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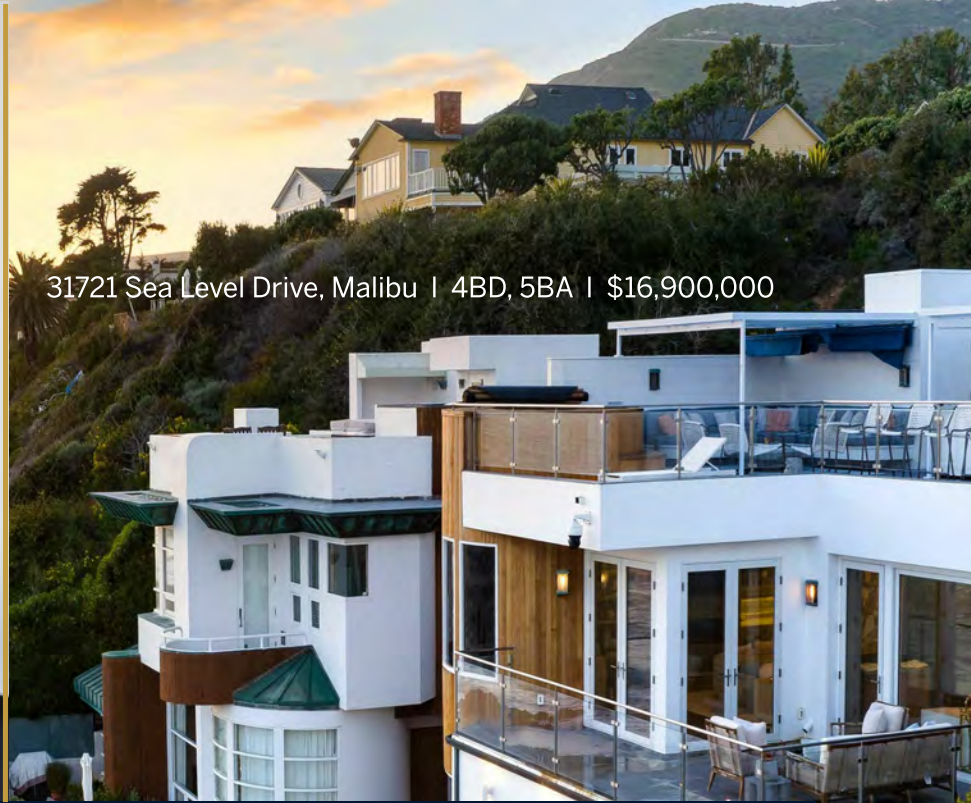
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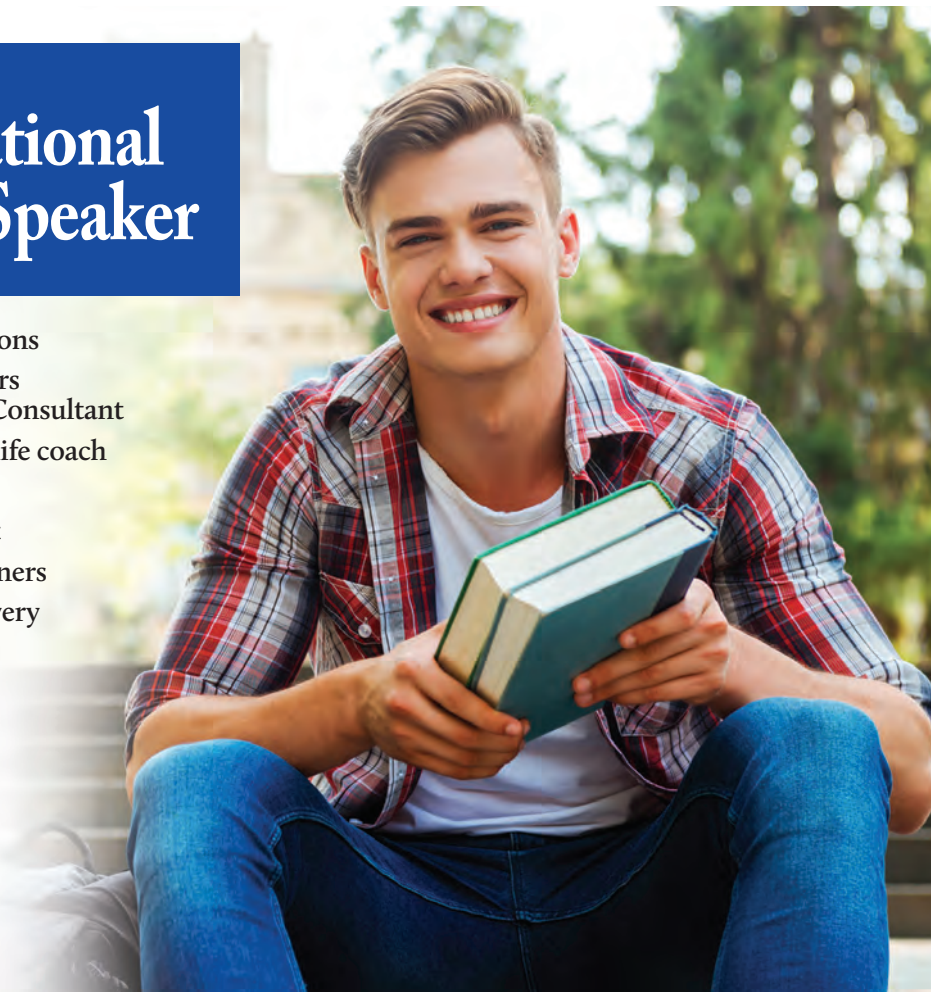
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We are so grateful to Brooke Shields for sharing so much of who she is with us in this special August September 2024 Cover Story. The poise and dignity she possessed as a mega famous child star still shines on, as does her intelligence and emotional maturity. Brooke covers so many vital topics in our interview, and we hope you enjoy getting to know her as much as we enjoyed our conversation with her. This famous beauty shows us by her words and deeds a value system that is an inspiration (page 74).

With the Paris 2024 Olympics underway we give you some insight into the greatest female swimmer of all time, Katie Ledecky, who has won more individual Olympic races than any female swimmer in history. Her book, *Just Add Water*, has just been released, and these words from the Olympic champion sum up why she is so respected: "Swimming has rendered me into someone I wouldn't be otherwise. Long after another swimmer breaks my records, I'll still have the benefit of being raised in and by the pool. I hope my tenacity outlasts any blip of athletic fame. That would be the gift of a lifetime." (Page 62)

In our Scenearound section, we cover the 2024 Cannes Film Festival (page 24), which honors some of our greatest artists, and we also take you to the 2024 Oaks Christian School Dinner Auction Gala – a star-studded occasion (page 40).

Our property section on page 94 highlights a lifestyle that is incomparable in southern California. There are strong reasons we choose to live here.

In Localscapes (page 112) we take you to the Rosewood Miramar on the American Riviera in Montecito. A Forbes Travel Guide Triple Five-Star hotel and spa, it is situated on one of the most pristine beaches in the region and offers 153 ultra-luxury guestrooms and suites, including beachfront accommodations.

For those of you who have college children enjoying their remaining time at home, we wish you special family time together, and for those of you saying goodbye to young men and women going off to college, may their exciting new launch help your transition into this next chapter.

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# POLO I

SANTA BARBARA POLO AND RACQUET CLUB • MICHELLE LAUREN PHOTOGRAPHY





# IN Paradise



Lucas Escobar of  
Antelope Polo Team &  
Rob Stenzel of Mokarow  
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Antelope Polo Team



The Santa Barbara Polo and Racquet Club's 2024 Polo Season is in full swing, with exciting tournaments and events showcasing some of the most talented polo players from across the globe. With a record number of teams and players participating at every level, this season is one of the most memorable in the club's history.

This world-class destination for polo players and enthusiasts produces top-tier competition with the stunning backdrop of the Santa Ynez Mountains and the Pacific Ocean. The full 2024 Season schedule can be found online ([sbpolo.com](http://sbpolo.com)). The pinnacle High Goal Series takes place throughout July and August, and the closing out season is the 8 Goal Series in September and October.

Spectators can watch polo on the fields all weekend long, starting with the Friday Happy Hour match at 4 pm, followed by Saturday matches (times vary, check website), and culminating with Sunday Polo at 3pm. The Club also offers polo lessons and clinics at their Polo Academy and will host a variety of social events and happenings throughout the season.

Doors open for Sunday Polo at 2:00 p.m., when guests can arrive early and enjoy drinks and food at the Polo Grill. At 2:30 pm, the crowds gather for the Pony Parade, the singing of the National Anthem, and team introductions, which all lead up to the ball throw-in to start the match at 3:00 p.m. Sunday Polo is open to the public and

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Spectators enjoying a post tournament kiss



Folded Hills/Zahedi Chogan Polo Team - from left Will Busch, Sy Zahedi, Santi Wulff & Juan Curbelo



Spectators enjoying the Sunday polo match

General Admission tickets start at \$30, with a variety of seating options.

Elevate your Sunday Polo experience and reserve a Luxury Cabana for up to 10 guests, or host your own party in one of our fieldside Tents, which can accommodate groups, large or small.

For those celebrating a special occasion or have groups of 10 or more, the Club offers a variety of special VIP accommodations from which to choose.

The Polo Grill - the Club's fieldside restaurant - offers a front row seat to Polo in Paradise, and a menu featuring California cuisine classics, as well as a curated selection of local wine & beer, and craft cocktails. The Polo Grill is open Fridays (Happy Hour Match) 3 pm-6 pm, Saturdays from 12pm - 2pm and Sundays starting at 2pm for the main match. For more information call (805) 617-0808. [sbpolo.com](http://sbpolo.com)



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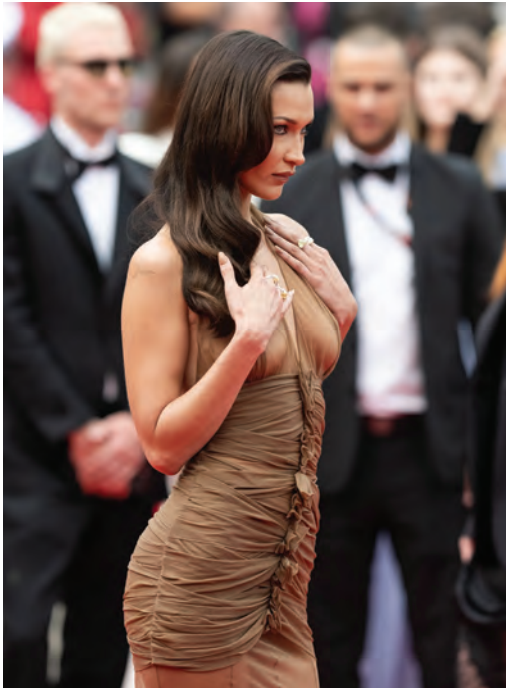
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# 2024 Cannes Film Festival

The prestigious Cannes Film Festival on the French Riviera is soaked in glamor and star quality and this 77th year celebration was a particular highlight. Sean Baker's 'Anora' won the coveted Palme d'Or, the Festival's top honors. The win for Baker's freewheeling film about a stripper and the son of a Russian oligarch became the fifth consecutive Palme winner to be distributed by Neon, which previously handled 'Anatomy of a Fall,' 'The Triangle of Sadness,' 'Titane' and 'Parasite.' (Continued on page 26)



**Bella Hadid**  
Samir Hussein/WireImage



**Giancarlo Esposito, Laurence Fishburne, Nathalie Emmanuel, Francis Ford Coppola and Adam Driver at the Cannes film festival**  
JB Lacroix/FilmMagic via Getty Images



**Naomi Campbell**  
Lionel Hahn/Getty Images



**Pia Wurtzbach**  
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**Zoe Saldana**  
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# 2024 Cannes Film Festival

(Continued from page 24) Demi Moore's movie, 'Substance' won much attention, as did Kevin Costner's movie, 'Horizon: An American Saga' – which yielded a moving standing ovation for the star. Mohammad Rasolouf's searing Iranian drama 'The Seed of the Sacred Fig,' Payal Kapadia's day-in-the-life Mumbai portrait 'All We Imagine as Light,' won critical acclaim.



**Demi Moore**  
Samir Hussein/WireImage via Getty Images



**Michelle Yeoh**  
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**Elsa Hosk**  
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**Ella Fanning at the Closing Ceremonies**  
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Franklin, TN



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# Kevin Costner

11-Minute Standing Ovation at Cannes



Kevin Costner Attends Cannes with 5 of His Kids  
 Photo: Stephane Cardinale, Corbis/ Getty Images

**A**ctor and filmmaker Kevin Costner was monumentally rewarded for his efforts as an independent filmmaker when an appreciative 2024 Cannes Film Festival audience gave him a rousing 11-minute 40-second standing ovation for his new movie ‘Horizon: An American Saga’ at the Grande Theatre Lumiere.

The epic Western movie is a personal project that has been sacred to Costner, and it’s been in the works for over three decades. The three-hour movie is the first chapter of a planned four-part series directed by and starring Costner, who soaked in the applause along his fellow stars including Sienna Miller, Alejandro Edda, Jena Malone, Abbey Lee, Georgia MacPhail, Ella Hunt, Isabelle Fuhrman, Wasé Chief, Luke Wilson and Costner’s son Hayes Logan Costner.

Rumor has it that Costner mortgaged his Santa Barbara estate to fund his epic film project. Regardless, the visibly emotional ‘Yellowstone’ star said that the ovation was a moment he will never forget.





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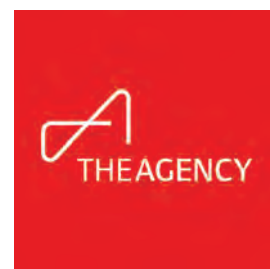
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# Ra-fa the Tennis Legend

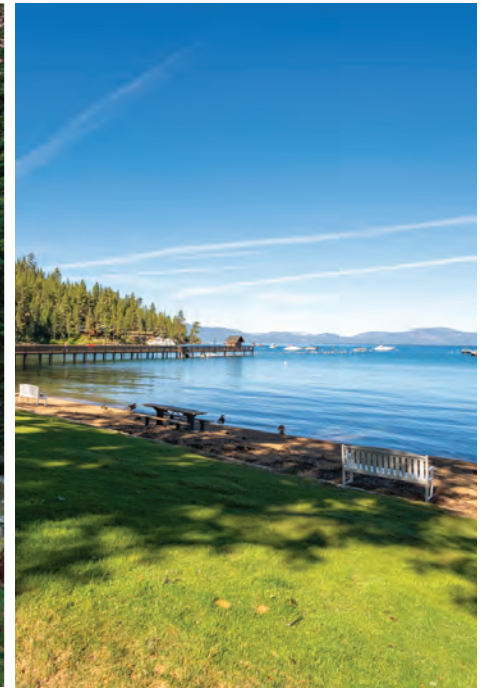


Spain's Rafael Nadal clenches his fist after scoring a point against Germany's Alexander Zverev during their first round match of the French Open tennis tournament at the Roland Garros stadium in Paris, Monday, May 27, 2024.  
(AP Photo/Thibault Camus)

**A**n adoring crowd of 15,000 people roared their support for Spanish tennis legend, Rafael Nadal, at the French Open at Court Philippe Chatrier in Paris recently. The 22-time grand slam champion and 14-time French open champion walked onto the court with a chorus of “Ra-fa! Ra-fa” from an adoring crowd whose appreciation was seismic as he powered forward with his signature topspin lefty forehand, his two-fisted cross-court backhand, and his perfectly placed volleys.

But the King of Clay’s 38-year-old body and his recent injuries that have plagued him, contributed to him struggling against his opponent, Alexander Zverev. Heartbreakingly, he said after his loss in the first round that he was at peace if this was his last French Open. Rafael Nadal has dominated the French Open for 20 years – winning his first title at age 18 – and so it’s no wonder that the crowd showed such visible emotion towards their much-loved player.





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# Millie Bobby Brown + Jake Bongiovi

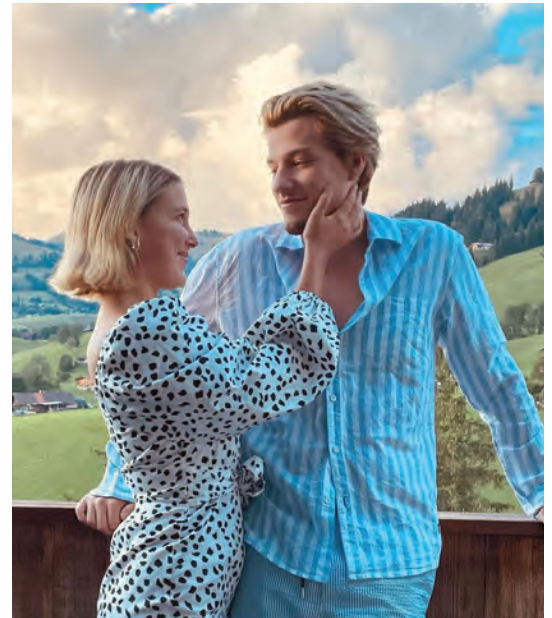


(LEFT) Jon Bon Jovi. (RIGHT) Son Jake Bongiovi and wife Millie Bobby Brown.  
MAGOZUMA Wire Billy Bennight, IMAGONurPhotoImage Press Agency

**T**he super talented British actress Millie Bobby Brown tied the knot on May 24 this year with fellow superstar Jake Bongiovi, who is the son of legendary musician Jon Bon Jovi. We love this young love story, and the couple's sparks are lighting up the world. Their romance began in 2021 and first became public at the 2022 BAFTA Awards. In April 2023 they announced their engagement before tying the knot very privately in spring this year. Destined to be together, they are journeying with ultra-supportive families as their bedrock. Just over a year ago, Jon Bon Jovi told Andy Cohen, "Millie is wonderful. Jake is very, very happy."

Millie gained worldwide recognition for playing Eleven in the Netflix science fiction series *Stranger Things*, for which she received nominations for two Prime-time Emmy Awards. She also starred in the monster film *Godzilla: King of the Monsters* and its sequel, *Godzilla vs. Kong*. Jake is known for *Sweethearts* and *Rockbottom* (2024).

Jake has two older siblings, Stephanie and Jesse, and a younger brother, Romeo. Jon Bon Jovi and his wife Dorothea Bongiovi made sure to shield their brood from the public eye, and they grew up in Jersey like regular kids. So successful were the parents at ensuring a normal life that Bon Jovi commented to *The Guardian* in 2021, "There are no platinum records hanging anywhere in my house. The trappings of rock stardom were never a part of my home...My kids weren't quite sure what I do." 🌿



Jake Bongiovi's Instagram



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# Oaks Christian School Dinner Auction Gala

Oaks Christian School held their annual dinner auction gala at the Beverly Wilshire Hotel in late spring. The school's premier night of philanthropy and fellowship returned a second time to the iconic venue with over 500 guests in attendance to enjoy a night featuring Motown legend Diana Ross and celebrity emcee Jay Leno. Themed "One Shining Moment," the inspiring evening raised funds for all OCS programs through the live auction, the online auction (setting a record at \$126,000 raised), sponsorships and table sales. The three biggest live auction items were a Los Angeles Rams VIP package for \$50,000, a pair of adorable 10-week-old Australian doodle puppies for over \$50,000, and several tours of Jay Leno's Garage (with his classic car and motorcycle collection) which totaled over \$50,000.



Diana Ross. Photo by Jacob Giampa/Shutterstock



Rams Wide receiver Colby Parkinson and Jay Leno. Photo by Cornerstone Photography



OCS Student performer Hannah Lowe. Photo by Cornerstone Photography



Brenda Alibrandi with Peyton Freeman and Eli Freeman. Photo by Cornerstone Photography





Former NFL player Keyshawn Johnson and wife Jennifer with Chris and Michele Martin. Photo by Cornerstone Photography



Actor Kris Polaha and wife Julianna. Photo by Cornerstone Photography



Dr. Aaron and Mrs. Stacie Shakarian. Photo by Cornerstone Photography



Dennis Quaid and wife Laura. Photo by Victoria Griffith



Auctioneer Jim Nye and Jay Leno. Photo by Cornerstone Photography



# Matthew McConaughey and Camila Alves

Pantalones Tequila



McConaughey and Alves played croquet without their trousers.  
Courtesy Fox News

**M**atthew McConaughey and Camila Alves are a married couple who know how to have fun. While promoting their joint venture, Pantalones Tequila, they donned their sports gear — purposefully leaving off the pantalones component. Alves stylishly wore a white collared button-up shirt with an orange patterned sweater vest over it, and McConaughey looked dapper in a three-piece brown suit and matching top hat. McConaughey and Alves shared the photo on Instagram and the humorous responses were lighthearted and clever. The couple launched their tequila company in 2023 and their carefully crafted advertising campaign is centered around their central theme, “We’re precious about our tequila, not our pants.”

So far, they’ve taken over pickleball courts, croquet lawns, and their branding is set to continue to appear in the same places that wine connoisseurs gather.

“While we’re all for being passionate about tequila, we wanted to remind people that, above all, it’s meant to be fun,” their press release said. “That’s where the name Pantalones came from and that’s why you won’t see us wearing any.”



# Modern Malibu Retreat



7120 Grasswood Avenue, Malibu, CA | \$7,199,999 | 5 BR, 5 BA | Approx. 4,697sf

Discover the epitome of Malibu living at this secluded estate; a timeless masterpiece designed by architect Sam Tolkin in 1974. Situated on over 1 acre of meticulously manicured grounds, including lush lawns, vibrant gardens, and a fruitful orchard, the residence offers a sanctuary of tranquility and exclusivity. With panoramic mountain vistas and an expansive lap pool, the property seamlessly blends indoor-outdoor living. Refined wood and bamboo floors grace the open floor plan, creating a sense of warmth and elegance.

Whether hosting gatherings or finding solace in the sumptuous primary suite, every moment is imbued with luxury and relaxation. An ode to Malibu's coastal lifestyle, this property embodies refined living in a setting of unparalleled beauty and seclusion.

**Contact me today** to transform your luxury listing dreams into a reality!



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# Elizabeth Smart

Abductee to Activist and Advocate

**M**ost of you will remember Elizabeth Smart, the 14-year-old girl abducted at knifepoint from her bedroom inside her family's Salt Lake City home in 2002. She was held captive for nine months while her desperate parents agonized trying to find their daughter. Miraculously, Elizabeth was found and rescued by police officers on a street in Sandy, Utah in March 2003. The trauma she suffered was beyond most people's comprehension. Since then, Elizabeth has turned her nightmare into society's gain by becoming one of the strongest advocates for children and missing persons. Her valuable work as a profoundly knowledgeable activist and advocate is an inspiring reversal of circumstances: the child victim has become a powerful champion for human rights, and the work she does is immeasurably important for society. The courageous Elizabeth Smart has triumphed since her ordeal.

In 2006, Smart spoke before the United States Congress to support sexual predator legislation and the AMBER Alert system. Soon after, she spoke at an event held following the signing of the Adam Walsh Act. Smart was one of five recovered young adults who contributed entries to the 2008 book *You're Not Alone*, which was published by the U.S. Department of Justice. In 2009, she spoke at the 2009 Women's Conference in California (hosted by Maria Shriver) on the topic of overcoming obstacles in life. In 2011, she founded the Elizabeth Smart Foundation, which aims to bring hope and end the victimization and exploitation of sexual assault through prevention, recovery, and advocacy. In 2011, ABC News announced that she would work as a commentator - focusing on missing persons.

Most recently, Elizabeth Smart helped Tanya Kach share her story on Lifetime TV, and her words on Instagram were powerful:

"Sharing stories is important because it helps us learn, grow compassion, and reexamine ourselves and how we pass judgement on those around us. Do we really know another person's circumstances well enough to say, "they should have done ..." or "I would never do ....." Tanya's story is one of those stories that helps teach us about the vulnerability of children, grooming, the grit to survive, and the force of will it takes to reclaim one's life." 🌱







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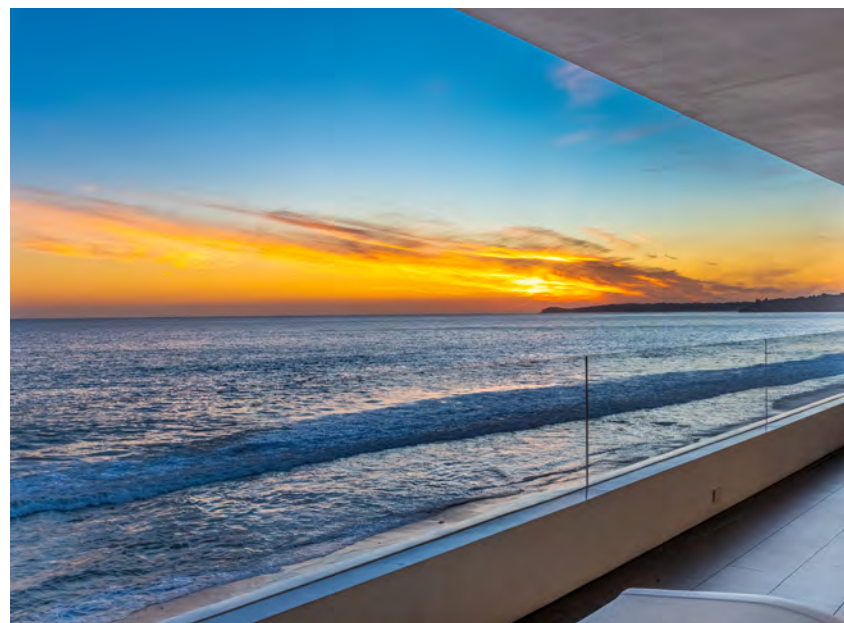


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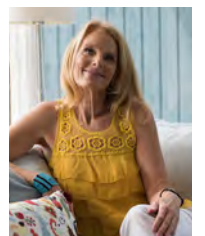






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# THE TAYLOR BEACH HOUSE

25004 Malibu Road | 4 bed | 5 bath | 4-car gallery garage | \$35,000,000

The Taylor Beach House, originally known as the McDaniel Residence, has a rich history of architectural significance and a story of preservation and rejuvenation. Designed by Jerrold E. Lomax, FAIA, in the 1970s, it stands as a testament to modern-minimalist ideals. It is characterized by clean lines and an open layout that maximizes natural light and scenic views of Malibu's coastline. The house underwent a transformative renovation process under the stewardship of Zoltan Pali, FAIA, a protege of Lomax and a distinguished architect in his own right. One of the key elements of the renovation was the optimization of natural light within the space. The result is a revitalized Beach House that pays homage to its architectural heritage while embracing contemporary design principles. Despite the extensive changes, the essence of Lomax's original vision remains intact, making it a fitting tribute to his legacy. For more about this property, go to [www.25004maliburoad.com](http://www.25004maliburoad.com)





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Home appraised at \$5.1M Dec. '23. This is a dream home for anyone that wants turn-key quality with style and views! A terrific weekend country escape from Los Angeles with four of the five bedrooms with en-suite bathrooms. Magical, one-of-a-kind gated estate offering new contemporary design and luxurious amenities. This elegant masterpiece was newly built from an existing structure by renowned interior designer, Erinn V., to the absolute highest standard including a new pool & spa, upgraded concrete septic, copper plumbing, electrical/Audio-Visual, custom windows, solid wood doors, Baldwin Estate hardware, Viking appliances, Monogram wine-refrigeration, steam shower and Rohl plumbing fixtures. Marble countertops & fireplaces, wide-plank white oak flooring and more. This one must be seen to be experienced with stunning views from every window. Located in a prestigious equestrian neighborhood, private arena just 50 feet away and miles of riding & biking trails accessed directly from the property. Room for a barn and ring, enlarge the guest house or add additional garages for a collector on the nearly 3 flat acres. Sitting just above Thousand Oaks in Santa Rosa Valley in a hidden celebrity enclave. Minutes to shopping & dining in Westlake and 50 minutes to Beverly Hills. Views of the surrounding rolling hills and afternoon ocean breeze coming through the hills add to the incredible ambience of this quiet, private oasis. Malibu and Montecito can be reached in 45 mins. Great schools locally for children. Safe, quiet and easily accessible to the private airport in Camarillo in 20 minutes. The fully-fenced property includes a 300+ tree Avocado orchard, a handful of citrus trees and the soil is prime for growing wine grapes. Neighboring vintner's are producing 95 point wines. Available to be sold fully furnished.





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European estate where romance mingles with California magic! Located on over 23 acres, located behind private gates high above the Wood Ranch Country Club, this palatial Tuscan-inspired villa captures 360-degree sunlit views from every window across lush lawns on its lot situated as the crown on its own hilltop. Classic architectural elegance is revealed from the grand foyer, archways and volume ceilings and rich inlaid flooring. The superb resort-size backyard seems to be at the top of the world, enjoying a resort-style infinity pool and spa, private one acre LAKE, nature preserve, space for a helipad, TWO separate 5 car detached garages PLUS 60x 40 foot workshop, separate guest house, outdoor entertainment barbecue center, fruit trees, lush landscaping and circular stamped drive gracing the entrance. Originally located on the land that was a ranch owned by the Wood family who developed Wood ranch, this property enjoys membership in Wood Ranch Country Club without cost as a benefit of home ownership. No HOA rules govern the residence- but owner pays a monthly amount for road and gate maintenance. The master bedroom suite located upstairs is a separate wing with his and hers closets and a luxury bath. 5 gas fireplaces in main residence and one in guest house. There are 4 bedrooms and seven bathrooms in the main residence. There is an attached guest quarters with an additional bedroom and a detached one bedroom guest house. This exquisite setting is where dreams can take flight and generations can grow.



# 2024 GMC Hummer EV SUV



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Extreme Off-Road Package





**T**he 2024 GMC Hummer EV SUV is one helluva eye-catching vehicle. It still looks like a military vehicle – something that people either love or hate - but with the introduction of the Hummer EV SUV cousin, the gas-guzzling reputation has been ditched.

If you are looking to save money, this is not your car – and that's exactly the appeal for enthusiasts who are enamored by the Hummer EV SUV's larger-than-life appearance and its throw-conservatism-out-of-the-window presence. This vehicle exudes attitude, confidence and a heck-of-an-interesting ride – and there's a market for it amongst equally interesting people. Remember that GMC has extensive connections to NASA astronauts and the electrically powered Apollo 15 lunar rover that the company helped engineer. So, you'll see touches of moonlike features in the Hummer EV SUV.

The 2024 GMC Hummer EV SUV's tri-motor model accelerates incredibly fast considering its hefty weight, and its air springs provide a smooth, comfortable ride. Its rear-wheel steering, too, makes it ultra-agile. The EV SUV is the brother of the Hummer pickup with virtually everything identical. An 8.9-inch wheelbase reduction shrinks cargo space relative to the pickup but keeps the spacious rear-seat space. The SUV's 126.7-inch wheelbase is still large by any standards.

This impressively powerful and quick vehicle features three electric motors with a combined 830 horsepower and 1200 pound-feet of torque, which launches the four-plus-ton leviathan to 60 mph in just 3.5 seconds.

The vehicle's off-road capabilities are very impressive. The Hummer SUV boasts an approach angle of 49.6 degrees, a breakover angle of 34.4 degrees, and a departure angle of 45.6 degrees. (Removing the spare tire bumps departure angle up to 49.0 degrees.) It also has up to 16 inches of ground clearance and 13 inches of wheel travel, can climb an 18-inch vertical wall, and can ford up to 32 inches of water.





2024 Gmc Hummer Ev Suv 3x  
Extreme Off-Road Package

According to Car and Driver who test-drove the vehicle, all of the Hummer's drive modes affect throttle maps, torque distribution, steering, ride height, shock damping, braking, and interior sound enhancements. Off-Road mode is the go-to setting for general driving off the beaten path; it gives a good mix of increased damping, a sensitive but manageable accelerator, increased rear steering (0.6:1 of front angle), and a more aggressive rear virtual-locking differential. Terrain, the Hummer's most capable off-road drive mode, takes everything up a notch by dampening throttle inputs for smoother torque application in hill- and rock-climbing situations. It features softer shock damping for better articulation than in Off-Road mode, and it has the most aggressive traction control and rear locker settings. Most impressive, Terrain mode also increases the rear steering angle to 1.2 times the front angle, which allows the rear axle to oversteer the front.

The vehicle has plenty of rear-seat space for loading in long-

legged teenagers. The cargo area is big enough for five adult occupants' luggage, although the high floor does create a bit of a squeeze.

GMC has introduced the limited-edition 2024 Hummer EV 3x Omega Edition with an exclusive new Neptune Blue Matte exterior color. The special edition includes an extreme off-road package, black exterior badges, transparent sky panels, exclusive high-lux carpet flooring, black beadlock mounted spare wheel, and a host of other attractive features.

In summary, the Hummer EV SUV is an exceptionally exciting ride. It accelerates like a sports car, handles like it's thousands of pounds lighter, and it possesses a unique charm like no other vehicle. If you and your family are looking for a vehicle that is going to take you through a range of emotions – this is your ticket to loads of entertaining driving. 🌱

Acknowledgments: Car and Driver



2024 GMC Hummer Ev SUV 3x-506



2024 GMC Hummer EV SUV 3x -507 Off road Capability



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# Short Stories About Big People

By Bob Eubanks

Hello there, it's time for more short stories about big people.

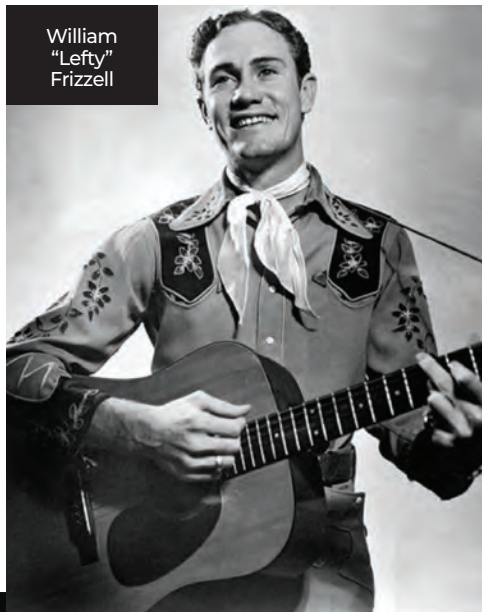
As you may or may not know, I'm in the process of writing a book about the many experiences I've been blessed with and the people I've had the opportunity to meet and work with, both good and not so good. The new book will be titled *Short Stories About Big People*, the same title as the article I write for this wonderful magazine. The stories in my book will make you smile, or maybe even make you say, "WHAT??"

Here's just a sample...

William "Lefty" Frizzell is known as one of the most influential country music vocalists of all time. His last number one hit on the U.S. country chart was "Saginaw, Michigan" in 1964. A few months after the song hit the top of the charts, Lefty decided to do a concert in Saginaw. The folks in the town were so impressed, that without telling Lefty, it was arranged that the mayor of Saginaw would present him with the famous Silver Hammer Award during the concert (I suppose for putting their town on the map?)

So, Lefty's out on stage and suddenly, he sees some guy walking onto the stage with a hammer. Lefty threw his guitar down, grabbed the mayor and punched him several times in the face. Meanwhile, someone from backstage ran out to tell Lefty it was the mayor! Lefty was embarrassed, and as for the mayor, he had to go to the hospital. So much for surprises.

My friend Pat Sajak has retired after hosting *Wheel of Fortune* for forty years. I thought I held the longevity record after hosting *The Newlywed*



Game on and off for five decades. But Pat took the lead, and he will be truly missed.

I had something happen to me several months ago... I was flying on Southwest Airlines, and in the middle of the flight, two flight attendants came up to me and handed me a roll of toilet paper with writing on it. Apparently, I'd won some brownie points with some of the crew. It's the first time I was proud to get a roll of toilet paper as a gift!

When the Beatles first formed their famous group, their drummer was a handsome fellow named Pete Best. He was so good-looking that the girls were really attracted to him, which took some attention away from Paul,

John and George. Best wasn't a great drummer, but he was with the Beatles for two years. When George Martin, the Beatles' producer, said he no longer wanted to use Best for their recording sessions, that's all the rest of them needed to get him out. They left it to their manager Brian Epstein to fire him.



My friend Bob Byers told me that friends of his celebrated their anniversary with 'adult' beverages – Metamucil and Ensure. And if you don't like Siri listening in on your conversations in the car, there's now a male version of Siri. It doesn't listen to anything.

Well, there you have it, more stories about big people. See you next time.

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# Caeleb Dressel

Paris 2024

By Diana Addison Lyle



Caeleb Dressel in the 100m Butterfly Final. FINA Swimming World Championship  
(Photo/Katacarix/Shutterstock)

**C**aeleb Dressel is back in a big way. This 7-time Olympic gold medalist took a hiatus from swimming after the 2022 World Championships in Budapest when he withdrew from the final of the 100 freestyle, despite having the second-best time in the semi-finals. Similar to his idol Michael Phelps and gymnast Simone Biles, Dressel recognized the necessity of taking care of his mental health, and he never got into the pool for eight months.

After he and his wife Meghan welcomed their son, August, into the world in February this year, Dressel said about the 2024 Paris Olympics, “There will be quite a few things in my career that I haven’t digested yet that I will put into my dad speeches,” he said. “When you make an Olympic team, no one can take that away from you. You will be an Olympian the rest of your life. That is the same thing with my son – he got to watch me make the Paris Olympic team. He isn’t going to remember it, but I will tell him – trust me. It is so extremely special to share this with my wife and son. I saw some of the pictures and got choked up.”

Olympic swimming is an indescribably demanding sport. It requires a level of mental fortitude unlike any other sport. Three years ago, Dressel’s swim times were faster than Michael Phelps. Week one of the Paris Olympics will test whether he is able to regain those lightning-quick times. Dressel emphasizes the monumental pressure of these Paris Games where your whole life’s work gets tested in just two minutes, and you win or lose by one hundredth of a second.

This three-time Olympic champion admits that he’s now the elder statesman of Team USA, and the world is rooting for a man who not only earned 7 Olympics gold medals but who also has an immeasurably valuable heart of gold. 🌟



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# Katie Ledecky

Greatest Female Swimmer in History

*By Diana Addison Lyle*

**T**he 2024 Paris Olympics have finally arrived and just as the Opening Ceremonies kick off on July 26th, all eyes will be on Stanford University alum, Katie Ledecky, who will be thrilling viewers all over the world - swimming in her fourth Olympics.

This greatest female swimmer of all time has won more individual Olympic races than any female swimmer in history. She is a seven-time gold medalist, a twenty-one-time world champion, eight-time NCAA Champion, and a world record-holder in individual swimming events. Time and again, the question is posed to her family, her coaches, and to her—what makes her a champion?

Again and again, Ledecky has broken records: those of others and, increasingly, her own. She is both consistent and innovative—consistent at setting goals and shattering them, and innovative in the way she approaches her training. A true competitor, she sets her goals by choosing the ones that feel the scariest. But, crucially, she never sacrifices

Katie Ledecky smiles after winning the women's 800-meter freestyle final of the FINA Swimming World Championships in Budapest, Hungary (CNS photo/Tamas Kovacs, EPA)





the joy of competition, even in the face of adversity. Her positive mental outlook and a great support system provides the springboard to her success.

Katie has just released her book, *Just Add Water*, in which she shares what it takes to compete at an elite level.

The book charts Katie's life in swimming. It details her start in Bethesda, Maryland, where she played sharks and minnows and first discovered the joy of the pool; her early foray into the Olympics at the tender age of fifteen where, as the youngest member of the American team, she stunned everyone by winning her first gold medal.

We learn about Katie's time balancing competition and her education at Stanford University; how she developed a champion's mindset that has allowed her to persevere through so many meets, even under intense pressure; and how she has maintained her dominance in a sport where success depends on milliseconds.

You learn how every element of her life—from the support of her family to the tutelage of her coaches, from her childhood spent in summer league swimming to the bright lights of Olympic pools in London, Rio, Tokyo and Paris—set her up to become the champion she is.

In the end, Katie's story is about testing herself against the difficult, and seeing who she can become on the other side.

Here are some of the excerpts from her book:



Ledecky (USA) celebrates after winning the women's 1500m freestyle final during the Tokyo 2020 Olympic Summer Games at Tokyo Aquatics Centre.

Photo: Rob Schumacher-USA TODAY Sports

“Swimming hit me differently than other sports. It was love at first plunge. It provided resistance. That elemental shift from moving through air to moving through water was the heart of my relationship with the pool. Water made me feel weightless even as it forced me to pull more weight while I swam. In a pool, I was unencumbered and able to flip and turn and spin my body in every direction. When I wasn't in the pool, I yearned for the buoyancy. I craved the resistance. I wanted to test my limits in the water. So, I did, starting at age six, and never once stopping.”

“I swam my first race on June 25, 2003. I was never some kind of prodigy who dove into the water and was able to zoom to the end. Something sparked as my eyes landed on the other swimmers cruising by. I always smile when I think about that first race. My observations as





an eager, exhausted six-year-old have become the template for my whole swimming journey. *Great. Hard. Just trying to finish.*

“In the twenty years since that day, swimming has not ceased being hard. Uniquely so. It tests my body and my psyche equally. It challenges me like a marathon – with the added burden of the force of water reminding me with every stroke what I’m up against. The hard is kind of what makes swimming great. Giving your best effort has been baked into my DNA for generations. Trying hard is the whole point. I didn’t grasp the significance of this when I was a kid. But some part of my brain or my body understood that happiness would result from being in a space where the mind can run quiet, and the body can try hard. Swimming is an unusual career in that it comes down to the will of the swimmer. I am the only one who has been in the pool with every stroke of the way.”

“I’ve heard a lot of my swimming peers say that when they were young, they always knew they wanted to go to the Games, but that wasn’t my experience. Back then I looked at the



What a humble statement from this Olympic great. [Just Add Water: My Swimming Life. Amazon](#)

Olympics and thought you had to be a superhero to reach that level. They seemed to be so fast, so focused, so otherworldly. Yet here I am, entering my fourth Olympics in Paris.”

“For as long as I’ve been swimming, I’ve had people asking how I got where I am. They speculate about my physiology, analyze the geometry of my body, comb through my training. For a lot of people in the sporting community, I am a code that, if cracked, will enable them to replicate my results. In this book, I lay out all the ingredients of my swimming life.”

After reading Katie’s book, I found these words from her particularly powerful:

“Swimming has rendered me into someone I wouldn’t be otherwise. Long after another swimmer breaks my records, I’ll still have the benefit of being raised in and by the pool. I hope my tenacity outlasts any blip of athletic fame. That would be the gift of a lifetime.”



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# Don't Overlook The Beet

*By Model Gardener Kelly Emberg*



**Y**ou can grow anything you dream of in a Southern California vegetable garden, no matter what the month is. Some veggies you can actually grow year round, like the lovely, the colorful, and sometimes overlooked beet! This versatile root veggie is packed with nutrition and flavor. Eat them raw, cooked, pickled or roasted. Puree them, juice them, heck, use the juice to paint a watercolor masterpiece! It's not just about the roots, though. Beet tops can be used as a substitute for spinach or Swiss chard – sauteed, steamed, or added to soups and stews. There is almost nothing this veggie can't do. And the best part is, they are easy to grow!

## GROWING BEETS FROM SEED

Beets enjoy warm days and cool nights so August & September is a perfect month to start sowing your beetroot seeds which should germinate in about five days. If you want to speed up the process, soak the seeds for an hour or overnight in warm water. Beet seeds are rather large, and are multi-germs. Each one is a cluster that contains between two and five seeds. Once they grow you will have to thin them out. Amend your soil prior to planting time with compost. Sow a half-inch deep and 1 to 2 inches apart. Beets can be planted fairly densely, but if you overcrowd them, they won't grow to their full potential. Once they germinate and grow to 3 or 4 inches tall, thin the seedlings to one plant every 3 to 4 inches. Select the sturdiest in the seed clump and snip

the others with scissors. Enjoy the thinned plants as a garnish or in a baby green salad, delicious!

## WATERING BEETS

Beets like moist but not soaked soil. Beets' taproots grow high, sticking well out of the ground, so water gently to avoid washing the soil away. Test to see if you need to water by pushing your finger straight down into the soil all the way and if it comes out clean, it's time to water.

## FERTILIZING BEETS

If you planted beets in soil that is rich in organic matter and well amended with compost, your beets are off to a great start. When they reach two inches tall: Start fertilizing every three weeks, using a small





Beet Seeds



Baby Beets and Greens



Beets Growing

pinch per plant. Place the organic fertilizer an inch away from the plant, but make sure it doesn't touch it, as this could burn it.

#### HARVESTING BEETS

If the beet greens are large and lush, your beet roots are likely filling out nicely; once the greens are starting to wilt, your beets may be past their prime and they should be dug up right away. Check if they are ready by pushing away the soil around the base of your beet greens and expose the top 1/3 of the beet root. If they are the size of a golf ball or larger, they should be ready to harvest. If not, cover them back up with a bit of soil and they should be ready in a week or two.

#### When you are ready to harvest:

- Water the garden well the day before.
- Loosen the soil around the roots with a trowel or garden fork, being careful not to damage the roots.
- Grab the beet plant at the base of its greens and gently pull upwards to lift the beet from the soil. If the soil is hard, you can try placing your trowel under a beet root and levering it up while pulling on the beet greens.

Harvest beets at different stages of their growth. For baby beets, harvest when they are the size of a golf ball, their skin is still so soft that it won't need peeling. Fully matured beets are harvested when they're the size of a tennis ball. Their tougher skin makes them ideal for winter storage.

Enjoy the beet greens while its root is maturing. Snip off a few leaves from each plant once they get 2 to 3 inches tall, always leaving some leaves attached to your beet roots.

Beets don't need to be harvested right away and can remain fresh in your garden for up to four months. If beets are left to grow for too long, they can become fibrous and tough.

#### ALL TOP AND NO BOTTOM

Beet plants will grow leaves instead of roots if overfertilization. Using high nitrogen fertilizers on root crops can encourage plants to use all of their energy on leaf development and roots may become stunted. Beet plants may also produce small roots if the soil is compacted or nutrient deficient or if beets are planted too closely together.

#### SOME OF MY FAVORITE BEET VARIETIES

##### Avalanche

An open-pollinated white cultivar with a sweet, mild flavor. The creamy-white roots have all the sweetness of a red beet with no hint of bitterness. Mild in flavor with a crunchy texture. Great for slicing raw in salads. Delicious roasted or added to soups and stews. Round roots are best harvested when they are two to three inches in diameter, after about 50 days. The light green tops can be enjoyed sauteed.

##### Bull's Blood

This heirloom has deep purple leaves and



Harvesting Beets





Beet Juice

can be harvested as microgreens to add color to salads, or sauteed like Swiss chard. Roots are deep red, with a sweet, slightly earthy flavor and no hint of bitterness – especially when harvested young. Roots mature in 55 days and tops can be harvested after just 30 days.

**Chioggia**

Also known as ‘Candy stripe,’ this is an eye-catching heirloom named after a small fishing town near Venice, Italy. When you slice this beet open you will find concentric rings of pink and white. The delicate, sweet flavor and unusual pattern adds a pop of color to salads. Once cooked, the rings fade.



Beet Greens

**Golden Detroit**

Sweet and mild, heirloom cultivar ‘Golden Detroit’ produces one to three-inch oval shaped orange-yellow roots. Delicious both raw and cooked. Light green tops with pale stems have no hint of bitterness and are an ideal addition to summer salads. Roots mature after 55 days. Harvest leaves after 40-45 days.

**Ruby Queen**

She grows happily in poor soil, and her perfectly round, two to three-inch deep-red roots are especially suitable for canning, with a sweet, mild flavor and toothsome texture. Her short tops grow to just 10 to 12



Chioggia, Ruby Red & Golden Beets

inches tall, and roots can be harvested after just 55 days.

**HEALTH BENEFITS OF BEETS**

The first benefit to growing beets is they can detoxify your blood and liver. Packed with nutrition, beets have antioxidants that fight cell damage and inflammation, potentially offering protection against cancer and heart disease. Health benefits of beets include more stamina during exercise, heart disease and stroke prevention, and lower blood pressure.

**WATERCOLOR RECIPE**

1. Cut the beets into cubes.
2. Add to a saucepan. Use just enough water to cover the beets and simmer on low for about 30 minutes.
3. Strain the beets or remove them from the pot using a colander or slotted spoon. Set aside the liquid to cool.
4. Add a splash of white vinegar. Your red paint is ready!

The overlooked, easy to grow, beetroot should not be left unnoticed any longer! In fact, it should never be forgotten again. There is so much this nutritious, versatile, delicious root veggie will gift you. Grow, harvest, eat and store them all year long. You would be crazy not to add them to your garden this fall season.

Get Growing! 🌱

*Kelly Emberg, the model gardener*

For more gardening tips, follow me on Facebook, Instagram, YouTube & Twitter. [www.kellyemberg.com](http://www.kellyemberg.com)



Beetroot Pesto





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# USA Women's Water Polo

Paris 2024



USA Men's and USA Women's Olympic Water Polo Teams in Paris 2024.  
(Photo@jonathanmoorephoto)

**T**he legendarily famous team of USA Women's Water Polo is going for their 4th consecutive gold medal at the 2024 Paris Olympics. Their first gold medal was in London 2012, their second: Rio 2016 and their third: Tokyo 2020. Oaks Christian alum Amanda Longan is in the team, and we wanted to share some of her valuable words in our interview with her.

"We do our sport in water where there is no ground to stand on. I mean, we are not fish, and we can't breathe in water. We have to come up for air. The environment teaches us so much – to be comfortable in an uncomfortable medium – and it's a zone that only aquatic athletes understand."

There's no question that this team's unparalleled success has heightened the popularity of their sport, and we are rooting for them in Paris 2024. 🌊



Oaks Christian alum Amanda Longan representing USA Women's Water Polo. Paris 2024.  
(Photo/Curtis Dahl)





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# BROOKE SHIELDS

## *The Soul Inside Pretty Baby*

Brooke Shields was world famous before she blew out her first birthday candle. At just 11 months old, her face was ubiquitously recognizable across the globe. By age 12, she was the lead actress in 'Pretty Baby' (1978), a film set in 1917 New Orleans wherein photographer, Ernest J. Bellocq, marries 12-year-old Violet (Brooke).

By the time Brooke crossed the threshold from childhood into adolescence, she was one of the ten most famous people on this planet with a staggering amount of camera voltage following her every move. Yet, despite being perpetually photographed, filmed and recorded, she maintained a colossal amount of dignity and poise in the face of unrelenting intrusiveness.

At just 14 years old, Brooke Shields became the youngest cover model on Vogue magazine. That same year, designer Calvin Klein capitalized on Brooke's beauty and fame in his denim jeans commercials. He subsequently received one of the first major backlashes to the blatant sexualization of a teenage girl. The irony is that despite Brooke's suggestive tagline, 'You want to know what comes between me and my Calvin's?' she was one of the most chaste teenagers in the USA – becoming America's virgin symbol for abstinence, and Nancy Reagan's favorite young celebrity for a drug-free USA.

PHOTOGRAPHY: ELLISTON LUTZ  
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STYLING: CAITLIN BURKE  
STORY BY DIANA ADDISON LYLE







When interviewers cornered Brooke, she stood her ground with a calm resolve seldom ever encountered in someone so young. She refused to be steam-rolled, and politely suggested that it was time to move on to another question. She learned in her teenage years that when the captains of industries turned her into a commodity, they took away her voice, and she yearned to resurrect the voice that kept her rational faculties intact.

Despite Brooke's box office successes in movies like 'Pretty Baby', 'Blue Lagoon' and 'Endless Love', it took the comedic route for her to naturally find her niche in a comfort zone wherein she beamed. With her self-deprecating humor fully charged, she went about downplaying her beauty in her 1997 hit comedy show, 'Suddenly Susan', for which she received a People's Choice Award. She hammed up her railway-track braces as badges of honor, tripped over her own feet, and had a blast being regular, struggling Susan.

None of this is surprising when one hears Brooke's closest childhood friends describe her as always laughing, and a bright, outward-looking child who was completely unaffected and disconnected from the camera. Brooke describes 'Suddenly Susan' as one of the happiest times in her professional life.

In this timely cover story, we are celebrating the recent Netflix May 2024 release of 'Mother of the Bride' in which Brooke sparkles as Lana, the mother of Emma (the bride). If you are looking for a wonderfully positive summer family movie shot in beautiful Phuket, Thailand, this is it, with Brooke in her element as mama Lana who is starting her own new, fulfilling chapter in life. I ask her about the whole 'Mother of the Bride' filming experience.

"We had the most delightful time all being together," she says. "It was like going to summer camp, if you are one of those who likes summer camp, and it was wonderful to be in Phuket for over three months with terrific actors and comedians. We were all together in this beautiful environment wherein we spent all our free time together. Typically, on a movie location, everybody tends to go their separate ways at the end of the day's shooting, but we stayed together with such a special camaraderie – much like if you were on tour with a theater production. We bonded with activities like pickleball, and it was all so unique and fun."

For Brooke, particularly important in 'Mother of the Bride' is the uplifting message about a middle-aged wom-

an's right to new-found love, and she explains:

"From the perspective of the story line of the movie, it is about a woman in my age bracket who gets this second chance in life to find her own happiness. I was so happy that we could have a story line about that opportunity of having people vying for a mature woman because of her value. It mirrored what life looks like. I think in previous generations, society told us that attractiveness had an expiration date. We were programmed to believe that women of a certain age couldn't be sexy. They'd done their duty by bearing children and raising them properly, and their mission in life was accomplished. This movie negates that outdated concept."

Brooke's humor is immediately prevalent as she quips with an amusing inflection in her voice,

"Granted, not everyone looks like Benjamin Bratt!" (Benjamin is her love interest in the movie.)

"This idea that your daughter is starting a beautiful new chapter in her life by getting married, and that the mother of the bride gets to open her own happy chapter is wonderful. I was so honored to be a part of that positivity."

In Brooke's extensive career, she has more than proved her acting worth on Broadway in 'Wonderful Town', 'Chicago', 'Cabaret' and 'Grease', and her comedic chops in NBC's television series 'Suddenly Susan' and 'Lipstick Jungle'.

Strongly evident is the central role of humor in Brooke's under-the-microscope life, and she endorses that emphatically.

"Humor is like oxygen," she says passionately. "I have such an attachment to comedy because of how it allows all the dramatic moments to really resonate. If you have that lightness, it juxtaposes the really serious moments. If you think about it, even within the scope of tragedy, there are some truly funny moments. In a movie like 'Mother of the Bride' – humor is central to the movie's value."

I ask Brooke if humor abounded at home when she was a child.

Somewhere in that little person was a mind that was able to dissect information and not let it destroy her. I seemed to be able to navigate those perfect storms







From the perspective of the story line of the movie, it is about a woman in my age bracket who gets this second chance in life to find her own happiness. I was so happy that we could have a story line about that opportunity of having people vying for a mature woman because of her value.





Brooke Shields (Lana, Mother of the Bride) in Netflix's 'Mother of the Bride'





“Oh, yes! I grew up with a great deal of humor. Both my mother and my father were very funny in very different ways, so my whole childhood, and the places wherein I found solace, centered around laughing.”

It goes much deeper, given the complexity of her life and she explains.

“Comedy became my comforter – even in the lowest moments or the most uncomfortable situations. Humor is about finding levity in the darkest times. It’s not about making a joke at someone’s expense or about making fun at something that’s genuinely serious. Rather, it’s about humor giving us breathing space so that we can better face the heavy situation. I find it truly liberating and a healthy escape from taking oneself so seriously. Humor gives people permission to let it all out. It’s a great de-stressing mechanism.”

Given the pressures that Brooke faced as a child, as a teenager, and during her early adult life which included a high-profile marriage to tennis legend, Andre Agassi, she comments in her 2023 documentary entitled ‘Pretty Baby’ (Hulu) that she became an expert at compartmentalization from a young age.

I wonder if Brooke still views compartmentalizing as a useful coping skill in life, and she responds thoughtfully.

“I think that if we learn to tap into compartmentalizing strategically and knowledgeably, and not use it to escape reality, it can really work for you. If one uses compartmentalization for avoidance purposes, then it starts to become dangerous.”

Brooke and husband Chris Henchy have two daughters, Rowan and Grier, who are now 21 and 18 years old. We share an in-depth chat on parenting in the 2020s, which seems appropriate given Brooke’s latest movie, and the fact that she always wanted to be a mom. The era in which she grew up is vastly different from today, and her parenting style is much different from her mother Terry, who was her steely career ‘momanger’. I ask Brooke if she feels that young people are being raised in a much healthier environment today.

“Yes and no,” she answers carefully. “On the one hand, every young person now is emboldened to hold very strong opinions, and they are also told that they deserve the world. It’s a good thing to have opinions and to utilize that freedom of expression but there is a flip side, and it plays out in social media. The issue I have with social media is that it is often a distortion of the truth. It’s a carefully crafted piece of fiction that is put out there, and the audience doesn’t know

that it’s a distortion on reality.”

“From the perspective of my children,” she continues, “they’ve grown up being seen and heard whereas my generation - definitely - were seen and NOT heard. My situation was slightly different because my mom and I talked about a lot of things together, but I also remember having this fear of not wanting to disappoint my mother. I’ve learned from that and have worked really hard at making sure that my daughters don’t feel that fear. They are not afraid to voice their opinions, and I encourage them to speak their minds - whether that’s hard for me to hear or not. The point is that it has nothing to do with me. It has everything to do with them and their level of comfort in being forthright.”

We discuss the pros and cons of the confidence-boosting techniques that parents and teachers employ with Gen Z’s. Brooke’s response is reliably rational.

“I’m not a proponent of every child getting a gold medal, because that doesn’t teach our kids about reality. But I do believe we are on the right track when it comes to giving our children the platform to express all their opinions. I never did that with my mother because it was taboo back then, and that’s not something I want in our family. It’s not healthy.”

“I’d say my concern about raising children in the 2020s,” she continues, “is that they have been given so many tools and choices, and not all of them are healthy. As parents, we’ll have to do a serious recalibration – particularly when pendulums have swung too far in a particular direction. I’m hoping that some moderation will happen and that we can swing back to a more moderate median on some key issues.”

Brooke is one of the few mega famous people whose lifelong reputation is one of respect. She’s been a decades-long symbol of the responsible woman who’s conducted herself with dignity and integrity. Her academic grades earned her a coveted spot at Princeton University. Her maturity level as a child star far surpassed her chronological years, and I wonder if she was aware of it at the time.

“When I watched the final product of my 2023 documentary, ‘Pretty Baby’, she remembers, “I admit to giving myself more credit than I ever would have done in previous years. When I look back at all the interviews of me as a child, I am struck by the poise with which I conducted myself. I’m proud of the fact that even when I was eleven years old, I was able to push back at an interviewer and stand my ground by saying, ‘I think I have already answered that question and it seems that you don’t want my answer. Maybe we should go on to a different question.’”

The closest I ever came to a real identity in Hollywood was in comedy. In ‘Suddenly Susan’ and in ‘Lipstick’, I owned what was funny, and nobody could argue that with me







If we learn to tap into compartmentalizing strategically and knowledgably, and not use it to escape reality, it can really work. If one uses compartmentalization for avoidance purposes, then it starts to become dangerous









Brooke goes on to say:

“Somewhere in that little person was a mind that was able to dissect information and not let it destroy her. I seemed to be able to navigate those perfect storms. I must give both my parents a lot of credit. Each of their lives was very different and they exposed me to very different situations. Each had a pro and a con. My mom had a great sense of humor, and she kept me away from Hollywood. My dad was very firm about conveying to me that we were not to acknowledge my fame or being an actress. I guess it was classic compartmentalization. I was told that all of that was never my real life. That turned out to be healthy because when it got taken away from me at various phases of my life, it wasn't a calamity. My education was the priority, and I was able to transition over to Princeton University without missing a beat. That was something sacred to me. I knew that nobody could take my education away from me. I was shown these alternative paths and so Hollywood never had an opportunity to consume my whole identity. I could never be branded as that star child that never got an education. Despite the implicit message I received from Hollywood of ‘you have left us to go and get an education,’ I knew that it was vital for me. Hollywood wanted to own me and never have me question them. I chose to do what I knew was important for me and I wasn't going to be Svengali-ed by them.”

We discuss the all-important topic of finding one's identity. Brooke has determinedly come into her own – truly solidifying her very strong identity.

“I think that sense of ownership is real now,” she explains, “because when I was a young woman, I had to behave and react to particular situations. I was never the initiator. I was never allowed the luxury of thinking, ‘is this what I want?’ Add to that the fact that I had a mother that I looked up to. She made all the decisions for me. I was often voiceless.”

“I think the closest I ever came to a real identity in Hollywood was in comedy. In ‘Suddenly Susan’ and in ‘Lipstick,’ I owned what was funny, and nobody could argue that with me. Those were my choices, whether you found them funny or not. I gained so much confidence in my comedy and in having opinions. If you look at other life choices, you get married and you have children. Then you are defined as

‘just a mom.’ It takes a long time to separate yourself from all those relationships that have preceded you. I'm at a stage now where my children are off to college, and I have the freedom to indulge in getting to know myself. I've always had a sense of who I am, but it's never felt like the freedom that it now is. There's been a shift. I'm more selfish in a healthy way. I have more joy. I don't take everything so seriously and I realize that most things don't signal the end of the world. The things that I used to ascribe so much weight to – I have a more realistic perspective on. I'm way past the devastating reactionary phase of my younger days.”

The Mother's Act of 2007 was passed by Congress. It came about after Brooke went public about the postpartum depression that she suffered after the birth of her first daughter, Rowan. She even wrote a book about it entitled, ‘Down Came the Rain.’ She was instrumental in bringing to light a clinical condition filled with hidden shame that millions of women suffered worldwide. Until Brooke spoke up about the paralyzing condition, little was understood about it, and ignorance abounded. The significance of her proactive steps made history. She de-mystified postpartum and gave mothers permission to seek help. Looking back, she is proud of how she took her own devastating experience out of the darkness and helped others to find the light.

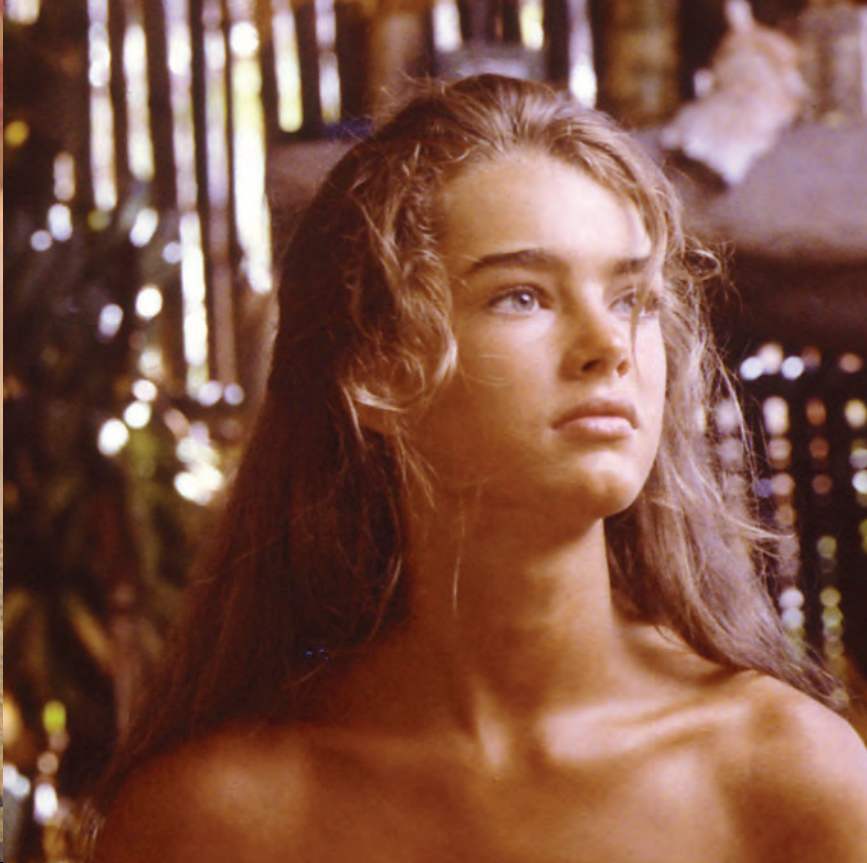
“When I went public about my own experience,” she explains, “the reaction I received confirmed to me how necessary it was to understand postpartum depression. I do recognize that my going public about it was a catalyst and a conduit to gaining better insight and doing something constructive with that insight.”

Brooke is quick to bring humor into the discussion by comedically knocking herself off the credit platform with the reminder that she didn't provide the scientific breakthrough.

“I will never say that I single-handedly moved the mountain because I didn't. What I am proud about is that I had the courage to tell my story. I was able to supersede the debilitating concept of fear, shame and embarrassment about my own condition. By doing that, it opened up the dialogue so that other people could tell their stories. I always hesitate to take credit for anything. Many professionals had been

I was able to transition over to Princeton University without missing a beat. That was something sacred to me. I knew that nobody could take my education away from me. Despite the implicit message I received from Hollywood of ‘you have left us to go and get an education,’ I wasn't going to be Svengali-ed by them





(PHOTOS CLOCKWISE) Brooke Shields in Pretty Baby (1977)

Brooke Shields, The Blue Lagoon (1980)

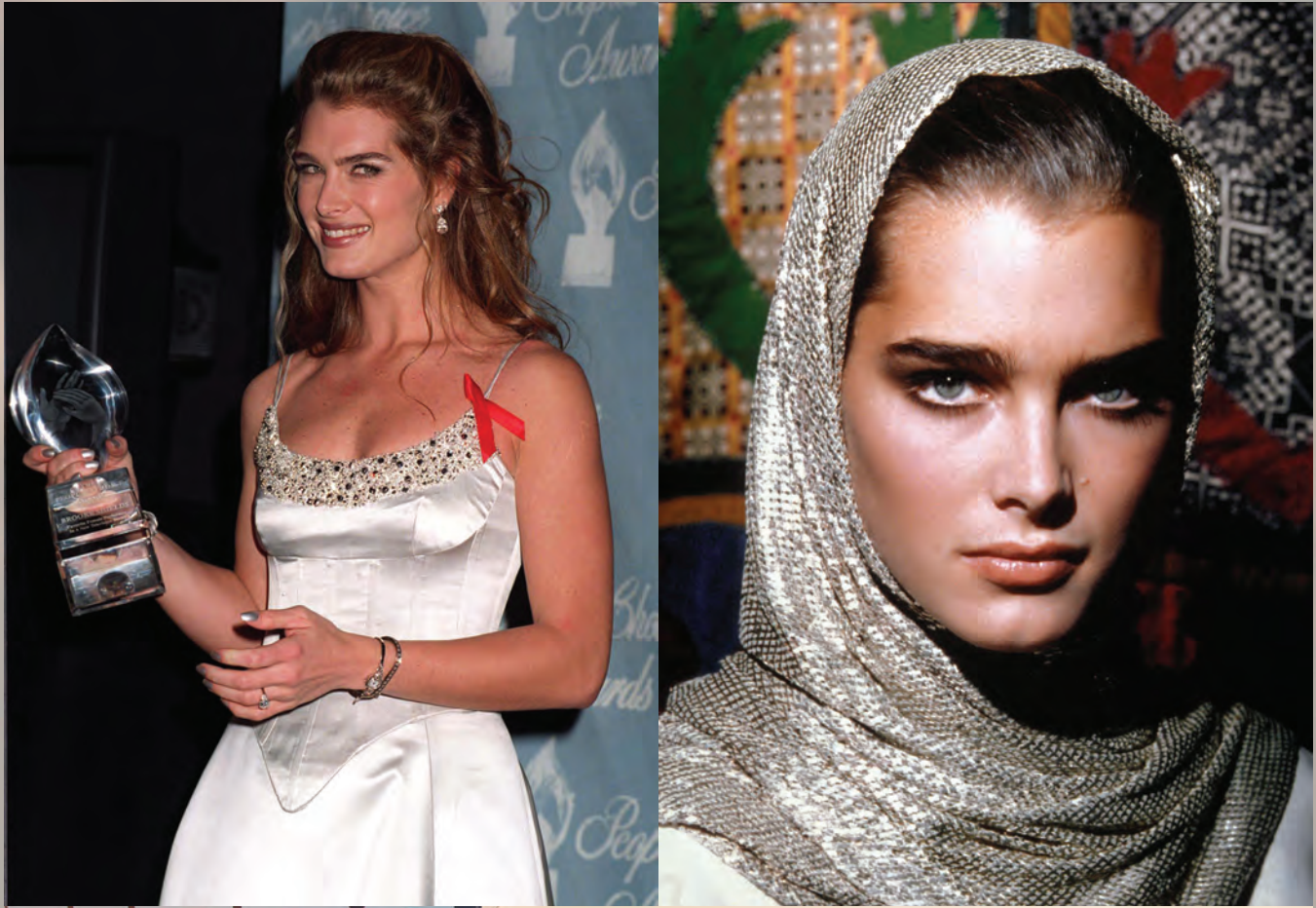
Brooke Shields with father, Frank Shields and mother, Terri Shields © Nancy Barr / MediaPunch

Brooke Shields at Cannes Film Festival. 1980s USA Calvin Klein Magazine Advertisement


Calvin Klein Jeans











I consciously take a  
deep breath and imbibe  
all the blessings I have  
NOW – not the things  
that I don't have or the  
things I could lose

(PHOTOS CLOCKWISE)

Brooke Shields at the People's Choice Awards. She won the award for Favourite Female Performer in a new TV series, for the comedy show, "Suddenly Susan."

Brooke Shields, Sahara, 1983

Brooke Shields filming in Phuket in Netflix's 'Mother of the Bride',

Brooke Shields, Chris Henchy, daughter Rowan Henchy & daughter Grier attending the Impractical Jokers: The Movie Special Screening, held at the AMC Lincoln Square



doing extensive research on the topic, and they had shared their knowledge, but they didn't get the attention they should have gotten. What I did was use my public figure platform to open up the conversation."

Brooke's younger daughter, Grier, recently made the decision to pursue a modeling career, and I ask Brooke how she felt about her child going in a direction that she knows is complex.

"The hardest thing is not making your children's decisions about you," she says. "It's about them. I was a young female in an industry where I was objectified, and so I've had substantial experience on the pros and the cons. What I do know is that I have no desire to be my daughter's manager like my mother was for me. I was clear about not giving up my life like my mom did to provide me with the protection she determined I needed. Here's what I also realized, and this is important: I don't know the modeling industry. I never considered myself a professional model. Yeah, I did Calvin Klein campaigns as a teenager, but I never walked in fashion shows. I don't know the ins and the outs of the industry. I have great respect for the super models of our era, but I wasn't a part of that world. What I've done for Grier is get her an agent – so that they can protect her."

"I also realize as a parent that you cannot protect your children from everything, and that life is about going through the pain. Getting hurt is part of life. You spend the first 20 years of your children's lives trying to keep them out of harm's way. After that, if they fall down and skin their knees, hopefully they'll learn a valuable lesson. When my girls were little kids, I never dramatized their falls. If they tripped on something, I reacted positively by saying, 'that was a smart fall. Let's get up.' That way you keep their fear at bay, and they learn to pick themselves up without a fuss being made. Fast forward to my daughter and modeling, I try to be sensible. She's still going to college. That's four years, and she has summers and plenty of time to figure out what works for her."

We touch on the interesting topic of 'nepo' babies. It's a term derived from 'nepotistic' and refers to children with famous parents who pull strings to open doors for them.

"People are quick to say, 'oh, so-in-so got the job because of who her mom is, or, he got chosen because he's a famous direc-

tor's son.' I say, name one lawyer or doctor who didn't encourage their kid by making one phone call for them. As a parent, that's what you do for your kid. You help them when you can. However, if your kid doesn't have any talent, he's never going to make it. One of my daughters has worked at 'Good Morning America' for the last three years. She's a communication major and even if I put a call in to someone to open a door, I make it clear to her that the rest is up to her. She has to prove her worth by working harder than everyone else. It means going to work earlier and going above and beyond."

Brooke has just unveiled her new hair brand company, 'Commence' for powerful, clean hair support. [www.shop-commence.com](http://www.shop-commence.com)

"I'm extremely excited about it," she says enthusiastically. "It's my first experience being a Founder and CEO. It all germinated during Covid as an online experience where I was a community advocate for women over 40."

We end by chatting about the basic things that make us content. When it comes to food, Brooke says,


"My favorite food dish is total comfort food. If I'm going to indulge, it's going to be really, really delicious spaghetti with a flavorful basil sauce."

Her family's favorite relaxation past-time?

"Laughing together," she says unhesitatingly. "It's even more special when that laughter is accompanied by traveling together. My dream is to explore more countries with my family."

It seems appropriate, given Brooke's extensive life experience, to ask her what the secret is to finding contentment and peace. Her answer is filled with unwavering certainty:

"Stopping myself every time I take myself out of the place I'm in right now! It's about not looking back or looking too far forward and worrying about the future – to the point where your head starts to spin. I'm learning to stop that and come back to the center. I consciously take a deep breath and imbibe all the blessings I have NOW – not the things that I don't have or the things I could lose."

Brooke Shields - the grownup child star has transitioned into a wisdom-infused adult. What has not changed is the constancy of a deep soul that is complemented by a sharp intellect - responsibly utilized. 

The hardest thing is not making your children's decisions about you. It's about them. What I do know is that I have no desire to be my daughter's manager like my mother was for me. I was clear about not giving up my life like my mom did to provide me with the protection she determined I needed







Tom Ford







# Quiet Luxury May Very Well Be Art, But Quiet Confidence Is Certainly Liberation

By Magda Pescariu

**I**n the throes of this sweltering summer, I had a long-awaited epiphany. It happened at one of those seasonal pretentious work events - you know the type: energy-draining and pompous to a fault, yet inescapable when one belongs to such a tribal industry like ours. Attendance was mandatory, and so was mingling, and by that, I mean making yourself heard and seen like a networking pro on steroids. A lot of guests were VIPs, so the stakes were high. I knew it was expected of me to navigate the party expertly, hit all the right notes, and present myself as the living embodiment of the black tie's highest standards at all times. Tough luck.

It was a posh outdoor soiree, thoroughly organized but doomed by the evening's relentless heatwave, coming at us from all directions. And I was a woman at menopause, striving to save professional face and beat the heat with style, even on a modest budget. I knew it was just a matter of time before my fashion anxiety would kick in, so I braced myself for the usual flustered doubts. Was my carefully put-together outfit holding up to the sweat trickling down my back? Was my classy makeup as hot-flash-proof as it'd promised in its premium price tag? I looked around for company in misery, but nobody else seemed to share my concerns. Elegant and effortlessly distinguished, the guests enjoyed themselves completely unfazed. Did equanimity come as a package deal with affluence, I wondered with a touch of envy. Hmm. At this point in any party attended in the last decade, I would have started scheming for my best escape route, focused on preserving a shred of dignity. But it didn't happen this time.

I took a moment to regroup and, with an unexpected jolt of confidence, I realized that I didn't want to leave the party at all. I was fine. All of a sudden, I had no trouble working the banquet like a fish in water, enjoying myself, engaging strangers

in witty conversations, or sharing laughs and having a great time with familiar faces. I felt like something in me had been restored. How did that magic occur and why then, of all times?

I've been struggling with the changes brought on by midlife for over a decade now, and all along it seemed that every victory I managed to achieve was overshadowed by countless battlefield defeats and losses. To start with, middle age has changed the way I look in perfidious ways, for inside I continued to feel young. I'm still surprised when I catch sight of myself unexpectedly in a mirror and wonder, totally spooked, what my mom, God rest her soul, is doing there. In crowds where I am anonymous, I noticed that I became quite invisible. I can't remember for the life of me the last time I was wolf-whistled at when I walked past a building site. And I admit, in a very European way, that I completely own up to, that I miss it.

I also miss the times of looking good (ok, decent) effortlessly. When I was very young, someone made a funny remark to which I paid little attention at the time, but I still remember - that a woman needs as many minutes to put herself together best, from

the bedroom to going out the door, as many years she is. I was seventeen at the time and, guess what, it used to take me just about seventeen minutes in the morning before I could blow a kiss at my attractive self in the mirror and rush out for a new adventure. Needless to say, I don't count those morning minutes anymore, nor do I blow kisses to my reflection on any shiny surface whatsoever.

My signature fashion style and a major part of my trusted and beloved wardrobe were the next innocent victims of midlife changes. And it's not that I've gained weight because I haven't. I'm blessed this way with a good gene pool and inherited discipline. The strength of practicing yoga







Ralph Lauren



Brochu Walker



The Row

and meditation for an hour every morning, for decades now, paid off handsomely, so I can still fit into my skinny, sophisticated outfits of yesteryear. I can still relive the memories of the younger woman who used to wear them with flair - you know, the one who thrived in sleeveless, backless, strappy, mini, sexy, body-hugging fashion.

The problem is, deep down inside, I still feel like that woman - the one whose slim, well-defined arms and great shoulders were her best features. For reasons still undeciphered, the mirror, though, insists on telling me a different narrative. Have you noticed the keyword here - still? Time is a bitch.

So, you see why, when the *quiet luxury* trend emerged on the international fashion scene, I was excited. A bit lost in the process of redefining my style mid-life, I found the concept - with its minimalist and fluid aesthetic of understated elegance, refined consumption, discerning taste, and mature understanding of *joie de vivre* - extremely attractive. I scrolled through hundreds of pictures of the most put-together influencers, celebrities, and fashion people, with sky-high expectations. I wanted to figure out the fundamentals of quiet luxury, its recurring items and features that could make me look, too, effortlessly chic through all seasons, regardless of my age, mood, or body temperature. I took notes on exquisite collections from runways and front rows at The Row, Jil Sander, Brunello Cucinelli, Céline, Max Mara, Ann Demeulemeester, Bottega Veneta, or hidden gem Brochu Walker fashion shows - the most relevant quiet luxury brands to have on the radar. I hoped I could learn the art of quiet luxury and make it my own as I get older, in both my fashion and lifestyle.

But something was amiss. Never mind that the studied ambassadors of the trend looked all preternaturally youthful and like they've never seen a bead of sweat in their life, nor felt the spontaneous-human-combustion force of a hot flash at 110°F. What really threw a wet blanket on my enthusiasm was the fact that every time I read something about quiet luxury, it came with a subtle line of fine prints that connected it with wealth. As in 'stealth wealth' or, more recently concocted, 'opulent realism'.

Now, 'wealth' is a word I've mostly used in my life in stories told in the second or third person, and seldom in a first-person narrative. As I found out fast at the age of six (kids are ruthless in recognizing social hierarchy and standing), my family belonged to the upper middle class and, despite our transgenerational heartfelt efforts to move up the ladder, it still does. It didn't bother me then, and it doesn't now. It just made drowning happily in the plain-but-exquisite quiet luxury clothing of the one percent neither an option nor a preferred choice for me. The same went for mimicking 'the look' with fast-fashion alternatives to Loro Piana, Totême, or Hermès as if a cheap beige polyester blazer could ever allow me to be mistaken for the heiress of an aristocratic or Hollywood dynasty.

I didn't want to go through midlife looking



Jil Sander





Street Style Milan, Italy



Ralph Lauren



Street Style Capri, Italy

like I belonged there - a fashionista has-been, frayed around the edges and effectively invisible. I didn't want to fight for visibility either, with pitiful weapons beneath my dignity. Cougar-style vanity was not me and I felt weary about perpetual restricting calories, practicing boring calisthenics, or smoothing wrinkles and plumping lips with Botox and fillers, beyond any recognition.

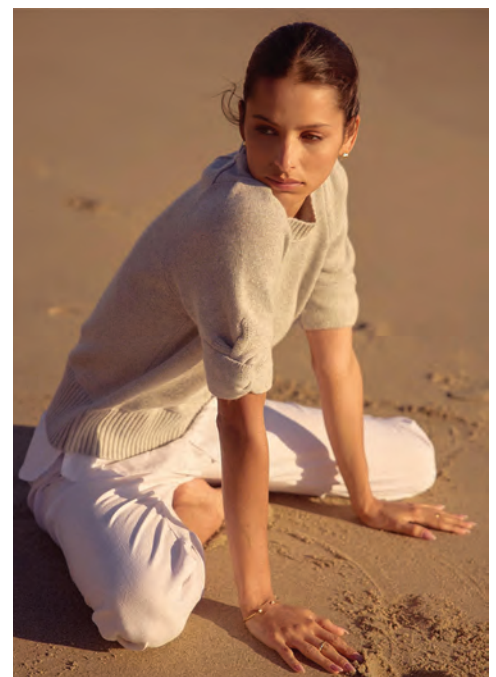
There was another route, I believed, one more grown-up and personal, one that I could embrace without losing in the process my identity, my individuality, or even the nice memories of my youthful persona. It is referred to as *quiet confidence*, but I like to call it 'making peace with yourself in style.' It's a great way to navigate the midlife crisis with ease, and the essence of my above-mentioned epiphany. I welcomed it with all my heart and reaped its benefits ever since with gleeful stamina.

Cultivating quiet confidence as a personal style, both in fashion and life, is a simple process, stemming from a basic understanding - that the attention you get for the way you look when you are young, which feels so very much like power, is not power at all. It's just an illusion. Yes, it attracts many of the same

privileges of power and it puts you at the center of attention, which is easy to confuse, when inexperienced, with thinking you are indeed important. But the attention received is never power, as it's turned off and on by those doing the looking. At some point in our lives, unfortunately yet inevitably, people look away. You get older and the immediate result is that you get less attention for the way you look. Sometimes, oftentimes, you feel invisible. It takes decades and an epiphany like I had to realize that this lack of attention, this break from the pressure of loudness, can be wonderfully relaxing. It gives you pause; and the time to make peace with yourself.

People may not be paying attention that much (or anymore) to how you look, but they start listening to what you have to say (because it's relevant), embrace your ideas (more substantial, with experience), cherish your wit. They recognize the inner elegance of mind and soul that speaks of good taste, grace, and authenticity. They appreciate the great sense of humor that comes with understanding human nature and its quirky fabric. They pay attention to who you are. Quiet confidence is attractive and powerful. Above all, it is liberating.

'When I am an old woman, I shall wear purple,' Jenny Joseph warned us with quiet confidence when she was only 29. She got the message early on, in its entirety. For if purple doesn't spell out royalty, nothing else does. 🍇



Brochu Walker





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Views | 1.24 Acres | 7,372 Sq. Ft | 5 Beds | 6 Baths  
Library | Gym | Game room

Elegance defines this French traditional residence, with Fairway & Mountain views, situated in the prestigious guard-gated North Ranch Country Club Estates. Upon entering you will experience the artisan craftsmanship of the property, including custom lighting fixtures, sumptuous hand carved moldings, 5 imported European fireplaces, distressed walnut wood floors, stained glass windows & a gourmet kitchen. Other rooms include a wood-paneled library, a spacious great room, formal living room with beam ceiling, and venetian plaster finishes throughout. Property is equipped with generator as well as ample storage including a spacious 5 car garage. Your dream home awaits, offering an unparalleled blend of elegance and comfort—truly a haven for those who appreciate life's finer things.



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2945 Townsgate Rd. Suite 300  
Westlake Village, CA 91361  
Email TeamNickiandKaren@Compass.com  
Nicki LaPorta 805-390-6591  
Karen Crystal 805-625-0304

Nicki CalBRE #01233940 / Karen CalBRE #01346860 / Compass DRE #01991628











# 454 Upper Lake Road Lake Sherwood 454Upperlakerd.com \$2,995,000

Views | Views | Views |  
3 Beds | 4.5 Baths | Elevator | Spa | Fire Pit  
No Hoa Fees

Welcome to this amazing Lake Sherwood retreat—an updated custom home nestled behind gates with sweeping panoramic lake views. The centerpiece of the 3,782 square foot home is a spacious open-concept “great room” with cathedral ceilings, flooded with natural light and offering unobstructed 180-degree views of the lake. Experience the pinnacle of Lake Sherwood living within this 24/7 guard-gated community, surrounded by the natural beauty of the lake and park areas, all without HOA fees. This is Lake Living at its finest.



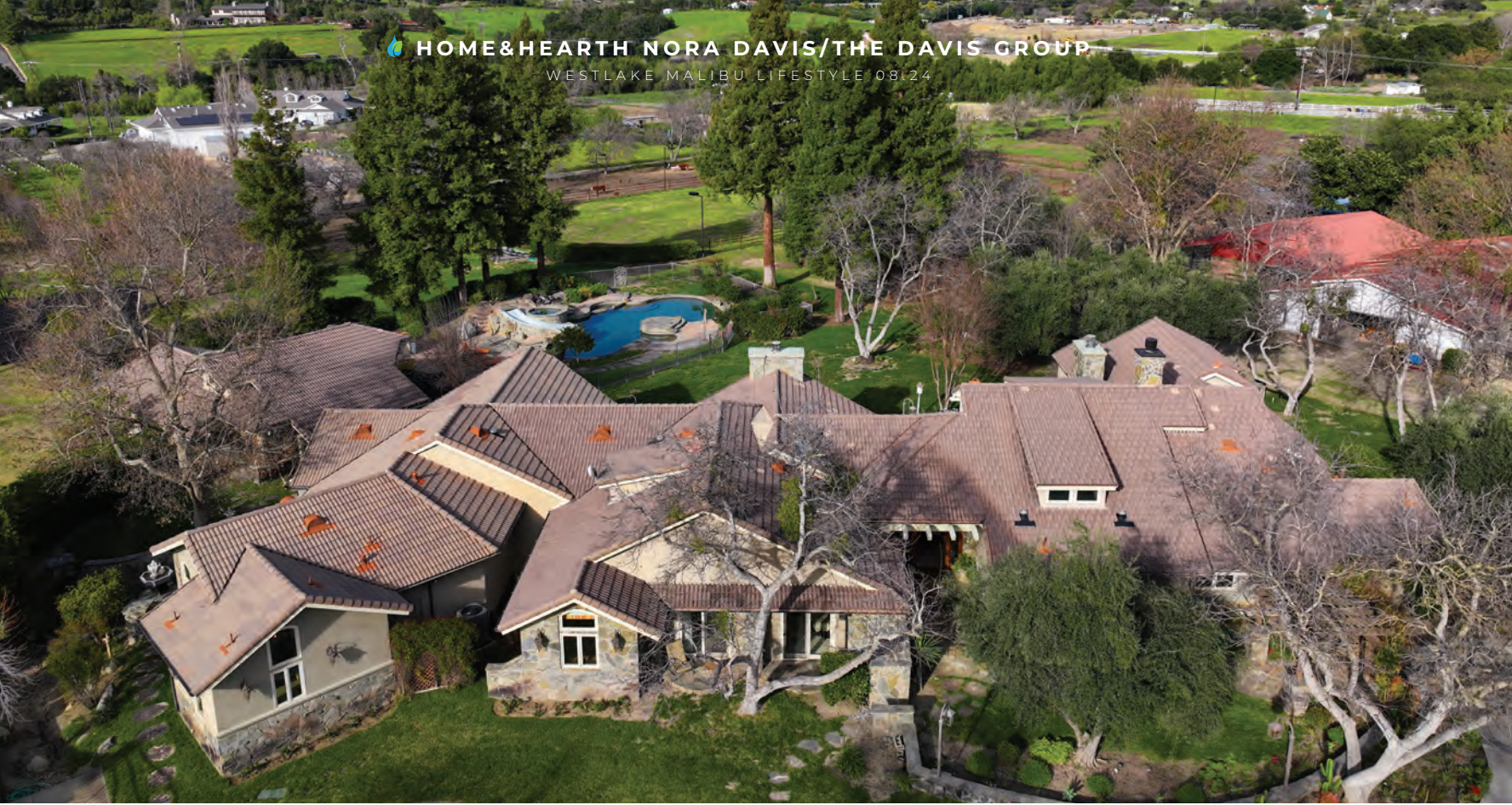
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Nicki CalBRE #01233940 / Karen CalBRE #01346860 / Compass DRE #01991628







**12055 Sulphur Mountain Road – Upper Ojai**  
**\$5,500,000 • RocaVistaRanch.com**

- Approximately 10 acres
- 7-bedroom, 6.5-bath main house
- Guest house
- Four fireplaces
- Pool with beach entrance
- Wading pool, slide, waterfall & spa
- Lighted tennis court
- Outdoor kitchen
- Horse facilities
- 3-car and 2-car garages
- Family orchard
- Tesla solar field & batteries
- Stunning views
- Approximately 10 minutes to Ojai



Nora Davis • The Davis Group  
(805) 207-6177 • Nora@OjaiValleyEstates.com  
www.OjaiValleyEstates.com

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BRE #01046067





**Rancho Royale – Oak View**  
**\$8,199,000 • RanchoRoyaleOjai.com**

- Approximately 21 Acres
- 2 four-bedroom main houses
- 7 additional homes
- 7 horse barns
- 20 covered corrals
- 4 arenas
- 2 round pens
- Hay and equipment barns
- Entertainment barn
- Panel walker
- Archery range
- Multiple event venues
- Bordered by seasonal creek
- Beautiful mountain views

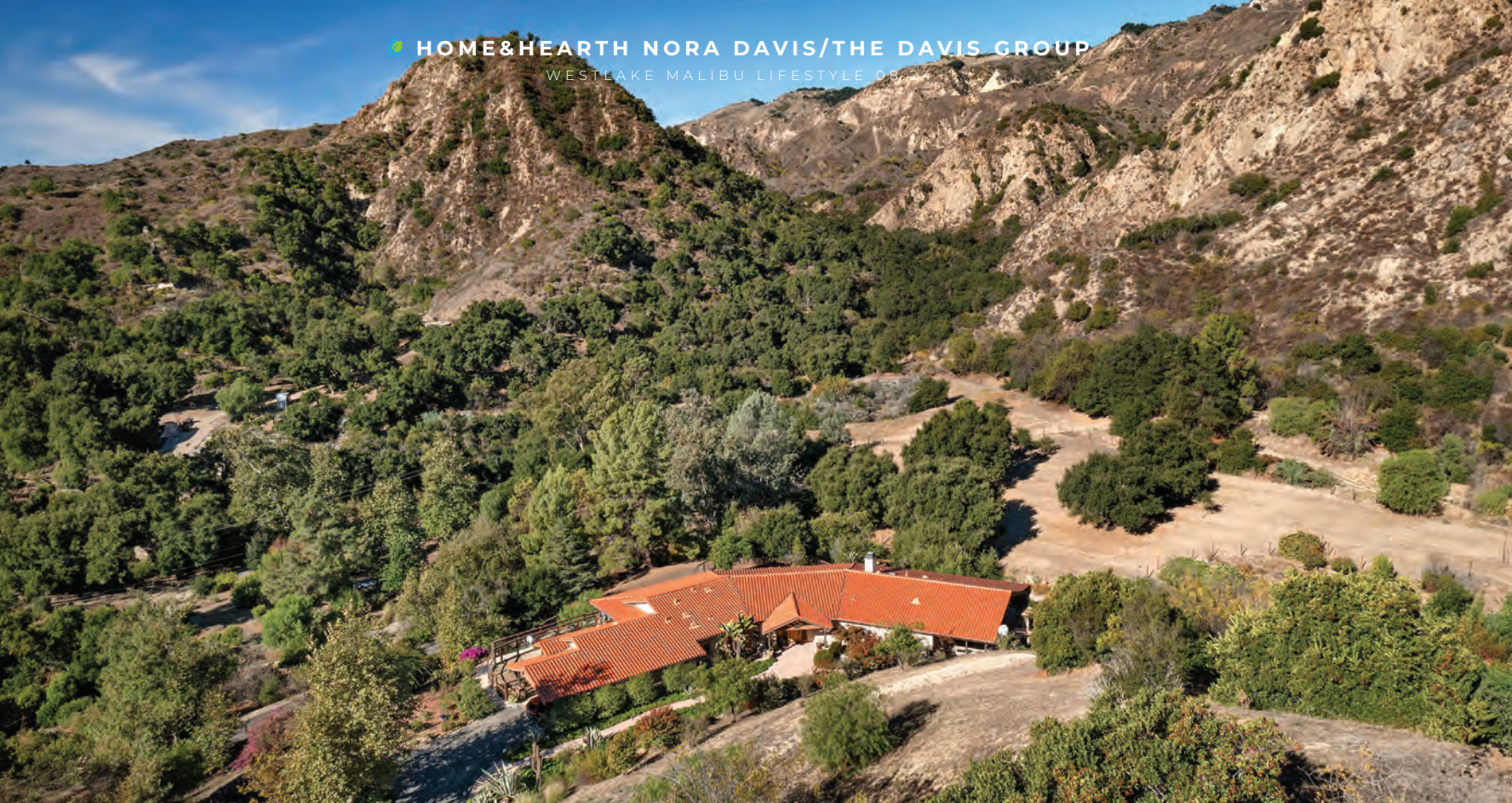


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**Little Orchard Farms – Wheeler Canyon**  
**\$2,999,000 • LittleOrchardFarms.com**

- Approximately 33.9 acres
- Three bedrooms + office
- Stone fireplace
- Whole-house reverse osmosis
- Separate studio
- Private pond
- Private wells with storage tanks
- Many fruit trees
- Two-car garage + two carports
- Custom chicken coop
- Two copper, outdoor bathtubs
- Infrared sauna
- Fenced, three-acre pasture
- Amazing mountain views



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**Royal Oaks Ranch – Ojai**  
[RoyalOaksRanch.com](http://RoyalOaksRanch.com)

- Five acres
- Five bedrooms, five bathrooms
- Wine cellar with tasting room
- Media room
- Gym/massage room
- Four fireplaces
- Pool and spa
- Bocce court
- Putting green
- Driving range
- Private well
- Copper roof
- Six-car garages
- Close to downtown



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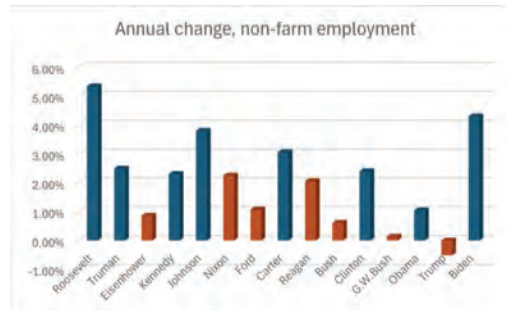


# Market Performance During An Election Year

By Ray DiBartolomeo

The four-year United States presidential election cycle is a theory that stock markets are weakest in the year following the election of a new U.S. president. It suggests that the presidential election has a predictable impact on America's economic policies and market sentiment irrespective of the specific policies of the President. It goes on to suggest the levels of stocks for each of the four-years of the presidential term as part of an stock market cycles.<sup>[1][2]</sup>

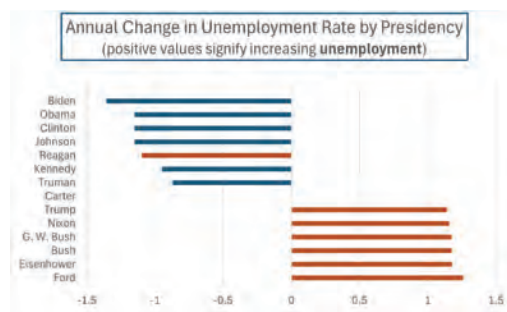
## ANNUAL CHANGE IN NON-FARM PAYROLL



The four-year U.S. presidential cycle is attributed to politics and its impact on America's economic policies. Either or both of these factors could be the cause for the stock market's statistically improved performance during most of the third and fourth years of a president's four-year term.<sup>[3]</sup> The month-end seasonality cycle is attributed to the automatic purchases associated with retirement accounts. The secular stock market cycles that last about 30 years move in lockstep with corresponding secular economic, social, and political cycles in the US.<sup>[4]</sup>

## ANNUAL CHANGE IN UNEMPLOYMENT RATE

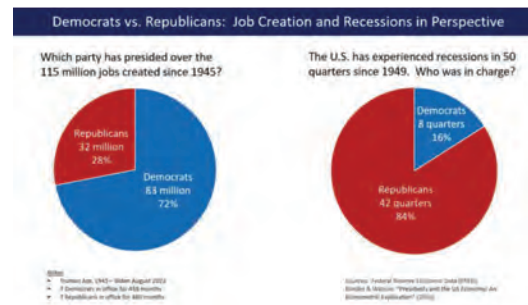
Stock market returns are also higher under Democratic presidents.<sup>[5]</sup> CNN reported in September 2020 that: "Since 1945, the S&P 500 has averaged an annual gain of 11.2% during years when Democrats controlled the White House, according to CFRA Research. That's well ahead



of the 6.9% average gain under Republicans."<sup>[6]</sup> Analysis conducted by S&P Capital IQ in 2016 found similar results since 1901.<sup>[7]</sup> Blinder and Watson estimated that the S&P 500 returned 8.4% annually on average under Democrats, versus 2.7% under Republicans, a difference of 5.7% percentage points. This computation used

the average value in last year of the president's term, minus the average value in last year of previous term.<sup>[8]</sup>

## JOB CREATION AND RECESSIONS



The Washington Post cited a study by CFRA Research that the stock market (as measured by the S&P 500) averaged the following annual rates of return, under

different control scenarios, from 1945 to September 2020:<sup>[9]</sup>

1. Democratic president with split Congress: 13.6%
2. Democratic president with Republican Congress: 13.0%
3. Republican president with Republican Congress: 12.9%
4. Democratic president with Democratic Congress: 9.8%
5. Republican president with split Congress: 5.8%
6. Republican president with Democratic Congress: 4.9%

CNN reported in October 2020 that 10 of the last 11 recessions started under Republican presidents, and that "Every Republican president since Benjamin Harrison, who served from 1889 to 1893, had a recession start in their first term in office."<sup>[10]</sup> NBER reports the start date of recessions; the following list includes the president in office at that time and their party.<sup>[11]</sup> Blinder and Watson estimated that the economy was in recession for 49 quarters from 1949-2013; 8 of these quarters were under Democrats, with 41 under Republicans.<sup>[12]</sup> The 2020 recession brings that to 50 quarters total in recession, 42 under Republicans (84%) and 8 under Democrats (16%).<sup>[13]</sup>

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investing approach isn't working, reach out to us we can help.

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**REFERENCES** 1. "4-Year Election Cycle". [www.seasonalcharts.com](http://www.seasonalcharts.com). Retrieved May 22, 2017. 2. Wing-Keung Wonga, Michael McAleer (May 2009). "Mapping the Presidential Election Cycle in US stock markets". *Mathematics and Computers in Simulation*. 3. William Hester (December 2005). "Average Gain in Year Two of Presidential Cycle Hides Important Declines". 4. "Timing is everything". *The Economist*. August 9, 2014 - via [economist.com](http://economist.com). 5. "Stocks perform better when a Democrat is in the White House". September 23, 2020 - via [cnn.com](http://cnn.com). 6. "Employment Situation Summary". November 6, 2020 - via [bls.gov](http://bls.gov). 7. "Biden's claim that Trump will be the first president with a negative jobs record". October 2, 2020 - via [washingtonpost.com](http://washingtonpost.com). 8. FRED (Dec 28, 2021). "All Employees, Total Nonfarm". FRED, Federal Reserve Bank of St. Louis. Retrieved Dec 28, 2021. 9. "Top Picks (Most Requested Statistics) : U.S. Bureau of Labor Statistics". 10. "Civilian unemployment rate". 2024-03-27. 11. "Real Gross Domestic Product". Federal Reserve Bank of St. Louis. 12. Leonhardt, David (Feb 3, 2021). "Why Are Republican Presidents So Bad for the Economy?". *New York Times*. 13. Lawder, David (May 25, 2022). 13. Santa-Clara, Pedro; Valkanov, Rossen (October 2003). "The Presidential Puzzle: Political Cycles and the Stock Market". *The Journal of Finance*. 58 (5). Wiley.





1



2



3



4

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3



4



7



8

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# Rosewood Malibu





# Miramar Beach



A Forbes Travel Guide Triple Five-Star hotel and spa, Rosewood Miramar Beach is situated on one of the most pristine beaches in the region and is located in Santa Barbara's picturesque Montecito community known as The American Riviera. Offering 153 ultra-luxury guestrooms and suites, including beachfront accommodations, a collection of signature suites and multi-bedroom bungalows, the resort has been designed with style, grace and glamour and perfectly balances the residential and the refined.



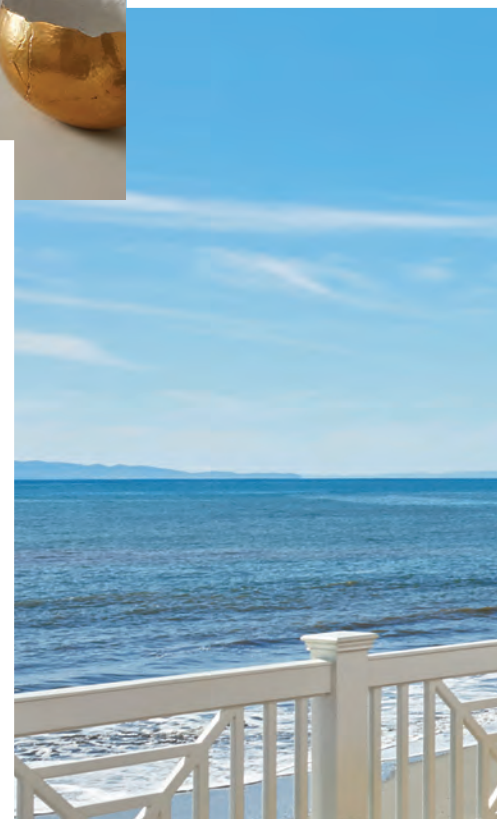


Beach Bungalow Suite Livingroom

Beach House Studio at the Rosewood Miramar Beach



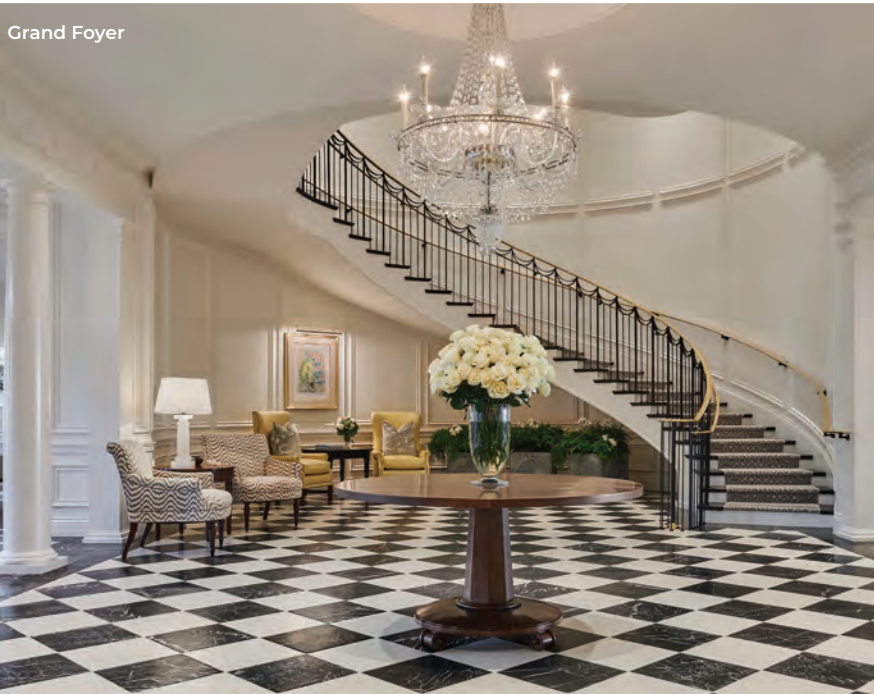
Ambassador Suite View



*Set on the American Riviera along one of California's most beautiful and exclusive coastlines, Rosewood Miramar Beach offers a captivating estate-style atmosphere and the finest Santa Barbara oceanfront getaway.*







Grand Foyer



Beach House Suite Terrace









*The Manor House is the focal point of the Resort's 16 acres of rolling lawns, lush landscaping, exceptional experiences, and thoughtfully furnished accommodations that are the epitome of modern beach living.*







*Residential exclusivity inspires the luxury Santa Barbara resort's 119 rooms and 34 suites. Scattered across 16 acres of rolling lawns and lush landscaping, the spacious, thoughtfully furnished accommodations are the epitome of modern beach living—light, airy and exceptionally comfortable.*

Sunset at Rosewood Miramar Beach






Sushi Omakase Bar

Amenities include a state-of-the-art fitness studio, two cabana-lined pools, bespoke beach service on the sandy shores of Miramar Beach and Sense, A Rosewood Spa – the only Forbes Five-Star spa in Santa Barbara.

Home to several distinct dining venues including Caruso's, the signature oceanfront restaurant, and The Revere Room, an all-day eatery with an emphasis on hyper-locality, Rosewood Miramar Beach is a culinary destination for locals and visitors alike.

An elevated retail experience further bolsters Rosewood Miramar Beach as the ultimate retreat for the best in luxury lifestyle, with The Shop at Miramar exclusively featuring The Miramar Collection, a first-of-its-kind goop Sundries Shop as well as a new California-inspired concept store curated by designer James Perse.

Expansive indoor and outdoor event space, totaling approximately 33,000 square feet, includes the Chandelier Ballroom with over 6,500 square feet, and the Great Lawn, which offers infinite ocean views.

Personalized service makes Rosewood Miramar Beach the perfect destination for celebrating life's moments both big and small. Rosewood Miramar Beach is owned by Caruso and managed by Rosewood Hotels & Resorts. 

## ROSEWOOD MIRAMAR BEACH

1759 South Jameson Lane, Montecito CA, 93108  
<https://www.rosewoodhotels.com/en/miramar-beach-montecito>



# Life is better in motion

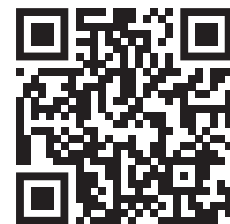
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