

NEWPORT BEACH

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Magazine

The **MEN'S** *ISSUE*

THE FASHIONABLE FOUR
STYLE SECRETS FROM
LOCAL TASTEMAKERS

WHISKEY WILD
SWIRL, SNIFF & SIP
THE SULTRY SPIRIT

MODERN MAN CAVES
BUILD THE ULTIMATE
HOME ESCAPE

MATT MEDDOCK,
SESSIONS WEST
COAST DELI

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WELLNESS**
5 WAYS TO GO
HIGH-TECH

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AT THE NEWPORT
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the MEN'S ISSUE

40. Carve Out a Cave

Follow your passion to build the ultimate retreat at home.

By Joe Carberry

46. The Right Fit

Get sartorial secrets from four decidedly different yet still fashionable gents: a serial surfer, a globe-trotting CEO, a doctor to the rich and famous, and a savvy sailor.

By Christopher Luu

50. Whiskey Wild

Newport Beach is in the midst of a spirited awakening.

By Bria Balliet and Linda Domingo



Features



34. Segerstrom: A Life and Legacy

We pay tribute to the man who brought world-class culture to Orange County.

By Allison Hata

36. Wired Workouts

Go high-tech with five ways to bring fitness into the digital age.

By Kirsti Correa

56. Beyond Film

Newport Beach's cinematic festival returns in April. This year, take a behind-the-scenes look at the exclusive parties, workshops and discussions that comprise the weeklong celebration of moviemaking.

By Peter A. Balaskas

60. Fashion: Sirens of the Silver Screen

Revisit old Hollywood glamour with style inspired by Newport's red carpet history.

66. Habitat: One Ford Road

The gated community is a perpetual hideaway resort for young families and retired couples.

By Peter A. Balaskas

70. Travel: Cabo Redux

Escape to Baja's famous playground for another look at the city's diverse offerings.

By Linda Domingo

74. Real Estate Showcase

Tour some of Newport Beach's top homes on the market.

Simon G.



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JODY TIONGCO

18



JODY TIONGCO

26

8. A LETTER FROM THE EDITOR

12. BUZZ: All the latest news and notes from around Newport Beach

18. TREND: Trade in traditional men's accessories for contemporary accouterments that take an outfit from drab to dashing.

22. HOME: Whether you want to mimic the forest, beach or garden, use these tips to make the indoors feel closer to nature.

26: ACTIVE: Just one year after opening in Newport Beach, bari has attracted a loyal following of locals who love the high-intensity, full-body workout.

28. OUT & ABOUT: Charity pursuits and coastal happenings

84. TASTE OF THE TOWN: Explore this restaurant resource for dining out in Newport Beach.

98. MY 24 HOURS IN NEWPORT: Sugar Ray frontman and former Newport Beach resident Mark McGrath shares how he would spend an ideal day in his favorite town.



ON THE COVER:
MATT MEDDOCK
SHOWS OFF HIS
ECLECTIC, SURF-
INSPIRED STYLE
ON PAGE 46.
PHOTOGRAPHER:
CHAD MELLON



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MY DIGITAL SPACE

Google runs my life: Keep organizes my to-do lists; Calendar manages my schedule; Drive stores all of my important documents and spreadsheets. Even my music playlists run exclusively through the Google platform.

I'd be lost without Google, not to mention technology in general. While it's not even in the realm of possibility to completely disconnect, I've made an effort to at least stash my phone away during the workday. But, funnily enough, just last week I missed an important call about a last-minute meeting because I wasn't checking my messages. It was a reminder that, as a whole, we're reliant on every form of communication—and there are so many different forms.

Last weekend, I was watching TV (more technology, of course) and 2009's "He's Just Not That Into You" came on. I heard this quote from Drew Barrymore's character that struck me as particularly relevant today: "I had this guy leave me a voice mail at work, so I called him at home. And then he emailed me to my BlackBerry and so I texted to his cell and then he emailed me to my home account and the whole thing just got out of control. ... Now you just have to go around checking all these different portals just to get rejected by seven different technologies. It's exhausting."

It is exhausting. But it's also incredible. Tech has infiltrated all facets of our lives, from how we plan a day right down to things like how we work out. In our health and wellness spotlight for April/May, we explored the different ways the city and its residents have stepped into the new era of fitness. For me, high-tech exercise means there's a screen attached to my elliptical, but one of our editors, Kirsti Correa, proved there's a wealth of options in Newport for getting a "Wired Workout" (page 36).

But even as developments in technology change the way we go about life, it's nice to know that some of the things we love will never go away. The people leading the charge at our favorite restaurants, shops and events learn to embrace innovations like technology and use them to their advantage. Take the annual Newport Beach Film Festival (page 56), for instance: Established in 1999, it's grabbed hold of the industry's digital advancements, but remains rooted in offering us a solid cinematic education. The festival is a great example of what we celebrate in this issue, both in the articles mentioned here and in our special men's section where we discuss Newport's whiskey uprising and the evolution of the man cave. Our city has a way of adapting to the times and emerging for the better.

Allison Hata
Editor, Newport Beach Magazine
allison@firebrandmediainc.com



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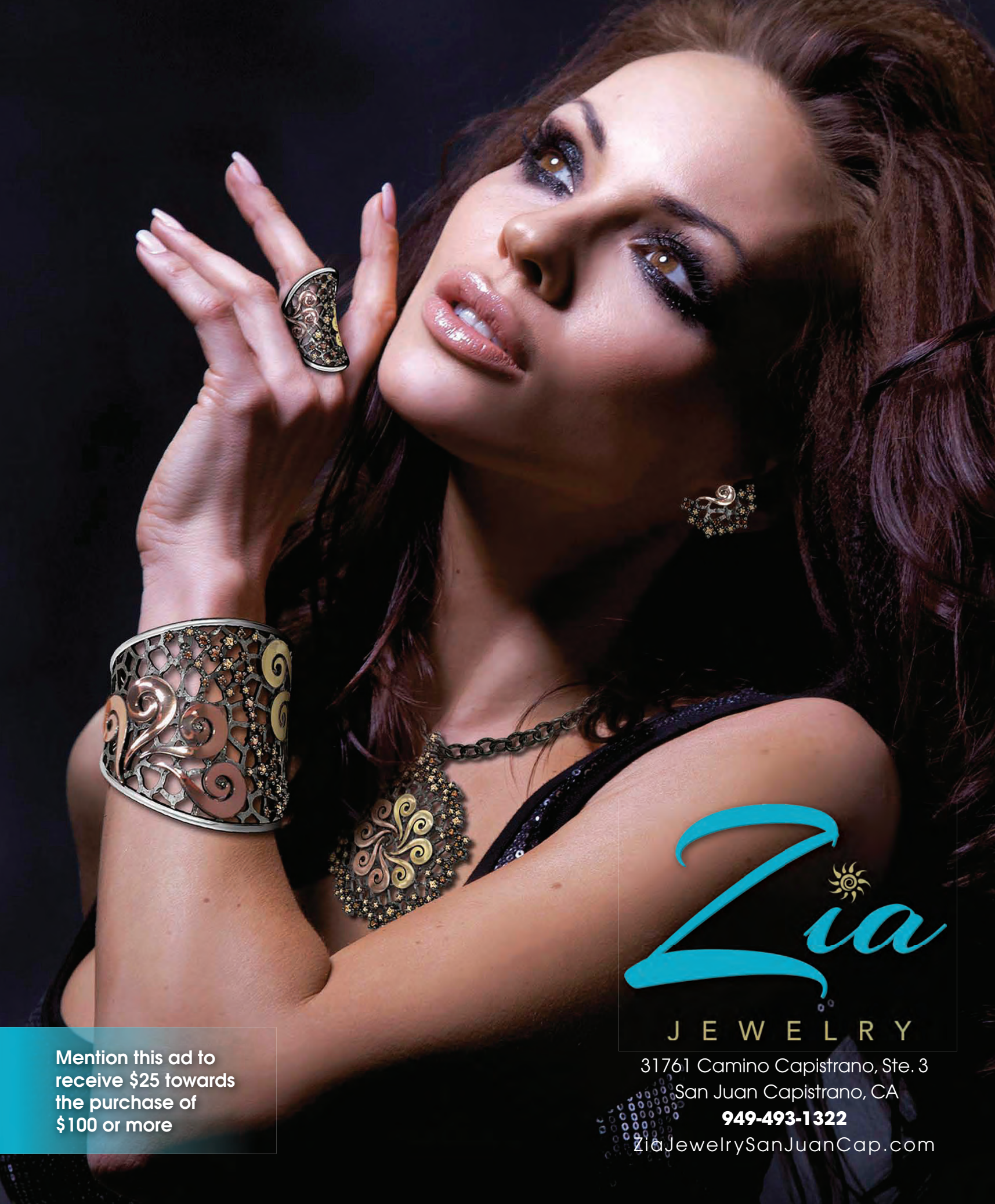
What's not to like?



THE BEST COASTAL LIFESTYLE
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KEEPING CURRENT ON THE COAST



SCIENTIFIC STUDIES

PBS's empowering new series "SciGirls" is airing its highly anticipated Crystal Cove State Park episode featuring three local teens on May 22. "Terrific Pacific," which was filmed in September, follows the girls' science-driven adventures collecting data from the surrounding protected waters both inside and out, explains Crystal Cove Alliance (CCA) education coordinator Holly Fletcher.

"We spent two days filming on [CCA's marine protected area citizen science cruise]—it usually takes a total of three hours," says Holly, who serves as a mentor to the girls throughout the episode. "I've seen a few of the edits so far, and it's really cute. The girls did a great job."

The girls, all between ages 13 and 14, were also participants in the Crystal Cove Junior Lifeguards program, so they brought an extensive knowledge of the area with them. For Holly, this made explaining the science of their adventures much easier—but she also says it made for some interesting conversations.

"We'd be talking about something like swells ... and while the girls would get it, [the producers] wouldn't," Holly laughs. "They are from Minnesota [and know] science, but we needed to fill them in on local jargon."

During the week of filming, the girls also ventured out to the kelp forest with local lifeguards, where their kayak and snorkeling adventures were captured on GoPro cameras to include in the finished edit. Holly says the episode will actually show a unique side of Crystal Cove because it was filmed right after a winter storm. So although the footage turned out a bit more barren than usual, it provided an interesting opportunity for the girls to compare what they captured with pre-storm footage and discuss the effects of harsher weather.

"Terrific Pacific" airs on pbskids.org on May 22; the on-air premiere date varies based on area, so check your local listings. (pbskids.org)

—Kearlee Prazak



BATTER UP

The **Newport Beach Little League** (NBLL) expanded its 2015 roster to include a Junior 90s Division for 14-year-olds—a first in Newport-Mesa history.

The games give the players in the league a chance to experience competition on a full-size baseball field for the first time. “The goal of every player on our team is to play high school baseball,” division coordinator Jeff Fisher explains. “So to play on a 60-90 field (90-foot base paths and 60-foot, 6-inch pitching distance) gets them ready ... and gives a more realistic view of how the boys will do their freshman year.”

The team—named the Sea Kings, with an intentional nod to Corona del Mar High School's mascot—plays home games on the school's junior varsity field, but also travels around Orange County to compete in District 55. Sights are set on making it to the Little League World Series in Pennsylvania at the end of August.

Jeff says this year is the best chance yet because it's also the first time a league team is eligible to play outside the district—a requirement, along with winning, to go all the way to South Williamsport, Pa. (newportbeachll.com) —K.P.

MR. & MRS. MANNERS

Proper etiquette can be uncharted territory for brides and grooms-to-be. Beginning April 26, couples can attend **“Wedding Etiquette Soirees”** at The Resort at Pelican Hill to brush up on dining and social protocol before the big day. Kathleen Cover, the founder and president of The Etiquette School of Newport Beach, is leading six workshops at the resort that take place Sundays through Nov. 22.

The gatherings will cover the do's and don'ts of weddings, from first impressions to gift giving, table manners and, most importantly, correspondence. “We don't share gift registry on invitations as traditional etiquette,” she says of one common question that arises during wedding planning. “But a lot of people want to do that today, so we show how to bend certain rules of etiquette for our modern times.”

The relaxed, party-like atmosphere of each class offers plenty of Q-and-A time with Kathleen so she can address any and all concerns. “Once [they] know what to do, [they] can relax and enjoy every moment,” she explains of brides and grooms on their wedding day. She even provides take-home materials for those who need a refresher course. Tickets are \$195 per person for each class, and advance reservations are required. (800-820-6800; pelicanhill.com) —K.P.



Learn the do's and don'ts of wedding etiquette at The Resort at Pelican Hill with Kathleen Cover.

LET'S GET TECHNICAL

The recently renovated **Newport Beach Public Library** added to its growing list of high-tech debuts when it opened its media lab in January. The lab offers 14 desktop computers equipped with programs suited for everything from digital art manipulation to music creation—all free to library members.



Newport Beach Public Library media lab

“The media lab gives anyone with a library card free access to some very sophisticated software and equipment so they can learn new technologies, hone their skills as students or job seekers, and develop creative projects,” says library employee Katherine Mielke.

The Adobe Creative Suite is proving to be most popular, but Katherine adds that some of the more unique offerings—like a VHS-to-DVD converter and Sound Lab—are seeing an increasing amount of usage. The media lab also offers unlimited use of lynda.com, which provides tutorials on everything from Web design to 3-D animation. Limited instructional classes coordinated by the city are available for those who prefer a more hands-on approach.

Thanks to the high traffic and positive response from visitors, the media lab is open daily; check the website for periodic closures. Workstations can be reserved for up to four hours at a time. (949-717-3860; newportbeachlibrary.org) —K.P.



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NEWPORT BEACH CITY COUNCIL DISCUSSED A PLAN AT THE BEGINNING OF THE YEAR TO INSTALL 30 WOOD-BURNING **FIRE RINGS** AT BIG CORONA AND THE EAST SIDE OF BALBOA PIER, AS WELL AS RESTORED THE ABILITY TO BURN WOOD IN SOME OF THE CITY'S BEACH FIRE RINGS; THE DEBATE CONTINUED IN FEBRUARY, HOWEVER, AND RESIDENTS ARE INVITED TO VOTE FOR THEIR PREFERRED PLANS ON CONNECTNEWPORTBEACH.COM.

A FLUID STATE

It may not be able to cure the common cold, but **The Hydration Room** can help alleviate the symptoms. Opened in January, the new clinic on Westminster Avenue near Old Newport Boulevard focuses on a combination of holistic and traditional wellness to battle a host of ailments. IV therapy and vitamin infusions are the core therapies offered at The Hydration Room, which was founded by two board-certified anesthesiologists, Drs. Elizabeth Bales and Brett Florie.

IV hydration sends vitamins, fluids and electrolytes directly into the bloodstream, helping to fight off

symptoms of migraines, jet lag, hangovers and colds. Before undergoing any therapy, patients meet with a licensed medical professional for a consultation; then, a custom plan is prepared based on each individual's history and condition. Patients can settle into a comfortable chair in a lounge-like setting while surfing the Internet, watching Netflix and sipping complimentary water or tea.

For those who want to skip the IV needle, vitamin shots range from metabolism boosters to B12, in addition to non-injectable treatments like oxygen facials, oral therapies for daily wellness and Latisse for eyelashes. (949-650-0866; thehydrationroom.com)

—Allison Hata



NEWPORT BEACH RESIDENT MARILYN AMSTER GOULD PUBLISHED HER FIRST NOVEL FOR ADULTS, **"SON OF A SON,"** IN LATE 2014. THE PLOT FOLLOWS THE LIFE OF A JEWISH IMMIGRANT FROM AGE 13 TO 90 IN THE 20TH CENTURY AS HE'S SENT TO AMERICA AND PAVES THE WAY FOR HIS PARENTS TO JOIN HIM.



ON THE WATER

Move over, large vessels—Newport Beach native Ryan Lawler is taking reservations for his 23-foot Zodiac inflatable boat, a size that allows him to take guests deeper in coastal alcoves than previously possible.

"The business is called **Newport Coastal Adventure**, and that's what we are offering: an 'adventure' that combines a coastal tour with a whale-watching experience," Ryan says.

This type of tour—on a six-person boat controlled by an outboard motor that hits speeds upward of 20 mph—is a first for the Orange County area, he explains. And Ryan didn't spare any expense while refurbishing his boat; he even installed custom cushioned seats with backrests to provide comfort and stability.

"From Newport Harbor to Laguna Beach, we have an incredibly beautiful and diverse stretch of coast," he says. "... You get to see that in a 30-minute span, and then have another hour to go out 1 to 6 miles offshore and look for whales and dolphins. ... More uncommon species we have seen in the past several months include killer whales and humpback whales." (949-922-8784; newportcoastaladventure.com)

—K.P. NBM

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THE ARTS

"LATER LIFE"

Through April 19

This Newport Theatre Arts Center play by A.R. Gurney proves that love is never easy. A buttoned-up banker and a free-spirited woman bump into each other at a party after years apart; during the course of the evening, they have the chance to rekindle a romance while other guests provide a reminder of life's many possibilities.

"ALIEN SHE"

Through May 24

More than 900 objects come together at the Orange County Museum of Art for this survey of the Riot Grrrl punk feminist movement's affect on artists through the past two decades. The exhibit features seven artists, with works ranging from self-published zines and hand-designed posters to sculptures, photographs, videos, drawings and publications.

"GUYS AND DOLLS"

April 14-19

Filled with memorable hits like "Sit Down, You're Rockin' the Boat" and "Luck be a Lady" this classic musical follows the lives of small-town gamblers and criminals in 1940s New York City. The comedic tale, on stage at Segerstrom Center for the Arts this spring, is based on the stories of Damon Runyan and features music and lyrics by Frank Loesser.

MUSIC MAKERS

HYATT REGENCY NEWPORT BEACH JAZZ FESTIVAL

May 29-31

Music lovers rejoice at the Hyatt Regency Newport Beach. Performances run from Friday to Sunday at the Back Bay Amphitheater and the Back Bay Golf Course, and include talented artists such as Boney James, Jeffrey Osborne and Patti Austin.



STEALING THE SHOW NEWPORT BEACH FILM FESTIVAL

April 23-30

One of Newport's biggest events of the year once again showcases documentaries, short films and features at venues around the city, including Big Newport, Lido Live, Island Cinema and Orange County Museum of Art. Now in its 16th year, the eight-day festival is gearing up to welcome more than 53,000 film buffs, actors and directors to the 300-plus screenings and festivities.

SEASONAL CELEBRATIONS

MOTHER'S DAY TEA

May 8-10

Spoil the matriarch in your life with an elegant afternoon tea in the Great Room at The Resort at Pelican Hill, complete with breathtaking ocean views and a classical harpist. For \$55 per person, enjoy tea, freshly baked pastries and savory small sandwiches.

MOTHER'S DAY CHAMPAGNE BRUNCH

May 10

Balboa Bay Resort is serving a Champagne brunch in its



Grand Ballroom, complete with live entertainment, seafood stations and classic breakfast favorites. Complimentary Champagne and mimosas are offered, and guests may also choose to dine alfresco on the Coconut Grove patio.

MOTHER'S DAY CRUISE

May 10

Mothers and their families can climb aboard a yacht for a gourmet brunch buffet and endless Champagne. Hornblower Cruises is offering two-hour tours around Newport Harbor at 9 a.m., 12:30 p.m. and 2 p.m.; all moms receive flowers in honor of their special day.

DRINK UP

NEWPORT BEACH BEERFEST 2015

April 25

Craft beer fans can raise a glass at Newport Beach Beerfest 2015, held at Newport Dunes Waterfront Resort. The festival offers more than 100 craft brews, food trucks and live entertainment.

NEWPORT BEACH WINE FESTIVAL

May 22-24

Celebrate Memorial Day weekend with a glass of vino in hand—the annual Newport Beach Wine Festival returns to Balboa Bay Resort with winemaker receptions, multicourse dinners, cooking classes and tastings.

BALBOA ISLAND WINE WALK

May 30

The first-ever Balboa Island Wine Walk provides oenophiles and casual sippers alike the chance to sample fine wines, cuisine and local shopping. Guests receive their own commemorative wineglass as well as a map to the more than 15 stores and galleries along Marine Avenue that are participating. NBM

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OFF THE CUFF

Trade in traditional men's accessories for contemporary accouterments that take an outfit from drab to dashing.

BY BRIA BALLIET AND ALLISON HATA

The hazy gray fog that settled over the coast this winter is a thing of the past. As the sun peeks out from behind the clouds, Newport's best-dressed men can bury their button-downs and blazers in favor of a casually cool springtime style. And this season, instead of reaching for your most comfortable pair of flip-flops, add some polish and personality with the latest evolution of accessories.

Enter the era of modern menswear: It's time for cufflinks and ties to take a backseat. For a simple swap, change out plain, plastic shades for a pair with texture—think wood or bamboo for an eco-friendly fit, or add a sleek edge with black leather trim. Similarly, retire the ubiquitous fedora for the fashionable (yet still classic) flattop pork pie. You can also sneak color into your wardrobe in a sophisticated way with accents on accessories like watches, lightweight scarves, messenger bags, pocket squares, socks and shoes. Even if you typically favor neutral tones, throw caution to the wind—a splash of cardinal red or royal blue can help bring an outfit to life.

From head to toe, accessories can transform even the most basic uniform of jeans and a T-shirt. Whether you strap on a watch, lace up some colorful kicks or top off the look with a lightweight hat, these of-the-moment products will help you step into spring with style. **NBM**

Incorporate pops of color into your springtime style with vibrant items like men's carryalls, socks and shoes, prices upon request, at Lacoste, South Coast Plaza. (714-641-1730; lacoste.com)





LEATHER NOAH SHOE with soft-cleated outsoles, \$125, at Travis Mathew, Fashion Island (949-438-2515; travismathew.com)



CROSSBODY CALF LEATHER BAG in jeans blue, \$1,650, at Ermenegildo Zegna, South Coast Plaza (714-444-1534; zegna.com)



PARADISE PILOT DUAL-TIME CHRONOGRAPH WATCH with leather strap, \$315, at Tommy Bahama, Corona del Mar Plaza (949-760-1886; tommybahama.com)



SHINOLA RUNWELL CHRONOGRAPH WATCH with blue dial, \$900, at Neiman Marcus, Fashion Island (949-759-1900; neimanmarcus.com)



LEISURE SOCIETY VINSON FRAMES with leather blinders, \$980, at A'maree's, Newport Beach (949-642-4423; amarees.com)

HERITAGE COLLECTION CASHMERE CRINKLE SCARF, \$875, at Burberry, South Coast Plaza (714-556-8110; burberry.com)



DAWHER PAPER STRAW PORK PIE HAT, \$85, at G-Star, Fashion Island (949-640-7054; g-star.com)



PALM TREE SILK POCKET SQUARE, \$40, at Vineyard Vines, Fashion Island (949-706-1570; vineyardvines.com)



SPORTS SHOE in printed cotton canvas, \$680, at Hermès, South Coast Plaza (714-437-1725; hermes.com)

THE CLOTHING CHRONICLES

From brand-new trends and collections to stores that are changing the way we shop, the retail scene is making headlines in Newport.

BY LAUREN MATICH

SHOPPING SCENE

Spring has sprung, and so have a slew of new and returning stores that will have shoppers looking their best. Fashion Island received a recent addition with **Marlowe**, a women's boutique with clothing, accessories and gifts from local designers and international brands hailing from Europe and Australia.

Roberto Cavalli, known for its bold, bright prints, reopened in March on the second floor of South Coast Plaza near Saks Fifth Avenue. An upgraded **Chanel** will return in May near Nordstrom in an extra-large space made from two combined stores.

In addition to returning favorites, brand-new stores join the lineup of boutiques at South Coast this spring. **Dolce & Gabbana**, which celebrates the 30th anniversary of its first collection in 2015, joins the ranks of luxury designers in May. Also expected in May, **Charlotte Olympia** is opening an independent boutique featuring imaginative shoes, handbags, leather goods and accessories.

For shoppers who can't wait, a new collection landed at **Nordstrom** in early March: From the next generation in the Missoni family, the Margherita collection is for little boys up to 2 years old and girls up to 7. Soft, easy-to-wear fabrics like jersey and washed linen make up the collection, with youthful colors like gray and lilac punctuated by bright piping, braiding and geometric patterns.



Nordstrom
Margherita collection

FAST FOUR

Don't break out your pastel sundress just yet—Neiman Marcus offers a few style tips that will keep you on trend from spring to summer.

Flashback to 1970: Flowing hemlines, statement fringe, billowing blouses, wide legs and saturated orange and yellow shades are all far out.

Bucket Bags: This catchall can be carried in-hand or slung over the arm, and the drawstring top makes for easy access.

Falling Flat: Slide on a strappy pair of sandals in any style; gladiators are making a comeback, while platforms are at the height of fashion.

Smooth Suede: Leather's softer cousin is finding its way onto everything from dresses to handbags.



The Bonobos Guideshop, recently opened at Fashion Island, is recreating the shopping experience for men. At the brick-and-mortar Guideshop, customers can schedule styling and shopping trips to try on merchandise. After the appointments, in-store associates facilitate online purchases for guests, which are delivered in a few days. We spoke with Dwight Fenton, vice president of design, to discuss how the brand is helping men spring forward with fashion.

What makes Bonobos different from other men's stores?

Dwight Fenton: Bonobos keeps it simple, showcasing color and assortment but not stocking inventory in Guideshops, so you can get a sense of what everything is and what you really need. Our store experts, called guides, also help with styling, fit and check out.

What trends will your guides be putting men in this spring?

DF: For this spring and summer, prints are everywhere; the bolder the better. It's not just for swim trunks, it's now woven shirts, T-shirts, sweatshirts, pants and shorts—lots of florals, abstracts and geometrics in vibrant colors. Paired with something simple like white jeans, it's something any guy can pull off.

How should men integrate the prints into their wardrobes?

DF: Just make sure you're not doubling up on them at the same time. If your pants are bold, a white or chambray shirt is all you need on top. ... Always keep it simple; more is not more when it comes to trends and dressing well. **NBM**



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NATURAL WONDERS

From dramatic living walls to organic fabrics, designers are taking cues from the Newport coast to bring the outside in.

BY KATHERINE DUNCAN

The earthy-yet-elegant rustic trend is sweeping the nation. Crystal, shells and reclaimed wood are being used in everything from furniture to small accent pieces, and even indoor plants are presented in innovative ways: Vertical gardens, also known as living walls, give a whole new meaning to “going green.”

With white sand beaches, swaying palms and sparkling ocean water, it’s difficult to close the door on an environment as paradisiacal as Newport’s. It’s no wonder, then, that so many local designers are putting a coastal spin on the natural trend by bringing the beach indoors. “Everybody is switching out [from dark, traditional interiors] right now,” says designer Dawn Rosenmayr, owner of Newport Beach-based design firm Rosenmayr Interiors. “... White and natural colors with pops of ocean beach colors are super cheery and refreshing.”

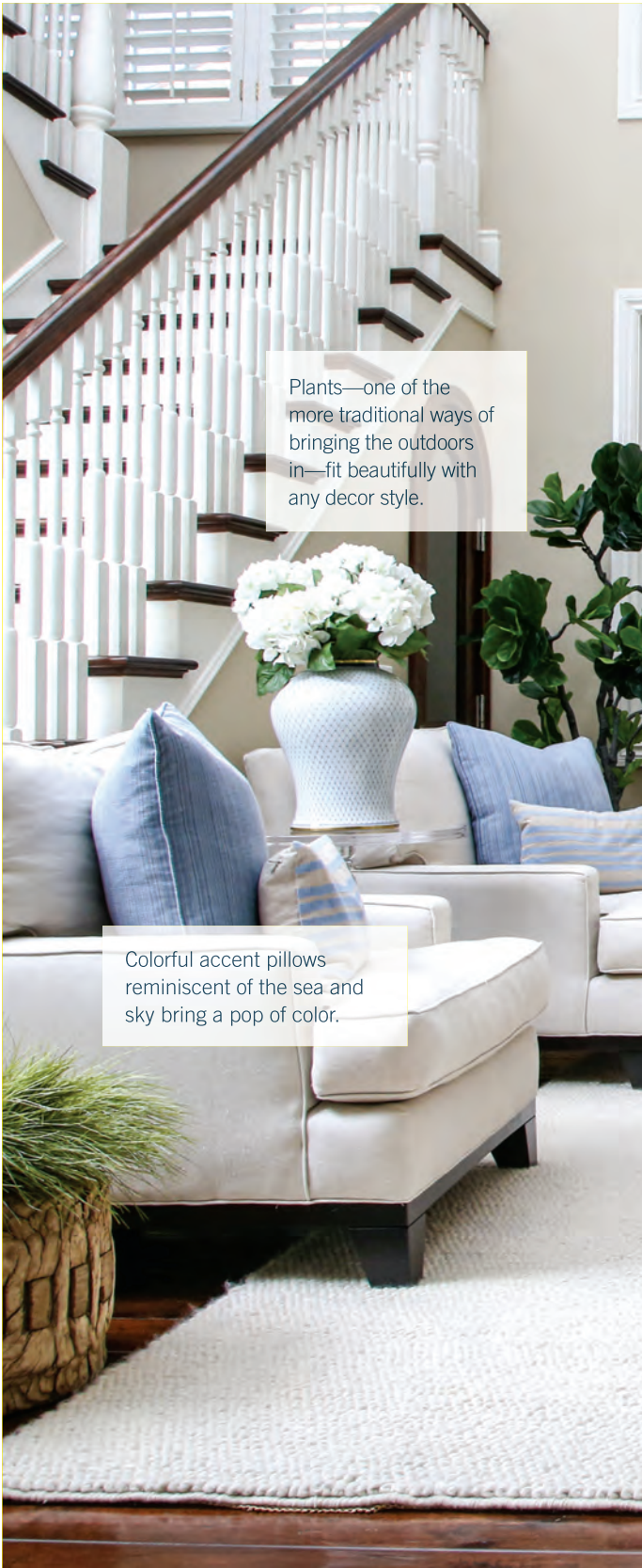
For a total transformation, take advantage of a beachy palette to brighten the space: crisp white, watery blues and sandy neutrals. Paint alone makes a dramatic impact, and carrying the coastal tones throughout the design brings the look together. Neutral walls and furniture are enhanced with sea- and sky-inspired aqua accents and blue art pieces.

Organic and minimally processed natural fabrics bring much-needed texture to a space, making it feel more beach-casual. A beige area rug made of natural sea grass or sisal (a fiber derived from tropical plants) can provide the illusion of sand, while organic cotton upholstery works beautifully on couches and chairs. For lampshades, Dawn suggests raffia, a straw-like material made from palms that’s reminiscent of a beach hut rooftop. Linen shades or wood shutters are a natural choice for window treatments if privacy is needed, but it’s ideal to let sunlight illuminate the area.

The natural influence doesn’t have to encompass the entire home, though. “All the natural elements are outside your door in Newport,” Dawn says. “Picking up shells, driftwood [and] sea grass is a wonderful way to incorporate natural elements.”

Try filling glass hurricanes with sand, rocks or sea glass gathered during a beachside stroll for a creative table centerpiece. Oversized shells or pieces of coral make for stunning accents on tabletops, mantles and open shelves. And even driftwood can be elegant when incorporated cleverly; it’s often used to frame mirrors, photos and art.

“It’s interesting how people are so interested in bringing the outside in; ... it’s like innate. Everybody wants to do that,” Dawn says. “We’re all kind of connected to nature, and it just makes us feel so much better when we’re a part of it.” **NBM**



Plants—one of the more traditional ways of bringing the outdoors in—fit beautifully with any decor style.

Colorful accent pillows reminiscent of the sea and sky bring a pop of color.

PHOTO BY JODY TIONGCO; DESIGN BY ROSENMAYR INTERIORS



Light, sandy beige walls brighten a room, and the neutral tone works for incorporating accent pieces.

A stone fireplace serves as an elegant focal point; choose a neutral color for a timeless style.

Nature-inspired artwork is an easy way to incorporate the trend.

A rustic coffee table brings an earthy feel to the space.

Natural fibers add texture to the room, making it feel more casual and cozy.

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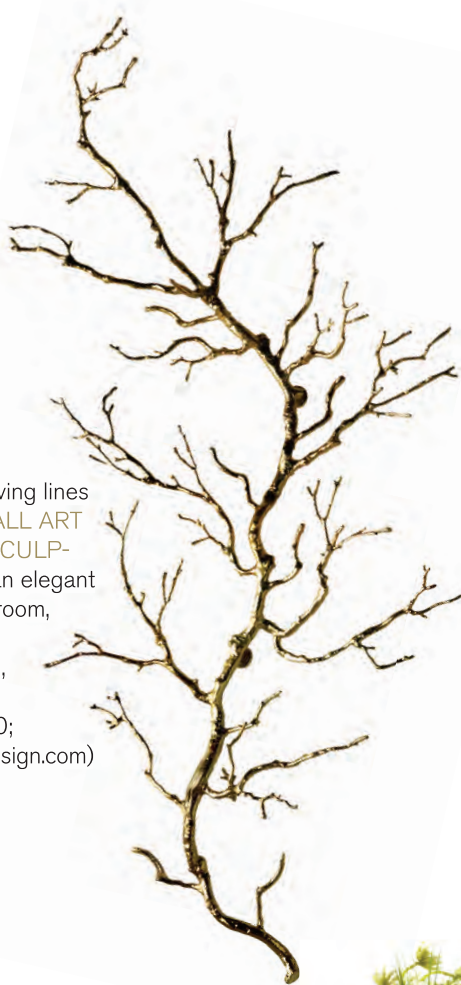
BRINGING IT INSIDE

Whether you want to mimic the forest, beach or garden, these products can make the indoors feel closer to nature.

BY KATHERINE DUNCAN



The unique shapes of laser-cut **BALTIC BIRCH WALL CLOCKS** allow these functional pieces to serve double-duty as works of art, \$118 to \$298, at Anthropologie, Fashion Island. (949-720-9946; anthropologie.com)



The natural, curving lines of the **TWIG WALL ART WOODLAND SCULPTURE** make it an elegant addition to any room, \$1,248, at Bliss Home & Design, Corona del Mar. (949-566-0380; blisshomeanddesign.com)



When it's not needed to illuminate an already sun-filled room, the **CARIBBEAN CORAL TABLE LAMP** serves as a statement piece, \$1,120, at Barclay Butera Interiors, Westcliff Court. (949-650-8570; barclaybutera.com)



A simple table adds a level of luxury to any living space. The **TIMOTHY OULTON KISIMI DRIFTWOOD ACRYLIC SIDE TABLE** takes inspiration from the ocean, \$3,250, at HD Buttercup, South Coast Collection. (657-218-7100; hdbuttercup.com)



THE QUEEN ANNE'S LACE NAPKIN RING brings a pop of greenery, making any table setting feel more organic, \$6 each, at Crate and Barrel, South Coast Plaza. (714-825-0060; crateandbarrel.com)



The **PETAL MIRROR** is like jewelry for the wall. The flower-inspired frame is crafted of natural, iridescent mother-of-pearl, \$1,150, at Jonathan Adler, Fashion Island. (949-759-0017; jonathanadler.com)

A modern take on a traditional floral pattern, the abstract **STAINED GLASS FLORAL PILLOW COVER** brings springtime to the bedroom, \$44, at West Elm, South Coast Plaza. (714-662-1960; westelm.com)



The glamorous silver finish on the **ROOT ACCENT TABLE** makes the natural shape of this accent piece feel more modern. It works well as an end table or nightstand, \$250, at Z Gallerie, Fashion Island. (949-640-2916; zgallerie.com)



The beige color of the jute **CALVIN KLEIN MANGROVE COLLECTION AREA RUG** mimics the sand, reminding homeowners of a day at the beach, \$449 to \$2,099, at Bloomingdale's, Fashion Island. (949-729-6600; bloomingdales.com)

The custom-made **WINCHESTER TABLE**—also available in upgraded colors, finishes, wood types and sizes—is crafted from reclaimed oak and features a water-based finish, from \$1,700, at Heirlooms and Hardware, The Lab, Costa Mesa. (heirloomsandhardware.com) **NBM**



BREAK A SWEAT

Just one year after opening in Newport Beach, bari has attracted a loyal following of locals who love the high-intensity, full-body workout.

SECTION BY LAUREN MATICH

JODY TIONGCO



High-energy dancing and jumping on trampolines are all in a day's workout for Alexandra Bonetti Pérez, founder of bari, the New York City-based boutique fitness studio that opened in Newport off San Joaquin Hills Road and MacArthur Boulevard last April.

The workout's three techniques yield serious results. Heart-pumping dance sequences in a sensory cardio class allow participants to show off their moves, while others tap into their inner child and burn calories on ceiling-mounted trampolines. As the final act of the workout trio, muscle sculpting combines principles from yoga and Pilates with those from other sports.

We had the opportunity to chat with Alexandra about the different elements of her workout and how bari is helping residents ready their beach bodies for spring.

Newport Beach Magazine: How do the intense movement sequences in bari's sensory cardio improve upon other dance-based cardio classes?

Alexandra Bonetti Pérez: [Sensory cardio] feels like dance cardio, but a little bit more athletic. We work a lot on agility and lateral movements

so that we're building your core strength and your leg strength in every direction. You're going to be doing a lot of side-to-side twists in a way that you might not when you're dancing, but it really is exercise. ... We're really exploring movement in a fitness way, but it has that dance feel, so it's fun.

Why are trampolines important?

ABP: When you're on the trampoline, gravity is very different. At the top of your movement, you have basically no weight, and at the bottom of your movement, you can have up to four times your weight, so that takes it to a different dimension. And you're not hitting your joints as hard as you would on the floor, so your joints feel it less.

What areas do the muscle sculpting classes target?

ABP: The rules we follow are very core-centric. ... So it's basically like an abs class even when we're doing cardio. That reminds people of Pilates and yoga a lot. And then the way that we move—we use a lot of diagonal movements—reminds me more of actually playing a sport like tennis or swimming, because you're using your entire body very functionally.

What are the different ways people can practice bari?

ABP: We have group classes [and] we have private training, where you work one-on-one with a trainer at bari. We have group privates, so you can come in with [three to six] friends, and we also do home privates.

What sort of body does bari produce?

ABP: It's very long and lean. The No. 1 thing that people see as they come in is [body] circumference lost. From there, we tone—but not in a bulky way. We don't lift a ton of weights; we don't do repetitive movements. We use bands for weights instead, so it creates a very long, defined muscle.

What makes bari different from other cardio-based workouts?

ABP: We create a very specific body type because of our formula, the mix of cardio that we have and the way we build your muscle. That's the main differentiator. Very few people combine sensory cardio, trampoline cardio and muscle sculpting, no one in the way that we do, ... so the workout itself is very unique.



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GET THE GEAR

CHANGE IT UP

Bari's diverse workout helps keep
active bodies in tiptop shape.

When it comes to feeling and looking your best, running miles every week isn't the only solution to achieving great physical fitness. A well-rounded regimen—such as bari—incorporates stretching, muscle work, cardio and always a dose of fun. Whether you get your heart rate up with some high-intensity dance moves or by bringing your jog inside courtesy of a trampoline, these products will help ensure you're doing your body good. **NBM**



Fitness Gear 38-inch
MINI TRAMPOLINE,
\$50, at Dick's Sporting
Goods, Fashion Island
(949-640-1107;
dickssportinggoods.com)



ENDURANCE RUNNING TIGHT, \$89,
at Lucy Activewear, Corona del Mar Plaza
(949-717-6751; lucy.com)



SOUNDSPORT HEADPHONES,
\$150, at Bose, Fashion Island
(949-219-9900; bose.com)

Suunto dual comfort HEART
RATE MONITOR BELT, \$90,
at bari (949-287-6067;
thebaristudio.com)



NEWTON'S RUNNING AHA SHOE,
\$110, at Road Runner Sports,
Costa Mesa (949-515-9540;
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ISLAND HOTEL, NEWPORT BEACH

CHOC cherishes CHILDREN GALA

Grammy Award-winning singer John Legend serenaded guests at the CHOC Cherishes Children Gala on Feb. 7. The event took place at Newport Beach's Island Hotel and was attended by 535 supporters. \$1.65 million was raised for Children's Hospital of Orange County (CHOC), which has been ranked among the best pediatric hospitals in the nation.

In the most emotional moment of the night, John crooned his hit "All of Me" to CHOC patient and 13-year-old fan Adela Jauregui, who sat next to his piano onstage during the song. In addition to the headlining performance, CHOC patient and talented musician Kodi Lee, 18, also impressed the crowd; the hospital's emergency room physicians were recognized for their commitment; and the Children's Champion Award was presented to the Argyros Family Foundation for its many years of support. The elegant event also featured a gourmet dinner, live auction and after-party. —*Sharon Stello*



KIMBERLY CRIFE, STEPHANIE ARGYROS



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"Art has complemented my work as a plastic surgeon allowing me to see and express myself more profoundly. It allows the integration of heart, hand, mind, and soul," says Dr. Sadati.

Dr. Kevin Sadati specializes in facial rejuvenation with natural results that leave patients looking more youthful and feeling better about themselves. He developed a unique lower face and neck lift technique performed under local anesthesia and twilight sedation that can take years off of a patient's appearance in approximately two hours. His technique has been published in peer review journals and presented at numerous plastic surgery meetings.

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BALBOA BAY RESORT WINEMAKER DINNERS

Balboa Bay Resort launched its series of five public wine dinners earlier this year, hosting the first event Feb. 20 in Waterline restaurant. The intimate gathering, themed An Evening in Verona, featured an Italian farmers market reception on the patio, followed by a five-course northern Italian dinner with pairings from Marchesi Fumanelli winery. Between courses, live opera provided elegant entertainment for attendees.

The Friday evening events continue throughout 2015; the second dinner was held March 27 and highlighted Napa Valley winery Grgich Hills Estate. The next wine dinner—featuring Jordan Vineyard & Winery in Sonoma—takes place May 22, doubling as a launch for the resort's 12th annual Newport Beach Wine Festival. —Allison Hata



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CHEERS FOR LITERACY BAR BATTLE

A fun take on the traditional nonprofit fundraiser, the Literacy Project Foundation's "celebrity" bar battle raised more than \$2,000 for the organization's 30-hour reading program for struggling elementary school students in Southern California. Held Feb. 4 at 3-Thirty-3 Waterfront, the casual event saw four fearless individuals go head-to-head behind the bar. Brett Lawrence from Rancho Las Lomas and Miles Kirchner from Tavik proved to be worthy competitors, but Crystal Lyn Cannon from Rockstar Energy and Ashley Zarin from Cheeky Minx were crowned victors after collecting the most tip donations from the crowd of more than 100 patrons. All proceeds from the event were donated to the Literacy Project Foundation's educational efforts. —A.H.



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CHAMPIONS TO CURE DUCHENNE: NAPA IN NEWPORT

Nearly 300 guests gathered at Balboa Bay Resort for the Champions to CureDuchenne gala Feb. 28. The event's theme, Napa in Newport, brought a taste of wine country to the Southern California coast while raising awareness and funds to find a cure for Duchenne muscular dystrophy.

Guests perused silent auction items while enjoying sips from 29 Napa Valley-based wineries, including Hill Family Estate and Vineyard 29, before making their way to the resort's Grand Ballroom. There, they were served dinner that was specially prepared by Park Ave chef David Slay and, in line with the night's theme, tables were assigned a sommelier who offered pairings for each course. During dinner, CureDuchenne co-founders Debra and Paul Miller honored Dr. Brenda Wong from Cincinnati Children's Hospital Medical Center for her dedication to treating boys with Duchenne.

A live auction, which included an exclusive wine collection donated by the event's participating wineries, helped raise money to find a cure for the disease. A touching video (which featured boys living with Duchenne and their families) inspired additional donations. An anonymous donor also contributed a gift of \$100,000, bringing the event's total amount raised to more than \$680,000. —Bria Balliet NBM

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SEGERSTROM: A LIFE & LEGACY

Newport Beach Magazine pays tribute to the man who brought world-class culture to Orange County.

BY ALLISON HATA | PHOTO BY DAVID TOSTI

The Segerstrom name is synonymous with some of Orange County's most acclaimed institutions. And at the head of that family, there was one man who served as a driving force for change—a visionary, an entrepreneur, a leader.

Newport Beach resident and real estate developer Henry T. Segerstrom died Feb. 20 at the age of 91, but he leaves behind a monumental legacy. Every visitor at South Coast Plaza, audience member and artist at the performing arts complex, and student at Segerstrom High School share a piece of Henry's innovative and cultured Orange County.

The son of Swedish immigrants, Henry was born April 5, 1923, in Santa Ana. Even as a teenager, it was clear he would go on to do great things. Rather than joining the family farm immediately, the Santa Ana High School class president matriculated at Stanford University at age 17: "I wanted to break free and be independent," he shared with Newport Beach Magazine in 2011. "So I set a criteria and said I wanted to go 500 miles away so I wouldn't come home every weekend."

He interrupted his education when civic duty called, enlisting in the Army following the Pearl Harbor attack in 1941. Three years later, he deployed as a captain, but was severely wounded after a German explosive detonated near him during the Battle of the Bulge in December 1944. Despite his injuries, he recommenced his studies and earned a master's in business administration from Stanford's Graduate School of Business.

When he returned to Orange County, Henry foresaw the changes in Southern California's economic growth and helped his family's lima bean farm transition into a wildly successful real estate development company. Personally, he also served as a director of the Orange County Water District, contributed to developing new schools

in Santa Ana, and helped pass a bond measure to fund the first local public transportation system.

Henry's aspirations took C.J. Segerstrom & Sons beyond the farm and established it as a power player in the world of business. He had a clear vision for his hometown—one that truly began to take shape in 1967, a turning point for both the Segerstrom family and the region as a whole. That year, South Coast Plaza opened its doors on one of the family's former lima bean fields in March, and Henry himself ushered in partnerships with international luxury designers to help establish the retail center as one of the most financially successful in the country.

Also a cultural leader, Henry wanted to bring a dynamic arts scene to Orange County. He organized a gift of land from the family to South Coast Repertory in 1976 for the construction of its new home—the first piece in developing the Orange County Performing Arts Center complex. His personal pledge of \$40 million (which eventually rose to \$51 million) supported the construction of the Renée and Henry Segerstrom Concert Hall on a part of the land in 2006, and the entire 14-acre campus was renamed the Segerstrom Center for the Arts in 2011.

"There is nothing in or a part of Segerstrom Center for the Arts that is not world-class, the very best," Henry told us in 2011.

Henry's passion for the arts, philanthropic commitment and unwavering work ethic are just a small part of his legacy. With his family by his side, he helped transform Orange County, a contribution that was celebrated by the public at a visitation held Feb. 28. Tributes from public figures, as well as respects paid by 2,000-plus mourners to his wife (Elizabeth); children (Andrea, Toren and Anton) and their spouses; six grandchildren; and seven great-grandchildren, prove that Henry Segerstrom will be greatly missed—but never forgotten. NBM

WIRED WORKOUTS

Go high-tech with five ways to bring fitness into the digital age.

BY KIRSTI CORREA



A reliance on the latest gadgets has taken the blame for today's divisive norms: Children as young as 2 know how to operate smartphones, while social media followers find out about your major life events quicker than family members. Even age-old routines like reading the newspaper can be done electronically on a tablet.

Too much technology is not necessarily a bad thing, however. In juxtaposition with their reputation for promoting a sedentary lifestyle, many apps and digital tools help people get off the couch and into the gym. Activity-tracking bracelets are becoming the hottest fashion accessory and workout apps are expected to quadruple in size by 2016, according to technology market intelligence firm ABI Research.

"Technology has made a huge impact on my personal workouts, as well as how I train and work with my clients," explains Kai Kelly, Newport Beach-based personal trainer and owner of The Training Habit, which opens this

spring. "The main benefit of using technology while working out is efficiency. Allowing the user to track where they stand is a great motivator and marker. It takes the guesswork out of the workouts."

Ben Oliver, the owner of CrossFit Balboa in Costa Mesa, says using digital devices is especially beneficial for serious fitness enthusiasts. "A lot of people just exercise, which is working out without a purpose," he explains. "If your goal is to squat 500 or 600 pounds or to train to do well in a triathlon, that's training with a purpose." Gadgets can help users set and accomplish goals—and thereby train with a purpose—by holding them accountable, recording their workouts and tracking their progress.

Gyms and boutique studios are also going high-tech, with giant monitors that display information like the current and target heart rate zone or daily workouts. So whether you prefer to exercise on your own, with a trainer or at a fitness center, here are five local workouts that will plug you into shape.

TIP NO. 1:

USE IPADS AT FITWALL

Fitwall opened last November near Fashion Island, and the focus on technology-driven fitness is evident upon entering. “When people first come in, their names are next to a number on the TV, so they can see what station they are going to be on,” explains Travis Harski, head coach at Fitwall Newport Beach.

Guests are then provided with a heart rate strap and monitor that’s synced with the iPads attached to each fitwall—a 7-foot-tall steel structure that participants use to perform the entire workout, including moves like pullups, squats and leg extensions. The iPads are positioned so that users can clearly identify their heart rate for the duration of the class.

“Since we only have five or six coaches in the studio, we get to know everyone really well—and because we know you, we know where your heart rate should be and how you’re doing in the workout,” Travis says. “We can either push you harder or, if we notice that you need a break, we coach you to take it slower on some of the moves so you can recover faster and go harder the next day.”

At the end of each session, the information is uploaded to users’ online accounts, which allows them to review past performances and see how far they’ve come.



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TIP NO. 2:

MONITOR YOUR HEART RATE AT ORANGETHEORY FITNESS

The Orangetheory Fitness facility in Westcliff Plaza—one of the company’s multiple locations across approximately 30 states—offers 60-minute group classes that rely on individual “pods” to track heart rate. As users move to different intervals in the three-part circuit workout, which includes indoor rowing, treadmill running and weightlifting, the pods relay the information to digital screens throughout the studio for easy visibility. Displaying the rate is used as motivation—and to offer a competitive edge. First-timers shouldn’t shy away from the workout, however; there’s no ranking system and the classes are based on camaraderie.

The program, which is designed around a physiological effect called excess post-exercise oxygen consumption (or EPOC, for short), encourages people to train at 84 percent of their maximum heart rate. Participants will be able to use the monitors to ensure they are working out in this “orange zone.” This way, their metabolism will be increased and they’ll continue to burn calories for up to 36 hours after the workout ends.



TIP NO. 3:

ACCESS WORKOUTS DIGITALLY AT CROSSFIT CHALK

At any CrossFit gym, those familiar with the workout know the drill: Check the board for the workout of the day (WOD) and get started. “The common thing people asked when I worked at other gyms was ‘Where is this information saved?’ because they want to keep track of the workout,” explains Ryan Fischer, owner of CrossFit Chalk in Costa Mesa. “Unfortunately, it was just on a white board so it got erased at the end of the day. ... So that was one of the things I thought about when I opened my own gym.”

Two flat-screen monitors are stationed in the gym and synced with a CrossFit app. One screen outlines the WOD, while the other highlights the best scores of the day. Participants can use the mobile version of the app to upload their scores and use it outside of the gym. “It also works like Facebook,” Ryan explains. “You can comment and like others’ performances. ... I also encourage people to use the video library, which shows them the workouts so they can understand them better. It’s like at-home tutoring.”

TIP NO. 4:

MAP ROUTES USING MOBILE APPS

Newport is like heaven for runners—from the peninsula to Crystal Cove, there are several different routes and picturesque scenery to enjoy along the way. “When I was training for a marathon last year, I would run the hiking trails that are right by the water in Crystal Cove,” Kai says. “I also run the Back Bay all the time because it’s dog-friendly and really easy to get to.”

In order to make the most of a run, she relies on the RunKeeper app. “I always use my iPhone whenever I’m running—I use the Songza app so I don’t have to download music to my phone and RunKeeper to track the runs,” she explains.

RunKeeper reports more than 30 million users across the globe track and share their outdoor activities through the iPhone and Android platforms. Once the app is downloaded, users should first update their personal information and plan their running goals. Specific routes can be created online or added after a run to help runners know exactly where they’re going. Premium built-in training plans are available for an added cost to help users abide by a schedule to reach their goals, whether it’s running to stay lean or to train for a marathon. Other features include workout reminders, challenges and the ability to share progress with friends.



HIGH-TECH TRAINING

THE FOLLOWING DEVICES ARE MUST-HAVES TO ACCOMPLISH ANY FITNESS GOAL.



Heart rate monitors are crucial during workouts—try the **Polar FT4**, \$100, at polar.com. Users strap the heart rate monitor around their

chest and program their information into the watch; this allows the device to track the current and average heart rate and caloric burn rate. It also displays the percentage of maximum heart rate the user is working at to tell if they need to speed up or slow down.



Runners will appreciate the convenience of having a GPS watch on their wrists as they log miles. **Garmin’s Forerunner 220**,

\$250, at garmin.com, tracks the distance, time and pace of each run and automatically uploads the information to Garmin Connect. Since run history is stored, users can easily tell if they’ve reached a new personal record.



If your fitness goals focus on weight loss, the **Fitbit Aria smart scale**, \$130, at fitbit.com, is

an ideal way to monitor progress. The scale syncs with your Fitbit account over Wi-Fi to record your weight, body mass index (BMI), lean mass and body fat percentage. The app keeps a history of the data for up to eight users through charts and graphs.



For an in-depth look at your overall health, the **Jawbone UP3**, \$180, at jawbone.com, should be your go-to fitness tracker. The wristband uses sensors to measure everything from your resting heart rate and sleeping patterns to calories burned during activity. Water resistant up to 10 meters, the wristband can also be used during aquatic workouts.



TIP NO. 5:

CYCLE THE CITY WITH GADGETS

When you first learn how to ride a bike, all that's needed is a set of wheels and head-to-toe protective gear. But avid cyclists know that it takes much more to navigate the roads today. "I use the Garmin Edge 1000 cycling computer," says Richard Meeker, Corona del Mar resident. "It is by far the best and most advanced cycling computer on the market. It improves my workout because it gives me [a] readout for the power that I am putting out. It gives me heart rate and it ... gives me speed and cadence numbers as well." Additionally, pre-loaded maps allow for on- and off-road navigation specifically for biking, with routable bike paths, elevation details and points of interest on the course.

And while recent changes in the law have made it safer for cyclists with a 3-foot buffer for cars to pass, you should still take precaution with another useful gadget. A wireless turn signal, paired with the required front and rear lights for evening riding, offers an extra layer of protection while working out. Most models can be activated wirelessly using a push-button controller attached to the handlebars. **NBM**

TWO TO TRY

LOCAL TRAINERS SHARE THEIR FAVORITE APPS FOR TRACKING AND MAINTAINING YOUR HEALTH.

Nike+ Training Club

"This app offers fresh workouts for beginners, intermediate and advanced levels," says Kai Kelly, a Newport Beach-based personal trainer. "It features pro athletes demonstrating the workouts, and it has a timer countdown so you can perform the workouts with the athlete. You can even play your own music through the app for extra motivation. I encourage my clients to use the app on days they are not training with me."



My Fitness Pal

"My Fitness Pal is my favorite app because it allows me to see what my clients are eating and compare it to their performance," explains Joy Johnson, a coach at PersonalCare Physicians off Superior Avenue. "I can view their diary and make recommendations. A majority of my clients use it because it teaches them which nutrients, like the carbs, fats and proteins, are in foods. People always wonder, 'What kind of carbs should I eat?' or 'Are vegetables good carbs?' Some people just don't know, so it's a good tool to hold people accountable and it's very educational as well."



Carve Out a CAVE

*Follow your passion to build the
ultimate retreat at home.*

BY JOE CARBERRY



Wing Lam, founder of
Wahoo's Fish Taco

Behold the power of the man cave: a place to get away, cheer on sports teams and enjoy, well, manhood. But today's male sanctuaries aren't just about wings and beer. They've become inclusive, a place where families can host parties, watch flicks together or simply get away from the chaos of daily life.

For longtime local Wing Lam, founder of Wahoo's Fish Taco, and his wife Kelly, that meant decorating their loft around something close to both of their hearts: the coast. The space incorporates Wing's love of surfing, while also reflecting Kelly's passions, which range from paddleboarding and yoga on the beach to running a successful health and wellness company.

"I've got the coolest collection of surfboards hanging overhead from some of the coolest guys on the planet, and they've never been surfed," Wing explains. Gerry Lopez, Shaun Thompson and Rusty Preisendorfer are just a few of the renowned names on the boards hanging from the ceiling. The loft also features 60-inch televisions and opens up onto a beautiful deck overlooking the ocean. With a fully functional kitchen and bar,



the couple re-created a tropical resort with a super-clean feel—like sitting in a suite in the Bahamas.

"Our house is very unassuming from the outside," he says. "Everyone that comes over is blown away by the room."

The home is equipped with all the features of a space designed for fun, and soon it will transition

into a bona fide playroom as the couple welcomes their first child together later this year. Wing and Kelly are in search of a new primary residence to settle down with their little one, so the loft will become an ocean-inspired space for the whole family to escape—a very modern take on the multifunctional man cave.



Kelly and Wing (pictured top left) decorated their loft to reflect a shared love for the water and beach—note the surfboards hanging from the ceiling.



A bar is a popular form for man caves.

Customization is Key

Just like Wing and Kelly's loft, most man caves are built around a theme—and the ideas for said themes are endless. There are team-based spaces with interiors designed around a local athletic franchise like the Lakers or Dodgers, where the main focus is sports and watching them.

Before listing it for sale last year, Yankees pitcher CC Sabathia notably recreated a sports bar in his Bay Area home, complete with a full bar, theater-style seating and score ticker just below the ceiling

line. Those who aren't into sports can follow the lead of Star Trek junkies who have replicated the USS Enterprise in their homes (perfect for high-tech media centers), or gearheads who have built lounging spaces into garages to simultaneously work on cars while enjoying the game. Any conceivable passion can be brought to life in a dedicated space—including passions shared with the whole family. Online sites have plenty of items for tricking out the room, from full-sized frozen Han Solo replicas to checkerboards featuring shot

glasses in place of pieces. Many man caves also feature some sort of adult beverage dispenser, be it a kegerator, minifridge or full-on bar setups complete with tap handles and liquor cases.

"One thing I notice about the man caves I've worked on is that they all feature a lot of remotes," says Chris Kittrell of Kittrell & Associates Interior Design. "Television, music, motorized shades to lower and raise without leaving the chair. And you always need some of the chairs to be of the lounge variety."

DREAMING BIG

A few guys around town share their man cave fantasies.



"My man cave would be right on the beach with sliding windows that open up to the sand, a beer pong table, a nice bar [and] a nice selection of beers on tap."

—Joseph Schmidlin,
interviewed at the
Newport Pier



"My dream man cave would have a huge TV, stocked bar, comfortable furniture and lots of women."

—Michael Perales,
interviewed at the
Newport Pier



"My cave would have lots of my Chicago sports memorabilia [and] a big TV with surround sound. ... And fresh beer on tap, of course."

—Bobby Bilina,
Newport Beach resident



"My dream man cave would have a bar, checkered floor, motorcycles lined up with overhead lights and the biggest flat-screen ever on the wall."

—Brec Barrett,
interviewed at the
Newport Pier



"My ideal man cave would be in an oceanfront house on the upper floor with a pool table and ping-pong table and a Jacuzzi on the deck."

—John Olson,
interviewed on the
Newport Back Bay

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Building Out

Do thoughts of frothy beer taps and pool tables have you yearning for a cave of your own? To build a space in your home, the essential haven starts with the right space. Since Newport building plans haven't traditionally lent themselves to basements, most locals look for rooms away from the main house or—in the case of Wing and Kelly's loft—you can fold the recreational space right into a living area.

You're also going to want to think about room shape: "The bigger and more awkward, the better," says Lulu Designs' Lindsay Espinoza, who grew up in Newport and now runs her business out of Costa Mesa. "If it's a big, awkward room that you don't know what to do with, it'll make a perfect man room. A 12-by-12-foot room kind of blows for a man cave because all you can do is put a television in there. The rectangular shape is always best because it allows for multiple viewing options and will serve more than one purpose."

Your man cave will eventually have to serve multiple purposes. "I always create multiple groupings so you'll have your main viewing area, then seats around a bar and other alternate seating," Lindsay

says. "Some people want to watch. Some people want to drink and socialize, and you want your room to accommodate all of that."

A multipurpose room is especially important for those without a dedicated area away from the primary living areas of the home. With that in mind, your space can't stick out in terms of design.

"[If that's the case], we look at the color scheme and style in the rest of the home," Chris says. "So we incorporate those elements into the man cave—including texture, flooring, lighting—so they all work with the space and it doesn't look too extreme in keeping with the spirit of the rest of the house in style and color."

Chris says this is especially important if space is a commodity and if hosts want to encourage guests to move away from the kitchen and family area to entertain in a different part of the home. "Everyone in the family ends up using the man cave," she explains.

Another important aspect, according to Lindsay, is a change in heights. "You want stadium seating like you're going to a cinema, but you want that television to almost create a stage so every seat is the best seat in the house," she says. "That helps with sound, too, so people



Elements like sports helmets bring personal passion into a space.

standing in the back are not chatting over the people watching the television. Different heights of seating will also help with that."

Regardless, the most important aspect in the construction of a man cave is creating a space original to you and your family. "No matter what, there has to be a sense of seclusion," Chris says. "A place to lock yourself away to escape our hectic lives. Everybody needs that." **NBM**



Incorporate several different seating options at different heights to maximize comfort.



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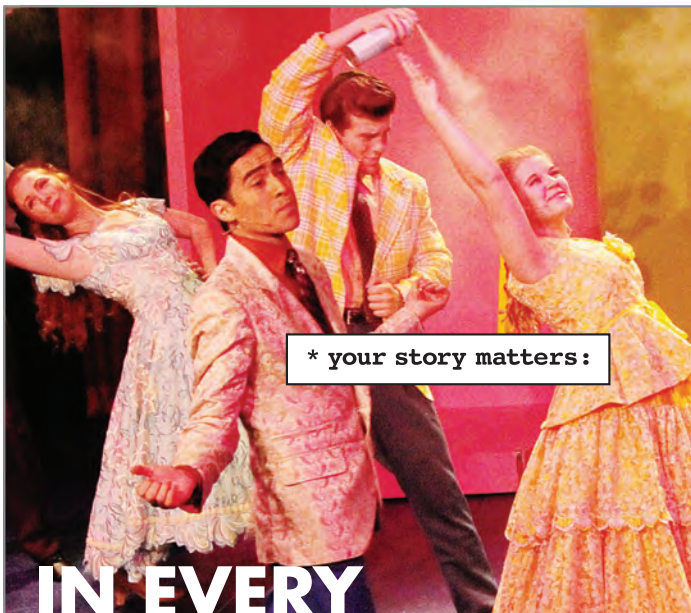
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THE RIGHT FIT

Newport is a town where laid-back, beach-casual meets the buttoned-up business suit. For every man that loves living in his three-piece, there's a waxed-moustache hipster scouring vintage shops for one-of-a-kind finds. Here, get sartorial secrets from four decidedly different yet still fashionable gents: a serial surfer, a globe-trotting CEO, a doctor to the rich and famous, and a savvy sailor. Trust us—these guys have style to spare.

BY CHRISTOPHER LUU | PHOTOS BY CHAD MELLON

Matt Meddock WEST COAST COOL

The sandwich maestro has grown out of skate brands and embraced high-function fashion.

Matt, who opened Sessions West Coast Deli last year, blends high performance with high style by drawing from his background in the surf and skate industries. Growing up on boards of all sorts, he's just as focused on utility as he is on style now that he's a successful businessman behind one of the United States' most popular sandwich shops (it recently ranked 31st on Yelp's list of top 100 places to eat in the country).

"As I've grown up, my love for brands has been taken over by function," he explains. "I now wear what I think looks good, but also fits the best, works the best, keeps me warm and keeps me cool."

His uniform of choice is a Hurley T-shirt and board shorts, but he also loves one-of-a-kind finds he digs up at The Lab and The Camp boutiques in Costa Mesa. "We are entering an era where people really appreciate well-thought-out goods," he says. "We take for granted the quality of handmade."

Matt is proof that even seasoned surfers don't just live in wetsuits and graphic tees. "I wear a variety of styles and looks—I try to change it up often," he says. "I have the kind of style that most people might look at something and go, 'Who could rock that?' I'd answer, 'I will, and I'll make it look dope.'"

BRAVING THE WAVES

Just because Matt has a bona fide hit on his hands doesn't mean he's going to trade his wetsuit for a three-piece. In order to catch the biggest waves, he's ready to slide into a Hurley or custom JoneSea wetsuit by local Shane Jones on a moment's notice. "Most of my surfing is done close to Sessions Newport (off Newport Boulevard and 29th Street on the peninsula)—mostly because I'm here an ungodly amount of hours," says the surfer turned businessman. "My second restaurant opens in Huntington Beach this spring, so I look forward to hitting Northside and Southside soon."



Shane Baum

INTERNATIONAL APPEAL

This worldly designer brings together influences from around the globe.

With stops in Japan, Germany, Paris and New York, it's no wonder that Shane's style is exactly what you'd expect from a fashionable jetsetter. Big names mingle with new, under-the-radar labels and, of course, pieces from his own line of eyewear, Leisure Society.

"Old-school fashionable men and sharp-dressed grandpas have always inspired me in the way I dress," he says. "The gents-about-town possess a lifetime of experience based on knowledge and refinement."

Shane's the epitome of cool confidence when it comes to mixing modern and traditional sartorial sense. Visits abroad serve as inspiration, as do trips to Garys at Fashion Island—and it also doesn't hurt that he sometimes enlists the help of Newport Beach-based stylist and designer Mark Pomerantz.

"I try to add pieces that are timeless and will last a few decades," Shane says. "I avoid micro-trends and think long term."

And when a brand is called Leisure Society, you better bet that the man at its helm isn't stuck behind a desk. More often than not, Shane is hopping between equestrian events on the East Coast to fly-fishing trips among the redwoods.

"Dressing for the Virginia Gold Cup, a steeplechase outside of Washington, D.C., may call for seersucker, a bow tie and a straw hat," he explains. "A driven bird shoot in Scotland would call for green and tan tweeds and a yellow cravat with pheasants on it." No matter the location, Shane knows exactly what to wear for the occasion—it's just part of being a man focused on the business of leisure.

FLYING HIGH

With more stamps in his passport than a diplomat, Shane knows his way around an airport. "The better you dress, the better you will be treated by the airline," Shane suggests. "I was coming back from a surf trip in Indonesia wearing shorts and flip-flops. ... I was treated like a punk and I couldn't figure it out until I looked in the mirror. Trust me when I say if you are well-dressed, the folks at the airline will treat you infinitely better."



John Draper

SEASIDE STYLE

A born and raised Southern Californian adds prep to his step on and off the waves.

For some guys, getting dressed isn't a chore; it's something that they genuinely enjoy. For John, who suits up for Wells Fargo Advisors during his 9-to-5 grind, it means ditching his usual uniform when he clocks out and heads to the tennis club or harbor for a sailing session.

"I've lived in Southern California, primarily Newport Beach, most of my life," he says. "It's a city where it's good to be eclectic, relatively conservative and comfortable."

Though John's style takes cues from traditional prep standards, his style is a little more relaxed than your typical country club member back East. Like most men, he shops at the usual favorites such as Nordstrom and Bloomingdale's at Fashion Island for their selection and one-stop convenience, but he puts his own spin on the pieces he picks up. Tennis whites are nowhere to be found when he's on the court—he prefers Adidas Climacool clothing, which is designed in an array of primary hues and brighter shades.

When he's out on a sailboat, however, he's likely wearing the requisite boat shoes paired with performance brands known for their ability to wick away sweat, withstand the salt and spray of the ocean, and make the transition from dock to drinks without breaking stride.

"Henri Lloyd (available locally at West Marine) makes some great stuff for sailing," he adds. "... The weather on the water can be a fickle thing with unpredictable shifts in the wind and sun. You have to prepare for all contingencies. Sailing requires more physical exertion than people think, so I seek out function and comfort first, with breathable fabrics as a priority."

NATURAL HABITAT

Even though he's lived in Newport Beach most of his life, John still hasn't tired of the allure of the ocean. "I highly recommend gaining access to a boat for an ocean cruise. There is nothing like seeing Newport Beach from that vantage point," he says. "For those fearful of seasickness, it doesn't get any better than renting a Duffy for a harbor cruise either during the day or, for the intrepid, an evening cruise under the moonlight."





Gregg Feinerman

BUSINESS CASUAL

Sharp tailoring comes into focus with bespoke suits and personal touches.

It doesn't take crystal-clear vision to see that dressing for the boardroom has come a long way since the era of Don Draper and the power suit. These days, most guys are wearing suits because they want to—not because they have to. And Dr. Gregg Feinerman, a fellowship-trained ophthalmologist who has an office off Superior Avenue in Newport, wears his custom suits with pride.

"It's important to dress well," Gregg says. "The way you dress says a lot about you. For example, your attention to detail—I dress to look contemporary and professional."

Gregg's sharp suiting may have been a contributing factor in gaining his celebrity clientele, which includes footballer Cesc Fàbregas and members of Hollywood's elite. He often appears on local and national television, including CBS' "The Doctors" as well as news segments on KNBC and KTLA.

But when he's in Newport Beach, you'll find him searching for new pieces at Nordstrom Fashion Island that complement his wardrobe of custom-made attire—he favors items from the John Varvatos, Hugo Boss and Theory collections. In his off-hours, Gregg sheds the suit for polished, casual pieces from LA-based James Perse (try the local Westcliff Drive boutique) and rag & bone, which are laid-back without looking sloppy or overly trendy.

"I would say my style is an effortlessly cool, downtown LA aesthetic," Gregg says. "I'm always shopping around to see what's trending." NBM

SUIT UP

For his signature look, Gregg always goes bespoke. "It's difficult to do much to a suit—I can add stitching to the collar," he explains, citing Baron Kay's Tailor in Hong Kong as one of his favorite clothiers abroad. "However, I always wear VK Nagrani socks (available at Garys) with my suits or business casual wear. They have a lot of different color patterns, which is really the only cool way to individualize a suit."

WHISKEY WILD

Newport Beach is in the midst of a spirited awakening.

BY BRIA BALLIET AND LINDA DOMINGO | PHOTOS BY JODY TIONGCO

Almost one year ago to-date, we welcomed Bosscat Kitchen & Libations into the culinary mix. The Southern-inspired restaurant and bar not only introduced locals to cuisine like shrimp and grits, but shed light on the potential of the city's whiskey culture.

"I have to say, right now I think Bosscat is truly building one of the better whiskey portfolios in Newport Beach," says Jon Trainer, the West Coast brand ambassador for Glenmorangie. "... I think it's one of the best places to go to get an affordable dram of whiskey to try something new and different."

The growing popularity of the restaurant's tasting room signals a shift in the boozy culture around town—but though it's the newest and has one of the largest selections, Bosscat isn't the only place making an impression on locals with a penchant for the amber-hued spirit. From sips at mainstays like Muldoon's to pricey pours in the quadruple digits at Mastro's Ocean Club, Newport has an array of impressive collections and creative mixologists who are using the spirit in innovative ways. This spring, come over to the dark side and get a crash course courtesy of a few local experts.



BOURBON is the sweetest whiskey (made from a minimum of 51 percent corn) and always produced in the U.S. It can be labeled "straight" when aged in new, charred oak barrels for at least two years.



IRISH WHISKEY is produced only in Ireland; it must be aged no less than three years in wooden casks and distilled at least three times, contributing to a lighter, smoother finish.



AMERICAN RYE (made from mash with 51 percent rye) is aged at least two years in new, charred oak barrels and tends to have a drier, spicier flavor than bourbon.



SCOTCH is one of the most highly regulated spirits. It must be produced in Scotland and aged at least three years in oak barrels; it's made from malted barley and distilled twice in copper pot stills.

BOTTLE IMAGES COURTESY OF SHUTTERSTOCK



Glenmorangie West Coast brand ambassador Jon Trainer demonstrates a three-step process for sipping a glass of whiskey served neat.

The Art of Drinking

No one is born knowing when to swirl, sniff and sip. Knocking back a bourbon cocktail is easy enough, but when it comes to enjoying the flavors of a fine whiskey, the process can be intimidating—especially when a 2-ounce dram can cost anywhere from \$20 to more than \$2,000.

Jon has a few tips for whiskey novices to make the most of their first experience. “Maybe one day go out and try a bourbon and ... take some notes down,” he suggests. “Then, the next time you go out, try a blended Scotch whisky. ... Eventually, you will understand what you like and be able to expand your horizons from that.”

Step One: Once you have a handle on your preferred flavors (which can run the gamut from

sweet and citrusy to smoky and rich), you’re ready to take a proper sip. For Jon, this always begins with the right nosing glass to enhance the spirit’s aromas. A Glencairn glass, which boasts a larger bowl and a small opening, helps to concentrate the scent for more flavor. Once the whiskey is poured, don’t make the mistake of continually swirling the liquid—it has a higher alcohol than wine, so the evaporation can overwhelm your nose.

Step Two: Jon recommends first taking notice of the color, as rosy, golden, and orange hues are an indication of the type of barrel that was used in the aging process. Give it a single swirl at a 45-degree angle to release some of the aromas, hold it straight and take a few very gentle sniffs

with an open mouth. By the third inhale, you should be able to differentiate specific notes like citrus or honey. The scent and way you describe it can vary from person to person.

Step Three: “If it’s the first time you’ve tasted whiskey that day, your palate is going to be a little shocked,” Jon says. “So I like to take a very small amount on the tongue. Then I open my mouth and breathe out so some of the alcohol will escape.”

Chew the whiskey around your mouth for several seconds so it coats all areas of the tongue, then swallow, take a deep breath in and exhale. Think about the varied characteristics of the flavors while you allow it to settle—then you’re ready to repeat. —B.B.



Provenance's star anise-vanilla bean whiskey (above) and cinnamon stick bourbon (bottom) cocktails



Cucina Enoteca offers an infused spirits program.

On the House

If you're still wary of stronger spirits, you may want to make Cucina Enoteca or Provenance your first stop on a whiskey tour of Newport Beach. Both restaurants stock a supply of refreshing house infusions, which can temper the bite of the alcohol and provide an enjoyable introduction for slow sipping.

Infused alcohols also offer a welcome challenge to chefs and mixologists: "Whiskey, bourbon and rye are harder [to infuse] because they have such different flavor profiles," says chef Cathy Pavlos of **Provenance**, which offers cocktails with cinnamon stick bourbon and star anise-vanilla bean whiskey. "I think that's what intrigued me."

As opposed to masking the true flavors of the spirit, these house-made infusions are meant to enhance. "If I'm doing something with ... a bourbon—something with a little bit more honey—it means I'm trying to heighten up the



honey flavor," explains Tucky Dias, a bartender at **Cucina Enoteca** and the mastermind behind the infused spirits program. Among Tucky's innovations is bourbon made with actual tree bark that he hikes and forages for each month.

This process also allows mixologists to bring a seasonal aspect to their drink menus. For instance, Tucky has a date and molasses Canadian whiskey in the works, while Cathy hopes to create a dark chocolate cherry variety for spring and summer. "It allows what would be a typical food program to apply to your bar," Cathy says. "And that's a really wonderful flexibility."

You can even try your hand at infusing your own liquor at home—all you need is a large jar and whatever alcohol, fruits or spices you choose. Throw all ingredients in the jar, store in a cool place with no sunlight and wait a couple days before tasting (it can be left longer if necessary). Then, simply strain and enjoy. —B.B.

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The Top Shelf

Grab a seat at three sipping spots around town—each one offering a distinct way of enjoying the dark spirit.

Celebrating its first year of business in April, **Bosschat Kitchen & Libations** has quickly become one of Newport's favorite watering holes. The restaurant's whiskey room houses more than 180 bottles that run the gamut from Kentucky bourbon to Japanese single-malt, and companies or individuals can purchase a whiskey locker to keep a personal stash. It's earned the respect of the local spirit-sipping community; The Macallan has even secured its own space.

"I'd put a hammock in the whiskey room if I could," says bartender Moustache Matt, known for his expansive knowledge of all things boozy as well as the hairy handlebar across his face. He, along with co-owner Leslie Nguyen and the Bosschat team, are happy to bring guests into the whiskey room and discuss different tastes.

"We tailor flights to each person, and they walk away knowledgeable and tipsy," Matt adds.

Bosschat now hosts whiskey events each month that feature tastings, food pairings and the chance to chat with bartenders and brand ambassadors. Those interested can sign up for the mailing list on the restaurant's website. Participants normally pay to reserve a spot, but locker owners can attend with a guest for free. As if that wasn't enough, those VIPs also never have to wait when dining at the restaurant.

Offering a whiskey list focused on the Emerald Isle, **Muldoon's Irish Pub** is currently celebrating

its 40th year at the "little brick building on the corner" near Fashion Island. With a drink menu that complements the cozy outdoor patio and two pub-style bars, it's the perfect place to sit back and dream of green rolling hills with a glass of Ireland's finest export.

"The whole ambience of drinking whiskey today is a really special thing," explains owner Ron Schwartz. The staff keeps a rotating list of about 15 Irish whiskeys, ranging from Bushmills or Tullamore Dew for \$10 per 2-ounce shot to Midleton Very Rare at \$40 per shot. Half-shots are also available, as are pours of Scotch whisky—because, Ron says, "If you like Irish whiskey, you're going to like scotch."

To round out a trip to the pub, Muldoon's provides sustenance in the form of Black Bush Stew, a hearty Irish soup served with two baby lamb chops and a special ingredient: a short shot of Bushmills Black Bush Irish whiskey. You can choose to pour into the stew or drink straight before eating, "for good luck," Ron adds.

And for the enthusiastic whiskey drinker, **Juliette Kitchen & Bar** is tucked away in a shopping plaza off Bristol Street and Jamboree Road. Co-owner John Hughes' interest in the spirit stems from "pure consumption," he says, and he now stocks more than 100 bottles of whiskey, good company for the restaurant's impressive wine selection.

"I only carry something if I like to drink it," he says, adding that you won't find any plastic bottles here. "We don't pour any cheap stuff in our well. ... Really bad alcohol is really bad for you."

THE PENICILLIN

WHEN YOU'RE READY TO TAKE A BREAK FROM SIPPING YOUR WHISKEY NEAT, MIX IT UP WITH A NO-FRILLS COCKTAIL THAT PACKS A PUNCH.

2 ounces Glenlivet 12 Year Old Scotch whisky
1 tablespoon Shrub & Co. spicy ginger shrub
½ tablespoon home-made honey water
Lemon wedge
Lemon zest
Ice



In a shaker, combine Glenlivet, ginger shrub, honey water and a half-squeeze of lemon. Add ice and shake. Strain into glass with fresh ice and garnish with lemon zest.

(Recipe from Mastro's Ocean Club)

To drive that point home, Juliette has started hosting whiskey tastings, the first of which was held in February and had John cracking open a bottle of Old Rip Van Winkle 10-year.

When it comes to whiskey-based cocktails, the bar serves all the classics. "Most are 100-year-old drinks," John says. "Those guys knew what they were doing 80 years ago. So we stick to quality." —L.D.



Bosschat Kitchen & Libations



Muldoon's Irish Pub



Juliette Kitchen & Bar

MASTROS PHOTO BY XUONG AT HAPPY PHOTOS



Beach Cigar Lounge

Pair Like a Pro

Cigar lounges—rare yet revered by those who frequent them—are the ultimate hideaways for gents who wish to bond over a glass of bourbon with a stogie in hand. La Monde Byrd, owner of the peninsula's Beach Cigar Lounge, offers some recommendations for four perfect pairings.

Glenmorangie The Original (aged 10 years) and Arturo Fuente Double Chateau Sun Grown: While sipping on a lighter, citrusy scotch, stick with a mild to medium cigar so the flavors balance. "It's all about not allowing for the scotch to overpower the flavor of the cigar and vice versa," he says. "You want the perfect marriage."

Four Roses Small Batch Bourbon and Cesar Cigars Maduro: La Monde explains that a lighter cigar will get lost in the sweetness of a syrupy bourbon, recommending the Maduro for its notes of dark chocolate, espresso and earthiness.

Ardbeig Ten Years Old and Arturo Fuente Fuente OpusX: "If [a scotch] is spicy or smoky, I recommend a darker cigar," La Monde says. Ardbeg's peaty and peppery flavors, for instance, fare well with the OpusX. "It's robust but balanced," he adds of the cigar.

Knob Creek Straight Rye Whiskey and Kentucky Fire Cured Cigars: A spicy yet smooth spirit requires a cigar that can stand up to bold flavor. In this case, La Monde recommends experimentation. "Maybe [try] a Kentucky Fire Cured cigar," he suggests. "It's about as unique as rye. It's cured with oak maple wood [and] it's smoked in Kentucky so it has a very campfire taste to it." —B.B. NBM

Spine surgery?

Get a 2nd opinion 1st

Why? Because you may find out you don't need surgery after all.

Do YOU need spine surgery? It can depend on the doctor you see. If you've been told you need spine surgery, the smartest move for you is to get a 2nd opinion 1st. Why bother? Because a 2nd opinion may reveal that you don't need spine surgery at all. Our practice specializes in minimally invasive spine surgery that shortens the incision, lessens pain and speeds return to activity. We receive complex spine problems from across the nation. With an office in Newport Beach, consider us a convenient new option for your back or neck problem in 2015.

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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BEYOND FILM

Newport Beach's cinematic festival returns in April. This year, take a behind-the-scenes look at the exclusive parties, workshops and discussions that comprise the weeklong celebration of moviemaking.

BY PETER A. BALASKAS

The Newport Beach Film Festival is more than a showcase of the finest in studio and independent films; it's a cultural collective of creative minds who celebrate their artistry, craft and industry with the scenic beauty of the city as a glorious backdrop. As festival co-founder Gregg Schwenk points out, it all begins with the opening night gala—from there, the high level of energy permeates every activity and event during the weeklong run. The myriad screenings taking place from April 23-30 at venues across town intrigue crowds with entertaining plots and thought-provoking messages; it's the Q-and-A discussions, seminars and parties, however, that invite movie-lovers to become part of the immersive experience.

"Having been raised my entire life in Newport Beach, I know how special our community is," Gregg says, adding that the festival is launching a "Made in California" shorts program this year for films shot in the Golden State. "... Whether it's our seminars, the Q-and-A[s] ... or our gala events, [the film festival is] about being able to actively engage our filmmakers, our partners and our community."

**BIG
NEWPORT
EDWARDS**

**ON THE
BIG SCREEN
JEWTOPIA
NEWPORT BEACH
FILM FESTIVAL
OPENING NIGHT**



Fashion Island often serves as a site for post-screening celebrations.



Acrobatic performances at after-parties

More Than Talking Heads

There is a magical moment of anticipation for film lovers when the theater dims and the movie begins, transporting the audience into a creative world. But at the festival, the cinematic magic continues even as the lights turn back on. According to Gregg, between 85 to 90 percent of all films featured include a Q-and-A session or panel with the artists—an important facet that transforms the passive experience of watching a movie into an active one.

One of last year's most memorable moments came after the rescreening of a 1972 surf documentary, "Five Summer Stories." The film showed footage of pros carving the waves, but the main attraction was a panel of surf legends that included Gerry Lopez, Peter Townsend, Herbie Fletcher and Laird Hamilton. Former publisher of Surfer magazine Steve Pezman mediated the talk, fielding questions between filmmaker Greg MacGillivray and the subjects of his documentary.

For the younger audience members, an important type of Q-and-A follows movies entered by the major collegiate film programs in Southern California. These sessions give visiting high school students the opportunity to see diverse works from participants in programs at USC, UCLA, Chapman, Orange Coast and Saddleback. They can also interact with filmmakers and faculty, thereby establishing academic connections even before they apply for that particular school.

Often, the Q-and-As even bear fruit for unsuspecting filmmakers. He can't recall the exact movie, but Gregg describes one early festival year where a member of the audience asked the filmmaker about the next steps needed to bring his flick to the big screen. He indicated that \$10,000 was needed for finishing funds and to take it out for distribution; the questioner quickly responded that he would have the money waiting for the filmmaker afterward.

"I had people telling me that they had been in festivals at Berlin and Cannes, ... [and] they had

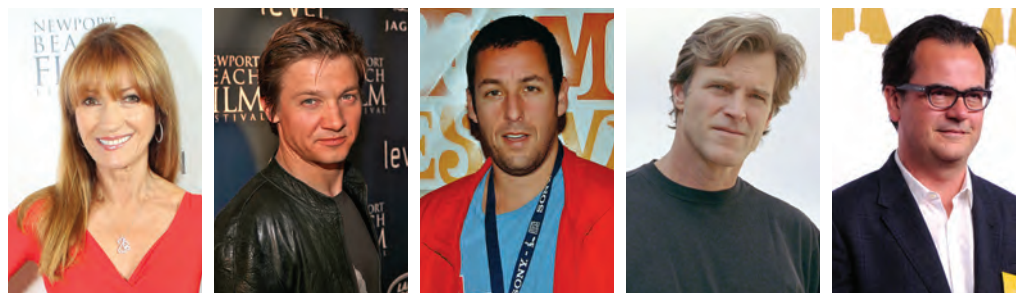
never seen anything like this where someone in the crowd says, 'I'm standing behind what I have just seen,'" Gregg says. "And that's one of the special things at Newport Beach—that you've got people in the community who are that passionate about certain types of films and are willing to back that up with capital."

A Captive Audience

A second creative opportunity offered is the seminar series, which includes instructor-led educational events that explore different aspects of the industry, be it directing, screenwriting, editing or cinematography. Best of all, these seminars are complimentary to attendees, allowing the general public to immerse themselves in the festival experience.

Last year, highlighted guest speakers included screenwriter Linda Woolverton ("Maleficent"), editor Joe Walker ("12 Years a Slave") and director John Lee Hancock ("The Blind Side"); a full lineup of this year's seminars will be released closer to the festival date. One popular event from 2014 included a gathering of composers for major films, moderated by journalist Tim Grieving, who covers the art of scoring music for film.

"I believe film music is an underrated and underappreciated component of filmmaking and film appreciation," says Tim, who has written for Variety, LA Weekly and NPR, among other publications. "I think it's great for both filmgoers and filmmakers to spotlight the work and artistry of the composers who contribute so much of the emotion, psychology, subtext and pacing to films."



From left: Celebrities such as Jane Seymour, Jeremy Renner, Adam Sandler, John Lee Hancock and Joe Walker have walked the Newport Beach Film Festival red carpet.

SEYMOUR PHOTO BY HENRY THOMPSON; WALKER PHOTO BY KEVIN WINTER



"Five Summer Stories" Q-and-A session

Gregg also recalls one past seminar taught by legendary music composer Richard Sherman, who, along with his brother Robert, created the scores for classics such as "Mary Poppins" and "Chitty Chitty Bang Bang." At the end of the seminar, Richard went to the piano and started playing all of the music he composed over the years. "People were singing along, and they were crying," Gregg says. "... It was such a special experience."

Party Into the Night

Newport Beach may not be synonymous with Hollywood glamour—yet, at least—but we know how to throw a party. The galas that close the daily festival events are as much of a draw as the screenings, seminars and panels.

Marjoe Aguilung, director of content production at CNN and a festival judge last year, is impressed with our festival's range and diversity. "The events and parties are world class," he says. "... The festival continues to improve—it's always a fun time. There seems to be plenty of activities for both filmmakers as well as visitors."

The weeklong party kicks off with the pre-screening reception on opening night; last year, VIPs gathered at Fig & Olive before heading across the street to Big Newport for the main event. The biggest crowds, however, arrive for the after-parties. Those, according to Gregg, can be a challenging task for the festival staff to coordinate, but that just makes the end result all the more rewarding.

Each partner is carefully chosen to coincide with the appropriate occasion; this year, for example, The Botanist Islay Dry Gin from

Scotland is sponsoring the United Kingdom showcase. Likewise, the staff tries to align the entertainment with the evening's theme. Gregg says that for the Pacific Rim event this year, festival coordinators are collaborating with major Asian and Pacific Islander groups such as the Korean Cultural Center, The Japan Foundation and the Australian American Association. "Those are just a few of the organizations we will partner with to get the word out to that expatriate community to come to Newport Beach," he explains. "And that is replicated every night with different organizations and groups that reflect the cultural diversity of ... our community overall."

Spirits are kept high with signature drinks, tastings and entertainment. For the last 16 years, many acclaimed musical artists have taken the stage—American Idol winner Taylor Hicks, Cirque du Soleil, Million Dollar Quartet, Mariachi Divas and Hong Kong-based wushu martial artists are among the highlights.

Beyond the musical talent, the festival has become something of a star-studded affair over the years. Gregg rattles off a list of celebrities that have walked Newport's red carpet, including Will Ferrell, Adam Sandler, Jeremy Renner, Jane Seymour, Andy Garcia and even the late Oscar-winning actor Ernest Borgnine, who visited in 2012 for the screening of his last film, "The Man Who Shook the Hand of Vicente Fernandez." In 2013, Gregg recalls Green Day members taking selfies with fans before the screening of their film "Broadway Idiot." International stars make a big splash as well: The entire street in front of the Lido Theatre was closed down in 2013 when a large number of people arrived to see Filipino star Jericho Rosales.

For those in the movie business, these cinematic soirees offer more than just an opportunity to rub elbows with industry vets. Important deals are made at the parties that help turn sleeper films—such as Paul Haggis's "Crash" or Mark Webb's "(500) Days of Summer"—into mainstream hits. Just last year, the opening night film starring Matt LeBlanc, "Lovesick," was picked up for international distribution following its premiere.

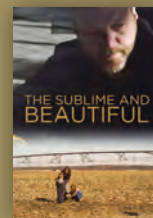
But most of all, Gregg stresses that he and his staff endeavor to have every evening gala appeal to filmmakers and film hobbyists alike. "After 16 years, we get locals especially who don't realize that the festival is for everyone," he explains. "And that while it might be a very elegant event, it's a very accessible event. Anyone can attend; anyone can purchase a ticket. This isn't just for the industry—this is for our community." NBIM

THE JURY IS IN

The Newport Beach Film Festival presents awards to competing films every year, including the grand prize: the Jury Award for Best Feature Film. To prepare for this year's weeklong celebration of film, step back in time and take a cinematic tour of past category winners.

2014: "The Sublime and Beautiful"

This drama about a man seeking redemption after a family tragedy also won Best Actor, Cinematographer, Director and Actress in a Feature Film.



2013: "Un plan parfait" ("A Perfect Plan")



The French comedy about a family curse where every first marriage ends in divorce also received the awards for Best Screenplay, Actress and Director.

2012: "Apartment in Athens"

A film adaptation of the 1945 novel about a Greek couple in Nazi-occupied Athens also won for Best Actor, Screenplay and Cinematographer.



2011: "A Beginner's Guide to Endings"



This dark comedy that follows three brothers who only have a few days to live won three key awards, including Best Screenplay and Best Cinematographer.

2010: "Bride Flight"

This romantic drama about three women traveling to New Zealand to become war brides also won Best Director, Actress, Screenplay and Cinematographer.



Sirens of the SILVER SCREEN

REVISIT OLD HOLLYWOOD GLAMOUR WITH STYLE
INSPIRED BY NEWPORT'S RED CARPET HISTORY.

PHOTOGRAPHER: STEVE FISCHER
FASHION EDITOR: ALLISON HATA
CREATIVE DIRECTOR: SONIA CHUNG
LOCATION: LIDO LIVE

MODEL: OLIVIA KARINA, PHOTOGENICS LOS ANGELES; HAIR: SAMANTHA FRYLING USING KEVIN MURPHY;
MAKEUP: DEBRA JOHNSON OF MAKEUPBYDEBRA.COM; PHOTOGRAPHY ASSISTANT: ANDREW PETRICH;
FASHION ASSISTANTS: KATHERINE DUNCAN, LAUREN MATICH



Basix Black Label beaded dress, \$795, at Saks Fifth Avenue, South Coast Plaza; 14-karat white gold earrings with 0.96 carats of diamonds, \$3,850, platinum briolette necklace with 22.1 carats of diamonds, price upon request, at Jewels by Joseph, Corona del Mar Plaza

Halston Heritage
asymmetrical flutter-
sleeve gown, \$595,
at Bloomingdale's,
Fashion Island



Badgley Mischka
cowl-back
embellished gown,
\$990, at Saks Fifth
Avenue, South
Coast Plaza





Adrianna Papell beaded mermaid gown, \$300, at Nordstrom, South Coast Plaza; cultured pearl and 1.38-carat diamond earrings, \$3,850, platinum vintage 28-carat diamond bracelet circa 1920s to 1930s, price upon request, both at Jewels by Joseph, Corona del Mar Plaza

Jovani crystal-embellished lace gown, \$1,170, at Saks Fifth Avenue, South Coast Plaza





NEWPORT'S HABITAT ONE FORD ROAD

With a safe location and serene ambience, the gated community is a perpetual hideaway resort for young families and retired couples alike.

BY PETER A. BALASKAS | PHOTOS BY JODY TIONGCO



In the late 1990s, Ford Aerospace, the original owner and occupier of the One Ford Road land, partnered with Pacific Bay Homes to create a private, gated community. As you drive south on MacArthur Boulevard toward Bison Avenue, there are two roads that lead directly to the neighborhood, which today serves as a welcoming sanctuary for young families and newly retired couples.

The diverse architectural styles of the 332 homes in One Ford Road range from beautiful beach houses to comfortable Cape Cod cottages. Each of the six neighborhoods reflects an atmosphere of class and tranquility: Balboa, Carmel, Summerhouse, Stonybrook, Providence and Pacific Heights, a special area with eight custom estate sites.

"In addition to the varying size and style, the different materials, colors and design elements used—such as towers, porches, bay windows and weather vanes—give One Ford [Road] an appealing aesthetic that sets it apart from other master-planned communities," says Surterre Properties real estate agent Kylie McCollough.

The neighborhood's numerous amenities are also a draw for residents. In addition to two large swimming pools, One Ford Road has an eight-lane junior Olympic-size pool, barbecue areas, a fitness center, clubhouse, rose garden, reflection pond, putting green and a children's playground. With its picturesque landscaping and an ideal location near Fashion Island, the community is perfectly situated for families to experience and enjoy Newport from the heart of town.



Wildfish Seafood Grille

BEST BITES

The eateries in proximity to One Ford Road are both diverse and plentiful. A favorite local plaza, the Bluffs Shopping Center on Bison Drive, is just a few minutes from the community and offers popular chain restaurants such as Daphne's California Greek, Wasa Sushi and Islands. But, for a unique taste of Newport, locals Elaine, Steve, Cordell and Melly suggest Wildfish Seafood Grille for its ambience and fresh fare.

Down the road at Fashion Island, Cordell and Melly prefer Red O's modern Mexican dishes, as well as the filet mignon at Fig & Olive. Elaine, however, loves an old standby, R & D Kitchen, which is known for its center-cut filet steaks. Yardhouse also comes highly recommended by One Ford Road residents—there's nothing better than savoring an oversized burger on the patio while watching the sunset.

FAST FACTS

GEOGRAPHY:

Bordered by MacArthur Boulevard, Bison Avenue, Jamboree Road and Ford Road

CLOSEST SCHOOLS:

UC Irvine, Corona del Mar High School, Lincoln Elementary School

NEARBY ESSENTIALS:

Post office on Bison Avenue and Camelback Street; Ralphs and CVS on East Bluff Drive; Fashion Island on Newport Center Drive



Bonita Canyon Sports Park



Fashion Island



Newport Beach Civic Center and Park

JUST FOR FUN

Although residents of One Ford Road have a variety of community amenities to choose from during their free time, they still take advantage of the fun and leisure that Newport Beach offers. Just east of the Ford Road entrance is the Bonita Canyon Sports Park, which hosts local events throughout the year and features picnic tables, a soccer field, and basketball and tennis courts for everyday use.

Down MacArthur, the Newport Beach Public Library on Avocado Avenue contains two full levels of books and one floor of DVDs, giving visitors a choice of entertainment options. The Newport Beach Civic Center and Park is within walking distance from the library and provides several seating areas for enjoying a book on the lawn. Those who want to check out a DVD or two—most of which can be rented one week for free—can head back to the community for a movie party at the clubhouse.

One nearby attraction that draws numerous residents, including Steve and Elaine, is the shopping and culinary mecca of Fashion Island. Elaine cites Nordstrom, Neiman Marcus and Macy's among her favorite spots in the center, but there's plenty more to discover for those who want to dine, drink, browse or even exercise.

FAMILY FACTS:

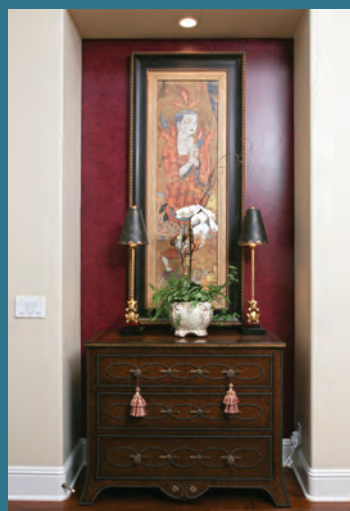
Steve and Elaine
DAY JOB: Steve
is a meeting and
convention planner.

SPACE: 3,800
square feet, three
bedrooms, 4.5 baths

HOUSE TIMELINE:
Built in 1999,
purchased and
moved in 2000

FABULOUS

FEATURE: The two
master bathrooms
on each side of
the bedroom with
accompanying
walk-in closets make
getting ready easier
for the couple.



CAPE COD COTTAGE

Timing was key when it came to Steve and Elaine's gracious two-level home, which combines the elements of a Cape Cod cottage with that of a Nantucket house. They had watched the neighborhood as it was being developed in hopes of moving in, and their patience paid off when they discovered a house that had fallen out of escrow.

"We wanted to be in this community," Elaine explains of their decision to purchase the home. "The floor plan was very desirable for us. It just suited our needs."

In front of Steve and Elaine's home, miniaturized versions of the One Ford Road trademark stone towers flank the walkway, along with two mini palms. The foyer floor is made of dark hardwood, leading visitors straight into the open kitchen and family room, where a fireplace and wall-to-wall wooden entertainment center serve as focal points. Overlooking the foyer is an open landing, which also doubles as Elaine's office. A living room, dining room and guest bedroom round out the downstairs area.

In addition to the master, two more bedrooms

are upstairs—one of them was converted into an office for Steve and the other is a guest bedroom for the couple's twin grandchildren, with each bed decorated in a specific style. Out in the backyard, the couple enjoys a C-shaped pool and Jacuzzi, as well as a barbecue, cooking range and refrigerator.

"It's a family-oriented home," Elaine says. "Certainly, we can live in a smaller space, but we have grandchildren now and we like the fact that they can move around when my daughters come to visit."



FAMILY FACTS:

Cordell and Melly
DAY JOB: Cordell is a retired pedodontist; Melly is retired from working at UC Irvine.

SPACE: 2,500 square feet, three bedrooms, 2.5 baths

HOUSE TIMELINE: Built, purchased and moved in 1999

FABULOUS FEATURE: The indoor/outdoor living space opens up to front patios that border each side of the house on both streets.



A TRADITIONAL HIDEAWAY

Cordell and Melly feel that people who move to One Ford Road are doing more than buying a house—they are also purchasing a lifestyle. The couple recognized the land's potential as Pacific Bay Homes was developing the neighborhood and were among the first to choose and purchase the site for their future home.

A traditional-style residence, Cordell and Melly's house is on a corner lot that provides patio views of both streets. Because they were early buyers, the couple had the opportunity to collaborate with the architectural team to

provide their own personal touches.

"I chose the smallest house on the smallest lot on the south corner—I wanted southern exposure of the backyard," Cordell explains. "We picked the roof, the brick, the color and siding."

One of Cordell's design choices was a staircase that matched the one in the White House Oval Office, right down to the carvings and wainscoting panels. The stairs are made of maple wood, accented by sepia photos of New York and Central Park hanging on the wall.

A front atrium, connecting to the patios, serves

as an office for Melly. Cordell's office—the "man cave"—is upstairs and adorned with Western and Native American paintings, as well as Hancock & Moore leather furniture. The ground floor also features a dining room that opens up to a large kitchen with granite counters and white light-house paneling, which bring out the class and elegance of a polished wooden dining room set.

"It really is like a resort," Melly says. "Cordell and I can go to St. Thomas ... and it's very similar there, so we really feel as though we're on a perpetual vacation." **NBM**

CABO REDUX

Escape to Baja's famous playground for another look at the city's diverse offerings.

BY LINDA DOMINGO

It may not want to admit it, but Cabo is growing up. Long known as a spring break mecca, the area hasn't lost its wild streak, but increased development of resorts and other travel-related businesses that go far beyond tequila shots and dance floors has given visitors more reason to book a trip to the beach-side destination. Last year's hurricane hasn't slowed the growth—many of Cabo San Lucas' restaurants and shops were minimally affected or quickly restored. Some hotels and resorts are slated to reopen this summer, having taken the months of nonoperation as an opportunity to renovate and redesign. If your last trip to Baja California Sur included too many drinks and a little regret, it may be the perfect time to give the region another chance.



Stay

In a prime location on Playa Medano, Hacienda Beach Club & Residences is just steps from all of the city's attractions. The marina's shops, restaurants and bars are just outside of the residences' gates, Avenida Lázaro Cárdenas is a short downhill walk away and Land's End infiltrates most views from the beach club and accommodations.

On the site of the historic Hacienda Hotel, Hacienda Beach Club & Residences offers an array of real estate—expansive four-bedroom beachfront villas and one- to four-bedroom residences overlooking the ocean—as well as a rental program. All residences and guests have access to the spa and fitness center, and use of the oceanfront beach club, which is fully stocked with kayaks, paddleboards and other recreational equipment, along with an attentive staff that's happy to supply chairs, towels and other ingredients for a perfect day on the water. In addition to privacy and convenience, the property is also home to one of the area's top-rated restaurants, Hacienda Cocina & Cantina.



Hacienda Beach Club & Residences has an on-site spa (top right) as well as a regional restaurant, Hacienda Cocina & Cantina (bottom left).



Cervecería Rámuri, a craft brewery with impressive cuisine



Bites

Whether one of your main motivations for a Mexican sojourn is culinary exploration or you simply need sustenance after stepping off the plane, Cabo San Lucas' location at the southern tip of Baja California Sur lends itself to at least a few meals overlooking the water. Seafood is a forgone conclusion, and there are numerous options lining the marina. Dos Mares Marina Grill & Bar is a popular alfresco oyster bar where diners have a front-row seat to the charters floating to and from fishing trips.

Pairing fresh catches with ocean views is a specialty at many of the city's restaurants, but one of the best sensory experiences can be found at Hacienda Cocina & Cantina. Situated steps from the beach with a view that's framed by the rocky and picturesque Land's End, the restaurant and bar offer Mexican staples like ceviche, camarones, tamales and enchiladas—in addition to a signature margarita and list of tequilas, of course. It's Mexican comfort food that Executive Chef Octavio Hernandez carefully concocted after traveling across the country, tasting and testing,

to ensure the restaurant's offerings were authentic representations of the region's best.

Venture just outside the main hub of clubs and bars in downtown Cabo San Lucas and you may stumble upon Cervecería Rámuri. The craft brewery features an impressive selection of high-quality beers that complement a menu that goes beyond pub food, allowing visitors to imbibe in a relaxed atmosphere, sans the party crowd. With choices ranging from tacos and flatbreads to octopus and steak, the cuisine brings an unexpectedly elegant dining experience, even when sitting at the bar. Everything here has been carefully considered, from the rustic decor to the welcoming staff.

Another eatery to bookmark for mornings after a few cocktails, Bar Esquina is located in the Bahia Hotel & Beach Club. While the full restaurant is a favorite for its contemporary furnishings and menu that blends Mediterranean and Mexican fare, Bar Esquina's small coffee shop and bakery is a gem. With a commitment to direct trade products, the outlet has all you need to jump-start a day of activity, all infused with

local flair. Organic Mexican coffee, tea, juices and smoothies, plus freshly baked pastries or small lunches are all available for order to go or to enjoy on the small outdoor patio.

Sun

A trip to Cabo San Lucas can be party-heavy or posh—either way, there's no denying the allure of the beach. Old Man's and Zippers beaches are popular surf spots, but Playa El Medano's calm and crystal blue waters make it the ideal place to swim, jump on a paddleboard, kayak or WaveRunner, or simply take in the scene and a little sun. The marine life here is prolific and diverse, making for exciting snorkeling just off the shore.

Tourists walking the marina will be approached by plenty of merchants who can reserve spots on fishing charters or tours. It may be easiest, however, to make arrangements through your hotel, as the amount of options out on the boardwalk can be overwhelming. Sport fishing in Cabo is world-renowned, with marlin, swordfish, yellowtail and snapper populating the area where the Pacific Ocean meets the Gulf of California.

But every visitor must make time for a trip to Land's End, probably the most famous attraction that's also referred to as "El Arco" (The Arch). Only accessible by watercraft, the rock formation is an iconic landmark that gets its name from the emotion it conjures—when visitors make the journey, they feel as though they've reached the end of the Earth. At the base of the rocks lies Lover's Beach, a small, pristine stretch of shoreline that seems more like a private island. Walk past massive rock walls that surround the sand to the opposite end of Land's End, playfully named Divorce Beach. Swim or snorkel on the Lover's side, where the water is



Bar Esquina, a small coffee shop and bakery in the Bahia Hotel & Beach Club



Take a glass-bottom boat tour at Land's End.

relatively tranquil, but the Divorce side is fit for only sunbathing or lounging on land—the ocean can be rough and unpredictable there. To make the most of your Land's End adventure, board a glass-bottom boat and observe what's teeming below the water's surface. Tropical fish, sea lions and turtles are among the animals you may see right under your feet.

Fun

In addition to the area's beach activities, there are ways to pass the time on dry land. Those who prefer adventures in retail can head to the marina for shopping at Luxury Avenue, a collection of high-end brands like Carolina Herrera, Cartier, Swarovski and Tous.

The adjacent Puerto Paraiso shopping mall houses additional shops, but continues to see construction and renovation, in part because of the hurricane's effects. Worth a visit, however, are some of the mall's eateries that are frequented by locals as well as tourists. For beer lovers, Baja Brewing Co. offers its own menu of beer and pizzas that are made with beer in the dough. (The company also has a rooftop location at the Cabo Villas Beach Resort.)

Families will enjoy Señor Sweets, open for breakfast, lunch and dinner with a diverse array of Mexican, American and European dishes (sweet and savory crepes are popular here), as well as a large selection of gelato and sorbet flavors. Both venues have expansive patios that overlook the marina.

After a round of shopping or beach activity, the spa will be ready to welcome you with open arms. The local hotels and resorts present world-class options for wellness retreats. Esperanza, an Auberge resort reopening in June, houses The Spa at Esperanza, which will feature a new contemporary outdoor relaxation lounge with a retail boutique of art, housewares and textiles sourced from purveyors throughout Mexico.

The Hacienda Spa at Hacienda Beach Club &



Paddleboard yoga on the Sea of Cortez



Playa Medano



Luxury Avenue houses designer jewelry and apparel brands.



Craft beer options at Cervecería Rámuri

Residences is a one-stop shop for both activity and relaxation. While a luxurious outdoor lounge, couples' suites, a steam room and soaking pools contribute to a peaceful environment for signature treatments that use local ingredients, the spa's fitness pavilion has updated equipment and classes that blend fun and fitness. Guests can achieve balance with paddleboard yoga on the Sea of Cortez, an activity that can be enjoyed in a private session or with a group.

Sips

When the sun sets in Cabo, an entirely different crowd emerges. Both locals and tourists flood the streets of downtown, especially on weekends, to hit the famous (and infamous) nightlife scene. While plenty of Cabo travelers may have blurry stories from the raucous El Squid Roe or notorious Cabo Wabo Cantina, some less commonly named options in downtown Cabo still offer a little fun, lots of libations and, hopefully, a more memorable experience.

For good music, strong drinks and a place to kick back, locals mix with tourists at The Nowhere Bar on the marina. Though loud and lively at night, the small bar's casual dress code

and friendly bartenders make for a more laid-back atmosphere. For many, it's a starting point for a long night ahead, and the location gives bar hoppers a good vantage point from which to scope out nearby hot spots.

Those who want to partake in some serious partying can simply follow the flashing lights and thumping bass along Avenida Lázaro Cárdenas, where the most popular bars and clubs reside. For an exclusive, Las Vegas-style experience, Mandala is in the heart of the downtown area with a huge dance floor, VIP sections available for parties and a dressier crowd than many of the surrounding venues. Despite its massive size, the club is crowded, especially on weekends, and the open facade makes it feel like the party is spilling onto the street.

Just a short plane trip for Californians, Cabo San Lucas is an ideal setting for a weekend escape from reality. New development and a broader spectrum of activities prove that the area continues to mature, even if you are looking for a place to be a kid. Whether your itinerary includes luxurious beach-filled afternoons, elegant meals, musical nights or a mixture of everything, there are still no bad days in Cabo. NBM

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With close proximity to the sand and sweeping ocean views, Newport Beach offers some of the best homes in Orange County. On the following pages, we bring you a special section that highlights a handful of the nicest neighborhoods and most spectacular homes on the market today. All of the properties are represented by Orange County's top Realtors and real estate agents dedicated to sharing their extensive knowledge and providing exemplary customer service.

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VILLA

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2471 Riviera Drive

IRVINE COVE, LAGUNA BEACH | \$29,500,000 | 2471RivieraDrive.com

5 bedroom | 5.5 bathroom | 5,500 approx. sq. ft. residence size | 16,117 approx. sq. ft. lot size | 123' ocean frontage

Likely one of the most valuable oceanfront properties in all of Southern California, this gracious Spanish Hacienda style home is located on the sand in one of Orange County's most exclusive private beachfront communities, Irvine Cove.



17 Ridgeline Drive

HARBOR RIDGE, NEWPORT BEACH | \$8,999,000 | 17Ridgeline.com

7 bedroom | 12 bathroom | 11,800 approx. sq. ft. residence size | 13,504 approx. sq. ft. lot size

This exquisite estate offers unparalleled luxury, an abundance of privacy and spectacular views. Capturing awe inspiring vistas of the Pacific Ocean, Catalina Island, and Newport Harbor, this newer construction Southern Colonial mansion is truly a showcase property. *Co-listed with Russ Kruse, Independent Broker.*



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VILLA



2471 Riviera Drive

NEWPORT BEACH | \$29,500,000
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1821 Galatea Terrace

CORONA DEL MAR | \$6,800,000
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6906 West Oceanfront

NEWPORT BEACH | \$6,195,000
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221 Morning Canyon Road

CORONA DEL MAR | \$5,699,000
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149 Via Venezia

NEWPORT BEACH | \$3,995,000
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VILLA

KIM BIBB



1807 East Bay

NEWPORT BEACH | \$7,395,000



310 East Oceanfront

NEWPORT BEACH | \$6,350,000



KIM BIBB

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639 Bayside Drive | Promontory Bay | \$4,895,000



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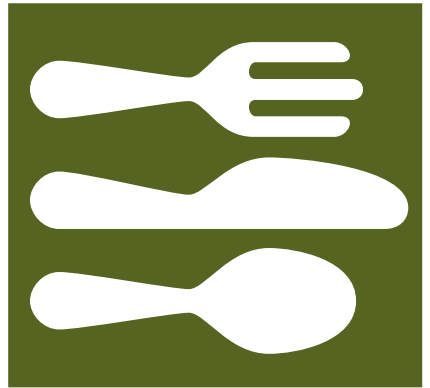
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taste OF THE TOWN



Airport Area

BAMBÚ

Farm-to-table dining finds a home for breakfast, lunch and dinner in this atrium cafe. (*Fairmont Newport Beach, 4500 MacArthur Blvd.; 949-476-2001; fairmont.com*)

BLUE MEDITERRANEAN CAFE

There is no shortage of bold flavors at this cafe dedicated to healthy vegetarian and meat options. (*3601 Jamboree Rd., Ste. 4; 949-474-7300; bluemedcafe.com*)

BOSSCAT KITCHEN & LIBATIONS

Southern hospitality and craft cocktails abound in this creative kitchen. (*4647 MacArthur Blvd.; 949-333-0917; bosscatkitchen.com*)

IL BARONE RISTORANTE

Traditional Italian cuisine for lunch and dinner is offered in an upscale trattoria setting. (*4251 Martingale Way, Ste. A; 949-955-2755; ilbaroneristorante.com*)

JULIETTE KITCHEN & BAR

Part wine merchant, part dinner and lunch hot spot, this French cafe serves up the best of small plates to full entrees. (*1000 N. Bristol St., Ste. 11; 949-752-5854; juliettenb.com*)

KITAYAMA

Four distinct dining rooms accommodate a sushi lunch or an authentic multicourse experience. (*101 Bayview Pl.; 949-725-0777; kitayamanewport.com*)

MOULIN BISTRO-ÉPICERIE-CAFÉ

Sample classic French dishes for breakfast, lunch and dinner, including charcuterie, quiche and chicken with fries, as well as new daily specials. (*1000 N. Bristol St.; 949-474-0920; moulinbistro.com*)

NANA SAN

An overlooked secret, sushi and sashimi lovers unite here to enjoy the wide selection of fresh fish. (*3601 Jamboree Rd.; 949-474-7373*)

ORIGINAL PIZZA II

Family-friendly and never lacking in lunch and dinner options, this a pizzeria as well as a live music venue. (*2675 Irvine Ave., Ste. D; 949-574-4995*)

TAPAS

Bold Spanish flavors appear on sharable plates as live Latin entertainment takes center stage in the lively dining area. (*4253 Martingale Way; 949-756-8194; tapasnewportbeach.net*)

TEN ASIAN BISTRO

Asian fusion and sushi specialties, many of which appear for happy hour, fill the modern upscale eatery. (*4647 MacArthur Blvd.; 949-660-1010; tenoc.com*)

Balboa Island

AMELIA'S RESTAURANT

In operation since 1961, this family-owned eatery offers fresh seafood and a taste of Italy in a cozy setting. (*311 Marine Ave.; 949-673-6580; ameliabalboaisland.com*)

BAROLO BY THE SEA

The Tustin location's elegant sister, Barolo serves expertly prepared Italian classics with optional wine pairings. (*305 Marine Ave.; 949-675-6193*)

CIAO ITALIAN RESTAURANT

New York-inspired Italian fare is served with a smile at this casual restaurant and wine bar. (*223 Marine Ave.; 949-675-4070; ciaoitalianbalboa.com*)

SHANGHAI PINE GARDENS

Chinese-American cuisine is crafted with care at this Balboa Island mainstay. (*300 Marine Ave.; 949-673-3802*)

A FAMILY LEGACY

In 1975, Sergio Avila opened the doors to the Newport Boulevard Avila's El Ranchito on the Balboa Peninsula, offering traditional Mexican comfort food to our waterfront town. He took over a space that once housed a fish market in the Cannery Village district, established himself in the community and even expanded with a second Newport location in Corona del Mar.

Beginning April 2, Avila's El Ranchito is hosting a monthly series of Throwback Thursday events, bringing back popular dishes from over the last 40 years to celebrate four decades in business. A discounted lunch and dinner Thursday special is offered every week, in addition to the regular menu. Stop by to sample Mama Avila's chicken broth and rice soup; and combination plates of tacos, enchiladas, taquitos and tamales.

Additionally, every time a customer orders a featured margarita throughout 2015, the restaurant will donate \$1 of the proceeds to a local charity, including Orangewood Children's Foundation in September, among others. (*949-675-6855; avilaselranchito.com*) —Allison Hata



ANNE WATSON

taste of the town

SPOTLIGHT: DORY DELI



An espresso with the Yoga Pants burrito



The Buffalo Mary sandwich

DECADENT DELICATESSEN

The imaginative offerings at Dory Deli offer a twist on tradition.

BY KIRSTI CORREA | PHOTOS BY JODY TIONGCO

Shaved celery, fresh greens, shredded carrots, ranch dressing and morsels marinated in a peppery sauce: Sandwiched in between a roll, this is a winning recipe for Dory Deli's Buffalo Mary sub. What sets the dish apart is that it's actually vegetarian—the buffalo “chicken” is really cauliflower. The vegetable is battered and fried, then coated in sauce to bring a familiar taste to diners. One bite, and it's akin to a traditional buffalo chicken sandwich—a little tangy, similar accompaniments and abundantly flavorful.

It's just one example of the culinary ingenuity happening behind the scenes at Dory Deli, which opened on the peninsula in late January. The Reuben sandwich, for instance, takes the name Reubenstein—after the restaurant's chef Chris Rubinstein—but still incorporates the classic corned beef with thick slices of meat, sauerkraut, Swiss cheese and Russian dressing piled between slices of toasted marble rye bread.

Though small, the modifications signify the

deli's creativity and extra effort. Even when it comes to the decor, everything is executed in a meaningful way. Drawing inspiration from its beachfront location, Dory Deli displays a nautical theme with anchors and gauges throughout the restaurant. Old-fashioned photographs on the walls are a nod to the building's long history in Newport; meanwhile, communal banquette seating reflects the friendly atmosphere of the peninsula, and an outdoor patio allows customers to enjoy the view of the ocean with their meal.

As for other menu features, the fish for some of the sandwiches like the Scuba Sando and ahi burger is sourced from the Dory Fleet fishing company, which is located steps away from the deli. And prior to the restaurant's opening, a barista from Kéan Coffee came to assist employees in achieving the proper technique for making drinks like an espresso with latte art.

Open every day starting at 6 a.m., Dory Deli offers early risers plenty of options that can

accompany their cup of coffee. The Yoga Pants burrito is a healthy wrap of egg whites, Peppadew peppers, arugula and a dash of Parmesan; the heavier Sweatpants burrito, however, boasts scrambled eggs, steak, caramelized onions and cheese. Another dish that interests patrons—one of the most popular breakfast entrees—is the chicken and waffles, which pairs a buttermilk fried piece of poultry with a Belgian waffle and maple bacon butter.

Dory Deli puts as much effort into entertaining its evening visitors as it does its morning guests. The deli display case is stocked with craft bottled beers from breweries including Ballast Point, Stone and Sierra Nevada, and eight tap handles pour drafts like Beach City Pierside Pilsner, Port Wipeout IPA and Saint Archer White Ale. The restaurant stays open late, usually until 10 p.m. on weekdays and midnight on weekends, offering the perfect hangout spot to enjoy the longer days with a cold beer and hot sandwich in hand. **NBM**

Dory Deli, 2108 ¾ W. Oceanfront; 949-220-7886; dorydeli.com

taste of the town

SPOTLIGHT: NEWPORT BEACH BREWING CO.



Loaded hickory burger and chicken wings



Beer is crafted on-site.

TWENTY YEARS ON TAP

Raise your glass of award-winning beer to celebrate this local brewpub's major milestone.

BY SHARON STELLO | PHOTOS BY JODY TIONGCO

Newport Beach Brewing Co., in the historic Cannery Village on the peninsula, celebrated its 20th year of business on April Fools' Day—and that's no joke. The establishment was founded as the city's first brewery, and owner Mike Madlock hasn't looked back since.

Winning several awards along the way, the "Brew Co.," as locals call it, has become a neighborhood hangout and a popular place for weekend crowds to enjoy a few pints, maybe while watching sports on the many HDTV screens. The beer is fresh and flavorful, crafted right on-site; the fermenting tanks can be seen from the main room and a 15,000-pound grain silo is out back. Inspired by local landmarks and the ocean, just two blocks away, beers on tap include the Newport Beach blonde, Newport Coast steam, Pelican pale ale and Balboa brown ale, among many others.

"I try to give it an approachability—not to scare anybody off—with traditional flavor profiles," notes brewmaster Derek Bougie.

The microbrews—which can only be enjoyed on-site, as they're not bottled for mass commercial distribution—are complemented by a menu of quality dishes, from pizza to burgers, salads, sandwiches and more. "The beer will get you here, but the food will keep you coming back," Mike says.

All of the dressings and condiments are made in-house; some, like the batter for fish 'n' chips and the tempting Asian wing sauce, incorporate the beer. (Bone-in and boneless chicken wings are offered with six sauces ranging from buffalo to mango habanero.) There's even a beer-flavored cheesecake, which is as delectable as the concept is creative, with just a subtle hint of pale ale used in the filling.

Burgers are among the most popular items and for good reason. The loaded hickory burger, a thick, juicy patty stuffed with bacon and cheddar cheese and topped with onion strings and barbecue sauce, pairs perfectly with a cold craft brew. Another best-seller is the ahi tasting plate

with the fish served seared and raw (poke-style), accompanied by a refreshing cucumber onion salad, rice, wasabi and pickled ginger.

Natural beef from Harris Ranch is used for the burgers, while the kitchen opts for organic produce and wild-caught fish rather than farm-raised to meet diners' changing preferences. The menu even features gluten-free crust options for its pizzas, with toppings ranging from traditional pepperoni to innovative macaroni and cheese.

To help accommodate the large crowds that flock to the pub, a free parking lot—hard to come by on the peninsula—is located in back. And the crowds do come, especially for happy hour from 3-6:30 p.m. weekdays when \$4 well drinks, \$3 pints and other discounts are offered. Try Thursday for the house-made lasagna, salad and pint for \$12.

To celebrate its 20th year, a special Peninsula double India pale ale is on tap. Order a glass and raise it high to cheer the Brew Co. on this milestone—here's to another 20. **NBM**

Newport Beach Brewing Co., 2920 Newport Blvd.; 949-675-8449; newportbeachbrewingcompany.com



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TRATTORIA MEDITERRANEAN CUISINE

This homey establishment has a menu packed with a variety of Italian and Mediterranean dishes. (216½ Marine Ave.; 949-566-9525; trattoriamediterranean.com)

VILLAGE INN

This local hot spot combines stiff drinks with upscale American cuisine, from juicy burgers to more refined entrees. (127 Marine Ave.; 949-675-8300; vibalboaisland.com)

WILMA'S PATIO

Known for its breakfast offerings, this family-run restaurant features an extensive list of American diner favorites. (203 Marine Ave.; 949-675-5542; wilmaspatio.com)

Balboa Peninsula

21 OCEANFRONT

Savor fine steaks and seafood in this vintage-inspired dining club just steps from the sand. (2100 W. Oceanfront; 949-673-2100; 21oceanfront.com)

THE ALLEY RESTAURANT & BAR

This modern American saloon offers fresh seafood and prime steaks in addition to an extensive bar menu. (4501 W. Coast Hwy.; 949-646-9126; thealleynewportbeach.com)

AKROPOLIS

Macchiatos and lattes meet authentic Greek cuisine, available for dine-in or takeout. (2201 W. Balboa Blvd.; 949-270-6310; akropolisnewportbeach.com)

AURORA MEDITERRANEAN RESTAURANT

Dancing, drinks and Greek food make this dinner spot stand out from the crowd. (2307 W. Balboa Blvd.; 949-642-1073; auroranewport.com)

AVILA'S EL RANCHITO

Avila's has an assortment of Mexican-inspired dishes suitable for any occasion. (2800 Newport Blvd.; 949-675-6855; avilaselranchito.com)

THE BLUE BEET

Enjoy a storied history, live music seven nights a week and traditional bar fare. (107 21st Pl.; 949-675-2338; thebluebeet.com)

BEAR FLAG FISH CO.

Fresh fish and seafood reign supreme at this casual eatery. (3421 Via Lido; 949-673-3474; bearflagfishco.com)

BLUEWATER GRILL

Grilled seafood and chowders are served in a fun atmosphere at this Newport Beach outpost. (630 Lido Park Dr.; 949-675-3474; bluewatergrill.com)

SPICE IT UP

Ketchup and mustard have been the most popular spreads for all types of dishes; however, a new pair is taking over the condiment scene. Deborah Schneider, executive chef and partner of Sol Cocina, is releasing a new cookbook dedicated to salsas and moles. Recipes for mild and spicy concoctions will fill the pages of the book, aptly named "Salsas and Moles," which will be available for purchase locally at Sol Cocina beginning March 31. Enjoy the following recipe from chef Deborah to add some zest to your home cooking.

JICAMA AND RADISH SALSA

SERVING SIZE: About 1 ½ cups

- 1 cup prepared jicama, diced into ¼-inch pieces or cut into matchsticks
- 2 radishes, diced into ¼-inch pieces or cut into matchsticks
- 1 tablespoon fresh-squeezed orange juice
- 2 tablespoons fresh-squeezed lime juice
- ⅛ teaspoon salt
- ¼ teaspoon chile con limon (mixture of dried lime juice, ground chilies and sometimes salt)
- ¼ cup roasted, salted peanut halves (optional)
- 2 sprigs cilantro, stemmed and roughly chopped (optional)

Combine the jicama, radishes, juices and salt in a bowl and mix well. Place on a small plate and sprinkle with the chile con limon. Sprinkle with the peanuts and cilantro. Serve alone or with tostadas and on pork carnitas.

(Reprinted with permission from "Salsas and Moles" by Deborah Schneider, Ten Speed Press, 2015)



BUDDHA'S FAVORITE

This cozy restaurant serves fresh sashimi alongside family noodle recipes. (634 Lido Park Dr.; 949-723-4203; buddhasfavorite.com)

THE CANNERY

Fine wines and a commitment to serve only wild, line-caught fish characterize this ocean-view restaurant. (3010 Lafayette Rd.; 949-566-0060; cannerynewport.com)

CHARLIE'S CHILI

This beachside cafe has used the same chili recipe since 1967, along with a menu packed with American, Mexican and seafood favorites. (102 McFadden Pl.; 949-675-7991; charlieschili-newportbeach.com)

CRAB COOKER

You can't go wrong with the clam chowder, but don't miss the other seafood specialties. (2200 Newport Blvd.; 949-673-0100; crabcooker.com)

CROW BURGER KITCHEN

Pair any of the gastropub's dishes with a brew for a match made in heaven. (3107 Newport Blvd.; 949-673-2747; crowburgerkitchen.com)

THE DOCK

A high-end menu and harbor-view patio make this a popular spot for romantic alfresco dinners. (2816 Lafayette Rd.; 949-673-3625; eatatthedock.com)

DORY DELI

A chalkboard menu boasts a diverse artisanal selection: sandwiches, craft beer, locally roasted coffee and more. (2108 W. Oceanfront; 949-220-7886; dorydeli.com)

FLY 'N' FISH OYSTER BAR & GRILL

A high-end menu and harbor-view patio make this a popular spot for romantic alfresco dinners or Sunday brunch. (2304 W. Oceanfront; 949-673-8400; flynfishoysterbar.com)

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NEWPORT BEACH
Magazine

taste of the town

CHEF'S CHOICE

Provenance chefs will take center stage at the restaurant's new tasting table, debuting later this spring. Located inside the restaurant's kitchen, the table will have a completely separate menu than the one offered in the dining room, with frequently rotating items to ensure a different experience with each visit. A dedicated server will walk diners through approximately five to seven courses, which will be paired with wine, beer and specialty cocktails. The "live" dining experience allows patrons to view the raw materials that will be transformed into savory tastings, as well as watch as the chef prepare each dish.

In addition to the tasting table, chef-owner Cathy Pavlos recently debuted a new menu for spring. With a focus on fresh wine country cuisine, the lunch and dinner options incorporate several ingredients from the on-site garden. Kale, Brussels sprouts, asparagus and green beans are salad stars, while entrees range from pan-seared snapper to hearty boneless shortribs. (949-718-0477; provenanceoc.com) —A.H.



GALLEY CAFE

Stop in for all-day breakfast, thick shakes and classic burgers. (829 Harbor Island Dr.; 949-673-4110; thegalleycafenewportbeach.com)

HARBORSIDE RESTAURANT

Enjoy harbor views, steaks and seafood. (400 Main St.; 949-673-4633; harborside-pavilion.com)

HO SUM BISTRO

California casual meets Asian fusion at this bistro that makes everything to order. (3112 Newport Blvd.; 949-675-0896; hosumbistro.com)

IL FARRO

This Italian restaurant offers substantial entrees, including handmade pastas and seafood dishes. (111 21st Pl.; 949-723-5711; ilfarro.com)

LAS FAJITAS

The menu includes fajitas and other Mexican staples like burritos, chimichangas and tortas. (3305 Newport Blvd.; 949-673-0707)

LAVENTINA'S BIG CHEESE PIZZA

Late-night dwellers unite outside this pizzeria to indulge in a cheesy slice. (2819 Newport Blvd.; 949-675-1980; laventinasbigcheese.com)

LE BISTRO

Diners are surrounded by wines from around the world and Mediterranean plates. (3446 Via Oporto; 949-675-9747; lebistrolido.com)

MALARKY'S IRISH PUB

Hearty Irish-American cuisine meets thirsty patrons at this longtime peninsula watering hole. (3011 Newport Blvd.; 949-675-2340; malarkysirishpub.com)

MAMA D'S ITALIAN KITCHEN

The family-owned neighborhood establishment is backed by impeccable service and a savory menu of Italian classics for lunch and dinner. (3012 Newport Blvd.; 949-675-6262; mamadsnewport.com)

MINT LEAF THAI CUISINE

The colorful decor inside serves as the perfect backdrop for the artfully prepared dishes such as the signature Thai noodles. (712 E. Balboa Blvd.; 949-675-9995; mintleafthaicuisine.com)

MUTT LYNCH'S

Order an app with a signature oversized pint of beer to enjoy while watching the game with fellow fans on one of the many big-screen TVs. (2300 W. Oceanfront; 949-675-1556; muttlynchs.com)

NEWPORT BEACH BREWING CO.

Pizza meets burgers, wings and more at this peninsula fixture known for its craft brews fresh from the tap. (2920 Newport Blvd.; 949-675-8449; nbbrewco.com)

NEWPORT FRESH

Japanese classics mingle with a selection of Philly cheesesteaks. (3305 Newport Blvd., Ste. F; 949-675-5005; newportfresh.com)

NEWPORT LANDING RESTAURANT

This two-level restaurant offers an oyster bar, fresh seafood and daily specials. (503 E. Edgewater Ave.; 949-675-2373; newport-landing.com)

ORIGINAL PIZZA

Cheesy pizzas are paired with a salad and cold brew. (2121 W. Balboa Blvd.; 949-673-1451)

PESCADOU BISTRO

The owners bring authentic French cuisine to Newport with offerings like bouillabaisse and duck leg confit. (3325 Newport Blvd.; 949-675-6990; pescadoubistro.com)

THE PORCH

Wine and cocktails complement small plates like flatbread pizzas and cheese boards. (508 29th St.; 949-673-1600; meetattheporch.com)

RUBY'S DINER

The 1940s diner is a staple for the classic burger and fries combo with a shake. (1 Balboa Pier; 949-675-7829; rubys.com)

RUDY'S PUB & GRILL

Catch a sporting event while enjoying a beer with a bite. (3110 Newport Blvd.; 949-723-0293; rudyspubandgrill.com)

SABATINO'S SAUSAGE CO.

Checkered tablecloths set the tone at this genuine Italian establishment. (251 Shipyard Way, Cabin D; 949-723-0621; sabatinosausagecompany.com)

SAKAE SUSHI

This sushi spot has a vast selection of creative rolls and sake, as well as an all-you-can-eat dinner option. (123 23rd St.; 949-675-8899)

SAN SHI GO SUSHI & ASIAN CUISINE

The preferred dinner choice is omakase, a series of five to eight courses chosen by the chef. (205 Main St.; 949-673-3724; 345okidoki.com)

SESSIONS SANDWICHES

This deli is the ideal spot to refuel with a hot or cold sandwich. (2823 Newport Blvd.; 949-220-9001; sessionssandwiches.com)

SLAPFISH

Try Slapfish signature dishes, including "Clobster" rolls—all with a focus on sustainability. (2727 Newport Blvd.; slapfishrestaurant.com)

SOL GRILL

A menu that includes Mediterranean swordfish and lobster ravioli complements the upscale ambience. (110 McFadden Pl.; 949-723-4105; solgrill.com)

CUCUMBER MINT LEMONADE

Put some spring in your step this season with a refreshing splash of cool cucumber. Savor this sweet sip on its own or with a shot of silver tequila for a spirited kick.

SERVING SIZE: 2 quarts

2 hothouse cucumbers, coarsely chopped
(about 2 ½ cups)

1 ½ cups coarsely chopped fresh mint

1 cup baker's (fine) sugar

2 cups freshly squeezed lemon juice
(about 10 lemons)

3 cups water

Ice, for serving

In a blender, combine the cucumbers, mint, sugar and lemon juice. You may need to press down the mixture a little, as the blender will be pretty full. Pulse the cucumber mixture a few times, then blend on high-speed for 1 minute until the cucumbers break down and are smooth. The cucumbers are watery, so the mixture won't be too thick.

Strain the cucumber puree through a fine-mesh sieve and into a pitcher, pressing the solids through with the back of the spoon; you should have about 5 cups. Pour in the water, stirring with a wooden spoon until the cucumber puree fully dissolves and mixes thoroughly with the water. Serve over ice.

(Recipe from "The Lemonade Cookbook" by Alan Jackson and JoAnn Cianciulli; reprinted with permission from Lemonade Newport Beach)



WOODY'S WHARF

Grab a signature sandwich or salad and enjoy views of the harbor. (2318 Newport Blvd.; 949-675-0474; woodyswharf.com)

ZEN SUSHI

The specialty rolls and entrees are prepared by skilled chefs using traditional techniques. (2900 Newport Blvd.; 949-722-2520)

Corona del Mar

AVILA'S EL RANCHITO

Smaller than its peninsula counterpart, this location serves the same great Mexican fare. (2515 E. Coast Hwy.; 949-644-8226; avilaselranchito.com)

BAMBOO BISTRO

Fresh ingredients are the foundation of this healthy, contemporary Vietnamese and Thai cuisine. (2600 E. Coast Hwy.; 949-720-1289; vietbamboobistro.com)

BANDERA

This steakhouse combines Southwestern fare with steadfast American cooking. (3201 E. Coast Hwy.; 949-673-3524; hillstone.com)

THE BUNGALOW

Cozy up in this alcove and enjoy a signature martini alongside a prime steak. (2441 E. Coast Hwy.; 949-673-6585; thebungalowrestaurant.com)

CAFE JARDIN

Enjoy seasonal coastal fare in a beautiful garden setting. (Sherman Library and Gardens, 2647 E. Coast Hwy.; 949-673-0033; pascalnbp.com)

THE CROW BAR AND KITCHEN

Extensive and exotic beer selections meet gastropub-inspired cuisine with a twist. (2325 E. Coast Hwy.; 949-675-0070; crowbarcdm.com)

FIVE CROWNS

This local landmark serves award-winning prime rib, seafood and more. (3801 E. Coast Hwy.; 949-760-0331; lawrysonline.com)

GALLO'S DELI

The Italian delicatessen is known for piling its sub sandwiches high with flavorful meat and cheese. (3900 E. Coast Hwy.; 949-723-0100)

GARY'S DELI

Open since 1976, the shop specializes in New York-style sandwiches like pastrami and corned beef. (3309 E. Coast Hwy.; 949-675-2193)

MORNING MERRIMENT

Fig & Olive is becoming a must-visit spot for weekend brunch in Newport. In early February, the Fashion Island eatery debuted a bloody mary cart for Saturday and Sunday brunch seatings between 11 a.m. and 4 p.m. Tableside bloody marys will be handcrafted from Belvedere vodka, Peligroso tequila or Tanqueray gin, and mixed with La Boîte spices and seasonal ingredients.

A prix-fixe menu, featuring three courses of French Riviera-inspired fare, accompanies the cocktail cart. Begin with a selection of baked goods and house-made jams, then indulge with dishes like poached eggs, crabcake eggs Benedict and truffle mushroom fontina scrambled eggs. The prix-fixe brunch starts at \$28, with a la carte options available; bloody marys are \$16 each. (949-877-3005; figandolive.com) —A.H.



GULFSTREAM

The open kitchen invites diners to watch as chefs grill up artichoke appetizers or sizzle steaks. (850 Avocado Ave.; 949-718-0188; hillstone.com)

JOHNNY'S REAL NEW YORK PIZZA

Crispy, thin crusts honor the NY pizzeria style at this East Coast transplant. (2756 E. Coast Hwy.; 949-729-9159; johnnysrealnypizza.com)

LA FOGATA

Healthy dishes are the focus at this Mexican grill, which also prepares rotisserie chicken. (3025 E. Coast Hwy.; 949-673-2211)

MAYUR

Indian cuisine pairs with a sophisticated setting for any fine dining occasion. (2931 E. Coast Hwy.; 949-675-6622; mayur-oc.com)

NAGISA SUSHI RESTAURANT

An extensive menu features sashimi, sushi rolls, tempura and other Japanese favorites. (3840 E. Coast Hwy.; 949-673-3933; nagisasushi.com)

ORANGE COAST WINERY TASTING ROOM

Sample handcrafted wines from grapes grown in Temecula Valley and Lodi. (3734 E. Coast Hwy.; 949-877-0336; orangecoastwinery.com)

PANINI CAFE

Authentic Italian and Mediterranean dishes are created with a healthy, modern flair. (2333 E. Coast Hwy.; 949-675-8101; mypaninicafe.com)

PIROZZI CORONA DEL MAR

Enjoy wood-fired pizzas, house-made pasta and a prosciutto and cheese bar. (2929 E. Coast Hwy.; 949-675-2932; pirozzicdm.com)

PORT RESTAURANT AND BAR

Global cuisine and live music come together at this relaxed yet upscale restaurant. (440 Heliotrope Ave.; 949-723-9685; portcdm.com)

THAI DEL MAR

A variety of Thai delicacies are offered, as well as free delivery for orders of \$15 or more. (2754 E. Coast Hwy.; 949-721-9220; thaidelmar.com)

THE PLACE

A locals' favorite hangout for watching the game since 1969, the sports bar and grill serves beer, burgers and more. (2920 E. Coast Hwy.; 949-644-0210)

THE QUIET WOMAN

Open since 1965, sophisticated comfort food can be found here with a warm, inviting ambience. (3224 E. Coast Hwy.; 949-640-7440; quietwoman.com)

RENDEZ VOUS

An authentic French bakery and cafe, this is the go-to place for Parisian pastries, cakes, macarons, crepes and more. (3330 E. Coast Hwy.; 949-791-8730)

ROSE BAKERY CAFE

Options abound at this corner cafe, from breakfast plates to burritos, wraps, salads and cupcakes. (3536 E. Coast Hwy.; 949-675-3151)

ROTHSCHILD'S RESTAURANT

Pasta is made fresh daily at this fine Italian dining establishment, complete with its own private wine cellar. (2407 E. Coast Hwy.; 949-673-3750; rothschildsrestaurant.com)

SIDEDOOR

Pints of craft beer—as well as wine and cocktails—are served along with artisanal cheese, charcuterie and seasonal plates. (3801 E. Coast Hwy.; 949-717-4322; sidedoorcdm.com)

SOTA

Fresh fish and innovative food combinations are the hallmark of this Japanese restaurant. (3344 E. Coast Hwy.; 949-675-0771; sotasushi.com)

SUMMER HOUSE

The spirit of summer continues year-round with contemporary, American-style comfort food and handcrafted cocktails. (2744 E. Coast Hwy.; 949-612-7700; summerhousecdm.com)

TOMMY BAHAMA'S ISLAND GRILLE

The finest island fare abounds at this casual yet sophisticated eatery. (854 Avocado Ave.; 949-760-8686; tommybahama.com)

ZINC CAFE & MARKET

A casual place for breakfast and dinner, the menu features a wide range of vegetarian items, baked goods, coffee and tea. (3222 E. Coast Hwy.; 949-719-9462; zinccafe.com)

Coast Highway/Mariner's Mile 3-THIRTY-3

This quintessential coastal dining destination offers plates as visually appealing as the views of the bay. (333 Bayside Dr.; 949-673-8464; 3thirty3nb.com)

930 SUSHI

Hot and cold starters, including pot stickers and spicy sashimi, tempt patrons along with the sushi bar and flights of sake. (930 W. Coast Hwy.; 949-645-6500; 930sushi.com)

A RESTAURANT

Dedicated guests come for the gourmet steakhouse bites in a refined setting. (3334 W. Coast Hwy.; 949-650-6505; arestantnb.com)

A&O KITCHEN AND BAR

Gastropub delights are perfect for dinner or the daily happy hour; try favorites like the kimchee slaw pork slider. (Balboa Bay Resort, 1221 W. Coast Hwy.; 949-630-4285; balboabayresort.com)

BAYSIDE RESTAURANT

Overlook the harbor as you feast on creative dishes; Sunday brunch is a must along with dining on the wraparound patio. (900 Bayside Dr.; 949-721-1222; baysiderestaurant.com)

BIG BELLY DELI

Sandwiches and pizza are favored here; options for each feature fresh ingredients and toppings. (6310 W. Coast Hwy.; 949-645-2888)

BILLY'S AT THE BEACH

Relax during happy hour with a famous mai tai in hand. (2751 W. Coast Hwy.; 949-722-1100; billysatthebeach.net)

CAPPY'S CAFÉ & CANTINA

Cappy's draws early guests starting at 6 a.m. daily with a menu of omelets, pancakes, waffles and French toast. (5930 W. Coast Hwy.; 949-646-4202; cappyscafe.com)

C'EST SI BON

This bakery has plenty of sweets to choose from, as well as hearty baguette sandwiches. (149 Riverside Ave.; 949-645-0447)

CUCINA ALESSÁ

Authentic homemade Italian cuisine can be savored here. (6700 W. Coast Hwy.; 949-645-2148; cucinaalessarestaurants.com)

EAT CHOW

Once diners find this small cafe behind Coast Highway, they keep coming back for the short rib sloppy Joes and other comfort foods. (211 62nd St.; 949-423-7080; eatchownow.com)

FUJI YAMA

Dinner boxes are complete with rice, miso soup and one or two servings of chicken, grilled salmon or black cod. (4511 W. Coast Hwy.; 949-548-7200; fujiyamaus.com)

GARLIC JO'S

A pungent garlic aroma fills the air at this eatery; giant cloves are used in everything from the salads and pastas to the pizzas. (2332 W. Coast Hwy.; 949-673-8444; garlic-jos.us)

JACKSHRIMP

The sustainable offerings include Louisiana-style shrimp and jambalaya. (2400 W. Coast Hwy.; 949-650-5577; jackshrimp.com)

LOTUS BISTRO

This Vietnamese restaurant is ideal for pho, spring rolls and banh mi sandwiches. (325 Old Newport Blvd.; 949-287-6827)

MARIO'S ITALIAN RESTAURANT

Family recipes and hospitable servers make this a perfect spot to enjoy a classic Italian meal. (4507 W. Coast Hwy.; 949-722-7151; mariospizzatasteofitaly.com)

NESAI RESTAURANT

Classic Italian-American cuisine includes chicken Marsala and, of course, pastas. (217 Riverside Ave.; 949-646-2333; nesairestaurant.com)

ORANGE COAST WINERY TASTING ROOM

Sample an array of award-winning wines from Thursday through Sunday. (869 W. 16th St.; 949-645-0400; orangecoastwinery.com)



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NEWPORT BEACH
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BEYOND BASICS

Launched in early February, True Food Kitchen is now offering an educational cooking class series. The Fashion Island location kicked off the program with a Feb. 4 sustainable seafood event in partnership with Santa Monica Seafood, with monthly events scheduled for spring. Each class focuses on a specific theme, bringing in a community partner to assist with in-depth discussions and demonstrations. Participants end the interactive evenings by enjoying a multicourse feast. The next event is scheduled for May 6 and offers tips from a dietitian on how to incorporate healthy cooking habits for the whole family. (949-644-2400; truefoodkitchen.com) —A.H.



PANDOR ARTISAN BOULANGERIE & CAFE

This cafe specializes in artisanal breads for its paninis and tartines. (1126 Irvine Ave.; 949-209-5099; pandorbakery.com)

PIZZA NOVA

Sample the range of inventive gourmet pies, from the Gorgonzola pear to the mushroom and pancetta pizzas. (2601 W. Coast Hwy.; 949-574-4099; pizzanova.net)

PIZZERIA MOZZA

The masterminds behind this lauded Italian restaurant include Nancy Silverton, Mario Batali and Joseph Bastianich. (800 W. Coast Hwy.; 949-945-1126; pizzeriamozza.com)

ROYAL THAI

In addition to a traditional menu, cooking classes include a lesson on preparation techniques and a four-course dinner. (4001 W. Coast Hwy.; 949-645-8424; royalthaicuisine.com)

RUSTY PELICAN

Almost all tables boast views of the harbor, perfect for enjoying with a savory seafood dish. (2735 W. Coast Hwy.; 949-642-3431; rustypelican.com)

SAPORI RISTORANTE

Authenticity is achieved through signature Italian dinner and dessert dishes. (1080 Bayside Dr.; 949-644-4220; saporinb.com)

SHAMROCK BAR & GRILL

Visit this pub for Irish specialties like corned beef hash in addition to customary libations like Irish beer. (2633 W. Coast Hwy.; 949-631-5633)

SOL COCINA

Sample a mouthwatering array of Mexican cuisine topped with house-made salsas. (251 E. Coast Hwy.; 949-675-9800; solcocina.com)

SPAGHETTI BENDER

The Pasini family maintains a steadfast approach to quality Northern Italian dishes. (6204 W. Coast Hwy.; 949-645-0651; spaghettibender.com)

THE WAFFLE AFFAIR

Made-from-scratch waffles are infused with ingredients both savory and sweet to satisfy any craving. (1064 Bayside Dr.; 949-720-8144; thewaffleaffair.com)

WATERLINE NEWPORT BEACH

The nautical theme and menu of fresh seafood pairs well with the yachts docked just outside. (Balboa Bay Resort, 1221 W. Coast Hwy.; 949-630-4145; balboabayresort.com)

THE WINERY RESTAURANT & WINE BAR

Colorful and flavorful dishes like mahi mahi and rotisserie chicken are enjoyed at this waterfront restaurant. (3131 W. Coast Hwy.; 949-999-6622; thewineryrestaurant.net)

ZUBIES CHICKEN COOP

Hush puppies and rolls accompany chicken dinners for an unassuming, casual meal. (414 Old Newport Blvd.; 949-645-6086)

Newport Center/Fashion Island 59TH & LEX CAFE

The entree salads are favorites at this indoor-outdoor cafe but there's also an array of grilled items, soups and sandwiches. (Bloomingdale's, 701 Newport Center Dr.; 949-729-6600; bloomingdales.com)

AQUA LOUNGE

Nightlife takes a chic spin with cocktails, shareable bites and a DJ. (Island Hotel, 690 Newport Center Dr.; 949-720-2104; aqualoungeb.com)

BISTRO 24 EXPRESS

From inside the Central Library, the cafe serves quick bites for breakfast or lunch. (1000 Avocado Ave.; 949-467-9631; bistro24express.com)

BLAZE FAST-FIRE'D PIZZA

Customizable pizzas are cooked to perfection in no time. (1091 Newport Center Dr.; 949-706-0160; blazepizza.com)

BLUE C SUSHI

Grab your favorite Japanese selections from the conveyor belt for a self-guided feast. (1095 Newport Center Dr.; 949-258-9280; bluecsushi.com)

CAFÉ BEAU SOLEIL

The sidewalk cafe offers French cuisine with a California twist. (953 Newport Center Dr.; 949-640-4402; cafebeausoleil.net)

CAFE BISTRO

A bistro menu yields casual fare ranging from salads to sandwiches. (Nordstrom, 901 Newport Center Dr.; 949-610-1610; nordstrom.com)

CANALETTO RISTORANTE VENETO

Italian cuisine takes center stage with fresh charcuterie, pasta and pizza for lunch and dinner. (545 Newport Center Dr.; 949-640-0900; ilfornaio.com)

CUCINA ENOTECA

This Italian restaurant has an extensive wine list and house-infused liquors to start, followed by a traditional menu with fresh catches, small plates and pastas. (951 Newport Center Dr.; 949-706-1416; cucinaenoteca.com)

FIG & OLIVE

Mediterranean dishes like the crostini are musts at this lively dinner spot. (151 Newport Center Dr.; 949-877-3005; figandolive.com)

FLEMING'S PRIME STEAKHOUSE & WINE BAR

Traditional steakhouse fare mingles with the restaurant's selection of more than 100 wines by the glass. (455 Newport Center Dr.; 949-720-9633; flemingssteakhouse.com)

GREAT MAPLE

Daily seasonal offerings are a culinary highlight, while standby dishes range from seafood starters to salads and flatbreads. (1133 Newport Center Dr.; 949-706-8282; thegreatmaple.com)

LEMONADE

Enjoy the signature beverage and small plates of salads and hot foods in a contemporary cafeteria setting. (987 Newport Center Dr.; 949-717-7525; lemonadela.com)

MARIPOSA

The fashionable ambience suits the regionally inspired lunch entrees—don't forget to try the fluffy popovers with strawberry butter. (*Neiman Marcus, 601 Newport Center Dr.; 949-467-3350; neimanmarcus.com*)

MULDOON'S IRISH PUB

Authentic fare and a welcoming environment define this pub, which also boasts a great whiskey selection and live music. (*202 Newport Center Dr.; 949-640-4110; muldoonspub.com*)

OAK GRILL

Patrons can enjoy craft beer and global cuisine on the patio, in addition to dining room service. (*Island Hotel, 690 Newport Center Dr.; 949-760-4920; oakgrillnb.com*)

PACIFIC WHEY

Breakfast, lunch and dinner options offer comfort foods in a fast-casual setting. (*2622 San Miguel Dr.; 949-644-0303; pacificwhey.com*)

R&D KITCHEN

Lunch and dinner options include sandwiches, salads and entrees. (*555 Newport Center Dr.; 949-219-0555; hillstone.com*)

RED O

Fine California cuisine meets authentic Mexican flavor with the help of Rick Bayless. (*143 Newport Center Dr.; 949-718-0300; redorestaurant.com*)

ROY'S

Pacific Rim fare ranges from sashimi to mixed plates of seafood and grilled meat. (*453 Newport Center Dr.; 949-640-7697; roysrestaurant.com*)

SAM & HARRY'S

Prime steaks and an extensive wine list offer contrast to a contemporary setting. (*Newport Beach Marriott Hotel & Spa, 900 Newport Center Dr.; 949-729-6900; marriott.com*)

SHOR AMERICAN SEAFOOD GRILL

Tucked behind the hotel, Shor has an array of fresh catches with a focus on simple preparation. (*Hyatt Regency Newport Beach, 1107 Jamboree Rd.; 949-729-1234; newportbeach.hyatt.com*)

SUSHI ROKU (OPENING SOON)

(*327 Newport Center Dr.; sushiroku.com*)

TACO ROSA

Creative starters mingle with traditional favorites like enchiladas, fajitas and burritos. (*2632 San Miguel Rd.; 949-720-0980; tacorosa.com*)

TRUE FOOD KITCHEN

This all-natural kitchen caters to all dietary needs while keeping up with dining trends. (*451 Newport Center Dr.; 949-644-2400; truefoodkitchen.com*)

TASTE OF COSTA MESA

The Camp

118 DEGREES

714-754-0718;
118degrees.com

EAST BOROUGH

714-641-5010;
east-borough.com

ECCO

714-444-3226;
eccopizza.com

MESA

714-557-6700;
mesacostamesa.com

NATIVE FOODS

714-751-2151;
nativefoods.com

OLD VINE CAFE

714-545-1411;
oldvinecafe.com

TACO ASYLUM

714-922-6010;
tacoasylum.com

UMAMI BURGER

714-957-8626;
umamiburger.com

VITALY CAFFÉ

714-662-5500; vitality.net

The Lab

THE GYPSY DEN CAFÉ

714-549-7012;
gypsyden.com

HABANA

714-556-0176;
habanacostamesa.com

SEABIRDS KITCHEN

714-549-2584;
seabirdskitchen.com

ZIPANGU

714-545-2800;
zipanguoc.com

South Coast Collection

ARC

949-500-5561;
arcrestaurant.com

BISTRO PAPILOTE

lacuisineculinaryarts.com

GREENLEAF GOURMET CHOPSHOP

714-862-2480;
greenleafchopshop.com

THE IRON PRESS

714-426-8088;
theironpress.com

PUEBLO

714-340-5775;
pueblotapas.com

SHUCK OYSTER BAR

949-420-0478;
shuckoysterbar.com

TACO MARÍA

714-538-8444; tacomaria.com



South Coast Plaza

ANQI

714-557-5679;
anqibistro.com

THE CAPITAL GRILLE

714-432-1140;
thecapitalgrille.com

CHAMPAGNE BAKERY

714-429-1502;
champagnebakery.com

CLAIM JUMPER

714-434-8479;
claimjumper.com

DIN TAI FUNG

714-549-3388;
dintaifungusa.com

HAMAMORI RESTAURANT

714-850-0880;
hamamorisushibar.com

LA CUISINE

MEDITERRANEAN CAFE

714-641-2005;
lacuisineculinaryarts.com

LAWRY'S CARVERY

714-434-7788;
lawrysonline.com

MARCHÉ MODERNE

714-434-7900;
marchemoderne.net

NELLO CUCINA

714-540-3365;
nellolocucina.com

PACIFIC WHEY CAFE

714-641-9911;
pacificwhey.com

QUATTRO CAFFÉ

714-754-0300;
quattrocaffe.com

SEASONS 52

714-437-5252;
seasons52.com

WAHOO'S FISH TACO

714-549-0565; wahoos.com

WOLFGANG PUCK BISTRO

714-545-5439;
wolfgangpuck.com

Z'TEJAS

714-979-7469; ztejas.com

The Triangle

BLACK KNIGHT

949-646-2401;
blackknightlounge.com

H2O SUSHI & IZAKAYA

949-515-7400;
h2osushiizakaya.com

LA VIDA CANTINA

949-612-2349;
lavidacantina.com

SADDLE RANCH

949-287-4652;
thesaddleranch.com

TAVERN & BOWL

949-438-2320;
tavernbowl.com

YARD HOUSE

949-642-0090;
yardhouse.com

taste of the town

WAHOO'S FISH TACO

Try a protein-filled bowl or enchiladas at this casual American-Mexican eatery. (401 Newport Center Dr.; 949-760-0290; wahoos.com)

WILD STRAWBERRY CAFÉ

Enjoy crepes, eggs, sandwiches and salads for breakfast or lunch. (240 Newport Center Dr., Ste. 100; 949-706-0462; wildstrawberrycafe.com)

YARD HOUSE

American entrees pair with a great happy hour and yards of beer. (849 Newport Center Dr.; 949-640-9273; yardhouse.com)

Newport Coast/Crystal Cove

ANDREA RISTORANTE

Chefs prepare regional cuisine from Northern Italy, including handmade pasta that pairs well with wine. (The Resort at Pelican Hill, 22701 Pelican Hill Rd. S.; 855-315-8214; pelicanhill.com)

BABETTE'S RESTAURANT

Breakfast, lunch and dinner are served on a sunny patio. (7962 E. Coast Hwy.; 949-715-9915; babettesoc.com)

THE BEACHCOMBER CAFE

This restaurant right on the sand offers three square meals a day. (15 Crystal Cove; 949-376-6900; thebeachcombercafe.com)

BEAR FLAG FISH CO.

This casual eatery doubles as a market serving up a quick bite or fresh fish to go. (7972 E. Coast Hwy.; 949-715-8899; bearflagfishco.com)

BLUEFIN FINE JAPANESE CUISINE

Classic Japanese cuisine and sushi is inspired by modern Europe. (7952 E. Coast Hwy.; 949-715-7373; bluefinbyabe.com)

COLISEUM POOL & GRILL

Casual comfort foods are well-suited for views of the sparkling pool. (The Resort at Pelican Hill, 22701 Pelican Hill Rd. S.; 855-315-8214; pelicanhill.com)

JAVIER'S

Mexican cuisine and a chic ambience are enhanced by margaritas and rare tequilas. (7832 E. Coast Hwy.; 949-494-1239; javiers-cantina.com)

MASTRO'S OCEAN CLUB

Seafood is the star at this elegant Mastro's location. (8112 E. Coast Hwy.; 949-376-6990; mastrosrestaurants.com)

MODO MIO CUCINA RUSTICA

A little taste of Northern Italy is found among fine wine in this traditional, quaint restaurant. (7946 E. Coast Hwy.; 949-497-9770; modomiocucinarustica.com)



Pelican Grill

MUSTARD CAFE

Breakfast is served all day, but patrons can also build their own sandwich or hamburger. (21137 Newport Coast Dr.; 949-718-0707; mustardcafe.com)

NEWPORT COAST FIRST CLASS PIZZA

Try hearty pies, single slices and other favorites like meatball sandwiches, pastas and calzones. (21117 Newport Coast Dr.; 949-644-5888; newportcoastpizzeria.com)

NEWPORT FUSION SUSHI

The simple menu has a selection of maki rolls, noodles and specialty sushi. (21135 Newport Coast Dr.; 949-721-5884; newportsushi.net)

PELICAN GRILL

Flavors of coastal California abound in this open-concept kitchen. (The Resort at Pelican Hill, 22800 Pelican Hill Rd. S.; 855-315-8214; pelicanhill.com)

SETTEBELLO PIZZERIA NAPOLETANA

This hot spot fires up Naples-style pizza. (7864 E. Coast Hwy.; 949-715-2072; settebello.net)

TAMARIND OF LONDON

Traditional Indian flavors are elevated in decadent dishes and craft libations. (7862 E. Coast Hwy.; 949-715-8338; tamarindoflondon.com)

ZOV'S CAFÉ BAKERY & BAR

Mediterranean, Middle Eastern and Armenian cuisine mix in this casual cafe. (21123 Newport Coast Dr.; 949-760-9687; zovs.com)

Upper Bay

BACK BAY BISTRO

Panoramic windows and a retractable roof accent selections from the farm-to-table menu. (Newport Dunes Waterfront Resort, 1131 Back Bay Dr.; 949-729-1144; newportdunes.com)

BISTRO LE CRILLON

The wine cellar at this quaint restaurant will please oenophiles, while the signature dishes will delight any aficionado of French cuisine. (2523 Eastbluff Dr.; 949-640-8181; bistrolecrillon.com)

CHAMPAGNES BISTRO & DELI

Stop by for breakfast, lunch and dinner as well as takeout and catering options. (1260 Bison Ave.; 949-640-5011; champagnesdeli.com)

HERONS RESTAURANT

Find healthy choices to savor anytime of the day at this casual restaurant. (Newport Beach Marriott Bayview, 500 Bayview Circle; 949-854-4500; marriott.com)

MOZAMBIQUE PERI-PERI

South African flavor abounds in both the ambience and menu. A late-night happy hour also beckons adventurous palates. (1332 Bison Ave.; 949-718-0956; mozambiqueperiperi.com)

PITA JUNGLE

Fresh and healthy is the focus here, from the hot and cold pita sandwiches to the wood-fired pizzas and veggie burgers. (1200 Bison Ave.; 949-706-7711; pitajungle.com)

PROVENANCE

A patio surrounding the garden—where chef Cathy Pavlos grows carrots, lettuce, strawberries and more—combines with breezy decor to evoke a contemporary wine country farmhouse. (2531 Eastbluff Dr.; 949-718-0477; provenancerestaurant.com)

WASA SUSHI ON THE BLUFFS

Come solo for lunch or with a dinner date to enjoy sushi and sashimi as well as dessert like mochi and tempura ice cream. (1346 Bison Ave.; 949-760-1511)

WILDFISH SEAFOOD GRILLE

A sleek interior lends itself nicely to a menu filled with fresh seafood and prime steaks, plus a great wine list. (1370 Bison Ave.; 949-720-9925; wildfishseafoodgrille.com)

Westcliff

HAUTE CAKES CAFFE

Breakfast, lunch and brunch include light scrambles, smoothies and hotcakes. (1807 Westcliff Dr.; 949-642-4114)

THE PIZZA BAKERY

Handcrafted pizza is offered by the slice or as a whole pie, alongside pasta, salads and sandwiches. (1741 Westcliff Dr.; 949-631-1166; thepizzabakery.com)

W CAFÉ

Breakfast and lunch is served daily at this neighborhood cafe; an afternoon high tea service offers visitors a chance to sample sandwiches, scones and fresh fruit. (1703 Westcliff Dr.; 949-873-5242) NBM



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MY 24 HOURS IN NEWPORT

Sugar Ray frontman and former Newport Beach resident Mark McGrath shares how he would spend an ideal day in his favorite town.

BY BRIA BALLIET



When Mark McGrath and his band, Sugar Ray, signed their deal with Atlantic Records in 1994, the then 18-year resident of Newport Beach packed up his things and moved to LA to pursue a lifelong dream. But even 20 years after leaving, he still considers our oceanfront city home.

The musician-turned-actor made a notable appearance in town late last year, when he served as the first grand marshal of the Newport Beach Christmas Boat Parade. He says that he returns for visits often, in spite of a hectic schedule that includes roles in the upcoming films “Joe Dirt 2:

Beautiful Loser” and “Sharknado 3”; the release of his solo EP; and the fourth annual Under the Sun music festival tour, which he helps organize.

“To be able to do these exciting things and be in a band, I feel very lucky and blessed,” he says. “And Newport Beach was a huge part of that. It’s where the band was started and where we honed our skills and took our lumps and paid our dues.”

When things get a little too chaotic in this rock star’s life, he knows just where to go for some time to unwind. Take a tour of the town with Mark as he divulges his favorite spots, from a day on the peninsula to a night at the bar. **NBM**

START



BREAKFAST LIKE A LOCAL

“**Cappy’s [Cafe]** is an old school Newport institution. ... There [are] surfers coming off the beach, there are people who have been up all night partying, drinking bloody marys at the tiny bar, and they have the best chili omelet you’ll ever eat in your life.”



TAKE A RIDE

“When I’m feeling a little homesick, I go back to this memory of riding bikes up and down the **[Balboa] Peninsula**. It’s such a great routine and something you have to do when you go to Newport Beach.”

CAP OFF THE NIGHT

“We might have a beer at **Blackie’s [by the Sea]**. ... There’s nothing like an ice-cold beer at Blackie’s.”



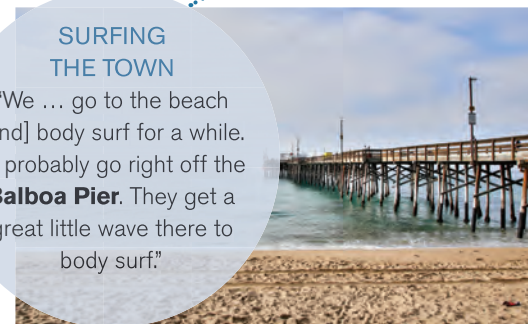
A-OK

“My dad had one of his favorite booths [at **A Restaurant**]. ... I like to ... check the memorial out ... and feel like I’m having a drink with my dad.”



SURFING THE TOWN

“We ... go to the beach [and] body surf for a while. I’ll probably go right off the **Balboa Pier**. They get a great little wave there to body surf.”



CHOW DOWN

“If you haven’t had **Crab Cooker’s** clam chowder you have not lived. Make the pilgrimage ... and you can tweet me and tell me how much you love it.”



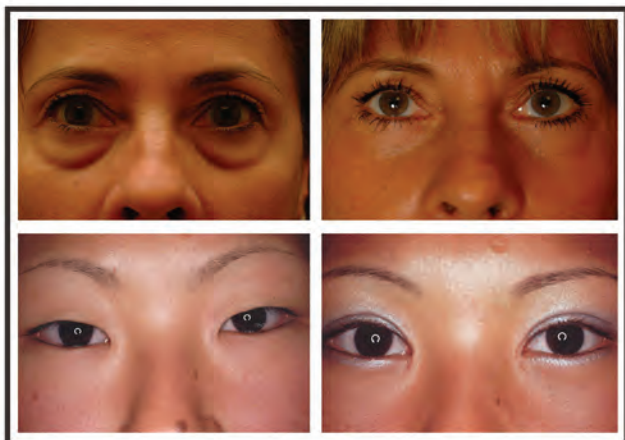
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UPPER PHOTO: BEFORE AND AFTER, 50 YEAR OLD FEMALE, CAUCASIAN, UPPER BLEPHAROPLASTY. LOWER PHOTO: 30 YEAR OLD FEMALE, ASIAN, UPPER EYELID BLEPHAROPLASTY. ACTUAL PATIENTS OF DR. BUNKIS. INDIVIDUAL RESULTS MAY VARY.



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