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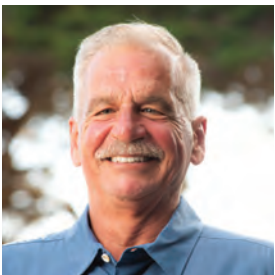
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Source: Forbes Magazine (July 2019). Data provided by SHOOK™ Research, LLC. Data as of 3/31/19. SHOOK considered Financial Advisors born in 1980 or later with a minimum 4 years relevant experience, who have: built their own practices and lead their teams; joined teams and are viewed as future leadership; or a combination of both. Ranking algorithm is based on qualitative measures: telephone and in-person interviews, client retention, industry experience, credentials, review of compliance records, firm nominations; and quantitative criteria, such as: assets under management and revenue generated for their firms. Investment performance is not a criterion because client objectives and risk tolerances vary, and advisors rarely have audited performance reports. Rankings are based on the opinions of SHOOK Research, LLC, which does not receive compensation from the advisors or their firms in exchange for placement on a ranking. The rating may not be representative of any one client's experience and is not indicative of the Financial Advisor's future performance. Neither Morgan Stanley Smith Barney LLC nor its Financial Advisors or Private Wealth Advisors pays a fee to Forbes or SHOOK Research in exchange for the ranking. For more information see www.SHOOKresearch.com.



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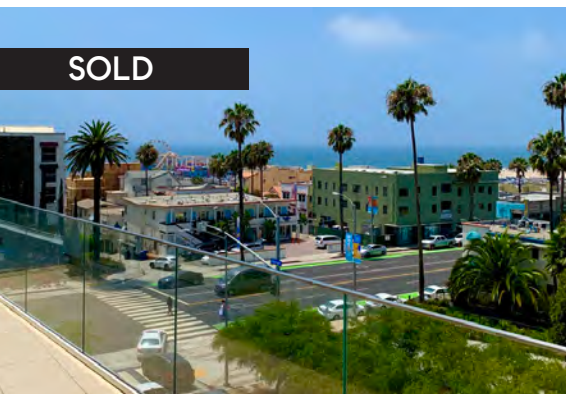
SOLD

21640 PCH
3 BD | 3 BA | \$7,500,000



SOLD

20152 Pacific Coast Hwy
3 BD | 4 BA | \$4,000,000



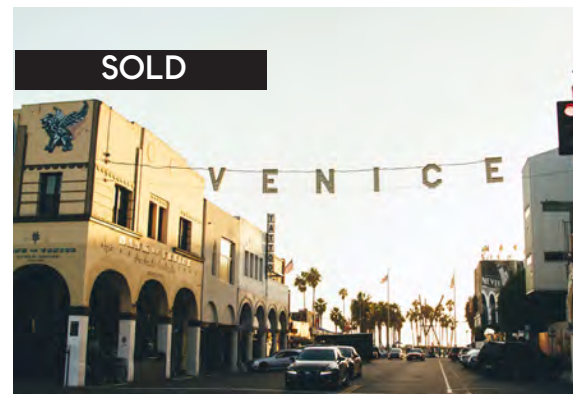
SOLD

"The Waverly" Santa Monica
2 BD | 2 BA | \$2,850,000



SOLD

3483 Daniella Ct | Calabasas
5 BD | 4.5 BA | \$1,965,000



SOLD

854 Marco Pl | Venice
3 BD | 3 BA | \$2,650,000



SOLD

11680 Montana | Brentwood
2 BD | 2 BA | \$1,165,000



SOLD

3804 Tiffany Ct | Agoura
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Stephen Udoff

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3
BATHROOMS

2,433
SQUARE FEET

PCMLS #12002149



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In partnership with the glass-ceiling-breaking team at IconicFocus Models NYC/LA – with whom the world’s most influential models are signed - I chased after the iconically famous Beverly Johnson for this October November 2020 issue like a submarine on a mission. It was a relentless quest to find the right person who could help all of us make sense of the unprecedented turmoil this year has carried. In 1974, Beverly Johnson was the first woman of color to be on the cover of American Vogue Magazine. In 1975, she became the first black woman on the cover of French Elle Magazine. Beverly’s accomplishments spoke volumes – both within the context of the beauty and fashion industry – and the world at large. Covers are evocative, highly influential. They are published for perpetuity, and they represent the historical archives of a world at a particular crossroad in time. Nobody could have represented us more truthfully, bravely and more powerfully than Beverly Johnson in this October November 2020 Cover. She’s marked this time in history for perpetuity, and her cover story on page 58 coaxes us into harnessing the empathetic aspects of ourselves so that we may move towards a more enlightened future - by becoming better versions of ourselves.

2020 has been a year of shock and reflection. Crises are not wasted if we emerge from them wiser, more humane, and resolved to change our behavior. Bringing exotic wild animals into wet blood markets in China and elsewhere in the world - has been a systemic recipe for disaster. Wild and domestic animals should never endure the harrowing conditions that we’ve imposed on them. With compromised immune systems – diseases can and do cross over from animals into humans. The African Great Ape story on page 80 explains disease transfer – and the vitally important topic of protecting our eco systems.

We are hopeful that the canceled 2020 Tokyo Olympics will take place in 2021. In celebration of human accomplishments, enjoy our article on Usain Bolt (page 16) who is an eight-time Olympic gold medalist, and the only sprinter to win the Olympic 100-meter and 200-meter titles at three consecutive Olympics - 2008, 2012 and 2016. He overcame many odds, and his story is one of absolute determination.



PHOTO BY CURTIS DAHL

Diana

Diana

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USAIN BOLT

LIGHTNING SPEED ON EARTH

BY DIANA ADDISON LYLE

Covid-19 robbed the world of the 2020 Olympic Summer Games. I decided to convert that sense of loss into celebrating the fastest Olympic champion who thrilled billions of people in the last three consecutive Olympics.

Considered the greatest sprinter of all time, Usain Bolt is a world record holder in the 100 meters, 200 meters and 4 X 100 meters relay. He is an eight-time Olympic gold medalist, and the only sprinter to win the Olympic 100-meter and 200-meter titles at three consecutive Olympics - 2008, 2012 and 2016. He also won two 4X 100 relay gold medals. His worldwide fame rocketed with his double sprint victories in world record times at the 2008 Beijing Olympics.

Bolt's achievements as a sprinter earned him the nickname 'Lightning Bolt', and his awards include the IAAF World Athlete of the Year, Track & Field Athlete of the Year, and Laureus World Sportsman of the Year four times.



Despite his massive genetic abilities, few of us know that Bolt's accomplishments were far from easily won. To begin with, he was born in 1986 in rural Jamaica with Scoliosis – which is the abnormal curvature of the spine. While making an S shape with his finger, he explains,

“My spine is really curved bad. That’s why I have to keep my core and back strong. When I was younger it wasn’t really a problem. But you grow and it gets worse, so I have had to work hard. The early part of my career, when we didn’t really know much about it, it really hampered me because I got injured every year.”

Bolt describes how much he's had to struggle through the injuries. Bitterly cold ice baths are continuous treatments he has had to endure throughout his career. He also regularly visits a clinic in Germany to have his injuries analyzed and treated by Dr. Müller-Wohlfahrt.

His long-time coach, Glen Mills, whom he regards as a second father, has walked alongside him all the way. Mills has taught Bolt how to pace himself, and how to relax into being a true champion. Also right there beside him is his lifelong friend from Jamaican school days, NJ Walker, whose loyalty and commitment to Bolt is unsurpassed. NJ is his Manager, and their very close bond has been an important component of Bolt's athletic success.

Mills and NJ know him best, and with them, he has been able to successfully handle the pressure on the track. Once he's away from it, NJ is that trusted buddy who will take a bullet for his friend, and help him to decompress. Bolt's unrestrained laughter – particularly when he is around his closest friends – is an important stress release. His sense of humor is always on fire, and it is so clearly illustrated in the way he entertains himself and the people around him.

Bolt's first taste of success was in 2002 when he won the junior world championship gold medal in the 200-meter race – in front of his ecstatic fellow Jamaicans. As he ran over the finishing lane, his instinct was to turn to the stadium, and salute his supporters. They went nuts – and that's when the phenomenon of Usain Bolt began. It was impossible not to love this young man. He was tall, strong, and he displayed an instantly loveable personality.

By 2004 when Bolt turned professional, his injuries began to mount, so in came a medical team of doctors including chiropractors and physical therapists who attended to his back and hamstrings. His Scoliosis affected his hips and that in turn affected his hamstrings. It all had a chain reaction but Coach Mills knew exactly what exercises Bolt needed.

By 2008, Bolt's explosive speed became apparent to the world when he ran in New York. The 2008 Beijing Olympics were just around the corner, and he was about to display his true capabilities. His roommate and Olympic teammate, Maurice Smith, describes the drama and the elation as Bolt stole the show in Beijing. His friend reveled in the moment, and surged ahead of the competition. Thus began the first of Bolt's world record-breaking performances. His joy in front of the crowds had him dancing – and his fans lapped up everything about their new hero.

When I attended the London 2012 Olympics, the Olympic stadium was packed to capacity whenever Bolt was scheduled to run. There was an electrical excitement that I'd never experienced before. The rapturous applause from the crowds on week two – the track and field week – reached a history-making crescendo whenever Bolt ran – and the roar of the crowd permeated throughout the suburbs of London.



PHOTOGRAPHY BY ALASDAIR MCELLELLAN



Ten years ago Usain Bolt set a world record of 9.58 seconds in winning the final of the men's 100m at the world Athletics Championships (AFP Photo)

Friends of mine who lived a few miles from the Olympic stadium said that they could hear the crowd roaring for Bolt from their homes - three miles away.

At the world championship trials for the Rio 2016 Olympics, Bolt sustained an injury that necessitated his withdrawal. His medical team determined that it was dangerous to proceed, and he went straight to Germany for treatment.

Given all the challenges that he'd been through, his arrival at the 2016 Rio Olympic Games fast became the most significant Olympic moments in history. As he emerged from the tunnel - out into the stadium - to run the 100-meter final - the stadium crowd noise was so powerful that it caused a reverberation in the ground. When he crossed the finish line with superhuman performance, the world united in that extraordinarily thrilling moment. The kid from a poor family in rural Jamaica had accomplished extraordinary feats that elated billions of appreciative people. As one of Bolt's friends aptly said, "everyone felt like they were running with him. They could escape their 9 to 5 lives."

Another Jamaican said: "Although Bolt was born relatively poor in terms of economics, he was rich in talent, rich with life, rich with substance. To see someone like that rise to this Olympic gold medal achievement - that's what the world needs."

At the Rio Olympics, as Bolt soaked up his own history-making achievements, he shared his elation generously with the crowd by striking his signature BOLT pose. He said of that moment in Rio,

"I was born to be an athlete. That was my moment, and I knew it was going to be great. It was a million-dollar feeling."

Bolt ignited the Olympic stadium at Rio 2016 every time he stepped out. His strength was exhilarating to watch. The graceful fluidity of his body was a locomotive masterpiece.

"People feel like what I accomplished was easy. It wasn't. It took a lot of hard work and guts. I found the drive. My goal to have it all matter - kept me going. I achieved what I set out to do. I'm sad that it's over, but I'm also relieved because it's done. This chapter is closed, and I can now relax."

Bolt's fellow Olympic athletes describe him as a down-to-earth guy who is a great team player.

"He always stays in the Olympic village with the team. He loves the team environment and the energy; he's a man who needs very little; just needs to sleep, train and eat to prepare for the race. He leads a Spartan existence."

Another fellow athlete said,

"He gets into this dormant quietness. I think he goes through all the vulnerabilities in his head; the insecurities, game plans, race plans."

Tennis legend, Serena Williams describes Bolt like this:

"He's in the same category as Mohammed Ali; as Michael Jordan, and Pelé."

He's reached what no other athlete has been able to reach."

The admiration is mutual amongst some of those greats: Brazilian soccer legend, Pelé, calls Bolt his "idol".

Will we see Bolt in the postponed Tokyo Summer Olympics? He says no and that he's done. But he sure gave us a brilliant ride as we ran with him for three consecutive Olympics. 🏃

Acknowledgments: "I am Bolt" Documentary by Benjamin Turner. Netflix

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Joe Rozum

Smooth Jazz Cool Blues

Los Angeles-based pianist, composer and songwriter, Joe Rozum, graduated from Boston's Berklee College of Music – the same key bedrock as Quincy Jones, Branford Marsalis and other famous alumni.

Joe's vast repertoire includes a seamless fusion of smooth jazz, cool blues, piano ballads and violin duets – and therein lies his definitive brilliance. Together with a stellar band of studio musicians, Joe has been performing sold-out

shows at Herb Alpert's Vibrato Grill Jazz Club in Bel Air, California since August 2017.

He's produced and released five CD's of his own original music, and his current single, *Grease Funk*, has been on the Smooth Jazz radio channels across the United States, Australia, the UK, Europe and the Philippines since July 2020.

Aside from performing with his dynamic band at Vibrato, Joe loves performing at private home concerts and parties. He is also a private home piano teacher, and he plays piano for music ministry at his church. 🌟 www.joerozum.com



Joe Rozum

REVIEWS

Since Joe's debut show back in August 2017 to the present, all his shows at Vibrato have been SOLD OUT. His piano artistry, music, energy and amazing band are a must see...Great show!
Joe Rocks!

Eden Alpert - Partner/Co-owner,
Vibrato Jazz Club - Bel Air, CA

Pianist, composer, songwriter Joe Rozum makes music you can feel. You will love the beautiful smooth, sensual sounds of songs like "A Summer Walk on the Beach", "After Midnight" and "Dinner by Candlelight". For something spicier, there's "Boogie Cookin'", "Overdrive" and "Grease Funk". Joe has a real passion for music and it shows!

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THE COST OF CENSORSHIP IN CHINA

BY DIANA ADDISON LYLE

The 2008 Beijing Olympics was a slick cleanup job in which the Chinese authorities tried to hide some of their country's human rights ills. But when they rounded up foreign journalists in herds, and dictated restrictions to them when reporting about China, it soon became blatantly apparent that the Chinese Communist Party rules over the land with an iron fist. Its cult-like leader, President Xi Jinping, is the most powerful leader in China since Mao Zedong, and in keeping with the patterns of behavior of dictatorships, he will remain in power with no presidential term limits. Xi Jinping has built up an emotionally charged Presidency in which he asserts his authority with impunity while promising his people the "China Dream" with fantasies that mostly serve his power base. Xi Jinping's promise to his people to stamp out corruption in government is only done when it suits him, and when he's targeting someone he wants out of the way. Beyond that, he has shown himself to be a proponent of corrupt practices.

The Covid-19 pandemic in the past year has exposed the extent of China's corruption and inhuman practices. Chinese authorities sanctioned the unleashing of security forces to crush Dr. Li, the brave doctor who sounded the alarm bells about the severity of Covid-19. Dr. Li, who felt a moral obligation to warn the world about Covid-19, became the face and name of China's reprehensible censorship. The authorities not only silenced him, but they forced him to retract his warnings to the world. He died from the virus shortly afterwards.

Despite decades of impressive economic growth in China (pre Covid-19) that lifted some of its people out from abject poverty, many were left out of China's burgeoning economy. Government officials have carefully censored information about China's broadening income inequality, discriminatory access to public benefits, selective corruption prosecutions, and the one in five children left behind in rural areas as their parents seek work in other parts of the country. They hide the forced demolitions and displacements, the injuries and deaths that accompany some of the country's massive infrastructure projects, and the permanent disabilities resulting from unsafe and unregulated food and drugs.

If you look back on China's history, what is most apparent is the disregard for human life. The government takes no accountabil-

ity for the massive human toll. The same Chinese Communist Party that today proclaims a Chinese miracle only recently imposed the devastation of the Cultural Revolution and the Great Leap Forward, with deaths numbering in the tens of millions.

International watchdogs like *Human Rights Watch* report that the Communist Party has increasingly imposed a determined war on the Chinese people's rights to freedom of speech. They have made it clear that any debate that deviates from the Communist Party's line will be expunged, and the perpetrators punished.

There are no free and fair elections in China, and with the ravaging effects of Covid-19 substantially obliterating China's rapid economical growth, the Communist Party will continue to be quick to smother any dissent amongst its people. Economically, China in 2021 will be radically different from 2019. Rule by repression will make it rigidly clear to the people that dissent and scrutiny of its leaders will not be tolerated.

China's modest attempts to allow freedom of expression in the last ten years have systematically been brutally squashed. Civic groups have been shut down. Independent journalism is accompanied by threats, and electronic interactions with the outside world have been strategically replaced with government propaganda.





Most concerning, ethnic and religious minorities have suffered immense persecution in China. We have all witnessed how the unrest in Hong Kong has been dealt with in the last year. Hong Kong's carefully monitored freedom under the "one country, two systems" banner – has met with Chinese obstructive force. In Xinjiang territory in China, where 13 million Muslim Uyghurs, Kazakhs and other Turkic minorities reside, the Chinese Communist Party has imposed a mass surveillance system to stamp out any protests or debate. They've sent in large numbers of party cadres as monitoring spies who circulate as government watchdogs. They are under orders to report back any activities that include Islamic faith gatherings in the region.

China excels in technological surveillance of its people. Their censorship of the internet is highly sophisticated, and curtails the transmission of information from other parts of the world. It's known in Beijing as the "Great Firewall" to prevent people from accessing information from abroad. Chinese students are not allowed to listen to academics and experts across the world who present another point of view. There are no healthy checks and balances that prevent the Chinese Communist Party from being viewed objectively by the country's people. Most of all, there is nothing that can be done by international human rights organizations that monitor the violations. They are being censored along with the Chinese people.

Autocracies gain office and stay in power by utilizing the same tool that Hitler used: they target ethnic minorities and promote hate speech against those minorities. They incite racial discrimination, and mock the people who don't support their rhetoric. An independent judiciary and balanced journalism are two critical components

to the upholding of basic human rights in any country. When those two entities are suppressed, human rights violations are given license to flourish - unchecked.

The Chinese authorities have extensive video cameras deployed throughout the country. The people have no privacy rights. They regulate everyone's movements on camera; they deploy mobile-phone apps to input data from government officials. They have facial-recognition technology that is there for government control. It has little to do with crime detection. It provides the authorities with extensive electronic data information that is used to keep the population loyal to the party. When individuals or groups are designated as "dissidents" to the party line, they are corralled and given mandatory "re-education" classes. It's exactly the same as the Hitler Youth Camps.

Arbitrary detention is enforced for those deemed 'out of line' with Communist party doctrine. One million Turkic Muslims have been placed in indefinite detention where they are fed forced indoctrination.

The Chinese government's cover-up and early censorship of the severity of the Covid-19 virus, and their silencing of Dr. Li and other doctors – who sounded the alarm bell on social media – has cost the lives of hundreds of thousands of people worldwide in 2020. Their censorship actions were a repetition of their previous failing in 2003 when the SARS virus broke out in China. They tried to cover up the severity of that virus too. Covid-19 has turned out to be much more deadly, and it has literally brought down the world. The burning question is: have the Chinese authorities finally learned their lesson, or will they continue to gag people who speak the truth – simply because it doesn't comply with the Communist Party line? Let's hope for a more enlightened future. 🌱

Acknowledgments: <https://www.hrw.org/world-report/2020/>

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Beach Blast

Three wheels, two seats, no doors, a minimal windscreen and our beloved Malibu canyons — what’s not to love.

By Larry Crane. Photos: The author and Drew Phillips

Westlake Boulevard, bound for Malibu in a vehicle called the Venice. It is the third edition of the Vanderhall 3-wheel roadsters, following the more luxurious Laguna and its optional Pebble Beach trim package (doors and leather). It is a PCH fantasy of Steve Hall of, oddly enough, Provo Utah. Steve is the third generation of a family of inventors and entrepreneurs. Immediately after college he founded his own luxury car dealership, began driving Porsches, and planned to create his own sports car.

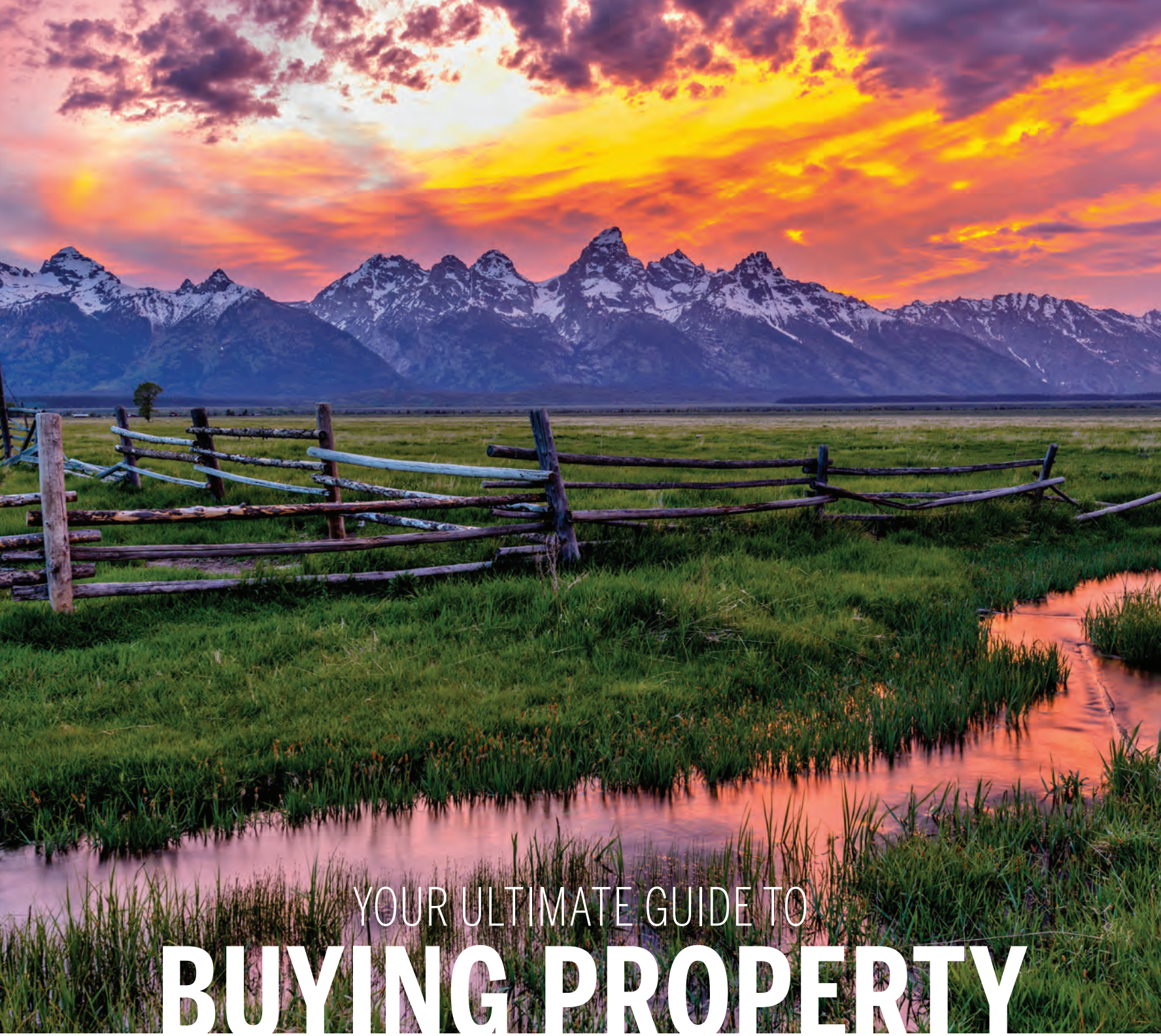
There were many 4-wheel prototypes, but federal regulations intervened — in both his dream car and his supercar retail line up. Several new 3-wheel “autocycles” (a new official category) came to market, in-

Vanderhall Venice in Malibu

produced a much shorter list of regulatory challenges and registration fees like a motorcycle. Three-wheel prototyping began in earnest, but the federal regs have nothing on the laws of physics; where to put the power, where to deliver it to the road and where to secure two passengers in comfort — and a low center of gravity.

Enter General Motors with a fully developed front wheel drive system with a new-century engine and all electronic controls — including steering. The Vanderhall Motor Works team created an aluminum structure of extruded beams and a robust, patented tab and slot assembly system. The classic double wishbone front suspension, developed from the GM original, was supported by horizontal coil-over shock absorbers actuated by pushrods to lower both the cowl height and the occupants. The rear suspension carries the unpowered rear wheel on a massive single-side swing arm with another adjustable coil-over shock absorber. The anti-lock-braking system operates on all three wheels. It is one of the best in the limited volume, boutique builder arena.





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The Venice in Decker



Venice descending Decker



Vanderhall Venice interior

Under full-power acceleration the Vanderhall Venice roadster is a cacophony of lightly muffled exhaust, wide-tire road roar, air rushing around a narrow windscreen and an endlessly satisfying “crack!” of unburned hydrocarbons igniting during the millisecond of off-throttle electronically-controlled gear change. No less fascinating is the brief metallic zing of unloaded turbine blades in the turbo charger — think Porsche 935s exiting Mulsanne en route to Arnage. Not for everyone, but if you are considering a Vanderhall at all, you are probably one who would enjoy the music.

Should you consider overpowering the open roadster’s natural symphony, there is a 400 watt Bluetooth sound system to be driven from your iPhone.

After four days of mixed use my enthusiasm meter climbed steadily. A couple days of Westlake Village errands, family entertainment and the run over the pass to Malibu did not prepare me for a predawn freeway run east to the San Marino Motor Classic. It was chilly, foggy and damp. Weather protection was blazer and tie under an Andrew Marc jacket with hood up under a vintage, unvented bicycle helmet. Well, it looked right. A

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Venice in Malibu Canyon



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Front suspension link



Rear swingarm

3-wheeled autocycle with an elegantly wood-rimmed steering wheel is far more vintage-stylin' than transportation, in any case. The fiberglass seats with upholstery slipped over them are pretty simple and adjustments are limited to fore and aft movements. The padding is only a few centimeters thick, but after a lifetime of driving and racing vintage cars with simple rectangular seats, the Vanderhall "bucket" was brilliantly formed and padded for an all day drive — for me.

There is a distinct nod toward vintage as you approach the little roadster.

The drivetrain under the simple nose form, however, is a distinctly different matter. The little General Motors 1,400 cc Ecotec LUV engine is a twin-cam 4-cylinder with continuously variable cam timing and valve actuation by roller-bearing finger (lever) cam followers. All that and electronic throttles control the air intake and exhaust. The fuel metering is done by sequential multi-port injectors; "Vintage" 2010.

The complete front wheel drive system has a GM radiator and cooling pack; the turbo intercooler and intake is all Vanderhall. The 6-speed au-

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Vanderhall Laguna

automatic gearbox offers a manual-mode option, and the Venice roadster uses a handsome chrome lever on the sill as selector (pull back for up-shift and push forward for down-shift). For a 1,350-pound car the Ecotec 180 hp delivers 0-60 mph in 4.5 seconds. The handsome trike has 70 – 30 % front – rear weight distribution, its low center of gravity and 225/40ZR18 front and 285/30ZR18 rear tires make the canyon run to Malibu exhilarating with an 0.95g lateral grip and it offers high floatation on the sand once you've arrived. Three LED light sets make up each headlight and send their projectile beams through the egg-crate grille. The well-equipped start-up company molds and cures its own ABS (easily recyclable) bodies. The slippery aerodynamic forms contribute to the vehicle's overall fuel consumption average of 25-27 mpg with 40 as its typical best.

Vanderhall Motor Works has a manufacturing base of 35 employees producing 500 units per year. The Venice model base price is \$29,950, about the price of a full dress Harley. The Laguna model was in production first and 48 of the planned run of 50 have been sold at a base price of \$49,950. The last two remain in dealer showrooms. When they are gone, we have been told additional Laguna luxury models can be produced to order. 🍹

Vanderhall of Los Angeles, 8515 S La Cienega Blvd., Inglewood, CA (310) 677-5800

Vanderhall Motor Works has a manufacturing base of 35 employees producing 500 units per year. Planning for 2019 is to grow to 1000 units.



Meet The Agency's Michael Bloom

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A Hidden Hills resident since 1977, Michael Bloom is known for his strong work ethic, genuine love of people and detailed knowledge of Hidden Hills, Woodland Hills and Calabasas. "Real estate requires creativity, salesmanship, follow-up, patience, perseverance as well as a 'never give up' attitude," Michael says. "I love being a part of a major decision in people's lives." Fluent in Spanish and Japanese, Michael's storied career includes once representing a Japanese buyer who purchased a Hollywood Hills estate formerly owned by Mary Astor and Charlie Chaplin. Michael doesn't just know the local market; he lives and advocates for the community each and every day.

Michael serves as Board Member for the Foundation for the Las Virgenes Schools, Commissioner of Public Safety Hidden Hills, Ambassador to the Calabasas Chamber of Commerce and as Los Angeles County Commissioner of Public Social Services for more than a decade. Michael is also a certified drug and alcohol counselor, devoted to providing meaningful aid to others at critical moments in their lives. In his spare time, Michael enjoys playing tennis, skiing, fishing, singing in the Hidden Hills Annual Valentine Musicale and watching his children play soccer and tennis.

MICHAEL BLOOM

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9
BATHROOMS

9,000
SQ. FT.

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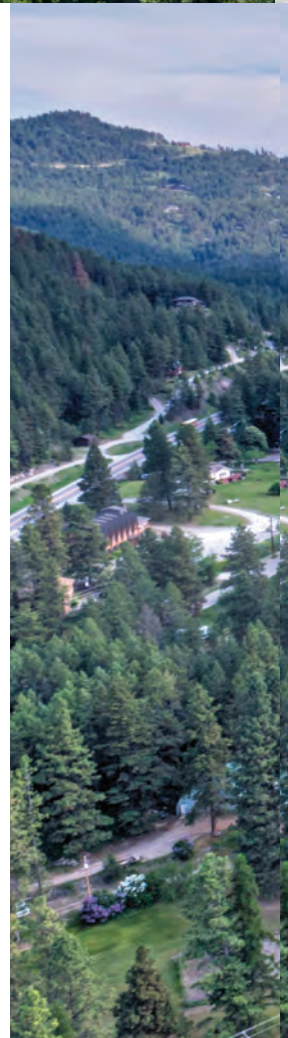
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Pacific by NoRu

In 2018, Ventura locals James Norton and Ren Weigang wanted to create something new in the city that they love by introducing a restaurant that was completely unique to the Ventura culinary and libation scene. They wanted to create an upscale restaurant that would not only feel casual and comfortable but that would deliver flavors only experienced at high-end establishments. Each culinary masterpiece at Pacific by NoRu would be made with heart and individual care - utilizing fresh, organic ingredients that would excite their patrons' palates.

Enter Pacific by NoRu in December of 2018, which offers a fresh, balanced, coastal-inspired culinary experience that explores what local flavor truly is. From the local fertile farmlands that give them some of the best produce in the country - to the valleys and pastures that provide tantalizing dairy and protein delights - to the ocean that affords them a bounty of seafood in a sustainable way - Pacific by NoRu is indigenously inspired in its creative flair.

Ren, Pacific's chef, has traveled the world to hone his culinary experience - from Hawaii to Napa Valley to France and back to Ventura. His love of the ocean and his experience with Asian / Pacific food is evident in his bold ingredients and dish selection. From sake-glazed salmon to Kalua pork and toasted gnocchi, Ren's Italian, German and Hawaiian-influenced backgrounds shine through.

Behind the bar they have one of the best mixologists in Ventura County in DeLonne Kelly. DeLonne's passion for cocktails comes through in his insistence on all fresh ingredients; from scratch simple syrups, to organic muddlers and garnishes. His craft is his passion. 



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Out with the Old, In with the New!

By Model Gardener Kelly Emberg



Spending my extra time gardening during quarantine kept me sane and my garden flourished. It's always sad when you realize that your summer crops have come to an end. Don't fret, fall is here and a new exciting fall season begins. Aren't we all ready for some new beginnings? We might as well leave this year with a bang. Let's not plant just any ole plant. Experiment with eye-catching, mouth-watering varieties of veggies that will wow the crowd. The planting we do now will be harvested into 2021. Just think, we will be enjoying the fruits of our labor while we say goodbye and good riddance to 2020!

My motto is, if you are going to plant something, you might as well plant a variety that you haven't planted before. The best

way to do that is order seeds online. You can find all kinds of interesting varieties that will impress your family and friends. Here are a few of my favorites and where to find them.

KELLY'S PICKS

RED ACRE CABBAGE SEEDS / USA GROWN / HEIRLOOM / NON-GMO / OPEN-POLLINATED (etsy seller AbundantHarvestSeeds \$2.75 for 150+seeds) This beautiful cabbage is a reddish-purple and grows small heads that range from 5 to 7 inches in diameter and weigh about 3 pounds. This is the perfect cabbage to add a festive red/purple color to a salad or coleslaw. This variety stores well and is compact.

PURPLE SPROUTING BROCCOLI (sandiegoseedcompany.com \$3.75 for a

packet) This Broccoli is actually an English heirloom variety bred for overwintering. Tall and prolific, Purple Sprouting Broccoli can be grown in the fall and sprouts in the winter in southern California. It's a wonderfully interesting addition to your garden that is just as flavorful.

ROMANESCO CAULIFLOWER (Etsy – seller EdenWilds \$4.00 for 25 seeds) This cauliflower is an heirloom, open pollinated Romanesco type cauliflower/broccoli varietal. It has beautiful chartreuse colored heads with captivating spiral buds. Heads are about 5-6 inches wide. Cut promptly before head starts to spread out. Makes a fun vegetable side for kids or a crudité to serve with a dip. 90 days to maturity. Plant in Fall for winter harvest.



Purple Kohlrabi



Rainbow Lacinato Kale



Purple Sprouting Broccoli

ORGANIC EARLY PURPLE VIENNA KOHLRABI (Sustainableseedco.com \$3.14 for 250 seeds) A variation of the Cabbage family. The name Kohlrabi means turnip cabbage. The flavor is a mix between a turnip and water chestnut, with a mild, sweet flavor and crisp, crunchy texture. The edible part is actually an enlarged, bulbous stem and it is best harvested when the stem reaches 2-3 inches in diameter. Many people use the young leaves in salads or steamed. This variety has a purple-skinned exterior, greenish white interior, and is a bit larger than the White Vienna Kohlrabi.

RAINBOW LACINATO KALE PURPLE (Etsy- seller Farmlust \$4.50 for 25 seeds) Open-pollinated kale varietal bred by Frank Morton, this is a cross of Lacinato with Redbor kale. This spectacular kale combines some of the best features of both kales - appearance, cold-hardiness, and slow to bolt. It has curly edges, red veins, purple leaves, blue-green leaves, and diverse leaf shapes and colors. 60 days to maturity.

VIRTUS ORGANIC (F1) RADICCHIO SEED (johnnyseedco.com \$6.60 for 50 seeds) Light green, romaine-like heads. Uniform, avg. 10" tall heads with soft green exterior leaves and a crisp, blanched interior. More sure-heading than the old open-pollinated varieties. Mildly bitter flavor adds a nice touch to mixed salads or use as the jacket for a veggie wrap.

HEIRLOOM PURPLE DRAGON CARROTS (seedsaver.org \$3.50 for 250 seeds)

This carrot's beautiful red-purple exterior provides a striking contrast to its yellow-orange interior and light yellow core. A treat for the eye when sliced, its sweet, almost spicy flavor makes this carrot a home gardener's favorite and a best-seller at specialty and farmers' markets. My son loved growing these carrots. Considered the most refined purple carrot available, it was bred by Seed Savers Exchange member John Navazio. 90 days to maturity.

WATERMELON RADISH (sustainableseedco.co) \$3.14 for 470 seeds. Sometimes called "Roseheart Radish" or "Red Meat Radish", this is one of my favorites because of its sweet flavor and, its intense interior color just like a watermelon. You can enjoy these beauties raw in a salad or roasted. Delicious!

BEAUREGARDE SNOW PEA (row-7seeds.com 7 \$3.75 for 1 oz) These are





Beauregarde Snow Pea

bred to bring more flavor and more purple. These wavy-podded snow peas hold their vibrant color when cooked. They are not only delicious but striking in salads or as a side. My daughter found these for me for Mother's Day and I grew them in the spring through the summer. Now you can plant them in the fall for a winter harvest.

Try your hand growing these unique varieties above and don't forget you can plant these cool season plants right now as well:



Romanesco Cauliflower

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PERKS

- The weather is cooler – in the high 70's, making it easier on seedlings and starts.
- Cooler weather and pleasant breezes make gardening more comfortable.



Red Acre Cabbage

- Warmer soil is optimum for developing new root systems.
- Less daylight hours and less water evaporation equals less watering.
- Bugs are fewer during the cooler season.

Before you get started, a few reminders for getting your garden ready, so those gorgeous specimens you're about to plant will flourish.

PREPARE

- Remove remaining summer vegetables that have stopped producing.
- Remove all weeds.
- Turn over the soil. Add nutrient-rich, well-draining soil amendments like: worm castings, compost and chicken manure, to give your garden a fresh start. Make sure you select the soil amendment that's right for your soil. Soil tends to be clay (slow draining) or sandy (quick to erode). Amendments can provide the proper balance.

We all have been though the ringer with Covid19. Let your garden cheer you up this Fall. It doesn't take any more effort to grow veggies that are uniquely delicious than to grow something ordinary. Gardening has been a God-send for me during this crazy time. The turnover of the seasons give us hope. 2021 is a new year, and it is going to be amazing! 🌱

Stay healthy,

Kelly Emberg, the model gardener
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The Legacy of Paul Williams

Paul Revere Williams (1894-1980) was a pioneering African-American Los Angeles architect who designed myriad celebrity homes, churches, municipal buildings and hotels. His designs include private estates for Frank Sinatra and Lucille Ball, the Los Angeles County Courthouse, the Beverly Hills Hotel and the iconic modernist Theme Building at LAX. A master of proportional space, his designs were characteristically balanced, intimate and elegant. He always endeavored to seamlessly integrate a building into its natural and human environment.

Good architecture should reduce human tension by creating a restful environment and by changing social patterns.

Paul Williams





PAUL WILLIAMS DESIGN | OJAI, CA

Originally built in 1927, this Spanish Colonial Revival home has been lovingly restored in the spirit of its famous architect while upgrading all infrastructure, wiring and plumbing to modern standards. One of only two Paul Williams homes in Ojai, it perfectly encapsulates his values of balance, purpose and proportion to create an intimate family home that takes full advantage of its ideal location and natural environment, including views of the Topa Topa mountains. With 5 bedrooms and 5 bathrooms, an office, a detached studio, a pool and an expansive veranda, it combines spaciousness, functionality and aesthetics in a rare blend. Custom original tiles decorate the many fireplaces and bathrooms, designed to integrate with the architecture. The lushly landscaped, park-like grounds include a grape arbor, an orchard and a bocce court. The beauty and wholeness of this truly unique refuge will bring effortless peace to your heart.

906FoothillRdOjai.com Offered at \$8,250,000

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AUSTEN PIERPONT ESTATE | OJAI, CA

This historical 1933 Austen Pierpont Estate is incredibly private and has stunning views of the the Topa Topa Mountains. In the Monterey Style, it totals 7 bedrooms, 6 bathrooms and living space of 6000 sq ft. The 2.15 acre gated compound includes a main house, 2 guesthouses, a pool, a spa, a tennis court, a bacci court and a tennis cabana. There are multiple locations for entertaining outside, under the ancient oaks or with views of the olive and fruit orchards. The property is zoned for horses and is a stone's throw away from the five star Ojai Valley Inn and Spa. Completely restored and modernized by award winning French designer Chantal Dussouchaud, this gorgeous estate has all of the modern luxuries while retaining its historical charm.

52OakDriveOjai.com

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This magnificent 8br/6½ba estate on 3+ acres with sweeping views was designed in 1929 by renowned San Diego architects Requa & Mead, who also designed the Ojai Post Office and the St. Thomas Aquinas Chapel. Particularly notable are the 3-story tower, the inner courtyard, the arched porticos, and the expansive balcony. High ceilings, arched doorways, French doors and picture windows create a light interior with an immediate sense of the beautiful surroundings. Modernized and upgraded, the property retains its historical magic and appeals to contemporary sensibilities. On 3+ acres, it features a guest house, a guest suite, a large pool, tile and wood floors, and a chef's kitchen. Accents of wrought iron, carved wood and hand-made tiles are present throughout. A piece of Ojai history, it offers unique luxuriousness and elegance.

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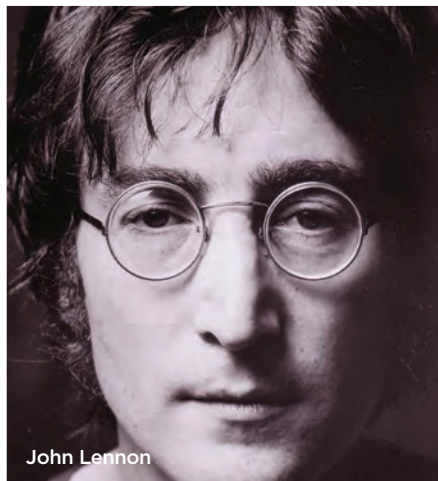
Short Stories About Big People

By Bob Eubanks

Hello there, it's time for more short stories about big people. I've been thinking about the Beatles recently, and why they quit doing live performances. They weren't having the same fun or feeling the same excitement at concerts as they'd had in the beginning. Screaming fans drowned out the music completely; the Beatles couldn't hear themselves play. They didn't feel that they were growing musically and they just wanted to go into the studio and record albums.

I've also wondered why the Beatles broke up. Paul McCartney has described them as being like a family who has disagreements, with each member having their own interests. They grew up together in many ways. I guess it was inevitable that they would 'grow up' and go off to pursue their own interests at some point. Boy, did the world benefit from their years together.

Some unusual things have happened since the Beatles went their separate ways. For instance, in 2007, a pair of those famous circular sunglasses worn by John during the Beatles' Japanese tour sold for more than \$950,000 in an online auction. In 2015, one of John Lennon's acoustic guitars which he used to record 'Love Me Do' and 'P.S. I Love You' went for \$2.41 million at a Beverly Hills auction.

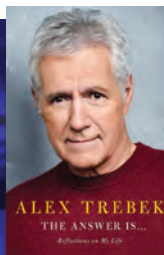


John Lennon

And here are some facts that will blow you away... The Beatles ended up selling \$1.6 billion records in the United States. They sold 800 million albums worldwide. They became the best-selling band in musical history.



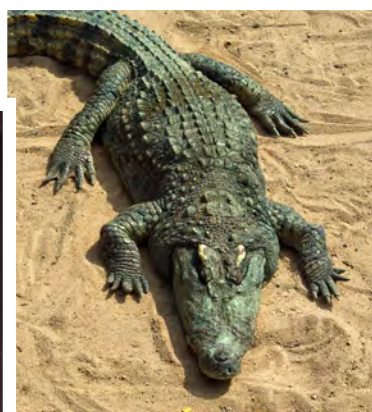
Alex Trebek



My friend Alex Trebek is doing pretty well and he just turned 80. I want to thank him for the nice things he said about me in his new book, "Reflections on My Life." The book is incredible and so is he.

I recently read that turtles breathe through their butts. It's a good thing they don't have to wear masks!

My friend Bob Byers told me about a friend of his who lived near a big water pond. One day he walked down to the pond and there were a couple of nude women swimming. They yelled at him and told him to get the heck out of there. He said he would, but first he wanted to feed the alligator.



Well, there you have it. More short stories about big people. Don't forget to wear your mask and to say a prayer, because germs and Jesus are everywhere. I'll see you next time. 🍀

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 COVERSTORY 10.20

BEVERLY JOHNSON

THE POWER OF HUMANITY

PHOTOGRAPHER: MICHAEL LETTERLOUGH JR.

STYLING: SUMMER COLONY LIVING PALM DESERT

MAKEUP: JANAY VAN SYLK

HAIRSTYLIST: ALBERTEEN BOBO

SKIN: DR. WENDY E. ROBERTS

SKIN GLOW: RETROUVÉ

ICONICFOCUS MODELS NYC/LA

STORY BY DIANA ADDISON LYLE



Singer/songwriter Bob Dylan will go down in history as an American icon because he combined all the elements of powerful artistry into his music. One of the most skilled raconteurs of our lifetime, he wrote and performed *The Times They Are a-Changing* in 1964 in the midst of the Civil Rights Movement, and imminent threats of nuclear warfare. Our parents knew that the human race was a hair's breadth away from blowing up the world in the 1960s. The lyrics of *The Times They Are a-Changing* include these words:

*Come writers and critics
Who prophesize with your pen
And keep your eyes wide
The chance won't come again*

In partnership with the glass-ceiling-breaking team at IconicFocus Models NYC/LA – with whom the world's most influential models are signed - I chased after the iconically famous Beverly Johnson for this October November 2020 issue like a submarine on a mission. It was a relentless quest to find the right person who could help all of us make sense of the unprecedented turmoil this year has carried. A submarine was my appropriate chasing machine because Beverly is an elite swimming athlete who participated in the Junior Olympics and in the AAU meets (Amateur Athletic Union). Her qualifying speed just missed the 1968 USA tryouts for the USA Olympic swimming team, and her life went in another powerful direction. When a person is as gifted as she is, life presents choices, but it also throws injustices and obstructions her way.

Beverly was a disciplined, studious young girl growing up. Her father worked at a steel plant, and while the cost of living rose steeply, her father's salary remained stagnant. With a set of excellent academic grades forming her firmly embedded foundation, she went off to university with her sights set on becoming a human rights lawyer.

"We were a law and order family," Beverly recounts. "But as the cost of living rose, my parents became increasingly crunched for money. My mom would scrape together as many pennies as she could find just so that we could buy milk. It was also a time of turmoil and change. Rev-

erend Dr. Martin Luther King Jr. had been assassinated; then came the Kennedy assassinations. I had just missed the cut-off tryouts for the 1968 Mexico City Olympics for the 100-yard freestyle when I was approached by Glamour Magazine to work as a model for \$75 an hour. That was ten times more money than my dad was making. I analyzed my family's financial circumstances and the cost of college education for my siblings – and there really wasn't a choice. I had to take up Glamour's offer. When I received my first \$300 pay check, I was staggered at the amount."

But it wasn't plain sailing from there. Beverly was told she needed an agent, so she approached Ford Models in New York and was turned away – flatly. "You're too fat," they proclaimed. From there she tried Black Beauty Modeling Agency – but they considered her too light.

In 1974, despite the obstructions, she became the first woman of color to be on the cover of American Vogue Magazine. In 1975, she became the first black woman on the cover of French Elle Magazine. Beverly's accomplishments spoke volumes – both within the context of the beauty and fashion industry – and the world at large. Covers are evocative, highly influential. They are published for perpetuity, and they represent the historical archives of a world at a particular crossroad in time.

Beverly's crossroad was not as glitzy as it appeared. Her race limited her to significantly lower compensation than

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Beverly and Anansa

her fellow white models. She also noted how slow the industry was to recognize her black sisters as model-worthy. But magazines represent society, and if society purchases their preferences, magazines become enslaved to the whims of their paying public. That preferential platform is inevitably multi-layered. White models attract white production teams. When Beverly went on to grace 500 magazine cov-

ers, she'd often ask if the magazine could include people of color in the production team – and she was promptly reprimanded for asking awkward questions.

ers, she'd often ask if the magazine could include people of color in the production team – and she was promptly reprimanded for asking awkward questions.

“Slavery excluded us from the American dream,” she explains. “Even with its abolishment, racism remained in the fabric of our society, and those same conscious and unconscious racial biases exist today. Equality in American society has not happened – not because people are evil. They're not. The majority of people are good – but because some people hold onto conscious and unconscious biases. I don't know if wealthy people fear losing their wealth. If they do, I think it's unfounded. Helping your fellow brothers and sisters out of cycles of poverty doesn't mean you lose. When you lift people up around you, the whole economy functions more effectively, and everybody wins. Poverty will ultimately cripple an economy when it's not addressed. This is an abundantly rich universe, and there are plenty of resources for everyone to receive. Creating judicious societies where there is equal opportunity for

all means that everybody is incentivized to strive for and attain goals. That's one way how humankind evolves.”

These words from Beverly impacted me particularly positively:

“We are in such a valuable, unique position right now. George Floyd was killed on camera – in a way that had never been seen before. It illustrated the danger that has

In 1974, Beverly became the first woman of color to be on the cover of American Vogue Magazine. In 1975, she became the first black woman on the cover of French Elle Magazine

beset the lives of African Americans for centuries. The explosion happened with the confluence of the Corona Virus and its economic destruction. When George Floyd said, ‘I can’t breathe’, he was calling out to his deceased mother, and the ‘I can’t breathe’ represented what black people are going through. It was a lights-on moment for a lot of whites. They started to really listen, and this meant that for the first time, we could forge forward and create meaningful change. We have to listen in order to understand. Listening and hearing another person’s point of view makes us better humans. We have a duty to ourselves as a human race to make tomorrow better than it was yesterday; to advocate for change that creates fairer platforms where dreams and goals can flourish.”

Thus, given Beverly’s perspective, she proposes the “Beverly Johnson Rule” (the “Rule”) for Condé Nast, similar to the Rooney Rule in the NFL that mandates diverse candidates must be interviewed for any open coaching and front office position. This Rule would require at least two black professionals to be meaningfully interviewed, specifically relevant for Board of Directorships, C-Suite Executives, Senior Executives, top editorial positions, and other professional roles. Beverly is also inviting CEOs of companies in the fashion, beauty, and media industries to join her by pledging to adopt this Rule.

RETROUVÉ is an exceptional skincare line in the USA, and its visionary CEO, Jami Heidegger, was the first large company to take the pledge.

“Beverly is such a sparkling,

bold, brilliant gem,” Jami Heidegger said passionately. “Beyond being such a celebrated icon in modeling, fashion and beauty, she is a multi-talented powerhouse of a woman who has achieved so much. After becoming a history-making black model, she went on to smash the glass ceiling for all black models globally. Her activism has changed the world. She has stood up throughout her extensive career for justice and equality. She’s now adding her important initiative with The Beverly Johnson Rule that will effect lasting and systemic change in the highest echelons of corporate

Beverly with her grandchildren



“People used to say to me, ‘wait till you are a grandmother’. They were so right. I remember the great relationship I had with my maternal grandmother. She was so emotionally available to me.”



Beverly's daughter Anansa Sims and grandchildren

leadership. She is guiding us through profound cultural transformation, and I applaud and revere her leadership efforts. RETROUVÉ is proud and honored to be a part of that change.”

Beverly’s extensive career is multi-faceted because she’s channeled her gifts expeditiously. Her 2015 memoir, *The Face That Changed It All*, is a New York Times best seller, and it is currently in the production phase of an eight-episode mini series with Warner Bros. and Apple’s Streaming Network, Apple TV+.

“The ‘Me Too’ movement”, Beverly explains, “was the first

tangible reckoning we had of people demanding significant change. It was a paradigm shift, and it was a defining moment in my life. Bill Cosby had drugged me decades ago, and when girls he had raped reported him, they weren’t believed. I knew that I had to speak up in 2014. I found my voice, and I committed to hold Bill Cosby accountable for sexual harassment and assault.”

As Beverly and I chatted, what transpired was an appreciation of her authenticity; a reckoning of how grounded she is. Her family comes clearly first. Her only child, Anansa, is now a beautiful grown-up mother with four children

“We have a duty to ourselves as a human race to make tomorrow better than it was yesterday; to advocate for change that creates fairer platforms where dreams and goals can flourish.”

THE BEVERLY JOHNSON RULE

RETROUVÉ

pledges to abide by The Beverly Johnson Rule and will meaningfully interview at least two black candidates for professional work positions, especially with regard to boards of directors, c-suite executives, management and other influential roles. In signing The Beverly Johnson Rule, the company commits to diversity and inclusivity in hiring practices and support equal pay and equal opportunity within the fashion, beauty, and media industries.



BEVERLY JOHNSON

of her own. Beverly lights up when she talks about her grandchildren. After doing the reality show, Beverly's Full House on the Oprah Winfrey Network, she recounts how her relationship with her daughter grew after the show.

"People used to say to me, 'wait till you are a grandmother'. They were so right. I remember the great relationship I had with my maternal grandmother. She was so emotionally available to me. Parenthood is tough because of the weight of responsibility, the physical and financial



“The ‘Beverly Johnson Rule’ would require at least two black professionals to be meaningfully interviewed, specifically relevant for Board of Directorships, C-Suite Executives, Senior Executives, top editorial positions, and other professional roles.”

demands on one's time and resources, and the sheer velocity of the role. There is no such thing as a perfect parent; the most stable parents aren't perfect. Grandparenthood, in my opinion, is the reward for being a parent. We have more time to devote to our grandchildren in this very rewarding role."

Beverly also prepares her grandchildren for life.

"When my grandkids come for sleep-overs, they have to make their own bed when they wake up in the morning. No excuses. That's the pledge. I love having them here. One of my biggest accomplishments is teaching my 8-year-old, 7-year-old and 6-year-old grandkids how to swim. It is so deeply satisfying."

What follows are a few humor-filled anecdotes of how Beverly's family has helped her to maintain a sensible perspective on life. She tells this story:

"I'll never forget when I was in New York working for Glamour Magazine. My siblings were quick to put me in my place with these words: 'they chose you? Did you tell them that you have better-looking brothers and sisters at home?'"

"My family views me as mom and grandma, not some super model. My grandkids call me 'Softa' because they say I'm both soft and tough. They are quietly proud of my accomplishments, and occasionally, one of them will surprise me with that admission. I had taken my grandson to a doctor's appointment recently, and he greeted the physician politely by saying, 'Excuse me. I want to introduce you to Beverly Johnson, the super model'. I was floored!"

Beverly gives back to society generously. She is on the board of directors for the Barbara Sinatra Center for Abused Children, and her dedication is illustrated way beyond the boardroom. She resurrects the spirits of children who have been sexually, physically and emotionally abused - by teaching them a new language - self-esteem. Her classes are a vital component of the children's healing. She is also the International Ambassador for The Global Down Syndrome Foundation. Her own sister had a child with Down Syndrome, and that experience gave Beverly first-hand information about the challenges that Down Syndrome children face.

There is limitless conversational territory with Beverly. She's a close friend of musical recording giant, Clive Davis, whom she credits with being a visionary genius - capable of finding rare musical talent, and launching it for the world to appreciate. She goes on to enthuse about the role

of art in society, saying,

"As I stepped away from academics to begin modeling, I recognized how crucial the fashion industry is in the art arena. The lens of an artist transgresses racial and cultural restrictions. Art has no boundaries and penetrates people's souls - eliciting their humanity. That's the beauty and power of it. There is so much that can be done through art. It unites the world and reminds us all of our human bonds. There is so much power in humanity, and spiritual power is limitlessly available to us, if we tap into it."

Our conversation veers in so many interesting directions. We talk about Alicia Keys hosting the Grammy Awards on January 26, 2020, the day Kobe and Gianna Bryant were killed in a tragic helicopter accident. Alicia Keys' words to a shocked audience were so remarkably penetrating because they were filled with so much love and compassion. "This is the house that Kobe built", she said at the Staples Center event, and she lifted the grief-stricken audience and viewers all over the world in an unimaginably beautiful way. It illustrated how much the palliative power of one person's humanity can change a hurting world.

We conclude our invigorating chat with these uplifting words from Beverly. "Let's harness the power of this time. Let's listen to each other speak, and really hear what the other person is saying. Most importantly, let's open our hearts to each other in a way that will change our perceptions or prejudices. No one is trying to steal anything away from anybody. Let's become better versions of ourselves."

Beverly Johnson - the iconically famous Modelpreneur because she's so effectively combined fashion modeling with entrepreneurship - is in a particularly special phase of her life. She's surrounded by the love of a close family, and she's engaged to be married to Financier, Brian Maillian, about whom she says, "Finding the love of my life at this point in my life has been amazing." An especially beautiful component of Brian's and Beverly's union is that, having lost her own mom, Beverly considers Brian's 90-year-old mom to be her mom.

Beverly doesn't claim to be a political or social expert. But when you combine her intelligence, life experience, and observational skills, there's a solid reckoning of a beautiful woman who has accrued a wealth of wisdom. Let's commit to taking a Beverly Johnson type of pledge so that we can emerge from a challenging 2020 - wiser, more compassionate people. Love, understanding and empathy have enormous healing power. 🌱

Beverly is engaged to be married to Financier, Brian Maillian, about whom she says, "Finding the love of my life at this point in my life has been amazing."

Brian Maillian and Beverly



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For more than 20 years, Danielle Peretz has lived, worked and volunteered in Studio City. During that time, she has bought, sold and renovated countless homes while providing real estate investment services for builders and luxury developers across Los Angeles. While she has been very involved in the Studio City, Sherman Oaks, Encino, West Hollywood and Hancock Park communities, she has years of experience all over the city. Understanding that buying or selling a home is among the biggest financial decisions an individual will make, Danielle goes above and beyond for her

clients, helping them navigate each challenge and opportunity while helping them navigate each challenge and opportunity while ensuring they are relaxed and informed every step of the way. Whether assisting a first-time buyer or seasoned investor, Danielle has proven a caring, tenacious advocate who makes her clients' satisfaction her top priority—and never settles for less. When she's not representing clients in real estate, she enjoys spending quality time with her family, traveling, volunteering with the local schools and playing golf.

DANIELLE PERETZ

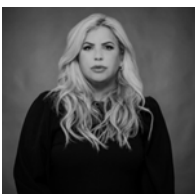
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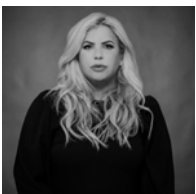


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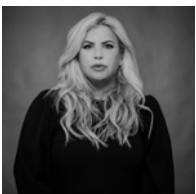


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Treating Wounds with Hyperbaric Oxygen Therapy

“I spent 3½ hours a day in a pressurized chamber 60 times this year over the course of 2½ months,” says Joe Cabral, Thousand Oaks resident, community activist and retired CEO, “I could actually feel the progress of my wounds getting better.” Joe credits his remarkable healing to Dr. Mark Suski and the Center for Advanced Wound Care Healing at Los Robles Health System. Joe 71, was suffering from the side effects of radiation treatment for prostate cancer when his physician referred him for hyperbaric oxygen therapy. Joe had his prostate removed in 2004, followed by radiation treatments. While he did not show any signs of cancer in 2018, the radiation treatments took a toll on his body. He was feeling the painful effects of urinary retention, which included passing scar tissue.

Initially, Joe underwent Artificial Urinary Sphincter Surgery (AUS) in July 2019, which appeared to solve the problem, but the results lasted only a short time, and Joe was back where he started and in enormous pain in late 2019. That’s when his physician referred him to Dr. Suski.

“Joe was a good candidate for the treatment,” says Dr. Suski. “He had radiation induced cystitis, a side effect of radiation therapy with subsequent destruction of the normal lining of his urinary bladder.” The treatment involves lying in a pressurized chamber for 90 minutes breathing pure oxygen. Treatments are referred to as dives, because of the pressurization process which feels like you are going down under the water or descending during a flight. The pressure helps the body


to deliver more oxygen to the blood. More oxygen causes better healing and fights infection.

“The treatments were long, but I got used to them quickly and the people who took care of me were unbelievable,” says Joe. The chamber is actually clear and roomy, so patients are surprised when they don’t feel claustrophobic. “It wasn’t bad at all,” says Joe. “It’s amazing – the results of the wound treatment have been nothing short of remarkable.”

“Hyperbaric oxygen therapy is incredibly effective for certain wounds that cannot heal,” says Dr. Suski. Air pressure is increased to three times higher than normal – in these conditions, lungs gather more pure oxygen than would be possible under normal air pressure. Blood carries this oxygen throughout the body and helps to fight bacteria which stimulates the release of substances called growth factors and stem cells, which promote healing. “It is incredibly effective for diabetic patients who have wounds that don’t heal and other complex wounds as well” says Dr. Suski.

“I didn’t realize that Dr. Suski was chief of staff at Los Robles until I heard him being interviewed on one of Assemblywoman Jaqui Irwin’s online Covid-19 updates. He is such a caring and easy going guy. He and his entire staff really put me at ease.”

Today, Joe is feeling great. The pain is gone and he is back to doing what he loves most, being an active member of the community he has lived in for more than 40 years, playing Senior League softball, and spending time with his family.

“The folks at Los Robles – the doctors and the nurses and every single person that I came in contact with steered me in the right direction with confidence, comfort and safety in mind,” says Joe. “I am forever grateful.” 

To learn more about the award-winning care at the Center for Advanced Care Healing at Los Robles Health System, please call 805-370-4325, or visit [LosRoblesHospital.com/wound-care](https://www.LosRoblesHospital.com/wound-care).



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What We Lost and What We Saved in the Fire

By Magda Pescariu

The deadline reminder for this article stirred me from my summer slumber with a sudden jolt. The words ‘October-November issue’ stared at me from the screen baffling and purely nasty. It must be a mistake, was my first thought; we can’t be so close to the end of the year. I indeed wrote about the spring-summer season a while ago, but it seemed like only yesterday. What did just happen? It felt like someone had pulled my life out from under me, obliterating with no mercy the better part of this year. Getting to work, I flipped through the runway photos showing the **Fall-Winter 2020/21 Collections** with the weird feeling I was poring over ghosts from another life. The fashion shows that presented those looks to the world in February had unknowingly been the last of their kind. The images in front of me immortalized the last hurrah of an industry that had historically sworn by glamour, lavish exposure, discretionary decision-making, luxurious consumerism, deep interconnections, over-scheduled seasonality, and unforgiving pace. A shiver went down my spine. They were photos of *before*.

On high alert by the time the coronavirus pandemic spurred the biggest economic contraction since World War II, speeding changes that had been already dramatically happening in every sector, fashion - one of the biggest industries in the world - is forecast to contract by a third in 2020, and is now officially on red alert, which is elegant for ‘in a shambles.’ Faced with the dire consequences of an unprecedented humanitarian and financial crisis that hit both the supply and demand, fashion is just at the beginning of its struggle. Temporary or indefinite hiring freezes, store closures, job losses, order cancellations, decreased demand across channels, and the continued spending hiatus have generated a domino effect that led to a disturbingly unfamiliar landscape and a raw lie of the land.

But **fashion is, at the same time, just at the beginning of its reinvention.** Some of the changes we see were imminent before the pandemic - a growing antipathy toward



Eleanor Balfour
(Photo Courtesy of Eleanor Balfour)

unsustainable business models, the decline of the wholesale, a start on the seasonless design, an accelerated presence of the digital, as well as a newly-minted opening toward collaboration within the industry, where even ferociously competing stakeholders felt the need to share the burden.

So fashion is changing. It has to. There has to be a reset and reshape, a re-evaluation not only of the industry’s value chain but also of the values by which its people measure their actions. The fashion world has to rethink everything from how to be more creative and sustainable to how to preserve integrity, substance, and a progressive vision. In a rare joint statement issued by the British Fashion Council and the Council of Fashion Designers of America in May, brands, designers, and retailers were encouraged “to slow down and focus on no more than two main collections a year.” It was a first official admission of the “clear disconnect from when things arrive in-store to when



Alexander McQueen



Carolina Herrera



Alexander McQueen

the customer actually needs them” and of the out-of-control delivery cadence, reliance on markdowns, abundance of shows off the seasonal calendars and outside of core major fashion weeks, environmental impact, uncalled-for speed, and chronic stress.

When the pandemic hit like a giant ball of fire, global fashion was already facing a crisis of its own. As a global industry with the engines running at full power for as long as we can remember, fashion lost sight of its most important *raison d'être* – the emotional connection with the customer, which defines the essence of customer experience. Increasingly out-of-sync with weather patterns, with the joy of creativity, pride in the quality, the so-human need for optimism, fashion lost its flexibility and earnest curiosity, forgot to be kind and compassionate and stopped listening altogether to the conversations taking place worldwide. It's over, it kept telling us loud and clear, everyone please go home.

Therefore, the new challenge posed to the fashion world by the pandemic was not so much to survive and carry on as it was, but to go through this experience with humbleness, and emerge on the other side of it better. Whatever the fashion industry lost in the fire, and it did - a lot, once the dust settles we expect to witness **the revival of a more sensible fashion, more efficient, more educated, and much better connected with its customers.** That is, with us.

For we've been going through the same ravaging fire and still are, every day, under the same enormous strain of not knowing

our way out yet. The crisis is a catalyst that shocked into change not only industries, businesses, and environments but also lives and livelihoods. Busy with physical survival in a world fraught with political, economic, and social unrest, we prioritize the quantifiable and the immediate and forget the ineffable even though we're well aware that it makes the very fabric of our lives. Paying attention to seasonal fashion styles may seem off the point right now. But before we rush to dismiss it as shallow, it's worth confronting the elephant in the room - is fashion still relevant or even realistic in the post-pandemic world? Do the fall-winter trends set before the crisis, in live fashion shows staged for cheerfully mingling audiences oblivious to what would become the immutable rule of social distancing or the *new normal*, still represent us and the times we are living through? Do they have any sense of realness to them at all?

Because, let's face it, at some point in the coming months we are all going to wake up and walk out from the lockdowns and relaxation rollbacks into the post-COVID world as normal people, ready for a fresh start. We'll sort out what we lost and what we saved in the fire, and decide how we want to move on. We'll come to terms with



Shu Qi by Joshua Lin #ValentinoEmpathy

Photo editing by Dumitru Andrei | Photo Credits: Gorunway.com (Alexander McQueen, Photo by Filippo Fiori) * CarolinaHerrera.com * JilSander.com * Chanel.com



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the fact that while nothing is as it used to be, some things we came to value like never before – love, friendship, family, the human touch, the beauty we find in life, our emotions, our joie de vivre, the eyes through which we see the world, and all the things that make each of us unique. After months of isolation and boredom with nothing but a Zoom screen to dress for, we'll finally have to pick **what to wear to best illustrate our new narrative; what to wear to celebrate a rediscovered world of humanity, fragility, intimacy, beauty, and forgiveness.**

From all the **Fall 2020 designers' collections** photographed during the lockdown, the **#ValentinoEmpathy Campaign** stands apart by putting at its core precisely "the one emotion that shines through the brightest in this age of social distancing". Valentino's Pierpaolo Piccioli promoted equality using the humanity of individuals to depict their feelings and emotions, despite age, gender, race, and disposition. Fashion's biggest names starred in this campaign - willing to **illustrate how what**

makes us different from one another is what brings humanity together as one, and they have also donated their fees to the fight against COVID-19. Valentino brand donated what it would've spent on the shoot - one million euros - to Rome's Lazzaro Spallanzani Hospital.

To answer the obvious question: **what are the main fashion trends for the upcoming cold season,** I have to say that **common sense is the rule of thumb.** Good clothes do not have to be fashionable, in the sense of being the latest thing. They have, however, to be timeless. Creativity and lasting quality are paramount. The rest is imagination and reinvention of what we turn to for comfort, safety, and a sense of belonging.

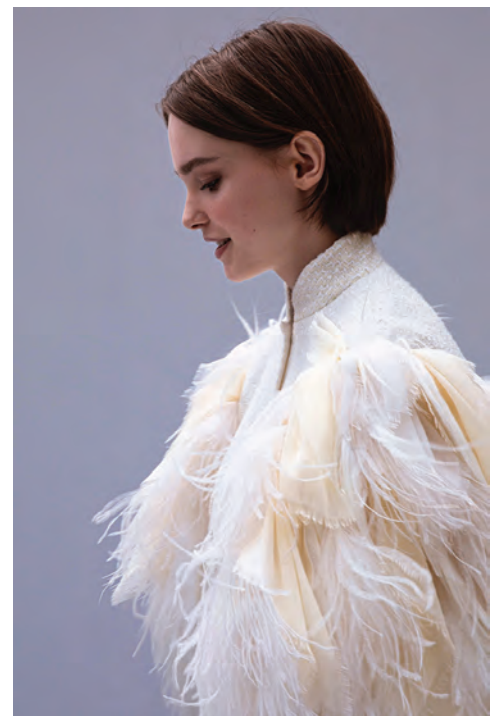
For the **Fall-Winter 2020/21,** we get to pick up the perfect dose of **Romantic, Playful, and Strong.** Nothing is new in the sense of unheard of. We know what **Romantic** means - **ruffles, fringes, capes, velvet, silver shimmering, Bohemian-chic.** We understand the escapism offered by **Playful** styles through **fantasy dresses, lingerie-on-**

the-outside sexiness, statement collars and sleeves, or sweet memories of childhood's dolls. And we've experienced many times before the empowerment provided by a **broad shoulder-line,** the sense of protection offered by **leather cladding,** the dignity put into effect by beautiful **long coats,** and the seduction of the **Dominatrix, Matrix or Biker** bravura. **Strong** will never go out of fashion. Nor will it cease to stand for our prevailing sense of humor, audacity, and avant-gardism.

Nevertheless, it's not over yet. We are still on the brink of collapse. We lost irreplaceable things in this crisis and this loss changed us forever. We barely fathom how the other side of it looks, and we aren't sure whether we are alone in this or we are all one. We've understood by now that we cannot continue to hear without listening, watch without seeing, speak without meaning, or touch without feeling. Not sure what's worth saving, some of us may just fold and quit, admitting defeat. Some may continue the unrest - unsure what they fight for and why. Some may continue to believe that two wrongs make a right. Some may take the risk to save the healing recipe of forgiveness. Nothing more than fleeting glimpses of things in between.

There is only one way to look at the world and see the image of *after*. It shows the life-changing power of defining humanity, at last, for oneself.

Some of us will find this way. 🔥



Chanel

There is only one way to look at the world and see the image of *after*. It shows the life-changing power of defining humanity, at last, for oneself.



ADDRESSING AFRICAN GREAT APE EXTINCTION

BY DIANA ADDISON LYLE

2020 has been a year of shock and reflection. Crises are not wasted if we – as a human race - emerge from them wiser, more humane, and resolved to change our behavior. Bringing exotic wild animals into wet blood markets in China and elsewhere in the world - has been a systemic recipe for disaster. Wild and domestic animals should never endure the harrowing conditions that we've imposed on them. The stress it induces in these terrified creatures compromises their immune systems – and diseases can and do cross over from animals into humans when we slaughter them mercilessly for our consumption.

Chimpanzees, Gorillas and Bonobos are the animals closest to us genetically. In 2020, the IUCN (World Conservation Union) forecasts that at our current rate of decimation, we stand to lose these African Great Apes completely in the wild. They are hanging on by a thread to the few equatorial tree branches we've allowed them to keep.



Dr. Jane Goodall

CHIMPANZEES

African apes are largely confined to the forests of Equatorial Africa as their last remaining stronghold. Chimpanzees are extinct in four of their 25 range countries - Gambia, Burkina Faso, Togo and Benin - because they've been extricated from their habitats, and slaughtered for human consumption. We've also burned down and cleared much of their pristine forest habitat for domestic farming, logging and mining. Where they numbered 1 million at the turn of the 20th century, today it's estimated there are 172,000-300,000 chimpanzees remaining in the wild. Current trends indicate that African ape populations will decline by an additional 80 percent in the next 30-40 years. We have a generation and a half - possibly two - to alter the trend.

BUSHMEAT AND ILLEGAL EXOTIC PET TRADES

The commercial bushmeat and illegal exotic pet trades give poachers incentives to kill even nursing mothers. Infectious diseases such as Ebola Virus, to which great apes are inherently more vulnerable as their numbers decline, may become as serious a threat as we have seen. It's harrowing to watch wild animals cramped into tiny cages at wet blood markets - awaiting the deaths that they know are coming. Veterinarians concur that the stress they endure in environments like that make them highly susceptible to disease.

AFRICA'S ARMED CONFLICTS

Armed conflict often leads to environmental destruction. Africa's wars are often in the heart of the great apes' habitat, and as the soldiers move in with their automatic weapons, and slash and burn tactics, the great apes are confronted with death and heightened stress levels.

POLITICAL CORRUPTION AND HEARTLESSNESS

Corruption and bribery supersede laws. Poor people are paid large sums of money to turn a blind eye to the protection laws for the animals. There are also political leaders who don't enforce laws that should be applied, and in some cases, countries in Africa and Asia simply ignore the existent laws. Profit and greed have ways of sweeping aside laws and protections.

HUMAN POVERTY

When a country concentrates on wealth acquisition for a few elite people - and when they ignore the staggering scale of poverty and

By working with conscientious community members, Dr. Goodall believes that she has a far better chance of holding law enforcement accountable to uphold the laws surrounding illegal wildlife trafficking.

disease amongst their people, the root of ape extinction has little chance of being addressed. When you combine human population growth with systemic poverty - where a person will eat anything to survive - there is no foundation for change.

THE PERFECT STORM

Economic disparity and desperation, political cruelty where there is inhumane indifference to the suffering of people and animals, unchecked political corruption, conflict and wars, lack of education, and little community involvement in managing natural resources - all create a perfect storm for the extinction of species.

DR. JANE GOODALL

Dr. Jane Goodall is the world's most highly regarded, tireless expert on great apes, particularly chimpanzees. She has adopted the "triangle approach" which relies on effective cooperation and interplay between three entities: environmental education programs, law enforcement, and sanctuaries. Her efforts to stop the trafficking of chimpanzees in Africa is a never-ending battle, but of all people, she has effected the greatest change. She says:

"This illegal practice often begins with a deadly hunt, during which several members of a chimpanzee group are killed by poachers, often for meat or to sell at market. The infants of the group are then sold into the pet trafficking trade, facing short, painful and lonely lives as exotic pets or 'entertainers'".



By working with conscientious community members, Dr. Goodall believes that she has a far better chance of holding law enforcement accountable to uphold the laws surrounding illegal wildlife trafficking. Once alerted to the presence of a pet chimpanzee in a village, law enforcement officials are then able to seize the chimpanzee from the owner, and charge the owner with a crime if one has been committed.

Acknowledgments: www.janegoodall.org.uk

Baby Gorilla in equatorial Africa. Photo by Scott Blatt





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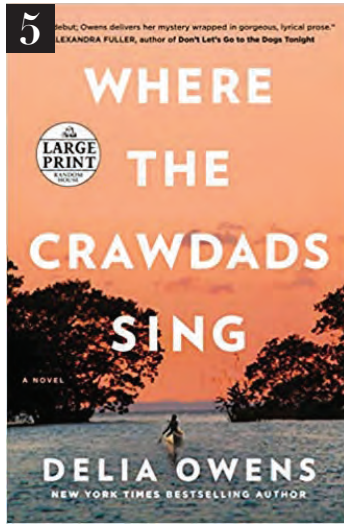
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Floral print scoop-neck top. ¾ sleeve. Figure-hugging beauty. \$39.50. Available at bostonproper.com

4. CALIFORNIA REAL ESTATE
Always a great investment: California Real Estate. Contact Sigi & Pam at Berkshire Hathaway Luxury Collection. 1155 Lindero Canyon Rd., Westlake Village. (818) 879-2999. www.sigipam.com Email: sigipam@sigipam.com

5. WHERE THE CRAWDADS SING
#1 New York Times Bestseller written masterfully by Delia Owens. The novel's main narrative opens in the marshland near the fictional town of Barkley Cove, North Carolina. Available on Amazon.com

6. RETROUVÉ DERMAL DEFENSE HAND CREAM
Enriched with sustainably grown avocado and glycerin, Dermal Defense Hand Cream by Retrouvé helps to combat the ravages of drying environmental conditions and rigorous hand washing to impart a soothing and moisturizing feel. Available at RETROUVE.COM



7. SPA RELAIS

Spa Relais, the Westlake Village Inn's world-class retreat, is inspired by the great spas of Europe. The property includes a 25,000-square-foot luxury spa, a fully equipped gym, a magnificent pool and two lounge areas, a health-conscious café, and a 14-suite boutique hotel. Reservations: Westlakevillageinn.com (818) 889-9105. 32037 Agoura Rd., Westlake Village.

8. WILD MUSTANG PHOTOGRAPHY

Wild mustang photography on canvas, framed with reclaimed barnwood. Perfect for your home. Custom sizes available with over 500 images online. WildMustangDaniel.com (818) 679-5709.

9. NINA SEGAL

Soften things up with this beautiful selection, available at Sharon Segal Nina Segal in the Westlake Promenade at 160 Promenade Way Ste E, Westlake Village, CA 91362 (805) 777-7019 Visit us at @ninasegaljewelry and ninasegal.com for more amazing pictures and beautiful jewelry!

10. MAMMOTH MOUNTAIN

Looking for that perfect mountain home? Mammoth Mountain is so accessible and it's a beautiful winter and summer haven. Call Tammy Hooper: (760) 937-7300. Tammy@rockstarrealestate.com

11. MALDIVES

Visit the exotic Maldives and have dinner at an undersea restaurant located 16 feet below sea level at the Conrad Maldives Rangali Island in Alif Dhaal Atoll in the Maldives.

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Is There a Magic Number for Retirement?

By Ray DiBartolomeo

We all know the value of saving for retirement, but how can you determine when you've saved enough to comfortably retire? You may have heard financial experts speak of the "magic number" for retirement, however, as the world has evolved and people are living longer, the magic number is not the same from person to person. Many people are seeking to uphold the same lifestyle that they enjoyed pre-retirement. Not everyone retires at 65, and individuals have differing goals after retirement, so therefore, the amount you need to save may be quite different from that so-called "magic number."


When it comes to retirement savings, many Americans miss the mark. On average, Americans believe they need \$1.7 million to retire, according to a recent survey from Charles Schwab, which looked at 1,000 401(k) plan participants nationwide. In fact, "that's a pretty good number if you average out age and median salary across the U.S.," said Nathan Voris, a managing director at Schwab Retirement Plan Services. However, "the bulk of folks do not get there," he said. More than half of those polled are contributing 10% or less of their salary to their 401(k) – their largest source of retirement savings – with an average annual contribution of \$8,788, Schwab found. That's a good start, but may not suffice for most savers, especially if you start saving for retirement later in life.

Factors such as Inflation, age of retirement, health care expenses, and your family health history (which can help determine life expectancy) can all be vital determinants in the amount you can estimate needing during the retirement years. For instance, many people fail to factor in inflation as it relates to the rising costs of goods and services and how that can affect their portfolio's value thirty or forty years down the road. This is one reason a client may consider tolerating a bit more risk earlier in their investment journey and then gradually lowering risk as one gets closer to retirement years.

The magic number you see most frequently is 6%. This means that you can safely extract 6% from a retirement nest egg and not run out of money. If 6% is the safe number, then you need \$100,000 of capital for every \$6,000 of annual income. Also, keep long-term health expenses in mind. It is estimated that the average couple will need to budget close to \$300,000 after tax in today's dollars for their health care needs post-retirement. If you decide to retire before the age of 65, then you will also factor in the additional cost of coverage you will need prior to being eligible for Medicare.

Individuals also must think about saving versus investing. Simply



saving money will not allow it to grow significantly. Typically, people set a contribution amount for their 401(k) account, and then don't adjust or pay attention to it after that point. In order to see significant growth, you need to actively manage it and oftentimes switch strategies. This is where a registered investment advisor or wealth manager can help. Also, consider looking beyond a 401(k) and creating an IRA or brokerage account, which could prove more advantageous and flexible. 



At Ironcrest Capital Management we help to guide all of our clients in the right direction. Go online to www.IroncrestCapitalManagement.com to schedule a WebEx consultation or email us with any questions. Your magic number maybe closer than you think!

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Maldives

2021 RESTORATION

Do you need to EXHALE? The Maldives is one of the most beautiful places in the world. This collection of pristine islands is dotted in the Indian Ocean across the equator. Its powdery white sands are legendary, as are the crystal clear lagoons that teem with colorful marine life. Lured by the rich nutrients that flow in with the currents, large pelagic fish such as manta rays – call the Maldives their home. From Ibiza-style chic to classic luxury, the Maldives has all bases covered when it comes to premium resorts. Fly into Malé Airport – and let the healing begin.

Islands





OVERWATER VILLAS - KOODDOO ISLAND, MALDIVES

This stunning white-sanded beachfront resort has overwater villas that surround you with dreamlike aquamarine water and an array of colorful marine life. If water soothes you, immerse yourself in this gloriously beautiful environment.

CONRAD MALDIVES RANGALI ISLAND & THE ITHAA UNDERSEA RESTAURANT

Ithaa, which means mother-of-pearl in Dhivehi, is an under-



The Ithaa Undersea Restaurant

sea restaurant located 16 feet below sea level at the Conrad Maldives Rangali Island in Alif Dhaal Atoll in the Maldives. It is the first undersea restaurant in the world.

FINOLHU: CHIC STYLING AND OVERWATER VILLAS

Located in the UNESCO World Heritage-listed Baa Atoll, the 5-star Finolhu resort is a vibrant playground for chic styling with the Ibiza-style beach club 1 OAK. Overwater villas offer retro-style luxury.



Tropical beach resort of Maldives





SHANGRI-LA VILLINGILI RESORT & SPA

This all-villa boutique-style resort with a luxury spa is situated on 5 miles of gorgeous coastline with perfect white baby powder sand. It also offers 6 bars and restaurants and a 9-hole golf course.

MÖVENPICK RESORT KUREDHIVARU MALDIVES

Situated on the private Kuredhivaru in the Noonu Atoll with overwater wooden pathways leading to thatch-roofed villas, this is a divers paradise set on white sand with sapphire waters. Spectacular sunsets cushion the end of your activity-charged day. Each villa gives you a floating-away feeling on a glistening lagoon.



KANUHURA

Considered one of the most exclusive, leading hotels in the world, the Kanuhura is very intimately private (think honeymoon) with an award-winning spa and world-class dining. It even has a marooned restaurant that is only accessible by boat. This deluxe, atmospheric paradise is truly spectacular.

The Maldives is a multi-cultural treat worth planning for 2021 or 2022. The traditional cuisine is based heavily on fish and coconut, with several dishes that have no parallels anywhere else. Visitors are requested to treat the environment respectfully by not standing on, touching or removing coral structures while snorkeling or diving. 🌊

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