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Angela Paul is the embodiment of what we hope you'll savor this Holiday season: Her wisdom and depth are honed from a set of core values that defy superficiality and temporary gratification. This soulful Writer, Model and Life Coach enjoys a substantially full life because of her prioritization of the things that really matter: her profoundly deep love for her husband, Alan, and daughter Arielle – and her spirituality. Born and raised in England, Angela became Miss Teen England and was a highly-successful fashion model who worked extensively in Europe and Asia. It was while living in Japan 33 years ago that she met and married her life-long love, Alan Paul, the founding member of 10-time Grammy-Award-winning vocal group, *The Manhattan Transfer*. The Cover Story is on Page 48 in which both Angela and Alan share their deeply candid and profound views on life, marriage, relationships and life with *The Manhattan Transfer*.

Seismic waves of around 70 feet are what invigorate the world's best waterman, Laird Hamilton. Described as "surfing's biggest, boldest, bravest" – Laird Hamilton co-invented tow-in surfing – which pushes the confinements and possibilities of big-wave surfing to a new level. Enjoy the spectacular pictures on Page 14.

Our Real Estate section – which begins on Page 70 – features some magnificent homes. Families usually hunker down during the fall season to hot soups, football and movies – so even if you're not in the home-purchasing market – we hope some of the pictures will inspire you to reinvigorate your surroundings.

I always enjoy reading our Fashion Editor, Magda Pescariu's articles (Page 60). A deep intellect, she offers such interesting perspectives in a field that is so much more than its outward appearances.

Our Travelscapes section on Page 106 gives you some excellent ideas on your next destination escape. Everybody needs to unplug from work and gain a different perspective on life in some of the most beautiful parts of the world.

Enjoy this beautiful time of the year. Happy Holidays to you all!

A handwritten signature in blue ink that reads "Diana". The signature is stylized and written in a cursive-like font.

Diana

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Seismic waves of around 70 feet are what invigorate the world's best waterman, Laird Hamilton. Described as "surfing's biggest, boldest, bravest" – Laird Hamilton co-invented tow-in surfing – which pushes the confinements and possibilities of big-wave surfing to a new level. Not only does his timing have to be impeccably accurate on these massive waves, but he's moving at speeds in excess of 30 miles per hour.



“The journey, the experience, the feeling that I get when I’m embarking on a challenge makes me feel alive. It enables me to really experience living. My philosophy is built on my own personal challenges and working within my own comfort level. It’s a case of taking advantage of the life and gifts that I have – and maximizing those.”

A favorite spot for Laird to surf these massive waves is at Pe’ahi Reef (known as the Jaws Surfbreak) on the north central shore of the Island of Maui in Hawai’i. He says, “The journey, the experience, the feeling that I get when I’m embarking on a challenge makes me feel alive. It enables me to really experience living. My philosophy is built on my own personal challenges and working within my own comfort level. It’s a case of taking advantage of the life and gifts that I have – and maximizing those.” 

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STOP CANCER

The STOP CANCER POP-UP NIGHT OF FASHION was held on September 4th at THE Malibu Country Mart. Stop Cancer achieved its goal of creating an awareness of their group to a new demographic in the Malibu area. Stop Cancer raises money to support vital Cancer Research being conducted at Los Angeles' leading National Cancer Institutes; UCLA Jonsson, USC Norris and City of Hope.



John Varvatos, Malibu associates



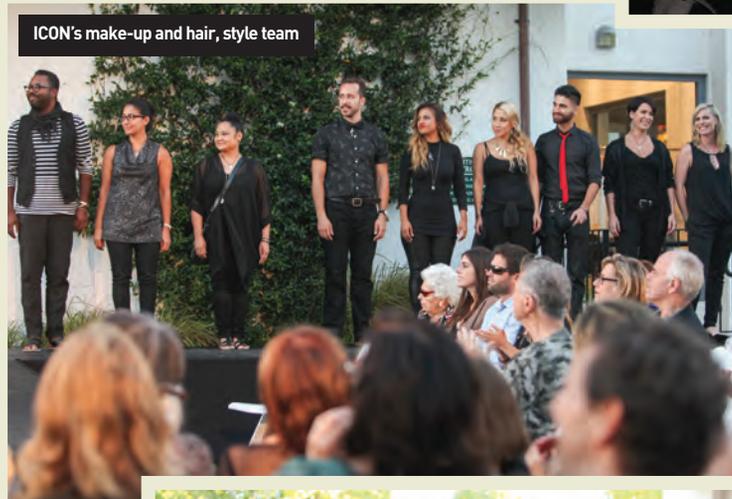
The Morgane Le Fay associates



Elizabeth Chambers, Armie Hammer, Kelly and Derek Douglas



Model and race car driver Carl Rydquist



ICON's make-up and hair, style team



Elizabeth Mulhardt and Gomez Warren



Fashion show co-hosts and Breast Cancer Survivor's, Krista Weissmuller and Chiara Scudieri



Elizabeth Mulhardt with The Malibu Country Mart, Chiara Scudieri Creative Director/Co-owner ICON, Krista Weissmuller General Manager John Varvatos (Malibu), Christina Grande with Morgane Le Fay



Model, Angelia Hammer



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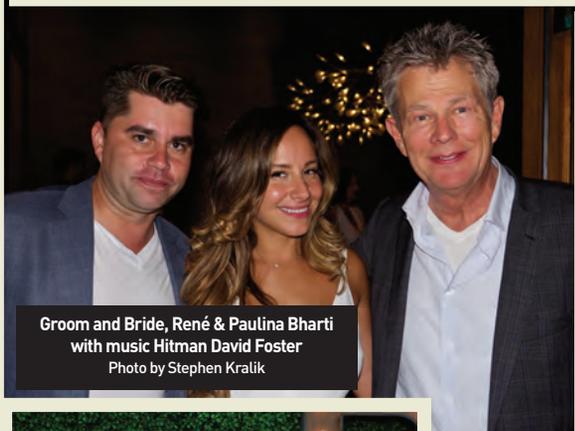
In 1987, George Rosenthal began planting vineyards at his 250-acre Vineyard, Rosenthal - The Malibu Estate. On rare occasion the estate will open its gates to high-profile clients for special events. On September 20, 2014 George welcomed Rene Bharti, Co-founder & Executive Chairman of the holographic company ARHT Media Inc. to wed his wife Paulina. One hundred of the bride & groom's closest friends and family enjoyed a pre dinner event at Nobu Malibu followed the next day by a elegant, intimate wedding at the vineyard. Event by Kim Talbot Events.



Nobu rehearsal dinner with Jamie Talbot, groom René Bharti, Bride Paulina Bharti, Wedding planner Kim Talbot, Mira King, Brooke Wexler and grooms' mother Hannele Bharti
Photo by Stephen Kralik



James Delany, Krista McGrath, René Bharti, Paulina Bharti, Paul McGrath and Nancy McGrath
Photo by Cheriefoto



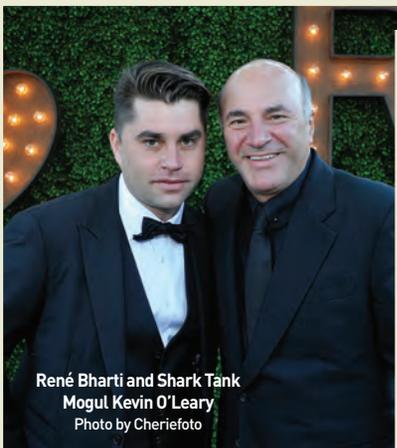
Groom and Bride, René & Paulina Bharti with music Hitman David Foster
Photo by Stephen Kralik



Steve Harris, René Bharti, Marlon Wayans
Photo by Cheriefoto



The Event Layout



René Bharti and Shark Tank Mogul Kevin O'Leary
Photo by Cheriefoto



René & Paulina walking back after ceremony vows Rene and Paulina Bharti
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Left to right Andre Bharti, Julian Bharti, René Bharti and Founder & Exec. Chairman of Forbes & Manhattan Stan Bharti



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PHOTOGRAPHY BY MICHAEL MACDONALD



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SPECIAL DISPENSATION

By Larry Crane



A hand-written note from May Rindge gave Harrie Teaboldt access to both the Malibu Rancho road and a small canvas-covered camp cottage with its own cooking shed near the mouth of Malibu creek.

Early one morning in the Spring of 1917, after a brief stop at “Barnard & Teabold - Just Dodge Cars” for some last minute instructions, Harrie and Mae Teaboldt left Pasadena for a holiday on the coast. Colorado Boulevard to Los Feliz and a quick run along Colonel Griffith’s park where D.W. Griffith (no relation) had filmed his controversial masterpiece “Birth of a Nation,” brought them to Western Avenue, a turn south to Santa Monica Boulevard and the run west to the coast. Pavement was not a priority for sun-baked Los Angeles streets, but it was penciled in for future budgets. The sandy road north along the beach reached the mouth of Las Flores Canyon where they could see a pair of tenders loading from the Rindge family’s Malibu Rancho pier and a big steamer anchored offshore.

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There was no one tending the primitive rancho gate when they passed through, simply hoping Mrs. Rindge's hand-written invitation to her 23-mile coastal paradise would make them welcome. Activity swept to and fro from the ranch railroad dock to the tenders' gangways. Grazing cattle were silhouetted in the haze on a distant ridge, but ranch hands were apparently busy elsewhere. The plan was to be established at the shaded camp overlooking the lagoon and beach by mid-afternoon, but the soft, dry sand under the Teabold trans-continental-veteran Thomas touring car forced a delay—and some serious effort in the bright afternoon sun.

Familiar challenges to Harrie Teaboldt. He spent time during his high school years assisting his father, an engineer on the Central and Grand Trunk Railroad, and had some knowledge of machinery. But when the first automobile arrived in his hometown, Clinton, Michigan, in the autumn of 1902 he was lost to the icon of the new century. By 1904 he had relocated to New York City to undertake training at the Packard automobile facility there; his brother managed the office. Upon completion of his training Harrie was hired to drive and maintain a new 1906 Packard "30" for Albert Harris, whose residence was the Langham at 135 Central Park West,

next door to the already legendary Dakota. Among his many motor-tour adventures with the Harrises, Harrie accompanied them on three trips to Europe, in 1906, '07, and '09. Each was for a period of two months and all were accomplished in the family's Packard touring car, shipped there and back for the trips. Unlike the primitive unmarked and unmapped American trans-continental trails, the European (Roman) roads were a working system in place for 2000 years and much of it paved. The European Grand Tour had been part of the elite culture for nearly as long. The Harris expeditions crisscrossed the continent on these well-maintained thoroughfares and



Malibu sand



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Hotel de Paris

the couple took their honeymoon in England until the Harrises and the Packard arrived in August. The two couples made European memories together sparking the spirit of adventure in Harrie's young bride.

After saying good-bye to his adventurous patrons, but not their spirit of adventure, Harrie and his new wife moved to Long Island where he became an official with the internationally famous W. K. Vanderbilt Cup automobile racing series for a few seasons.

But by 1914, the automobilist's siren call to California inspired the move west over the recently announced Lincoln Highway system of connected trails; the brainchild of Carl G. Fisher, founder of the Indianapolis 500-mile endurance classic in 1911. The Fisher team simply explored and knitted together the most popular existing trails and made plans to improve and connect them with the financial commitment of the states on the route. Though still unmarked, the American Automobile Association

(AAA) produced the "Blue Book" of motor touring instructions to help find your way to the Pacific Coast. Even the best roads were often primitive wagon tracks until they simply ceased to exist and required real trailblazing. By the time the Teaboldts undertook the journey in their Thomas Flyer (a model made famous by its victory in the New York to Paris Race of 1908) no more than 150 automobiles had made the trip. Soft-surface challenges were the order of nearly every day. The extraction was easier when it hadn't rained. Shortly after his arrival in the Los Angeles area, Harrie became a partner in "Barnard & Teaboldt - Just Dodge Cars" in Pasadena and settled in to make his fortune.

Teaboldt diaries describe many California adventures, but for simply taking a relaxing holiday close to home, Mrs. Rindge's hospitable canvas cottage was a favorite destination until the coast became public, and Malibu continued as a weekend respite until Harrie lost Mae in November of 1970 and he failed to see a reason to continue after June 1972. 



Harrie in Europe

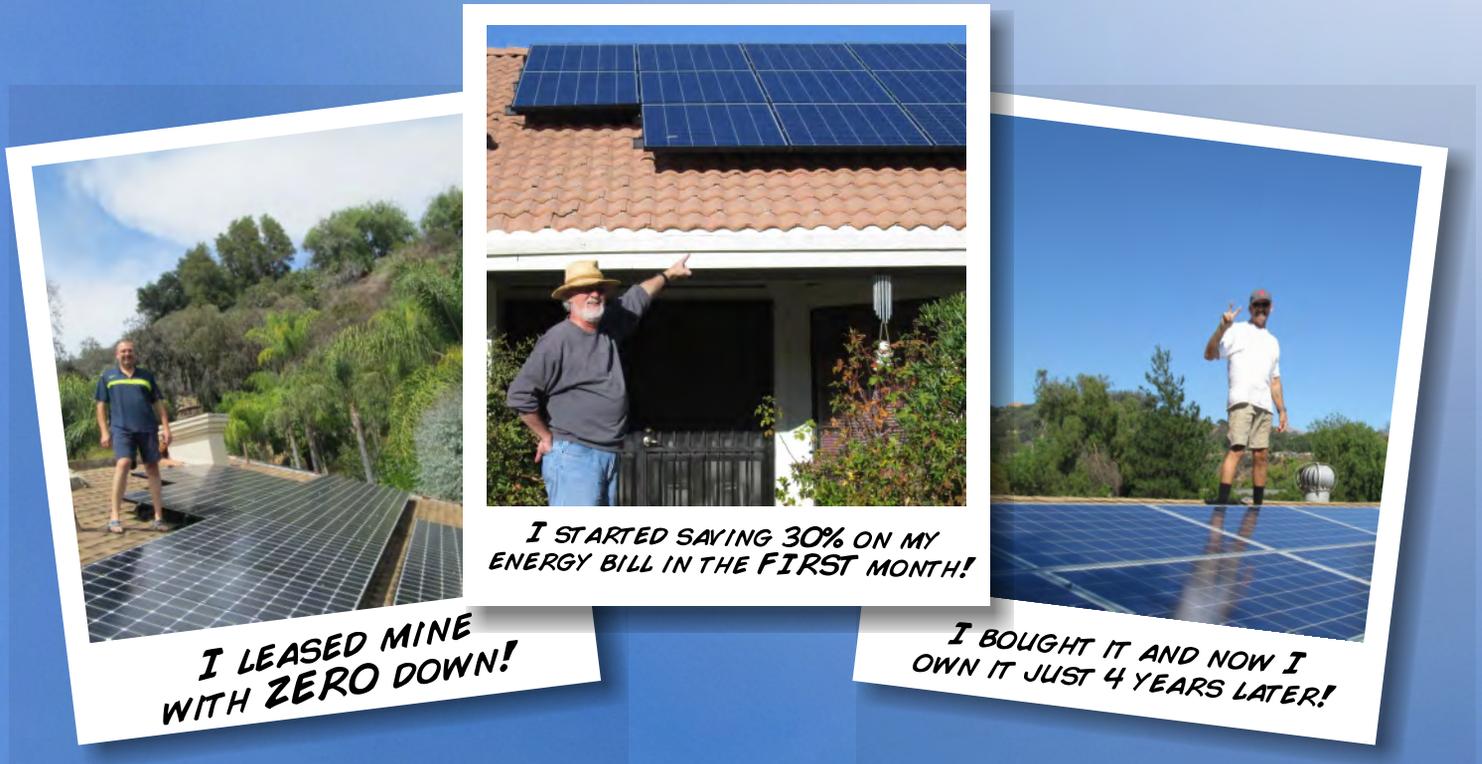
Mrs. Harris photographed countless vistas, lunch stops and hotel stays. Often the stops were the result of a mechanical challenge and a time-sensitive project for Harrie. These on-road images often include local traffic, virtually all with equestrian power, except for the urban futurists in London, Paris and Monte Carlo.

The 1909 European tour was remarkable because Harrie married his high school sweetheart, Mae McCollum, in June and

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HORMONE REPLACEMENT THERAPY FOR MEN

By Karel Douglas Vaughan, M.D.



Hormone Replacement for men is not as straightforward as one may think. Low testosterone occurs in men as early as the late 20's – and the testosterone may diminish as time goes on. The symptoms of low testosterone may be mimicked by a low thyroid hormone and/or low adrenal function. These hormone levels can drop at any time in life but have a tendency to be reduced as men age.

CAUSES OF HORMONE DEFICIENCIES

- The aging process
- Acute stress that can be brought on by a sudden change-of-life circumstance
- Chronic stress which is oftentimes evident in men with A-drive personalities
- Chronic illness

SYMPTOMS THAT THE 3 DISORDERS HAVE IN COMMON

- Depression
- Fatigue
- Erectile dysfunction
- Memory lapses
- Feelings of Anxiety or Panic
- Insomnia (not being able to sleep) or Hypersomnia (sleeping too much)
- Loss of libido motivation and drive
- Mood Swings/Irritability
- Weight Gain – especially in the abdominal area
- Muscle weakness

TESTING FOR HORMONE DEFICIENCIES

- Thyroid hormones can be tested in the blood reliably
- Testosterone can be tested in the blood reliably if there has been no testosterone replacement or if replacement is by testosterone injection
- If a man is using a transdermal testosterone preparation in a cream or gel applied to the skin, the level must be established with salivary testing
- Adrenal hormones are most reliably tested in the saliva

TREATMENT OF HORMONE DEFICIENCIES

- One must test for at least testosterone, thyroid and adrenal function to establish where the deficiency (or deficiencies) lies
- Treatment may be aimed towards one or all of the deficiencies
- If you have multiple deficiencies you want to be able to treat each of them separately and at the same time

Successful treatment depends on establishing what needs to be treated prior to initiating a treatment program. The risks associated with hormone replacement can be minimized by treating each deficiency with a replacement that is specifically targeted to each specific patient. Hormone deficiencies are best treated simultaneously rather than individually. This is the most efficient way to insure that symptoms are eliminated. 



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. Advanced Endocrinology Certification – University of South Florida College of Medicine 2014.

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INVASIVE ORNAMENTS

By Kelsy Koenig

*“An **invasive plant** is a species non-native to the ecosystem under consideration, and whose introduction, whether accidental or intentional, causes or is likely to cause harm to the environment, economy or human health.”*



Ornaments of the holiday season are not only on your tree or fireplace. Holiday ornaments spill out into the territory of your front lawn as well, and not in the way you might think. Ornamental landscaping consists of landscaping that serves the “primary purpose of adding visually pleasing plants” to a landscape, or those plants that provide a “decorative effect”.

REGENERATIVE LANDSCAPES

Unfortunately, when a landscape is designed around ornamental plants rather than local or regenerative plants, there can often be the mistake of planting harmful or environmentally draining ornamental plants as opposed to environmentally suited ones, and this can cause extensive damage to water supplies and local plant ecosystems. A regenerative landscape is a “sustainable system that builds and maintains a high quality landscape without harmful

inputs such as chemical fertilizers, pesticides, and herbicides,” meaning those plants that are native and/or efficient in their environment in terms of water, energy consumption, and more.

THE HARM OF NON-NATIVE PLANTS

Although ornamental plants may be beautiful and/or desirable to achieve a certain landscaping motif, the harm of these non-native (non-native being - “Introduced to an environment in which



Leopard Lily

on water waste, supports native ecosystems and wildlife, and requires less pollution through pesticides and fertilizers.

PLANTS TO CONSIDER

In your own home or outdoor space, consider swapping heavy-water-using plants with “California friendly low water use landscape design” to do your part in helping the planet thrive and naturalize. Some native water-saving plants that can beautify your outdoor space include *Palmer’s Pentstemon*, a pink flowering perennial that needs lots of sun and will actually begin to decline with too much

water, and the *Leopard Lily*, a flower bulb that requires minimal water and “naturalizes easily”.

These native, non-invasive landscaping alternatives that help and support local environments and ecosystems are a small change that can be made in our lifestyles that could have a marked effect on the sustainability of our precious resources in Southern California and all over the planet. ♻️

Acknowledgements:
homeguides.sfgate.com
valleywater.org
regenerativelandscape.org
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they did not evolve”) invasive plants is overwhelming. Whether introduced on purpose or accidentally they are extremely harmful to the environments they invade because they have no natural predators or enemies. This lack of resistance and danger allows non-native species to dominate the area, creating a “monoculture”. Planting non-native, invasive species can pollute air, water, and soils and can over consume “fossil fuels and energy”. Examples of invasive species include *ivy*, *pepper trees*, *eucalyptus*, *foxglove*, and more.

Although many non-native plants (many of our fruits and vegetables) that we rely on and are accustomed to in the United States are non-invasive, there are a number of plants that we are accustomed to seeing that are actually invading the natural habitat around them and are destroying the native wild habitat. Plants such as Bush Honeysuckle and Chinese Wisteria (common and visually pleasing plants) are threats to the native environment in which they’re planted and act as an aggressive enemy with a penchant for destruction of the habitat they invade.

WATER CONSERVATION

So instead of landscaping your space with decorative but resource-draining and habitat-harming plants, think instead towards the direction of regenerative landscaping. It is especially important with the planet’s resources as strained as they are - to be increasingly eco-conscious and to understand the impact of our choices and lifestyles. With a more sustainable model of water conservation and productivity of growth in our landscaping, we can cut back on a huge amount of resource drainage. Native, sustainable landscaping cuts down

Source: OpenTable.com

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SHORT STORIES ABOUT BIG PEOPLE

By Bob Eubanks

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

I was thinking about some musical acts that I've dealt with and their crazy idiosyncrasies, and I thought I would just have some fun with them during this article.

The last time I saw The Rolling Stones they were lying on their back with their feet against the ceiling of a station wagon - trying to keep the roof from caving in as the top of the car was lined with crazy fans trying to get to them.

The legendary Chuck Berry would not go on the stage until he was paid in cash for his performance. Keith Richards said that Chuck Berry is the only guy that ever hit him and whom he didn't hit back. I was playing Ping-Pong with Chuck Berry one time and he literally whipped my butt. I found out later that all he did while in prison was play Ping-Pong. All the negative aspects aside, he was and is an incredible performer.

I asked Dolly Parton how she can eat so many baked potatoes and not gain weight. She responded, "It ain't the taters that make you fat. It's what you put on em!"



Chuck Berry



Dolly Parton



Merle Haggard

Speaking of having fun, here is some useless information that you can use during the holiday time. As you are Christmas shopping this holiday season, here are a couple of things you should remember. There are 293 ways to make change for a dollar and holiday traffic is really bad. But, keep this in mind, the average American in their whole life will spend an average of six months waiting at red lights.

In English Pubs, Ale is ordered by pints and quarts. So, in Old England, when customers got unruly, the bartender would yell at them, "Mind your pints and quarts, and settle down". It's where we get the phrase; mind your p's and q's.

If you are planning on getting your child a pet for Christmas, remember, the cost of raising a medium size dog to the age of eleven, is \$6,400. Also, if you are planning on getting a cat, cats have over 100 vocal sounds, dogs only have 10.

Merle Haggard's manager, Fuzzy Owen is one of the funniest guys I've ever met. He once told me, "I've seen a lot of things, and this is one of them."

So, there you have it. More Short Stories about Big People and goofy facts. I truly wish you and your family a very Merry Christmas and a Happy New Year. Also, it is my belief that those stores that won't say Merry Christmas should not sell Christmas gifts. 🍀

www.bobeubanks.com

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(LEFT) With so many unique styles of Christmas trees to choose from, you’re sure to find the perfect one. (BELOW) Aldik Home has thousands of gorgeous ornaments, including showstoppers like this giant, glimmering butterfly



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(ABOVE) Bask in the glow of Christmas as you stand in front of this gilded fountain surrounded by a column of lights. (BELOW) Layering a spool (or two!) of ribbon into your Christmas tree will make it look like a beautiful, unopened present all season. (RIGHT) Beautiful ornaments are only a fraction of the equation. Adding some Christmas floral or decorative stems gives a Christmas tree that million-dollar look.

HOME&HEARTH / Aldik Home







(LEFT) Using elves, fairies, or Santas in your decorating really brings the Christmas cheer!
(ABOVE) Just a few well-placed pieces can add a new whimsical feeling to your existing décor.
(BELOW) Playing with the scale of your holiday décor adds a sense of drama and wonder.



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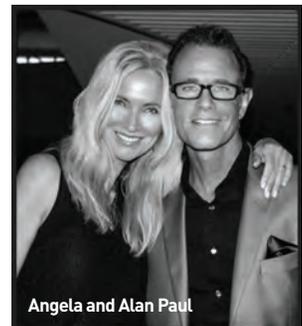


ANGELA PAUL

THE EMBODIMENT OF SUSTAINABLE JOY

Story by Diana Addison Lyle

Angela Paul is a breath of fresh, inspirational joy this Holiday season. Her wisdom and depth are honed from a set of core values that defy superficiality and temporary gratification. This soulful Writer, Model and Life Coach is the living embodiment of a woman who enjoys a substantially full life because of her prioritization of the things that really matter: her profoundly deep love for her husband, Alan, and daughter Arielle – and her spirituality. Born and raised in England, Angela became Miss Teen England and was a highly-successful fashion model who worked extensively in Europe and Asia. It was while living in Japan 33 years ago that she met and married her life-long love, Alan Paul, the founding member of 10-time Grammy-Award-winning vocal group, *The Manhattan Transfer*. In 2006, Angela was a winner of *More Magazine's* 'Over 40 Model Search'. She was also the winner of *Harper's Bazaar* 2011 'Fabulous At Every Age' contest. Her prolific career has included being a special commentator for The Royal Wedding of Britain's Prince William and HRH Catherine - as well as Queen Elizabeth's Diamond Jubilee. Her first book, *'It's Hard Being Human: Thoughts on The Journey from Suffering to Joy'* was published in 2007. Her new book, *'The Beauty of Aging: A Woman's Guide to Joyful Living'* inspires and empowers women of all ages to fearlessly embrace the wisdom and beauty of aging. But most exceptionally, it's Angela and Alan Paul's healthy 33-year marriage that has qualified them to lead workshops on relationships and marriage. Theirs is a profoundly inspirational model of the fruits of mature love in which the sanctity of their union is taken seriously, and they nourish and nurture their relationship with the tenements of mature love. This Holiday Cover Story is about the positivity and joy that are attainable through our healthy, mindful actions.



Angela and Alan Paul

Q: Angela, you married Alan Paul - a man who is in an industry that is not noted for long-term marriages. How did you meet? Where? What made you decide to marry Alan?

ANGELA: I do not live my life according to statistics or fear, but rather from my heart, intelligence and intuition. I had been living a globe-traveling life as a model since I was 16, so marrying a musician was a natural mesh as we were both used to similar nomadic lifestyles. I had never seen my husband and his group perform until after we were married so I was not a fan per se even though I had seen them on television and heard their music. I love travel and enjoy time alone so this crazy lifestyle has worked out well for the most part (though it has certainly not been without its own unique set of challenges). Alan and I met in Kyoto, Japan. **The Manhattan Transfer** (TMT) were on their first Japanese tour and I was working in Tokyo where I had been living for 8 years. A mutual friend introduced us and although I'm not a believer in "love at first sight" - there was definitely a magnetic sense of soul recognition and "of feeling completely at home" from the moment we met. I married Alan for the simple reason that I knew we were meant to be together and I sensed that it could be a wonderful adventure. I saw that he was a man of integrity and I also knew he would be an exceptional father one day. There were no red flags and no heavy baggage that either of us brought to the relationship from the start. We married after only knowing each other several weeks despite the howling doubts of naysayers around us. I didn't give much thought to whether we would make it through the long haul. We just took one day at a time doing the best we could. And here we are still with that same intention 33 years later.

Q: What were the foundations that you laid down - from the inception - for the marriage to work?

ANGELA: The foundation of our marriage has always been based on a spiritual bond that has pulled us through many times when ego, life challenges and the imperfections of our personalities may try to pull us apart. We were married at SRF Lake Shrine in Pacific Palisades and took our marriage vows seriously, and still do. Trust, loyalty, shared values,



I need a lot of quiet and solitude to nourish me emotionally and spiritually. I have learned that if I'm not taking excellent care of myself first - then I get depleted and cannot give to anyone else.

respect and a deep friendship have been the pillars of our love. We have never let issues get buried under the carpet where they can fester and grow. We talk things out and get real about the uncomfortable things that need to be spoken and heard. We are not one of those couples who never argue. (Do they even exist?) Honestly I just don't think it's possible for two people who live together to get along all the time. But we have learned how to debate constructively without demeaning each other with cruel nastiness that

can never be taken back. We nurture and nourish our marriage - but we also recognize the importance of growing and thriving as individuals as well.

Q: Your beautiful daughter, Arielle. What has motherhood meant to you?

ANGELA: Just recently as we prepared for our daughter Arielle's wedding I had been looking through decades of family albums. I cried and smiled at all the amazing memories of being a parent for 28 years. Motherhood has been such a rewarding experience and one of the greatest joys in my life. Arielle traveled the world with us since she was 6 weeks old so she has had a very unique and rich life in many ways. She is a free spirit like me and I have always encouraged her to go for her dreams, to love and take care of herself, and to know that she is worthy and deserving of the best and highest in both love and life. I am very proud of the remarkable young woman she has become, and grateful that she has met a man who cherishes and respects her in much the same way that her father has loved me, and my dad loved my mum and step mum.

Q: What were the highlights of your daughter's recent wedding?

ANGELA: The wedding at our friends' ranch and vineyard in Santa Ynez was exquisitely beautiful and soulful. It was an unforgettable, magical day overflowing with love, joy, grace and new beginnings. Alan and I are so grateful for this union of our daughter Arielle to Daniel - the love of her life and a most exceptional man. We are still basking in the afterglow of such a blessed day.

Q: 33 years later, you and Alan are together - more strongly than ever. What have you learned about mature love? What is it? What are its benefits and how does one achieve mature love?

ANGELA: In our culture we are not so interested in mature love that endures over the long haul - it is not considered sexy, hot or newsworthy. And yet it is the very thing most couples aspire to - but very few achieve. It takes two highly committed, constantly evolving



individuals to make a marriage work, even then the odds are stacked against it. Too many couples come to marriage with high expectations and low preparation. That should be reversed. But when marriage works it's a wondrous gift that has to be nurtured and protected. Alan and I are well aware of the rare intimacy we are privileged to share and we guard this with our lives.

Q: What do you most appreciate about Alan?

ANGELA: From the beginning I noticed how open Alan was and how he always made time to talk with anyone - a stranger, a fan and of course loved ones. At the same time I saw that he rarely talks about himself and his accomplishments. People have often remarked to me that when they speak to Alan they feel that he really listens and makes them feel important and truly seen. How beautiful and rare is that? So humility, compassion, curiosity, patience, humor, loyalty and kindness are some of the qualities I most admire in my husband. He has been the wonderful father I knew he would be, and also a devoted mentor to his Little Bro Ben who he has been a Big Brother to for over 12 years. I also appreciate that he takes care of himself through meditation and works out everyday to stay healthy and strong. But back to kindness - women sometimes misguidedly mistake kindness with weakness. The truth is it takes a strong man to be kind!

Q: What are all the aspects about you that you nourish - in order to be a happier and more whole person?

ANGELA: I need a lot of quiet and solitude to nourish me emotionally and spiritually. I have learned that if I'm not taking excellent care of myself first - then I get depleted and cannot give to anyone else. Over the years I am constantly working on the balance between aloneness and togetherness - on being social and being solitary. I require a lot of sleep and it is my number one health and beauty aid. I have been a daily meditator for over 30 years and it is the anchor that helps keep me relatively sane and balanced. I am protective of my energy so I am mindful of the people I spend time with. I watch very little television and get occasional news from reading. I never watch anything violent - I'm too sensitive for that. I love the newness and stimulation of travel, but as I get older I need to nest and rest in the sanctuary of my home. Water is very healing for me - be it the ocean, a lake, swimming pool or a long soak in a bath. Nature is my greatest comfort and it's where I feel the most peaceful and happy.

Q: What are some of the most significantly important things that life has taught you?

ANGELA: I grew up in a home with very little by material standards, but with a great abundance of love - and for that I am deeply grateful. Because of my humble beginnings, I am not impressed by wealth, fame and power. I know they are transitory and I have met many people who have

all that and are miserable. I have experienced frequently that the best things in life come from a natural, organic flow and that if we trust in this, then life will always lead us where we need to go. I have learned that we alone are responsible for our own happiness and the quality of our own mind. I know that a grateful heart really does attract good into our lives and that forgiveness is essential to healing and wellness. I am blessed to have had a wonderful closeness with both my deceased parents, especially my father - who died last year. This, along with my spiritual practice and the priceless bond I share with Alan and Arielle - are the most valuable gifts of all. I feel immensely rich and graced beyond measure because of them.

Q: What do you know now - that you wish you'd known when you were in your 20's?

ANGELA: In my 20's I did not understand how truly fleeting life is. I did not realize that we cannot take a single day for granted, and that a day spent worrying or harboring a grudge is a day wasted. I did not know that until I learned compassion for myself that I could not be compassionate towards others. I did not know that I would experience the exquisite beauty and profound sadness of holding the hand of my beloved dad as he took his last breath. I did not know that grief literally brings us to our knees and never leaves us - it just changes us. I did not know back then that age would bring with it the gift of self-love and self-acceptance. I have grown to be a woman with more depth and confidence than I ever dreamed I was capable of and that I must say is a delightful, unexpected surprise!

Q: If you could change one thing in the world, what would that be?

ANGELA: With so much violence and unrest going on in the world I am concerned about many issues. But the issue that saddens me the most is world hunger. No child anywhere should go to bed hungry. It makes no sense that rich countries and super wealthy individuals cannot figure out effective ways to feed all those who need it the most.

Q: What are your hopes and aspirations for fellow members of our community?

ANGELA: We live in wealthy communities with many people who have privileged lifestyles. I'm all for living in abundance, but sometimes privilege can also breed warped values. Men use power and money as a commodity and, typically, women use their looks. For women, when their looks start to fade they find they are often easily replaced. It is then sad to see so many women radically altering their appearances to try and stay in the game - a losing game at that. It's also sad to see men replacing one trophy wife with the next. Vows and commitments are easily cast aside, and over-privileged children often grow up with a shallow sense of entitlement and lack of empathy and compassion





for others. I would like to see this change and that as parents we take responsibility for the values and behavior we mirror to our children. Home life and how we raise our children is the foundation for everything.

Q: Of all you've achieved in your life, what are you most proud of?

ANGELA: Worldly accomplishments have their place, but I am most proud of our marriage and how we raised our daughter together. I am proud of our dedication, devotion and our willingness to constantly look inward and work on ourselves. I'm also proud and grateful that because of both Alan's career successes and mine, I was able to give back to my parents and bring them joy, and we shared many treasured memories together. I'm also proud of the fact that I have no unresolved business with anyone, living or dead. For me this is huge as I see people literally sickened by the burden of anger and resentment. It's taken a lot of inner soul work to get to this place, but well worth the priceless blessing of a peaceful mind.

Q: Exercise is part of your daily routine. Why is that so important?

ANGELA: I've always been into physical fitness so it's just ingrained in me as a natural regular habit. As we age it's even more important to move our bodies daily. Every morning before I meditate I do some yoga stretches. Then I'm either at the gym doing a combo of weights, cardio and an occasional Zumba class. Weather permitting I prefer to exercise in nature and love to hike. In the summer months I swim laps in my pool. Sex is also a great cardiovascular workout and stress reliever that will make you glow and stay young. Getting older does not mean that a healthy sex life has to go by the wayside!

Q: Best advice you have to offer on people leading healthy, abundant lives?

ANGELA: People obsess about aging way too much (especially in L.A.) and ironically get old in their heads first. Aging well comes down to attitude and perception. I know 30-year-olds who are ancient and I know 90-year-olds who are filled with joie de vivre. Personally I refuse to allow our youth-obsessed culture to



Worldly accomplishments have their place, but I am most proud of our marriage and how we raised our daughter together.

determine my value as a woman at any stage in life. Every passage has its own riches and rewards - and yes its own set of challenges. And I always keep this in mind; we take nothing with us when we die but the love and beauty we have experienced and the wisdom we have earned. It always comes down to love. Love and take care of yourself first, use your life and blessings to help and bless others, laugh, play and pray often, practice gratitude and forgiveness and anchor yourself in the eternal joy and timelessness of spirit.

Q: Favorite food?

ANGELA: Japanese and Italian. I could eat both everyday. I haven't eaten any meat in over 30 years - but as a fish lover these cuisines provide so many healthy and delicious options.

Q: Favorite vacation spot in the world?

ANGELA: A small luxury cruise liner like Crystal Cruises or Seabourn, with a private balcony where I can stand naked under the stars in the middle of the ocean. My next fantasy cruise destinations are the Greek Isles, the Mediterranean, South America/Amazon and Tahiti and South Pacific.

Q: Favorite relaxation activity?

ANGELA: Besides meditation - swimming, reading poetry, snuggling with my pooch, and just gazing into the ocean at the beach. I also love sitting out by our pool at dusk with a cocktail in hand - watching the sky change color and the birds settle in for the night.

Q: Typical relaxing weekend day in the Paul household?

ANGELA: A typical weekend starts with our daily meditation, then perhaps the gym, hiking or biking at the beach. We occasionally go out to support live music - especially if the musicians are friends, but we usually like to stay local, see friends and go to a movie and a favorite restaurant.

Q: Favorite movie?

ANGELA: I love movies so it's hard to choose just one. But in my teens the one movie I saw dozens of times that had a big influence on me was '*Last Tango in Paris*'. It's a dark, complex love story that's sexy, soulful, sad and haunting. It was also Brando at his most raw and his most attractive and compelling. And the soundtrack by Gato Barbieri is beautiful and seductive. On a lighter note, '*Some Like it Hot*' is my favorite comedy.

Q: Favorite indulgence?

ANGELA: Dark chocolate, pasta, pistachio gelato, really good European-style bread and cheese - and being a Brit - scones with Devonshire-clotted cream and homemade jam. Oh my, that's a lot of indulgences - but not all at the same time or day. My mum always said, "A little bit of what you fancy does you good." Words of wisdom to live by!

Q: Alan, you married Angela - a beauty queen and model. What was the attraction on both a surface level and a deeper level? Why did you know that marriage was definitively the route you wanted to take with this woman?

ALAN: Maybe it was my upbringing. I come from a traditional Jewish family and I always knew that one day I wanted to be married and have a family. I had a few relationships starting in college and during my twenties that for one reason or another didn't work out. My past relationships taught me many things about myself and helped me to grow and define what I wanted in a relationship. It wasn't until I met Angela that I felt I found the right match. I needed to do my own inner work first that allowed me to be ready and receptive to meet the right person. The attraction to Angela was on a very soulful level. Of course I was attracted to her beauty, but it was much deeper than that. I felt like we had met before; there was this recognition that I couldn't explain. I just knew from the beginning that I wanted to spend my life with her.

Q: What were the foundations that you laid down - from the inception - for the marriage to work?

ALAN: No Backdoor Syndrome. I took our vows very seriously which meant that the back door got locked. I realized that in the course of our marriage there would be times of inevitable challenges. But I was determined to strive for understanding and resolutions and not take the easy route of escaping through the back door. No matter what we are going through we both try -and always return to the love that we have for each other. I feel too many marriages and relationships today have an escape clause and couples just give up when things get too hard.

Q: Your beautiful daughter, Arielle. What has fatherhood meant to you?

ALAN: I feel very blessed to be a father. I have a very close relationship with my daughter Arielle and I took parenting very seriously. I always made it a point to let her know how much I loved her and supported her and most importantly - we've had a lot of fun together. Angela and I knew early on

that Arielle had a very independent spirit and that it was important to explain things to her and not just tell her what to do. It was challenging at times to balance touring (with *The Manhattan Transfer*) and parenting as there were occasionally times I had to miss out on significant events but we always managed to make up for it when we were together. With Arielle getting married recently I kind of feel like Steve Martin in *'Parenthood'*. There's that side of me that misses being the most important man in her life but fortunately I love the guy she's marrying and I see this more like gaining a son than losing a daughter.

Q: 33 years later, you and Angela are together - more strongly than ever. What have you learned about mature love? What is it? What are its benefits and how does one achieve mature love?

ALAN: There are many stages to a long-lasting relationship. Mature love is about trust, loyalty, support, companionship, and a willingness on both sides to always be together and work out indifferences when they arise. We've learned that we don't always agree on things, but in the end - having peace is better than being right. Over time I've learned that it's important to be flexible to inevitable changes. A successful relationship takes a willingness to communicate, listen and compromise. Mature love is also about one's own maturity. We have to be responsible for our own well being in order to be able to give the best of ourselves to someone else. We have to be constantly working on ourselves and striving to create cycles of giving rather than cycles of taking.

Q: What do you most appreciate about Angela?

ALAN: I most appreciate Angela's kindheartedness, her free spirit, her sensuality, her wisdom, and her ability to laser through bullshit. I appreciate what an amazing mother and role model she has been to our daughter. I appreciate how caring she is to others, but I also value how protective she is of guarding both of us from negative energies. Sometimes she goes beyond her physical capabilities to help others. I saw this quality when she cared

for her mother who suffered with dementia and the time she spent with her beloved dad before he passed away. I love that she has always made time to do volunteer work such as **Project Angel Food**, **Los Angeles Children's Hospital**, **Simon Wiesenthal Museum of Tolerance** and **Big Sister of Los Angeles**. She is an inspirational life coach through her insight, intelligence and wisdom. I appreciate that over the years with **The Manhattan Transfer** she has endured all of the ups and downs that the group has gone through and has been my rock of support. I also love her Yorkshire pudding.

Q: Your life in The Manhattan Transfer is exciting, but it must have it challenges too. What are all the aspects about you that you nourish - in order to be in The Manhattan Transfer and remain healthy - mentally?

ALAN: The group has been together for 43 years; we have had an amazing career with many remarkable experiences together like winning 10 Grammy awards but it certainly has not been without difficulties and challenges. We are like a family and there is a love for each other - but friction as well. We don't always see eye to eye and getting the four of us to agree is sometimes a long process. In this way we are very much like a microcosm of life. Early on I realized that in order for me to be in the group it was absolutely necessary for me to live a balanced life. I was the first one in the group to get married and have a child and I had to make sure I made time for my family as well as time alone. It was difficult at the time for my partners - adjusting to this change -because none of them wanted to stop touring. However, time is a great healer and when they became parents themselves, they finally understood. I've been into meditation and yoga for over 30 years and this has definitely helped me to stay anchored and calmer in my dealing with the stresses of work. I have always been diligent about keeping my body in good condition as well. My father died of heart failure due to atherosclerosis when he was 59 and I didn't want that to happen to me. I workout four or five times a week doing weight training and mix up my cardio routine with a spin class, dance, running and swimming.



Q: What are some of the most significantly important things that life has taught you?

ALAN: At the end of the day everything is about love. I believe there is a Divine plan for everyone. We incarnate to accomplish certain things and to learn specific lessons. We all have a blue print we are born with that is part of our DNA, and which somehow defines the destiny of our lives. Because we have free will, how we get there is determined by the choices we make. Everything we strive to understand we already know on a soul level because every particle of our being, every atom, electron, molecule - are all comprised of God's omnipresence. Silence is very important in order to be able to tune into this higher wisdom. Life has taught me that true success is not measured by how much money or fame you accrue, but rather by the quality of the life you live and by how much you have been able to give and be of service - to make a difference in the world. Even the smallest gesture that might seem insignificant has value. People forget how important each small gesture can be.

Q: What do you know now - that you wish you'd known when you were in your 20's?

ALAN: That no one is perfect and everyone has gaps and it's okay not to be perfect.

Q: If you could change one thing in the world, what would that be?

ALAN: Greed and war.

Q: Of all you've achieved in your life, what are you most proud of?

ALAN: On a personal level it is definitely my relationship with Angela and our daughter Arielle. I'm proud of how my Little Brother Ben turned out and the relationship we still have. I'm proud that I was able to overcome my Dyslexia and ADD that plagued me as a child, go to college, have a successful career, receive two honorary doctorates and see my parents proud of my accomplishments. On a professional level I'm most proud of the legacy of *The Manhattan Transfer* that I was part of creating and to see how our music and harmony was able to bring

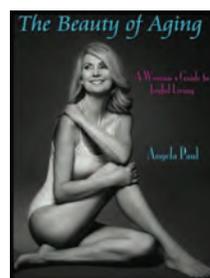


Aging well comes down to attitude and perception. I know 30-year-olds who are ancient and I know 90-year-olds who are filled with joie de vivre.

so much joy to so many people.

Q: What have been the best aspects about your life with The Manhattan Transfer? Give us a window into that world.

ALAN: Getting signed to Atlantic Records by Ahmet Ertegun was certainly a high point for us and being part of the Atlantic family for many years. All of the albums we made together and the amazing musicians we have had the privilege to meet and make music with - are also high points. Other highlights include being



inducted into the Vocal Group Hall of Fame; the opportunity to tour around the world and experience new cultures and friends; performing at the White House for three different Presidents, singing at the Vatican, and having a very long and successful career.

Q: Best advice you have to offer people on leading healthy, abundant lives?

ALAN: In the words of Paramahansa Yogananda, stay "actively calm and calmly active". Although life is not without stress, strive to keep a detached equilibrium in all that you do. It's important to take care of the body by eating healthy organic foods, drinking lots of water, exercise and be in nature as much as you can. Follow your heart's desire, trust in your intuition, surround yourself with loving and supportive people, and do things that bring you joy. Don't forget to play.

Q: Favorite food?

ALAN: Japanese, Italian and Indian

Q: Favorite vacation spot in the world?

ALAN: Maui

Q: Favorite relaxation activity?

ALAN: Riding my bike and yoga

Q: Typical relaxing weekend day in the Paul household?

ALAN: Swimming, hiking, a day at the beach and a good movie

Q: Favorite movie?

ALAN: That's extremely difficult as the list is huge, but recently I would say '*Grand Budapest Hotel*'.

Q: Favorite indulgence?

ALAN: Starbucks grande coffee frappuccino in a vente cup with extra ice and whip cream. ☕

◀ Angela Paul "The Beauty of Aging"

www.angelapaul.com

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WE ARE MUCH MORE THAN THIS

By Magda Pescariu

Surprisingly enough (or maybe not), this year I came to terms with the moronic way the world chooses to rush through its shelf-life by starting to commercialize hints of Halloween in August, of Thanksgiving early in September, and of the Holidays sometime in mid-October. Whether this comes from sheer business greed, from the naïve tendency to try to manage the unmanageable (getting older is what I mean), or from the natural process of running through our values and standards of behavior faster than a scalded dog – is irrelevant.

In the general air of self-congratulatory giddiness that floods us every fourth quarter sharp, I've finally arrived at the freedom Hegel once said is the recognition of necessity. Getting out of the deep pool of seasonal unreason like a Hale Berry ready to meet James Bond, I am able at last to enjoy sifting through the best creations and preparations for a glamorous Holiday Season and New Year's Eve while sitting at my desk in skimpy shorts, sipping on a giant Margarita, in a balmy late-September afternoon.

The fact that human nature feels more secure when thoroughly

prepared is a classical understatement. We need to know in advance, we love to lay out plans we'd forget about given half the chance, and we hoard like crazy the possibilities and promises of any fresh beginnings. This Holiday Season doesn't feel any different, with its legion of hopes, desires, fashion trends, gift shopping frenzy, and overspending sweet immorality. We want to exit this year's claustrophobic maze with a grand finale, showing our worth and guts, looking and feeling defiantly great. The fashion styles back us up with loyalty, featuring **bold new silhouettes**,



Laura Biagiotti

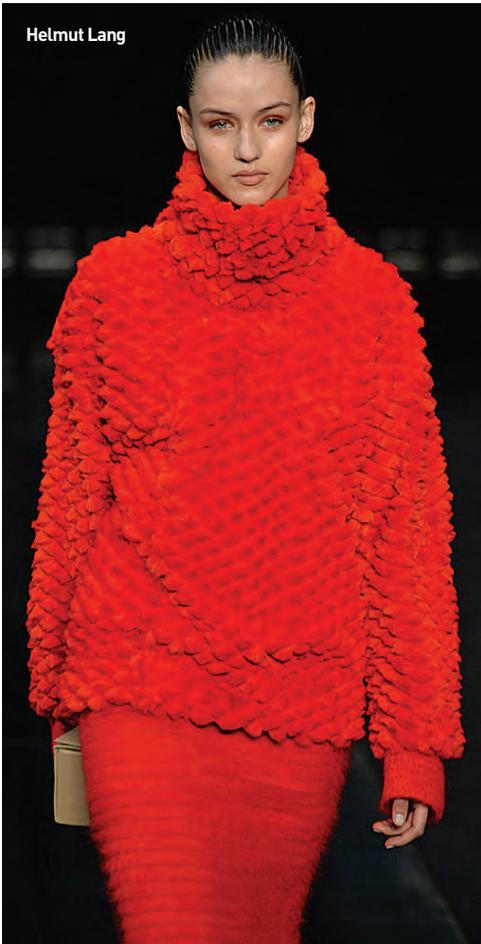


Herve Leger



Monique L'Huillier

Note: Opening page by Dumitru Andrei ~ Top: Zang Toi ~ First Row, from left to right: DKNY, Zang Toi, Vivienne Tam ~ Second Row, from left to right: Herve Leger, DKNY, Zang Toi, Carolina Herrera, BCBG Max Azria ~ Bottom: Diesel. Photos courtesy of accessrunway.com



high quality fabrics, opulent colors, and confident ready to wear garments.

Deciding on something proper for the borderline-terrifying family gathering on Thanksgiving or investing in a sexy-yet-professional statement-attire for the corporate Christmas party is effortless this winter. Designers all over the world have outdone themselves with the new fashion styles, not only reflecting the perky holiday mood, but also illustrating our challenging 'the end is just another beginning' spirit.

We've talked already in detail about the overwhelming revival of the 1960s in the Fall-Winter 2014-2015 Collections. The undeniable personality of the 60s decade is recognized in the evening and party wear as well. In lavish lace, satin, silk and jersey, playing with post-apocalyptic shades of gray and silver, we see comebacks of retro and classic redesigned into experimentations and fashion forward looks.

The evening dresses cover the knee at least, if they are not floor-length. Babydolls and trapeze dresses act as exceptions, while they compensate for their above-the-knee hem with lavish fabrics, rich faux-fur accessories, sequined or beaded intricate embroideries, lace or transparent patches,





and **extravagant astrakhan or shearling oversized outerwear**.

The **neckline is mysterious** and delineates a **look of imperial elegance**, be it a **deep V-neck décolletage** cutting through a heavy silk brocart **robe dress**; a **Chinese neckline** trimmed with black pearls; an **asymmetrical cashmere cowl-collar**; or a stunning silk-fur **turtleneck**, hiding and revealing at the same time.

Another essential comeback is the mannish style à la Marlene Dietrich, all included, from the tweed **pant-suit with double-pleated large pants** and **shouldered jacket**, to the **Borsalino hat**, **leather gloves** and **fur stole**.

So we have **elegance, glamour, femininity, class and confidence** written for us on the wall in **strong and shimmering colors**: the never-absent **black** and **winter-white**, the **edgy grays** and **antique silver** or **bronze**, the gurgling **Bordeaux** and **red-flame**, the **mate ivory** and **dust**. Both **lines and colors** favor equally the **hour-glass silhouette** and the **androgynous one** - the absolute **curvy diva**, the ultimate **tomboy** and the **girl next door**. Ava Gardner shares the limelight with Keira Knightley and there is still room for Marisa Tomei to feel at

home and keep wonderful company.

The Holiday season style is so clearly defined as **substantial and full of magnetism**, that the **hairdos** are kept to a **basic simplicity** for a much needed **lack of interference**. The hair is pulled back in **modest chignons** or **gelled asymmetrically** only to showcase our beautiful features, artfully reinforced by **retro make-up**. **Big smoky eyes, strong eye-brows, wet-red full lips** and **highlighted cheekbones** get ready to be set in digital immortality or in four-by-six New Year's Eve sophisticated snapshots.

Of course that such fashion style calls loudly for **high-heels, fabulous ones** if possible, thank you very much. In deconstructed and renovated shapes, with **peep-toe on suede looks**, with **ankle straps and buckles**, in **shimmery textures** given by jewels, beads or playing cards metallic patterns adornments, with **cuts and stiletto finishes** – the **footwear is as luxurious as the garments are**. **Elongated boots and booties, knee and thigh-high boots, platforms and wedges, manly crystallized combat boots, or lacey pumps** complete our seasonal outfits with personality and **urban chic**. For truth's sake, we have to mention here

as well the morning-after **flats** (often with middle-age T-straps), **Mary-Janes** or **chunky heels**, all comfy and homey and oh, so easily forgivable trespasses.

I take another look at the styles selected for my article and the assuredness that stares back at me from each one of them takes my breath away. The models are so strong, so confident, so daringly beautiful – if fashion is a reliable mirror of our times, then we are in a much better place than we thought; we are set and safe. But are we?

It dawns on me that now is precisely the time of the year when living an unexamined life becomes all of a sudden unbearable, so we attempt to examine it; when our habitual talk in cheerful platitudes makes way for questions long-waiting to be asked and for the irrepressible need for an assessment of any kind. Is this all that will ever be? Is this quite dreary life all we should dream of and fight for? Is this ultimately our worth? As the countdown starts, I whisper the answer in your ear, even though I'd like to shout it at the top of my lungs: We are more than this.

My New Year's only wish is in fact the hope that we are much more. 🌟

1. POLACHECK'S JEWELERS

42mm stainless steel TUDOR Grantour Chrono black dial and black bezel watch. \$3,775.00. **Polacheck's Jewelers.** The Commons in Calabasas. 4719 Commons Way, Calabasas, CA 91302. 818.225.0600 www.polachecks.com



2. JRA BIKES & BREW

Like bikes? **JRA Bikes & Brew** is the aficionado's ultimate bike destination shop. 5019 Kanan Rd, Agoura Hills. 818.991.1572. Coffee Shop Tuesday-Friday 7am-6pm, Saturday 7am-4pm, Sunday 7am-3pm. Bike Shop Tuesday-Friday 7am-7pm, Saturday 7am-5pm, Sunday 7am-4pm.



3. THE BOUTIQUE

For unique fun, flirty fashion clothing and accessories in a chic boutique without the high price tags. 805-496-0200. 2940 East Thousand Oaks Blvd (next to Jamie's Hair Salon)



4. ILENE'S BOUTIQUE

Bali Queen necklaces & bracelets \$55 - \$88. **Ilene's Boutique.** 1145 Lindero Cyn. Rd. Westlake Village. 805.373.6633



5. AFRICANELEPHANT KNOT BRACELET

Save the Elephants Bracelet. Adjustable **African Elephant Knot Bracelets** available in all gold or combination with white gold. Available for men and women from Tembo@optonline.net



6. KATE & LACE LINGERIE & SWIM

Cosabella 'Never Say Never' padded soft Bra. Emerald green. \$78. Cosabella 'Never Say Never' low-rise Thong. **Kate & Lace Lingerie & Swim.** 2900 Townsgate Rd. Suite 107. Westlake Village. 805.370.5222



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6. LES BOUDOIRS

Christine: Bijoux Collection – inspired by the ability to see beauty in things that are often overlooked. Bijoux Long Gown. Silk Charmeuse & French Stretch Lace. **Les Boudoirs**. Westlake Plaza. 966 S. Westlake Blvd. Suite 10. www.lesboudoirs.com



7

7. JUICE RANCH

Visit the new **Juice Ranch** store in Westlake Village for healing juices. 100% organic, raw and local produce make every glass bottle taste even better. 2847 Agoura Rd. Westlake Village. 805-230-2444



8

8. ALDIK HOME

With beautifully-decorated trees and a penchant for creating dramatic designs, **Aldik Home** has been a proud source of Christmas inspiration in Los Angeles for more than 60 years. 7651 Sepulveda Boulevard, Van Nuys, CA 91405 www.aldikhome.com



9. EASTERN LIVING ASIAN ANTIQUES

A pair of magnificent Chinese doors, hand carved, gilded. Antiques, furniture, stone sculptures, architectural elements. Museum quality at direct importer's prices. 31133 Via Colinas, #109/110, Westlake Village. 818-706-8880. www.easternliving.com



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10. NORDSTROM ONLINE

Steve Madden Boot. "Northside" Quilt Knee High Boot. \$199.95. Item # 824842. **Nordstrom online**. Shop.Nordstrom.com

9



11

11. POLACHECK'S JEWELERS

18k YG 14 stone Rock Candy Gelato medium rectangle bangle in Marrakesh by Ippolita \$10,000.00. **Polackcheck's Jewelers**. The Commons in Calabasas. 4719 Commons Way, Calabasas, CA 91302. 818.225.0600 polackchecks.com



Radical Islamic State of Iraq and al-Sham (ISIS) militants paraded a scud missile around the town square of Raqqa

THE CONSEQUENCES OF FAILED LEADERSHIP IN THE MIDDLE EAST

By Diana Addison Lyle

The Turkish President, Abdullah Gul, recently said about the Arab world: “The Islamic world is going back to the Dark Ages”. By this he meant that the failure of leadership in key Middle Eastern countries like Iraq, Syria, Egypt and Libya – is causing violent opposition groups like ISIS – to gain support from dissatisfied citizens who desperately want to shake off the shackles of their current oppressors.

FAILED LEADERSHIP IN IRAQ

In Iraq, the repressive regime of Prime Minister al-Maliki has played right into ISIS’ brutal hands. Since 2010 al-Maliki has been persecuting Sunni politicians by purging them from office, jailing them, and in some cases, killing them through death squads. It has been a series of calculated moves to completely disempower the Sunnis. The result is that this grievance-ridden Sunni group has

turned to ISIS – the extremist Jihadi opposition. Furthermore, people who may up until now been ‘moderates’ in the region – are turning to extremism. Oppressive, authoritarian regimes like al-Maliki’s are breeding grounds for extreme dissatisfaction which results in people’s tendencies to support whoever the strong oppositional forces are. The fact that they would ultimately be worse off under ISIS’ brutal rule – is something they don’t think about in the heat of the dissatisfied moment.

Furthermore, the propaganda machine of these Jihadi extremist groups can be very convincing and compelling.

FAILED LEADERSHIP IN SYRIA

ISIS is having a field day in Syria recruiting thousands of war-wary, dissatisfied citizens who view them as the answer to their prayers. Ever since conflict broke out in March 2011 in Syria against the repressive, dictatorial al-Assad regime, more than 170,000 people have been killed. The government has retaliated with brutal force against dissidents – including in their ammunition the use of chemical weapons – and ISIS has swooped in to recruit a largely disgruntled, dissatisfied population that has bought into extremist ideologies propagated by ISIS. The alarming reality is that fanaticism is on the increase in the Arab world and the Jihadists are able to appeal to testosterone-fueled men who are angry, powerless and looking for alternatives. Another interesting fact to consider is that after the Syrian struggle began, the Associated Press reported that much of the opposition to the Assad regime could be characterized as ‘poor, pious and rural’ people. Most alarmingly, the report sites that these Syrian people view ‘martyrdom’ as something honorable. This plays right into the radical Jihadists’ ideologies. They look for religiously fanatical Muslims who would not think twice about sacrificing their lives for Islam.

FAILURE OF LEADERSHIP IN EGYPT

The Arab Spring, which took place in 2011, was perceived by the world as a welcome move forward. Fervent, young Egyptians were finally standing up to the repressive, dictatorial Mubarak regime – vowing to free Egypt from the shackles of his dictatorship. But all that idealism has come to naught since then. What was widely perceived as a new non-violent ‘moderate’ government replacing Mubarak – has since turned into a brutal dictatorship – wrecking the premise of the Arab Spring – which was to rid the region of brutal dictatorships. The current Egyptian leaders have turned to brute force – banning the Muslim Brotherhood and either jailing or killing its leaders and followers. Those in the Muslim Brotherhood who have not been caught have sought refuge underground where their anger is being fermented and fueled. Once again, here was an opportunity for the new leadership in Egypt to govern its people fairly and democratically – and instead they



have squandered that opportunity with oppression. What they misjudged is that when you oppress your people - religious fanaticism will flourish and find a way for insurrection.

IS DEMOCRACY POSSIBLE IN THE ARAB WORLD?

Some people would argue that the Middle East requires dictators – because there is so much conflict between tribes and factions - that the only way to keep it under control is to install very authoritarian leaders who squash uprisings. They contend that the Arab World is not ready for democracy because of its resistance to integration and the kind of melting-pot culture that we see flourishing in a country like the U.S. Sectarianism has always held the Middle East back and some would argue that it is sectarianism that produces repressive dictatorships and illiberal opposition groups. There is seldom any space in-between. The dictators try to shut down all opposition movements, and the ones that survive are vengeful, ultra religious and very violent. We have seen three tacit examples of the dramatic consequences of mass dissatisfaction in both Syria and Iraq. When Saddam Hussein was toppled in Iraq, al-Qaeda (under Osama bin Laden’s fanatical leadership) gained a massive stronghold. Since then ISIS, a more violent splinter group of al-Qaeda, has reared its ugly head and its show of force is alarmingly dangerous as it continues to gain recruits and target young, impressionable boys who are looking for some meaning to their vacuous lives. The Saudi monarchy – which

the United States views as its Middle Eastern ally - is not without blood on its hands in fermenting dissatisfaction in the region. As the monarchy desperately tries to hold on to its own lucrative power base, it is quietly funding the return to repression throughout the region. This is a desperate attempt to stave off the Jihadist movement toppling their Saudi monarchy.

Repressive governance leads to disgruntled underground movements that turn to violence and vengeance. At the Bahrain Center for Human Rights, the head of documentation, al-Muhafda commented recently: “Because of the culture of impunity from the governments in this region, a new culture of revenge has permeated.” However, University of Oklahoma scholar, Joshua Landis, points out that of the four largest and most effective rebel forces in Syria, not one of them espouses democracy. This then feeds into the theory that the Arab world itself is not ready for democracy. Religious fanaticism seldom fits in with democratic models of governance.

MARTYRDOM

One of the most troubling aspects about the Islamic fundamentalists is their complete acceptance of the act of sacrificing their own lives for Islam. It’s a concept that Westerners find hard to grasp. Westerners typically fear death – yet people who subscribe to radical Islam and the Jihadist movement – view the sacrificing of a young life a noble and honorable deed. As such, there are tens of thousands of young, physically robust Jihadists who will go into places most people fear to tread – and who will willingly sacrifice their own lives for their fervent cause. This lends itself to suicide bombers who will walk into crowded areas without hesitation, and kill thousands of innocent people while detonating themselves.

WILL ISIS’ BRUTALITY BACKFIRE?

The only real hope for the future is that more moderate Muslims will stand up to their extremist brothers. Some say that ISIS is operating with such barbaric brutality – that in the end – this will produce a clear dividing line between moderate Muslims who vehemently oppose their Muslim extremist brothers and who will stand up and refuse to be complicit in their acts of abject cruelty. Time will tell. 

Acknowledgments: ‘The Fantasy of Middle Eastern Moderates’ – by Fareed Zakaria. The Washington Post



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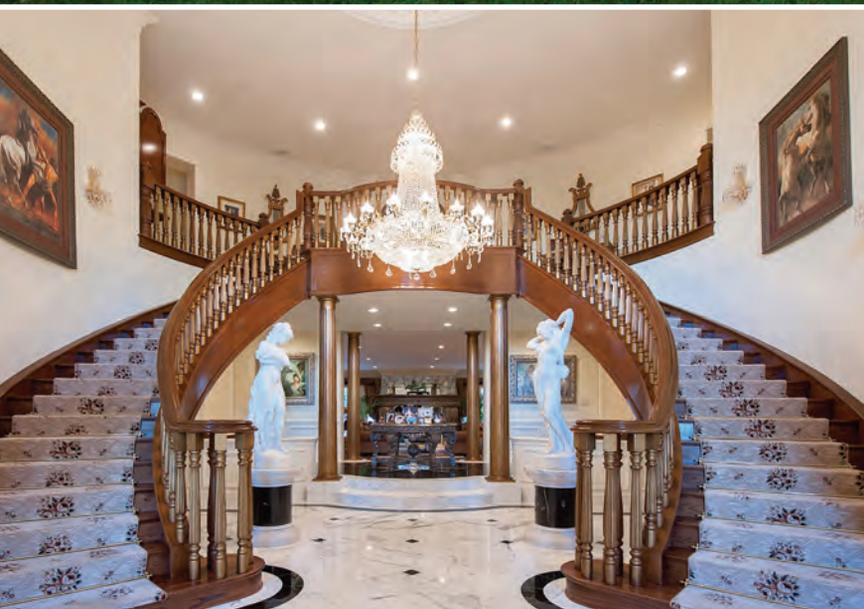






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Highlights include a stellar master suite with two fireplaces, retreat, his and hers baths, 3 oversized closets, dressing area and large viewing deck. The spacious chef's kitchen opens to the huge family room with circular stone wet bar. There is also an adjoining theater room, two story custom library, spacious gym and more. The formal living and dining rooms are graced with inlaid marble floors and fireplace. Other amenities include a true underground wine cellar with tasting room, separate guest house with bath and kitchenette, plus garages for up to 9 cars. The ample grounds include a full tennis court, pool and spa with waterfall, mature trees, rose garden, plus expansive lawn areas. Immaculately maintained and beautifully finished, this estate has it all.



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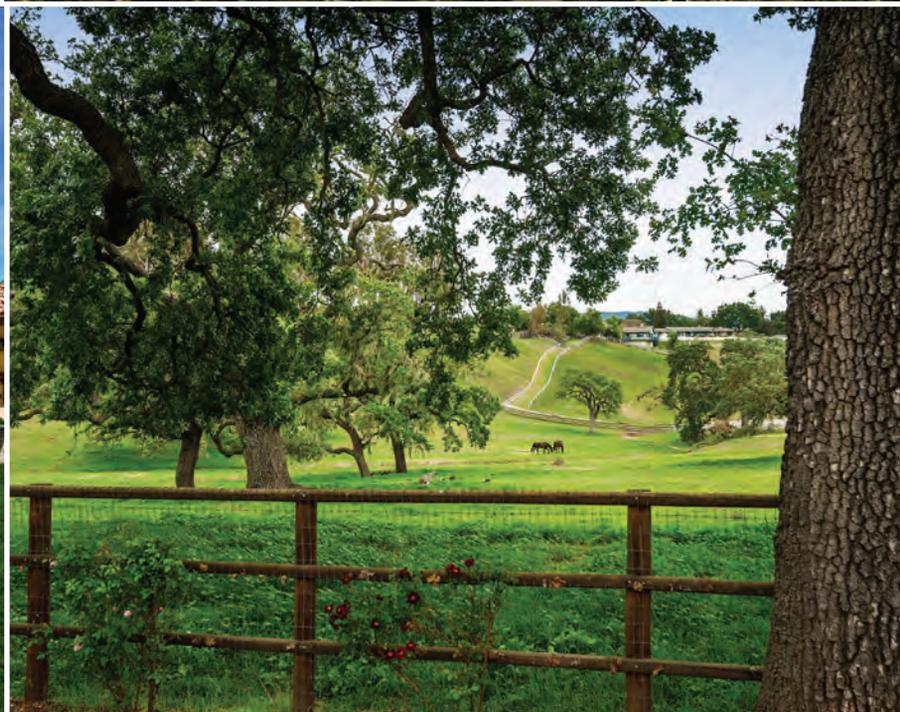
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WE ARE ALL IN

By Doug De Groot, *MBA, CFP®*

Recently the leading financial experts, investors, and bankers of the world concluded their meeting in Jackson Hole. The message was clear, or at least the belief is that, while any decisions will be data-driven, the Fed will not rush to raise the Funds rate. At the same time, Mario Draghi's words were viewed as "dovish" with the likelihood that the European Central Bank (ECB) will start its own Quantitative Easing (QE) program at some point soon in Europe.

While this is clearly the consensus, individual investors will be forced to take more risk to compensate for continued low rates and more quantitative easing. As of this September these are two reasons US equity markets are at new highs and our dollar is strengthening against the EURO.

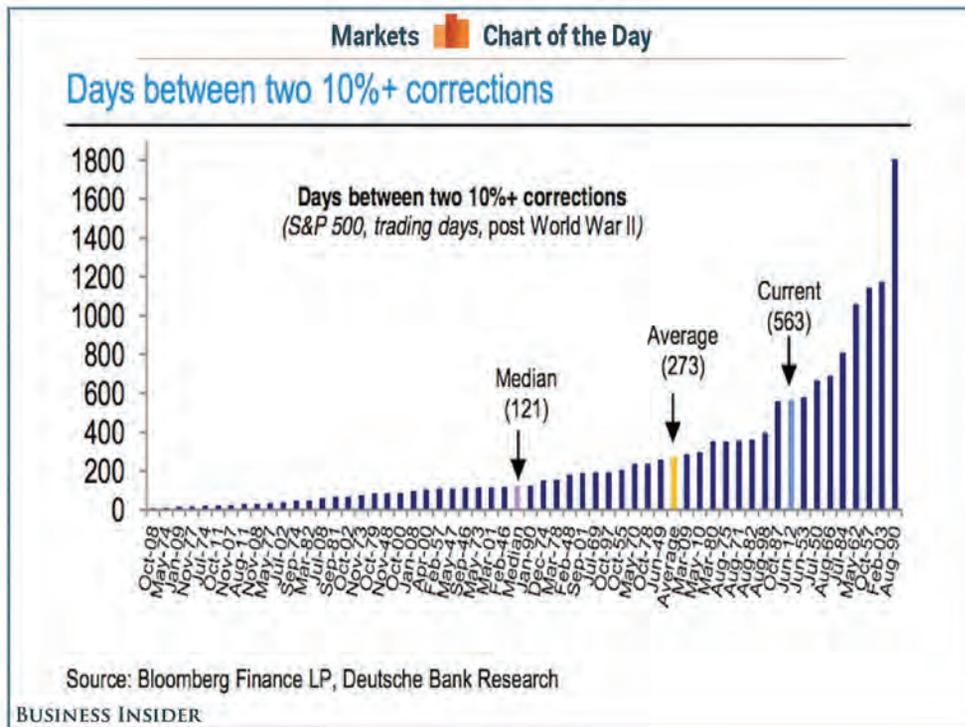
In Mohamed El-Erani's latest article in Bloomberg he pointed to three major lessons coming out over the last few months and what their implications may be for the financial markets. In his article he invites readers to add to it anything they could think of. Listed below are the three and a fourth by Jack Rivkin of Altegris. I would also encourage you to ask yourself, what else has changed your view of the world?

1. Extremely Resilient Markets- geopolitical shocks didn't matter (ISIS, Russia, Syria, etc.)

2. Shifting Correlations- changing correlations overwhelmed historical asset allocation. This means the markets moved together due to the belief that central banks would continue to provide needed liquidity to protect all financial assets.

3. Central Bank Signaling- While we got mixed signals from the data like poor GDP growth critical to assessing current policy and establishing future policy the markets acted as if the Fed and other central banks had all the information they needed and would provide the needed answer in the nick of time - meaning all the markets need are low rates and more printing.

As a financial planner, learning is a never-ending pursuit as I am sure it is with any profession where your unique ability is dependent on your knowledge and constant pursuit of excellence. El-Erani of Pimco forces



us to rethink past beliefs based on historical performance, correlation, geo political issues, central banks and velocity of money. One question so many of us struggle with is the inaction of fiscal policy during the last few years. Jack Rivkin of Altegris speculates that besides the three points made by El-Erani of Pimco, the fourth lesson of the summer and quite possibly the last 4 years has been:

4. Monetary Action Produces Fiscal Inaction- Our elected officials are thanking their lucky stars that the Fed has continued to pursue policies to attempt to achieve their mandates. If the Fed ever stops, Congress may have to actually work.

While the Fed continues to save the Legislative and the Executive branches from actually having to work on fiscal policy, our financial system continues to build bubbles throughout the financial markets. In fact, the last 10% correction was from May 1 to June 4, 2012. The S&P 500 dropped 10.4% in 25 trading days. According to Goldman Sachs research, 5% corrections “typically happen a few times a year and on average a 10-15% correction happens every 1-2 years and a 20% decline every 3-5 years on average.” According to the chart below it has been over 563 days since the last 10% correction and growing. (See Chart Above)

The statistics do not mean we are going to see an immediate pull back or a correction of 10% or more, but this should be a warning signal and remind us all to review our portfolio

and think about how it is positioned and what it mean to our financial future.

The developed world is all in. Central bankers are lowering rates and utilizing their own form of quantitative easing. **However you slice and dice it, the equity markets are trumpeting the low interest rates and massive amounts of liquidity being doled out by central banks.** Yet, with all this monetary stimulus, commodity prices are currently falling, signaling that consumer demand is still struggling to get a foot hold in this economy. In fact there are nearly 77 million Americans or nearly a third of our population facing debt collection according to the USA Today July 30th article. I guess the central bankers really loved the movie ‘Field of Dreams.’ “If you build it they will come.” Our economy hopes they come soon. With record numbers of people raiding their 401K’s and sucking out the equity from their homes along with over a \$ trillion in student loans, the average consumer does not have much left to borrow from to maintain their lifestyle.

I think Jim Rohn said it best, “If someone is going down the wrong road, he doesn’t need motivation to speed him up. What he needs is education to turn him around.” It may be several years before we know the outcome of this great experiment of quantitative easing on a global scale.

What we do know is that the US economy has been injected with trillions of dollars. Our policy makers have been fearful of the natural laws of the markets so as not to be blamed for

a recession we are in. They chose to pick the winners and losers through fiscal regulation and corporate bail outs. In an all-out effort to hide their inaction and fear of natural markets, they shifted the blame to capital markets and Wall Street - the very mechanism that sustains our great nation and grows our economy to the largest in the world - all while we continue to have more people today making less than they did in 2008 and the fewest people today participating in the work force since 1978. The markets are up but the averages have not helped the average.

There is no better time to take advantage of what Napoleon Hill once said, “Think and Grow Rich, your big opportunity may be right where you are now.”

Rather nation, corporation or individual, wealth is created by investing in the future and spending what is left over.

Ask yourself: Am I in control of my future? What can I control that will change my path? As a financial planner, our team focuses on what our clients can control. By helping our clients focus on their opportunities, their unique strengths and the experiences that help make them successful, we help them identify opportunity both personally and professionally to help see them through all their future endeavors. Their financial plans are unique to them and designed around their hopes, dreams, concerns and the causes they care about. I cannot imagine a world more deprived of faith in one’s self and dependent on government than we are now.

Only you can help you. But some time we all need help. I have a limited supply of Napoleon Hill’s book, “Think and Grow Rich”. It is a timeless book that I often go back to when I need inspiration. If you are interested in a copy please feel free to contact my office and I will send you a free copy while supplies last. 



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Retirement Plan

Date: _____



SIMULTANEOUS WITHDRAWALS

By Robert J. Katch

Over the years I've advised hundreds of investors on how to draw money out of their retirement savings to live on once they've retired. The conventional wisdom is to drain the taxable accounts first in order to give the tax-deferred accounts more time to grow, while leaving the tax-free accounts for last. Using the taxable money first may feel good. However, it is often better to tap your accounts simultaneously in order to optimize taxes over time.

TAX STATUS	AKA	EXAMPLES	WHAT'S TAXED
Taxable	Post-Tax After-Tax	Individual, Trust, Joint	Interest, Dividends, Realized Gains
Tax Deferred	Pre-Tax	401(k), IRA	Withdrawals
Tax Free	Never Taxed	Roth IRA	Nothing

ONE DRAW - TAXABLE

If you are only drawing money from your taxable account - which many people do in order to eliminate taxes - it may actually cost you money over time:

(1) Most investors have deductions they'd like to use on their tax return and if you don't have enough gross income, there is nothing to use those deductions against. Your deductions are squandered and lost forever if you don't have gross income equal to or greater than your itemized deductions and exemptions. Simply drawing some money from the tax-deferred account to generate taxable income is an easy fix. However, the goal is not just to zero-out your taxable income, but to make sure you draw enough to be paying some tax, while staying in the lowest possible tax bracket.

(2) By using only taxable money early on and letting your tax-deferred money grow, you might find yourself paying higher taxes later due to the Required Minimum Distribution (RMD) rules which kick in

when you turn 70½. At that age, the IRS requires you take a minimum draw from your tax-deferred accounts each year and they raise that minimum every year thereafter. If you've let your tax-deferred accounts grow too large relative to your income needs, you could be paying taxes in higher tax brackets later in life.

ONE DRAW - TAX DEFERRED

If you are drawing money only from your tax-deferred account you are likely paying higher taxes than necessary. So why do people do this? It is either to preserve their taxable money because it feels safer to have a large amount outside a "retirement" account, it was inherited and often has emotion attached to it, or it was hard-earned by diligent saving and sacrifice over many decades. Remember, once you're over 59½, your tax-deferred accounts can be just as liquid and accessible as your taxable accounts.

No matter the reason, many are simply more comfortable spending the tax-deferred money first. A simple fix is to split the amount you need every month into

two parts so your taxable account assists your tax-deferred account to cover your needs. Since pulling post-tax money from a taxable account does not create taxable income, you can lower your tax bill and maybe even get yourself into a lower tax bracket as well.

A ROTH TWIST

Instead of blending a taxable and tax-deferred withdrawal to optimize your long-term income taxes, you can employ a more complex strategy by using a Roth IRA as follows:

(1) Draw from your taxable account so you have little or no gross income, even though you are funding your living needs.

(2) Convert a portion of your tax-deferred account each year into a Roth IRA. This creates taxable income and ensures your deductions are utilized while still building up a tax-free Roth IRA over time.

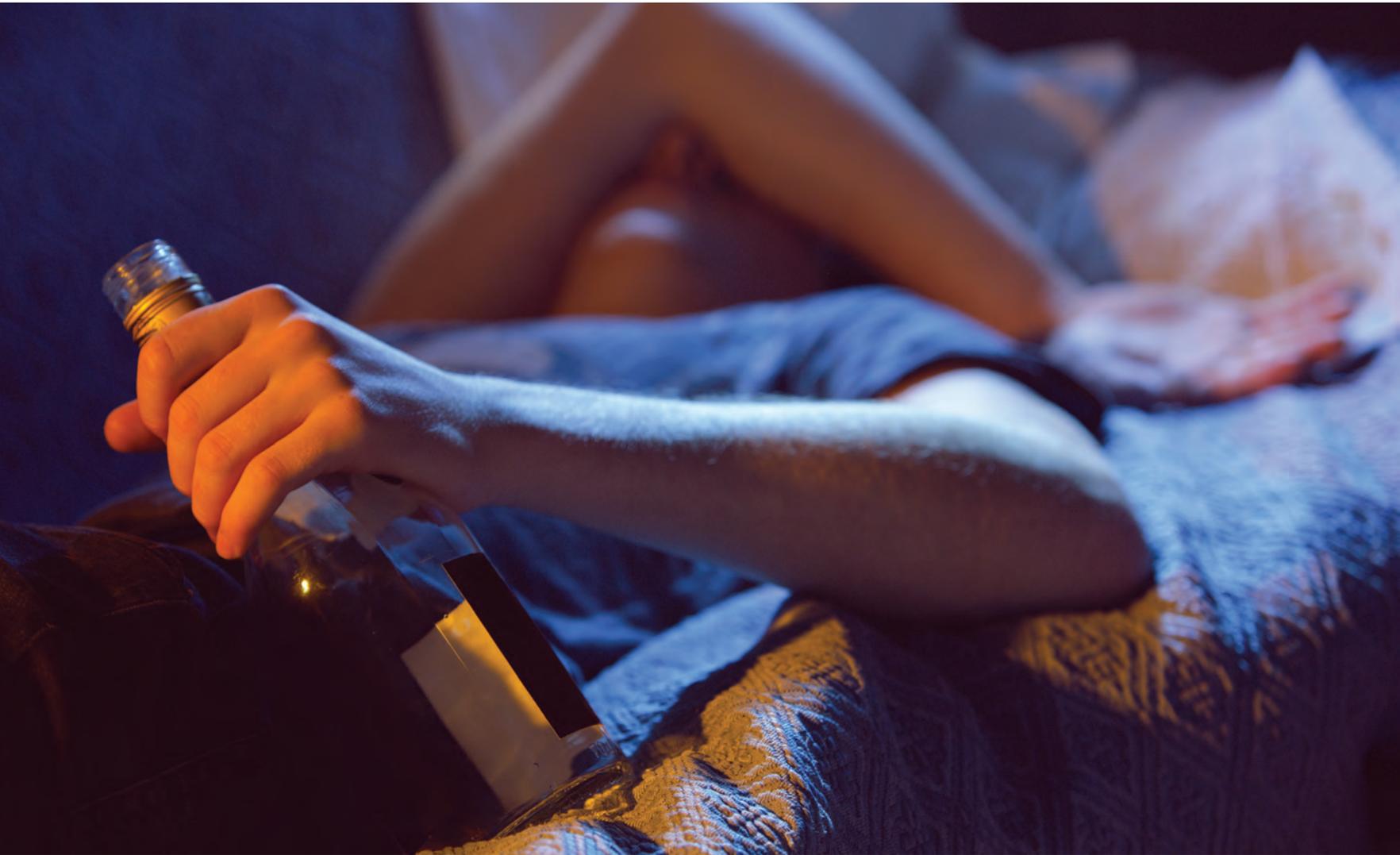
(3) When executed correctly, a substantial portion of your net worth from taxable and tax-deferred accounts - where taxes are due and payable - could shift to a tax-free account - where you have complete access but no tax liability.

These strategies require the coordination of your tax and investment professionals along with a long-term plan in order to ensure that your particular circumstances are monitored, updated, and optimized. Integrated tax and investment planning is not easy to find, but you now know where to look first. 



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

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



ALCOHOL AWARENESS THIS HOLIDAY SEASON

By Ian Armstrong, M.D.

It's that time of the year when parties abound and the holiday season invariably includes alcohol consumption and its potentially attendant risks. Here are some guidelines so that you and your family can enjoy this season while remaining prudent and safe.

WHY TEENAGERS SHOULD NOT CONSUME ALCOHOL

There have been extensive studies done on the development of the teenager's brain in the last twenty years and some of the findings that have come out of this research show that teenagers should not drink because the damage alcohol does to the adolescent brain could have life-long-lasting effects. These changes are most likely to occur in the brain's pre-frontal cortex, an area responsible for executive functioning: decision making, planning for the future, judgment, and controlling impulses. This is what happens when teenagers drink:

1. Alcohol disrupts the brain's development at a time when they're making important decisions about their lives (school, careers, relationships)

2. Alcohol can also affect how the brain disseminates information into long-term memory, a crucial element in the process of learning

3. Alcohol can affect visual-spatial functioning -- the ability to read distance properly. If a teenager is driving a car, the combination of limited experience and impaired visual-spatial functioning could result in a potentially fatal car accident. The situation is exacerbated in that teenagers are also more apt to take risks by driving at high speeds because their youth makes them feel invincible. The statistics of teens killed in car accidents is exponentially higher than any other age groups.

4. Studies have found that boys who consume alcohol, in particular, can be affected in their ability to retain verbal information

5. Research results have also shown that teens who consume alcohol are more likely to get into trouble in school or with the law or take to using illicit drugs than teens who do not consume alcohol. Teens who consume alcohol tend to go down a pathway this is characterized by an attitude of recklessness which permeates into every facet of their lives

6. Be wary of your children going to homes where parents condone ‘a drink or two’. There should be no alcohol provided to teenagers. It’s against the law and it is potentially dangerous.

DRINKING IN MODERATION

Alcohol consumption in moderation – i.e. 1 or 2 glasses of wine a night (and preferably once or twice a week) should not be problematic – provided you are healthy and hydrate adequately. If you have a history of cancer or have an impaired immune system, alcohol consumption is not recommended.

THE POTENTIALLY LETHAL CONSEQUENCES OF HEAVY DRINKING

Heavy drinking is exceptionally detrimental to your health – and can eventually be lethal. When the body is overly saturated with alcohol, the following life-threatening diseases may occur: **cancer, heart problems, and liver disease**. Additionally, significant alcohol intake produces **changes in the brain’s structure and chemistry**. For some, even minimal alcohol can produce unwanted alterations.

An alcoholic is a person who drinks alcohol compulsively and in uncontrolled quantities. It is medically considered a disease and an addictive illness. In psychiatry, several other terms have been used: alcohol abuse; alcohol dependence and alcohol use disorder. Alcohol misuse has the potential to damage almost every organ in the body, including the brain. There is real truth to the term a ‘pickled brain’. When abused in large quantities, alcohol has an extremely toxic effect on the body and can cause both medical and psychiatric problems.

CAUSES OF ALCOHOLISM

Family History: If a parent is an ‘alcoholic’, the children of an alcoholic parent are much more likely to be susceptible to alcoholic abuse.

Addictive Personalities: This is tied in with the hereditary factor: Some people are more prone to addiction than others.

Stress, Anxiety and Depression: There are many healthy ways to cope with stress and depression – such as exercise – but some people turn to alcohol in order to dull the feelings that are painful to them. This is potentially dangerous because every time there is a stress or anxiety trigger – they become dependent on a substance that does not ultimately fix the problem. In fact, it makes it worse because people who abuse alcohol are much more likely to experience societal rifts and breakdowns, extensive absences from their workplace, and job loss eventually. If it’s finances that are the initial stressor, alcohol abuse will only exacerbate the problem. If it’s relationships that are the cause of anxiety and depression, alcohol abuse will increase the problem – not fix it.

Environment: People who socialize with heavy drinkers are more likely to adopt a heavy drinking pattern because of their social surroundings.

TOLERANCE AND PHYSICAL DEPENDENCE ON ALCOHOL

Having a low or normal tolerance level for alcohol is a good thing because this will give one the signal that it’s time to cut it off. The problem with people who abuse alcohol is that over a period of time, their tolerance level increases so that they become hardened and immune to cut-off signals. They can literally consume dangerously high quantities and continue drinking - unabated. This is when they are physically dependent on alcohol and the problem here is that the next morning, the withdrawal symptoms – as with any drug – are so devastating and debilitating – that the person turns back to the bottle in order to not experience the withdrawal symptoms. This results in an alcoholic’s compulsive inability to stop drinking. You may have heard the term ‘functioning alcoholic’. This is a term oftentimes used for alcoholics who are in denial. There is no such thing as a ‘functioning alcoholic’. That’s an oxymoron. Alcoholism is an illness that has extensive consequences – not only on the alcoholic – but on the people around

them and society at large. An alcoholic’s judgment is severely impaired and any use of any vehicle while one’s brain is under the influence of a mind-altering substance – has catastrophic consequences. Even if someone is not an alcoholic, drinking over what is considered to be a relatively-safe limit causes changes in behavior that can have devastating results. One has only to look at the recent case of NFL running back, Ray Rice, who knocked his fiancée unconscious after both of them had allegedly consumed vast quantities of alcohol. Domestic violence is often associated with alcohol abuse.

HERE ARE THE WARNING SIGNS OF ALCOHOL DEPENDENCE

- **Not knowing when to say ‘no’** to another drink
- **Drinking to alleviate stress or anxiety** is much more likely to lead to dependence. If alcohol is being used to mask a problem, you’re in trouble
- **Behavioral changes after alcohol consumption**, including mood swings: The behavior may be aggressive or it may be morose sadness. Whatever the behavioral change, the warning sign is clearly evident and there needs to be recognition of a problem and intervention
- **Needing a drink.** Nobody should ever need a drink. It should always be a pleasant option – never a need
- **“Black outs”** where people forget what they said or did during their drinking binge – is a very alarming sign
- **Drinking every day** is a habit that should be avoided
- **Feeling guilty the next day**

Above all, do not drink and drive a vehicle. Have a designated driver during the holiday season who can reliably take responsibility

for your safety and the people around you. 

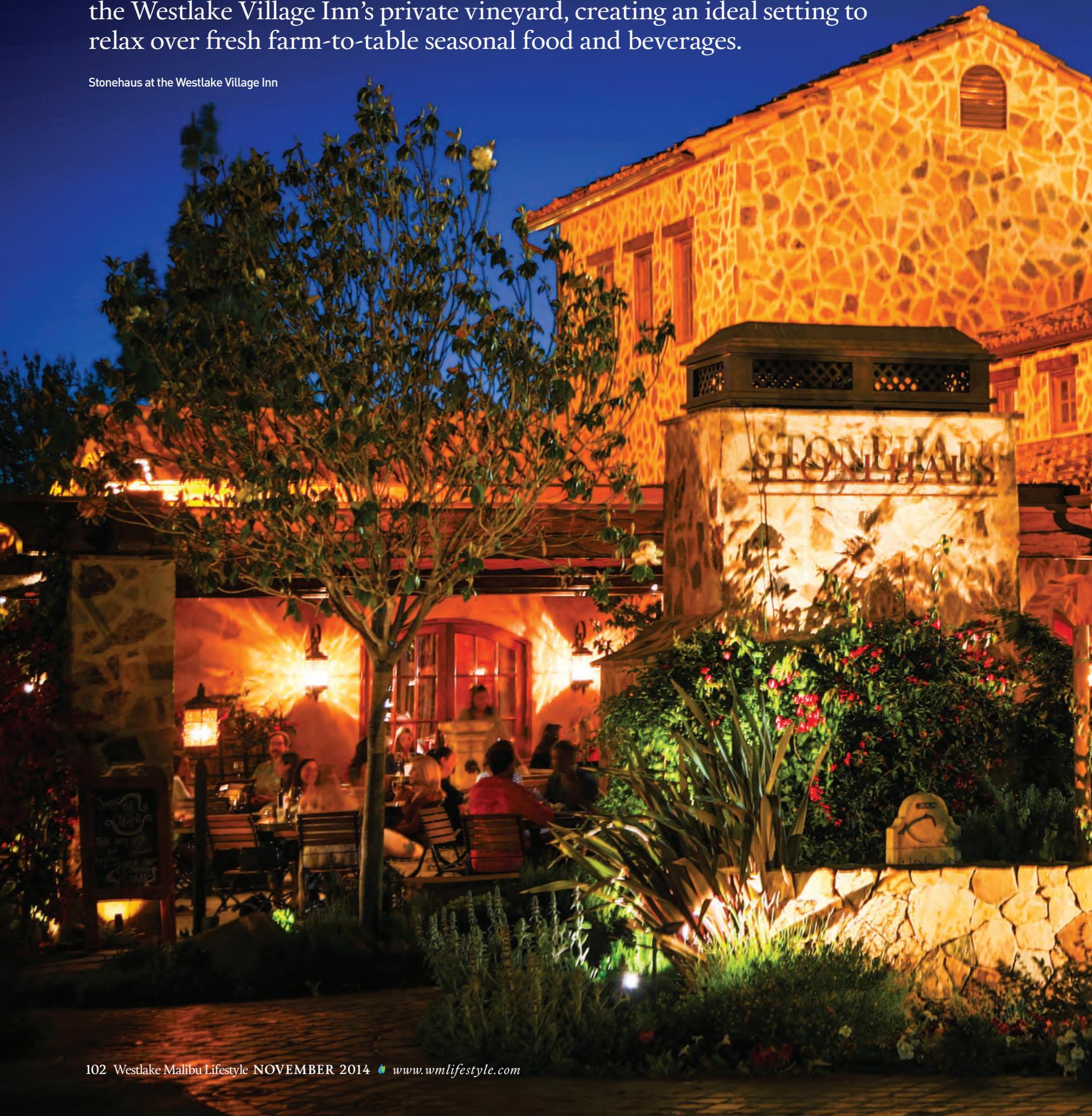


Dr. Ian Armstrong,
CEO and Medical Director
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WESTLAKE VILLAGE INN

Come experience a chic European winery at the Westlake Village Inn. Designed as a culinary sanctuary for local residents and hotel guests, Stonehaus is a rustic eatery nestled among the old growth olive trees of the Westlake Village Inn's private vineyard, creating an ideal setting to relax over fresh farm-to-table seasonal food and beverages.

Stonehaus at the Westlake Village Inn





“Visting the Stonehaus is like taking a trip to Tuscany. It is a unique and dynamic setting for friends and family to gather, enjoy wine and celebrate life. We are excited to bring such a beautiful addition to the community,” says Chief Operating Officer Chris Culty.

Presenting a unique blend of experiences to its guests, Stonehaus is a gourmet coffeehouse by day, transforming into a wine bar and tasting room each evening. Expertly-trained baristas serve roasted coffee beverages along with freshly-baked breads and pastries, while other menu favorites include croissants, muffins, charcuterie, cheeses, salads, paninis and breakfast sandwiches. As the day progresses, the atmosphere morphs into that of a European winery with extensive patio seating, anchored by a 16th century stone fireplace and individual fire pits.

Thursday through Sunday, Stonehaus transforms into a mecca for the music scene, as renowned local artists play live acoustic music beneath the oak tree canopy. Enjoy the setting as you sip one of the vineyard’s proprietary Stonehaus wine flights. Pair your flight with one of our flatbread pizzas from the outdoor wood-burning pizza oven. Framed by vines, a cascading waterfall and bocce ball court, chefs serve up piping hot offerings by

request. Stonehaus’ private label wine is served alongside a vast selection of California and international varietals, while sommelier-led tastings, pairings and exclusive private dinners contribute to the lively atmosphere guests can partake in.





Patrons can complete their wine-tasting experience by booking one of our newly-designed Deluxe Suites, the hotel's 750-square-foot corner bungalows fronting the golf course. Each suite features king sized beds, Jacuzzi soaking tubs, marble counter-tops, double-basin sinks, oversized showers, fireplaces, wet bars, vaulted ceilings and L-shaped patios.

Stonehaus is open daily from 6AM to 10PM (Mon-Thur), 7AM-12AM (Fri-Sat) and 7AM-10PM (Sun). Wine tastings can be reserved by calling (818) 889-0230. Stonehaus is located at the Westlake Village Inn. The Inn is situated on 17 lush acres with elegantly-appointed guest suites and access to a variety of activities reflecting the outdoor lifestyle of Southern California. The hotel's restaurant, Mediterraneo, offers the culinary excellence and stylish atmosphere of a European bistro and is inspired by a passion for fresh, seasonal cuisine that showcases the best of local produce. After dining, visit Bogie's Lounge & Nightclub, featuring live music and exciting events every night of the week. 

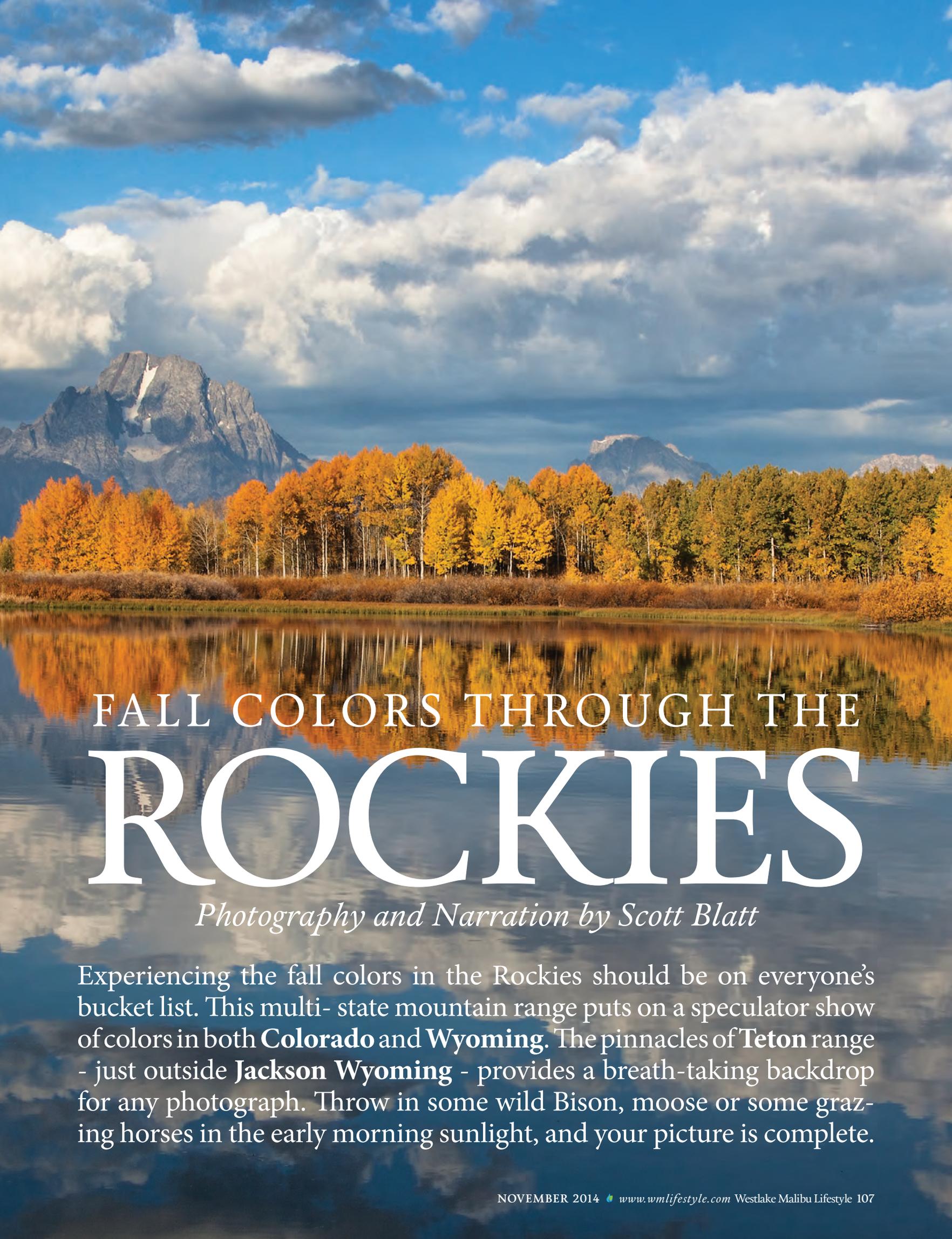


WESTLAKE VILLAGE
Inn

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FALL COLORS THROUGH THE ROCKIES

Photography and Narration by Scott Blatt

Experiencing the fall colors in the Rockies should be on everyone's bucket list. This multi-state mountain range puts on a spectacular show of colors in both **Colorado** and **Wyoming**. The pinnacles of **Teton** range - just outside **Jackson Wyoming** - provides a breath-taking backdrop for any photograph. Throw in some wild Bison, moose or some grazing horses in the early morning sunlight, and your picture is complete.



Snake River over look along the Snake River inside Grand Teton National Park Wyoming



The old barn is located on Morman Row inside Grand Teton National Park Wyoming. The Teton Range is in the background

The mornings along the misty Snake River lined with cotton woods are crisp and cool. If you're lucky enough, the silence will only be broken by moose calls. The historic town of Jackson is a great place to stay just outside **Grand Teton National Park** and is the best launching for most viewing areas.

While the Tetons are a pocket of beauty in Wyoming, Colorado's magic is spread across various ranges. My personal favorites are the San Juan range outside Ridgeway and the **Elk Mountains** that divide **Crested Butte** and **Aspen**.

(RIGHT) The Crystal Mill is outside Crystal Colorado. It is a 1892 Power house lying along the Crystal River



Fall colors in the San Juan Range.



Mount Sniffes in the San Juan Range just outside Ridgeway Colorado



The horses grazing with the Teton range in the back ground

The large grooves of Aspens turn a vibrant shade of gold. Early snow frequently caps the many 14,000-foot peaks. Also worth a visit are the towns of **Telluride**, **Ouray**, and **Crested Butte**.

If you're planning a future trip through the Rockies, the optimal window to catch the peak of the fall changes is a short 2-week window starting the last week of September through the first week of October. 🍃



Scott Blatt

Oaks Christian School invites you to visit!



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BIKES & BREW

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



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



Owner Vince Gest in the bike shop



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



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