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# Editor'sletter



**Christopher Parkening** is considered America's reigning classical guitar virtuoso, carrying the torch of his mentor, Andrés Segovia. He holds the Chair in Classical Guitar at Pepperdine University under the title 'Distinguished Professor of Music.' Christopher also is Artistic Director of the Parkening International Guitar Competition, named in his honor, which is held every three years on the Pepperdine campus and is the preeminent competition of its kind in the world. Christopher's wife, **Teresa**, has unreservedly 'completed him' (as he puts it) and is highly-accomplished in her own right. She enjoys a passion for tennis and is loved for her ebullient personality and her thoughtfulness for others. The Parkening's son, **Luke**, is a talented athlete – but most importantly – he's one of the kindest, most considerate boys you will ever meet. Enjoy our Cover Story on the Parkening family on Pg 50. River, their Australian Shepherd, joined us on the cover shoot and our highly-accomplished photographer, **Curtis Dahl**, waded through rivers to take these beautiful pictures!

The count-down is on to the **2014 Sochi Winter Olympics**. Our USA athletes will be doing us proud with their usual star quality. The Olympics are the culmination of every athlete's exceptional levels of hard work, dedication and sacrifice – and the results bring on the elation of victory or the heartbreak of falling short of their expectations. That's what makes it so rivetingly exciting to watch (Pg 12). We also have an in-depth article on the Mental Game of Sport since so much of an athlete's success is dependent on his/her mental state. Our experts from Top Flight Mentality weigh in on that discussion (Pg 40).

Our enormously talented Motoring Editor, **Larry Crane**, takes us on a 1000+ horsepower Bugatti Veyron journey across Westlake Boulevard to Mulholland to Troutdale and back. The awe-inspiring ride leaves an indelible impression on both the author and the neighborhood! Enjoy the story on Pg 28.

If you haven't tried River Cruising through Europe, Russia and China, **Viking River Cruises** is about to light up your senses. A Travel + Leisure and *Condé Nast Traveler* award winner, Viking River Cruises offers the best itineraries on the rivers while you enjoy exciting cities, rich cultural experiences, fine dining and deluxe accommodations (Pg 98).

In our Enviroconscious section (Pg 38) we discuss ways that you can reduce your carbon footprint on planet earth in 2014.

We have some great Valentine's Day ideas in our **Things We Love** section on Pg 68. If you're thinking about becoming engaged and are in wedding-planning mode, check out that section.

Our own Bob Eubanks will be heralding in the New Year with his wonderful hosting of the Tournament of Roses Parade in Pasadena on January 1<sup>st</sup>. Here's wishing you a wonderful start to 2014.

Diana



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# COUNTDOWN TO 2014 SOCHI WINTER OLYMPICS

STORY BY DIANA ADDISON LYLE

The countdown is on to the 2014 Winter Olympics in Sochi, Russia. Keep your eyes on these USA athletes with star quality. The Olympics are the culmination of every athlete's exceptional levels of hard work, dedication and sacrifice – and the results bring on the elation of victory or the heartbreak of falling short of their expectations. That's what makes it so rivetingly exciting to watch.

#### SHAUN WHITE

At the Vancouver 2010 Olympics, White (the 'Flying Tomato') successfully defended his gold medal in the halfpipe, and didn't even need to take his second run to do so (he did use it as a victory lap, hitting his patented Double McTwist 1260). The IOC recently added slopestyle as a medal event, giving White the opportunity to double his career medal haul in Russia. When you consider that before the age of 5, White had already endured 2 cardiac surgeries to fix a congenital heart defect, his levels of accomplishment are that much more admirable.



Shaun White in the half pipe.  
Photo by Curtis Dahl





### LINDSEY VONN

Arguably the greatest American skier of all time, 29-year-old Lindsey Vonn is the downhill gold medalist from Vancouver 2010, and she is made for the camera. This glamazon recently recovered from a torn ACL in her right knee and is making a run at 5 medals in Sochi including slalom and giant slalom on February 18 and 21. Tiger Woods reportedly will not be at her side because of his golfing commitments.

### JULIA MANCUSO

Mancuso actually has more Olympic medals than any other American female skier. She'll be looking to add to her collection in Sochi, while solidifying her reputation as a big-race skier; her Super G bronze at the 2013 world champs was her 8th medal at either world championships or the Olympics.



Alpine skier Bode Miller.  
Photo by Getty Images

### BODE MILLER

Miller opted to sit out the 2013 Audi FIS Alpine World Cup season to insure a healthy run for an historic 5th Olympic Winter Games. After successful surgery last spring for a microfracture in his left knee (from a 2001 injury), Miller expects his knee to be stronger than it has been in the last 10 years.



### HANNAH KEARNEY

Kearney was one of the great stories of redemption in Vancouver. The favorite four years earlier in Turin, she failed to even get out of the second round, finishing 26th. But this time she'll be going as the defending champion and seeking to become the first American with multiple golds.

Julia Mancuso skis towards the bronze medal during the FIS Alpine Skiing World Championships women's super-G February 2013 in Austria.  
Photo by Alexis Boichard



Lindsey Vonn with Stacey Cook.  
Photo by Alexis Boichard

### MERYL DAVIS AND CHARLIE WHITE

Fortunately for US Figure Skating, Davis and White are a pretty good bet to end up on the podium. In 2011, they became the first American world champions in the figure skating before settling for silver in 2012.

### SARAH HENDRICKSON

Ski jumper Hendrickson is the 2013 World Champion and she'll make her Olympic debut in Sochi as the sport's first star. Her track record at such a young age is astonishing – to say the least.

### J.R. CELSKI

Celski made headlines when he – among a handful of other skaters – accused then US speedskating coach Jae Su Chun of physical, verbal and psychological abuse, leading to Chun's resignation. Despite the controversy Celski has been having the best World Cup season of his career. With Apolo Anton Ohno retired, the spotlight will be on Celski.

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Mikhail Metzel  
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## STEVE HOLCOMB

Holcomb is another survivor miracle. A degenerative eye disease almost cost him his vision and left him so depressed he attempted suicide before ultimately recovering and ending a 62-year US gold-medal drought in the four-man bobsled competition. Fresh off a bronze-medal at the world champs, Holcomb and his team will be defending their crown in Sochi.



**MIKAELA SHIFFRIN**  
17-year-old Mikaela Shiffrin is an athletic prodigy. She became the first American to win 3 World Cup slalom races before she could legally vote. The expectations for her are high in Sochi.

## BILLY DEMONG

The first American ever to win Olympic gold in a Nordic skiing event, Demong (and potentially teammates Johnny Spillane, Tyler Ferguson and Todd Lodwick) will be back in Sochi to try and go down in history in an event traditionally dominated by the Europeans.

## SCOTTY LAGO

The internet controversy from Vancouver 2010 that resulted in Lago being sent home in disgrace (from a bronze medal picture controversy) is firmly in the past and Lago's quest to catch up with longtime rival, Shaun White, will make this a particularly competitive snow-boarding landscape in Sochi.

## NOELLE PIKUS-PACE

Pikus-Pace emerged from retirement for the 2012-13 World Cup season with impressive results. She's won gold, silver and bronze medals in Cup races and recently took silver at the World Championships, firmly establishing herself as a medal contender for Sochi.

Scotty Lago in the half pipe.  
Photo by Curtis Dahl





#### SHANI DAVIS

In 2006, Davis became the first black athlete from any country to win Winter Olympic gold. 4 years later, he became the first speedskater ever to win back-to-back golds in the 1,000 meters. He's going for an unprecedented triple and a spot among America's all-time medal leaders (Winter Olympics division).

#### TED LIGETY

Ligety has been putting his best skis forward. A 3-time World Cup champion in the giant slalom, he recently won gold in that event at the world championships, leading some to believe that the gold medal he won at Turin in 2006 could be joined by another in Sochi.



Ted Ligety  
Alessandro Trovati - AP Images

# sochi.ру 2014

## GRACIE GOLD

One of the top figure skaters in the country, Gold is the 2013 U.S. silver medalist and placed 6th in her debut at the recent world championships. Often referred to as a skating prodigy, she'll be a treat to watch in Sochi.

## JULIE CHU

There are few hockey players whose résumés can match Chu's. The forward has been on 3 US Olympic teams, winning two silver medals and a bronze. She holds the NCAA record for most points in a career. Now her sights are set in Sochi to claim the one color medal she does not have.

## USA MEN'S HOCKEY

By the time the Olympic flame was doused in the Vancouver 2010 Olympics, the U.S. had come within a shot off the goal post from staging another monumental Olympic upset – and settled for the silver medal. Now, in 2014 - with a combination of several variables includ-

ing age, years in the NHL, service  
on past national or

Olympic teams,  
and performance  
over the last 3  
years, the USA  
Men's Hockey  
team has consider-  
able depth and the  
pundits favor them  
for a realistic shot at  
gold in Sochi.

Acknowledgments for content and  
photographs: Foxsports.com; Getty Im-  
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Gracie Gold  
Photo by Charlie Neibergall  
AP Images

Goalie Ryan Miller  
of the Buffalo Sabres and  
Patrick Kane (RIGHT) of  
the Chicago Blackhawks  
look to lead Team USA to  
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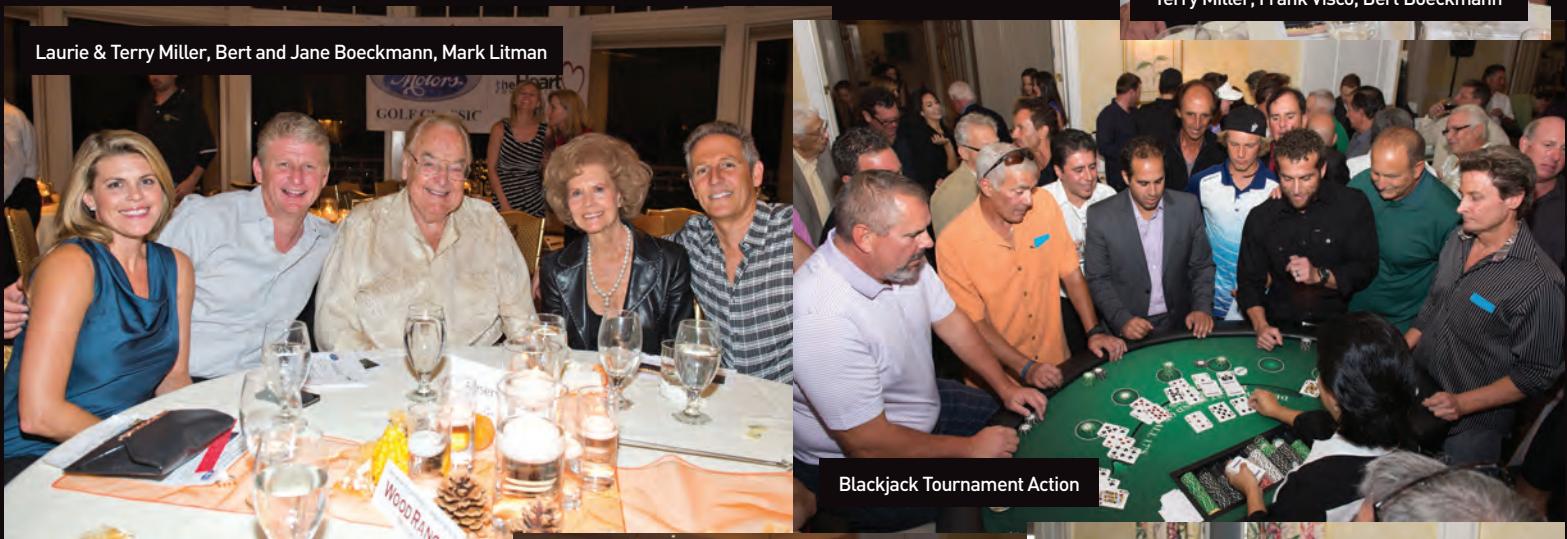
## Galpin Motors Golf Classic Benefitting The Heart Foundation

Photography by Tom Neerken

Galpin Motors Golf Classic Benefitting The Heart Foundation was held on October 21, 2013 at Sherwood Country Club. The event was another sell-out to support The Heart Foundation's mission to save lives by educating the public about heart disease, promoting early detection, and supporting research to prevent and treat the # 1 cause of death in the USA. For more information visit [www.TheHeartFoundation.org](http://www.TheHeartFoundation.org)



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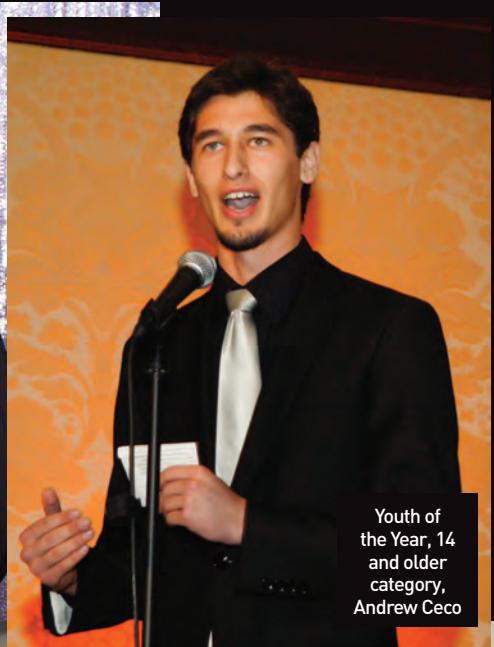
## Boys & Girls Clubs of Greater Conejo Valley

Photography by Dave Peloso

On October 19, 2013, more than 600 guests attended the Boys & Girls Club of Greater Conejo Valley's 'Stand Up for Kids' Gala Dinner and Auction at Four Seasons Hotel Westlake Village. The mission of non-profit is to enhance the lives of young people and their families by providing a positive environment that cultivates academic success, healthy lifestyles, good character and citizenship. (*Continued on page 24*)



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## Boys & Girls Clubs of Greater Conejo Valley

Photography by Dave Peloso (*Continued from page 22*)



Dr. Albert 'Bud' Marley, recipient of the Cal Johnston Service Award





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# Scenearound

## Bravery Uncorked

The 2nd annual Bravery Uncorked event took place recently at The Landing Grill & Sushi Bar in Westlake Village. The proceeds from the afternoon support the Eastern Sierra Disabled Sports & Wounded Warriors project.





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# Motoring pursuits



## Chasing History

Bugatti's Veyron 16.4 and its place in the Roman village of Molsheim.

**Story & Photography by Larry Crane**

A 1000+ horsepower Bugatti Veyron EB 16.4 rumbling down a tree-shaded street tends to pull a vacuum on the neighborhood, emptying bungalows as it passes. It arrived in front of the author's house followed by an entourage. My first drive, in the autumn of 2007, was Westlake Boulevard to Mulholland to Troutdale, Kanan, 101 and back to Westlake. Awe inspiring, but the second would be more memorable.

Ancient rock walls rush by on both sides. It is damp and dark with a hint of medieval as we rush up through the forest at a twenty-first century pace. The stones had echoed history for centuries; warriors, rebels, clerics seeking refuge, bi-national loyalists and iconoclast wizards had all left the voices of their passions there. We were there for one of the last; Ettore Arco Isidoro Bugatti began building cars in nearby Molsheim in 1909 and, from the beginning, our ancient route was the path he used for verification of technical developments. The Roman road through the Vosges Mountains was described in a



Power in luxury

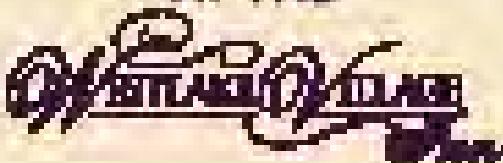
document dated 820 a.d. and included the village of Mollesheim, now Molsheim.

The young Italian engineer came to Alsace to build cars for both the Germans and the French, the state's national affiliation at different times. His legacy stands, appropriately, along the east side of Rue de la Commanderie. Just south of Molsheim *centre ville* (city center), Avenue de la Gare meets Route de Dachstein at the railway station and becomes Rue de la Commanderie. Along its east side are the Bugatti properties. First is Hostellerie du Pur Sang where customers were of-

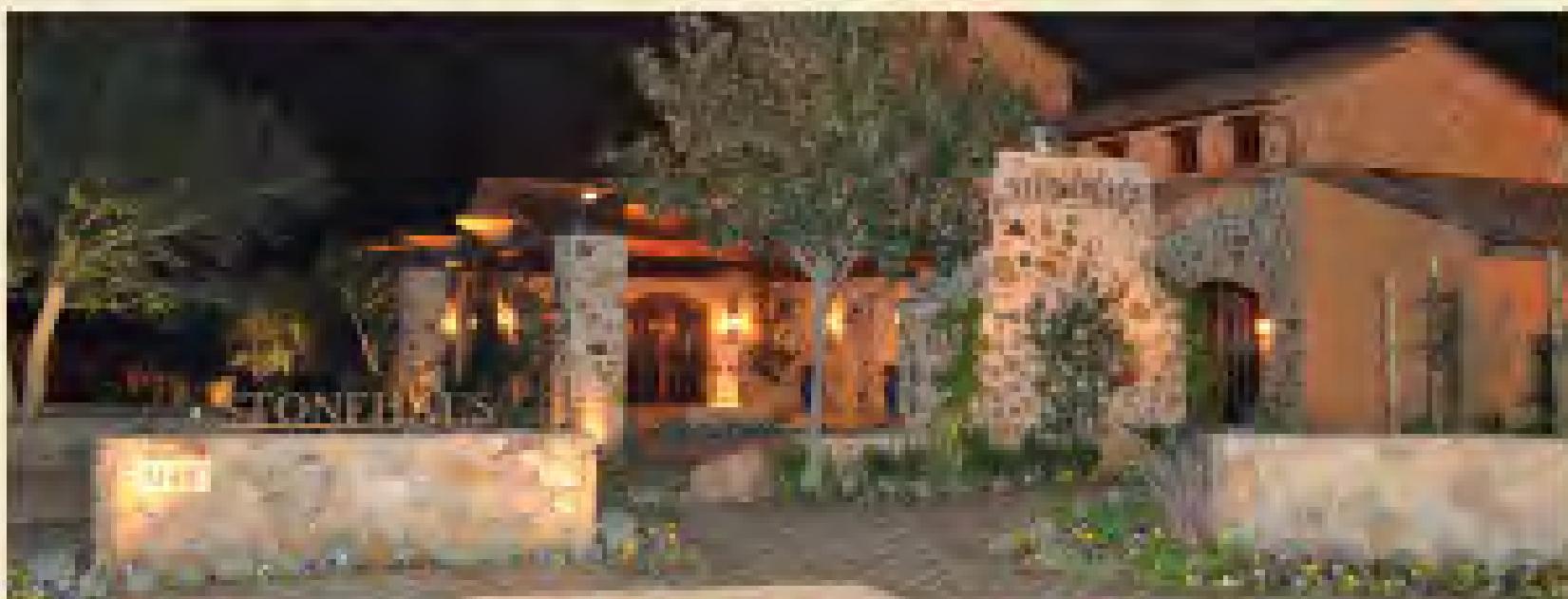
# SIP | TASTE | DISCOVER

## STONEHAUS

AT THE



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





ten housed while awaiting a favored audience with *le patron*. A few hundred meters south one encounters the robust fencing of The Works, once Hardtmühle, a dye works, for forty years the unpretentious factory where some of the most pretentious cars of their era were created. Since the 1950s it has housed Messier Bugatti and Messier Services, a successful firm that manufactures and services commercial aircraft landing gear. The Bugatti family's villa is now a training and trade union center for Messier and is protected by the shared fence.

When Ferdinand Piëch decided his vast Volkswagen Group needed to bring more attention to its technical abilities, he began by purchasing respected brands with technical legacies under which to create some of the world's most advanced automobiles. The Volkswagen connection would be made clear

so the revitalized brands would celebrate VW capability, He topped his list with Bugatti. That name would bring attention to his most technically advanced product. It would be a W-16 with four turbochargers and would produce no less than 1000 horsepower. To underscore his commitment to the name he purchased as much of the original Bugatti property as possible and undertook its restoration. The imposing Chateau St. Jean, where *le patron* once entertained his most valued clients, is authentically restored outside and includes the new Bugatti management team's modern office suite inside. The stables on either side remain enormous wood structures, but are now filled with white walls and marble floors as the delivery show room to the south and a service facility to the north. The southern tip of the restored campus is capped with a Bugatti logo shaped, glass



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Veyron tail at chateau



The cockpit



Power and glory

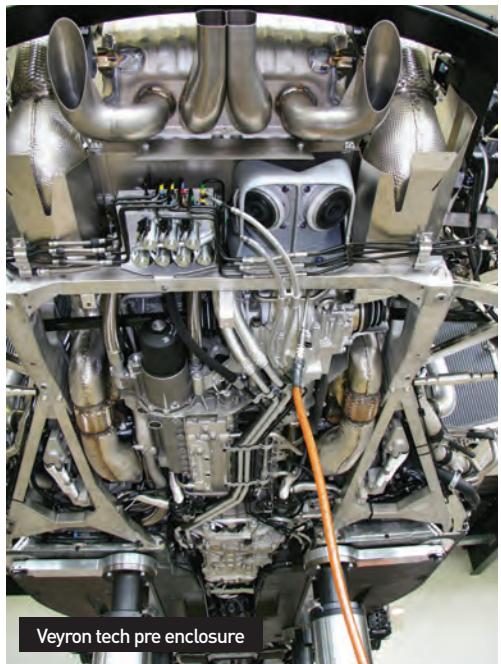
body panels are delivered from Audi, the carbon fiber monocoque is from ATR Composites Group in Italy—the same manufacturer who produced the structures for the Enzo and the Carrera GT. All engines are assembled by Volkswagen engineering staff in Salzgitter, Germany, and each engine has been run for 10 hours on a test bench with all temperature signals approved. The 7-speed gearbox arrives from Ricardo with the VW developed DSG double-clutch system. The manufacturer price for the gearbox is about the same as a new 911. Every titanium machine screw in the car is made to a Bugatti specification and can be torqued to its specified load only once, then replaced. Each screw costs 30 euros. There is real history there. Ettore demanded custom machine screws for his cars and the used ones with the EB on the square head are now priceless artifacts. The new ones have no logo.

The complex automobile manufacturing is accomplished in uncompromising detail—by hand. Ninety percent of the Bugatti atelier work force is Alsatian and most are fluent in both German and French. It has taken nearly two millennia to make peace with that struggle. Even in the twenty-first century, life in Alsace remains a dichotomy: French exuberance and German pragmatism. Now the powerful German Volkswagen Group has come to build a profoundly French automo-



bile with the spirit of an expatriate Italian. The new 1,200 horsepower Veyron 16.4 Grand Sport Vitesse retains the engineering sophistication of the first, all the aesthetic sensibilities of the second and the dynamic fire of the last.

All of that is abundantly clear as you press “Start.”



Veyron tech pre enclosure

edifice where the new car is created. It is a stunning accomplishment—both facility and automobile. The twenty-first-century, Gunter Henn-designed studio-as-fabrication-and-assembly-shop elliptical, glass atelier is filled with natural light and dramatic vistas and invites closer inspection.

Molsheim is now the final assembly point for the Bugatti Veyron 16.4. Only 17% of the process occurs in the atelier. There are three assembly stations in the atelier and each employs a staff of five. There is no time schedule. The only critical measurement is perfection at every step. The aluminum



# What's new in town



## SUNLIFE Organics

If you are serious about jump-starting your body into spectacularly good health in the New Year, by far the most healthy juice spot in town is the newly-opened **SUNLIFE Organics** at The Lakes on Thousand Oaks Blvd. Already well established in Malibu, SUNLIFE Organics does not use artificial powders, ice-creams or corn syrup additives. Sit down and relax while watching your anti-oxidant masterpiece being made out of fresh organic fruit and vegetables. Their juices, smoothies, soups and breakfast bowls will power up your body nutritionally – putting you into the best shape of your life. The

owner of SUNLIFE Organics, Khalil Rafati, is the energy behind the thriving health store. Having abused his own body in years gone by, he decided to ‘juice’ his way back to health and fighting fitness. He’s a walking, breathing example of the immense benefits of cleansing your body with nature’s finest ingredients. Khalil’s passion for health is reflected in his hand-picked staff. The vibe when you walk into SUNLIFE Organics is super-friendly and that of a warm and welcoming family – rather than a corporate clock-watching treadmill. Come on in and meet Alex, the Manager at The Lakes store, who takes a personal interest in each client’s health. Juices include “Fast Eddy” which is an apple, lemon and ginger treat. I tried the “Zuma Canyon” made from fennel, mint, cucumber, apple and lemon. It was delicious. Bowls include the “Brazilian Style” made from acai, banana, strawberries, hemp seeds and shredded coconut. Once your body converts over to these ingredients you’ll notice a significant difference in your energy levels and in your ability to ward off toxins. Begin the New Year the way nature intended with SUNLIFE Organics.

2200 E. Thousand Oaks Blvd. #110. Thousand Oaks, CA 91362:  
805-379-2999 • 29169 Heathercliff Rd #110. Malibu, CA 90265:  
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## Global Source Lighting

**G**lobal Source Lighting, a renowned and well-respected lighting destination in Northern California for more than a decade, recently opened its doors on Canwood Street, Agoura Hills. They carry the finest selections in lighting and top-quality brands like Swarovski, Fine Art Lamps, Hubbardton Forge, Kalco, Crystorama and Eurofase. Their expert staff will provide design expertise and exemplary service. If you can't find the exact light to fit your design vision, they'll custom design and size the perfect lighting of your choice. The array of choices in the vast showroom fits a variety of architectural styles from traditional or craftsman to Mediterranean or contemporary. Their outdoor lighting selection is also extensive and includes wall lights, lampposts and the newest LED lighting. Come in and let the expert Global Source Lighting staff help you select light or lighting accessories that completely complement your home's décor. Installation service is also available. Experience what customers, architects, designers and contractors in Northern California have been raving about for more than a decade.

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# Motoringpursuits



## Mercedes-Benz of Calabasas

**M**ercedes-Benz of Calabasas is enjoying one of the most positive periods in their history. Not only have they done a brand new remodel of the showroom earlier this year, but they have established an entrenched team of management professionals and associates who are insuring that customers receive exceptional care. General Manager, Sean Fortier, was specifically brought out to the store from Texas over two years ago so that he could steer Mercedes-Benz of Calabasas for the long haul. He says, "We're particularly focusing on the VIP customer experience that Mercedes-Benz of Calabasas customers truly deserve."

This is also a particularly exciting time for Mercedes-Benz of Calabasas in that over 30 new car models are coming out in the next seven years. They've just recently launched the CLA-250 coupe which starts out at \$29,900. Mercedes-Benz has never had an entry-level car like that priced at under \$30,000 and it's been a huge hit with the consumer. They've also recently launched the brand new redesigned S-550 sedan, this vehicle is absolutely eye-popping and a must see.

Sean was very proud to mention that Mercedes-Benz are almost 8,000 cars ahead of BMW in the United States in the luxury new car market with one month to go (as of the end of November). Sean Fortier is exceptionally excited about this feat and is looking forward to a promising 2014 with the assurance to customers that they will receive superlative personal care. 



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Rustico is a very special neighborhood Trattoria nestled below the North Ranch Mountain Range. Relax and enjoy being pampered with a warm and friendly service that captures the Italian spirit of hospitality. The menu is filled with wonderful selections made with the freshest seasonal ingredients. Also, enjoy as the server delivers an additional verbal menu of our delicious daily specials. A bustling Monica's Bar, with its own special menu, is ready for the casual diner. She shakes up the perfect cocktail for any taste! Also, Roberto Giliberti, our expert Sommelier, can recommend the perfect wine to go with your meal from our Wine Spectator Award winning wine selection. Whether enjoying a casual pizza or an elegant multi-course meal, the friendly staff here at Rustico, welcomes you and your family with a warm smile.



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# Chatroom



## Short Stories About Big People

By Bob Eubanks

Hello again. Time for more short stories about big people. I was involved in the rodeo world for many years, both as a contestant and television commentator. I won't lie, if my kids had to live off what I earned competing, they would have starved to death. I wasn't the only show biz guy to love the cowboy way of life. Larry Wilcox from *Chips* was an active rodeo guy, as was Johnny Crawford of the *Rifle Man* and

actor Wilford Brimley. Bruce Boxleitner also competed for a period of time. But, the best cowboy from the entertainment industry was the actor James Caan. He teamed up with an outstanding roper by the name of HP Everts and did really well on the rodeo circuit. In fact, I think Caan and Everts won the team roping event at the Denver Rodeo. It was a wonderful way of life and the cowboys are a very unique bunch of guys. It was my life for many years and I don't regret a moment of it.



Bob Eubanks roping



Vin Scully

My hats off to the Tournament of Roses Association for choosing Vince Scully as their Grand Marshall. What a wonderful, classy human being. Vinny is a member of our community and he epitomizes the quality of people that should be honored in Pasadena on January 1st.

2014 will mark the 50th anniversary of The Beatles coming to America. In future articles I will tell you some never-before-told stories about the Fab Four and my experiences while producing their concerts. I will also share with you an email I recently received from Paul McCartney.



Beatles on Ed Sullivan show

I always try to leave you with something to make you smile. Think about this one. Kids in the backseat cause accidents. Accidents in the backseat cause kids.

Let me take this moment to say Happy New Year to you and your family and thanks for reading this story in this wonderful magazine. 🌟

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# Enviroconscious

## Reducing Your Carbon Footprint at Home



**E**very one of us can make a difference by reducing the negative effects that our Carbon (CO<sub>2</sub>) footprints have on the environment. Living in Southern California already gives us a head start since we have an abundance of natural sunlight. Additionally, the state of California incentivizes homeowners to be environmentally friendly by providing financing programs that support and encourage energy conservation.

### HOME ENERGY USE CONSERVATION

#### SOLAR POWER

Add solar panels to the roof of your home and take full advantage of California's abundant solar power. Many providers offer financing options that minimize upfront costs. Net metering is a policy designed to **credit back to consumers extra energy generated daily**, and foster private investment in renewable energy. It's an electricity policy for consumers who own renewable energy facilities such as solar power and wind power. This allows the homeowner to use electricity whenever needed while contributing their production to the 'grid'. 'Net' is used in the sense of meaning 'what remains after deductions' – in this case the deduction of any energy outflows from metered energy inflows. Under net metering, a system owner receives retail credit for all the electricity they generate unless they produce more electricity than they consume during any given billing period. The Cross Border Energy Coalition estimated that in California alone, net metering is responsible for \$2.5 billion in savings. In summary, living in California means that by using the Net Metering law, you can eliminate your electricity bill by utilizing Solar or Wind Power and potentially earn money by selling electricity back to the grid.

#### WATER USAGE

Lower the amount of energy used to pump, treat, and heat water by using climate-appropriate plants in your garden, installing

drip irrigation so that plants receive only what they need, and make water-efficient choices when purchasing shower heads, faucet heads, toilets, dishwashers and washing machines. Harvest rainwater if you can.

#### REUSE AND RECYCLE

Approximately 29% of U.S. greenhouse gas emissions result from the "provision of goods," which means the extraction of resources, manufacturing, transport, and final disposal of "goods" which include consumer products and packaging, building components, and passenger vehicles. By buying used products and reselling or recycling items you no longer use, you dramatically reduce your carbon footprint.

#### FOOD

An estimated 13% of U.S. greenhouse gas emissions result from the production and transport of food. Buy locally from local farmers' markets, grow your own produce (if possible), and eat a more diversified diet including less meat and dairy to reduce your carbon footprint resulting from the use of fossil fuel-based fertilizers, pesticides, and gas required to produce and transport food.

#### INSULATE AND SEAL YOUR HOME

Reduce drafts and air leaks with caulk, insulation, and weather stripping. **Energy Upgrade California** offers programs and incentives to facilitate this.

#### APPLIANCES

Make energy efficiency a primary consideration when choosing new appliances like furnaces, air conditioning units, dishwashers, and refrigerators. ENERGY STAR labeled products are recognized as having superior energy efficiency.

#### LIGHTING

Replace incandescent bulbs with compact fluorescents and LED's.

#### THERMOSTAT

Don't set it too high or low. Install a programmable model to turn off the heat/air conditioning when you're not home.

#### SUPPORT CLEAN ENERGY SOURCES

Whenever you can, advocate for clean alternatives to fossil fuels, such as wind, solar, geothermal, and appropriately designed hydroelectric and biomass energy projects.

Responsible stewardship of planet earth is about being less selfish, more thoughtful and less wasteful.

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Thomas Edison, in conversation with Henry Ford and Harvey Firestone, March 1931

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Mitch Katz - Solar Universe Owner





# Sportspursuits

## The Mental Game of Sport

**A**sk any professional athlete why it is that some people, who are undeniably genetically gifted at their sport, 'bomb' at critically competitive moments, and they will tell you that the mind game in sport is as critical as the physical game. That 'big game temperament' – that uncanny ability to contain one's nerves so as to let brilliance flourish – is an art form.

### COLLEGE SCHOLARSHIPS IN THE BALANCE

With college scholarships in the balance and the ever-increasing competition for them at top universities across the U.S., high school students now have access to professional experts who can equip them with the mental edge – so that they can augment their physical abilities with the all-important mental game. Kathryn Scardino and Devin Markle, two top M.Ed graduates from Boston University, who are now professional Executive Performance Consultants, sum up the need like this: "Athletes seek Executive Performance Consultants for 3 general categories: Enhance Performance, Restore Performance, and Maintain Performance. Enhancing performance focuses on an athlete understanding and utilizing mental skills training and taking their game to the next level. Restoring performance becomes important when an athlete is injured, not reaching his/her previous levels of performance, or continually feeling 'off his/her game'. Consistency is the key to success in sports; therefore, athletes must maintain their mental skill set in order to recreate their peak performances on a regular basis. The culture of sports promotes a 'tough-it-out' attitude, which leaves athletes voiceless about their fears or concerns. It's critical that an expert intervenes to find the mental roadblock that is impeding their performance."

### BURNOUT!

Kathryn's personal burnout story is this: "I played year-round basketball since 7th grade, which meant that I would only get about a 3-week break per year. There was such a high level of pressure to win in AAU tournaments that I would leave feeling physically, mentally and emotionally exhausted. By the time I reached my senior year of high school and started talking more seriously to colleges, I found myself unable to accept the thought of playing for four more years. I was completely burned out and decided my only option was to quit. Had I trained my mind as much as I had trained my body, I would have had the skills to cope with the high levels of pressure." There are several causes of burnout including perfectionism, high expectations, physical exhaustion, excessive time commitments, and injury. Overtraining and neglect of proper rest causes staleness and lack of motivation.

### HANDLING THE PRESSURE OF 'WINNING'

Devin's personal story is similar to many: "When I was young,



Devin Markle



Kathryn Scardino

sport was always my outlet, my enjoyment. However, as the years passed, the change from high school competition to that of being a Division I athlete was significant. I found that the workouts and training were becoming a dreaded part of my daily routine. The pressure to win took away from enjoyment of the game. With the help of two sports psychology consultants, I had to redefine the meaning of the sport for myself rather than for others. This was difficult but the experience of playing and learning to cope with such pressure was invaluable."

### SIGNS OF BURNOUT

The signs of burnout are: increased levels of illness or injury; constant fatigue even after a full night of rest; decreased energy levels; inconsistent performances; irritability, apathy and frequent absences from practice or games. Early specialization in sports negates what should be that foundational love for the sport, and has increased the level of burnout in younger athletes. 8-year-olds are expected to practice for 3 or more hours a day and spend weekends traveling to tournaments all year round. Once applications for college scholarships come around, they are expected to train like professional athletes. The pressure only increases at college because of financial and social factors.

**Kathryn and Devin conclude:** "When working with athletes facing burnout, we find adaptive ways to cope with the challenges and we educate them about productive rest time, and explore meaning in sport involvement. We recommend that children experience multiple sports. It allows for change in routine training, and gives the child a chance to discover which sport they enjoy the most."

For more information on this topic, go to: [Facebook.com/Topflightmentality](http://Facebook.com/Topflightmentality). Twitter: @Topflightmental [www.topflightmentality.com](http://www.topflightmentality.com)



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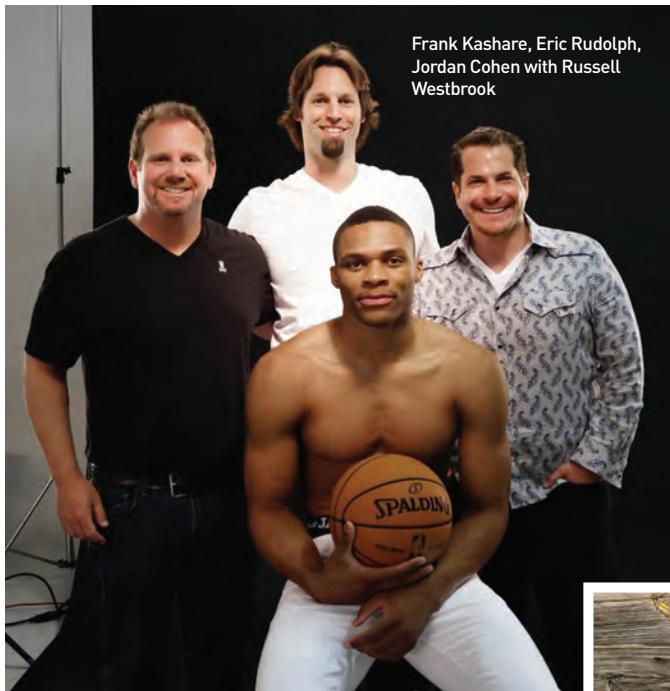
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Devin A. Markle, M.Ed.  
Counseling & Sport  
Psychology –  
Boston University



Kathryn Scardino, M.Ed.  
Counseling & Sport  
Psychology –  
Boston University

# What's New In Town



Frank Kashare, Eric Rudolph, Jordan Cohen with Russell Westbrook

## Kings and Jaxs

**M**ost of you know Jordan Cohen as a successful luxury Real Estate specialist. His knack for business is evident in his sales numbers: In 2012, Jordan was ranked the #1 REMAX agent in the Western United States and #2 of all REMAX agents (85,000) nationwide. Real Estate will always be Jordan's #1 priority but the relationships that he has built through it with top athletes and movie stars motivated him to team up with North Ranch resident, Frank Kashare, who came up with the men's underwear idea, and Eric Rudolph who is the genius behind the graphics. Together they launched the world's first ultra stylish men's underwear line – **Kings and Jaxs**.



**THE NEED FOR ULTRA STYLISH MEN'S UNDERWEAR LINE**  
“The world of fashion is a crazy place,” says Jordan. “It just blew me away that women's underwear has become a staple in every mall and department store worldwide. Victoria's Secret is so big they have over 1,000 locations as well as on-line, full prime-time fashion shows and world-wide recognition. We are hoping to revolutionize the men's underwear industry by bringing in high-level fashion.



### THE UNIQUE ASPECTS OF KINGS AND JAXS

Kings and Jaxs is a totally different line. Finally there is a men's fashion statement in underwear that is exceptionally comfortable. It took years of product development to arrive at the result.

Perfectly soft premium cotton is married with just the right amount of pure spandex. A waistband hybrid of Spandex and Lycra with premium plush ultrasoft interior completes the package. There are unique fashion-forward graphics and designs that are pigment printed using no rough transfers or crackly print. Bright, bold, beautiful art is finished with hand-stitched perfection. Says Jordan, “we are hoping to revolutionize the men's underwear industry by bringing in high-level fashion.

### RUSSELL WESTBROOK

Russell Westbrook is Kings and Jaxs'a top-ranking athlete who models the brand and has a real appreciation of the product's quality and uniqueness. Jordan says, “ I immediately thought of

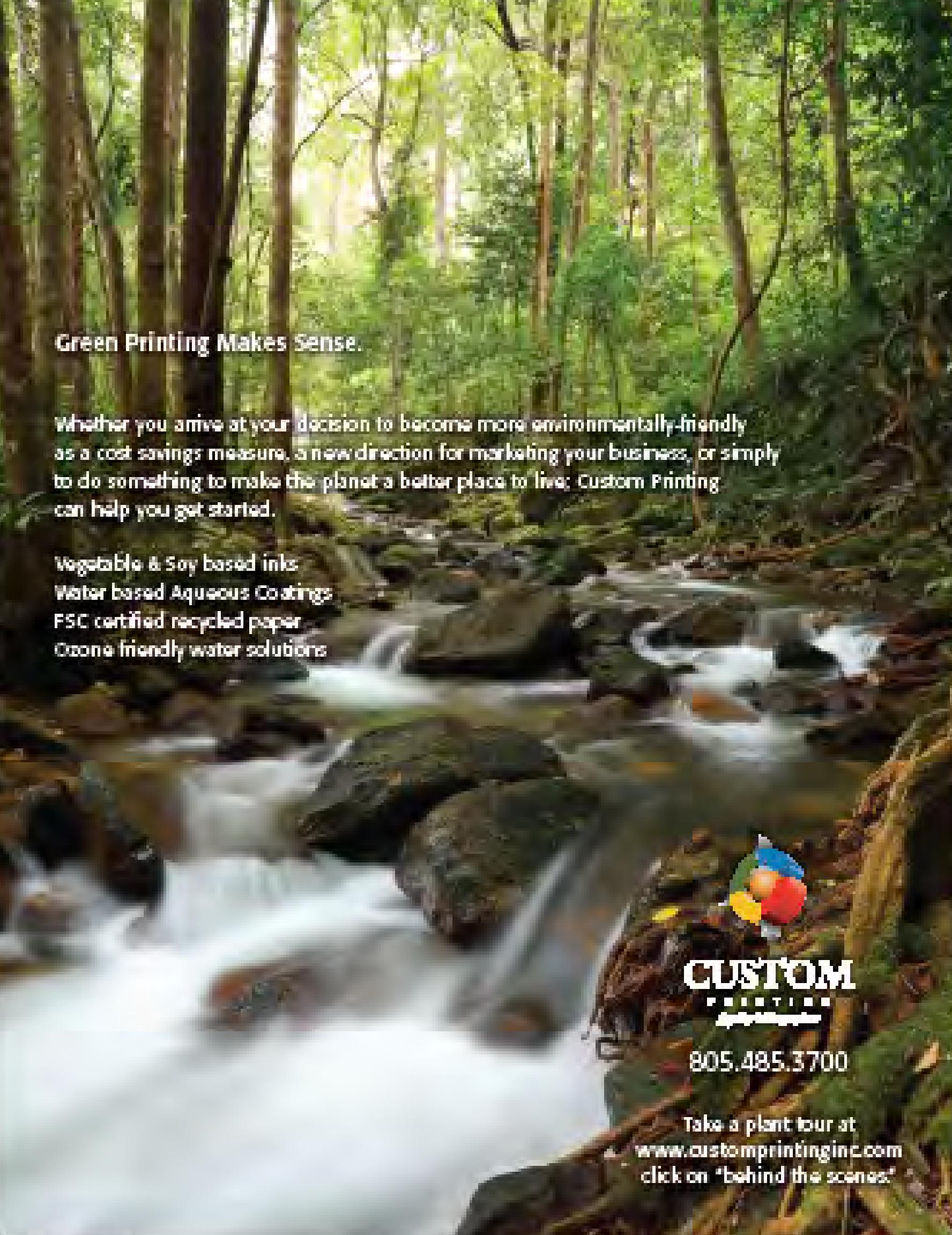
Russell Westbrook. He's the most fashionable celebrity in the world today. He is a basketball superstar, a gold medal Olympian and a regular at fashion events worldwide. When we met with Russell and his agent and showed them the product, it was game on! They LOVED the underwear! It was a perfect match and a done deal.”

### WHAT TO EXPECT

There are 10 different graphics available and 10 more graphics coming in the Spring. The Spring line will offer the addition of new material options as well as some great graphics. Jordan's goal is simple: To be the world's best men's underwear.

### AVAILABILITY

Kings and Jaxs is available at Nordstrom and Saks Fifth Avenue. You can find them online at [Kingsandjaxs.com](http://Kingsandjaxs.com) as well as more than 200 specialty retailers nationwide. [Kingsandjaxs.com](http://Kingsandjaxs.com)



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Cascade is an opulent chandelier with cascading chains of Swarovski crystals intermingled with strands of LEDs, echoing the tempestuous flow of a waterfall. You can order the cascade chandelier in customized heights at Global Source Lighting, Inc.





Homeandhearth



# GLOBAL SOURCE LIGHTING

Global Source Lighting, a renowned and well-respected lighting destination in Northern California for more than a decade, recently opened its doors on Canwood Street, Agoura Hills. Northern Californian customers, architects, designers and contractors have regarded Global Source Lighting as the ultimate experts in style and service. They carry the finest selections in lighting at the best possible prices (because of the warehouse location). From a chandelier over the dining-room table to a grand-entry chandelier, this lighting retailer is a one-stop shop for all your lighting needs. Global Source Lighting carries a very popular new trend – kitchen and bar pendants which – if centered, make a beautiful feature. The array of choices is extensive and includes ceiling fans, vanity, recessed lights, energy-efficient and outdoor lighting.



Exquisite and innovative, the Beveled Arcs collection is equally effective in dramatizing a traditional or contemporary setting. A true advancement in lighting design for the 21st century and beyond. The ground breaking concept has dramatic sweeps of arcing beveled crystals and can be viewed at Global Source Lighting, Inc.

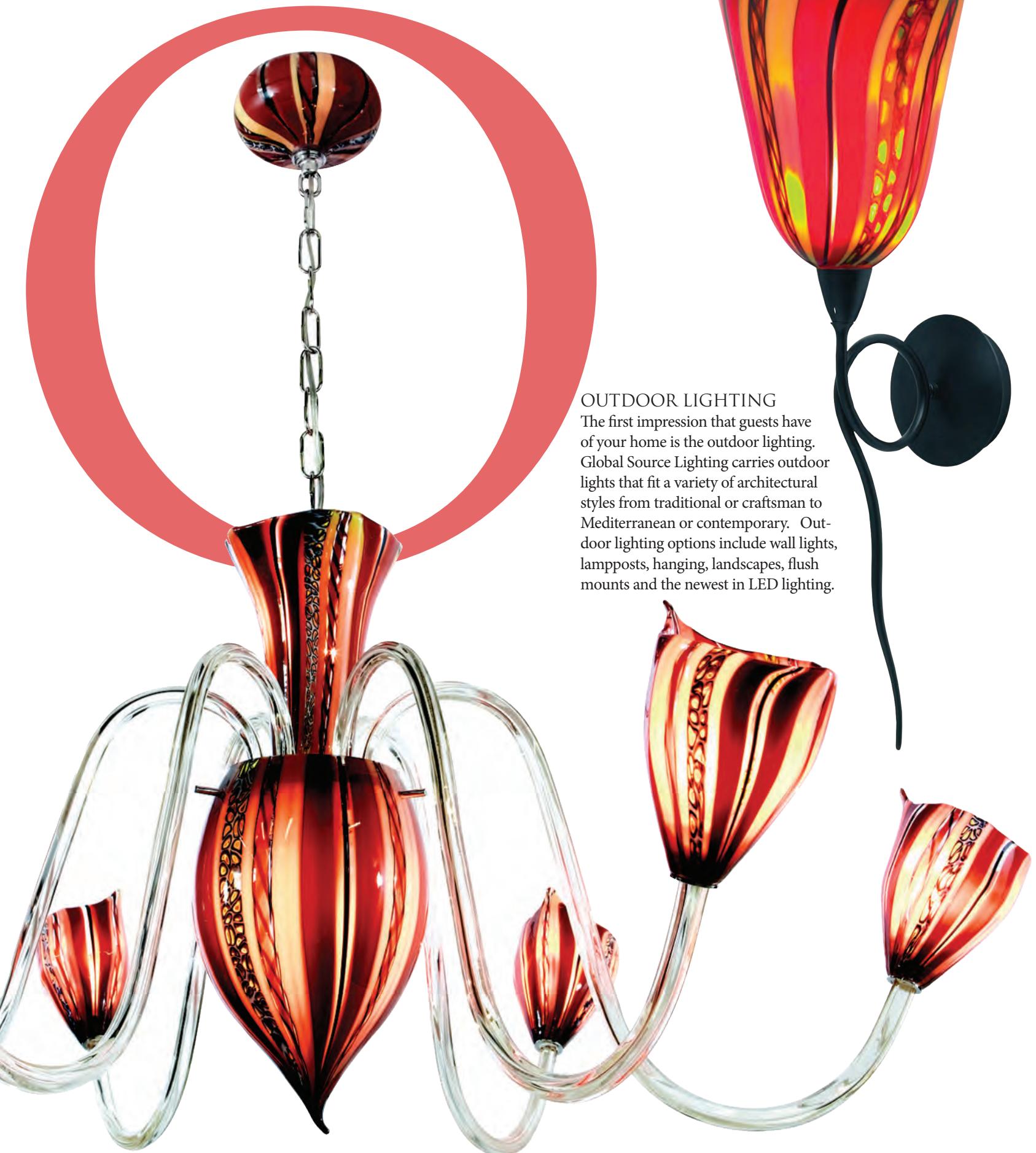
#### VISIT THE SHOWROOM

When you visit Global Source Lighting's showroom you'll find a huge selection of lighting options for every room in your home. The staff provides design expertise and exemplary service. If you can't find the exact light to fit your design vision, the experts at Global Source Lighting can custom design and size the perfect lighting that fits your vision. Installation service is also available.

#### TOP-QUALITY BRANDS AT THE BEST PRICES

Global Source Lighting carries top-quality names like Swarovski, Fine Art Lamps, Hubbardton Forge, Kalco, Crystorama and Eurofase.





#### OUTDOOR LIGHTING

The first impression that guests have of your home is the outdoor lighting. Global Source Lighting carries outdoor lights that fit a variety of architectural styles from traditional or craftsman to Mediterranean or contemporary. Outdoor lighting options include wall lights, lampposts, hanging, landscapes, flush mounts and the newest in LED lighting.





The Milano collection is a tribute to Italy, the country that enlightened the world with the gifts of Michealangelo and Da Vinci. The ornate body of the Milano is composed entirely of italian casting and Swarovski elements.

MEET YOUR LIGHTING NEEDS  
Global Source Lighting displays the largest variety of the most up-to-date colors and designs. Visit their Canwood Street showroom, survey the array of styles available and meet your lighting needs with the most knowledgeable and helpful staff.



#### LIGHT AS ART

Lighting is not only functional but it supplies a backdrop or canvas for artwork, furniture and the room's design. The Global Source Lighting staff will help you select lights or lighting accessories that completely complement your home's décor.

**Global Source Lighting**  
**28501 Canwood St,**  
**Agoura Hills, CA 91301**  
**(818) 707-6000**  
**[www.globalsourcelighting.com](http://www.globalsourcelighting.com)**



Theresa, Luke & Christopher Parkening with River the Australian Shepherd. Fly-fishing for trout (catch and release)

A vertical photograph on the left side of the page shows a person's legs and feet in the foreground, wearing dark green boots and light blue jeans. They are sitting on a grassy bank next to a river. A small yellow wildflower is in focus in the lower center. In the background, there's a body of water and a distant, hilly landscape under a clear sky.

CHRISTOPHER, THERESA & LUKE PARKENING'S

# Journey ALONG THE RIVER OF GRACE

STORY BY DIANA ADDISON LYLE ➤ PHOTOGRAPHY BY CURTIS

Christopher Parkening is considered America's reigning classical guitar virtuoso, carrying the torch of his mentor, Andrés Segovia. He holds the Chair in Classical Guitar at Pepperdine University under the title 'Distinguished Professor of Music.' Christopher also is Artistic Director of the Parkening International Guitar Competition, named in his honor, which is held every three years on the Pepperdine campus and is the preeminent competition of its kind in the world. The Washington Post cited his stature as "the leading guitar virtuoso of our day, combining profound musical insight with complete technical mastery of his instrument." In the earlier part of Christopher's life, the pursuit of excellence in his chosen instrument was his herculean driving force. His discipline and sacrifice took him to the top – but it was not until Christopher found peace and hope in his Christian faith – that he could truly embrace the classical guitar with all his heart and with a sense of absolute purpose. The next, pivotal part of his life's journey was meeting and marrying his beautiful wife, Theresa, a woman who unreservedly has completed him.

A highly-accomplished person in her own right, Theresa's ebullient personality and her steadfast commitment to her marriage, her family and her community (for whom she does much-needed philanthropic work) are just some of her extensive attributes. Malibu's answer to Maria Sharapova comes elegantly wrapped up in humor, positivity, sensitivity and kindness. Luke carries the family torch in every respect. A talented athlete, he is Christopher's and Theresa's cherished son. The family's full schedule often encompasses Christopher traveling to give lectures and master classes throughout the country. During the summer the Parkenings head out to their mountain retreat so that Christopher can indulge in another passion that he has perfected - fly-fishing for trout! '**Grace Like a River**' is Christopher's celebrated autobiography about his journey to that which truly matters.

**You've had and continue to have a prolifically successful career as one of the world's preeminent classical guitarists. What are some highlights in your substantial career? What was one of the toughest moments in your career?**

**CHRISTOPHER:** There have been many special moments that I will always remember, so it's very difficult to select just a few. Although there is always a level of excitement with each performance, there is also an immense amount of pressure. I read in the Musicians' Union magazine that the pressure applied to a classical artist to play perfectly is tantamount to a jet fighter pilot in combat. Of course, there is really no comparison. With one, you can lose your life, and with the other, you just get a bad review!

It has been an immense privilege to play at some of the top venues around the world, and with many wonderful artists

and orchestras. Participating in Carnegie Hall's 100th anniversary celebration, performing twice on the internationally televised Grammy® Awards broadcast, and twice at the White House were definite highlights. I also have especially enjoyed the opportunity to perform with singers, including Kathleen Battle, Renée Fleming, Placido Domingo, Julie Andrews, Josh Groban, and Jubilant Sykes.

One of the toughest moments of my career was a very frightening experience several years ago when I was staying at a fishing ranch. I smashed a finger six days before playing Joaquín Rodrigo's "Concierto de Aranjuez" with the Los Angeles Philharmonic at the Hollywood Bowl. It turned out that the finger was not broken but severely lacerated, and I couldn't practice for three days – so stiff and painful was the injury. I prayed about what to do, but did not feel I should cancel the concert



Performing in Boston, 1995  
(courtesy of Worcester Telegram & Gazette)



After performing at  
Andrés Segovia's master  
class, Winston-Salem,  
North Carolina, at age  
seventeen

three days away. A day before the concert with my fingers and entire left hand still stiff and sore, I started to go through the concerto slowly. That evening, I read a sermon that spoke about "The Sufficiency of God's Grace" from the Bible, 2 Corinthians 12:9-10 which reads, "My grace is sufficient for you, for My strength is made perfect in weakness." It is when the Christian has lost all human ability to deal with his difficulty, when he is weak, without resources, destitute, and left totally to trust in God's power in grace to sustain him, that he becomes a channel through which God's power can flow. I went to bed that night feeling at peace. Besides my family, I hadn't told anyone what had happened to my finger. I went out on stage the next night saying "Lord, I am playing this concert for you and I will totally trust in Your grace as I perform." It turned out to be one of the best concerts I have ever played.

**Andrés Segovia was a pivotal influence upon my life and career, and I have always believed that he was the greatest classical guitarist of all time. He single-handedly elevated the guitar to the status of a concert classical instrument and moved millions with his poetic, lyrical phrasing, beautiful sound and romantic musical spirit**

**Where were you raised? What were your family's values? What career did you pursue before meeting Christopher?**

**THERESA:** I was raised in Atlanta, Georgia in a wonderful, loving family. My parents always encouraged my brother and me in our interests and hobbies. I remember one time in high school taking a photography course. I loved it so much that my Dad built

a darkroom for me in the basement. We did a lot of fun things together as a family and my mom is still, to this day, one of my greatest inspirations. My grandmother is in Atlanta, too, and just turned 101 years old! She's amazing! Between my Grandmother, my Mom, myself and Luke, there are four generations! After college and receiving my degree in Journalism, I worked at CNN, Coldwell Banker and Delta Air Lines.

**Why is the guitar such a beautiful instrument to play? Why has it been such a valuable component of your life?**

**CHRISTOPHER:** The great Spanish guitarist, Andrés Segovia, once said, "The beauty of the guitar resides in its soft, persuasive voice, and its poetry cannot be equaled by any other instrument." It's a very intimate instrument, my life's profession, a way to express myself, and an artistic outlet.

**You've mentioned in your book, *Grace Like a River* that you often dreaded major performances and hence you had set your retirement target date for age 30 because of the unrelenting physical and emotional exhaustion that you often felt from concert tours. After becoming a committed Christian you came out of retirement because you felt strongly that your musical gift should be to God's greater glory, in the same way that famed composer, J.S. Bach, felt about the calling with his music. Has that diluted some of the physical and emotional exhaustion that you might have felt in previous years – about performing?**

**CHRISTOPHER:** Definitely. The fact that in my heart I am playing for the Lord, and the audience is secondary, gives me a sense of purpose that overrides my concern for earthly success. I have a faith and trust in the Lord, knowing His perfect will is accomplished, but that doesn't mean I don't have to practice very hard. Most people believe you need to be confident in order to play a good concert. I understand, however, that God does not want us to take confidence in our own ability, and I realize that I am inadequate for the task ahead. This requires me to depend totally on God's grace. Likewise then, it is a source of peace and comfort to look back and remember God's grace in past performances and trust that His grace will be sufficient for this one as well. Backstage, I constantly remind myself of what I know to be true. For example, "All things work together for good for those who love God" (Romans 8:28).

The famous film composer, John Williams, once told me a funny story about how to conquer stage fright. In a conversation, a friend of the great cellist Gregor Piatagorsky suggested that backstage before the concert the cellist should just tell himself, "I am the great Gregor Piatagorsky" and he would not have any problem with nerves. Piatagorsky replied, "That is what I already do. The problem is . . . I do not believe myself!"

I had the privilege of writing about some of these experiences in my autobiography, *Grace Like a River*, a book that I hope will inspire and encourage as I tell of God's grace in my life through many trials and struggles.







Christopher is also a world class fly fishing and casting champion who has won the International Gold Cup tarpon Tournament (the "Wimbledon" of fly fishing) in the Florida Keys.

On that note, Bach is one of your favorite composers, and in particular, so is his composition, "Jesu, Joy of Man's Desiring." What are some of the other favorite pieces that you love to play, and why?

**CHRISTOPHER:** One piece I enjoy playing is "Koyunbaba" ('The Shepherd') by the Italian composer Carlo Domeniconi. Although the composer was born in Italy, he grew up in Istanbul, hence, the Middle-Eastern (Turkish) flavor of the piece. The real uniqueness of this evocative piece lies in the fact that the entire guitar is tuned to a C# minor chord. In fact, there is only one string that remains at normal pitch, and that is the first string. The piece is challenging to play well, both technically and musically, but audiences have responded to it very positively, so I have chosen to perform it a few times 'out of my retirement'.

**When you met Theresa at a book and CD signing event, and when you went on your first date with her, at what point did you know that she was "the one"?**

**CHRISTOPHER:** I first met Theresa and her mother after a concert in Atlanta, when she asked me to sign a CD. Her mother mentioned to me that Theresa played the guitar. I asked her how she spelled her name, because I have a sister named Teresa, and she told me she spelled it with an "H." At the end of the signing table, there was a

**It has been an immense privilege to play at some of the top venues around the world, and with many wonderful artists and orchestras. Participating in Carnegie Hall's 100th anniversary celebration, performing twice on the internationally televised Grammy® Awards broadcast, and twice at the White House were definite highlights**

postcard that said to call an 800 number for a tape of my testimony. There was a long line, and I couldn't stay and talk to her, although I wanted to, but I noticed she picked up the post card and said, "I'm going to order this." When I got home that night, I called my secretary, Sharon, and said, "If a 'Theresa' calls from Atlanta . . . save her address!" Through that, I was able to get her the information about a master class I was giving at Montana State University, and when I requested her phone number, she kindly obliged. I called her from Los Angeles. That first conversation lasted 2 1/2 hours, and many subsequent lengthy conversations followed. It was through getting to know her and her heart over the phone where I finally started to realize that she could be 'the one.'

**At what point in 1997 - when you met Christopher - did you know that he was the right man for you?**

**THERESA:** It wasn't until we spoke on the phone the very first time. So much was said in that 2+ hour conversation that made me think.... Hmm... something's happening here!" I dreamed I married him that night!

**How has marriage enriched your lives?**

**CHRISTOPHER:** My marriage to Theresa has completed me. She is always the encourager, has a beautiful heart and always supports and prays for me in every endeavor.

**THERESA:** My marriage to Chris is one of my life's greatest and most beautiful blessings! He is a wonderful husband and father and I'm so very proud of him.

**Motherhood to Luke. How would you describe its lengths and breadths?**

**THERESA:** It is definitely the best and most challenging job in the world! Every single day I look at Luke in amazement and thank God for the precious gift of him. Still to this day, 9 years later, I marvel that I am his mom! He's so much fun, too. I love shooting hoops with him, playing tennis, jumping on the trampoline, you name it...I'm a sporty mom! We have a blast together. Motherhood is the adventure of a lifetime.

**Fatherhood to Luke:** You mentioned that your Dad instilled in you the pursuit of excellence, but he was often hard on you. Yet, you credit him with being a driving force behind your early success. However, you've also stated that when you became a Dad, you wished to do it differently with less emphasis on perfection and more on balance - recognizing that heart and effort are equally important attributes to encourage in children. Have these goals and thoughts come to pass in the way you are raising Luke?

**CHRISTOPHER:** I try to be balanced in my parenting of Luke. I feel that when a person is trying their best, that's pretty much all you can expect of them. I do see in Luke a driving force to achieve. For example, he will keep trying to do something in sports over and over again until he accomplishes it. I recognize that same personality trait in myself. Discipline, a desire for personal excellence, and perseverance are traits I learned from my father that helped me grow up to be a professional recording and concert guitarist. When Luke finally goes off to college, I hope that Theresa and I have helped to instill these traits along with tenets of our Christian faith: biblical principles like integrity, honesty, loving the Lord with all his heart, loving his neighbor as himself

(Luke 10:27) and to be disciplined, to work hard, and pursue personal excellence.

For now, I want my son to know “God’s unconditional love” and to feel his parents’ unconditional love as well, which does not require that Luke necessarily follow in my musical footsteps. He is very musically talented, including having perfect pitch. However, I have not pushed the guitar on him, and he seems to be more interested in the piano, which is a great foundational instrument. He currently is taking piano and trumpet lessons; however, his main passion seems to be basketball.

**What are 3 things of which you are most proud?**

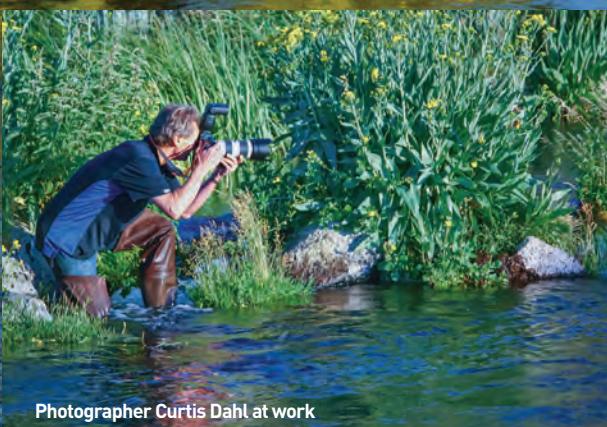
**THERESA:** My faith in God, my family and my friends.

**The great classical guitarist, Andrés Segovia, has been a lifelong friend and inspirational mentor to you. He died at age 94 in Spain. What are some of the fondest memories you have of your time with him, and what do you want the world to remember about the great Andrés Segovia?**

**CHRISTOPHER:** As you know, Andrés Segovia was a pivotal influence upon my life and career, and I have always believed that he was the greatest classical guitarist of all time. He single-handedly elevated the guitar to the status of a concert classical instrument and moved millions with his poetic, lyrical phrasing, beautiful sound and romantic musical spirit. I have always believed that there were 4 elements that set him apart from others: 1) His unsurpassed musicianship – the soul, passion and

feeling he put into his music; 2) His great technique; 3) His uniquely beautiful sound through which he achieved an incredible variety of tonal colors; 4) His charisma and ability to communicate that genius to his audiences all over the world. Simply put, Andrés Segovia was to the guitar what Paganini was to the violin, or what Liszt was to the piano.

The first time I studied with Segovia was at his first United States master class in 1964. I was blessed to learn from him, and later, get to know him on a more personal level. There were nine players chosen from all over the world to study in that master class. Early in those sessions we would sit in a semicircle around him before a large audience, and he would look over at us through his thick “Coke bottle” glasses and point to us one by one to play for him. It



Photographer Curtis Dahl at work

was both exhilarating and terrifying to be a wide-eyed 15-year-old student sitting there in front of the greatest guitarist of all time. After overcoming some initial nervousness, things started to go fairly well. Segovia offered numerous suggestions for improving my fingerings and interpretation. It was such an honor and privilege to work with the one whom I admired so much. All of us who have made a career with the guitar stand on the shoulders and the legacy of, in my opinion, the greatest guitarist of all time, Andrés Segovia.

#### Your passions?

**THERESA:** My family is my greatest passion and it's my desire to be the best wife and mom to them. But I also love tennis! When I was growing up, I dreamed of playing at Wimbledon. I have a very competitive

side of me (my tennis friends will tell you) so league play is a great way to release my "inner Sharapova"! I am also involved with two charities that help women, children and families - causes I am passionate about: the Union Rescue Mission's Hope Gardens Family Center and the Boone Center for the Family at Pepperdine.

#### Tell us about Chris's surprise birthday gift to you

**THERESA:** For my 40th birthday, my husband planned a scavenger hunt for me, leaving clues throughout our house that would eventually lead me to 2 airline tickets to London for the end of June. I thought, "Oh honey, that's wonderful!" Then, he gave me another clue, which led me to his studio, and inside the piano bench were Centre Court tickets to the Women's Tennis Finals at Wimbledon! I cried I was so happy. He even flew my parents out to witness the surprise. It's a moment and trip that I will never forget.



Christopher with his Mountain Lion, Miss Montana

Your role as a teacher at Pepperdine University - Rewarding in what ways?

**CHRISTOPHER:** In 2002 I was invited to Chair the guitar department at UCLA, but when the opportunity presented itself at Pepperdine, along with the encouragement



Christopher, River & Luke at their Mammoth Mountain Ranch.



Christopher with renowned American composer Aaron Copland, as he played some of his compositions for possible adaptation for classical guitar, 1971

Christopher with President Reagan after a concert on the South Lawn of the White House in June, 1988



At the 1987 Grammy® telecast performance with Kathleen Battle. Their EMI recording, Pleasures of Their Company, was nominated for Best Classical Album



Working on the "Concierto de Aranjuez" in London's Abby Road Studios with Joaquin Rodrigo and his daughter, Cecilia

of Dorothy Stotsenberg, Andrew Benton, Marnie Mitze and others, the deciding factor for me was Pepperdine's mission statement, which fits so perfectly with my own personal mission: to use whatever ability God has given me to glorify Him with my life and with the music that I play. This motivation for playing music with excellence is what I hope to pass along to the next generation of young musicians here at Pepperdine.

By the way, throughout the school year on the second Tuesday of every month between 5:00 – 6:00 p.m., our guitar students play a concert in the Surfboard Room of the Payson library at Pepperdine University. There is no charge, and the public is welcome to attend.

At the end of my first year at Pepperdine, I assembled my guitar students and told them what a pleasure it had been to teach

them throughout the year, how much I appreciated their hard work, and that I was looking forward to seeing them in the fall. I turned around and was about to leave when one of the students said, "Mr. Parkening, we have a gift for you." He gave me a box wrapped in orange and blue Pepperdine paper. When I unwrapped the paper, I found a Bible. They had inscribed my name on the cover, and inside, each student had written a paragraph about what it had meant for him to study with me that year. I was deeply moved, and my wife, Theresa, later commented, "This is what teaching is all about."

**Life presents us with many challenges. Does the journey become more manageable with experience? What has life taught you?**

**My marriage to Theresa has completed me. She is always the encourager, has a beautiful heart and always supports and prays for me in every endeavor**

**THERESA:** For me, my faith has been a strong anchor when the winds of life have presented trials and challenges. The journey becomes more manageable only when my eyes are focused on God rather than my circumstances. He gives me a spirit of calmness, a strong, solid trust and dependency that rests in Him alone. I can live freely and fearlessly knowing that God is always in control.

**Your other passion in life is fly-fishing for trout. What is it about this sport that you love so much? Your fly-fishing animal companions "Woodstock" the otter, "Miss Montana" the mountain lion, and "River" your Australian Shepherd. Any fond memories of their time at the river with you?**

**CHRISTOPHER:** I love the fact that when I am fly fishing for trout, I am generally in the mountains where the scenery is breathtakingly beautiful. I especially enjoy fishing the spring creeks where there is a kind of peaceful solitude, until you present your dry fly upstream toward a 5-pound brown trout, and when his head breaks the surface to take the fly, the solitude is immediately



shattered into a fantastic, exciting quest to land this big trout.

I love the excitement and the challenge. Many years ago, my father took me to the Long Beach casting pool where we honed our skills and eventually competed in fly-casting tournaments which helped a great deal with my casting technique.

Early into my moving to Montana, we had been given a Malaysian small-clawed otter named Woodstock, who was very tame and loved people. He enjoyed going fishing with me, and would generally follow close by, checking out the stream banks and frolicking here and there. When I hooked a trout he would jump into action and follow the fish as I brought it to the bank and released him back into the river. One particular time, I was fishing a spring creek in Montana, and I had him along. I fished for about 45 minutes with Woodstock following me. I fished another 15 minutes and looked down for him, but he wasn't there. I saw a lady who had waders on, fishing in the middle of the stream, and I thought I should walk up there and maybe I'd find him. As I got about 50 yards from the lady, I suddenly heard a scream, and she threw her rod up in the air as Woodstock was trying to climb into her waders from the stream! I yelled, "Wait, wait, and don't hurt him! He's my pet otter!" I ran toward her and picked up Woodstock, and she seemed very relieved. She told me that she couldn't believe this wild otter would swim right up to her unless he was rabid!

I had another "fishing companion" at my ranch in Montana: a mountain lion we named "Miss Montana". Like Woodstock the otter, she enjoyed fishing with me. Typically, she would walk about 20 yards behind me. Part of our ranch was full of cottonwood trees, bushes, and tall grasses that kept her hidden as she followed me. Once, as I got close to the place where I wanted to fish, I saw two poachers—gruff-looking guys sitting in portable chairs, resting bait-fishing rods in V-cut sticks.

They were bait-fishing in one of the best spots, not as catch-and-release sport fishermen who would have been welcome to fish the ranch. I tried to speak kindly. "Excuse me, but this is a private ranch, and it's fly-fishing only, by permission. If you want to come back and do some catch-and-release fly fishing, just call me." They answered with a streak of four-letter words. Just at that time, Miss Montana came into sight, stealthily and determinedly walking toward me through the brush—eyes straight ahead and intent on me. The two poachers' eyes got big, and I never saw anyone move so quickly! They grabbed their gear and ran toward the highway where their car was parked, never to be seen again. Of course, the truth was that Miss Montana wouldn't have bitten a warm biscuit, but they didn't know that.

When I go fishing with River, our Australian Shepherd, he goes bounding down the river bank, spooking many of the fish as he goes. But I know he is having so much fun, it's hard to leave him behind in the cabin. I'm sure, in time and with a little training, he'll stay a little more by my side.

#### **What is your earnest wish for humanity?**

**CHRISTOPHER AND THERESA:** Our prayer for humanity is that all would come to a saving knowledge in the Lord Jesus Christ. As it says in John 3:16, "For God so loved the world, He gave His only begotten Son that whosoever believes in Him should not perish, but have everlasting life." We also believe life has meaning and beauty when it is lived within the framework of the overarching majesty, goodness, and love of God.

#### **What does an ideal Parkening family day look like?**

**THERESA:** On the weekends, breakfast together, attend Luke's basketball game, throw the Frisbee to River, perhaps go out to dinner and a movie later, then bedtime

stories, a Bible devotion and prayer with Luke. Just good family time together!

#### **Favorite vacation spot?**

**THERESA:** Our family lake house north of Atlanta, and our cabin near Mammoth Lakes, CA.

**CHRISTOPHER:** Going to the High Sierras to fly-fish for trout and also fly-fishing for Tarpon in the Florida Keys.

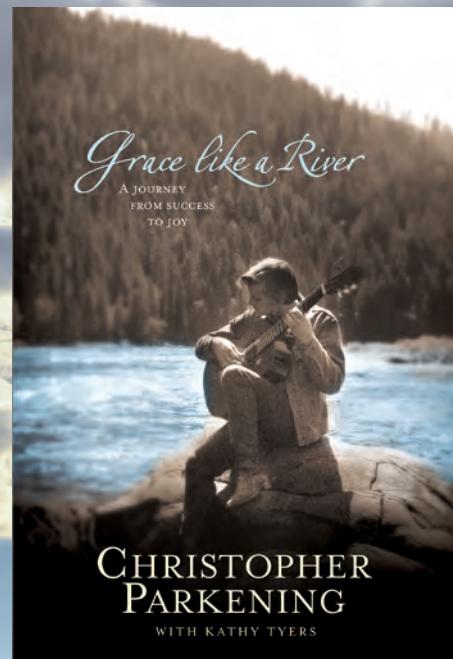
#### **One of your favorite movies of all time?**

**THERESA:** "Sleepless in Seattle" and "Ben-Hur".

**CHRISTOPHER:** "Ben Hur" and "The Sound of Music."

#### **A favorite Chris and you moment?**

**THERESA:** Our honeymoon! We stayed on the Big Island of Hawaii and Maui.



**CHRISTOPHER PARKENING**  
WITH KATHY TYERS

'Grace Like a River'  
Christopher Parkening's autobiography

**A favorite Theresa and you moment?**

**CHRISTOPHER:** During our courtship, I learned a piece that Theresa had told me she really loved. I smuggled a guitar to the beach, and surprised her by taking it out and playing her favorite piece for her, with the sound of the ocean waves in the background.

**Your favorite down-time indulgences?**

**THERESA:** Spending time with my friends, reading, tennis, working out, or going to the movies. Every morning I come downstairs before Chris and Luke are awake, have a cup of coffee and spend some quiet time in prayer with our dog, River, by my side.

**CHRISTOPHER:** Playing basketball with Luke, and watching sports on TV.

**Any 2014 New Year's Resolutions?**

**THERESA:** Every year I say I'm going to get more organized in my desk area, and every year it gets more unorganized! No resolutions this year, and maybe this will be THE most organized year yet! ☺



The sky at the Parkening's Ranch in the Sierras around Mammoth Lakes.





# Fashionsense



## "Fashions fade, style is eternal"

(Yves Saint-Laurent)

By Magda Pescariu

A few days ago I was taking notes in a prominent business woman's office, engaged with her and a few other bigwigs in a heated conversation that managed somehow to never deviate from solidity and frankness. I was completely smitten with the calm way she managed to address our adverse comments and inquisitive doubts while staying on the subject with competence and equanimity. The woman had style. It was clear to me, even though it would have been difficult to point out exactly which part of who she was or what she was doing brought me to this firm conclusion. Tall, with the mane and broad shoulders of a Nibelung goddess, she filled the room with confidence and arrested everybody's attention effortlessly.

"What a sharp business mind", I was thinking while jotting down a few points from her presentation certain to fuel further debate, when the whole room gasped in shock – the woman in front of us had just uttered a four-letter word and the business world's tick-tock stopped baffled in its tracks. 'Oh, Lord', my pleased brain gushed like the little boy in "Jerry Maguire", 'she said *soul*; it's ok, I won't tell on her'... In the middle of her financial, strategic and crisis-management analysis this impeccably contained business woman said something about soul. And that was precisely the moment I knew where her style was coming from.

Every time I think of style, Audrey Hepburn's angelic face comes to my mind with, well, angelic timing and finesse. To me, she is the quintessence of style, and nothing I've learned about her in the decades I've treasured this conviction changed my mind or my feelings on the subject.

Of course, there are countless reasons supporting my belief, all of them solid, indisputable and enduring. She was an iconic beauty, 'the most fascinating woman of our time' (as considered in a 1996 poll conducted by British magazine Harpers & Queen). She was fashion designer Hubert de Givenchy's muse for four decades, inspiring some of his most famous creations, as he dressed Hepburn for many of her

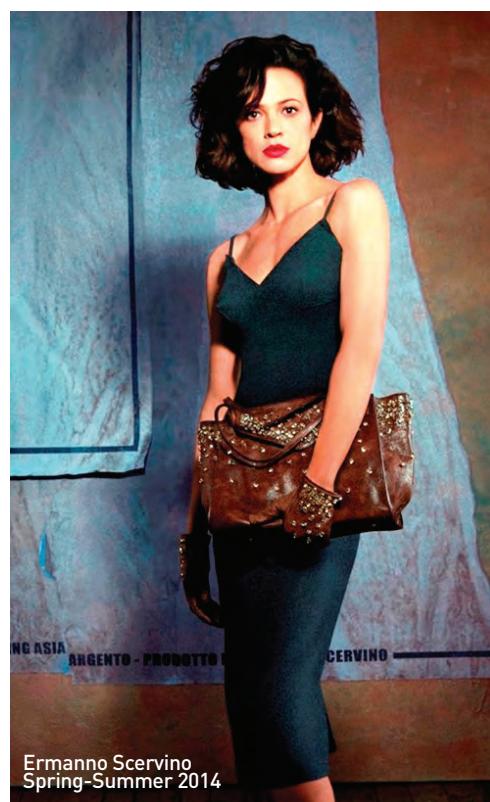
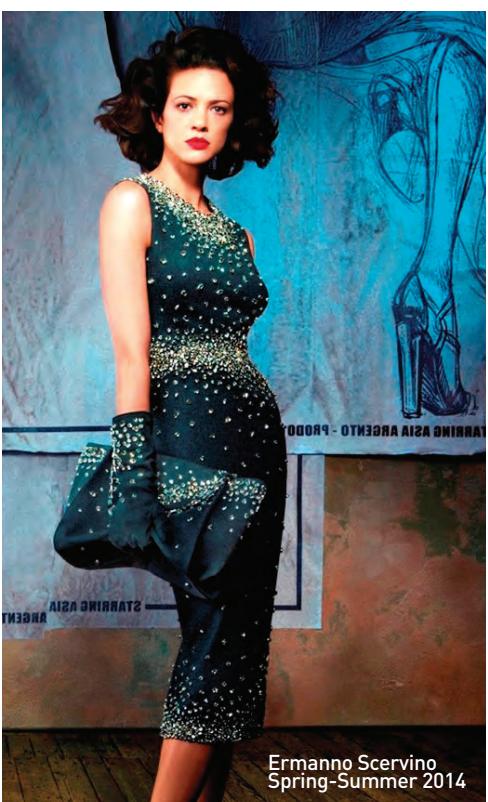
professional engagements and her personal life as well. They met on the set of 'Sabrina' (in 1953) and continued their aesthetic collaboration for 'Funny Face', 'Love in the Afternoon', 'Breakfast at Tiffany's' and 'My Fair Lady', to name just a few. Audrey's slender look and refined bearing made Givenchy's polished and aristocratic designs instant triumphs.

The black Givenchy dress worn as Holly Golightly in 'Breakfast at Tiffany's' is still considered the best dress ever worn by a woman in a film, and the iconic Ascot dress from 'My Fair Lady' comes in very close. "His are the only clothes in which I am myself" said Audrey Hepburn about her lifelong friend Count Hubert de Givenchy, which is not only heartfelt high praise, but also a delicate clue to what makes personal style distinctive, substantial and uniquely yours.

Because I believe that **the most important thing in developing a strong, refined personal style is knowing yourself**, knowing who you are and what are your assets, your preferences and your (don't pout, please) defaults; **knowing what you want to accomplish and what you wish to express** to the world out there. **And then comes making your right choices, sartorially speaking:** accentuate your assets; express your best traits; perfect a signature look and use your aesthetic judgment to stay away from anything



Audrey Hepburn [C.1956]



that would taint that look; choose quality over quantity, investing time and thought in what you select, and never compromise on the fit, the feel of fabric, color or cut.

I know it doesn't sound easy at all, particularly as we live on tight budgets of money and time. Aiming to **collect a simple, fuss-free wardrobe, consisting of a small, but perfectly curated selection of items**, harmonized and optimally adjusted to your lifestyle is not a painless approach, but if you trust your instincts and keep patiently on the right track, you will end up *feeling yourself in your clothes*, enjoying your comfort zone, confident and stylish.

What to search for? Let's go over Audrey Hepburn's staple looks and note the **essentials of style**. First, **black and white is indispensable**, gracefully represented by elegant black pants, a black top and a turtleneck, a soft white blouse, the little black dress, and black high heels. Second, you need to **entertain a romantic mood** (with no girlish frills whatsoever) - defined waist, deep jewel colors, sensual feel overall, **spiced by elements from menswear** - like trench-coats, jeans, cardigan sweaters, or fedora hats. Third, add to your wardrobe **vintage elements** (like the pencil skirt or pill-box hat), a **touch of luxury** (be it exquisite ballerina flats, a pair of diamond earrings or an authentic designer leather bag), **and a**



**surprising element** (and this can be any fashion trend of the moment you feel you can own - red leather gloves, a whimsical Hermes scarf, Jackie O sunglasses, a daring hairdo, or even shorty-shorts with high heels providing nature has been kind to your legs). Give a **nod to prints**, but only to the classic ones: geometrical and leopard. And last but not least – **define a feature** on your face and enclose it

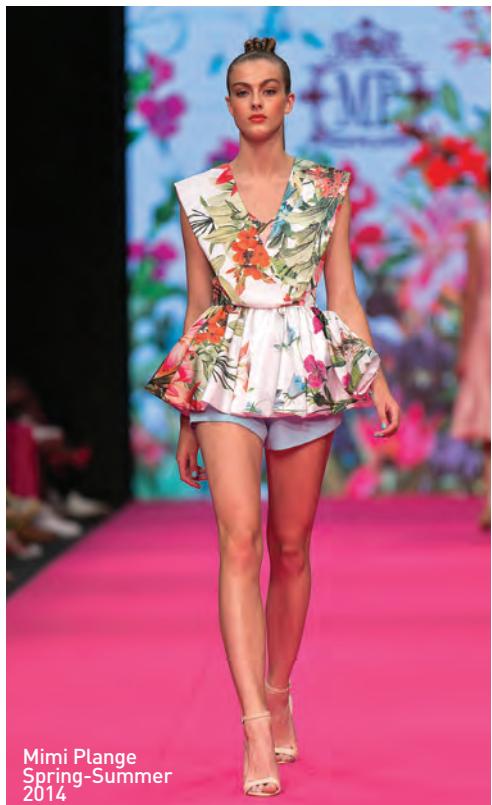
into your **signature look**: your lips (with a lipstick hue which will endure your evolution in style) or your eyes (eyebrows included).

So you got your **well-defined, perfectly harmonized wardrobe**; you **groomed yourself** into this assured persona, refined and practical, always put together and ready for every occasion. You worked on your **vocal skills**, adjusting the stray tones into appropriateness. You improved your **manners** and absorbed **etiquette**. You paced yourself into being more receptive, talking less and listening more. You got a defined personal style and people would recognize your signature look, your perfume lingering in the elevator, your choice of evening make-up, your preferred nail-polish color, and even the little gesture with which you put a lock of rebel hair behind your right ear. You did a great job. Now what? Because from here to have authentic style there is still a gap to bridge, and this gap could be hair-thin or could be an unbridgeable chasm; it all depends on what animates you, on the soul you put into it.

Returning to Audrey Hepburn, she said once that "the only things of interest [in life] are those linked to the heart". She believed the others come first and you come second in the best way possible. During the Second World War, she lived

through the Dutch famine over the winter of 1944 and suffered from malnutrition, having to dig up and eat tulip bulbs to survive. The impact of these times would shape her life and values. She experienced the ultimate Hollywood fame, became a beloved celebrity, and created iconic film characters. Appropriately and unsurprisingly, her last

role in a movie was one of an angel, in Steven Spielberg's *'Always'* (in 1988). Soon after that she was appointed a special ambassador to the United Nations Children's Fund (UNICEF), a responsibility she cherished as she dedicated the remainder of her life to helping dying, helpless, impoverished children in the world's poorest countries. I



**Every time I think of style, Audrey Hepburn's angelic face comes to my mind with, well, angelic timing and finesse. To me, she is the quintessence of style, and nothing I've learned about her in the decades I've treasured this conviction changed my mind or my feelings on the subject.**

believe that what made her into the style icon we recognize today was precisely the way she infused soul in everything she was or did. Her patience with human nature, her sense of humor, endurance, compassion, and her inside beauty (angelic indeed) – all this was what made her style authentic, distinctive and timeless.

We may see **Audrey Hepburn's looks again and again, in fashion designs that pay homage to her almost every season, the spring-summer of 2014 making no exception.** They are always fresh, joyful, elegant and attractive. We may spot here and there an element of style she brought to light and wore into immortality. Women all over the world emulate Audrey's appearance, her smile, her demeanor and grace. They may have her simplicity (as the absolute sophistication), substance, distinction and individuality. They may try to reinforce all these with patience, discretion and compassion. However, they need to be her kindred soul in order to succeed.

In taking such a close look at the wholeness of personal style, we understand that soul is the ultimate key. We understand that style is much more than the sum of its parts - things that are not all as tangible or learnable or imitable as people would usually have us believe; it is animate and fully awake. Style - once you get to recognize its essence and feel it in your core, you start to breathe it and then live it. You will never escape its gravitational pull. Nor will you ever try. 

# Things we love



1



2



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1. **Agoura Hills Dance and Performing Arts Center.** As seen on 'Dancing with the Stars', they offer the finest dance training for all ages and levels 21– adults. Special 'Custom Birthday Parties'. 818.991.8883. [www.agourahillsdance.com](http://www.agourahillsdance.com)

2. Brand new in town: **Kings and Jaxs** fashion-forward men's underwear in unique, ultra-comfortable graphics. Avail at Nordstrom and Saks Fifth Avenue and online: [Kingsandjaxs.com](http://Kingsandjaxs.com)

3. 18 karat gold diamond bangle bracelets starting at \$27,900. **Polacheck's Jewelers.** 818.225.0600. 4719 Commons Way, Calabasas.

4. **Malibu Market and Design.** Black & white Peace Paddle artwork. 25001 Pacific Coast Highway, Malibu. 310.317.9922. [malibumarketdesign.com](http://malibumarketdesign.com)

5. Beautiful cakes and boutique-style cupcakes from award-winning **Frost It Cupcakery.** Custom cakes for weddings, birthdays and special events. Design the cake of your dreams. 1341 E. Thousand Oaks Blvd. # 102. Thousand Oaks. 805.379.0390. [www.Frostitcupcakery.com](http://www.Frostitcupcakery.com) orders@frostitcupcakery.com

6. **Beau Ideal Beauty by Kathleen Hagan.** Expertly done Make-Up and Hairstyling for your special occasion. Email: [Kathleen@kathleenhagan.com](mailto:Kathleen@kathleenhagan.com). 805.984.9739. [www.kathleenhagan.com](http://www.kathleenhagan.com)



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**7. SUNLIFE Organics at The Lakes and in Malibu.** Start the New Year with turbo-charged, super healthy fruit and vegetable smoothies, soups and fresh fruit bowls. No artificial additives. 2200 E. Thousand Oaks Blvd. #110. Thousand Oaks. 805-379-2999. 29169 Heathercliff Rd #110. Malibu. 310-457-6161

**8. It's All About the Love! Bonding is Business - Pass it on! Keepsake Bonding Blanket.** 818.298.2845 \$39.99 Free Shipping

**9.** 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

**10. UGGS for winter & other stylish gear.** **Val Surf.** 3055 E. Thousand Oaks Blvd. Thousand Oaks. 805.497.1166 [www.valsurf.com](http://www.valsurf.com)

**11. Soho Push-up Bra.** \$42. Adrienne Hipster. \$12. **Kate & Lace.** 2900 Townsgate Rd. Ste 107. Westlake Village. 805.370.5222. [www.kateandlace.com](http://www.kateandlace.com)

**12. Milly-** 100% silk halter (also available in blk/wht) \$232. One-of-a-kind vintage 1940's fob necklace \$220. **Ilene's Boutique** 1145 Lindero Cyn. Rd. Westlake Village. 805.373.6633

**13. Reasonably priced Valentine's Day Flowers, Wedding Bouquets or flowers for any other celebration.** Janet Webb. **Greenwich Floral Design.** 805.427.3399. Email: janet@greenwichfloral.net. [www.greenwichfloral.net](http://www.greenwichfloral.net)

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Leopold Szneer



# Portraits of Distinction

## Leopold & Isabelle Szneer's Survival of The Holocaust

By Diana Addison Lyle

The valuable lesson that history provides for humankind is the opportunity not to repeat the mistakes of the past. Hindsight is exceptionally rich. It allows for accurate details of travesties in time to be relayed by on-the-spot witnesses. These first-hand accounts are critical building blocks for future generations so that they may have the opportunity to learn and piece together the facts that ultimately lead to human genocides.

Just as we will never forget 9/11 and the travesties that occurred that day, The Holocaust that took place in Europe between 1939 and 1945 during World War II must surely be one of the world's greatest failings. The horrors of how one leader – Adolf Hitler of Germany - could so systematically and determinedly enforce the destruction and elimination of approximately six million Jews – is hard to fathom in this modern generation. Despite our belief that we are now a more humane and tolerant society of interconnected humans, there are still racially-targeted genocides going on in the world today – which have the same beginnings and tragic endings. The rhetoric along the way is always the same. It starts with the ruling class of a country churning out racial slurs in propaganda messages that are designed to appeal to people's xenophobia, their fears and their insecurities. These propaganda messages are particularly effective on an ignorant, uneducated populace. We need only look to the recent 1994 Rwandan genocide of the Tutsi population by the Hutus – to recognize how powerful propaganda machines can be. The Tutsis were referred to as 'cockroaches' by the ruling party and the rampant slaughtering of almost one million Tutsis took place in 3 months.

Many of the last remaining survivors of Hitler's Nazi-driven Holocaust will pass on in the next decade, and so it's particularly important that we imbibe the details of their experience – while they are still able to give us live accounts. One such survivor is Cantor Leopold Szneer (who has a home on the island at Westlake) who has been a critical witness in Holocaust studies at universities. Together with his wife, Isabelle, the couple was recently honored with a '*Triumph of the Spirit Award*' in recognition for their lifetime of selflessness, heroism and unwavering courage. Here is Leopold Szneer's harrowing account of his experience of The Holocaust – an account that should be preserved for posterity:

### LEOPOLD SZNEER'S FIRST-HAND ACCOUNT OF THE HOLOCAUST

Born in 1921 in Munich, Germany, Leopold received a formal Jewish education – excelled in his studies – and dreamt of becoming a teacher and a chazzan. His father ran a thriving tailoring business in Munich and provided a comfortable life for Leopold and his two sisters, Esther and Hanna.



Then Hitler came to power in 1933 and everything changed. The Jewish Volkschule (school) closed and all children were forced to attend public school where they encountered anti-Semitism. Students would gang up on the Jewish kids and inflict bloody noses and bleeding heads. They were called "Pig Jews" and Hitler's Nazi propaganda explicitly talked about eradicating the Jews. Leopold went on to attend Doctor Breuer's Theological Seminary in Frankfurt am Main until 1938 when the school was closed by order of the Nazi Gestapo.

Meanwhile, life had become unbearable for Polish Jewry and Leopold's father could no longer work. In 1938 a new decree ordered all Polish Jews to return to Poland where they were constantly harassed. Signs in stores proclaimed: "Jews are not welcome".

One night at 4 am, the family was taken from their beds to Stadelheim Prison. After keeping them there for two days and nights, they were transported by train to the Polish border without food or water. Exhausted, sick, and terrified, they were refused entry by the Poles and the Germans refused to let them come back. Pandemonium ensued and many people were killed.

Finally the Polish Jews were declared 'stateless' and this forced the Germans to take them back to their home in Munich where they tried to forget this horrific episode. But then came November 9th, 1938: Kristallnacht. Life would never be the same. Synagogues were burned; Jewish stores were destroyed and plundered. Thousands of Jews were taken out of their homes, sent to Dachau, Sachsenhausen and other concentration camps in Germany, never to be heard from again. It was the end of Jewish existence in Germany.

Leopold recounts those dreadful days: "I was young and adventurous and I wanted to see the destruction firsthand so I went out and was shocked by what I saw. Standing in the ruins I was arrested by a Gestapo man and transported to Dachau. The Jewish Federation and the Red Cross worked hard to liberate me because I was a minor. On December 20, 1938, I left Germany with the 'Kindertransport' to Belgium. It was one day after my 17th birthday."

"In the beginning of 1939 my sister Ester received a visa to go to

England. My parents and my other sister, Hanna, smuggled themselves over the Belgian border risking great danger. I was overjoyed to finally be reunited with my family in Brussels."

But the excitement was short-lived as the German war machine continued relentlessly. The family attempted an escape to France but was forced back as the bombs fell around them.

The Resistance Movement hid Hanna in a castle owned by a cousin of the King of Denmark. Worried about the safety of his parents who spoke neither French nor Flemish, Leopold refused to leave them alone and so the family went into hiding in a dog shelter until they were discovered and arrested.

"We were taken to the headquarters of the Gestapo and pushed into a cellar. One soldier was pushing my mother. I couldn't stand it, so I pushed him back. He hit me with a brass knuckle in my chest which caused me tremendous pain. Till today I feel it. From there we were transferred to Malines transit camp. It was a few days before Rosh Hashana and I desperately wanted to organize a holiday service so I assembled 10 men, including my father, and we hid in a bunk where I conducted a short 'minyan'. The congregation was denounced by a Polish woman and at the next lineup, Commandant Kraus barked: 'Who made a holiday service?' I feared for the safety of all the Jewish inmates so I stepped forward, and the woman who outed us came forward as well. However, instead of being praised for her denouncement, the Commandant Kraus hit her across the face – saying 'If I want to find out what is going on in my camp, I'll do it myself!' He then turned to me and said, 'Here we do not pray!' It was one of 10 times that I stared death in the face and survived."

## Because I was infectious I was sent to Breendonk concentration camp for political prisoners and spent 3 weeks in solitary confinement. This was the absolute worst of all my experiences. Only my belief in God made me survive this hell.

"Conditions in the camp were deplorable and I became very sick and was sent to the infirmary. Because I was infectious I was sent to Breendonk concentration camp for political prisoners and spent 3 weeks in solitary confinement. This was the absolute worst of all my experiences. Only my belief in God made me survive this hell. I was weak and emaciated but later learned that my father and most of the other inmates back at Malines were transferred to Auschwitz. I don't have to tell you what happened there."

"I met a Belgian prisoner working in the office and I asked him to send a note to my sister Hanna, telling her where I was. I needed help. She contacted the Resistance and they came to my rescue. One night, I was smuggled out of the camp with the help of the doctor in attendance who risked his life together with a resistance fighter disguised as a priest. They whisked me away to the castle to be with my sister until I was well enough to join a Belgian partisans group in a forest in the Ardennes."

"But living in the forest proved impossible for me and after a short time I decided to take a train back to Brussels – thinking that whatever will happen to me will happen. A few days after I left, the forest was encircled by the Germans, and the resistance fighters were

arrested and sent to Germany. I had miraculously escaped yet again."

"I returned to the first place I had lived in and once more went into hiding – this time in the attic for 9 months. Only the Resistance knew where I was and they brought me food and paid for my attic rent. A neighbor brought me some soup and bread daily. This is how I survived until the liberation. Can you imagine the sound of those words? I was crying; I was laughing. I left my attic and for the first time in years I walked freely without fear. But then the enormity of what had taken place all over Europe hit me. My parents were killed; more than 70 family members were gone as well as so many childhood friends. Only my sister Hanna survived. It was only later that I would learn that my sister Ester had also survived."

### ISABELLE SZNEER'S EXPERIENCE OF THE HOLOCAUST

"When the order was given to present ourselves at a government office, my father had the good sense not to go. My father had many good friends including a gentile doctor who agreed to hide my mother, my sister Adele and me." In August 1942, when Isabelle was just 18 years old, her father had her marry an 82-year-old Belgian citizen – in order to save her life. The marriage was later annulled but Isabelle is forever grateful to her father and to the man – for saving her life.

### LEOPOLD AND ISABELLE'S MEETING

Leopold and Isabelle met shortly after World War II and married in 1947. In 1952 they came to Los Angeles to join Isabelle's parents who had immigrated 6 months earlier. At long last, Leopold could finally realize his childhood dream.

More than half a century later, the revered Cantor Leopold Szneer has led congregations in Tujunga, Los Angeles and Westlake Village, and has taught more than 3,000 boys for their bar mitzvah. Isabelle answers the question on how her husband could have found the inner strength to overcome such a tragic past. She says simply, "His faith and love for people is immeasurable."



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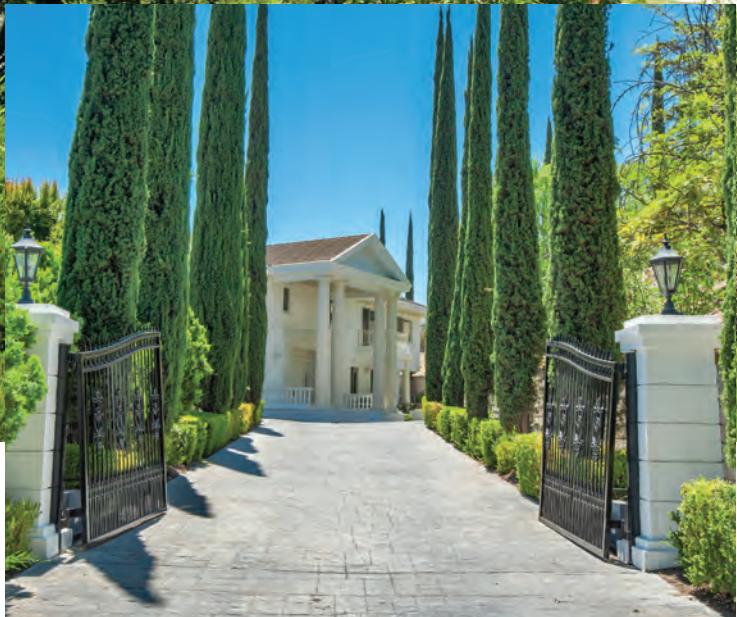
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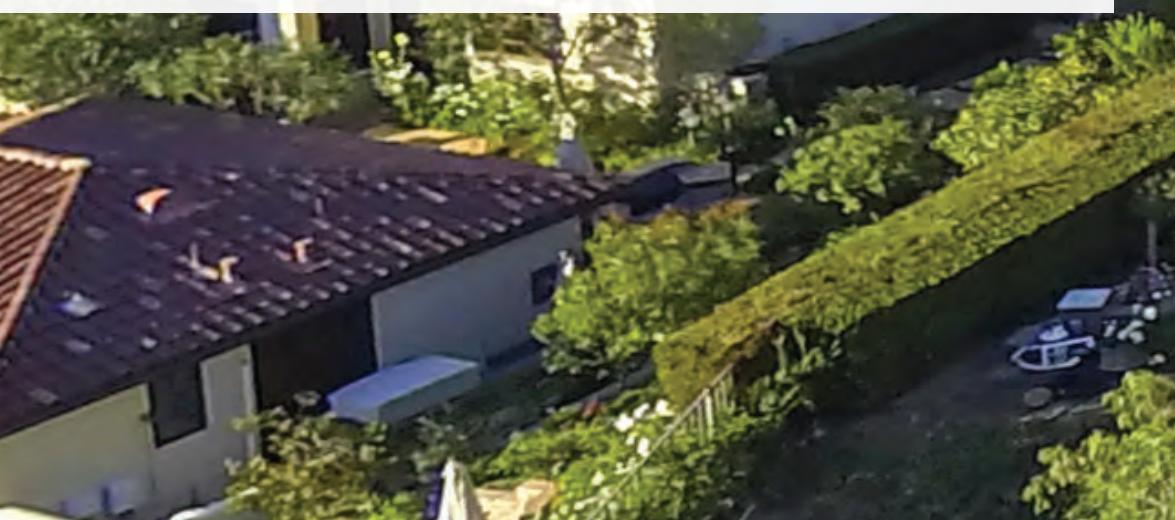
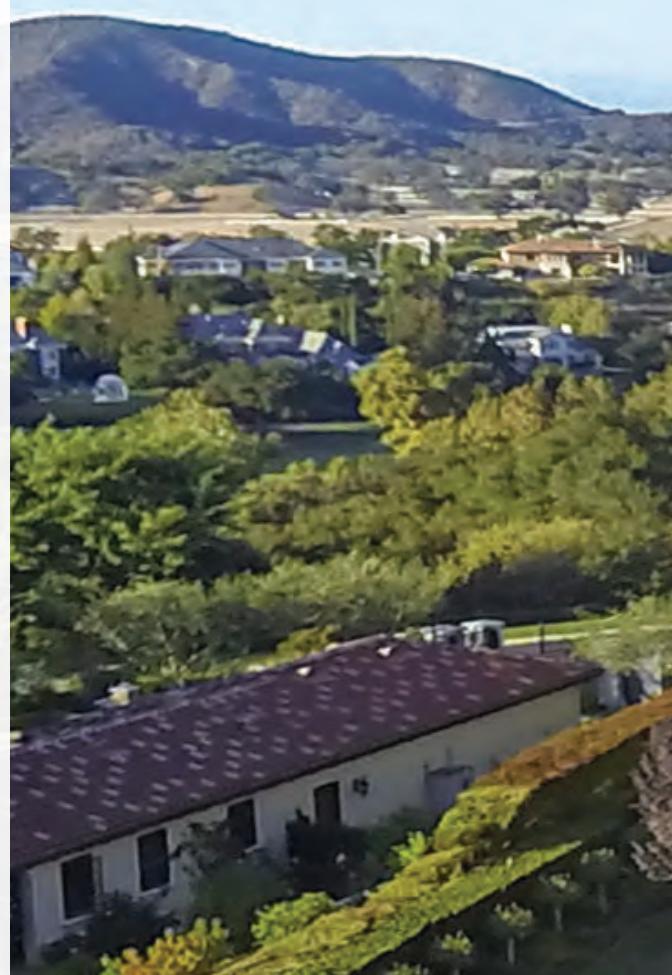
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# Moneysmart



## Market Acrophobia

By Robert J. Katch

**A**fter struggling with the fear caused by the sub-prime mortgage crisis and bear market in stocks, investors are now concerned about the market's recent record highs. Many believe such milestones are a precursor to a substantial market decline. After all, it's easy to see that past-market peaks in 2000 and 2007 were the start of dramatic market corrections. (*see chart on top of opposite page*)

With the Dow touching 16,000 and the S&P hitting 1,800 for the first time in November, are these breakthroughs signaling a big selloff or merely milestones as stocks continue to rise?

If we look back in history at our worst market crash, the Dow peaked at 380 in September 1929. It crashed in October 1929, falling to 230 for a 40% drop. It continued to slide until July 1932 when it bottomed at 40, down 89% over two and a half years. The Dow did not cross above

380 again until November 1954, more than 25 years after its 1929 peak.

While stock markets can certainly be treacherous at times, over longer periods they produce much higher returns than bonds, money market funds or any other mainstream, traded investment.

Stock's three-steps-forward with one-to-two-steps-back volatility is what makes them so frustrating and damaging at times. In early 1966, the Dow briefly touched 1,000 but retreated that same day and closed below the milestone. When it finally closed above 1,000 in late 1972, another six years had passed! It is these types of events which make investors focus on the big, round numbers as market tops.

DOW INDEX	MONTH & YEAR
100	January 1906
500	March 1956
1,000	November 1972
2,000	January 1987
3,000	April 1991
4,000	February 1995
5,000	November 1995
6,000	October 1996
7,000	February 1997
8,000	July 1997
9,000	April 1998
10,000	March 1999
11,000	July 1999
12,000	October 2006
13,000	April 2007
14,000	July 2007
15,000	May 2013
16,000	November 2013

This seems to happen even with investors' favorite stocks or sectors. Just over a year ago, Apple closed over \$700, and two years ago Gold was trading over \$1,800 per ounce. Both were market darlings at the time hitting nice big, round numbers! Apple quickly dropped 40%, and gold 30%, before rebounding slightly. Case closed?

It's "evidence" like this which seems to make investors fear the milestones. However, what is now forgotten is in its two-year surge from 2009 to 2011, Gold blew through 900, 1000, 1100, 1200, 1300, 1400, 1500, 1600, and 1700; and at each milestone market pundits screamed

progress is to analyze how long it has taken to double (*see chart below*). The Dow was at 500 in March 1956, and it topped 1,000 in November 1972, taking 16 years to double. The next double to 2,000 took 15 years. The next three doubles required eight years, two years, and six years, respectively. The Dow's 1,000 point advance from 1,000 to 2,000 took 15 years to move 100%, but this year's 1,000 point advance from May to November was only 6.7%. 1,000 points in 2013 are truly less significant than in 1972.

You probably noticed the first two doubles took much longer and their sub-5% rates of return seem low. In

**When stock markets get as expensive as ours was in 1999, a downward correction is coming. When stock markets get as cheap as ours was in 2009, an upward correction is coming. Both times, the stock market made the proper adjustment. By most valuation methods, stocks are certainly no longer cheap, but they are not expensive either.**

about the peak. Certainly those still shouting "fire in the theater" at 1,800 where finally right but, as they say, "even a broken clock is right twice a day." If you owned Gold at \$800 in 2009, you're still up 62% in four years with it trading over 1,300.

Another interesting way to look at the market's

fact, it wasn't really that bad because the Dow index does not include dividends, which averaged over 5% back in the day. Investors in those Dow stocks at the time received the dividends, so they actually doubled their money in 7 to 8 years. The real outlier is the two-year market double from 4,000 to 8,000 between 1995 and 1997, which quickly went on to top out over 11,000 in 1999. This four-year 175% surge created the bubble we've all come to know and love over the past decade. It is important to recognize that the Dow was still at 11,000 just two years ago – meaning it had no net progress for the 12 years from 1999 to 2011.

When stock markets get as expensive as ours was in 1999, a downward correction is coming. When stock markets get as cheap as ours was in 2009, an upward correction is coming. Both times, the stock market made the proper adjustment. By most valuation methods, stocks are certainly no longer cheap, but they are not expensive either. In the current environment, corporate earnings growth – and not major corrections – should drive markets.

While markets always fall from some peak, not every milestone is the peak. 💧

DOW INDEX	YEARS TO DOUBLE	RATE OF RETURN
500		
1,000	16	4.4%
2,000	15	4.7%
4,000	8	9.1%
8,000	2	41.4%
16,000	16	4.4%



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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## Perfect Practice

By Doug De Groot, MBA, CFP

**I**t is often said that, "practice makes perfect." Yet, in reality it is perfect practice that makes perfect. For investors, perfect practice would assume that people are rational, that their responses are programmed or dependent on data. The problem is that for every buyer there is a seller. Ask yourself, who possesses the better data? Who is right? For investors there are two sides of the equation and both believe they know better. Much of investor behavior is driven by emotions triggered by past experiences.

The question is how do you impact people's behavior? My good friend Nikki Nemerouf of Starquest says you have to impact people's focus. Showing up and without clear intent is not enough.

I think that is exactly what Ben Bernan-

ke has been able to do. For the last couple of years investors have been focused on the Fed. Almost on his own he has been able to shift investor behavior through focusing on what he believes to be the best possible outcome for his policies.

While economists will argue that markets are efficient, others will tell you there is no way to navigate the emotions of the market. The Efficient Market Hypothesis tells us that the price of shares today reflects everything we currently know about their value. Jeremy Grantham of GMO recently stated that this philosophy is flawed and that over the last 25 years, "at least 4 of the greatest investment bubbles of all investment history have occurred." First, there was the bubble in Japanese stocks that peaked in 1989. Price earnings ratios peaked at 65 before crashing.

Second, the Japanese land bubble peaking in 1991. In fact, the land under the Emperor's Palace was valued at more than all the land in the State of California at the time according to GMO. Next was the US Equity bubble also known as the "tech bubble" in 2000. Finally in 2007 we experienced a global melt-down affecting all asset classes. The US real estate market was the last of this bubble to pop and according to Efficient Market Hypothesis assumptions, this bubble measured as a 3.5 sigma event and should only happen once every 10,000 years. Yet while Greenspan and Bernanke said they could not have seen it coming, many did and few acted.

Looking back over the last couple of years, could anyone predict the infusion of \$trillions of dollars into our economy by the US government and \$ Trillions more by foreign governments into their economies? Does the market automatically recognize the new value because of the efficient flow of information or do

emotions drive investors to take on more risk-chasing opportunity and at what point does the door close? Bernanke and his fellow Bankers continue to practice what they want to happen. Is their practice perfect? Will it work? Has your behavior changed because of it?

It may take a bit longer for us to know the answers to the first two questions, but for many investors, their behavior absolutely has changed. Often we are confronted with the idea that we live in a "new normal", that risk is not the same any more, that technology is more efficient - only to be reminded by Mr. Markets that people are still irrational and behavior is not measurable.

For one such industry the idea of making a wrong choice is detrimental to all involved. This industry employs the best and the brightest actuaries and leaves no stone unturned when it comes to protecting its interest and the viability of its policies and investments. Yet nothing prepared them for the last 10 years. While there was plenty of warning, few took action.

**Unintended consequences:** Low interest rates are punishing the life insurance industry. Back in the 1980s, insurance companies issued universal life policies that were based on interest rates in the 10 to 12% range. Now that rates are next to nothing, this is forcing their clients to increase their premium payments to keep their policies in force or to significantly reduce their benefits. This has caused some to have to double their premium payments to maintain the same death benefit according to Darla Mercado of Investment News. This alone is a significant issue for anyone who is a trustee of a Life Insurance Trust. Many took on the job as they are relatives of the insured - not realizing that they accepted a position without any knowledge of their responsibilities, duties, and liabilities. In fact, the trustee runs the risk of violating the fiduciary responsibility they owe the trust if the life insurance policy fails, according to an October 17, 2013 newsletter from the Association for Advanced Life Underwriting. As a trustee, how would you like to wake up one day and have your niece or nephew ask you about the trust and what are you going to do to make sure it can pay the estate taxes?

With a keen focus on creating liquidity in the hopes of driving up borrowing, the Fed has kept interest rates near zero since 2007. Unfortunately for most, many folks have not been successful in getting access to that cheap money. Risk and the uncertainty of the economy have forced banks to reassess their loan processes and focus on their balance sheet. This is good for them and their investors but may not be achieving the Fed's best intentions.

You can lead a horse to water but you can't make him drink. People go through life in stages. When they are in their late 20's and 30's and early 40's they borrow more as a percentage of their income than at any other time. When they hit their retirement years they borrow less and save more. As a nation we are quickly approaching a population that utilizes more resources than we create and contribute to society as individuals. When you borrow and spend you create demand. When you save and pay down debt you increase your liquidity and reduce the multiplier effect of money. The Fed is struggling with the latter. Their bag of tricks has not worked well lately and the change from Bernanke to Yellen looks to be much the same. In fact, Yellen has repeated much of what Bernanke once said and she continues to throw her support for low interest rates and a continuation of Quantitative Easing.

A picture is worth a thousand words. Clearly the focus is on the picture and not on the memory. Currently we have government bankers throughout the world committed to excessive liquidity and more debt to solve a problem they cannot comprehend or are fearful of losing control of. By encouraging liquidity the perception of a recovery is only being recognized through asset classes and not being felt by Main Street and creating new asset bubbles and extending current ones.

According to the IMF World Economic Outlook Forecasts for 2013 Real GDP growth from October 2012 to October 2013 was as show in the chart above.

After years of low interest rates and tons of government spending across the globe, our global economy is still suffering under more of the same. Yet, the stock markets are back near their all-time highs and housing has seen a nice bounce mainly due to investors seeking opportunity.

Australia -0.5%
Italy -1.0%
Brazil -1.4%
Canada -0.4%
China -0.6%
France -0.2%
Germany -0.4%
Hong Kong -0.5%
India -2.2%
Italy -1.0%
Japan 0.7%
Mexico -2.2%
Russia -2.3%
Spain 0.0%
Switzerland 0.4%
UK 0.3%
US -0.6%

Source: International Monetary Fund

Through constant coaching and striving to better my skills, I have learned that in life and investing there are two things that remain true: "what's so or so what." What is reality and what does not matter but in reality is the noise we must filter. 2013 provided us with quite a bit of noise. As investors, 2014 will most likely continue to see mixed signals from monetary and fiscal policy along with continued government support for more of the same.

While the markets may not provide the clarity and purpose you seek, your financial plan is dependent on your purpose, the causes you wish to support and the life you wish to live. Be focused and disciplined. Act with the intention of your specific and desired outcome. Wishing you all the best in 2014. 



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## Medical Advancements in Fertility

By Ian Armstrong, M.D.

The one area wherein Nature has become increasingly incompatible with the modern generation is that by the time we've graduated from years of advanced education at university, established ourselves in our careers, and then chosen our life partners with whom to have a family, our biological clocks are already ticking way past the ideal years of child conception. Scientists have recently discovered that female fertility declines much earlier than thought. **The probability of achieving a pregnancy begins to decline significantly in a woman's early 30's (about age 32), with a more rapid decline a few years later (about age 37). Some studies**

**also show that there is decreasing fertility in men as they age. However, both men and women should be aware that child bearing after age 40 is associated with higher rates of sub-fertility.**

A recently-published book entitled 'Baby Hunger' showed that almost half of high-flying career women end up childless – either because they've left having children too late or because their careers have taken precedence. The modern trend towards older pregnancies is borne out in these figures: 10 years ago most babies were born to women in the 25-29 age group. Now, the majority of women who give birth are between 30-34. The good news, though, is that with advanced medical science, there is nothing to stop

a woman over 40 from having a baby. Advanced fertility treatments have made several options available to couples who yearn for a family – later in life.

### OTHER CAUSES OF INFERTILITY

Beyond the natural deterioration of eggs and sperm in our 20's and 30's, there are additional causes of infertility:

- Endometriosis
- Low sperm count
- Problems with the uterus or fallopian tubes
- Problems with ovulation
- Antibody problems that harm sperm or eggs
- The inability of sperm to penetrate or survive in the cervical mucus

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A photograph of a woman with long brown hair, wearing a white tank top, holding a baby in a park. The woman is looking up at the baby, who is wearing a white onesie. The background shows green grass and a blue sky.

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## IN VITRO FERTILIZATION (IVF)

Not so long ago, in vitro fertilization was a mysterious procedure known as ‘test-tube babies’. Louise Brown, born in England in 1978, was the first baby to be conceived outside her mother’s womb. Unlike the simpler process of artificial insemination – in which sperm is placed in the uterus and conception proceeds otherwise normally – IVF involves combining eggs and sperm outside the body in a laboratory. Once an embryo or embryos form, they are then placed in the woman’s uterus. IVF was introduced to the United States in 1981 and over 30 years later, the technique has advanced exponentially with constant, ongoing scientific research. IVF is usually never the first step in the treatment of infertility. Other methods such as fertility drugs, surgery, and artificial insemination are carried out before IVF.

### THE IVF PROCESS

- Hormones are injected into the mother to stimulate the production of multiple eggs per month instead of just one. She’s then tested to determine whether she’s ready for egg retrieval
- Timing is critical. The eggs must be retrieved just before they emerge from the follicles in the ovaries. If the eggs are withdrawn too early or too late, they won’t develop normally. Blood tests and ultrasounds are performed to insure that the eggs are at the right stage before retrieving them
- The IVF facility provides special instructions to follow the night before retrieval and the day of the procedure. Women are given the choice of being mildly sedated or going under full anesthesia
- Follicles in the ovary are located with ultrasound technology. The eggs are removed with a hollow needle. The procedure usually takes less than 30 minutes but it may take up to one hour
- Immediately after retrieval the eggs are mixed in the laboratory with the partner’s sperm, which he will have donated on the same day
- While the prospective parents go home, the fertilized eggs are kept in the

clinic under considerable observation. Some clinics wait up to 5 days so that the embryo reaches a more advanced blastocyst stage

- Once the embryos are ready, the mother returns to the IVF facility so that the doctors can transfer one or more embryos into the uterus. The procedure is quicker and easier than the previous egg retrieval process. The embryo or embryos are deposited in the uterus via a catheter
- With increasingly advanced medical science, doctors are opting to insert only one embryo into the uterus whenever possible. In previous years, multiple embryos were deposited because of the chances of losing some of them
- A pregnancy test is performed about 2 weeks after the embryo transfer
- In cases where the man’s sperm count is extremely low, doctors sometimes combine IVF with an intracytoplasmic sperm injection. Here a sperm is taken from semen – or in some cases from the testicles – and inserted directly into the egg. Once a viable embryo is produced, it is transferred to the uterus using the usual IVF method.
- For couples who have strong moral and ethical convictions, doctors are also able to fertilize only as many embryos as will be utilized in the IVF process

### FREEZING UNFERTILIZED EGGS OR FERTILIZED EMBRYOS

Depending on a couple’s moral and ethical convictions, the options to utilize another woman’s unfertilized eggs or another couple’s excess fertilized embryos (often there may be excess embryos after an IVF process) – is available.

### EGG FREEZING

Egg freezing is an ideal option for women who want to delay childbearing in order to pursue educational, career or other personal goals. Women with a genetically-linked family history of early menopause may choose to pursue this option too. Freezing a woman’s eggs at an early reproductive age insures the best chances for a future pregnancy. Unlike the ovary and eggs, a woman’s uterus can carry a

**The frontiers of medical science will continue to provide up-to-date and increased options for people wanting to have children in the future.**

pregnancy well into her 40’s and 50’s. Frozen (cryopreserved) eggs are stored at -196 degrees so there is no deterioration in egg quality as time goes by. Scientists have also discovered that eggs can be frozen for 10 years without a decrease in their quality.

### SPERM FREEZING

Sperm can be frozen for up to 10 years for future use either in artificial insemination or other fertility treatments. If a man is diagnosed with cancer, chemotherapy and radiation treatment destroy sperm. The choice to be able to freeze sperm before undergoing cancer treatment is a valuable option for some men. For young cancer patients under the age of 13, testicular tissue can also now be stored for future reproductive purposes.

The frontiers of medical science will continue to provide up-to-date and increased options for people wanting to have children in the future. The field of reproduction has seen significant strides in the last 20 years and is considered an exceptionally interesting frontier in medical science.

For more information go to:  
[www.ReproductiveFertility.com](http://www.ReproductiveFertility.com)  
 Peyman Saadat M.D. FACOG. info@ReproductiveFertility.com

**Note: The information contained in this medical article does not necessarily reflect the moral or ethical viewpoints of the Medical Editor or the magazine. It is intended solely for our readers' edification** 



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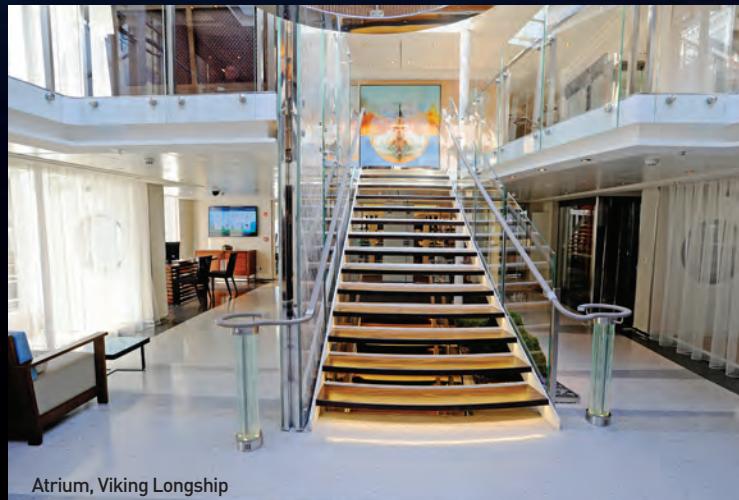
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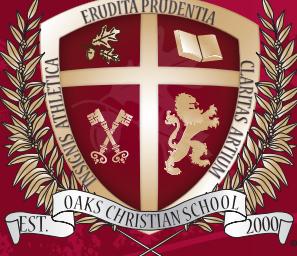
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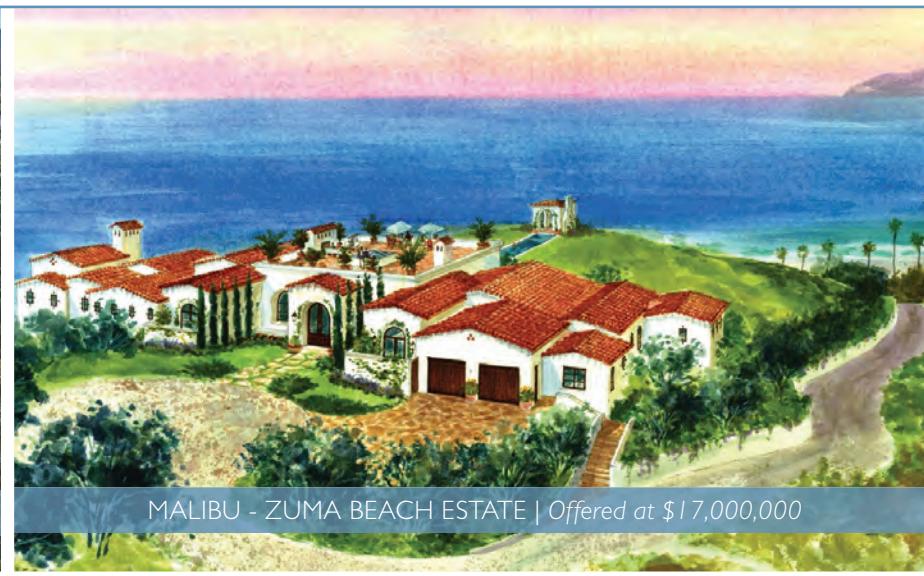
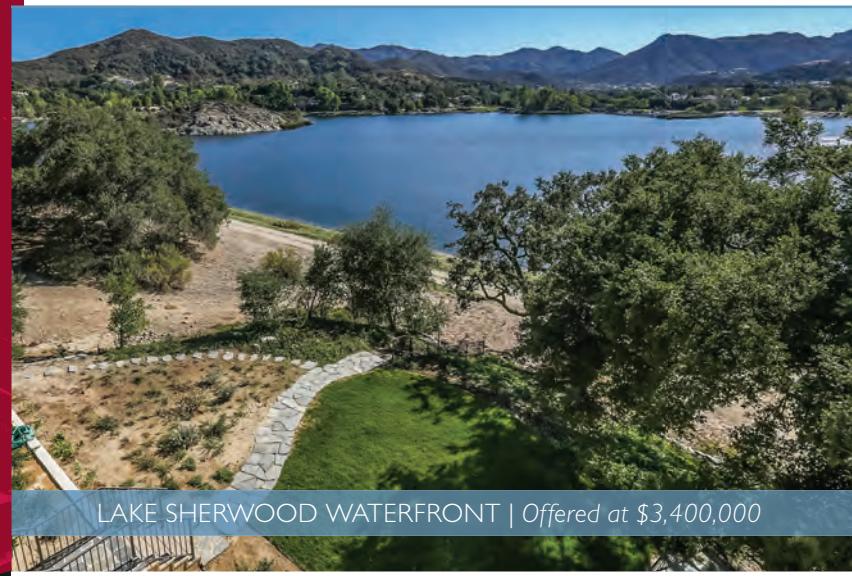
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