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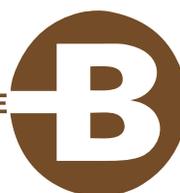
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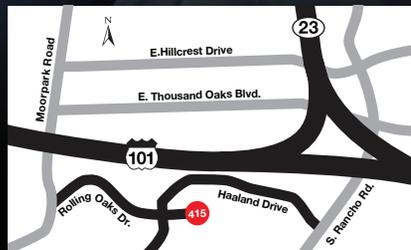


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# In this issue 07.13



12



40



94

## Portraits of summerevents

12 **A NEW WIND IN JULY**  
By CALEB SALAS

## Scenearound

16 **OAKS CHRISTIAN SCHOOL'S SHINE GALA DINNER AUCTION**

22 **VIEWPOINT'S 30TH ANNUAL BENEFIT**

24 **COMPTON JR. POSSE'S YOUTH EQUESTRIAN PROGRAM**

## Humanepursuits

26 **PEACE 4 ANIMALS**  
By KATIE CLEARY

## MotoringPursuits

28 **LAUGHTER AND PEERS**  
By LARRY CRANE

## What'sNewInTown

34 **CELEBRATING WOMEN'S CENTER PACIFIC PATIO FURNITURE**

35 **ELEGANT FIREPLACE MANTELS**

36 **JRA BIKES & BREW KATE & LACE**

## Chatroom

38 **SHORT STORIES ABOUT BIG PEOPLE**  
By BOB EUBANKS

## Coverstory

40 **THE AMERICAN CONNECTION WITH AFRICA**  
By DIANA ADDISON LYLE  
PHOTOGRAPHY BY CURTIS DAHL

## Fashionsense

58 **OUT OF AFRICA, INTO THE LIMELIGHT**  
By MAGDA PESCAIU

## Thingswelove

64 **ITEMS FOR SUMMER**

## Portraits of lostartistry

66 **FINDING RODRIGUEZ**

## Homeandhearth

70 **JORDAN COHEN'S PROPERTIES**

78 **NIKKI & KAREN'S PROPERTIES**

## Moneysmart

84 **THE BIGGER BABY BOOM**  
By ROBERT J. KATCH

86 **SUMMER COULD BE EXCITING FOR THE MARKETS**  
By DOUG DE GROOTE

## Yourhealth

86 **DRUG ADDICTION**  
Dr. IAN ARMSTRONG

## Localscapes

90 **VILLAS DEL MAR IN LOS CABOS, MEXICO**

## Travelscapes

94 **THE CALL OF AFRICA**



## Onthecover

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# WHAT DOES A WOMAN REALLY WANT FROM A GYNECOLOGIST?

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# Editor's letter

This is a unique summer issue in that a large group of members of our community went on the adventure of a lifetime - to wild, beautiful Africa. Our Cover Story is a picturesque feature spread on the sights and experiences that captured our spirits and imaginations as we explored Cape Town, South Africa (where USA played some excellent Water Polo against a tough South African National side), and then - went on Wildlife Safari to Shamwari Game Reserve and Marataba Safari Lodge - both in South Africa. Our brave photographer, Curtis Dahl, trusted our Safari Guide, Antony Collett, enough to approach two lions on the plains of Africa - on foot! The pictures tell the story better than I do (Pg 40). Terry and Lori Schroeder, and Ryan and Angela Bailey, grace our cover accompanied by three good-natured Giraffe. It should also be noted that Terry Schroeder played for the USA Water Polo team with chants from the 2,000-strong South African crowd of 'Make him play!' They were not disappointed.

Since this is principally an African issue, we've given you a host of ideas and choices should you wish to visit this vast and beautiful continent. En Route Travel and About & Beyond take you to spectacular Tanzania - home of the famous Ngorongoro Crater and the Serengeti Plains. There's no doubt that Africa has a profound effect on those who visit its multi-dimensional shores. Enjoy our Travelscapes on Pg 94.

Wimbledon Tennis and the Tour de France are much anticipated July sports features. Caleb Salas covers both attractions with insight on Pg 12.

The Real Estate market is on a positive upswing. Local top Realtors Jordan Cohen, and Nikki and Karen, present beautiful homes on Pages 70 and 78. Coinciding with the Real Estate positivity - summer could also be an exciting time for the Markets (Pg 86).

Have a wonderful, warm season!

Diana Addison Lyle



*Di, Julia Van Eden, Cheetah Retreat, Cape Town, South Africa*



*Megan Bell, Di, Tea Bell, Gordon Bell, Cape Town, South Africa*



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Novak Djokovic





# A NEW WIND IN JULY



BY CALEB SALAS

Taking a break from the major sports that hog the television time and headlines, July spotlights two more world-renown but domestically overlooked sports such as Tennis and Cycling. More specially, the biggest events created for each sport - Wimbledon and The Tour de France.

Wimbledon's two-week tourney features the best of the best in the world. For starters, eligibility to qualify and seeding as a competitor for the event is only granted through prestigious world rankings, with exception of a few wild cards. Though professional tennis puts on four grand slam events, Wimbledon, the oldest major tennis tournament in the world, is typically the most highly touted for more reasons than one. Starting with its storied longevity and ending with its annual magical performances by both likely and unlikely stars, Wimbledon is tennis' most exciting event to watch. Not to mention the fact that Wimbledon also boasts the highest prize money earnings of any of the grand slams, which further amps its appeal for best tennis event. This year's prize money is said to have been increased by a whopping 40 percent. The lawn tournament, nicknamed this due to its grass courts, has five different events during its two week span: Men's Singles, Women's Singles, Men's Doubles, Women's Doubles, and Mixed Doubles.

To set the stage for some of the leading stories of this year's Wimbledon event, earlier this year, in January's grand slam event, Novak Djokovic beat Andy Murray in five sets and won his third

straight Australian Open title. It was the 12th straight Grand Slam event won by one of the Big Four. The Big four include: Novak Djokovic, Andy Murray, Roger Federer and Rafael Nadal. It was the 10th straight finals in which both participants were members of the Big Four.

Following a seven-month layoff, Rafael Nadal returned earlier this year from a knee injury and has won close to seventy five percent of the tournaments that he has competed in. His victory at the Italian Open boosted his ranking back to number four in the world. A strong outing is to be expected as he surely regains top speed, agility, and form.

Because he is 31 years old and has many years on the tour, Roger Federer is eligible to compete in as few tournaments as he wants, and in order to rest his legs for the majors, he has done exactly this. While playing in only six events this year, he has not won a single event, and only reached a finals round once. Additionally, Federer has not beaten any top-five players this year, and his only win over a top-10 player came against Jo-Wilfried Tsonga in the Australian Open in January. Federer has dropped two rankings since last October, and his body isn't getting any younger. At the same



## Portraits of Summer Events

Andy Murray



Roger Federer



Rafael Nadal



exact time though, he is the one and only Roger Federer, a proven star. Will his laid-back, rest-first approach hurt or help him in defending his Wimbledon title? If he wins, it'll be a whopping eight Wimbledon titles. Can he do it? Time will tell.

Of the big four who are expected to dominate, the most watchful eye is on Andy Murray. Murray, the world's No. 2-ranked player not only had to retire from his second-round match in the Italian Open because of lower back pain, but also decided to withdraw from the French Open as a result. Murray is hoping that his recharged back and batteries will suffice as he tries to power himself to the Wimbledon Final, possibly becoming the first Brit to ever win the Grand slam.

The big four of Djokovic, Murray, Federer, and Nadal have received so much of the Wimbledon lead mainly because it's completely

deserved. The Big Four has absolutely dominated the past three years, winning The last 12 Grand Slam singles titles. No one outside the Big Four has even reached the finals of any of the past 10 majors. Can anyone break the tight stronghold?

Two likely contenders outside of the Big four are David Ferrer, who held the No. 4 ranking for most of 2013 and has played a heavy schedule of 11 tournaments in 2013, and Tomas Berdych, who is currently ranked No. 6 and has wins this year over Federer, Murray and Djokovic. Wins against Murray and Djokovic came on clay courts though. Ferrer has struggled as of late and has not won a single tournament since February, nor has he beaten a top-10 player this year. According to USA Today, Djokovic spoke high praise of Tomas Berdych heading into the tournament: "He has been for quite a few years just behind the top four," Djokovic said. "He's able to play big matches. He has proven that. So (he) is definitely a very dangerous player on any surface with a serve like that."



## Portraits of Summer Events

Alberto Contador



Andy Schleck



Fortunately for the women competing, there is no perennial stronghold on any of the grand slam titles; however, there is one woman that stands above the rest and is highly favored heading into the tournament. Here's a hint. She's an American that boasted a 24-match winning streak at one point earlier in the year. Her tallest competitor is the beauty from Russia, Maria Sharapova, who, although ranked second in the world, has not beaten this lady since 2004, going 0-12. The American is the powerful Serena Williams. Another potential competitor is Victoria Azarenka who was the only woman eligible to complete a grand slam this year. The last time a female won all four majors in the same year was in 1988, so Azarenka has definitely been on quite the hot streak in the past year.

Age is just a number, right? Tell that to aging professional athletes attempting to compete at the highest level. Interestingly enough, many of the female top competitors are a little bit older. For example, Serena Williams, age 31, looks destined to clinch the Wimbledon title.

The clock is ticking for Serena Williams and many of the other fierce female competitors as the younger competitors like Sloane Stephens, age 19, look to overtake them.

Aside from Wimbledon Tennis in England this summer, July favors Cycling fanatics through the featuring of The Tour de France. In fact, this year's race marks the 100th year of the event. The cycling route begins in Corsica, an area the race has never traversed, and will end in Paris. The route measures close to 2,100 miles in length, but with the vast mountain range, will feel even tougher. The 21-stage tour will run from June 29th to July 21st, and for the first time since 1988, will only cover French Soil.

This year's race appears even more interesting than previous ones with many familiar names and former winners of the event coming back to give the competition another shot. Cyclists such as, Alberto

Contador, winner of the 2007 and 2009 Tours, will return to the race having missed the 2012 edition through suspension. Andy Schleck, the 2010 winner, should also return having missed 2012 through injury. Bradley Wiggins, winner of last season's race, though retired, is still touted to ride the Tour de France in support of teammate and 2012 runner-up Chris Froome. Vincenzo Nibali, the new captain of Astana, will lead his team after getting his first Tour de France podium in 2012.

July features two very exciting major sports events: Wimbledon and The Tour de France. You won't want to miss out!

For complete coverage of the events go to:  
[www.wimbledon.com](http://www.wimbledon.com) [www.letour.com](http://www.letour.com)



# Scenearound

## Oaks Christian School's 2013 SHINE Gala Dinner Auction

Photography Courtesy of Christopher Glenn

Oaks Christian School (OCS) recently presented its Annual Gala Dinner Auction - the SHINE Gala Dinner - designed to bring together the community in support of the OCS Financial Aid Program. This year, the event was held at the Four Seasons Hotel in Westlake Village and Mr. David H. Murdock was the SHINE Event Sponsor. Nearly 600 guests enjoyed a gourmet dinner while the entertainment and live auction excitement unfolded. *(Continued on page 18)*

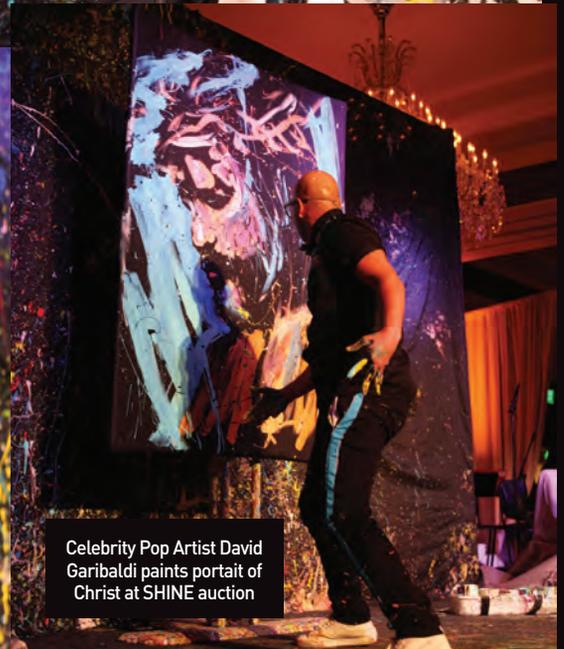
Garibaldi painting Mother Teresa at SHINE Gala Dinner Auction



David Garibaldi aside Mother Teresa portrait



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## Oaks Christian School's 2013 SHINE Gala Dinner Auction

Photography Courtesy of Christopher Glenn

The entertainment included celebrity pop artist David Garibaldi. Throughout dinner and the live auction, OCS students performed the SHINE Broadway Revue, conducted and arranged by OCS faculty Mary Kay Altizer, Ryan Kelly, and Ed Rouse. Clair Allison, Stephen Cruz, MariaInes Echeverria, Lucas Gao, Cayley Gosnell, Christian Grossman, Greer Gustavson, Michele Pina, and Morgan Rice gave inspiring performances, singing famous show tunes while accompanied by the OCS Broadway Chorus, Orchestra and Symphonic Band. (Continued on page 20)

OCS MS Advanced Vocal Ensemble sang Sit Down You're Rockin' the Boat



Greer Gustavson sings "I Dreamed A Dream" from *Les Miserables*



OCS Headmaster Jeff Woodcock and wife, Norine



Kim Aston receives Best Overall Person Award at SHINE Auction



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## Oaks Christian School's 2013 SHINE Gala Dinner Auction

Photography Courtesy of Christopher Glenn

All proceeds from the event provide need-based tuition assistance to students who could not otherwise afford an OCS education. Oaks Christian School is thankful to all the hundreds of parents, students, and individual and business donors who made this event possible.



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# Scenearound

## Laughter and Friendship at Viewpoint's 30th Annual Benefit "Big Night Out"

On Saturday, May 4, more than 400 guests gathered at the Four Seasons Westlake for a night of friendship and laughter in celebration of Viewpoint's 30th Annual Benefit "Big Night Out." In addition to live and silent auctions, guests enjoyed a performance by comedian Alonzo Bodden, winner of NBC's third season of Last Comic Standing. Headmaster Bob Dworkoski remarked, "It was a great night for Viewpoint School. So many parents, alumni parents, and alumni joined us in support of our students. Each year I am honored by the generosity of our community."

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# Scenearound

## Compton Jr. Posse's Youth Equestrian Program

Los Angeles horse lovers were invited to 'Stand Up with the Stars' to support the Compton Jr. Posse's 6th Annual Fundraiser at the Los Angeles Equestrian Center. Themed 'Horses in Hollywood', the Gala honored Portia de Rossi and Patricia Heaton-Hunt. The goal of this 501<sup>c</sup>3 organization is to provide a safe haven for 'at risk' youth by keeping them on horses and off the streets



Portia de Rossi, Mayisha Akbar, Founder Compton Jr Posse, Patricia Heaton-Hunt



2013 Supervisor Yvonne Burke Foundation Scholarship Award recipient Tyrene Joseph with Yvonne Burke & Autumn Burke



Mia & Brian Boudreau & daughter



Ruth Gerson, Ron Weschler, Nichrisha Wiggs



Portia de Rossi receives 2013 Equestrian Excellence Award, Mayisha Akbar, Amy Bolker-Stabler



Kathy Vara, 2013 Community Visionary Award Patricia Heaton-Hunt, Mayisha Akbar



Will Simpson with parents Judy Simpson & Dr. Will Simpson



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# Humanepursuits



## Peace 4 Animals

**K**atie Cleary is much more than a beautiful face. This passionate animal welfarist is the Founder and President of 'Peace 4 Animals' – a charity whose mission it is to end animal suffering around the world.

Together with friend, Kristin Rizzo, Katie recently won *Best Documentary Short* at the Los Angeles Cinema Festival of Hollywood for the film 'Give Me Shelter'. Starring Tippi Hedren, the film chronicles various aspects of human/animal conflicts and raises awareness on animal abuse and neglect issues across the world. The movie provides a perspective on the work that many different individuals and animal organizations do in their tireless efforts to reduce animal cruelty. The film reveals what we often choose to ignore or dismiss – probably because it's painful to face. Topics featured in the documentary include the underground trade in wild and exotic animals, puppy mills and poaching. Few people know, for instance, that purchasing palm oil as a food ingredient contributes to the destruction of Indonesian orangutan populations. In the quest to harvest the oil, the

orangutans are displaced from their natural habitat and have nowhere to go.

Katie's positive efforts have raised a considerable amount of awareness – an important forerunner to change. She recently produced an event called 'Stars for Stripes' with acclaimed filmmaker Clint Eastwood's daughter, Alison Eastwood. The plight of the last 1,500 wild tigers left in India was brought to attention through this event – and the momentum that Katie has ignited continues to grow.

Katie's Peace 4 Animals organization is working on 'The Environmental Education Act' to present to congress this year with over 200,000 signatures. Its objective is to implement a class in all schools across the United States (from Grade K through High School) that educates the up-and-coming generation on the planet, its animals and how to live a more sustainable 'Green' Life.

**Pet products, t-shirts and jewelry available on sale. A portion of the proceeds goes towards the endangered species campaign.**



[www.Peace4Animals.com](http://www.Peace4Animals.com)



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# Motoring pursuits



Team sprint car on clay track

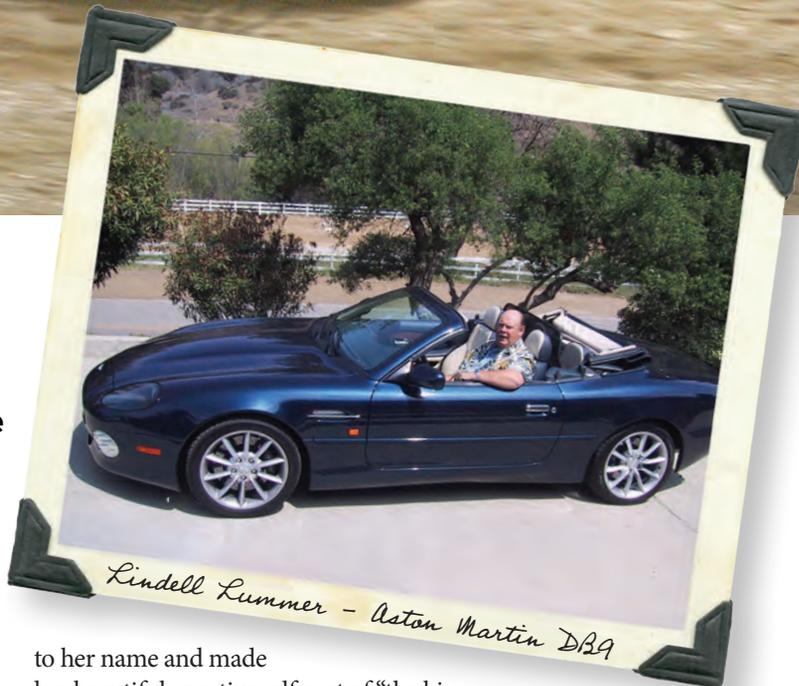
## Laughter and Peers

Lindell Lummer and his pals race hard, have fun and mentor the competition.

By Larry Crane • Photography from the Lummer Archive

**F**rom the edge of Malibu Canyon Road it was simply another tangle of Model T Ford pieces in the bottom of the canyon just above May Rindge's famous dam. Lindell Lummer and his cousin were veterans at descending the ragged walls to retrieve the remains of automotive movie stardom. Film makers often used the winding canyon roads for dramatic over-the-edge crash sequences, easily filmed from the next curve, then simply left the resulting wreckage at the bottom of the scene. The Lummer kids had discovered a market for the useable parts and spent weekends in retrieval. On one of these expeditions the abandoned sedan contained a safely boxed set of Mrs. Rindge's equally famous Malibu tiles—and, by extension—launched a lifetime fascination with these artful ceramics for Lindell Lummer.

After years in storage and out of view, May Rindge's Malibu Pottery tiles made their encore shortly after Angeliqe Ferrari added Lummer



to her name and made her beautiful, creative self part of "the big guy's" life. As chief designer for Malibu Art Tile and Stone she has recreated some of the historic pieces, but concentrates on creating new styles according to the spirit of a client's planned construction project. Lindell, on the other hand, is the contractor and spends his time as a Forensic Stone and Tile Consultant, investigating other contractor's ceramic installation failures and creating permanent solutions.

Ceramic tile, to say nothing of auto racing, was an unexpected realignment of aspirations for the carefully tutored preacher's kid. Sunday church activity was an important and irreversible element

*Cheyenne Kehoe, Tamera and Vince Gest*



# BIKES & BREW

JRA Bikes & Brew is a perfect blend of two passions: a bicycle sales/repair shop and a coffee shop that offers coffee, espresso, tea, healthy snacks, protein shakes, and ice cold beverages. The shop sells a full selection of bicycles for road and mountain biking. We also have a full-service repair department for tuneups, overhauls and suspension service. Customers can bring their bicycle in for repairs and sit at the service counter and enjoy a beverage and snack while chatting with the service mechanics. JRA Bikes & Brew is a destination for both the coffee connoisseur as well as the cycling enthusiast.



*Sit at the service counter and enjoy a beverage and snack while chatting with the service mechanics*



*Owner Vince Gest in the bike shop*



*Full-service repair department for tuneups, overhauls and suspension service*



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The coffee shop & service hours are Tuesday - Friday 7am-6pm. Saturday 7am-5pm. Sunday 7am-4pm.  
Retail hours are Tuesday - Friday 10am-7pm. Saturday 10am-5pm. Sunday 10am-4pm. Shop closed on Mondays.



Ron Blondel Racing's office

of family life, but Saturday evenings were reserved for Reverend Lummer's friends in the world of automobile racing. "My dad pastored a church in Upland beginning in 1956 and every deacon in the church owned or raced a jalopy. So it was mandatory, every Saturday night he had to go to Orange Show Stadium in San Bernardino to watch them race on the quarter-mile dirt track."

Fortunately, the younger Lummer was a regular guest on these noisy, dusty, more-or-less non-spiritual visitations. The success of self-motivated, youthful entrepreneurship

and the excitement of racing had already found a place in future plans. A small corner space on Holt Avenue in Ontario was the first race shop. From humble beginnings...go karts, U.S. Auto Club (USAC) midgets, sprint cars and Silver Crown long-wheelbase cars built for dirt and pavement racing, were all included in Lindell's lengthening resumé. Along with the racecars came an even longer list of racers. From the track visits with his dad he met young racers living on air and hope, looking for a ride in a money-making car.

**LINDELL'S RACING WAS LAUNCHED DURING HIS FATHER'S FOCUS ON THE AFTER LIFE. IT WAS SOON SUPPORTED BY AN UNCLE'S MORTUARY—LET'S SAY THE PORTAL, AND HIS OWN MANAGEMENT OF CONVALESCENT HOSPITALS. ONE OF LINDELL'S PALS, HERB SPIVEY, SUPPORTED HIS RACING ADVENTURES AS A MORTICIAN, SO, WHILE THE IDEA WAS A LITTLE UNNERVING, THE BUSINESS OF MORTALITY SEEMED TO BE SECURE.**

Racing resources are always hard to come by. A little perspective comes from an afternoon when a young Parnelli Jones stopped by the Orange Show Stadium on his way to Indianapolis. He was driving the Mercury station wagon loaned to him by his sponsor J.C. Agajanian. It was completely full of tires, parts and toolboxes and pulling an open trailer carrying his new A.J. Watson roadster. He borrowed a couple of Indian blankets so he could sleep next to his trailer on the three-day trip to Indy. He wasn't going to risk losing it in some motel parking lot.

Lindell's racing was launched during his father's focus on the after life. It was soon supported by an uncle's mortuary—let's say the portal, and his own management of convalescent hospitals. One of Lindell's pals, Herb Spivey, supported his racing adventures as a mortician, so, while the idea was a little unnerving, the business of mortality seemed to be secure. In an effort to give a racer's passage more comfortable for his friends, Herb was the first to paint a late racer's casket to



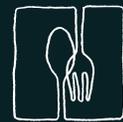
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Famous "Farewell Tour" car



Devoted philanthropists: Spivey, Blundel, Lummer



Andy gathering: Bobbie Unser, Doug Shelby, Lindell Lummer, Denny Miller

match his racecar, including all the appropriate sponsorship decals. That has since become a standard in the culture.

While trying to explain mortality as racing sponsorship through roaring laughter, Lindell remembered. "I was talking to John Heydenreich at the Indiana Fair Grounds a couple of years ago and he reminded me of a story: 'Remember when I flew out here to drive the car for you guys? When I saw the car I walked over to Mark (Spivey) and said, 'They've spelled gasket wrong,' Mark started laughing and said, 'No. It's not 'gasket' it's 'casket!' The car carried sponsorship from J & S Casket Mfg., Schenk Embalming Services, Addleman & Son Mortuary and Inglewood Mortuary, along with Malibu Art, Tile & Stone. Artfully lettered on the wind screen

was: 'Driver: the OLD GUY.' Heydenreich looked me square in the eye and said, 'Okay, so I guess this is my farewell tour.'" Another round of roaring laughter.

In an effort to move from mortality, I got the story of Carl Edwards, who took home 43-million NASCAR dollars in 2012. Not that many years ago the young Edwards took his Silver Crown dirt track roadster to Phoenix International Raceway to confront its three different corners of blacktop. He made contact with famously generous Lindell Lummer and was loaned a set of pavement tires. When asked where he was staying, Edwards admitted to having a sleeping bag and a blanket. Lindell told him, "We have five rooms and

some empty beds. You're welcome to one." Edwards has been telling that story ever since - and paddock generosity is making its way outside the fences. Edwards is now taking the lead in philanthropy and works with Speedway Children's Charities, Dream Factory and Victory Junction Gang Camp.

All of that underscores Lindell Lummer's devotion to being a support system for young racers. Though he has been a "Lap Sponsor" for the Indianapolis 500 since the 1960s and knows virtually everyone in the American racing scene, he takes pride in his position as a board member of the All American Motorsports Foundation, created by his pal and racing veteran Ron Blundel. The foundation's goal is to assure young racers surviving on air and hope that they do not have to borrow blankets and sleep in the grass next to their trailers, or borrow tires for a run for a championship. Lummer's lifelong friendships have created a mosaic of support to keep those racer stories accumulating into immortality. 🍀

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# What's new in town

## JRA Bikes & Brew



family as you enjoy a selection of services including a full selection of bicycles for road and mountain biking. They also have a full-service repair department for tune-ups, overhauls and suspension service. For early weekend riders there is a mechanic on duty

Saturdays and Sundays at 7 am for a last-minute fix or tune-up to insure that you don't miss your ride with the club. This is a unique service not offered at any other bike shop in the region. Services offered: Sales of bicycles, parts, accessories and clothing. Suspension fork and shock repairs, as well as custom suspension tuning. Bicycle tuneup, repair, overhaul. Bike fitting.



**J**RA Bikes & Brew is a family-owned, one-stop bicycle shop and coffee lover's café where bike enthusiasts can relax while experiencing great service centered around their passion. Owners Vince and Tamera Gest, as well as daughter Cheyenne ( a trained barista), will make you feel like part of the



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## CELEBRATING WOMEN Center

**C**ELEBRATING WOMEN Center is a one-stop shop for women when it comes to everything related to a woman's health and sense of wellbeing. Obstetrics, Gynecology and Aesthetics (including Botox, Fillers, Peels and Liposuction) are offered by Dr. Adrienne Lara (M.D. FACOG). Formerly from Harvard Medical School and a practice in Boston, Dr. Lara has more than 20 years of experience in this specialized field. She's conducted substantial surveys on what women really want from their Doctor and has diligently sought to meet those expansive needs. She says, "Women

want a relationship with their doctor. They want to be seen as more than a pap smear, an injection of botox or a dollar sign. They want a doctor who listens and who cares – someone who shares knowledge through teaching and who keeps current on medical standards and research. They want to be respected and – they want discretion to be exercised at all times." At Celebrating Women Center, patients enter into a collaborative relationship with Dr. Lara and together they work towards the patient's optimal health, beauty and wellness.



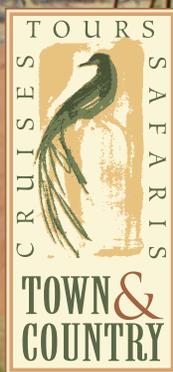
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## What's new in town

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# What's new in town



## Pacific Patio Furniture

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## Kate & Lace

**K**ate & Lace recently opened on Townsgate Road in Westlake Village - ready to expose the best in what's worn underneath. The two owners Katie Crow and Jacqueline Collins have extensive experience in the lingerie and swim industries. Stocked with their favorite pieces and coveted luxury lingerie and swim lines, Kate & Lace showcases sought-after local lines such as Frankie's Bikinis and Boys + Arrows swimwear. Other notable lingerie lines include Cosabella, Splendid and Hanky Panky. Kate & Lace is also home to your little luxuries including jewelry, lotions, body scrubs and addictively scented candles. Kate & Lace isn't your department store intimates department. Expect an experience where personal attention and styling are a cornerstone and luxury exudes from the store without pretension. Stay up to date on their latest store arrivals by liking them on Facebook and Instagram.

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Frankie's Bikinis

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# Chatroom



## Short Stories About Big People

By Bob Eubanks

**W**ell, here we go again. Some more short stories about big people.

### STORY 1:

In 1923 the President of the largest steel company was a fellow name Charles Schwab. The president of the largest gas company was Edward Hopson. The president of the New York Stock Exchange was Richard Whitney, and the greatest wheat speculator was Arthur Cooger. Now as we look back 80 years later we find that the president of the steel company died a pauper, the president of the gas company went insane, the president of the New York Stock Exchange was released from prison to die at home, and the greatest wheat speculator died abroad penniless.

That same year 1923, the PGA champion and winner of the most important golf tournament, The U.S. Open, was Gene Sarazen. What became of him? He played golf until he was 92. He died in 1999 at

the age of 95, and he was financially secure at the time of his death. The moral to the story, Forget Work, PLAY GOLF.

### STORY 2:

My friend, country superstar George Jones, died this past month. He was arguably the best country music singer in history. With his music he taught us how to hurt, he taught us how to love, and he taught us how to cry. His memorial was carried worldwide by 3 different television stations, and the list of mourners stretched from Garth Brooks to Kid Rock. I produced some of his concerts when he was married to Tammy Wynette and he gave me a Martin D35 guitar. The problem was, he wouldn't give me the case, so I had to buy the guitar a ticket on Southwest to get it home. Jones was a real character. His most famous song I believe was, "He Stopped Loving Her Today". He was drinking the day he recorded the song, and so it took him 87 takes to get it right. But boy, did he get it right. He labeled himself, No

Show Jones, because he missed so many concert dates due to booze. My favorite George Jones story is when his wife took his car keys away from him so he was arrested on the turn pike on his riding lawnmower heading into town to get a drink. All of that aside, he was funny, he was kind, but most of all he was probably the best country music artist that will ever live. God is being royally entertained by George Jones.

### STORY 3:

We have a restaurant in our neighborhood called Vitello's. My wife and I used to frequent the Vitello's in Studio City for many years. It was a hangout for all kinds of celebrities - the good, the bad, and the ugly. Now I'm thrilled to say that we have Vitello's Trattoria here in Thousand Oaks on T.O Boulevard. The celebrities have changed, but the food is incredible. Don't be surprised if you see Frankie Avalon, Brad Garrett, or producer Gary Marshall eating some of the best Italian food that you will ever have. Be sure to tell Vince Restivo to give Bob Eubanks a free pizza!

### STORY 4:

Supervisor Mike Antonovich sent me this one, and I was just blown away. Abraham Lincoln had a son named Robert who died in 1926. In his early 20's he was standing on a platform at



Robert Lincoln son of Abraham Lincoln circa 1865

a train station in Jersey City, New Jersey. As a train was approaching, he fell off the platform and a man reached down, grabbed him by the collar, and pulled him to safety. Who was the man who saved his life? John Wilkes Booth's brother.

So, there you have it. More short stories about big people. Remember, never drink downstream from the herd. 🍀

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Follow Bob on Facebook!



George Jones

# When Style Matters



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# The American Corner

Photography by Curtis Dahl • Story by Diana Addison Lyle



PLACE <sup>ON</sup> THE BAY



# ection with Africa

We didn't just like Africa; we loved it! That was the consensus from a group of 30 Americans in our local area who breezed through a 22-hour flight in order to get to the other side – a vast African continent - where the beat of life pulses more dramatically, more colorfully, and less complicatedly. From the moment our airplane touched down at Cape Town International Airport, our sensorial journey kicked off swimmingly. Within hours the African sunset blazed across the sky in vivid oranges and reds, and in the inimitable words of one of our Safari Guides, Brian Mullins, Africa irrevocably 'got under our skins.'



Chapman's Peak, Cape Town. Back row: Ryan & Angela Bailey, Joe Bailey, Brad & Antonella Schumacher, Terry & Lori Schroeder, Peter Varellas. Bottom row: Griffin Lerman & Caitlin Haskell, Merrill & Laura Moses, Di Addison Kyle, Bren & Curtis Dahl



Curtis Dahl, Terry & Lori Schroeder, Bren Dahl. Beau Constantia Wine Estate

Lori & Terry Schroeder, Di Addison Lyle.  
Beau Constantia Wine Estate, Cape Town.





## CAPE TOWN, SOUTH AFRICA

We stayed at **The Bay Hotel** and **Camp's Bay Retreat** in Camp's Bay, **Cape Town**, and reveled in the beauty of the location and its pristine amenities and service. Our breakfast server, **Holi**, was a particular hit with an American audience who appreciated his warm African humor. There is so much to experience in Cape Town. The city's astounding beauty is legendary and it lived up to its reputation. Between visits to nearby world-class Wine Estates (**Beau Constantia Wine Estate**, **Groot Constantia** and **Vergelegen**) we thoroughly appreciated the hospitality and charm of the city, and of course, the excellent wines. We also found a great array of fusion cuisine in reasonably priced cosmopolitan restaurants. We particularly appreciated the vistas and exhaled deeply while watching the sunsets.



Groot Constantia Wine Estate, Cape Town. Back row: Angela & Ryan Bailey, Joe Bailey, Di Addison Lyle, Bren & Curtis Dahl. Front row: Caitlin Haskell, Griffin Lerman, Terry & Lori Schroeder, Brad & Antonella Schumacher



Visiting the Penguins in Simonstown, Cape Town: Peter Varellas, Terry & Lori Schroeder, Ryan & Angela Bailey, Laura & Merrill Moses, Joe Bailey, Griffin Lerman & Caitlin Haskell, Antonella & Brad Schumacher, Di Addison Lyle, Bren Dahl





Great White sharks at the shark cage dive were around 5 meters in length

Ryan Bailey, Joe Bailey, Antonella & Brad Schumacher head underwater in the shark cages for Great White Shark observation. 5-meter sharks circled their cage.



**CAPE TOWN, SOUTH AFRICA**  
Shark-cage Diving provided a fascinating day-trip to our eager and enterprising group whose healthy respect for sharks was ratified. Our transportation company, Ilios Travel, provided superb and unfailingly reliable service with knowledgeable tour guides who transported us across South Africa safely and efficiently.

Team USA Water Polo and  
Team South Africa Water Polo  
line up for their national  
anthems - The Star Spangled  
Banner and N'Kosi Sikele  
Afrika. Terry Schroeder, Drac  
Wigo, Brad Schumacher,  
Janson Wigo, Griffin Lerman,  
Wolf Wigo, Merrill Moses,  
Ryan Bailey (Captain)





### USA WATER POLO MEETS SOUTH AFRICAN WATER POLO

Remember South Africa's Chad le Clos from the London 2012 Olympics – who beat Michael Phelps' in the 200-meter fly – winning the gold medal? He proudly represents a country that excels in water sports. Our USA Water Polo team where good sportsmanship and hard play abounded. The televised game took place in 'The Quarry', a dramatically picturesque dam of pools at Hillcrest Wine and Olive Estate in Durbanville, Cape Town.



*(Left) The strength of Ryan Bailey, Captain of Team USA (Middle) Team USA's Wolf Wigo - former Captain of the 2004 USL Olympic Men's Water Polo team (Right) Bravery is jumping into a cold Water Polo quarry: Wolf Wigo, Brad Schumacher, Drac Wigo, Janson Wigo*





Brent Wiltshire and **Old Mutual** in Cape Town did a wonderful job organizing this never-to-be-forgotten game with humorous hospitality that was definitely as colorful as their yellow socks. At the end of the day, a worthwhile life is about building strong and lasting connections between people across the globe, and Water Polo was the conduit in bringing two great countries together.



*Di Addison Lyle with Brent Wiltshire, the organizer of the USA vs South Africa game*

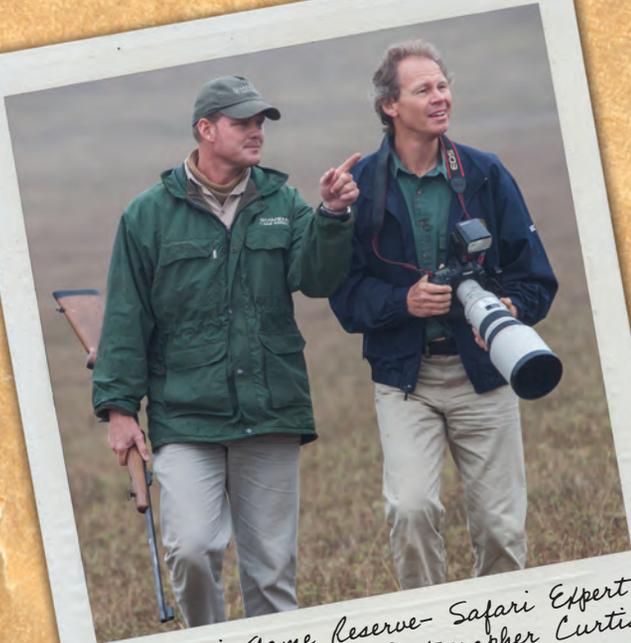




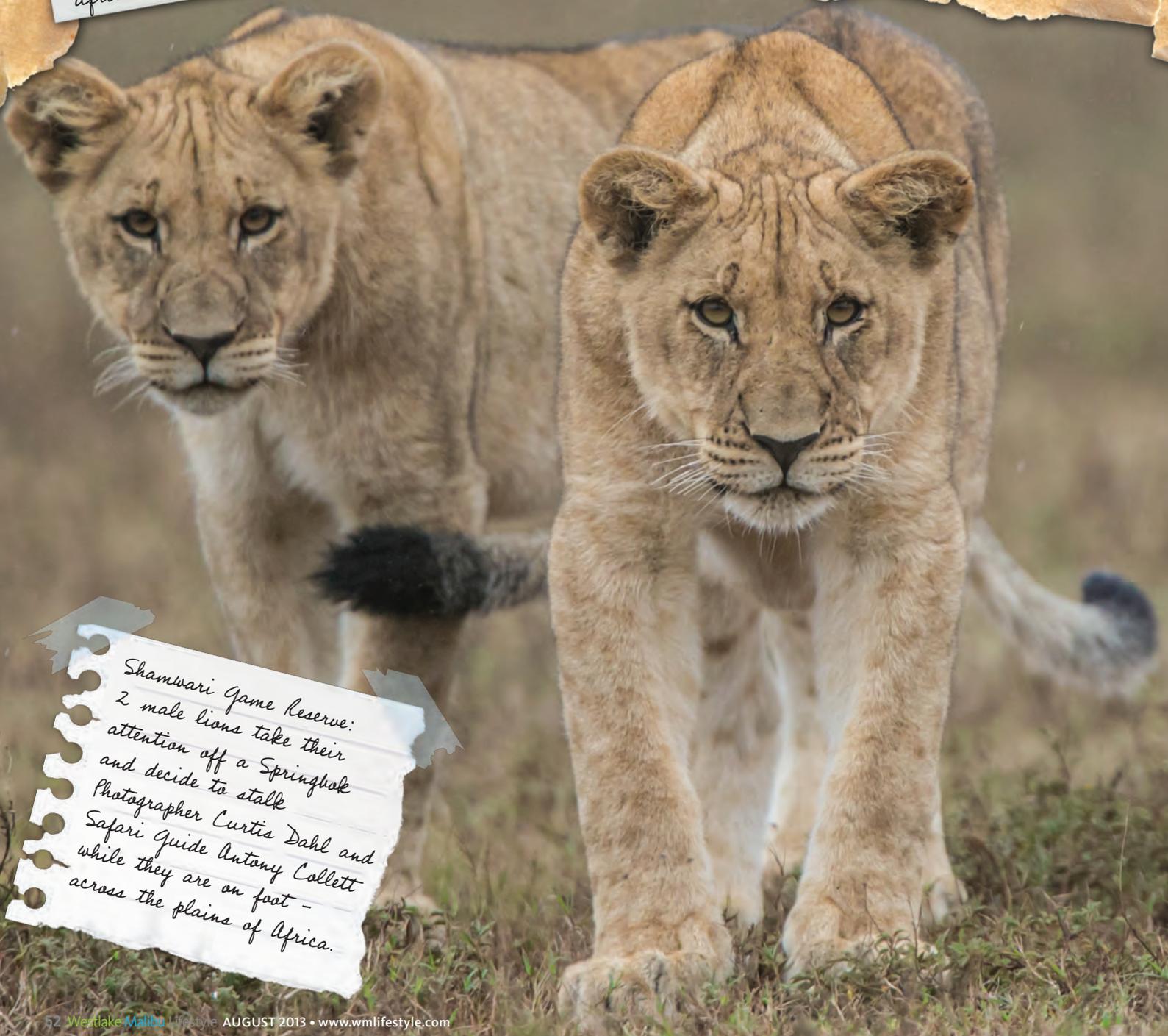
(Above) young Water Polo player gains valuable experience with Team USA Captain, Ryan Bailey, at Water Polo Clinic at Reddam House, Constantia, Cape Town. (left) Drac Wigo & Kathryn Caldwell, Wolf & Barbara Wigo, Janson Wigo & Gina Hoffmire. Sunset. Camp's Bay, Cape Town. (Far Left) Laura & Merrill Moses, Lori & Terry Schroeder. (Top Left) Carolyn & Daniel Slaton

## SHAMWARI GAME RESERVE

'Shamwari' means 'Friend' in the local Shona language. The preservation of wildlife and the rehabilitation of ecosystems is being taken exceptionally seriously at Shamwari Game Reserve in the Eastern Cape of South Africa. Living true to their mission statement, "Nurturing Nature Today for Tomorrow", the Conservationists at Shamwari did an extraordinary job of finding prides and herds of animals that would otherwise take visitors days or weeks to find. On their vast, natural terrain, the animals are camouflaged by their surroundings but we had the privilege of being up close and personal with them while always respecting that we were in their space. The 'Big Five' (Lion, African Elephant, Cape Buffalo, Leopard and Rhinoceros) reside at Shamwari Game Reserve with every effort being made to prevent the extinction of these valuable species.



Shamwari Game Reserve- Safari Expert Antony Collett and Photographer Curtis Dahl approach 2 male lions on the African plains on foot.



Shamwari Game Reserve:  
2 male lions take their  
attention off a Springbok  
and decide to stalk  
Photographer Curtis Dahl and  
Safari Guide Antony Collett  
while they are on foot -  
across the plains of Africa.

Our first morning on Safari at Shamwari Game Reserve - a Lion kill. Close access in our jeeps is possible because the lions' focus is entirely on devouring their prey. The Slatons, Schroeders and Moses' Shamwari jeep →



Shamwari Game Reserve - Antony Collett and Curtis Dahl settle down to take pictures as the male lions' mother watches - concerned from a hilltop. Reading Collett's hand signals as he read the lions' behavior was critical safety-wise at this moment.

Shamwari Game Reserve: The front male lion begins to relax as he realizes that Antony Collett and Curtis Dahl are not a threat ↷





Alpha male lion and other members of the pride have just killed a large Kudu and they get first opportunity to aggressively attack the carcass

## SHAMWARI GAME RESERVE

The Rhinoceros, in particular, is being poached to the point of endangering the survival of the species, and vast resources are being ploughed into preventing poachers from trespassing onto their domain. We noticed nightly anti-poaching units driving around and protecting the animals in the huge reserve. Without them, the parlous state of the last remaining Rhino in Africa would be significantly worse.

Africa got under our skins in so many life-affirming ways: Not only did the wild animals and the perfection of nature's order impact us powerfully – but the soul of Africa was none more evident than in its people. Every day and evening, the African people enveloped us and shared with us their skills and talents – not least of which was their singing (in four-part perfect harmony) and dancing. Our hosts at Shamwari Game Reserve gave us a rousing farewell dinner that included birthday celebrations within our group, and a moving rendition of their national anthem, N'Kosi Sikele Afrika, which means, 'God Bless Africa'. Our group responded spontaneously by standing on their dinner chairs and singing 'The Star Spangled Banner'. With music and athleticism perfectly harmonized, the hooting night owls outside had some serious competition!



*Black Rhino at Shamwari Game Reserve. Substantial efforts have been made to reduce the poaching surge of these endangered animals*



*Dr. Daniel Slaton in his element - with a Desert Lynx (Caracal) at the veterinary clinic at Shamwari*

*Graceful giraffe at Shamwari Game Reserve*



Elephant herd at Shamwari protecting the baby elephants in the center. The Bull and Matriarch of the herd gave us several warnings to back away



Joyful singing and dancing of Africans was shared at our evening dinners at Shamwari Game Reserve



Luxury accommodation at Eagles Crag, Shamwari Game Reserve



## JEFFREY'S BAY: FUNKY TOWN

Our journey was completed with a must-do visit for aquatic aficionados to one of the world's best surfing spots – Jeffrey's Bay. Hosting us was Jeffrey's Bay Marketing Director and Manager of **Funky Town**, Tayrene Cooke.

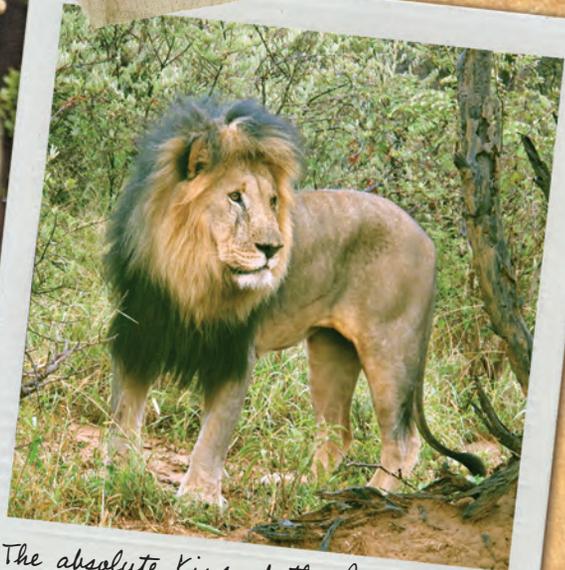
Tayrene insured that we received highly-personalized service at Funky Town with daily itineraries organized to insure that good surfing and a host of activities were up for grabs. The menu of choices included an Elephant Sanctuary day-trip to nearby Plettenberg Bay; Cruises up the Knysna River, Zip-lining at Tsitsikamma, Kayaking, Bunji Jumping and Sandboarding.

## MARATABA SAFARI LODGE

Marataba Safari Lodge was a particularly special visit for those of us who stayed on in South Africa for an extra week. Situated just north of Johannesburg beneath the towering Waterberg Mountains, this 23,000-hectare private reserve is malaria-free and ultra luxurious. We loved every second of our time here. Particularly thrilling was the opportunity to sleep in luxury tents in the bush – close to nature. Careful hooks on our tent doors kept the curious and intelligent Vervet Monkeys

(otherwise known as 'Branch Managers') at bay. As we dined out under the galaxy of bright stars on the front lawn of the reserve at night, we were enthralled by the animals' natural instincts to thunder right across the lawn – despite our presence. Our Safari Expert explained that we were in the Wildebeests' territory and hence the unannounced visitation past our dinner table was quite normal!

(Wildebeest are rather large animals.) It was at Marataba that we saw the most magnificent black-maned male lion imaginable. This was indeed 'The Lion King'. The scars on his face bore testimony to his alpha male dominance and survival strengths. He was accompanied by two beautiful lionesses who appeared to adore him. Because of the vast terrain, the animals at Marataba so seldom see humans that 'The Lion King' looked at Terry Schroeder and probably wondered if he was another lion. The personalized service at Marataba was simply incredible as was the door-to-door service from Johannesburg Airport to Marataba from **Ilios Travel**.



*The absolute King of the Beasts - a supremely majestic male lion with a scarred face. Marataba Safari Lodge*

## A BRAVE PHOTOGRAPHER

Acts of valor need to be recognized – particularly in Africa. Curtis Dahl photographed the beautiful wild animals of Africa and did so with courage beyond compare. The pictures tell the story.

## THANKS

Special thanks go out to Steve Bailey of **ECCO TOURS** and the owner of **Follow Me 2 Africa**. His attention to detail and ability to connect all the dots was extraordinary – as was his knowledge of the country. 🌿

For further information on visiting Africa, contact:  
**Follow me 2 Africa** [www.followme2africa.com](http://www.followme2africa.com)



*Sheridan, Lori & Leanna  
Schroeder at Shamwari*





# Fashionsense



## Out of Africa, into the Limelight

By Magda Pescariu

For those who know me well it is no secret that I am a passionate movie-buff, completely in love with the silver screen magic (a magic, unfortunately, too much lately verging on lame witchcraft or sheer manipulation), so it comes as no surprise that every time I cannot experience the world directly, I do it through my wonderfully organized memory of essential motion pictures. When I think of Venice, let's say, I do remember eating the best cappuccino ice-cream of my life while resting on the stairs of Santa Maria dei Frari Church, utterly lost in the fascinating history and unforgettable beauty of the city, but I also see scenes from *The Anonymous Venetian*, with the same city almost unrecognizable, drowned in autumnal mossy shadows, irreversible misfortune and unrequited lost love. I haven't been to Africa so far, it's still a dream waiting to happen, high there on my laminated list, so when I hear 'Africa' my mind fills only with the blinding mix of lightness, darkness, spellbinding colors and enigmatic mise-en-scène of *The Constant Gardener's* Africa, and with the *Out of Africa's* matchless landscapes haunted by longing, disillusionment, rebirth and grief, all while Robert Redford languidly washes Meryl Streep's hair with consummate tenderness.

Sometimes 'Africa' brings to my mind images not related to the movies, still in the same vein of worldwide glamour and recognition - the fashion stage, as more and more talented African fashion designers, models, stylists, and entrepreneurs of all kinds make a strong name for themselves and put Africa on the international fashion map. I'm thinking (among many others) of Ozwald Boateng, the first black tailor to open a store on the famous Saville Row (at age 27); or the twin sisters who escaped the civil war in Somalia only to relocate to Washington DC and open their multicultural label Mataano; about

Duru Olowu, the Nigerian-born lawyer turned fashion designer, famously known for his use of mixed vintage prints and bright colors; or Mimi Plange, the Ghanaian-born, California raised

designer who creates womanswear with a strong belief in immaculate and superior workmanship. I had the chance to interview Mimi Plange recently and to share in her exquisite world of beauty and dare. The challenge of capturing her fragile yet compelling mystique was not lost on me.

**WML:** It is such a pleasure for Westlake Malibu Lifestyle Magazine



Mimi Plange Fall-Winter 2013-2014 Collection



Mimi Plange  
Summer 2013  
Collection



Mimi Plange

Mimi Plange  
Summer 2013  
Collection



to ask top designer Mimi Plange a few questions on behalf of our readers. Thank you kindly for accepting our interview. Your

*art; the medieval period and modernity period fashions from around the world - the Victorian era, Edwardian era, Baroque; also*

personal history is rich and intense, crossing continents with ease, flair and fearless drive. Born in Accra, Ghana, and raised in Southern California, you launched your label in New York and are now internationally recognized and respected in the complicated and fiercely competitive fashion arena. **Where in the world do you feel mostly “at home”?**

**MP:** I absolutely love traveling, going to new places and experiencing unfamiliar cultures, and in many ways I feel “at home” wherever my body is. It doesn’t take much to make me comfortable, but there is a sense of inner peace when I am in Ghana. Just the life I have experienced there, waking up with my mother and going out to the farms to get our food for the day is an absolute luxury. Seeing so many day-to-day things being made by hand is inspiring.

**WML:** You started your own label in 2008 as *Boudoir D’huitres* and changed its name to *Mimi Plange* in 2010. Initially conceived to create American Sportswear inspired by Victorian era and ancient African tradition, your womanswear label has evolved continually and has reached a forward maturity, very appealing to the modern and independent woman of today. Your collections are fresh, with impeccable use of line and symmetry to illustrate the shapes of the body. The designs favor a structured femininity, working inimitably with perfectly controlled volume, form-fitting cut, ingenious mixing of textures, and masterful use of cutouts and appliqués. **What is your source of inspiration in general, and what has inspired your Fall-Winter 2013-2014 Collection?**

**MP:** I’m generally inspired by *architecture* - I love clean and elegant designs that are a bit minimalistic in nature; *sculptures* - particularly things that curve and have sharp edges, *geometry*,

textures, patterns, lines, and body adornment from Africa. Our **Autumn/Winter 2013 Collection “Line & Curve”** is an **exploration of curved dimensions and the use of negative space**. I looked at the work of Santiago Calatrava’s Tenerife Concert Hall in Santa Cruz, and many of the cutouts patterns were inspired by artist Gail Grinnell’s installation *Ruffle*, which showcases amazing cutting techniques inspired by her own family’s story and history...

**WML:** ... in itself a complete experience in world-travelling and craftsmanship as survival skills, in shifting universes and meticulous reconstruction.

**WML: What is the quality you most admire in a woman and how do you reflect it in your designs?**

**MP:** **There is nothing more sexy or more elegant than confidence. Confidence is everything, it’s the belief that you are enough and that you are everything that you need.** My woman will not be told what she should wear; she is an independent culturally aware thinker, who loves discovering something new and artistic that she can wear forever. Because of this, I am designing clothes for a woman that is a bit of a novelty. There is an appreciation of the art that goes into each garment, and every piece remains modern and polished. I am reflecting her sensibility with an emphasis on body shape and fit. I’m celebrating her femininity through each design.

**WML: What is in your opinion the most important item in a woman’s wardrobe?**

**MP:** From my own experience, it is a little black dress or even a little black suit (even though it’s technically two items), specifically



one that you would not have to put a blouse under. For me, they do the same thing - they are absolutely essential to being able to pull a look together quickly and effortlessly every time, by simply changing your accessories: shoe or handbag color, adding stockings or even wearing gloves.

**WML: Is there any item (in a woman's wardrobe) with an 'age limit'?**

**MP:** (*smiling*) Well, I will say that many women are aging gracefully and staying so youthful, and taking such great care of their bodies these days; however, I do believe a mini skirt has an age limit. **What that limit is, I guess it's up to every individual on their own to decide.**

**WML:** Your creations are worn by celebrities all over the world

- Princess Astrid of Belgium, Rihanna, Regina King, Estelle, Vanessa Hudgens, to name just a few. Last year in May, during an appearance on *The View* show, First Lady Michelle Obama surprised you by wearing a periwinkle gabardine skirt from your Spring-Summer 2012 Collection.

**Does this distinct type of success and fame influence you or change you in any way? And who else in particular (among celebrities) would you like to dress in the future?**

**MP:** It definitely feels good to be recognized for the work you do and to be able to share that with women who make a difference and inspire. I don't believe that it influences or changes me, although it is a huge honor and simply makes me want to work even harder to keep doing what I do. There are so many celebrities I would love to dress, women I admire like Meryl Streep, Oprah, Julianne Moore, Kerry

Washington and Cate Blanchett.

**WML: Mimi Plange's collaboration with Manolo Blahnik - how would you describe it in three words?**

**MP:** Seductive, Whimsical, Light ...the shoes are literally weightless - the ultimate craftsmanship.

**WML: When it comes to the woman for whom you create - flats or heels?**

**MP:** My woman wants a heel, but not one that is sky high, she has lots to do during her day and is on her feet for a good deal of it. Comfort is essential - and not in the sake of beauty.

**WML: What is your personal definition of style?**

**MP:** Your personal material expression of who you are and how you would like to "speak" that to the people around you. It's

ultimately a reflection of yourself. It gives us a small glimpse in how daring you are, how bold, how quirky, what your lifestyle is, etc. Style is a sense and an expression of self.

(BELOW) Mimi Plange Fall-Winter 2013-2014 Collection



**WML: What is, in your opinion, the purpose of fashion in our times?**

**MP:** Fashion is always a reflection of the time and the mood of its environment. With the climate change and the fact that many more women are on the move, multi-tasking, elevating and evolving, the purpose of fashion is to be able to arm their bodies with clothing that is easily transitional, but not without a healthy dose of strength, durability and craftsmanship. We have to make clothes that push us forward with beauty.

**The purpose of fashion is to be beautiful, reflective, complimentary, informative, and aspirational.**





Celebrities wearing Mimi Plange designs (from left, clockwise): Kristin Cavallari, Rihanna, Estelle, Mary Birdsong, Vanessa Hudgens and First Lady Michelle Obama (during an appearance on The View show)

**WML: And what do you dislike the most in fashion industry today?**

**MP:** About the industry, I just wish there were even more financial resources for designers who want to launch their own brands. Additional programs - like Mayor Bloomberg's Design Initiatives programs for the fashion industry, that help new entrepreneurs build their businesses - have been great and extremely helpful, and we need similar programs with a focus on early investment opportunities that could help introduce potential investors with new and promising brands.

**WML: What do you consider to be women's worst habits in fashion today (in creating a personal style)?**

**MP:** A bad habit could certainly be forcing yourself into fashions that don't fit your body or reflect yourself simply because they are trendy. You have to cultivate your own personality, and dress for your own unique body.

**WML: So your word of fashion wisdom for our readers in this respect would be...**

**MP:** Trust yourself.

**WML:** In all your collections you portray a strong and unique artistic point of view (your minor in Dramatic Art shines through) and exclusive craftsmanship. **What turns you on creatively, spiritually and emotionally?**

**MP:** Stories turn me on, stories in music, stories in art...the stories that are made up. Knowledge, learning, researching, and simply living life... **Taking all of these elements learned in real life and somehow creating fantasies with them**, and then turning those fantasies into collections - this is the process. Everything is connected and when I am working in this way the spirit, emotion and creativity are all intertwined.

**WML: What is your greatest fear in life? Do you feel it reflected in any way in your creative process?**

**MP:** No fear should be too great! Fear always gets in the way of the creative process; it's something that has to be stopped and conquered right away.

**WML: How would you like to be remembered in the history of fashion?**



Mimi Plange Summer 2013 Collection

**MP:** As a great Designer who contributed something new to the global fashion world and left a legacy of a lifestyle brand that is limitless and permanent.

**WML:** **What is your personal relationship with Africa now? How about the professional relationship? Do you feel you are true to your African roots in your creation?**

**MP:** Africa is my birthplace and a huge source of inspiration in my work. I love being there, the climate, music, fashion, history, and the food! I'm not necessarily trying to be true to my roots in my designs because my inspirations are constantly shifting, and some seasons there may not be a dominant presence of the Continent in my work. I am a designer who was born in Ghana, so in that sense something of that will always be present in my designs.

**WML:** **How do you see Africa's influence in the fashion industry nowadays and African top designers' position on the international fashion map?**

**MP:** Africa has always influenced Fashion from the very beginning, and it always will. There is a new awareness of African designers, but I feel there is still much to be done to broaden that awareness, and to cease categorizing them as a specific "thing" - always having the title *African Designer* - that to me would be a first step. I'm looking forward to all designers being referred to simply as *Designers* first. I think the work of organizations such as AFI (African Fashion International) and Mercedes Benz

- South Africa Fashion Week is paving the way for international recognition of many talents found on the Continent.

**WML:** **On a personal note...looking back, what piece of advice would you give to the seven-years-old Mimi?**

**MP:** Have fun every day and don't look back!

**WML:** **If not yourself, who would you be?**

**MP:** I only want to live *my life*

**WML:** **What is your idea of happiness?**

**MP:** Comfort, the ability to come and go as you please with no worries, no stress... balance.

**WML:** **Your words to live by ....**

**MP:** Don't Ever Stop Dreaming.

Mimi's motto brought to my mind the old African saying "If you can talk, you can sing; if you can walk, you can dance"... Taking a good look at how much she accomplished in such a short time, and at how passionately she built up her life-story of girl gets out of Africa, girl goes to some of the best American schools, girl creates her own label, and girl hits it big, marking her own place into the international fashion limelight, I can only revere the magical power of dreaming and add to the old words of African wisdom "and if you can dream it, you can do it". All the man-made beauty of this troubled and blessed world is nothing else but the perfect case in point. 💧



# Things we love



1

1. Private Arts Rebel Son collection: Boy shorts: \$38. Thong, \$28. Kate & Lace. **Kate & Lace Lingerie and Swimwear**. 2900 Townsgate Rd. Suite 107. Westlake Village. 805.370.5222

2. Beautiful hands and feet this summer. **Sole Soothing Nail Spa**. 966 S Westlake Blvd, Westlake Village. 805.494.8884

3. The ultimate massage at Remedy at the Westlake Village Inn. **Remedy Skin + Body**. 3723 Thousand Oaks Blvd. Westlake Village. 805.497.9400. [remedyskinandbody.com](http://remedyskinandbody.com)

4. Alexis n Ryan. Black floral wrap dress. Sizes XS - L. \$175. **Ilene's Boutique** 1145 Lindero Cyn. Rd. Westlake Village. 805.373.6633

5. Be a guest at your next event. **Bella Vita Events** is an award-winning, full-service event-planning company based locally. 818.874.0776. [www.bellavitaevents.com](http://www.bellavitaevents.com)



2



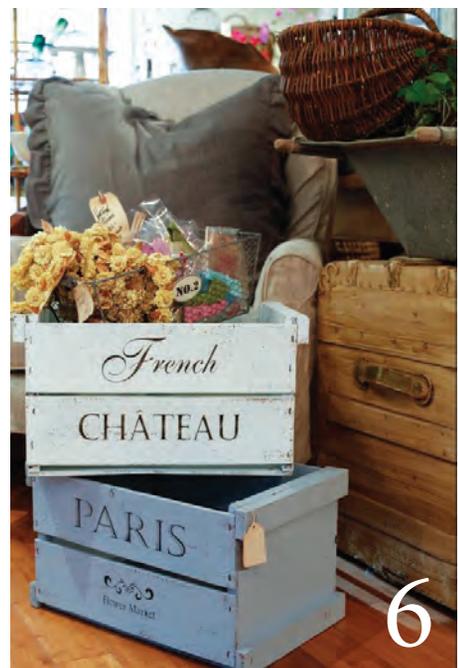
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6



6. **Antique Menagerie.** Choose from an extensive collection of features for your home from 18th Century treasures to farmhouse chic delights. 31143 Via Colinas, Westlake Village. 818.889.0200. [www.antiquemenagerie.com](http://www.antiquemenagerie.com)

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8. Moisturizer for hydrating and plumping out fine lines. Also a soothing post-procedure anti-oxidant cream. **Bella Skin Institute.** 23622 Calabasas Rd. Calabasas. 818.225.0117. [www.bellaskininstitute.com](http://www.bellaskininstitute.com)

9. Summer Flower arrangements. Beautiful array of choices reasonably priced. Janet Webb. **Greenwich Floral Design.** 805.427.3399. Email: janet@greenwichfloral.net. [www.greenwichfloral.net](http://www.greenwichfloral.net)

10. Beautiful cakes and boutique style cupcakes from award-winning **Frost It Cupcakery.** Custom cakes for weddings, birthdays and special events. Cakes and Cupcakes that taste as good as they look. Frost It can help you design the cake of your dreams. 1341 E. Thousand Oaks Blvd. #102. Thousand Oaks. 805-379-0390 [www.Frostitcupcakery.com](http://www.Frostitcupcakery.com) orders@frostitcupcakery.com

11. Traditional Mexican cooking favorites. Cater-in for your summer fiesta. **Sea Casa.** 1014-4 Westlake Blvd. Westlake Village. 805.374.1921. Text Message orders: 805.298.3499. [www.theseacasa.com](http://www.theseacasa.com)

12. **Janette Mallory Interior Design** for traditional meets contemporary eclectic design. 24764 Via Del Llano, Calabasas. 818.225.8610. [www.janettemallory.com](http://www.janettemallory.com)





Jesus Rodriguez



# Portrait of Lost Artistry

## Finding Rodriguez

By Diana Addison Lyle

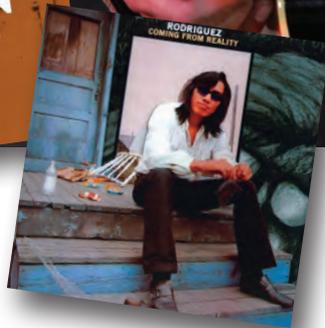
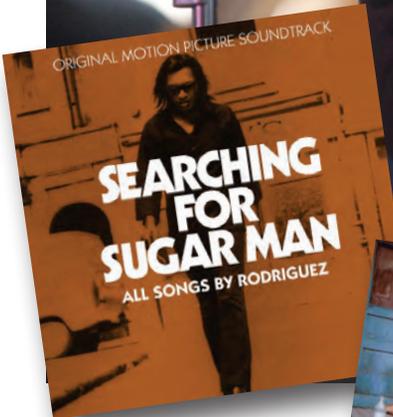
Within 6 hours of touching down at Cape Town International Airport, South Africa recently, I was besieged by South African journalists with this question: Do you know the story of the legendary American musician, Rodriguez? The question was as top of mind to them as my question on the Oscar Pistorius case. At first I looked vague, and then they sang to me the first two lines of Rodriguez's songs 'Sugar Man,' and 'I Wonder' and I instantly remembered the soundtrack to a generation's lives. His album 'Cold Fact' had become a classic in every Southern African music lover's repertoire of musical relevance. It took pride of place in amongst The Beatles' 'Abby Road' and Simon & Garfunkel's 'Bridge Over Troubled Water'.

Detroit, Michigan resident, Jesus Rodriguez, became one of the most revered musicians in Southern Africa during the 1970s. In the oppressive atmosphere of apartheid-ridden South Africa, students and thinkers sought refuge in the words of his music. The visionary, philosophical Rodriguez was not only a poet who questioned repressive establishments – but he could sing – arguably better than Bob Dylan. Yet in the USA, Rodriguez was an unknown artist – despite the fact that he had an American record label producing his sold-out hits in Africa. How the American audience did not absorb Rodriguez into their post Vietnam consciousness – is an enigma. More concerning, Rodriguez lived in virtual poverty in Detroit throughout the time of his worldwide fame.

When his unfinished third album dropped off the face of the earth, rumors circulated about Rodriguez having committed suicide on stage during one of his concerts. That horrifying 'death by fire' rumor abounded until a South African music aficionado, Stephen 'Sugar' Segerman, decided to do a worldwide search for Rodriguez. He was not convinced that the legend was dead. From this fascinating investigation, the truth was unearthed, and the Oscar-acclaimed documentary, 'Finding Rodriguez' was recently celebrated. At last the man who so deeply impacted a generation – was acknowledged. Segerman found the reclusive, self-effacing Jesus Rodriguez – living in a poor neighborhood in Michigan – this time making ends meet doing construction work. He had given up his musical career.

Rodriguez's observation of humankind was raw and startling. The product of immigrant parents in Detroit, he lived in an area where the carbuncles of life spilled out into the streets –

unavoidably. 'Crucify Your Mind,' 'Cause' and the lyrics from 'Sugar Man' – spoke of societal despondency: 'Sugar man, won't you hurry 'cos I'm tired of these scenes'. Even more poignant, 'I saw my reflection in my father's final tears'. When Stephen Segerman launched his worldwide search for Rodriguez, all he had to go by were these words in one of his songs: 'Born in the troubled city in rock and roll USA in the shadow of the tallest building.' Undaunted and more motivated by his musicology detective quest, Segerman began his search. Coincidentally, upon the release of Rodriguez's second album, 'Coming from Reality', on DVD in South Africa, another Rodriguez detective, Craig Bartholomew, made it his mission to find out what had happened to the artist. He began with the money trail and everyone with whom he spoke claimed to have sent royalties from the sales of the music to A&M Records and Sussex Records in the USA. The owner of Sussex Records at the time was Clarence Avant, who had been one of the heads of Motown. When Bartholomew visited Avant, he claimed that despite some excitement over Rodriguez, his records simply did not sell in the US. He closed the door sharply on the person who was essentially asking too many questions. Once again, Bartholomew pored over Rodriguez's lyrics to find other helpful hints – and then came across – Dearborn. Sure enough, it was in Detroit. In August 1997, he paid a visit to a Michigan resident, Mike Theodore, who was the Co-Producer of Rodriguez's first album. Instead of encountering stonewalling, this time, Bartholomew had his questions answered, and Theodore quickly dispelled the myth that Rodriguez was dead. He was, in fact, very much alive and still living in Detroit.



In 1997, Rodriguez's eldest daughter, Eva, read about the search for her father – and she supplied her contact details for Segerman and Bartholomew. Within a short space of time, Segerman received a call at 1:00am and – incredibly – it was Jesus Rodriguez on the other end of the line. He describes it as the most euphoric moment in his life. Shortly thereafter, he met his icon in Detroit.

The first interview with Rodriguez – post discovering that he wasn't dead – was revealing in its reality check. He knew nothing

about his fame in South Africa and he describes burying his musical career as simply - facing reality and needing to go back to 'work' as a demolition and renovation builder. He said, "It's the music business. There are no guarantees."

This artistic genius had been making a living in building construction! When asked if he missed his musical career, he said, "I do; I love to play the guitar and when I can, I love to go and see shows." Rodriguez's daughters described their Dad as an activist who read a lot and got behind causes in which he believed. He had become a voice for the poor

who had no voice. This sensitive 'thinker' seemed to have made life work – and there was no doubt that his four daughters respected him immensely. They describe how their Dad exposed them to museums and artwork and humanitarian issues. They escaped the degradation of the city through books and exquisite art forms. Their university Philosophy major Dad was still monetarily poor – but rich in the things that mattered in life. Rodriguez's soul – the one that had driven his musical lyrics – was still very much alive. The suicide myth couldn't have been further from the truth.

Rodriguez's fellow construction workers in Detroit described him as having this magical quality about him. A genuine poet, he would literally turn up to the construction site in his tuxedo. It was his attempt to levitate himself beyond the mundane – the prosaic. In him they saw the artist – the pioneer...the person who could see beyond the facades. Despite his musical hopes being dashed, Rodriguez's spirit could never be extinguished. He was a righteous man who wanted to make a positive difference in the world.

In 1998, Rodriguez was invited to South Africa to perform. He received standing ovations from six sold-out concerts. The ecstatic audiences treated him like a prince, and this self-effacing, humble man simply responded back with the words, "Thanks for your time". This one-time outcast looked happier than he had ever looked before. Acceptance brought him serenity and tranquility. There was no ego, no vanity...just a sense of peace.

What the documentary makers found was the real Rodriguez; a man whose truth lies in modesty and not in the symbols of success. And, Stephen Segerman, the catalyst behind finding Rodriguez – thinks back onto how all their lives changed back in 1998. When Rodriguez came on tour and discovered his fan base, his eldest daughter, Eva, met and fell in love with her father's chaperone and bodyguard. Together they have a beautiful child.

Rodriguez's construction friend sums up his buddy like this: "He took all the torment, agony and confusion in his life, and he transformed it into something beautiful, transcendent and eternal. I think he's representative of the human spirit, of what's possible... that you have a choice...and this has been his choice." Rodriguez continues to live in downtown Detroit in the same humble home he's had for over forty years. The documentary on his life and legacy entitled 'Searching for Sugar Man' won an Oscar this year for Best Documentary. 🍀

*Acknowledgements: 'Searching for Sugar Man'*

WHAT THE DOCUMENTARY  
MAKERS FOUND WAS THE REAL  
RODRIGUEZ; A MAN WHOSE TRUTH  
LIES IN MODESTY AND NOT IN  
THE SYMBOLS OF SUCCESS.



Spectacular world-class  
Mediterranean located in prestigious  
guard-gated Estates of the Oaks



## Jordan Cohen Estates

[www.jordancohen.com](http://www.jordancohen.com)

In over 23 years of selling Residential Real Estate, Jordan Cohen has earned numerous awards including that of Number 1 Remax agent in California out of over 10,000 Realtors. In 2012, Jordan was awarded the honor of being the number one Remax agent in the Western United States with sales in excess of \$107,000,000. He's represented over 40 professional athletes and numerous high-profile actors and entertainers with their residential real estate. An expert in the industry, Jordan Cohen specializes in high-end Estates in Southern California. (Continued on next page)

**25374 Prado De La Felicidad, Calabasas, CA 91302**  
**Offered at \$9,495,000**  
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State-of-the art theater



True gourmet kitchen



Game Room

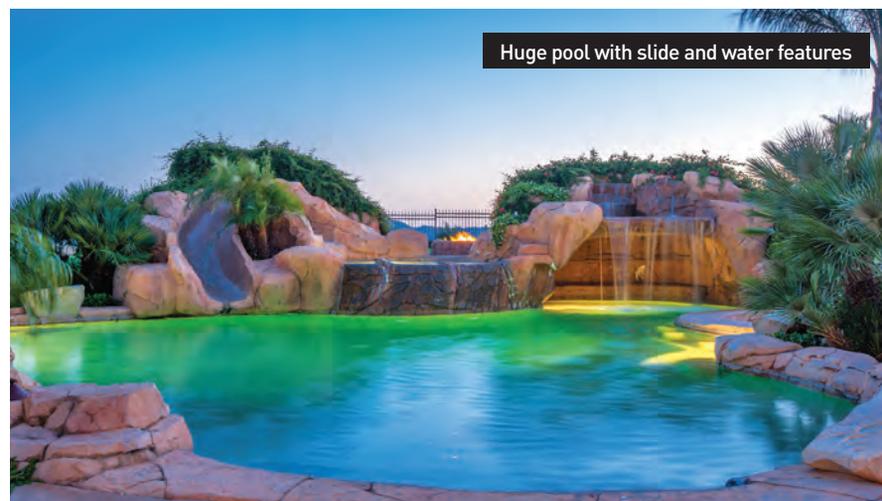


## 25374 Prado De La Felicidad, Calabasas, CA

Spectacular world-class Mediterranean ideally located in the prestigious guard-gated Estates of the Oaks! Located behind the second gates is this striking single level showplace on approx. 2.25 acres. Boasting unobstructed mountain and canyon views, this property provides unparalleled privacy and quality in a truly sensational setting. Spanning nearly 13,000 square feet this grand estate provides every room dreamed of. Sports bar, game room, state-of-the-art theater, office/library, wine cellar and tasting room, beauty salon, meditation/yoga room, children's homework room and an awesome gym with steam shower and sauna can all be found here. Interior appointments include stone and wood floors, two-story dramatic wood beamed ceilings, true gourmet kitchen and an awe-inspiring master suite. This is truly an amazing house built in grand scale! The grounds are second to none. Huge pool with slide and water features, full court basketball, barbecue center, covered patios, fireplace, separate fire pit and massive manicured lawns all with unobstructed views! Among the home's other attributes are a five-car garage, controlled sound system, 5 fireplaces, video security cameras and much more. This is an important estate with a tremendous location



Huge pool with slide and water features



Striking single level showplace on approx. 2.25 acres



Tuscan masterpiece with unobstructed 360 degree views



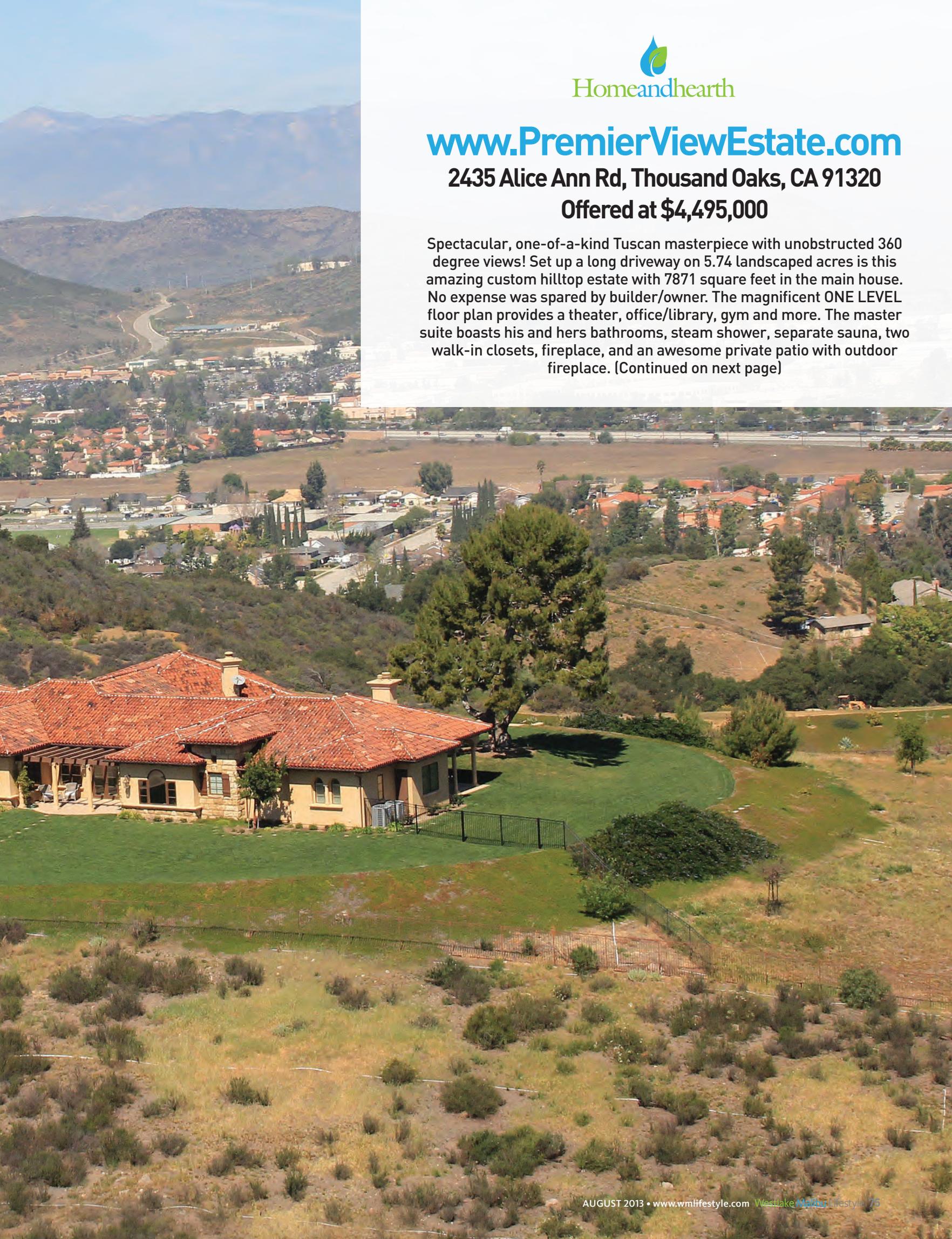


[www.PremierViewEstate.com](http://www.PremierViewEstate.com)

**2435 Alice Ann Rd, Thousand Oaks, CA 91320**

**Offered at \$4,495,000**

Spectacular, one-of-a-kind Tuscan masterpiece with unobstructed 360 degree views! Set up a long driveway on 5.74 landscaped acres is this amazing custom hilltop estate with 7871 square feet in the main house. No expense was spared by builder/owner. The magnificent ONE LEVEL floor plan provides a theater, office/library, gym and more. The master suite boasts his and hers bathrooms, steam shower, separate sauna, two walk-in closets, fireplace, and an awesome private patio with outdoor fireplace. (Continued on next page)



Infinity pool, barbecue center, 1468 square feet of covered patios



No expense was spared by builder/owner



This rare and special estate will impress the most discriminating buyers





## 2435 Alice Ann Rd, Thousand Oaks, CA 91320

There is also a 719-square-foot detached fully contained guest house with 1 bedroom, full kitchen, bath and living room. The grounds are second to none! Infinity pool, barbecue center, 1468 square feet of covered patios, private vineyard with 350 newly planted Cabernet Sauvignon grape vines, fire pit, lush manicured lawns and more! This rare and special estate will impress the most discriminating buyers!



For further information, contact:  
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5.74 landscaped acres on this amazing custom hilltop estate



This 7871 square feet home includes office & library



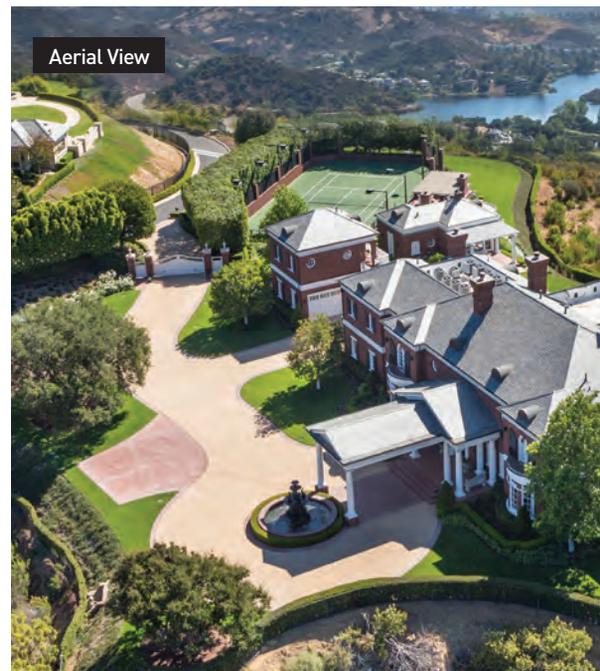
Kitchen



Family Room



Aerial View





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[1072newberncourt.com](http://1072newberncourt.com)

## 1072 Newbern Court, Sherwood Country Club, CA

Set in the most prestigious location in Sherwood Country Club, this timeless estate offers the utmost in luxury and sophistication, with a chic Metropolitan vibe. Designed by famed architect Richard Landry, this newly remodeled spectacular home offers privacy and security, set on a 6.5 acre promontory within this magnificent guard-gated community. The residence includes 6 bedrooms and 8 bathrooms, with over 12,000 Square feet, including 2 guest houses. Exquisite attention to detail and artisan craftsmanship is found in each room, and every aspect of this estate's design and construction is unique and richly imagined for sophisticated owners of international vision and incomparable taste. \$14,995,000





Dining Room



Living Room



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## 2151MarshbrookRoad.com

### 2151 Marshbrook Road, Sherwood Country Club, CA

The Fairhaven Estate, located on a rare flat lot at the end of a desirable cul-de-sac in guard gated Sherwood Country Club. Exquisitely crafted and professionally designed Architectural Digest quality showplace with custom finish work that will take your breath away! Grand entry with double staircase, this approximately 8,700 square foot, two-story main home features five bedrooms, five baths and a powder room, five fireplaces, and a four-car garage. Rare detached guest house overlooking the resort quality rear grounds boasting pool, spa, outdoor fireplace with pavilion & tremendous manicured lawns. Beautiful serene vistas from everywhere! Unique, one of a kind residence! \$6,500,000



Pool



Backyard

Front Entrance



Exterior Arches



Mountain View





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## RockyHighEstate.com

### 11113 Rocky High, Santa Rosa Valley

Designed by world renowned architect Marc Lemoine, this European-Spanish inspired property was masterfully executed to seamlessly fuse the surrounding vistas with the home's interior living spaces; welcoming in the outdoors and providing a wealth of stunning backdrops. It's a home where around every corner you'll find an exquisite surprise: unique custom detailing, fine craftsmanship, artisan nuances. Over 7,500 square foot main residence with 5 bedrooms and 5.5 baths, 8 car garage, RV parking and so much more, located on 10 spectacular flat acres in the gated community of Camelot Estates. This is truly a spectacular one-of-a-kind offering, with outdoor entertainment areas reminiscent of the finest hotels in California. \$4,900,000

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Pool



# Moneysmart



## The Bigger Baby Boom

By Robert J. Katch

**W**e're all familiar with the basic storyline of the Baby Boom, when post-World War II birthrates doubled during the span between 1946 and 1964. All of us benefited from the increased economic production and consumption brought on by the 75 million "Boomers" who were added to the population. In fact, America still feels the impact of our Baby Boom.

The effects of the Baby Boom have truly been profound. Our economy expanded rapidly over the past six decades as corporate America provided an ever-increasing level of goods and services to the Boomers at every stage of their life-journey. As companies grew their revenues and financed that growth through our capital markets, the U.S. economy expanded to become the world's largest.

Most financial pundits in the U.S. lament the end of this era as our Boomers transition from their productive earning

years into retirement and subsequently begin the drawdown of their retirement savings. As the economic impact of this trend begins, however, an even bigger baby boom is just over the horizon.

How big is it? The 75 million "American Boomers" pales in comparison to the middle class of 1,000 million (1 billion) estimated to be created over the next decade by the emerging global economies. And China, India, and Indonesia are leading the way in this population explosion.

Just as our 20th-century "American Boomers" created investment opportunities, so too will the 21st-century "Emerging Boomers" over the next 50 years. However, our national pride clouds the filter through which we analyze the events taking place outside our borders.



A line of Chinese tourists wait up to an hour or more to make a purchase at any one of the stores that line Tsim Sha Tsui's Canton Road including Louis Vuitton, Gucci, and Hermes.

Admittedly, it is often hard to be happy for another country's good fortune. This is not just an American phenomenon and explains much of why the rest of the world seems to enjoy our travails.

Nor is this just a 20th century phenomenon. History is replete with stories of jealousy, often played out through war, as countries jockeyed for the economic lead. This financial angst is fueled by the misguided belief that prosperity is a zero-sum game; that for every unit of prosperity someone else enjoys, there is one less unit of prosperity for us.

Perhaps there are unique moments in time when this is temporarily true. Take Bill Gates' story, for example. His early success surely thwarted the similar efforts of other talented people. However, think of the many jobs created by Microsoft and the growth of our economy due to his innovations! If economics were a zero-sum game, then global wealth would still be stuck in the stone-age. Thankfully, it is

not and never will be.

Growth will continue even if America no longer produces the lion's share. However, this does not mean we won't grow, too. To illustrate this, picture a simple pie – any flavor you like. Most people perceive the American slice to be shrinking. We surmise if Asia's piece is growing, ours must be getting smaller in exchange. But in reality the entire pie is growing! Yes, Asia's piece is growing faster, but our American slice continues to get bigger, too.

In 2010, the U.S. middle class made up 35% of global consumption, but is expected to make up only 20% by 2025. While many will look at this as a sign of America's decay, it is not. It is merely the result of the emerging world's large population, along with their rapid economic development. In 2025, our 20% of a much larger pie will be greater than 35% of 2010's smaller pie.

Like the American experience, the middle-class is growing rapidly in most

of the emerging countries and these new consumers will fuel strong economic growth. Local and global companies are competing to position themselves in front of this demographic wave. As with all corporate activities, companies must spend and invest now in order to reap the benefits down the road. Costs always precede profits! Don't take your eyes off the investment prize being created by the emerging consumer of the Bigger Baby Boom. 🌱

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



# MoneySmart



## Filling your Attic...Summer Could Be Exciting for the Markets

By Doug De Groote, CFP®, MBA

Summer is here and this one could be exciting for the markets. While we have been reminded of that old adage of “sell in May and go away”, this time the Federal Reserve has assured us of enough liquidity in the short-run to put away those worries of the summer doldrums for the moment. Not to mention central banks around the globe are participating in their own quantitative easing and investing in the stock markets. Yet, with all the global stimulus, Washington can't seem to get out of the way. Spring brought us allegations of scandal and has set the summer up for more debates over the debt limit

and the power of the IRS and its ability to manage The Health Care Reform Act. Not only will the IRS be dealing with very real issues affecting all our financial lives, but they will now oversee our health care as well.

Question: If the banks are too big to fail, is the IRS and government too large to slow down its appetite for control and demand for private resources? Needless to say, this summer could be one for the ages with a plethora of confusing information.

I recently read an article discussing one of the most notable psychologists of the 20th century, George Miller. In his article, “The Magic Number Seven, Plus or Minus Two,” published in 1965 he said,

“the average human's conscious could only handle just seven bits of information, plus or minus two.” The author Bill Hall of Money and Markets went on to quote Sir Arthur Conan Doyle as the ever-insightful Sherlock Holmes explains to his readers, “I consider that a man's brain originally is like an empty attic, and he gets to stock it with the furniture of his choice. A fool takes in all the lumber of every sort that he comes across, so that the knowledge which might be useful to him gets crowded out or, at best, is jumbled up with a lot of other things, so that he has difficulty laying his hands on it. But the skillful workman is very careful as to what he takes into his brain-attic. He

## PLANNING ALLOWS YOU TO FOCUS ON THESE ISSUES THAT ARE IMPORTANT TO YOU. ONLY YOU CAN ANSWER THE QUESTION OF WHAT YOU WANT YOUR RETIREMENT TO LOOK LIKE. WHY LEAVE IT FOR CHANCE OR FOR THE MARKETS TO DETERMINE?

will have nothing but the tools which may help him in doing his work, but of these he has a large assortment, and all in all in the most perfect order. He knows there will come a time when, for every addition of knowledge, you forget something you knew before. It is of the highest importance, therefore, not to have useless facts elbowing out the useful ones.”

According to Bill Hewitt’s article, “Big Data: Big Costs, Big Risks and Big Opportunity”, “90 percent of the data that exists today was created in the last two years.” Right or wrong, I strongly believe that the overwhelming noise and mass of information available at a click leads many investors to become more confused and frozen. James Montier, a partner in the well-respected global investment firm GMO, says in his book ‘Value Investing’: “Often in the investment business, which has an obsession with minutiae, too much time is spent trying to find out more and more about less and less, until we know everything about nothing. Rarely, if ever, do we stop and ask ourselves what we actually need to know?”

This is the very reason Institutional money managers and analysts, recognizing that their perception of information can often be skewed, use a disciplined, systematic approach (consistently applied) to focus their attention on information that is relevant to the investment process so they don’t miss something important. Simply put - focus on what you know, specialize and apply systematic approaches that take the emotion away.

Our summer vacation provides us the opportunity to fill our attic with the needed information to grow or the noise

to confuse. Our choice. This summer you can expect to see lots of news and many articles covering both extremes of the financial world. While some will focus on the positive, some will be lost in the excitement of rising markets and the economic facts will play tricks on our emotions.

- Stock market that just does not want to quit
- The New Normal
- Accommodating Federal Reserve and central banks from around the world gobbling up assets as fast as their printing presses can print
- The markets keep marching on with record corporate profits backed by huge asset purchases by the Bank of Japan and other central banks
- Banks around the world still own over \$700 trillion in derivatives, the very toxic assets that threatened to bring down the banks during our last correction
- According to the Bureau of Labor Statistics, the average American is making over \$4,000 less today than four years ago
- Europe has seen its economy contract for the sixth consecutive quarter and does not look like it will see the recession end soon
- We continue to be confronted by uncertainty in China
- Restrictive U.S. Fiscal policy
- Eurozone banking woes and more political strife
- Potential for asset bubbles
- Is your college student’s debt the next big bubble?

This is a perfect recipe for more confusion leaving investors wandering why risky assets continue to go up in value, masking their real risk. It is a wonder why famed investor and founder of Vanguard predicted in April that, “there will be two declines of more than 50% in the stock market.” He went on to say that these declines would occur in the next ten years. This is an incredible statement from an investor who espouses the theory of buy and hold.

Furthermore the May issue of Safe Money Report by Weiss Research, expressed that, “multiple malignant asset bubbles are nearing the danger zone.” They feel that a catastrophic drop is very possible or more likely than a continuing rise in the indexes. The U.S., Europe, China and Japan are printing record amounts of money purchasing assets and in spite of all of this stimulus, the growth of these economies is tepid at best, even declining.

Ask yourself three questions: Are we trading inflation for artificial repair of our economies? What is your strategy if this does not work? How will you take advantage of these events rather than being hurt by them?

Successfully navigating this summer will depend on your plan. Ask yourself: Am I in a position to weather the storm if there is one? Do I have enough liquidity to take advantage of possible opportunities? What will I do when it presents itself? All of these questions involve tradeoffs. For many it is a safe retirement with dignity.

James Montier of GMO asked it best, “do we stop and ask ourselves what we actually need to know?” For many, the question should be do I know if my portfolio is capable of providing the income I require in retirement?

Planning allows you to focus on these issues that are important to you. Only you can answer the question of what you want your retirement to look like. Why leave it for chance or for the markets to determine?

This summer focus on you. Fill your brain attic with the information that leads you to your best life. Your financial plan is a road map that gets you to where you want to be in the best possible way. 💧



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## The Ease of Drug Addiction

By Ian Armstrong, M.D

**T**he purpose of this article is to present the scientific, irrefutable facts surrounding drug addiction – particularly the highly-addictive substances. Drug addiction is not something fictitious that happens in the movies; it is real and it can happen to each one of us.

### WHAT IS DRUG ADDICTION?

It is a compulsive physical or psychological need to obtain more of a substance, even though we understand the harmful effects associated with its use. There are prescription and non-prescription drugs that are potentially addictive.

### COMMON ADDICTIVE DRUGS

**Nicotine (in Cigarettes):** Nicotine addiction is as powerful as cocaine, alcohol and morphine. Once addicted, withdrawal symptoms occur within 2-3 hours and include anxiety, irritability, headaches, sleeping difficulties, restlessness, and difficulty concentrating.

**CRACK COCAINE:** Crack cocaine is made from powdered cocaine and is almost always smoked. Cocaine is highly addictive and smoked cocaine is more rapidly addictive than snorted cocaine.

**HEROIN:** Heroin can be injected, smoked or snorted. Most heroin addicts inject themselves intravenously so that the eu-

phoria sensations take place more quickly. The fact that they do this is indicative of how powerfully they are addicted.

**METHAMPHETAMINE:** Methamphetamine is a highly addictive psychostimulant that is sold as crystal meth for injection and 'ice' or 'glass' for smoking. Long-term meth abuse leads to psychotic episodes, violent behavior, memory loss, mood swings, and heartbeat irregularities.

**OXYCONTIN:** OxyContin is a medication in the same class as morphine and codeine. It is prescribed legally for moderate to severe pain. When used in the short term it is effective – but if abused – becomes dangerous and highly addictive – in the same category as morphine. OxyContin addicts will often crush the pill and snort the powder. Withdrawal symptoms when the user suddenly stops consumption

include heart palpitations, joint pain, cold sweats and depression.

**DIAZEPAM:** Diazepam, also known by the brand name ‘Valium’, is a prescription medication used to treat anxiety, seizures and muscle spasms. Addiction or dependency can be triggered almost immediately and the drug stays in the system for several hours after intake – increasing its addictive propensities.

**OPIATES:** Most prescription painkillers fall into a class of drugs known as opiates. Powerful drugs that contain opium derivatives include morphine and codeine. Prescription opiates usually come in pill form, patches or liquid form and are prescribed usually in the case of muscle or bone injuries, chronic pain management or terminal illnesses. Some of the most frequently abused prescription painkillers include hydrocodone, oxycodone, Oxy-Contin, morphine and Fentanyl.

**AMPHETAMINES:** Also known as ‘uppers’, the majority of prescription stimulants that are abused in the U.S. fall under the category of amphetamines. These are sometimes prescribed for hyperactivity, attention deficit disorder and occasionally for neurological conditions. However, amphetamines have acquired particular notoriety because they’re being used as performance-enhancing drugs in competitive sport. They’re also used for recreational purposes. Adderall, Ritalin and Dexedrine are examples of amphetamines that can be abused. Stimulants that contain ephedrine are addictive. These are sometimes found in decongestants or weight-loss tablets.

**‘Z’ DRUGS:** These drugs are most often prescribed as sleep medications. They are nonbenzodiazepines and include zolpidem, eszopiclone and zaleplon. The addictive potential of ‘Z’ Drugs is enhanced with continued use over extended periods of time. People who suffer from anxiety or dissociative disorders are sometimes prescribed ‘Z’ Drugs that retard the body’s central nervous system responses such as heart rate. When these nonbenzodiazepines are taken beyond the prescribed course



(usually a maximum of 2 weeks), the addictive potential escalates.

**METHADONE:** Though falling into the class of opiates, methadone generally is primarily prescribed to treat cases of heroin addiction. Unfortunately, while methadone can be effective in heroin addiction treatment, patients grow easily dependent on the drug to keep heroin cravings and withdrawal symptoms at bay. Additionally, methadone can help facilitate drug overdoses, as abstinent users often return to heroin use after their tolerance has declined, misjudge heroin doses or combine methadone with a heroin relapse – all of which can have fatal results.

**PRESCRIPTION DRUG ABUSE AND ADDICTION** is a serious problem in the U.S. as individuals with legitimate prescriptions find themselves forming addictions while countless others acquire and abuse medications illegally. The rate of individuals using prescription drugs non-medically has increased exponentially. When prescription addictions take hold, behavioral patterns, psychological changes and physical indications become indicators that there is a serious problem. Parents and friends should take note of the following warning signs:

- Escalating frequency of prescription drug usage

- Increase in number of pills taken in a given dosage
- Multiple physician prescriptions (often from multiple physicians)
- Isolative behavior or secretive demeanor
- Mood swings or personality shifts
- Pupils restrict or dilate
- Chills, tremors upon cessation of drug use
- Anxiety when prescription drugs are running low
- Online medication purchases, particularly from foreign pharmacies
- Insomnia or hypersomnia
- Unusual weight loss
- Heart palpitations
- Prolonged prescription consumption for ailments that no longer exist
- Unexplained levels of monetary debt

**SCHEDULE I AND II DRUGS** have a high potential for abuse. These include hallucinogens such as LSD, Mescaline and Psilocybin; dissociative drugs, such as PCP; club drugs, such as MDMA (methylenedioxy-methamphetamine) and GHB; opioids, such as heroin and

opium; and cannabinoids, such as hashish and marijuana. 🌿



Dr. Ian Armstrong, CEO and Medical Director of Southern California Spine Institute, [ianarmstrongmd.com](http://ianarmstrongmd.com).

View from Villas Del  
Mar Beachfront Villa



# Escape to Villas Del Mar in Los Cabos, Mexico

**A**t the tip of California's Baja peninsula where the Pacific Ocean meets the Sea of Cortez, lies beautiful Los Cabos, far from the hustle and bustle of mainland Mexico. This special spot offers a rare combination of a temperate climate mixed in with incredible natural beauty. Just over two hours from LAX, Los Cabos is one of the world's premier vacation destinations - a blue water paradise offering some of the best deep sea fishing, white sand beaches, championship golf, whale watching, diving and surfing, as well as a lively night life and thriving art scene.

Within the gates of Cabo's most distinctive resort communities, **Villas del Mar** and **Espirito Del Mar**, a collection of stunning, private villas neighboring the One&Only Palmilla Hotel, overlook the Sea of Cortez. Guests and homeowners enjoy the unique combination of absolute privacy and luxury paired with unrivaled concierge services and resort amenities with more than enough activities and adventures to entertain the whole family.

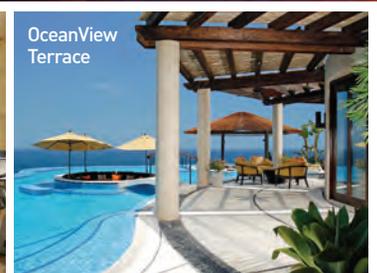
Each vacation at Del Mar is completely carefree, with every detail meticulously planned and customized by the Concierge team. The Concierge will pre-book any activities like spa treatments, golf, snorkeling or stand-up paddle boarding.



Espiritu Del Mar Home at Dusk



Club Espiritu



OceanView Terrace

Club Ninety Six Pools



Villas Del Mar Bedroom



#### MAGNIFICENT OCEAN-VIEW VILLAS

- Each elegantly decorated villa features 2-9 bedroom ultra private bedroom suites overlooking a secluded, pristine white sand beach. Relax in your private pool and spa, and enjoy stunning views of the Sea of Cortez from your spacious outdoor living terrace.

- In preparation for your arrival, your Villa can be pre-stocked with groceries. You will also have your own personal Gourmet Chef for breakfast/lunch and a Personal Butler throughout your entire stay – both of which are included in the nightly rate.

#### ACTIVITIES FOR THE ENTIRE FAMILY

Just a short walk or golf cart ride away from each villa, Del Mar offers a world of recreation with enough activities and adventures to entertain the whole family.

### CLUB NINETY SIX PRIVATE BEACH CLUB

- Complimentary Beach Activities at Club Ninety Six, like Hobie Cat, SUP lessons, kayaking, or snorkeling
- Gourmet & casual dining
- Dining Delivery service to villas
- 50' catamaran available for charter (great for whale watching as the grey whales make their annual migration to the Sea of Cortez)
- Daily complimentary Kid's Club for 4-10 year-olds

### CLUB ESPIRITU PRIVATE FITNESS CLUB AND PARK

- Stunning 10,000 sq. ft. ocean view fitness club
- Full schedule of classes from Pilates, Spinning and yoga – most complimentary
- Adjoining park with Tennis, Basketball, playground and pop-up water jets
- Tween and Teen activities like golf, tennis and organized games

### SPA SERVICES

- Available at Club Espiritu or in privacy of villa
- Services include an array of treatments including **Raindrop Massage Therapy, Aromatherapy, Pregnancy Massage, Ocean Body Wrap, Agave & Pitahaya Body Treatment or Chocolate & Mint Body Wrap**

### 27-HOLE JACK NICKLAUS PALMILLA GOLF COURSE

- For golf enthusiasts, the 27-hole Jack Nicklaus Palmilla Golf Course is a golfer's dream with the Ocean 9, Arroyo 9 and Desert 9

### DISCOVER LOS CABOS ACTIVITIES PROGRAM

The Del Mar Concierge team can arrange any offsite activity and eco-friendly tour for you with the best, most experienced guides in Los Cabos.

- Private surfing lessons to neighboring surf breaks
- Hiking or ATV into natural springs and waterfalls
- Stand-Up Paddle Boarding
- Fishing Excursions
- Snorkel Tour
- Kayak Tour

To book your stay at Villas Del Mar, Los Cabos, please contact an en Route Travel Advisor at 805.585.0090 or 310.459.9955 or [info@enroutetravel.com](mailto:info@enroutetravel.com) or visit one of our two locations:



3825 East Thousand Oaks Blvd., Suite E, Westlake Village, CA 91362  
 15221 Sunset Blvd., Pacific Palisades, CA 90272  
 CST 2003619-10



Villas Del Mar Ocean View Villa



# THE CALL OF AFRICA

“Travel is more than having a destination in mind. It is discovering a place in your heart you’ve never been before.”—Anon

“We have left our hearts somewhere on the Serengeti and in the Masai Mara. We loved every second we were there. Our love of nature and seeing the animals and birds in their true environment is something we will never forget. The thought of leaving was unbearable.”—&Beyond Guest Book

## ABOUT &BEYOND

&Beyond is one of the world’s leading luxury experiential travel companies, designing personalized itineraries throughout Southern and East Africa, as well as India, Bhutan and Sri Lanka. The company owns and operates 32 extraordinary lodges and camps in Africa and India’s iconic safari destinations. With a brand that is globally recognized and respected, &Beyond is a leader in conservation, sustainability and the delivery of extraordinary guest experiences. At &Beyond, warm local hospitality and sublime natural luxury combine with interpretive wildlife encounters led by highly-skilled rangers and trackers. At the heart of &Beyond’s brand lies its commitment to caring for communities and conservation.

With its core ethic of *Care of the Land*, *Care of the Wildlife* and *Care of the People*, &Beyond takes exceptional care of its guests in order to make a difference. The company is deeply committed to ongoing conservation development and community empowerment with its social development partner, Africa Foundation. By working with local communities and not for them and by making wildlife truly benefit the people of the land, long and trusting relationships have been built up over the years between Africa Foundation, &Beyond and the communities surrounding our reserves.

#### SPOTLIGHT ON TANZANIA

Tanzania offers a multitude of scenic natural attractions, from vast wilderness areas filled with sweeping open spaces and dramatic wildlife sightings to the sunny golden beaches of its coastline. &Beyond has six beautiful lodges in the country's most scenic and exclusive areas.

**&Beyond Lake Manyara Tree Lodge** is situated in a secluded mahogany forest deep within Lake Manyara National Park. Stilted treehouse suites offer a tranquil haven after a day spent searching for tree-climbing lions, flamingos and elephant herds.

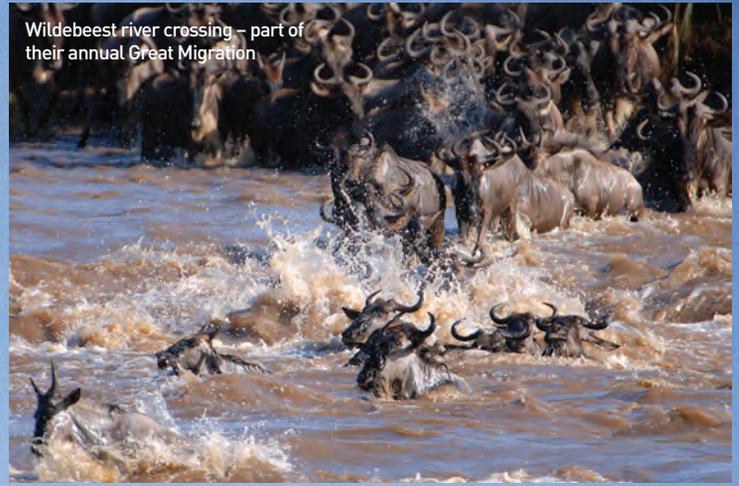
Perched on the edge of the Kuka Hills, **&Beyond Klein's Camp** boasts magnificent views of an exclusive wilderness concession that borders the grassy plains of the famed Serengeti National Park. Following the movement of the massive wildebeest herds that make up the annual Great Migration, **&Beyond Serengeti Under Canvas** is a luxurious semi-permanent tented camp that offers the ultimate in luxury camping, complete with a private butler service, chandeliers, silverware, crystal, ensuite flush toilets and comfortable beds with fluffy duvets. Quirky and colorful, **&Beyond Grumeti**



**&BEYOND MNEMBA ISLAND LODGE IS A BAREFOOT BEACH PARADISE JUST OFF THE NORTHEAST COAST OF ZANZIBAR. TEN BEACHSIDE BANDAS OVERLOOK THE MNEMBA ATOLL AT THIS ROMANTIC, PRIVATE HIDEAWAY. FROM SNORKELING, SWIMMING AND KAYAKING TO MASSAGES ON THE BEACH AND SIMPLY DOING NOTHING AT ALL, &BEYOND MNEMBA HAS SOMETHING FOR EVERYONE.**



Treehouse suite and veranda at &Beyond Lake Manyara Tree Lodge



Wildebeest river crossing – part of their annual Great Migration



Dhow cruise at &Beyond Mnerba Island Lodge

&Beyond Wild Child program has been especially developed with the younger safari-goers in mind.



**WITH ITS CORE ETHIC OF CARE OF THE LAND, CARE OF THE WILDLIFE AND CARE OF THE PEOPLE, &BEYOND TAKES EXCEPTIONAL CARE OF ITS GUESTS IN ORDER TO MAKE A DIFFERENCE. THE COMPANY IS DEEPLY COMMITTED TO ONGOING CONSERVATION DEVELOPMENT AND COMMUNITY EMPOWERMENT WITH ITS SOCIAL DEVELOPMENT PARTNER, AFRICA FOUNDATION.**

**Serengeti Tented Camp** features vibrant and spacious tents that are shaded by tall evergreen trees, close enough to the river for the calls of hippo to provide a nightly serenade.

Situated on the very rim of the Ngorongoro Crater, an exceptional wildlife haven known for its resident wildlife, **&Beyond Ngorongoro Crater Lodge** boasts handcrafted banana thatch suites, adorned with graceful antiques and unforgettable opulence. Ensuite bathrooms feature huge showers, chandelier-lit

bathtubs and a touch of romance, while floor to ceiling windows ensure breathtaking views from all around.

**&Beyond Mnemba Island Lodge** is a barefoot beach paradise just off the northeast coast of Zanzibar. Ten beachside bandas overlook the Mnemba atoll (a scuba diver's delight) at this romantic, private hideaway. From snorkeling, swimming and kayaking to massages on the beach and simply doing nothing at all, &Beyond Mnemba has something for everyone.

Elephant herd in Tanzania.  
Photo by Scott Blatt



&Beyond participates in rhino translocation: "Rhinos Without Borders".



- Spend hours absorbed in the antics of chimpanzees at the Mahale Mountains National Park
- Marvel at athletic traditional dances in an authentic Maasai village
- Pick up a few words of Swahili – jambo (hello), hakuna matata (no problem) and lala salama (sleep well)

“I thought this would be the trip of a lifetime, not sure when we return. However, I can’t imagine not returning and often. We have been to many places, waiting to find that perfect thing or place that would be the best of all of them so that we could just return and return. I think we found it with &Beyond.”—&Beyond Guest Book 🌿

To book your own unforgettable adventure in Tanzania or other &Beyond destinations, please contact an en Route Travel Advisor to collaborate on your customized experience. 805.585.0090 or 310.459.9955 or please stop by one of their two locations:

### PERFECT MOMENTS

Apart from its spectacular lodges and camps, &Beyond is able to arrange itineraries filled with memorable moments in Tanzania. Here is just a taste of the extraordinary adventures available:

- Glide high above the Serengeti Plains in a hot air balloon
- Climb Mt Kilimanjaro and watch the moon rise over the roof of Africa
- Indulge your senses on a tour of a fragrant coffee plantation and sample rich Tanzanian coffee



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# Cosmetic Dentistry with a New Twist



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

## VISUALIZE THE RESULT BEFORE YOU BEGIN

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

### **A UNIQUE METHOD OF CREATING A BEAUTIFUL AND NATURAL SMILE**

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

### **THE FINISHED RESULT**

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



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*WESTLAKE VILLAGE*  
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The Stonehaus, a boutique enoteca reminiscent of Italy, is the newest addition to the Westlake Village Inn. It is one of the most unique lifestyle gathering places in the greater Los Angeles area. We offer a mélange of experiences: custom roasted coffee and fresh baked pastries in the morning, gourmet grab and go food at lunch, ending the day as a wine bar and tasting room. The surrounding gardens will transport you to the Tuscan countryside where one can meander through our vineyard and discover the beauty of The Stonehaus.



The Stonehaus is located at the Westlake Village Inn. For more information please call 818.483.1152 or visit [the-stonehaus.com](http://the-stonehaus.com)

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