

The Coastal Breeze



December, 2013—January, 2014, Volume 3 Issue 1

BALBOA ISLAND CALENDAR

Wednesday	December 18—	Newport Beach Christmas Boat Parade
Sunday	December 22	Rocking Around the Christmas Tree 6:30 pm—9 pm www.christmasboatparade.com
Monday	December 23—Jan 2	Environmental Nature Center 6th Grade Winter Camps Check site for dates. www.ENcenter.org
Saturday	January 4	Take Down Holiday Decorations—8:00 am
Saturday	April 26, 2014	Balboa Island—All Island Garage Sale—In the Alleys of Balboa Island 7:30 am—2 pm Info: 949.422.8570 www.balboa-island.com

SHOOTING THE BREEZE .. Carolyn Carr-Kamps

This is the time of year I like to think of all the People, Places and Things I am Grateful for.

First I would like to thank Celeste Denerline, former neighbor on Balboa Island, and the person instrumental in introducing me to the Environmental Nature Center. Look at the Calendar above this article and think about signing your young children up for one of their 6th Grade Winter Camps. <http://encenter.org/camps/winter-camps/> I love the ENC and I am sure you and your children will too!!



Carol O'Donnell of PAL saved me once again—helping out with equipment I needed and helpful advice on what to expect for my recent hip surgery. Carol and her staff have never let me down—during my Knee Replacement, my Back Surgery and now the easiest of all—Hip Replacement!

Last, but certainly not least to Marianne McDaniel for all the help with my wedding. Marianne has had a wedding business for many years. Marianne provided me with flowers, a rehearsal dinner for my family and me, and lots of love and support—in Last Vegas!!! Thanks Marianne and Barbie too for all you do for me and everyone else!!

PEOPLE WHO MADE THE WORLD A BETTER PLACE -

DALE COX— December 17, 1920-June 25, 2013 . Employer, Friend, Mentor, Record Setting Pilot, Writer, Entrepreneur!! And that is just a small portion of what he did! A fine man who was loved by all. His books, *Top Flight Secret* and *Tango Trajectory* were just the start of his writing career—unfortunately it was not to be. I will miss my yearly phone calls with Dale!!!



GAR TRAVIS—Photographer Extraordinaire— born Alfred Garland Travis III on September 11, 1959 in Beaufort, North Carolina. Gar left us on December 22, 2013. He was a true Southern Gentleman who donated the proceeds from all his photography to various charities.



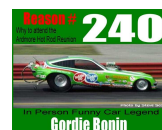
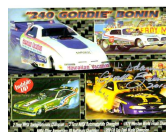
Here are a few of the hundreds and hundreds of pictures Gar took of Balboa Island and the Renaissance Faire (he created their billboard many years)—thousands more at www.garphoto.com



GORDIE BONIN—"240 Gordie" to the Racing world. Gordie was the first person to consistently go 240 mph in a Funny Car.

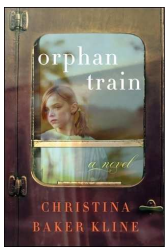


I met Gordie 15 years ago and as a fellow Canadian (my mother was born in Winnipeg) we kept in touch over the years. We shared a few ailments from bodies that have been overused. With his wonderful sense of humor he was always there with a word of comfort. Gordie died in Las Vegas on November 29 at age 65.



WINTER READING

Orphan Train—Christina Baker Kline



Did you realize that over **250,000 children** were shipped from the streets and orphanages of **New York** to the Midwest and West (Kansas, Nebraska, Michigan, Ohio, Minnesota, Iowa, Illinois, Texas and the Dakotas) during the period 1853-1929? I didn't. This fictionalized version of one woman's journey is fascinating. Good enough that even Mike put down his Ken Follet book in order to spend a couple of days reading this one.

This book touches on a lot of subjects that are current even today—Adoption, Indian Affairs and the plight of the Irish (who were the Hispanics of their day).

TOP SECRET FLIGHT—Dale W Cox



Top Secret Flight tells the story of an actual reconnaissance mission flown in March, 1942 to obtain critical photos for planning the DOOLITTLE RAID on Tokyo. An Air Corps Captain on active duty in 1941 was an eyewitness to these events; the mission has never before been revealed to the public. Three B-17 bombers, extensively modified for photo-recon, flew 18,000 miles in three stages to reach Japan, in 1942 flights this distance had never before been attempted. The longest flight up to that time was still Lindberg crossing the Atlantic in 1927.

This book amazed me with how little we knew of the geography of Asia when these missions were planned—they were using National Geographic maps!

Overdo\$ed America—The Broken Promise of American Medicine—John Abramson



An award-winning family doctor on the clinical faculty at Harvard Medical School, reveals the ways in which the drug companies have misrepresented statistical evidence, misled doctors, and compromised our health. The good news is that the best scientific evidence shows that reclaiming responsibility for your own health is often far more effective than taking the latest blockbuster drug.

"Some of the nation's worst drug dealers aren't peddling on the street corners, they're occupying corporate suites. Overdo\$ed America reveals the greed and corruption that drive health care costs skyward and now threatens the public health. Before you see a doctor, you should read this book." - Eric Schlosser, author of Fast Food Nation.

TIPS OF THE MONTH

Just in time for Christmas Shopping—**Bargain Fever: How to Shop in a Discounted World** by Mark Ellwood.

Poachit.com—Coupon Codes from anywhere on the Universe—Check before you Buy

Tingo.com—Great Hotel Sight—Best Prices

Airfarewatchdog.com—Real People Searching for Airfare Deals—Not just a 'bot'

Shopittome.com—Know when your favorite designer items go on sale.

CamelCamelCamel—Amazon Price Tracker

Also—Practice **"Cart Abandonment"** - Put items in your cart and leave the



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Whole Health Everyday



December and January are the perfect time to try Rebecca Clubb's Whole Health Everyday Foods. Lovingly prepared by her and delivered FREE on Balboa Island.

This is Rebecca's Passion and it shows. I LOVE everything she prepares. From her chicken, fish and meat to pastas soups and salads. I love the convenience of sticking one of her Gogi Cinnamon Energy Bars in my purse and knowing I have something healthy to snack on. I am using the energy from one right now!

Rebecca is also an experienced personal chef. If you are harried during the holidays or want a balanced, healthy meal to help you lose weight in the New Year—consult her website for the latest Menu Items and order to-day. www.wholehealtheveryday.com



VICK SOMMERS Andiamo Hair

On July 30th, 2013 local BI Resident and owner of Andiamo Hair, Vick Sommers, landed his personal best California halibut. And a **WORLD RECORD at 53.27 lbs.**—the third record that Vick has earned!!

(Sorry I had the wrong picture of the fish last month—I was born in the Midwest and know my perch, pickerel, muskellunge and gar pike. The fish here I only know from my plate in a restaurant or the display in the grocery store. Ed.)

And thanks for the awesome job you do on my hair!! I get LOTS of compliments!!

Andiamo Hair—307 - 4 Marine Avenue Ave 949.673.4013



Tom Stanton

121 Agate Ave,
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tom@twstanton.com

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ELECTRONIC WASTE DISPOSAL & DOCUMENT SHREDDING 2014 SCHEDULE

Suterte Properties Inc.
1400 Newport Center Drive
Newport Beach, CA 92660

February 1, 2014
May 3, 2014
August 2, 2014
November 1, 2014
9 am—1pm

- Drop off your old Electronics which cannot be picked up by our wonderful trash men.
- Watch while they shred your documents—they bring a commercial shredder so it only takes a few minutes.
- This is a free event—no paperwork to fill out.
- They unload items for you—no need to get out of your car.
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**121 Agate Avenue
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13 Ailments Caused by Lack Of Water



Most people don't think they need to worry about dehydration. To them, dehydration is something that happens to travelers in the desert when they run out of water. But there is a chronic form of dehydration that does not have the sudden and intense nature of the acute form. It is widespread in the present day and affects everyone who is not drinking enough liquid.

This list of 13 symptoms will inspire you to go get a glass of water, and then another, and another.

1. **Fatigue, Energy Loss:** Caused by dehydration of the tissues and slowing of enzymatic activity.
2. **Premature Aging:** A newborn is 80% liquid. An adult has 70% and declines with aging.
3. **Excess Weight and Obesity:** We may confuse thirst with hunger.
4. **High and Low Blood Pressure:** the Body's blood volume is not enough to completely fill the entire set of arteries, veins, and capillaries.
5. **Cholesterol:** When dehydration causes too much liquid to be drained from inside the cells, the body tries to stop this loss by producing more cholesterol.
6. **Constipation:** In chronic dehydration the colon takes too much water.
7. **Digestive Disorders:** the secretion of digestive juices is less.
8. **Gastritis, Stomach Ulcers:** To protect its mucous membranes from being destroyed by the acidic digestive fluid it produces, the stomach secretes a layer of mucus.
9. **Respiratory Troubles:** The mucous membranes of the respiratory region are slightly moist to protect the respiratory tract from substances that might be present in inhaled air.
10. **Acid-Alkaline Imbalance**
11. **Eczema:** Your body needs enough Moisture to sweat 20-24 ounces of water, the amount necessary to dilute toxins so they do not irritate the skin.
12. **Cystitis, Urinary Infections:** If toxins contained in urine are insufficiently diluted, they attack the urinary mucous membranes.
13. **Rheumatism:** Dehydration abnormally increases the concentration of toxins in the blood and cellular fluids, and the pains increase in proportion to the concentration of the toxins. Originally posted on: www.ourhomeremedies.com

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