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## FITNESS & BEAUTY ISSUE

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(Realty Times Staff)

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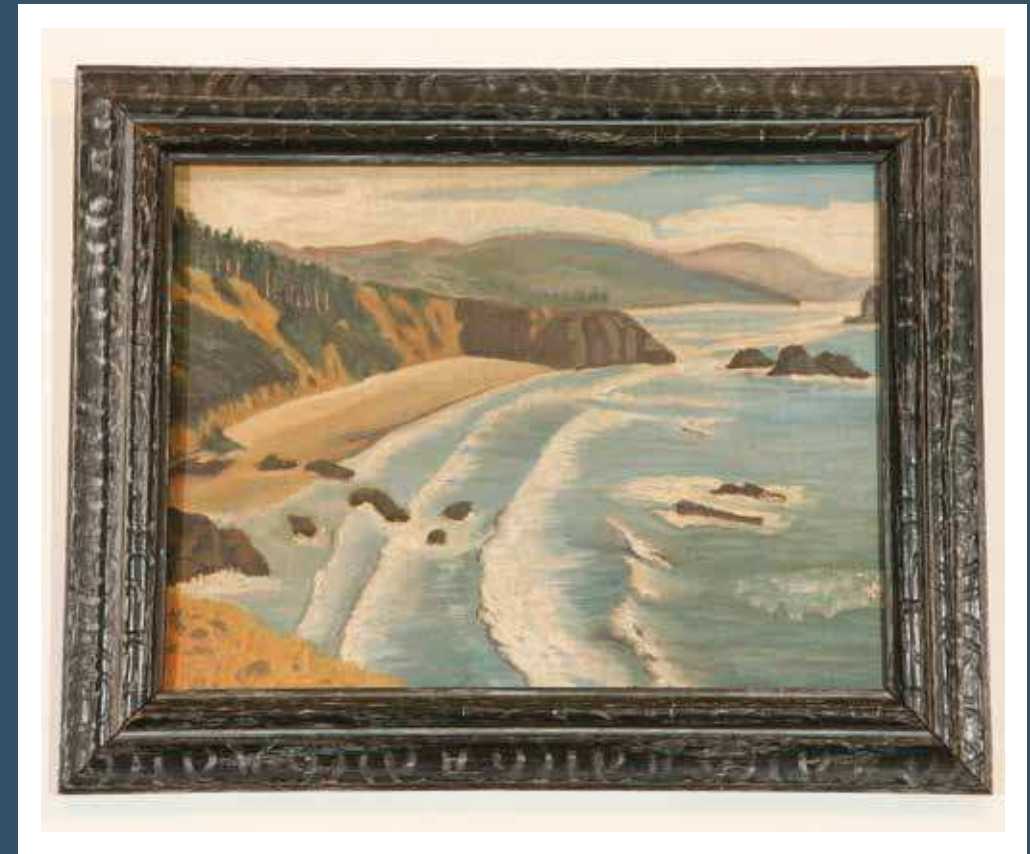


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**Contact me to hear about my upcoming listings! – Lisa**



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Signed Oil Painting On Art Board Of California Coastline  
by John Glynn, circa 1930. Currently in black, carved frame  
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# CONTRIBUTORS



**Anne Stedman Herwick**  
From food to fashion and everything in between, **Chic Mama LA** is the one stop shop for moms who want to be in the know of all things cool and new in Los Angeles.  
[chicmamala.com](http://chicmamala.com)



**Nikki Joel**  
In the spirit of Sex and City and The Real Housewives, lifestyle blogger Nikki Joel is a multi-tasking, mom, friend, relationship expert and elite stylist!  
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**Sarah Ollenburger**  
is the editor of Juggling in Heels, a lifestyle blog for the modern day woman who juggles career, motherhood, and marriage while still maintaining her identity and style.  
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**Rochelle Robinson**  
Rochelle is an artist, writer, outdoor and fitness enthusiast, teacher and entrepreneur. She has lived and worked in Los Angeles for over 20 years, and her blog is all about what's hot and hip in this city that she loves.  
[lalascoop.com](http://lalascoop.com)



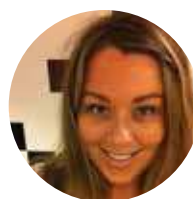
**Danielle Cuccio**  
Danielle offers private yoga sessions, customized to your individual needs.  
Cuccio Yoga Somatology Private Yoga • Retreats • Workshops  
[cucciosomatology.com](http://cucciosomatology.com)



**Alessandra Brus**  
Alessandra was an equity sales trader in New York City and is now based in OC. She is a freelance writer and mom. She loves fashion, culinary arts and international travel.  
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**Jesse Golden**  
A model, yoga teacher, mother and a woman living with an autoimmune disease, Jesse is currently taking on private consultations with those who are in need of further insight and guidance. Email [jesseisgolden@gmail.com](mailto:jesseisgolden@gmail.com)  
[thegoldensecrets.org](http://thegoldensecrets.org)



**Kimberly Atwater**  
A human resources manager for a consulting firm by day and writer/dreamer by night. A diehard romantic, beauty junkie and eternal optimist, Kimberly hopes to write the next great love story and end up on the New York Times best seller list sooner than later.  
[@katwater](http://@katwater)



**LA Brunchers**  
Kate Roland and Leah Smith are LA's premier brunch authorities. They are supportive of restaurants with integrity, which highlight farm fresh ingredients and locally sourced items.  
[labrunchers.com](http://labrunchers.com)



**Jordyn Goodman**  
Jordyn's goal is to educate a younger generation to embrace health and wellness through a natural approach. You can listen to **Empowered with Jordyn Goodman** every Tuesday night at 7pm PST on LA TALK RADIO.  
[latalkradio.com](http://latalkradio.com)



**Tara Ellison**  
After enduring her own 'miserable divorce' Tara Ellison realized that what she needed most was a good laugh, and she turned to her passion for writing. Email: [chaptertwoconsulting@gmail.com](mailto:chaptertwoconsulting@gmail.com)  
[taraellison.com](http://taraellison.com)



**Pia Artesona**  
Pia can be found guiding Recovery Yoga and Vinyasa Flow at *Bhakti Yoga Shala* and *Naam Yoga* in Santa Monica, *Sattva Yoga* LA in Brentwood, and *Liberation Yoga* in Los Angeles. She also offers private yoga sessions.  
[piaartesaona.com](http://piaartesaona.com)



**Sarah DeAnna**  
Overcoming childhood poverty and personal tragedy, Sarah DeAnna graduated with an International Business Marketing degree. She was "discovered" and went on to become a successful, international fashion model. She is the author of the book *Supermodel You*.  
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**Jennifer Braff**  
Jennifer has appeared on the NBC hit show, *Age of Love*, *60 Minutes*, *The Dr. Phil Show*, and was featured on TV Guides "Sexiest Stars of Reality TV." She posed for Playboy Magazine and has been a swimsuit model for over 20 years.  
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# FOCUS

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## NOTE FROM THE EDITOR

If you are a regular reader you may have noticed the magazine has been getting thicker with every new issue. An increasing number of contributors means we have a plentiful supply of stories to curate, as we try to ensure everyone has their voice heard. It's been twice the fun to put together too.

This issue has a health, beauty and fitness theme. We interviewed a celebrity hair stylist and a supermodel. We coaxed some beauty tips from Brooke Anderson, host of Entertainment Tonight – as well as Gina Mari, a leading authority on skincare.

We also launched our online marketplace at [focusmag.us/boutique](http://focusmag.us/boutique). Over the next few weeks we will be stocking it with all kinds of delightful items, which are made here in LA. If you want to be part of the Boutique, please write to us for details.

Take a look too, at [focusmag.us/video](http://focusmag.us/video), to see all the videos relating to stories in this issue. We're making a concerted effort to take the magazine online and to make it accessible on every device.

I hope you enjoy reading, (and watching!), this issue. Please feel free to contact us if you have suggestions for future issues, or if you want to contribute an article to the magazine or website.

Mark Castellino  
*Creative Director + Editor*

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Shoot us a Photo:  
[photos@focusmag.us](mailto:photos@focusmag.us)



# Style & Gifts



Tara Sowlaty & Jessie Groveman  
howyouglow.com

## GLOWnola

GLOWnola is a delicious, all organic, gluten-free, vegan, soy-free, refined-sugar free granola made with oats, toasted pecans, almonds, dried cherries, and tons of cinnamon. This granola is made with no refined sugars and healthy fats, and it's chewy, crunchy, cinnamon-y texture will make it your newest healthy addiction! Email glow@howyouglow.com to place an order!



## POP OF COLOR

Not that we need summer as an excuse but it always makes us feel a little less inhibitive and a lot more daring. I arrived in LA & the first hair trend I noticed was color. Now's the time to check-in to the color trend. I'm not talking highlights or changing the shade of your highlights. No, I'm talking adding real colour—pink, blue, purple, turquoise. **Kendall Brew** from **eFoxy Hair** says she's noticing more people asking for color. I've gone with a pop of pink underneath but I have to say next visit I think I'm tinting the ends too.

Gwen John  
itstartedinla.com

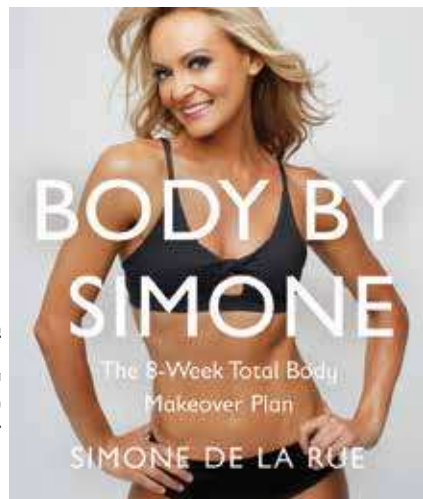


Photo: Zoe Buckman

## Body by Simone

I was getting into that workout routine rut when my girlfriend told me about BODY BY SIMONE and now I'm actually excited about exercising again. I know it's been open for a while now, but I'm so glad I finally got my lazy butt over there because this workout is killer and fun at the same time.

Anne Stedman Herwick  
chicmamala.com

## Denim Skirt

One of the hottest trends of the moment. We have seen many denim silhouettes from bell bottoms, to skinny jeans, to boyfriend jeans, but one of the coolest ways to wear denim now is the jean pencil skirt. The versatility is so widespread, it can easily be dressed up by pairing it with a pair of ankle strap heels and a printed clutch or dressed down by wearing a simple white tee and flat sandals.

Heather Anderson  
stylebyfluent.com



## Trending

Four tastemakers pick their favorite things...

An online marketplace which allows readers to buy the products featured in the magazine. We have curated items designed by the community and made in LA.

focusmag.us/boutique

## BOUTIQUE

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## ODONNA SKIN ANTI AGING PEEL KIT \$125

The ODonna Anti Aging Peel is the safest most effective treatment available today without surgery. Developed more than 18 years ago by Tricia, this treatment promotes Collagen growth, dramatically decreases fine lines and wrinkles, diminishes, (if not removes), dark spots and age spots, minimizes pores and improves the overall appearance and condition of your skin.

Dark Blemishes and fine lines on the face are one of the greatest aesthetic concerns of women today. In just ONE WEEK after doing a treatment, a dramatic improvement of the overall appearance of your skin can be observed. A reduction in the treated blemishes is detected and a new luminous skin will appear. In most cases, blemishes will disappear completely. This treatment is ideal for people with acne scars, hyper pigmentation, Malasma and pregnancy mask or fine lines.

For over 18 years **Tricia Dikes** has worked with the most prominent dermatologists and plastic surgeons in Beverly Hills. Tricia has been featured in top magazines and television outlets for her breakthrough treatments, including Oprah, The Discovery Channel and the Learning Channel.

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Runyon Canyon represents the urban wilderness, where people from all walks of life blend with celebrities, fitness, animals, art, fashion and the outdoors. focusmag.us/runyoncanyon



## 'BE' RUFFLE TANK \$58

The BE lettering emphasizes a notion to just "be" and let things go. Feel more free spirited and grounded when wearing this shirt.

Astrae is a one of a kind spiritual clothing line, hand-painted and digitally crafted art printed on 100% organic material. Look fashionable while exuding positive energy. It's all about trusting the universe and sending out those vibes to make things happen in your life! focusmag.us/astrae

#focusboutique #merchantswanted



# FOCUS

— EVENTS —

'We Are One' commemorated the first anniversary of our magazine. It was also a celebration of the oneness, that is a sum of all our contributor's efforts toward producing the magazine.

250 guests joined us at Tiato in Santa Monica on 27 May. The event was a live representation of the diversity of content in the magazine. We had makeovers from the team of Eden at Eden Sassoon, a number of boutiques selling items from jewelry to clothing and swimwear, book signings and even a magician!

Catering was courtesy of An Catering, part of the Crustacean chain of restaurants. Wine was provided by One Hope Wine who donate a portion of their sales to different charities. Desserts were provided by Sweet Crush, Spinkys, Whisk, Call Me Cookie, Angel Cakepops and Porch Pies.

The lovely Dawn McCoy @beautyfrosting was host, and created a celebratory cocktail for us called 'somekindaonederful'.

Thanks to everyone who came together to make it a wonderful evening!

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 Porch Pies - Robyn Poarch  
 Angel Cakepops - Paige Oliver  
 Whisk - Stephanie Angle and Lynn McKay  
 Spinky's - Lea Newman, Eleni Barefoot, Kate Barefoot  
 Sweet Crush - Yael Lustmann

## LOCATION



**TIATO**  
 tiato.com

## HOST



**DAWN McCOY**  
 beautyfrosting.com

## COCKTAIL



"Some Kind of ONEderful"

## PHOTOGRAPHY



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# 05/27

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## WE ARE ONE: THE FIRST ANNIVERSARY



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## MAKEOVERS



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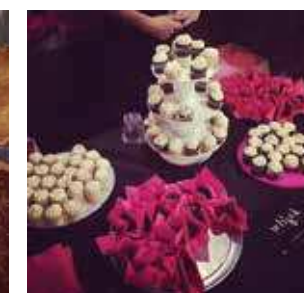
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 spinkys.com



**SWEET CRUSH**  
 sweet-crush.com





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WE ARE ONE: ON THE  
RED CARPET

Photography: Drunken Pixel  
drunkenpixel.com





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# gina mari

by Anne Herwick Stedman

With her unique approach to skincare renewal, Gina Mari is at the forefront of the newest skincare technologies and advanced science.

I have to admit that I hit my late 30's this year and I'm starting to notice some slight changes in my face. I'm talking about those fine lines that just seem to pop up out of nowhere, and the brown spots that tend to appear when I'm in the sun with no hat for longer than 10 minutes.

I decided I needed a new strategy in skincare. I want to look natural and I know there are ways to make improvements without doing anything too drastic. I have found the solution with skin guru **GINA MARI** in Beverly Hills. Gina took one look at my skin and knew exactly what to do. And by skin I don't mean just my face – we're talking my whole body.

I got the works!

She started me off with dry and wet microdermabrasions to exfoliate me from head to toes. Then she moved on to

an oxygen facial, which nourished and revitalized my skin with vitamins and enzymes. I also got a microcurrent around my eyes and saw instant results. My brows and eyes looked lifted in no time, and what mom doesn't need that? To top it all off I got the LED Therapy which made my skin absolutely glow. I walked out of there and didn't need makeup all day because my skin looked so flawless.

Going to see Gina Mari is an absolute must. You will feel younger and more beautiful instantly.

#### Gina Mari

9350 Wilshire Blvd., Suite 204 Beverly Hills, CA 90212  
(310) 276-7601  
[ginamari.com](http://ginamari.com)



#### Gina's Skincare Tips

- ① Sunscreen and hats are a must, even when going outside to get the mail.
- ② Stop stressing so much!! The stress of not having that cookie after lunch is worse on your skin than actually having it. Just do everything in moderation.
- ③ Only worry what you look like at arms length, because that's how people really see you. Give yourself a break! You look great.
- ④ No picking at your skin!! It only makes it worse. Leave that kind of thing for us professionals ;)
- ⑤ If you're going to do fillers, do them moderately. Too much and it starts not to look natural.

#### PROFILE

# Phillip Wolff

by Sarah Ollenburger and Alessandra Brus

In Beverly Hills, when you hear “Celebrity Hair Stylist”, ideas of grandeur and exaggerated personalities come to mind. Individuals that have created a “larger than life” persona of themselves in one of the most glamorous cities in California.

As co-owner of Shades Natural Hair Color Studio and with a client list that includes the Kardashians, Halle Berry, Brooke Burke, and Quentin Tarantino, just to name a few, Phillip Wolff has earned his spot as one of the largest in the industry with the celebrity list to match. What makes Phillip so unique is that regardless of his success and fame in this industry, his humility and desire to give back puts him in a league of his own.



Cutting hair was never on Phillip's radar as a child. He had never been to a salon as his mother was always doing hair and would be the one to cut Phillip's. Over time he learned to cut hair and would provide favors for friends but it was a position in a computer company that was his first profession. Here he was, a young

professional making great money when suddenly, in 1998, he was laid off and had no idea where he should go from there. While looking for a job he would cut his friends' hair, and one day someone suggested he look into becoming a stylist. He showed up at a Toni and Guy studio in a quiet suburb of Washington D.C. with no education or experience, looking for an apprenticeship. The opportunity he received that day would change the course of his life and career.

Given a chance by the owner, Wolff began learning everything there was to know about cutting and coloring hair. He attended hair shows and absorbed all the knowledge he could. He felt at home in the salon and began to truly feel like himself.

He had found his niche.

Earning \$187 a week at Toni & Guy, doing everything he could to climb his way up, his skills continued to develop and his instincts kicked in. Wolff began to set his eyes on larger markets as he pursued a position at the UK-based company PR & Partners in Washington D.C. He has always valued the education he had been given in Maryland and soon became an Educator and Artistic Director of the Chevy Chase location and began to help those who were learning the craft. After six years of success in D.C., Phillip was ready for his next stop: Los Angeles.

In 2004, Wolff was offered a chair at Privé, the premier Beverly Hills salon. At that time, Privé was looking for someone to go to Korea to help open the salon in the newest W hotel in the world. This was an incredible opportunity for Phillip and he took it. After 9 months in Korea he returned to Beverly Hills, and over the next few years he built an incredible book working with celebrity clients, styling runway shows and high

profile fashion events. In 2011 Philip left Privé and arrived at Shades Natural Hair Salon, where he is now a partner and co-owner.

When he was learning the art of hair, Phillip's mentor gave him four keys to success; learn as much as you can as fast as you can, always remain teachable, follow the cause and the money will follow and never hoard your knowledge. Phillip has always believed that education is key in keeping the hair and styling industry relevant. He has made educating others his way of giving back to an industry that has given him so much. He loves to inspire people and continues to be inspired by others. LDF50 Hair & Co ([www.id50hair.com](http://www.id50hair.com)) was created by Wolff and longtime friend Chief Behr to share this education. As Wolff says, “Our mission at LD50 Hair & Co is to connect with fellow hairstylists worldwide and to provide them with an alternative choice in education to help take their inner artist to the next level and beyond. We are not here to reinvent education but rather allow hairstylists to take our method of education to further their creative career and use it on a daily basis, whether it be in a salon behind the chair, during a photo shoot, on set, runway or on themselves.” They are bringing the balance of celebrity stylists and well-known industry stylists together to teach the trends and positively influence the industry. Their goal? To teach instinct in a technical way. It is a new way of doing things in an industry that has become comfortable in their ways. And shaking things up is exactly what Wolff intends to do.

When Wolff is not in the studio he loves spending time with his 3-year-old son and 15-month-old daughter.

There is no doubt Phillip Wolff is an artistic genius when it comes to the technique of cutting and styling hair. He just gets it. His passion and authenticity makes him a diamond in the rough.

#### Shades

T: (310) 275-4882  
144 S. Doheny Drive.  
[phillipwolffhair.com](http://phillipwolffhair.com)  
[shadesnaturalcolor.com](http://shadesnaturalcolor.com)

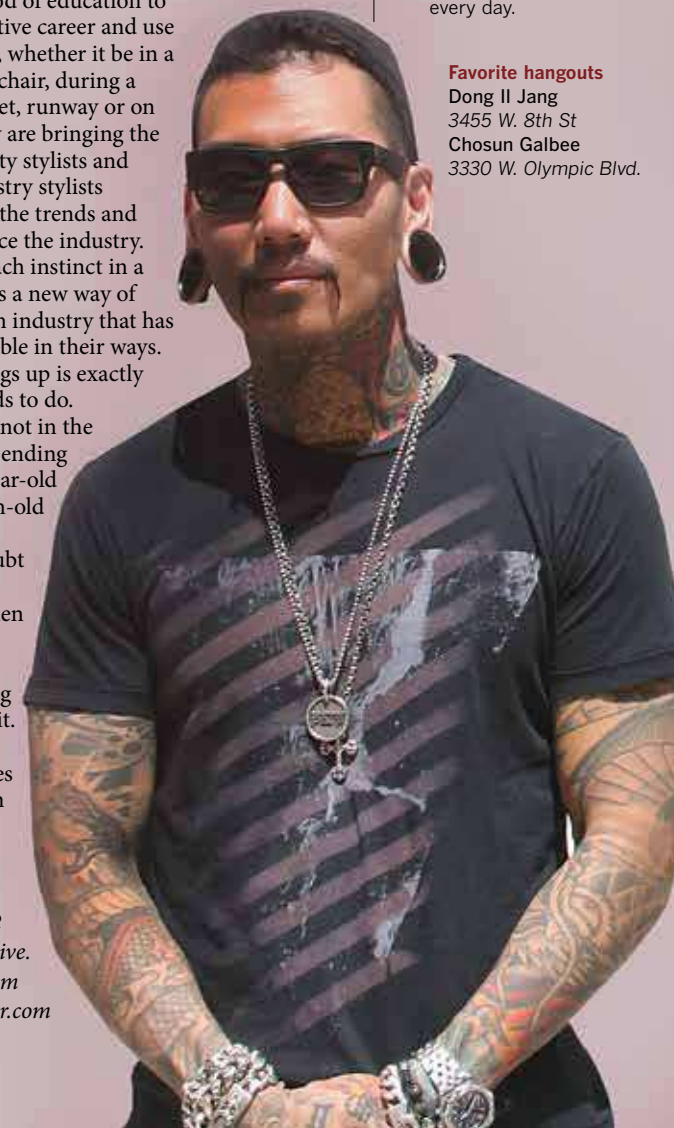


#### Wolff's three tips for keeping your hair healthy this summer:

- ① Drink tons of water. Hydrate!
- ② Use a serum once a day in the morning. Wolff recommends the **Wolff Behr Serum** as it provides hydration, weightlessness and anti-aging benefits.
- ③ Free yourself from your thermal styling. Don't blow-dry or curl every day.

#### Favorite hangouts

Dong Il Jang  
3455 W. 8th St  
Chosun Galbee  
3330 W. Olympic Blvd.





# BLOG SPOTLIGHT

Hi, I'm Whitney. I'm a journalist and host here in the heart of Los Angeles, and the author behind the nutrition and fitness blog, To Live & Diet in L.A.

When I first moved to Hollywood to work at E! News, I was fascinated by celebrities. How did they look so beautiful, skinny, and fabulous all the time?!

I made it my mission to find out.

Every time I interviewed an actress, I grilled them on their diet and exercise routine and their tips for staying fit.

I quickly learned, there's no magic potion. Despite what you see in Carl's Jr. ads, these lovely ladies are just like us. They work incredibly hard for their hot bods and stick to very strict diets.

Not everyone does it the right way though, which is one of the main reasons I started this blog. I wanted to take the positive lessons I've learned and share them with other people looking to lose weight, look great, or simply improve their health. And, I wanted to debunk any harmful myths perpetuated by Hollywood along the way.

But the more I learned about exercise and nutrition, the more I realized how much I still didn't know. So in September 2013, I decided to go back to school to pursue my long-time dream of becoming a Registered Dietitian. I am currently taking the prerequisites I'll need (lot's of Chemistry, eek) to enter a Master's Program for Nutrition, while still working the occasional star-studded event!

This blog is a chronicle of my balancing act between fitting into the outrageous world of entertainment and maintaining a happy, healthy, and mostly normal life.

What you can expect to find here:

- Recipes for healthy versions of your favorite unhealthy dishes
- Diet & fitness myths debunked
- Interviews with celebrities and health industry professionals
- Fun fitness routines
- Lots of pictures of my crazy dog Mr. Chow

**Whitney English** is a Hollywood reporter. She has worked at E! Entertainment, MSN and SheKnows.com. Whitney co-hosts the Google+ cooking show *The Fit & Funny Foodies for Fit Approach*.

## MARIA MENOUNOS' 3 TIPS FOR A HOT BIKINI BOD

June 30, 2014  
I'm a big fan of Maria Menounos. If you've read this blog for a while then you probably already know that. I covered the release of her EveryGirl's Guide to Life a few years ago, interviewed her when she scored a Shape cover two summers ago, and even featured her as my Girl Crush of the Month when I worked at SheKnows.

## WATERMELON CAPRESE SALAD

June 18, 2014  
In celebration of summer, today I'm serving up a fun take on the traditional Caprese salad, incorporating warm weather's most in demand fruit: Watermelon.

## SKINNY TANGELO TEQUILA SANGRIA

May 2, 2014  
It has a nice ring to it, right? I know what you're thinking though: "Tequila and Sangria, hold up." Don't be closed-minded my Cinco de Drinko amigos, I wouldn't lead you astray with a cocktail that was less than ay, caramba-worthy.



**TO LIVE AND DIET IN LA**  
liveanddiet.com

I started to blog several years ago when I was working in the cosmetic industry. It began as a place to share my favorite beauty trends and secrets. I loved helping women feel good about themselves as I helped transform them with a few easy steps, a handful of makeup brushes and a lipstick. I worked in beauty to support my acting career and soon realized I loved performing on stage for the same reason I loved working in beauty. I LOVE making people feel good about themselves and I was able to do that behind a makeup brush and on stage. After several grueling years of pounding the pavement as an actress and making my way up the corporate cosmetic ladder I finally landed my dream job as an actress in a Broadway Musical. I traveled the country for almost a year with the show and discovered so much more about myself in the process. I continued to blog and realized that I had way more to share than just beauty tips. My goal was to create a happy and healthy place where I could write and help women feel beautiful inside and out.

While my topics tend to be focused on trend setting beauty buys, healthy recipes, and style tips, you will now read about the latest and greatest strollers, organic baby products and the struggles and triumphs of motherhood. This came as a result of my husband and I welcoming our first baby boy into the world this last February.

My personal style is constantly evolving especially in my new role as a mom, so my blog will naturally evolve with it. I'm more aware of what looks best on my body type now instead of trying to make every trend work for me. My makeup and hair routine is less complicated, as I'm lucky to spend 15 minutes on myself these days. However, I now know how to accessorize a simple maxi dress from day to night and in just 5 easy steps I can tell you what 5 makeup products will leave you with glowing summer skin. Although my style and topics will constantly be evolving my goal to create a happy and healthy place where women feel beautiful inside and out will always stay the same.

*Alli McGinnis is an actress and singer (most recently seen in the Broadway National Tour of Wicked), pilates instructor, former educational makeup artist and Vegan...ish foodie. I started this blog in 2010 to document my passion for beauty products, fashion and living a healthy lifestyle.*

## URBAN BOHEMIAN

June 20, 2014  
Believe it or not I am practically dressed in head to toe Target! This maxi skirt is so comfortable and stylish and it's under \$20! It's the perfect piece for my transitional post pregnancy wardrobe.

## SKINNY TEX MEX BEAN QUINOA CASSEROLE

June 3, 2014  
This dish is an ideal casserole for any mexican food lover. The quinoa is an excellent substitute for rice (you wont even miss it)! This is also the perfect meal to pair with "my favorite food," avocado! Serve this dish at your first outdoor summer dinner party. Pair with some home made margaritas and you are sure to be a hit!

## A DAY AT THE GETTY VILLA

April 23, 2014  
We have lived in Santa Monica for 8 years and I have always wanted to go to the Getty Villa. This past Friday we finally made it there.



**INSIDE OUT...BEAUTIFUL**  
allimcginnis.com



Like the setting in a rare gem, the newly relocated **Servis and Taylor** is placed squarely in the center of Brentwood Gardens. On my visit, cases of contemporary and elegant jewelry in the windows draw me in to what looks like a gallery, rather than a store. Once inside, I see sculptural designs from award winning designers, sitting alongside vintage estate jewelry and displays of colored stones – all curated by owners Margarita Szekely and her husband Carlos Lusso.

They took over the business from Richard Servis and Michael Taylor in 2011. Maggie had been working as in-house designer with them for the previous 18 years, and she was their natural successor when Mr. Servis and Mr. Taylor retired.

Margarita (Maggie) studied her craft in Italy, working with the finest artisans in Florence, perfecting her technique and learning the art of jewelry making. Carlos learned his stone setting and metal smithing at Tiffanys, among other places. She met Carlos at GIA (Gemological Institute of America) and they formed the perfect partnership – as a married couple but also as business partners. Together, they merge their complementary skills to create perfect pieces of jewelry – designer and artisan working in proximity. Carlos giving form to Maggie's visual creations.

At Servis and Taylor the workshop is in the back room of the store. This makes it more convenient for clients to discuss their ideas with the designer as well as the artisan crafting their designs.

Indebted to their mentor, Michael Taylor, for their start in the business, and true to his guidance, Maggie and Carlos continue his values through their personal service, full disclosure, attention to detail and transparency. The transparency is apparent from the conflict-free diamonds which they acquire from the Victor Diamond Company in Canada. Every diamond's provenance can be tracked, and you can rest assured that every stone has caused no harm to the miners.

In the coming months this transparency will be carried through literally. They are in the process of installing a window in the back wall, allowing customers to see through to the workshop, thus ensuring perfect accountability.

Visitors to the store will notice it is more a gallery than a store. Alongside the rows of custom designs are exclusive design collections curated from award winning designers, including Stephen Kretchmer, Michael Good, George Sawyer, Henrich &

Denzel, Niessing, Gathmann, Etienne Perret, Varna, Beverley K, Hikari, Jerry Spaulding, Todd Bracken and Enric Torres.

Trunk shows twice a year are a great opportunity to hear visiting designers talk about their new collections in person.

Established designers in their own right, Maggie and Carlos have been creating their own collection too, over the past years under the Luszek Studio brand, which they sell in store. In 2005, Maggie had the honor of being invited by the Mexican consulate to design an exhibit with Sea of Cortez pearls. Some pieces of that fine exhibition can be seen in store.

We talk pleasantly for so long that we don't notice the time is 7pm. I glean a couple of insights as Carlos interrupts us to fetch their two children from a playdate. The familial aspect is always present. Secondly, I am struck by their sheer dedication and discipline, as I watch them lovingly empty each jewelry case for the night, knowing they have to re-place each piece in exactly the same way the next, and every morning and night.

Scouting Beverly Hills and Santa Monica for 5 years, Maggie and Carlos finally found their ideal location in Brentwood, so if you're in the neighborhood, take the opportunity to visit this remarkable jewelry store. Maggie's calm manner, akin to a curator of an art gallery, makes it a very un-intimidating and educational experience.

11677 San Vicente Blvd. Suite 110, CA 90049. T: 310 442 6644  
11am-6pm Tuesday to Saturday. Monday by appointment.  
[servisandtaylor.com](http://servisandtaylor.com)



## Designers at Servis and Taylor



### Stephen Kretchmer

Stephen Kretchmer has often been referred to as the most innovative designer to ever hit the jewelry scene. World renowned for his eighteen karat blue gold, purple gold, gold hokum game and other magical precious metals. He has captured mysterious, yet fundamental forces of nature, and transformed them into timeless works of art. Stephen's signature tension-set jewelry and magnetic Polarium platinum jewelry have revolutionized fine jewelry design.



### Michael Good

Transforming a single sheet of metal into an undulating organic form, using only a hammer and stake, is the art of Anticlastic Raising. This Bronze Age metalworking technique was rediscovered by, and perfected in large part by Michael Good, an award winning jewelry designer and sculptor.



### Jean-Francois Albert

Jean-François Albert's world sparkles with unique, exquisite diamonds and colored gemstones luxuriously cradled in gold or platinum, in a style that flatters both the jewel and the hand that wears it. Each design is a trademarked original. Each is a masterpiece made possible by his distinctive artistry, incomparable craftsmanship, and endlessly creative mind. His clean and understated lines can be seen throughout his collections of signature bridal rings, contemporary diamond rings and masterful, colored stone jewelry pieces.



### George Sawyer

George Sawyer is the originator and recognized master of gold mokume gane, or "wood-grain metal", a Japanese metal folding technique originally made in colored steel. Each one-of-a-kind set of rings is made of mirror image patterns, as unique as fingerprints. Since the company's beginning in 1972, every piece is designed and handmade in George Sawyer's Minneapolis studio.



# Lipstick Sister

Hensi Morris founded the women's network Lipstick Sister to support women in their business and social life. It's a winning combination of beauty, friendship and power.

Interview by Nikki Joel

## Your inspiration in starting Lipstick Sister?

I had been in PR for a long time. When I moved to LA four years ago, I didn't really know anyone, so my first thought was that I needed to join a club or group. I started researching clubs and there were the mommy and me clubs or the single girl's clubs, happy hour or the heavy duty women's groups. After much research, I figured that there should be a club to celebrate that we are girls – hang out, be there for each other and connect. Once I figured there wasn't anything like that, I sat down, and within 6 months I was able to start what is known as Lipstick Sister, which is a true organization to connect, collaborate and support each other.

## How do you find your member Lipstick Sisters?

They are either referred or find us through the website. I think women are prone to researching women's groups and this leads to many inbound requests.

## Do you charge membership fees?

Yes, we have 2 levels of membership. The most common is our social membership, but we also have a business membership to help our business members promote their brands. In addition, we have a large social networking presence, in which we help to promote our brand members as much as possible.

## How does one become a member?

The best way is to contact us through the website at [lipsticksister.com](http://lipsticksister.com). We do a phone interview first, as well as check out their Facebook page – this has really become the new business card for people in our network. People are really protective of their Facebook image and it helps tell me a lot about the person. Again, many are our members are referred, and with them, I will set up an interview for an hour or so. Based on that, if everything feels right, we will send a very personalized invitation. It is an acknowledgement from me that I really value a potential member's inclusion into the group, and I want them to feel welcome immediately.

## What is the commitment a Lipstick Sister makes when they join the group?

We do a power lunch the last Sunday of every

month. We hold them at private houses, restaurants, etc. Sometimes we have speakers or authors. We have some members who are professional singers, and they perform for us occasionally. We may have a product launch or a fashion show.

## Are you affiliated with any charities?

We love to support the charity causes of our members. Some of them include *Becky's Fund* for battered woman, which is from one of our members in DC. We have *Pencils of Promise* from an LA member. We have one called *Special Delivery*, which is for families that have lost a child. A member from San Diego has a brand called *Gentleman Norman*, and it supports Alzheimer's Disease.

## How would you say members have benefited from being part of this organization?

The most gratifying part of this experience is that I receive amazing emails about how members lives have changed. In one instance, I got an email from a husband who said that the group had saved his marriage. That was truly incredible. Women with businesses are benefitting from the little "pieces that are missing from taking their business to the next level."

At the monthly lunch, we always do a 'sister's cup'. Everyone's name is put into a cup and each person picks a name from that cup. Then they arrange a date with the person selected, sometime prior to the next month's meeting. It's great because they get so excited about it and they post photos from their get together. Each chapter has their own Whatsapp group as well, to facilitate the communication and photo sharing that goes on. Its amazing.

## If you had to describe a Lipstick Sister in three words...

She is secure, sweet and she is an absolutely 100% amazing woman.

## What is the diversity like in the group?

We have many Europeans, Asians and Mexicans. I think that is perhaps because we have become a true family and we welcome everybody. Many women have no one else in the area to spend time



with. Part of the reason the group has the name 'sister' in the title is that a woman should have a feeling of sisterhood over and above what typical best friend might be.

## How do you think this differs from others women's groups?

A lot of the groups which are empowering women and giving their members the tools to succeed, are more professional based. I wanted our group to be a place where success means something different to different people. Everyone has different goals and we include women from all areas of life, including those from business, all the way to the stay-at-home mom.

## What advice would you give to women who are struggling with self-esteem issues, seemingly precluding them from joining the organization?

Starting next year we are starting a 'little sister' program, where we reach out to women who are having trouble trying to fit in. The reality is that girls need to know who they are and be proud. One

of the ways to accomplish this is by having other women accepting them and offering support. That is what we are hoping to do with our new little sister program. We really want woman to love themselves.

## Any final advice?

Be proud of who you are, love yourself – and the most important thing is that beauty doesn't come with your hair, your dress, your shoes or your bag. It comes with your heart.



## Focus TV

Watch the full video interview at [focusmag.us/lipsticksister](http://focusmag.us/lipsticksister)

## Lipstick Sisters



### Nicole Tekiela

Instagram: @nicoletekiela  
[ilashstudio.net](http://ilashstudio.net)

I joined Lipstick Sister about 3 years ago. I had just moved to LA from Atlanta. I was invited to the group by a friend of a friend, and once I joined, it completely changed my experience in LA.

I initially joined the group for social reasons, but it turns out that it was great for my business – an eyelash studio which primarily deals with eyelash extensions and facials.

All the women are super inspirational, smart woman and I usually get something valuable from interacting with each one.

Our lunches are more social, but outside the normal meeting schedule we try and support each other by attending events, including many charities in the area.

The group has also helped my husband find some guy friends. Hensi puts together couple's nights giving the guys a chance to socialize as well. Collectively, we call this sub-group the "chapstick brothers".

I definitely can say that I have built a bond with these ladies, whom I can truly call my sisters.



### Laura Martella

Instagram: @gentlemannorman

I have been a member for less than a year, and what drew me to the group was my attraction to Hensi's personality and drive. I lived in San Diego, and after my first meeting I felt such love and support that I leased an apartment in LA, to make a commitment to the group and help expand the **Gentleman Norman** brand.

Thanks to the Sisters, doors have been literally opening for me. I am an only child and I don't have an experience with sisterhood, but to be around business woman who are one hundred percent supportive is so inspirational. Beyond the meetings, I socialize with the sisters regularly and we really support each other. We are connected even if we don't get to be "high maintenance" friends.



### Erica Lippy

Instagram: @makeupbyerical

I joined Lipstick Sisters after being referred by a close friend. I was looking for something



### Grace Lazenby

Instagram: @rockinmodels

Lipstick Sister is a group of amazing women in their own individual way, coming together either monthly or daily. Hensi Morris has organized a pathway of friendships and partnerships amongst these women. It is nice to have that support system in LA, a place that can be so fulfilling but also overwhelming. I guess you could call it a "home base." It has been beautiful to have some of the girls become my best friends.

[lipsticksister.com](http://lipsticksister.com)



**Liana Vitale**  
 Hairstylist/makeup artist/stylist  
**Fitness Tip:** I run on the soft sand from Marina to Santa Monica. It sucks but it's the best view – way better than meatheads at the gym. I also started working out with a personal trainer Toni DiVincenzo at a private gym in Venice and it has changed my body. I never ever saw results from working out till I went to Toni. She does kettle bells and drills and a yoga mix. She always changes it up!  
**Beauty Tip:** I have so many beauty tips since this is my industry, but I could not live without **Pret a Powder** from Bumble and Bumble. It's a dry shampoo that's volumizing. It helps out with my helmet hair. I really love **Osmosis** skin care and mineral makeup. I think when your skin feels clear you feel beautiful!

**Lindsay Bodanza**  
 Executive Producer of *Gentleman Scholar*  
**Fitness Tip:** Sprint into the sky like your life depends on it. I usually try to imagine a wild animal or feral human chasing behind me.  
**Beauty Tip:** Get adequate sleep. I make sure to get at least nine hours a night. It gives the lymphatic system a chance to clear out the day's waste. The brain is your body's control center, treat it like gold and you'll look, think and feel your best.

**Alyssa Hovey**  
 Hairstylist  
**Fitness Tip:** Weight training. Not only does it contribute to a sexy shape, it also keeps our bones strong.  
**Beauty Tip:** Eliminating gluten and dairy from your diet can help clear up skin conditions such as acne, eczema, and psoriasis.

**Lindsay Merkel**  
 Beats by Dr. Dre, Global Sales – *Sports and Fashion*  
**Fitness Tip:** Crossfit! Yes I'm one of those crazies. It's the worst at the beginning but after the initial punishment, it's the best. All over cardio and strength building – pushing yourself to get a lot of work done on yourself in a short time. Added benefit: hot dudes, intense coaches and amazing mental toughness come with at **Crossfit Santa Monica**. Plus, they offer Kettle Bell and Yoga classes to supplement and feel powerful.  
**Beauty Tip:** Drink WATER. Simple enough – but when you are busy during the day it's tough to remember to drink enough to stay hydrated and clean out your body. Carry a giant 64oz bottle on the road, on planes, and at the office. Finish it by the end of the day, no matter how many times you have to visit the ladies! :)

**Tara Miltenberger**  
 Owner at *Red Truck Juice Co.*  
**Fitness Tip:** 50 mins of cardio every day. Running keeps my legs strong and lean. On average, I run 5-7 miles down to the beach and along the world famous Venice Boardwalk. I also mix in a spinning class once or twice a week at **Revolution Fitness** in Santa Monica. Go to Chris Plourde's 6am class. It will change your life. But, sign up early because his classes are sold out weeks in advance.  
**Beauty Tip:** **iS Cosmetics Exfoliating Enzyme Treatment** is my life. It cleans and clears your skin from the inside out. In fact, anything from that skincare line is absolutely divine.

**Jaime Dempsey**  
 Currently riding around *Malaysian Borneo* hosting a travel documentary called *Ride N Seek (season2!)* for *History Asia*, and when I'm not doing that I'm a product developer for sexy swim wear at *L\*Space*.  
**Fitness Tip:** I prefer to stay on 2 wheels! **Soul Cycle** West Hollywood where they have me poppin' and droppin', keeping my adrenaline going and my ass in shape.  
**Beauty Tip:** Sunscreen. With the amount of time we are out there riding in the California sun we don't want our faces looking like saddle bags....

# In love with cote

by Rochelle Robinson



I've completely and totally fallen in love with **côte**, a brand spanking new eco nail polish, flagship salon and specialty shop in the heart of Brentwood. It's the kind of love that made me indulge in a double take at first sight and has only gotten stronger throughout the last week. I'm invariably hooked. And, I would venture that you will be too. Thanks to the foresight and ingenuity of co-founders Leah Yari and Mary Lennon and Vice President of Business Development, Jamie Fedshuh, you're invited to soak in the lovely aesthetic of **côte**, both inside and outside of their sweet spot on San Vicente.

The nail salon is like no other I've ever experienced. It looks and feels like a Malibu beach house. Dressed in white and beige linens, lined with cushy Shaby Chic'sque lounging chairs and white-washed wood-paneled walls, and complete with a breezy atrium, the design is immaculate, cohesive, comfortable and incredibly California posh. It feels like home. Even the beautiful home and body specialty items are organized and displayed as if part of the decor. I could live at **côte**.

And now, for the nail polish. First of all the **côte** line is five-free, meaning that it is free of five typically used toxins found in most nail polishes: formaldehyde, phthalate (DBP), toluene, formaldehyde resin and camphor. That's enough of a selling point, right? But this incredible line also comes in a plethora of gorgeous shades and hues. Any color you might ever desire resides in their portfolio, containing a whopping 109 options. But the absolute kicker is that the polish lasts forever. It has been a week since the lovely press preview event at **côte**, and my nails have not chipped anywhere. And, this is no fair matter. Engaging with kids and books all day, and being a fitness junkie, I seriously find myself washing my hands probably over 20 times a day, which takes a toll on my hands, let alone my nails. It usually takes a day and a half at best before a fresh coat of paint begins to peel off my nails. But my **côte** nails are still flawless! I am totally taken back. I was already sold just by the decor, the eco friendly element, the array of gorgeous colors, the local of the flagship nail salon and the overall vibe. That the polish lasts so incredibly long on even my hands, has taken my love of **côte** to an whole other level.

Book your own appointment ASAP and see for yourself why **côte** has in one full swoop made it to our topFavs.

**côte**  
 11714 San Vicente Blvd.  
 Los Angeles, CA 90049  
 p. 310.820.0906  
[coteshop.co](http://coteshop.co)



# Venice Vixens

A group of women brought together by their common spirit for riding motorcycles, they live and ride in Los Angeles, CA. Their professions, interests, and talents are just as varied as their fitness and beauty tips.



**The Venice Vixens**  
 (left to right): Lindsay Bodanza, Lindsay Merkel, Liana Vitale, Tara Henry, Alyssa Hovey, Jamie Dempsey

[venicevixens.com](http://venicevixens.com)



# Entertainment Tonight's BROOKE ANDERSON A Day in the Life

Photography by Dana Adams

Story by Mark Castellino

Makeup by Karen Knopp  
Hair by Troy Zestos - chroma-style.com  
Floor Director, John Kornarens  
Lighting Director, Tom Girskis



Catching up on calls and emails



Make up and wardrobe



Entering the set of Big Brother



On the set of ET

Voice overs after filming ends



06/18/2014

We are on the set of Entertainment Tonight (ET) with host Brooke Anderson, in CBS Studio 4. At one point during the filming of a story, the guest Mary Murphy, looking at the picture of Dr Oz in the background, points out how terrible he looks. His face is grey, hair unkempt, his mouth gaping. Brooke turns to look and after a pause, says, "Poor guy, he didn't have the benefit of hair and make up".

That sums up Brooke Anderson perfectly. She's one of the nicest people I've met – genuinely caring, self deprecating and gracious to a tee.

Her morning routine starts with hair and makeup at 8.15am, then a voiceover session in a tiny room in a nondescript block on the CBS studio lot. Afterwards, we walk over to the secret location of the new Big Brother set. Brooke is instructed to arrive in the studio golf cart, so that it can be filmed as a teaser for the evening show.

We are not allowed to see the set but Brooke tells us to hang out in her office, make ourselves comfortable, she won't be long. Filming starts around 11am, and it is 90 minutes of a mixture of scripted and adlibbed segments, during which Brooke is at ease, un-selfconscious and delivers her lines flawlessly.

"We are encouraged to show our personality and express opinions on stories – though we still need to hit the facts and provide the relevant information," she says.

After the show she will run around town, spending her day researching stories for future broadcast. The next day she does it all over again.

If it seems her schedule is monotonous, her life is anything but routine. She was once assigned to three different stories in Dallas and New York, within a 48 hour period. And the stories are not studio bound. Filming a piece for 'Visit California', she volunteered to go skydiving.

"I was petrified", she said, "because I have a fear of heights. I was crying and shaking uncontrollably but when I commit to something I don't want to back out."

Another time she flew with the Air Force Thunderbirds in Death Valley. "I knew it would be a once in a lifetime experience I could not pass up. I embraced the thrill and luckily did not lose my lunch during the G-force pressure or maneuvers. They do call them 'vomit comits' you know."

Brooke moved to Los Angeles in 2004. She was working for CNN at the time, and they transferred her from the Atlanta office.

"I was based in LA but also worked in New York a good deal. I have a love affair with this city. It is so energizing yet relaxed at the same time. My family visits a lot because they love it too and they know I need their help. As all working mamas know, it's not easy juggling a career and family, but I am lucky that my mom and dad are quick to jump on a plane if I send out the SOS. My husband is extremely supportive but he too has a demanding job in commercial real estate development with CIM Group. We are constantly striving to lift each other up and we always laugh at the craziness of our lives at this stage. It really takes a village but I wouldn't have it any other way!"

Despite giving birth to her second daughter just 6 months ago, Brooke is trim and surprisingly healthy looking for someone who surely needs more sleep. Part of her fitness could be attributed to her hectic schedule but she also works at it.

"I try to eat clean and healthy. I drink a lot of water. I like yoga, circuit training, jogging – a little bit of everything. I mix it up. All that said, I don't deprive myself. I love wine, dessert, junk food, sweets, just like most people. I really try to limit it to one Krispy Kreme though, and not go crazy with the entire box. Moderation. Key."

In her office, she has framed pictures on the wall which show her covering the recent British Royal Wedding and shaking hands with celebrities. Various awards too. The show just won an Emmy. In a fickle entertainment industry, it's nice to come across someone passionate about her work, and who still remains largely untouched by the fame. Entertainment Tonight tempted her from CNN three years ago, and it seems they both made a wise choice.



**Focus TV**

Watch the full video [interview focusmag.us/brookeanderson](http://interview.focusmag.us/brookeanderson)

**Brooke Anderson**

**Favorite Restaurants**

Rustic Canyon, Katsuya, Hamasaku, Kogi Korean BBQ, Real Food Daily, Santa Monica Seafood, Don Antonio's, In-N-Out Burger

**Favorite designers**

Jimmy Choo, Brian Atwood, Christian Loubotins are some of my fave shoe designers. I love Rag & Bone, Ted Baker, Topshop, Zara, H&M, Joie, HauteHippie, Jbrand

**Beauty Tips**

I love a natural look with a bit of pop and glam. Too much makeup ages a person. Use concealer and highlight under the eyes to get rid of bags. Eyelashes make a huge difference in how big your eye appears and how awake you look. I'm still mastering the art of applying individual lashes. If the eye is more dramatic, go with a lighter lip and vice versa. Liquid eyeliner on top opens up the eye and really defines it. I'll go with a nice peachy/pink cheek and neutral lips one day and then I'll experiment with crazy red lips the next day. It's fun to try a lot of different things to see what works best.



**Dana Adams** has spent her life working on both sides of the lens. With a few international campaigns running, Adams continues to push the front end of the lens. However, dubbed as a "Photographic Life Coach" her true passion resides in transforming Models into Role Models on the back end. [loveinlalaland.com](http://loveinlalaland.com)



A supermodel on a mission to bring out the super model in everyone.

**PROFILE**

**Sarah DeAnna**

**When did you start modelling? How did it come about?**

I graduated early from college and came to California to go to business school at UCLA Anderson. People thought I was really smart, but truly I was just a massive overachiever. I was "discovered" as they say in modeling, at a Starbucks in Hollywood by a photographer who ended up tricking me into going to a modeling agency where I was signed that day. My first official photo shoot then became a magazine cover. Instead of starting business school that September, I did my first Fashion Week circuit in New York, Milan, and Paris. It was a total disaster! Ha, ha! I was so nervous and insecure. I had no idea how to walk or dress or anything. I actually quit modeling after that, but was convinced to give it one more shot. I'm glad I did.

**What has been the highlight of your career?**

The highlight of my career? Funny, I don't think we as humans are ever really satisfied. I have done amazing jobs and have had the honor of working with and for some amazing designers, brands, and magazines. There are jobs and moments that stand out more to me, like opening a private celebrity Armani Privé show and walking in a Christian Dior show where they shut down one of the most famous temples in Kyoto. It's also gratifying to see your face on magazine covers, buses, billboards, and other things, but what I am most proud of is my book, Supermodel You: getting it published and being able to say that it was a bestseller.

**What is the typical schedule for a photoshoot?**

There is nothing typical about a photo shoot or any modeling job. It really varies. Photography depends a lot on the lighting. So if you are shooting outdoors, for example, you would shoot according to the lighting that is most desired for the look they are wanting. A few weeks ago we shot at this beach location and the photographer knew he wanted a certain kind of light that you only can get in the morning before the sun gets too bright. Because of this, our call time was really early. We needed enough time to do hair and makeup and still drive to the location. The good thing is that we were done shooting by 12pm. On the contrary, I have also shot a job where the photographer desired a sunset shoot, so we didn't start hair and makeup until later in the afternoon and our first shot wasn't until almost 8pm. This same shoot also required a sunrise shot, so we actually had to wait all night for the sun to come up at 6am. I took a power a nap in the car! Beauty sleep is very important to a model and it's also a key in my book.

**Who are your favorite designers?**

One of my favorite designers is Olivier Theyskens. I first met him in Paris when he was designing for Rochas. I saw him again when I walked in a Nina Ricci show for him. He is now designing a capsule collection for Theory. There is a magical energy about him that translates in his work and this is what I love the most about him. I am also a huge fan of Alexander Wang. I opened his first show in New York and I am very proud of his success. Both Alex and Olivier have something magical and extraordinary about them which is why I believe they are so successful. But honestly, most designers are all extraordinarily creative people. I appreciate every designer.

**What is your book about, and what was your aim in writing it?**

Supermodel You is a health and fitness book. It's about aligning with the supermodel version of yourself. It's not about how to be a supermodel or look like a supermodel. It's about looking and feeling your best, which I call your supermodel self. We all have this higher self version of who we want to be. I believe we are this person and Supermodel You gives you the keys to become that person. The book is based on 5 keys that models live by, and by adopting these keys into their life enables the reader to align with their best self. Most people think models are unhealthy and that looking like a model is an unattainable thing. I disagree. I believe every person is just as beautiful as any supermodel and I want people to walk away from reading this book feeling amazing about themselves, loving their body and loving who they are. It's very empowering. It's a good read. It's smart. And it's also funny.

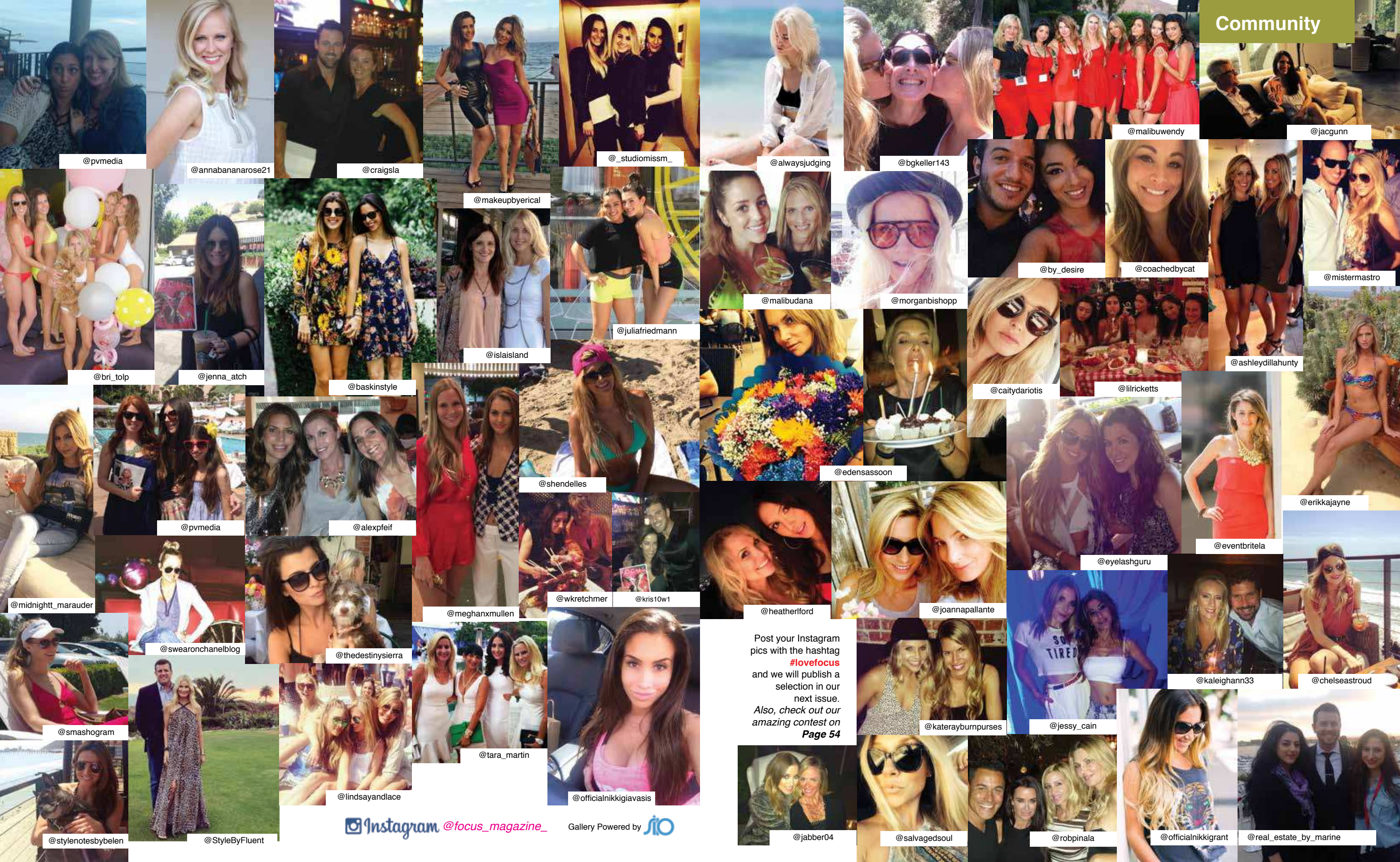
Signed copies of **Supermodel You** are available in our boutique [focusmag.us/shop/saradeanna](http://focusmag.us/shop/saradeanna)



Credits:  
Candice Birns, Hair Stylist  
Bebe Booth, Makeup Artist  
Barbara Constantin, Stylist  
Kenny Sweeney, Photographer



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@meghanxmullen

@wkretchmer

@kris10w1

@heatherford

@joannapallante

@eyelashguru

@kaleighann33

@chelseastroud

@smashogram

@lindsayandlace

@officialnikkigiavasis

@tara\_martin

Post your Instagram pics with the hashtag **#lovefocus** and we will publish a selection in our next issue. Also, check out our amazing contest on **Page 54**

@katerayburnpurses

@jessy\_cain

@officialnikkigrant

@real\_estate\_by\_marine

@jabber04

@salvagedsoul

@robpinala





Seth Maxwell and Jennifer Garner



Eden Sassoon



Charisma Carpenter



Beth Hopkins and Seth Maxwell



Drake Bell and Paydin Lopachin



Sibusiso Shiba, Seth Maxwell and Jennifer Garner



Pauley Perrette and Thomas Arklie



Joely Fisher



Susan Yeagley and Kevin Nealon



Sierra McClain, China McClain and Lauryn McClain



Charisma Carpenter and Drake Bell



Jesse McCartney

**THIRST PROJECT**

24 June  
Beverly Hilton  
[thirstproject.org](http://thirstproject.org)

Jennifer Garner hosted the 5th Annual Gala to raise funds and awareness for the **Thirst Project** and brought heart and humility to the event. **Kevin Nealon** brought the house down with laughs. The live auction had guests on their feet as **Pauley Perrette** (NCIS), started by buying a well for \$20,000 just because she didn't have a well in that country yet - she has bought one well in a different country every year, for the last four years. **Michael Buckley**, YouTube sensation, brought his humor and energy to the stage as he ran around the room with a mic announcing donations.

Thirst Project funds the building of wells to bring fresh water to developing nations. The cost to build a freshwater well in the developing nations ranges from between \$7,800 in Uganda to \$20,000 in Kenya. One well can provide up to 500 people with clean water indefinitely.

When you bring safe water into a community, disease consistently drops consistently by upwards 88% nearly overnight! Child mortality drops by nearly 99% almost overnight.

(Photos by Araya Diaz/Getty Images for The Thirst Project)



**PEDAL ON THE PIER**  
Fundraiser for the **Harold Robinson** Foundation  
1 June 2014  
Santa Monica Pier  
[haroldrobinsonfoundation.org](http://haroldrobinsonfoundation.org)

100 stationary bikes on Santa Monica Pier. 400+ riders cycled for 100 miles with some of the city's top cycling instructors. The **Harold Roberson Foundation** is working to improve the lives of our city's impoverished children, by providing them with a camp retreat where they participate in diverse recreational programs that are designed to strengthen confidence, independence, build character and develop leadership skills.

**LOVE LIV**

Fundraiser for **Nemaline Myopathy**  
18 May 2014  
Star Eco Station, Culver City  
[loveliv.org](http://loveliv.org)

A local Los Angeles family held their second annual **LoveLiv** fundraiser to raise funds and awareness for **Nemaline Myopathy** ("NM"), a rare disease their 2 year old daughter, Liv has. The day featured a live performance by **Los Pinguos**, a DJ and great food from local eateries. NM affects all of the body's skeletal muscles which are the muscles used for movement. Those with NM, including Liv, are often unable to walk, eat and breathe on their own.



**MAN & WOMAN OF THE YEAR**

**CONGRATULATIONS SAMARA WOLPE**  
**2014 MAN & WOMAN OF THE YEAR**







*“I have the ability to walk into a property and KNOW what the seller needs to do. From that first meeting to the close of escrow, we have figured out how to SIMPLIFY THE COMPLICATED.”*

**F. Ron Smith** is a founder of **Partners Trust** – a real estate firm which, distinguishable by its consistent attention to detail, has earned a loyal and discerning clientele.

**How did you get started in real estate?**

I was born and raised in Texas and came to LA after college. My first job was at WME and that is where I worked for 4 years and met my wife Tracy. My family had been in real estate in Texas and I always had been intrigued with real estate, so that lead my pursuit in that field.

**What was the origin of Partners Trust?**

I had been working with Coldwell Banker for 15 years and left there to work at Sotheby's. In September 2009, I got together with 4 good friends and we started Partners Trust, and it was one of the best decisions I ever made in my life.

**What was the reason to start the firm?**

The catalyst to start Partners Trust was the desire to work with people whom I liked, with a common goal and drive. I find, that in life, when you surround yourself with people you like and have a common goal and common drive, the only option is success. We started in 2009 in the abyss of the economy and it just felt right. Today we have 5 offices – Beverly Hills, Brentwood, Pasadena and two in Santa Monica. We have 140 partners and did nearly \$1.9 billion in business in 2013. And it just keeps getting better. We are internally owned and everyone at the company has the same goal and drive. I am proud to be part of it!

**Why the name Partners Trust?**

Coming up with the name was an interesting evolution. We had many meetings in our backyard in Brentwood and we met often. We each had our smart phones and Googled many potential names. One of my partners, Nick, stated that we are all partners here and Richard said very tongue in cheek, “you got to trust that”. Interestingly, with “Trust” in the name you have to get clearance, as its synonymous with banking. It took 6 months to secure the name. The name really feels grounded, dependable, not flashy – and really representative of who we are.

**Is there a hiring criteria?**

We have an unspoken criteria in bringing people on. There is no exclusivity – it's a very welcoming environment, and our number one goal is for people to get along. That is a high priority for us. There is a vetting process, which is more of a communal conversation to make sure everyone is comfortable

**What are the strengths of a good realtor?**

I think the strongest quality for a good realtor is accountability, and demonstrating

through actions the care and the responsibility that is involved with the transaction. Getting an accepted offer is just the start. There is a plethora of documentation, and you really want to make sure you have someone who is engaged in the entire process – not just the now, but the entire long term process. I also think a good realtor should be equally as concerned with the second and third transaction, rather than just the first.

**Does Partners Trust attract a certain type of client?**

I am often asked if there is a set type of client or profile that we look for. I think there is a specific clientele that wants to do business with us because there is stability in what we do. We are not a flashy group, but we pride ourself on dependability and that is what resonates with our typical client.

**What is your view of the current real estate market?**

Today's climate in real estate is one of the most unique arenas that I have seen in 25 years. We have low interest rates, tremendous equity built in homes, people staying in their homes longer and a tremendous desire from Santa Monica to the Hollywood Hills to buy homes that are done. The competition is extreme but we are laser focused. With the lower interest rates, it's easier to get loans. The inventory is at a 20 year low, and therefore, it makes it very competitive. That combined, we have more realtors than we have had in the last 15 years which creates a very competitive environment for both buyers and sellers. And with that backdrop, I believe cooler heads prevail. According to a report by the USC Lusk Center for Real Estate, the prognosis is very solid until 2018, barring something catastrophic.

**How do you see the future of technology?**

The absolutely fascinating thing is the information available online, which enhances the value we bring as that of a consultant. Technology is here to stay. The ability for a consumer at 3am to search and get intimate details on financing, history and configuration of the home is available to everyone. We embrace that. Our job is to help them process this information and act as consultants to educate the client. The online services such as Redfin are great allies. They provide information that empowers today's client, and which is complementary to the services we provide.

**What is Leverage?**

We came to the realization about 18 months ago, that we needed to have the ability to

network on a national and global level. Similar to Partners Trust and its culture, we sought to create a network of like-minded, independent companies which have exclusivity in their market and can freely exchange referrals, information and business practices in their locality. We are now in 120 markets, growing daily, with over 200 offices that did a combined business of 27 billion dollars. It's a pretty powerful network. What makes Leverage unique is the ability to deal president to president, with no additional fees of any kind... It's pure in its intention and has been very successful.

Every company is vetted, which means if you like your realtor in LA, you are going to like your realtor in Austin, Texas. We are like-minded owners, like-minded companies. For consumers it's one-stop shopping. They can go to leveragere.com, take a look at the different city sites, get educated and be referred to the best quality companies, to help them make their move.

**What are your plans for the next 5 years?**

The goal is to continue to grow Partners Trust. We are soon to be in Malibu and looking to expand past Pasadena. The goal

for Leverage is to be in 500 markets by 2016. For me personally, I have a wonderful partnership and look to be able to do more business and reach out to more great clients.

**What do you do to relax?**

I love to work out. I like to be in the back of the room at Soul Cycle so I am not mocked for my lack of ability compared to those in the front row. I like to travel. I like to find the best vintage tequila possible. I love eating out. Our expansion of Partners Trust and Leverage into new areas is going to afford me the opportunity to find new restaurants in places I had never even thought of previously.

**Last question...What the F?**

When I moved to LA, my first job was at WME and there was a talent agent at the time named Ron Smith. He didn't have the best reputation. I found that I was escorted out of a number events, being confused with him, so I added the “F” and it's been that way ever since. It can be ‘F’ for fantastic or ‘F’ for f'ing. Either way, it has a positive tone and it is certainly a conversation piece. It will be F. Ron Smith for a while.

[thepartnerstrust.com](http://thepartnerstrust.com) | [leveragere.com](http://leveragere.com)



**Jacqueline Gunn.**  
*Partner*

When I came to LA after college, I worked as a hostess and as a talent trainee at UTA. I began my real estate career at a small brokerage firm in

the Pacific Palisades. I was brought into Partners Trust, working as an assistant to F. Ron Smith, and from there I became a partner at the firm.

**Specialty: Realtor and Design Consultant**

“I simplify the process for the buyer by preparing the home so they get it.” I think we differentiate ourselves from other realtors by aiding in the design of our client's home to become as close to a

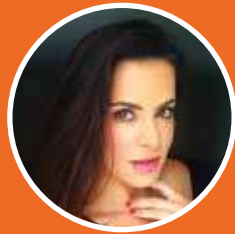
new construction as possible. We find the design flaws and fix them, simple as that. As a consultant, which is what we pride ourselves on, we want your home to be perfect. Buyers have become very design savvy, with all the TV shows and online resources – so we help them turn their vision into the design of their home. We love a good white wall, along with muting down the house, with colors like ash grey. We make sure everything looks refreshed with a good paint job. We look at it from a sophisticated buyer's angle and try to create the best scenario possible for that property. We go room to room, to detail every aspect – even down to the hinges. We have a 20 step process in formulating a plan, and typically a buyer will get a 5 to 10 times return on the investment they make executing the plan we design for them.



**Focus TV**

Watch the full video interview at [focusmag.us/partnerstrust](http://focusmag.us/partnerstrust)



**Erica Lippy**

@makeupbyerical

**MY SONGS KNOW WHAT YOU DID IN THE DARK**

Fall out Boys

**MADE TO LOVE** (Benny Benassi mix)

John Legend

**THIS IS HOW WE ROLL**

Florida Georgia Line ( featuring Luke Bryan)

**LULLABY**

Nickelback

**SWEET NOTHING**

Calvin Harris ( feat. Florence)

**Amber London**

alondonfitness@gmail.com

(424) 248-5308

Movement Revolution:

262 26th St. CA 90402

**WEEKEND IN AMERICA**

Wolfgang Gartner

**MAPS**

Disclosure

**CATCH TOMORROW**

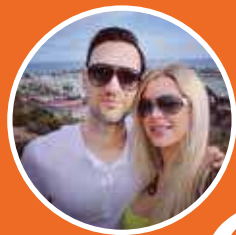
Afrojack

**ULTRAVIOLENCE**

Lana Del Rey

**SHOW ME LOVE**

Pierre Real

**Jerod Hoffman**

@jerodhoffman

**WAITING FOR THE END**

Linkin Park

**CALIFORNIA HUSTLE AND FLOW**

Social Distortion

**GHOSTS 'N' STUFF**

Deadmau5 Feat. Rob Swire

**KICK START MY HEART**

Motley Crue

**PURSUIT OF HAPPINESS**

Kid Cudi Feat MGMT and Ratatat

**Alexandra Hoffman**

@alexandrahoffman7

**WHERE HAVE YOU BEEN?**

(Papercha\$er remix)

Rihanna

**UP IN THE AIR**

30 Seconds to Mars

**HEY BROTHER**

Avicii

**COUNTING STARS**

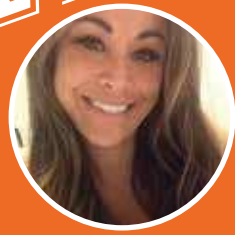
OneRepublic

**AROUND THE WORLD**

Daft Punk

# PLAYLISTS

5 fitness instructors list the top 5 tracks in their current workout playlists.

**Catherine (aka Cat) Reisen**

Personal Trainer, Fitness Model, Athlete

@coachedbycat

**SUMMER**

Calvin Harris

**DJ TURN IT UP**

Yellow Claw

**HIGH YOU ARE REMIX**

High You Are

**TIME STRETCH**

Bass Nector

**GET JAZZY ON ME**

DJ Lorde



## Celebrity Yoga Instructor, Danielle Cuccio's A HEALTHY WEEKEND IN LA

As a yoga instructor, I like to keep it as healthy as possible. If you are lucky enough to live in LA, living healthily can come pretty easily. If it's a great hike, an organic juice store or a delicious vegan restaurant, on any given day we are given an abundance of numerous healthy options. I was asked to take one weekend and go anywhere I wanted – healthy spots only, of course. Here is my guide to your perfect healthy weekend in Los Angeles, CA.

### SATURDAY

**8am** - Wake up and take a yoga class at **Maha Yoga** in Brentwood. I love making time for my own practice when not teaching. All the teachers are great, but I especially love Kaleigh's classes! *13050 San Vicente Blvd #202, Los Angeles, CA 90049*

**10am** - Head to **Beverly Hills Juice** for the Apple, Lemon & Ginger Juice. Super refreshing and good for you! (\$4.50) *8382 Beverly Blvd. Los Angeles, CA 90048*

**11am** - Stop at home to shower and let my Pug and Boxer pups out. Woof!

**12pm** - Lunch at **Cafe Gratitude**. I order one of my favorite salads, the "I AM PURE" - Kale, avocado, sea palm, nori, cucumbers, carrots, teriyaki almonds and garlic-tahini

dressing. Yum, this salad is so good! \$13. *512 Rose Ave, Venice, CA 90291*

**1:30pm** - **Solstice Canyon Hike**. If you want a different scene from Runyon Canyon and want less people, more nature, check out this beautiful hike, conveniently located near the beach. Also, be ready to see remnants from one of the oldest homes in Malibu. The house was unfortunately burned down in 2007 in The Corral Canyon Fire.

**3:30pm** - Head to **The Malibu Country Mart** for a little shopping. If you want a relaxing day with some of the best stores in town, head here. If in the mood to shop, be sure to stop at Madison, Ron Herman and Room At The Beach for some great finds. For a bite to eat, be sure not to miss **Cafe Habana** for best fish tacos in town, **Malibu Kitchen** (great sandwiches) and **Taverna Tony** to get your Greek



Photos:

1. Solstice Cyn.
2. Beverly Hills Juice.
3. Cafe Habana.
4. Shutters Hotel.
5. Swerve Studio.
6. Liquid.



food fix! The Country Mart also has a movie theater so you could absolutely take a whole day to relax and soak in the Malibu beach life..!

**5pm** - A stroll on **The Malibu Pier** to watch the sunset.

**7pm** - Pick up food from **Fala Bar**. I love this place for their Sweet Potato Falafel Wraps. OH MY YUM...and healthy! *7751 1/2 Melrose Ave, Los Angeles, CA 90046*

**8pm** - Grab the picnic basket, a bottle of wine, **HOMEMADE** popcorn (Recipe below!) and a blanket to hit the next showing by **CINESPIA At The Hollywood Forever Cemetery**: Outdoor movies all summer long. And yes, I said cemetery! This is one of my favorite activities in LA.

**10pm** - Sleep! Because I just had the longest, BEST day ever. :)

### SUNDAY

**8am** - Wake up to make my 2-Ingredient Pancakes! (Recipe Below)

**8:30am** - Head to the **Melrose Farmer's Market**. Eating organic fruits and vegetables makes a huge difference!

**9am** - Stop at **Liquid** for an Acai Bowl. I am slightly addicted to the Chronic Bowl (\$9). *8180 Melrose Ave, Los Angeles, CA 90046*

**11am** - Head to **Swerve Studio** for a fun cardio workout! Swerve is one of my favorite studios in LA for dance cardio and/or yoga! Their signature class, **YOGA BOOTY BALLET**, is such a great workout. *8250 W 3rd St #205, Los Angeles, CA 90048*

**1:30pm** Teach my weekend Yoga class. I love this studio not only because I teach group classes here, but the studio is such a





sweet getaway from LA. Everyone is super nice, the teachers are pretty awesome and Yoga Booty Ballet is one of the greatest classes ever created! Nothing like a Savasana on a Sunday..!

**3pm - Erewhon Market** for groceries. Whatever we can't find at the Farmer's Market that morning we will get from our local organic market. Erewhon is heaven to anyone who loves healthy food!

7660 Beverly Blvd, Los Angeles, CA 90036

**6pm - Head to Shutters Hotel** for a little sunset walk on beach followed by an evening cocktail because .....Why not?

**7pm - Salad from Greens Up.** Some of the best salads in LA. I always get the Sawtelle Salad!

703 Montana Ave, Santa Monica, CA 90403

**8pm - Meditation Class at Insight LA.** Being a busy yoga teacher and going from client to client without a break, sometimes can be difficult. I make sure to find my "me time" and this place does exactly that. Learn how to meditate with a great group of people who are along the journey with you.

1430 Olympic Blvd. Santa Monica, CA 90404

## RECIPES

**Homemade Popcorn** (because it's so much healthier than microwave popcorn!)

1 Tablespoon of Coconut Oil

1/2 cup of Popcorn Kernels

Directions:

Stove top. Take off heat once popping stops



### 2 Ingredient Pancakes

1 Banana

1 Egg

Directions:

Mix together one ripe banana and 1 egg. Make round pancake shapes on nonstick stove top square pan. Flip! And Enjoy!

For more recipes, health tips and LA favorites, check out Danielle Cuccio's blog, [www.TheBeautyBlender.com](http://www.TheBeautyBlender.com)

**Danielle Cuccio** is a Private Yoga Instructor in LA and also teaches Yoga and Yoga Booty Ballet at Swerve Studio in West Hollywood.

To learn more healthy habits to add to your life, take Private Yoga Lessons with Danielle at your home or in her private Beverly Hills studio visit [www.CuccioSomatology.com](http://www.CuccioSomatology.com)

E-mail: [info@cucciosomatology.com](mailto:info@cucciosomatology.com)

Danielle's Group classes:

Swerve Studio 8250 W 3rd St. Los Angeles, CA 90048

Instagram: @daniellecuccio

# Yoga Off The Mat

by Pia Artesona

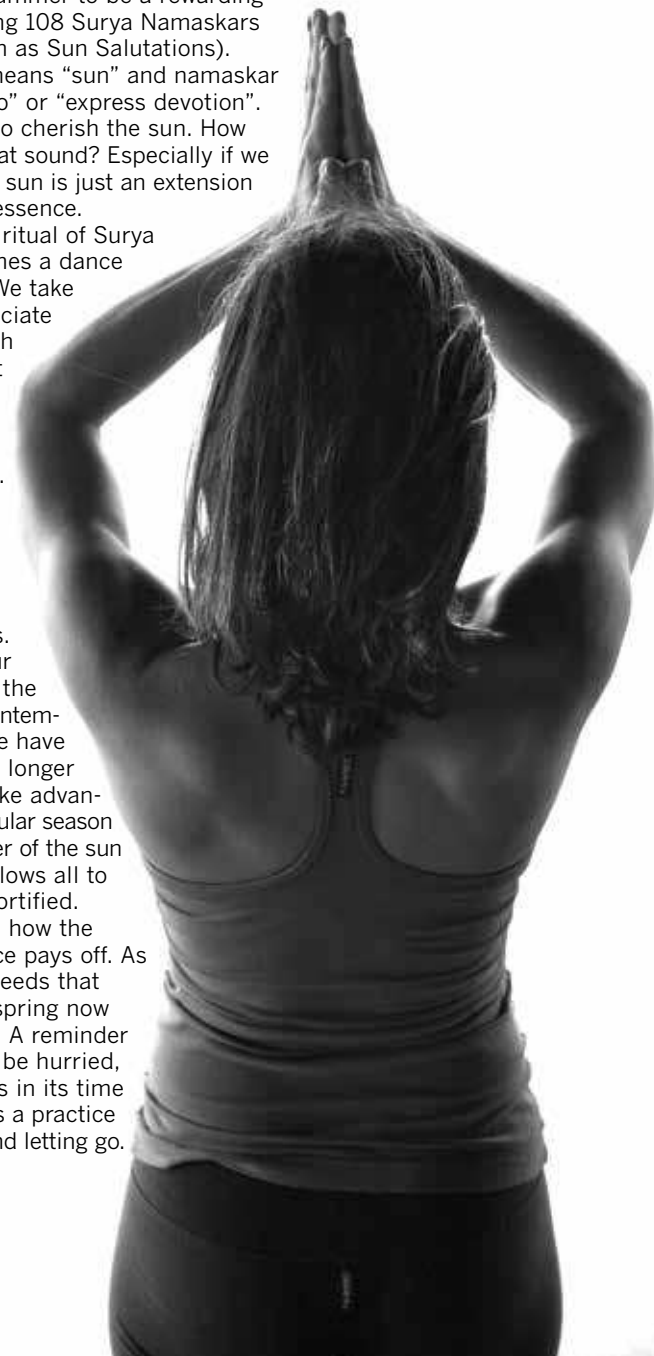
Summer is here! It's a time for celebration and expressing praise for the light of day. We welcome this time of year with a smile on our face, more joy in our heart, and energy to burn. Summer season is the time to ignite and attend to the inner fire.

*"We have planted the seeds of our own changes and to grow we must even accept the passing of the sun"* – Starhawk

Yogis consider summer to be a rewarding time for practicing 108 Surya Namaskars (otherwise known as Sun Salutations). In Hindi, surya means "sun" and namaskar means "to bow to" or "express devotion". Taking the time to cherish the sun. How beautiful does that sound? Especially if we consider that the sun is just an extension of our own true essence.

On the mat, the ritual of Surya Namaskar becomes a dance with the spirit. We take notice and appreciate our inner strength and invite the heat and sweat. Sure, we burn calories and melt away those love handles. But we also use that fire to burn away the mental and emotional stagnation of the previous seasons. When we take our practice out into the world, we may contemplate anything we have outgrown and no longer need. We can take advantage of this particular season to spark the power of the sun within us, that allows all to flourish and be fortified.

Summer reveals how the inkling of patience pays off. As we observe the seeds that were planted in spring now bear their fruits. A reminder that nothing can be hurried, everything comes in its time without effort. It's a practice of just relaxing and letting go.



# AFAA

AFAA was founded In 1983 by Linda Pfeffer and a board of experts with extensive and varied backgrounds within the fitness industry. It is the leading certification organization for allied health and fitness professionals, with over 350,000 certifications issued in over 70 countries.

## BENEFITS OF GETTING CERTIFICATION FROM AFAA

AFAA is the only fitness certification organization, to date, to have earned dual accreditation on their certification and continuing education (CE) programs. They are also one of the few certifiers which require candidates to pass both a written and practical exam, in conjunction with having a valid CPR/AED card. The exams are statistically validated, administered and fully monitored by an outside proxy.

## A TYPICAL COURSE

Courses are subdivided into two main categories. These categories include certification courses and continuing education courses. They are further defined by their delivery method, topic and the CE units or credit awarded, which is based on the depth, breath and learning contact hours of each particular course. Many of the

## TESTIMONIALS

### June Krappitz

@simplistic\_fitness\_by\_june

After having my two wonderful baby boys I gained quite a bit of weight and I went through a year long journey to get my body back into good health so that I could keep up with my very active boys. During my journey I met a trainer who was crucial to my success and I want to be that person for someone else.

I was decided on ACE originally because they cater to military with different incentives, and they are very well known. However, the trainer who worked with me to lose weight is now my mentor and she is certified through AFAA. Also, the gym that I use conducts workshops through AFAA to certify people. I'm not doing one of their workshops though because I didn't want to wait until the next scheduled one so I just decided to purchase it and do my studies online. My short term goal is to become certified and open my business with a special focus on working with women after pregnancy to get their body back to health. Women who are empowered to live a healthier lifestyle will ultimately affect the future by teaching our children to live healthy lifestyles. My long term goal is to build professional relationships with

OB/GYN's and work directly within their guidelines and limitations for their patients to help women stay healthy and fit during pregnancy as well as during recovery post delivery. After all, prevention is best. Instagram: @ladyjunefitness facebook.com/EatCleanandExercise. SimpleRight

### Kaitlin McCabe

Product Development & Marketing Specialist, Zumba Fitness Instructor @KatieCakesLife

I am in the process of getting an AFAA certification, but to be clear, it's not the personal training one (not yet anyway!) It is the Primary Group Exercise Certification. Before I had decided to take the plunge I did a lot of research. Between reading various blogs from past participants and talking with instructors in NYC and in LA, I came to my conclusion that AFAA is the best one! Reason is, it is one of the very few that grade on both a written and practical exam. I am very much an experiential learner and executor, and I feel a role in which physical action needs to be demonstrated effectively and accurately, needs to be graded that way. I don't feel that filling in a piece of paper with answers can qualify someone to teach others, especially when it comes to physical fitness. I purchased my materials – the text book, a study guide and a practice

certification programs and continuing ed courses are offered as both live host-site workshops, home study and online formats. AFAA is always developing new courses and updating existing ones, to meet the demands of the ever expanding fitness industry. Currently they provide 5 different, nationally recognized Certification programs and a wide and large menu of credit awarding workshops and self study courses. Course content ranges from theory and research based topics in applied personal training standards and guidelines, to the practical application of the latest dance fitness craze. AFAA requires a minimum of 15 CE units to be completed every two years to maintain a current certification status.

## ONGOING SUPPORT

AFAA offers their certified members a variety of ways to maintain and further develop their training skills and overall professional goals. From the bi-monthly trade magazine 'American Fitness', to their live and interactive online study courses and regularly scheduled study groups, there are numerous ways to find support 24/7. Course instructors are available daily, to schedule multi-training online sessions or respond to emailed course specific questions. AFAA offers many membership discounts on important tools and requirements of the trade. The goal of AFAA has always been, and will always be, to provide and facilitate affordable excellence in fitness education and certification.

[www.afa.com](http://www.afa.com)

test and luckily got a discount since I am a Zumba Fitness Instructor. At first, I felt it was overwhelming, but that was probably because I've been out of the study-world for quite some time. They provide an easy to follow study plan and the flow of the material/ study process is put together very well. I spend 5-10 hours a week studying to ensure I am fully prepared for the exam. Additionally, I have began to plan out what exercises I will do for the practical part. Again, because of the great job they did at laying all the details out, I was able to create a study plan and process that would work for me and my schedule. I feel that I am almost 100% prepared – and know I will be, come exam day. On that note, time to get back to studying!

### Christine Gallagher

redhotdancefitness.com

@redhotdancefitness

Not only am I certified through AFAA I am also a continuing education provider. I have been teaching for 20 years now and have been certified by a number of organizations as well as specialties and found the AFAA to be the most comprehensive. For much of my career I oversaw group fitness instructors and found that when someone applied who was AFAA certified, (because they have a

practical component to their testing), they were able to teach classes effectively. Teaching isn't just about book knowledge.

There are other organizations, some local to certain areas, that offer certifications (AAAI, SCW, AFPA, YMCA etc) but the top two are ACE and AFAA. For personal training as far as popularity goes a certification really is a small part. The person coming into the classes doesn't really know the difference so they only go by what is taught and how its presented. Are they engaging, is the workout effective...so many other factors behind just being qualified. Personality plays a huge factor.

### Jerod Hoffman

@jerodhoffman

Bachelor of Science, Exercise Physiology, ACE & AFAA Certified Personal Trainer

AFAA Certified Group Exercise AFAA Yoga & Pilate's I have been working with AFAA for several years and hosting AFAA workshops. AFAA is reputable among fitness professionals and a gold standard in the fitness industry. I have mentored several personal trainers, recommending AFAA as a starting personal training certification.



# Music & Theater

5 SEPTEMBER  
Burt Bacharach



Six decades into one of songwriting's most successful and honored careers – marked by 48 Top 10 hits, nine #1 songs, more than 500 compositions and a landmark 50+year run on the charts, the music of **Burt Bacharach** continues to set industry records and creative standards. Tickets \$65 / \$125  
**Saban Theatre.** 8440 Wilshire Blvd, Beverly Hills, CA 90211  
T: 818 879-5016  
[canyonclub.net](http://canyonclub.net)

29 JULY - 31 AUGUST  
Reasons To Be Pretty

Written by Neil LaBute  
Directed by Randall Arney  
Featuring Nick Gehlfuss, Shawn Hatossy, Amber Tamblyn & Alicia Witt



“Some of the freshest and most illuminating American dialogue to be heard anywhere.”

- The New York Times

“Taut, unexpectedly affecting drama!”. “One of his best!”

- Variety



Artistic Director, Randall Arney

Photo: Jeff Lorch Photography

In **Reasons to Be Pretty**, playwright **Neil LaBute** takes on our ongoing fixation with beauty and one man's inability to say the right thing – ever. When Greg makes an innocuous, off-handed remark about his girlfriend Steph, it triggers a battle by which their relationship will forever be defined. Tony nominated for Best Play, *Reasons to be Pretty* continues a series that includes *The Shape of Things*, *Fat Pig* (a previous Geffen Playhouse hit) and *Reasons to Be Happy*.

**Geffen Playhouse** 10886 Le Conte Avenue Los Angeles, CA 90024 [geffenplayhouse.com](http://geffenplayhouse.com)

14 AUGUST  
La Santa Cecilia w/Sergio Mendoza y La Orkestra + KCRW DJ Raul Campos



**La Santa Cecilia** consists of accordionist and requintero Jose “Pepe” Carlos, bassist Alex Bendana, percussionist Miguel Ramirez, and lead vocalist La Marisoul, whose captivating voice sings about love, loss and heartbreak. Their influences range from Miles Davis to The Beatles, Led Zeppelin to Janis Joplin and Mercedes Sosa to Ramon Ayala. Their common love of music and openness to all genres led them to the concept of La Santa Cecilia in 2007 – named after the patron saint of musicians.

In 2013, the band released their major label debut *Treinta Dias (30 Days)*, which featured a captivating collaboration with fan Elvis Costello on “Losing Game.” Now, just after their GRAMMY win for Best Latin Rock, Urban or

Alternative Album, the band presents their new album **Someday New**. The album features seven new tracks, which include a heartfelt Spanglish rendition of The Beatles iconic “Strawberry Fields Forever”, plus the unforgettable new Mexican classic “Como Dios Manda”; as well as a fresh new radio-edit of their single “Monedita” and the full version of their moving, and militant “ICE – El Hielo.”

7pm. Tickets: FREE

**Santa Monica Pier**  
[santamonicipier.org/twilightconcerts](http://santamonicipier.org/twilightconcerts)

# Current Exhibitions



James Ensor, *The Intrigue*  
1890. 50” x 37”.

TILL 7 SEPTEMBER  
**The Scandalous Art of James Ensor**

In his final decades, **James Ensor** was an international celebrity showered with official honors in his native Belgium. But in the 1880s and 1890s, the young Ensor was a scandalous and defiant figure.

This was a period of great social and political unrest in Belgium, and also of incredible cultural ferment. Bursting with mad creativity sparked by the latest developments in the avant-garde, Ensor freely mined artistic sources both high and low, old and new, familiar and exotic, and oscillated unpredictably between painting, drawing, and printmaking. From an advanced mode of naturalism in step with broader European trends, Ensor's art quickly morphed into something so fantastic, bizarre, grotesque, and satirical that even his avant-garde peers had difficulty accepting it. To this day, Ensor's art continues to baffle in its psychological complexity, internal contradictions, and sheer eccentricity.

**Getty Center**, Getty Center Drive, CA 90049 [getty.edu](http://getty.edu)



Juan Capistran. *Still I Rise Above*, 2013. Archival pigment print. 27 x 30 in. (69 x 76 cm). Courtesy of Curro y Poncho, Guadalajara, Mexico.

TILL 7 SEPTEMBER  
**Made in LA 2014**

The Hammer's biennial exhibition *Made in L.A. 2014* features works by 35 Los Angeles artists with an emphasis on emerging and under recognized artists. It debuts recent work and new painting, installation, video, sculpture, photography, and performances created specifically for the exhibition. Made in

[hammer.ucla.edu](http://hammer.ucla.edu)



**Stanley Silver**

One of a set commissioned for the 49ers San Francisco stadium – more to be revealed in the next issue. Stanley Silver earned his Bachelor of Fine Arts at the University of Arizona in 1991, and continued his education at the Art Center in Pasadena. His art has been shown at some of the most prominent galleries and museums in the United States. His work has also been named the “official art” for many of sports most prestigious events including the World Series, NHL All-Star Game, and New York Marathon.  
[stanleysilver.com](http://stanleysilver.com)



# Cahnicles

The Adventures of the Cahn Family

## SWEET TREATS TO BEAT THE HEAT

Now that the thermometer is rising in lovely Los Angeles – here are a few sweet spots to beat the heat.

**Sweet Crush** If you are looking for a healthy treat made with only natural ingredients - this is the place for you. Inspired by Asian



shaved ice and snow desserts you can choose from the Pure Crush (made with organic fresh fruit) or the Sweet Crush (made with milk). All the items on the menu are 100 calories or less, but if you are feeling decadent they have an array of fresh fruit, candy, etc. that can be sprinkled on top. The best part – kids LOVE it, and parents don't have to feel guilty

about letting them have a sweet treat!  
11753 San Vicente Blvd, CA 90049  
T: 310-820-0607 [sweet-crush.com](http://sweet-crush.com)

**Diddy Riese** This place has been around since the early 80's and is famous for their custom made ice cream sandwiches. You can choose from 10 delicious freshly baked cookies and a dozen flavors of Dreyers ice cream. And for \$1.75 – you can't beat the price! You can also get brownies, sundaes, and Hawaiian Shaved Ice. Plan on waiting in line – EVERYONE loves this place!



926 Broxton Avenue, CA 90024 T:310-208-0448 [diddyriese.com](http://diddyriese.com)

**Sweet Rose Creamery** If you find 31 flavors a bit boring try Sweet



Rose. Located in the Brentwood Country Mart, it has flavors from Shiso Prosecco Sorbet to Fresh Mint with Homemade Chocolate Chips. No matter what you pick, it's all delicious. The menu changes monthly, so every visit will be a new experience. And for those of you who are lactose intolerant, there are dairy free options too!

225 26th Avenue, Suite 51, Santa Monica 90402 T: 310-260-2663 [sweetrosecreamery.com](http://sweetrosecreamery.com)

Kim Cahn left her television producer job to be a full time mom to Olive (4) and Buster (1). She writes about their family activities on her blog <http://andrewjr.com>.

Watch this space for Kim Cahn's family adventure next month!

# THINGS TO DO

**1 26-27 July: 6.30pm-10am**  
**Creature Camp Out**  
Ages: 5+ Cost: \$85  
Have you ever wondered what happens at the Zoo when the last guest leaves? After a special guided tour of the Zoo, enjoy a fun-filled night of interactive family adventures complete with a sweet treat and beastly, bedtime stories. In the morning wake up to the roar of the lion and the hoot of the chimps, enjoy a continental breakfast, a guided walk, and a special animal encounter. Take all of these memories home with a souvenir Creature Camp Out t-shirt.  
**LA Zoo, Griffith Park, 5333 Zoo Dr., Los Angeles [lazoo.org](http://lazoo.org)**

**2 2 August: 4-5.30pm**  
**Getty Garden Concerts: Mister G**  
Ages: 2-8 Cost: Free  
This free outdoor music series for kids and their families takes place in the Getty Center's Central Garden and features some of the best children's musical artists from across the nation.  
**Getty Center, 1200 Getty Center Dr., CA 90049**

**3 6 August: 7pm**  
**Evening Campfire With Marshmallow Toasting**  
Ages: All ages Cost: FREE  
Last chance this Summer to practise your marshmallow-roasting. Pack up the family and head out for an evening around the campfire. Meet at the campfire amphitheater.  
**Franklin Canyon Park, 2600 Franklin Canyon Dr., Beverly Hills**

**4 10 August: 12pm and 3pm**  
**Princess and Pirates**  
Ages: 2-9 Cost: \$29/\$39  
Sing-a-long with your favorite Princesses and Pirates. This interactive concert has all the Panto fairytale characters performing all your favorite songs for you to sing-a-long! From Pharrell's "Happy" to Taylor Swift's "You Belong to Me". You will be singing and dancing in the aisles with Cinderella, Snow White, Princess Aurora and booing Captain Hook as he tries to stop all the fun. Come early for character meet and greets.  
**Kirk Douglas Theatre, 9820 W Washington Blvd., CA 90232 [centertheatregroup.org](http://centertheatregroup.org)**

**5 10 August: 10am-12.30pm**  
**Cookin' Kids**  
All ages Cost: Free  
Children are introduced to fresh fruits and vegetables based on what's in season. They will be able to taste the featured item of the month, learn about its health benefits, meet the farmer and get recipes that they can easily prepare at home.  
**Beverly Hills Farmers Market, 9300 Block of Civic Center Dr. [beverlyhills.org/farmersmarket](http://beverlyhills.org/farmersmarket)**

# Must See Events

Curated by **Leila Najafi**, Eventbrite

**Tasting Table's 2014 Lobster Rumble LA**  
14 chefs compete and help raise funds for *Share Our Strength's No Kid Hungry* campaign. 14 lobster roll stations. Open bars pouring Stella Artois beer, Bordeaux wines and custom cocktails. Häagen-Dazs dessert deck. Tickets: \$109.  
**Cooper Design Space, 860 S Los Angeles St. CA 90014**  
1 August, 7-10pm

**Plate by Plate 2014: Annual Food Tasting Benefit**  
Approximately 50 of Southern California's finest restaurants will be at the Petersen Automotive Museum to support Pacific Asian Counseling Services. Among others, expect dishes from Chaya, Church Key, Drago Centro, Hamasaku, Maison Akira, Mo-Chica, Patina and smoke.oil.salt  
**Petersen Automotive Museum**  
6060 Wilshire Blvd Los Angeles, CA 90036  
2 August, 7.30-10pm

**LA Craft Beer Crawl**  
Attendees will have over 100 craft beers to sample across eight downtown LA bars & restaurants, all within walking distance.  
613 S. Grand Ave Los Angeles, CA 90017  
9 August, 1pm-7pm.

**Around the World in 80 Sips**  
Taste wines from a wide range of countries and regions including Argentina, Australia, Brasil, California, Washington, Chile, France, Germany, Italy, New Zealand. Discover new favorites and ask the experts questions to boost your knowledge. Enjoy light hors d'oeuvres, chocolate and cheese pairings. (Code **Eventbrite** for 50% off)  
**Petersen Automotive Museum**  
6060 Wilshire Blvd Los Angeles, CA 90036  
15 August, 6.30-9.30pm

**The PopUp Dinner LA 2014**  
A flash dinner picnic at a location only revealed moments before the start time, The PopUp Dinner combines excitement with elegance. Tables and chairs are provided, while guests are invited to bring a picnic for your friends and something to share for new friends. (Code **EBLA2014** for \$5 off).  
"Secret Location" Los Angeles, CA  
23 August, 5pm-10pm

**Eventbrite** More info, and tickets for all the events at [eventbrite.com](http://eventbrite.com)



**Leila Najafi** is the LA Marketing Manager for Eventbrite, an online ticketing and event discovery website. Stay connected with her so you'll be in the know about upcoming events and ticket discounts.

Twitter: @BriteLA  
Facebook: [facebook.com/EventbriteLA](https://www.facebook.com/EventbriteLA)  
Instagram: [EventbriteLA](https://www.instagram.com/EventbriteLA)

# Dwell on Design

Looking for Inspiration in the forefront of design?

When looking for sources of inspiration or reliable materials for my next design project, I either turn to my own books, open the browser and take a look at Houzz.com, which lists thousands of designers, products and their projects. If I feel like getting some fresh air, I ride my bike to Hennessey + Ingalls bookstore in Santa Monica.



However, this past June 20-22 I was able to immerse myself completely into the design world and feel its pulse, at the annual **Dwell on Design** show at the LA Convention Center.

Now the largest design event in the U.S., this unique 3-day event offers content from over 200 top minds in design, dynamic exhibitions by more than 400 exhibitors, and lots of educational opportunities. International manufacturers come together with national companies and local designers to showcase their latest offerings.



Ole Jensen Colander, Copenhagen, Denmark.

On the show floor were five Pavilions, all curated and thematically organized by the Dwell team:  
**Energy 360 Pavilion** – new technologies, focusing on smart home technology  
**Design for Humankind** – exploring how good design makes our lives better  
**Scandinavian Pavilion** – celebrating the unique design heritage found in Norway, Finland, Sweden, and Denmark.  
**Modern Family Pavilion** – innovative design solutions for the home.  
**Design for Tomorrow** – student work from top area schools.

More than 2,000 modern furnishings were on the show floor, many available for purchase in the cash and carry pop-up Dwell Shop, which was one of my favorite places to visit. It featured creative and unique design products from around the world.

Visitors could interact with movers and shakers of the design, landscape and architecture worlds, as well as homeowners with real-life projects.

There were 90 on-stage programs throughout the weekend, covering topics such as *Color and Material Finishes in the Kitchen*, *Drought Resistance and Landscaping*, *A. Quincy Jones Renovation* and *Better Living Through Design with Ty Pennington*.

At the center of it all was **Dwell Outdoor!** 24,000 square feet of the show floor was transformed into a botanical oasis, with 25,000 plants and trees, including living walls by Bella Builders. The exhibition showcased full-scale prefab structures from Wheel Haus, DropSpot, Altius Prefab, and LivingHomes, which was decorated by interior designer Vanessa de Vargas using the vintage furniture website Chairish.com. Dwell has been a champion of modern design and over the years it has grown into a full-scale media corporation, with digital platforms for mobile and tablet, e-commerce and of course Dwell On Design – America's most attended design show.



You still have a chance to attend Dwell on Design this year! This October, Dwell on Design is introducing "Intelligence from the Modern World" in New York at 82 Mercer, SOHO. More information at: [DwellonDesign.com/new-york](http://DwellonDesign.com/new-york).



About the author: **Karen Frid** has two masters' degrees in Latin American History and has directly worked with indigenous people throughout the Americas. Growing up in a family of architects, she has been exposed from an early age to appreciate art, design and culture.  
[bikasadesigns.com](http://bikasadesigns.com)  
pinterest: [bikasadesigns](https://www.pinterest.com/bikasadesigns) houzz.com/bikasa



# Summer Time And The Living is Easy...

by Courtney Hermann



Well, not for everyone. Most people who struggle with their weight worry and stress about the summer time because it's the time for bathing suits, shorts, BBQ, fruity cocktails, ice cream, vacations, etc...All the things that a lot of people dread when trying to stay on a diet plan. I don't believe in diets myself. I believe that some of them work but they aren't sustainable for the long term. However, I do believe in a certain lifestyle commitment. Vegan people live a Vegan Lifestyle, it's not necessarily a Vegan diet that will end at some

point. That said, I consider myself to be a Nutritarian. I "count" nutrients instead of calories and live by the philosophy of, "don't count your calories, but rather make your calories count." During the MAJORITY of every meal and snack, I try to consider the following things...

1. Is there something on my plate that is nourishing to my body?
2. Is it in the proper portions?
3. How will I feel after eating this?

Of course, there are times I will go out for pizza and beer and not worry about having a salad along with it, BUT I will consider the portions and how I will feel after. You have to choose your battles when it comes to food. When I have the option, I will always "crowd out" my plate. Crowding out basically means to mindfully add in foods that are nutrient dense and low calorie, to naturally crowd out the foods that are heavier and lack nutrition. I do this ALL THE TIME and I swear by it. Now, let's go back to those summer time struggles...

When attending a BBQ or party this summer, consider bringing something of your own. Something which is safe for you to crowd out those heavier foods. If you are hosting the party, I highly suggest finding options that YOU want, and also experiment with spicing up some of your favorite healthy meals and snacks. Take a look at the following snack and drink recipes for some ideas! It's also really fun to make a nice display for your food, if you are hosting. Bring out that inner Martha Stewart friends!!



## APPLE DIP

### Ingredients\*

Greek Yogurt or Coconut Greek Yogurt  
NATURAL Peanut Butter, Almond Butter, or Sunflower Seed Butter for those with nut allergies  
Honey (omit if Vegan)  
Pure Vanilla Extract  
Cinnamon

Mix together. This is a delicious dip for apples, celery, or any other veggie that you would usually use with peanut butter. It is a healthier option because you are getting quality protein and less fat than with peanut butter alone. Your blood sugar is more stable with the cinnamon, and the taste is much better than peanut butter alone!

\*Notice I did not give you amounts of each ingredient. This is all depends on how much you want to make, desired consistency, and flavors. Add more or less of certain ingredients depending on what YOU want.

## Watch the Video

youtube.com/watch?v=QNlaoHGIs3o

## PARTY BEVERAGES

Fruit and Herb infused Water (AKA Fairy Water). Great combos include:

1. Watermelon, Rosemary
2. Cucumber, Melon and Mint
3. Strawberry, Lemon
4. Orange, Lime and Basil
5. Blackberry, Thyme

## ADULT PARTY BEVERAGES

Add soda water and vodka to your infused water. Add lime to taste

Kombucha Cocktails: Pick your favorite Kombucha Flavor and add to your fruit unused water and Vodka creation!

## CHIPS

1. Food Should Taste Good brand: non-GMO, gluten-free, simple ingredients
2. Simply Sprouted "Way Better Snacks" brand: non-GMO, gluten-free, simple ingredients.

**Courtney Hermann**, CHHC, AADP, RYT200  
Holistic Health, Nutrition, and Lifestyle Coach  
Certified Yoga and SUP Yoga Teacher

[healthymakeovers.com](http://healthymakeovers.com)

Instagram: [TheHealthyYogini](https://www.instagram.com/TheHealthyYogini)

Twitter: [@HMCoachCourtney](https://twitter.com/HMCoachCourtney)

## RESTAURANT OPENING

# MALIBU FARM



1 Swedish chef +  
2 spoiled goats +  
1 fat pig +  
23 fancy footed chickens +  
2 rescue dogs +  
small vineyard +  
300 raspberry bushes +  
36 fruit trees +  
vegetable gardens +  
28 loud peacocks +  
the most beautiful beach

23000 Pacific Coast Hwy,  
Malibu, CA 90265  
Phone:(310) 456-1112  
[malibu-farm.com](http://malibu-farm.com)

Instagram: [@malibufarm](https://www.instagram.com/malibufarm)

## BRUNCH

# Best Places to Brunch

Chic Outdoor Patios by the LA Brunchers

Hello Brunchers! We are Leah & Kate, of LA Brunchers, Los Angeles's one and only brunch gurus. We answer that burning question you confront each Saturday and Sunday morning – "Where to brunch!?" Whether you want a gorgeous patio, endless mimosas, or a breathtaking view, we make finding the perfect brunch easy. We even break it down by neighborhood on our website, [labrunchers.com](http://labrunchers.com), for your very own Brunch GPS. We are so excited to be Focus magazine's brunch authorities, and to kick things off we are going to share with you our two favorite summertime brunch spots. Both have one summer brunch staple in common – **chic outdoor patios**.

Newly-opened **Gracias Madre** on Melrose oozes Southern California charm with a spacious courtyard patio, complete with oversized umbrellas and sunny table options. The restaurant is vegan, but you won't actually notice the bacon is missing because the food is so flavorful. The Mexican-inspired fare pairs well with the breezy Riviera European feel. Order the refreshing *Quincinera cocktail* (topped with a snow cone scoop!), nibble on *Avocado Toast*, and feast on the hearty *Chimichanga*.

**Gracias Madre** 8905 Melrose Ave. West Hollywood (323) 978-2170 [graciasmadreweho.com](http://graciasmadreweho.com) brunch served Sunday 11am - 3pm.



Gracias Madre

Looking for a meatier option? Head to our summer locale **Oscar's Cerveteca**. We adore the Venice rustic-chic patio, community feel and hearty portions. Order the *Brioche Breakfast Sandwich* with guacamole or their *Beer Batter Waffles*. The big flavors pair nicely with a cold Michelada or Mimosa. What's even better – both places are dog friendly. Grab your sunscreen and sunglasses, and go out there and get your summertime brunch on! **Oscar's Cerveteca** 523 Rose Ave. Venice (310) 310-8937 [cervetecala.com](http://cervetecala.com) brunch served Saturday & Sunday 10am - 3pm.

More at [labrunchers.com](http://labrunchers.com)



Oscar's Cerveteca



# Adopt A Dog



**DARLA**  
Female 8 wk old  
Wirehair Terrier mix



**KOKO**  
Male 4yr old  
Yorkie



**PEBBLES**  
Female 4yr old  
Maltese



**PORSCHA**  
Female 4yr old  
Poodle Terrier



**RUPERT**  
Male 5 months old  
Chihuahua



**SCRAPPY**  
Male 4-5yr old  
Chihuahua



**SPANKY**  
Female 8 wk old  
Wirehair Terrier mix

These cute dogs were rescued from area shelters and are in need of love, hugs, and a HOME! **Focus Magazine**, together with [Saving K9 Lives Plus](#), will proudly donate the full adoption fee paid by anyone choosing to add one of these adorable pets to their family, enabling this amazing organization to rescue another dog. With your help we can save twice the number of dogs on this page! As an added bonus, Focus Magazine will feature your new, precious family member in an upcoming issue.

Rescue these wonderful dogs today with Focus Magazine's pledge to [#payitforward](#)

Find out more from:  
**Jackie Goodman**  
jaclyndgoodman@gmail.com  
Read each dog's story at [focusmag.us/focuscares](http://focusmag.us/focuscares)

## Adopted



**Petunia**, 15 year old 4lbs blind Yorkie, was adopted by a caring family from San Francisco.



**Katherine**, 15 year old, 4 lbs blind Poodle, was adopted by a horse trainer and is now living near Las Vegas



**Koda**, one year old 7 lbs Maltese/Yorkie, was adopted.



**Zoey**, a one year old Maltese/Yorkie, was found with a fractured skull after being hit by a car. After recovering at her wonderful foster home, she was adopted by 3 lucky children and their parents in Los Angeles.



**Melody and Harmony**, 5 month old and 8 month old Maltese, were adopted together. They live in Las Vegas now with their family in the printing business.



**Lucas**, 12 year old, 4 lbs Chihuahua, was adopted by his foster mom

# After Arthritis by Jesse Golden



There I was – completely debilitated, unable to move, as if every bone in my body was broken. The connection between my mind and body had gone completely haywire. Frozen with fear, for the first time in my life, I felt like I wasn't bullet proof anymore. My old ways of fighting through and charging ahead didn't

seem to be working this time and the thought of my family seeing me in this condition was even more debilitating. My son, who was only 3 at the time, was too young to understand the true reality of why his loving mother wasn't capable of picking him up anymore. Even worse, was the fact that my mother, who had once seen her ballerina daughter perform at the Civic Opera House in Chicago, was now unable to even stand up on her own two feet. Unknowingly to me at the time, this would only be the beginning of my journey, a journey to release my own ideals of self, a journey to finally reveal my weaknesses to others for the first time in my life, and most importantly my journey back to health.

My name is Jesse Golden. I grew up in the suburbs of Chicago, dancing at my Mother's dance studio since I could remember. Dancing was my life and expressing myself through movement was like oxygen to me. At the age of 18, I picked up and moved to Miami to begin making a living as a model and eventually migrated to Los Angeles when I was 20 to further pursue my modeling career. In 2004, I was blessed to become a mother to an amazing little boy, named Kaleo Okalani, which means the Voice of Heaven. In 2008, at the same time I had decided to become a certified Hatha yoga teacher and that is when my body began to completely shut down on me. At the time, looking back, I soon realized that I had more than likely been ill for much longer. The years of strict discipline from ballet had taught me to ignore my body's signals and fight through pain no matter how awful I felt. I was constantly tired and beyond exhaustion. In search of an answer, I began going from doctor to doctor. Each result being the same, telling me I was fine, and that it was normal for a single mother still breast feeding to feel this way. Then, after endless appointments and still in need of an answer, I was finally diagnosed with a disease known as RA or Rheumatoid Arthritis. The disease began to progress rapidly throughout my body, to the point where I could not even walk without the assistance of others. My body, once known for being limber and strong was now only capable of mild mobility late in the afternoons after loosing up to a slow shuffle. As if I were 100 years of age, stricken with constant pain, was now a ballerina constricted to living inside the body of the Tin Man.

At 5'10" I was down to 100lbs. My jaw would be locked into place most mornings, and every joint in my body ached inflamed with pain, including my eyes, mouth, heart and lungs. At first, desperate for a cure, I diligently followed the advice of my Rheumatologist by going on extremely harsh drugs, including autoimmune suppressants that would supposedly give me a better chance of going into remission. After a complete disastrous attempt at this and numerous side affects from the harsh drugs I wholeheartedly decided to give 100% of my life to Eastern medicine.

With a humble heart I finally accepted the universes challenges it had given me, and for the first time in my life, I surrendered and let the walls I had built up, fall away. I made the choice to trust the process and truly listen to my body and inner voice. I spent all my life savings determined to heal myself and cure myself from an incurable disease. Every hour of every single day was spent healing myself, from macrobiotic healing foods and techniques, to shiatsu and acupuncture sessions and meditations. I tried it all and was open to every holistic treatment there was. I had to try everything in my power to heal naturally first if I was ever going to be okay with pursuing Western medicine again. Like a Guinea pig I tried everything and looked deep into every aspect



of my life, spiritual and physical. My diet, regime, family, friends, past, yoga, everything was dissected and being unable to move, I was forced to look deep within and truly be comfortable with sitting still and just being. I learned to change my perception and look at my illness as a blessing instead of a curse.

My path towards optimal wellness became my destiny and through experimenting with both Eastern and Western medicine, I found what worked for me and learned how to be adaptable to each given day.

For several years I have been in "remission" and off all rheumatoid arthritis drugs with no active signs of inflammation. Of course I have days where I do not feel that great, but I always maintain hope that it will pass. Through modeling and being a yoga teacher I have been able to create a platform to share my story, gracing the covers of NY Times Magazine, Yoga International as well as dozens of athletic active brands including Under Armour, Reebok, Nike and Athleta. Giving hope to others suffering with chronic illnesses or dealing with difficult life challenges. Once I became public with my battle, I was flooded with emails from other people suffering from chronic illnesses and auto-immune diseases wanting to know how I was able to "cure" myself from an incurable disease. I was unable to keep up with the responses that so many desperate people suffering needed so I started a blog, The Golden Secrets, where I could share some of my experiences and wisdom to help, inspire and bring hope to all people going through difficult times. I am currently becoming a holistic health practitioner and I am writing a book about my journey. I live by my credo, "It's not always about hitting the bullseye, it's about painting the target around the arrow."

**Jesse Golden**  
[www.thegoldensecrets.org](http://www.thegoldensecrets.org)  
<http://instagram.com/jessegolden>



# TURNING 30

*How the Stories From My Turbulent Twenties Have Left Me Ready to Thrive at Thirty*



by Jordyn Ashley Goodman

This is the new year for me. I can pass through another year, coasting on cruise control, or I can step out of my comfort zone, trying new things, I have never done before, and make 30 the year that I elevate from where I am and excel. As I've learned change isn't easy, but after

the lessons I have taken from my twenties, I am looking forward thriving at thirty. Right off the bat, you need to realize that life isn't always fair.

## LOVE

As I near 30 years old, I know I have been in love one and a half times. I know you are thinking, a half? How? But I will get to that.

I spent my early 20's with my first love. If you would have asked me at that time I would have told you he was my forever. We were each other's first loves and we got to experience that together. We became part of each other's families. We were each other's biggest fans. We watched each other start our careers and grow into adults. In the end, who I was at 21 and who I was at 25 turned out to be two very different people. Part of growing up in my 20's was realizing that sometimes you grow apart from people. And you have no choice but to let go. It's not easy, but it's important to do what's necessary to make you happy in the long run. Relationships run their course and I am forever grateful for everything I learned in those five and a half years.

Now onto the half...It is only a half because who I met and fell for wasn't at all like the person I ended up dating. I learned that there was a history that affected his future. His past couldn't allow him to move forward. We traveled and had some amazing experiences together, but in the end I realize I found myself making excuses for him. When my inner voice was saying "this isn't right"... I stayed.... And I stayed in the relationship much longer than I should have. I was scared to lose my friend. I knew how long it took me after my first love to find another friend that I could deeply care about and although I knew it wasn't right I was too scared to let go. It took the ultimate betrayal for me to finally close that chapter of my life on an emotional level. At the end of the day, the best advice I could give to any girl in their 20's, is that you can't change anyone, and when you meet the right person you won't want to. With all this being said, we walked away from this relationship respecting each other. They say everyone comes into your life

for a reason. For us, it wasn't love. For me, it was a friendship... and it was this business. Empowered is a brand because he believed in it. At the time, he believed in me more than I did. I was so focused on making the relationship work at the time, I didn't realize how the turbulence of the relationship was turning me into who I was going to be. A Stronger person than I ever was. As I reflect, I am positive that these relationships changed me for the better. Both of these individuals were exactly who and what I needed in my twenties. I walked away learning so much about life and friendship. Once you accept that some relationships are temporary, you can learn to stop blaming yourself for what you see as relationship failures. Instead take them for what they are – helpful life lessons. I think we are all looking for a lifetime of love and laughter, not anger and tears. It's important in your twenties to start learning from past relationship mistakes.

In between my first love and my half love...I dated....a lot...and many of those stories, I am going to save for a book. If I am going to be honest with you... dating is not fun. It's your 20s and people are constantly wanting to introduce you to someone or telling you to put yourself out there. I think the most important thing to tell any girl is, and I know it is so cliché, but when they say when you're not looking it happens.....they are right! If there is anything I have taken away from my 20s, especially in the last year, it's that when you beat to your own drum, and you're comfortable in your own skin, love and life find you. I can honestly say that today I am happier than I have ever been. I can promise any girl, life is full of surprises. Some good...some bad....and some that take your breath away.

*I can promise any girl, life is full of surprises. Some good...some bad....and some that take your breath away.*

## LIFE

I remember getting a call right after I graduated college to interview for a job to work for "someone famous who had some companies." I didn't give it much thought, went on the interview...and you are probably as surprised as I am when I tell you that I am still sitting in that same office today. For so many years, I have watched my boss, Suzanne Somers, empower women on so many levels. I have learned so much about business and life from her. Throughout my twenties, she has taught me how important it is to have a voice and to use it. Not many 21 year olds walk into an unexpected first job out of college, and 8 years later are able to walk away with a second family. It is important for any girl to know that in your 20s you should find meaning in your world. Even if you aren't jazzed about your current job, consider how your actions contribute to the common good. If you land a job that is completely opposite than what you thought you would be doing, take a chance, you never know where you may land. If all else fails, remember it is never too late to start over.

In my 20's I have lost friends, made new friends, and rekindled with old friends. Friendships change. People move, marry, have kids, and become a bit more selfish overall.... And it's important to know that is okay. It is all just part of growing up. I am going into 30 so proud of the company I keep. We are all becoming who we are going to be and it shouldn't be the same now as it was at 18. I watched four of my best friends lose their fathers in their twenties. My dad was always the one who was sick...not theirs...I lived in fear that one day that was going to be me. That I would have to face life without my dad.

## LOSS

After nine years of watching my dad courageously battle cancer, on August 29, 2013 my fear became a reality. I will remember that day for the rest of my life.

Around 4pm I was visiting him at the hospital feeding him dinner and watching football trying to get him stronger, and by 8PM something had gone terribly wrong. My world was turned upside down. His relationship with my mom, as well as my siblings and I has taught me so much about what I want in life. He believed in me and encouraged me when no one else did... He supported my "crazy" dreams, not just standing behind me in my decisions, but standing beside me, holding my hand every step of the way. He stood up for us when people hurt us, and always made us his number one priority. From his 30 year marriage with my mom he showed me the importance of love and friendship, most importantly from them, I learned the true meaning of in sickness and in health. My father was the love of my life since the day I was born. He was my dad, my best friend and my biggest fan, and his loss was truly heartbreaking. There will forever be a void in my life, it is a relationship that is irreplaceable, and unparalleled to any other relationship I'll ever have. He taught me the love of a father. In his arms I was always safe. He taught me selflessness and to him I am forever grateful.

When everyone was going abroad in college. I filled out the paperwork to go abroad to Barcelona, and my dad had a relapse. I have yet to really travel and explore the world. But I do not regret for one second that semester at home. I'll have many opportunities in life to travel the world, but I would have never gotten back those extra four months with him, learning more from him everyday and making memories along the way. Sooner or later, you just want to be around the people who make you smile. So today, spend time with those who help you love yourself more. And remember, the people you take for granted today may be the only ones you need tomorrow. Never be too busy to make time for those who matter most.

Like most girls in their 20's, I had dreamt about the day that I would get married and walk down the aisle. It really never occurred to me that the day would come and he would not be there. Even though a part of me will always feel robbed of that moment I'm comforted in knowing that if and when that day comes, he will be with me in some way. It's been almost a year since his passing, and I've chose to live my life each day in his honor, working hard to be the best daughter, sister, and aunt I can be.

So, I'm turning thirty. I know this year will be full of changes and challenges. But I'm genuinely excited and ready for them! I am not perfect...I have made plenty of mistakes all which have brought me here today. It is important to note, that mistakes in your 20s don't define your value...then or now. I find comfort in knowing that my family and friends are always with me. In losing my father I lost the love of my life last year, but I have learned to love my life so I don't lose out on anything in my thirties!

You can listen to **Empowered with Jordyn Goodman** every Tuesday night at 7PM PST on LA TALK RADIO

# Moving To LA

by Isla Schmidt



I'll spare you all the details for now but let's just say I ended up in LA on a whim, newly divorced, pretty much penniless, jobless and friendless. I was completely happy and committed to the idea of moving to LA with nothing, knowing no one, having no job. I can't really explain that innate feeling I had deep, deep inside that things would just

work out...But they have.

It was a little shaky at first, bouncing from hostel to hostel and sleeping in cars (learned quickly which Santa Monica streets are best for overnight parking!). I took the bus everywhere for job interviews, got lost all over the city on purpose, thought for a minute "mid city" would be a cool place to live (old, insanely hot buildings!). Somehow managed to get a hundred dollars for my phone bill when I needed to, or just enough for a whole foods dinner. I didn't want to go and sit in bars at night, being the new single girl in LA I was slightly petrified at the thought of what might manifest in the bars here. But I also didn't want to sit in a depressing hostel room by myself more than I had to so I found myself in an odd balance at night between meandering too little and contemplating too much. It was a difficult transition, not only being newly alone, but also in an entirely new, very large city. I remember one morning I woke up, had just spent the night in the hostel in San Diego (which is another entire story in itself) and was feeling particularly vulnerable when I dropped something on the sidewalk. I picked it up and looked up and I happened to be standing right in front of a logo that said "rockbottom." I burst into tears, but I also just had to laugh, because it was exactly how I was feeling at that moment about my life. I stood there, laughing and crying, telling myself at least I wasn't drinking or doing drugs, I was meditating, doing yoga and writing a lot and it would all be ok somehow.

Rejection after rejection, about two months in, I found a small interior design firm online whose portfolio I loved and emailed them my resume with a quick note right away. I had done it so many times, was beginning to feel a little beat down. But the most amazing thing happened. They called me on a day I really needed them to call! As I was on speaker phone with the two of them, they started off saying they loved my email and wanted to meet in two weeks when they weren't so busy. My heart just sank because I really needed something right away, and I heard myself saying that inside myself somewhere. A few minutes later as they were still openly discussing dates and times over their calendars, I heard the dates getting closer and closer until somehow it evolved into meeting the next morning!

I'm still working with them today. In fact, I started working with them that first day we met and haven't stopped! They have become some of my best friends here, and taken me in like a sister. During my year here, I have met the most incredible people, practiced at the most amazing yoga studios, eaten the most delicious food, meandered through the greatest farmers markets (Hollywood is my favorite!), heard some of the most amazing music and gone off on some of the most awesome adventures. You can be who you want here, and do what you want here, and yes it takes time, but there's room for everyone. I'm just getting started...

Isla Schmidt is a senior interior designer at JAC Interiors and loves yoga, the beach, food and sun! Follow her lifestyle blog at [barefootmusings.com](http://barefootmusings.com)



## Matchmakers in The City

Meet Focus' New Resident Date Coaches: Sister Matchmakers of Matching Up in Beverly Hills



As the new Resident Date Coaches at Focus Magazine, we are excited to help you along your journey to love in our monthly articles. Think of us as your fairy matchmakers who turn your pumpkin into a town car and help you meet the most eligible, successful men in the land. We live and work in Los Angeles, and although we do travel to our other locations, we understand that women living in and around Beverly Hills are facing

Growing up, you had a plan... you just knew that you would be married by 29 with kids at 32, and always thought that Mr. Right would appear somewhere within your daily life. Fast forward a few years, everything else seems to be going as planned, but Prince Charming is nowhere to be found. He certainly is not the guy who just propositioned you on Tinder, and you have been on one too many dates with socially-awkward men who look a bit older than their dashing photos online. That is where we come in. We are the sisters behind **Matching Up**, a Beverly Hills headquartered personal matchmaking firm for fabulous Bachelors and Bachelorettes who are ready for their 'happily ever after'.

We are, what we like to call, 'sandbox matchmakers'; we have been setting up our friends since middle school, and have 17 years of combined personal matchmaking experience. We blend our natural, inherited skills with incisive scientific analysis to find love for thousands of bachelors and bachelorettes. Since launching our company, we have been featured on major media outlets and have matched up a broad spectrum of clients from business CEOs to industry leaders, celebrities, and professionals.

extremely unique challenges that other women around the world simply do not have to deal with. Where else in the world do women have to deal with sixty-year-old men thinking that it is socially acceptable to date 20 year old models? Where else in the world do you meet men who spend a longer time grooming than you, or men who are on vegan kale cleanses? We understand that you are frustrated, dejected, and feeling alone, but we are here to tell you that you are not alone, and better yet, that we can help you. Every month, we will give you advice, tips, challenges, and we will explore theories and trends that are universal in their nature but catered to our fabulous Bachelorettes of Beverly Hills. Just like your girlfriends, our goal is to see you happy and fulfilled in a romantic, long-term relationship, and make the classic fairy tale 'happily ever after' your reality.

If you have a burning question about love and relationships or are interested in working with us as your personal Matchmakers, you don't need to wait until the next issue! Go to [www.MatchingUpLA.com](http://www.MatchingUpLA.com) to book a complimentary consultation or one-on-one Date Coaching Session or tweet us @MatchingUpLA with a topic you are dying to read about in the next "Matchmakers in the City".



## COMING IN SEPTEMBER

**Matching Up** is led by sisters and matchmakers, Cristina Conti and Alessandra Conti. Confidential, elite, and internationally-renowned, Matching Up finds love for the most eligible bachelors and bachelorettes of the local, national, and international dating scenes. Just blocks away from the world-famous Rodeo Drive, the Matchmaking sisters bring old-school, personal matchmaking to Beverly Hills in the family-owned flagship location, with other offices in San Francisco and New Jersey.

## The Art of Dating

by Jennifer Braff

So you've been messaging this guy back and forth online a few weeks now. You feel there's an attraction, and you really want to meet him in person or at least have a real conversation over the phone. Do you ask if he wants to meet? Do you wait until he asks? Do you offer your cell number, or will he leave his first? Does it matter how it starts up, as long as it starts up? Today, what is considered dating can be a bit confusing for us newly single women in our 40's and older, and interested in putting ourselves out there to date again. Even if you've been at it a while, it's intimidating when looking to meet someone compatible, and even more so if searching for Mr. Right. You may get frustrated when putting yourself out there, and feel after a few disappointing face-to-face meetings or actual dates, you may wonder if it's worth the effort.

Well don't give up just yet. If you can understand the new way of dating today, it can be enjoyable, fun, and can it be a lot simpler to find what you're looking for.

Everyone has their own style of dating. There no longer seems to be standard rules to go by, especially with so many people meeting and connecting online today.

*I'm a bit old fashioned. I happen to love gentlemen who open your door, pull out your chair, who call ahead and like to pay for the date. I also prefer to be asked out first, and have the man take the lead in the relationship, in a healthy way. But I'm also the kind of woman who also likes to make dinner for a man and who enjoys date nights staying in once in a while, watching a movie at home.*

That's just me. But you could be the woman who likes to take the lead, make the first call, and not wait for the man to initiate everything. And that's okay too. Every individual and every situation is different. You can compromise a little, be open, and have fun without completely throwing aside what you really desire, in the process. What's most important is that you don't forget your true heart's desire.

I meet men that are attractive and seem interesting, and for many years that was enough for me to date them. Now however, I'm mainly interested in men with many more qualities I know match with who I am and who express they're looking for the potential for a long-term relationship. I have dated guys anywhere from 30-ish to 60-ish. I don't limit myself to an age or type, per se; I just have to feel an attraction to the guy initially, before finding out if there's potential for more. And attraction could be anything from looks, to humor, to a sense of power and

confidence. But try and be open. Sometimes you might not feel a strong chemistry at first, but after getting to know someone better, it can grow. Many times it's the way someone treats you and makes you feel that creates a spark.

*My advice for dating is fairly simple:*

The first time you meet in person is a time to just enjoy the moment. Be yourself, but not the most serious side of yourself. This is where you discover whether or not you have enough chemistry and attraction to meet again. If you find there is,

usually during that first meeting, you'll likely want to continue to get to know the guy better. There might be the be guys you think you want to know better, only to find after one or two dates, they aren't for you. What makes you know a guy is right for you? Finding out he's not right for you. Sometimes that happens in the first hour of meeting. Other times it takes another date or longer. I once met someone on a blind date a mutual friend set up. He was nice looking and seemed sweet, but after a few hours of conversation, mostly him talking about himself and the numerous women who lied and cheated on him, I knew before the end of this first date, there wouldn't be a second one. But I was polite and kind and stayed until the end of the evening. Ladies, be thankful for this type of guy. He was being honest and himself, and let me see right away that he wasn't for me.

Now if you both like each other enough for a second date after the first meeting, congratulations! This is good. This is exciting! And maybe it will progress into something meaningful and wonderful. At this point, take your time. Get to really know this person, and most importantly, let him know you and what you're looking for, whether it be a long-term, committed relationship, or just a casual hook-up. I've read books and articles that say you shouldn't scare a man away by talking about relationship stuff to soon, but I don't believe in wasting time. Again, you don't want to talk about your dream wedding, etc., on a first date, but the sooner you figure out if you're both looking for the same thing or not, the better.

If this all seems as though it could be advice for a 20 or 30-something year old as well, as a more mature woman, it is. Because that is what dating is all about, no matter what your age. It's about finding a partner. It's about being with your match. And it's about living life, having a good time and enjoying the moments with as someone as special as you are. Just never forget just how special you really are.





## From BrideZilla to BrideChilla

by Kimberly Atwater

Let's face it, brides are some of the busiest and often most stressed out ladies around. Try as they may to remain calm and steer clear of the dreaded "Bridezilla" stereotype, the planning, primping, and pressure can get to even the most blissful brides to be.

Cue Santa Monica based yoga teacher **Laura Conley**, who launched the aptly named **BrideChilla Yoga** last month. Laura's unique brand of Zen is a surefire way to turn brides and their counterparts from jittery to joyful – and have a great time while doing so.

Bridechilla yoga came into fruition through Laura's work with brides and requests for wedding day yoga, as well as knowing the value first hand. Married in 2008 by her mentor and renowned yoga teacher Kia Miller, Laura incorporated an early morning yoga practice open to all guests into her wedding day, and felt rooted and ready to walk down the aisle as a result of it. Working with brides in classes, corporate, and private settings, Laura realized a need for something more official than the requests



she was getting. Not only do brides want to be in the best shape of their lives, they want to manage stress and have that sought after glow – all byproducts of yoga. BrideChilla Yoga was born, and a fantastic array of services to incorporate into wedding prep or gift to the brides in your life, introduced.

According to Laura, there are three things to focus on during BrideChilla Yoga flow that can be tapped back into throughout the time leading up to the wedding and the big day itself: your breath, the intention you set, and your feet touching the ground beneath you. It's a perfectly wrapped up reminder to focus on remaining present and grounded, two feelings that brides are infamous for lacking. Erika Hsu, married at The Parker in Palm Springs last October, spoke about incorporating BridaChilla Yoga into her big day.

"There are so many family members and friends coming from out of town to see you and they want to spend time with you, and that, combined with the anxiety of the big day, leads to a lot going on! Laura's class was a perfect way to ease my nerves and bond with family members that had made the trip – and everyone had a blast! Afterward, I sailed into hair and makeup feeling calm and fantastic."

*You can find Laura at YogaWorks, Equinox and Unplug Meditation. and can purchase any of the BrideChilla Yoga packages for yourself or another bride-to-be. There aren't many engagement or shower gifts that encompass mind, body, and fun, and BrideChilla Yoga is sure to be an individualized and special experience for all who partake.*

[lauraconleyyoga.com](http://lauraconleyyoga.com)

## My Favorite Places in LA

by Flight Attendant Laura Ricketts



I think back to an episode of Seinfeld when Jerry starts dating a massage therapist in hopes of getting some great back rubs in her down time. Unfortunately for him she did not like to bring her work home. This is the case in many professions. Most of us like to leave work at work. I say most because this isn't the case for me and many of my colleagues in the aviation industry. Five years ago I never thought being a flight attendant was in my cards. Being paid to travel is such a luxury and I'm thankful for all the memories and priceless experiences I've had.

The fun and glamour starts when work is done because of the wonderful perks we get in the travel world.

I live by these words "locals know best". I have been lucky enough to meet a friendly stranger or make a true friend in every city I have had the pleasure of visiting. They always point me in the right direction of great eats and local hot spots.

My favorite place in the world to visit is Los Angeles. My home away from home. To me LA really is the city of dreams. This city is filled with all types of people from everywhere. There are a lot of creative juices flowing from entrepreneurs and artists, big business and big stars. The lifestyle in LA is what sets it apart from anywhere I've ever been.

There are three neighborhoods I always find myself in – West Hollywood, Santa Monica and Beverly Hills.

I can spend hours checking out my favorite stores at 3rd Street Promenade, and afterwards sitting on the sunny patio of **True Foods Kitchen**.

The **Bungalows at the Fairmont** is amazing to watch the sunset with some casual beverages and snacks. When I want to go posh, the roof top at the **Huntley** hotel has great views and a fabulous dinner.

Now on to West Hollywood (WeHo). This is where I stay when I come to LA. Lucky for me my best friend loves LA as much as I do so she moved here and has an open door policy for me, for which I can't thank her enough.

If you are a member of **Soho House** I'm jealous. If not, and you get an invitation, take it. I promise, the panoramic patio will blow your mind.

If you like hot spots with a great looking, trendy crowd you'll love **Laurel Hardware**. This place is rammed and rightfully so. There's a great mix of small plates, full dinner or just drinks. If I feel like Japanese, **Katana** comes to mind. I love trying a little of everything without committing to a full size entree. Probably the best Japanese I've had so far in LA.

If you enjoy a little seclusion, a great view and interaction with horses I highly recommend **Sunset Ranch**. They offer different packages so get those cowboy boots on and enjoy the ride!

The more time I spend in LA, the more and more I fantasize about making the move. I still have way more to see, do and eat in LA and I know I really have just scratched the surface of what this wonderful city has to offer. Stay tuned for more from an outsider's perspective. If you want to keep better track of what I'm up to I'm an open book on Instagram.

Instagram @lilricketts

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# Second Acts: by Tara Ellison

## What I Learned From Dating After My Divorce

*When I did feel ready to date, I had to shift out of neutral and get my game on!*

How many people do you know who have gone through a divorce and looked fabulous throughout the process? I'd venture to guess the answer is virtually none. Even if you are the initiating party, even if you have ample funds to cushion the blow, even if you know it's for the best, it is still a long and painful process. After enduring such a major emotional upheaval, it's an understatement that you're probably not going to be feeling your best.

This is when you need to be extra gentle with yourself and carve out time for self-care – which can be challenging if you're working and juggling parent duties. Beauty and fitness are an outer expression of what is going on inside. Creating ways to do things for yourself, even little things, can help pull you out of a rut and put you on the road to recovery.

Finding ways to incorporate exercise into your daily routine will get you out of your head and the endorphins will work their magic to improve your mood. Years ago, as I was going through a divorce, yoga helped me maintain what little was left of my sanity. Making a commitment to my practice a few times a week got me feeling stronger, more positive about the future and forced me to interact with people, instead of hibernating – which was what I felt like doing.

Once you're feeling a little better, a makeover might be just what the doctor ordered; something to physically symbolize the changes you've gone through and match your internal makeover. A fresh haircut or a new way of doing your makeup can go a long way in presenting your updated outlook. If

you're ready for a modern take on your look, you can always go to a beauty counter and pick an artist whose style appeals to you and ask for help creating a new look. Most makeup artists are thrilled to have an opportunity to show a customer the latest looks. Try to go in the morning, as this is when it's slower and you'll likely get more one-on-one time.

After my divorce, I was not emotionally in a place where I could date, even if I desperately wanted a distraction. I felt raw and didn't have my bearings. Common sense told me I wasn't likely to attract the kind of meaningful relationship I would want to nurture long-term.

When I did feel ready to date, I had to shift out of neutral and get my game on! I hadn't exactly let myself go – I was still doing yoga – but my wardrobe was sadly lacking. I didn't have the funds to do a major overhaul and could only invest in one new piece at a time but you learn to work with what you have and build from there. If your wardrobe needs an update, have a trusted girlfriend come over and go through your closet and eliminate what no longer works or what represents unpleasant memories. Don't hang onto those old, tired pieces, take a deep breath and let go. The world is waiting. It's time for a new slate!



*About the author: After enduring her own 'miserable divorce' and the ensuing malaise, Tara Ellison realized that what she needed most was a good laugh. She turned to her passion for writing and **Synchronized Breathing** is her first novel. Tara is married and lives in Los Angeles, California.*

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[taraellison.com](http://taraellison.com)



As the Author of "Living The Invisible Disability" and living in Bel Air...I have come to find balance in my life & the LA scene, and have found the most joy is in giving back to others.

A Single Mom...Celebrity Stylist, TV Host and a mother to my best friend Jordan, I found myself barely able to hang on to life.

After being sidelined by a car accident suffering a brain injury, leaving me in bed for seventeen months and having to relearn to speak, overcome depression, extreme fatigue, anxiety, nearly losing everything, including my life, due to a chemical imbalance in my brain.

Two and a half years later – I find myself promoting my book in a manner of bringing awareness to TBI's (Traumatic Brain Injuries) those who suffer incredibly worse than I have, or who no longer have a voice! Donating portions of the proceeds to a foundation in Cypress CA. B.R.A.I.N. Active in the brain community and now pitching a Docu Series on different degrees of Brain Injuries and starting a foundation. I now devote my life to philanthropy and charity work!

[hannahtalk.com](http://hannahtalk.com)



## POETS, POETRY LOVERS

The **26th Annual Pat Pincus Poetry Fest** is to be held on Sunday, August 17, 2014 at 2:00 PM at Donald Bruce Kaufman Brentwood Branch Library.

Submit your work (one poem will be chosen), or come and enjoy listening to excellent work. Meet and greet the poets at a bountiful reception following the readings.

Submissions accepted as follows:  
Submit only **THREE** poems, one page in length. Include your name, address and all contact information with a brief biography, no later than **July 14, 2014**.

Mail or deliver to:  
**Attn: Poetry Fest**  
**Kaufman Brentwood Branch Library**  
**11820 San Vicente Blvd. Los Angeles,**  
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For further information call 310-476-5418 or email: [ltpmo@aol.com](mailto:ltpmo@aol.com)



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Set back from the street, atop a knoll, sits your private and gated modern home on coveted celebrity row. Modern, airy and spacious feel inside and out, on a half acre of tiered land with views of the Hollywood sign. The home features a spacious, light and bright living room with high pitched ceiling, surrounded by tall glass windows, tree top views, chrome railing, wood-burning fire place. Brazilian Cherry hardwood floors that extend into the modern kitchen, which is great for entertaining. Master bedroom has high beam ceilings, two walk-in closets and large master bath. The additional 2 bedrooms are spacious, with a remodeled full bath. Take a step-down to the family/ent. room with installed 92" HD projector tv, bar, double closets and laundry area. Doors lead outside from nearly every room onto balconies, patio space or tiered land. The backyard has endless possibilities, there is enough flat yard for a pool. Full security system with cameras and house is pre-wired for Ipod use. A must see!!!

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### Celebrity Real Estate News:

#### Heidi Klum

Got 25 Million? You can buy Heidi Klum's Estate sits on 8.5 acre lot. The sprawling custom built home boast a 12,300-square-foot mansion in gated Brentwood Country Estates. The home offers eight-bedrooms, 10 bathroom, a rose garden, a Koi pond, infinity -pool, ocean views and a hiking trail. Source: Curbed LA

#### Ellen DeGeneres

The talk show host bought the Trophy A. Quincy Jones -designed Brody House for 39.88 Million dollars, after a few months of ownership she sold her home for \$55 million in an off market deal to Napster Co-founder Sean Parker. Source: LA TIMES.



#### Reese Witherspoon

Looking for a home in Brentwood Circle? Look no further Reese Witherspoon is selling her Brentwood Estate for \$14 million. "The deal is, the main house is asking \$10.5 million, but there's also an option to purchase an adjacent 28,870-square-foot lot for an extra \$3.5 million, making the grand total of \$14 million for what would be an 1.3ish-acre lot on the cul de sac." Source: Curbed LA

Thinking of moving? Call me to discuss your options. Get a complimentary market analysis and take advantage of the Summer selling season!



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