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Lifestyle

JULY/AUGUST 2014

Yasmina Rossi

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Amgen Tour of California

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Hot Californian Real Estate

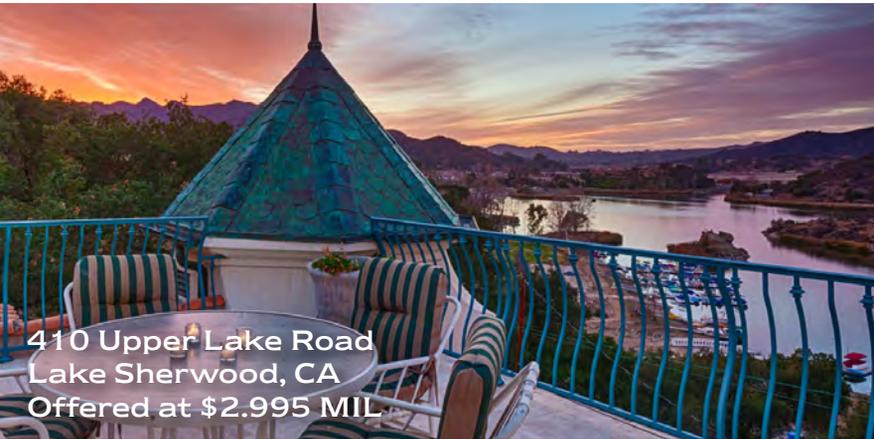


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To view *The Doctors Show* episodes with Dr. Armstrong, go to:
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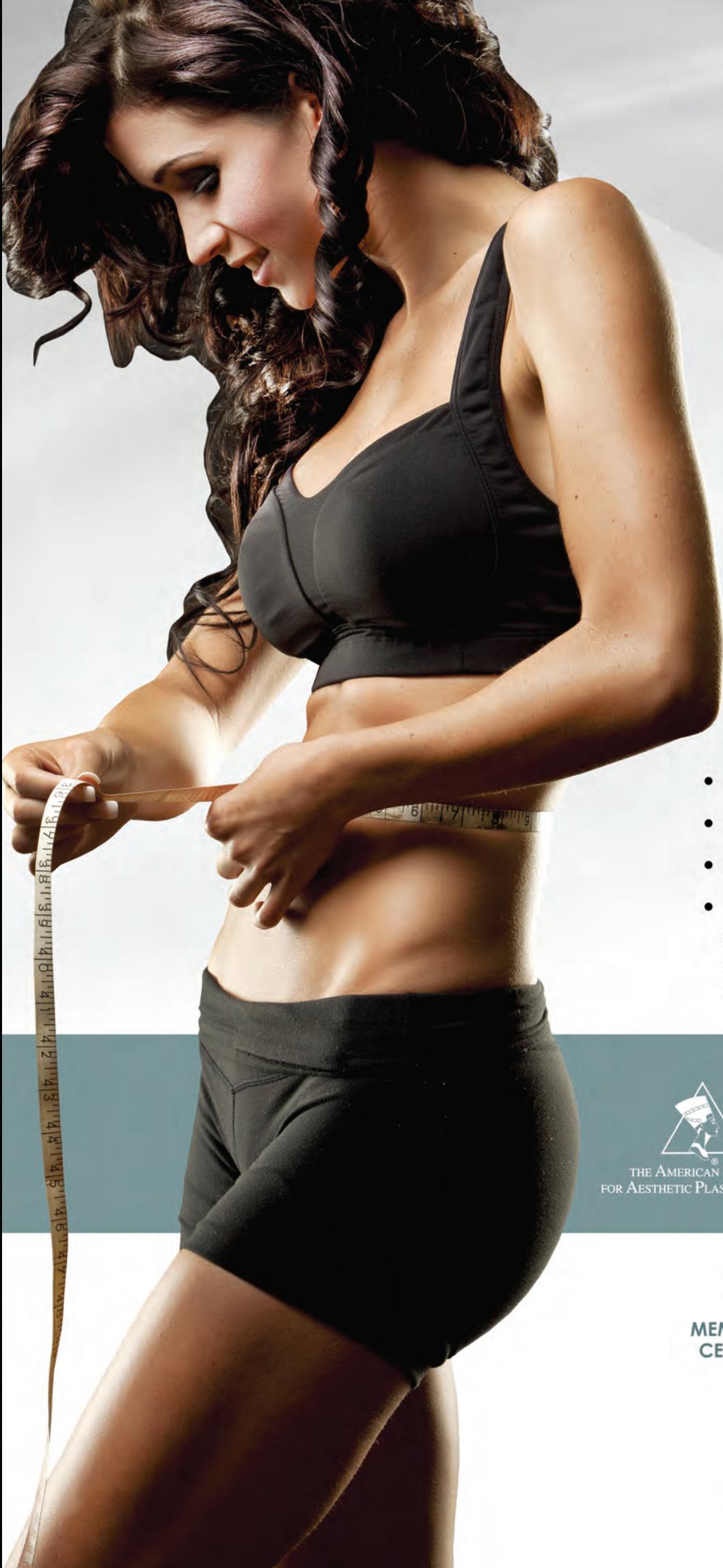
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Our Cover Model, internationally-famous Yasmina Rossi – who resides in Malibu - is a fabulous example of how we can all age in the most positive way. The highly-sought-after Yasmina – who appears on multiple prime time commercials on television – reminds us of the value of leading healthy lives. She's also a fascinating artist. Enjoy seeing the world through Yasmina's eyes in our July Cover Story on Page 46.

The Amgen Tour of California (featured on Page 12) took place in our area recently and proved to be a world-class international stage cycling race. All the big cycling stars were represented. Sir Bradley Wiggins – Olympic gold medalist - and 2012 Tour de France champion – won the race.

Our **Home and Hearth** section is comprised of a wide variety of truly beautiful homes. Enjoy paging through the architectural treats - starting on Page 68.

Localscapes-wise we take you to the beautiful nearby **Ojai Valley Inn & Spa** – an easy drive from our part of the world. It's an ideal place for weekend or midweek getaways. In our Travelscapes section, we offer you an opportunity to write your own story aboard **Crystal Cruises** – who offer worldwide itineraries that include the Mediterranean, the Caribbean, Northern Europe, the South Pacific and the Far East (to name a few). You'll find that on Page 98. Our Financial Editors continue to give us sound advice as we all navigate the current financial straits (Page 88). Equipped with knowledge, there's plenty of scope for positive outcomes.

Summer time in our part of the world is about as close to perfection as one can imagine. Enjoy the long, light-filled days that are usually accompanied by plenty of healthy, outdoor activities.

Happy summer browsing!



Diana

Acknowledgement: We would like to sincerely thank Photographer Joaquin Montalvan – for her beautiful photographs in our May Cover Story of Elena Kolpachikova. Joaquin's photographs appeared on Pages 58, 59, 60, 61, 62 & 63. www.joaquinmontalvan.com

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Mark Cavendish wins stage 8th

AMGEN TOUR OF CALIFORNIA

Photography by Jim Passantino

The 2014 Amgen Tour of California culminated in beautiful Westlake Village for the finals of a world-class international stage cycling race. All the big cycling stars of the world were represented. Sir Bradley Wiggins – Olympic gold medalist - and 2012 Tour de France champion – won the race. Other cycling champions who partook were Peter Sagan – 2-time Green Jersey (sprinters) at the Tour De France and 4-time Green Jersey at the Amgen Tour of California; Mark Cavendish who's won 15 + stages at the Tour de France and 130 + wins in his career.



World's fastest sprinter, Mark Cavendish nearing the top of Rockstore after a flat tire



Winning rider, Sir Bradley Wiggins surrounded by Team Sky

PORTRAITS OF CHAMPIONS / Amgen Tour 2014

The Peloton nearing the KOM Rockstore



Amgen, the leading Biotech company in the world, has been a partner with the Tour of California for 9 years. Earlier in the Tour of California they launched the 'Breakaway from Cancer.' This has helped many cancer survivors and patients throughout the years.

Shannon Galpin with representative from Liv Giant



Overall team winner - Garmin Sharp



Peter Sagan (green), Sir Bradley Wiggins (yellow)

It's beautiful outside...



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OAKS CHRISTIAN SCHOOL GALA DINNER AUCTION

Photography by Steven Guo

The 2014 "We've Only Just Begun" Oaks Christian School Gala Dinner Auction was held on April 5, 2014, at the Four Seasons Hotel in Westlake Village. It was another success with celebrities like Richard Carpenter, Chris Harrison, and Jimmy Jam Harris adding to the festivities. The OCS community enjoyed {continued on page 18}



OCS Advancement Team: Monika Evans, Ginger Kohler, VP of Advancement John Huffman, Stacie Henry, Laura Mason and Lori Morris (Yvonne Noblitt not pictured)



The entertainment included the OCS Choir singing with OCS parent and Grammy-winning singer/songwriter Richard Carpenter on piano.



OCS parents and Table Sponsors Candi and Preston James, Kim Ashton, Peter and Tracy Kleinick and Jaime Ashton



Sally Oberhaus and OCS VP Business Operations and CFO Paul Oberhaus



Grammy Chairman Emeritus and OCS parent Jimmy Jam Harris introduces the Grammy Live Auction item



OCS junior Garianna Geiselman sings "We've Only Just Begun."

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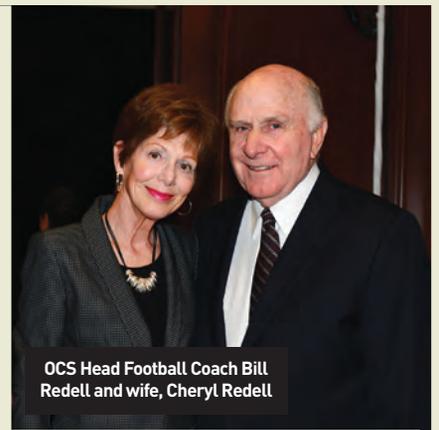
{continued from page 16} bidding on hundreds of silent auction items and an exciting selection of exclusive live auction items, including an adorable French Bull Dog and a dinner and Coach for the Week experience with returning Head Football Coach Bill Redell and Associate Director of Football Operations Clay Matthews. All this and an online auction helped to raise more than \$600,000 for need-based tuition assistance for students who could not otherwise afford to a quality OCS education.



OCS parents Chris Harrison and Gwen Harrison with VP of Advancement John Huffman



OC High School Principal Kirk Miyashiro and wife, Joni Miyashiro



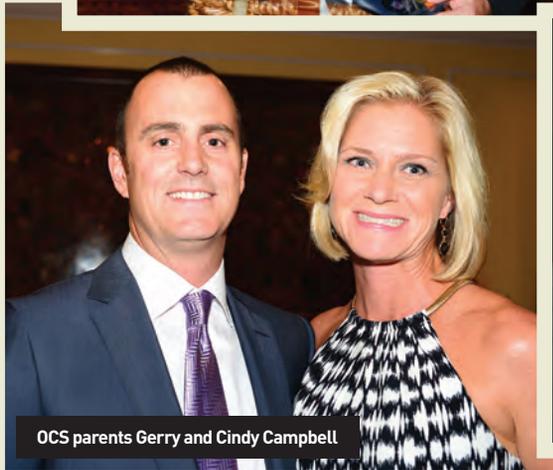
OCS Head Football Coach Bill Redell and wife, Cheryl Redell



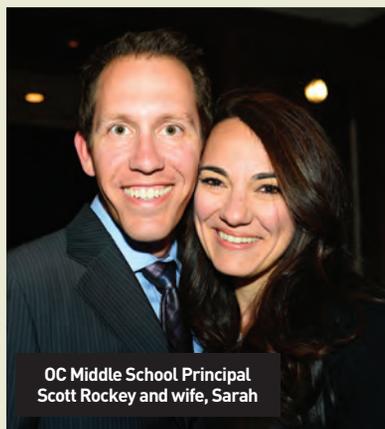
OCS parent Kelly Wade and guest, Harry Leonhardt; Mr. Leonhardt was the winner of the 49ers Game Day Experience



OCS Financial Aid Director Kristi Fitzgerald, OC Online School Director Vicki Conway with Norine Woodcock and Headmaster Jeff Woodcock



OCS parents Gerry and Cindy Campbell



OC Middle School Principal Scott Rockey and wife, Sarah



OCS parent and board member Michelle Hiepler is the winning bidder for the irresistible French Bull Dog

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COMPTON JR. POSSE

The Compton Jr Posse (CJP) Youth Equestrian Program held its 7th Annual Fundraiser Gala on May 17th with Master of Ceremonies Patricia Heaton. Honorees Jami Heidegger and Joe Edmiston spoke to education being the great equalizer for all. Since 1988 CJP has used horses to inspire youth to set and reach academic goals. This night 5 youth were awarded college scholarships.



Master of ceremonies Patricia Heaton, Toluca Lake, Creates CJP College Scholarship Fund



Honoree Joe Edmiston, Linda Parks, Ventura County Supervisor, Actress Patricia Heaton, Actor Ed Begley, Mayisha Akbar, Compton Mayor Aja Brown, Honoree Jami Heidegger



The Burke Family Foundation, Mandeville Canyon, Dr Bill Burke, LA County Supervisor Yvonne Burke, daughter Autumn Burke and Friend



MRCA Executive Director Joe Edmiston receives Community Visionary Award presented by Dr Bill Burke, founder LA Marathon



Philanthropist Jami Heidegger receives Equestrian Excellence Award presented by environmentalist Actor Ed Begley.



Brian & Mia Boudreau, Malibu Valley Farms and children



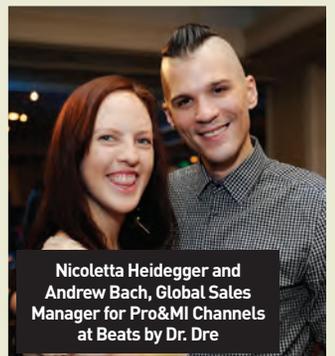
Olympic gold Medalist Will Simpson, Actress Nikki Reed, Business woman Jami Heidegger, Mayisha Akbar Founder CJP



Kara Vallow, (center) Producer Family Guy fame, Mark Douglas Photographer and Amy D'Allessandro of Bella Nova Films



Philanthropists Melinda & Donn Conners, Hidden Valley J&J Ranch and friends



Nicoletta Heidegger and Andrew Bach, Global Sales Manager for Pro&MI Channels at Beats by Dr. Dre

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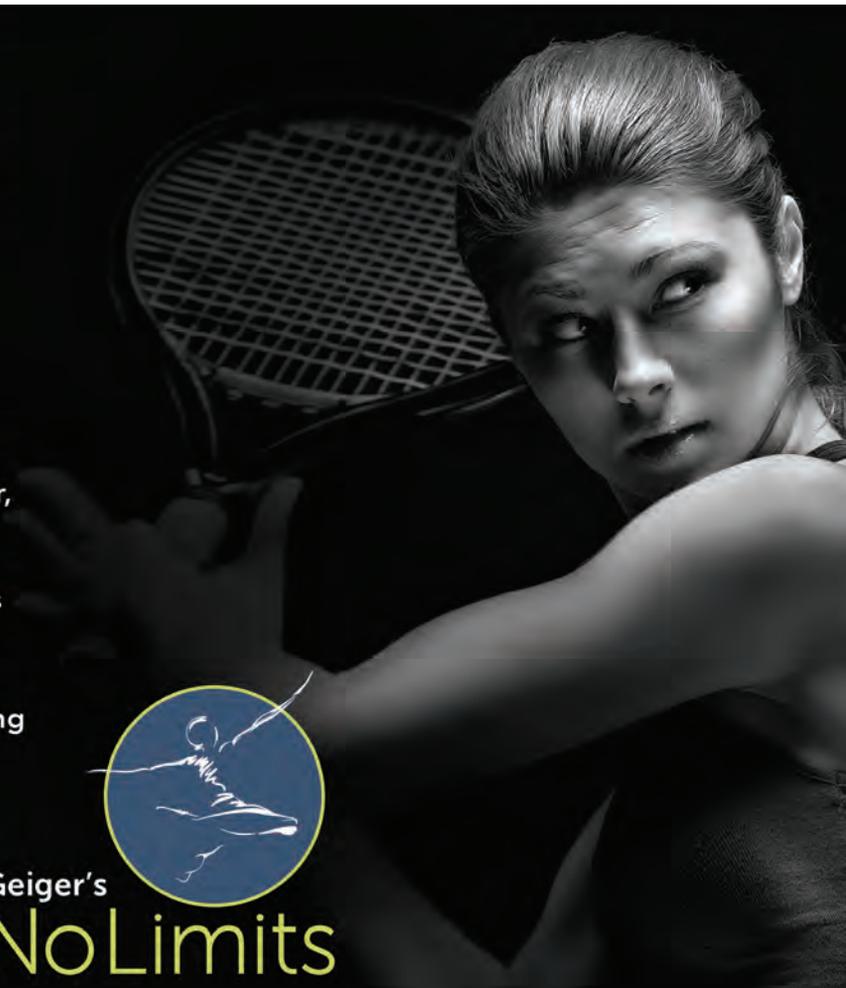
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VIEWPOINT SCHOOL'S 31ST ANNUAL BENEFIT GALA

Photography by Erlinda Olvera

On May 3, 2014, Viewpoint School hosted their 31st annual Gala Benefit, "Night on the Town," at the Four Seasons Hotel in Westlake Village. With fantastic entertainment and exciting live and silent auction items, it was an evening of fun and fundraising in support of Viewpoint's students.



Benefit Chair Setareh Zahedi & Ali Zahedi



Party Book Co-Chairs Tanya Kramer & Carla Ondrasik



Adriana Balaban & Sybelle Sprague



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Maria Weintraub & Suzette Yamani with puppies from the live auction



Viewpoint's Upper School Jazz Ensemble performed during the silent auction



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TAYLOR ARMSTRONG & JOHN BLUHER WEDDING

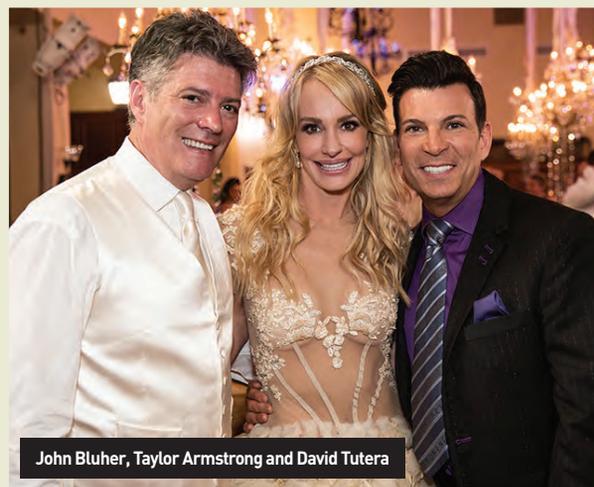
Standout star from Bravo's hit series, *Real Housewives of Beverly Hills*, Taylor Armstrong, married powerhouse lawyer, John Blucher, at the Bel Air Bay Club overlooking the Pacific Ocean on April 4th, 2014. The elaborate event was designed by leading celebrity wedding planner, David Tutera.



Taylor Armstrong and John Blucher



Wedding ceremony overlooking the Pacific Ocean



John Blucher, Taylor Armstrong and David Tutera



Lisa Vanderpump and Taylor Armstrong



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MOTIVATION

The high-powered action sports aquatic and road machines surpassed only to the high-powered creations yet to be brought to life in the mind of Gerald A. Wiegert

By Larry Crane



Photography from the archives of Gerald A. Wiegert

A memorable photo of the Vector W2 “Jet fighter for the Road” reached the cover of Motor Trend magazine by April of 1972 but no mere enthusiast had actually seen its striking, ground-breaking form in real life until the doors opened to the sixth annual Auto Expo show in Los Angeles. The Ferrari Modulo and Maserati’s Boomerang were introduced there as pure fantasy heart rate generators, but Jerry Wiegert’s radical all American Vector supercar — planned for production — made hearts stop.

Gerald A. Wiegert was a talented, very well educated, soft-spoken intellectual when he founded Vehicle Design Force (VDF) while working as a design consultant with the Detroit Big Three in the mid-60s. He was also a nationally chosen designer at the GM Technical Center while on a full GM scholarship at The Center for Creative Studies (CCS) in Detroit. The perennial student (7+ Years of college), in his constant search for excellence in himself, completed CCS after 4 years and departed Michigan for California on another full GM scholarship to attend Art Center College of Design in Pasadena for 2 years (graduating with distinction). The best result of that association was a lifelong friendship with Strother MacMinn, senior instructor in the school’s world renowned Transportation Design Department, and their collaboration with

another friend of Jerry’s from Japan, in the founding of Toyota’s Caltex Design Research in 1973, the first corporate automobile design studio in California. Wiegert’s Art Center graduation dream was to create the first genuine 200 plus mph automobile from all American aircraft and aerospace engineering and manufacturing principles; thus creating a new category of vehicle — the first supercar.

The much admired, full-scale W2 design model was introduced at the 1972 Los Angeles Auto Expo, America’s only true auto salon in the European tradition; a celebration of the very best in international automobile design. The honor of having your personal design project invited to share that salon with the world’s greatest design houses — Bertone, Pininfarina and Ital Design / Giugiaro — was to stand proudly at the top of a virtually insurmountable

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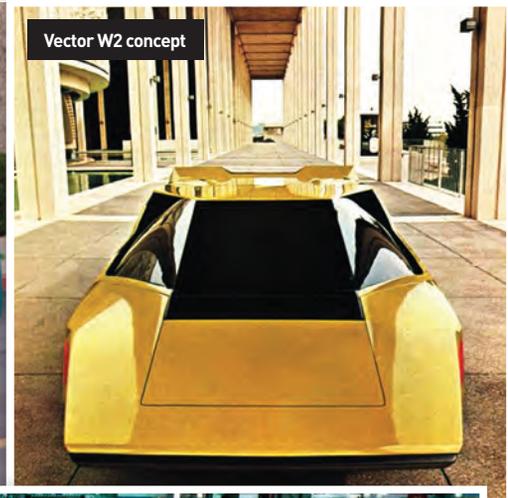
The Stonehaus, a boutique enoteca reminiscent of Italy, is the newest addition to the Westlake Village Inn. It is one of the most unique lifestyle gathering places in the greater Los Angeles area. We offer a mélange of experiences: custom roasted coffee and fresh baked pastries in the morning, gourmet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



The Stonehaus is located at the Westlake Village Inn. For more information please call 818.483.1152 or visit the-stonehaus.com



Vector WX3-R



Vector W2 concept



Vector W8 Twin-Turbo for inspection



Vector WX3 Roadster and Coupe



Motor Trend 1972, Car and Driver 1980, Auto Expo 1972

staircase to success. The W2 was able to attract buyers (though their deposits were turned down by Wiegert until production could begin) but production capital was another matter.

Dr. William Brockhaus was on the faculty of the USC Marshall School of Business when he suggested the idea of training entrepreneurs in the artful sciences of business. News leaked out. The professor remembers Jerry Wiegert walking into his office with a 1:5 scale model of his all American super performance jet fighter for the street, presented with his acknowledged fire of passion: "I was moved by Jerry's passion for his idea. It was a difficult time. There was gas rationing. Gas-guzzlers were socially unpopular. The shenanigans of Malcom Bricklin and John Z. DeLorean were in the press poisoning the venture capital and investment banking markets for automotive startups. But I liked and respected Jerry and his depth of

knowledge of the complex elements of his design. Our first investor presentation was held high in the hills above Malibu."

The business school professor offered top-ranked university leadership assistance with months of hands-on involvement, on the first Vector business plan and more. Jerry went on to raise over \$75 million through an IPO, completing secondary offerings, and private placements at the inglorious end of the glorious 1980s; two NASDAQ Small-Cap listed Corporations were founded by Wiegert, which exceeded \$100 million in market capitalization value and one public company reached over one billion in market valuation. The production version of the original W2 concept highly refined by Jerry and his team became the Vector W8 Twin-turbo in 1989 and found customers. Only 22 W8 style high-tech Vectors were produced including two Vector Avtech WX3s. The proof of the aerospace-engineered automobile was on the road.

Wiegert is always in constant motion in an effort to keep up with his brain's unrelenting outpouring of ideas,

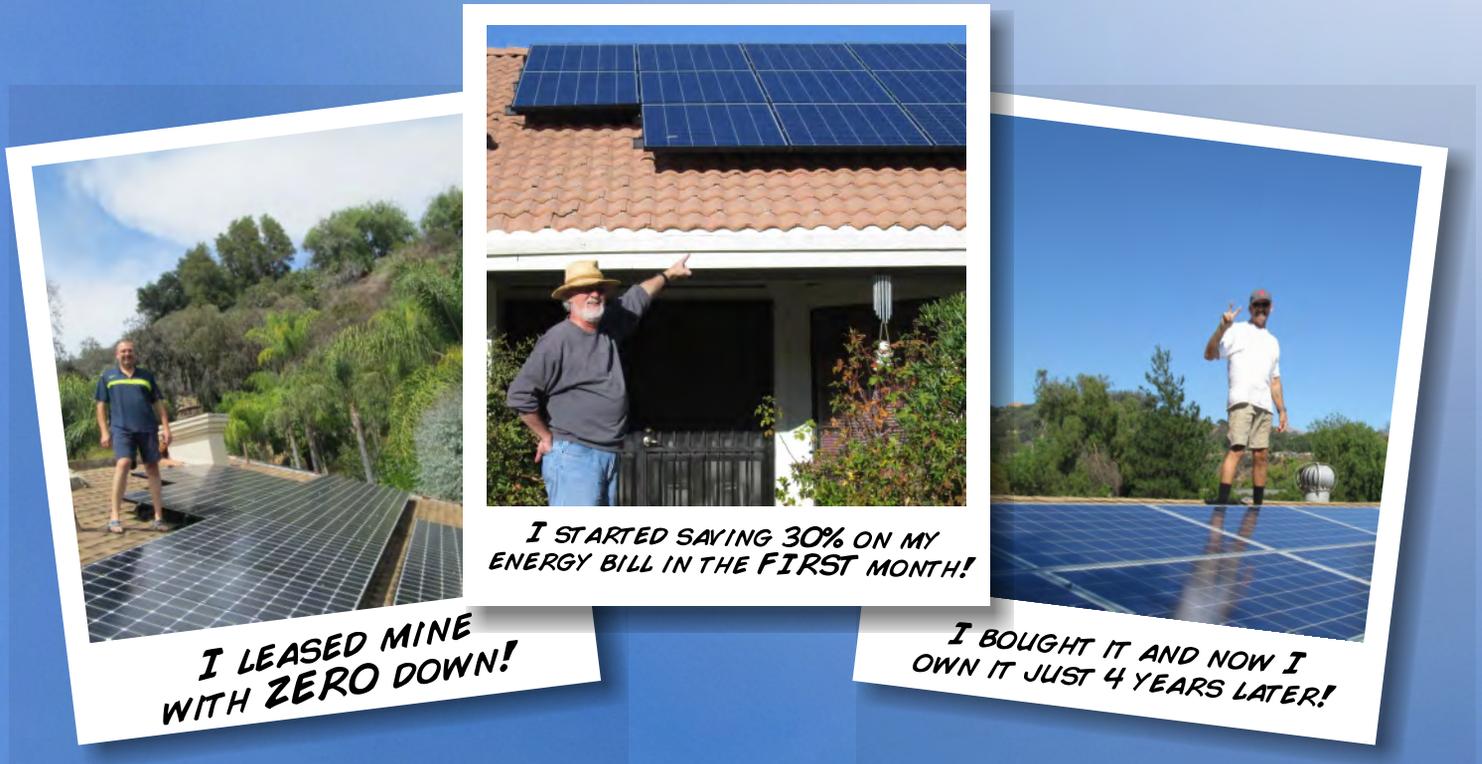
often into realms of enthusiasm as yet undiscovered by the motor sports culture. While innovation and invention — and fundraising for his company's Defense Advanced Research Projects Agency type projects — occupy much of Jerry's time, he continues to pursue technical knowledge from as many international scientific trade exhibitions as he can possibly attend; often as a speaker, even for the über-intellects at Jet Propulsion Laboratories, on the challenges of advanced vehicle design, engineering and entrepreneurship; few are better equipped on these subjects.

After two decades in search of production funding for Vector — while inventing, designing and building advanced vehicle prototypes and licensing the rights to various personal watercraft concepts, think: Jetski, Wetbike, Aquajet, Jetbike and Ramwing (a NASA-like blended wing lifting body) — his first production-ready Vector Avtech WX3-C (coupe) was the star of the 1992 Geneva International Auto Salon and the WX3-R (roadster) was introduced the following year.

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Jetbike action for two



Jetbike race



Jetbike production colors



Wiegert Vector's future



Wiegert Ramwing, personal and military speed

The all-American Geneva star was cloaked in a fascinating new carbon-composite body-envelope, enclosing a transverse twin-turbocharged, 6.0 liter V-8 with two Wiegert Turbodyne electric-powered turbines and twin intercoolers. The "Hypertech" engine was capable of up to 1,400 horsepower. The cockpit was fitted with mil-spec flat panel jet aircraft instrument displays — again emulating the experience of a piloting a jet fighter.

Returning to his Jetski & Wetbike's design and market success and experience with advanced motorcycle design & engineering, Aquajet Cororation was founded in the mid-1990s to support the invention of the Jetbike; yet another Wiegert-created aquatic action vehicle — and by extension a new sport. All of the dynamic control of a motorcycle to ride on the water with the added benefit of "laying it down" without injury to rider or machine, it simply rights itself and stands ready to let the rider climb aboard and ride again. The Jetbike has already found

success among its most critical potential customer base, including the "Design News Award", "Boating Week's Innovation Award Winner 2000" and "Winner of the National Marine Manufacturers Association's Top Product Award." Its exciting videos have also been featured on prime-time cable television's "Beyond 2000", "The Extremists", "Planet X", "Next Step", "C-Net", "Tactical to Practical" and many others.

All production engineering and development was accomplished for a pilot run of Jetbikes that were subsequently sold, and have been put through extensive ocean testing. Plans for an "X-Games" type racing series have been in discussion as a television marketing program. Stand by for the latest Wiegert water sports phenomenon with Jetbike caravans (floatillas) enroute from Marina del Rey to Santa Barbara, collecting beach-launched pals from the Malibu coast on the way north. Also, Jerry has already developed an electric powered silent Zero-Emission

prototype for the resort and recreational markets

In the mean time, the Avtech WX3 advanced edition of Vector has been developed and both coupe and roadster prototypes are on the road. They have inspired the tireless innovator to push that design forward to a fantastic new form, concurrent with engineering prototypes of the even more fantastic Ramwing, a wing-in ground effect (ocean-surface effect) sport plane representing a new form of high-speed transportation for the more exploratory types looking for the most advanced ... more to follow.

From Jerry's 5-level ocean-view cliff-top retreat, the latterday Leonardo da Vinci / Howard Hughes continues to conjure our action sports future. We look forward to attempting to follow — and listen to — his all new Vector Avtech WX8 Hypercar through the Kanan Road tunnels; while we can not even imagine what flashes of 3-dimensional art-for-action is just around Jerry Wiegert's cerebral corner. 🌊

SHOPPES AT WESTLAKE VILLAGE

A European Village rises in the Conejo Valley.

In July 2014, a new 22-acre premier retail center is opening that combines the charm of a Mediterranean Village with the unique neighborhood feel of the Conejo Valley. Built by the locally based Selleck Development Group, the Shoppes at Westlake Village have a distinctly European feel. Rose-covered arbors, wrought-iron balconies, trellises and chimneys enhance the naturally hued stone architecture that was purposefully designed to provide stunning views of the Santa Monica Mountains. Paramount to the developer's vision was the protection of the many Heritage Oak Trees on the property. Visitors are encouraged to stroll through pedestrian-friendly walkways leading to a custom handcrafted fountain that will

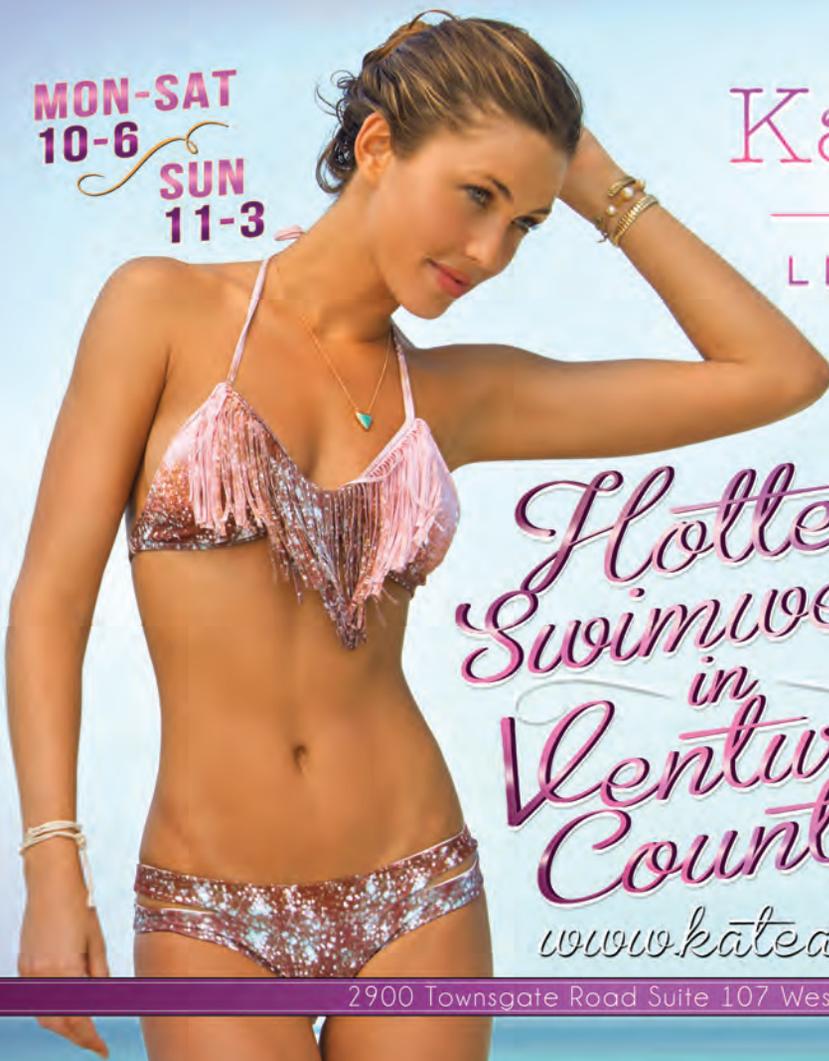


be a welcoming gathering place for local residents. The shops themselves were carefully chosen to bring a wide selection of dining and shopping experiences to the community. Among the 35 national names and local brands invited are *Total Woman*, *Jeannine's Gourmet Food Hall*, *Olio e Limone & Pizzeria*, *In-N-Out Burger*, *Lighthouse Salon Suites*, *Los Agaves Restaurant* and the largest and best-equipped *Target* in the state.



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VITAMIN MINERAL SUPPLEMENTS

By Karel Douglas Vaughan, M.D.

Q: How do you know if you are Deficient in certain key Vitamins?

ANSWER: The best way to find this out is by having blood and/or urine evaluations for vitamins, minerals, specific amino acids, antioxidants, fatty acids and markers of carbohydrate metabolism. Prior to that evaluation, eat what you normally eat - and avoid any vitamin, mineral and herbal supplements for a month or more to establish your unique chemistry. If you are already supplementing, you may do the same testing to see if the supplements are meeting your individual needs.

Q: Where do you go to be tested for Vitamin Deficiencies?

ANSWER: Regular, reputable laboratories. Be sure to check if they test for all vitamins including Vitamin D. Some laboratories do not test for this. Here are some of the reputable companies in the U.S. that do comprehensive Vitamin, Mineral & Antioxidant testing: Genova, Metametrics and Spectracell Laboratories. Your doctor should have some labs that he/she prefers.

Q: When is taking Vitamin Supplement Tablets Necessary?

ANSWER: If you are eating a healthy diet with three balanced meals a day and seven vegetables per day, you should not need to take any vitamin supplements. However, if your diet isn't what it should be, seeking assistance from supplements may be necessary. Nature is best, though, so if you can - rely on a healthy diet.

Q: Is there any truth in the rumor that some Vitamin Supplements may be useless?

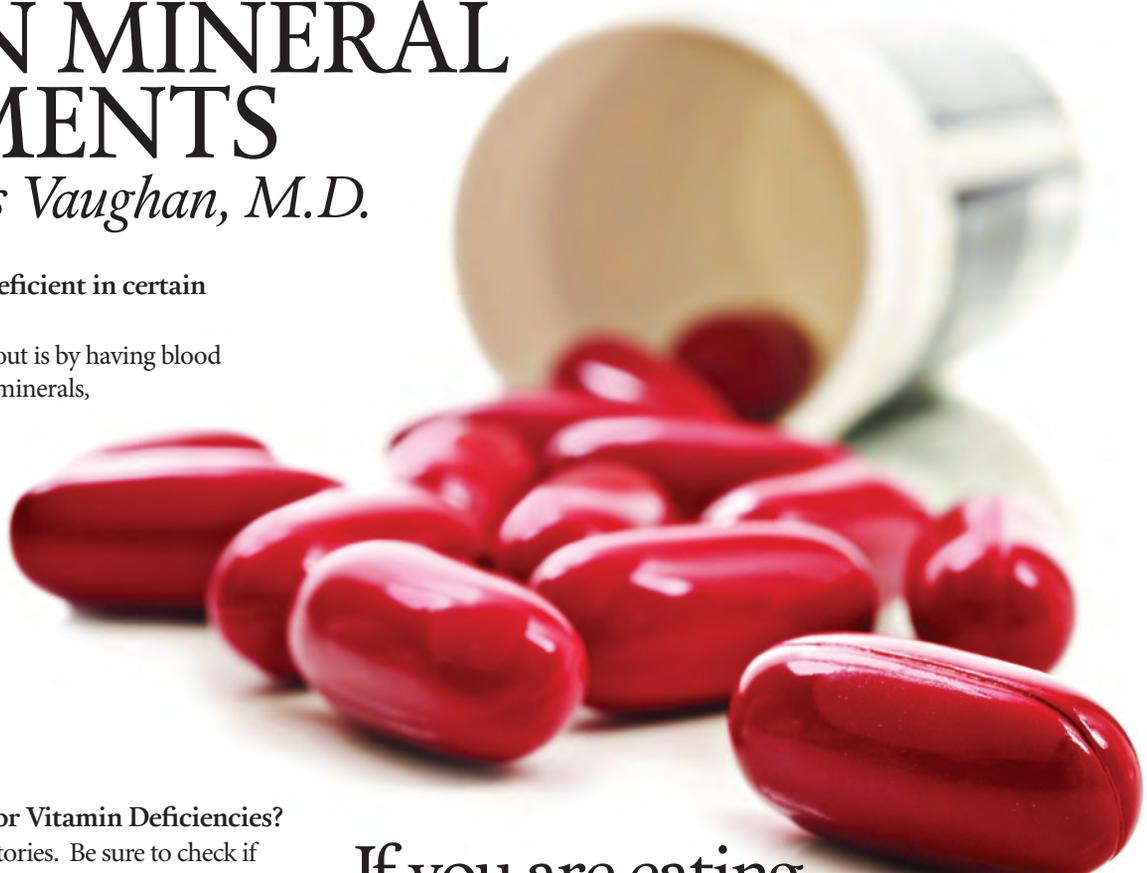
ANSWER: Yes. Some people do not require any supplementation. Those that do would want products that are absorbed well by their systems.

Q: Can Excess Vitamin Consumption ever become Dangerous?

ANSWER: Yes. You can overdose on such things as Selenium, Iron, Vitamin E and Vitamin D to name a few. However, you can never overdose by consuming the right food groups. They naturally buffer themselves. But you can certainly overdose on Pills.

Q: Are some Supplements non-problematic?

ANSWER: All supplementation should be due to deficiency, but a daily sublingual (taken underneath the tongue) tablet of Vitamins B12, B6 and Folic Acid is usually considered safe.



If you are eating a healthy diet with three balanced meals a day and seven vegetables per day, you should not need to take any vitamin supplements.

Q: How do you know if you are wasting your Money Purchasing Vitamins?

ANSWER: Evaluations can verify that. Oftentimes if the body doesn't require the level of supplements you are consuming, it will naturally flush them out of your system. The body learns to dispose of the excesses efficiently. A problem may arise when you abruptly stop taking some supplements and a deficiency may result. High dose Vitamin C is an example of this.



ABOUT DR. VAUGHAN

Karel Douglas Vaughan holds his M.D. degree from Ross University School of Medicine. Post graduate experience includes an Internal Medicine Internship program at the UCLA affiliate, Kern Medical Center. Amongst his extensive credentials, Dr. Vaughan is a member of the American College of Phlebology.



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KILLER WHALES IN CAPTIVITY



It's the long summer vacation period where legions of families go off to Seaworld – fascinated by the opportunity to view the most fascinating marine life – right at their finger tips. But CNN's recent documentary entitled 'Blackfish' has certainly brought to the fore – yet again- the controversial issue of placing massive Killer Whales in a unnatural environment – penned up in a tiny area that is a fraction of the size of what they're used to. It's hard to imagine how Orcas could adapt to such a radical change in their ecosystem. In their natural habitat, Killer Whales live in complex and cohesive family groups called pods – and they typically cover at least 100 miles of ocean per day as they swim in straight lines with their pod.

The CNN documentary, Blackfish, traces a 39-year history of Killer Whales in captivity – leading up to the 2010 killing of Seaworld trainer, Dawn Brancheau by the 12,000-pound orca, Tilikum – a whale previously associated with the death of two other people. What becomes evident in the detailed documentary is that this horrific incident was not an isolated

one. These highly-intelligent animals may eventually have a tipping point – where they literally break mentally. The fact that Tilikum had a dorsal fin that was anything but erect – leads some experts to believe that this is in of itself a sign of the animal's unhappiness. Tilikum's history is traumatic and complex. He was captured off the east coast of Iceland in 1983 at about 2



scientific studies that keeping these animals in captivity affords. It also denies ripping young whales away from their mothers in the wild. However, critics of Seaworld maintain that their first priority is entertainment and profit. There's no doubt that most of their trainers do love animals and treat their charges well – but they also contend that it takes shake-ups – like the death of veteran animal lover and trainer, Dawn Brancheau, to understand that this was no mere accident. Tilikum's aggressive behavior could be attributed to a multitude of important factors – factors that many

believe are associated with the high levels of frustration that a wild animal of this size must feel – living in a bath tub.

No doubt legions of new visitors will visit Seaworld this summer – because it is an amazing sight to watch these majestic creatures from the ocean – perform – but many environmentalists will not concede that the benefits of researching these fascinating creatures in captivity – can in any way be justified. They argue that it would be far more beneficial to study Orcas in their natural habitat – where their behavioral patterns can be far more accurately recorded.

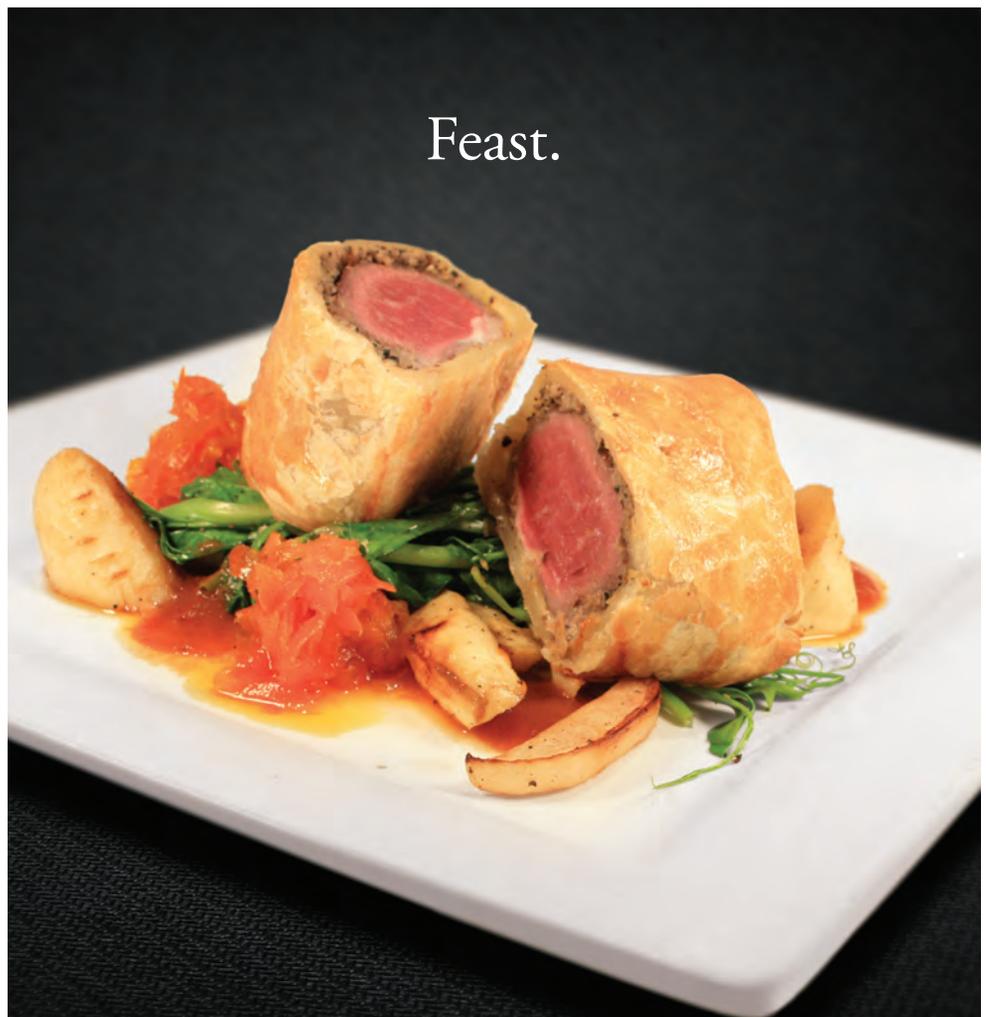
years of age. Behaviorists believe that the dislocation from his mother and pod must have been highly traumatic – given the close emotional bonds that these animals have with their pods.

WILD ORCAS VS. CAPTIVE ORCAS

In the wild, scientists believe that male Orcas live to be between 30 and 50 years old, while females live to be anywhere between 50 and 90 years old. Evidence shows that in captivity, both male and female Orcas don't live much more than 20 years.

Apart from the obvious fact that these massive wild animals are confined to such tiny, circular swimming areas – which is the antithesis of their natural environment – the tanks have flat blue surfaces – oftentimes with bacterial-killing chemicals. The lack of stimulation for these creatures leads to boredom. Furthermore, Orcas have very sensitive auditory systems. The sounds of water pumps and crowds cheering - interfere with their natural echolocation, and has a negative impact on their communication. The diet of Orcas in captivity is also very different from in the wild. In their natural habitat, Orcas feed on sharks, fish, squid, whales, seals, turtles, octopus, penguins, and sea gulls. However, in captivity, they are fed frozen fish.

Seaworld has defended itself vociferously since the release of 'Blackfish', stating that the documentary is not accurate, and that it fails to acknowledge the comprehensive



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SHORT STORIES ABOUT BIG PEOPLE

By Bob Eubanks

Hello again. Time for more Short Stories about Big People.

I was looking through my little boy's collection of sports memorabilia and autographs and something became very evident. Most sports stars and celebrities simply scribble unreadable signatures thinking that will satisfy their adoring fans. Well, guess what? They're wrong. If someone goes to the trouble of waiting or standing in line to get a signature of someone they admire, the least they deserve is a legible signature, so they, the fan, can be proud of what they're taking home. My little guy has a collection of autographs he got from the golfers at The Tiger Wood's Tournament in Lake Sherwood. Most are illegible. He waited in line and all he got was a scribble from golfers who should be honored that someone thinks enough of them to ask for their autograph. Arnold Palmer and Mohammed Ali always made sure they returned the honor of being asked - by writing legibly, so the fan would be proud.

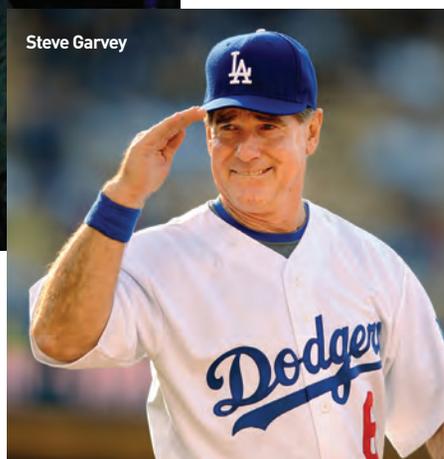


The town will be on fire with Beatle activities in the month of August. Paul McCartney will be playing at Dodger Stadium on August 10th. There is a rumor that Ringo might join him. The top ticket price is \$250.00. Boy how times have changed. The Beatles would only let me charge \$7.00 top price when I presented them at The Stadium in 1966.

I'm really excited to say I am going to host The Beatle's 50th anniversary at The Hollywood Bowl on August 22nd, 23rd, & 24th - three nights of wonderful Beatle memories produced by Dave Stewart of The Eurythmics, Dave Hull, The Hullabalooer,

will also be there. And I will have some never-before-seen photos of the Fab Four and some stories that will take you back to that famous event. I'm proud to say that I am one of three concert promoters who produced The Beatle's concerts all three years they toured in America.

I spent a couple of days with baseball great Steve Garvey working on a project in San Diego. If there ever was a player who should be in the Baseball Hall of Fame, I believe it should be Garv. His stats as a Dodger first



baseman speak for themselves, and he is a real gentleman. Speaking of the Baseball Hall of Fame, I believe Pete Rose has certainly paid his dues for his mistakes, but his baseball accomplishments on the field outweigh his weaknesses off the field. Let's put Charlie Hustle in the Hall of Fame.

Well, there you have it. More Short Stories about Big People. I will leave you with a thought for the day.

"Learn a lesson from your dog. No matter what life brings you, kick some grass over that crap and move on".

See you next time. 🍀

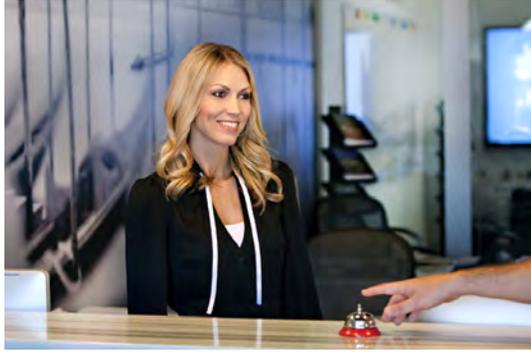
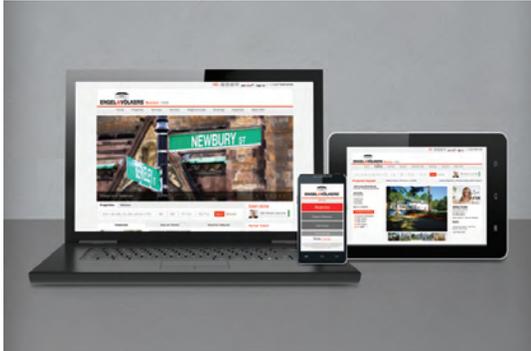
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Timothy J. Ferrie

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TOP: Although the curvature of each chandelier appears to be random, it is meticulously designed for balance and symmetry. RIGHT: Calla Lilies, made from handmolded plastic, can be used to accent any of Ferrie's pieces.

Ferrie strives to create pieces that are interesting to look at from all angles. The view from underneath is important.



The lightsculptures collection
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Ferrie uses a combination of chemical and paint finishes, as well as a variety of bulbs and enhancing wraps to give each sculpture a distinct personality.



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timothy j ferrie

lightsculptures

studio address:

31200 La Baya Drive, Suite 305

Westlake Village, CA 91362

email: lemancuso@me.com

phone: 805-276-5655

website: tjferrie.com

Photography/Styling Yasmina Rossi.
Designer: Michelle Hebert. New Mexico



YASMINA ROSSI

PORTRAIT OF A UNIQUE ARTIST

By Diana Addison Lyle

For any woman who might mistakenly believe that touching 50 is the beginning of the end – 58-year-old international Model and Photographer, Yasmina Rossi, is here in all her unpretentious glory to assure you that this notion couldn't be further from the truth. The highly-sought-after Yasmina – who resides in Malibu – has just completed the U.K.'s Marks and Spencer modeling campaigns; she can also be seen regularly in TV commercials for Osphena and in various music clip videos as well as self-video castings.

Being self-sufficient gives her the ability to work from anywhere in the world with her camera and laptop – which is essentially her traveling office. She eschews the negative connotations attached to aging with these sage words: “I feel more at peace now than I did 10 years ago. I’ve realized that everything around me is a source of teaching. This is aging and I enjoy it. Aging gracefully is about how the spirit animates the body.” Yasmina has never put a single chemical dye into her lustrous hair. She says it began to turn grey when she was 12 years old and by the time she hit 20, it was salt and pepper. She says quite simply, “I never colored my hair, it made me different from others and I loved that, in a kind of provocative way when young, but I realized in fact in my twenties that it was my best asset.”

Genuinely happy in her current skin, Yasmina Rossi is an artist in all fields of her life. The daughter of a gifted artist mother, Yasmina’s talents permeate into every facet of her expansive life – whether it’s in her inspirational photography, the clothes she wears, or in her work as an interior designer and ceramist. Her hands are her tools for creativity and her eyes are the windows to her soul. This French-born citizen of the world – who hails from Corsica – and who holds both French and American citizenship - cherishes adventure into mysterious and fascinating parts of the world. Yasmina Rossi is the epitome of the brave woman who has no constrictive borders. Her lifelong quest has been to continue to discover facets about people and landscapes that her artistic eye is able to capture – and translate. In Yasmina’s work there is more to art than meets the eye. Spirituality is essential in her life and an extension of her work. She defies the constraints of convention, and her positivity makes her compellingly attractive.

Q: You were a relative late-starter in the modeling world. Tell us about how your career began.

YASMINA: I started modeling at 28. I was in a suburb of Paris raising my kids who were 10 and 8 years old at that time. A friend who owned a store had a designer who needed (in emergency) a model for a fashion show. I had never modeled before and I started the next day. I didn’t enjoy that particular experience but was excited by this job of modeling so I investigated it further. Next, there was a Paris fashion show where Oscar Pinto, an Italian Designer approached me. I worked for them on a 5 day-show and after that, became their fitting model for all their collections. During another Paris Show I had been approached by TV to model for a fur designer in a fashion TV show - live from Christian Dior. Later, I contacted the people making clothes for Yves St Laurent, Jean Louis Sherrer, Jill Sander, Hermes, Thierry Mugler and Nina Ricci, telling them that I would love to work with them. They called me to work with them on their latest collection. I worked with this company for almost 10 years as a fitting and commercial model. It was hard work but this opened many doors for me. Being a fitting model in-house is a tough experience. You are on high heels all day

I believe that love is critical. It’s like a big bubble in my heart and it makes me vibrate and it’s beautiful.

while they make the clothes on you and then you have to show them to clients for them to take orders. That is far from the prestigious fashion shows seen during the collections on TV. After 3 months of that I was exhausted but happy to make more money in a week than my father made in a month and be

able to raise my children without being obliged to work an 8-hour-day job, 11 months a year. I knew I wanted to be free of high heels, fitted clothes and make-up so I became more natural, loose and discovered myself. I changed from the 20-year-old who had gone to the bakery in high red heels and a fitted suit - with full makeup – to who I am now – which is so different. I wear barely any makeup besides in my modeling jobs and high heels are quite banned. Recently I went to the Peter Lindberg Opening in LA wearing Birkenstock’s sandals and a dress I had made.

Q: Where does your creativity come from?

YASMINA: Both my parents and grand parents have always been very creative with their hands by necessity. When something was needed and they couldn’t buy it, they made it! My mother, who is from the East of France, was a tailor and I learned the art of sewing, embroidery and knitting from her as a child as well as from both grand mothers who mainly raised me. Fabrics were my first toys as a baby and this has followed me to the present day. It is apparent in my interior design style; I can transform any room with what I call “the magic of the fabric”. I have a special, visceral connection with Corsica. There’s an earthy wildness and mysticism to this island. The uniqueness of it is deeply imprinted in me and it’s evident in my pictures. I lived my childhood up to 10 years old without running water and electricity. This gave me a big connection with Nature, especially with water. Every day tasks revolved around getting water to drink, washing at the river and gardening. Living in these conditions taught me a lot and gave me much strength for life.

Q: What have been some of the most exciting times in your career?

YASMINA: All my life has been an exciting succession of cycles of death and renewal since very young and this has followed through my modeling work. The experience of that TV show I mentioned before was the first really amazing experience. It was in Paris at Christian Dior House, (the store avenue Montaigne). I was beside Princess



Yasmina by Sandrina Rossi. Favona, Corsica



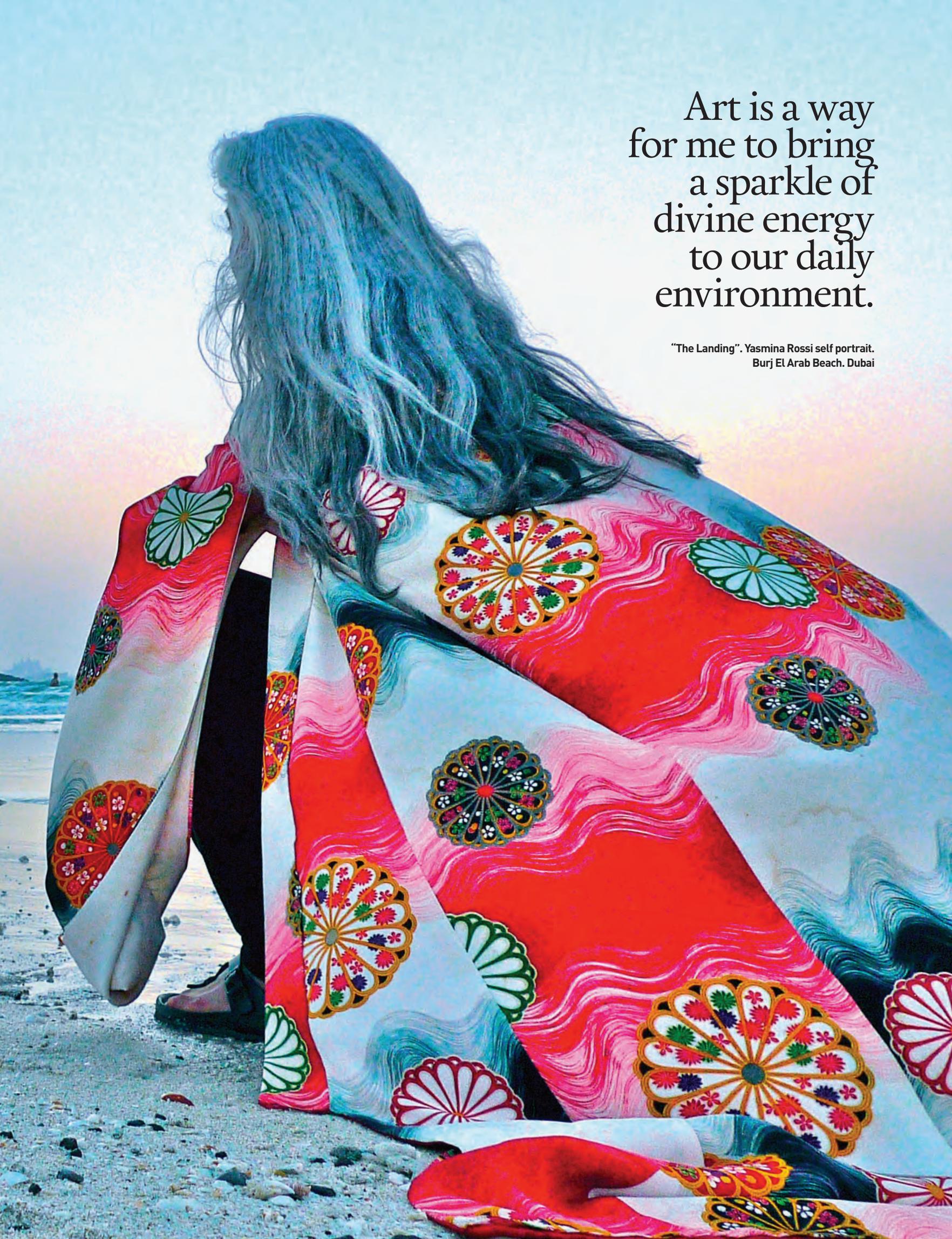
Stephanie of Monaco, who was presenting her first bathing suit collection. All the top models of that time were there. Mendel, a prestigious fur line designer asked me to model for them. It went exceptionally well. I felt like a mushroom in a forest of tall trees. It was exciting and I loved facing the unknown of walking on the catwalk for French TV with no rehearsal before. I surprised myself and that was an exhilarating, victorious feeling. I remember...I wore a spiral mink white coat with hat and flat black boots. Once again I was apart and different - unique even then.

Q: You appear to be brave – and to cross over into territory that other people may hesitate to venture into

YASMINA: Yes. I follow my intuition. Last year I went to Yemen to find the Dragon Blood Trees – to photograph. Going into Dubai regularly made it easy. People around me told me to not go, that it was not safe. There was unrest, riots in the country, but I ignored the precautions because I had a strong feeling that the timing was right for me. At the beginning of my journey plans went awry as we had to wait 3 days in transit in Al Mukalla instead of the regular 45 minutes for our plane to Socotra ; but I came equipped as usual. We spent 3 days in Al Mukalla, a dead resort on the south coast of Yemen, in very primitive conditions. Had it not been so interesting, it could have been a nightmare. I loved it and learned how the people there survived; the issues they had to contend with. It was very sad indeed. I spent 9 days in Socotra – a beautiful wild island, still preserved in a small archipelago in the Indian Ocean south of Yemen situated in the pirate zone. I had the most wonderful time. I was the only female tourist with 8 Austrian guys coming to test gliding material. I was alone with a guide

Art is a way
for me to bring
a sparkle of
divine energy
to our daily
environment.

"The Landing". Yasmina Rossi self portrait.
Burj El Arab Beach. Dubai



and a driver, sleeping in very minimal tents in a Muslim country. We ate only grilled fish and rice. It was an enriching experience and I felt protected and guided by angels. While I pictured the amazing trees, I met a native – who was passionate about the island and who dedicated his whole life to protecting the trees without any financial help at all in one of the poorest country in the world.

Q: What constitutes the core of who you are?

YASMINA: Love! I believe that love is critical. It's like a big bubble

in my heart and it makes me vibrate and it's beautiful. It's connected to happiness for me and I am at my happiest when I feel this strong flow of love within me. Love is not only about loving another person but it can be found in the preciousness of water, a beautiful tree, everything that moves my heart, simple precious moments as timeless as love is. I cherish the reflections of light on the ocean, the clouds, or a smile from someone I just crossed furtively. I love the eye-to-eye connection with another human being. Allowing love to flow freely from me to others and to be receptive to receiving it from others is key. My heart opens without judgment and creates that flow. This is pure beauty even though it is invisible. Tenderness is beautiful. Being alive is beautiful. Creating beauty comes from being alive. It is what is at work when I do portraits.

Q: What are your passions in life?

YASMINA: Traveling, discovering unknown territories, being surprised by something not planned. I love to be inspired, letting myself be guided when I create something with my hands without any preconceived planning. Randomness is important to me. I attempt to translate this into my photography and I find it to be elevating. Inspiration is a divine push inside at work inside of us to be channeled and expressed. My medium is through art ... finding a balance in every part of my life; it is a life style. I love cooking, interior designing, sewing, writing, even taking care of me; it is always about bringing harmony. Art is a way for me to bring a sparkle of divine energy to our daily environment. I take something special from matter: a place,



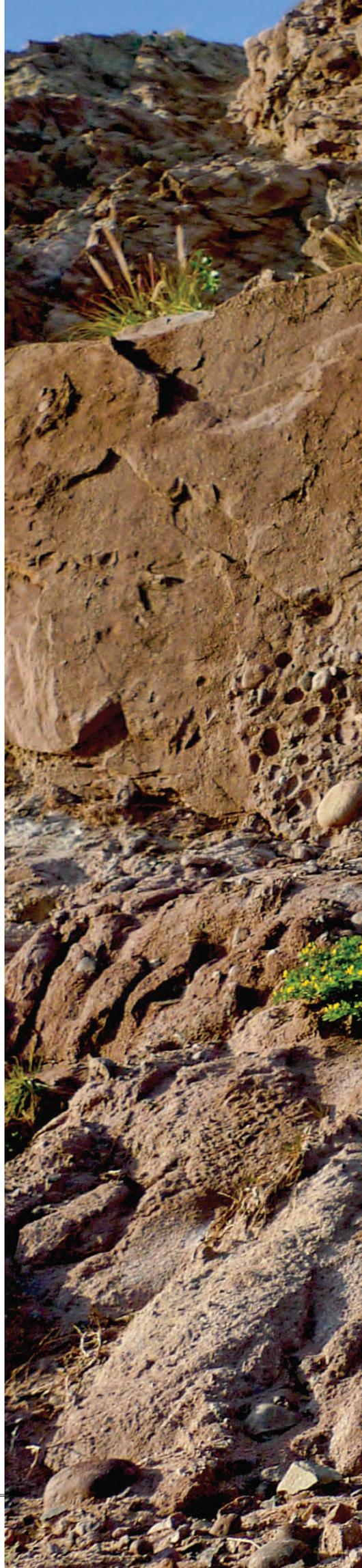


Yasmina by Yasmina. Poolside

experience its beauty, and then transform it creatively so that others can experience it. When I photograph, I am completely focused on the person's beauty, their angles, the light and their eyes. It's interesting because they see themselves in a different light and discover unknown sides - and in turn they become friends with themselves. The most rewarding aspect of doing portraits is to bring this lightness of being, happiness through recognition and valuation. I feel as an artist that we must embrace and not reject the shadow to discover the treasure in the cave.

Q: What issues in the world get your attention?

YASMINA: The condition of women and violence towards them and children around the world. I would like to see women respected more. Recently, I was in India with my sister - who was hospitalized during 2 weeks in Kerala. It was enough time to create intimacy with the nurses, who took care of her with kindness. Through our conversations with them, we learned a lot about the problems of rapes, human trafficking, and young girls being forced to enter into arranged marriages. Women are critical to the world. Women carry life and give life. Violence against women is therefore such a violation of their sacredness. In the process, the men who harm women end up violating themselves. You can't harm a vulnerable and defenseless human like a child in particular - and not violate yourself at one point. My intention in life is to be as much as possible a vessel for goodness and the tenderness of God as I can be. I cannot hate or have feelings of vengeance towards anyone but I cannot stay silent when someone is violating another defenseless person. My silence would be like a contribution. My words or acts - even if not pleasant or easy to say - can make a difference in the awareness of what it is. If I am the witness to a life being threatened, I would do what is in my power to protect it.



I feel as an artist that
we must embrace and
not reject the shadow
to discover the treasure
in the cave.

Yasmina by Yasmina. Desert



Q: What are some of your creative goals for the future?

YASMINA: Goals and dreams ... I have 3 photographic projects in process. One of them is very dear to me about women of all over the world. I would make their ethnic clothes, with their collaboration in the process, in a gold fabric, the same for all of them because it is a common link for all the women of the world - symbolizing the preciousness of the flow of life, the sacredness of women carrying and giving this life, and I would picture them in their landscapes. Gold is not only a valuable international currency, but it is a symbol of the noble dimension of the sacred; The sun is gold and that produces life on earth. Gold is a symbol of God-ness.

It would be in the Japanese Kimonos under cherry trees in blossom. I'd like to do women in Indian Saris close to the Ganges River; Boubou in Africa for the women carrying water in the desert; head ornaments

in Amazonia... Traditional outfits in a special kind of fabric that up till now - were a hidden secret. This would be a human scale show.

Another project is about a series of Fine Art photographs of reflections on water, and another one is a series of nude self-portraits in deserts - quite mystical.

Now my dream is to be on the other side of the camera as an actress - to act in a feature science fiction or adventure film.

Q: How is it that you are so comfortable in your own skin?

YASMINA: I wasn't always this way. When I was 20 - I wore terribly uncomfortable high heels shoes. Accumulating wisdom and being comfortable with who I am means that I have been able to take off the layers. I gravitate towards simplicity; like a lot of master painters in art - from Figurism to Abstraction - I have the feeling that we do the same

Now my dream is to be on the other side of the camera as an actress - to act in a feature science fiction or adventure film.

One of Yasmina's self portraits



as we evolve, we become more and more abstract until we eventually disappear from the material world. My Mum paints extraordinarily well now in her 80's when she's doing abstracts in her paintings. I feel now at almost 60 that yes, it is comfortable to be in my skin, even if the effects of aging are there. Inside there is no aging process. It is a paradox. I am more at ease in my body now than when I was younger because I respect myself more and have a better understanding and deeper perspective. I feel more connected with my soul and how my body is a precious vessel in this life. Learning through experiences how to use my 5 senses and following my intuition bring me peace. I've also learned things through my weaknesses. By embracing even the not so beautiful parts of myself – I have learned compassion. I try to live in the present moment as much as possible and I also try to look for the hidden gift in difficult times in life. It brings me to see a kind of logic in

which death is a beautiful experience and I am not afraid of it. Sometimes I feel quite a kind of impatient curiosity – to be at the moment of the passage of death – where I imagine I will feel total freedom.

Q: You're 58 years old. What's the secret to looking so good?

YASMINA: Leading a healthy lifestyle, being clear with myself and being able to face my flaws. It is a kind of perpetual balance of requirement and letting go. It is about evolving and rewarding; it brings a lightness, a glow. That glow comes from within and not from expensive skin care. Food for sure is also very important. I love to put very simple foods with colors in my body; a various spectrum of vegetables and fruits with all their colors. But I eat everything organic as much as possible; it is my political engagement at my own level in my daily life. I hate tags and plastic containers so I avoid them in going

Yasmina by Yasmina. Pleiadian dress. Point Mugu, CA



to the Farmers Market. I eat everything with a Native American spirit about food in giving blessing and gratitude for everything that gives me life. When I take a bit of fish, I wash it under running water to purify and bless it before eating it. Exercise is also very important: I have been windsurfing for 25 years. I lead a dynamic life. I love to hike and do Yoga. I love the Malibu environment. Solstice Canyon, my backyard, is beautiful to hike, immerse oneself in the wilderness of the Santa Monica mountains - a real treat. I am a great believer in respecting one's body and not straining it. I treat my body gently and I believe in work and rest - like light and shadows. When a face is rested it glows. When it is over trained it looks dry and older.

I am very tactile and sensual. I take care of my body. I use a lot of oils for my skin. The body is fascinating. When you give attention to a part, you can see the result almost immediately. When I have a pain somewhere I never blame my body. I become more attentive to understand the message that my soul gives me through it. Some years of learning

about the symbolism of the body has helped me a lot in this esoteric understanding.

Q: When you photograph, and in particular, when you set up the scenes and the landscapes for these pictures, what is your thought process in achieving your goal?

YASMINA: I never know in advance where I will shoot; I love to be in touch with the unknown, to discover what is after the next curve on the road. I let myself be guided on the way and I stop when a landscape touches me by its particular beauty. For me a landscape is an entity like a person; there is a visual and emotional contact that is created at first sight when we first meet. There is a desire to be with it, to stay in it at its contact, and to be fed by its beauty and energy. By this it becomes familiar like a silent friend; I have the feeling that the landscape is also happy that I appreciate its beauty. It exists really because I put my attention to it with love.

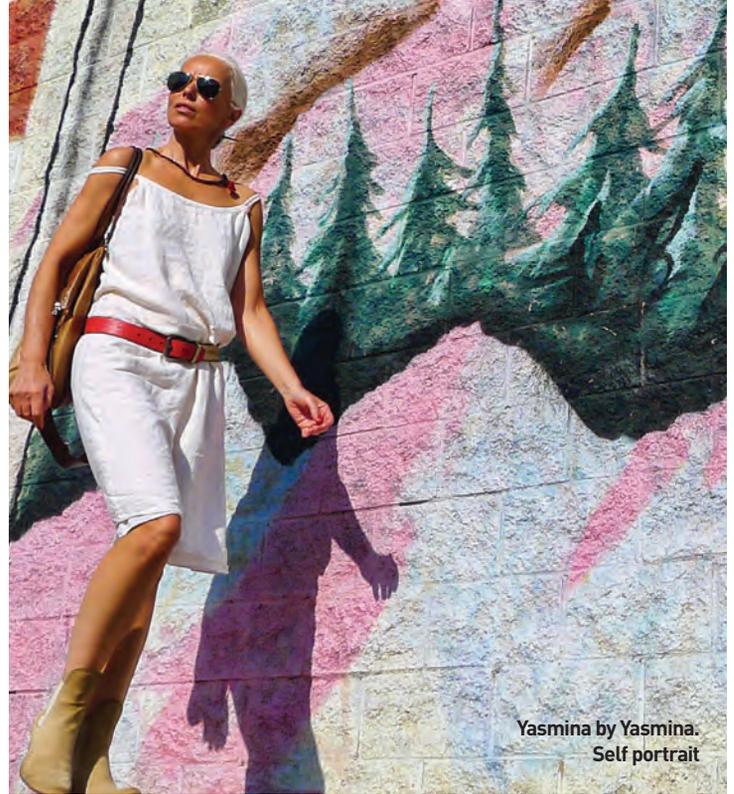


Yasmina by Yasmina. Poolside in Summer

I feel now at almost 60 that yes, it is comfortable to be in my skin, even if the effects of aging are there. Inside there is no aging process.



Yasmina's artistic flair captured



Yasmina by Yasmina. Self portrait



Q: You do a lot of self-portraits. Explain the thoughts behind that

YASMINA: The idea of self-portraits in landscapes came some years ago when I needed to have new pictures for my model portfolio.

I was going to follow a workshop of Adobe building in the Texas desert and the day before, a thought suddenly came to my mind - the surprising idea of doing some pictures for my book as I was going to be out of New York City. I followed this sudden inspiration; bought a remote control; packed some of my clothes that I self-designed, and left for an adventure in the far West. I arrived by night and the landscape that I discovered the following morning amazed me. I started to do some pictures and was astonished as it was the answer to something that had me thinking from way back during my travels. I noticed that the dimension of vastness was missing in my landscapes pictures.

From that came the idea to be seen from the back - to invite the viewer to stop and be like me in front to view the landscape through me. The process evolved very fast from the fashion pictures for my portfolio to the fine art part with the vintage Kimonos, true art pieces, simplicity, and the purity of lines. This gives me a feeling of balance and wholeness while integrating manufactured pieces - hand-made by humans in nature. The idea further developed as a logical sequence. I became equal to the landscape in its organic shape and that's where the nude photography took shape. At that point of the evolving process, something new came to my mind; a new inspiration to symbolize my feeling of being a Time Traveler. I overlapped several ethereal images of myself in the same landscape so as to show that we are spirit embodied - just passing while the landscape remains very present. It is the Primordial exhibition in process. This developed my Fine Art expression markedly.

Q: Why is expressing yourself artistically of such value to you as a human being?

YASMINA: I think that I am before all a visual artist who wants to express in image sensuality. I have always been disappointed and have felt betrayed by words since childhood - so I instinctively turned to visual beauty. I find refuge in the spiritual dimension and seeing the world in symbols. I found a way with photography to capture what fed me and kept me alive in the spirit dimension; to make

it visible and to share it with the world. I like to feed others with the beauty that feeds me. The beauty I capture in pictures are words of love that I want to hear and desire to share. I love to do portraits as much as I love to picture landscapes. In both of them there is a very special intimate relation to the subject.

Q: Favorite Food?

YASMINA: Fruits; Fish; Sea Urchins. Raw. I love to gather them and fish.

Q: A typical day in your life?

YASMINA: I wake up and instead of jumping out of my bed I take some seconds to feel my body rested – and I appreciate being healthy. In that time I often listen to the song of birds; the sound vibrates in my body and I imagine that it gives me energy and cures everything. Then I stand up, take a glass of water with lemon juice while I go online to view messages from my family in France or have face time with them. I prepare a smoothie of freshly-squeezed juice before going hiking or I do yoga – something I started to practice 30 years ago. That's followed by breakfast and then I go about my day's appointments. At the end of day, I go to sleep with the same ritual for my body awareness, with a sense of gratitude in the same way as I started the day. Instead of birds I hear sounds of the night creatures or the waves. I sleep very well. I cure myself in a holistic way (I do not believe in taking medication) where prevention is the key. When I am sick I treat myself with plants, homeopathy, essence oils to stop the toxin releasing process of my body.

I live mostly in silence. I don't have a TV; I select the movies I want to see and the music I want to hear. I am contemplative by nature. Flying during traveling is the most amazing time to me.

Q: Favorite indulgence?

YASMINA: Chocolate, black and dry...my daily indulgence. I love good wine, caviar, and sea-urchins a lot!

Q: Best aspect about being in love?

YASMINA: Feeling beautiful; feeling vibrant and alive, timeless. I glow, explode...I feel that anything is possible. When I was very in love with a man years ago, the energy it gave me resulted in me making two shows in less than a year from A to Z; my creativity was at its peak.

Q: Favorite movie of all time?

YASMINA: "The Piano" as an unconventional love story out of time, a beautiful drama - very sensual. It sums up all I've spoken about: Beauty, simplicity, love, sensuality, light and shadow, vibrancy, emotional density.

Q: Favorite Actors?

YASMINA: I think American Cinema is changing a lot for the better. There's more depth. I love independent films. There are a lot of amazing actors. Jeremy Irons, Gary Oldman, Ralph Fiennes, Jim Caviezel, Viggo Mortensen, Judi Dench, Emily Watson; Meryl Streep and Cate Blanchett. Matthew McConaughey and Lupita Nyong'o gave magnificent performances in their respective recent films. During this year's awards, Lupita's words in her acceptance speech were beautiful. I love many more ...

Q: Favorite vacation spot in the world?

YASMINA: Corsica...The island I am from, called Kalliste (in Greek), meaning the most beautiful. I love it there.

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Yasmina by Yasmina.
Tecopa Hot Springs, CA



Blumarine





THE INVINCIBLE SUMMER*

By Magda Pescariu

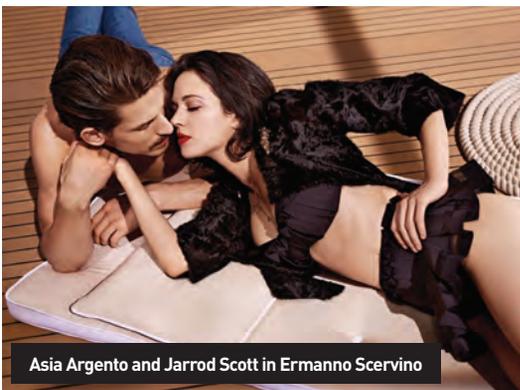
To Gale.

I love summer. I am equally fascinated and reassured by it, as by a secret power you have but don't control, and whose intensity and lifespan you never really get to know. A dear friend of mine used to tease me about this infatuation, understanding full well from where it was coming (I lived the first decades of my life in a four-seasons country, with naturally heavy winters worsened by the living conditions created under a communist dictatorship), just as she was puzzled by my reluctance to take the mild climate for granted, let go of the past for once, and enjoy the warmth omnipresent in my new Californian life. "You don't know yourself yet, luv", she said to me many times; "you don't need to be so grateful for our soft weather, as much as you have to realize there is an invincible summer *in you*. This is what you should be thankful for, as it's a blessing and a rare gift". Coming from my friend - a lively, lovely, worldly and mischievously-wise woman, whose realism, irony and sense of humor put Mark Twain (or Larry David for that matter) to shame - gave the compliment gravitas and indelibility. I believed her. I started to trust the invincible summer in me and my life changed - in small but irreversible increments.

Not so long ago my friend passed away quite abruptly and left me behind in a hurting stupor, a little more alone every day in an increasingly cold world. She was a trustworthy witness of my life, my loyal reader and the first critic outside the magazine's editorial circle, a patient teacher and a liberal, thoughtful friend. Having to start on my article for this summer issue knowing I'd never get her feedback again pained me to no end. I flipped through tens of beautiful photos, studied the myriad of swimwear trends alluring on runways worldwide, and went over designers' clever press-releases with a heavy heart, yet hoping to see and capture the essence of this summer for my readers, to launch them into the estival sea-

son prepared, confident, and ready to enjoy. You can imagine my surprise when in the middle of my research I came across Camus's words* about the invincible summer. For sure my friend had never read *'The Stranger'*, so her assessment of me must have come from a different place. Where from, I wonder? I read the passage a few times and as it became blurrier and blurrier I decided to stop my quest then and there, as I had everything I needed for my article. Got the essence of summer, too - it's an uncorrupted message of love; a memo on our indefatigable, even if vintage, invincibility.

This summer is a seesaw of time-honored classic and fresh modernism. Along with the beach temptation - luckily too strong



Asia Argento and Jarrod Scott in Ermanno Scervino



Christy Turlington Burns in Missoni



Andres Sarda

* Albert Camus - "In the depths of winter, I finally learned that within me there lay an invincible summer. And that makes me happy. For it says that no matter how hard the world pushes against me, within me there's something stronger, something better, pushing right back." (The Stranger)



Missoni



Emilio Pucci



Missoni



Alessandra Ambrosio in Ash



Escada

to fight it, the swimwear trends are kindhearted and forgiving, giving our silhouette (flawless or not so much) a wide variety of styles to choose from, all as fashionable as they are practical in complimenting any body shape and personality.

While the traditional flair is granted by the momentous revival of the macramé and crochet, the retro bustiers and high-waisted bottoms (ruffled, please), the modern look is put into effect by the neon colors and stripes, surf-style cut and

the reinvented nautical style (with bright shades of cherry red thrown into the mix, silver and gold-plated anchor embellishments, polka-dotted alternatives to the classic stripes, and knotted rope playful details).

Macramé's ways of coming back are stunning, innovative and subtly sensual: from macramé details incorporated into swimsuits to make them unique (on neck straps, at the sides of the bottoms, or the entire back of a monokini that looks like a two-piece in the front) to macramé accents on the 1920s style wide brim hats, on gladiator sandals or ballet flats, or embellishing the sporty, roomy estival handbags.

The crocheted swimwear was a glamorous hit decades ago, so its major presence this summer has the perfume of good old times nostalgically revisited. We wear one-piece crocheted swimsuits with stringy details focusing the attention on front and center, bikinis, maillots and dresses in fine crocheted fabrics, in an endless array of patterns and colors. The beach and poolside

ensembles have a beautiful crocheted texture or fringes, simple and sweet flowy sheer cover-ups, or cotton-lace inserts in strategic places, to add a chic bohemian element to the familiar sun-kissed look.

The tops aim to fête, flatter and accentuate the bustline, offering not only great support and lovely coverage, but also wearing versatility and a charming sexy look. We get to show off sweetheart bandeau tops; tankinis and one-piece suits carrying on the bustier look; strapless and spaghetti straps bustier tops with stylish corset back; and crop tops cut a bit longer in the torso so they can be easily worn with skirts or shorts.

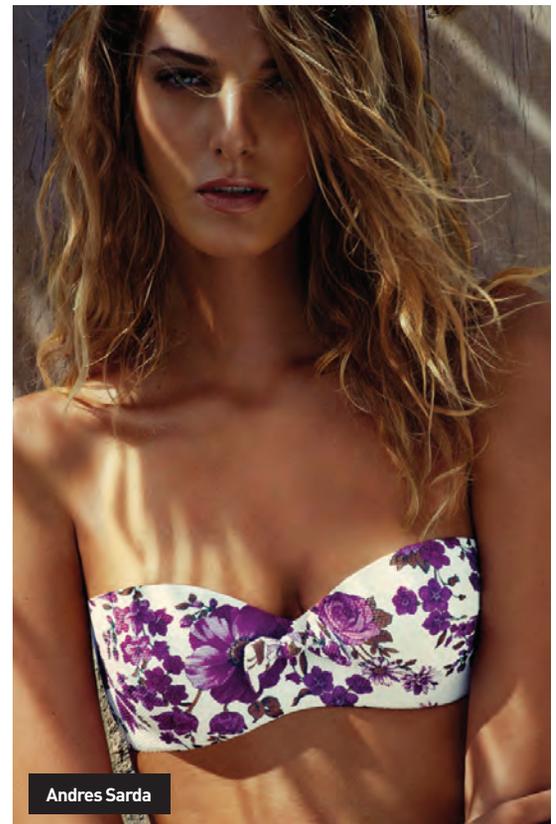
Neon colors do wonders for the tanned skin, making you stand out from the crowd completely effortlessly. Retro-inspired shades of neon green, citrus yellow, fluorescent orange, glowing pink, or electric blue, in mixing and matching combinations, color this summer an eccentric rainbow and give us the desired novelty and notice-me edge.

On our way to the beach (I don't want to spoil our delightful chat by mentioning anything about office or business or chores) we may wear a pleated skirt - knife pleat, in an iridescent color; or a light lacey dress, maybe with a sexy sheer panel; and carry a silk bomber jacket or a weightless boyfriend-coat for the evening refreshing coolness.

As much as we all long for simplicity, the accessories are mandatory this summer, and they make a clear statement on our daring brilliant sexiness. Romantic ample-brimmed hats and sunglasses are required at all times, no matter if sunny or cloudy. Be they aviator, classic or toy-style (with fun appliqué on the frame), sunglasses are the final touch on any attire and occasion this summer.

Chandelier earrings (mostly with floral motifs) and oversized rings and bracelets, worn in smart combinations so as not to overpower each other ruining the mix, are second in command to the king of the accessories - the massive necklace. Intricate and remarkably bizarre, colorful and rich in sophistication, the necklace is definitely your lethal weapon this summer and may easily make or break your otherwise carefully designed appearance.

While admiring the bold look of this summer's de rigueur necklaces, trying to understand the message they want to share with us about this particular summer, I remembered my friend again. She had a whimsical collection of jewelry, but two pieces stood out to me every time she was wearing them: an Imperial Jade strand - in a vibrant shade of translucent emerald green, and a luminous lapis lazuli necklace - intense, slightly violetish blue, unusually crafted. She looked together and elegant at any given moment, but in the days she was wearing one of these two pieces she looked alive and herself in the most passionate way possible. I asked her once about the history behind the two necklaces, only to hear what I had already guessed - they were both proofs of love. Long time before our friendship, the love of her life - a mysterious gentleman with CIA affiliations - gave her the strands on two special occasions. The lapis one had been smuggled out of Afghanistan at a time when the name of the country was quite unknown to the world, so its history was in fact a true love story, sizzling and consuming as taboo love always seems to be. A few days after my friend passed away I found out that she left me the lapis strand to remember her by. I thought I was crying, but only laughter was audible while



tears were streaming down my face. What a rare and eloquent gift she left me - the ultimate proof of love, the absolute sign of the invincible summer in us. I laughed in recognition and gratitude. Coming so promptly from the other side - how

could I ignore such a vital message? So I took it to heart and pass it on to you as we speak: enjoy this summer and all the seasons to come unconditionally - bottoms up the gin'n'tonic, live a little, love a little. Life is short. Love is all that matters. And

more than anything else - know the invincible summer within. Believe in it, for it will push right back at the world, keeping you afloat and alive. Trust it, for it will always carry you through no questions asked, shielding and sheltering your love. 🌊

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1

2. CRYSTAL CRUISES

Begin your new story aboard Crystal Cruises. Abundant choices on voyages to the world's most exotic destinations. Call en Route Travel to make your reservation: 805-585-0090 or 310-459-9955. info@enroutetravel.com



2

**3. EASTERN LIVING
ASIAN ANTIQUES**

Magnificent Silk Road Marble Goddess. Antiques, furniture, stone sculptures, Tibetan arts, architectural elements; museum quality at direct importer's price. 31133 Via Colinas, Suite 109/110, Westlake Village. 818-706-8880. www.easternliving.com



3

4. CARDEN CONEJO SCHOOL

Discover the Carden Conejo School Spirit. From Pre-School to Grade 6, a lifelong passion for learning Math, Science, Computer Studies, Art, Music, Theater and Languages is instilled. For private appointment: Bob Fleming (Business Manager): bfleming@cardenconejo.org or call 805-497-7005



4

5. SOLE SOOTHING NAIL SPA

Beautiful summer nails. Sole Soothing Nail Spa. 966 S. Westlake Blvd. Westlake Village. 805-494-8884



5

6. THE LASH SHOPPE

Save your skin this summer by spraying on a Natural-looking Tan. The Lash Shoppe. 3625 E. Thousand Oaks Blvd. Suite 249. Westlake Village. Email: nicolereeseesley@gmail.com 805-279-7295



6



7



8

7.OJAI VALLEY INN & SPA
Escape to the nearby Ojai Valley Inn & Spa for some rejuvenation in this charming, Spanish-style location. Call en Route Travel to make your reservation: 805-585-0090 or 310-459-9955. info@enroutetravel.com

8.KOUROS AZAR, M.D.
Latest in effective skin-care technology to reverse the ravages of time: ZO MEDICAL Retamax (\$145). Active Vitamin A Micro Emulsion (\$110). Kouros Azar, M.D. Plastic & Reconstructive Surgery. 425 Haaland Drive, Ste 299. Thousand Oaks. 805-373-7073

9.ILENE'S BOUTIQUE
CHANEL Vintage. Ilene's Boutique. 1145 Lindero Cyn. Rd. Westlake Village. 805-373-6633

10.THE MALIBU COMPANY
The Malibu Company provides the finest in green sustainable products. All bamboo pieces are hand made offering extreme durability and natural antimicrobial properties. MalibuCompany.com

11.KATE & LACE LINGERIE AND SWIM
Maaji reversible swimwear. Chimeric Wayfarer. Top: \$77. Bottom: 68. Kate & Lace Lingerie and Swim. 2900 Townsgate Rd. Suite 107, Westlake Village. 805-370-5222

12.BRENT'S DELICATESSEN & RESTAURANT
Cater in your summer party. Brent's Delicatessen & Restaurant. 2799 Townsgate Rd. Westlake Village. 805-557-1882 . www.brentsdeli.com

13.DANCE O PLEX
a new state-of-the-art dance training facility - offers classes for recreational kids and adults as well as aspiring pre-professional dancers. Email: Chava@danceoplex.com 888-257-9050



9



11



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 **HOME&HEARTH** / *Suzanne Perkins*

SUZANNE PERKINS

www.suzanneperkins.com

Suzanne Perkins is Santa Barbara's preeminent real estate professional. She has consistently garnered Top Agent awards and her stature and reputation in the industry are without parallel. Suzanne Perkins is one of the foremost experts on luxury properties in California Uniquely Qualified to Assist You.

Casitas Pass Estate
www.CasitasPassRd.com
\$8,250,000





Suzanne Perkins
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Casitas Pass Estate
www.CasitasPassRd.com
\$8,250,000

This inspiring Don Nulty two-story estate, built in 2011, approx. 10,800 sq ft main residence offers 7 bedrooms and 7.5 baths, situated on approximately 12.52 acres. There is an infinity pool, spa, expansive yard and extensive landscaping throughout, including two ponds, and gated entrance. Separate building includes parking for 4+ cars, a movie theater and office.





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JORDAN COHEN ESTATES

www.jordancohen.com

With over 24 years of real estate experience, Jordan Cohen has earned numerous awards and accolades. In 2013, Jordan sold over \$120,000,000 in residential real estate. He was awarded the honor of being the #1 RE/MAX Agent in the Western United States. Jordan has represented over 40 professional athletes, as well as numerous entertainers and high-profile actors. An expert in the industry, Jordan Cohen prides himself on his aggressive marketing, and specializes in high-end estates in Southern California.

**4738 Golf Course Drive,
Westlake Village, CA 91362**
Offered at \$4,500,000
www.PremierNorthRanch.com

Ideally set behind private gates and up a long driveway is this smashing custom remodeled Mediterranean villa



DRE 01103362

For further information, contact:
Jordan Cohen
#1 RE/MAX Agent in the Western United States
www.jordancohen.com
818.435.5220
Follow me on  @jordancohen21



**4738 Golf Course Drive,
Westlake Village, CA 91362
Offered at \$4,500,000
www.PremierNorthRanch.com**

The Premier North Ranch custom Estate! Ideally set behind private gates and up a long driveway is this smashing custom remodeled Mediterranean villa. Boasting spectacular unobstructed views, this grand estate sits on nearly 1.5 private acres with 7556 square feet of floor plan! Features include a state-of-the-art theater, bonus/game room, two separate offices, detached pool house/gym and more! Interior appointments include soaring beamed ceilings, stone and wood floors, remodeled kitchen and baths, dramatic master suite with newer bathroom to include heated floors and steam shower! The yard and grounds are truly North Ranch's finest! Pool, spa, covered entertainment area with outdoor fireplace, putting green, fruit trees, vegetable garden, barbecue center and massive manicured lawns all boast breathtaking views with complete privacy. This emotional property is amazing!

Remodeled kitchen



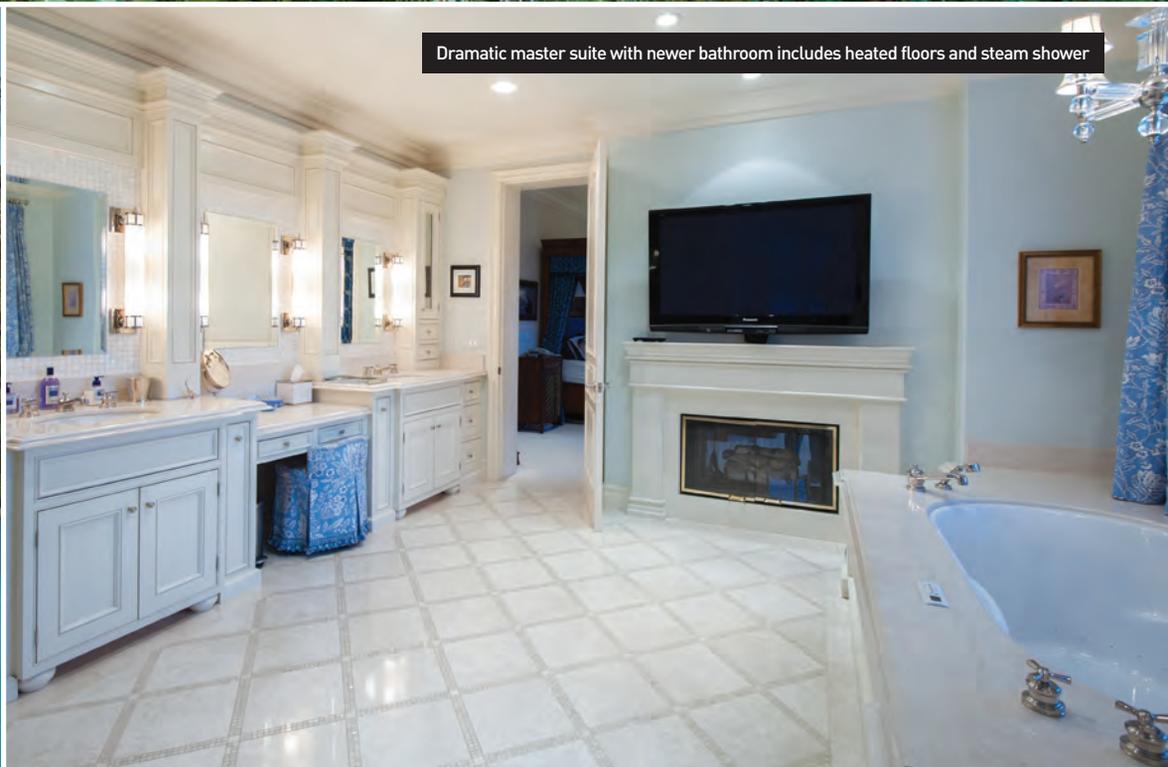
Covered entertainment area with outdoor fireplace



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Boasting spectacular unobstructed views, this grand estate sits on nearly 1.5 private acres with 7556 square feet of floor plan



Dramatic master suite with newer bathroom includes heated floors and steam shower

HOME&HEARTH / *Jordan Cohen Estates*

30065 Triunfo Dr., Agoura Hills, CA 91301

www.HilltopViewEstate.com

Offered at \$2,999,000

Striking Agoura hilltop estate! Spectacular location behind private gates boasting dramatic unobstructed 360 degree views! A truly magical setting with approximately 8,000 square feet of floor plan! Among the home's many attributes are a two story marble entry, bonus/game/theater room, downstairs office and more! All bedrooms are over-sized with private en suite baths. The master suite is amazing with hardwood floors, his and hers separate walk in closets, fireplace and a tremendous covered wrap-around balcony. Set on over 2.6 acres, the grounds boast an infinity pebble tech beach entry pool, tennis court with lights, large lush manicured lawns, fire pit and a separate pond with waterfall. This unbelievable private villa is in close proximity to Malibu and hiking trails!



Striking Agoura hilltop estate



Infinity Pebble tech beach entry pool

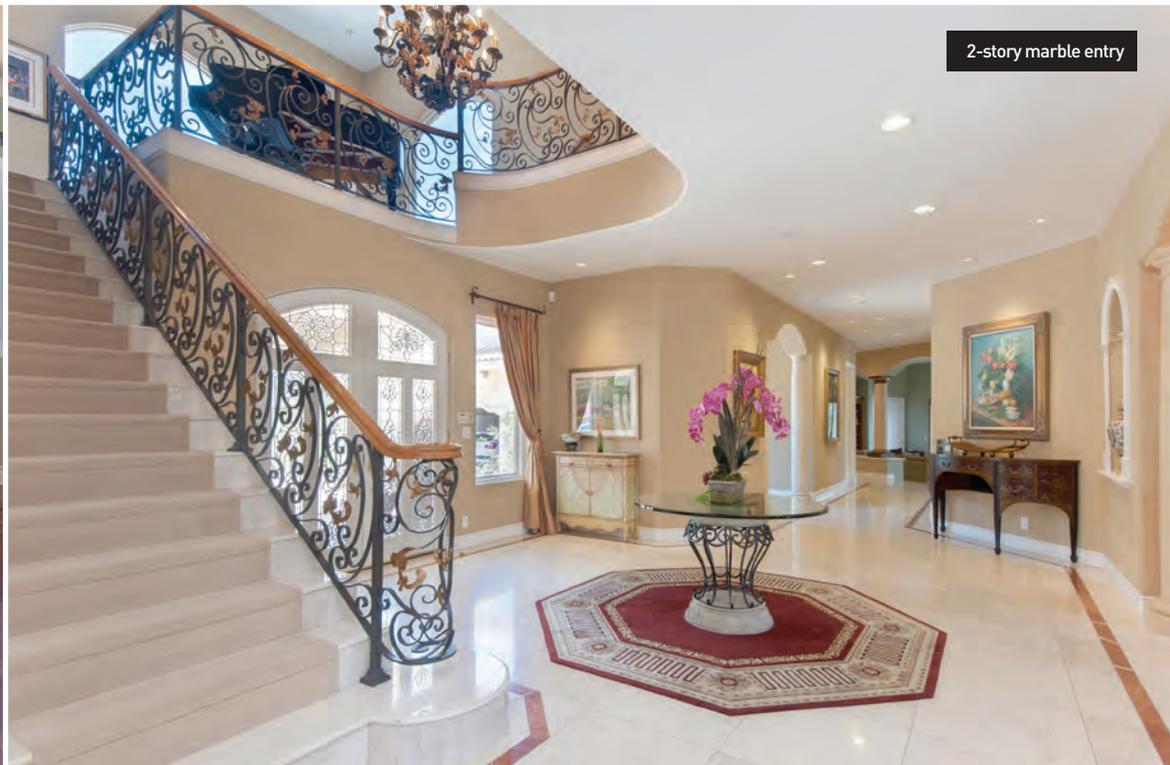


Master suite with hardwood floors



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2-story marble entry

1501 Viewsite Terrace, Hollywood Hills, CA 90069
Offered at \$5,500,000
www.SunsetStripEstate.com

Striking modern Sunset Strip Estate! Explosive unobstructed City Light views of Los Angeles! Remodeled with the highest of quality finishes. End of cul-de-sac location with 4831 square feet of floor plan. Features include state-of-the-art theater, elevator connecting all three levels, second story library/loft and more. There is an amazing penthouse level master suite with his and hers separate bathrooms, fireplace, and an over-sized wrap-around viewing deck. Interior appointments include polished exposed concrete and custom wood flooring, remodeled kitchen with stainless steel appliances, floor to ceiling walls of glass and more. The grounds provide a pool and spa, custom wood decks, BBQ center, professional landscaping and a lower level dog run. This is an emotional home and ideal location in the Hollywood Hills!



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Striking modern Sunset Strip Estate! Explosive unobstructed City Light views of Los Angeles!



Remodeled with the highest of quality finishes



 **HOME&HEARTH** / *Jordan Cohen Estates*

Prado Del Misterio
The Estates at the Oaks, Calabasas, CA
www.PradoEstate.com
Offered at \$11,500,000

THE absolute premier estate in guard-gated Estates Of The Oaks! A true one-of-a-kind French Country masterpiece! Ideally set at the end of a cul-de-sac and sitting on nearly an acre of magnificent landscaped grounds is this approximately 15,000-square-foot grand estate built with no expense spared.



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Resort quality grounds





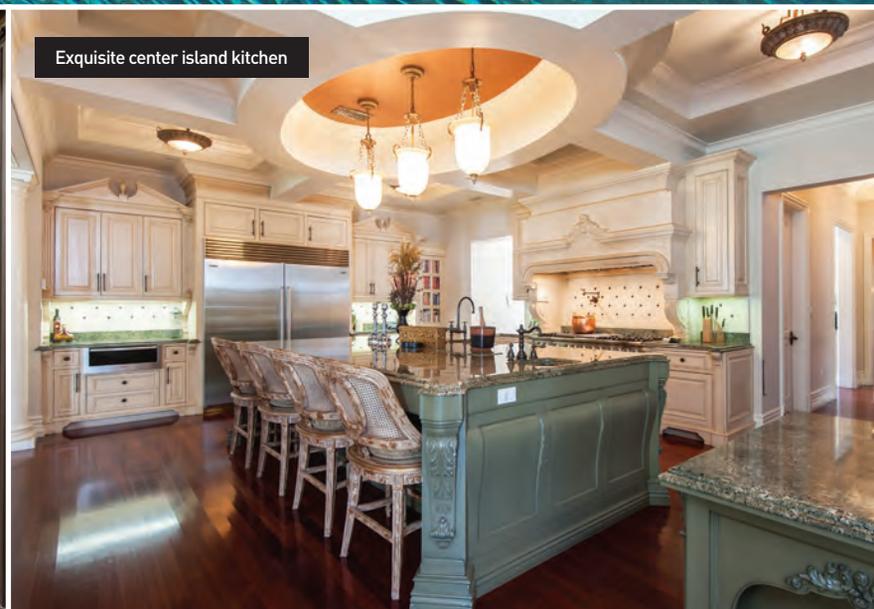
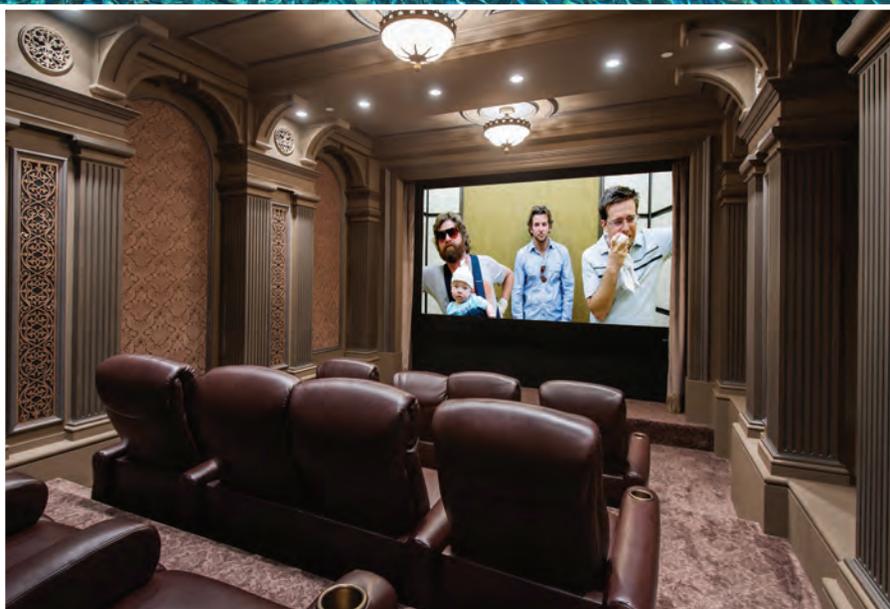
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15,000 square foot grand estate built with no expense spared



Prado Del Misterio
The Estates at the Oaks, Calabasas, CA
www.PradoEstate.com
Offered at \$11,500,000

Among the home's many attributes are a separate self-contained guest house, exquisite center island kitchen plus separate chefs kitchen, state-of-the-art screening room/theater, two-story formal library, two separate offices, bonus/game room, temp-controlled wine cellar and tasting room, children's theater, first-class gym with sauna and more! Located on the main level is the grand master suite which is graced with two fireplaces, sitting and dressing rooms, his and hers bathrooms and walk-in closets. The resort-quality grounds provide a pool and spa, outdoor kitchen and massive manicured lawns. Video surveillance, smart home system, solar, 4-car garage, circular driveway and more, complete one of Southern California's finest estates!



Exquisite center island kitchen

HOME&HEARTH / Tracy Testin



Born and raised in Southern California, Tracy has proudly called Malibu home for the past 20 years. With 25 years of real-estate experience she is able to share her in-depth knowledge of the market with both new and long-standing clients. With an extensive blue-chip portfolio of multi-million dollar properties for sale, and select group of luxury rental properties, Tracy handles it all with style and grace.

*Nature never did betray the heart that loved her.
William Wordsworth*



The Very Best of Beach Living
www.lacostabeachhouse.com
Offered at \$11,995,000

Beautiful La Costa Beach home done in the very best taste with the finest craftsmanship. Teak floors throughout the property, elegant stainless steel fixtures and state-of-the-art kitchen. Enjoy the sunset and magnificent ocean views from the expansive patio.



Prudential
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Tracy Testin
Estate Agent
Prudential Malibu Realty
(310) 940-5578 Cell
(310) 317-1708 Office

DRE# 01212506

Enjoy gorgeous sunsets from the spacious patio



Beach living at its best



Gorgeous teak floors throughout the property



Master bedroom with fireplace & stunning bathroom



 **HOME&HEARTH** / *Tracy Testin*

The Very Best of Beach Living
www.lacostabeachhouse.com
Offered at \$11,995,000

The beachfront master bedroom has a fireplace, large gorgeously appointed bathroom and two large closets. Two guest bedrooms en suite. Den/media room with drop-down screen and projection. Spacious entry courtyard with spa. Also available for lease.



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Tracy Testin
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DRE# 01212506



Elegant stainless steel fixtures in the state-of-the-art kitchen



Den/Media Room with drop-down screen & projection



LEMONS FROM LEMONADE

By Robert J. Katch

They did it again! The investing public managed to underperform the stock market averages using one of their favorite strategies: bad timing.

For the 10 years ending in 2013, the average investor lagged the average mutual fund by 2.5% annually. Over this period of time, mutual funds averaged a 7.3% annual return while the typical investor only earned a 4.8% annual return from the same funds. How is that possible, you ask? Bad timing – otherwise known as chasing returns.

Several times over the past decade, investors moved their monies in the wrong direction. 2009 was one of the biggest market turning points during the past 50 years and investors were busy yanking money from stocks after adding so much in 2007. Given what was going on in the global economy, the fear was certainly understandable. But that fear led to dismal results as the market bottomed in March 2009 and yet rallied back strongly throughout the remainder of the year. Yes, 2008-2009 was a difficult market environment. However, investing while looking backward at what has already occurred, rather than looking forward at what should occur, is very expensive.

One might think the performance gap was simply due to unusual periods such as the 2008-2009 bear market. Amazingly, investors have terrible timing during

relatively calm years as well. The past two years have been just as embarrassing for the typical investor. In 2012, investors pulled over \$90 billion from U.S. stock funds and added over \$260 billion to U.S. bond funds. Then in 2013, the stock market returned over 30% and the bond market lost over 1%. Thus, the average investor had less money in stocks as they rose 30% and more money in bonds as they fell 1%.

It gets even worse when you examine the data on sector funds and international stock funds. In these categories, the average fund investor lagged the average funds they were invested in by over 3% - more than they did with just plain, old U.S. stocks and bonds. Sector and international funds generally experience increased volatility so it's easier to get whipsawed if you're chasing past returns.

Let's dig deeper and examine how this

actually occurs by looking at my all-time favorite example. The December 31, 2009, issue of the Wall Street Journal featured an article on CGM Focus fund. It was the top-performing mutual fund from January 1, 2000 to December 31, 2009, generating a return of 18% per year over those 10 years. Here's the amazing punchline: The average investor in this same fund over this same period LOST 11% annualized!

You may rightfully ask how this could happen. Bad timing is the answer! Without going over all 10 years of data, the most dramatic example is that after the fund was up 80% in 2007, investors banged down the doors to add money to CGM Focus, putting \$2.6 billion into the fund. However, it was just in time to catch the other side of the market rollercoaster and the fund's 48% drop in 2008.

Right after an investment has strong returns, people tend to jump on the bandwagon and then ride it back down to reality. Conversely, when an investment is struggling, they tend to avoid or abandon it and miss out on the recovery. Missing the upside and catching the downside takes on more risk and produces dismal returns – just as it did for the unhappy, money-losing investors in the best-performing mutual fund of the 2000s! 



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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A CONFUSED MACRO ENVIRONMENT AND WHAT IT IS ASKING US?

By Doug DeGroot

Recently, famed hedge fund manager, Paul Tudor Jones, characterized the macro trading environment as difficult as he has ever seen it in his career, saying, “what’s obvious in macro is obviously wrong”. While the stock market has risen, yields are falling. For instance the German Bund has fallen to 1.46%, not far from the 1.20% yield reached at the height of the Euro crisis.

Here in the U.S., investment grade and high yield spreads are now at or near the lows of past cycles. Not to be left out, Ireland, Italy and Spain are seeing record low borrowing costs for their sovereign debt. As Jim Grant put it this week, there “ain’t no high yields” any longer.

A MORE UNCERTAIN U.S. OUTLOOK? Not even a very strong April payroll report with 288,000 jobs created for the month had any impact on fixed income markets. Economic data continues to point to a slowdown in the U.S. Recent data on construction spending, trade and inventories now suggest

that Q1 2014 growth will be revised to negative growth. Is this just a pause or is the economy signaling some underlying deceleration in the economy?

GEOPOLITICAL RISKS? While equities seem little concerned about geopolitical risks, bond investors may be showing greater concern over Ukraine and developments in the South China Sea over the last couple of months. Some of the recent rally in U.S. Treasuries and German Bunds may be attributed to safe haven flows from these developments.

CENTRAL BANK ACTIVISM? One thing we have learned and know for certain is that central banks will use unconventional policies to guard against perceived risks and attempt to push economies towards their targets. In April, Draghi indicated that the ECB is ready to take action at its June meeting if needed, reiterating that all options are on the table. With current inflation rates being reported as low and the expectations that inflation is contained, markets may be pricing in a very long period of highly accommodative policies remaining in place and the advent of new ones.

The CBO just released a report that estimates that the U.S. will be \$25 trillion in debt by 2024. Many of our clients have asked, "what will this mean about our position in the world as the world's reserve currency?" Likely not much or at least not in the near future as the rest of the world is adding debt at rates just as fast as us or faster. According to the same reports, the CBO estimates that the rest of the world will achieve debt totals of \$150 trillion by 2024. Europe is printing \$1 trillion per year, Japan is printing \$1.3 trillion per year and China is printing \$800 billion per year while the Bank of England is printing \$300 billion per year.

Here at home, housing is slamming on the breaks. Millions of homes are still underwater on their mortgages even with the rally in the housing market. College graduates have built up over \$1 trillion in student loan debt. Ask yourself, "who will buy the starter homes if all the college graduates are servicing record levels of tuition debt instead of spending money on homes, services and goods?" Income for average Americans remains below the 2008 levels and is flat as taxes and inflation eat into our standard of living.

According to the Social Security

Administration and Census Bureau web sites, 46% of wage earners earn less than \$25,000 per year. 73% percent earn less than \$50,000 and 86% earn less than \$75,000 per year. What does that mean for the economy if 70% of the economy depends on consumers buying, selling and saving? If they are making less and inflation, health care costs and taxes are higher, who or what will make up the difference?

If the averages are so bad, why is the market up? While it is the law of averages that moves trends and markets, it is hard to deny the effect of the central banks of the world on the stock markets and bond markets. While Paul Tudor Jones is correct in the macro sense, timing is difficult as the averages have less influence on the markets. According to valuewalk.com, 60% of Baby Boomers have saved less than \$25,000 for retirement and 46% have less than \$10,000. According to their survey, 40% plan to work until they die.

When I point this out to clients who have done an incredible job of saving, creating and growing their wealth, the question that always comes back is what does that have to do with me? "My plan is intact and we are on course to meet our goals and objectives."

My question to them is always, "where will the government get the money to make sure they can keep paying all the benefits they promised? Won't they need a new middle class? Will taxes go up before they cut programs? Who will they go after to get the money they need to provide benefits for the people who have not prepared for the future? What will this mean to the markets and your investments... your retirement and lifestyle?"

For entrepreneurs and "doers", difficulty is the fuel that spawns necessity, creativity and opens the door to opportunity. Like water, your investments will flow to the areas of least resistance. Look at the example of Toyota and many companies and wealthy individuals fleeing California or New York for Texas, Florida and Nevada and other states and countries with better tax laws and structures to better foster growth. Instead we argue over minimum wage, forgetting that any increase in input to a product is an increase on an already stressed consumer.

A PARADIGM SHIFT? Are companies and the wealthy shifting from risk taking to survival mode? Or are they trying to maintain their long-term plans through

relocating in the most tax-friendly environment possible?

Take heed of this shift as it is not a little move for any company to move its employees, set up operations and continue to meet current demands through a difficult time of forced change. Change is never easy - especially one that involves lifestyle and continuity for both key individuals and the business. These are signals that are becoming louder and more regular every day.

Are you prepared for your next shift in life? Are you nearing retirement? Do you own or operate a business? Do you provide a service? Are you concerned about future valuations and succession planning? Are taxes a concern? Is lifestyle important? Is your freedom to move your money freely important to you? Do you know the rules?

These are just a few questions you should be asking yourself and your financial planner. Your tax diversification should be just as important as your investment diversification and maybe even more important. It is our policy to constantly review and discover opportunities, discuss the dangers or threats our clients face to their plan wellbeing and focus on their strengths to enhance their opportunities with the least amount of risk to their financial lives.

While the markets in 2014 have been pretty uneventful and not too hot or too cold, the central banks, geopolitical events, federal governments around the world - have been in overdrive trying to maintain. Take this opportunity to address the issues you face to better understand our changing environment and how it will affect your financial life and the causes and concerns you care about. 



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<http://www.Degrootefinancial.com>.

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CONTROLLING STRESS FOR YOUR HEALTH'S SAKE

By Ian Armstrong, M.D.

While it is difficult to accurately measure the exact toll of stress on your health, medical practitioners know, without the shadow of a doubt, that continuous, unresolved stress plays havoc of your body's health – even to the point of being potentially fatal.

Your body is hard-wired to react to stress in ways meant to protect you against threats from predators and other aggressors. The problem with life in 2014 is that we no longer live in a world where the stressors are a 5-minute attack from a predator. Unfortunately, the stressors of today are far more complex and far more long-lasting than the 5-minute episodes of being chased by something dangerous and fleeing for survival. Long-term stress becomes debilitating and our bodies are not hard-wired to cope with the ongoing erosive effects – over months

and sometimes years. We face huge workloads, the necessity of making ends meet, and taking care of our families as expenses, competitiveness and demands crescendo. Life doesn't get simpler; it gets more complex as technology increases the world's efficiencies but also exacts higher standards in the corporate and consumer playing fields.

STRESS ON YOUNG PEOPLE

We know for a fact that entrance qualifications into the top

The long-term activation of the stress-response system, and the subsequent overexposure to cortisol and other stress hormones, can disrupt almost all your body's processes.

universities in the U.S. have gone up exponentially. Grade point averages that used to be considered very good 20 years ago are now considered average. In order to compete and gain entrance to universities that will look good on future résumés, high school students now have to work considerably harder in an increasingly competitive world. Learning how to cope with stressful situations like this is key – early on in life. Letting stress overpower your ability to perform is counter-productive – but worse – it does and will play havoc on your physical health – long-term.

PHYSIOLOGICAL RESPONSE TO STRESS

When you encounter a perceived threat — your hypothalamus, a tiny region at the base of your brain, sets off an alarm system in your body. Through a combination of nerve and hormonal signals, this system prompts your adrenal glands, located atop your kidneys, to release a surge of hormones, including adrenaline and cortisol.

Adrenaline increases your heart rate, elevates your blood pressure and boosts energy supplies. Cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream, enhances your brain's use of glucose and increases the availability of substances that repair tissues.

Cortisol also curbs functions that would be nonessential or detrimental in a fight-or-flight situation. It alters immune system responses and suppresses the digestive system, the reproductive system and growth processes. This complex natural alarm system also communicates with regions of your brain that control mood, motivation and fear.

The body's stress-response system is usually self-limiting. Once a perceived threat has passed, hormone levels return to normal. As adrenaline and cortisol levels drop, your heart rate and blood pressure return to baseline levels, and other systems resume their regular activities.

But when stressors are always present and you constantly feel under attack, that fight-or-flight reaction stays turned on.

The long-term activation of the stress-response system — and the subsequent overexposure to cortisol and other stress hormones — can disrupt almost all your body's processes. This puts you at increased risk of numerous health problems, including:

- Heart Disease
- Digestive Problems
- Compromised Immune System
- Sleep Problems
- Weight Gain
- Memory and Concentration Impairment

That's why it's so important to learn healthy ways to cope with the stressors in your life.

WHAT DICTATES YOUR REACTION TO A STRESSFUL SITUATION?

Everyone responds to stressful events differently. In fact, some people may not even view a particular situation as stressful, while others will view it as terrifying. How you react to stressors in your life is affected by such factors as:

GENETICS. A-type personalities are more likely to respond more intensely to stressful situations. They are wired

to react and perform and hence they will have a stronger overall reaction to a situation. However, the genes that control the stress response keep most people on a fairly even keel, only occasionally priming the body for fight or flight.

LIFE EXPERIENCES. Strong stress reactions sometimes can be traced to traumatic events. People who suffered neglect or abuse as children tend to be particularly vulnerable to stress. The same is true of victims of violent crime, airplane crash survivors, military personnel, police officers and firefighters.

You must have noticed that some people seem laid-back about almost everything while others react strongly at the slightest stress. Most reactions to life stressors fall somewhere between those extremes.

LEARNING TO REACT TO LIFE STRESSORS IN A HEALTHY WAY

Stressful events are a fact of life. You may not be able to change your current situation, but you can take steps to manage the impact these events have on you.

You can learn to identify what stresses you and how to take care of yourself physically and emotionally in the face of stressful situations.

STRESS MANAGEMENT STRATEGIES INCLUDE:

- Eating a healthy diet and getting regular exercise and plenty of sleep
- Practicing relaxation techniques or learning to meditate
- Fostering healthy friendships
- Having a sense of humor
- Seeking professional counseling when needed

The payoff for learning to manage stress is incalculable in terms of your overall health. In time, we may be able to calculate more accurately how much stress plays havoc on our physical health, but in the meantime, learning how to manage the buttons that send our cortisol levels soaring – is essential. Too much cortisol in our systems is most definitely detrimental. 



Acknowledgments: Mayo Clinic

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

En Route Travel introduces

OJAI VALLEY INN & SPA

Ojai Valley Inn & Spa is located in the charming historic Spanish-style town of Ojai, 14 miles from the Pacific Ocean, 35 miles south of Santa Barbara and 73 miles northwest of Los Angeles. The town's unique east-west orientation attracted the Chumash Indians, the original inhabitants of this area who revered it as a place of healing, as well as contemporary spiritual seekers who ascribe mystical powers to this valley that is still called "The Moon."



Oak Grill at the Ojai Valley Inn



Casa Blanca Courtyard



Ojai Valley Inn Herb Garden

In 1923, Edward Drummond Libbey, wealthy Ohio glass manufacturer and philanthropist, built a country club and golf course for residents and visitors. He commissioned famed architect Wallace Neff to design the clubhouse in the traditional Spanish Colonial style of Southern California. Renowned golf course architect George C. Thomas, Jr. was commissioned to design a course from the natural terrain that was immediately hailed as “the cream of Southern California courses.”

GUEST ROOMS

There are 308 spacious rooms and suites, most with fireplaces and terraces offering spectacular mountain and golf course views. All rooms have king or double beds with exclusive bedding, bamboo terry towels, LED/HD flat-screen televisions and high-speed internet access.

ACTIVITIES

GOLF: Year-round activities include golf on the George C. Thomas-designed 18-hole championship course, a full-service tennis center with four hard courts, and swimming or lounging at 4 heated swimming pools and whirlpools.

CAMP OJAI for children ages 5-12 offers supervised educational activities with a focus on learning about the Chumash Indians and

themed outdoor activities in which camp-goers revel in Ojai’s beautiful Mediterranean climate. Off-property excursions include guided hiking, bird-watching tours, horseback riding, artist studio tours, jeep tours, ocean and lake fishing, surfing and kayak lessons in the Pacific Ocean or nearby Lake Casitas.

SPA OJAI

Spa Ojai is an award-winning 31,000-square-foot luxury spa with 28 treatment rooms, including massage rooms with fireplaces. There are an unusual variety of therapies, plus whirlpools, steam rooms, saunas and sunbathing loggias for men and women. The luxurious 3,500-square-foot spa penthouse has a private elevator and large terraces with private outdoor whirlpools and fireplaces for VIP guests. Spa Ojai’s gym is well equipped with a state-of-the-art cardio theatre, a full selection of weight machines and free weights. A daily schedule of complimentary mind/body classes includes t’ai chi, yoga, qi gong, meditation, spinning, and water aerobics. Power walks and nature hikes are offered daily.

CHOICE OF POOLS 2 pools are located at Spa Ojai, one of which offers guest cabanas for added privacy.

THE ARTIST COTTAGE & APOTHECARY at Spa Ojai offers classes in



Hole 3 at the Ojai Valley Inn



Ojai Valley Inn at dusk with Oak Trees lit

a variety of art mediums, including an introspective Personal Mandala class and signature Custom Blending class.

RESTAURANTS

Maravilla: The Inn's signature restaurant serves dinner and features local grass-fed beef, chops and the freshest seafood complemented by the Chef's garden-grown and handmade ingredients. A warm ambience and beautiful vistas complete the ultimate dining experience.

Oak Grill: Breakfast, lunch and dinner are served at the Oak Grill which features organic egg dishes, signature soups, freshly-prepared salads and Chef specialties. Dining is available outdoors on the terrace overlooking the golf course or indoors by the fireplace. Radiant heating on the terrace tile makes it appealing all year round.

Jimmy's: This is a casual pub featuring thin-crust New York-style pizzas and a wide selection of gourmet beers and wines by the glass. Sports enthusiasts may enjoy watching their favorite event on big-screen TVs.

Café Verde: Located in Spa Village, enjoy morning coffee and a muffin or lunch in this beautiful setting where the menu has a motto of healthy indulgence. Fresh-pressed vegetable juices complement the meal.

Herb Garden Café: This beautifully-appointed restaurant has the distinction of being near 2 spa treatment rooms and a gorgeous pool, inclusive of private cabanas and Jacuzzi surrounded by an outdoor fireplace. Guests may enjoy watching their favorite sporting event on TV or playing a billiard game.

The Ojai Valley Inn & Spa is affiliated with Associated Luxury Hotels International Fine Resorts and Hotels. Other affiliations include International Spa Association AAA - Five Diamond Property.

For a luxurious getaway close to home, the Ojai Valley Inn & Spa offers unparalleled luxury and service in a distinctly beautiful Mediterranean environment. 



To book your stay at Ojai Valley Inn & Spa, please contact an en Route Travel Advisor at 805.585.0090 or 310.459.9955 or email info@enroutetravel.com or visit one of their two locations:

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ence. Every itinerary offers a complimentary *voluntourism* event. Explore panoramic Bali where you can visit the Holy Besakih Temple. Imbibe Balinese culture with its beautiful Arts and Crafts. Visit the scenic Rice Paddies of Jatiluwih or enjoy a Bali Elephant Ride. From Temple Wonders to Bird Park Experiences to magnificent Orchid Gardens, Indonesia will delight your senses.

BALI

Bali is so beautiful that the natives believe heaven will be just like their home, and when you tour this island paradise, it's easy to see why. Mysterious volcanic lakes and jungle-shrouded volcanoes abound in this paradise. There are wondrous ancient temples, superlatively creative painters and wood-carvers, and the legendary dancers who re-enact the stories of their Hindu deities.

INDOCHINE DISCOVERY: SINGAPORE TO HONG KONG

(January 29 – February 11, 2015)

On a voyage of history and beauty, discover stunning beaches in Thailand, Cambodia and a maiden call at Sanya, the 'Hawaiian isle' of China.

PAGODAS & PALACES: HONG KONG TO SINGAPORE

(February 11-24, 2015)

With overnight stays in Hong Kong, Ho Chi Minh City and Singapore, immerse yourself in the histories of ancient empires still thriving in a modern world.

**MYSTICAL MALAYSIA & MYANMAR:
ROUND-TRIP SINGAPORE**

(February 24 – March 9, 2015)

About Burma, Rudyard Kipling wrote, “It is quite unlike any place you know about” – and a century later, that remains true for this exotic land now known as Myanmar.

PHUKET, THAILAND

Residents call Phuket ‘The Pearl of the South’, and one visit to this green, sun-soaked island in the Andaman Sea will show you why. The coast is a succession of magnificent beaches while the forested interior boasts virgin rain forests and numerous plantations. The culture is a distinctive blend of Portuguese, Chinese and indigenous Chao Naam, a proud seafaring people.

ORIENTAL EMBRACE: SINGAPORE TO HONG KONG

(March 9-22, 2015)

Still affectionately known as Saigon, Ho Chi Minh City’s French colonial architecture and gorgeous Emperor Jade Pagoda continue to enchant visitors, while the temples in Thailand and treasures of Hong Kong invite exploration.

CHINA IN DEPTH: HONG KONG TO BEIJING

(March 22 – April 4, 2015)

With 3 days to explore the ‘City by the Sea’ you’ll have ample time to visit Puxi, Shanghai’s historical and scenic section, as well as Pudong, its modern neighbor.

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Specialty Restaurant† Crystal Cruises offers each guest the opportunity to dine at least once on a complimentary basis in Prego and at least once in Silk Road or the Sushi Bar. Additional reservations or visits are subject to a \$30 per person fee, subject to availability. 2014 Crystal Cruises, Inc., Ships’ Registry: The Bahamas



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