

# go+do



FILE PHOTO: BRUCE C. STRONG, ORANGE COUNTY REGISTER

Kirk Larson, of the UC Davis Department of Pomology, examines a potential new variety of strawberry in an evaluation field at the South Coast Research and Extension Center in Irvine. The center will have a rare open house Saturday.

## A LOOK INTO THE WORLD OF GARDENING RESEARCH

Anyone who has eaten strawberries or avocados might not know it, but they owe a little bit of that tasty goodness to the researchers at the South Coast Research and Extension Center, which will hold a rare open house from 9 a.m. to 2 p.m. Saturday.

### South Coast Research and Extension Center Open House

**When:** 9 a.m. to 2 p.m., Saturday  
**Where:** 7601 Irvine Blvd.  
**What:** Fruit samples, gardening education  
**Price:** Free  
**Phone:** 949-653-1810

The research center, part of the Agriculture and Nature Resources division of the UC system, was established in 1966 for the sake of providing research information to local farmers. The center is typically not open to the public because the scientists there require a controlled environment for their research. During this special day, however, visitors are welcome into the center to enjoy fruit samples, learn about sustainable gardening practices and attend lectures by UC Cooperative Extension Master Gardeners.

### thursday 3rd

**READ**  
**Read for the record:** Join the library and millions of others across the nation to celebrate literacy by joining together and reading the same book: "Otis" by Loren Long. Story time is followed by a craft. The children's event is from 4 to 5 p.m. at Tustin Library, 345 E. Main St. Admission is free. Information: 714-544-7725 and tustinline.org/library

**ART**  
**"Sight & Sound":** This event features artists who combine sound with sculpture or video. The event runs through Jan. 25 and is from 6 to 9 p.m. at Beall Center for Art & Technology, 712 Arts Plaza, UC Irvine. Information: 949-824-6206 and beallcenter.ucr.edu

### friday 4th

**MUSIC**  
**Maroon 5 and Kelly Clarkson** Maroon 5 is serving as headliner during the 12th edition of Honda Civic Tour and will perform alongside singer Kelly Clarkson. Additional confirmed support will include PJ Morton, Razzi Crane and Tony Lucica on select dates. The show starts at 7 p.m. at Verizon Wireless Amphitheater, 8808 Irvine Center Drive, Irvine. Information: 800-745-3000 and livenation.com

**COMEDY**  
**Jim Breuer:** After his four-year run on "Saturday Night Live" and a starring role in the cult classic movie "Half Baked" alongside Dave Chappelle, Jim Breuer continues his stand-up performances. Breuer is one of the top touring comedians in the country. The show starts at 8 p.m. Irvine Improv, 71 Fortune Drive. Tickets are \$25. Information: 949-854-5455 and Irvine.Improv.com

### saturday 5th

**WALK**  
**2013 OC Walk to Remember:** The 5K walk supports 27 hospitals, support groups and other organizations helping families who have lost a baby in pregnancy or infancy. Registration includes a T-shirt. Each baby's name is read, and parents receive a white rose. The event starts at 8:5 a.m. at The District, 2437 Park Ave., Tustin. Information: 800-714-9320 and ocwalktoremember.org

**FESTIVAL & PARADE**  
**Tustin Tiller Days Parade:** The 56th annual Tustin Tiller Days Festival has more than 100 entries, with Wahoo's Fish Taco co-founder/partner Wing Lam serving as the grand marshal. Celebrity guests Vince Ferraro, Mike Horn, Terri Douglas and Wayne Clark are on hand at the festival after the parade to sign autographs. The parade starts at 10 a.m. at Old Town Tustin, El Camino Real and West Main Street, Tustin. Admission is free. Information: 714-573-3326 and tustintillerdays.org

**SHOW**  
**'Leo':** The gravity-defying one-man show combines physical theater, acrobatics and video projections, testing perceptions of reality. "Leo" leaves audience members wondering which way is up and which way is down. Leo discovers he's like Spider-Man, capable of climbing walls, levitating in midair, and making his hat fall upwards. The show starts at 8 p.m. at Irvine Barclay Theatre, 4242 Campus Drive. Tickets are \$30. Information: 949-854-4646 and thebarclay.org

### wednesday 9th

**DANCE**  
**Intermediate Salsa - A la Musica:** Get a little music education about a single salsa song in the class and

then learn a few combinations and styles that work with that song. The class starts at 7:45 p.m. Atomic Ballroom, 17961 Sky Park Circle. Registration is \$15. Information: 949-250-3332 and atomicballroom.com

**NATURE**  
**Wee Wonder Walks:** The itty-bitty spider walked up the big oak tree to make a beautiful web home. Discover the wonderful world of our eight-legged friends as participants create an itty-bitty spider and web, then go on an easy walk to search for spider webs in nature. The hike is for ages 2 to 6. Off-road strollers and carry packs are OK. Parent or guardian must register and attend along with their child: 10 to 11 a.m. at Quail Hill Trailhead, Shady Canyon Drive. Admission is free. Information: 714-508-4792 and letsqoutside.org

### thursday 10th

**WINE**  
**Bordeaux, How do I love thee ... let me count the ways:** The tasting and seminar assists participants in the journey through eight wines. Each wine will reflect the area in which it is grown and crafted. The class is from 6:30 to 8:30 p.m. at Total Wine and More, 2952 El Camino Real, Tustin. Admission is \$25. Information: 714-665-4257 and totalwine.com

**FOOD**  
**Bacon, Bacon, Bacon Presented by Chef Jeff Bacon:** Afficionado Chef Jeff Venier shows attendees how to cure three varieties of bacon as well as create sauces, aolis and sides to complement everything shown during the class. The evening includes generous tastes of everything created during the class as well as recipes to take home. 6:30 p.m., Center for Living Peace, 4139 Campus Drive. Tickets: \$30. Information: goodhappens.org

# FREE ARTHRITIS & JOINT PAIN SEMINAR

Join us for this one-of-a-kind event featuring MLB Hall-of-Fame catcher Johnny Bench, as he shares his experience with joint pain and his return to living his life after hip replacement surgery.

At the event, orthopedic surgeons from the Chapman Orthopedic Institute will also discuss:

- Osteoarthritis
- Arthritis of the Hip, Knee & Shoulder
- Non-surgical alternatives for joint pain relief
- The latest and most advanced minimally-invasive surgical techniques in joint replacement surgery

**Chapman Orthopedic Institute's Line-Up of Physician Speakers:**

- Christopher Ninh, M.D.
- Grant Robicheaux, M.D.
- Perry Secor, M.D.

Johnny Bench is a paid spokesperson for Stryker

**Wednesday, October 9, 2013 4:00 p.m. – 6:00 p.m.**  
 The Westin at South Coast Plaza • 686 Anton Blvd. Costa Mesa, CA 92626  
 Complimentary Dinner and Valet Parking provided for all attendees who R.S.V.P. Space is limited.  
**Register TODAY!** To Register Call: (714) 633-0011 Ext. 1233

Sponsored by: **CHAPMAN Orthopedic Institute** www.OrangeCountyOrtho.com

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Total Hip Replacement is intended for use in individuals with joint disease resulting from degenerative, rheumatoid and post-traumatic arthritis, osteoarthritis, excessive necrosis and correction of functional deformity. As with any surgery hip replacement surgery has risks which include, but are not limited to, bone fracture, bone loss, change in the length of the treated leg, pain, hip stiffness, excessive bleeding, hip joint failure, nerve damage, infection, blood clots, amputation, heart attack, pneumonia, decrease of bone mass, implant related risks which may lead to a revision of the hip implant include wear of the implant, reaction to particle debris, dislocation, fracture, loosening, audible sounds during motion and metal sensitivity.

Total knee replacement is intended for use in individuals with joint disease resulting from degenerative, rheumatoid, and post-traumatic arthritis, and for moderate deformity of the knee. As with any surgery, knee replacement surgery has risks which include, but are not limited to, blood clots, stroke, heart attack, and death. Implant related risks which may lead to a revision include dislocation, loosening, infection, blood clots, metal sensitivity, wear of the implant, metal sensitivity, soft tissue irritation, osteolysis, localized progressive bone loss, and reaction to particle debris. Knee implants may not provide the same level of performance characteristics experienced with a normal healthy knee.

The information presented is for educational purposes only. Speak to your doctor to decide if joint replacement surgery is right for you. Individual results vary and not all patients will receive the same postoperative activity level. The lifetime of a joint replacement is not finite and varies with each individual. Your doctor will help counsel you about how to best maintain your activities in order to potentially prolong the lifetime of the device. South strategies include not engaging in high-impact activities such as tennis, as well as maintaining a healthy weight. Stryker Corporation or its divisions or other corporate affiliated entities own, use or have applied for the following trademarks or service marks: Mobile Bearing Hip and Stryker. All other trademarks are trademarks of their respective owners or holders.

