

WestlakeMalibuTM

Lifestyle

SEPTEMBER/OCTOBER 2010 \$4.50

Meet
Dustin
and Lisa
Hoffman

The Courts
Of True
Tennis
Champions

Go Hot Air
Ballooning
in Turkey

One of the most
undersold travel
destinations

Exploring
Safer
Energy
Sources

The Biodiesel
Potential

Does Gold
Glitter as an
Investment?



0 74470 25195 8

*Exquisite Tuscan Estate
in the exclusive gated community*



adjacent to the Ronald Reagan Library



Custom property designed with magnificent attention to detail and finishes. Approximately 7900 sq. ft. with five bedrooms and full separate guest quarters. Lot is approx. 10 acres, with outdoor entertaining areas, pool, spa and views.

Price upon request

*For Virtual Tours Please visit
www.stacy4homes.com*

All information deemed reliable but not guaranteed.



*Stacy Richardson
Office (805) 367 0010
Mobile (805) 443 0477
stacy@stacy4homes.com
DRE#01099499*

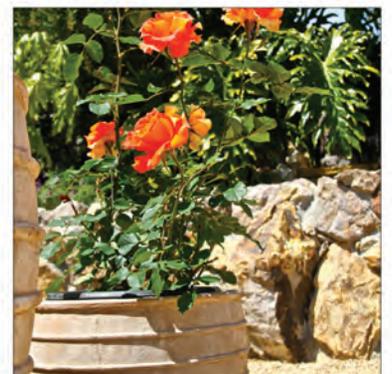
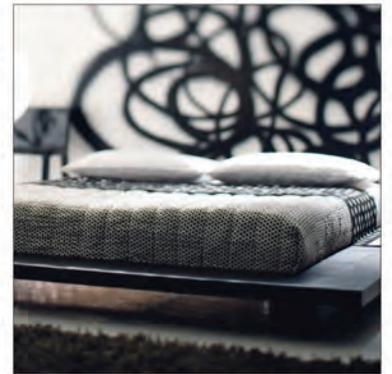




JAMES PERSE • CAFE HABANA • J.CREW • MAXFIELD • TORY BURCH
ALICE + OLIVIA • SPINDLE & CANNISTER • CANYON BEACHWEAR
CRUMBS • LA PERLA • PRIVE • KITSON • INTERMIX • ANDRIANNA SHAMARIS
KITSON KIDS • CHOCOLATEBOX CAFE • DANCE STAR • SALON AT THE YARD

Malibu Lumber Yard

3939 Cross Creek Rd. Intersection of Cross Creek & PCH
310.456.7395
Free Wi-Fi



COLLECTIONS FOR 2010
DESIGN CENTER FOR THE MALIBU LIFESTYLE.

MALIBUMARKET&DESIGN
25001 PACIFIC COAST HIGHWAY
310.317.9922 MALIBUMARKET.NET



In this issue 09.10



10



44



90

Portraits of Success

- 10 THE MAKING OF TRUE TENNIS CHAMPIONS**
By DIANA LYLE
- 16 TAMAR KAPRELIAN**
Soaring Musically
By DIANA LYLE,
PHOTOGRAPHY BY BRIAN BOWEN SMITH

Portraits of Humanity

- 26 NATIONAL DISASTER SEARCH DOG FOUNDATION**
- 30 REFUGEE RESETTLEMENT**
By CHRISTINE SEISUN

Portraits of Respect

- 60 PEPPERDINE UNIVERSITY HONORS VICTIMS OF 9/11**

Chatroom

- 34 SHORT STORIES ABOUT BIG PEOPLE**
By BOB EUBANKS

Scenearound

- 20 WELLNESS COMMUNITY'S 19TH ANNUAL CELEBRATION OF LIFE GALA**
- 24 MALIBU ARTS FESTIVAL**

Coverstory

- 44 MEET DUSTIN & LISA HOFFMAN**
By DIANA LYLE

Things we love

- 52 ENTICING ITEMS FOR FALL**

What's new in town

- 38 BRAZILIAN BLOWOUT AT LAKESIDE HAIR SALON**

Localscapes

- 40 A MILLION SCENES ON THE SEMLER'S MALIBU VINEYARD**

Fashionsense

- 56 LIVING BY THE SEAT OF OUR SASSY PANTS**
By MAGDA PESCARIU

Enviroconscious

- 62 THE NEW DIESEL**
By MELISSA FREEMAN

Home and hearth

- 64 SUSAN OWENS DESIGN**
PHOTOGRAPHY BY RICHARD RUTHSATZ
- 70 THE LEVIN GROUP HOUSE SHOWCASE**

Moneysmart

- 76 AT THE CROSSROADS**
By DOUG DE GROOTE
- 79 ALL THAT GLITTERS IS NOT GOLD**
By ROBERT J. KATCH

Your health

- 82 MANAGING YOUR HOT BUTTON**
By RICK & KAREN SHURTZ
- 84 WHOOPING COUGH: AN EPIDEMIC IN CA.**
By HANNAH GROSSMAN, MD

Travelscapes

- 90 A TURKISH TREAT**
STORY & PHOTOGRAPHY BY SCOTT BLATT
- 98 TRAVELSCAPE RECAP**



On the cover

DUSTIN AND LISA HOFFMAN
Wardrobe Styling by Miles Siggins/The Rappaport Agency
Hair: Daniel Erdman
Makeup: Jenn Streicher
Digital Re-touching: Dibou;
www.Dibou.com



BOEING BUSINESS JET

Elegantly outfitted to accommodate 18 passengers, with four separate cabin areas including a full galley, main lounge, private guest lounge and a private stateroom.



THE WORLD'S MOST EXQUISITE CHARTER FLEET... READY WHEN YOU ARE



GLOBAL EXPRESS



GULFSTREAM 550



GULFSTREAM 450



GULFSTREAM 200

With one of the largest VIP charter fleets in the world, Avjet offers you maximum travel flexibility with global access. Our exquisitely-configured fleet includes Boeing Business Jets, Gulfstream 150s, 200s, 450s and 550s, and Global Express aircraft. We also offer small and midsize luxury aircraft that meet our clients' high standards. Call Avjet today to learn more about our global charter, management, sales and acquisitions services.

Worldwide Operations
Since 1979

+1 (818) 841-6190

Air Carrier Certificate: ABFA012C



Los Angeles | New York | Washington DC | Minneapolis | Charleston | Tokyo | Seoul



WORLDWIDE EXECUTIVE JET CHARTER

For more information on Avjet Corporation go to: www.Avjet.com.
Contact Mark H. Lefever, President: +1 (818) 841-6190 | Fax: (818) 841-6209
4301 Empire Avenue, Burbank, California 91505



Editor's letter



We're very proud to have Dustin and Lisa Hoffman grace our Cover this issue with loads of good humor and refreshing authenticity. Their interaction with each other is full of hilarious playfulness - as you'll see from their answers to our questions. The Hoffmans have just celebrated their 30th wedding anniversary - a feat in Hollywood where pre-nuptial contracts often trump marital vows. Enjoy the cover story on an Academy award-winning icon and his successful wife (Pg 44). Our sincere thanks go out to Kym Douglas for her support and graciousness.

Our Travel section (Pg 90) takes you to gorgeous Turkey - fresh off Scott Blatt's recent visit there. It's always illuminating to have an avid adventurer visit all the places we cover so that he can give a first-hand account of his experiences. We're certainly encouraging Scott to take off in as many airplanes as possible so that he can return with stories and beautiful photography.

Fresh off the grass courts of Wimbledon and ready to step onto the U.S. Open courts in New York are top tennis players Roger Federer, Rafael Nadal, Serena Williams and other top players. We've rounded up some expert opinions (Pg 10) on the professional career spans of the legends and it's anybody's guess who'll take the 2010 U.S. Open.

Local musician, Tamar Kaprelian, is soaring musically. Enjoy her uplifting story on Pg 16. Another positive story is the life-saving work of the 'National Disaster Search Dog Foundation' (Pg 26). These highly-trained dogs were instrumental in saving people trapped under the concrete in the 9/11 tragedy - and as recently as the January 2010 Haiti earthquake, they saved the lives of 3 girls.

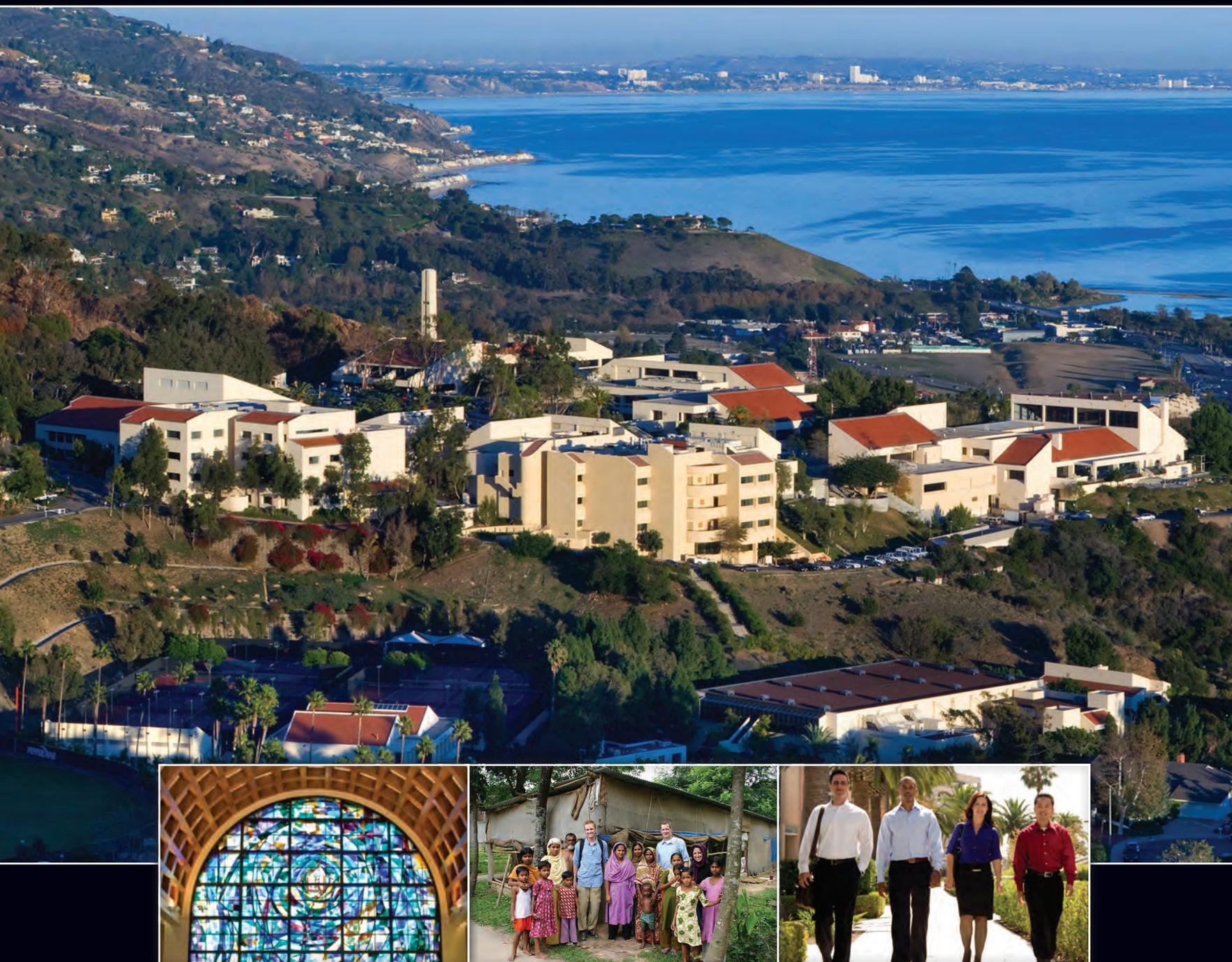
Our Home and Hearth section (Pg 64 -75) covers some beautiful homes in Westlake and Malibu. With the current, attractively low interest rates on home loans, we hope that some people will be able to capitalize on that opportunity. However, if staying in your home is the better option for you, we hope that Susan Owens Designs will entice you to revamp a room or two.

Our Financial Editors (Pg 76 - 81) provide valuable advice on what to expect in the near future. Knowledge is power and we hope that their expert opinions are helping to guide your choices.

Enjoy our end of summer, beginning of fall issue.

Diana Lyle

STRENGTHENING LIVES FOR PURPOSE, SERVICE, AND LEADERSHIP



Pepperdine University is a Christian university committed to the highest standards of academic excellence and Christian values, where students are strengthened for lives of purpose, service, and leadership.

Malibu | West Los Angeles | Westlake Village | Irvine | Encino | Silicon Valley | Washington, D.C.

**PEPPERDINE
UNIVERSITY**
a higher calling

www.pepperdine.edu/calling

VISION • DRIVE TEAMWORK

↓ RATES AT 50 YEAR LOWS ↓

- FANNIE MAE DIRECT/RETAINED SERVICING
- FHA/VA
- CONFORMING • JUMBO
- SUPER JUMBO/PRIVATE BANKING
- PORTFOLIO PRODUCTS AVAILABLE
- FAST, EFFICIENT & COMPLIANT CLOSING

*If you're in the market to purchase or refinance,
why would you choose anyone else?*

RPM | MORTGAGE

A Direct Lender



Sean Casey

Branch Manager
Private Bank Liaison

Office: 805.496.1199

Cell: 818.540.5626

scasey@rpm-mtg.com

www.rpm-mtg.com/scasey

License # 01151259

600 Hampshire Rd., Suite 110 • Westlake Village, CA 91361

WestlakeMalibu
Lifestyle
www.wmlifestyle.com

EDITOR-IN-CHIEF

Diana Lyle
818.865.9016

CREATIVE DIRECTOR

Robbie Destocki
Creative Image Design Group
805.530.0316

CONTRIBUTING PHOTOGRAPHERS

Christopher Ameruoso
Dahl Photographers

MARKETING/SALES DIRECTOR

Camille Block

SALES/MARKETING MANAGER

Lonna Weber

GENERAL LEGAL COUNSEL

Arthur H. Barends, Esq.

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.



Michael J. Silver
Attorney at Law



Kym Douglas



Kouros Azar
M.D.



Hannah
Grossman, M.D.

ADVERTISING

Camille Block (805) 630-8565
camille@socalblocks.com

Lonna Weber (818) 535-8500
lonnaweber@gmail.com

MEDIA KIT

Online media kit information available at
www.wmlifestyle.com

©2009 Westlake Malibu Lifestyle 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

Printed in U.S.A. by Custom Printing • customprintinginc.com



MEGHAN MCNULTY, Westlake Village
Medical device representative
Political enthusiast

The me in remedy.

"Whether I'm interacting with physicians or old friends, I love the confidence of knowing my skin is as fresh and healthy as it can be. The IPL acne treatments, Vi peels and products from iS Clinical I get at Remedy help me look as radiant on the outside as I feel on the inside."

Meghan McNulty

To learn more about Meghan's beauty secrets and what Dr. Talia Emery and her team of skin care experts can do for you, call today for a free consultation: 805.244.0244. Two new locations: Remedy at The Paseo Marketplace, Remedy at The Westlake Village Inn

remedy
skin + body

3723 thousand oaks blvd, westlake village, ca 91362 | 805.244.0244 | www.remedyskinandbody.com



Talia Emery, M.D.



Portraits of Success

The Making of True Tennis Champions

The pressure that a singles tennis champion faces is mind-blowing. On center court at a grand slam, an entire packed stadium watches that ONE person perform live - while billions tune in on TV's around the world. There's no team to share the load, and the ramifications of one playing error falls directly on that one tennis player's large shoulders. It's no wonder then that some of the greatest tennis champions of all time have that extra rare ability to handle extreme pressure and not crack under the nervous strain. It's one of the loneliest places imaginable that tests the mental grit of a player like nothing else does. While most athletes have people around them to give them some consolation after a lousy piece of play, tennis players are all alone on that grass, clay or cement surface for hours - with a water bottle and towel their only comfort.

STORY BY DIANA LYLE

Switzerland's Roger Federer took over Pete Sampras' long-held torch and has equaled his 7-time Wimbledon record



USA's unstoppable Serena Williams, a long-time giant in women's tennis



THE GREAT ROGER FEDERER

Few people will forget the epic **2009 Wimbledon Final** between Switzerland's **Roger Federer** and our own **Andy Roddick**. With the legend **Pete Sampras** in the front row of the Royal Box - watching to see if Federer could supersede his own 14 grand slams - we were entertained to a match of the highest caliber. In the 77th game of a 77-game Wimbledon men's final, Roddick's serve was broken just once (there's the heartbreak of Roddick's efforts right there), and after more than four and a quarter hours of play on Centre Court, Federer won - becoming the first man to win 15 grand slams. The 'Fed Express' has conducted himself with absolute dignity his entire tennis career, prompting Pete Sampras to refer to him as a "legend and an icon". That kind of mutual respect is earned because of the recognition of what it takes to stay at the top for so long.



Pete Sampras in the Royal Box at 2009 Wimbledon

SERENA WILLIAMS DOMINATES WOMEN'S TENNIS

Then there's the powerhouse, **Serena Williams** - the best women's player of this generation - by far. At the age of 28, she's expected to stay at the top and challenge the history

books. After winning the **2010 Wimbledon women's singles title** (her 4th), Serena notched up her 13th Grand Slam singles. In her acceptance speech, she looked up at Billie Jean King, who was applauding in the Royal box, and said cutely, "Hey, Billie; I got you!" Serena's July 2010 win put her in 6th place on the all-time best list. The American

is as tough mentally as she is physically. She plays with acute focus and absolutely refuses to relent while powering her aces across the court. Williams' predecessors, **Steffi Graf**, **Martina Navratilova**, **Billie Jean King**, **Chris Evert** have all been great role models.

THE DETERMINATION OF RAFAEL NADAL

The discussion wouldn't be complete without a summary of Spain's **Rafael Nadal** - the current number 1 men's player in the world. In fact, it's been an amazing year for Spanish sport. Queen Sofia attended both the Wimbledon finals and the Soccer World Cup to watch her country's athletes take the honors. Nadal's summer has been hotly impressive. He regained



S O U T H E R N

CALIFORNIA SPINE

I N S T I T U T E

COMPREHENSIVE SPINE CARE



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

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
Surgical Expertise/Services

- 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



Dr. Armstrong has been invited onto CBS' The Doctors Show (<http://thedoctorstv.com>) twice this year. In this nationally-syndicated show, Dr. Armstrong has demonstrated the following:

The XLIF: a new minimally-invasive technique that targets back pain and Live surgery which shows a new way to correct neck pain that involves adult stem cell technology

To view these go to http://thedoctorstv.com/main/procedure_list/230 and http://thedoctorstv.com/main/procedure_list/231 to view the XLIF Surgery procedure.

4 CONVENIENT SOUTHERN CALIFORNIA LOCATIONS

<p>WESTLAKE VILLAGE 415 Rolling Oaks Drive, Suite 210 Thousand Oaks, CA 91361 805.496.1717</p>	<p>BEVERLY HILLS 9033 Wilshire Blvd. Suite 401 Beverly Hills, CA 90211 310.557.0741</p>	<p>BAKERSFIELD 8701 Camino Medea, Suite C Bakersfield, CA 93311 661.665.2070</p>	<p>CULVER CITY 3831 Hughes Ave, Suite 105 Culver City, CA 90232 310.557.0741</p>
--	---	--	--



Brittany Hill Ltd.

CUSTOM FURNITURE

18th Century Reproductions of
 English & French Country Furniture
 with Distressed & Hand-painted Finishes.

Fine Accessories and Gifts.

22715 VENTURA BLVD
 WOODLAND HILLS, CALIFORNIA
 818 224.8024





Rafael Nadal

the World number 1 ranking after winning his 5th **French Open in 2010** (his success on clay has earned him the nickname, ‘The King of Clay’). Two weeks later he went on to win the **2010 Wimbledon men’s singles** title. While he still has a ways to go to catch up with the numbers of the long-time champions, Nadal has won the respect of the great tennis players.

**PEPPERDINE UNIVERSITY’S
ADAM STEINBERG WEIGHS IN**

Adam Steinberg, the Head Tennis Coach at **Pepperdine University** (which is rated as one of the top tennis schools in the country) gives his expert opinion on who he believes has what it takes to stay at the top for a long time: “I think **Rafael Nadal** and **Serena Williams** will stay at the top for a few more years. They are such tenacious competitors and are so driven to be the best that they can be. I certainly don’t think we have seen the last of **Roger Federer** or **Andy Roddick**. I don’t think



Adam Steinberg

Roddick gets enough credit for being in the top - year after year. He is an amazing competitor and he’s been great for American tennis. **Federer** is the best all-time player and I believe we’ll see him win another grand slam. He has the most complete game of any player I have ever seen and has been a joy to watch. Sometimes I wish he would be more aggressive against **Nadal** but his



Sam Querrey, one of the top 20 players in the world from Thousand Oaks

records speak for themselves and what a great ambassador he has been for the sport! Tennis itself has changed so much over the years. Today with the powerful rackets, explosive strings, and bigger and stronger athletes, the game has evolved into a power game with huge groundstrokes. The days of using finesse and artistry have taken a backseat to ripping the ball and attacking off the ground.” Steinberg continues, “Locally, **Sam Querrey** is one of the top 20 players in the world to come out of our area - Thousand Oaks. There are so many good young college and junior players coming up the ranks. There’s **Marcos Giron**, **J.T. Sundling** (USC), **Denis Lin** (Stanford), **Jenson Turner** and **Danny Moss** (both Pepperdine). **Denis Lin** from Thousand Oaks - studying at Stanford - is ranked 7th nationally; **Danny Moss** is ranked 21st.” *(Continued on page 18)*



DERMATOLOGY
FRAXEL
JUVEDERM
VBEAM
MINI S-LIFT
INJECTABLE CHEEK LIFT
BOTOX
EYELID LIFT
RADIESSE
LASER HAIR REMOVAL
LIPOSUCTION
RESTITLANE
THERMAGE
ACNE BLUE LIGHT
BODY BY SILKPEEL
SCULPTRA AESTHETIC

*Trust your health and beauty
to a Board Certified physician.*



Anna D Guanche, MD

*Diplomate, American Board
of Dermatology*

*Complimentary Cosmetic
Consultation... Call today!*

Where Beautiful Skin Happens

BELLA SKIN INSTITUTE

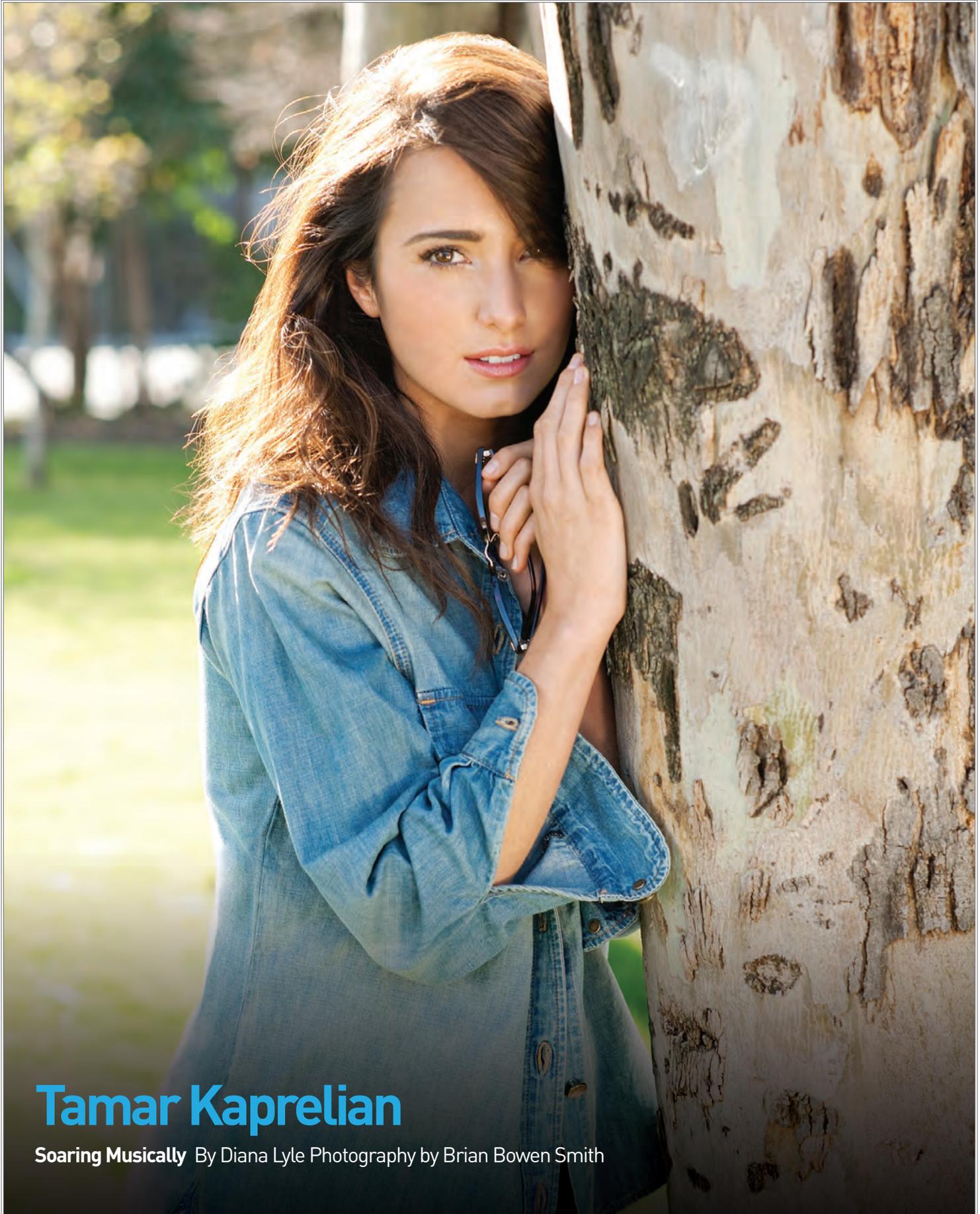
23622 Calabasas Rd, Ste 339
(Across from the Commons)
818.225.0117



www.bellaskininstitute.com



Portraits of Success



Tamar Kaprelian

Soaring Musically By Diana Lyle Photography by Brian Bowen Smith

Oak Park High has plenty to be proud about: One of their graduates of the past five years, 22-year-old Tamar Kaprelian, is blazing her way into the music industry as a singer/songwriter, and has just released her debut album. The ten songs on it convey the essence of who Tamar is - an articulate, thoughtful artist whose music is enhanced by her intelligence: she graduated from Oak Park High with a grade point average of 4.3. With several options open to her with those grades, Tamar decided to pursue her driving passion - music - while UC Berkeley was put on temporary hold.

Tamar credits her family for being great role models to her. “My Dad passed on his musical genes to me, and I grew up in a home where the rock classics were a perennial sound. Dad used to play *Billy Joel* songs to me to put me to sleep and the sounds of *Paul McCartney* or *Sting* were always in the background.”

Carole King had a particular impact on Tamar and she explains: “her lyrics always had profound meaning and I remember listening to her album, *Tapestry*, over and over again.” Contemporary artists whom Tamar respects are *Mika*, *Coldplay*, *Sheryl Crow*, *Alicia Keys* and *John Mayer*. What they all have in common is that their roots are grounded in the great music of the ‘70s.

Tamar’s serious musical journey began at age 14 when she started writing and singing melodies that were in her head - into a recorder. That was followed by playing the piano - a skill that came naturally to her because of her good ear. However, her talents were relatively unknown to her classmates at that stage because Tamar’s routine was fairly rigid: She laughs as she remembers back: “I never talked about my music at school, and I definitely wasn’t one of the cool kids because I never attended any of the high school parties. Instead, I would do my homework and all my AP classes, head to the studio, and then sleep.”

Tamar’s talents, however, were easily discovered when she was 15. A talent scout tapped her on the shoulder at the local mall after watching her sing with her school group for a fundraising event. By age 18 she was signed to a major label by one of the world’s most famous record company chiefs. However, that particular fairy tale was not her destiny. That would-be debut album was scrapped and Tamar and her former label parted company. Talent is hard to hide when it’s as large as Tamar’s, so it wasn’t surprising when her second big break came along - although Tamar, in her humorous, self-deprecating way describes it as a second lucky lightning strike. It wasn’t. *Interscope* Records signed her up and launched her with their unflinching support. Tamar says, “they’ve won my trust and given me the kind of rock-solidness that has allowed my artistry to flow.” The

rewards of that mutual faith have been abundant.

The ten songs on Tamar’s brand new album, *Sinner or a Saint*, are full of her character traits and life experiences. She explains, “One of the songs, ‘*Should Have Known Better*’, is about someone who did me wrong and led me in the wrong direction. However, had I not gone through that experience, I wouldn’t have written the record that I wrote. ‘*Raw*’ is a pure lost-love song - written when I was feeling betrayed.” Both Tamar’s vulnerability and her strength is conveyed in her lyrics. The dashed hopes that she sings about get converted to renewed hope in the wisdom that she has gained.

We chat about the music industry in general and Tamar offers this note of hope: “I would very much like to see more women really making it in the music industry....taking the reigns and heading up some of the big music labels. We’ve made tremendous strides in the past few decades but I’d like to see more.” And on the topic of wisdom gained from life experiences, Tamar says unhesitatingly, “I was incredibly naive when I first started out in this industry. I thought I could trust everyone and I didn’t exercise enough caution. That’s changed now and I approach things with my eyes wide open.”

We caught Tamar in Canada for this interview, and while she travels a great deal, home is definitely still Oak Park. She’d recently just performed in Hollywood and commented on what a really good place she’s in: “My parents are incredibly supportive of my musical career. I still can’t believe how fortunate I am to be able to pursue my passion....and make a living from it. Few people get that opportunity.” It struck me as I said goodbye to Tamar that she is an incredibly good role model for our daughters. Her conscientiousness, which is evident in her 4.3 grade average, and her drive, have given her multiple choices in life. While UC Berkeley waits to receive this star academic student, she is launching her musical career - in no way desperate that this is her only option. She has several roads she can take, but there’s no doubt that this musical road is her biggest passion. Watch out for her! 🍌





(Continued from page 14)

HOW DO TENNIS CHAMPIONS PREPARE THEMSELVES PHYSICALLY?

David Appell is the Director of Body Logic Sports Therapy. He's a specialist in functional training and focuses on building Core Strength, Primary Muscle Development, Endurance Training, and Proprioception. He says, "Any player who competes at the top will spend around 4-6 hours on the courts every day, and 60 - 90 minutes in the training room. Because most courts in California are concrete (**Sherwood** is an exception: they have both clay and grass courts), the players' bodies here take an incredible beating. In the training room, we focus on exercises that are designed primarily for injury prevention and regeneration. As soon as the injury prevention and regeneration are taken care of, we can start on the other parts of the training. As Adam Steinberg has mentioned, **Sam Querry** is a great player from our area, as is **Amanda Fink** - from Calabasas, who is now on the women's tour, hoping to get into the top 100."

Appell continues, "a true tennis champion has both physical and mental skills, which he or she is able to control. Many players have great physical skills but they lack the mental focus and grit. Champions believe in themselves and they play with immense heart. They also have that innate ability to think their way around a match. Possessing both the physical and mental strength is key. When I worked with **Pete Sampras**, he had what he called "the gift; the it". In my opinion, nobody had that 'gift' better than Pete. But more than that, he knew he could do it, and he worked harder than any one. Great champions are willing to dig deeper and never give up."

2010 U.S. OPEN IN NEW YORK

The upcoming **U.S. Open in Flushing Meadows, New York**, signifies the climax of the tennis season. Like Wimbledon, the U.S. Open has produced its share of epic matches in which super-human effort has thrilled the loyal New York fans. Who could ever forget the 2002 U.S. Open between long-time champions, **Andre Agassi** and **Pete Sampras**. These two greats seemed to bring out the best in each other over extensive periods of time.

As for the 2010 U.S. Open, the forecasts are somewhat divided in the men's singles between Roger Federer and Rafael Nadal. The argument for Federer is that he won the 2010 Australian open, which is the other hard court Slam, and that he has won in Flushing Meadows 5 times. However, he has 0 titles since Australia, including early exits in Indian Wells and Miami - the two biggest hard court tournaments of the year. The argument for Nadal is that he is the top ranked player in the world; he's back in great physical and mental form, and he's been a demolition bullet so far this year. The argument against Nadal is that he has never won the U.S. Open.

On the women's singles side, there's some nervous concern about **Serena Williams'** recent foot surgery and whether she'll have fully recovered enough to play at full strength. The Belgian **Kim Clijsters** has had a great 2009 comeback after retiring in 2007. Who knows what she'll produce.

Adam Steinberg sums up the dignity of the game of tennis like this: "At the end of the day, my role as a tennis coach is not only to bring out the best in the athlete on the court, but to help that person become a better human being off the court."

Here's to that goal. 

We Get It.

F A L L 2 0 1 0

Olive/Oatmeal Stripe dress with
belt \$58; Lace Shrug \$36; Silver
Cuff \$26; Black Cuff \$48;
Chain Necklace \$56

MALIBU COUNTRY MART | WESTLAKE | CALABASAS | THE GROVE
ENCINO | STUDIO CITY | MARINA DEL REY | EL SEGUNDO

M.FREDRIC
www.mfredric.com



Scenearound

The Wellness Community Valley/Ventura's 19th Annual Celebration of Life Gala

Photography by Hector Perez

The Wellness Community Valley/ Ventura held its 19th Annual Celebration of Life Gala recently. The Celebration of Philanthropy Award was sponsored by Platinum Sponsor Dole Food Company; the award was presented to honoree John L. Notter by Thomas Crowell, Past Chair of TWC VV and Transformational Chief Information Officer of Dole Food Company



Randy Commans, Celebrity Guest Shelby Grant, Amy Commans, Celebration of Philanthropy honoree John L. Notter, Sr., Gala Committee member Randy Keane, and Celebrity Guest Chad Everett enjoying the artistic setting of the VIP reception



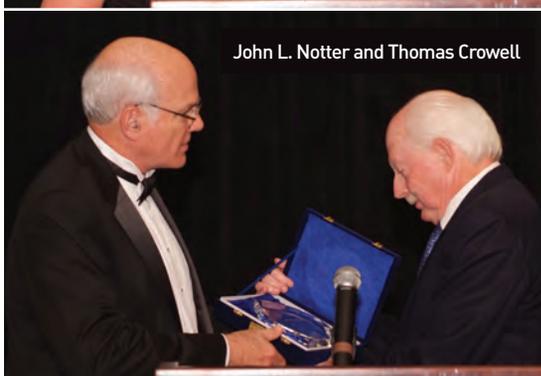
Bernard S. Lewinsky, MD and Board Chair Scott Hansen



Helen Gateka-Anderson and Kathryn West



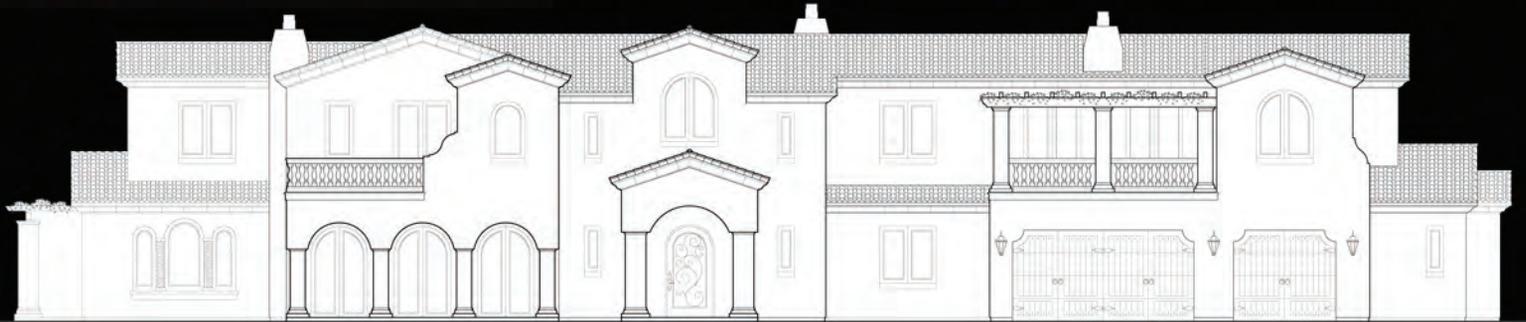
Lyn Woodley and Margaret Serjak



John L. Notter and Thomas Crowell

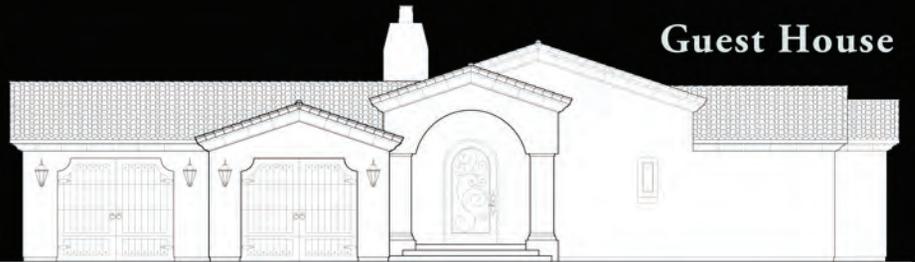


The VIP reception was sponsored by Dole Food Company; Past Board Chair Thomas Crowell, representing Dole, with Gala Co-Chair Laurie DeJesus, Celebrity Guests Chad Everett and Shelby Grant, and Gala Co-Chair Lynn Buchanan



1650 Luse Tank Road
Topanga 90290

Guest House



MAGNIFICENT RIDGE TOP W/360 OCEAN VIEWS

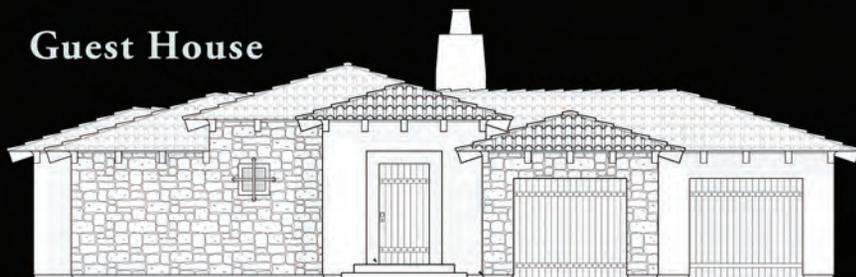
20 acres, 2 separate legal parcels, each with active building permits for 6000 sq ft house and guest house. Excellent wells with room for pools, horses and/or vineyard. Spectacular private estate site at the end of the road. Buy today and start building tomorrow. Go green and get off the grid!

\$2,795,000

1620 Luse Tank Road
Topanga 90290



Guest House




KELLER WILLIAMS REALTY
 4644 Admiralty Way
 Marina Del Rey, Ca 90292
 TeddySeraphine@TeddySeraphine.com
 Office 310.301.2376
 cell 310.291.7339
 DRE 01375222

Teddy Seraphine



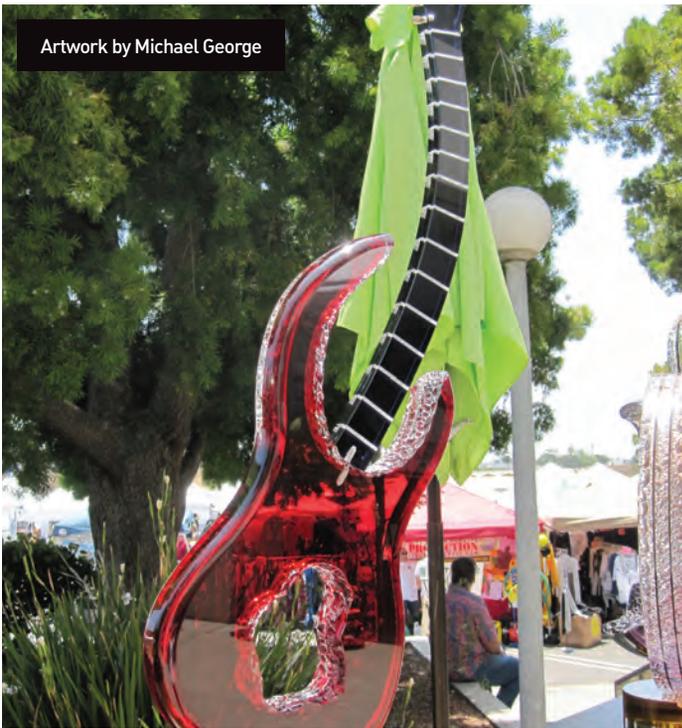
Scenearound

Malibu Chamber of Commerce Arts Festival 2010

The Malibu Arts Festival presented by the Malibu Chamber of Commerce took place on July 24-25 and featured award-winning painters, sculptors, photographers, jewelers and other unique artisans. Malibu locals and visitors enjoyed the art, food, music and ambience of the day. The event showcases over 200 exhibits with original art from all over California. Local musicians entertained fair visitors and many children enjoyed unique art activities led by Kidz Art Innovators. 



Dick Van Dyke



Artwork by Michael George



Sarah Larson, winner of inaugural poster competition



Artwork by Michael George



Kids Art, sponsor of the Kids' Village that provided cool art for a warm day

Don't take a chance on your son or daughter being locked out of attending the college of their dreams...

Getting into college today is far more difficult, competitive and expensive than ever before. Even a small oversight or mistake in the college admissions process can make all the difference in your son or daughter gaining admission to the school of their choice or receiving a valuable athletic scholarship.

For the past 25 years, Rick Singer and The Key coaches have been helping students realize their life passion. Key coaches meet with you in your home to map out a plan for collegiate success, and provide the one-on-one mentoring your student needs to keep them focused on their goals. Visit our website for more information, or call (800) 620-8085 to set-up an appointment

The Key can help you win the college admissions game!

www.thekeyworldwide.com

M2 Multimedia
Home Theater | Home Automation | Electrical

20 Years Experience | Unique One-Stop Shop

Specialists in

- Home Audio/Video, Home Automation (lighting systems, HVAC, Pool, Security, Video Surveillance), structured wiring (computer networking, TV/Satellite, telephone)
- Easy to Use Home audio/video systems with one remote controlling everything!
- Experience: We go the Extra Mile like hiding components and integrating existing systems (HVAC, Lighting, etc) into the audio/video systems

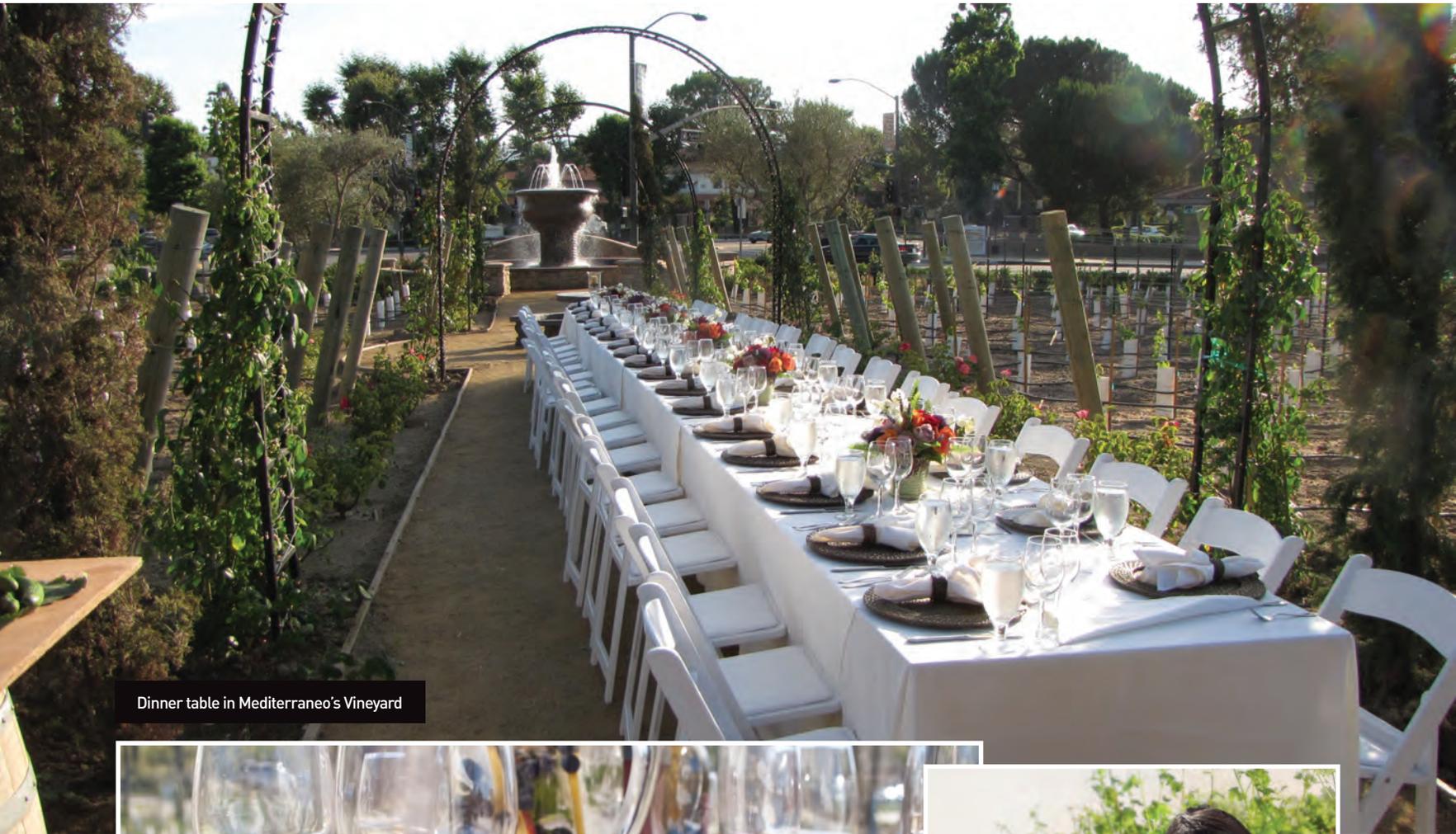
Offering

- Complete Installation Service (including electrical, drywall patching, and minor framing). Customers avoid the cost and confusion of coordinating multiple trades and subcontracting
- Free In-Home Consultation
- Competitive Pricing with all major big box stores

621 Fitch Ave, Moorpark, CA 93021
Tel: 818.631.1451
E-Mail: matt@m2-multimedia.com
www.m2-multimedia.com



Summer vineyard



Dinner table in Mediterraneo's Vineyard



Mediterraneo's 1st dinner in the Vineyard



Wine server

Mediterraneo's 1st Vineyard Dinner

Mediterraneo's first Vineyard Dinner was recently held. It was an exclusive Wine-Pairing Dinner with local host winery Clos Pepe Vineyards and Master Winemaker, Wes Hagen. A delicious 5-course meal was prepared tableside by Chef Alberto. Guests had a chance to experience a variety of wines from a local vineyard as well as enjoy the new Mediterraneo Vineyard. More vineyard events will follow with different host wineries. 🍷

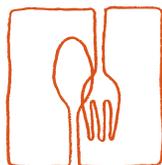


Enjoy a genuine vineyard picnic,
without ever leaving town.



It's an exquisite summer dining idea as unique as it is romantic — a picnic in the Vineyard at Mediterraneo. Choose from five different summertime meals, each personally created by Chef Alberto to celebrate the season's local bounty and to inspire the perfect pairing with your favorite wine, or one from our incomparable collection. Just bring a blanket and we'll supply the rest — including the picnic basket, of course.

Available for lunch or dinner.



mediterraneo

Please place order 20 minutes in advance.



Portraits of Help

Capt. Bill Monahan and Hunter searching



PHOTO BY LIZ BREAU

The Critical Work of the National Disaster Search Dog Foundation - based in Ojai

FINDING SURVIVORS FAST

When a disaster strikes - like the 1995 **Oklahoma City bombings**, 9/11 or the 2010 **Haitian earthquake**, the task of trying to find human beings - who are alive but buried under rubble - is indescribably difficult. The emergency of the situation is compounded by the fact that every hour that is lost searching through the rubble is an hour lost on the probability of finding more survivors. Most of the people buried are badly injured - and many will not survive if they are not found within hours. With the 'out of sight' difficulty, human rescuers are relatively useless because their sense of smell is so poor. That's why having highly-trained rescue dogs is so critical to the relief operation. The dogs are specifically trained to pick up the scent of a live human being - even though that person may be out of sight and buried deeply under rubble. These skilled dogs are perfectionists when it comes to sniffing out and finding their target. Furthermore, they love doing it because they think it's a game.

THE FOUNDER: WILMA MELVILLE AND THE OKLAHOMA CITY BOMBING CATALYST

Just over 15 years ago, Wilma Melville, a retired Physical Education school teacher from New Jersey, and a grandmother with 4 grown sons, had recently acquired a black Labrador named 'Murphy', and she took him to training. They became a fine canine search team - attaining their Advanced Disaster Search Dog certification with FEMA. In 1995, Wilma and Murphy were deployed to the bombed Federal Building in Oklahoma City. What the disaster highlighted was that there were too few certified search dog/handler teams in the country. In fact, in 1996, *(Continued on page 28)*



Wilma Melville, Founder of National Disaster Search Dog, with 'Murphy'

Are you ready for Fall?

Come and check out our brand new store in Westlake



SOGNO
sognostory@yahoo.com

Westlake Village
2900 Townsgate Rd #105
Westlake Village CA 91364
Phone (805)494-0999
fax (805)494-0992

Woodland Hills
4906 Topanga Cyn Blvd
Woodland Hills CA 91364
Phone (818)704-9808
fax (818)704-9802

Now Available at

J★GIRL

Gift Certificates
Also Available

HALLOWEEN COSTUMES

Be Sweet, Be Sassy, or Be Sexy...

Costumes For Any Occasion Or Adult Occasions

Plus a complete selection of fishnets, thigh highs, and fun, sexy sweet accessories to compliment your Halloween Costume!!

3rd Annual J-GIRL Halloween Party

Thursday, October 28th

6pm - 8pm Cocktails & hors d'oeuvres

First 30 people to R.S.V.P. will receive a trick or treat goodie bag!

**R.S.V.P.
805-449-9999**

2900 Townsgate Road, Suite 107 • Westlake Village, CA 91362

www.Jgirllingerie.com



'Maverick' with L.A. Task Force 2 Firefighter, Jason Vasquez St. John's Seminary



(Continued from page 26) there were only 15 advanced certified disaster search and rescue dogs in a country as large as ours. Wilma's mind was made up after the heartbreaking experience of Oklahoma City. She was determined to find a better way to create highly-skilled canine search teams - in preparation for any future large-scale disasters that may occur.

THE PLAN: FIND THE RIGHT DOG; MATCH IT WITH THE RIGHT HANDLER; TRAIN PROFESSIONALLY

Wilma soon drew up a plan that combated the potential pitfalls of her ambitious program: She says, "It is imperative that you find the right dog. Next, you match the dog with the right handler. The third component is the professional training." Wilma founded the National Disaster Search Dog Foundation with this three-pronged approach. The Foundation chooses the dogs - most of which are 'Rescues' from Shelters, or they've been donated. There's absolutely no need to breed or buy the dogs. There are enough 'hunting breeds' needing homes, and the Foundation immediately puts them to work and keeps them busy and happy. Labradors, Golden Retrievers, Border Collies and German Shepherds all have the right instincts for the job, and those that are mixed breeds with some of these characteristics are just as valuable for the job. The dogs are matched with First Responders



The dogs love their handlers. 'Hunter' and Bill

- usually Firefighters - who give the dogs that structured discipline that they need. Equally as important, the Firefighters are already certified in disaster response and they have the skills to save lives.

SAVING LIVES 9/11

When the World Trade Center was attacked on September 11, 2001, Search Dog Foundation (SDF) responded immediately, providing 13 teams at Ground Zero. The dogs' exceptional training was invaluable during the tragedy. They were fully able to withstand the irregular, shifting surfaces caused by the rubble and they coped magnificently with the difficult task of finding survivors who were buried underneath the collapsed buildings.

JANUARY 2010 HAITIAN EARTHQUAKE

After the magnitude 7.0 earthquake hit Haiti in January 2010, destroying most of Port-au-Prince, Canine Disaster Search Teams, trained by the Search Dog Foundation (SDF) went straight into action. They were airlifted into the disaster zone on a C-17 military cargo plane as part of the 72-member California Rask Force 2. Soon after landing, the teams began identifying buildings with a high probability of survivors, and the dogs started combing the wreckage. Several aftershocks from the earthquake make search and rescue operations even more precarious and urgent. (Continued on page 36)

B.Y.O.B
Bring Your Own Bike



Celebrate
The Joy of Cycling



WESTLAKE VILLAGE
Inn

Ride the same road as Levi, Lance, Dave and some of the top cyclists in the world. Package includes overnight accommodations for two in a spacious mini suite, customized water bottles, energy snacks for the ride, power breakfast and a course map of the scenic Conejo Valley. Also included, a commemorative bottle of 2008 Semler King of the Mountain Cuvee. B.Y.O.B Package offered at \$315 per night, plus tax and gratuity.



UNHCR has been able to raise the profile of the plight of refugees with United Nations Goodwill Ambassador, Angelina Jolie.



Portraits of Humanity



Refugee Resettlement: A Southern California Snapshot

By Christine Seisun

The friendly gentleman smiles at me, taps his injured leg with his cane and recounts how he obtained the injury in a car bomb in Iraq. “We leave Iraq because of bombings and now you want us to worry about big earthquakes? Can you at least give me six months?” I had just finished giving a disaster preparedness presentation on behalf of the San Diego Red Cross to recently arrived Iraqi refugees in San Diego’s County. Last year, I took on a position within the Outreach program of the American Red Cross and began working in areas of San Diego like City Heights and El Cajon that before, and embarrassingly enough, were completely unknown to me. As a San Diego native, I was quite surprised to discover that my hometown had just last year surpassed Los Angeles to become the nation’s number 1 refugee resettlement location.

The **United Nations** defines a refugee as a person who has left the borders of their country of origin and cannot return due to “a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group, or political opinion.” Although refugee arrivals in the United States accounted for less than 8% of all legal foreign migration to the United States in 2009, they are unique in their status and very distinct from other immigrants. Refugees, unlike asylum seekers who apply for safe haven once they arrive on US soil or at the borders, seek their protective status from abroad and almost exclusively through the **UN High Commissioner of Refugees (UNHCR)**. The small number in resettled refugees is not due to a lack of people in need of resettlement or a dearth of those holding refugee statuses, but rather because the resettlement process is one wrought with bureaucracy and stage checks for potential resettled refugees. In its 2009 **Global Trends Report** the UNHCR reported that some 43.4 million people were forcibly displaced from their homes. Those who are displaced but still remain in-country are termed **Internally Displaced Peoples (IDP)**. To become a refugee, and a resettled one at that, is a much more labor-intensive process and is no small bureaucratic or political feat.

First, a person must flee their homeland because of a real and credible threat to themselves. This was the case for Tamara Mirza who quit school in Iraq after her friend was kidnapped, raped and subsequently murdered. Tamara obtained refugee status and was eventually resettled in El Cajon, San Diego. Refugees must apply either through the UNHCR

for protective refugee status or directly to the embassy of the country in which they are hoping to relocate. From here there are only three possible durable solutions: **(1) voluntary repatriation to the refugee’s country of origin, (2) local integration in the country of asylum, or – and this is approximately only 1% of UNHCR refugee cases – (3) resettlement to a third country.** Resettlement is usually the last resort and is only considered for those in need of international protection.

Family ties, professional abilities and linguistic advantages are all factors taken into consideration by potential host countries. If seeking resettlement in the United States, the Department of State takes on the case and will refer it to the Department of Homeland Security. Both agencies will then screen and interview the applicant to make sure that they pose no security threat. Once approved, the refugee is then placed with a charity or church that will take over their case and help with medical screening. These resettlement organizations serve as voluntary agencies, known as “**VolAgs**” with over 300 VolAgs nationwide. The process of refugee resettlement in the United States offers an impressively commendable program that is funded, legal and with the appropriate safeguards, showcases the welcoming side of American immigration policy.

San Diego’s spot as #1 in refugee resettlement was a long time in coming. After the first **Gulf War of the 1980s**, the initial wave of Iraqi immigrants arrived in the United States with many of them settling in Southern California. Likewise, following the 1991 toppling of the regime of **Somali leader Siad Barre**, the United States joined a massive inter-

national refugee resettlement push and relaxed some of its more strict policies towards refugee immigration. Small groups of Somali refugees took advantage of America's quota of African immigrants and a cluster of Somalis eventually settled in San Diego. These "original" groups stayed and successfully integrated into the region and cultivated local stores, churches/mosques and service agencies. Decades later when the second Gulf War began in Iraq in 2003 and Somali unrest remained at fever pitch, both the local communities and their built-up networks provided the necessary pull for other ethnic refugee community members to be resettled in southern California. In essence, refugee resettlement in San Diego and Los Angeles eventually snowballed into the modern day situation in which local refugee communities are large enough to provide the appropriate resources to incoming refugees, making them feel welcome, and most importantly, helping to offset the prohibitive costs of living in southern California.

Following United States military involvement in the Iraq and Afghanistan, millions of Iraqis have fled their country creating the biggest Mideast refugee problem since 1948. In 2007, both Democratic and Republican Senators introduced legislation to facilitate refugee immigration for those whose lives have been threatened because of their work for U.S. forces in Iraq and Afghanistan. The Refugee Crisis in Iraq Act of 2007 was a bipartisan amendment added to a defense bill which established Special Immigrant Visas (SIVs) for Iraqi nationals who worked for, or on behalf of, the US government in Iraq. State Department employees and military officials were forceful in describing the plight of Iraqis who were imperiled, helping the legislation gain political support. An additional program also provided SIVs for translators and interpreters to U.S. forces and contractors in both Iraq and Afghanistan. The amendment's chief supporters, Senators Ted Kennedy (D-Mass.), Gordon Smith (R-Ore.), Sam Brownback (R-Kan.), and Joe Lieberman (D-Conn.), came from a diverse range of political voices usually at odds with one another over the Iraq war. Both Senator McCain and then-Senator Obama also supported the amendment. However, SIV immigrants in the United States are only a small fraction of incoming refugees, with only 2,600 American SIV arrivals in 2009.

Unfortunately, there is only one piece of legislation – commemorating its 30th birthday as of this year – guiding American policy on refugee resettlement: the **1980 Refugee Act**. Prior to this piece of legislation, the US government only passed refugee resettlement legislation on a country-by-country basis. This year, the Refugee Act is getting a sorely needed review and hopefully, a large overhaul to streamline the resettlement process which currently goes through three different government departments before even reaching the resettlement agencies who will be working directly with the refugee. In view of the fact that trauma, or PTSD, is nearly "universal" in incoming Iraqi refugees according to a senior International Rescue Committee official, investment in psychosocial services is critical.

With the United States historically taking in more refugees than every other country in the world combined, it can be said that Southern California is now the refugee resettlement capital of the world. At the moment, the large majority of cases arriving in both San Diego and Los Angeles come from both Iraq and Iran, respectively. As Ralph Achenbach, president of San Diego's Refugee Forum points out "many of the [San Diego] refugees arriving are

highly educated and skilled, with great potential to immediately contribute to their new communities." Unfortunately, this can also be a double-edged sword as these refugees are accustomed to a higher standard of living in their home country and arrive in the United States' harsh economic climate with unrealistic expectations.

Yet, it must be remembered that refugees are very different than migrants coming to the United States simply for work. In a 2009 International Rescue Committee Report on Iraqi Refugees in the United States, most refugees stated that they still would have elected to resettle in the United States given the challenges they now face. With approximately 80% of San Diego and Los Angeles refugee resettlement cases stemming from Iraq and Iran, respectively, targeted service agencies have started to crop up over the two cities. Overwhelmingly, most of the Iraqi refugees to San Diego are Chaldean, that is, Iraqi Catholic. A local Chaldean church in El Cajon counts nearly 40,000 members in an area of 100,000 residents.

Catholic Charities, the largest refugee resettlement agency in San Diego, typically processes upwards of 1,200 refugees per annum and offers resettlement services such as basic household furnishings, health assessments, ESL and acculturation classes. Long-term settlement with acculturation into the American society and economy is the ultimate end-goal of any refugee and resettlement agency. **Catholic Charities Refugee Services** supervisor, Dr. Mike McKay, notes that "**the refugee is someone who comes here who doesn't want to be dependent but wants to start a new life out of harm's way...**" the numbers show that they will be the next business professionals." He goes on to state that America's refugee resettlement program "shows the best side of our country to help those who are at risk."

Indeed, the benefits are mutual. In a 2008 report by the **Public Policy Institute of California** it was found that foreign-born residents of the Golden State, including refugees, were far less likely to commit violent crimes than those who are native-born. It is important to remember that refugees are not the ones partaking in the violence of their home country; they are the ones *fleeing* it. Crawford High School, located in the colorful City Heights neighborhood of San Diego and one of the refugee resettlement hubs, boasts one of the most ethnically diverse schools in the state, offering students valuable life lessons in cultural interaction. It is said that as many as 24 cultures and 32 languages can be found in this small central San Diego area. Lastly, Achenbach points out that the tangible benefits of diversity in a community such as exposure to new foods, language, and cultures, coupled with the intangible benefit of being exposed to a new way of thinking, provides for an excellent trade-off.

For refugees coming from a world of violence and severe insecurity, the stability offered in cities such as San Diego or Los Angeles allows for a new life free of danger. The children of refugee resettlement cases likewise become integrated in the American school system and culture - creating a diverse atmosphere for their fellow community members. The Palestinian-Iraqi refugee family of Jamal Abu Al-Nasab, decided to seek resettlement after Jamal sustained two broken ribs in a bomb injury and his son Ahmad was kidnapped and tortured. After living in appalling conditions in a refugee camp in the desert region between Iraq and Syria for three years, the Abu Al-Nasab family obtained the go-ahead to resettle in the United States. After years of horrible violence, Jamal told his case worker that arriving in the United States had finally "brought color to his life." 

Trust Is a Beautiful Thing



DR. AZAR IS CELEBRATING OVER 7 YEARS IN THE CONEJO VALLEY IN HIS 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





Chatroom



Short Stories About Big People

By Bob Eubanks

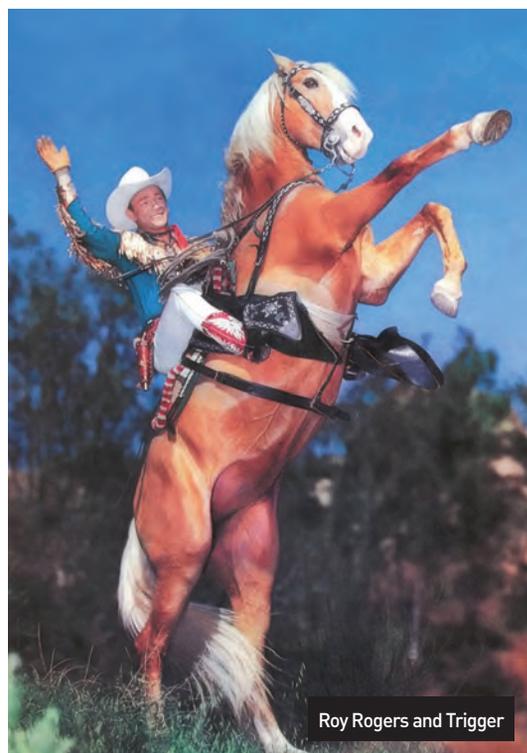
Hi and welcome to more Short Stories about Big People. I thought it would be fun in this edition of this wonderful magazine to pass along a couple of funny stories about animals. So animal lovers get ready, I think you'll get a kick out of these.

I knew a couple that were really like Chip and Buffy. They were a truly young yuppie couple who were real animal lovers and who drove a top-down Mercedes 450 SL. One night at a stoplight in Glendale, California, two lost Golden Retrievers appeared. Being good animal lovers, they put the dogs in the back seat and took them to an all-night veterinarian and promised the vet they would come back the next day to find the dogs' owners. They picked up the dogs on a hot 105-degree day. CalTans was doing work on Brand Boulevard so they were stuck in a traffic jam, with the top down, and the two dogs in the backseat. Suddenly, people started honking, pointing and laughing. Much to their dismay, my two yuppie friends looked in the backseat to see the dogs "shall we say" being romantic. The top on the car was stuck and wouldn't go up and the traffic was so bad they

couldn't move. So they just sat there checking their Rolexes. And they weren't even their dogs!

My friend, Tex Earnhardt, is the big car dealer in Phoenix, AZ. Tex, like the famous Cal Worthington, does his own car commercials and is known throughout Arizona. Tex and his wife had a chimpanzee named JJ. JJ was quite a character. He wore a cowboy suit every morning, and would usually go out to the barn to help Tex's wife feed the horses. One morning, while she was really busy, the phone rang with Tex shouting, "WHERE'S JJ?" After much searching, they found that the monkey in his cowboy suit, had walked across the street and opened the door of a house where a lady was nursing her baby. She ran to the bedroom and dialed 911. Before the police came, JJ found a bottle of codeine cough medicine on the coffee table, chug-a-lugged it, and fell asleep on the couch. Imagine looking up from your baby and seeing a chimp in a cowboy suit walking in your front door!

My next story is not about animals but it's about someone whose animal was almost as famous as he was. Roy Rogers and Trigger were heroes of mine from the time I was able to walk. I heard Roy tell this story on the Tonight Show, and I'm sure he wouldn't mind me passing it along to you. One year when



Roy Rogers and Trigger

he was the grand Marshall of the Tournament of Rose Parade in Pasadena, he chose not to ride Trigger, but to ride atop the back seat of a convertible car. Upon arriving at the Tournament House prior to the Parade he began drinking coffee, and for some reason didn't go to the bathroom before the parade started. Midway through the 4 1/2 mile trek down Colorado Blvd., nature began to call and since there was no place to stop, unbeknown to millions of people around the world, Roy secretly filled one of his specially made cowboy boots. When you gotta go you gotta go. I hope you have enjoyed my short stories about animals and big people.

www.bobeubanks.com
Follow Bob on Facebook!

Westlake Malibu Lifestyle would like to remind you that Bob Eubanks is one of the more successful speakers to educate and entertain corporate America. If your company or organization is looking for a speaker, you cannot do better than Bob. Please contact his office at info@bobeubanks.com for more information. 🌿



Tex Earnhardt (3rd from left) and his "This ain't no bull" commercial.



Mc Ginn 'French Inspired'
creme silk dress. \$348

Valentino inspired
satin evening bag. \$50

Laundry stud
embellished one
shoulder dress.
\$265

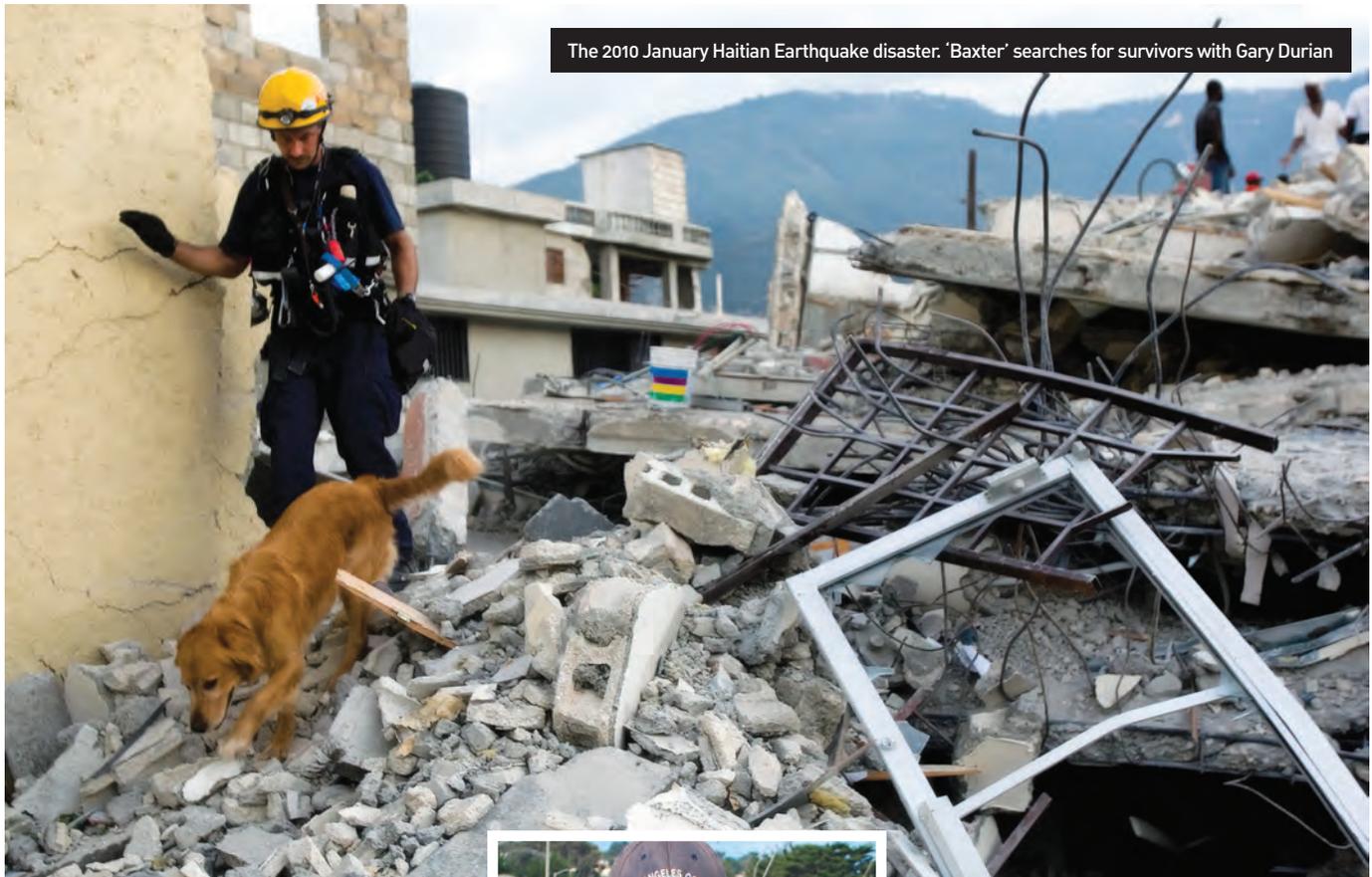
Nicole Miller
dress. Gold lamé®
halter top with black
ruched body
\$300

Ilene's Boutique

1145 Lindero Canyon Road, Westlake Village, CA 91362

805.373.6633 www.ilenesboutique.com

E-Mail: ilenesboutique@sbcglobal.net



The 2010 January Haitian Earthquake disaster. 'Baxter' searches for survivors with Gary Durian

PHOTO COURTESY OF UN

(Continued from page 28)

JANUARY 15: HUNTER AND DAKOTA FIND SURVIVORS

At 1:15 p.m. on January 15, SDF's dog, Hunter, found three girls, trapped alive for 3 days. Capt. Bill Monahan and Hunter were searching a neighborhood near the Presidential Palace when Hunter pin-pointed the survivors' scent under several feet of broken concrete. He barked - alerting Bill to where the victims were trapped. Bill spoke to the survivors and managed to hand them down bottles of water, after which they extricated the girls from the wreckage and provided them with first aid.



HURRICANE KATRINA: 2005

Marshia Hall gives this first-hand account of their rescue mission after Hurricane Katrina: "I was deployed with my dogs Trapper and Shade. We were searching residential subdivisions and it was a river of debris. You couldn't tell where one house began and another ended. There were eight to ten houses smashed together in some areas, with debris piles the length of a city block. We worked 12-hour shifts, stopping often to rest the dogs. The debris was piled so high the humans couldn't penetrate it, but the dogs could go subterranean very quickly. They could also go in very small spaces - places we could never have gotten into."

METROLINK TRAIN CRASH IN CHATSWORTH

On September 12th, 2009, a Metrolink commuter train collided with a freight train in Chatsworth, killing 25 and injuring over 100. Once again, SDF's dogs were there in full force, searching for survivors and bringing comfort to some of the devastated families.

CORPORATE SPONSORSHIPS

SDF is truly a one-of-a-kind non-profit (501c3) agency and is addressing a critical gap in America's emergency response network. They receive no government funding whatsoever. Instead, private donors and corporations have stepped in to help. **America's Tire** is one local corporation that generously sponsors L.A. Task

Force 2 - handler Jason Vasquez - and his dog, 'Maverick'.

SDF are proud to announce that they are building a **National Training Center** on a 125-acre historic ranch site - located in the foothills of Santa Paula. The land was donated to them by the **Frank Mc Grath Family** of Ventura County. At this center, rescued dogs will become rescuers; new Search Teams will be trained, and existing Search Teams will receive the advanced deployment training needed to face the most demanding rescue operations. The targeted opening date is 9/11/11 - ten years to the day after the 9/11 disaster. By opening the center on that day, they are honoring those who perished in the tragedy of 9/11, as well as those who over the years - have risked their lives to save others. 🌱

High-Class Service. Low Prices.



AMERICA'S TIRE



SAVE
\$100
WITH THE PURCHASE
OF ANY SET OF 4
TIRES OR WHEELS!

*Must present this ad to get discount.
Offer expires Aug. 31, 2010. PC#87979*



"Stop in and experience our Great Service, Great Prices, Great People, and Great Products."

Brian, Manager



THOUSAND OAKS
399 E Thousand Oaks Blvd
(805) 418-9915

M-F 8:00am-6:00pm SAT 8:00am-5:00pm

americastire.com

SHOP, BUY AND SCHEDULE AN APPOINTMENT
TO THE NEAREST AMERICA'S TIRE.

AMERICA'S
TIRE

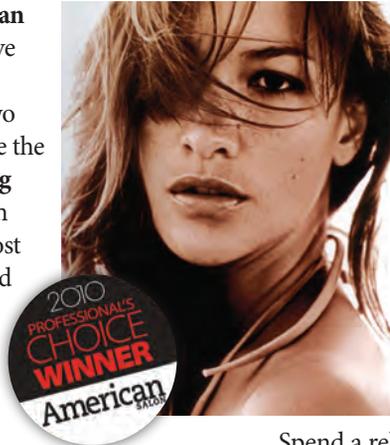


What's new in town

Farewell to Frizzy Hair. The Brazilian Blowout at Lakeside Hair Salon

Bye bye frizzy hair! **The Brazilian Blowout** is the most innovative and effective answer to frizzy hair. It was first introduced two years ago and has proven to be the most **technologically-advanced smoothing treatment** that leaves hair silky soft, smooth and conditioned. Finally, you'll have the most strokable, kissable hair you've always wanted without any of the chemical damage from previous products.

Lakeside Hair Salon specializes in **The Brazilian Blowout** with every staff member certified in its application. Owner, Lisa Grimmert, uses the product on her own long, curly hair. She says with first-hand experience, "When you have curly hair that frizzes in humidity, the constant upkeep of having to blow-dry your hair every day is time-consuming and tough on your hair. Once you have the **Brazilian Blowout smoothing treatment**, you no longer have to do that. A **protective protein**



layer is created around the hair shaft which **smoothes the cuticle** and eliminates frizz. Furthermore, it's the **ONLY** professional smoothing treatment that improves the health of the hair. Once you leave the salon, you simply wash your hair and leave it to dry naturally. This is the hidden treasure that everyone has been waiting for!"

The **Brazilian Blowout** is designed for all hair types - fine or coarse, natural or processed hair. It lasts for **8 - 12 weeks** (\$250) and is **LIFE CHANGING** for anyone who constantly blow-dries their hair.

Spend a relaxing 90 minutes at the beautiful **Lakeside Hair Salon** at **The Landing** and then feel free to take off on your tropical vacation - confident that your hair will behave!

Tel: 818 707 9772
32123 Lindero Cyn. Rd (The Landing), Ste 101, Westlake Village
www.lakesidehairsalon.com



ALL PHASES OF TREE WORK

PRUNING • TOPPING • SHAPING • STUMP REMOVAL • ROOT REMOVAL • REMOVAL

FULLY INSURED/BONDED - FREE ESTIMATES - ST. LIC. #721441

(818) 597-0449

(310) 456-5054

(805) 578-6500

www.goldcoasttreeservice.com

Westlake Village Animal Hospital, Voted #1 Veterinarian & Groomer! Thank You Ventura County



From Left: Dr. Steven Rosenstein at Agoura-Westlake Animal Hospital, Disco and Dr. Daniel Slaton at Westlake Village Animal Hospital

- "On Call" for Pet Emergencies 24 hours a day 7 days a week!
- House Calls
- Digital Dental Care
- Pick up & Delivery in Pet Friendly Van
- Digital X-Ray & Ultrasound Technology
- Orthopedic & Soft Tissue Surgeries (TTA Certified)
- Low Cost Rabies Clinic Every Saturday
- Discounted Prices on Neuter & Spay
- Exotic Animal & Bird Wellness Center
- Certified Stem Cell Therapy



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



Westlake Village Animal Hospital **805-497-4900**

Agoura-Westlake Animal Hospital **818-707-3030**

2806 Townsgate Road, Suite C, Westlake Village
westlakevet.com E-mail: BestPetCare@westlakevet.com
Hours: Mon-Fri, 8am until 6pm, Saturdays - 8am until 4pm



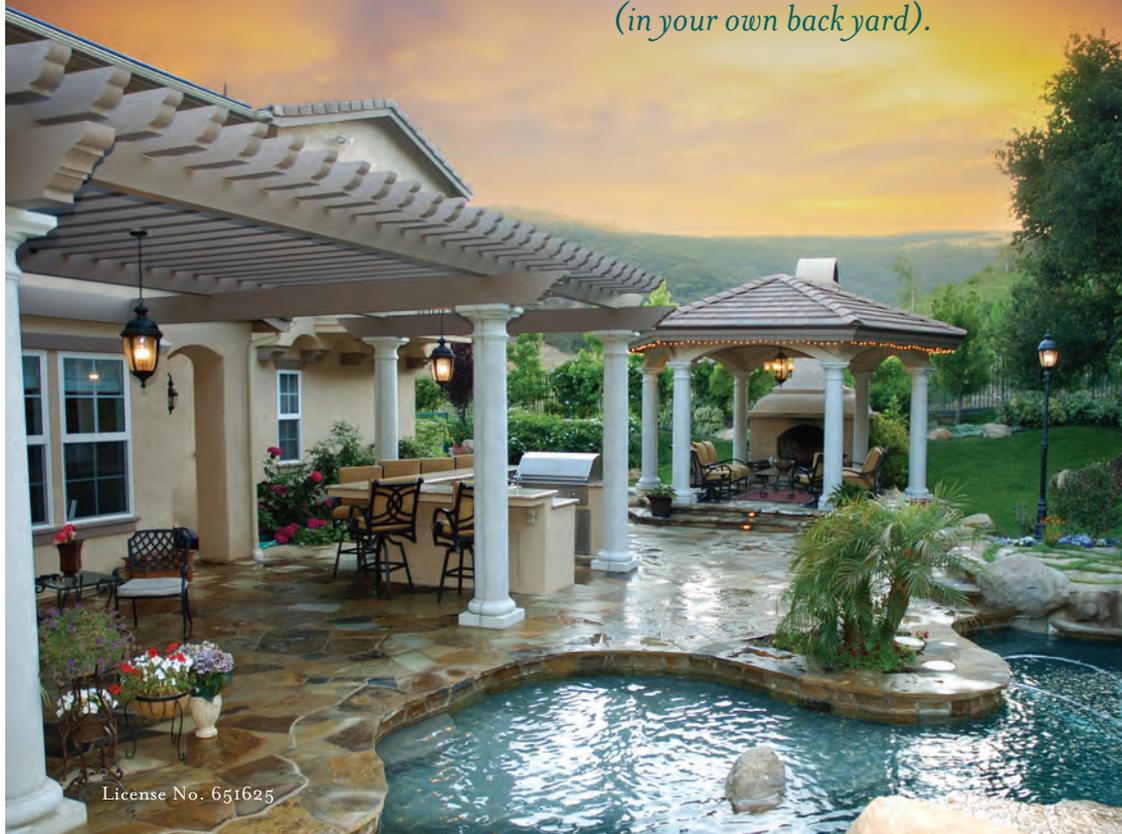
Partners with the new 20,000 sq. ft. Barkley Pet Hotel and Day Spa, for all of your boarding, day care and grooming needs



Pick-Up and Delivery Services Now Available

Rediscover the Great Outdoors...

(in your own backyard).



License No. 651625



With over 25 years experience, Michael Freitag Construction knows how to transform the ordinary into the spectacular. Specializing in hardscape construction including pools, decks, barbecues, fire pits, stamped concrete, driveways, stonework and waterfalls.

**MICHAEL
FREITAG
CONSTRUCTION**

TEL. (805) 579-8200

www.michaelfreitagconstruction.com



Localscapes



A Million Scenes on the Semler's Malibu Vineyard

The Saddlerock Ranch in Malibu, owned by Ronnie and Lisa Semler, has over 65,000 vines planted on 1,000 privately-owned acres. At the end of summer, the whole Semler family sets to work with grape-harvesting season. The family will celebrate with a Harvest Party that is open to the public on September 19, 2010 on the vineyard. 





A Sound Investment

*L*et Custom Printing orchestrate your next printing project and we'll show you how service, quality and competitive pricing can help your business prosper.

Custom Printing offers complete prepress services along with 7 sheet-fed offset presses, a complete bindery department, in-house die-cutting equipment and full mailing services. From the press to the post office, we are 100% focused on your printing and mailing requirements.



CUSTOM
PRINTING
Quality Lithographers

805.485.3700

Take a plant tour at
www.customprintinginc.com
click on "behind the scenes."



What's new in town

Sogno

If you're looking for very affordable, cute clothes that reflect the latest trends and styles, **Sogno** is a great new store in town. Conveniently situated on Townsgate Rd., Westlake Village - next to J-Girl and the Yozen Frogurt store - Sogno is one of those stores that is actually doing well in recessionary times, probably because of its great pricing. Their Topanga store took off and with that confidence under their snazzy belts, they decided to open up in Westlake Village. The owners describe the clothes as 'fun' and 'retro'. There are new styles coming into the store weekly and the hard-working owners have a real knack for scouting out small selections of eye-catching clothes. There's also a selection of cute accessories from which to choose. Check them out!

Sogno. 2900 Townsgate Rd. Suite 105. Westlake Village. **805.494.0999**



Scenearound

2010 Soccer World Cup

The 2010 FIFA World Cup took place in South Africa from 11 June to 11 July 2010. The USA Soccer team came up from behind and acquitted themselves admirably in the tournament. Landon Donovan, the team's star player, led the USA to win their World Cup group for the first time since 1930. His goal scoring made him the highest scoring American in World Cup history. In the final, Spain, the European champions, defeated third-time finalists, the Netherlands 1-0 after extra time. This is the first time that a European nation has won the tournament outside its home continent. The USA team is hoping to keep the soccer flame burning brightly in the U.S. 



Local Malibu & Westlake fans, Kevin & Javier enjoying the 2010 Soccer World Cup

Landon Donovan

GOOD TASTE IS AFFORDABLE

THE SHOWROOM

FURNITURE CONSIGNMENT REDEFINED



DESIGNER FURNITURE FOR SAVVY SHOPPERS

60% OFF RETAIL – MINT CONDITION

**NANCY CORZINE - CHARLES & CHARLES – BAKER – BERNHARDT - HANCOCK & MOORE
DESSIN FOURNIR - RALPH LAUREN – GRACE HOME - LILY JACK
CHANGING DAILY – VISIT OFTEN**

REDECORATE – MOVE WITH LESS – DON'T STORE IT...SELL IT!
PICK UP AND DELIVERY SERVICE AVAILABLE

31139 VIA COLINAS #306 – WESTLAKE VILLAGE - 805-914-8869

➔ **FUNKY HOURS: TUESDAY - SATURDAY 11 – 3 & BY APPOINTMENT**
theshowroom.jane@yahoo.com www.theeshowroom.com



Tuscany

il Ristorante

**The Finest Gourmet Italian Restaurant
Requests the Pleasure of Your Company**

Tuscany's is a passion. The food is an ever-changing variety of Mediterranean influences with owner, Tommaso Barletta's old family recipes carefully nurtured and proudly presented.

Follow your senses and discover superlative food and hospitality at reasonable prices.

968 South Westlake Blvd. #4,
Westlake Village, California
Telephone 805.495.2768
www.tuscany-restaurant.com

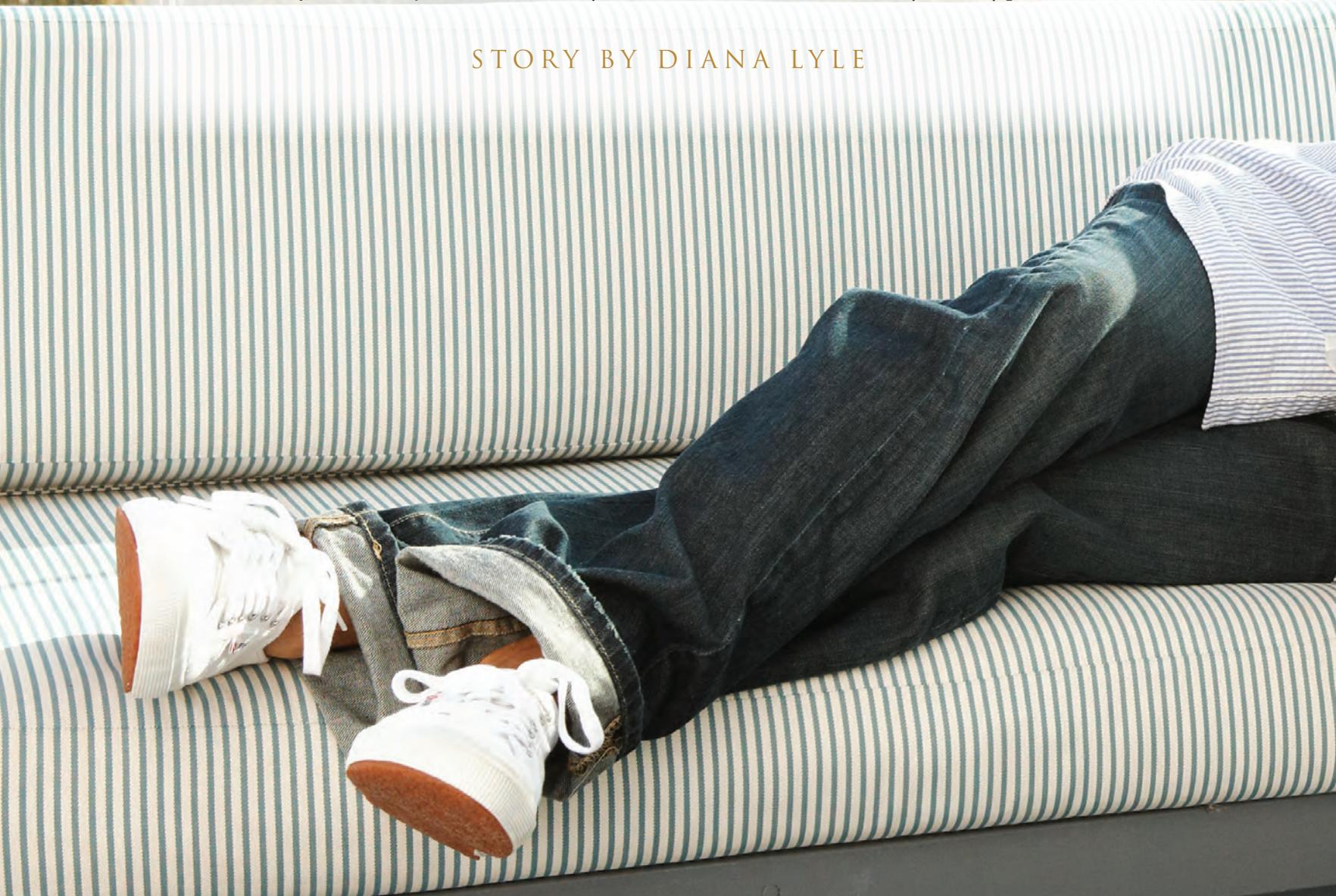




MEET DUSTIN AND LISA HOFFMAN

Dustin and Lisa Hoffman have celebrated their 30th wedding anniversary - a feat in Hollywood where water-tight pre-nuptials often trump marital vows. They are solidly grounded in strong family values (there are six Hoffman children), and a refreshing dose of humility and authenticity. Dustin's first Academy Award for Best Actor in *Kramer vs. Kramer*, where he portrayed the excruciatingly-intense workaholic father, Ted Kramer, is a world removed from Dustin in real life. In person, he's relaxed, genuinely funny, and never misses a beat with his sharp, witty banter. Lisa complements her husband marvelously with that intelligent playfulness. A graduate from law school, Lisa has launched her own beauty line, *Lisa Hoffman Beauty*, and works directly with esteemed chemists and beauty industry professionals.

STORY BY DIANA LYLE

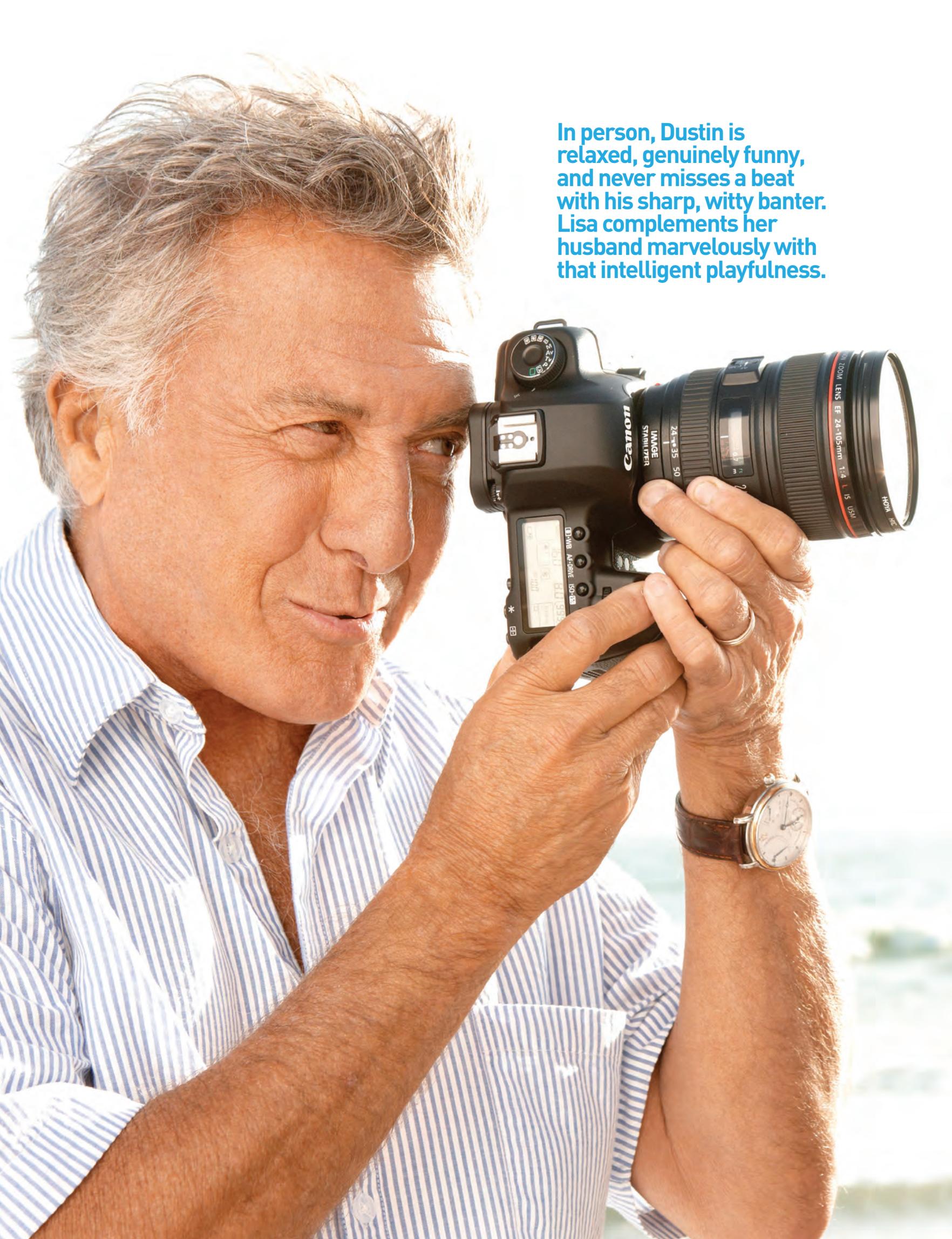


Wardrobe Styling: Miles Siggins/
The Rappaport Agency
Hair: Daniel Erdman
Makeup: Jenn Streicher
Digital Re-touching: Dibou; www.Dibou.com

Lisa: Cream dress by Morgane Le Fay.
Her own vintage jewelry.
Dustin: Steven Alan striped shirt;
Levi's 501 jeans; Superga sneakers.



In person, Dustin is relaxed, genuinely funny, and never misses a beat with his sharp, witty banter. Lisa complements her husband marvelously with that intelligent playfulness.





Her impressive debut has garnered her two FiFi nominations, and two of her fragrances have been nominated for top 5 Fragrance of the Year, alongside Chanel, Tom Ford, and Karl Lagerfeld. Dustin - a Lee Strasberg method-acting protégé - and a talented classical pianist, has absorbed us repeatedly with brilliant performances - including his portrayal of an autistic savant in 1988's *Rain Man*, where he took home his second Academy Award for best actor. The standing ovation he received from his peers said it all. *The Graduate, Midnight Cowboy, Tootsie, Lenny, Papillon, All the President's Men, Marathon Man, Wag the Dog, Hook* and more recently, *Meet the Fockers, Finding Neverland, Last Chance Harvey*, and *Kung Fu Panda* are just a few of his many accomplishments. Hoffman plays Ace Bernstein, a gaming and horse-racing magnate, just out of prison and set on reclaiming his world in the new HBO Series *LUCK*, filming this fall. Dustin Hoffman's accolades are easily summarized: he'll go down in history as one of the finest actors of our time. But it's unhoffmanlike to gush too much about the superlatives, so let's lighten up...and meet the Hoffmans.

What makes you laugh - well?

DUSTIN: My wife and I like to do practical jokes on each other. This is a family magazine, so I'm sorry, I can't give you examples.

LISA: Dustin.

What's your Favorite playtime activity?

DUSTIN: I still love the swings and the sandbox.

LISA: I prefer the teeter-totter with my husband.

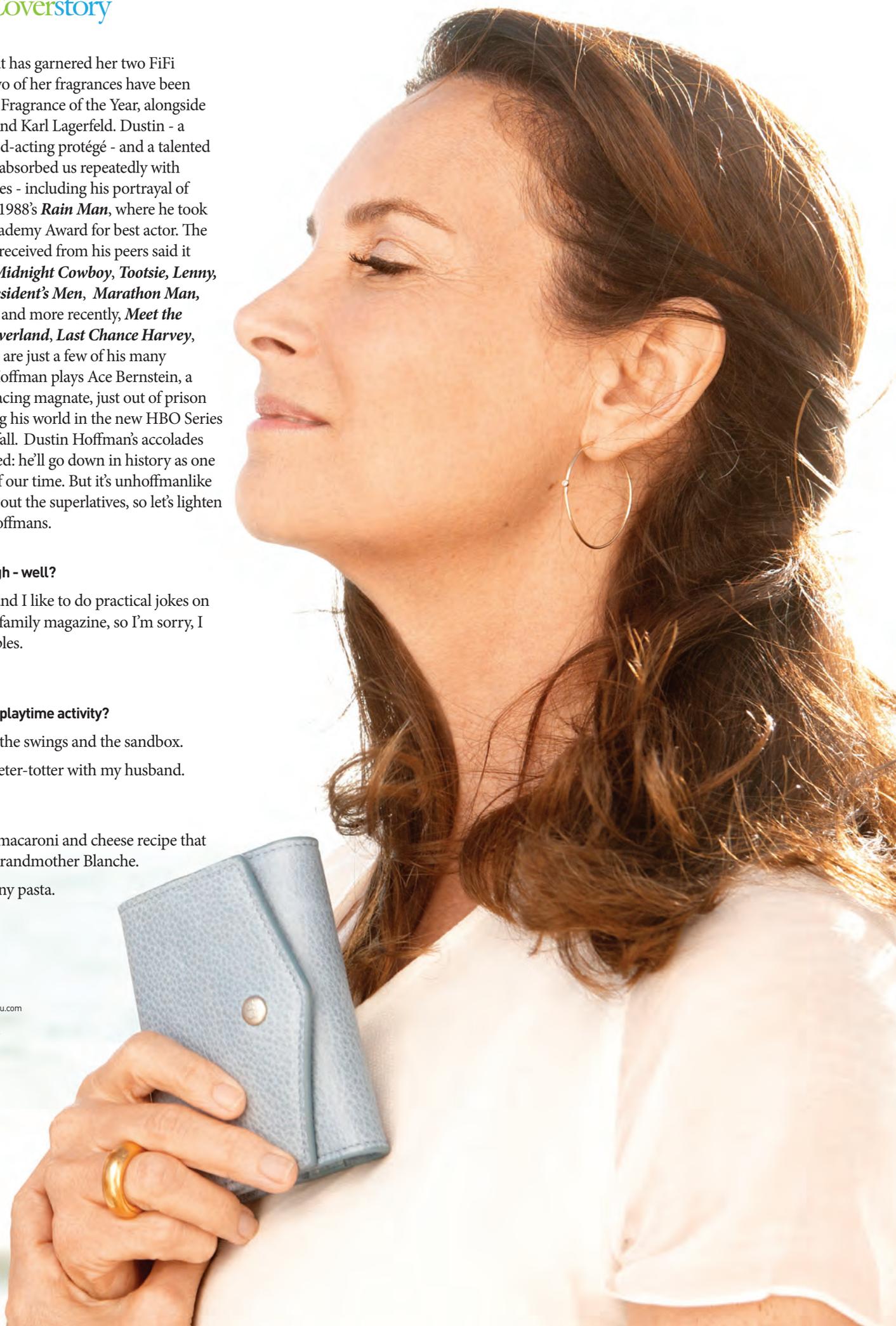
Favorite Food?

DUSTIN: My wife's macaroni and cheese recipe that she stole from her Grandmother Blanche.

LISA: I'll settle for any pasta.

Wardrobe Styling: Miles Siggins/
The Rappaport Agency
Hair: Daniel Erdman
Makeup: Jenn Streicher
Digital Re-touching: Dibou; www.Dibou.com

Lisa: Cream dress by Morgane Le Fay.
Her own vintage jewelry.
Dustin: Steven Alan striped shirt;
Levi's 501 jeans; Superga sneakers.



What gives you immense satisfaction?

DUSTIN: You can't beat bodily functions.

LISA: When I walk into a room and Dustin's wearing my clay mask from my skin care line.

What's your favorite vacation of all time?

DUSTIN: Staying home when everyone thinks we're gone.

LISA: Because we travel for work so much, I have to agree with Dustin; nothing beats staying at home.

Some golden moments in your life?

DUSTIN: I'll tell you when I reach Betty White's age.

LISA: I'll tell you when I reach Dustin's age.

Is there a person you respect immensely and why?

DUSTIN: The Portuguese director Manoel de Oliveira, who is over 100 years old and still working.

LISA: My granddaughter Daisy, who is four years old and always busy.

Your favorite movie? Why?

LISA: All of Dustin's...why? duh....

Where did you grow up?

LISA: I'm a Valley girl, second generation Angelino, born and raised. Most of my life I lived in Encino. My BA is in liberal arts, and I graduated law school.

How did you and Dustin meet? When did you know that he was the right person?

LISA: My grandmother, Blanche Salter, became best friends with Lillian Hoffman when she was pregnant with her second child, Dustin. My mother Marcia, her sister Susan (my aunt), and their parents lived in the same duplex that Dustin, his older brother Ronald and his parents lived in. Dustin es-

entially grew up in the same home as my mother. My grandmother used to change his diapers and baby sit him. My grandfather took him fishing for the first time, told him jokes—he couldn't have grown up closer to my family.

Dustin studied to be a classical pianist, and actually played 'Here Comes the Bride' at my parents' wedding.

Dustin met me when I was born, but moved to NYC to study acting when I was 3. He came home for yearly visits with the family, which often included spending time with our family. On one of those visits, when he was 27 and I was 10, he was playing the piano and I put on my leotard and danced around the room to the music he was playing. I vividly remember during that visit telling my grandmother, "I hope he waits for me, I want to marry him when I grow up."

When I was 22, Ed Salter, my grandfather passed away. Dustin came home to pay his condolences. The families were together for days. The first time Dustin and I were alone together was when we went to go get pizza. It was then we decided to get married. Dustin asked me how many children I wanted and I said 6. He said, 'I've already got 2, would you settle for 4?' And that's when we picked the names for the boys—Jake and Max. The rest is history. We have 4 kids together—Jake, Becky, Max and Ali.

What was that definitive moment, Dustin, when you KNEW that becoming an actor was your path and destiny?

DUSTIN: The day I realized that I was sure to fail in anything else.

Can you explain that aspect of VULNERABILITY and emotional availability (I believe you referred to Emma Thompson - once - as having it) that contributes to an actor's performance?

DUSTIN: For my generation, it was Brando who set the bar. All of us realized what was possible, the depth of vulnerability that he could reach us with; this

was the inspiration for all of us.

You've been married for 30 years and have four children together. What's the secret to your marital success in Hollywood where divorce is an occupational hazard?

LISA: According to Dustin, for a marriage to work on a fundamental level, the husband has to be scared shitless of his wife! For me, the secret is patience.

How has your life been enriched? We'd love to learn something about the Hoffman family life, marriage and parenthood...

LISA: Understanding the reality of making movies, Dustin and I agreed from the beginning we would make every effort to keep our family together. That meant when he made films, no matter where in the world it was, our children and I traveled with him. Thankfully, we had the means to do that.

One of the most enriching aspects of traveling the world, for all of us, was living in diverse cultures. I was fascinated with the various beauty rituals and unique fragrances specific to each locale. I started collecting essential oils, rare herbs and making notes about beauty secrets; I even mixed up some of my own "beauty products" in my kitchen.

It wasn't until my youngest went off to college that I decided to do something with all that I had gathered over the last twenty-five years. I wanted to share what I learned with women everywhere. So I worked very closely with esteemed chemists and beauty industry professionals to translate my "encyclopedia" of beauty secrets into actual products.

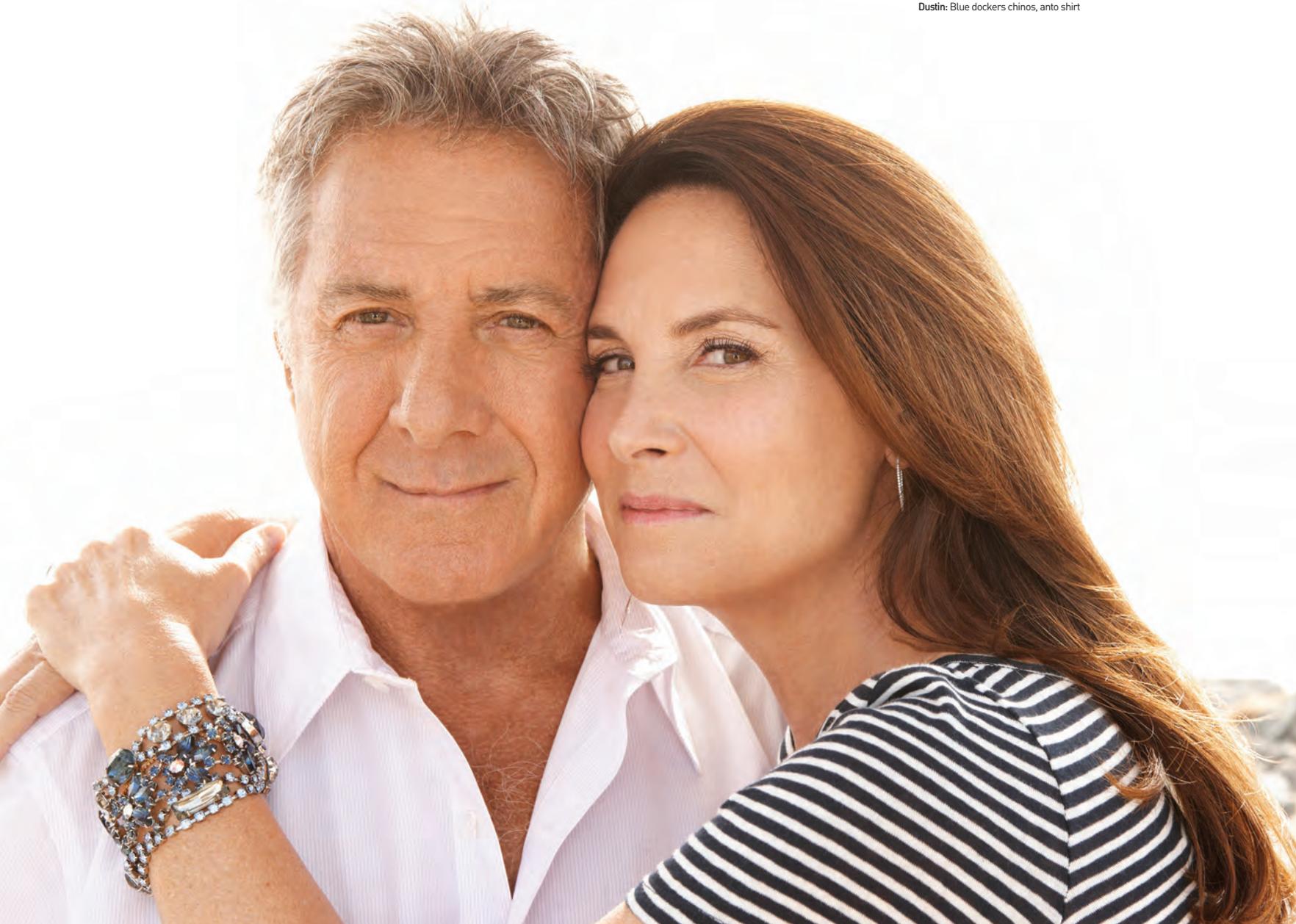
This opened a new chapter in my life. Developing products and creating fragrances has inspired my creativity and given me so much satisfaction. The greater pleasure, beyond industry recognition, is when someone tells me of the benefits and pleasures they get from my products.

Understanding the reality of making movies, Dustin and I agreed from the beginning we would make every effort to keep our family together. That meant when he made films, no matter where in the world it was, our children and I traveled with him. Thankfully, we had the means to do that.



Wardrobe Styling: Miles Siggins/
The Rappaport Agency
Hair: Daniel Erdman
Makeup: Jenn Streicher
Digital Re-touching: Dibou; www.Dibou.com

Lisa: Cream dress by Morgane Le Fay.
Her own vintage jewelry.
Dustin: Steven Alan striped shirt,
Levi's 501 jeans



Lisa Hoffman Skincare: What has been the inspiration behind this skincare line? USA Vogue describes it as a 'complete beauty regimen based on single-dose ampoules designed to hold the perfect amount of the perfect treatment.' What are your goals for the business?

LISA: We have been so fortunate with the success of our fragrances that it is our main focus. One of the highlights of my career was my idea and the creation of fragrances with different variations.

In other words, the essence of what you love in a perfume is translated into a morning, daytime, evening and bedtime fragrance. My fragrances are not only inspired by my travels and the women around the world, they are scientifically designed into four variations to complement a woman's changing olfactory senses throughout the day. This makes them practical and easy to wear any time.

What has life taught you, and what are you still learning on this journey?

LISA: Life has taught me that it gets better with age.

DUSTIN: As you age, there are only 3 ways to go. You regress. You evolve. Or you stagnate. Life has taught me, how extraordinarily easy it is to deceive yourself. So I continue to deceive myself and regress while Lisa tells me the truth to help me evolve. 

As you age, there are only 3 ways to go. You regress. You evolve. Or you stagnate. Life has taught me, how extraordinarily easy it is to deceive yourself. So I continue to deceive myself and regress while Lisa tells me the truth to help me evolve.

Dental Implants ~ Placed by the Specialists



A select number of patients may qualify for an upcoming educational lecture and receive reductions of up to 50%.



Dental implants are the most natural replacement for missing teeth.

Our multi-specialty practice offers patients an entirely unique experience in the art of dentistry. Our doctors are specialists in their field with 4 years of advanced training beyond a general dentist. **Sam Gilani, D.M.D.,M.S.** specializes in **Oral Plastic Reconstructive Surgery**. A graduate of UCLA School of Dentistry with a Doctorate of Dental Medicine, Dr. Gilani has over 25 years of considerable experience. **Board-Certified Prosthodontist Hamilton H. Le, D.M.D.** graduated Cum Laude from Tufts University School of Medicine with a Doctorate of Dental Medicine. He is a specialist in cosmetically challenging cases.

Dental Implants • Soft Tissue Grafting • Crown Lengthening • Gingivectomy • Bone Grafting
Oral Cancer Screening • Gum Depigmentation • Pocket Depth Reduction Therapy • Full Mouth Reconstruction
Veneers • Implant Supported Restoration/Crowns & Bridges • Complete & Partial Dentures



Things we love



1

1. COLLINA STRADA ALEA DUO MESSENGER (black lamb-skin) with detachable strap. Converts into clutch. \$330. www.collinastrada.com E-Mail: hillary@collinastrada.com 310.480.0933

2. Promo package: Receive free Blu-Ray Player & Starter Kit with purchase of Samsung Plasma & Led Panels. 818.631.1451. E-Mail: matt@m2-multimedia.com **WWW.M2-MULTIMEDIA.COM**

3. Array of magnificent orchids reasonably priced. **ORCHIDS WESTERLAY.** 3504 Via Real, Carpinteria (just off the 101 Freeway). 805.684.5411. www.westerlayorchids.com

4. Farewell to frizzy hair and hello to smooth, straight hair. THE BRAZILIAN BLOWOUT. LAKESIDE HAIR SALON. 32123 Lindero Cyn. Rd (The Landing), Ste 101, Westlake Village. 818.707.9772

5. BUTTERFLIES BY CLAIRE PETTIBONE. Bandana baby doll: \$82. Bandana hipster: \$34. **J GIRL.** 2900 Townsgate Rd. Ste 107, Westlake Village. 805.449.9999



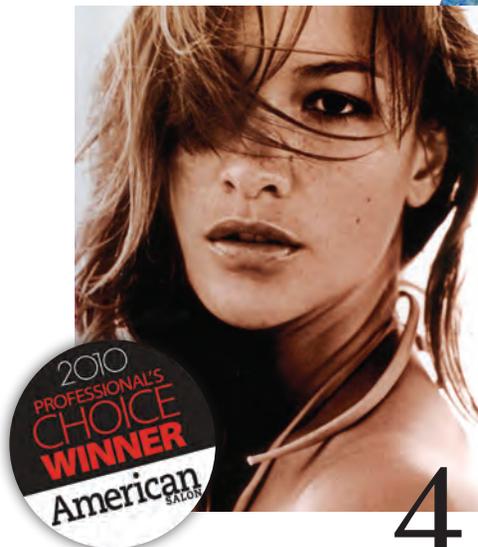
2



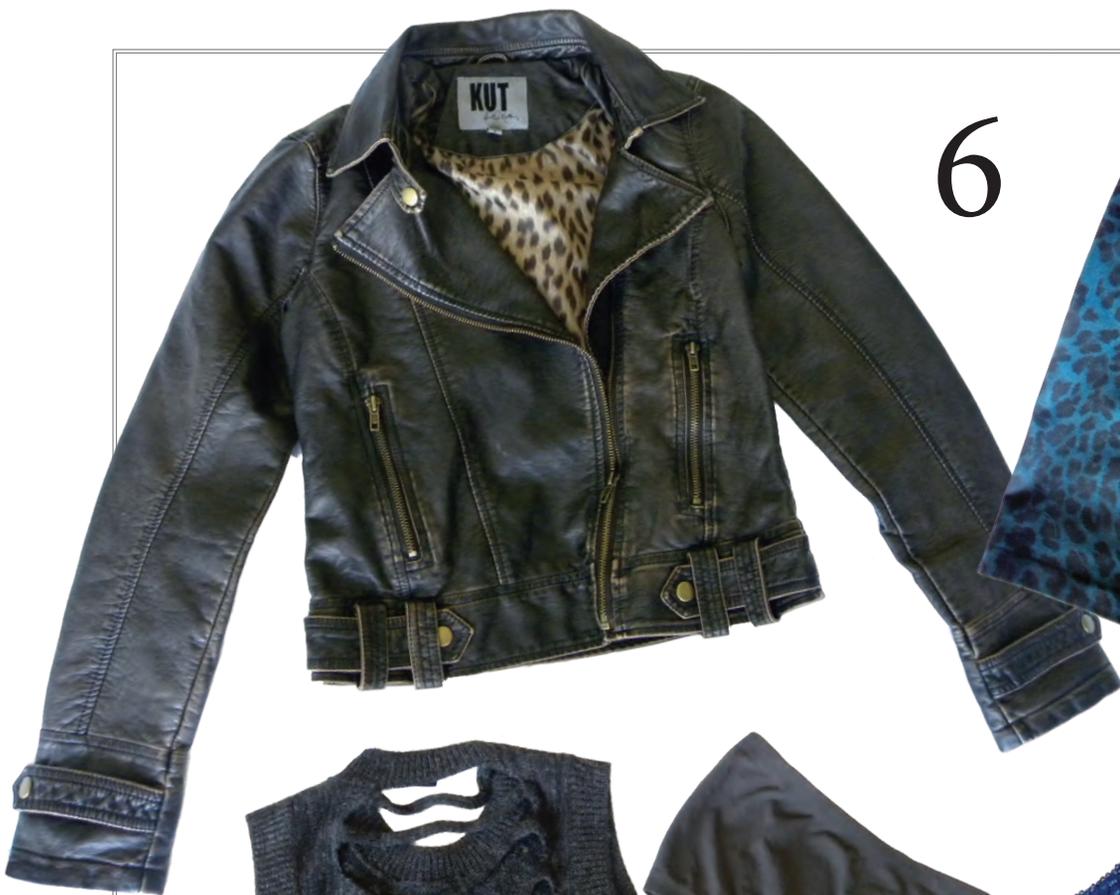
5



3



4



6



7



8



9



6. 'Pleather jacket'. \$75
AMB matching Cami: \$30
ILENE'S BOUTIQUE
1145 Lindero Cyn. Rd
Westlake Village
805. 373 6633

7. Olive Olivia gray top with sexy back. \$37. Matching bandeau: \$5.
SOGNO. 2900 Townsgate Rd. Ste 105, Westlake Village. 805.494.0999

8. **ELLE MAC PHERSON** intimates. Artistry contour bra and matching thong brief: \$65 & \$30. **J GIRL.** 2900 Townsgate Rd. Ste 107, Westlake Village. 805.449.9999

9. Accessorize with this matching bracelet and ring: \$25 & \$17. **SOGNO.** 2900 Townsgate Rd. Ste 105, Westlake Village. 805.494.0999

Cosmetic Dentistry with a New Twist

THE VALUE OF A SMILE

The world views us largely according to how we smile. It tells others whether we are confident, self-assured and happy – making it much more than just an outward appearance. Your personality and who you are is evident in your smile.

OUR PIONEERING TECHNIQUE THAT ALLOWS YOU TO VISUALIZE THE END RESULT

My office is pioneering an approach that allows you to see the smile of your dreams before it is created. Would you build your house without a plan? Then why would you fashion a new smile without first seeing a blueprint?

A UNIQUE METHOD OF CREATING A BEAUTIFUL AND NATURAL SMILE

Utilizing a new technique called **HILLA** phase one, we can show you exactly what your beautiful, natural smile will look like. A team of four experts including a Dental Photographer and the Dental Laboratory fashion your unique smile before any work begins. This is crucial because anyone can produce a digital smile from a template that might not be right for you – or even possible to create. Once you approve your smile, the Dental Laboratory uses a wax model to duplicate the photo. You are presented with a lifelike model and only when you are completely happy – do we proceed.

THE STEPS TOWARDS YOUR BEAUTIFUL, NATURAL SMILE

With photo and model in hand, I create your temporary veneers. You have yet another chance to see your smile and make changes before proceeding. Once you approve the photo, model and temporary veneers, I go ahead with the actual veneers. The artist's studio is next to **Opus One** – which is one of the best laboratories in the country. **Opus One**, the photographer and I work together to ensure that the results reflect the smile you have envisioned. The brand new technology called **HILLA** phase one has successfully created the characteristics that make the veneers so natural looking.

THE FINISHED RESULT

The veneers are placed on your teeth. Any last-minute changes can still be made. The end product is a dramatic improvement. Your confident and radiant smile is set to dazzle the world!

Robert Freeman D.D.S.
4695 Lakeview Canyon Road
Westlake Village, CA 91361
(818) 879 7480
www.dentalwellnesswlv.com



Robert Freeman D.D.S.

A New Approach to Dental Veneers SMILEOGRAPHY™



Before



Digital Image



After

(By Opus One Laboratories)

SOLARUNIVERSE

Here's what our customers are saying..

OLD BILL
\$300
NEW ELECTRIC BILL
\$41



Fahy Family - Pacific Palisades, CA

"Installed in just 2 days, Solar Universe took care of everything - One less bill I have to pay every month, these guys are good!"

OLD BILL
\$942
NEW ELECTRIC BILL
\$0



Berlinger - Los Angeles, CA

"Goodbye Power Company - Free at Last!
Thanks Solar Universe."

OLD BILL
\$331
NEW ELECTRIC BILL
\$55



Fields - Los Angeles, CA

"Solar Universe did a great job, I was shocked how quick and clean they did the install. Plus it's a real cool feeling knowing we're helping with problems like our reliance on OPEC & Global Warming."

OLD BILL
\$203
NEW ELECTRIC BILL
\$38



Brand Family - Simi Valley, CA

"The other solar vendors we contacted would not return our calls or stood us up on appointments. It has been quite refreshing dealing with Solar Universe they are responsive, competitively priced and worked with us on designing the right system."

SOLARUNIVERSE
THE S.U.N. WORKS FOR EVERYONE!

Save 50% Right Now! with Huge State and Federal Rebates

call for info: **888.880.5950** or call Mitch direct @ **818.292.1313**

Get a Free Quote online in just seconds www.solaruniverse.com





Fashionsense



Living By The Seat of our (Sassy) Pants

By Magda Pescariu

We may chuckle at the thought, but that's how it will go down in our emotional history and that's how we'll always talk about it: it was in 2010 that we finally got the memo. "Life is what happens to you while you are busy making other plans" it said (oh-so-truthfully).

Problem is that we still have to get to terms with this simple and painful certainty. It's hard to accept that everything changes (and in the process we do too, rarely for the better) and that we have so little control over it. Stubborn in our settled ways, we prod each novelty with reluctant curiosity, expecting our lives to go *by the plan*, precisely as we expected our weight to stay the same from high-school to menopause and our jobs to carry on forever, securely and fulfillment-friendly. Seriously, how foolish was that? When will we start to listen?

"The only sure thing in life is change" my sister never failed to remind me in our vital conversations over the years, "be like water, flow and yield". Well, easier said than done, as we *love* to have power

over the future; we love to believe we are running the show only by planning it masterfully. How presumptuous of us, to think that just because we jotted down five ideas on a cocktail napkin the night we turned thirty or forty, we nailed the miracle cure for every case of consequent life crisis.

Now, we find ourselves standing on nothing at all, bewildered and empty-armed. We dropped the useless plans (wonderfully laid-out, though) in our memory's recycling bin and looked around with startled curiosity: so that's how flying by the seat of your pants feels! A healthy mixture of lightness of heart, stabs of panic and anxiety-doted sheer joy. **A crazy swing between restraint and wildness** which governs all chapters of our wavering life. Awake and aware, now we face a brand-new season in our life: **the season of change**.

Needless to say, **fashion - the clever echo of all our times - presents the same seesaw of self-control and liberation in its**



Luciano Soprani



Beatriz Camacho



Marc Jacobs



main trends for fall-winter 2010-2011. Flanked by a sculptured, tailored **minimalism** and an opulent **maximalism**, we get to experience **and enjoy everything in between** as well.

First things first, let's note that **this season's fashion encourages** us to love our silhouettes in all shapes and sizes. **The celebration of voluptuousness** started on Prada's catwalk and continued fearlessly feminine throughout all the other designers' runway presentations. **"Belle curves"** presented by Marc Jacobs for Louis Vuitton made for a royal treat for sore eyes after years and years of miniature, anorexic models trying to enforce on us the image of beauty as a rail-thin, underage Lolita. Now we got, finally, our sweet revenge: **one of this fall/winter season's main trends is the glorification of certified adulthood, of womanly beauty à la Brigitte Bardot, of true-to-life models** – with cleavage and bosom, with a

healthy body image and even age (oh, writing that felt so good!)

This glamorous, laddified look with a sexy flair reminds us of **the '50s**, with all the **fit-and-flare shapes, full-skirts, elaborate up-dos, high-level buns, pointy-toe shoes and rich (faux) fur collars**. However, **the season's designs manage to take the bourgeois inspiration to a new level of sophistication and restraint** - refined and crafted with almost cyber-techno precision of details. Less is more, we know, and **classic minimalism** is ever harmonious and stylish.

The elegance of this **classic minimalism** features **full-circle coats, clean lines cinched in wasp-waisted belts, savvy urban suits** (the pantsuit is a major power-play), sharp and **sculptured tailoring with big shoulders, trim pants, traditional tweeds, plaid all-in-ones, monochrome autumnal hues and smart ladylike accessories** (structured bags, gold-trimmed

high-heels, light-coffee color clutches, some wild hats, memorable jewelry).

It's **blush hour** for the ladies, but besides **camel and rose-antique** we find several **shades of gray, blue and black**.

To balance the austerity of such tasteful fashion trends, an **opulent maximalism** satisfies our occasional appetite for rebellious behavior. It starts with the **blessing of curves** and it goes on with **dramatic ensembles, brocades, mosaic patterns, patchwork furs and wild animal prints**, up to a gratifying decadence of **feathers, faux-furs, ruffles and velvets accents**. On this side of style **the plaid is Highland tartans, the bohemian is haute-hippy and the art-inspired fashion juxtaposes edgy graffiti on combat camouflage patterns**.

The **middle-ground** between embargo and absolution in fashion is **outdoorsy** and, well, real. We get to wear a lot of **cozy knits in Nordic designs, sexy military**

jackets and practical army khakis, icy white faux-furs over knitted dresses and nerdy-chic colorful leather pants. We also get to keep our friendly **jeans jacket**, which will ease our journey into the cooler days of the new season. Carried on from summer, the jeans jacket goes with everything. In its **short, shrunken version**, it is perfect over flowy dresses with small floral patterns; **conservatively tailored** (with shoulder-pads and wide lapels) complements the casual-professional look; and in **classic boyfriend style** shows character and underplayed personality. Whichever style you pick out, rest assured that a vein of **healthy sensuality and relaxed womanhood** is pulsating through each fiber and every stitch.

As we contemplate our options and possibilities for the upcoming season, it slowly comes to mind that a new autumn is here, and another winter, and the year is pulling itself up by its bootstraps from a twirling mess of mediocrity and confusion

to a significant reset of priorities and values.

We experienced defining moments in so many aspects of our lives in 2010. Of course, fashion was only one aspect and most likely among the least earth-shaking ones. But in its undercurrent of negotiation between suppression and free expression, between control and acceptance, we recognized – perfectly mirrored – our own tribulations in the pursuit of a stronger, better self and of a worthier, more desirable tomorrow. Did we find any sense of balance at all in this complicated transition?

The memory of this peculiar year will come alive every time we try to steer off the right path again. Like bad blood rushing to our hearts, the past will suffocate us with embarrassing flashbacks: how we breezed through life - smug and sure of our well-designed plans, how we failed to read the obvious signs and how abruptly we lost the feelings; how

money changed hands (too many times to count) while we naïvely cheered; how hope changed hands while we blindly trusted; and – in the end – how love changed hands while we looked the other way in abetting silence.

Now we approach our daily fears free of any pretense of control, plan-less; and amazingly enough, with each passing day, the bottom seems to be rising for us a little. At least not every petty instant gratification presents itself as the solution to all our problems anymore.

Of course, the transition through so much irremediable change is hard, and it has moments of heart-stopping emptiness. Flying by the seat of our pants over this hollow rises two crucial questions we need to answer to in order to make the cut: *wherefrom?* and *whereto?*

I don't know your answers. Mine is utterly and unapologetically hopeful: from what we were, to what we are about to become. 





Pepperdine University Honors Victims of 9/11

Photography by Ron Hall

HOW THE 9/11 MEMORIAL STARTED

As we move into the Fall months, you'll notice almost 3,000 flags on the green slopes of Pepperdine University's campus. We thought it would be interesting to find out how and where it all started: In 2008, a student group at Pepperdine University came up with the idea of having a flag memorial on campus to honor the victims of the 9/11 tragedy. The University decided to partner with this student group, as well as with other students clubs, members of the broader University, and Malibu residents - to erect the memorial. The goal was to have a public display that would be a fitting and honorable memorial to those who lost their lives.

WHAT DOES EACH FLAG REPRESENT?

The power of the display is that each flag is a silent testimony to a lost life. There are nearly 3,000 flags in all. The first year, Pepperdine featured only American flags, but in 2009,

they wanted to recognize the victims of other nationalities. So, it was decided last year that they would display a flag from every country that lost citizens in the attack - thereby demonstrating that at the end of the day, this isn't about nationalism; it's about acknowledging the human loss. Many countries were affected by 9/11.

Pepperdine's Director of Student Activities and Campus Recreation, Doug Hurley, said, "Many people commented that they really appreciated the gesture of including other nationalities and it made the memorial even more powerful. When you see it from a distance, it is a strong reminder of the events of that day, and the impact that will be felt in our country for a long time."

THE MEMORIAL GOES BEYOND THE FLAGS

Doug Hurley describes the extent of the remembrances: "In addition to the flags, each year we hold a small 9/11 memorial

on the Drescher Graduate Campus site of Pepperdine's **Heroes Garden**. The Heroes Garden sits on one of the highest points on the Pepperdine campus, and was created as a permanent memorial, honoring the victims and heroes of that tragic day.

PEPPERDINE ALUMNUS HERO ON UNITED AIRLINES FLIGHT 93

A Pepperdine alumnus, Tom Burnett, died on United Airlines Flight 93 and is credited with being one of the passengers who led the passenger revolt against the hijackers - that prevented Flight 93 from reaching its intended target in the nation's capital. Burnett called his wife several times from the hijacked plane before the crash and said, "Don't worry; we're going to do something." On the "let's roll" command, they mounted their attack on the hijackers in order to gain control of the aircraft. Their actions prevented Flight 93 from killing many more people, which it would have done had it crashed in Washington D.C. Instead, they crashed in a rural field in Pennsylvania.

HEROES GARDEN OPEN TO THE PUBLIC

The Heroes Garden is open to the public every day during daylight hours. Meanwhile,



people are welcome to walk through the flag display and reflect on their own personal feelings or share a quiet moment with their family or friends. Some have said it feels like a sacred place when they walk through it. Many leave flowers at the base of a flag.

Doug concludes, “as the Director of Student Activities and Campus Recreation,

A Pepperdine alumnus, Tom Burnett, died on United Airlines Flight 93 and is credited with being one of the passengers who led the passenger revolt against the hijackers - that prevented Flight 93 from reaching its intended target in the nation’s capital.

my role is to come alongside students to help them realize the dreams they have for their time on campus. It has been an honor to work with our talented and ambitious students each year as we honor our country in this way. We coordinate volunteers, provide the tools and supplies, as well as the direction and support.” 🌿





Enviroconscious



The New Diesel

By Melissa Freeman

For millions of years, algae lay unnoticed on Earth's ocean floor, basking in sunlight and converting carbon dioxide into oxygen to produce the only atmosphere in the solar system conducive to life. Yet today it seems modern civilization would run just as poorly without algae's other essential byproduct: oil. Now scientists are working on a

program that would turn the 150 million year process into one that takes only three days. Algae, which under ideal conditions will double its volume every few hours, can be converted into a similar and just as industrious oil as petroleum only with greatly reduced effects to the environment. Though the process is not yet perfected, there is an alternative fuel already available on the U.S. market today: biodiesel.

WHAT EXACTLY IS BIODIESEL?

Biodiesel is a fuel made out of biological ingredients, namely plant oils or animal fats, which through a process of chemical reactions is converted into a non-toxic and completely sustainable energy source. Plant oil, the more popular of the two, can be extracted from many sources including soybean, canola, sunflower, and peanut. The only really necessary component is fat, which after a process called transesterification, is purified and reacted with alcohol to produce a product that is ten times less toxic than table salt, and conveniently, can power any diesel engine without modification.

ADVANTAGES OF BIODIESEL OVER STRAIGHT VEGETABLE OIL

The idea of running an engine on plant oils is not a novel one. In fact, the inventor of the diesel engine, Rudolph Diesel, originally intended for his invention to be run on biofuel, winning first prize at the World Exhibition in 1900 for an engine run entirely on peanut oil. However, after his mysterious disappearance from a steam ship in 1913, the progress of biodiesel has been slow and incomplete. That is, until now. **Today, biodiesel is being produced around the world.** Biodiesel is often confused with the use of straight vegetable oil, a fuel that does require a somewhat pricey conversion process. However, any diesel engine can be run on the sustainable fuel without any alterations, including boats and airplanes. Fleet vehicles especially have caught onto the trend, with the U.S. Navy being the country's largest consumer of biodiesel. Unknown to many, **personal usage of biodiesel is also an option when it comes to filling up the gas tank.**

FINDING BIODIESEL FOR DIESEL VEHICLES

Finding biodiesel for purchase in the Westlake-Malibu area may be the most difficult feat associated with making the switch. It's not impossible, however, especially for those who commute to the Los Angeles area where a selection of stations are available. Other stations can be found

in Ventura and even the Pacific Palisades. In addition, biodiesel can be stored in plastic containers for up to six months, making inconvenient trips to the gas station less frequent. Just typing in “biodiesel stations” into an Internet search engine will yield a surprising number of results of stations around the country. Purchasing a diesel vehicle, on the other hand, is a breeze, and with biofuels, the days of loud and pungent driving are behind us. Both passenger cars and SUV’s with diesel engines are being made and sold in the U.S. by Audi, BMW, Mercedes-Benz, and Volkswagen. Adjacently, most American car companies are in the business of selling diesel pickup trucks. Though many believe biodiesel will negatively impact a typical diesel engine, it in fact has higher lubricity and runs cleaner than the average petroleum diesel. However, older diesel cars with rubber parts in the fuel lines may need to be replaced with synthetic alternatives to avoid degrading, a process that is relatively cheap and easy.

Like any product in its developing stages, biodiesel is not perfect. Fuel economy and power may decrease by up to 10 percent in comparison to petroleum diesel, a fact that many interested buyers find hard to forget. However, biodiesel’s higher cetane rating, which measures how easily fuel ignites, tends to make up for the fuel’s decreased energy content. Another problem with biodiesel is the increase in NOx emissions (nitrogen oxides), which contribute to smog formation. Research is already in progress to adjust the engine and address the fuel’s unfortunate byproduct.

THE ENVIRONMENTAL BENEFITS OF BIODIESEL

For many, the environmental benefits are the strongest incentive to make the switch to a diesel engine. While biodiesel generates 3 times as much energy as is used to create the fuel, it takes more energy to produce petroleum than the product actually yields. Furthermore, biodiesel is biodegradable and a renewable source of energy, and the only fuel to have successfully completed emissions testing in accordance with the Clean Air Act. In its purest form, biodiesel can reduce carbon dioxide emissions by 78 percent and lower the carcinogenic properties of diesel fuel by 94 percent. In addition, biodiesel is safer than



The Biodiesel Mercedes ML320 BLUETEC CDI 4matic, 3.2-liter V-6

its conventional counterpart, burning at a higher temperature so that it is less likely to accidentally combust.

While biodiesel provides an opportunity for vital environmental improvements, it has the potential to improve the country’s economic sector as well. Josh Tickell, the director and star of the award-winning documentary, *Fuel*, considers the issues of the economy and the environment to be one and the same. In an interview with Popular Mechanics he explains: **“Economies run on energy. I think the greater question is, how do we as Americans, as people who understand science, restructure the playing field? There are billions to be made in this industry. It would be the height of laziness for American companies to sit back and not take advantage of the economic growth of the green energy revolution.”** This has already proven true. In 2008 alone, the U.S. biodiesel industry helped to create over 50,000 jobs in all sectors of the economy, generating \$866.2 million in tax revenue for federal, state and local governments.

Current production of biodiesel is being held at a standstill by Congress’s failure to extend the federal biodiesel tax incentive that began in 2004 and expired at the closing of 2009. The tax credit has been useful in offsetting the higher cost of producing biodiesel, making biofuel a more marketable product. Since its inception, the credit has become imbedded into the price of the fuel and is used to determine the profitability of producing biodiesel. However, since its expiration, many of the 150 refineries

located in 44 states around the country have been forced to reduce production below capacity or even shut down production all together. This means millions of dollars and thousands of jobs lost. Many are still fighting for a retroactive extension of the tax incentive and the discussion is far from closed. In a small victory for biodiesel’s proponents, the **Environmental Protection Agency** recently announced that it would require the domestic use of 800 million gallons of biodiesel in 2011, creating new demand for the growing product.

CAN WE AFFORD ANOTHER OIL SPILL OR OIL CRISIS?

With petroleum still so readily available and gas prices stabilizing, the urgency for alternative fuels does not always seem so pressing. **Yet we are living in a global community where many countries are leaps ahead of the U.S. in the movement away from the world’s dangerous addiction to petrol oil.** With Germany already operating almost 16,000 biodiesel pumps and **Sweden on its way to being petroleum-free by 2020**, it seems our efforts are lagging behind. As one of the few readily available outlets to promoting green energy in our area, biodiesel is an important opportunity to consider among the small barrel of energy-saving ideas we encounter everyday. Harking back to the oil crisis of 1973, the truth is - an oil crisis can happen any day. Considering the oil spills both past and present, it seems it already has. The cost of waiting may have its benefits, the question is how long? 



Susan Owens Design

www.susanowensdesign.com

Susan Owens is one of the most relaxed, congenial 'artists' we've ever met. This talented, award-winning designer throws out every myth you could possibly have conceived about mercurial artistic temperaments. What you'll find - instead - is the Susan Owens warmth and charm, and a genuine desire to insure that YOUR vision for your home is being created - not hers. The biggest compliment she enjoys receiving is when a friend visits the newly re-decorated home of her client and says, "This is YOU! Susan has completely captured your style and your family's needs."

The highly-organized Susan will listen acutely well to your desires and needs, and then breathe life into the vision by tucking into work. She says, **"In that first complimentary consultation I have with a client, my prime goal is to gain a real sense of their style. I never want to impose my style on others. I don't have a particular 'Susan Owens look'. Every home is unique."**

A master bathroom is completely remodeled to create this luxurious Mediterranean feel

PHOTO BY RICHARD RUTHSATZ





Master Bathroom BEFORE



Kitchen BEFORE

CAPITALIZING ON TECHNOLOGY TO VIEW THE END RESULT

Having understood the vision, Susan's left brain jumps into gear where she's combining the beautiful aspects with practicality and budget. She does a spreadsheet and gives her clients a break-down of every room with story boards, concepts and

floor plans. And before anybody embarks on a home make-over, the techno-savvy Susan is able to produce a picture of the end result by photo-shopping in all the changes.

INSPIRATIONAL PIECES

Susan is exceptionally adept at building a theme and story around an inspirational piece. That piece may be a large graphic or something as simple and beautiful as an orchid. She's particularly respectful of budgetary constraints and says, "Often times, we'll start off with one room in a home. 10 months later, we'll do a second room when budgets are less tight. I am quite content to build upon a vision in layers."

Remodeled kitchen with an old world feel is modern and well-appointed. The stone arch and antique marble backsplash are the centerpiece of the kitchen, along with beautifully-crafted cabinetry in a distressed knotty alder with both dark stain and olive glaze finishes

PHOTOS BY RICHARD RUTHSATZ





This Mediterranean bedroom was given a warm and dramatic touch with walnut tones applied to the walls and floor. The stately furniture with black and gold accents add the drama.



PHOTO BY RICHARD RUTHSATZ

EDUCATING CLIENTS

Susan loves to educate her clients by showing them quick powerpoint presentations that cover the basics. Clear, uncluttered communication is one of her strengths: "Clients working with a designer for the first time or that aren't certain what direction to go in, find it very helpful when I show them a variety of styles, colors and textures. This process helps expose them to the possibilities and find what resonates. The idea is not to overwhelm them, but to empower them so that we can work as a team." Whether a client is new to decorating or is seasoned, Susan

finds her gratification in blending her clients' preferences into her vision.

TEAMWORK

Another of Susan's strengths is her ability to work seamlessly well with all the contractors involved in a project. There are no power struggles or any egos that get in the way.

SMALL CHANGES CAN MAKE A WORLD OF DIFFERENCE TO A ROOM

Susan is particularly adept at making the smallest of changes - to lift a room completely. It may be just the re-facing of a fireplace, or some

faux painting techniques added as a special touch. The list of possibilities is endless and Susan has many tricks up her designer sleeves.

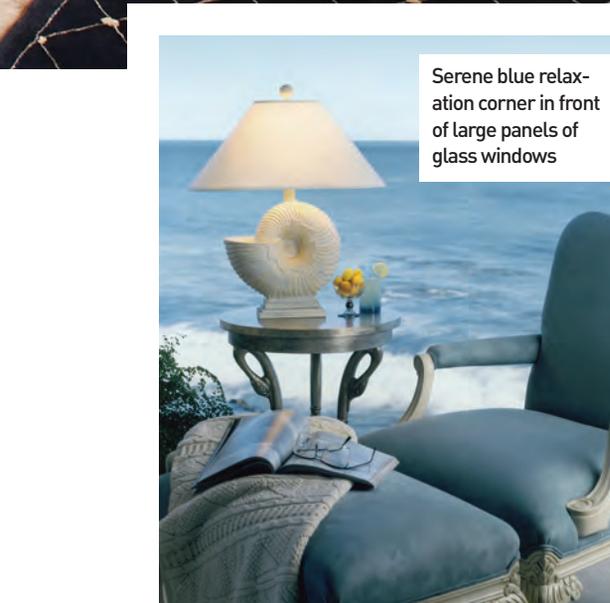
Susan concludes, "I gain immense satisfaction from people trusting me...and at the completion of a project, nothing is sweeter to my ears than the sounds of, 'I love my home.' Those are the million-dollar words I love to hear." 🌿



Susan Owens Design
Tel: 805.523.9444
4215 Tierra Rejada Rd # 175,
Moorpark, CA
E-Mail: sowensdesign@yahoo.com
www.susanowensdesign.com



The living room was designed with the homeowner's love of florals in mind. The large-scale-print area rug became the inspiration for the color palette. The sunny colors and use of classic contemporary furnishings create a playful yet sophisticated feel.



Serene blue relaxation corner in front of large panels of glass windows



Susan captures the feeling of the beach in this cozy beach cottage by painting planks of wood in a white-washed aqua. The rustic wood pieces tell the story along with the whimsical accessories.

6453 Guernsey Avenue, Malibu, CA 90265

4 Bedrooms 3 Bath, Guest House & More.



THE LEVIN GROUP

REAL ESTATE

The essence of Malibu living! This home was recently completed on the Zuma Bluffs. This incredible property includes an open floor plan with seamless transitions, solid oak cabinetry and hand-hewn wood. The property also includes separate detached guest house and garage. Minimalism at its best!

4 bedrooms 3 bath plus separate detached guest house and garage.
\$4,275,000

BELOW: The essence of Malibu living: minimalism at its best







Homeandearth

THE LEVIN GROUP

REAL ESTATE

BELOW: Home on 'Zuma Bluffs'



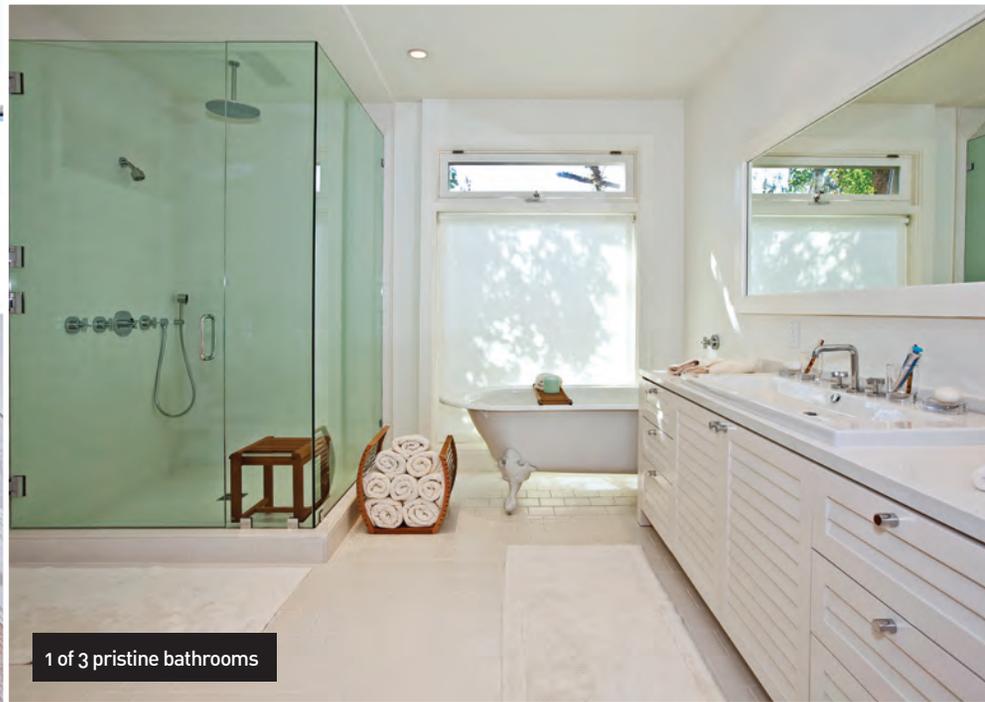
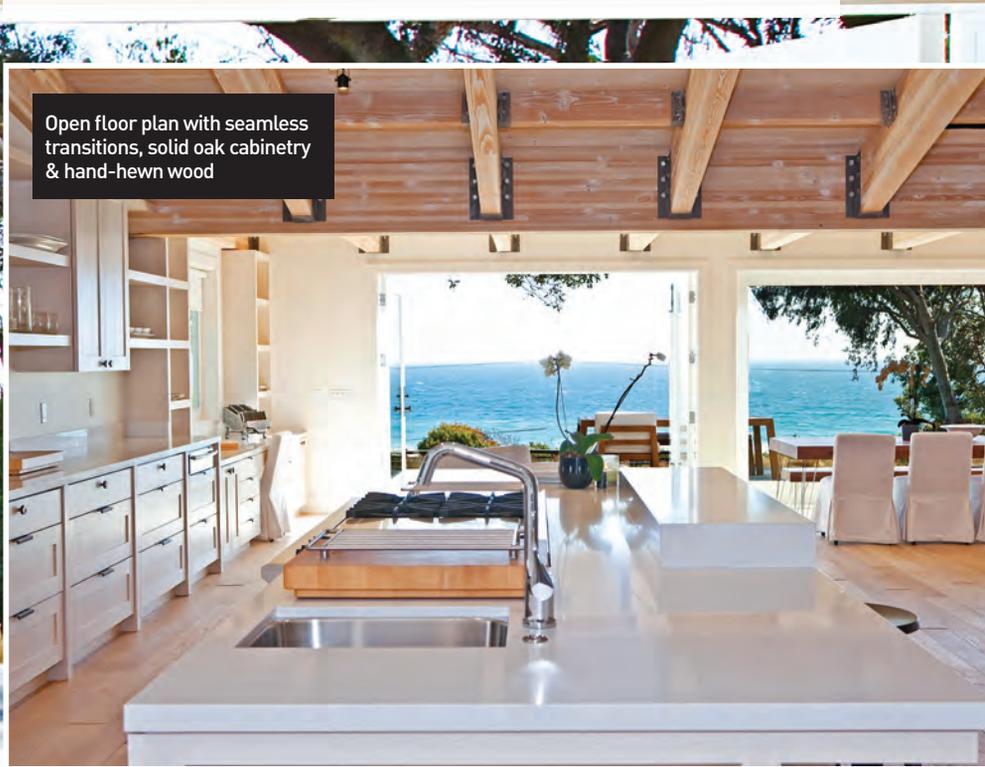


THE LEVIN GROUP

REAL ESTATE

For more information about this property, contact
Eytan Levin at 310.924.0806
eytan@levingroupestates.com

MAIN PHOTO: 4 bedrooms, 3 baths plus separate detached guest house & garage





Moneysmart



At The Crossroads

By Doug De Groot

At some point, we all reach a crossroads in our lives when we have to decide whether it is prudent to take more or less risk. This is true for us as individuals, depending on what is happening in our lives, and as a group of investors depending on what is happening in the financial world. The markets are periodically in a state of flux, shifting toward risky assets (as they have since March of 2009) or away from risk (as was the case from mid-2007 until March 2009). It is clearly an interesting time for our country. We face several crosswinds that are making this fork in the road a relevant topic of discussion right now. Collectively, and as individuals, we will face many challenges in the coming years. In the long run, how will we fund Social Security, Medicare, and Medicaid, as well as federal, state, and city pensions and other retirement benefits? How will we cover the rising cost of healthcare reform and the interest on our national debt?

THE LONG-TERM PERSPECTIVE: TIMES ARE CHANGING FOR BOOMERS

The weight of the difficult dilemma at the crossroads falls upon the single largest and most important demographic segment of our country, the **Baby Boomers**. The median age of the 78 million boomers is 54 going on 55, according to Gluskin Sheff. When the boomers were younger in the 80s and 90s, they had a longer investment time horizon and had the luxury of time to recoup losses. Given this, they were more prone to run towards risk, having a higher tolerance for the emotional roller-coaster in the stock market, and they often viewed volatility in the market as a potential buying opportunity. The boomers were the driving force behind our consumption-led economy, and stocks were viewed as the investment asset class of choice for much of their adult lives. This meant higher market valuations because of a generally higher willingness to accept risk. This generation has provided a steady underpinning of demand for stocks that drove stocks even higher for a lengthy period.

At the crossroads, the stakes are higher for the boomers. They have experienced two financial bubbles and bursts over

the past ten years, while currently maintaining 55% of their asset base in equities, according to Gluskin Sheff. As a group, the boomers' risk tolerance is changing and, more importantly, so is their risk capacity. They are realizing that their time horizon to retirement is diminishing and they may be questioning their assumptions about the future. Is there really enough time to recover losses prior to retirement, and how much loss is acceptable during retirement? Given where they are in their life cycle, it is natural to presume that the **Baby Boomers** will become much more risk-averse over the next ten years as they will be forced to give credence to risk concerns that would not have caused them unease during the 1980s and 1990s when they were younger.

The expected changes in consumption and investment behavior of the boomer generation will have a far-reaching and long term, generational impact on the markets and financial assets. As an adviser, I know that we all desire to preserve the lifestyle to which we have become accustomed. As we become older, we all place a premium on certainty and safety and become increasingly risk-averse. With this shifting of a hugely influential generation, the impact of their perception on investments could severely impede growth at the higher risk end of the asset spectrum for some time.

We have completed a decade of this generational bear market, and investors will need to think about risk and their own desire and willingness to take it. It often happens that people do not adjust to their new reality soon enough. All too often it takes a traumatic event for individuals to realize that their capacity for risk has been compromised and they have no margin for error. As we navigate these crossroads, I urge you to understand how you can make the best decisions for you and your family and to identify issues early enough to give you the breathing room you need.

THE FIVE-YEAR PERSPECTIVE: UNCLE SAM IS AT THE CROSSROADS TOO....

In the wake of financial crises, governments worldwide have taken on a tremendous amount of debt in order to

shift the burden away from the private sector. The Federal Reserve has begun to reduce its balance sheet after it had taken on an enormous amount of debt in order to provide liquidity during the crisis. The US government ended its mortgage purchase program in March, and the tax credit for new home purchases has just expired. Recent efforts to pass a subsequent stimulus package have been hastily rejected in Congress. Many European governments are pro-actively reducing their liabilities. The defining question is: are the steps taken by the US government to de-risk premature given the fragile state of our economy? Will the world's governments, now acting with greater fiscal conservatism, derail a fragile recovery worldwide? That debate has raged and caused much of the turmoil we experienced in the markets the past few months. Regardless of the path, there will be real implications on tax rates, social security, and future inflation. All of these policy decisions will impact you and your family, and the choices you must weigh; furthermore, these implications will be felt over both the near and long term.

THE SHORT-TERM PERSPECTIVE: THE ECONOMY AND THE MARKETS AT THE CROSSROADS

During this past quarter the focus on risk returned. The **'Flash Crash' on May 6th 2010**, in which the Dow Jones Industrial Average dropped nearly 1000 points intra-day, served as a harsh reminder to investors of the volatile and turbulent nature of the stock market. Individuals who had become accustomed to watching their stocks increase in value steadily over the preceding year were once again confronted with apprehension about the amount of risk present in their portfolios.

In every economic and market recovery, you come to an inflection point where the easy money has been made, and the collective mindset is far removed from the fear and uncertainty that once permeated the marketplace. We have reached the crossroads of the recovery, and we will veer down one of two paths:

RUNNING TO RISK: The economy will continue to grow at a steady pace into the future and create real wealth,

with the financial markets reflecting the improvement in earnings, GDP growth, and employment.

RUNNING FROM RISK: The economy will slow down or dip into another recession, resulting in an environment where fear, once again, becomes the dominant theme resulting in investors fleeing for safety.

Investors were delighted at the beginning of this quarter with solid earnings reports from corporate America, confirming the recovery was intact. This perception has abruptly changed over the past two months, as investors focused their attention on a number of challenges confronting us in the short-term, which has resulted in increased uncertainty and volatility. The challenges that markets are concerned about (and how they may impede global growth and possibly derail the global recovery) are:

CHINA viewed as the engine of global growth, has begun to implement restrictive monetary measures to slow down their economy for fear of overheating.

EUROPE has to deal with the debt burden of countries within the union.

STATE AND LOCAL GOVERNMENTS are running enormous budget deficits when, by mandate, they must have a balanced budget. This will result in drastic cuts in municipal spending.

SUNSET OF THE BUSH TAX CUTS, which will expire at the end of the year, resulting in significantly increasing tax burdens.

RECENT ANECDOTAL EVIDENCE of economic headwinds, with stagnant consumer spending, the housing sector rolling over, and an employment picture that stubbornly resists improvement.

Keep in mind that the stock market is a forecasting mechanism and has already begun to reflect the slowdown scenario. From here, the future direction of the market and what path investors will take



depends on the unfolding economic events beyond what is currently expected. For the past two months, investors have been running from risk. However, investors may make an abrupt turn and begin to run towards risk if: (1) the markets are perceived as oversold, presenting value, (2) the unfolding economic slowdown is not as bad as expected (3) as in the past, the US government once again intervenes with some new and bold stimulus plan that

is accepted by the market. Between the two paths, we will likely experience additional whipsawing as new economic developments continue to surprise the market and adjust expectations.

READING YOUR MAP AT THE CROSSROADS:

Individual households are continuing to move away from risk. A tremendous amount of household wealth was wiped out following the 2008 financial crisis,

which has left Americans of all ages and demographics with less margin for error in their financial lives. Year-over-year household incomes are still down nearly 5% from pre-crisis levels, and consumer credit remains in decline as banks evaluate the uncertainty stemming from new regulation and a murky economic recovery. Going forward, the new reality is that investors as a whole do not have the same amount of discretionary capital for risky investments as they did in prior decades, and what remains will be placed into safer havens.

Regardless of which path is taken at this intersection of economic recovery, it is crucial to understand your own personal situation and capacity for risk. As we have emphasized before, it is paramount to focus on the things you can control. The most important thing you can do is work with your adviser to understand how you might need to adjust for changes in your life, as well as what could occur in the market. As a goal-oriented investor, the biggest mistake you can make is to focus on the reaction of the market instead of your own.

Each and every one of us is affected by everyone's collective desire to take on more or less risk in the market, but we have no control over any of it. What we can control is our own capacity for risk, which is why having a fine-tuned *Financial Master Plan* is the singularly most important thing we can do. With coming changes in the tax code, shifts in inflation, and currency swings now a part of our daily lives, it has never been more important to review and manage your financial life in its entirety. 



Doug De Groote
Managing Director of
United Wealth Management



A division of United Capital Financial
Advisors, LLC.

800-984-3302; 805-230-0111
<http://www.uniteddwm.com>

United Capital Financial Advisors, LLC ("United Capital") provides advice and makes recommendations based on the specific needs and circumstances of each client. For clients with managed accounts, United Capital has discretionary authority over investment decisions. Investing involves risk and clients should carefully consider their own investment objectives and never rely on any single chart, graph or marketing piece to make decisions.



Moneysmart



All That Glitters Is Not Gold

By Robert Katch

Over this past year it has been difficult to avoid the tremendous number of advertisements and cocktail party talk about gold. Some are touting its ability to protect your money's value from inflation, and others its enduring value during troubled times. In the past ten years gold has gone from around \$250 an ounce to over \$1,200, more recently. While this has been very good for those who already owned gold, it may not be as good for those who think they will see the same great returns if they buy gold now.



You see, in order to earn the same level of return over the next decade, gold would have to go over \$5,000 an ounce. I know most investments over the last ten years have not preformed this well, but it is highly unlikely that gold will repeat this feat either. This has, however, not stopped the television and radio pitchmen from preying on people's fears and greed in order to make a buck.

If you are feeling some internal or external pressure to buy gold, it is important to invest in a way appropriate for your concerns. Are you afraid of the return on your money (inflation) or the return of your money (meltdown)?

INFLATION HEDGE

If you are merely worried about the purchasing power of your money, then one of the simplest forms of investing in gold is through an **Exchange Traded Fund (ETF)**. The most commonly used gold ETF is the **SPDR Gold Shares (GLD)** which trades at 1/10th the spot price. However, it should be noted that GLD is a tracking instrument and is not redeemable for any physical gold by an individual. This means it is useful as an inflation hedge or for speculation, but would be inappropriate for those who want to own physical gold.

For those wanting to add gold in a more speculative nature, a mutual fund may provide the best option such as **First**

Eagle Gold (SGDX). A fund like this will generally hold around 15% of their assets in gold while investing the rest in gold mining companies. These companies' stock prices typically move up and down with the price of gold— except with more volatility. An example of how this works is if a mining company produces gold at \$500 and the price of gold is \$1,000, its profit margin is \$500. But if the price of gold grows 10% to \$1,100 then the profit margin becomes \$600 or a 20% gain. However, if the price of gold falls instead, the margin for the mining company shrinks at an accelerated rate as well.

CRISIS HEDGE

If, however, you are worried about the failure of markets and currencies around the world, then owning actual physical gold is an insurance policy against the ultimate meltdown. This can be done in a number of ways, but one of the easiest is to use a reputable dealer such as the **American Precious Metals Exchange (APMEX)**. It is possible to place orders with them online or on the phone and they will ship the physical gold to the location of your choosing. It is then up to you to insure it and store it in a safe or safety deposit box.

Another option for owning physical gold is coins. There are many reputable dealers that can help, but this is also a part of the gold industry fraught with

trouble. It is very easy to be scammed or significantly overcharged for the actual gold value of the coins. If you are considering investing in gold coins, do your homework, be careful, and try to secure professional help if you are going to make a large purchase.

CONCLUSION

If you are considering gold, you must first determine why you want or need to own gold. If you desire to own gold because you believe inflation will be a problem going forward, then gold-related securities are fine. However, if your interest in gold is due to fears that our financial system is at risk, then physical gold is likely better. Either way, do some careful analysis before purchasing. Gold is a very volatile investment no matter how you own it, so never approach the heavy metal lightly. 🌱

This material provided for general and educational purposes only, and is not legal, tax or investment advice. For each strategy or option mentioned, there are detailed tax rules that must be followed.



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

2010

Is Not Business As Usual...
Your Lifestyle Depends On It

Invest Wise

Wisdom provides opportunity. Our knowledge and experience protects your lifestyle and secures the reliable income ensuring your future. You deserve the unbiased wisdom only a fiduciary Investment Counsel provides.



Manage Well

Vigilance protects your portfolio. Political events and economic conditions change more rapidly than ever, so we strategically adjust your portfolio to protect your future.



Live Secure

Money secures your lifestyle. We stay intensely focused on your investment goals so you don't have to worry about the assets that make it all possible. You dreamed it, you achieved it, and we'll make sure you keep it.

Manchester
FINANCIAL

For more information or to schedule your confidential conversation, please call 805-495-4405



Yourhealth



Managing Your Hot Button

By Rick Shurtz, M.F.T., and Karen Shurtz, M.F.T.

We see it often in the news: another celebrity rant where the celebrity in question is blaming someone else for his or her out-of-control behavior. “You pushed me too far! It’s YOUR fault that I’m THIS ANGRY!” Perhaps, to some degree, this type of story fascinates us because if we’re really honest, there are times when our own

anger gets out of control and we end up regretting our actions.

So what is it that gets you “seeing red”? What’s your button pusher? People late for appointments? Drivers weaving in and out of traffic as they text? Your spouse implying that you aren’t living up to his or her expectations of what needs to be done around the house? Your kids not doing what

you’ve asked them to do....the 4th time? People cutting in line or getting the promotion that should have come to you?

APPORTIONING BLAME FOR OUR ANGER

We assume that these events are the source of our anger or the people outside of ourselves that anger us. And then we spend a great deal of time attempting to manage those people and things, without much success.

AN EXAMPLE OF A PERSONAL ENCOUNTER WITH ANGER

The following scenario happened at our local grocery store parking lot:

Rick: “What seems to be the problem?”

Man: “Is this an SUV?”

Rick: “Matter of fact it is....great truck... really works for the family...”

Man: “Would you consider this a “compact”?”

Rick: “well, it is one of the smaller SUV’s...”

Man: “But it’s an SUV and not a COMPACT! You are parked in a COMPACT parking spot! It’s people like you that really irritate me.”

The man then drove off at high speed in his large SUV with his tires screeching.

As I drove off, I imagined how difficult it must be to live with a person like this and how sad that much of his life must be consumed by frustration and irritation. This was one angry man, but if you asked him why he was so angry, his response would most likely be, “If others would just follow the rules, then I wouldn’t have to BE so angry!” The problem is that people around him most likely will not follow HIS rules, so he will continue to be frustrated and angry, unless he changes his expectations. **The truth is that it’s not the people or events around him that make him angry; it’s his perceptions of those people and events and what they should or should not be doing.** It’s what he tells himself about the situation that produces the anger.

THOUGHT PARADIGMS

Feelings are created by our thoughts

and the feeling of anger is no exception. Over time, patterns of thinking emerge that become almost automatic, such as “people should play fair”, “I always get the short end of the stick”, “Men (or women) can’t be trusted” or “you should know what I need without me having to ask for it”. **These patterns of thinking are called “paradigms”.** Thought paradigms can be either productive or unproductive for our lives...they can either allow us to live in peaceful harmonious relationships or continually frustrate us and/or take us to a different emotional state almost instantaneously. Destructive, unproductive paradigms are behind most of our patterned angry responses. Most of the paradigms we hold tightly are formed early on in childhood and if not brought to conscious awareness, can greatly impact us all of our lives.

MANAGING ANGER

In order to manage our anger more effectively, we need to become aware of thoughts in our head (unhealthy paradigms) that take us to that place of anger. Some of these thoughts are so automatic that we are not even consciously aware of their impact on our emotional state.

IDENTIFY THE SITUATIONS IN YOUR LIFE THAT PRODUCE ANGER:

Are there common themes? If we take inventory, we might be surprised at the number of similar beliefs that we hold and how they limit us. Next, what are you saying to yourself about this situation or person? Is there a paradigm (pattern of thinking) that emerges? Often these take the form of “shoulds” or “oughts”. For example, “I should always be respected”, “I should always get it right the first time”, or “people should never park SUV’s in smaller parking spaces”.

THE EFFECTS OF RIGID PARADIGMS ON US

Once you’ve identified the unproductive paradigm, then you can evaluate it in terms of its usefulness. Paradigms which are ineffective and can cause much pain in one’s life are those that are rigid. **Rigid paradigms** contain rigid words. When you hold a belief that includes a “should”, you will immedi-

In order to manage our anger more effectively, we need to become aware of thoughts in our head (unhealthy paradigms) that take us to that place of anger. Some of these thoughts are so automatic that we are not even consciously aware of their impact on our emotional state.

ately go to a frustrated and potentially angry place when that belief or “should” is violated. This thought has a direct correlation to your anger response. Examples are “People should not cut me off in traffic”, “I’ve gone through enough in my life and I shouldn’t have to endure anything more”, “My husband/wife should make me happy”, “I should be further along in my career” and “I shouldn’t have to explain myself. You should just know me.”

REPLACING RIGID THOUGHTS WITH MORE FLEXIBLE THOUGHTS

Bringing those types of beliefs to the surface allows one to make a conscious choice to change the dysfunctional thought to one more functional or more based in reality. Much of anger management focuses on “softening” these types of rigid paradigms. Consider the rigid belief, “People should always be fair and play by the rules”. Life would be difficult if we insisted on living by the dictates of such a paradigm because it makes little allowance for what most of us experience in our daily living. The reality is that some people do not play fairly or follow the rules. Accepting this will bring down our level of anger. Substituting a more effective belief such as “I prefer that people play by the rules, but some won’t and I can’t expect them to” - is a practical way of helping to reduce our anger.

Another commonly held inflexible thought is “The people in my life should not disappoint me”. Unfortunately, disappointment is a part of all relationships. No one will meet your expectations all the time. Making a conscious effort to shift this belief to something like “**It’s o.k.**

if I feel disappointed occasionally. It’s part of life”, is taking a big step towards having healthier thought patterns. Changing rigid paradigms, especially long-held ones, requires disciplined work. Once the anger-producing thought pattern is identified, and brought to the awareness level, then the work of consciously shifting the negative belief for a more productive one begins.

FLEXIBLE, HEALTHIER THOUGHTS BECOME THE NEW AUTOMATIC RESPONSE TO SITUATIONS

When you notice the old thought come up, immediately you might feel the old feelings of irritation. So at this point simply say to yourself, “oh, there’s that unproductive thought again. Now I need to think differently.” At that point you replace the unhealthy thought with the more productive thought. It takes energy and focus to attempt to consistently change the thinking pattern to the softer paradigm. It won’t happen overnight, but years of working with clients has shown us that old ineffective thoughts and beliefs can be changed and people can lead far more productive lives and enjoyable relationships. Eventually the more flexible, healthier thought becomes the new automatic response to situations. As a result, the anger is no longer present because there’s no erroneous thought pattern upon which it can build.

The key is to have the desire and motivation to do the work in order to be the healthiest person you can be and eliminate the negative patterns that keep you stuck.

Most of us do not want our anger to control us and get the best of us. Following these strategies will help you to learn how to manage your hot button and not let your anger control you. 🌱



Rick Shurtz, MFT and Karen Shurtz, MFT have private practices in Thousand Oaks. They specialize in individual, marriage and family therapy.

They can be reached at their website www.christiancounselors.com or at 805-529-8277.



Whooping Cough

An Epidemic For California By Hannah Grossman M.D.

Whooping Cough is now an epidemic in California,” stated Dr. Mark Horton, director of the California Department of Public Health. The state is headed for the highest number of cases and deaths due to Bordetella pertussis (the cause for Whooping Cough) in 50 years. Current statistics show a four-fold increase over last year.

Prior to introduction of the vaccine in the late 1940s, **Whooping Cough** was common. There were more than a million cases from 1940-1945. In 1976 there were

1,010 cases nationwide. In 2007, that had jumped to 10,454. Most cases in adults go unreported so the numbers are likely more alarming. California has had 1,337 reported

cases by June 15 this year, including five infant deaths. This is a five-fold increase over last year when 258 cases were reported.

Infants comprise half of the cases - with children and adults grouped in the other half. Infection in infants is associated with cough and the classic whooping sound (in adults only 30-40% experience this). They may develop ear infections, pneumonia, dehydration, seizures, brain dysfunction and death.

In adults, diagnosis can be delayed due to confusion with common viral syndromes. Symptoms initially can mimic the common

cold with runny nose, congestion, sneezing, fever and mild cough. Severe, violent coughing episodes begin one to two weeks later. They are often associated with shortness of breath and can induce vomiting. An airborne bacteria, Bordatella pertussis, is very contagious and spreads with cough or sneeze. It is the most contagious with the initial cold symptoms and through the first two weeks of coughing, or roughly 21 days. The average adult may lose ten days of work with pneumonia and rib fractures, according to one study.

The average patient is unaware of the risks, especially for infants up to six months of age. With five deaths in infants less than three months of age this year, this underscores the high risk for all families. Where did this vulnerability come from at this time? To understand this, a small review of the recommended vaccinations is important.

1. **DTaP** is a vaccine given to infants and young children. It protects against Diphtheria, Tetanus and Pertussis. It is a five-dose series starting in infancy and ending by age six at the latest. Its efficacy declines in five to ten years.
2. **Td** is a vaccine used every ten years as a booster for Tetanus. It has no Pertussis protection.
3. **Tdap** is used in adolescents and adults. The Center for Disease Control and Prevention recommends one dose for individuals 11 to 64. This is used for one of the ten-year Tetanus boosters.

WHO SHOULD ESPECIALLY BE VACCINATED?

1. **Infants** need to start the series at two months of age but require three immunizations (completed at six months) to have immunity.
2. **Pregnant women** would ideally have been vaccinated prior to pregnancy but if not, should receive the vaccine after the first three months of gestation, according to the American College of Obstetrics and Gynecology. All mothers after delivery are recommended for the vaccine prior to discharge if they are eligible. Fathers would ideally be vaccinated as well, prior to discharge. The California Department of Public Health



With five deaths in infants less than three months of age this year, this underscores the high risk for all families.

states they are providing vaccine free of charge for this. It would be wise to check with your hospital concerning the availability of this vaccine.

3. **Healthcare workers** are in a key position to stop the epidemic and should all be immunized.
4. **Infant care providers** are at risk to spread the disease if they become infected. As was mentioned previously, the symptoms can initially mimic the common cold while the disease is extremely contagious. If the workers have less access to medical care, it is the parents who should be thoughtful and help arrange with vaccination. Contact your local health department to find accessibility of the vaccine.
5. **Anyone traveling to countries with a high rate of Pertussis** is obligated to not bring this home as a souvenir. Get vaccinated prior to departure. If there is any question, refer to the **World Health Organization** website to review current data.
6. On July 19th the California Department of Public Health recommended **Tdap** for anyone seven or older who is not fully immunized, including those older than 64. This is a new recommendation due to the severity of the current risk. This was recommended by the state's epidemiologist, Dr. Gilberto Chavez.

Pertussis tends to cycle with peaks every two to five years. In 2005 there were 3,182 cases across the United States with eight deaths. With 10,454 cases in 2007, the trend is apparent. We are already headed for greater numbers this year. It is

important to remember that neither the disease nor the initial vaccinations give life-long immunity. It is crucial that all who are eligible get vaccinated promptly to stop this epidemic.

As an obstetrician for 26 years and in my own life I have seen many medical catastrophes averted by simple vaccines that were the product of hard work and unbelievable dedication to the preservation of life and its quality. In 1959 the lines wrapped around the local public junior high to receive Polio vaccine in sugar cubes. Our friend, Mrs. Meish, couldn't make it. She was already immobilized from the virus. That was a fearful time.

Some individuals worry about vaccines in general. **It is important to note that there is no element of live bacterial disease in this vaccine. The fear should be for the actual disease, not the vaccine.** For this generation there has been little experience with epidemics that affect everyone from infants to the elderly. That is a good thing. Let's work together to vaccinate individuals in our community to keep epidemics a distant memory. Please contact your local physician for advice or Los Angeles County Health Services Information Unit at (800) 427-8700. In Ventura County, the Public Health Department number is (805) 981-5101 to find information on local clinics. 



Hannah Grossman, M.D., is the Chief of Staff at Los Robles Hospital and an Assistant Clinical Professor at Keck U.S.C. School of Medicine. www.grossmanobgyn.com



Four Seasons Resort The Biltmore Santa Barbara

By Diana Lyle • Photography courtesy of Four Seasons

Getting away from it all for a few days - within a 45-minute drive from home - is an affordable treat that will do wonders for your health and wellbeing. We did just that and here's what we found upon arriving at Four Seasons Resort The Biltmore Santa Barbara: A stunningly-beautiful Spanish colonial-style resort overlooking the Pacific Ocean with rolling green lawns and carefully-tended gardens.

Olympic-size swimming pool at the Coral Casino Beach & Cabana Club







Lobby of The Biltmore Santa Barbara with Spanish-inspired architecture

THE CHARM OF THE RESORT

The second you step out of the car, you're met with impeccable Four Seasons service. What we loved so much is The Biltmore's setting and location - right on the beach - in what must be one of the world's prime real estate spots. Beyond that, the place is utterly charming with its winding pathways to luxurious cottages - some of which have fireplaces, vaulted ceilings, and patios and balconies overlooking the ocean and the mountains. The bedrooms are deluxe and comfy with signature Four Seasons beds that offer a superlative night's rest. The en suite Spanish-tiled bathrooms have large showers which simulate rainfall and the deep-soaking tub fills rapidly from a dramatic fountain spout. Bathrooms in select guest rooms and



Spa treatment room

suites are additionally enhanced by a heated floor and personal steam shower.

ACCESS TO THE EXCLUSIVE CORAL CASINO BEACH & CABANA CLUB

Right across the street from The Biltmore is the exclusive **Coral Casino Beach & Cabana Club**, an historic landmark that has just undergone a

\$65 million restoration. When you stay at The Biltmore, you're allowed access privileges to the Coral Casino. An Olympic-size swimming pool (set at perfect lap-training temperatures) invites you to shake off those extra pounds with stress-free exercise. Add to that one of the finest Fitness Centers equipped by Precor and Life Fitness, and you have a world-class opportunity at this club. There are three dining spots: **Tydes Restaurant & Bar**, the **Coral**

Cafe, and Fins. We had dinner at **Tydes Restaurant & Bar** and discovered its truly superb cuisine and modern, sophisticated ambience. The chef's attention to detail makes this a very special dining experience. What we also particularly enjoyed was the very 'international' atmosphere in the full restaurant. There were visitors from England to our right; Australians to our left, and we felt a thousands of miles away from home. For couples who want a romantic dinner at **Tydes**, the 'You Dine, We Play' program is available where the kids are taken care of with video game challenges, activities and pizza.

**THE BILTMORE'S
BELLA VISTA RESTAURANT**

Whether you sit inside or outside, the **Bella Vista Restaurant** offers an exquisite setting with 5-star service. New Executive Chef, Alessandro Cartumini, brings Italian-inspired Californian coastal cuisine to The Biltmore. There are enticing new recipes that reflect a down-to-earth, health-conscious attitude.

THE REJUVENATING LUXURIES

The tranquil spa offers an array of restorative beauty treatments which can be enjoyed in personalized treatment rooms – including four day suites, each with a fireplace – or in the privacy of your guest room. In-between sessions, a tranquil terrace, overlooking the ocean, provides a peaceful spot to relax – as do the separate sauna and steam rooms for men and

women, and the whirlpool. The Kevin Charles Salon provides hairstyling, grooming and cosmetic services. Customised moor mud masque, Aromapothecary sugar scrub and spa in-room retreats (rejuvenate, indulge, time rituals and romantic interludes) are available in-room.

We highly recommend The Biltmore as a luxurious Staycation spot - even if it's only for one night. You'll come home with a great sense of wellbeing. 

1260 Channel Drive, Santa Barbara, Ca 93108
Tel: 805.969.2261
www.fourseasons.com/santabarbara/

**We highly recommend
The Biltmore as a luxurious
Staycation spot - even if
it's only for one night. You'll
come home with a great
sense of wellbeing.**



Four Seasons Resort The Biltmore Santa Barbara



Deluxe bedroom suite at The Biltmore

TURKISH TREAT

STORY AND PHOTOGRAPHY BY SCOTT BLATT

When you walk into the many shops in Turkey, you will be greeted with the word *Hoş geldiniz*, which in translation means, 'please feel welcome.' Throughout my travels in Turkey, I have always found the Turkish people to be warm and friendly. Since before the days of the Silk Road, welcoming foreign people into their villages and daily lives is a big part of the Turkish Culture. As a tourist, I felt safe, comfortable and welcomed by the locals throughout my stay.

Turquoise-blue water surrounds the Island of Rhodes





Turkish Bazaar

THE ESSENCE OF TURKEY

This 10,000-year civilization is a fascinating mosaic of cultures, tastes, activities and history. The ancient aspects blend seamlessly with the modern, and Turkey's natural beauty is astounding. From the spectacular **fairy chimney** landscapes of **Cappadocia** - to the bustling **metropolis of Istanbul**, uniquely located on two continents - lies this amazingly-beautiful place that is surrounded by the **turquoise-blue waters of the Mediterranean Sea** and **Aegean coastal villages**. A visit to the **thermal pools in Pamukkale** will make you feel thousands of miles away from the stressors of the world, and historically and culturally, you're in for an unparalleled treat: **Ephesus Ancient City** is the best-preserved Roman city of the world. In fact, Turkey boasts some of the best-preserved ruins and history on the planet.

When I was researching my trip, I admit to finding Turkey somewhat of an enigma. Once I became educated and visited the country, I soon realized that Turkey was one of the most **undersold destinations** I had ever visited.

ISTANBUL AND THE GRAND BAZAARS

The country of Turkey spans the continents of Europe and Asia. The city of **Istanbul** is the 4th largest city in the world - supporting over 12 million people. It once served as the capital during the Roman empire (330-395), the Byzantine empire (395 to 1453) and the Ottoman empire (1453 to 1922). Historical remains are scattered both above and below the city. The **Bosphorus** (the channel of water that forms part of the boundary between Europe and Asia) is lined with



Island of Rhodes, City on the Water

When I was researching my trip, I admit to finding Turkey somewhat of an enigma. Once I became educated and visited the country, I soon realized that Turkey was one of the most undersold destinations I had ever visited.

Hot air balloon flights over spectacular Goreme

This is a wonderful place to kick back and completely relax. Major and minor civilizations have settled in this region and been replaced, each leaving their unique legacies of cuisine, music, culture, architecture and traditions.



restaurants, shops and mosques. The **Grand Bazaar** is one of the oldest and largest-covered markets in the world. The sounds, tastes and smells have to be experienced to be truly appreciated and the Bazaar is best known for its spices, jewelry, pottery and carpets. Another unique experience of the city is the echo of the call to prayer. It was a uniquely comforting sound that truly made me feel that I was somewhere far from home.

TURKISH BATHS

The **Turkish Bath** is one of the ancient world's most widely-exported customs. Turkey offers this experience in a luxurious modern 'hamam' carved out of a cave - allowing guests the best of both worlds. After your day-time adventures in **Cappadocia**, professional masseurs offer a variety of services in addition to the hamam ritual.

CAPPADOCIA

Cappadocia, also known as Katpatuka: ancient Persian for "the land of beautiful horses" is a wonderland of visual beauty created

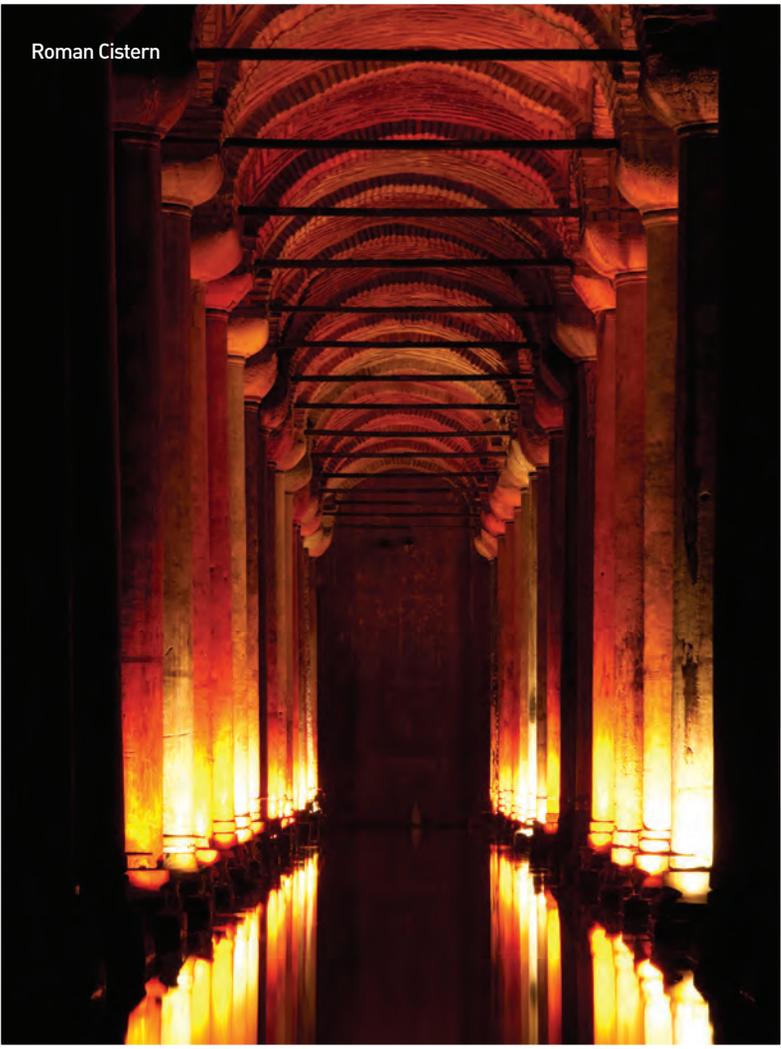
by ancient volcanoes. Tour amazing rock-cut churches that portray the heroism of early Christians; glide over fretted ravines in hot air balloons; explore mysterious ancient underground cities; or explore spectacular valleys on foot or horseback.

THE SOUTHERN COAST

The **Southern Coast** is lined with quaint towns and villages that overlook the striking turquoise-blue water that lines the coastline. You can enjoy the tranquil beauty either by driving a car along the coast or sailing a yacht. I felt the Turkish coast was very westernized - much like many other cities throughout the Mediterranean coastline. The waters are warm and the air is hot - mid to late summer. Hundreds of **islands pepper the coastline belonging to both Turkey and Greece** with easy access by ferry from any town. **Mediterranean-style restaurants** with fresh fish and vegetables are aplenty. This is a wonderful place to kick back and completely relax. Major and minor civilizations have settled in this region and been replaced, each leaving their unique legacies of cuisine, music, culture, architecture and traditions.



Roman Cistern



Turkish carpet making

Turkish Skyline



SUMMARY

Turkey offers a fantastic adventure to any type of traveler – blending the ancient world with the modern and yet offering a taste of the exotic with its unique blend of arts, music, cuisine and feasts for all senses. Turkey is a vast country with unique regions that offer something different and exciting for anyone.

BEST TIMES TO VISIT

Peak season is mid September to late September.

RECOMMENDED TOUR GUIDE

I traveled to Turkey using **Turkish Heritage Travel** and would highly recommend them. They were very knowledgeable on the best places to visit, as well as the hidden gems. They can design entire itineraries from arrival to departure, or they can step in if you just need only a few bookings. They can custom-make travel itineraries based on your personal travel interests, such as archeology, biblical history, photography, Turkish cuisine, hiking, architecture, etc. and your personal travel style. They also offer

unique experiences such as cooking classes with local village women, photo safaris, horseback riding tours, kilim (Turkish woven carpets) tours with nomadic tribes and just about anything you can dream of doing. They have extensive knowledge of the best off-the-beaten track areas and can offer a very unique travel experience. 

Turkish Heritage Travel
www.goreme.com
E-Mail: info@goreme.com
Tel: +90 384 271 2687



Apollo Temple





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
4th Annual Candle Lighting Ceremony
November 14, 2010

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

M & M BeautyLand

"where magic happens...poof!"

Saturday, Sept 25, 2010 - ALL DAY EVENT

1st Annual Pink Carpet Beauty Insider Event

FEATURING

- ★ Meet and greet Kym Douglas, a television host, author, health and beauty expert. As seen on *The Ellen Degeneres Show*, *FOX Good Day LA*, *Entertainment Tonight*, *The Insider* and many more. Exclusive National Spokeswoman for *Lisa Hoffman Beauty* and Skincare products. Meet Kym and purchase one of her books, "*The Black Book of Hollywood Beauty Secrets*."
- ★ Meet and Greet with Today's Most Trending Celebrity Beauty Pros
- ★ Lisa Hoffman, creator of *Lisa Hoffman Beauty*
- ★ Lisa Ashley, Hollywood MakeUp Artist and Creator of *Lisa Ashley's Ultimate Eye Cream* and *L.A. Girlfriend*, her Teen Skincare Line
- ★ Diana B, soap opera star and creator of *Diana B Beauty* products, including Winner of *Redbook Magazine's Most Valuable Product Award 60-Second Instant Miracle Tan*
- ★ There will be a silent auction benefiting Children's Hospital Los Angeles, along with many other surprise celebrity guests. The first 100 to RSVP will receive gift bags filled with the hottest beauty secrets.

XOXO
M&M



LISA HOFFMAN



LISA ASHLEY



Lisa Ashley's Ultimate Eye Cream



Diana B Beauty



DIANAB.

M & M BeautyLand
3741 East Thousand Oaks Blvd
Thousand Oaks, Ca 91362
(Across from Thousand Oaks Auto Center)

(805) 371-4407



www.mandmbeautyland.com





Vein Center
WESTLAKE VILLAGE
HEALTHY LEGS ARE BEAUTIFUL LEGS

Treatment of Varicose and Spider Veins

Vein Center of Westlake Village

Gentle, non-invasive treatment sessions improve appearance and rejuvenate legs

Ultrasound Guided Sclerotherapy

State-of-the-art techniques and technology
Address fatigue, pain, ulceration and more
No incisions – No scarring – No down time

Karel Douglas Vaughan, M.D.

Physician-administered Personalized
treatment plans for Men and Women
Dynamic and Lasting Results

To schedule an appointment call

805 495-8305

1240 S. Westlake Boulevard, Suite 123
Westlake Village, California 91361
veincenterwlv.com



Immerse Yourself in 3D

SONY
make.believe



At Wilshire Home Entertainment, it's the dawn of a new era and we're excited about the possibilities of 3D in your home. As always, we are committed to bringing you the best performing 3D products from industry leaders like Sony.

You can expect the experts at Wilshire Home Entertainment to continue to be a leader in the 3D era with innovative, high quality, cutting edge products and technologies that will allow you to enjoy full HD 3D video and audio in your home.

Of course, we offer professional installation to ensure the ultimate home entertainment experience.

Our showroom is packed with the latest 3D televisions, Blu-ray players, receivers, and glasses to make 3D a reality in your home. Visit Wilshire Home Entertainment today and experience all that 3D has to offer, or visit our website at www.WilshireHE.com.



BDP-S570 3D Blu-Ray Player



TDG-BR100 3D Glasses