

Father Reynold Furrell on December 21 'Open Mic' to Discuss True Meaning of the Season

If you're not listening to the weekly radio show – Open Mic – hosted by Jim Schmitt & Chuck Gibson on www.OCTalkRadio.net, you're missing out on a lot of valuable information.

In addition to Orange County Fifth District Supervisor Pat Bates, recent guests have included Jim McAleer, of Ladera Ranch, CEO



Father Reynold Furrell

and President of the Orange County Chapter of Alzheimer's Association, who drew a huge audience interested in learning more about this dreaded disease, and Allison and Dave Donaldson (across from Jim Schmitt in the photo on the right), of Beachfire, who discussed healthing eating in today's busy world.

Tune into the show on www.OCTalkRadio.net every Wednesday, from 2 to 3 pm, to hear what Jim Schmitt and his guests are discussing.

Sponsored by the *Ladera Times*, the hour-long weekly *Open Mic* show features residents and business people of Ladera Ranch who have important information to share.

The best part is, listeners can call in to talk with the guests and add their

"two cents" to the dialogue.

To hear the show go to www.octalkradio.net and click "**ON AIR.**" It's that simple. (You may have to then go through *iTunes*, but it guides you through and it's free.)

The scheduled guests for December include:

December 7 – Michelle Glass, professional hair stylist, who will discuss the latest

trends in hair treatment and styles for both woman, men, and youngsters.

December 14 – Tim Evans, who established The Unforgettables Foundation over 10 years ago in the Inland Empire and since serves Orange County, will discuss the mission of the non-profit organization that provides grants to families who struggle to afford their child's funeral.

December 21 – Father Reynold Furrell, the hugely-popular Pastor of Holy Trinity Catholic Church here in Ladera Ranch, who will be joining us just before Christmas to remind us of the true meaning of the international holiday

December 28 – a re-run of the earlier Allison and David Donaldson interview on healthier eating, just in time for New Year's dieting



resolutions.

The weekly Internet radio show leads into *OC Spotlight*, sponsored by Event-Complete and hosted by Ladera's Michelle Patterson, highlighting events planned in and around Ladera Ranch and the businesses, charities and organizations who bring those events to life.

The two shows combined offer a one-two punch for Laderians interested in what is going on in the community.

You too can be a guest on Open Mic. If you have an interesting story to tell or want to rebut Jim Schmitt's controversial editorial in the *Ladera Times* call Jim at 949-481-3593 or email him at LaderaTimes@hotmail.com and tell him your story. Go to www.octalkradio.net and click "**ON AIR.**" Reruns of the shows can be heard at LaderaTimes.com

or by Googling "Open Mic with Jim Schmitt."

California Martial Arts Academy Offers Free Classes To Ladera Teachers

California Martial Arts Academy, located in Ladera Corporate Terrace, is offering all teachers of Ladera Ranch free kickboxing and tai chi classes.

The classes are available 3:00 pm on Tuesdays for Kickboxing, and 3:00 pm on Thursdays for Tai Chi.

"This is something teachers can do right after school to get a work out in and relieve stress," said martial arts head instructor Kingston Heng.