

Westlake Malibu

Lifestyle

The Healthy
Power of

Lisa Fallon

SEPTEMBER/OCTOBER 2012 \$4.50

Cyber
Warfare:
The Next
Frontier

Paddling
for a
Better
World

Leaf-Kicking
in Times of
Changing
Permanence

Trek the
Himalayas:
Discover
Natural
Harmony

A Royal Bow to the
Los Angeles
Kings



Scan QR code to be taken to our website



YOUR TICKET TO
THE ULTIMATE CINEMA
EXPERIENCE



THE PROMENADE
AT WESTLAKE VILLAGE
180 PROMENADE WAY
WESTLAKE VILLAGE 91362
SEPTEMBER 2012

RESERVE YOUR SEATS
WWW.CINEPOLISUSA.COM

FOR PROMOS AND DEALS FOLLOW US ON:

PEPPERDINE UNIVERSITY

ACADEMIC EXCELLENCE.
CHRISTIAN VALUES.
TRANSFORMED LIVES.



*Celebrating 75 Years
Strengthening Lives for Purpose, Service, and Leadership*

www.pepperdine.edu/75years

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

Heidelberg | London | Florence | Buenos Aires | Lausanne | Shanghai

.inspired design.
publications, inc.



inspired31.org



Schedule of Events 2012-2013

September 16, 2012

Shannon Sergy

ForeverFound.org

Inspired to...RESCUE & RESTORE

Shannon found her passion in fighting the horrors of child sex slavery and now runs a non-profit organization to aid in this fight. Through a partnership with artists, ForeverFound.org is playing a huge role in the rescue, healing, and restoration of victims of this modern day form of slavery--both in the U.S. and abroad. Her story will inspire you...one person can make a difference.

3:00 pm Camarillo Community Church \$7.50



Mother/Teenage Daughter* National Retreat in California

January 18-20, 2013

Friday night at 7:00 pm-Sunday at Noon

Kristen Cummins, M.F.T. and Bible Teacher

Designed to be...CROWNED

Daring to Surrender to His Royal Love

CROWNED invites you to come away on a life-changing journey where you will meet the power of God's love in ways that will help you surrender in obedience to His calling. As you receive your identity as a precious and Crowned daughter of the King, your heart will be released to receive the depths of His love, the holy and redeeming love of a Bridegroom King. Kristen's heart is to invite you to surrender to this overwhelming love of God whose radical affections can heal your heart, set you free, and empower you to live life as His Beloved. You won't want to miss out!

Retreat will be held at Camarillo Community Church and will include the entire teaching program, curriculum binder, snacks, lunch and dinner on Saturday, commemorative gift, etc., but will not include overnight accommodations.

* Or any combination of Mentor/Teen or Grandmother/Teen

Camarillo Community Church

\$99 early bird registration by Oct. 15th

\$125 registration after Oct. 15th

Partial scholarships available

2nd daughter free



October 7, 2012

Jennifer Strickland

JenniferStrickland.net

Designed to be...BEAUTIFUL

TRUTH PURPOSE FREEDOM FULFILLMENT HEALING

Former Giorgio Armani Runway Model who battled an eating disorder, drug abuse, loneliness, and a suicide attempt discovered the meaning of true beauty while at the peak of her career that left her empty. A familiar face in the 90's on Glamour, Vogue, and Seventeen magazines, she now speaks to teens across the country with a life-changing message on the real meaning of BEAUTIFUL and the myth of the "perfect girl". Be inspired with her story and practical teaching in this unique half day retreat!

1:30-5:30 pm

**Mini-Retreat & Boutique at a Somis Ranch & Garden
Somis Ranch, CA**

**\$12 prepaid registration/\$15 at the door
2nd daughter free**



February 3, 2013

Dannah Gresh

PureFreedom.org

Designed to...GET LOST

The Key to Experiencing True Love

Beloved speaker, best-selling author, and friend of Inspired31.org, Dannah will return to teach us about guys and God and how we get them mixed up. If you reach for a guy's love before you fully experience God's love, you may never find true love. The way to true love is simple: A girl has to get so lost in God that a guy has to seek Him to find her. Come hear this critical teaching before you "fall in love".

3:00 pm

Camarillo Community Church

\$7.50



April 14, 2013

Teen to Teen

Teen Panel

Inspired to...DREAM

Come hear from and interact with a panel of teens/young adults who dream big, go against the grain and are set apart in the way they pursue their dreams. Hot topics to be discussed include: choices about boyfriends, dating and marriage; bringing your passions to your college or high school campus and fulfilling life-long dreams using your own "design". Real teens; real life; and real answers.

3:00 pm

Camarillo Community Church

\$7.50

Our purpose is to **INSPIRE** teenage girls, mothers and others to find, follow and celebrate God's **DESIGN** for their lives and use it to impact others.

*For more information and TO REGISTER, please go to www.inspired31.org
Check out Iron27.org for the guys!*

HUBLOT

F1 FORMULA 1 logo, F1 logo, Formula 1, F1, GRAND PRIX and related marks are trade marks of Formula One Licensing BV, a Formula One group company. All rights reserved.

Polacheck's
JEWELERS

THE COMMONS at Calabasas

818.225.0600

WWW.POLACHECKS.COM



www.hublot.com • twitter.com/hublot • facebook.com/hublot



HUBLOT

**F1™ OFFICIAL
WATCH**

F1™ King Power Ceramic.

Scratchproof black ceramic chronograph.
Carbon fibre bezel with brake disc-style
applied insert in ceramic. Rubber and
Nomex® strap. 500-piece limited edition.

Antique Menagerie

"Establishment of Luxury and Curiosity"

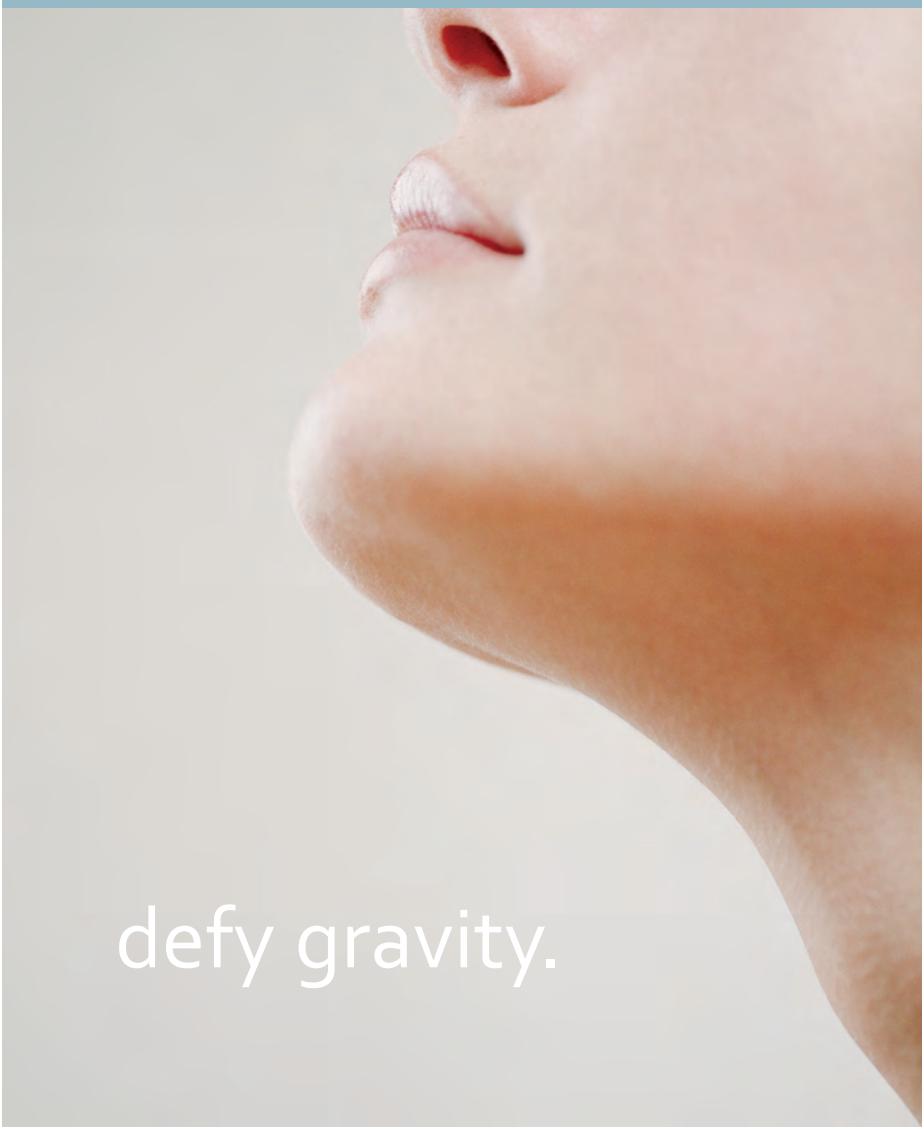
Antiques • Garden • Home Decor • Trinkets • Gifts and Whatnots

NOW OPEN



Antique Menagerie • 31143 Via Colinas, Suite 511, Westlake Village • 818.889.0200

non-invasive, uplifting ultrasound



defy gravity.

Introducing Ultherapy® the newest way to lift and strengthen your skin – from the inside out. It's not an injection or a laser. The FDA-approved Ulthera® System uses ultrasound to see below the surface of the skin, specifically targeting the deep foundational layers of tissue. The result? Skin that is strengthened and lifted. Ultherapy is safe and you'll see long-lasting results, with no downtime. Call us today for a complimentary consultation: 805-497-9400. In the Conejo Valley, Ultherapy is available exclusively at Remedy.

Visit us at: www.remedyskinandbody.com



Talia Emery, M.D.



remedy
skin + body
at the
WESTLAKE VILLAGE
Inn

SkinGrin™.com
by remedy skin + body



In this issue 09.12



12



48 94



Pursuits of excellence

- 12 ROYAL BOW TO THE LA KING'S STANLEY CUP VICTORY**
By Caleb Salas

Scene around

- 18 FASHION LEGACY IN HONOR OF NATALINE SARKISIAN**
26 'INSPIRE REALITY' AT VENTURA FARMS
44 EUBANKS ART DONATION TO CAL LUTHERAN
46 TUSCANY RESTAURANT'S 25TH ANNIVERSARY CELEBRATION

Ecoconscious

- 20 PADDLING FOR A BETTER WORLD**
34 VIA DE LA PAZ: AN ENERGY EFFICIENT SUSTAINABLE HOME

Motoring Pursuits

- 28 BECAUSE EVERYTHING ELSE IS JUST TRAFFIC**
By Larry Crane

Beautiful pursuits

- 40 TREAT PROBLEM AREAS OF YOUR BODY FIRST WITHOUT SURGERY**

Chatroom

- 42 SHORT STORIES ABOUT BIG PEOPLE**
By Bob Eubanks

What's New In Town

- 44 CINÉPOLIS LUXURY CINEMAS**

Cover story

- 48 THE HEALTHY POWER OF LISA FALLON**
By Diana Lyle
Photography by Martin Kunert & Jack Guy

Fashion sense

- 58 LEAF-KICKING IN TIMES OF CHANGING PERMANENCE**
By Magda Pescariu

Things we love

- 62 ITEMS FOR SUMMER**

Portraits of Power

- 64 CYBER WARFARE**
The New Frontier
By SOUTHEY ADDISON

Home and hearth

- 68 JORDAN COHEN'S PROPERTIES**
74 SIGI AND PAM'S PROPERTIES

Money smart

- 80 PREPARING FOR OPPORTUNITY**
By Doug De Groot
83 EXCEPTIONAL EXCEPTIONS PART 2
By Robert J. Katch

Your health

- 86 UNDERSTANDING METABOLISM**
By Ian Armstrong M.D.
88 JUICING, THE ULTIMATE FAST FOOD
By Lisa Fallon Mindel

Localscapes

- 90 REAL DRIVING WITH FORMULA ONE RACER ALLEN BERG**
By Larry Crane

Travelscapes

- 94 TREKKING THE HIMALAYAS**
Photography & Narration by Brett Darrington



On the cover

LISA FALLON
PHOTOGRAPHY BY MARTIN KUNERT



SITTING IN CASH?

We know you're nervous about the economy. That doesn't mean you have to sit on the sidelines and only earn half a percent. It's time to take some proactive steps and make your money work harder for you.

Manchester Financial can:

- *Safely earn you a higher return*
- *Help you keep what you earn*
- *Prepare for coming inflation*
- *Create a legacy for your loved ones*

Continuing changes demand that you have an expert to help you stay ahead of the game. Call Manchester Financial today for a complimentary consultation at (805) 495-4405.

Manchester
F I N A C I A L

Manchester Financial, Inc.
2815 Townsgate Road, Suite 100
Westlake Village, CA 91361
1-800-492-1107 • 805-495-4405
ManchesterFinancial.com

J★Girl HALLOWEEN COSTUMES

Voted Best
Lingerie Boutique
in Los Angeles!



Complete selection of fishnets,
thigh highs, and sexy and sweet
accessories to compliment your
Halloween Costume!!

Featuring Costumes By:

- Starline • Forplay
- Leg Avenue

J-Girl HALLOWEEN FASHION SHOW
at
BOGIES LOUNGE
FRIDAY
OCT. 19th - 9 PM

Call J-Girl for more details:
805-449-9999

visit our
Ohh La La Room
for those 18 and older!

October is Breast Cancer Awareness Month

**PURCHASE
ANYTHING PINK**
J-Girl will
Donate **10%**



in memory of our friend Jacqui S. Elbling.

Shop
Online: **Jgirllingerie.com**

805-449-9999

2900 Townsgate Road Suite 107 • Westlake Village, CA 91362



Gift
Certificates
Available

EDITOR-IN-CHIEF
Diana Lyle
818.865.9016

CREATIVE DIRECTOR
Robbie Destocki
Creative Image Design Group
805.530.0316

MARKETING/SALES DIRECTOR
Lonna Weber

CONTRIBUTING PHOTOGRAPHERS
Andrew Macpherson
Christopher Ameruso

SALES EXECUTIVES
Cheryl Fishman
Krista Eiberg

GENERAL LEGAL COUNSEL
Arthur H. Barenz, Esq.

CONTRIBUTING EDITORS

FEATURES EDITOR Elaine Yamasaki
FASHION EDITOR Magda Pescariu
MEDICAL EDITOR Ian Armstrong, M.D.

CONTRIBUTING EDITORS-AT-LARGE
SURFING Shaun Tomson
FINANCE Doug De Groote
Robert J. Katch

ADVISORY BOARD



Bob Eubanks



Ian Armstrong
M.D.



Michael J. Silver
Attorney at Law



Kym Douglas
M.D.



Kourous Azar
M.D.

ADVERTISING

Lonna Weber, Marketing/Sales Director
(818) 535-8500

lonnawebber@gmail.com
Cheryl Fishman, Sales Executive
(818) 219-8073

Cherylfishman22@gmail.com

Krista Eiberg, Sales Executive
(818) 314-3553
kristaeiberg@yahoo.com



Find us on:
facebook.

WESTLAKE-MALIBU-LIFESTYLE

MEDIA KIT

Online media kit information available at
www.wmlifestyle.com

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

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



Pain Relief

Providing you lasting relief from:

- Low back pain
- Hip pain
- Neck pain
- Pelvic/Groin pain
- Shoulder pain
- Tension headaches
- Leg pain
- Migraines

At PMIR, our physicians take a comprehensive approach to treatment. Our practice is based on Western medicine, and supplemented with research-proven alternative therapies. PMIR physicians have top-tier medical training, coupled with an understanding and respect for holistic practices. Our focus is providing treatment that surpasses simple symptom suppression. We address the underlying cause(s) of your pain as well as possible side effects, which may be equally debilitating.

Contact us today to learn how our customized treatments can improve your health and your life!

Thousand Oaks Office
425 Haaland Dr., Suite 101
Thousand Oaks, CA 91361
805.557.0096

Santa Monica Office
2336 Santa Monica Blvd., Suite 208
Santa Monica, CA 90404
310.917.6800

Simi Valley Office
3695 Alamo St., Suite 101
Simi Valley, CA 93063
805.522.2740

WWW.PAININJURYRELIEF.COM



Editor'sletter



At the time of going to press, I was in London attending the 2012 Summer Olympics, and was in awe of the sacrifices and commitment that become an integral part of performing at this world-class level. Fittingly, we have **Lisa Fallon** on our cover, whose athleticism and commitment to healthy living have given her that age-defying edge that so many people aspire to have. Lisa Fallon's strengths are innumerable. This Model, Actress and Triathlete is a Mom first. Married to Cinematographer Dan Mindel, Lisa juggles her extraordinarily full life like a pro. The family recently spent four years on Kauai, Hawai'i, but relocated back to this area in July. We hope that **Lisa's Cover Story** will inspire you to take healthy living to another level (Pg 48). Lisa has also kindly shared with us her **Juicing** secrets in our Health section (Pg 88).

We're particularly focused on **Environmental** respect this issue. Professional stand-up Paddler, **Jodie Nelson**, recently paddled 70 miles along our coastline with fellow environmentalists to highlight the state of our water ways. Everything that Jodie does is proactive and positive and she's hugely inspirational to the people around her ((Pg 20). You probably remember her marathon paddle two years ago from Catalina Island - for breast cancer. Also featured in our Enviroconscious section is **Via De La Paz** - an energy efficient, sustainable home which is also an aesthetic work of art (Pg 34).

The **King's Stanley Cup Victory** necessitated an in-depth article by talented Oaks Christian School graduate, Caleb Salas. Particularly noteworthy is his summation of the huge impact that **Wayne Gretzky** has made - not just on the NHL nationally - but locally here in California. Gretzky's dominance brought not only two additional franchises to California (the San Jose Sharks and Anaheim Ducks) but also new franchises to parts of the nation not necessarily known for hockey. Enjoy the story on Pg 12.

Beautiful local homes can be found on Pages 68 - 79. Our **Localscapes** (Pg 90) and **Travelscapes** (Pg 94) offer you great getaway options for decompression time.

Enjoy the end of summer.

Diana Lyle



Treatment of Varicose and Spider Veins

Vein Center of Westlake Village

Gentle, non-invasive treatment sessions improve appearance of skin on legs, arms, chest, neck and face

VeinGogh Technology

This virtually painless procedure has nearly replaced lasers for eliminating spider veins in our practice

Ultrasound Guided Sclerotherapy

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

Karel Douglas Vaughan, M.D.

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

To schedule an appointment call

805 495-8305

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



A ROYAL BOW TO THE LOS ANGELES KINGS



“KINGS WIN! KINGS WIN!

The Los Angeles Kings are now Stanley Cup Champions!” the 710 ESPN sports correspondent exclaims at the top of his lungs, barely audible. Yes, barely audible. The emphatic final buzzer, the emotional and piercing screams of die-hard Kings Fans, and the cheery hurrahs of the intrigued, on-looking Los Angelinos almost entirely tunes out the professional broadcaster’s exclamations.

BY CALEB SALAS



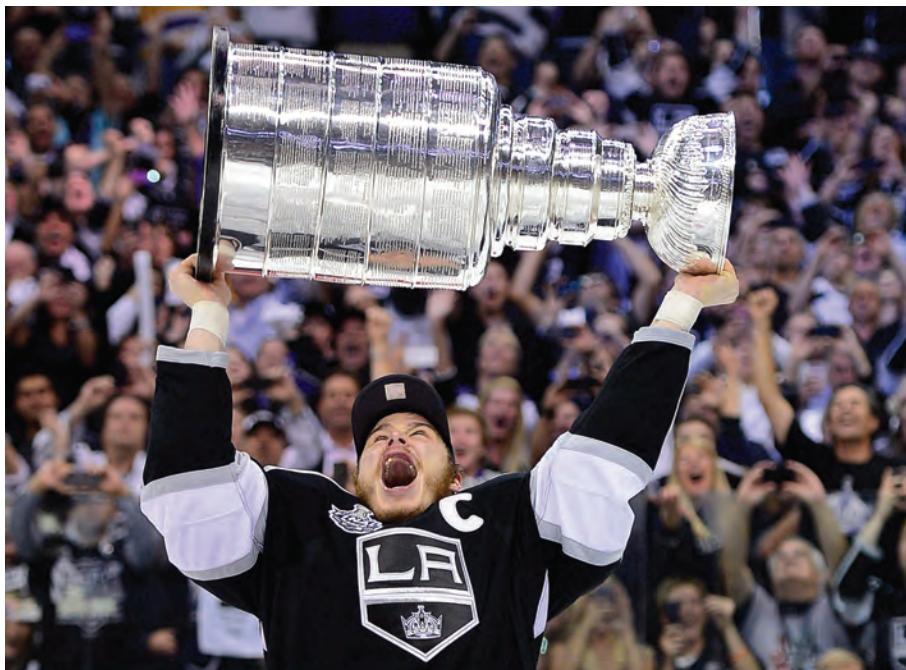


Heading into the 2012 Stanley Cup Playoffs, The Los Angeles Kings garnered just 40 wins, the least of any team that qualified; struggled on a 2-game losing streak, winning only 5 of their last 10 games and seeded last in the Western Conference. With having to face, in the first round of the playoffs, last year's NHL Runner up, The Vancouver Canucks, who accumulated the highest point total of any team, the series had appeared to be a lost cause, a definitive sweep, in 4 games. It almost was, but the Canucks managed to pull out a win in a five game series loss. From then on, it was as if magic permeated the air - so much so - that it carried the Kings through the second-seeded St. Louis Blues in a 4- game sweep and then past the third-seeded Phoenix Coyotes. In a relatively short amount of time, the Los Angeles Kings transformed from "the little engine that could," saying "I think I can, I think I can," into what was the Stanley Cup Playoffs' giant-killer, slaying the West's three heavyweights in the first three rounds, earning themselves their second ever Stanley Cup Appearance and ending a 19-year drought. A quick, commanding 3-0 lead over the New Jersey Devils propelled the Kings to their eventual 4-2 series victory and their first ever Stanley Cup Title. Finally.

The Organization's 45 years of unsuccessful attempts to construct a Stanley Cup team had ended; its efforts over the years, though, had come full circle. Few, if any, would have guessed that the King's poignant victory would have come during the 2011-2012 season, a season where team management fired its head coach, Terry Murray, 29 games into the regular season. In fact, the last time the Kings had even

LISTED AT 35 POUNDS AND JUST UNDER 3 FEET TALL, THE STANLEY CUP TROPHY MAY BE SPORT'S MOST PHYSICALLY-DOMINANT TROPHY. LIKE ALL CHAMPIONSHIP TROPHIES, THE CUP EMBODIES NOT ONLY THE BLOOD, SWEAT AND TEARS SHED FROM THE PAID PROFESSIONALS DURING THE COURSE OF THE SEASON, BUT ALSO THE DISAPPOINTMENT, FRUSTRATION AND JOY THAT COMES FROM WHOLE-HEARTEDLY ROOTING FOR A TEAM.

made a Stanley Cup Appearance was back in 1993 when the Kings were led by Hockey great, Wayne Gretzky. This time around, in 2012, there was not a player that came even close to Gretzky's caliber; there was not even that definite standout that fans could have suspected to carry the team's giant burden heading into the playoffs. There was no star player to rally behind. Key word: "was." Big-time players make big-time plays in big-time games. Alas, during the 2012 Stanley Cup Playoffs, a star was born. Time and time again throughout the playoffs, Jonathan Quick, the Conn Smythe MVP trophy winner, anchored the



King's defense, posting a 16-4 record with a 1.41 GAA, a .946 save %, and 3 shutouts by the time he hauled the cup over his head.

Listed at 35 pounds and just under 3 feet tall, the Stanley Cup trophy may be sport's most physically-dominant trophy. Like all championship trophies, the Cup embodies not only the blood, sweat and tears shed from the paid professionals during the course of the season, but also the disappointment, frustration and joy that comes from wholeheartedly rooting for a team. So, one can imagine the moments of disappointment and frustration that overwhelmed the hearts of many long-time fans. It is widely believed that had the struggles and failure to win a championship existed with any other professional sports team in Los Angeles - that disappointment and frustration would have not just overwhelmed, but, more so, characterized the fans. Laker fans? Dodger fans? Maybe, but not Kings fans. Kings fans have been never doubtful, always hopeful. The fact that hundreds of fans either remained seated or scurried down the aisles to the ice's windows an hour and a half after the Stanley Cup was awarded to the team, crying, hugging, and cheering, lucidly demonstrates not only the incredible loyalty that Kings fans boast, but also a deep, whole-hearted love that Kings fans share with the organization.

Now, what kind of significance does winning the Stanley Cup hold? Well, it holds all sorts of significance, pertinent to the type of fan that enthusiastically follows them. Having felt nearly every emotion to be felt, having ridden various emotional roller coasters, and having sacrificed easy success for difficult loyalty, Kings fans, after 45 years

CLOCKWISE: Kings goaltender Jonathan Quick presented with the Conn Smythe trophy from NHL commissioner Gary Bettman. Kings Captain Dustin Brown hoisting the Stanley Cup. Kings Coach Daryl Sutter during a press conference. The quest for the Stanley Cup even brought out soccer star David Beckham and his boys.

of tumultuousness, now bear the fruit of their labor. For the die-hard Kings fans that have genuinely supported the organization through thick and thin, the cup brings more than just pride; it brings a deep-rooted sense of validation as a sports fan. The Kings haven't been the most successful franchise over the years, so to stand superior among all the other hockey franchises, there must be a deep sense of "Yes, we finally did it." Additionally, the Kings are what many would consider an overnight success as they went from zero to hero, heirs to "Kings" in the course of a few weeks. This is also why the Cup Victory was so meaningful for the most loyal Kings fans because their loyalty to royalty didn't need an explanation: it was already an understood concept.

Now, The Kings Stanley Cup Championship affirms the idea that LA is a hotbed for success. Naturally, there is more notoriety that comes from playing for a professional LA sports team than for another team of a different setting. LA professionals are just more recognizable. Jordan Farmar has only ever served as a back-up point guard in the NBA, but it can be argued that because of his 4-year stint with the Lakers from '06-'10, he is one of the most recognizable back up point guards in today's game. All that being said, the Stanley Cup victory brings the tremendous notoriety that most LA teams have possessed, but that the LA Kings have - up until now - lacked. The Cup means less for the city of LA, but more for the Kings organization. A sad truth



GRETZKY'S IMPACT WAS IMMENSELY SIGNIFICANT ON NOT ONLY THE KINGS, BUT ALSO THE NHL. OBVIOUSLY, GRETZKY'S ARRIVAL DRAMATICALLY INCREASED FAN ATTENDANCE TO HOCKEY GAMES IN LA, BUT IT ALSO BROUGHT SO MUCH NOTORIETY FOR THE NHL ACROSS THE NATION. IT'S WIDELY BELIEVED THAT IT WAS GRETZKY'S DOMINANCE THAT BROUGHT NOT ONLY TWO ADDITIONAL FRANCHISES TO CALIFORNIA, THE SAN JOSE SHARKS AND ANAHEIM DUCKS, BUT ALSO NEW FRANCHISES TO OTHER PARTS OF THE NATION, NOT NECESSARILY KNOWN FOR HOCKEY.

(LEFT) The day that changed hockey in Los Angeles and across the globe, August 9, 1988, Wayne Gretzky becomes a Los Angeles King

is that while a starting Kings player could walk into a bar, have a few drinks, and then leave unnoticed, the same could not be said of any other paid LA professional athlete. Sure, Hockey players are almost entirely covered from head to toe in protective gear which makes it difficult to see what each player looks like on television, but, at the same time, when someone is getting paid to compete at the highest level of a sport, and only a handful of people can identify that someone in everyday life, that's when it ought to be understood that there's a problem. This changes all that for star players like Dustin Brown and Jonathan Quick and for head coach Daryl Sutter.

For the first time since Gretzky led the Kings almost a decade ago, "the Kings game" was considered the main event by the majority of Los Angelinos. Sure, the quick postseason outings by both the Lakers and Clippers funneled some additional attention, but the Kings postseason play pretty much demanded attention, and, man, did the Kings come through. For once, the only LA team that was making sports headlines: The Los Angeles Kings. This is especially important because for quite some time now, hockey, through the years, has become significantly less about the individual, and increasingly more about "the team." Yet, the Kings haven't really shared major team success in recent years, and, therefore, their notoriety has really taken a knock, but with their improbable and historic Stanley Cup victory now in the books, the Kings organization can officially turn the page, move into a new chapter, and refresh its book.

The Kings appear to be well on their way back to relativity while NHL appears to be well on its way back to the forefronts of the sports

world, just as Gretzky had established in the 90's when he was deemed the Male Athlete of the Decade by the Associated Press. Don't know if there exists a hockey player in today's world that possesses as much star power as Gretzky did in the 90's. Gretzky's impact was immensely significant on not only the Kings, but also the NHL. Obviously, Gretzky's arrival dramatically increased fan attendance to hockey games in LA, but it also brought so much notoriety for the NHL across the nation. Gretzky's demeanor, a lot like Kobe Bryant's, was always so dominant and, subsequently, captivating. It's widely believed that it was Gretzky's dominance that brought not only two additional franchises to California, the San Jose Sharks and Anaheim Ducks, but also new franchises to other parts of the nation, not necessarily known for hockey. This is the type of prominence that the Los Angeles Kings seek to recapture. If the 2013 season ends anything like the 2012 season, then it wouldn't be too far off to say that they just might be there - in only a few years.

If it ain't broke, then don't fix it, right? That's what General Manager Dean Lombardi appears to believe. Lombardi has resigned role players Dustin Penner, Jarret Stoll, and Collin Fraser to short-term contracts, while locking in the goalie extraordinaire, Jonathan Quick, for 10 years. He's wisely retaining all the pieces of the magical 2012 Kings team, but only guaranteeing a year - so that same magic should still be in the air in 2013 like in 2012. Add to that the probability that Lombardi should have some financial flexibility in the upcoming seasons. With the Kings back on the map, they'll be looking for new ice to conquer. Brace yourself. 



EVERY MEAL, EVERY DAY ALWAYS BRENT'S

For over forty years our family has welcomed yours. We deliver friendly service, consistent quality and true value, 365 days a year. Come on in and have a nosh during happy hour or a lovely brunch with friends. For an unforgettable meal any time, choose Brent's.

#1 DELI IN L.A.
-LOS ANGELES MAGAZINE

BEST HAPPY HOUR IN
TOWN, 7 DAYS A WEEK!

VOTED #1 DELI
-ZAGAT SURVEY

Northridge 818-886-5679

Westlake Village 805-557-1882

brentsdeli.com



Scenearound

Fashion Legacy in Honor of Nataline Sarkisyan

Eluni Photography • M.T.H. Photography

Fashion Legacy was created to honor Nataline Sarkisyan and the aspirations she had. Despite being diagnosed with leukemia, there were some things which leukemia just could not take from Nataline: her teenage dreams and hopes of organizing and holding a fashion show.

Nataline lost her courageous battle on December 20, 2007, but her dream will be fulfilled and her loving, generous spirit will live on forever. Every July, in homage to Nataline's birthday, Fashion Legacy will be held.

The annual proceeds of ticket sales to the fashion show, together with benevolent contributions to Fashion Legacy, will provide grant scholarships to eligible students attending a fashion or culinary learning institute and Medical school. Nataline's dreams will, in turn, help one of her peers live their dream.



Host of the night, singer, songwriter & TV host Maria Cozette



Margaret Mott presenting the Congressional Certificate of Recognition to The Nataline Sarkisyan Foundation on behalf of Congress



Nataline's first dress, sketched by her and brought to life by Pol Atteu of Beverly Hills



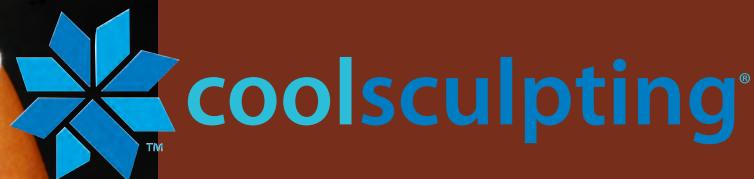
Peter Sarkisyan & Kev King Kouyoumjian



VelaShape II™

Does your body resist ideal contours despite a healthy diet and regular exercise? Do you suffer from stubborn cellulite, leaving areas of your skin dimpled and sagging? If your answer is "yes," VelaShape™ body shaping and cellulite reduction is for you! .

VelaShape™ combines radio frequency waves, a laser, and suctioning massage to effectively reduce the size of fat cells and re-contour the skin's surface with no downtime.



Coolsculpting is the cutting-edge technology that freezes fat cells, which are then eliminated through the body's natural system.

No incision, no down-time!

Great for reducing unwanted bulges in the abdomen, love handles, back, inner and outer thighs.

Because Dimples are for Smiles

Call for a free consultation

818.225.0117

BELLA SKIN INSTITUTE
Dermatology, Laser &
Aesthetic Surgery



www.bellaskininstitute.com

23622 Calabasas Road, Suite 339
(Across from the Commons)



Dr Anna Guanche, MD
Board Certified Physician



Jodie Nelson's 2010 paddle from Catalina Island for Breast Cancer. Larry the Whale accompanied her



PADDLING FOR A BETTER WORLD

BY DIANA LYLE • PHOTOGRAPHY COURTESY PADDLE WITH PURPOSE AND DAVE CORNTHWAITE

In March 2010 we featured the wonderfully brave Jodie Nelson who successfully completed a grueling Catalina Crossing on her stand-up paddle for breast cancer awareness. The moral support that she rendered to her friend and to breast cancer awareness made international headlines as Larry the Whale accompanied her - and - Jodie donated \$50,000 to the 'Keep a Breast Foundation' and \$50,000 to 'Boarding 4 Breast Cancer.' Shortly afterwards Jodie launched her own non-profit 'Paddle with Purpose.' Its mission is to raise funds and awareness for various worthy causes and non-profits through the sport of stand-up paddling. Jodie explains, "We use stand-up paddling to empower people through the experience of getting to participate in the sport."



Jodie Nelson

STAND-UP PADDLING IS SUCH A GREAT PLATFORM FOR CREATING AWARENESS, INITIATING CHANGE, AND FUNDRAISING. I HOPE TO SHOW PEOPLE THAT THEY TOO CAN DO GREAT THINGS WITH JUST A BOARD, A PADDLE, DETERMINATION, AND A DREAM.

Since 2010, Jodie's 'Paddle with Purpose' foundation has linked up with the **John Ritter Foundation** and the **Thoracic Aortic Disease (TAD)** Coalition for an annual **Stand Up Paddle** race called the **Adler Paddler**. Jodie's positive energy is felt in so many worthy quarters: In just two years she's helped raise awareness through educating the paddlers about **Thoracic Aortic Disease**. She explains: "We encourage people to understand their family genetic history and we hand out the 'Ritter Rules'".

As if that's not enough on her schedule, Jodie has also done a paddle around New York City to raise money for 6 different Autism foundations including **Autism**

Family Services of New Jersey (AFSNJ), Autism NJ, Hawaii Autism Foundation, Parents of Autistic Children (POAC), Surfers Healing, and Virginia Autism Project.

In 2011, Jodie did the Catalina crossing again to raise money for **Red Cross Japan Tsunami Relief**. She's also involved in an outreach program which includes working with a non-profit organization that houses emaciated and at-risk teens. She explains, "We use stand-up paddling as a reward when the teens meet certain goals such as good grades. We also take breast cancer patients and survivors out to enjoy stand-up paddling as a way to get back out on the water - experiencing something new."

The inspirational Jodie enthuses: "Stand-up paddling is such a great platform for creating awareness, initiating change, and fundraising. I hope to show people that they too can do great things with just a board, a paddle, determination, and a dream."

RIVER TEAM PADDLES THE COASTLINE FROM TRESTLES TO TIJUANA RIVER

Another non-profit, **Below the Surface**, is dedicated to the exploration of and education about the issues surrounding water. It is focused on identifying the issue – water pollution, and field testing economically feasible ways to recycle wastewater. **Below the Surface** and **Paddle with Purpose** have teamed up and embarked on a stand-up paddle from **Trestles to TJ** - from the mouth of the San Mateo Creek which feeds the world-renowned surf breaks at Trestles on the San Diego-San Clemente Border over 70 miles down the coastline to the Tijuana

Voted Ventura County's Favorite Veterinary Hospital!



- Serving Your Neighborhood for Over 25 Years
- 38,000 Sq Ft Veterinary Campus
- Largest State of the Art Facility in the Conejo Valley
- 24-Hour "On-Call" Emergency (including House Calls!)
- Exotic Animal & Bird Wellness Center
- Natural Nutritional Supplements & Holistic Care
- Board-Certified Dermatologist On-Staff
- Luxury Boarding, Grooming, Day Camp & Training On-Site
- Pick-Up & Delivery Available in "Pet Friendly" Van

BestPetCare@westlakevet.com • 31166 Via Colinas, Westlake Village

(805) 497-4900 • westlakevet.com

LIKE US
[facebook.com/WESTLAKEVET](https://www.facebook.com/WESTLAKEVET)

VIA COLINAS DESIGN CENTER YOUR *Architectural Home & Garden Destination*

CASA MEXICANA IMPORTS
casamexicanimports.com
818-879-1974

MERRITTS UNIQUE FURNISHINGS
merrittsunique.com
818-874-9000

ASIAN FURNISHINGS
myasianfurnishings.com
818-865-8257

KARMA HOME ACCENTS
karmahomeaccents.info
818-706-0715

VINTAGE VILLA HOME COLLECTION
vintagevillahomecollection.com
818-889-8647

á la Maison
alamaisonwlv.com
818-338-3301

MEADOW GARDENS AND HOME
meadow-gardens.com
818-879-9555

Come...Explore Our World!
VIA COLINAS DESIGN CENTER

THE DRAPERY GUY
thedraperyguy.com
818-707-8500

OAKS FLORIST
oaksflorist.net
818-991-5444

31139-31143 VIA COLINAS
WESTLAKE VILLAGE, CALIFORNIA 91362
(ACROSS FROM THE FOUR SEASON HOTEL)

THE SOFA GUY
thesofaguy.com
818-991-0802

Dedicated Environmentalists on Trestles to Tijuana Paddle



River at the US/Mexico border. 15 paddlers from a variety of organizations including **Below the Surface**, the SUP Spot, the Mission Continues, National Geographic Young Explorers, the Eco Warrior Project, SUP Core, Expedition 1000, Red I Nation, Namaste SUP and endurance athlete Dave Cornthwaite came together for this inaugural event. Trestles to TJ is meant to draw attention to the impact of riverine water pollution on the coastline, and is the official launch of the Riverview Mobile App which is part of Below the Surface's Riverview Project, or "Google's Streetview for Rivers".

The Trestles to TJ July 2012 paddle had paddlers launched and finished at the mouth of 7 rivers that meet the ocean, including the San Mateo Creek, Batiquitos Lagoon, San Dieguito River Mouth, La Jolla Cove Marine Protected Area, San Diego River, the Silver Strand side of the Sweetwater River and the Tijuana River. Paddlers were accompanied by chase boats provided by **Hess Gen Inc** and **Oceanforce Foundation**.

Below the Surface takes a collaborative approach on its projects that help strengthen the riverine and marine



Paddle With Purpose's Jodie Nelson sets off on Trestles to Tijuana

THE BELOW THE SURFACE TEAM IS AN EDUCATED GROUP OF PEOPLE WORKING HARD TO NOT ONLY RAISE AWARENESS OF THE PROBLEMS IN OUR WATERSHEDS AND OCEANS, BUT THEY ARE GETTING OUT THERE AND OFFERING UP SOLUTIONS!

ecosystems. Jodie's support for Below the Surface is based on her respect for their work. She explains, "The Below the Surface team is an educated group of people working hard to not only raise awareness of the problems in our watersheds and oceans, but they are getting out there and offering up solutions! I am excited to see Trestles to TJ become a yearly pilgrimage as a celebration of our waterways."

The U.S. Environmental Protection Agency (EPA) has worked closely with Below the Surface to develop the **Riverview Mobile App**, particularly to include information about the health of waterways. "EPA is excited to work with Below the Surface on this expedition and the technology for the Riverview Mobile App," says Nancy Stoner, Acting Assistant Administrator for EPA's Office of Water. "Empowering and engaging citizens is absolutely essential to clean water in this country, and the Riverview App is a fantastic tool for spurring grassroots stewardship of our rivers, lakes and coastal waters." 

www.paddlewithpurpose.com
www.belowthesurface.org



Malibu home of Catherine Oxenberg and Casper Van Dien, circa 2012



barrie livingstone
since 1968
residential, hospitality & yacht interiors

Areas Barrie can help you develop your style:

Interior Design from a one room make-over to entire home renovation

Furniture Inventory Using existing furnishings combined with new elements allows them to regain their presence in a room

Colour Palate Development Appropriate use of colour throughout your home will create a sense of order and place. It will promote a harmonious theme that will blend rooms together

Exterior Façade Unsuitable light fixtures, wrong paint colour and exposure to the elements all can make your dream home seem quite dreary

Fear of Commitment to use an interior designer is eased with Barrie's always complimentary one hour consultation service. By setting realistic goals, together we can achieve dramatic results in a small window of time



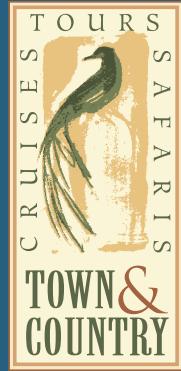
Scenearound

'Inspire Reality' at Ventura Farms



David H. Murdock hosted "Inspire Reality", a reception and dinner in support of the Westlake Village Park and YMCA along with Westlake Village Mayor, Susan McSweeney, at Ventura Farms on Friday, June 29th. The 160 guests who attended were provided an overview of a multi-million dollar fundraising campaign to create a new Community Park and YMCA in the City of Westlake Village . Mr. David H. Murdock, who is passionate about the benefits of good nutrition and exercise, pledged his support of the project and asked those who attended to join him in support of this great new venture. The next fundraising event to support the project will be held on Friday, October 5 at the Four Seasons in Westlake Village. For more details: Campaign Office at campaign@sevymca.org or 805-497-3081 x 110.





8 REasons to take a Regent Seven Seas Cruise

- REcharge.....your battery in SIX STAR luxury
- REinvent.....with FREE unlimited shore excursions
- RELax.....on your private balcony
- REjuvenate....in the Canyon Ranch Spa
- REconnect.....by sharing the cruise with friends and loved ones
- REFresh.....with "all inclusive" spirits and fine wines
- REtreat.....to gourmet dining experiences in four restaurants
- REbook.....another wonderful Regent Seven Seas adventure

Mention this ad for a
limited time offer
\$200 Shipboard Credit

Regent
SEVEN SEAS CRUISES

Book your Regent Seven Seas Cruise with Town & Country and receive... —

FREE Roundtrip Air, FREE Business Class Air in Penthouse Suites and Higher in Europe,
FREE Luxury Hotel Package, FREE Pre-Paid Gratuities

*Town & Country has special amenities, shipboard credits and hosted sailings
on over 100 cruise departures each year. Ask for details.*

195 East Hillcrest Drive, Suite 112 | Thousand Oaks, CA 91360
www.countrytravel.com | 805-495-9888

CST# 1009290-10

FOR MEN & WOMEN

GIVE US 5 DAYS AND WE WILL GIVE YOU BACK 10 YEARS

Dr. Azar is introducing the **SmartSkin CO2 Laser** to the Conejo Valley



- > Dramatically reduces wrinkles
- > Tightens skin
- > Treats brown spots
- > Improves skin irregularities
- > Smooths and treats uneven pigmentation
- > Treats dark under eye circles
- > Reduces pore size
- > Minimizes acne scars and other scars

Call us today **805-373-7073** for a
complimentary consultation.

**ONE FREE BOTOX area with laser treatment.
Financing available upon approved credit.**



Kouros Azar, MD

PLASTIC SURGERY

CERTIFIED, AMERICAN BOARD OF PLASTIC SURGERY

425 HAALAND DRIVE, SUITE 200 • THOUSAND OAKS CA 91361
WWW.DOCTORAZAR.COM • 805-373-7073



NEWEST TECHNOLOGY WITH LESS
DOWN TIME AND FASTER RECOVERY.



Motoringpursuits

Because Everything Else is Just Traffic

Pure Vision is what Steve Strope brings to his very personal world of cars
By Larry Crane • Photography from 'Pure Vision Archive'

One of the great automotive aphorisms states: "All great cars are made within 200 miles of a mountain range." Detroit, an American isolationist colony on the central plains, made sturdy, useful, reliable cars for decades, in a culture where "engineering" had a literal focus on engines. The most exciting of the mid-west's quintessential product was fast, but not much fun when it found its way to real topography.

Steve Strope's first Chevrolet El Camino left Detroit as a car-based pickup with all the dynamic sophistication of a work truck, but he built it into what he wanted to drive—in the northern reaches of the Appalachian Mountains. What Detroit had no reason to consider, a young musician with talent, mechanical skill and ambition accomplished in a family garage, a driver's El Camino. It made several trips south through the mountains to Florida and an annual visit to the Hot Rod Magazine Super National Drag Races in Canfield Ohio. In its third stage of evolution it was also finished like a show car.

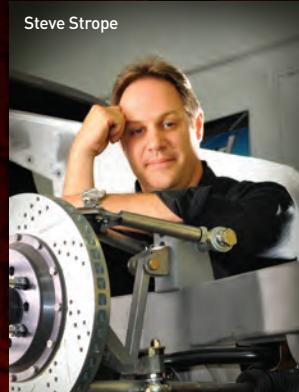
By that time he, like many of us, had made the decision to leave the family's base; he was in the tiny village of Apalachin, New York, so he filled his car with all his worldly possessions, and make the car guy pilgrimage to California. The vital stop in Canfield for the Super Nationals set in motion a series of serendipities that launched the west coast plans beyond his wildest dreams—so far he had only made it to Ohio.

Sitting in the parking area with friends, with the El Camino in plain sight, he noticed a guy with a camera coming back for a second, more thorough look. After a few minutes he walked over and engaged the guy in conversation and his ownership of the car was soon established. The photographer introduced himself as Jeff Smith, editor of Car Craft magazine; a senior member of the pantheon of car guy deities. He wanted to photograph the El Camino for a feature story. California was still 2000 miles west. There were three features published on the car before Strope completed his first year on the coast. The now-famous car was sold to a hot rod enthusiast in Japan for enough to start a new project.

The target was the Hot Rod magazine annual Power Tour across the country. A rare 1966 Dodge Charger Fastback was found, a painting was commissioned to illustrate the finished idea, and it was proposed to the magazine as a high-quality-budget-build for the Tour. The El Camino was his much admired credential. Enthusiastic parts and products sponsorships were arranged and "Skully," one of the first of the new Pro-Touring muscle cars (American power and European control) was underway. It would soon be a legendary star in the Chrysler Mopar galaxy, to say nothing of being voted one of Hot Rod magazine's Top Ten cars of the year. "Pure Vision" was founded to give the energy source a name and it perfectly described Steve Strope's approach to car building.

Each project inspired the next. Skully was built in an apartment garage; the body preparation was accomplished in a driveway, and the paint was applied in a friend's body shop and the graphics went on through a 12-hour night. Pennzoil wanted a promotional El Camino with Strope's magic touch. It could be built in the Hot Rod magazine shop. There were soon orders and budgets far beyond the early projects. Custom-designed and built suspensions, wheels, engines, interiors and luxury accoutrements became the standard bar that was continually raised.

The documentary of building the "Anvil" Mustang won a Daytime Emmy in "Best Lifestyle" category. Four of the cars now under construction at Pure Vision are being taped for individual segments on Cars TV. TV and movie cars are also in the mix; think Vin Diesel's car in the 2006 movie, The Fast and Furious 3-Tokyo Drift (Universal Studios™). Two of the company's cars have been made into very



Dodge Charger "HAMMER" star of "Fast and Furious"



Photo courtesy Randy Lorenzen



Petrol Charger

high-quality 1/8th scale die-cast models by GMP. Mattel even produced a line of Pure Vision miniatures from a set of large-scale prototypes built by—Steve Strope. On the subject of children and toy cars, the Indianapolis Children's Museum has a room where each child is given a plain white Mattel car and a line drawing of it upon which he or she designs a paint scheme in full color. The white car is then painted according to the drawing and the graphic design applied. There is always a designer/mentor in the room—Steve Strope. He is also the host of a radio program and co-hosts several television productions. It all reminds him of the fun he had on stage with the band. It's still fun.

Allyson was another wonder-filled serendipity in a life full of good karma and surprises. She is proving to be every creative high achiever's dream wife. After dealing with the sounds of a metal shop in her home garage, she found a small shop close to home big enough for Steve to complete a single project, then another bigger shop nearby when multiple builds were demanding space, and that one is beginning to be packed beyond capacity. The quality of work remains as much a Pure Vision as Strope's first car. He is determined not to outgrow his current shop in order to keep his talented team together. The group, 4 builders and Steve, are cur-



rently working 7-day weeks from 8:00 a.m. until midnight.

The Malibu Mountains continue to prove the old adage about great cars and topography. Steve Strope describes his business: "Yesterday's muscle car, today." The Pure Vision goal is to create a thoroughly capable automobile, with chassis dynamics equal to any alpine-focused super car, under the skin of the fabulous forms of America's much-loved muscle car era. Every car finished in the Pure Vision shop is the subject of multiple magazine features along with nearly universal documentary footage for television. Future projects are now booked well into 2014.

"My life is the strangest, weirdest place..." Smile. 



WORLD CLASS MOTORING

www.worldclassmotoring.com

1 LEATHER MATS

Highly durable, stain proof, 5 colors, 2 finishes	
2-piece front	\$199.00
4-piece set	\$249.00
Cargo Mat	from \$249.00

2 Nurburgring Jacket

\$ 60.00

3 917K LeMans T-shirt

\$ 28.00

4 Gulf Cap

\$ 29.00

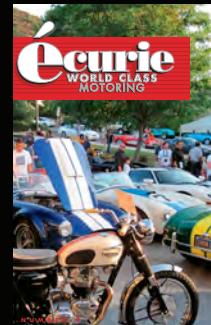
5 ZYMÖL Complete Kit: The perfect selection of the finest car care products on the market today, encased in a sturdy, molded briefcase style carryall. \$263.00

6 WORLD CLASS CAR COVERS

Extensive selection for indoor or outdoor, car specific, custom fit From \$159.99
Form-Fit Cover as shown \$389.99

ÉCURIE WORLD CLASS MOTORING

FREE, monthly magazine / catalog. Call or email to join our ÉCURIE insider's group for special events



BIG WEDNESDAY

Last Wednesday of the month, Great cars, Great car people, Live music, Good food, Lively livations

**5076 Chesebro Road
Agoura, CA 91301
800-986-4977**



2



3



4



5

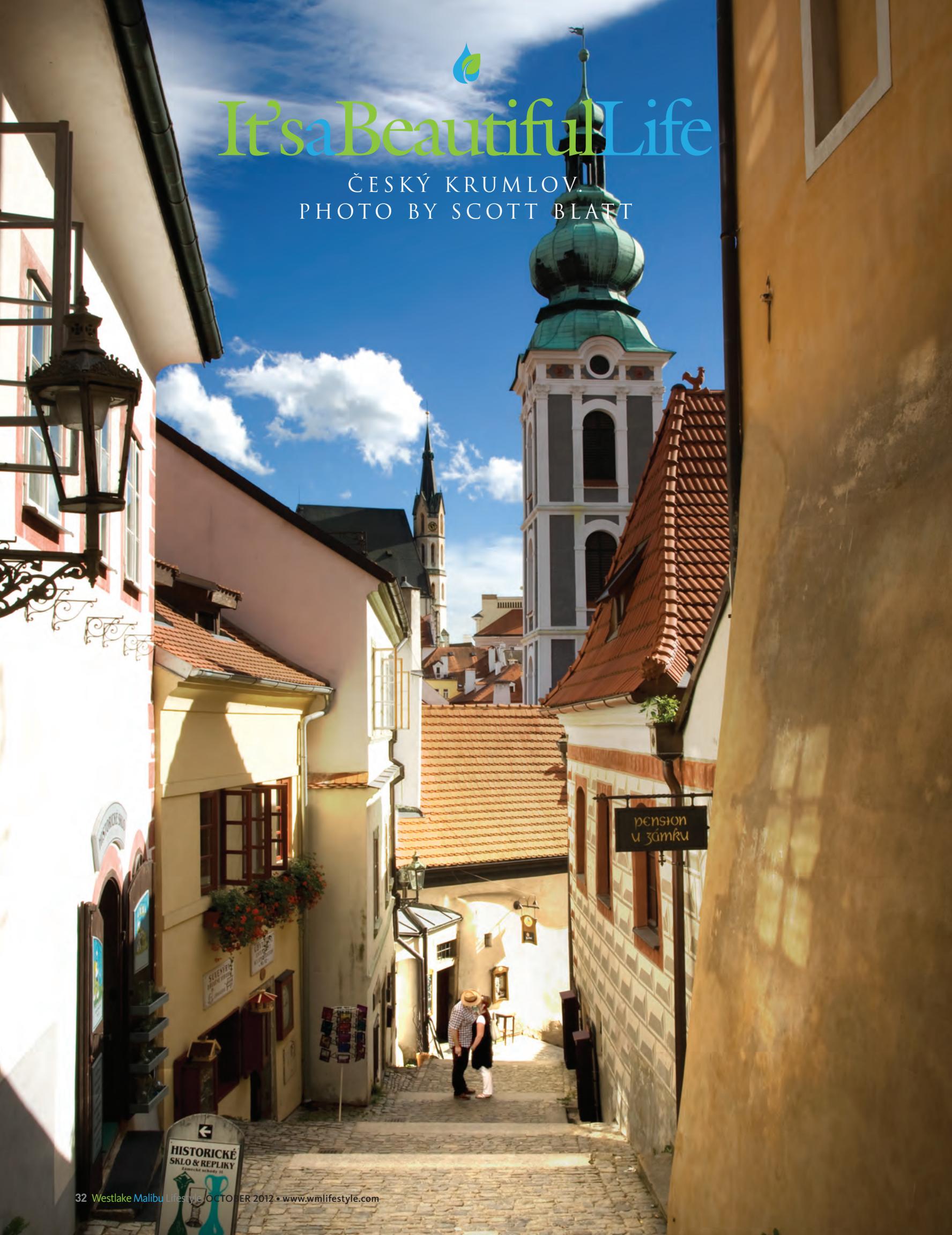


6



It's a Beautiful Life

ČESKÝ KRUMLOV.
PHOTO BY SCOTT BLATT

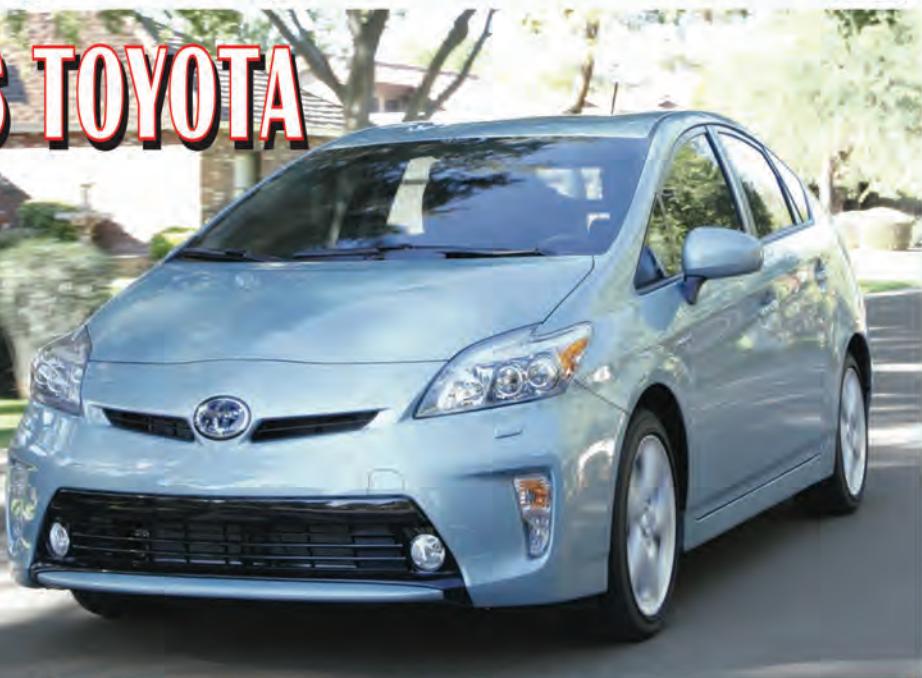


Toyota leads the way in Hybrid technology AND THOUSAND OAKS TOYOTA LEADS THE WAY IN IN HYBRID SALES!

**Serving The Ventura
County Community
Since 1968**

**SEE THE FULL LINE UP OF
PRIUS MODELS INCLUDING:**

**Prius, Prius C, Prius V and
the all new
Prius PLUG-IN**



**PLUS
THE NEW 2012 CAMRY**

HYBRID



THE NEW 2012 HIGHLANDER

HYBRID



Thousand Oaks Toyota

**2401 Thousand Oaks Bl.
805-497-2791 818-889-8918**

Check out our web site at: totoyota.com



Via De La Paz

Energy Efficiency and Sustainability in an Aesthetic Work of Art. Photography by Adam Latham

Via De La Paz, Pacific Palisades - otherwise known as **VISION House® Los Angeles** - is the first visionary and sustainable showcase home of its kinds on the west coast. This breathtaking new home is the collaborative effort of **Green Builder® Media and Structure Home** and the goal of the project partners was to educate and raise awareness with a custom home that demonstrates current products, materials and construction methods on the leading edge of sustainable design. **VISION House® Los Angeles** is a research and training opportunity that provides builders, remodelers, designers and consumers essential green-building information relating to both new construction as well as retrofit/remodeling. This unique project is an inspired, architectural home by **KAA Design Group, P2 Design, Jill Wolff Interior Design, and MJN Landscape Design Studio**.



Airy, sunlit master suite



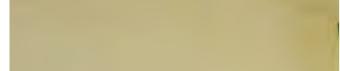
This new home offers expansive walls of glass with warm, contemporary styling, in conjunction with an open, yet traditional floor plan. This visionary concept is designed to blend seamlessly into the natural environment. The courtyard's peaceful setting is highlighted by a soothing water feature. The expansive and linked chef's kitchen, dining and family areas are connected to an outdoor loggia living room, accessed through fold-away glass doors, opening to the exterior spaces and gardens. It's an ideal Californian indoor/outdoor entertainment home.



Spa-like master suite bathroom

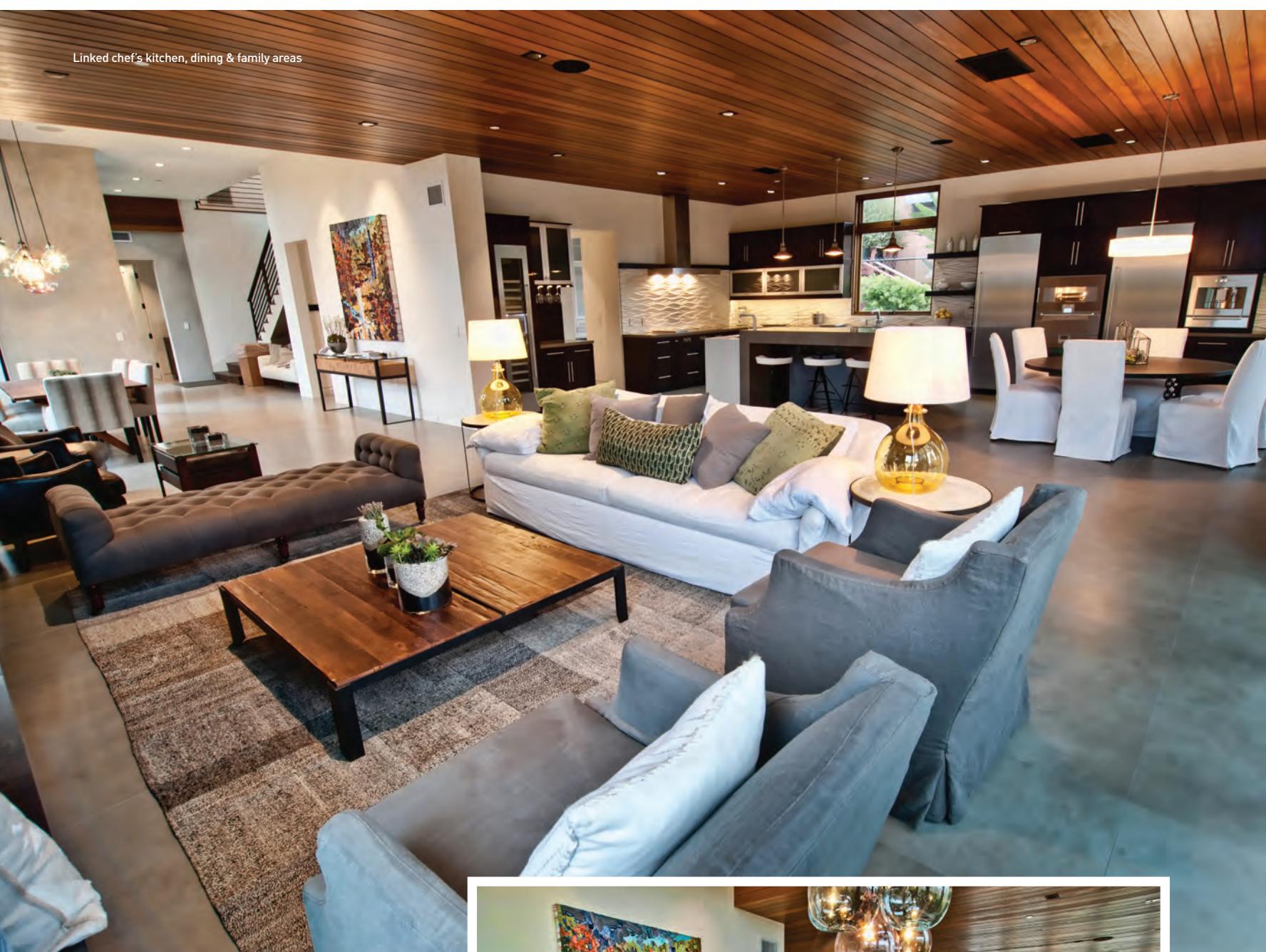


This visionary concept blends seamlessly into the natural environment



Warm contemporary styling

Linked chef's kitchen, dining & family areas



The finish materials are exquisite and range from stained cedar ceilings to porcelain tile and oil rubbed engineered Walnut floors. There's a succulent rooftop garden, and an airy, sunlit master suite with sumptuous spa-like master bathroom.

This technologically-advanced home reflects change towards a better and brighter future for residential living while respecting the historical reference of indigenous California architecture. Not surprisingly, it will achieve the distinguished LEED Certified Silver. 

For more information go to:
www.structurehome.com and
www.greenbuildermag.com/VISION-HOUSE



Voluminous
stained cedar
ceilings &
exquisite
finish materials
throughout

THE EXPERTS AGREE

USE A WATER FILTER

Every day, there are more articles being written about the importance of a water filter for overall health. Dr. Oz, The President's Cancer panel and now Prevention Magazine agree that water filtration and good health are related. The President's Cancer Panel recommends that you

"filter your drinking water."

Prevention Magazine recently published 13 Everyday Ways To Avoid Cancer. The number one recommendation was Filter Your Tap Water. As stated in the article, "You'll reduce your exposure to known or suspected carcinogens and hormone-disrupting chemicals. A new report from the President's Cancer Panel on how to reduce exposure to carcinogens suggests that home-filtered tap water is a safer bet than bottled water, whose quality often is not higher—and in some cases is worse—than that of municipal sources, according to a study by the Environmental Working Group.

According to Dr. Oz, "You should also shower and especially bathe with toxin-free H2O. Chlorine - which isn't just found in swimming pools but also in tap water - dries out the hair (as well as the skin). The problem isn't the straight chlorine but what it turns into - stronger toxins called trichloromethanes. These can irritate your skin and eyes, but may also cause other health problems in higher concentrations."

The human body is 70% water, so it is important to have clean water available from every tap and shower in your house. A LifeSource Whole House water filter is the longest lasting, least expensive and easiest way to follow the advice of the experts regarding water.

www.lifesourcewater.com
or call the Factory at (800)334-5009.



Alex Trebek, host of Jeopardy,
with his LifeSource System.

Cleaner Water For Your Entire Home



Delicious,
Clean Taste



Protect
Living Things



Healthy
Hair & Skin



- The Most Recommended Water System in America
- No Filters to Change and No Maintenance
- Water Softener Alternative - No Salt

Factory in Pasadena

626-792-9996

www.LifeSourceWater.com

Rachelle & Ed Begley Jr.
LifeSource Customers

All Rights Reserved Copyright © 2012 By LifeSource Water Systems, Inc. CA Lic #787179

LIFESOURCE
WHOLE-HOUSE WATER SYSTEMS®
MADE IN THE USA SINCE 1984

Beautiful pursuits

Treat Problem Areas of Your Body First without Surgery

Have you ever felt like parts of your body were out of proportion with the rest of you? For those of us who feel this, the sense of disproportion becomes distracting from the parts of our body that we like. A solution has presented itself with the help of some clever scientists. The researchers at Cutera Inc. (Brisbane, CA) have been working on a non-invasive way to treat our problem areas such as the thighs, abdomen, and love handles. After 5 years of research and several studies, the result is **TruSculpt**, a new treatment for fatty problem areas without surgery. Thousand Oaks-based Plastic Surgeon, Dr. Kouros Azar, is the first to have the device and he says that it is a very promising way to reduce fatty areas without the need for any surgery, downtime or even pain medicine. The advantage over other "cool" treatments is that more areas of the body can be treated and it works on thinner patients than the existing technologies.

The treatment works through a breakthrough in RF (radio-frequency) technology which heats the deep subcutaneous layer setting off a natural biological trigger for the fat cells to be eliminated by the immune system. It is FDA approved for deep dermal heating and temporary reduction of the appearance of cellulite. It will have a strong place for people who are motivated to

look more proportioned but who don't want

to have surgery. TruSculpt allows the doctor to place a simple handpiece over each area of the body to be treated for 4 minutes, gently heating it before moving on

to the next area. A typical treatment takes one hour. It is relatively comfortable and doesn't require any pain medication or topical anesthesia. After the treatment, the patient can resume normal activities. It can be used to treat the thighs, buttocks, abdomen, love handles and other stubborn areas. It's a promising technology that is being thoroughly studied.

Patient selection is part of the comprehensive process of screening to insure that candidates are satisfied with the degree of improvement. In some cases, alternative methods may be advised. Detailed 3D photographs are taken before and after the procedure not only for educational purposes but to be able to demonstrate the effective results to other patients.

For further information, call 805-373-7073 or visit
www.doctorazar.com 



DIAMONDS ARE A HOTEL'S BEST FRIEND



The Westlake Village Inn has recently been honored as the newest recipient of the highly acclaimed

AAA 4 Diamond Property Award.

An industry recognition of this caliber and prestige is shared by less than 3% of the 58,000 approved lodging establishments.

*Somewhere between Napa and Provence,
you will find the Westlake Village Inn.*



*WESTLAKE VILLAGE
Inn*



sign up for our newsletters to receive
special rates and news about the Inn:





Chatroom



Short Stories About Big People

By Bob Eubanks

Hi there, time for more short stories about Big People. In 1972, I came back into the concert business after selling my company in 1969. During my rock-n-roll days in the 60's I was used to dealing with artists like the Beatles, the Rolling Stones and Bob Dylan to name a few. Those artists and managers were reasonably sophisticated. In 1972 when I decided to concentrate on the country music world, I met some people that were, to say the least, unique. So sit back and get ready to laugh as I tell you some country music stories.

In the south there used to be a promoter by the name of Carlton Haney. To say that he was a character would be an understatement. This is the guy who

hired Fast Domino and Jerry Lee Lewis and he didn't rent a piano. When asked about it, he said, "I don't understand; when I hire George Jones, he brings his own guitar."

Carlton was also the guy who bought a series of Merle Haggard dates, one of them being in Philadelphia. However,

he forgot to advertise. You can imagine how Merle Haggard felt after driving over 400 miles and getting to the auditorium in which nobody was there.

One time Carlton was talking to Merle Haggard's manager on the phone and he got mad and he called Haggard an SOB. What Carlton didn't know was that the conversation was being taped.

So when Merle called him back and accused him of calling him a bad name and told him he had it on tape, Carlton said "Merle Haggard, if that tape says anything more than what I'm telling you, that tape recorder is lying."

In the 50's and 60's, country music concerts usually consisted of several acts and the last act was considered to be the star of the show. One such concert took place at Cobo Hall in Detroit. Jerry Lee Lewis sat out in the limo listening for all the other acts to go on. During that time he had



Promoter Carlton Haney



Merle Haggard

quite a bit of help from a bottle of booze. When he got on stage and he started to mumble, the crowd started to boo. So Jerry Lee said, "If you don't like my show, go get your money back." Thirteen thousand people raced towards the promoter at the box office.

Finally, many years ago in Kinston NC, the local promoter whom I was working with, insisted on introducing Merle Haggard. I reluctantly agreed and told him he would have to say exactly what I told him to say, which was, "Ladies and Gentleman, the poet of the common man, Merle Haggard."

This southern gentleman looked at me and said, "I got it." When he got on stage in front of 10,000 people he said, "Well here he is, the poor and common man, Merle Haggard."

Well there you have it, some more short stories about big people. I'll leave you with a line from a new Willy Nelson record, "Come on back Jesus, and pick up John Wayne on your way." 



Jerry Lee Lewis

www.bobebanks.com

Follow Bob on Facebook!



A Sound Investment



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

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



CUSTOM
PRINTING
Quality Lithographers

805.485.3700

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



What's new in town

Cinépolis Luxury Cinemas

Cinépolis Luxury Cinemas is a new concept that has forever revolutionized the movie-going experience.

It all begins when you reserve the perfect seat online or at their exclusive concierge. Next, you'll enjoy a glass of wine in their luxuriant lobby or you can mingle with friends while sipping on a margarita or beer at the comfortable lobby and bar. If you're craving a sinful dessert or an opulent meal, you can indulge in a wide selection of gourmet menu items. From luscious cheesecakes and hand-crafted salads to their signature zebra popcorn, your senses will be delighted by the flavors, smells and sounds of Cinépolis. This all happens before the movie even begins.

After a few drinks and gourmet appetizers, you'll be able to stroll to your reserved seat without worrying about the crowds. Once inside, you'll be greeted by courteous staff who will accompany you to your fully-reclining leather seat. With the touch of a



button, you can conveniently call a server to enjoy at-your-seat service. The movie will only be an excuse, and the experience will be unforgettable.

The ultimate Cinema Experience only at Cinépolis Luxury Cinemas at the Westlake Promenade.

Reserve the perfect seat only at: www.cinepolisUSA.com



Eubanks Family Donates Art Collection to California Lutheran University

The Eubanks family recently donated a spectacular collection of art to California Lutheran University. "It gave our entire family great satisfaction to donate this wonderful collection of art to Cal Lutheran. I'm sure Irma Eubanks is looking down from above with a big smile on her face as she was responsible for the collection", said Bob Eubanks.



Bob & Noah Eubanks



Ernie Villegas & Bob Eubanks



Bob & Noah Eubanks



Bob Eubanks, Noah Eubanks, Christopher Eubanks, Trace Eubanks, Chris Kimball

Introducing TruSculpt™ a non-invasive method for reduction of unwanted bulges

No surgery. No scars.
No anesthesia. No down time.

Treat your love handles, abdominal area, hips, back fat, thighs and male chest in just 1 to 2 treatments and be on your way to a better self.



Call today 805.373.7073 for a complimentary consultation.

truSculpt is FDA cleared for deep tissue heating and the temporary reduction in the appearance of cellulite.



Kouros Azar, MD

Plastic Surgery
Certified, American Board of Plastic Surgery
425 Haaland Drive, Suite 200, Thousand Oaks, Ca 91361
www.doctorazar.com 805.373.7073

Curtis Dahl
PHOTOGRAPHY
www.curtisdahl.com

Wedding
Photography
with a *flair*
for the
extraordinary

19301 Ventura Boulevard, Suite 205
Tarzana, California 91356

818.346.3245



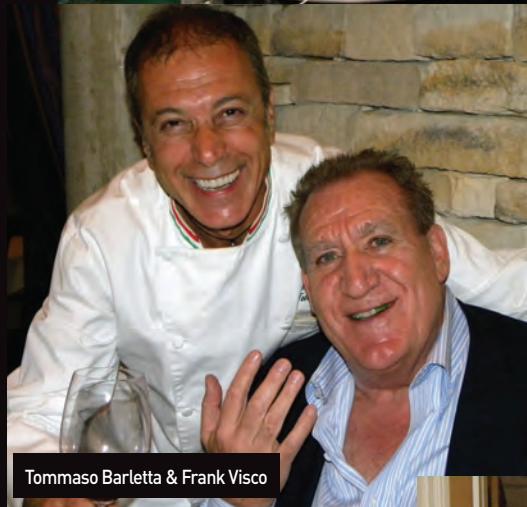


Scenearound

Tuscany's 25th Anniversary Special Chefs Celebration



A Special Guest Chef evening was recently held at Tuscany Restaurant to celebrate its 25th anniversary and to pay homage to its loyal clientele. Two famous chefs from Italy flew out for the occasion to showcase the roots of Italian cuisine and how it has evolved. Subsequent special chef evenings will be held throughout the year including in September - when a Crabfest dinner will be featured with a 5-course menu and wine tasting.



Tommaso Barletta & Frank Visco



Lynn Hogan, Tommaso Barletta, Ed Hogan



Debbie Silva & Andrea Torelli-Lesky



John Scardino



Antonio Di Nunno, Pietro Zito, Tommaso Barletta, Maurizio Ronzoni



Chris & Rick Garboski

Trust Is a Beautiful Thing



STATE-OF-THE-ART 3,000 SQ.FT. PLASTIC SURGERY AND SKIN CARE FACILITY
Schedule your appointment to receive \$50 off Botox® treatment and \$100 off Juvéderm® treatment.

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



CERTIFIED,
AMERICAN BOARD OF PLASTIC SURGERY



Kouros Azar, MD
Plastic and Reconstructive Surgery

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



THE HEALTHY POWER OF

LISA FALLON

Model, actress and triathlete, Lisa Fallon, recently relocated back to Topanga with her family after spending 4 special years in Kauai, Hawai'i. Together with husband, Dan Mindel, who is a Cinematographer for major movies, the couple have 4 beautiful children: Lily (18), Molly (16), Eden (12) and Sam (10).

Lisa's life story is a tapestry of a multitude of enriching adventures that have contributed to the fulfilled, healthy woman that she is today. As a model and commercial actress for the past 25 years, she has traveled the world and worked with some of the best photographers, directors, magazines and advertising companies. She's been featured in *Vogue*, *Harper's Bazaar*, *Marie Claire*, *Elle*, *New York Times Magazine* and *Shape* magazines - to name a few. Some of her advertising campaigns were with Avon, Cover Girl, Revlon, Maybelline, Dior, Oil of Olay, Sheseido and Carita. Lisa has lived in Paris, Milan, London, New York, and Los Angeles. Lisa is currently a model with prestigious New York-based IconicFocus.

For the last few years, Lisa has trained and competed nationally as a Triathlete, as well as qualified for the USA Team World Championships. Her journey in this highly-competitive field has not been without its challenges - but Lisa's determination to overcome obstacles and achieve her maximum potential - make her the exceptionally strong role model she is today. With her vast accumulated experience and knowledge on helping the human body to function at its optimum level, Lisa is now helping others lead healthier lives. As a qualified 'Health and Nutrition Coach' she's created 'Whole Body Beautiful' in which she helps people reach their health and wellness goals by making incremental changes to their diet and lifestyle.

STORY BY DIANA LYLE ✨ PHOTOGRAPHY BY MARTIN KUNERT AND JACK GUY



Photo by Martin Kunert

YOU'VE HAD AN ILLUSTRIOS MODELING CAREER AND HAVE BEEN FEATURED IN VOGUE, HARPER'S BAZAAR, ELLE AS WELL AS MANY OTHER INTERNATIONALLY-RESPECTED MAGAZINES. LOOKING BACK AT THE OPPORTUNITIES AND THE EXCITING JET-SET LIFESTYLE YOU HAD, WHAT ARE SOME OF YOUR STAND-OUT FAVORITE MEMORIES OF THAT PHASE IN YOUR LIFE?

Having a career in modeling for over 25 years (and crazily enough still going) has given me so many memories. When I was 19 I had met someone who invited a friend and I to Paris for 2 weeks. With \$200 and one suitcase - off I went. I was introduced to an agent there and within a week was working. My 2nd job was a make-up campaign for Christian Dior and other great jobs were to follow. My 2-week trip turned into many fabulous years of modeling around the world. A few stand-out memories are: Climbing to the top of the Eiffel Tower and hanging off the side for an advertisement; Shooting a commercial in Mexico underwater and being stung by jellyfish (the director had to scrape off the tentacles with his knife)! My first Magazine cover was a 15-page spread in Venice, Italy and riding the Orient Express; And of course shooting with some of the most extraordinary photographers in the world like Horst, Avedon, Hiro, Annie Lieberwitz, Giovani Gastel, Mario Testino, and Helmut Newton. I have been so fortunate to have had so many experiences and to have traveled, learned about the world and its cultures, and met some wonderful people along the way.

WHAT IS YOUR PERCEPTION OF BEAUTY? WOULD YOU ADVISE YOUR OWN DAUGHTERS TO PURSUE A MODELING CAREER?

As I got older, my perception of beauty changed. When I was younger, as a model, beauty was all about how you looked, staying that way for as long as possible, and whether or not you could sell the product. It still is today in some sense but for me the word beauty is so much more. Yes, it's nice to see someone who looks good, and who can sell anything under the sun, but to see a person that is really healthy, happy, and living a life they enjoy..now that's beautiful. You can see it in their eyes, skin, body, attitude, and their energy. They begin to radiate! Most of my life I have been into eating healthily and living that lifestyle. Growing older has shown me that real beauty is from the inside out. It's what you fuel yourself with emotionally, spiritually, with your relationships, your nutrition and your fitness. That's why I started 'Whole Body Beautiful'.

AS I GOT OLDER, MY PERCEPTION OF BEAUTY CHANGED. WHEN I WAS YOUNGER, AS A MODEL, BEAUTY WAS ALL ABOUT HOW YOU LOOKED, STAYING THAT WAY FOR AS LONG AS POSSIBLE, AND WHETHER OR NOT YOU COULD SELL THE PRODUCT. IT STILL IS TODAY IN SOME SENSE BUT FOR ME THE WORD BEAUTY IS SO MUCH MORE.

It's about nourishing yourself in all different ways and on many levels. When you begin to blend all of these together you can see and feel a difference and so can others. It's an incredible feeling to have so much energy and look and feel younger than you are.

As far as my daughters and modeling, they have talked about it. I don't discourage them from doing it. They know what it is really about. It's not all lights, camera and action. They have done a few shoots here and there, and are open to it but with school, sports, and everything else in a teen's life, there has really not been much time to pursue it. For them now, school and their extra activities (as well as their friends) are a priority.

TELL US ABOUT YOUR FAMILY AND WHAT THEY MEAN TO YOU

My family is an important part of who I am. They are an incredible source of love, part of my life and many challenges. With 4 children at many different ages and personalities, they have kept me on my toes. My husband, who is a cinematographer for major movies (Dan Mindel ASC,BSC) has to travel many days out of the year to shoot, so finding a balance as a family is challenging but what we strive to do it - nevertheless. I must say life in our house is never dull. For me, being organized helps me achieve all that needs to be done in a day. With 4 schools, training, working with my clients, research, school, and being Mom and wife, my day is pretty much booked full. But I do enjoy it all. It's what keeps me alive and energized.

My eldest daughter Lily is 18 and off to college this year with a major in film. She is a runner, a soccer player and is fantastic with the camera. Molly is 16 and is in high school. She loves English and is a beautiful artist with an incredible eye for style. Eden is 12. She competes in horse shows and loves gymnastics. She is physical beyond any boundaries. Sam is 10 and he is a sweet, sensitive soul who is adored by his sisters (and mom and dad). He is a talented soccer player and takes Taekwondo. On a daily basis, my children - in their own way - teach me lessons about life, patience, who I really am, and what is important.

FOR THE LAST FEW YEARS, YOU'VE TRAINED AND COMPETED NATIONALLY AS A TRIATHLETE AS WELL AS QUALIFIED FOR THE USA TEAM WORLD CHAMPIONSHIPS. HAVE YOU ALWAYS LOVED SPORTS - AND WHAT IS PARTICULARLY IMPORTANT TO YOU ABOUT THIS HIGHLY-DISCIPLINED, GOAL-ORIENTED TRIATHLETE LIFESTYLE?



Photo by Martin Kunert

Exercise has been a part of my life since I can remember. When I was young, I competed on different teams but nothing like I am doing now. I think I may have wanted to, but my parents really didn't accept being an athlete as a career back then. You were just a kid that did well and that was that. I have always been a physical person, having jobs in health clubs, giving talks on food and what to eat, and reading many books on nutrition since I was 13. When I moved to Kauai some years back, I felt it was time to really look at my exercise routine and turn the switch a bit higher. With growing older, we all know there is a time where we can move forward or stay where we are. When one gets older, the body changes, so does your exercise and nutritional needs. I knew then that it was time to move forward. The odd classes I was taking were not going to push me to where I wanted to be. I wanted to get stronger and have more energy. We don't all need to be triathletes, but to take that next step, to change up your routine, is a step in the right direction, especially as we age.

A friend suggested I try a triathlon that they were doing in a few months. So I hopped on the treadmill, weight trained, biked, and started swimming again. It was like the beginning of anything new..HARD. I got a coach on Kauai, then trained with coaches from Boulder. It took a lot of determination and discipline but seeing the results and noticing how I felt kept me going. My first race I placed 4th and now I'm usually on the podium and now racing all over the United States.

Two years ago I thought my triathlon days were over, On Oct 17 2010, I had a bike accident and broke my left hip. With titanium screws holding me together I trained for 8 months in the pool and on the bike (with my doctor's ok). After many CT scans and MRI's it was decided that I needed a full hip replacement. The blood supply did not reconnect back and my hip bone was dying. I had an awesome doctor in LA and who knew that I was a triathlete. He was amazing and to my astonishment, he said I would be able to run again. 2 weeks after the operation I was back in the pool, on the bike trainer and in 3 months - running again. I was back to training, rebuilding, physical therapy, dragging those crutches to the pool and starting again. I began slowly to get back to where I was - competing and qualifying for bigger and better races. This whole experience has taught me so much about myself; how strong one can truly be, and how important love and support are.

ALONG THE WAY WE LOSE OUR HEALTH AND SOMETIMES OURSELVES IN THE MIX. THROUGH THIS WORK I AM DOING NOW, IT IS SO FULFILLING AND EXCITING FOR ME TO HELP PEOPLE FEEL THE WAY THEY SHOULD REALLY FEEL: ALIVE, HEALTHY, FULL OF ENERGY, AND TO WAKE UP IN THE MORNING WANTING TO SEIZE THE DAY.

HEALTH: WHAT ARE SOME OF THE MOST IMPORTANT LESSONS YOU HAVE LEARNED ABOUT HEALTH AND NUTRITION - PARTICULARLY IN THE LAST FEW YEARS?

Food-related disease are the number one cause of preventable death in the United States, so I really felt it was time to take my passion a bit farther. That's why I created 'Whole Body Beautiful' (Wholebodybeautiful.com). I enrolled myself in health courses, went back to school (IIN) and became a Health Practitioner, or to some, their "Health Coach". I help people reach their health and wellness goals by making step-by-step changes to their diet and lifestyle. I'm their support team, their cheerleader, as well as their guide to a healthier, happier lifestyle. What is important to me and what Whole Body Beautiful is about is that everyone is treated as an individual. No two bodies are the same. As they say "One man's meat is another man's poison". What may work for one person won't for another. I don't put people on a "diet" but help them make changes in their nutrition and lifestyle that they will have with them forever. I am presently working with a number of women who are looking for more energy and would like to drop a bit of weight that has snuck up on them with hormone changes and health issues that stem from their lack of proper nutrition. I also structure an exercise program that is tailored to who they are, their abilities, time schedule and what they actually enjoy. We all tend to give a lot of ourselves to others (family, career, friends) without thinking about what WE really need. Along the way we lose our health and sometimes ourselves in the mix. Through this work I am doing now, it is so fulfilling and exciting for me to help people feel the way they should really feel: alive, healthy, full of energy, and to wake up in the morning wanting to seize the day.

AFTER SPENDING TIME IN HAWAII - YOU RECENTLY RE-LOCATED BACK TO THIS AREA. WHAT IS IT ABOUT LIVING HERE - THAT YOU PARTICULARLY VALUE?

Kauai is a beautiful place and so very special. We loved our 4 years there. Our family unfortunately couldn't be together as often as we would have liked so that brought us back to LA. I do enjoy this area and all it has to offer; the beaches, the canyons, the parks and that it's so close to the city. Living on Kauai and not having many options had its challenges but as one grew there and started to understand that way of life, it wasn't a problem. Now, coming back to LA, you really come to appreciate the little things here. The big joke in my family is how long does it take me to get out of the fruit and vegetable department at Whole Foods: At least 45 minutes! The



Photo by Jack Guy



choices are so overwhelming and such a feast for the eyes and stomach. The training here in LA is awesome. There are numerous coaches and really great triathletes here. They

lift the bar daily for me. I feel like a kid in a candy store. If it's swimming for miles with a hard workout in the pool with Gerry Rodrigues and Tower 26 or climbing the canyons for 60 miles with Holger Beckmann and his crew, or running the beautiful trails here, I know as an athlete I will get better, faster and stronger. Being in the health and nutrition fields, as well as being an athlete, I believe I can be of help to many because everyone needs some support and guidance. Everyone wants to live a longer and healthier life.

WHAT ARE YOUR TOP PRIORITIES?

My priority is my health because without that, I cannot help take care of my family - who are my absolute priority. "Health and Happiness" my mom would always say, are the top priorities. If you have that, anything is possible!

WHAT HAS LIFE TAUGHT YOU?

It has taught me patience (which I work on daily, especially raising teenagers and in my training), caring for others, kindness, balance, and that anything is possible.

WHAT ARE YOU MOST PROUD OF?

The ability to adapt to whatever comes my way in life; to roll with the punches and come out stronger on the other end

BEST MOVIE?

The Mission

FAVORITE TV SHOW

I Love Lucy

IDEAL DAY?

Sitting on a hot sandy beach surrounded by warm blue water

FAVORITE FOOD?

Anything Green, especially my raw kale salad

THE MOST BEAUTIFUL SPOT IN THE WORLD THAT TOOK YOUR BREATH AWAY?

Rangiroa, Tahiti.. 80 feet underwater

APART FROM THE OBVIOUS NECESSITIES - WHAT IS AN INDISPENSABLE TRAVEL ITEM THAT YOU NEVER LEAVE BEHIND?

Nutritious emergency snacks: Apples, nuts, protein bars

For more information or to reach Lisa , go to:
Wholebodybeautiful.com

THE TRAINING HERE IN LA IS AWESOME. THERE ARE NUMEROUS COACHES AND REALLY GREAT TRIATHLETES HERE. THEY LIFT THE BAR DAILY FOR ME. I FEEL LIKE A KID IN A CANDY STORE. IF IT'S SWIMMING FOR MILES WITH A HARD WORKOUT IN THE POOL WITH GERRY RODRIGUES AND TOWER 26 OR CLIMBING THE CANYONS FOR 60 MILES WITH HOLGER BECKMANN AND HIS CREW, OR RUNNING THE BEAUTIFUL TRAILS HERE, I KNOW AS AN ATHLETE I WILL GET BETTER, FASTER AND STRONGER.



Photo by Martin Kunert



Scenearound

The London 2012 Olympics

The Opening Ceremony of the London Olympics drew an average of 40.7 million viewers, a record audience for a summer opening to the games. The total is about a million higher than the previous record set by the 1996 Atlanta games of 39.8 million and about six million higher than the 2008 Beijing opener of 34.9 million. The London ceremony featured a made-for-TV stunt featuring Daniel Craig (as James Bond) escorting the real-life Queen Elizabeth II to the ceremony and ended with Paul McCartney's iconic song "Hey Jude."



David Beckham drives a speedboat down the Thames river towards the Olympic Stadium

Torchbearer Sir Steve Redgrave poses with Olympic Flame

Muhammad Ali

British PM David Cameron & Samantha Cameron with Princess Anne

Sir Chris Hoy of Great Britain's cycling team carries the flag as he leads Great Britain into stadium

Paul McCartney performs 'Hey Jude' at the Opening Ceremony



Misty May & Kerri Walsh



Kobe Bryant



Ryan Bailey USA Water Polo scores



Missy Franklin



LeBron James with the US athletes at Opening Ceremony



The Olympic flag





Fashionsense



Leaf-Kicking In Times of Changing Permanence

By Magda Pescariu

Come again? We all know that stability has become a painful mirage (more and more in the last half-decade), but there must be something we can trust no matter what. There ought to be some solidity in permanence, a few things and values to hold eternal, otherwise our daily attempts at survival with decency and wisdom would be meaningless and doomed. And that is horrifying and simply not true. We've learned by now that our dreams, aspirations and ambitions are always up ahead and gone by the time we get near them, but we've also realized in the same breath that disillusionment is dangerous, and perseverance is the only measure of all things live and powerful.





So as autumn closes over our summer like water, not a trace of the worry-free jolly days to spare, we shake off the melancholy of the falling leaves and regroup with awakened energy for another season. We do what we can to lighten up our mood, keep our appearance beautiful, and make our life significant and happy. Yes, permanence is an illusion and change sweeps everything off its feet in a twirl of confusion and challenge. But it is exactly in the transient quality of our daily trials and dreariness where it rests the force of hope and the vital strength of reinvention. It is in the change where we safeguard the vein of permanence in our life.

From the sartorial point of view we always discuss, the upcoming season relies on sure values as well, prizing **timeless elegance and relaxed luxury**. The Fall-Winter 2012-2013 Fashion Collections are defined by **high quality, simplicity and intricately handcrafted personal touches**. Like always in tough times, **clothes are meant to last longer, to preserve a dignified look, impeccable and structured, much less susceptible to frivolous fads and follies**.

The fashion trends reflect the influence of the '30s and the World War II years, with great attention to the shoulder-line, knee-covered length, and military inspiration in cut and fitting.

Lorenzo Riva, Bluegirl and Etro - Photography by THOMAS SALME

Men's wear is a perfect combination of tradition and modernity, where British heritage meets cool Britannia preppy. Solid fabrics – wool, leather, corduroy, knits and flannels; noble colors – camel, brick, flannel, slate, olive, navy blue, anthracite; and classic style – slim trousers, soft wool vests and waistcoats, college-cut cardigans and relaxed weightless knits build together a cozy sanctuary for the secure and authentic modern manhood.

Ladies' fashion is elegant, urban and functional, with a soft and glamorous feel. The feminine silhouette is slim (with a touch of masculine oversizing at the shoulders), simple and dynamic, imaginative and mysterious. Its beauty comes from delicate detailing (hand embroidery, sequined and beaded inserts, patchwork in velvet and silk) and from the glorious, irresistible presence of fur.

This fall we witness the emergence of a few **key trends** that are, at the same time, excellent ways to update our look and improve our wardrobe without stretching our budget (given the difficult economic climate).

Fur is really big this fall-winter season, both in popularity and in volume. The guideline is **faux-fur with a foxy look, rich and opulent, a versatile embellishment and a stand-out accessory**:



fur collars or cuffs, fur shawls, fur bags (or at least bags with fur trimmings), fur knits, fur gloves and yes, even cloche hats, narrow belts or laced-up boots with fur details.

Leopard print follows close in the fashion trends, with equally extensive use – leopard print dresses, capes or coats (with wide lapels); pony skin leopard print ballet shoes, pumps, boots or bags; leopard print hats, and gloves, and silk foulards.

A respectful **nod to the 1940s'** structured and sweeping femininity is given by the **equestrian trend** in tailoring, the **square-shoulders** deux-pièces, the **tough aviator** leather jackets, the **blazers** worn with soft pleated slacks or skirts, the **tuxedo-style** pant-suits, and by the **absolute revival of hats**.

Optimal mixture of functionality, mystery and history, **the hat is a major accessory for fall-winter 2012/13**. Very few big name designer collections ignored hats in their runway shows. All the others featured hats in one shape or form – from the cloche hats of the Jazz Age and the Great Gatsby nostalgia to the Fedora and Panama Borsalino hats; from the Padre or Amish hats to the Cowboy or Alpine ones. And all of them are made in the finest fall

fabrics and in rich, astonishing colors (not shy of purple, red-wine, burnt honey or pumpkin).

Speaking of colors, this season brings on stage a sea of **earth tones, vibrant natural colors and metallic powerful contrasts**. Besides the autumnal traditional camel, honey, ecru, sepia, gold, copper, hay, olive, slate, pebble, moss green, aubergine, vintage Bordeaux, cobalt blue, navy and anthracite, the fashion designers used finishing touches of electric orange, red, blue, silver or pewter – sending a bright message of modern lavishness and playful vitality.

The fabrics are warm and supple, easy to layer or wrap-around: wool, jersey, mohair, waxed cotton, soft leather, silk fur. **Fine fluffy knits** keep us comfortable company with the elegant essentials: twin sets, cardigans, V-necks, polo and turtle-necks.

The fall-winter **accessories** are elegant as well, with the same attention paid to high quality design and fabric, embellished with glamorous individualizing details. **Classic leather bags or plaid bags, saddle bags, leather back-packs or beaded clutches** complete the distinguished look created by **antique jewelry (pearls and**

diamonds), exclusive hats and sophisticated gloves. The hair styles take their cue from the same 1940s, revisiting the **vintage hairdos with a modern flair** and making stylists sweat over French braids, peek-a-boo bangs, retro updos, curled tresses and finger waves.

Yet the best (and most user-friendly) **accessory for fall is by far the nail polish.** In dark and stormy colors, in deep variations of red and navy, in pale and cool shades of white and beige, or in ombré glitter gel, **manicure reinvents the famous French style**, playing with two or more shades at the same time and **adding to it a twist of floral appliqués, quirky stripes or geometrical patterns.**

Contrasting with the luxurious fabrics, embroideries, furs, capes and exquisite accessories, **the makeup style is soft and light, healthy and luminous, lit-from-within.** The only emphasis is on the eyes, smoky and intriguing under well-defined brows. Lips are natural, substantiated with neutral lip gloss; the eye-shadow is pastel color or taupe, with a touch of bronze; the blush is soft pink or peach.

Slipping into the fall fashion mood from the dazzling lightness of summer shouldn't be so hard the way I described it. Clearly, there are changes; and a certain seriousness envelopes with gravitas the fall-winter look. But we also see - with huge relief - a core of permanence: the essential quality of elegance through simplicity,

and the classic aspiration for beauty stemming from within.

And even though we *do* live in difficult times, and we often come across opulent one-of-a-kind fashion eccentricities which hurt our feelings of normality with their stratospheric price-tags and obscene un-wearability, my message is not a war one. As painful as it is to be caught in the tug of war over our current economic problems, we still recognize pleasure, understand beauty, feel stirred with love, dream about tomorrow, and find joy in the changing permanence of our seasons.

This message therefore is one of peace. The peace that helps us be less alone, the peace we feel when we carve a smiley-face in a kid's pumpkin; set excitedly the Thanksgiving table for family and friends; gift-wrap carefully a bunch of Christmas presents; or when we dress up to the nines for a New Year's Eve we've been anticipating for months. My message tells you how to sit right there, in the lingering summer sunset, breathe with a smile, calm yourself down and begin again. It's about how to welcome fall, and then winter, in confidence and delight, all while looking marvelous, feeling great and enjoying a blessed life. All while having your cake and eating it, too. Of course I cannot will you into buying my message, but I can certainly hope that at least you've got it. Over and out. 





Things we love



1. Kitchens, bathroom, flooring, furniture & more. **Malibu Market.** 25001 PCH, Malibu. 310.317.9922. www.malibumarket.net

2. Park Hill Collection **Candles** in 7 wonderful fragrances. \$20. 8 different and unique French **chicken framed prints**. \$24. Antique Menagerie. 818.889.0200. 31143 Via Colinas. Ste 511. Westlake Village. [Facebook: antiquemenagerie](#)

3. Ed Begley Jr. enjoying delicious **LifeSource water**. The most recommended water system in America. www.lifesourcewater.com or 1-800-334-5009

4. **NikiBiki extra long tanks**. Seamless and flattering. Great for layering. Avail. at Sogno Westlake Village and Soto Boutiques. Summer tanks all under \$15.

5. **Antique Glove Mold**. Great jewelry holder. \$49. Antique Menagerie. 818.889.0200. 31143 Via Colinas. Ste 511. Westlake Village. [Facebook: antiquemenagerie](#)

6. **Victoria's Secret Sports Bra (VSX Sexy Sport)** Extra comfy & great support. \$48.50. VictoriasSecret.com

7. **Wag joint care supplement** for pets. **Hypoallergenic Canine Treats** help nourish skin and coat. Westlake Village Animal Hospital. 31166 Via Colinas. Ste A. Westlake Village. westlakevet.com 805.497.4884





6

8. Ralph Lauren Sunglasses. Ralph Lauren Sports. 3835 Cross Creek Rd. Malibu. 310.317.9414

9. Steve McQueen A Passion for Speed. Beautiful hard-bound volume features rare photography and chronicles McQueen's fascination with and passion for all things internal-combustion powered. BOOKMBM-CQUEEN \$40. Call (800)986-4977 or visit our website: www.worldclassmotoring.com

10. Cosabella bra (sweetie). Super comfy and natural-looking. J Girl.2 900 Townsgate Rd. Ste 107. Westlake Village. 805.449.9999. www.Facebook.com/ShopGirl

11. SkinCeuticals C E Ferulic combination Antioxidant treatment for the skin. Has great anti-aging properties. Kouros Azar, M.D. 805.373.7073. 425 Haaland Dve. Ste 200. Thousand Oaks.

12. Luxurious Spa visit. Ojai Valley Inn & Spa. Country Club Rd, Ojai. 855.697.8780 or 800.422.6524 - for gift cards.



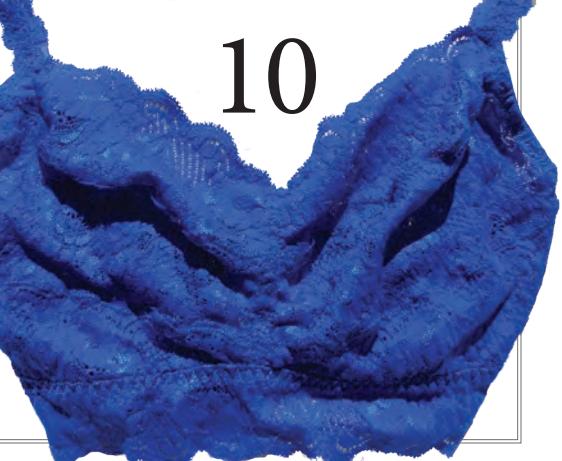
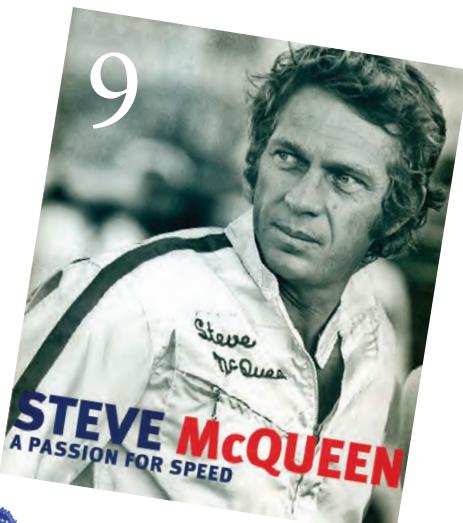
12



7



8



10



11

Personnel work at the Air Force Space Command Network Operations and Security Center at Peterson Air Force Base in Colorado Springs, Colorado against cyber attacks





Portraits of Power

Cyber Warfare: The New Frontier

By Southey Addison

Cyber security experts have predicted that the next most formidable weapon that powers will unleash on each other is - cyber warfare - with armies of hackers using technology to wreck destructive havoc on their adversaries. Both military intelligence and law enforcement officials in the United States have warned Congress and the country about the real possibility of cyber attacks against critical infrastructures including nuclear power facilities, electricity plants and financial institutions. Officials have referred to the possibility as our new 'Pearl Harbor' and they believe that the clock is ticking - rapidly. Put plainly, cyber space is the new frontline and the virtual conflict is silent but lethal in terms of its destructive capacities.

THE INCEPTION OF CYBER WARFARE

The whole phenomenon of cyber warfare began in Britain during World War II. Bletchley Park, just north of London, was where intelligence specialists began 'code breaking' and it was central to the success of their wartime effort. Bletchley Park was the home of, arguably, the first modern computer named 'Colossus'.

WORLDWIDE CYBER ATTACKS

All around the world, cyber attacks are hitting news headlines from online activists to organized crime. Authorities in Australia have warned of a flood of attacks against the websites of financial firms. Recently, on New Year's day, a multi-million-dollar cyber heist hit banks in South Africa. Experts have warned that unless top management in high-stakes companies invest heavily in the threat analysis of these attacks, the consequences could be catastrophic. Attacks claimed by 'anonymous' have hit U.S. government and corporate websites as a protest in attempts to police the internet. Despite the best efforts of business, international intelligence, and the law, the cyber threat seems always to be one step ahead. Like it or not, our dependence on digital structures has brought with it a level of vulnerability that people with ill intent are exploiting wherever they can. From organized crime to international terrorism, 'hacktivists' are highly-skilled 'technobuffs' that can bring countries to their knees.

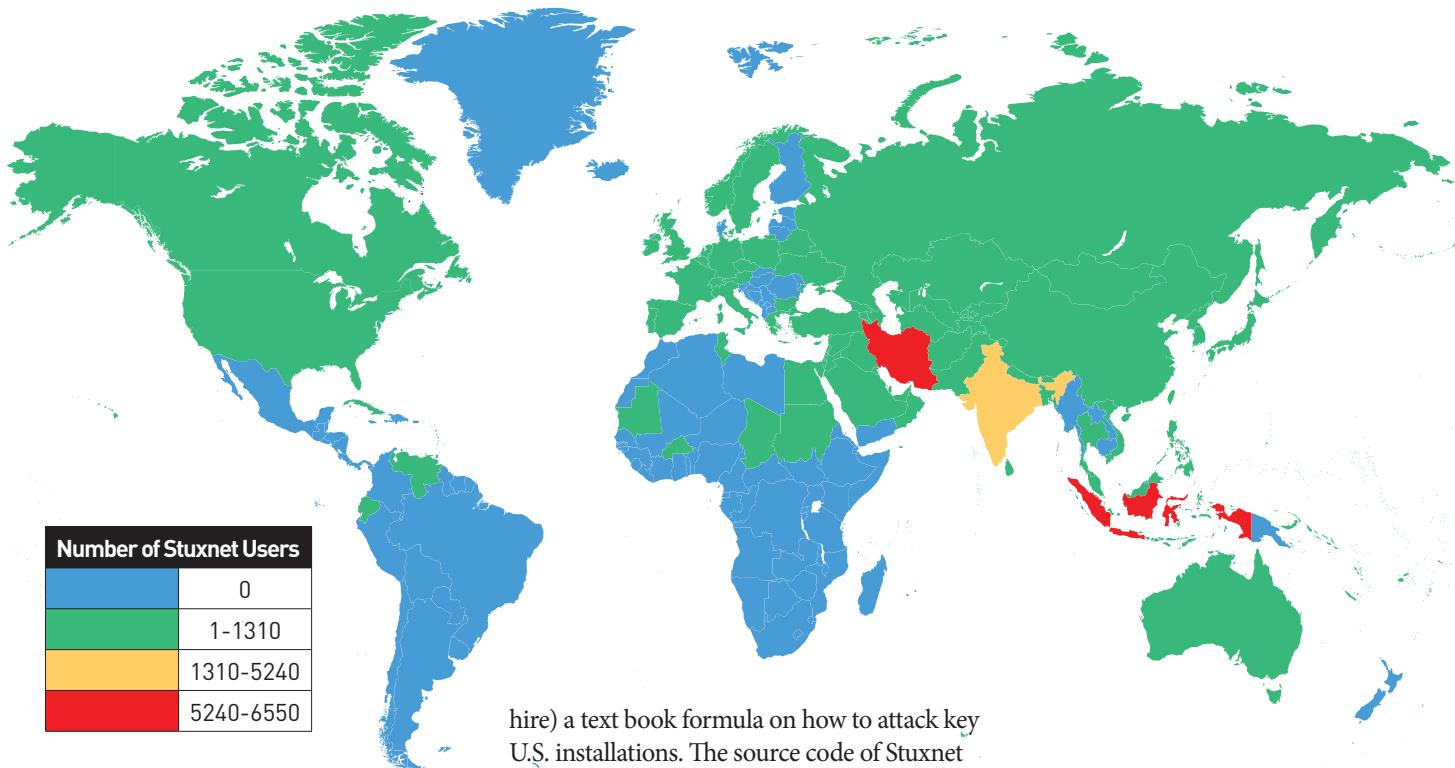
STUXNET: IRAN'S NUCLEAR PROGRAM TARGETED

Conflicts in the Middle East have already spread to the online domain and Iran's nuclear program recently incurred a serious setback from the highly-sophisticated computer virus known as Stuxnet. The Stuxnet virus was only discovered in 2010. It's been widely speculated that a politically-motivated, highly-sophisticated intelligence agency was probably behind the attack which targeted

Iran's nuclear program. In June 2010, the Stuxnet virus came to light when it was first detected and isolated by a tiny company in Belarus, after one of its clients complained about a software glitch. Within a month, a copy of the computer bug was being analyzed within a tight-knit community of computer security experts.

Symantec (Norton), which is one of the largest anti-virus companies in the world, commented on the complicated sophistication of the bug. In their commentary they said that Stuxnet had been out there in the wild for a year without drawing anyone's attention - and it seemed to spread by way of USB thumb drives. They analyzed what the malicious software was meant to do - and unlike the millions of worms and viruses that turn up on the internet, this was tens of thousands of lines of exceptionally well-written code created by experts. Stuxnet was specifically targeting one industrial operation and was reportedly using a 'programmable logic controller'. These programmable logic controllers (PLC's) contain circuitry and software essential for modern life. They control the machines that run traffic lights, assembly lines, oil and gas pipelines, water treatment facilities, electric companies, and nuclear power plants. Stuxnet was specifically looking for characteristics only found in an Iranian nuclear power plant facility. Once it found its specific target, it then infiltrated its malicious code onto that PLC box. Stuxnet was then programmed to collect information and send it to two websites in Denmark and Malaysia. Both had been registered with a stolen credit card and the operators - no surprise - were nowhere to be found.

The International Atomic Agency had already noted by this time that Iran had been experiencing problems with their centrifuges (rotating machines in the nuclear plant) and that some had been removed from the plants for unknown reasons. We now know what those reasons are. The centrifuges had been damaged by Stuxnet and the hackers were able to glean full



technical knowledge of every detail of the nuclear plant. Some would say that whoever was behind the successful infiltration gained access to information that was so thorough that they would know the Iranian plant better than the plant operators themselves. Translated, what this meant is that the Iranian nuclear program was probably set back by several years.

THE CONSEQUENCES OF STUXNET

Many cyber security analysts who have been unpicking Stuxnet worry that the technology used is now out in the open. It's explained like this: The problem with Stuxnet - and whoever the actors were - is that it has opened Pandora's Box. It's given countries like Russia and China - not to mention our enemies and terrorist groups (as well as cyber criminals for

hire) a text book formula on how to attack key U.S. installations. The source code of Stuxnet is downloadable and it can be re-purposed and re-packaged for infiltration wherever attackers like. Whoever launched this attack opened up Pandora's box by demonstrating the virus's capabilities, and laying a brilliant blue print. It's not something that can be put back or hidden from analysis and reconfiguration. Stuxnet has allowed the international hacking community an opportunity to peer into a world of developing cyber weapons. When they compromised the architecture of these programmable logic controllers, they gave hackers the opportunity to reverse-engineer some of it. That information can then be re-taken and weaponized elsewhere.

ARAB/ISRAELI TENSIONS

Old battles are being fought in cyber space. There's been ongoing offensives between Pro Palestinian and Pro Israeli hackers. It's been alleged that Saudi teams launched attacks on the Tel Aviv stock exchange and Israel's national airline. Similarly, it's been alleged that Israeli hackers published the credit card details of hundreds of Saudis; targeted the Saudi government's stock exchange, and released details of the Facebook accounts of 20,000 Arab users. Recent attacks such as the Israeli/Saudi hacks have affected civilian targets such as banks, airlines and credit card companies.

MILITARY IN THE LEAD WITH CYBER DEFENSE

So far, it's the military who are in the lead when it comes to cyber defense. Every year, a conference is held in London which brings

together military experts on cyber security. Interestingly, though, despite both Russia and China being invited recently, neither turned up. It's been reported that the U.S. military has recruited up to 10,000 elite cyber warriors to secure cyberspace.

MONITORING CYBER BORDERS

There are ongoing tensions played out in cyberspace between Russia and Georgia; between Pakistan and India. It's going to be up to the United Nations to figure out how they can deploy peacekeepers on the digital borders of a nation. But the problem with cyber space is that traditional borders no longer exist. The commercial world can protect its interests with systems from anti-virus companies. The challenge for the business world is going to be keeping pace with the new technology that is behind cyber attacks. Their fast-changing nature and their volume - make them difficult to monitor - as is the locality of the virus. A spam message can start in Poland from an infected machine - then re-direct you to New York or the Philippines - and then send you on a wild goose chase to Russia. Then, the bad guy who's trying to collect all your online banking details, may be sitting on a beach in Brazil. Remaining anonymous is relatively easy for the perpetrators of any cyber attack.

Whatever power struggles are ongoing in the world today, it's certain that cyber one-upmanship is going to increasingly be the weapon of choice on the world's chess board.

Acknowledgments: BBC News; CBS News 60 Minutes



Iranian President Mahmoud Ahmadinejad inspecting nuclear power plant

Cosmetic Dentistry with a New Twist



"The process of Smileography was fantastic from beginning to end. Dr. Freeman was very encouraging as to what a difference it would make. The before and after pictures were very professional and really told the story. It has changed my life forever! Thank you!"

VISUALIZE THE RESULT BEFORE YOU BEGIN

My office has helped pioneer an approach that allows you to see the smile of your dreams before any commitments are made. Would you begin building a house without a plan? Then why would you work on your smile without first seeing a blueprint?

A UNIQUE METHOD OF CREATING A BEAUTIFUL AND NATURAL SMILE

Utilizing SMILEOGRAPHY™ digital imaging, we can show you exactly how your beautiful new smile will look . A dental imaging artist will fashion your custom smile which will be displayed, in portrait form, for your approval. Dr. Freeman utilizes "Opus One Laboratories" a world renowned dental laboratory to transfer the image into a 3 dimensional prototype. You are presented with the model and photo, and only when you are completely satisfied do we proceed.

THE FINISHED RESULT

After your final approval, the veneers are placed, giving you a custom, natural and radiant smile. You will be set to dazzle the world.



Dr. Robert Freeman

Ph. 818-879-7480 Email: info@freemansmile.com 4685 Lakeview Canyon Rd. Westlake Village, CA 91361

Visit our website at www.freemansmile.com



Jordan Cohen Estates

www.jordancohen.com

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.

5079 Hunter Valley Lane, Westlake Village, CA 91362
Offered at \$4,495,000 www.5079HunterValley.com



Remodeled Mediterranean set above street level
in Prestigious guard-gated community on over 1.5
acres at the end of a cul-de-sac





Beautiful new kitchen opens to a huge family room with custom built-ins



The main house is 7,277 square feet of floorplan with gorgeous stone and wood floors



One of North Ranch Country Club Estates' finest! Sensational almost completely remodeled Mediterranean set above street level at the end of a cul-de-sac! An AMAZING location in this prestigious guard-gated community on over 1.5 acres. Among the home's many attributes is a beautiful new kitchen that opens to a huge family room with custom built-ins. In addition there are gorgeous stone and wood floors, custom paint and window treatments, all new secondary bathrooms and much more. The main house boasts 7,277 square feet of floorplan with all living areas on the first level and only a tremendous master suite upstairs. The award-winning backyard is second to none! Completely private with a custom pool and spa, outdoor fireplace, lush professional landscaping, huge manicured lawns and unobstructed mountain views. There is also an approximately 800-square-foot pool house with fireplace, kitchenette and bathroom. The yard was completely redone approximately 5 years ago with true quality every step of the way. 6-car garage. This is an awesome house and property!



Private, award-winning backyard with custom pool & spa, outdoor fireplace, lush professional landscaping, manicured lawns and unobstructed mountain views



3200 Retreat Court, Malibu, CA 90265 Offered at \$13,500,000 www.PremierMalibuEstate.com

Spectacular guard-gated Serra Retreat estate! Recently completely rebuilt and remodeled with the absolute finest finishes. Extremely private location behind gates at the end of a quiet cul-de-sac, a truly sensational setting for this sophisticated Malibu compound. Among the home's many attributes are a detached guest house, and a 5-car garage. Interior amenities include a state-of-the-art theater (currently under construction), beautiful hardwood and stone floors, dramatic double-island kitchen with zebra wood cabinetry, two family rooms, soaring two-story ceilings and a wide open floor plan, perfect for entertaining. Over 9,100 square feet of living space with 6 bedrooms plus 9 baths on over 1.5 acres! The resort-quality grounds are second to none! An amazing pool with waterfalls and slide, full-sized lighted sports court, fireplace, barbecue center, enormous manicured lawns and mature landscape provide an awe-inspiring backyard experience! This one-of-a kind property will impress!



DRE 01103362

For further information, contact:

Jordan Cohen
Estates Director/Top Company Producer
Remax Olson & Associates
www.jordancohen.com
818.435.5220



Recently completely rebuilt and remodeled with the absolute finest finishes!

Spectacular and sophisticated Malibu compound with detached guesthouse in guard-gated Serra Retreat



Sigi & Pam

www.sigiandpam.com

North Ranch Mediterranean Estate
www.831countryvalley.com Offered at \$5,950,000

Stunning North Ranch Mediterranean estate located in 24-hour guard-gated Club Estates. Situated on two large lots, this home boasts 2 1/4 acres of lush outdoor living and entertaining and 6,800 sq. ft. of stylish residence. Ideal for gracious entertaining, both inside and out, and designed for ease of living and entertaining. The home's open floor plan flows seamlessly from one room to another and offers views of the incredible backyard. The rear yard winds along the rear of the home and surrounding hillside, taking advantage of the wonderful views. The rear grounds feature several conversation areas, pool/spa, outdoor kitchen, putting green, and water and fire features that are lit up at night, providing a place of magic! The pool house/pavilion offers a huge stone fireplace, built-ins, TV and bar area. This picture perfect estate is ideal for home buyers who seek tasteful elegance in a resort-like setting.



6,800 sq.ft. of styleish residence



2 1/4 acres of lush outdoor living



The rear grounds feature several conversation areas, pool/spa, outdoor kitchen, putting green, and water and fire features that are lit up at night



Pool house/pavilion offers a huge stone fireplace, built-ins, TV and bar area.



1161 Oak Mirage Place

www.1161oakmirage.com Offered at \$4,690,000

Contemporary Mediterranean estate home of approx. 7,875 sq. ft. is privately gated on 2+ manicured acres. Relax and entertain in the over-sized living areas of this home. Two master suites plus 4 ensuites. One master suite faces the golf course and the other offers beautiful mountain views. The home features a guest house/cabana of approx. 1,100 sq. ft. with bath. The ultimate location in an extraordinary 24-hour guard-gated residential community!



Privately gated on 2+
manicured lawns



2 Master Suites
plus 4 Ensuites



7,875 sq. ft. contemporary Mediterranean Estate



1,100 sq. ft. guest house on property



View from guest house of pool and house





Extraordinary Villa With Unsurpassed, Striking Ocean Views

31122 Broad Beach Rd., Malibu

www.31122broadbeach.com Offered at \$16,500,000

Stunning waterside living offering a privileged lifestyle on ultra-exclusive Broad Beach. Breathtaking panoramic views of the Pacific Ocean and the Southern California coastline. This elegant Villa is not your ordinary beachfront estate. Former celebrity owned, this estate has been extensively designed and remodeled. An open and airy home gives you true indoor/outdoor living. This stunning, fully furnished home features 5BR + 4.5BA plus study/den. This is a one-of-a-kind opportunity to own a unique property with a masterfully designed ocean front home. This is truly Southern California living and entertaining at its finest!

Sigi & Pam
Prudential California Realty
1155 Lindero Canyon Rd.
Westlake Village, CA 91362
Direct: (818) 597-4545
Fax: (818) 879-2913
www.sigiandpam.com



Prudential
California Realty



Elegant, extensively designer and remodeled Villa



Open, airy home gives you true indoor/outdoor living





Master Bedroom with view of Pacific Ocean



Breathtaking panoramic views of the Pacific Ocean and coastline





MoneySmart



Preparing for Opportunity in World of Headwinds

Doug De Groote, MBA, CFP®

For those without a plan, life is a journey without a destination. Fortunately for us Americans, we are provided the right of self-determination. Like it or not, you are in charge. You will determine your success. Aside from popular belief, it is not the government or the Federal Reserve that insures our prosperity as Americans but your ability as an indi-

vidual to recognize opportunity and your vision of the end result that enables you to take action. Like they say, "it is not a goal until you have dreamed it and put it down on paper". For many, this means leaving the security of a pay check to take on untold risks to realize your dreams.

Yet, today the entrepreneurial road seems littered with pot holes, U-turns, detours, and barriers resurrected through ever-increasing amounts of legislation

and a mentality that your path to success starts and ends in Washington. As investors, we face an onslaught of dangers. Organized financial crime seems to be the new normal on Wall Street and in Washington. The headlines are ominous, banks and Government Agencies like the GSA (General Service Administration) or the Treasury Department with direct oversight over the banks - litter the headlines causing investors and entrepreneurs to question the sanity of risking precious capital. The press, the excuse makers and the advocates for more control use language like, "too big to fail", "it will damage the market or the economy"; as if the banks, a government agency (GSA, The Treasury, Fannie and Freddy), or GM

or any other company is actually more valuable to the country than our integrity and respect for the law.

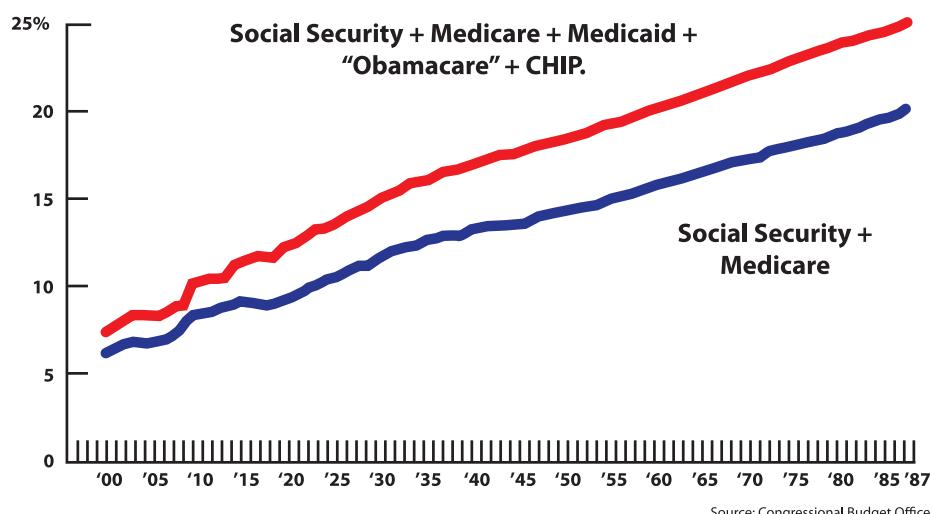
Currently, industry, wealthy individuals, the entrepreneur and investor are facing many headwinds. The largest is government and the fiscal and monetary policy or lack of one. Recently, the Supreme Court ruled on the Affordable Care Act. We can all agree the medical system is broken. Yet, what we got is a power grab that will ultimately cost us all, tying up precious resources and erecting more barriers to economic growth. The question is not about the morality of health care or whether it is a right for all, but, how do we cover an additional twenty to thirty million people without increasing costs? You should also be asking yourself who loses benefits in that scenario? Will we have enough doctors to provide the needed care? What does it mean to taxes? Can I depend on state and federal aid? What does it mean to my doctor and the companies that serve me? Will they be there to provide the care for me if they are making less and losing money?

According to the Milliman Medical Index and reported by CBS Sunday Morning in a segment entitled "What's the future of Health Care?" the average cost of health care for a family of four has risen from \$8,414 in 2001 to \$20,728 in 2012. If you use an inflation rate of seven percent, which many experts say is ridiculously low for health care, you would see health care costs for the same family of four rising to \$41,500 by 2022. To put this in context, 80 percent of Americans make less than \$72,000 per year. And incomes are not going up; they are actually falling.

For the last 30 years, our economy benefited from the low cost of money, a baby boom generation of entrepreneurs and the evolution of new technology. Investors simply could focus on corporate earnings and feel confident that government would protect contract law, uphold individual rights, minimize barriers to the flow of capital, and encourage businesses to seek new markets and to innovate. That is exactly what happened. It's hard to find a strategic industry that we don't dominate. U.S. companies invented "fracking" which has untapped vast new energy supplies, making the Middle East irrelevant.

SWALLOWING THE FEDERAL BUDGET

Total federal spending as a share of GDP has averaged 20.6% over the past 50 years, peaking at 25.2% in 2009. Eventually, at the same rate they're growing the combined cost of Social Security and Medicare alone will gradually take over most of the federal budget. Add in other programs, including Medicaid, and entitlements would swallow the entire budget.



Source: Congressional Budget Office

Saudi princes come here for their health care, not England or Japan. "Globalization" has in fact become the polite word for "Americanization". John Thomas says it best, "Our economy can evolve faster than anywhere else on the planet. This is because no one can beat us at creative destruction. Some 22 years into Japan's stock market crash they are still maintaining companies on life support at enormous expense. We cleansed our system in about six months. And, try downsizing outdated unions in Germany. We have cut the union share of labor from 35% to 15% in 30 years. Where else can someone with no money but good ideas become a billionaire in a couple of years?"

Today, corporate earnings are near an all-time high according to the S&P. Yet, the S&P 500 is roughly 13% below its high reached in 2007. Investors are asking what changed; entrepreneurs are fearful of what is happening and businesses are tightening their belt to make sure they have the resources to deal with increased costs, unknown tax issues and monetary policy affecting their decisions throughout the global economy. Our elected leadership has kicked the can down the road for too long. Our future is here. We see it with state governments unable to properly fund their pensions, local municipalities going bankrupt,

private and public pensions failing due to lack of market growth and unreasonable assumptions and promises to employees. Health care costs draining funds from all forms of government agencies which will eventually lead to cuts in other benefits and programs.

According to Barron's June 18th article titled "Watch Out!", "the costs of eldercare are rising faster than the growth of gross domestic product. The Social Security and Medicare parts alone, at 8.5% of GDP last year, will nearly double their share in 50 years, and keep rising from there. Add to Social Security and Medicare all other health-care entitlements, and **federal revenues** as we know them get nearly swallowed up as soon as 2035."

As the chart above illustrates, these costs will account for all the federal revenue unless radical steps are taken. Until taxpayers and tax users wake up and work together, our system of growing entitlement will ultimately run us off the fiscal cliff. The question is: Will you give up or take a cut in your health care and social security to protect the future entrepreneur, business leader, your child or grandchild, from the stifling effect of higher taxes and fees so they can live their dream?

As the Congressional Budget Office has pointed out, "The resources to redeem government bonds in the trust funds and



thereby pay for benefits in some future year will have to be generated from taxes, other government income, or government borrowing in that year."

HOW FAST CAN YOU SPEND A TRILLION?

According to the Congressional Budget Office Director Douglas Elmendorf, "if nothing is done by 2037 our sovereign debt will be 200 percent of GDP." To stop this from happening, "we have to immediately and permanently cut \$700 billion from our \$3.6 trillion budget." That is unlikely to happen; we have too many takers and not enough givers to cut 20 percent of our budget.

DEEP POCKETS AND SHORT ARMS-A STRATEGY TO DEAL WITH DELEVERAGING

It is important to know that when wages are falling (as they are now) - the economy is going to deleverage. This is bad for consumer spending, corporate earnings, tax revenue, pension plans, and just about everything that creates wealth except for those

that protects their principal. If the government is going to have to cut twenty percent from its budget immediately to make sure we do not end up like Greece, you better get some short arms or deeper pockets.

Mark Twain said, "there are two times in a man's life when he should not speculate: when he can't afford it and when he can."

During periods such as these, it is your financial planner's job to understand your capacity for risk as much as your risk tolerance; to separate out unneeded speculation from the needed amount of risk to maintain lifestyle and realize your goals with the least amount of risk to get you there.

What is your safety cushion? Currently, most Americans have seen that cushion eroded by lower wages, and higher inflation. While we may never get back to the returns we experienced during the 80's and 90's, I believe we will have the greatest opportunity to create wealth since the Great Depression. But, you need to protect principal first and be in a position to recognize opportunity (and many investors will be unable to separate their emotions if they are counting losses

due to the plethora of head winds and increased volatility). Portfolios need to be constructed with safety in mind.

Our system is facing a perfect storm, and those who are patient will be rewarded. I believe Warren Buffett summed it up perfectly. He used a baseball analogy to articulate the value of a disciplined investor. He essentially said that long-term investors are like batters standing at the plate with unlimited pitches coming at them - learning from each pitch that goes by until they identify the perfect pitch. They are not influenced by how others perform and are motivated only by realizing their best results based on their goals and objectives. In essence, they have identified their road map and understand the guard rails along the way are there to protect them from undue influence or noise separating them from realizing their one best financial life.

Mark Caine once said, "There are those who travel and those who are going somewhere. They are different, and they are the same. Successful people have this over their rivals: they know where they are going."

In every article we have spoken about the headwinds we face and we have provided in-depth background to what we face as investors, business owners, and the issues that will affect the folks we love and matter to us. I cannot urge you enough to reflect on where you are now and how you got where you are today. Your journey is filled with lessons of success and maybe failures, but you should be inspired to capitalize on your strengths and better understand the dangers that threaten your current situation. Take charge; American companies are.



Doug De Groote
Managing Director of
 **UNITED CAPITAL**
PRIVATE WEALTH COUNSELING
Located in Westlake Village
800.984.3302 805.230.0111
<http://www.unitedcapitalla.com>

United Capital Financial Advisers, LLC provides advice and makes recommendations based on the specific needs and circumstances of each client. Investing in securities involves risk; please contact your financial adviser with questions about your specific needs and circumstances. The information contained in this newsletter is intended for information only, is not a recommendation to buy or sell any securities, and should not be considered investment advice.



MoneySmart



Exceptional Exceptions II

By Robert J. Katch

In the last issue I discussed how individuals must generally wait until they are 59½ to draw funds from their retirement plans without penalty. The penalty is 10% for Federal purposes and

2% for California residents, which is paid in addition to the income tax due. There are, however, two exceptions frequently used for retirement income planning purposes: the “Age 55” rule and the 72(t). Last time we covered the

“Age 55” rule, so now it’s time to delve deeper into the 72(t).

THE 72(T)

In plain English, the general rule is that in order to avoid paying the penalty you must **distribute the same amount** during **each year** for the **longer of** five years or until you reach the age of 59½. Let’s look at these key terms in more detail.

DISTRIBUTIONS

Your distribution is determined by the value of your IRA and your current age using one of three IRS approved calculations. Most people use the “Annuity” formula because it generally provides the largest distribution.

SAME AMOUNT

The calculation will provide you with an annual amount you must withdraw from your IRA. While we prefer to use the same annual amount while the 72(t) is in effect, you are allowed to use a more complex formula which provides an annual inflation adjustment.

EACH YEAR

The IRS monitors 72(t) distributions on a calendar year basis, so the general rule is that the amount withdrawn must be the same amount each calendar year. However, if you begin your 72(t) later in the year, you can use this to your advantage. For example, let’s say you wish to begin your distribution in December and your annual draw is \$120,000. You actually have the choice of taking \$10,000 (December’s 1/12 of your annual draw) or taking \$120,000 for the entire calendar year. In the “middle” calendar years your distributions must add up to \$120,000. The distribution in the last year would depend on how you structured the 72(t) during its first calendar year.

LONGER OF

You must continue your 72(t) for the longer of five years or until you reach age 59½. For example, if you start at age 52 you must continue 7½ years to age 59½, but if you start at age 58 you must continue **five years** to age 63. Many



THE IRS MONITORS 72(T) DISTRIBUTIONS ON A CALENDAR YEAR BASIS, SO THE GENERAL RULE IS THAT THE AMOUNT WITHDRAWN MUST BE THE SAME AMOUNT EACH CALENDAR YEAR. HOWEVER, IF YOU BEGIN YOUR 72(T) LATER IN THE YEAR, YOU CAN USE THIS TO YOUR ADVANTAGE.

people do not like the idea of starting a draw where the five years goes past their age 59½ because it feels like they are stuck with an IRS rule past the required age. While I understand the sentiment, there is a way to soften the impact by simply splitting your IRA. Since the 72(t) applies only to the IRA included in the initial calculation, we usually split client IRAs prior to running the math and starting the distribution. Let's say you have a \$2,000,000 IRA but need only \$1,500,000 to fund your desired 72(t) distribution, we would open another IRA and transfer \$500,000 into it. This \$500,000 IRA would not be subject to

the 72(t) rules and would be available to draw from as soon as you reach 59½.

CAVEAT EMPTOR

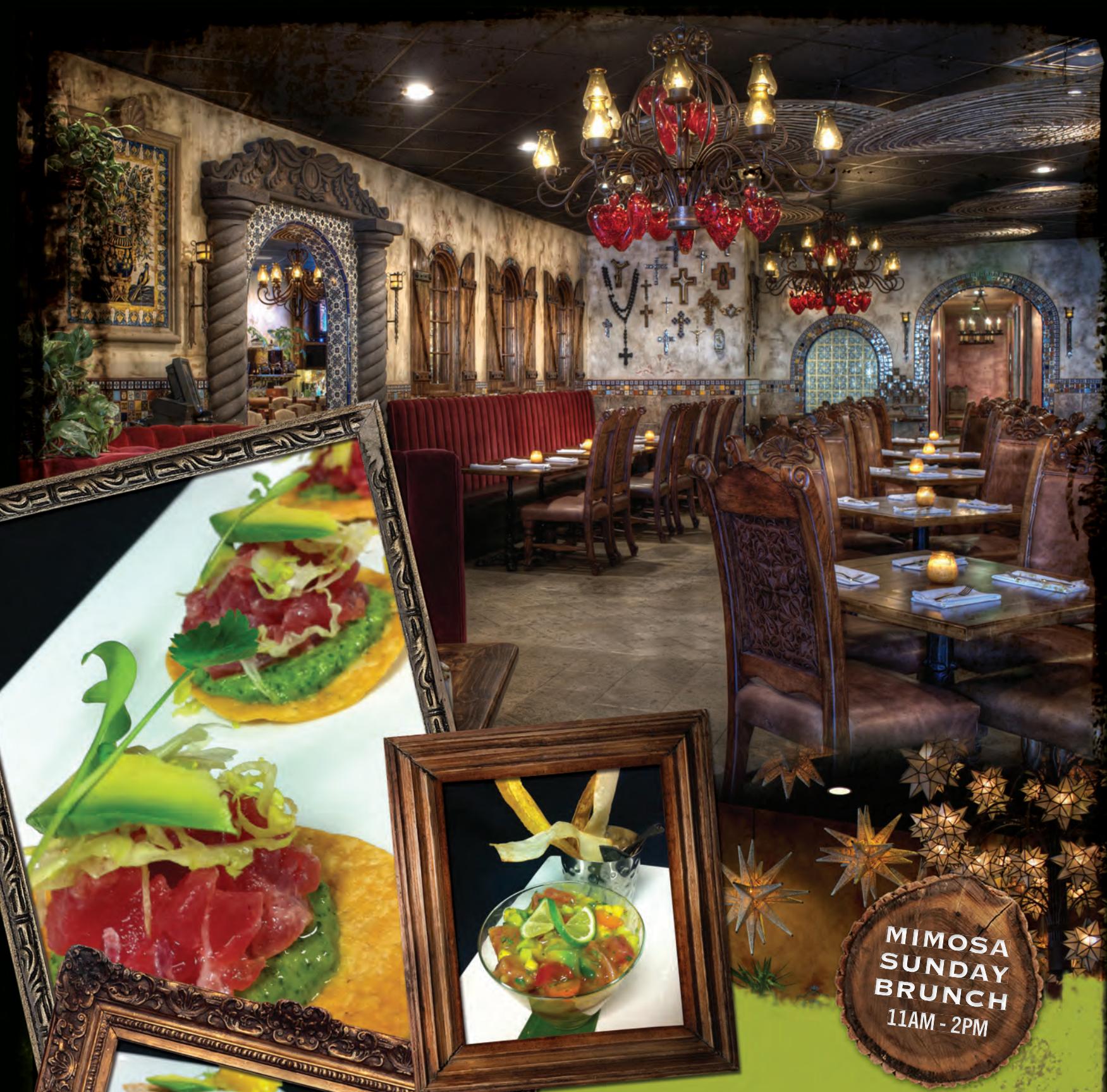
Now that you understand more about how the 72(t) works, it is very important to understand what's at stake if you use it incorrectly. Unfortunately, the cost of a mistake is quite high because the penalty is applied retroactively. For example, if your calculation required a \$100,000 per year draw for five years and you accidentally took an extra \$1 in your last distribution, then you would be penalized on your cumulative \$500,001 in withdrawals. Thus, **any** mistake in **any**

aspect of the 72(t) calculation or sequence of distributions could cause the sum total of the distributions to be penalized. Using this exception is like performing surgery – you don't want to do it by yourself. Please work with a professional! While that alone should be enough, I can't tell you how many times we've seen people get incomplete 72(t) advice from reputable CPAs, banks, and investment advisors. You need to be sure to work with someone who knows the 72(t) and all its intricacies. ☺

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



MIMOSA
SUNDAY
BRUNCH
11AM - 2PM

SABOR

COCINA MEXICANA

THE LAKES

2200 E. THOUSAND OAKS BLVD., THOUSAND OAKS, CA 91362

805.497.2457

SUN - THURS 11AM - 10PM, FRI - SAT 11AM - 11PM

SABORCOCINAMEXICANA.COM



Understanding Metabolism

Boosting Calorie-Burning Power

By Ian Armstrong, M.D.

If you are carrying some extra pounds, it's tempting to blame it on a sluggish metabolism. It is true that your DNA (heredity) dictates the rate of your metabolism but there is a lot that is within your power to boost your body's calorie-burning capacity.

WHAT IS METABOLISM?

Your metabolism is a network of hormones and enzymes that not only

converts food into fuel but it also dictates how efficiently you burn that fuel. People with so-called 'high' metabolisms burn fuel more quickly while people with so-called 'low' metabolisms are less efficient at burning fuel. Some of this is definitely hereditary but there is a lot you can do to rev up your body in getting it to work more efficiently. **Lifestyle is more influential than hereditary factors.**

Metabolism is also influenced by your age (metabolisms slow down about 5% per

decade after age 40); your sex (men tend to burn more calories at rest than women); and proportion of lean body mass (the more muscles you have, the higher your metabolic rate will be). Very rarely a defect in the thyroid gland can slow metabolism. But here's a surprise: the more weight you carry, the faster your metabolism is running - even at rest. That's because the body is under enormous stress and strain having to carry around so many extra pounds.

The physical and chemical processes that occur inside your body during metabolism revolve around how food is broken down. Macronutrients are the **carbohydrates, fats** and **proteins** that are broken down in the food you've ingested - which are converted into the energy you need to survive.

TAKING CONTROL OF YOUR METABOLISM

People who are very overweight are able to lose many pounds at the beginning of a diet because their metabolism is already running fairly high in order to survive the extra pounds. However, when dieting, the trick is not to cut your calorie intake down suddenly or to the point where your body signals an emergency - and then slows its own metabolism down because it's preparing for an emergency winter. The trick is to eat a healthy amount of calories per day (and this varies from individual to individual) in order to keep your metabolism stimulated so that it does not go into an emergency response. There are two ways to control your metabolism:

- 1) **By eating healthy 'super foods'** that keep your body functioning healthily so that your metabolism doesn't go into an emergency slow-down response
- 2) **Exercise:** Humans were never made to sit down all day. Our bodies were made to be exercised and anybody who flaunts that idea is fooling themselves. A sedentary lifestyle is the antithesis of what is actually good for us

THE POWER OF EXERCISE

The best way to control your weight is through **healthy exercise**. There are many reasons for this: Put simply, you burn much more fuel while exercising and so the body becomes highly effective at breaking down macronutrients (food you've eaten) into immediate fuel. Aerobic exercise such as running, swimming, walking and cycling burn many calories in the short term

THE POWER OF MUSCLES

The next key trick to being really smart about taking control of your metabolism is to **weight train** - since this will build up valuable muscles in your body. Muscles burn more calories than fat - so the more muscles you have in your body - the more effectively your metabolism will continue to work - even when you are sedentary. Also, the more muscle that women have, the less chance they have of developing **osteoporosis** (the thinning of bone tissue



EACH ONE OF US METABOLIZES PROTEINS, CARBOHYDRATES AND FATS IN DIFFERENT WAYS AND THE TRICK IS TO KNOW YOUR INDIVIDUAL BODY WELL AND WHAT WORKS BEST FOR YOU.

and the loss of bone density) over the age of 50. In the hours following the cessation of aerobic exercise, muscles have a longer-lasting effect on boosting your metabolism. Having extra muscles also means that you can eat more and gain less weight. Here's an interesting statistic: Every pound of muscle in our bodies burns 35 calories a day; every pound of fat in our body burns only 2 calories a day. This ratio of 35:2 clearly illustrates the advantages of replacing fat with muscles

EATING HABITS

Eating only one meal a day is not smart. The best way to keep your metabolism stimulated is to eat frequent, small meals of the healthy super foods. This keeps your metabolism in high gear which means you'll burn more calories per hour. When you starve yourself for 24 hours, your body reacts to what is perceived as an emergency winter - and your metabolism will slow down accordingly because it's expecting continued starvation. A study was carried out by researchers at Georgia State University and what they found is that when athletes ate snacks around 250 calories each - three times a day - they had greater energy output than when they didn't snack. Greater energy output is not only healthier

for you - but it in turn burns more calories. It's a win/win situation. There is truth in the assertion that protein requires about 25% more energy to digest than carbohydrates but that does not mean you should tuck into 4 steaks a day. Sometimes foods that are perceived as pure protein are also packed with other unhealthy fat-promoting contents - so beware. Each one of us metabolizes proteins, carbohydrates and fats in different ways and the trick is to know your individual body well and what works best for you. Your energy output and your general state of well-being will tell you whether certain foods work well for you.

FRUIT AND VEGETABLES

There is undisputed agreement that fruits and vegetables (preferably fresh and raw) are good for everybody. Simply converting your lifestyle over to one that is packed with fresh, organic fruits and vegetables will reap huge dividends in controlling your



metabolism - your weight - your energy level - and your general state of well-being. 

Dr. Ian Armstrong, CEO and Medical Director of Southern California Spine Institute,
ianarmstrongmd.com.



Juicing, the ultimate fast food

By Lisa Fallon Mindel

We all must agree that vegetables are the most beneficial food group of which we are not getting enough.

Green vegetables contain phytonutrients and antioxidants that our bodies need to stay healthy and keep working at their optimum levels. A fast and simple way to get this is through juicing which

is the ultimate, best fast food. Easily absorbed, it's what's called the "15 minute nutrient express" to health.

Did you know that the average dinner takes 4-16 hours to leave the stomach and digest? Conversely, fresh juice takes 15 minutes to digest from your stomach to your cells.

You're probably asking, "why not just eat it?" I'm here to tell you that we don't. Most people do not ingest the amount

of fresh fruits and vegetables - with a spectrum of colors - that are needed per day. The way to resolve this is to cheat a little - and juice!

Today, many people are overfed, undernourished, and starving on a cellular level. Our digestive systems, after years of consuming the wrong foods, are taxed, tired and not working as efficiently as they should. By removing the refined sugars, the junky man-made foods, the over-abundance of wheat and the refined fats - and replacing them with a highly nutritious, rich, supercharged, easily digested, absorbable fresh juice, your body will give back to you in so many



wondrous ways. You will notice it on the outside as well as the inside.

SOME OTHER JUICING BENEFITS:

- Boosts your immune system
- Good for digestive health
- A low-calorie way to boost your energy (Greens are an oxygenator to your blood)
- Helps alleviate allergies and respiratory problems
- Full of antioxidants that help with aging, blood pressure, circulation, cardiovascular health and brain function
- Helps reduce the negative side effects of stress
- An easy way to get the maximum absorption of mineral-enriched fuel for your body.

One thing to remember is that your body wants to heal itself. It naturally wants to be healthy, strong, and energetic in order to thrive. Given half the chance, it will not disappoint you.

SO WHAT'S THE NEW FAST-FOOD DIET? JUICING!

Lisa's Super Green Juice

- 2 Lg cucumbers (roughly peeled)
- 4 stalks of celery
- Large Handful of kale or spinach
- 1-2 apples cut up (with seeds and core)
- 1/2 peeled lemon
- 1/4 teaspoon of chlorella powder (optional)

Put all ingredients in a juicer (except powder); add powder after juicing. To keep fresh, store in an airtight glass jar. Best to drink it the day of but if you make a bigger batch, you can drink it the next day.

Tip: When you prep the vegetables, make enough for a few glasses of juice and keep them in a zip-lock bag in the fridge. It will save time the next time you juice.

MORNING BLENDED GREEN DRINK

If you don't have a juicer yet and you feel

like something green and on the thicker, more filling side, try this in your blender:

- 1 Apple (cut w/ seeds and core)
- 1 orange (cut and peel removed)
- Juice of 1 Lg lemon
- Handful of spinach, or a kale variety.
- Few ice cubes

Add all the ingredients into a blender and blend until smooth. If it's too thick you can add a little water or coconut water.

Enjoy! 



Lisa Fallon Mindel is a qualified holistic health and nutrition Coach as well as a model and triathlete. She counsels people on how to effectively reach their health, nutrition and wellness goals. With her personalized step-by-step program and support,

reaching goals is enjoyable and lifelong. For more information go to: Wholebodybeautiful.com

DRIVING... REAL DRIVING

WORLD CLASS MOTORING OFFERS SPECIAL RATES
FOR TRAINING WITH EX-FORMULA ONE
RACER ALLEN BERG

By Larry Crane, who loved it Photography courtesy of Allen Berg Racing

Step over the carbon fiber side pod and onto the foam-filled seat insert that is just your size. Grip both sides of the seat and carefully let yourself down while sliding your feet forward down either side of the steering wheel post. One has to point one's toes to let them pass through a small opening in a bulkhead a few feet up inside the car's nose cone to get them to the pedal set. Find the three pedals. Scrunch yourself down into the snug foam seat, just your size — really. The steering wheel is in front of you on top of the car's nose. Pick it up, pull the latch pads on either side and slip it onto the splined-shaft directly in front of you; make sure it is locked in place—it's important. Pull on, then strap on your helmet. Take note of your rising heart rate; the car is still quiet. The shift lever is on your right. Pull back each time you want the next gear up; 1st, 2nd, 3rd, 4th 5th; use the clutch each time; to go back down through the gears, push forward; once for each gear, in sequential order. There is no neutral. Push in the clutch, push the "Ignition On" button, then "Start." The noise explodes and you can feel it everywhere. Your body is part of the carbon fiber box you have put on like a suit. It is part of the engine, so are you. The guy watching over your shoulder is Allen Berg, a veteran of the Formula One wars with the ability to accomplish the tasks in about 30-seconds. He trained himself not to smile.



Larry Crane



You can feel the noise



Major excitement between friends



A little squeeze on the gas pedal. A slow lift of the clutch pedal. Contact! Don't stall. Add gas. Don't run over the guy in front of you having the same heart palpitations. Roll out of the pre-grid and toward the pit exit. There it is. The racetrack. Second gear and the sound fills your mind. Follow-the-leader. He is an experienced racer and knows the car-width "line" through the corners that will be the only safe way through them as your speed increases. Third gear is fast and there are two yet to use. Focus. Focus. Follow. Be accurate with the cornering line, it will be more and more the only way to remain on track as you go faster. Memorize. Mirrors. Watch the car behind you. You are better than him. He is off line. Focus. Faster now. Five to ten car lengths behind the leader. Keep up, but don't catch up. Fourth gear. Corners sweep left and right hardly noticed. Focus. Faster now. Hard braking, down to third. Turn in at the red cone and follow the leader's line around the tight turn. There is the inside "apex" cone described in the classroom talk. Sweep out to the exit cone and try to stay with the instructor as he accelerates away. Back in fourth. Now fifth and



it feels like flight on the ground. The front and rear wings are there for their aerodynamic science in reverse. They keep you flying on the pavement. Really fast now. Past the pits and into the second lap. You can feel every pebble on the track through your fingers on the heavily padded wheel. The leader is slowing hard for a corner. There are no brake lights. Brake to maintain distance. Push the lever for fourth gear. Push again for third

and hard right, then left with tires just touching the low curbing at the apexes, and back up through the gears. Next corner is right there. Brake, shift, turn. How is this happening? You get it. It is not impossible. It feels—satisfying.

More laps. More accurate lines. Better gear changes. The instructor is faster now. You are right with him. Maintaining distance. Focus on YOUR line and where you are supposed to be when he is not there. Focus. Memorize braking points. Four cones, down a gear, then three cones, down another and you had better be slowed down by the two-cone set. Shortly after the single cone you have to be lined up for the turn and under power. Each corner is slightly differ-

ent. The braking cones offer the first clue. The “turn-in” cone at the outside edge of the track begins the corner. You have already spotted the “apex” cone near the center of the inside edge of the corner and imagine the elegant, sweeping line that connects with the exit cone. Logical. Efficient. Fast. FUN! Incredibly satisfying!

For the first time you notice the noise. It has not registered through the concentration. As you get better and better you sense more and more. The tires scrub a little now. No need to slow quite so much. Your cornering line becomes more accurate and the speed less daunting. Five more laps and a checkered flag suggests it's time to stop playing with the cars. The pit entrance is a complex labyrinth through a series of cones. As the car stops you are told to select first gear on behalf of the next student driver. Now the real problem begins. “Maybe I don't want to get out. Maybe I will just stay in and do another session. Book me for the day. And for next month while I'm sitting here.”

The avid enthusiasts at World Class Motoring, on Cheseboro Road at the 101, can make that happen. They have made an arrangement with Allen Berg for remarkably good pricing for track time in a modern formula car equipped with the latest in slick racing tires, a full aerodynamic package and enough horsepower to change the way you think about driving - forever. For \$169 you can have professional training and a lapping session and a breathtaking level of temptation. For \$299 you can double the number

PUSH IN THE CLUTCH, PUSH THE “IGNITION ON” BUTTON, THEN “START.” THE NOISE EXPLODES AND YOU CAN FEEL IT EVERYWHERE. YOUR BODY IS PART OF THE CARBON FIBER BOX YOU HAVE PUT ON LIKE A SUIT. IT IS PART OF THE ENGINE, SO ARE YOU. THE GUY WATCHING OVER YOUR SHOULDER IS ALLEN BERG, A VETERAN OF THE FORMULA ONE WARS WITH THE ABILITY TO ACCOMPLISH THE TASKS IN ABOUT 30-SECONDS.

of laps in the formula car and take home a video to share with jealous friends and watch in your office by yourself for the next 20 years. But for \$595 Allen Berg will be your instructor through two lapping session over three hours, the second of which is a well-trained you with 25 minutes of open track — and a video that will raise your heart rate as much as the first time you wriggled yourself into the car and hit “start.”

Contact: info@worldclassmotoring.com or phone at: (800)986-4977. 





The Himalayas include the highest mountains in the world



TREKKING THE HIMALAYAS

NEPAL: EVEREST LODGE TO LODGE TREK
PHOTOGRAPHY AND NARRATION BY BRETT DARRINGTON

The Himalayas (Nepali Himalaya) is the great mountain system of Asia forming a barrier between the plateau of Tibet to the north and the alluvial plains of the Indian subcontinent to the south. The Himalayas include the highest mountains in the world with more than 110 peaks rising to elevations of 24,000 feet above sea level. One of these peaks is Mount Everest , the world's highest mountain with an elevation of 29,035 feet. There are 14 Himalayan peaks with elevations of over 26,000 feet. The 5 highest peaks in the Himalayas are:

Everest (29,035 feet)

K2 (28,251 feet)

Kangchenjunga (28,169 feet)

Lhotse (27,940 feet)

Makalu (27,762 feet)



The town's livelihood rests upon the Himalayas

THE HIMALAYAS, WHICH ARE OFTEN CALLED "THE ROOF OF THE WORLD", CONTAIN THE GREATEST AREA OF GLACIERS AND PERMAFROST OUTSIDE POLAR REGIONS. TEN OF ASIA'S LARGEST RIVERS FLOW FROM HERE, AND MORE THAN A BILLION PEOPLE'S LIVELIHOODS DEPEND ON THEM.

Some of the world's major river systems arise in the Himalayas and their combined drainage basins are home to some 3 billion people (almost half the earth's population) in 18 countries. The Himalayas have profoundly shaped the cultures of South Asia.

The Himalayas, which are often called "The Roof of the World", contain the greatest area of glaciers and permafrost outside polar regions. Ten of Asia's largest rivers flow from here, and more than a billion people's livelihoods depend on them. To complicate matters, temperatures are rising more rapidly here than the global average. In Nepal, the temperature has risen 0.6 degree C over the last decade, whereas overall global warming has been around 0.7 degree C over the last hundred years.

BEST TIME TO VISIT

Nepal is the world's 93rd largest country in terms of land mass and is located in the Himalayas. The beginning of the rainy season in May is a spectacular time to visit Nepal. The Himalayas provide dramatic topography unmatched anywhere in the world. Leaving LAX and then landing in Kathmandu is a trip in more ways than one. What immediately struck me upon arriving in Nepal was the cacophony of horns - and a congested, dusty city almost left a gritty taste in my mouth. It was fascinating, nevertheless.

THE HIMALAYAN EXPERIENCE

The next day the Dornier turbo-prop delivers you from Kathmandu Valley to the small Himalayan Village of Lukla after a hair-raising





WHAT IMMEDIATELY STRUCK ME UPON ARRIVING IN NEPAL WAS THE CACOPHONY OF HORNS - AND A CONGESTED, DUSTY CITY ALMOST LEFT A GRITTY TASTE IN MY MOUTH. IT WAS FASCINATING, NEVERTHELESS.

landing on what appears to be the world's shortest airstrip. Starting in Lukla at 9,200 feet the trekking begins through the Khumbu region of the Himalayas. The warm hearted, hard-working Sherpas (local Himalayan ethnic group) lead the way and guide you through the most breathtaking scenery in the world. The areas we visited are completely inaccessible by any vehicle. Rocky steps, narrow suspension bridges and precipitous drop-offs make for exciting trekking. The villages (literally built on sherpas' backs) provide a good night's rest for the trail-weary traveler.

Through Monjo, then to Namche Bazaar at 11,286 feet, the views of the milky blue rivers and white peaked mountains are spectacular. Next to the village of Tashinga at 11,800 feet and the Sagarmatha National Park Visitors Center - the view of Mt. Everest is breathtaking.

By Day 6, we were up at 6:00am for another rigorous day of trekking to the Tenboche

Monastery - then on to Pangboche where we could rest and recharge our batteries before our climb to Ama Dablam Base Camp at 15,091 feet. Our path is then retraced as we headed back to Lukla for our gripping flight back to Kathmandu.

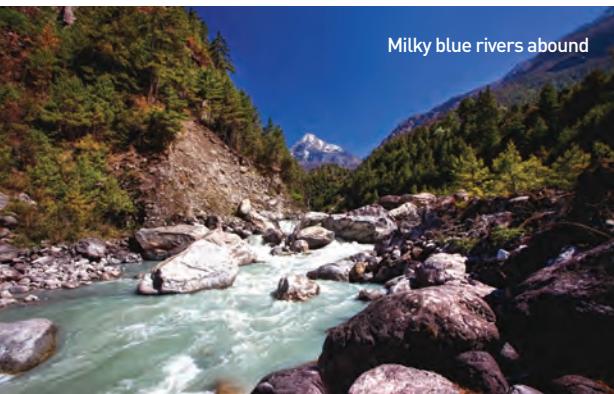
In the shadow of Mt. Everest the Sherpa villages offer a palpable glimpse into the Buddhist culture so prevalent in the Nepal Himalayas. This classic first-timers' trek will leave you under Nepal's spell. Rarely do we see such a blending of humans with their environment.



I found it a wonderful example of how well humans can co-exist with their environment in a harmoniously adaptable way.

Be prepared for sensory overload. Every bit of it is well worth it! 

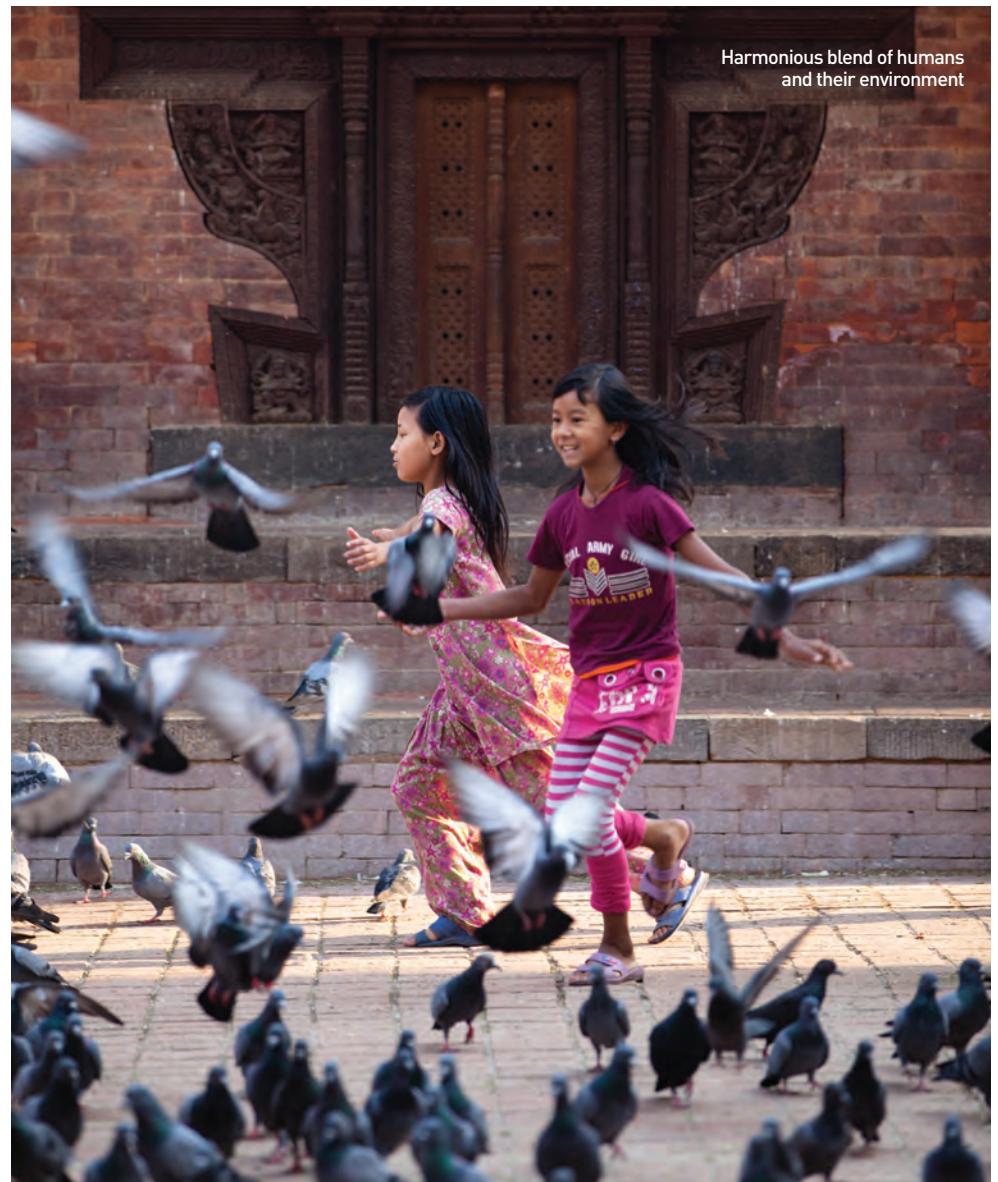
Milky blue rivers abound



Ancient and peaceful



Harmonious blend of humans and their environment

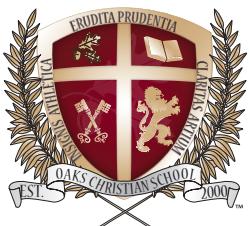




OAKS CHRISTIAN

invites you

TO VISIT!



Please visit our website at
www.oakschristian.org
to RSVP and to learn more,
or call us at 818.824.9492 for
additional information.

APPLY ONLINE

Admission Application for
Academic Year 2013-2014
Available October 1



A COLLEGE PREPARATORY SCHOOL SERVING 6TH THROUGH 12TH GRADE STUDENTS

Experience everything Oaks Christian School has to offer. Meet our teachers, coaches, and staff. Talk to our students. Tour the campus. Discover a new world of opportunities that could shape your student's life forever.

THURSDAY, OCTOBER 4, 2012

7:00 p.m. - 9:00 p.m.

Admissions Information Night

SUNDAY, NOVEMBER 4, 2012

1:00 p.m. - 4:00 p.m.

Admissions Open House

THURSDAY, JANUARY 17, 2013

7:00 p.m. - 9:00 p.m.

Admissions Information Night

OUR MISSION STATEMENT *To dedicate ourselves to Christ in the pursuit of academic excellence, artistic expression, and athletic distinction while growing in knowledge and wisdom through God's abundant grace.*



Oaks Christian School 31749 La Tienda Drive Westlake Village, CA 91362 www.oakschristian.org 818.824.9492



THE STONEHAUS

SIP | TASTE | DISCOVER

Opening this summer, The Stonehaus will serve as a lifestyle meeting place, offering knowledgeable sommeliers and baristas, with signature baked goods and diverse wine and cheese tastings. We will feature our Vintage Room which can be used for private tastings, corporate board meetings or special events. The surrounding gardens will transport you to the Tuscan countryside where one can meander through our vineyard and discover the beauty of The Stonehaus.

Above and beyond.

Mercedes-Benz 2013 models never looked better.



CALABASASMBZ.NET
800.NewMercedes
MERCEDES-BENZ OF CALABASAS

24181 CALABASAS RD • CALABASAS