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Lifestyle

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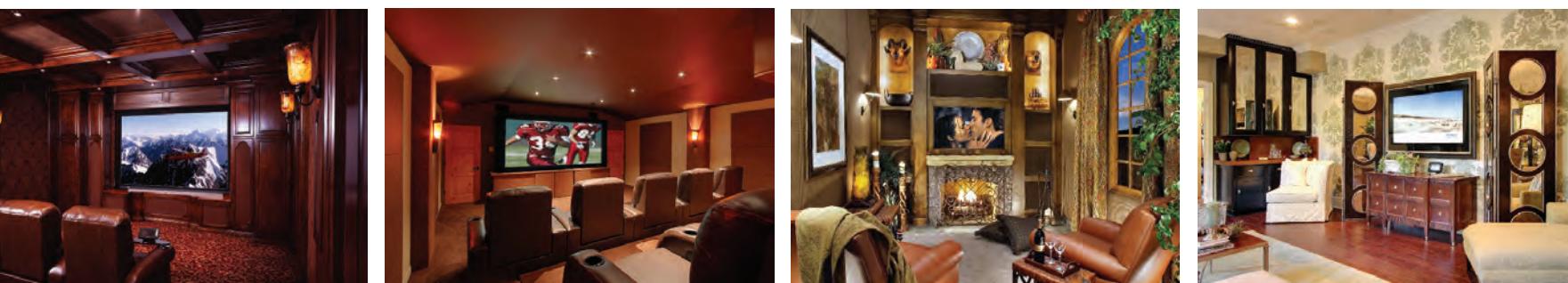


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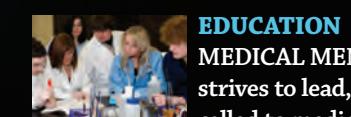
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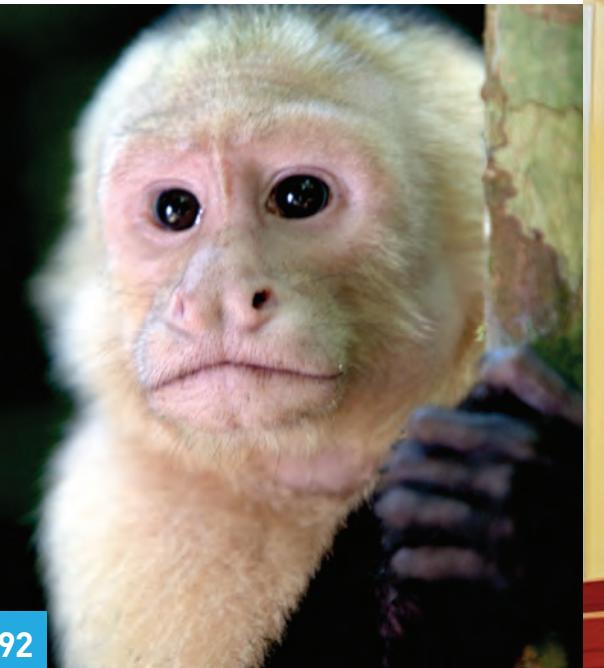


Live surgery which shows a new way to correct neck pain that involves adult stem cell technology

To view the Doctors Show segments with Dr. Armstrong, go to:
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STORY & PHOTOGRAPHY BY BRETT DARRINGTON

Westlake Malibu Lifestyle



On the cover

- TRUE BLOOD'S CARRIE PRESTON & LOST'S MICHAEL EMERSON
PHOTOGRAPHY BY CHRISTOPHER AMERUOSO



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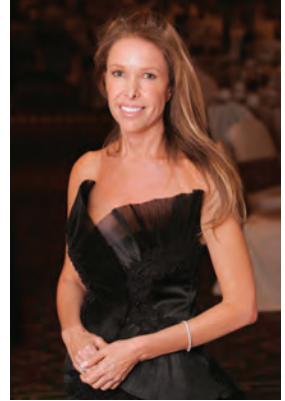
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Talia Emery, M.D.

Editor'sletter



There's a new generation of game-changing actors who have - through their performances - re-defined the power of television. Together with astute producers and directors, they've studied what audiences love to watch - and they've met that demand with flair. Carrie Preston stars in *True Blood*, the successful HBO TV drama based on *The Southern Vampire Mysteries*. Michael Emerson (who played the bad guy, Ben Linus) and his fellow cast members at *Lost* re-defined how Americans spent their week nights as they awaited the next thrill-seeking episode of the drama series. Our cover story (Pg 46) of Carrie and Michael at home gives us an intimate look at the value system of this remarkably authentic couple.

Izzy Paskowitz, a former World Champion long boarder, started **Surfers Healing** in 1999 after recognizing the immensely therapeutic advantages of the ocean's effect on his autistic son. He's spreading the aloha to other children with his **Surfers Healing Camps** (Pg 12). Todd Zeile, a former Major League baseball player gives us some fascinating insider information into the world of baseball (Pg 38). Pepperdine's Waves team is an example of the levels of integrity in baseball that Todd would like to see across the board.

With the summer vacation ahead, we capture the essence of the Malibu lifestyle with some beautiful beach properties offered by the **Levin Group** (Pg 66). This is also a great time of the year to travel up to Santa Barbara. The **Bacara Resort & Spa** (Pg 90) is a healthy retreat set in a n exceptionally beautiful environment. While you're up there, enjoy the thrill of Sunday Horse Polo at the **Santa Barbara Polo & Racquet Club** (Pg 28). This is their special centennial year.

Brett Darrington traveled to **Costa Rica** (Pg 94) and gives us his first-hand account of its rainforests filled with abundant life. He also visited **La Mariposa** - located in **Quepos, Puntarenas**. The view from the hotel patio is listed in the "1000 Places to See Before You Die" traveler's life list by Patricia Schultz.

Dr. Ian Armstrong delves into the sensitive topic of **bullying** (Pg 84), a societal malady that is often swept under the carpet and described as a young person's rite of passage. It's not and the medical and social consequences of bullying are serious.

Enjoy our wide variety of articles as you soak up the summer sun.

Diana Lyle

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SURFERS HEATING

Letting Go and Holding On.....all to Catch the Perfect Wave
Story by Diana Lyle Photography by Paul O Colliton

The great thing about being a writer is that you meet extraordinary people. Izzy (Israel) Paskowitz is the prototype of an extraordinary man. His father, "Doc" (Dorian) Paskowitz, was an M.D. from Stanford who married a Mexican-American ex opera singer named Juliette, and together they had nine children. But unlike most families, Doc Paskowitz turned his back on a conventional, lucrative medical career and instead, he took his family on a massive adventure in a tiny 160-square-foot trailer. In an interview, Doc said, "America not only gives you the opportunity to be very rich and survive, but it also gives you the opportunity to be very poor and survive. We felt that our survival at the lowest level would keep our family together." So in the 1960s and '70s, the Paskowitz family camped and surfed their way through **Hawaii, California, Mexico, Florida and Israel**. Doc saw to the family's meager monetary needs by treating the poor - who didn't have access to healthcare - in remote places.

1972: THE PASKOWITZ SURF CAMP

By 1972, Doc's gospel of good health and surfing had impacted so many kids that he started the **Paskowitz Surf Camp**. The Paskowitz brothers called it 'spreading the aloha' which was all about sharing the joy of surfing while living healthy lives. But of the nine Paskowitz children, only Izzy decided to pursue surfing seriously. He went on to win a **World Championship** and pro titles as a long boarder. He met his wife, Danielle, and started his own family. But life sometimes presents parents with curved balls - and the Paskowitz's challenge was that their son, Isaiah, was diagnosed with autism at age 3. Izzy says, "I saw my wife struggling with Isaiah as I went through my denial phase. Autistic children suffer from sensory overload - meaning that simple sensations overwhelm them. I put Isaiah in the ocean with me and immediately noticed how much calmer he felt in the water. There was a soothing relief there that nothing else had provided. I bought a tandem board right away and took my son way out with me. It's as if the water is this vast therapy pool where Isaiah has fewer fits and I can feel his body completely relaxing. Even more important is the fact that he's happy and giggling. He has this sensory aura about him and he even looks like a Buddha!"

1999: SURFERS HEALING IS FOUNDED

One day a friend asked Izzy to take his autistic son out for a ride. He too felt the same calming effect.

Izzy and Danielle decided to share what they had found with other families of autistic children. They founded **Surfers Healing** and began to host day camps at the beach where autistic children and their families could be exposed to a completely new experience of surfing. Izzy says, "I tell the parents straight up that this isn't a cure...but there's something incredibly therapeutic



Izzy assisting siblings on a ride they'll never forget

IT TELL THE PARENTS STRAIGHT UP THAT THIS ISN'T A CURE.... BUT THERE'S SOMETHING INCREDIBLY THERAPEUTIC ABOUT BEING IN THE OCEAN."

Brandon Martin with his charge



Surfers Healing was coming to our home town of Narragansett and we took our sons to the camp on a sunny, windy September day. A distant tropical storm had kicked up the tides and the surf, and when we arrived, I could not believe the thunderous roar of the surf, and immediately thought to myself, "If they get Liam in the water, it will be a miracle...."

After a beautiful circle of Hawaiian and Puerto Rican prayers, with all the surfers and children/parents holding hands, the staff began pairing up children with surfers to begin their "healing" experience. Initially Liam put up a good fight and looked back at me crying. At that moment, I realized that it was time for me to let go, and trust Izzy and the entire team of surfers. Within a minute, they placed Liam on what seemed like a giant surf board, and he lay on his belly, holding on to the sides that he could barely reach, with Izzy right behind him. Soon they became these tiny figures on the horizon, paddling farther and farther out.

What I didn't realize is that the surf conditions that day were pretty "rad" as surfers would say, and Izzy wanted to go out far enough to catch the perfect wave, so that Liam could truly experience this tandem surfing. All I could think about was what was going through his mind and whether he was terrified. The experience was surreal, so moving, that we all just stood there and cried. Aidan said to me "Mom, he's ok; he is letting go of his fear of the water". I couldn't believe the compassionate insight that Aidan was giving me at that moment, or that our tiny, 38 lb 7- yr old son was standing on a surf board, on a massive wave, and he wasn't crying! Izzy took Liam and Aidan out a couple of times that day and each time the experience was

about being in the ocean." When people visit **Surfers Healing** camps, instead of finding 250 out-of-control or frustrated children, what they find instead is a group of kids who are smiling broadly and giggling happily. Amongst them is Izzy and Danielle's son, Isaiah - who's now a happy teenager.

A PARENT'S ACCOUNT OF SURFERS HEALING CAMPS

My husband Michael and I brought our three children to Narragansett, RI to participate in a surfing day camp, sponsored by **Surfs Healing**. It was a day that will be a lasting memory for all of us. Our sons Aidan age 12, and Liam age 7 were both diagnosed with Autism Spectrum Disorders in 2005. Like many parents of children with autism, we hold on to the hope for a cure, and search the Internet, ask the school department, pediatricians, therapists, and countless other sources, to look for any experiences or therapies that might help our sons with their daily challenges.

One evening, I had fallen asleep, when Michael nudged me, saying, "you have to watch this". With tears streaming down his face, he was watching Izzy Paskowitz of **Surfers Healing** - surf with autistic children and he immediately began searching for a surf camp for Aidan, who at the time was about ten, and really struggling socially in school. We found a camp in South

Kingstown, RI, but by the third day, the staff told us that they just couldn't handle him and we needed to pull him from the camp. It took Aidan a long time to let go of the sense of rejection from this surf camp, despite our reassurance that it wasn't his fault. Rejection and intolerance is something Aidan has been dealing with since pre-school, so we felt terrible that this camp experience ended the way it did.

Surfers Healing was coming to our home town of Narragansett and we took our sons to the camp on a sunny,



Surfers Healing Instructors: Puna Moller, Pito Rodriguez, Brandon Martin, Nalu Froiseth, Izzy Paskowitz, Ossian Farmer, Ian Reeder, Carlos Kuhn, Terrence McNulty

wind and utterly magical. Izzy was incredible - so gracious and so good with the boys.

Letting go is one of the hardest lessons of life. This day in Narragansett, with the sun, the surf, and the cheers as each child surfed a wave, was about letting go for all of us, each with our own unique challenges; Letting go of worry, anxiety, doubt, sadness, isolation, fear, pity, and so many other emotions that come with having autism, or raising a child with autism. But, perhaps more importantly, this **Surfers Healing** experience was more about trusting others and holding on to your hope that sometimes things do work out and do turn out ok. We are profoundly grateful to Izzy, his family and all the volunteers who travel the country for five months each year extending this experience (for free) to thousands of children with autism. The sense of achievement and accomplishment that these children get to experience is absolutely priceless.

SUMMER 2011 MALIBU AND TOPANGA SURFERS HEALING CAMPS

Surfers Healing will be holding a camp in Malibu on **June 4th, 2011** and Topanga Beach on **September 1st, 2011**. In order to keep going, **Surfers Healing** relies on corporate and private donations. Please call **949.463.9283** if you are interested in sponsoring Izzy and his team.

For information about signing up for the upcoming Malibu and Topanga camps (or any other camp) go to www.surfershealing.org For information on Paskowitz Surf Camp go to www.paskowitz.com

Casa Pacifica's 2011 Angels Ball

Photography by John Moss

The 22nd annual Angels Ball, benefitting Casa Pacifica Centers for children and families, was recently held. The Angels Ball raises money so that Casa Pacifica can continue to take care of abused, neglected or at-risk children and adolescents in our community.



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EBMRF HOP Screening

Photography by Charly Gallay/WireImage & Stefani Keenan

The EBMRF along with Blowfish Malibu and Bolthouse Farms hosted a benefit screening of Universal's HOP. Co-hosts James Marsden and Kaley Cuoco joined guests Brad Pitt, Constance Zimmer, Adam Sandler, Elizabeth Perkins, Skeet Ulrich, Alison Sweeney and their families in an Easter egg hunt, photo booth, cupcakes and full candy buffet from ASweet, all for a good cause. The EBMRF is an all-volunteer organization which raises funds and awareness for Epidermolysis Bullosa, a rare and life-threatening genetic disorder. www.ebkids.org (Continued on page 20)





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Motoring pursuits



SoCal Symphony

Charting the music in the elysian canyons of the Santa Monica Mountains **By Larry Crane**

Six percussive strokes in irregular sequence repeated 5,000 times every 60 seconds, with the resulting hard-edged sound perceptibly softened by a baffled box—and thematically mixed with howls of sliding rubber in a higher octave. That's the sound of a Jaguar out for early exercise on The Mulholland Highway any Saturday morning. And so it has been since our WWII vets returned from Europe with visions of twisting hedge-lined lanes, diminutive sports cars with wire wheels—and driving for fun.

Our translation was not direct, but the granite walls of Malibu Canyon produced reverb and the Southern-Cross tempo of the Pacific Coast surf was no less seductive from the blustery wrong-side seat of an MG TC. Before 1950 there were ex-GIs selling European sports cars out of gas stations and repair shops in several locations around the L.A. basin. The postwar studio contract era left Sunset Boulevard spotted with mighty Deusenbergs, elegant Packards, and R-rated icons of French coachwork. With them went the Hollywood-Beverly Hills cruise nights, replaced by Malibu's coastal canyons in Europe's

more exciting, if less dramatic, cars for the sport of driving.

John von Neumann was a Viennese immigrant, aficionado of the great European classics, and a Valley used car salesman with Roger Barlow's International Motors (L.A.'s largest import car dealer). John conspired with his boss to form the California Sports Car Club (forever known as Cal Club) for the racing contingent. The club sanctioned its first competition on a set of roads at Palos Verdes Point in August 1947 with von Neumann's exotic Jaguar SS100 posting fastest timed lap around the winding roads of the new development. Southern California's coastal mountains presented a viable simulation of the famous European racing circuits.

Racing sports cars were virtually all licensed for the street in the early 1950s. It began to get a little scary. Mulholland Drive became a practice course for racers and would-be racers. Paul Newman and Steve McQueen were both real racers and became famous for their exploits among the Mulholland after-midnight set. James Dean was a ridge-line phenom in his Porsche Speedster and when Giant afforded him a Porsche 550 Spyder the risks went stratospheric. A "less public" place

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From Left: Dr. Steve Rosenstein, Disco, and Dr. Daniel Slaton, doctors at Westlake Village Animal Hospital.

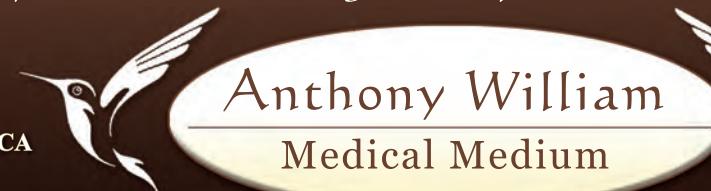


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Ferraris at World Class Motoring

for racing rehearsals was soon required.

The Cal Club held its first closed circuit race at the Palm Springs Airport in April 1950. There was an event in Apple Valley in 1951; racing circuits were laid out on blocked-off urban streets or public airports like those at Torrey Pines north of San Diego, and Palm Springs. Future World Driving Champion Phil Hill even raced and won in his MG TC at Carrell Speedway. The search was on for something more authentic.

In 1955 the west coast Singer Owners Club (a rare-in-America English car) organized the Agoura Hill Climb on a private dirt road. The irregular off-roaders included Jaguar XK-120s, Austin-Healey 100s, a couple of rarely seen Porsches, a new Ford Thunderbird, and even a fabulous Ferrari. Cal Club got the message.

An ex-pat Brit racer named Ken Miles was a mechanic for Barlow. After some groundwork by Cal Club board member Joe Weissman, Miles and Dick Van Laanen took a Volkswagen demonstrator out to the Paramount Movie Ranch where they met club race coordinator Al Papp and proceeded to layout a racing circuit—at speed. According to Van Laanen, Miles only drove ‘at speed’ and used up the new Volkswagen in the chal-

lenging search for a racecourse.

The 2,700-acre parcel of the 17,700-acre 1802 Spanish land grant, Rancho Las Virgenes, became part of paramount Pictures in 1927. For the next 25 years it hosted many of the great characters from the art of film: The Maid of Salem, ancient China in The Adventures of Marco Polo, a South Seas Island for Ebb Tide among



its over-200 film and television productions, and with at least as much drama became a little piece of Sicily for the real life Targa Florio-like Paramount Ranch Road Racing Circuit.

There were only seven races at the Ranch, two for United States Auto Club stock American sedans, and five for Cal Club sports cars. The entry lists are a who's who of American racing with a fascinating orchestration of movie and television personalities. An amateur status in a racecar was only made possible by a professional success in some real life diversion.

Jim Parkinson first raced his MG TD in 1954, and he won two races at Paramount Ranch while he was building auto repair businesses in Burbank. McQueen was a customer. Clark Gable had his Jeep serviced cross the street and he always wandered over to talk about cars. “Parkie” remains active in the Southern California car scene. Son Mark is now president of the family’s record-breaking Tustin Automotive Group. The enthusiasm has served them well.

Rudy Cleye oversaw the untold Hollywood stories between the walls of his Blarney Castle and raced his Mercedes-Benz 300SL Gullwing at Paramount Ranch. When these top-of-the-line sports cars got too fast for the narrow Ranch circuit, Rudy took the initia-

tive and built a big safe circuit on the broad plateau of Moreno Valley in 1958, and called it Riverside International Raceway.

Successful film and television director/producer Bruce Kessler was a veteran of the Ranch circuit before he left town to race Ferraris at Sebring and Le Mans and completed the 1958 grand prix season in a Connaught Type B for Bernie Ecclestone, now financial guru of Formula One. Kessler produced Sound of Speed for his pal Lance Reventlow, son of Barbara Hutton, to help promote his Scarab as the great American road racing car—finally a hit on YouTube.

The National Parks Service has managed Paramount Ranch for years, and shooting locations are now found in gifted imaginations and digital files. Some physical history remains on the Ranch, even some pavement of the old racing circuit can still be found. The historic canyons that carried fans and racers from the Ventura Highway or the Pacific Coast Highway to the Mulholland Highway are active today—or tonight—and the Ranch parking lot remains a cooling-off destination for overheated Jaguars and their turbocharged modern counterparts.

There are countless gatherings of car and motorcycle enthusiasts focused on the pleasure of what W.O. Bentley, the creator of the cars that bear his name, once called “The intoxication of the dreaded wheel slip.” The Ferrari and Lamborghini Clubs, various Porsche Gruppes and all sorts of “tuner” car sets continue to use the Malibu canyons in search of that natural “high.” A recent (arguably) sanctioned event happens every fall. Called “The Drive” it is a fundraiser for the California Highway Patrol’s 11-99 Foundation, a charity devoted to supporting CHP employees and their families in times of crisis. Almost \$20-million worth of supercars assemble in the vicinity of Bennie Luciano’s Calabasas Luxury Motorcars and, on a signal, caravan onto Highway 101 with a CHP escort. The line of priceless machinery accelerates into a triple-digit velocity. During the recent “Drive,” in an effort to remain ahead of the supercar drivers overwhelmed by what is affectionately known as “the red mist,” a black and white CHP livery could be seen on a very effective Aston Martin roadster—at the front of the pack. It is over in a few minutes, when they reach US-23.

Before going home, a breathless cadre of middle-aged children gathers at World Class Motoring, a car enthusiast nirvana, at Cheseboro Road in Agoura Hills. It is important to get the stories out immediately before they begin to gain hyperbole in memory. Under those conditions, the drivers of enchanting MGs and Porsches of the early postwar years have already cleared the top of Decker Canyon and lead the modern supercars by high decibel tire squeal and a rising back-beat of heart rates in seniority.

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Oaks Christian School's Annual Dinner Auction

Photography: www.christopherglenn.com

Oaks Christian School's recent dinner auction was a huge success. Its theme was The Legacy: Yesterday, Today & Forever (achieved by Go West Events & Multimedia). Over \$800,000 was raised for the school's Financial Aid Program.

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Santa Barbara Polo & Racquet Club's Centennial Year

Photography By David Lominska

The famous **Santa Barbara Polo & Racquet Club** celebrates its **Centennial Year** this year and there's an adrenalin-packed schedule of exciting weekend Polo games from **April - October 2011** to augment the celebratory year. There'll be huge international media attention because of the centennial and this is usually accompanied by super-human efforts from the vast array of international players. Since 1911, spectators have been enthralled by watching one of the fastest and most elegant sports in the world. There's nothing quite like the sound of fast-moving, thunderous horses galloping across a green field with world-class Polo players on their backs. The Club is host to numerous historic and world-class tournaments that are **USPA** awarded. Amongst them is the legendary **Bombardier Pacific Coast Open**, the prestigious **Silver Cup**, the **United States Polo Association Lucchese America's Cup** and the prestigious **Robert Skene Trophy**. The Polo matches are held on four pristine fields.



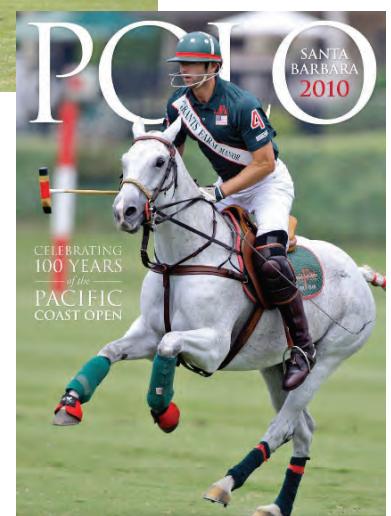


SANTA BARBARA POLO CLUB'S GOLDEN ERA HISTORY

The history of Santa Barbara Polo Club is absolutely charming and part of a golden era. In the late 1920s and the early 1930s, teams, horses and players would arrive at the Club by train; unload from the stock cars, and walk through downtown Santa Barbara all the way to Fleischmann field. It was then that Sundays at the Club became a great sought-after social event. Those gathered to view the sport dressed in the finest and latest of fashions and picnicked at the fields with large blankets and staff who came along to serve the noon-day meal. The games were riveting, fast and furious.

THE EXCITEMENT AND THE DANGER

Despite the glamour of Polo, its dangers should not be underestimated. Many players have died in the sport of Kings - amongst them two of Santa Barbara Polo Club's managers. Danger of another kind occurred when the United States entered World War II after Pearl Harbor was attacked. From 1942 to 1945, the club's polo fields were used to station and train soldiers. In the 1960s, Robert Skene - after whom the Robert Skene Trophy is



THERE'S NOTHING QUITE LIKE THE SOUND OF FAST-MOVING, THUNDEROUS HORSES GALLOPING ACROSS A GREEN FIELD WITH WORLD-CLASS POLO PLAYERS ON THEIR BACKS.

POLO, PONIES AND PEOPLE FUN

You don't need to be a member of the Club to enjoy world-class Polo in a gorgeous setting. Practices and tournament games take place throughout the week from April to October. The public is welcome on all these days. Sundays are when the Tournament Finals are held. There's a small admission fee on that day of \$10. Main games are played at 1 and 3 pm on the field in front of the grandstands. There is grandstand seating available for all general admission spectators as well as field-side tailgating and picnicking areas. Tickets are purchasable at the gate when you arrive. Try and get there 30 minutes ahead of time. Salads, sandwiches and burgers are available on site.

Don't miss out on the **Divot Stomp** - which takes place at half time for both the 1 and 3 pm games on Sundays. All you do is meander out onto the field, help turn over the divots made by the galloping horses and enjoy a complementary glass of bubbly (By the way... no outside alcohol is allowed. Also, no pets).

For those wanting to make a special day of a Sunday, there are **Luxury Field Side Cabanas** available for rent to both members and non members. Bring along the whole family or

gather up a group of friends and watch the games in luxury. The Cabanas need to be booked fairly early because they're popular (Call 805 684 6683 or e-mail: ellen@sbpolo.com). ↗

3300 Via Real Carpinteria. Call the Polo Hotline: 805 684-5819 for more detailed days and times. <http://www.sbpolo.com>

named - chose to make Santa Barbara his home and to help many members learn Polo's artistry - by way of his vast skill base and suave style. Skene maintained a 10-goal rating for an astonishing 17 years.

December 1975 marked a turning point in the Club's history. It was put into the trusteeship of Ambassador Glen Holden, Dr. Norman Ringer and Kenneth Walker - placing the Club into perpetuity. It was at that point that the name was expanded to that of **The Santa Barbara Polo & Racquet Club**. Swimming, tennis and fitness memberships became a popular addition to the Club's amenities.



Portraits of Revolution

Former Egypt President Hosni Mubarak



An Arab Spring and a Western Stumble

By Christine Seisun

t began with a fruit vendor in Tunis on December 17th, 2010. Mohamed Bouazizi received what would soon be known as the slap heard 'round the [Arab] world when a female police officer struck him in the face while attempting to confiscate his fruit. It was the final straw for the 26-year-old Tunisian man. That same day Mr. Bouazizi drenched himself in paint thinner and lit himself on fire in front of the governor's high gate in protest of the 23-year dictatorship and bleak economic times in Tunisia. His actions sparked a country-wide popular uprising that dramatically shocked the region and the world at large when, within a mere few weeks, the Tunisian dictator was forced to flee the country. The Arab Spring was only beginning.

The Middle East and North Africa (MENA) is marked by nationalistic and sometimes charismatic rulers or kings with a penchant for overlooking elections and a disregard for human rights. By and large, they preside over autocratic governments, disenfranchised minorities and persecute potential political opponents. The Tunisian Revolution proved to be a watershed moment setting off a domino effect in the region; the discontented masses took to the streets calling for governmental and political reform. It was not a "Facebook Revolution" as many Western papers were quick to proudly appropriate and therefore "Americanize", but rather the **Arab Spring** occurred through mass popular, and nearly exclusively nonviolent, demonstrations from disaffected civilians. Facebook was simply one of the many tools used to organize and achieve the peaceful protests. In fact, labor unions and factory workers proved more important to the social uprisings than social networking.

Hot on the heels of the Tunisian Revolution in January 2011, the world became captivated at the growing protests taking place in Egypt calling for the end to President Hosni Mubarak's nearly 30-year rule. Egypt has always maintained geo-strategic importance to the West and also holds massive symbolism throughout the MENA region as the birthplace of the important pan-Arab movement. Within two and a half weeks, Mubarak stepped down and the new transition government stated that elections would be held by the end of the year. Simultaneously, strong sustained protests were taking place in countries such as Algeria, Jordan, Egypt, Yemen and Bahrain. The Middle East and North Africa would never be the same.

In a region which has not had the opportunity to cultivate a culture of democracy, the change from authoritarian rule to an active push towards democratization is most certainly going to contain a steep

learning curve. Democracy took the West centuries to achieve, and indeed is still a work in progress. Yet within the MENA region it is expected to happen almost instantaneously. To be sure, there will be a fair amount of bumbling and setbacks, after all, institutions are meant to develop over decades, not a mere few months.

The abrupt 180-degree turn with an eye towards transparent, democratic elections and equal opportunities - left the West reeling and unsure of how to proceed with the new political order. For the first time, Israel found themselves completely on the outside of massive political and military change taking place in their neighbor states. It was no secret that the United States, Israel and Europe had long chosen stability over democracy by propping up "friendly tyrants" in the MENA region. The West now found themselves in the awkward position of having to reconcile their public calls for democratization and their not-so-private desire for political reliability. In the end, what took place was a clumsy political dance in which Arab civilians found little actual support for their homegrown revolutions.

For the man who once famously championed the mantra of "Never let a good crisis go to waste" the Obama administration has proven visibly uncomfortable and indecisive while confronting the Arab Revolutions in countries such as Tunisia, Egypt and Bahrain. Following the fall of the Mubarak regime, Secretary of State Clinton was sent to Egypt on March 15th for a very public and official diplomatic visit to reassure the Egyptians that the United States is completely behind the transition to a more robust form of democratic governance. Such support was very slow in coming during the painful 18-day revolution from January to February 2011 - mostly filmed from **Tahrir Square** in Cairo. On February 11th President Hosni Mubarak historically abdicated his nearly 30-year post as Egypt's President. The United States has long been a staunch ally of President Mubarak and for the past few decades has sent approximately \$2 billion annually in aid to the geo-strategically important Arab country. This makes Egypt the second most important receiver of American funds just behind Israel and before Pakistan and Colombia.

Egypt has long been considered the United States' primary partner in the Arab Middle East dating back to the 1979 Camp David Accords that America facilitated between Egypt and Israel. Over 80% of American aid to Egypt is strictly intended for military use, as Egypt is seen to be one of the primary collaborators in the US Global War on Terror. However, as both the United States and Mubarak himself hold a vested interest in maintaining the personal ties between the Egyptian leader and the U.S. government, this meant that Mubarak's



nearly 30-year regime had a rich, infamous and nearly uninterrupted history of sometimes violent political repression of opposition parties, specifically targeting the political movement known as the Muslim Brotherhood.

The Muslim Brotherhood, with different branches in many countries across the world, has ironically been supported by the United States in Afghanistan and Iraq yet quietly opposed in Egypt. Middle Eastern political scientist Juan Cole goes on further to comment that: "The Turkish and Indonesian cases of democratic transition in the Muslim world should have taught us something about how Muslim fundamentalist parties are themselves transformed in a democratic setting." As an example, the Muslim Brotherhood in Kuwait – the Islamic Constitutional Movement – is both a part of the National Assembly and is considered by many to be moderate. In Egypt, the Muslim Brotherhood retains approximately 20% of the popular support and most certainly would not be able to obtain a majority should

they be allowed to finally run unimpeded in legislative elections. It would be good for Western states to remember that democracy necessarily requires compromise and moderation and this would be no exception for any potential Muslim political party.

The Obama administration unfortunately, and erroneously, equated the Arab Revolutions and the popular quest for democracy as automatically ushering in Islamist, anti-Israel, anti-US political parties and therefore conspicuously refrained from too publicly supporting the popular demonstrations taking place across the Middle East and North Africa. Instead, much of the statements coming from the White House centered on calling for "order" and the cessation of violence. Following President Obama's historic 2009 Cairo Speech to the greater Muslim world, expectations were high on the United States to, at the minimum, publicly support the revolutions taking place across the greater Middle East, and at the most, to politically pressure Arab

leaders to peacefully enact change or even step aside. Essentially, the Arab Spring and the lackluster Western response ended up widening the credibility crisis of the United States and European countries in the greater Middle East. In trying to break from President Bush's publicly divisive rhetoric of "You're either with us or against us" Obama unsuccessfully tried to toe a middle line that largely left the United States looking immobile and powerless to positively encourage the nascent pro-democracy movements over the previous few months.

While the Arab Spring is far from over, much if not all of the momentum towards democratization in these countries is currently threatened by the precarious and violent situation in Libya. Libya's dictator, Col. Muammar al-Qadhafi, responded to the protests beginning in February 2011 against his 42-year reign, by unleashing waves of repressive violence upon his people. This has therefore effectively created a state of civil war. Qadhafi has long been

known for his unpredictable political decisions, flamboyant style of dress, all-female bodyguard detail and larger-than-life personality that he actively cultivates. Over the decades, he has displayed a cunning ability to foreshadow the directions of the political winds. Along with Egypt's Gamal Abd-al Nasser, Qadhafi was considered to be one of the pioneers in championing the pan-Arab movement, additionally, he was the first Arab leader to stand up to the Western controlled oil consortium OPEC in the 1970s. In 2003 in a very public and surprising about-face, Qadhafi agreed to give up Libya's chemical and nuclear weapons program in exchange for Western subsidies; at the time Libya was heralded as a model for other weapons-seeking states.

Yet it seems as if the fickle tides of Western tolerance to the eccentric North African leader have permanently turned against him. Qadhafi's vehemence in fighting to his "last drop of blood" so as to maintain power has certainly not gone unnoticed. With reported billions of dollars available to Qadhafi to finance both the weapons and personnel needed for a long drawn-out civil war, Qadhafi warned: "People who don't love me don't deserve to live". He went on to say that he will arm every individual, every Libyan tribe until "Libya will turn to hell".

Under the fledgling, somewhat legally dubious doctrine of the "Responsibility to Protect" the United Nations Security Council (UNSC) invoked the authority granted to them under Chapter 7 of the UN Charter and passed Resolution 1973 on March 17th. The resolution called for, among other things, the UNSC to take "all necessary measures" to protect Libyan citizens under threat of attack. This goes much farther than simply establishing a no-fly zone, as was the case in northern Iraq under Saddam Hussein, and rather authorizes the use of ground troops, naval ships and any military reaction deemed appropriate given the ever-changing circumstances in Libya.

Aware of regional sensitivities at having American troop presence in yet another Muslim nation, the United States remained extremely cautious in the preparatory stages of the resolution - even going so far as to state that they would not provide any military support for such an operation. However, as the situation in Libya steadily worsened, The Arab League specifically asked for UNSC support in obtaining a no-fly zone. This was the regional invitation

that the United States was waiting upon and shortly thereafter, the strongly worded UNSC Resolution 1973 became a reality. Obama has so far publicly reassured that there will be no American ground presence involved in the humanitarian military intervention taking place in Libya while remaining conscious of the fact that Res. 1973 specifically forbids the presence of any "foreign occupation force" of any kind.

The Arab Spring began with Mr. Bouazizi on that fateful day in Tunis on

December 17th, 2010. While the ending is far from close to being written, it is clear that Western crisis management during these momentous times has left something to be desired. The situation in Libya is rapidly changing and as this article goes to press, UN bombings of pro-Qadhafi strongholds have begun in Libya. Whether this belated show of force will be enough to help repair the damage done to Western legitimacy in the Arab world still remains to be seen.

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Short Stories About Big People

By Bob Eubanks

In this issue I am going to talk about the women in my life. NO, not my personal life, but the wonderful opportunity I've had working with some of the most talented women in the business.

In 1972, I was watching the Porter Waggoner television show in Nashville, and I saw a lady on his show that absolutely jumped off the screen. She was talented and very easy to watch. Her name: Dolly Parton. I managed Dolly's career for two years, helping to craft her business life while she was busy writing and performing. It ended when the (good 'ol boys) of Nashville put so much pressure on her, because she had a West coast manager. At that time, Nashville was very jealous of the Hollywood industry. A year after Dolly and I parted, we met at The Beverly Hilton Hotel and she once again asked if I would manage her career. I thought about it for twenty-four hours and the next day, told her that I no longer was interested in management (that was one of the dumbest mistakes of my life). Since that time, Dolly's career has flourished. She is smart, creative, and above all, a very good person. It was a joy being involved with Dolly and her career.



Dolly Parton

different projects. Dolly is a creative writer who has melodies in her head all of the time. On stage, Dolly is great, but on stage Barbara Mandrell was incredible. Barbara couldn't write music, but she played several instruments and left the audience wanting for more every performance. It was dif-

ficult managing Barbara because her father, Irby, had such an influence. He played in the band, on an un-amplified acoustic guitar, just so he could watch over Barbara and his daughter Erlene who was playing drums. I believe I helped Barbara's career, but it was very difficult because her father would constantly interfere, and her record producer, Billy Sherrill, hated managers, and we were told to stay out of the studio when she was recording. Neither Dolly nor Barbara drew big crowds at their concerts until after their television career took full flight. Television launched both ladies and was the best thing that ever happened to country music.

Today Dolly is still very active in the



Barbara Mandrell in 1973

At the same time we were managing Dolly Parton, Barbara Mandrell came to us looking for guidance. Barbara was making \$1,250.00 a night, and working 200 days a year. She traveled by bus with her father, and oftentimes, with her husband Ken and their little boy. It was obvious that managing Dolly and managing Barbara were two

industry and Barbara, after her horrendous automobile accident, decided to retire. I'm truly amazed that she stayed in retirement, as she loved to perform.

In the late 70's the Captain and Tennille were hot record artists throughout the world. MCA television wanted to do a talk show starring Toni Tennille. After shooting a pilot they weren't happy with the producer. So they came to Hill Eubanks, my production company at the time with partner Michael Hill. We were told that the Captain, Toni's husband, and their manager would choose the next producer. Because we were a new company, we knew we had to do something to impress these guys. So, on the date they arrived in our office to see our operation, they walked into a room where some of our staff were planning a Frank Sinatra Special. They walked into another room where some of our staff were developing a new game show, and they walked into another room where some of our staff were preparing a documentary. They were blown away by our operation, and we became the new producers of the Toni Tennille Show. Oh, by the way, all of those staff members were hired actors. We staged the entire event. When Toni went on the air, she did a great job. Her interviews were superb. She would sing the blues with B.B. King and the next day go surfing with The Beach Boys. She was incredible. The show only lasted a year, even though we had big ratings throughout America. For some reason, our Los Angeles ratings were very bad. L.A. - the number two market in the nation - let us down and the show was canceled.

So those are three of the big ladies with whom I've had the pleasure of working throughout my career.

A final word, my partner Michael Hill passed away recently. He was the most creative, hardworking television producer I have ever met - a volatile personality, but a genius in television programming. The world will miss Michael Hill.

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Pepperdine's Assistant Coach John Strauss



PHOTO BY STEVE WANDZURA



The Great Game of Baseball

Story by Todd Zeile

As a veteran of high school (Hart), college (UCLA), and Major League (16 years, 11 teams) baseball, I've met some quality coaches and people along the way. Steve Rodriguez,

a member of Pepperdine's 1992 national championship team, is in his 8th season as the Waves' head baseball coach, and he is one of those quality people. Since 2003, Steve has brought a positive, never-say-die attitude to the program and

since taking over the reins, he's led the Pepperdine Waves to three consecutive WCC titles (2004-6) and his teams have made NCAA Championship appearances in 5 of the past of the 7 years (2004-08). Rodriguez says of his successful baseball career, "One of the highlights for me was winning a National Championship here at Pepperdine and being one of 17,000 players to play in Major League Baseball. Also, when I was brought up to play in the Big Leagues, I'll never forget Kirby Puckett and Cal Ripken Jr. coming over

to congratulate me for making it. They are some of my favorite players of all time - so that was pretty special to me."

One of the reasons that baseball is such a great game is that it's the only major team sport that is not governed by the time on a clock. Therefore, it's built for drama since no game is ever truly out of reach. **Yogi Berra** said it best: "It ain't over 'til it's over", which is really the epitome of the drama. Baseball requires a rare combination of athletic ability, mental toughness and skillful strategy to be successful. No single player can dominate a game and because there are so many games and so much failure (the best hitters in the major leagues fail 7 out of every 10 times at bat), the baseball season is truly a marathon, and any team can win on any day. Like most Major League players, I'll never forget my first big league game in 1989, where I met the St. Louis Cardinals in Cincinnati for a double header against the Reds. Although we had a 2-hour rain delay, and I got my first start after midnight, it felt like magic to me. By



Pepperdine's Assistant Coach Rick Hirstensteiner

the Mets by hitting .400. We lost the series but it was still one of the best experiences of my life. Then there was our game after 9/11 when Mayor Giuliani announced that the New York Mets would host the Atlanta Braves at Shea Stadium - a sign to the world that New York was bruised but not broken. In dramatic fashion (while wearing t-shirts of fallen fire fighters), the Mets beat the Braves on a towering home run from Met star Mike Piazza. The memory still gives me goose bumps. That's baseball for you.

The greatness of the game is dependent on so many important elements in the players - not least of which is 'character'. Pepperdine's Steve Rodriguez is a great college coach who has vast knowledge of the game - both as a player and as a coach - but he also understands that part of his job description is to develop young players into men of character. Steve is a master at teaching the fundamental aspects with the overarching emphasis on winning as a TEAM. While standout players do have an impact, and the

Eddy D. Field Stadium on Pepperdine University's campus in Malibu



PHOTO BY CHRIS MACALUSO

modern game of baseball rewards personal success, Steve teaches that personal success truly comes from having integrity, respecting the game, and being a part of something bigger than just the individual player. The Waves baseball team really strive for that quality team integrity. Steve agrees and says, "Baseball has a ton of failure attached to it, as does life sometimes. So it is important for the team to know that failure is part of life - but you have to keep working hard. We have established an amazing team environment this year that I hope will carry over into future years. Success for me is measured in how our players turn out as young men. There are so many players that have done

well for us and some standouts - in terms of their all-round character - are: **Barry Enright, Noah Lowry, Dan Haren, Chase d'Arnaud, Eric Thames, Danny Worth...** the list goes on. They're tremendous players and great people. We have some excellent recruiting classes coming into Pepperdine in the next couple of years, so I really like where our program is heading."

Just as Steve Rodriguez is building life-long character traits in his Waves team, I think about the rising future stars at the Major League level, as well as veterans who've stood the test of time. Amongst the young stars are **Tim Lincecum** (The Freak) and **Brian Wilson** (The Beard) from the World Champion Giants,



and **Chase Utley** of the Philadelphia Phillies (The Phillies - in my opinion - are the team to beat this year.) A few of the veterans (with whom I shared the diamond and who are old friends) include **David Wright, Jason Giambi, Todd Helton and Derek Jeter**. They're still living the dream and I say 'Rock on guys!' They have this innate ability to rise to the occasion and thrive in the biggest, most pressure-packed situations., I think of some of today's players (**Albert Pujols, A-Rod, Jeter**) who will probably go down in history as some of the greatest players the game has ever known. Over the course of my career, I had the opportunity to play with or against some other all-time greats like **Ozzie Smith, Cal Ripken Jr., Ken Griffey Jr., Greg Maddux, Tom Glavine, and Mariano Rivera**.

The overall greatness of baseball can so easily be tainted by scandals such as steroid usage - and that's why it's so important that college coaches steer their players in a positive direction. The stigma surrounding two of the best baseball players of the past 50 years or more - **Roger Clemens** and **Barry Bonds** - may result in them never being credited with how great they actually were, due to the use of performance enhancing drugs. But if I had to pick a few of the all-time greats, the obvious names come to mind: **Babe Ruth** - who changed the game forever, as did **Jackie Robinson** and **Hank Aaron**. Finally, my favorite all-time pitcher, **Sandy Koufax**, who threw a perfect game against the Chicago Cubs on the night I was born (9-9-1965) - is one of the true gentlemen who ever wore a baseball uniform. Although it may be wishful thinking, I really hope to see integrity return - at the national level - as the central strength in this great game. That's why coaches like Pepperdine's Steve Rodriguez are so important to the game: They help to shape young players at the crucially-impressionable college level. Integrity is and should always be baseball's core strength. Go Waves!

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What's new in town

Breakfast at Mediterraneo

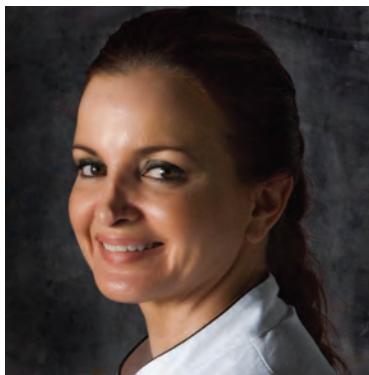
Westlake Village Inn's **Mediterraneo** now offers daily Breakfast! The new breakfast menu has something for everyone including **Mediterraneo's Signature Breakfast Sandwich**, the **Go Green Frittata** and **Egg White Pomodoro**. If indulgence is your preference, there's **Red Velvet Pancakes** or **Luscious Crab Cake Benedict**.



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What's new in town



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The Napa Grill has recently opened on the corner of Westlake Blvd and Thousand Oaks Blvd. It's an elegant yet relaxed dining experience with knowledgeable staff who really know their wines. It's called The Napa Grill for good reason: they specialize in finding great wines from the Napa region, and occasionally, they'll add select wines from other wine-famous regions. There's an extraordinary list of over 90 wines and the menu is thoughtfully planned by a team of culinary experts. Herbs are grown in their own herb garden, and there's an extensive Appetizer and Tapas menu. Pizzas are also made from their own wood-burning oven. Some delectable favorites on the menu are *Pan-seared Sea Bass* and if you're a red-meat fan, regular diners salivate at the mere thought of the *Ultimate Charbroiled Bone in Rib Eye*. The Napa Grill will be featuring wines weekly via their wine flights. Embark on a journey of discovery with a trio of 2-ounce servings, presented on their

distinctive bronze holder. Their staff will happily pair a wine for you based on your selection for lunch or dinner. Private parties of up to 100 people can be accommodated. Brunch is served on Sundays from 10 - 3. Happy Hour is Monday-Friday 3 - 6 pm with 50% off on well drinks, pizzas and appetizers. There are also complimentary wine tastings weekly.

101 Westlake Blvd. 805.497.4911. www.thenapagrill.com



Scenearound

Cops Running for Charity Check Presentation

Cops Running for Charity recently returned from a successful Siberian Marathon. Their efforts translated into check presentations to Juvenile Diabetes Research Foundation (JDRF); L.A. Children's Hospital; ALS; Make a Wish; Big Brothers Big Sisters. Todd Zeile accepts the JDRF check (center).



Cops Running for Charity with Todd Zeile

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The
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**TRUE
BLOOD'S**
**CARRIE
PRESTON**
AND
LOST'S
**MICHAEL
EMERSON**

STORY BY DIANA LYLE
PHOTOGRAPHY BY CHRISTOPHER AMERUOSO

There's a new generation of game-changing actors who have - through their performances - re-defined the power of television. Together with astute producers and directors, they've studied what audiences love to watch - and they've met that demand with beaucoup talent.

Carrie Preston stars in *True Blood*, the massively-successful HBO TV drama based on *The Southern Vampire Mysteries* series of novels by Charlaine Harris. In *True Blood*, vampires and humans reside in Bon Temps, a fictional small Louisiana town. Carrie plays the part of Arlene Fowler, a sassy southern red-headed waitress. Since 2008, the show has won several awards and the 4th season is set to debut in summer this year. Carrie's career success includes her big screen debut as one of the two southern bridesmaid sisters in the Julia Robert's blockbuster, *My Best Friend's Wedding*. Other notable film and TV projects include her scene-stealing turns in *Duplicity*, *Transamerica*, and *The Good Wife*. Watch out for Carrie's recent movie, *That's What She Said*, which she directed, starring Anne Heche.

Michael Emerson (who played the bad guy, Ben Linus) and his fellow cast members at *Lost* re-defined how Americans spent their week nights. On televised *Lost* evenings, the streets across America were empty as families stayed home in anticipation of the next thrill-seeking episode of the drama series. ABC's smash hit, *Lost*, began in 2004 and spawned 6 seasons. During its 2010 sixth season, the show averaged over 11 million US viewers per episode and took home hundreds of awards. At the heart of the series is a complex and cryptic storyline, which invoked numerous questions and discussions among viewers. With interactive online capabilities, fans of *Lost* took to widespread theorizing in an attempt to unravel the mysteries of

their favorite show. Michael's depth as a multi-talented actor was noticed back in 1997 when he starred as Oscar Wilde in Moises Kaufman's critically acclaimed off-Broadway play, *Gross Indecency: The Trials of Oscar Wilde*. Interestingly, in 2006, he was invited to join the cast of *Lost* as Ben Linus in a temporary guest-starring role. But his performance was so impressive that the producers turned him into a full-time cast member.

Genuinely happily married since 1998, Carrie and Michael met at the Alabama Shakespeare Festival where they were both performing in *Hamlet*. 13 years later they've firmly established themselves in Hollywood as two highly-sought-after actors. But what impressed us so much about this powerful husband and wife duo is their lack of ego and pretensions. The cover shoot says it all. Carrie and Michael are solidly grounded in the comfort of their cozy home where they are most comfortable embracing a value system that excludes affectations. Their razor-sharp intellects give their couple chemistry an enticing dimension which includes humor and playfulness. Welcome to the home of Carrie Preston and Michael Emerson.

Favorite relaxation activities when you're not working?

CARRIE: I enjoy hiking with our dog Chumley. I love to go to the movies, try interesting restaurants, visit with friends. **MICHAEL:** I like to have time to read and join Carrie on hikes.

CARRIE AND MICHAEL ARE SOLIDLY GROUNDED IN THE COMFORT OF THEIR COZY HOME WHERE THEY ARE MOST COMFORTABLE EMBRACING A VALUE SYSTEM THAT EXCLUDES AFFECTATIONS. THEIR RAZOR-SHARP INTELLETS GIVE THEIR COUPLE CHEMISTRY AN ENTICING DIMENSION WHICH INCLUDES HUMOR AND PLAYFULNESS.

Favorite Food?

CARRIE: I would have to say sushi. **MICHAEL:** I would never turn down a good paella!

Moments in life that bring you joy/contentment?

CARRIE: Eating breakfast and reading the paper with Michael (he cooks breakfast for me every day when we are in the same town); Spending time with Chumley. Walking through the neighborhoods where I live (both in New York and LA) and listening to music or podcasts.

MICHAEL: Family dinners at the pier and sitting in front of the TV with Carrie and Chumley.

Favorite places in the world?

CARRIE: I loved visiting Barcelona a couple of years ago. And I have to say I do love New York City.

MICHAEL: I like Manhattan and San Francisco

Person you respect immensely (anywhere in the world) and why? What are their qualities?

CARRIE: I've always respected Hillary Clinton. I admire the way she has navigated her position as a strong, brilliant, capable woman in an arena that is primarily controlled by men. I would not know how to handle all the challenges and obstacles that have been thrown in front of her. She has a passion, drive and tenacity about her work that I can relate to and admire. Even when I don't agree with some of her political choices, I always respect the powerful woman that she is.

MICHAEL: I respect a great composer like Michael Giacchino because he has both great craft and great inspiration - and because his work is so good that it's indescribable.



Your favorite movie of all time? Why?

CARRIE: I love so many movies for so many reasons that I feel like I would betray one by picking another! But I'll give it a go. Lately I have been trying to determine what makes a perfect comedy. 'Broadcast News' fits the bill for me. The performances are so specific and so painfully funny. What makes it different from a lot of the farcical comedies being made today is that the script has a great amount of heart and a poignancy that transcends the humor. What makes a good comedy for me is finding the drama within it.

MICHAEL: My favorite movie would be a mashup of 'The Wizard of Oz' (for heart and wonder) and 'The Third Man' (for style and mystery).

At what stage in your childhood did you realize that your true calling in life was in the performing arts?

CARRIE: I am what they call a "lifer". I plan to be in the performing arts for the long haul. My brother John Preston is also a professional actor. We both started doing plays in our home town of Macon, GA when we were young kids. John got cast in a children's show at the local community theater, and when I saw him up there I wanted to do it too. Thankfully my parents were very supportive of both of us. So at age 8, I knew I wanted to do this for the rest of my life in some way or another. I just didn't know quite how to make it into a career. But one encouraging teacher after another lead me to auditioning for Juilliard. I didn't get in the first time, but John David Lutz at the University of Evansville in southern Indiana recruited me for his school, and he boldly said to me, "If you come to Evansville, I will get you into Juilliard". And with the training I got at Evansville, I did get in. It was a very intense and rigorous training program. And between the foundation I got at Evansville and the polishing I got at Juilliard, I felt prepared to step into the sometimes treacherous and sometimes rewarding world of show business.

What were you like as a kid, Michael? Were you fascinated with the arts, with acting, reading and the great playwrights?

MICHAEL: I was a great reader - an escapist - I guess, I liked to tell stories and use funny voices. I read 'A Wrinkle in Time' when I was 12 or so.

What was a defining role for you, Carrie - when you knew or felt that you had come into your own - professionally? In other words, which was the film you were in or character you played that you believe 'launched you' in the eyes of the public?

CARRIE: I believe my break came shortly after I got out of Juilliard. I was cast as Miranda opposite Patrick Stewart in the Shakespeare in the Park production of 'The Tempest'. It was a huge hit in the park and moved to Broadway. So I made my broadway debut doing Shakespeare - a dream for anyone with classical theater training, I would think. Being in that show led to auditions for film and television. My first film role of note was one of the two sassy southern bridesmaid sisters in the hit Julia Roberts film, 'My Best Friend's Wedding'. That movie continues to be a fan favorite, and it was the beginning of a string of roles that brought me back to my Southern roots. The most current role is that of Arlene on 'True Blood'.

Your career prominence, Michael, seemed to coincide with the dangerous and damaged characters you played in 'The Practice', 'Saw' and Benjamin Linus in 'Lost'.

MICHAEL: I suppose there is a complexity and a broader canvas that comes with character roles, especially if they are dark. They are certainly more fun because they are so NOT ME.

Any behind-the-scenes moments, Carrie, in 'True Blood' that we don't know about - that make the HBO series even more tantalizing? What's it been like playing Arlene, the sassy Southern red-head?

CARRIE: I believe people would like to think the world of creating film or television is full of drama and glamour and backstage shenanigans. And sometimes that is indeed the case. In terms of this

show, I'm afraid I don't have any juicy pieces of gossip to pass on other than to say that the company is made up of consummate professionals in every area of production. The scheduling must be a complete nightmare for the producers and ADs (Assistant Directors), yet somehow they make the impossible happen every episode. Our cast is huge, but everyone is super respectful of each other. I love playing Arlene. She's a strong, opinionated woman. And it's sometimes challenging to play someone so narrow minded, but my job is to play her as truthfully as I can, and give her as much humanity as I can.

What were your favorite moments, Michael, on the set of the hugely successful 'Lost'?

MICHAEL: I liked quiet times between takes when we were in some stunning setting - where there were dawns and sunsets and storms on beaches and cliffs and mountain trails.

The great classics: The Shakespearean plays; Who's Afraid of Virginia Woolf: What makes these pieces of art eternal and why do they stand the test of time?

CARRIE: The classics are about universal issues: Love; Relationships; Family; War; Betrayal; Mortality; Faith. All of these themes are accessible, and people can relate to them. Shakespeare's poetry is so beautiful and has such depth that it withstands centuries of bottomless interpretation. That goes for contemporary classics like Virginia Woolf as well. There are endless things to mine there.

What was the attraction, Michael, when you met Carrie in a production of Hamlet in the mid 90s? Do you enjoy working together with Carrie on set (you've been on 'Lost' together..etc)?

MICHAEL: I thought she had a charming voice and she seemed tender-hearted.

Carrie: What was your attraction to Michael?

CARRIE: I was immediately attracted to his talent. I saw him onstage before I met him. I had gone down to Alabama to do 'Hamlet'. My brother was in the





company, as was Michael. They were doing a production of *'A Christmas Carol'* at the time. Michael played several different roles, all of them with such precision and passion. I fell for him there and then. Of course I love working with him. Working on *'Lost'* was a lark. The producers had been wanting to put me on the show in some capacity, and Michael and I were joking how funny and twisted it would be if I played his mother in a flashback. He mentioned it to the producers

off hand, and the next thing I knew I was giving birth to him in the jungle!

Recipe for a successful marital relationship - particularly in Hollywood?

MICHAEL: Apart from good luck, I'd say empathy - finding ways to support and not compete with one another.

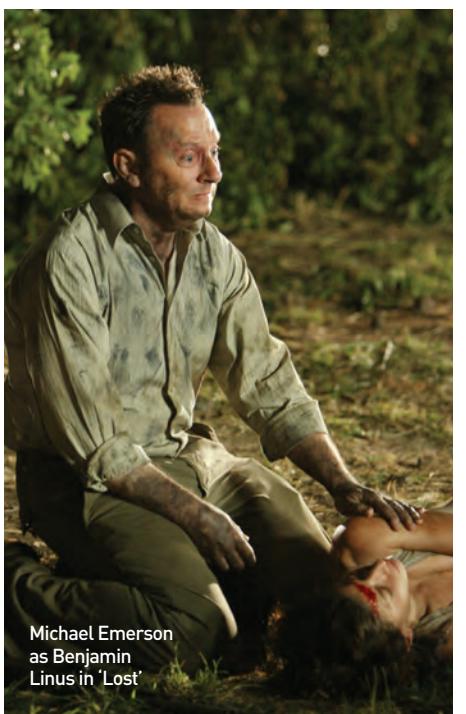
CARRIE: I think relationships work when they are about respect and support. Of course

(ideally) love and passion are at the foundation, but being supportive and understanding of each other's journey in the world is really important. This is especially true in the unpredictable and gypsy lifestyle of show business.

World issues that get your attention and elicit a passionate response?

MICHAEL: The abuse of innocents: children and animals.

I THINK RELATIONSHIPS WORK WHEN THEY ARE ABOUT RESPECT AND SUPPORT. OF COURSE (IDEALLY) LOVE AND PASSION ARE AT THE FOUNDATION, BUT BEING SUPPORTIVE AND UNDERSTANDING OF EACH OTHER'S JOURNEY IN THE WORLD IS REALLY IMPORTANT. THIS IS ESPECIALLY TRUE IN THE UNPREDICTABLE AND GYPSY LIFESTYLE OF SHOW BUSINESS.—CARRIE PRESTON



Michael Emerson
as Benjamin
Linus in 'Lost'



Carrie Preston as Arlene, William Sanderson as Sheriff Dearborn (center) and Chris Bauer as Andy Bellfleur in "True Blood"

CARRIE: I am a big supporter of the arts. Because the arts have been so influential in my life, I tend to support organizations that perpetuate them. One organization that I find incredibly moving and profoundly effective is **Free Arts for Abused Children** (www.freearts.org) They bring the arts directly to abused, homeless and at-risk children by delivering arts programs (visual art, creative writing, theater, poetry, etc) right to the community centers or neighborhoods where the children live. But it's not just the arts I support. I'm also excited to have just joined the advisory board of **The Project Solution** (www.theprojectsolution.org), which allows people to donate a fixed amount of money annually that will pool together with others to help fund a small infrastructure-based project such as digging a well in Cambodia or building a bathroom facility in a school in India and the like. Oh, and I'm a proud new supporter of the **Humane Society**!

Of all your achievements, which one stands out as the sweetest?

I SUPPOSE THERE IS A COMPLEXITY AND A BROADER CANVAS THAT COMES WITH CHARACTER ROLES, ESPECIALLY IF THEY ARE DARK. THEY ARE CERTAINLY MORE FUN BECAUSE THEY ARE SO NOT ME—MICHAEL EMERSON

MICHAEL: I cherish the memory of my Broadway debut and almost every role I've played in Shakespeare's plays. **CARRIE:** I am most proud of the movies my production company has created: '29th and Gay', which I directed; 'Ready? OK!', which I produced and starred in, and my latest directing project 'That's What She Said'.

Your current projects, Carrie: Are you currently in post production on your directorial project 'That's What She Said'? What about 'What's Wrong with Virginia' which made its premiere at the Toronto International Film Festival?

CARRIE: Yes, I directed 'That's What She Said', a feature film written by my friend Kellie Overbey, produced by my production company, Daisy 3 Pictures, and starring Anne Heche, Marcia DeBonis and Alia Shawkat. We are at the tail end of post production and hope to start playing at festivals this summer or fall. I haven't seen 'What's Wrong with Virginia', but I'm excited to see it soon.

A film I'm in called 'A Bag of Hammers' just had a successful premiere at SXSW Film Festival. And I have a nice cameo in another indie called 'Sironia', which should be making festival rounds soon.

Michael: May we look forward to seeing you on J.J. Abrams' 'Person of Interest' soon?

MICHAEL: I'll be pleased to shoot a pilot of 'Person of Interest'. Whether the world will ever see it is out of my hands.

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

CARRIE: It's my life's work to learn to be fully present in the moment. I'm definitely someone who focuses on the future way more than is healthy. I think that's why I love acting so much. It requires you to be fully present if you want to create the illusion that the moment is happening for the character for the very first time.

MICHAEL: Life continues to remind me of the importance of patience, craftsmanship and a light touch in all things.



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11



10





Fashionsense



I Have Summer On My Mind

By Magda Pescariu

And I feel guilty about it. While I'm trying to process my mental picture of breezy day-dreaming by the pool and balmy nights on a sea-shore someplace lazy and far away, the TV continues its surreal broadcast, unfolding with apocalyptic details the Japanese tragedy. I can't focus on summer thoughts for too long and my pathetic attempt borders on frivolity. How can I possibly blabber about sexy swimsuits and groovy dresses when life is teaching us yet another lesson, humbly but clearly, about values and priorities? More precisely, a lesson on the screwed-up way in which we build up so-called values and priorities and obsess over

them with inexcusable ignorance, oblivious to what really matters, blind to the simple truth and deaf to our inner voice (squeakier and lower with every new compromise we choose to make).

I know (or at least I hope) that by the time my lines about fashion will come out in print, the Japanese heart-breaking crisis will have found, if not a solution, at least a few viable ways out of the abyss. I hope also that my yearning for summer will stay with me modestly, not as an entitled desire for a break, but as a memento of everything essential in life which is ephemeral and invaluable; of everything essential in life which we miss out

on while aspiring hungrily to pointless riches and grandeurs. Do we understand the lesson at all? Can we changeover with this twelfth hour's flash of insight?

I make a quick note to self: enjoy it while it lasts. Summer, let's say. Enjoy summer while it lasts. For it comes later and it's shorter with each year that passes by. I don't know if it keeps in sync with our soul's changed seasons or if it simply stays away from our increasingly moody blues. But I miss it and long for it and never get tired of its blazing, glorious light.

Maybe everything we associate with summer - blossoming life, soft cheer and breeze, wistful afternoons in mysterious new places, the music of waves touching the shore or the honeyed peace of mind coming at the end of a job well done, when respite feels deservedly earned – is *meant* to be short and sweet, just a promising intermezzo in a life otherwise intense but ordinary. As the summer sun clears away the shadows from all the hidden corners of our life, a lighter mood takes over



us, all playful and giddy. Here it comes, throwing us head-first into a new vacation season, busy with travel reservations, suitcases pulled from under the bed, all dusty and itching to go, with party planning, iced beer schooners, dirty Martinis and get-ready-for-your-swimsuit-in-two-weeks delusional diets. With an infusion of youth, summer grabs us by the heart and leads us fearlessly into a long awaited joie de vivre. And, boy, how do we dive in! We don't skip one beat of the summer afternoons; indeed we bless "two most beautiful words in the English language" as Henry James once aptly intimated.

Joy comes easily, fulfilling the hope of all the winter dreariness, for we welcome it marvelously dressed, with



only summer on our minds. **The season's fashion is fresh and flattering, rich in style and flair.** I have portrayed for you already the main looks and trends of the Summer 2011 Collections. They steer back to classic and romantic chic, revisit the bohemian style of the '70s and drown us in a sea of color and flowers.

The old dilemma of "a full closet with nothing to wear" is solved with just a little patience and imagination, for we have almost everything we need to keep in style without breaking the bank! The key is in putting together traditional wardrobe items with a new spin: go for zero-color, a complete white attire speaks utmost

refinement; match your newly-acquired tan with **nude, safari monochromes enlivened by loud, tribal jewelry**; accentuate the pale-color elegance with **shades of coral, peach, apricot, fuchsia, yellow, tangerine, sea-foam or sky-blue in pastel or neony hues**. Leisure time calls for the **comfy sailor get-up, with high-waist wide-leg pants and striped T-shirts**. And again, **flowers rule** the whole gamut in all shapes and forms, from little prints of wild blossoms to lush, carnivorous petals of exotic blooms.

Flat sandals, roman sandals and platforms carry on from the previous warm season with a few embellishments: studs, rhinestones, metal appliqués, animal prints and shiny lacquer. **Lace peep-toe booties** are the coolest style for the summer party spell.

What's new about **swimwear?** The star is definitely the strapless swimsuit, present in each and every fashion collection. It is flattering for a wide range of silhouettes, easy to wear and utterly feminine. Other styles follow in its steps: **bandeau, monokini, bikini and one-piece with cutouts, keyholes or crisscross**. The sexiness lays more in **3D effects** (shiny lycra, gold applications, stones, ruffles, pleats and Swarovski crystals) or **lingerie looks** (boudoir-chic lace trims, soft pastel florals, scalloped edgings) than in showing too much skin –

the bottoms are with **moderate Brazilian cut or modest full coverage à la '60s**. Swimwear has a **touch-me texture**, with **tribal, ethnic, abstract or animal print patterns and sun-kissed, lighthearted colors: blue-green, turquoise, bright-sky, deep burnt orange, rosy rust, earthy tones, nude and off-white**. Of course **black, white and gray stay forever classical and fashionable**.

Now enough about us, ladies! We are not only looking forward to celebrating Mother's Day, we'll have to pay some sweet attention to our distinguished gentlemen for their Father's Day. And I have to say that **Men's Summer Fashion 2011 is modern, distinctive, highly evolved and elegantly dynamic**, offering a broad choice - from the formal suit and the elegant self-confidence of separate jacket and pants, to the versatility and lightness of leisure garments and informal outerwear.

Menswear is making a subtle switch from **skinny cut to loose tailoring** – triple-pleated trousers, roomy jackets and relaxed knitwear, and has **something for every type of guy**: the grown man, the traditionalist, the preppie, the rocker, the American gigolo, the techno-nerd or the suburban dad.

Men get to select their style from the **minimalist collections** (characterized by **slimmer jackets with fitted waist, finely constructed shoulders, narrow**

The 2011 summer fashion is comprehensive and forward-thinking. It exudes appeal and elegance while paying tribute to feeling comfortable in your own skin (and clothes, of course) whatever the time, place or occasion. It doesn't take too much effort or investment to follow the season's trends. It involves, however, some quirky creative judgment, while having fun with and learning to appreciate more what we already hold in our wardrobes. What we already have in our lives. It can be done so easily one almost forgets to ask why it has to be done at all. Maybe, to seize the day? Or, maybe, to preserve our energies, so often misdirected in chasing aimlessly through the *vanity fair's maze*?

Some say that "a life without love is like a year without summer" and I find the image vivid and compelling. We do need this precious nourishment for our body, spirit and soul, and one can hardly imagine life depleted of it. We need its incandescent light and one-of-a-kind warmth. We need – most importantly – the way it changes us, one heartbeat at a time, into the best we could ever be. Am I thinking of summer now? Or of love? It doesn't really matter... that is, if you live it passionately, for all the intense blink of an eye that it lasts. ☺



The Shark's Achilles Heel: Its Fins

THE MEASURE OF CIVILIZATION

Civilization is often measured by the eradication of barbaric deeds. Back in the 16th and 17th centuries, Europeans used to burn women at stakes - while they were alive - for supposedly being witches. Fortunately that barbaric practice never spread to the U.S. When we as a human race knowingly and intentionally inflict pain and suffering on any living organism - we retrogress into the inhumane category.

Humanitarianism is measured in our thoughtfulness and in our sincere efforts to preserve life. And it's no surprise that taking care of our planet is often directly tied in with our humanity. We have the choice to destroy or to preserve the life around us and it's a huge responsibility that we hold.

THE HISTORY OF SHARK'S FIN SOUP

Shark's fin soup has been an ancient delicacy in Chinese cuisine, served

both as an expression of prestige and an offering of respect. It's often referred to as the 'Rolls Royce' of the sea - despite the fact that the fins themselves are virtually tasteless. The taste essentially comes from the broth around it. However, connoisseurs of this ancient cuisine claim that the prize lies in the gelatinous, chewy texture rather than the taste.

Chinese culture has long lauded shark fins' alleged properties to boost sexual



potency, enhance skin quality, increase energy, prevent heart disease, and lower cholesterol (even though none of these assertions have been scientifically proved). The vitamin content of typical shark fin soup is much less than that of typical vegetable soup and it contains slightly more iron, zinc, riboflavin, and phosphorus than normal vegetable soup. There are apparently false claims that shark fins prevent cancer or treat osteoarthritis. No scientific proof supports these claims; at least one study has shown shark cartilage to be of no value in cancer treatment. If consumed in extremely large quantities, shark fin soup may cause sterility in men due to mercury content. The FDA recommends pregnant women and young children avoid eating shark fins.

HOW SHARKS ARE HUNTED FOR THEIR FINS

But here's where the problem lies and it's two-fold:

- 1) In a process called 'finning', the fins are cut from living sharks. After the fins have been cut off, the remainder of the shark, which is still alive, is thrown back into the ocean, and in its finless state and unable to swim, it will sink gradually to the bottom of the ocean and die an excruciatingly-slow death.
- 2) Because shark fins are a billion-dollar industry, millions are being harvested with no consideration for the effect on the ocean's ecosystems. The number is rising every year as more middle-class affluence rises in the burgeoning Chinese economy. Lest anybody accuse environmentalists of using the race card, we want readers to know that many countries are involved in the exploitation of shark fins. 1/3 of all fins imported to **Hong Kong** come from **Europe** with **Spain** by far the largest supplier - providing 2,000 and 5,000 metric tonnes per year. Close behind is **Norway** supplying vast quantities - and

Britain, France, Portugal and Italy are all in with the financial takings. So too is **Indonesia**, the **United Arab Emirates**, **India** and **Mexico**. When you consider what a bowl of this delicacy will fetch in a posh Chinese Restaurant, there's a lucrative incentive.

HOW TO FIX THE GROWING PROBLEM

As is the case with the Ivory trade, the only way to fix the problem is to put a plug on the demand. As long as the demand is there and sanctioned - plenty of unscrupulous people will line up for the profit. According to a 2010 BBC report, the demand for shark fin soup in Asia was the catalyst behind the illegal killing of nearly 300,000 sharks off the Brazilian coast in 2009. The alarming growth in consumption of shark fins along with the rise of average wealth in China - is threatening our ecosystem - and an estimated 70 million sharks are being killed for this singular purpose





every year. A survey carried out in China in 2006 by WildAid and the Chinese Wildlife Conservation Association found that 83% of participants consume shark's fin soup from time to time and 35% said they had consumed it recently. At the current rate, the market is estimated to grow at 5% per year.

THE SHARK SPECIES MOST AT RISK

Fins from the critically-endangered **sawfishes** (family Pristidae) are highly favored in Asian markets. Sawfishes are now protected under the highest protection level of the **Convention on International Trade in Endangered Species (CITES)** - but given the large volume of the shark fin trade - it is unlikely that CITES protection will prevent highly-valued sawfish fins from entering the market. But those

are not the only shark species in danger. There's been a global decline of many shark species with fishing fleets catching around 70 million sharks a year as of 2010.

WILL BANNING SHARK FIN SOUP ON RESTAURANT MENUS FIX THE PROBLEM?

A bill recently introduced in the **California Legislature** may strip shark's fin soup from Chinese restaurant menus for good. The move came as unsurprising - even to some restaurant owners. One enlightened Asian restaurant spokesman told reporters on a major TV channel: "This doesn't surprise me at all and I agree with the proposal. I recently swam with Great White Sharks in South Africa and I want to see these incredible creatures treated with respect."

BECAUSE SHARK FINS ARE A BILLION-DOLLAR INDUSTRY, MILLIONS ARE BEING HARVESTED WITH NO CONSIDERATION FOR THE EFFECT ON THE OCEAN'S ECOSYSTEMS. THE NUMBER IS RISING EVERY YEAR AS MORE MIDDLE-CLASS AFFLUENCE RISES IN THE BURGEONING CHINESE ECONOMY.

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(BELOW) View from Deck, (ABOVE) Living Room





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(BELOW) Hammock on the Beach, (ABOVE) Bathroom





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- Very private, gated estate

For more information about these properties or any other property-related question, contact **Eytan Levin at 310.456.8026 • eytan@levingroupestates.com**

Jordan Cohen Estates

Jordan Cohen has earned numerous awards in Real Estate including that of Number 1 Remax agent in California out of 10,000 Realtors. He was also number 3 in the U.S. out of over 100,000 Realtors. In 2005, he sold over \$122 million in properties. He's represented over 40 professional athletes and numerous high-profile actors and entertainers - in their residential real estate sales. An expert in the industry, Jordan Cohen specializes in high-end Estates in Southern California.

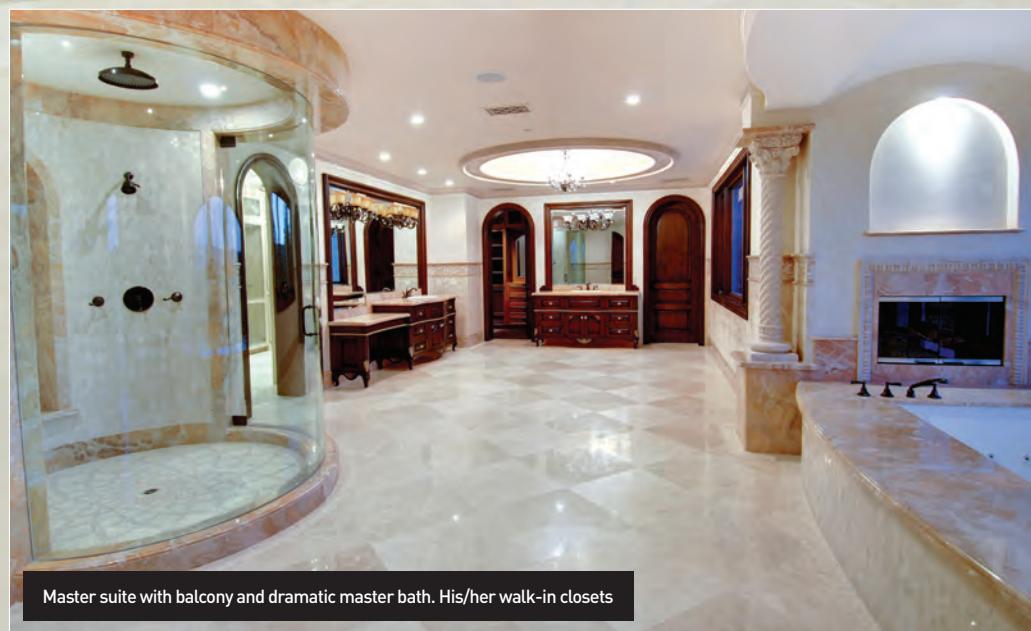
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Manicured lawns surround the Pool and Spa. This elevated 1.25-acre property boasts unobstructed, panoramic views





A Change In The Season

Doug De Groote, CFP®

I am not sure who said this: "Circumstances don't dictate one's actions, but your actions dictate your circumstances" but it has stuck with me for some time. We are experiencing extreme changes throughout the world.

People throughout the Middle East (and in many parts of the world) are setting a new course. As modern-day Americans, we have been blessed with the luxury and pride of knowing that our forefathers decided that it was their actions alone - and not a government or the world around them - that would determine their circumstances. We have enjoyed what many consider tremendous abundance as a nation, yet many look to the actions of others to help them out of their current situation. The Middle East, Africa, and Japan will most definitely impact us and ultimately change the circumstances of generations.

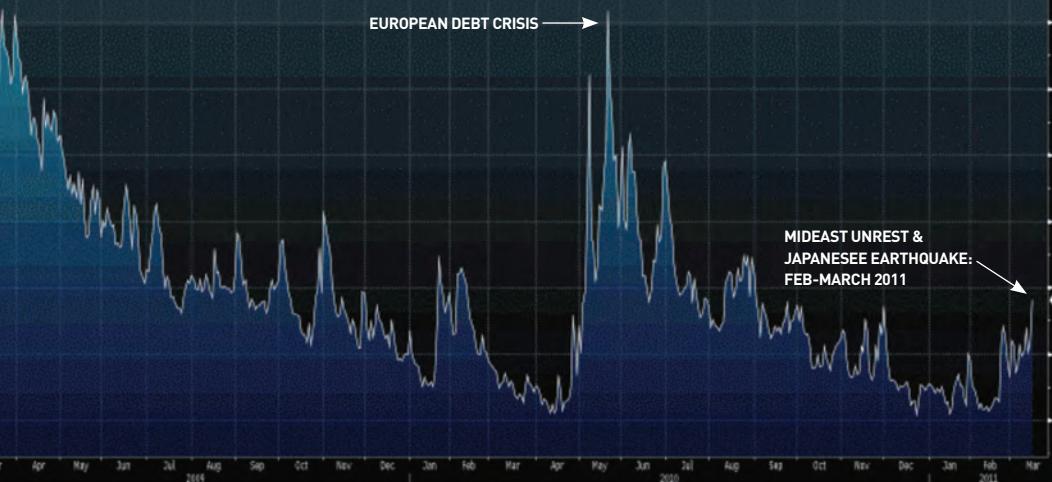
Since February, stock-market volatility has been on the rise. A confluence of events including turmoil in the Middle East, rising

food and gas prices, and heightened concerns regarding our mounting national deficit have all contributed to increased short-term anxiety regarding the stock market and economic recovery. Additional uncertainty has materialized in the market following the tragic earthquake and tsunami in Japan. Our hearts go out to all those affected by the catastrophe.

The recent events have caused a shift in sentiment from what was previously an elevated level of optimism, toward one of concern. We have seen an increase in volatility as measured by the VIX, which is commonly referred to as the 'Fear Index.' As can be seen below, investor fear, as measured by the VIX has steadily eased since the European debt crisis last summer. According to Bloomberg Business Week, between July 2nd, 2010 and February 15th 2011, the S&P 500 rose 30%, but fell 1% or more on only 13 days during that time span. **There hasn't been an upward move in the market accompanied by such little turbulence since 1971.¹**

¹ Bloomberg Business Week, Charles Schwab

CBOE VIX INDEX: MARCH 2009-PRESENT



THE 'SUNNY' SEASON IS NEVER ENDLESS

Stock market sentiment can be categorized as having 3 distinct seasons: **Hope and Prosperity, Fear and Anxiety, and Uncertainty.**

We have spent much of the past few years in a state of **Hope and Prosperity.** It is however important to remember that **the market is in the season of uncertainty most of the time.**

The stock market has been on a magnificent 2-year run, climbing steadily higher, posting gains of nearly 90% off the March 2009 lows, as anxiety and fear have reached extremely low levels. This has been fueled most recently by the tax cut extension and Federal Reserve monetary stimulus late last

year. Excessive optimism often precedes market pullbacks.

MOSTLY SUNNY SKIES

In our view, the market is well overdue for a modest decline. While painful, we think that the recent volatility is probably good for the longer-term health of the market, and should serve to re-establish a more reasonable level of sentiment and value. As dreadful as they may be, the disaster in Japan and tensions in the Middle East may simply be the catalyst for a market pullback that was inevitable.

WHAT TO EXPECT

It seems as though our government and those around the world are far too invested in this recovery to let earth

quakes, tsunamis and political unrest in the Middle East sideline or delay future spending.

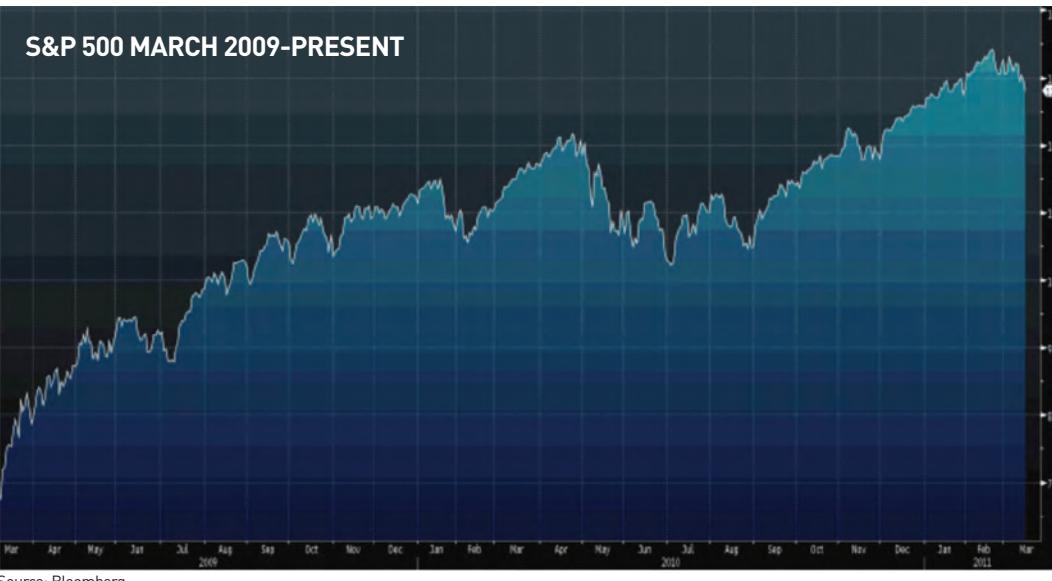
Currently, many states are faced with tremendous short falls in their budgets and with the new health care mandates, we are likely to see many Americans added to the roles of Medicaid. According to the government and the General Accounting Office, by 2014, families making less than \$30,000 will be eligible for Medicaid. Currently, 50

% of households make less than \$30,000 per year. Do the math; if it is unsustainable now, imagine what it will be like in a few years. According to the National Center for Policy Analysis, they estimate that the new health care mandate will cost tax payers an additional \$118 billion by 2023. That is nearly double the original estimates by the Congressional Budget Office's (CBO) recent estimate of \$60 billion through 2021 (according to a new report from the House Energy and Commerce Committee). Across America governors are being forced to cut benefits and renegotiate with powerful unions causing local unrest throughout the nation. Our actions or lack of will dictate our future circumstances.

Governor's Garage Sale...Seriously...

Own a real monopoly: 634 state-owned retail establishments selling liquor, wine, and beer. The stores, which generated \$453 million last year, come with 3,800 trained unionized workers. For a mere \$2 billion you can control all of the state-owned liquor stores and sales for the State of Pennsylvania. If liquor is not exciting enough, how about the Ohio Lottery? Take a mega chance on a state lottery system. More than 8,800 retailers

S&P 500 MARCH 2009-PRESENT





peddled tickets worth \$2.5 billion last year. You just might hit the jackpot! You can also purchase a number of bridges, toll roads and other state-owned and run businesses throughout the country. These are just a couple of examples that I found in the February 24th, 2011 Bloomberg Business Week edition.

These are last-ditch efforts by Governors hoping for fiscal salvation in the face of new requirements for health care and state pension short-falls. What will happen at the state level when they run out of things to sell?

Purchasing Power-For years the US dollar has held the enviable position of being the world's reserve currency and it should be able to maintain this status if we can get our fiscal house in order. If not, we

stand a real chance of facing significant loss of purchasing power. While this has been a sore subject for many countries since WWII, it has been to our benefit as consumers.

A simple explanation of this process is when commodities like corn, gold, and oil are bought or sold - the dollar is the denomination used to determine the price. So, if Germany or France wants to buy oil from the Saudis, they must convert their Euros into US dollars to complete the purchase. With printing presses running at full speed, how do you think the

Germans, French or Chinese feel about all the dollars we are printing? The more we print, the less valuable the dollar becomes. That means Germany, France, China and every other country has to buy more

dollars to purchase their commodities.

We can expect to see a tremendous amount of news about this subject as we get closer to elections. Our current monetary and fiscal policies are under the microscope and anyone vying to change our circumstances must contend with some very difficult policy changes.

WHAT DOES THIS ALL MEAN?

First and foremost, remain calm. Remember that if your plan is in place, and nothing has fundamentally shifted in your life or goals, intermittent turbulence should not alter your financial course. More often than not, unexpected disasters and events seldom live up to people's expectations, and can even be the catalysts for future growth. From earthquakes to wars, recovery from any catastrophe requires spending, which helps to spur growth. Yet, be aware of the decisions and changes made to our policy and how it will affect your long-term goals, tax strategy, legacy planning, gifting and capacity for risk.

WHAT IS AN INVESTOR TO DO?

A prudent strategy is to make sure you have a plan that includes potential setbacks as part of your analysis, which is why our teams always make conservative assumptions and emphasize a margin of safety whenever we assemble a portfolio. Your **Financial Master Plan™** should be designed with realistic assumptions and honest analysis to ensure a discipline that helps to avoid making bad decisions in stressful market environments. ☺



Doug De Groot
Managing Director of
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LogMeIn on the Apple iPad

Digital Advice Let's Talk Apps

By Robert Katch

We are living in amazing times where our productivity is so greatly enhanced by the incredible software being written for our computers and devices. Thus, I thought I'd take a break from directly discussing financial mat-

ters and touch on software that I find exceptionally helpful, both in business and personally.

CAPTUREWIZ

This is a tool for capturing anything on your screen. Think of it as digital scissors where you can cut something of interest and then save, print, copy or email it. This avoids having to print the whole page or pages of whatever you are viewing.

LOGMEIN

This tool allows secure access to a computer at another location. It is great for accessing your home or work computer if you're traveling. Another great use occurs when you get questions from your kids or parents to help them with



computer issues. You can login to their computer and actually see what they're dealing with and help them directly.

PAYPAL STUDENT

I struggled for years to find an efficient method to provide my kids an allowance, handle amounts they owed me or vice versa, and prevent them from losing accumulated savings by leaving their wallet on a ride at Disneyland. Late last year I stumbled on PayPal Student which provides an account and a debit card in their name for anyone 13 and over. It's attached to my PayPal so I can set up automatic transfers of allowance, monitor their



Carbonite Pro on Apple iMac

spending, quickly add money (even from my phone!) to their account if they are running an errand for me, and best of all, pull money back from them when I've paid for something they should have covered.

CARBONITE PRO

We've been using this online backup service for many months now at the office and remain quite pleased. We've always performed daily backups and stored them offsite, but Carbonite has given us an added level of comfort. We have it set to continuously backup changed files to reduce the odds of work lost between daily backups. It also provides a second backup to our existing process. It's easy-to-use dashboard provides a quick view of all office computers and their backup status. You can even group computers by department or location.

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ONE NOTE

This gem sat unused on my computer for a few years because it was a freebie from Microsoft and I didn't know what it was or how I could use it. Now, I can't live without it. Think of it as a digital filing cabinet where you can set up an endless number of drawers and files to store just about anything. Two unique features are that you can share it with others and you can even set it up as a "printer" and print directly into it, eliminating lots of paper. It works well with CaptureWiz and allows me to quickly store and organize information I find on the internet. It is so freeform that I can't begin to tell you how you could use it, but if you start using it, you'll be amazed at all the ways it will help organize and simplify your life.

CONCLUSION

While there is no arguing that the digital revolution has greatly impacted our lives, it can distract us from the important things in life and sap us of valuable time and money. I hope you find that one or more of these software applications improves your life and enhances your digital experience. ☺

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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



One Note from Microsoft on the Apple iPhone

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Bullying at School

Medical Implications, Consequences, Solutions • By Ian Armstrong, M.D.

Bullying at school and cyber bullying have received prominence recently. This March, President Obama and First Lady Michelle Obama, hosted the first-ever White House Conference on bullying prevention. In his speech, President Obama said, "If there is one goal of this conference, it is to dispel the myth that bullying is just a normal rite of passage or an inevitable part of growing up." The Department of Education held its first National Summit on Bullying in August 2010 and launched a web site StopBullying.gov. More recently, bipartisan legislation was introduced (March 2011) that would require schools and districts to adopt codes of conduct specifically prohibiting bullying and harassment. States are mandated to

report data on bullying or harassment to the Dept. of Education. Recently the Department of Justice (DOJ) has initiated efforts to stop, identify and prevent bullying in schools.

The spotlight on this long-standing problem has been particularly strong with recent high-profile cases of suicides and school violence that have been - in part - attributed to bullying, harassment and intimidation at schools and on the internet. But more importantly, the medical community through research has determined that the consequences of bullying during a child's formative years has serious long-term mental health consequences both for the victim and the assailant. Moreover, bullying may be a symptom of more serious underlying problems in the bully and the family of the bully.

Through research and closer evaluation, it has also been determined that schools in many cases have not developed protocols and procedures to handle bullying - and - there still exists a pervasive attitude that bullying is a normal part of growing up. In speaking to parents of children with disabilities - whether it's a mild limp or scoliosis of the spine or something more serious like Down's Syndrome - what seems apparent is that the disability itself is far less of an obstacle than the teasing, harassment and exclusion that accompanies it.

In 2011, there are clear and definite consequences - both legally and financially - to any form of harassment, verbal abuse or discrimination in the adult work place. As an employer and business owner, I am held accountable for the work environment that I provide. How is it, therefore, that we tolerate harassment, discrimination and verbal abuse in our schools, play yards and sports fields? A child with a learning disability cannot go to school without the fear of being ridiculed. Stale old excuses are wrapped up in "sticks and stones may break my bones but words don't harm" or "boys will be boys, kids are just being kids". But the problem is that if we condone bad

behavior like that - we contribute to a self-perpetuating cycle of events. Research has shown that the 'walk away and ignore it' approach doesn't work. Administrators sometimes look for bruises and physical events (easier to spot) - but in reality - some of the most devastating "bullying" is psychological intimidation and harassment. It is also a misconception that a school needs CSI DNA type proof or evidence of bullying to take action to stop it. Teachers, administrators, coaches and parents are frequently slow to pick up on signs and symptoms of bullying - in part due to the still pervasive belief that kids will be kids. There is a distinct lack of training when it comes to the serious long-term psychological, social and academic consequences to the victim and the bully.

WHAT IS BULLYING?

The American Medical Association (AMA) recognizes bullying as "complex and abusive behavior with serious social and mental health consequences for children and adolescents." AMA recommends doctors be vigilant for signs of bullying and screen for psychiatric comorbidities such as depression, poor self image or self esteem, anxiety disorders or academic deterioration. Teasing, taunting, threatening, stalking, name-calling, hitting, coercion and stealing are direct forms of bullying. Indirect bullying is found in rumor spreading and gossiping, and intentional exclusion from activities. It usually involves a pattern of repeated aggression with a deliberate intent to harm or disturb a victim and a real or perceived imbalance of power allowing a child or group of children to psychologically or physically attack the victim.

A reliable survey found that 86% of kids between ages 12 - 15 have been bullied - making it more prevalent in this age group than smoking, drugs or alcohol. Kids who are bullied are five times more likely to be depressed and/or have an anxiety disorder. Cyber-bullying in online chat rooms, email, text-messaging and through use of social media sites is on the rise and has all the same implications and effects as school-yard bullying.

THE VICTIM

- The victim may show signs of anxiety/depression. They may also deny that they are being bullied. Investigations should continue because the denial is often a coverup.
- Victims may be "sick" more often and stay home. There may be a deterioration in school performance.
- The child is usually a non-aggressive type and may not defend him/herself when confronted. This makes him/her an easier target.
- Some victims have attempted suicide. Others take out their anger and frustration by being violent (both directed and undirected). The consequences of bullying are seen years later. Victims often have poor self esteem and may be depressed.

THE BULLY

- Tends to come from a home where there is little or no emotional support.
- He/she is minimally monitored by parents or excessively disciplined by parents. Both extremes are problematic.
- The acceptance of violence at home is a factor in bullying.
- Bullying is often a sign of more serious underlying problems. Bullies are more likely to engage in other anti-social behavior such as vandalism, theft and truancy. They are four times more likely to be convicted of crimes by the age of 24. With 60% of bullies having at least one criminal conviction. Rabinowitz (a psychiatrist) says "bullying can be a sign of potential psychiatric illness in the bully. Bullies have a significant incidence of physical and emotional abuse in their past and they have a higher incidence of adjustment and conduct disorders."

WHERE DOES BULLYING OCCUR?

Bullying occurs in school where there is a lack of adult supervision during breaks; where teachers and students are indifferent towards it or accept bullying behavior as a part of school life. It happens where rules against bullying are not consistently enforced - and therefore acts of bullying are seemingly tolerated. It occurs in predictable locations on

campus such as hallways, restrooms, stairwells, playgrounds and locker rooms - where there is less of a monitoring presence. Schools should identify these hot spots and adapt accordingly.

SOLUTIONS

- It is imperative to have written policies and procedures on corrective protocol when bullying occurs
- The **no-tolerance approach** to bullying requires motivated parents, teachers, coaches and school administrators
- **Student education and awareness programs** are crucial with clearly defined consequences and consistent enforcement
- 45 states have anti-bullying laws. Bullying may constitute harassment, threatening behavior, assault or placing a person in fear of violence. In some cases bullying may constitute a prosecutable offense.

CONCLUSION

Bullying is a serious problem with potential long-term social and mental health consequences for all of those involved : victim, bully, accomplice and bystanders. Kids and parents have been embarrassed to talk openly about bullying. Recent national attention from the President, AMA, Department of Education, Department of Justice, and the legal arena, has helped focus research on identifying the problem, preventing the problem, and finding meaningful, positive solutions to bullying. There should be zero tolerance in our schools. There are great resources available on bullying. StopBullying.gov is a great place to start. 🌟


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Yourhealth



Yoga

We all want to age well and one of the best ways to insure that is by a regular Yoga routine. There are so many benefits derived from Yoga and as we age, the benefits become the crucial buffer against the ravages of time.

FLEXIBILITY

Nothing develops your flexibility quite like Yoga and you're never too old or too young to begin. As we age, we stiffen up because lactic acid builds up with muscle use. This can cause stiffness, tension, pain and fatigue. Yoga significantly helps by releasing the lactic acid buildup. It also increases the range of motion in our joints (and the lubrication around the joints) giving our bodies a sense of ease and fluidity. Yoga stretches both the muscles and soft tissues of our bodies.

That includes ligaments, tendons, and the fascia sheath that surrounds the muscles. What people find when they take up Yoga is that their shoulder and trunk flexibility improves almost immediately.

STRENGTH

All Yoga classes provide strength and endurance benefits. Many of the poses build upper body strength and this is critical if we want to age well. The standing poses, particularly if you hold them for a series of long breaths, build strength in your hamstrings, quadriceps and abdominal muscles. There are also significantly good poses to strengthen the lower back. Nearly all the Yoga poses build core strength in the deep abdominal muscles.

NOTHING DEVELOPS YOUR FLEXIBILITY QUITE LIKE YOGA AND YOU'RE NEVER TOO OLD OR TOO YOUNG TO BEGIN.

POSTURE AND MOOD

Posture is significantly improved with increased flexibility and strength. Through Yoga you learn to hold yourself 'taller' because of the strengthening of your muscles in the various poses. But its positive spin-off runs much deeper than that. With this enhanced athletic ability, you'll find yourself having more energy; you'll lose weight, and you'll feel much calmer. Even the breathing techniques that are taught in Yoga will become those stress-releasing life savers.

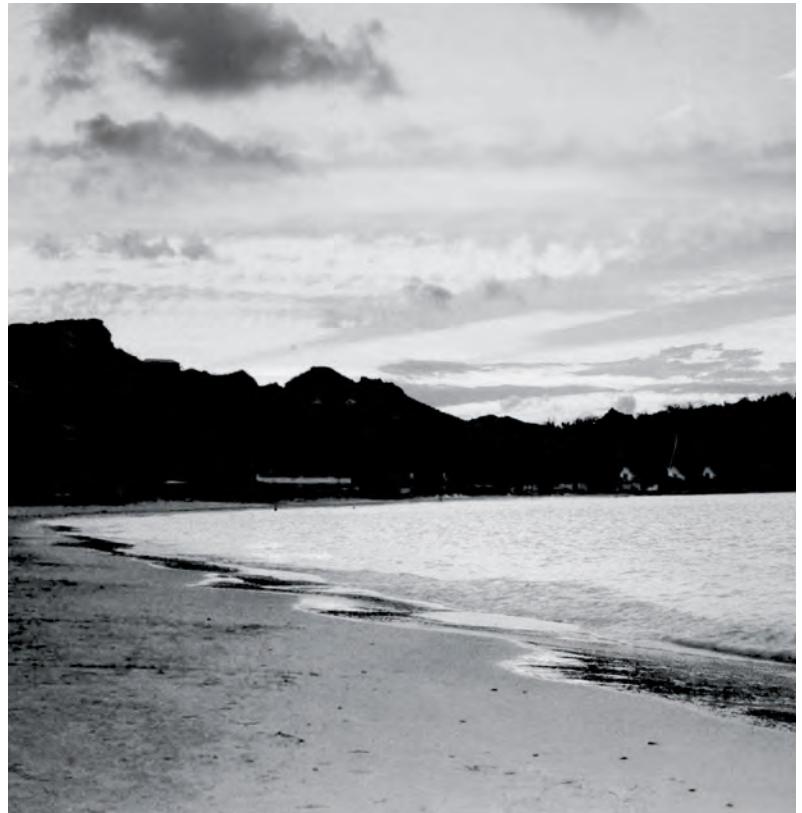
THE VARIETY OF YOGA CLASSES

There are a wide variety of Yoga classes from the more traditional to a new series of classes which focus on mindful fitness. **Mindful fitness** classes are still done barefoot, to keep participants rooted to the earth. If you choose to do a **BarWorks** class, what you'll find is a combination of the best of yoga, ballet and Pilates using specific alignment principles. You'll come away with elegant, lean muscles. **SculptWorks** makes use of stretch bands to create resistance and agility. It's a great strength-building class. There are also energetic, variable-tempo classes that speed up our metabolisms and aid in weight loss. Try the **YW Slim** for results.

ANTIDOTE TO STRESS

Since we know that stress is harmful to our health, we owe it to ourselves to take charge of our bodies and our minds. Yoga is so much more than just becoming physically fit. You'll learn how to control your mind's responses to situations and develop relaxation techniques while channeling positive energy. Soak up the summer with a renewed spirit.

For more information, visit www.yogaworks.com.



With our Westlake Malibu offer, upgrade any room booked to a suite, subject to availability. Offer valid through June 30th.

BACARA
RESORT & SPA

Trilogy on California's Central Coast

A Dream Lifestyle

Take your luxury dream home and put it in the middle of vineyards, nearby beaches, farmers' markets, and historic missions, and you have one of the best places to live in the heart of California's Central Coast – Trilogy at Monarch Dunes (by Shea Homes). Fascinating people with a zest for living are drawn to the community, making it a fun event just to stay home. This new community of single-family homes has a resort atmosphere that welcomes people of all ages and provides countless opportunities for a healthy and active lifestyle.

Whether you are looking for a modestly – sized home where you can relax, or a place to entertain all of your new friends, Trilogy has you covered. Many of the homes include guest suites, and all have been designed for maximum use of space. The mix of single-story and two-story homes of varied architectural designs and finish styles makes the neighborhoods anything but cookie-cutter. Trilogy's homes are equipped with the most

popular features and finishes, including tile flooring, granite countertops, desirable appliance packages and much more. J.D. Power and Associates ranked Trilogy by Shea Homes highest in customer satisfaction among the largest active adult community new home builders in 34 U.S. markets for 3 years in a row, and has recently named Shea Homes a 2011 Customer Service Champion, placing it in the company of such marquee brands as Mercedes Benz, Ritz Carlton and Four Seasons. At Trilogy, the homes are 100% Shea Green Certified – not only meeting but exceeding the most rigorous industry standards for green building. Living in a Shea Green Certified home will certainly help you do your part for the environment while you enjoy the cost savings of superior energy efficiency. In fact, these solar homes reduce your energy costs by up to 60%.

The homes are woven throughout the award-winning Old Course and Challenge Course at Monarch Dunes, two of three planned golf courses. These breathtaking Damian Pascuzzo and Steve Pate

Trilogy's mix of single-story and two-story homes of varied architectural designs and finish styles

Monarch Club



designed courses are surrounded by windswept dunes and eucalyptus trees, coastal vistas and amber-colored hillsides, reminiscent of the true links-style courses found in Scotland.

The 31,000 square foot Monarch Club is the focal point of the community. The Monarch Club offers a host of things to do, learn and explore. Here, you will find places to gather with new friends, learn new skills and make wellness a top priority in your life. The Monarch Club boasts delectable dining options at Adelina's Bistro and Market Place. Executive Chef Pandee Pearson pairs seasonal foods with outstanding wines from the Central Coast, the nation's third largest wine-producing region. Pearson's extensive background includes Napa's Mustards Grill, Wolfgang Puck's Eureka in Los Angeles, Rox in Beverly Hills and Granita in Malibu. Adelina's Bistro features handcrafted cuisine made with fresh ingredients from local farmers markets. An

intimate, elegant, sophisticated, yet unstuffy atmosphere. The Monarch Club is also home to the luxurious Sandalwood Spa. Guests enjoy this personal haven where they can escape for massages, facials, aromatherapy and an array of tantalizing skin and body treatments based on the latest approaches to wellness and beauty. A unique feature of Trilogy's Monarch Club is the Wine Library. The Tuscan-styled stone and heavy beamed structure is furnished with custom hand-crafted wooden tables, upholstered seating, custom lighting, thick carpets, massive stone fireplace and original artwork. Trilogy's Wine Library, features climate-controlled wine storage areas and comfortable, beautiful furnishings where members and guests may store and enjoy their own collection of favorite vintages or try new selections from Adelina's Bistro and Market Place. The Wine Library is also used for wine appreciation classes and other wine-related activities, such as the Wine-Maker program offered to Trilogy residents. The residents of Trilogy at Monarch Dunes have bottled two vintages of their own house wine for Adelina's Bistro, The Good Life Wine. By partnering with a local winery, residents were involved with all aspects of the winemaking process, including tending the vines, harvesting and blending. Among other things, The Monarch Club also houses the Fitness Center, Art Studio, Exploration Lounge and Grand Living room.

You can look – and we encourage you to – but you won't find anywhere on the Central Coast of California that compares to Trilogy Monarch Dunes. So as you explore, don't just think of Trilogy as your future home, think of it as your future life. 





Bacara Resort & Spa

AN EXCEPTIONALLY BEAUTIFUL LOCAL RETREAT

Bacara Resort & Spa is a 72-acre resort nestled between the Gaviota coastline of Santa Barbara and the nearby Santa Ynez Mountains - which provide dramatic views. Just 3 minutes from the resort, **The Ranch at Bacara** occupies 1,000 acres of land flourishing with avocado and citrus groves.



ACCOMMODATIONS

There are 49 specialty suites plus 311 luxurious guestrooms, including **The Penthouse** and **Sea Haven** suites. There's also a 2-story suite called **The Residence**. Each suite or room has either a private balcony or patio with views of the resort's Mediterranean village, St. Ynez Mountains or Pacific Ocean. More than half of the guestrooms and suites feature fireplaces, as well as elegant Spanish tiling; a state-of-the-art entertainment system with access to an extensive library of films; a Mini Bar; Frette bathrobes and luxurious bathroom amenities; in-room safes; in-room spa services and 24-hour concierge and in-room dining facilities.

DINING OPTIONS

Guests can dine in a range of ambiances at the resort's 4 Dining venues

MIRÓ - named after Spanish artist, Joan Miró, offers extraordinary New Basque-Catalonian cuisine with stunning views of the Pacific Ocean. The interior is artistic and luxurious

View from Penthouse Suite



and Chef David Garwacki has created signature dishes accented with the flavors of Spain and vegetables grown at the resort's 1,000-acres Ranch at Bacara. **Miró Bar & Lounge** offers an intimate setting for enjoying an array of tapas, homemade sangria and innovative cocktails. **Miro's Wine Cellar** has been awarded **Wine Spectator's Best Of Award** of Excellence for 7 years in a row. There are over 12,000 bottles featuring in excess of 1,000 world-class labels that span 13 countries and 75 international appellations. There's a 40-seat private Wine Cellar for private engagements, corporate wine tastings, or quaint social affairs.

THE BISTRO is situated oceanside and offers an elegantly casual, relaxed atmosphere. Its Mediterranean-fusion cuisine can be enjoyed indoors or al fresco on a spacious stone terrace. There are plenty of fruits and vegetables from The Ranch at Bacara and fresh fish.

SPA CAFÉ: Here, guests can dine indoors or outdoors on low-fat, delectable regional cuisine. Using the freshest ingredients



New Basque-Catalonian cuisine at Miró

supplied by the resort's working avocado and citrus ranch, as well as a 10-acre herb and vegetable garden, Chef de Cuisine Andrew Gibson's menu focuses on seafood dishes with Asian-inspired flavors and textures.

BACARA BAR: Try one of Bacara's signature Martinis or cocktails with fresh döeuvres and seafood at the Bacara Bar. A luxurious open-air ambience can be found at the **Ocean Terrace** - located adjacent to the bar. There's musical entertainment on the weekends.

SPA AND FITNESS

The Spa at Bacara is a 42,000-square-foot, full service facility and state-of-the-art fitness center. Guests can indulge in a wide range of body treatments and massages (including the Spa's signature treatments like the famed Bacara Body Melt) in its 36 treatment rooms. Amenities include a heated saline Spa Pool, Swiss showers, an extensive cardio and weight studio with one-on-one training; saunas, heated saline hydrotherapy baths and relaxation libraries with fireplaces. There are daily class offerings including hiking, walking, strength training, Pilates, Yoga and Aqua Aerobics.

RECREATION

3 Pools: There are 3 zero-edge saline swimming pools including a lap pool for adults only. The **Resort Pool** and **Cabana Pool** have their own heated saline hydrotherapy spa. Saline pools don't produce burning eyes nor irritated skin or damaged hair.



JUST 45 MINUTES AWAY FROM WESTLAKE VILLAGE AND MALIBU, YOU CAN ENJOY A LUXURIOUS REJUVENATION GETAWAY

with breathtaking views is available at the renowned 18-hole Sandpiper Golf course, which offers advanced special reservation T-times for Bacara guests. Sandpiper has played host to several professional tournaments including the PGA TOUR Tournament Players Series.

4 Tennis Courts with Har-Tru surfaces are available with professional instruction.

Guided bicycle and horseback tours; nature

hikes; vineyard tours and tastings; winemaker dinners and shopping expeditions can be arranged. **The Ranch at Bacara** is ideal for **outdoor exercise, trail runs, meditation, nature lectures and exploration, and gourmet picnics** amid the avocado, lemon and oak groves.

Bacara Kids' Club keeps children 5 -12 busy with half-day or full-day programs supervised by professional childcare staff. It's a stand-alone facility in a quiet corner of the Bacara Village. Just 45 minutes away from Westlake Village and Malibu, you can enjoy a luxurious rejuvenation getaway at **Bacara Resort & Spa** - where the crystal clear air, stunning scenery and glistening beaches will revitalize you in the healthiest way. But the cherry on the top is the superlative comfort and pampering that **Bacara Resort & Spa** offers. ☺

8301 Hollister Ave, Santa Barbara, CA 93117
Tel: 805-968-0100 for reservations.
www.bacararesort.com

COSTA RICA

A LUSCIOUSLY-GREEN ENVIRONMENT WHERE WATER AND WILDLIFE ABOUND • STORY & PHOTOGRAPHY BY BRETT DARRINGTON



Travescapes

The Lobby at the Finca Rosa Blanca



We landed in San José, which is the capital of Costa Rica. Forget fast highways and fast cars. This is a slow-moving place with quaint, artistically-colored ox-drawn carts - the folkloric symbol of Costa Rica. Of course there are also taxis and cars but the streets are narrow and the pace is unhurried. Just 10 minutes from the airport, we booked into an hotel called the **Finca Rosa Blanca** which is a fairy-tale retreat overlooking miles of coffee farms. It is located in Santa Barbara de Heredia. The artistry in the architecture and the paintings really grabbed my attention. Even the bedroom suites are ultra creative. The beds are built on natural rocks, and the bathrooms have so many interesting shapes and details. It's a creative person's dream place.

WILDLIFE WATCHING

The **Rain Forests** in Costa Rica are home to thousands of species of animals. Just the bird life in itself is worth watching. I'd definitely recommend that you hire a local guide. They are very knowledgeable on the forests and will spot a sloth a hundred paces away. We visited the **Manuel Antonio National Park** about a 2-3-hour serpentine drive to the Pacific Coast from San José. It's Costa Rica's most famous national park: It has beaches, lush rain forest, mangrove swamps and rocky coves with abundant marine life. You'll see **capuchin monkeys, white-faced coatis, and iguanas** in no time. This is also home to the rare **squirrel monkey**. There are

several other nature reserves like this and the sheer proliferation of life in these forests is incredible. Water is aplenty so you'll see lots of abundant waterfalls - oftentimes with rainbows streaked across the cascading water. There's usually transportation provided to the parks, and if there isn't, taxis are plentiful and cheap.

SURF BEACHES, VOLCANOES AND WHITE-WATER THRILLS

A surfer's paradise, Costa Rica has been a top surfing destination for some time. Although there are some really famous surf beaches in Costa Rica, I found a great spot (**Playaditas**) close to another lovely hotel called **La Mariposa** - located in **Quepos, Puntarenas**. The view from the hotel patio is listed in the "1000 Places to See Before You Die" traveler's life list by Patricia Schultz. Less crowded than places like Southern California and Hawaii, you'll find top-notch breaks and surf rental shops with all the amenities you'll need. If you choose to surf on Costa Rica's Caribbean/Atlantic coast, there is a limited surf season time frame. On the Pacific Coast, the waves are consistent between the months of April and October, but the surf is at its cleanest from December to April (the drier months). I'd also recommend that you visit one of the **5 active volcanoes**. John F. Kennedy - no less - visited **Volcán Irazú** in 1963 and got sprinkled with ash. Steep hills and heavy rainfall have also made Costa Rica a mecca for **white-water** sports. There are various rapids for all abilities - so pick your level of ease or difficulty and have waves of fun!

TOP-NOTCH SURFING BREAKS, STEEP HILLS AND HEAVY RAINFALL HAVE MADE COSTA RICA A MECCA FOR WHITE-WATER SPORTS



Road to the Volcano Poás



IF YOU'RE LOOKING FOR AN INEXPENSIVE ADVENTURE IN A LUSCIOSLY-GREEN ENVIRONMENT WHERE WATER AND WILDLIFE ABOUND, THIS IS THE PLACE TO VISIT.



Monkey species abound in the Manuel Antonio National Park



Bathrooms at the Finca Rosa Blanca

EATING OUT

Because of the climate, Costa Rica is home to an abundance of exotic fruits so eating healthily is delicious and easy. In San José there are a wide array of restaurants that serve a variety of cuisines. Traditional South American food consists of meat, rice and beans but the centuries of creativity in this small land are infused in the choice of dishes.

COFFEE PLANTATIONS

Famous for its coffee plantations, the art of enjoying a cup of coffee takes on a whole new meaning here. Sample some of the coffee flavors that are lovingly created in quaint coffee shops. The Costa Ricans take their coffee and their football really seriously! You may also wish to purchase some of their superior-quality coffee at the gift shops.



Bedroom suite at the Finca Rosa Blanca

MUSEUMS AND FESTIVALS

They're not the Louvre or the Smithsonian, but the **Gold and Jade Museums** are definitely worth a visit. So, too, is the **National Theater** in San José. Since Costa Rica is devoutly Catholic (although it is becoming increasingly secularized), there are many **Patron Saint Festivals** with parades, costumes and celebrating. Definitely watch out for one of the community's ancient festivals.

6 GOOD REASONS TO VISIT COSTA RICA:

- The **\$US goes** far here. Accommodations at fairly luxurious hotels run at approximately \$150 per night
- **Celebrating Smallness:** In a bigger-is-better world, it's refreshing to find a country that celebrates its smallness. Restaurants are quaint, hotels sometimes only have 8 suites. It's not about size; it's about quality.



The variety of bird life in Costa Rica is incredible

• **The Rain Forests:** 15% of Costa Rica's land is set aside for national parks and wildlife reserves. Costa Rica's rain forests are home to thousands of species of flora and fauna. You'll also find **5 active volcanoes** with lava flowing.

• **Bird-Watching:** Costa Rica is home to over 875 bird species. The sheer color and variety of birds are awe-inspiring.

• **Climate:** Costa Rica enjoys a year-round climate of between 70 and 85 degrees Fahrenheit. The dryer months are between December and April. For swimmers and surfers, the ocean is warm and inviting.

• **Activities:** From surfing to bungee jumping to zip-lining and hiking - Costa Rica is an ideal environment for both vigorous or leisurely activities.

CONCLUSION

If you're looking for an inexpensive adventure in a lusciously-green environment where water and wildlife abound, this is the place to visit. If getting away from a hurried, stressful environment is what the doctor ordered - the pace in Costa Rica will calm you down significantly. If creativity is a part of your soul - then this is the place for you. The artisans live and breathe their craft - and the attention to detail in their hand-crafted work is a treat in an era where mass production dominates. The climate is warm all year. If you'd like less rain - rather than more rain - visit between December and April. 🌴



Brett Darrington



Swimming pool at La Mariposa



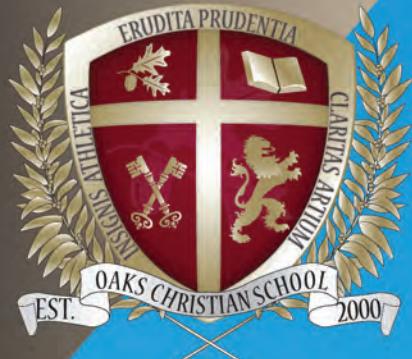
SPORTS CAMPS

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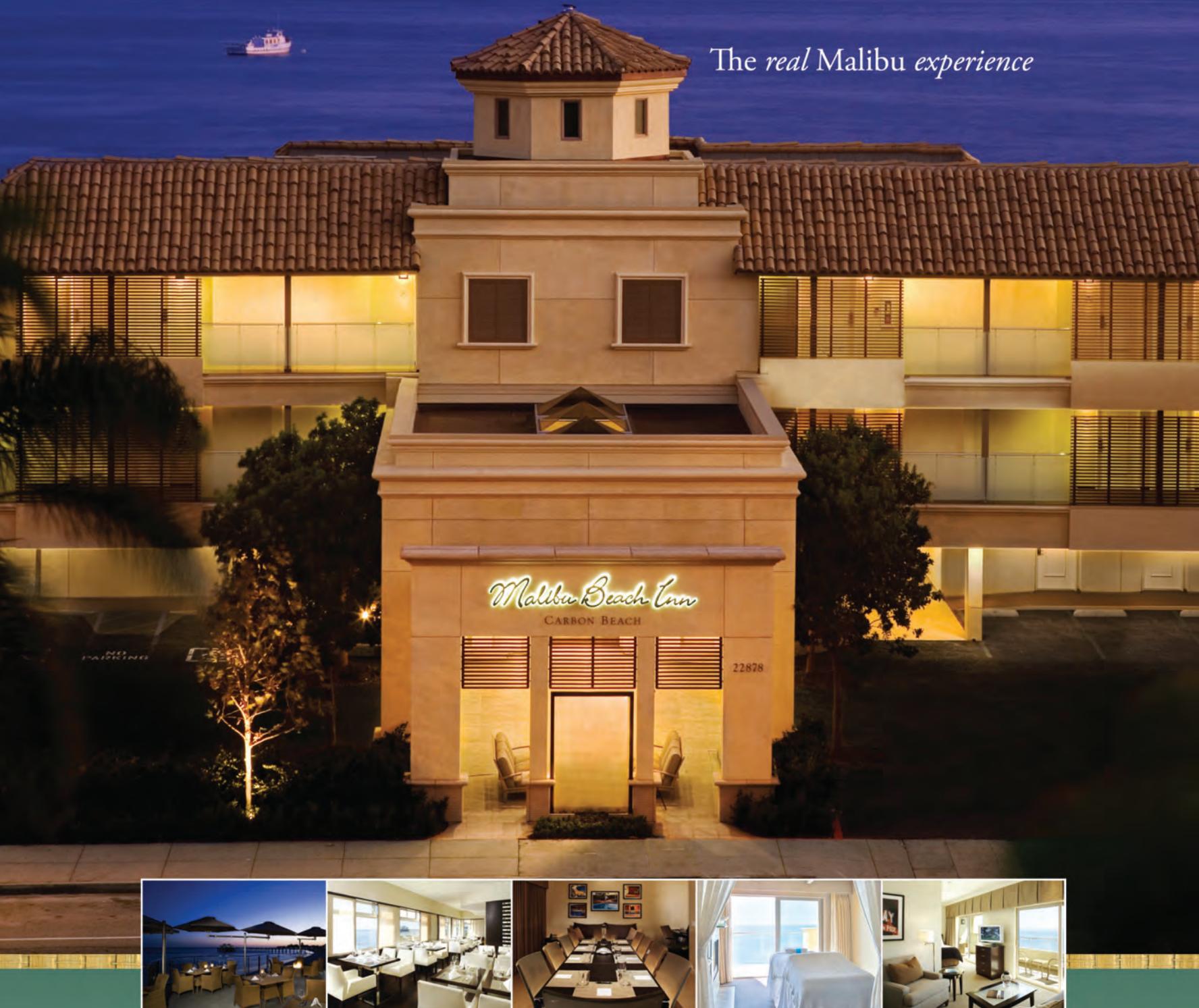
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