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Feat by Feet Inspires Film



PHOTO COURTESY OF DAVE KUNST

Balboa Island resident Dave Kunst and his donkey, Willie Makeit IV, attract attention from the public in Newport Beach in 1974 as Kunst starts the last leg of his walk around the world trip.

By SARA HALL | NB INDY

Walking a mile in Dave Kunst's shoes won't quite equate to the same experiences he has had in them. That would take about 14,449 more miles.

He may live on the tiny Balboa Island now, but he has seen the world.

Kunst, 74, was the first person verified to have walked around the world.

His journey started when he was 30 years old in 1970 when he left his hometown of Waseca, Minn.

The tenacious trekker walked through four continents, 13 countries, took 20 million steps, and wore out 21 pairs of shoes.

He was 35 when he returned home in late 1974.

Those epic four and half years are now being turned into an HBO film.

His amazing story includes: Meeting the love of his life; being attacked by bandits, who killed his brother and left him for dead; getting introduced to royalty; impressing international officials and a few famous names; surviving illness, extreme temperatures and dangerous situations; setting worldwide records; and so much more.

It was 1969, and Kunst needed a change. He was tired of living in a small

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City Council Candidates File

Several candidates filed papers recently for the open city council seats in the upcoming 2014 election.

Joseph Stapleton for district one, Michael Toerge for district six, and Timothy Brown and Roy Englebrecht both vying for district four.

Council members Mike Henn (district one), Nancy Gardner (six) and Leslie Daigle (four), have all termed out.

Both and Stapleton and Toerge shared background statements this week. Brown and Englebrecht made announcements last week.

Stapleton, a senior associate for Signature Resources in Irvine, currently serves Newport Beach as a harbor commissioner and is the vice chairman of the Newport Beach Chamber of Commerce board of directors. He is also a member of the Commodores Club.

He has sat on various boards and has been a member of a number of committees and community groups, including OC Marathon, Leadership Tomorrow, OC Young Republicans, and Lobsterfest at Newport Beach, among others.

“I am running for this seat in order to continue my mission of making a positive difference in the community,” Stapleton said in the statement. “I have always had an entrepreneurial spirit and want to make an impact...while serving the concerns of the residents in Newport Beach.”

Toerge, a 30+ year resident of Corona del Mar, currently serves the city as a planning commissioner.

He is a member and former president of the Corona del Mar Residents Association, and board member for the charitable organization, Catalina Marineros.

Toerge has also stayed involved with city activity and council meetings over the years, which helped educate him on the broader Newport Beach issues, he added.

“I’ve never considered myself a politician,” Toerge said. “I see myself as a community leader. I consider issues on a greater good basis and I enjoy assisting my neighbors in their efforts to improve our community. I have the time, energy, desire and experience to serve my community.”

House Fire on Aliso Ave.

By JUSTIN SWANSON | NB INDY

Newport Beach fire crews, with assistance from the Costa Mesa Fire Department, put out a nascent fire at a residence in the 400 block of Aliso Avenue on Wednesday.

Fire Investigator Brett Sutherland said the cause of the fire is still under investigation.

Three residents in the home smelled smoke, though they could not immediately trace its source, according to NB Fire Department.

They followed the heat emanating from a second story back room of the house.

The warmth of the flames could be felt through the wall.

When the fire department arrived, they found the fire burning above the ceiling between the second story and a patio deck.

The fire took about 20 minutes to extinguish.

“It could have spread, but we put a quick stop to it,” Sutherland said. “The fire could have been a lot bigger.”

Sutherland estimates the fire affected about 200 square feet of the home. Damage to the structure is \$50,000, while damage to contents of the home is \$15,000.

No one was injured in the incident.

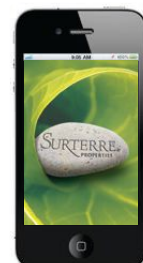
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Biz Buzz

An Oasis for the Soul

BY CATHERINE DEL CASALE | NB INDY

Spa Gregorie's Day Spa & Salon in Newport Beach is an oasis for the soul, with treatments that cater to your mind, body and spirit.

Their numerous treatments range from body wraps and hydrotherapy to acupuncture and Thai massage, and just about everything in between.

I recently visited Spa Gregorie's for the first time to try their Yogassage (also known as Thai massage) and indulge in some much needed "me" time.

The quiet room where clients wait for their therapist to meet them is inviting, with large comfortable chairs that can be separated by curtains for privacy.

Spa Gregorie's provides water, tea and healthy snacks while you wait.

I was eager to learn more about Yogassage and its benefits. My therapist explained that it is an ancient Thai massage that helps stretch and relieve

tension through yoga postures, acupressure and supported stretches.

According to the Spa Gregorie's website, they knead and twist all the tension out of your muscles in a series of movements often called "lazy man's yoga." The massage, like yoga postures, also has a purifying effect, leaving you relaxed, relieved, and centered.

They're right! After the massage, I had renewed energy and flexibility, and felt like I had just done an hour of yoga without really having to do any of the work, as the therapist guided me through each position.

While at Spa Gregorie's, I learned that the majority of the employees have been a part of the team for many years. That kind of loyalty is unusual these days.

I asked owner Angela Cortright how she creates her work environment.

"You recognize, reward and encourage your staff," she told me. "We love them as family members and try to keep a healthy and harmonious work-



Spa Gregorie's quiet room.

ing environment filled with mutual respect and open communication."

I felt this positive energy from the moment I stepped through the door, and it made my experience that much more rewarding.

Something special that really touched my heart was Spa Gregorie's involvement in the cancer community.

They partner with The Jessie Rees Foundation & NEGU to help spread hope and inspiration to children with cancer. People can support the cause by purchasing raffle tickets, or sponsor a "joy jar." They'll be entered to win \$1,500 in spa services. The spa also provides massages to cancer

patients, which I learned is unusual for massage therapists because it is a higher risk.

When asked why she takes the risk, Angela said, "Cancer patients are often treated as untouchable. The power of touch has been proven to be a great reliever and relaxer. It reduces blood pressure, serotonin and has provides many other benefits. We are proud to offer this critical service."

Spa Gregorie's Day Spa Newport Beach is located at 200 Newport Center Dr., Ste. 100 and is open Monday - Friday until 9 p.m. Visit their website at SpaGregories.com.

PHOTO COURTESY OF SPA GREGORIE'S

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