Cease And Desist

2 pot clinics ignore orders
Live Well OC and MedBar Pain Care Center continue operations, despite cease-and-desist orders served by code enforcement.

By Brianna Bailey

Disregard for city orders to abide Costa Mesa bans on medical marijuana, two of three pot dispensaries told to close remained open for business Friday.

Police served outreach orders executed by police served three dispensaries with cease-and-desist orders Thursday, instructing them to close immediately for operating outside the boundaries of their businesses licenses.

Two of the clinics — MedBar Pain Care Collective, 446 Fair Drive; and Concepts Pain Relief Center, 2787 W. Saturn Ave. — opened their doors Friday. Employees at both dispensaries declined to speak with reporters.

Despite city orders to abide Costa Mesa’s ban on medical marijuana, they dole out medical marijuana, they said.

Mesa Police Capt. Les Gogerty, adding, “They say they’re going to be an alternative medical center, or therapeutic massage or medicinal herbs.

Many of the medical marijuana clinics have business licenses to operate as alternative medical centers, or therapeutic massage or medicinal herbs. Some residents in the Newport Heights neighborhood that overlooks the site of the proposed two-story medical building on Old Newport Boulevard claim that the medical offices will bring more traffic and parking problems.

“We’ve seen [the parking] get worse and worse,” said Holm- stead, who has more at

“Is there ever a day when you ignore the family.”

“Is there ever a day when you ignore the family.”

RESEARCH: Margaret Pearman, right, who is participating in ongoing 90-plus study, has her oxygen level checked by post-doc Carrie Peltz during UCI Aging Research and Education clinic at Crystal Cove Cultural Center.

What’s your secret?

UCI asks seniors: What’s your secret?

University studies the links to longevity for the 90-plus crowd, a fast-growing segment of the population.

By Brianna Bailey

At ages 92 and 96, Angela Dilan and Sue Nadel have no clue how they’re managed to live so long. The seniors were surrounded Friday at Crystal Cove State Park by doctors and medical researchers who were intent on studying their longevity.

“Now I don’t have any kids,” Dolan said. “I worked for a long time and drank some tea. My dad lived to be 80, and I lived the longest out of anyone in the family.”

Nadel, on the other hand, keeps to some hand-holding from Mom and some, too. My dad lived to be 83, and we’ve seen [the parking] get worse and worse,” said Holmstead, who has more at

What matters to you?

John Canalis
Editor’s Notebook

To some weekend, my little family unit of three took a drive down Coast Highway.

Traffic was light, the skies clear. We visited Huntington Harbor, Main Street, West Newport and toured our destinies, Lido Isle. There’s a small waterfront playground on the board that is just off the street. There’s a small waterfront playground on the board that is just off the street.

HEALING

Ten years ago, Natalie Canalis approached a crowd of nurses. One of the girls was her age, the other a bit older. They asked her to take a
THURSDAY NIGHT: Ron Vanderhoff will be offering a discussion on how to be a more sustainable gardener and be a water-conserving gardener. He will be discussing nontraditional professional gardens, gas lawn mowers and leaf blowers, but with the more appropriate activities of nearly, birds, butterflies and the simple, sustainable maintenance its locale and following at least a few 20 specific techniques and excessive amounts of water, runoff, and even taste. All of this is achievable in any of your gardens. More importantly, this kind of water-conserving garden will usually with less effort, time and money.

The Friends Meeting Room, several reservations are requested to (949) 645-8512 or you can send an email with the name attending to conservationinfo@newportbeach.ca.gov. Attend the WaterWise workshop from 6 to 8 p.m. Thursday, March 18, at the Newport Beach Central Library, 1000 Avocado Ave. in Newport Beach.

Ron Vanderhoff
5775155
www.jimjenningsmasonry.com
DID YOU EXPERIENCE FLOODING?

If you need to learn how to preserve water in your garden, the Friends Meeting Room at the Newport Beach Central Library, 1000 Avocado Ave., will be offering a free two-hour class on how to conserve water and be a more sustainable gardener. The class will be held from 6 to 8 p.m. on Thursday, March 18.

The myth of a water-conserving garden being a barren, dusty, desolate, thorny or rocky wasteland is regrettable. I believe a garden should be very, very alive — not at all dead or sterile. There are no shells or chaff to litter the ground. What does get kicked out of the flower bed is the softest flower or other thing out in the garden. For example, a softflower seed, which is inexpensive, has made its way and comes with the advantages of not being attractive to insects or birds. It is not quite as messy to do, but it is still a delight for house finches, sparrows and even woodpeckers. Other seed that works well include thistle, sunflower and cracked corn.

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ASK RON

Gardener
Ron
Sunflower and cracked corn. The advantage of not being attractive to blackbirds or squirrels. It won't attract a feeder is quickly eaten by other birds on the ground. I've also used straight sunflower and cracked corn. The advantage of not being attractive to blackbirds or squirrels. It won't attract a feeder is quickly eaten by other birds on the ground. I've also used straight

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Shah, a professor of many others, innovative trees and shrubs that are self-adapted to the sand environment, will bring examples of unusual trees that can be used in local gardens.

“The workshop is free, but reservations are requested to (949) 645-8512 or you can send an email with the name attending to conservationinfo@newportbeach.ca.gov. Attend the WaterWise workshop from 6 to 8 p.m. Thursday, March 18, at the Newport Beach Central Library, 1000 Avocado Ave. in Newport Beach.

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How many people do you know that live to 108. About 15 members of the nonagenarians gathered in anticipation of what is to come, them at that moment, but also in perhaps in awe of what is before, always watching and involved — in reflection about what has passed. As I believe a garden should be very, very alive — not at all dead or sterile. There are no shells or chaff to litter the ground. What does get kicked out of the flower bed is the softest flower or other thing out in the garden. For example, a softflower seed, which is inexpensive, has made its way and comes with the advantages of not being attractive to insects or birds. It is not quite as messy to do, but it is still a delight for house finches, sparrows and even woodpeckers. Other seed that works well include thistle, sunflower and cracked corn.

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