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MARCH 2024

LIVING



THE HEFTE-WARDS-A BETTER BLEND!

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October 15	December

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Hello Readers!
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Dear Neighbors.

March, here we come! Too many times, March becomes the month where we journey onto the slippery slope of falling into our old ways. At the beginning of the new year, we often tell ourselves that we want to be a better husband, wife, parent, friend, person, etc. But then, "life" gets in the way. But does it have to? We are getting ready for a change in the season. Spring symbolizes new growth, making March a perfect segue to making headway in April. I have found that it's all about our intention. Decide what you want each day before that meeting, before a phone call, before your day starts. Be intentional about what you want your day to be.

Meet the Sponsor events each month is another way to be intentional. First of all, I want to thank those who have volunteered to host each month, and second, I want to thank our sponsors. Without you, there would be no events, and third, the community that shows up and supports us. If you haven't attended an event yet, I encourage you to do so. The SBL team does a fantastic job of putting these gatherings together. Not only is it fun to experience a different location each month, but sometimes, they are places you didn't even know existed. It's lovely seeing those you know, but it's also a chance to connect with new people and make new acquaintances who could likely become friends around town.. The next event is in the Meet the Sponsors section of the magazine and the calendar section and is March 12 at Noble Bird Rotisserie.

Speaking of being intentional, don't forget your upcoming tax deadlines - go see Daniel Felsenthal CPA if you need some assistance. Want to save money and help our environment by getting solar, give Alan a call at Solar Wholesale Group. Want more leads to continue growing your business, call Logan at The Lead Surgeon. And if you know anyone that has been in an accident, grab a consult with Justin at Heim Law to make sure you are properly taken care of. Enjoy ALL our Seal Beach Living has to offer!

With a grateful heart,

George Banker, Sandra Furuvald, & Team

Our Team



George Banker



Sandra Furuvald



Kelsie Walling



Steven Tully

THE POWER OF SOUND HEALING

BY JULIA SACKIS-BREAUX

Sound bath healing has gained popularity as a holistic approach to wellness, leveraging the therapeutic benefits of sound waves to promote relaxation and reduce stress. One of the primary advantages is stress reduction. The soothing sounds produced during a sound bath can help lower cortisol levels, the hormone associated with stress, leading to a calmer mental state and improved overall well-being.

Moreover, sound bath healing is known to enhance emotional well-being. The immersive experience of being enveloped in harmonious vibrations can stimulate positive emotions, alleviate anxiety, and contribute to a more balanced emotional state. Participants often report feeling a sense of tranquility and emotional release after a session, fostering a greater connection between the mind and body. The practice also holds potential benefits for mental clarity and focus. As individuals immerse themselves in the sounds, the mind enters a state of deep relaxation, facilitating mental clarity and improved concentration. This heightened state of mindfulness can extend beyond the session, positively impacting cognitive function and promoting a clearer, more focused mindset in daily life.

Furthermore, sound bath healing is praised for its ability to aid in sleep quality. Many people struggle with sleep-related issues, and the calming tones of a sound bath can create a conducive environment for relaxation, helping individuals achieve more restful and rejuvenating sleep. Improved sleep, in turn, contributes significantly to overall physical and mental health. Lastly, the holistic nature of sound bath healing can foster a sense of connection between the individual and their surroundings. Participants often report heightened awareness of their bodies and the present moment by engaging with the vibrations and frequencies. This mindfulness can lead to a greater sense of self-awareness, promoting personal growth and a deeper understanding of one's overall well-being. In conclusion, sound bath healing offers a multifaceted approach to wellness, encompassing stress reduction, emotional well-being, mental clarity, improved sleep, and a heightened sense of connection. While individual experiences may vary, the



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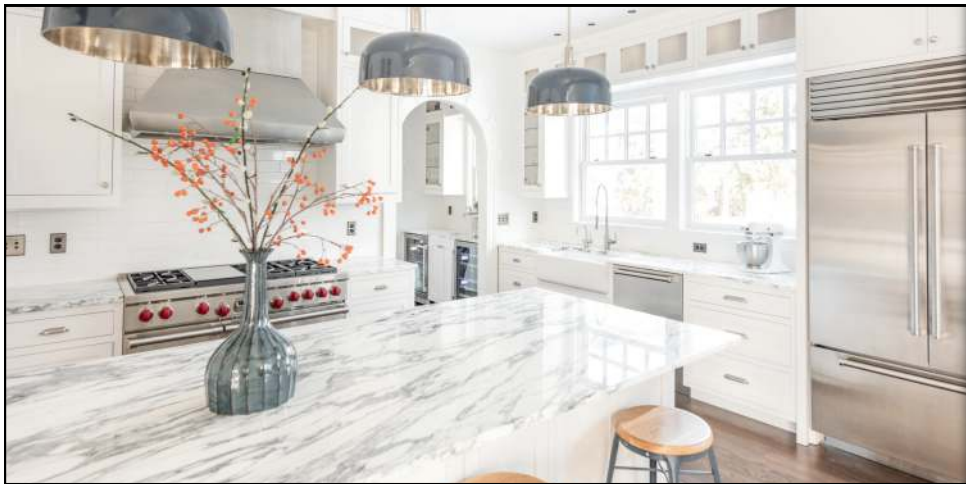
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collective anecdotal evidence supports the idea that incorporating sound bath healing into a wellness routine can contribute positively to one's overall health and quality of life.

Below is a brief explanation from May Toledo about how to welcome sound baths into your practice fully and optimize their benefits. May Toledo is a team member at the Vida Organic Wellness locations, a Reiki Master and Educator, and a member of The International Center for Reiki Training, Positive Psychology Life Coach Certified, and Brazilian Lymphatic Drainage Specialist.

"I advise recipients of the Reiki Sound Bath to observe their thoughts attentively, as thoughts are not as random as they might seem. As the nervous system synchronizes with the calming frequencies, a profound relaxation unfolds throughout your entire being. Any resistance or tension that surfaces may initially feel uncomfortable. However, sounds themselves don't cause discomfort; rather, they serve as indicators of tension and holding patterns. In a sound bath, the frequencies may locate a deeply held pattern of resistance. It may feel like a "knot" that a massage therapist would locate in a tense muscle; uncomfortable, painful even. However, you would want the massage therapist to stay focused there to release the knot. This occurrence happens with sound healing as well. The frequencies will locate the places of holding and resistance within the physical, etheric, mental, and emotional bodies. Reiki and sound energy, combined, swiftly move these blocks as natural flow returns to bodies (physical, mental, and emotional)."

Sound baths can be enjoyed as a standalone practice or together with Reiki and other forms of Body Therapies. A unique approach developed by May Toledo offered at the Vida Organic Wellness locations is a combination of Sound Bath with Lymphatic Drainage Therapy, providing energy flow and fluid flow.



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Local Seal Beach Pickleball World Champions

BY JOHN GILL & GEORGE BANKER - LOCAL SEAL BEACH PICKLEBALLERS

Our Local Seal Beach players John Gill, Scott Aquino, Bill Spradley, and David Anderson were all Gold medalists in the recent World Pickleball Association World Championships. John Gill and Scott Aquino, also local coaches in our area, won the Open Men's Doubles, and Bill Spradley and David Anderson won the over-60s Men's doubles. Another Seal Beach local medal winner was Chris Cali, a Bronze medalist in the open Men's Doubles. Chris runs the 'Sorry Not Sorry' Pickleball podcast.

The semifinals and finals of the Open Men's doubles can be seen on the John Gill Pickleball YouTube channel.

Pickleball is a fun sport that offers physical exercise, mental exercise, and a likely mental health boost. It is played by hitting a hollow plastic wiffleball punctuated by holes with a hard-surfaced paddle over a short net on a badminton-sized court.

They were invented in 1965 on Bainbridge Island, Seattle, by Barney McCullum, Bill Bell, and Joel Prichard. They named it after the local Pickle boat races that used hybrid crews. Pickleball is a Tennis and Ping Pong hybrid on a badminton-sized court. It provides mental and physical exercise as well as fun with friends. It can be played outdoors or indoors by all ages.

Here are some of the benefits of playing Pickleball:

Physical Exercise: Pickleball offers high-intensity interval training (HIIT), which is an efficient way to get the benefits of aerobic exercise in a short time. It can offer some of the benefits of tennis but on a smaller scale. There is evolutionary evidence for the benefits of physical activity, particularly in middle age and above.

Mental Exercise: The mental game of Pickleball is analyzed thoroughly in The Picklewood Bible, which quotes Yogi Berra: "Ninety percent of this game is half mental." Pickleball requires quick reflexes and strategic thinking.

Socialization: Pickleball is a sport that can help you meet new people and make friends.

Stress Relief: Physical activity releases endorphins, chemicals that relieve stress and pain, in your brain. Playing Pickleball can help you mentally relax while you're physically "working out."

Cardiovascular Health: Pickleball can help improve cardiovascular health by increasing heart and breathing rates.

Flexibility: Pickleball requires quick movements and changes in direction, which can help improve your flexibility.

Balance: Pickleball requires balance, which can help improve your balance.

Weight Loss: A game of Pickleball can burn up to 600 calories per hour, making it an excellent way to lose weight or maintain a healthy weight.

Learn Pickleball today! John Gill offers a special spring discount for any of his teaching and pickleball boot camp programs. Mention SEAL BEACH LIVING.

Update on July SBL Article "FROM SEAL BEACH PICKLEBALL TO THE 2032 AUSTRALIAN

OLYMPIC GAMES!" John continues to lead the push to get Pickleball into the 2032 Olympics in Australia. As president of the World Pickleball Association, John is putting on future tournaments in Australia, Asia, and Europe. He is having the WPA World Championships in Australia this year in mid-October in Sydney, then a different country each year to provide more opportunity for Pickleball to be an Olympic sport in 2032.

For more Pickleball information -, email info@theworldpickleballassociation.com or phone/text John Gill at 657 695 6838 <https://theworldpickleballassociation.com>

To join the World Pickleball Association, visit <https://mydupr.com/dashboard/club/5863901100/info> or contact John, as seen above.

Stay healthy and enjoy your Seal Beach Living!



Vance Rain and Jackson Jaha
Gold Medalists Over 60 Men's Doubles WPA
World Championships



Vance Raine, Jackson Jaha, John Gill, Scott Aquino, Matt
Burkhardt & Chris Cali - SB Local Pickle Players



John Gill and Scott Aquino
Gold Medalists Open Men's Doubles WPA World Championships



SEEK to Make a Difference

BY WORTHY HAVENS - VICE PRESIDENT PROJECT SEEK

Greetings once again from Project SEEK at McGaugh Elementary!

As a non-profit organization, we rely on the generous support of our community to fully fund the Art and STEM programs for the local children attending McGaugh. We are thrilled to provide you with a mid-school-year update and let you know how your ongoing generosity has allowed us to make significant strides. Thanks to your contributions, we successfully introduced Makey Makey kits to our STEM lab this past fall. These innovative circuit boards enable children to connect various objects to a computer and code them to perform desired functions. It has been an exciting addition to our educational toolkit. It will allow students to flex their creativity, innovation, and collaboration in new and engaging ways.

Our Art Lab is abuzz with preparations for The 41st Pageant of the Arts event, featuring the works of renowned artists Dan Miller, Judith Scott, and Monica Valentine. This captivating event comes to life on stage with a fusion of

original music and dance performed to the backdrop of the student-reproduced, awe-inspiring artwork. This year's pageant will be on display March 8th and 9th.

In addition to fundraising and generous individual donations, Project SEEK has been fortunate to receive substantial support from local businesses. Local creative space Let's Go Paint is a shining example! Proudly displaying Project SEEK window stickers signifying their commitment to McGaugh's Art and STEM programs, owner Faith Reed generously donated her time and materials through November, hosting McGaugh kids and teachers for an afternoon of creativity and connection. If you still need to visit Let's Go Paint, it's a must-do experience in Seal Beach!

Looking ahead, we are thrilled to announce our largest fundraiser of the year - The Event - scheduled for March 22nd at Old Ranch Country Club. The event will feature a charity dinner and silent and live auctions. The success of this fundraiser is truly pivotal in sustaining our Art and STEM programs for the

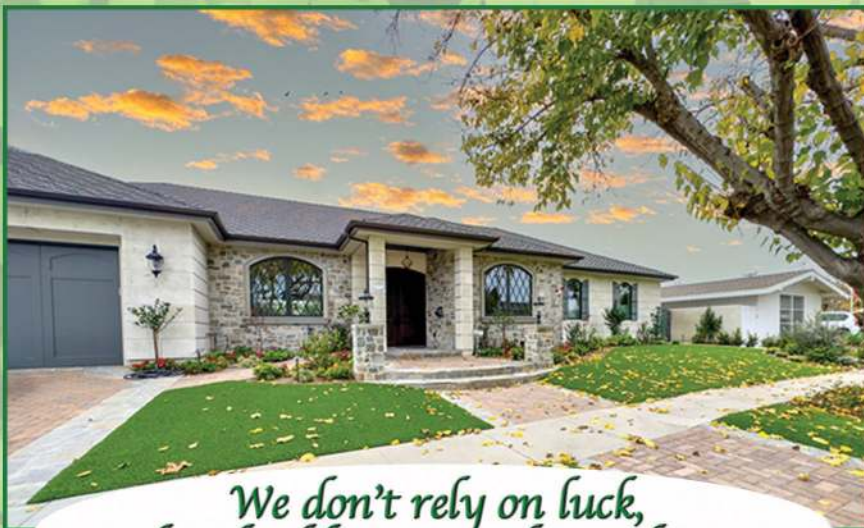


children at our city's only public school! We invite you to join us for this exciting evening or contact vp@projectseek.org if you'd like to sponsor or contribute.

A heartfelt thank you for your continued dedication to these programs. Together, we are making a lasting impact on the lives of the children in our community.

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International Women's Day

Friday, March 8

Day Light Savings

Sunday, March 10

Meet the Seal Beach Living Team & Sponsors

Noble Bird Rotisserie
5318 E. Second St. #337 Long Beach
In the PCH and 2nd Development.
On Marina Drive facing the water
Tuesday, March 12, 5pm-7pm

Monthly Chamber of Commerce Breakfast

The Beach House
15 1st Street
More info - www.sealbeachchamber.org
Thursday, March 14, 7:45am

Run Seal Beach

Register at www.runsealbeach.com
Saturday, March 16

Beach Cleanup - Save Our Beach

15 1st Street
www.saveourbeach.org Register / More Info
Saturday, March 16, 9am-12pm

St. Patrick's Day

Sunday, March 17

First Day of Spring

Tuesday, March 19

March Madness NCAA Basketball Tourney

Tuesday, March 19 - Sunday, March 24
Thursday, March 28 - Sunday, March 31

Finbar's - Let's Do Lunch

SB Chamber of Commerce - Local Networking
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Project Seek - The Event

Charity dinner along with both silent and live auctions
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BUSINESS SPOTLIGHT

BY SANDRA FURUVALD

You may have heard of the eye care company Pearle Vision, which has been in business for 61 years. But you may not know that we have one right here in Seal Beach. The eye care experts at Pearle Vision Seal Beach provide genuine eye care with high-tech eye exams, high-quality lenses, and a great selection of quality frames at competitive prices. You can count on clear answers and personal attention from Dr. Choi and store manager Lynn. Their commitment will remain strong long after you leave with your new glasses or lenses.

Their HD digital lens provides wearers with superior clarity and sharper, brighter eyesight, whether nearsighted, farsighted, or mild astigmatism. Digital progressive lenses can enable you to enjoy wider vision channels, making them more comfortable and enjoyable for distance and reading use. Their services include eye exams, eyeglasses customization, repair and adjustments, contact lenses, and eye drops.

In 2019, Pearle Vision joined forces with vision care nonprofit OneSight to bring high-quality eye care to needy children through a new program called ABSee. Powered by Pearle Vision and OneSight, ABSee is bringing students no-cost access to eye care and eyewear in neighborhoods across North America. Pearle Vision Seal Beach is proud to be a part of this program.

Pearle Vision Seal Beach strives to provide the Seal Beach community with expert eye care professionals and eye health resources. They love serving and connecting with people in this wonderful city and support this community in various ways. They are a member and Silver Sponsor of Seal Beach Chamber of Commerce and are Women's Choice Award Winners from 2019-2023.

As you can see, this could be your place for all things eye care-related.





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The Hefte-Wards

A BETTER BLEND!

BY SANDRA FURUVALD | PHOTOS BY STEVEN TULLY

M eet Allison Ward and Russ Hefte, AKA The Hefte-Ward, including RJ (16), Kaitlyn (14), Liam (12) and Anderson (8). They also have a 6-month-old pup named Remi.

Allison was born and raised in Long Beach, California, and attended Millikan High School and then Long Beach City College. Once she completed her courses at LBCC, she went to the University of Phoenix for a degree in business administration. Initially, a math teacher was the

desired choice, but when she started taking classes, she quickly knew it wasn't for her. During her first year at LBCC, she decided to try an interior design course and loved it. Allison had been working at a Law firm while in high school and at the beginning of college, so she was ready for a change. She thought she should try a job in the design industry. A student in her design class was working at Chartreuse Home Furnishings in Los Alamitos and told her about a job opening. She applied for the sales/office assistant position

We would like to thank **Automotive Excellence** for bringing you this month's Cover Story



and got hired. Excited to start working in design and furnishings, she continued her education with a Business Administration degree, graduated in 2007, and continued with Chartreuse from 2002 to the present. Allison started as a part-time office assistant, then was promoted to sales assistant, manager, and eventually owner in 2017. What was a journey as a loyal employee turned into owning the business. Allison loves her job and designing furnishings for people to fit their lifestyles.

Russ was born in Long Beach, California, and raised in Lakewood. He attended Brethren Christian High School in Cypress, then moved to Huntington Beach.

Russ worked on a sport fishing boat that departed from the Seal Beach Pier every weekend throughout high school, except during football season. His primary goal was to run a sport fishing boat after high school due to his passion for the outdoors and love for fishing. However, a mentor in high school convinced him to seek a career in Law Enforcement. Russ completed several Long Beach City College classes before starting his law enforcement career. It is interesting when we have crossed people's paths in the past, realizing that timing is everything. Russ completed his Bachelor's degree in Criminal Justice Management in 2012 and is currently a Sergeant at a Local Police

Department. He has been with that organization for approximately 22 years.

As you will soon find out, not all was bad in 2020. Russ and Allison met in September of 2020. She was a widow with two little kids, and he had been divorced for a few years with two pre-teen kids. Allison's best friend called her one day when Russ and her husband were watching football and barbecuing. Sarah was sending pictures of Russ (little did he know), trying to convince Allison to join them. Finally, she relented and went with her kids to "borrow a dress" so it wouldn't look like she was there to meet Russ. She walked in with her youngster, dressed in police

Continued >

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gear, which gave everyone a chuckle, with Russ being in law enforcement. Russ and she talked for a bit and hit it off. A few days later, he called their friends and asked for her number, then phoned Allison and asked her out. Clearly, he knew what he wanted and would not pass up the opportunity. Watching him chat with her children and being so kind and funny, it didn't take her long to be excited to see where the relationship would go.

Two short years later, in April, they were married at the Long Beach Yacht Club. It was a record heat wave and one of the hottest days on record, with a mild 100 degrees. Allison never thought to ask if the venue had AC. She wondered about rain but never about a heat wave. Even though all 80 guests were nice and hot, it was indeed a magical day of new love.

Russ and Allison discussed needing a bigger house when they would get married but weren't ready yet. Once again, it was all about timing. They randomly got a call in March of 2022 that a home in Seal Beach was coming on the market and asked if they wanted to buy it. A friend of a friend men-

tioned it to the seller, and she phoned them. They signed escrow papers the day before their wedding in April, and shortly after they were married, the family moved to Seal Beach in May of 2022. The house fit all of the family's boxes: enough space for all kids, a playroom, pool, boat parking, and a perfect living room space of four chairs. The home was original but super clean. Nothing a bit of TLC, paint, and ceiling scrape couldn't fix.

The neighborhood has been so welcoming since moving in. The children play in the front yard almost daily, causing the family to meet so many great people in the community. There are soccer nets outside, feeling like it's the local kid's hangout for playtime with the neighbors. What a great place to live!

A typical day in the Hefte-Ward household is pretty chaotic—work, school, sports, dog walking and everyday tasks are always on the go. Along with Russ fishing on some weekends, like most families, they are usually taxi drivers going to all the children's events in between work. RJ is a Junior at La Serna High School and loves guitar. He taught himself how to play and has found a passion


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in music. He's in the Jazz band at school and wants to continue his love for music into college. Kaitlyn is a La Serna High School freshman on the Sideline Cheer Team. She enjoys listening to Taylor Swift and shopping with girlfriends when not in school. Liam is in 6th grade at St. Hedwig and loves all things sports, especially soccer. Anderson is in 2nd grade and started at Hopkinson in January. He's also into soccer and wants to play professionally as an adult. During free time, the family prefers to relax at home, pit barreling meats or barbecuing while swimming or playing soccer in the front yard. They love their home and love being in it.

The family goes on holiday every year in the summer months and hopes to travel to Cabo or maybe Costa Rica this summer. They also try to take little vacations throughout the year or weekend getaways. One of the favorite adult getaways is Los Olivos and wine tasting. It's such a beautiful area and not too far of a drive, but it feels so far from it all. If they decide not to travel to another country, they go to the Carlsbad area or San Diego and stay more local.

Having the family close by from Long Beach to Lakewood makes it so much nicer to have everyone here. They help so much with kids that they can't imagine them not being close by. Everyone enjoys going to the Seal Beach Car Show along with local concerts in the park. Another big event they attend is the Autumn-fest at St. Hedwig in the fall. It's also a great weekend of fun.

A few of their favorite spots are El Zarape, Off the Hook, and, for date night, Patty's Place. El Zarape has been Allison's favorite restaurant since she was a teenager, and she can't wait for the second location to open in Cypress. The kids love all their food, and Russ and Allison love the margaritas, too! Running into friends at Off the Hook while listening to local music is always a treat. Patty's Place for a quick drink at the bar or a sit-down dinner with Beef Stroganoff never disappoints.

An interesting fact about the Hefte-Ward family is that their youngest child, Anderson, is a Type 1 diabetic. He was diagnosed at five years old, and it came on out of the blue. They



had been on vacation in Palm Springs for spring break, but he couldn't stop drinking water after they returned home. The thought was that he was dehydrated from playing so much in the sun, but they were sadly wrong. After going to the doctor, it was a life-changing day for the whole family. Anderson has adjusted to it over the years. They learned quickly how to do insulin injections, carb counting, and sugar pills all over the house.

Allison owns Chartreuse Home Furnishings in Los Alamitos, right down the street from Los Alamitos High School and next to Mcauliffe Middle School. They have been in business for almost 23 years and specialize in custom sofas, sectionals, bedroom furniture, and lots more. Chartreuse has accessories, faux plants, and gift items as well. Their furniture is made to order here in the USA, so there are lots of dimensions, flexibility, and a huge fabric selection. They pride themselves in quality furniture without the designer price tag. If you mention this story, they will provide free delivery for those in Seal Beach.

As always, if you see the family walking around town, please say hello and that you got to know them better from Seal Beach Living.



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Wrinkle Free IT's Impeccable Approach to Digital Safety

BY ERICA ROBELLO - BUSINESS DEVELOPMENT SPECIALIST

Pressing for Perfection: Wrinkle Free IT's Impeccable Approach to Digital Safety

Being an IT-Managed Service Provider, we get to see how our clients' diverse companies and industries operate. With that knowledge, we can better understand and recommend the correct solutions on what technology works based on real-world implementations. In today's ever-evolving digital landscape, our company stands at the forefront of security solutions, providing tailored strategies that eliminate vulnerabilities and empower businesses to operate with confidence.

To empower those navigating the tech landscape, our IT experts offer practical advice, such as prioritizing data security, staying agile with technology trends, ensuring regular updates and backups, and investing in the continuous growth of teams through employee training. These insights act as a guide for businesses and individuals on their tech journey.

Safety First: Tips for Prioritizing Data Security

Security is paramount in today's world and comes in many different forms. Here are some valuable tips we recommend to keep your tech troubles at bay.

- **Strong Passwords:** Implement a company-wide password policy that enforces strong, unique passwords for all accounts and regular password changes. Encourage the use of password managers to simplify this process.
- **Multi-Factor Authentication:** Enable multi-factor authentication wherever possible to add an extra layer of security beyond just passwords. This could involve fingerprint scanners, one-time

codes via text message, or security keys.

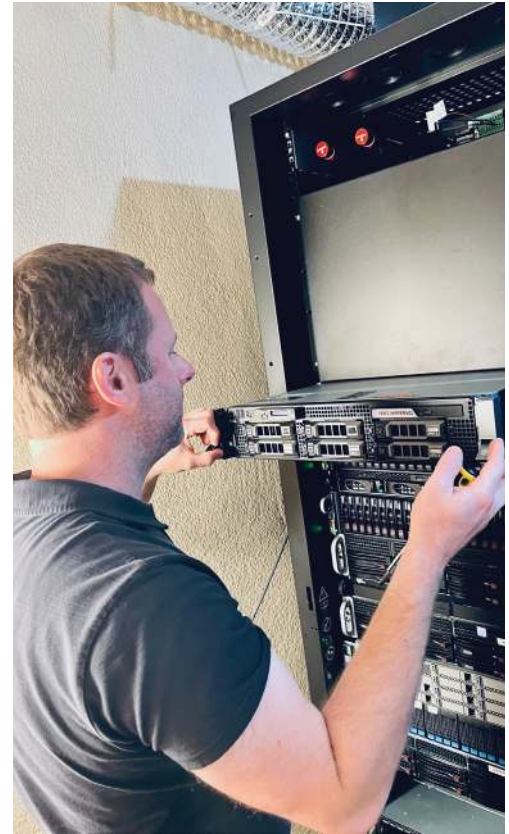
- **Don't perform sensitive tasks on free public Wi-Fi:** Most public Wi-Fi networks don't use encryption, so they can be unsecured and vulnerable to attack. Hackers can use this vulnerability to steal your personal information or install malicious software on your devices without you knowing.

Don't Take the Bait: Protect Yourself from Phishing Attacks

The single best piece of advice that we can never stress enough is that before you open an attachment, respond to an email or click any links:

- Double-check that the email address matches the person you assume the email is coming from based on the name.
- Check for a single letter in the email address domain that is different than what you expected.
- If it's a bank email or anything asking you to change your password, instead of clicking the links in the email, go directly to the website and see if they require a password change.

Bottom line, if it seems suspicious, it is Wrinkle-Free IT isn't just a name; it's a commitment to crafting IT solutions that propel businesses and communities into a future where technology enables success. Technology should be a tool for empowerment, not a source of frustration. That's why we're committed to providing our clients with the highest quality IT support and services. We're passionate about helping businesses of all sizes succeed and are confident we can be a valuable asset to your team.





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RUN SEAL BEACH: CELEBRATING 50 YEARS OF COMMUNITY, FITNESS, AND GENEROSITY

BY WORTHY HAVENS - VICE PRESIDENT PROJECT SEEK



Celebrating 50 years and giving more than \$2 million to local youth and fitness organizations, Run Seal Beach is a testament to the enduring spirit of community, wellness, and generosity. Set in the heart of Seal Beach, this annual event has become a local tradition, uniting residents and making a significant impact through its charitable contributions.

Scheduled for Saturday, March 16, 2024, Run Seal Beach offers a variety of races for participants of all ages and fitness levels. The main events include a 5K run/walk and the 10K run as well as a Kids 1K Fun Run, ensuring there's an opportunity for everyone to get involved.

One distinctive aspect of Run Seal Beach is its commitment to giving back to the community. Since becoming a non-profit organization in 2003, the event

has donated an astounding \$2,039,410 in cumulative grants. Last year alone, \$80,228 was donated to local organizations, providing vital support to initiatives that promote fitness and recreation.

This year, participants have the option to make an even greater impact by forgoing their event t-shirt. Instead, they can choose to donate the cost of the shirt to the Long Beach Ronald McDonald House, helping provide meals to families in need. It's a simple yet powerful way for runners to contribute to a cause that aligns with Run Seal Beach's mission of making a positive difference.

Run Seal Beach isn't just a race; it's a force for good in the community, the success of which wouldn't be possible without the generous support of sponsors and participants.

Local businesses and individuals have rallied behind the cause, contributing financially and with their enthusiastic participation. This year, as we celebrate 50 years and unveil a new 10K course that runs through the Navy Base, the organizers extend their heartfelt gratitude to everyone who has been a part of this incredible journey.

In its 50th year, Run Seal Beach continues to inspire, unite, and make a lasting impact on the local community, proving that a small run can indeed have a big heart. So, whether you're a seasoned runner or just starting your fitness journey, Run Seal Beach invites everyone to be a part of this extraordinary event on Saturday, March 16, 2024. Register today at www.runsealbeach.com.

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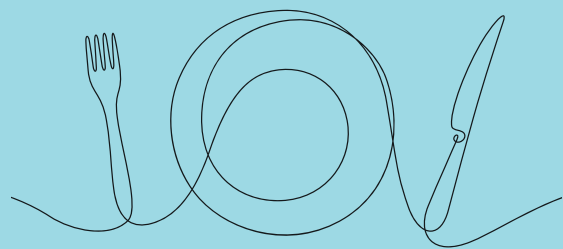
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COAST PIZZA

BY DANIEL WOOD OWNER/FOUNDER

Introducing Coast Pizza, the freshest addition to Seal Beach's culinary landscape. As a newer pizza place, we're thrilled to be featured in the Business Spotlight, sharing our commitment to fresh ingredients and

crafting delicious pizzas that redefine traditional flavors.

In just a short time, Coast Pizza has become a beacon of culinary innovation, offering a menu that reflects our dedication to quality. From handcrafted pizzas to delectable sandwiches and fresh salads, each item on our menu tells the story of our passion for creating memorable dining experiences.

Our use of the freshest local ingredients and a commitment to redefining the pizza experience sets Coast Pizza apart. We're not just a place to eat; we're a place to savor and enjoy. Our specialty pizzas and signature dishes have quickly become favorites, introducing a new era of pizza enjoyment to Seal Beach.

Choosing Coast Pizza means choosing freshness and innovation. Our ideal customer is anyone who appreciates bold flavors, quality ingredients, and a



modern, welcoming atmosphere. Seal Beach isn't just our business location; it's our canvas for culinary expression.

Community support is at the core of our values as a newer establishment. We actively participate in local events, support charities, and embrace the spirit of Seal Beach living. Our involvement is not just a duty; it's an opportunity to connect with our community.

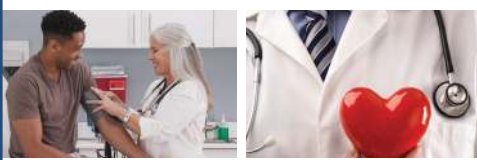
To our Seal Beach family, we invite you to experience a fresh take on tradition at Coast Pizza. We're more than a pizza place; we celebrate new flavors, community, and the shared joy of savoring every bite. Thank you for welcoming us into your community.



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Seal Beach Pets

AND THEIR FAMILY

BY GEORGE BANKER



Mrs. Minion

Loves to play around the house
3 years old - 1st Street
Adrianna Rose



Ninja

Relaxes around the house
8 years old - 8th street
Jon Cortez



Smokey Rye

He's a Portugese Water Dog that loves belly rubs, playing with his friends, and low tide
8 months old - Hazelnut Ave
Heidi Lamberte



Kaya

Observes & monitors the Thursday 7am Breathwork class
4 years old - PCH
Clint Monfort



Thor

Loves tug-of-war and road trips to play in the snow
5 years old - College Park Dr.
Elmo Alba



Rosie

Loves to drag around BIG toys, as big as her!!!
3 months old - Knollwood Dr.
Lion President Mary Hollen

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SCAN ME

SURFSIDE SUNSET BEACH SAVE THE SAND

BY JOHN KRISS


Starting in the 1930s, the coastline of Orange County, California, between Anaheim Bay (where the Navy ships come in) and Newport Beach, began to erode. After constructing the jetties at Anaheim Bay in 1942, the shoreline at Surfside and Sunset Beach began to seriously erode, and many lost homes due to storms. Beach nourishments (sand replenishment) were begun at Surfside in 1945 and were continued through the next decade to help alleviate the problem. In the late 1950s, it became apparent that a planned, permanent solution was required to bring stability and protection to the seventeen miles of Orange County coastline.

The severe erosion was a direct result of construction performed by the U.S. Army Corps of Engineers (USACE) trying to harness and control the rivers in Southern California. The USACE managed the development of the entire region, the construction of protective breakwaters allowing for the creation of the Los Angeles/ Long Beach Harbor and the construction of jetties at Anaheim Bay which created an entrance to the Seal Beach Naval Weapons Station. These projects were provided for the benefit of the State of California and the Federal Government.

The Surfside Sunset Beach Project was then initiated and the USACE was designated as the provider.


Importantly, because the beach destruction was caused entirely by government action, this program was designated as "unique" among all nourishment projects and was granted precedence. The State of California and the federal government were the sole beneficiaries of the original construction projects, which disrupted the natural beach restoration process. For this stage, in written agreement, the State of California, the primary beneficiary of the coastal damaging projects, has also requested the other communities, the aggrieved communities, and the damaged communities to shoulder more responsibility. As it has always existed since inception, the coastal restoration project has






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provided 100% of the benefits to the State of California for 30% of the total project funding cost. The various communities are not equal partners in this project. The federal government and the state were determined to have been the cause of the erosion problem. For the 1st twelve phases of sand replenishment, the federal government and state accepted the responsibility and provided the temporary sand replenishment solution. The other local communities have participated as initially required. Phase 13 started in December 2023, and concluded at the end of last month (February).

This sand nourishment project, that was studied, designed, and directed by public law in 1962 and effectively succeeded in protecting the California coastline for over forty years, was unilaterally altered by the USACE in 1995 and mostly abandoned in 2012. Locals voiced their concerns and it took over 10 years to get the much needed sand replenishment back on track. In early September 2023, the USACE informed the residents that they had received only one bid in response to the sand replenishment request to perform the 13th phase of the Surfside Sunset Project. That bid was from Manson Construction Inc. for \$25 million. Unfortunately, the bid was deemed too high and unacceptable. Phase 13 was reduced by about 35% and only 1,100,000 cubic yards of sand was replenished instead of the needed 1,700,000 cubic yards.

The Surfside and Sunset Beach residents are imploring the USACE and the State of California to provide more and ongoing nourishment to protect our neighbors just to the south. To help or get more info on this ongoing project, email taxdist@aol.com Attn: John Kriss

Protect our SoCal Beaches!

John Kriss surveys the sand replenishment project progress



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3541 Iris Circle	1472	3	2	5022	1,189,900	1,175,000	09.30.23
3550 Goldenrod Circle	2748	5	2.5	6050	1,290,000	1,175,000	11.01.23
4841 Elder Avenue	2120	4	3	5200	1,199,000	1,190,000	10.26.23
4657 Fir Avenue	1645	4	2	6014	1,210,000	1,250,000	10.01.23
3551 Primrose Circle	2016	4	2	5200	1,275,000	1,250,000	11.01.23
4365 Hazelnut Avenue	2289	3	2.5	5200	1,299,000	1,265,000	11.22.23
624 Sea Breeze Drive	1474	4	2	5100	1,330,000	1,330,000	09.25.23
127 10th Street	662	2	1	3525	1,350,000	1,350,000	11.27.23
4740 Fir Avenue	1642	4	2	5800	1,400,000	1,407,500	11.02.23
3661 Wisteria Street	3019	4	3	5605	1,425,000	1,415,000	10.13.23
960 Catalina Avenue	1312	3	2	5300	1,379,000	1,461,000	11.20.23
3651 Bluebell Street	2289	3	2.5	5200	1,595,000	1,550,000	10.19.23
405 Opal Cove Way	2332	4	3	5093	1,700,000	1,600,000	09.01.23
4229 Dogwood Avenue	3019	5	2.5	5300	1,695,000	1,635,000	10.04.23
1516 Marine Way	2094	3	3	2500	1,649,000	1,738,750	10.16.23
4508 Hazelnut Avenue	2998	4	2.5	5200	1,750,000	1,750,000	09.28.23
115 4th Street	2009	3	2.5	2938	2,750,000	2,500,000	11.01.23
135 13th Street	2850	4	4.5	2925	3,495,000	3,300,000	10.13.23

MULTIUNIT SALES

Address	Unit Count	Monthly Income	Total SqFt	Lot SqFt	Asking Price	Sold Price	Sold Date
122 13th Street	4	11830	3230	2958	2,600,000	2,600,000	09.21.23
116 8th Street	3	10345	3900	4406	2,790,000	2,700,000	09.16.23
1531 Seal Way	4	13400	4163	5149	4,495,000	4,200,000	11.09.23

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