

MAY 2022

SeaCliff

LIVING



Meet The Boardwalk's Gal Pals

Cover Photo by Carol Larsen Photography



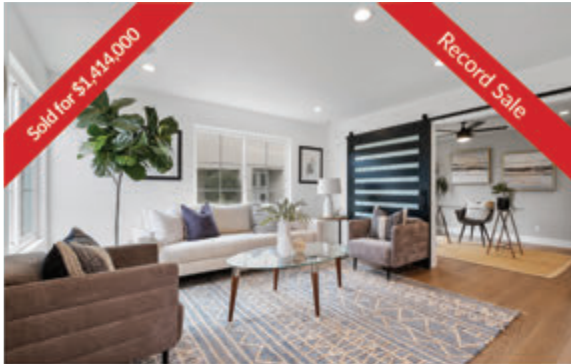
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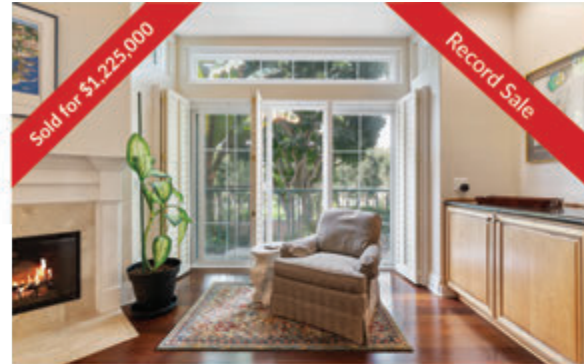


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M^cCall
— REAL ESTATE PARTNERS —



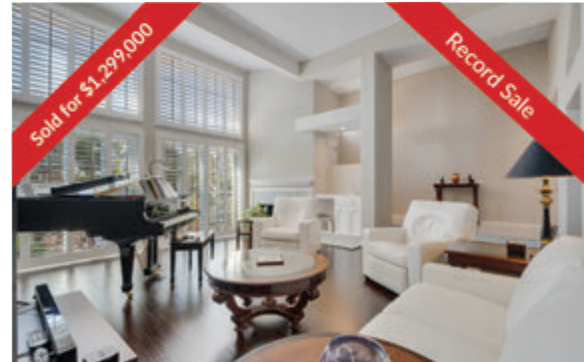
6012 Panorama Drive
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19461 Riverdale Lane
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Barbara: 714-329-1041 | Autumn: 949-439-9538

BarbaraAndAutumn@gmail.com | BarbaraAndAutumn.com

B: DRW #0086074 | A: DRE #01346193

Information deemed to be reliable although not guaranteed. Any numerical statements regarding square footage, room dimensions and/or lot size are APPROXIMATIONS ONLY and have not been verified by Seller or Broker. Buyer is advised to investigate the condition and suitability of all aspects of the property, including but not limited to the foregoing. SG DRE #00745605

Expert Contributors

To learn more about becoming an expert contributor, contact
Marla Harchut at mharchut@bestversionmedia.com or 714-305-2142.



Mortgage: The Wright Loans – Michael Wright

714-536-2202 | mwright@arborfg.com | www.thewrightloans.com

Seacliff resident Mike Wright has served the local community for over 18 years, has personally funded well over \$2 billion dollars in production, and is a Top 100 Originator in the United States. He is highly trusted within the financial services and real estate professions and is considered the expert and “go-to” for home financing solutions.



Automotive Repair: Doctor J Automotive – James, Kevin & Steve Broussard

714-841-0979 (Import) | 714-842-4069 (Domestic) | www.doctorjauto.com
7282 Auto Park Dr.

Doctor J Automotive has been a family-owned and operated business since 1978. James, Kevin, and Steve work together specializing in Lexus, Toyota, Nissan, Honda, Audi, Mercedes, BMW, Ford, General Motors, Chrysler, and all hybrids. They maintain all of the latest equipment and software. Technicians are ASE-certified, trusted, and certified by AAA since 1983.



Home Improvement: Geers Plumbing – David Fleck

714-536-1449 | www.geersplumbing.com

David Fleck and Don Baker of Geers Plumbing have been providing personalized services at affordable rates since 1958. With more than 50 years of combined experience and expertise in plumbing and construction, they get the job done right the first time.

The mission of Geers Plumbing is to deliver quality, value, and most of all, good service. Well-trained technicians and friendly, over-the-counter service will assure that your home is always in good hands.



Real Estate: Debbie & Amie Real Estate Team

714-357-7152 | www.debbieandamie.com

Mother-daughter team with more than 35 years of combined real estate and marketing experience. We care deeply about maintaining home values in the communities that we live in and love. We promise honest, trustworthy service,

specializing in providing expert neighborhood tips and advice. Our focus is on representing buyers and sellers in the Seacliff community, where our family laid down its roots in 1991.



Financial Advisory/Retirement Planning: Elite Advisory Group – Brian D. Mann

800-790-2920 | www.eliteadvisorygroup.com | Ins. Lic. #OE16920

Brian D. Mann is the CEO of Elite Advisory Group, a financial advisory firm serving the local community for more than 25 years with the tools needed to live an optimal retirement and create a lifetime of financial security. EAG has a solid reputation for being the best resource in the community, as they seek a world where everyone feels empowered to make informed and sound financial decisions. Schedule a convenient time for a visit.



Building Contractor: D'Ambra Construction

714-848-YMOV(9668) | www.AdditionBuilders.com | Lic. #281750

D'Ambra Construction, a family-owned business, has been a top-quality design/build in Orange County for more than 50 years. D'Ambra produces accurate scale drawings, and with their experience, they can bid the drawings accurately, document engineering (if needed), pull permits, and work directly with owners to completion. D'Ambra has completed thousands of beautiful remodels and additions and will continue to provide their clients with knowledge, integrity, and attention to detail. Their clients appreciate firm start and finish dates.



Attorney-Estate Planning: Law Offices of Mark E. Lewis & Associates

714-847-8586 | www.marklewislaw.com
17011 Beach Blvd., Ste. 101 (at Warner Ave.), Ocean Plaza

Mark E. Lewis is a USC graduate and an estate-planning attorney with experience in employment and real estate law. Established in 1997, Mark's boutique firm provides a highly personalized approach to meet the needs of each client in today's complex environment. For more two decades, Mark has been advising and planning for thousands of families. His staff would love to meet you and become your family resource.



Insurance: State Farm Insurance – Carl Ferraro

Bus. 714-536-2000 | Cell 714-803-2028 | Carl@CarlFerraro.com
20365 Beach Blvd. | 7923 Warner Ave. |

State Farm agent Carl Ferraro has been serving the Huntington Beach community for nearly 40 years. Carl and his team of nine, fully licensed agents are passionate about helping both new and existing clients. State Farm is the largest auto and home insurance company in America. Carl Ferraro is the owner of two convenient offices located in Huntington Beach and is ready to serve you.



Health Care: Edinger Medical Group

714-965-2500 | www.edingermedicalgroup.com

Edinger Medical Group is committed to improving health in Orange County through quality patient care. Thriving for nearly 60 years, the medical group is comprised of physicians specialized in internal and family medicine. EMG has consecutively earned Top Performing Medical Group honors from the Integrated Healthcare Association (IHA) and was named Best Medical Group in Orange County three years in a row.



Interior Design: Kennedy Cole Interior Design

714-657-3558 | www.kennedycollectioninteriordesign.com

Kennedy Cole Interior Design is a full-service, interior design firm that specializes in luxury residential and boutique commercial design. Merging contemporary pieces with timeless charm, we create beautifully tailored spaces for each unique client and are thrilled to be working with the beautiful families and budding businesses in Huntington Beach and the surrounding cities. We prioritize amazing customer service, ever-evolving creativity, and top-tier design resources to ensure that each client has the experience that they deserve. Contact us now to schedule your consultation.



Apothecary/Pharmacy: Quinn's Apothecary/Pharmacy – Your Local Neighborhood Pharmacy

714-916-0593 | www.quinnsparmacy.com | 15602 Beach Blvd. #116

Quinn's staff of friendly clinical pharmacists are trained to assess and provide specific services applicable to patient needs. The pharmacy also provides medication management, private consultation offices, walk-in vaccinations and TB skin tests, a travel health clinic, birth control evaluation, diabetes care services, free monthly health classes, and a smoking cessation program. Additionally, online ordering and free local delivery for prescriptions and essentials make this boutique pharmacy a Huntington Beach gem.



Clinical Psychologist: HB Pacific Psychological – Jorrie S. MacKenzie, PhD

310-351-1470 | www.hbpacificpsychological.com

Located in the Seacliff area

Dr. MacKenzie is a bilingual, licensed psychologist providing personal care and guidance. He is experienced in psychiatric inpatient mental health care, couples and individual psychotherapy, workers' compensation, chronic pain evaluations, geriatric mild cognitive impairment, dementia, and Alzheimer's disease psychotherapeutic treatment. Patient privacy is of utmost importance to Dr. MacKenzie, who makes both in-person and telehealth visits available.



Medical Spa: Aglow Aesthetics – Angela Carlson, NP-C

714-465-9760 | Aglow@AglowHB.com | www.aglowhb.com
16152 Beach Blvd., Ste. 245

Owner/Nurse Practitioner Angela Carlson offers a variety of medical aesthetic services to help you “AGLOW.” Choose from BOTOX® and Jeuveau® toxins, JUVÉDERM® and Revenesse® dermal fillers, RF skin tightening and resurfacing treatments, stem-cell microneedling, chemical peels, DiamondGlow™ hydrofacial, and medical-grade skincare. Angela has become known for her perfectionism and natural results because Aglowing skin is always in!





Do You Have a Tax-Smart Withdrawal Strategy?

By Brian D. Mann, BPC® of Elite Advisory Group, LLC



Your plan for drawing down retirement assets could be just as important as your approach to accumulating retirement savings. Experts recommend various methods, such as the so-called 4% rule – withdrawing 4% of your nest egg each year (with adjustments for inflation) – or a three-part system dividing your assets into buckets for short-term, mid-term, and long-term retirement needs.

Before you make any final decisions, it would be wise to consider the tax consequences of your withdrawal strategy. This could be especially tricky if you have multiple accounts subject to different tax treatments. Among the questions you might ask are: (1) Do you want to pay taxes now or later? (2) Should you keep certain funds pursuing growth as long as possible? (3) Could taxable distributions push you into a higher tax bracket or affect the taxability of your Social Security benefits?

HERE ARE SOME GUIDELINES ON THE TAX IMPLICATIONS OF VARIOUS TYPES OF ACCOUNTS:

Taxable accounts such as savings accounts, certificates of deposit (CDs), and investment accounts offer no special tax benefit for keeping funds in the account. Although interest and dividends are taxed annually, withdrawals are typically not subject to ordinary income taxes. However, if you sell appreciated assets such as stock, they may be subject to capital gains taxes, which are generally lower than ordinary income tax rates but could still have a significant impact on your tax liability. There may be fees for certain withdrawals, such as early withdrawals from a CD.

Nonqualified annuities – annuities that are not held in an IRA or a qualified plan such as a 401(k) – are generally purchased with after-tax money. As such, only the earnings portion of annuity withdrawals is taxed as ordinary income. There are two ways to take money out of a nonqualified annuity: regular withdrawals and annuitized payouts. Regular withdrawals are taxed as earnings first, principal second (unless the contract was issued before August 14, 1982). With an annuitized contract, the earnings portion of each payout is taxed as ordinary income.

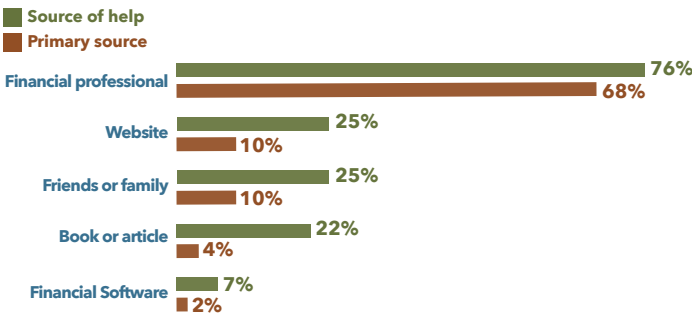
Tax-deferred retirement accounts such as traditional IRAs and 401(k) plans continue to accumulate tax deferred, even if you are no longer contributing to them. Because withdrawals are fully taxable as ordinary income, you might want to extend their potential for growth and defer taxes until later in retirement. Keep in mind that you must begin taking required minimum distributions (RMDs) from tax-deferred accounts when you reach age 72 (70½ if born before July 1, 1949). Once you reach RMD age, you might think of your RMDs as a “baseline” for income from your investment accounts and then look at the potential tax consequences of taking additional withdrawals from that account or other accounts.

Roth accounts include Roth IRAs and Roth 401(k)s. Qualified Roth distributions are not subject to federal income tax, and original owners of Roth IRAs are not subject to RMDs [Roth 401(k)s are subject to RMDs, and inherited retirement accounts have different distribution rules]. To be considered “qualified,” a distribution must meet a five-year holding requirement and take place after age 59½, with certain exceptions. Because distributions are tax-free and don’t affect your income tax liability, you might decide to take Roth distributions early or later in retirement, depending on your tax situation. In either case, a Roth account provides flexibility to take withdrawals when you want or need them, or to keep funds pursuing growth for later withdrawals and/or to leave a legacy for your heirs.

GETTING HELP

Nearly 7 out of 10 owners of traditional IRAs say they have a strategy for managing income and assets in retirement. Most of them get help from a financial professional.

Percentage of Traditional IRA-Owning Households Who Have a Strategy



Although there is no assurance that working with a financial professional will improve investment results, a professional can evaluate your objectives and available resources and help you consider appropriate long-term financial strategies.

Source: Investment Company Institute, 2021 (2020 data; multiple responses allowed)

Early distributions from all tax-advantaged plans prior to age 59½ may be subject to a 10% federal income tax penalty, although there are some exceptions. Annuities generally have contract limitations, fees, and sales charges, which may include mortality and expense charges, investment management fees, administrative fees, holding periods, termination provisions, charges for optional benefits, and surrender charges (during the early years of the contract). Any annuity guarantees are contingent on the financial strength and claims-paying ability of the issuing insurance company. The FDIC insures CDs and bank savings accounts, which generally provide a fixed rate of return (up to \$250,000 per depositor) per insured institution. All investments are subject to market fluctuation, risk, and loss of principal. When sold, investments may be worth more or less than their original cost.

A sound distribution strategy could help stretch the longevity of a portfolio over time. Be sure to consult a tax professional before taking any action that might have tax consequences.

For advice about your next financial move, contact Elite Advisory Group, LLC, today at 800-790-2920, email info@eliteadvisorygroup.com, or visit eliteadvisorygroup.com. Located at 2130 Main St., Suite 130.



Planning for Financial Security

LOCALLY PROTECTING AND GROWING OUR CLIENTS' ASSETS FOR OVER 25 YEARS

Elite Advisory Group, LLC (EAG) is an independent retirement planning and wealth management firm based in Huntington Beach, CA. Founder and CEO, Brian D. Mann established EAG and grew his team of professionals with the mission to serve our community as an advisor, bringing together all critical areas of financial planning. The planning process of EAG has been specifically designed to be simple, easy to follow, and help you create a lifetime of financial security. And although your financial strategy will be one of a kind, we'll ensure that it's built on a solid foundation to help you protect against the unexpected, accumulate wealth and preserve what you're working so hard to achieve. Our process involves:

■ **RISK MANAGEMENT:** Be financially prepared to weather life's storms. We'll help to ensure you, your family and your income are adequately protected against risk.

■ **WEALTH ACCUMULATION:** Make the most of your money. Our financial planning process and investment and advisory services are designed to help you achieve your goals.

■ **WEALTH PRESERVATION AND DISTRIBUTION:** Ensure your money lasts as long as you live. We'll help you transition your wealth into predictable income in retirement and leave the legacy you desire.

FREE BOOK

Call Today for Your copy of "The Bucket Plan." A strategic, structured approach to bucketing assets for today's financial dangers and challenges. A best-selling retirement planning book!



EAG can help you reach one or many of your current financial goals. We'll help you adjust your plan as needed to stay on track. EAG has a solid reputation for being the best resource in the community for answers as we seek a world in which everyone feels empowered to make sound informed financial decisions that are in your best interest.

Contact our office today to schedule a convenient time for a visit and request a complimentary consultation.



Brian D. Mann
Expert Contributor

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**ELITE
ADVISORY
GROUP**
EAG FINANCIAL & INSURANCE SERVICES, LLC

The Vision to Succeed®

Investment advisory services are offered through Foundations Investment Advisors, LLC, a SEC registered investment advisor. CA DOI License #0E16920.

Dear Residents,

When is the last time you called your mother? If you haven't already been thinking about it, you'll definitely be in the mood to do so after reading our Mother's Day issue. If you're a mom looking to keep your kids occupied in the months ahead, we've also got some news you can use. Find out about the Huntington Beach Fire Department Junior Lifeguard Program signups happening now!

If your kids like the ocean, you might want to share our story with them about the fin whale, which is currently on the endangered species list. We're also introducing our readers to the Pacific Marine Mammal Center, which the public can tour and see how they're striving to help. Teen writer Amy Burton also introduces us to a bit of surf history and the downtown museum where everyone is welcome to come and learn more. Speaking of water, do you know what you're drinking? The folks at Geers Plumbing share details about an ionization system that will change the way you think about H₂O.

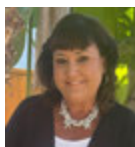
If you are planning to take Mom on a road trip in your Porsche, BMW, or Mercedes vehicle, be sure to read up about Autowerkes, the local service center that takes pride in making sure you're good to go. Of course, it's always a good time to consider smart moves for your (or your folks') finances, especially when it comes to the tax consequences for withdrawing funds from retirement investments. Brian D. Mann of Elite Advisory Group has some smart advice. Additionally, we're introducing the good folks at SoCal Insurance & Financial Services who share the whole host of things that their Allstate plans can also help you protect.

Finally, in our resident feature, read about Marie Monet, Maria Kutscher, and Sue B Warner: three ladies from The Boardwalk neighborhood who really make friendship look fun. Happy Mother's day!

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because every moment matters

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carol@carollarsen.com

HAPPY MOTHER'S DAY
to all the beautiful Moms out there!
Celebrate your family this season with a photo session. Let me help you plan something special!



Autowerkes:

Where Your Trust Is Earned

By Kelli M. Larson | Photos by Steve Nguyen, Click LLC



Back in 1964, a young Bruce Powers had an experience that would change his life. His father took him down to the Riverside International Raceway, where they saw some Porsche Carrera sports cars with 6-cylinder engines beat Ferraris! "Dad took me down to the pits to sit in them," Bruce recalls. "It's like your first girlfriend. You never forget it."

By the age of 12, all he wanted to do was race cars and fix them. He started with a neighbor's garage, moved on to working in dealerships, and in 1980, launched his own business: Autowerkes, Inc., in Huntington Beach. For the last 42 years, Bruce has been the guy to go see when your

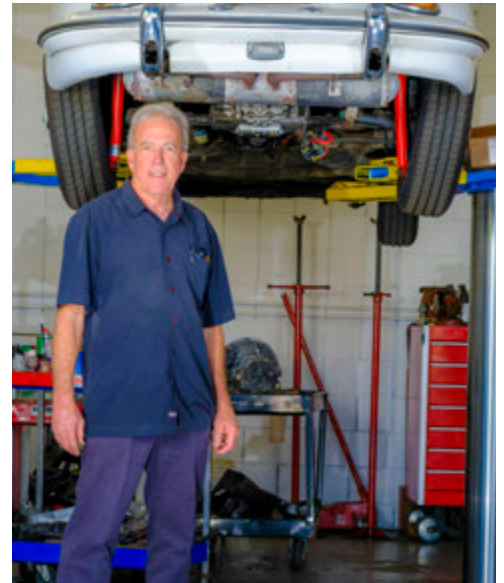
beloved Porsche, BMW, or Mercedes vehicle needs someone to service it as carefully as you would – if only you knew how!

Today, Bruce and his partners, Phill O'Farrell and John Germain, run a business where the customer is not just king, but they're also *treated* like kings! Not only will they pick up and drop off your car from anywhere in Greater Orange County, but also, every vehicle leaves their shop having received a free mini-detail service. And if your check engine light is on? They won't charge a dime to connect up to it and find out what's wrong.

"What differentiates us is our personality, our culture, and our willingness to see anything through to completion to ensure satisfaction," Bruce offers. "We have a bilateral trust agreement with every customer. We try to earn that trust with every job we do and never take it for granted."

The folks at Autowerkes take the time to really know their customers' cars as well. With every vehicle that comes in, their ASE-certified mechanics will do a courtesy inspection and provide an expert diagnosis of exactly what service is needed – whether that's an oil change, new brake pads, repairs, or even just a pre-trip check-up. However, they're also enthusiasts about your vehicle and happy to discuss potential enhancements.

"We offer suspension upgrades for those using their car in a performance situation, whether on an autocross or a racetrack," Bruce shares. "We also upgrade the exhaust to get more sound and provide creature comfort upgrades like to a key fob so it can both start your Porsche *and* roll down the windows." After four decades in the business, they



have relationships with the manufacturers of whatever your heart desires.

Autowerkes doesn't just know what makes your German vehicle better, they've seen it work! Bruce is a regular at events like the PCA-Los Angeles Autocross, Porsche Owners Club races, and BMW BimmerFest West. He also likes to sponsor racers, so look for the Autowerkes decal on the side of your favorite racecars.

Bruce has enjoyed seeing generations bring their Porsches, BMWs, and Mercedes vehicles into the shop and is happy to be continuing that tradition here in the city where he raised his own family. "I want to express my sincere gratitude," he says, "for the trust and confidence that our customers put in us every time they drop off their car."

Autowerkes is open M-F, 8 a.m. to 5 p.m. Call 714-842-2277 or visit Autowerkes.com to learn more about their excellent service. Located at 7452 Talbert Ave. (near Gothard Street).



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(between Gothard and Beach)

SeaCliff Real Estate Activity

03/01/2022 - 03/31/2022

Sold: *All prices are sold prices

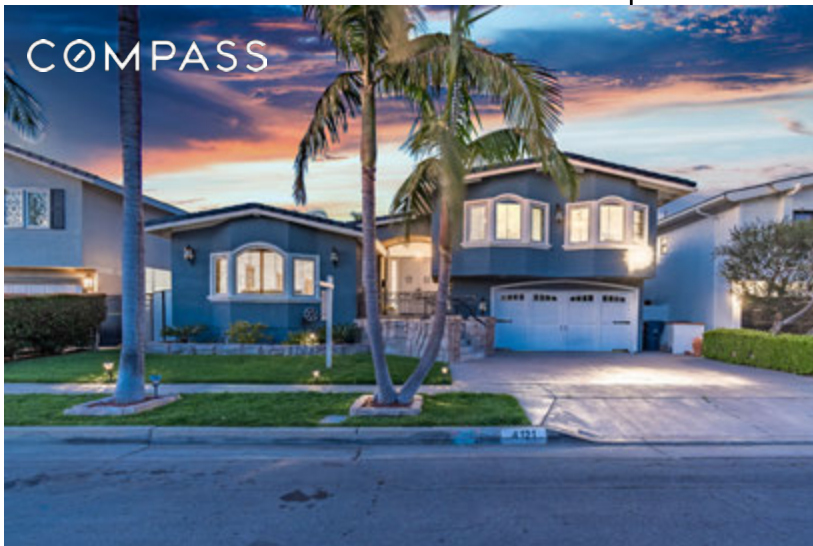
Address	Community	Price	Type
18717 Racquet Lane	Village Court	\$880,000	SF
19306 Firestone Circle	SeaCliff on the Greens	\$1,049,000	TH
19857 Saltwater Circle	Beachwalk	\$1,052,000	TH
19816 Waterview Lane	Beachwalk	\$1,192,000	SF
19732 Oceanaire Circle	Beachwalk	\$1,240,000	SF
7195 Little Harbor Drive	Beachwalk	\$1,245,000	SF
6086 Broadstone Circle	SeaCliff on the Greens	\$1,267,711	TH
19771 Coastline Lane	Beachwalk	\$1,328,000	SF
118 Adams Avenue	Downtown / Lake Park	\$1,370,000	SF
6283 Pacific Pointe Drive	Mystic Pointe	\$1,375,000	TH
6015 Shadowbrook Circle	SeaCliff on the Greens	\$1,425,000	TH
19042 Avondale Lane	SeaCliff Estates	\$2,000,000	SF
6471 Oakcrest Circle	SeaCliff Estates	\$2,685,000	SF
6811 Derby Circle	Edwards Hill	\$2,800,000	SF
6451 Setting Sun Drive	The Bluffs	\$3,050,000	SF
6502 Park Royal Circle	SeaCliff Peninsula	\$3,350,000	SF
6621 Polo Circle	Edwards Hill	\$4,696,000	SF

In Escrow: *All prices are list prices

Address	Community	Price	Type
19858 Deep Harbor Drive	Beachwalk	\$950,000	SF
19311 Firestone Circle	SeaCliff on the Greens	\$1,099,000	TH
19481 Sandcastle Lane	Beachwalk	\$1,240,000	SF
19398 Peachtree	SeaCliff on the Greens	\$1,299,000	TH
19220 Oceanspray Lane	The Tides	\$1,395,000	SF
6211 Greenbrier Drive	SeaCliff on the Greens	\$1,729,900	SF
6512 Cedarwood Drive	St. Augustine 2	\$1,995,000	SF
19822 Island Bay Lane	Lower SeaCliff	\$2,495,000	SF
6875 Cambria Cove Circle	Lower SeaCliff	\$2,900,000	SF
19595 Woodlands Drive	SeaCliff on the Greens	\$2,989,000	SF
6366 Silent Harbor Drive	The Boardwalk	\$3,250,000	SF

C= Condominium DP= Duplex TH= Townhouse SF= Single Family Home

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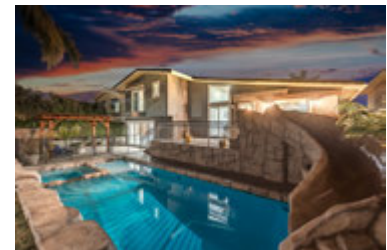


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THE JODY CLEGG TEAM



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www.JodyClegg.com

DRE01230876

SoCal Insurance & Financial Services:



Allstate

Providing a Personal Touch

By Kelli M. Larson



Huntington Beach is often described as a big city with a small-town feel. When Kari Eisenacher opened SoCal Insurance & Financial Services in 2018, she created a business that fit right in. Their three full-time agents offer a host of insurance products, including Allstate auto, as well as home, rental, condo, commercial, life insurance and retirement plans. Kari and her team work together to meet the needs of their clients, and they do it while feeling like family – because they are!

"It has been great working alongside my daughter, Ryan Eisenacher, and collaborating," Kari shares. "She has a journalism degree and I have a business degree, so we each bring different areas of expertise to the table."

The agents go out of their way to ensure that clients have a positive experience when they call or stop by the agency. "People pay a lot for insurance and as agents, we have to set ourselves apart from our competition. Clients actually have my personal cell phone if they have an emergency and they need to speak with me," Kari confides. "We also work with dealerships that can contact us on the weekend if they need an immediate insurance binder."

Their reviews praise the "top notch service" provided, express relief at being able to work with "personable" agents, and describe the experience of obtaining coverage as being "smooth sailing from the first quote to renewal."



As a full-service agency, SoCal Insurance & Financial Services also identifies and meets needs that might be surprising. For example, Allstate is one of a few carriers that offer coverage for rideshare drivers. SoCal Insurance also provides coverage that satisfies the City's requirements for short-term rentals. Have a pet? They can help you provide excellent care through Embrace pet insurance.

"I have this coverage for both of my Golden Retrievers," Kari shares. "My last male dog was diagnosed with a brain disease before turning six. He required monthly medication that was costly... I made a commitment that any dog I had in the future would have proper pet insurance."

As a business owner, it is important to protect your investment. Without the proper insurance, one lawsuit could erase everything you've worked for. SoCal Insurance takes care of their own business in this way and can help you do the same.

Don't know what you need? As a licensed agent for 37 years and as an ambassador with the Huntington Beach Chamber of commerce, Kari has her finger on the pulse of the community. "I know what life is like here in Huntington Beach – that you choose your car and your home to fit your lifestyle and your budget," she explains. Like many locals, she's also a University of Southern California alumna and an avid Trojan fan!

Kari and her agents are happy to make recommendations, including bundling your coverage to lower premiums. "Plus, she adds, "you'll only have one number to call for all your insurance questions."



SoCal Insurance & Financial Services is committed to helping Surf City residents assess their immediate and long-term needs and choose options that will help them achieve their goals. To obtain a quote today, email kari.eisenacher@allstate.com or yourfriends@socalinsurance.co or call 714-841-3177. Located at 18141 Beach Blvd., Suite 250.

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Getting an insurance quote is fast, free, & easy to compare rates call 714-841-3177



KARI EISENACHER, Agency Owner
Kari.eisenacher@allstate.com
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Huntington Beach
www.socalinsurance.co



The Healthiest Water in the World!

Submitted by David Fleck, Geers Plumbing

It's no secret that water does a body good. But water that's free of contaminants? That's essential for good health. To obtain the best quality water in your home, insist on dual ultra-filtration. Geers Plumbing has been servicing Huntington Beach since the late 1930s and from our current location since 1958. We recommend installing the Tyent water ionization system, which is available in countertop, under-counter, and portable units.



What Is a Water Ionizing System?

Water ionizing machines calibrate the pH level of regular tap water in order to make it more alkaline or acidic. They attach to a faucet and transform the tap water through electrolysis. As Tyent explains it, an electrical current is passed through your tap water, splitting it into hydrogen and oxygen particles. The water ionizer then siphons those particles off to keep them separate. Alkaline water is formed by the increased levels of negatively charged ions. Acidic water is formed by the positively charged ions.

Alkaline water (which has a neutral pH level of 7) is recommended for drinking, taking medications, making baby

formula, washing your vegetables, and more. However, acidic water is useful for household disinfecting and can also be used as natural skin cleanser, hair revitalizer, or as an antiseptic mouthwash.

Why You Should Go Alkaline

The American diet is already filled with acidic foods. Drinking hydrogen-rich, alkaline water helps to provide balance in your consumption. In turn, improved alkaline levels in your body can help you prevent weight gain and feel less sluggish. Alkaline water also absorbs more quickly, which allows your body to rehydrate better following exercise and without creating bloat. Finally, ionized water contains hydrogenated ions, which reduce oxidative damage to your skin. Many people say that it tastes smoother than regular tap water. Tyent explains that this is "because of the molecule cluster size and shape."

Why Choose Tyent?

Vital to the ionization process is the presence of electrically charged plates. The filtered water flows over them in the electrolysis chamber, enabling positive and negative electrical charges to pass through the liquid. What results is the acidic and alkaline water. Not all manufacturers'



plates are the same, which means that the quality of the water will differ. Tyent's water filtration systems consist of thick, medical grade, strengthened, solid/mesh hybrid titanium plates. They're dipped multiple times in platinum and baked for high performance and longevity. They have 9-plate, 11-plate, and 13-plate units... larger plates mean increased power, greater alkaline and acidic water capabilities, and stronger pH. Cheaper plates eventually fail, which means your system will fail. Tyent offers a lifetime warranty on every water ionizer sold.

Why continue buying expensive, bottled alkaline water (which contributes to our landfills) and lugging it home? Instead, create your own healthy water right from the tap. At Geers, we stand ready to install a Tyent water filtration system. Stop by our shop, fill up your water bottle, and sample it yourself. Once you've decided to prioritize your health in this way, all that's left to do is to consider how you plan to use the system and where you want it installed. We'll do the rest!

Connect with the professionals at Geers Plumbing by calling 714-536-1449 or visiting www.geersplumbing.com. Located at 222 E. Adams Ave. (between Main Street and Beach Boulevard).

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What is the Pacific Marine Mammal Center?

By Krysta Higuchi, Public and Community Relations Manager | Coordinated by Robyn Stauffer



The Pacific Marine Mammal Center (PMMC), located in Laguna Beach, California, rescues, rehabilitates, and releases marine mammals that strand from illness or injury along 52 miles of Orange County coastline and inspires ocean stewardship through research, education, and collaboration. PMMC has rescued and rehabilitated over 10,000 marine mammals since its inception in 1972 and was the first licensed marine mammal rehabilitation center in California. As a 501(c)(3) non-profit, we are entirely dependent on donations, grants, fundraisers and support from the community and public to run the day-to-day operations and continue our mission of giving the local marine mammals a second chance at life.

PMMC also reaches about 10,000 children a year through a variety of education programs. As we look to the future, we strive to inspire the next generation of marine biologists, educators, and future ocean

stewards. PMMC has grown from a three-person team rehabilitating seals in homes and bathtubs in the 1970s to a fully-fledged scientific hub, environmental non-profit organization, and marine mammal rehabilitation and research center.



From 10 a.m. to 4 p.m. daily, visitors can tour the center and speak with our team of docents about our current recovering patients. We are located at 20612 Laguna Canyon Road, Laguna Beach, CA 92651.

To find out more about PMMC, our ocean, and marine mammal conservation mission, go to www.pacificmmc.org.

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May

Community Events

The OSW All Stars (Band) @Longboard Restaurant & Pub	May 7; 1pm
Afternoon of Astrology, Numerology, Tea Leaves & Tarot @Absolutely Fabulous	May 7; 12-4pm
Sunset Beach Arts Festival @16861 12th St., Sunset Beach	May 7, 8; 9am-5pm
1st Annual Surf City USA Charity Golf Tournament* @The Huntington Club	May 9; 12-7pm
Secret Beer Garden Comedy @Old World Biergarten**	May 12; 7pm
Gem Faire @OC Fair & Events Center	May 13-15; 12-6pm
World Vision Global 6K for Water @Christ Pacific Church***	May 14; 8am-12pm
Breakfast at Tiffany's Spring Fashion Show & Brunch* @Hyatt Regency Huntington Beach	May 27; 11am-2pm
Government Affairs Committee Meeting @Chamber of Commerce	May 25; 8-9am
Red Hot Tribute (Chili Peppers Tribute Band) @SeaSalt Beachside Burger	May 28; 3pm
Farmer's Market @Old World Village	Saturdays; 10am-4pm

*For tickets, visit Eventbrite.com

**For tickets, visit <https://secretbeergardencomedy.com>

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SCHOOL EVENTS

HUNTINGTON BEACH HIGH SCHOOL

AP Testing	May 2-13
HBUSD/HBHS Parent	May 4, 11, 18, 25; 6pm
Latino Initiative Meeting @HBHS Library	
MUN Board Meeting @Room B6	May 12; 7pm
HB APA's Retrofest Sunshine '72'	May 12-14
PTSA Meeting @Student Center	May 13; 8:30am
SBAC Testing (Juniors)	May 17, 18, 24, 25
Dance Team Showcase @HBHS Gym	May 18; 5pm
MUN Senior Banquet @The Huntington Club	May 19; 6pm
Link Crew's May Play Day @Student Center	May 20
Senior Assembly @Auditorium	May 23
Tower Awards	May 25
Star Awards	May 27; 10:40am
HB APA's Pop Music Camp**	May 27; 12:30-3:30pm
HBHS Bridges Culture Night @HBHS Library	May 27; 5-9pm
Memorial Day (No School)	May 30

*For tickets, visit hbapa.org/see**Register: <https://hbapa.online/pop-musiccamp>

ETHEL DWYER MIDDLE SCHOOL

Staff Appreciation Week	May 2-6
Star Wars Day	May 4
Open House	May 26
Memorial Day (No School)	May 30

AGNES L. SMITH ELEMENTARY

Staff Appreciation Week	May 2-6
PTA Meeting	May 12; 9am
Open House	May 19; 6pm
Memorial Day (No School)	May 30

HUNTINGTON SEACLIFF ELEMENTARY

Open House	May 19
PTA Meeting	May 24; 8:45am
Skating Party @Fountain Valley Skating Center	May 24; 4pm
Memorial Day (No School)	May 30

Other
Dates

May Day	May 1
Cinco de Mayo	May 5
Mother's Day	May 8
Armed Forces Day	May 21
World Foster Day	May 31



The Bagpipes Are Playing

By Kelli M. Larson

If you're looking for a place to honor our military *and* have a fun time this Memorial Day Weekend, then head down to the Orange County Fairgrounds to enjoy **Scottish Fest USA**. The popular event, which was sorely missed during the pandemic, will be held **Saturday, May 28, and Sunday, May 29**. In addition to patriotic opening and closing ceremonies that recognize the sacrifice of those lost in the different branches of our military, Scottish Fest USA brings together Scottish clan members living stateside to celebrate and learn their heritage. Don't have a family tartan? Everyone is welcome to experience this cultural event.

Come and experience world-class Celtic music, piping and drumming competitions, Scottish games, Highland dancing competitions, shopping, kilts, and more. Be sure to come hungry and try Scotch pies, bangers, haggis, great beer, and whiskey and scotch tasting.

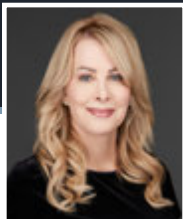
Tickets run \$30/adults, \$26/seniors, and \$5/children ages 5-12 (tiny tots are free). **Order your passes in advance by visiting www.scottishfest.com/order-tickets**. Admission is free for active or veteran military members with either a valid Military ID or official proof of service (such as discharge papers). Members of the EMS community (fire, police, medics, etc.) with a valid badge will also be thanked for their service with free admission.



BOYS & GIRLS CLUBS
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Summer of Fun!

By Kelli M. Larson



Diane Kutinsky

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Summer is approaching, and you know what that means... your kids are about to be at loose ends! Fortunately, the Boys & Girls Clubs of Huntington Valley (BGCHV) has some great programs to keep them busy, and sign-ups are happening now!

Children in grades K-8 are invited to join the BGCHV's exciting Summer Break Day Camps located at the Haynes Family Branch and Pacific Life Foundation Branch in Huntington Beach, as well as at the Kingston Branch in Fountain Valley. **The all-day program runs Monday through Friday, 6:30 a.m. to 6:00 p.m., from June 27 to September 2.** Campers will enjoy STEM activities, sports, cooking classes, indoor and outdoor games, and more. Optional hot lunches are available every day, and registration fees are \$35/day or \$150/week. Each week will have its own fun theme – choose your child's favorite or sign up for the whole summer. **Visit <http://bgchv.com/register> now.**

For those students needing to fill less of their time or who don't need of all-day care, consider one of BGCHV's variety of half-day camps that build sports skills and introduce fun activities. Campers participating in the full-day program can enjoy one of these options as a "camp within a camp."



- FBA-HB Summer Basketball Camp (all skill levels)
- OC Volleyball Summer Camp (all skill levels)
- Dance Adventures Camp (ballet, musical theatre, jazz, tap, and crafts)
- Dance Intensive Camp (technique classes in lyrical, contemporary, jazz, tap, hip hop, and musical theatre dance)
- Theatre Camp (campers will perform in a production of *Fairytale Follies*)
- eSports Elites (Play popular games like Fortnite, League of Legends, and Super Smash Bros.)
- Chef Camp (learn to create tasty and fun dishes and practice food safety)

For details, including individual camp dates, branch locations, age groups, coach names, session details, and applicable registration fees, please visit <http://bgchv.com/register> or call 714-899-5900. Spots fill up fast, so don't wait!

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"I love my mom because she is there for me when I need comfort. I feel like I'm able to talk to her – most teens aren't really able to talk with their parents about most things."

– Jasmine Gonzalez



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"Mothers sacrifice for their children in ways that can never be repaid. Mine left her family, friends, and all her belongings to flee a communist country. She built a new life and career, working tirelessly as a single-earner to make sure I went to college. When her grandchild arrived, she didn't hesitate to move close by to help raise him. She still works tirelessly and continues sacrificing for her family, and yet is always the last one still dancing at a party. What a blessing and inspiration she is to so many. She inspires us to work hard and still dance at the end of the day!" – **Georgiana Bostean**



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"I'm so grateful to have a mom who is multifaceted. She's a highly-talented executive at a forward-thinking tech company and a working mom. She loves music and playing bass guitar, she plays softball, gives back to her community, she always prioritizes family, and is the coolest mom of all. While she has so many hobbies and passions, she always puts her daughters first. She is my best friend and my inspiration. Happy Mother's Day to you, BatMom!" – **Michelle Wolzinger**



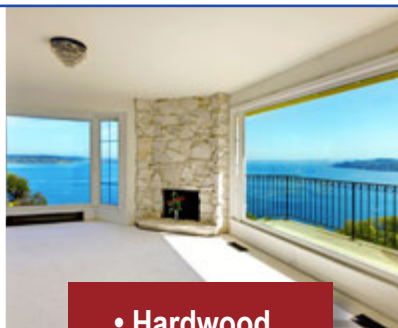
"I love my mom because she gives me great advice. She comforts and loves me unconditionally. I am able to communicate my feelings with her and not be judged for feeling certain ways." – **Genesis Valadez**



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"One thing that I appreciate about my mother is her enthusiasm and commitment that she has also instilled in me. She is very dedicated in everything she does from her job to caring for me and my siblings and making sure everything is running smoothly. Whenever I start a new activity, my mother will always ask, "Are you willing to put the time and effort to commit to it?" She asks me this to see how serious I am about my interest, and she is always willing to support and cheer me on to the end."

—Kristen Chun



"Throughout my life, my mom has supported me in everything. She did everything for the family to be able to have what we do today. Although she can often give me a hard time, I know that she just wants what is best for me and wants to help me pursue the path to success. Without her, I wouldn't be the person that I am today. She gave me more than I ever could have imagined and things I thought I would never experience in life. Thank you, Mom, for always being there and for all of your support."

— Alysa Cruz

"Growing up, I took up many different interests and sports. It felt like every year meant something for me to try. I did cheer, gymnastics, soccer, basketball, dance, softball, singing, and more. My mom supported me through everything, and she was always excited to see me try something new, even if she wasn't excited to pay for it. I tired of each sport/activity easily, so whenever I explained that it wasn't my passion, she never

questioned it or made me continue to do something I didn't love. However, one sport has stuck: softball. After 10 years of playing it, she remains my biggest fan. She gave up so much for the happiness of my brother and I and gave us the best life she could. Thank you, Mom, for always supporting me and being my biggest fan. I love you endlessly."

— Kayla Delgado



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— Amy Burton



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Meet The Boardwalk's Gal Pals



By Kelli M. Larson

Photos provided by Carol Larsen Photography, Marie Monet, Maria Kutscher, and Sue B Warner

Family isn't just the people you're born to. Sometimes, it's the people you choose. That's definitely been the case for Marie Monet, Maria Kutscher, and Sue B Warner, residents of The Boardwalk community who've become far more to each other than just neighbors. They have different backgrounds, different experiences, and are at different places in their lives. However, they all like to laugh and have fun!

The fast friends, who describe each other as "crazy smart," "talented," and "powerful," came to know each other through both good times and bad. They love each other and the sisterhood that they've built dearly! "I'm older than the two of them," Sue B confides. "but I guess as time goes on, age doesn't matter... I've always been young at heart."

Ironically, one of the things this trio enjoys doing together most is going out to celebrate their respective birthdays. "From live dinner shows to comedy clubs," Maria shares, "We're on a mission to find great, new experiences in Huntington Beach and the OC."

They love a good time, a good glass of wine, and great conversation. But the key to their connection is knowing that they make each other better. "True friendships inspire, don't judge or compare, and support one another's strengths," Marie suggests. "It's about empowering one another." They took years to become so familiar, but we're hoping you'll get to know them all now.



"A few years back, Maria and Gary joined us for New Year's Eve, and it was an absolute blast. We danced all night! It was such a memorable evening and a great way to bring in the New Year with such a dear friend," Marie shares. "Sue B, Maria, and I have plans on the books for celebrating together next year. It makes me smile when I think of them."

"I'll never forget celebrating Marie's birthday at Café Sevilla in Costa Mesa," Maria confides. "We had such a great time over dinner. Afterward, we experienced a wonderful show featuring Spanish Flamenco and belly dancers. There have been lots of amazing 'wow' moments shared together in our sisterhood!"





Meet Marie Monet

Family description: "I'm married to George, a funny, kind-hearted man with three wonderful sons: Zach, Adam, and Evan."

Career: "I've been an aesthetician for over 25 years and currently own Monet's European Skin Care Med Spa & Boutique in Seacliff Village. Previously, I worked as a body double in the film industry, as well as behind the scenes as a celebrity makeup artist."

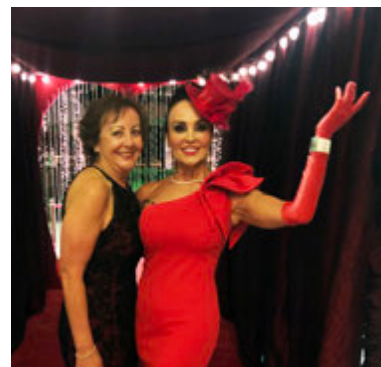
Where did you grow up? "I'm originally from France. My godfather was the fencing champion of Europe. My grandfather was in the French resistance helping the Jews to escape. Unfortunately, he was caught and sent to [the concentration camp at] Dachau. I'm very proud of him but sad to have lost him at such a young age. We moved to the East Coast briefly, then to Washington State where I went to school. Shortly after college, I left for Los Angeles."

Year you moved to Huntington Beach: 2014.

Fun Fact: "I was a competitive swimmer, did water ballet, and was a dancer. I'm high energy and very competitive. Growing up with two brothers, I was quite a tomboy... I had to be to keep up!"

Hobby or talent: "I love being creative. I enjoy encaustic painting and have taken classes in watercolor painting, lathe wood shop, and wood carving. At Christmas, I host gingerbread house decorating parties – girls just want to have fun!"

Volunteer work or charity that you support? "I'm involved with a Bible study with a group of gals whom I adore. We meet weekly for study, but also go to the cinema together, enjoy taco Tuesdays, and pack backpacks for children and the homeless."



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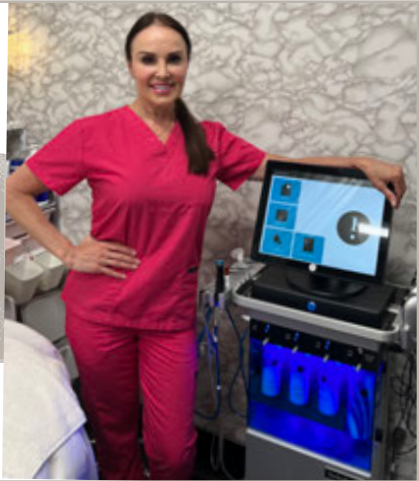
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Meet Marie Monet, cont'd



What was your mother's best piece of advice? "She would tell me to enjoy life and don't be in a hurry to grow up. What I think she was trying to express was to be present in the moment and embrace each day."

What are you most proud of in life? "I strive to do my best in my work, as a wife, and as a human being... living my life with integrity and as a Christian. I try to be grateful for what I have and never take it for granted."



Meet Maria Kutscher

Family description: "I've been married over 26 years to Gary Kutscher, the race director of the Orange County Marathon and a professional artist at Kutscher Fine Art. We have two boys in college: Nick and Nathan."

Career: "I have more than 30 years of wealth management and investment strategy experience. Currently, I work with UBS Financial Services in Newport Beach."

Where did you grow up? "I grew up in Northridge. I'm one of the true "valley girls" of the 80s."

Year moved to Huntington Beach: 2002.

Fun Fact: "I'm a former NFL cheerleader for both the Los Angeles Raiders and the Los Angeles Rams."



Hobby or talent: "I love to dance and sing."

Volunteer work or charity that you support? "I volunteer for Children's Hospital of Orange County by performing in their annual fundraiser, the *CHOC Follies*."

What was your mother's best piece of advice? "My dad raised my five sisters, one brother, and myself since I was 12. His advice to the girls was to stay in school. He'd say, 'I don't want you girls leaving home one-by-one and coming home two-by-two!' What he meant was that he didn't want us being dependent on others, and that we should always have a backup plan. So that's what I did. I stayed in school through graduate school and obtained six financial designations."

What are you most proud of in life? "I'm most proud of the wonderful young men that our boys have become. There is nothing more important in life for my husband and I

Meet Maria Kutscher, cont'd

than instilling our family values and beliefs in our children. As Christians, we are blessed and grateful to know that our children will be carrying our family legacy forward to future generations."

What lesson or advice about friendship would you share with today's young women? "Just as you invest in your career or invest your money, you also need to invest the time to stay in touch with your friends, especially when life starts taking you in different directions. Drop a quick note to let them know you're thinking about them. Also put a future date down on the calendar to lock in some time together. You'll be so happy you did! Through the decades that pass, it'll matter even more that you're still connected with childhood, high school, or college friends. Friendships really do matter!"



Meet Sue B Warner

Family description: "I've been widowed since last June when Wendell, my husband of 46 years, passed. He was the love of my life. His daughter, Wendy, lived with us when she was young. There were only 10 years between us, so I certainly didn't try to be her mother; Wendell called me her role model. She passed in 2010 at the age of 57 from early onset Alzheimer's, leaving behind her three grown children and our six great-grandchildren. The kids live in town, so I see them often."

Career: "I worked for Disney for 34 years, beginning at the Burbank studios (where I met Wendell) in 1968. In 1971, I transferred to Disneyland to fill a position in data control, and from 1972 until my retirement in 2002, I enjoyed working in the Merchandise Division."

Where did you grow up? "I was born in Hope, Arkansas. My dad was in construction, and we followed the jobs wherever they took us, including to South Carolina when I was 11. I was in and out of schools until we settled in Ann Arbor, Michigan."

Year Moved to Huntington Beach: "In 1975, we moved from Newport Beach to Huntington's Beachwalk neighborhood. In 1979, we returned to Newport Beach, only to decide after three years that our hearts remained in HB. We moved to The Boardwalk community when it was built in 2002."

Fun Fact: "My husband and I were crowned 'King and Queen of Boardwalk' – I think there were partial voters! Also, my birthday is on Halloween and no one forgets



it. I hand out about 100 bags of cookies and candy to the neighborhood kids. They know the house to come to!"

Hobby or talent: "We had four different power boats over the years – I even went to Power Squadron class and got my certificate. I guess my hobby now is caring for my three cats: Rosie, Artie, and Sally."

Volunteer work or charity that you support? "When my mother was in a nursing facility, I was sad to see other patients that nobody visited. So, I spent five rewarding years volunteering with VITAS Healthcare (hospice). After Wendy died, I spent another eight years facilitating a support group for caregivers through with Alzheimer's OC. I plan to volunteer again now."



What are you most proud of in life? "I'm most proud that I met my husband and we were right for each other. There was a 14-year age difference between us, but that never mattered. He was the best person that I could have met, and I have no regrets."

Sue B shares that when her husband passed, the whole neighborhood offered support, but none more so than her two gal pals. "Maria and Gary did so much for me, and Marie was constantly offering her support and wanting to care for my every need," she recalls. "I don't know what I would have done without these gracious loving people. I will forever be grateful, thankful, and blessed."

All three ladies feel that there is power to be found in close friendships and want to encourage others to both seek them out and maintain them. It's especially important in our adult lives and into the senior years to keep expanding social circles and building that friend network. "I feel that women can inspire and support one another," Marie



maintains. "We're wonderful allies and can share compassion for those in need through the strong bonds that we've built."

If you need gal pals, consider joining a group of people with shared interests or activities, or get out meet your wonderful neighbors like these ladies from The Boardwalk did.



Thinking of Buying a Car?

By Kelli M. Larson



If you're considering buying a new car AND going to the beach this summer, we've got good news for you. The City has renewed its awesome incentive program that allows folks to do both! Purchase or lease a new vehicle (or a used one valued at over \$20,000) at a Huntington Beach auto dealer, and you will receive a parking pass (valued at \$150) that will allow you to park for free at the City Beach lots for a year! The program seeks to both promote local business and keep your tax dollars in town where they will benefit you and your family. Did you know that vehicle sales tax generates approximately \$8-9 million for our city coffers?

Not sure what car you want to buy? No problem! Visit beachblvdofcars.com, or simply cruise Beach Boulevard in person, and you'll find a wide selection of dealerships. One last piece of good news? The incentive program, which was initially launched in 2011, has been renewed for a whopping five years. So be sure to purchase your next car – and the one after that – in town and continue parking at the beach for free. P.S. Tell a friend!



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Spring Cleaning for *Mind, Body, and Soul*

By Chelsea Scott

There's something about the first sign of spring. You know what I'm talking about: the melting snow, the gentle rains and the dewy, brisk air. Animals sense it and wander out of hibernation. Flowers and plants sense it and open up, stretching toward the sky. People sense it and deep-clean their homes. It sounds funny, but it's true. For as long as I can remember, spring has been the season to purge the old, open up the windows, eradicate cobwebs and go on a cleaning spree. There's nothing wrong with some good old-fashioned tidying around the house, but spring is also a great time to pause and pay attention to our mental and emotional wellbeing. Let's do a spring cleaning for the mind, body and soul. Care to join me? Here's how:

Mind: Meditate

Meditating for just a few minutes each morning can help you relax, clear your mind and prepare for the day ahead. Choose a peaceful, quiet environment and wear something comfortable. Sit on the floor, a chair or even a meditation bench. As you settle into a calming breathing rhythm, focus on relaxing each part of your body. Clear your mind and do your best to think of just one thing or nothing at all. There are many different types of meditation, from mantra to guided. Find what works for you and do it once per day. You will probably start to see a difference in your mental clarity.

Body: Start a Yoga Practice

Originating in ancient India, yoga is a practice that combines stretches, poses, breathing and spirituality. The beautiful thing about yoga is that it truly is for all of us. Those who are differently abled, have limited mobility, suffer from chronic pain, athletes, children, grandparents (and everyone in-between) can all reap the benefits of this ancient discipline. Yoga is phenomenal for building lean muscles and balance and has been said to reduce stress, anxiety and pain. Almost every pose can be modified to fit your ability, and the reward is in the journey.

Soul: Self-Care

Oh, the soul. The essence of you. We cannot overlook this part of a person. Self-care is a great way to tend to your soul. The best part about self-care is that it can be whatever you want it to be. Whatever you do to care for yourself. From getting a manicure or sipping a cup of tea with mom to spreading a blanket out on the grass and curling up with a good book, self-care can be a lot of things. Maybe it's cooking a homemade meal just for yourself, start to finish, from scratch. Maybe it's a dawn kayak session (camera in tow) to capture the sunrise spectacle. Maybe it's as simple and as marvelous as a well-timed nap. Whatever it is that feeds your soul, do it as often as you can and soak up the goodness.

Source consulted: www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858

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HB PIER SWIM: THE ULTIMATE CHALLENGE!

By Kelli M. Larson

Many a proud Huntington Beach parent has slapped a pier swim sticker (or several!) on their car in support of their child's accomplishment during the summer Junior Guards program. But did you know that the public can experience the fun feat too? On Saturday, June 11, from 8:30 to 11 a.m., the City will host its 71st Annual Pier Swim event. Awards will be given to the top three finishers in each division, and the top team will take home the Gene Beshe Memorial Perpetual Trophy. Available divisions are as follows:

Junior Men's and Junior Women's	Ages 12-15
Men's and Women's	Ages 16-24
Senior Men's and Senior Women's	Ages 25-31
Masters Men's and Masters Women's	Ages 32-39
Grand Masters Men and Grand Masters Women	Ages 40-49
Super Masters Men and Super Masters Women	Ages 50-59
Ultra Masters Men and Ultra Masters Women	Ages 60-64
Legends Men and Legends Women	Ages 65-99

Registration is just \$25 and can be accomplished online at www.hbsands.org (use activity number 311212). Those pre-registered by Wednesday, May 18, will receive a T-shirt. Registration on the day of the event will take place at the beach only and will not include a T-shirt (but extra shirts may be available for \$10 each). Try something new this year. Challenge yourself to swim around the pier!



ANGELS BASEBALL UPCOMING HOME GAME SCHEDULE

DATE	OPPONENT	TIME	PROMO
May 6	Washington Nationals	6:38pm	
May 7	Washington Nationals	6:07pm	Fireworks Night
May 8	Washington Nationals	1:07pm	Tote Bag Giveaway
May 9	Tampa Bay Rays	6:38pm	
May 10	Tampa Bay Rays	6:38pm	
May 11	Tampa Bay Rays	4:07pm	
May 20	Oakland Athletics	6:38 pm	Cowbell Giveaway
May 21	Oakland Athletics	6:07 pm	Josh Turner Concert
May 22	Oakland Athletics	1:07 pm	
May 24	Texas Rangers	6:38pm	
May 25	Texas Rangers	6:38pm	
May 26	Toronto Blue Jays	6:38pm	
May 27	Toronto Blue Jays	6:38pm	Star Wars Night
May 28	Toronto Blue Jays	7:07pm	Fireworks Night
May 29	Toronto Blue Jays	1:07pm	



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HB JUNIOR LIFEGUARD SIGNUPS: HAPPENING NOW!

By Kelli M. Larson

Growing up in Surf City means that the ocean feels like home. However, being familiar with the sight of the sea, doesn't mean that you're confident swimming *in* it. The Huntington Beach Fire Department Junior Lifeguard Program seeks to rectify that.

Established in 1964, **the world-renowned program runs every summer for seven weeks between June 27 and August 12, and enrollment is happening now.** Choose between two sessions: morning (8:30 a.m. to 12 p.m.) or afternoon (1 to 4:30 p.m.). Before- and after-program care and transportation is offered by the Boys and Girls Club of Huntington Valley (visit www.bgchv.com/juniorguard for details).

Participants in Junior Guards are taught respect for the ocean and about its hazardous conditions. They are also taught first aid, CPR, mutual cooperation, competition technique, sportsmanship, and lifesaving methods. Of course, if you've ever seen them practicing at the beach, then you know there's also lots of swimming and running involved!

The kids are divided into three groups: As (ages 14-17, wearing white, pink, or green caps), Bs (ages 12-13, wearing red caps), and Cs (ages 9-11, wearing yellow caps). Participants are then regrouped further based on ability, experience in the ocean and, in the case of the As, desired preference. There is also a Sand Crab division for children ages 7-8.

Enrollees must be between the ages of 9 and 17 (as of July 1), able to swim 100 yards at or under 1:50, able to tread water for 5 minutes, and able to swim under water for 10 yards without coming up for a breath. The Sand Crabs need only to swim 50 yards at or under 1:15, tread water for 2 minutes, and swim under water for 5 yards without needing a breath.

The program's website, www.juniorguard.com, has all the details, but if you're interested, don't wait to check it out. **The final tryout date is on Sunday, May 8, at the Golden West College pool.**



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One Whale of a Problem

By Kai Driggs, OVHS Senior

National Endangered Species Day is on May 20th. To honor that, I would like to highlight the fin whale, one of the many cetaceans that are on the endangered species list.

Did you know that whales produce at least half of the oxygen that we breathe? The fin whale, also known as the finback or razorback whale, is the second-longest mammal in the world after the blue whale. Typically, they are found in deep waters of all significant oceans, mainly in temperate to polar areas. Along their back, they have a distinct ridge, which prompted the nickname "razorback."

What makes this type of whale so unique is that the right part of its bottom jaw is bright white and left part jet black. The fin whale weighs almost 80 tons and is 65 to 80 feet in length! This specific species of whale is thought to live for nearly 150 years. Fin whales are also the fastest out of all the great whales, swimming up to 23 miles per hour. Their speed, combined with enormous size, helps them to survive long migration trips between calving grounds in the tropics and feeding grounds near the poles.

Like other large whales, fin whales are at risk for extinction due to environmental changes like climate change, habitat loss, and toxic ocean spills. The reason that whale endangerment is such a pressing issue has to do with the food chain. Because whales are at the top of it, they play a critical role in the health of our oceans by providing nutrients to phytoplankton.

Until the last century, they were hunted by commercial whalers for oil, meat, and baleen. Nearly 750,000 animals were killed near the Southern Hemisphere between 1904 and 1979. Today, ocean animals are rarely seen in that area. The fin whales' current status is unknown in most areas outside of the North Atlantic; however, scientists speculate that there are only 50,000 to 90,000 left.

There are many ways that we can do our part to protect all whale species. One way is to stay at least 100 yards away from marine life when you are in the water. Another way is by reporting whales that may appear sick or injured to a marine life organization like The Marine Mammal Center, which helps distressed marine animals. You can also support animals in recovery there by visiting www.marinemammalcenter.org/animal-care/patient-journey/rescue.



The simplest way that we can protect our ocean animals is by reducing ocean pollution. A few things you could switch to are reusable shopping bags, coffee tumblers, water bottles, and more. By saying "no" to disposable plastics and instead utilizing reusable products, we can keep our oceans clean and help protect endangered marine animals, including the fin whale!

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- 1 Yellow onion
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- 1 8-count pack of almond flour tortillas
- 1 Bag shredded Mexican blend cheese
- 1 Packet of taco seasoning

Instructions:

Boil water and cook chicken breasts until tender and easy to shred (about 25 minutes). Dice the yellow onion, bell pepper, and zucchini and place to the side. In a large mixing bowl, combine the shredded chicken, taco seasoning packet, 1/2 cup shredded cheese, and the diced vegetables. In a medium-sized baking dish, lay four tortillas down to cover the dish. Add the chicken and all ingredients on top and then layer the dish with the other four tortillas. Pour in the tomatillo sauce and top with shredded cheese. Bake uncovered at 350 degrees for 20 minutes. Garnish with cilantro and olives (optional).



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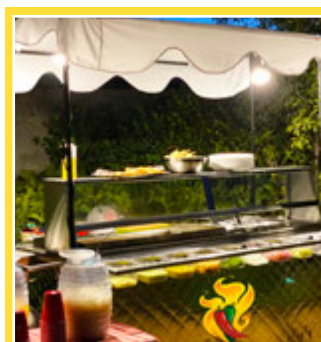
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Trivia | By Matthew Harris

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NOVICE

- ✓ What department store sponsors the annual Thanksgiving Day Parade held in New York City?
- ✓ Who directed the 1993 film, *Jurassic Park*?
- ✓ How many teams are in the National Hockey League?

EXPERT

- ✓ What was the name of the 4-foot-tall, hairy character on the TV series *THE ADDAMS FAMILY*?
- ✓ What is a Butterfly's pupa also called?
- ✓ In the oil markets, what does the acronym WTI stand for?

GENIUS

- ✓ According to biblical scholars, what language did Jesus and his disciples primarily speak?
- ✓ Who is next in line if the president, vice president, speaker of the house, and president pro tempore of the Senate all die?
- ✓ Who was the first American to win the Nobel Prize in Literature?

18 points – Hello, Genius; 15 to 17 points – We bow to your intellect; 10 to 14 points – A superior effort; 6 to 9 points – You've got potential; 4 to 6 points – Maybe a little less TV and a few more books? 1 to 3 points – Someone a little distracted? 0 points – Change channel to JEOPARDY!

Answers: 1. Macy's 2. Steven Spielberg 3. 32 teams 4. Cousin Itt 5. Crude oil 6. West Texas Intermediate (crude oil) 7. Aramco 8. The Secretary of State 9. Sinclair Lewis



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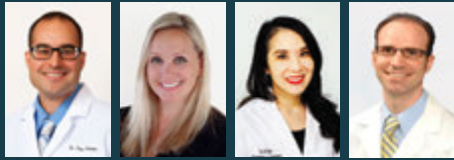
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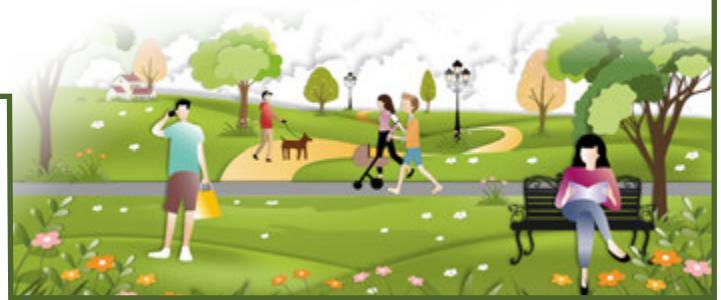
HB: Where Your Safety Matters

By Kelli M. Larson

The City of Huntington Beach is committed to making residents and visitors feel safe in our public spaces. To that end, they've hired Lyons Security to provide a dedicated park ranger for Huntington Central Park. Additionally, Lyons will provide patrol of the City's libraries, recreation facilities, and other parks.

The services provided will not replace those already provided by the HB Police Department (HBPD), the Community & Library Services Department, or the Homeless Task Force. Rather, their efforts will serve as a supplement or added layer of added security.

The service began last month and is provided daily, with locations varying in accordance with facility use. You may have already seen the uniquely uniformed rangers on foot, on bicycle, or in patrol cars. They are not armed, but they do strive to be highly visible to deter illegal activity and assist incident witnesses. To request park rangers and patrol services near your upcoming event, please call the HBPD Non-Emergency Dispatch line: 714-960-8811.



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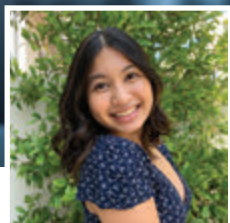
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Library Resources for Teens

By Alison Miu-Martinez, HBHS Senior



The Huntington Beach Public Library (HBPL) is a great place for people of all ages, especially teens! Next to the used bookstore is what is known as the Teen Space. It's a designated area for youth in grades 7 to 12 that contains a row of computers for those who would like to work while surrounded by people their age. It also contains young adult fiction and Manga books, making it easy for teens to find what interests them. Besides computers and books, there are also comfortable chairs in the space for those who want to curl up and read or engage in hushed conversation. Along the walls there are outlets, which allow for charging laptops, phones, and other electronic devices.

Another unique aspect of the teen section is that it's decorated in accordance with the historical significance of each month. For example, in March, they had a row of books pertaining to Women's History Month (amongst them "Girlhood" and "The Rebellious Life of Mrs. Rosa Parks"). The library also hosted a "Women In STEAM – Science, Engineering, Art, and Math" panel event, which included highly successful women from a variety of fields who spoke about their careers and answered questions. These events are hosted in the library theater and are open to everyone.

There are also ways for teens to give back to the HBPL. Volunteer opportunities include running the Children's Summer Reading Program, shelving books, and becoming a reading buddy to help elementary children with literacy. Additionally, youth can join the Teen Action Group, which creates passion projects (activities and programs that they plan themselves) for the library. The group hosts monthly meetings, and attendees can receive service hours for their participation.

The HBPL provides a wonderful online catalog of available materials that provides an option for filtering by age group. Click on it, and you'll find a slideshow of the "teens' latest reads," which provides people with a way to see what their peers have been reading as inspiration for themselves. Book recommendations range from young fiction to fantasy to non-fiction. They also offer other websites that could appeal to teens including Teen Ink, Teen Reads, and the young adult fiction of Goodreads. There is even an event calendar where people can see what is being offered to teens, including a youth coding class and bullet journaling class.

Whether it is finding a place to lounge or spending time with friends, the HBPL offers many opportunities for teens. Visit <https://hbpl.libguides.com/teens> to learn more.



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The IRS allows a six-month extension to file your taxes. If you requested one (via IRS Form 4868) by the April 18 deadline, you will have until Monday, October 17, to submit your 2021 return.

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As a Southern California native, Gabriella loves the outdoors, especially the beach. You're sure to catch her surfing Bolsa Chica or running the boardwalk (or any 5k/10k for that matter) after her "retirement" from half marathons. She is also an avid foodie, fan of the arts, and all-around culture enthusiast.



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Flag Flying Guidance

By Kelli M. Larson

Are you planning to proudly fly your American flag again this month? Or are you perhaps planning to purchase your first one? There are a few rules to follow in doing so – they're known as the US Flag Code, and they date all the way back to a Congressional resolution made in 1942. Here are just a few of the things to keep in mind.

Watch the clock: All American flags should be displayed from sunrise to sunset every day on flagstaves in the open, and then taken down as a sign of respect. However, if properly illuminated (meaning a light has been placed specifically for that purpose) at night, your flag can fly all 24 hours.

Keep it left: Whether your flag is hung vertically on a pole or hung against a wall, the Union (or blue section) should be to the observer's left.

Proceed to the right: In a procession, the flag should be to the right of any other flag. Or, if there's a line of flags, it should be given the position of honor: in the front of the center of that line.

Raise it high: If the flag is displayed on a staff projecting from a building, the Union should be at the peak of the staff.

Flatten it out: If not flying from a staff, the flag should be displayed flat or hung in such a way that the folds fall freely.

Be street smart: Flags flown over a street should be suspended vertically with the union to the north in an east and west street, or to the east in a north and south street.

Watch the eyeline: If displaying a flag on a platform, it should be positioned above and behind the speaker with the Union uppermost and to the observer's left.

Stage it with honor: If your staff-hung flag is in a church or auditorium, it should be placed in the position of honor: to the speaker's right (as they are facing the audience).

Head and shoulders: When draping a casket, the Union should be placed at the head and over the left shoulder.

Watch the weather: Unless your flag is made of nylon or other non-absorbent material, it should not be flown during inclement weather.

Follow parade propriety: Flags shouldn't be displayed on floats unless hung from a staff. They also shouldn't be draped over the hood, the top, sides, or back of a vehicle. Rather, flags displayed on a vehicle should be hung from a staff that is firmly affixed to the chassis.

Don't get grounded: Your flag should be flown, displayed, and handled in such a way that it never touches the ground or anything beneath it.



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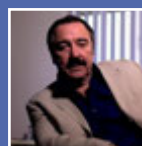
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Surf History Explored

By Amy Burton, HBHS Senior



Did you know that the Huntington Beach International Surfing Museum was not started by a surfer or even by a resident? Rather, it was created in 1987 by Natalie Kotsch, a Canadian woman who upon moving to Southern California, discovered quickly that you don't have to be a surfer to enjoy watching the sport.

Ms. Kotsch has made it possible for surfboards and local history to be kept in an extensive, cataloged, and rotating collection for the public to enjoy. Additionally, surfers from more than 42 nations have visited the museum to experience its rich history and find out where some of their favorite locals are catching waves.

Back in the Day

Hawaii-born lifeguard/swimming instructor George Douglas Freeth, Jr., is recognized as the first surfer in the United States. He introduced the sport to Southern California via a demonstration at the dedication of Huntington Beach's 1,350-foot, concrete pier in 1914. However, it did not become a 24-hour activity until the early- to mid-50s, when wet suits became more widely available. In 1991, Congressman Dana Rohrabacher recognized the exclusivity of the Huntington



Beach International Surfing Museum and designated Huntington Beach "Surf City USA" on the floor of Congress. On May 28, 1994, the world's first and only Surfing Walk of Fame was dedicated in front of an international press audience.

Step Inside

The International Surfing Museum is operated as a non-profit organization and is dedicated to preserving the history of surfing culture across the world. It is named after Duke Kahanamoku, the Polynesian giant and Olympic gold medalist who is renowned as the "Father of Modern Surfing" (he also presided over five USA Surfing Championships in HB). The museum features antique surfboards, information about some of surfing's greats, classic surf videos, creative surfing sculptures, and even surf music to enjoy.

Also on display are memorabilia and cultural collections, including some of surfing history's most significant objects like Kahanamoku's surfboard and the world's largest surfboard, which broke the Guinness World Record in 2015 when 66 people rode it in HB's surf. The museum's daily admission fee is only \$2 per person, and annual and lifetime memberships and patronships are also available. Stop by 411 Olive Ave. (at 5th Street) and immerse yourself in Surf City USA culture!

World Surf League Challenger Series Update

By Kelli M. Larson

Hey surf fans! We've got some great news for you. Following last year's condensed season of the World Surf League (WSL) Challenger Series, 2022 promises a return to normalcy with a full schedule. The Challenger Series, which is known as the "ultimate battleground" for surfers to qualify for a spot in the elite, 2023 Championship Tour (CT), includes the popular VANS US Open of Surfing right here in Huntington Beach!




©WSL/Dunbar SOCIAL: @wsl @mattydunbar

According to the WSL, the competition field will include 96 men and 64 women for most events (made up of 34 men and 17 women from the CT), 58 men and 43 women that are allocated by the WSL regions, and 4 men's and 4 women's wildcards. Any unused CT spots will become wildcards. The last event of the season, the Haleiwa Challenger, will include 80 men and 48 women who will be selected based on their rankings at the time. The action will be broadcast live on WorldSurfLeague.com, the free WSL app, and on the WSL's YouTube channel.

2022 WSL Challenger Series Schedule

Boost Mobile Gold Coast Pro presented by Rip Curl.....	May 7-15
Sydney Surf Pro presented by Rip Curl	May 17-24
Ballito Pro presented by O'Neill	July 3-10
VANS US Open of Surfing	July 30-August 7
EDP Vissla Pro Ericeira	October 1-9
Quiksilver/ROXY Pro France.....	October 12-23
Corona Saquarema Pro presented by Banco do Brasil.....	November 1-8
Haleiwa Challenger	November 26-December 7



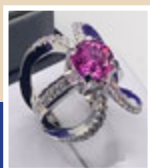
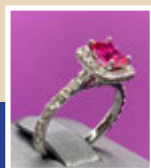
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Leptospirosis and Your Dog

By Kelli M. Larson

Leptospirosis is hard to say, but really easy to catch. That's why it's an important disease to know about, especially if your pet spends any amount of time outdoors. It's caused by the leptospira bacteria that can be found anywhere that wildlife urinates, and that includes your own backyard where opossums, squirrels, raccoons, squirrels, and other rodents may visit. If your dog picks up the bacteria, it can easily be transmitted to you and your family.

Symptoms to look for include fever, vomiting, abdominal pain, diarrhea, lack of appetite, severe weakness and/or muscle pain, stiffness, bleeding, conjunctivitis, acute kidney dysfunction, and infertility. After your veterinarian has run tests and confirmed a leptospirosis diagnosis, treatment will likely include antibiotics: usually first intravenously with penicillin derivatives, followed by oral doxycycline once the gastrointestinal symptoms have resolved. It's also important to maintain your dog's hydration and nutrition during treatment.

The prognosis is generally good, with an 80% survival rate post treatment. However, leptospirosis can also be associated with pulmonary hemorrhage syndrome, a more severe situation for which your dog might also require mechanical ventilation or hemodialysis. In those cases, the outlook could be grave.

Fortunately, there's a vaccine available that can decrease your pet's risk of becoming sick from leptospirosis. Be sure to speak with your veterinarian about it.

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By Martha Stallings



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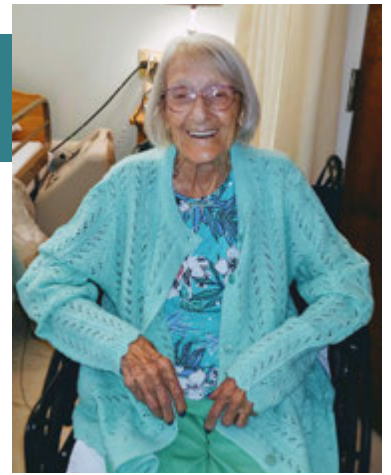
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A Wise Woman

By Marla Harchut, Publisher



My 107-year-old grandmother, Erma Marie Hoch Mohl, was born October 30, 1914, in Berks County, Pennsylvania. She is truly the most inspirational person I've ever known and is someone who has demonstrated how to live life to the fullest and make each day count.

Grandma Erma has the best sense of humor; she's always smiling, laughing, and having fun. She is also known for being a hard-working woman who held down multiple jobs at the same time, earning what the family needed. Her words of wisdom are something that I've tried to take to heart. She says, "Don't worry or stress, especially if the situation is out of your control. Rather, stay positive and work hard. Things will always work out for the best!"

She practices the golden rule of being kind to others. She also advises minding your own business and never talking bad about others. Erma is someone who believes in always looking ahead – and never behind – because life is about being in the moment, and isn't it so much better looking forward to what tomorrow brings? Her favorite saying is: "Good, better, best... don't let it rest until the good is better and the better is best!"



Back in the Day

Erma grew up on a truck farm with her three sisters and one brother. There was no electricity or running water in their home, so they lit kerosene lamps, pumped water from the well, and utilized a wood-burning stove. Their mode of transportation was a horse-drawn wagon.

Every morning, Erma milked two cows before walking 2.5 miles to the one-room schoolhouse where her one teacher taught all of the children kindergarten through 8th grades. After school, she worked on the farm. At the age of 11, Erma was bitten by a copperhead snake during school recess. The teacher cut slits around the bite and Erma's sister, Edna, sucked out the venom. With no medicine to counteract the effects, Erma spent months in bed with a swollen leg, but felt very lucky to survive.

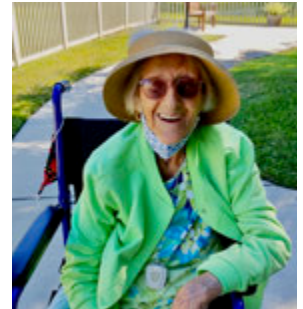
My grandmother got her first job just after finishing 8th grade. She worked as a nanny for two little girls, earning 5 cents per hour. During World War II, she worked on a drill press drilling holes in metal to be used in ships. She held many jobs: working in a knitting mill, catering company, residential and commercial cleaner, at county fairs and Leesport Farmers Market. During the Great Depression, many goods

were rationed and people learned to get by without. To this day, Erma never wastes anything nor throws anything away that might still have use. She also remembers living through the Spanish Flu during her childhood. When Covid-19 pandemic hit in 2019, she had invaluable personal perspective to share. She advised, "Don't worry. This, too, will pass, and everything will be back to normal soon."

Erma retired in her mid 70s. She never smoked nor drank alcohol, and she had her last cup of coffee at the age of 40. Her daily intake of carrots, spinach, half of a banana, sit-ups and leg lifts are what she credits to keeping her young, active, and healthy.

Erma Today

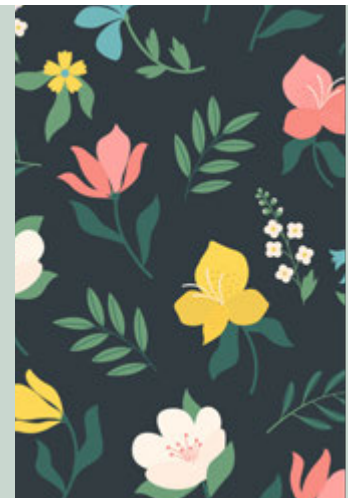
The Opis Coquina Center, a nursing home in Ormond Beach, Florida, is where Erma now resides. She loves to feed the ducks and the long-legged ibises on her daily walk to the nearby pond. Her daughter, Sandi, and son, Jon, visit daily and take weekly driving outings to view the beauty of the land. Erma is amazed by how Facebook works and enjoys hearing comments from people she has never met! The advice that she often shares is "laughter is the best medicine" and "make the best of each day." Erma's favorite television show is the GOLDEN GIRLS. I'm pretty sure this grand lady would have fit right in.



Word Scramble: May Flowers

By Martha Stallings

1. SDYAI _____
2. OLUCFRLO _____
3. ITPUL _____
4. ALCIL _____
5. AROCIANNT _____
6. OCDRIH _____
7. SOER _____
8. TUABYE _____
9. LOBOM _____
10. AFIDDOLF _____



1. Daisy 2. Colorful 3. Tulip 4. Lilac 5. Carnation
6. Orchid 7. Rose 8. Beauty 9. Bloom 10. Daffodil



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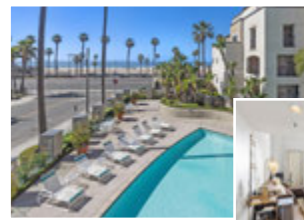
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