

WestlakeMalibu

Lifestyle

JULY/AUGUST 2009 \$4.50

**DENISE
RICHARDS**
MOVING FORWARD

**KELLY
SLATER**
SURFING'S
DOMINANT FORCE

**CHRIS
HARRISON**
THE BACHELOR'S
FAMILY MAN

**ISLANDS OF
FRENCH
POLYNESIA**
MORE SENSUOUS
THAN IMAGINATION

**+
ECO
FRIENDLY
CHOICES**

2010 Toyota Prius
Hybrid and the Eco-Chic
Fisker Karma





Casa Luca Tuscan Villa For Sale

19,000-square-foot Tuscan masterpiece with 180-degree views of the Pacific Ocean and Sea of Cortez in the guard-gated community of Pedregal in Cabo San Lucas, Baja California, Mexico



Located high on the mountain, Casa Luca Villa is an exquisitely-serene 19,000-square-foot Tuscan oasis with nothing spared in the design, construction and furnishings. The owner created an architectural masterpiece in the Crown Jewel of new villas in Pedregal (a sought-after neighborhood that is primarily American) with year-round fruit-bearing orchards and custom landscaping. Casa Luca is within walking distance of the private beach and Marina and its positioning provides unparalleled views of the famous Baja sunsets. The 3,000-square-foot patio offers extensive seating areas for outdoor entertainment with an infinity pool and spa. The tasteful luxuries at the villa include a Houseman's casita on the property.

Amenities include:

- 5 Bedrooms
- 6.5 Bathrooms
- Library
- Gym
- Pool and Jacuzzi
- Sauna and Steam Room
- DVD TV and Satellite Television
- BBQ
- Staff: Daily maid service; Private chef upon request
- Property Manager

For more information on the property, go to www.casalucavilla.com
Contact: Bernard J. Cartoon
Los Angeles: 805 443 0493
dayanbjc@pacbell.net





Bringing Our “Neighborhood” to Yours *Innovative Memory Care*

Our community provides specially designed Memory Care based on each resident’s rich history and individual needs. The result is a personalized environment as loving as it is innovative. We call it the Reminiscence Neighborhood.

It’s a unique approach within our communities created to stimulate the memories and senses. Supportive and nurturing staff, Life Skills Activity, interactive and multi-sensory experiences keep our residents involved in what they enjoy.

And because each senior is gently guided along in a place that looks and feels like home, every day is a pleasant day in the neighborhood.

SAVE THE DATE - 3rd Annual Candle Lighting
Ceremony November 15th, 2009

Channel Islands Alzheimer's
Institute



RCFE #197605820

Sunrise of Westlake Village

805-557-1100

3101 Townsgate Rd, Westlake Village, CA

Call for care and service options.

For more information and a FREE online newsletter, visit
www.sunriseseniorliving.com

Trust Is a Beautiful Thing



DR. AZAR IS PROUD TO ANNOUNCE THE OPENING OF HIS NEW STATE-OF-THE-ART
3,000 SQ. FT. PLASTIC SURGERY AND SKIN CARE FACILITY.

Schedule your appointment to receive \$50 off Botox® treatment and \$100 off Juvéderm® treatment.

FACE & NECK LIFT
RHINOPLASTY
BREAST AUGMENTATION & BREAST LIFT
EYELID & EYEBROW REJUVENATION
LIPOSUCTION
JUVÉDERM® & BOTOX®
A VARIETY OF FACIALS AND PEELS
MEDICALLY SUPERVISED SKIN CARE LINES

Member

AMERICAN SOCIETY OF
PLASTIC SURGEONS
CERTIFIED,
AMERICAN BOARD OF PLASTIC SURGERY



Kouros Azar, MD
Plastic and Reconstructive Surgery

805.373.7073 OR 818.761.1340 · 425 HAALAND DRIVE, SUITE 200
THOUSAND OAKS 91361
WWW.DOCTORAZAR.COM





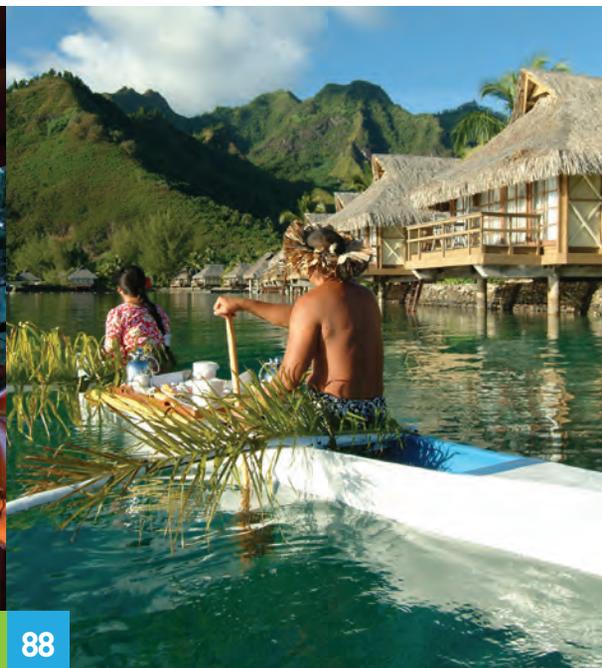
In this issue 08.09



10



66



88

Portraits of Success

- 10 **KELLY SLATER** The Invisible Hand
By SHAUN TOMSON
- 18 **CHRIS HARRISON** The Guy Next Door
By ELAINE YAMASAKI
- 22 **THE SEMLER FAMILY WINES**
By DIANA LYLE
- 28 **ZAC SUNDERLAND** He's Done It!
Circumnavigated the World Solo

Chatroom

- 32 **EX MISS CALIFORNIA**
To Speak or Not to Speak?
- 34 **SHORT STORIES ABOUT BIG PEOPLE**
By BOB EUBANKS

Frame of mind

- 38 **STOP THE WORLD, I WANT TO GET OFF**
By MAGDA PESCARIU

Coverstory

- 40 **DENISE RICHARDS** Moving Forward
By DIANA LYLE

Humanitarian award

- 46 **THE HEART FOUNDATION HONORS**
Celebrity Chef Wolfgang Puck

Scenearound

- 47 **THE HEART FOUNDATION**
Steven S. Cohen Humanitarian Award Gala
- 49 **CITY OF HOPE**
PHOTOGRAPHY BY AMY CANTRELL

Viewpoint

- 50 **CUBA UNLIBRE**
50 Years of U.S. Foreign Policy
By CHRISTINE SEISUN

Things we love

- 52 **ENTICING ITEMS**

What's new in town

- 53 **THE BEAD LOUNGE**

Fashion sense

- 54 **FASHION STAGE**
The Chameleon in the Room
By MAGDA PESCARIU

Enviroconscious

- 58 **THE FISKER KARMA HYBRID**
- 59 **TOYOTA PRIUS HYBRID (MARK 3)**

Home and hearth

- 60 **BENTZEN LEVIN REAL ESTATE AND MALIBU MARKET & DESIGN**
By DIANA LYLE
- 66 **THE ROBIN STATER HOME DESIGN TOUCH**
By DIANA LYLE

Money smart

- 70 **CONTROLLING YOUR FINANCIAL FUTURE**
By DOUG DE GROOTE
- 75 **7 STEPS TO AN AFFORDABLE COLLEGE EXPERIENCE**
By ROBERT J. KATCH

Your health

- 78 **LEARNING FROM NATASHA RICHARDSON'S SKIING TRAGEDY**
By DR. IAN ARMSTRONG
- 82 **FOOD FOR THOUGHT**
By GILBERT M. RISHTON, PhD

Cultural pursuits

- 84 **PARKENING INTERNATIONAL GUITAR COMPETITION AT PEPPERDINE UNIVERSITY**
ASHLEE BODENHAMER

Travelscapes

- 88 **FRENCH POLYNESIA**
The Most Beautiful Islands on Earth

Business award

- 92 **TOMMASO BARLETTA RECEIVES OUTSTANDING BUSINESS AWARD**

Foodwise

- 93 **WILLY'S SMOKEHOUSE BARBEQUE AND GRILL**

Celebs and pets

- 96 **ZIGGY AND STEVE**
By CHRISTOPHER AMERUOSO

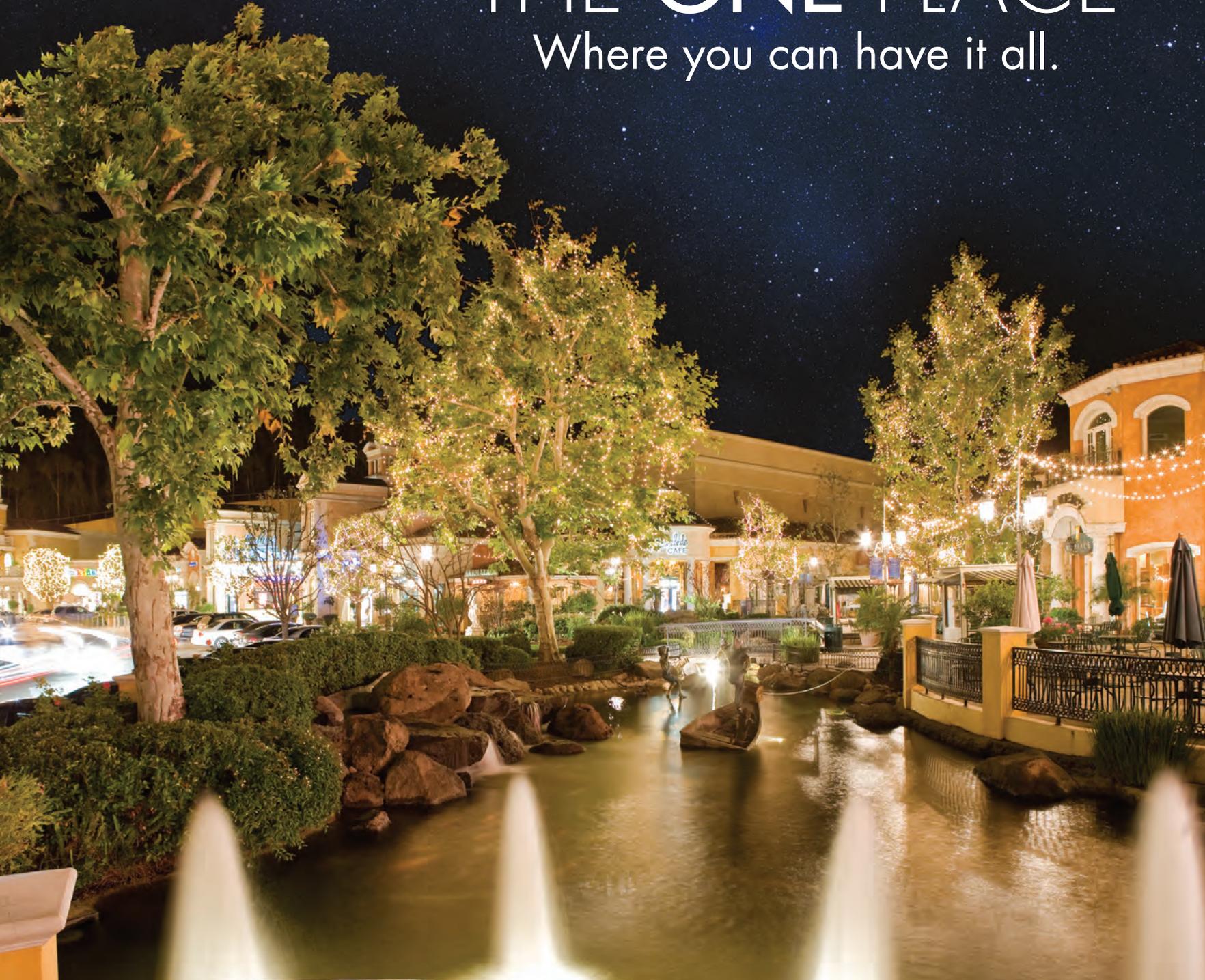


On the cover

Denise Richards
Photography by
Christopher Ameruso

THE ONE PLACE

Where you can have it all.



BARNES & NOBLE
BEAUTY COLLECTION
BELLE GRAY
CHICO'S
CORNER BAKERY
CRUMBS BAKE SHOP
DIANE'S BEACHWEAR
EDWARDS CINEMAS
ELEMENTS AVEDA
DAMON & PYTHIAS
DAVID'S SHOES
FAZIO CLEANERS
GARYS ISLAND

GYMBOREE
JOHNNY ROCKETS
KING'S FISH HOUSE
LA SALSA
L'OCCITANE
LULULEMON ATHLETICA
MAISON D'OPTIQUE
MARMALADE CAFE
M. FREDRIC - ACTIVE
M. FREDRIC - KIDS
M. FREDRIC - MAN
M. FREDRIC - WOMEN
MENCHIE'S FROZEN YOGURT

MI PIACE
PAPYRUS
PERMANENT CHOICES
AT BEAUTY COLLECTION
PICK UP STIX
POLACHECK'S JEWELERS
RALPHS
RITE AID
SIANY
STARBUCKS COFFEE
THEODORE
WHITE HOUSE | BLACK MARKET
WILLIAMS-SONOMA



THE COMMONS
at Calabasas



Editor's letter



The decision to join Westlake and Malibu together in a lifestyle publication was natural. Both areas are jewel locations on the lifestyle spectrum, connected in more ways than by a picturesque canyon. While one is tucked up in the beautiful Santa Monica Mountains, the other overlooks the dolphins in the glistening Pacific Ocean. What they have in common is a lifestyle that is close to nature – ‘far from the madding crowds’ - as the famous author Thomas Hardy said in his classic novel.

Our objective in Westlake Malibu Lifestyle is to deliver high-profile, thought-provoking interviews that provide you with substantial depth and food for thought. We are particularly interested in remarkable people who display the attributes of courage and altruism. It's particularly gratifying to profile them because they never seek us: we seek them. We limit the seriousness of our editorials by injecting some much-needed humor and light-heartedness – remembering always that self-deprecation is very liberating. Jon Stewart reminds us of that daily.

We have loads of variety in our content from the responsible elements of Eco-consciousness to admirable Portraits of Success to exquisite homes and the power of creativity. There's financial good sense imparted to us by experts, medical breakthroughs explained, and the most beautiful parts of the world displayed – places that you can escape to either imaginatively or physically. The choice is yours.

Most importantly, this is a family magazine, so there will never be anything in it that your children shouldn't see. Feel free to display us on your living-room coffee table where we'd like to belong. We intend to have something of interest for every member of your family. If you have teenagers in the house, have them check out our current story on courageous Zac Sunderland (pg 28).

Our hope is that Westlake Malibu Lifestyle will encourage the attributes in society that we seek: fair-mindedness and respect for each other. And if you're kicking back on your day off- enjoying us on the beach – we hope you find some pictorial visual feasts and some fun elements.

Here's to our long and happy association with you.

Diana Lyle



Bella Vita Events

818.874.0776

www.bellavitaevents.com

A full service event-planning company specializing in
Weddings, Specialty Affairs & Gala events.
Be a guest at your next "beautiful life" event.



Photos by BB Photography and ES Photography.

Pierre's Catering Company



Deliveries and Rentals, Inc.



WE DO IT ALL!

365 DAYS A YEAR • 2 TO 2500 • BREAKFAST - LUNCH - DINNER - & LATER!

WE CATER ALL EVENTS!

DROP OFFS, HORDOUVRES, CORPORATE EVENTS, AND OTHER SPECIAL OCCASIONS...
FROM THE SIMPLE CLASSIC REHEARSAL DINNER TO AN ELEGANT WEDDING.

WE OFFER A WIDE VARIETY OF MENUS!

INNOVATIVE IN DESIGN, UNIQUELY PRESENTED, THOUGHTFULLY PLANNED,
AND ALWAYS DELICIOUSLY MEMORABLE.



WE OWN IT ALL!

TABLES • CHAIRS • LINENS • CHINA • UMBRELLAS • CHAIR COVERS • SILVERWARE
GLASSWARE • UTENSILS • ALL BUFFET EQUIPMENT • BEVERAGE DISPENSERS
CAPPUCCINO & COFFEE MACHINES • CHOCOLATE FOUNTAINS • AND MORE



WE CAN PROVIDE YOU WITH MANY CATERING LOCATIONS & VENUES:

VINEYARD SETTING • ROMANTIC WATERFALLS • RELAXING LAKESIDE MEADOW
SPECTACULAR 360 MOUNTAIN TOP VIEWS • SPRAWLING MALIBU ESTATE

22 YEARS OF CATERING THROUGH REFERRALS ONLY!

(818) 707-1327 • (805) 496-1177 • fax (805) 496-7110

OUR WEB SITE SHOWS IT ALL – www.pierrecatering.com

WestlakeMalibu
Lifestyle™

EDITOR-IN-CHIEF
Diana Lyle

CREATIVE DIRECTOR
Robbie Destocki

CONTRIBUTING PHOTOGRAPHERS
Christopher Ameruoso
Dahl Photographers

MARKETING/SALES MANAGER
Camille Block

SALES CONSULTANT
Lisa Linn

ATTORNEY
Jon Morse

CONTRIBUTING EDITORS

FEATURES EDITOR Elaine Yamasaki
FASHION EDITOR Magda Pescariu
MEDICAL EDITOR Ian Armstrong, M.D.
INTERNATIONAL
AFFAIRS EDITOR Christine Seisun

CONTRIBUTING EDITORS-AT-LARGE

SURFING Shaun Tomson
FINANCE Doug De Groot
Robert J. Katch
HEALTH Gilbert M. Rishton PhD

ADVISORY BOARD



Bob Eubanks



Ian Armstrong
M.D.



Hannah
Grossman, M.D.



Kouras Azar
M.D.

ADVERTISING

Camille Block (805) 630 8565 or directly at
(818) 865 9016 email: wmlifestyle@sbcglobal.net

SUBSCRIPTIONS

e-mail wmlifestyle@sbcglobal.net.
One year (6 issues) \$36.00

©2009 Westlake Malibu Lifestyle is magazine is published bi-monthly.
All rights reserved. Reproduction in any form without written permission from the
publisher is prohibited. Please send comments to the attention of the publisher.
The Advisory Board serves to give business advice and cannot be
held responsible for any of the magazine's content

WENDY L. HARPER, A.S.L.A. LANDSCAPE ARCHITECTURE.

*Creating Relaxation for
the past 25 years
offering
complete design & build services*



TEL. 805.529.3074 . FAX. 805.531.1033
WENDYLHARPER@AOL.COM . WWW.WENDYHARPER.COM

LIC. 3451



Photo: Courtesy of Quiksilver

S KELLY

I was part of the first generation of pro surfers, winning 19 major pro contests and the World title in 1977, and enjoying a long career that stretched through the '70s and into the '80s, ending with my retirement in December 1989. As a hard-core and analytical competitor, it was my job to evaluate anyone new coming up through the ranks, as I liked to be forewarned of upcoming opposition. I distinctly remember the first time I saw Mark Richards, Rabbit, Occy, Tom Curren and Tom Carroll. All of them made a strong impression and all had a special spark; potential waiting to be realized; a future that was going to be written in bold letters. I met Kelly Slater in December 1989 on the North Shore as I was leaving the pro tour – he was just 17 and I was double his age, a whole generation between us. He was a compact and slender kid, with a fluoro orange Matt Keckle board, a color coordinated fluoro green O'Neill wetsuit and an aura of absolute confidence. His style was fluid and fast and unlike any

A T E R

young surfer I have ever met, fully realized. He had it all, and right then I could see he was going to take surfing down an entirely new road, and scarily, he saw it too.

Kelly Slater's competitive statistics numb the brain; absolutely overwhelm it with the breadth and depth of his achievements. He qualified for the tour in 1991, won the Title in his rookie year in 1992, and since then he has been the terminator, systematically destroying every competitive record out there, erasing from the record books every name from every generation of the sport including Mark Richards (4 consecutive World Titles), Tom Curren (most event wins 33) and Mark Occhilupo (oldest World champ 33). He has built a grand edifice of success that will cast a long shadow over everyone that comes in his wake; 9 World Titles, 5 of them consecutive, the oldest at 36 and the youngest at 20 to win a World title, 40 ASP event wins, 6 Pipeline Masters, \$1.9 million in prize money.

The Invisible Hand **By Shaun Tomson**



Photo: Courtesy of Quiksilver

Then there is the more significant stuff than the contest stats, the purely inspirational surfing that is often overlooked, if that can be possible. He revolutionized backside tube riding, particularly at Pipe. His drop-knee grab rail style enabled him to take off far later than anyone ever before, stall mid-face, and hold and change a line through the tube. The biggest change in surfing, the fundamental shift from the all-power movement of the '70s and '80s was his power and release approach, which entirely opened up surfing above the wave. He was the first to incorporate the aerial as a functional maneuver in his repertoire as a result of this seismic shift in his approach. He singlehandedly boosted surfing into this new age; there is surfing B.K. and surfing A.K. His board design approach was unique and is still evolving; with Al Merrick he stripped out the volume, went narrower and thinner and curvier which enabled him to surf tighter, faster and deeper. He is still reducing volume, now going shorter and wider, always on his own path.

No sportsman in the world anywhere, has for so many years, been so far ahead of his peers; not Tiger, Lance, Ali, Michael Jordan, Gretsky or Federer. None of these greatest sportsmen of all time have come close to his record of total dominance yet in the grand expanse of sport his genius is relatively obscure and relative to other sports superstars, not adequately compensated. Even though he is a marketer's dream - articulate, intelligent, handsome, there are no main-stream sponsorships - no car companies, credit cards, beverages or food. Whether this is by his own choice is open to conjecture. There is an assumption out there that he is paid very well by his long-time sponsor, Quiksilver, who have made a fortune marketing his image from Huntington Beach to Hangzhou. Reviewing Quiksilver's 2008 annual financial statements is interesting - \$2.3 billion in global sales, 8,400 employees of which Kelly is but one. Eight lines are devoted to him in CEO Bob McKnight's (\$1.9 million in executive compensation) report but there is no mention of him anywhere else in the stacks of financial data. He does not own more than 5% of the company and if he did, it would be worth around \$12 million. He is obviously there in the financials, buried as a line item on the marketing budget that I hope reads - Kelly Slater - brand god and corporate savior.

He is a complex person, quite guarded, severely analytical internally, humble on the exterior, yet with a desire to be at the center of attention, in a surf contest final or just sitting on a bench with a guitar entertaining a raucous crowd throughout the night. He's never done drugs and feels that surfers have been unfairly stigmatized as dopers, a throwback to the culture of the '60s and '70s. His best tube ride was a 15-second chandeliering freight train at Mundaka. His best surfing experience was not winning a contest or the World Title but a night-time surf session with his old buddy Shane Dorian at Restaurants on Tavarua, pulling into phosphorescent barrels together on soft boards, lights strapped to their waists, watched by a group of shrieking Fijians.

"It was so bright you could see your reflection and your shadow on the reef. We surfed from ten till midnight and after a couple of waves, we started riding doubles together. I had a waterproof light strapped on to my waist and we're literally both pulling into the barrels on the same

wave together, holding each other's rails, nose riding. And I swear, it sounds like I was doing acid or something, but I guarantee you I wasn't. But we looked up; there was a huge ring around the cloud that filled almost half the sky. There were just the two of us in the water and we just surfed all night and it was just epic. I mean, we're singing songs from the '80s and it was a special moment in my life for sure."

Listening to him speak, calm and unhurried like he rides the tube, one gets the impression of thoughtfulness and humor. He has a keen intelligence and an awareness of the world around him that stretches far beyond his next win, wave or surf trip. He has a sense of history and an understanding that his life is a learning process. While he admits he is not religious, there is a strong sense that he believes he is somehow being guided in a direction by a greater power. He talks of a special connection to nature and dolphins guiding him to the final wave that won him the Billabong Pro at J-Bay in 2005 against rival Andy Irons with only 32 seconds on the clock.

"I'd almost given up, because physically I didn't have much strength left, and I thought, "well, I'll just follow these dolphins; they'll take me to the right place, and they did."

His description of tube riding confirms his belief in an invisible hand.

"The most incredible feeling I've ever had is where you actually get behind the foam ball. Where the lip lands it creates a little void in the water, and you can actually get your board on that and it will just pull you right through the barrel; you don't have to do anything; you don't have to react, you don't have to move, you are on cruise control, on autopilot and the wave will pull you along at its own speed. It feels like there is a rope on the nose of my board pulling me along. That's really the ultimate tube ride."

He thinks Pipeline is the most important wave in the surfing universe.

"Pipeline is the spot where everyone is watching. Everyone is focused on it. Everyone sees everything that happens.

You're caught inside by a 15-foot wave at Sunset and no one on the beach knew. You get caught inside on a 15-foot wave at Pipe and everyone sees it. They're all part of the action. That's the excitement of the place. It's like no other place in the world.

If you don't have confidence at a place like Pipeline, it's going to affect you, especially if you're going for the world title. You have got to know that increases your pressure. And right now I couldn't tell you of an Aussie guy that blows people's mind at Pipeline, and that's an important thing. And I'll probably get slam busted for saying that. I know that that quote is just going to get me killed, but I would put my money on that. And for what great surfers Parko and Fanning are, two of the best five surfers on the earth right now, they're not two of the best five surfers at Pipeline. And that's important."

He has a statesman's view of the role of the inspirational role of pro surfing.

"Through communications everyone's so much more connected now. Not just connected to electronics but connected to each other around the world. We're having these surf events and surfing is not the





biggest sport in the world, but you have tens or hundreds of thousands or even millions of people around the world all interested and all connected into one place. Everyone's right there mentally, in some way watching it. And those connections of all those people eventually might be the thing that brings peace to the world, everyone being connected to something, some common thing and to have that many people together, it's important. I think we somehow have a message in that, that sends goodwill to everybody and we all can do our little piece."

You get the feeling that Kelly never makes the same mistake twice. Every wave, every loss, every win is all part of a learning process, a process not only of improving himself as a surfer but improving himself as a person. The loss to Andy in 2003 fundamentally changed his approach to life and his relationship with others in his universe.

"I think a couple of losses that I've had have been more profound to me as a person than the wins have been. I think that they've allowed me to grow a lot more than ever winning something has. If you lose a contest or world title, really at the end of the day, it's not that important. And that was a lesson I learned when I lost in 2003 to Andy at Pipe. In that moment, I was devastated and it was just a crushing defeat because it was so close. But I just know that if I could go back right now and switch it, I would lose again because it just made me a better person. It's hard, and even saying that's kind of emotional for me, because how do you let something go that you want and love so much and be okay with that? I'm not a religious person by any means but it was a godsend, it was a gift, because of what came from it, even

though a lot of it was heavy, bad, and a horrible feeling. But it was a real gift looking back now. It allowed me to come back stronger and it made me feel a lot closer with people in my world; it made me feel a lot closer to Rob Machado and Sunny and Mick Campbell and Danny Wills and all the guys I have competed against for so long."

In the Buddhist tradition he seems to follow the simple philosophy of abandoning all hope of fruition. He is goal oriented but performance focused and this seems to be one of his secrets. He doesn't have a rigid, structured plan of physical training and coaches building him towards winning the title. He lives right in that moment and that decision, that letting go of structure and the final ending seems to give him peace, confidence and energy. He does feel pressure but surprisingly not from competition.

"I don't really feel anything is expected of me as much as it was when I was younger. But I would say more so now, I feel more pressure being on call to do a picture or sign something. I feel more pressure from that stuff than my surfing performance."

In heats situations he always seems unhurried and unstressed – he has a 75% win loss record and in heats never gives up and is always on the prowl for the death jab. He has the same absolute confidence he displayed at 17 and is able to turn a heat around at any moment. In 2008 there was his miracle last wave with seconds remaining against Bede Durbidge in the finals at Bells and his 96-second flurry against Timmy Reyes in the semis at Pipe. With his back against the wall he is one dangerous dude.

He has ruthlessness in him; an animal cunning that is very well

DANAO

FRIGERIO



GERVASONI

BITOSSI



GT DESIGN

IVANO REDAELLI

TISETTANTA

TOSCOQUATTRO



DESIGN CENTER FOR THE MALIBU LIFESTYLE.

MALIBUMARKET&DESIGN
25001 PACIFIC COAST HIGHWAY
310.317.9922 MALIBUMARKET.NET

Lipomassage® | Body Beauty

Lipomassage Anti-Cellulite Body Sculpting

That's right - As the first credible treatment for non-surgical body sculpting, Lipomassage treatments reduce fat, smooth cellulite and resculpt your body with results that last. Ideal for men and women, Lipomassage offers personalized treatments tailored your unique goals and objectives. Call now to schedule a consultation!



Available At:
Jamie's

Hair Design & Day Spa

(805) 496-4747
www.JamiesHairDesign.com

2940 Thousand Oaks Blvd., Suite G
Thousand Oaks, CA 91362

Lipomassage, an Endermologie treatment, provides women and men with the chance to smooth away cellulite and reduce inches on a long-term basis.

Increases circulation
Collagen function restored
Toxins/abnormal water buildup expelled
Smoother more contoured body
All without Surgery

Ask for Robin or Randee

MASSAGE AND SPRAY TAN ALSO AVAILABLE



Escape to a Cherished Moment in Time...

When white-gloved ladies daintily donned their finest feathered bonnets for a brief respite... Comfort and tea...

YESTERYEAR still exists in our hidden sanctuary! Come explore our quaint, cozy, whimsically Victorian tea parlor and sample delicacies like smoked salmon, imported brie, chocolate ganache and goat cheese with herbes de provence—uncommonly luxe ingredients for an uncommonly wonderful celebration of life's simple pleasures... for today and always. Make visiting us a new tradition. Or ask about our impeccable Catering and Tea-To-Go services!

FOR INFORMATION OR RESERVATIONS, CALL:
805.418.9939

E-MAIL: TranquilityTeaRoom@roadrunner.com

WEBSITE: tranquilitytearoom.com

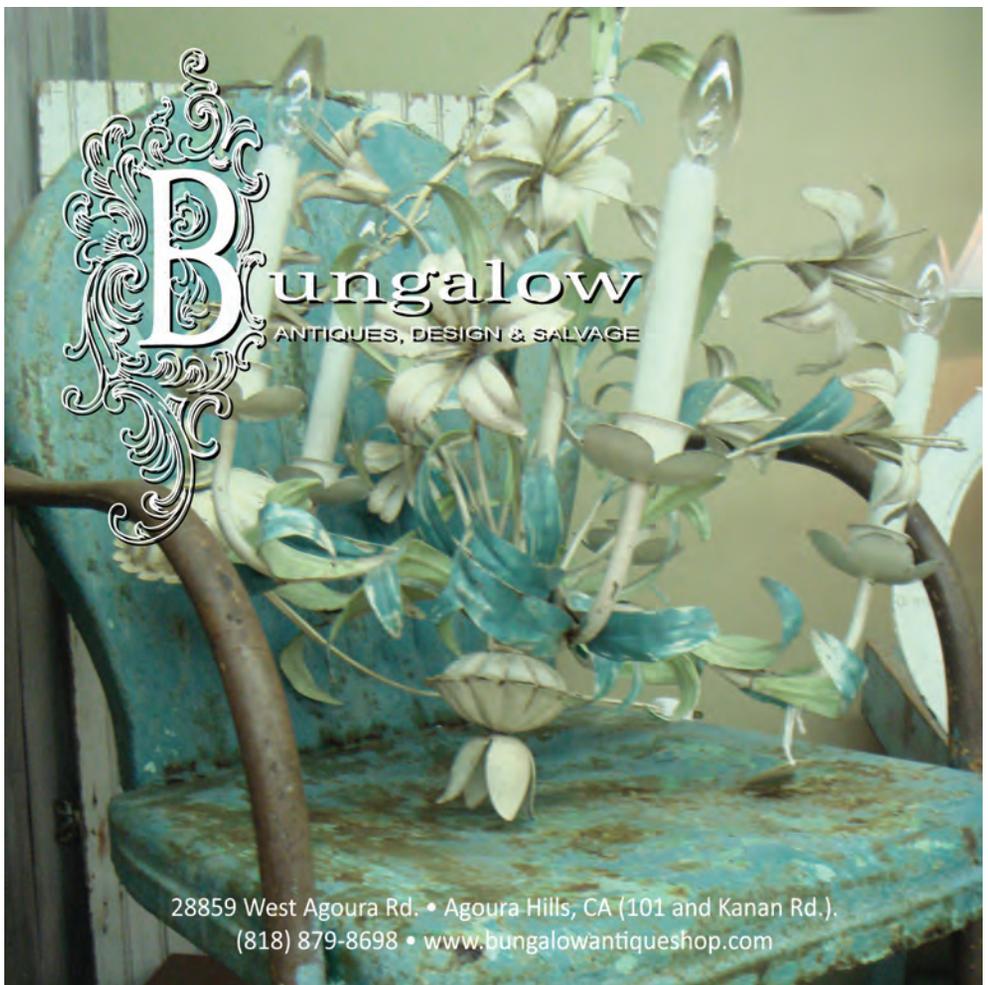
Tranquility Tea Room & BAKING COMPANY

2527 Thousand Oaks Boulevard
Thousand Oaks, CA 91362
(Behind the Gold Store, above Musician's Depot)

Showers
Birthdays
Anniversaries
Sweet Sixteen
Bat Mitzvahs
Girls Day Out
Before the Curtain
Out of Town Guests
Dates with Daddy
Rehearsal Luncheons
Teacher Appreciation
Welcome Home
& Etc....



Bungalow ANTIQUES, DESIGN & SALVAGE



28859 West Agoura Rd. • Agoura Hills, CA (101 and Kanan Rd.)
(818) 879-8698 • www.bungalowantiqueshop.com

If you don't have confidence at a place like Pipeline, it's going to affect you, especially if you're going for the world title. You have got to know that increases your pressure. And right now I couldn't tell you of an Aussie guy that blows people's mind at Pipeline, and that's an important thing. And I'll probably get slam busted for saying that.

concealed beneath the charisma and compact stature. During the opening minutes of the finals of the first event of 2008, the Quiksilver Pro, he tussled with Mick Fanning for the first wave and pushed him out of position and over the falls and Mick was never the same thereafter, in the rest of the final and throughout the year – he delivers crushing blows directly to the heart.

And the competitive fire, it is always bubbling there, just below the surface. I recently watched him and long-time rival Andy Irons walk on stage at the Arlington Theater in Santa Barbara, for the premier of *Fly in the Champagne*, a film devoted to their conflict. The hatchet has long been buried but with Kelly the competitive fire is still smoldering, like magma just below the surface – on stage he is the alpha male, prowling and marking his territory, confident and at ease, enjoying the attention while Andy is rooted in place, hoodie up, not ready to rumble, not realizing that with Kelly it's game on, all the time.

At 37, Kelly still looks to be in his prime, redefining what is possible in sport and is still improving. ***“There's always this constant yearning to better your performance and go somewhere you haven't gone.”*** He is a natural-born carver and his powers are fully realized on longs walls at J-Bay or Bells or in epic tubes, backside or front side. On the wide expanse at Jeffreys his surfing is very radical and progressive, based around swooping turns off the bottom and very tight and late arcs off the top – he still does the unexpected and sometimes, instead of running out his turn around the falling lip, he hits it full on, busting the tail free in a controlled power drive, reacting with lightning quick reflexes. He maintains a low center of gravity, crouches low through the turn and then gets the spring and projection as the concave releases from the downward pressure.

It seems there is a trend on the tour to much more upright surfing, a more stiffened lower back but Kelly is all rubber-like flexibility that in essence mirrors his approach to life. Like he says ***“Style is what naturally comes out of your body.”*** There are a few simple words that define the essence of great surfing – maneuvers and techniques have evolved over the last 30 years but the essential dna helix of what constitutes truly great surfing is unchanged – speed, power, rhythm, aggression, style and imagination. Kelly has all this and he has that little extra chromosome of intuition, a knowingness, a prescient reactivity to the ebb and flow of the ocean. His wave selection is uncanny, inextricably linked to a connectivity and understanding of the ocean's energy.

It must be a little lonely for the greatest surfer of all time, out there in his self-created stratosphere. He travels the world constantly, surfs in 10 contests a year at the some of the world's greatest surfing locations, surrounded by thousands of adoring fans, but his inside circle, his crew that he used to travel and surf and compete with are pretty much all gone now from his daily life. Even his many rivals have hung it up or been pushed out by the relentless advancement of youth and newness. Only uber-powerman Taylor Knox is left. It's just plain hard to get old on the pro tour and new surfers just come at you from every country, from every direction, like legions advancing across the plain. Now there is Mick, Taj and Parko and once Andy was gone, Dane and Jordy stepped into the gap in the firing line. And right behind them is another crew, gathering force and coming over the horizon.

Why is Kelly still doing it, with almost everyone he knew long

gone? What keeps him motivated after 40 wins and \$1.8 million in prize money? What keeps him going, year after year, contest after contest, when he has seemingly got nothing left to prove?

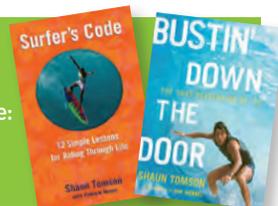
He still has that bastard desire to win, to show he's still the best, but that fire, he freely admits, doesn't burn quite as fiercely as before. But he still wants to progress and improve. For Kelly, surfing great isn't the methodical process of beating an opponent but a deep desire to show the world how good he really is – he clearly doesn't define his surfing by contest scores but by his own impossibly high internal standard and he seems determined to still keep raising that standard. And he is searching for new inspiration.

His peers and the media have been hammering him recently about his ultra short boards. Some say that for the first time he may have boxed himself in to a corner – his surfing is all about freedom, speed and imagination, he can go anywhere on the face but with a 5'3" rail line, he seems limited to a 10-foot radius around the curl. But how can one discount his recent win at the Pipeline Masters, the ultimate test? Kelly has a genuine enthusiasm for the discs and after incalculable success new challenges are what Kelly and our sport needs - surfing needs revolution and it doesn't come in increments. In late February of this year in the parking lot at Rincon, with dusk trickling over the Santa Ynez Mountains, Kelly drives up in a dark truck and jumps out, excitedly showing me one of his brand new 4 fin discs. At this stage he is still unsure whether he will surf them in the pro contests coming up in Australia but he says to me, ***“Hey, Shaun, I gotta make you one, I reckon 5'6” will do it for you.”*** I laugh – I last rode a 5'6" four decades ago. He is genuinely stoked on the new board, stoked to make one for a fellow surfer. There is no sense of being jaded with his 19th year on tour approaching, just a stoked 37-year-old grommet with a new board, laughing with his young pal, running down the path to get some waves before the light fades.

Watching him sprint down the path it's easy to see what keeps him going, what keeps him competing and progressing, what keeps his surfing young and vital. He is stoked, pure and simple and for surfing's sakes I hope he stays that way. We need him, we need him to keep coming up with crazy designs; we need him to keep risking his life at Teahupoo and Pipe, and we need him to keep breaking records and we need him to keep inspiring us.

In this complex world of ours, where we are always thinking, calculating, planning and analyzing, it is reassuring to know that for us surfers, hidden inside the tube is a simple place where we can let our instincts take over, where we can react rather than plan. It is a rare refuge where we are truly disconnected from the confusion of the world, from our cell phones, blackberries and computers. This is where Kelly Slater lives, in a place where sensations are sharpened, the immediacy of life is brought into focus, and all that matters is to reach for the light that is shining ahead, pulled along by an invisible hand, absolutely and unequivocally confident that it will take him to where he needs to be. 

Books by world champion surfer Shaun Tomson include: *Surfer's Code*; *Bustin' Down the Door*





Portraits of Success

Chris Harrison: The Guy Next Door

The affable host of reality TV's "The Bachelor" and "The Bachelorette" dishes about his life, The Big Controversy, and his down-to-earth Westlake lifestyle...**By Elaine Yamasaki**



Every gang of buddies has that one pal who's not the center of attention, but exudes an approachable warmth, a friendliness, that guy-next-door kind of charm—Chris Harrison fits the picture, and it's probably the reason for his celebrity. He makes a living being that likable guy who lets the other folks shine. Most known for his role as the personable host of the hit romance reality series, *The Bachelor*, Harrison's appeal lies in the very antithesis of show-biz wisdom—*don't* have an ego.

"I like to think that although I'm the host, I don't act like 'The Host'—it's a lesson I learned early on in broadcast news: It's not

about YOU." Relaxing between promotions of the show and its spin-off, *The Bachelorette*, there is a casual ease about him that is just nice to be around. "There are so many hosts on red carpets or shows where it's obvious, the only thing they care about is 'me'; how can I make 'me' funny, put 'me' center—but I've always approached it from the angle, 'how can I make you look good.' It takes a certain kind of host to realize you're not the story." He has, it seems, discovered the key to being successful in this hybrid role of being the ringmaster and not the sideshow. He advises, "If you work your butt off to make someone else look good, you make yourself good. Worry less about yourself and care more about your craft."

What helps, admittedly, is that the guy genuinely likes people. He has a breezy manner, looks vaguely familiar--as if you'd known him from *somewhere* and just can't place it--and gives the impression that he'd like nothing more than to spend some time having a good chat with the person sitting next to him. In a culture driven by ambition and personality, Harrison has made his mark just by being himself.

The Beginning

How does a kid from the mid-west make his way out to the star-studded center of the big league? He laughs, "It's funny, ever since I was a kid, I loved speech class, loved to be emcee... I never wanted to be *in* the talent show, I wanted to *host* the talent show!" As his penchant for gab paired with athletic prowess (he is an avid soccer player), he found himself doing play-by-plays for his Oklahoma City University basketball team, but never did he realize it would lead to a career. Born and raised in Dallas, "doing what I do now for a living was not even an option. I never sought out this job, it sort of came to me." Not that it fell into a hapless lap. As a mass communications major, he interned with a TV station and seemed to be geared for a career in sportscasting. For his part, Harrison managed to be in the right place at the right time.

The Big Break

"As much as I would love it to say it was my charm and good looks that got me in the door, I'm here because an amazing man—Bill Teegins—saw something in me, took me under wing and mentored me." The sports director at a local news station, Teegins gave Harrison a weekend morning shift, 6-8am making \$50-\$100 a weekend, where he learned to take his knocks and think on his feet with the best of them. What he lacked in experience, Harrison quickly made up for in drive and perseverance. "I basically became a 'station rat,' took advantage of all opportunities to learn, helped with shows even when I wasn't working. Bill

saw the desire, and maybe an ounce of talent, and helped me foster that.”

To Harrison’s shock, he lost his mentor and colleague when a plane carrying Teegins and Oklahoma State University athletes went down in a tragic crash. But the lessons learned were never lost on him. “I always tell college kids how many times Bill told me to quit and get out of the business, that it’s a horrible life, being away from family, gone at a moment’s notice—if you take that advice and have to think about it, it’s not for you. But for me, it was a challenge.”

The Moment of Truth

After covering local news and chasing tornadoes, Harrison encountered his first brush with being in the eye of a storm with the bombing of the Federal Building in Oklahoma City. “That profoundly changed everything for me, it put everything in perspective,” he says. “We were on the air for 4-5 days straight, in the biggest news story in the country. At the time, we didn’t even have a pager service, it was before I-phones, so there was a lot of groundwork laid and a lot of lessons learned for being two years out of college... Ever since then, while I love my job, I don’t take

myself or sports or programming quite as seriously. It makes you think about what’s really important.”

The Big Move

When an offer to start a horseracing program called him to LA for auditions in 1999, Harrison was ready. “Though we met in San Antonio, my wife is from Redlands, and we both love the outdoors. I came out here and fell in love with the place.” The deal was sealed when with a couple hours to kill, “knowing nothing about LA, I drove into a parking lot at Manhattan Beach at sundown. There were all these guys in business suits with fancy cars and a surfboard on top, putting on wetsuits, jumping into the sea. Insane. It was not a difficult decision...!”

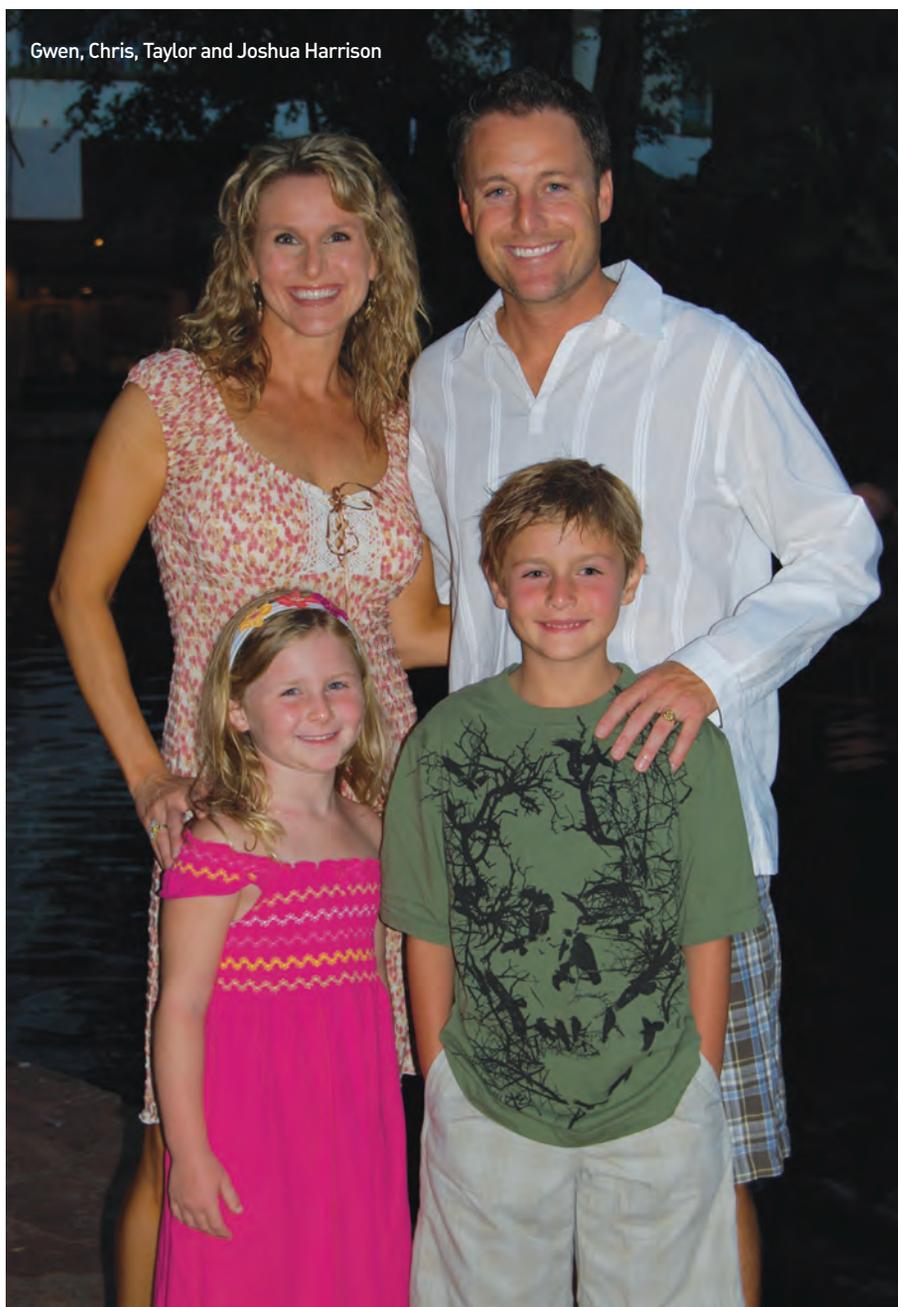
The Payoff

Transitioning to LA, Harrison found himself remarkably well-prepared for the fast lane. “The best part about coming up in local news is, you will never face anything in Hollywood that you haven’t faced before. I used to write, edit, produce and host my own shows—and sometimes shoot! There was nobody else in

There are so many hosts on red carpets or shows where it’s obvious, the only thing they care about is ‘me’ how can I make ‘me’ funny, put ‘me’ center—but I’ve always approached it from the angle, ‘how can I make you look good.’ It takes a certain kind of host to realize you’re not the story.



The Bachelorette Jillian Harris with Bachelors and Chris Harrison



Gwen, Chris, Taylor and Joshua Harrison

the office so you're like a one-man band. Now when I do a show, someone's writing it, someone's doing hair and make-up, someone shoots it, someone else edits it. It's like going from a pony ride to getting into a Porsche." Having just finished an appearance on *Good Day LA*, Harrison recalls his boot-camp training with renewed appreciation. "Sometimes I miss the urgency and excitement of chasing the news story; you got more of a sense of accomplishment. I'm not complaining--it's just different." Still, was it good training for where he is now? "Definitely. Everything I've been through there has been tougher than out here."

The Controversy

If being in the thick of excitement was missing, Harrison surprisingly found himself in the center of a media maelstrom this past year. For those in the dark, the famously matched couple

of Season 13 of *The Bachelor* (Jason and Melissa) broke up on the air at a follow-up segment, and the newly-available bachelor wanted another shot with the previously rejected runner-up (Molly). Viewers were outraged and felt deeply betrayed at what was supposed to be a "fairytale" ending to a well-publicized path through the perfect courtship. In the midst, Harrison found the old truism to hold fast: At some point, the medium became the message, and line between fantasy and reality momentarily blurred. Saddled with the duty to lead the ordeal as the breakup scenario played out, Harrison and producers were accused of manipulation. Says Chris of the accompanying outcry:

"It did get out of hand, I knew it was crazy—it fed off itself, kept growing and growing and it was a great study in human behavior. But you really can't script the outcomes. You can try to predict what will happen, but you just can't tell. For example, in the earlier seasons, I really thought Trista and Ryan (*The Bachelorette*, Season 1) would really work out and they are still together today. On the other hand, Andrew and Jennifer (*The Bachelor*, Season 9) looked like they were going to be a great couple and they didn't match up.

"You don't know why it works, or when it works, but that's the reason why it is successful as a show—there is no gimmick, this is how life goes. That's the genius behind the casting and the process—the viewers can make their guesses and feel like they get to be a part of this happening, and that's why they still care that Trista and Ryan just had

their second baby... it becomes a relationship you care about because you saw it happen."

The Look Back

Having completed 18 seasons with the romance franchise, Harrison says the formula never gets old, "because every season is completely different, you get a fresh slate, and you go into it open minded—the couples really create their own show." Not that there hasn't been some evolution as the show took on its own fame: "During the first days, this was a totally new concept and the couples we had were incredibly innocent--they knew nothing of TV; didn't know what they were getting into. Eight years ago, we just couldn't even fathom remaining on TV to now, where they all come in having publicists," says Harrison, "It has completely evolved and changed!"

{
I will never be that idiot in Hollywood that says I am ‘leaving for creative purposes and do theatre for a change.’ It is so hard to come by a successful show like this—after languishing for a couple years, it is now in the top five again, and I kind of feel like a veteran getting back to the Superbowl.
}

The Future

Now splitting his time in off-seasons with emcee gigs and a “day job” as host of the TV Guide’s *Hollywood 411*, Harrison is perfectly happy to “ride this baby to the bottom of the ocean!” He adds, “I will never be that idiot in Hollywood that says I am ‘leaving for creative purposes and do theatre for a change.’ It is so hard to come by a successful show like this—after languishing for a couple years, it is now in the top five again, and I kind of feel like a veteran getting back to the Superbowl. Back in its heyday, we had over 30 million viewers, but I was so new, I didn’t really appreciate what that meant. Now that I’m older and hopefully wiser, I appreciate my part in it a lot more.”

The Slap Back to Reality

Lest he forget his humble roots, Harrison says his family is sure to keep his feet firmly planted on the ground. “I grew up in a family with not a whole lot of money; entertainment was not a career option, and they couldn’t care less if I did this or took out the trash for a living--my family would still be proud of me. I’ll never forget the night I hosted the 75th anniversary of the Miss America Pageant—it was huge! Three hours of live TV, and I knew I made it, that this was the big time. So I’m sitting there in my penthouse suite, feeling pretty good about myself after a good show, and the next day my brother calls; doesn’t say anything about the show, makes some small talk and says, ‘Oh yeah! I forgot to tell you—I caught the biggest BASS yesterday...’ and that was news around our dinner table. He had no idea where I was or what I was doing—and that’s family for ya!”

The Family

For his part, Harrison couldn’t be happier with his own bride-of-choice, Gwen. “We were college sweethearts, and have been dating since we were 18 years old. We’ve been through it all together—the first job, first house, first time on the red carpet, and 15 years later—I can say it’s been great to have her along! We truly enjoy all those ‘first’ moments together when we find ourselves in new surroundings—we still feel like 18-year-old kids!”

Among the “firsts” enjoyed by the Harrisons

was the birth of son, Joshua, seven years ago, followed two years later by daughter, Taylor. As host of a home and gardening show then, Harrison found his schedule kept him close to home. “How many dads get to just hang out, and raise their kids? It only got crazy later; the Bachelor schedule was a few months on; a few months off. Finally, now that my son is in first grade, my wife kicked me out of the house and I got a regular day job.

His Monday through Friday gig now includes hosting his show on TV Guide daily. “I love it because it’s an hour-long news show, and it gets me back to my roots. We bring in guest celebrities like Carlos Bernard. It’s fun because I really enjoy people, reading about them, learning from them, talking to them... it takes me back to newscasting days.” In his downtime, Harrison coaches soccer and baseball teams for his kids and still has time to kick around a soccer ball for Hollywood United, a league peppered with other industry players like Anthony LaPaglia from “Cold Case.” He also makes appearances hosting various school and community-related events, with the Alliance for the Arts and the Scleroderma Foundation among his charities of choice.

The Place He Calls “Home”

At first settling in Agoura Hills to start their family, the Harrisons have resided in Westlake Village for the past five years, and couldn’t imagine a better place to live. “We love it... there’s a family-friendly, settled vibe and you’re still close to the outdoors.” He might be spotted around town at the local Starbucks, having a chai latte, or biking around Sherwood and the lake. Favorite haunts include Tuscany II Ristorante, and the Calabasas Country Club... “Golf is my most recent addiction, I try to at least play once a week... I call it my ‘aggravated passion!’”

Coming home at the end of the day, Harrison is pleased. “We couldn’t be happier! We’ve had some success business-

wise, and now we’ve been so blessed to have found this community. Westlake is our home—the best hidden treasure anywhere. You know, the more I travel around the world, no matter where I’ve been, when I come home and pull down that driveway I have the same thought: It doesn’t get any better than this, and I wouldn’t trade it for the world.” 

Where have you seen him before? Here’s a line-up of Chris Harrison’s most recent appearances:



- The Bachelor, ABC
- The Bachelorette, ABC
- Hollywood 411, TV Guide Network
- Designers’ Challenge, HGTV
- Mall Masters, Game Show Network
- TVG Network, a horse racing channel
- American Music Awards pre-show, live on ABC
- Miss America Pageant, 75th Anniversary



Portraits of Success



The Semler Family

The Semler Family Wines

By Diana Lyle

Ron Semler is no ordinary man. In 1978 he looked at Saddlerock Ranch – a large 300-acre working ranch above Malibu – and took a gargantuan risk. The land had just been ravaged by the October wild fires driven by the Santa Ana winds. The then-owners of Saddlerock watched everything destroyed as they sought refuge in their swimming pool. The traumatic experience resulted in them leaving and never coming back.

Ron, a single parent at that time, bought the land knowing that he would have to start from scratch and build everything from the ground up. His eldest daughter Tami, who was then 9 years old, loved horses and he instinctively knew that this would be an ideal life for his three children. And it was. Tami would head out riding at sunrise, crossing over the Santa Monica Mountains, and Ron knew she was safe and home when he saw her horse back in the barn at sunset. “In fact,” says Tami (who’s now head of Operations on the

ranch), Dad knew exactly how many friends I had visiting by the number of horses in the barn.”

By the end of the ’70s, Ron had established 13,500 Avocado trees on the property, raising the value of the property to the point where the Federal government couldn’t afford to offer him ‘fair market value’. In 1983 the family home was built and in 1992, necessity became the mother of invention. One million pounds of fruit was wiped out by the ‘big freeze’, and the Semlers had to start from scratch – once again. At that stage they knew nothing about wines, but Ron and wife, Lisa,

did significant research and discovered that wine grapes needed far less water than Avocados, and instead of dying in the cold, they became dormant.

Instead of retreating into self pity at their overnight losses, Lisa and daughters Tami and Tabitha enrolled in classes at UC Davis and spent every weekend arming themselves with knowledge and power while Ron took care of their growing brood of children on the ranch. It was time to learn everything they

In 1996, the Semlers planted 15 acres of Cabernet grapes that were most suitable for the climate and waited patiently. In 2000 they produced their first wines – which were greeted positively by wine connoisseurs.

needed to know about grapes and wine, and Ron credits Tabitha for finally convincing them that the wine business was their destiny.

In 1996, the Semlers planted 15 acres of Cabernet grapes that were most suitable for the climate and waited patiently. In 2000 they produced their first wines – which were greeted positively by wine connoisseurs.

2000 – 2009 became exceptionally busy years for the Semler family empire. Ron and Lisa welcomed their ninth child, Ronit (which means ‘Joy’ in Hebrew), into the world in 2001 and expanded their vineyard acreage to sixty five. Ron and Lisa’s goal now is to take that number up to one-hundred acres. Their application for a fully-fledged winery is in motion and they can’t wait to produce 50,000 gallons of Semler wine. They’re currently selling their wines in twenty

two different states and in 2006, they opened their **Tasting Room**, which is open seven days a week from Memorial Day to Labor Day. They also started a **Wine Club** which now has 1,250 loyal members who enjoy the good wines along with the Semler festivities. The fact is, there are few families who have the kind of energy that makes the Semlers unique.

Lisa Semler is a talented artist who does significant work for a charity named **City Hearts**. Her goal is to expose children - who wouldn’t otherwise have access - to art. Ron and Lisa’s own children are unique and special and they strongly believe in exposing them to positive experiences that are going to equip them to lead more fulfilled lives. Last year they visited their 22-year-old son Shane in Spain where he’s doing an exchange school program while he majors in Global Studies. Another one of their sons, Dakota, is President at Malibu



Vineyards in the sunrise of Semler Wines

High School of *Operation Smile*, which transforms children's smiles and lives across the globe. He will be visiting third-world countries with *Operation Smile*. He's also a vegetarian who's developed a business where trucks use vegetable oil as their alternative fuel source. Ron emphasizes, "Each one of our children has something unique and special to offer the world." Lisa chimes in, "Ashley wants to do art therapy with children, and Devin is in a Telecom Services partnership with Ron." The Semler's 10-year-old twins, Micah and Madison

are part of the happy brood of four children who still live at home. The other five have successfully launched themselves out of the nuclear nest.

The Semlers have a lot of fun on the ranch where humor is evident in so many intriguing places. For a start, the children and their individual characters are all immortalized in bronze statues across the ranch, and Daddy Semler wasn't kidding when he said, "I want some exotic animals." There's E.T. the camel and his progeny; Lisa's birthday present – a zebra –

Semler and Saddlerock Wine Bottles



SAVOR THE SENSES... JUST MINUTES AWAY



WESTLAKE VILLAGE *Inn*

On 17 enchanting acres, just minutes from the Malibu Coastline, the Inn is a Tuscan style oasis of peace, privacy and attention to detail. This European inspired property exudes value with celebrated cuisine, wine maker dinners, corporate retreats and exciting nightlife while providing personalized service that caters to your every need.

31943 Agoura Road, Westlake Village, CA 91361 | 818-889-0230 | westlakevillageinn.com


SUMMIT
HOTELS & RESORTS

who's now pregnant; bison – a reminder of the Chumash history; miniature donkeys, lamas and Scottish Highland cattle. Tami quips dryly, “Hey...my Dad produces great wines and collects children, exotic animals, cars and wagons. Doesn't everybody's?” Tami, whose former goal was to be a contender for the U.S. Equestrian team, has turned her horse passion to breeding Dutch warmbloods instead. She also takes care of the numerous horses that board on the property.

But humor aside, there's also a serious, hard-working side to the Semlers. They recognize that with the good life they enjoy, there's a responsibility to be good custodians of the land, and working hard isn't an option, but a necessity. Lisa says, “Our kids know that money doesn't grow on trees and they have to work to earn the privileges that it brings. They prune and harvest grapes – a tough job even when you know what you're doing.”

Tami shows us the carefully-preserved Chumash picture graphs that were crafted in 1769 in a sequestered cave area. She's deeply respectful of their spiritual and archaeological significance and explains how they've had PhD-program students from UCLA studying the paintings. There are stringent

Our kids know that money doesn't grow on trees and they have to work to earn the privileges that it brings. They prune and harvest grapes – a tough job even when you know what you're doing.

rules in place so that nobody can damage them.

Lisa says earnestly, “We are truly passionate about our lives here and the wines that we produce. We chose this life and we've worked really hard to maintain it. It's a seven-day-a-week commitment.” The Semlers have also adapted. They buy grapes from other vineyards in the Central Coast to produce their Saddlerock wines, which is their second-tier label. Semler is the first-tier label. Ron is in awe of Lisa's knowledge of the climate, soil conditions and her dedication to establishing their label as unique and special. He says, “What I'm so proud of is that we've proven that this area is excellent for grapes. Their quality is right up there with Napa's.”

The close-knit Semler family, whose Thanksgiving table is a sight to behold with its energy and gratitude, intends to insure the successful continuation of the family's legacy. Our response to that is a hearty 'lchaim.' 🍷

www.malibufamilywines.com

Note: Malibu Family Wines is the Semler's DBA. L'chaim is a Hebrew toast.



Your Other Family Doctor.

Quality Neighborhood Care • 24-hour Emergency (On-call Service) • Allergy Care
 Dental Care • Holistic and Western Medicine • Exotic Animal & Bird Wellness Center
 Digital X-Ray and Ultrasound Tecnology • Discounted Prices on Neuter & Spay



Dr. Slaton with Disco

Westlake Village Animal Hospital is a full-service hospital and wellness center. WVAH is at the forefront of technology and holistic medicine. We provide physical diagnostic exams, vaccinations, surgery, pet pharmacy, complete laboratory services, boarding, grooming, acupuncture, chiropractic treatment, and a convenient pick-up and delivery service.

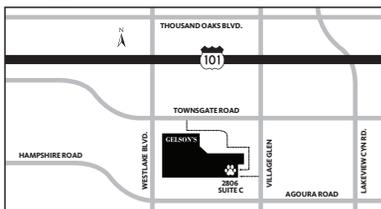
Pick-Up and Delivery Services Now Available



805.497.4900

HOURS: MON-FRI, 8 AM UNTIL 6 PM, SATURDAYS - 8 AM UNTIL 4 PM
 2806 TOWNSGATE ROAD, SUITE C, WESTLAKE VILLAGE
www.westlakevet.com E-mail: BestPetCare@westlakevet.com

Located in Gelson's Westlake Shopping Center off Village Glenn, turn right, enter 2nd driveway. We face Village Glenn



FROM
CLASSIC TO LUXURY

Come on in and we'll take care of you.



“Saving you time, money and getting the job done right, that’s what we are all about.”

Johnny
Assistant Manager



americastire.com

for a location near you.

AMERICA'S
TIRE

He's Done It! Zac Sunderland Circumnavigates the World Solo

Photography by Jen Edney





Portraits of Success

17-year-old Thousand Oaks schoolboy, Zac Sunderland, embarked on his dream journey on June 14, 2008: He left Marina del Rey,

California, to circumnavigate the world solo and become the youngest person to succeed in this gargantuan adventure. The last person to hold the record was Australian-born David Dicks, and as long as Zac returned to California by January 2010 before turning 18 years and 41 days, he would be the new record holder. He's done it!

Zac's year on the water aboard the 36-foot *Intrepid* – braving some potentially life-threatening situations – has been an incredible journey for this remarkably mature, skilled young man. His parents, Laurence and Marianne Sunderland, have been in constant contact with their son, insuring that if he were in serious trouble, there'd be help sent out immediately. Maryann said to Zac while he was on the home stretch back to Marina del Rey, “You realize you're coming in to a hero's welcome. It's like being a rock star.” The response she received was a typical Zac response: **“I'm just an ordinary guy, Mom”.**

But he's not. The variables that Zac had to consider were more than most of us consider in a lifetime. Just on the last home stretch, Zac was trying to beat the Pacific hurricane season; work past Central America, and navigate the potentially treacherous winds and currents off Mexico. But according to Zac, it's been worth every moment. He's coped with the powerful elements while making hundreds of new friends around the world.

On May 29th, 2009, having left the Panama Canal for the final home stretch, Zac said:

“Since leaving Panama on Tuesday afternoon, it has been pretty squally with plenty of lightning. In the Panama port area, I must have passed 80 ships and continued off into light winds for the rest of the night. The next day, the wind filled in and I was able to take a tack out to sea. I battled with light winds – with a few squalls and lightning, but they were not too close to the boat. By mid-day I tacked over up the coast in light winds – still dodging several ships. The new main sail works really great for light wind sailing and is helping me point high into the wind.

I’ve basically had no sleep from watching out for ships for these first 2 days.”

“On Thursday, there were fewer ships and finally - more winds so that I was able to do more sailing, though slowly, up the coast. There were tons of squalls on the horizon and in the evening, a pretty crazy electrical storm. There was a lot of lightning striking all over the place. The time between seeing the lightning bolt and hearing the thunder was about 2 seconds. I put on all my foul weather gear and ended up sleeping in the cockpit. I have heard more than a few stories of sailors near Panama getting hit by lightning. I’ve got all of my hand-held electronics in the





“
The highlights of my trip would have to be my stay in Cape Town, South Africa. The place is beautiful and the people were the most friendly and interesting people I have met. A close second would be my stay on St. Helena Island in the South Atlantic Ocean – for many of the same reasons
”

microwave for protection just in case I am hit.”

“I was visited today by about 20-30 big, dark dolphins. Not sure what kind they are. They look like the bottle-nose dolphins you see in Mexico, but they are darker. They were very curious and hung around *Intrepid* for a few hours. Pretty cool!

We asked Zac to give us the highlights of his journey in terms of places, people and experiences. He responds:

“The highlights of my trip would have to be my stay in Cape Town, South Africa. The place is beautiful and the people were the most friendly and interesting people I have met. A close second would be my stay on St. Helena Island in the South Atlantic Ocean – for many of the same reasons. Interestingly, both of my stops were my longest and I was able to really get to know the places.”

Zac contended with some really scary situations where his good sense and extraordinary skill saved the day.

“The scariest thing that happened to me was when my forestay broke. It is the line that holds the forward-most

sail to the front of the boat. It is a bad thing but even worse in the conditions I was in. I was in the middle of the Indian Ocean with about 20-30 knots of wind. The sea state was huge and choppy. I had to go on deck to try to stabilize the rigging problem for 3 days and nights. Every time I went up on deck I ran a great deal of risk of falling overboard. At the same time, my mast was in danger of breaking due to the lack of support. It is the closest I have come to losing the boat.”

Far beyond the physical accomplishments, Zac believes that this journey has truly solidified his value system and clarified what’s important to him.

“I have really learned how little I need to be happy. Some of the kindest, most generous people I have ever met have been the poorest people with the least to give.”

And of returning home after a year at sea, he says, **“I am looking forward to seeing my old friends and my family, of course. I’m looking forward to relaxing some and living a normal life for a while!”** 



Chatroom

Ex Miss California's Carrie Prejean

To Speak or Not to Speak?



Carrie Prejean was recently fired as Miss California for supposedly not fulfilling her contractual duties and obligations. We're not here to argue the validity of that decision because clearly there were problems in her relationship with her bosses and these are legal issues which we cannot comment about. But the reason we're discussing the recent Miss U.S.A. pageant controversy surrounding Miss California, Carrie Prejean, is simple: the fire that erupted over the question she was asked on gay marriage rights needs to be analyzed because if, as a society, we fail to award each other the tenements of fair-mindedness and respect, our chance of co-existing with each other in a civil manner, is at stake.

The Miss U.S.A. pageant prides itself on choosing contestants for the coveted Miss U.S.A. crown who are 'beautiful', poised, polished, articulate - and somewhat knowledgeable on current events. Most of those attributes cannot be measured in absolutes so there's always going to be some aspect of subjectivity from the judges. (Of course there are people who view beauty pageants as outdated nonsense, but that is a topic for another chatroom.)

The young women vying for the crown are asked significantly difficult and often controversial questions in the final phase of the contest to test if their opinions demonstrate that they are endowed with brains and substance - not just outer beauty. But the problem is that at least 20 years ago, each contestant began to realize that answering the judges' questions with their own opinions was hazardous. The savvy young women soon handed over their opinionated rights to pageant trainers who primed them on what they should and shouldn't say.

What ensued was one of the most 'canned' periods in pageant history where every leggy beauty learned and recited a fixed answer. It was obvious that they were instructed to answer virtually

every question with these 'safe' pieces of fluff. We heard insincere gushes of "oh...I just want to create world peace and hug all the babies because it's so important that we all find a cure for poverty." Every contestant gave the same primed answer through their bright white teeth, and it became a joke. Sandra Bullock played the beauty contestant role hilariously in the 2003 comedy 'Miss Congeniality' where she spoofed a typical beauty pageant reply by saying, "I think they should all be incarcerated.....and.....I want world peace." Her timing was comedic perfection.

Carrie Prejean was a definite front-runner in this year's pageant. She's stunningly-beautiful according to most western beauty standards and she breezed through the contest with ease until Perez Hilton, one of the Miss U.S.A. judges, sealed her fate. He asked her the most politically-charged, controversial question of the evening on gay rights. The question's topic was as controversial as that of the abortion issue. People hold strong views on each topic – views that are driven by their upbringing and core value systems. And the problem with a question like that is that the viewpoints held are often irreconcilable. Neither side is ever going to fully agree with each other. But, if a Miss U.S.A. judge is going to proceed with asking such a loaded and controversial question – where the candidate's viewpoint is being invited - then the judge cannot impose his value system on the answer. That's not being a fair and impartial judge. Perez Hilton, a known gay rights proponent, asked Carrie Prejean, "Do you believe that same-sex marriage rights should be extended to other states in America?" Prejean stood true to her convictions, stating that she believed that marriage should be between a man and a woman. She prefaced her answer by saying, "I mean no offence to anybody but this is what I believe and this is how I was raised in my family."

Perez Hilton's disapproval of her answer was instantly apparent. The next day he publicly referred to Carrie Prejean as a "dumb b----" and on Larry King Live, when he was asked if Prejean's answer hurt her, he said, "Absolutely!" How can you have a Miss U.S.A. judge asking a question on a topic that is couched in his own strong personal beliefs? There is no way that Hilton could be impartial on the topic (nor would we expect him to be because those are his core values) and it turns out that he wasn't. On that fateful night, he gave Prejean a low score that hurt her. It was about as skewed as having a Catholic Bishop ask a contestant if she believes in abortion or not.

It's interesting to note that Barack Obama gave the exact answer as Carrie Prejean a few months ago just before he was elected to the Presidency. He certainly didn't lose the race because of it. So why are we exerting this fireball pressure on a 21-year-old who's barely out of her teens and who's been put on the spot – in front of millions of viewers? That's a loaded question and one that is going to displease people no matter how she answered it. There was no perfect answer there except to side-step the question and give another evasive answer (which would have been politically correct but it wouldn't have reflected her honest opinion). However, given the fire that has erupted over this, future Miss U.S.A contestants will probably return to giving rehearsed, canned answers. It's much safer. Or...perhaps they will be primed not to give safe answers because fires like these get great viewer ratings. The more controversy there is – the more money the organizers and network reap.

A Miss U.S.A. representative should be 'inclusive'. That's a fair and preferable expectation. But we should realize that asking anybody a question on marriage, abortion or embryonic stem cell research is like lighting a match next to dry grass. Had Carrie Prejean given Hilton the answer he wanted to hear, the story would have unfolded quite differently. And the next day when he said to Larry King that he'd really like to sit down with Prejean and share a cup of coffee, what he didn't realize is that with his insulting comments about her, he'd already extinguished the chances of being able to share his opinions with Prejean in a civil discussion. That's a shame because this might have been an opportunity for two people with opposing views to actually listen to each other.

Is the topic of same-sex marriage rights a serious issue? Certainly. Sean Penn used the Academy Awards stage as an opportunity to voice his strong opinions and we respected that. There's no doubt that many people must have applauded his sentiments, and many didn't. But he was allowed the power of free speech, and that's what this country is built on.

But let's be sensible. Miss U.S.A. is not Sean Penn, nor is she Hillary Clinton or anyone's Secretary of State. She's not running for the Presidency. She's a fledgling 21-year-old who's just starting out on life. We're asking these 'girls' questions on the government's bailout plan. They're not economists, nor are they experts in the field.

The follow-up drama after the contest involving Carrie Prejean's appearance in an advertising campaign for traditional marriage is an entirely separate chat session. There we're looking at contractual agreements and legal issues. The same pertains to the drama that unfolded about her scantily-clad pictures. However, it must be said that young, beautiful models are hot commodities for photographers and people who know they can make money off them. There's no end to the amount of manipulation that opportunists and extortionists can and do exert on these impressionable young girls. Put simply: they're flung into a monetary shark tank.

But the topic for this chat session is whether or not Carrie Prejean should or shouldn't have voiced her strong opinion. For starters, it would be beneficial if less-controversial questions were asked of the Miss U.S.A. pageant contestants because at the end of the day, an impersonal public platform like that is apt to cause more harm than good.

Our goal as a society should be to embrace the fact that this country is a melting pot of different cultures, religions and convictions, and instead of bumping heads, we should strive towards honoring other people's consciences and extend the presumption of good faith to each other. But these connections don't happen on a Miss U.S.A. stage. They happen when we are quietly sipping coffee with someone who holds a differing opinion to ours. It's in that calm arena that we learn to listen, discuss issues and develop empathy for each other. And by opening our hearts and our minds to varying opinions, we offer respect to our fellow humans – agreeing sometimes to disagree on sensitive issues. For at the end of the day, there is nothing more civil or more satisfying than the discovery that we share a human commonality that is more powerful and more important than individual differences. 💧



Chatroom

Short Stories About Big People

By Bob Eubanks



Little did I know that next to Woodstock, the Beatles at the Hollywood Bowl 1964 would probably be the most famous concert of all time. Oh, by the way, the ticket prices were from \$3 to \$7.

summer of '64. I had never produced a concert in my life but I figured if there ever was secure investment, it would be the Beatles at the Hollywood Bowl. I didn't have \$25,000 dollars so I walked into a little store-front bank in Woodland Hills, CA. They agreed to loan me the \$25,000 dollars on my house in Hidden Hills. Little did I know that next to Woodstock, the Beatles at the Hollywood Bowl 1964 would probably be the most famous concert of all time. Oh, by the way, the ticket prices were from \$3 to \$7.

One morning in the early '70s I was driving to work and I saw a sign on the back of a taxi that advertised an album by an artist named Tony Cole. My friend, Russ Regan, was then the president of 20th Century Records. I called him and asked, "Who in the hell is Tony Cole?" He told me that I needed to hear this guy!

believe we all have a pot of stew in front of us. Inside that pot of stew are the ingredients of our lives. Mine are no better than yours and yours are no better than mine; they just happen to be the ingredients that make up our lives.

I want to share some of the ingredients from my pot of stew. So here goes, some **Short Stories About Big People.**

The year was 1964; the Beatles had just done the Ed Sullivan Show. I was working at the number 1 Rock N



Roll station in Los Angeles, KRLA, when the Beatles announced that they would be touring America during the



THE PROMENADE
AT WESTLAKE

IN STYLE.
AND IN THE KNOW.

THE PLACE YOU CAN FIND IT ALL...

FINE SHOPPING
DELICIOUS DINING
GOURMET GROCERIES
ENTERTAINMENT



The Grill on the Alley
Bristol Farms
Mann Theatres
Restoration Hardware
Academy Optical Boutique
Brighton Collectibles
Hallmark Creations
Fazio Cleaners

Planet Blue
M. Fredric
Sports Authority
Sur La Table
Barnes & Noble
Madison
Cost Plus
PARTIAL LISTING

THE PROMENADE AT WESTLAKE
LIFE. STYLE. CARUSO

Corner of Westlake Blvd. and Thousand Oaks Blvd.
SHOPPROMENADE.COM 805.497.9861

The Beatles, from left, Paul McCartney, George Harrison, John Lennon and Ringo Starr on drums



So I went straight to Russ's office and he played the album for me. I thought the album was really good so we got his manager on the phone in London. Russ did a big build-up about me and my company (at that time we were managing the careers of Dolly Parton and Barbara Mandrel). He also felt that we would make good American managers for Tony Cole. The Englishman's response was with one stipulation: if we signed Tony Cole

to management, we also had to take a young girl he had just signed. I said 'no way, man; Dolly Parton and Barbara Mandrel are as many blondes as I can handle at one time!' Tony Cole never became a star and the girl he wanted me to sign turned out to be Olivia Newton John.

I had my staff do some research on the family tree for the famous artist, Vincent Van Gogh. Here is what we found: 

His dizzy aunt.....	Verti Gogh	The ballroom dancing aunt	Tang Gogh
The brother who ate prunes.....	Gotta Gogh	The bird-lover uncle	Flamin' Gogh
The brother who worked at a convenience store.....	Stop N Gogh	The fruit-loving cousin	Man Gogh
His magician uncle.....	Where diddy Gogh	An aunt who taught positive thinking.....	Way to Gogh
The grandfather from Yugoslavia	U Gogh	The little bouncy nephew	Poe Gogh
His Mexican cousin.....	A Mee Gogh	A sister who loved disco	Go Gogh
The nephew who drove a stage coach.....	Wells far Gogh	And his niece who travels the country in an RV.....	Winnie Bay Gogh

I saw you smiling – there ya Gogh! I hope you have enjoyed my Short Stories About Big People.

Bringing it all

OUTDOORS

"Exceeded my expectations again."

"Best price, best people, happy, we found you!!"

"You're the BEST!"

WILSHIRE HOME ENTERTAINMENT • 1412 N. Moorpark Rd. (at Janss Rd.) •
Tel: 805 497 7536 • E-mail: info@wilshirehe.com • Web: www.wilshirehe.com

Who wants to be confined indoors? Be part of the action and bring the entertainment outside! At Wilshire Home Entertainment, we understand the value of sharing time with family and friends. We make it easy for you to dream up your ideal outdoor setting, and provide you with an exceptional installation and easy-to-use system, complete with white-glove service and friendly expert technicians. You could be enjoying your outdoor entertainment system this very weekend... The best part? We beat the competition every day. We carry the

same selection of name-brand electronics as the big box stores, as well as state-of-the-art premium products, all at a guaranteed low price. Plus, we'll give you the personalized care and attention you deserve. Come find out why customers rave about us. As part of this community for over 50 years, we'll be here tomorrow and the day after to support your family. Join our *Premier Access Club* and you'll get the perks and privileges of being a part of ours!

Our interactive showroom is open daily—you'll like our friendly staff, and love our prices.

Do it right.

"Your tech support is second to none!"

 **WILSHIRE™**
HOME ENTERTAINMENT





Frameofmind



Stop the world, I want to get off

By Magda Pescariu

Wouldn't that be nice? Sane thinking and such a sweet option, if only possible!

Lately – and I mean in the last year or so – everything in our lives began to spin at crazy and increasingly out-of-control speed. The world – our world, as we've known it so far - has become a loud, chaotic and broken wheel of (mis)fortune, with rules gut-wrenchingly changed overnight. We felt carried away in a carousel we didn't enjoy riding, as we trusted its mechanics and maintenance less and less with each clunking rotation.

Just stop and ponder - jobs re-dimensioned or completely lost; dreams redirected or indefinitely postponed; life-time savings vanished and self-esteems shattered. Think about all the “life-altering” *needs* demoted overnight to *whims* one can easily

live without; long-term plans drastically re-charted and daily strategies abruptly re-mapped. And finally, admit: we have under our belts months of survival in a mad, mad world and not too much to show off as understood, improved or conquered.

Being blessed with relative “normalcy” in our lives so far, and moving forward - jadedly, unhampered - for as long as we care to remember, we fell asleep at the wheel, too confident and too comfortable to pay enough attention to a road unusually bumpy. Unattended, our beliefs and values, our loves and dislikes, our priorities and standards got in a terrible mix-up and morphed into something we could hardly recognize anymore. Frightened and disillusioned, we couldn't even lay the blame for that on anybody else but us.

It's mid-year already, and now we wake up every morning to face another “first” in our lives: we feel toughened up, but very much alone. In the midst of this unprecedented moral, social and economic confusion, the worst feeling we confront is loneliness. For if “money talks”, “money problems” are silent. If beginnings and success are loud and merry, mid-term crisis or flat ends are discreet and repressed.

Scared and scarred, singled out from the dynamic social twirl of the past decades, we find ourselves looking [Continued on page 74](#)

Get Organized... Stay Organized...

Hire a Professional Organizer

We Will Give You Freedom, Peace of Mind, and Intense Relief!



Teine "Dana" Kenney, CPO
certified professional organizer
founder and CEO

organizethis[®]

incorporated

Creating Happy Clients Since 2004

(805) 480-9818 • organizethishome.com



Discreet, Personalized Solutions to LIBERATE YOU From Your Clutter!

Imagine The Possibilities!

BOTOX & FILLERS · PAIN FREE LASER HAIR REMOVAL · FRACTIONAL SKIN
RESURFACING · PHOTO-FACIAL · SKIN TIGHTENING

and our most popular

ACCENT YOUR BODY FOR FAT & CELLULITE REDUCTION

LOSE 40 - 60 POUNDS IN 6 WEEKS
SAFELY & EFFECTIVELY AND KEEP IT OFF!

TANNING BY INJECTION, NOW YOU
DON'T NEED TO RISK SKIN CANCER
OR AGING BEFORE YOUR TIME.



Ultimate Body

a e s t h e t i c s

805 583-2039

Hours: Mon. to Fri. 10am to 6pm
and Sat. By Appointment Only

2 LOCATIONS TO SERVE YOU · SIMI VALLEY & WESTLAKE VILLAGE



Denise Richards

Moving Forward

Let's face it, Denise Richards is very beautiful. No matter what angle the camera shoots her, she's incapable of taking a bad picture. Christopher Ameruso, our photographer, particularly enjoyed shooting Denise because of her ease in front of the camera – and – she was polite and considerate. With her new reality show out, Denise chatted exclusively to us about what's happened in the past and more importantly – how she plans to move forward. What we found is someone who's resolutely determined to surround herself with positivism. Her daughters Sami (5) and Lola (4) are her priorities and joy, and she is focusing on being the best mom that she can be to them.

STORY BY DIANA LYLE • PHOTOGRAPHY BY CHRISTOPHER AMERUSO



The other day we went for a stroll and Lola was bending down to smell the roses. She reminded me how important it is to take time to enjoy the simplest things in life, and to enjoy the moment. My kids helped me through the ordeal with my Mom and all the public humiliation that I dealt with. As I was dealing with all that, I'd return home and the moment I saw their faces, I was able to put everything into perspective. I have two girls to take care of and they need me.

What was your recent experience on *Dancing with the Stars* like?

Dancing with the Stars is one of my favorite shows to watch with my girls. I love seeing celebrities out of their comfort zone – doing something that's very challenging. Being that I am a fan of the show, it was an amazing experience. I wish I'd stayed on longer than I did but it was lots of fun and I met a lot of great people. I had never danced before and in the 6 weeks of rehearsals building up to the show, I noticed a huge change in my body. I fell in love with everything that dance is and started taking Cardio Ballroom classes with the professional teacher, Louis Van Amstel. It doesn't feel like a workout because you're having so much fun.

Your second reality show, *It's Complicated*, is currently being broadcast. What were your objectives with this reality show?

I learned a lot from the first season of the reality show, and I wanted to make this second season different and better. It was shot over a longer period of time, beginning with a New Year's Eve party with Lance Bass in Vegas. In the first season, I was going through a lot with the recent loss of my mom to kidney cancer, and I was going through a very public divorce. This season is about me moving forward and getting on with my life in a positive way. I've always been a very positive person. When you get knocked down, you have to pick yourself up and move forward. You also have to take risks. Any time you act, sing or dance or make changes in your career, there's always a risk attached. A reality show is a risk.

You recently partook in a charity event in Chicago for the Kidney Cancer Association. Tell us about that experience.

The Kidney Cancer Association had an event at Wrigley Field. My mom was a huge Cubs fan. Wrigley Field allowed us to set up a booth to raise awareness for Kidney Cancer. In return, they asked me to sing at the 7th inning stretch. I was terrified but would do anything to raise awareness for this disease – and it was in honor of my mom.

What are you most proud of?

Being a mom. I am so proud of my daughters, Sami and Lola. As soon as I became a mom, I felt complete. It's by far the most fulfilling experience – above anything else – that I've done. My girls have blessed my life. The other day we went for a stroll and Lola was bending down to smell the roses. She reminded me how important it is to take time to enjoy the simplest things in life, and to enjoy the moment. My kids helped me through the ordeal with my Mom and all the public humiliation that I dealt with. As I was dealing with all that, I'd return home and the moment I saw their faces, I was able to put everything into perspective. I have two girls to take care of and

they need me. It's a joy. Oh...and by the way...I do have a career! Before I got into the tabloids, I'd done a lot of movies.

Why do you think there's been so much negativity in the press?

A negative story sells more than a positive story. Furthermore, different people were fueling the magazines and saying different things – for whatever reasons they felt necessary. Maybe it helped them feel better. If it did, then that's their choice. My opinion, though, is that it's better to take the high road. I was hoping that all the tabloid nonsense would blow over soon but it didn't. We've been dealing with it for three years. But at the end of the day, there are two little girls that are involved here and they are my top priority – above anything else. Despite all this, the good news is that I'm doing really well today; I have a great reality show, a good job and my kids are healthy.

You and the girls recently had dinner with Charlie Sheen and Brooke. Where are you and Charlie Sheen at?

Divorce is not an easy thing, especially one that's been as public and horrible as Charlie's and my divorce. It's so important for our daughters to see their parents getting along. I never wanted our conflict to affect the children. They never asked to be born into this, so they should not be bearing the brunt of our choices. It's so much better for them to see that Charlie and I can get along. Furthermore, I honestly think that Charlie's wife, Brooke, is great with my girls and they love her. I've never felt jealous or threatened by my girls' relationship with Brooke. The more they are loved – the better.

Looking back on your life, is there anything – with hindsight – that you would have done differently?

I don't believe in regrets because you learn from different choices and from your mistakes. I absolutely – with hindsight – might have done some things differently and made different choices. But as far as Richie Sambora is concerned, the thing that people misunderstand about that is that both of us had filed divorce papers and were in the process of divorces – and so technically, he was a single man and I was a single woman. He didn't break up my marriage with Charlie, and I didn't break up his marriage with Heather. I hadn't spoken to Heather in months when Richie and I got together. In fact, we'd ended the friendship completely months before – because we're very different people. I have nothing against Heather, but we're just different. The tabloids stated that she was my 'best friend'. She never was. My best friend is and has always been Kim, who's occupied that place for twenty years. If it were any other way, I'd be the first person to admit my mistakes in life; suck it up, and step up to the plate. I can't lie and say that I did something when I didn't.

What are your career stand-outs?

Starship Troopers in 1997 was a huge lucky break for many of us in the film. We had the most fun on the set and the camaraderie was fantastic. The 1999 James Bond movie, **The World is Not Enough** with Pearce Brosnan was another huge highlight. Pearce was amazing. But as an actress, probably the most fulfilling movie I did was

Wild Thing with Kevin Bacon, Bill Murray and John Mc Naughton directing. That was a definite standout. I'll be taking the summer off to spend quality time with my girls. We're planning to visit Hawaii.

Looking forward: What lies ahead?

I did a Bollywood movie which is being released very soon. 



WE CALL IT COMPREHENSIVE DENTISTRY.

Our Patients Call It
Life-Changing.

Dentistry has the potential to do more than restore your oral health. With the right dentist, dentistry can enhance your appearance, improve your overall well-being, and maybe even change your life.



*Patients of
Dr. Kathleen Carson
believe she is the right dentist.*

Offering comprehensive care, from restorative dentistry that returns your smile to function, comfort, and health to cosmetic dentistry that can transform your smile, Dr. Carson has changed the lives of many of her patients.

Are you ready to look and feel your best from head to toe? Call today to schedule your appointment!

Westlake
DENTAL ARTS

the art of exceptional dentistry

Kathleen Carson, DDS

"Kathleen, you are so talented and have made me so happy. I can't believe how much better my smile looks and how much better I feel. I'm smiling more in general. My experience with you and your team was amazing. Not only do I love the results of my dental work, I have also gained friendships in the office that are very special to me."

- Jeannette Dirksen



Humanitarian Award

The Heart Foundation honors celebrity chef Wolfgang Puck with the Steven S. Cohen Humanitarian award



The Heart Foundation at Cedars-Sinai Medical Center, dedicated to raising awareness of heart disease, honored celebrity chef, restaurateur, television personality, businessman and philanthropist Wolfgang Puck with *The Steven S. Cohen Humanitarian Award* on May 30, 2009, at the Beverly Wilshire Hotel. Berry Gordy, who was the 2008 recipient, presented the award. Mayor Antonio Villaraigosa was present, and the evening included a spectacular culinary experience with appearances by special guest chefs. Kelsey Grammer served as Emcee and entertainment included a special comedy performance by Dana Carvey and a spectacular musical program by David Foster. Highlights of the evening's musical entertainment included standing-ovation performances by Michael Bubl  and Charice. Previous Steven S. Cohen Humanitarian Award honorees were present including Berry Gordy, Kirk and Anne Douglas, Marshall Ezralow and Norman Brokaw.

"Wolfgang Puck truly embodies all of the qualities The Steven S. Cohen Humanitarian Award recognizes," said Mark Litman, Chairman of The Heart Foundation and close friend of the late Steven Cohen. "We are honored that he agreed to accept this prestigious award."

The name Wolfgang Puck is synonymous with the best of restaurant hospitality and the ultimate in all aspects of the culinary arts. The famous chef has built a gastronomic empire that encompasses three separate Wolfgang Puck entities: Wolfgang Puck Fine Dining, Wolfgang Puck Catering and Wolfgang Puck Worldwide. Concurrently with his restaurant and catering operations, Wolfgang Puck has made a name for himself as a communicator. He has written six cookbooks and has been a regular guest on ABC's *Good Morning America* since 1986. Wolfgang's syndicated newspaper column, "Wolfgang Puck's Kitchen," appears in over 30 newspapers in the United States and Canada, reaching more than 5.3 million people each week. The chef is known to tens of thousands of television viewers who see him regularly on Home Shopping Network (HSN) where he demonstrates recipes using his growing line of Wolfgang Puck branded housewares.

Central to all of Wolfgang Puck's endeavors



Scenearound

The Heart Foundation's Steven S. Cohen Humanitarian Award Gala

Photography by Thomas Neerken

is his Wolfgang's Eat, Love, Live® (WELL) philosophy. This stands for culinary passion for eating and dining WELL which means a commitment to provide food made with only the freshest and healthiest natural and organic ingredients available, to celebrate local farmers and seasonal ingredients, and to use only humanely-raised animal products.

Puck is actively involved in numerous philanthropic endeavors and charitable organizations, including his own Puck-Lazaroff Charitable Foundation which has raised over \$10 million for Meals-on-Wheels programs of Los Angeles. He is also a major supporter of the American Cancer Society, the Alzheimer's Association, the Special Olympics, the



Mark Litman, Jerry Cohen, Marshall Ezralow, Berry Gordy, Norman Brokaw, Wolfgang Puck, Kirk & Anne Douglas



Dana Carvey



Kirk Douglas, Dr. P.K. Shah, Anne Douglas, Norman Brokaw



Charice and Dr. P.K. Shah



Burt Sugarman, Gelita Puck, Mary Hart, Wolfgang Puck



Guest Chefs



Berry Gordy, David Foster, Wolfgang Puck, Mayor Antonio Villaraigosa



Katherine Jenkins

Cystic Fibrosis Society, Race to Erase MS, Children's Diabetes Foundation, Revlon/UCLA Women's Cancer Research Program and Mazon.

The Heart Foundation's goal is to prevent, cure and eradicate heart disease, the leading cause of death for both men and women in the United States today. To further that end, the foundation supports the groundbreaking cardiac research of Dr. P.K. Shah and his colleagues at Cedars-Sinai Medical Center. Dr. Shah and his colleagues are currently in discussions with the FDA to obtain permission to launch human testing in the last quarter of 2009 of the heart disease vaccine they have developed.

The Heart Foundation was established in 1996 in memory of Steven S. Cohen, an incredible husband, father, son, brother and friend, who lost his life to Sudden Cardiac Death at the age of 35 with no warning signs.

The *Steven S. Cohen Humanitarian Award*, named for the man whose sudden death transformed a community, recognizes outstanding individuals who effect change within their communities and demonstrate a commitment to the betterment of humankind. 

www.TheHeartFoundation.org



Berry Gordy and Wolfgang Puck



Mark Litman, Berry Gordy, Wolfgang Puck, Dr. P.K. Shah, Kelsey Grammer



Wolfgang Puck



Sidney & Joanna Poitier, Maurice Marciano



Michael Bublé, Nicole Purkey, Danielle Abrams, Kylie Abrams



Wolfgang Puck, Jane & Bert Boeckmann



Mark Litman, Wolfgang Puck, Berry Gordy, Dana Carvey, Dr. P.K. Shah

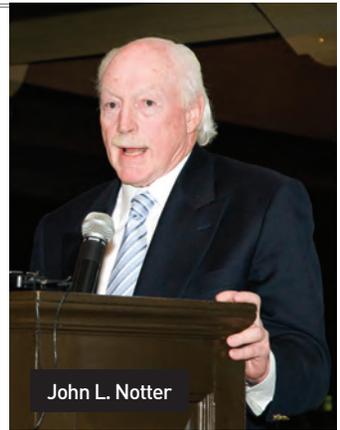


Mark & Tamara Litman, Irving Feintech, Wolfgang Puck, Camille & Kelsey Grammer

City of Hope Educational Forum

Westlake Village Inn Photography® <http://amycantrell.com>

John Notter, developer of Westlake Village Inn and noted entrepreneur, welcomed guests to the City of Hope educational forum at the Westlake Village Inn recently. The focus of the event was the vital role that translational research plays in changing the landscape of cancer care. City of Hope is a leader in this type of research, where discoveries in the laboratory lead to clinical trials, providing patients with new, more effective treatments against cancer. 



John L. Notter



Mr. and Mrs. Lon and Rocky Morton



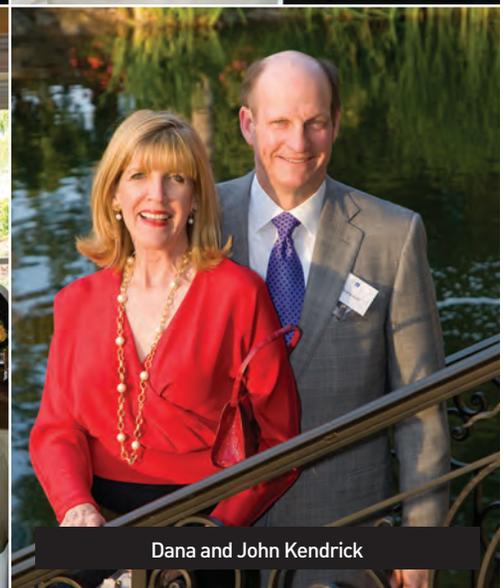
Los Robles Chief of Staff, Dr. Hannah Grossman and Dr. Robert Grossman



Dr. Michael Jensen & Matt Loscalzo



Matt Loscalzo, Linda Martinez, John L. Notter, Dr. Michael Jensen, Amy Commans, Pat Perrott



Dana and John Kendrick



Nancy Reed, Deanna Freeman, Gerry Case & Amy Sosa



Matt Lascolzo & Jeannie and Steve Bartolucci



Cuba UnLibre:

50 Years of US Foreign Policy **By Christine Seisun**

“For 50 years we have been trying to change the Cuban government, the Cuban regime. At the present time, what we have to do is change the emphasis to the Cuban people — because they are going to be the ones who change things in Cuba.”

Francisco J. Hernandez, a veteran of the Bay of Pigs invasion in April 1961 and President of the most powerful lobbying group for Cuban exiles in Miami: the Cuban American National Foundation

The evening of February 6, 1962 President John F. Kennedy called his press secretary Pierre Salinger into his office for a very important task: Salinger was to go out and procure approximately 1,200 Petit Upmann Cuban cigars. The morning following Salinger's triumphant return with President Kennedy's favorite Cuban cigars, the President signed into law an extended and highly-restrictive trade embargo with Cuba – including a ban on Cuban cigars.

The watershed moment of January 1st, 1959 marked the culmination of a seven-year bloody insurgency against Cuban President Fulgencio Batista. The coup d'état was orchestrated by a young charismatic guerilla rebel leader who would soon be known as one of the most notorious politicians of the century: Fidel Alejandro Castro Ruz (or simply Fidel as he is sometimes affectionately called by his supporters). Castro's 1959 Communist revolution in the small island nation of Cuba set off politi-

cal reverberations that are still being felt to this day.

Shortly after taking office and naming himself “President for Life”, Castro began to nationalize US-owned sugar mills in Cuba, spurring subsequent American political retaliation. Cuba's political and economical about-face to a communist way of life was interpreted as a direct threat to the capitalist liberal democracy of the United States. America has since spent the last half-century almost exclusively focused on a policy of isolationism in an effort to effectuate a democratic regime change and improve the human rights situation of the Cuban people. Unfortunately, and despite our best intentions, 50 years of isolationist foreign policy ideology with Cuba has not only failed to produce the intended effect of loosening the communist Castro grip on power but rather, we have more than likely helped fuel the government rationale for the repression of the Cuban people.

When Castro began to quickly nationalize many foreign-owned

companies on the Cuban island, the USA, under President John F. Kennedy, enacted limited trade restrictions as a retaliatory measure. Following the botched 1961 Bay of Pigs invasion, Kennedy signed a much more comprehensive trade embargo that has since been modified via the 1992 Cuban Democracy Act and the 1996 Helms Burton Act. In fact, the American trade (and travel) embargo with Cuba is so strict that it even adheres to foreign-based subsidiaries of US companies and third party countries doing business with Cuba. As an example, under the Helms Burton Act, any ship docking in a Cuban port is barred from the use of American ports for the following 6 months. The Helms-Burton Act was deemed so restrictive that in 1998, the European Union challenged the legality of the piece under the mandate of the World Trade Organization.

It is widely acknowledged that Cuba is one of the most repressive regimes in the world – the Castro government actively stifles all civic activity and the free flow of information amongst its citizenry through detentions, surveillance, infiltration, and intimidation tactics. Despite these mechanisms in place, there are still a number of courageous individuals and groups who continue, despite that intimidation, to press for improvements in fundamental human rights. Regrettably, most dissidents maintain that the sustained sanctions of the United States merely help the Cuban regime justify their repressive measures. By effectively being cut off from much of the economic world due to the far-reaching tenets of our trade embargo, we force Cubans to become completely dependent on the state, thereby inadvertently exacerbating these abuses. The United Nations has even gone so far as to officially condemn the human rights repercussions of the US trade embargo to Cuba.

Ironically, it seems that our policy of isolationism with Cuba has only reinforced the Cuban government's power over its citizens by increasing their dependence on it for every aspect of their livelihood. While Fidel Castro officially ceded power to his brother Raul in 2006, the political landscape remains virtually unchanged

throughout the country.

The manner in which the international community has strived to change the anti-democratic plight of the Cuban people has differed greatly. The European Union has a stellar reputation for constructive engagement with Cuba. The E.U. has long held a policy of critical yet constructive engagement and still maintains the legitimacy to appropriately pressure the Cuban government to obtain the release of political prisoners and push for greater freedoms for Cuban civil society. This form of quiet diplomacy would also simultaneously reduce Cuba's attraction as a rallying point for anti-American sentiment.

Our diplomatic isolation and economic embargo have not toppled Castro, brought democracy to the island, or improved the daily lives of average Cubans. Fifty years after assuming power, the Castro family still retains ultimate political control over the economic, political and socio-cultural way of life of the Cuban people.

On April 13th, President Obama took the first steps in creating a more constructive relationship with Cuba by lifting travel sanctions for Cuban-Americans. President Obama also recently relaxed the strict telecommunications ban the US has had in place for previous decades. This attempt at opening up communications will thereby increase access to cell phones and satellite television, encouraging a more healthy dialogue with the outside world than what is currently filtered through the strict watch of the Cuban government. It is important to remember that we all have a common goal of bringing democracy and human rights to Cuba. Time and time again, history has shown that engagement is what causes progress. Additionally, reducing bilateral tension and expanding areas of cooperation would only further U.S. interests within the region. Senator Dorgan (D-ND) agrees and compares the possibility of engagement with Cuba to previous U.S. engagement with the Asian countries of Vietnam and China.

President George W. Bush's Millennium Challenge Corporation (MCC) launched in 2002 would be an admirable avenue through

which to start making inroads in the slow process of democratization in Cuba. The MCC is an excellent program aimed at creating financial incentives for countries to further bolster their human rights records and democratic processes. It would be most aptly used in the case of Cuba. Let us also not forget that the nation of Cuba represents a nearly \$1 billion market for agricultural goods. This presents an enormous mutually-beneficial opportunity should trade sanctions start to ease.

It will be interesting to monitor whether enhancing the flow of resources – both material and democratic – to the Cuban people – will produce positive change for the betterment of all Cuban lives. Senator Barbara Boxer (D-Ca) stated during a 2002 Senate subcommittee hearing on Consumer Affairs: “The people [we] claim to be helping with [our] policy want the travel ban over. They want the embargo lifted... Who are we representing, anyway, if not the dissidents in Cuba who want an end to dictatorship?” 



A house in Barrio El Fanguito, Cuba



Things we love



◀ The cool Peasant Blouse is back for hot summer days. This one is by 'Magazine'. Available at M. Fredricks and at Sugar on Westlake Blvd.

▶ Beachtime fun with Eco-friendly kids stainless steel water bottles (\$12). Stylish Peace watches (\$32). Available at Hipster Kid. 2903 Agoura Road, WL.V. Tel: (805) 494 0900



◀ 'Jordy' short-sleeved crew rashguard by O'Neill. Available at Val Surf. 3055 E. Thousand Oaks Blvd. \$44.99. Tel: (805) 497 1166. www.valsurf.com



◀ Billabong women's bikini in the latest neon colors. Top: Cougar. Bottom: Spot. \$35.99. Available at Val Surf. 3055 E. Thousand Oaks Blvd. \$44.99. Tel: (805) 497 1166. www.valsurf.com



▲ Bracelet made at the Bead Lounge. 2900 Townsgate Road. WL.V. Tel: (805) 497 8800



◀ Willy's Famous BBQ Sauce 3 flavors shown Mild, Spicy, Turbo also available in NITRO. 16 OZ bottle. Cost is \$10 www.willysbbqandgrill.com 28434 Roadside Drive Agoura Hills, CA 91301

▼ The ultimate 'Love' Chocolate Cheesecake. Available at Tranquility Tea Room. 2527 E. Thousand Oaks Blvd. Tel: (805) 418 9939





What's new in town

The Bead Lounge

The Bead Lounge is new in Westlake Village and it's a creative, fun place for parents and children of all ages. On a hot summer's day, relaxing in this cool store with friends is a great summertime activity. And if you're thinking it's all about plastic boxes full of beads, forget that thought. It's an inspirational place where you can design your own jewelry amid the antique arches and white dishes filled with colorful beads.

This bead store specializes in beads, charms, chains and other items. Anyone can come into this store and create something they have seen in In Style magazine or on a celebrity. The great thing about designing your own jewelry is the price. Jewelry made at the bead lounge will be

half the price of boutique store prices, which makes jewelry affordable for everyone, especially in this economy.

All the jewelry you see at the Bead Lounge is made by the staff. The main goal of the staff is to help everyone who walks into the store with their design and assembly.

The owner, Andrea Jones, feels very strongly about customer service. "There were many times I was interested in a hobby but had no one to show me how to get started. I am interested in sharing my knowledge with everyone, and that is why everyone who works at the Bead Lounge is trained in jewelry making. It is all about the experience, I want everyone to have a great time designing and creating."

Andrea is also a big fan of recycling old jewelry to make new pieces. Bring that

jewelry into The Bead Lounge and let the staff help you create a new fabulous piece.

Having a party at the Bead Lounge is a special event. Children aged six and up can have a beading party to celebrate their birthday. It's a great way to be creative and have fun at the same time. Every child leaves with a unique and beautiful necklace and a memorable experience. Parties aren't just for kids. The Bead Lounge will host parties for adults, as well. While creating unique jewelry, ladies enjoy complimentary wine, cheese and fruit and the store can hold private functions.

The Bead Lounge is also a large supporter of the community. They're available for school donations and fundraisers. 💧

The Bead Lounge
 Village Glen Shopping Center
 2900 Townsgate Rd, Suite 117
 Westlake Village.
 (805)-497-8800

Bead Lounge

Now Open in Westlake Village

Semi precious stones, Swarovski crystals, Czech glass, wood, ceramic, and metal beads, Sterling silver & gold filled charms, chain, findings etc.

Ask about our wire wrapping, bead stringing & knotting classes.

You don't have to know how to bead, you design it and we put it together for you.

Have your next party at The Bead Lounge. We do everything from children's parties to ladies night out

www.thebead-lounge.com

**2900 Townsgate Rd
 Suite 117
 Westlake Village
 805.497.8800**

**4873 Topanga Cyn Bl
 Woodland Hills
 818.704.5656**



Fashionsense



Laura Biagiotti



Mariella Burani

Truth and simplicity in monochrome elegance

Fashion Stage

The Chameleon In The Room **By Magda Pescariu**

Half a year is gone and we haven't stopped once! We cannot remember a single worry-free day, not to even speak of one of sheer boredom. Dream, baby, dream!

For a year now we've struggled, caught in a merciless race whose rules were set as we ran along. Everything around us ended up redesigned, re-dimensioned or repossessed; our truths, beliefs and old ways ended up flung out of the window.

To be honest, the changes haven't been all vile, but they've happened frightfully fast, while our rusted survival skills got back in motion dragging their feet, kicking and screaming.

For lack of a better approach, we changed along - chameleons in mind, if not always at heart as well. It wasn't a choice, nor was it a desire. We simply needed to stay afloat and buy some time to evaluate.

The economic distress seeped into our social life

and, furthermore, into our already shot morale; after-shocks of the Big-Bang-changes rippled through our everyday lives, altering our identity. The traditional gender roles - in decline for a few decades now - finally tumbled to the ground, ass-end over elbows, taking with them taboos we've considered eternal. Things inside couples got complicated (trust me, *nobody* asked for *that*, it came in the package, couldn't be returned!). Bottom line - there were no



Laura Biagiotti

Great couples dress alike

Laura Biagiotti

simple answers anymore.

However - enduring, creative, stubborn and courageous as we are - we prevailed and emerged reinvented. We used everything we knew to boost our bruised self-esteem, to regain our lost confidence and to take back the World by the string. The perfect gateway to mastering this new identity was and always has been, undoubtedly, *fashion*.

Our relationship with fashion this summer is closer than ever. With exotic plans on wish-lists canceled, we use fashion trends to code everything: our self-trans-

formation, our contradictions and even our political statements; our need to impress or rebel, to fit in or stand out, to lead or relax.

In tough economic times, people look to things that are comfortable and familiar; they reconcile with partners and seek harmony within, in a versatile way. The elephant in the room is - and will be for many distressed months to come - a chameleon, and **adept transformation is the rule of the game.**

Fashion has no gender this season; its trends rise above masculine or feminine, **gliding from one to**

the other without becoming asexual or flat. **Her summer style matches his** with subtlety, in a smart empathy.

Here are the **strongest trends** and the failsafe options **for the summer season:**

Blazers and Suits - Regular fashion spots for both genders: this time around they come in a classic, manish design - paired with elegant shirts, vests and even ties.

Wild Wide Pants - in all fabrics imagined (from fluid cotton and light linen, to silk and tulle); worn with classic or shrunken jackets, or - in

cooler summer evenings - with turtlenecks and trench-coats. This is the hottest trend of the season for both men and women, and covers every stretch of the imagination, from harem pants to men's pajamas and back!

Vests and Tailored shorts make a huge comeback, compensating through extravagant fabrics (light wool, jersey, silk or satin-cotton) the restrained tailoring and refined style.

The sexy very short shorts are still *in*, but a must-have only for the beach.

Coats (double-breasted, short or trench-coats) bring



Mariella Burani



Laura Biagiotti

Summer infusion of soft-spoken colors

a note of gallant sophistication that flatters equally the male and female silhouette.

Asymmetry is the password to distinction this summer. **Single-shouldered dresses** play up and down in the easiest way – floral, silky and flirty for hot summer days; monochrome and graceful for evening events. Asymmetry is so much in style that it extends to **bathing suits, bikini** and toga-style beach wraps.

In fact, all **beach fashion** carries on the designers' pet-motifs: intricate **sheer covers, cut-out patterns,**

couth minimalism, and – again – asymmetric lines and **surf-shorts.**

Plunging necklines (who would have thought?) pepper our season's outfits, experimenting with T-shirts, blouses, men's shirts (oh, yes!) and even cardigans (particularly when they are longer than usual and made of silk or fine cashmere).

Colors are silent, calm and restful. We see a lot of **monochrome** styles, lightened with specters of blue, shades of green (from lime to jade), muted nudes, burned orange and pink,

and wonderland dégradées. A beautiful watery effect can be reached by layering our blues and our greens together.

Offsetting the quiet colors, **accessories are bold and remarkable.**

Big, huge **jewelry** – **essentially in yellow and rose gold** – favors all skin types and makes a statement of glamour and joie de vivre. And the touch of *bling* may kindly subsidize a lack of confidence in overly-worried men, too.

Cover thy head this summer! Buy a **hat,** a

head-scarf or distinctive **hair accessory** to individualize yourself in the heated crowd. **Headgear** is creative, daring to use even sequins or lame appliqués for embellishment.

Handbags go smaller and more structured, with a clear vogue of teeny-tiny **clutches** and **long-strapped bags,** slung across the body.

Nose-bleeding heels pay no attention to swollen ankles, fabulously indulging us with a view from the top.

And if your lives still look too plain or boring, have extra fun with **feathers, ruf-**



Laura Biagiotti

Laura Biagiotti

The cunning art of subtly sharing the blues

fles, pleats and dots, fringe and pearls. Mix and match, wake up the inner teenager for the final touch, let go a little! We've seen pearls on men - adorning suits - on the fashion runways. You can't beat that!

All these trends, versatile for both women and men, make this **summer's fashion very realistic, while keeping alive its sensitive and expressive magic.**

Fashion allows us a welcome debouche of **free will and personal style** when everywhere else we feel repressed, manipulated

or boxed in. *What* we wear and *how* we wear it still communicates to the world who we are and where our self is headed.

At the same time, through what we wear, we are a vivid reflection of society as well. Right now our society is pretty bamboozled. It is only natural then, to have its screwed-up theories transpiring in our fashion's swings between feminine and masculine; in our fashion decisions between clever, value-driven purchases and crazy, brand-driven spending.

We live in challenging times today. It's a scary and forsaken battlefield out here. Chameleons are lonely creatures when they change only for camouflage and adjustment. It is when they change their colors for communication and interaction that matters the most. Holding this thought back to fashion and lifestyle – how can we have it all, and eat the cake, too?

This summer, enjoying **life's journey in duet** is the answer. *Partnership*, anyone?

Mix your wardrobes,

switch and borrow with cross-inspiration; enjoy standing out in a crowd *together*. Pick one of his accent colors and make it yours through an entire outfit. Don't shy from letting everybody know who you came with at the big, messy party. There aren't too many left standing in your corner anyway.

And did I mention how fashionable our *shared blues* are? Worry loves company, too, my dear, so this summer we are in *it* together!

Unplug. Let it rest for a sec. Reconnect!



Enviroconscious

Introducing the Eco-Chic Karma

The World's First Luxury Plug-In Hybrid



The 100 mpg (miles per gallon) Fisker Karma is the world's first luxury plug-in hybrid with all the essential components that sports-car aficionados enjoy. It was unveiled at the 2009 North American International Auto Show and its environmentally-friendly disposition has in no way diminished the car's luxury, design or performance. When you consider that more than 60% of America's 200 million drivers travel less than 50 miles per day, the fully-charged Karma will cover 50 miles a day without using a drop of gas.

Venture further and a small, clean-burning gasoline engine re-charges the lithium ion battery pack, powering the electric motor and turning the rear wheels. Created by world-renowned car designer, Henrik Fisker, the Fisker Kar-

ma has a long wheelbase, wide track and low center of gravity. The car's weight is kept down by lightweight aluminum and the low-slung Q-DRIVE® drivetrain configuration and spaceframe provide optimal weight distribution. The Karma's athletic stance offers the driver a unique view of the fenders from the inside of the car, and takes design beyond traditional boundaries.

Karma's sleek design accentuates the long hood, a direct result of the center line positioning of the breakthrough all-new chassis design with the Q-DRIVE® powertrain development. This unique design places the lithium-ion battery pack in a tunnel along the centerline of the vehicle between the two axles, providing optimal vehicle driving dynamics, maximum safety and proportionate design. Says Fisker, "We will still deliver



quality and luxury in our cars through our eco-options, and we will be sure to focus on our sustainable initiatives throughout all of our designs." With zero emissions and zero compromise, we're looking at cleaner consciences here. 

Fisker Automotive was founded in 2007. It's a privately-owned American car company producing premium green automobiles. For more information, go to www.fiskerautomotive.com



2010 Toyota Prius Hybrid

The most Eco-friendly Wallet-saving Option

Anybody who's ever owned a Toyota remarks on its undeniable reliability. Their cars keep going well over 100,000 miles without the headaches that often accompany high-mileage cars. That's not the only accolade that Toyota has earned. They were one of the first car-makers to do something about finding alternative energy sources – and they took the call seriously long before some of their counterparts. In 1997 they launched their first energy-saving Prius hybrid model in Japan and it was available worldwide by 2001. Their third Prius is now out on showroom floors with considerable improvements to the original mark-one version.

The 2010 Toyota Prius boasts a 50-mile-per-gallon level of fuel efficiency and its price is attractive too: the base sticker price is \$21,750 which is \$1,000 less than the cheapest '09 Prius. Factoring in fuel, insurance, repairs and other costs

over five years, *Consumer Reports* calculated that the Prius offered the best overall value of any model on the market. The manufacturers have done an impressive job of redesigning this top-selling hybrid – making it noticeably peppier than the previous versions. It's also surprisingly spacious with rear seats that verge on being really 'roomy'. There's a 21.6 cubic-foot luggage area in the back.

The 2010 Prius' powerplant consists of 1.8-liter, 98-horsepower gasoline engine and two electric motors tied together by a planetary gearset that acts as a continuously variable transmission. Total horsepower is now 134, up from 110 before. It's available in four trim packages: the higher you go, the more techie the offerings. One that should please many is the \$3,600 **Solar Roof Package** which includes a navigation system as well as a moon-roof and a solar-powered system that cools the car when it's parked on hot days. The \$4,500 Advanced Technology Package

includes the navigation system as well as a dynamic cruise-control system, lane departure alert, and Intelligent Parking Assist – which more or less parallel-parks the car automatically. The top-of-the-line Prius adds 17-inch alloy wheels, fog lamps and LED headlights.

The 50-miles-per-gallon rating puts the Prius well ahead of its main competitors including Honda's new Insight, the Honda Civic Hybrid, the Ford Fusion Hybrid and the Nissan Altima Hybrid. Other choices of hybrids in the Toyota stable include the ever-popular Camry Hybrid – which does about 33 miles to the gallon. The Toyota Highlander Hybrid offers 50% better fuel efficiency in the city than its gasoline counterpart. And since we're a nation of SUV lovers, that's a better alternative if you're piling kids and sport equipment into your vehicle. The government hasn't yet crash-tested the 2010 Prius, but the previous model had four and five-star ratings in all categories. 

Thousand Oaks Toyota
2401 Thousand Oaks Blvd.
Thousand Oaks, CA 91362
(866) 809 6600
www.totoyota.com

Bentzen Levin Real Estate and Malibu Market & Design

By Diana Lyle



Most of us have chosen to live in southern California because we prefer blue skies, warm weather and the soothing sounds of the ocean to tornadoes and sub-zero temperatures. Eytan Levin is the quintessential Californian prototype. Athletic, tanned and relaxed, he's created a business model that requires 24/7 attention, but because he's utilizing his talents and fulfilling his passions, it doesn't seem like work. The always-energetic, good-humored Eytan possesses an uncanny Real Estate knack: the ability to look at a property and visualize exactly how it can be re-modeled and turned around - without breaking the bank. Where others see walls, he sees massive potential.



And people who have bought real estate from Eytan through the years have ultimately reaped substantial dividends – not only in the lifestyle he’s helped them create in their homes, but in the ways he’s enhanced the value of their properties. With a track record of success behind him, Eytan and business partner, Katie Bentzen, launched ***Bentzen Levin Real Estate*** a little over two years ago. Katie came with a vast property pedigree including her well-known book, ***Buy the Beach. How to Make Millions in Malibu Real Estate***.

Shortly afterwards, Eytan and his childhood friend bought a one-and-a-half acre property on Pacific Coast Highway and re-hauled it impressively to create ***Malibu Market and Design***. It’s the ideal complement to ***Bentzen and Levin Real Estate***. Clients can make full use of the interior/exterior furniture and accessories that the design studio offers with advice and guidance from Eytan.

The housing market crisis of the past two years has solidified ***Bentzen and Levin Real Estate’s*** reputation as major property players in this area. Instead of being knocked, they’ve grown strongly with a reputation for knowing the housing market exceptionally well. Currently, interest rates are at an all-time low; property prices have dropped, and Eytan has already calculated how the next five years will play out. Put simply: the beginning of 2010 will be a purchaser’s dream period to buy.

Eytan’s refurbishing style is distinctive. He thrives on uncluttered minimalism and because of his love for the sun, water and the great outdoors, he has a knack for being able to extend the interior living space into the outdoors area so as to really take advantage of the Southern Californian weather. If you think about being on vacation at some dreamy tropical island with big glass doors opening onto a beach setting, then you’ve essentially got inside Eytan’s creative head. There’s a really cool relaxation vibe to his vision. He’ll extend a clean, white interior living space onto a patio with comfortable outdoor furniture where you can hang out sipping a pineapple cocktail. The flow of the interior out to the exterior will be done seamlessly – taking advantage of every square foot available. Three of Eytan’s homes are





showcased in this editorial and all three accentuate the good life that he's adept at creating.

While Eytan's beach paradises are famous, he's dexterous with all architectural types. He'll import light and clever open spaces into a classical Tuscan home.

The contrasting complements of dark woods and white are visually appealing and Eytan knows how to retain the old-world warmth while blending it in with the modern. He's particularly good at being able to read what his clients really want. I put him on the spot by

asking him what he thought my taste would be, and he hit the nail on the head. Equally as important, Eytan doesn't have an elitist attitude. While many of his homes fall into the luxury category, he's completely unpretentious when it comes to finding an inexpensive home for his clients and helping them to make something extraordinary of it within a strict budget.

At the end of the economic day, property is still one of the wisest investments and Eytan Levin will guide you with his good-natured ease to make sure that you reap the rewards of your investment down the road.

◀ Broad Beach Designer Home

This designer home at Broad Beach is nestled in a bluff above the beautiful Pacific Ocean. The beautiful vacation home has private-gate access. Additional rooms include a pool house/extra guest quarters with a separate kitchen and bath featuring a large glass shower. The large pool and spa are set among the perfectly-landscaped grounds, which include two large decks. The upper deck is the perfect setting for outside dining with plenty of seating.

The lower deck is half way down the private steps to the beach and is the perfect location to view the surf during the day or enjoy a romantic sunset at night. Should you prefer the ambience and intimacy of a late night, the deck is equipped with beach lights that illuminate the sand and surf. Inside the home are large glass windows that recede into the wall leaving a 30-foot opening that allows the ocean breeze into this unique vacation home. Top designer Patricia Carlyle Hewitt used her famous expertise to decorate this one-of-a-kind beach home.



Broad Beach master bedroom



Living Room



33428 Pacific Coast Highway ▶

This unique and private **Oceanfront Estate overlooks its own gorgeous 125-ft wide, dry sandy beach**, and boasts spectacular ocean and panoramic whitewater views from Point Dume to the Channel Islands . The **3,500 sq. ft. smooth stucco, contemporary, Main House sits on 1 acre of land, with an additional 425 sq. ft. Guest House, and an attached 480 sq. ft. two-vehicle car port**. There are also **2 private direct accesses to the beach (funicular and stairs)**. The main house has over 80 ft of glass walls, all overlooking the ocean. 10 ft ceiling heights run throughout the main house as well as 8-ft tall solid core teak doors. The **kitchen has custom teak wood cabinets with top-of-the-line appliances**. The outdoor patio area is covered with Pau Lope (Brazilian Ironwood) and hardscaping covered with Pennsylvania Bluestone. The Estate is technologically advanced and fully automated to serve all your media needs. From the moment you enter the Estate, you can instruct the home to do most anything you want.

Bentzen Levin Real Estate
www.BentzenLevin.com
Eytan@bentzenlevin.com
(310) 456 0220

Malibu Market & Design
www.malibumarket.net
info@malibumarket.net
(310) 317 9922

Backyard and deck at sunset



Dining Room



View looking west

The Robin Stater Home Design Touch

By Diana Lyle

Mammoth Mountain has been our weekend pleasure retreat for a while now. The combination of perfect ski conditions and fresh mountain air is invigorating. However, it's not often that one returns from a weekend vacation highly motivated to seek out the designer of the house wherein we stayed because - in-between relaxing and chilling out with a good book, I kept admiring our host's exquisite mountain home while thinking: How did they know to put that there? Where did they find that fabric? How do they know that kids love corners like that? Who would have thought to blend that in with that color? It was a weekend of luxuriating in the perfection of the design layout; the careful use of space throughout the house, and marveling at the irrefutable creative gift evident in the home's interior designer, Robin Stater.

So I tracked her down at her Mammoth Lake's *Sierra Design Studio* (where she's established an impeccable reputation for the past 21 years) to find that she has just opened up a Design Studio in Malibu. What luck! She's now here in our midst. Robin's attraction to this area was motivated by our natural, outdoors lifestyle that leans towards an unpretentious, relaxed style. She explains, "People here are aware and conscientious about the environment, similar to the Sierra mountain lifestyle where people embrace their surroundings and meld it into the interior of their homes. It's comforting to see the similarities."

Robin has traveled extensively, particularly in Europe where Italian and French architecture have impacted her. Her home in the Eastern Sierras is a 1936 Italian villa which she lovingly restored and renovated while retaining the original design. Amongst her other significant achievements is a famous



Luxury Mountain Home. Leather and fabric sofas atop Tufenkian carpet. Leather wing chairs. Floor to ceiling drapery with motorized shades.





Stone fireplace, architecture by Elliott Brainard, construction Preschutti Construction, Interior design; Robin Stater.

20,000-square-foot Westlake home which she worked on for a year. Her traditional, classical good taste is reflected in the home's elegance.

Robin has an all-encompassing sensibility about a home and is particularly good at retaining that natural, cozy feel. Her mountain décor is famous, but she's dexterous in any environment and is currently creating her special touch in homes that overlook the ocean. But it's not her taste that she's imposing on her clients. "Rather", she says, "I have an intuitive ability to read and interpret my clients. Once I've done that, I set out to manifest a home that reflects who they are." In one of her Mammoth Lakes' projects, she set out to create a vacation home for a



Mauna Kea home on the Big Island. Cork wallpaper



The penthouse; soft brown and orange colors, custom upholstered window seat. Bedding Eastern Accents



Room with a view. Curved sectional on Tibetan carpet. Cranberry-painted coffee table. Leather chair and old hickory game table and chairs.

three-generation family. The end-result was a design masterpiece where every generation had their comfortable retreat areas.

Robin's enhanced visualization skills allow her the capacity to walk into a house and intuitively know how she's going to achieve the finished product. She's also pragmatically practical and enjoys the opportunity to be able to work with architects – having had substantial construction experience in her 21-year career. She's figured out every aspect of the systematic process, having taken on several design challenges and brought them successfully through to fruition. Robin is also professional enough to know when not to intrude. "At the end of the day," she says, "I'm only here to help everybody achieve the best result and so I come forward and step back where needed."

The home wherein we enjoyed our Mam-



Robin Stater

moth Mountain vacation is one of many testimonies to Robin's work. Robert and Jennifer Lopata, our hosts and local Hidden Hills residents who own the Mammoth Mountain vacation home, volunteered this praise of Robin: "Robin was absolutely instrumental in the design and development of our home – from the ground up! We find ourselves walking through our home with guests, demonstrating what might have been had Robin not

suggested essential architectural modifications during the initial planning stages. The result is a testimony to her vision and sensitivity to our personal style. It is rare to find a designer who commits herself so entirely to a project from the beginning to its completion. Of course, the relationship never ends, as Robin continues to be a trusted friend and consultant for our continuing design needs." 🌿

Robin Stater: (310) 330 6197
Sierra Design Studio
Malibu City Hall
23805 Stuart Ranch Road, Ste 100
Malibu, CA 90265
550 Old Mammoth Road
Mammoth Lakes, CA 93546
760-934-4122
E-Mail: robin@sierradesignstudio.com
www.sierradesignstudio.com



Moneysmart



Controlling Your Financial Future

By Doug De Groot

NOT A TIME FOR INVESTMENT SOLUTIONS

We have been trained by a generation of extraordinary stock and bond market returns to rely on investment performance to help us achieve our financial goals. We have had an investing tailwind at our backs for most of our financial lifetimes, but what if we cannot count on investment solutions alone to secure our financial goals? What if the great secular bull market that started in 1982 and that has formed most of our ideas and attitudes about investing is over? What if the

By far, some of the most successful investors in the world are large endowments, foundations and pensions. Their track records for success significantly outweigh those of individual investors. So what is the key to their outsized success compared to individual investors?

future is nothing like the past?

In these markets, it is normal to focus on investment performance but what should we reasonably expect from a market that may well be the worst we will experience in our lifetimes? The market disintegration of 2008 has taught us one very valuable lesson: sometimes diversification is not the answer. Across every asset class and investment type, the results were the same; Stocks and bonds, large companies and small companies, growth stocks and value stocks, US and international; the markets all

declined in tandem. Even gold and other commodities, the traditional ‘safe haven’ investments collapsed, and supposedly safe hedge funds, whose job was to protect portfolios from markets such as these, imploded. It is natural in markets like this to want to seek shelter and prevent additional losses to our nest eggs, but is that really the best course of action?

RISK IS NOT THE ONLY LEVER

Recall back to how your investment portfolio was first constructed. Odds are, you completed a ‘Risk Tolerance Questionnaire’. Some of these questionnaires are very basic, yet some go as far as to involve psychometrics and other complex theories. Regardless of the substance of the questionnaire, they are all attempting to answer one question: What is your threshold for risk (or better stated – pain) in your investment portfolio? With that information, many individuals make assumptions about what to expect with their investments over the long term.

But what happens if you feel you can ‘tolerate’ a certain level of risk, but everything you want to accomplish financially can be done with less risk? What happens if the expected growth you were hoping to receive for the risk you were taking didn’t materialize for several years? What happens if in fact you experience a period where history is no guide, and none of the old rules apply?

Here is the problem. Wall Street didn’t know the answer to these questions because they only considered one factor – your risk (at a single moment in time), and most of these tools have been developed and used while we have been in a bull market. The problem with this is that there are more factors, or control levers, than simply risk tolerance that can affect your ability to achieve the financial and lifestyle desires of you and your family. In essence, by focusing on only one aspect of your financial life and ignoring these other levers, you have fewer alternatives and less flexibility to adapt to unusual circumstances.

THE MASTER PLAN

By far, some of the most successful investors in the world are large endowments, foundations and pensions. Their track records for success significantly outweigh those of individual investors. So what is the key to their outsized success compared to individual investors?

The answer for the most success-

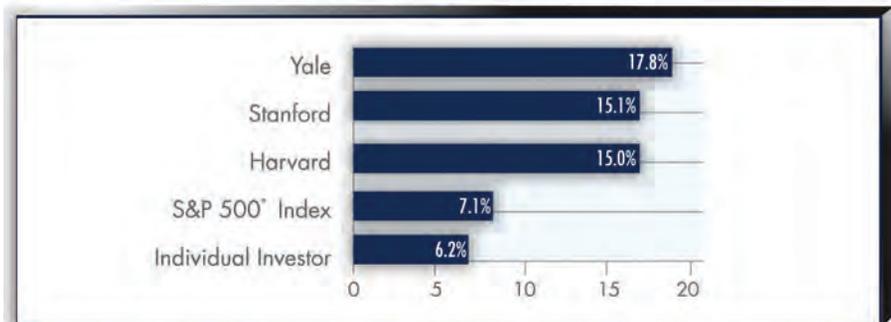
ful institutions in the world is not the investment solutions they use.

The major contributor to their success is the process they use to make decisions. It is in the development and implementation of a Master Plan.

This is a strict, ongoing discipline that focuses exclusively on factors that they can control.

As most pensions, endowments

10-YEAR AVERAGE ANNUALIZED RETURN OF UNIVERSITY ENDOWMENTS



Source: Yale University Office of Public Affairs, Stanford Management Company, Harvard Management Company and DALBAR. According to DALBAR, the average equity fund investor earned 10-Year Average Annualized Returns of 4.5% as of December 31, 2007. Average stock investor performance was used from a DALBAR study, Quantitative Analysis of Investor Behavior (QAIB 12/2007). QAIB calculates investor returns as the change in assets after excluding sales, redemptions and exchanges. This method of calculation captures realized and unrealized capital gains, dividends, interest, trading costs, sales charges, fees, expenses and any other costs. The 10-year Average Annualized Returns for the S&P 500® Index was 3.50% as of 3/31/08. Past performance is no guarantee of future results.



or foundations start by designing a Master Plan, a similar approach can be established for individuals and their families. This living document, that includes assumptions about contributions, spending, timing and risk (factors that can be controlled), provides a financial snapshot of the current structure and funding status of the Plan.

Over time, the Plan is measured

those still working full time, timing may be the greatest driver. When one lever is pulled, it ultimately affects the others. **In any event, risk without the context of the other factors, is almost never the greatest driver behind a successful plan.**

Each and every conversation regarding your investments should begin with an analysis of the Plan

make difficult decisions. Sometimes changes will be market driven, while at other times they will be lifestyle driven. The Master Plan allows for the 'what-ifs' in life and helps you prepare for the challenges and opportunities that may arise.

Along the way, you must track your 'funded status' and continually re-check your assumptions. This way, you can make incremental changes as appropriate to your control factors and **check your emotions at the door.**

With a world turned upside down and financial malaise and conflict around every corner, now is not the time to simply hope the market will bail you out – nor is it the time for someone to tell you how well your investments are doing 'relative to everyone else' without clear understandable ways in which you need to adapt to this new environment so that your financial future is not at risk. You understand the needs of your family better than anyone else. With all the uncertainty in the world, it's time to take charge of all your personal control levers and design a plan that gives you the confidence that you can live the financial life you want. 

MEASURING YOUR UNIQUE FINANCIAL CONTROL SCORE
Are you in the optimally funded zone?



and 'stress-tested' against an array of market conditions – even those seen in 2008 and worse. The roadmap allows for changes to assumptions, whether foreseen or unforeseen, and shows the consequences of every decision made. It helps make the appropriate trade-offs of the factors that can be controlled and that you and your family value.

For most investors, both institutions and individuals, there are only five aspects of their financial life that they truly control. These five levers make up the assumptions for the Master Plan.

THE INTERACTIVE TRADE-OFF

Depending on the specific circumstances surrounding each plan, and where the plan participants are in their lives, the control levers will behave and have different effects with different outcomes. For those in retirement, the level of spending may have the most effect on the plan. For

and the assumptions, and every major financial decision or unexpected change should prompt a review of the Plan.

Unforeseen events drive the majority of financial

decisions that individuals and families make, often causing emotion to cloud and influence decisions. Think about the way institutions operate. **They have a board of trustees that evaluate their plan and make calm, informed decisions that take into account all of the aspects and consequences of the decisions they are making. Emotions are typically not a part of the mix.**

A Master Plan helps you put the changes into context and make prudent trade offs, based on what you value most and what you can control. There will be times when the choices are easy and the conversations will be exciting; yet there will also be challenging conversations that force us to

United Capital is one of the few national firms that helps individuals design and implement completely customized Master Plans.



Doug De Groot
Managing Director of
United Wealth Management
800 984 3302; (805) 230 0111
<http://www.unitedwmm.com>



United Capital Financial Advisers, Inc. (UCFA) provides advice and makes recommendations based on the needs and circumstances of each client. For clients with managed accounts, UCFA has discretionary authority and makes investment decisions based on the specific needs and circumstances of each client. Investing involves risks and clients should carefully consider their own investment objectives and never rely on any single chart, graph or marketing piece to make decisions. Past performance of markets and other data contained in this presentation are no guarantee or indicator of future results. This is not a solicitation, recommendation, or an offer to buy or sell any securities. Past performance of markets and other data contained in this marketing piece are no guarantee or indicator of future results.

Prime Retail Space Available

Space Available Now
New Building Opens 2010

Prestigious Westlake Village

NWC of Westlake Boulevard and Hampshire Road



- Space available now in existing building
- Retail space from 1,000 to 6,000 sq.ft
- Prime signalized intersection
- Easy access to Ventura (101) Freeway
- Ample free parking
- Surrounding commercial properties include restaurants, offices, hotels, entertainment, banks, and other retail locations



For further information, please contact:

310.231.1270

CRA
CAPITAL
REAL ESTATE
ADVISORS

Glenn Rudy ext. 238
grudy@cra-clr.com

Edward Marek ext. 222
emarek@cra-clr.com

Continued from page 52 around to see in somebody's, in anybody's eyes the clue to reassurance and hope. Who said it would be easy?

Then again, who knew that it would work like a charm, every time we tried it?

For only when looking around with freshly-opened eyes other realizations come to us as well. We take in that we can read someone's face not only to notice the new wrinkles (with empathetic relief), but to really *see* the worry, the sadness, the sleepless nights perfectly matching ours.

This way we recognize our accomplices in survival: a loving partner, a trustworthy friend, a tolerant family, a decent neighbor, a compassionate coworker. Not bad, huh?

We discover, too, that reassurance *is* here for us. Same goes for hope. We've just overlooked the signs while fretting busily over foolish things, with glazy eyes and lazy souls.

Yes, there have been plenty surprises encountered these past months, and most of them proved to be more intriguing than they were unpleasant.

What took me by surprise has been a total lack of fear. "What kind of fool I am?" I asked myself, "to feel so fearless when I have so much to lose? What's wrong with me?"

A moderately courageous person, I felt a lightness of heart completely unjustified by the harsh reality. The fact worried me even more. How was I different, when everybody around me was digging into the heart of the Earth searching for the darkest colors to paint a horrible future perspective?

The answer came to me while on the phone with my father, continents apart, comparing our weekly notes on life (or something like that). It was his laughter that triggered the answer. We shared a good laugh, full of heart and wisdom. Free in an optimism fueled by eight decades of hard life, Dad was teasing our modern fears, mocking the panic-attack theories, and dismissing with rich humor all my stress-related complaints. His common sense switched my light on. Where there is laughter, there is no fear. Still able to have fun and make fun, I was on the best cure available. I was safe.

"If you're going to be able to look back on something and laugh about it, you might as well laugh about it now", they say. Couldn't agree more. In fairness and truth, reality doesn't have to make any sense at all. And it doesn't, 99% of the time. So, when we put our worries and fears into words and joke about them, when we picture them into vivid images and laugh at them, we take back our power. Life *is* a comedy; we just need to be able to look at it like that.

Ancient people believed that laughter was the last stage of desperation. Meaning that you really *had* to help someone only when he was able to laugh at his own misfortune. When he was able to look at it from above, detached from his own sufferance, far beyond fear.

I think they nailed it perfectly. For through laughing at our mistakes, we learn to roll with the punches and to let go, we dare to reinvent ourselves. The moment we chuckle at defeat, we are saved; we can move on to reconsider our dusty standpoints and redesign our lives appropriately.

And here it comes to mind a story often told by one of my best friends. She was traveling through Greece on a romantic Easter vacation, with her fiancé - a gentleman of Greek heritage, and was enjoying the time of her life.

One evening, they were having dinner with his childhood

friends, and she found herself the only woman at the table, surrounded by twelve good-looking men who were talking passionately, reminiscing old tales and anecdotes. After a half hour of everyone politely speaking English and savoring some bottles of red wine, they switched to Greek. She was listening smilingly, without understanding a word, trying hard not to feel left out - a gorgeous, accomplished woman, suddenly like a fish in a tree. Every once in a while she would try to cut in: "What are they saying?" "Oh," her fiancé would answer promptly, "they say you are *so* beautiful."

Her bafflement when telling us the story was hysterical. We were in tears laughing at her delivery. Until one time, when she added pensively: "I don't know what was worse: my isolating ignorance, or the fact that I was happy being told exactly what I wanted to hear?"

Now, how many times in the last years did we feel that things were "all Greek" to us while something was terribly wrong; that our old, decent wishes for accomplishment and fulfillment turned somehow into an ugly, inexplicable, disfiguring greed?

Maybe we've been completely oblivious, bathing in our indefensible ignorance. Maybe some of us red-flagged those behaviors as dangerous only for future reference, and continued on with our lives unperturbed. And maybe others have been just happy to be told by people in charge exactly what they wanted to hear. Well, it didn't last. The wake-up call has been a loud shriek and now everybody is up and aware - with a lot of thinking and feeling to do.

Having said that, what's next? Sure enough, we should stop all the recriminations and overcome our moral missteps. We should put a lid on bickering and futile finger-pointing. Brooding over behavior that outlived its usefulness or defied its purpose is of no help either. And historical naïveté is not an excuse for us anymore.

We better laugh out loud at our punished arrogance and learn a lesson or two for a change. For we wandered far too long, falsely secure in a cocoon of youth's prerogatives. There is a way out, but we have to choose quickly, if not sooner, between the bridges we need to cross and the ones we need to burn. And we must break away with flying colors, once and for all, from our embarrassing, breathtaking gullibility. That is not optional; it is vital.

I've always found people who could poke fun at themselves with liberating ease immensely attractive. Loved even more the intimidatingly handsome men who would take themselves lightly, brushing-off their egos with no-nonsense pizzazz.

I think that the George Clooney-ness of this world is less threatening to us, ordinary people, when its undeniable charm comes spiced up with a good dose of self-deprecating humor.

The treat is equally sexy and healthy. In my mind, it has all the ingredients of a magic cure for our ongoing malaise. I can almost hear the good doctor's advice: please, stay away from arrogance; lower your ignorance levels, for they are dangerous to your well-being; talk less, listen more; open your eyes, your heart and your mind; trust more; pay attention; and avoid indifference at all costs - it's a death trap. Care more about who you are and much less about what you have.

Above all, be *alive*, love and laugh, get back in the saddle, watch the horizon and gallop in the right direction this time! There is a whole illuminated future there, waiting for us to deserve it. Hollywood says it best: "Coming Soon. Don't miss it." Meaning: Don't miss out on it! 



Moneysmart



Seven Steps to an Affordable College Experience

By Robert J. Katch

Find the school that's truly a "best fit" for you, and the school will find more ways to make it affordable. Most students, however, go about the process backwards. With all the focus on getting in, few focus on getting out without significant debt. First, they find the school they want to attend, and then their parents scramble to find a way to pay once they're admitted and offered limited financial help.

The good news for affluent and middle-

class families, especially those that have not set aside enough money for college, is that those who receive the most financial aid are not always the ones that need it. Even if you have a large income, or have significant assets, there are many ways to cut college costs if you know the steps to take.

Qualify for Quality Aid

There are two types of financial aid: need-based and non-need-based. Even if you do not qualify for need-based aid at a less expensive school, you may

qualify for it at a more expensive school. For example, if you're expected to pay \$20,000, and a state school costs \$15,000, you might be expected to foot the entire bill. However, at a private school costing \$45,000, you might qualify for \$25,000 in need-based aid.

Furthermore, even if you don't qualify for any need-based aid, many schools offer great non-need-based aid including grants, scholarships, tuition discounts, and merit money. To keep things simple, we'll call all of these forms of free money "grants." However, regardless of your financial situation, *every* student needs to complete a FAFSA (Free Application for Federal Student Aid) to be considered for both need- *and* non-need-based aid.

STEP 1: Go to FAFSA4caster.ed.gov and click on "Begin Now" in the "Use the

FAFSA4caster B” box to estimate your Expected Family Contribution (EFC).

Begin with the End in Mind

A successful approach is to target schools where you will be a best-fit student. To be a best-fit student, you should be in the top one-third of their freshman class, possess the characteristics and qualifications that make you the type of student they are looking for, and exemplify the school’s mission. A little known bonanza of detailed information known as the Common Data Set is a goldmine of admission and financial aid information.

STEP 2: Using Google, type in the college name and “common data set” and find Part C to analyze the school’s stated admission criteria, including GPA and SAT statistics. Also, view Part F2 to locate programs and activities in which you participate. Finally, review the school’s mission statement. Does it resonate with you? Focus on those schools that are a best fit for you.

Four on the Floor

One of the biggest ways to cut the total cost of a college education is to graduate in 4 years. You’d be surprised at how difficult that can be at many schools. Few schools advertise their 4-year graduation rates, and many schools’ published rates are actually 6-year numbers. The average 4-year graduation rate for all colleges and universities is only 40%, versus 60% in 6 years. Private universities’ average 4-year graduation rates are 70%, versus 30% for public universities.

STEP 3: Go to www.CollegeResults.org/search_basic.aspx and select the school, then click on the “vital statistics” link to see 4 to 6 year graduation rates for your best-fit schools.

Get the Grant

For most students, admission to a respectable college where they will thrive both academically and personally is not the real problem; it’s affordability. Many schools tout that they meet 75-100% of students’ financial need, but when you dig deeper you’ll often find that the need is met with loans. This could leave a graduating student saddled with significant debt. Therefore, your search should focus on schools that provide the largest portion of their financial aid in grants, not loans. You also want to verify that the

school does a good job in continuing to provide grants during years 2-4.

STEP 4: Use the Common Data Set, Part H, for each of your best-fit schools to analyze its total financial aid package. To find the average grant dollars go to Part H2 line (k) for need-based or line (o) for non-need-based students. Further, line (e) and line (n) tell how many need- or non-need-based students received grants, respectively. With a little basic math, you can glean valuable insight into how each school awards financial aid. Then, further focus on those best-fit schools that offer the amount and type of aid you’ll need.

Dollars for Diversity

Admissions officers are all striving for diversity. The term means something slightly different to each college, but regardless, it can be used to your advantage. For example, most engineering and technical colleges are male dominated, so they are looking for more female students; and most schools are filled with in-state students, so they are looking for students from far-away states. Find the schools that want, but lack students like you, and they’ll find you more grant money.

STEP 5: Use the application, admission, and enrollment numbers found in the Common Data Set, Part B2, C1, C7, and F2 to your favor by applying to schools that are looking for students like you. Further, apply to distant schools (Common Data Set, Part F1) who will be excited to receive an application from outside their region.

Application Angles

Aside from the proper completion of the application, it is helpful to apply early, visit the schools if possible, and stay politely in contact with them so they know you’re interested. In addition, there are a few more subtle steps that can increase your financial aid. If you are truly a best-fit for the school, they will not want to lose you to a competitor, especially one in their region. Therefore, consider applying to a known rival school where you’d also be a best fit, and to a reputable, in-state public school where they know you could attend for less. How will they know where else you applied? You filled out the FAFSA in Step 1 and listed the schools you wanted it sent to!

STEP 6: Go to CollegeBoard.com, select your best-fit schools and use the “Find Similar” tab to locate at least one nearby rival school for each of your best-fit schools and apply to them as well. Respectfully mention the competing schools when discussing your financial aid package with your preferred schools.

Funding Fears

Most parents overestimate how savings, retirement, and 529 accounts will cost them financial aid. FAFSA doesn’t even ask about home equity, retirement accounts, or a non-custodial parent’s assets to determine need-based aid. Parental assets, including 529 accounts, only reduce need-based aid by 6% of their value. Parents also underestimate how much flexibility many schools have in awarding grants to their best-fit students, especially if the family’s financial situation has changed. Admissions officers can be very accommodating when they feel they are dealing with reasonable people.

STEP 7: Use 529 plans to save for college and convert traditional custodial accounts (UGMA & UTMA) to 529s. Calmly appeal the financial aid package you’ve been awarded. Don’t treat the discussion as a heated negotiation and don’t oversell the student – admissions officers have seen and heard it all before. Be specific as to the number you’d need to make it work, mention any situation they could empathize with, and offer documentation to support your case.

Competition among students and schools has created a focus on admission to schools with big brand names and impressive rankings. However, if you’re not a best fit for one of these schools, your financial aid package will likely be miserly. Instead, increase your odds of receiving the financial aid you need by following these seven steps to an affordable college experience. 💧



Robert J. Katch is the founder of Manchester Financial, an Investment Counsel/Wealth Management firm located in Westlake Village. For more information call 805-495-4405.

TOO BIG TO FAIL?

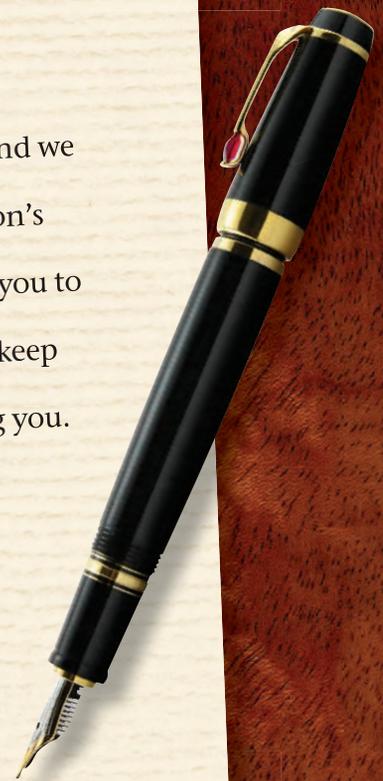
The AIG logo consists of the letters "AIG" in white, bold, sans-serif font, centered within a blue square.The WaMu logo features a yellow square with a blue stylized "W" and "M" symbol on the left, followed by the text "WaMu" in white, bold, sans-serif font.The GM logo is the classic General Motors logo, featuring the letters "GM" in white, bold, sans-serif font, centered within a blue square.The Manchester Financial logo features the word "Manchester" in a large, yellow, serif font, with "FINANCIAL" in a smaller, yellow, sans-serif font below it. The text is set against a green, textured background that resembles a folded piece of paper.

At Manchester Financial, our efficient size is our strength. In this ever-changing economy, we have the flexibility to adjust—a critical characteristic our clients have always depended on from us. Did your advisor make adjustments to your portfolio last fall, or did they just let it fall?

We understand you have worked hard to acquire your wealth, and we work just as hard to protect it. As the founder of one of the region's strongest independent wealth management firms, I encourage you to give me a call. Let's discuss options on the best way possible to keep you wealthy and financially healthy. I look forward to meeting you.

Robert Katch

President





Natasha Richardson

Learning from Natasha Richardson's Skiing Tragedy

The Brain Injury Facts
By Dr. Ian Armstrong (Spinal Neurosurgeon)

The death of Natasha Richardson earlier this year from what should have been a carefree skiing trip to Quebec's Mont Tremblant ski resort, has greatly affected all of us who have followed this tragic story. Its effects have been on many different levels and for many different reasons. As a practicing neurosurgeon who spent 10 years in one of the busiest trauma centers in the country taking care of hundreds of head injuries, I find this story tragic. As a father, husband and family man, it takes my breath away. The pain that must be felt by all of those close to Richardson is inconceivable.

The reasons for the significance of these events to all of us are complex. First, the sudden death of a young, healthy mother and wife, who is in the prime of her life and career, is shocking. She and her family are well known for their significant contributions to the arts and entertainment world, as well as their philanthropic societal impact. Secondly, the circumstances and sequence of events that led to Richardson's death force us to realize that: there but for the grace of God go I. As the facts surrounding the skiing accident have been reported and come to light, it has become clear that this minor head trauma could happen to any one of us and the circumstances could easily be replicated. It could happen to a family member or loved one in any number of common venues: biking, skateboarding, football, soccer, surfing, baseball, basketball – the list is extensive in our outdoors sports-oriented communities of Malibu and Westlake.

This tragedy has forced all of us to ask: **What exactly happened to cause this? Could this happen to me or my family? How do I avoid it or prevent it? What are the signs and symptoms of significant head injury, and what do I look for if a family member has a head injury? Finally, when do I need to go to a doctor or the emergency room?**

The reported sequences of events surrounding this tragedy are important to help understand the pathophysiology of the cause and the issues surrounding head injury in general. Reportedly, Natasha Richardson was taking a lesson on a beginners' slope. She had an observed fall that did not involve any objects such as trees or rocks.

Reportedly, she was smiling and joking after the fall and there had been no report of loss of consciousness. A spokesperson for the resort said that there were no visible signs of significant head trauma and no blood. She was evaluated and escorted by ski patrol. She returned to her hotel. Approximately one hour later, Richardson was not feeling well and reportedly complained of a headache. At 12:43 pm, paramedics were called and arrived at 1:00pm. The patient was taken to a nearby small hospital or infirmary. She then returned to her hotel, arriving back at approximately 1:30 pm. At 2:59 pm, a 911 call was placed and paramedics were summoned. She was taken to a nearby regional hospital. The pursuing sequences of events are not a matter for public record, but the tragic end result is.

The questions are numerous. If this could happen to someone who is surrounded by ski patrol and medical personnel, could this happen to me or a loved one?

The New York City Medical Examiners Office issued a report stating that Natasha Richardson's cause of death was an **epidural hematoma**. An epidural is a relatively common medical problem resulting from head trauma. There are approximately 40,000 cases reported in the U.S. per year. Prognosis is good if the problem is recognized early and treatment is initiated early. The outcome is dependent on early recognition and treatment.

An epidural results from a blow to the head that causes the brain, which essentially 'floats' in cerebrospinal fluid that surrounds it, moving suddenly inside the skull. This trauma to the brain can result in the tearing of a bridging blood vessel and bleeding into the potential space between the skull and the covering of the brain – the dura. In most cases, the bleeding is arterial (1/3 reportedly venous). The term epidural just refers to the location of the hematoma or blood. Epi is a prefix that means 'outside of'. Dura is the thin covering membrane between the skull and the brain. The bleeding can result from minor trauma as in Richardson's case, or it can be associated with major head trauma.

The majority of epidurals are associated with skull fractures (80%) which are classically in the region of the skull that is just above and in front of the ear. In this region, the skull is relatively thin – thus it's susceptible to fractures. Fractures in this region are associated with tears of the middle menigeal artery or one of its branches. One must have a high index of suspicion for an epidural and be vigilant when

there is a blow to the head in this region known as the temporal region of the skull.

When head trauma results in an intracranial bleed where the blood accumulates between the skull and the covering of the brain, the dura, it creates an **epidural hematoma** – which is an expanding blood clot named for its intracranial location. As blood accumulates in the epidural space, it expands and increases in size – putting ever-increasing pressure on the brain. It is the direct pressure on the brain by the expanding blood clot that leads to the progressive constellation of symptoms associated with an **epidural hematoma** – a condition that can eventually lead to coma and death.

If the head trauma that causes the bleed is relatively minor and/or the bleed is relatively slow, this can create or allow for what is known as the 'lucid interval'. Here, the patient has a head injury with or without loss of consciousness and then appears fine with no or minimal symptoms. In most cases, this can last for about an hour or two. Only about 20% of epidurals have this lucid interval. As the blood clot expands, it continues to put pressure on the brain. This growing accumulation of blood causes

the brain to shift and compress – and eventually it pushes the brain from side to side and then downward. This downward shifting of the brain or herniation of the brain puts pressure on the brain stem, which is involved with control of and coordination of breathing, blood pressure and cardiac function. Increasing intracranial pres-

The point of this article is not to glare at a personal tragedy, nor over-analyze or draw conclusions without being completely informed. Instead, the objective is to understand, protect and prevent head injuries since they are the most frequent cause of death in sports-related events and accidents.



sure as a result of the bleed and shift of the brain results in progressive headache, nausea, vomiting, confusion, decreased level of consciousness, mentation changes, drowsiness, lethargy, difficulty arousing or waking the individual – and eventually, coma and death. As the symptoms progress, the patient may develop a dilated pupil (enlarged pupil), usually on the same side as the epidural hematoma. This is frequently why the medical personnel can be seen flashing a light into the eyes of the head-injured patient. The patient may develop weakness or paralysis on one side of the body, usually on the side opposite the hematoma. This is what the medical personnel are looking for when they ask the patient to lift his/her arm or squeeze the examiner's hand. The increasing intracranial pressure, as well as the shifting brain, compresses the blood vessels to the brain, thus impeding circulation to the brain, which results in further brain swelling and more intracranial pressure.

The prognosis is excellent if the head injury is treated aggressively and the epidural is recognized and treated early. Rapid surgical intervention is critical to the outcome. Generally, a CT scan identifies the blood clot and its location. If a patient displays progressive symptoms, rapid surgical intervention is important and life-saving. Surgery involves opening the skull, evacuating the blood clot, which is usually under pressure, and then controlling and stopping the source of bleeding.

Epidurals are a very treatable problem. The key is early recognition and rapid evacuation of the expanding blood clot. The outcome from surgical decompression is directly related to the patient's pre-operative neurological condition. The more awake and alert the patient is - with early signs – the better the outcome. But the patient who is lethargic and obtunded or comatose prior to surgery has a much, much higher mortality rate.

The point of this article is not to glare at a personal tragedy, nor over-analyze or draw conclusions without being completely informed. Instead, the objective is to understand, protect and prevent head injuries since they are the most frequent cause of death in sports-related events and accidents. Head injuries can occur in any sport at any time. A conservative estimate is that 20% of football players in high school suffer from significant head injuries or concussions. Fortunately, there are well-trained personnel who are involved in this well-organized sport – to carefully observe and monitor the situation closely – thus mitigating the risk and protecting the players. The same level of protection doesn't always exist in some other sports.

The brain is one of the most delicate and critical structures in the body. Therefore, we find the brain carefully protected by its surrounding anatomical structures. The brain is protected by the thick bony skull. The dura is a protective layer just inside the skull and the brain floats in a pool of liquid: the cerebral spinal fluid. Head injuries occur as a result of a direct blow to the skull. This can cause an obvious swelling or contusion, a fracture or an underlying brain injury. It is important to realize that a brain injury can also occur as a result of a sudden deceleration or acceleration event without a blow to the head. Here the brain actually strikes the hard skull causing a brain injury. An individual can receive a blow to the head on one side and have a brain injury on the opposite side of the brain which received the direct contact. This is known as a contra-coup injury. Any head injury can result in bleeding in the brain, which can lead to swelling, herniation (brain shifting) and death – as with Natasha Richardson.

A concussion is one of the most common types of head injury and one of the most misunderstood. A concussion is an alteration of mental status or mental function as a result of trauma to the brain. The hallmark signs of a concussion are confusion and amnesia. Importantly, an individual

does not have to have a loss of consciousness to have a concussion. Other signs of a concussion are headache, dizziness, nausea, a blank stare, delayed verbal response to questions; inability to concentrate or follow simple instructions; disorientation to person, place or time; poor coordination or balance; memory loss of surrounding events and poor intellectual function. Concussions are classified by grades 1 through 3. Grade 3, the most serious, is defined by any loss of consciousness. According to the guidelines by the American Academy of Neurology (AAN), with loss of consciousness, the individual should be transported to the hospital for medical evaluation where a CT scan is generally performed.

The symptoms of brain injury that result in an epidural hematoma or other intracranial brain injuries overlap with those symptoms of a concussion. Any patient with any singular symptom such as persistent headache, nausea, vomiting, lethargy, confusion, disorientation or visual complaints should be transported to the hospital and receive further and complete evaluation. Even after medical evaluation, most patients will need to be observed closely for 24 to 48 hours by family members. Patients should be given a 'head injury precaution' instruction sheet at the time of discharge and it should be adhered to carefully.

A very serious, sometimes deadly syndrome that is completely avoidable is the Second Impact Syndrome. This can occur even with a minor head injury and can result in death. After a minor head injury, patients can develop malignant brain swelling. This has been found in patients who have had recent head trauma or recent minor concussion – and they are still symptomatic. It is believed that the first head injury makes the patient's brain more susceptible to further injury from a second impact. The malignant brain swelling that ensues can be lethal. For this reason, any individual who has had a head trauma – even a mild injury – should not return to any activity that could result in another blow to the head until they are completely symptom-free. Most 'return to play' guidelines require a player to be asymptomatic for a set period prior to returning to a sport. The length of mandatory symptom-free interval depends on the severity of the head injury and may range from two weeks to an entire season.

Any discussion on head injury would be incomplete without the mention of helmets. Simply put: helmets save lives. They protect the brain from injury and should be a part of everyone's athletic equipment gear. Whether you race cars or snowboard, helmets are the cheapest insurance you'll ever buy.

All head injuries can be serious with catastrophic effects. Any patient with symptoms - even a minor head injury - must be evaluated and treated appropriately. Hundreds of years before CT scanners and neurosurgery, Hippocrates, the father of medicine, said, ".....no head injury is too trivial to ignore". 



Ian Armstrong, M.D.
Spinal Neurosurgeon
Medical Director: Southern California Spine Institute
www.southerncaliforniaspineinstitute.com
(805) 496 1717
(310) 557 0741

Dr. Ian Armstrong is the Founder and Medical Director of Southern California Spine Institute in Westlake Village, Los Angeles and Bakersfield. He was the Medical Director of Neurosurgical Trauma at Century City Hospital for over 10 years. As well as being Director of Neurosurgical Trauma at Midway Hospital in Los Angeles, he was also a Staff Trauma Neurosurgeon at Cedars-Sinai Hospital – where he was involved with teaching the Surgical Residents. He has written on the topic of head and neck injury as well as lectured coaches, athletes and parents on the topic of sports-related head injuries. Additionally, he's been an on-site Neurosurgical Trauma Specialist for multiple professional and amateur athletic organizations.



Food for Thought:

Fighting back against Age-Related Disease with Good Nutrition **By Gilbert M. Rishton, PhD**

Nutrition and the Syndrome Diseases:

For the last five decades the food and beverage industries have prioritized flavor and shelf life ahead of essential nutrition. Whole foods have been replaced by processed foods often stripped of essential nutrients, oils, and natural fiber. The tastiness, convenience, and abundance of these processed foods ensured wide consumption by generations of people never thinking twice about age-old grandmotherly advice like 'eat your green vegetables' and 'fish is brain food'. Now, in the 21st Century, doctors are increasingly faced with patients who are suffering from obesity and simultaneously presenting symptoms of diabetes, liver disease, and cardiovascular disease. Such combination diseases have been designated as the so-called 'syndrome diseases' and these include 'inflammation syndrome' and 'metabolic syndrome'. While physical activity and reduced caloric intake are vital to good health, it is an oversimplification to say that the syndrome diseases are the result of just an overconsumption of caloric food and a sedentary lifestyle. Importantly,

it is also the omission of certain essential nutrients such as the antioxidants and the omega-3 and omega-6 oils that likely initiates a decades-long cycle of the low level systemic inflammation and oxidative stress that are the basis of obesity, diabetes, and the syndrome diseases.

Antioxidant Superfoods:

Our increasing awareness of the importance of whole foods and the essential nutrients contained in them has created a groundswell of enthusiasm for the antioxidants in green tea, red wine, dark chocolate and other headliner 'superfoods' that will keep Dr. Oz and Dr. Gupta chatting on morning news shows for years to come. One buzz word that might dampen the enthusiasm for some of these supposed superfoods is 'bioavailability'. Do the antioxidants in these foods that are studied in laboratories, the plant chemicals called polyphenols and isoflavones, actually get absorbed into our bloodstream when we consume them? Unfortunately, for many of the most publicized antioxidant-containing

foods, the advertised antioxidant is simply not well-absorbed; not *bioavailable*. Fortunately for us, the most effective and bioavailable of the natural antioxidants occur in foods that are readily available and delicious.

Bioavailable Antioxidants and Essential Oils.

Far and away the most well studied and effective of the natural antioxidants are the carotenoids, a family of plant pigments with chemical structures that are ideally suited to scavenge those trouble-making 'free radicals' and thus protect cells and organs from 'oxidative stress', the foundation mechanism of the syndrome diseases and many diseases of aging. The star of the carotenoid family is astaxanthin, the natural pigment in the flesh of *red salmon*. Astaxanthin is known to be well-absorbed and to localize in the heart, liver, and other vital organs where it protects against the ravages of free radicals. It is the most potent antioxidant known and it has been studied around the world as a natural preventative of cardiovascular disease and liver disease. It is known to make its way into the brain and much study of its effects on age-related cognitive decline is ongoing. It has even been touted in fitness magazines as a reliever of muscle fatigue and even for slowing the formation of wrinkles. *Salmon* is also chock full of omega-3 oils and so truly qualifies as a superfood. Lycopene and lycophyll are found in *tomatoes* and are particularly concentrated in *tomato paste*. These are known to localize in prostate tissue, and have been studied in prostate health and for the prevention of prostate cancer. Two more members of this antioxidant family are lutein and zeaxanthin, each found in *egg yolks* and *leafy green vegetables*, especially *spinach and kale*. These natural antioxidants are known to localize in the eye and are important for normal vision and in the prevention of age-related macular degeneration.

A second family of bioavailable antioxidants is found in Indian curry spice, particularly in the yellow spice *turmeric*. It has been observed that certain populations in India have a later onset of age-related diseases so curry has become a hot topic in the superfoods literature. Curry is not commonly consumed in the Western diet but, as those of us who occasionally dine at an Indian restaurant can attest, curry sauce is a delicious complement to chicken, fish, vegetable dishes and soups.

In addition to the omega-3 fish oils, *avocados, walnuts and almonds* and the oils they contain have recently been demonstrated clinically to provide cardiovascular benefit in the form of favorable plasma lipid profiles. The omega-6 oils found in flax also play an important nutritional role. After decades of consuming unnatural hydrogenated vegetable oils and 'trans fats', our bodies are demanding to have these healthful natural oils replenished.

The Syndrome Diseases

Metabolic syndrome: obesity, diabetes, liver disease, and heart disease

Inflammation syndrome: liver disease, heart disease, arthritis

The Bioavailable Carotenoid Antioxidants

Astaxanthin: red salmon for cardiovascular and liver health, cognition.

Lycopene and lycophyll: tomatoes, tomato paste: prostate health.

Lutein and zeaxanthin: egg yolks, spinach and kale: for promotion of normal vision and prevention of age-related macular degeneration.

Turmeric and turmerones: curry spices: preventative of age-related disease.

The Essential Oils

Omega-3 and Omega-6 oils: red salmon, fatty fish, walnuts, almonds, olive oil, avocados: cell and organ health.

Omega-6 oils: flax seeds and flax oil: cell and organ health.



Nutrition for Cognition.

There has already been a clinical study that has linked metabolic syndrome to an earlier onset of age-related cognitive decline suggesting that oxidative stress and inflammation are the mechanistic underpinnings of progressive memory loss. And, though it is unlikely that cognitive decline is reversible through nutrition after its onset, given years or decades of a healthful antioxidant-rich diet one might minimize the effects of the oxidative stress and so delay the onset of cognitive decline. Furthermore, the above-mentioned bioavailable antioxidants are known to pass through the 'blood-brain barrier' and so likely play a role in protecting brain cells from oxidative stress throughout life.

The Fiber Connection.

We have become increasingly aware that natural fiber is dramatically lacking in many of the processed foods we have been eating for decades. Many of us don't eat nearly enough of the whole vegetables that we should. The result, of course, is the 'irregularity' and the poor digestion that impacts intestinal function and colon health. In an attempt to gain the benefits of fiber, we commonly resort to whole grain breads, pastas, and cereals, but these only add to the veritable avalanche of carbohydrates and caloric simple sugars we ingest daily. A low carbohydrate and high-fiber alternative is the natural plant husk called psyllium which is sold as Metamucil in most stores and as 'Secrets of Psyllium' at Trader Joe's. With just a spoonful or two a day you will enjoy the benefits of natural fiber without all the massive carbo-loading.

Supplements are nice, but...

All of the nutrients discussed here are available in delicious whole foods. While you will be able to find each of them reduced to their various components and sold in powder and capsule form, keep in mind that the creation of a 'pure' supplement removes the nutrient from the natural matrix in which it has been well-absorbed by the human body for thousands of years. So, don't limit yourself to powders and capsules. Go ahead and enjoy a plate full of vegetables or a minestrone soup. Prepare a savory curry sauce. Toss a spinach salad with tomatoes, flax oil and vinegar. Put a thick red sockeye salmon fillet and a colorful array of vegetables on the grill. It will do your body, and your mind, good. 



Gilbert M. Rishton, PhD is a medicinal chemist and Director of the Channel Islands Alzheimer's Institute at California State University, Channel Islands in Camarillo. For more information go to www.csuci.edu/alzheimer/

Culturalpursuits



Emanuele Buono

Parkening International Guitar Competition at Pepperdine University

By Ashlee Bodenhamer

The young classical guitar world's top echelon descended upon Pepperdine University May 28-30, for the 2009 Parkening International Guitar Competition. Culled from 35 applicants, players representing ten countries competed for a grand prize of \$30,000, the highest cash prize for any contest of its kind.

"It's rare to have this high level of musicianship and this type of music together," said guitar aficionado Miguel Munoz, of Los Angeles, who also attended the first Parkening event in 2006. "We're very lucky to have this in our own backyard."

Finalists were determined after a preliminary round consisting of pieces by J.S. Bach, Joaquin Rodrigo, and Enrique Granados. Backed by the Los Angeles Chamber Orchestra, the top three contestants (18-year-old Ian Watt, of Scotland; 21-year-old Emanuele Buono, of Italy; and 29-year-old Juuso Nieminen, of Finland) wowed a hushed audience at Pepperdine's Smothers' Theatre with individual concertos and an encore selection of their choice.

"On any given night, I think any of them could have won," said Brian Head, president of the Guitar Foundation of America and faculty member at USC's

Thornton School of Music. But it was the Turin-born Buono's poetic rendering of *Concerto no.1 in D Major* by Mario Castelnuovo-Tedesco that catapulted him to the gold medal. Head praised Buono's soulful, tender approach, evident even in his interaction with his instrument.

"The guitar is a fragile, quiet instrument, compared to the orchestra, and I think Buono was able somehow to overcome that intrinsic difficulty with guitar concertos," Head noted. Afterwards, at a reception held in the university's Frederick R. Weisman Museum of Art, concertgoers hobnobbed with players and judges, and nibbled on Kobe sliders and choco-



Gold, Silver, and Bronze Medalists with Christopher Parkening at Awards Reception

late mousse.

"I am very happy," an emotional Buono told reporters through his host, Italian transplant and Malibu resident Paolo Consiglio. "It's been a long time since an Italian has won this level of competition." "Seeing him win, it felt like he was our own son," Consiglio beamed. "We are so proud. It was overwhelming."

The triennial event, open to guitarists between the ages of 18 and 30, stemmed from celebrated guitar virtuoso and Pepperdine distinguished professor Christopher Parkening's vision of establishing a guitar competition to rival the great piano and violin contests. "Up until recently, the guitar was considered a mere popular instrument," Parkening explained, "and, as my recording producer said years ago, 'classical music's stepchild.'"

However, due to the mass appeal of the guitar and its versatility—from jazz to rock to flamenco—Parkening sees the instrument "a wonderful vehicle by which we can bring the beauty of classical music to younger generations, mainly because they identify with the instrument."

The grand prize was provided by 95-year-old Dorothy Stotsenberg, of Malibu. "Oh, we love the guitar," the sprightly, petite Stotsenberg said, speaking of her late husband, Edward, who first picked up and began plucking the instrument in his 70s.

Stotsenberg's contributions to the university date back to the 1980s, when,

at the age of 66, she took up competitive running and began training for races. Without a proper track to practice on, she decided to foot the bill to revamp Pepperdine's track.

Contestant Michael Bautista, of San Jose, said the sense of camaraderie among

the players was a welcome change from the insular feel of most competitions, where "you get your time on a list, you play and you're done, and you stay in a hotel." At the Pepperdine event, he said, "you're living together in the dorms with the other guitarists, hanging out, talking about guitars until two in the morning."

Laura Klemke, the event's only female participant, agreed. "There is definitely a sense of friendship among the competitors," she said. Klemke, who traveled to Pepperdine from her home in Germany, said U.S. audiences are more receptive to classical music.

"It's difficult to market classical music, especially classical guitar," second runner-up Nieminen said, lamenting that in his native Finland, teenagers are obsessed with *American Idol* and music that is "not so much about how you play, but rather how you look." However, his genre was not lost on 14-year-old Nick Oddi. "Those guys were amazing," the budding guitarist and freshman at Oaks Christian High School raved, "just ridiculously good at what they do." 🌟

GET connected to camille's favorite resources on faith, parenting, marriage, business, MENTORING, home management, wholesome stuff for kids and TEENS, care & Support groups, recommended books, shopping, DINING and hot spots in the CONEJO valley and beyond!

www.camillesconnection.com

Camille's Connection

connecting the dots of life . . .

Luxurious comfort never
Or on your pocketbook.



WEAR-DATED
Carpet Fiber

 **ALPINE CARP**

SERVICE, SELECTION & VALUE SINCE 1968

WOODBRIDGE
924.995.1311
Nations Carpet One
21847 Queen Blvd

WILSHIREMIST LA
554.900.0844
11241 Wilshire Blvd

CLERK CITY
800.345.1800
1001 S. Maplewood Blvd.

felt so good on your feet,

ALPINE
CARPET ONE.

Service, Selection and Value.

• KARASTAN GALLERY

Karastan

ET ONE FLOOR & HOME

"NEVER UNDERSOLD FOR EQUAL QUALITY"™

THOUSAND OAKS
800.871.5599

2700 E. Thousand Oaks Blvd.

SEND TODAY
800.871.5599

1 to the corner of
E. & W. Streets

[alpinecarpetone](http://alpinecarpetone.com)

.com

© 2004 Alpine Carpet One Floor & Home, Inc.



Travelscapes

French Polynesia

The Most Beautiful Islands on Earth

French Polynesia, just over an 8-hour flight from here, consists of over a hundred islands, the biggest being Tahiti. Writers and artists have been moved to describe or paint their impressions of these islands; James Michener described Bora Bora – about 160 miles northwest of Tahiti – ‘the most beautiful island in the world’. What makes these French Polynesian Islands particularly spectacular is the perfectly clear blue-green water. Divers can see for miles in the clear water and the beauty is simply breath-taking.

Our expert, David Jack, knows these islands intimately well and suggests visiting Rangiroa if you are seeking the best diving experience. What’s important to know is that visitors to French Polynesia have the option of staying in luxurious hotels with first-class facilities or you can rent out a basic two-bedroom house at around \$1,500 a month. The local staff speaks English adequately, so you need not worry about translators. Flights from here to the islands are around \$1,500 per person. There is no sales tax once you arrive there – nor is there any tipping for service. The expense lies in the flight and the level of luxury you choose once you’re there. One thing is for sure: it’s a vacation you’ll never forget. Here’s a round-up of your island choices:





Intercontinental Moorea Local Islanders

Tahiti

This turtle-shaped island, crowned by Polynesia's two highest peaks and skirted by black velvet beaches and pink coral reefs, is the largest of the 118 islands that comprise French Polynesia. It's one of the best romantic destinations with gentle, warm breezes, crystalline blue lagoons, sugar-white beaches, swaying palm trees and the air filled with the fragrance of tropical flowers. Tahitian surfers ride the waves at many points (Kelly Slater has just returned from there), but white sandy beaches are in short supply so if it's lying on the beach you're after.head for these other islands.

Moorea

Often thought to be James Michener's mythical 'Bali Hai', Moorea is an island of savage yet captivating beauty where emerald mountains rise from sandy shores, towering over pineapple plantations, ivory beaches and shady lagoons. Only 12 miles away from Tahiti, the pace of life here is much slower. A lazy, barefoot existence prevails with coral reefs and cascading waterfalls. The waterfront road is dotted by villages, boutiques, restaurants and hotels – and interspersed with uninhabited beaches and secluded coves.

Bora Bora

Undoubtedly the most famous island in Polynesia, Bora Bora is small and stunningly beautiful. Approach it from the air or sea, and you are greeted with a vision.a coral reef dotted with emerald islets encircling the main island like a string of pearls. At the center of this dramatic setting is the chisel-like bulk of Mount Otemanu which rises sharply out of the gentle lagoon – a palette of unimaginable blues and turquoises. Underwater coral formations teem with countless brightly-colored fish. You may well encounter a pod of playful dolphins while an outrigger canoe glides lazily by. Life here is casual, relaxing and blissful.



Romantic Sunsets at Moorea



Dolphins at Moorea

Raiatea and Taha'a

According to legend, Raiatea was the birthplace of the gods. From here the great canoes set out for Hawaii and New Zealand with entire tribes sailing off to colonize new shores. The rare Tiare Apetachi is a flower found here and nowhere else in the world. Taha'a is so named for its numerous plantations of this fragrant plant. While fishing and farming are the local people's livelihoods, visitors are drawn to the pretty beaches and coral gardens.

Huahine

This is the Garden Isle and the cradle of ancient Polynesian culture. Huahine is home to many of Polynesia's most important archaeological sites. This is a tranquil paradise which retains the best of old Polynesia.

Tuamotu Islands

For the Robinson Crusoe experience of your dreams, the Tuamotu Archipelago is the world's largest collection of coral atolls. Rangiroa is the largest of the atolls with its 42-mile long and 16-mile-wide lagoon of incomparable brilliance and color. If you love scuba-diving, this is nature's most extraordinary aquarium. There's also Manihi, Tikehau and Fakarava, a UNESCO nature reserve.

Marquesas Islands

This is the rugged, untamed Marquesas Archipelago, among the most remote islands in the world. The wild cobalt ocean breaks restlessly against the craggy shore. Fertile fiord-like river valleys reach inland, forming sheltered, picturesque bays with sandy beaches where most of the islanders live. 🌊

For more information, visit www.tahiti-tourisme.com or www.Michaelstravel.com



Turtle in Moorea





Business Award

Tommaso Barletta Receives 'Outstanding Business Award'

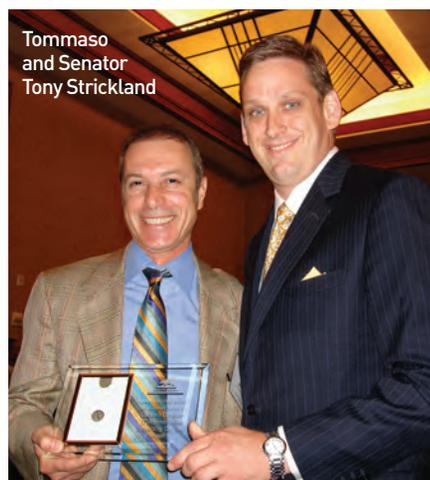


Tommaso Barletta, the owner of Tuscany Il Ristorante, Rustico and Riviera restaurants, was nominated by Senator Tony Strickland (who serves California Senate District 19) for an 'Outstanding Business Award' in entertainment and hospitality. His nomination was based on the award's criteria of someone who operates a small business viably and who serves the community while driving the economy.

Governor Arnold Schwarzenegger presented the award at a luncheon in the state's capital and emphasized how small businesses perform a pivotal role in the success of the Californian economy.

Barletta is well known in the area for his indefatigable hospitality at all three of his restaurants. Tuscany Il Ristorante has been around the longest – over 20 years – and Barletta works tirelessly in perfecting his original idea, which was to create a neighborhood restaurant with a comfortable, homely atmosphere. And during these tough economic times, he's stuck to what works and enhanced the turnkey operations of the business so as to ensure its survivability and the maintenance of quality standards.

This year Barletta was given the Zagat award for Tuscany's – which was rated the top restaurant in Southern California. The award is based on consumer satisfaction. He's received awards for Best Restaurant in Ventura County for the last six years in a row. 🌿



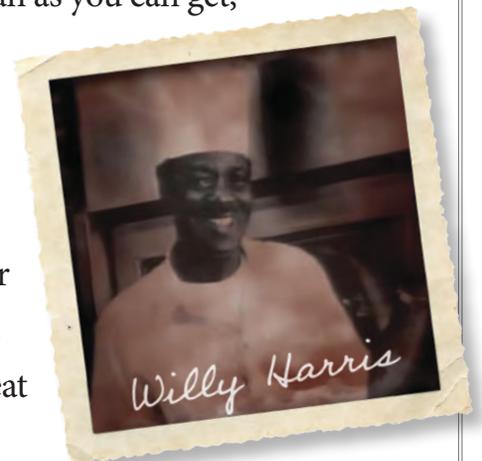
Tommaso
and Senator
Tony Strickland



Willy's Smokehouse Barbeque and Grill

For the All-American Summer

A lunch time or later afternoon barbeque is about as American as you can get, particularly in our part of the world where the weather is 100% compatible with barbeque life. With July 4th upon us and the celebration of everything American, we found *Willy's Smokehouse Barbecue and Grill* an ideal restaurant to feature – not only because your 6 foot 2 teenagers, who are on summer vacation or home from college, will find plenty of lip-smacking protein at Willy's to satisfy their hungry appetites, but because it is steeped in some great Southern American history.





Willy Harris – the restaurant’s namesake – lived in North Carolina back in the 1930s. He was a barbeque connoisseur – looking for the ultimate barbeque recipe. He began traveling the world as a military cook and ultimately became Bob Hope’s personal chef during the famous USO tours. After forty years, he retired and opened a small barbeque place in Tacoma, Washington, where Bob Hope and his friends visited him many times to savor the ol’ taste of Willy’s barbeque and sauce. Willy would always say, “I just want to make good food for good folks.” That’s about as uncomplicated and neighborly as you can get.

In 1986, Willy passed on, leaving behind a void in culinary delight. He had no family, and his recipes were given to his attorney. In the meantime, Dennis Ofsthun, who remembered Willy’s food, decided to venture into the trade. He had no recipes, no smoker, nor any clue on how to do it



like Willy did, but the lingering taste and memory were enough for him to start construction of a small take-out place in 1988. Then one fateful day, Dennis received a call from an attorney who explained that he had the recipes of the late legendary Willy Harris. Not only did he have Willy’s recipes, but he had his smoker! The attorney went on to say, “I’ll give you the smoker. All I want is a place to go and eat the stuff!”

Rib Ticklers opened with great success on the waterfront in Gig Harbor, Washington. Willy’s recipes were instantly adopted, and the packaging and marketing of his sauces led to many awards in various places across the country – and eventually to Saticoy, California. It was in Saticoy where Dennis Ofsthun met Marco Gonzalez – who had a small, successful Mexican restaurant. Chef Marco and Dennis formed a friendship and a business partnership. Their venture with Willy’s

One fateful day, Dennis received a call from an attorney who explained that he had the recipes of the late legendary Willy Harris. Not only did he have Willy’s recipes, but he had his smoker! The attorney went on to say, “I’ll give you the smoker. All I want is a place to go and eat the stuff!”

recipes and famous sauces took over. They won award after award including the prestigious 1996 Champion of the “Best in the West Rib Cook-Off” in Reno Nevada. They’ve also won the “Best-tasting hot sauce on the Planet” competition. But, Marco is quick to point out, “We recognize that not everyone is a hot sauce fan, so we make sure that our sauces cater to every taste bud and there are milder versions.”

In 2005, it was decided that the famous Willy Harris needed to be honored with the restaurant named after him. So, Marco re-located to Agoura Hills where *Willy’s Smokehouse Barbeque and Grill* immortalized its namesake’s reputation. Marco bought out the old ‘Quarterhorse Inn’ on Roadside Drive for this ode to Willy Harris, and the charming set of coincidences continued: Bob Hope used to have a ranch over the hill, and he apparently visited the Quarterhorse Inn on many occasions. It seems that the interconnection between Willy Harris and Bob Hope has come full circle.

Willy’s Smokehouse Barbeque and Grill has won L.A.’s Best Food Award in 2006, 2007 and 2008. Marco and Jackie Gon-



zalez are always on site and they’re open 7 days a week. There’s a great patio to sit out on or you can order convenient take-outs, head home and serve Willy’s barbequed food to your hungry kids who’ve been splashing around in the swimming pool all afternoon. That brings us on to another important point: With tight budgets, a family of four can eat a hearty meal for under \$50. Their signature award-winning items on the menu include their baby-back ribs, smoked pork and smoked brisket.

Marco adds, “Barbeques tend to attract a lot of ‘y’ chromosomes and we’re very aware of that. Therefore, we have plenty

of fresh salads for those who prefer to stay away from meat, and there are a variety of tasty fish items on the menu for those who prefer calorie-light meals.” The salmon and scampi dishes are very tasty.

Willy’s is very supportive of our local community. Apart from supporting our local schools, in 2008, they were the restaurant team sponsor for the men’s U.S.A. Water Polo team that went on to achieve silver medal honors at the Beijing Olympics. They provided the athletes with plenty of lip-smacking food to keep their energy levels in top form.

So it’s American Independence, summer vacation, and time for plenty of outdoor barbequing. But try as we do, our home grills don’t cut it anything like professionally-smoked barbequed meat. And with Willy’s time-honored recipes – including sauces – in the mix, there ain’t nothing like it for hungry, active families. 

Willy’s Smokehouse Barbeque and Grill
28434 Roadside Drive
Agoura Hills, CA 91301
Tel: (818) 991 7227
www.willysbbqandgrill.net



They say people are like their dogs

By Photographer Christopher Ameruso
www.ChrisAphoto.com

Steve Valentine & Ziggy

Ziggy

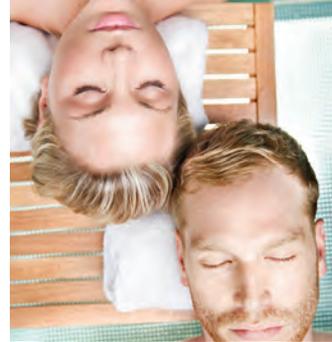
Breed: Chihuahua/Jack Russell (Mutt)
Occupation: Acting up and leaving as much extra hair over dad's house as I can.
Interests: Getting the rest of my pals out of the pound
Favorite pass time: Getting belly rubbed
Favorite movie: BOLT. Hmmm that dude looked just like me
Best known for: Singing on a whim
Upcoming projects: Digging, sniffing, filling time while dad works on all his projects
About my dad: He rescued me; made my life warmer and fuller

Steve

Breed: Scottish/ English/ German (Mutt)
Occupation: Actor, writer, producer
Interests: Magic, acting, writing, animal welfare, my friends, family and my lovely girl Inna.
Favorite pass time: Getting belly rubbed
Favorite movie: The documentary ANVIL rocked, and Ziggy was great in BOLT!
Favorite Book: Just finished DEVIL IN THE WHITE CITY. Fascinating!
Best known for: TV watchers: 'Nigel' on Crossing Jordan. Feeding Ziggy
Upcoming projects: New untitled Disney show, Gourmet Detective, Disney's 'Stone of dreams', Crimeworld, Among Spirits.
About Ziggy: Ziggy rescued me, made my life warmer and fuller; makes me laugh!

Ziggy and Steve want to thank Linda Blair's 'World Heart Foundation'. If it weren't for her selfless efforts, they would never have met! Thanks and Woof.





Medicine of the future, practiced today.

KAREL DOUGLAS VAUGHAN, M.D.

Physician Administered Quality Care Including:

*Spider & Varicose Vein Treatment ✦ Bio-Identical Hormone Analysis & Replacement
Integrative Medicine for the Individual ✦ Precision Migraine Treatment Using Therapeutic Botox*

For Men and Women

PLEASE CALL FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT



1240 S. WESTLAKE BOULEVARD, SUITE 123 WESTLAKE VILLAGE, CALIFORNIA 91361
(805) 495-8305



S O U T H E R N

CALIFORNIA SPINE

I N S T I T U T E

COMPREHENSIVE SPINE CARE

www.southerncaliforniaspineinstitute.com

The Southern California Spine Institute (SCSI) offers a comprehensive, multi-disciplinary approach to the diagnosis and treatment of spine problems. Conservative, non-surgical management is emphasized with the latest in minimally-invasive techniques. Major spinal reconstructive surgery is also offered. Every patient is treated as if they were a family member.

COMPREHENSIVE SPINE CARE

SPINAL CARE SERVICES

- Surgical spine evaluation
- Comprehensive physical medicine/rehabilitation evaluation
- Functional capacity evaluation
- Electro-diagnostic testing
- Work capacity evaluation and job analysis

SURGICAL EXPERTISE

- Spine stabilization/fusion/instrumentation
- Microsurgery
- Percutaneous laser disc decompression
- Minimally-invasive techniques for back pain relief
- Complex spine reconstruction
- Spinal cord tumors
- Artificial disk surgery



EDUCATION

MEDICAL MENTORS— through one-on-one mentoring, SCSI strives to lead, inspire and direct the next generation of those called to medical service.

<http://www.scsimedicalmentors.com>



RESEARCH

Advancing spinal care through research and development

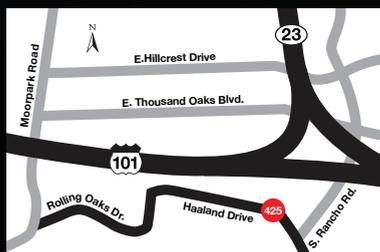


COMMUNITY SERVICE

WE'VE GOT THEIR BACKS— developed so SCSI can give back to our men and women in blue and provide spine-health counseling by our trained specialists.

<http://www.scsibacktheblue.com>

WESTLAKE VILLAGE
425 Haaland Drive, Suite 101
Thousand Oaks, CA 91361
805.496.1717



Ian Armstrong, M.D.
Medical Director
Neurosurgical Spine Specialist

ADDITIONAL SOUTHERN CALIFORNIA LOCATIONS

LOS ANGELES
5901 West Olympic Blvd.
Los Angeles, CA 90036
310.557.0741

BAKERSFIELD
8701 Camino Medea, Suite D
Bakersfield, CA 93311
661.665.2070

CULVER CITY
3831 Hughes Ave, Suite 105
Culver City, CA 90232
310.557.0741