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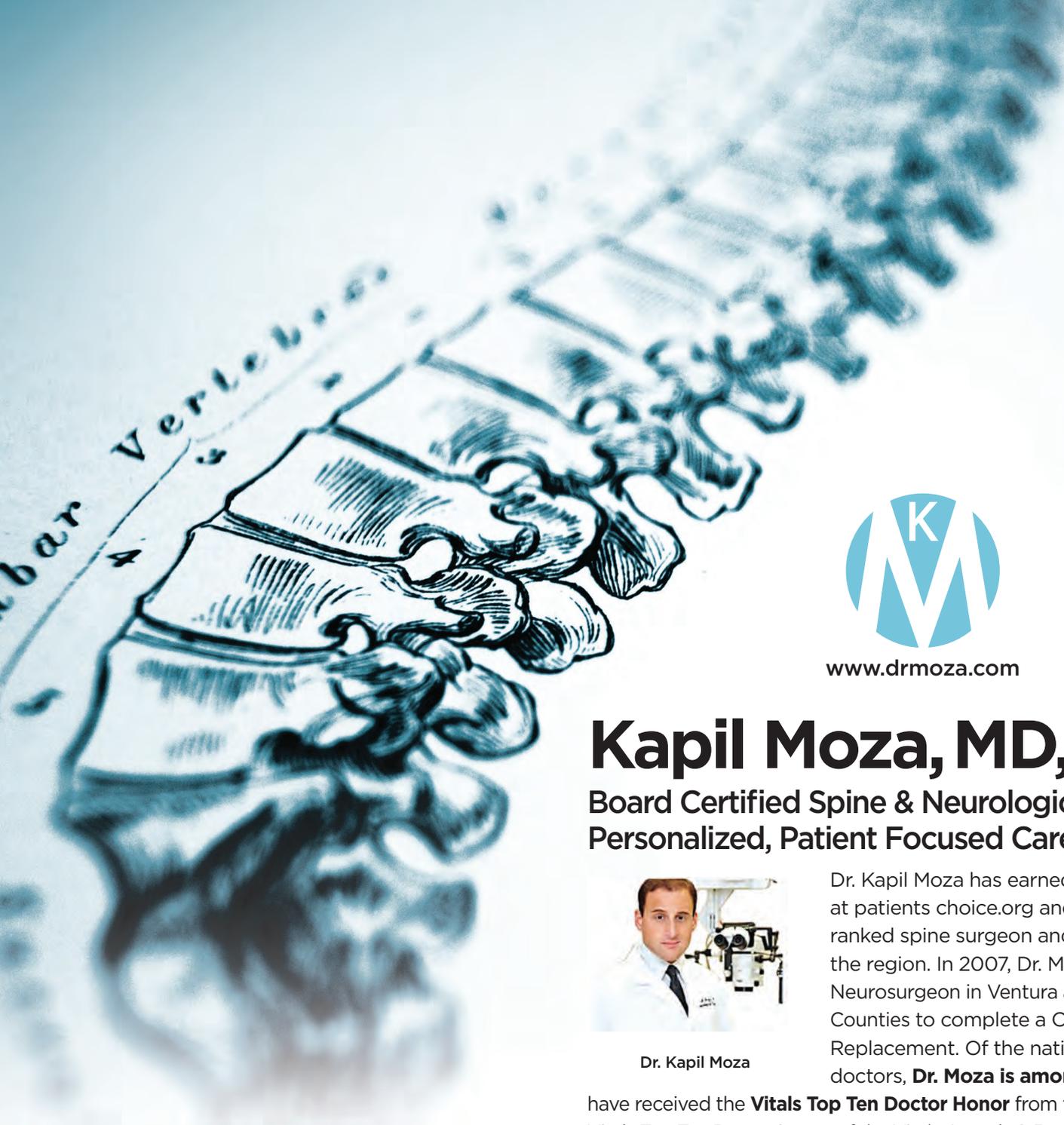
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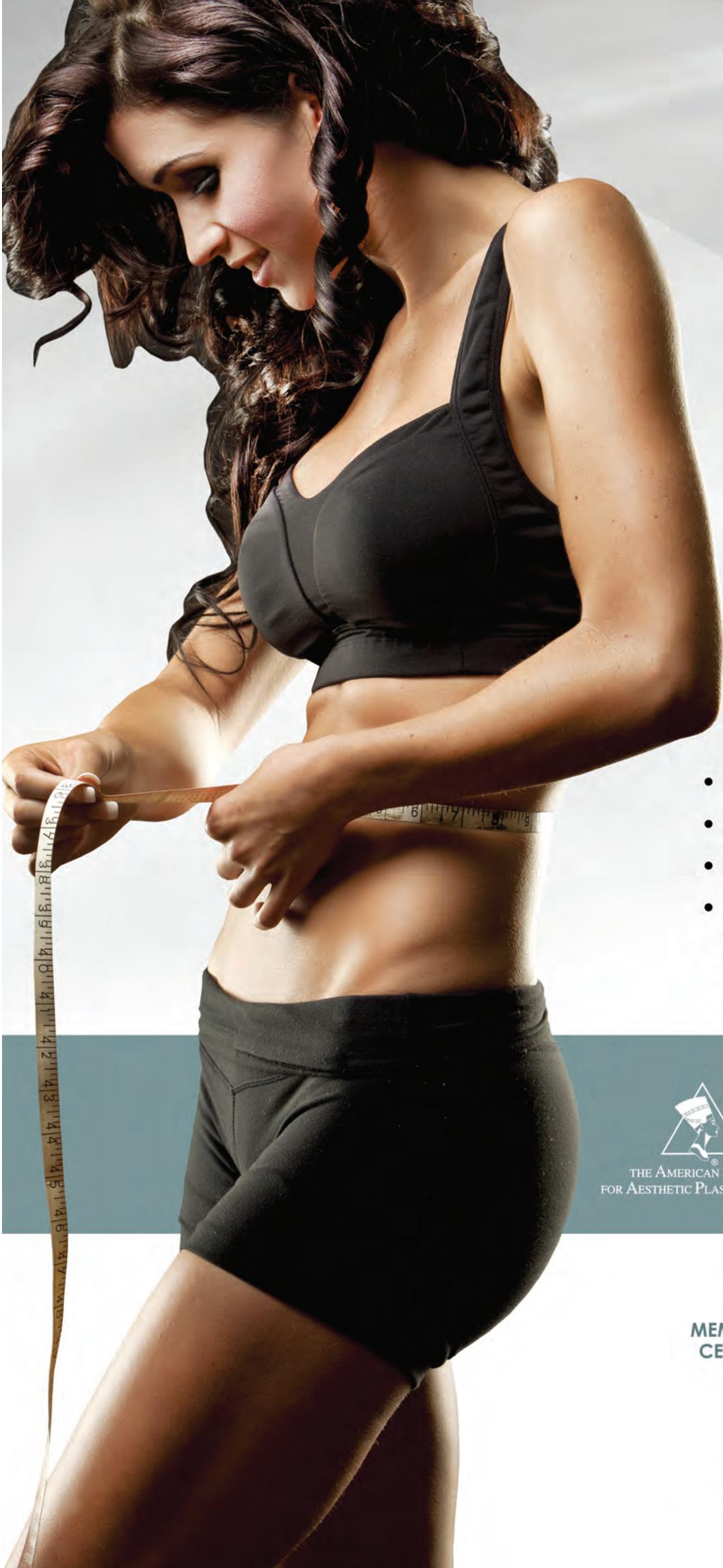
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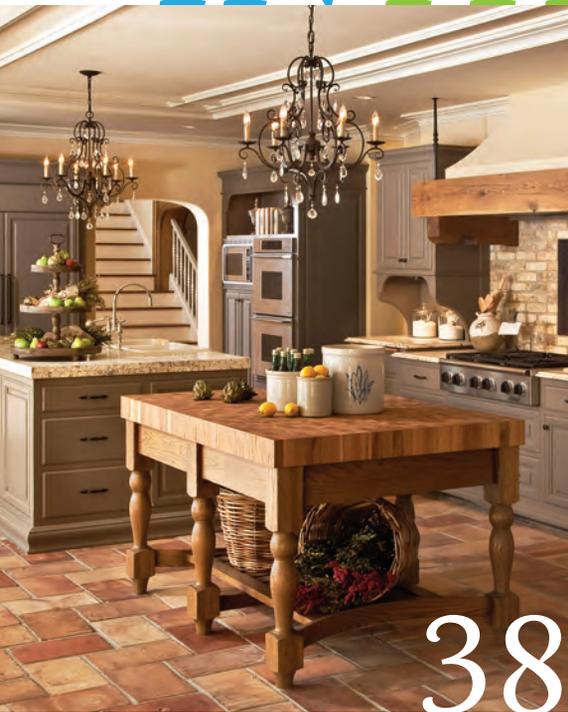
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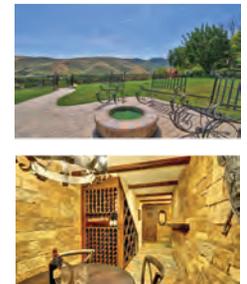
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Gorgeously energized Paige Hemmis packs 48 hours into one day. Television host and entrepreneur, she's most famous for her extensive time on *Extreme Makeover: Home Edition* until its closure in 2012. Currently, you can watch Paige on Hallmark Channel's *Home and Family* – every day - where she sparkles and utilizes her wide range of talents and skills. On June 22, 2015, Paige married her long-time love, Jason Short, on a prime-time television special on Hallmark Channel. Australian-born Jason is famous as one of the singers in the pop-opera group *A.R.I.A.*. The dynamic duo, Paige and Jason, share their home with their 5 furry friends while fitting more into 24 hours than most people can ever envisage (Page 44).

Malibu-based non-profit organization, RainCatcher, does vital work worldwide. Their recent work with Sean Reily (retired MD of the Los Angeles Times) centers around supporting domestic water – specifically after Reily reported on the springs, washes and groundwater that all went dry after a mining company withdrew 3.3 million gallons a day from Navajo and Hopi lands in Arizona. On June 6, 2004, the *Los Angeles Times* published Reily's article "Gathering Clouds" which gave an account of the Hopi and Navajo's grass-roots struggle to save the Navajo aquifer; this aquifer is considered vital to Native American culture and spiritual life. Read about RainCatcher's work on Page 24.

With the historic opening of Cuban and American embassies and the restoration of relationships between our two countries, it became a fitting time for Brett Darrington to head to Cuba. He discovered that Havana, Cuba is a 'must' for artists, historians, architects, cultural buffs and classical American car aficionados. To visit the decades old Partagas Cigar factory, "Real Fabrica de Tabacos Partagas", to walk the streets of Old Havana and to ride in a restored 1956 Chevy Taxi all are visceral historical vignettes of a larger and dynamic Cuba (Page 106).



Enjoy,

Diana

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Raincatcher

Photography by David Dobreski, www.daviddobreski.com

This Independence Day, Malibu based non-profit - RainCatcher.org - hosted their third annual Malibu Fireworks and Celebration at Don Wildman's beach house near Paradise Cove. The 200 guests in attendance enjoyed BBQ, Surf, Specialty Casamigos Cocktails and Blues in support of clean water initiatives around the globe. With the funds raised at the event, RainCatcher.org will add ten additional rainwater harvesting systems to the 106 systems they have completed since 2008. www.raincatcher.org

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Don Wildman encouraging guests to contribute



Laird Hamilton on the water



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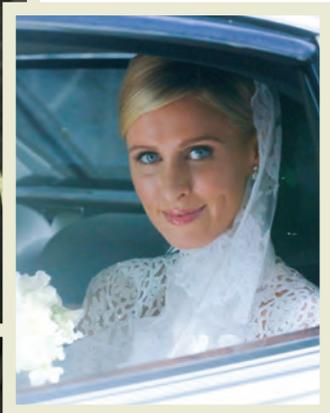


PEDAL

Wedding of Nicky Hilton and James Rothschild

On July 10, 2015, Nicky Hilton married James Rothschild from the dynastic British Rothschild family in London. The wedding was a sumptuous event that took place at no less than Kensington Palace (the couple is friends with the British Royal family) and Nicky's Valentino Haute Couture wedding dress was one of the most stunning dresses a bride has ever worn.

Acknowledgements: Nicky, Paris and Barron Hilton Instagram. Dailymail.co.uk





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2015 Cannes Film Festival

The 68th annual Cannes Film Festival was held in May 2015. Joel and Ethan Coen were announced as the Presidents of the Jury for the main competition. French actor Lambert Wilson was the host for the opening and closing ceremonies. For sheer unparalleled style, you can't beat Cannes' sophistication and elegance.

Acknowledgments: www.festival-cannes.com. AFP / V.Hache, L. Venance, A. Pizzoli Wireimage.com



Salma Hayek-Pinault. AFP L. Venance



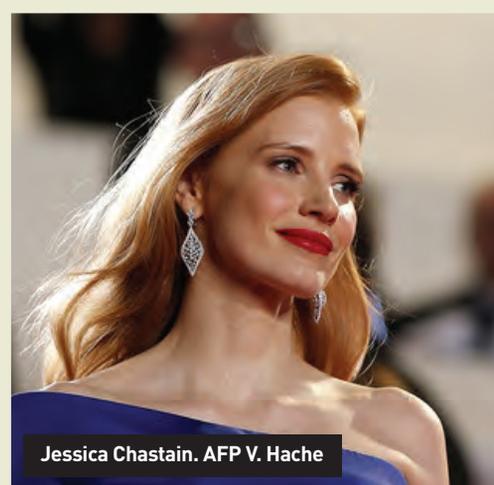
Cate Blanchett. Photo by Mike Marsland, Wireimage



Harrison Ford. AFP A Pizzoli



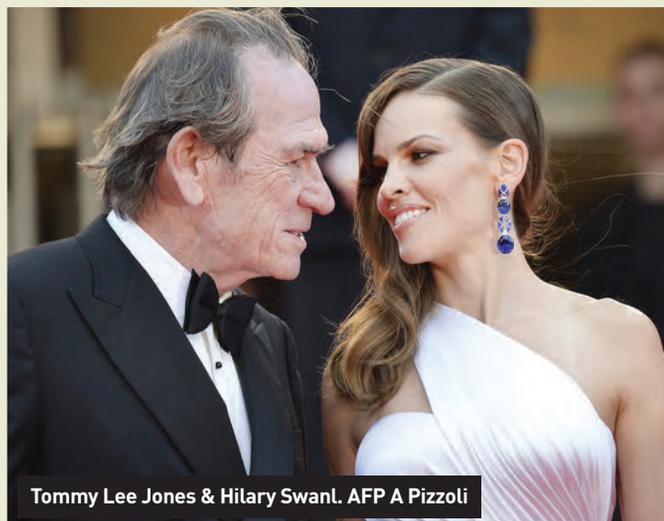
Nicole Kidman & Lambert Wilson. AFP V.Hache



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Wildlife in your Garden

By “Model Gardener” Kelly Emberg

Growing can be frustrating especially if you work hard on coddling your seedlings and overnight a flock of birds appear out of nowhere and obliterate your entire garden. That has happened to me more than once. Over the years I have picked up a few surefire ways to outsmart those pesky pests.

Know your enemy! It is very important to understand what you are dealing with. Once you accomplish this you have a better chance of eradicating the problem. Birds, rabbits, gophers, rats, mice and deer are persistent creatures, especially when they know you are growing all kinds of goodies that they like to eat. They’ll come back every year to share your bountiful harvest so you need to be prepared before they get here!

BIRDS

I love watching mommy birds feeding their young but these winged creatures can do a lot of damage. Here are some creative ways to scare those birds out of your garden and protect your plants.



STRAWBERRY BASKETS

Use strawberry baskets secured with U staples to cover your seedlings. Birds looking for an afternoon snack will have to look elsewhere. Helps with large snails, rabbits and other rodents that eat your seedlings.

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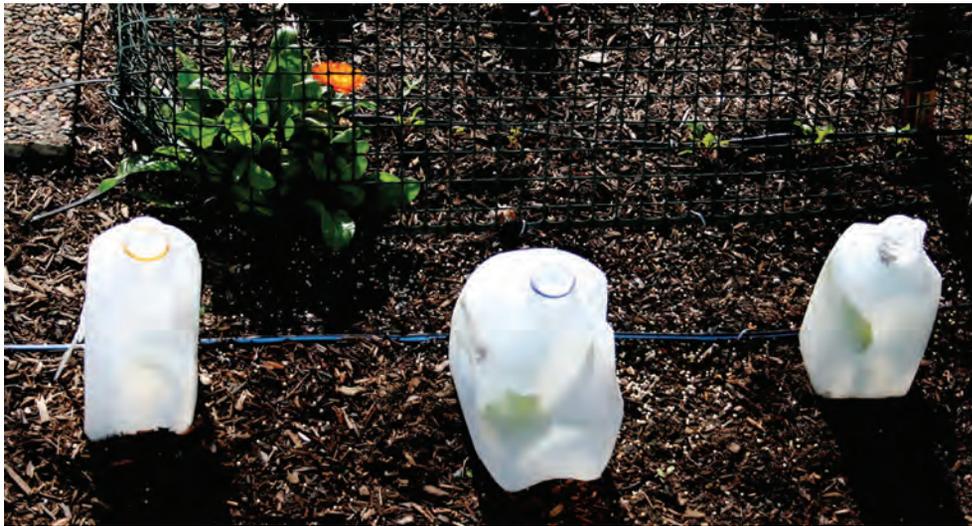
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RABBITS

Bunnies are really cute until they start devouring your garden! Here are some good ways to keep Peter rabbit out of your garden.

- Erect a 2-ft. fence around rabbit-appealing veggies like lettuce, peas, beans, and beets.
- Hardware Cloth with 1/8 – 1/2 inch Mesh: Even when your plant has matured, a rabbit can nibble off each leaf to its demise. Cut your hardware cloth with wire cutters. Make a cylinder & secure with zip ties. You will use these cages over and over. They protect your plants from: snails, birds & other rodents too.

SPRAY A REPELLANT SOLUTION OF TABASCO SAUCE AND WATER

Spray (1 tbsp. of Tabasco/1 Gal. of water) on your garden plants. Protect your eyes when spraying and wash your hands.

BAR OF SOAP

Slice a bar of deodorant soap into slivers & place them around the perimeter of your garden.

GOPHERS

Pocket gophers are small, brownish-grey rodents. They spend most of their lives in underground tunnels, feeding on roots & bulbs, sometimes pulling entire plants



into their burrows. You can tell you have a gopher problem if you see mounds on your property.

- **Hardware Cloth:** Install underground barriers by lining the bottoms and sides of planting holes or raised beds with chicken wire or galvanized hardware cloth.
- **Castor Oil Granules:** Castor oil products don't actually harm gophers; they simply send them scurrying elsewhere. You can even dictate the direction you want them to go. Find out how online.
- **Flooding** is one less toxic way of getting rid of the gopher. 1. Open the mound and dig down to the main tunnel. 2. Place the hose in the tunnel and turn on the faucet.

RATS AND MICE

If you have rat or mice problems, start taking care of it NOW! Some spread diseases. A mouse can have babies at 2 months old. A wild rat can have 84 babies a year! Here are some natural remedies:

BARN OWL NESTING BOX

Installing Barn Owl boxes can be a very cost effective and eco-friendly way to help with a rodent problem. A single Barn Owl family can consume 3,000 rodents in a single 4-month breeding cycle.

Barn Owls work best for larger properties and do not hunt directly around their own boxes. However, if you have multiple occupied boxes, the owls from one box will hunt around other owls' boxes, giving you complete coverage.

RAT-DETECTING PLANTS

Planting mint will make rats think twice about setting up shop. Mint can be invasive so grow it outside the perimeter of your garden or in areas with heavy foot traffic that

will regularly trigger the scent to fill the air.

TRAPPING NUISANCE RATS

One of the most effective ways to get rid of nuisance rats is by using traps but be careful not to let your pets get into the traps. Location is crucial to their effectiveness: place them in natural travel ways so the rodents will have to pass over them.

DEER REPELLENTS

Rotten eggs and garlic seem to be two of the most effective deterrents for deer around and can last for months. Repellents work best when you don't have a lot of deer around and when the damage is relatively light. The longer deer have been feeding in your garden, the harder it is to get them to stop with repellents.

Spicy Sauce: To deter deer, fill a spray bottle with water and add lots of hot sauce. To know



how much, taste it yourself! If you think it is spicy you are on the right track. Now, spray your vegetables with it and keep in mind that you will have to reapply after it rains.

Fence Small

Gardens: Deer can leap over 7' fences but if you have a small garden, a 4' fence should suffice. Deer generally dislike entering a small, confined area.

Double Fence: Erect two parallel fences, 4 feet apart and 4 feet high.

I doubt too many people will go to this extreme for their veggie garden but that's what Martha Stewart did!

So now that you know the secrets of keeping those pests out of your garden, remember, never give up; I would rather dissuade those critters than a passionate gardener! 🌱



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My best always,

Kelly Emberg, the model gardener



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Our tasting room is tucked just off Vineyard Drive on a rustic road that takes you past our Zinfandel Vineyards, owl boxes, oak trees, and right to our tasting room. Opolo's scenic hilltop overlooks the gorgeous Westside vineyards and can be a perfect location for a beautiful winery wedding and it's also host to our one of a kind events. The most famous being our Harvest Festival & Grape Stomp, which takes place in mid-October. Roll up your pants and get ready to stomp! The weekend is filled with grape stomping, ethnic-folk dancing, and of course, fabulous Opolo wine.

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Open 10am-5pm daily. For details please visit www.opolo.com or call (805) 238-9593.



Mark Armfied, founder and chairman of RainCatcher meeting with Bill Edwards of Tolani Lake Enterprises talking about lack of water for corn growth



RainCatcher's Rain Water Harvesting

Since 2008, RainCatcher's rainwater harvesting efforts have mainly been focused on the desperate need for clean water in Africa. This continent remains a place where the water crisis has life or death consequences – especially for the very young and very old. This year, RainCatcher has been called to take action closer to home. While the need in Africa remains dire, the Malibu-based non-profit also wants to be a service to those in this nation who lack a sustainable supply of water and access to healthy food.

In December 2013, RainCatcher received a donation from Sean Reily, a resident of Paradise Cove, and retired managing

director of the Los Angeles Times. Reily had a longtime interest in supporting domestic water projects after reporting on

the springs, washes and groundwater that all went dry after a mining company withdrew 3.3 million gallons a day from Navajo and Hopi lands in Arizona. On June 6, 2004, the Los Angeles Times published Reily's article "Gathering Clouds" which gave an account of the Hopi and Navajo's grass-roots struggle to save the Navajo aquifer; this aquifer is considered vital to Native American culture and spiritual life.

Having established the need and some seed money, RainCatcher met with the Tolani Lake Foundation of Arizona whose mission is renewing and strengthening relationships between the people and the land - with all its elements - water, soil, plants and animals. The elders they met with spoke with despair about the epidemic of diabetes and obesity among their people. In 1900, there was only one reported case of diabetes on the reservation and now nearly 40% of the

Historically, Native Americans and early settlers relied on harvested rainwater for drinking and agricultural uses. These ancient methods sustained the Native people when conditions would have otherwise forced them to move elsewhere.

people are affected; in one location that rate climbs to an unimaginable 90%.

The Native American elders realize the epidemic has been fueled by a lack of water, and a shift in their diets from native corns, squashes and beans, to readily available fast and processed foods. The elders asked RainCatcher to help design grow beds to produce a healthier food supply that will also serve as a tool to teach the younger generations how to grow native crops once again.

Historically, Native Americans and

early settlers relied on harvested rainwater for drinking and agricultural uses. These ancient methods sustained the Native people when conditions would have otherwise forced them to move elsewhere. RainCatcher implements rainwater harvesting practices today to provide relief during times of drought, to avoid contaminated water sources and create a sustainable source of water.

During RainCatcher's initial visit it became clear that rainwater harvesting was going to be an essential component for the native crops to be grown and sustained. Mark Armfield, founder and chairman of RainCatcher, recognized the need for more resources and spoke with a major donor. Armfield shared the details of the dire health situation facing the Navajo and Hopi people and how RainCatcher could help. This donor immediately understood the challenges and agreed to support several large scale pilot projects on the reservation.

David Zielski, RainCatcher's executive director, returned to the Tolani Lake

full. The drip irrigation systems were then hooked up and began to feed the newly planted native crops.

RainCatcher will continue to work on the Navajo Nation, and also on projects in Uganda and Kenya, where they initially began their work to provide sustainable

sources of clean water. To date, RainCatcher has completed 106 rainwater harvesting systems, distributed over 13,000 clean water filters and provided over 1 million people access to water. To learn more and support their important work, please visit www.raincatcher.org



Roberto Nutlouis of Black Mesa Water Coalition and niece in Pinon AZ where RainCatcher put in a pilot rainwater harvesting project

location and another location in Pinon this May to complete two pilot rainwater harvesting projects. The Navajo people were amazed by the speed at which RainCatcher operates; normally years go by before projects get started. Within 3 months the organization had the projects designed and fully completed.

Both of these projects now have two 2,150-gallon tanks on the original building to capture the rainwater. One week after RainCatcher had completed the rainwater harvesting projects, Tolani Lake was fortunate to have an early summer storm that dumped over two inches of precious rain overnight. Upon waking, the Navajo people discovered that both rainwater harvesting tanks in Tolani Lake were almost

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Haifa from the Bahai Garden



Holy Land 1000 Gala

The Holy Land 1000

Three years in the making: 5 days, 40 vintage cars, 1,000 miles through 3,000 years of history — with an international cadre of new friends!

By Larry Crane • Photography by Ronen Topelberg

Hyperbole is a traditional element of discourse between Middle Eastern tribes, states, neighborhoods and friends in the international community. It was swept into the auto aficionado lexicon during one of the most remarkable — and policy-free — international events ever staged in Israel. The Holy Land 1000 vintage automobile tour drew participants from around the globe.

But hyperbole suggests an overstatement and that would be difficult to accomplish describing the recent tour of Israel planned and executed by Amir Alamagor and his friend Elad Shraga, co-conspirators in collecting — and driving — their historic automobiles in many of the famous 1000-mile tours around the world.

“We should do one of these in Israel.”

became a three-year commitment. “The challenge was unbelievably difficult,” Amir explained, “especially as it was mine and Elad’s inaugural event.” As proof of concept a catalog of internationally renowned — and experienced — sponsors came aboard that included BMW, Deutsche Bank, Hagerty, CARS and Chopard.

An auspicious beginning was the David InterContinental Tel Aviv hotel with its secured parking and easy access to historic Neve Tzedek, a Jewish community dating from 1887

Shraga collection



Prince Leopold at play



Austin-Healey 3000 making music



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Brechat Ram, backdrop Golan Heights



Bére Sheva, ancient Negev crossroads



California 220SE Mercedes arrives



Beresheet Hotel at Mitspe Ramon



Priceless 8C 2300 Alfa Romeo



Aston Martin 2 Liter was fast



Bentley 4.5 drew crowds



Jaguar XK120 Mille Miglia veterans

and famous for its later Bauhaus architecture, and, of course, the Mediterranean beaches, all of which and more could be enjoyed during Saturday's time of discovery.

But a surprising example of the effort in planning was having the participants transported to a container storage facility to collect their cars early Sunday morning. The valuable classics were shipped from Switzerland, the UK, Argentine, Canada and both coasts of the USA. Amir continues, "Can you imagine almost 30 classic cars released from the customs in two hours?" A team of patient, efficient customs agents made

the extraordinary procedure painless. "The customs red carpet was unfolded in front of us." Hyperbole, indeed.

Elad and his wife graciously hosted an informal dinner on Sunday night as an opportunity for the entrants to meet and discuss cars, the adventures of traveling with a vintage car and the incredible tour they were about to undertake — while enjoying local cuisine and the best of Israel's famous wine culture. The host's roadster-focused Italian car collection and its impressive stone garage were a high point for the assembled aficionados. An important and congenial guest for the evening was the Chief of

Police for all of Israel, who had arranged for two motorcycle officers and a police car to escort the guest motorists for the entire length of the rally (in addition to 5 more volunteer motorcyclists who rode a collection of high-end motorcycles loaned to the Holy Land 1000 tour by BMW an enthusiastic sponsor of the event).

"Let's not penetrate to the privacy of the great group we had," was Amir's request for participant privacy. "You can mention Prince Leopold of Bavaria, (an international racing star) who drove the Type 507 that BMW brought from their Museum in Munich. You may also note that among the participants there

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MOTORING PURSUITS



were many Pebble Beach winners and veteran competitors from the Italian Mille Miglia (the seed event of the concept) the California Mille, Colorado Grand and South America Mille Miglia and even a winner of the MM Storica in the early 2000s. It was a fantastic Karma as well which added to the success."

The Monday morning start from the David hotel garage used a waved checkered flag — the historic use of that flag. The list of cars participating would create jealousy in any event in the world; beginning with an 1938 8C 2300 Alfa-Romeo with Le Mans coachwork, an impressively fast 1935 2-liter Aston Martin Ulster, and a thunderous 4.5-liter 1928 Bentley also clothed in Le Mans coachwork. From the Shraga collection came an Abarth 208A Boano spider and a pair of mid-fifties OSCA MT4 racecars, but from out of town and equally rare was an Arnolt Bristol Bolide competition roadster and a one-off Bristol 400 with coachwork by Stabilimenti Farina. There were many more familiar Fifties sports cars that included Alfa Romeos, Austin-Healeys, several XK Jaguars from a 120 to a much-loved E-type and a couple of 356 Porsches were chased by 930 Turbo. Mercedes-Benz was represented by a couple of pagoda-roof 200-series SLs including one purchased specifically to be able to join the event, an enchantingly romantic 220 SE Convertible and, not to be forgotten, co-founder Almagor's 300 SL Roadster. Prince Leopold was often photographed with an enormous grin as he challenged the best of his

borrowed BMW 507 V-8 roadster. But Israel, its beautiful landscape, millennia of cultural history and its friendly people created the character of the event.

The tour took the form of a figure eight from Tel Aviv up the Mediterranean coast to beautiful Haifa, spilling down from Mount Carmel to its modern city center and its ancient port. It is also the international center for the Bahai Faith, hosts many churches and mosques and its population takes great pride in the co-existence of the three largest religions and many smaller sects.

A brief stop to grant 5 scholarships to students in the city of Karmiel (the tour is a charity event) followed by a scenic drive along the Lebanese border and then a two-night stay in nearby Tiberius and the Sea of Galilee. The tour was north bound on Tuesday across the verdant valley of Berekhat Ram with its dramatic backdrop of the Golan Heights. There was a long run south with a lunch stop at a fantastic Arabian Horse stable before facing the challenge of the Negev Desert through Béer Sheva (Beersheba) and on to Mount Negev for Wednesday night near the Ramon Nature Preserve including Makhtesh Ramon (a crater 2 x 40 km, approximately 5M years old). Fortunately, the rally organizers included a pair of repair/retrieval trucks staffed by master mechanics, should the ancient vehicles suffer temperature anomalies or worse while making the tour. It should be mentioned that all the participating cars – but one – reached the finish line.

Thursday took the tour north across the great crater to the edge of the Dead Sea and the fascinating experience of extraordinary floatation and the beach's mythical skin-repairing mud.

Then Jerusalem, the historic vortex of religious thought. The plan for Friday required a 6:30 AM assembly outside the hotel for a rapid — and secret — drive through the empty streets of the ancient capital to the plaza at the very foot of the Western Wall. Hundreds of photos were taken with the cars carefully arranged before that precious place. One participant suggested, "This is so special, this photo could be on the front page of the New York Times." Just as rapidly the group was required to depart as a caravan back through the city and into the green hills of central Israel back to Tel Aviv.

A quote from Ynet - the most watched news website in Israel: "For those in the know, this was quite simply the most impressive car event ever witnessed in Israel. To some that might sound like an exaggeration, but for Israeli car connoisseurs, at least those who managed to join the extraordinary convoy at some point, this event was equivalent to seeing a once-off appearance of the Beatles, Queen, Elvis Presley and The Rolling Stones on stage including band members supposedly brought back from the dead." A little hyperbole between friends.

Save the date — The next Holy Land 1000 tour is scheduled for March 2018.

Further detail can be found at: www.holyland1000.org



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Short Stories About Big People

By Bob Eubanks

Hello everybody! Time for more short stories about big people.

I was sad to see that B.B. King passed away. What a true gentleman. B.B. had problems learning to play the guitar the conventional way, so he invented his own way and became one of the great Rhythm and Blues pioneers. He didn't have many major hits. I believe his most popular one was, "The Thrill is Gone". His style, his personality, and his musical ability made him one of the great legends. I booked him into one of our nightclubs back in the sixties, and quite frankly, there was no finer gentleman. The world was better off when B.B. King was here to entertain us.



B.B. King

There is a new movie out about Brian Wilson of The Beach Boys entitled, "Love & Mercy". You talk about talented people, and Brian Wilson is certainly one of them. I used to book The Beach Boys at High School dances back in the sixties. Almost every week we would hit the High School circuit, and they were phenomenal. I thought they were somewhat of a troubled group. Their father sold the publishing rights to their music early on. Carl, Brian, and Dennis were brothers. Unfortunately, Carl and Dennis are no longer with us. I heard a story that Brian brought a load of sand into his front room, put his piano on



Brian Wilson

it, and wrote some of the great Beach Boy hits. If you ever have a chance to see Brian in person, don't pass it up, because, through all of his troubles, he is still one of the greatest song writers of all time. Mike Love was also a founder of The Beach Boys and he was a local personality. I know my older children went to Agoura High School with one of his siblings.

I always like to leave you with something that you will never read anywhere else, so I thought I would pass this along to you. There is a two-letter word in the English language that is an adverb, a preposition, an adjective, a noun, and a verb.

It's easy to understand UP, meaning toward the sky or if we look UP something on the list. But, when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election (if there is a tie, it's a toss UP) and why does a Policeman write you UP? We call UP our friends, brighten UP a room, polish UP our silver, warm UP the leftovers, and clean UP the kitchen. We lock UP the house and fix UP the old car. At other times, this little word has a real special meaning. You can stir UP trouble, line UP for tickets, work UP an appetite, and even think UP excuses.

You probably think I need to shut UP, so I will. See you next time for more Short Stories about Big People and nonsense! 🍷

See you next time!

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AMY Y JEWELRY

Combining elements of nature and her philosophical visions to ultimately create an aesthetic equilibrium in her jewelry designs is what California-based jewelry designer Amy Yankelevitz is all about. Through the appreciation of the natural world and extensive knowledge of gems, Amy's passion is evident as the conception of an image is sketched in intricate detailed illustrations and then transformed into one-of-a-kind pieces of fine jewelry. **"To appreciate the rareness & beauty in stones is to realize earth's treasures"**

Amy's desire to enhance life, art, and nature is realized in each design she creates. Inherent in her repertoire of designs is a graceful balance between the ancient and modern world. Each piece is delicately preserved in alchemies of 22k, 18k, platinum, painted enamel, and inlaid precious stones – all handcrafted in the United States.

Amy's work is often characterized as whimsical and magical, capturing the essence of life through her fascination for anything beautiful. Always of the finest quality, her designs are influenced from the world around her and embrace her love of nature, ultimately transforming life into a menagerie of beautiful and charmingly nostalgic jewelry. Amy's Jewelry is available many places and online. Locally at Canvas in Malibu. 310-741-2397 Amy Yankelevitz – Amy Y Jewelry www.amyyjewelry.com Email: info@amyyjewelry.com.



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GRAYSE

Grayse is a lifestyle brand that is designed to dress confident women who love luxury living. This is the Gray's first time collaborating since their departure from St. John Knits almost a decade ago.

The mother-daughter duo places a high value on timeless style and quality. Each piece is designed with attention to detail and carefully fitted to ensure the most flattering silhouette.

The collection is composed of exquisite hand-crafted leather jackets, striking position prints (which are personally overseen by Marie Gray), and high end embellishments. Most of the collection is produced at the company's headquarters and factory in Irvine, California.

Grayse originally launched in 2013 in major department stores. However, a recent shift to focus on their own retail operations led them to open their first boutique last Fall in Palm Desert, California, at The Shops on El Paseo. The success of this store fueled their desire to open in Woodland Hills, California at the Westfield Topanga Mall. The boutique is located in the Luxury Wing neighboring Stuart Weitzman and Louis Vuitton near Neiman Marcus. Grayse boutiques are best known for custom orders, complimentary basic alterations and hosting frequent parties for their customers. Lisa Kaufman, General Manager, at the Topanga store, can be contacted at 818.710.9940. The company is slated to open their third location at Fashion Island, Newport Beach in September 2015.

Grayse is also carried in Bloomingdales, Saks Fifth Avenue, Wynn Las Vegas, as well as online at www.mkgrayse.com.



GRAYSE

BY KELLY AND MARIE GRAY

VIRTUOSO MEDICAL MANAGEMENT

Virtuoso Medical Management (VMM) recently opened a new corporate office location in Thousand Oaks, CA. VMM, founded in 2011 by Dr. Alexander Hersel, is the only medical management organization focused on physician practices specializing in interventional pain management. The company provides integrated solutions designed to seamlessly coordinate staffing, billing processes and operations in the clinic and outpatient surgical facility. The company's unique management model is values-based, with a strong commitment to quality, consistency and transparency focused on assisting medical providers in successfully managing and building their practices, allowing physicians and clinic staff to focus on providing the highest quality patient care.

Locally, VMM currently provides management services to the Pain Management and Injury Relief Medical Center (PMIR) and Thousand Oaks Surgery Center (TOSC) located in Thousand Oaks at the state of the art Serra Medical Plaza. The company also supports a PMIR clinic and the Broadway Surgical Institute center in Santa Monica, as well as additional Pain Management practices in Los Angeles.

For further information please email contactvmm@virtuosomedmag.com or to make an appointment at PMIR please visit <http://paininjuryrelief.com/>



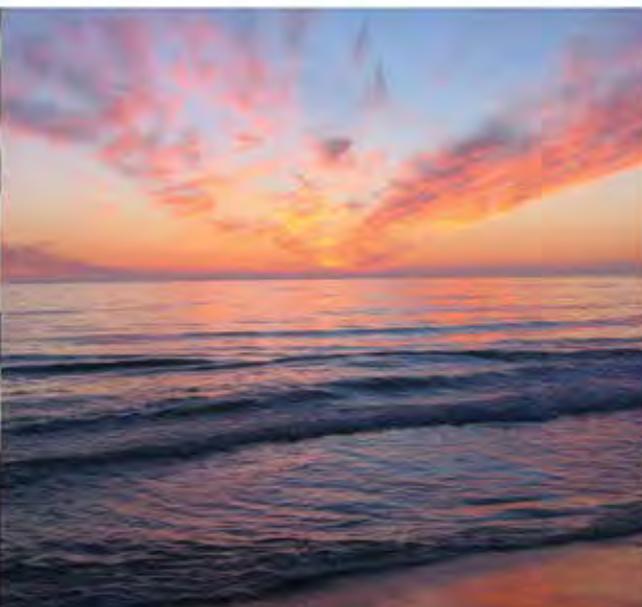


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Chateau





LIGHTING FOR EVERY ROOM

For more than a decade, Global Source Lighting has been a popular lighting destination for Northern Californian customers, architects, designers and contractors. Now, the lighting and electrical retailer has opened an Agoura Hills location, bringing the style and service found up north to the heart of Canwood Street.

Global Source Lighting carries the finest selections in lighting at the best possible prices. From a chandelier over the dining-room table to a grand-entry chandelier, the lighting retailer is a one-stop shop for all your lighting needs. Kitchen and bar pendants have become a popular trend and if centered are beautiful. Global Source carries ceiling fans, pendants, vanity, recessed lights, energy-efficient and outdoor lighting that fits any design style.

Cascade



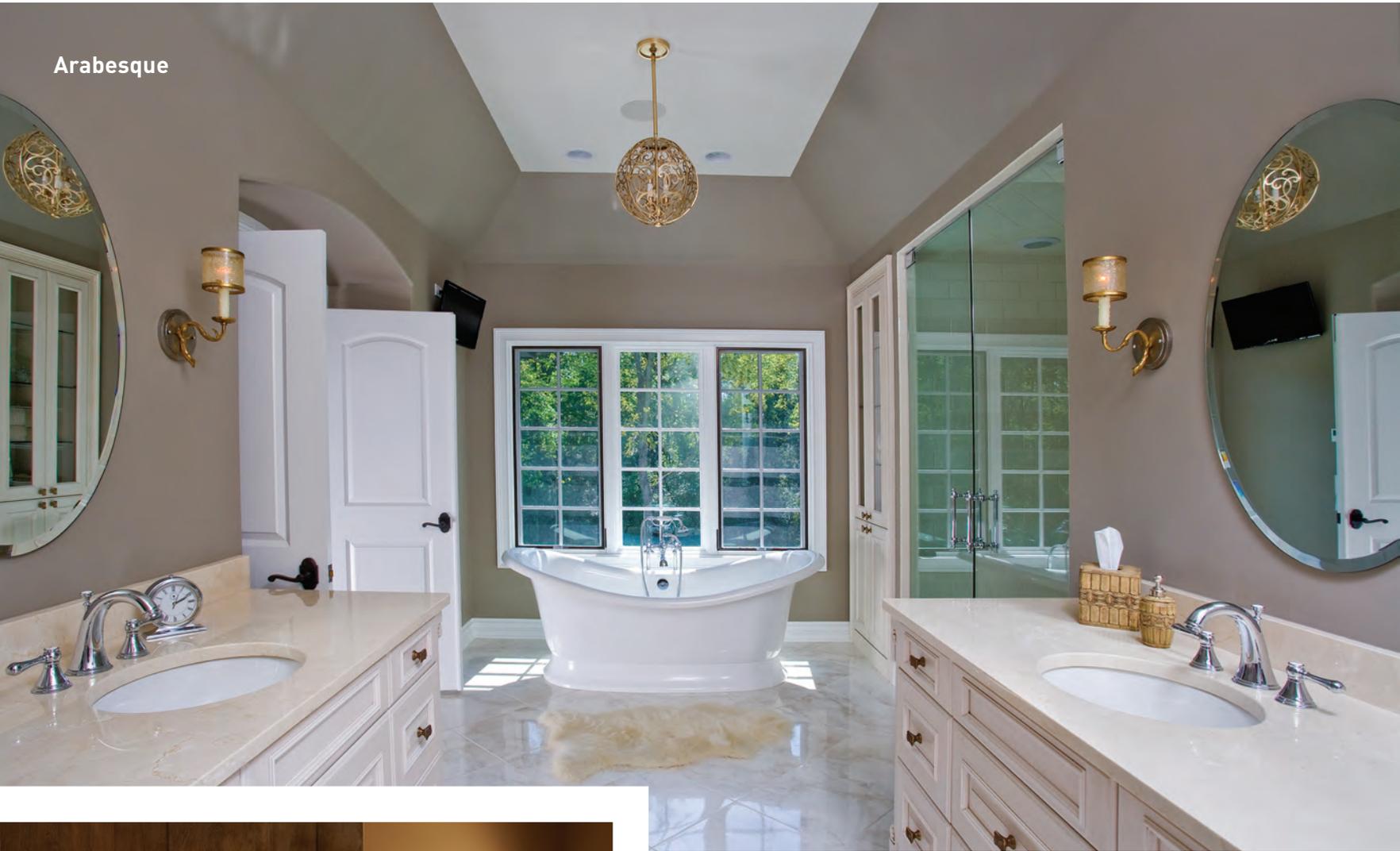


Harrow



Ethan

Arabesque



Bleeker Street



Colin



Woodstock



The showroom displays a variety of lighting options for every room in the house. The staff provides design expertise and exemplary service. If you can't find the exact light to fit your design vision, the experts at Global Source Lighting can custom design and size the perfect lighting for your home. Installation also is available. Global Source Lighting carries top quality names such as Swarovski, Fine Art Lamps, Hubbardton Forge, Kalco, Crystorama and Eurofase, to name a few. The warehouse location allows the retailer to offer the best prices.

Outdoor lights are one of the first features guests notice about your home. Global Source Lighting carries outdoor lights perfect for a variety of architectural styles, from traditional or craftsman to Mediterranean or contemporary. Outdoor lighting options include wall lights, lampposts, hanging, landscapes, flush mounts and the newest in LED lighting.

Lighting is not only functional but can supply a backdrop or canvas for artwork, furniture and the room design. The Global Source Lighting staff can help you select lights or lighting accessories that truly complement your home's décor. Global Source Lighting displays the largest variety of the most up-to-date colors and designs. Visit the showroom to experience the array of styles available for your lighting needs. 🌟



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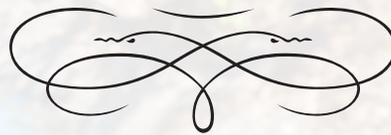
Hair/Makeup by Kathleen Hagan
Jewelry: Sterling silver chain with
diamond Buddha 18kwhitegold diamond
leaf ring S/s cuff with diamonds.
Irit Design, Malibu. 310.383.5566
Location: Westlake Village Inn



PAIGE HEMMIS

A DYNAMIC FORCE IN A PETITE PACKAGE

STORY BY DIANA ADDISON LYLE
PHOTOGRAPHY BY CURTIS DAHL



Gorgeously energized Paige Hemmis packs 48 hours into one day. Television host and entrepreneur, she's most famous for her extensive time on *Extreme Makeover: Home Edition* until its closure in 2012. In 2009, she appeared on the competition reality show, *The Superstars* in which she and partner Bode Miller (Olympic gold medalist alpine ski racer) took second place. Prior to her television career, Paige founded successful Real Estate and Wedding Planning businesses. While she was renovating and flipping houses, she discovered that there was a void in the marketplace for women's tools and products, so she answered it with *Tuff Chix, Inc.* She released her first book, *The Tuff Chix Guide to Easy Home Improvement* in 2006. She is also involved with *Habitat for Humanity* and the *Starkey Hearing Foundation*.



Hair/Makeup by Kathleen Hagan
Jewelry: Pave diamond pendant on s/silver
chains. Flexible rosecut diamond bracelet
S/silver cuff with diamonds. Pave diamond ring in s/s
Irit Design, Malibu. 310.383.5566
Location: Westlake Village Inn

My career has taken many turns over the years. I have a bachelor's degree in Theology and Psychology and thought that I wanted to be a child psychologist. But when I realized that I might cry along with the kids, I switched to a profession that I thought would have no tears...real estate.

Currently, you can watch Paige on Hallmark Channel's *Home and Family* – every day - where she sparkles and utilizes her wide range of talents and skills. On June 22, 2015, Paige married her long-time love, Jason Short, on a prime-time television special on Hallmark Channel. Australian-born Jason is famous as one of the singers in the pop-opera group *A.R.I.A.*. The dynamic duo, Paige and Jason, share their home with their 5 furry friends while fitting more into 24 hours than most people can ever envisage. True to who she is, Paige

arrived at our cover shoot at the beautiful *Westlake Village Inn* polished and fully prepared for loads of moving around. After an afternoon of photographic gymnastics, she sprinted to her room to change so that she could be in West Hollywood by 8 pm for another event. One can only imagine how much Paige must need the rare sleep-ins that she and husband Jason manage to snatch – once in a blue moon. We particularly enjoyed and appreciated Paige's thoughtfulness and kindness. The day flew by with a synergistic team who packed plenty of humor and positivity into a productive day.

Q: You are a Designer, Host, Lifestyle Expert, Real Estate Broker and you've

achieved great success in ABC's 'Extreme Makeover' and Hallmark's 'Home and Family'. Did you always know this was the direction your career would take and what are the gratifying and satisfying aspects about your multi-faceted career?

PAIGE: My career has taken many turns over the years. I have a bachelor's degree in Theology and Psychology and thought that I wanted to be a child psychologist. But when I realized that I might cry along with the kids, I switched to a profession that I thought would have no tears...real estate. Little did I know that my real estate career would lead me to work on a television show where I cried every week! My career took some twists and turns along the way that included wedding planning, floral design and apartment managing. I was doing all of these other professions to make enough money to invest in my first property.

Paige and Jason



While I was saving, I read a book that changed my life. It was *Real Estate Riches* by the Rich Dad, Poor Dad team. The book had a simple message: if you want to invest in real estate, do it! Don't wait. I composed a business plan and presented it to my mom as practice to show investors. My mom invested right away so I never presented my plan to any other investors. With my mom's investment, I bought 14 homes in three months. And while I had raised enough money to buy these homes, I didn't raise enough money to fix them

up. That's when I started my DIY career. I learned so much and I made a lot of mistakes, but in the end it worked out. These were "rent-to-own" properties that helped first-time buyers have a house of their own. I bought my first home to live in as a flip, in Lake Sherwood, CA. My dream was to do a million-dollar flip. It was tough living in the home I was renovating. My budget quadrupled and my timeline doubled, but by the end of that journey, I had sold most of the 14 homes, flipped a million-dollar property and was ready for my next adven-

ture. Looking back, I loved that I had this time to learn...to forge ahead even though at times it was scary. Every day I learned something new, and I use that knowledge in everything I do today. I think the most gratifying part of this entire experience was that I was helping people buy a home for the first time. I loved the look on someone's face when they took the keys from me and realized that they made a great step in life. It felt amazing to be a tiny little part in someone's journey! And even though it may seem like a crazy life to a lot of people,



Hair/Makeup by Kathleen Hagan
Jewelry: flexible diamond bracket with
rosecut diamonds. S/s cuff with diamonds.
Irit Design, Malibu. 310.383.5566
Location: Westlake Village Inn



Hair/Makeup by Kathleen Hagan
Jewelry: Tahitian pearls with s/s
diamond dragonfly. Pave diamond
ring and diamond cuffs.
Irit Design, Malibu. 310.383.5566
Location: Westlake Village Inn

I loved the challenge of paving my way through life's many career options. Some might call me a workaholic, but I call it a fun and exciting way to find your true passion in life.

Q: In "Extreme Makeover" - what were some of the highs and lows you experienced?

PAIGE: Extreme Makeover: Home Edition was such an amazing experience. I remember in Season One, we added on 500 square feet to a home in Costa Mesa, CA and we thought we had done the impossible...added space to an existing home. After doing my own renovations for years, and each renovation taking several months to complete, I was shocked that we could actually pull off a renovation in a week. As time went on, we got bigger and bigger and in the end, it wasn't uncommon for us to build a 7,000-square-foot home in a week. And did we really do it in a week? The answer is no...we did it in five days. It was a wild experience, one with extreme (no pun intended) highs and lows, but so rewarding. We worked around the clock, never knowing if we would actually finish the home before the family returned from their vacation. There would be several days in a row that we'd never even leave "set" (the home) to change clothes or get rest. We would all swear that there's no way we could do it again, and then the family would come home, we'd move the bus, and...everything would melt away. The feeling we had when people saw their new home for the first time is a feeling that I will never forget. It was like being on cloud nine, and the inevitable tears of joy (and exhaustion) would come and we would all hug and get excited about doing it all over again the next week. We called it "Extreme Amnesia" and it was incredible. It gave us

the strength to head to the next city, the next house and the next family. We had the rare privilege of meeting some of the most genuine, respectable and admirable people in the world. Many of these families had been through such strife, and found a strength within themselves to help others and have a positive outlook on life. It was a humbling and eye-opening experience. Whatever you think your problems are... there is someone out there who's had it much tougher and still finds a way to wake up the next morning with a smile and reach beyond themselves to give back. For us, it was a way of paying it forward. And we had the amazing opportunity to pay it forward every week for almost ten years.

Q: You're ON SET every day - doing Hallmark Channel's 'Home and Family'; being on camera all the time means that you can't have an 'off day'. It's lights, camera, action every day. How do you manage that pressure - on-going and what do you enjoy about 'Home and Family'?

PAIGE: Home and Family has been a blessing. In 2013, after ten years of being on the road, Extreme Makeover ended and I was finally home with my loved ones - both human and pets. Our own family grew from 3 (Jase, me and one kitty) to 7 (added two more cats and two dogs). I had wonderful opportunities to work on other shows around the country, but turned them down to be home with my fiancé and have the chance to reconnect with family and friends. At this time, my aunt was diagnosed with cancer (and my father was diagnosed with cancer just months later), so I hoped, dreamed and prayed for a show that was Los Angeles-based, so that I could care for my aunt. I had appeared on Home and Family a few

times as a DIY expert, and even hosted the show several times, but it wasn't until September of 2014 that I was officially hired as a cast member. We had lost my aunt by this time (an absolute angel on this earth) and since my first day of work was September 22nd (my aunt's 70th birthday), I truly believe that she continues to be my angel.

Because this is a live show, we don't have time to bring any problems on camera. I have to admit that sometimes I feel like I have "off" days, but the cast and crew that I'm surrounded by on Home and Family helps snap everything into place. We honestly love each other so much and have so much fun working together. I'm surrounded by some of the best people on earth...all experts in their own field...and we all come together to make a daily show that will (hopefully) touch many people's lives across the country.

Q: Jason: How did you meet; what attracted you to him? Fill us in on the long 7-year courtship you've experienced in order to finally marry

PAIGE: Jase and I met in 2008 on the set of Extreme Makeover: Home Edition. On our Season 5 Finale, Jase appeared as a part of the Australian singing group, *The Ten Tenors*. We were in New Orleans building a church and community center for the thousands of people that lost so much because of hurricane Katrina. We were honoring the heroes that did so much to help their community in a tribute concert called "Heroes". I left the job site, full of dirt, dust and a dirty tool belt, when I saw the guys rehearsing. It was like Jase had a spotlight on him. I looked up for the lights but there were none. After seeing him, I quickly changed

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Hair/Makeup by Kathleen Hagan
Jewelry: Tahitian pearls with
s/s diamond dragonfly.
Pave diamond ring and diamond cuffs.
Irit Design, Malibu. 310.383.5566
Location: Westlake Village Inn

my clothes, borrowed people's make up, and tried to look half-way decent for the concert. I sat there in the front row, looking at all ten of the tenors, and was instantly impressed. While my friends were picking out which tenors they liked the best, I only had eyes for Jase. We had an instant connection. We all hung out after the show on Bourbon Street, and I had such a great time chatting with Jase and getting to know him. He was asking me about my company, Tuff Chix, and he asked specific questions that showed he did some research. It was impressive! We had our first date at the Pantages Theater in Los Angeles. I was instantly attracted to Jase and the attraction grew more when I heard him sing! I may be a wee bit biased, but I think Jase's voice is one of the best voices I've ever heard. Jase's quick wit and honesty made me fall for him. I love Jase's honesty...he tells it like it is whether you want to hear it or not. I trust him with my life, and feel like he would do anything for me. Our love grows stronger every day. Each year I think I couldn't possibly love him more, but I do.

We've had so many great experiences over the past seven years that have turned into unforgettable memories. One of my fondest memories was when we bought our first "flipping" property in Big Bear. As you know, I absolutely love real estate, and was so happy that Jase ended up loving it too. It was the first time that we really officially worked on a project together. Many people say that it's tough to work with your spouse, but I loved every minute of it. We got to create something amazing together! We just bought another property to flip in Big Bear so we will see how round 2 goes!

Q: Your recent wedding: Please share how it all went

PAIGE: My vision for the wedding was "rustic chic" and since I was surrounded by some of the best DIYers around, I had the opportunity to design this wedding with friends. I have to admit that they made the wedding MUCH more beautiful than I ever dreamed! Since I am a DIYer myself, I also wanted to share with our viewers how to do a lot of hand-made projects for their own wedding or special occasion. With an awesome team on the show working on the wedding, Jase and I focused on getting our home ready for 16 guests. We had visitors from Australia, Wisconsin and Illinois and much like the story of the cobbler's son, we had a lot of deferred maintenance we had to get to! I thought I would be more stressed out than I was, but it was actually so wonderful to have everyone at our house at the same time. We hosted a "meet and greet" BBQ for our families to get to know each other. They set their jet-lag aside and joined in the fun. There was a moment while we were all sitting around the kitchen table that I stopped and really took it all in. All the people who supported our marriage were celebrating with us and you could feel the love! A wedding is a wonderful event, but can also be a stressful time in your life. My advice to any bride is to set aside some quiet time each day...even if you only have a few minutes to spare...to just relax. If you have visitors, set aside a place in your home that you can truly be on your own and recharge your batteries. It will cut down on stress and make you into a better hostess!

Q: What are your hopes and goals for the future?

PAIGE: My hope for the future is that Jase and I can continue to work together, and continue to make our love stronger

over the years. We haven't decided on kids yet, but with our five animals that we adore, our hands are full. I would love to continue to work in Los Angeles, and would love a show about flipping houses that followed Jase and I around as we try to take these houses from drab to fab! I would also LOVE the opportunity to help out my favorite charity and give them a huge donation. *Forever Wild Animal Sanctuary* was a part of Extreme, and we helped them by building a home and an educational center. They've got lions, tigers, raccoons, snakes and lots more. I go there at least once a year to visit the family and feed the tigers.

Q: What character qualities do you particularly appreciate in others?

PAIGE: For me, the most important quality someone can have is honesty. With honesty comes trust, loyalty and security. Any other qualities can stem from this, but if you start the base with honesty, you will have the foundation to grow on.

Q: What are the issues in the world at large that you feel passionately about?

PAIGE: You can probably guess from my answers that I love animals. Anything I can do to raise awareness about animals and keep them out of harm's way is what I'm most passionate about.

Q: If you could make one change in the world - what would that change be?

PAIGE: I would remove terrorists and terrorism from the world. It's so sad that a few people with misplaced anger or ideologies can make so many people feel terror. We all have enough stress in

One of my fondest memories was when we bought our first "flipping" property in Big Bear. As you know, I absolutely love real estate, and was so happy that Jase ended up loving it too. It was the first time that we really official worked on a project together. Many people say that it's tough to work with your spouse, but I loved every minute of it. We got to create something amazing together!

our lives...we don't need to add more! I do believe, however, that change does start within us. If we change our attitudes and behaviors towards goodness, hopefully that butterfly effect will affect the rest of the world.

Q: What are the essential ingredients in a loving, respectful relationship?

Paige: Trust, honesty, loyalty, respect, friendship, but above all...Love.

Q: Favorite food?

PAIGE: Hmm. Spaghetti is my favorite dinner food but overall my favorites will err on the sweet side! Donuts! My favorite is the chocolate waxy covered goodness that you get at Ralphs! I also have a real likeness for raw cookie dough. I have been known to get

up in the middle of the night and whip up a batch just so I can eat the dough.

Q: Favorite indulgence?

PAIGE: A late sleep-in surrounded by Jason and our kittens. It doesn't happen very often because I have a CRAZY schedule but when I get the chance, there is nothing I love more. After that: get up and enjoy breakfast together in the sun and spend the day out by the pool. No emails, no texts, no phone calls. Just us!

Q: Favorite place in the world?

PAIGE: Home or Hawaii. Home because I spent so much time traveling and on the road for work that there really is no place like home with Jason, our three kittens

and two pups – it's the best. Hawaii, Maui in particular is one of the most beautiful places I've seen. The water is so beautifully blue and everything you look at is just breathtaking. It's a great place to go and just relax and get away from the daily grind and enjoy Island time.

Q: Favorite movies?

PAIGE: I love the *Back to the Future* movies, but I probably have favorites for different genres. I also am terrible for recycling three movies at a time over and over again. At the moment I have been watching *The Other Woman*, *Just Go with It* and *Forgetting Sarah Marshall*. I like to watch something I've seen so many times that you can really just shut off and enjoy. 

Hair/Makeup by Kathleen Hagan
Jewelry: Oval shape long 18 k rose gold ring with diamonds, rose gold Buddha ring; rose gold cuff with diamonds, 3 thin 18 k diamond flexible cuffs; Mixed metals necklaces with diamonds.
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The Rise of Fall

By Magda Pescariu

Quite a while ago (over fifteen years, afraid to say) a dear friend of mine concluded a heated dinner debate amongst friends belonging to different generations with a startling remark. ‘Oh, I’m so glad I’m not young anymore,’ he said with a naughty smile. At that time his unusual sigh of relief took me by surprise; I couldn’t grasp its reasoning for the life of me. I wondered how such a thought was even possible, knowing too well that any suspicion of bravado was out of the question. The man was not only a Hemingway look-alike, but also a true bon-viveur, a prince in courtesy and lifestyle, with brilliant humor and an elegant mind.

Was he glad of the youth left behind for the obvious wisdom bestowed on him in a fair exchange by the fleeting decades? Or was he so content with the clarity of purpose and diminution of priorities brought to him year after year by exploring life with unbroken curiosity that to him all youth represented was just clueless work and too much trouble? I laughed and didn’t pry any further, thankful for the complicity sparked between us for a moment there.

In the years that followed I recalled his comment every so often, though with increasing frequency and understanding as time passed by. And as I’m getting closer to the age my friend was at the time of his interesting wrap-up, I find myself using it a lot, with the pleasure derived only from a perfect identification. It came to mind again as I was contemplating the summer nights cooling off without a hush, in yet another irrefutable change of seasons. Most likely this is the way each autumn feels about spring, too, it dawned on me. It should be. Otherwise it’s hard to explain the glorious self-confidence infusing the air each fall. Once whitewashed the expectations and illusions of spring, and prevailed over summer’s tender attachments and whimsical aversions, the year is not young anymore indeed, yet is set free to enjoy everything as it comes and as it is, enlightened, mature, and fearless. It is the rise of fall, the rise we all come to know and savor at a certain time in our lives. In the seemingly never-ending

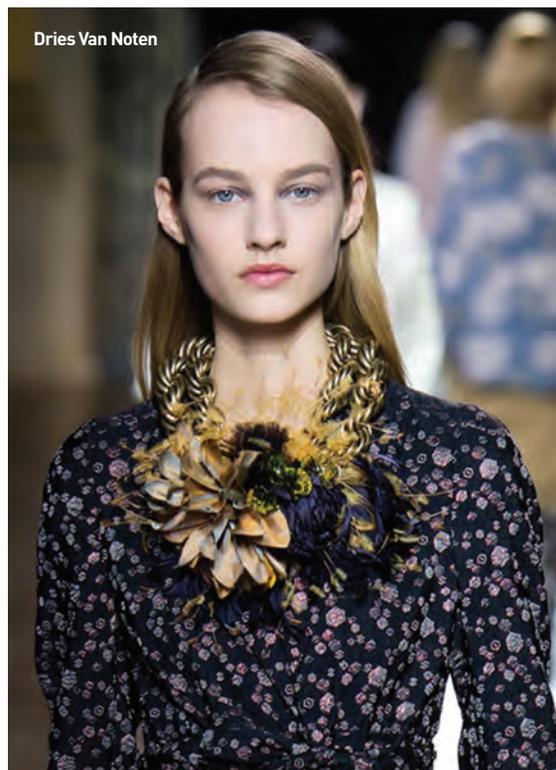
story of passions and obsessions and pleasures and pain that is our life, the age of fall is the absolute moment of glory, in control of its strength and grace. Fall seems to be the time of educated gratification - no spring uncertainty, no summer fuss, no winter nostalgia; and most of all, no guilt.

True to its role as both our society’s and lifestyle’s reflection, fashion echoes this season the acquired intelligence and detached sophistication distinctive for the age of fall, spinning it in a mix of

Victorian dark romance or bourgeois sense of worth and edgy bad girl or Latino surly lover.

This fall’s fashion celebrates a woman of strength, in control of her individual self-expression, who has a deeply real sense of chic. This woman is not completely flawless, but she is bold and arresting, as much as she is sensual and urban.

The **outerwear** stands the test of autumnal weather in a **rich merge of fabrics**, using together **quilted velvet, textured tweeds, Glen plaids, arctic faux-fur, reversed jacquard jersey, cashmere knits, cozy shearlings, or patent leather**. Structured with a visible masculine-feminine tension, the **tailoring** swings between **military influences** (seen in **reefer jackets, long capes with epaulettes, full-length double-breasted quilted coats**) and **graceful femininity** (making a daring statement with **devoré velvet tailcoats, Eskimo-style fur coats, candy-colored**





slick vinyl long coats, or oversized folk patchwork jackets).

Indoors we recognize the same gender games, as strict tailored jackets are worn with flirty ruffled chiffon chemises, full-on leather pant-suits with chain and stud detailing are soothed by guipure lace blouses, and slashed vinyl pants are quieted down by velvet jackets, metallic patterned silk tops or woven pompoms appliqués.

To graphic black & white present in checks, stripes, zebra print or simply solids, the season trends add ruby reds, Claret and Bordeaux; sable and camel shades; French Macaron colors (almond green, honey, baby blue, canary yellow, chestnut); as well as steel-gray, navy and

midnight blue.

Tribal patterns with indigenous details; Breton stripes; wacky reinterpretations of leopard print in eccentric colors like poppy-red, turquoise or lime; or head-to-toe sequins for eveningwear are just a few ways of having fun with this fall's fashion trends in revamping our wardrobe.

Dresses are elegant and elusive, in body-hugging jersey or cashmere for daytime, and velvet, silk, quilted taffeta or paper-thin leather spectacular silhouettes for evening. A high-shine or wet-look finish, dark lips and a touch of sparkling white on the eyelids add mystery and aloofness to any appearance.

The accessories are audacious – statement necklaces, brooches as

hair-adornments, peacock feather embellishments as a symbol of immortality, Fedora hats, wide belts, one-handle fur-bags or crossover bags, booties, and the glorious *can't look more feminine than that* elbow-length gloves, mostly in fine leather. Both handbags and shoes layer playfully novelties with classic items, spicing their aspect with rivets, lace bows, velvet floral accents or spikes.

A librarian-chic bohemian New York vibe meets the East L.A. Chola girl magnetism and the Parisian dramatic opera gloves momentum and writes together a wonderful story for this fall, which speaks to the quest for self-expression and individualism, for knowing and accepting the dark side of our beauty.

Photo editing by Dumitru Andrei * Photos Dries Van Noten and Oscar de la Renta by Yannis Vlamos / Indigitalimages.com * Photos Chanel by Kim Weston Arnold / Indigitalimages.com * Photos Carolina Herrera by Stefano Masse / Indigitalimages.com * Photos Rodarte by Marcus Tondo / Indigitalimages.com * Photo Credits: Ralph Lauren, Givency, Marc Jacobs, Stella McCartney – Courtesy of en.vogue.fr



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This season's unapologetic fashion is a memorable fresh take on worlds coming together – romance and modernism, geometry and softness, urbane and active, vintage and avant-garde, delicate and aggressive, power and tranquility.

This fall fashion is lavish to a pragmatic effect and, providing an imaginative approach, invites you to wear opulent on a regular basis. Of course this is a challenge; and you can ooh and aah as much as you want while finding your way through the exciting fashion labyrinth, yet it would be a shame to miss the opportunity altogether, too reluctant to push the boundaries of your comfort zone into tasting not only the new flavors of utter ordinariness, but also the essence of ultimate clout. **'Go bold or go home' is this season's fashion battle cry**, appropriately enough to sum up

both our lifestyle status quo and the social momentum.

This is why I insist on persuading you to enjoy the cornucopia of fall with all its sumptuous offerings. Don't leave anything untried, be it the gorgeous fashion, a witty Halloween with none of the social masks we usually hide behind, a civil Thanksgiving with no side of family drama, or the calm yielding into another winter. Take everything as it comes, no questions asked, just glad for the acquired wisdom of the year and hopeful that some of it will rub off on us as well. I know this is what I faithfully do at the rise of fall and believe me it's worth it.

Oh, yes, and from time to time I check my 'not so young anymore' conscience for symptoms of guilt. Nothing. Guess what, darling? The thrill never wanes. I only wish I could describe it. 🍃



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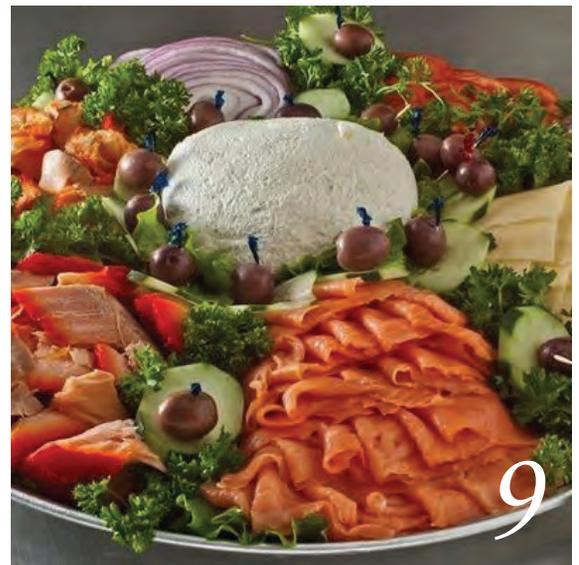
7. GRAYSE BOUTIQUE

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8



9

9. BRENT'S DELI

Cater in your fall/football party. Brent's Delicatessen & Restaurant. 805.557.1882 www.brentsdeli.com or www.ezcater.com/BrentsDeli

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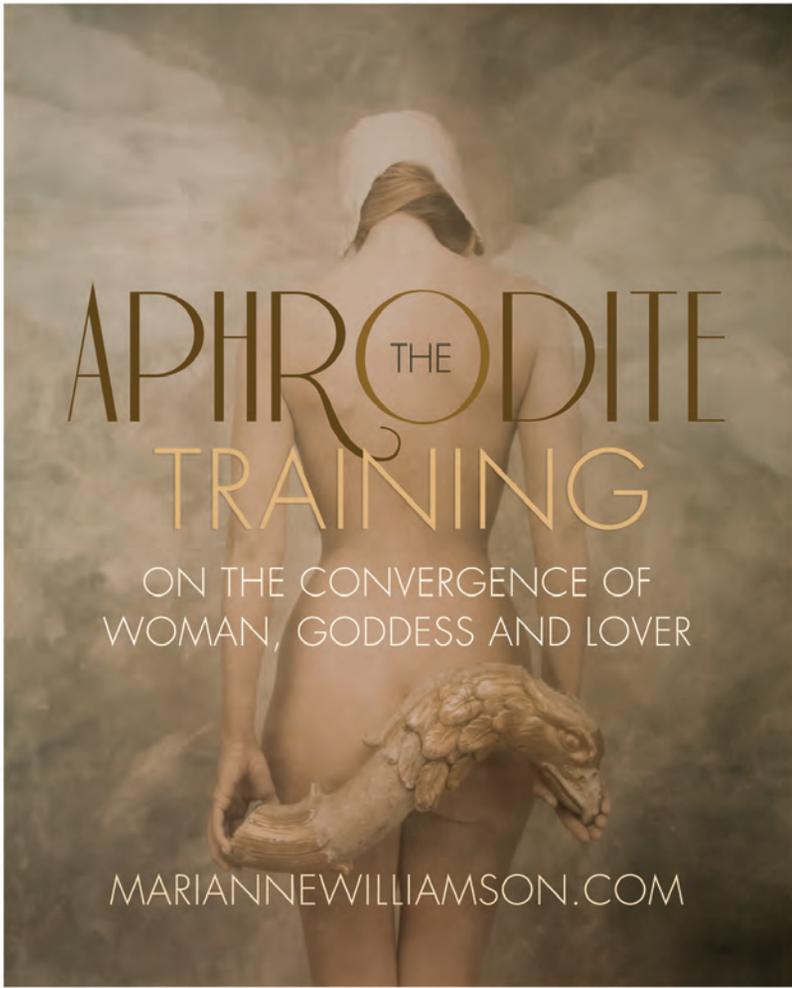
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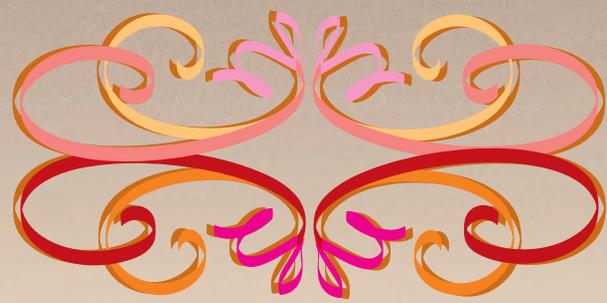
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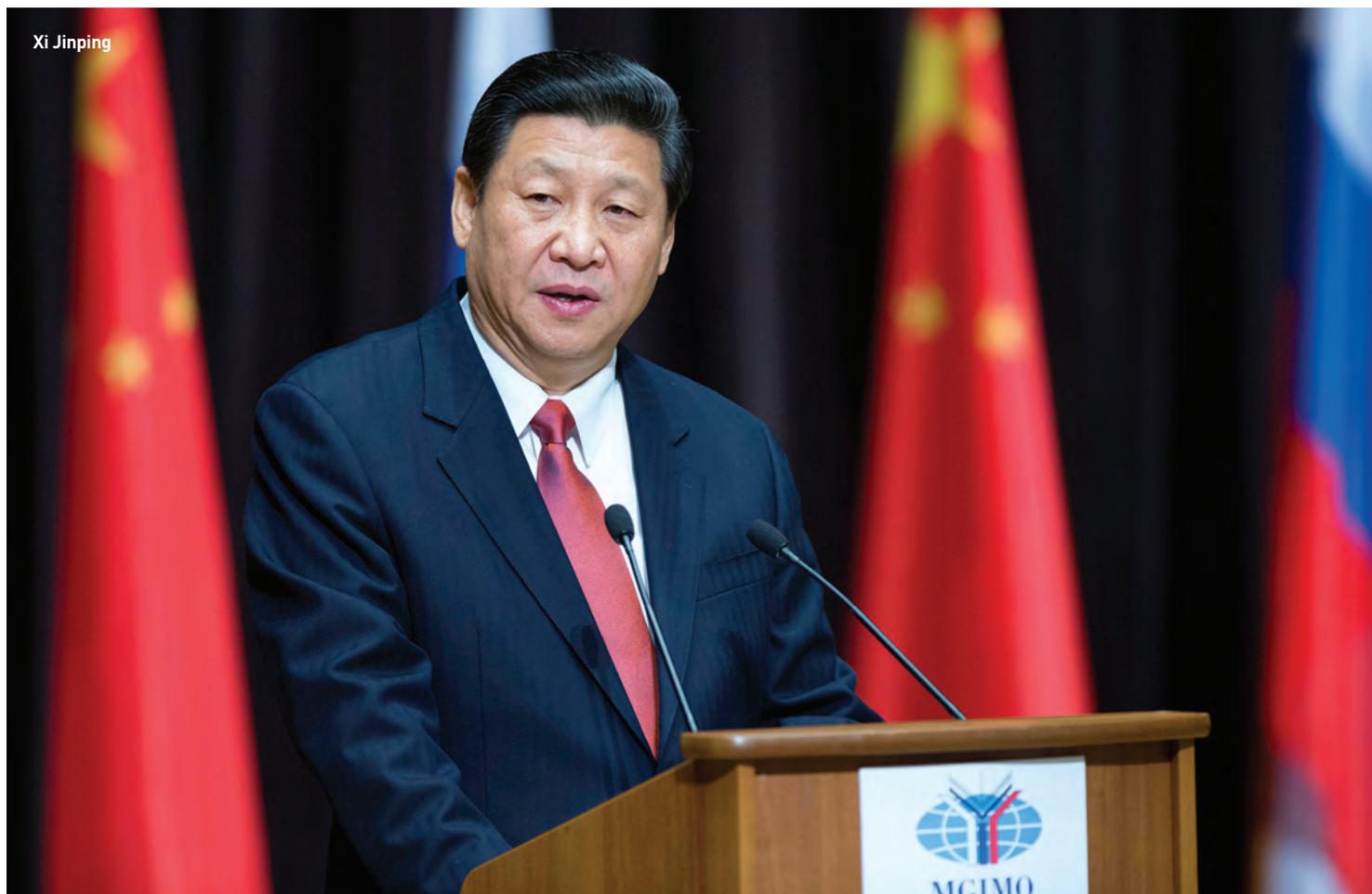
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Xi Jinping

The Definition of ‘Chineseness’

By Diana Addison Lyle

With China having been cordoned off from the rest of the world in ‘premodern China’, little was known about this mysterious country and its people because of its mandated isolation. But the last 30 years has opened the window on China, and the United States would do well to learn and understand how Chinese culture operates and thinks because the second strongest economy in the world (China) is an indispensably important ally to the United States.

THE STRONG TRADITION OF CHINESE CULTURE

What does it mean to be Chinese? Traditionally it means that all people think, behave and live in a society in accord with ‘heaven-sanctioned principles’ that exemplify the best way to be human. Put simply – Chineseness means that people are expected to behave in a ‘civilized’ manner and this includes speaking, interacting and going about their daily

lives in an unobtrusive, humble and quiet manner. Given their extraordinarily large population, this expectation of humble civility is probably imperative for its population’s peaceful co-existence. What is important to note is that this fundamental assumption of ‘Chineseness’ runs deeply in the culture. Exhibiting ‘proper’ behavior – particularly in public – is an ancient Chinese expectation. Being loud, and any show of exhibitionism and

theatrics are considered very non-Chinese. Chineseness is about quiet conformity, respect for authority, and obedience.

TRADITIONAL CHINESE FAMILY LIFE

Most Chinese families still hold onto the tenements of their great philosopher, Confucius. Confucian values are considered highly ethical in China – although human rights advocates would find several flaws in their assertions. Forget about all people being treated with equal respect. That idea isn’t part of ancient Chinese philosophy. A father has complete authority over his son (the preferred sex) and children are bound to obey him. In return, a father is expected to be responsible for his children and to take care of them. Society scorns anyone who does not.

FAMILY TRADITIONS PERMEATE INTO POLITICS

Chinese rulers have enjoyed the same expectation of unquestionable respect from the people. A ruler has absolute

power and has traditionally ruled in an authoritarian manner. However, the ruler is also morally expected to lead well so as to meet his 'heavenly mandate'. Abusing his leadership does give the people the right to rebel and turn away from him. Interestingly, oftentimes leaders in China have to undergo examinations in the Confucian classics so as to make sure they fully understand the reciprocal expectations of them and their people. 'Virtue' is highly valued in China and the higher the position of power, the greater the expectation to live up to the "son of heaven" mandate.

Throughout China's turbulent history, this traditional moral-political model withstood the influences of other cultures: Buddhism came from India; Mongol and Manchu invaders swept in from inner Asia, and traders from the Near East arrived along the Silk Road and via the ocean, but the Confucian system held tightly.

ARRIVAL OF THE INDUSTRIALIZED WEST

Traditional 'Chineseness' began to change out of necessity with the arrival of the industrialized West. In the mid nineteenth century, when the British invaded China with their advanced cannons, the Chinese

were catapulted into a new era of reckoning. When the Japanese invaded China, the people felt a deep sense of humiliation – exacerbated by the long-held belief that Japan was the 'inferior little brother'. It didn't take a rocket scientist in China to recognize that Japan had learned the Westerners' ways – and this gave them power.

THE CHINESE DILEMMA: JOIN THE WEST OR LOSE CHINESENESS

Technologically speaking – if China didn't want to get thumped by a foreign power – it had to adopt Western science, Western schooling and travel abroad to the West. Isolation was no longer an option for their survival. They believed strongly that even though they were incorporating Western tricks and toys, they could still retain their core Chineseness. Mao hypocritically termed his rule a "people's democratic dictatorship". That's an oxymoron right there. But it was his attempt to convince his people that there was a happy compromise while continuing the traditional authoritarian model. What he underestimated was that the tide was turning in China. With the incorporation of Western education into the Chinese system, it was impossible to ban the concepts of true democracy and human

rights from the thinkers – even though during Mao's tyrannical rule, anyone who espoused in public the phrase "people's rights" – risked death.

MODERN CHINESE THINKING

The rising tide of new Chinese thinkers in the last 3 decades – particularly in its youth – contend that everyone in China has the same human rights. Convincing the old guard of this new way of thinking has proved challenging. The change has been gradual but it is strong and vociferous.

HAS CHINA'S CURRENT LEADER MET THAT CHALLENGE?

China's current leader, Xi, is no fool, and is generally well respected in China and abroad. However, his party has tried to keep going the traditional moral-political model with the injection of some modernisms. He talks about the "Chinese Dream" in which he emphasizes wealth, national pride and the all-important obedience to authority. He has made sure that the media and schools continue to emphasize party-loving patriotism and "love of country" – Chinese pride. Anybody who espouses human rights and equality is advised to do so within the context of the all-important Chinese framework. Xi has a vision of China becoming the most powerful country in the world while also serving as the shining example of propriety and societal 'virtue'. What he may have underestimated is that the current amongst China's youth is one of change – substantial change that does not incorporate Chineseness.

THE TIDE IS TURNING IN CHINA

Xi has made sure that dissent and protests in China – particularly from the 'lower classes' – are suffocated by his domestic security force as quickly as possible. The recent corruption scandals in China's political elite have also become a vexing problem for Xi who is now staging an anti-corruption campaign in the hopes that this will win him more respect from his people. But the bigger problem for Xi is not fully recognizing that ancient Chinese civilization is not compatible with modern thinking. As his people become more educated, their long-term quest is to enjoy the benefits of greater participation in politics and to have a voice. Xi is no fool and so he may well adapt enough to know that authoritarianism is a dinosaur in modern China – and abroad. He's smart enough to adapt. Let's wait and see. 🌱

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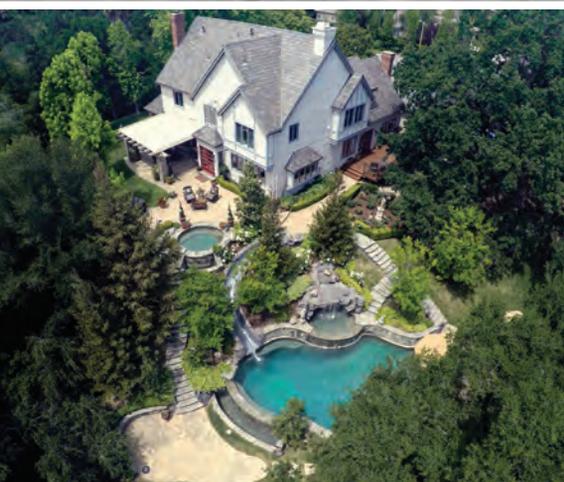
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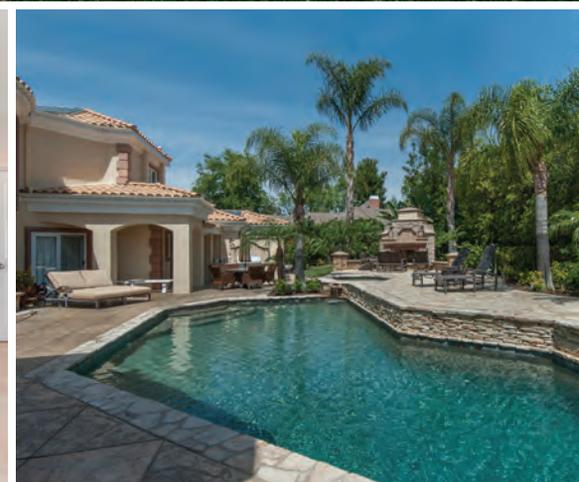
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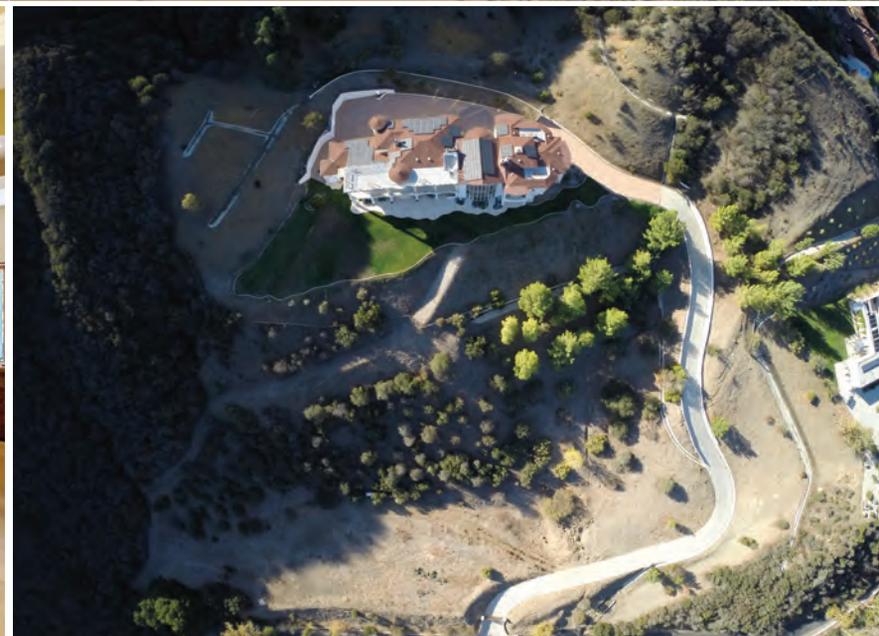
Live the California dream with this breathtaking custom gated 20+ acre estate. This contemporary manor is the largest home in the secluded Lobo Canyon foothills of the Santa Monica mountains, yet is close to Malibu beaches, open space, shopping and restaurants. A winding drive leads to a four-car garage and motor court with parking for over 20 additional cars when entertaining, plus a flat acre for another 100 cars. Experience the enormous grand room with a 3 story high window that can be used for large parties and events, along with a huge entertaining kitchen with 2 massive islands. Enter the 18 seat theater through its lobby with a lighted candy counter. The colossal master suite includes a private balcony with spa and roof deck, master bath with radiant heat, steam shower, whirlpool tub and fireplace. 2 secondary master suites and 4 additional bedrooms, each with bathroom and balcony, an elevator with oak and mirrors, plus many bonus rooms. The 30 kW solar power system normally exceeds all electrical needs. The exquisite beauty and timeless elegance of this property is sure to dazzle the discerning buyer who loves to entertain, work and play from the comfort of an elegant first class home nestled in an idyllic setting.



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With 5 bedrooms, 6 full bathrooms, 2 half bathrooms, an enormous master closet, guest apartment with full kitchen, 5-car garage, and a cabana, you'll find peace and luxury in every corner. Natural light abounds in the open-plan living space lined with folding glass doors and high ceilings, which seamlessly connects to the Chef's Kitchen

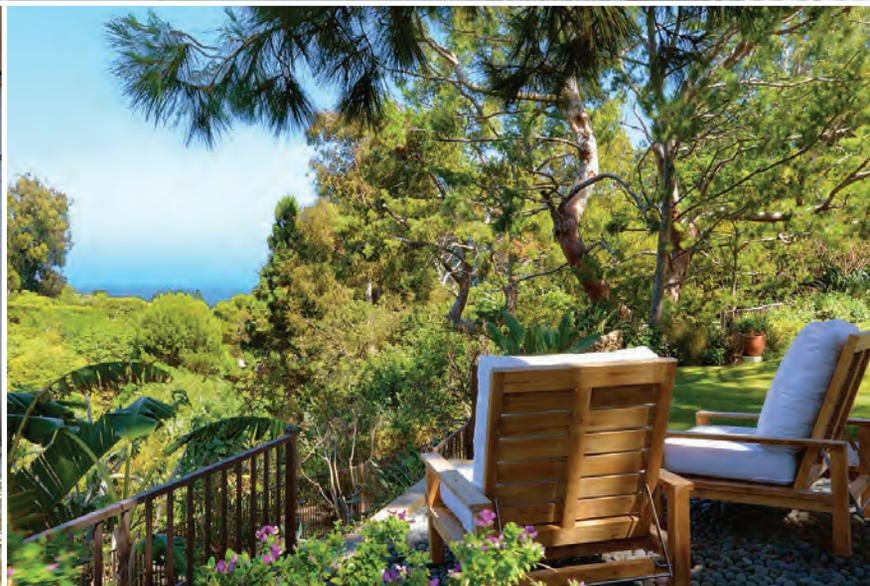
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120 Queens Garden Drive, Sherwood Country Club \$6,900,000

Set on a large, over ¾-acre lot, the astonishing rear grounds enjoy picturesque mountain views and an exterior wonderland of activities. With three entertainment terraces, a fully equipped outdoor kitchen, sparkling pool and spa, two-level guesthouse, and a fantastical children's play area, the experience of outdoor entertaining and living is elevated to a whole new level. The Tuscan inspired approximately 7,200 sq. ft., 5 bedroom, 7 bath main residence features timeless craftsmanship and a wealth of luxurious amenities that have been expertly crafted to celebrate the living experience.

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2500 White Stallion, Hidden Valley, CA \$18,900,000

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for this spectacular residence and home to those in search of quiet living while still having easy access to all that the Greater Los Angeles area has to offer.



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976 West Stafford Road, Sherwood Country Club, CA \$5,495,000

Stunning Cape Cod home whose captivating New England style offers incomparable craftsmanship and impeccable attention to detail, and is situated overlooking the 16th Fairway of the Jack Nicklaus golf course. Over 8,500 sq ft with 5 bedrooms and 7.5 baths, the bright and light interior is exquisitely designed with a soothing color scheme and antique reclaimed floors. Upon entering the foyer of the home you are greeted with a spectacular view through the voluminous windows of the elegant living room. Step out onto the charming wrap-around verandah and be immersed in the peaceful tranquility, natural landscaping, pool & spa & privacy. Truly a landmark estate!

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955 Vista Ridge Lane, North Ranch Country Club Estates, CA \$14,900,000

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with a viewing pavilion, streams, lounging terraces, two fully equipped grilling/kitchen stations with a pizza oven. An extraordinary property!



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2593 Newbern Court, Sherwood Country Club, CA \$10,500,000

Absolute Masterpiece Estate!! This crown jewel, gated, hilltop property (highest Sherwood lot), located in the exclusive, guard-gated community of Sherwood, and offering the most incredible 360 degree views of the lake, golfcourse & surrounding mountains. 1 yr new, built with impeccable quality inside & out, using only the finest materials, workmanship, & color schemes. This perfect floor plan utilizes the breathtaking views from every window. This property is truly magnificent and is irreplaceable!!!

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1101 Oak Mirage Place, Westlake Village, CA \$5,999,000

Il Palazzo Toscana - This custom-crafted Country Club Estates European masterpiece is designed for entertaining on a regal scale. Luxuriously detailed & thoughtfully designed, this approx 11,500 sq ft home offers an authentic Italian style formal living room, 8 bedrooms, 11 baths & library in the main residence. The gourmet kitchen is adjacent to the family room with distressed wood beamed ceiling & full wet bar, finished with custom copper accents, wine cellar and fireplace. The formal dining room opens to a grand covered loggia with heated outdoor dining patio & lounge. The master retreat is highlighted by a dual sided fireplace, two walk-in closets, & dual baths with spa tub & separate sauna. Expansive & private grounds, separate casita/pool house with fireplace, kitchenette & bath. Sprawling lawns, formal garden with pool

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& spa, boasting spectacular mountain views. Set on approx. 1.5 acre cul de sac lot, this grand Italian Villa is one of the premier estates in Westlake Village!

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Through the prestigious Lexington Hills Estate gates, this true Frank Lloyd Wright inspired one story residence is a one-of-a-kind architectural masterpiece offering stunning extraordinary craftsmanship, and a stylistic confluence of modernity and sophistication that redefines all expectations. An open floor plan and broad sliding glass doors seamlessly integrate indoor/out-door spaces for entertainment and relaxation.

5 bedroom home plus office with separate formal living room w/volume ceilings is intimate & elegant. Formal dining room, private master suite located in its own wing w/sitting area & large walk-in closet. The office/study has coffered ceiling & custom built-ins. Family room & gourmet kitchen w/breakfast room are all combined in an impressive great room w/open ceilings and custom woodwork. Shuttered/patio doors lead to the expansive pool & spa area. Kitchen has a granite island & custom cabinetry. Wonderful home for entertaining & privacy. Resting on a park-like 5.5 acre lot with an extensive avocado orchard, providing plenty of additional space for the equestrian enthusiast. You will feel like you live in your own private oasis. The home is nothing short of stunning. Every room features Frank Llyod Wright inspired details, trim work, and built-ins. Compound includes two other buildings: Office/rec room featuring in-ground small exercise/swimming pool & rec room with built-in fireplace with waterfall. Second structure is guest house complete w/kitchen, living area, 2-car garage & private entrance.

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An open floor plan and broad sliding glass doors seamlessly integrate indoor/outdoor spaces for entertainment and relaxation. Office/rec room featuring in-ground small exercise/swimming pool & rec room with built-in fireplace with waterfall.

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www.2584Alicante.com
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ceiling, sitting room with two sided fireplace & spectacular views. The master bath is a testament to luxury completely remodeled with special lighting and 2 person Jacuzzi tub. The family room contains soaring ceilings, custom cabinetry and bar, open to the kitchen area for convenience. There is a fireplace in the family room.

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THESSALONIKI, GREECE, JULY, 1 2015: Pensioners queue outside a National Bank branch as banks only opened for the retired to allow them to cash up to 120 euros in Athens



The Big Picture Keeps Changing

By Robert J. Katch

We are regularly asked for our take on the economic concerns of the day. While there is always something to be concerned about, two of the more noteworthy big-picture subjects currently in the news are the Greek debt crisis and the timing of the U.S. Federal Reserve rate hike.

OUR TAKE ON GREECE

As we write this, Greece is once again in the headlines and the ultimate outcome will remain unclear for years to come. It's fascinating to watch this game of "chicken" play out on the global stage. Innumerable articles have been written on the various potential outcomes and consequences for financial markets and economies. However, the truth is no one knows how this will actually play out. As such, our approach is to consider a range of potential outcomes and then build portfolios we believe are resilient and robust.

It's important to keep Greece's economic impact in perspective and to note that the risk of a Greek default having a broad economic impact is lower today than it was a few years back. Greece's \$240 billion economy is not very important as it's only 2% of the Eurozone GDP and 0.3% of global GDP. Additionally, more than 80% of the total €315 billion Greek debt is held by government-related/taxpayer-supported entities, such as the ECB, IMF, and the EFSF. From a financial standpoint, these entities could

handle a default. Only 18% of Greek debt is held by the private sector and private banks, which is where the potential for financial contagion was a big concern just a few years ago.

Despite the ongoing problems in Greece, European stocks are attractive and corporate earnings still have room to improve, both on absolute terms and relative to the United States. For example, there is a wide gap in net profit margins of non-financial companies in the Eurozone compared to the United States. We don't believe a disparity this wide is sustainable and we expect it will adjust in favor of Europe over the next several years – whether or not Greece defaults or remains in the euro currency union.

THE FED'S RATE HIKE

Another source of uncertainty and potential market volatility is Fed monetary policy. While we acknowledge that central bank actions do impact financial markets on a day-to-day basis, we also believe it's difficult for investors

to base long-term investment decisions on short-term predictions of central bank behavior. More specifically, the central bankers themselves often don't know what they're going to do next or when they're going to do it, let alone the markets reaction. That is not to say we should ignore what the Fed says and does or how the markets react to it. It's likely a short-term market overreaction would create an investment opportunity. We do believe the longer term direction of interest rates is higher so our estimate of future core bond returns remains low. Consequently, we favor a variety of flexible credit strategies that we believe will outperform the bond market in flat and rising interest-rate scenarios.

It's useful to remember that volatility is the shorter-term discomfort all investors must experience in order to earn attractive longer-term returns. It's exactly those volatile market movements which create compelling investment opportunities! 🌟



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.



It's important to keep Greece's economic impact in perspective and to note that the risk of a Greek default having a broad economic impact is lower today than it was a few years back.

Estate Management Checklist

Information courtesy of Tim Tremblay of Tremblay Financial Services, with offices in Santa Barbara and Westlake Village, CA.

One key difference between a will and a living trust is when they take effect. A will takes effect when you die; a living trust takes effect when you execute it, and begins to operate when you transfer assets to it.

DO YOU HAVE A WILL?

A will enables you to specify who you want to inherit your property and other assets. A will also enables you to name a guardian for your minor children.

DO YOU HAVE HEALTHCARE DOCUMENTS IN PLACE?

Healthcare documents spell out your wishes for health care if you become unable to make medical decisions for yourself. They also authorize a person to make decisions on your behalf if that should prove necessary. These documents may include a living will, a power of attorney agreement, and a durable power of attorney agreement for healthcare.

DO YOU HAVE FINANCIAL DOCUMENTS IN PLACE?

Certain financial documents can outline your financial wishes. If you become unable to make decisions for yourself, these documents can be structured to empower a person to make decisions on your behalf. These

documents may include joint ownership, durable power of attorney, and living trusts.

HAVE YOU FILED BENEFICIARY FORMS?

In some cases, naming a beneficiary for bank accounts and retirement plans makes these accounts “payable on death” to your beneficiaries. In other cases, a “Payable on Death” form is needed.

DO YOU HAVE THE RIGHT AMOUNT AND TYPE OF LIFE INSURANCE?

Have you assessed your life insurance coverage and compared the life insurance benefit with your financial obligations?

HAVE YOU TAKEN STEPS TO MANAGE YOUR FEDERAL ESTATE TAX?

If you and your spouse have more than \$5.43 million in assets (for 2015), you may want to consider taking steps to manage federal estate tax, which will be due at the second spouse’s death. Although estate taxes could claim a sizable portion of your legacy,

they make up less than one percent of total federal revenue—Source: Center on Budget and Policy Priorities, 2014.

HAVE YOU TAKEN STEPS TO PROTECT YOUR BUSINESS?

Do you have a succession plan? If you own a business with others, you may also want to consider a buyout agreement.

HAVE YOU CREATED A LETTER OF INSTRUCTION?

A letter of instruction is a non-legal document that outlines your wishes. A strong, well-written letter may save your heirs time, effort, and expense as they administer your estate.

WILL YOUR HEIRS BE ABLE TO LOCATE YOUR CRITICAL DOCUMENTS?

Your heirs will need access to the specific documents you have created to manage your estate. These documents may include:

- Your will
- Trust documents
- Life insurance policies
- Deeds to any real estate, and certificates for stocks, bonds, annuities
- Information on your bank accounts, mutual funds, and safe deposit boxes
- Information on your retirement plans, 401(k) accounts, or IRAs
- Information on any debts you have: credit cards, mortgages and loans, utilities, and unpaid taxes 



NOTE: Power of attorney laws can vary from state to state. An estate strategy that includes trusts may involve a complex web of tax rules and regulations. Consider working with a knowledgeable estate management professional before implementing such strategies.

Information courtesy of Tim Tremblay of Tremblay Financial Services, with offices in Santa Barbara and Westlake Village, CA. The content is developed from sources believed to be providing accurate information. The information in this material is not intended as tax or legal advice. It may not be used for the purpose of avoiding any federal tax penalties. Please consult legal or tax professionals for specific information regarding your individual situation. This material was developed and produced by FMG Suite to provide information on a topic that may be of interest. FMG, LLC, is not affiliated with the named broker-dealer, state- or SEC-registered investment advisory firm. The opinions expressed and material provided are for general information, and should not be considered a solicitation for the purchase or sale of any security. Copyright 2015 FMG Suite.





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How to Prevent Head Injuries

By Ian Armstrong, M.D.

With football season in full swing, the topic of head injuries is prioritized because of the serious consequences of incurring them. Of course head injuries also occur in many other sports and any recreational activity that involves possible collisions, action and speed. The new California AB 2127 law is a positive step that's being taken to decrease the chances of head injuries

WHAT IS A CONCUSSION?

A concussion is any blow to the head that causes disruption of brain function. A loss in consciousness does not have to accompany it. Signs of a concussion from both a mild and severe trauma include:

- Headache
- Cognitive dysfunction
- Thinking problems
- Memory problems / loss in memory
- Coordination problems

SIGNS OF CONCUSSION

- Coaches, parents and spectators should observe the athletes at a game carefully. Look out for the player who appears to be stunned or who appears disorientated for a couple of moments
- There are immediate tests that can be done by qualified medical professional on the sidelines to gauge if a player is concussed.
- The clear signs of a concussion that we should be looking for at the time of an incident are: a) Headache; b) Confusion; c) Amnesia; d) Coordination problems; e) Double vision; f) Dizzy.

Parents need to understand that concussions have long-term cognitive effects. Even if an athlete never plays that sport again after high school, the fact is that up until age 25, the brain is still developing so it's very susceptible to even minor head trauma.

- The days and weeks after an incident, look out for personality changes

HOW THE NEW AB 2127 LAW HAS HELPED TO PREVENT HEAD INJURIES

- For starters, it has brought the topic of head injuries and concussions into center stage
- The law limits full-contact practices to no more than 90 minutes, twice a week
- It stops full-contact practices during off season
- The law changes practices, but it does not change the game
- If a player is suspected of having a head injury, he/she has to be evaluated by a licensed medical professional who is trained specifically in concussions
- It serves to decrease the number of head injuries because of fewer full-contact practices

RETURNING ONTO THE FIELD IS NOT AN OPTION

It is imperative that once a head injury is diagnosed that the athlete does not return to the field. This is because the threat of the Second Impact Syndrome is very real and it should be taken very seriously. Returning to the field opens up the risk of that athlete receiving a second blow to the head. If this happens, the brain may swell and this can cause death. Brain injuries are magnified if an athlete continues to play while they are symptomatic.

STATISTICS FROM THE CENTERS OF DISEASE CONTROL

- Every year, US Emergency Departments treat an estimated 173,285 sport and recreation-related Traumatic Brain Injuries. This includes concussions among children and adolescents from birth to 19 years
- During the last decade, ER visits for sports and recreation-related Traumatic Brain Injuries among children and adolescents have increased by 60%. This could be due to the increased awareness. We are better equipped at watching out for head injuries and young athletes are being evaluated much more than in previous decades.
- Overall, the activities associated with the increase in numbers visiting the ER are related to activities such as bicycling, football, basketball and soccer. However, there's also been an exponential increase in the level of athleticism these past few years. Potential sports scholarships mean that competition is great and therefore athletes are pushing themselves more. They are expected to have more speed and more strength. In sports such as cheerleading, the acrobatics have become more



advanced and complex with people being thrown in the air. We're generally pushing things to extremes. We also see a big rise in popularity of extreme sports where there are a lot of head injuries. These include biking, motor cross and skate-boarding.

ADVICE TO PARENTS

Parents need to understand that concussions have long-term cognitive effects. Even if an athlete never plays that sport again after high school, the fact is that up until age 25, the brain is still developing so it's very susceptible to even minor head trauma. Even a sub-concussion (meaning below actual concussion level) can cause brain injury that affects one's ability to think or concentrate at school. Anyone who plays sports has a potential risk for concussion and cognitive dysfunction. Most importantly, if any of the symptoms are displayed, the athlete should never be returned to carry on playing. 



Ian Armstrong MD Diplomate of Neurological Surgery Fellowship Specialty Spinal Surgery Director of Spinal Surgery/ Neurosurgery Southern California Hospital, Los Angeles Vice Chairman of the Board Southern California Hospital CEO/ Founder Southern California Spine Institute (Est 1996) Medical Director SCSi ianarmstrongmd.com

HAVANA CUBA

AN ARTIST'S TRAVELOGUE
Story & Photography by Brett Darrington



Traveling to Havana, Cuba is a once-in-a-lifetime “must” for artists, historians, architects, cultural buffs and classical American car aficionados. To visit the decades old Partagas Cigar factory, “Real Fabrica de Tabacos Partagas”, to walk the streets of Old Havana and to ride in a restored 1956 Chevy Taxi - all are visceral historical vignettes of a larger and dynamic Cuba.

Residents of the United States can travel (legally) from Miami, FL to Havana, Cuba after procuring a “person to person” visa from the U. S. Department of the Treasury. This is typically done through an established travel agent.

Rooftop sunset overlooking Havana with Antoni Gaudi building piercing the sky, Havana, Cuba





Circa 1950 bicycle. Cuba is famous for its old and well-preserved transportation infrastructure with 2 or 4 wheels. Havana, Cuba



Full moon from an ally in Old Havana. Havana, Cuba



Young musicians entertain during an authentic meal. The ISA Universidad De Las Artes produces world-class artists and musicians. Havana, Cuba



Afro-Cuban band entertains on the rooftop overlooking Havana. Havana, Cuba

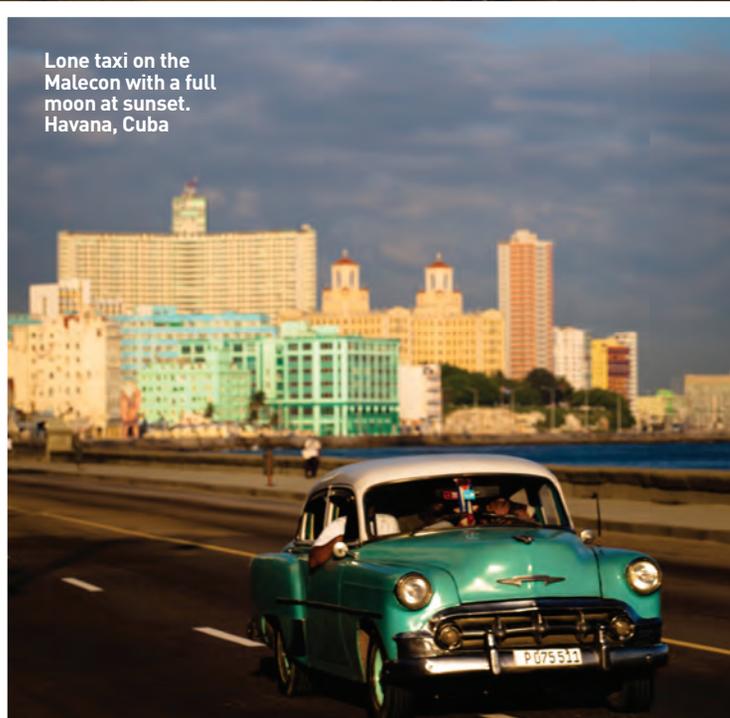


A woman observes the downtown bustle from her balcony. Havana, Cuba

Old Havana is one of the oldest settlements in the Americas. It is one of the most unique and photogenic places in the world. Spanish Colonial, Baroque, Art Deco, Art Nouveau, and brutal tower blocks are architectural styles evident in modern Havana, Cuba. One of my favorite photographs was one I took on a fifth floor building at sunset overlooking the capital building in Havana, with an Antoni Gaudi inspired structure in the foreground.

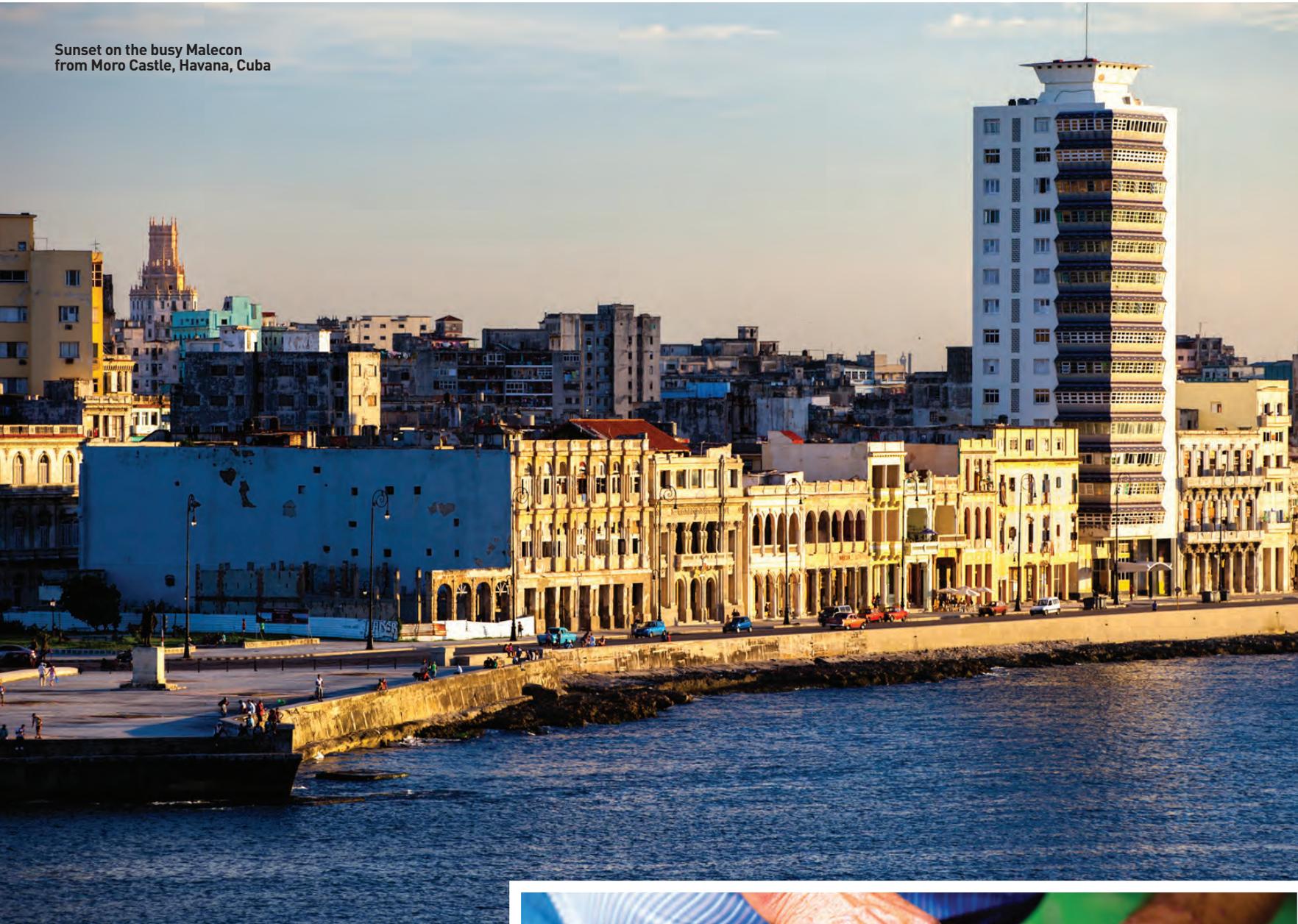
The Malecon is a 7-kilometer sea wall in Havana Bay along which runs one of the main arteries of the city. It is called the soul of Havana. Walking or driving along the Malecon it is impossible to take in the depth of human interaction and history offered the viewer. You will witness people fishing and swimming or lovers entwined at sunset taking in the view of Morro Castle. The colonial buildings are breathtaking in their crumbling pastel facades.

Traveling to one of Cuba's most re-known artist's studios to purchase an oil painting, I was taken by the surrounding homes with decorative tile roofs. Jose Fuster is known as the "Picasso" of Cuba, and is an internationally renowned artist. His great role model is Antoni Gaudi. His ceramic mosaics adorn local homes in the fishing town of Jaimanitas and represent a unique work of public art



Lone taxi on the Malecon with a full moon at sunset. Havana, Cuba

Sunset on the busy Malecon
from Moro Castle, Havana, Cuba



helping to improve the housing of locals. His art has been displayed in prestigious venues in Romania, France, England, and India. Fuster's art is a cherished part of Cuban culture.

We applaud our government opening more doors to entrepreneurs; the traveler has many excellent dining options, touring destinations, and unique cultural experiences waiting. In Havana there is a devout sub-culture of classical car owners. To ride along the Malecon in an open convertible, 1950's era restored classic car is a transcendent experience. One truly feels transported to a different time and place, awash in a cool sea breeze.

Walking back to Hotel Telegrafo in downtown Havana one evening, our group of photographers heard loud, raw Afro-Cuban music. We were at once intrigued and mesmerized by a distant ethereal rhythm and vocals. We rounded the corner looking for the source of the hypnotic pulse. We



Hand rolled cigars from the
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Pinar del Rio region, Cuba

peered into an abandoned 1st floor of a large dilapidated colonial building and were invited to witness some of the most moving music I've ever experienced. A local Afro-Cuban dance/music ensemble was playing soulful, raw and uplifting music. My group sat on the granite tile floor and listened while conga drums, claves, maracas, guiro, thumb piano and cowbells created an Afro-Cuban symphony. The dancers moved beautifully to the beat as sweat rolled down their foreheads.

After 54 years of isolation, Cuba raised its flag over its U.S. Embassy in Washington in July for the first time since 1961. There have been cheers from both shores and also many detractors. One clear advantage is the easing of travel restrictions for Americans and more Cubans will benefit from a more open, entrepreneurial society.

We ventured on a day trip to the ISA Universidad De Las Artes; this particular campus was designed by Vittorio Garatti and it was truly inspiring, albeit in some disrepair like most buildings in Havana. The high level of artistic expression in different mediums

hugely impressed all of us. We were invited to a photography student's graduate showing of his art. The compositions and the post processing of the works were very advanced. We were witnessing the making of world-class art. At the Universidad, the most liberating of human pursuits - learning and artistic expression - can be freely experienced because there is no charge to Cubans. As we left the University we heard a chorus rehearse, and a guitarist play for his recital. Both were refined, musical, precise and beautiful.

Cuba gets under your skin. One of the most beautiful archipelagos in the Caribbean, its architecture locks you in time; its art is witness to the dimension of human creativity that transcends time, culture, rule of law and finances. The outdated transportation system ironically takes you "further", faster than a bullet train. Through a lens Cuba is an artist's dream; I found myself steeped in history, commerce, art, human emotion and beautiful, soulful music in such a concentrated place.

The enigmatic, vibrant culture that is Cuba will bring you back for more. 🌿



A common taxi viewed from the Hotel Telegrafo rooftop, Havana, Cuba

In Havana there is a devout sub-culture of classical car owners. To ride along the Malecon in an open convertible, 1950's era restored classic car is a transcendent experience. One truly feels transported to a different time and place, awash in a cool sea breeze.

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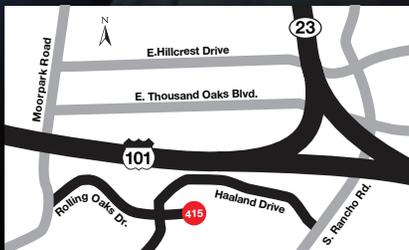
Dr. Armstrong has appeared on CBS' The Doctors Show (<http://thedoctorstv.com>) In this nationally-syndicated show, Dr. Armstrong has demonstrated the following:



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To view the Doctors Show segments with Dr. Armstrong, go to:

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