



11-year-old actress receiving a 4th award is reaching for stars

Cityscapes | A4



Corona del Mar wins its first CIF section title in boys' soccer

Sports | B1

Today's Weather



61 | 49

SATURDAY MARCH 6, 2010

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Cease And Desist

2 pot clinics ignore orders

Live Well OC and MedMar Patient Care Collective continue operations, despite cease-and-desist orders served by code enforcement.

BY BRIANNA BAILEY
brianna.bailey@latimes.com

Despite city orders to abide Costa Mesa's ban on medical marijuana, two of three pot dispensaries told to close remained open for business Friday.

City code enforcement officers escorted by police served three dispensaries with cease-and-desist orders Thursday, instructing them to close immediately for operating outside the boundaries of their business licenses.

Two of the clinics — MedMar Patient Care Collective, 440 Fair Drive, Suite V, and Live Well OC, 440 Fair Drive, Suite I — ignored the order.

Employees at both dispensaries declined to speak with reporters.

A third dispensary, Nutritional Concepts Pain Relief Center, 2787 Bristol St., was closed Friday. A note on the dispensary's website said the business was closed temporarily.

Many of the medical marijuana dispensaries in the city have business licenses to operate as alternative health or vitamin shops, said Costa Mesa Police Capt. Les Gogerty, adding that if the businesses continue to dole out medical marijuana, they will be subject to fines and legal action.

"They say they're going to be an alternative medical center, or therapeutic massage or medicinal herbs and so forth," Gogerty said. "They have bottles of legal herbal vitamins and massagers, but you also have marijuana."

Police have recently noted more

See **CLINICS**, page A11



Photos by DON LEACH | don.leach@latimes.com

RESEARCH: Margaret Pearlman, 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.

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
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At ages 92 and 96, Angela Dolan and Sue Nadel have no clue how they've 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.

"I don't have any idea," Dolan said. "I smoked for a long time and drank some, too. My dad lived to be 83, and he lived the longest out of anyone in the family."

Nadel, on the other hand, keeps to

See **SENIORS**, page A8



TAKING NOTES: UCI student Dan Berlau checks the oxygen level of Bob Christians after a walk for a university study on aging past 90.

Proposed Facility

Residents wary of medical building

Planning Commission says size of proposed two-story facility isn't unreasonable, but some Newport Heights homeowners disagree.

BY BRIANNA BAILEY
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The Newport Beach City Council on Tuesday will consider approving plans for a 25,000-square-foot medical building on Old Newport Boulevard.

Some residents in the Newport Heights neighborhood that overlooks the site of the proposed two-story structure say the building is just too big.

Residents on Holmwood Drive claim that the medical offices will bring more traffic and parking problems to their neighborhood, which is already overwhelmed with overflow parking from nearby businesses and beachgoers.

"We've lived here for 11 years, and we've seen [the parking] get worse and worse and worse," said Holmwood Drive resident Frederick Rawlins, who lives a few hundred feet

See **BUILDING**, page A10

John Canalis
Editor's Notebook

What matters to you?

On a recent weekend, my little family unit of three took a drive down Coast Highway.

Traffic was light, the skies clear. We sailed past Huntington Harbour, Main Street, West Newport and toward our destination: Lido Isle.

There's a small waterfront playground on the island that is just perfect for little ones to play. We got out of the car and my 3-year-old daughter, Natalie, charged the swings, jungle gym and slides. Then it was off to the balance beam, with some hand-holding from Mom and Dad to keep her steady.

Not being the shy type, Natalie approached a couple of sisters. One of the girls was her age, the other a bit older. They asked her to take a

See **EDITOR**, page A10

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Web Threads

"Is there ever a day when you don't turn on the TV or read about job losses, furloughs, pay cuts, etc. in both the public and private sector? Would someone tell these folks THE MONEY JUST ISN'T THERE?"

— **Bob Aboeey**

From Friday's article "We have to keep after them."

O.C. Now



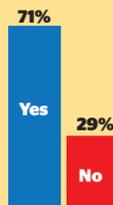
Huntington Beach police arrest Anaheim man on suspicion of coming to town with intent to have sex with a 13-year-old girl. **Michael Miller** has more at www.theocnow.com.

Online Poll

Today's Poll: Did Costa Mesa police do the right thing in ordering three medical marijuana dispensaries to shut down?

• To vote, go to www.dailypilot.com.

Poll Results: Yesterday, we asked, "Is \$15 an excessive fee to charge for parking at Corona del Mar State Beach?"



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Learn 20 techniques for conservation

Do you need to learn how to conserve water in your garden? Wondering about how long, how much and when to water your landscape? Do you want to be a leader in the neighborhood, but not sure where to start?

I'm afraid that you're not alone — gardens are often a place where water is misunderstood and misused.

Is your water bill getting bigger and bigger; beginning to rival your electricity, gas or telephone bills and



Ron Vanderhoff
The Coastal Gardener

City of Newport Beach 2nd Annual
Water Miser
WORKSHOP
March 11, 2010
6 – 8 pm
Newport Beach Central Library

Ask Ron

Question: I made a bird feeder last year and started feeding birds in my garden. I can't believe all the beautiful birds I'm attracting and it's a real joy every single day. But I don't like all the seed shells and waste on the ground. I guess it's not hurting anything, but do you have any suggestions?

Carol
Costa Mesa

Answer: You're right, the seed waste won't harm anything, but it will build up after a while. In my own garden I mostly use a "waste-free" seed mix. This is a nice blend of several seeds that will attract a large variety of birds, but there are no shells or chaff to litter the ground. What does get kicked out of the feeder is quickly eaten by other birds on the ground. I've also used straight safflower seed, which is inexpensive, has no waste and comes with the advantage of not being attractive to blackbirds or squirrels. It won't attract quite as many birds, but is still a delight for house finches, sparrows and even woodpeckers. Other no-waste bird seeds include shelled peanuts, hulled sunflower and cracked corn.

ASK RON your toughest gardening questions, and the expert nursery staff at Roger's Gardens will come up with an answer. Please include your name, phone number and city, and limit queries to 30 words or fewer. E-mail stumpthegardener@rogersgardens.com, or write to Plant Talk at Roger's Gardens, 2301 San Joaquin Hills Road, Corona del Mar, CA 92625.

still rising?

If these and other water issues are important to you, then you should attend a free homeowner workshop on water conservation Thursday evening at the Newport Beach Central Library.

For the second year I have been invited to help teach the participants at this two-hour class how to not only conserve water, but also garden in a "greener" and more sustainable way.

The myth of a water-conserving garden being a barren, dusty, desolate, thorny or rocky wasteland is regrettable, and we will attempt to dispel these notions.

I believe a garden should be very, very alive — not at all dead or sterile. Instead a garden should be buzzing and bustling, not with the activity of

THURSDAY NIGHT: Ron Vanderhoff will contribute to a discussion next week on how to conserve water and be a more sustainable gardener.

professional gardeners, gas lawn mowers and leaf blowers, but with the more appropriate activities of insects, birds, butterflies and the natural world.

Seasons should display themselves in all their qualities in a garden. The garden should keep the homeowner always watching and involved — perhaps in awe of what is before them at that moment, but also in anticipation of what is to come, and in reflection about what has passed.

A great garden will draw you into it, both visually and emotionally and will bring you back for more, over and over again. It is not a painting, it is an organism. It will occupy all your

senses, including touch, smell, sound and even taste.

All of this is achievable in any of our gardens. More importantly, this kind of garden can be had without excessive amounts of water, runoff, pollution or chemicals.

This Thursday, during my portion of the evening, participants will learn 20 specific techniques and suggestions to conserve water and other resources in their gardens, usually with less effort, time and money than they are currently investing.

Over time, my experience is that when a garden is well acclimated to its locale and following at least a few simple, sustainable maintenance

The myth of a water-conserving garden being a barren, dusty, desolate, thorny or rocky wasteland is regrettable.

techniques, it will be far less costly than most other gardens.

In addition to my presentation in the Friends Meeting Room, several companies and agencies will be on hand to meet with homeowners and answer questions about timely topics, such as organic nutrition, soil mulches, water harvesting, irrigation and low water plants.

Wendy Proud, of Mountain States Nursery, a provider of many new, innovative trees and shrubs that are well adapted to the arid southwest, will bring examples of several of these plants and lead a discussion about how they can be used in local gardens.

The workshop is free, but reservations are requested to (949) 644-3214, or you can send an e-mail with the number attending to conservationinfo@newportbeach.ca.gov. Attend the WaterMiser workshop from 6 to 8 p.m. Thursday at the Newport Beach Central Library, 1000 Avocado Ave.

RON VANDERHOFF is the nursery manager at Roger's Gardens, Corona del Mar.

SENIORS

Continued from page A1

a vegetarian diet and danced well into her retirement — she was a Ziegfeld girl as a teenager and danced on Broadway.

"I keep active," Nadel said. "But nobody's really figured [longevity] out yet. It's a mystery still."

Dolan and Nadel are part of UC Irvine's 90-plus study, one of the largest examinations of aging in the world.

Since 2003, the study has tracked the health of about

1,400 test subjects, each older than 90. The oldest living participant in the study is 106, but medical researchers have worked with one subject who lived to 108.

About 15 members of the study visited Crystal Cove State Park last weekend as part of the Crystal Cove Alliances' Science and Nature at the Park program.

"The program works for us on a number of different levels," said Harry Helling, Crystal Cove Alliance president. "It's part of our efforts to bring scientific research into

"How many people do you know that live to be as old as you, but are still able to have such great conversations... that's pretty phenomenal."

Dr. Claudia Kawas
UC Irvine professor

the park, and we're also attracting nontraditional visitors to the park, who are seniors."

Since 2003, the study has discovered links between exercise and longevity, as well

as higher mortality rates among seniors who are underweight.

The study also has discovered that women are more likely than men to develop dementia.

People older than 90 are the fastest-growing segment of the population, and medical researchers are eager to learn more from aging Americans, said Dr. Claudia Kawas, who oversees the study at UC Irvine.

On Friday, medical researchers at Crystal Cove conducted tests on the seniors to measure their blood oxygen levels, as they did simple chair and walking exercises to raise their heart rates.

The data researchers collect from the tests will be used to study the connection between

Alzheimer's disease and blood oxygen levels.

"Why are we so phenomenal?" one study participant asked Kawas, as the group of nonagenarians gathered in one of the historic Crystal Cove cottages. Most of the participants in the study would have been in their teens when the cottage was built.

"Well, how many people do you know that live to be as old as you, but are still able to have such great conversations and know what's going on?" Kawas said. "I'd have to say that's pretty phenomenal."

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