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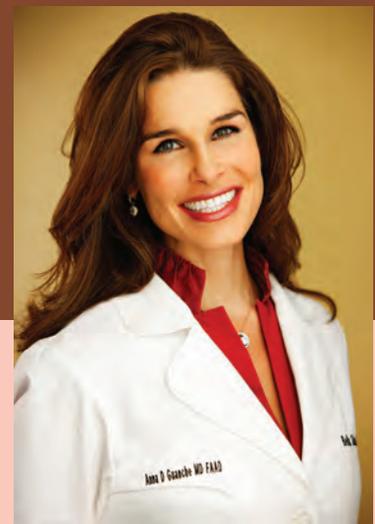
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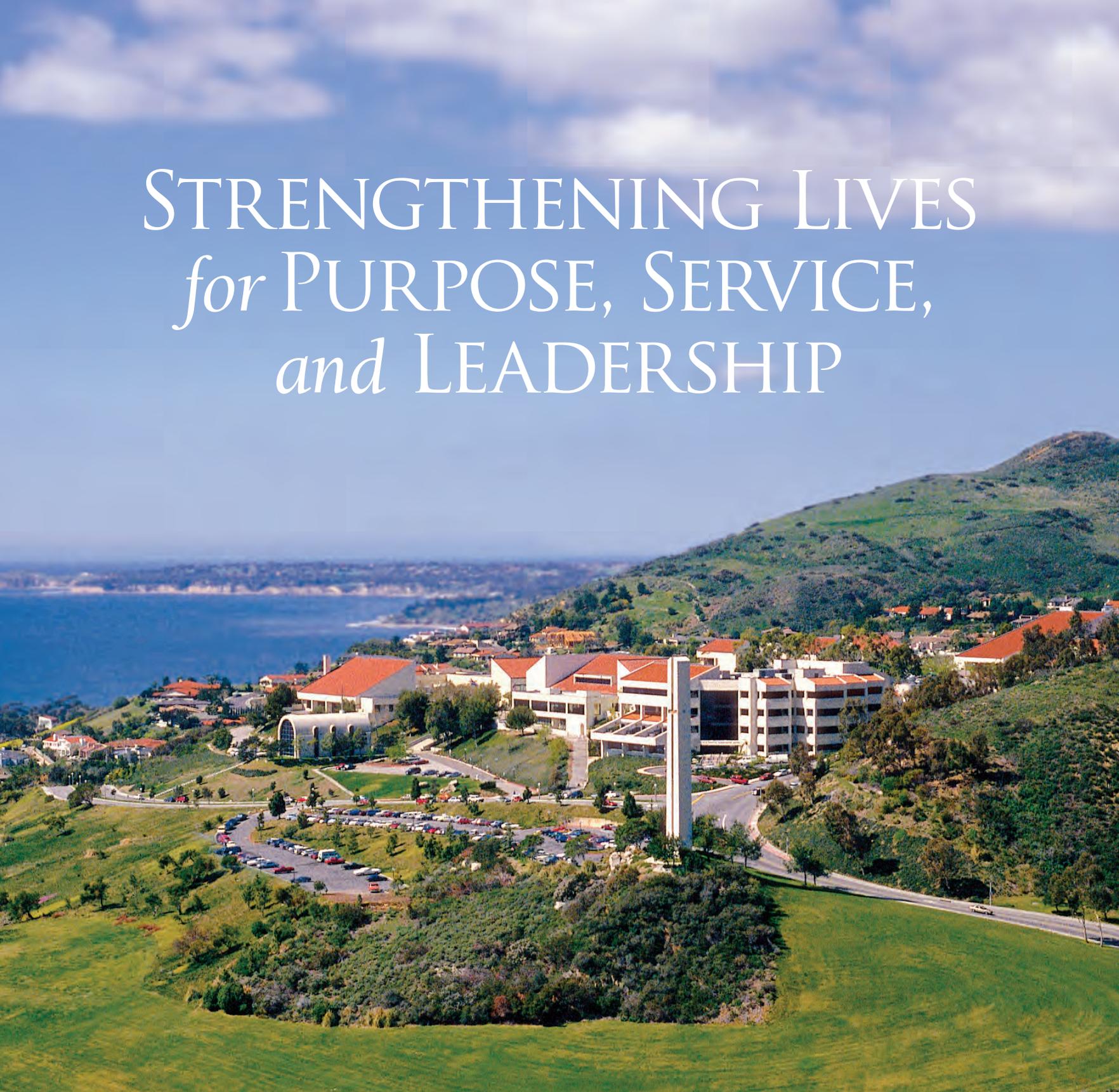
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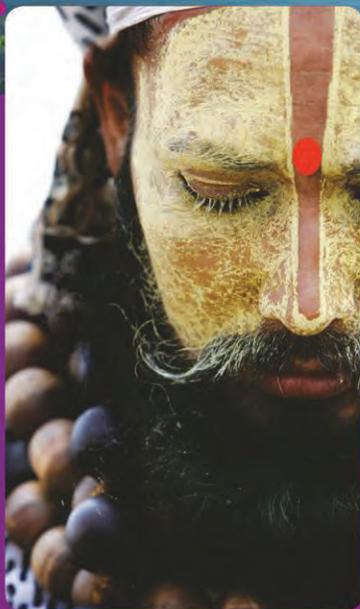
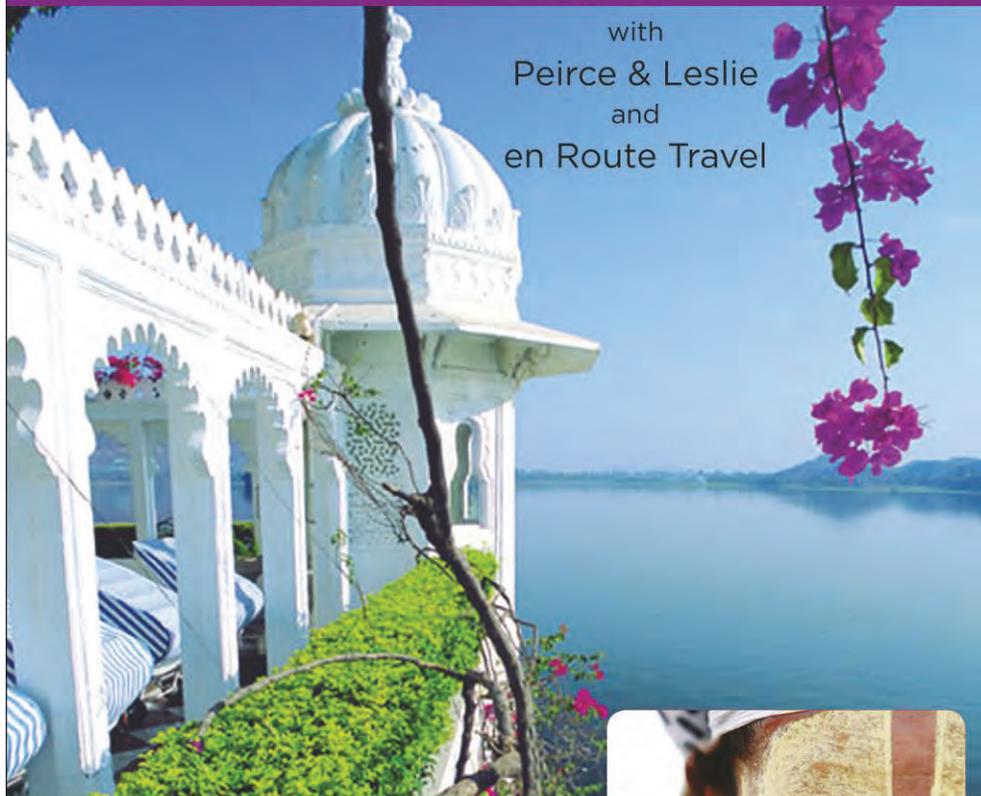
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Editor's letter



Photo by Curtis Dahl

Happy 2013! It's a whole new year to be able to turn over a new leaf and seize the day (carpe diem). The beautiful **Sierra Sullivan** graces our cover and is joined by husband, **Gabe**, and son, **Elijah**, in the **Cover Story** (Pg 46). The Sullivan family is a quiet reminder in this New Year's issue that real fulfillment lies in what matters: the love of our family; respect for our environment; activities that revolve around getting back to nature, and taking care of those we love by leading healthy, constructive lives.

Football season reaches a crescendo with the upcoming Super Bowl. We asked the **Football Leaders** at **Oaks Christian School, Westlake High School, and Malibu High School** to talk about NFL leaders who have inspired them along their journey. Enjoy their explanations of real, heartfelt leadership (Pg 12).

The inimitable Magda Pescariu conducts substantial interviews with top Designers on both sides of the ocean - **Brian Rennie** (Germany) and **Dominique Cohen** (California) and provides a thoughtful analysis of Fashion's Role in our Pursuit of Wellbeing (Pg 58).

Ski and Snowboarding Season are in full high-altitude throttle so join us as we take you to **Aspen, Colorado** (Pg 90) and introduce you to 2 properties that will assure you of plenty of winter snow fun. Further abroad, for those seeking an in-depth journey into an ancient land steeped in mystical beauty, discover **India** (Pg 94).

Dr. Ian Armstrong arms us with some tips to boost our immunity systems during the winter (Pg 86), and Lisa Fallon Mindel gives excellent, healthy advice on how to enjoy a great relationship with food (Pg 88).

Our **Home and Hearth** sections have particularly spectacular homes showcased (Pg 70 - 81) and we also feature **Bathrooms** that will inspire you to create your own bliss at home in a room that is all about relaxation and unwinding (Pg 34).

Here's to an especially cozy winter!

Diana Addison Lyle



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INSPIRATIONAL FOOTBALL LEADERSHIP



BY CALEB SALAS

FRANCIS OWUSU (#8)

OAKS CHRISTIAN SCHOOL, CLASS OF 2013

WIDE RECEIVER & SAFETY

WHAT IS IT ABOUT FOOTBALL THAT YOU PARTICULARLY ENJOY? WHAT HAS FOOTBALL DONE FOR YOU?

There is much more to the game of football than super star athletes and hard hitting. There are hard days, conditioning, summer workouts and strength training that happen behind the scenes to prepare for game day. But all the things I love and enjoy about football stem from one particular word: opportunity. It is the opportunity to build relationships with my teammates that I enjoy. The friendships that I have built are priceless. It is the ups and downs, the wins and losses, which continue to mold us and bring us closer together. It is also the opportunity to not only change, but to learn from mistakes and to grow in my faith. It is the fight within to never, ever give up that I am thankful for.

IN YOUR OPINION, WHO IS YOUR FAVORITE/BEST NFL PLAYER IN THE US TODAY? WHAT POSITION DOES HE PLAY AND FOR WHICH TEAM? WHY DO YOU PARTICULARLY RESPECT THIS NFL PLAYER?

I have two favorite NFL players that I respect and look up to. The first is my brother Chris Owusu. He currently plays wide receiver for the Tampa Bay Buccaneers. I respect Chris not only because he is my brother, but for so many other reasons - not least of which is the fact that he is an exciting football player to watch. He is explosive, fast and has game day performances that I want to emulate. They say that God gives his hardest battles to his toughest soldiers. My brother is no exception. I thank God that He has given my brother a chance in the NFL to showcase his abilities and play the game he loves. Calvin Johnson, wide receiver for the Detroit Lions, is also someone I respect because he dominates at his position but plays with a humble heart.

WHO DO YOU THINK IS GOING TO WIN THE SUPER BOWL IN FEBRUARY 2013? WHY IS THIS YOUR FORECAST?

I think the Atlanta Falcons have a great chance of winning the Super Bowl in February 2013. As a receiver, I am a huge fan of the way Julio Jones and Roddy White make plays with the ball in their hands. Their quarterback, Matt Ryan, has been nothing short of brilliant during the first half of the season and if he can sustain his level of play, the offense will be very hard to stop. The defense continues to shine. These are the reasons for my forecast.

FAVORITE PLAYER—CHRIS OWUSU

Chris Owusu graduated in 2007 from Oaks Christian School where he distinguished himself at the Wide receiver position and won four CIF rings, as the team went 46-3 during his high school career. Owusu's skill and commitment to academics earned him a scholarship to play for the Stanford Cardinals in College. Injuries limited Owusu for a good part of his college career but he was nonetheless an effective player when healthy; He led the team in touchdowns in his 2009 sophomore season campaign. In his final season, he recorded 35 receptions from quarterback Andrew Luck, who was drafted 1st overall by the Indianapolis Colts in the 2012 Draft. Owusu's speed elicited him equal playing time on special teams as a kick returner where he averaged 26.6 yards on 78 kickoff returns for his career and, additionally, tied a Pac-10 record as a sophomore with three returns for touchdowns. Owusu graduated from Stanford in 2012 with a degree in human biology. He ran the second fastest 40-yard dash time overall at the NFL combine, but went undrafted in 2012, due to his injury history. His former college coach, Jim Harbaugh, coach of the San Francisco 49ers, signed him as a free agent, before waiving him as a part of the final offseason roster cuts. Owusu was later picked up by the San Diego Chargers to participate on their practice squad, but ultimately was signed by the Tampa Bay Buccaneers to their active roster in the first month of the 2012 NFL season







PortraitsofFootball

KYLE ERICKSON (#88)

**WESTLAKE HIGH SCHOOL,
CLASS OF 2013
TIGHT END (OFFENSE)
DEFENSIVE END (DEFENSE)**

WHAT IS IT ABOUT FOOTBALL THAT YOU PARTICULARLY ENJOY? WHAT HAS FOOTBALL DONE FOR YOU?

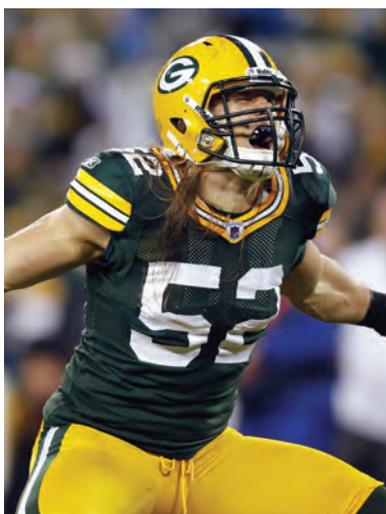
I love the camaraderie and the bonds you make with your team mates. It really makes you a family that you have out there on the field and it's a brotherhood that you can't find anywhere else. Football itself has assisted me in my leadership skills and it has opened my eyes into being a team player and looking out for others.

IN YOUR OPINION, WHO IS YOUR FAVORITE/BEST NFL PLAYER IN THE US TODAY? WHAT POSITION DOES HE PLAY AND FOR WHICH TEAM? WHY DO YOU PARTICULARLY RESPECT THIS NFL PLAYER?

Clay Matthews, who's the Linebacker of the: Green Bay Packers. I've had the opportunity to meet him face to face and he's really humble and I love his pursuit of the ball.

WHO DO YOU THINK IS GOING TO WIN THE SUPER BOWL IN FEBRUARY 2013? WHY IS THIS YOUR FORECAST?

The San Diego Chargers. They are my favorite team and I always have to have high hopes for them. Within the team I've always been a fan of Antonio Gates. He's a phenomenal player and together with Phillip Rivers they have the most tight end quarterback receptions in the history of the NFL.



FAVORITE PLAYER—CLAY MATTHEWS

Physically distinguishable by his long, shiny blonde hair, Clay Matthews, in a relatively short time, has established himself as an elite linebacker in the NFL. His rise to prominence was not an immediate one. His own father wouldn't start him on his own local varsity high school football team at Agoura High School because Clay was too undersized. Nature began to take its course, and Matthews finally began growing and blossoming in his senior high school football season, but only collected minimal attention from local community colleges and low-end Division One FCS Programs. Destiny, too, took its course, as Matthews elected to follow in his father's footsteps and walk-on at the University of Southern California. It took two years before Matthews had moved from the scout team to a reserve role, and from a walk-on status to a scholarship status. Matthews is the only player in USC history to be awarded 3 consecutive Special Teams Player of the Year awards. Slowly, but surely, Matthews participated in the Senior Bowl in his final year at USC at 6'3" and 240 pounds with a 4.6 40-yard dash speed. Finally he was the ideal combination of size, strength, and speed and was drafted 26th overall by the Green Bay Packers in the 2009 NFL Draft, who traded away their second and third round draft picks in order to snatch him. Almost immediately, Matthews made a splash in the NFL, and on Monday Night Football,

in his first season, he stripped one of the league's elite running backs, Adrian Peterson, and ran the ball into the endzone. Finishing third to fellow USC teammate Brian Cushing in the NFL Defensive Rookie of the Year award, Matthews, recorded 51 tackles, 10.0 sacks, 5 pass deflections, a forced fumble, and 3 fumble recoveries in all of the 16 games that he started, and garnered a Pro-Bowl Selection, making him the first Packer Rookie to be named to the Pro-Bowl since 1978. Matthews has made the Pro-Bowl every year since joining the NFL, and, additionally, was awarded the NFC defensive player of the year award in 2010, and the Butkus award for top linebacker in 2010. Matthews is a prime example of a guy that was born to not only play, but also to excel in the NFL. Matthews' father, Clay Matthews Jr, played the third most games in NFL history, 278, over 19 seasons as a linebacker for the Cleveland Browns and Atlanta Falcons while earning 4 Pro Bowl selections. Matthews' uncle, Bruce Matthews, played as an NFL linebacker for 19 years for the Houston Oilers/ Tennessee Titans franchise. He was inducted into the Pro Football Hall of Fame in 2007 and was considered one of the greatest offensive linemen in NFL history, playing in an NFL-record 14 consecutive Pro Bowls. His grandfather, Clay Matthews Sr., played 4 seasons in the NFL for the San Francisco 49ers in the 1950s.

BRENNAN CASSONE (#4)

**MALIBU HIGH SCHOOL
CLASS OF 2013
WIDE RECEIVER/DEFENSIVE BACK**

WHAT IS IT ABOUT FOOTBALL THAT YOU PARTICULARLY ENJOY? WHAT HAS FOOTBALL DONE FOR YOU?

I particularly enjoy the excitement and hype within the game. Football makes me feel this powerful energy and many emotions I could not get elsewhere. Nothing is more thrilling than making a huge play for your team when they need it, and then celebrating

and hooting and hollering with them as you try to get momentum in your favor. The bonds and relationships that I have made with my teammates and coaches - through football - have enriched my life substantially. You become a family, and it all these things shape you in becoming a better person - the best that you can be.

IN YOUR OPINION, WHO IS YOUR FAVORITE/BEST NFL PLAYER IN THE US TODAY? WHAT POSITION DOES HE PLAY AND FOR WHICH TEAM? WHY DO YOU PARTICULARLY RESPECT THIS NFL PLAYER?

I believe Calvin Johnson (Megatron) is one of the best players in

Brennan Cassone
Photo by Akana Ozawa





Portraits of Football

the NFL. He is a wide receiver on the Detroit Lions and he is also on the cover of Madden 13. He helped to turn around a franchise that was at the bottom of the NFL rankings. They had come off a sinless season. He is almost unstoppable and every team has to specifically figure out how to stop him if they want to beat the Lions. He is just a well-rounded player and you never see him getting criticized by the media, or by his team.

WHO DO YOU THINK IS GOING TO WIN THE SUPER BOWL IN FEBRUARY 2013? WHY IS THIS YOUR FORECAST?

I think the 49ers will beat the Texans in the Super Bowl. I think this because they have a very strong defense, playmakers on offense, and stout special teams play. They have a well-rounded team, and when they truly catch stride, they will be difficult to stop. 🔥



FAVORITE PLAYER—CALVIN JOHNSON

His mother calls him Calvin, his jersey displays "Johnson," but football fanatics know him as Megatron. At 6'5" and 240 pounds, Calvin Johnson physically intimidates. Add in his speed and he becomes a nightmare for opposing defensive backs. After playing 3 years at Georgia Tech University, Megatron joined the league in 2007, when he was selected second overall in the NFL Draft by the Detroit Lions. He set both a Georgia Tech single-season record of 15 touchdowns in 2006, and set the record for most amount of receiving yards by any Georgia Tech receiver at 2,927. His incredibly rare combination of size, hands, speed, strength, leaping ability, body control and hand-eye coordination has made him such an elite player; Johnson was one of the most hyped wide receivers to ever play in college, and he surely has not disappointed since joining the league 6 seasons ago. Johnson has set franchise and league records of most receiving touchdowns by any Lion's player in a single season, 16 in 2011. He was the first player with at least 2 receiving touchdowns in a team's first 4 games of a season

in 2011. Johnson's elite abilities have shown as he has put up big receiving numbers, despite having average or below average quarterbacks throwing the ball to him. For two seasons, Johnson was the recipient of passes thrown by quarterbacks Jon Kitna, Dan Orlovsky, and Daunte Culpepper, yet despite this and the fact that the Lions went 0-16 in the 2008 season, making them the first team to accomplish such a feat in NFL History, Johnson finished the season as one of the league's top wide-receivers - statistically finishing fifth in receiving yards (1,331), seventh in receiving yards per game (83.2), and leading the league in receiving touchdowns at twelve. Johnson's production has continued to progress as he's worked on his own skills and has been given better players around him. After an NFL worst 0-16 season, The Lions underwent a franchise-wide overhaul, by bringing in a new GM, new coaches, and new players, one of whom is Matt Stafford, who was elected first overall out of Georgia in the 2009 NFL draft. The acquisition of Stafford has essentially bolstered Johnson's numbers and, subsequently, potential. In 2011, Johnson had the best statistical season of his NFL career, reaching a career highs of 1,681 receiving yards and 16 touchdowns. Because of his high production and solid quarterback counterpart in Matt Stafford, Johnson has not only established himself as an elite NFL receiver, but as an elite Fantasy Football player. Megatron earned his first Pro-Bowl selection in 2011, and signed an 8-year, \$132 million contract extension last March. As a cherry on top, he was sealed as the cover of Madden 13, the gaming world's most popular football game.



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Scenearound

The Heart Foundation and Galpin Motors Hold Annual Golf Tournament

Photography by Curtis Dahl & Tom Neerken

On October 22, 2012, The Heart Foundation and Galpin Motors teamed up once again for the Annual Galpin Motors Golf Classic Benefitting The Heart Foundation. More than 150 guests participated in the tournament and awards dinner at Sherwood Country Club. The event was another sell-out to support The Heart Foundation's mission to save lives by educating the public about heart disease, promoting early detection, and supporting research to prevent and treat this #1 cause of death in the U.S. For more information, visit www.TheHeartFoundation.org.

Back: Brian Woolf, Barry Silverman, George Gankas/Front: Barry Rudin



Dr. Dan Slaton, Ryan Slaton, Will Smith, Stan Slaton, The Heart Foundation Chairman Mark Litman



The Heart Foundation Chairman Mark Litman, The Heart Foundation Advisory Board Member Albert Nassi



Galpin Motors Owner & President Bert Boeckmann, Dr. P.K. Shah, Jane Boeckmann



Back: Jane Boeckmann, Will Smith/Front: Galpin Motors Owner & President Bert Boeckmann



Councilman Mitch Englander (left) and other guests give Bert & Jane Boeckmann a standing ovation



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14th Annual World Challenge Presented by Northwestern Mutual

Photography by Steve Szurlej/Tiger Woods Foundation.

The 14th annual World Challenge presented by Northwestern Mutual was held Nov. 28 – Dec. 2 at Sherwood Country Club. The PGA TOUR co-sponsored golf tournament welcomed thousands of fans for an exciting week of golf, and in the end, crowned its 2012 champion - Graeme McDowell. Proceeds from the event, hosted by Tiger Woods, benefit the college-access programs of the Tiger Woods Foundation. (Continued on next page)



Graeme McDowell
wins the trophy

WORLD CHALLENGE <small>Presented by Northwestern Mutual</small>	
TOM LEISHMAN 1999	LUKE DONALD 2005
DAVIS LOVE III 2000	TIGER WOODS 2006
TIGER WOODS 2001	TIGER WOODS 2007
MICHAEL HARRINGTON 2002	VIJAY SINGH 2008
DAVIS LOVE III 2003	JIM FURYK 2009
TIGER WOODS 2004	GRAEME MCDOWELL 2010





Scenearound

14th Annual World Challenge Presented by Northwestern Mutual

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Tiger Woods & a captive audience

Graeme McDowell finishes

Rickie Fowler

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Scenearound

Bravery Uncorked

Photography by Carly Darrington

On October 6th, 2012, local residents enjoyed an afternoon of Malibu's finest wines, live jazz and a silent auction photography exhibit at the inaugural **Bravery Uncorked** benefit at the Landing Grill and Sushi Restaurant in Westlake Village. 100% of all proceeds benefitted the Disabled Sports of Eastern Sierra's outdoor sports adventure program for disabled vets. Ventura County fire captain Ken Roberts and his wife Jennifer were honored at the event for their commitment to the charity including leading many of the trips for disabled vets to Mammoth Mountain.



Phil Corsi, John Jelle, Ken Roberts, Cary Rake, Marty O'Mally, Marshel Hatch & Clint Hull



Brooke Gifford & David Striegel, Katie & Adam Josephson



Hamid Sadraie, Brett Darrington & Ken Roberts



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Scenearound

Stonehaus grand opening celebration

Photography by Bobby Prokenpek

The Stonehaus, an enoteca reminiscent of Italy, recently had its grand opening celebration, where attendees could experience the wine, coffee and community gathering place firsthand. John Notter, owner of the Westlake Village Inn, invited wine connoisseurs and hoteliers from around the world to soak up a little bit of Europe in Westlake Village. In addition to a 160-label wine bar, a wide range of coffees and grab 'n go items, the Stonehaus' outdoor fireplace, waterfall, vineyard and private tasting room add to the appeal of this wonderfully unique property.



Stonehaus Architect: Ron Aarons and John Notter



Chris & Kendra Bollenbach, Mr. Notter, Anne Freeman, Mike Smith, Jordyn Jacobs, Griffin Farris



Christy Hilton, John Notter, Lisa & Steve Hilton



Chris & Alex Culty, Rosemary Licata and Beatrice Restifo

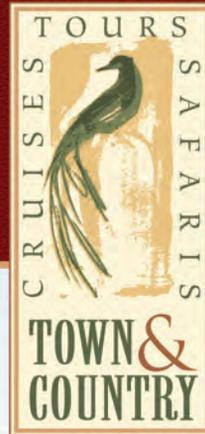


Grandson, Grandfather and Father: Griffin Farris, John Notter and Skip Farris



John Notter and Hugh Cassar

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Motoring pursuits



Mobil Heart

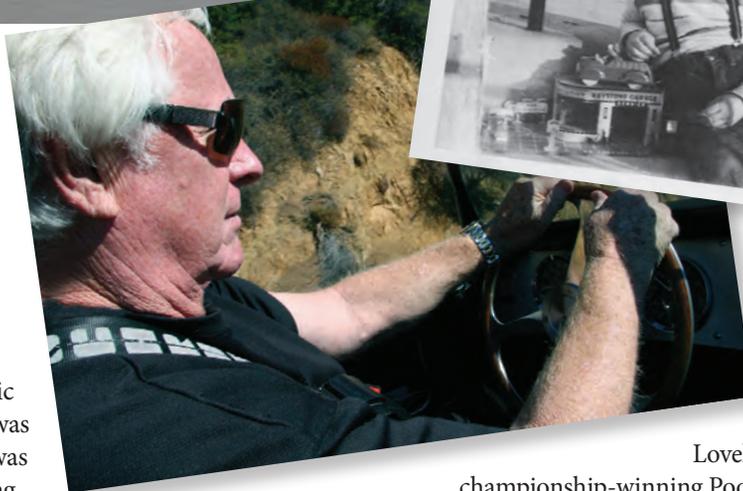
Collecting history with the discipline of an archeologist and the passion of a zealot. **Story and photography by Larry Crane**

David Mercer was demonstrating the “as-required” therapeutic run to the coast in his surprisingly sophisticated recreation of British CEO/racer Brian Lister’s 1957 Lister Corvette (anti-Ferrari) racing roadster. There are few other “recreations” in the fascinating catalog of collections housed in the immodest museum with living quarters that David calls home.

The fascination with fossil fuels and their historic and romantic delivery and consumption systems was set in motion by his first miniature gas station. It was a fourth birthday present and established a life-long — for want of a more accurate word — ‘compulsion’ for petroliana archeology (the search for gas station relics). A lifetime later his Mobil Oil, and all the company’s international off-spring, components and graphics filled his house with the recent addition of a handsome collector’s reference table book.

Car magazines were his first library at home in Glendale. He was a Valley kid surrounded by the automobile-as-personal-statement and entertainment world. His high school car was a \$400 ’57 Ford Fairlane 500. Its Thunderbird V-8 was fitted with a de rigueur three-carburetor manifold, which allowed the engine to run on only the center carb all week to save the 30¢ gas, until David reconnected its progressive linkage and used all three for the weekend challenges.

Right out of college he joined the sports car crowd. With a young enthusiast’s focus on automotive hyperbole, David spotted American



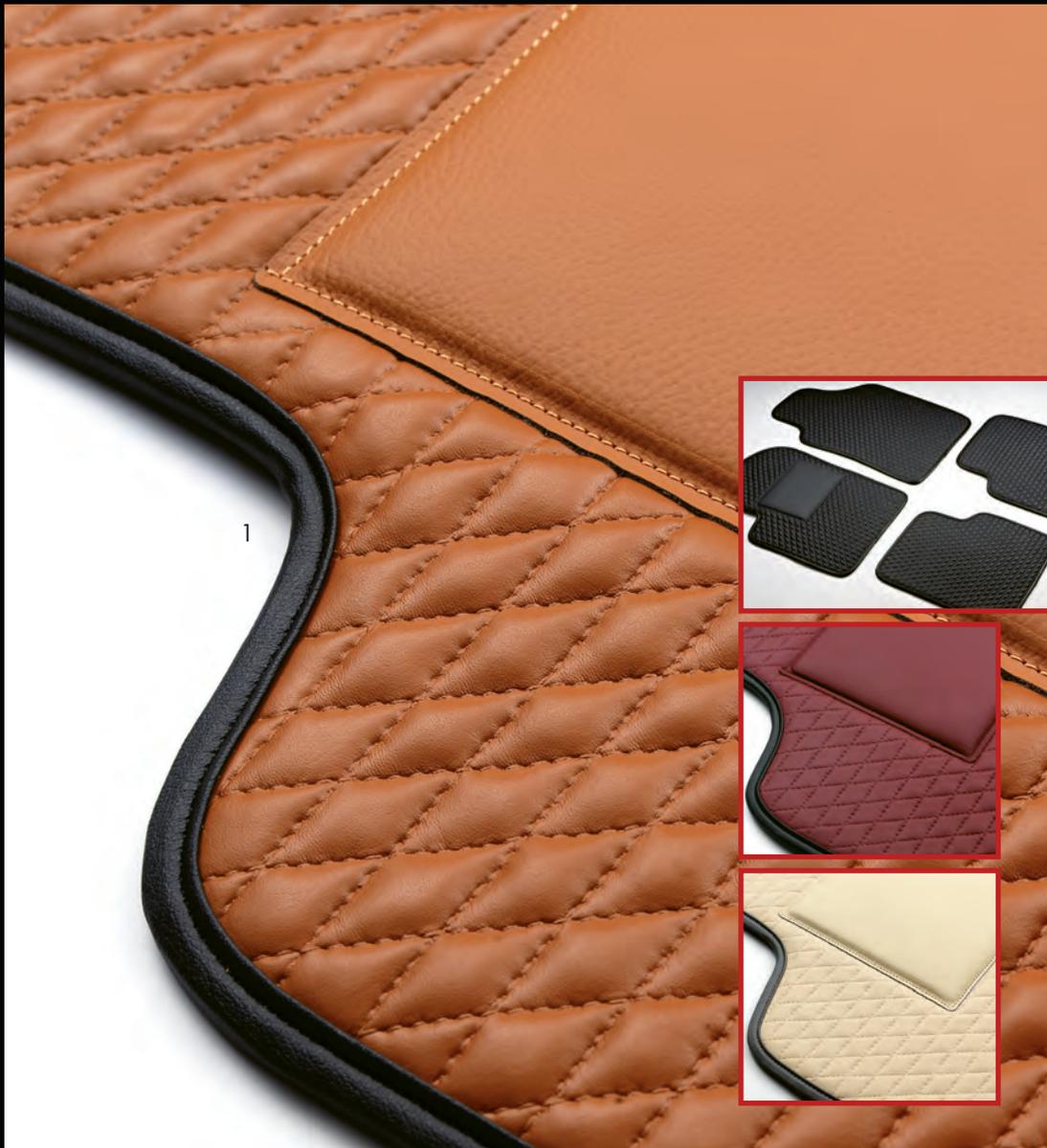
[TOP PHOTO] The Mercer Lister in action **(ABOVE)** Mercer gas station at 4 **(LEFT)** David Mercer

Formula One veteran Pete Lovely’s 1955 SCCA championship-winning Pooper (an English Cooper streamlined roadster with Porsche engine) on a used car lot and was tempted to ask how much—\$3,000 was way out of his post-grad league. By the time he saw the famous car it had been fitted with a Porsche 4-cam Carrera engine; now the fabulously complex engines are worth well over \$150,000 without the car.

At about the time he was spotting cars he couldn’t afford, he landed a job with a civil engineering firm and began his very personal car life in earnest. For the ’70’s one could not be more iconoclast than in a ’59 Volkswagen painted pearlescent blue faded from the bottom up and capped by a blue plexiglass top where the cloth sunroof had been. Its transplanted 1500 cc engine and 8- and 10-inch Goodyear Blue Streak Sports Car Special tires made it a serious competitor in the local parking lot autocross series, but it also exposed him to ever more interesting sporting machinery.

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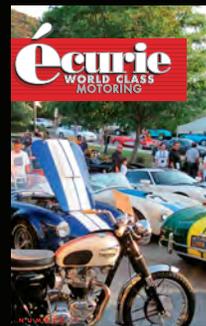
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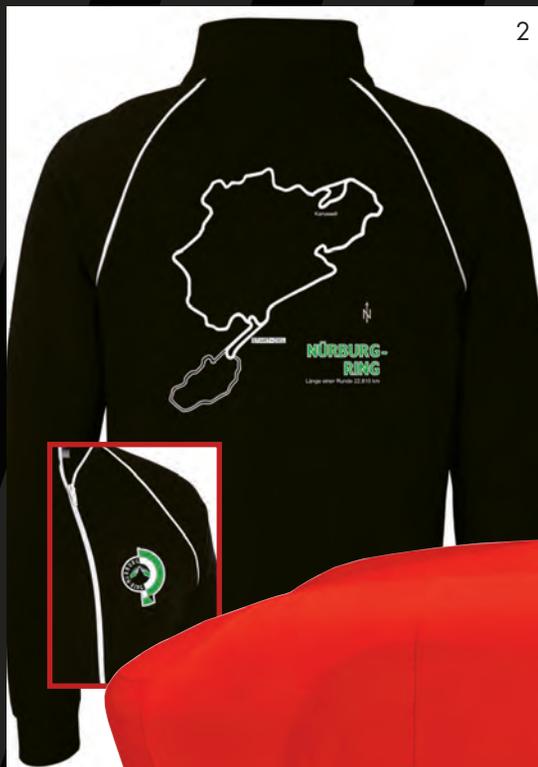
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2



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4



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6



Casa Mercer exterior



Mobile signs



Mobile history

His first Italian exotic was an OTAS 1300 Lombardi coupe, a rare and potent—and inexpensive—miniature of the graceful forms that reintroduced the home of da Vinci as the heart of technology as art. His second piece of car-as-jewelry was the Fiat 850 Spider with magnesium Minilite wheels; handsome as it was, it delivered just enough power to outrun a well-ridden bicycle. Moving up in that miniature show car mind set, he found a black Fiat X1/9 on the legendary Italophile's destination car lot of John Rich Motors in Glendale. The much-admired

origami-like roadster had a '70's-correct bright orange interior, an Anza dual-pipe exhaust and delivered thousands of miles of noisy entertainment.

After a few years of professional engineering experience, a corporate fracture resulted in some leadership challenges, and a solid collegial friendship. A partnership was formed and a new firm established. It thrived. His team mate was an ex-pat Brit with a fascination for California's precious metal mining camps and off-road vehicles that offered access. The company cars were

a Jeep CJ for the Brit and a 4-wheel drive 2-door Chevrolet Tahoe for the Valley vet. Fifteen years were spent following the footsteps of the Forty-niners in the eastern Sierras, and the gold-rich remnants in the Panamint Mountains on the western edge of Death Valley. A Mercer family legacy was methodically unearthed.

David's grandfather had been a Welsh miner and immigrated to Illinois as a certified braticeman (mine shaft structural



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Batchelor pad decorations



Mining artifacts



Mining artifacts

expert). A thankful heart must have been an important tool for good karma; imagine wearing a cap with an open-flame head lamp to light your way in a gaseous coal mine while carrying a tin lunch box for your Cornish pasty. Those historic items and dozens more joined the catalog of Mercer collections. None brought more emotion or required a more intense search. After years of buying, selling and trading, the mining collection is now enriched by “as-new” pieces in dust-proof glass-front cabinets. The few items in much-used condition, were much-used by his grandfather.

While in search of the petroleum marketing artifacts of mid-century America, David discovered collectable, and inexpensive, 1957 Chevrolets. There were sedans and wagons before a rare sedan delivery trumped them all and gained a certain notoriety in the SoCal street machine scene. A beautiful '63 Corvette Sting Ray split-window coupe with the famous Rochester fuel injection system joined the street fleet for \$8,000 and was carefully restored. Typical of a car guy's life, it became too valuable to drive and was turned into cash, in a crisis. The back-up Sting Ray restoration trim kit was sold for enough to cover the down payment on a new house. His '55 Chevy Bel Air hardtop has been with him for years. It was subjected to an auto show quality restoration early in his ownership and after 25 years in that condition, of course, it seems almost too good to drive and it too is being offered for sale.

Ford made its break into David's GM focus with the elegantly European Capri 2600 Coupe. After years of abusing the unbreakable

DAVID MERCER'S VOLUPTUOUS LISTER RECREATION IS ALL OF THAT AND MORE. IN A LIFE OF PETROLEUM-RICH RELICS, ITS DELIVERY AND CONSUMPTION ARE BOTH WELL AND TRULY COVERED.

American V-8 hardware, his Capri gearbox proved unequal to the task and failed on a trip up north leaving it stranded in a near-by Mercury dealership. During his layover in San Francisco en route to collecting the rebuilt Ca-

pri, his second Greyhound bus failed to arrive before his patience ran out and he hitch-hiked the final leg of the trip. After seeing 120 mph as a passenger in a Corvair, he became uncertain about the wisdom of his decision, though he did survive to drive home in his Capri.

As anyone old enough to have been a sports car enthusiast through the middle-years of the last century will tell you, the synergy of a lightweight English roadster and a 500 horsepower American V-8 — think Carroll Shelby and his often-cloned Cobra — is the visceral essence of sports car performance. David Mercer's voluptuous Lister recreation is all of that and more. In a life of petroleum-rich relics, its delivery and consumption are both well and truly covered. 🍷



Mobile in miniature

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Bathroom Bliss

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Photography: marklohmanphoto.com

As the Master bath vanity, this marble-looking granite was the centerpiece that we designed the Master bathroom around. The lighting was custom-designed locally. The views from the bathroom are majestic and make this a serene place to relax.

This home is devoted to hand-made objects and these beautiful beaded objects are certainly no exception. Native Americans lovingly crafted the beadwork - which is stunning. This little collection in the powder room brings the neutral colors to life. The wall covering is cork-colored with a red hue with gorgeous hand-carved woodwork.





This "Cowboys and Indians" design was a favorite! The vibrant red used on the towels to monogram a custom-designed brand was used throughout the bathrooms in this home. The artwork is an original that the homeowner had selected previously. The wall covering used here is a dark woven grasscloth that is a stunning contrast to the simplicity in the flooring.



(ABOVE) This beautiful countertop in this guest bath in a Mammoth Mountain home is a type of granite which is stunning due to its rock-like pattern. The colors of the cabinetry are a great complement rather than competition to this standout stone. Lighting was custom-designed for a rustic feel. The knobs were from Rocky Mountain Hardware, and the beautiful bottles with handmade iron stoppers are designed and crafted in the United States by Jan Barboglio. (LEFT) This guest bathroom was designed around the neutral yet stunning granite used for the countertop. We selected lattice-style cabinets and used hand-blown glass knobs from New York City.

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Scenearound

Oaks Christian School Faculty and Staff Appreciation Luncheon

On November 14, 2012, The Oaks Angels Volunteers treated Oaks Christian School Faculty and Staff to an array of international holiday foods representing the unique cultural diversity of OCS students and families. "The event celebrated and recognized the tireless commitment and dedication of the Oaks Christian faculty in instilling the core values of Oaks Christian School such as Christianity, leadership and academic excellence in a nurturing environment," said Oaks Angels Lead Servant Sandra Coll.



Oaks Angels Dana Smith, Grace Crocker, Tiri Echevarria, Sandra Coll & Trichia Asadurian



Parent Volunteers Carolyn Cole and Dana Smith at Beverage Table



International exchange student Arianna Bisio representing Italy



High School Principal Kirk Miyashiro and Joni Miyashiro



Maria Sotelo and son Eddie representing Mexico



Sandra Coll and mother Cary Brena cooked and served Cuban specialties



Tarsha Proctor Standridge with daughter Tailla representing Jamaica



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Chatroom



Short Stories About Big People

By Bob Eubanks

Hello again! Hope you've had a great holiday season. It's time for more "Short Stories About Big People". I have a friend in Nashville TN who is an attorney and artist manager. His name is Bill Carter and he is one of the most interesting individuals I've ever met. After you read my article, I think you will agree.

Bill Carter was a Secret Service Agent when President Kennedy was shot. He was sent to Dallas to interview Marina Oswald and to escort her to the Warren Commission. Carter told me that some of the secret service agents felt that Lee

Harvey Oswald was actually shooting at John Connally rather than President Kennedy. Marina Oswald told Carter that her husband loved Kennedy but hated John Connally because Connally was secretary of the Navy when Oswald was kicked out of the marines.

After leaving the secret service, Carter became an artist manager. He managed acts such as Tanya Tucker, Reba McIn-tire, Ronnie Milsap, and Lonestar.

When Steve McQueen went to México to get cancer treatment, he passed away. The mortician and a Major in the Mexican Army held his body for ransom.

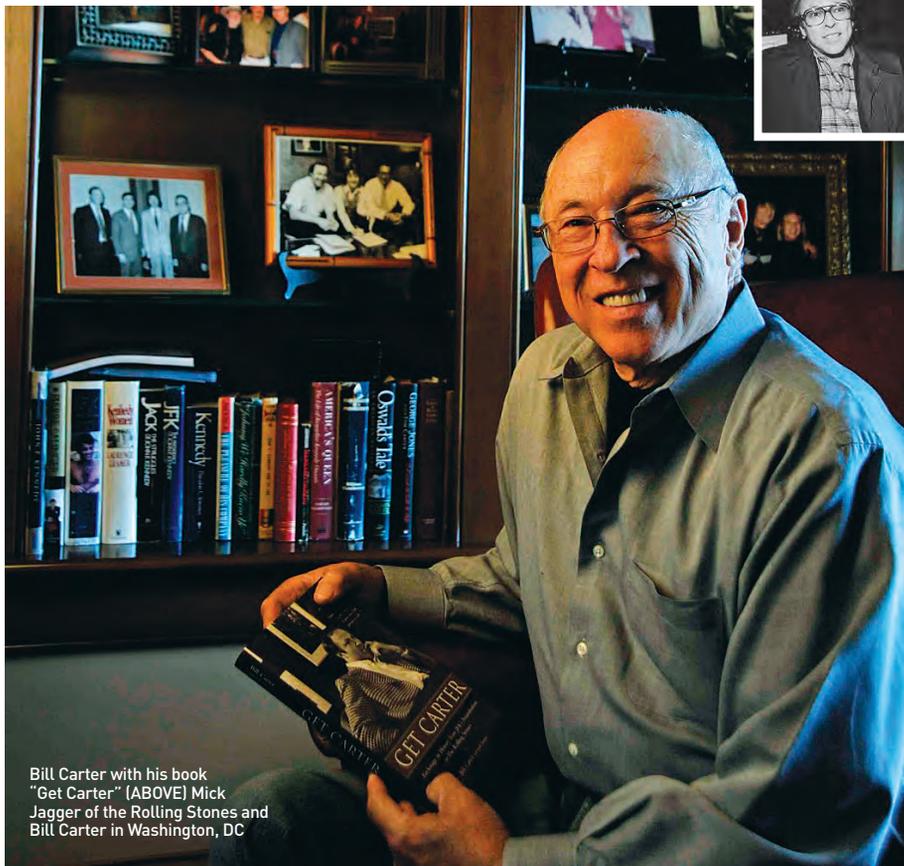
After weeks of trying to get the body returned to America, McQueen's people called Carter. Carter immediately called the border patrol and told them that a hearse was going to be coming through in a few minutes. He then got the mortician on the phone and while they were screaming and yelling at each other, Carter's guys went into the back door and got the body and took it to El Paso. From the time the first call was made to Carter to the time the body was in El Paso - was 3 1/2 hours.

Rock N Roll has strange bed fellows. Mick Jagger of the Rolling Stones somehow became acquainted with Wilbur Mills, a politician from Arkansas. President Nixon denied the Rolling Stones permission to tour America because he felt they were a bad influence on the American youth. So Wilbur Mills went to Carter. Carter went to Washington and he got permission for the Stones to tour America but only if he went with them on every date. So for the next three years, Bill Carter toured America with the Rolling Stones. He told me the biggest problem he had while on tour with them was keeping the American law enforcement officers from breaking the law. Every cop in America wanted to be able to say he arrested Mick Jagger.

Carter and I plan to go on tour with our program "Backstage With The Beatles And The Rolling Stones". If you want to read a really interesting book, it's called "Get Carter" and I'm sure it's available on Amazon.

Well, there you have it, more Short Stories About Big People. I'll leave you with one thought, "What do you call a short person who is a psychic and is wanted by the law? The answer: small medium at large."

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Bill Carter with his book "Get Carter" (ABOVE) Mick Jagger of the Rolling Stones and Bill Carter in Washington, DC

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What's new in town

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Just opened off the 101 Freeway at Chesebro (easily accessible from north or south) is éCurie Café, a conveniently situated, unhurled and unbustled coffee shop that serves the finest premium small-batch roasted coffee. Come in and enjoy their excellent espresso, cappuccino, artisan blended coffee drinks and teas in a warm, friendly atmosphere. éCurie Café serves estate-grown coffee beans that have been “lightly-tanned” to perfection supplied by the Santa Barbara Roasting Company which hand selects and carefully roasts each batch to perfection. Knowledgeable and super friendly baristas enhance the welcoming, warm neighborhood vibe of éCurie Café - and there's also free WiFi. éCurie Café is locally owned and operated by people fully invested in our community. Reviews on it include, “I came here from work with coworkers - to take a break. The barista was awesome and so helpful. She made my blended dirty chai latte just the way I like it!”



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SIERRA, GABE & ELIJAH SULLIVAN'S HARMONY



The beautiful and down-to-earth Sullivan family is a quiet reminder in this New Year's issue that real fulfillment lies in what really matters: the love of our family; respect for our environment; activities that revolve around getting back to nature, and taking care of those we love by leading healthy, constructive lives.

Meet Sierra, who grew up in Yakima, Washington and began her professional modeling career after graduating from high school. Beautiful and successful, she traveled all over the world including Paris, Milan, London and Sydney. To say that the camera loves Sierra is a perfect understatement, but what makes Sierra remarkable in the eyes of a true artist's lens is her lack of superficiality and her core strength. Since she was a baby, she has been 90% hearing-impaired with only about 10% hearing in both ears (without hearing aids). Despite this, Sierra has never let this challenge prevent her from achieving her goals and dreams.

STORY BY DIANA ADDISON LYLE

COVER PHOTOGRAPHY BY ANNIE EDMONDS: WWW.ANNIEEDMONDS.COM

CONTRIBUTING COVER STORY PHOTOGRAPHERS: GABE & SIERRA SULLIVAN; DAVID TOSTI/TOSTI STUDIOS

Meet Gabe - the owner of what is arguably the most iconic rustbucket within the world of surfing. His two-tone green VW Bus with a blue racing stripe first burst onto the scene in the pages of Surfer Magazine in 1997. Gabe Sullivan—aka Curious Gabe—is a seasoned writer and photographer for the fabled publication, and continues to drive his trusty '72 VW Bus on assignments for Surfer, and the myriad of other creative media projects with which he stays perpetually involved.

You might also be familiar with Gabe's retro surf-style-inspired photography work in the UK's Men's File Magazine, or his coverage of emerging art, style and surf scenes in the pages of Tokyo-based NALU Magazine. Or, since he is also a bit of a globetrotter, maybe you've bumped into him while surfing an obscure reef break somewhere far off the beaten path.

Gabe is among a rare few who figured out how to combine a passion for surfing, media, and style to make a living doing what he loves. Between running his own production company (Point and Shoot Productions), writing his monthly column, and directing photography and film projects, Gabe is fueled by his curiosity. He is currently filming new Curious Gabe episodes from out there on the wide-open road. Keep your eyes peeled for video updates on his website (www.curiousgabe.com), where Gabe gives us a front seat view from behind the wheel of his magical green bus.

The Sullivan's life has been infinitesimally enhanced by the couple's 3-year-old son, Elijah. The family lives within a 5-minute walk to the beach on the southern Californian coastline where they enjoy longboard surfing, mountain biking and hiking. Inland they love skiing and snowboarding. On weekends, the simple pleasure of visiting the local

farmers' market to stock up on healthy, organic produce - is where you may find the naturally-beautiful Sullivans.

5 MAJOR HIGHLIGHTS OF YOUR LIFE?

SIERRA:

1. 6 years of traveling and living all over the world at the beginning of my modeling career
2. Booking the Prada campaign in 1999
3. Buying my first home in San Diego
4. Realizing I was in love with Gabe and knowing I wanted to marry him/My wedding day
5. Birth of our son Elijah

GABE:

1. Meeting and eventually marrying Sierra
2. Elijah's birth
3. Learning how to surf
4. Teaching Elijah how to surf
5. First published photo and article in Surfer Magazine

WHAT ARE YOUR PRIORITIES?

SIERRA: My ultimate priority is being a mother to Elijah and wife to Gabe. Then comes running the household, be it cooking or paying bills along with doing any kind of work I have on my plate. Once all that's taken care of for that moment, then comes maintaining my relationships with my friends and family. Above and through it all I stay connected to God, without whom I could not have the strength to do all that I do.

GABE: Continually growing spiritually; Staying connected to Family; Staying healthy; Staying connected to friends; Staying fulfilled with my work ; Not taking life too seriously/having fun as

much as possible, whenever possible.

WHAT DOES A TYPICAL NON-WORK DAY LOOK LIKE IN THE SULLIVAN'S LIFE?

SIERRA: Our family days are on Saturday, so oftentimes we'll go to the farmers market in the morning and walk around "downtown" Laguna Beach for a bit. We'll go home, make a lunch and hang out together. If the weather is warm, we'll make our way down to the beach, only a 5-10 minute walk from our house.

GABE: Now that Elijah is on the scene, it's all about playing with Legos, going to the park, the beach, camping, surfing, bike riding, kite flying and making paper airplanes. We also like to take naps.

FAVORITE INDULGENCES?

SIERRA: Watching movies, Words with Friends on my iPhone, red wine, and browsing the web reading the news, blogs and researching whatever I'm interested in. I'm also a sucker for really good books!

GABE: Dark chocolate. Flourless chocolate cake. Chocolate gelato. Belgian beer. Craft beer. IPA beer.

QUALITIES/CHARACTERISTICS THAT YOU ADMIRE IN OTHER PEOPLE?

SIERRA: I admire honesty, integrity, loyalty, authenticity and sincerity.

GABE: Honesty. Empathy. Good sense of humor. Originality. Courage.

PARENTHOOD TO ELIJAH: HOW HAS IT CHANGED YOUR LIFE AND WHAT DOES IT MEAN TO YOU?

SIERRA: Because of motherhood, I feel I can handle the challenges of life better since being a parent/mother is pretty

BECAUSE OF MOTHERHOOD, I FEEL I CAN HANDLE THE CHALLENGES OF LIFE BETTER SINCE BEING A PARENT/MOTHER IS PRETTY MUCH THE HARDEST JOB THERE IS. BEING A MOTHER HAS WONDERFULLY SHOWN ME JUST HOW DEEP AND WIDE MY LOVE CAN GROW FOR ANOTHER PERSON. IT SATISFYINGLY FULFILLS A NEED IN MY LIFE TO CARE FOR A CHILD.

Gabe, Elijah & Sierra Sullivan.
Photo by David Tosti/Tosti Studios



much the hardest job there is. Being a mother has wonderfully shown me just how deep and wide my love can grow for another person. It satisfyingly fulfills a need in my life to care for a child. Parenthood means I have the privilege of being the one to shape, guide and nurture Elijah's life. Yes, it is a big sacrifice of my time, resources and energy, but one that I'm more than willing to make. The rewards are exquisite: a hug, a smile, the sound of blissful laughter - and pride.

GABE: Now that I am a father, I know I will never experience anything more fulfilling or be able to love anyone more

deeply. There is something profoundly fulfilling and settling to that.

HOW HAVE YOU COPEDED WITH CHALLENGES?

SIERRA: With hearing aids on I can hear almost everything except for high-pitched sounds. While it's most certainly a challenge at times to be hearing-impaired, it doesn't define who I am and therefore I feel free to enjoy all that life has to offer.

IF YOU COULD CHANGE ONE THING IN THE WORLD, WHAT WOULD THAT ONE THING BE?

SIERRA: There are so many things I would love to change but one thing I would put a complete and utter end to is Monsanto (and all other similar companies) and all GMO (genetically modified organisms) crops. I truly believe it to be a crime against humanity and animals. GMOs wreak havoc on our health and ecosystem.

GABE: I would ban single-use plastic water bottles and get everyone back on track with using good old-fashioned water glasses at home, and reusable stainless steel water bottles while on the go.

GABE IS AMONG A RARE FEW WHO FIGURED OUT HOW TO COMBINE A PASSION FOR SURFING, MEDIA, AND STYLE TO MAKE A LIVING DOING WHAT HE LOVES. BETWEEN RUNNING HIS OWN PRODUCTION COMPANY, WRITING HIS MONTHLY COLUMN, AND DIRECTING PHOTOGRAPHY AND FILM PROJECTS, GABE IS FUELED BY HIS CURIOSITY.









FAVORITE PLACE IN THE WORLD?

SIERRA: I have been all over the world: Paris, Sharm-el-Sheik, Morocco, Australia, Bahamas, Chile, etc. But seriously, nothing beats being with my family, my mom and my brother and his family, etc. wherever that may be. I am very close with my family and we always have the most amazing time whenever we get together.

GABE: New Zealand, because it's what I imagine California might have been like in the 1950s: Pristine coastlands, not over populated and most everyone seems to be super friendly.

NOW THAT I AM A FATHER, I KNOW I WILL NEVER EXPERIENCE ANYTHING MORE FULFILLING OR BE ABLE TO LOVE ANYONE MORE DEEPLY. THERE IS SOMETHING PROFOUNDLY FULFILLING AND SETTling TO THAT.

Gabe and Elijah. Photo by Sierra Sullivan



Sierra: Photo by Annie Edmonds



THE OCEAN: YOUR LIFESTYLE: WHAT DOES IT MEAN TO YOU AND YOUR FAMILY?

SIERRA: As much as I love the ocean and the lifestyle that it affords us such as spontaneous trips to the beach on a hot day, almost year-round open windows and warm sunshine, I do long for a more mountainous setting with pine trees and rivers. I'm sure it has a lot to do with the fact that I'm from the Pacific Northwest. I am very grateful though to live where I do because it is fairly isolated from the rest of the other surrounding cities. I love that we have open green space around with hiking trails on the hills.

GABE: Surfing when the waves are good, hanging out with friends and family



Elijah. Photo by Gabe Sullivan

at the beach and getting a good workout. It's our playground, our social hub and our gym.

WHAT ARE YOUR HOPES AND ASPIRATIONS FOR THE FUTURE?

SIERRA: To have another child to add to our brood. Elijah has brought such joy to our lives I can't imagine not having at least one more child. As far as aspirations go, although I've had a long career as a model, I do have dreams of starting my own business such as my own very unique retail store or creating my own line of clothing or product. And I do hope to someday move to north of San Francisco.

GABE: To quote Mr. Spock, to live long and prosper (insert Vulcan salute here). 🙌

PARENTHOOD MEANS I HAVE THE PRIVILEGE OF BEING THE ONE TO SHAPE, GUIDE AND NURTURE ELIJAH'S LIFE. YES, IT IS A BIG SACRIFICE OF MY TIME, RESOURCES AND ENERGY, BUT ONE THAT I'M MORE THAN WILLING TO MAKE.

Sierra & Elijah. Photo by Gabe Sullivan





Toasting Bond's 50-Year Mark as Skyfall Soars

Skyfall, the 23rd James Bond movie to hit the world's big screens during the Holiday season, has turbo-boosted the ratings of this iconic franchise, and Academy-Award-winning Director Sam Mendes has been applauded for cleverly transitioning the latest James Bond to appeal to a wider audience across the world.

Replacing 'Q' is young British actor, Ben Whishaw, who's the younger generation's relatable cerebral geek, and gone are the ad nauseam sequences of shallow one-night stands that used to consume Bond's leisure time. The verbal sparring between Bond and M (Judi Dench) is cleverly interwoven into the plot and while Bond is still mostly emotionally unavailable - he becomes a more relatable character as secrets from his past are revealed in order for the audience to understand some of the complexities which drive him. In Skyfall, Bond displays deep sensitivity in the parts that matter - keeping him in line with a more sensitive, modern world. The palpable grief he experiences when confronted with mortality and loss - makes him much less callous and more human. Rolling Stone Magazine describes Bond in Skyfall as 'almost Freudian in his vulnerability. Daniel Craig nails Bond's ferocity and feeling. Meantime, morality lurks in the shadows as Craig digs deeply into Bond's haunting past.'

Without the evolution of the brawny, martini-loving Bond, the series might surely have died in a changing world - but Daniel Craig has breathed new life into the Bond character while retaining the classical essence of 007.

It also doesn't hurt to have Adele singing Skyfall's theme song which will make it a strong contender for an Academy 'best song'

nomination in the new year. Add to that some A+ actors: Javier Bardem, who soared to fame in 'No Country for Old Men,' debuts in Skyfall as the convincingly crazy, revenge-seeking villain. Add Ralph Fiennes and Naomie Harris into that mix and you have an impressive cocktail of actors.

While Bond's old, beloved DB5 Aston Martin is blown up in Skyfall, viewers are left guessing whether they'll ever see it again. The question beckons whether the next Bond movie will feature a hybrid such as a Porsche 918 Spyder plug-in with zero-emission travel. The movie's Directors have plenty of options as they maintain the evolution of the 007 franchise. It's a cleverly traversed line between pleasing the old guard of Bond devotees and bringing in the kinds of touches that garner the new generation's attention. Whatever the future holds, the 50th anniversary of the Bond franchise has hit a home run with Skyfall. 🍷



Daniel Craig as James Bond and the famous Aston Martin DB5





Fashionsense



Fashion Makeover 21st Century Style

A Conversation with Designers from Both Sides of the Ocean on Fashion's Role in Our Pursuit of Wellbeing
By Magda Pescariu

I've stopped making New Year's resolutions a while ago, about the same time I realized that my priorities in life had changed in a disquieting but irretrievable way. Perhaps I should say they had clarified and simplified, making room for kindnesses to myself and others I wouldn't have thought possible (or even needed) years ago. Like the kindness of time. Or the one of guiltless pursuit of the things that give me pleasure first. The rules I've respected for decades faded and then perished, leaving behind their only deserving survivor: *everything that is life-enhancing is worth doing well*. The rest, as they say, is history.

I've always thought of my pet subject of interest, fashion, as life-enhancing, as much as being a frank and accurate reflection of the times, mirroring our continuous struggle to choose between craft and disposable; between our intimate craving for conformity and the trendy demand for novelty and instant gratification.

In wanting to learn more about how fashion helps nowadays to bridge the ever-increasing rift between us as individuals and our society, I had the pleasure of interviewing two well-known designers from both sides of the ocean: Brian Rennie (from Germany) and Dominique Cohen (from California). In the comprehensive language of fashion, their answers were insightful and substantial, their experience - rich and captivating, making our conversation a treasure and a pleasure!

WML: Dominique, Brian, thank you for accepting our interview! Please let me introduce you to our readers. **Brian**, you have the reputation of being a competent and charismatic designer, famously known in international fashion circles, who has dressed royalty and A-list stars with ease and flair. A native of Scotland, you left home to study fashion at the Royal College of Art in London and were recruited by ESCADA right after graduation. You've spent 20 years at ESCADA, as Design Director of the brand, worked afterwards as Head of Design/Fashion Director at the Stockholm-based luxury brand GANT, and assumed in March 2011 the position of Creative Director and Managing Director of Design for BASLER Fashion in Germany. Quite a ride, wasn't it? When did you know you wanted to be a fashion designer and how did the decades of experience with ESCADA



Brian Rennie

influence your vision of fashion and designing style?

BR: I used to draw a lot when I was a kid. I also loved watching cowboy movies, and they all had those women with beautiful dresses, structured and classy; and I started to draw this style of clothing... That's how everything started, wanting to copy the dresses from TV when I was 12. Afterwards I realized I wanted to study fashion, and things just happened... My time at ESCADA was incredible; I was there for 20 years. **What was most important to me at ESCADA was this**

continuous preoccupation for quality, for luxury, for excellence.

All that I did, from designing to working on shootings with top models and famous photographers; from working with celebrities to being in fashion shows around the world - everything was of the highest caliber, done to perfection. And all this rich experience I'm putting to work here at BASLER.



Dominique Cohen

WML: Dominique, your interest in the jewelry design started in the early '90s and you have stayed true to this passion. **In 1999 you launched your dc company** aiming to create distinctive jewelry pieces, hand-crafted in 18k gold, gems and fine pearls. Your flagship store opened in LA in 2007, followed by a second LA location in 2010. **Dominique Cohen jewelry is praised and coveted nowadays at Neiman Marcus, Saks Fifth Avenue and in fine independent jewelry stores across the nation. When did you know you wanted to be a jewelry designer?**

DC: I knew early on that I was creative and I had a great visual



Actress Keely Cuoco (right) in Basler Spring-Summer 2013. The same Basler design on the Runway



understand what they want. Every woman, whether she is famous or just a person from the street, has something about her body that she loves and something that she hates. And you have to understand very quickly how to make the best out of that person. **The key is to give them what they want, make them look beautiful, and never try to dictate your style on someone else.** The worst thing a designer can do is to say “I love this dress - it’s amazing; you *have* to wear it”. **It’s not about the dress being amazing; it’s about the woman being amazing.** And your role is to help that woman, A-list star or not, to look glamorous, beautiful, to feel good and confident while wearing your design. And it’s not all that easy (*laughing*).

WML: Well, great personalities come with great egos...

BR: Most of the celebrities I’ve worked with are incredibly gracious and charming and nice. I find it’s more their handlers around, the PR people, the publicists, who have opinions and make things difficult. But I’ve been very lucky in this respect. When they come to you, usually they know who you are and they like your style already.

With some of the celebrities we ended up being quite good friends, like **Jane Seymour**. I met her when she was working on ‘Dr. Quinn, Medicine Woman’, on the sets in California; she was dressed for the part (in a post-Civil War western), exactly the style that fascinated me when I was a kid...that was very exciting.

A memory I’m very fond of is with **Deborah Kerr**. She was awarded the Academy Honorary Oscar (in 1994) and she invited me down to her house to discuss the dress for this special occasion and to do the fittings. You know, she’s Scottish, I’m Scottish, so to be



Miss Teenager Universe 2012 (Frida Fornander Sweden), in Brian Rennie for Basler

sensibility, but I never strove to be a “designer”; I really think that I just found my calling, that’s all. **I found something that I’m intricately involved in and it’s mostly intuitive for me.** I am interested in the way textural elements combine with scale, color, depth...all these details that are intangible elements of unit - come from within me, and come naturally to me.

WML: Brian, you are the “couturier to the stars of Hollywood”, have made gowns for Oscar-winners Halle Berry, Kim Basinger, Catherine Zeta-Jones, and dressed many celebrities for their red-carpet or personal events –Jennifer Lopez, Jane Seymour, Beyoncé, Jessica Alba, Jerry Hall, Andy MacDowell, and many others. You’ve been one of Princess Diana’s favorite designers. **What is the story behind creating a special dress for someone famous? Are those legends as difficult as rumor has it?**

BR (*laughing heartily*): The key with dressing celebrities is to

with this true legend in her house, a woman of impeccable elegance and beauty, and to talk with her while fitting her for the Academy Awards - was a truly remarkable experience for me.

Another celebrity I made friends with is **Angela Bassett**, who bought several of my dresses. Every time I was in LA, we’d try to catch up, go out to lunch or have dinner together; I even accompanied her to special events. I remember one night I had to give her an award and she took me backstage where I was told to please keep my speech down to 5 minutes ... I said “What? Do I have to give a speech? I wasn’t told that”



and then I had to go on stage. The lights came up and right up front I saw Catherine Zeta-Jones and Michael Douglas waiting for me to start; the room was full of celebrities and for a modest Scottish boy to be there, surrounded by all that fame and beauty, and to give an award to Angela Bassett – it was miraculous and absolutely rewarding.

WML: Dominique, your jewelry is oftentimes seen on Hollywood celebrities on the occasions of their red-carpet or personal events – Anne Hathaway, Emily Mortimer, Nicole Kidman, Michelle Pfeiffer, Kathy Bates, to name just a few. Do you create pieces especially for A-list stars or do they pick their favorites from your collections? Do you approach these particular clients differently?

DC: I don't approach them differently. We are very focused in the way that we work with our clients, and interested in curating collections for and with our customers. We may pick up pieces of jewelry from their collections that aren't ours, combine them with my designs and work together to identify what design, texture, scale, size, color, setting works for them ... we **design around the person**, basically.

In working with celebrities, **sometimes we have to create certain pieces for a character they play in a movie**, and we try to help them connect to that character deeper, through the jewelry as well. Sometimes an

actress wants to keep a piece of jewelry simply as a reminder of the great connection our piece has helped her make with the character.

Occasionally the celebrities just come in our shop and we work with them around the existent collection in the store, sometimes adapting designs for them. Our work with the famous crowd is really a mix.

WML: Speaking of the famous, Brian, what was your take on Princess Diana? Do you have a fond memory of your collaboration?

BR: The thing about her is that she knew very well what she liked. She wouldn't care too much about price or the label; when she saw something that she liked she would just buy it. The clothes she had from us she just bought; it's not that I designed something special for her. She would get out of her car at our Shop in London's Bond Street, jump in and choose something she saw in the windows. And she paid for everything, too, like a normal person. And I think this was incredible of her and made her very human, very normal, and very gracious at the same time.



Models presenting Dominique Cohen jewelry (at the Malibu Beach)



WML: You've designed Jennifer Lopez's wedding dress for her first marriage, with the Cuban waiter Ojani Noa. How did that happen?

BR: That was through the same stylist, Phillip Bloch, who was the stylist for Angela Bassett. I've done several dresses for Angela, for the Oscars, the SAG Awards and other events, and then Phillip called me one day and said "You know, there is this young actress coming out, she'd just made her first movie but no designer was particularly interested in making a dress for her; would you trust me and make her wedding dress?" And I said "Absolutely". So I sent sketches to her and she chose one, we made the dress ... And then the movie came out (it was 'Selena') and boom, overnight she became a very big star. 'In Style' magazine covered her wedding, and **Jennifer Lopez** was shown everywhere on TV in her wedding gown, and she was really happy with the dress.

WML: Their marriage didn't last too long ... less than a year ...

BR: (laughing) ...but that had nothing to do with my dress.

WML: We see your jewelry, Dominique, featured in several movies - The Blind Side, (500) Days of Summer, White Oleander, Get Smart, and many others. **Did you enjoy the atmosphere in working for a movie?**

DC: I have to say it's thrilling to go see a movie and watch on screen a beautiful actress wearing something that I've designed - how great is that? Recently we have a piece of jewelry repetitively featured on 'The Newsroom' show on TV; **Emily Mortimer** just looks fabulous in it and she's wearing it in almost every show. Consequently, it's resonating with women out there and we've had a crazy run for the 'MacKenzie' five-coin drop necklace. It's the first time as a designer that I have had such a reaction to one of my creations, to reach that level of



Salma Hayek wearing Dominique Cohen jewelry in the new movie "Here Comes the Boom!"



Kathy Bates in Dominique Cohen Jewelry



Emily Mortimer in 'The Newsroom' wearing the 5-coin drop necklace by Dominique Cohen



fashion in the last decade?

BR: The biggest change is the influence of mass-market retailers, like Zara, who have become incredibly good at what they do, and they do an astonishing job at editing the general trends. It's unbelievable when you go in their shops and you can recognize all the trends, at remarkably affordable prices, making the access to fashion much faster. I have great admiration for what they do, because affordable fashion is not necessarily cheap-and-cheerful; also, the good thing is that the trends are, in fact, much more individual, catering to an evolving individual style. Mixing luxury and mass-market fashion is very modern. Of course, all these changes generate a big challenge for designers like me, who have to create collections that are individual and stylish, with a unique and inimitable twist.

identifiability and to generate such a desire... I was really happy to have that.

WML: What is your source of inspiration?

BR: As a designer, you always have your eyes open; I'm always looking around to see... people on the street, on TV, colors in nature (I love gardening); I love to read books, magazines, I love music. ... Inspiration comes to me from the most normal yet unexpected sources.

WML: Brian, please describe the woman for whom you create.

BR: People have always asked me if I had a muse, one specific type of woman for whom I design. I've never understood the designers who keep just one person in mind when they create ... (smiling) Why strive to keep only one woman happy when you want to make millions of women happy? I love color and womanly lines, and I always try to pair up glamour with colorful and feminine sexy. I like to design real clothes for real people.

DC: I draw my inspiration from Art Nouveau and turn-of-the-century artisan jewelry. I love things that are natural and have a lot of texture, craftsmanship, layers and variety.

WML: What great designers have influenced you (if any)?

DC: Oh, I am a huge fan of Tomas Maier (of Bottega Veneta). I love his attention to detail, and his belief that the definition of true luxury (at any price level) is the attention to details in a product, and the ability of the item to endure over time. So whether I'm designing something for Target or something that's very high-end, bespoke, one-of-a-kind creation, I'm always striving for that thing to be unique and to pass the test of time and wearability.

WML: What do you think has changed fundamentally in

WML: Do you believe in the healing power of beauty, of art? Could the right piece of jewelry ever mend a broken heart?

DC: Yes, I do believe... I believe that beauty and art elevate us at every level. When you see something beautiful, artistic, even if you may not realize its details and the work that went into it, you know that you love it. People are instinctively drawn to things that uplift them.

WML: What do you think is the role of fashion in the 21st century? Does fashion have a purpose in our times?

BR: Absolutely! The purpose is most of all to enable a full expression of one's personality. How you dress, how you look, how you feel – it's the key way to express yourself.

DC: I think that the role is probably to elevate people's sense of wellbeing. It's enough to find a remarkable piece and to know that you've worked hard to be able to afford it; and it represents you, you love it; it rewards you in a very personal and emotional way, and it will stay with you forever.

WML: How do you define style?

DC: (thoughtful) I think style is very personal. I think style is about hopefully knowing yourself, and knowing what feels good for you, looks good on you, matches who you are and your lifestyle. I think style is about understanding how to put things together that are unexpected and having it come off as not a look, but your look.

WML: And what piece should never be missing from a woman's jewelry box?

DC: I would say a great strand of everyday pearls and a fashionable basic round chain, 42" long.

BR: The sign of great style is to feel comfortable in your own skin. A woman of style knows how to pick things from the trends that suit her, based on what's good for her lifestyle. To have style is to be able to ignore the trends, pick up what's right for you and wear it as a second skin.



WML: And which particular fashion item do you think represents *the essence of femininity*?

BR: To me, the essence of femininity is the little black dress. Nothing conveys the idea of femininity like it.

WML: Is there anything you wish was different in the *mood for fashion* these days?

BR: I wish that it wasn't so affected by the financial aspect. **The uncertainty has taken away the excitement from fashion**, people are more concerned about money, and fashion has become less of a priority. Money being the measure of everything these days, fashion is deprived of enthusiasm, of thrill ...

DC: I find now there is a **bigger gap between fun fashion and classicism**, and there is room for both, but the customers are less likely to go for the fashion look and more likely to go for something that is classic. **And I wish there were more interest in fashion per se**, so our goal is to provide fashion through design of great integrity and quality regardless of price-point, to bring back some of the glamour of luxury in a way that is affordable to all.

WML: Brian, do you have a personal recipe for success? When do you know that a certain style you have designed is successful?

BR: Every time you design a collection you think it would be good, of course, but the truth is that you never know. When it's sold in the show-room - that's great, when it's picked up by a fashion magazine to be featured is wonderful, but **the real test of success is when the design is sold out in the shop. This is the customer who tells you, by spending the money, "This is what I want"**. From designing to this moment could take 6 to 9 months.

WML: Dominique, what qualities are necessary in a great designer, in your opinion?

DC: I think you have to be true to your identity, and you have to know who you are



Brian Rennie for BASLER, Spring-Summer 2013 Collection



and what you like. And you have to be willing to say *no, this isn't me*, and *no, I'm not going to do this*. I think you should also strive to create a visual language for your identity as a designer, and this is something I work very hard on conceptually from one collection to another. The goal is to create **a collection that is very well developed and works for everyone**; that is classic but also modern, wearable and versatile. **My view is that jewelry is the wardrobe, and clothing is the accessory.**

WML: Do you have a final word of fashion wisdom for our readers?

BR: The most important thing is to know your style. Don't be defeated by trends, **know yourself and your lifestyle. There are no rules anymore - just be true to yourself!**

DC: (*laughing*) I have actually two ... First one is: *always weigh in cost per wear* when you feel attracted to a new piece of jewelry. Second, when you find something that speaks to you, and you want to think it over; you go home and can't get it out of your head, *then you should go for it* (within reason).

WML: So you don't believe in coincidence, you think that everything happens for a reason...

DC: I do believe things happen for a reason. **And if you are drawn to something of beauty, then perhaps it's meant to be in your life.**

So there you have it from two worldly, seasoned fashion professionals. Woman and man, Californian girl and Scottish boy, jewelry designer and clothing designer, American take and European point of view - they led us to the same soothing conclusion: that fashion elevates us and has a crucial role in our elusive pursuit of wellbeing.

And even though I know that fashion's uplifting power is perishable, and cannot always overcome our relentless game of spite and malice, I can't help but wish us all a lifetime of it. 💧

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1



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Understanding USA Chinese Relations

了解中国的美国关系

By Diana Addison Lyle

At around exactly the same time that the United States held its Presidential Elections in November 2012, China had its once-in-a-decade 18th National Congress of the Communist Party of China (CPG) during which time it underwent a leadership change: Xi Jinping became China's new President - taking over from Jiantao Hu. He is a leader among equals - that is - 7 strong leaders who are all highly educated and well versed in the science of economics. The interesting news for the United States is that Xi Jinping is a strong proponent of political and economical reforms that stimulate China's continued growth. This may be because his youthful, impressionable years were strongly influenced by the late 1970's economic reform he witnessed in China. He's of the new generation of Chinese who are very much in favor of their country being fully integrated into the dynamic world market.

CHINA'S INTEREST IN MAINTAINING STRONG RELATIONS WITH THE U.S.

Analysts agree that Xi Jinping sees the value of forming a productive, cordial relationship with the United States; to do otherwise with a super power such as the U.S. would be self-defeating. They also agree that Xi Jinping would ambitiously like to see his country become the largest economy in the world by 2020 - eclipsing the U.S.. China has enjoyed growth rates of 10% per year for the last 30 years - a staggeringly impressive figure when compared with the rest of the world. However, that growth rate was stimulated by the move of a large, young, agrarian population into the cities where they were given jobs in the manufacturing sector. All the economic realists recognize that China's growth rate is going to slow down markedly from here on as it settles down into modern-era problems that the rest of the world's economic giants are facing.

CHINA'S MODERN YOUTH: WHAT DO THEY WANT?

The recent urbanization of so many young people brought with it the attendant cries for social reform, and China's leadership soon had to face the reality that their young people demanded better wages, better working conditions and more say in their futures. This rising force of China's urbanized youth has recently voiced its strong opinions on the systemic corruption that has plagued some of China's leadership. Fortunes are being amassed as Chinese leaders now have access to vast sums of money and - as in the history of humankind - money and power can entice corruption in the most absolute terms. Bo Xilai, the recently excommunicated Communist Party member, was a rising star in the CPG, but his demise was rapid after allega-

tions surfaced of his corrupt, double life. The scandalous corruption trial of Bo Xilai recently uncovered revelations that his wife allegedly murdered an MI6 British Secret Service Spy. Beyond the shock factor, the details made for a fascinating spy novel. However, China does not have the institutions in place that can stem corruption - like the United States has. An independent judiciary, a voting public, and a free press are the first steps in eradicating the pervasiveness of corruption in leadership - and China does not have that yet.

A MORE VOCAL, ASSERTIVE CHINESE YOUTH

The fact is that there have been increasing protests amongst China's youth against corrupt leaders who amass fortunes for themselves while the disparity between the rich and poor continues to grow in China. Chinese leaders are also faced with the realization that the



Paramilitary police officers stand guard at closed Tiananmen Square, decorated for the 18th National Congress of the Communist Party of China, in Beijing



demographics in China have changed in the last decade: they no longer have a young, unemployed agrarian population to whom they can give cheap work in the factories. It was that very fact that drove the strong export economy of the past three decades. Instead - thanks to the one-child policy of the past decades - they have a declining, unbalanced population of 100 girls to every 117 boys. This young group - an increasingly vocal force - are no longer prepared to work long hours in factories for meager wages. Translated - this means a slowing down in China's export market.

THE EXISTENT SUPER POWER VERSUS THE UPCOMING SUPER POWER

If you look back at history, an existing super power such as the United States is rarely comfortable with a rising super power such as China. The Chinese view the United States nervously; they are suspicious that the U.S. will try to contain them in an effort to retain its own supremacy. The recent protests in Beijing against Japan involving the islands in the South China Sea were issues of territoriality that ultimately pointed to the United States. It is reported that there are vast quantities of untapped natural gas and oil in the region of the disputed islands and China doesn't want

a competitive super power to have access to that abundant kind of economic power. In the bigger scheme of things, Japan is not really the major threat to China: the United States is, and its support of Japan has been duly noted.

2013 - 2025

Mainstream Chinese strategists have indicated and advised that maintaining good relations with the United States is the prudent option for China. They don't believe that Xi Jinping's ambition of China becoming the new super power by 2020 is realistic. They expect the United States to retain its prime super power position for the foreseeable future - and they contend that the two countries will become increasingly interdependent on each other economically. The United States needs China's middle class to rise in the same way that China needs a buoyant U.S. economy that is able and willing to buy lots of Chinese-made goods. Some strategists even speculate that if China and the U.S. could move towards an economic equilibrium - both countries would profit enormously. The opposite scenario of two increasingly suspicious super powers putting more time and energy into building up their military might - would spell disaster for the world. Those who disagree

with this opinion assert that maintaining stability in the world is contingent upon the United States building up its military might in East Asia to the point where the Chinese dare not confront the U.S. for fear of its adversary's stronger capabilities. They contend that you keep a rising power in check on the chess board by flexing your muscles by way of your military strength. However, that stance would be unnecessary given the fact that the United States and its allies have more than sufficient resources with which to balance China.

CONCLUSION

The challenge between the leaders of China and the United States is to prevent the relationship deteriorating into conflict that would be counter-productive and detrimental to both countries. The intelligent managing of China's rise where the leaders of both countries conduct dialogue and trans-continental communication civilly and without threats - is the way to move forward so as to avoid the nightmare that the Cold War presented to the world not so long ago. We don't need another 1962 showdown between two super powers with the threat of nuclear war hanging over us. Diplomacy and the maintenance of peaceful relations are the far better options. 🌱

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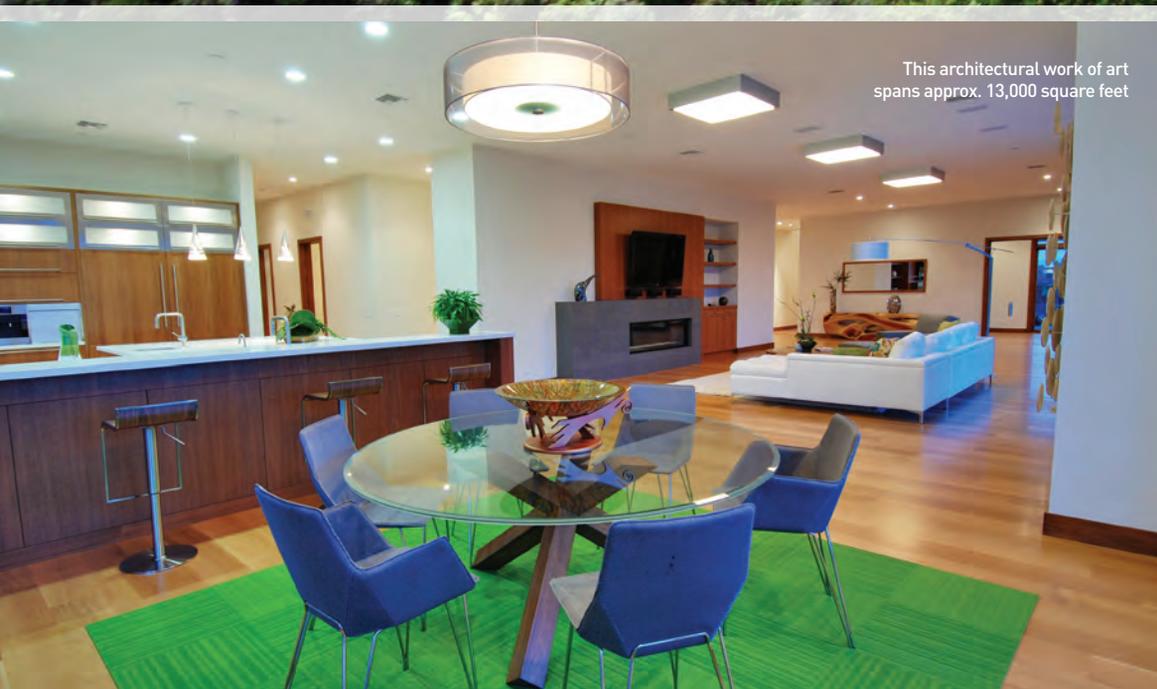
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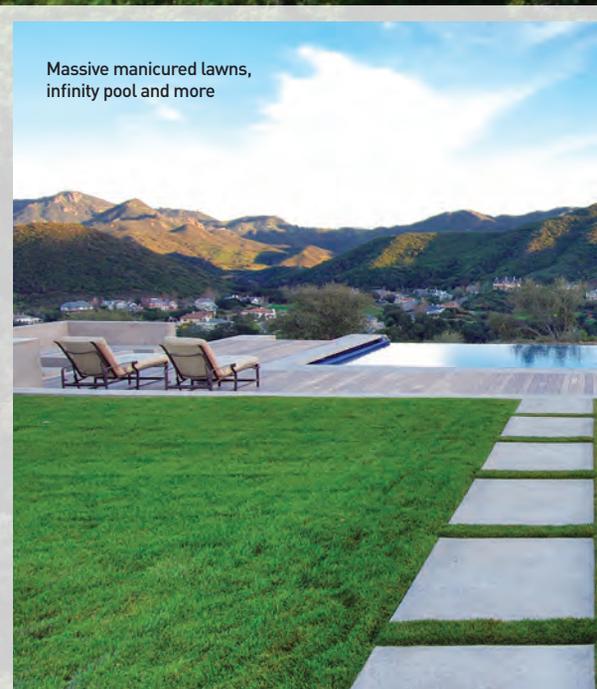
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Family Room



Kitchen





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Living Room



Parlor

Entrance



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Family Room





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Spice Up Your Yields

By Robert J. Katch

The 30-year bear market in bonds has reduced yields to paltry levels. The 10-year Treasury has frequently hovered near 1.6% in recent months, yet it has averaged 6% over the past 50 years. Because bond prices move in the opposite direction of interest rates, investors who buy long maturity bonds to get the extra yield can suffer large losses if interest rates move higher. But investors who stay with shorter maturi-

ties may have it even worse in today's low yield environment. Yields today are so low that a million dollars invested in six-month US Treasuries only generate an annual income of about \$1,000. However, inflation would reduce the buying power of the million dollars by \$20,000 per year.

With Treasuries yielding next to nothing and investors looking for reasonable ways to get more income, it is vitally important to consider a wide range of options to generate extra return.

RIDING THE CURVE

One of the most notable features of US Treasury bonds today is the steep yield curve. By keeping interest rates very low, the Federal Reserve has reduced short-term bond yields to almost nothing while longer-term bond yields have remained higher. The Fed directly impacts short-term rates but can only indirectly impact long-term rates. So, when you compare the two-year Treasury yield of 0.2% versus the 30-year Treasury yield of 2.7%, the 2.5% difference is an unusually wide spread. The steepness of the yield curve is an opportunity for bond buyers, because as bonds age they roll down this yield curve. For example, a 10-year corpo-

rate bond that yields 3.3% could, after four years, become a six-year bond yielding 2.3%. Because the bond's coupon payments are fixed, the only way for the bond's current yield of 3.3% to get down to its future yield of 2.3% over the next four years is for its price to rise. This strategy gives bond buyers a chance to grab some extra yield plus the potential for some price gain without loading up on undue risk.

JUNK GEMS

Because high-yield bonds can be very volatile when the economy weakens, safety-minded investors should minimize this portion of their portfolio. However, many junk bonds offer extra yield without a large increase in risk. You can buy high-yield bonds individually, but I would recommend purchasing them through an exchange traded fund, mutual fund, or closed-end company. These funds specialize in researching, buying and monitoring these types of bonds. A typical fund will hold many dozens or hundreds of individual bonds in their portfolio thus protecting you from the risk of any one, or a few of them, running into financial trouble.

EMERGING MARKETS

While much of the developing world, like the United States and Europe, faces serious fiscal issues, governments in many of the emerging and developing world do not face such stark problems. Yields are typically higher on these emerging market government bonds than on US government bonds. Most have faster growth than the US and improving economic conditions, which will ultimately improve their credit quality and prices over time. In recent years, investors have moved a significant amount of money into emerging market bonds, but they have shown a preference for dollar denominated bonds, making their local currency bonds attractive by comparison. This is another area where purchasing bonds is better done through a fund due to the safety you receive from diversification and professional management. While foreign bonds denominated in their



THERE ARE ALSO MANY MUTUAL FUNDS AND CLOSED-END COMPANIES THAT INVEST IN BONDS WHOSE INTEREST RATES ARE VARIABLE, NOT FIXED. THIS TYPE OF BOND WILL BE BETTER PROTECTED AS INTEREST RATES BEGIN TO RISE.

local currency can add a little volatility due to currency swings, they can also offer you protection if the dollar's value decreases over time.

FLOATING RATES

There are also many mutual funds and closed-end companies that invest in bonds whose interest rates are variable, not fixed. This type of bond will be better protected as interest rates begin to rise. Remember that since a typical bond's interest payment is fixed when it is originally issued, the only way the bond can adjust to changing interest rates in the economy is for its price to change. Thus, when interest rates rise, most bonds will lose value. However, a floating rate bond should see its value remain fairly stable since its interest rate will reset periodically.

CONCLUSION

Yields are low and will likely stay low for the next few years making it more difficult than at any time in the past 50 years to safely earn a decent re-

turn. Further, what appears safest (e.g. Treasuries), may actually be riskier than at any other time in their history. The "income" portion of a portfolio has traditionally been the lowest risk and easiest to manage because a simple "buy-and-hold" approach was good enough. However, what worked in the past will not work if interest rates begin to rise. A more broadly diversified bond portfolio will be a necessity over the next few years to insure a steady flow of portfolio income in a rapidly changing world. 🌱

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



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



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The Fiscal Trade Off

By Doug De Groot, MBA, CFP®

Shakespeare was right, “all the world’s a stage.” The last few months of 2012 witnessed the most expensive election the world has watched. It has also made November and December a very exciting time of the year. Not only does it bring families together for the holidays, it gives way to the opportunity to reflect upon all that happened this past year and plan for 2013. This year has a little something extra for all of us fascinated by economics,

monetary policy and fiscal policy. While we are all keenly aware of the Fiscal Cliff, it is our hope that by the time your fingers caress the rest of these pages, the Fiscal Cliff is behind us and we all have a steady foundation to build upon.

While we can only speculate at what our elected officials will come up with, one thing is certain. Wealth will find a way to minimize the burden of tax. Money is like water; it will find the areas of least resistance and flow through to those areas. The proof is overwhelming. According to

the Financial Times, the wealthy in Spain and much of Europe are currently moving funds to England to avoid the risk of the Euro and higher taxes.

While 2012 provided a stage for all of us to ponder the direction of this country, it also set in place new terms and consequences for lack of action. While we all wait to figure out exactly what many of the consequences may be, we now have had the opportunity to reflect upon what 2013 will bring.

2013: HIGHER TAXES LIKELY; A LOOK AT WHAT TOP EARNERS COULD PAY AND HOW IT MAY AFFECT SMALL BUSINESS OWNERS OR CLOSELY HELD BUSINESSES

For small-business owners with closely held C corporations, the Fiscal Cliff presents a real loss of wealth. Because business owners can actually control the timing of dividends, under the current law, dividends will be taxed at the ordinary income rate if the White House and congress does not act. While some small business owners may adopt a wait-and-see approach until after Congress meets, the reality is that getting this wrong for a business with \$1 million in accumulated profits could cost the client a whopping \$284,000 in lost taxes.

For example, the owner of a closely held C corporation has \$1 million in accumulated earnings that could be held in the business or paid out as a dividend. The owner will face a maximum federal tax liability of \$150,000 in 2012 on those dividends, and a whopping \$434,000 in 2013 (given a top ordinary income tax bracket of 39.6%, plus the new 3.8% Medicare unearned income contribution tax)! The potential \$284,000 difference—or more when accounting for itemized deduction phase-outs for high-income individuals that also return in 2013—represents a real loss in wealth for any business owner who ever hoped/intended to distribute the funds as dividends at some point down the road.

INDIVIDUALS WILL ALSO SEE THEIR TAXES GO UP

According to the current tax law and the expiration of the Bush tax cuts set for 12/31/2012, taxes on the highest income earners will go up. Wages will jump from 37.9% to 43.4%. Capital Gains will jump from 15% to 23.8%. Dividend income will go from 15% to 43.4%. Payroll Taxes will jump from 10.4% to 12.4% and Estate Taxes will go from 35% to 55% in 2013.

Even with these increases, the math is simple. Our budget deficit is unsustainable at the current rate of spending. According to the Congressional Budget Office, we now bring in less revenue than we spend on mandatory spending items which include Social Security, Medicare, Medicaid, interest on the debt, and other entitlement programs. This leaves very little room for Washington to maneuver.

LINES ARE BEING DRAWN. FOR THOSE SEEKING REVENUE OR HIGHER TAXES, IT IS THE MAKERS VS. THE TAKERS. SIMPLY PUT, THOSE WHO GENERATE REVENUE WILL PAY MORE FOR THOSE WHO NEED THE SERVICES OUR COUNTRY PROMISED FOR THE LAST 80 YEARS STARTING WITH SOCIAL SECURITY, MEDICARE, MEDICAID AND MANY OTHER ENTITLEMENT PROGRAMS.

COLLEGE GRADUATES

This is a great concern for all of us. At a time when we can see higher taxes and lower federal spending, we also face for the first time in American history a generation of college graduates facing the real possibility of declining wages. Average American Wages have dropped every year since 2008, according to the Bureau of Labor Statistics. But to make matters worse, our best and brightest are starting off life with record levels of debt. Student debt is now over a \$trillion and growing according to the NY Federal Reserve 2012 report on Household Debt. College graduates have fewer opportunities and are facing the most competitive work environment our country has ever seen. Folks who thought they would be retired are working longer for less. This is creating huge competition and driving down real wages and forcing college graduates back home with mom and dad.

Yet, as a society we find it completely responsible to tell kids who cannot legally or responsibly consume alcohol to take out tens of thousands of dollars of debt to purchase an intangible with an uncertain outcome.

ENTITLEMENT CLIFF

Our steepest cliff may be the Entitlement Cliff. According to the U.S. Bureau of Labor Statistics, we now have more people receiving government health care than are working. In 2011, there was 119,249,000 Americans receiving government health care while only 112,556,000 people were employed full time. And that does not include Social Security or other entitlement programs. According to the government, we spend \$2.2 trillion for the 120 million entitlement beneficiaries. That breaks down to about \$18,000 per beneficiary. If 53.6% of households pay payroll and income taxes and only 28.3% pay only payroll tax, that leaves 76.6 million taxpayers

to pay the full freight. Not to mention, we have 10,000 baby boomers retiring every day that become users of these services and no longer contribute to the system.

WHO WILL LIVE WITH AUSTERITY?

Soon, we will be informed. Until then, we will just have to wait until they vote on it.

Lines are being drawn. For those seeking revenue or higher taxes, it is the makers vs. the takers. Simply put, those who generate revenue will pay more for those who need the services our country promised for the last 80 years starting with Social Security, Medicare, Medicaid and many other entitlement programs. These lines are far deeper than politics; they are generational and pit one generation vs. the other. If the current older generation wins and is able to wrest large benefits from their children, our younger generation's prospects for the future can become much dimmer as they will be suffocated by rising government debt, higher taxes and lower wages. In essence, we face a tradeoff between those who earn income against the benefits that have accrued to current and future retirees.

While we may not know the exact outcome of the Fiscal Cliff or what new legislation will bring, one thing is for certain. Planning has never been more important than now. 🌟



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How to Boost your Immune System

By Ian Armstrong, M.D.

Your immune system does a remarkable job of defending you against disease-causing microorganisms, but sometimes it fails: A germ invades successfully and makes you sick. Is it possible to intervene in this process and make your immune system stronger? Researchers are exploring the effects of diet, exercise, age, psychological stress, herbal supplements, and other factors on the immune response. The results thus far are considered preliminary - but we are pretty sure that healthy-living strategies are a good way to start giving your immune system the upper hand.

ADOPT HEALTHY-LIVING STRATEGIES

Your first line of defense is to choose a healthy lifestyle. Every part of your body, including your immune system, functions better when protected from environmen-

tal assaults and bolstered by healthy-living strategies such as these:

- Don't smoke.
- Eat a diet high in fruits, vegetables, and whole grains, and low in saturated fat.
- Exercise regularly.
- Maintain a healthy weight.
- Control your blood pressure.
- If you drink alcohol, drink in moderation.
- Get adequate sleep.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Get regular medical screening tests for people in your age group and risk category.

What is known is that the body is continually generating immune cells. Certainly it produces many more lymphocytes than it can possibly use. The extra cells remove

themselves through a natural process of cell death called apoptosis — some before they see any action, some after the battle is won. No one knows how many cells or what kinds of cells the immune system needs to function at its optimum level.

Scientists do know more about the low end of the scale. When the number of T cells in an HIV/AIDS patient drops below a certain level, the patient gets sick because the immune system doesn't have enough T cells to fight off infection. So there is a bottom number below which the immune system can't do its job. But how many T cells is comfortably enough, and beyond that point, is more better? We don't know.

A different scientific approach looks at the effect of certain lifestyle modifications on the incidence of disease. Based on these studies, there is now evidence that even though we may not be able to prove a direct link between a certain lifestyle and an improved immune response, we can at least show that some links are likely.

AGE AND IMMUNITY

The aging process leads to a reduction of immune response capability (reduction of T cells), which in turn contributes to more infections, more inflammatory diseases, and more cancer. As life expectancy in developed countries has increased, so too has the incidence of age-related conditions. While some people age healthily, the conclusion of many studies is that, compared with younger people, the elderly are far more likely to contract infectious diseases. Respiratory infections, influenza, and particularly pneumonia are a leading cause of death in people over 65 worldwide. Despite this, vaccinations for influenza and *S. pneumoniae* have significantly lowered the rates of sickness and death in older people when compared with nonvaccinated elderly individuals

DIET

Immune system warriors need good, regular nourishment. Scientists have long recognized that people who live in poverty and are malnourished are more

vulnerable to infectious diseases. Eating a diet high in fruits, vegetables, and whole grains, and low in saturated fat - is the undisputed assurance of a healthier body that is better equipped to fight off infections.

SELENIUM. Some studies have suggested that people with low selenium levels are at greater risk of bladder, breast, colon, rectum, lung, and prostate cancers. A large-scale, multiyear study is currently in progress to look at the effects of combining selenium and vitamin E on prostate cancer prevention.

VITAMIN A. Experts have long known that vitamin A plays a role in infection and maintaining mucosal surfaces by influencing certain subcategories of T cells and B cells and cytokines. Vitamin A deficiency is associated with impaired immunity and increased risk of infectious disease.

VITAMIN B6. Several studies have suggested that a vitamin B6 deficiency can depress aspects of the immune response, such as lymphocytes' ability to mature and spin off into various types of T and B cells. Supplementing with moderate doses to address the deficiency restores immune function, but megadoses don't

produce additional benefits - and may actually be harmful.

VITAMIN C. The jury is still out on vitamin C and the immune system. Many studies have looked at vitamin C in general; Vitamin C may work in concert with other micronutrients rather than providing benefits alone.

VITAMIN D. For many years doctors have known that people afflicted with tuberculosis responded well to sunlight. Researchers have found that vitamin D, which is produced by the skin when exposed to sunlight, signals an antimicrobial response to the bacterium responsible for tuberculosis, *Mycobacterium tuberculosis*. Whether vitamin D has similar ability to fight off other diseases and whether taking vitamin D in supplement form is beneficial are questions that need to be resolved with further study.

ZINC. Zinc is a trace element essential for cells of the immune system, and zinc deficiency affects the ability of T cells and other immune cells to function as they should. Caution: While it's important to have sufficient zinc in your diet (15–25 mg per day), too much zinc can inhibit the function of the immune system.

GARLIC. May have some infection-fighting capability

PROBIOTICS. There are hundreds of different species of bacteria in your digestive tract - which help you digest your food. Now researchers, including some at Harvard Medical School, are finding evidence of a relationship between such "good" bacteria and the immune system. For instance, it is now known that certain bacteria in the gut influence the development of aspects of the immune system, such as correcting deficiencies and increasing the numbers of certain T cells. Precisely how the bacteria interact with the immune system components isn't known and further studies are being conducted.

DOES BEING COLD MAKE YOU SICK?

Almost every mother has said it: "Wear a jacket or you'll catch a cold!" So far, researchers think that normal exposure to moderate cold doesn't increase your susceptibility to infection. Most health experts agree that the reason winter is "cold and flu season" is not that people are cold, but that they spend more time indoors, in closer contact with other people who can pass on their germs.

EXERCISE: GOOD OR BAD FOR IMMUNITY?

Regular exercise is one of the pillars of healthy living. It improves cardiovascular health, lowers blood pressure, helps control body weight, and protects against a variety of diseases. But does it help maintain a healthy immune system? Just like a healthy diet, exercise can contribute to general good health and therefore to a healthy immune system. It may contribute even more directly by promoting good circulation, which allows the cells and substances of the immune system to move through the body freely and do their job efficiently. 🌱

Regular exercise is one of the pillars of healthy living



Excerpted from *The Truth About Your Immune System*, a Special Health Report from Harvard Health Publications

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



Healthypursuits



Mood and Food

By Lisa Fallon Mindel

Pumpkin pie, candy corn, stuffing, sugar, marshmallow yams, wines, cheeses, and chocolate. The holidays are a time where people “let their hair down” and indulge in food and drink that they may not usually consume during the rest of the year. Food during the holiday season is a joyful experience for some, but for others it is a struggle.

It is widely understood that how we feel can affect the foods we eat (mood to food). But what is less known is how what we eat can affect our brain function (food to mood). For many, food is a way of suppressing emotions such as loneliness, anger, boredom, or sadness. For others it is to satisfy cravings and hunger that seem to persist throughout the day, weeks or even months. With so many opportunities to indulge, it’s no wonder our weight, as well as our emotions, go up and down like a roller-coaster.

How different foods trigger our moods is dependent on what we eat and even when we eat it. Foods make our blood sugar levels rise and fall (energy and mood swings). It affects our brain chemicals (serotonin & dopamine) which influence how we feel. Caffeine can boost our energy and concentration (but too

much can lead to anxiety, depression and nervousness), while low levels of vitamins and nutrients can trigger mood swings, and a vast array of other foods and additives can also alter our moods as well as emotions.

The holiday season is now over and hopefully you’re not feeling overstuffed, tired and guilty. But if you are, here’s a way to plan your way out of this vicious cycle. First thing is to become aware. Awareness is the first step in understanding your relationship to food. WHEN you are eating is as important as WHAT you are eating (and craving).

HEALTHY NEW YEAR TIPS AWAY FROM MOOD SWINGS, WEIGHT GAIN, AND GUILT

1. Drink plenty of water. Most people are dehydrated and don’t know it. It will keep your cravings and your appetite down and make you feel better all around. Try drinking a few glasses before a meal.
2. Eat at least 5 servings of fruits and vegetables (lots of greens) a day. This will give you your nutrients and your fiber, which will keep you fuller throughout the day.
3. Start your day with some exercise. By getting your body moving, your endorphins will flow which will help you to make healthier choices.
4. Eat small, healthy meals throughout the day, starting with breakfast (ie: oatmeal, fruit, whole grains) that will keep you fueled and not famished.
5. Plan ahead! Think about what you’ll be having so you don’t get caught with low blood sugar and an all-out binge. Keep some healthy options handy such as a bowl of apples, crisp veggies, hummus and nuts around the house.
6. Eat your veggies first at your main meal. If you do this you are most likely not to overload on other less beneficial foods.
7. Don’t eat when you are bored, emotional, full, or distracted. Think about what goes into your mouth and enjoy it. Remember, it takes about 15-20 minutes for your stomach to know it has something in it, so eat slowly.



This New Year, resolve to enjoy your relationship with food and all the wonderful things it does for you and your body
Happy New Year! 🍀

Lisa Fallon Mindel is a qualified holistic health and nutrition Coach. She counsels people on how to effectively reach their health, nutrition and wellness goals.

Yourpetshealth



Peak Health for Dogs

By Dr. Daniel Slaton

Proper diet and exercise for dogs is extremely important. About 25% of dogs are obese! They are fed too much and they don't exercise enough - very similar to people. This can lead to many health concerns such as diabetes, cardiac disease and respiratory disease. A good diet and exercise regime is key to providing a long and healthy life for dogs.

PET NUTRITION

I prefer dry food over canned, unless your pet has medical problem (such urinary tract infections) which requires higher moisture intake. Dogs are omnivores, meaning they should have a good balance of protein and carbohydrates. Pet food companies want you to go through the food quicker, so that you buy more. You only need to feed about 1/2-3/4 the amount indicated on the bag. Every dog is different with their requirements, so adjust accordingly. Dogs should

always be hungry. By nature they are hunters and should always be 'on the prowl' for their next meal. I have seen some dogs do very well on the cheapest dog food, and others do horribly on the most expensive. Price should not be the determining factor. Ideally dogs should just eat dog food, but an occasional serving of people food is harmless. Try to keep it to the all-natural ingredients, such as raw vegetables and boiled chicken. Additionally, the following factors are important:

PALATABILITY. Plain and simple - your dog must like the food he/she is eating. If he doesn't like the food, he won't eat it - and that deprives him of the essential nutrients he needs daily - in order to be healthy.

DIGESTION. Is your dog digesting the food properly? Does it cause diarrhea? Constipation? Is he defecating 5 times a day? Those are all things to consider. Most dogs should have solid stools and should not defecate more than 3 times a day. There are, how-

ever, medical issues that can affect digestibility such as inflammatory bowel disease, pancreatitis and colitis - to name a few.

INGREDIENTS. Look at the label and see the list of ingredients. The first ingredient should be the protein source, such as chicken, beef, venison, etc. The best foods have a good source of protein, usually around 30%. Your dog's protein requirements are dependent on his stage in life (younger dogs require more protein). Contrary to popular beliefs, grain-free foods are not necessarily better, or more natural. The most common cause of allergies in foods is the protein source, not the grains.

EXERCISE Since dogs should always be on the hunt for their next meal, they naturally should get plenty of exercise. Domestic dogs are robbed of this necessity. They are overfed "couch potatoes". Dogs should get a minimum of 45 minutes of strenuous exercise per day. Obviously you adjust accordingly to the breed and size of your dog. A Labrador, for instance, needs a great deal of exercise, whereas a Pug doesn't need much. These are important considerations when choosing a dog. The good news is that keeping your dog healthy, happy and out of trouble with daily exercise is a lot of fun.

THE BENEFITS OF EXERCISE:

- 1) Reduces and eliminates common behavioral problems such as digging, excessive barking, chewing and hyperactivity. Dogs usually act out because they are bored.
- 2) Keeps dogs healthy, agile and limber. It also helps to reduce digestive problems and constipation. Timid or fearful dogs build up their confidence and trust through exercise
- 3) Dogs feel sleepy rather than restless at bedtime.
- 4) Exercise is the best way to keep your dog's weight under control 🐾



Dr. Daniel Slaton, DVM
Owner and Operator of
Westlake Village
Animal Hospital
Co-Owner of
The Barkley Pet Hotel
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Chefs Club by FOOD & WINE handpicks 4 of FOOD & WINE Magazine's Best New Chefs bi-annually to highlight their individual styles in the restaurant's menu. The St. Regis Aspen Resort welcomes Matt Lightner of Atera in New York City; Jonathon Sawyer of The Greenhouse Tavern & Noodlecat in Cleveland, Ohio; Kevin Willmann of Farmhaus in Saint Louis, Mo.; & Jenn Louis of Lincoln Restaurant & Sunshine Tavern in Portland, Ore. for the winter of 2012/2013.

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(PHOTOS RIGHT, CLOCKWISE)

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The \$55 million dollar renovation of The Westin Snowmass Resort is complete just in time for the 2012-2013 Aspen/Snowmass ski season. Adjacent to the slopes of Snowmass Mountain - the brand-new Westin Snowmass Resort has been completely refurbished in order to implement the full suite of Westin signature amenities, designed to rejuvenate and inspire well-being. The new Westin features 254 rooms including 17 suites, all with spectacular slope-side views and a renovated lobby, lounge and public spaces. Also included are 2 new restaurants, a slope-side pool, hot tub & sun deck, private ski valet, Westin Kid's Club, beautiful new function spaces including a 60-seat theater space, a first-class spa facility and a new fitness center. Next door the Wildwood Snowmass offers a completely different feel. Guests can experience the renowned luxury of The Westin or stay at the hip, new boutique hotel, Wildwood Snowmass. Westin and Wildwood Snowmass operate as one resort complex. Guests of both hotels enjoy shared amenities. Located in the heart of Snowmass, The Westin Snowmass Resort and Wildwood Snowmass are within walking distance to the shops and restaurants of Snowmass Village. To book the St. Regis Resort Aspen or the Westin Snowmass Resort, please contact an



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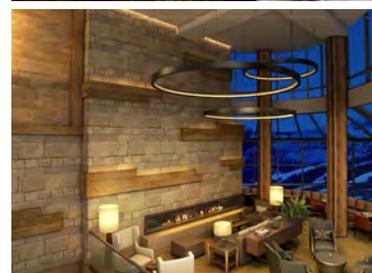
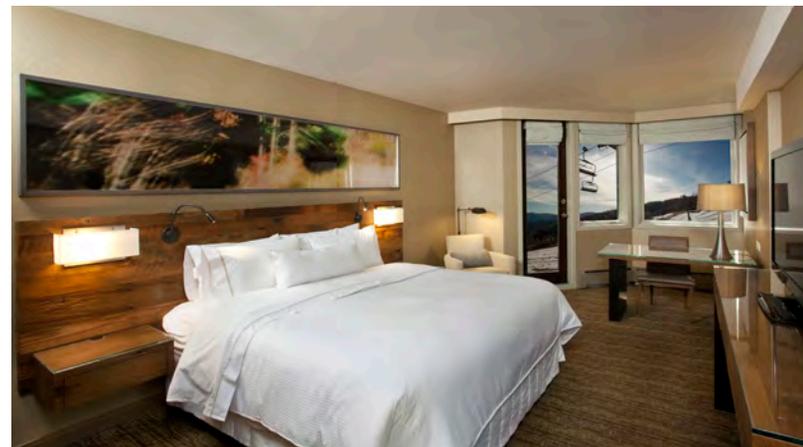
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(PHOTOS RIGHT, CLOCKWISE)
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The history of India goes back 5000 years, but what is so fascinating about this ancient land is that you can travel through several centuries in a single day. Visiting India, you'll be struck by its vibrant colors, its aromatic and happily chaotic bazaars; its crafts people, and ancient forts and tombs that still exist amidst a rapidly-



developing present. To get a true glimpse into India's vast heritage, you have to visit its monuments.

There are 2500 caves in India's veritable treasures of art- from the pre-historic cave paintings of Bhimbetka to the exquisite murals (250 BC to 650 AD) of Ajanta and the soaring magnificence of the Kailasnatha temple at Ellora.

The Taj Mahal represents the zenith of Mughal architecture in India, whilst in Southern India, Hindu architecture reached its peak in the 17th century at Hampi, around the same time as the Taj Mahal was completed. From the superb rock-cut sculptures of Tamil Nadu, the exquisitely decorated forts and palaces of Rajasthan, and the richly-carved step wells of Gujarat - each has a story to tell and each introduces you to India's rich past. These are but just a few of the architectural treasures of the country.



Rajasthani lady

IMMEASURABLE FAITH

As you travel through India you will realize that religion and religious sentiments run high throughout Indian society. From roadside shrines to towering works of art, temples are an intrinsic part of a visit to India. Each temple has a history of myths and legends and is a wonderful insight into the Indian people and the many rituals that guide them through each day.

Revel in the intricate carvings of deities and their consorts adorning the walls and facia of temples. Experience the calm of spiritual salvation as you visit Varanasi, one of the holiest of all the sacred cities in India and one which all Hindus will visit once in a life time - or Rishikesh - where back in the 60s The Beatles met their guru, Maharishi Mahesh Yogi.

FAMILY HOLIDAYS

India is a wonderful destination for families. A holiday in India can be both educational and fun. You can visit monuments for an introduction to the country's history, or you can learn the culture and meet the people riding elephants and camels; bamboo rafting in southern India is another exciting option, or you can camp out in the desert in Northern India; learn to bargain at local markets; track animals in the jungles or learn a craft. There is something for everyone.

TODAY'S INDIA

India has a rich past and an ever-developing present. Walk through the winding lanes of markets and learn how to bargain

INDIA HAS A RICH PAST AND AN EVER-DEVELOPING PRESENT. WALK THROUGH THE WINDING LANES OF MARKETS AND LEARN HOW TO BARGAIN INDIAN-STYLE; STEP OUT INTO THE COUNTRYSIDE AND SPEND TIME IN A VILLAGE WHERE LIFE FOLLOWS ITS OWN RHYTHMS.

Indian-style; step out into the countryside and spend time in a village where life follows its own rhythms. At schools you can spend time with the students and exchange stories, learn a game or have a sing along. Champagne under the stars, menus designed by Michelin star Chefs, classical music festivals, a thriving art movement or dining in private homes will give you an opportunity to have all your questions answered and have conversations about life in a rapidly-developing India.

UNTAMED INDIA

India's natural heritage is extraordinary. Across the country, each park has a flora and fauna which is distinct and is home to animals and birds which are often indigenous to each region. This vivid forested land has been an inspiration to many writers such as Rudyard Kipling who wrote about it in his *Jungle Book*. The bamboo thickets, extensive grassland and



Immeasurable Faith



Family Holiday



Local spice market



South India - Southern delights

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dense forests are home to a wide variety of animals including the wolves, sloth bear, wild dogs, bison, the wild cats, leopard, Asiatic lions and of course the Tiger. India's vast and varied topography offers something for every adventurer.

FESTIVALS OF INDIA

The Indian festival calendar is a busy one and to include a festival in a visit to India makes

a trip very special. Festivals in India have a long history and follow rituals which have remained unchanged through generations. It is easy to leave behind the hustle and bustle of the modern world, and for a while escape into a different era. Not only will these events give you some of the best photographs of your visit but they will allow you to see some of the lesser known aspects of the country.

WHAT INDIA WILL DO FOR YOU

India is a uniquely inspirational journey. What you'll discover is the kind of depth that is truly life-affirming. It's not a coincidence that some of the greatest artists and philosophers in the world have been touched and struck by this spiritually profound land. You'll return from your journey changed - for the better - in an intimately personal way.



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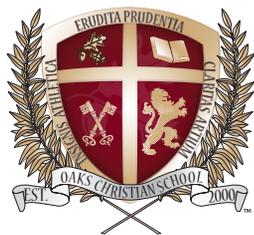




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