



VOLUME FIVE, NUMBER FIFTY-TWO

MISSION VIEJO, CALIFORNIA

October 2019

MISSION VIEJO REPORTER



THE Illustrated MAN

Mission Viejo Man Gets Inked

"NEXT STOP MISSION VIEJO"

Galivan Whistle Stop at Oso Parkway

HAPPY HALLOWEEN!

Readers Photos - Costume Ideas



MISSION VIEJO
REPORTER

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THE BEARS ARE WATCHING Oso Parkway - Ticket Central



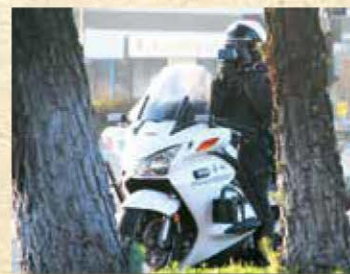
by Colonel Greg Rath
USMC (RET)
Mayor, Mission Viejo



Did you know the word bear translates to Oso in Spanish? On Mission Viejo's main drag of Oso Parkway between Felipe Road and the I-5 Freeway is where many of our motor officers keep a watchful eye on our speed.

In other words, the bears are watching along Oso Parkway like no other roadway in our city. The speed limit in that section of road is 45 mph. Most citations given out in Mission Viejo are along this stretch of roadway.

I plan to meet with our city planners about a flashing speed signal along the road to warn motorists of their speed. This is especially critical heading west, down the hill, to the I-5. This signal will flash to warn our motorist or those of neighboring cities to slow down and stay within the speed limit. This will increase safety, but also save us money in fines. So be alert, watch your speed and we will all be better off in our great city.



HAVE SOME RESPECT



by Trish Kelley
City Council Member
Co-founder Mission Viejo
Community of Character

Sixteen years ago Mission Viejo established itself as a City of Character. Each month, the City promotes a different character quality, and we provide materials to all 25 of our schools so each trait is shared with our students and receives a city-wide focus. Our character word for October is **Respect**--a positive feeling of admiration or high regard for another person or entity. **Respect** has several different facets, including **respect** for other people, **self-respect**, **respect** for authority, **respect** for the property of others, **respect** for the environment, and **respect** for our flag and our country. This trait should be backed up by actions! In respecting others, the "Golden Rule" is a good guideline: treat others the way you would like to be treated!

In discussing **respect**, it is important to highlight the alarming and growing problem of bullying. According to The Bully Project website, "More than 13 million American kids will be bullied this year, making it the most common form of violence against our young people in the nation." Parents, students, school staff and other adults can help to prevent bullying and seek help when it occurs. The following websites provide more information about this subject: www.thebullyproject.com and www.stopbullying.gov.

Mission Viejo has character! As a Community of Character since 2003, the City focuses on 12 character qualities throughout the year. To read our character documents in full, visit www.cityofmissionviejo.org/character.

HUMANS OF MISSION VIEJO with John Rodriguez

CHIRO OF MISSION VIEJO



by John Rodriguez
M.V. Chamber of
Commerce Ambassador

Like many great Chiropractors, **Dr. Zac Cadman** was born to be a Chiropractor. Fortunately for him, his father is a great chiropractor. He always dreamed to be a chiropractor even as a young child. During his undergraduate, Dr. Zac was able to do an internship at a chiropractic office. During this internship, he had the opportunity to see lives dramatically improve from chiropractic care. This experience strengthened his desire and passion to become a chiropractor.

Just before Dr. Zac finished his undergrad, he married his beautiful wife, Ashley, in southern California. They spent the next 4 years in Marietta, Georgia, while he attended Life University. Next, they were blessed in May 2017 to bring their adorable son, Lukas, into the world!

Dreams do come true! Now the Cadman family is excited to announce the opening of their new Chiropractic office here in beautiful Mission Viejo. They eagerly look forward to serving the great community of Mission Viejo and surrounding areas. Ashley is the office manager and Lukas is training to be their office greeter. Lukas is already learning how to shake hands and say, "how are you?" For more information on ADIO Chiropractic, please visit www.LiveADIO.com.

Humans of Mission Viejo is a monthly column written by John Rodriguez. John works as a Senior Mortgage Banker for iFinance Mortgage, helping people find the best mortgages for their needs. Give him a call at 949-456-7056



Zac, Ashley & Lukas Adio

FROM OUR **WEARING YOUR HEART ON YOUR SLEEVES** DEPT.

THE IllustratedMAN

MISSION VIEJO MAN GETS INKED



Meet **Zac Reese**. Zac is twenty-nine years old and is proud to have grown up in Mission Viejo where he enjoyed swatting T-balls, eating hotdogs at Marty Russo Athletic Park, and swimming in his tight Speedo at the Natadores Swim Club.

Always a hard worker, Zac's first job was actually two different jobs. He spent his evenings stocking shelves at Williams Sonoma in the Mission Viejo Mall, and he spent his days as a lifeguard at Lake Mission Viejo.

After graduating from Mission Viejo High School, Zac spent some time in Santa Barbara at college. Eventually, he found his way back home to Mission Viejo. Zac is now the founder of a men's hair salon chain called Danckuts. There are presently three locations here in Orange County, and Zac plans to open more over the coming years.

Despite all his hard work, Zac has found time for his passion. Collecting tattoos from around the planet has been Zac's most serious hobby. Zach travels to some of the most exotic, far-away places to be tattooed by the worlds most talented artists.

Zac says there are three kinds of people in the world: those with tattoos, those that are planning to get tattoos, and those who will never get tattoos. He says there are also different views on tattoos as well. Older generations believe that tattoos are disrespectful and a sign that a person is a "trouble maker", while younger generations view tattoos as pieces of their identity as well as works of art.

Whatever your view, you must respect the devotion and dedication of Mission Viejo's own Illustrated Man. You can find Zac on Instagram at @zacreese



FROM OUR **BENDING OVER BACKWARDS** DEPT.

STRETCHING THE MIND



YOGA IS GOOD FOR YOUR BRAIN



Did you know that one in five U.S. adults experiences a mental illness in a given year. Nearly 1 in 25 American adults live with a serious mental illness, including anxiety disorders and major depression.

Mission Viejo resident and founder of Practice Open, **Suzanne Feeney, Ph.D.**, explains, "Mental illness can be short lived like the flu or life threatening like a cancer. Either way, family, friends, and fellow Americans who suffer from mental illness need our help."

You'll find Dr. Feeney and fellow Mission Viejo neighbors practicing yoga on weekend mornings at the Village Green in Oso Viejo Community Park. "Practice Open's vision is human connection. I teach yoga to promote community and wellness. Classes are donation based. At least 10 percent of contributions received go to local mental health organizations," states Dr. Feeney.

Suzanne strives to make Yoga accessible to everyone in her classes – all ages, sizes, and experience levels. Her vision is that Yoga can happen anywhere – at a studio or gym, at work or home, and indoors or outdoors. Health benefits include reduced stress and increased strength and flexibility. And if you ask Dr. Feeney, she'll say, "Yoga is fun. Come join us."

Visit practiceopen.com for class schedules and more. Follow @ipracticeopen on Facebook, Twitter, and Instagram. Questions? Email practiceopen@gmail.com.

Thanksgiving Celebration

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FROM OUR **SMOKING IN THE BOYS ROOM** DEPT.

HIGH SCHOOL GOSSIP

The **Mission Viejo Reporter** was approached by a very enthusiastic high school senior who thought a local gossip column would be perfect for the Mission Viejo Reporter. We can't tell you which school this gossip is from, even though we have changed the names to protect the INNOCENT.



Week of September 1, 2019

Tom T. carries a girl's picture around in his wallet. We wonder who it is, but of course we'll find out.

Norman C. had a lot of fun in Sacramento Sunday. He said it was to visit his pal Manual R. who had recently moved there, but we know differently. It's either a blonde, brunette or even a redhead.

Week of September 8, 2019

Victoria J. went out with Herb T. Labor Day night. Ask her where they went, and watch her face turn red.

Sandy seems to be madly in love, and she says the man of her dreams is none other than Joe L. Too bad he's going steady, Mary.

Willie V. got his ring back. And we thought it was going to be a lasting romance. It seems that he's wandered back to a gal in San Francisco, but then we saw him out with Pat S. Make up your mind, Willie!

Marla C. had a boob job. Now all the girls in her Home Education class want one.

Nancy S. started her period in gym class on Monday, finally.

Week of September 17, 2019

Every time Lorraine W.'s cousin, Patty J. comes up here, Bud H. drops whatever he's doing and rushes over to see her. She's cute all right, Bud, but what's the matter with the Mission Viejo girls?

Dalia N. had her unibrow shaved...it only took four years.

Guess who is getting a boob job for her graduation present...Susan M.

So Travis T. wants to go out with Kim K. but she keeps denying him. She's stringing him along like such a tease.

All the guys in Madison's chemistry class want to ask her to prom, they all think she's so hot. Too bad she's dating a guy in college. She'll probably get engaged soon.

Week of September 17, 2019

Last weekend Connor threw a party while his parents were out of town. Let's just say things got weird and I saw Jess make-out with her own cousin. Ew. Kissing cousins!

Brett told his best friend Ryan that he's thinking of asking out Brooke but he's nervous because he's never kissed a girl before.

Danielle is transferring schools because she says they have a better volleyball team. We all know the real reason...the guy she has been obsessed with since like 2nd grade goes to that school. Well, hopefully that works out for her.

The other day Mr. Clark the 9th grade choir teacher was singing and in the middle of his verse he let out a huge fart! He kept singing like nothing happened.

Did you hear that Sarah's ex bf was hitting on her younger sister at the football game last week? He's gross. He's obviously just trying to make Sarah jealous.



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FROM OUR **BACK IN THE DAY** DEPT.

ROYAL ROAD El Camino Real's Early History

The "ROYAL ROAD" as the Spanish called it, moved through Mission Viejo along its present western city limits. Stage coaches appeared on El Camino Real in the 1850's, further linking San Diego and Los Angeles, with stops in San Juan Capistrano and a whistle stop in Mission Viejo area at Galivan. By 1866 passenger service was refined from a two-day trip in each direction – including a necessary overnight stay in San Juan Capistrano, the half-way point for passengers.

One of the horse-changing stations of the stage line was located within today's Mission Viejo at Aguaje del Cuato (Twin Springs). This fresh water source was near the SMWD water treatment facility at the end of Camino Capistrano (near Oso Parkway and Cabot Road).

STAGE LINE,

MEMPHIS

San Diego to Los Angeles,
and return

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THE VERY BEST

For further particulars, apply to the Stage Line, San Diego, or Los Angeles, or to the Stage Line, San Juan Capistrano, or to the Stage Line, Mission Viejo.

During the time of the Spaniards controlling Mexico, these fresh water springs were one of the best known landmarks between San Diego and Los Angeles. Here on the Camino Real, water was always available.



PRACTICE OPEN Yoga for Mental Health

Mental Health Fact:
One in five (almost 44 million) adults in the United States experience mental illness in a given year.

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Ask Aunt Sandy

- with Sandra Ferguson



MV Resident

In the tradition of great personal advice, Mission Viejo Reporter's own Aunt Sandy is a straight shooter who relates to all ages. She researches topics of interest to her readers, and then answers their most personal questions with empathy and gentle humor.

Dear Aunt Sandy,

Do you know anything about cats? We just got a Siamese cat for a pet, and he is very lovable. We wanted to mate him, so we borrowed a female Siamese for that purpose. We put them together and he wouldn't have a thing to do with her. She didn't seem to have any interest in him either, but I think if he had romanced her a little, she might have cooperated.

My wife says she thinks our cat is a homosexual. Aunt Sandy, have you ever heard of a gay cat? I asked our vet, and he just laughed. I'd really like to know.

-Serious in Mission Viejo

Dear Serious

I asked one of the finest vets in Mission Viejo and he didn't laugh. Instead, he told me that unless the female is "in heat", the male will have nothing to do with her. And, she could care less about him. Also, some cats refuse to breed in captivity. My vet did ask me if your cat dressed nice and enjoyed show tunes?

- Sincerely,
Aunt Sandy

Dear Aunt Sandy,

A neighbor left a note on my car saying she doesn't want me to park in front of her house anymore. There is no room in my garage because there are too many motorcycles, and I don't want the car in the driveway because it just started to leak oil. All she does all day is sit outside on her porch and yell at her gardeners. Can you tell someone not to park on the street because it's in front of your house?

-Motorcycle Mama

Dear Motorcycle Mama,

Are you kidding me? More neighborhood arguments and disagreements come from parking issues. I get the sense that your garage is full of loud, stinky, oily motorcycles that are probably a neighborhood nuisance.

Put your big girl panties on, throw down some kitty litter, and park in your own driveway, or you could drive down the street and find a spot NOT in front of someone's home. Yes, the lady doesn't own the public street, but leave the lady alone, she's got bigger issues with her gardener.

- Sincerely,
Aunt Sandy



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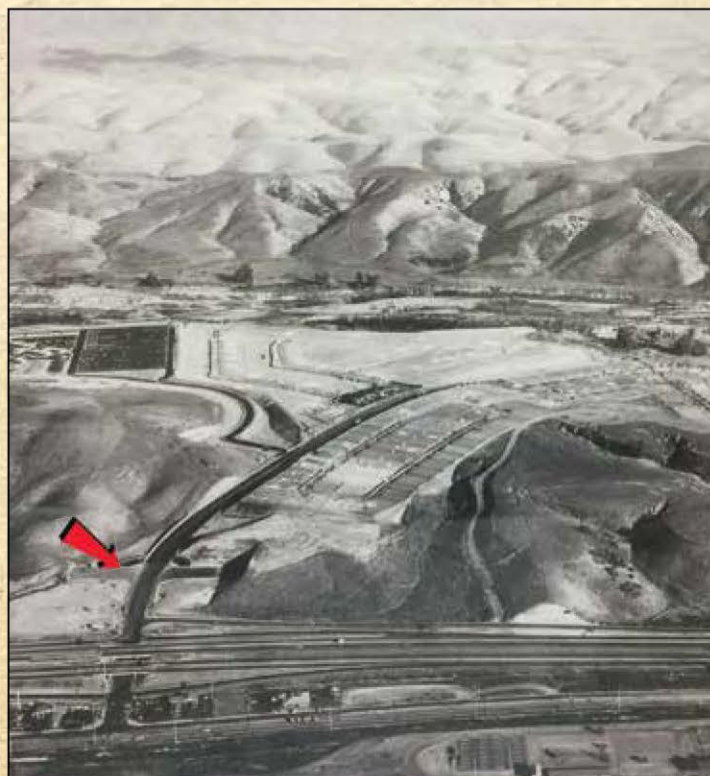
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MISSION VIEJO
REPORTER
READER PHOTOS
HAPPY HALLOWEEN!



Char Grogan



Marlene Newkirk



"NEXT STOP MISSION VIEJO"

GALIVAN WHISTLE STOP AT OSO PARKWAY



The **Galivan Whistle Stop** at Oso after its removal. On the left is the Santa Fe train tracks, to the right is Camino Capistrano (US101). Far right, is the newly built I-5 (photo from 1959).

Santa Fe Railroad Galivan Whistle Stop - 1880

When railroad tracks were laid over El Camino Real in the 1880's, a whistlestop railroad siding between Avery & Oso Parkway called **Galivan** became a daily Santa Fe stop.

The old **Galivan Overhead Whistle Stop** served traffic on US 101 for 32 years between 1927 and 1959. It was removed in 1959, due to the San Diego Freeway (I-5) construction. It was located just south of Oso Parkway, and has now been covered by Cabot Road. The highest point of elevation on the entire Los Angeles to San Diego line is in Mission Viejo at milepost 189 near Alicia Parkway.



Milepost 189 near Alicia Parkway.



THE OLD HWY. 101

EL CAMINO REAL HIGHWAY



Old **US 101** is perhaps the most historic highway in California. It follows the route that Spanish explorer **Juan Gaspar de Portola** followed in 1769, and later became El Camino Real, (also known as the King's Highway). The old trail linked the 21 Spanish missions. This historic road served as the main north/south road in California until 1959 when the Interstate 5 was completed.

Here locally, US Highway 101 was built north of San Juan Capistrano, near Mission Viejo, as a narrow "single slab" concrete road. In the 1930's, it was widened to a "twin slab" concrete road. Portions of this road with the visible overlay can still be seen on Camino Capistrano just past In-N-Out Burger.



Signs of the Old Highway 101 remain. This bridge built in 1938 is near Mugs Away Saloon.

MISSION VIEJO St. Patrick's Day Parade

It began in 1969, when two friends met at the Mission Viejo Country Club bar and bet they could get at least 100 people to show up for a parade. Twenty-five years later, their wager had grown into a large-scale community event that drew 111 parade entries, featuring floats, marching bands and strolling clowns.

1994 marked the end of the road for the only St. Patrick's Day Parade in Orange County. It grew too large and costly for the small Mission Viejo Activities Committee volunteer group to stage. Many businesses participated like **Bare-Le There Gymnastics**. As you can see from the pictures, horses, bands and even **Mickey Mouse** showed up!

The parade route was along Marguerite Pkwy from what is now Olympiad to a left turn on Alicia and around the lake loop.



Photos compliments of Susan Stanley

ARCHIVES

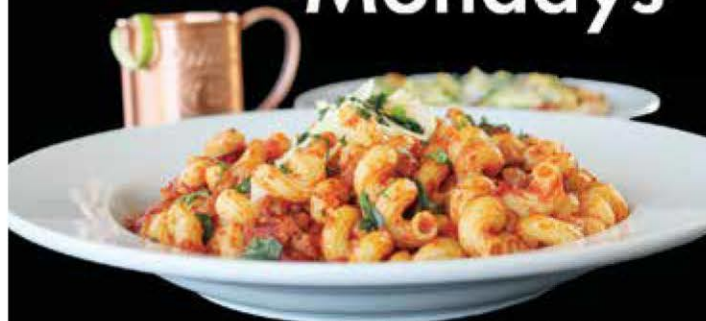
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FROM OUR **SECRETS** DEPT.

MISSION VIEJO SECRETS

MISSION VIEJO RANKED AS ONE OF THE SAFEST CITIES

Here are the five simple, but not easy, secrets:

- *School Resource Officers*
- *Motor Officers*
- *Neighborhood Watch*
- *Parks & Recreation*
- *Graffiti Removal*



1. School Resource Officers

- Mission Viejo has School Resource Officers that visit our schools. Their having a visible presence at school, deters students from negative behavior. It also encourages students to talk with the officers if they have a concern.

2. Motor Officers - Mission Viejo actively promotes safety on our roadways. The high visibility of motor officers slows down motorists.

3. Neighborhood Watch Program - Mission Viejo encourages its residents to form Neighborhood Watch groups. By working together with law enforcement, residents become involved with the safety of their city.

4. Parks & Recreation - Mission Viejo has 53 parks and trails, as well as 8 recreation and community center facilities. There is a multitude of outdoor activities for kids that promotes positive recreation - and deters negative recreation.

5. Graffiti Removal - Mission Viejo's Graffiti Hotline number is (949) 460-2924. Within 24 hours of a tip, the city removes graffiti. By removing graffiti as quickly as possible, the city demonstrates graffiti vandalism will not be tolerated.

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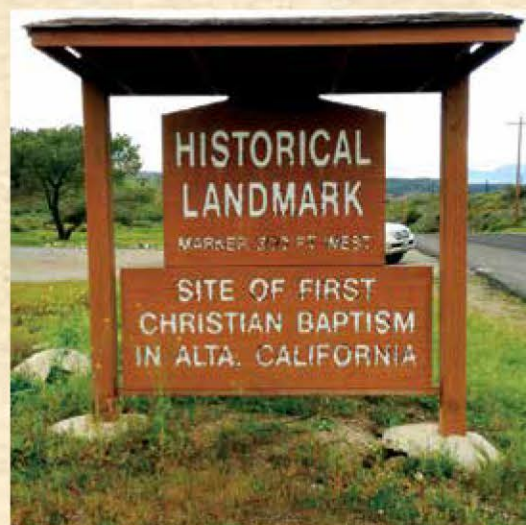


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FROM OUR **DOWN THE TRACKS** DEPT.

CULTURES MEET

FIRST BAPTISM IN CALIFORNIA



As the Portola expedition traveled north from San Diego, and before crossing the land that would be Mission Viejo, the men of the expedition stumbled upon the Native American Acjachemen tribe, near Cristianitos Canyon, during their search for a place to rest over night. The Acjachemen people told the priests there were two young girls who were very ill.

In an effort to help these young girls enter heaven, Father Francisco Gomez performed a Christian baptism July 22, 1769, becoming the first known baptism in Alta California. To celebrate this sacrament, the missionaries named the area "Los Cristianitos," meaning "little Christians."

The site was officially named a historical landmark in 1957.

A marker and a cross have been erected at the site to identify the area off Cristianitos Road, near the base's Cristianitos



gate. Near the cross, a small trail leads to the spring where Gomez performed the historical celebration. The spring has been made into a well, and a plaque describing its significance sits near the location.

For over thirty years, a play and a pageant commemorating the historical event were performed by a San Clemente community theater group. The last performance was in 1988.

For more information about Camp Pendleton's history, call the History and Museums office at (760) 725-5758.



JUMPAROUND!

MISSION VIEJO BUSINESSES JUMP FOR JOY



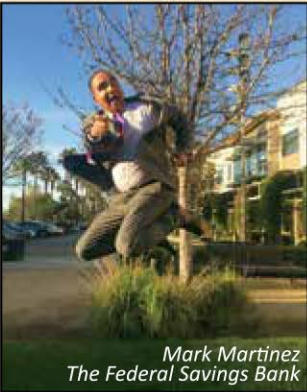
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Juan Capistrano School
District Bus Driver

The following photos include some of the most important people in Mission Viejo, people that make our city great.

We must, therefore, apologize to the many illustrious and deserving men and women who were not given or refused the opportunity to jump.

In no way does it mean they were not worthy of joining this exclusive roster of jumpers. It only means that by some bad fortune, they've missed the chance.

Here the thoughtful reader will ask himself, "All this jumping is good and well, but what for? and how come?"

Our entire Mission Viejo upbringing, starting with the earliest childhood education, teaches us to control our emotions. We put on a mask. In a jump, the subject, in a sudden burst of energy, overcomes gravity. He cannot simultaneously control his facial expressions and his limb muscles. The mask then falls. The real self becomes visible.

Believe it or not, there are some people who are afraid to jump, or just refuse. The **Mission Viejo Reporter** believes the refusal to jump is a symptom of an exaggerated fear of losing one's dignity. It reveals a hidden, deep-seated insecurity.



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Continuing our reporting of cool things along the Marguerite-a-ville corridor is a great little surprise. Located on the corner of Marguerite Parkway and Highland is a beautiful little park/garden. This park is not maintained by the city, but rather by the Highland Park Apartment Association.

It has a few trails with benches, and plants and flowers galore. Many of the apartment residents nearby take advantage of the serenity and easy access of the park.



It's easy to spot. Just look for the 100 ft tall high-voltage power lines above the park.



A CHURCH THAT LASTS Mission Viejo's First Church

After the La Paz bridge was built over the railroad tracks in 1967, one of the first construction projects was Mt of Olives Lutheran Church.

Pastor John Steward is the senior pastor at Mount of Olives and has been since 1993. Mount of Olives Church's preschool - Robert H. Lange Preschool (named after the first pastor of the church) - was the first preschool in the City and opened that same year 1967. Also, they now have a contemporary praise worship service that really rocks the house.

Every year in December, Mt. of Olives produces a drive-thru Christmas Nativity story where hundred's of volunteers come together to bring the story to life with live animals, beautiful costumes and a narrative that can be heard via your car radio as you weave through their parking lot.

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FROM OUR UP, UP AND AWAY DEPT.

CONVERSATION *With* MICHAEL LOPEZ-ALEGRÍA Mission Viejo's Own Astronaut Q&A

Michael López-Alegría (born May 30, 1958) is a veteran American astronaut; he has completed three Space Shuttle missions and one International Space Station mission. He is the All-Time Most Experienced American Spacewalker having spent a total of 67 hours and 40 minutes being outside outside a spacecraft beyond the Earth's atmosphere. He is also from Mission Viejo.

Why did you want to become an astronaut

I wasn't smart enough to invent a cure for cancer, I couldn't play the piano like a concert pianist, I couldn't do a lot of things, or anything really, really well, but I could do sort of a handful of things reasonably well. When I looked at what



the astronaut profile was—at that time they'd just started hiring shuttle astronauts—and so it seemed like they were looking for people with a broad skill base and I kind of thought that I might be able to fit into that.

I moved to Mission Viejo in early 1967. There were just over 400 people there. I won't say how much my parents paid for their house, but it wasn't very much. And, when I left to go to the Naval Academy in 1976, there were over



Michael López-Alegría

100,000 people there. I thought it was a really nice place to grow up. It was quiet, safe. Southern California is a beautiful place. I mean, what's not to like? I have nothing but good memories.

Well, like everybody, we're all influenced by where we grow up more than anything. I certainly remember getting some guidance in high school from my guidance counselor, from my teachers, encouraging me to do the math and science thing, fitting well with what I liked anyway. Going to the Naval Academy was obviously a big step, because that sort of led to being a pilot which led to being a test pilot, etc., etc. I sort of got that idea from the people in my high school. I remember those days, pretty fondly.

After Mission Viejo High School, I went to the Naval Academy and graduated in 1980; I studied systems engineering. I then went to flight school, became a Navy pilot, and then I was selected to be an astronaut in 1992.

What was your primary job on the International Space Station?

To continue the assembly of the space station, which has sort of been on hold for a while since the Columbia accident, so in general our mission is going to be to receive a couple of shuttle flights, do some construction while they're there. After they've gone, we're going to be receiving three Progress vehicles, which means a lot of cargo, loading, unloading. And, in general, the focus is going to be construction and assembly. Every time something comes, you've got to unpack it, and that takes time. And time is [always] going to be a significant challenge for us. The second thing is, when we unpack that stuff there's got to be some place to put it, and the station is already pretty full of stowage. The challenge is to find where to stow the stuff that's brought up.

-Story originally run by NASA.gov

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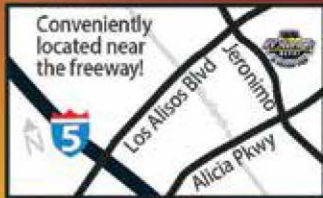
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SOUTH COUNTY LEXUS PRESENTING ATHLETE OF THE MONTH Michael Brinegar, Swimming

Michael Brinegar, really wanted to swim and had the perfect person to look up to: his Mom. **Jennifer Brinegar**, also known as Jennifer Hooker during her competitive swimming career; spent years in the pool, breaking records and even winning a gold medal at the 1976 Olympics.

Michael, started swimming at age 5, and was immediately hooked on the sport. "I realized how I wanted to jump right into swimming when I saw how much fun my brother was having on the [local swimming] team," Michael said. It was not all fun and games though, when he got near high school age. His mother reached out to coach **Mark Schubert** of Mission Viejo to give her son the same strong coaching she'd had years before when she left her native Indiana to come to Mission Viejo while still a High School student. Her son was about to take the same exact journey she had undertaken years before.

"Mark would send workouts for Michael to train with," Jennifer said. "When Michael started his junior year in high school, he decided he needed more. He moved out to Mission Viejo so he could train in person with Mark. There was no question it would be a perfect fit."

Now back in Indiana, competing in his Freshman season at Indiana University, Michael is excited to compete. Some of his accomplishments so far include winning silver in the 1,650-yard freestyle and placing fifth in the 500-yard freestyle at the Big Ten Championship. Whatever his future holds, you can certainly say he has done a great job upholding the family name.



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