the name but also because of the song "Magdalena" by Brandon Flowers. She said she often listened to the Killers' music while taking walks around the Back Bay after writing and described Flowers' voice as "haunting and longing."

"[It's] an experience and something very different. It's finding hope in this woman who had such a difficult experience and her unique way of healing," Sary said of "Magdalena." "There's a lot of quirky little fun things. I hope it's entertaining. I hope the ghost story is intriguing. I hope it's a great escape. That's what I love reading for."

Sary will be launching the book with an event at 5:30 p.m. on July 11 at Arvida Books in Tustin, where she will be speaking with fellow author Lisa Cupolo.

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Photos by Scott Smeltzer | Staff Photographer

**AUTHOR CANDI SARY** is an award-winning writer and graduate from UC Irvine. Sary is releasing a new book, "Magdalena," which explores themes of ghosts and motherhood, in July. Sary said she started writing the first draft for the book in 2012.

## UCI Health

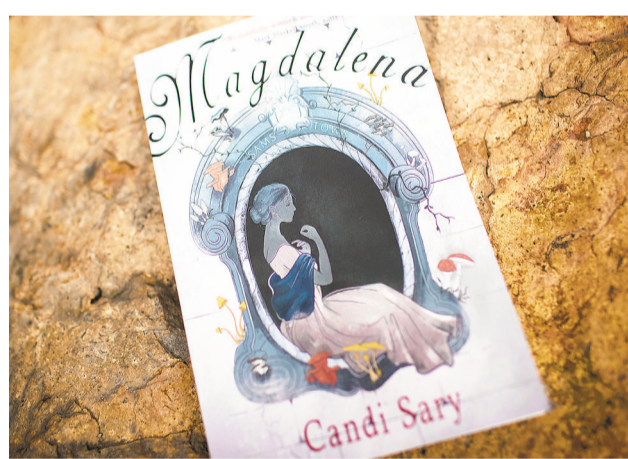
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Models used for illustrative purposes.



NEWPORT BEACH author Candi Sary's book "Magdalena."

## FOOD

Continued from page A1

lyea, executive director of the pantry, said. "Our volunteers and the families alike were sad that we had masks and gloves and shields and all of that, and that they weren't having that sweet little mom-and-pop grocery store-like setting to go through and pick what they wanted. I think it's evolved into a warm, loving atmosphere out here."

Belyea said the pantry went from seeing 80 to 100 people a day when the drive-through method was deployed on March 16, 2020, and it swiftly climbed to nearly 200 daily visitors. The pantry is only open a short period each day of operation, from 8 to 10:30 a.m. Monday through Friday.

Demand remains in the vicinity, and with those sorts of numbers, the pantry has been fielding additional volunteers. The



Don Leach | Staff Photographer

**VOLUNTEER GROCERY** organizer Carol Maddux arranges eggs and other products at the Laguna Food Pantry.

helping hands have risen from seven volunteers to more than 20 per day to handle the manual labor of grocery pickup and delivery from stores in the surrounding community, sorting food, packaging the goods and placing them into vehicles.

Jan Vickers, board president for the Laguna Beach Unified School District, was among the volunteers on site Wednesday.

"I really believe in it," Vickers said of volunteering. "Years ago in the district, we started the requirement [for students] to have 40 volunteer hours before they graduated, and it was not real popular when we brought that up. Some of the parents came to warn me, and they said, 'This is forced volunteerism,' but it really caught on. There were not many schools doing it. Now, I think basically all schools do it."

She added that working

See **Food**, page A4



Courtesy of Puesto

**TACOS FROM** Puesto Mexican Artisan Kitchen & Bar, which is among the nearly 100,000 restaurants in the United States that celebrate Taco Tuesday, two words trademarked by Taco John's, a fast-food chain based in Wyoming.

# O.C. businesses rally to free Taco Tuesday

BY SARAH MOSQUEDA

Plenty of diners know which restaurants have great Taco Tuesday specials, but what taco enthusiasts may not have realized until recently is the term Taco Tuesday is trademarked. Taco Bell petitioned the government to cancel the trademark a few weeks ago, which is held by Taco John's, a Wyoming-based fast food restaurant chain.

"This news was news to a lot of people that even such a term could be trademarked," said Pamela Waitt, an Orange County resident and founder of *tacotuesday.com*. "It was like finding out something crazy like 'Sunday brunch' is trademarked."

The earliest Taco Tuesday specials have been documented as far back as the 1930s, while Taco John's has held the trademark since 1989. In mid-May, Taco Bell filed a petition with the U.S. Patent and Trademark Office to cancel the trademark.

"The phrase has been used long before they trademarked it, decades before," said Waitt. "It continues to be used by millions even after they trademarked it."

Taco Bell, whose headquarters are in Irvine, isn't interested in acquiring Taco Tuesday for itself but rather freeing it for public use.

"Liberating' Taco Tuesday means canceling the trademark registrations because Taco Tuesday is a common [generic] term. Once Taco Tuesday is 'liberated,' no one restaurant will be able to claim they have exclusive rights to use it [especially not us]," reads a statement on Taco Bell's website. "Taco Bell wants Taco Tuesday to be free for all restaurants and taco vendors to use without fear of a cease-and-desist letter or lawsuit."

Taco John's isn't necessarily stopping restaurants from hosting Taco Tuesday, but Taco Bell is not alone in speaking out against the trademark.

"Support for the cause continues to grow with NBA star LeBron James joining Taco Bell in support of restaurants and taco lovers across the nation in an effort to #FreeTacoTuesday," said Waitt.

Waitt is part of the team that secured the *tacotuesday.com* domain name in 2019 in order to create a taco search engine, free for restaurants and the taco-loving community.

"As we discovered how valuable Taco Tuesday was for restaurants and how there really wasn't a space to easily find Taco Tuesday events, we created it as something that is always free for the user and always free for the restaurants," said Waitt. "They can put their Taco Tuesday menus up there, and there will never be a charge."

The site lists restaurants

with Taco Tuesday menus from Costa Mesa to Las Vegas, Dallas and Jersey City along with taco trends and margarita recipes.

*Tacotuesday.com* reports Taco Tuesday events increase restaurant revenue by an average of 22% to 36%, which local Orange County restaurants can attest to.

"Taco Tuesday is our busiest day of the week, across the board at all of our locations," said Lidiya Harvey, director of brand strategy for Puesto Mexican Artisan Kitchen & Bar. "It always has been."

Puesto's locations in Anaheim, Park Place Irvine and Los Olivos Irvine all offer half off on all tacos on the menu from 3 p.m. until closing each Tuesday.

Most recently Puesto

**"The phrase has been used long before they trademarked it, decades before. It continues to be used by millions even after they trademarked it."**

Pamela Waitt

launched a new restaurant, Marila's Mexican in Huntington Beach.

"Marila's is inspired by the owner's grandmother. We wanted to open a concept in Huntington Beach that was tailored to the community, based on feedback we had received wanting entrees," said Harvey. "We took a lot of inspiration from family recipes that the owners grew up cooking with their grandmother at home; they are first generation Mexican Americans. So that is a special concept we created for that location."

Marila's Mexican also offers Taco Tuesday specials all day, from 11:30 a.m. to 9 p.m.

"I think tacos are great everyday, personally, but something about Taco Tuesday is like a community celebration almost," said Harvey.

Waitt agrees.

"We are here to amplify the voices of our restaurant industry friends across the country who celebrate Taco Tuesday and all the taco loving fans who visit them on Tuesday or any day of the week," said Waitt.

Waitt said Taco Tuesday being trademarked today can be likened to someone owning "happy hour."

"I don't think anybody gets to own something like [that] ... I think it belongs to everybody," said Waitt. "It belongs to the people."

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## COURSE

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ments to increase their positivity level.

"It's not like writing in a diary. A lot of times with journals we find ourselves processing something that went wrong. This is more about feeling grateful for things that are actually going well and focusing on them."

For example, a class might begin with a discussion or a prompt designed to get everyone's creative juices flowing. Participants are then let loose to traverse the grounds, paying attention to objects that catch their eye or trigger good feelings or fond memories.

The idea is people will expand upon those thoughts and feelings in their journal, then later reconvene and share, if they want, what they experienced. Over a five-week period, the act of slowing down and nurturing better thoughts, and later revisiting them in the journal, becomes a habit.

Bell, who's volunteered at Sherman Library & Gardens since last fall, said the concept for the course came from her recent two-year training as a meditation guide and from a book by au-

**"It's not like writing in a diary. A lot of times with journals we find ourselves processing something that went wrong. This is more about feeling grateful for things that are actually going well and focusing on them."**

Ellen Bell

thor Megan Hayes called "Write Yourself Happy: The Art of Positive Journaling."

"I found it in a bookstore in Claremont and thought this is what I'd like to teach and share," she recalled.

Catherine Dickinson, an education director responsible for overseeing classes, lectures and kids activities offered in the gardens. Because many people come to the garden for sanctuary, rest and relaxation, she tries to offer courses that promote wellness.

She was thrilled when Bell mentioned her interest in trying out a positive journaling course.

"We all grew up writing in school, then most of us sort of let it lapse," Dickinson said. "This is a great way to tune back into that creativity."

"I just want people to learn a new practice that they can take away into

the rest of their lives, and I'd like them to have had a really positive and beautiful experience in the garden."

Bell shares a similar intention. "Ultimately, I want people to start to feel [this] is their oasis, a place they can come and be quiet. To me, that's what mindfulness is," she said. "I'm very interested in helping people connect with that, and the Sherman is just the place to do that."

"Writing Wednesdays: Positive Journaling in Sherman Gardens" runs Wednesday, June 21 through July 26 (except July 12). The cost is \$100 for garden members and \$125 for non-members. Sherman Library & Gardens is located at 2647 E. Coast Hwy., Corona del Mar.

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# 'Family affair': Villains Brewing Co. sets up shop in Anaheim

New brewery expands empire of Smoke & Fire's Isaias Hernandez, raising a glass to the bad guys and the family.

BY SARAH MOSQUEDA

On the evening of Friday, June 9, a line of beers lovers snaked down Anaheim Boulevard and around the corner onto West Water Street, waiting to get into Villains Brewing Co. in Anaheim.

"It's been like this since 11 a.m.," a security guard marveled.

The grand opening of the new brewery from Smoke & Fire's Isaias Hernandez drew crowds throughout the day and into the night.

"It is family affair; it is what we do best," said Hernandez. "It is hospitality wrapped into beer, wrapped into an artisanal approach to food."

Hernandez started Smoke & Fire Social Eatery with partners Josh Bentrem and Juan Hernandez, combining corporate restaurant experience that collectively includes Red Robin, Bubba Gump Shrimp Co., Wood Ranch BBQ & Grill and Raising Canes Chicken Fingers. Known for its barbecue, Smoke & Fire boasts locations in Pomona, Paramount and La Habra, while Craft by Smoke & Fire, at the nearby Anaheim Center Street Promenade, leans more toward a steakhouse-style, full-service restaurant.

"We opened up Craft by Smoke & Fire because we are all full-service people," Hernandez said. "That is our full-service brand that has a full liquor license and does craft cocktails with craft barbecue."

The menu at Villains, reflects favorites from the restaurant

group, like smoked beef brisket and smash burgers. For beer, Hernandez partnered with Brad Kominek, a brew master with experience at other respected Orange County breweries like Noble Ale Works and Green Cheek.

"I met Brad at a charity event for cystic fibrosis, where I cooked and he made beer," said Hernandez.

Not long after working the charity event, Shaheen Sadeghi, creator and founder of Costa Mesa-based LAB Holding LLC, reached out to Hernandez about an opportunity with his property formerly occupied by Modern Times Leisuretown. Hernandez decided to bring Brad in as head brewer.

"We shook hands, we made it official; on Feb. 4 we became a legitimate company, and Brad and I have been here everyday since," said Hernandez.

The beer menu's tagline is "brewed with villainous intent" and features options like a double West Coast IPA called Brethren of Filth and a Mexican lager called Saca La Bolsita.

The space has retained the backyard party feel developed by LAB Holding, with patio seating and a swimming pool.

"When you walk in you feel like you are walking into your tia's house," Hernandez said of the relaxed outdoor vibe.

Shipping containers with murals of famous bad guys like Chucky from "Child's Play" and Freddy Krueger of "A Nightmare on Elm Street" play up the villain theme and surround the outdoor courtyard. The 33,000-square-foot site is an imposing space to fill, but Hernandez has a plan.

"It starts with understanding the vessel," Hernandez said. "It can't just be a brewery. It can't



Greg Nagel

A BLACK-AND-WHITE mural shows a collection of movie villains in a police line-up at Villains Brewing Co.



Sarah Mosqueda

BARBECUE ENTREES include brisket and smoked chicken.

just be a restaurant. It can't just be a speakeasy. It has to be all of those. We are creating an ecosystem," he said.

Villains Brewing Co. has the option of sit-down service barbecue in the outdoor courtyard or a casual bar atmosphere within the brewery. The Villains Lair is where the partners plan to feature options from three or



Greg Nagel

VILLAINS BREWING CO. opens in the former Modern Times Leisuretown space in Anaheim, complete with swimming pool.

four rotating food-hall-style restaurants, like fried chicken from Bird Haus, Hotbox Burgers and sourdough Detroit-style pizza and pasta from One. Dope. Pizza.

"And hopefully soon, on July 1, you can have some of the best craft cocktails in Orange County," said Hernandez of an unopened portion of the space. "The basement will be a speakeasy, and the top floor will be a dining area."

Besides diversifying the space, Hernandez said the other important component to helping a business succeed is creating a community. Smoke & Fire, he said, was built on the foundation

of not just creating a company but starting a family.

"It sounds cheesy, but at each of our restaurants everywhere we have Fast & the Furious quotes about family," Hernandez said. "As we started growing, we developed a passion for opening up restaurants and offering jobs to people in the community. So our mission right now is to open up safely, sustainably, organically, and provide as many jobs as possible and have our family grow and see where it takes us."

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CRAFT BEER at Villains Brewing Co. is served in the outdoor space.

Greg Nagel

**THE NEWLY** opened Villains Brewing Co. offers nods to famous bad guys including Jason from the "Friday the 13th" series, seen playing pool in a black-and-white mural.



Greg Nagel

## FOOD

Continued from page A2

with the pantry not only gets food to those who have a need, but it helps to prevent food waste.

Lesli Henderson, vice chair of the board and the volunteers chair for the pantry, said a student can feel like their work matters

when they decide to volunteer with the organization.

"I always tell parents, 'Your child is going to come here, and they are going to see up front that they are making a difference and a change,'" Henderson said. "For a child, a young person, you don't always get that in your life, but they know that when they're putting food in a box and handing it out that a family is going to eat tonight that may not otherwise have been able to do that. A young person can take ownership of a job well done."



A NEW carport is a welcome addition to the Laguna Food Pantry in Laguna Beach.

Don Leach | Staff Photographer

The number of stores the pantry is rescuing groceries from since the start of the pandemic has grown threefold. Belyea said the pantry is now working with 22 grocery stores through its partnership with Second Harvest Food Bank of

Orange County. The pantry aims to meet all the food groups in the boxes it provides to its visitors.

"Food is the focus and center of every celebration and activity, and to be able to provide the most basic need to families just is a no-brainer," Belyea said. "It fills your heart, fills your soul to be able to do this. I get so much more out of it than I ever put in. It's incredible. It really is."

Laguna Food Pantry, which is celebrating its 30th anniversary this year, may rescue groceries from neighboring cities, but its reach is greater.

A woman who requested her name not be made public said she has journeyed from Cypress to Laguna Beach for the past two months to put food on the table for her family of five. She described the drive-through experience as an efficient one.

"My friends tell me about this place," she said. "Before, I would [go to] Cypress place, but it's closed, and lots of places take a one-hour wait, and I have a baby. Today, she's in a camp, but usually I have her with me. It's a long time. She might cry or something, and it's very difficult to stay in the car."

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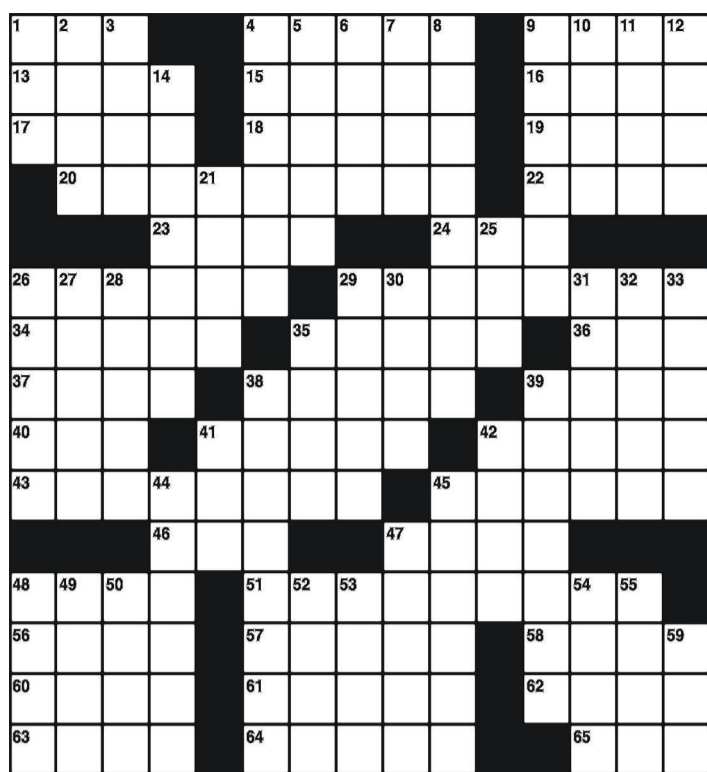
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OCT	KAPPA	CHAP
IOWA	ONION	HORA
LOIN	AGENT	ALMS
KNOWLEDGE	NEST	
TEAR	LIE	
ARCHES	SPOTLESS	
TIRED	CHIPS	ROW
OVER	CRATE	GObI
NAP	DOORS	ROSES
ELEGANCE	LOSERS	
ABC	CALL	
ODOR	ESTABLISH	
WADI	ROUGE	NOUN
ENDS	NOBEL	GAGA
DASH	STAYS	KEG

8	6	1	3	9	7	2	5	4
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**THE DAILY COMMUTER PUZZLE**

By Jacqueline E. Matthews

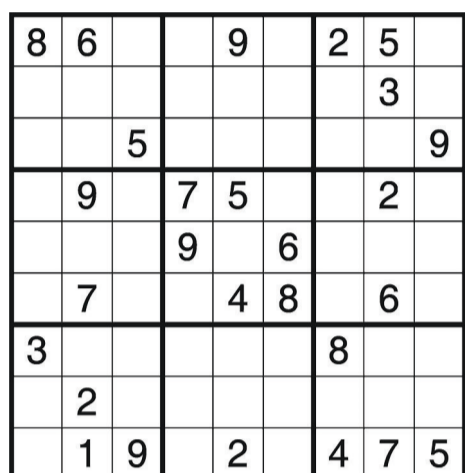


- ACROSS**  
 1 Part of autumn: abbr.  
 4 Phi Beta \_  
 9 British fellow  
 13 Ottumwa's state: abbr.  
 15 Scallion or shallot  
 16 Bar Mitzvah dance  
 17 Cut of pork  
 18 Representative  
 19 Charitable donation  
 20 Result of learning  
 22 Hornet's home  
 23 Eye drop?  
 24 Tall tale  
 26 Picture on McDonald's logo  
 29 Pristine  
 34 Fatigued  
 35 Poker player's stack  
 36 Argument  
 37 Finished  
 38 Shipping container  
 39 Asia's largest desert  
 40 Forty winks  
 41 Entryways  
 42 Mother's Day gift, perhaps  
 43 Classiness  
 45 Ne'er-do-wells  
 46 "The Rookie" network  
 47 \_ for; summon  
 48 Stench  
 51 Found  
 56 Gully  
 57 Baton \_  
 58 Person, place or thing  
 60 Finales  
 61 Award for Jimmy Carter  
 62 Wildly excited  
 63 Punctuation mark  
 64 Remains  
 65 Beer container

**SUDOKU**

By the Mephram Group

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



**For answers to the crossword and Sudoku puzzles, see page A4.**

- DOWN**  
 1 Cake ingredient  
 2 Kitchen worker  
 3 Bed size  
 4 Tree-climbing marsupials  
 5 Rage  
 6 "The \_ Piper of Hamelin"

- 7 Early Atari game  
 8 "where the deer and the \_ play"  
 9 \_ No. 5; classic perfume  
 10 Opening  
 11 Hugger's needs  
 12 Bygone times

- 14 Bartender's query  
 21 Dandelion, e.g.  
 25 Part of TGIF  
 26 Do penance  
 27 Competitor  
 28 Thin pancake  
 29 Stock purchase  
 30 Peach stones  
 31 Uneven  
 32 Not smashed  
 33 Cheese variety  
 35 Swamp critter, for short  
 38 Cares; worries  
 39 Baby waterbird  
 41 "Brylcreem, a little \_ll do ya"  
 42 Dice throw  
 44 Tastelessly showy  
 45 Clothing tags  
 47 Cunning  
 48 Had debts  
 49 \_ Carvey  
 50 Probability  
 52 Hearth residue  
 53 Brass instrument  
 54 Moisten thoroughly  
 55 Mammoth  
 59 Unpleasant spouse

Tribune Media Services



Eric Licas

**ORANGE COUNTY** Vector Control Inspector John Savage searches for mosquito larvae in a marsh just north of UC Irvine on Wednesday, June 14.

**MOSQUITO**

Continued from page A1

That's especially because he and his team are expecting a massive boom in the mosquito population this summer compared to previous years. A historically wet winter in Southern California revitalized habitats for numerous species across the region, including most everyone's least favorite flying, blood-sucking bugs.

"It's awesome to come out here and see the birds come back, hear them chirping again in the mornings," Savage said. "There's so much more water here now, which I love, but so do mosquitoes. And you're already starting to see their larvae out there, swimming near the surface."

Just one of five traps set in the marsh caught about 2,700 mosquitoes last week, Savage said. A count of 300 is considered above average, especially this early in the summer.

A team of 12 staff set traps and monitor the mosquito population year round to screen for the presence of diseases commonly spread by the pests, according to Amber Semrow, O.C. Mosquito and

Vector Control's director of scientific technical services. That's augmented by an additional 11 seasonal employees during the summer.

The culex family of mosquitoes are the most common variety in Orange County and a common vector for West Nile virus. As of Wednesday, there had been no reports of local transmission in the area, O.C. Mosquito and Vector Control Ecologist Kiet Nguyen said.

But a few cases inevitably crop up each year, Nguyen said. When that does happen, the district is prepared to rapidly pinpoint the location of the transmission and respond with teams to suppress the nearby mosquito population.

Previously, the tracking of mosquito-borne disease transmission was conducted in a haphazard manner, with teams spreading VectoBac into broad swaths of residential areas for weeks. But Nguyen developed a grid system to divvy up the county and used data reaching back to 2018 to streamline the way the district approaches confirmed reports. It now takes their team only about eight days to find and treat a hot spot. Teams regularly treat

parcs, wildlife preserves, industrial areas and other large open spaces that might harbor breeding grounds. But the district will typically only spread insecticide in residential neighborhoods as a last resort, after a disease has been detected, Nguyen said.

That means checking the spread of aedes aegypti, an invasive species of mosquito that prefers to spawn in water trapped by the leaves of plants or tiny containers, may largely fall on the shoulders of residents. They can carry Zika virus and Dengue fever, feed during daylight hours and can thrive for their entire life cycle in the p-trap of an unused drain, unattended containers, a pet's dish that has been left out to long or practically anything that can hold a tiny amount of water.

Aedes mosquitoes were native to Asia and quickly began spreading through California well over a decade ago, Nguyen said. But their presence wasn't confirmed in Orange County until he himself swatted one that bit him while working in the field in 2015.

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# Huntington Beach orthopedic wellness center helps its clients get on the mend

BY MATT SZABO

Repair Sports Institute owner and founder Chad Beauchamp thought he was destined for a career in professional football.

His body had other ideas. After graduating high school in 2004, the Michigan native got recruited to play NCAA Division II football at Grant Valley State University by current LSU coach Brian Kelly. When Kelly was hired at Central Michigan, a Division I program, Beauchamp followed him there.

But the safety and punter couldn't overcome the bevy of injuries that led to ankle reconstruction and sports hernia surgeries. He then shattered his hand, and his dreams of professional football were similarly fractured.

"I was just super-hard on my body," said Beauchamp, who graduated from Central Michigan in 2008. "My body was breaking down, which ultimately led me to go down a path where I wanted to provide this service and education to younger athletes. I guess it's somewhat of a life mission. I don't want anyone to go through what I went through and have their dreams shattered."

"Ultimately, I wanted to play professionally, and I think I could have. All of the injuries and lack of education and care just didn't make it possible."

Beauchamp switched course like a receiver who he formerly had to worry about. He attended graduate school for physical therapy at USC, which led him down a new career path.

After a residency with the University of Cincinnati football team, the doctor of sports physical therapy moved back to Southern California and started



Don Leach | Staff Photographer

**FORMER NCAA** Division I football player Chad Beauchamp runs his own clinic, Repair Sports Institute, in Huntington Beach. Injuries led to him abandoning dreams of playing professional football.

working at a clinic in Newport Beach. But Beauchamp, now 37, had bigger goals.

He opened the Repair Sports Institute in Huntington Beach in 2018. Wanting to build more than just a physical therapy space, Beauchamp hired acupuncture therapists and chiropractors, massage therapists and personal trainers for his orthopedic wellness center.

"We really try to do a collaborative approach," said Beauchamp, who lives in Newport Beach. "Patients come in and we do a full head-to-toe functional movement screening. If you're coming in with a knee injury, we're not just looking at your knee. We're really getting to under-

stand, what do you do if you're an athlete or for your job? Do you have a movement dysfunction, are your hips weak and that's what's causing your knee pain?

**"We'll get to a very specific diagnosis for your knee, but we're also looking at what's causing it."**

**Chad Beauchamp**  
Repair Sports Institute

We'll get to a very specific diagnosis for your knee, but we're also looking at what's causing it. We're going to address the entire body."

Beauchamp said his clinic made it through COVID-19 without having to lay anyone off, and it

continues to thrive and build. After Beauchamp heard about the Better Business Bureau's new program BBB4Good, he applied. Repair Sports Institute, a purpose-driven business, was recently accepted as the first BBB4Good verified business in California.

He said working with local youth in the community, and those who may not necessarily be able to afford high-end care, is a key part

of his mission. To that end, he partnered with nonprofit Community HealthCare Resources, and he's also worked with the Orange County Sports Commission.

"BBB4Good helps advocate what our mission is and helps get us connected with different organizations in the community that can help support us," Beauchamp said. "I want to be able to educate everybody, no matter what your socioeconomic status is, to understand that playing sports is important for growth. But, also, taking care of your mind, body and spirit is also extremely important."

Beauchamp said he advocates for both Western and Eastern methodologies,

focusing on a holistic approach. He treats both athletes and non-athletes, including some big names.

NFL Hall of Fame receiver Terrell Owens is a client. Owens has been retired from the NFL since 2010 but maintains an active lifestyle and plays several sports — which means he still gets dinged up from time to time.

"For me, I like to get on the field and do the actual work," Owens said. "I'm not a coach by any means, but I like to physically get out there and show guys. Sometimes you can't get through to them verbally ... sometimes a lot of people can get more out of seeing things."

He met Beauchamp through a mutual friend a few years ago and soon started making the trek south from his home, in Century City at the time, to Huntington Beach.

Owens said if you look at some long-lasting athletes in their sport like LeBron James, the late Kobe Bryant or Tom Brady, it's more than just physical ability that sets them apart. To Owens, it comes down to three words — desire, dedication and discipline.

"They have the athletic ability to do what they do," said Owens, whose son, Terique, plays receiver at Missouri State. "But in order to prolong that, taking care of your body is very key. When you have the right people who can move in and really know what they're doing, as far as athletes or even non-athletes, that makes a big difference."

Beauchamp shares that belief. Five years into running his own company, he is working to help others make their dreams a reality.

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