

LAGUNA BEACH

FEBRUARY 2014 » OCINSITE.COM

Magazine

Special Section

Health & Wellness

THE SECOND SIGHT

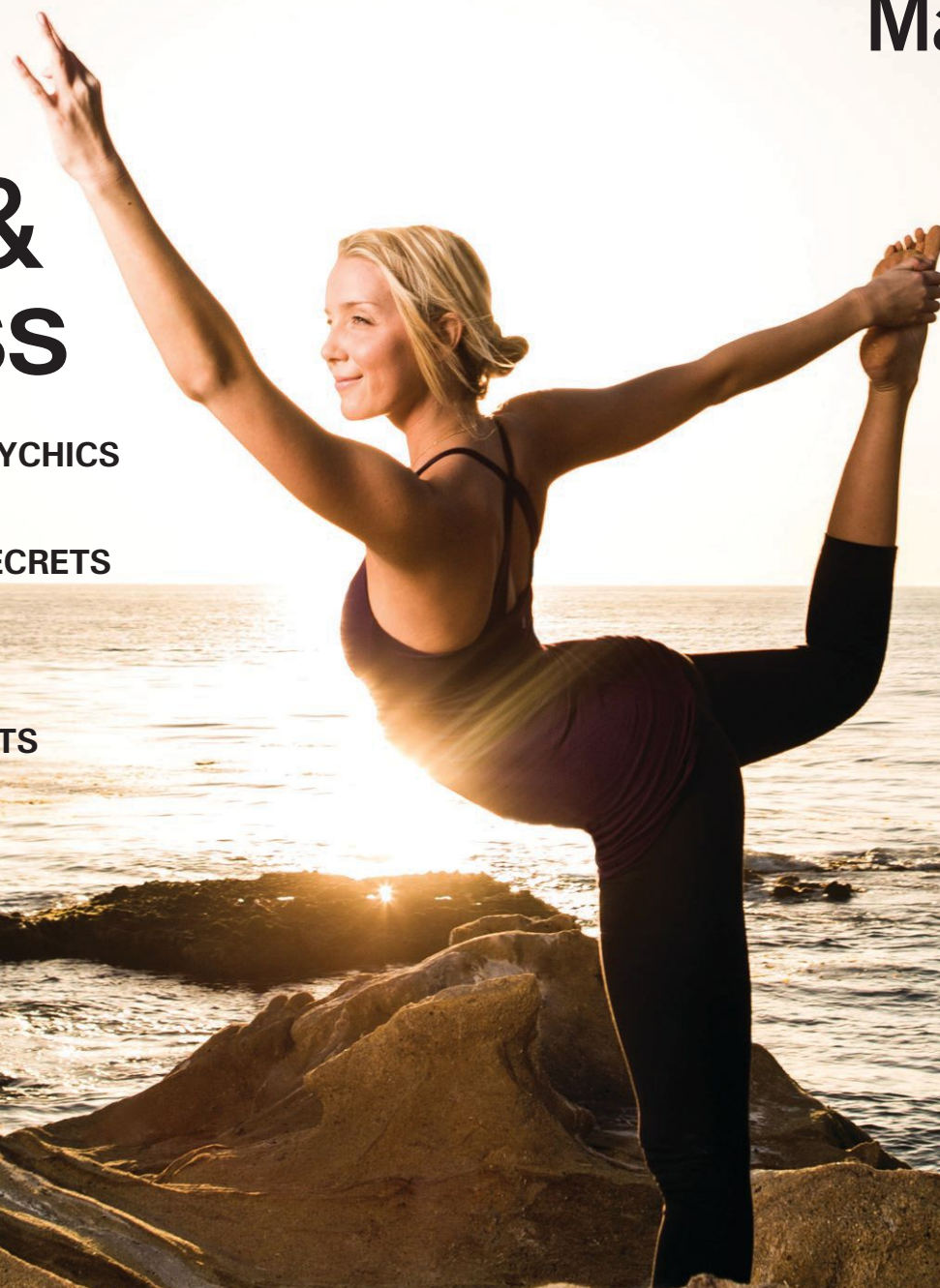
A LOOK AT THE CITY'S PSYCHICS

FOUNTAIN OF YOUTH

LOCALS REVEAL THEIR SECRETS
TO STAYING YOUNG

NATURAL HEALING

BEHIND THE POWER OF
ALTERNATIVE TREATMENTS



ARTIST MARSH SCOTT | FASHION: MENSWEAR | DATING IN LAGUNA
CITY OF APPETITES: LAS VEGAS IS QUICKLY BECOMING A FOODIE CAPITAL
THE BOYS & GIRLS CLUB OF LAGUNA BEACH CELEBRATES 60 YEARS



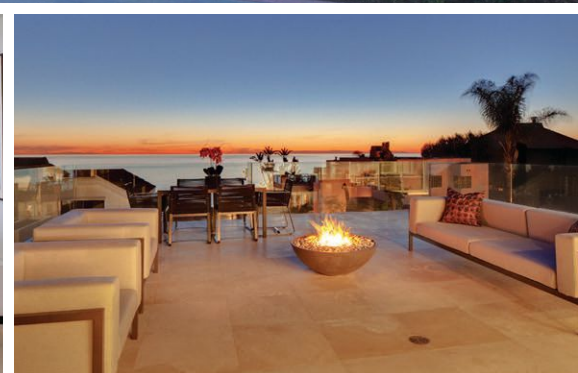
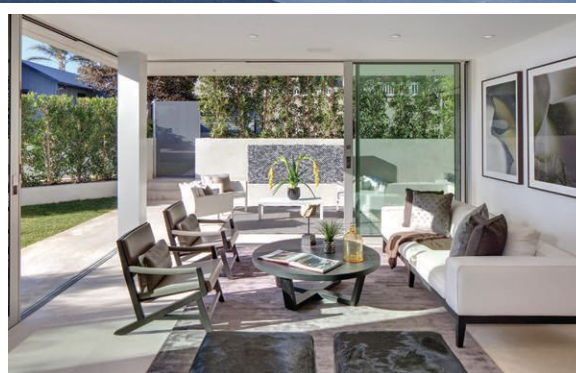
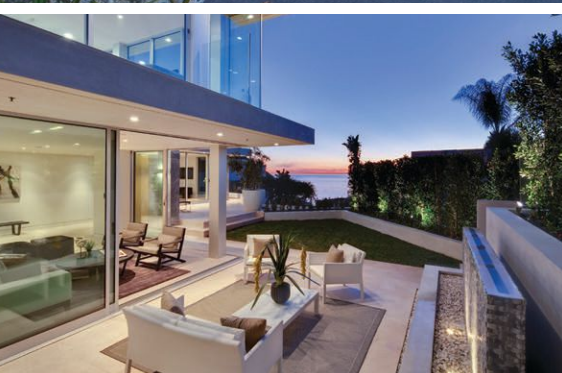


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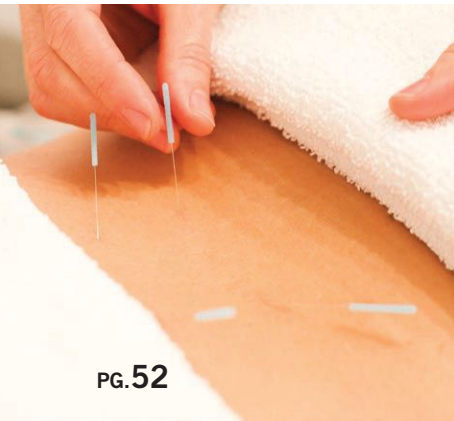
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By Hannah Ostrow



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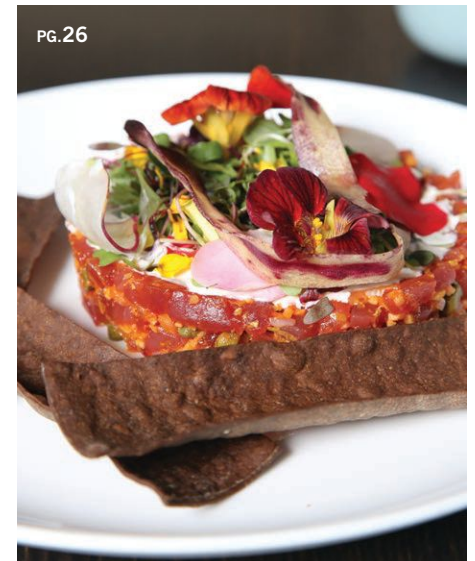
Our guest columnist proposes staging an annual 5K race in Laguna Beach: the "Sea Lion Sprint."



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PG. 18



PG. 26



COVER PHOTO BY
SCOTT SPORLEDER;
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TO RISK OR NOT TO RISK?

I'VE NEVER BEEN MUCH OF A RISK TAKER. I IMAGINE IF SOMEONE WERE TO PUT ME ON THE RISK-taking spectrum, I'd be on the lower end of it. I have friends and family who've jumped out of planes, bungee jumped hundreds of feet and scuba dived well into the depths of the ocean—but me? Nah, I'll pass.



But I've always wanted to be more of a risk taker. In fact, exactly one year ago, for Laguna Beach Magazine's staff question for the January 2013 issue, I wrote that I wanted to take more risks, such as paragliding. And the universe actually gave me multiple chances to do so last year. I was invited to go skydiving and paragliding on two separate occasions, but I passed. I did, however, end up taking a hot air balloon ride in Temecula, Calif., where we almost crash-landed in someone's backyard. Well, we still landed in someone's backyard, but we (thankfully) didn't tip over like the pilot warned us.

Don't get me wrong—I'm not one of those compulsive types that obsesses over every little thing and whether it's a good or bad decision. I will say, though, that I once sat down with my financial adviser, and he had me take a survey on my level of risk-taking. I was in the "conservative" category. "What?" my finance guy said. "You're too young to be so conservative right now."

"I'd rather play it safe than sorry," I replied. I also don't gamble for that very reason.

All of this reminds me of the 2004 film "Along Came Polly," where Ben Stiller plays a risk-averse insurance agent, Reuben. In one scene, his character says, "I know that I have a .013 percent chance of being hit by a car on my way home. Or a one in 46,000 chance of falling through a subway grate. So I try to manage that risk by avoiding danger and having a plan and knowing what my next move is. And I guess you don't exactly live your life that way."

The "you" Reuben is speaking with is Polly Prince (played by Jennifer Anniston), who is free-spirited and loves to experience new things. If Reuben never took a risk in dating crazy Polly, he never would have found his true love. Cliche, sure. But for every negative there's always a positive, right?

I think a little risk is a good thing, even if it's just eating something you've never tried before or taking a new route to work. In this issue of Laguna Beach Magazine, we touch on a few ways that we can all experience something new for ourselves this year. From learning to live healthier ("Fountain of Youth," page 44) and psychic readings ("The Second Sight," page 56) to finding love in a small town ("Daring to Date in Laguna," page 38), I hope there's a story in here that inspires you to do something out of the ordinary or think differently. Although I'm not going to make any more paragliding promises, I am up for the challenge of doing something new this year.

Cheers,
Alli Tong
Editor, Laguna Beach Magazine
alli@firebrandmediainc.com

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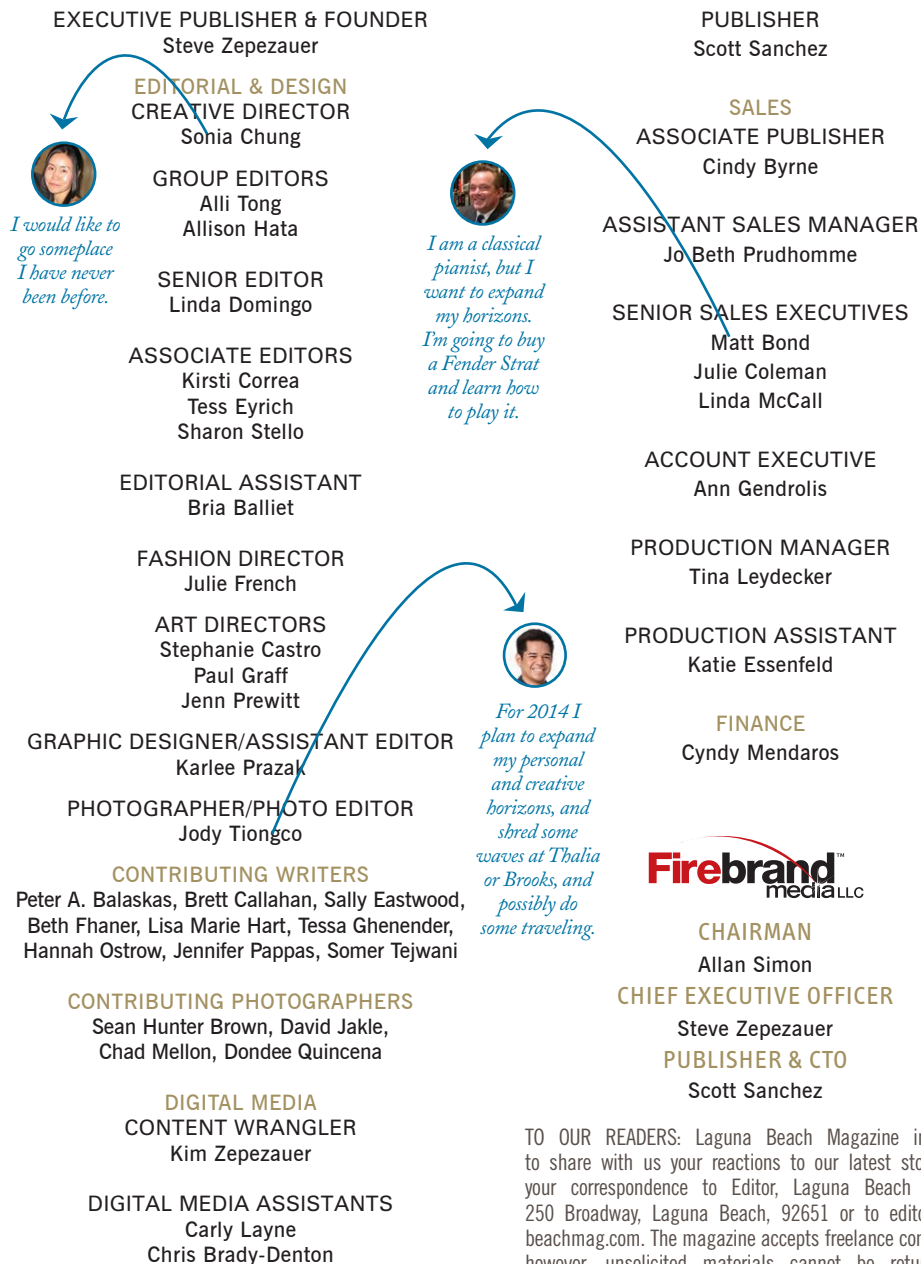


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LAGUNA BEACHTM Magazine

“What’s on your bucket list for 2014?”



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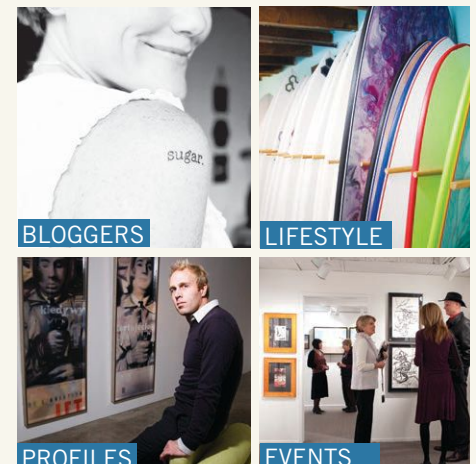
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ART | ACTIVITIES | ENTERTAINMENT

FEBRUARY

M. FELT PHOTOGRAPHY



Famed violinist Joshua Bell (far left) joins the Calder Quartet and bassist Edgar Meyer at the 2012 music festival.

2014 LAGUNA BEACH MUSIC FESTIVAL

FEB. 3-9; LAGUNA PLAYHOUSE

In conjunction with the Philharmonic Society of Orange County, Laguna Beach Live! presents the 12th annual Laguna Beach Music Festival. With the intent of breaking down the barriers between audiences and artists, the Laguna Beach Music Festival spans the course of one week and comprises live performances, discussions and parties that allow listeners to interact on a deeper level with local and visiting musicians. Father-son duo Jeffrey and Gabriel Kahane headline the event, joined by the Linden String Quartet and yMusic ensemble. (949-497-2787; lagunaplayhouse.com)

ART

"SEA CHANGE: TANYA AGUIÑIGA'S BLUEBELT FOREST"

THROUGH FEB. 9; LAGUNA ART MUSEUM

Laguna Art Museum presents the magical transformation of its upper level gallery, where Los Angeles-based artist Tanya Aguiñiga has turned the space into a forest of kelp, coral, barnacles and other natural creatures typically found under the sea off the shores of Laguna Beach. (949-494-8971; lagunaartmuseum.org)

"EX-POSE: DANA HAREL"

FEB. 23 - JUNE 1; LAGUNA ART MUSEUM

The latest installment of the "ex-pose" creative series features the work of multimedia artist Dana Harel in her first U.S. museum exhibition. Dana's work reflects her military-centered life,

which includes time spent serving as a soldier in Israel in addition to being the daughter and wife of soldiers. Her two collections, "Wrestling God" and "The Fallen Mighty," explore the male psyche as it exists both during and after war. (949-494-8971; lagunaartmuseum.org)

"TRAVELS WITH MILLARD SHEETS, 1950-1986"

FEB. 23 - JUNE 1; LAGUNA ART MUSEUM

Former California-based painter Millard Sheets spent much of his life traveling the world, sharing his artistic talents and covering historic events as an international correspondent for Life magazine. Now, the Laguna Art Museum highlights the artist's remarkable legacy by displaying more than 20 of his signature paintings on loan from the collection of Diane and

E. Gene Crain. Featured pieces showcase the artist's global adventures in far-flung locales such as India, New Zealand and many more. (949-494-8971; lagunaartmuseum.org)

ENTERTAINMENT

"RING OF FIRE: THE SONGS OF JOHNNY CASH"

THROUGH FEB. 2; LAGUNA PLAYHOUSE

Bringing to the stage more than 30 of Johnny Cash's most iconic and memorable songs, "Ring of Fire" utilizes its cast of 10 extraordinarily talented actor-singer-musicians to offer viewers a glimpse into the musician's oft-tumultuous life. Featuring classics such as "I Walk the Line" and "Folsom Prison Blues," this production is ideal for those who wish to better understand the legendary artist behind the music. (949-497-2787; lagunaplayhouse.com)

"CHICAGO"

THROUGH FEB. 2; SEGERSTROM CENTER FOR THE ARTS, COSTA MESA

The Broadway and box office hit comes to the Segerstrom stage this winter. This award-winning show captivates the audience with enthralling music and hypnotic dancing as it tells a tale of fame, fortune and the fierce media battle that ensues between incarcerated murderesses Roxie Hart and Velma Kelly. (714-556-2787; scfta.org)

LAGUNA CONCERT BAND WITH THE STRAY CATS' LEE ROCKER

FEB. 22-23; LAGUNA PLAYHOUSE

Longtime Laguna Beach resident Lee Rocker lends his musical talents and signature retro-inspired style to the Laguna Concert Band when he joins its players for a special guest performance. Known the world over for his role in Grammy-nominated rockabilly group the Stray Cats, Lee has made a name for himself as an incredibly gifted musician. (949-497-2787; lagunaplayhouse.com)



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UPCOMING CONCERTS

ONGOING; THE COACH HOUSE, SAN JUAN CAPISTRANO

Desperado, a tribute performance to the Eagles, Jan. 31, 8 p.m.; Dokken with Liquid Circus and Drop 8, Feb. 1, 8 p.m.; Los Lonely Boys, Feb. 7, 8 p.m.; Dan Hicks and The Hot Licks, Feb. 12, 8 p.m.; Ottmar Liebert, Feb. 14, 8 p.m.; Sharon Corr (of The Corrs), Feb. 28, 8 p.m.; Elvin Bishop, March 1, 8 p.m.; Big Head Todd and the Monsters with Ronnie Baker Brooks and Hazel Miller, April 1, 8 p.m. (949-496-8930; thecoachhouse.com)

ACTIVITES AND CHARITY EVENTS

ART AUCTION 2014: THE ART OF THE HEIST

FEB. 8; LAGUNA ART MUSEUM

The hugely successful Art Auction fundraiser returns to the Laguna Art Museum, this year adhering to the theme "The Art of the Heist." Drawing inspiration from the classic film "The Thomas Crown Affair," guests will immerse themselves in the bejeweled glamour of the 1960s and be given the opportunity to "steal away" with their very own original works of art. More than 100 California-based artists will offer their pieces at both live and silent auctions throughout the evening in support of the museum's educational and exhibition programs. (949-494-8971; lagunaartmuseum.org)



Laguna Art Museum's Art Auction

ORANGE COUNTY RESTAURANT WEEK

FEB. 23 - MARCH 1; VARIOUS LOCATIONS

Laguna Beach will once again participate in the highly anticipated Orange County Restaurant Week. This year, to celebrate the event's sixth anniversary, the top 100 restaurants in Orange County will open their doors to patrons with prix fixe menus designed to offer delicious grub representative of each respective chef's signature style. More than 15 Laguna Beach eateries are registered to participate, including Three Seventy Common Kitchen + Drink, K'ya Bistro Bar, The Rooftop Lounge and Watermarc. The weeklong event is the perfect opportunity to explore a brand-new Laguna kitchen, or simply savor a new dish at an old favorite. (ocreastaurantweek.com)

CELEBRATE GOOD TASTE

MARCH 7-9; VARIOUS LOCATIONS

Explore the city's vibrant food and beverage scene at Celebrate Good Taste, organized by Visit Laguna Beach. Spanning three days, the culinary event allows visitors to enjoy daily events including chef and winemaker dinners and educational seminars in addition to hotel packages and special restaurant offers. There will also be educational seminars, prix fixe menus and more. (949-497-9229; celebrategoodtaste.com) LBM

ONGOING

JODY TIONGCO



Free yoga at Treasure Island Park

LIVE! AT THE MUSEUM SECOND

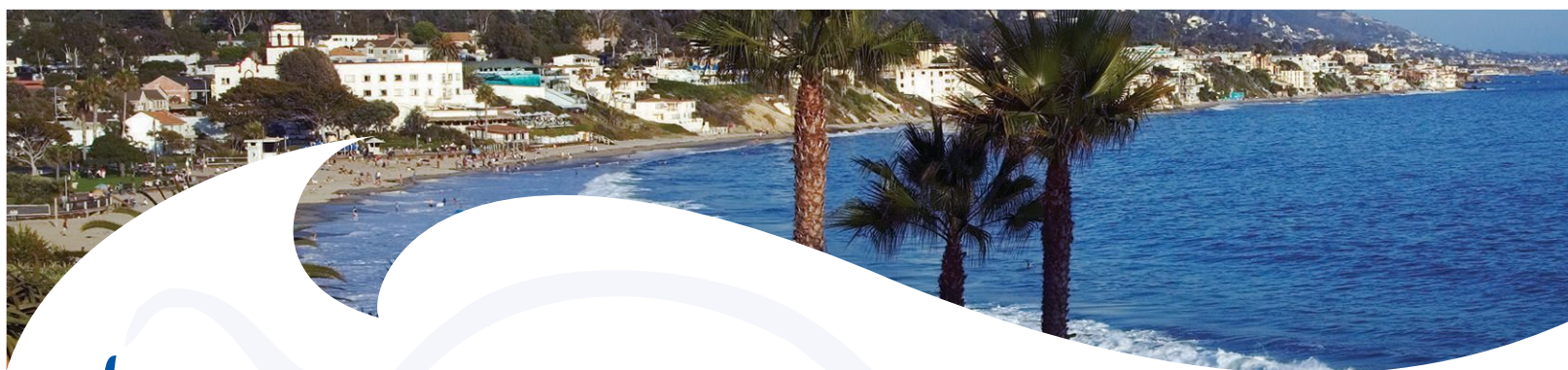
THURSDAY OF THE MONTH, 7-8 P.M., LAGUNA ART MUSEUM (949-494-8971; LAGUNAARTMUSEUM.ORG); **FOOD AND WINE CLASSES** VARIOUS DATES/TIMES, LAGUNA CULINARY ARTS (949-494-0745; LAGUNACULINARYARTS.COM); **SAWDUST STUDIO ART CLASSES** VARIOUS DATES/TIMES, SAWDUST FESTIVAL GROUNDS (949-494-3030; SAWDUSTARTFESTIVAL.ORG); **MONTHLY WINE TASTING PARTY** FIRST FRIDAY OF THE MONTH, LAGUNA CANYON WINERY (949-715-9463; LAGUNACANYONWINERY.COM); **ZEROTRASH BEACH CLEANUP** FIRST SATURDAY OF THE MONTH, 10 A.M. TO NOON, VARIOUS LOCATIONS (ZEROTRASH.ORG/LAGUNA); **SATURDAY AFTERNOON TASTING ROOM** SATURDAYS, 1-4 P.M., LAGUNA CULINARY ARTS (949-494-0745; LAGUNACULINARYARTS.COM); **FIRST THURSDAYS ART WALK** FIRST THURSDAY OF THE MONTH, 6-9 P.M. (FIRSTTHURSDAYSARTWALK.COM); **FREE YOGA IN THE PARK** MONDAYS - THURSDAYS, AND SATURDAYS 8 A.M., TREASURE ISLAND PARK (949-494-9928; YOGAINTHEPARK.BLOGSPOT.COM); **LAGUNA BEACH FARMERS MARKET** SATURDAYS, 8 A.M. TO NOON, FOREST AVENUE AND LAGUNA CANYON ROAD; **LAGUNA LAUGHTER YOGA** SUNDAYS - FRIDAYS, 8 A.M., AND SATURDAYS, 10 A.M., MAIN BEACH (LYINSTITUTE.ORG); **DIMESTORIES** SECOND SUNDAY OF THE MONTH, 5:30 P.M., LAGUNA CULINARY ARTS (DIMESTORIES.ORG); **NATURE HIKES** VARIOUS DATES/TIMES, LAGUNA CANYON FOUNDATION (949-497-8324; LAGUNACANYON.ORG)

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JODY TIONGCO



A (SUGARY) BLAST FROM THE PAST

The former location of Blu Laguna Salon and Spa is receiving a sweet new tenant—Rocket Fizz, a purveyor of retro candies, sodas and chocolates, as well as nostalgic posters and gag gifts. Opened Dec. 20, 2013, the confectionery retail shop offers a host of sugary goods, from thousands of historic candies over the past 100 years and more than 500 old-fashioned sodas (in flavors such as sweet corn, peanut butter and jelly, and bacon) to hundreds of novelty toys, old signs and concert posters. With a variety of memorabilia and sweets to choose from, no doubt all patrons, from a 5-year-old to a 55-year-old, will feel like a kid in a candy store again. (rocketfizz.com) —A.T.

LAGUNA'S CLASS ACT

St. Catherine of Siena Parish School was recently awarded the prestigious honor of being named the next Frieda Belinfante Class Act School. A flagship program of the Pacific Symphony, Class Act places symphony musicians at 30 elementary schools throughout Orange County to provide music education for students. Celebrating its 20th year in operation, the main goal of Class Act is to increase the awareness of symphonic music in elementary school children and encourage their participation in music programs. In addition to participating in the program this year, St. Catherine of Siena will also be hosting “family night,” a free concert in which the students will perform the music of George Gershwin for the community. (stcathschool.org) —B.B.

HOW DO I LOVE THEE, LAGUNA? LET ME COUNT THE WAYS ...

It's difficult to quantify all of the attributes that make Laguna Beach, arguably one of the most beautiful places in the world, so wonderful. However, writer Sally Eastwood and artist Helen Polins-Jones have combined their talents to do just that. Their new book, “101 Things to Love About Laguna Beach,” published by Brooks Street Books, explores the many remarkably unique aspects of this most special beach town. Arranged into categories, each themed section is prefaced by one of Helen's lovely watercolors (there are more than 50 throughout the book) and features Sally's musings on what makes Laguna so great. For instance, one of her favorite items on the list is Laguna's army of firefighting goats, while Helen loves the seabirds that can be observed during walks along the beach. Written for anyone who's experienced the charm of our coastal community, whether a longtime resident or a weekend visitor, “101 Things to Love About Laguna Beach” is a must-read for any Laguna admirer. (brooksstreetbooks.com) —B.B.



BOWLS OF HOPE

Laguna Beach High School students got into the giving spirit by handcrafting at least 35 bowls for World Hunger Bowl, which raised more than \$10,000 for local homeless services this fall. “I think it’s great for us to be able to showcase the students’ work and do something nice for the community with the students’ talents,” says ceramics instructor Somer Selway. World Hunger Bowl, part of National Hunger and Homelessness Awareness Week, featured a silent auction of bowls created by Nick Carter of the Backstreet Boys, marine life artist Wyland, local artist Michael Bryan, Nick Hernandez of the band Common Sense and many others. Live music and a taste of cuisine from Laguna restaurants rounded out the fifth annual charity event held Nov. 6 at Mozambique restaurant. Proceeds go to the Collaborative Courts Foundation’s Homeless Outreach program as well as medicine and other necessities for Laguna’s homeless. “[The event] raises awareness for the people who most people choose not to see,” says event founder and volunteer chair Faye Chapman. “I want them to see homeless people as people.” (worldhungerbowl.org) —S.S.

PET PROJECT

A special pet lover’s license plate is now for sale in California, thanks in no small part to Laguna Beach resident Judie Mancuso. Judie has worked tirelessly since 2008 on the project, which helps fund free and low-cost spay and neuter services to reduce the number of animals that end up in shelters. Nationwide, an estimated 6 million to 8 million dogs and cats enter shelters every year, including 1 million in California. About half of those animals are euthanized. To curtail this staggering number, Judie established the California Spay and Neuter License Plate Fund and led the successful effort to collect the 7,500 preorders required to produce the plates, which now may be ordered online. “I’m absolutely ecstatic,” Judie says. “... It’s a long time coming.” Celebrities from Cesar Millan to Katherine Heigl supported the project, and the plates feature actor Pierce Brosnan’s original artwork depicting his family’s adopted dog, Shilo, and cat, Angel Baby. Judie is a longtime friend of Pierce’s wife, Keely Shaye, whose early 1990s TV segments on animal welfare issues ignited Judie’s passion to save animals. Each pet lover’s plate costs \$50, or \$98 for a personalized number. (petloversplate.com) —S.S.



DAVID SOBEL PHOTOGRAPHY

Judie Mancuso, former Assemblyman Jose Solorio, actor Pierce Brosnan, Cesar Millan and Congressman Tony Cardenas hold up images of the new pet lover’s license plate.



'TIS THE SEASON TO GIVE AT MONTAGE LAGUNA BEACH

Kicking off the holiday season Dec. 2 with its annual tree lighting ceremony, Montage Laguna Beach welcomed more than 5,000 guests and locals onto the resort grounds to celebrate and make merry. While the cherished rituals of photos with Santa and nibbling on holiday-inspired dishes from Montage chefs entertained guests, another heartfelt tradition took place at the event—the act of giving. During the ceremony, General Manager Todd Orlich presented generous donations of \$5,000 each to the Fallen Heroes Memorial and the Friendship Shelter of Laguna Beach. (montagelagunabeach.com) —A.T.

WORKING TOWARD WELLNESS



A group of trailblazing teens from the teen center at the Boys & Girls Club of Laguna Beach hosted its first town hall meeting Nov. 21 to discuss an important topic: healthy and clean eating. Through the center's Triple Play leadership club, a group of adolescents that offer health and wellness tips to other club members, the teens spread awareness on the benefits of noshing on nutritious food and engaging in regular exercise. Representatives from Mission Hospital were also at the meeting and offered tips and advice for eating and living well. The teen leadership club has garnered attention for its Teen Cuisine program, a weekly culinary arts initiative that sees members get together to create and prepare nutritious meals. It's a testament for teens to show that eating healthy can be just as fun as it is good for you. (bgclagunabeach.org) —A.T.

A LEGEND LANDS AT THE LAGUNA ART MUSEUM

This past fall, the Laguna Art Museum was the recipient of a substantial gift from iconic California-based painter Wayne Thiebaud. The artist presented the museum with one original painting, "Jolly Cones" (2002), and six prints ranging in date from 1964 to 2012—"Yo-yos" (1964), "Chocolate Pie" (1964/2008), "Palm Road" (1965), "Toy Counter" (1970), "Candy Counter" (1970) and "River Turns" (2012)—during a celebration held Oct. 12 where he also received the museum's California Art Award. The colorful pieces, many of which depict sugary sweets like ice cream and cake, are the first of the artist's works to be acquired by the museum. "We're a museum of California art, and yet we had nothing in our permanent collection to represent Wayne Thiebaud, one of the greatest artists ever to live and work in the state," says Malcom Warner, executive director of the Laguna Art Museum. "I can hardly imagine a better way to fill that gap than to receive a major painting and a stellar group of prints from the artist himself." In honor of the recent acquisition, the museum plans to host an expansive retrospective of Wayne's work from Feb. 23 through June 1. (lagunaartmuseum.org) —T.E.



HEALTHY GIRL FESTIVAL

Following the success of last year's event, Soroptimist International of Laguna Beach will take over the Festival of Arts grounds to host its second annual Healthy Girl Festival on April 27. With the goal of helping younger girls in the community make healthy choices for their minds and bodies, the festival will offer food trucks, a juice bar, live performances and a variety of vendors and exhibitors. The main event of the day will be a screening of the 2011 documentary film "Miss Representation," which chronicles the continued under-representation of women of power in mainstream media. Following the film (there will be two showings), there will be a panel discussion with local women of influence, who will share advice on how to make healthier life choices. (silagunabeach.org) —B.B.



EBELL TURNS 80

Laguna's oldest philanthropic group, the Ebell Club, celebrates its 80th anniversary this year and will mark the milestone at its Kentucky Derby-themed fundraiser at the Surf & Sand Resort on May 3. From scholarships to programs benefiting seniors, schools and the homeless, the club donates all money raised back to the community. This can amount to tens of thousands of dollars per year, says Ebell Club President Carla White. Carla says that she's inspired by the club's founders, who started amid the Great Depression and forged ahead during World War II. "There's more need and less resources to fill it ... [but] we feel like we have a legacy to uphold," she says. Originally called the Junior Women's Club, the organization was established by Thomas Embree Bird and 17 other young women in 1933. Members helped with Laguna Beach Clean-Up Week, sponsored a Girl Scout troop, raised money for Laguna Canyon flood relief, wrapped gifts for U.S. troops and assisted with American Red Cross drives. Ebell was the first to present a scholarship at Laguna Beach High School and now awards four scholarships there, as well as one at the Laguna College of Art & Design. The club also hosts an "old Laguna" booth at the Festival of Arts, a monthly art gallery tea, and a holiday gala luncheon and fashion show. New members are welcome to join. (ebelllagunabeach.org) —S.S.

TASTE TEST

Local students at Top of the World Elementary School and El Morro Elementary School have expanded their palates in recent months through the Laguna Beach Unified School District's (LBUSD) participation in the Harvest of the Month program. The initiative, launched by the California Department of Public Health in 2005, introduces elementary students across the state to under-the-radar fruits and vegetables sourced from predominately local growers and farmers markets. In Laguna, students have sampled pieces of jicama, a root vegetable similar to a turnip; Comice pears; and, most recently, kiwi at monthly demonstrations offered during recess by LBUSD nutrition consultant Megan Hartshorne. The treats are then incorporated into the schools' on-site salad bars for the duration of the week, in an effort to expose young children to healthier snack alternatives. Students are also given one-page guides featuring nutritional information, serving ideas and a suggested recipe to continue the experience at home. In addition, the LBUSD has also revised many of its menus to include more meals cooked from scratch. —T.E. LBM

YOUNG AT HEART

Laguna has long been considered a fountain of youth, and the city's anti-aging effects were in full force as the Woman's Club of Laguna Beach toasted its 90th anniversary in October at a celebratory tea party. The event, attended by an impressive number of the club's 125 existing affiliates, also feted four members who have successfully passed their own 90-year marks: Jean Raun, Louise Buckley, Gigi Blount and Beverly Hine.

Originally founded in 1922 as a supportive environment for local women, the club has remained one of the community's most powerful philanthropic groups since its inception, when members were active in many of the city planning meetings that contributed to Laguna's current design. Other notable projects include purchasing a clubhouse and central meeting place on St. Ann's Drive; fundraising for youth facilities, a new hospital and the Bluebird Park playground; and providing referrals, counseling, legal services and training to women who have experienced domestic violence.

"I am so proud to be the president of this wonderful organization," says Ellie Ortiz, the club's acting president, who describes the group's members as "some of the most influential women in Laguna Beach." (wclb.org) —T.E.

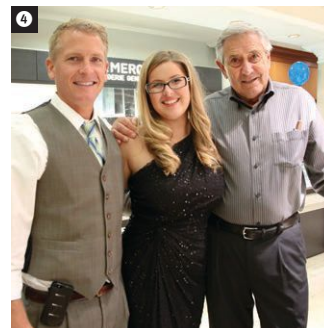


Board member Elsa Brizzi and Ellie Ortiz, the Woman's Club's president

COMMUNITY

SWISS WATCH GALLERY AND FINE JEWELRY

1 Hratch Torossian, John and Judy Sansone 2 Leyla Finkle, Dan Eskew 3 Swiss Watch Gallery and Fine Jewelry 4 Philip Beh, Alexandra Halpner, Bob Goldberger 5 Anthony Siragusa, Carrie von Hemert, Jackui Zehe, Scott Sanchez 6 Marco Devila, Genell and David Schlotterbeck



JODY TONGCO



Laguna Beach Magazine co-hosted a lovely evening at Swiss Watch Gallery and Fine Jewelry in the Laguna Hills Mall on Nov. 14. At the annual cigar, whiskey and watch soiree, Swiss Watch Gallery and Fine Jewelry invited guests to view fresh collections from celebrated vendors such as Ulysse Nardin, Cartier and Breitling. Cigar trays were passed around as guests sipped on various cocktails and whiskey, giving the evening a distinctly elegant feel. Beyond the selection of stunning timepieces, patrons were also able to browse the fine jewelry available at the gallery from designers such as Tacori, Suzanne Kalan and Roberto Coin. Spirits were high, and there was a grand sense of excitement in the gallery as patrons mingled and shopped. (swisswatchgallery.com) —B.B.

FRIENDS OF CASA'S ANNUAL HOLIDAY LUNCHEON

1 Beril Akcay, Lauren Wong 2 Tiffanie Foster, Molly Jolly, Andrea Casaw, Erika Clemons, Janine Wald, Jaynine Warner, Holly Valentino, Teri Cullen, Debra Klein, Kimberly Delamar Matties, Kristin Scheithauer 3 Gene Howard, Evelyn Gibson, Gregory Zarian 4 Courtney Wittkop, Kathryn Grant



HAPPY PHOTOS



More than 600 stylish women flocked to The Ritz-Carlton, Laguna Niguel the morning of Dec. 6 for Friends of CASA's annual holiday luncheon, which combined myriad opportunities to give with a colorful fashion show from M Missoni. Guests enjoyed gourmet appetizers, beverages and a silent auction in the resort's outdoor courtyard before settling in for an exquisite luncheon. For more than 25 years, Friends of CASA has been the pre-eminent fundraising auxiliary of Court Appointed Special Advocates (CASA) of Orange County, an organization that appoints trained mentors to champion the rights of children and adolescents involved in the local court system due to abuse or neglect. This year's holiday luncheon generated a total gross revenue of \$375,000 for the nonprofit. With the help of the auxiliary, which operates under the leadership of President Jaynine Warner, CASA of Orange County will continue to provide educational trainings, courthouse tours and advocacy services across Southern California. (casaoc.org) —T.E.

CAMINO HEALTH CENTER AUXILIARY'S 27TH ANNUAL FASHION SHOW

1 April Daylida, Gioia McCarthy, Marie-Lou Godinez, Shari Battle, Bambi Gasparro 2 Kenneth and Kristine McFarland 3 Kathryn Cenci, Ericka Waidley, Lynn Maioriello

STEPHANIE ADRIANA



The Ritz-Carlton, Laguna Niguel provided a sleek setting for Camino Health Center Auxiliary's 29th annual fashion show and luncheon. The fundraiser, held Nov. 26, benefitted the Camino Health Center and Mission500, a program dedicated to raising \$500 million for Mission Hospital and its ministries by 2020. The more than 450 guests of the event were treated to an exciting show, which featured looks from some of South Coast Plaza's most exclusive stores including Diane von Furstenberg, Marni and Donna Karan. When all was said and done, more than \$330,000 was raised by the event. The Camino Health Center, a federally qualified health center in San Juan Capistrano and an affiliate of Mission Hospital, has remained dedicated to providing affordable health care to those in need for 31 years. This afternoon event helped provide the support this organization needs to continue to serve the community. (caminohealthcenter.org) —B.B.

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Spine surgery?

Get a 2nd opinion 1st

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1 Don't take back pain lying down!

If you have a painful back spasm, it's okay to lay down and relax for a day and take some anti-inflammatories. However, research shows the sooner you get moving again, even with a 20 minute walk, the faster you will recover. That's because your back needs movement to get circulation to sore tissues.



2 Relieve symptoms with our Home Remedy Book

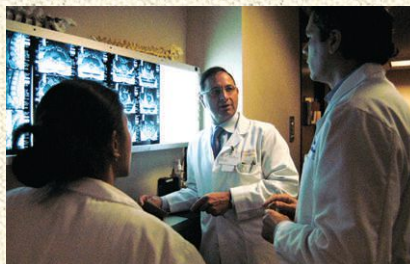
About 80% of simple back and neck pain can resolve itself with home remedies. Our spine center mails out a 36-page **Home Remedy Book** as a community service. It has symptom charts, pain-relieving stretches and remedies you can use at home. Request a copy on our web site at SpineGroupBeverlyHills.com and we'll mail it to you free.

3 Get specialist advice fast when symptoms worsen

If your symptoms haven't improved with a week of home remedies, or if you have radiating pain into an arm or leg, the clock is ticking and it's now time to see a spine specialist. Fact: weakness or numbness in a hand or foot, or loss of bowel/bladder control, are emergency symptoms. For these symptoms, you should be seen by a fellowship-trained spine surgeon within 48 hours or these symptoms could stay with you for the rest of your life.



Because of our unique expertise in minimally invasive spine surgery, and experience with more than 5,000 spine surgeries over a 20-year career, our spine center is referred spine patients from across the nation. John Regan, MD was the first to develop a minimally invasive spine surgery technique that accesses difficult-to-reach thoracic discs; has authored spine textbooks; and has trained other spine surgeons in the U.S. and Middle East.

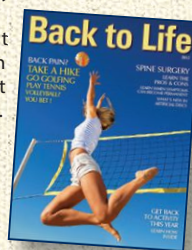


4 Spine surgery? Get a 2nd opinion 1st

If you've been told you need spine surgery, the smartest move for you is to get a second opinion first. Why bother? Because a second opinion may reveal that you don't need spine surgery at all, or at least not the fusion surgery someone else recommended.

Find out more about prudent spine care through our spine encyclopedia at SpineGroupBeverlyHills.com. You'll find pain-relieving exercises, medical illustrations, information about what may be causing your symptoms and a form to get started on a second opinion.

While browsing, download our **Back to Life Journal** which covers everything you need to know about your back and neck, the most current treatment advances like the artificial disc; and if you qualify for it. If your back or neck problem is keeping you from work or play, we may be in a position to help this year. **Get Back to Life in 2014.**



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VIP RECEPTION

1 Jill Guziak, Stephanie Quarles, Jessica Burritt

2 Gina Crosby, Hadley Epperson 3 Bruce and Karen Cahill



CHRISTOS WATSON

The grand estate of the Cahill family, Villa di Sogni in Laguna Beach, was the setting for an intimate philanthropic event that took place Nov. 14. The gathering benefitted the Illumination Foundation, an Orange County-based nonprofit dedicated to providing services for homeless clients to break or prevent the cycle of homelessness. Throughout the course of the evening, more than 85 guests enjoyed breathtaking views of the sunset beyond the ocean before heading into the grand foyer for a brief program that highlighted the organization's milestones, which include supporting 5,000 homeless clients with its various initiatives. In addition to hosting speakers Mary Niven, board member and vice president of Disney California Adventure Park, and Alan Epperson, board member and business banking president of Wells Fargo, the event featured performances by acclaimed Broadway actor and singer David Burnham and award-winning composer, director and producer Mark Vogel, who delivered an eclectic set. (ifhomeless.org) —A.T.

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GUILT-FREE FARE

Who says you have to sacrifice happy hours with friends to stay fit? Savor these waistline-friendly (yet still flavorful) dishes and drinks.

By Beth Fhaner | Photos by Jody Tiongco



Happy hour specials at Nirvana Grille change seasonally, incorporating fresh flavors, organic produce, and sustainable meats and seafood.

ENJOYING HEALTHY FOOD AND DRINKS AT happy hour might sound like an oxymoron, but that's no longer the case in our foodie-obsessed culture. With diners now seeking fresh, healthier sustenance at all times—not to mention attempting to keep all those New Year's resolutions to eat better—Laguna's restaurants are successfully meeting the demand for lighter fare and libations at the end of a long work day. From organic veggie burgers and low-cal cocktails to light seafood dishes, our town's eateries have got you covered. So, gather a group of friends or coworkers and

indulge in tasty happy hours without the guilt—we'll cheers to that.

NUTRITIOUS NOSH

Chef Lindsay Smith-Rosales of Nirvana Grille is known for her "clean" California cuisine, which utilizes local and organic ingredients; sustainable, fresh seafood; and hormone- and antibiotic-free meats and poultry to make the scrumptious dishes found on both Nirvana's regular and happy hour menus. "At Nirvana Grille, we change our menus seasonally and, as such,

the happy hour menu changes with our dinner menu," Lindsay says. In addition to a bar menu featuring wild mushroom ravioli, an organic veggie burger and a grass-fed organic beef burger, Nirvana's happy hour menu includes tantalizing dishes such as organic spinach and warm mushroom salad served with a balsamic-Dijon mustard vinaigrette; roasted poblano chile; pita fries and truffle hummus; and grilled Caesar salad and house-made soup, among other good eats. Best yet, Lindsay's seasonal fare is adaptable for any gluten-free, vegan and allergy



Charred octopus at Splashes at Surf & Sand Resort



Hawaiian ahi poke is just one of the small plates found on K'ya Bistro Bar's happy hour menu.

needs. (949-497-0027; nirvanagrille.com)

At K'ya Bistro Bar, located inside the historic La Casa del Camino hotel, patrons will find a menu loaded with satisfying, California-Mediterranean dishes served as small plates. Additionally, the restaurant has partnered with the Art of Fitness in deeming certain regular menu items healthier alternatives, including a grilled salmon fillet and an herb-grilled chicken salad, among other options. With an emphasis on fresh food using organic and local products, nutritious items such as hummus and pita, caprese skewers (Buffalo mozzarella, tomato basil and pesto dip) and Hawaiian ahi poke can be found on K'ya Bistro's happy hour menu, while chilled edamame and grilled hummus flatbread (olive, roasted pepper, tomato and feta) are available on the "Snacks" menu. (949-376-9718; kyabistro.com)

The health benefits to following a Mediterranean diet—rich in fresh fruits and vegetables, whole grains, nuts and fish—have been lauded in recent years. At GG's Bistro, customers can nosh on popular Turkish, Greek, Italian and other Mediterranean-inspired dishes at all hours of the day. With a happy hour menu that includes a trio of appetizing salads such as the Mediterranean salad (with homemade olive oil and lemon dressing), Caesar salad and eggplant salad, plus other tempting bites such as hummus, calamari fritti, a pizzetta and chicken kebabs,

diners don't need to feel guilty about indulging. (949-494-9306; ggscafebistro.com)

SUCCULENT SEAFOOD

An advocate of healthy eating, Executive Chef David Fuñe of Splashes at Surf & Sand Resort serves his savory, California coastal cuisine to patrons who get to enjoy gourmet bar food and beverages alongside gorgeous ocean views.

Happy hour guests can partake in light seafood choices such as six oysters served on the half shell with condiments; Spot Prawn & Friends (bacon vinaigrette, vegetable shavings and quinoa); and jumbo shrimp cocktail served with horseradish sauce. Other solid bets on the bar menu include fish tacos, a Paso prime grass-fed burger and baby heirloom tomato flatbread. Regarding Splashes' bar menu, David notes, "We lighten things up



At GG's Bistro, the Mediterranean salad is topped with homemade olive oil and lemon dressing.

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Happy hour sushi at Okura Robata Grill & Sushi Bar

with pickled components on flatbreads, like cauliflower, kimchee or mushrooms. We also use lots of fresh and raw elements on plates that are colorful and complementary. Our portions are shareable but not overwhelming." (949-376-2779; surfandsandresort.com)

Okura Robata Grill & Sushi Bar, which is located in the former Katsuya location, is a recent newcomer to the Laguna dining scene. With a happy hour menu abundant with fresh seafood and sushi options, diners at this Japanese fusion restaurant can select from among a variety of items at the sushi bar, including salmon, shrimp, albacore and unagi sushi, in addition to other mouthwatering dishes such as a California roll, spicy tuna roll, shrimp tempura roll and much more. Curry scallops, Dynamite Mussels and Dynamite Rock Shrimp are other excellent choices during happy hour. (949-793-4320; okurasushi.com)

SKINNY COCKTAILS

For guests concerned about the calorie count of their cocktails, there's no need to fret, since several Laguna eateries serve low-calorie beverages or "skinny" cocktails. Splashes features a refreshing



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The antioxidant-rich Superfruit Martini at Splashes

concoction called The Superfruit Martini, which incorporates VeeV Acai Spirit, Stoli Blueberi vodka, mangosteen juice, pomegranate juice and lime juice. Infused with antioxidants, this is one delicious drink that's actually good for you.

Additionally, Nirvana Grille offers tasty low-calorie beverages including the restaurant's signature cosmopolitans: the Skinny Pomegranate-Agave Cosmo and Skinny Pear-Agave Cosmo. Both drinks are made with agave nectar and whole fruit purees—decidedly healthier options without the refined sugar. Nirvana also uses and carries Purity Vodka, an organic and gluten-free spirit.

Many other local establishments serve skinny cocktails, including Carmelita's Kitchen de Mexico, The Deck, Rock'n Fish, Las Brisas, GG's Bistro, Starfish Laguna, K'ya Bistro Bar, Mozambique and The Rooftop Lounge, to name just a few.

With an array of light and healthy fare to choose from, there's no reason to skimp out on happy hour in the new year. From skinny cocktails to fresh, seasonal cuisine, take time to indulge, sans the guilt. **LBM**



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A PASSION FOR THE PRACTICE

Laguna's Dana Sara shares her love of yoga.

By Somer Tejwani

NADINE AND JEAN-JAQUES FROGET



LOCAL YOGI DANA SARA WAS AT THE FOREFRONT OF YOGA'S SPREAD ACROSS THE UNITED STATES. "I have practiced every day of my life and been training as often as possible," she says. "My title is first generation master." In the decades since she originally began her practice, Dana has assisted in the establishment of yoga schools and wellness programs around the world, including Laguna's Lotus Yoga, produced in partnership with Jacob Cho of Cho's Academy. Now a veteran of the practice who's thoroughly versed in its mental and physical benefits, Dana's past clients include Dick Cheney and his family, and she has even worked with the Dalai Lama. "I love all my students and genuinely care for their highest happiness, health and success," she adds. "I believe it takes one person to change the world, and you are that person."

Laguna Beach Magazine: Tell us about the style of yoga you teach.

Dana Sara: I am trained in ashtanga, Iyengar, Tibetan and kundalini yoga. I draw [from] other disciplines as well, such as my years as a professional dancer and snowboarder, and my ongoing training in the martial arts.

LBM: What are the benefits of practicing yoga on a regular basis?

DS: UC Davis studies over the past 40 years show an 85 percent decrease in cancer,

chronic pain, drug dependency, anxiety and depression, [as well as] increased energy, healing and peaceful mind from those with a genuine practice under the guidance of an experienced master.

LBM: Do you have any advice for people who are new to yoga?

DS: Be prepared to feel incredible. Be courageous, and don't give up. Be honest with yourself. Be clean, be present. Start at a manageable level and advance carefully to avoid

injury or burnout. Share your injuries with your teacher. Understand you don't have to change who you are, just experience who you are. Recognize the exercise aspect is a tiny fraction of what the practice offers, and enjoy the ride of your life.

LBM: What advice do you have for those looking to take their practice to the next level?

DS: Cultivate a home practice, preferably early in the morning. Learn kundalini yoga from someone experienced. Take the yamas and niyamas (10 ethical precepts in yoga) seriously. Don't take yourself seriously. Never compare and compete.

LBM: What's on your iPod during class?

DS: My passion is music, mantra, sound healing and rock 'n' roll. I paired Chattr Chakkr Vartee with Tibetan four directions vinyasas when the Tibetan monks came to my studio. I paired Rakhe Rakhan Har and the Panj Shabad with Stevie Wonder's "Happy Birthday" song for the rebirth kriya. A few of my local favorites are The Budrows, Sotantar Suraj, Carl St. Clair with the Pacific Symphony and the Laguna Enchanters.

LBM: Which gear do you recommend?

DS: You need only one thing to practice yoga: your breath. Choose your own environment. It's nice to have your own mat. Use fair trade, organic, biodegradable materials. Mat towels are nice for hot yoga. For kundalini yoga, wear a head covering and white or pale clothing.

LBM: Anything else?

DS: Yoga is the process of creating a meaningful and purposeful life. Yoga helps you realize your fullest potential. My mission has always been to inspire individuals through the healing and creative arts.



PLIÉ TANK with built-in light support at Athleta, Fashion Island, Newport Beach (949-717-6650; athleta.com)



MICROFIBER HAND TOWEL for perspiration management at The Pearl Laguna boutique, Laguna Beach (949-715-1674; thepearllaguna.com)

GET ON THE MAT

These items will have you saying “ohm” in no time.

By Somer Tejwani

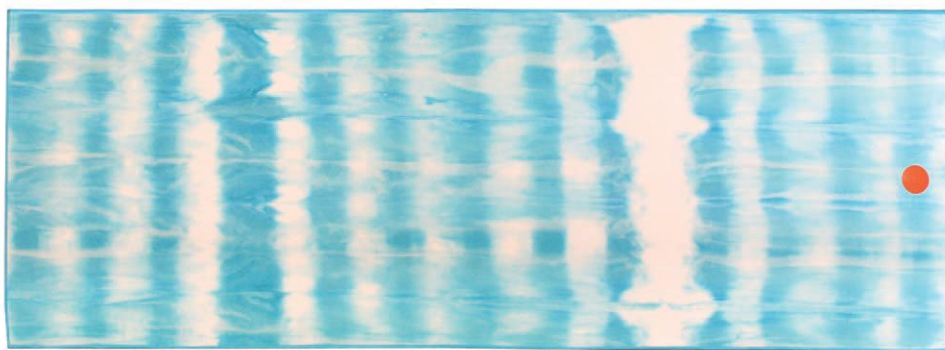
The time you spend practicing yoga—just you and your mat—is the perfect opportunity to listen to your body, and to dedicate and learn about yourself. Although all you truly need is breath for the practice, we’ve cultivated some of our favorite local yoga gear to get you started. **LBM**



YOGA STRAP for extra reach or a secure hold at Ritual Yoga Arts, Laguna Beach (949-715-7005; ritualyogaarts.com)



ROXY ATHLETIC SHORTS at Quiksilver, Laguna Beach (949-376-0245; quiksilver.com)



YOGITOES SKIDLESS MAT to prevent slipping at YogaWorks, Laguna Beach (949-415-0955; yogaworks.com)

THE GREAT PORCH MAKEOVER

Local design experts share tips for creating an inviting space outside the home.

By Somer Tejwani

AIDIN MARISCAL FOSTER



ENJOYING A LAZY SUNDAY AFTERNOON ON A front porch or patio is as therapeutic as it gets. Luckily in Laguna, many homes boast charming front porches and patios that make for not only stunning entryways, but also outdoor extensions of homes' interior design schemes. Whether you use the space for entertaining or enjoying a cup of coffee, a front porch should be just as inviting—or even more so—than other rooms inside the home.

"You want your front porch to be your statement piece," says Aviella Borg, manager of Cottage Furnishings, a family-owned business that started in Laguna Beach almost two decades ago making Adirondack chairs. "You should put your best face forward with the space. It should be a welcoming and cheerful and put-together area."

Interior designer Randy Boyd, who over the past three decades has built Laguna-based firm

Thurston/Boyd Interior Design into a local institution known for creating spaces that are warm, inviting and functional, agrees. "Always remember that your front patio or porch is the introduction to what awaits inside, so keep that in mind when designing this space," he explains.

To breathe new life into a tired porch, Randy suggests adding a few comfortable chairs and interesting potted plants to draw guests in. He also advises selecting decor pieces based on the type of environment you hope to achieve, such as a cozy conversation nook perfect for relaxing with friends and family. "I find that more clients actually enjoy watching the world go by rather than being tucked away in a back garden," he says. Aviella recommends that those on a budget avoid buying numerous smaller, cheaper items, which can make a space feel cluttered and overdone.

Instead, plan to splurge on one key statement piece.

Establish a cohesive aesthetic within a space by coordinating furnishings with the natural surroundings. What type of flooring does the space have? Which colors define the home's surrounding landscaping? A bright green front lawn may become part of the color scheme of the porch's decor. Or, a stark white, Cape Cod-style home may look fantastic with glossy black furniture, or a pop of color on a chair swing. "Depending on the style of the home, I'd recommend freshening up a front space with a couple of Adirondack chairs, which will help create that welcoming feel as you approach a home," Aviella says. "A Tuscan-style, wrought-iron bench and a water fountain are always nice touches."

However you choose to make over the space, remember: The front porch is your statement piece; put your best face forward with it.



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(949-497-7428; pier1.com)



GO PORCH SWING BY LOLL DESIGNS

at Design Within Reach, Costa Mesa
(714-427-0628; dwr.com)

MOVE IT OUTSIDE

Celebrate spring with a
reimagined outdoor retreat.

By Somer Tejwani

Create a memorable welcoming statement with your front porch or patio by coordinating furniture and decor with the space's backdrop. Remember, your outdoor space can be just as cozy and inviting as the indoors—add seating areas and table space to hold a cup of morning coffee or an afternoon cocktail, and furnish with decor that weathers the elements. **LBM**



IKAT OUTDOOR PILLOW BY ELAINE SMITH

at Stephen Frank Garden & Home, Laguna Beach (949-494-2014; stephenfrank.com)



CHUNKS HURRICANE CANDLE HOLDER BY WILDWOOD LAMPS

at Jack Thomas at Home, Laguna Beach (949-715-0026; jackthomasathome.com)



AZOBE SALVAGED WOOD AND ROPE PLANTERS

at Restoration Hardware, Fashion Island (949-760-9232; restorationhardware.com)

FROM RESTAURATEUR TO INTERNATIONALLY PUBLISHED AUTHOR

“Hush Little Baby” is quietly taking the thriller novel world by storm and putting local author Suzanne Redfearn on the literary map—and she’s bringing Laguna Beach with her.

By Karlee Prazak

JODY TONGCO



Lumberyard co-owner Suzanne Redfearn released the psychological thriller novel “Hush Little Baby” in October 2013.

IN LAGUNA, THE SURNAME REDFEARN IS synonymous with local family-owned establishment the Lumberyard, where husband-and-wife team Suzanne and Cary Redfearn are co-owners. Recently, however, Suzanne has added another title to her name: author. The restaurateur-turned-accidental-novelist, a 20-year resident of Laguna Beach, is responsible

for the latest success in psychological thrillers, “Hush Little Baby.”

Focused on the interplay of good and evil paired with marital tribulations, the novel is likened to recent best-sellers “Gone Girl” by Gillian Flynn and “The Silent Wife” by A. S. A. Harrison. But for Lagunans, Suzanne’s 352-page tome provides much more than just a

page-turner weekend read; it also features landmarks, shops and destinations that are recognizable to, and most likely frequented by, many local readers.

Laguna Beach Magazine sat down with Suzanne at the Lumberyard one afternoon to get the scoop on her road to becoming an internationally published author.

"ALL YOU'VE GOT IS TIME IN THIS WORLD. IF YOU HAVE A PASSION, GO FOR IT—WHAT DO YOU HAVE TO LOSE? SERIOUSLY, TIME IS GOING TO PASS ANYWAY, SO YOU MIGHT AS WELL PURSUE IT. YOU CAN'T WIN IF YOU DON'T TRY."
—SUZANNE REDFEARN

Laguna Beach Magazine: When did you begin to conceptualize writing your own book?

Suzanne Redfearn: I didn't go to school to be a writer; I had no intention of being a writer. One day [about seven years ago] I sat down with the idea for a story ... and I just kept writing and writing and writing. ... I discovered, I don't know if you call it a gift or a passion, but I really like to tell stories.

LBM: Did you reach out to a lot of publishing companies throughout the process of going to press, or did you approach the undertaking from another angle?

SR: No, I definitely was going the traditional route of getting an agent. ... I had the Mick Jagger of the publishing industry [Nick Ellison of Greenburger Associates] working for me, so I was jazzed, and [I thought,] 'I'm not letting this slip through.' So in an absolute panic, I was like,

'I need to write another novel.' At the time, unfortunately, one of my very good friends was going through this horrible divorce ... and I say she inspired this story—but the story isn't about her, it inspired me to write it.

LBM: You mention how various aspects of your life inspire you. How did Laguna start to play into your novel?

SR: Laguna Beach is a very special place, and what's strange about Laguna Beach is we're a city and yet we're so small. ... I think it's the perfect venue for writing about something like this, where it's still a big enough town, where you get a lot of diversity, but it's also a small enough town that if you do something—like Jillian [the protagonist] is very concerned about her reputation—[people know] and they judge you on it, and it's hard to fix it once it's happened.

LBM: One of your well-known quirks is that you write in your car. When did that habit start?

SR: I think that just being a mom—and any mom can relate to this—you have these 15-minute little spurts between errands throughout the day ... and it's amazing, in 15 minutes you can write two pages. ... I still do it. Right now, I have my Mead notebook in my car.

LBM: What advice would you give to someone who might be entertaining the idea of a potential career change or just considering pursuing a passion?

SR: All you've got is time in this world. If you have a passion, go for it—what do you have to lose? Seriously, time is going to pass anyway, so you might as well pursue it. You can't win if you don't try. I know it's cliché, but it's really true; I say it to my kids all the time. **LBM**



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A New Gathering Place

Firebrand Media opens an interactive media center with cutting-edge technology.

By Sharon Stello | Photos by Jody Tiongco

ONE LAGUNA, A HIGH-TECH INTERACTIVE MEDIA center, will soon open its doors for the public to explore deeper connections with the city of Laguna Beach. Inside, visitors and locals alike can discover what the community has to offer while snagging local deals and offers through state-of-the-art technology, including numerous high-definition touch screens that guide users through shops, restaurants, galleries, beaches and other points of interest throughout the city. This interactive directory, called “Perfect Laguna,” includes every business in Laguna Beach with multiple touch points of information.

These are just some of the innovative elements of One Laguna, which is slated to open later this month. One Laguna is located in the heart of Laguna Beach on the second floor of 225 Forest

Ave. Through a partnership with Firebrand Media, Laguna College of Art & Design’s newest gallery occupies the space’s first floor.

One Laguna is the brainchild of Allan Simon, chairman of Firebrand Media, which publishes Laguna Beach Magazine. Allan sought to help businesses throughout the city by creating a hub for locals and visitors to learn about everything the community has to offer, get great deals and check out novel technology and art. After about six months from conception to installation, it’s finally time to open.

“I’m very excited,” Allan says. “It’s been an idea that’s germinated into reality. ... I have very high hopes for it. ... We want them [the public] to see it and feel it and touch it and talk about it. In the summertime, we absolutely expect lines

down the street.”

Over the next year, there are plans to add e-commerce—the ability to purchase items or theater tickets, or book a hotel room from the center’s computers—as well as real estate and rental listings and possibly even a 3-D printer.

“We want to be a space for thinkers and tinkers ... and a gathering place for locals,” says project manager Marc Ostrick, an interactive and digital media specialist.

The urban, loft-like space features exposed brick walls, iron beams and skylights. In the back, a large window creates a sunny, inviting space for the social media lounge, where a livestream of Facebook, Twitter and Instagram feeds will display posts and photos with hashtags such as #OneLaguna and #LagunaBeach on a 55-inch

screen. Visitors can “get coffee, kick back and enjoy all the feeds and images that celebrate Laguna,” Marc says.

Next to that display, another screen equipped with a webcam will allow visitors to take a photo of themselves and mix it with Laguna scenes to create a custom digital postcard that can be emailed to friends or posted on social media sites.

Two coffee tables with embedded screens will serve as a virtual gallery highlighting local art, photos and videos. Eventually, visitors will be able to purchase artwork right from the screen if something catches their eyes.

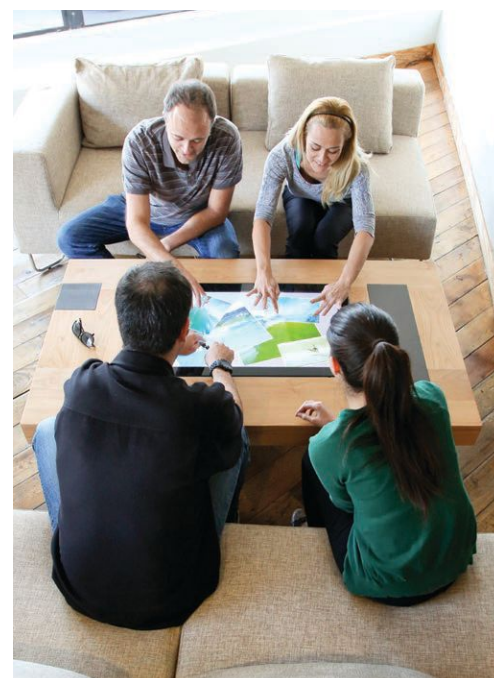
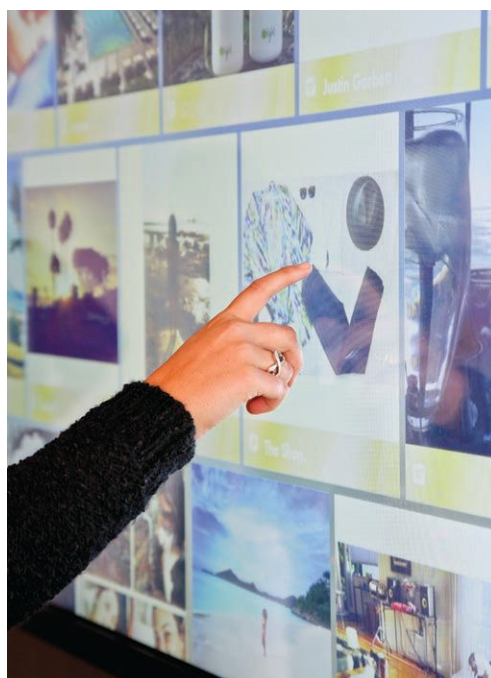
“We want it to be a useful resource that’s a lot of fun,” Marc says of the center. “It’s a fun way to kind of get introduced to a town and the spirit of the community ... and celebrate the culture and lifestyle that make Laguna what it is.”

In the main part of the room, two 84-inch, 4K (ultra-high-definition) screens overlaid with a custom piece of glass will allow 32-point interactive touch. That means 32 fingers can be tapping the screen at one time to play videos, enlarge photos or learn about the photographer or landmark featured in the picture. When not in use, the screen will show 4K video such as undersea footage by MacGillivray Freeman Films, a Laguna-based studio and the world’s largest independent producer of IMAX films including “Everest,” the highest grossing IMAX film in history.

Meanwhile, two tables embedded with computer screens will feature clickable maps with information about places to eat (both restaurants and bars), play (beaches, trails, festivals, et cetera), stay (hotels and resorts) and shop (stores, spas, galleries and more). Four large, wall-mounted screens will offer similar information. Visitors can save details to their One Laguna account, send them to a smartphone using near field communication (a quick data transfer over radio waves when devices are in close proximity) or print them out to take home, creating a handy resource for their time in the city. Friendly, knowledgeable staff members will be available to assist. For even more insight into the community, tablet computers will allow users to view digital versions of Firebrand Media’s magazines and newspapers.

“One Laguna is a natural extension for Firebrand,” says Steve Zepezauer, Firebrand’s CEO and editorial director. “From the beginning, our goal has always been to celebrate Laguna and connect customers to businesses.”

While making those connections, One Laguna provides an opportunity to test the limits of new



Technology at One Laguna includes multiple touch screens that can be used to search listings or plan an itinerary.

technology that’s not widely in use, according to Jonathan Tavss of Scarlet Terrier Productions, who has overseen the project’s technological development and implementation. Jonathan was working on similar projects with next-generation technology as part of the NG Connect Program, a collective assembled by Alcatel-Lucent.

He says One Laguna aims to take interactivity with smartphones further than others have. And, the center’s ever-changing aspect makes it stand out from other museums that use multi-touch screens with static data. In the summer,

One Laguna will turn a spotlight on seasonal events such as the Festival of Arts, Pageant of the Masters, Sawdust Art Festival and surfing competitions. Even from day to day, videos will change, the social media stream will always be fresh and content may switch to nightlife options as people begin to make plans in the afternoon.

“People can come back and have a different experience every single time,” Jonathan says. “... The opening is just the beginning. The really cool part is when you come back and see how things have changed. ... It’s a living product.” LBM

DARING TO DATE IN LAGUNA

Locals dish on looking for love in a place where sunny skies and sandy beaches belie a notoriously challenging dating scene.

By Tessa Ghenender | Photos by Allen Bradley



THOUGH IT MAY BE DIFFICULT TO IMAGINE, THERE was once a time when text messages and Facebook posts were not the dominant means of communication in romantic situations. Just 20 years ago in Laguna Beach, things were much more intimate. Dates were about getting to know one another, spending quality time together and making lasting connections, as opposed to getting obliterated at the Sandpiper weekend after weekend.

The town was filled with gentlemen who'd take their dates somewhere quiet, somewhere with an ambience conducive to conversation. Hot spots like Dizz's As Is boasted delicious food, fine wines and a warm atmosphere that made getting to know one another an effortless process—perfect places to fall in love, especially for couples like Bob and Stephanie Mister, who grew up in Laguna, met in Laguna and fell in love in Laguna.

The Misters, now married for 27 years, first met in 1984, the year Stephanie was renting a back house near Laguna Beach High School. Her landlord was none other than Bob, and over time, the two became closer and closer.

"Things changed at one point," Stephanie recalls. "He asked me out to get a glass of Champagne or something, and that's when he took me to The Ritz-Carlton in Laguna Niguel. ... He was just very caring and sweet. ... He took me on nice dates—no pressure; he just really wanted to get to know me. ... Email and all this stuff wasn't available back then. It was nice to get a note, or he'd be there with flowers on my doorstep."

Over the next few years the couple dated, often spending many of their dates, including their first Valentine's Day together, at Dizz's. Stephanie says it was the place to go for couples—albeit expensive

for the time. "There weren't a lot of little romantic places then, but Dizz's was definitely our place for romantic occasions."

Shortly after that, Bob surprised Stephanie with not only a house that he'd bought for the two of them on Temple Terrace, but also a proposal. In 1986, the two married at Tivoli Terrace, and they've since moved to Three Arch Bay.

Stephanie knows their story is unique, especially given how much times have changed. She often accompanies friends who are single or divorced on their dates, and it's just not the same. "They meet at Sapphire, and then they ... go to Mozambique to dance ... and it's always a group thing. ... Then they go on their phones, and they text each other. Chivalry, the nice things, the flowers, it's just [lost now]. ... It's a sign of the times."

Fast-forward to present-day Laguna. It's a

charming yet small beach town, a tourist magnet yet the kind of place where strangers are few and far between. This is a community with a pervasive “locals only” mentality that’s been woven into the thread of the social fabric for generations. Laguna is a city known for its deeply rooted friendships, sure, but romantically, it struggles; while a fortunate few may praise Laguna’s dating scene, the majority of local singles are filled with frustration.

GOING IN CIRCLES

Dating typically involves a host of seismic ups and downs in any city, but being young and single in Laguna, where everyone seems to know each other, definitely complicates the undertaking.

“Honestly, the first word that comes to mind is incestuous,” says Laguna local Brendan Hexberg of the city’s dating scene. Though just 25 years old, Brendan can be considered something of an authority on the topic—he grew up in the area, attended Laguna Beach High School and returned to his hometown after a brief stint in Texas for college. With his return, however, came the shocking realization that dating in a small town like Laguna is an entirely different experience than dating in a bigger city.

“You’re always surrounded by the same people you grew up with, and sometimes you just don’t feel like dating them,” he says. Like Brendan, many locals feel like there’s just something about knowing a potential partner’s entire history that kills the inherent mystery associated with a new romance. This sense of familiarity can be blamed for keeping acquaintances trapped in the dreaded “friend zone” and also tends to prevent people from branching out of their existing social circles.

Also part of the problem is the fact that the city boasts very few places where like-minded locals can go to meet one another. Most young singles spend their weekends floating between bars like the Sandpiper or The Saloon, where blaring music makes just hearing one’s own thoughts an uphill battle.

“It’s where dreams go to die,” Brendan says of Laguna’s after-hours bar scene. “We need more casual places like [House of Big Fish and Ice Cold Beer], where it’s not too expensive and people can carry on an interesting conversation.” Though relatively new to Laguna’s dining scene, House of Big Fish has quickly developed a reputation as a popular hangout for young singles and couples alike, perhaps because of its approachability, unpretentiousness and, of course, affordability.

JODY TONGCO



Dizz's As Is was a frequent date night spot for Bob and Stephanie Mister, who met and fell in love in Laguna.



Live music at the Sandpiper draws locals from a variety of age groups.



The Saloon's standing-room-only vibe is conducive to meeting new people.



More intimate settings, such as Selanne Steak Tavern (pictured here), are ideal options for one-on-one dates.

In addition, a large bar area complete with TVs allows locals to catch up on the game while mingling with friends or striking up a conversation with the stranger one seat over.

While places like House of Big Fish are starting points for dipping one's toes into the dating pool, maybe we should be looking beyond bars and restaurants to meet new prospects. Cultural lore and classic movies depict random, amorous encounters in everyday places—maybe venturing out to Laguna Beach Books or Sound Spectrum on a weekend afternoon could spark a connection between two people with a mutual interest.

BREAKING THE MOLD

It's an unfortunate reality that a certain stereotype has cursed the young adults of Laguna, and it just may explain why dating in this town is so difficult. Whether it's accurate or not, the belief that Laguna is populated by beautiful men and women with less-than-stellar personalities has been reinforced by the mainstream media and the personal experiences of many locals.

One of Brendan's recent experiences only reinforces the stereotype that Laguna women have developed a "heightened sense of entitlement." On a Friday night, Brendan entered the Sandpiper with his usual set of lowered expectations. While

waiting for a drink at the bar, he explains, he began chatting with an attractive woman who also lived nearby. He thought the conversation was flowing smoothly and offered to buy the woman a drink. She politely accepted—and as he handed her the drink, turned around to re-gift it to the boyfriend she'd conveniently forgotten to mention. "She was too hot; I should have known there was a catch," Brendan adds.

Still, women are hardly the only locals with bad reputations. Shelby Jarvis, a 34-year-old bachelorette, has spent her life in Laguna and finds the limited selection of suitors in the city disappointing.

"Since it's a relaxed beach town, you get a lot of guys who don't really have full-time careers and are in vacation mode," she explains. "The vacation mode is often funded by their parents who [live] just up the street. Lots of money with no real direction can be a scary thing."

Shelby says that in her experience, Laguna men are active, healthy and maintain generally positive relationships with their families, but these good qualities are often dwarfed by a tendency to be unmotivated and dependent. To avoid this problem she turns to neighboring towns when seeking potential partners, explaining that bigger cities seem to offer men with more of a "go-getter" mentality. When it comes to dating in Laguna, Shelby favors upscale restaurants like the recently opened Selanne Steak Tavern and San Shi Go because these places aren't too loud and offer unbeatable food. While she admits that no relationships have stuck yet, Shelby is confident that she'll meet a companion whom she can respect, the kind of person who'll make her a better person.

A SHARED EXPERIENCE

Dating woes are common themes throughout all of Laguna, especially in the city's gay community.

"I would hardly consider Laguna as having a gay dating scene," says Mike S., a 54-year-old Laguna transplant who relocated to the area 22 years ago from New York. Over time, Mike has observed the dramatic evolution of Southern California's gay social scene. Once home to a number of popular gay bars like the Boom Boom Room and Woody's at the Beach, Laguna has since turned into an "unaffordable place where most of the gays are already in serious relationships," according to Mike.

Today, Club Bounce is one of the only places left for single gays to socialize and, although it may be a local favorite, it's not always ideal for developing relationships. The end result of a night spent at Club Bounce is usually similar to that of an evening spent at the Sandpiper, where the best-case



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Mozambique is a popular local meeting place for dinner, drinks and entertainment.



Club Bounce, one of Laguna's last remaining gay bars

scenario is a one-night fling.

On one occasion, for instance, Mike believed he had met a relationship-worthy man at Club Bounce. "He was smart, sexy and interesting," Mike says. After a number of successful dates, Mike had been won over and felt prepared to integrate the new guy into his social circle. After looking his love interest up on Facebook, Mike noticed that the man was already involved in a committed relationship with another partner.

Mike adds that in recent years, a sense of promiscuity has become prevalent among all demographics, but seems particularly ubiquitous in the realm of same-sex dating. "It goes hand in hand with the want-it-all mentality, and makes it extremely difficult to build trust and put yourself out there," he says. For those looking to branch out, he endorses an app called Grindr, which introduces users to other gay men in the vicinity. Still, he notes that while Grindr is a convenient way to meet men, it's more of a temporary Band-Aid than a long-term solution to the problem. Instead, Mike is an adamant believer that "the art of dating is lost on gay men."

SUCCESS STORIES

Although most single locals who are active in the dating scene are vexed by the challenges of finding love in a town like Laguna, others thrive in this community. In particular, older, more mature singles seem to be most satisfied by Laguna's offerings.

"I wouldn't change a thing," says 60-something Dave Ward of his experience dating in the area. Though originally from England, Dave has spent

the past 30 years living in Laguna; according to him, the dating scene has changed over the years in the sense that women are now "more aggressive and know what they want." This aggressiveness, he explains, makes it easier for a potential suitor to sense any mutual interest.

Dave has found the most luck meeting open-minded women at restaurants like Mozambique and Javier's because these places tend to draw a more sophisticated crowd that consists of divorcees, parents and other individuals versed in the rituals of serious relationships. People in this demographic, he adds, are more interested in finding quality companionship than setting unreachable expectations or searching for the ideal husband or wife. As a result, the dating

routine is much more casual and stress-free, which actually increases the possibility of forging a meaningful bond.

"Lower your expectations and try to have fun," Dave advises younger singles who are discouraged by Laguna's dating scene. "Don't take yourself too seriously; life is too short."

No matter your age, dating in Laguna can be an exciting yet challenging endeavor. The pressure to find the perfect partner can often serve as a blinder, hindering individuals from seeing and feeling the most obvious connections. "You've got to be real, and you've got to be present," Stephanie says. "If you're generous and patient, finding love is very possible, regardless of what city you live in." LBM

LOVE ON TOUCH SCREEN

One in 10 Americans have used an online dating site or mobile dating app, according to a 2013 survey conducted by the Pew Research Center. Of these online daters, 66 percent have gone on a date with someone they met through a dating site or app, and 23 percent have met a spouse or long-term partner. We've rounded up a few of the top apps for techies looking for love.

TINDER: Tinder connects through Facebook and provides users with an endless selection of photos of potential bachelors and bachelorettes in the area. Only when two matches have digitally "liked" each other's profiles may they begin a conversation.

GRINDR: Much like Tinder, Grindr helps users to track down other gay and bisexual singles who are using the app within close proximity. Grindr can be used to meet people with similar interests, giving gay and bisexual singles the opportunity to branch out and meet other like-minded locals.

LULU: Specifically designed for women, Lulu allows users to anonymously rate the men they've dated. The app has already caught on in Laguna and other nearby towns, where fans are using it as a tool to leverage the knowledge and experiences of women who have previously dated their current prospects.

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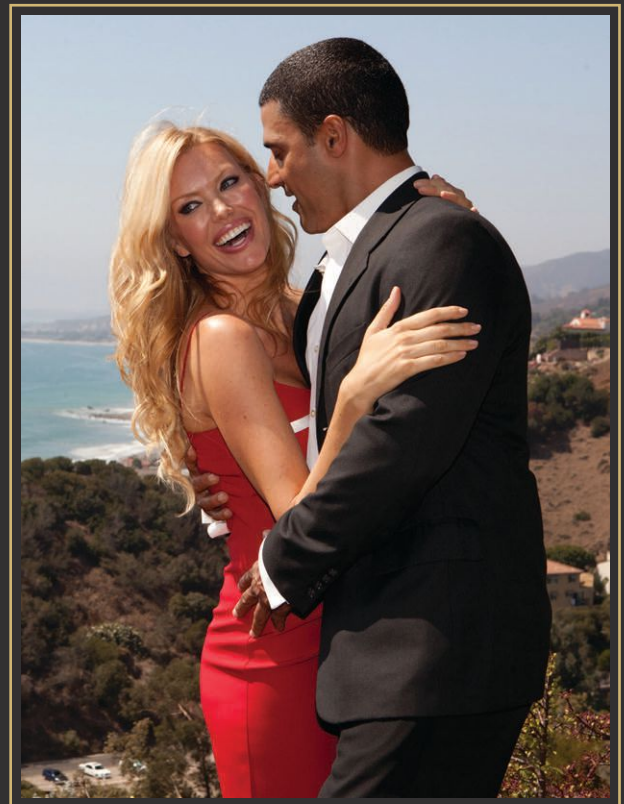
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Executive Chef Craig Strong of Montage Laguna Beach's Studio restaurant stays healthy with the help of his wife's fresh-squeezed juices—and his 9-month-old baby.

Fountain of Youth

Four Laguna locals reveal their secrets to looking and feeling young.

By Somer Tejwani | Photos by Jody Tiongco

WHAT MAKES SOMEONE FOREVER YOUNG? You know the type—that person who doesn't seem to age and always has an envy-inducing glow that just can't be mimicked. We all know at least one of these lucky ones who seem to defy age, growing more energetic and youthful with each passing year. But how do they stay so young, so effortlessly effervescent?

Looking to drink from the same wellspring of robust vitality, Laguna Beach Magazine tapped five youthful locals—ranging from a gourmet chef and a pro mountain biker to a cosmetic surgeon, an open water swimmer and an energetic 80-something-year-old—to share their secrets and recommendations for eluding Father Time.

POSITIVE MENTALITY

Perception just may be the key to remaining young at heart. In fact, the one defining trait that all of our youthful locals seem to share is a fantastic attitude regarding the realities of aging. Maintaining a positive outlook about the growth process provides a wealth of benefits related to mental and physical health—a concept repeatedly proven by top researchers like Dr. Becca Levy of Yale University's School of Public Health. In a study of hers published by the Journal of Personality and Social Psychology, it was found that participants who had internalized positive stereotypes about aging, such as equating increased age with wisdom, lived an average of

7.5 years longer than peers who upheld negative views of the same process.

And perhaps more importantly, our personal perceptions related to aging often affect others' interpretations of our supposed youthfulness.

"We all know people who project youth with how they think, speak and act," says Dr. Aaron Kosins, a cosmetic and reconstructive surgeon at Laguna's Obagi Skin Health Institute. "I think that your state of mind and attitude toward life defines how other people will perceive you."

Open water swimmer Lynn Kubasek, 55, is just one example of a Laguna local who's taken a similar approach to growing older by proudly embracing her age and the diverse experiences



Dr. Aaron Kosins recommends ZO Skin Health products for combating visible signs of age.

that accompany growing older. As Lynn tells it, maintaining a positive outlook and a sense of joy has allowed her to remain youthful and active.

“One of my favorite sayings is from Jeffrey Briar of Laguna Laughter Yoga,” she explains of her attitude. “Unless I am misquoting, he says, ‘It’s never too late to have a happy childhood.’”

“I would recommend checking out Laguna Laughter Club,” she continues. “It’s a combination of yoga and laughter. This is one of the best, [most] energizing activities I can recommend because laughter is the best medicine.” Laughter yoga, a Laguna phenomenon since the 1990s, combines laughing with deep breathing techniques and light stretching. Local participants praise the homegrown practice for its therapeutic effects, which include decreases in stress, depression and anxiety, but the activity is also purported to yield poignant physical health benefits such as lowered blood pressure.

Lynn, a strong proponent of the practice, adds that it’s important to live in the moment on a day-to-day basis as much as possible and avoid dwelling on things that can’t be controlled. “I love my age and enjoy the textures and variety of adventures I have been blessed to experience, and every decade has gotten better,” she says.

For Laguna’s Jean Ann Drake, who is in her upper 80s, each decade has brought more and more joyful experiences and friendships. “I love going to the senior center and have built great camaraderie there with the other people. Being around friends and family keeps you feeling

young. My grandchildren and daughter are close by, and that really helps,” she says.

Rich adventures and experiences typically contribute to youthfulness by keeping people aware and engaged. Aaron notes that both internal and external stimuli are integral to remaining alert. “Stimulating your mind on a regular basis keeps us sharp,” he adds. “A balanced diet and exercise will convince your body that it needs to stay in shape to perform daily tasks. It is never too late to start.” For Jean, keeping her mind stimulated

has meant ongoing classes in art and even ukulele, which have kept her feeling youthful and energized. “It’s great for the mind and keeps you going,” she says. “I like bringing experiences from my past forward by taking classes in things I’ve been interested in.”

PHYSICAL FITNESS

Most people would agree that the mind and body are intrinsically linked, and studies have shown that people who exercise regularly tend to stay both physically and mentally healthier as they age. In particular, regular physical activity has been shown to have profound anti-aging effects on the cardiovascular system, aiding in the prevention of heart disease, diabetes and certain types of cancer.

Laguna local and professional mountain biker Brian Lopes, whom USA Today has referred to as “undisputedly the best all-around world-class cycling athlete,” can be considered a prime example of the merits of staying active with each passing decade.

“I don’t think I have ever stopped doing all the same things I did when I was a kid,” says 42-year-old Brian. “I ride my bike every day and ride my motorcycle to go to the gym; I’m still doing bike jumps and hanging with kids.”

Likewise, Lynn still swims most days and credits her youthful vigor to her dedication to routine exercise. In 2009, she successfully crossed the 20-mile Catalina Channel, and in 2011, she added bridging the 12-mile Santa



Laguna Laughter Club has been a local tradition since the 1990s.



Professional mountain biker Brian Lopes rides Laguna's Car Wreck Trail.

Barbara Channel from Anacapa Island to Silver Strand Beach in Oxnard, Calif., to her sterling list of accomplishments.

"I definitely feel younger than my age," she says. "I remember when I was in my 20s, I thought people my age now were half-dead—and now it's like I'm double-alive. Though, admittedly, I see that there are some folks my age that act like they are done with it."

Craig Strong, executive chef at Montage Laguna Beach's award-winning Studio restaurant, echoes Lynn's sentiments, remarking that remaining physically active has helped him to

stay youthful. "In general, I try to live a balanced life," says the 42-year-old gourmet, who adds that he tries to find time to stretch or do yoga before work each day. "I also love to exercise," he says. "I love mountain biking and being outside. The ocean air really rejuvenates your soul."

Craig, who has worked in some of the most acclaimed kitchens across the country, also understands the influence of a balanced diet on cultivating youthfulness. "What you put in your body is important; it gives you fuel and energy," he says. "My wife keeps me young. She makes these great morning juices that really make you

feel good." Craig also tries to use produce from his own home garden as much as possible and vary his intake of meat and fish each week. "Balance is key," he explains. "Any chef will tell you that starting with good ingredients is important, not only for taste but also for health."

Meanwhile, for Lopes, who is an ESPY Award-nominated athlete and a two-time winner of the World Extreme Sports Award for Mountain Biker of the Year, adhering to a gluten-free diet that still allows for the occasional indulgence has proven advantageous.

"As I've gotten older, it's more about the quality of the food I eat," he says. "Sure, I've liked cookies and candy since I was a kid, but I don't live on it. I really do recovery shakes and protein shakes a lot."

For Jean, staying healthy also means sticking to a solid fitness and diet routine, even well into her 80s. "I do yoga twice per week and have been doing it for more than a year and a half, and I follow the usual healthy diet," she says. "I follow all the rules!"

PREVENTATIVE ACTION

In addition to remaining mindful of one's health and physical fitness, looking youthful requires a degree of preventative care. "When we look in the mirror and see a reflection that looks refreshed, we feel young and vibrant," Aaron says, emphasizing the importance of taking care of one's skin. The UC Irvine School of Medicine-trained doctor adds that there are several steps locals can follow to ensure that skin looks and feels its best throughout the aging process.

"The worst thing for your skin is the sun, so wear sunscreen daily—and remember, recent literature shows that it only works for two hours at a time, so reapply," he advises. The American Academy of Dermatology recommends using a sunscreen with an SPF of at least 30, which blocks 97 percent of the sun's rays. As far as specific skin care products, Aaron recommends Dr. Zein Obagi's popular skin care line, ZO Skin Health, because "every product serves a purpose, whether it's to stimulate, stabilize or strengthen your skin."

He continues, "The second worst thing [for skin] is sebum, or oil. A common misnomer is that oily skin ages well—wrong," he remarks. "Oil causes inflammation and is the basis of acne, rosacea and damaged skin. It also will make any pigmentation issues worse. So oil control is very important, and an astringent like salicylic acid is very important."



SCOTT SPORLEDER

Open water swimmer Lynn Kubasek conquers the waters off of Laguna's coast.

"I DEFINITELY FEEL YOUNGER THAN MY AGE. I REMEMBER WHEN I WAS IN MY 20S, I THOUGHT PEOPLE MY AGE NOW WERE HALF-DEAD—AND NOW IT'S LIKE I'M DOUBLE-ALIVE. THOUGH, ADMITTEDLY, I SEE THAT THERE ARE SOME FOLKS MY AGE THAT ACT LIKE THEY ARE DONE WITH IT."
—LYNN KUBASEK

Aaron says that the percentage of salicylic acid needed differs depending on the person and his/her unique skin profile. When assessing a client's skin, he takes into account color, thickness, oiliness or dryness, and the fragility and laxity of the skin. "I then try and build healthy skin, even texture and color, free of disease, well hydrated, no volume loss, minimal laxity," he continues. "All patients at the very least should cleanse, exfoliate and control their oil on a daily basis."

Aaron also advocates against using moisturizers, explaining that they teach your skin that it doesn't need to hydrate itself. "Also, it prevents exfoliation of dead skin cells, which is the main function of your outer cell layer besides being a physical barrier. Moisturizer serves no purpose except a quick fix, and [it] weakens skin. It teaches your skin cells to go to sleep because they no longer need to hydrate your skin. Think about it—if you want to strengthen your heart, the doctor does not tell you to go sit in the corner.

You have to exercise. The same is true with your skin; you have to put the cells to work. So you need products that are going to stimulate and strengthen your skin."

Still, he is quick to point out that aging physically and mentally isn't a bad thing, adding, "As we age we also mature, and the brain becomes filled with experience." It's this vibrant tapestry of life experiences that trumps the immaturity and insecurity of youth any day.

So, is age really just a number? "I live my life pretty close to how I lived it when I was younger," Brian comments. "There are a few things I have to take into consideration, like the amount of rest I get and warming up more. The only time I really feel my age is when I'm injured. A year ago I had back issues, and those will make you feel old real quick."

Craig agrees, adding, "The only time I feel my age is after a long week in the kitchen. I have a 9-month-old, so that keeps me young too." LBM



Executive Chef Craig Strong of Montage Laguna Beach's Studio restaurant raves about the benefits of drinking fresh-squeezed juices daily. Cop a youthful glow of your own with his two recipes for pre- and post-workout juicing, and don't be afraid to play around with the amounts of fruits and veggies in the recipes until you find your perfect balance.

PRE-WORKOUT:

Use apples, carrots and beets as your base for this delicious pre-workout juice, then add kale and parsley—Craig gets his from an at-home garden—along with fresh ginger. Chef Craig uses the combination as a detox tool and for an energy boost before a bike ride or other activity.

2 apples

2 carrots

1 beet

3 stalks kale

1 bunch cilantro or parsley

1 tablespoon fresh ginger

Process ingredients in a blender.

POST-WORKOUT:

For a healthy post-workout beverage, blend together fresh berries, fruit juice (Craig prefers orange juice), banana, protein powder (the chef recommends vegan protein powder, which can be found at Whole Foods), spirulina and a touch of a spice such as cinnamon, which, according to Craig, boosts circulation.

1 cup berries

1 cup orange juice

1 banana

2 tablespoons protein powder

1 tablespoon spirulina

Pinch of cinnamon

Process ingredients in a blender.

NATURE'S PLAYGROUND

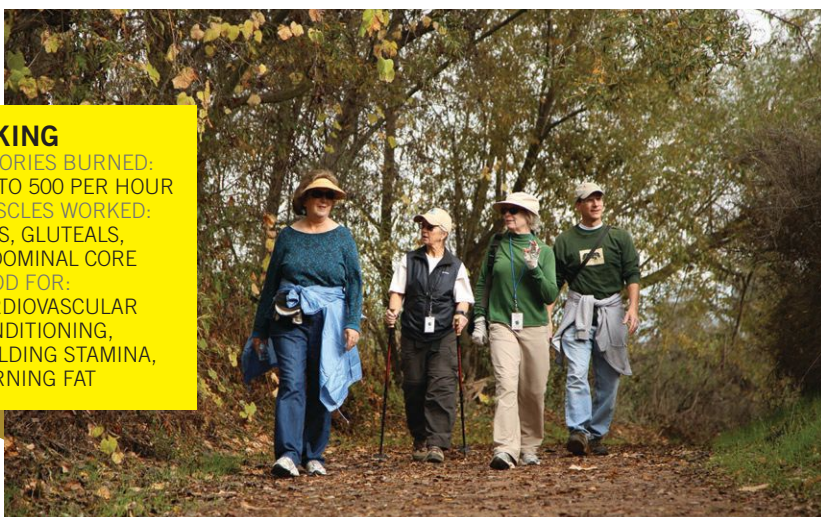
Forget the gym; Laguna's landscape offers a wealth of alternatives for getting in shape.

By Brett Callahan

FITNESS IN LAGUNA BEACH IS CENTERED ON EXPERIMENTATION. EVERY DAY, more and more locals and visitors alike choose to expand their horizons by replacing the mundane hypnosis of a treadmill with a trail in Laguna Canyon, substituting indoor cardio routines for a paddle in the surf and ditching the “cool down” period for a post-workout stroll on our 7 miles of coastline. Laguna provides one of the world's premier outdoor playing fields, and we'll gladly take full advantage of its offerings.

“Nature has the power to transform and heal,” says Billy Fried, the self-appointed “chief paddling officer” at La Vida Laguna, a company that organizes outdoor activities. “The air oxygenates your blood, the sun gives vitamin D, salt from the ocean is cleansing and the earth provides negative ions, which create alkalization. If that's too technical, you also get an eyeball massage.”

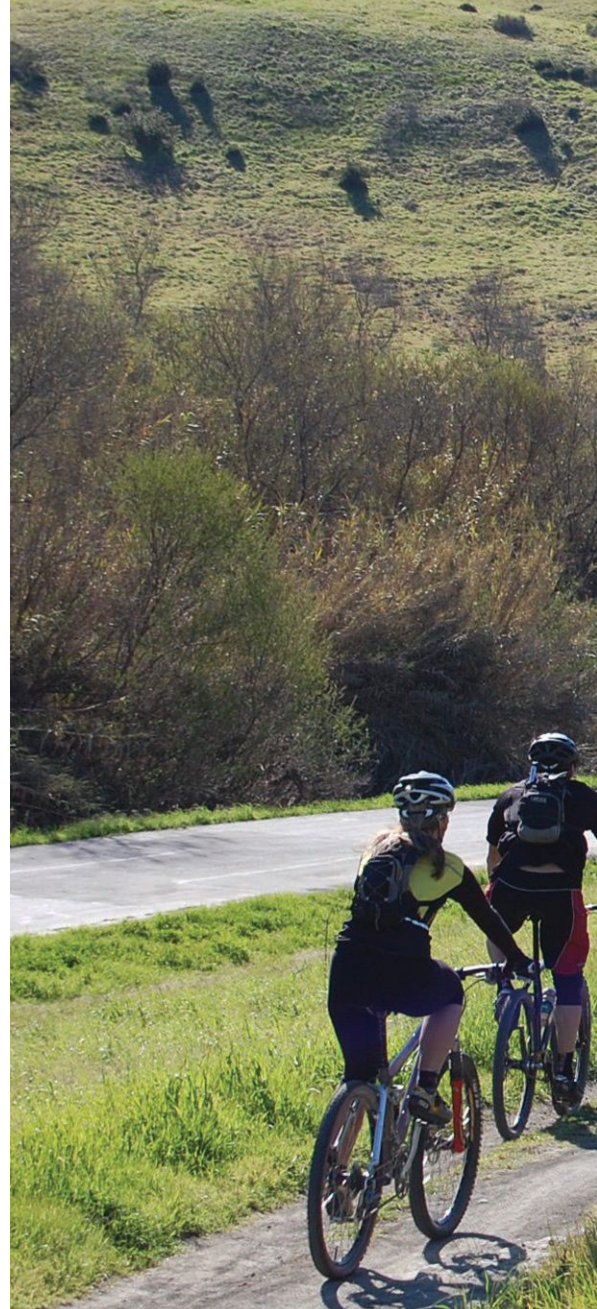
The metaphysical benefits described by Billy are made possible by Laguna's spectacular landscape and seemingly endless supply of near-perfect weather. As he adds, “Where else can you find world-class biking, hiking and water sports available year-round?”



HIKING

CALORIES BURNED:
UP TO 500 PER HOUR
MUSCLES WORKED:
LEGS, GLUTEALS,
ABDOMINAL CORE
GOOD FOR:
CARDIOVASCULAR
CONDITIONING,
BUILDING STAMINA,
BURNING FAT

Many trails in Laguna Canyon can be enjoyed through docent-led walks.



THE RAMBLER'S ROUTE

Few workouts offer payoffs as immediate as the one gleaned from hiking the web of trails that weave across the Laguna Canyon wilderness. Trekking the hills and dusty paths can be a taxing undertaking, but it's the surrounding elements that promote health nearly as much as the charging movements of the leg and gluteal muscles needed to scale the area.

“When you're out in the wilderness parks and on the trails, you're not just exercising your body,” says Hallie Jones, executive director of the Laguna Canyon Foundation. “The smell of the coastal sage, the glimpse[s] of birds, coyotes and bobcats—all of those things combine to remind us of our place in the greater world. ... It's more than just a workout.”



MOUNTAIN BIKING

CALORIES BURNED: 650-PLUS PER HOUR
MUSCLES WORKED: LEGS, GLUTEALS, CORE
GOOD FOR: BUILDING STAMINA AND STRENGTH, BURNING FAT

Outdoor adventure company La Vida Laguna organizes guided bike trips through local neighborhoods and wilderness areas.

If those benefits aren't rewards enough, just remember that climbing the steep ascents typically results in priceless views of the Pacific Ocean and surrounding coastal towns.

According to Hallie, the most popular local trail is the 3.5-mile Laurel Canyon Loop near the Willow Canyon parking lot. Those in search of a less advanced route can park closer to the James Dilley Preserve, near the intersection of Laguna Canyon Road and state Route 73, then head out to the 2.7-mile Barbara's Lake Loop. For an educational experience, stop by the James and Rosemary Nix Nature Center near the trail at Little Sycamore Canyon, which offers both 1-mile and 5-mile climbs. Hallie adds that she favors the scenic Dartmoor Trail, located at the top of Dartmoor Street in north Laguna.

Severiano Sanchez, a master's degree candidate in public health and outdoor exercise and a contributor to the Laguna Canyon Foundation, adds that the holistic experience of connecting with nature and its associated health benefits is something that no gym or boot camp can come close to matching.

"Outdoor exercise is proven to reduce stress, anxiety and blood pressure while increasing self-esteem, cardio capacity and strength," he explains. "Controlling these factors reduces your risk of developing chronic diseases like heart disease, stroke, Type 2 diabetes and cancer."

For a more aggressive thigh-burning activity off the trails, athletes can head to the legendary staircase at Thousand Steps Beach (which actually only includes about 232 steps) and take to



Barbara's Lake Loop

JODY TONGCO

STAND-UP PADDLEBOARDING

CALORIES BURNED: BETWEEN 500 AND 600 PER HOUR

MUSCLES WORKED: ABDOMINAL CORE, OBLIQUES, BACK, ARMS

GOOD FOR: BUILDING STRENGTH, BURNING FAT

Stand-up paddleboarding requires participants to utilize all of their muscles for a total body workout.



Paddle Board Bliss' instructors offer paddle yoga in calmer waters.

MAINTAINING THE ENTHUSIASM

As with anything in nature, the outdoor athlete's gym is a constantly evolving one. Enthusiasts are addicted not only to the surroundings and the adrenaline rush, but to what's yet to be discovered. The fact that these sports and hybrid activities require such a full range of muscle use makes it imperative for participants to supplement workouts with cross-training exercise.

"This is so that they will remain as injury-free as possible and be able to perform," says Brian Wisely, owner of The Well Personal Fitness Studio on Coast Highway. "A smart application of full-body functional strength and mobility training is a must."

Because body weight, muscle mass, environmental conditions, intensity levels and workout duration factor so much into measuring accurate caloric expenditure, heart rate and other health indicators, Brian suggests that those involved in serious training use electronic devices to monitor their progress. He adds, "A small investment in the right device will allow one to play their way to a higher fitness level."

conquering the task as if they're running bleachers in a stadium. A dip in the ocean is a customary finale to celebrate completing the challenge.

SWITCHING GEARS

While hiking those trails and wilderness parks, don't be surprised to hear calls of "on your right!" as off-road bikers glide into the sunset with blissful grins on their faces. Hiking's more extreme outdoor cousin, off-road mountain biking, presents riders with the same environmental eye candy, in addition to the added benefit of an adrenaline rush that remains unequaled by other activities. It also serves as the quickest way to explore Laguna's landscape.

"Biking is a unique workout because it's great cardio and also exhilarating," Billy remarks. "Laguna has tremendous technical terrain, [which] makes it fun and adrenaline-filled, not to mention beautiful."

The Dartmoor Trail is one of Billy's top recommendations for those looking to strike out on their own because of its easy access, varied landscape and unparalleled views. The Car Wreck Trail inside Top of the World Park offers a convenient entry point to the route, or bikers can head in from Laguna Coast Wilderness Park off of Laguna Canyon Road.

"Make sure you check out the trail first, as many of our local trails aren't open to bikes,"

KAYAKING

CALORIES BURNED: 350-PLUS
PER HOUR

MUSCLES WORKED: SHOULDERS,
LATS, ARMS, CHEST

GOOD FOR: STRENGTH TRAINING,
BUILDING MUSCLE, BURNING FAT

Hallie advises. “Also, please follow good biking etiquette, as we want to make sure these trails stay open for all of us to use in years to come.”

Outdoor companies like La Vida Laguna offer both bike and equipment rentals. For a multi-dimensional experience, sign up for a guided excursion like La Vida Laguna’s two-hour Back Roads Laguna Eco Bike Tour, which begins in downtown Laguna and introduces riders to local sustainability projects. Along the way, the 21-speed mountain bike tour passes through Bluebird Canyon, the Dartmoor and Crescent Bay lookout points, Heisler Park, historical Pyne Castle and other nearby hot spots.

Whether on a guided tour or a solo adventure, strenuously pumping gears will allow riders to work up the kind of sweat that can’t be duplicated by most other outdoor activities.

“Exercises like mountain biking will help you build more strength and burn more fat because you are working with resistance and using most of your body,” says Ryan Kollock, owner and founder of Code Green Fitness, a local personal training service.

BALANCED SETS

Over the past decade, stand-up paddleboarding (SUP) has become known as one of the fastest growing water sports in coastal cities; in Laguna, however, it’s a downright institution. Whether cutting through challenging swells or learning to balance in calmer waters, participants can rest assured that SUP provides unique physical benefits for a variety of bodily systems and muscle groups.

“One of the biggest advantages of paddleboarding is the ability to utilize all muscles,” says Taylor Chaput, owner of Laguna-based company Paddle Board Bliss. “From your head to your toes, everything is engaged on the water without even realizing it. Just balancing on the board requires an engaged core at all times. Proper paddle technique generates power from the arms, upper back, lats and, most of all, the core and obliques.”

Taylor adds that Fisherman’s Cove is a prime introductory spot for novices, as it’s protected

from open water and gives amateur paddlers the opportunity to glimpse a California sea lion or two in their natural habitat. Just below Montage Laguna Beach, meanwhile, Goff Cove offers another friendly launch spot for beginners.

Paddle Board Bliss instructors also take many of their paddlers out to kelp forests, which provide the flat surfaces and calm waters necessary for paddle yoga. Using the same paddleboards as one would for SUP, the guided groups are able to enjoy yoga sessions atop the gently pulsing surf.

“It cultivates an awareness of the present moment, and it’s a workout without feeling like a workout because you’re having fun, relaxing and enjoying nature,” Taylor explains. “I’ve never had that feeling on a treadmill.”

The myriad opportunities associated with paddleboarding make the activity one of the most versatile water sports for any athlete to experience. Locally, Paddle Board Bliss and La Vida Laguna offer multiple SUP classes, and both welcome participants of all skill levels.

COVE CRUISING

Although stand-up paddleboarding may have arrived on the scene only within the past decade, a more traditional water sport has been providing outdoorsmen with the chance to experience complex marine life and open-air workouts for thousands of years. Kayaking, first developed by

Fisherman’s Cove is a popular kayaking spot in Laguna.

Eskimo people to aid in hunting, is now one of the best ways to experience firsthand the many protected coves along Laguna’s northern coast.

Just like paddleboarders, many kayakers opt to push out from Fisherman’s Cove. Accordingly, groups like Billy’s team offer rental equipment and daily tours for both solo and tandem riders.

“We get extra calm, clear water enabling us to see straight to the bottom, where there are garibaldi, starfish and colorful sea urchin,” Billy says. “Plus, Seal Rock [off the shore of Crescent Bay] is always a highlight.”

Kayakers have nearby Catalina Island to thank for the placid waters, as the island acts as a natural barrier for oncoming winds. This allows voyagers of all abilities to cruise as closely as possible to reefs, private beaches, tide pools and kelp forests with natural ease.

“We take a lot of people out who have never been on the ocean and are scared out of their wits with all kinds of irrational fears,” Billy adds. “Once we get them out on the water and they relax, they are overcome with serenity and well-being. Plus, it’s a thrill when they see sea lions, and perhaps even dolphins and whales in their natural habitat.”

Utilizing mainly the upper body and core to steer, athletes can consider the seated activity something of a respite from the intensive lower-body workouts endured on the trails. **LBM**



NATURAL HEALING

*An emerging mecca for the best in alternative therapies,
Laguna Beach offers deep relief and rejuvenation of every kind.*

By Lisa Marie Hart

SCOTT SPORLEDER



Geo and Katresha Moskios founded alternative yoga retreat The Pearl Laguna in 2009.

WORD OF MOUTH HAS ALWAYS BEEN THE KEY to sourcing a compassionate therapist, a sharp attorney or a shrewd financial planner. Over the past several years, however, Laguna locals have found it far more urgent to spread the good word on matters of the mind, body and spirit. Beyond the practical matters of life, we're discovering how to really live—and live well. While the rest of this fast-paced world reaches for a box of Band-Aids or a bottle of aspirin in moments of injury or illness, Lagunans prefer

to slow down and heal from the inside out.

The concept of living well in Laguna not only incorporates daily wellness practices, but also encourages seeking out holistic ways of returning to a state of balanced well-being whenever one happens to fall out of it. Whether through meditation or Eastern medicine, more of us are aiming to restore ourselves both mentally and physically the all-natural way—without prescription drugs or invasive treatments. In fact, alternative practices are hardly the outliers in an

area where a fresh crop of healing practices have touched down and developed roots.

From alkaline water and detoxifying foot baths to Thai massage, herbal medicines, floral elixirs and Epsom salt tanks, the curious would-be practitioner has a host of fascinating remedies from which to choose—complete with experts ready to soak, knead, rub, push, poke or even float clients back to robust health.

“Health care is expensive and not always natural,” says Renee Ulnick, founder of Pure

Body Wellness Center off Pacific Coast Highway. “People here want to look better, feel better, have more energy and an improved ability to handle stress—all through natural, preventative care.”

ROUTINE REMEDIES

Instead of earning an advanced degree to master the wide world of natural therapies and alternative medicines, many locals choose to start small. Luckily, Laguna Beach brims with methods for adding a dose of heady mindfulness to a regular routine. At places like OM Laguna Beach, a downtown meditation center, clients can select from guided group sessions, drop-in workshops, wellness classes and private appointments with professional guides.

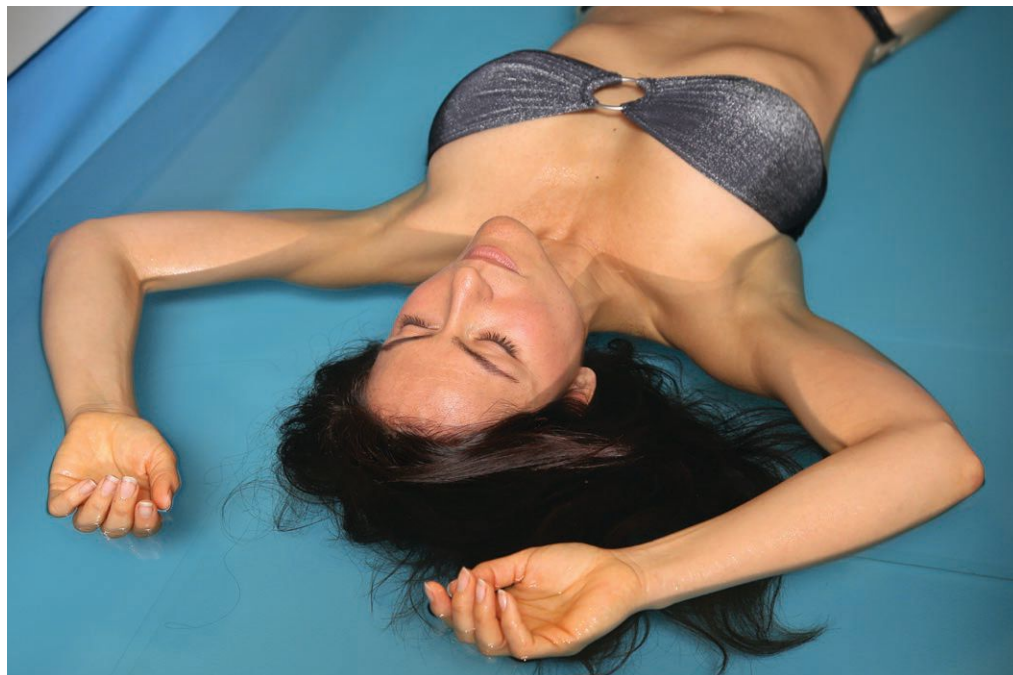
Others turn to the power of aromatherapy to instantly transform their state of mind. The Lotus Wei flower elixirs and essences found at nontoxic cosmetics shop ROOTS The Beauty Underground are part of a booming brand that owner Laura Linsenmayer calls “a complete health movement.” Add a few potent drops of ingestible therapy to a water bottle to reap the beneficial energy of flowers and plants. Especially popular among local overachievers, the Quiet Mind elixir aims to hush mental chatter and squelch overanalyzing; meanwhile, the Inspired Action mist combats procrastination while catalyzing innovation.

Also at ROOTS, Buddha Nose body salves have become cold-weather essentials. Immunity Booster Salve, which includes essential oils like cinnamon, clove and patchouli, offers an extra layer of defense against bacterial and viral infections. Meanwhile, Deep Breathe Balm enhances meditation and yoga practice, and dispels congestion. On a more emotional note, the company’s Heart Spray pledges to lessen the effects of heartbreak and loss with its comforting floral and rose water mist.

QUICK FIXES

Natural healers throughout Laguna understand that the body’s need for lasting renewal doesn’t keep standard office hours. Many stay open late into the evening for those desperate for something more nurturing than a mani-pedi after a grueling day.

Laguna’s Float Lounge is just one of those refuges. Likely the closest possible thing to sensory deprivation found in Orange County, a Float Lounge experience sees a client’s body



PHOTOS ON THIS PAGE BY JODY TONGCO



Epsom salt tanks at the Float Lounge

completely suspended in an enclosed tank of water and Epsom salts. As guests surrender to total darkness, the lounge’s owners attest, the muscles achieve total relaxation and healing, stress is reduced and sleep will come more easily.

Opened in 2012, the Float Lounge is just one component of a larger entity called Feeling Functional, which offers holistic lifestyle and subconscious coaching, physical restoration and myofascial release therapy, among other alternative treatments.

“From clients with chronic back pain feeling

freedom to clients looking for insight into themselves and coming out feeling peace and clarity, each person’s experience in the float tank is completely unique,” says Float Lounge co-owner Rosanne Ramirez. “We are one of the few cultures that does not practice stillness or quietness, and floating allows one to experience that in a very simple and graceful way.”

The opposite of stillness is fluid motion, which has its own place in the healing realm. For those who don’t mind breathing deeply through the therapists’ assertive Eastern techniques—“not



Thai massage stimulates circulation, increases flexibility and improves mental clarity.

for the bashful,” says one client—the results from a visit to Laguna Thai Massage & Day Spa may include decreases in muscle pain, tension and blood pressure with increased flexibility, circulation, mental clarity and concentration.

“Thai massage is basically an assisted yoga session where a masseuse manipulates your body and applies gentle pressure to your muscles,” explains owner Joey Laongpanich, who opened the spa under new management in 2012. Unlike the passivity of Swedish massage, Thai massage poses force fresh circulation to specific areas of the body, aiding in lymphatic drainage and the return of blood to the heart and organs. Some masseuses even hold onto ropes for balance while pressing their feet into the back or legs to yield a deep-tissue massage.

“Although you’ll be moving around, Thai massages are really quite relaxing, since they return your body to a Zen-like state,” Joey says. “At the end of my session, I always feel extremely calm and ready to conquer the world. You may even notice on day two or three how loose your once tight muscles and stiff joints still feel.”

Less of a quick fix and more of a kick-start for a total lifestyle overhaul, the program at The Pearl Laguna has quickly garnered international

acclaim. Although in business for just four years, this intimate retreat center for yoga-inspired rejuvenation has already earned praise from both *The New York Times* and regular visitors who return to the idyllic sanctuary for refresher courses every six months. “We work on teaching people how great it is to live, eat, breath and think naturally,” says yogi extraordinaire Geo Moskios, who founded The Pearl Laguna with his wife, Katresha, in 2009.

During a single-week retreat (although many opt to stay longer) at the 12-bedroom property in Laguna Canyon, a global clientele eases through a flowing schedule that combines a cleansing diet—organic and vegetarian with alkaline water; no alcohol, caffeine or refined sugars—with daily massage, yoga, hikes and beach walks, in addition to the ample time and serene environment most conducive to meditation and reflection.

“Most people come to relieve stress, lose weight and clean out their bodies,” Geo explains of the retreat. “They want to get off sugar, white bread, refined food, alcohol, cigarettes and God only knows what else.” He affirms that while many clients see a drop in blood pressure and cholesterol, it’s also not unusual for men to shed 10 pounds or more and for women to lose

between five and seven pounds.

“We get the best results of any spa in the world because we teach and work with the four pillars of health: proper exercise, proper diet (mostly vegetables and fruit), rest and, most importantly, positive thoughts,” he adds. “Each of our staff members shares their ability to give positive, loving energy. We want people to leave The Pearl with a fearless, open, loving heart.”

ONGOING THERAPIES

Anyone with a genuine interest in self-improvement knows the importance of consistency.

“Always make time for yourself,” says Yvonne Nahl, president of the newly opened Skinterest Day Spa on Forest Avenue. “In the end, it’s just you looking in the mirror, and [time] catches up pretty quick. As women and mothers, we give, give, give, but it’s important to receive and recharge too. People are into working out, but they also need to slow down, take a break and not keep chasing after things.”

Opportunities for taking a break at Skinterest move beyond the facial menu to include Pressotherapy, an advanced leg compression treatment to improve circulation (not to mention a favorite treatment of pregnant women) and Vacuodermie, which removes excess fluids and reduces swelling to tighten the skin and combat cellulite.

The Endermologie cellulite treatment at Pure Body Wellness Center offers another natural way to smooth unwanted bumps and dimples. Most clients, however, unearth this wellness outpost for its experience with colon hydrotherapy.

“After one hour, guests have a feeling of well-being and say they feel lighter and cleaner,” says Renee. A safe, gentle procedure that rids the



Floral elixirs at ROOTS The Beauty Underground



Traditional Chinese medicine is paired with cupping techniques (a form of acupuncture) at Zhong Yi Yao Inc.

large intestines of waste through filtered water as opposed to the use of drugs, the treatment also strengthens the colon muscle. "This makes the body more efficient and better able to absorb nutrients," she adds.

South Orange County also teems with unrivaled therapeutic acupuncture offerings. In Laguna, a top-notch acupuncturist is Zhong Yi Yao Inc. Traditional Chinese Medicine. Those willing to go under the needles may find relief from issues ranging from anxiety and fatigue to insomnia, digestive troubles, skin conditions and chronic pain. Acupuncture treatments at Zhong Yi Yao are paired with Chinese herbal medicine, traditional cupping techniques and nutritional

counseling based on clients' needs.

Likewise, North Laguna Wellness Center specializes in chiropractic care to aid a laundry list of ailments, from lower back pain and abdominal cramping to allergies and stomach disorders. After a look at a client's blood chemistry and a round of nutritional testing, the center's practitioners craft an individualized wellness plan to promote proper nutrition, digestive health and, if desired, weight loss.

Where there is a need for healing, there is, in Laguna, a healer. And with more and more locals seeking long-lasting holistic wellness rather than temporary solutions, alternative treatments will only continue to grow in popularity. **LBM**

WAYS TO WELLNESS

Set aside a much-needed dose of "me time" at a Laguna Beach day spa and leave stress at the door. Just one visit may ease the mind, relax the body and restore balance to your physical and mental well-being.

MIGRAINE RELIEF: The debilitating intensity of a migraine is a pain unlike any other, especially when coupled with an unforgiving sensitivity to light and sound. The healing hands at Skinterest Day Spa bring therapy to those who suffer from chronic head and neck pain with their pressure-relieving, 45-minute Headache Massage.

INNER PEACE AND OVERALL WELL-BEING: A deep sense of mind-body harmony is the report from the "floaters" who spend an hour bobbing effortlessly in the Float Lounge's tranquil tanks. A thousand pounds of Epsom salts support each client's physical frame, allowing the mind to slow down and steady itself, completely free from outside stimuli.

STRESS REDUCTION AND DETOXIFICATION: Laguna Thai Massage & Day Spa has gained a cult following for its Ionic Foot Bath, and the magic lies in the water: "Once ionized and split into H⁺ and OH⁻ ions, these ions are able to enter the body through the 4,000 large pores of the feet," spa owner Joey Laongpanich says. "All the organs become energized and stimulated to function optimally."

IMPROVED CIRCULATION, PAIN RELIEF AND ENERGY: The infrared heat from the infrared sauna at Pure Body Wellness Center penetrates the body's tissues more effectively than regular heat from conventional saunas, provoking the release of toxins that are stored in the body's fat cells while stimulating circulation, soothing muscle and joint pain and purifying the skin.

IMMUNITY BOOST, REJUVENATION AND BETTER REST: The Surfacing pairing at Spa Montage at Montage Laguna Beach couples a soothing reflexology massage with manual lymph drainage. After the soothing pressure of reflexology taps into the entire body through the bottoms of the feet, the rhythmic touches of manual lymph drainage techniques promote relaxation, boost the immune system and move fluid out of the loose connective tissue to aid in decreased swelling.

The Second Sight

Laguna Beach is a hotbed of psychic activity, as more and more locals turn to spiritual advisers for guidance.

By Tess Eyrich | Photos by Scott Sporleder



AS GEORGE LAURICELLA TELLS IT, A PSYCHIC'S advice may very well have saved his life.

"My mother told me before the Northridge quake [of 1994] that she'd had a premonition," he says. "She told me she wasn't coming to visit from New York, but I didn't listen to her; I was too busy. So I went to Los Angeles, and my friend asked me to stay over. ... For some reason, at that moment, I said, 'I've got to go home [to Laguna Beach].' All I could think of was my mother's voice in my ear saying, 'Stay out of Los Angeles these next couple of days.' ... I sped home, and I was under the 10 freeway at La Cienega or Fairfax and I did something I never would have done at 2 o'clock in the morning: I looked both ways, and I went through the red light because I didn't want to be under the underpass. And of course, that's where it collapsed a couple hours later."

George, who has since followed in the footsteps of his mother and now works as an intuitive counselor at The Chakra Shack off Coast Highway, is just one of the many Lagunans well-versed in new age philosophies, and according to him, Laguna is a magnet for psychic phenomena.

"Laguna has always had a reputation as being a Pisces vortex, similar to Santa Barbara—not in energy, but similar to Santa Barbara in that both are power sites," he explains. "It's always attracted artists, gay people, show business people, surfers.

It's always been a very eclectic town, and it's always been very open. Laguna was the center of the New Age, even before it was the New Age."

Just in time for the new year, Laguna Beach Magazine sat down with some of the area's top psychics, who were more than willing to dish about this city's penchant for mystic spiritualism.

LAGUNA'S HIDDEN SECRET

"I have found Laguna to be so receptive to psychics," says Michele Amburgey, one of George's co-readers at The Chakra Shack. "There is a quality to the people in Laguna that is very open, very spiritual."

Michele, who has worked in the field as a medium and energy healer for the past 12 years, claims that she was just 3 years old when she started becoming aware of her own psychic abilities. Since then, she says, "I've had too many experiences—I can't doubt that I'm psychic."

Her trajectory is far from extraordinary. In fact, most psychics purport to have experienced visions, feelings and other metaphysical communications since childhood. "I started having dreams that would come true," George says of his journey into the psychic underground. "I don't know if you'd call them visions, but I started being very aware of that at a very young age." After being given a deck of tarot cards at the age of 12 by a cousin, George plunged headfirst into the world of psychic phenomena and

George Lauricella has been aware of his psychic abilities since childhood, and now works as an intuitive and metaphysical consultant at Laguna's Chakra Shack.





Psychics use star charts and tarot cards to help clients with issues related to relationships, finances and careers.

**“IF THERE’S SUCH A THING AS PSYCHIC PHENOMENA,
IT’S PROBABLY ANOTHER FORM OF COMMUNICATION THAT WE
SIMPLY HAVEN’T BEEN ABLE TO NAIL DOWN.”**
—GEORGE LAURICELLA

has remained in the industry for 46 years, advising an average of 40 clients per week. “Everybody has an interest in wanting to know what’s upcoming,” he remarks. “I’m not saying they necessarily want to look at a crystal ball, but most people want to know what’s coming down the pipe.”

Laura Williams, who refers to herself as the Laguna Beach Psychic, entered the industry as a spiritual reader in 1980 while living in Whittier, Calif. She now performs between 10 and 15 readings per day, both in person and over the phone, attracting a slew of international clients who shell out \$25 for a 30-minute session. “You can talk so much, your tongue gets numb,” she says, sharing that she currently has a three-week waiting list.

“A good 90 percent are regulars,” she says of her clientele. “Because I’m consumed with so many people’s lives, it kind of gets ridiculous. ... When you’ve been dealing with it for so many years, it’s an emotional rollercoaster that you go through.”

Another local reader, Vivienne Simchowitz, bills herself as something of a Renaissance woman,

mapping astrological charts, balancing chakras and even teaching yoga. After a childhood spent in Durban, South Africa, she was performing tarot readings at age 19 and working as a professional astrologer by 21. “Most clients will record their [astrological reading] ... and then years later they’re still listening to it,” she says. “It’s so much packed information. I can even see right away, like, trauma in childhood—it’s amazing what the chart can show you.”

Vivienne advises between 15 and 20 clients per week, charging \$100 for live, over-the-phone and Skype readings (she can even do a chakra rebirthing via Skype, she adds). She’s crisscrossed the globe, touching down in far-flung places like South Africa, Mexico, Australia and Hawaii. Still, she muses, “Out of everywhere, I say Southern Californians are the most willing to hear, just because so many of them are already doing therapy and self-reflection.”

Of course, that’s not to say all Southern Californians are thoroughly convinced of the accuracy of a psychic’s knowledge. Laguna local Amanda



Jill Templin, owner of The Chakra Shack

Montrose speaks for a large swath of the population when she says, “Psychics tell people what they want to hear to get more money out of them. They’re good at reading people—not the future.”

PEOPLE AND PRIORITIES

In Laguna at least, psychics tend to agree on the general demographics of their clients. Most are female, but more and more guys seem to be jumping on the spiritual bandwagon.

“I am seeing a trend where more and more men are coming in and beginning to open up,” Michele says. “I really feel that males have been closed off to this kind of stuff for a long time, but it seems like they’re opening up, and it’s really exciting.”

So what’s the common denominator that pushes these clients into psychics’ orbits? “Love issues,” Laura says. “Ninety percent are love issues, along with 5 percent health and 5 percent finance issues.”

All of the readers we spoke to unanimously agree that relationships are by far the No. 1 concern of Lagunans who turn to psychics for guidance. “[I get] people who are involved in relationships, and many of them come to me because they’re at a crossroads in their relationship,” George says. “I also get people who are in a transition in their marriage. They may have caught a partner being unfaithful, or they themselves may have struggled with being unfaithful. Relationships are big.”

Meanwhile, Vivienne notes that many of her clients aren’t in partnerships but are looking for them: “A lot of my clients are wanting families and kids, or feel the clock’s ticking away, so the theme of ‘Will I get married?’ or ‘Is this the right guy?’ seems to be a very prevalent one in Laguna,” she says.

After relationships, financial- and career-related queries are high priorities for locals who seek psychic insight. “I knew when the housing market was going to collapse, and a couple of people listened to me,” George says. “I know when certain financial trends are going to happen. People think I’m crazy

because I'm not a Realtor and I'm not a Wall Street banker, but what can I say? I tell my clients, if they ask me, that I'm not qualified to give advice, but in my suggestion, I wouldn't invest in the stock market right now." He contends that in Laguna, however, clients typically exhibit less anxiety about money than people living in other areas.

"Laguna Beach is owned by the superclass, and they're pretty much beyond any financial concern," he explains. "But in many other areas ... people are very concerned about their children, about world changes. They're very concerned about the collapsing capitalist economy."

Vivienne explains that many Lagunans instead crave reassurance about their career choices: "I do get a lot of clients [who want to know] 'Is this the right decision with my career?' You know, a lot of people are going through big changes."

THE NEW THERAPY

Speaking with a handful of Laguna's most popular mediums, readers and healers, one thing becomes strikingly clear: The line between psychic and psychiatrist has blurred.

"[Clients] are basically coming in for counseling," Laura says. "Some want meditation, and some just want reassurance. You know, 'Is she really cheating on me so I can move on?'"

Michele adds, "Psychics are kind of like therapists, in a way. We give peace of mind, and we counsel people on what's going on in their lives and how to reach their goals, how to get to where they want to be. ... I think that as psychics, we're facilitating healing. Anytime someone can come to an understanding of an aspect of their life, there will be healing there."

Forget the fortunetellers and soothsayers of yesteryear—today's psychics are more like mental health professionals who dole out advice and referrals for everything from attorneys to doctors. "Some people say it saves them a year—or two years—of therapy to find out what their issues are," says Vivienne, who, in addition to her psychic certifications, holds a Master of Science in counseling and offers life coaching services.

Accordingly, seeing a psychic often allows clients to realize self-truths they'd otherwise overlook. "I have a client who thanks me for being so straightforward with her," George shares. "She says no one else talks to her that way—they're afraid to, because she's a high-powered businesswoman."

Being in an honest, intimate environment with someone who seems to know it all creates a cocoon of safety, allowing clients to confront feelings, fears

or frustrations they may have been avoiding.

"It allows the client to be in a space where they can open up to what maybe isn't working for them, or they can open up to where the problems or imbalances are, and by doing that it allows their mind to open up to receive information, energy, wisdom and guidance to help them reach their goal," Michele says.

"The reinforcement of knowing that you're not alone and that we're all in this together can be very beneficial to people," George adds.

Perhaps it's no surprise that in a city as progressive as Laguna, many locals are tuning in to a new kind of contemporary enlightenment. As many psychics will attest, most—if not all—people have some degree of clairvoyant energy or awareness; they just have to recognize and cultivate it.

"If there's such a thing as psychic phenomena, it's probably another form of communication that we simply haven't been able to nail down," George says. "Two hundred years ago we didn't know what penicillin was, 100 years ago we didn't know what rocket travel was. I think the mind is probably the last frontier, and we're still learning lots of things about the mind, in terms of its extrasensorial perception and the fact that we're open to so much more information than most people understand." LBM

WILL THE REAL PSYCHICS STAND UP?

It's an unfortunate reality that in the psychic arena, "there are as many charlatans as there are bad lawyers," says George Lauricella, an intuitive and metaphysical consultant who performs regular readings at Laguna's Chakra Shack.

According to Southern California-based spiritual reader Laura Williams, known by clients as the Laguna Beach Psychic, this is how you can tell the phonies from the fakes: "When people say that they are a God-given psychic with all of these great abilities. The power of knowing what's going to happen is not a great ability—if I were to say anything, I'd say it's more of a curse."

"Anyone that tells you there's a curse on you is full of it," George continues. "You have to use your discretion."

Vivienne Simchowicz, a holistic reader and astrologer, adds, "Some psychics go irrelevant. They're telling you about all of these past lives, and some people want to hear it, but to me, [I feel like we need to] bring it to the here and now."

Meanwhile, medium and energy healer Michele Amburgey's advice is a bit more succinct: "Follow your instincts."



Michele Amburgey, pictured in The Chakra Shack's healing room, has worked as a medium for 12 years.





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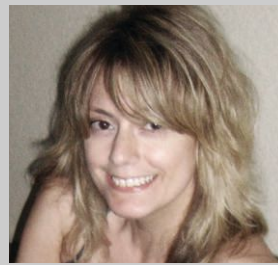




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JOIN THE CLUB

The Boys & Girls Club of Laguna Beach celebrates 60 years of helping young people reach their fullest potential.

By Peter A. Balaskas | Photos by Jody Tiongco



NESTLED DEEP IN THE HEART OF LAGUNA CANYON, the main branch of the Boys & Girls Club of Laguna Beach seems to sit in the sun's spotlight, beckoning wayward drivers to visit as they coast through the canyon. Although seemingly understated, the organization's flagship location is first-rate; next door, at the Sawdust Art Festival grounds, aromas of freshly cut wood slowly drift from the cluster of craft shops that have sold their wares to locals and out-of-towners alike for more than 50 years. Farther south is the Festival

of Arts' home base and the Laguna Playhouse. And then there's the coast, where kids of all ages can visit museums and local galleries, or explore the seaside playground that is Main Beach.

As the Boys & Girls Club of Laguna Beach approaches its 60th anniversary as a community institution, the nonprofit also celebrates its legacy as a beacon for young boys and girls seeking to meet new friends, learn new skills and, most importantly, discover and nurture their goals and dreams—proof positive that The



The Boys & Girls Club of Laguna Beach's main branch features a fully stocked art studio.



Bill Wood, the club's board president, and current Executive Director Pam Estes



A 1967 tournament officiated by former Executive Director Bruce Pierce

Chronicle of Philanthropy was indeed accurate when it ranked the nationwide network of clubs No. 1 among youth organizations for the 20th consecutive year.

CLUB MEMBER TO PRESIDENT

Since its creation in 1954, the Boys & Girls Club of Laguna Beach has consistently maintained and reinforced its mission of encouraging young people to grow into caring and responsible adults. Bill Wood, president of the board, knows very well the club's dedication and how it has developed over the years; he became a member during the late 1950s, when he was just 14 years old. During that time, the club was housed in a smaller facility located on Main Beach and was simply called the Boys Club, approximately 30 years before it expanded to join the national stable of the Boys & Girls Clubs of America. Bill recalls the original location's athletic amenities, which included outdoor basketball courts, a game room with table tennis and billiards, and a small workout gym.

"A lot of my peers and I [would show up] after school and in the evenings at that time ... and it was a comfortable [and safe] place to be," he says.

LOWER RIGHT HAND PHOTO COURTESY OF THE BOYS & GIRLS CLUB

"But it was a place to share with each other, have fun and [be] under some guidance."

Bill stresses that sports and games are just a small part of what the club offers. With the help of a committed staff, young people are also taught that in order to accomplish their goals, especially when it comes to professional aspirations, they have to first learn responsibility and accountability for their actions. Although Bill temporarily left the club as a teenager to work a string of summer jobs in the restaurant industry, he was drawn back to it as a part-time employee at the age of 19.

"I assumed over the years that Bruce Pierce, the executive director at the time, must have felt that I exhibited some behaviors that would be good to pass on to the kids," Bill says. "Otherwise, he would have never hired me as a part-time worker originally and then on to full time."

As he grew older, Bill became the program and athletic director at the club, designing all of its contests, games and tournaments. During that time he was encouraged by Bruce, his mentor, to seek tutors, improve his grades and pursue a college education. After getting his degree, Bill ascended to the position of president of the PacifiCare Foundation but still volunteered as a coach for the club's myriad athletic tournaments. During the 1990s and 2000s he became a board member and eventually the committee's vice president. He retired from PacifiCare in 2006, and was named president of the board in 2012.

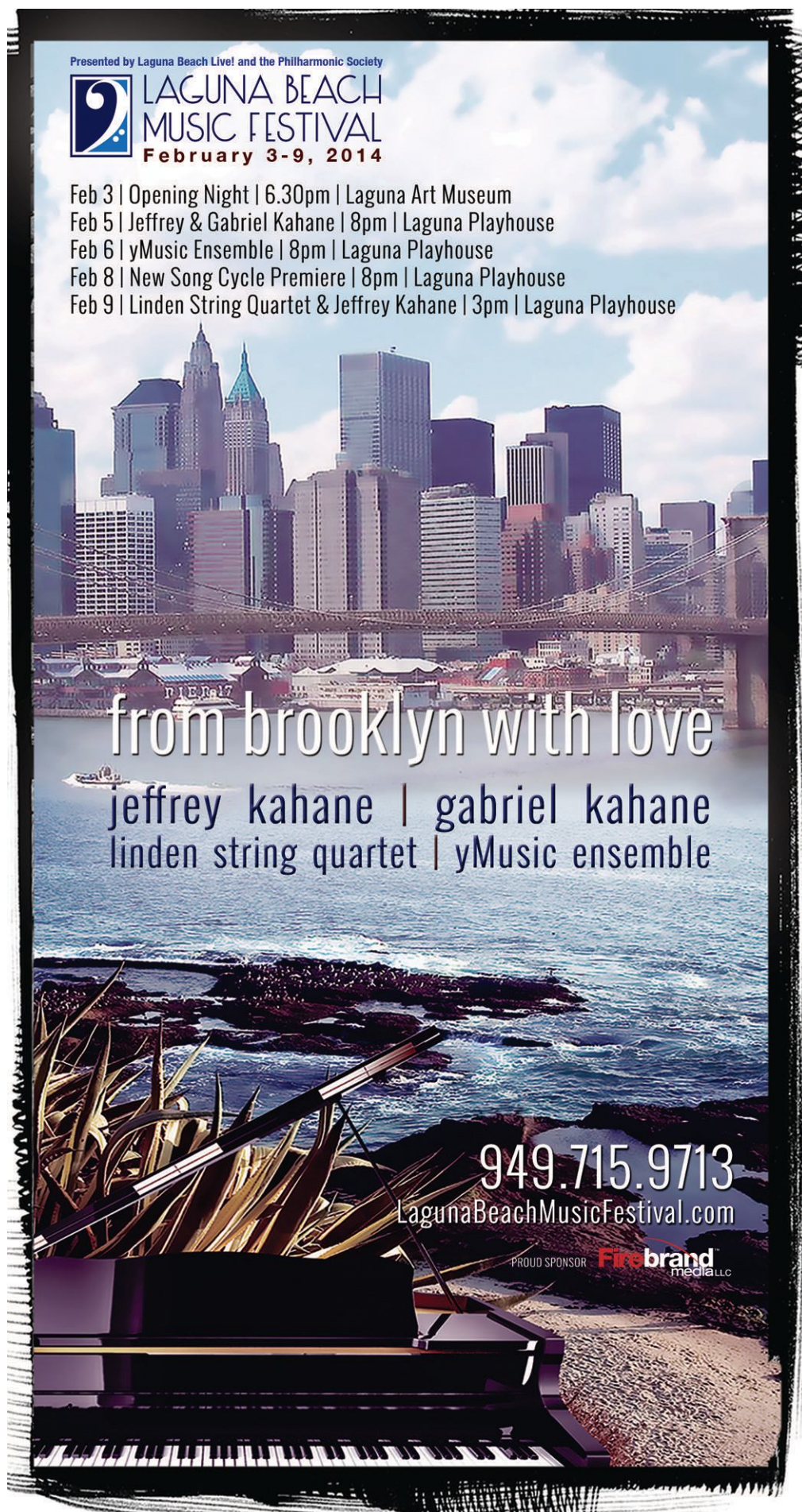
"This growth spurt [of the club] started, and we were in a situation where no one was stepping up at that point," he says. "And so Pam [Estes, the club's current executive director] asked me ... if I would become president of the board, and I felt I owed it to the club."

Bill's journey with the Boys & Girls Club of Laguna Beach comes full circle for he and his family. All of his children are members, as well as his grandchildren. He fondly recounts how the club helped cultivate his maturity and personal journey to adulthood.

"I firmly believe that I would not have achieved a college education if it had not been for the Boys & Girls Club of Laguna Beach," he says. "It afforded me, who was the only African-American initially at Laguna Beach High School—by the time I was a senior there were still less than a dozen of us—an opportunity to achieve my dreams."

PLENTIFUL PROGRAMS

Decades have passed since Bill began his tenure at the club—and much has changed in the interim.



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The Laguna club's TLC branch overlooks Bluebird Park and serves children ages 6 to 10.



All programming at the TLC branch is done in the park.



Staffers on hand at the TLC branch help with homework.

The main branch moved from its beachfront location to its present site off Laguna Canyon Road. In addition to an indoor gym and outdoor playground, the facility also features a computer lab, homework lounge, snack bar, game room, preschool/Kinder Buddy program room and a fully stocked art studio, where a colorful kaleidoscope of paintings, drawings and photographs created by the students covers the walls like an unending mosaic.

Along with the main branch, the club also operates the TLC branch, which overlooks Bluebird Park and specifically serves children ages 6 to 10. Elena Mendoza, the TLC branch's director, feels that this is a perfect, natural setting

for younger children.

"All of our programming is done in the park," Elena says. "The only kids that are in the building are doing their homework because they need some quiet space. [But] we utilize the entire park."

At the main branch, the club's sports programs are complemented by a number of other diverse core programs that are offered to all young boys and girls. The Academic Success program includes courses in science, math, engineering and computer science. The Good Character & Citizenship program offers the Torch Club, which encourages participation, character and leadership skills. A Healthy Lifestyles section of the curriculum, meanwhile, teaches kids the

MAGNIFICENT MOMENTS

The Boys & Girls Club of Laguna Beach has grown and evolved as a safe haven for youth over the past 60 years. Here are six keys moments in the organization's storied philanthropic history.

1967: The original Boys Club moves to its current location on Laguna Canyon Road, where a new clubhouse is built.

1992: The organization expands dramatically, changing its name to the Boys & Girls Club of Laguna Beach.

2001: The club's on-site preschool opens.

2004: The organization completes a \$3.3 million capital campaign and expands the Laguna Canyon facility to 25,000 square feet.

2011: The Boys & Girls Club of Laguna Beach is named Nonprofit of the Year by the Laguna Beach Chamber of Commerce.

2013: With a budget of \$2 million, the non-profit employs more than 50 people and serves a record-breaking number of children.

importance of self-esteem and courage against peer pressure.

One of the most beneficial core programs at the main branch is the Creative Expression section, which includes photography, drawing, painting and even sculpture instruction. Elena says that she is consistently impressed with the high quality of art that the kids create.

"We have art shows two times a year," she explains. "Our kids produce art and they submit it to our national organization. There [are] 4,000 clubs nationwide; we have won first place for several years."

The club's connection to the local arts community has been especially enhanced by its relationship with the Laguna Art Museum, which holds exhibitions of the children's work in its Young Artists Society Gallery.

"We have on two separate occasions been able to display our kids' art [there]," Elena adds. "Can you imagine what it must feel like as a child to bring your parent to an art opening and your piece is in a museum? It's one of the highlights of my year."

The children who attend the club share Elena's enthusiasm. Eight-year-old Nicole loves the club, and has nothing but praise for the games and art programs that it offers.

"I like the art room and the playground, because ... I have this fourth-grade friend that I

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The teen center at the main branch is a meeting place for middle and high school students.



Former student Ricky Delatorre now works at the club.



Inside the main branch's homework lounge

barely ever get to see [at school]," Nicole says. "So when we have the playground together [here], we usually play tetherball or jump rope, and we really like to spend time with each other because we don't get to spend time at school."

However, as 7-year-old Mia points out, the club's education program and staff members help teach children like herself how to focus and finish their assignments on their own before asking for help. "Patricia [Walker, the club's director of education] really ... helps us a lot," she says. "She knows where we're going ... and sometimes she lets us do it by ourselves."

In return, the Laguna Beach community has embraced the club with open arms, primarily because the organization has fostered strong

connections with many principals and teachers at the Laguna Beach Unified School District, the police and fire departments, and even local animal control facilities.

"We have established a reputation of being an honorable, upfront, safe place for kids to be," Bill says. "And we serve different groups in different ways."

INFLUENCING THE FUTURE

New tales of how children's lives have been changed by the Boys & Girls Club seem to crop up with each passing day. One success story that Elena experienced began 10 years ago when she first started to work at the club. It involved a young boy named Ricky Delatorre who was



The indoor gym at the main branch

being raised by a single mother. As a single parent herself, Elena claims that she saw this boy's untapped potential. Through her encouragement and support, Ricky participated in many of the club's programs, and was even named Education Room Member of the Year. When he was old enough, he eventually left the club.

But earlier in 2012, a man entered the club and approached Elena. It was Ricky Delatorre, all grown up.

"He tells me he's in college now, and he is looking for a job that is meaningful to him because he wants to be who I was to him," Elena says. "And he works here now, and he's phenomenal. To be able to go home every night and just know that I made an impact—every day, I know that I've touched someone."

Courtesy of the generosity of volunteers and donations from various foundations, corporations and individuals, the club continues to move toward its goals of expansion, service and positively affecting children like Ricky. At the moment the club is collaborating with St. Mary's Episcopal Church to develop a teen center on the church's property, and both parties are welcoming additional local groups to assist with furthering the cause. The club is also in the early stages of creating another TLC-style branch at Lang Park along Pacific Coast Highway, as well as assisting in forming a separate Boys & Girls Club in Lake Forest.

Regardless of challenges, the compassion and kindness that the Boys & Girls Club of Laguna Beach models will remain constants, thanks to the combined efforts of staff, volunteers and the local community.

"You should always find an organization that touches your heart," Bill muses. "But it's really special when you find an organization that touches your soul. And this organization touches my soul." **LBM**

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Brushstrokes and Steel

Laguna Beach-based artist Marsh Scott knows no boundaries when it comes to creating masterful works of art.

By Jennifer Pappas



Local artist Marsh Scott debuted her latest Laguna Beach sculpture, a public works piece titled *Colors of the Canyon*, in May 2013.

MARSH SCOTT JUST MAY BE THE HARDEST-working artist in Orange County. In addition to being a longtime exhibitor at the Sawdust Art Festival and the recent winner of a competition that was part of Laguna Beach's Broadway Streetscape Improvement project, Marsh has her hands—quite literally—in a variety of different projects around the country. From private commissions for hospitals and businesses to public works projects for colleges, churches and apartment communities, one gets the feeling that

Marsh rarely turns down the opportunity to tell a story through art.

Driven by her surroundings and, in particular, by the history of an area, Marsh is widely known for her metal sculptures. However, she's also a painter, photographer, stone carver and jeweler. Private, public, fragile, unwieldy—Marsh does it all. Here, Laguna Beach Magazine takes an in-depth look at the multifaceted artist's techniques and inspirations to discover the unique trajectory of her modern art career.

ARTISTIC JOURNEY

Born in Cleveland, Marsh earned a bachelor's degree in art education from Pennsylvania State University before moving to California in 1974. From there, she spent five years teaching art at Foothill High School in Santa Ana; earned a master's degree from California State University, Long Beach; married; moved to Newport Beach, where she lived for 20 years and raised twin boys before moving to Laguna; helped start a private after-school arts program called CDM Art Studio

in Corona del Mar (now defunct) and taught art at Coastline Community College. It wasn't until 1986, however, that Marsh resolved to become a full-time studio artist.

"I was doing a lot of different media at that time," she explains. "The major one was hand-made paper. ... The largest piece I did was 22 feet." Despite her commitment to the medium, a decade of strenuous pushing took its toll: "The paper-making started really hurting my wrists; I just decided to stop."

She began devoting more time to abstract painting and working with metal. Like a swinging pendulum, she vacillated from one medium to the next. "I would be doing metal in one place, mixed-media or paintings in another," she says. "I've always gone back and forth between the media. I've loved texture, and I've loved layers, so that's kind of driven me to experiment with a lot of different things."

Art consultant Lori Sklar has witnessed the full gamut of Marsh's capabilities firsthand through a number of hospital commissions she's contracted the artist to create. "Marsh understands the needs of site-specific commissions in health care installations and has successfully created unique concepts for each project reflecting geography, ethnicity, budget ... and of course coordinating and enhancing interiors," Lori says. "Marsh's work provides a wonderful visual release in an otherwise stressful setting."

This keen ability to translate ideas and stories using a variety of materials has dictated an unusual path for Marsh, one fraught with accolades, discoveries and losses—all firmly rooted in Laguna Beach. Though Marsh was on the board of directors for the Sawdust Art Festival from 2005 to 2008—even serving as its president for the last two years—and was named Artist of the Year in 2010 by the Laguna Beach Alliance for the Arts, her artistic journey hasn't always been so smooth.

In December 2010, Laguna Beach suffered a series of major storms, initiating a devastating domino effect of flooding, mudslides and irreparable property damage. Marsh, along with 21 other artists with studios in the canyon, felt the full brunt of the storm and reaped the consequences of its aftermath. "The flood really did shift everything," she says. "I had to eliminate a number of mediums; I didn't have the work to even put into galleries. That's when I stopped doing the encaustics [a wax-based painting



The artist works on newly commissioned pieces for Sequoia Hospital in Redwood City, Calif.

medium] because I lost most of everything. I lost hundreds of pieces of artwork plus supplies and tools."

In the weeks that followed, artists watched as years of work were bulldozed out of the canyon. Marsh eventually gave up the studio, and with it, her career underwent another swing of the pendulum. "[I'm] working from home now," she says. "My newest painting series, which I've just been doing since the flood, is on fresco. It's another meeting of textures, layers, color. That's typically how I morph from one thing to another."

RECONSTRUCTING THE CANYON

Marsh's latest piece, *Colors of the Canyon*, debuted May 16, 2013, as part of the Broadway Streetscape Improvement project facilitated by Laguna's city leadership. The public work is a direct result of her day-to-day experience living in Laguna. "My concept for the piece was to have it tell a story of the colors of the canyon, thinking in terms of how it changes through the seasons, going from up near the freeway all the way to the ocean," Marsh explains. "I've done a lot of hiking in the canyon, and I often take my camera. For this piece, I looked back through some of my favorite photographs—the wild-flowers and the grasses—and thought back to a couple of different studios I had in the canyon, one deep into Big Bend."

The stainless-steel-and-stained-glass sculpture, strategically installed on a Broadway Street

THROUGH MARSH SCOTT'S EYES

Colors of the Canyon on Broadway Street between the bus depot and Forest Avenue: "Maggie Spencer helped bring into fruition my fused glass design for this stainless steel sculpture, installed in May 2013."

Steps in the Sand on Pacific Coast Highway in front of the Crescent Bay Villas: "The panels represent the varied individuals that have walked the sands of this coastal art colony. The residents at this condo community really take ownership of this piece."

Greetings from Laguna outside The Old Pottery Place on Pacific Coast Highway and Brooks Street: "A collaboration with Sherry Bullard, who made the hand-carved, hand-painted tiles for my willow design fence. We selected old tourist postcards from the collection at the Laguna Beach library for the tile designs."

Wave Dance on Wesley Drive up from the Montage Laguna Beach: "A stainless steel piece about the dolphins that can be seen off the shore."

Shell Cross for the Laguna Beach United Methodist Church on Wesley Drive: "Up the street, which is private, I did the bronze cross for the Methodist church."



Colors of the Canyon on Broadway Street in Laguna

handrail between the bus depot and Forest Avenue, surges toward the Pacific Ocean in a bright, colorful wave. To hear Marsh describe it is to understand just how much thought went into each detail of the construction of the 4-foot-high, 72-foot-long tribute to the canyon.

"The piece starts on the left-hand side with the grasses—fluorescent green after the rains in the early spring—and then goes into golds and yellows," she says. "In addition to the colored glass, I also put in some grass blades. The undulating shape of the piece was to indicate not the flow of water as some people have mentioned, but the actual undulation of the hills. When you drive Laguna Canyon Road, it's gentle, but when you hike it, you certainly feel the hills more."

Marsh used purples and dark greens to represent the dark shadows, shade and berries that the deer of the canyon's Big Bend eat. From there the piece heads into town, colored by the banners, bright festivals, cars and crowds indicative of Laguna in the summer. The final section of the sculpture, which represents the ocean, is marked by fluid streaks of blue and turquoise, as well as shells and beach glass.

"Marsh Scott has been working in the public art field for many years. The [Laguna Beach] Arts Commission selected the work [from a pool of 25 submissions] for its fluid meandering shapes and colorful fused glass that depict the transition from canyon to ocean," Laguna Beach Cultural Arts Manager Siân Poeschl says of the committee's decision to feature Marsh's piece.

Though the concept for Colors of the Canyon was entirely Marsh's idea, she enlisted the help of fellow Sawdust Art Festival exhibitor Maggie



Wave Dance on Wesley Drive in Laguna

Spencer to help navigate the complexities of working with a new medium, fused glass. The women worked in Spencer's studio every Tuesday for nearly a year, developing a type of "paint by glass" technique that involved 26 different colors of glass and two clear samples.

Given Marsh's penchant for throwing herself into the unknown, it comes as no surprise that Colors of the Canyon was her first foray into working with fused glass. "I knew Maggie was the perfect person to work with on this, so I just jumped right in," she says. "I've always kind of taken those leaps. I dove into handmade paper; I dove into encaustics as a major painting technique."

Her approach relies less on materials, and more on the underlying narrative buried beneath each project. "It tells a story," she explains. "Much



Marsh hikes Laguna's canyons for creative inspiration.

of my work does. Many of my metal sculptures and all of my public art projects tell stories."

SENSE OF PLACE

Thematically, Marsh is driven by two elements: surroundings and history. Before even beginning to sketch or conceptualize, she does thorough research. "A lot of research goes into each project," Marsh explains. "I love to hear that people appreciate how site-specific the pieces are. They become very protective and take ownership of them. If I'm not given a direction I always look to the natural history, the history of the area. I try to get to what is essential, what will be special to the people who see it—something that will be unique to that particular place."

For Orange in Motion, installed in 2009 in

the Metrolink pedestrian tunnel at Old Town Orange's Santa Fe Depot, Marsh created a timeline composed of 22 historical moments. Warm tones greet commuters as they enter the tunnel in the morning, while cool tones representative of evening bid them farewell as they exit. Oversized orange leaves, blossoms and fruit float atop colorful waves in unexpected layers of paint and power-coated stainless steel. Marsh's largest public art project to date, Orange in Motion is the epitome of her singular philosophy.

"Even with switching media, people can recognize my work. Even [with] my paintings, which are much more personal, expressive and abstract ... there's something identifiable. I think the gesture, my sense of balance, my sense of form and color has remained constant through the media," Marsh adds.

COMMUNITY TIES

Laguna has remained a constant in Marsh's career. While her ability to understand the nuances of a place has resulted in highly successful public commissions around the country, on a more personal level, so has extracting inspiration from her home base.

"When I have a creative solution I need to come up with—say I know the theme I want, I know the size, but I don't have the imagery yet in my head or how it's going to flow, poetry for my next painting—I hike the hills in Laguna, I go down to the ocean, walk on the sand, listen to the waves at night. ... Laguna's been really good to me, and then the flood has been the entire reverse, so it's definitely been the full range of emotion for me," she says.

Being surrounded by like-minded artists who face the same challenges and draw from the same inspirations that she does motivates and informs Marsh's work. "It's not about what we've just made; it isn't just about the creativity and the creative process," she explains. "We understand that most of us need time alone. It's support, but it's also competition. There are only so many sculptors here, and we keep going up against each other. And while I win mine, and they win theirs, living here as an artist has provided opportunities for friendship with artists and others who make the arts a priority in their life, opportunities for sculptural projects, and to exhibit, to sell and make art here, opportunities ... to be part of an arts community."

It's opportunities like these that keep Marsh producing, thriving and consistently eager to try her hand at something new, something that hides a story only she can tell. *LBM*

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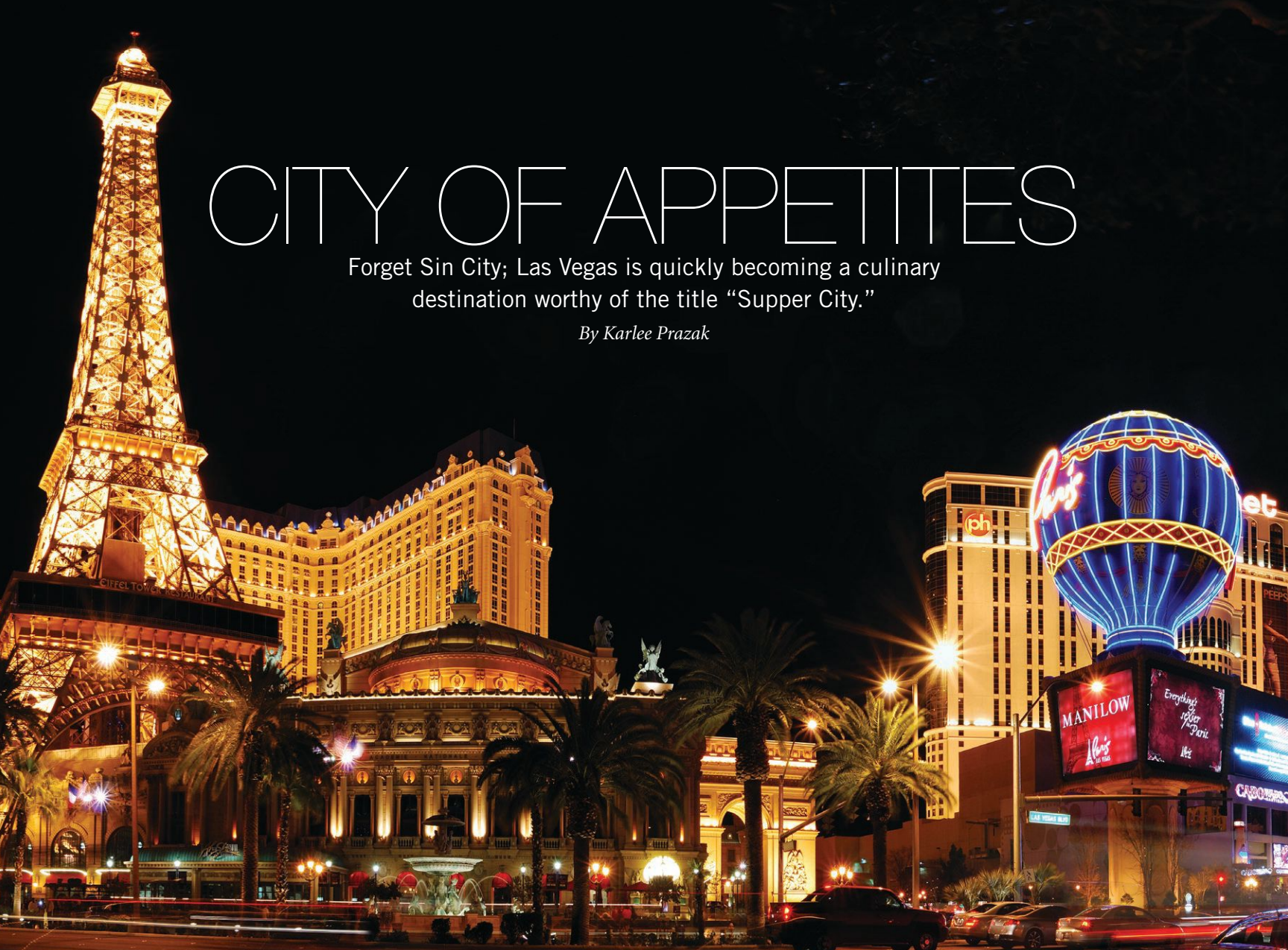
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CITY OF APPETITES

Forget Sin City; Las Vegas is quickly becoming a culinary destination worthy of the title “Supper City.”

By Karlee Prazak

IN A CITY THAT NEVER SLEEPS, IT'S IMPERATIVE that local eateries follow the same mantra. While not every Las Vegas restaurant remains open 24 hours a day, patrons of all ages can undoubtedly find an exceptional meal at any hour in the city's glittery playground. Still, it's quality rather than convenience that sets Las Vegas' best eateries apart from a slew of diners, drive-ins and dives—in fact, one might even say that Las Vegas has upped the ante when it comes to sheer concentration of top-notch restaurants on the iconic Strip's bustling 4-plus miles.

The city's booming restaurant industry offers more than 2,000 dining establishments without becoming stale or, even worse, soggy and oversaturated. Such success can be attributed to a dining scene that gracefully evolves with its patrons, says Ari Kastrati, vice president of food and beverage at Aria Resort & Casino.

“The customer has changed dramatically in America,” Ari explains. “The intelligence level is far greater than 10, 12, 15 years ago with the birth of food TV and food networks. [Restaurants] have to be fine dining [to accommodate the new curve], but it's more ‘fun dining’ now by designing the restaurant and menu appropriately and training employees to also be entertainers.”

So, if you find yourself in Sin City anytime soon, prepare to loosen up your belt, pull up a chair and unfold your napkin, because this foodie-friendly haven is dishing out some truly phenomenal plates.

THE CELEBRITY SET

Wolfgang Puck was the first trailblazer with the prescience to foresee the allure of pairing his A-list-chef status with an accessible eatery, which led to the opening of Spago restaurant

at The Forum Shops at Caesars Palace in 1992. Now, in a city that hosts some of society's most recognizable faces on a nightly basis, it comes as no surprise that a growing number of shrewd celebrities are combining business with pleasure by setting up shop as full or partial owners of Las Vegas eateries.

For an experience that emphasizes cuisine and ambience, stop by former “Desperate Housewives” star Eva Longoria's new collaborative venture with Morton's The Steakhouse, SHe by Morton's, located inside The Shops at Crystals at CityCenter. A contemporary take on the beloved steakhouse, SHe specializes in prime grain-fed steaks accompanied by handcrafted cocktails. The menu isn't all turf, though; be sure to grab something from the surf side of the selection, such as the ahi tuna with shiitake mushrooms, bok choy and lobster broth.

Still, no one does seafood better than the all-star team of actor Robert De Niro and chef Nobu Matsuhisa. Since 1993, the two power-houses have joined forces in creating more than 25 international Nobu outposts, which serve gourmet sushi and Japanese dishes in restaurants whose design elements are equally as exquisite as the cuisine. When selecting dishes, guests have a choice of going the route of sashimi—raw fish a la carte—and signature sushi cut rolls, or ceramic plate-roasted beef or seafood (known as toban yaki). In Las Vegas, the restaurant's exclusive Caesars Palace location also features teppanyaki-style dining, allowing guests to sit around the grill as their chef prepares the delicacies in a kind of culinary performance. Notable standouts of the current repertoire include shishito peppers drizzled in truffle oil, a lobster miso cappuccino and tender Japanese A5 wagyu steak.

As far as celebrities and chefs are concerned, however, few can compete with now-household name Gordon Ramsay. The fiery centerpiece of TV series like “Hell’s Kitchen” and “MasterChef” manages a stable of three restaurants along the Strip: Gordon Ramsay Steak at Paris Las Vegas Hotel & Casino, Gordon Ramsay Pub & Grill at Caesars Palace and Gordon Ramsay BurGR at Planet Hollywood Resort & Casino. The restaurants’ names reflect each establishment’s specialty—steak, pub fare and burgers, respectively. Travelers strapped for time should aim to try BurGR, which greets guests with a 30-foot-long “fire wall” entrance that’s perfectly complemented by spicy menu items like the Hell’s Kitchen and Damnation Chicken burgers. Rest assured, Gordon is far from all name and no bite; when he isn’t training for triathlons (he completed an Ironman race in Hawaii last October), he’s refining his skill set in the hopes of obtaining the highest of culinary honors, the Michelin star—of which he currently has eight.

SEEING STARS

Originating from French company Michelin’s guide to superb service, the Michelin star is awarded for excellence in fine dining and an unparalleled commitment to quality. Restaurants can receive up to three stars, but even just one designates an establishment as worthy of making special arrangements to visit because the cuisine, service and atmosphere are truly exceptional.

For such an experience, look no further than the Roman-inspired Caesars Palace. Don’t let the architecture fool you, because housed within the structural wonder is the two-Michelin-star Restaurant Guy Savoy, a Parisian fine dining concept helmed by classically trained Executive Chef



Nobu at Caesars Palace features teppanyaki-style dining, allowing guests to watch their food being prepared.



Sashimi salad at Nobu



Chicken sliders at Gordon Ramsay BurGR

Mathieu Chartron, who began his tenure at the company as legendary gourmet Guy’s sous chef.

“We offer the innovation-inspiration menu that changes often,” Mathieu explains. “Even our repeat guests do not know what to expect, yet we [also] have a signature menu that has dishes that have been here for decades. So, you can always come back for artichoke and black truffle soup—the famous classic of Guy Savoy—and

also have something new and surprising to entertain your palate.”

In addition, Restaurant Guy Savoy boasts the nation’s only Krug Champagne-sponsored table, which happens to double as the exclusive chef’s table in the back of the house. It offers a once-in-a-lifetime view of the kitchen staff during dinner service paired with some of the finest bubbly Krug has to offer and a play-by-play from the



Gordon Ramsay Steak at Paris Las Vegas Hotel & Casino is one of the chef's three restaurants on the Strip.



BARRY JOHNSON

Stuffed burger at Hash House a Go Go



Heirloom tomatoes salad with tartare and frozen vinaigrette at Restaurant Guy Savoy

executive chef himself.

Just next door, Picasso at the Bellagio hotel has also secured two Michelin stars for its French- and Spanish-influenced cuisine and decor inspired by the groundbreaking artist. At Picasso, Executive Chef Julian Serrano has compiled multiple menus, including one dedicated solely to white Alba truffles and another offering dishes like fried deer medallions and foie gras. Adding to the indulgent experience, the restaurant boasts an on-site wine cellar that houses more than 1,500 varietals, as well as uncompromised views of the famed Fountains of Bellagio water show every 15 minutes after 7 p.m.

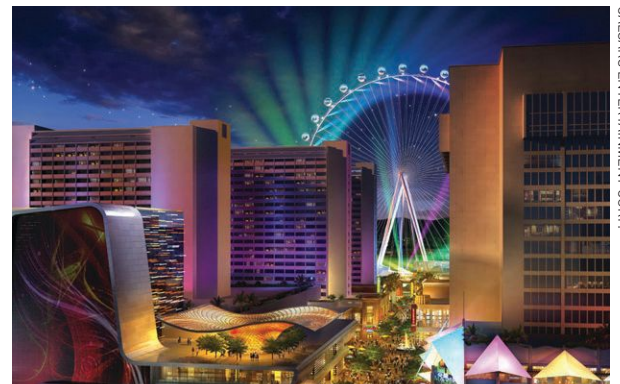
There is, however, only one Las Vegas restaurant worthy of the coveted three Michelin stars. Opened in 2006, Joël Robuchon restaurant at the MGM Grand Hotel & Casino has earned a pristine reputation as the city's premier eatery by combining sophisticated French cuisine with

HIGHFLYING FUN

To date, the tallest Ferris wheel in the world is the Singapore Flyer, which stands at a staggering 541 feet, followed by the 443-foot-tall London Eye. As of 2014, however, the unveiling of Las Vegas' newest record-breaking attraction, the High Roller, will eclipse both structures.

The High Roller is a 550-foot-tall observation wheel with 28 externally mounted, enclosed glass cabins. Each cabin is capable of hosting up to 40 passengers celebrating anything from a family gathering to a wedding ceremony as it travels over the Las Vegas Strip, offering a one-of-a-kind view of the iconic cityscape.

The Ferris wheel, located just yards from Las Vegas Boulevard, is the capstone addition to a new open-air retail and entertainment complex known as The Linq, an extension of Caesars Palace that opened to the public in late 2013.



CAESARS ENTERTAINMENT CORP.



The Buffet at Aria Resort & Casino updates a Las Vegas tradition with contemporary flair.

outstanding service.

It's all thanks to chef Joël, who came out of retirement to develop his first U.S.-based restaurant at the MGM Grand, bringing with him a refined palate, an internationally recognized name and the title of French Chef of the Century. The award-winning restaurant's menu features an array of meticulously assembled French dishes like the French hen with roasted foie gras and confit potatoes au jus, which requires a full hour to perfect. If you're looking to taste just one item on the menu, though, make it the "puree de pommes de terre," or mashed potatoes.

TRADITIONAL TAKES

In a city with such a competitive culinary landscape, sometimes the recipe for success is to deliver well-known classics, albeit with distinctive twists. Restaurants like gourmet breakfast spot Hash House a Go Go have developed cult followings by gracefully perfecting traditional, dependable mainstays. The reimagined diner is known for its over-the-top, generous portions of anything from bacon-filled French toast to burgers with stuffing-filled patties, which Jim Rees, partner and chief operating officer, refers to as "twisted farm food."

"Although everyone likes to talk about the portions, we like to talk about the high-quality, fresh, made-from-scratch ingredients," he explains. "[The dishes are made using] traditional comfort food with unique flavor profiles presented with a flair." Stop by for weekend brunch, a popular favorite, but be sure to heed Jim's advice and arrive before 9 a.m. to avoid the consistent rush.

Likewise, The Cosmopolitan of Las Vegas' vintage-inspired The Henry restaurant follows suit, elevating quintessential American fare with fresh ingredients and unique culinary techniques to match the dignified ambience of leather interiors and crystal chandeliers. Top picks on the menu include the eggs benedict, which is served sans egg and with braised short ribs atop flakey potato cakes. Another must-try is the deep-fried macaroni and beer cheese—although on the heavier side, the dish merits a cheat day.

Places like The Henry and Hash House a Go Go prove that upscale gastronomy need not trump the Strip's more familiar culinary offerings. In fact, perhaps the kingpin of traditional dining in Las Vegas—the buffet—is far from being phased out by fine dining operations. Instead, as Ari explains, spreads like The Buffet at Aria and the Bacchanal at Caesars Palace are simply evolving into restaurant-buffet hybrids complete with servers.

"Guests really want to have an experience there that they can tailor for themselves," he says. "[So, we try to create] an experience you'd have in a restaurant setting, but with a wide variety of cuisines."

Although once synonymous with shotgun weddings, pawnshops and Liberace memorabilia, Las Vegas has matured into a high-profile fine dining capital with creative offerings to satisfy a variety of cravings at any hour. And in a place known for being constantly in flux, new spots to tempt the palate are always sure to be cropping up on Sin City's horizon. **LBM**



Aria Resort & Casino

STAY AND PLAY

A growing number of hotels and resorts along the Strip strive to offer both exceptional in-room amenities and on-site dining venues, but some admittedly go above and beyond. Visit the following for a foodie-friendly, rejuvenating stay.

ARIA RESORT & CASINO

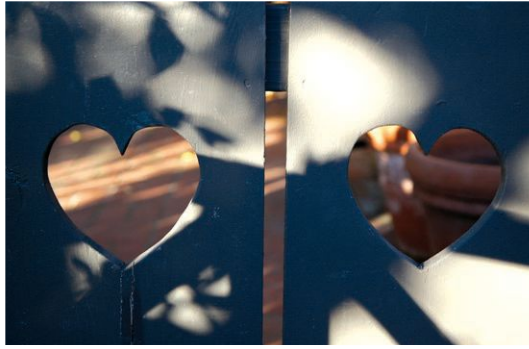
Located on the south side of the Strip, Aria boasts an average room size of 520 square feet—as well as suites of up to 2,000 square feet—complete with dual closets and luxury bathtubs. But the real treat comes when deciding from among the 17 highly acclaimed restaurants that fill the hotel; options include the new Five50 Pizza Bar helmed by Shawn McClain and interactive dining experience Tetsu Teppan Grill. (702-590-7111; arialasvegas.com)

THE COSMOPOLITAN OF LAS VEGAS

Just steps from the vibrant carnival of the Strip, The Cosmopolitan encompasses 800 guest rooms in addition to suites and a glamorous casino replete with glittering crystals and chandeliers. The 3-year-old hotel shines with a total of 13 restaurants, from the decadent Wicked Spoon buffet to refined brasserie Comme Ça. (702-698-7000; cosmopolitanlasvegas.com)

CAESARS PALACE

Complete with six hotel towers, Caesars Palace provides an overwhelming array of experiences, from Japanese-inspired relaxation in the Nobu Hotel to classic luxury in the Octavius Tower. The Las Vegas staple also houses 14 restaurants, including concepts from Michelin star-holding chefs Guy Savoy and Gordon Ramsay. (866-227-5938; caesarspalace.com)

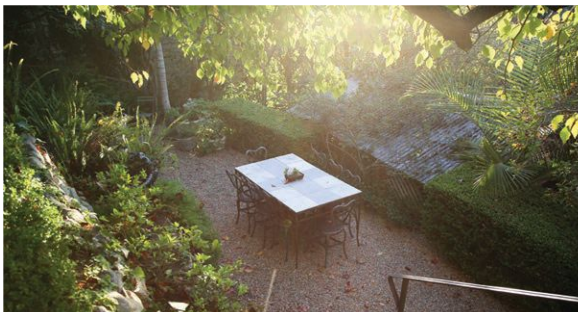


LAGUNA'S HABITAT

BEST OF BOTH WORLDS

Situated on a knoll above Park Avenue, Manzanita Drive and La Vista Drive overlook the ocean and Laguna Beach High School, yet are just a few minutes' walk from downtown.

By Sally Eastwood | Photos by Jody Tiongco



For many residents of Laguna Beach, there's something of a trade-off to be made when deciding where to live. Do potential homeowners prefer closeness to the downtown area and Main Beach, where the land is flatter but ocean views are less likely? Or do they relish the scenery from up in the hills but forfeit the ability to stroll downtown? For those fortunate enough to live on Manzanita Drive and La Vista Drive, views and walkability coincide in perfect harmony. "This really is a great street," says Manzanita Drive homeowner Laura Tarbox. "We can walk everywhere, yet we're off the beaten path, and when school is out, there's no one around at all."

Neighbor Gene Cooper echoes Laura's sentiment. "We're just five blocks from the ocean with a great view, plus we have the tennis courts and swimming pool right below us at the high school," he adds. Here, three families share what makes these two have-it-all streets in the heart of Laguna home.



FAMILY FACTS:

Laura Tarbox, Mike Nozzarella, Laura's daughter, Jane Wallin (18), Mike's son, Dominic Nozzarella (12), and Jack (Great Pyrenees), Dolce (yellow Labrador retriever) and Ruby (rat)

DAY JOB: Laura is the owner and Mike the managing director of The Tarbox Group, a Newport Beach-based financial firm. **SPACE:** 2,600 square feet, three bedrooms, three bathrooms **HOUSE TIMELINE:** Built in 1995, purchased in 2009 **FABULOUS FEATURE:** The "kitchen fish"

COASTAL CRAFTSMAN

LAURA TARBOX AND HER HUSBAND, MIKE Nozzarella, relocated with their blended family to their current home in 2009. "We wanted to be closer to town and also closer to my office in Newport Beach," Laura explains. Their new home, which had been rebuilt in 1995 after the 1993 fire, had the distinct feel the family was looking for: comfortable yet modern. "We call it 'beachy craftsman' because it marries traditional wood shingles and craftsman-style windows with an open floor plan and a neutral color palette," Laura says.

The home's front entryway incorporates a covered porch with comfortable lounging chairs, leading to a massive wooden front door flanked by intricate panels of leaded glass. Inside, an open-plan living area includes a fireplace and a

deck that overlooks the ocean as well as Laguna Beach High School's tennis courts, swimming pool and football field.

A corner nook with mitered windows houses his-and-hers desks, providing a central office space. An avid reader, Laura was immediately impressed by the amounts of shelving and storage space the home offers: "After living in contemporary homes, there weren't many places to put stuff," she explains. "Here, I have plenty of space for books." In addition, the home's dining area was renovated to house bookcases on three walls and a tropical fish tank that divides the space from the living room.

The kitchen includes granite countertops, a built-in breakfast banquette and plenty of

cabinets. Yet the most imposing—not to mention downright unusual—feature to be found in the room is the oversized wooden barracuda hanging from the ceiling. "The fish came with the house and will stay with the house," Laura says. In fact, when the family was negotiating the purchase, there were three significant items included in the contract: the washer, the dryer and the kitchen fish. "The kids were more excited about the fact that we got the fish than the house," Laura jokes.

She also offers one more reason why this family loves its home: "People ask us about sound from the high school. We hear people on the tennis courts, in the swimming pool and the roar from the football field when there's a game—but it's all happy noise, and we love that."

FAMILY FACTS:

Gene, Pat and Torii Cooper, and Xolo (dog) DAY JOB: Gene is a retired professor and painter; Pat is a retired karate teacher and jeweler; and Torii is a ceramicist and teacher. SPACE: 3,200 square feet, four bedrooms, 4.5 bathrooms HOUSE TIMELINE: Originally constructed in 1948, rebuilt beginning in 1993, completed in 1995 FABULOUS FEATURE: The three separate art studios in the backyard



ART AND SOUL

GENE AND PAT COOPER MOVED INTO THEIR Manzanita Drive home shortly after Gene accepted a teaching position at California State University, Long Beach in 1968. “We tried living in Belmont Shore [in Long Beach], but that didn’t work out,” Gene reminisces. “We moved into an apartment on one day, gave notice to leave the next day, and within two weeks we were gone.”

The couple visited their current home during an open house: “It was the light in the living room and the view that did it,” Gene says. “We didn’t even look at the rest of the house.”

In 1993 the house was leveled by the fire, but during the property’s rebuilding the Coopers honored the original footprint of the home’s design while

unleashing their creative impulses. Both Gene and Pat are artists: Gene is now retired from his professional position in art history but continues to paint, and Pat is a jeweler. Together, they created a home that incorporates aesthetics as diverse as Frank Lloyd Wright’s architecture and medieval history.

The home’s focal point is an open-plan living and dining room with an adjacent kitchen, which features cherry wood floors and vaulted beam ceilings. Gene explains that all of the wood in the house was painstakingly stained to match the floors. “When construction began, we took a piece of cherry wood and left it outside on the deck for two years to see what the sun did to it,” he says. “We showed it to the painter and asked him to match all

the other woods in the house to that.”

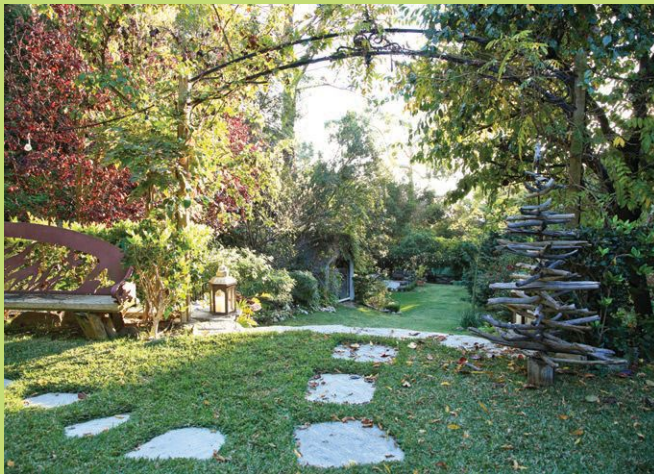
Another key design element involves the walls: “All of the walls in the house are white, so we can hang art,” Pat says.

The creativity continues outside. At the rear of the property are three studio spaces, where Gene paints, Pat produces jewelry, and daughter Torii sculpts. In front of the house, visitors are greeted by a path that meanders through gardens, showcasing succulents and fruit trees. Sculptural pieces include an elephant created by Torii and a whimsical head that peeks out from the undergrowth.

The Coopers have lived on Manzanita Drive for more than 40 years, and plan to remain for many more. Gene adds, “We’re here to stay.”



FAMILY FACTS: Gregg, Kathleen and Tristan Abel, daughter Lea Abel-Stone and son-in-law Zeda Stone, and Augie and Patron (rescue dogs)
DAY JOB: Gregg, Kathleen, Tristan and Zeda work for family-owned firm Gregg Abel Design & Construction; Lea is the director of the Anneliese School's Manzanita Drive campus.
SPACE: 4,600 square feet, five bedrooms, five bathrooms
HOUSE TIMELINE: Originally built in 1928, extended in 1939, purchased and renovated beginning in 1985
FABULOUS FEATURE: The private, 1.5-acre yard with separate areas for sitting and playing



FAMILY COMPOUND

THE ABELS ARE ONLY THE SECOND SET OF inhabitants of their home, which was originally constructed in 1928. "The original owners were Sue and Stu Avis, who operated the first men's store in Laguna Beach on Forest Avenue," Gregg Abel explains. The Avises lived in the home for 55 years before the Abels came across it in 1985.

"We were living down the street; Gregg had just completed our house and was not happy about looking at something else," says Kathleen Abel of the discovery. The property had been vacant for nearly two years and was completely overgrown. In fact, all the couple could see from the sidewalk was a 30-foot tower of wisteria growing over an arbor. "We put a bid in without even going inside the

house. We didn't even know it had an ocean view," Kathleen adds.

The pair soon set about restoring the home, extending it and clearing decades of undergrowth. Today, patio areas surround the house: a garden passageway leads to a cabana that overlooks a bocce ball court, and a greenhouse that dates back to 1928 houses a sitting area alongside the infamous arbor, where wisteria blooms twice a year.

Inside, the living room ceiling is outfitted with Douglas fir timbers. Adding to the charm, a mural painted in 1939 by Alfred Dupont hangs above the fireplace. Kathleen spearheaded the interior design, although in a family of five artists, making decisions on what stays and what goes can be

challenging. "I would call it eclectic," Kathleen says. "Every piece in the room is associated with a family member, so it's hard to edit things out."

Throughout the property, present-day family living and the home's history are enmeshed in a seamless marriage. The home survived the fire of 1993 due to the efforts of 17 firefighters from Fresno, Calif., and an impressive Torrey pine tree planted in the yard on Sue and Stu Avis' wedding day has become a compelling symbol of the property's endurance. Still, what the Abels love most about their home on La Vista Drive is the neighborhood's inherent sense of community. "People here look out for each other and look after each other," Gregg says. "It's a special place." LBM

REAL ESTATE *Showcase*



TOUR LAGUNA'S TOP HOMES

FROM QUAIN T BEACH COTTAGES TO LUXURY HILLTOP ESTATES, LAGUNA Beach offers some of the best homes, and views, in Orange County. On the following pages, we bring you a special section dedicated to highlighting top properties on the market today. These outstanding homes and properties are represented by Laguna Beach's expert real estate companies—individuals with superior knowledge of the local area and the OC market, all dedicated to providing the best customer service.

Pictured on this page:
Address: 1115 Emerald Bay
Offering price: \$11,995,000
Agent: Tim Smith, Coldwell Banker
Contact info: 949-717-4711; tim@timsmithgroup.com



I WOULD LIKE TO EXTEND MY SINCERE APPRECIATION & SAY **THANK YOU**

To Laguna Beach and all of my clients for allowing me to make 2013 wonderful year in real estate. I had the honor of helping 23 families with the sale or purchase of their home. My goal this year is to help 40 families accomplish their real estate goals. I am so grateful to everyone who kindly referred me to their family, friends and co-workers. Thank you for the trust and support to allow me to serve the needs of our community.

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LAGUNA BEACH | 672 WENDT *Offered for \$2,349,000*

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Represented Seller



SOLD | NEWPORT BEACH
Port Weybridge
Represented Buyer



SOLD | LAGUNA BEACH
Chateau Way
Represented Seller



SOLD | LAGUNA BEACH
Nyes Place
Represented Seller





Newport Coast, California
4 bedrooms, 5.5 baths
\$9,195,000

Represented by
Joy Curtin
(949) 633-8335

Gail Grabner
(949) 500-6597



Newport Beach, California
6 bedrooms, 9 baths
\$3,695,000

Represented by
Alan Bynder
(949) 689-3698



Newport Beach, California
5 bedrooms, 5.5 baths
\$11,900,000

Represented by
Bill Anderson
(949) 351-6033



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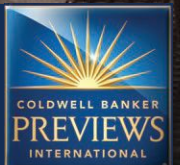
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\$11,995,000

Represented by
Tim Smith
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39 BEACHCOMBER, JASMINE CREEK

\$1,349,000

The most desirable single-level floor plan 3. Quiet location. Offering 3 bedrooms and 2 bathrooms. Close to the beautiful beach and shopping. Hurry for this one!



308 EMERALD BAY

\$4,699,000

Beautiful oceanview estate with private grounds and expansive living spaces: 4 bedrooms, 4½ bathrooms, huge master suite. Vaulted wood-beamed ceilings, open state-of-the-art kitchen, wood floors and three fireplaces. Enjoy all the amenities Emerald Bay has to offer!



AWARD WINNING CONTEMPORARY

\$2,895,000

Newer contemporary home with a great floor plan. Ocean views from most rooms. Gorgeous natural fresh water pond entry with dramatic waterfall. Lots of glass and very open feeling. Three bedrooms plus huge office/work-out room or bonus. Current art gallery could be an office or music room. Upstairs is the separate bonus room or fourth bedroom with Catalina views.



CHARMING VILLAGE BEACH HOUSE

\$1,295,000

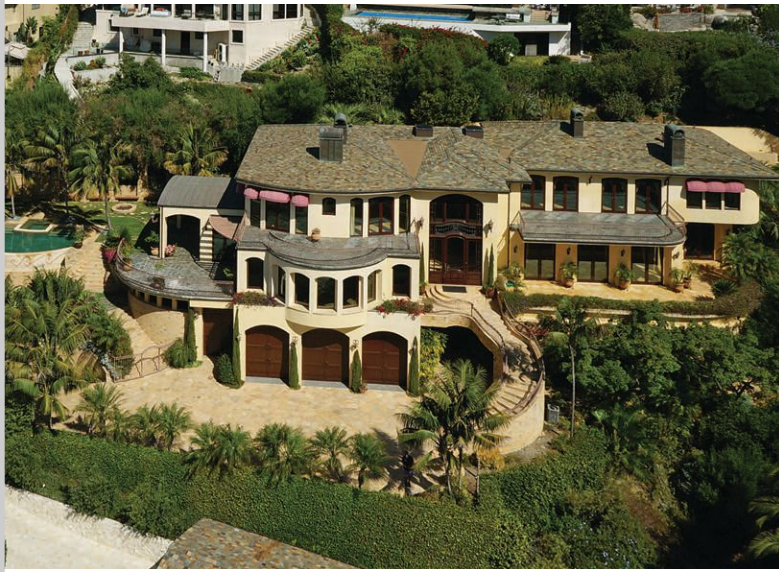
Close to the beach with ocean views. Two bedrooms and two baths with a converted third master bedroom or den. Private rear yard and a covered patio for dining. Oversized two-car garage, with off-street parking for three or more additional vehicles. Ocean views!

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LAGUNA BEACH \$3,350,000
339 AGATE STREET



LAGUNA BEACH \$2,895,000
1509 TAHITI AVENUE



LAGUNA BEACH \$2,550,000
1335 SKYLINE DRIVE



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Dana Point | \$5,999,000



San Juan Capistrano | \$1,590,000



Coto De Caza | \$1,880,000



Newport Beach | \$12,388,800



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Check your local listings, airing in Orange & Los Angeles County.



AVAILABLE PROPERTIES BY SHAUNA COVINGTON



300 East Bay Avenue | 1 block from Harbor • NEWPORT BEACH
5 bedroom 4.5 bath 3,200 sq. ft. | \$2,995,000 | 300bayave.com



28911 Sommet Du Monde • LAGUNA BEACH
4 or 5 bedroom 3.5 bath | \$3,349,000 | 28911somettumdumonde.com



26509 Via Sacramento • CAPISTRANO BEACH
4 bedroom 4.5 bath 5,000 sq. ft. | \$1,749,000 | 26509viasacramento.net



110 36th Street | 1 house from the beach • NEWPORT BEACH
7 bedrooms 4 baths. 3,168 sq. ft. | \$2,249,000 | 110-36thstreet.com



781 Summit Drive • LAGUNA BEACH
4 bedroom 4.5 bath 3,200 sq. ft. | \$1,695,000 | 781summit.com



1120 Katella Street • LAGUNA BEACH
3 bedroom 2.5 bath | \$2,195,000 | 1120katella.com

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LUXURY PROPERTIES BY SHAUNA COVINGTON

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173 EMERALD BAY, LAGUNA BEACH

PRICE: \$29,500,000

At over 9000 square feet, this premier estate sits on the Peninsula of Emerald Bay above the bluffs of the elite North Laguna Beach communities. From the superior perspective, no other property can match the unparalleled views of the serene beaches. Only 3 properties in Emerald Bay have deeded access to Irvine Cove's mean high tideline, a private twisting path just beyond the backyard leads to the discreet shores.

1115 EMERALD BAY, LAGUNA BEACH

PRICE: \$11,995,000

Serving as a gem in this exclusive coastal community of the California Riviera, this property epitomizes neoteric design while inviting a spirit of invention and excitement. The allure of this soft contemporary escape is undeniable. Whether enjoying the tranquility of the koi pond, gathering the elite at a sunset soiree, or hosting an intimate tasting in the wine cellar, this estate heightens every experience.

73 EMERALD BAY, LAGUNA BEACH

PRICE: \$10,995,000

Built new in 2008 and located by the much sought after Emerald Bay Main Beach, this 5 bedroom, 6.5 bath beach side home is constructed of the finest materials with intricate detail paid to the placement of each imported custom element. Designed with sizable living spaces, a private maple paneled working office, separate family & home theatre room adjacent to the gourmet country kitchen, a large master suite with every possible amenity plus a fitness center with steam shower.

3 INSPIRATION, LAGUNA NIGUEL

PRICE: \$8,995,000

Custom guard-gated Bear Brand Ranch estate offers 11 bedrooms, 12 bathrooms, dramatic theater, fantastic gourmet kitchen, library, wine room, separate 3rd floor office, game room, elevator, dual laundry rooms, multiple balconies and panoramic views of the ocean, city lights and sunsets. The resort-style yard is the perfect place for entertaining guests alongside the sparkling pool and spa, poolside cabana with full bath, outdoor kitchen, putting green, fire pits and incredible landscaping and views.

#1 Coldwell Banker Previews International Team


Tim Smith
949-717-4711

CA DRE # 01346878
tim@timsmithgroup.com
Coldwell Banker Previews International
www.smithgrouprealestate.com

Who You Work With Matters



35545 BEACH ROAD, DANA POINT



PRICE: \$8,995,000

Known affectionately as the Capo Beach Glass House, this Robert Quigley-designed masterpiece sits directly on the sand in Capistrano Bay, featuring a sweeping oceanfront panorama, two-story ceilings, an exquisite glass pavilion and inviting juxtaposition of expansive windows and concrete walls. A collective 3-bedroom/4-bath property, Extensive glass affords ample natural lighting and ocean vistas from nearly every room.

13 SHREVE, LAGUNA BEACH



PRICE: \$7,295,000

Rarely to come on the market, this luxurious coastal gem sits along the Pacific as only 1 of the 14 prestigious Montage Beach Villas. This coastal chic residence was expertly designed to marry the serenity of a life by the sea with the pride and sensibility of five-star resort-style living. From sunrise to moonrise, the tasks of day-to-day are enhanced by coastal bliss and made spectacular.

35381 BEACH ROAD, DANA POINT



PRICE: \$4,995,000

Situated on a wide stretch of sand in Capistrano Bay, this premier, award-winning oceanfront estate was expertly designed by Lehrer Architects fusing California contemporary with serene sea elements beyond. This chic, guard-gated Beach Rd estate offers floor to ceiling windows throughout to maximize the presence of sand and sea and the dramatic vistas they afford.

875 VAN DYKE, LAGUNA BEACH



PRICE: \$1,995,000

Ideally situated high atop a Laguna hillside to capture dramatic north coast views as well as looking west towards San Clemente Island. Situated on a charming cul-de-sac, the home is extremely private with very little traffic & on high surf days the sound of the pounding waves can easily be heard. The brilliant white structure with its mahogany windows, doors & fascias are dazzling, offering 4 bedrooms and 3 bathrooms.

from Orange County to the Desert for the Fourth Straight Year



Listings by Judy Blossom



57 South La Senda | Lower Three Arch Bay

\$4,200,000



32421 Via Antibes | Emerald Ridge

\$1,550,000



4 Vista del Sol | Upper Three Arch Bay

\$2,495,000



Judy Blossom

949.295.6577

julyblossom@bhhsca.com

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Laguna Beach, CA 92651



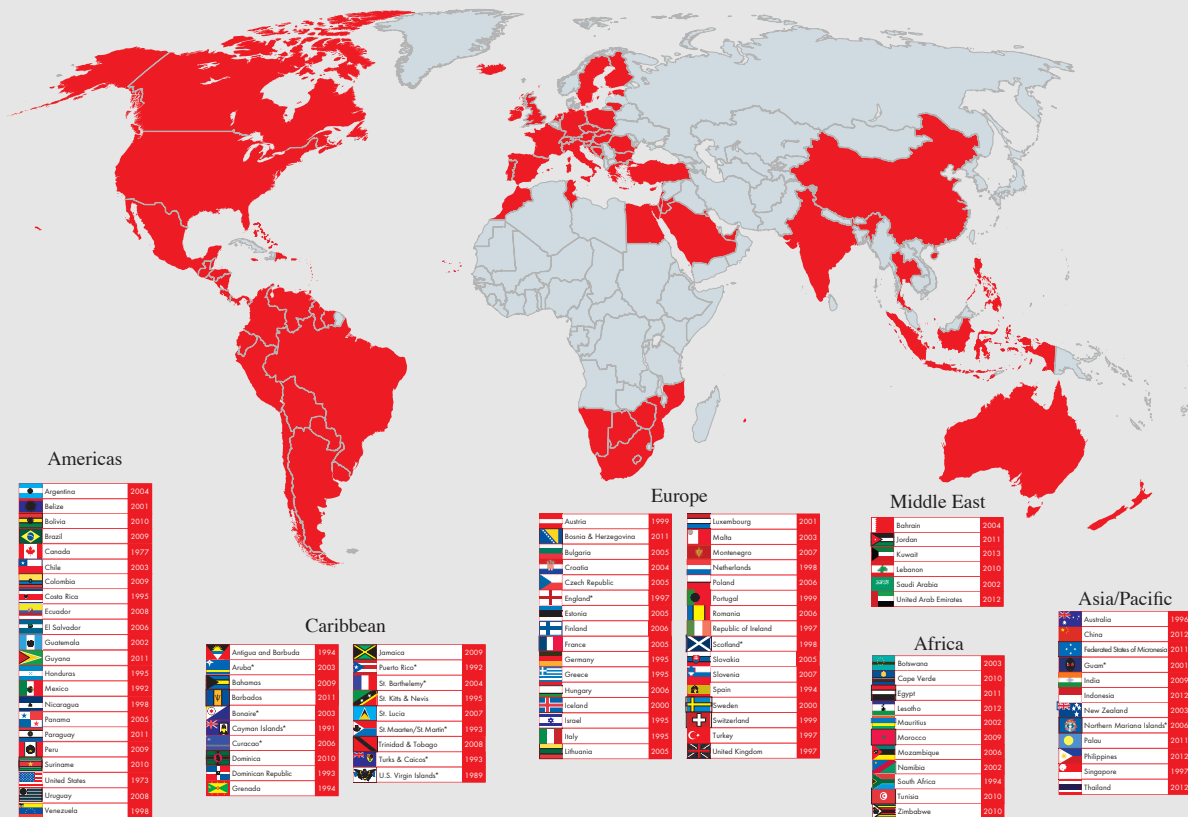
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8,480 SQUARE FEET / 4 BEDROOMS / 8 BATHS

This incredible Blue Heron, custom resort style home offers opulently impressive amenities inside and out. This fully automated home includes state of the art security cameras, intelligent lighting and thermostats, integrated audio and visual entertainment systems and all can be controlled by touch screens throughout the home as well as mobile devices and remote controls. Details are second to none showcasing custom Caesar stone counters throughout with many built-ins, extra high ceilings with extensive use of clerestory windows and 18"x18" polished Travertine flooring.

THIS HOME OFFERS MANY EXTRAVAGANT FEATURES:

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THAI | VEGETARIAN

Taste of the Town

A restaurant resource for dining out in Laguna Beach

AMERICAN

THE BEACHCOMBER AT CRYSTAL COVE

15 Crystal Cove; 949-376-6900;
thebeachcombercafe.com

BJ'S PIZZA AND GRILL

280 S. Coast Hwy.; 949-494-3802;
bjsrestaurants.com

THE CLIFF RESTAURANT

577 S. Coast Hwy.; 949-494-1956;
thecliffrestaurant.com

THE DECK ON LAGUNA BEACH

627 Sleepy Hollow Ln.; 949-494-670;
deckonlaguna.com

THE GREETER'S CORNER RESTAURANT

329 S. Coast Hwy.; 949-494-0361;
thegreeterscorner.com

HUSKY BOY BURGERS

802 N. Coast Hwy.; 949-497-9605;
huskyboyburgers.com

JOHNNY ROCKETS

188 S. Coast Hwy.; 949-497-7252;
johnnyrockets.com

LUMBERYARD

384 Forest Ave.; 949-715-3900;
lumberyard.com

NICK'S LAGUNA BEACH

440 S. Coast Hwy.; 949-376-8585; thenickco.com

OCEAN AVENUE

237 Ocean Ave.; 949-497-3381

ORANGE INN

703 S. Coast Hwy.; 949-494-6085;
orangeinncafe.com

PENGUIN CAFE

981 S. Coast Hwy.; 949-494-1353;
thepenguincafe.com

REMARK'S

853 Laguna Canyon Rd.; 949-715-8700;
remarkslagunabeach.com

RUBY'S DINER

30622 Coast Hwy.; 949-497-7829; rubys.com

SHIRLEY'S BAGELS

303 Broadway St., Ste. 110; 949-494-6296;
shirleysbagels.com

SPLASHES RESTAURANT AND BAR AT SURF & SAND RESORT

1555 S. Coast Hwy.; 949-497-4477;
surfandsandresort.com

STONEHILL TAVERN AT THE ST. REGIS MONARCH BEACH

One Monarch Beach Resort; 949-234-3405;
stregismb.com

TIVOLI TERRACE

650 Laguna Canyon Rd.; 949-494-9650;
tivoliterrace.com

TIVOLI TOO!

777 Laguna Canyon Rd.; 949-494-6044;
tivoli-too.com

Celebrate OC Restaurant Week in Town

In the vein of New York and Los Angeles' restaurant weeks, Southern California continues to build its reputation as a culinary hot spot with the sixth annual Orange County Restaurant Week, taking place Feb. 23 to March 1. This year's celebration of local culinary offerings brings prix fixe menus from what OC Restaurant Week is calling "Orange County's top 100 restaurants"—a list in which Laguna Beach establishments are well represented. Foodies will be able to sample creations from 16 different local restaurants including Maro Wood Grill, Mosaic Bar and Grille at Montage Laguna Beach, Mozambique, Tommy Bahama, K'ya Bistro Bar, The Rooftop Lounge and more. Menu prices range from \$10-\$20 for lunch and \$20-\$40 for dinner. To keep the festivities going, the following week (March 2-8) brings OC Cocktail Week, which will include menus of cocktails and food presented by local restaurants and bars. (ocrestaurantweek.com; occocktailweek.com) —L.D.



Maro Wood Grill is one restaurant that will be participating in OC Restaurant Week.

JODY TONGCO



Chef Marc Cohen also helps the kitchen at Watermarc.



Linguine carbonara with smoked bacon and cipollini onions



Day boat scallops served atop a bed of butternut squash risotto and white truffle oil

QUINTESSENTIAL CALIFORNIA

The cuisine at 230 Forest Avenue dazzles with flavors of the Pacific Rim.

By Alli Tong | Photos by Jody Tiongco

WALK PAST THE ENTRANCE OF 230 FOREST AVENUE ON ANY given evening and you'll forget you're even in Laguna Beach. The trendy indoor-outdoor feel of the space is evocative of restaurants you'd see on the streets of New York City during a warm summer night. Step inside, though, and the cuisine, abundant with fresh seafood, is reminiscent of coastal California.

Yet, there is a little inspiration derived from the East Coast in the menu. A Maryland native, co-owner and Executive Chef Marc Cohen—who also helps the kitchen at Laguna's Watermarc—brings his knowledge and love of seafood to 230 Forest.

To start, try one of the restaurant's signature cocktails—the Rosemary Ginger Lemon Drop is the perfect balance of sweet and tangy. Made with Pearl Vodka, hand-pressed lemon and house-made rosemary ginger syrup, and garnished with a sprig of rosemary, the drink is a fitting complement to any dish.

In terms of appetizers, start with the palate cleanser of the oysters on the half shell. The chef puts a twist on this classic by enhancing the oyster with a vodka pomegranate granita that plays with different textures and temperatures.

Meat lovers also won't want to miss the wagyu beef carpaccio appetizer, served thinly sliced with crispy cipollini onions

and mustard aioli. The burrata mozzarella, served with a roll of baked bread, almonds and clover honey, melts in the mouth.

Moving on to entrees, the day boat scallops are mouthwatering. The perfectly seared scallops are plated on a bed of butternut squash risotto and drizzled with white truffle oil. "I [chose butternut squash because] I don't want to overpower the scallop. ... It complements it," Marc says.

Also not to be overlooked, the linguine carbonara is definitely for pasta admirers. Made with smoked bacon, cipollini onions, sweet peas, rainbow chard and a poached egg on top, it's not only a hearty dish but also chock-full of flavor. Marc adds that it's easily customizable, depending on whether guests prefer it sans bacon or with shrimp added.

No meal would be complete without dessert, and chef Marc is more than willing to serve up whimsical treats. A decadent take on a dessert with the most plebeian of origins, the dark chocolate croissant bread pudding will have even the most prim of guests licking their plates—and their fingers.

Whether you're looking for the perfect spot for a business meeting or dinner with friends, the music, ambience and, of course, cuisine at 230 Forest Avenue won't disappoint. **LBM**

230 FOREST AVENUE

230 Forest Ave.;
949-494-2545;
230forestavenue.com

HOURS:

Sunday-Thursday,
11 a.m. to 9:30 p.m.;
Friday-Saturday
11 a.m. to 10:30 p.m.

TIP: Be sure to check out the restaurant's evolving displays of local art, presented in partnership with Laguna's JoAnne Artman Gallery.



The recently renovated main dining room



Scarlet beet "ravioli" with hazelnuts and a vinaigrette



Beef short rib with white polenta and Gouda fondue

IN WITH THE NEW

Laguna's newest upscale dining experience is already one of the best.

By Tess Eyrich | Photos by Jody Tiongco

BY NOW YOU'VE NO DOUBT HEARD ABOUT SELANNE STEAK Tavern, the hotly anticipated dining concept from Anaheim Ducks player Teemu Selanne and partner Kevin Pratt. The restaurant, opened in November, caused quite a stir when it first took up residence in the renovated French 75 space. Whom you may not be familiar with is the person at the helm of the operation, Executive Chef Joshua Severson, who is quietly reinventing conventional steakhouse cuisine under the leadership of General Manager Jim Shumate and Director of Operations Leo Fenn.

"What we're trying to do is five-star dining without the pretentiousness," Leo explains of the restaurant and, so far, they've succeeded. Chef Joshua, whose background includes stints at restaurants ranging from Tom Colicchio's award-winning Craftsteak in Las Vegas to SkyCity atop the Seattle Space Needle, has created a menu that's experimental yet close enough to comfort food to leave guests feeling secure.

His signature soup, the Maine lobster cappuccino, is a fresh twist on a traditional bisque. Light, airy and topped with a dollop of creme fraiche, it's the perfect introduction to the chef's culinary style. For a more substantial starter, opt for the Pacific diver scallops, delightfully succulent morsels sauteed with

cauliflower and pickled chanterelle mushrooms.

But perhaps the standout of the current lineup of first courses is the chef's signature salad, the scarlet beet "ravioli"—the dish Jim confesses won the hearts of the restaurant's ownership and management, prompting them to hire Joshua instead of a rival chef they'd previously been considering for the position. In a unique showcase of his ability, the chef creates imitation pasta using thinly sliced beets stuffed with creamy goat cheese, then tops the finished display with hazelnuts and a vinaigrette.

The Skuna Bay salmon is smoked in house and served atop a bed of pureed celery root—a fitting complement to the fillet's distinctive woodiness. The beef short rib, meanwhile, offers 10 ounces of some of the most tender braised meat found in Laguna alongside white polenta and Gouda fondue.

And before you start thinking that this is the conclusion, meet pastry chef Heather Fisher, who crafts explosive finales to meals at Selanne with home-style treats like her Southern-inspired monkey bread, which incorporates cinnamon, caramelized pecans and house-made maple ice cream.

Selanne Steak Tavern is here to stay, and it's elevating Laguna's dining scene in the process. **LBM**

SELANNE STEAK TAVERN

1464 S. Coast Hwy.;
949-715-9881;
selannesteaktavern.com

HOURS:

Sunday, 5-11 p.m.;
Tuesday-Thursday, 5-11 p.m.; Friday-Saturday, 5 p.m. to midnight

TIP: Stop by between 5 and 6 p.m. Tuesday through Friday and Sunday for happy hour specials on beverages and small plates.

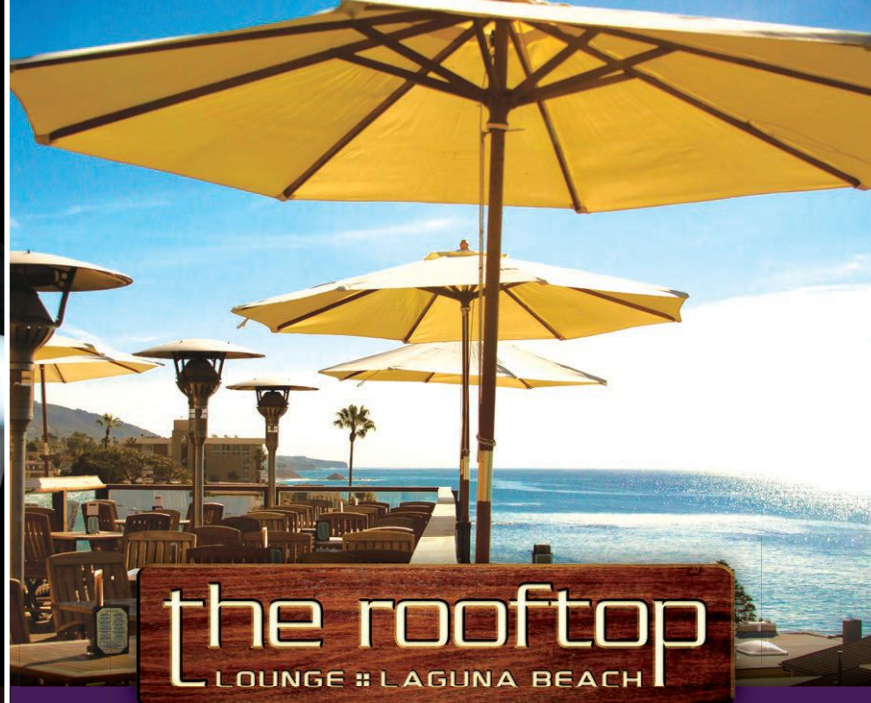


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214 Ocean Avenue, Laguna Beach | 949.494.3027 | marineroomtavern.com [f](#) [t](#) [i](#)



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LOCAL RESTAURANTS SERVE THE ORANGE COUNTY RESCUE MISSION

In the spirit of giving during the holiday season, Laguna Beach lighting company Lightopia held its annual food drive Dec. 13. The event benefits the Orange County Rescue Mission, a nonprofit that provides shelter, food, health care and professional services to those in need. This year, more than 80 guests attended and donated non-perishable food items, clothing and monetary contributions made out to the Orange County Rescue Mission. Additionally, several of Laguna Beach's restaurants—including ReMark's, Maro Wood Grill, K'ya Bistro Bar, Nirvana Grille, Carmelita's and Avila's El Ranchito—donated their time and culinary talents to the evening, along with appetizers and holiday treats. Overall, the event collected more than 350 pounds of canned goods for the organization. (lightopiaonline.com) —A.T.

Catching the Drift

The space previously occupied by The Beach House Restaurant is getting a much-needed makeover—Driftwood Kitchen, a new seafood restaurant and bar concept, is slated to open mid-February. The operation, which takes up residence in The Beach House's former 1920s-era digs, will be helmed by the same team that heads up The Deck on Laguna Beach: Rainer Schwarz will serve as executive chef and John Nye will assume the role of director of operations.

"We want to give the restaurant back to the community in its best possible light," John says.

In the meantime, the building will undergo renovations that will place the main dining room and oyster bar up front, with the new Stateroom Bar concept behind them. This area will embrace the building's history, featuring much of the original woodwork and fixtures of the old house, which once belonged to actor Slim Summerville. The Stateroom's drink menu will offer classic cocktails with an emphasis on bourbon and whiskey. And just behind the bar, guests will be able to relax on a re-canvassed patio overlooking the shore.

"We're looking to create a multi-experience [venue]," John explains. "Come to The Deck with sandy feet. ... Then come back in resort wear and have dinner at Driftwood." —L.D.



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Michelle haut Chocolat Heads to SoCo

Laguna Beach-based Michelle haut Chocolat is spreading the love with her first-ever retail location at Costa Mesa's OC Mix at SoCo. The shop, which opened in November of 2013, features the same top-tier artisanal chocolates that have already made a splash in Laguna and at various celebrity functions including the Academy Awards and the GLAAD Media Awards. Chocolatier Michelle Pontius continues to handcraft the chocolates out of her Laguna Beach kitchen and tasting room using custom-blended, 73 percent bittersweet chocolate from Belgium. Popular items that are now available at her Costa Mesa boutique include gold-wrapped, rose-salted turtles with caramel and pecans; ghost pepper salt-dusted dark chocolates; and bars in French lavender, smoked tea salt, rose salt and espresso bean. (michellehautchocolat.com) —L.D.



Matcha green tea truffles from Michelle haut Chocolat

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A NEW YEAR'S 'GATSBY' AFFAIR

The Deck on Laguna Beach and the bungalows at Pacific Edge Hotel rang in the new year with a themed "Great Gatsby-style" progressive dinner party, which started at the bungalows and ended at The Deck the evening of Dec. 31. The highly fashionable cocktail reception began at the bungalows, where guests donned sophisticated 1920s-inspired attire to sip libations and nibble on appetizers while listening to live acoustic music. Next, guests moved under the tent at The Deck, where the true celebration began. A live disc jockey played energetic tunes while guests danced, mingled and got into the festive spirit with noisemakers and New Year's hats. Just before 9 p.m., a live broadcast was televised from New York City, where guests joined in on the countdown to 2014. At midnight, however, guests celebrated the West Coast's entry into the new year with a Champagne toast and, of course, a kiss with that special someone. (pacifiedgehotel.com) —A. T.



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CUBIST CURVES

LA-based painters America Martin and Dorit Moss offer 21st-century takes on the cubist female form.

Section by Hannah Ostrow



"July" by America Martin at JoAnne Artman Gallery

AMERICA MARTIN (JOANNE ARTMAN GALLERY)

HOME BASE: Born and raised in Los Angeles

BACKGROUND: Trained at the School of the Museum of Fine Arts, Boston before returning to LA to study under Vernon Wilson, a professor at the Art Center College of Design in Pasadena, Calif.

MEDIA OF CHOICE: Large-scale oil and acrylic on canvas; sculpture in steel, aluminum, wood and plaster; ink, pastel, oil and acrylic on paper

PREVIOUSLY SHOWN IN: Southern California; Taos and Santa Fe, N.M.; Austin, Texas; Rockland, Maine; Ocean Springs, Miss.; and New York

WORK: Picture Picasso with an updated color palette and slightly softer, thicker brushstrokes. Factor in America's Colombian roots, which add a dose of indigenous influence to her midcentury modernism. She paints mostly bodies, geometric and deconstructed and cubist, but the people she depicts are just as often wearing feathered headdresses and brightly patterned shirts as they are nude and lounging.

America reinterprets Picasso's "Les Femmes d'Alger," for example, in her work "Bathers in Orange & Blue": She brightens up the canvas with intrepid blues and golds, and the outlining is heavier, more impressionistic, while the whole composition is tighter—yet its source is still clear to anyone familiar with the Picasso original.

America's version also takes inspiration from Paul Cézanne's "Les Grandes Baigneuses," which the artist cites as one of her all-time favorite images.

"Yes," on display at JoAnne Artman Gallery from Feb. 6 to March 31, spotlights three new series from America: a "Native American" series inspired by her time in Taos, N.M.; a "Bathers" series inspired by the artist's travels in Aix-en-Provence, France—Paul Cézanne's hometown; and a collection of still life paintings. Don't miss the artist reception and opening event, Feb. 6 from 6-8 p.m. (949-510-5481; joanneartmangallery.com)



"Untitled" by Dorit Moss at LGOCA

DORIT MOSS (LAGUNA GALLERY OF CONTEMPORARY ART)

HOME BASE: Born in Israel, currently lives in Encino, Calif.

BACKGROUND: Came to the U.S. at age 13, studied fashion design and fine art in LA, currently runs an arts education nonprofit called Art on Wheels

MEDIA OF CHOICE: Mainly oil on canvas

PREVIOUSLY SHOWN IN: Private U.S. collections, Israel, Germany, England and Australia

WORK: It's almost like someone painted an Alberto Giacometti sculpture in front of a studio backdrop—the long, streamlined body; the exaggerated height; the inflexible form standing candidly against a bright patterned canvas. Less abstracted, more lifelike birds fly in at will, hinting at reality, as if a mindless studio assistant accidentally left a window open and this little bluebird just fluttered in and disrupted the modernist recreation.

In one work, a bird has landed on a figure's head; the creature's rounded, cream-colored body contrasts starkly with the bold red, geometric background. The lean, Giacometti-esque cutout figures sometimes find life of their own too—lying back, crossing their legs, lounging at someone's side.

It's a strangely interdisciplinary world that Dorit creates in her paintings. She doesn't use any unusual materials, but her work feels more like mixed media, wedging itself somewhere between sculpture and painting, modern art and contemporary art, cubism and abstract figuration.

Catch Dorit's cleverly conceived paintings at the Laguna Gallery of Contemporary Art. (949-715-9604; lgoca.com)

GLOBE-TROTTERS

Laguna Art Museum's spring shows expand the institution's scope outside of Southern California, with remarkable exhibitions from contemporary Israeli artist Dana Harel and prolific world-traveling painter Millard Sheets. Both shows open Feb. 23 and continue through June 1.

"EX-POSE: DANA HAREL"

The latest installment of the Grace Kook-Anderson-curated "ex-pose" series, Dana Harel's contemporary exhibition explores themes of war as it relates to femininity and masculinity, strength and tenderness. This marks the first U.S. museum exhibition for Dana, who lives and works in Tel Aviv, Israel.

Drawing on her own experiences as a soldier as well as those of her father, husband and other men in her life, Dana's newest series, "Between Dreams and Nightmares," negotiates what it means to serve in the military—and to leave it behind.

Dana's exhibition, on view in the museum's lower level, presents sculptures and mixed media drawings, including the large-scale work "Wrestling God," inspired by the biblical narrative of Jacob's brawl with an angel.

"TRAVELS WITH MILLARD SHEETS, 1950-1986: PAINTINGS FROM THE COLLECTION OF DIANE AND E. GENE CRAIN"

Though nominally a California artist, Millard Sheets' paintings bring a global flavor to the locally



"Wrestling God" by Dana Harel

oriented Laguna Art Museum.

Over the course of his high-octane life, while serving as an international artist-correspondent for Life magazine during World War II and an art ambassador for the U.S. State Department beginning in the 1960s, Millard traveled all over the world—from Southeast Asia, the South Pacific and India to Central America, Eastern Europe and North Africa.

On loan from Laguna Beach-based collectors Diane and E. Gene Crain, "Travels with Millard Sheets" highlights more than 20 paintings from the artist's whirlwind years of far-flung adventures, on view in the museum's upper-level gallery. (949-494-8971; lagunaartmuseum.org)



"Night of the Dead" by Millard Sheets

a&g

ARTISTS AND GALLERIES

GALLERY EVENTS

COASTAL EDDY, A GALLERY

Beverly Jacobs' ceramic work confronts the environmental crisis and the repercussions of polar ice caps continuing to disappear. Her show, titled "Dis-solution," runs through mid-February. In March, don't miss "Transitioning Portals," featuring paintings from Lauren Mantecon and a juried selection of pieces from ceramic art students at local high schools. (949-715-4113)

DAWSON COLE FINE ART

With an opening reception Feb. 6 from 6-8 p.m., "Blanc Noir" sheds light on Dawson Cole's selection of works in black and white, which reveal a huge range of tones and depth. The show continues through Feb. 27. (888-972-5543; dawsoncolefineart.com)

DERU'S FINE ARTS

February's show, "Beauty and Light," showcases early California impressionist painters Edgar Payne, William Wendt and Frank Cuprien, among others, alongside contemporary California painters David Chapple and Gerald Rahm. (949-376-3785; derusfinearts.com)

JOANNE ARTMAN GALLERY

Catch the tail end of "Through the Looking Glass," a joint exhibition from experimental photographer Brooke Shaden and digital collage



"Mount San Jacinto" by John Frost at DeRu's Fine Arts

artist Nadine Boughton, which continues throughout the month of January. (949-510-5481; joanneartmangallery.com)

LCAD ON FOREST

Continuing through Feb. 8, the recently opened Laguna College of Art & Design exhibition space on Forest Avenue features a group showing of works inspired by students studying abroad in Germany and the Czech Republic. In February, professor Catherine Eure will curate a digital media show, followed by an exhibition in March that will focus on the college's game arts program. (949-376-6000; lcad.edu)

PACIFIC EDGE GALLERY

Fusing music and art, her two passions, artist Sandra Jones Campbell has created a stunning collection to be displayed at the Pacific Edge Gallery in Laguna Beach. The collection of original paintings titled "Get Jazzed" will debut Feb.

22, with a reception with the artist scheduled for 6-9 p.m. Sandra's one-of-a-kind creative flair is evident in the works, which successfully represent her bright, expressionist style. (949-494-0491; pacificedgegallery.com)

SALTFINEART

"Rio" sheds light on the vibrant Brazilian art scene, featuring eight emerging and midcareer artists living and working in Rio de Janeiro that were hand-picked on site by gallery owner Carla Arzente. The exhibition continues through Feb. 25. (949-715-5554; saltfineart.com)

SANDSTONE GALLERY

Running from Feb. 5 to March 3, "Reflexions" features bold, vibrant, streamlined landscapes from KL Heagen. "Stream of Consciousness," spanning the same time frame, highlights work from abstract painter Jong H. Ro. (949-497-6775; sandstonegallery.com) **LBM**

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WHY NOT IN LAGUNA?

Our guest columnist proposes staging an annual 5K race, the “Sea Lion Sprint,” in Laguna Beach.

By Sally Eastwood



Runners donned neon colors for the 1990 SchoolPower Laguna Beach Classic 10K.



Tracey Bengelsdorf and Dotty Hagmier celebrate at the Dana Point Turkey Trot.

ONE OF THE MANY REASONS PEOPLE FLOCK TO Laguna Beach is the sense of community that a small town engenders. Events like First Thursdays Art Walk, Music in the Park, Hospitality Night and the Patriots’ Day Parade bring residents together to celebrate the joys of living here.

But back in the 1980s and 1990s, there was another event: a 2K and 10K race that benefitted Laguna Beach schools, which, although popular, was discontinued due to time and funding constraints. I think it’s a good time to reconsider an annual race event to raise money for another great cause: the Pacific Marine Mammal Center (PMMC). This unique Laguna institution is close to the hearts of most residents, especially after the past year, when it was overwhelmed with sick and injured pinnipeds.

Our neighboring cities each have their own charity races; it’s time for Laguna to join them. For example, Dana Point has the annual Turkey Trot, which is held on Thanksgiving and benefits local nonprofits, while Corona del Mar organizes an annual Scenic 5K, which funds local events

and institutions. These communities have been organizing their race events for more than 30 years, which speaks volumes about the concept’s popularity and potential support from local businesses and community members.

Laguna Beach can arrange a 5K “Sea Lion Sprint,” concluding with a special event at the finish line: the release of one or more rehabilitated pinnipeds by the PMMC back into the ocean.

Planning the event would obviously involve overcoming quite a few logistical issues, and there are folks in town who are familiar with the failings of what was done before. How many roads need to be closed? How long will they need to be closed for? How many people will participate? How much will this all cost?

Here’s a plan that could work. First of all, the route: To minimize road closures downtown while keeping a scenic route, the race could start and finish at Montage Laguna Beach, heading south, and then looping back. Coast Highway would be included, plus some of the surrounding south Laguna streets to add interest.

There are two reasons for choosing this option. First, the public park at Treasure Island offers a beautiful, large staging area for people to congregate, and there are parking opportunities in the area. We can also enlist the summer trolleys to shuttle people to and from the start/finish line.

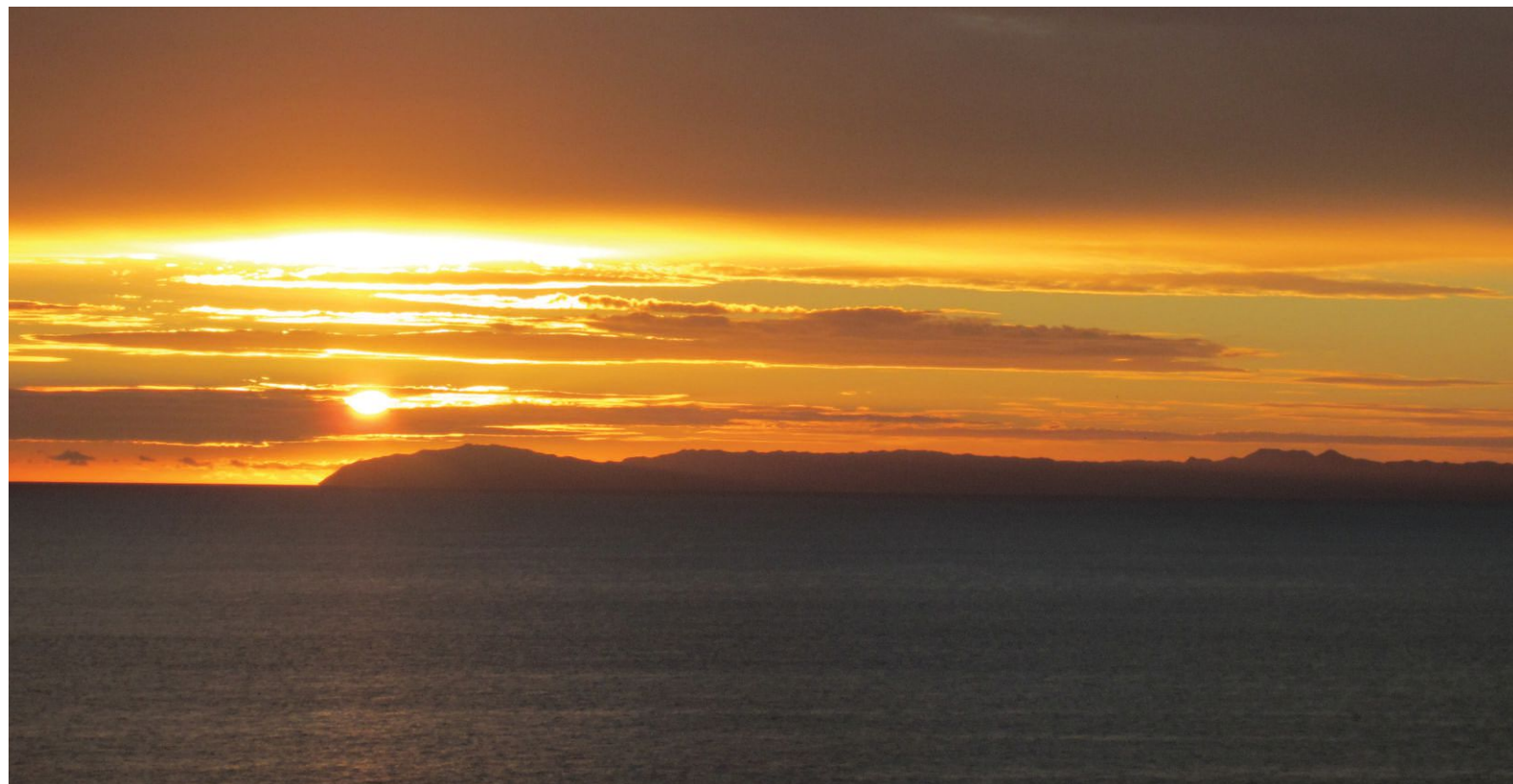
Second, Treasure Island Beach provides the perfect spot for seals and sea lions to be released at the end of the race. It’s a release location currently used by the PMMC and offers ideal viewing opportunities for spectators.

As for timing, the month of January would be a great kickoff to the new year, the weather would be sunny, and we would avoid a conflict with the summer festival season.

With support from local businesses and residents, the Laguna Beach “Sea Lion Sprint” could become a well-anticipated annual event for years to come. **LBM**

Sally Eastwood is a Laguna Beach resident and co-author of “101 Things to Love About Laguna Beach,” which debuted December 2013.

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Gloria Jewell: Bureau of Real Estate BRE # 00810998

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