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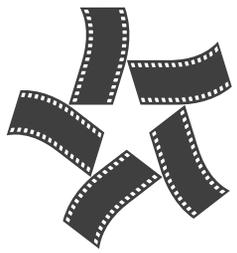
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On the cover

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Editor's letter



Photo by Curtis Dahl

Our Cover Shoot for this May/June issue with the stunningly gorgeous **Kelly Emberg** became one of those joyful afternoons in which humor abounded. Kelly reveled in her natural element - a healthy, organic garden - and her energy and passion ignited us in the most heart-warming ways. The super-model continues to wow the world, but this time she's leading a healthy revolution. If ever there was a compelling argument towards a healthier lifestyle, Kelly embodies every convincing reason. Enjoy her vibrancy as she educates us on living longer, fruitful lives (Pg 46).

The recent blow-up and eventual confession from Lance Armstrong that he had used **Performance Enhancing Drugs** during his cycling career has put the spotlight on a fascinating topic. The recent introduction of electronically monitored Biological Passports will dramatically change the relative ease with which athletes have gotten away with taking Performance Enhancing Drugs in the past. Read about the changing landscape on Pg 20. Dr. Ian Armstrong then covers the medical side effects of Performance Enhancing Drugs on Pg 86.

Grab some peanuts; Grab some cracker jacks. The old ball game is back! With the **2013 MLB season** right around the corner, it's time to dust off the ol' mitt and gear up for what appears to be yet another exciting season of baseball, America's forever pastime (Pg 12).

Catherine, the Duchess of Cambridge, is close to giving birth to the future Queen of England (if her 'd' tongue slip is to be believed) and so we look at why this new royal has captured so many people's hearts with her sensibility and her genuine grace (Pg 58).

Jordan Cohen and **Stephen Udoff** offer us a panoramic view into some truly spectacular homes. Enjoy the special peek (Pg 70 & 76).

Robert Katch and **Doug DeGroot** offer some very helpful financial advice (Pg 82 & 84) as you steer the economic waters.

Adventure-wise, we take you on **Seabourn Cruises'** exceptional value voyages - this time to **Antarctica and Patagonia** for some incredible whale watching - and a glimpse of glaciers that are rapidly disappearing with global warming (Pg 94). For a shorter, relaxing escape close to home, you can't beat **Cabo** as a beautiful retreat (Pg 90).

As schools wind down and the summer season starts in earnest - congratulations to the new grads.

Diana Addison Lyle



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AMERICA'S FOREVER PASTIME



BY CALEB SALAS

Grab some peanuts; Grab some cracker jacks. The old ball game is back! With the 2013 MLB season right around the corner, it's time to dust off the ol' mitt and gear up for what appears to be yet another exciting season of baseball, America's forever pastime. Surrounding the high hopes for the upcoming season are some major questions.

The most obvious question is: Can the World Series Champions, the San Francisco Giants, repeat? After re-signing many (if not all) of the key players responsible for their last postseason's magic, it appears as if a repeat is feasible. But it is no secret that in baseball, anything can happen, which begs another question: Who stands in the Giants' way of a repeat? Well, folks, that's where we'll begin. Just a few hours south of Frisco, stand two predictable MLB contenders, who happen to be within backyard proximity: the Los Angeles Angels of Anaheim and the Los Angeles Dodgers. One is proven; one is unproven. After disappointing conclusions to each team's respective season, both teams look to get back on track and power through opponents in the upcoming season.

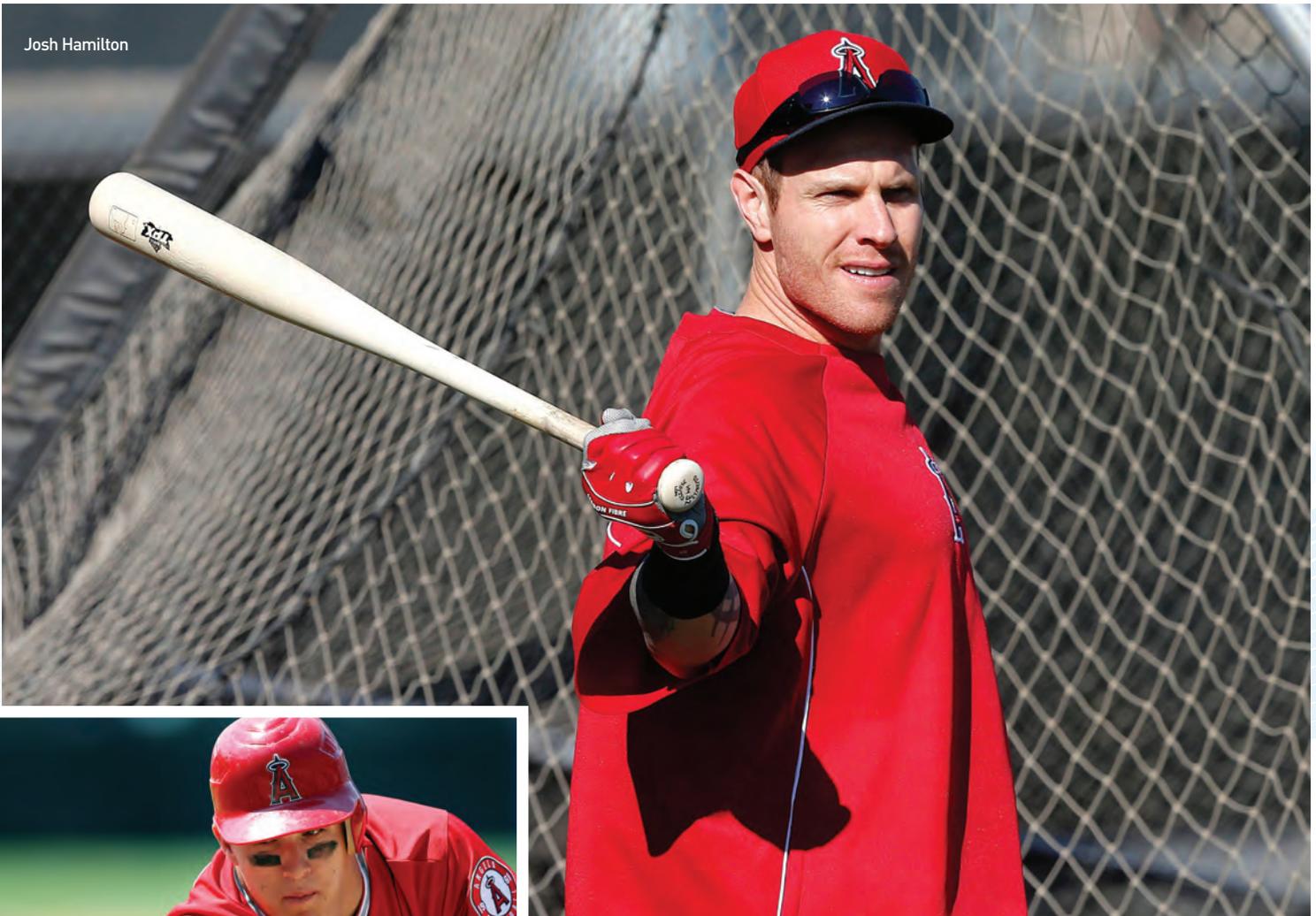
After garnering a record of 89-73, The Los Angeles Angels of Anaheim finished third in the ultra-competitive American League West standings, five games behind the division leader Oakland Athletics, and failed to make the playoffs. What'll be most interesting to observe this season is what kind of start superstar Albert Pujols gets off to. Does he catch fire from the start of the season or does the slugger, like last season, struggle at

the plate? As the saying goes, "Attitude reflects leadership;" If ever there was a standout leader on this Halos team, it is Albert. What kind of tone does he set early?

After bringing in both Pujols and CJ Wilson last season, the Angels, though talented, struggled to achieve consistently-excellent play from its lineup, so what does the front office do? It reels in Josh Hamilton to the tune of a 5-year, \$125 million contract. The 5-time All-star provides the Angels lineup with an incredibly powerful bat, and many presume that Hamilton puts the Angels over the top this season. But, as last season showed with Pujols, the acquisition of a single player doesn't guarantee anything. Ball games still have to be played; ball games still have to be won. Only time will tell what the acquisition of Hamilton exactly means.

Another key reason hopes are high for the upcoming Halo season is the sudden emergence of Mike Trout, not just as a consistent hitter, but also as a complete superstar. Trout had played sparsely for the Angels in the wake of an injury to Peter Bourjos in 2011, but had been unable to spark any fire, batting .163, resulting in a demotion to the minors. It wasn't until Center

Josh Hamilton



Mike Trout



Fielder, Bobby Abreu, had begun consistently struggling at the plate that the Angels promoted Trout to the big leagues. The rest is history. It goes without saying that Trout was phenomenal. He led the AL in runs scored & stolen bases, received an all-star selection, and earned the AL Rookie of the Year Award. Did I mention that the kid turns 22 this summer? What's more is that Trout finished second in the AL MVP voting as a rookie. As the Angels pursue the 2013 World Series, they'll look to their superstar sluggers: Albert Pujols, Josh Hamilton, and Mike Trout. Additionally, they'll look to keep their lineup and pitching rotation injury free; With a 162 game season, it may seem to be a difficult feat, but a possible feat, nonetheless.

Across the opposite end of LA's backyard stands another local team whose big spending habits have garnered itself the perception as



Albert Pujols

“Yankees of the West.” The Los Angeles Dodgers completed what was arguably known as the blockbuster trade of the century midway through the 2012 season with the storied Boston Red Sox franchise. Looking to dump a slew of bad contracts, the Red Sox realized that no team would be willing to take on a financial burden of its size, unless a star player was surrendered. So, choosing to dump and rebuild, the Red Sox team handed over players--Adrian Gonzales, Carl Crawford, Josh Beckett,

and Nick Punto--for James Loney and four prospects. A staggering \$261 million is owed between Gonzo, Crawford, and Beckett over the next five years. One must be wondering: Since when did the Dodgers have such deep pockets? Well, a change in management, represented by Magic Johnson spearheaded their huge splash onto the MLB scene. So how did the rest of the season pan out after the trade? Disappointing, to say the least. With only a dearth of time available to come together, the Dodgers failed to get consistently good play from its players. Countless Strikeouts, men left on base, three and outs led to the team missing the 2012 playoffs. In an effort to further develop the team, management bolstered the Dodger pitching rotation and signed top pitching free agent Zach Greinke to a 6 year, \$147 million contract this past offseason.

With the new season comes new opportunity, and with a full spring training camp behind them, hopes and expectations are incredibly high for a team that hasn't even played a full season together.

In a sit-down interview with ESPN's Mi-

chelle Steele, Dodger Part-Owner Stan Kasten spoke about the owners' quick, big-time spending and the vision behind it. "We are in Phase 1, which means doing what we can to win now. We are not looking to continually spend big money on players, but felt that in order to win now, we had to make a move. The long-term plan for success is to build proper infrastructure, but in order to get our feet wet, we felt that it was best to spend big money in the very beginning. This is not our long-term plan; we plan building a solid enough infrastructure where we are able to recruit a lot of solid, home-grown talent"

As one can imagine, propelling the high expectations is the simple fact that this year's Dodgers squad, on paper, looks like an All-Star team. From pitchers Zach Greinke and Clayton Kershaw to sluggers Adrian Gonzales and Matt Kemp, this team is stacked. Additionally, even the less-known players like catcher AJ Ellis and infielder Mark Ellis played extremely well last season.

On paper, all of the pieces needed for a World Series Championship appear to be present, but

one has to ask: Is there too much firepower? Are there too many weapons? Of all the major team sports, baseball seems to be the least controversial. To expand, though baseball relies on a team effort to win, there is a much greater dependency on individual skill and talent. As opposed to functioning as one well-oiled machine during the course of a game, baseball, more than any other major professional team sport, is a game in which a series of individual machines come together to produce a result.

In the past few years, Los Angeles has arguably taken over as the center of the sports universe. Both the continued and newfound success of local teams across sports, coupled with the enormous commercial market and fan base, has propelled LA to center stage. Los Angeles, if it wasn't an ideal destination before, has become the ideal destination for athletes. The big-time signings and acquisitions of Josh Hamilton for the Angels, and Zach Greinke for the Dodgers prove this. It goes without saying that there is much to be excited about for Dodger and Angel fans as LA heads into a new era of baseball. 

Andre Ethier and Matt Kemp





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The Third Annual Patrick Warburton Celebrity Golf Tournament for St. Jude Kids was held on the weekend of March 1 - 3, 2013, in Palm Desert, California. The weekend-long festivities included a Dinner and Comedy Show (with live and silent auctions) hosted by some of the top comedians in the business. More than \$727,000 was raised for the children at St. Jude's, which is one of the world's premier centers for the research and treatment of pediatric cancer and other deadly diseases. *(Continued on pages 18)*



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Legalparameters

The Changing Landscape of Performance Enhancing Drugs

By Diana Addison Lyle and Brett Darrington

The recent Lance Armstrong explosive confession to Oprah Winfrey that he did, in fact, use Performance Enhancing Drugs during his storied cycling career, has magnified the spotlight on a topic that is fascinating in terms of the depths of its sophistication - and - in terms of the questions that are now being asked - like - what other superstar athletes have gotten away with cheating? Put plainly and simply, Performance Enhancing Drugs give athletes an unfair advantage over their competitors - who play by the rules. Moreover, the drugs are banned in competitive sport, which makes any athlete who takes them - guilty of breaking the law. In response to the 1,000 pages of evidence in doping allegations against Lance Armstrong and his teammates - evidence that overwhelmingly suggested that Armstrong was directly involved in a sophisticated doping program during his cycling career - a lifetime ban was imposed on the cycling legend. Furthermore, he was stripped of all seven of his Tour de France titles and his 2000 Olympic bronze medal. Did they come down on him hard? You bet they did.

During the Oprah Winfrey interview, Armstrong opened up a Pandora's Box when he inferred that the culture of cycling accommodated doping. He went on to tell Oprah that doping was widespread then and just as much "part of the job" as water bottles and tire pumps. As such, he didn't view using banned drugs as cheating but rather "part of the level playing field." Armstrong was fairly accurate in that overview. The unfortunate fact is that drug-taking in the cycling world is all too common. Floyd Landis was stripped of his 2006 Tour de France title after failing a drug test. 80% of the Tour de France medalists between 1996 and 2010 have been "similarly tainted by doping," according to the United States Anti-Doping Agency (USADA) report on Armstrong. However, any professional athlete who watched the interview and who shares the viewpoint of Performance Enhancing Drugs being part of the "level playing field" - must have been sweating with anxiety because if they too have made use of them, the bottom line is that this is now a hot topic with severe consequences.

Armstrong admitted to using **EPO, Testosterone, Cortisone, Human Growth Hormones** and **Illegal Blood Transfusions**. Here is some illuminating information on each of these Performance Enhancing Drugs:

"BLOOD DOPING"

EPO, or erythropoietin, is a hormone naturally produced by human kidneys to stimulate red blood cell production. Athletes use synthetic EPO to raise their red blood cell counts, which increases the amount of oxygen that can be delivered to muscles which in turn improves recovery and endurance. Although EPO has been banned since the 1990s, the first screening test was used at

the 2000 Summer Olympic Games in Sydney. Darbepoetin alfa (aranesp) has been introduced to the market by Amgen in 2001 (for legal medical reasons and is in no way intended for athletes who use it illegally for performance enhancement) . Aranesp is a synthetic EPO, typically longer acting than the original EPO.

BLOOD TRANSFUSIONS:

Blood transfusions have a similar effect on the body's red blood cell count. Usually an athlete will store some of his blood when his hemoglobin levels are high, then reinfuse it into his/her system right before an event. According to the USADA, this type of transfusion cannot be detected by current tests, and that is why athletes have gotten away with doing blood transfusions. The level of sophistication in the methodology of doping has made it difficult to trace. On another note, both Blood Doping and Blood Transfusions carry a level of dangerous risks including complications with circulation, putting athletes at risk for cardiovascular problems.

TESTOSTERONE

Testosterone is a naturally occurring hormone that helps regulate bone density, fat distribution, muscle strength, red blood cell production and sex drive. It is found in both men and women. Athletes generally abuse testosterone to "bulk up," according to the USADA. The side effects are similar to both blood doping and anabolic steroid use. Testosterone increases the body's red blood cell count, increasing the risk for cardiovascular disease. Mood swings, muscle weakness and liver dysfunction are also common for both sexes with overuse.



ANABOLIC STEROIDS

Anabolic steroids are man-made substances related to male sex hormones. Technically known as anabolic-androgenic steroids (AAS), they are drugs that have similar effects to testosterone in the body. They increase protein within cells, especially in muscles. In general, building muscles improves strength and enhances athletic performance.

CORTICOSTEROIDS

Corticosteroids are man-made drugs that resemble the natural hormone cortisol. These are different from anabolic steroids, which athletes take to increase strength. The most common types are cortisone, prednisone and methylprednisolone. Cortisol is most commonly known as a stress hormone. Corticosteroids work to decrease inflammation that can cause swelling and pain. They can be administered locally -- to the specific area that hurts -- or systemically through a pill or intravenously.

MASKING AGENTS

The level of sophistication in the Performance Enhancing Drug world is so advanced that athletes have been able to purchase Masking Agents to hide or prevent detection of a banned substance or illegal drug like anabolic steroids or stimulants. Diuretics are the simplest form of masking agent and work by enhancing water loss and diluting the urine - making it more difficult for laboratories to detect banned substances. Injecting sterile saline solutions is another way to change blood viscosity, thus relative concentration of banned substances.

REGULATING THE PROBLEM

The net effect of this massive Armstrong scandal is that other sports have vowed to

increase the amount of funding needed to regulate and prevent athletes doping. USADA CEO, Travis Tygart, said in a statement recently, "Our mission is to protect clean athletes by preserving the integrity of competition - not only for today's athletes - but also the athletes of tomorrow. We have heard from many athletes who have faced an unfair dilemma -- dope, or don't compete at the highest levels of the sport. Many of them abandoned their dreams and left sport because they refused to endanger their health and participate in doping. That is a tragic choice no athlete should have to make." The ethical premise is that Performance Enhancing Drugs abrogate fair-play's principles.

BIOLOGICAL PASSPORTS (ELECTRONIC BIOLOGICAL PROFILING)

In tennis, giants of the modern game, Novak Djokovic and Roger Federer, recently made strong statements on the topic. Individually their sentiments amounted to this: "Armstrong's admission that he used Performance Enhancing Drugs will affect all sports across the world and he's let all athletes down." Roger Federer told CNN: "It's naive" to think tennis is free of players who use drugs to enhance their performance. He called on tennis's governing bodies to pour more funding into the fight against it. He said: "I think our sport needs to do the utmost to try to make sure the integrity stays and that the fans don't tune into different sports just because they don't trust the players anymore. I've always been fighting to make sure we have enough testing." The International Tennis Federation (ITF) recently confirmed that they are to introduce biological passports to tackle drug cheats. The announcement came with the full support of the men's ATP and women's WTP

Tours. Each player will have an individual electronic biological profile and be tested regularly to monitor their levels and alert the authorities to drug use. With increased funding they vowed to have more blood tests each season and more out-of-competition testing.

Soccer's world governing body FIFA in turn announced that they would introduce biological profiles and test players more regularly in a bid to stamp out cheating.

Australian sport recently released the stunning news from a government report alleging that many athletes were using illegal substances supplied by organized criminal groups. Back home in the U.S., the baseball investigations and the Mitchell Report of 2007 opened our eyes and gave us a glimpse of a secretive underground world. This "world" is much more intelligent and sophisticated than it is given credit for. In countries where anabolic-androgenic steroids (AAS) are controlled substances, there is often a black market in which smuggled, clandestinely manufactured, or even counterfeit drugs are sold to users.

THE NEW IMPACT THAT BIOLOGICAL PASSPORTS WILL HAVE ON SPORT

The recent introduction of electronically monitored Biological Passports will dramatically change the relative ease with which athletes have gotten away with taking Performance Enhancing Drugs. It's a significantly better method of monitoring cheating. The paradigm was established in early 2002, and the passport was incorporated into cycling in 2008. Here's how it works: The athlete's blood is baselined and tracked over his/her professional career and markers, mainly hematocrit concentration and circulating reticulocyte percentage, are measured at random intervals through the year. This is a more accurate way to gauge blood manipulation. Athletes' blood values can vary significantly and the biological passport tracks a specific athlete against his or her normal values as opposed to against the general population.

THE HIGHLY-SOPHISTICATED FUTURE

As technology continues to advance in leaps and bounds, so too will the attendant problems and resolutions keep athletes and governing bodies on their nimble toes. There is no place for naiveté in the modern world - and if sport is to draw spectators because it is a resoundingly fair playing field - then the authorities need to step up their game in monitoring a sophisticated world where there's no place for cheats 🍀

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Motoring pursuits



Grand Tour

By Larry Crane

Noted connoisseurs, Merle and Peter Mullin, have accomplished much and understand better than most the art of life; "The best things in life don't happen by accident. They require passion, attention and above all - time."

Time on the Malibu coast has been greatly diminished since the Mullin coastal retreat has changed hands and been replaced by a cliff-house in Big Sur, but Peter's love of our beautiful southern coast now takes the form of a salt-air commute from home in Brentwood to his beautiful Automobile Museum in Oxnard. It may seem like a small thing to we locals, but people do buy airplane tickets and

Merle Mullin chauffeuring Peter on a European Bugatti tour

rent convertibles just for the opportunity to spend a couple of hours on the Pacific Coast Highway—a 'Grand Tour' from the perspective of a windy office on America's central plains.

The term "Grand Tour" was established as a life quest for young pretenders to the British nobility in the Fifteenth century. It began with an extended visit to Paris, and always included the acquisition of handsome coach stocked with the best of French libations. Access to art and culture remains the *raison d'être* of a visit to France.

For Peter Mullin, his passion for things French, was sharply focused by the fine sculpture of cars from the era of elegant French Curves between the World Wars. The goal of the Mullin Automobile Mu-



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seum is to be known as a celebration of 'Art Deco,' Bevis Hillier's short-hand version of the 1925 'l'Exposition Internationale des Arts Décoratifs et Industriels Modernes' created for his 1968 book Art Deco of the 20's and 30's. Prior to Hillier's book the themes and ideas from the 1925 exhibition were irregularly known as Art Moderne, Jazz Age, Machine Age, or Streamlined, but his concise description has survived half a century. For Peter Mullin it includes the French automobile manufacturers' search for high performance engineering and the fine metal couture of Paris' celebrated car-

rosserie (coachbuilders).

The Mullin Museum celebration began with a complete interior designed to suggest the Salon de l'Automobile de Paris in the great crystal canopy of the Grand Palais des Champs Elysées on opening day 1931. Peter describes his vision: "For me French automobiles of the 1920s and 1930s represent the pinnacle of 20th Century art and design — the artistic realization in steel, leather and glass of a modern idea created at a moment when hand craftsmanship embraced the machine, and a spirit of optimism fueled an explosion in

artistic and technical development. As an avid collector, the preservation of these rolling sculptures for the enjoyment of future generations is both a responsibility and a pleasure. I relish the stewardship and preservation of their exciting histories."

Two iconic three-dimensional statements on that artistic realization share space in the Museum. 'Grand Touring' had made its way to describing an elegant, racing-developed coupé for the pleasure of two sporting souls by the mid-Thirties. Jean Bugatti (son of Ettore Bugatti, founder of the marque) created a series of two-seat



Mullin Museum



Mullin Museum Grand Salon



Mullin Museum Grand Salon

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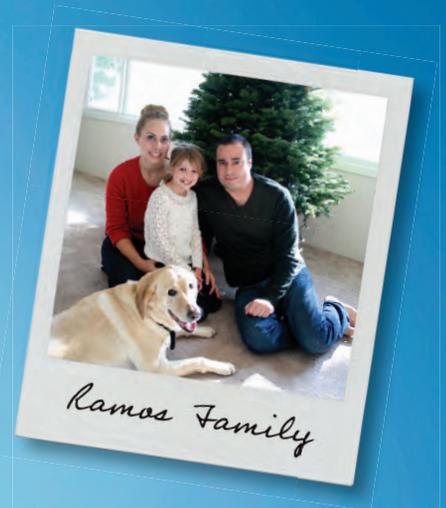
Tiffany Dochick has worked in the fine dining and luxury hotel business for over a decade and truly knows what SERVICE is. She incorporates all of her service industry skills along with her knowledge of Real Estate which she has been involved with for almost a decade and combined offers a truly wonderful relationship with all of her clients promoting Results, not promises.

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*Amanda and Doug Markusson
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Victor Rothschild's Bugatti T57 Atlantic



Peter, Talbot Lago Grand Prix car Monterey Historics



Woolf Barnato's Talbot-Lago Teardrop



Merle and Peter, Delage, Concorso d'Eleganza Villa d'Este

coupés on his powerful Type 57 chassis, but an elegantly proportioned lightweight coupe made of electron, an alloy of aluminum and magnesium, was introduced at the Salon de l'Automobile de Paris in 1935 as the Aerolithe - a startling move forward. Nathaniel Mayer Victor Rothschild (the family of bankers to Europe for centuries) had just been elected a Fellow of Trinity College, Cambridge when he saw the dramatic coupé. He commissioned Jean Bugatti to produce one for him in aluminum but it should retain the iconic riveted spines required for the unweldable magnesium alloy body show car. Rothschild's fabulous college car was given the name Atlantic when it appeared in the Bugatti catalog for 1936. It is now on display at the Mullin Museum and is arguably the most expensive car extant.

The Rothschild bank capitalized the partnership between Barney Barnato and Cecil Rhodes to form De Beers Consolidated Diamond Mines and took control of African diamonds in 1888. Barney's son Woolf became chief financier (philanthropist) and chairman of Bentley Motors during the late Twenties and, in fact, won

Le Mans three times for Bentley. Though fifteen years older than Victor Rothschild, he was an alumnus of Trinity College and was certain to have seen the blue Bugatti Atlantic. Perhaps with some inspiration, Barnato commissioned Corrozzerie Figoni & Falaschi to create one of their "Teardrop" coupés on a Talbot Lago T150C SS racing



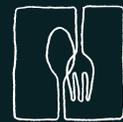
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Peter and Merle Bugatti in Leguria



Peter and Merle—a Grand Tour

chassis for his personal transport in 1937. Strother MacMinn, who taught automotive design at the Art Center College of Design for nearly 50 years, described the Talbot Teardrop as the most perfect automotive form ever created. It, too, has found a safe home in the Grand Salon of the Mullin Automotive Museum

The Museum is open to the public on the second and fourth Saturdays every month, but return visits will be required to see the entire collection. Many of the cars live

traveling lives, as the Mullins use them for Concours d'Elegance events all over the U.S. and Europe—and often for European Grand Tours.

The Museum's current primary exhibit is "La VISION de VOISIN" that includes 17 examples of the automobiles of iconoclast visionary Gabriel Voisin. A spellbinding documentary of the man and his world plays in the Museum's Theater and should not be missed. Voisin was responsible for 10,000 allied aircraft during WWI and moved into production of technically advanced automobiles immediately after the Armistice was signed in November of 1918. The Mullin collection of these rare automobiles is the most important in the world; it is estimated that not more than 200 still exist.

Even more rare are the collection of racing cars displayed on the Museum's mezzanine. Often built for a specific race or season of racing, these treasures are still active; vintage racing event technical inspection stickers can be seen along the sides many of their windscreens, a sign of Peter's love for racing his cars created for that purpose. It is another shared opportunity for the rest of us to see these historic

machines in action.

The Mullins recently added Sonoma's fabulous Ram's Gate Winery estate to their portfolio of life's blessings to share. From Peter, a devoted connoisseur, "In a world obsessed with making things faster, where speed is valued above all else, Ram's Gate is our way of pressing 'pause'. It began with a dream to create a different kind of place, where the things we love most are savored and enjoyed." Still another reason for A Grand Tour to California Wine Country.

Peter Mullin is Chairman Emeritus of MullinTBG and founder and chairman of M Financial. He serves on the boards of Avery Dennison, Occidental College, St. John's Foundation, Hospital of the Good Samaritan and the UCLA Foundation Board of Trustees. He is Chairman of the Music Center Foundation, as well as past Chairman of the Board of Visitors of the Anderson Graduate School of Management at UCLA. He is president of the American Bugatti Club and a member of the Bugatti Trust. A busy connoisseur indeed, he still finds time to make his commute a Grand Tour of the Pacific Coast Highway. 🌊

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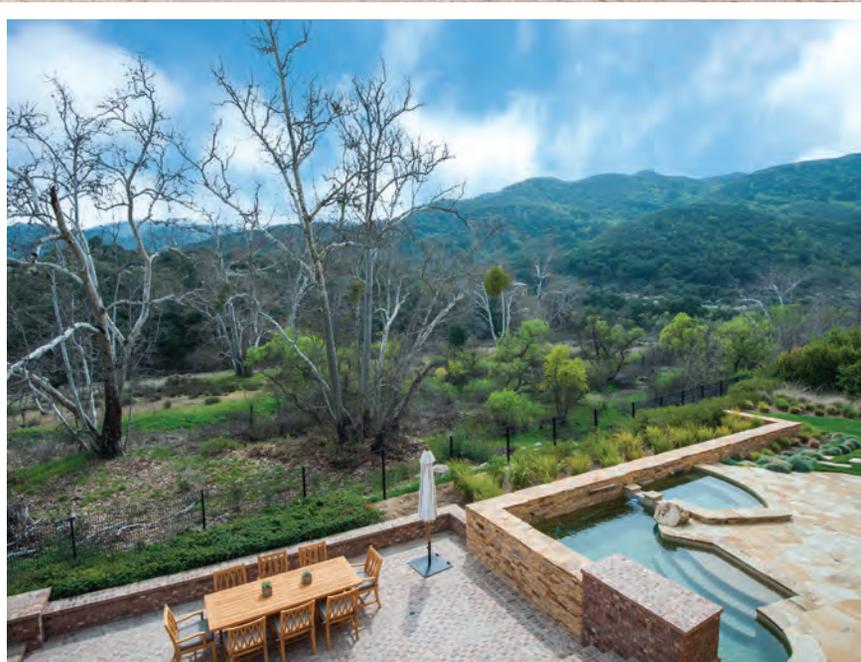
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Chatroom



Short Stories About Big People

By Bob Eubanks

Hi there and welcome to more Short Stories About Big People. I got an email from my friend, Supervisor Michael Antonovich.

He passed along two stories to me that I thought you would really enjoy.

STORY NUMBER ONE

Many years ago, Al Capone virtually owned Chicago. Capone wasn't famous for anything heroic. He was notorious for enmeshing the windy city in everything from bootlegged booze and prostitution to murder.

Capone had a lawyer nicknamed "Easy Eddie." He was Capone's lawyer for a good reason. Eddie was very good! In fact, Eddie's skill at legal maneuvering kept Big Al out of jail for a long time.

To show his appreciation, Capone paid him very well. Not only was the money

big, but Eddie got special dividends, as well. For instance, he and his family occupied a fenced-in mansion with live-in help and all of the conveniences of the day. The estate was so large that it filled an entire Chicago City block.

Eddie lived the high life of the Chicago mob and gave little consideration to the atrocity that went on around him.

Eddie did have one soft spot, however. He had a son that he loved dearly and he saw to it that his young son had clothes, cars, and a good education. Nothing was withheld and price was no object. Despite

his involvement with organized crime, Eddie even tried to teach his son right from wrong because he wanted his son to be a better man than he was. Yet, with all his wealth and influence, there were two things he couldn't give his son; he couldn't pass on a good name or a good example.

One day, Easy Eddie reached a difficult decision. He wanted to rectify wrongs he had done and decided he would go to the authorities and tell the truth about Al "Scarface" Capone, clean up his tarnished name, and offer his son some semblance of integrity. To do this, he would have to testify against The Mob, and he knew that the cost would be great. So, he testified.

Within the year, Easy Eddie's life ended in a blaze of gunfire on a lonely Chicago Street. But in his eyes, he had given his son the greatest gift he had to offer, at the greatest price he could ever pay. Police removed from his pockets a rosary, a crucifix, a religious medallion, and a poem clipped from a magazine.

The poem reads:

"The clock of life is wound but once, and no man has the power to tell just when the hands will stop, at late or early hour. Now is the only time you own.. Live, love, toil with a will. Place no faith in time. For the clock may soon be still."

STORY NUMBER TWO

World War II produced many heroes. One such man was Lieutenant Commander Butch O'Hare.

He was a fighter pilot assigned to the aircraft carrier Lexington in the South Pacific.

One day his entire squadron was sent on a mission. After he was airborne, he looked at his fuel gauge and realized that

someone had forgotten to top off his fuel tank - meaning - he would not have
(Continued on page 40)



[FAR LEFT] Al Capone in 1935, [ABOVE] "Easy Eddie" shown with the authorities going over evidence with authorities before turning in Capone. [LEFT] Edward J. O'Hare's auto rests against the trolley pole on November 8, 1939. O'Hare died of two shotgun blasts as he raced his automobile northeast on Ogden Avenue near Rockwell Street in Chicago in a futile effort to outdistance the men who would kill him.

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stripped-oak finished woodwork, wood beamed ceilings, stone fireplaces, granite flooring, iridescent wall paper, lush silk drapery, classic leaded glass windows and the most spectacular crystal chandeliers in almost every room. The backyard is nothing but spectacular, flanked by a fantastic mosaic-tiled salt water swimming pool and spa, fire-pit with seating area, abundant grass, a year-round creek, and a fully-equipped outdoor kitchen. Plenty of mature trees such as redwood and magnolia complete this incredible European-feel lifestyle with all the peace and privacy one can desire.



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enough fuel to complete his mission and get back to his ship. His flight leader told him to return to the carrier. Reluctantly, he dropped out of formation and headed back to the fleet.

As he was returning to the mother ship, he saw something that turned his blood cold; a squadron of Japanese aircraft was speeding its way toward the American fleet. The American fighters were gone on a sortie, and the fleet was all but defenseless. He couldn't reach his squadron and bring them back in time to save the fleet. Nor could he warn the fleet of the approaching danger. There was only one thing to do: he must somehow divert them from the fleet.

Laying aside all thoughts of personal safety, he dove into the formation of Japanese planes. Wing-mounted 50 calibers blazed as he charged in, attacking one surprised enemy plane and then another. Butch wove in and out of the now-broken formation and fired at as many planes as possible until all his ammunition was finally spent.

Undaunted, he continued

the assault. He dove at the planes, trying to clip a wing or tail in hopes of damaging as many enemy planes as possible, rendering them unfit to fly.

Finally, the exasperated Japanese squadron took off in another direction.

Deeply relieved, Butch O'Hare and his tattered fighter limped back to the carrier.

Upon arrival, he reported in and related the event surrounding his return. The film from the gun-camera mounted on his plane told the tale. It showed the extent of Butch's daring attempt to protect his fleet. He had, in fact, destroyed five enemy aircraft.

This took place on February 20, 1942, and for that action Butch became the Navy's first Ace of W.W.II, and the first

Naval Aviator to win the Medal of Honor.

A year later Butch was killed in aerial combat at the age of 29. His home town would not allow the memory of this WW II hero to fade, and today, O'Hare Airport in Chicago is named in tribute to the courage of this great man.

So, the next time you find yourself at O'Hare International, give some thought to visiting Butch's memorial displaying his statue and his Medal of Honor. It's located between Terminals 1 and 2.

SO WHAT DO THESE TWO STORIES HAVE TO DO WITH EACH OTHER?

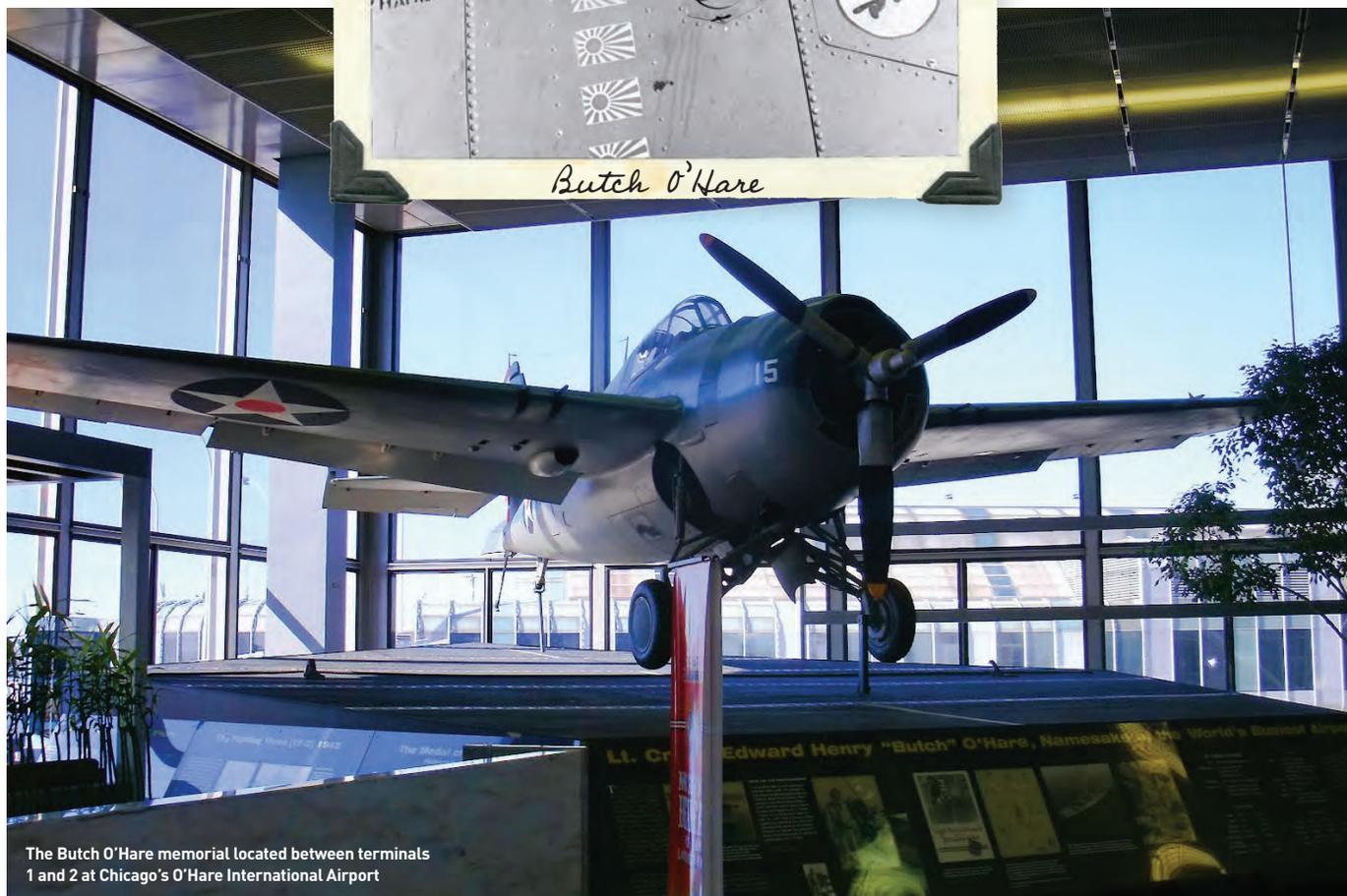
Butch O'Hare was "Easy Eddie's" son.

I'll leave you with one other quick story:

a husband and wife were arguing about who should make the coffee in the morning. She insisted that the bible says the man should always make the coffee. And she proved it to him by opening the bible and pointing to HeBrews. ☹️

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The Butch O'Hare memorial located between terminals 1 and 2 at Chicago's O'Hare International Airport

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Aside from her practice in Westlake Village, Dr. Tansavatdi is also engaged in annual medical mission excursions around the world, during which she does pro bono surgeries on the less fortunate. In addition, Dr. T is an advocate for battered women affected by domestic violence through an organization called Face to Face: The National Domestic Violence Project, for which she donates her expert services.

Dr. Tansavatdi is accepting new patients. Go to: www.facesbydrt.com to find out how to book your free consultation or visit her practice at:



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Kevin's experience includes training professional athletes and individuals of all ages and physical capabilities. He tailors each individual health and fitness routine specifically for each client. If someone has a bad back or suffers from past injuries, Kevin will customize optimum workouts for that particular person and his/her body.

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Scenearound

The Centennial Guild of Children's Hospital Los Angeles

Photography by Nelson Photography

The Centennial Guild of Children's Hospital Los Angeles recently held a fundraising benefit gala, "Light the Way" at Ventura Farms - the home of Mr. David H. Murdock. The successful event was key in supporting Children's Hospital Los Angeles, where no critically ill child is ever turned away.



Miss Malibu, Brittany McGowan, Ronnie Semler, Lisa Semler



Aileen Hagy, President Centennial Guild, Stephen Hagy



Farshad Fardad, Kimberly Dawn, Janet Gretzky, Wayne Gretzky



Greg Sprague, Allison Sprague, Toni Musso, John Musso



Brenda Bannerman, Joanna Haraden, Paige Nicholson, Catherine Chambers



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Drew Mackel, Virginia Mackel, Gigi Nelson, Dave Nelson



Gala Co-Chair Georgeanne Youmans, Jason Alexander, David H. Murdock, Gala Co-chair Gail Boskovich



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Most of us have never really been thirsty. We've never had to walk miles to fetch water. We simply turn on the tap. Yet, one in nine people on the planet don't have access to the most basic of human needs: clean water. Imagine your child hauling 80-pound jugs of contaminated water for miles each day; water that will likely make you and your children very sick. Many won't survive. In our world 6,000 people die each day from water-related causes - most of them children under the age of 5. This is the daily reality for more than one billion people.

"Before I visited schools with RainCatcher, I thought the kids didn't know

the water they were drinking from ponds, puddles and contaminated wells was dangerous. We just needed to teach them," recalls Martha McBride, RainCatcher's Africa Program Director. "But, when the teachers ask them about the dangers of dirty water, the students shout out names - Typhoid! Cholera! Worms! Diarrhea! They know the water is making them sick; they just don't have a choice."

Now imagine a new world in which everyone has a choice. A world where every person has reliable access to clean drinking water. This is the world in which Malibu-based nonprofit RainCatcher.org lives. They provide an inexpensive and sustainable solution to water insecurity in regions around the globe. Mark Armfield of Armfield Construction, a contractor in sustainable development and eco-friendly building in Malibu for 30 years - and

Founder and Chairman of RainCatcher - explains, "We catch the water as it falls out of the sky and filter it. It is that simple."

Catching the rain involves installing rainwater-harvesting systems on existing structures, collecting rainwater that falls on roofs and storing it in large tanks. The water is then filtered at the time of use for sediment and bacteria. RainCatcher projects are executed in remote areas, where churches, hospitals, schools and orphanages are equipped with donated rain-catchment systems and special filters that can transform even filthy water into clean water that's safe to drink. Materials and labor are sourced locally, except for the filters. The durable filters purify the water and filter out bacteria and protozoa, including common disease-causing pathogens like Cholera, E. Coli, Typhoid, Salmonella and Giardia.

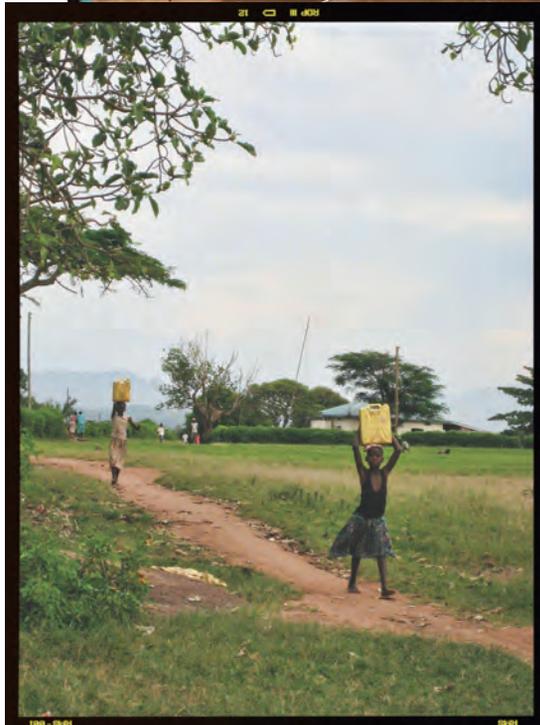
The installation is relatively simple, inexpensive and quick. RainCatcher conducts pre-installation assessments, including considering rainfall patterns and climate, structure size, roof material, and the number of people who will rely on the project for clean water. Once assessed, money is raised and the project moves into the development phase, which includes construction of the rainwater-harvesting system, identification and training of the Community Partners, and clean-water education events. RainCatcher aims to inspire individuals to make positive changes, without relying on constant aid and the support of others. The construction process includes pouring a concrete storage-tank foundation, hooking up gutters and down spouts and any necessary repairs to the building structure. During construction, a RainCatcher team visits the site to evaluate the installation, deliver filters and conduct clean-water demonstrations. After construction is completed, RainCatcher teams make follow-up visits over the following year to ensure the system and filters are being used properly and are functioning correctly.

RainCatcher just completed construction on their most recent rainwater-harvesting project at 20 schools in the Masaka and Mbarara areas of Uganda. “Much of Uganda is ideal for rainwater harvesting,” says David Zielski, RainCatcher’s Executive Director. “Masaka, for instance, gets more than 4 feet of rain and has an average of 220 rainfall days per year. These are perfect conditions to keep the tanks full of clean water for the kids.”

RainCatcher has provided clean water to more than 700,000 people in Africa, Haiti, India and other parts of the world. They have equipped 74 schools with rainwater-harvesting systems and have distributed more than 14,000 filters.

They credit their committed, generous donors for their success in bringing clean water to many people in such a short time and believe that they will be able to make an even greater impact in the years to come.

By the end of 2013, RainCatcher aims to have provided clean water to 1 million people. “There are still



close to 1 billion people who need our help,” says Julie Lomakka, RainCatcher’s Development Director. “We are enormously grateful to each of our donors and volunteers. These are the true heroes of RainCatcher and we believe together we can help millions gain access to clean water.”

RainCatcher has a dedicated and passionate Board of Directors including Field Director Darin Olien, Thomas Evoniuk, Laird Hamilton, Chad Kahn, Massimiliano Musina, Hutch Parker, Gabby Reece and Lisa Slater. Plans for a 4th of July Fund-raiser, hosted by Donald Wildman, include a fireworks show off the barge nearest Paradise Cove. RainCatcher.org



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A TASTE OF
KELLY
EMBERG'S
PASSION

STORY BY DIANA ADDISON LYLE
PHOTOGRAPHY BY CURTIS DAHL



Our Cover Shoot with Kelly Emberg became one of those joyfully hilarious afternoons in which humor abounded as Kelly reveled in her natural element - a healthy, organic garden! Within this natural setting Kelly bubbled with energy and passion - harvesting vegetables that were ripe for the picking. The beautifully healthy Kelly exudes enough energy and self-propulsion - to literally ignite a healthy revolution. If ever there was a compelling argument towards a healthier lifestyle, Kelly embodies every convincing reason.

Kelly Emberg's accidental modeling career began in 1978, when John Casablancas spotted her and saw her potential. At the time she had no interest in a modeling career. She let fate take its course and with her naturally good looks and piercing blue eyes - she went on to grace the covers of many top magazines including Vogue, Harper's Bazaar, Glamour, Mademoiselle, Cosmopolitan, Self and New Woman. Sports Illustrated

would soon spot this southern belle and invite her to be a part of their renowned Swimsuit Issue, a feat which she repeated for five years in a row.

Kelly's successful editorial career led to an even greater run in advertising, in which she was featured as the face of Chanel's Cristalle fragrance or for the famous French beauty brand L'Oréal, Covergirl, Virginia Slims, Napier and JH Collectables among others. Her huge personality brought her to star in several commercials, including Covergirl, L'Oréal, Maybelline, Planters Peanuts, Pert Shampoo and more.

Because she was so athletic, iconic photographer Bill King would repeatedly ask to shoot Kelly jumping in the air. Bill and Kelly had a great relationship and he became one of her favorite photographers with whom to work. But King wasn't the only photography master who would photograph this supermodel: Irving Penn, Francesco Scavullo, Richard Avedon, Patrick Demarchelier, Patrice Casanova and Alex Chatelain are among the many who gave in to her beauty.

Hair & Makeup by Kathleen Hagan

JEWELRY: Turquoise and pave diamond bangles, assorted semi-precious stone and diamond bangles. Fine jewelry from Tempt. 4774 Park Granada, Plaza Calabasas. (818)225-8758 Shoptempt.com

Over time, Kelly decided to venture out of the modeling industry and look for other ways to express her creativity. In 1990, she went to UCLA to study interior design and later in 1993, she joined the team of Michael Smith as a design assistant. After acquiring some experience, Kelly began designing houses for her own clients, and has been an interior designer working in the Los Angeles/San Diego area ever since. In 2001, Kelly also opened a fabric, furniture and accessories shop on La Brea called “The Cotton Box”.

For the last 6 years, Kelly has been building and growing her own vegetable gardens, which has led her to her ultimate goal: to inspire people to grow, to eat healthfully, and to understand their food and what’s in

it. Currently she is working on a gardening book, a show on “IHeart Radio”, a pilot for a garden show, and has other related projects in the works. She will appear in the Mother’s Day May Issue of Glamour Magazine with her daughter, Ruby. The timing is concurrent with her gracing our front cover. The consummately professional Kelly Emberg lit up our day with her intelligent wit, her sense of fun, and her 100% commitment to making this one of our best covers.

WHAT ARE YOUR ABSOLUTE PRIORITIES IN LIFE?

KELLY: If you had asked me this question 4 years ago my answer would have been different with the exception of my first priority,

which of course is my children and family. That never changes and I try to make time for them as much as possible. Volunteering at my children’s schools over the years has always been fun for me. It saddens me when they graduate elementary because helping out in the classroom isn’t allowed in middle school and high school. One more year to go and then my youngest, Cole, will be moving into middle school and I will have to say goodbye to that part of their lives. Children keep you moving and I am banking on them keeping me young too. Our household is filled with children, grandchildren from my husband’s side, friends and family. Everyone gathers at our house for pool time, an outside movie (thanks to wireless Netflix and the extremely large projector screen), and a delicious dinner with lots of fresh veggies from my garden. Family is pretty important at our house.

The older I get the more I realize how exercising and eating right makes a huge difference in the way I look and feel. After



turning 50, crazy things started to happen to my body and skin. I didn't look fat but I felt out of shape. Working out is something I have always done and loved, but it was hard to find the time or energy with my interior design business, "IHeart Radio", creating TV shows, growing my own veggies, and raising my boys. So when that layer of cottage cheese started forming around my middle, I decided I better run, not walk, to the gym fast! My diet has changed dramatically, mostly because of my vegetable garden. When you

grow your own food you become aware of how food can change your energy, moods and prevent illnesses. I started researching different veggies as I grew them and learned all about which foods have antioxidants, minerals and vitamins and why they are important for our bodies. Eating seasonally made sense to me as well. There is a reason we should eat what is in season. Nature is amazing that way. Did you know that tomatoes have built-in sun protection? They're rich in carotenoids and flavonoids, which help protect your skin and eyes from UV rays. That is why they're grown and eaten in the summer. Think about how many tomatoes the Mediterraneans consume. There are no accidents in nature and that is the beauty of it. When I was growing up in the 70's and 80's everything seemed to be processed. My mother fed us TV dinners almost every night. All our vegetables were canned or frozen. Remember hamburger helper and Tuna casserole made with Campbell's cream of mushroom soup? Today Americans eat more processed food in their diet than any other country. Global obesity has more than doubled since 1980. Scary right? Just go to the grocery store and see what percentage of the food there is processed and what percentage isn't. It is pretty shocking. Most commercial chips are high in trans fats, which are bad for your heart, and contain

genetically-engineered ingredients. Even the high temperatures used to cook them cause the formation of carcinogenic substances, which add to your risk of feeding cancer cells. When I eat them I try to balance my diet with produce high in beta antioxidants to fight the free radicals I just put in my body. Little by little I have changed my diet and I feel so much better for it.

Growing my own veggies has taught me that food is the most important thing in life. It is what keeps us healthy. The pay-off is huge: you'll avoid heart disease, diabetes or maybe even cancer. If you're on a tight budget, why not consider co-op gardens. Find a friend who'll do it with you and grow your own garden on your balcony or at a community garden. My housekeeper has watched me garden and wanted to grow things on her own. I helped her contact her local community garden and within a few months, she got her own raised bed! They charge her only \$35 a year and she is able to use all the tools, water and materials needed to grow. I am extremely passionate about this subject and want to help people one seed at a time by inspiring them to try their hand in growing something.

Now that I am into my 50's I look at the world differently. I have had an interesting life and enjoyed most of it. Making a difference and reinventing myself at 53 is on my to-do list right now. I am really excited about my IHeart radio show coming out in



Hair & Makeup by Kathleen Hagan

JEWELRY: Semi-precious stone and diamond bangle.
Fine jewelry from Tempt. 4774 Park Granada, Plaza
Calabasas. (818)225-8758 Shoptempt.com

the spring. I will be talking about growing and the food we eat. You can download the IHeart app on your smart phone, computer or iPad, and it is free. You can tune in and hear what I'm sharing - no matter where you are. Celebrities, farmers, chefs and interesting people will teach us about growing and the benefits of different foods. I hope you will get the app and keep me company.

WHAT HAVE BEEN 3 SIGNIFICANT LIFE-CHANGING OCCURRENCES IN YOUR LIFE?

KELLY: Falling into modeling was probably the first of my 3 significant life-changing occurrences. I say 'falling' because I was clueless when it came to fashion. My favorite clothing garment was a pair of polyester pants, which I wore to school almost every day because I could just throw them in the dryer and it would knock out all the wrinkles lickity split! Polyester was my friend when I was in high school in the late 70's. The Farrah Fawcett hairdo was popular and I curled my hair everyday with electric rollers and sprayed my do with hairspray to plaster the curls in place. Unfortunately my hair was naturally stick straight and I happened to live in the most humid city in America - Houston Texas - so I never fully achieved the look that I was after!

A photographer named Allen Martin photographed me and sent my pictures to John Casablancas. John had just opened up a modeling agency called Elite Model Management the year before and was looking for potential models to join his agency. He wrote to me but I didn't want to be a model at the time. I wanted to go to University of Texas in Austin with my girlfriends. My mother talked me into taking the meeting. John would ask me a question; I would look at my mother and she would answer the question. As it turned out, John offered to pay for my flight to NYC and room and board for two weeks. In that time, if I were booked on an assignment, I would pay him back. But if I didn't get a job, I would have had a 2-week, free vacation. I was a virgin traveler and had never stepped foot on an airplane until we flew to New York City on that fateful day, June 17, 1978. I remember thinking - why me - as the plane took off. I didn't think I was exceptionally

beautiful. I had big teeth that my peers used to make fun of; I was flat-chested with stick straight hair. But I felt that destiny was knocking at my door and I had to let it in. I have always been a firm believer that things happen for a reason so I fastened my seat belt and prayed to God to show me the way. I was in store for one crazy ride! One of my first jobs was a British Vogue cover and editorial spread. Alex Chatelain was the photographer and the shoot was on location. Everything was happening so fast and I had no other choice but to just let it happen. Shortly after that I shot my first American Cover, which was for Mademoiselle - and then started working every day and night - for the covers of Glamour, Vogue, Bazaar and Cosmopolitan. Looking back on my career, I was in the right place at the right time. The all-American Girl who was healthy and fit was all the rage and I was about as fit as they come. I was a swimmer, a competitive gymnast, in the drill team, and a cheerleader. The fact that I loved working out was compatible with what the magazines wanted.

My second life-changing event was having my first baby, Ruby Stewart, on June 17, 1987. My first two life-changing events happened on the same day June 17th and the years were 1978 and 1987. I always thought 17, 8 and 7 were my lucky numbers after that. I was an emotional wreck during my pregnancy. Rod Stewart and I had been dating since 1983 and decided to have a baby and get married. The married thing didn't exactly happen (and that is a long story) but the baby thing did, and it only took one try. We had purchased a house in Epping, Essex and were still in the middle of decorating it. We were in one of the guest rooms because the designer was working on our master bedroom. One week after Ruby's conception I thought I could actually feel that I was pregnant. In those days you had to wait till you were at least 2 weeks into your pregnancy before the pregnancy self-tests would work. When we found out I was pregnant we were thrilled. I had been a model for 9 years. I had traveled the world and had a huge life. I was really ready to have a baby at 28 years old and 4 years into our relationship. Physically the pregnancy was great but in the last month

of my pregnancy, Rod started having an affair. It was really hard because when I found out and I was devastated. That isn't the life-changing occurrence though. It was the delivery of my first child, Ruby! I will never forget it. My mother and Rod were in the delivery room. Rod was being his silly self, putting his scrub bootie on his head and making my mother laugh. My epidural wasn't put in correctly so when Ruby engaged in my birth canal I felt everything. I had already been in labor for 21 hours and it was time to push. I pushed for 3 hours and was in excruciating pain. Ruby wasn't coming out. They tried everything, forceps, the suction cup; I had nurses on either side of me who took turns jumping on my stomach to try and push Ruby out. Rod wanted to get this all on tape so even though I asked him not to video my face while I was pushing, there was the camera. I could sense the lens getting closer and closer to me as my eyes were bulging out of my head and my face was blue from pushing. I know you mothers reading this know what I am talking about! I turned to him and blurted out, 'turn that thing off!' Finally she arrived with a broken clavicle, the umbilical cord around her neck and meconium in her lungs. I heard Ruby cry and every muscle in my body was clenched in pain. The pain was so intense that I couldn't even talk. But as soon as they handed me my little Ruby, all the pain went away. It was truly a miracle. I didn't feel any pain while I held Ruby in my arms. She had the most amazing almond-shaped eyes and I thought she was the most beautiful little baby in the entire world, cone head and all! You never can explain the unconditional love you feel when you become a mother. It is different from any kind of love I have ever felt in my life. My life changed that minute. Having children has given me such joy.

A third life-changing event was going back to school to study interior design at UCLA. It was 1990. I had the opportunity to change gears and start a new profession. Rod's and my relationship had recently come to an end after 7 years. So I purchased a home in Manhattan Beach with the money I saved from modeling, and signed up for the "Architectural and Interior Design Program". I attained



Hair & Makeup by Kathleen Hagan

WARDROBE: Hale Bob- silk print tunic \$195.

Ilene's Boutique. 1145 Lindero Cyn. Rd.
Westlake Village. 805.373.6633 ilenesboutique.com

JEWELRY: Turquoise and pave diamond bangles.
Assorted semi-precious stone and diamond bangles.
blue carved stone and diamond earrings. Fine jewelry
from Tempt. 4774 Park Granada, Plaza Calabasas.
(818)225-8758 Shoptempt.com

straight As and loved working on the projects. After 3 years and an interior design certificate, I worked for Michael Smith - a very successful interior designer. A year later I started my own projects in 1994.

I've been able to design homes for many wonderful clients like Juliana Margulies, Patricia Arquette, Pam Dawber and Mark Harmon, and believe it or not, Rod and Penny Stewart. Isn't life funny? The final chapter of my third life-changing event was marrying my husband, Mike Padilla in 2007. I moved to Rancho Santa Fe, renovated our home and started focusing on the exterior of the house. In the past, I had always loved tinkering around in my garden no matter if it was a patio or backyard but I never got into it like I have this time. Mike bought me a greenhouse because I liked to re-bloom orchids. The greenhouse was way too hot for my orchids and so I started growing veggies instead. The first plants I put in the ground were seedlings from Home Depot and I have graduated to growing my own seedlings in my greenhouse or starting them in the ground, depending on the vegetable. Having instant success made me realize that I could do it. If I can do it, anyone can! It really isn't that hard especially with access to my computer and the ability to Google pretty much anything. Pat Welsh's Southern California Organic Gardening book was my bible at the time and I still refer to it once in a while.

Growing has been life changing. It brought me closer to nature. Food and where it comes from is a mystery for a lot of people. Most of us haven't tasted a tomato fresh off the vine so we don't understand what all the fuss is about. I feel so powerful when I walk through the produce section; I know what a seasonal vegetable is and what isn't. If I need to buy something I don't have in my garden, I always buy from a local grower. Why not support our local growers? The produce is fresher and we can help our environment and ourselves. There are fewer miles on the food that I am consuming and the money stays in California. If everyone one tries to buy locally, California will benefit instead of South America, Mexico or China.

HOW HAVE THOSE 3 SIGNIFICANT LIFE-CHANGING OCCURRENCES SHAPED YOU AND THE WOMAN YOU ARE TODAY?

KELLY: Modeling took me away from what I thought my dream would have been but I look back at it now and I thank my mother for guiding me in the right direction. College couldn't have taught me what I learned being a model and I ended up going back when the time was right. I went from living a sheltered life in Houston Texas to being thrown into a big, scary and sometimes suffocating city surrounded by a world of strangers. My fellow models, booker and Momo, who was the president of Elite, became my family. I had to grow up fast and keep my morals and values close to my chest, never forgetting who I was and where I came from. The experience made me a strong, self-reliant and confident woman. I had knocks along the way that only made me stronger. Life is what you make it. I have been a mother longer than I have been anything else. Having children has made me more selfless; it has taught me to love in a way I had never loved before. Motherhood has given me a responsibility that will never go away. I've also realized that passion and tenacity produce success. Finding my gardening passion in my late 40's and deciding to make a difference one seed at a time - has been so rewarding at age 53. Life is full of twists and turns in the road and I can't wait to see what is around the corner for me.

YOU ENJOYED A SUBSTANTIALLY SUCCESSFUL MODELING CAREER. WHAT WERE SOME OF THE HIGHLIGHTS OF THAT PERIOD IN YOUR LIFE? WHAT DO YOU MISS? WHAT DO YOU NOT MISS?

KELLY: I traveled the world and stayed in the most amazing places. I worked in places like Egypt for British Vogue. We rode camels and took pictures in front of the Sphinx and Pyramids in Cairo as the sun rose without a tourist in sight. French Vogue took me to Petra Jordan, one of the most beautiful and untouched places I had ever visited. Norman Parkinson took pictures of me with King Hussein and Queen Noor. It was a time when there were cave people living in the sides of the mountains and the government was relocating them into mobile homes. I shot a

catalogue for Bergdorf Goodman and sat in Andy Warhol's lap for the cover. I got to travel to Guatemala with my best friend, Nancy Donahue. I was one of 72 models that Calvin Klein took to Japan for a fashion show. I was photographed for Sports Illustrated for 5 different issues. I traveled to and shot in the jungles of Costa Rica. Bon Air was another trip for Sports Illustrated where they shot Kim Alexis and I underwater sandwiched in between 2 piers in bikinis with barracudas in the background. They never ended up using those pictures because our skin looked too green but I did learn how to scuba dive. One of my favorite places was Bora Bora with its white sand beaches. The water was like a warm bath and crystal clear. There is a coral reef that surrounds the island blocking the waves so the water looked like glass. I shot for Italian Bazaar a number of times and traveled to Rome with a lot of newbie models and French photographers. It was there that I was introduced to fresh mozzarella in milk and blood orange juice for the first time. Kim Alexis and I swam in the fountain in front of the Grand Hotel in Rome with the photographer Patrick Demarchelier looking on in amusement. I was lucky enough to have worked with the most creative, talented artists - people like Francesco Scavullo, Irving Penn, Richard Avedon, Patrick Demarchelier, Annie Liebovitz, Bill King, Albert Watson, Norman Parkinson and more. After all is said and done it was one wild and crazy ride and it was well worth the experience.

HOW DID YOUR INTEREST IN ORGANIC FOODS EVOLVE AND WHY HAS IT BECOME SO IMPORTANT TO YOU?

KELLY: Growing and consuming organic veggies that are free from man-made fertilizers, chemicals or pesticides - is the key to a healthier world. I believe that the benefits are incalculably powerful and that the world would be a gentler, kinder place if we started by treating our bodies respectfully. The problem is that people are too busy to really look at what is in their food. Before I gardened I never looked to see where my mango came from and only purchased the cheaper, unblemished apple because of what it looked like; I never worried if it was sprayed with

Hair & Makeup by Kathleen Hagan

WARDROBE: Emotion - tie dye dress \$130.

Ilene's Boutique. 1145 Lindero Cyn. Rd.

Westlake Village. 805.373.6633

ilenesboutique.com



pesticides that would do damage to my body. I didn't think about the conditions the chickens had to endure even though they were providing my boys with their breakfast every morning. I didn't realize that there were hormones and antibiotics in the eggs that we were eating. I never looked on the back of the bag of something I was consuming before. I only cared that it satisfied my desire for a savory treat. I never knew or cared who Monsanto was and what they were doing. Monsanto is a large company that has genetically changed seeds. Genetically Modified Organisms (GMO's) are in most of the processed food we eat and are now present in 75 to 80% of conventional processed food in the U.S. (according to the Grocery Manufacturers Association in 2012). Monsanto has purchased many of the smaller seed companies and has patents on their seeds - making it hard for the smaller organic seed companies to survive. In my spring Iheart radio show, I will be addressing all these important topics. Growing has opened my eyes to a simpler, purer, more natural world.

OF ALL THE THINGS YOU'VE ACCOMPLISHED IN YOUR LIFE, WHAT ARE YOU MOST PROUD OF?

KELLY: I can look back and be proud of what I did as a model. I never really appreciated it when I was in it, but this interview has made me reflect and realize that I was a part of something special. I worked really hard and I

now have a body of work to show for it. I still have so much more to accomplish and knowing that I can effect such positive change in people's lives gives me immense satisfaction. The people I touch will then - in turn - make a difference in the next person's life.

WHAT DOES A PERFECT VACATION FOR KELLY EMBERG AND HER FAMILY LOOK LIKE?

KELLY: Somewhere where there will be a valuable lesson at hand about humanity. I think that would be great for my boys. In 2010, Ruby, my eldest, went to Haiti with her sister Kimberly and Sean Penn to help the earthquake victims and she came back a better person for it. I would like to do that with children.

YOUR FAVORITE PLACES THAT YOU VACATION AT? THE ACTIVITIES YOU TYPICALLY DO WHILE ON VACATION?

KELLY: Every winter we go to Aspen for skiing. My husband owns a fractional at the St Regis Hotel. I love Aspen in the summer too. Riding bikes, fishing and river rafting are fun activities. I have fond memories vacationing in Bora Bora and have been back a few times but haven't been there with my husband yet. I never get enough of Italy or France. Touring museums is a favorite past-time as is walking through parks and the streets. I love Italian food and the inspirational architecture in Europe. I would go back every year if I could.

NAME A PERSON (OUTSIDE OF YOUR FAMILY) WHO TRULY INSPIRES YOU. WHY DOES THAT PERSON INSPIRE YOU?

KELLY: Amelia Earhart - even though she's passed; I admire her determination and fearless approach to life. First she was a tomboy like I was and still am. She wanted to learn how to fly and worked hard to raise the money for her lessons. She did whatever she needed to accomplish her dream. She was a role model for many women then and for years to come; she believed that anything was possible and just went for it. Richard Branson definitely inspires me. It is amazing what he has done with his life. I follow him on Twitter. He is full of positive, motivating quotes. One of my favorites is this: "Dream big by setting yourself seemingly impossible challenges. You then have to catch up with them." I love that. That is what I am trying to do!

WHAT DOES A TYPICAL WEEK OR WEEKEND IN KELLY EMBERG'S LIFE LOOK LIKE?

KELLY: My weekday mornings start at 6:15am. I like to feed my boys a nutritious





Hair & Makeup by Kathleen Hagan

WARDROBE: Eight Sixty- print ruffle tank \$85.
Ilene's Boutique. 1145 Lindero Cyn. Rd.
Westlake Village. 805.373.6633 ilenesboutique.com

JEWELRY: Rosegold tassel necklace. Fine jewelry
from Tempt. 4774 Park Granada, Plaza Calabasas.
(818)225-8758 Shoptempt.com

GOATS COURTESY: Nettie's Party Pals & Petting Zoo.
951.377.2956. nettiespartypals.com

breakfast, 2 poached eggs, gluten-free toast with a little raw honey; freshly squeezed orange juice or raw organic milk. I started buying the raw milk instead of pasteurized milk because I learned during the pasteurizing process that they extract all the vitamins and nutrients out of the milk and then put other vitamins back in. Raw milk only lasts 3 days so you have to drink it pretty fast. On Mondays I volunteer at Cole's school. A gym workout is part of my routine. On the way to the gym, using my Bluetooth, I make all my business calls and my daily call to my mother. Jimbo's, the local organic grocery, is my next stop after I work out. I down a double wheatgrass shot and fill my cart with gluten-free, fresh snacks like tuna, or chicken salad and different freshly-made food for my Coley who sometimes has a problem with attention skills in school. I pick up other items such as raw milk, eggs (hormone and antibiotic free), free-range chickens, local produce and a copy of "Urban Farm", my favorite magazine. Then I rush home to try and work on my "IHeart" radio outline for the week. Working in the garden is an every other day event. I need to check the seedlings and make sure I protect them with wire cages at their vulnerable stage, plant new seeds, turn the beds over and add compost, worm castings and chicken manure, and of course I harvest almost every day. Once Tyler and Cole return home it's snack time and homework. I am in charge of driving my boys to all their sports and events. Tyler is involved with Lacrosse and plays it year

round so that means practices a couple times a week and games every weekend. He has discovered girls so he also needs trips to the movies from time to time. Cole's sports are Basketball and Golf. My husband loves to cook so a lot of the time he takes care of dinner but I usually cook the vegetables. OK I know I am lucky! We eat together in the breakfast room or sometimes on TV trays so we can watch the "The Voice" or "Pawn Brokers", our family's favorite shows. 9:30pm is bed time for the boys. Kitchen duty is next and sometimes my helpful husband helps me with that. I always take a nice warm bath at the end of the day and get to bed at 11:00pm, which is always later than I would like. Weekends are all about children's sports and family gatherings. That is when the tablecloth, napkin ring holders and candles come out and we eat in the formal dining room. I make creative flower arrangements with the flowers from my garden. We usually have at least 15 people including Mike and myself. I post a lot of the veggies I grow, dishes I make and table and floral arrangements on my Facebook, "Kelly Emberg the model gardener" and website www.kellyemberg.com. I welcome comments and new recipes all the time. And of course, I try to squeeze in a little gardening on the weekend too.

YOUR HOPES AND ASPIRATIONS FOR THE FUTURE?

KELLY: I hope my children all grow up to be happy and fulfilled in their lives. I want them to live, love and find a passion that makes them want to jump out of bed and seize the day. I hope for my children's sake that we can start to resolve the debt our country has accumulated so that they can look forward to a better future.

I worry about kids and drugs. It is so sad when I see one of my friends lose their child to drugs or suicide. You never think it could happen to you but I have seen it happen to my friends. I try to show my children how drugs destroy people's lives. I just hope they stay away from the temptation. Life is too beautiful to throw it away.

I want to be able to continue to grow every day; learn something new and share it. I'd also like to stay healthy and have lots of grandchildren. Most importantly, I hope to make a difference in people's health and quality of life. Now that would make me proud! 💧

Listen to Kelly on "Iheart Radio" (free download IHeart app on smart phone, computer or iPad).

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Hair & Makeup by Kathleen Hagan

WARDROBE: Hale Bob- silk print tunic \$195. Ilene's Boutique. 1145 Lindero Cyn. Rd. Westlake Village. 805.373.6633 ilenesboutique.com

JEWELRY: Turquoise and pave diamond bangles. Assorted semi-precious stone and diamond bangles. Blue carved stone and diamond earrings. Fine jewelry from Tempt. 4774 Park Granada, Plaza Calabasas. (818)225-8758 Shoptempt.com

Catherine during a visit to Newcastle's Civic Center (Oct. 10, 2012).





Fashionsense



Grace and Sensibility

By Magda Pescariu

To celebrate the Duchess of Cambridge's 31st birthday at the beginning of the year, UK Vogue thoroughly examined 100 of the public outfits Catherine has worn since her engagement to Prince William, in an earnest attempt to find out the keys to her fashion prominence and to the fascination her distinctive style exerts on people all over the world. While the statistics compiled by the style-bible magazine outlined an interesting portrait of the Duchess of Cambridge, they failed somehow to give any plausible explanation to Catherine's mesmerizing effect on a world which has become notorious in the last two decades for its increasing indifference, cynicism and egocentric focus. Nor did they provide any kind of inkling to why we are so besotted with her.



(LEFT) During the royal visit in Canada, July 2011 Kate wore a Catherine Walker coat and dress, and a maple leaf brooch from Queen Elizabeth II.
(RIGHT) William and Catherine at the Santa Barbara Polo Club, July 2011. Catherine wore a hand-painted silk dress by British designer Jenny Packham – Photo by 2 ME Studios..



(LEFT) For the ARK (Absolute Return for Kids) gala dinner in London, June 2011, Catherine wore a sequined Jenny Packham dress, LK Bennett shoes and carried a Prada clutch.
 (MIDDLE) Greeting Sir David Brewer, Lord - Lieutenant of Greater London, as she attended *The Sun's* Night of Hero Military Awards at the Imperial War Museum (Dec 19, 2011), in an Alexander McQueen black strapless velvet dress. She accessorized with a Pretty Ballerinas clutch and a diamond and ruby necklace.
 (RIGHT) On her first day of the royal tour of Asia, Catherine wore a Prabal Gurung printed dress and Prada heels for dinner at the President of Singapore's residence (Sept 11, 2012)

We got the whole nine yards of a minutely detailed report – the average size of Catherine's curls (25 mm diameter) and the drop length of her earrings (33 mm); how often does she wear her hair in a glossy blow dry (73.4% of the time); her favorite designers (LK Bennett, Alexander McQueen and Alice Temperley), colors (blue, red and white) and shoes (LK Bennett's sledge heels in nude); how does she carry her clutch (mostly with both hands) and which way does she tilt her hat (to the right at 50 degrees). All true and undoubtedly verified by numbers, but even so emotionally dry and unsubstantial, because at no point of this report did we understand what makes Catherine so unique and charming, how she has managed to reprise a wave of affection the royal family feared it might never again experience, or why we continue to care about her so long after the wedding-of-the-century bells stopped ringing.

In an attempt to find my own modest answer, I took a close look

at the vast online gallery of photos following Catherine's every move since she has stepped into the limelight. The most endearing one I found was from a holiday to the Lake District with her family in 1985, when Catherine was three-and-a-half years old. Kate is shown climbing a slope with delightful determination, curly pig-tails in the air and eyes brimming with excitement and bravery - a lovely and gutsy little girl, full of promise and resolve. The image stayed with me throughout my research as it offered a fair and early insight into Catherine's current public persona - a glimpse of her grounded nature focused on practical problems, of her hardworking personality and self-starter stamina. These were amongst her most defining qualities as a child and they continue to delineate her identity today. But that's not everything by far. From 'Prince William's university sweetheart' to 'Her Royal Highness The Duchess of Cambridge' eleven years and countless transformations have happened, gently yet irreversibly making the



(ABOVE) Attending the London premiere of *War Horse*, on the eve of her 30th birthday (Jan 8, 2012), Kate wore a Temperley London black lace gown, with Mascaro velvet clutch. (RIGHT) With sister Pippa in June 2011, at the wedding of Sam Waley-Cohen and Annabel Ballin in Berkshire. Kate wore the same Zara dress that she sported for a night at Boujis in 2007, with a Lock & Co. hat, and carried an Anya Hindmarch Maude clutch.

young vivacious commoner from the Home Counties into the rising star of the monarchy, ready for her place alongside the line of succession and fully prepared to make history in more ways than one.

One of Kate's first fashion statements was made while at the University of St. Andrews, in March 2002, during Don't Walk charity catwalk show, when she walked on the runway wearing a strapless sheer dress (originally meant to be a skirt) by designer Charlotte Todd. Since then to the moment she stepped out of the car and strolled up the aisle to marry Prince William, showing the breathless world her exquisite and historic choice of a wedding dress, Catherine has walked a style tight-rope with poise and common sense; and she has kept her fashion flair, good humor and modesty ever since. She often recycles her outfits, wearing them on various occasions in different combinations and cleverly accessorized to freshen up the look. She mixes couture pieces (very often by British designers) with ready-to-wear and off-the-rack affordable retail fashion. She obviously enjoys her immensely popular status,

but knows how to stay away from showing off, eccentricity and glitz.

Designers worn by Kate include Sarah Burton at Alexander McQueen (who designed the wedding dress in close collaboration with the bride herself), Issa (creator of the engagement dress), Jenny Packham, Alice Temperley, Catherine Walker, Beulah London, and Erdem. High street labels Kate favors are LK Bennett, Zara and Reiss (whose dresses she wore for her first official portrait and to meet Michelle Obama in London, during President Obama's official visit in May 2011).

Catherine loves blue (UK Vogue reported the color being preferred 24% of the time), followed by red, white, grey and purple. Her sense of style inclines for monochrome and elegant fabrics – silk, velvet or lace, accessorized oftentimes with Kiki McDonough jewelry and one of Anya Hindmarch Maud's chic clutches. She wears boat necklines to almost half of the engagements she attends and tops everything with her signature conquering smile – candid, inimitable and unforgettable.



(ABOVE) The Duchess wore a white Alexander McQueen gown with gold embroidery for an official dinner at the Istana Negara in Malaysia, during her Diamond Jubilee Tour with Prince William (Sept 13, 2012) (RIGHT) The royal couple at a private reception at the British Consul-General's residence in Los Angeles, July 2011. The Duchess wore a Diane von Furstenberg dress. (LEFT AND FAR RIGHT) Catherine famously wore a wedding gown made by Sarah Burton (at Alexander McQueen). The veil was kept in place by the Cartier Halo Tiara made in 1936 by Cartier and lent by the Queen for the occasion. Kate's earrings – a gift from her parents for the wedding day – were made by Robinson Pelham to match the tiara (diamond-set stylized oak leaves with pear-shaped drops).

And now that the Duchess of Cambridge is expecting her first child, due to be born in July 2013, her maternity style choices are amongst the most anticipated fashion moments of the year. It is already speculated that her close-to-heart designers Sarah Burton (at Alexander McQueen) and Alice Temperly will create for her some one-of-a-kind pregnancy outfits which will set new standards for royal and commoner moms-to-be worldwide.

Daily life though - whether it involves Kate shopping at the local supermarket (Waitrose or Morrisons) or walking their cocker-spaniel, Lupo, on the beach - gives little clue to her royal status, as she

wears Diesel Ronhoir jeans, simple linen blouses, sport jackets (Ralph Lauren, Nike or Adidas) and Sebago flats or suede boots Aquatalia by Marvin K. What one sees looking at Kate is no trace of pretense or conceit, but normality and decency, reason and discretion. A beauty far greater than the sum of its parts. And a wonderful, almost-extinct-n nowadays, peaceful happiness that looks a lot like love. Quite a sight for our skeptical eyes, isn't it?

Adaptable and charming, with cardinal wit and warmth, Catherine has taken to all the new experiences in her life with the same excitement shown in her eyes when she was just a toddler challenged by a



steep slope. Her social appearances, private life, fashion choices and personal style evolution have been keenly watched and commented upon relentlessly. She has managed, however, to flourish into the royal protocol, embark on her life as a working royal, savor the first years of newly-married life, enjoy the promise of motherhood, and become a world-renown style icon - all of these while staying true to her genuine and harmonious self with grace and sensibility.

Does this explain the mesmerizing attraction we feel towards her? Does it teach us anything about ourselves and our unyielding need to love and be loved? I honestly don't know. What I see in her story is

something very simple but very hard to come across in our times. It's the glimpse of truth when you feel you drown in lies and make-beliefs; it is a beginning when everybody works only towards endings; it's grace and courage under immense pressure without the slightest thought of surrender or compromise; it is faith in life when dismay is the word of the day. Perhaps here is the key so sought after - we see this young woman in love beating all the odds and changing at core the very rules of engagement, proving time and again that everything we thought to be long lost is still possible ... and we regain belief, we come to think that it could still happen to us, too. And that's why we love her. 💧



Things we love

for Mother's Day & Summer



1



2

1. Boys+Arrows ruffle swim suit top & bottom: \$104 & \$95. Lily Mango Body Butter: \$27. Hanky Panky low-rise: \$20. JGirl. 2900 Townsgate Rd. Ste 107. Westlake Village. 805.449.9999. www.Facebook.com/ShopJGirl

2. Black Halo Francesca dress. \$375. Sizes 2-12. Ilene's Boutique 1145 Lindero Cyn. Rd. Westlake Village. 805.373.6633

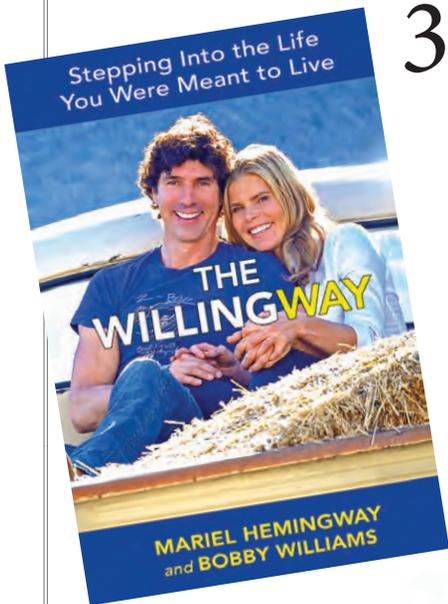
3. Mariel Hemingway & Bobby Williams: Living Life Fully, The WillingWay: In Love, In Balance, in Good Health... NOW! www.amazon.com/The-Willing-Way-Connecting-Revealing

4. VOM FASS. Over 60 Oils from around the world. 3815 A East Thousand Oaks Blvd. Westlake Village. 805.908.2573

5. Fine jewelry from Tempt. Diamonds, sapphires and rubies ranging from \$295 - \$3,300. Tempt. Plaza Calabasas. 4774 Park Granada, Calabasas. 818.225.8758 shoptempt.com

6. Give mom some extended "me" time: Treat her to any 50-minute massage at Remedy at the Westlake Village Inn and they'll automatically upgrade her to an 80-minute treatment at no additional cost! Remedy Skin + Body. 3723 Thousand Oaks Blvd. Westlake Village. 805.497.9400. remedyskinandbody.com

7. Gloss Skin Retexturing Cream and Gloss Pads from SkinLuma. Allows you to simplify your skin care regimen to one cream per night. Packed with highly effective rejuvenating ingredients for the skin. Tansavatdi Cosmetic & Reconstructive Surgery. 696 Hampshire Rd., Ste 170. Westlake Village. (855) 355-FACE (3223) www.facesbydr.com



3



5



4



6



7



8. Natural-looking lashes at whatever thickness or length you desire. **Lash Secrets.** Nicole Seeley. 890 B Hampshire Rd, Westlake Village. 805-279-6295. info@lashsecrets.com



9. Fla-de-Dahs Custom Invitations - the front door to your event. Award-winning designs for your wedding, Bar or Bat Mitzvah, bridal shower or special event. 31139 Via Colinas, Studio 201, Westlake Village. 818. 597-9375. www.fla-de-dahs.com

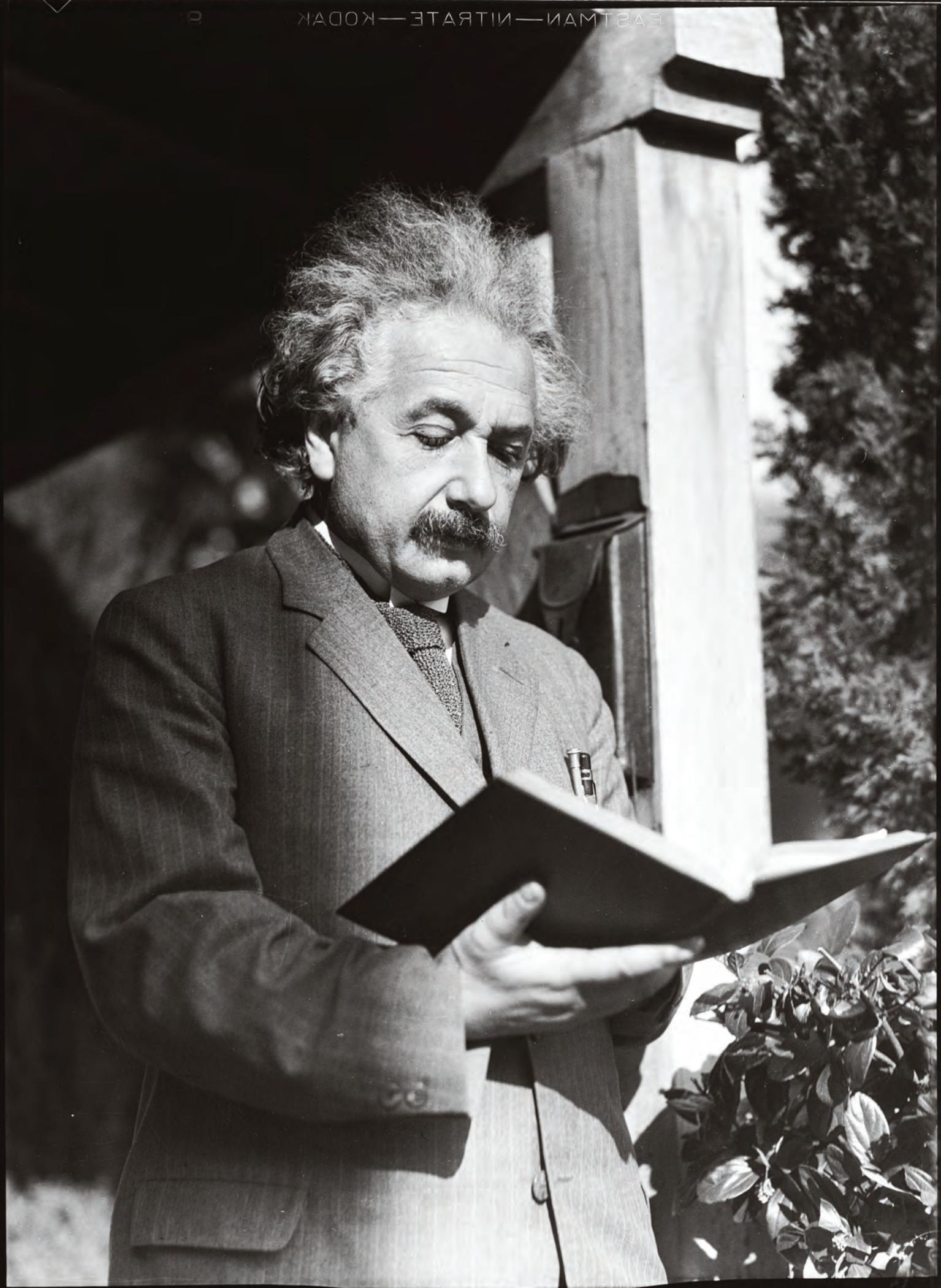
10. California Strawberry Festival's 30th anniversary. May 18 & 19, 2013. 10am - 6:30pm. Strawberry Meadows of College Park. 3250 South Rose Ave. Oxnard. www.strawberry-fest.org

11. Reveal beautiful summer legs. Treat varicose and spider veins with new technology. No incisions, no scarring, no down-time. Physician administered. **Vein Center Westlake Village.** 805.495.8305. 1240 S. Westlake Blvd. Ste 123, Westlake Village. veincenterwlv.com

12. Mother's Day Flower arrangements. Beautiful array of choices reasonably priced. Janet Webb. **Greenwich Floral Design.** 805.427.3399. Email: janet@greenwichfloral.net www.greenwichfloral.net

13. Hit the surf with a **Malibu Surfboards** custom design from 1960's Malibu lifestyle era. Boards catch waves with ease & the glass on wood fin designs are guaranteed to turn heads. In stock boards - all colors and sizes - or custom order your unique design. Boards & apparel. malibusurfboards.com 888.456.7668







Logicalpursuits

The Great Immigrant Debate

Despite the fact that the United States is one of the youngest countries in the world (under 300 years old) - it took very little time before it became the most powerful country in the world - a staggering feat when one considers its infancy. One of the pivotal reasons for this country's remarkable success is the fact that our forefathers were all immigrants - people who fled Europe for various reasons that amounted to them desperately seeking a better life in a better place - no matter the hardship or the uphill battle that moving here entailed. Our immigrant parents toiled long hours as they strove to feed their families while building a promising life. They overcame hardships and conquered frontiers - both physically and metaphorically. That pioneering spirit percolated with courage, a hard work ethic, and a tenacious capacity for perseverance. Those characteristics became the vital bedrock upon which this great country was built.

ALBERT EINSTEIN

Fast-forward to the 20th Century. Ever heard of a genius named Albert Einstein? Due to the anti-Semitism that was pervasive in Hitler's Nazi Germany in the 1930s, Albert Einstein, who was a professor at the Berlin Academy of Sciences, visited the United States in 1933, and quickly realized that this country would offer him a far safer and more fruitful future. He paid his dues to this country even before he was granted citizenship in 1940. In 1939, on the eve of World War II, he helped alert President Franklin D. Roosevelt that Germany might be developing an atomic weapon. Einstein was one of the United States' proudest immigrants. Are all immigrants like Einstein? No, but when one considers the vast number of talented, hard-working people who have come to seek a better life in this country, it is difficult not to put forward a case for the overhaul of judicious immigration.

THE OVERLY COMPLEX LEGAL IMMIGRATION PROCESS

What we're about to discuss are the current complexities in our Legal Immigration system. In no shape or form is this article advocating illegal immigration to the United States. Instead, we're highlighting a legal system that is so difficult and complex for law-abiding immigrants - that we're in turn hurting ourselves by preventing future Albert Einsteins from entering this country. The problem is that the law-makers themselves don't understand how the process works. Put simply, it takes an excruciatingly long period of time for a skilled immigrant to enter the United States and eventually attain U.S. citizenship. There are so many hurdles and obstacles that take multiple years to process. When the laws were written, the objective of putting all these hurdles and obstacles in place was so that by the time a person eventually applies for citizenship, he or she has been thoroughly

vetted, analyzed and approved. Unfortunately the theory - when converted into practice - is excessively slow - especially when one considers that we only have a 20-year window wherein we're likely to be at our peak in terms of job performance. If you extract 14 years out of that 20-year peak job performance time frame, you're talking about a sacrifice that many of the world's most talented people may not wish to make. Is legal immigration reform desperately needed? Yes it is.

THE QUOTA SYSTEM

Another flaw in the United States legal immigration system is the quota system. It doesn't matter if you come from Somalia or China. There is a fixed quota system for each country - irrespective of the country's average educational statistics. What happens is that the Engineers and the Scientists who exist in larger numbers in certain countries - have to abide by the quota systems. So, for example, if 10,000 Engineers in China have already applied to immigrate to the United States, other Chinese citizens who wish to apply are denied because their numbers exceed the quota system for that country. The fact that no Engineers have applied for immigration - from Somalia - is beside the point.

IMMIGRATION ATTORNEYS

Nowhere in the world is legal immigration so complex that immigrants feel compelled to hire expensive immigration attorneys. Sometimes the knowledgeable attorney hands over all the paperwork to an inexperienced clerk who makes mistakes. These mistakes are costly and time-wasting. Worse still - if the mistakes are irreversible - immigrants are faced with irreparable damage to their cases. The same pitfall applies to immigrants who try and do the paperwork themselves. An unintentional error could be catastrophic to their case.

THE DREAM ACT

Many people have been highly critical of the recent 'Dream Act' which is essentially a system that puts children, who originally entered this country illegally with their parents (and through no fault of their own), into a legal system wherein they can attend school. Critics complain that the tax payer bears the burden of educating the children of these illegal parents. However, consider this: As long as we have a huge undocumented illegal population living in the United States, we cannot bring pressure to bear on them to pay taxes - nor can we keep tabs on them in terms of their civic responsibilities. What the Dream Act does is put those children into a system that tracks them - and in return for the privilege of the benefits of the Dream Act, those soon-to-be adults have to do the right thing and keep their noses clean. The moment they commit an infraction, they are ousted from the program. In fact, that principle applies to the entire illegal population that resides in the United States. Despite the fact that under the Obama administration, there have been more deportations made than ever before, there are still millions who escape the deportation machine - and so they live here with no system that tracks them to pay their fair share.

LEGAL CITIZENS WHO USE THE SS1 DISABILITY ASSISTANCE WELFARE PROGRAM

Another loophole in our Immigration system that is proving to be a drain on our economy is this: As soon as a person gains U.S. citizenship, he or she is entitled to bring their indigent parents from another country to the United States under the **SS1 disability assistance welfare program**. Those parents usually cannot speak English and are brought over so that the welfare system in the United States can take care of them in the twilight of their lives. They contribute nothing to the economy and simply live out the remainder of their lives being paid for by the American tax payer. The burden that they place on the healthcare system is enormous.

THE ENTREPRENEURS PROGRAM

The **Entrepreneurs Program** is one of the better U.S. Immigration policies that is working. What this does is attract robust entrepreneurs from other countries - who come into the U.S. with a large sum of capital which is invested into our economy. Nobody has ever complained about the efficacy of this

program. What this often attracts is wealthy people who pay cash for their properties. Middle class Americans complain that this in turn drives up the price of properties - making them inaccessible to the average man. However, any economist will tell you that boosting property prices is a better alternative to a housing market bust - and in any case, the percentages of people in that wealthy bracket are not significant enough to create an artificial housing boom.

AMNESTY

Then there is the hotly-debated **Amnesty** consideration. In 1988, the **Simpson Bill** gave illegal immigrants in the United States amnesty - granting them a path to citizenship. The rationale behind the Bill was that if the illegal population were granted amnesty, the U.S. would resolve the problem

IF WE COMPARE OURSELVES TO COUNTRIES THAT HAVE WELCOMED QUALIFIED, SKILLED IMMIGRANTS - WE NOTE THAT THEIR ECONOMIES HAVE BEEN STIMULATED BY IMPORTING THE RIGHT KIND OF HUMAN TALENT. AUSTRALIA IS A PRIME EXAMPLE AND THEIR CURRENCY HAS ACHIEVED VIRTUAL PARITY WITH THE U.S.\$ IN THE LAST FEW YEARS.

of the massive illegal population living in the United States. The theory was then - as it is now - that the problem exists and we're not going to be able to deport them all, so let's help them to become United States citizens who pay taxes (critics of that thought process argue that only 48% of people in the U.S. pay taxes in any case). However, statistics indicate that after the 1988 Simpson Bill, the problem of illegal immigrants doubled in the United States. The jury is still out on whether more illegal immigrants crossed the border into the United States because they felt cushioned by the recent Amnesty Bill, or whether the spike would have occurred any way. The problem of a porous border continues to exist and the cost of monitoring that vast border is an ever present problem. As a democratic

society we value humanitarian issues and we want to do the right thing. The problem lies wherein to draw the line in the sand. It ends up opening Pandora's box and legal immigrants who have stood in line for years - might be adversely affected by the administrative backlog that an amnesty program for illegals - would cause.

ENGLISH

One of the stipulations in the legal immigration system in the U.S. is that applicants be required to speak English. For those critical of that expectation, take a look at other countries that are not 'English-speaking' countries. Brazil - which has enjoyed enormous economic success in the past decade because of ethanol - now mandates that English be the priority language in the country. China is imposing similar requirements as they recognize that in order to play on the international field - a common unitary language is required - and that language is English.

COUNTRIES THAT HAVE WELCOMED QUALIFIED IMMIGRANTS

America's restrictive legal immigration policy in the last few decades has resulted in a relatively low influx of immigrants to this country - and this has hurt us. If we compare ourselves to countries that have welcomed qualified, skilled immigrants - we note that their economies have been stimulated by importing the right kind of human talent. Australia is a prime example and their currency has achieved virtual parity with the U.S.\$ in the last few years. Nobody can deny that when you harvest the world's best brains and attract them to your country, everyone benefits.

The immigration topic will also always be clouded by the fact that some people are law-abiding immigrants who play by the rules - and others become sly experts at playing and milking the system. No matter what laws are put in place, they know how to spot the loophole and work it to their own selfish ends. However, if law-makers are fully versed in the loopholes that currently exist in the system, there are answers to closing and plugging some of those problem areas. The bottom line is that if we are to lead the world in medical and technological advancements - we have to continue to attract the world's best brains - and until we reform our legal immigration system - we may be preventing vital human resources from coming to our shores. 🌊

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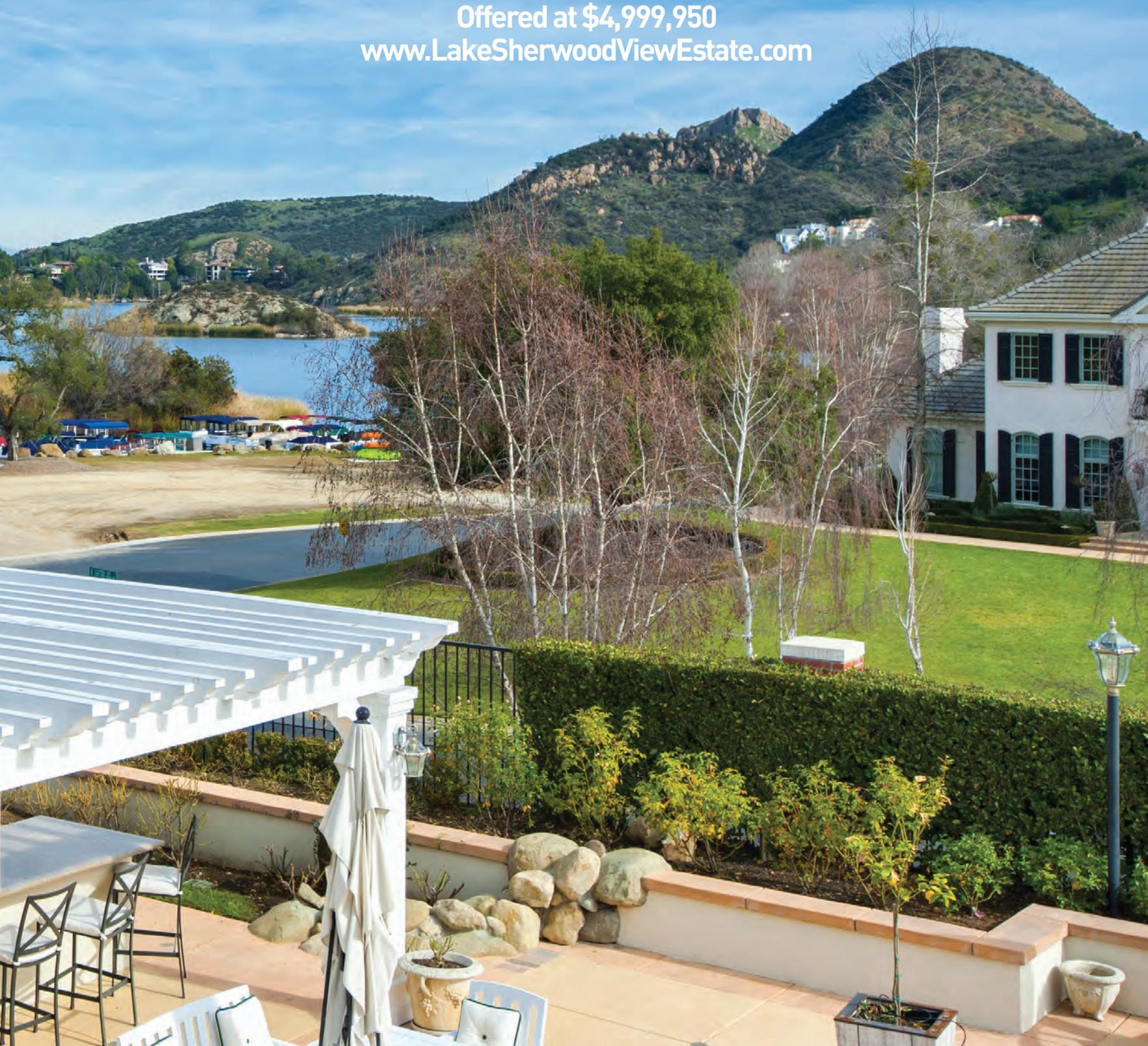


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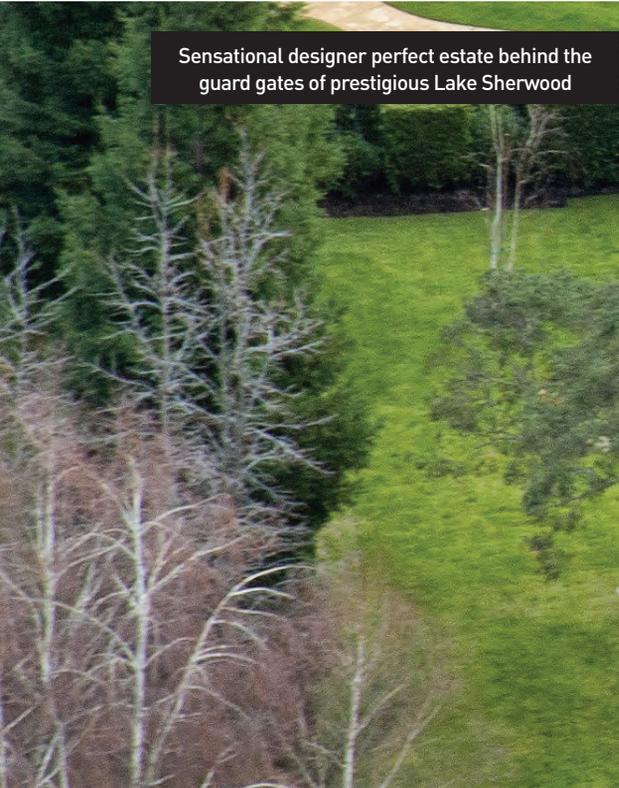
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Sensational designer perfect estate behind the guard gates of prestigious Lake Sherwood



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Master suite boasts his and hers bathrooms, oversized walk-in closets & huge balcony with unobstructed views



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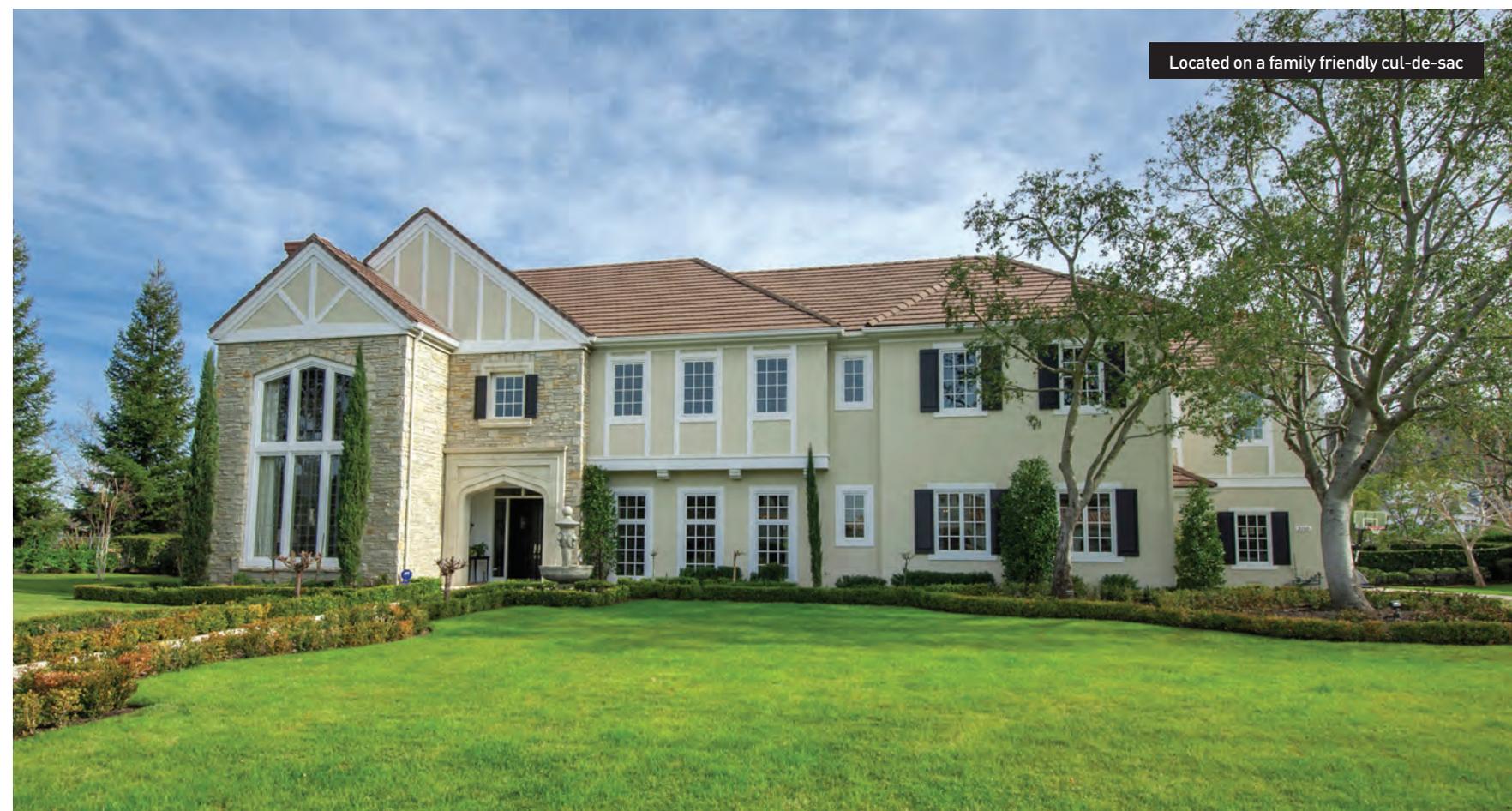


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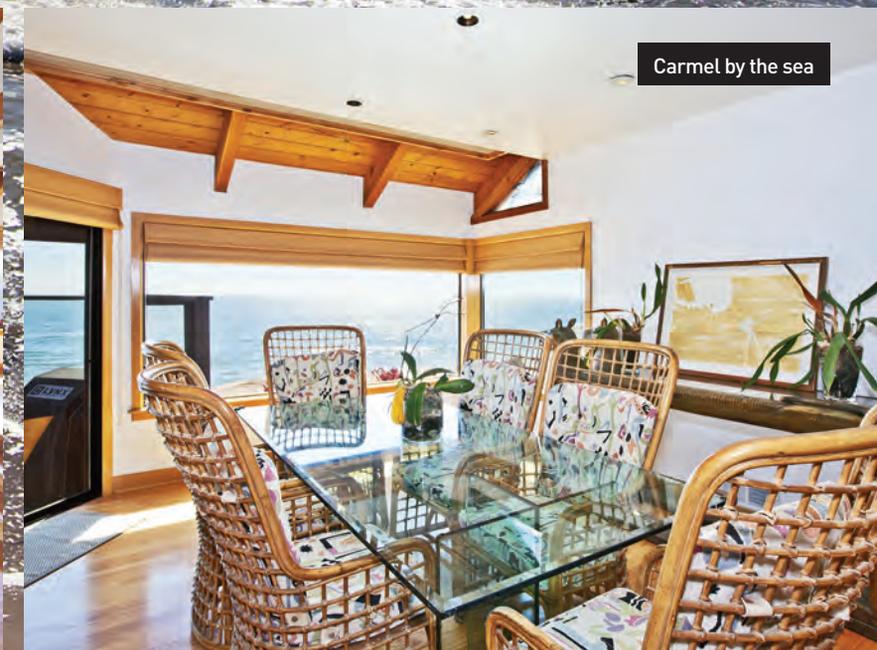
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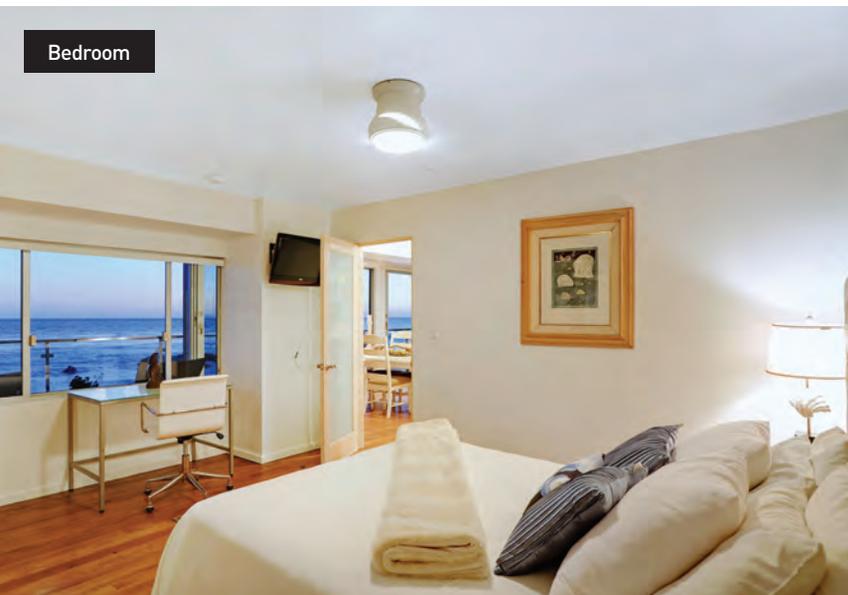
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Bedroom

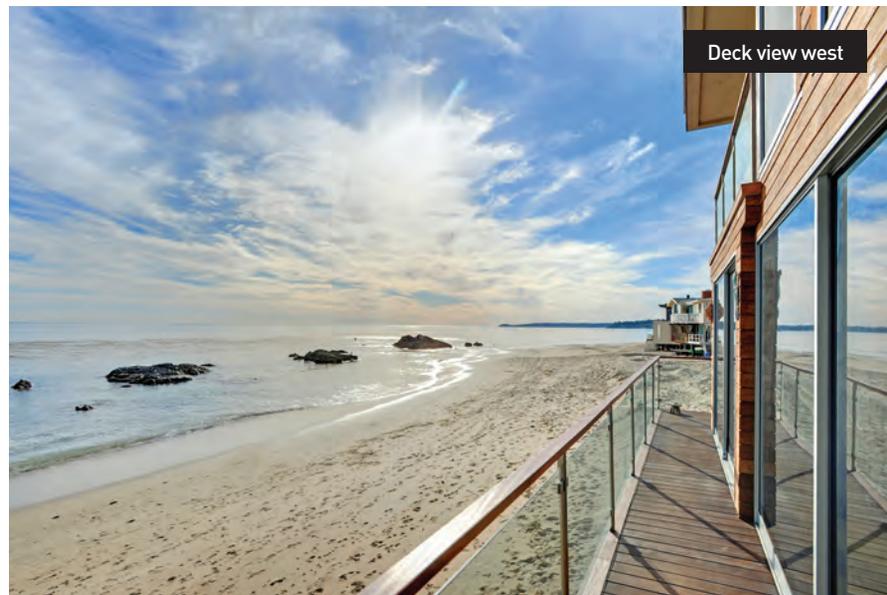


Bathroom

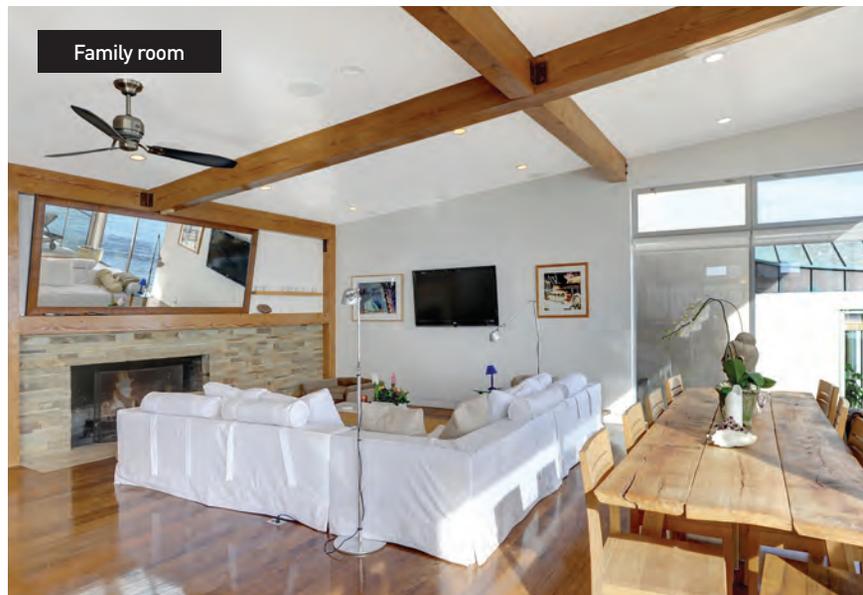




Dinner table

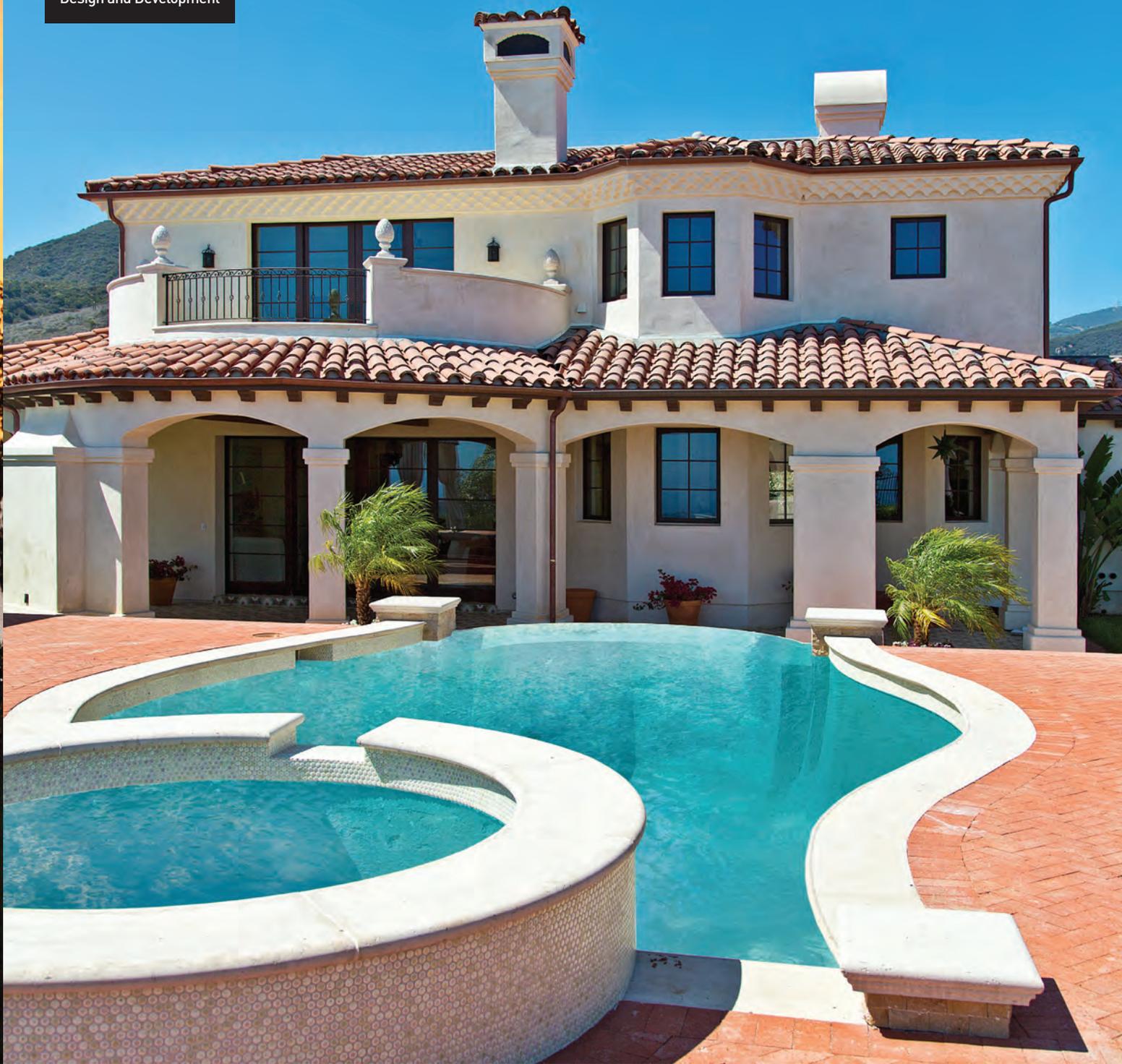


Deck view west



Family room

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Sequence Risk

By Robert J. Katch

With the baby boom generation finally hitting their 60s, an estimated 10,000 people are retiring every day.

This unprecedented surge of new retirees is expected to last for the next 17 years. However, today's retirees will fund their retirement very differently from those of a generation ago.

It used to be much more common to receive a monthly pension check that

continued for life. However, as corporate America looked to reduce its costs and risk, the corporate pension plan has slowly faded away. As it did, the 401(k) rose to take its place – shifting the burden to save money for retirement, and to draw it wisely during retirement, onto the employee.

Now, millions of retirees are being forced to make a new kind of evaluation: how do I make my retirement account last for the rest of my life? Unfortunately, most individuals, and many investment

professionals, are more experienced with “accumulation” investing during their working years and don't do as well with “distribution” investing during their retirement years.

First, the investment math known as sequence risk works differently during retirement, and unfortunately not in the retiree's favor. Additionally, this risk is compounded by the fact that most retirees are rightfully more emotional about their money during retirement than they were when they were working. These factors often lead to ill-timed decisions that further damage portfolio results.

Accumulation portfolios can be thought of as running from the time the employee first begins adding money to their 401(k) plan until their date of retirement. Since funds are added on a regular basis to the plan, dollar cost averaging is one of the key variables impacting results. If markets are down, then the dollars recently contributed and invested can increase in value as the market recovers. Market corrections actually help the employee once the market recovers.

Distribution portfolios can be thought of as starting when the employee retires and begins drawing money from their retirement account. Since funds are drawn from the account on a regular basis, volatility is one of the key variables impacting results. If markets are down, then the dollars withdrawn are no longer available to increase in value as the market recovers. Market dips or corrections actually hurt the retiree – even if the market recovers.

Visualize, if you will, these differences in another way. First, the accumulation portfolio has a sort of pressure pushing it up as money is added on a regular basis. When markets are falling, the account doesn't fall as fast. When markets are flat, the account goes up, and when markets are rising, the account rises even faster. Each of these three scenarios leads the investor to feel better about the results and more comfortable with investing.

In contrast, the distribution portfolio always has pressure pushing it down as money is withdrawn on a regular basis.



When markets are rising, the account doesn't rise as fast. When markets are flat, the account falls, and when markets are falling, the account falls even faster. Each of these three scenarios leads the investor to feel worse about the results and less comfortable with investing. These feelings can be exacerbated by the fact that the retiree now feels more vulnerable since they no longer have the safety of a steady paycheck they enjoyed for so many years.

Thus far, we've explored the concept of sequence risk without even mentioning a number. But since I'm a numbers guy, I just can't stand being so near the end and not having used any. I just have to throw some into the mix, but I promise to keep it simple and avoid the actual math.

First, it is interesting to know that sequence risk does not impact a static portfolio (one without contributions or withdrawals). It does not matter what order the returns are earned. So, the return sequence (+5% -6% +7%) versus

(-6% +7% +5%) over 3 years makes no difference. If you start with \$100,000 you will always end with \$105,609. Any of the six permutations of 5%, -6%, and 7% produces the same portfolio value. No matter how large or small a given sequence's gains or losses are, all the permutations of that sequence will produce the same ending portfolio value.

While it does not matter for a static portfolio, accumulation and distribution portfolios are subject to sequence risk. This means that the order in which you get your returns impacts the portfolio's ending value. So, the sequence (-6% 7% 5%) will impact an accumulation portfolio differently than a distribution portfolio. In fact, negative returns early in the sequence and positive returns late in the sequence help accumulation portfolios, but hurt distribution portfolios. Thus, large losses early in the retirement years can be devastating to a retiree's portfolio. Conversely, positive returns early in the

sequence and negative returns late in the sequence help distribution portfolios, but hurt accumulation portfolios. It is also important to note that larger gains or losses produce larger differences between accumulation and distribution portfolios.

Converting a portfolio into a paycheck is a surprisingly complex exercise. The best way to do this and stay safely retired is to have an advisor with distribution expertise manage the portfolio and help you chart and maintain a strategic course. 🌱

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



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Living on the Edge

By Doug De Groote, MBA, CFP®

It has become nearly impossible to determine with any certainty what will happen with these markets. Economists are split and the very best and brightest have guessed wrong from time to time. Yet, it is more important than ever that we understand our roll as investors, entrepreneurs, business owners, employer and employee or simply put - the

engine of the economy - YOU!

It should be pretty easy to spot the direction of our economy with the plethora of information available to us. Unfortunately, even the brightest and the best get it wrong every once in a while. For instance, Bond Guru and Bill Gross guessed wrong betting against the government in 2011. Warren Buffet missed the technology boom and

Robert Shiller, the founder of the Cass/Shiller real estate index, missed the housing crash that started in 2007. Bottom line, there is a lot of noise out there and each one of us needs to understand the risks that may detour our financial plan and recognize the opportunities those risks may provide to our future financial success.

Spotting a growing economy is not always as clear as the latest quote on the S&P nor can its future health be quantified by statistics viewed in the rear view mirror. Often decoupled from reality, the markets will often move regardless of the macro economy. Today, our markets seem more decoupled from the macroeconomic environment than ever before.

Rising taxes, inflation and the fall of the average Americans income by more than \$4,000 annually since 2008 (according to the U.S. Census) has not slowed the markets one bit. We continue to face significant headwinds yet the markets have been incredibly resilient to these issues, Europe, and the added burden of sequestration and the Affordable Care Act. Together, these issues act as a huge weight on the economy but the markets keep trucking along without hesitation. This has caused great concern for many.

The largest economy in the world resides on the other side of the pond and is near collapse but someone forgot to tell the stock market this year. With all the noise in the media about how bad Greece and Spain are, it would not be a surprise that most have missed a huge rally in equity markets in both Spain and Greece over the last few months. Year to date, both countries' markets are up substantially, all while the ten largest banks on the planet are in Europe and are in dire straits financially. In fact, the oldest bank in the world in Italy, Banca Monte dei Paschi di Siena, was bailed out last year.

How can this be? Simple! The European Union is printing money like it is going out of style. Does that remind you of the second largest economy on

this side of the pond? As investors, do we focus on fundamentals or risk getting caught in a liquidity squeeze? It is hard to fight the Fed or in Europe the European Central Bank (ECB). Either way, one must ask: are stocks in those countries like Spain, Greece and Italy achieving real earnings or is this simply a game of arbitrage being played out with cheap money provided to banks by the ECB and backed by the full faith and credit of the taxpayer?

Wages - According to the Bureau of Labor and Statistics, nearly 2/3 of Americans have income less than \$50,000 per year. As I mentioned before, the average American has seen their wages fall by nearly \$4,000 since 2007, yet we have experienced significant inflation since then and wages have fallen.

Health Care - Kaiser Permanente recently reported that for singles the average cost in 2012 was \$5,615 per year. For families it was \$15,745. If you use just 7% inflation, which is low by many industry experts, the cost will increase to \$11,230 per year for singles and \$31,490 per year for families by 2022. Yet, half the country makes less than \$27,000 per year right now and incomes are dropping according to the Bureau of Labor and Statistics.

In a recent article from the Milwaukee Journal Sentinel, the Internal Revenue Service was quoted saying, "In deciding whether an employer's health plan is affordable, the IRS would look at the cost of coverage only for an individual employee, not for a family. Family coverage might be prohibitively expensive, but federal subsidies would not be available to help buy insurance for children in the family."

This is an amazing turn of events as our biggest drag on our economy is health care and we are now finding out that the fight for health care reform is actually too expensive for the kids.

Student Debt is Getting Worse - In an expanding economy there must be young people who buy starter houses so the generation before them can move up. Today that is not happening. We have a whole generation of young people who have increasing student debt that is preventing the very transition our economy has benefited from for generations.

According to Sallie Mae (a government

sponsored enterprise (GSE) that provides and markets student loans), since 2007, average student loan debt has risen 33% to \$24,000. The total value of all the loans has increased by 70% since 2007. Yet, the most telling statistic is that 5% of the loans are in deferment or forbearance and that number continues to rise dramatically.

If wages are falling and young people cannot find jobs to pay back their loans let alone move out of their parents' home into their own, our economy will eventually be in serious trouble. If this next generation is saddled with more debt than they can handle before they even get out of school, how will they ever afford the goods and services offered by companies who depend on this age group for sales? This is a demographic nightmare for us all.

Borrowing from your future to pay for today - According to the IRS, people have pulled \$70 billion from their 401(k)s prior to retirement age. Time Magazine reported that penalized withdrawals amounted to just over \$60 billion in 2010 and that 75% of those who cash out their entire balance do so because of basic money-management problems. Unfortunately, this trend is on the rise and expected to continue if the job market does not improve. This is yet another sign that the macro picture is much different than what the markets are signaling.

Super Charging Your Portfolio - All of the above issues are a signal for higher taxes, lost benefits, volatility, inflation and a struggling economy. While you may never defeat any of these issues that threaten your financial future, you can take control of how you manage your money and the allocation of your money.

Often we speak of allocation as what asset class to invest in. While extremely important to your future success, the tax implications of how you structure your investments are arguably just as important.

There are basically four buckets you can invest in: 1) Taxable, 2) After-tax-tax-differed, 3) Pre-tax-tax-differed and 4) Tax-free. Most investors never focus on their tax allocation and only figure out their mistakes once they retire. I often compare this strategy to farming. You could pay taxes on the seeds today or you can pay taxes on the crop tomorrow. In essence, we have a choice and often we are steered

down a path by short-term goals or the pain we feel today versus the unknown of tomorrow. Taxes will continue to rise as the government executes the changes to the tax code due to the passing of the Affordable Care Act and the expiring Bush tax cuts. This forces many of us to cling to the short-term high we get from paying less in taxes today at our current rate by deducting contributions where possible. But this habit of pushing the taxes out farther and farther leaves us with an unknown burden and a finite time frame to make up for a lack of control and the short-term benefit of not paying taxes on the seed.

Wouldn't it be great to know that whatever money you save today - you control the tax burden and not the government? You see, supercharging your portfolio can be as easy as controlling your burden. **If you are not forced to take it then you are not forced to pay it.**

Choice is powerful, but even more powerful is the ability to avoid the effects of taxes and benefit from the full potential of the power of compounding. By reducing future tax burdens to your portfolio, these strategies could even allow you to take a bit less risk in your portfolio or possibly retire a bit sooner or help the people and causes you care about today.

Having a clear understanding of the economy is important to your investment decisions and particularly to your financial wellbeing. But it is just as important to have a clear understanding of the decisions we make today and the consequences they will have for our future. If you are unaware of tax allocation strategies, I strongly recommend you seek out a Certified Financial Planner, CFP™ 



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Understanding Performance Enhancing Drugs

By Ian Armstrong, M.D



Performance-enhancing drugs are substances used by athletes to improve their performances. Most serious athletes will tell you that the competitive drive to win can be fierce. Besides the satisfaction of personal accomplishment, athletes often pursue dreams of winning a medal for their country or securing a spot on a professional team. In such an environment, the use of performance-enhancing drugs has become increasingly common. Apart from the unfair advantage that performance-enhancing drugs (aka, doping) produce— taking them isn't without risks. Here is a summary of the potential benefits as well as the health risks involved in taking so-called performance-enhancing drugs such as **anabolic steroids, androstenedione, human growth hormone, erythropoie-**

tin, diuretics, creatine and stimulants. Although the phrase 'performance-enhancing drugs' is popularly used in reference to anabolic steroids or their precursors, world anti-doping organizations apply the term broadly. The phrase has been used to refer to several distinct classes of drugs which athletes use in order to improve their physical performance in competition. Here are some of the distinct categories:

- **Lean Mass Builders** drive or amplify the growth of muscle and lean body mass. Sometimes, they're used to reduce body fat. This class of drugs includes anabolic steroids, xenoandrogens, beta-2-agonists, selective androgen receptor modulators (SARMs), and various human hormones - most notably human growth hormones - as well as some of their precursors. Performance-enhancing drugs are also

found in animals as synthetic growth hormone.

- **Stimulants** stimulate the body and mind to perform optimally by enhancing focus, energy, and aggression. Some examples of stimulants are caffeine, **amphetamine**, and **methamphetamine**.

- **Painkillers** mask athletes' pain so they can continue to compete and perform beyond their usual pain thresholds. **Blood pressure** is increased causing the cells in the muscles to be better supplied with vital oxygen. Painkillers used by athletes range from common over-the-counter medicines such as NSAIDs (such as ibuprofen) to powerful prescription narcotics.

- **Sedatives** are sometimes used by athletes in sports like archery which require steady hands and accurate aim,

and also by athletes attempting to overcome excessive nervousness or discomfort. Alcohol, diazepam, propranolol, and marijuana are examples.

- **Diuretics** expel water from athletes' bodies. They are often used by athletes such as wrestlers, who need to meet weight restrictions. Many stimulants also have a secondary diuretic effect. *(Also used as a masking drug)*

- **Blood boosters** increase the oxygen-carrying capacity of blood beyond the individual's natural capacity. Their misuse is centered on endurance sports like cycling and nordic skiing. **EPO** is the most publicly known drug in this class.

- **Masking drugs** are used to prevent the detection of other classes of drugs. These evolve as quickly as do testing methods – which is very quick indeed – although a time-tested classic example is the use of epitestosterone, a drug with no performance-enhancing effects, to restore the testosterone /epitestosterone ratio (a common criterion in steroid testing) to normal levels after anabolic steroid supplementation.

UNDERSTANDING ANABOLIC STEROIDS

Anabolic-androgenic steroids (AAS), are drugs that have similar effects to testosterone in the body. They increase protein within cells, especially in muscles. Anabolic steroids also have androgenic and virilizing properties, including the development and maintenance of masculine characteristics. Anabolic steroids were first made in the 1930s. Health risks can be produced by long-term use or excessive doses of anabolic steroids. These effects include harmful changes in cholesterol levels (increased low-density lipoprotein and decreased high-density lipoprotein), acne, high blood pressure, liver damage (mainly with oral steroids), and dangerous changes in the structure of the left ventricle of the heart. Because of their adverse effects and most importantly - because they give athletes an unfair advantage over competitors who play by the rules - all major sporting bodies ban so-called 'doping'.



DESIGNER STEROIDS

A particularly dangerous class of anabolic steroids are the so-called designer drugs — synthetic steroids that have been illicitly created to be undetectable by current drug tests. They are made specifically for athletes and have no approved medical use. Because of this, they haven't been tested or approved by the Food and Drug Administration (FDA) and represent a particular health threat to athletes.

RISKS

Many athletes take anabolic steroids at doses that are much higher than those prescribed for medical reasons, and most of what is known about the drugs' effects on athletes comes from observing users. It is impossible for researchers to design studies that would accurately test the effects of large doses of steroids on athletes, because giving participants such high doses would be unethical. This means that the effects of taking anabolic steroids at very high doses haven't been well studied. However, what we do know for sure is that anabolic steroids are particularly harmful to teenagers in that they inhibit growth and development. They also produce future health problems in teenage-users.

In the past 20 years, more effective law enforcement in the United States has pushed much of the illegal steroid industry into the black market. This poses additional health risks because

the drugs are either made in other countries and smuggled in or made in clandestine labs in the United States. Either way, they aren't subject to government safety standards and could be impure or mislabeled. The health risks increase exponentially with black market steroids.

THE IMMEDIATE APPEAL OF ANABOLIC STEROIDS

The reason anabolic steroids appeal to athletes so much is because - apart from making muscles bigger, anabolic steroids may help athletes recover from a hard workout more quickly by reducing the muscle damage that occurs during the session. This enables athletes to work out harder and more frequently without overtraining. In addition, some athletes may like the aggressive feelings they get when they take the drugs.

SUMMARY

The highly-competitive nature of sports will continue to drive the quest for substances that supersede our natural physical abilities. From a purely medical perspective, it is important to be



knowledgeable about the impact this may have on our health - long-term. 💡

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



The Benefits of a Personal Trainer

Training for many of us begins at home or in a local gym after a New Year's resolution or other challenge from friends or family. The options in a local gym are broad. One can choose a personal trainer or join group workout sessions such as Pilates, Spin Cycling, Power Pump, Kick Boxing, Power Yoga or any number of Dance-based workouts.

Some athletes may not think of sports as "training" so much as being part of a team and having fun. Almost every sport has numerous clubs or teams to keep athletes training and competing year round. Some club franchises have a state or even national presence that fit into various leagues and divisions.

Some athletes become hyper-focused at an early age. Athletes and their families will often retain one or numerous "private" skills coaches and strength trainers

to gain the competitive edge. All this preparation takes place before an athlete is chosen to be a "professional". This is often considered to be the crowning achievement sought by many athletes.

When athletes push too hard or suffer mishaps on the field, court, pool, track, or gym - injuries happen. Injuries can range from a minor scuff to a career ending. A school or college Certified Athletic Trainer or ATC (if the school is funded for one) is the first professional to look to for injury assessment in younger athletes. Often coaches or physical trainers have a grasp of the basics to gauge the seriousness, however, ATC's are better trained for emergent care and triage as well as first assessment of the injuries.

Upon evaluation and if the injury is serious, the athlete will be assessed by a family physician, orthopedic doctor, pediatrician, chiropractor, physical therapist or other medical professional. This is

the crucial phase for the athlete to get an accurate diagnosis and prevent further harm. There are many rules of thumb to know when pain becomes a more serious injury. It is best decided by a medical professional who understands the sport. An accurate and thorough diagnosis is essential. Serious injuries are best addressed by medical specialists.

After the rehabilitation is completed by a therapist, one of the best places to commence strength training and sports-specific skills training is at a rehabilitation center guided by the physical therapist, chiropractor, certified athletic trainer or other specialist in exercise science. The specific restrictions can be addressed from day one. The proper progression of therapeutic exercise is crucial to not reinjure the athlete. A protocol can be outlined for the athlete that dovetails exactly with the therapy protocols prescribed by the orthopedic doctor. The athlete can be guided through passive, active assisted, active and then to resisted ranges of motion with assistance from the professional. All restrictions can be managed closely while regaining basic strength - then finally specific fitness to compete in their sport.

Functional training is a common description of focused exercise, usually a dynamic that addresses specific postural, or movement dysfunctions that are specific to the athlete. This kind of training is usually designed specifically for a sport or micro-specific for a position eg: thrower, sprinter, setter, hitter, freestyle swimmer, power lifter, cyclist etc.

Often we as athletes train dysfunction. Perfect practice makes perfect. To become truly integrated natural motion, an athlete must practice the correct specific mechanics of their sports tens of thousands of repetitions. The motions then become like riding a bike, or fluid-like ice skating. The motion is integrated into the cerebellum and other areas of our central nervous system. It is no longer voluntary and cognitively driven. Only then do we truly own it. We become fluid like Michael Phelps' swimming stroke or Bobby Jones' golf swing.—Brett Darrington

It's a luxury not having to come up with your own exercise routine - and in a particular - a routine that may not be that beneficial to you. One of the biggest benefits of having a personal trainer is that he /she is an expert in devising a routine that is going to maximize your workout. Having the right workout program is key to your long-term success and the results you wish to achieve.

There are many different reasons a personal trainer can be beneficial to you: 1) You may lack motivation and a trainer is your instant motivator; 2) Your workout routines may be inadequate - in which case - you won't get the results you want; 3) A trainer knows your body better than you do and will correct bad posture while setting you on the path to correct form. The list goes on.

The best reason to work with a professional in the exercise science field is that their knowledge of the human body is exceptional. They know how to work around injuries and how to help reduce

the likelihood of future injuries. When you are beginning to work out for the first time in a long time or for the first time in general, you usually set too high expectations which leads to disappointment, or worse - injuries. For most people, an injury is the perfect excuse to not go to the gym or be active at all, but there is an alternative to resting a bad hamstring and being sedentary.

Find a chiropractic office or physical therapy office that also offers personal training as an option. The benefit to this is that if you are looking to start training and are unsure of where to start, you can be well assured that a trainer at one of these places is well versed in exercises that help establish a base for your continued health and fitness growth. Also, if you have a previous injury, it is more than likely that they have worked with



someone that's had the same injury. You'll receive valuable medical advice. It's best when trainers and doctors work hand-in-hand so that there is a fluid transition between medically treating an injury and then progressing onto healing which often involves strength training (versus being sedentary).

Also, if you happen to feel any pain while training in a chiropractic or physical therapy office - you will be monitored immediately by a doctor. He/she can then directly communicate with the trainer on what your limitations are with the injury.

He/she will also advice on how to help heal the injury. —Rob Miller

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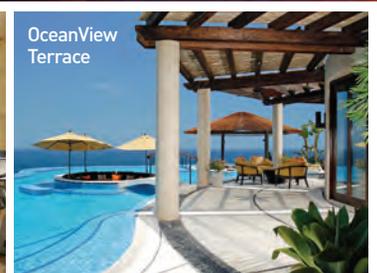
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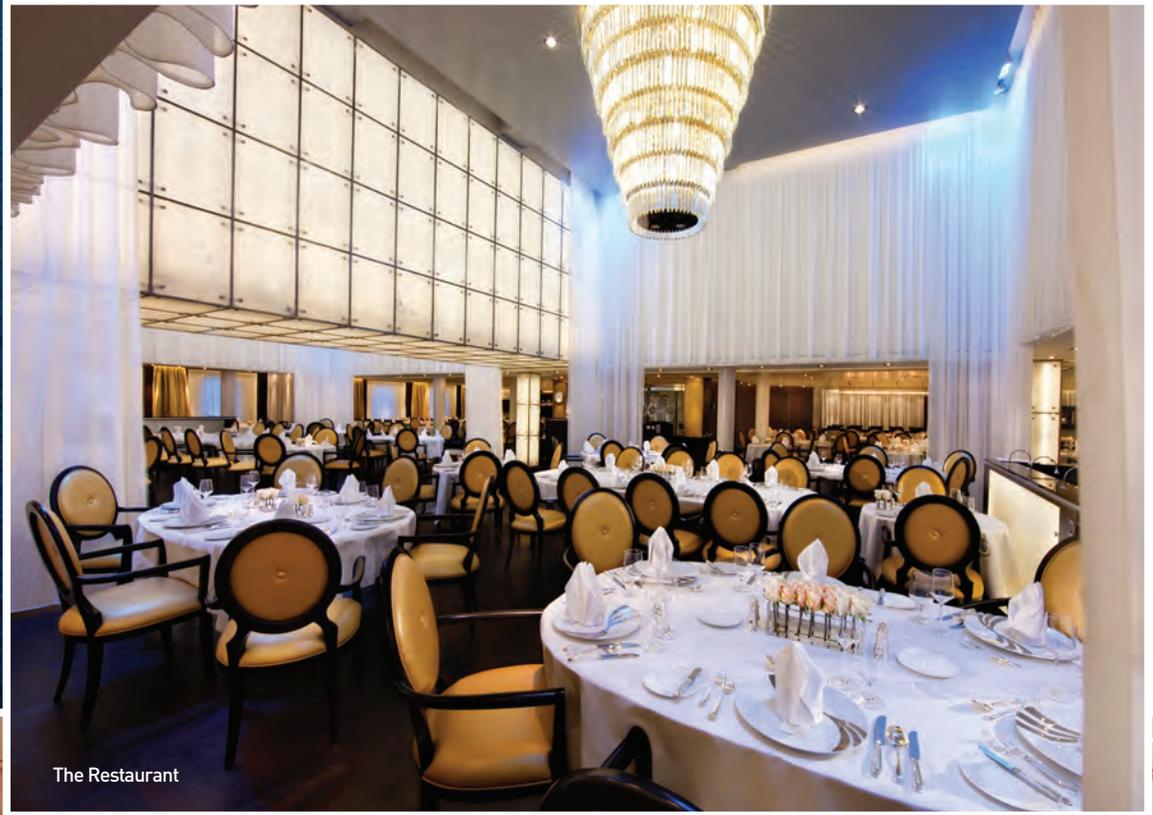
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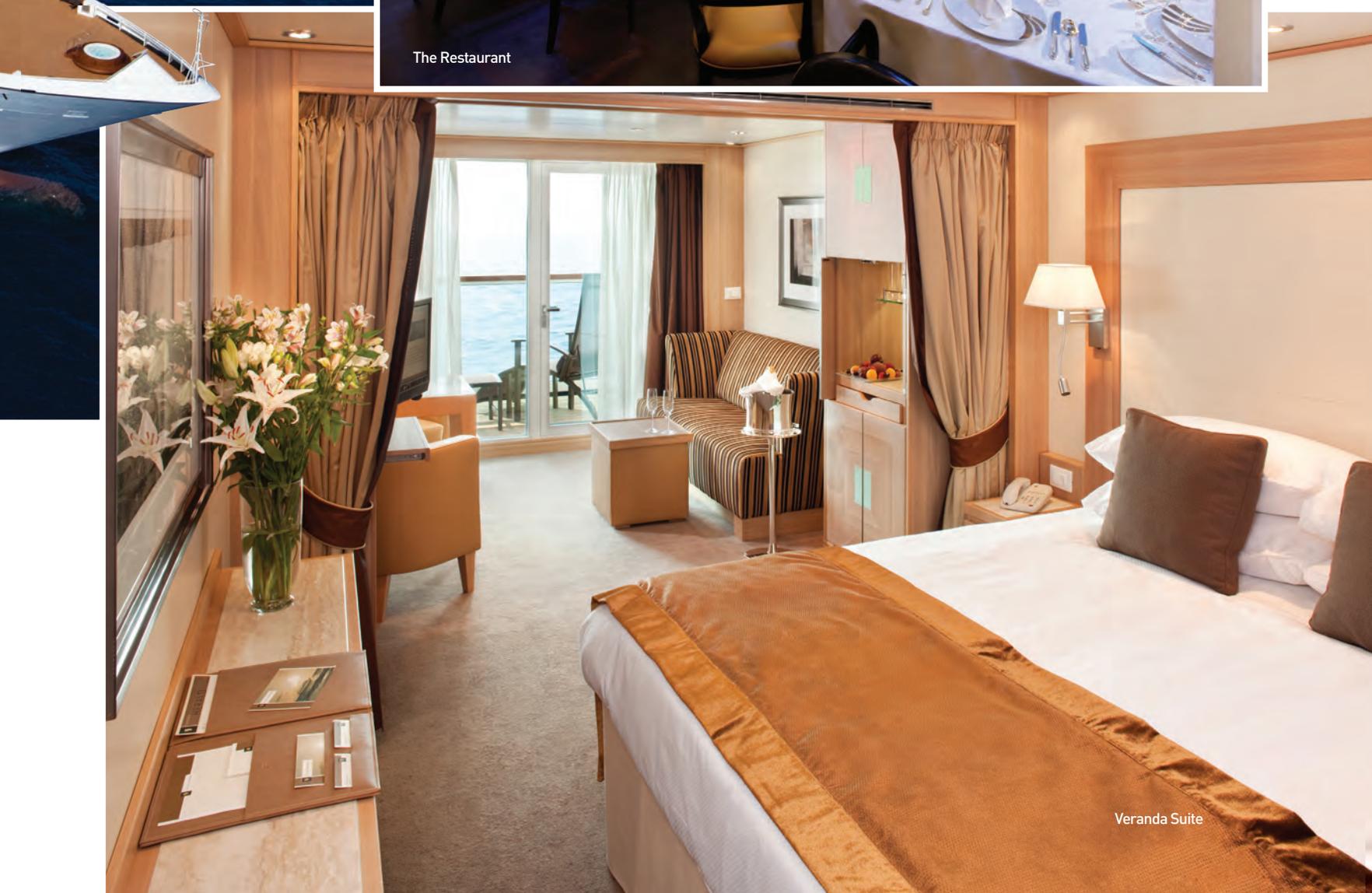


CHILEAN FJORDS

Day after day, your ship glides between towering peaks, some polished and others densely forested. Silvery waterfalls dance from the heights, glittering like tinsel against the stone. A massive, wrinkled river of ice descends to a glowing, blue-white wall at the head of its bay.



The Restaurant



Veranda Suite

GERLACHE STRAIT

This deep, scenic channel is home to **Gentoo**, **Adélie** and **Chinstrap penguins** as well as pods of feeding **humpback whales**. Depending on weather and ice conditions, your veteran expedition staff will select the best spots to venture ashore. Explore alongside naturalists, scientific experts and digital photography coaches who will come along to help you understand and capture incredible memories of your adventures among the Antarctic wildlife and scenic splendor. Onboard debriefings, both organized and casual, are a chance to share your day's events and hear what your fellow travelers have seen and done.

PORT STANLEY

Stanley's cathedral, the oldest in the Southern Hemisphere, is marked by an arch made from whale jawbones. The town's roofs

Humpback Whale

are painted in different cheerful hues, and the islanders are proud of their sheep, penguins and unshakeable self-reliant tenacity.

SOUTH GEORGIA ISLAND

Abundant green vegetation will greet you as you arrive. The seas here are rich in nutrients and food, supporting huge populations of penguins, seals and birds. Whales are returning after their long decline due to over-hunting. Few places are as remote and difficult to reach, making your visit an even more exceptional privilege.

DRAKE PASSAGE

All eyes will be watching flocks of fascinating seabirds flit, soar and swoop to survey your ship. Noble albatrosses glide effortlessly just above the waves, and petrel squadrons shadow the ship and patter across the surface like ballerinas en pointe. You'll be watching for



whales here too, before heading back inside for a Seabourn Conversation to deepen your understanding of the splendors you're witnessing.

When you cruise with Seabourn, you are assured of a voyage that is nothing short of magical. Each cruise to Antarctica and Patagonia includes the following exclusive amenities and activities designed to enhance every moment:

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The Cardinal & Gold Summer Camps provide expert instruction from outstanding coaches. Each camp will be held on the Oaks Christian School campus, utilizing athletic facilities which are among the finest in the nation.

Camps: Baseball, Basketball, Football, Lacrosse, Soccer, Strength & Conditioning, Swimming, Tennis, Volleyball and Specialty Skills camps.

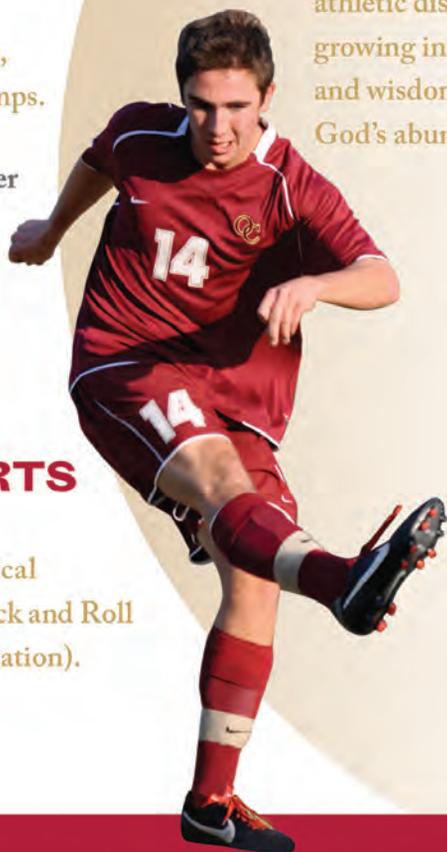
For information about our summer school and summer camps, please visit our website at www.oakschristian.org and click on "Summer Programs."

PERFORMING ARTS CAMPS

Dance, Digital Recording, Musical Theatre, Improv, Vocal/Choir, Rock and Roll High, The Indy Project (music creation).

OUR MISSION STATEMENT:

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



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Summer school programs are taught by excellent faculty and include academic, fine arts and enrichment courses, as well as courses for academic skills refreshment and refinement.

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