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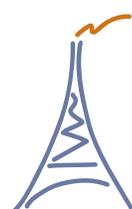
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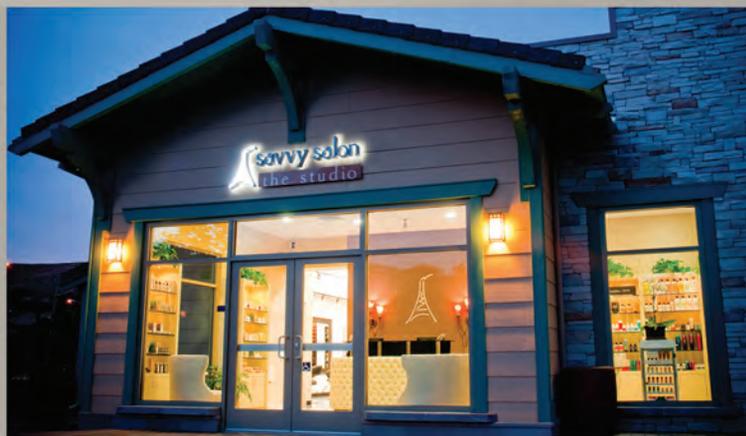
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In this issue 11.11



12



44



94

Portraits of Surfing Champs

12 VANS TRIPLE CROWN OF SURFING
By Shaun Tomson

Scenearound

- 18 RIDE ON THERAPEUTIC HORSEMANSHIP
- 26 CASA PACIFICA'S SPOTLIGHT ON STYLE FASHION SHOW
- 32 25TH NAUTICA MALIBU TRIATHLON
- 42 USA OLYMPIC WATER POLO

Motoring Pursuits

22 MENTOR POWER
By Larry Crane

Tis the Season

28 HOLIDAY HOMES. PHOTOGRAPHY
By Mark Lohman

Chatroom

36 SHORT STORIES ABOUT BIG PEOPLE
By Bob Eubanks

What's New In Town

- 38 CORPNET ROSTI TUSCAN KITCHEN
- 40 SAVVY SALON

Coverstory

44 CINDY CRAWFORD.
THE POWER OF AUTHENTICITY
PHOTOGRAPHY BY ANDREW MACPHERSON

Portraits of RL Splendor

52 RALPH LAUREN'S DAUGHTER'S WEDDING

Fashionsense

58 I'LL HAVE THE BORDEAUX, PLEASE!
By Magda Pescariu

Things we love

62 ENTICING ITEMS FOR THE HOLIDAYS

Portraits of Power

64 A POST-QUDDAFI LIBYA:
FROM GOODWILL TO GOVERNMENT
By Christine Seisun

Home and hearth

- 68 JORDAN COHEN ESTATES
- 74 THE MCLEAN TEAM

Moneysmart

- 80 THE MEANING OF CRISIS
By Doug De Groot
- 83 A TOASTER FOR YOUR TELLER
By Robert J. Katch

Your health

86 DR. IAN ARMSTRONG'S
MEDICAL MENTORS PROGRAM

Localscapes

90 THE GRAND DEL MAR - SAN DIEGO

Travelscapes

94 ESCAPE TO CABO

On the cover



CINDY CRAWFORD
PHOTOGRAPHY BY
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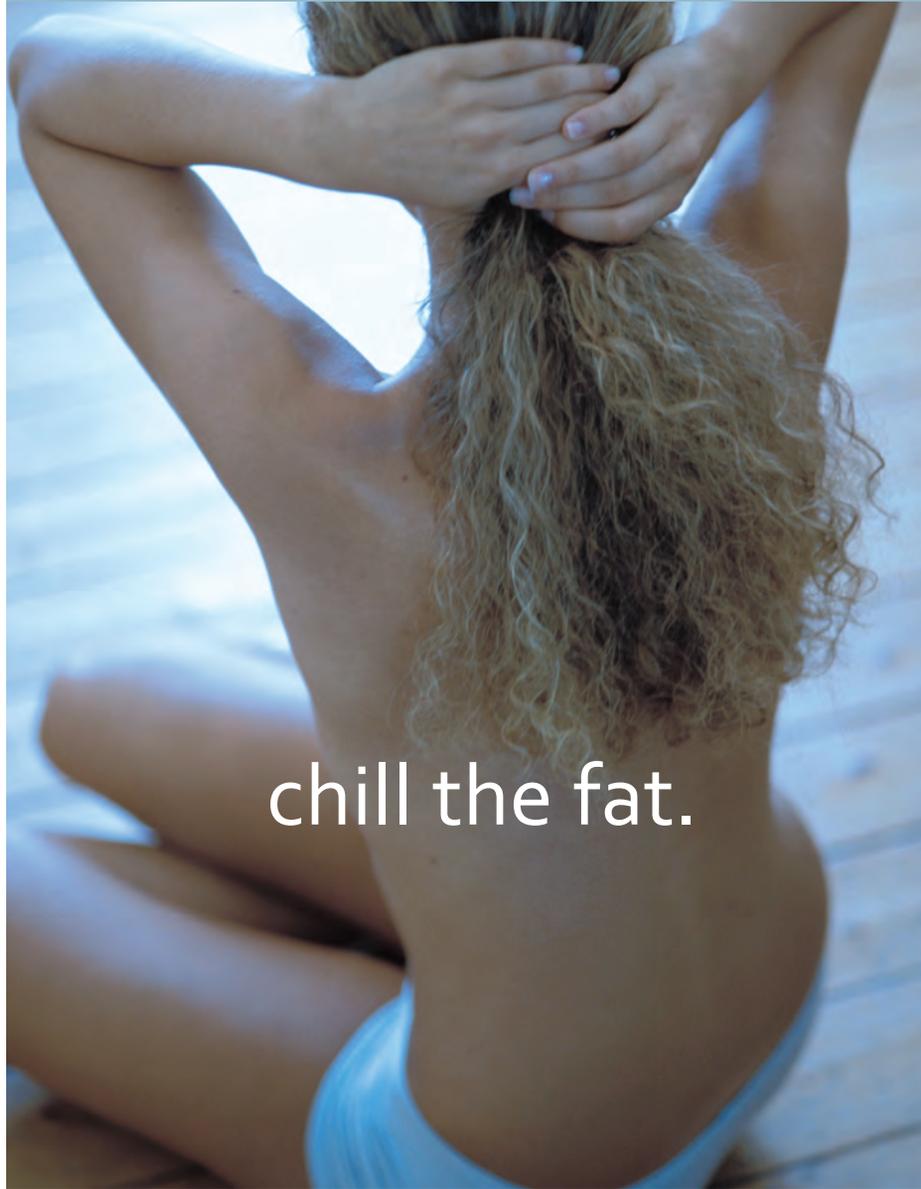
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Talia Emery, M.D.



Editor's letter



We would like to sincerely thank **YourBASH!** for the spectacular coverage of Prince William's and Catherine's visit to LA in our September issue. **2 ME Studios** provided the action-packed photography and if anybody would like to order photographs from that event go to www.2mestudios.com.

We are very proud to have **Cindy Crawford** grace this Holiday issue with **Andrew Macpherson's** superb photography. She is one of the original, iconic supermodels who became the symbol of the 'empowered' woman - proving that with intelligent balancing, women could enjoy successful, fulfilling careers - while keeping their eye on their first priority: family. Beyond that, Cindy redefined the word 'beautiful'. Michael Kors worded it aptly when he said, "Cindy Crawford changed the perception of the 'sexy American girl' from a classic blue-eyed blonde to a sultry brunette with brains, charm and professionalism to spare." Enjoy our exclusive interview with Cindy on Pg 44.

Photographer **Mark Lohman** kicks off the festive spirit with some gorgeous Holiday Homes (Pg 28). We hope that this will coax you into being creative as you warm up your homes - surrounded by family and friends.

The **2011 Vans Triple Crown of Surfing** is about to take place on the North Shore of Oahu - one of the Hawaiian islands. Defending champion, Joel Parkinson, will be back in full force with the lineup of the best surfers on the planet. For close to 3 decades, Hawai'i has been the one destination on the ASP World Tour that reliably produces incredible surf and exceptional surfing (Pg 12).

Our Medical Editor, Spinal Neurosurgeon, **Dr. Ian Armstrong**, fervently believes that the biggest resource in our country is our young people - and their untapped potential. He's taken the lead by reaching out to them with his **Medical Mentors Program** - and the interviews we conducted with Dr. Armstrong's mentees were more impactful than we had ever expected (Pg 86). It reminded me of one of the pertinent points that the late Apple CEO and genius, **Steve Jobs**, said when he addressed students at Stanford University in 2005: He said to his young audience, "have the courage to follow your heart and intuition." Dr. Armstrong is helping them do just that.

Want a reasonably-priced, quick reprieve from stress? We recommend beautiful **CABO**, which is less than a 2-hour flight away. The weather during the next 6 months in CABO is also pretty spectacular (Pg 94).

Here's wishing you all a wonderful Thanksgiving and Holiday season with a reminder of the important things in life.

Diana Lyle



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VANS Triple Crown of Surfing NORTH SHORE, HAWAII

By Shaun TOMSON

Photography by Cestari



The top 34 surfers from the Association of Surfing Professionals (ASP) will be competing in this year's November 12 - December 21 2011 Vans Triple Crown of Surfing - which is the world's most prestigious big-wave surfing competition - held on the North Shore of the Hawaiian island of Oahu. The contestants for this upcoming event include Kelly Slater (USA), Owen Wright (AUS) (who just won the Quiksilver Pro New York), Joel Parkinson (AUS), Mick Fanning (AUS), Jordy Smith (S. Africa), Taj Burrow (AUS), Damien Hobgood (USA), Dane Reynolds (USA) and Brett Simpson (USA). There will also be 2 surfer wildcards. The total prize purse is \$830,000.

Continued on
next page



John Florence at Pipeline;
the youngest surfer to
ever compete at the Vans
Triple Crown of Surfing



VANS
Triple Crown
of Surfing
NORTH SHORE, HAWAII



Damien Hobgood
at Pipeline →

Portraits of Surfing Champs



Joel Parkinson at Pipeline

The 29th Vans Triple Crown of Surfing 2011 is made up of these 3 events on the North Shore:

- 1) **The Reef Hawaiian Pro**, Nov. 12 - 23, **Haleiwa Ali'i Beach Park** - 6-star, \$145,000
- 2) **The Vans World Cup of Surfing**, Nov. 24 - Dec. 6, **Sunset Beach** - 6-star Prime, \$250,000 (upgraded from 2010)
- 3) **The Billabong Pipe Masters**, Dec. 8-20, **Banzai Pipeline** - World Tour, \$425,000

The heritage of the Vans Triple Crown of Surfing is unsurpassed. For close to three decades, Hāwāi'i has been the one destination on the ASP World Tour that reliably produces incredible surf and exceptional surfing. When you look through the annals of the Vans Triple Crown, you will find every surfing great and many of the most memorable moments of the sport recorded.

I remember the thrill and the danger of those massive waves at Banzai Pipeline: **Pipeline is the most intense wave in the world. If the lip of one of those 20-30 foot waves lands on your head, it will rip it right off your shoulders. The impact is an unbelievable sensation of force and power.**

The 2010 Vans triple Crown of Surfing champ, **Joel Parkinson**, will be back in 2011 in full force - defending his title. His scintillating performance in 2010 had the crowds on their feet. Of the Hawaiian conditions, Joel said, **"It's a lot easier to surf when you have a wave that pushes you hard. It's really hard to surf on small little waves so it feels really good to be back in Hawaii."**

Just turned 19 is **John Florence**, who in 2005 was the youngest surfer ever to compete in the Vans Triple Crown. This captivating child of neptune who's famous for his air reverse signature move, grew up at Banzai Pipeline, and only eats natural foods - his favorites being salad and seafood!

Surfing god, **Kelly Slater**, who's been crowned ASP World Champion a record 10 times, will be there in full force for the 2011 VANS Triple Crown. Kelly's competitive statistics numb the brain. The breadth and depth of his achievements are absolutely incredible. Since 1992, he has been the terminator - systematically destroying every competitive record out there - erasing every name from every generation of the sport - including **Mark Richards** (4 consecutive World Titles), **Tom Curren** (most event wins 33), and **Mark Occhilupo** (oldest World Champ 33). He has built a grand edifice of success. His style is fluid, fast and unlike anyone else's.

Portraits of Surfing Champs

Kelly Slater at
Vans Triple Crown



More impressively, Kelly is still reinventing himself - upping his game with the new focus on radicalism. He has inhuman reserves and seems to be reversing the clock of time. Kelly revolutionized backside tube riding - particularly at Pipe. His drop-knee grab style enabled him to take off far later than anyone ever before, stall mid-face, and hold and change a line through the tube. The biggest change in surfing - the fundamental shift from the all-power movement of the '70s and '80s - was his power and release approach - which entirely opened up surfing above the wave. He was the first to incorporate the aerial as a functional maneuver in his repertoire as a result of this seismic shift in his approach. Kelly's record of total dominance is unlike any other world-class sportsperson.

However, Australia's **Owen Wright**, who recently won the inaugural Quiksilver Pro New York in 4-foot barrels at Long Beach, Long Island, is the serious contender to watch. Competing at that event against Kelly Slater - who was surfing in home waters - 21-year-old Owen defeated the 10-time ASP World champ. He said, "I've always wanted to be in a final with Kelly. I think Kelly is ready for payback already. How good is that?" In August 2011, at the Billabong Pro Tahiti, evidently Kelly had kindly given Owen some great advice that centered around studying the conditions more carefully. Owen evidently took the constructive criticism well - a sign that he is willing and able to do whatever it takes to get to the top - and stay there. In the dramatic Quiksilver Pro New York final, Kelly's board broke, and Owen produced his sought-after victory - moving up to Number 2 on the ASP World Title rankings. Kelly graciously responded with these words: "I'm stoked for Owen to get his first win; congratulations."

The best surfer with a long record of never winning a title, **Taj Burrow**, finally took home a really well-deserved win at the 2009 Billabong Pipe Masters. His ability to master difficult conditions finally paid off

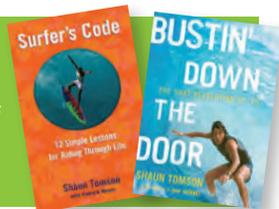
as he thrilled the North Shore crowds with his high performance, aerial maneuvers. Taj is an air guy, easily lofting up into space. Like Kelly, he has a small and compact frame and he uses a unique wide-footed stance and a low-driving bottom turn.

Goofyfooter, **Damien Hobgood**, is always fearless in waves of consequence. An innovative aerialist, he'll produce some great action. Ventura County's **Dane Reynolds** is one of the pioneers of surfing's new radical revolution. At the core of Dane's surfing is a low hip-rotating bottom turn that generates a massive burst of power. He then goes on to launch himself into the air - producing the kind of exciting surfing that the judges are looking for. Dane is a great example of what modern, aerial surfing is all about. He climbs high above the wave and is always perfectly balanced.

Then there's 6'3" **Jordy Smith** of South Africa, who is always an imposing presence. I've watched Jordy at J-Bay (Jeffrey's Bay, South Africa) against defending champion Taj Burrow - and he literally mutilated a wave with subtle ferocity. After watching Dane Reynolds surf I could see that both of them together are reintroducing the pure carve with a modern twist - power is back in a very big way. While both surfers are amazingly creative in the air, more than anything else they are best at the high power carve and over the last 30 years and for the next 30 years - the true test of a surfer will always be the carve.

If you need accommodation while watching the action, there's the **Turtle Bay Resort: www.turtlebayresort.com**
www.triplecrownofsurfing.com

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



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Ride On Therapeutic Horsemanship

Photography by Tess Olnick

Mrs. Bren Simon recently hosted the **Ride On Therapeutic Horsemanship** fall fundraiser at her Hidden Valley home, 'Rancho de Caballos', which is the historic home of the late Charlie Chaplin. Neighbors in the area rallied to assist in making the event a huge success. (Continued on next page)



Olympic gold medalist, Will Simpson



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Ride On Therapeutic Horsemanship

Photography by Tess Olnick

Ride On provides a unique combination of sport, therapy and education for children and adults with mental and physical challenges. The evening's program included a high-jump competition with Olympic gold medalist, Will Simpson, and other elite riders. Ellen DeGeneres and Portia De Rossi were honorary event chairs.



Ellen DeGeneres, Laura Nunez, Portia De Rossi



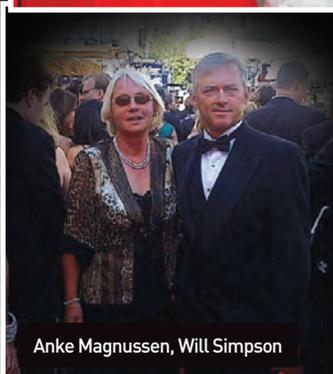
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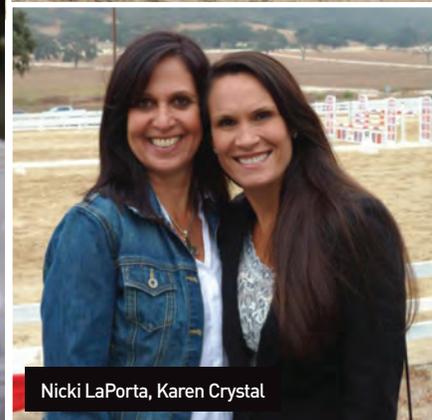
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Motoring pursuits



Marc Sonnery, Jeannette Dumouchel, Stephen Mitchell in Paris

Mentor Power

Stephen Mitchell's vision of life expanded in the confines of the Malibu Canyon tunnel. **By Larry Crane**

Corvette thunder filled the narrow tunnel. As if programmed by Ivan Pavlov himself, Paul Stanley pressed harder on the throttle and raised the reverberating volume, and, of course, the velocity. The Malibu Canyon tunnel and the famous television series director's 1959 Corvette profoundly altered his protégé's vision of success that afternoon. While still in Brentwood High School, Stephen Mitchell was already involved with life on screen, but now the future programming had to include a fast, noisy sports car. His mentor offered a standing invitation to join him on set whenever his crew was shooting, and consequently, the multit talented Stephen found a career—and car money.

Canyons would be a recurring theme in the Mitchell saga. Beachwood Drive runs into the main gate of Paramount Pictures, and the "office" of Paul Stanley. The Drive runs up Beachwood Canyon, a cleft on the southern face of Mount Lee, where television pioneer and Cadillac dealer Don Lee placed his first broadcast antenna June 1939. It's also where Los Angeles Times publisher Harry Chandler and

movie pioneer Mack Sennett planned to develop 'Hollywoodland.' Only the sign was a popular success, even to the extent that the entire community that rests on the canyon's alluvial fan took part of it as its chartered name and became famous as the heart of the moving picture business—Hollywood—and the spiritual home of California style.

Style permeated young Stephen's life. Sidney Mitchell, Stephen's father, had acquired a piece of property next to the Riviera Country Club in Brentwood and commissioned the rising stars of home design, the partnership of Conrad Buff III and Donald Hensman, to create one of their award-winning open, modernist, mid-century housing icons as his family's home. It was a neighborhood of well known and soon-to-be known film and television professionals. Jeffrey Marlowe was a neighborhood pal and his parents were Hugh Marlowe (*All About Eve*, *The Day the Earth Stood Still*) and K.T. Stevens (*The Rifleman*, *The Young and the Restless*); good people, with a cool house, who, incidentally, appeared on TVs across America. Even a schoolboy recognized faces all around the village.

Shortly after earning his driver's license, Stephen became one of them. He bought his first car at 16, a primrose yellow E-type Jaguar coupe and was instantly recognized all over town. Paul Stanley had loaned him his Corvette while he went on location in Brazil for a month and encouraged Stephen to follow his lead. It couldn't be. The Jaguar was arguably the most beautiful car in the world. After less



Jaguar E-Type

than a year of the technical struggles described by Denis Jenkinson in England's venerable *Motor Sport* magazine as "Jaguar motoring", the beautiful Jag was replaced by its arch rival in the "most beautiful car ever created" competition, a Ferrari 250 GT Berlinetta Lusso.

Stephen first saw a Lusso in the Riverside Raceway paddock with its owner, Jill St. John. The two beauties together were almost too much for a young aesthete. Only a clone of the car was within reach. When his first Ferrari joined the family, it brought a new world of enthusiast friends, many of whom remain years after the beautiful—reliable—Lusso was finally replaced.

Sal DiNatale and his much respected S&A Motors Ferrari service center took care of the complex machinery. His shop was a gathering point for L.A.'s growing cadre of Ferrari owners. Lee J. Cobb was a regular and James Coburn brought the 250 GT SWB California Spider he owned for most of his life to Sal. A memorable Lusso encounter occurred at a nightclub when Stephen was introduced to Steve McQueen, whose wife, Neile Adams, had recently given him one for his 34th birthday. Talk of movies, racing, and driving Mulholland for fun filled the late hours.

The Ferrari enthusiasm reached a crescendo when Sal called with an interesting story. It began in the Malibu Canyon tunnel. While practicing the popular art of maximizing noise in the tile-lined tube, a low Ferrari racecar had passed over a loose stone and destroyed a vital artery between an oil radiator and the engine. The result was a catastrophic, and expensive, failure to lubricate. The disabled car arrived at S&A Motors by truck at about the time the owner lost interest; hence the opportunity to buy one of only 36 Ferrari GTOs relatively cheap.



Ferrari GTO



Ferrari Lusso

It is considered by the cognoscenti

to be even more beautiful than the E-type or the Lusso and includes a level of historical significance, theatrical drama and speed far beyond either. When finally finished the GTO shared the garage with its more "practical," and comfortable, sibling.

Stephen describes the difference: "When entering the cockpit, I never got used to the fact that the pedals were so close. I'm 5'10+ and my knees were splayed around the steering wheel in an effort to fit into the car. Anyone who has ever made this complaint about a Lusso (which I also owned at the time) or GTE never sat in a GTO! This lack of legroom was probably a result of the rearward placement of the engine for better weight distribution. I always had it in mind to have the pedals moved forward, but never did. You adapt to the GTO, it doesn't adapt to you. I've heard similar remarks made about the Old Man [Enzo Ferrari]."

A second impromptu meeting with McQueen included the GTO. Both men stopped at an intersection in Brentwood (Sunset at Kenter); McQueen was driving his newly-acquired Jaguar XKSS racecar for the road. Each man was spellbound by the other's transportation. A few seconds passed before there was personal recognition. More seconds passed as smiles of appreciation were seen; all the while traffic collected behind each car, but none of the other drivers seemed anxious to have the two beautiful cars end their shared pleasure.

Another student of pleasures was Peter Helm, a young actor playing parts on television series episodes to help launch a

career. He drove a Ferrari 250 GT SWB California Spider like the one James Coburn drove, but Peter's was briefly painted olive drab and wore white stars on the doors and an Army registration number on its front fenders. He had created a Ferrari California-shaped jeep! Stephen joined him on Mulholland on a sunny afternoon with a friend and an 8mm movie camera. They proceeded to play with their three Ferraris

across the ridges above Malibu. The cameraman would ride in one car while shooting the other for a couple of miles - then change cars. That short piece of edited film has become

a Youtube sensation as "Ferrari GTO_California_PF Coupe".

Ferrari aficionado, and notable character, Matthew Ettinger remains a close friend today. He and his legendary Plush Bunny nightclub were early elements of the Ferrarification—and the late hour socialization—of Stephen Mitchell. The young film producer had signed on for night classes with Peter Gibbons and Elliot Bliss at the CBS Cinema Center, but there were often absences. "The same might not be said of the 'Bunny.'" Stephen explains, "The music was hot, the girls were hotter and there was always action of one sort or another to keep things from getting dull. At 2:00 am the club would close, Matthew and I would climb into our Ferraris (the former owned the famous Count Volpi Ferrari Breadvan racing coupe at the time), and race away with the girls we had invited to breakfast."

Malibu remains the Mitchell comfort zone, a social retreat from success in the film and television production arena where his Cine Paris/InterFUND assists entrepreneurs and investors in coming together discreetly, many from the Malibu coast. There are friends and memories, cafes and homes, on his favorite coast. He continues to drive the Malibu Canyon (the tunnel remains a personal icon), 101, Kanan Road, PCH circle as therapy, and remembers driving the coast one afternoon and sighting the "Serra Retreat" sign and thinking "a retreat within a retreat," where else? The GTO has found a comfortable retreat in the collection of Ralph Lauren and is now on display at Musée des Arts Décoratifs in Paris, where Stephen spent some years producing his first films. 🍷

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Casa Pacifica's 'Spotlight on Style' Fashion Show

Ed Haas Photography

The Casa Pacifica Angels held their "Spotlight on Style" fashion show on September 24th at the Four Seasons Westlake Village. This year's New York models featured the latest styles from Jessica Barcley, Kevan Hall Designs, Madison Boutique-Westlake Village, and Edwards-Lowell Furs of Beverly Hills. All proceeds benefit Casa Pacifica Centers for Children and Families. Casa Pacifica is a crisis-care and residential treatment facility for abused, neglected, or at-risk children in Ventura and Santa Barbara counties. www.casapacifica.org or call Development Department: (805) 445-7800



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Holiday Homes

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Evergreens, snow & apples. Styling by Sunday Hendrickson





Festive dinner settings. Holiday Design by Janet Lohman



Holiday den. Holiday Design by Janet Lohman



CLOCKWISE: Crisp wintery snowy white with red. Styling by Sunday Hendrickson. Red tulips & fruit. Styling by Sunday Hendrickson. Variations on a red pomegranate theme. Styling by Sunday Hendrickson. Blue & white theme. Holiday Design by Janet Lohman. Holidays Accessories available at "The Decor Store", 3900 E. Thousand Oaks Blvd. #101. 805.379.2121



25th Nautica Malibu Triathlon

The 25th Annual Nautica Malibu Triathlon - which took place on September 18 in Malibu - was a huge success. More than \$1.1 million was raised for Children's Hospital Los Angeles (pediatric cancer research program). The event hosts some of the world's finest athletes, philanthropists and celebrities, in a Classic distance race that is made up of a half-mile ocean swim, 18-mile bike ride and 4-mile run. (Continued on next page)



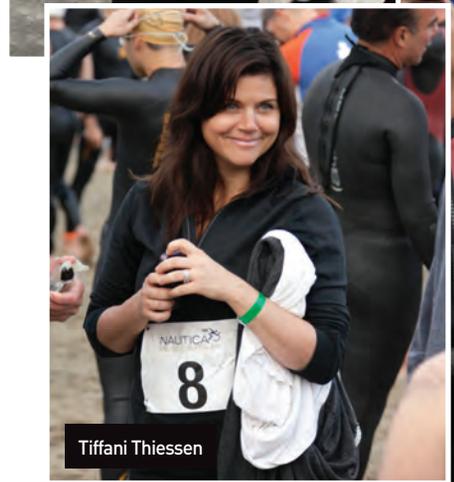
Jon Cryer



Rainn Wilson and Ed Helms



Jay Leno



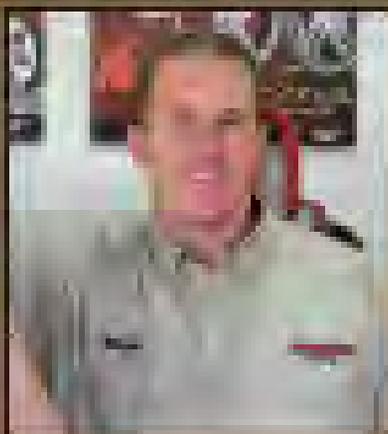
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25th Nautica Malibu Triathlon

This year's celebrity participants included Rainn Wilson, Oscar Nunez and Ellie Kemper from The Office, and Jon Cryer, Mark Paul Gosselaar, Natalie Morales and Ali Vincent. www.nauticamalibutri.com

Natalie Morales & NBC Team



Natalie Morales



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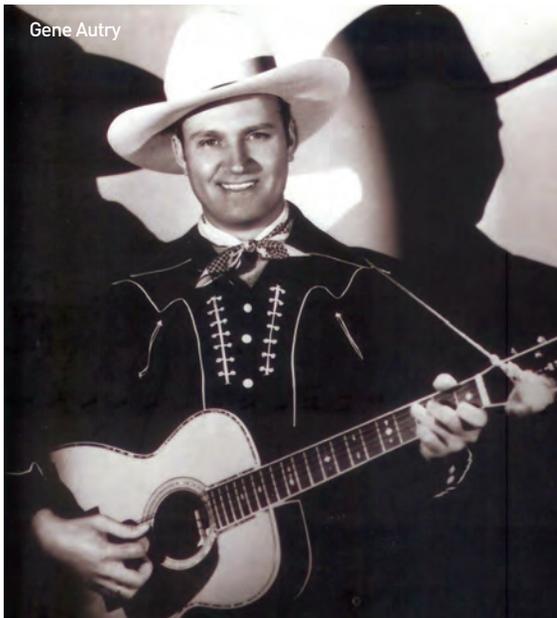
Chatroom



Short Stories About Big People

By Bob Eubanks

Happy holidays everybody and sit back and enjoy some more short stories about big people. I did the Hollywood Christmas parade with Lee Meriwether and Leeza Gibbons for several years. The parade was a very popular entity in Southern California as it gave celebrities a chance to really get a lot of exposure throughout the



Gene Autry

country. I believe the parade went away because of social media. There are so many other ways that celebs can reach the public without having to spend the night riding on top of a convertible in cold weather.

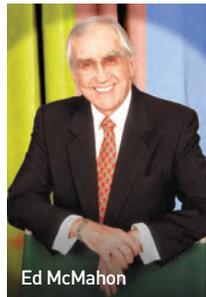
The parade had quite an effect on

many people. Many years ago, Gene Autry was the Grand Marshall, and as he rode his horse down Sunset Boulevard in front of Santa Claus, he heard the children in the audience yelling, "Here comes Santa Claus, Here comes Santa Claus." The parade at that time was called, The Santa Claus Lane Parade. So, Autry went home and wrote a song that became a Christmas standard, "Here comes Santa Claus, Here comes Santa Claus, right down Santa Claus Lane".

We had some funny things happen. We had to find a hat for a Grand Marshall because his toupee kept falling down over his eyes, due to the wind.

Ed McMahon came to me before the parade started and told me he was going to propose to his lady on camera in front of our television booth. As he was coming down the Boulevard we stopped him and said, "Ok, Ed."

He immediately got down on his knee in the back seat of the car and proposed. The lady said "yes" and they never got married.



Ed McMahon

One year, it became quite obvious to all of us in the booth that Santa Claus had spent too much time in front of the punch bowl prior to the parade. His Merry Christmases were a little bit too Merry.

There are many big people in our wonderful community. I recently was in the Barnes & Noble Book Store. A very attractive lady walked in, leading 3 teenage children who I assumed were Down Syndrome. I asked her where the children came from and she responded, "They are my babies, their mine." Come to find out, the 3 children had a rare genetic syndrome called Barde-Biedl. This wonderful woman loves those children so much, and it became quite obvious to me that they truly were her babies. It is people like Lisa Moore who have dedicated their lives to their children that remind us what the holidays are all about.



Ben Stein

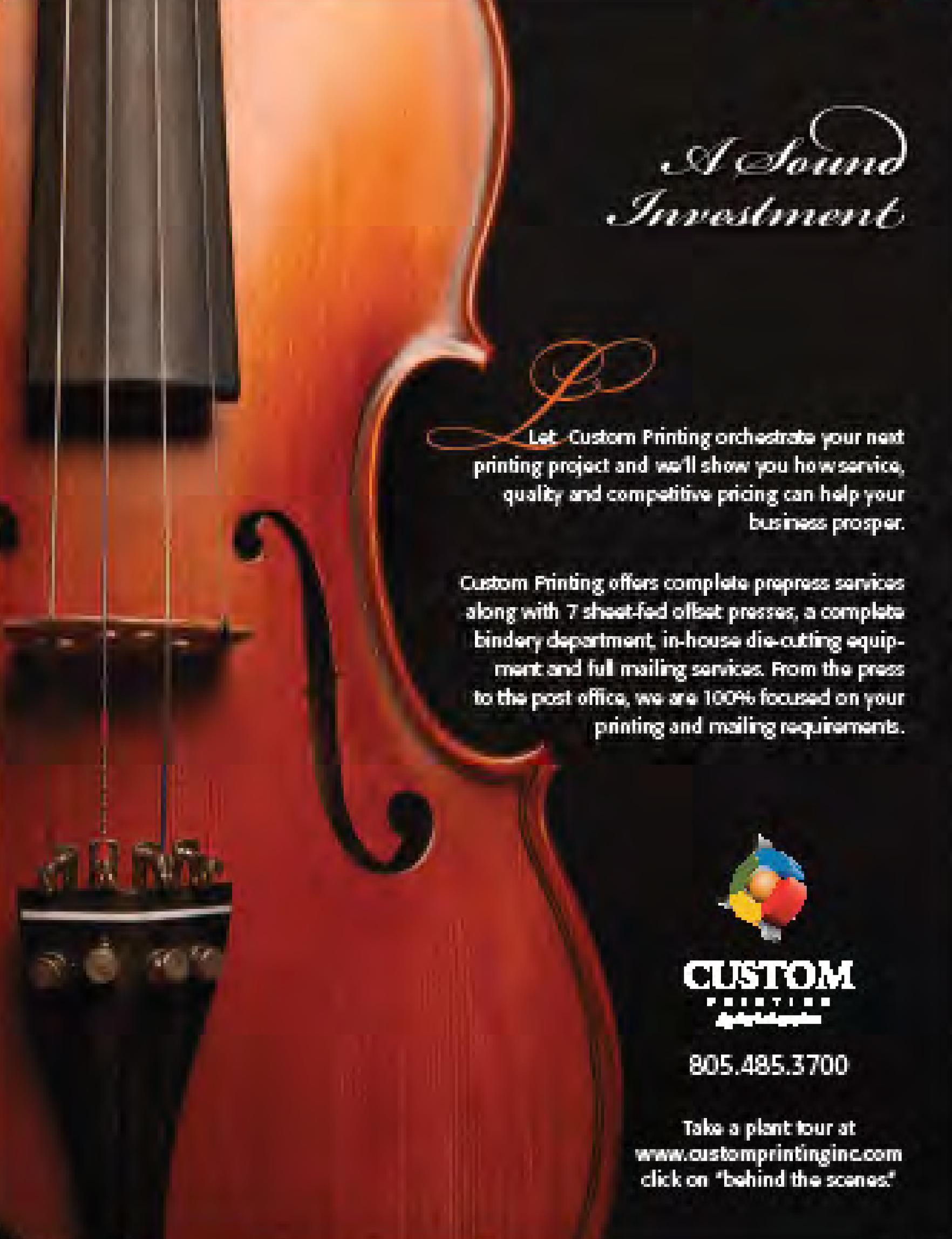
I'll leave you with one quick story from my friend, Ben Stein, as he stated on the CBS Sunday Morning Commentary, "It doesn't bother me a bit when people say Merry Christmas to me. I don't think they are slighting me or getting ready to put me in a ghetto. In fact, I kind of like it. It shows that we are all brothers and sisters celebrating this happy time of the year. It doesn't bother me at all that there is a manger scene on display at a key intersection near my beach house in Malibu. It is just as fine with me as is the Menorah a few hundred yards away."

Merry Christmas everybody, and to those companies that won't allow their employees to say Merry Christmas, I suggest you don't sell Christmas presents. 🍀

www.bobeubanks.com

Follow Bob on Facebook!

ONE YEAR, IT BECAME QUITE OBVIOUS TO ALL OF US IN THE BOOTH THAT SANTA CLAUS HAD SPENT TOO MUCH TIME IN FRONT OF THE PUNCH BOWL PRIOR TO THE PARADE. HIS MERRY CHRISTMASSES WERE A LITTLE BIT TOO MERRY.



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Nellie Akalp, Founder and CEO of CorpNet.com, is a savvy entrepreneur, wife, and mother of four, who recognized long before anyone else that the U.S. business climate was rapidly changing in the 90s. Increasingly, more people were starting up their own businesses from scratch and Nellie (a law school graduate) decided to be the business 'hand holder' to help these fellow entrepreneurs follow their dreams. Nellie explains, "I am passionate about the whole notion of owning your own business and being in charge of your own destiny." While aspiring entrepreneurs typically have great business ideas and passion, they're often daunted by all the legal requirements involved with starting and legalizing a business. That's where Nellie and CorpNet.com® come in.



Nellie Akalp, Founder and CEO of CorpNet.com

Through the various "Do-It-Yourself" and "Business-Startup" services she has founded and sold since 1997, she has formed over 100,000 corporations and LLCs. She is an expert in business start-up and corporate compliance in any state —

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An ideal restaurant for families, Rosti offers convenient parking and great value. The kids' menu offers Chicken, Pasta and Pizza options for \$6.75 including a beverage and a cookie! Rosti participates in the community by working with local schools, organizations, and charities. The entire menu is available for Dine-in, Take-out and Delivery. Additionally, Rosti Catering can accommodate any size party from office lunches to weddings and cocktail parties.

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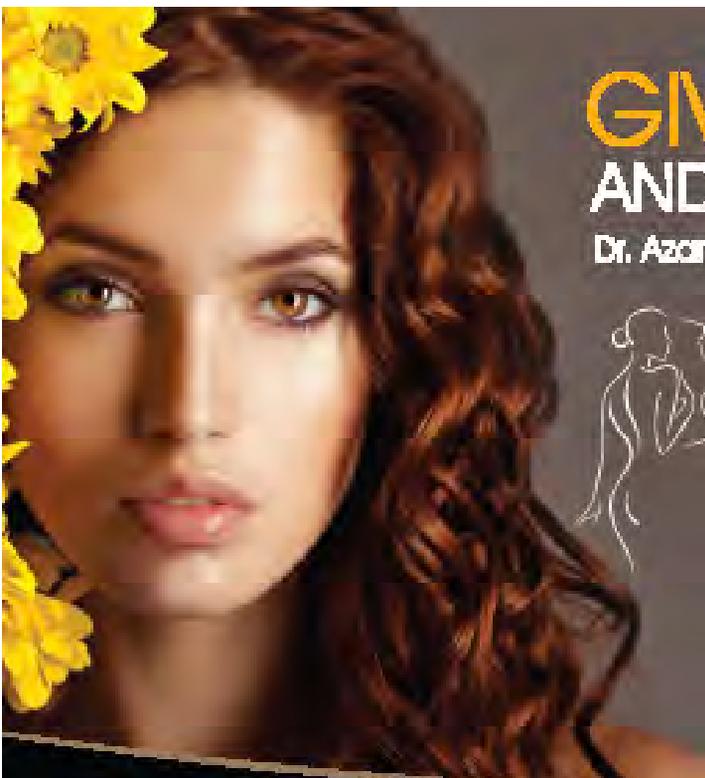
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Savvy Salon's The Studio

What more do you look for in a salon that turns out classic styles with contemporary edge? Renowned hair artist Michael Hawkins answers that question with his latest project, **Savvy Salon's The Studio**, where clients experience cutting-edge hair techniques *and* access to the world's most sought-after beauty products all under one roof. Within the bright, chic space that is **The Studio**, Hawkins and his team dedicate themselves to the craft of hair-styling and an array of results-oriented skincare treatments.



Savvy Salon is expanding next month to launch **The Beauty Studio**, a separate beauty boutique offering even more specialty items from hair and skin care to luxury spa accessories and unique gifts. Hawkins' second salon resides in The Shops at Oak Creek at the gateway to Malibu, Calabasas and Westlake Village; stop in for the latest style or splurge within the Savvy beauty boutique.

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US Men's Olympic Water Polo

The US Men's Olympic Water Polo Team - led by Head Coach Dr. Terry Schroeder - recently held an 'On the Road to London Gold' dinner/ fund-raiser at The Manhattan Country Club. Having achieved Silver Medal status in the 2008 Beijing Olympics, their goal for London 2012 is the Gold Medal. If anyone would like to sponsor or support the team, call Jean-nine @ 818.889.5572. www.usawaterpolo.org



Ken Blanchard, Drs Terry & Lori Schroeder



Brian Alexander, Tony Azavedo



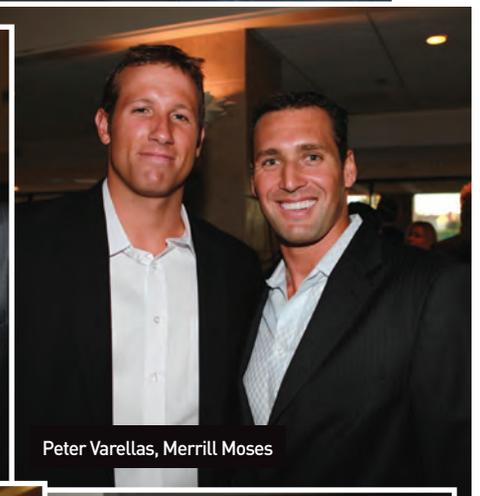
Jeff Tyrrell, John Mann, Jordan Thompson



Brian Thompson, Daphne Thompson, Jordan Thompson



Tim Hutten, Peter Hudnut



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CINDY CRAWFORD

THE POWER OF AUTHENTICITY

Cindy Crawford was one of the original supermodels who became the symbol of the 'empowered' woman - proving that women could and would launch multi-million-dollar business enterprises. Michael Kors worded it aptly when he said, "*Cindy Crawford changed the perception of the 'sexy American girl' from a classic blue-eyed blonde to a sultry brunette with brains, charm and professionalism to spare.*" This top-of-the-class high school valedictorian who studied chemical engineering on an academic scholarship, exploded onto the world's stage as a model in the '70s and became the elevated standard for the new era of models in the '80s and '90s. She appealed equally to women and men, and the extensive definition of 'beautiful' meant being articulate, arriving at shoots on time, leading a healthy life, and avoiding self-destructive behavior.

STORY BY DIANA LYLE  PHOTOGRAPHY BY ANDREW MACPHERSON





Cindy was one of the role models who led the way and the success she has achieved is the result of the choices she made to take her life in a positive direction. Her career has spanned almost three decades and continues to flourish. Her success is embedded in trusted brands representing beauty, fashion, fitness and home. Her staying power can be credited to her consummate professionalism, keen business savvy, and dedicated approach to every endeavor. These attributes, combined with her timeless beauty, earned her long-term, global contracts with the likes of **Revlon, Omega** and **Pepsi**. Today, Cindy Crawford's business ventures include **Omega, Cindy Crawford Style for JC Penney, One Kiss for JC Penney, Cindy Crawford Home**, and **Meaningful Beauty** - a skincare line formulated with French Dermatologist, Dr. Jean Louis Sebagh, that has kept Cindy's own skin looking radiant and youthful.

I LOVE THE HOLIDAYS! MY MOTHER WAS THE SAME WAY AND EVEN THOUGH WE HAD LITTLE MONEY, SHE MADE EVERY HOLIDAY FEEL SPECIAL. WE ARE PLANNING ON SPENDING THANKSGIVING HERE IN MALIBU WITH MY HUSBAND'S FAMILY. I ALSO TRY TO INCLUDE ANY FRIENDS WHO ARE ON THEIR OWN. WE USUALLY GO TO CABO FOR CHRISTMAS. MY FAMILY WILL JOIN US AND WE BRING ALL OF OUR STOCKINGS SO SANTA CAN FIND US THERE!



The power of Cindy's success has provided substantial support to charities that strive to eradicate life-threatening diseases. Having lost her own brother, Jeff, to leukemia as a child, Cindy is particularly actively involved in the fight against cancer.

Cindy's family is of paramount importance, and the life they enjoy by the ocean in Malibu has given her immense happiness. Married in 1998 to successful businessman Rande Gerber - with whom she shares children Presley (12) and Kaia (10) - Cindy is a devoted wife and mother who really knows how to 'live in the moment' and cherish being in the present. In her daily tweets, she recounts how therapeutic it is to hear the ocean every day - and to be able to enjoy unwinding on the beach with her family. An expert corn-shucker and pie baker (strawberry rhubarb pie is amongst her specialties!), Cindy represents the modern, reaffirming truth that with intelligent balancing - women can combine fulfilling careers with their first priority: family.

The holiday season is one of Cindy's favorite times of the year and in this exclusive interview, she warms up our homes with her positive energy.

WHAT MAKES THIS PHASE OF YOUR LIFE SPECIAL?

Cindy: I think every stage of one's life is special. What I am enjoying about this phase is that all the pieces feel like they have come together. First and foremost, I enjoy being a wife and mother. I always knew that was something I wanted, but actually living it is even better than I imagined. I am really enjoying my career right now. I am able to draw on everything I have learned and apply it to my own projects as well as maintaining some of my long-term relationships. I like that I am not

shooting every day. I find I enjoy being in front of the camera more when it's less frequent. Having time to do other things — hike with girlfriends, volunteer at school, etc — also feels like a luxury!

OF ALL YOUR ACCOMPLISHMENTS, WHAT ARE YOU MOST PROUD OF?

Cindy: Of all my accomplishments, I am most proud of two things. First, being able to have my children at home with the help of a mid-wife was a very empowering experience for me. Certainly not for everyone, but I was able to tap into an inner strength that I wasn't even aware that I had. Secondly, I am proud of the fact that I was able to learn from being a young model and turn that experience into a real business.

HOW WILL YOUR FAMILY BE SPENDING THE HOLIDAYS? ANY SPECIAL TRADITIONS AT THANKSGIVING, CHRISTMAS, NEW YEAR?

Cindy: I love the holidays! My mother was the same way and even though we had little money, she made every holiday feel special. We are planning on spending Thanksgiving here in Malibu with my husband's family. I also try to include any friends who are on their own. We usually go to Cabo for Christmas. My family will join us and we bring all of our stockings so Santa can find us there!

HOW DO YOU LIKE TO RELAX?

Cindy: My favorite leisure time activity is reading. I love to lose myself in a great book. We also love playing games as a family, bike riding, and walking on the beach.

FAVORITE VACATION SPOT?

Cindy: Favorite vacation spots are **Cabo, Italy**,

LIFE HAS TAUGHT ME TO BE TRUE TO YOURSELF. THAT BEING PRESENT IN EVERY MOMENT IS WHAT'S REALLY IMPORTANT. TO NOT BE AFRAID TO FAIL. TO FORGIVE. THE BEST WAY TO SPEND TIME IS WITH YOUR KIDS. IN MANY WAYS, THE JOURNEY DOES GET BETTER AS YOU AGE. I HAVE FOUND THAT I AM MORE MY AUTHENTIC SELF — THAT I FEEL MORE COMFORTABLE IN MY SKIN. THAT I KNOW MYSELF BETTER AND KNOW WHAT WORKS FOR ME AND WHAT DOESN'T.





Bora Bora, Costa Rica , New York . We also have a cottage on a lake in Canada and spend some of our best quality family time there in the summer.

WHAT HAS LIFE TAUGHT YOU AND DOES THE JOURNEY IMPROVE?

Cindy: Life has taught me to be true to yourself. That being present in every moment is what's really important. To not be afraid to fail. To forgive. The best way to spend time is with your kids. In many ways, the journey does get better as you age. I have found that I am more my authentic self — that I feel more comfortable in my skin. That I know myself better and know what works for me and what doesn't.

WHAT QUALITIES DO YOU ADMIRE IN OTHERS?

Cindy: The qualities I most admire in people are passion and kindness. When someone is excited about something — anything — I find that very attractive and I feel drawn to their enthusiasm. Back in the Midwest where I was raised, there was a kindness to people; people did the right thing. That is a quality I try to cultivate in my children.

WHAT ARE THE INGREDIENTS FOR A SUCCESSFUL RELATIONSHIP?

Cindy: I think every relationship is different, but what has worked for me and Rande has been a strong foundation in friendship — we really like who the other is and enjoy doing things together. We are different, but we try to use our differences to complement each other. We trust each other and I feel like Rande always has my back.

FUTURE GOALS?

Cindy: I don't have goals per se. My focus is on creating and maintaining balance in my life — to have time for my husband, kids, career, friends and myself. Every year my New Year's resolution is to say "no" more. I try not to commit to too much so that I don't feel like I am rushing about my life. Business-wise, I am continuing to build up Meaningful Beauty as well as expanding my home business. 🍀

I THINK EVERY RELATIONSHIP IS DIFFERENT, BUT WHAT HAS WORKED FOR ME AND RANDE HAS BEEN A STRONG FOUNDATION IN FRIENDSHIP — WE REALLY LIKE WHO THE OTHER IS AND ENJOY DOING THINGS TOGETHER. WE ARE DIFFERENT, BUT WE TRY TO USE OUR DIFFERENCES TO COMPLEMENT EACH OTHER. WE TRUST EACH OTHER AND I FEEL LIKE RANDE ALWAYS HAS MY BACK.





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Cindy Crawford & Rande Gerber.
Photo: www.christopherglenn.com.
Courtesy Oaks Christian School



Portraits of RL Splendor

On June 11, 2011, Ralph Lauren's only daughter, Dylan Lauren, married Paul Arrouet. Devoted Dad, Ralph Lauren, spoke to Oprah Winfrey about how the designing of his daughter's dress was a deeply personal labor of love. He said, "I had to do something that was better than ever before; something that she'd really treasure". The result was a handmade duchesses satin, silk tulle, georgette-embroidered dress with a tiered train. VOGUE garnered the exclusive photo shoot (by Sebastian Kim) of Dylan in the stunning gown.

VOGUE Magazine
Photography by Sebastian Kim





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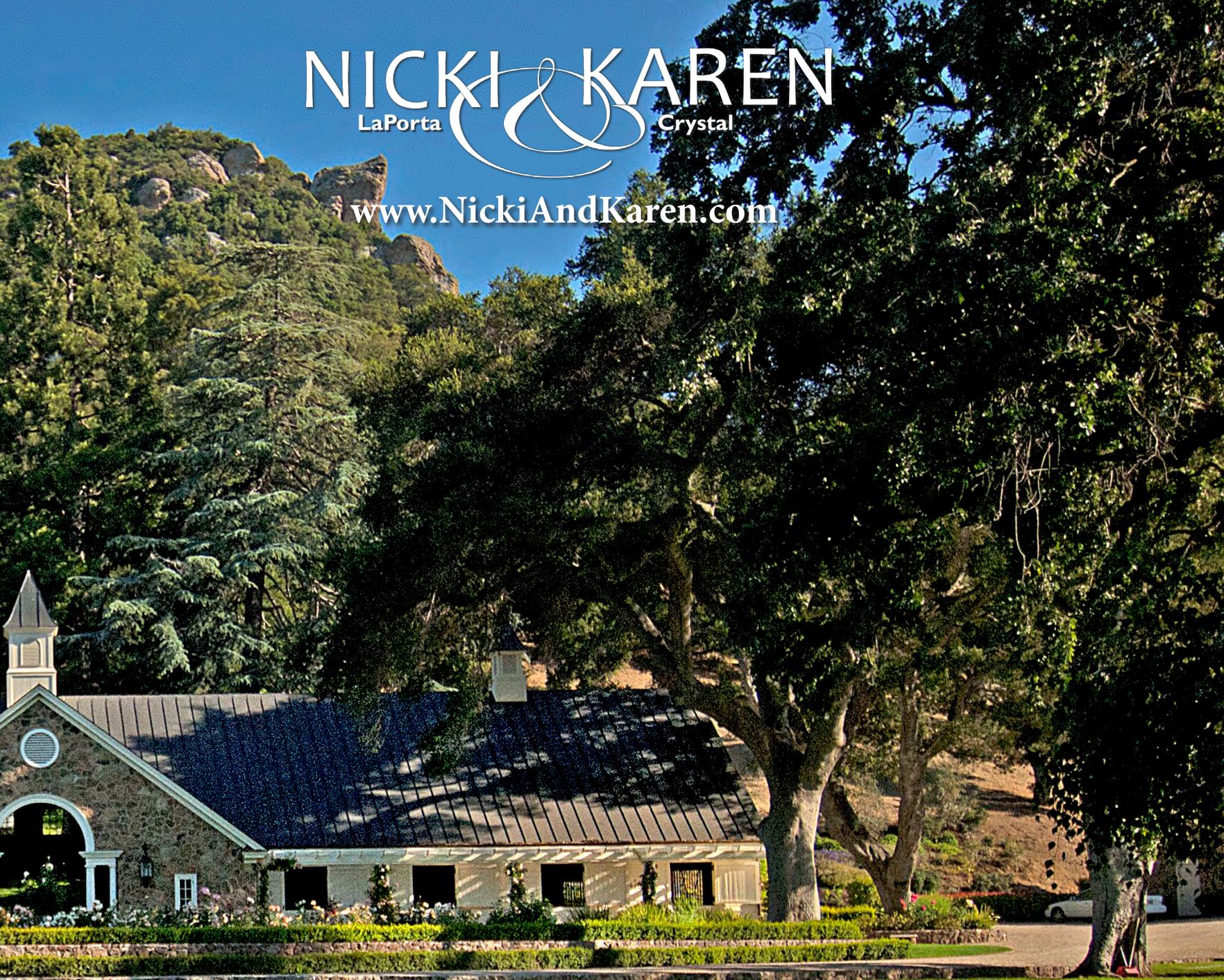
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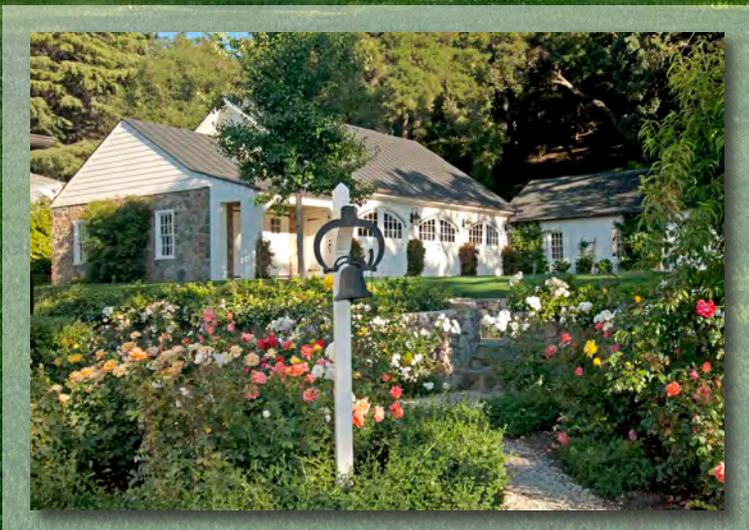
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Fashionsense



I'll Have The Bordeaux, Please!

By Magda Pescariu

At the dawn of fall I spent a few days breathing away my stress in the midst of the Giant Sequoia Forest. As clichéd as it sounds, the hours I roamed around those majestic trees brought peace to my soul and cleared my mind of the nasty clutter built up in too many days of busy life. "Beware the barrenness of a busy life" warned Socrates two millennia ago, and little did he know how painfully true his words would still be in our increasingly hollow and narcissistic times!

Walking through the magnificent forest, people were dwarfed to their real dimension, but very few paused to notice the fact or the grandiose presence of nature, and even fewer took time to seize the calm and energy of the place. Too occupied with their cameras and other modern gadgets, they moved from one *perfect shot* to another, oblivious and blasé. Trying to get my own moment of privacy with a regal red sequoia, I saw a woman leaning on it discreetly, listening to the 3,000-year-old stories the tree was whispering, and absorbing with childish trust the power oozing from the antique bark. Tourists around us smirked impatiently, waiting for her to be done and to let the tree-trunk free for their next photo session. In the most simplistic way possible, I was witnessing two worlds colliding in silence, and the image stayed with me to this day. I think it represents the essence of what I'm about to say for the coming season, for the coming year, or for any future time in our lives; it represents an ingenious solution to our messily entangled problems and hurts. And the message is: **we need to find our way back to simplicity** once and for good. We have to stop clawing at life for everything fancy and new, and start from scratch – with mercifully basic emotions and needs. And not necessarily because we are about to enter 2012 - a year that has been so heavily advertised as our end-of-the-road one; but for the problematic truth that our spoiled time is up, our consumer orgy is over, and our pretense tunnel vision has outgrown its convenience.

From now on, simplicity and authenticity bear the ultimate distinction in everything we do or live, and **in fashion - "simplicity is the ultimate sophistication"**. Unfortunately, it is also one of the hardest traits to achieve, as we are our true authentic selves only in childhood and old age. That is, before life perverts our character in any way, and afterwards - when we are who we have become, and hardly care to put on a show anymore. In between, all along our adulthood, we are too preoccupied obeying the social rules while projecting a carefully-crafted image, too engrossed in the political correctness, too owned by what we own, in order to even remotely recall how to live simply, how to recognize the essence of what really matters - and maybe fulfill our real potential.

That is why I say, if you want to prepare for a significant New Year's Eve 2012 or if you have just decided to change something in your life and think that the passage between years is a good time to do it, **in creating your new self, remember that on the inside you should feel calm and effortlessly genteel, while the outside should say genuine class in an unforgettable way.**

We enter a **very unusual year, dominated by passion and enthusiasm**. 2012 is the year of the Water Dragon, a strong and wealthy sign, **characteristic of those who live life by their own rules and are not afraid of taking risks**. At the same time, as the

Elie Tahari



Dolce & Gabbana



previous Water Dragon Year was 1952, **we feel the powerful heritage of a polite and dignified generation, anchored by common-sense and realism, who led a life of authenticity and true values.** Its remarkable print gains visibility in our social and economic choices, in our personal style and fashion, in our everyday life. It is the return to the roots of simplicity and civility I mentioned before.

In fashion we witness *the smart domination of tasteful and minimal elegance. The color palette is a fête of senses: spice colors, gold or silver shimmers, earthy and mineral hues, and the consuming, irresistible wine colors.* We feel like raising the glass at any given moment this season, in **the general merriment of burgundy, ruby-red, Beaujolais and Bordeaux.** I'm talking about clothing, not about wining and dining, but who can tell the

difference? Even the lipstick is wine hue, "got Merlot?" The image is so effortlessly glorious and glamorous, that I'll have the *Bordeaux*, too, thank you very much! The natural colors lead the way to New Year's Eve, with the **seductive addition of black, lightened by bright accents:** vivid lemon, golden yellow, deep pink, red-flame, light emerald, intense cobalt-blue.

The Holiday season events call for **luxurious, natural fabrics**, glossy and flowing, which do not require details and additional frills: **velvet, soft leather, natural silk, cotton lace, shiny atlas or sequined Lurex. Faux-fur capes, shawls, collars, stoles, boleros and other accessories** (naming handbags and trims) are the only final touch of polished chic required on those occasions.

And in talking about the influence of the '50s, let's say it to be clear: **the look of this winter is defined by the dress, paired with the ultra-refined handheld bag, bold yellow-gold jewelry with big gemstones, and classic high-heel**

pumps (on a single sole or platform). The day-time dress is simple, silhouette-hugging and covering the knee, but for the evening festivities it gets lavish and intricate: loose-fitting with fairytale wide sleeves, mermaid style, or with V-shape décolleté and full skirt.

Holding elegantly the lady's elbow through the seasonal party crowd, is a **well-bred man of polished sophistication and timeless style. Men's fashion is defined by the same immersion in simplicity and tradition, with a nod to British steadiness and style.**

Unexpected shades of burgundy, purple, aubergine, and again Bordeaux enrich the conventional list of **manly colors for the fall-winter season:** auburn, olive, camel, ivory, cognac, coffee, mushroom, charcoal, heather gray, forest and hunter green, navy and ebony.

The *fabrics are natural, soft and comfortable*, both in elegant clothing and



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outerwear: **cotton, silk, jersey, flannel, cashmere, wool, velvet, suede and leather**, with the same accents in **faux-fur** we see in ladies fashion, and more (collars, hoods, vests, linings and trims).

For the **outerwear** we take an imaginary trip to the British countryside, choosing **wool and leather bomber jackets, puffer parkas, suede jackets or camel short trench-coats. Corduroy pants or straight rolled-up jeans (worn with boots), flannel plaid shirts and hand-knitted cashmere sweaters (with shawl collars or zip-front)**, will make an integral appearance for the bona fide gentlemen.

The Anglophile **elegant** guy will meet the New Year in a striking **velvet jacket** (wine color, of course, did I mention that?), **tuxedo trousers or distressed cotton jeans**, with a bold **woven or jacquard white cotton shirt** (open-collar and tie-less, or with a classic bow-tie), and **lace-up**

shoes or monk-straps, carrying through the color of the jacket.

That is how **the Holiday season welcomes our graceful makeover to minimalism, and shines with the natural elegance of simplicity.** It feels peaceful – a perfect ending to a convoluted year, full of sorrow and confusion. Our image, reflected in the mirrors of the soul, is *lovely*, which it hasn't been in a very long time. We enjoy this peace-of-mind, forgetting that too often we use the notion as a refuge when we can't have what we really want, which is (now more than anytime else) *everything back the way it was*. Only that now we

understand - nothing will ever be the way it was. We have to make do with what comes our way today, and keep looking for what's best in us, natural and graceful.

Stepping into another New Year, I cuddle with the comfort of this newly-acquired wisdom through simplicity. It took a saint like Francis of Assisi to understand that "who are we looking for is who is looking". Maybe that's why I smile in recognition, and – right before my cuddling melts away a whole year of gloom and doom – I mumble relieved, with mock ingratitude: "What took you so long?" 🍀



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2

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6. **Faux fur lined scarf** \$42. **Faux suede leggings** (s,m,l) Avail: char. grey & black \$52. **Ilene's Boutique.** 1145 Lindero Cyn. Rd. Westlake Village. 805.373.6633

7. **Leather Belt** (brown). \$36. **Black elastic belt.** \$19. **Beaded elastic belt.** \$26. **Soto Lifestyle.** 2895 Agoura Rd. Westlake Village. 805.496.4777



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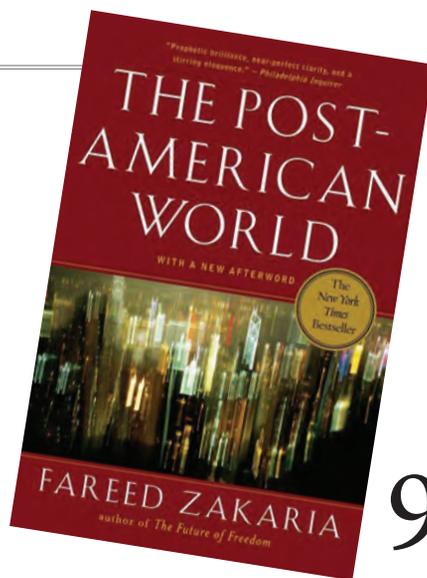
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8. Celebrity-designed **Holiday Cards** (Bridget Moynahan, Eva Longoria, Zoe Saldana & Catherine Bell design) by B benefitting **Epidermolysis Bullosa Medical Research Foundation** (www.ebkids.org) \$20-35 for sets of 10 www.tinyprints.com/celebrity-holiday-cards

9. 'The Post American World' by Fareed Zakaria. New York Times Bestseller. Amazon.com

10. **Hanky panky** comfortable thongs. \$18. **JGirl**. 2900 Townsgate Rd. Ste 107. Westlake Village. 805.449.9999

11. **Diamond bangle** with rose-cut diamonds. **Ruby and diamond bangle** with genuine rose-cut diamonds. **Ruby and diamond tassel necklace** with emeralds. All one of a kind! **Hammered water pitcher** with hand-applied Swarovski crystals. **Harrisons**. 18737 Ventura Blvd. Tarzana. www.shopharrisons.com 818 708-7133

12. **Clutch purse**. \$36. **Soto Lifestyle**. 2895 Agoura Rd. Westlake Village. 805.496.4777

13. **Vom Fass Oils**: Flavors of Italy (Ducale Set). \$62.98. Sour Cherry with Vodka. \$39.99. Olive Oil Dipping Dish. \$19.99. 805.495.9999. www.VomFassWestlakeVillage.com

14. **Sleeps with Dogs Pillowcases** for standard & queen pillows. 100% soft cotton. Set of 2: \$46. 100% sheer linen, elegant **Bella Notte Scarf**. Avail. in 20 colors. \$48. Luxurious, handcrafted **Nesti Dante Italian Soaps** from Florence, Italy. \$9. **Bella Claire Home**. 818.575.9930. 4667 Lakeview Canyon Rd. Westlake Village. www.bellaclairehome.com



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Libyan Rebel points toward the complex of ousted leader Muammar Qaddafi



Portraits of Power



A Post-Qaddafi Libya: From Goodwill to Government

By Christine Seisun

This September during the UN General Assembly meeting, Libya's historical flag – the green, black and red banner which symbolized the revolution – flew proudly over the United Nations for the first time in 42 years. The Arab Spring had reached Libya and indeed managed to topple the regime of Libya's Muammar Qaddafi. By the end of August it seemed all but assured that the fall of the Qaddafi government in Libya was more or less complete. While pro-Qaddafi factions in certain cities such as Bani Walid and Qaddafi's hometown of Sirte have vowed to keep fighting until the bitter end, the international community has largely accepted the demise of Qaddafi's four-decade stranglehold over the North African country.

The country's last multiparty elections were held in 1952 triggering widespread unrest and the subsequent banning of all political parties. In so doing, any hope of a burgeoning democracy was smothered. Under the Qaddafi regime which began in 1969, political dissent was likewise outlawed under Law 75 and to say that underground political opposition movements had opportunity to take root would be an optimistic overstatement. It is therefore a daunting task that lies ahead of the National Transitional Council (NTC) – the temporary government in place pending the upcoming elections – in navigating Libya's shift to a democracy.

Mustafa Abdel Jalil, the interim chairperson of the NTC, has repeatedly stated that "the new Libya is not the old Libya of the Qaddafi regime" and respect for rule of law and justice will be integral to the creation of the new Libyan government. During his meeting with Abdel Jalil in New York in September, President Obama affirmed that what is needed is "a transition that is timely. New laws and a constitution that uphold the rule of law. Political parties and a strong civil society. And, for the first time in Libyan history, free and fair elections." This is all easier said than done. After all, a strong and functioning democracy does not happen from one day to the next. Indeed, in the United States it took centuries before all of its citizens had free and unrestricted access to the ballot box.

The transition from dictatorship to democracy in Libya will undoubtedly be tainted by Qaddafi's 42-year reign over Libya which was characterized by unpredictable ideological shifts mirroring his equally mercurial personality. For decades, Qaddafi always ap-

peared to be one step ahead of the political curve and ensured his regime's survival by not only moving with the times but appearing to be a leader of them. He promoted pan-Arabism in the early days after the death of Egypt's Nasser but ultimately outgrew the ideology after the fall of the Soviet Union. He was one of the first Arab rulers to stand up to the Western oil consortium OPEC. This was followed with an ultra-socialist bent throughout the 1970s and 1980s which then took an economic 180-degree turn in the early 2000s with the liberalization of the Libyan markets. Not coincidentally enough, six days after the capture of Saddam Hussein by American troops in Iraq, Qaddafi once again negotiated his way



President Obama with the current Chairman of the Rebels in Libya Mustafa Abdul Jalil



into survival by moving from international pariah into Western acceptance by publicly renouncing his country's nuclear weapons program in 2003.

Qaddafi's disjointed Jamahiriya system - a system supposedly allowing direct rule by the masses - in reality left behind a trail of entrenched tribalism and regional allegiances enforced through violence and money. Any chance of a political opposition movement taking hold or even establishing different religious power bases were immediately, and often brutally, squashed. In a nutshell, Qaddafi left behind no coherent economic or political system from which the NTC might now be able to build upon.

It is for this reason that civil society will now play an enormous role in helping to bring about the appropriate rules and regulations associated with a democracy. One such organization is the non-governmental organization Lawyers for Justice in Libya (LFJL) formed by expat Libyan lawyers with its headquarters in London. With an official mandate of investigating the human rights and humanitarian law abuses that have taken place in Libya both before and

after the beginning of the fighting on February 17th, LFJL was recently asked by the National Transitional Council to provide guidelines to their frontline fighters on the laws of war.

Many of the fighters who took up arms against the Qaddafi army had little to no formal military training and the NTC wanted to ensure that their forces would be different from the recorded brutality of Qaddafi's fighting forces. Lawyers for Justice in Libya then created simple and

short rules based on international law and standard laws of war which are now being distributed to NTC forces. In the cases where a structured training was difficult to provide, the NTC has even gone so far to text the guidelines to its fighters on their mobile phones in an attempt to minimize undue loss of civilian life, mistreatment of prisoners or recruitment of child soldiers.

Yet now that the National Transitional Council is the officially recognized government of Libya by most of Europe, the African Union, the United States and China, all eyes are now turned to the upcoming elections. Chairman of the NTC Abdel Jalil has confirmed that Libya's current political leadership will play no formal political role in future polls. This essentially means that Libya must now prepare for open and hopefully transparent elections in a country with no recent history of party politics. Again, this is where civil society must now work in tandem with the government. Guidelines must be created and distributed to the Libyan population explaining what constitutes a political party and how they are meant to be regulated.

Libyan society is considered to be generally conservative and it would be surprising if political parties with Islam as a central tenet did not crop up. Islam has always played a central role in Libyan culture although never in a political form. Qaddafi had a history of crushing local Islamist movements for fear that they might stimulate opposition to his dictatorship. Regional factionalism is also a worry in post-Qaddafi Libya as much of the revolution took place in fits and starts throughout the country with certain areas leading the fighting from the beginning while others only joined later on. Abdel Jalil has repeatedly provided assurances

YET NOW THAT THE NATIONAL TRANSITIONAL COUNCIL IS THE OFFICIALLY RECOGNIZED GOVERNMENT OF LIBYA BY MOST OF EUROPE, THE AFRICAN UNION, THE UNITED STATES AND CHINA, ALL EYES ARE NOW TURNED TO THE UPCOMING ELECTIONS. CHAIRMAN OF THE NTC ABDEL JALIL HAS CONFIRMED THAT LIBYA'S CURRENT POLITICAL LEADERSHIP WILL PLAY NO FORMAL POLITICAL ROLE IN FUTURE POLLS. THIS ESSENTIALLY MEANS THAT LIBYA MUST NOW PREPARE FOR OPEN AND HOPEFULLY TRANSPARENT ELECTIONS IN A COUNTRY WITH NO RECENT HISTORY OF PARTY POLITICS.

that membership to the NTC and in the government is a right of all Libyans even for those who were “delayed” in their support for the revolution.

An interim government is scheduled to be formed by early October yet the process has already been marred by factional in-fighting. While NTC forces have been united in their cause to defeat Qaddafi, regional and tribal politics are now seeping through. Divisions have emerged between Libya’s new civilian and military leaders as well as the eastern tribes who initially led the fight against Qaddafi (and as a result weighted the formation of the NTC in their favor) against the western tribes.

One of the men who has quickly risen to both local and international prominence and who is garnering much attention due to his extraordinary personal history is 45-year-old military commander Abdel Hakim Belhadj. A previous fighter with the now defunct Libyan Islamic Fighting Group, Belhadj was previously accused of having associations with al-Qaeda, a charge he vigorously denies. The BBC has reported Belhadj as describing himself as “always an anti-Qaddafi fighter but never al-Qaeda.” Nonetheless, in 2004 the CIA operating in close association with the Qaddafi government arrested Belhadj in Kuala Lumpur and through the controversially known extraordinary rendition program - ultimately delivered him to the Qaddafi government where he was imprisoned and tortured in the notorious Abu Salim prison for seven years. Belhadj alleges that the CIA interrogated him at the prison directly after his torture sessions at the hands of Libyan officials. Much of Belhadj’s story has been corroborated by secret correspondence uncovered by Human Rights Watch from the Libyan foreign ministry.

Belhadj was released in 2010 with other imprisoned members of the Libyan Islamic Fighting Group through a reintegration program of fighters; a program ironically led by Qaddafi’s son and heir apparent, Seif al-Islam. At the time, Seif was considered a reformist. In addressing Western fears that a militant form of Islam might take hold should a power vacuum appear in Libya, Belhadj vows that he shares the desire to create a democratic Libya free from religious extremism and that he holds no grudge towards the countries alleged to have played a role in his rendition and imprisonment. Additionally, Belhadj has actively pushed for “orderly” relations with the United States.

The NTC has created an ambitious election schedule in which formal elections are to be held next year without having yet

created a full interim cabinet for the NTC. Moreover while certain areas of Libya have been free from Qaddafi for over 6 months, a select few cities still contain active fighting and the process of national reconciliation cannot start until all the hostilities have stopped. The disarmament of fighters who had taken up arms both against and for Qaddafi will undoubtedly likewise prove to be a thorny process.

None of the above mentioned issues are insurmountable but with such a bold timetable the National Transitional Council will need to hit the ground running and quickly form a democratic government for the Libyan people from the ground up. The

road to democracy and national reconciliation following 42 years of repressive authoritarian rule will certainly be filled with the occasional stumbling block. While there might be those who expect ‘Rome to be built in a day’, it is well worth remembering that this time last year there was only the faintest glimmer of hope that anything like what is currently taking place in Libya could be possible. In the words of President Obama: “After decades of iron rule by one man it will take time to build the institutions needed for a democratic Libya. But if we’ve learned anything these many months it is this: don’t underestimate the aspirations and the will of the Libyan people.”

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In over 21 years of selling Residential Real Estate, Jordan Cohen has earned numerous awards including that of Number 1 Remax agent in California out of over 10,000 Realtors. He was also number 3 in the U.S. out of over 100,000 Realtors. In June 2011, Jordan broke a company record with over \$45 million in sales. 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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Offered at \$8,500,000 www.EliteSherwoodEstate.com



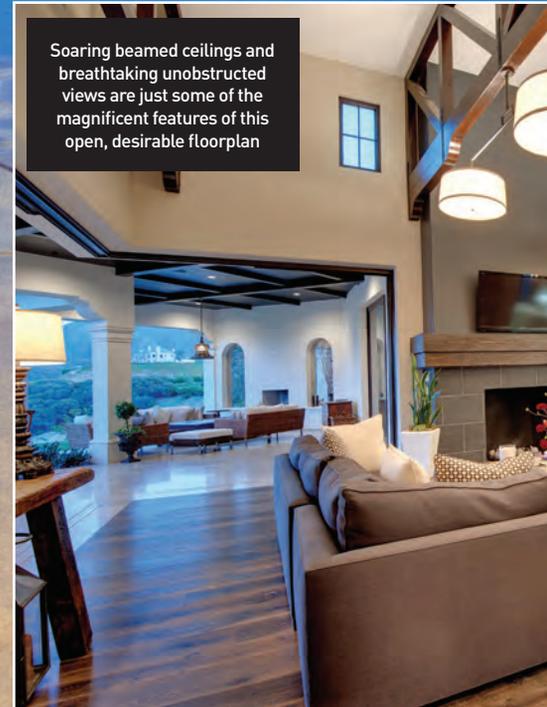
Modern 8,450 square foot single level Mediterranean masterpiece





True resort quality exterior includes infinity pool, manicured lawns, rose garden, outdoor fireplace and BBQ center with covered patios

Soaring beamed ceilings and breathtaking unobstructed views are just some of the magnificent features of this open, desirable floorplan



A true one-of-a-kind modern Mediterranean masterpiece! One of Lake Sherwood's finest estates! Over 8,450 square foot SINGLE LEVEL with breathtaking unobstructed views and privacy. Only the finest materials were used to construct this spectacular estate. Among the many interior attributes are superior vanishing pocket doors, limestone and custom oak flooring, soaring beamed ceilings, grand master suite with his & her bathrooms, and two massive walk-in closets. Two separate offices, temperature-controlled wine cellar, home theater, bonus room and more complete the open, desirable floorplan. The true resort quality exterior includes an infinity pool, manicured lawns, rose garden, outdoor fireplace and barbecue center with tremendous covered patios. An amazing indoor/outdoor living experience. Built on two legal lots, this stunning custom view estate sits on over 1.4 acres and was completed in 2010. 5 car and separate golf cart garage. This is truly a special, unique and emotional estate!

Infinity pool, unobstructed views, total privacy



The finest materials were used to construct this spectacular estate; superior vanishing pocket doors, limestone and custom oak flooring



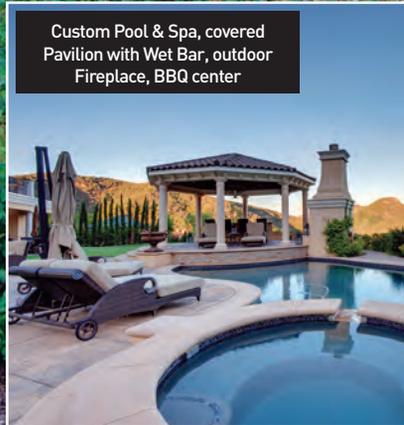
This 7,600 square foot Estate has 6 bedrooms, 6.5 baths and a separate formal library and gym



Truly designer perfect with upgraded custom finishes, rich wood floors and paneling



Custom Pool & Spa, covered Pavilion with Wet Bar, outdoor Fireplace, BBQ center



Set on rare 1.22 acre lot is this striking French traditional estate with unobstructed views and privacy



160 Hampstead Ct. Lake Sherwood, CA Offered at \$4,500,000 www.160Hampstead.com

Striking French traditional estate with amazing unobstructed views and privacy! Set on a rare 1.22 acre lot at the very end of a quiet cul-de-sac in prestigious Lake Sherwood. This sophisticated estate has over 7,600 square feet with 6 bedrooms, 6.5 baths and a separate formal library and gym. There is also a huge formal dining room and a temperature-controlled wine closet. Extremely upgraded with beautiful custom finishes throughout. Among the home's many attributes are rich wood floors and paneling, custom textured walls, designer draperies and more. Truly designer perfect! The yard is sensational with custom pool and spa, covered pavilion with wet bar, outdoor fireplace, barbecue center, and large manicured lawns - all with amazing views. 4 car garage! This is one of Sherwood's special ones!



For further information, contact:
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818.435.5220

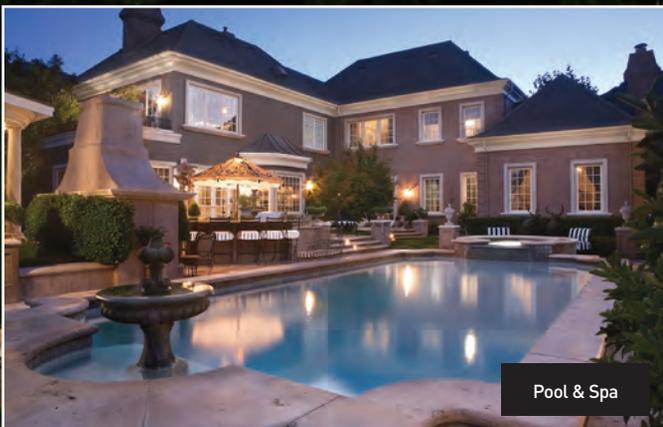


The McLean Team

Kathi, Bob and Cris McLean
www.McLeanTeam.com

**Versailles at Sherwood,
Thousand Oaks, CA., \$3,650,000,
www.590WestStafford.com**

Sited on the 4th fairway of Sherwood Country Club is The Versailles, inspired by the classical style of French manor homes. This estate home of 6159' features five en-suite bedrooms, including master & guest suites, as well as formal living & dining rooms, office/study, family room & wine room. The chef's kitchen has fireplace & center island &, with the breakfast nook & family room, forms one wing of the courtyard patio. Sumptuous master suite has sitting rooms, his & hers closets, large bath, & balcony overlooking the grounds & course beyond. Designer chandeliers & lighting, tromp l'oeil & padded fabric walls, limestone & hardwood floors, custom window treatments, & extensive wood millwork throughout. Grounds features pool & spa, outdoor fireplace, gazebo & BBQ area plus luscious plantings & gardens.









Hidden Valley Estates, Westlake Village, \$3,050,000 www.1025Cheshire.com

Private 5000' Estate home in gated Hidden Valley Estates on quiet cul-de-sac in heart of Westlake Village. Over 2 acres with 37,000' of flat, usable land surrounded by Santa Monica Mountains. Designed for maximum outdoor living: beach-entry pool; waterfalls and fountains; a grotto and pond; covered patios and pergola; covered gazebo with fireplace and TV; fire pit; BBQ center; 9-hole putting green; meandering pathways and stunning stone hardscape. Superb landscaping with specimen plantings, colorful gardens and grassy areas. Interior floorplan features sumptuous master suite, 3 more en suite bedrooms, inviting great room, formal dining and living room, library and office, gourmet kitchen and breakfast room as well as room for expansion. Appointments such as wood floors, designer ceilings, custom lighting, stone fireplaces, designer wrought iron décor are only part of the lovely décor. Ideal for entertaining and family living.

Contemporary North Ranch home surrounded by nature



Soaring ceilings & skylights



Contemporary Custom, North Ranch, \$1,675,000, www.5404IndianTrail.com

Ideally situated within its own private gates in North Ranch (Westlake Village) on a quiet cul-de-sac is this contemporary home surrounded by nature. Designed by architect Larry Brisley, the home was constructed with the highest of specifications and quality of materials (from grading to the structural, engineering & thermal/moisture components). Rooms radiate off of gallery hallway with soaring ceilings and 25' steel beam interspersed with skylights which flood the home with light. Master wing is on one side with office/exercise room, his/hers closets & bath with 3 more bedrooms comprising the other wing. Public rooms in-between feature the great room, formal dining room, wine wall, gourmet kitchen and breakfast room. Sited on 1/2 acre wooded lot with forested open space behind, the rear yard enjoys covered patio and decks, cascading waterfall, and stone pool and spa.



For further information, contact:
Kathi, Bob or Cris McLean
Remax Olson & Associates
www.McLeanTeam.com
805.267.0455



Moneysmart



The Meaning of Crisis

Doug De Groot, MBA, CFP®

Throughout the world we are facing an economic *crisis* of epic proportion - but before you panic - understand that opportunity always accompanies a crisis. We suffer from a multitude of issues ailing our economy and influencing investor decisions daily. Yet many Americans will choose to do nothing rather than develop a strategy to deal with the financial challenges we currently face. But for those who prepare, this will create the opportunity of a lifetime.

WHAT IS HAPPENING?

Per Joe Duran, CEO of United Capital, over the past couple of months we have seen amazing swings in the market unfold over the course of a single day. These intraday swings would cause any normal

person to have heart palpitations if they occurred over the course of a month.

The chart (opposite page) shows historical calendar year returns (grey bars) and intra-year market declines or corrections (red dots). While by no means a guarantee of future results, it is important to recognize that volatility is normal. Despite an average intra-year drop or correction of 14.3% since 1980, markets have finished in positive territory in 24 of 31 years. (JP Morgan)

- The intra-year decline of approximately 16% (as of August 11th) is well within the normal realm of expectations.

MANY TODAY PERCEIVE THE SAME THREE RISKS WE EXPERIENCED JUST THREE YEARS AGO:

The perception of bank failures

As was the case a few years ago, rumors of bank trouble abound. Back then US banks were overwhelmed with the overly aggressive loans given to subprime homebuyers. Now popular perception is that European banks are loaded with bad loans given to subprime European nations, and some French banks might actually be at risk.

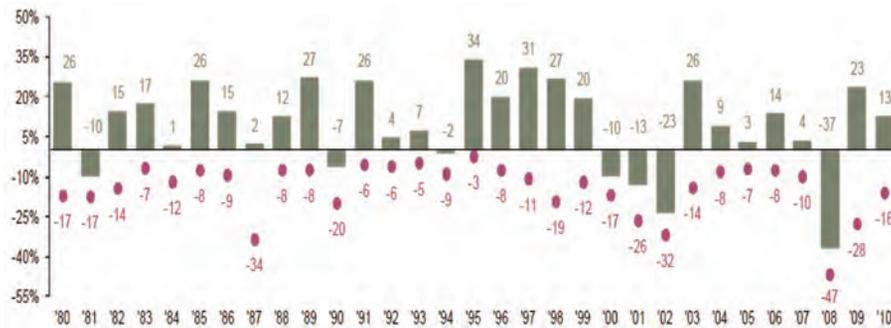
The perception of an impending recession

In 2008 we were already two years into a real estate collapse and a rapidly slowing economy. Now we are two years into an anemic recovery that appears to be stalling and perhaps “double dipping.”

The perception of a leadership vacuum

Three years ago it seemed leadership was asleep at the helm, and whenever the government announced a new strategy to deal with the problems, it led to further market disappointment. Today it once

INTRA-YEAR DECLINES VS. CALENDAR TEAR RETURNS



Sources: Standard & Poor's, FactSet, J.P. Morgan Management
Returns based on price only and do not include dividends. For illustrative purposes only.
Data are as of 8/7/11.

again seems that we have no one that is stepping up with a compelling vision to soothe the markets.

WHAT IS REAL TODAY?

We can categorically state that we are in a very different place today than in 2008. So let's separate perception from current reality:

The reality of the bank crisis

The banks in the US have spent the last three years cleaning up their balance sheets. There is still much work to do, but much of the pain has already been suffered. Over the past few years, banks have been making much stricter, more responsible loans. European banks may indeed have major debt issues, but anyone would be very hard pressed to compare the magnitude of this issue to the massive write-downs that occurred during the 2008 bank crisis. **Yet, banks are addicted to government stimulus and have yet been able to shake the addiction or go cold turkey.**

The reality of the economy

We are clearly still in a slowing economy that has been stubbornly unable to create jobs and grow. This is true in large part because banks have been less comfortable lending since the last recession, and companies and consumers have been building up cash just in case they face another economic crisis. No bank, company or person wants to experience a repeat of the 2008 debacle.

Corporate earnings today are higher than they were prior to the last collapse, even though the S&P 500 is over 20% lower. In our opinion, valuations are far

more reasonable than they were a few years ago and corporate cash has never been higher. **Corporations are clearly turning this crisis into an opportunity when they can identify one.** Intuitively, many Americans or those that can and are disciplined have been saving, home ownership is at the lowest level it has been in decades and our debt levels as individuals have been dropping precipitously. This debt reduction will continue for years to come, but it is expected and anticipated by the markets.

While the economy is clearly slowing, and the recent debt ceiling fiasco has certainly caused many to defer big financial investments, we believe it is a temporary lull. It may be safe to presume that in the current quarter the US economy actually shrank, but it is not rational to assume that this will be true over the long term. In fact, if the perception changes just a little, we could see a surge in catch-up spending over the next year. However, the fact remains that during a recession, corporate earnings and the equity market both typically go down on average between 25% and 35%, so a recession is already in the process of being priced in. (David Rosenberg)

The reality of the leadership vacuum

We clearly are all frustrated by the lack of leadership to create a unified vision to help dig us out of the current mess. There has been no call to action and no apparent urgency in our government to proactively cope with the major issues facing our country. This has led to an unprecedented downgrade in our debt, which, while embarrassing to all of us Americans, doesn't change the fact that

we set the standard for the world and we are the world's reserve currency. Regardless of our rating, the world's interest rates are benchmarked to our treasury interest rate. Despite all the noise from detractors, that will not change anytime soon.

A GLOBAL CRISIS?

China, the world's second largest economy has been building debt as fast as it has been building one-million-person cities. For the past few years China has been finishing a city capable of holding a million people every month. Yet, on average those very cities are virtually ghost towns. While debt continues to build at the local level in China, according to Investor's Business Daily, August 22, 2011, China's National Audit Office in June announced the results of a study that pegged local government debt at 10.7 trillion yuan or \$1.7 trillion at the end of 2010. That was equal to 26.9% of China's GDP. According to Victor Shih, a political economist at Northwestern University, China's local debt could be three to four times larger than official estimates because loans to local entities created to finance infrastructure projects aren't included.

According to the Wall Street Journal August 9, 2011 article titled "China's Debt Addiction", The People's Bank of China (PBoC) accumulated its forex reserves by borrowing yuan from the Chinese people. This allows China to balance its U.S. dollar assets and yuan liabilities on the central bank's balance sheet. The purpose of that balance sheet is to subsidize exports by keeping the yuan's value low and deferring inflation. "An economy like China's that is enjoying rapid productivity growth would normally see rising real wages and hence benign inflation that would increase the cost of its exports." The fact is that China has circumvented that process; China's exporters remain very competitive across a range of labor-intensive products.

If the PBoC were to stop buying U.S. Treasuries and other dollar assets, the result would be an increase in the yuan's value causing losses in the US assets they hold.

Europe or I should say the European Union is fighting for its collective survival. As a whole Europe is actually

China's economy is outpacing Japan's to become the world's second largest, Will China surpass the United States to become the world's greatest economic superpower?



the second biggest economy. Yet, unless there are some dramatic developments, many predict its demise. The impact on the global economy could be devastating. It's very survival depends on its leaders to administer some very painful medicine in the forms of austerity programs badly needed to cut real expenses - not just the rate of growth for spending. This alone could severely impact the global economy.

The United States of America is at a tipping point. Malcolm Gladwell, the author of 'Tipping Point', said, "When we arrive at that point where there are more takers than givers, there will be a calamity."

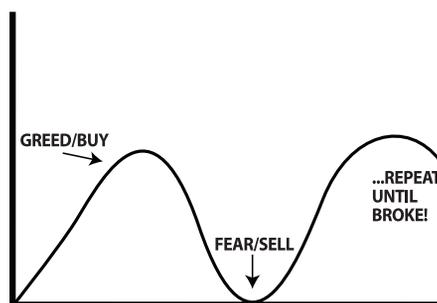
Currently we are at a point where there are almost enough government workers and their family members to out vote non-government workers. Therein lies the danger. At what point would a government employee vote to cut the size of government let alone to reduce spending? This is a tipping point.

Government jobs are booming. According to the government, Federal jobs have increased by 2.1% since March of 2010 and Federal regulatory jobs have increased by 5.2% since March of 2010. This will cause more government intervention and more cost to do

business to deal with the increased regulations. This is a tipping point.

According to an Investor's Business Daily article dated September 1, 2011 titled, "Ratio of Takers to Givers Reaches Tipping Point", it states that nearly half of all wage earners pay no income tax.

While our politicians continue to push Europe to impose more austerity programs for the betterment of their economy, leadership in Washington lacks the courage and self discipline to practice what they preach.



WHAT TO DO?

I am proud to say that we live in a community that is driven by the entrepreneurial spirit. Many of our business leaders are willing to take risks in order to build a better future. They

also share one very powerful tool: they are able to see the situation as it is - rather than worse than it is - which in essence captures the pragmatist within. The best strategy is to concentrate on making prudent, well-informed and objective decisions that help to protect you from harm. This insight is not inherited but learned through experience; it is developed with time and the knowledge and understanding of who you are and what you want. It allows you to feel comfortable with your decisions and to recognize opportunity in your life when the world may be filled with danger. 🌱



Doug De Groot
Managing Director of

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A Toaster For Your Teller

By Robert Katch

Over the sixty years following WWII, the U.S. economy grew at an unprecedented rate. Much of this growth was driven by the baby-boom population explosion and the simultaneous increase in the levels of consumer spending and credit. This wave of prosperity led to ever increasing levels of corporate and government benefits, and to the general belief that it all could be maintained.

Unfortunately, the reality of 2008 jumped in the way and the growth miracle came to an abrupt halt – just in time for the inevitable wave of baby-boomer draws on our Government's unfunded social security and medical programs. From all

the confusion in our nation's capital, it's clear that most politicians are unaware of, or unwilling to admit to, the severity of the budget issues our nation will soon face. The current symptom of this dilemma is political gridlock. We all know that our politicians should tackle this problem head on and begin to adjust the funding and commitments to a level which we can afford. Democracy, however, is a messy process, and the current attempt to tweak the tax system to produce more revenue, or to slow the growth of future spending, will not even come close to solving this enormous problem. Government's solution will be inflation. They will deny this, but it is inevitable.

The Chinese language has a character that represents two ideas – it can be

interpreted as *danger* or *opportunity*.

Our current fiscal mess is similar to this Chinese character. There is danger ahead and, as usual, investors around the world are racing toward trouble – instead of away from it – resulting in some of the lowest yields ever on U.S. Treasury securities. In the short span of 30 years, the interest rate has been turned upside down. Short-term rates in 1981 were about 14% versus 0% today, and they have even gone negative recently at times of extreme panic. In fact, some banks are now charging a fee on deposits instead of paying an interest rate. That's like you having to bring your teller a toaster to make a deposit!

Long-term rates have also changed dramatically. On September 30, 1981, you could have purchased a 30-year U.S. Treasury bond maturing on September 30, 2011, priced to pay you 15.39% per year for those thirty years just ended. Today's 30-year Treasury is priced to yield



only 3.22% for the next thirty years. Back then, when bonds were cheap and yields high, people hated them. Today, with prices high and yields low, they love them. Investments are the only thing people desire more - the more expensive they become and despise as they go on sale.

The first danger is more visible and has 2 faces: volatility and outright loss. Unlike stocks, bonds are usually very mechanical in how they work over time, and one of the key variables is expressed in a financial calculation called "duration." A bond's duration is basically its cash-flow mid-point and it tells us how the bond will react to a one percentage point change in interest rates. (see chart below)

Unfortunately for all of us, a 3.22% bond is much more volatile than a 15.39% bond. If interest rates rise by 1% your 3.22% bond will drop in price by 19.7% and by 39.4% if rates rise 2%. Think that's far-fetched? Rates were 1% higher last summer and were 2% higher just four years ago. Yes, if you hold onto the bond for thirty years it will pay you 3.22% per year on average, but most folks capitulate and sell the darn things when

30 YEAR BOND	YIELD TO MATURITY	DURATION
September 30, 1981	15.39%	7.4
September 30, 2011	3.22%	19.7

they're down 20-40%. Thus, from today's levels the danger of outright loss is high.

The second danger is invisible to most investors, and it is precisely what our Government is doing to solve its fiscal mess. By stoking inflation to debase the U.S. dollar and to diminish the cost of unfunded government programs, our Government will make it easier to fund their promises. While it eases their pain, it is a stealth tax on your wealth because the loss of your purchasing power reduces the ability of your money to buy what you will need. With inflation now running at 3.8%, you are losing 0.6% (3.2%-3.8%) per year in purchasing power on a 30-year bond and 1.6% (2.2%-3.8%) per year on a 10-year bond – before taxes! For short-term investors it is even worse. With near 0% money market rates and 1-year CDs under 1.5%, such money is now losing purchasing power at 2%-4% per year. By investing in what are generally considered the safest securities, which have recently been some of the best performing, investors are virtually assured to be worse off in the long-run.

Today's opportunity lies in successfully navigating the political, economic, and investment road ahead. The history of Germany's

Weimar Republic's use of inflation to solve a spending/debt problem shows us that out-of-control inflation can lead to a complete political and economic collapse. Even our nation suffered through a rough bout of inflation in the late 70s and early 80s, causing investors to call their Treasury Bonds "Certificates of Confiscation." Though Treasury securities have worked well lately, investors need to be very careful in the bond market – especially with the long-dated U.S. Treasuries that have become so popular. Our current stock and bond market turmoil will create some great investment opportunities. As recent political and market events have shown, it will be a messy process, but as Winston Churchill's famous quip points out: "Americans can always be counted on to do the right thing...after they have exhausted all other possibilities." 🌟

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



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



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Blake Bryan
being mentored by
Dr. Ian Armstrong

Dr. Ian Armstrong's Medical Mentors Program

By Diana Lyle

Southern California Spine Institute Medical Mentors is a nonprofit volunteer organization that was established in 2001 by Spinal Neurosurgeon, Dr. Ian Armstrong, so that young people can have the valuable opportunity to fully experience what a career in medicine entails. That means opening the doors of a hospital to young students so that they can spend a day in surgery with Dr. Armstrong and fully experience the aspects about the profession that no text book can teach.

Dr. Armstrong explains, "I believe that the biggest resource in our country is our young people. We have a great deal of untapped potential and if we don't reach out and mentor young people effectively,

we will have wasted our largest resource. Untapped skill is talent wasted. I also know - from my own experience - that even though a young person may have an aptitude for Math and Science - it's sometimes difficult to get through the drier years of physics and calculus, but if you can envision the finish line of an exciting career, and if your desire to get there is strong enough, you will find the discipline to attain the grades that you need for the end goal."

"Exposure is key", says Dr. Armstrong; "My Dad was a doctor and my Mother was a nurse, so I knew what a medical career entailed. But few people grow up in those environments, and if you haven't been introduced to that world, there's little chance that you can visualize ever

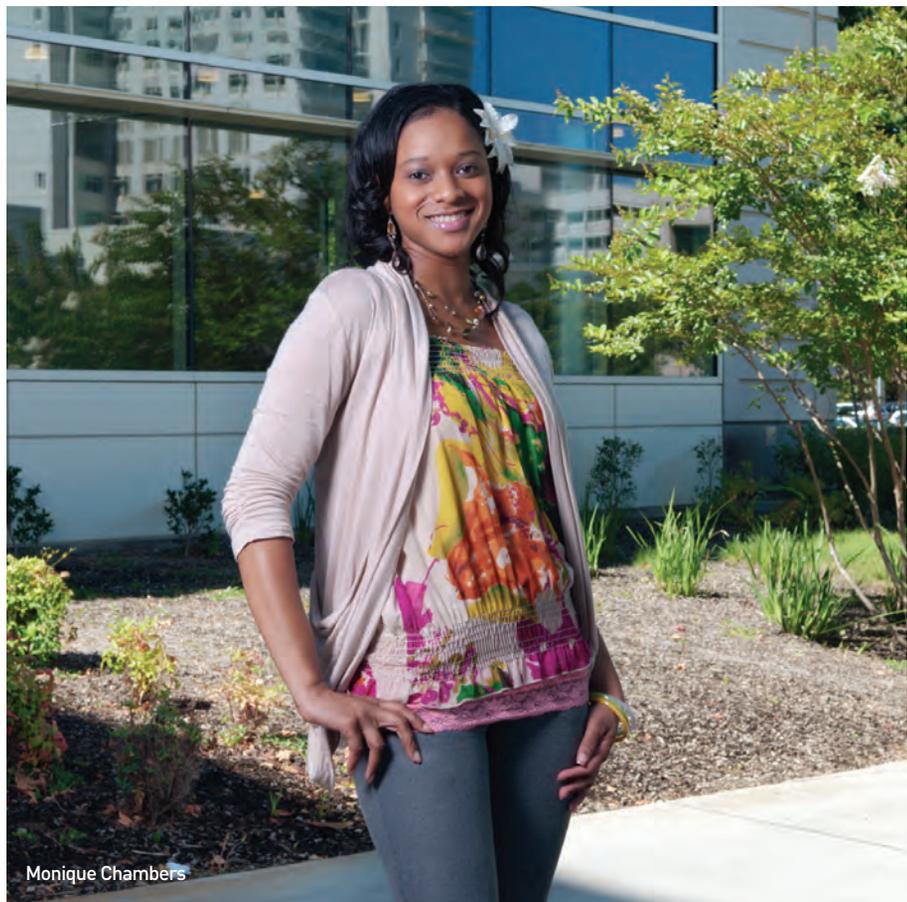
achieving the goal of a medical career. I want to reach out to the kid who may be intellectually gifted, and who may have the genius and creativity to cure cancer, but who's sitting on a street corner contemplating whether he should join a gang or take drugs for the first time. That's a critical crossroad. For me the triumph is reaching out to a kid whose abilities are trapped in a limited world - and showing him/her that there's a fulfilling alternative option. I also want to expose kids to what I know to be one of the most incredibly fulfilling professions. There are so many different options from which to choose within the world of medicine, and each one is a special, purposeful calling. In my case, I have found that being a surgeon is extraordinarily fulfilling. It gives me immense purpose and I find myself completely at peace when I'm in the O.R. (operating room). It's a calling and a blessing. My wife, Karen and I are strong Christians and we have no doubt that this is the path that God has called us to follow. The medical profession is a universe of exciting options. We

need enthusiastic and dedicated young people to be trauma surgeons; to work in laboratories, in wards; we need EKG/ X-ray technicians, researchers and teachers. There's so much choice. We believe that the right exposure can lead to dreams. We put white coats and surgical scrubs on aspiring young people so that they can experience first-hand the O.R., E.R. and the hospital clinic. The experience creates inspiration, dreams, direction and connections that will last a lifetime."

MONIQUE CHAMBERS: AGE: 25: 3RD YEAR MEDICAL STUDENT, UC DAVIS

I met Dr. Armstrong on the Medical mentors Program almost 4 years ago and for me he immediately represented the gold standard of what I had always envisaged a physician would be. It was Dr. Armstrong who took me inside an O.R. for the very first time. I had grown up in a family and in a neighborhood where there were no physicians and so I had no personal contact with anybody in the medical profession. I stayed in the O.R. for an 8-hour surgery and Dr. Armstrong explained everything to me and kept me fully engaged in the process. He made me feel fully integrated - like I was part of the surgical team. Even though I only spent one day in the O.R. with him, he has walked the talk of a true mentor by constantly monitoring my progress throughout my 3 years at Medical School. Having gone through the rigorous academic process himself, he understands the pressure only too well, and he cares about me on so many levels. Despite his incredibly busy schedule, he'll always find time to send me a text to find out how I'm coping.

On June 3rd this year I was diagnosed with a tumor on the brain and I underwent surgery on July 29. The situation was serious and Dr. Armstrong, my steadfast mentor, saw me through some of my toughest days. This time, I was the patient - and I had many vexing questions that frankly - my own physicians didn't answer. Dr. Armstrong knew exactly how a patient feels in this circumstance. I needed to ask the questions and I needed him to give me all the options - including the pros and the



cons - so that I could make an informed decision. Even with all my text book knowledge about the options that were in front of me, I wanted Dr. Armstrong to help me make the right choices - down to - whether I should have a ceramic or titanium head plate.

Even though I knew from the time I was an infant that I wanted to become a physician, Dr. Armstrong re-affirms the strong conviction I have of what a physician should be. He inspires me constantly by demonstrating how the small encounters with people can be as big as you want them to be. I have also learned from him that a caring Doctor is never too busy to lend a helping hand to those in need. It always reminds me that "If you're too busy to notice the person walking behind you...then you're way busier than God intended you to be." Dr. Armstrong said he would be there for me when I met him in 2008 and he sure has been. He could have forgotten about me when I left his O.R. all those years ago but he hasn't. He is and will always be my life-long mentor who reminds me daily what my path and destiny is all about.

DR. ARMSTRONG'S WORDS ON

MONIQUE: Monique has been an inspiration to me: The courage that she has displayed whilst going through brain surgery and the post-surgery recovery period is a testimony to who she is and what a wonderful person she is. She will be a outstanding physician. Her capabilities go way beyond the academic knowledge. She's an uplifting, compassionate human being whose journey in life has massive purpose.

CHELSEA NESTLERODE. AGE: 20. PRE-MED AT PEPPERDINE UNIVERSITY. GRADUATED FROM OAKS CHRISTIAN HIGH SCHOOL.

I participated in the Medical Mentor program because I was interested in seeking a career in the medical field, but I didn't really know what that looked like. I had volunteered at Los Robles hospital in high school, but I didn't receive any hands-on experience there. Before participating in the program, I was considering professions like physician's assistant, physical therapist, or nurse. Becoming a doctor seemed completely out of my reach. I had so many

Robert Guarino,
Chelsea Nestlerode,
Dr. Ian Armstrong



voices telling me that med school would be too challenging, too much time, and too expensive. However, after spending a day with Dr. Armstrong, he assured me otherwise.

My experience with Dr. Armstrong changed the course of my career path. After working with him for just a day, he had inspired me to become a doctor (as opposed to a PA, PT, or nurse). He addressed all of my concerns and shared his personal experiences with me. He answered my questions about medical school, residency, and life as a doctor. As a woman, two of my biggest concerns involved being a wife and a mom, while striving for an M.D. He assured me that 1) it is possible to be married and go through med school and 2) it is possible to be a doctor and a full-time parent. I also enjoyed discussing with him specialties of medicine like radiology, internal medicine, pediatrics, surgery, and anesthesiology as well as opportunities in research.

Another fundamental opportunity I received from this time was clinical experience. Dr. Armstrong brought me into the room with each of his patients and allowed me to ask them questions about their conditions. I was able to look at their charts and review each case with

him. In these situations, I realized how strong my longing was to help people with the knowledge I've obtained. He gave me the confidence to pursue what I was truly interested in: serving people through medicine.

DR. ARMSTRONG SAYS OF CHELSEA:

She is extremely bright, talented and very good with people and patients. This is a rare combination. The patients loved her. This is important if one wants to be a great doctor some day. Chelsea has what it takes.

BLAKE BRYAN. AGE: 14. GRACE BRETHREN HIGH SCHOOL. 9TH GRADE

I had visited Haiti when the tragic earthquake occurred in 2010, and I realized then how strong the need was for competent surgeons. Dr. Armstrong invited our class at school to come down to the hospital and observe a surgery. The experience has definitely helped me want to go into the field of medicine. For me it's about helping people and relieving them of their pain. I realize that it's a big commitment but the Medical Mentors program really encouraged me to keep pursuing my dream - and for that I have to maintain good grades in High School in order to realize my goal.

DR. ARMSTRONG DESCRIBES BLAKE:

He is one of the most amazing young men I know: Driven, hard working, unstoppable. I look forward to great things from this young man in whatever arena he decides to step into. He is at his young age a force of nature.”

For further information on Southern California Spine Institute Medical Mentors, go to

www.SouthernCaliforniaSpineInstitute.com or call: 310.577.0741



Ian Armstrong, M.D.
Spinal Neurosurgeon
Medical Director: Southern California Spine Institute
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Dr. Ian Armstrong is the Founder and Medical Director of Southern California Spine Institute in Westlake Village, Los Angeles and Bakersfield. He was the Medical Director of Neurosurgical Trauma at Century City Hospital for over 10 years. As well as being Director of Neurosurgical Trauma at Midway Hospital in Los Angeles, he was also a Staff Trauma Neurosurgeon at Cedars-Sinai Hospital - where he was involved with teaching the Surgical Residents.

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THE GRAND DEL MAR

A MEDITERRANEAN-STYLE RETREAT IN SAN DIEGO

Just five miles from the Pacific - and a short 2-hour drive from Los Angeles - is a hidden jewel situated on a tranquil coastal canyon preserve. The Grand Del Mar - a 400-acre luxury resort - evokes the feel of an Old World Mediterranean estate. We visited the resort and luxuriated in its Grand Life ambience. Each area - from the lobby and guestrooms to the golf clubhouse -- is opulent, yet warm and inviting. The exotic Spanish, Portuguese, Moroccan and Venetian elements reflect the iconic style of Florida Renaissance architect, Addison Mizner.

Complementing its stunning décor and peaceful surroundings, the AAA Five Diamond, 249-room property features top-notch amenities and services, including a **Fazio-designed golf course, 4 swimming pools, tennis courts, an onsite Equestrian Center, a Renaissance-inspired spa, award-winning fine dining** and miles of **hiking, biking and horseback riding trails**.

THE VARIETY OF EXPERIENCES AT THE GRAND DEL MAR

We found a wide variety of experiences available at this special resort. Whether it's **Romance, Relaxation, Adventure or Family Fun** you're seeking, there's an endless array of choice at The Grand Del Mar.

A GOLFER'S PARADISE

The private rolling greens of The Grand Golf Club are the centerpiece of The Grand Del Mar. The area's only Tom Fazio-designed 18-hole, par-72 course winds throughout the scenic valleys of the beautiful Los Peñasquitos Canyon Preserve. From the varying elevations of the impeccably manicured fairways and greens to the 18th hole's million-dollar waterfall finale, the course is a golf lover's paradise - all 380 acres of it!

Post-putt, relax in the luxuriously appointed 50,000-square-foot Clubhouse, pick up a new club at the golf shop or improve your game at The Grand Golf Performance Academy, featuring the latest technology in golf instruction, PGA pros and partnerships with Stockton Golf and Titleist Performance Institute.

FROM HORSEBACK RIDING, HIKING, AND BIKING TO HOT-AIR BALLOONING

Beyond the greens, we explored the adjacent Los Peñasquitos Canyon Preserve, a natural wonderland with 37 miles of trails. An onsite naturalist leads programs for adults, children and teens alike – offering bird watching, hiking, nature walks and mountain biking excursions.

To allow guests to explore the picturesque preserve from new heights (on four legs), The Grand Del Mar recently added a 20,000-square-foot Equestrian Center, complete with an expansive riding area and eight trail horses and ponies. New equine-related programs and packages include horseback riding expeditions, horseback riding lessons, day camps and pony rides for the younger sets.

And when the alluring Pacific beckons, take advantage of The Grand Beach Service, which includes complimentary transportation, umbrellas, chairs and more, or let the resort's concierge help you plan a bicycling, fishing, surfing, diving, kayaking, boating or hot-air ballooning adventure.

DINING FOR ALL TASTES

After working up an appetite, The Grand Del Mar's award-winning signature-dining venue, **Addison**, offers an artisanal approach to contemporary French cuisine enhanced by California ingredients. Try the chef's 7-course Carte Blanche tasting menu and leave yourself in the hands of Executive Chef William Bradley, who recently received a 2011 Grand Chef designation by Relais & Châteaux – one of only 160 chefs

Clubhouse surrounded by Water Features





Mizner Suite



Addison Entrance

in the world to hold that honor. Since opening in 2006, the restaurant has established itself as a West Coast culinary powerhouse and is currently Southern California's only AAA Five Diamond and Forbes Five-Star restaurant. Additional kudos include a ranking as one of the Top 40 Restaurants in the U.S. from Gayot in 2010.

Completing the Addison experience, wine director Jesse Rodriguez pairs Chef Bradley's cuisine with selections from The Grand Del Mar's 34,000-bottle wine collection. Along with Bradley, Rodriguez was named one of StarChefs.com's "2010 Los Angeles-San Diego Rising Stars," and in 2009, 2010 and 2011, Addison was awarded the Wine Spectator Grand Award, the highest honor for restaurant wine lists.

Additional dining venues include: **Amaya**, an all-day restaurant offering American cuisine with Mediterranean influences complemented by a wine list emphasizing selections from Spain, Italy and France; a **poolside eatery**; the **Lobby Lounge**, offering small bites and Afternoon Tea; **Club M**, a grill by day and tapas nightlife venue by night; and **Cent'Anni**, a specialty gourmet shop and café.

A SOOTHING SANCTUARY AT THE SPA

Embracing the rejuvenating spirit of the Renaissance, The Spa at The Grand Del Mar symbolizes that era with its emphasis on restorative wellness, renewal and rebirth. Recently awarded Forbes Five-Star status, the 21,000-square-foot oasis features 11 beautifully appointed treatment rooms – with soft linens, plush pillows and heated blankets – including a plush couple's suite.

Inspired by the coastal canyon location, The Spa gleams an abundance

of local elements of the earth – warm mineral muds and clays, native herbs, soothing stones and calming botanicals – from the surrounding nature preserve.

The Spa's comprehensive programs and à la carte services encompass a full slate of natural therapies, including cleansing facials, deep tissue massages and invigorating hydrotherapy body treatments and wraps. The newest treatments, Manual Lymph Drainage (MLD) facials and massages, employ an innovative light, rhythmic touch technique to improve the overall functioning of the immune system – perfect for the cold and flu season!

MAKING HOLIDAY MEMORIES

Experience yuletide traditions on a truly grand scale with seasonal tasting menus, culinary classes, spa specials, festive family events and holiday room packages.

This is a great place to celebrate the holiday season with family or treat yourself to a well-deserved getaway from the hustle and bustle. There's a special Extra Grand Package, which includes one night's accommodations with \$50 resort credit per stay for use at The Spa, The Grand Golf Club, six dining venues and resort shops. Package price starts at \$395.

Escape to Europe within a 2-hour drive from Los Angeles and soak up the grand luxury of this uniquely beautiful resort. 🌿

Call 888.598.8406 for more information, or please visit www.thgranddelmar.com
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CABO

WHY WE HIGHLY RECOMMEND CABO FOR YOUR NEXT VACATION

Cabo is a short 2-hour flight from LAX - making it an inexpensive, easy-to-get-to destination resort that will instantly rejuvenate you - bring your blood pressure down - and knock your socks off in terms of amenities and superlative service.

Esperanza night scapes



the spas and everything you need - are right there. Los Cabos International Airport (SJD) is also closely situated so that you can be nestled in luxurious comfort shortly after airplane touch-down. Unsolicited reviews on these 4 properties range from, "It was like heaven with impeccable service" to "We were treated like Royalty in a resort that was even more beautiful than the pictures we saw" to "The most romantic place we have ever visited." From playing golf to scuba-diving to interacting with Dolphins or watching Humpback Whales migrating - Cabo is a truly magical playground for couples, families, groups of friends or business associates.

**CAPELLA PEDREGAL
PRIVATE OCEANSIDE OASIS MINUTES
FROM CABO SAN LUCAS:**

This 5-star, 24-acre resort is located at the southern tip of the Baja Peninsula where the Pacific Ocean meets the Sea of Cortez. Guests arrive at this lavish resort through a 300-meter private tunnel carved into the mountainside. After emerging from the tunnel, the open-air reception area welcomes guests with dramatic ocean views. Vacationers - including couples and families - appreciate the resort's secluded feel while also enjoying easy access to the action of

Cabo San Lucas - located at the opposite end of the tunnel.

PRIVATE PLUNGE POOLS: 66 elegantly-appointed suites include balconies/patios with private infinity-edge plunge pools, LCD TVs, and complimentary wireless internet access

SPA, PRIVATE BEACH: The resort features a private beach, outdoor pools, and a state-of-the-art fitness center; the full-service spa includes outdoor treatment rooms

WHAT TO EXPECT: AMENITY HIGHLIGHTS:

Guests can sunbathe at the private beach, lounge by the pool, or indulge in an outdoor treatment at the luxurious spa. Active guests can work out at the fully equipped fitness center or arrange snorkeling or scuba diving adventures. Three restaurants are on site including the resort's signature **Seafood Grill**. Additional amenities include a concierge desk, a kids' club, and 24-hour room service.

INSIDER TIP: Located nearby at the Cabo San Lucas Marina, the **Cabo Dolphin Center** offers the unique opportunity to swim and play with Pacific Bottlenose Dolphins. The center also offers educational programs including special interactive programs for kids.

4 TOP RESORTS FROM WHICH TO CHOOSE

We have picked 4 incredibly beautiful resorts with 5-star ratings - from which to choose. All these resorts offer: **1) Exceptionally beautiful locations with oceanfront views. 2) Secluded Privacy in a luxurious environment. 3) Discrete and exceptional service. 4) Lots of activities and healthy pursuits to have fun while staying fit and active.** Despite being conveniently situated close to Cabo San Lucas - there's little reason to leave any of these 4 resorts because the restaurants,



**ESPERANZA
INTIMATE OCEANFRONT HIDEAWAY**

This 5-star, intimate hideaway on a private beach 4 miles from Cabo San Lucas is conveniently close to golf, fishing, dining and shopping.

OCEAN VIEWS: Each **Oceanfront Casita**, **Luxury Suite**, and **Villa** offers Italian bedding, original art, custom bath products, and terraces.

OCEANFRONT BAR & SPA: Guests can dine at 3 restaurants and enjoy 4 pools, an Oceanfront Bar, Spa, Fitness Center, and Yoga Studio.

WHAT TO EXPECT: Esperanza is situated on a breezy tip of land above a pair of private beaches. It's a veritable paradise for guests on hiatus from high-pressure jobs, who enjoy the butler service, swaying hammocks, and swim-up bar. Romantic couples especially value the dramatic views, lavish rooms, and couples spa services.

AMENITY HIGHLIGHTS: Many guests choose not to leave the property during their stay. With the relaxing pools, sanctuary-like spa, exercise room, backyard snorkeling sites, and 24-hour room service, it's easy to see why.

A coffee shop and food market allow guests to set their own pace and a nearby walking trail is great for exploration. With a yoga and meditation room included, guests feel that they have everything they could possibly need to relax - on site .

INSIDER TIP: Wireless-enabled laptop computers are available nearly anywhere on the property.

**LAS VENTANAS AL PARAISO
EXCLUSIVE RESORT WITH BUTLER
SERVICE & SPA**

Nestled on a **white-sand beach** along the Sea of Cortés, this 5-star luxury resort at San Jose del Cabo is 20 minutes from the airport.

SPA TUBS: 71 lavish suites offer butler service, outdoor terraces, terra-cotta fireplaces, telescopes, and spa tubs.

INFINITY POOL, SWIM-UP BAR:

Amenities include 7 infinity pools, a swim-up bar, 3 restaurants, a fully- equipped fitness center, and a spa.

One & Only Palmilla;
Beachfront Junior Suite



Ahi Tuna at Esperanza



Infinity Edge Hot Tub at Esperanza

Las Ventanas



One & Only Palmilla Villa
Cortez Courtyard





Capella Pedregal

WHAT TO EXPECT: Hollywood's elite and honeymooners mingle freely near the pools and at the lounge. Though calming and sophisticated, Las Ventanas also has a sense of playfulness and fun. Guests are greeted in their rooms with a shot of tequila served in a clay jar. Pool butlers offer complimentary iPods and stop by hourly with a fresh spritz of frosted Evian, chocolate sorbet, and a chilled towel. The staff uses underground tunnels to move about, leaving guests to lounge - undisturbed.

AMENITY HIGHLIGHTS: Each Wednesday, the **Las Ventanas al Paraiso** hosts a beachside barbecue party serving fine cuts and seafood. The adjacent Cabo Real golf course challenges players with several holes along the waterfront, including hole 15, whose is just up a small hill from the hotel pool. Guests resting in beachside hammocks can request wake-up service by raising a flag. Hammocks are also equipped with a pulley system to alleviate the need to foot-propel the swaying action. In winter months, the staff scans the sea for signs of passing whales and signals guests by blowing an alert with a conch shell.

INSIDER TIP: Each night, a single table is set up for a private beachfront dinner, requiring diners to reserve well in advance.

**ONE&ONLY PALMILLA
VERDANT OASIS IN THE STYLE OF OLD MEXICO**

Located on the tip of the Baja Peninsula (San Jose del Cabo), this 5-star oasis on the beach is rimmed by desert and ocean.

OCEAN VIEWS: Private balconies or patios offer ocean views from guestrooms located along a beachfront bluff.

FINE DINING, GOLF The **One&Only Palmilla** resort's white stucco

walls and red-tile roofs are set among gardens, fountains, and the 27-hole Jack Nicklaus golf course. Experience fine dining at 2 restaurants, including C, created by Charlie Trotter.

WHAT TO EXPECT: A privately-situated luxury resort featuring modern amenities complemented by a contemporary hacienda design. The **One&Only Palmilla** offers guests refined luxury, delicious cuisine, spacious accommodations with stunning views and activities to ensure a pleasant vacation.

AMENITY HIGHLIGHTS: Proximity to the Pacific Ocean allows for many water activities at the resort including deep sea-fishing, snorkeling, diving and seasonal whale watching. The resort's world-class spa provides unique treatments specialized for all needs, from massage therapy to facials to body treatments.

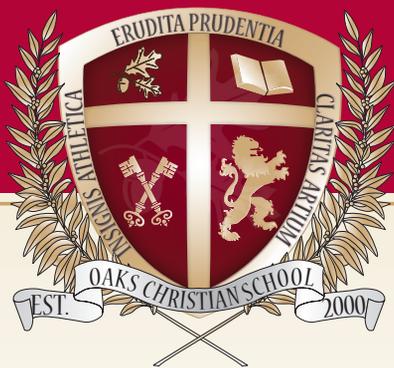
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