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JUNE/JULY 2024

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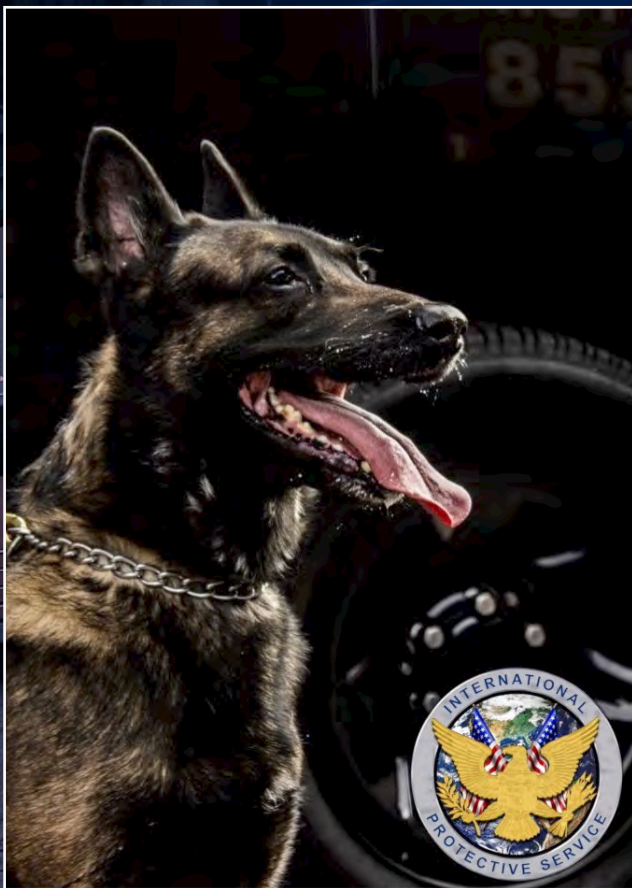
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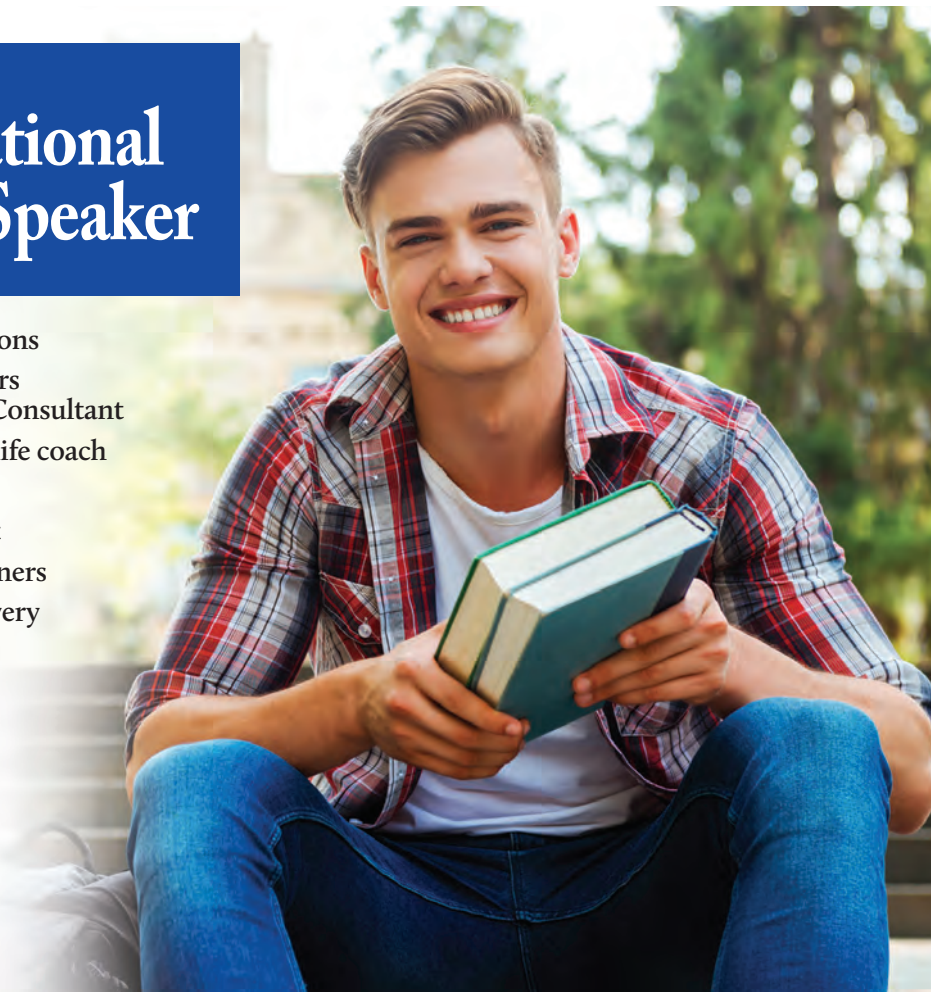
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As we build towards the 2024 Paris Olympics, it's fitting to have Westlake Village's own international show-jumping elite athlete Hannah Selleck on our cover. She's a highly disciplined, talented rider who invites respect in every corner of the world. Together with her extraordinary horse, Cloud 39, Hannah is on an exciting trajectory with her sights set on future Olympics, and we're proud to have her on our Summer cover (page 78).

On that same theme, Olympic medalists, Terry Schroeder and Will Simpson, know intricately well the spectrum of emotions that accompany the seismic physical and mental demands of the Olympic Games. These two world-class athletes share some valuable insights on the multi-billion-dollar spectacle that is the greatest show on earth (page 18)

In our Scenearound section (page 30), we cover the 48th annual Pepperdine Associates dinner with the theme, "Shining the Light of Truth," in recognition of the significance of seeking truth as a cornerstone of American ideals and aspirations. Former Secretary of State, Condoleezza Rice, was one of the luminaries taking part in the panel discussion about democracy and leadership.

Ray Di Bartolomeo's Moneysense article is always informative. This time he covers Market Timing regarding buying and selling decisions of financial assets (page 105).

In our Localscapes section (page 108) we take you to San Ysidro Ranch, one of the world's most iconic boutique hotels located in Montecito. Nestled thoughtfully within 550 acres of meticulously landscaped grounds lie 38 intimate cottages, a storybook Salon & Spa, sprawling rose gardens, a pool and putting course surrounded by lush hillside reminiscent of Provence, and award-winning dining outlets.

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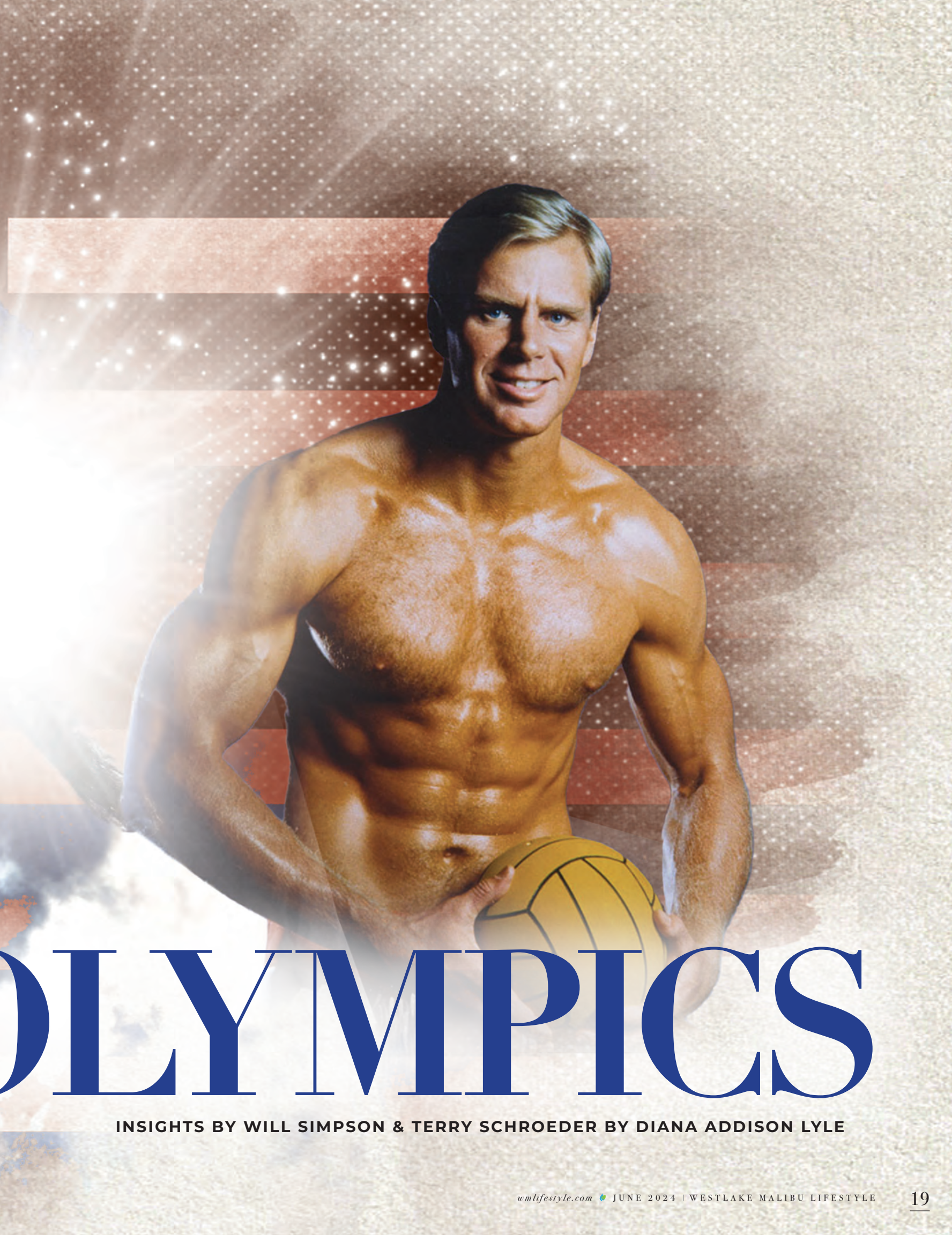
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2024 Paris Olympics



OLYMPICS

INSIGHTS BY WILL SIMPSON & TERRY SCHROEDER BY DIANA ADDISON LYLE

Will Simpson, Laura Kraut, Beezie Madden and McLain Ward win gold at the 2008 Beijing Olympics



Olympic medalists, Terry Schroeder and Will Simpson, know intricately well the spectrum of emotions that accompany the seismic physical and mental demands of the Olympic Games. As we gear up towards the 2024 Paris Olympics, these two world-class athletes share some valuable insights on the multi-billion-dollar spectacle that is the greatest show on earth.

Will Simpson won a gold medal at the 2008 Beijing Olympics riding a magnificently feisty horse, Carllson Vom Dach, in team jumping, and Terry Schroeder won two back-to-back silver medals at the 1984 and 1988 Olympics in men's water polo against their familiar nemesis, Yugoslavia. He went on to become the head coach of the USA Men's Water Polo team in the 2008 and 2012 Olympics and his team won a silver medal in 2008. The experience as a player in four Olympics, and a head coach in two Olympics, has given Terry a 360-degree perspective on the triumphs and heartbreaks of the Olympics.

The remarkably strong friendship between Terry Schroeder and Will Simpson is built from the deep understanding they have of each other. They communicate via a powerful spoken and silent language that is borne from their similar experiences on the world stage. Terry recounts how much the Olympics took center stage in his life with these memories:

"I first watched the Olympics on TV with my dad when I was 9 years old, and I told him that I wanted to be an Olympian. At the time I was a competitive swimmer and second in the country in back stroke. The

talent bedrock was there for me, but I think the mindset dominated and it occupied my thoughts virtually every day – especially when I was practicing swimming and when I started to play water polo. I hear the word 'sacrifice' a lot when people talk about the Olympics, but to me, the commitment was never about sacrifice. I viewed it as a tremendous opportunity. I wanted to be the best in the world at what I did, and that goal motivated me every day."

Viewing it in that positive light does not mean that there weren't devastating periods along the journey.

"The 1980 boycott of the Moscow Olympics," says Terry, "was heart-breaking because our team had a significant chance of bringing home the gold medal that year. We had put so much into that goal and when it all got taken away from us, by forces we had no control over, I realized how fragile our circumstances were. In that sense it made the following 1984 Olympics particularly special because 9 of our 11 team members from 1980 ended up making it into the 1984 L.A. Olympics. There was pain along the way, but I never doubted how much I wanted to realize the dream. Every cell in my body yearned for it and was ready for the challenge."

Will Simpson describes his journey towards the Olympics:

"In the equestrian sport, I started out in the mid-west where the focus wasn't on my chosen sport. The east coast was where everything was happening equestrian-wise. I was lucky to get a very good horse when I was 13 years old and while I was at a baseball camp, my dad came to



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Terry Schroeder
Head Coach USA
Men's Water Polo
2008 Beijing
Olympics

pick me up, and he was talking with a counselor. At first, I thought I was in trouble but breathed a sigh of relief when dad said that I had to make a decision: I was being offered a baseball scholarship which would see me through college, and the people I had ridden horses for the past summer had also offered me a full-time job. I had to decide between baseball and riding. I was only 14 years old, and I credit my family with supporting me as I made this huge life-changing decision. Being able to chase one's dreams with a valuable support network of your family encouraging you all the way is something I will always be grateful for." Terry emphasizes what Will touched on by saying, "when you make such a huge life decision, there can be some negativity with people forming opinions and cutting you down, so to have the full support of the people you love is exceptionally important. I surrounded myself with my family and closest friends because they elevated me. You also have to be accountable to those people because they are making sacrifices for you too, and so you move forward with the mindset that you want the goal as much for yourself as you want it for the people you love. You move forward as a team."

We talk about the nine months leading up to the Olympics where the stakes are high as the trials take place. In Will's case, he had a new horse, and he had to excel at every stage. His sport also carried the huge responsibility of taking care of a large animal. Traveling across the world for him was incomparable to Terry's circumstances, and the two men often joke about it as Will reminds Terry, "All you had to carry was a speedo!"

No matter the sport, Terry describes the pressure as exceptionally intense. In the case of water polo, he had to play against U.S. team-

mates that he loved and supported, but in competition, he had to play against those teammates. He describes how he was one of four centers – and he came in as the fourth center and the youngest of them. Each of the four centers were vying for two spots on the USA team and Terry ended up overtaking them by being the starting center. It must have shaken up the other centers and yet their friendships and their respect for each other endured.

Terry says, "Once I knew I had made the cut for the USA Olympic team, the pressure was reduced. I remember sitting in the green room in 1984 just before our first game, and I was chatting to my teammate, Drew McDonald, and we asked each other if the nervousness was there. Naturally it was, but we both felt that we had gone through so much already, and all that pressure had prepared us for this big moment. We both wanted to go out there and give the game our best effort. My dad had always taught me to give of my best at all times. Sometimes that will mean winning, and sometimes that will mean losing."

Will describes the moment when he knew he had made the Olympic cut. Terry asks him if his horse was elated too, and Will immediately responds with, "Yep. He got extra carrots."

Both men emphasize how important the advice from their fathers was during their Olympic careers.

Will says, "Just like Terry's dad, my dad always told me to give of my best. It didn't matter if I had the fanciest horses but what did matter was that I give it my best shot. It really helped me to stay on track and show up. From California, I went to the east coast nine months before the Olympics. I won three competitions in a row and then, a freak incident occurred. There was a lightning and thunderclap that was

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CLOCKWISE: Terry Schroeder analyzing the game situation at the 1988 Seoul Olympics. Terry Schroeder emerges from the water victorious at the 1988 Seoul Olympics. Jamie Foxx welcomes home Will Simpson, Olympic Gold Medalist 2008

so loud that my horse got a fright, and he tweaked his neck while lying down. The timing could not have been worse. It happened before the last qualifier and my coach told me that if I didn't ride in it, I wouldn't make the top ten, which was the ultimate goal of the trials. I was adamant that my horse was in no fit state to compete, and I went to bed thinking I was out of contention. Thank goodness the decision-makers all agreed that my horse would be well for the actual Olympic dates, but then the goals changed again, and I was told that there were four spots on the jumping team. There were ten of us, but the incredible thing about the Olympics is that we all supported each other. We traveled together, ate together, and we all wanted the best for each other. Once I made it onto the actual team of four, there was this huge sense of elation and tears of enormous relief at having qualified for the big dream. The logistics of getting all our horses to Hong Kong was mind-boggling, and once we were there, we realized we had a significant chance of getting on the medal podium."

I ask Terry and Will about the importance of the mental component in the Olympics and Terry says without hesitation, "It's almost more important than the physical. In Will's case, he has to worry about the health of his horse as well as his own health. When your horse gets hurt, that's out of your control and it's an extra dimension of worry and uncertainty. The mindset of a horse is huge too. I guess I can relate to that with my teammates."

Since Terry was the Olympic team captain, he had the responsibility of taking care of all his teammates. He describes it like this: "Once the team is decided upon, there's no way that I can win a medal by myself, so keeping my teammates healthy, motivated, and mentally together is very important. Having the right mindset is critical at the Olympics. So

many athletes have the same level of talent and physical capabilities, but the critical component that separates the good from the great is their mental strength and how much they believe in themselves. That belief system is formed from so many feeds. I can remember my college coach, Rick Rowland, saying to me, in my first year at Pepperdine, 'you can go as far as you want to in this sport. You have the ability to do whatever you want to do. It's up to you.' Having that support really helps you to believe in

yourself every day and that is critical. The athletes who never get validation and who are fed negativity find it really hard to rise above it. I found that a key component for me was to have a short memory of my failures and then to snap out of it. If I lost today, I could win tomorrow. It was up to me to show people what I could do with that ability."

We talk about the relentless quest for the gold medal. Terry was in two gold medal finals against Yugoslavia in 1984 and 1988 and he confirms the gold's importance.

"The people who rise to the top of their sports are fine-tuned and focused on the gold. Anything below is settling," he confirms. Will continues,

"We had been jumping for a couple of weeks in Hong Kong. Thankfully, our horses thrived in the heat, and we ended up in a jump-off where the riders have to go again because of a tie. When it was my turn, I was told that all I had to do was go clear. Speed wasn't of the essence. I was faced with the biggest jumps of my life, and I relished the challenge and the fact that I was doing what I loved. Winning the gold was everything I had ever dreamed of doing."

"At the gold medal ceremony that followed," Will says, "I was exactly where I wanted to be. The feeling on that podium was one of the best feelings I had ever had."



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2012 USA Olympic Men's Water Polo with Terry Schroeder(center). Photo by Curtis Dahl

By contrast, Terry had a heart-breaking experience. "I didn't like the Yugoslavian national anthem," Terry reminisces jokingly and honestly. "I wish we had a jump-off. In 1984, our gold medal game ended in a tie, and we didn't get a chance for an overtime penalty shootout. We were leading the game 5-2 and then Yugoslavia closed the gap at the end. So, we tied, and they won the gold medal based on goal numbers from the entire Olympics. That was the hardest thing to accept. They didn't beat us on the day that mattered, so standing on the silver medal podium didn't feel right. The bronze team next to us were happy because they had won their last game. We tied our last game and yet we lost so there was no celebration in that. The same thing happened again in Seoul in 1988 where we were in the gold medal final against Yugoslavia, and this time there was a new over-time rule when we tied, and we subsequently lost in the penalty shootout. That was a little easier to accept but it was still excruciatingly difficult to hear the Yugoslavian national anthem again."

Terry's experience as an Olympic Head Coach in 2008 and 2012 gave him another vantage point, and he says expansively,

"Coaching has more pressure than playing. I think I felt more dissatisfaction with our team's silver medal at Beijing in 2008 because we came into the games underrated at 9th in the world, and so when we reached the gold medal final, there were such high hopes. I was crying in the stands with the silver medal. I felt that as a coach I could have done more for the team to clinch the gold but so much was out of my control, and I found that frustrating. I enjoy playing more."

Humor plays a vital role in the alleviation of stress and pressure at that level. Both Will and Terry enjoy a wonderful dose of laughter as they re-enact some especially funny moments that they shared with their teammates. The importance of laughter is a great balance to the all-consuming seriousness of the Games. Terry describes how they put a whole fish from a banquet in someone's bag. Most of the men read books on trips and so they'd run the prank of tearing out the last 25 pages of their teammates' books. It drove the avid readers nuts. Both Will and Terry endorse how much one learns about oth-

ers from traveling and it's important to respect each other's differences. In Will's case, he remembers bringing levity to the closing ceremony when he and his teammates had to wear Ralph Lauren outfits which consisted of berets and baggy pants. When McLain Ward walked out of the elevator, Will started laughing at him. McLain responded with "what are you laughing at? You're wearing the same silly outfit," to which Will responded, "but I always dress funny. You dress impeccably."

After the Olympic Games, Terry describes the great experience he and his team enjoyed going around the country on parades and being celebrated in every state. Will experienced the same post-Olympic elation as he came home with his grooms to Hidden Valley, El Campeon Farm and his family. "I was the first Californian who made it into a jumping Olympic team," he says, "and my homecoming was incredibly special."

Both men emphasize how much the team around them were instrumental in their successes.

We touch on post-Olympic depression and Terry provides this insight.

"To be successful at the Olympics, you have to be all in, but if being an Olympian becomes your only identity, you are going to struggle when it's all done. Everything I had done from 1978 to 1992 was one-dimensional. It took some time to break out of that. I had a beautiful wife, a great career but I crashed and burned. Looking back, I realize that a healthier outlook is to view it as something you did – not something you are. As a coach, I saw my team go through post-Olympic depression. Michael Phelps said that every morning, he had to learn to wake up to a new realization. He was just Michael Phelps – not Michael Phelps the Olympic champion. You adjust to becoming a regular citizen."

Will's post-Olympic experience was different.

"I was very happy for a long time after the Olympics," he explains. "The adrenaline high continued for a while but my chosen sport is different from water polo in that I'm still training and going for it now. An equestrian career is much longer than a water polo career."

The memories they share are profoundly powerful. Terry's face lights up as he remembers this:

"One of the happiest memories of my life was the 1984 Olympic opening ceremony. Since Los Angeles was hosting the Games, we were the last team to march into the coliseum. When they announced Team USA, 80,000 people cheered for us, and I was floating as I walked around the track in front of our home crowd. It was incredible."

Both men strongly agree on what an honor and a privilege it is to represent the United States at the Olympic Games. Their love for their country is unquestionably strong. Terry recalls being the athlete chosen to carry the American flag at the 1988 Seoul closing ceremonies – an experience that was one of the proudest moments of his life.

Terry's honesty pours forth as he admits, "I'm addicted to the Olympics. If somebody came to me now and offered me a coaching position, I think I'd take it. I'm hooked on the Games. If someone gave me a horse that could sit on the water, I'd do it!"

I ask Will if he'd do it again, and he answers unequivocally, "100% yes. In a heartbeat." 🍓



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48th Annual Pepperdine Associates Dinner

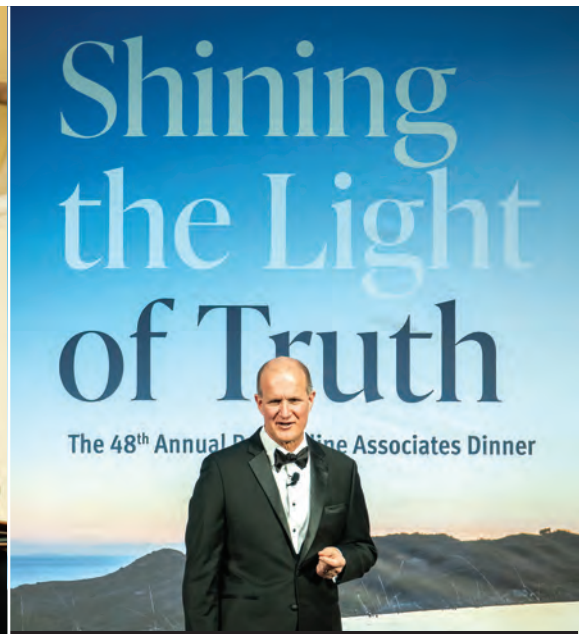
On Feb. 17, more than 550 Pepperdine friends and supporters gathered to celebrate the 48th annual Pepperdine Associates dinner at the Beverly Hills Hotel. The event's theme, "Shining the Light of Truth," recognized the significance of seeking truth as a cornerstone of American ideals and aspirations and Pepperdine's guiding principles that are embedded in the truths of the gospel of Jesus Christ. Former Secretary of State, Condoleezza Rice, was one of the luminaries taking part in the panel discussion about democracy and leadership.

From Dinner Chair Seth Hays:

"The Pepperdine Associates dinner is arguably the biggest night of the year for Pepperdine. For the past 48 years, the core community of Pepperdine's donors, alumni, and friends have gathered on this special evening to be with one another and celebrate the mission, history, and future of Pepperdine. Ultimately, it's the people at Pepperdine that shape this great university and our lives have been forever changed because of the wonderful people at Pepperdine University. It's a joy for our family to support Pepperdine and it was a tremendous honor for Jolyn and I to serve as dinner chairs for the 2024 Pepperdine Associates dinner."



Dee Anna Smith, Chair of the Pepperdine University Board of Regents, Condoleezza Rice, former Secretary of State, Kiron Skimmer, Pepperdine University's Taube Professor of International Relations and Politics



President Jim Gash delivers keynote address about the University's mission and vision to be a preeminent Christian university dedicated to preparing students for lives of purpose, service and leadership



Seth and Jolyn Hays deliver remarks as co-chairs of the 48th Annual Pepperdine Associates Dinner



More than 550 Pepperdine friends celebrated the 48th Pepperdine Associates Dinner

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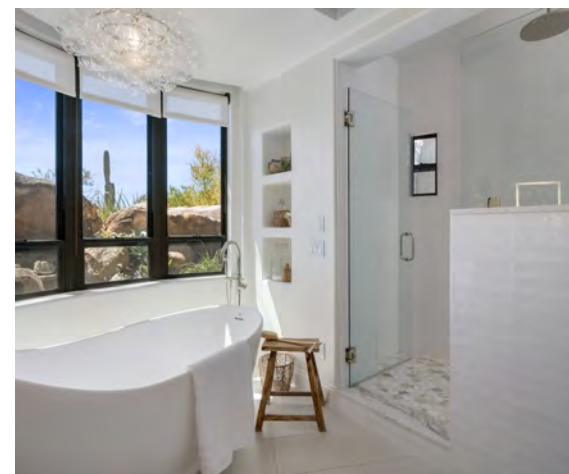


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Ella Purnell



PHOTO CREDIT: PAUL SARRIS/SHOWTIME



K eep your eyes and ears alert to the amazingly talented actress, Ella Purnell. This English rose began her career as a child actress in West End theatre and in films such as 'Never Let Me Go' and 'Maleficent'. Her other films include Tim Burton's famous film, 'Miss Peregrine's Home for Peculiar Children (2016)', 'Churchill', and Starz' 'Sweetbitter' (2017), in which she plays the series lead role of Tess in the adaptation of Stephanie Danler's hit novel of the same name. Most recently, she stars in Amazon Prime's 'Fallout'. Based on one of the greatest video games of all time, Fallout is the story of haves and have-nots in a world in which there's almost nothing left to have. 200 years after the apocalypse, the gentle denizens of luxury fallout shelters are forced to return to the incredibly complex, gleefully weird and highly violent universe. For those of you who attended the Stagecoach Music Festival in Indio recently, Ella was right there with you.

IG: [ella_purnell](https://www.instagram.com/ella_purnell)



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Zoë Kravitz and Channing Tatum



Channing Tatum and Zoe Kravitz at the Met Gala
 Courtesy James DevaneyGC Images



Channing Tatum and Zoe Kravitz pictured at Lenny Kravitz's Hollywood Walk of Fame ceremony, March 2024.
 Rodin Eckenroth/Getty Images

Zoë Kravitz and her fiancé, Channing Tatum, were completely adorable together attending Zoë's dad, Lenny Kravitz's Hollywood Walk of Fame ceremony on March 12, 2024. They sat tightly together with Zoë's arms resting on Channing's knee, laughing freely and clearly enjoying each other's company.

Zoë Kravitz has stood out in blockbuster big screen franchises such as *The Batman*, *Mad Max* and *Fantastic Beasts*. Channing Tatum is known for *Magic Mike's Last Dance*, *Bullet Train* and *The Lost City*.

The couple first connected in 2017 when both had voice roles in 2017's *The Lego Batman Movie*. Zoë then scouted Channing to star as Slater King in her directorial debut thriller, *Blink Twice* (formerly known as *Pussy Land*).

Engaged since 2021, their relationship appears to be strong with interviews showcasing their ease and humor with each other. In a recent Harper's Bazaar interview, Zoë said: "He's a great guy. We get on really well. We have our own relationship as well. We hang out. We talk. He's a very soulful human being. He was raised well. He has manners and class."

Another source said, "They both have a lot in common, they're both very active and love outdoor sports and being in the outdoors." 🌿

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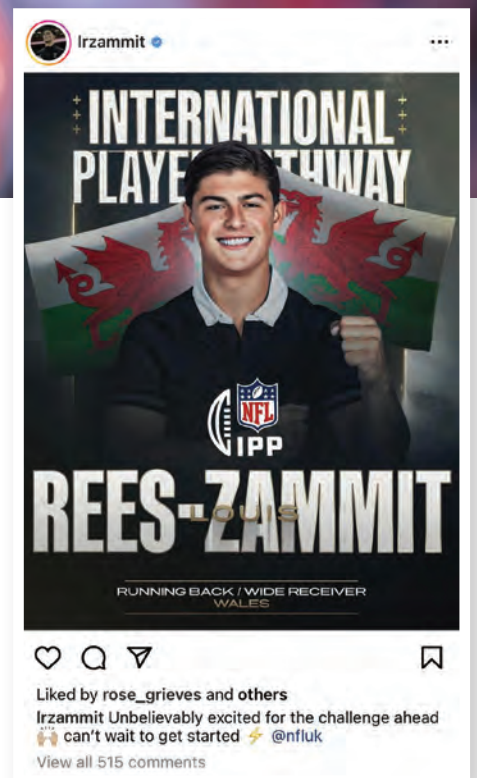
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Louis Rees-Zammit Joins Kansas City Chiefs

Louis Rees-Zammit.
PHOTO COURTESY
PAUL HARDY GETTY IMAGES



When athletes are truly gifted, they have the innate ability to transfer their skills to similar sports where strength, field awareness, speed, ball skills, coordination, endurance and mental fortitude are key components.

International Welsh rugby super star, Louis Rees-Zammit, is the latest world-class athlete who has been recruited by the Kansas City Chiefs to join their 2024 NFL squad. The 23-year-old is aiming to play offense and said his ultimate dream would be to play wide receiver or running back in the NFL. He could potentially be a significant offense weapon in the Chiefs' arsenal.

Here was his media message:

"Hi, Chiefs Kingdom, Louis Rees-Zammit here. Just signed, can't wait to see you at Arrowhead (Stadium)."

Rees-Zammit went on to say, "I fancy a new challenge and what better challenge than to be in the NFL."

APEC's Bobby Stroupe, Mahomes' longtime trainer, posted a group photo on IG of everyone getting work in. Rees-Zammit posted several images on his personal Instagram account from the workout. That includes a photo of him chopping up with QB Patrick Mahomes.

IG: lrzammit



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Emily Blunt and
Cillian Murphy in
Oppenheimer

The Bomb

By Diana Addison Lyle

The blockbuster movie, *Oppenheimer*, which swept up multiple awards in the 2024 awards season, resonated deeply with audiences across the world because of the complex topic and actor Cillian Murphy's brilliant portrayal of J. Robert Oppenheimer – a gifted physicist who headed up the Manhattan Project during World War II in which the atom bomb was developed.

During the practice sessions that took place in 1945 at the Los Alamos Laboratory in New Mexico, little is known about the ramifications of that test facility. On the night that the bomb was detonated in a practice, there was a girls dance group camping in nearby Ruidosa when a forceful blast threw some of the girls out of their bunk beds. Later that day, they ran outside to play with what looked like snow-

flakes falling from the sky, but they were confused when they touched the snowflakes and found that they were hot. Every one of those girls died before age 30. Their lives were truncated radically.

Oppenheimer went on to be called the 'father of the atom bomb' after codename 'Little Boy' was dropped on Hiroshima on August 6, 1945, and on August 9, 1945, 'Fat Man' was dropped on Nagasaki. Over the next two to four months, the effects of the detonation of the atom bomb killed 333,907 people – half of whom died on the first day. The world would be forever changed from the deployment of this first nuclear weapon. The recent Peace Ceremony in Hiroshima reminded everyone of the immense devastation from that act. Next year will be the 80th anniversary of the dropping of the bombs, and the few survivors left to talk about it are plagued by nightmares of the act that changed the course of history.



Born in New York City, Oppenheimer earned a Bachelor of Arts degree in chemistry from Harvard University in 1925 and a doctorate in physics from the University of Göttingen in Germany in 1927, where he studied under Max Born. After research at other institutions, he joined the physics department at the University of California, Berkeley, where he became a full professor in 1936. He made significant contributions to theoretical physics, including achievements in quantum mechanics and nuclear physics such as the Born-Oppenheimer approximation for molecular wave functions, work on the theory of electrons and positrons, the Oppenheimer-Phillips process in nuclear fusion, and early work on quantum tunneling. With his students, he also made contributions to the theory of neutron stars and black holes, quantum field theory, and the interactions of cosmic rays.

Many people contend that had the United States not dropped the two atom bombs on Japan, there would have been no surrender, and World War II would not have drawn to a close. The bombs did end the war, and the jubilation in the United States was extensive when the American troops came home.

Remember that Russia was allies with the U.S. in the war against Nazi Germany, Japan and Italy. Joseph Stalin, one of the most ruthless dictators of the twentieth century, was furious that the U.S. went about ending the war unilaterally because it robbed Russia of a perceived victory. Stalin wanted his country to be viewed as the world power that ended the war. Instead, he felt that the glory had been snatched away from him.

So began an intensified Cold War in which a nuclear arms race took all precedence. Albert Einstein wrote letters to Washington D.C. warning about impending annihilation given the frenetic pace of the arms race. In 1953, President Eisenhower was informed about the first hydrogen bomb test, which would make Hiroshima's atomic bomb look like child's play. He said in an impassioned speech,

"Science has conferred the power upon us to erase human life from this planet."

Heads of Science in Russia reasoned with Stalin that it was imperative that they keep up with the USA's nuclear program, and shortly afterwards, they too tested out a thermonuclear device. So began the intense war of nerves. Covert operations began in earnest, and the massive intelligence conglomerates like the C.I.A. and KGB led the race. Prior to World War II, the U.S. never had a foreign intelligence agency at all.

The Shah of Iran ran a repressive regime in his country and was blatantly pro American. As unrest in his country ensued and a coup took place in 1953, the oil fields in Iran were up for grabs, and western oil companies (including American, British and French) swooped in to prevent them from falling into Soviet hands and communism. The Cold War was really a battle for the hearts and minds of people. The C.I.A. employed whatever tactics were favorable to American interests.

But an interesting change was also beginning in the Soviet Union. Russia's new leader, Khrushchev, was the first leader to point out to the Russian people the travesties of the Stalin reign. This new style of Rus-

sian leadership opened the gates – particularly for young people – towards the idea of liberal reform. It was the people’s first taste of freedom of thought after the brutal enforcement of Stalinism. It enlivened the population and encouraged artists to spread their wings.

Khrushchev also believed that the Soviet Union was superior ideologically, but inferior militarily. So began the propaganda war against the U.S. in which Khrushchev would convince Americans that his country was far more powerful than their country. The disinformation campaign had the desired effect. In the meantime, an American journalist, Daniel Ellsberg, made public all his nuclear files in the hopes that it would lessen the likelihood of an all-out nuclear war. He was particularly focused on intercontinental ballistic missiles.

The 1962 Cuban Missile crisis was a 13-day confrontation between the U.S. and the Soviet Union when American deployments of nuclear missiles in Italy and Turkey were matched by Soviet deployments of nuclear missiles in Cuba. The confrontation is widely considered the closest the Cold War came to escalating into full-scale nuclear war. The Soviets were concerned about a Cuban drift towards China, with which the Soviets had an increasingly fractious relationship, and so Fidel Castro, the Cuban Prime Minister and Khrushchev agreed to place nuclear missiles on the island of Cuba to deter a future invasion.

Fast forward to November 1989 when President Ronald Reagan made his famously impassioned speech to the Soviet Union’s Mikhail Gorbachev – to bring down the Berlin Wall. The wall’s breakdown between east and west Germany occurred peacefully and marked the destruction of the figurative Iron Curtain – something that Russia’s current leader, Vladimir Putin never got over. It was one of the series of events that started the fall of communism in Central and Eastern Europe, preceded by the Solidarity Movement in Poland. The world was changing massively, and young people dreamed of a non-restrictive future in which their hopes and dreams could flourish. Gorbachev’s decision to allow elections with a multi-party system and create a presidency for the Soviet Union began a slow process of democratization that eventually destabilized Communist control and contributed to the collapse of the Soviet Union. Russia lost substantial territory as the people in satellite Communist countries demanded democracy and independence from Soviet domination. The world’s hope was that the new, dispossessed Russia could move on with its revised tomorrow.

Whenever there is poverty, things don’t run smoothly. Boris Yeltsin came into power in Russia in 1991 and reigned poorly until 1999. By that stage, his country suffered a massive economic meltdown with shortages of food and widespread hunger and discontent. If this was what the collapse of the Soviet Union looked like, most Russians wanted no part of this new tomorrow.

Regrettably, Boris Yeltsin hailed Vladimir Putin as the man who was going to save mother Russia, and it was he who promoted him and extolled his non-existent virtues. As Putin made his way up the ranks to succeeding Yeltsin, he didn’t hide his opinion that the dissolution of the Soviet Union in 1989 was the greatest travesty he had



Vladimir Putin at the state Council Presidium meeting

ever witnessed. His actions since then have proved what his intentions are: to regain former territory. Putin is determined, no matter the odds, to forge ahead with the re-establishment of Russia’s former glory, and he doesn’t care how many lives are lost to his ambitions.

Hence the current, protracted war in Ukraine in which Putin is not going to stand down from the illegality of his invasion. The temperature rose in 2014 when a rigged Ukrainian election attempted to install a Moscow puppet into power. The Ukrainian people protested and demanded a re-run of the election in which they ousted pro-Russian puppet, Viktor Yanukovich. Armed Russian soldiers began to occupy Crimea right afterwards, and the people there never fought back. Putin gained confidence with the ease in which he was able to annex Crimea. That was really the beginning of the Russo-Ukrainian War. In 2022, when he invaded Ukraine forcefully, he was on a determined mission to annihilate any opposition to what he believes is Russia’s justified re-annexation of former Russian territory. The rules of sovereign rights don’t exist in Putin’s mind.

So how does this affect the nuclear bomb threat? Right now, there is only one nuclear arms control treaty left between the United States and Russia. It expired on February 5, 2021, but it was renewed by the U.S. government for the next five years. Without it, there would be no limits on—or transparency into—the size and composition of the U.S. and Russian nuclear arsenals. But by March 29, 2023, the Kremlin suspended all notifications about nuclear weapons – a communication system that had been critical in the fight to avert nuclear war. In March 2024, Putin issued a warning to the U.S. saying that Russia is ready to use nuclear weapons if its sovereignty is threatened.

Let’s hope that human sanity prevails. 🌱

Acknowledgments: Netflix 2024: Turning Point: The Bomb and the Cold War.

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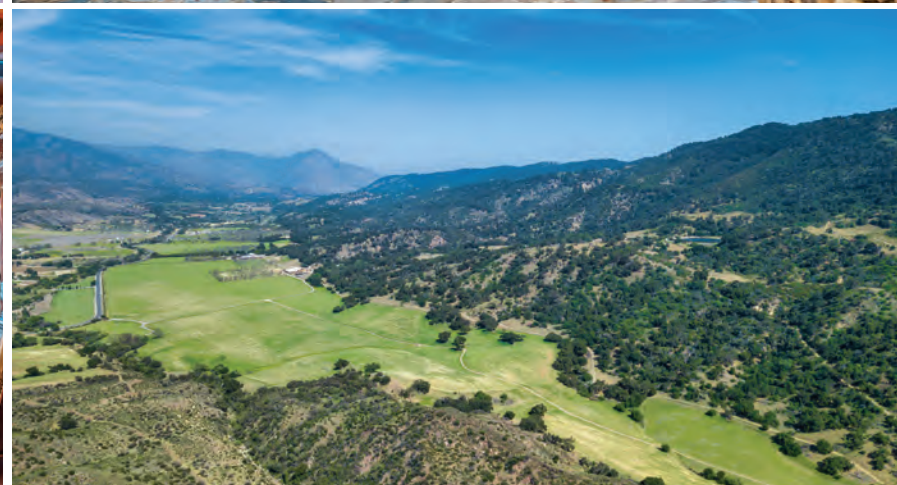
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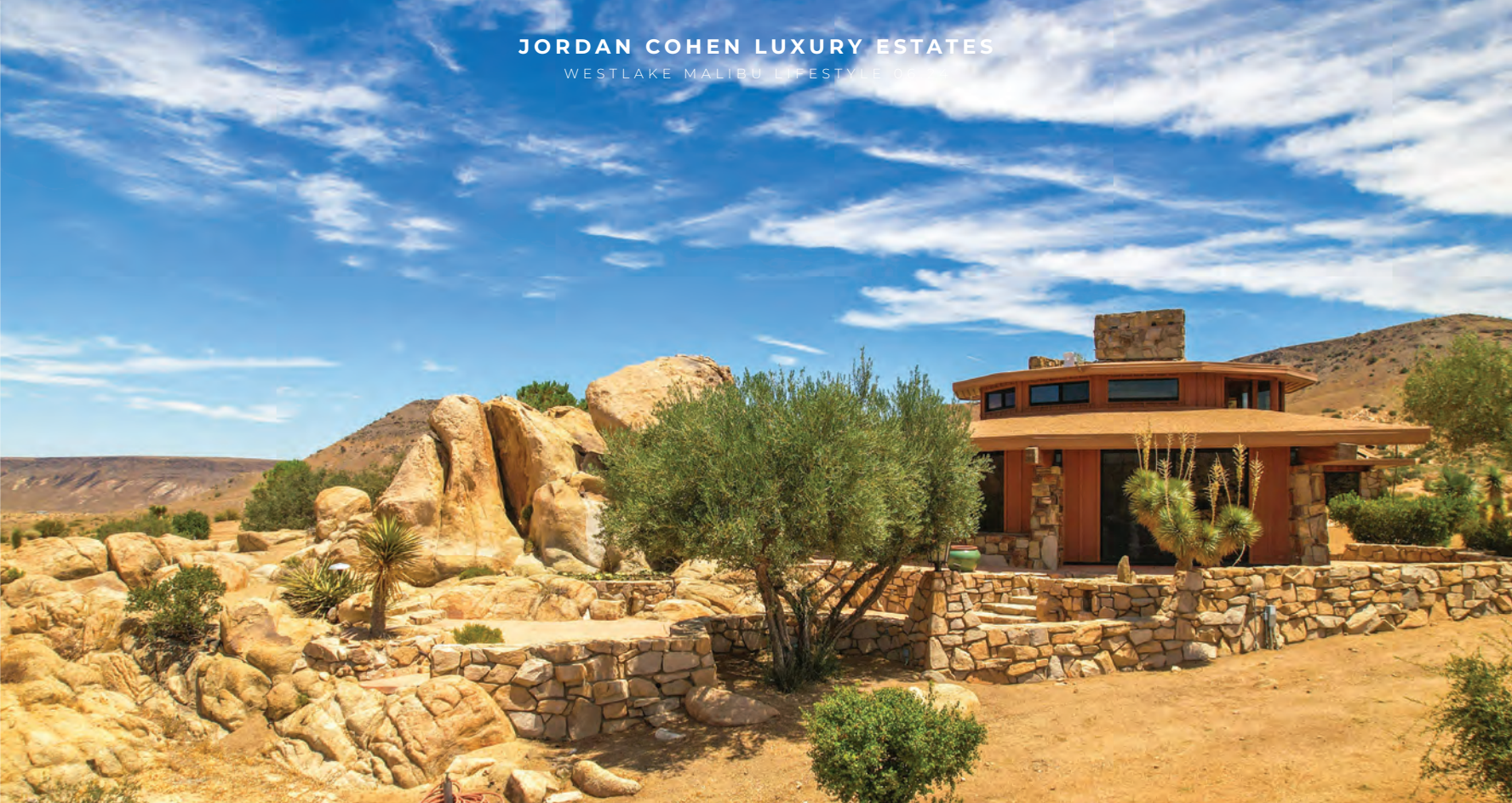
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European estate where romance mingles with California magic! Located on over 23 acres, located behind private gates high above the Wood Ranch Country Club, this palatial Tuscan-inspired villa captures 360-degree sunlit views from every window across 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 Rivian R1T

Rivian

Made for the Planet

Whether taking families on new adventures or electrifying fleets at scale, Rivian vehicles all share a common goal — preserving the natural world for generations to come.

RIVIAN OPTIONS

The 2024 Rivian R1T (truck version) starts at \$71,700 and goes up to \$88,800 depending on the trim and options. There are a myriad of other options including the R1S – a 7-seater SUV for your family’s big adventures. A slightly smaller SUV, the R2, which seats 5 passengers, and which comes with an attractive \$45,000 starting price, is due out in 2026. The R3 will be another smaller SUV priced affordably and that is due for release in the next few years. There’s also a Rivian electrical commercial van available to companies.

SUPERCHARGER NETWORKS

Rivian recently announced it has signed an agreement with Tesla to provide Rivian drivers access to Tesla’s Supercharger network across the United States and Canada. Central to its mission to electrify and decarbonize transportation, Rivian will also continue to expand its own Rivian Adventure Network.

An adapter will be available to enable Rivian’s award-winning R1T and R1S to charge on the Supercharger network. Rivian will incorporate North American Charging Standard (NACS) charge ports as standard in future R1 vehicles starting in 2025, as well as in its upcoming R2 platform.

SOCIAL RESPONSIBILITY

Transportation is responsible for over a quarter of U.S. greenhouse gas emissions, highlighting the need to electrify the sector and preserve our world for future generations. By enabling drivers to charge their vehicles at a greater number of locations, this collaboration and others like it are important to help accelerate EV adoption.

Rivian’s company-wide sustainability strategy is a foundational step on their path towards net-zero carbon emissions. They have signed the Climate Pledge to reach that goal by 2040 – 10 years ahead of the Paris Agreement.



2024 Rivian R1T Interior



2024 Rivian R1T Tailgate & Bed



2024 Rivian R1S

Car and Driver test-drove the 2024 Rivian R1T and gave it this glowing review:

“One of the most capable EVs ever; the quickest truck we’ve ever tested; gear tunnel storage space is legit. The R1T checks a column full of boxes including off-road chops, impressive driving range, and mind-bending acceleration performance. A few million new pickups are sold in the U.S. each year, and while there are only a few fully electric offerings, no truck is as quick as the Rivian R1T. Making as much as 835 horsepower, the R1T can get to 60 mph in 3.0 seconds—a few tenths quicker than a Ford Mustang Shelby GT500 and can tow as much as 11,000 pounds, all in near silence. People who have bought a tent or a pair of REI hiking boots will feel familiar with this upper-class outdoorsy interior. There’s a honkin’ 15.6-inch touchscreen in the middle of the dash and finely stitched leather up and down the seats. Though EV pickups are somewhat niche, the R1T does have its rivals. The Ford F-150 Lightning, the Chevrolet Silverado EV, and the GMC Hummer EV SUT are the only other stores to visit in

this segment. None of them do it like the Rivian, which features a super helpful gear tunnel for additional storage between the truck bed and cabin. Its max DC fast charging rate of 220 kW complements its EPA-estimated range of up to 410 miles nicely. Add some off-road chops into the equation and the R1T is one of the most capable EVs ever—which is why you’ll find it on our 2024 Editors’ Choice list.”

RIVIAN FORECAST

Rivian has bled financially in the last year with disappointing stock performances. Long-term success will hinge on it delivering its R2 and R3 platforms. The lower-priced R2 and R3 should greatly expand its market opportunities.

COMPARISON TO OTHER EVS

Unlike Tesla’s more bubble-shaped silhouettes, Rivian leans into the SUV’s history as a tall, squared-off vehicle with a wide and commanding stance. 🔥



Rivian R3



Rivian R2 Coming in 2026

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Short Stories About Big People

By Bob Eubanks

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

I was very proud to be inducted into the California Music Hall of Fame in April. Much of my career involved music, from the Beatles to Merle Haggard and Dolly Parton. At my age, to be recognized for what I've done is a real honor.

The Kentucky Derby is always fun to watch. I was in the thoroughbred horse business at one time. My trainer and partner was a very popular figure in the horseracing business. His name was Shay Knight. We had a horse named Spanish Mod who was a real come-from-behind animal.

One time at the Santa Anita racetrack, Spanish Mod was in a really important race. As always, he was running in last place. I couldn't watch. I just kept my eyes closed. I would ask Shay, "Where is he?" and Shay would always reply, "He's in last place." Halfway through the race, with my eyes closed I asked again, "Where is he?" Shay said, "We're in real trouble - still in last place." The race ended and I asked one more time, "How'd we do?" Shay said, "We won!" I should have known...

I know I've told this story before, but it continues to amaze me. I was having breakfast one morning enjoying scrambled eggs and bacon. It reminded me of the time Paul McCartney woke up in the bedroom he had at Peter Asher's house



Bob inducted into Music Hall of Fame



Spanish Mod at Santa Anita 1970

(remember Peter and Gordon?) with a melody in his head. He was able to get the entire song out on the piano, but with no lyrics, came up with a provisional title - 'Scrambled Eggs' - to get a feel for the vocal. Later, on a holiday in Portugal, he finally completed the lyrics to the song. He came up with the idea of a one-word title and the song became one of the most recorded in history. 'Scrambled Eggs' became 'Yesterday'.

If you know anyone who's having a special event like an anniversary or a birthday and you'd like me to record a personal video (from me and you), just go to CAMEO.COM and search for my name. It's easy, and I promise you it will be a unique gift that will be remembered for years to come. I would love to do a video for you.

Here are a couple of things to ponder: Why are you "in" a movie but "on" TV? And why do we drive on parkways and park on driveways?



Paul McCartney

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

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Tiger Woods

Sun Day Red

After splitting with Nike at the end of 2023, Tiger Woods unveiled his new Sun Day Red brand which was on full display at the recent 2024 Masters at Augusta National. The new logo uses 15 stripes — the number of Woods major titles — to create the tiger profile that replaces the old TW logo. Says the golf legend: “I have learned so much over the years and have a lifetime of experience adjusting my apparel and footwear to help me play better based on the way it was constructed.”
sundayred.com

Tiger Woods watches a tee shot during the first round of the Masters on Thursday at Augusta National Golf Club.
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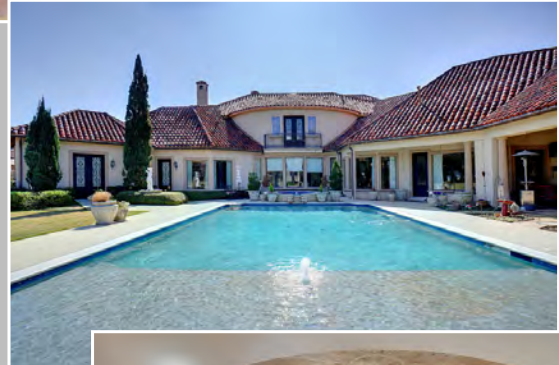
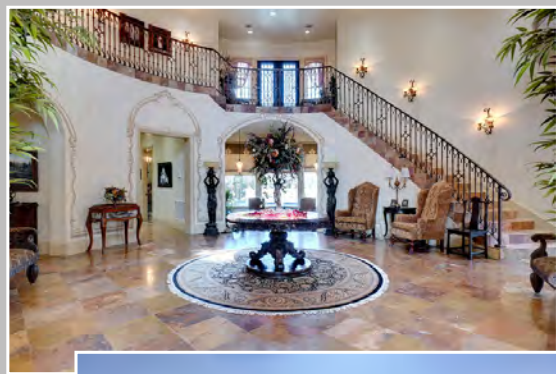
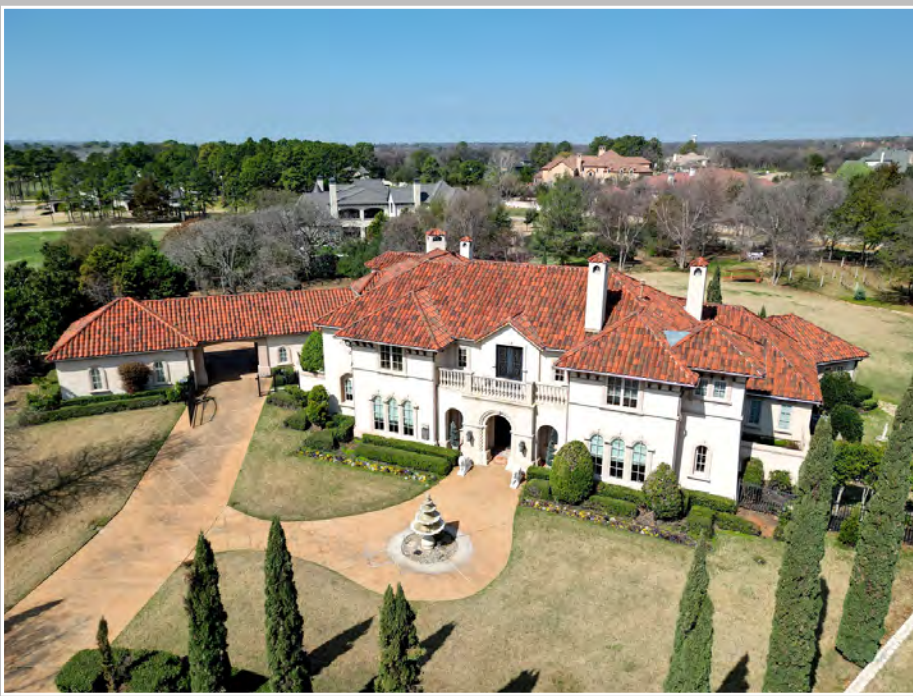


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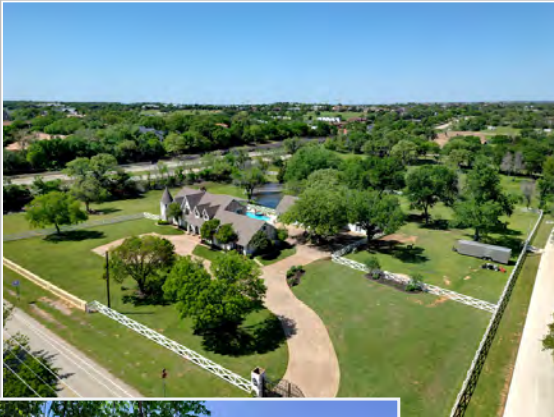


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- Bring your horses & livestock, pond, cross-fenced & no restrictions



You Gotta Grow Basil!

By Model Gardener Kelly Emberg



There isn't anything close to the taste and aroma of fresh herbs. Summer is the time when most herbs flourish in the warm sun. If I did a survey on the favorite herb, I'm sure basil would win hands down! Fresh basil is fragrant, spicy, and a traditional herb in summer cuisine and is one of those herbs people love to eat fresh. Pesto or Caprese salad are the dishes you think of first, but try tossing a handful of fresh basil leaves into your salad or stir fry to punch up the flavor. This is an herb that even children like, as long as it is disguised in fresh homemade tomato sauce!

You may be familiar with a few types of basil found at your grocery store, but there are up to 150 basil varieties to choose

from if you decide to grow them, and why not? Basil adds to the beauty of any type of garden with its colorful leaves ranging from crisp, brilliant greens, reds, to deep dark purples. There are over 150 basil varieties to choose from; pungent sweet basil, to spicy liquorish-infused Thai basil, as well as lemon, lime or cinnamon flavors. The deliciously fragrant leaves may be ruffled or smooth, large or tiny.

Plant basil as a companion to tomato plants and it can improve the flavor of your tomatoes. It's also good with asparagus, oregano, and peppers. Basil protects you and your garden too, it repels flies, mosquitoes, and thrips.

So, if you only want to grow one herb, do yourself and your tomatoes a favor and grow basil this summer!

MY BASIL FAV'S

Genovese basil - are the very best Italian pesto variety of basil. This is the traditional Italian heirloom variety of basil. It has shiny, large, almond-shaped leaves have a more pronounced flavor, and stores well if chopped and frozen in ice cube trays. Pinch growing tips for bushier plants that grow to 24" tall. Basil is a heat-loving tender annual plant that requires good drainage and ample moisture during hot weather.

Pesto basil from Italy
Shiny, large leaves
More pronounced flavor

Dolly Basil has all the aroma of Genovese, but with slightly larger leaves, faster growth, and a better tolerance of the cool nighttime



Basil Bolting



Genovese basil



Lemon Basil

temperatures that can occur with southern California's cool nights. It's also slightly better suited for container growing.

Sweet basil is very similar to Genovese basil, and the names are often used interchangeably, though they are, in fact, two different plants. The color of the leaves is often somewhat lighter than Genovese basil, and the shape of the leaves is less rounded and more pointed. Its flavor is slightly sweeter and milder than Genovese, and it is sometimes thought to have a slight hint of anise or licorice flavor.

Grow in: Full sun to partial shade

Height: 12 to 24 inches

Purple Basil Purple basil is a type of basil that has purple leaves and a sweet, slightly spicy flavor. It is often used as a garnish and can be used in place of regular basil in many recipes.

Thai basil is a type of basil that is commonly used in Thai cuisine. It has a slightly spicy flavor and is often used in curries, stir-fries, and salads. Thai basil has a purple stem and green leaves with purple flowers.

Lemon basil is a type of basil that has a lemony flavor. It is often used in salads and can be used in place of regular basil in many recipes. Lemon basil has green leaves and white flowers.

Cinnamon basil is a type of basil that has a spicy cinnamon flavor. It is often used in desserts and can be used in place of regular

basil in many recipes. Cinnamon basil has green leaves and pink flowers.

Greek basil is a type of basil that has small leaves and a strong, spicy flavor. It is often used in Greek and Italian cuisine and is a great choice for adding flavor to salads and pasta dishes.

There are certain herbs you can live without, but it isn't Basil. So fresh, so aromatic, this tropical herb from the mint family likes plenty of sun and heat to thrive, though it will tolerate a bit of shade, and does best in nutrient-rich well-drained, loamy soil. Give it a spot that receives six to eight hours of sun daily.

HARVEST

Everything grows so fast in the summer because there are more hours of light in the day. When basil grows fast it pushes small flowers out at the top of each stem. Gently pinching them off allows the leaves to continue producing and reach full size. Basil has a tendency to grow very bitter-tasting leaves if the flowers are allowed to mature to seed. If it goes to seed your plant is pretty much done. But don't fret, collect the seeds and save them for the next year.

TIP: You can add the edible flowers to a salad. Basil flowers are great for pollinating





Purple Basil



Thai Basil



Bowtie Pesto Pasta

your garden. They attract honeybees and other wild pollinators.

Frequently harvesting your basil will prolong the life of the plant. Basil leaves have their peak flavor just before the plant flowers - making it the optimum time to harvest and plan on making a big batch of pesto. Flowering can be delayed by pinching or clipping off new flower buds.

TIP: Tear basil rather than chop with a knife because chopping tends to bruise the leaves making their edges brown. Add basil to food

just before serving so as to get the full aroma and effect. Cooking basil tends to bring the minty side of basil come to the forefront.

PRESERVING

Basil is best fresh, but can be preserved by drying or by freezing. To freeze, tear the leaves into small pieces and freeze small batches of them, with water, in ice cube trays. Once frozen, the cubes can be saved in zip-lock type bags and labeled for later use. This will preserve the fresh flavor of basil for up to four months.

Herbs thrive in the summer and basil is one

of those herbs that everyone can't get enough of. It adds beauty to your garden, makes your tomatoes tastier, delicious to eat, is easy to grow, and its intoxicating aroma protects you and your garden from pests.

Now why in the heck would you NOT grow basil? 🌿

Kelly Emberg, the model gardener

For more gardening tips, follow me on Facebook, Instagram, YouTube & Twitter. www.kellyemberg.com



Pesto



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Peak Performance Nutrition

By ShawnRene Zimmerman

Peak performance nutrition is a key component in a gold medal winning performance. The quality of food and specific nutrients we fuel our body with impacts our muscular strength, cardiovascular energy, muscle recovery and immune system strength at the cellular level.

A diet containing processed foods and processed sugar will weaken the immune system and hinder proper recovery. Processed sugar causes an inflammatory response in the body. This in fact, causes a chain reaction of inflammation in the entire body. When the body has inflammation, especially triggered by low quality food, it can not recover or perform at its peak level.

A diet high in nutrient dense foods, high protein, clean complex carbohydrates, healthy fats, fresh fruits and vegetables are key components in a well-rounded healthy diet. When you are an athlete and training hard, it is essential you fortify your diet with protein. Protein is the building block of muscle. Athletes also need clean carbohydrates for energy. Our muscles and brain need glycogen for energy and to function optimally. Sweet potatoes, white potatoes, organic oatmeal, and quinoa are some of my favorite clean healthy complex carbohydrates.

Sweet potatoes are excellent immune system boosting complex carbohydrates. They are a super food that help with inflammation, blood sugar spikes, and blood pressure. They are excellent pre training for sustained energy. They are also excellent post training as they are packed with essential healing nutrients. They are loaded with minerals and A, B, and C vitamins. They contain high levels of antioxidant and anti-inflammatory agents. As these substances pass through your system, they balance out free radicals, chemicals that harm your cells.


Quinoa contains protein, fiber, and healthy fats that help to stabilize glucose levels. It has also been shown to reduce inflammation, regulate blood sugar, lower cholesterol and prevent anemia.

Quinoa has a glycemic index of around 53, so it will not cause a dramatic spike in blood sugar.

Nutrition plays an essential role in the regulation of optimal immunological response, by providing adequate nutrients in sufficient concentrations to immune cells. There are a large number of micronutrients, such as minerals, and vitamins, as well as some macronutrients such as some amino acids, cholesterol and fatty acids demonstrated to exert a very important and specific impact on appropriate immune activity.

The inflammatory mechanisms that compose the innate immunity are strongly influenced by nutrition, and this interaction, when perturbed, can profoundly affect disease development, strength, stamina, energy, and optimal recovery.

Athletes also benefit from healthy fats as it plays several roles in the body, from providing an energy source, to aiding the absorption of vitamins, specifically vitamins A, D, E & K. It also protects vital organs, aiding hormone production and immune system strength.

There is so much more I would love to elaborate on and dive into, to be continued! Fuel your body with top quality nutrition in sports and in life, and you will reap the rewards for years to come. With proper nutrition, you will catapult and equip your mind and body to achieve your greatest desires and goals. My passion is helping to bring out the best in others from the inside out! 



Shawn Rene Zimmerman

www.ShawnReneFit.com

Celebrity Trainer

Team USA Olympic Gold Medalist Athletes Nutritionist

Exercise Science specialist

Exercise physiologist

Holistic nutritionist

Sports medicine specialist

Strength & Conditioning specialist

Cardiovascular specialist

Flexibility, yoga, pilates specialist

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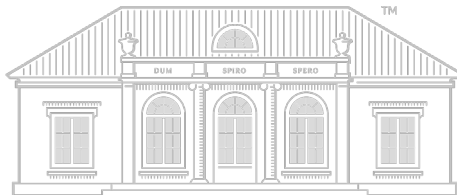


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A stylized, handwritten signature in black ink that reads "Ryan Shimp".

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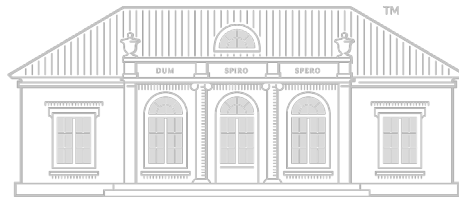
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Hannah with Cloud 39
wearing Gucci dress and
her dad's Ralph Lauren
vintage belt downsized



HANNAH SELLECK

Riding a Special Cloud

Hannah Selleck is one of those rare people who invites respect in every corner of the world. Whether she's just entering a room or riding her horse in an arena with thousands of spectators watching her show jump at the highest international levels, the reception she receives is unanimously complimentary.

Part of it stems from Hannah always conducting herself with enormous dignity. There's a regal presence about her which is humanized by her genuine interest in others, her unwavering sincerity, and a healthy dose of humility.

Our timing in celebrating Hannah in this cover story is pertinent. As the 2024 Paris Olympic trials build toward their climax, Hannah's successes in horse show jumping have everyone watching her ascension with bated breath.

2008 Olympic Gold Medalist in the same sport, Will Simpson, offered this accurate assessment of why Hannah is excelling:

'Hannah brings so many diverse equestrian experiences to the show ring, starting with the discipline and style of the equestrian ring all the way to the excitement and unpredictability of breeding and starting young horses. These life-long horseback experiences give Hannah the ability to know how the horse is going to react before the horse reacts. You couple all these experiences with talent and a work ethic second to none and you have a rider with all the skills to make it to the top of the sport and stay there!'

PHOTOGRAPHY BY BOONE STUDIOS
STORY BY DIANA ADDISON LYLE

It's not surprising that the mutual admiration between Will Simpson and Hannah Selleck has been intact for decades. Hannah traveled to Hong Kong for the 2008 Beijing Olympics to watch Will ride his way to gold medal victory. She's always been a conscientious and assiduous studier of the best athletes in her sport, and she absorbs every detail she's learned along the way.

Like most things in life, behind every successful story, there's a solid bedrock from which talent can flourish. Hannah describes where her story began:

"I grew up on a ranch in Westlake Village, CA. It was a lovely childhood with lots of love and animals: horses, cows, sheep, dogs, cats, and bunnies. Besides my half-brother, I am an only child, so I spent much time on the ranch outside, exploring and caring for the animals. My parents encouraged me to do many sports and activities, such as soccer, ballet, and piano. Finally, it came down to ballet or riding, and I chose the riding because of my love for the horses. I was lucky to always be encouraged to find my passion and work hard. Having this drive was inherent from my parents."

We delve into more depth about the DNA and work ethic in the Selleck home, and Hannah confirms my theories on the advantages of having two highly accomplished parents. Hannah's mom, Jillie Mack, was a gifted, hard-working professional dancer, and dad, Tom Selleck, has enjoyed a prolific acting career in *Magnum P.I.*, *Blue Bloods* and *Jesse Stone*, to name a few.

Hannah speaks with her signature humility:

"Both my parents are hard workers, and I was lucky enough to have them encourage me to find my passion and to pursue it. I have always had their unconditional support and I think I inherited some of their grit. My mom grew up in a small town in England and excelled at ballet. She had a ton of drive and grit and was determined to make it to the top. My dad, too, is a hard worker who puts everything he has into his craft."

Hannah has loved horses lifelong.

"For as long as I can remember," she recalls, "some of my first horse experiences would have been around the western trail horses on the ranch and on the set of my dad's western movies. I must have only been about a year old when my mom and I visited dad on the set of *Quigley Down Under* in Australia. I took my first riding lesson at age four at Foxfield

Riding School locally, just a few miles from the ranch, and I was immediately hooked. My love of horses is what drew me to the sport of jumping, and then I got hooked on the competition, winning, and also losing because without that, winning would not be so sweet."

We fast forward to the significant year that 2024 is turning out to be for Hannah. Unlike most sports, success in show jumping is not only dependent on the athlete's ability, but the second athlete, the all-important horse. Hannah's relationship with her new horse, Cloud 39, is turning out to be a match made in heaven.

"Cloud 39 is a special horse," she says with visibly strong meaning. "I was lucky enough to start riding him in November 2022 while working with coach Mario Deslauriers. I had been working with Mario for about six months. Cloud was a former mount of Mario's, and I saw an opportunity to ride him when Mario offered him for sale to another rider, but that sale did not work out."

"Cloud is challenging and unconventional yet very kind and brave with so much scope (power). He has had a great foundation with a seasoned, successful, and stylish rider, Mario, since he was eight years old (he's now 13). Mario's instruction to me to get to know this horse was invaluable for our success. I am forever grateful to Mario and the Deslauriers Family for the opportunity with this incredible partner."

It takes very little coaxing to have Hannah expand on the exceptional qualities in this horse.

"Cloud gives me the feeling he would do anything for me," she says gratefully. "He always tries his best, and we have gotten to know each other well. He has allowed me to consistently get in the ring at the 5-star level of the sport. This consistency is something I have craved my whole career."

Cloud gives me the feeling he would do anything for me. He always tries his best, and we have gotten to know each other well. He has allowed me to consistently get in the ring at the 5-star level of the sport. This consistency is something I have craved my whole career





The USA Jumping Team at the Longines League of Nations™ in Abu Dhabi. From left, Callie Schott, Aaron Vale, Alise Oken and Hannah Selleck.
PHOTO CREDIT- FEI / LIZ GREGG



Their trajectory this past year is summed up here:

“We jumped our first 5-star Grand Prix over the summer at Spruce Meadows in Calgary. Then we continued from there to jump the Queen’s Cup \$1,000,000, qualifying for the 2nd round and finishing 11th. From there we jumped the \$3 million Rolex Grand Slam in September - finishing as the highest placed U.S. horse and rider combination in the class - at the Spruce Meadows Masters.”

The famous bright scarlet jacket (known as the ‘Pinque’) is only worn by riders who have attained National Title Class. It’s like the famous green jacket that golfers wear when they’ve won the Masters in their sport. Hannah achieved her dream a year ago and she describes it as an all-important milestone:

“Cloud helped me achieve a long-time goal of getting to put on the coveted ‘Pinque’ coat for the U.S. Team, first in Spain and Portugal this past fall 2023, where we won the bronze at both team events and we placed 2nd in the 3-star Grand Prix in Vejer de la Frontera - putting in a double clear round effort in this class that was an Olympic qualifier for many European riders. Again, we got named on a Nations Cup team, this time at the senior level in Abu Dhabi, the first stop of the newly launched Longines League of Nations.”

Hannah’s passion continues as she describes the intimate details that forge an exceptionally special horse rider relationship.

“Cloud and I work well together because he enjoys having a light female rider. It gives him more freedom in his body, and he can stay more relaxed. I have ridden all types of horses as a junior, amateur, and professional, and all that experience has given me tools to navigate riding Cloud. The more I trusted Cloud to navigate some of these biggest tracks in our sport, the more I began to believe in myself. Our confidence grew together, and we make a great team.”

Hannah’s recognition of the importance of the moment is displayed in her determination to extract everything she can from her current run with Cloud.

“There’s a component that comes out of necessity,” she explains. “I saw this huge opportunity with Cloud and a horse of his talent. I have never had the opportunity to ride a horse of his talent and ability, so with that shot, I knew I better

give it EVERYTHING I had because this might be the only opportunity in my career. This pressure is a privilege, and I am one of the lucky ones who gets to feel it.”

I ask Hannah how she deals with the stress of the high stakes in international competition where so many things can go wrong in two minutes for the horse and the rider. She responds unhesitatingly.

“It’s an absolute rush, and I love it. Some days, it’s about being brave and shutting out that voice in your head of what would happen if something went wrong. I consciously block that out by focusing on what can go right, and with that psychological shift, you are more likely to have the round of your life. We are always one moment away from a breakthrough, so I stay in that mindset. My trajectory with Cloud has taught me this.”

Lifestyle is a key component of a world-class athlete’s success, and Hannah describes what it takes to perform at that level:

“Before and after competition, I stick to a regimented routine with myself as an athlete and Cloud as my equine partner. I focus on getting enough sleep. Rest and recovery are just as important as training. I lift weights with a trainer, spin, run, and balance it out with yoga and meditation. The latter two really help me with stress. Preparation is key and doing the work daily is important so that when it’s Grand Prix Day, we are ready.”

Hannah has also learned to master the pressure of the moment as she and Cloud enter the Grand Prix show ring.

“The goal in the ring is that state of flow where you are just being super present, aware, and in the moment, but not reactive. You have to ride the course jump by jump and stride by stride. We plan weeks out for those 2 minutes in the competition arena. I like to visualize my goals, immediate and long-term. What does each step on the course look like to jump the clear round? How does the wind feel on my face and the crowd in the stadium sound? What does it feel like to climb the podium and hoist up the trophy? I especially love to do these visualizations while in movement, like spinning.”

Hannah is also realistically aware of the danger in her sport, and she has coping mechanisms for that.

Both my parents are hard workers, and I was lucky enough to have them encourage me to find my passion and to pursue it. I have always had their unconditional support and I think I inherited some of their grit. My mom grew up in a small town in England and excelled at ballet. She had a ton of drive and grit and was determined to make it to the top. My dad, too, is a hard worker who puts everything he has into his craft



Hannah riding Cloud 39 in
Abu Dhabi at the Longines
League of Nations
Photographer: Helen Cruden





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To be one of the three riders chosen for an Olympics is my ultimate dream. I'm very aware that I have the right horse now and that's always the tricky aspect of an equestrian career - having the right horse at the right time



Hannah (2nd left) representing the USA at the Longines League of Nations in Abu Dhabi
Photographer: Helen Cruden

“Riding is a dangerous sport, and if my mind ever wanders into anxiety and fear, I bring it back to the present by connecting with Cloud, putting my hand on his neck, and dialing back into what’s right in front of me.”

The temperature rises as we discuss what it will take to make it to the Olympics.

“Only the best in our country is selected for the USA jumping team in the Olympics,” Hannah explains firmly. “You must be a great rider with championship experience, have the proper horsepower underneath you, and some luck. This Olympics, horsepower will come into play. Some countries have exceptional riders from which to select, but these riders need the proper mount. The games come every four years, so having the right horse at the right time takes some planning and luck. Each country has its own team selection criteria, but the U.S. will make a short list based on ranking and a few committee-chosen spots. The shortlist will be given a set of observation events to compete at, and the team will be chosen from there. The horse needs to be sound and in good health, and so does the rider. My future dream for Cloud and me is to make that shortlist, so let’s see what happens.”

The exceptional discipline that is innate in Hannah extends to her eating plan.

“I have to be much more regimented than usual when I’m competing at this level. I can’t have





I love Tahiti, and any tropical island atmosphere where you can get off the treadmill, exhale and completely relax.

I've traveled extensively with riding, and I've also been able to enjoy some wonderful visits across the world with destination weddings. One was in Positano, Italy



Hannah with Cloud 39
wearing Gucci dress and
her dad's Ralph Lauren
vintage belt downsized



wine at dinner in this peak phase so I'm less likely to be very social because sticking to a healthy routine and getting plenty of sleep is very important. I never want to be too rigid, though. If I'm craving something, I'll have it for lunch. For instance, I love carbs, especially pasta. Generally, though, I stay in the health zone because it works for me. That includes eating the right proteins, choosing natural ingredients, and staying away from processed foods."

Hannah has always been altruistic. For the past eight years, she has been a valuable supporter of Brooke USA, who do great work worldwide for horses, donkeys and riders. Their work is especially important to families who rely on donkeys to get their day's work done. They ensure that the donkeys have a harness that fits correctly. The wrong equipment harms them. They also take care of their nutrition to make sure they lead longer, healthier lives. It's a win, win because then the people who own the donkeys can increase their sustainable income with healthier working animals. The welfare of both humans and animals is important."

I venture onto the important topic of a male suitor who is worthy of Hannah's love. She responds to my direct question realistically.

"I'm not off the market," she muses, "but I'm also not looking right now. If something were to click with someone, it would have to be seamlessly because my entire focus is on achieving my horse-riding goals with Cloud. I think it's sensible to not try to bridge both relationships because one of them will not get the time it deserves. I'm sure that will shift, and it could be very temporary. Of course, I would love someone special to be in my life."

I encourage Hannah to dream a bit more – away from her routine and strict schedule. I ask her – if she could go anywhere in the world for relaxation – where she would choose.

"Let's definitely fantasize," she laughs. "Traveling without the horses is a luxury."

I love Tahiti, and any tropical island atmosphere where you can get off the treadmill, exhale and completely relax. I've traveled extensively with riding, and I've also been able to enjoy some wonderful visits across the world with destination weddings. One was in Positano, Italy, and I've been to some beautiful locations in Mexico. I have friends, too, who have moved to Bali, and I'm looking forward to visiting them one day. There is no likelihood of any of that happening until the fall of this year," she emphasizes.

For now, Hannah's goal is to get on another Senior Nations Cup team. She talks about her future:

"To be one of the three riders chosen for an Olympics is my ultimate dream," she says with cautionary words. "I'm very aware that I have the right horse now and that's always the tricky aspect of an equestrian career - having the right horse at the right time."

Now, she's looking forward to the 2028 Los Angeles Olympics. Equestrian athletes have much longer careers than most other athletes.

Hannah's accomplishments go way beyond riding. She has a bachelor's degree from Loyola Marymount University, and she's almost completed her master's degree in business administration (MBA) at Pepperdine University's Graziadio Business School. She's astutely acquiring qualification tools that will serve her well if there are opportune possibilities with sponsors and investors.

It seems so appropriate that Hannah's dreams are being realized with a horse named Cloud. Children often stare up at the clouds in the sky and visualize floating to a place where their wishes can come true. Time has been kind to this beautifully talented duo. Most importantly, Hannah's life story is a valuable confirmation of the power of passion, perseverance, and performance. The real beauty, ultimately, lies in the majestic confluence of hers and Cloud's athletic and emotional union – and watching them is an art form. 🌟

Riding at that level is an absolute rush, and I love it. Some days, it's about being brave and shutting out that voice in your head of what would happen if something went wrong. I consciously block that out by focusing on what can go right, and with that psychological shift, you are more likely to have the round of your life. We are always one moment away from a breakthrough, so I stay in that mindset





Swimming to the Office

By Magda Pescariu

I'm not kidding, just talking about the general feeling of this summer. It's not clear whether it comes from the usual hopes and expectations we hold for our estival experience, or from the pervasive sense of strain and drain we can't seem to shake off in the era of 'the great exhaustion' we inhabit, but the line between office clothing and beach styles this summer is completely blurred. So far, it looks like a pitch-perfect reflection of all the other blurred lines in our lives, as we try to reestablish some sense of balance in our relationships with, well, almost everything. Work, needs, responsibilities, demoted hobbies and pleasures, people - you name it, it's on the list. The pace of our lives has accelerated way beyond our capacity (or will, for that matter) to keep up. We feel depleted not only in the choices we make every day (chaotic and stressed) but also at the core of our spirit. So, why not swim to the office, for a change, in wait for vacation? At the end of the day, how we feel, the good doctor says, is determined by the small decisions we can still make. And summer time is all about going with the vacation flow, free from having to comply with the push and pulls of daily life, or strict fashion rules before you move on, to the next fun thing.

That's how the **black swim tank** has become **one of the favorite tops to wear this summer**, including in the office. **Pair it with a terry dress,**

a versatile halterneck beach dress in a floaty, lightweight fabric, or even daring **denim shorts** if your office crowd is non-judgemental, a **vintage raffia belt** and some **big bangles**, with fine **gladiator-wrap sandals** - and you're in business. When working remotely, you may wear it with a **micro-mesh sarong** or loosely gauged **knitwear coverups**, making the most of the sheer-layer trend, as well as of the pantless one.

Regardless of which option is chosen, **swimwear is injected into everyday styling**, with designers and customers **mindful of** the leading role swimwear has come to play in the **sustainable fashion** industry. Thanks both to the **earth-friendly materials**, practices, and manufacturing processes that are the new standard for swimwear and the oneness-with-the-Earth mentality of swim culture, there is a **clear shift away from** the single-summer swimwear, which leads the ready-to-wear market move from the blink-and-you'll-miss-it trends and **fast fashion** towards the considerate dressing of the future.

In terms of **swimwear trends**, this year we see continuing well into summer a phenomenon we've already talked about - **the '60s la dolce vita coquette** (read ultra-feminine) **aesthetic**, together with a **revival of the Millennial styles** that go with it. It's been present everywhere - from fashion to décor, from our phones to our hair to our shoes; and now, our swimwear. Get ready to enjoy **romantic styles & colors, lace,**

bows, fairy-tale bling, ruffles, and ruching galore, matching genuinely the free spirit of summer vacation.

The timeless **one-piece swimsuits** return to the spotlight in a way that's equally **classy, sexy, and fun**. Their elegant comeback is **vibed up with gold jewelry, the '50s iconic slicked-back hair, and sheer dresses** that easily transition from day to night. The **glitz and glamour** of yesteryear are already **built-in or clipped on swimwear**, so we can glisten dazzlingly in the sun without having to worry about losing anything - be it **waist chains, buckles, gold meshes, pearls**, or other shiny baubles. **Gold hardware** is huge this summer, in the '90s Versace blingy-opulence style.

The same **alluring effect** is reached, at the opposite end of the chic spectrum, with **artisanal accessories** such as **hand-crocheted edges, macramé flowers, shells, and beading**, as well as with **lingerie-inspired swimwear, all in lace** made from the best extra-life Lycra.

Swimwear cuts respect **minimalistic shapes and clean lines**, which elongate the torso and legs and flatter all body types. The **classic high hip with cheeky bottom bikini** cut will always





Alexandra Miro



Versace



Nana Jacqueline

be in, but this year, in particular, the huge demand is for the **'60s retro modesty**, the **'70s boho-chic bandeau resurgence**, and the **'90s low or mid-rise, full coverage bottom**, hip bones out and everything. The modern **invisible shaping technology** makes possible a variety of swimsuits made of compression fabrics, with invisibly incorporated shapewear elements and intentional sculpting effects that can boost anyone's confidence, whether it's needed or not.

Solid colors prevail over prints this season. Of course, they are generally classics in fashion, but they are **particularly becoming in swimwear**, with **black as the absolute favorite, followed by natural colors.** Just like the 'little black dress,' every woman, no matter the age or the seasonal trend, should have a black bikini in her wardrobe, in a style chosen from what suits her body shape best. It doesn't matter if it's a tie side or high-waisted bikini bottoms, a triangle bikini top or a strapless V-bikini; if it's embellished with pearls, embroidery, or a golden touch. As long as it's black, it's a winner.

Natural colors - blues, greens, browns, and neutrals - are a reflection not only of the environment we'll be vacationing in, all water, sand, and tropical leaves, but also of the fashion's overall move towards subtler, 'back-to-basics' style choices, including in swimwear. Natural colors, enlivened by **endless natural hues** from azure, turquoise, and celeste to sea, moss, and shamrock, are flattering on all skin tones and allow us to layer on bolder accessories, coverups, and dress-ups for every

kind of occasion, from dawn to dusk.

Fun prints are not completely absent. **Nautical stripes, luxuriant tropical, botanical, animal and exotic prints** add to the swimwear aesthetic since a bold pattern is sure to help us stand out in any crowd - on the beach, at the lake, by the pool, or, mind you, in the office.

Whether we like it or not, **millennial styles** are back this season. Fashion is, after all, cyclical. And the pandemic instated a firm set of sloppy chic trends and a lackadaisical approach to day dressing that we find difficult to shake off. I cannot fathom any other explanation for why styles from the gaudy 2000s fashion decade, one we dreaded and made fun of after the facts,

would come back to haunt us today. Aren't we all stressed enough? So. Perhaps we should leave behind for good some of the returned millennial styles, controversial, pointless, and cringe-worthy even in their glory time. Think about the polarizing velvet tracksuit (with butt-graphic!) that defined the early 2000s; the unflattering tube tops prevalent with young Hollywood wannabes in the early aughts; the low-slung statement belt proudly sported by any respectable millennial woman at one point or another, such a laughable trend in hindsight; or the infamous low-rise jeans, indeed the most uncomfortable style of pants ever. Paired with a baby tee, yikes. Why on earth would we want to be saddled again with the embarrassing burden of showing off a muffin top and constantly pulling up our waistband?

Other **millennial styles**, however, are **worth revisiting.** Iconic wear options of their time, they defined the effervescence of the Y2K fashion zeitgeist and they've still got it! Re-imagined in sultrier, more refined, and modern ways, these **Y2K staples add the perfect amount of feminine energy to the coquette aesthetic of this summer.**

Such is the **ballet flat.** One of the signature footwear options of its time, classy, delicate, and girly par excellence (every millennial girl simply *had* to own a pair), it still represents the quintessential calm, comfortable femininity. No wonder celebrities and influencers everywhere have been spotted wearing it again, so we can certainly see this trend lasting



Faithfull

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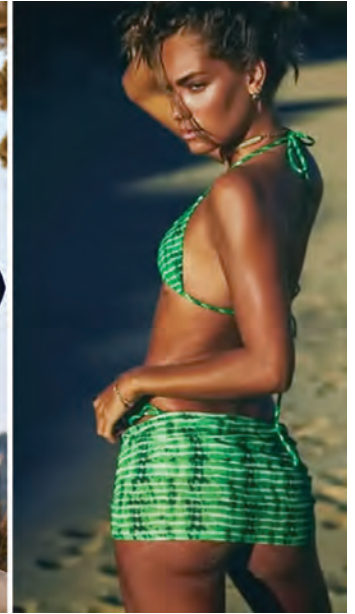
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at least a few seasons.

The same goes for the **vest**, whose launching in the fashion spotlight is forever associated with the Kate Moss allure of the early 2000s. The supermodel styled a structured vest with a casual pair of cut-off shorts at the Glastonbury Festival, creating a look that has been the envy of every girl ever since, whether Millennial, Gen Z, Alpha, or anything else in between.

Other aughts-era hallmarks that are making a remarkable comeback, looking glowed-up

and much better than they did in their heyday, are the **chokers, corsets, cargo pants, and the bucket hat**. Each in its way, they infuse the seasonal conversation about self-expression and hope, about exhaustion and escape, with a welcomed dose of intergenerational nostalgia.

See why it is so hard to say whether this summer's swimming-to-the-office feel comes from our great expectations or our great exhaustion, or from being entangled in both for too long? It could be also just a coping

mechanism we so cunningly devised. Because at the beginning of each summer, still none the wiser, we can't help but hope - to evade structure and embrace spontaneity, to decompress, to say no and yes as we wish, to finally get to do whatever we want. To be free. To swim and swim away, as the song goes, far away from it all. Is it possible, I wonder... Maybe it is.

As long as you know what you're looking for while keeping your head gracefully yet decisively above water. 🌊



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Time IN Versus Time ING

By Ray DiBartolomeo

Market timing is the strategy of making buying or selling decisions of financial assets (often stocks) by attempting to predict future market price movements. The prediction may be based on an outlook of market or economic conditions resulting from technical or fundamental analysis.^[1]

This is an investment strategy based on the outlook for an aggregate market rather than for a particular financial asset. The efficient-market hypothesis is an assumption that asset prices reflect all available information, meaning that it is theoretically impossible to systematically “beat the market.” Market timing can cause poor performance. After fees, the average “trend follower” does not show skills or abilities compared to benchmarks. “Trend Tracker” reported returns are distorted by survivor bias, selection bias, and fill bias.^[2]

TIME IN

Mutual fund flows generally track the overall level of the market: investors buy stocks when prices are high, and sell stocks when prices are low. For example, in the beginning of the 2000s, the largest inflows to stock mutual funds were in early 2000 while the largest outflows were in mid-2002. These mutual fund flows were near the start of a significant bear (downtrending) market and bull (uptrending) market respectively. A similar pattern is repeated near the end of the decade.^{[3][4][5][6][7]}

This mutual fund flow data seems to indicate that most investors (despite what they may say) actually follow a buy-high, sell-low strategy.^{[8][9]} Studies confirm that the general tendency of investors is to buy after a stock or mutual fund price has increased. This surge in the number of buyers may then drive the price even higher.^[10]

TIME ING

Whether market timing is ever a viable investment strategy is controversial. Some may consider market timing to be a form of gambling based on pure chance, because they do not believe in undervalued or overvalued markets. The efficient-market hypothesis claims that financial prices always exhibit random walk behavior and thus cannot be predicted with consistency.^{[11][12]}

Some consider market timing to be sensible in certain situations, such as an apparent bubble. However, because the economy is a complex system that contains many factors, even at times of significant market optimism or pessimism, it remains difficult, if not impossible, to predetermine the local maximum or minimum of future prices with any precision; a so-called bubble can last for many years before prices collapse. Likewise, a crash can persist for extended periods; stocks



that appear to be “cheap” at a glance, can often become much cheaper afterwards, before then either rebounding at some time in the future or heading toward bankruptcy.^{[13][14]}

Proponents of market timing counter that market timing is just another name for trading. They argue that “attempting to predict future market price movements” is what all traders do, regardless of whether they trade individual stocks or collections of stocks, aka, mutual funds. Thus, if market timing is not a viable investment strategy, the proponents say, then neither is any of the trading on the various stock exchanges. Those who disagree with this view usually advocate a buy-and-hold strategy with periodic “re-balancing.”^{[15][16]}

At Ironcrest Capital Management, we strive to make sure that everyone we work with has a strong understanding of their investments. Having a good approach and focus on the most important factors before investing is key. Our goal is to help you make the right decisions.

If your current investing approach isn’t working, reach out to us so we can help. 🙌



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San Ysidro

San Ysidro Ranch, one of the world's most iconic boutique hotels located in Montecito, California, has stood as a beacon of excellence for over 130 years. Nestled thoughtfully within 550 acres of meticulously landscaped grounds lie 38 intimate cottages, a storybook Salon & Spa, sprawling rose gardens, a pool and putting course surrounded by lush hillside reminiscent of Provence, and award-winning dining outlets.

to Ranch



Following the Ranch's history as a working citrus ranch, the property has welcomed countless guests since it first opened in 1893, including John and Jackie Kennedy, Winston Churchill, Audrey Hepburn, and Lucille Ball, slowly building its legacy into the California icon that it is today. As the longest-standing luxury resort in the community, the Ranch has served as an icon of the region for over a century and prides itself on five-star service, ultimate privacy, and A-list discretion. Award-winning restaurants, including the Stonehouse (housed in the original 1889 citrus packing house), offer exceptional service, mouthwatering cuisine, and a rustic romantic setting. San Ysidro Ranch is welcoming the warm months ahead with a new



Magnolia Cottage bedroom



Speakeasy at Plow & Angel



Cypress Cottage bathroom



Speakeasy at Plow & Angel



*The Ranch has a historical guest list: Groucho Marx, Winston Churchill, Sinclair Lewis, and John Huston, who finished writing the screenplay for *The African Queen* while in residence. Laurence Olivier and Vivien Leigh exchanged midnight wedding vows on the grounds, and *Camelot* began here with John and Jackie Kennedy honeymooning in the cottage that now bears their name.*

Stonehouse Garden Patio



LOCALSCAPES SAN YSIDRO RANCH

WESTLAKE MALIBU LIFESTYLE 06.24

prix-fixe lunch, hosted at the charming and intimate Veranda. With the subtle fragrance of fresh lavender, rose, and citrus in the air and sweeping views of the Pacific Ocean and Channel Islands, the three-course lunch is available Monday – Thursday and includes house-made delicacies like Blackened Ora King Salmon Salad, Tuscan Melon & Yellow Tomato Gazpacho, and the iconic San Ysidro Ranch Meyer Lemon Tart. The new experience is a great weekday lunch option for locals (don't forget to book an appointment at the Salon & Spa for a full day of pampering). Each of the 38-intimate bungalow-style cottages feature individually decorated interiors, cozy fireplaces, and private backyard gardens with outdoor rain showers and sunken spas.

The new Speakeasy at Plow & Angel evokes a feeling of Prohibition-Era hidden indulgence. The speakeasy is the latest in a series of several enhancements to the Ranch's culinary program, including the Secret Cellar epicurean experience—where guests can enjoy a no-holds-bar exploration of the world's finest wines—and the procurement of ultra-exclusive wines and spirits from across the globe.

The resort's all-inclusive dining model invites guests to relax and enjoy with fewer decisions and one bill at check-out. This isn't your typical all-inclusive dining experience - guests can indulge in caviar, lobster, wagyu, and more, all included in the nightly cost.

THE SPEAKEASY AT PLOW & ANGEL Step through a discreet entrance to discover an inviting and seductive ambiance filled with notes of live jazz music. The alluring space is adorned with sumptuous red banquettes, exotic

TIP For an unforgettable show, the interactive absinthe service includes a ceremonious component with a traditional tableside fountain or try rare flights including a bourbon tasting with Old Rip Van Winkle 10 Year, Van Winkle Special Reserve 12 Year, and Colonel E.H. Taylor.

San Ysidro Ranch property

French Lavender





Kennedy Cottage Living Room

tiger-striped chairs, and vintage furniture. 1920s-inspired uniforms add to the transportive atmosphere. Home to an expansive drink menu ranging from original cocktails, classic combinations, and libations named after famous speakeasies of the past, the new space is a continuation of the Ranch's renowned standard of excellence. Open daily from 5:00 PM onward to guests and the public.

THE STONEHOUSE Set inside a 19th-century citrus packing house on the grounds of the storied San Ysidro Ranch, the Stonehouse Restaurant, recently named the #1 Restaurant in Santa Barbara by OpenTable, exudes the rustic romance of its historic setting. Here, Executive Chef Matthew Johnson artfully prepares contemporary cuisine using fresh, local ingredients that highlight the seasonal bounty of Santa Barbara and California's Central



JFK & Jackie San Ysidro Ranch Honeymoon

Coast, with dishes accented by fresh-picked herbs and produce from the chef's organic garden.

WORLD'S RAREST WINES The ranch recently procured one of the most sought-after allocations of Château d'Yquem, inclusive of 138 vintages spanning from 1811 – 2008. Hailed as the pinnacle of sweet wine, the collection features some of the greatest vintages ever created in its almost 700-year history, including the 1811 from the famed "asteroid" vintage – the most expensive white wine ever sold. Displayed within the ranch's 14,000-bottle wine cellar is a 70-vintage vertical collection of Chateau Petrus, the most extensive restaurant offering of Petrus in the US. The Stonehouse has received Wine Spectator's prestigious Grand Award every year since 2014. 🍷

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