

NEWPORT BEACH

FEBRUARY/MARCH 2014 | OCINSITE.COM

Magazine

GETTING CRAFTY
OC BREWERIES ON THE RISE

WORK IT OUT
EXPERT TIPS FOR BACK
TO BASICS FITNESS

SHARP STYLE
THE LATEST LOOKS
IN MENSWEAR

RAZOR FOCUS
ELEVATE SHAVING
TO AN ART FORM

THE WILD WEST
TOP DUDE RANCH
ADVENTURES

NEWPORT'S
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TAKE A STEP
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ISSUE



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the MEN'S ISSUE

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LOCATION: NEWPORT BEACH CIVIC CENTER AND PARK
PHOTOGRAPHER: DAVID JAKLE
FASHION DIRECTOR: JULIE FRENCH
SUIT AND ACCESSORIES FROM BRIONI, SOUTH COAST PLAZA



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14. BUZZ



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24. TREND



26. HOME

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Publisher's Letter

My Resolution

With one month down and 11 more to look forward to in 2014, it's a fair guess that many people have made an initial attempt at keeping their obligatory resolutions for the new year. I'd like to say I've made profound promises to change the world—like saving the planet or feeding the hungry—but this year, I chose to keep it simple and personal.

First and foremost, my goal is to be a better parent. Second, I'm going to have more patience with family, friends and coworkers. Finally, I want to enjoy life to the fullest.

Much of the first item is tied to the second, as I truly believe in my old age (soon to be 50) that pausing to take a breath in a time of crisis, anger or frustration can resolve any conflict I'm having with those I care for the most. Being a parent can be tough, and with two boys heading into their formative years, I am finding patience is the key to maintaining my family's peace of mind.

In order to keep my sanity these days, I try to get out and about as often as possible. I'm fortunate to live close to the ocean and the hills, so I can surf, paddle and run as frequently as I wish. My family is very active, and this helps us all stay both mentally and physically healthy. It also makes parenting much easier when the place we call home is a playground for outdoor enthusiasts, with the beach and trails in either direction—check that first resolution off the list.

As for my second resolution, I didn't have to wait long in 2014 for my patience to pay off at work. This month's men's issue is over the top in the best possible way, and I think I speak for all of my male coworkers when I say it's about time we get our own issue!

How can you go wrong with a healthy dose of bars and cars? We celebrate the best things about being a man in Newport, and I can say with certainty that I'll be enjoying this new issue over an ice-cold schooner at Mutt Lynch's. This year, I also vow to practice my newfound patience as I wait for a glorious tower of seafood at Mastro's, get fitted for a beautiful new suit at Gary's and gaze longingly at my future midlife crisis purchase at Newport Auto Center. How's that for living life to its fullest?

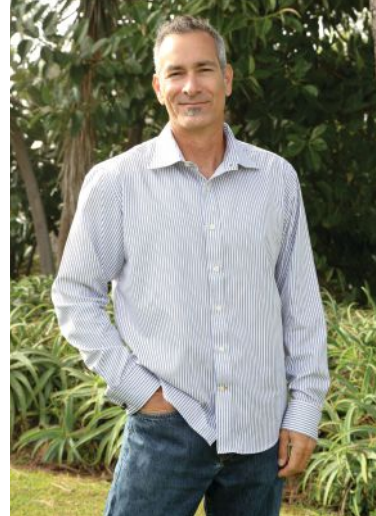
Here's to 2014—may it be a safe and successful year for you all.

Sincerely,

Scott Sanchez

Publisher and Chief Technology Officer

scott@firebrandmediainc.com





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It All Comes Back to Beer

On my first day with Newport Beach Magazine a couple years ago, the editorial team took me out for a welcome lunch. Like many companies, we have traditions to uphold, and ours is centered on the camaraderie that goes along with a cold, refreshing glass of hops and grain. Today, I may not remember where we went or what I ate, but I do remember that there was beer.

Beer is our office's nectar of the gods. If it was socially acceptable, I don't doubt that some of us would drink it like water—all day, every day. It doesn't surprise me then, that beer is a focal point for our first men's issue. Ironically though, it's one of our (many) female editors, Linda Domingo, who explores the burgeoning craft brew scene in Orange County. She went on a one-month beer bender from north OC to south, and shares the insider knowledge from nine local breweries in her article, "Crafting an Empire" (page 42).

With just a handful of men in our office—I can almost count them on one hand—our challenge was brainstorming content that celebrates the quintessential modern man. One conversation with our editorial director, Steve Zepezauer, about the Dollar Shave Club, though, and our first article was set. In "Razor Focus" (page 60), we follow the resurgence of the traditional shave and how it's being elevated to an art form in local barbershops.

Those with a need for speed, however, can take a wild ride with our top 10 midlife crisis cars in "Revving the Engines" (page 54). Meanwhile, fitness buffs can go "Back to the Basics" (page 48) with local trainers who share tips on starting a core workout routine—no fancy equipment necessary. For this issue's men's fashion spread—the favorite feature of all the editorial gals, for obvious reasons!—I also had a chance to go behind the scenes at Newport Beach Civic Center and Park, where our fashion director styled the latest menswear looks that embrace graphic lines and contemporary panache.

Admittedly, while I loved putting together the man-centric content for this issue, I'm what people call a "girly girl," down to my very core. I trap spiders under cups and pull a damsel in distress act until my husband disposes of them. I order fruity cocktails at bars and if it's pink, then all the better. I love dressing up, wearing heels and trying new makeup for a girls' night out. For those who, like me, might prefer curling their hair to changing a tire, we also bring you the latest in health and beauty, ranging from winter skin care tips from a celebrity makeup artist who hails from Newport ("Makeup Maven," page 23) to the explosion of beauty bars popping up across town ("Raising the Bar," page 36).

Male or female, I hope you're as excited as we are about this special men's issue. From bars to cars and plenty of beer, we cover it all—a great way to kick off 2014.

*Warm regards,
Allison Hata
Group Editor
allison@firebrandmediainc.com*



Our editorial director is the fearless male among a team of female editors. Top row (L to R): Alli Tong, Tess Eyrych, Bria Balliet, Steve Zepezauer, Sharon Stello, Linda Domingo; bottom row: Kirsti Correa, Allison Hata, Karlee Prazak

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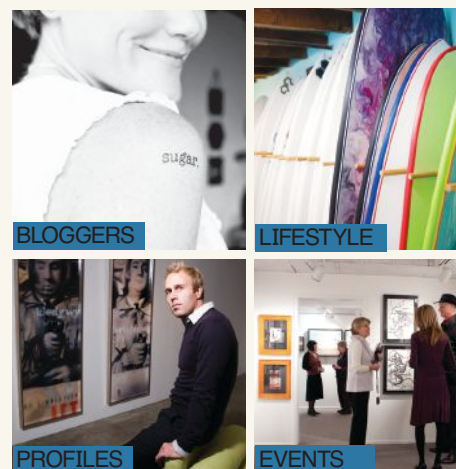
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BUSINESS OASIS

Located in the midst of Newport Center's prestigious business district, the Island Hotel has long appealed to business travelers from around the world. Now the AAA Five Diamond award winner has added a new amenity geared toward its business travelers. On the 20th floor, the 2,000-square-foot Island Club lounge boasts sweeping views of the Pacific Ocean, Wi-Fi, LED TVs and floor-to-ceiling windows in a relaxing and accommodating space. For a small upcharge, guests will receive access to the lounge in addition to multiple hotel perks including food and beverage service, dry cleaning/pressing and entry to the spa's steam room and showers. The lounge also offers areas to print, fax and copy documents, so there's no need to panic about a forgotten report ever again. (866-554-4620; islandhotel.com) —*B.B.*

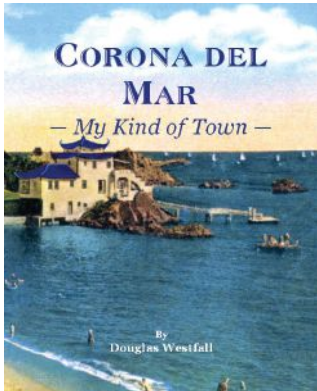
THE NEWPORT BEACH SISTER CITY ASSOCIATION IS ASSEMBLING A DELEGATION TO VISIT OKAZAKI, JAPAN, IN APRIL TO CELEBRATE THE 30TH ANNIVERSARY OF THE CITIES' FRIENDSHIP, WHICH HAS INCLUDED AN ANNUAL EXCHANGE PROGRAM FOR JUNIOR HIGH STUDENTS SINCE 1984.

BEAUTY IN SPADES

Kick off the new year with rejuvenated skin at Spade Skin Care & More, Newport Beach's latest one-stop shop for facial treatments, microdermabrasion, collagen production therapy, temporary and permanent makeup application and more. At Spade, which debuted in the Newport North Center in November 2013, the beautification process is reimagined to incorporate only organic products in an atmosphere geared toward holistic wellness for men and women. Each appointment with Spade's estheticians begins with an analysis using 3-D skin imaging technology, which provides a thorough look at brown spots, sun damage, fine lines, wrinkles, acne, firmness, and skin tone and texture. Facial treatments highlight natural ingredients such as botanical enzymes, oils and minerals, and are designed to nourish and brighten skin while improving its elasticity. Meanwhile, chemical peels take it a step further, featuring components like salicylic and trichloroacetic acids to combat residual damage from acne and UVA rays, signs of aging and hyperpigmentation, among other woes. "At the end of the day, the philosophy is, 'What can we do to help the body heal from the inside out?'" says Saba Movassaghi, who oversees the new location along with co-owner Azita Sadaghian. "We are excited to share exclusive technology and the best in organic products with the Newport Beach community." (949-335-7546; myownspade.com) —*T.E.*



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COURTESY OF THE PARAGON AGENCY

A COLORFUL CDM

Corona del Mar residents have a new book celebrating their town from OC-based author and publisher Douglas Westfall. "Corona del Mar: My Kind of Town" combines the beauty of a coffee table book with the personality of the people and places in Corona del Mar. "We went light on the history and pushed the color and feel of living in Corona del Mar," he explains. In contrast to his earlier book, "History of Corona del Mar: Centennial Edition," "My Kind of Town" only touches on stories of Francisco Sepulveda gambling his fortune away and selling land to the Irvine family, who, in turn, sold the 600 acres of Corona del Mar to George Hart in 1904. Doug's favorite anecdotes come from stories told by local (or former) homeowners who reminisce of the days when Big Corona was a surfing mecca for Duke Kahanamoku and vacationing movie stars. The book is available at specialbooks.com or locally at Sherman Library & Gardens. Doug, who worked closely with Sherman Library on the project, dedicated the book to its late director, Charles Wade Roberts, who died in 2013. —K.P.



J. CHRISTOPHER LAUNI

LOOPED IN TO NATURE

Visitors to Crystal Cove now have a new suite of hiking trails and citizen science stations to explore with the opening of the Berns Environmental Study Loop Feb. 1. Following a grand ribbon-cutting celebration at the end of January, the study loop is now open to the public and offers a host of exciting programs and activities for local beachgoers, teachers and students alike. The amphitheater, fire pit, student staging pavilion and half-mile loop trail with eight miniature field science stations provide the public with opportunities to get involved with the state park's research and monitoring of Crystal Cove's native plants and wildlife. Located in Moro Canyon, the study loop was funded in large part from a \$1 million gift from OC locals Michael and Tricia Berns. (949-376-6200; crystalcovebeachcottages.org) —A.H.

CRIME-FIGHTING FASHION

The Newport Beach Police Department has launched a new campaign to combat thievery in the city, and the approach is certainly unexpected. Titled "The Stolen Collection," the new print ads feature male models posing with various handbags, cellphones and other items that they have presumably burgled. The operation kicked off in December 2013 with a fashion show starring the aforementioned male models sporting the newest designer bags, iPads and sunglasses to illustrate the kinds of items that go missing.

The promising news is that, in most cases, these crimes are preventable. According to stats released in the campaign, 96 percent of Newport crimes involve property theft, with a majority being a result of items left unattended in plain sight and unlocked doors. While it's easy to feel safe in a community like Newport Beach, police Chief Jay Johnson urges residents to take the necessary steps to protect themselves and their valuables: Remember to lock home and car doors and remove any treasured items from the car before walking away. —B.B.



South Coast Plaza's renovated Coach store features a new floor plan.



The recently opened ivivva stocks activewear for girls and young teens.

GRAND OPENINGS

A NEW LOOK FOR COACH

Coach, the leather goods powerhouse that has been a staple in women's closets for decades, has recently revamped its styling and website. The makeover extended to the company's retail boutiques, including its flagship shop in South Coast Plaza. Reopened in late November, the completely remodeled store boasts a more structured floor plan as well as both men's and women's apparel and accessories—in addition to its famous leather bags in a multitude of styles and colors. (714-979-1771; coach.com)

SKYE HIGH SHOES

Clothing boutique Skye Montgomery, which has sold

designer clothing and accessories for more than three years in Corona del Mar, recently expanded its selection to also include a charming shoe salon. Those familiar with the shop will notice that the men's section has shifted to make room for the fancy new footwear. Rebecca Austin, owner of the shoe salon, says she plans to work closely with Skye Montgomery co-owners Christina Armijo and Susan Nevell to curate pieces that will flow well with the boutique's current styles. Boasting designer brands such as Tory Burch and Frye, new and current fans of the shop are sure to step out in style. (949-729-3900)

READY FOR THE GREEN

Luxury men's golf apparel brand Travis Mathew plans to open its newest boutique at Fashion

Island by early April. With pieces to outfit any avid golfer from head to toe, it's a one-stop shop for everything from polo shirts to socks to luggage. For the little tykes that want to be just like dad, the shop will also offer a selection of polos in kids' sizes. (travismathew.com)

LITTLE LULU

Lululemon has a dedicated following of yoga enthusiasts, runners and general comfort seekers—and now the younger generations can partake in the same brand loyalty as their parents with ivivva, which opened Dec. 6 at South Coast Plaza in Costa Mesa after closing its Corona del Mar showroom. The "daughter" of the Canadian athletic apparel giant will use similar designs and all of the brand's most loved fabrics, tailored to a younger consumer. The fun,

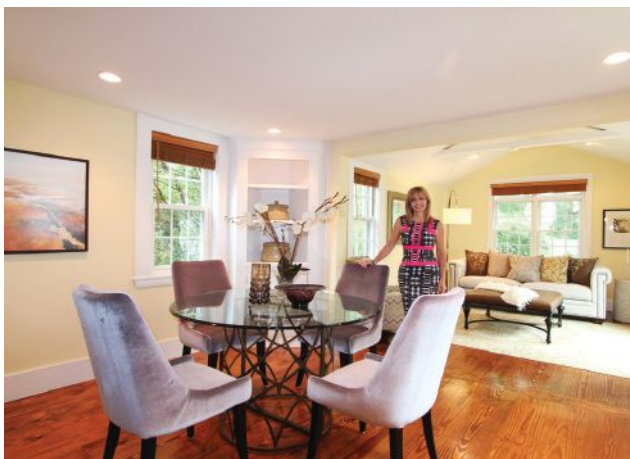
printed pieces are perfect for any number of athletic activities, from ice skating and dancing to playing soccer. (714-754-1167; ivivva.com)

BEST IN THE WEST

Inspired by the eclectic Camden Market in London, West of Camden boutique offers a funky assortment of clothing, jewelry and accessories for both men and women. What started out as a simple cart at Fashion Island has now grown into a successful online store as well as a brand-new retail location, which just opened in Corona del Mar in late January. Carrying goodies such as Cruciani bracelets, Studio Manhattan bags and wallets, and West of Camden's own line of clothing and accessories, it caters to the young—and young at heart. (westofcamden.com) —B.B.



NEWPORT JEWELER BLACK, STARR & FROST RECEIVED THE SIX STAR DIAMOND AWARD FROM THE AMERICAN ACADEMY OF HOSPITALITY SCIENCES—THE FIRST TIME A NATIONAL LUXURY BRAND IN THE JEWELRY CATEGORY HAS BEEN RECOGNIZED WITH THIS DISTINCTION.



SHIFTING GEARS

The pain of a separation or divorce is never an easy thing to navigate, but Andie Day and Melissa Cummings' newest venture is aimed at making this time of transition as seamless as possible for their clients. Based in Newport Beach—with services also offered in LA, San Francisco and Boston—Shift Legacy is a new, personal concierge service that caters to men who are at a period of transition in their lives. The company helps clients develop plans for life after divorce or separation, with services that include home relocation and interior design, personal shopping, fitness expertise and private chefs.

Following a complimentary consultation, men can work with experts to target their specific needs; for example, men with children may opt to create a "legacy map" to continue being a hands-on dad. Shift Legacy also connects men with experts such as nutritionists, personal chefs, trainers, stylists, real estate agents, architects, personal shoppers and professional matchmakers, making it easy for them to work through challenges in order to transition to the next stage in their lives. (855-263-4332; shiftlegacy.com) —B.B.

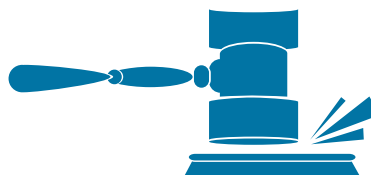


FRESH FACE

In a cool, refreshing environment, Facialworks simplifies skin care. The new space dedicated to oxygen facials recently opened in Newport Beach's Westcliff Plaza and offers a fresh skin care regimen for clients on the go. Founder Meghan Ellis updated the traditional day spa experience that normally takes place in a treatment room, adding a fun, social element and pain-free treatments clients can enjoy with friends. Guests sit at a six-chair bar for 40-minute sessions that include a cleanse, exfoliation, mask, oxygen infusion and hydration, leaving the skin hydrated and glowing.

"They can pick a gentle or exfoliating cleanser, choice of mask (hydrating, anti-aging or both), regular or double oxygen infusion, and tinted or non-tinted SPF," Meghan says. "For February, we will also have a chocolate mask option."

Other add-ons to the basic facial include an extra mask or oxygen, and an airbrushed makeup application afterward. There is also a designated space for more in-depth services such as microdermabrasion and customized peels. To promote a relaxing ambience for guests, complimentary Champagne or coffee is poured while a movie plays in the background during each service. (949-877-1911; thefacialworks.com) —K.C.



IN THE LATEST ROUND OF POLITICAL MUSICAL CHAIRS, RUSH HILL WAS NAMED NEWPORT BEACH MAYOR FOR 2014 SHORTLY AFTER OUTGOING MAYOR KEITH CURRY THREW HIS HAT IN THE RING FOR THE 74TH ASSEMBLY DISTRICT.



COURTESY OF HARBOR DAY SCHOOL

ONE FOR THE BOOKS

Among the students, teachers and staff at Harbor Day School in Corona del Mar is a new published author: 14-year-old Sammy Pickell. Now an eighth-grader, Sammy wrote a 1,000-word children's book when she was in fifth grade as part of a statewide competition sponsored by The Candy Palace, a nonprofit based in Newport Beach. Her book, "Doxie," explores the adventure of a dachshund trying to make friends with a group of dogs when he moves to a new neighborhood. After Sammy's story was announced as the winner, she spent the next few years working with the organization and an illustrator to turn her tale into a picture book. Released in late 2013, the project combined Sammy's love of creative writing and animals. Ultimately, she hopes to write a novel and become a veterinarian when she's older. Supporting the book's theme of social acceptance and kindness, all proceeds from book sales will benefit the Second Harvest Food Bank of Orange County's efforts to provide meals for children throughout the county. (thecandypalace.com) —K.C.



HERE'S LOOKING AT YOU, BRIDE

Though relatively new in the bridal gown scene, Casablanca Bridal is making a name for itself as a go-to dress designer for the big day. Handcrafting each gown and offering endless customization options, the company is known throughout the wedding community for its flexibility and quality. Now, brides-to-be in Orange County can browse a wide selection of the company's designs at Casablanca's new flagship salon, which opened in the Crystal Cove Shopping Center in late January. The salon is reinventing the way that women find their gowns—brides-to-be will feel at home in the roomy changing area, and a charging station for electronics ensures that they can send all the photos and make all the calls they want. One of the most unique aspects of the shop is the lounge area, a space for brides and their guests to relax after the appointment, have a cocktail and celebrate finding the perfect dress. (casablancabridal.com) —B.B.

NEW MUSEUM MANAGER

Chief Curator Dan Cameron will lead the Orange County Museum of Art while a search continues to fill the position of executive director and CEO. Cameron stepped into the interim role Jan. 1, following the departure of Dennis Szakacs, who left at the end of 2013. During this transition period, Dan will help guide OCMA with his more than three decades of experience organizing acclaimed exhibitions of contemporary art throughout the U.S. and abroad.

At OCMA, Dan has curated several exhibits, including the highly praised California-Pacific Triennial last year. Previously, he served as senior curator at the New Museum in New York City and also launched Prospect New Orleans—the nation's largest biennial (now triennial) of international contemporary art. Dan's appointment is the latest development in OCMA's continued growth. In its 50-plus year history, the museum has broadened its focus from solely Southern California to include artists from around the world. (949-759-1122; ocma.net) —S.S.

JODY TIONGCO



> happenings

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ACTIVITIES

WHAT'S COOKING AT THE LIBRARY?

Feb. 18 and March 18; Newport Beach Public Library

Andrew Gruel, chef and co-owner of Slapfish in Huntington Beach, will demonstrate his sustainable cooking practices at the library in February. Deborah Schneider, executive chef at Sol Cocina, makes an appearance in March to present the flavors of traditional Baja cuisine spiced up with a modern twist. (949-717-3800; newportbeachlibrary.com)

OC RESTAURANT WEEK

Feb. 23 - March 1; throughout Orange County
OC's top 100 restaurants are participating in the "most delicious event in Orange County," with personalized menus to please everyone's palates. This delectable week kicks off with a launch party Feb. 22 at Newport Lexus with food and drinks. (ocreastaurantweek.com)

FIRESIDE ETIQUETTE CHATS

Feb. 27 and March 27; The Resort at Pelican Hill, Newport Coast

Kathleen Cover, founder and president of The Etiquette School of Newport Beach, will lead cozy conversations on etiquette by the grand fireplace in the resort's Great Room. Evenings will consist of an interactive group Q-and-A session with tips and amusing stories from 5:30-7 p.m. (949-612-0332; pelicanhill.com)

OC MUSIC AWARDS

March 8; City National Grove of Anaheim

This annual OC music event honors local talent across 27 categories ranging from surf to folk. Leading up to the event, there will be a weekly showcase of the nominated artists at venues across the county. (ocmusicawards.com)

FUNDRAISERS

CREATING HOPE GALA

March 1; Balboa Bay Resort, Newport Beach

Dress up for a glamorous party at the Creating Hope Gala, produced by Tony Award winner

Tim Kashani. From 5-10 p.m., the night will feature Broadway talent, gourmet dining, dancing and more with proceeds to benefit the Orange County chapter of the Alzheimer's Association. (949-955-9000; alz.org/oc)

NEWPORT-MESA SPIRIT RUN

March 23; Fashion Island

A family event, the 31st annual Spirit Run features an array of races from a toddler trot up to an adult 15K to support the Newport-Mesa Unified School District. Fuel up for the run with breakfast presented by Plum's Cafe and explore the fitness expo for more healthy habits. Registration is available through the mail, online or on race day at 6 a.m. (nmspiritrun.org)

CHAMPIONS TO CUREDUCHENNE GALA

March 29; Balboa Bay Resort, Newport Beach

The annual CureDuchenne Gala funds research to find a cure for Duchenne muscular dystrophy. For \$2,500 a table, join in for a memorable evening with a cocktail reception, dinner and auction. (949-872-2552; cureduchenne.org)

SEASONAL EVENTS

DINNER OF THE SENSES

Feb. 14; The Resort at Pelican Hill, Newport Coast

For a romantic evening, partake in an intimate and sensual dining experience that stimulates each of the five senses. Coliseum Pool & Grill's chef Marc Osier creates a seven-course menu for two with his and hers selections—to be eaten by hand, without utensils—in a private poolside cabana. Advance reservations are recommended; the cost is \$170 per person or \$220 with wine pairings. (949-612-0332; pelicanhill.com)

ST. PATRICK'S DAY

March 17; Malarky's Irish Pub, Newport Beach

Don't find yourself in a pinch this St. Patrick's Day—parties are invited to don their best shade of green and celebrate the holiday with Irish fare, green beer and live music at Malarky's Irish Pub. (949-675-2340; malarkysirishpub.com) **NBM**



Dinner of the Senses at The Resort at Pelican Hill

COURTESY OF THE RESORT AT PELICAN HILL

SOCIETY

SEGERSTROM CANDLELIGHT CONCERT

1 Pat and Dick Allen **2** Elizabeth Segerstrom, Twyla Martin, Twila True **3** Tara Troob, Joyce Tucker **4** Michelle Rohé, Ruth Ding **5** Michael and Haley Bejach **6** Larry and Dee Higby, Betty and S.L. Huang **7** Don and Soogie Kang



STEVE DAMSON & HAPPY PHOTO



Raising a record \$2.2 million for the Segerstrom Center for the Arts, the annual Candlelight Concert took place Dec. 6 at Segerstrom Hall. More than 400 attendees gathered in support of the arts, celebrating the 40th anniversary of the event with ruby-themed decor selected by event chairwoman Betty Huang. Segerstrom Hall was transformed into an elegant ballroom swathed in shades of rich, vibrant reds and, of course, candlelight. Guests enjoyed a decadent caviar bar and cocktail reception, followed by a four-course dinner as past chairs paid tribute to the history of the Candlelight Concert in a touching video, where they reminisced about previous star performers and favorite themes. Following the video, 13 former event chairs, accompanied by participants from the Segerstrom Center's Six Days of Broadway children's summer camp, led the audience in a spirited medley of holiday carols. To conclude the evening, the Beach Boys took the stage to perform several of their hits from over the decades, adding the perfect touch of nostalgia to the milestone event. —A.H.

SOCIETY

BALBOA ISLAND MUSEUM & HISTORICAL SOCIETY FUNDRAISER

1 Seymour Beek, Shirley Pepys, Allan Beek **2** Shirley Pepys, Noel and Catherine Smith Pepys, Renee Pepys Lowe **3** Sandi Jackson, Victoria Collins
4 Shirley Pepys, Ed Trainor **5** Steve Bromberg, Ed Selich, Jeff Herdman



PAT AND PEGGY O'DONNELL

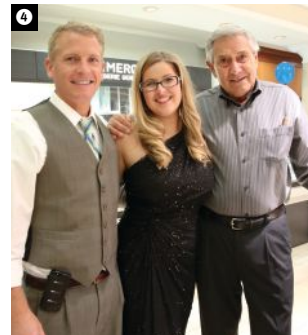


A center dedicated to preserving the rich and colorful history of the island, the Balboa Island Museum & Historical Society celebrated the centennial of one of the community's oldest homes with an intimate party Dec. 12. Built in 1913, the house is at 526 S. Bay Front and owned by Shirley Pepys, who also serves as creative director of the museum. Though minor renovations have taken place over the years, the original home's design is largely preserved. Shirley celebrated the occasion by inviting community members and museum supporters—including former next door neighbors Seymour and Allan Beek (descendants of the Balboa Island ferry founder)—into her historic home for a light supper and wine reception. Guests were encouraged to bring “birthday presents” in the form of a \$100 donation to the Balboa Island Museum, helping the organization raise \$5,000 to continue curating innovative exhibits in its space on Marine Avenue. Shirley's home is also known as the “penguin house” for its festive holiday display of penguins dressed in Victorian costume, complete with a light show and music. —A.H.

SOCIETY

SWISS WATCH GALLERY AND FINE JEWELRY SOIREE

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, Jacqueline Zehe, Scott Sanchez



JODY TONGCO



Firebrand Media 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 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. —B.B.

PACIFIC CHORALE'S A DICKENS FEAST

1 Pacific Chorale Conductor John Alexander addresses the audience during the vocal ensemble's "Tis the Season!" concert **2** Vina Williams and Tom Slattery **3** John Alexander, Lori Loftus **4** Lorraine Welling, Laura Harrison, John St. Marie, Ricky McKillips



Presented in true holiday splendor, A Dickens Feast raised more than \$100,000 for the award-winning Pacific Chorale's educational outreach. More than 200 people attended the dinner—the group's biggest fundraiser of the year—at The Westin South Coast Plaza Hotel in Costa Mesa Dec. 22. The menu featured braised goose in a rich truffle sauce with stuffing, au gratin Gruyere potatoes, haricots verts and roasted root vegetables followed by yule logs drizzled with chocolate ganache. Prior to the dinner, the award-winning Pacific Chorale, composed of 140 professional and volunteer singers, performed in the lively "Tis the Season!" concert at the Renée and Henry Segerstrom Concert Hall. The holiday show was a resplendent celebration of the season as the group filled the hall with joyous carols and beautiful hymns. —S.S. NBM

MAKEUP MAVEN

Carmindy Bowyer, the quintessential California beach girl turned New York makeup artist, shares her best beauty tips for a Newport winter.

BY VICKI HOGUE-DAVIES

MAKEUP EXPERT CARMINDY BOWYER, who leapt to fame on the hit TLC show “What Not to Wear,” got her start right here in Newport Beach. In fact, the makeover guru—who uses only her first name professionally—was born at Newport’s Hoag Hospital and grew up in nearby Huntington Beach.

Although Carmindy’s career has taken her across the country—she’s traveled the world working with models and everyday women alike for magazines like *Cosmopolitan*, *Elle* and *InStyle* as well as TV shows—she always likes to have one toe in the sand, never forgetting her coastal roots.

“I am still a California girl at heart,” Carmindy says. “All my friends were in Newport and Huntington. I spent my entire childhood and ‘teenage-hood’ literally playing in Newport Beach and started a makeup business there with one of my dearest friends when I was 17.”

She got her start working with Newport Beach photographers before she became a makeup apprentice in Los Angeles. Later, she moved to Miami and New York, where she established herself as a top makeup artist and helped transform women’s looks on “What Not to Wear” until it concluded its 10-year run in 2013.

Carmindy works her makeup magic to highlight a woman’s natural features, inspiring confidence in her clients. She has furthered that effort with a variety of projects, including her eponymous beauty app. The smartphone app allows women to create custom avatars using their skin tone, hair color and eye color to help find cosmetics that work best with their features. She is also releasing a beauty book for teenagers this year—adding to the three best-sellers she’s already penned—and launching a makeup company, Carmindy and Co.

Newport Beach Magazine spoke to Carmindy about her approach to makeup, including insider tips for achieving a flawless look perfect for a coastal winter.



Newport Beach Magazine: *What is your beauty philosophy?*

Carmindy Bowyer: I believe in women enhancing their natural beauty. If you have a strong nose, celebrate it. If you have gorgeous eyes, play them up and forget about what you don’t like.

NBM: *What makeup looks would you recommend particularly for Southern California beachside living?*

CB: My five-minute face is perfect for a natural, beachside look. It starts with a tinted moisturizer, BB cream or light foundation. Then, I like to use a product called Nanoblur, [which] is literally like a blotting paper in gel form. Next, ... take a cream or powder shimmering highlighter under the eyebrows, at the inside corners of the eyes and on top of the cheekbones. Smudge chocolate or espresso eyeliner along the upper lash line for an illusion of thicker lashes without looking heavily made up. Then, use a tube-technology mascara that washes off without heavy-duty remover. [Finally], swirl a powder blush on [your]

cheeks—coral looks especially good with a tan—and apply a tinted lip balm.

NBM: *What makeup looks are on trend this winter?*

CB: The big makeup trend for winter is jewel-toned eyeliner. With it, you can create a lighter look—you don’t have to go heavy-duty. Jewel-toned eyeliner plays into winter’s shades, so think amethyst, emerald, jade and sapphire.

NBM: *What tips do you have for caring for skin in winter?*

CB: Switch over from lighter to heavier products, because California is dry in winter. Instead of gel or lotion moisturizers, use creams to bring more hydration into your skin. Another trick I recommend is to keep lip balm in every strategic place you can find.

NBM: *What skin care tips do you have specifically for men?*

CB: One of my favorite tips for men, who often don’t like to go to the store to buy product, is to get white sugar from the kitchen and keep it next to the shower or [their] shaving gear. Mix it with soap and water and scrub with it. It is the best exfoliant for skin.

NBM: *What are your top three beauty tips for women?*

CB: There is a skinny eyebrow epidemic going on these days, but a fuller brow means a younger looking face. Don’t overpluck your eyebrows. If you have [overplucked], use a good brow corrector. [Additionally], never sleep in your makeup, no matter how tired you are. ... [And], never leave your house without sunscreen—that is especially true in Southern California. Use a 30-plus [SPF] every single day after you put your moisturizer on and before your makeup. Be smart about using sun protection and you will stay looking good for a long, long time. **NBM**

MAKING SECONDS COUNT

Ultrathin men's watches combine classic elegance with lightweight design.

SECTION BY JULIE FRENCH



Piaget Altiplano automatic, self-winding watch with date in 18-karat white gold on a black alligator strap, \$26,000, at Piaget, South Coast Plaza (714-361-2020; piaget.com)



Jaeger-LeCoultre Grande Reverso Ultra Thin Duoface in stainless steel with alligator strap, \$10,400, at Jaeger-LeCoultre, South Coast Plaza (714-955-4048; jaeger-lecoultre.com)



Chopard L.U.C XPS watch set in 18-karat rose gold, \$16,780, at Chopard, South Coast Plaza (714-432-0963; chopard.com)



Patek Philippe Calatrava ultrathin watch with mechanical, manually wound movement in rose gold with silvery opaline dial and brown alligator strap, \$26,800, at Traditional Jewelers, Fashion Island (949-721-9010; traditionaljewelers.com)



Jules Audemars extra-thin timepiece in 18-karat pink gold by Audemars Piguet, \$26,100, at Traditional Jewelers, Fashion Island (949-721-9010; traditionaljewelers.com)

IN THE BAG

Leather carryalls provide a polished way to tote essentials in any situation.



Brown T-Tech Forge Tamarack leather briefcase with front flap and two buckle closures by Tumi, \$295, at Bloomingdale's, Fashion Island (949-729-6600; bloomingdales.com)



Easton messenger bag in navy grain leather, \$995, at Tiffany & Co., South Coast Plaza (714-540-5330; tiffany.com)



Brown hand-stained leather backpack, \$5,150, at Gucci, South Coast Plaza (714-557-9600; gucci.com)



Blue leather, double-stripe, zippered tote bag, \$1,195, at Tod's, South Coast Plaza (714-556-0239; tods.com)



Smooth rubber-coated calfskin duffel bag with side pockets, \$2,350, at Salvatore Ferragamo, South Coast Plaza (714-979-7654; ferragamo.com) NBM

HOSPITALITY AT HOME

Local designer Shala Shamardi creates an inviting space to relax with a drink.

BY SOMER TEJWANI

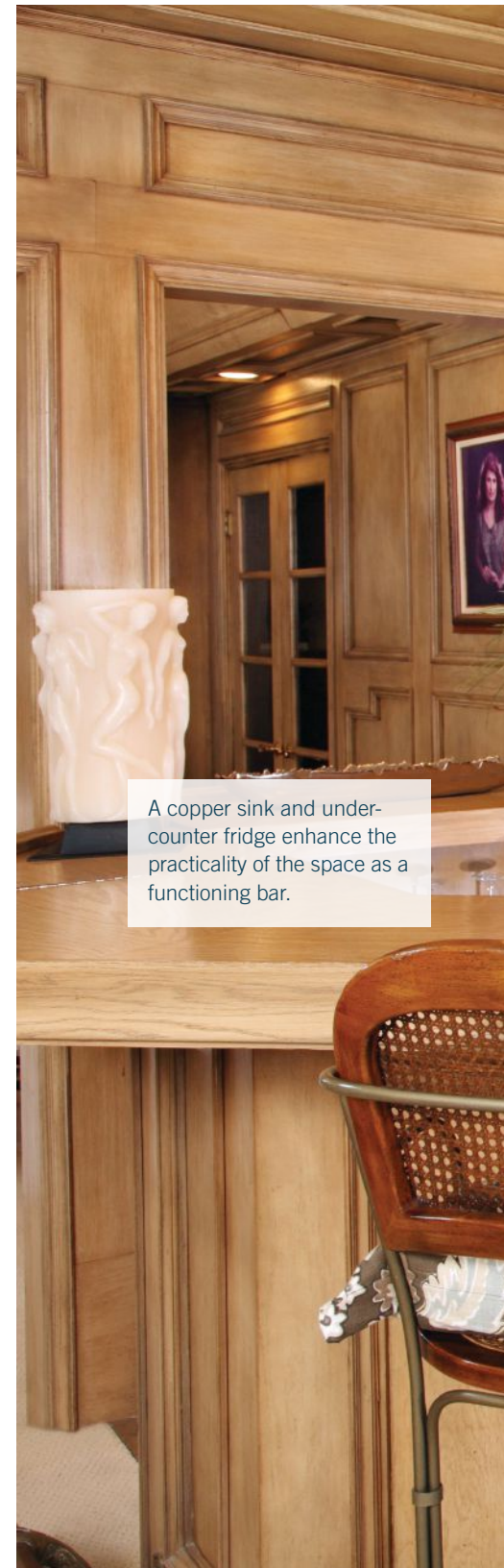
INTERIOR DESIGNER SHALA SHAMARDI, A NEWPORT BEACH RESIDENT FOR MORE THAN 30 years, says she loves that locals are willing to try fresh, exciting styles and new approaches to traditional design. Shala, who started her own interior design business more than a decade ago, recently was tasked with creating a refined home bar for a Corona del Mar client. The result is a sophisticated, step-down full bar situated between the family room and the informal dining room.

“I wanted to design a bar that blends well with the surrounding areas and [is] as elegant as the adjacent rooms that I have worked on,” she says, noting that the biggest challenge of the space was the bar’s location. “It needed to be a practical space, which would not stand [out] like a sore thumb between these two rooms. The goal was to create a tasteful area that is practical.”

Although Shala had to work within the designated space, thoughtful design choices made the bar feel like a natural extension of the home. For example, turquoise accents tie in with the family room colors, while weathered brick flooring in a herringbone pattern plays off of the brick fireplace.

To achieve her design goals, Shala called in custom-made cabinetry that was glazed in a one-of-a-kind color to enhance the richness of the bar’s wood and sophistication of the design. As with any good bar, comfort was important, but Shala also took into account the architectural style. By choosing chairs with open backs and legs, the furniture maintains an open feel in the space and showcases the bar’s woodwork. Of course, this bar was designed to be more than a display piece, so Shala created a two-level counter and ensured the finishes were practical and durable. The top level was finished in the same wood glaze as the cabinets, but also covered with a stain that would enhance durability. The lower level was made of leathered antique brown granite, which is practical enough for daily use, but still contributes to the the overall visual appeal of the bar.

For homeowners interested in creating their own home bar, Shala advises making sure the space is ergonomically functional. Splurge on practical amenities like an under-counter fridge with an ice maker and counters in durable materials like granite or Caesarstone. Finally, always consider the aesthetic of the surrounding areas—it makes a difference if the bar is located in a space by itself or needs to seamlessly blend in with other rooms. Either way, the bar should create an inviting place to relax with a glass of wine or sip cocktails with friends without ever leaving the comfort of home. **NBM**



A copper sink and under-counter fridge enhance the practicality of the space as a functioning bar.



Open display shelves showcase a collection of beautiful stemware.

Custom-made cabinetry with delicate stained glass adds a touch of luxury and sophistication.

The two-level counter features two separate finishes that create a practical working space. The top level is finished in the same wood glaze as the cabinets with a protective coating and the lower level counter is made of granite.

The open back on the bar stools creates an open feel in the space and showcases the bar's woodwork.

BOY'S CLUB

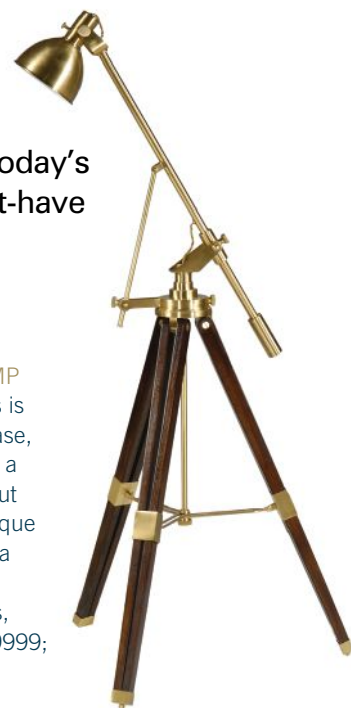
Taking the man cave beyond the traditional Barcalounger and beer, today's men can carve out the ultimate private sanctuary with the latest must-have furnishings for elegant entertaining and unforgettable fun.

BY SOMER TEJWANI



The **RS3 FOOSBALL TABLE**, designed by Rafael Rodriguez, is the adult-worthy version of the childhood basement game. Perfect for an indoor or outdoor space, the table features detailed aluminum figures and solid wood handles, \$3,450, at Design Within Reach, Costa Mesa. (714-427-0628; dwr.com)

The **ALTAZIMUTH FLOOR LAMP** by Wildwood Lamps & Accents is fully adjustable at the tripod base, extending from a table lamp to a floor lamp with ease. The walnut base contrasts against the antique brass finish shade and rod for a sleek and masculine aesthetic, \$2,450, at Between the Sheets, South Coast Plaza. (714-557-9999; betweenthesheetsinc.com)



Even your spirits should be worthy of a sleek designer touch. Dress them up with this **FAUX LEATHER AND GLASS DECANTER** with a metal stopper, \$127.50, at Barclay Butera Interiors. (949-650-8570; barclaybutera.com)



The Island Traditions **CHURCHILL BAR CABINET** has a lid that lifts to reveal a mirrored back panel and two textured black laminate serving shelves. A bottom door also opens for extra wine storage, \$3,199, at Tommy Bahama Home, Fashion Island. (949-706-9928; tommybahama.com)

The **ALEXANDER TUFTED WINGBACK POWER RECLINER** by Hancock & Moore fully reclines with a push of a button, thanks to its motorized system, from \$3,449, at Marc Pridmore Designs, Costa Mesa. (714-540-6272; marcpridmoredesigns.com)



Pour a perfectly chilled draft with the Krups **BEERTENDER TABLETOP BEER SYSTEM**, which fits 5-liter Heineken and Newcastle Brown Ale mini kegs. The internal carbon technology keeps contents fresh for up to 30 days, \$149.95, at Crate and Barrel, South Coast Plaza. (714-825-0060; crateandbarrel.com)



This **CHINOISERIE BOOKCASE** is an elegant way to hold your favorite books, framed photos and glassware, \$2,647.50, at Bliss Home & Design, Corona del Mar. (866-312-5610; blisshomeanddesign.com)



The **GILBANE CHAIR** by Taylor King is a sleek seating option for the modern bachelor pad, with its tight, button-tufted back and cushioned seat, price upon request, at von Hemert Interiors, Costa Mesa. (949-642-2050; vonhemertinteriors.com)



Adding manganese oxide to molten glass creates the opaque, deep black **CRYSTAL GLASSES** by Riedel, created in celebration of the 40th anniversary of its Sommeliers Series, \$159 per glass, at Bloomingdale's, Fashion Island. (949-729-6600; bloomingdales.com)



Take a smart shot with the Brunswick **TOURNAMENT BILLIARDS TABLE**, which features a stain-resistant slate gray felt top and a classic dark brown finish, \$8,000, at Restoration Hardware, Fashion Island. (949-760-9232; rh.com) **NBM**



A BLOODY GOOD TIME

Back Bay Rugby brings another season of hits, tries and unmatched camaraderie to Newport.

SECTION BY BRETT CALLAHAN

THE CASUAL OBSERVER OF A RUGBY MATCH MIGHT think the sport to be a bit brutal, spasmodic and confusingly exciting all at the same time—and he'd be right. But what the observer might not know about the game, which many call “elegant violence,” is that it's actually one of the safest and most social games played in the world.

Because athletes are taught not to tackle with their heads, rugby is statistically safer than American football and other contact sports that are littered with concussions and other head traumas. Apart from the stats, rugby is a contact sport that does necessitate a high level of physical prowess as players break across the grassy pitch to score tries that will give them the win. Though rugby athletes spend 80-plus minutes scrumming, rucking and tackling one another to advance the team score, oftentimes they'll spend the consequent hours toasting teammates and opponents alike with a beer.

The sport originated in 19th-century England and eventually traveled across the pond, becoming one of the fastest growing games in the U.S. It's been played locally since 1966, but the Back Bay Rugby Football Club wasn't officially formed until 1985. Today, the Newport club has a men's team as well as youth programs for boys and girls. The competitive men's team has a home base of Peninsula Park adjacent to Balboa Pier and is a member of the Southern California Rugby Football Union, traveling across the country for national championships.

A younger player on the team, 21-year-old Travis Whitlock has played with the Back Bay Rugby Football Club's youth and men's programs. His background in football serves him well in his position as prop forward—one of the players on the front lines of a scrum (a formation in which opposing forwards huddle and try to gain possession of the the ball). Travis

recently took some time to discuss rugby, the sport he's proudly come to represent—both locally and as part of the winning U.S. under-20 team in 2012.

Newport Beach Magazine: *What interested you in playing rugby for Back Bay Rugby Football Club?*

Travis Whitlock: I joined Back Bay when I was 17 because one of my buddies invited me out. I went to one practice and then told my mom that I wanted to play rugby. She wasn't really happy because she was scared. Then there was a tournament at UCLA that my coach invited my mom and me out to, and she immediately fell in love with it just like I did.

NBM: *That seems to have been a good decision, since you've now been invited to play overseas and with the USA men's under-20 team. Can you tell us more about those experiences?*

TW: I got to play two seasons in New Zealand for a club in Taranaki and another in Wellington. Then, with the U.S. under-20 team, we ended up winning the [International Rugby Board] Junior World [Rugby] Trophy while competing against Tonga, Japan, Russia and Kenya. With rugby, I've been able to play throughout the world.

NBM: *Having played other sports, where would you personally rank rugby as far as a fitness challenge?*

TW: I'd rank it first, for sure. You're constantly running [and] you need to be fit enough to be there to get the ball or make the tackle.

NBM: *Beyond practice, what else do you do to stay in shape for the game?*

TW: [I] grab a buddy, go to the beach and run pier to pier, or head to a park and do footwork drills and run sprints. You always have somebody to go with from the club.

NBM: *What is it about rugby that breeds genuine camaraderie?*

TW: There is a huge social aspect to the game. We have barbecues, we'll do 5K runs to help promote the club and after every match, we'll go to our sponsor bar, the Tap Shack. You're always doing stuff with them because your rugby team becomes your second family.



SHOCK DOCTOR GEL NANO MOUTHGUARD, \$19.99, at Sport Chalet, South Coast Plaza (714-424-9255; sportchalet.com)

GILBERT RUGBY PERFORMANCE MATCH SHORTS with soft, two-way stretch fabric, \$29.99, at Slam Sports, San Clemente (949-429-7948; slamsc.com)



GET THE GEAR

GEARING UP

Rugby athletes keep it simple with the bare necessities for an intense match.

DESPITE ITS PHYSICALITY, RUGBY DOESN'T REQUIRE MUCH MORE than a good pair of cleats, an occasional scrum cap and player awareness to hit the ground running. From head to toe, outfit yourself with the essentials at a specialized online store or local sporting goods shop and get ready for the game of a lifetime. **NBM**



GILBERT RUGBY HAND-STITCHED OMEGA MATCH BALL WITH STANDARD GRIP, \$30, available online (800-431-4514; rugbyimports.com)



ADIDAS INCURZA TRX SG II MEN'S RUGBY CLEATS, \$74.99, at Dick's Sporting Goods, Fashion Island (949-640-1107; dickssportinggoods.com)



CANTERBURY CCC VENTILATOR SCRUM CAP with a moisture-wicking inner lining in sizes from extra-small to extra-large, \$89.99, available online (800-874-1001; worldrugbyshop.com)



Preserving History

Balboa Island Museum & Historical Society helps visitors discover the community's past.

BY ASHLEY RYAN

Sitting in the cool blue waters of Newport Harbor is Balboa Island—a tiny, man-made island dripping with the kind of small-town charm typically found in black-and-white TV shows from the 1950s. The main street on the island, Marine Avenue, is host to a number of diverse restaurants, small family-run boutiques and ice cream stands stocked with frozen bananas and Balboa Bars. The area's rich history is filled with tales of immigrants, movie stars and ferryboats, and the Balboa Island Museum & Historical Society staff hunts far and wide to capture the essence of this small community for generations to come.

Although the museum first opened in 2000, it relocated to its current home on Marine Avenue

about two years ago. Before the move, Shirley Pepys took over as creative director and was faced with the task of creating new exhibits for the museum's expanded space. To do this, she needed to research the island's background and gather images and memorabilia to make that history come alive for visitors—in a sense, visually telling the stories of the community, something she says is her favorite part of working at the museum. Through displays and a series of guest speakers, Pepys is able to share the art, artifacts and anecdotes of the island's storied past.

Housed in a vintage cottage rented by the historical society, many treasures await those who wander through the museum: photos of the Collins Castle, built by William Steppe Collins,

the founder of Balboa Island; a timeline of the local Hershey family's businesses and community influence; posters of films shot on the island; original place settings from Amelia's Restaurant in the cottage's original kitchen; and detailed histories of the Christmas Boat Parade and the ferry business run by the family of Joseph Allan Beek, who helped establish the ferry as a major means of transport in 1919.

As the museum's exhibit illustrate, Los Angeles' elite flocked to Balboa from Pasadena in the early 1900s, snatching up property for vacation homes and later moving there permanently. The second generation of the island's residents—the children who grew up there—are in their 80s and 90s, so museum workers hope to hear their stories



The Americana Room displays items related to the Balboa Island Firehouse.

before all of the original inhabitants are gone. “If people spread the word, that’s one of the ways we will be able to learn more,” Shirley says.

Visits from people who grew up on the island, but have since moved away, also help teach the

museum staff about Balboa’s history. When they return to their old stomping grounds, they often stop by the museum to reminisce and, in turn, end up sharing their own memories and experiences.

“It’s really fun for people to come in and say,

‘I remember that,’ ” museum member Ellen Goodman explains.

As the museum’s prominence in the community has grown, its speaker series has proven to be successful, filling the building’s front courtyard to capacity. The series allows local residents and visitors alike to take a trip through Balboa Island’s history with those who know it best, including the children of Joseph Beek, local authors Kate Houlihan and Jeff Delaney, and those familiar with the history of the 1927 firehouse. Last September, the museum also hosted a private memorial for Balboa native Ruth Hershey Finley—who lived 84 of her 87 years on Balboa’s Onyx Avenue—allowing her family to celebrate her life near the museum’s Hershey exhibit.

The Balboa Island Museum & Historical Society has become a beloved part of the community, a place where people can come together to reminisce and learn about history as well as celebrate the future of the island. Though the museum has made its way into the hearts of residents and visitors alike, it still has a long way to go—staff members hope to purchase a permanent location in order to expand the museum, but, for now, they will continue to enrich the community with their small yet compelling collection depicting Balboa’s history. **NBM**

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Mon-Fri: 9:00-5:30 ■ Sat: 9:00-4:00

Arts Calendar

"The Light in the Piazza"

Through Feb. 23; South Coast Repertory, Costa Mesa

This musical, part of South Coast Repertory's 50th season celebration, follows Margaret Johnson and her daughter Clara on an Italian adventure. Find out what happens when Clara finds love and Margaret tries to put a stop to it while hiding a secret of her own. (714-708-5555; scr.org)

"Revolution to Romanticism: Freedom of Expression in 19th Century European Painting"

Through March 23; Bowers Museum, Santa Ana

The American and French revolutions allowed artists to break away from typical standards and enter a period of creative freedom. Featuring paintings from the 19th century, this exhibition showcases works by Rudolf Ernst, Sir Lawrence Alma-Tadema, Herbert Draper and William-Adolphe Bouguereau. (714-567-3600; bowers.org)

The Art of the Heist

Feb. 8; Laguna Art Museum, Laguna Beach

Inspired by the 1999 film "The Thomas Crown Affair," this year's Laguna Art Museum art auction allows attendees to perform their own "heist" while enjoying local cuisine and cocktails. Artwork from some of California's best artists will be up for sale through auctions; proceeds benefit the museum's educational programs and exhibitions. (949-494-8971; lagunaartmuseum.org)

"The Wizard of Oz"

Feb. 11-23; Segerstrom Hall, Costa Mesa

Follow the yellow brick road with Dorothy and friends as Andrew Lloyd Webber's "The Wizard of Oz" comes to the Segerstrom Center for the Arts. Featuring music from the beloved film score as well as original songs, the whole family will enjoy this iconic production. (714-556-2787; scfta.org)

Valentine's Day With Matthew Morrison

Feb. 13-15; Segerstrom Concert Hall, Costa Mesa

Cuddle up with your sweetheart for a performance from the award-winning Broadway star



The production of "The Wizard of Oz" will be at the Segerstrom Hall in mid-February.

Matthew Morrison, best known for his role on "Glee." A graduate of the Orange County High School of the Arts, the singer-actor returns home to Southern California with a repertoire of show tunes and jazz standards, accompanied by the Pacific Symphony. (714-556-2787; scfta.org)

"La Traviata"

Feb. 20-25; Segerstrom Concert Hall, Costa Mesa

Opera lovers will be delighted as "La Traviata" puts composer Giuseppe Verdi's music front and center, conducted by Pacific Symphony's Carl St. Clair. The passionate love story is sure to enthrall audiences as the doomed affair unfolds on stage. (714-556-2787; scfta.org)

"The Brilliance of Bach"

Feb. 23; Segerstrom Center for the Arts, Costa Mesa

This matinee celebrates the artist considered to be the greatest composer of all time with performances of some of Bach's most profound works of incredible sonority, including the Brandenburg Concertos. (714-556-2787; scfta.org)

"Travels with Millard Sheets, 1950-1986"

Feb. 23 - June 1; Laguna Art Museum, Laguna Beach

California artist Millard Sheets traveled extensively, teaching painting workshops across the world. His wife thought of his paintings as photo diaries, documenting their trips to countries including Greece, Egypt, Thailand and India. More than 20 of the artist's paintings will be

exhibited at the museum in this special collection on display in the upper-level gallery. (949-494-8971; lagunaartmuseum.org)

Vienna Philharmonic

March 3; Segerstrom Concert Hall, Costa Mesa

The Vienna Philharmonic, one of the most renowned orchestras in the world, pays tribute to two leading Austrian composers. The orchestra, led by Italian conductor Daniele Gatti, will perform Schubert's Symphony No. 8 in B minor, "Unfinished," as well as Mahler's Symphony No. 4. (714-556-2787; scfta.org)

"I Love Lucy Live on Stage"

March 18-23; Segerstrom Hall, Costa Mesa

As a member of the audience, take a step back in time to watch the filming of two "I Love Lucy" episodes. A host will explain a brand new technology—television—as Lucy, Ricky, Fred and Ethel re-enact antics from the classic 1950s show. (714-556-2787; scfta.org)

"Jack and the Giant Beanstalk"

March 22-30; South Coast Repertory, Costa Mesa

The classic fairytale is climbing its way to the South Coast Repertory stage in this theatrical rendition of Jack's adventure atop a magical beanstalk. In a unique twist, however, the production takes audiences into the giant's secretive home in the sky, revealing a distressed wife, an anxious chicken and a potential black-eyed captive. (714-708-5555; scr.org)

REIMAGINING A CLASSIC

"Swan Lake," a classic ballet beloved by many around the world, is reimagined this season at Segerstrom Center for the Arts as Les Ballets de Monte-Carlo dances its way across the Orange County stage (March 7-9). The company's interpretation, titled "LAC," features the artistic mastery of director-choreographer Jean-Christophe Maillot as he brings the production to life with his innovative storytelling techniques and lavish costumes.



Similar to the classic storyline, the ballet follows the struggle of a young prince as he falls in love with a woman who remains a swan by day and is transformed into a woman by night. Jean-Christophe partnered with contemporary French author Jean Rouaud to create a new production filled with contrast. From the disparities in black-and-white costumes to the metamorphosis from animal to human conditions, Les Ballets de Monte-Carlo's juxtaposing themes pay homage to the original ballet. (714-556-2787; scfta.org)



"LANDSCAPE" BY ELMER WACHTEL (1922)

ABSTRACT EXPRESSION

West Coast artists of the past century have used the local landscape as a muse, often transforming the scenery into abstract pieces. Some of this artwork will be on display through March 9 at the Orange County Museum of Art in the "California Landscape Into Abstraction" exhibit. The exhibition will draw from the museum's own collection of works from abstract landscape artists, including paintings, photographs and sculptures dated from the 1920s to present day. Rather than arranging the pieces chronologically by creation date, OCMA has organized the artwork by theme to demonstrate the evolution of this genre over time. With themes that encompass the use of color and light, man-made marvels, endangered areas and more, the exhibition brings together these two fields of art in a visually powerful display of nature in a modern form. (949-759-1122; ocma.net) **NBM**

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RAISING THE BAR

Specialized salons make beauty on the go easier than ever.

BY ALLISON HATA | PHOTOS BY JODY TIONGCO | ILLUSTRATION BY STEPHANIE CASTRO

AS THE CLOCK STRIKES NOON AT FASHION ISLAND, THROGS of shoppers and professionals from nearby offices descending upon the center indicate that the magical lunch hour has finally arrived. While most people use this time to satiate their taste buds at one of the shopping center's many restaurants, others have plans to stimulate a different sense altogether.

Women walk through the doors of the center's Atrium Court with matted hair pulled into a messy ponytail, but emerge transformed—visions of beauty, with expertly tousled tresses and happy smiles that only an afternoon of stylish relaxation can induce. These women are among the growing group of individuals who are making every minute count when it comes to their regular beauty routines. Instead

of riding the escalator downstairs to pick up a fish taco at the food court, their lunchtime destination of choice might be Drybar, a blow dry-only salon that's just one of many highly specialized beauty bars popping up across Newport Beach.

Single-service beauty businesses make it possible for busy women—and in some instances, men—to receive personalized attention from experts who are skilled at providing the highest-quality treatments in record time. From blowouts, lash extensions and eyebrow shaping to makeup application and skin care, there's a bar for nearly every service, helping to cut out the sometimes confusing chaos of a traditional salon and strip beauty maintenance down to its most simplistic form—with immediate gratification as the ultimate goal.

Blown Away

One service universally associated with the term “beauty bar” is the classic blowout. No longer a simple wash and blow dry, today’s blowouts can incorporate countless looks that leave hair perfectly styled for a day at the beach or a black-tie affair.

Over the last few years, the beauty landscape in Newport Beach has changed dramatically, says Alli Webb, founder of Drybar, which opened its Fashion Island location in 2011. A community that has no shortage of salons and spas, what Newport lacked in 2010 was the strong beauty bar scene that flourished in urban jungles like Los Angeles, San Francisco and New York City.

“It’s so funny how nobody existed a couple years ago when we opened up here,” Alli explains. “It’s just so interesting because nobody was here until we were here.”

Drybar landed on the scene in 2010 in the Los Angeles area, quickly moving down to Orange County the following March. A beauty bar in the most literal sense, the Drybar experience begins with women being greeted by what the company calls a “bartender.” From a seat at the front of a wraparound granite countertop, the bartender checks in guests and takes orders of complimentary beverages like Champagne, wine, spa water or tea.

After a stylist escorts clients back to the shampoo station for a relaxing scalp massage, shampoo and conditioning, they take a seat at a bar stool where a beverage is waiting for them on the counter. Instead of a menu of drinks, they’re encouraged to flip through a look book of styles that range from day-to-night Cosmo curls—popular at the Newport location—to the sleek and smooth Manhattan. Meanwhile, upbeat music plays in the background while chick flicks are screened on communal TVs, aspects of the experience that are meant to help clients relax and not micro-manage their stylists, Alli says.

“It’s a bar atmosphere and it’s a lot of fun, and that’s kind of an ambience we created that didn’t exist before—kind of this fun, bar atmosphere where you’re getting your hair done,” she continues. “It’s just such a great place for women.”



PHOTOS COURTESY OF DRYBAR



At Drybar in Fashion Island, women can take a seat at the wraparound bar and choose a style—like the Cosmo curls (pictured left)—from a menu of blowout services.



Lounge in a comfortable bed as trained artists at Lashfully apply 100-plus individual lash extensions.

One element that sets beauty bars apart from traditional salons and spas is the price point—at Drybar, like many other places throughout Newport, there's a set cost for the service with few upcharges, simplifying the menu and the decision-making process for the client.

Another Newport blowout bar, Blow at Nordstrom, also got its start elsewhere (in New York) but made its way to Orange County because of the premier location and clientele. In June 2012, Blow opened its two-station space within the department store's style bar area, offering services

similar to Drybar: a signature blowout, updos and braids, as well as services for kids.

At both Fashion Island bars, as well as Social Dry Lounge in Corona del Mar, an efficient yet relaxing experience is the goal, with blowouts typically lasting approximately 45 minutes—perfect for a pop-in appointment over lunch. Surprisingly, Newport has proven to be a huge market for repeat clientele, according to Alli.

"We get so many women who are coming in once or twice a week and it's just part of their daily routine," she says. "There's a lot of women

who would have never thought to get a blow-out because they kind of think it's indulgent or they'd only do it for an event or something really special. Then they come in and do it, and they're like, 'Wow, I didn't think I could look this good on a Tuesday and it only costs me \$40.'"

Game Face

Beyond hair, there exists a realm of beauty experiences that target various aspects of the face, from skin care and makeup to lashes and brows. In Newport, there is a vast availability of places for women to indulge any flight of fancy when it comes to beauty.

"The most stylish women are really more in Newport Beach than they are even in LA," says Matana LePlae, an OC native who co-owns Lashfully at the Crystal Cove Shopping Center. "Women care about their appearance and they're busy moms or busy career women, ... but they take advantage of all that Southern California has available by being with it in terms of today's fashion and beauty. ... Newport Beach was like a no-brainer in terms of women wanting to look their very best."

Opening in November 2012, Lashfully is one of several lash extension beauty bars around town. Many neighborhoods in Newport boast their own community lash bar, from Wink Lash Studio along Mariner's Mile to I Lash Fantasy and Lash Out Loud Studio on Balboa Peninsula to Lash Dollz in Corona del Mar. In the Newport Coast area, Lashfully is the go-to stop for lush and beautiful lashes done in a hip,



Top left: Social Dry Lounge; bottom left and right: Skin Laundry offers facials on-the-go, with 10-minute sessions designed for a drop-by visit.

sophisticated space. Its trendy yet elegant decor makes the experience feel less clinical and more relaxing, with plush blankets on treatment beds that invite clients to take a light catnap during the application process.

Now a popular look across the country, the first wave of the lash extension trend came to the U.S. a little more than 10 years ago, Matana says. “It was a very excessive service then, anywhere from \$500 to \$800,” she explains. “... We really firmly believe that [lash extensions are now] more of an affordable luxury—\$150 is something women will spend on a massage or a facial.”

With a full set of lashes starting at just \$150 and half sets at \$95, it’s easy for women to get hooked on Lashfully’s affordable extensions, which transform a woman’s face in under two hours. Trained experts apply upwards of 100 to 200 individual lashes on each client, using lashes of varying length, curvature and thickness to achieve a look that will last for approximately two to four weeks.

Likewise, skilled professionals are at the heart

of other face-related beauty bars. Emphasizing a woman’s natural beauty, Skin Laundry—recently opened at Fashion Island—offers the ultimate in-and-out 10-minute treatment. An intensive facial that incorporates laser/intense pulse light (IPL) therapy, a Skin Laundry session has the ability to tighten skin and make it more radiant within just 24 hours.

Those who want a quick, temporary beauty fix might instead opt for services at Blushington in the Atrium Court at Fashion Island, just steps from Drybar. The makeup lounge focuses on beauty at face value, offering full-on glam styles or natural looks for an affordable \$40.

One of the most overlooked facial features, however, is a woman’s brow line—though eyes are often said to be windows to the soul, a range of emotions can be expressed with a single arch of a well-groomed brow. A Newport standby is Julie Prouty’s Brows by Julie, boasting a namesake owner who’s known throughout the local beauty community as something of an artist with eyebrows. Julie begins by stenciling a shape





that reflects the natural fullness of the brow, then waxes and tweezes to create a personalized look for each client.

There's a certain art to maintaining well-groomed brows, but women who want a quick fix can also drop by the Benefit Brow Bar at Macy's Fashion Island for a 10- to 20-minute walk-in session that includes a brow mapping and waxing/tweezing to create a framed and fitted eyebrow shape.

Benefits of the Bar

Modern women are choosing beauty bars for any number of reasons—convenience or efficiency, perhaps—but topping the list of benefits is the highest level of expertise from professionals specifically trained in one area of service.

"I'm calling it the rise of niche beauty—the invention of Drybar just focusing on blowouts and not cut and color, and then places that are just dedicated to waxing," Matana says, noting that Lashfully's artists complete 50 to 100 hours of training, in addition to obtaining a general license to do lash extensions.

"I think that while you're going to a couple different places instead of a one-stop shop, you get a higher skilled person working on you because that's their specialty," she adds. "There's something about the eye area that's very sensitive. I want somebody who's an expert who's working on hundreds, thousands of eyes and that's their specialty."

At the root of all beauty treatments, however,



Blushington offers affordable makeup application services in a chic setting.

is the idea that they're meant to make a woman look and feel good. Beauty bars aim to elevate women's natural beauty immediately, all while providing the amenities and luxury they receive at a traditional salon and spa.

"Lashes are instantaneous," Matana explains. "Every day I see it ... a client getting lashes opens her eyes, [sits] up and [says], 'Wow—oh my gosh. These just look so pretty.' Because you can't even achieve this look with mascara, they've never really seen themselves that way before. It's such a

great, instantaneous beauty result."

It's a sentiment that resounds within the niche beauty industry.

"It's really amazing, the transformation," Alli explains, citing blowouts in particular. "I personally see it all the time—[clients] come in a certain way; they're very serious, all business, and then they get a blowout and they come bouncing to the front with a pep in their step. It's really unbelievable to your psyche how much better you feel when you feel like you look good." NBM

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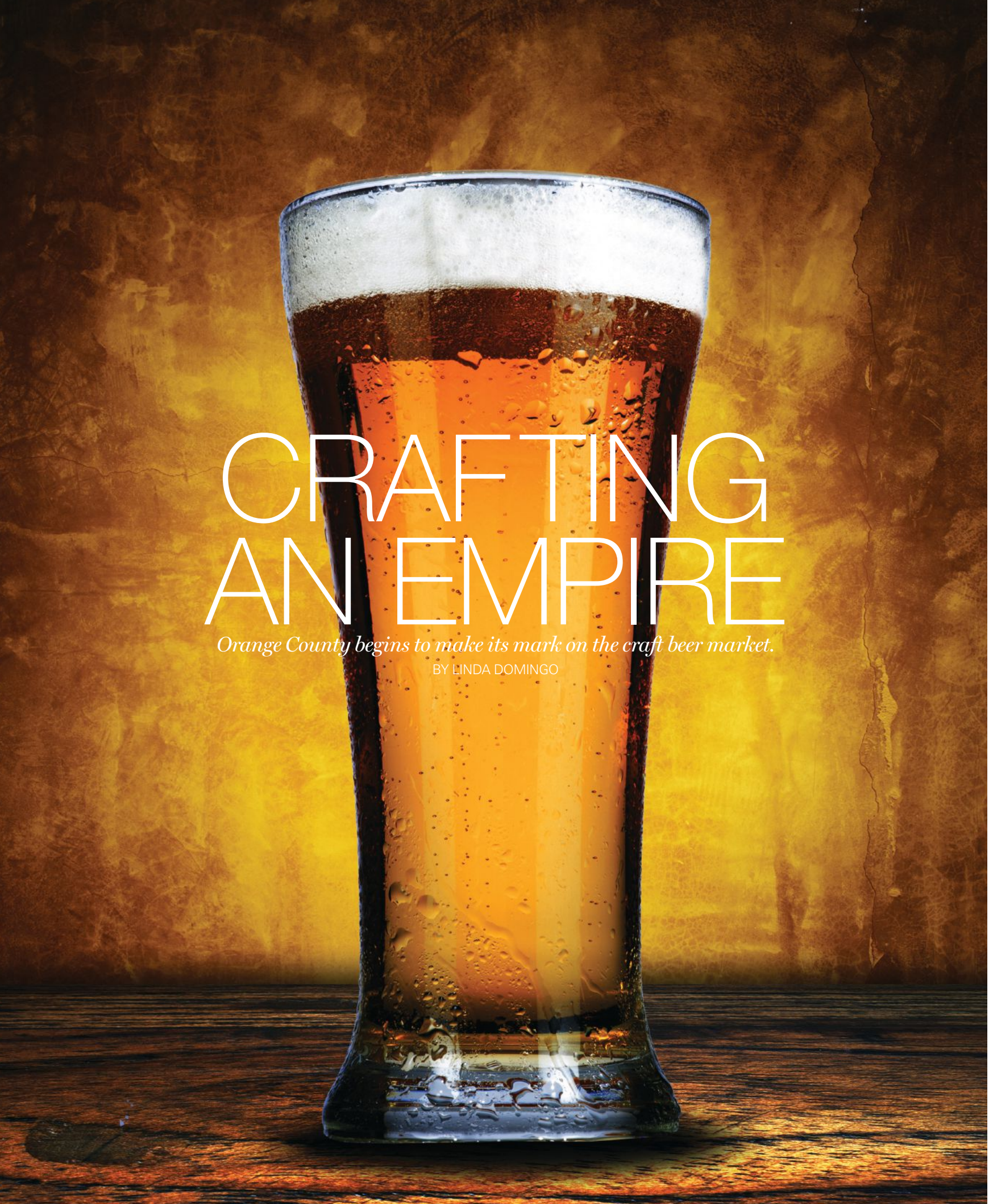
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A tall, condensation-covered glass of beer with a thick head of foam, set against a textured, warm-toned background. The glass is filled with a golden beer, and the condensation is visible on the outside. The background is a mottled, warm brown and yellow, suggesting a rustic or aged setting. The glass sits on a dark, textured surface.

CRAFTING AN EMPIRE

Orange County begins to make its mark on the craft beer market.

BY LINDA DOMINGO

IT'S WEDNESDAY EVENING, AND THE TASTING room at Noble Ale Works in Anaheim is beginning to fill up. Owner Jerry Kolbly is making sure all the brewery's moving parts are in tip-top shape. He finally sits down to have a beer with his brewer, Evan Price, who's sitting next to Matthew Olesh, the Placentia-based Bruery's director of retail operations. The men sip from tall glasses, and the conversation rarely strays from topics related to the beverage they're enjoying. It's hardly an uncommon sight—to see the key players from various Orange County breweries at one table, swapping stories and tricks of the trade. The breweries even share yeast and equipment, and regularly collaborate on special edition brews.

"In [the beer] industry, our competition is Budweiser," Jerry says. "It's never a competition [between OC craft breweries]; it's cooperation. ... We're many years behind what San Diego is doing, and in order to get there, we have to work as a team."

The craft beer scene in OC is just on the verge of exploding, with seven of the county's nine breweries (distinguished from brewpubs: restaurant-breweries that brew beer primarily for sale in their restaurants) opening in the past five years. And the recent growth reflects a national trend; according to the Brewers Association, the craft brewing industry grew 15 percent by volume in 2012, with more than 400 breweries opening in the country last year. Locally, the growth shows no sign of slowing: More breweries are slated to open in OC this year, and local brewers agree that craft beer is here to stay.

First Brews

While Irvine's Bayhawk Ales (opened in 1994) and San Clemente's Left Coast Brewing Co. (opened in 2004) are OC's oldest breweries, both are producer-breweries that brew for other companies. Left Coast did not open a tasting room to the public until this year, and Bayhawk still lacks a tasting room. Instead, two other breweries are credited with kick-starting the recent craft brew movement in OC: The Bruery, which opened in 2008, and Bootlegger's Brewery in Fullerton,



Top: The Bruery in Placentia; bottom: Bootlegger's Brewery in Fullerton

BOOTLEGGERS PHOTOS BY JODY TONGCO



Noble Ale Works, one of north county's many craft breweries, opened in Anaheim in 2010.

BEST OF THE BREWS

While most craft brewers will encourage beer drinkers to try as many types of beer as they can, here are some must-try brews that are putting Orange County craft on the map. Some are seasonal or extremely limited production, so check the breweries' websites or call about availability.

ANAHEIM BREWERY: Anaheim 1888

BAYHAWK ALES: Zappa Brews Nelson IPA

BOOTLEGGERS BREWERY: Knuckle Sandwich double IPA

THE BRUERY: Black Tuesday barrel-aged stout

CISMONTANE BREWING CO.: Zythos IPA

LEFT COAST BREWING CO.: Hop Juice double IPA

NOBLE ALE WORKS: Naughty Sauce golden milk stout on nitro

OLD ORANGE BREWING CO.: Street Fair summer ale

VALIANT BREWING CO.: Veranda French ale

which followed just a few months later.

"Back then, [The Bruery and Bootlegger's] were it—there wasn't much else," explains Benjamin Weiss, The Bruery's director of marketing since the company's beginnings. "As a 5-year-old company, now we're the old guys on the block who people call for advice when they're starting breweries."

He adds that being one of the first breweries to open in the area presented unique challenges, including navigating health codes that were made for food processing facilities rather than for breweries. "A lot of the governmental agencies didn't really know what they were looking for," he says. "They would come in and say, 'You can't do that; that's against health code.' And then we'd say, 'If we don't do that, we can't brew beer.' And then they'd go, 'Oh, I guess that's OK then.' It was a big learning curve."

Patricia Barkenhagen, Bootlegger's co-owner and one of the few women in what seems to be a boys' club of brewers, echoes Benjamin's experience: "It was unfamiliar territory. It was a little



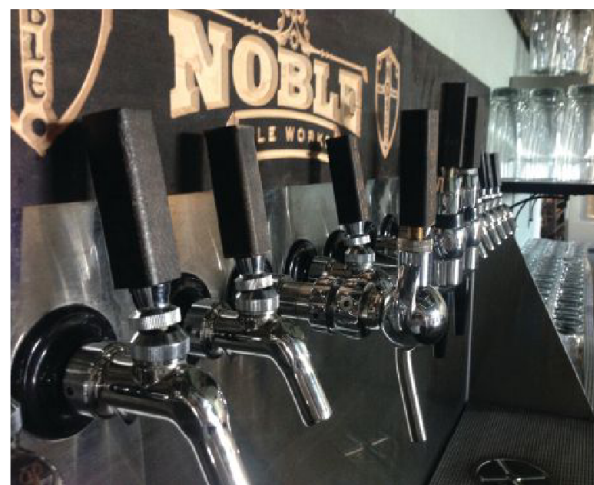
Cismontane Brewing Co. in Rancho Santa Margarita opened in 2010.



Fresh grains at Cismontane Brewing Co.

bit of a struggle just opening up, but back then, people didn't really know what craft beer was."

Despite the industry's growth, Jerry says that opening Noble in 2010 was still a long and difficult process, taking twice as long and twice as much money as he initially anticipated. But that extended process is slowly changing, as more facilities open and the community and government become more knowledgeable about beer. Jerry notes that Anaheim Mayor Tom Tait is a craft beer advocate who has been trying to attract more breweries and beer lovers to the city with initiatives like the OC Fest of Ales, an annual beer festival that took over the city's Center Street Promenade for the second time in September 2013.



The taps at Noble Ale Works in Anaheim often feature beers made in collaboration with nearby breweries.

Alcohol by Volume

Breweries have gained a foothold in north county, a region easily accessed via multiple free-ways—which may explain the area’s continued popularity as a destination for breweries and craft beer aficionados. South county, however, has seen slower growth, with only one brewery, Cismontane Brewing Co., opening in the past five years. The small distributor, which opened in 2010, is tucked away in a shopping center in Rancho Santa Margarita, and owner Evan Weinberg explains that even though the brewery sees some business from south county, most of its distribution is in Los Angeles.

“It’s kind of weird being one of the only production breweries in south Orange County,” Evan says. “Traditionally, south Orange County has been really wine-centric. Beer’s always been the ‘other’ thing that people drink. ... When we first started, we couldn’t get an account in south Orange County to save our lives.” But Evan foresees change, especially because a handful of south county restaurants recently have shown support of the movement.

“It’ll happen,” he adds. “It’s just a matter of time before people start to figure it out. I think when people have a good craft beer, it kind of changes their perspective forever.”

Small batch, OC-brewed beer is steadily gaining a following not only among young people looking for the newest trend or most unique flavors, but with consumers of all ages who are increasingly attracted to artisanal and local products. “The whole food industry is going fresh,

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Above: The Bruery approaches craft beer from a scientific perspective. Right: Cismontane Brewing Co. owner Evan Weinberg



JODY TONGCO

local, handmade—the whole concept behind craft,” Benjamin says.

To that end, many OC breweries offer beers that are locally exclusive, or only available in their tasting rooms. The Bruery’s oak-aged American red ale, Loakal Red, is only distributed in OC; likewise, Bootlegger’s beer is only available in Southern California. “Our whole thing is ‘drink fresh, drink local,’” Patricia says.

Another treat for the craft breweries’ communities is the common practice of pilot brewing—essentially conducting small-scale experiments. “We allow our staff to express themselves,” Patricia explains. “If they ever want to try a test batch, we’ll do a small one here, and then we’ll present it in our tasting room. If it does well, we’ll scale it up.”

A Long Shelf Life

This isn’t the first time the craft beer industry has experienced a substantial bump—in the 1990s, the United States saw huge growth in the sector with hundreds of breweries opening, only to shutter in the second half of the decade. Rather than minimize the movement this time around as a mere fad, however, the OC brewers agree that the recent growth is more organic, with a focus on quality rather than quantity. Many of the brewers have been passionate about beer since they were old enough to drink, and their decisions to open breweries stemmed from a love

DRINKING LOCAL

OC brewers agree that although the popularity of craft beer in south county isn’t at the same level as it is in north county, interest continues to grow, with some restaurants in town supporting the movement by offering exceptional craft beer selections. Noble Ale Works owner Jerry Kolbly explains, “I tell [business owners] all the time: if you do this, you have to stick to it. ... The community will get into it ... and everyone starts talking about it. ... Stick to your guns.” The following Newport Beach establishments offer some of the town’s best craft beer selections on tap:

BACK BAY TAVERN AT WHOLE FOODS MARKET

(949-999-8572; wholefoodsmarket.com)

THE CROW BAR AND KITCHEN

(949-675-0070; thecrowbarcdm.com)

NEWPORT BEACH BREWING CO.

(949-675-8449; newportbeachbrewingcompany.com)

SIDEDOOR

(949-717-4322; sidedoorcdm.com)

TAP SHACK

(949-645-2337; tapshacknb.com)

YARD HOUSE

(949-640-9273; yardhouse.com)



Back Bay Tavern



Sidedoor



Yard House

“In this industry, our competition is Budweiser. It’s never a competition [between OC craft breweries]; it’s cooperation.”

—JERRY KOLBLY

of craft beer rather than the desire to hop on a moneymaking bandwagon.

“Now, we’re meeting kids in their early 20s that have never had Budweiser,” Evan says. “They don’t even know what it tastes like. The craft beer movement is here to stay.”

Additionally, craft beer is now more accessible than ever—brewery doors are wide open to neophytes and connoisseurs alike. “Our staff are all Cicerone Beer Server certified, so they have the knowledge,” Patricia says. “You can come in and ask questions. ... You don’t have to know beer. That’s what we’re here for.”

Publications such as Beer Paper LA, which covers both the LA and OC craft beer scenes, websites including occraftbeer.com and documentaries like “The Art of Beer”—a short film viewable on the Internet about the impact of craft beer on Southern California, featuring a few OC bars—are taking note of and documenting the impressive rise of the craft brew in our own front yards.

“I’m glad to be in Orange County—I’m glad we’re creating a scene here,” Jerry says. “... I really feel that we—along with the other few breweries—are going to be the ones, 10 years from now, that started it. We’ll be the first ones out of the gate.”

Also characteristic of the current movement is the collaborative spirit of the craft breweries, who, in OC, seem to unanimously agree that they’re all in it together to grow the scene and make Orange County a craft beer destination alongside places like San Diego and LA.

Some breweries, like The Bruery, even have gotten together with others to make special edition, collaborative beers. “Imagine Toyota calling Honda and saying, ‘Hey man, we make cars. You also make cool cars. We should do a car together.’ That’s what it is,” Benjamin says. “I’m sure [with] big breweries, it’s another world. But with craft beer, we’re all best friends.

“Craft beer is ... like 6 or 7 percent of the entire beer market,” he adds. “Most of it’s Bud, Miller, Coors or imports.

“So, drink any craft beer. Craft beer drinkers tend to be pretty promiscuous as it is. ... We all just hang out and drink each other’s beer. The more, the better.” **NBM**



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BACK TO THE BASICS

Newport men can start the new year fresh with a classic workout routine that targets major muscle groups and builds strength, not bulk.

BY PETER A. BALASKAS



THERE'S MORE TO WORKING OUT THAN JUST having a six-pack and rippling muscles the size of tree trunks. Although the final results exude sentiments of pride, the journey toward such goals is equally admirable. Fitness aficionados know too well the feeling of blood surging through the biceps while performing simple pullups, the slow burn coursing along the abdominal muscles approaching the 100th consecutive stomach crunch, the stimulating expansion of the pectorals while bench-pressing increased weight with each repetition and, finally, the intense stretch in the glutes when executing a series of aggressive squats.

There has been a movement recently among male athletes and trainers who choose these basic core workouts over the newer, more complex social exercise programs. Though all forms of exercise can be fun and enjoyable, there's something to be said about the simplicity and convenience of a workout that strips fitness down to its most uncomplicated form.

Unbiased to beginners or professional athletes, nailing down a basic exercise routine not only improves the physical form, it also enhances a man's mental and emotional well-being, resulting in an overall healthy lifestyle.

The First Steps

The biggest challenge for anyone starting a basic workout program is simply getting started, as sometimes the mere thought of exercising at all can be extremely daunting for men more used to donning business suits than track suits. Reasons for delaying any kind of regular exercise program could range from idleness to the fear of experiencing the uncomfortable yet "good" pain associated with flared muscles and a racing heart rate.

Ryan Campbell, a physical trainer at Equinox Newport Beach, asserts the most common reason

PHOTOS ON THIS SPREAD BY SCOTT SPORLEDER



“I like conducting full-body routines. ... They’re ideal for a person that does not have a lot of time.”

— BRIAN KEITH BIAS



gym that’s between work and home; and combining business and fitness by reviewing work materials during cardiovascular exercises.

Once a person decides to commit to a basic workout program, one of the most important initial steps is to understand what your body is capable of handling. Before launching into any new routine, most trainers recommend undergoing an assessment that will set goals and limitations to achieve optimum performance. Brian Keith Bias, a fitness consultant at Curl Fitness in Newport Beach, says that any reliable workout begins with the background of the man who is beginning the program, including his age, goals, career and work schedules, and exercise and medical history.

The assessment could take the form of a physical activity readiness questionnaire—checking all baselines such as cardiovascular and core endurance, blood pressure, resting heart rate, body composition and strength, among many others—which is the first part of Ryan’s three-step client process. He also has clients perform fundamental movement patterns as a second step, testing their ability to handle basic moves like squats, deadlifts, lunges and an upper body push/pull.

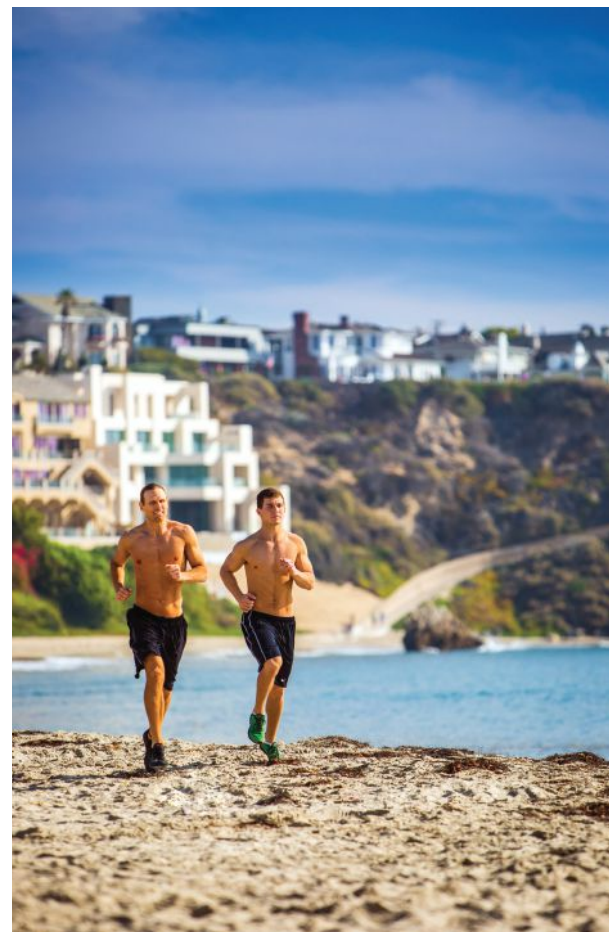
Other trainers, like Steve de la Torre of Personal Training Revolution in Corona del Mar, also take a physical approach. Steve chooses to guide his beginner clientele through an initial baseline fitness test, which includes a timed quarter-mile run for speed and one minute of pushups, squats and pullups. The final component of the fitness test is a timed plank hold to test core endurance and strength.

Regardless of the form the assessment takes—whether it’s at home or with a trainer—it’s

for the reluctance to develop a routine is the time required to invest in mentally training the brain for exercise.

“This can be solved by committing to 20 minutes or some denomination of time you can [handle],” he says. “This will help create the habit and once you begin to feel better [about each workout], it is amazing how easy it is to spend a couple extra minutes exercising.”

Some tricks he suggests to jump-start a new regimen include working out first thing in the morning before heading in to the office; being prepared by keeping gear in the car; joining a



FEEDING THE MACHINE

The foundation for every workout is good nutrition. If a person in training doesn't eat the right foods, then all his valued time and energy essentially results to nothing. Steve de la Torre, a Corona del Mar-based personal trainer, stresses the importance of consuming foods that are whole and naturally occurring.

"How do you know which foods are naturally occurring?" he asks. "Imagine if you were gathering and hunting for food in the wilderness—which foods would you find? You'd easily find vegetables, animal proteins, nuts, seeds and fruit, [but] you'd have a hard time finding macaroni and cheese."

Steve explains that in order to make improvements in your daily diet, start by replacing processed foods with whole food choices, increasing your water



intake to half of your weight in ounces, consuming protein at every meal and eating at least two large servings of greens daily.

essential for all men to develop a sense of their personal limitations to minimize the risk of injury while exercising.

Nothing Beats the Classics

The marvelous potential that comes with beginning a new exercise program is the variety of activities an individual can choose from to reach their desired physique. By integrating basic exercises into a workout, trainees can skip the expensive equipment, high-stress sets, dietary plans outside government guidelines and a considerably longer time investment that's common in other trendy programs. Easy modifications also make it simple for men of all skill levels and stages of physical fitness to find a version that works for them.

For extreme beginners, Steve suggests modifying exercises as long as the correct form is maintained. When doing pushups, for example, you can start from the knees as long as the chest touches the ground.

"I like conducting full-body routines for several reasons," Brian says. "[They're] ideal for a person that does not have a lot of time—or does not want to spend a lot of time—working out in a fitness facility; [they're] very efficient with time and

effective with results; [and they're] ideal for a person who is looking to body sculpt—rather than body build—while losing unwanted fat weight."

Brian, who is wary of demanding programs that incorporate explosive movements, says that they may not be ideal for people with chronic injuries because of the impact they can have on the body. Instead, he encourages his clients to work across major muscle groups to strengthen the shoulders, chest, back, biceps, core and legs. Through a series of movements, including lifts, presses, pulls and curls, men are able to create a balanced regimen tailored to their own needs. Weights are determined by the client's personal factors, and Brian increases the initial amount by 5 percent every few weeks, depending on the number of repetitions and sets completed in proper form. After clients maintain the correct technique, he transitions to adding dumbbell and barbell exercises to the program.

Whether working with a trainer or at home, every man's routine should be based on ability and physical condition—in this case, Brian focuses on routines that provide a controlled range of motion with constant resistance for a balanced workout.



Part of Steve de la Torre's fitness assessment, a timed plank can test core endurance and strength.

A Regimented Routine

Some men might opt for a more cyclical regimen that allows time to be incorporated as a factor in working toward goals—something that helps to prevent boredom by varying the intensity and volume of the exercises across each phase. Periodization training, which Ryan incorporates as the third step of his program, can consist of a macrocycle (months to years of training), a mesocycle (weeks to months) or a microcycle (one to four weeks).

Ryan recommends a five-phase workout period, which incorporates basic core exercises such as static and dynamic stretches, jump rope, jumping jacks, hurdles, basic cone drills and sprints. Additionally, resistance training is developed through a variety of squats, dead lifts, pushups, rows, chest presses and weight lifting using barbells, dumbbells and kettlebells.

The system begins with an introductory phase (neuromuscular facilitation) that focuses on teaching basic moves and developing ideal movement patterns and posture—similar to conditioning. Phase two, muscular endurance, aims to build a resistance to fatigue by increasing the volume of the exercises but maintaining a low

intensity. The third phase (hypertrophy) amps up the workout to build muscle and connective tissue by combining intensity and volume.

In order to produce or decelerate forceful movements quickly, the fourth segment strives to develop full body strength and coordinate the nervous system with the muscular system. Finally, phase five—the power phase—trains the body to transition movements with force quickly and prepares the body for a higher level of performance.

For those who want to keep it short and simple, Steve suggests a four-week program of body-weight exercises, covering the full body in each day's workout. As the weeks progress, not only should the duration of exercise be increased, but also other fitness factors such as the intensity and workout capacity. The ultimate goal is to allow the body to increase strength and fitness in not only the muscles, but also in the joints and connective tissues to help prevent injuries, he explains.

A typical first week might include two days of squats, pushups and crunches, and a quarter-mile run; two days of walking lunges, regular or assisted pullups and reverse crunches finished with two minutes of cardio on a bike, elliptical or StairMaster; and one day of a “cool-down” activity like yoga, in addition to two staggered days of rest. Each strength exercise is performed for



EDGAR OBRAND

A kettlebell front squat, demonstrated here by Ryan Campbell, is used in resistance training.

PICTURE-PERFECT FORM

FITNESS CONSULTANT BRIAN KEITH BIAS DEMONSTRATES THE PROPER FORM FOR A BURPEE—A CORE EXERCISE THAT TARGETS A FEW MAJOR MUSCLE GROUPS, BUILDS STRENGTH, BURNS FAT AND CONDITIONS.

From a standing position with feet shoulder-width apart, lower your body into a crouch (not shown) and kick your feet back to a pushup position. Arms should be bent to about 90 degrees at the elbows. Keep your body aligned straight from head to toe.

Return to a crouching position, with your body close to the ground and legs bent about 90 degrees at the knees. Place your hands on the ground in front of you with your elbows meeting the knees.

Springing off the balls of your feet, jump up—getting air—making sure to come down softly on the balls of your feet, followed by your heels touching the ground. Repeat in quick succession as your workout set requires.

SCOTT SPORLEDER





For those with established bodyweight strength, Steve de la Torre suggests advancing to deadlifts.

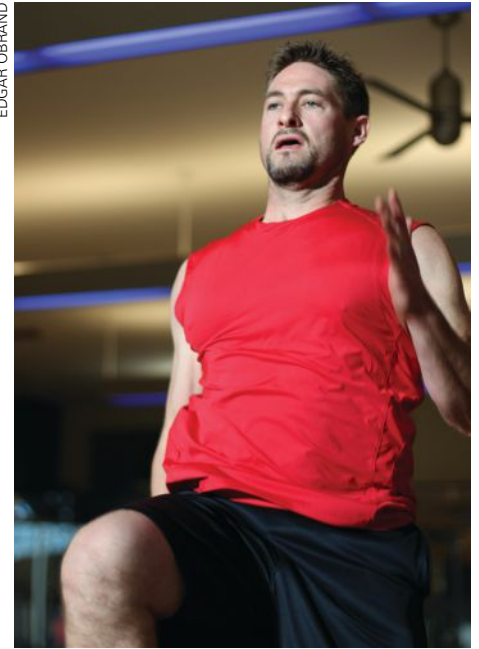
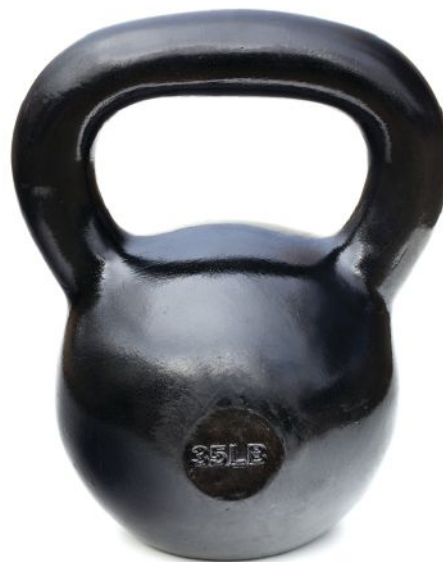
one minute, then repeated for three rounds. For those with established bodyweight strength, Steve also suggests an intermediate series of additional squats, bench presses, pullups, overhead presses and deadlifts that would improve cardiovascular functions, core conditioning and strength training. The subsequent weeks might also incorporate different exercise combinations and workout orders for variety, such as one weight lifting set and one cardio set paired with 15 pushups and a one-minute sprint on a stationary bike.

Complemented by a healthy lifestyle—including proper nutrition—basic workout programs have proven to be beneficial and more popular with each passing year. They not only have provided healthy foundations for professional male athletes and those who just want to be fit and strong, but also for the trainers themselves, who have thrived on the programs they teach to their clients.

“In my own life, I have been able to overcome injuries and improve my fitness levels every year by sticking to the basic exercise concepts ... and by adding in a variety of programming and pushing the levels of intensity,” Steve says. “I have found my fitness program has not only become more effective, but also more enjoyable.” **NBM**

“... Once you begin to feel better [about each workout], it is amazing how easy it is to spend a couple extra minutes exercising.”

— RYAN CAMPBELL



POWER HOUR

BUSY EXECUTIVES CAN SWEAT OUT JOB-RELATED STRESS WITH A QUICK LUNCHTIME WORKOUT.

A mere hour for lunch doesn't have to prevent a person from breaking a mid-day sweat. In fact, those 60 minutes are ample time to do a quick workout set to feel invigorated and refreshed for the rest of the day.

Personal trainer Steve de la Torre believes in the Tabata method, which calls for 20 seconds intervals of exercise and 10 seconds of rest. Beginners can do two sets each of squats, pushups, mountain climbers and burpees (a squat thrust), while those at the intermediate level can complete eight sets of a single exercise. This high-intensity, quick workout leaves the participant with more than half his break left to enjoy lunch.

Another time-oriented lunchtime activity is circuit training, recommended by Ryan Campbell, a physical trainer at Equinox Newport Beach, as an effective yet quick way to spend your lunch break. Known for working each section of the body in short bursts of cardio and strength training, circuit training typically involves switching between exercising muscle groups at a rapid pace. With repetitions and warm-up/cool-down periods, a lunchtime circuit workout can be completed with enough time to wash up and get back to work when the hour is up.

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Ferrari 458 Italia

REVVING *the* ENGINES

Men in the midst of a mid—or even early—life crisis will find that these 10 cars offer the speed, sport and agility they'll need to embark on their next great adventure.

BY RICHARD S. JAMES

TYPICALLY AFFLICTING MEN BETWEEN THE AGES OF 45 AND 55—but also known to strike earlier—the telltale “symptoms” of a midlife crisis include a trendy wardrobe, dying out the gray, a new hobby and, perhaps the clearest indicator of all, a shiny red sports car. When someone reaching the half-century mark suddenly finds a passion for spirited, open-top motoring, friends and family will surely utter the words “midlife crisis.” The symptoms are often misinterpreted, however. Buying a fast and flashy vehicle is actually a sign of another set of conditions: success and independence.

“We sell quite a few cars to people in that age category,” says Tim Tauber, general manager of Newport Auto Center, which sells prime examples of midlife crisis cars from manufacturers like Porsche and Bentley. “I don’t know if you’d call it a midlife crisis if you’re talking

about people that have worked hard all their life and want to treat themselves to something nice.”

For such men, the desire for something fun to drive never leaves as they climb the ladder to success in their respective careers. As the years pass and families grow, so does the need for a more practical, functional mode of transportation—meaning dreams of whipping around the curves and bends of Newport Coast Drive at a million miles an hour are temporarily shelved. Once the kids are grown and bank accounts are flush, however, it’s time for the sports car to make its way into the family garage.

Of course, with a sports car comes the teases and taunts of a midlife crisis, but don’t be afraid to showcase your brand new ride as a badge of honor—after all, you earned it.

McLaren 12C

MCLAREN NEWPORT BEACH

The McLaren 12C may well indeed be one of the world's best cars available on today's market. While it may not be the fastest car on earth, it provides more than enough motivation to be a thrilling ride and will move around a racetrack quicker than almost any other road car. Yet, it's also easy to live with on a day-to-day basis. You won't curse yourself for pulling the 12C out of the garage if you get stuck in rush hour traffic on the freeway like you might with other supercars.

Adaptive damping and the seven-speed, dual-clutch transmission are the keys to both the 12C's comfort around town and its prowess when the driving becomes more spirited. McLaren may have delivered the best of both worlds with this option.

All-in option: The racetrack-only 12C GT Sprint; 0 to 60 mph unconfirmed officially, but tests at approximately 3 seconds; roughly \$316,000

The McLaren 12C boasts a seven-speed, dual-clutch transmission.



The Porsche 911 in Guards Red is the quintessential midlife crisis car.

Jaguar F-Type

JAGUAR NEWPORT BEACH

For a long time, Jaguar forgot about its own youth. But the rebirth that began several years ago now has culminated in the return of a true sports car to the Jaguar fold for the first time since the beloved E-Type in the 1960s. Arriving recently as a convertible, the stunning coupe version of the F-Type was unveiled in November 2013 at the LA Auto Show. While the coupe may be one of the most beautiful cars on the road, the convertible seems the default option for Southern California. It comes in three varieties—the supercharged 340-horsepower standard V-6 F-Type; the 380-horsepower S; and the 495-horsepower supercharged V-8 S. The latter emits a glorious melody that will have drivers throwing the top down and turning off the sound system to enjoy the sweet sounds of the car at work.

All-in option: Upgrade from the base model with an F-Type R coupe; 0 to 60 mph in 4 seconds; from \$99,000.

Porsche 911

NEWPORT AUTO CENTER

A Porsche, and the 911 in particular, might be the quintessential midlife crisis car. It ticks all the boxes: high-performance, luxurious and, most importantly, can be had in the glorious shade that Porsche calls Guards Red. With coupes, convertibles, Cabriolets, Carreras, Turbos and the "race car-for-the-street" GT3, there is a 911 model for every taste and speed. There's a reason the car has been around for 50 years.

The base Carrera starts at \$84,300, and is plenty quick with 350 horsepower from its flat six-cylinder engine, hitting 60 mph in 4.6 seconds. The options from there are almost limitless, allowing buyers to customize the exterior and internal specifications of a 911 to create a car that won't be like any other Porsche in the neighborhood.

All-in option: Take the 911 up a notch with the 911 Turbo S Cabriolet; 0 to 60 mph in 3 seconds; from \$193,900.

Jaguar returns to its sports car model with the F-Type coupe.





BMW's Z4 delivers 0 to 60 speeds in less than 5 seconds with its upgraded model.

BMW Z4

STERLING BMW

Two seats, a folding hardtop and rear-wheel drive equal a recipe for fun and a surefire remedy for a midlife crisis. BMW uses that formula for its Z4, which features a base turbocharged inline four-cylinder engine that's as fun as it is efficient. With the highly regarded N54 turbocharged inline, though, the cure comes even quicker. Legendary BMW handling completes the package for canyon-carving amusement.

The 241-horsepower Z4 sDrive28i is plenty for this car, but the Z4 sDrive35i model takes it to a whole new level, delivering 60 mph in 5 seconds with the brilliant noise for which BMW inline six-cylinders are known. Order it with the double-clutch transmission for the option of rapidly changing gears with paddles behind the steering wheel or cruising in full automatic mode.

All-in option: Z4 sDrive35is; 0 to 60 mph in 4.8 seconds; \$65,800



The Lotus Elise's hybrid technology makes it fuel-friendly and thrilling to drive.

Lotus Elise

LOTUS ORANGE COUNTY

The Lotus Elise is about as close as you can come to driving a go-kart on the street. Light and nimble, it is the embodiment of Lotus founder Colin Chapman's mantra: "Simplify, then add lightness." There is little on this car that isn't about moving as swiftly as possible.

The Elise has a hidden trick—because it's light, it doesn't need a huge engine to get it up to speed rapidly. So the little 1.6-liter engine not only does the trick in that regard, it does so while sipping fuel, earning an EPA combined 45 mpg rating. While perhaps not the most comfortable commuter car, its hybrid technology makes it an economical choice when it comes to fuel costs.

All-in option: Exige S; 0 to 60 mph in 3.8 seconds; roughly \$80,000

Bentley Continental GTC

NEWPORT AUTO CENTER

It goes without saying, but one of the biggest benefits of achieving success is being able to indulge in a little pampering. There are few cars more indulgent than the Bentley Continental GTC. Offering comfort, performance (power comes courtesy of a twin-turbocharged V-8 engine) and top-down style, all bathed in acres of the softest leather, the GTC is a brilliant example of the midlife crisis car. Yet, it's also practical with its roomy back seat and a sizeable trunk to carry equipment for a new hobby.

Meanwhile, the technology impresses with a central console system featuring 15 MB of storage for music as well as a vast mapping databank and live traffic data. Or blast tunes from an MP3 player, the car's six disc CD changer or an SD memory card.

All-in option: Four-seat Continental GT Speed Convertible; 0 to 60 mph in 4.1 seconds; \$238,700



The Ferrari 458 Italia features a powerful 562-horsepower engine.

Ferrari 458 Italia

FERRARI AND MASERATI OF NEWPORT BEACH

The Ferrari 458 may not be the top of the manufacturer's range, but the little sports car company from Maranello, Italy, keeps doing amazing things with its mid-engine V-8 vehicles. The 458 is easily the most stunning yet in a line that began with the 308 model. Aerodynamics play a huge role in the sensuous shape, but what's under the hood will stir your soul as much as the curves delight your eyes.

The 4.5-liter V-8 puts out an impressive 562 horsepower from its normally aspirated engine, which might explain the delightful way it screams at full throttle. The 458 is definitely not the car to choose if you're trying to maintain a low profile.

All-in option: 458 Speciale; 0 to 60 mph in 3 seconds; \$298,000

Not a typical sports car brand, Bentley's Continental GTC offers power and luxury.



BMW i8

STERLING BMW

If you want luxury and performance with a dash of environmental sensitivity, the BMW i8 may be just the ticket. This plug-in hybrid has the fuel consumption of a compact car, yet offers blistering performance thanks to the combination of a 231-horsepower twin-turbo, 1.5-liter gas engine and a 131-horsepower electric motor.

It's not just the performance that's going to turn heads, however. The i8 is wrapped in a carbon fiber body that looks like nothing else on American roads. Virtually unchanged from the concept car that shocked the world when it was unveiled at the 2011 Frankfurt Motor Show, it's a flowing design that features some truly unique elements, including optimized aerodynamics for stability and a lightweight construction. The real trick will be finding one—the first year's production is allegedly already sold out.

All-in option: This is it—0 to 60 mph in under 4.5 seconds; \$135,700.



The BMW i8 is known for its twin-turbo gas engine and electric motor.



The Mercedes-Benz E-Class Cabriolet is one of the few convertibles that still features a soft top.

Mercedes-Benz E-Class Cabriolet

FLETCHER JONES MOTORCARS

For top-down cruising in comfort and safety, it's hard to beat the Mercedes-Benz E-Class convertible. Not only has the E-Class—restyled for 2014—retained its soft top while many other cars are using a folding hardtop, but Mercedes-Benz has insulated it to reduce wind noise so claims the lowest noise in its class. With the top down, Mercedes-Benz's Aircap is designed to reduce wind noise and turbulence to keep passengers' hair in place.

Luxury, performance and safety are generally a given with Mercedes; the company in recent years, though, has pushed hard into technology, especially in the safety arena. With optional features such as Pre-Safe braking that can recognize an imminent collision, a 360-degree camera and Active Lane Keeping Assist, the E-Class works hard to keep its occupants sound.

All-in option: E550 Cabriolet; 0 to 60 mph in 5 seconds; \$67,300





The Audi TT offers a sleek design and a starting price of only \$39,000.



Audi TT

NEWPORT AUTO CENTER

Most of the cars on this list aren't for the budget-conscious, with a starting point around \$100,000—but there are more reasonable options that still offer a midlife crisis cure. The Audi TT feels like it was built around the driver, and the beautiful shape is a nice evolution of the first-generation car that ignited a design revolution.

The TT comes in options from \$39,900 for a basic coupe with a four-cylinder engine to \$51,700 for the next model up's most powerful convertible, the TTS Roadster. The TT may not be the sportiest vehicle on this list, but few cars feel more personal.

All-in option: With the TTRS no longer available, try the R8 V-10 plus; 0 to 60 mph in 3.7 seconds; \$170,545. NBM

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PHYSICIAN PROFILE

Dr. Regan has an international reputation as an author of spine research, and is widely regarded as the pioneer in minimally invasive spine surgery including video-assisted surgery of the thoracic spine. Dr. Regan was one of the first four spine surgeons during the creation of the Texas Back Institute, which was the first and largest spine specialty clinic in the United States. Dr. Regan was then selected by Cedars-Sinai Medical Center to become Director of the new Cedars-Sinai Institute for Spinal Disorders. In 2005, Dr. Regan left Cedars-Sinai to create a busy private practice in Beverly Hills, CA. Dr. Regan completed fellowships in spine trauma at the prestigious A.O. International Hospital in Switzerland and at Johns Hopkins University Hospital in Baltimore.



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A new generation of master barbers, along with fresh, modern products, are revolutionizing the return back to a traditional shave.

BY CHRISTOPHER LUU



Above and right: The Art of Shaving at South Coast Plaza

NOW THAT THE MUSTACHE HAS BECOME A MEANS OF SELF-EXPRESSION—particularly the sepia-toned designs of the 1940s or the slick styles that have grown out of TV shows like “Mad Men” and “Boardwalk Empire”—men’s grooming has stepped into the spotlight. It’s not as simple as lathering up and taking a razor to your face, however—no, shaving has transformed into an art form as a resurgence of barbershops offer modern takes on the age-old shaving routine. Today, men are taking a cue from their grandfathers and going under the knife for smooth shaves from local barbers in addition to discovering ways to attain similar looks at home.

“Going to a barber is one of the most traditional acts a modern gentleman can do, but it [has become] more acceptable to talk about nowadays,” says Alessandro Santiago, master barber at The Art of Shaving at South Coast Plaza. “Men want to feel confident, and a large part of that is looking presentable. Some like to be clean-shaven for work daily and others prefer to maintain a well-groomed beard. ... It all takes time and preparation.”

Time and prep are part of the reason why men are trading their own razors and shaving cream for skilled hands to tame their facial hair. While every man has his own at-home routine—whether that means a blade goes near whiskers once a day or once a month—deferring to an expert for a clean shave is becoming increasingly common among the male population, especially for young professionals who want to present themselves in a way that’s more polished and slick than surf and sand. After years of embracing business casual, the average guy is now a modern gentleman with a new, progressed role in the grooming game.

A Refined Experience

Today’s take on the traditional barbershop still might not be what the younger generation’s grandfathers and fathers are accustomed to, and the numerous grooming havens in coastal OC reflect this modern sensibility while staying true to the classic shaving experience. While some maintain that original feel with spinning barber poles paired with vintage-inspired chairs, there are also places that

PHOTOS ON THIS SPREAD BY TREVER HOEHNE





The Lab Barber Shop in Costa Mesa offers classic cuts and shaves.

SHAVING SCENE

Those looking for a shave close to home can stop by these local outposts for personal services that range from classic to complex.

As old-fashioned as it gets, Mr. Balboa Barber Shop on the Balboa Peninsula, family-owned since 1959, relishes its status as the only “original” barbershop remaining in Newport. In exchange for a crisp \$20 bill, clients can receive a traditional shave from the owner, Tony Landes, who has barbered for more than 40 years. Other services include haircuts, flat tops, fades, beard and mustache trims, facials and scalp massages. (949-673-6244; mrbalboa.com)

A barbershop catered to professionals, Barbery Coast Hair Studio features a menu of services with aptly named treatments such as the Chief Executive, Executive V.P. and Associate. A salon offering far more than just a classic straight razor shave, Barbery Coast is versed in facial hair styles that from a traditional beard or mustache trim to a chin-strap or soul patch trim. Clients are offered complimentary beverages, flat-screen TVs to watch and even a shoeshine in a relaxing atmosphere that features six semi-private suites. (949-833-0148; barberycoasthair.com)

steer clear of the nostalgia. Men’s-only salons and a new wave of contemporary barbershops are readily available, and each one is sure to offer a straight razor shave that’s a step up from the usual lather, shave and splash at home.

“Men don’t want to go into women’s salons anymore,” says Tina Coffey, educator at 18|8 Fine Men’s Salons, which has locations across OC, including one near South Coast Plaza. “They want to have a place of their own—an upscale guy’s club, in a sense—where they can get the services they need in one stop.”

18|8 has set the bar locally with that type of gentlemen’s club, where instead of the noise of blow driers and the scent of peroxide floating through the air, guests are escorted to a semi-private area and greeted with a drink. Beer and wine are available for those who need to loosen up or relax before getting shaved, in addition to coffee or soda. It’s a personal, one-on-one experience that leaves men feeling pampered and relaxed, removed from the chaos of a salon. Beyond traditional shaving, 18|8 also offers other grooming services, including haircuts and even manicures for those who want to get cleaned up in one visit.

Similarly, The Art of Shaving at South Coast Plaza carves out a space for men, ironically in the heart of a popular shopping center. Here,



Justin Schiele, Lab Barber Shop

men can treat themselves to the brand’s signature treatment: the Royal Shave, which uses hot and cold elements as well as a full complement of products to create an indulgent yet practical experience. Along with the actual shave, each client receives step-by-step instructions to recreate the same great experience at home if they choose.

Tools of the Trade

It’s not only the technique that keeps the pros in demand, however; the arsenal of shaving creams, brushes and more at the disposal of barbers at 18|8 and The Art of Shaving may be few and far between in the bathrooms at home. While each place has its own method, the process is essentially the same whether at a barbershop, a dedicated shaving salon or a full-service men’s salon that offers traditional shaves. It’s the care and prep that goes into each shave that makes master barbers seem more akin to surgeons, not stylists—an important element that encompasses the thoughtful steps taken to ensure a smooth shave as much as the products used by the pros.

“I start with a hot towel and oil to get the skin prepared,” Tina explains. “Then, I re-lather and complete the shave. After shaving, I use a cold towel on the face because it tightens the skin back up and helps cool the pores.”

Barbers agree that pre-shave oil is one step that is usually skipped at home, yet it is important to lubricate men's facial hair before proceeding to add a thicker lather. Additionally, salon barbers are prepared with alum blocks and styptic pencils in case there's a bit of a nick.

"Our master barbers shave the skin several times using a straight razor, ensuring the smoothest skin possible," Alessandro says. "Then, an after-shave balm is used to restore and regenerate the skin."

In-store shaves are done with a traditional straight razor, but an at-home alternative is a high-tech tool like The Art of Shaving's Power Razor, which includes a spotlight to illuminate shadowed areas of the face as well as an indicator light that visually alerts the user to when the blade begins to dull. Tools like this razor, as well as others, help elevate the at-home experience to achieve the same look feel that one might get at the salon.

Professional Advantage

Another perk of heading to the barbershop for maintenance—the pros recommend visiting once or twice a month—is that the person wielding the razor has a bird's-eye view of clients' faces to assess unique hair growth patterns and facial contours, allowing for the closest shaves possible. After-care is covered as well, because following a close shave, skin is left exposed and sensitive.

Justin Schiele, a barber at the Lab Barber Shop in Costa Mesa is quick to pick up a traditional shaving standby for post-shave care: bay rum. It's



18|8 Fine Men's Salon offers shaves, haircuts and manicures for the polished gentleman.

an astringent ingredient that dates back to the 16th century that is still used as an after-shave to close pores and prevent ingrown hairs and irritation.

"With the uprising of the retail store The Art of Shaving, at-home care has really increased when it comes to shaving," Justin says. "... Many pomade companies have [also] released shaving product lines that offer a great at-home shave."

What's not available at home, however, is one of the things that has kept this generation's grandfathers going back to their barbers: the barber and client relationship that develops over years of shaves, haircuts and conversation.

"The barber and client relationship is a strong one," Justin says. "Having a place to come between work and home, as well as being able to have a real conversation with your barber and fellow clients, is a strong pull for men to come into the barbershop." NBM



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Imperial Barber Products field shave soap canister with glycerin shave soap, \$15, at Cloth & Metal, Costa Mesa (888-938-4536; clothandmetal.com)

Jack Black pure performance shave brush, \$85, at Bloomingdale's, Fashion Island (949-729-6600; bloomingdales.com)

Lab Series smooth shave oil, \$21, at Nordstrom, South Coast Plaza (714-549-8300; nordstrom.com)

Chrome Futura safety razor with straight comb and double-edge blade by Merkur, \$95, at The Art of Shaving, South Coast Plaza (714-460-1988; theartofshaving.com)

The Art of Shaving facial scrub with peppermint essential oil, \$25, at The Art of Shaving, South Coast Plaza (714-460-1988; theartofshaving.com)

Anthony Logistics after shave balm, \$20, at 18|8 Fine Men's Salon, Costa Mesa (714-435-1888; eighteeneight.com)







Sartorial Structure

CLEAN LINES, CRISP COLLARS AND
SHARP ACCESSORIES DEFINE THE
MODERN MAN'S SIGNATURE STYLE.

PHOTOGRAPHER: DAVID JAKLE
FASHION DIRECTOR: JULIE FRENCH
LOCATION: NEWPORT BEACH CIVIC CENTER AND PARK

Shawl collar tuxedo, \$2,600, shirt, \$475,
tie, \$195, shoes, \$595, all available at
Ermenegildo Zegna, South Coast Plaza

A man with short dark hair and a beard is sitting in a teal armchair with a chrome frame. He is wearing a dark blue suit, a striped shirt, and a striped tie. He is holding a pair of sunglasses in his right hand and a magazine in his left. He is looking down at the magazine. The chair is positioned next to a large window that looks out onto a bright, sunny outdoor area with a paved walkway and some greenery. The floor is made of large, light-colored square tiles. A wooden table is partially visible in the foreground on the left.

Blue suit, \$2,695, striped shirt, \$395, tie, \$195, sunglasses, \$300, all available at Giorgio Armani, South Coast Plaza; shoes, \$595, by Branchini, available at Neiman Marcus, Fashion Island

Gray suit, \$6,700, white shirt, \$575, purple tie, \$215, derby shoes, \$1,100, all available at Brioni, South Coast Plaza



Black jacket with zipper, \$1,175,
by Versace; black-and-white shirt,
\$155, by Bugatchi; bow tie, \$68,
trousers, \$295, by Versace; shoes,
\$680, by Prada; sunglasses, \$325,
by Gucci, all available at Saks Fifth
Avenue, South Coast Plaza





Black coat, \$498,
vest, \$228, long
sleeve burgundy
shirt, \$88, gray
jeans, \$178, all
by John Varvatos,
available at
Neiman Marcus,
Fashion Island



Black leather jacket, \$3,250,
black jeans, \$459, boots,
\$819, all available at Porsche
Design, South Coast Plaza

Super 150s blue suit, \$2,450, blue plaid shirt, \$295, tie, \$160, pocket square, \$95, brown derby shoes with Goodyear construction, \$895, all available at Canali, South Coast Plaza

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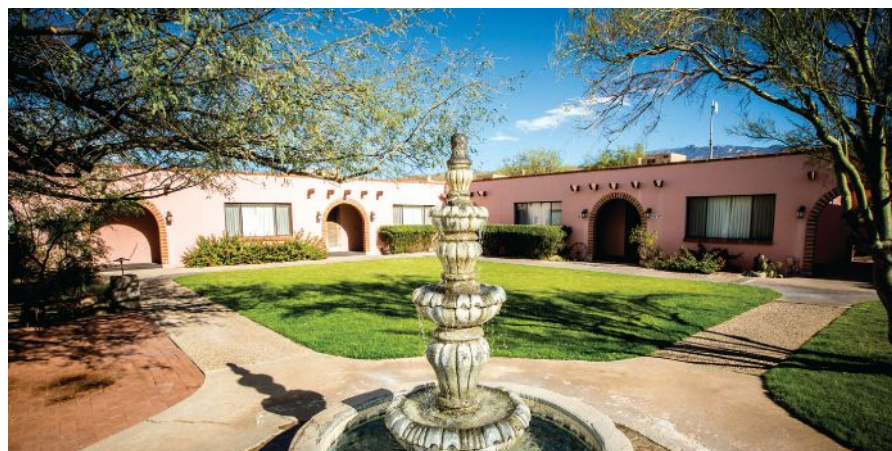
COWBOY CULTURE

From rustic to resort-style, dude ranch getaways offer travelers a taste of the Old West.

BY SHARON STELLO AND STEVE ZEPEZAUER



The Granite Lodge at The Ranch at Rock Creek



Tanque Verde Ranch guest rooms feature a Southwest style.

MANY CITY DWELLERS ARE TRADING THE pavement, traffic and electronics for fresh country air and an authentic Western experience at dude ranches across the nation, donning cowboy boots for horseback rides over scenic hills or through sun-dappled forests.

Such idyllic settings offer vacationers a chance to recharge and reconnect with their families—and with the land. After experiencing the ways of these ranches for the first time, a number of guests return every year to celebrate traditions, from down-home country cookouts to line dancing, singalongs and rodeos, or to simply enjoy nature's tranquility.

"It's really a vacation where you build memories," says Colleen Hodson, executive director of The Dude Ranchers' Association, which represents approximately 100 ranches west of the Mississippi River. Ranches are a place to unplug, unwind and spend quality time rather than waste precious vacation hours in theme park lines, she says. It's the flexible itineraries, high level of service and all-inclusive packages that make ranches an attractive getaway.

Property sizes vary from boutique ranches,

which accommodate a few dozen guests at a time, to much larger operations. Smaller ranches allow guests to get to know one another—often eating family style around one big table—while bigger ranches typically boast more amenities.

For example, the Hideout Lodge and Guest Ranch on 300,000 acres in Shell, Wyo., provides a customized experience for up to 25 visitors per week. With about 95 horses on-site, guests are sure to find one that fits their needs. Staff members—who speak five languages—also outnumber the guests, ensuring personalized attention.

The Hideout is among a number of working ranches that let guests lend a hand, too. Those seeking a real taste of the cowboy—or cowgirl—life can help drive cattle, look for strays and assist with branding, depending on the season. Meanwhile, a Le Cordon Bleu chef rustles up gourmet meals for these hard workers.

From the masseuse available at The Hideout to full spas at other properties, modern ranches range from rustic to resort-style and everything in between. Luxury amenities abound at both Tanque Verde Ranch in Tucson, Ariz., and The Ranch at Rock Creek near Philipsburg, Mont.

Both feature upscale rooms, unparalleled cuisine and spas to soothe sore muscles after a long day of riding.

Colorado's C Lazy U Ranch, which sets its spa services in tent cabins along a creek, also brings a touch of the modern world with iPod docking stations in rooms. Some ranches provide Internet access, TVs and phones in the rooms, but many defer from that route, encouraging visitors to disconnect for a few relaxing days. Ranches typically offer so many activities that guests won't miss the electronic distractions.

Beyond the traditional equestrian activities expected at dude ranches, itineraries can be filled with a range of ventures. Tanque Verde boasts hiking, mountain biking, fly-fishing and more. C Lazy U features a ropes course and zip line, while The Hideout's guests can ride ATVs, participate in a nearby dinosaur dig or attend a rodeo. Some ranches, like Rock Creek, even offer target shooting and winter activities such as snowshoeing and sleigh rides.

Here, Newport Beach Magazine takes a look at two of the country's top dude ranches, perfect for a rugged escape from coastal living.

Rustic Retreat:

THE RANCH AT ROCK CREEK

Pair authentic luxury with an idyllic setting in the Rocky Mountains.

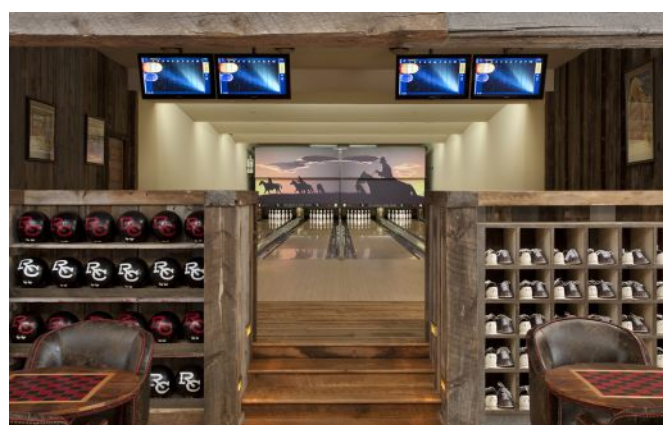
This ain't your grandfather's dude ranch. For many, dude ranches conjure up images of a Disneyesque experience with watered-down activities for city slickers. When Jim Manley bought and developed The Ranch at Rock Creek, this was the furthest thing from his mind.

Jim, founder of Atlantic-Pacific Capital, had been searching for nearly 20 years for the ultimate trophy ranch where he could spend time with family and friends, and entertain clients. He had very strict criteria for what he wanted in his vision of paradise and, when he finally set eyes on The Ranch at Rock Creek, he knew he had found an idyllic spread of land that would realize his dream.

Nestled in the Rocky Mountains of western Montana (about a 90-minute drive from Missoula), The Ranch at Rock Creek spans 10 square miles of rolling hills and pasture with a blue-ribbon trout stream running smack through it. Once at the ranch, there are more than 20 miles of mountains between yourself and any real civilization (the charming old mining town of Philipsburg is about 45 minutes away). And, it's filled with an abundance of wildlife that would please the likes of Daniel Boone. It's the kind of country that grabs you by the eyeballs and yanks them right out of their sockets.

The visual symphony does not stop there, however. The ranch's satellite accommodations include traditional log cabins, replete with copper soaking tubs, screened-in porches and ample bunk beds wherein the kids may slumber while dreaming of wild horses and woodland adventures. As for the grown-ups, the appointments are thoughtful and accommodating, creating luxurious spaces in which to recline and get lost, if that's your aim. Renowned for his Western chic expertise, the ranch's designer, Jet Zarkadas, has staged the property with a sense of place and authenticity that extends well beyond the cabins.

The Granite Lodge anchors the property and houses nine comfortable and beautifully appointed rooms, as well as the Great Room, which features a crackling fire perpetually stoked to welcome visitors after a day of fly-fishing, horseback riding, paintballing or other bucket-list activity. Some may look to the Silver Dollar Saloon for a well-deserved Moscow mule and a frame or two of bowling or karaoke for the courageous, talented and/or willing. Hell, on a good day, which is most, the saloon is even a wallflower's dream with plenty of colorful



The Ranch at Rock Creek features hillside horseback riding, an on-site bowling alley and a blue-ribbon trout stream, in addition to gourmet fare prepared with fresh ingredients.

characters moving in and out of the scene.

A 10-minute walk from the lodge, the popular luxury canvas cabins sit creekside and epitomize the "glamping" experience while emphasizing the nature and culture of the ranch.

The all-inclusive aspect at The Ranch makes for a carefree and truly escapist experience that's ideal for families, couples and singles alike. From the endless gourmet grub and drinks (standard packages include three world-class squares daily—from talented executive chef Josh Drage) to a pick

of two guided activities per day (including any gear that guests may require), the ranch offers a five-star Western adventure with extraordinary comfort and amenities, including a full spa.

The outfitters, guides and staff are competent and affable. But, there's one thing that sets The Ranch at Rock Creek apart. That clincher begins with outdoorsman/general manager Adam Shoen and is inherent in every employee—it's the ebullient passion for outdoor life and the willing exuberance to share it. And it's contagious. —S.Z.

Desert Oasis:

TANQUE VERDE RANCH

Western tradition meets luxury resort in southeast Arizona.

As the sun melts into the horizon, filling the sky with streaks of orange and pink, a line of horseback riders follows a trail past towering saguaro cacti while listening to the rhythmic clip-clop of their trustworthy steeds. Tanque Verde Ranch, 60,000 acres bordering Saguaro National Park in Tucson, Ariz., caters to all sorts of riders, whether they're lifelong equestrians or hopping in the saddle for the first time.

After a breathtaking ride, guests of Tanque Verde head to a country barbecue in the Cottonwood Grove or a gourmet dinner made with fresh, seasonal ingredients in the dining hall. To better acquaint guests with the charm of the Southwest, most evenings feature a talk on ranch history or wildlife after dinner. Then, the Doghouse Saloon beckons for a final cocktail. This desert oasis even has a signature drink: the slightly sweet and refreshing prickly pear margarita, made with syrup from prickly pear cactus fruit harvested by resort staff. Afterward, guests are off to bed, retiring early to rest up for another full day of activities.

This Western-style resort combines rustic charm with upscale lodging and luxury amenities including a spa, fitness center, tennis courts and sparkling swimming pools. It accommodates up to 200 people in its guest rooms, which feature pink, adobe-style exteriors and Southwest-inspired interiors. Casitas (junior suites) and haciendas (suites) come with a fireplace and a private patio with sweeping views of the saguaro-filled desert.

Along with contemporary conveniences, the property has a rich history. Tanque Verde, named





Tanque Verde brings guests the best of the wild West paired with resort-style amenities, including guided horseback rides, mountain biking, fishing, seasonal cuisine, and a full-service spa and pool.





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for the "green pool" of water used by Pima Indians, was established as a ranch in 1868. Just like a scene straight out of an old Western movie, the owner died after marauding bandits tried to hang him. Around the turn of the century, Jim Converse expanded the business by inviting Easterners to participate in ranch activities—a tradition has continued through the years.

The Cote family has operated the ranch since 1957 and, in fact, 79-year-old Bob Cote can still be found flipping his signature blueberry pancakes for breakfast ride participants atop a hill at the Old Homestead.

Guests can practice their horsemanship skills during trail rides at breakfast time and throughout the day, or they can take lessons on one of the ranch's 180 horses (at peak season). Harmony with Horses provides an opportunity for visitors to get up-close and personal with these noble creatures. After brushing the animal's coat and mane, and cleaning dirt and pebbles from its shoes, a customized lesson helps to improve riding skills.

This deeper connection is also fostered in a popular children's program, in which a horse is hand-selected for each child to ride during their stay, allowing these young visitors to bond with the animals. It's not unusual for kids to visit the stable for a last goodbye to "their horse" before leaving.

The family-oriented ranch truly offers something for everyone, from horseback riding to mountain biking, fishing, hiking, yoga classes, wine tasting and watercolor workshops. No matter which activities are chosen, any visit is sure to make memories that will last a lifetime. —S.S. NBM

HORSE HOT SPOTS

FOR MORE OPTIONS, CHECK OUT THESE TOP RANCHES ACROSS THE COUNTRY.

ZAPATA RANCH

A sustainable, working cattle ranch bordered by Great Sand Dunes National Park in Colorado, Zapata Ranch combines an authentic Western experience with high-end amenities and gourmet food by Mike Rosenberg, former personal chef to the Carnegie family. Owned by The Nature Conservancy, the 103,000-acre ranch is home to cattle, horses and 2,500 free-roaming bison. Zapata offers horsemanship clinics, pack trips and the chance to help drive cattle, fix fencing and irrigate farmland. Other activities include fishing, hiking and birding, as well as photography and painting workshops. End the day with a massage, yoga or soak in the hot tub. (719-378-2356; zbranch.org)

ALISAL GUEST RANCH AND RESORT

About 40 miles north of Santa Barbara, Alisal Guest Ranch and Resort has hosted many of Hollywood's rich and famous since opening in 1946. The secluded resort offers horseback riding lessons and 50 miles of trails through scenic hillsides, canyons and meadows. Rooms feature classic California ranch decor with contemporary touches. Gourmet cuisine is made from local, organic produce whenever possible. And, upholding tradition, guests are expected to dress up for dinner. Amenities include two championship golf courses, tennis courts, a spa, fitness center, swimming pool and private pond for fishing and boating. (805-688-6411; alisal.com)

SOUTHERN CROSS GUEST RANCH

In Georgia's historic heartland, Southern Cross Guest Ranch accommodates up to 40 people and boasts more than 200 horses, extending Southern hospitality to visitors of all riding abilities. In addition to small group rides across open pastures and lush wooded trails, guests may ride unguided, help groom and tack the horses, and sometimes see foals being born. The 220-acre property features a swimming pool, hot tub, game room, hiking, mountain biking, an aqua massage bed and an on-call masseuse. Nearby activities include golfing, fishing, skeet shooting, shopping and museums. Rooms are well appointed and visitors rave about the food. (706-342-8027; southcross.com)

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PRICE: \$4,999,000

Located in the coveted Crystal Cove master planned community, this rarely available, highly exclusive Watermark property is 1 of just 33 luxury estates built by Taylor Woodrow. The property evokes an alluring Santa Barbara-style design with stunning Spanish architecture.

430 HELIOTROPE, CORONA DEL MAR

PRICE: \$2,950,000

Rare-to-market Bohemian-inspired home is perfectly positioned on a large lot just South of PCH. Throughout the home, you will find the finest hand-selected finishes with close attention to detail, including dark hardwood plank flooring, artisan stone, custom cabinetry, and voluminous ceilings.

4081 DIABLO CIRCLE, HUNTINGTON HARBOUR

PRICE: \$1,649,000

Nestled directly on the Huntington Harbour, this gorgeous single story waterfront home has been recently remodeled with a brand new kitchen, exterior and bathrooms. This luxurious residence is boasting with coastal charm and features a stunning back deck with panoramic Harbour views and a spacious boat slip.

3245 CLAY STREET, NEWPORT BEACH

PRICE: \$1,250,000

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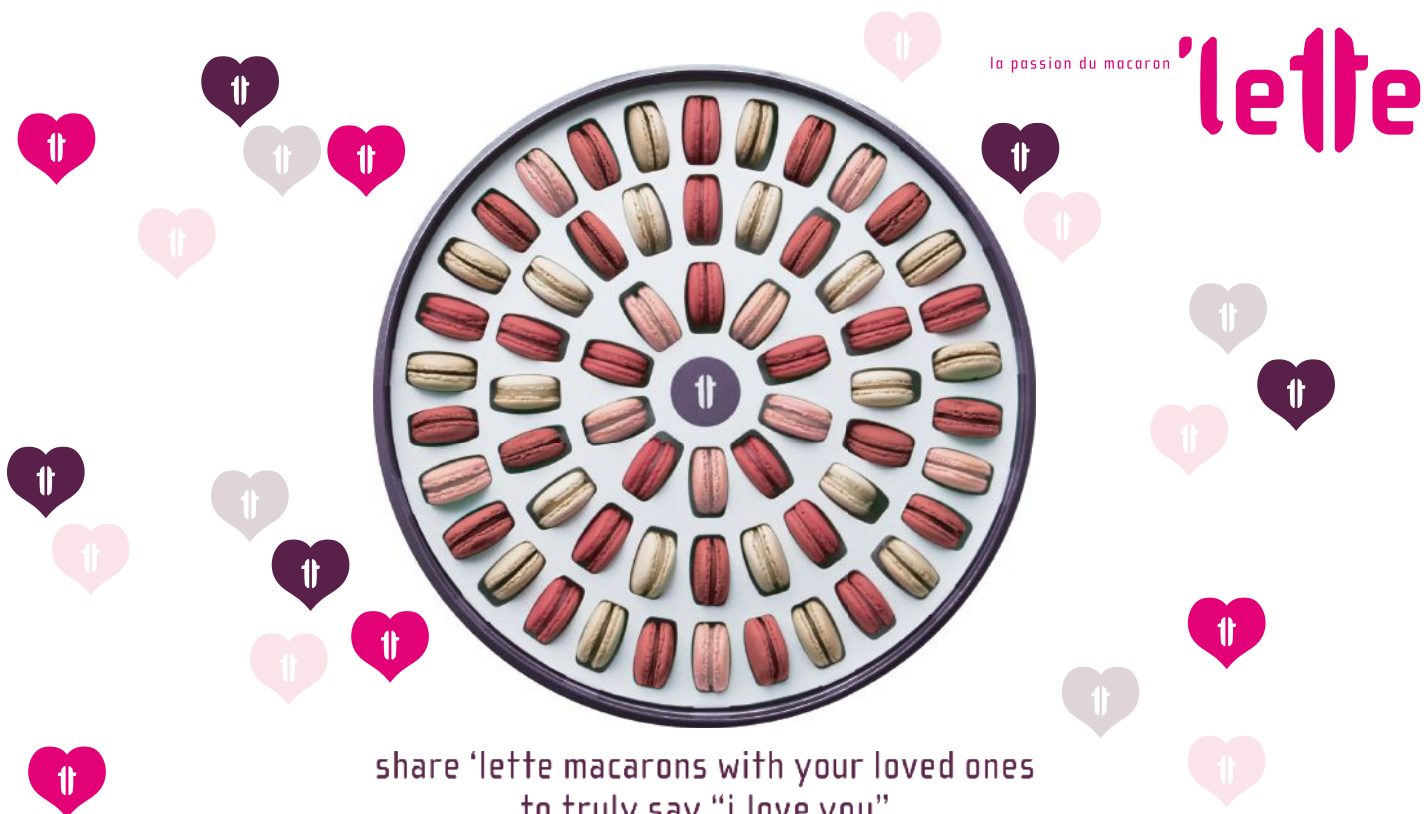
RIVIERA ROOTS

Fashion Island welcomed its newest addition to the dining scene, Fig & Olive, in late December. The French Riviera-inspired eatery incorporates the essence of coastal towns in both decor and dishes, as envisioned by owner and founder Laurent Halasz. Fig & Olive Newport Beach is only the second West Coast branch of the restaurant, so it features a unique menu conceptualized by Executive Chef Pascal Lorange, who pulls much inspiration from the Mediterranean region with dishes such as grilled lamb chops atop a bed of goat cheese gnocchi and eggplant or grilled branzino glazed with 18-year-old balsamic vinegar.

Fig & Olive also features several indoor and outdoor lounges as well as a communal seating area where the chef serves up sharable portions of classic dishes like zucchini carpaccio and a crostini trio. The meals pair wonderfully with a selection from the restaurant's wine room, which boasts bottles from southern France, Italy and Spain, or any one of the signature cocktails, such as the fig and walnut julep. Fig & Olive also has weekday lunch hours and a weekend brunch, both from 11 a.m. to 4 p.m. (949-877-3005; figandolive.com) —K.P.



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NB EATS

RED O RESTAURANT



Tasting of ceviche



Shishito peppers with Cotija cheese

Modern Mexican

Rick Bayless is revolutionizing dining at Fashion Island with his refined Latin-infused menu.

BY KARLEE PRAZAK | PHOTOS BY JODY TIONGCO

CELEBRITY CHEF RICK BAYLESS INTRODUCED his gourmet twists on classic Mexican foods to Newport Beach with the long-anticipated opening of Red O Restaurant in late November 2013. He remains an integral part of the Fashion Island location, his first in Orange County, working closely with Executive Chef Keith Stich.

"I'm in constant contact with chef," Keith explains about conceptualizing dishes to keep both the lunch and dinner menus fresh. "I did tastings [of proposed dishes] three-plus times with chef and, each time, he drives us to where he wants the dish to end up."

Upon entering the baroque-style doors, you're transported to a warm Oaxacan night with upbeat music and lively conversing among the tropical plants and tiled walls. Adorning the foyer and behind the bar, 218 tequilas stand available for tastings and a knowledgeable staff is at the ready to help navigate the selection. More than 400 wine varieties also are available

to complement each course, which starts with the prompt arrival of warm chips and both chile verde and traditional tomato-based salsas. This marks the beginning of a series of balanced Mexican flavors—never too spicy nor too dull.

Red O offers an extensive menu, beginning with a breadth of appetizers and small plates, but the standout is a tasting of ceviche. The arched presentation delivers four types of seafood—albacore, ahi, Scottish steelhead, and Yucatecan shrimp and calamari—bridging a generous plate of crispy plantain chips. The short rib tamales and Sonoma duck taquitos also deliver gourmet bites packed with multilayered Latin spices and a bonus: Both pair amazingly with the Condado de Haza tempranillo wine.

For the main affair, options range from the traditional tacos and enchiladas to Rick's mole-topped specialties, including the chicken mole poblano accompanied by savory black beans. Keith says, however, that the salmon dish is a signature

item on the Newport menu and a local favorite. The salmon is slow cooked with a crispy skin, served on a bed of rice topped with a green crema and accompanied by seasonal vegetables. But the real treat, and one of chef's personal favorites, is the "tinga poblana" (a pork stew)—a perfectly tenderized pairing of smoky chipotle pork shoulder and belly served with house-made tortillas. To accompany the entrees, a variety of shareable sides are available, such as the red chili kale or shishito peppers topped with Cotija cheese.

For the finale, Red O offers a range of reconstructed Mexican classics like tres leches cake or fudge infused with chili atop sorbet served with pickled mango, coconut and guajillo pepper popcorn; it may seem an unlikely combination, but the flavors marry together wonderfully.

Such dishes exemplify the goal of Red O. As Keith explains: "What we're trying to do more is take Mexican-infused ingredients and put a twist to make [dishes] more modernized." NBM

Red O Restaurant, 143 Newport Center Dr.; 949-718-0300; redorestaurant.com

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WINE AND DINE

The lonely space on Mariner's Mile—formerly occupied by local favorite Villa Nova—will soon be home to a brand-new tenant. After scouting the location for months, The Winery Restaurant & Wine Bar will take over the building early this year, offering the contemporary California cuisine and fine wines that have made its first location such a success. The original site in Tustin has enjoyed success since its opening in 2007, even being named Restaurant of the Year by the Orange County Concierge Association after just one year in business. Big plans are in the works for the Newport Beach location: The restaurant will boast two private dining rooms, one of which will seat up to 60 guests. The staff will be supported by six expert sommeliers and diners may opt to arrive by boat via one of the establishment's three private docks. Factor in breathtaking views of the marina and there's no doubt that The Winery will be a must-visit destination for date night once the doors open. (thewineryrestaurant.net) —B.B.

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NB EATS

AURORA MEDITERRANEAN GRILL & LOUNGE



Aurora's signature pita pizzas, served with a side salad



A gyro, hummus plate and Mediterranean melt salad are complemented by a glass of sangria.

Tastes of Greece

Dinner is served with a side of friendly conversation and simple yet creative drinks at this local hangout.

BY KIRSTI CORREA

AN INTIMATE SPACE WITH A JUKEBOX IN ONE corner and a red velvet couch in the other create an inviting environment to enjoy traditional Greek dinners delivered by a sincere staff at Aurora Mediterranean Grill & Lounge. Aurora is a home away from home that guarantees a comfortable atmosphere and dishes that please the palate. The menu, perfected by owner Kayte Monts, is something you'd try to whip up in your own kitchen for a casual dinner party—but even tastier.

“People love coming here because it’s like they are hanging out in their own living room—except they don’t have to cook or clean up,” Kayte says.

The meal starts with Aurora’s homage to a Mediterranean food icon: pita bread, which is fluffy, warm and a perfect companion to the restaurant’s many dishes and sides. Dip the pita in a hummus spread made of chickpeas, tahini, olive oil, garlic, sea salt and lemon juice, or for a zestier approach, ask for the red pepper variety.

And, while a salad is typically the go-to item

for cautious eaters, the lettuce-focused dishes at Aurora invite audacious taste buds. The Mediterranean melt salad is a specialty that starts off simple with a bed of romaine lettuce tossed in house balsamic vinaigrette. Then, sautéed lamb is added alongside mushrooms, green peppers and red onions, all topped with feta cheese.

Of course, any Greek menu would be incomplete without a gyro, and Aurora features an impressive take on this classic dish. The lamb gyro is a hearty fusion of thinly sliced, grilled lamb, tzatziki sauce, lettuce, onion and tomato wrapped in a pita. Other gyro options include chicken, Greek BLT and a version of the Mediterranean melt salad with lamb and feta cheese crumbles.

The restaurant’s signature pita pizzas also are popular; the biggest hit is the spicy chicken crunch, which features pita bread topped with marinara sauce, seasoned chicken, red onions and green peppers under grated mozzarella cheese and “jalapeno crunchies” for an extra kick.

“I remember thinking at home, ‘This would taste good on a pizza,’ so I came in the next day and tried it—and it’s one of the most popular dishes we have,” Kayte says.

Translating Aurora’s innovation in the kitchen to the bar, Kayte recently introduced a house-made fruit-infused vodka. She began by infusing pineapples with vodka and serving the spirited fruit on a stick, then began experimenting with other fruits to create an actual drink. Her most recent exploration involves vodka that combines the flavors of pear-apples and cinnamon. Aurora’s sangria is also something to dance on tables over—it perfectly blends red or white wine with fruit and has drawn a fan base since its menu debut.

“Our loyal customers are people who stumbled upon Aurora and came in for a drink, or a friend recommended the place to them,” Kayte explains. No matter how they find the restaurant, it’s the friendly staff, atmosphere and, of course, the food that keeps people coming back. **NBM**

Aurora Mediterranean Grill & Lounge, 2307 W. Balboa Blvd.; 949-642-1073; auroranewport.com

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ROLL OUT THE DOUGH

Recently launched, Newport-based Drive Me Cookie delivers fresh-baked cookies from the back of a Mercedes-Benz Sprinter van. A concept that's similar to an ice cream truck, but not quite a food truck, Drive Me Cookie is a sweet idea cooked up by "Doughmmander-in-Chief" Kohlman Verheyen and "Chief Cookie Doughveloper" Taylor McSunas. The two Newport locals put their chef caps together, installed a propane oven and a refrigerator in a van, and started baking. The dough is made in a kitchen in Costa Mesa, but cookies are baked fresh en route to whatever stop is next on the list, which may be a public street, a private event or even your doorstep.

Tera's Best, named after Kohlman's mother, is a classic chocolate chip cookie crafted from a family recipe, while Miss May, an oatmeal raisin delight, pays tribute to a friend's mother who provided the recipe. Other treats include the Goth (a double chocolate cookie) and the cinnamon-sugary Mac Doodle (a snickerdoodle.) Even healthy eaters can indulge a little—the Tree Hugger is gluten-friendly and uses vegan chocolate chips. If you can't decide, order two cookies and ask for ice cream in the middle to make an ice cream sandwich. Wash it all down with the only drink on the menu: milk, of course. (855-436-2637; drivemecookie.com) —K.C.



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TASTE OF THE TOWN

LAST CALL

The Bungalow, which pays tribute to its namesake with a Craftsman-style shingled facade and dark wood tones, recently debuted a late-night happy hour menu that runs from 9 p.m. to closing. Prior to the addition, the weekday happy hour ran from 4:30-7 p.m. at the Corona del Mar restaurant. Now, however, guests can come back for round two Tuesdays through Saturdays.

"Late-night dining is hard to come by in Orange County," says Jim Walker, co-owner of The Bungalow. "We wanted to be the last stop on the way home—a place where new and loyal guests could enjoy a bite to eat and have a drink."

Happy hour specials include select menu favorites such as lobster corn fritters, signature sliders and fries, artisanal cheese and charcuterie, and wild mushroom and chicken quesadillas. Sip your choice of martinis, wine, beer, well drinks, ginger-infused Moscow mules and the handcrafted cocktail of the week. (949-673-6585; thebungalowrestaurant.com) —K.C.



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3107 Newport Blvd.; 949-673-2747;
crowburgerkitchen.com

THE DOCK

2816 Lafayette Rd.; 949-673-3625;
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FLY 'N' FISH OYSTER BAR & GRILL

2304 W. Oceanfront; 949-673-8400;
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hosumbistro.com

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ilbaroneristorante.com

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juliettenb.com

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kitayama-restaurant.com

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marchemoderne.net

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marrakeshdining.com

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mastrosrestaurants.com

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mesacostamesa.com

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thesaddleranch.com

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WHY NOT IN NEWPORT?

Our guest columnist proposes bringing a chocolate festival to the city's streets.

BY BETH FHANER

With Valentine's Day right around the corner, this time of year always brings thoughts of romance, flowers, candlelit dinners and, of course, chocolate, which the ancient Mayans referred to as "the food of the gods." Those looking for a sinfully delicious way to celebrate the season of love should consider attending a chocolate festival—an event that, sadly, Newport locals must travel across the border to attend.

Since 2009, the Island Hotel has successfully enticed chocolate connoisseurs with a similar type of event: its popular Cocoa Lounge, a themed, multiday dessert event featuring an array of gourmet confections of the white, dark and fruit-infused chocolate varieties. Chocolate cherry cobbler, red velvet s'mores, triple chocolate profiteroles and chocolate caramel lollipops were just a few of the scrumptious sweets featured on last year's menu. For a set price, chocolate fans of all ages, including couples and families, are invited to indulge in the all-you-can-eat chocolate buffet.

Although local denizens can pay to indulge the palate at the Island Hotel's decadent Cocoa Lounge, Newport Beach doesn't yet have its own public chocolate festival to celebrate every facet of the treat on a grand, citywide scale. Several California cities host chocolate festivals, however, and one of the area's most popular takes place just north of us in the charming Long Beach community of Belmont Shore.

Held annually on the second Saturday of February, the Belmont Shore Chocolate Festival marked its 11th anniversary on Feb. 8. Created to celebrate Valentine's Day, the popular event draws a large crowd of chocolate lovers to Second Street—Belmont Shore's main business corridor—where various retailers and restaurants offer visitors an array of tantalizing treats. The family-friendly event is free, although tickets (\$10 for a book of 12) are required to sample the various desserts.

A chocolate cream pie-eating contest and a homemade chocolate dessert contest also are



A homemade chocolate dessert contest is a popular activity at the Belmont Shore event.

featured during the day's activities. Any individual who believes they have an award-winning chocolate recipe can submit their entry to the panel of judges who sample the desserts and declare winners in three categories. Additionally, a cake and coupon walk, live music and children's activities such as face painting add to the festival's fun, family-friendly atmosphere.

"The chocolate pie eating contest is popular especially with the kids, and the dessert contest brings out a lot of people who like to bake," says Dede Rossi, executive director of the Belmont Shore Business Association.

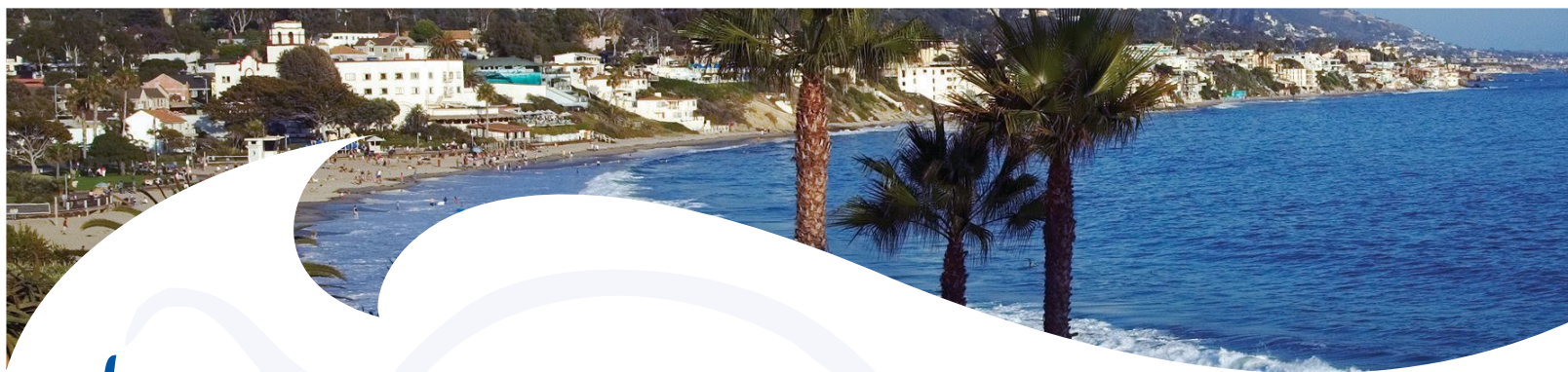
For all of my fellow chocolate lovers, I propose bringing a chocolate festival to a local outdoor area where residents could shop, enjoy entertainment and indulge in mouthwatering chocolate treats, similar to the annual event in Belmont Shore. With an abundance of retail shops and restaurants, Balboa Island or Corona del Mar

could both be possible contenders to host a Newport festival. I can just envision either one of these vibrant shopping districts hosting an event where residents could enjoy a day of strolling, shopping and savoring tempting chocolate delights while partaking in special activities revolving around the heavenly treat. Not only would such a festival be beneficial for the local economy, but it would be another regular event that would help foster a sense of community among retail owners and residents.

For local cacao fans, a day dedicated to all things chocolate would be a day well spent, not to mention a welcome addition to the city's lineup of annual events. To have our own chocolate paradise in Newport for a day—wouldn't it be sweet? *NBM*

Beth Fhaner is an Orange County resident, food writer and self-proclaimed chocoholic.

WE WANT TO HEAR FROM YOU! IS THERE SOMETHING YOU'VE SEEN IN ANOTHER CITY THAT YOU'D LIKE TO SEE IN NEWPORT BEACH? IF YOU'RE INTERESTED IN BEING OUR NEXT GUEST COLUMNIST, SEND YOUR IDEA TO EDIT@NEWPORTBEACHMAGAZINE.COM.



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