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RICHARD MACDONALD



Above: Sculpture in process (clay), Richard MacDonald and Stephan Choiniere, Cirque artist and choreographer, in Las Vegas studio.

Below: Close up of Richard MacDonald working on a sculpture in process (clay).



Right: Royal Ballet Principal Dancer Sergei Polunin performing for Richard MacDonald in his Covent Garden studio





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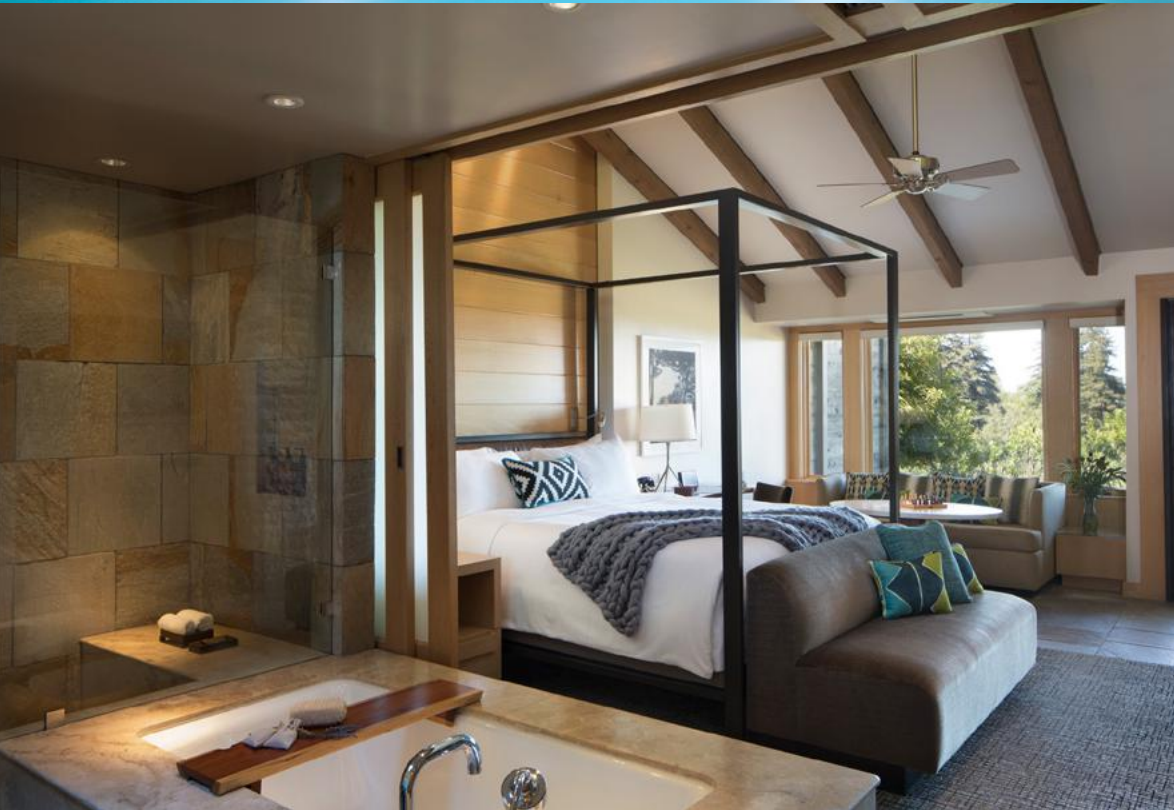
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PROJECTING THE FUTURE AT HARA

BY JENNIFER MOULAISON

IMPROV AND INTENTIONALITY: MASTERING TWO KEYS TO SUCCESS THROUGH PIANO

BY KELLEY LEFMANN

SWEET SUCCESS: CARMEL HONEY STORE DEBUT

BY KELLEY LEFMANN

COMMUNITY

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SPECIAL

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COVER: Jake Reisdorf of Carmel Honey Company. Photo by Carol Oliva.



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Projecting the Future at HARA

By Jennifer Moulaison | Photos Courtesy of HARA

If you thought you had to be in Hollywood to pursue a successful film career, you might be surprised at the opportunities available right here on the Monterey peninsula. According to HARA Motion Picture Conservatory co-founder, Michael Buffo, “The biggest myth about filmmaking is that you have to live in Los Angeles to make a living doing it.” This might have been true in the past, but we live in a digital age, which makes both pursuing a film career and educating young talent easier and more accessible than ever.

HARA offers an extensive and highly experiential filmmaking program. Founded by Michael and his wife, Brittney—with the aid of like-minded organizations such as the Carmel Youth Center and the Arts Council for Monterey County—HARA supports students in their pursuit of a sustainable future in the film industry. With a collaboration-focused, innovative curriculum, HARA holds steadfast its mission to ignite creative confidence in young adults throughout the Monterey area and beyond.

What inspired this bold move by the Buffos to fill the gap in youth education? For Brittney, who holds a bachelor’s degree in acting from California Polytechnic State University and had a career teaching drama in the Los Angeles area, it was her experience exposing youth to creative resources that intrigued her. “The inception for me was playwriting with at-risk and incarcerated youth in Los Angeles. The kids will never know how much they inspired me as we created beautiful theatre productions from nothing, really.” For Michael, a Monterey native with a bachelor’s in drama from San Francisco State University, it was a profound realization that he would only be happy pursuing what he loved, which also didn’t mean sacrificing his own success. “I make my living as a director

of photography/producer. I have more clients than I can serve, and see a great need for bespoke filmmaking in this area by qualified talent. Wouldn’t it be great if there was an organization that certified eager digital media professionals who could [then] go to work for anyone?”

The couple plays equal parts in HARA’s success, but their roles are somewhat diverse. “I see Brittney as the one who holds the heart of the school,” says Michael. “She builds the container of our schedule and facility, collaborating with our board

of directors and obtaining our grant funding. I manage the programs of the school—bringing in the students and managing the fulfillment of our classes’ projects.” As for the students, those who attend HARA are typically from the Monterey area, but the organization has been gaining attention from surrounding areas and has students commuting long distances to attend the program. “For years, our students have been limited to teenagers, ages 13 to 18, [but] we are excited to re-brand our school to now serve college age and beyond,” says Michael.



Instilling confidence in creative youth is ultimately the Buffos’ primary goal. “The beautiful thing about art is that there is no right and wrong—it’s totally freeing to have the permission to express oneself,” says Brittney of her work. “I love teaching that creativity is our birthright.” The Buffos have great expectations

for their HARA graduates. “We hope that our certified HARA directors, producers, and actors choose projects in alignment with their purpose to live a creative lifestyle doing what they love,” she says.

Recently, HARA worked alongside film industry mentors and students from local high schools to produce a script-to-screen feature film production entitled “War of the Limelight.” It premieres at the Watson Film Festival in October.

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Photos by Darren Lovechio & Manny Espinoza





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California's Crown Jewel: Point Lobos

By Tracy Gillette-Ricci | Photos by Paul Reps

Less than three miles south of Carmel-by-the-Sea sits the rocky promontory described by Australian artist Francis McComas as “the greatest meeting of land and sea in the world.” Point Lobos State Natural Reserve’s spectacular diversity of land and seascape is unparalleled. The views are breathtaking, diverse, and always changing. Its land slopes gradually towards the ocean, and scenic trails connect the shoreline, forest areas, and hidden coves. It is a place like no other—the inspiration for artists, photographers, and writers.

Often called the crown jewel of California’s state parks, it was acquired by the state primarily to preserve its unique scenic beauty and remarkable natural landscape, and to protect its cultural, archeological, geological, and botanical significance. It is home to one of the two native stands of cypress forest in the world. The majestic Monterey cypress flourishes under the steady sea fog and cool moist summers. The cypress grove in Point Lobos State Natural Reserve is dedicated in memory of Alexander MacMillan Allan and Satie Allan, who recognized the significance of saving the area from future development and made it possible for a multitude of land, avian, plant, and marine species to flourish in the present-day reserve.

Adjacent to Point Lobos State Natural Reserve lies 9, 907 acres of marine protected area known as Point Lobos State Marine Reserve and Point Lobos State Marine Conservation. They are home to the most varied undisturbed aquatic life in the world.

On land, one of the most dramatic sights at Point Lobos is on its south shore, where mystical rock formations emerge from crystal clear turquoise water. The crashing surf explodes against the surrounding rocks, sending currents of water relentlessly onto the shores of the sandy beaches within the small, tucked-away coves. Off in the distance, a multitude of cormorants spread across Bird Rock, while western gulls glide across the horizon, carried by winds gusting across the open sea.

This area is a gift to be protected, preserved, and respected, to ensure that its ecosystems continue to thrive.







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Improv and Intentionality: Mastering Two Keys to Success through Piano

By Kelley Lefmann | Photos by Carol Oliva & Darren Lovecchio

Cleve Waters, V comes from a long line of jazz lovers. This 16-year-old is entirely self-taught on the piano, taking inspirational cues from some of the jazz greats, such as Ray Charles. He also applies what he's learned in talks with at-risk youth, in partnership with the Carmel Police Department.

Waters' father, a supervisor for the city of Carmel, enlisted his son to speak at the Troubled Youth program, which mentors at-risk youth and helps them to clear their record. Topics include perseverance and the importance of staying in school.

"Life is like a piano," Waters remarks, "... what you get out of it depends on how you play it." He is humbled that his family is proud of him and feels that he is successful, given his rocky start with the instrument. Though his aunt gave him a piano when he was nine years old, one of his teachers in middle school discouraged him from playing. "I was told I was not good enough," Waters recalls sadly, "which only fueled the fire for me to practice and learn everything I could, so I could master the piano and prove them wrong." He notes with fierce determination in his voice, "When I want something, I go for it. Nothing and no one can stop me." By the time Waters reached eighth grade, there was no music program at his school, so he continued to teach himself to play piano.

As his musical capabilities grew, he became drawn to jazz, falling in love with the improvisational style of Ray Charles. "I loved how he was playing so many notes at once," says Waters. He began composing his own pieces, using music to convey his message without words.

In middle school, Waters composed a piece called "Regrets." Written for one of his best friends who suddenly passed away, the piece embodies "everything I wished I would have said to her," he explains.

Waters is also a music producer. "I engineer beats, using production software, and produce music for local artists," he says. He attributes his success and leadership characteristics to the support of loving adults in his life, including his parents. "They've always encouraged me to keep practicing and have supported me when I needed new equipment or software to grow my skills," he notes.

His cool confidence is apparent not only in his speech, but also evident in his leadership in school and extracurricular activities. The senior at Seaside High School is a section leader for his jazz band and the captain of his drumline. All of this order and discipline contrasts with his improvisational piano playing.

He was invited to play at Affina Food and Wine in Carmel, where he made his official piano performance debut. He began to get requests from local businesses thereafter, and continues to play when his schedule permits.

Waters has reached new octaves of achievement outside of music. He leads a platoon in his Junior Reserves Officer Training Corps (JROTC) program. "I show up to speak at Carmel Police Department in full dress, which makes quite an impression on the young audience," he says.

And at age 16, he is very intentional about his future. "There's no room for improvisation when it comes to my education," he says. Waters will attend Full Sail University in Orlando, where he will major in music and business.

Ray Charles' version of "Hit the Road, Jack" is Waters' favorite piece because of its simplicity, he says. But he also loves that there are "so many directions you can take it." Spoken like one who has mastered the fundamentals of life, Waters enjoys discovering new passions.





Photos by Manny Espinoza







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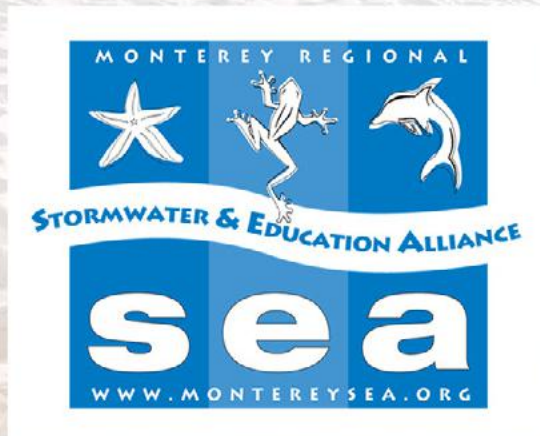




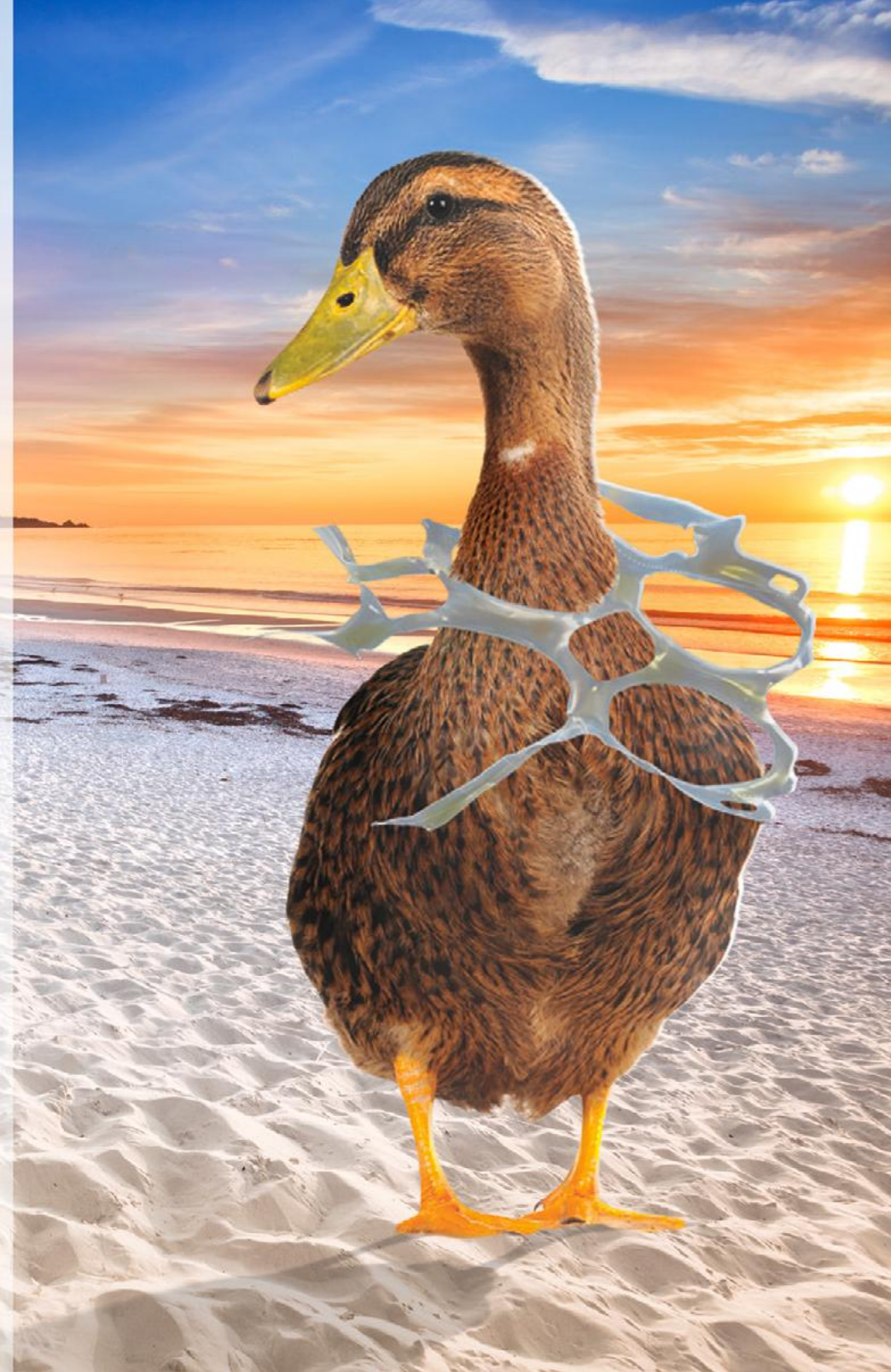
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A Healthy Monterey Bay Begins with You

By Andrea Stuart

The Monterey Peninsula is adjacent to the Monterey Bay National Marine Sanctuary. Encompassing over 6,094 square miles from Marin County to San Louis Obispo County, it's the largest marine sanctuary in the continental U.S. Residents and visitors have the privilege and a responsibility to be good stewards and protect its pristine natural resources.

Monterey SEA (Monterey Regional Stormwater & Education Alliance) is dedicated to meeting the Clean Water Act requirements for urban runoff, protecting public health, and enhancing the environmental quality of watersheds and beaches by educating residents, visitors, and businesses about the steps they can take to support these efforts. Remember, our storm drains flow directly to the Bay.

Sequestered in this sanctuary, the Monterey Peninsula draws residents and visitors from all over the world. Each person has the power to keep the area pristine for future generations. Jeff Condit, Program Director of Monterey SEA, says there are simple actions everyone can take to help protect our precious lands and water ways.

1. Avoid littering - Use trash receptacles. Litter puts unnecessary strain on the environment and wildlife.
2. Pick up after pets - Pet waste contributes to bacteria counts in the ocean that are detrimental to sea life. All pet waste should be disposed of in the trash.
3. Dispose of cigarette butts in trash receptacles - Cigarette butts are the most common litter found in beach cleanups. They contain plastic particulates and other chemicals that have negative impacts on wildlife.
4. Wash cars on unpaved surfaces or at a car wash - If washing at home, leftover soapy water should be directed to the landscape or poured down an in-home drain or toilet. Washing cars spreads particulates, such as oil, copper from brakes, and zinc from tires. Liquids in the street go straight to the bay without treatment.
5. Clean up as you go - Pick up litter you see. The idea is to leave no trace behind.
Monterey Bay Begins on your Street!





Sweet Success: Carmel Honey Store Debut

By Kelley Lefmann | Photos by Carol Oliva & Darren Lovecchio

Carmel Honey Company has become somewhat of a household name in Monterey County. For Jake Reisdorf, what began as a real-world homework assignment in fifth grade has blossomed into a wildly successful business—one that connects consumers, retailers, chefs, community groups, and social media.

Selling to nearly 100 wholesale clients, Carmel Honey Company offers four varieties based on the habitat surrounding the hives: sage, orange blossom, wildflower, and meadowfoam. For Reisdorf (now a freshman at Carmel High School), this is a practical education in business, entrepreneurship, ecology, and culinary arts.

Reisdorf can frequently be found giving talks at local schools or restaurants, or to community groups, educating the masses on the importance of pollinators to our ecology. In addition to this passion, he helps tend to nearly 100 private and commercial hives around the county, and assists in running the retail store along with his mother (Becky), father (Jeff), and sister (Brooke).

The flagship retail store opened this past August at the Carmel Plaza in downtown Carmel-by-the-Sea. Located on the plaza's lower level, the bright and beautiful space, which was renovated by Reisdorf's contractor father, is now open daily. It is both a cornerstone and springboard for the business that has generated quite a buzz since its inception just a few years ago. Reisdorf's passion for pollination awareness rivals the maturity, professionalism, and perseverance with which he runs his business. He also built and maintains the website, and manages the company's social media presence.

"People think if bees die, we would only lose honey," notes Reisdorf, "but we would lose alfalfa and steak, almonds and oranges." The average hive loses 40 percent of its bees annually. According to the U.S. Environmental Protection Agency, colony collapse disorder is to blame. Its causes include pesticide poisoning, disease, malnutrition, and stress. Reisdorf supplements the bees' regular intake with pollen patties to ensure that they are well nourished.

The business generates 80 pounds of honey per hive annually. And demand continues to increase—so much so, that the family reinvests all of its returns back into the business and plans to scale its reach to other markets.

While the average beekeeper is in retirement, this 14-year-old CEO of his own honey company is not yet even drawing a salary. He is a member of the California State Beekeepers Association and the American Beekeeping Federation, and participates in the UC Davis Master Beekeepers Program.



Reisdorf is no stranger to success. He made the honor roll every trimester in middle school and speaks on pollination issues across the country. He was the first minor to win the Bayer Bee Care Community Leadership Award, and received both the SCORE Foundation's Outstanding Young Entrepreneur Small Business award and the Main Street division of CSUMB's Startup Challenge Venture Showcase. Not one to let the grass grow under his feet, Reisdorf distributed samples of his honey to chefs on the East Coast while out there to accept one of his awards.

Jake Gives Back is a nonprofit Reisdorf founded that offers education and donations to research. Outreach occurs in the tasting room, located in the new retail store, as well as in classrooms and at local events. Educational and culinary activities are slated in the tasting room on a regular basis.

In addition to being sold in the store—with its signature line of edibles, handcrafted wooden serving trays, branded apparel, and specialty goods—the line of honey varieties, honey sticks, honeycombs are also sold at a growing number of local retailers, such as Bruno's Market and the Earthbound Farm Stand. Carmel Honey Company's products are also a staple at Revival Ice Cream in Monterey.

To learn more, visit with the Reisdorfs at the store. Bring your friends and schedule a private tasting in the room that is colorfully adorned with photographs of various wildflowers that were taken by Reisdorf.

Visit CarmelHoneyCompany.com.



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Creative Comfort Food

Photos by Darren Lovecchio

After 60 years serving as a Carmel landmark, Village Corner Bistro in Carmel is revitalizing with the arrival of new owner Chef Soerke Peters. Since opening Basil Seasonal Dining in downtown Carmel, Peters has longed to open a sister restaurant that showcases his signature farm-to-table fare. Village Corner is known for its relaxed approach to mealtime, and Peters intends to keep it that way. "Village Corner serves American comfort food, and that's what it will continue to serve," says Peters. "We'll offer home-cooked meals with a twist. We want Village Corner to feel like home. We're just giving the place some love, and aim to make it the second certified green restaurant in town, right after Basil."

Peters and his staff plan to take the steps necessary for Green Restaurant® standardization while updating the decor to create the ambiance of a European bistro. Peters will continue serving innovative breakfasts and great lunches, and will refresh the dinner options, ensuring that menu items remain affordable. "We want to tell you a story through food and experience," he explains.

In addition to a sustainable approach to the menu, Peters will introduce a comprehensive offering of local wines from Monterey County and other parts of California. Amy Stouffer, general manager and partner of Village Corner, will curate the wine selection and wine-based cocktails menu. Peters also plans to offer beer tastings for hop lovers. With a few creative offerings such as Mangalitsa pork—a breed of wool-covered pig known affectionately as "the Kobe beef of pork," which also offers health benefits—Peters intends to incorporate fun into every menu item.

Peters, who at the age of five decided to become a chef, has worked at world-class Michelin Star-rated restaurants and has an affinity for the heritage of cooking. He respects Village Corner's bones and is excited to share his vision for it.

For more information about Village Corner, visit villagecornerbistro.com





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Mixing it Up with Dan Silverie, Jr.

By Andrea Stuart | Photos by Darren Lovecchio

Carmel is a mecca for artistic, environmental, commercial, and residential lifestyles, all of which culminate in a thriving tourist-friendly atmosphere. Dan Silverie, Jr. of Stillwater Construction, Inc. has watched this hamlet-by-the-sea grow over the years and has longed to be a part of its evolution. “I’ve spent much of my career focusing on luxury residential but have spent recent years studying mixed-use development, which is exciting because it offers so much opportunity to a town like Carmel,” says Silverie, Jr.

His current project, Del Dono Court by Leidig-Draper Properties at SW Dolores and Fifth in Carmel, speaks to this sentiment. In the heart of Carmel-by-the-Sea, the quarter-acre property promises 8,000 square feet of underground parking, 3,700 square feet of commercial space at street level, approximately 13,000 total square feet of residential units, six two-story luxury residential and two apartments at street level. The apartments are being donated to The Carmel Foundation and will be occupied by seniors in need of affordable housing. “The overarching goal is to provide an alternative to Carmel residents that will free up their streets by making parking a non-issue,” say Silverie, Jr. “Residents will have private, secured, covered parking for their vehicles and will not have to move their cars regularly. Plus, when tourists are here enjoying our town, there will be more parking available and less congestion.”

Carmel’s charm is only rivaled by its popularity, which can pose challenges for residents and tourists alike because there is limited space. The implementation of mixed-use development promotes a sustainable approach to development as vehicular travel is reduced due to the merging of commercial and residential spaces, which encourage residents to stay local. “We are leaning toward TOD [Transit Oriented Development],” says Silverie, Jr. TOD integrates housing, office, retail and other uses into a walkable neighborhood, often located within a half-mile of public transportation.

While Carmel’s size is small compared to larger cities, it’s heart is huge. Incorporating mixed-use properties that contribute to TOD will reduce urban sprawl and encourage residents to rely less on vehicular transportation. In this way, Carmel’s founding principles can be preserved, allowing the town to continue as a community that inspires foot traffic.

Silverie, Jr. also sees mixed use development as an opportunity to bridge the gap between the various construction and building entities as they work together and learn each other’s regulations and skillsets in order to bring them together on common projects.

For more information about Stillwater Construction, Inc., visit stillwater-inc.com or email rene@stillwater-inc.com.



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Living on a Slice of Paradise

By Katherine Matuszak | Photo by Carol Oliva

Christine Jensen loves where she lives. In fact, she considers her little slice of paradise on the Central Coast positively ideal. "I cannot imagine living anywhere else," she gushes, and she has no trouble coming up with reasons: "Oceans and bays are within sight, spectacular skylines, mountain ranges . . ." She appreciates the ease with which she can hike, bike, or sail, and if the mood strikes, California's Wine Country and Lake Tahoe are just a short drive away.

As a buyers' and sellers' agent at David Lyng Real Estate in Carmel, she has the pleasure of helping her clients find homes they'll love, too. She specializes in the most affluent Central Coast area residential markets, with a focus in Carmel, Pebble Beach, Carmel Valley, Carmel Highlands, Monterey, Pacific Grove and the Big Sur Coast Line. She consistently provides extraordinary customer service and is known by colleagues and clients for her integrity, professionalism, and interior design expertise. Her skill for listening and understanding her clients' needs has also helped her develop personalized marketing strategies.

She represents all levels of clientele, including first time home buyers, high-end property buyers, and savvy investors. She has the innate ability to maximize market conditions for her clients regardless of the economic climate. She relishes the opportunity to introduce her buyers and sellers into the communities and lifestyles of some of the finest neighborhoods, and creates bonds of trust with each of her clients, who value her honesty, integrity, and discretion.

When asked about her personal life, Christine spoke with pride about her son Ryan Jensen, who attends Fresno State University and received a scholarship as a pitcher. He is excelling academically and is expected to compete for the number one starting pitching position in the spring. He is currently a sophomore at Fresno State University, which he chose due to their championship program. Ryan is working hard and is excited about the upcoming baseball season. He is looking forward to a tremendous season.

Christine loves her work, and appreciates the people she meets and helps them in their search for a dream home or sale of their current property. Her knowledge as an adviser and Realtor, combined with her passion for superior customer service truly sets Christine apart.



831-229-4045 | Christinejensen@davidlyng.com
Lincoln St. between Ocean Ave. and 7th Ave.
Carmel By the Sea, 93921
DRE #01399277







Full STEAM Ahead

By Andrea Stuart | Photos by Darren Lovecchio

After-school programs are sometimes thought of as glorified babysitting experiences. Carmel Youth Center's (CYC's) STEAM (Science, Technology, Engineering, Arts, and Mathematics) program, directed by Richard Tavener, is challenging that notion by providing opportunities for children aged six and older by cultivating curiosity and encouraging mindful collaboration. "CYC has moved into a whole new era of what it means to be a youth center," says Tavener. "The kinds of things we do are so diverse, unique, and experimental that it provides opportunities for kids to open their minds."

In addition to bringing together children from various cultures, socioeconomic statuses, and backgrounds, the STEAM Lab brings together different minds in a safe and collaborative environment where ideas can be exchanged to accomplish a common goal. Where one person might have an inclination toward mechanics and another in computers or aesthetics, integrated STEAM projects invite participants to use their unique mind-and-skill sets to solve a shared problem through project-based learning. This allows students to bring together varying perspectives on the same issue.

During Pebble Beach Concours d'Elegance this year, students explored the future of transportation, and they are currently writing a sci-fi comic book series that explores the concept. Even younger children in first grade are getting in on the action. CYC's program for younger age groups provides opportunities for them to design and build cars, masks, or anything their imaginations can conjure up, using the Fab@School Maker Studio software with digital cutters. The center has its eye on a 3-D printer as well.

Last summer, the children participated in a cutting-edge class called THINK, in which Tavener, along with

neuroscientist Dr. Natasha Kovecivic, designed to connect children to their brainwaves and imagination. "Most kids never think about that (pun intended)," Tavener says with a chuckle. "You ask kids, 'Where do your ideas come from? Do you ever close your eyes and see lights?' In this class, they think about these concepts, sometimes for the first time." In the THINK class, each student experiences mindfulness by learning how to breathe and to calm his or her mind; then they put on NeuroSky® headsets and actually see their own brainwaves from those actions. Afterward, they can get a report on an iPad, making these formerly esoteric ideas tangible.

Operating under the theme Adventures to a Smarter World (A2SW), the Center's STEAM Lab is a designated modular space that can revert into a game room punctuated by funky lights, couches, and game tables. It includes an industrialized area where a garage door can accommodate a Tesla® demonstration.

From developing new inventions and breaking down standard ways of thinking to exploring animation, fabrication, and writing, the STEAM Lab and its classes can be broken down into one concept: imagination in action.

While CYC offers all the amenities a child could want—a movie theater, snack bar, and computer area, to name a few—the STEAM Lab provides ongoing adventures that reach global proportions. On-site, in-person explorations are balanced with online experiences that connect local children with other students around the world and encourage global citizenship. And because collaboration builds community, STEAM teaches children that we are all connected, even while thinking outside the box.



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SUN, SURF, SELF

BY KATHERINE MATUSZAK

RANSOME ROMBAUER ISN'T JUST HORSING AROUND

BY FRAN ENDICOTT MILLER

MUSIC THERAPY: INSTRUMENT OF HOPE

BY KELLEY LEFMANN

TIME AND TUNE

BY KATHERINE MATUSZAK

BE SCENE

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CAMBRIA'S MARIEL HEMINGWAY DINNER

COMMUNITY

SPREADING POSITIVITY ONE DRESS AT A TIME

BY ELAINE PAPPAS

STAY

CARNEROS RESORT: NAPA MADE PERFECT

BY KATRINA BOLDT

LOEWS REGENCY, SAN FRANCISCO

BY ANDREA STUART

SPECIAL

REDD NAPA VALLEY

WINERY

BRAND NAPA VALLEY: RELAXED ELEGANCE



57°

COVER: Photo of Ransome Rombauer at GCT Miami Beach by Ashley Neuhof.

Believe it or not another year is about to begin. As 2018 sits on the horizon, we are enjoying every minute while wrapping our final issue of 2017.

Many of you have probably noticed that while we have always been fond of Napa Valley—having featured some of our favorite movers, shakers, and innovators of the area over the years—we now have a dedicated Napa Valley section in 57°. We're having so much fun exploring the nooks and crannies of this wonderful area and we look forward to digging in deeper as we move forward.



This issue is especially important to us as we shine a light on youth. Our stories are dedicated to the next generation, which is doing something profound with their young lives. Many of the youth in this issue have overcome insurmountable obstacles, and others are spreading their contagious enthusiasm for life as they run full steam ahead into the future.

On the cover of 65°, 14-year-old Jake Reisdorf, founder of Carmel Honey Company, poses with his beloved bees as he spreads awareness about the importance of these mighty little pollinators. And on the 57° cover, 19-year-old Ransome Rombauer, equestrienne and founder of Mini Mansion horse rescue, sits upon one of her beloved steeds. When you

open the pages, you will also read about Cleve Waters, a 16-year-old jazz musician and music producer; Eric and Kort Peterson of the Peterson Family Foundation, who are bringing music therapy to hospital patients; and several other people and organizations that will warm your heart.

If you're inspired to step outside of the pages once you're done reading, check out Carneros Resort & Spa Napa Valley and Loews Regency San Francisco for a little treat.

Rich Medel

57°

THIS IS THE CITY

PUBLISHER Rich Medel
rich@65mag.com

EDITORIAL
EDITORIAL DIRECTOR Andrea Stuart
andrea@65mag.com

CONTRIBUTING WRITERS Kartina Boldt
Kelley Lefmann
Katherine Matuszak
Mallory McEligot
Jennifer Moulaison
Fran Endicott Miller
Tracy Gillette Ricci

COPY EDITOR Katrina Boldt

ASSOCIATE EDITORS Jillian Smit
MacDuff Perkins

EDITORIAL INTERN Elaine Pappas

ART
CREATIVE DIRECTOR Manny Espinoza
manny@65mag.com

CONTRIBUTING
PHOTOGRAPHERS Drew Alitizer
Manny Espinoza
Darren "Sure Shot" Lovecchio
Carol Oliva
Paul Reps

ADVERTISING / MARKETING
SALES ACCOUNT EXECUTIVE Jack Pappadeas
jack@65mag.com

Shane Smit
shane@65mag.com

HEADQUARTERS
MAILING ADDRESS 65° Magazine
P.O. Box 6325
Carmel, CA 93921-6325

PHONE 831.917.1673
ONLINE 65mag.com



Carmel Mission by Manny Espinoza Photography



Festival Napa Valley Bulgari Luncheon at B Cellars by Drew Alitizer Photography

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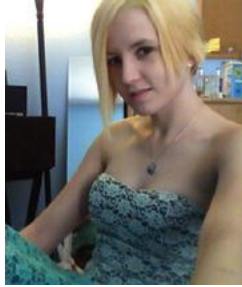
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CONTRIBUTORS

THE WRITERS



KELLEY
LEFMANN



KATHERINE
MATUSZAK



KATRINA
BOLDT



ELAINE
PAPPAS



FRAN ENDICOTT
MILLER



JENNIER
MOULAISON



MALLORY
MCELIGOT

THE PHOTOGRAPHERS



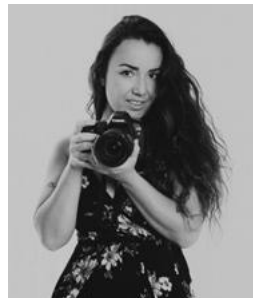
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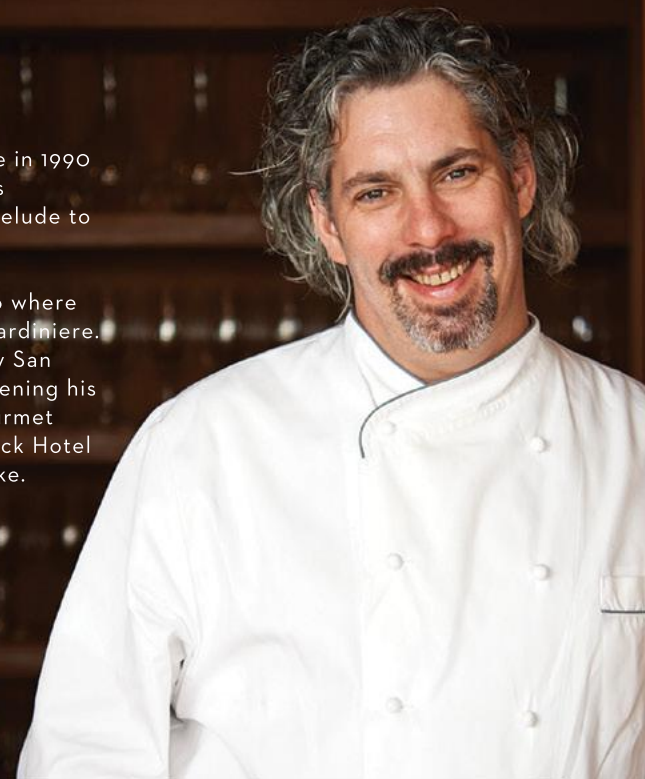
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REDD Napa Valley

Richard Reddington's passion for food and wine was sparked by his travels throughout Europe and fueled by his experiences working in some of the world's best kitchens. As Executive Chef at Redd, he offers a contemporary interpretation of Wine Country cuisine. He began his career working for Roland Passot at San Francisco's La Folie in 1990 later moving to Postrio before heading to David Burke's Park Avenue Café. A stint at Rubicon in San Francisco was followed by a French sojourn at the Michelin three-star Arpege and Le Moulin de Mougins with Roger Vergé, a prelude to working with Daniel Boulud at Restaurant Daniel.

Returning to California he was opening Sous Chef at Spago Beverly Hills, before joining Chapeau in San Francisco where he was named "Rising Star" by The San Francisco Chronicle. He spent the next 18 months as Chef de Cuisine at Jardiniere. In 2000 he moved to the Napa Valley as Executive Chef at Auberge du Soleil. He was voted "Best Rising Chef" by San Francisco magazine in 2003. After leaving Auberge in 2004 he took the reins at Masa's in San Francisco before opening his own restaurant. Opened in November 2005 Redd offers food and wine lovers a new reason to visit Yountville's gourmet "Restaurant Row." In January of 2012, Chef Reddington opened his second restaurant Redd Wood in the North Block Hotel also located on Washington Street. An upscale Pizza Restaurant it has become a favorite of locals and tourists alike.





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Striking Contemporary Villa

Built by a Bohemian bon vivant with an eye for elegance, Frederick Walter Kuh. A legendary personality and a colorful entrepreneur, Kuh called himself “a bohemian businessman”. He ran North Beach’s famed landmark restaurant and saloon - the Old Spaghetti Factory Cafe & Excelsior Coffee House - for more than 30 years. Herb Caen once proclaimed him “the father of funk.”

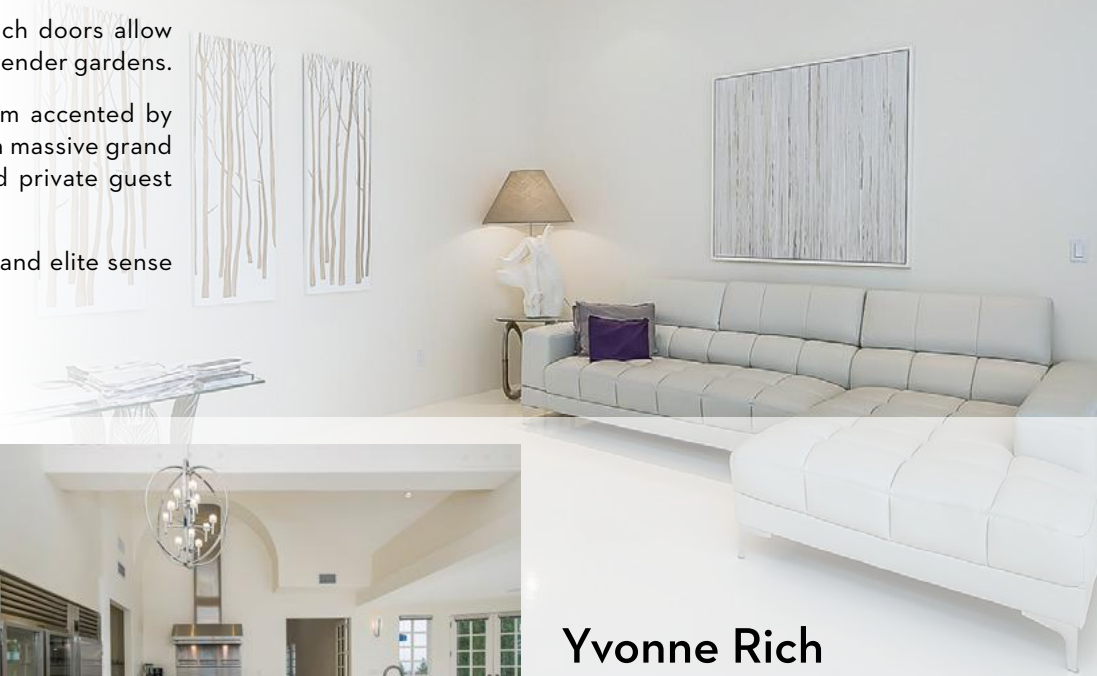
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Sun, Surf, Self

By Katherine Matuszak

In between two of Lauren Dunlap's most recent surgeries, her parents flew her down to San Diego. She told them, "I just want to surf for an hour or two." With countless childhood memories of medical exams and hospital beds, Dunlap takes every opportunity to build new memories surrounded by the salty smell of an ocean breeze.

Love of surfing is something unique to 13-year-old Dunlap. Living in Napa, it isn't a hobby that many of her peers have picked up, and that makes it feel even more special. Also unique is the arduous path that brought her to the waves. Dunlap suffers from several autoimmune diseases affecting her liver, colon, and vascular system. At age two, she suffered periodic ear infections and unusual rashes, which doctors tried to treat with antibiotics. Because pediatric liver and colon diseases are difficult to diagnose, things worsened before a diagnosis was found.

Her parents, Katy and Jerry, watched their usually vivacious, athletic, articulate daughter tire more and more easily. Soon, Dunlap was unable to walk or bear any weight on her legs during outbreaks. In 2011, the family finally learned that she had a rare liver disease called autoimmune hepatitis, and that her liver was cirrhotic. The family's medical team soon referred them to the Make-A-Wish America. Katy and Jerry believed that a wish would celebrate Dunlap's strength and empower her to feel determined to fight her diseases.

Dunlap's wish was to meet Bethany Hamilton, a then-13-year-old female competitive surfer who lost her arm in a shark attack. "I watched the movie *Soul Surfer*, and I wanted to meet her," Dunlap explains. In March 2013, they received word that Dunlap and her parents would travel to Hawaii to meet Hamilton. "I recall hanging up the phone after talking with the Make-A-Wish coordinator and crying tears of joy and happiness," says Katy.

Dunlap remembers the trip with fondness. "I went to Hawaii, and Bethany taught me how to surf. We got to go to a luau and go to the beach every day," she says. Hamilton and Dunlap spent over two hours in the water as her parents watched. "Lauren and Bethany surfed away, and a fire was lit inside Lauren to not just continue with this sport, but also to harness an internal strength to get through life's challenges," says Dunlap.



A year after their incredible trip, Dunlap was diagnosed with a severe case of ulcerative colitis. As the next few years brought new medications, infusions, and hospitalizations, surfing made Dunlap feel alive and remained her motivation prior to each big procedure. This year, Dunlap's entire colon, appendix, and rectum were removed, and over spring break she had her reconstructive surgery.

Since her colectomy, Dunlap's energy has increased, and she's been enjoying life at high speed. When asked how she spent her summer, she casually replies, "I surfed in Cabo, and I just got back from Montana from visiting my friend. We went horseback riding, rafting, we went to a cavern, and we swam. Then I went to volleyball camp at Cal Berkeley, a dance camp in Tahoe for a week, and then to Disneyland with my dad."

Dunlap and her family feel stronger because of the Make-A-Wish Foundation. Katy currently volunteers with the organization, and Dunlap hopes to find a way to contribute when she enters high school, possibly mentoring kids in hospitals or through Make-A-Wish.

"A wish isn't just a one-time trip to Disneyland," Dunlap's mother reflects. "There are so many different things a wish can carry through with a child to become so much more."

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In ancient Polynesian times, it is said *Mana* was the Lifeforce or Energy within Us. In Hawaiian culture, it is one of the sacred ideologies that perpetuates us as Individuals. It is movement, motion & fluidity. It is the Ocean in its' greatness. I created *Mana* wines to collide the worlds of the Mainland & Hawaii through the celebration of drink, family & food. The best moments of our lives are often spent over a meal with those we cherish most.

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Exploring Yountville

By Mallory McEligot

The idyllic town of Yountville is nestled in the heart of Napa Valley, just 50 miles north of San Francisco. Commonly referred to as “Yount-Vegas” by locals and tourists alike, the main drag of Washington Street is lined with gorgeous restaurants, wineries, shops, and luxury hotels—all within walking distance.

If you have just one full day to visit Yountville, stay at the Bardessono Hotel and Spa. Relax in their elegantly modern, Asian-inspired suites equipped with Jacuzzi tubs, separate seating areas, and the best commode you have ever experienced in your life. Once you have hit the point of no return on the relaxation scale, get dressed and head to Silver Trident, decorated by Ralph Lauren Home. Yes, you heard correctly: enjoy a wine and food pairing in a meticulously curated Ralph Lauren living room, dining room, or library! Purchase anything you see and take it with you or ship it home to commemorate your visit to adorable Yountville.

After a full day of wine tasting, walk over to R+D Kitchen for an inspired meal of all the best that California has to offer. Taking cues from Japanese restraint and integrating flavors from throughout the world, R+D translates to “research and development,” so be prepared to find something for everyone in your party. The best part of the region is that there is a large variety of places to stay, see, and taste. Make sure to do your research and find what’s best for you!

For more information, visit vine-living.com.










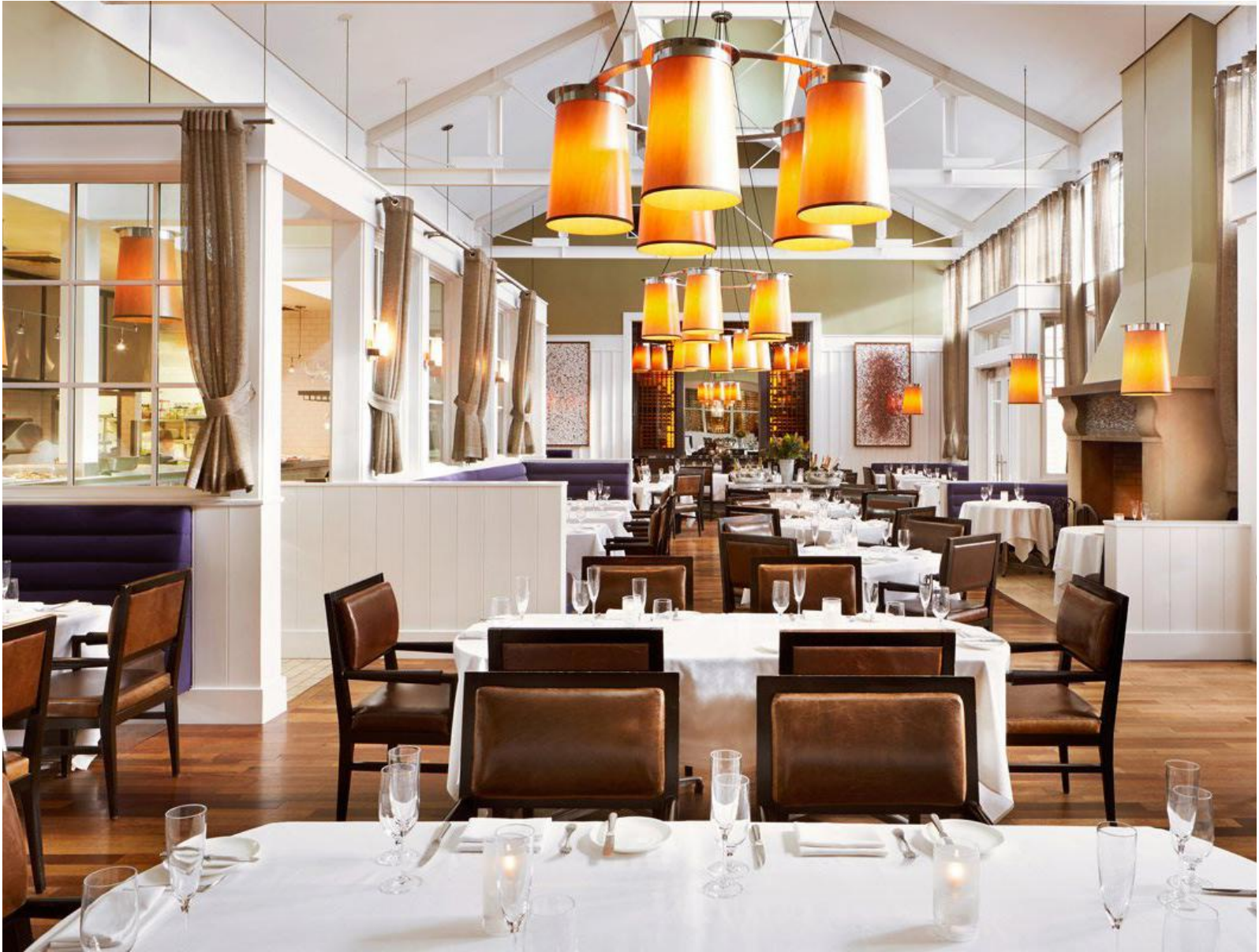


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Carneros Resort: Napa Made Perfect

by Katrina Boldt

Inspired by the charming local countryside and laid-back atmosphere of wine country, visitors to the 28-acre Carneros Resort and Spa can easily settle in and relax. This scenic property features 76 cottages, 18 cottage suites, and six private homes. Many guests find it difficult to leave, once they have sampled the cornucopia of amenities. Offering easy access to both Napa and Sonoma Counties, Carneros is less than one hour north of San Francisco and 50 to 60 miles from three international airports (Oakland, Sacramento, and San Francisco).

All resort accommodations boast premium furnishings, deluxe bath products, and advanced technology. Cottages feature 400 square feet of living space and up to 800 feet of outdoor living space, and each one has such luxuries as fireplaces, indoor-outdoor showers, individual hot tubs, and French doors leading to beautifully landscaped gardens. Light color palettes brighten room interiors and match the resort's farm-style architecture. One- and two-bedroom cottage suites range between 900 and 1,200 square feet, with the two-bedroom suites offering full-service kitchens and living rooms. The private homes feature 2,400 square feet of interior space, two or three bedrooms, and 1,400 square feet of outdoor space. They also have 16-foot ceilings, a fireplace, a six-person dining table, a master bedroom with a king-size bed, a private bath and deck, a full kitchen with professional-grade Viking appliances, cherry wood floors throughout, French doors leading to lovely courtyards, a second-level sundeck, and gated remote entry into fully enclosed private parking for two vehicles.

Resort guests need not leave their rooms to enjoy fine food and wine, as in-room dining is available daily from 7 a.m. to 10 p.m., with an All Day Dining menu from 11 a.m. to 10 p.m. Other options include Boon Fly Café, a family-friendly roadside eatery serving up the modern rustic agricultural heritage of Napa Valley, and Carneros' signature restaurant, FARM, which features produce from the resort's half-acre garden, seasonal menus to complement the region, an upscale ambiance with an amber-lighted wine wall, barn-style doors, an alfresco lounge, patio dining, cathedral ceilings, and two fireplaces. A private dining room can accommodate groups of 9 to 18 people. FARM is open daily for dinner (5:30 p.m. to 10 p.m. Fridays and Saturdays, and 5:30 p.m. to 9 p.m. Sundays through Thursdays) and serves a family-style weekly Sunday brunch from 10 a.m. to 2 p.m.

After a satisfying meal, guests may browse at Market, the on-site general store, which offers essential picnic supplies, wine, and souvenirs, or they may choose to indulge in a spa treatment or a dip in one of two pools with hot tubs—the adult-only Hilltop Pool, surrounded by sweeping views of the countryside, or the family and fitness pool—or engage in a game of bocce in the Town Square, a complimentary weekend fitness class, or retail therapy at COOP, the onsite Maris Collective boutique stocked with trendy luxury resort wear and accessories. Carneros Resort and Spa is also dog friendly. It is sure to please travelers of any age.

To inquire about the resort, seasonal packages, or booking reservations, call toll free 888-400-9000 or email info@carnerosresort.com.







Ransome Rombauer Isn't Just Horsing Around

Fran Endicott Miller

A peek at her Facebook page and Instagram feed reveals that Ransome Rombauer is not like other teenage girls. It's not just the classic Louise Brooks haircut. And it's not simply the uncommon given name - that of her paternal grandmother. Most apparent is that nary a selfie exists. There are no party pix, or BFF poses (aside from those with her magnificent trusty steeds: Gaston, Lalonde, Albertino, and Liverpool). Instead, her portfolio reveals the profile of a passionate and accomplished athlete, self-possessed and mature beyond her years, with the poise and timeless style of a J.Crew model.

The Rombauer surname carries with it great expectations. Quality, prestige, and distinction are synonymous with the gloried wine industry moniker. And while 19 year-old Ransome, granddaughter of the label's founder, intends to one-day circle back to the St. Helena winery as part of its third generation ownership, she currently makes her own marks of distinction in other arenas.

An accomplished equestrienne, Ransome began riding for fun at age seven. She began competing at age 12 - a late start in the horse world. Her natural talent was immediately evident in a sport that requires mental acuity, discipline, and adaptability. "Every horse is different," says Ransome, who admits to a preternatural ability to read the personality of each. "A good rider reads and adjusts to the horse's disposition, and they have moods just like we do. Every outing is different."

Her specialty is equitation, or, the art of horsemanship, where riders are judged on their personal form, style, and control of the horse. She has quickly risen as one of the top performers on the West Coast equitation circuit and is nationally recognized, with several prestigious medal final wins under her belt. Competition took her across the country and into

Canada this year; she lived on her own in Florida for three months, and in Calgary while completing her senior year studies on-line. She is quick to thank her parents, Laura and KR, for their trust and encouragement of her independence. "I'm fairly self-sufficient, but I certainly couldn't do this without their support," she admits. Recruited heavily across the country by colleges with distinguished NCEA equestrian programs, she selected SMU in Dallas after having an I-can-see-myself-here moment, and for its proximity to both coasts.



Additional to its appeal, SMU is within an hour drive of the 'Kaufman Kill Pen' - a facility for unwanted and neglected horses who are shipped to Mexico for slaughter. Her interest in the somber enterprise? She spearheads her own equine rescue effort called Mini Mansion in which she facilitates the adoption of the most at risk horses and miniature horses. She's personally rescued 14. "I take the underdogs; the ugliest and most neglected," she states. She plans to take to college half of her rescues. They are her pets, she explains. "They know the sound of my car and of my voice and our bond is every bit as close as that of a dog and its owner," she says, referencing her dad's chocolate lab 'Dunkin,' Rombauer Vineyard's unofficial ambassador. She encourages everyone with a barn, and the means to care for a horse, to rescue and adopt, and she will gladly oversee and advise every aspect for a seamless transition.

Ransome admits that she is not a normal teen. "I've got laser vision for my sport, and between my college studies, competing for SMU's Hunt Seat Equestrian Team, continuing to develop as a Grand Prix rider outside of college, and overseeing Mini Mansion, I will be pretty busy - definitely not the typical college freshman track," she says. "But I wouldn't change a thing."



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BRAND Napa Valley: Relaxed Elegance

In 2005, Ed and Deb Fitts purchased a 110-acre estate and began a winemaking journey. They began as newcomers to the wine industry, although both brought extensive entrepreneurial backgrounds to the table: Ed is the former CEO of Dopaco, Inc, and Deb is a former leader in the pharmaceutical industry. Both spent over 20 years working in separate industries, but worked together to develop BRAND Napa Valley.

While searching for the perfect place to put down roots, they came upon the soaring views of Lake Hennessey and San Pueblo Bay. Drawn to the future BRAND vineyard site by the spectacular scenery, they spent time inspecting the land more closely, and were pleased to find a landscape ripe with promise.

Ed, Deb, and their team spent the next four years carefully readying the soil, ensuring the best use of their location and the unique terroir of Pritchard Hill's iron-rich volcanic soil. The 12-acre vineyard, situated high above the cloud line, boasts a state-of-the-art winery designed to winemaker Philippe Melka's careful specifications, with vertical trellising and uniquely situated blocks that protect their vines from the elements.

Since BRAND Napa Valley's inception, Ed and Deb have committed themselves to creating world-class wine. True to form, BRAND continually produces wines that are intense and well-balanced. They currently produce three high-end wines: BRAND Cabernet Sauvignon, which debuted in 2012, BRAND Proprietary Blend, and their new BRIO Cabernet Sauvignon. They typically limit these wines to two releases per year.

BRAND's estate exudes a welcoming and intimate ambiance, with awe-inspiring views of Lake Hennessey from high above the cloud line. Ed and Deb aim for a sense of casual elegance in both the flavor of their wine and at the winery. They hope to craft an experience for their guests that is as approachable as it is luxurious, while creating lasting memories.

For more information visit: brandnapavalley.com

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Napa Valley Country Club

Long before “wine country” was synonymous with Napa Valley, there was Napa Valley Country Club, a tucked-away gem in the bucolic foothills of the Vaca Range, located in the middle of the Coombsville American Viticulture Area. Napa Valley Country Club began life over 100 years ago, in 1915, and is the only private proprietary country club in Napa County.

One of the oldest golf and Country Clubs in California, NVCC is a magnificent 18-hole layout, with a sparkling craftsman-style clubhouse, built in 2004, superb tennis facilities and a stunning 25-meter pool, all in a pristine setting of 181 acres. Located just a few miles from downtown Napa, Napa Valley Country Club exists in the splendid isolation of gently-sloping hills, tree-lined fairways and challenging, inscrutable greens!

Napa Valley Country Club is also the place where over 100 member vintners spend their recreational time with family and fellow Members. The Club boasts a “member only” Wine List filled with special selections and releases privy to its members and guests.

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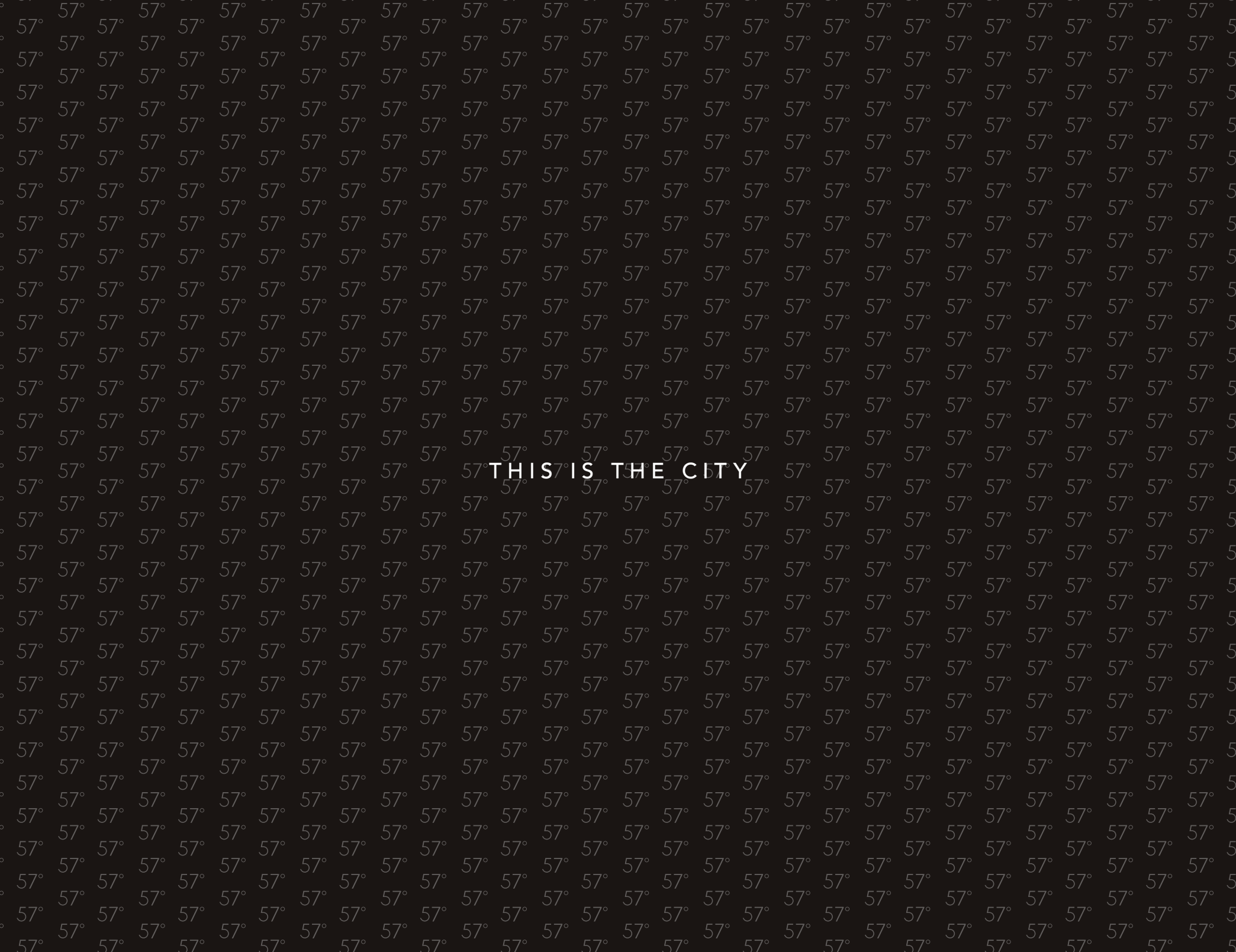
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SPARKLING WINES FROM GERMANY, ITALY, SPAIN, AND NEW ENGLAND
ARE GIVING CHAMPAGNE A RUN FOR ITS MONEY.

By AMANDA LECKY
Photography by STEVE HENKE

Champagne lovers, raise a glass to this post-
war. There's a world of sparkling wines to
discover, many of them every bit as elegant
and delicious as the French classic. Almost
every winemaking region in the world
produces a sparkling variety. "Champagne,
while definitely one of the most celebrated
regions for bubbly, has some serious
competition," confirms certified sommelier
Leslie Miller of Amosée in Massachusetts.
Indeed, there's a sparkling wine out there
for every taste, from dry whites to light
rosés and rich, fruity reds. Not just for
special occasions, these varietals are so
well-suited to dinner as they are to dessert.
Best of all, it's easy to find a bubbly on
budget. Delicious sparklers exist at every
price point (and nearly all of them are less
expensive than French Champagne). Read
on for more fizzy fun.



GRAPEFRUIT SAGE FIZZ

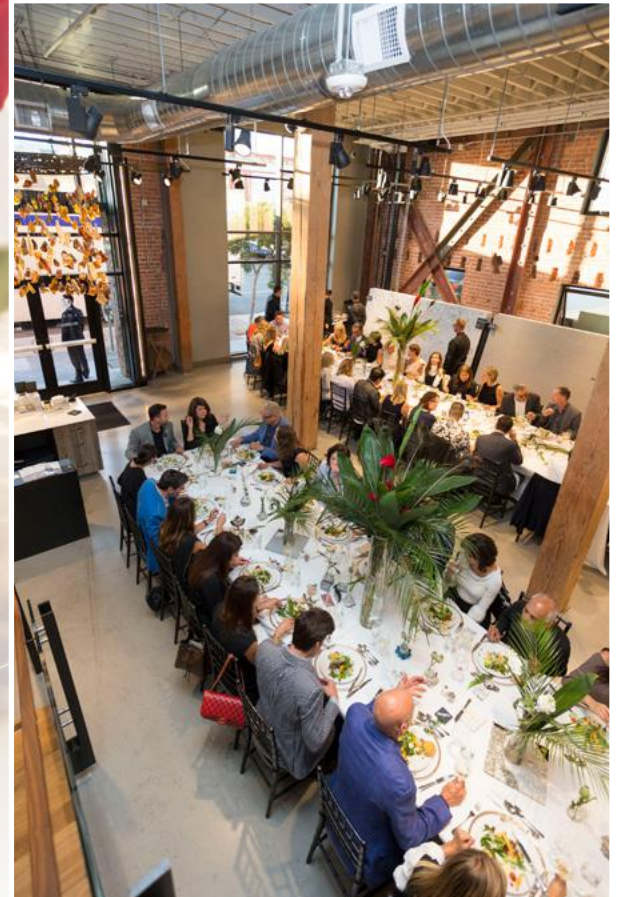
The sparkling wine with a
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and a hint of herb best for a
brilliant aperitif or a
delicious cocktail.

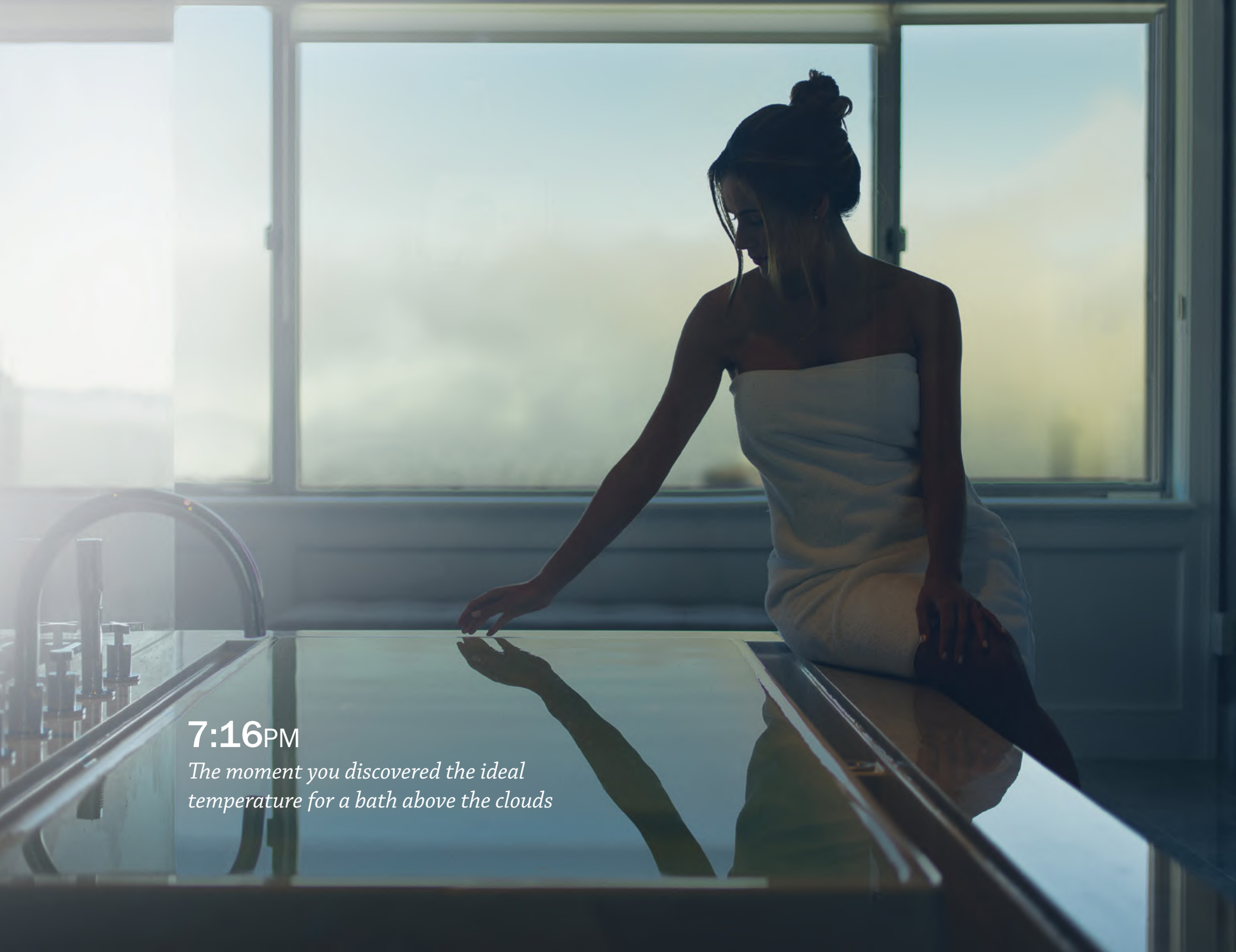
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FIZZ
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Photos - Drew Altizer Photography





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Music Therapy: Instrument of Hope

By Kelley Lefmann | Photos courtesy of Jeff Peterson

“Music expresses that which cannot be put into words.”

- Victor Hugo

Parents who've ever felt heartache for their child's suffering can relate to the insurmountable urge to do something. As bystanders to their pain, helpless, parents pray for a power greater than them to bring comfort to those they love most. Jeff Peterson knows these feelings intimately, and thanks to the power of music and a team of extraordinary partners, he has transformed his family's suffering into a beautiful instrument of healing for children around the world.

Peterson has two grown sons: twins Eric and Kort. When Eric was three years old, he was treated for type 1 diabetes. Simultaneously, Eric presented symptoms resulting in a diagnosis no parent is prepared to hear: leukemia. At the time, Peterson was on a business trip in Arizona. He remembers feeling numb on the return flight to the Bay Area. "At that point," he says, ". . . the diabetes became an afterthought." Doctors began to test a section of Eric's bone with lumbar punctures (12 of them, to be exact, over three years). This involved retrieving a marrow sample, and was followed by rounds of intense chemotherapy that would often leave the young boy with incredibly painful reactions. While other children his age were preparing for kindergarten, Eric was fighting a battle that most adults do not even win.

But Eric did recover, and in 2003, as a testament of gratitude, his father established the Peterson Family Foundation. Its mission is to use music therapy to "give children a way to express what's in their hearts, and create something from their pain." The foundation identifies and supports experts and institutions that help children afflicted by life-threatening and lifelong diseases.

“One good thing about music . . . when it hits you, you feel no pain.” - Bob Marley

As for the efficacy of music therapy, Julie Pollman, Child Life Services supervisor for the music therapy program at the University of California San Francisco Benioff Children's Hospital (UCSF Benioff) says: "Parents have reported that music was the only thing to bring a smile to their child's lips during their hospital admission."





The crescendo of the Petersons' journey occurred after the boys' mother, Karen, lost a 22-month battle with lung cancer. She cared for Eric with great intensity while simultaneously balancing her love and affection for his twin brother Kort. Peterson and his sons began a holiday tradition of visiting UCSF Benioff where Eric had been treated for leukemia. Peterson would ask patients they liked, and nearly all of them would respond with "music." It can reduce pain, allow patients to express themselves without words, and help them relax through singing, playing instruments, or writing songs. In no time, the Peterson Family Foundation was conceived.

During one of their visits, the Petersons met Oliver Jacobson, who launched the flagship music therapy program at UCSF Benioff. They immediately recognized that Jacobson was special, and as the foundation came together over the next year, they were able to provide him with a grant at UCSF Benioff and later funded two other full time music therapists. He now serves as a consultant to the foundation, drawing upon his background as a performing artist and music therapist to replicate the UCSF Benioff program in children's hospitals around the globe.

The results have been tremendous. Since its inception, the foundation has granted more than \$4 million dollars to the programs it supports. "Watching children sing and play instruments in our creative arts studio, you almost wouldn't know they were in the hospital. This is why music therapy is so important to their well-being while they are in our care," says Mark Laret, CEO of the program at UCSF Benioff. "It makes each child feel like a person, not a patient,"

Today, the foundation pays for three full-time music therapists and houses a music studio at UCSF Benioff. There, children can create original music as a part of their healing. This helps them to tell their story and discover meaning from their experiences. The foundation has now started programs at the Mattel Children's Hospital UCLA, Lucile Packard Children's Hospital Stanford, and has plans to expand to Children's Mercy Hospital in Kansas City, and the Great Ormond Hospital in London.

With this expansion, the Peterson Family Foundation has been able to increase the number of children receiving music therapy from 297 in 2014 to 789 children in 2016. As of today, 1883 children have received music therapy because of the Foundation's help.

Recognizing the value and impact of music therapy for hospitalized children, Peterson has made personal donations, providing multiple music therapists with an annual salary. UCSF Benioff now has a three-year grant for three music therapists. Peterson notes that

it takes an ensemble to keep the program going. Other individuals, like Esther and Dan Levy, share that vision. After losing their son, Andrew, to leukemia, they have become instrumental in the music therapy program at the Lucile Packard Children's Hospital. Thanks to their donation, the hospital now has a five-year grant for two music therapists. All music therapists are credentialed by the CBMT (Certified Board for Music Therapy), and are thoroughly vetted before being hired. "One of the biggest challenges is proper vetting," Peterson explains, "as the therapist often enters the NICU to sing to premature babies and little ones with serious medical needs. It's the people who make this program work."

Peterson is relentlessly passionate about growing the program and turning up the volume on the importance of music therapy. He was recently recognized by KPIX Channel 5 with the Jefferson Award— bestowed upon individuals making a difference in their region. Peterson also recently received the Western Region Chapter, American Music Therapy Association Advocacy Award for his pioneering work in music therapy.



"Considering his start in life," notes Peterson, "it's pretty amazing that Eric grew up to play college baseball so competitively." Eric and his brother, Kort, who is no stranger to adversity either, spent their youth challenging one another on the field. Eric played baseball at St. Francis High School, then went on to play for his father's alma mater, the University of California at Berkeley, for a couple of years before pursuing other passions. Kort also played at St. Francis, then was drafted from UCLA by the Kansas City Royals—a rewarding outcome for the California boy who, with his twin brother, played on a T-ball team (coached by their father) as the Royals.

Eric has been helping his father run the foundation since 2014. He is hands-on, attending events and acting as a media spokesperson on the foundation's behalf.

Kort, who was diagnosed with type 1 diabetes in his early teens, continues supporting the family's efforts while playing for the Kansas City Royals. He is an active board member and foundation spokesperson, and offered to donate his annual bonus from the Kansas City Royals to the foundation.

For those interested in contributing to the foundation, donations can be made online, by mail, through corporate-matched gifts, and through memorials and honorariums. One can even pledge to cover a portion of a music therapist's salary.

For more information, visit petersonfamilyfoundation.org.



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Friuli Italian Wines

In Friuli Venezia Giulia, a small wine region in the northeast quadrant of Italy, the residents are practically born with a glass of wine in hand. Known as a beverage of reverence, wine accompanies every lunch and dinner. Alex Corazza—proprietor and co-owner of Friuli Italian Wines along with his wife, Emily, and best friend, Patrick Fantini Corazza (no relation)—came to love wine at age five, and speaks of the beverage as a sacred libation that brings people together. “In our region, wine is not just a pleasure, it’s sacred,” he says. “You always find a bottle of red or white on the table at lunch and dinner.”

In 2010, when the two men met, they were struck by synchronicity. In addition to sharing a last name—one that Corazza says is common in his hometown—they learned that they each lost their fathers when they were young, which helped inspire a deeper appreciation for family and wine.

Fast-forward to 2017, and Friuli Italian Wines was born. Wine enthusiasts will revel at getting their hands on wines from the Friuli region that are not widely available. Corazza and his partners offer wines such as Pignolo, which means finicky; the grape has a reputation for being challenging to grow. When grown correctly, it produces a complex red wine that rivals Piedmont region wines. “It’s associated with the most important meal. It’s full-bodied, and pairs with meals deep in flavor,” Corazza explains.

Friuli Italian Wines also offers crowd favorites, including Friulano (formerly known as Tocai), a Friuli table wine that is often enjoyed as an aperitif or with prosciutto and cheeses. Ribolla Gialla, another popular white wine, is made from grapes that enjoy being sequestered in mineral-rich soils such as those in the nearby Dolomite range in the Italian Alps. Its unique flavor profile is in part due to the sea sediment left behind by the Adriatic Sea. “That gives minerality to our wines,” he says. “Ribolla Gialla is super clear and aromatic, which is why we drink it with shellfish. The sea and breezes give perfumes to the grapes.”

One of the most famous red wines from the Friuli region is Refosco, which is full-bodied, fruit forward, and friendly to the California palate. It features forest fruit, blueberry, and spices that pair with meals such as stew or wild boar. “We sell many other varietals as well, including the renowned Sauvignon Blanc by di Tiare Winery,” says Corazza.

One need not visit Friuli to have a taste of it, thanks to Friuli Italian Wines, although Corazza says a trip is still well worthwhile.

For more information about Friuli Italian Wines, visit friulitalianwines.com.



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Time and Tune

By Katherine Matuszak | Photos courtesy of Make-A-Wish

Ruby Goshert is a busy young woman. At 15 years old, her list of extracurriculars for her sophomore year sounds ambitious. Not only is she in a wind ensemble, which is her school's top concert band, but she's taking on jazz band and marching band as well. It seems that Goshert might be making up for a bit of lost time.

In September 2015, right before Goshert was about to start her eighth-grade year, she was diagnosed with Ewing's Sarcoma, a rare type of pediatric cancer. She underwent a distressing treatment regimen: 17 rounds of chemotherapy and 33 days of radiation. Her last day of chemotherapy was August 4, 2016, and after a number of scans, she was found to be cancer free. Toward the end of her treatment, her family was referred to the Make-A-Wish Foundation of America.

Someone from Make-A-Wish came to Goshert's house and asked her to pick her top three wishes. When Goshert considered what to choose, one part was easy; music had always been a huge part of her life, especially after she started playing trombone in the fourth grade. She knew she wanted to see an orchestra, but where? With the opportunity to choose any place, she thought of a way to incorporate one of her newer interests.

"During treatment, you're in bed all the time, you don't have energy or anything, so I was reading lots of books," Goshert says. She found she was finishing fiction books too quickly, so she started picking up more nonfiction. She became absorbed in books about World War II (WWII) and psychology. What started as simply a way to fill her time became a fascination with WWII history. She decided her wish would be to visit Berlin.

This summer, Goshert, her parents, Mike and Danielle, and her brother, Vaughn, hopped on a plane to Germany. Not only was this Goshert's first

time travelling internationally, but also it was her first time leaving California. The family spent six days in Berlin at a hotel right around the corner from a museum of musical instruments. One of the trip's highlights for Goshert was a tour of a bunker. "They had some of the original benches, and they had glow-in-the-dark paint because there were no windows. It was really cool," she says.

Her favorite part of the trip was visiting the Berlin Philharmonic, which is consistently ranked as one of the finest orchestras in the world. She went backstage after the show and was introduced to one of the trombone players. On the day before the show, Goshert and her father visited the hall and experienced its world-renowned acoustics in an unforgettable way—four of the Philharmonic performers played a trombone quartet of "Mr. Sandman" especially for Goshert. "It sounded so great, it was so amazing. It was a really cool, personal experience," she gushes.

After returning home to California, Goshert didn't waste any time. She attended Cazadero Music Camp for two weeks in the Redwoods, a place close to her heart. This was her third year attending, but last year, her visit was different, since it took place during her treatment. Then, she could only stay for a weekend, and she and her family stayed in a bed and breakfast down the road—she couldn't sleep outside due to her weakened immune system. This summer, she went for the full session and then attended her school's band camp for marching band.

Goshert is excited about her new year of school and an upcoming band trip to New Orleans. She may have lost a little time to her treatment, but she's back in action, feeling grateful, healthy, and inspired.



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Spreading Positivity One Dress at a Time

By Elaine Pappas

Sam Sisakhti, founder of the Believe in Yourself Project and the online marketplace UsTrendy, travels across the country donating new dresses to girls living in low-income areas for school functions. The Believe in Yourself Project also promotes body positivity and self-confidence through mentorship programs and online seminars.

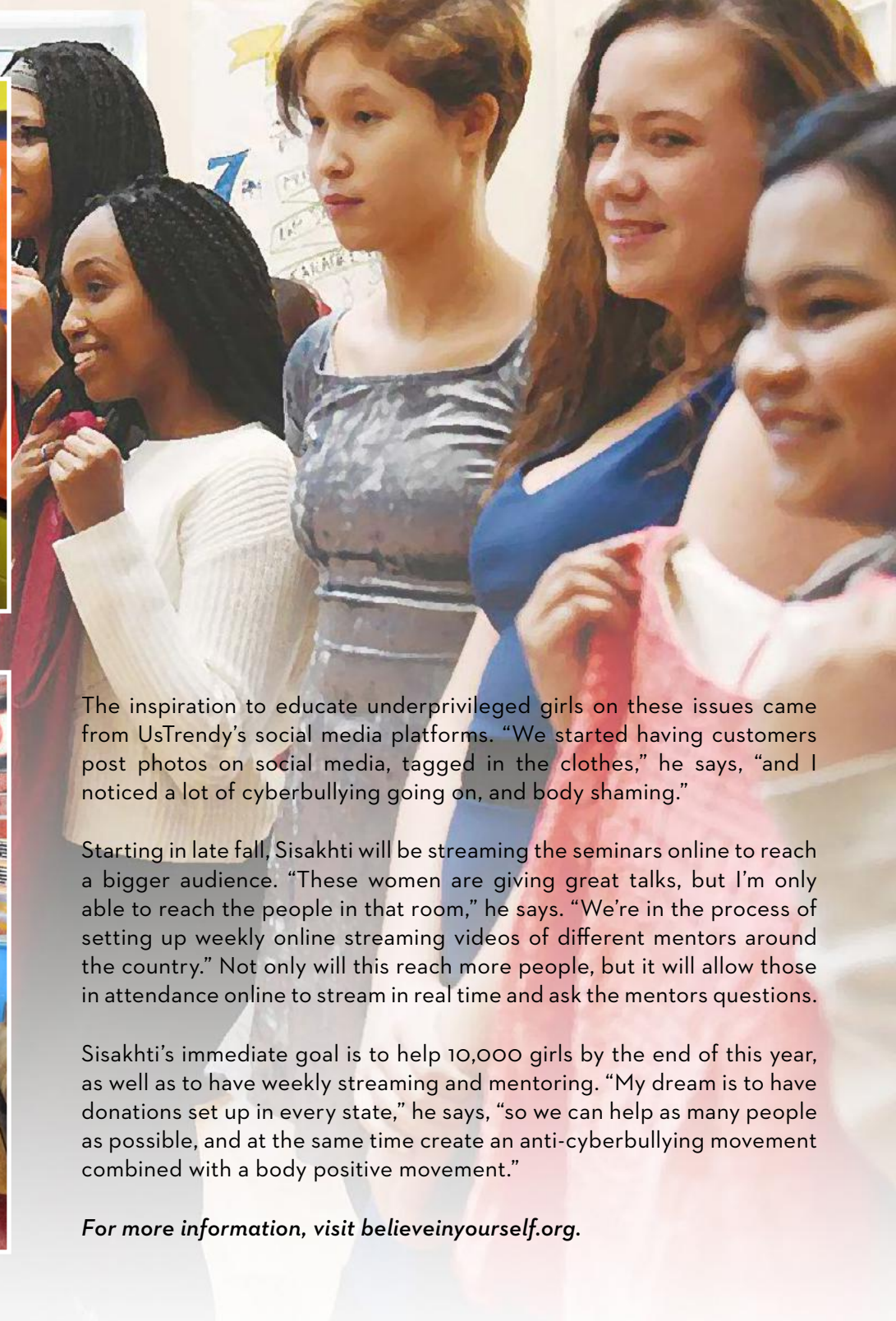
In January of 2017, Sisakhti created the Believe in Yourself Project after collecting a surplus of sample dresses from designers selling through UsTrendy. “I was getting a lot of samples from our designers, and I usually give them to celebrities,” he says. “I was thinking, ‘You know, celebrities have enough clothes, so how can I make use of these clothes?’”

Sisakhti contacts community centers, Boys & Girls Clubs of America, and housing projects in low-income areas to donate new dresses to underprivileged girls. The center then compiles a list of specifications from each girl, giving Sisakhti a guideline of what to donate. “I’ll have a list of 30 to 50 girls who need a dress, and they’ll give me specifications, such as their size, age, where they’ll wear that dress to, and even if they’d like a sequined dress.”

Sisakhti is personally purchases new dresses from retailers who sell on UsTrendy, and donates them as well. “Initially, some of the dresses were just samples that I had in the office, and then I ran through those and wanted to keep doing it,” he says. “But starting this fall, we want to start accepting donations from other retailers that are interested in donating.”

Along with donating dresses, Sisakhti organizes mentor programs and seminars at donation events. Their main goals are to promote a positive body image and help boost confidence. Psychiatrists and motivational speakers, as well as “people who beat the odds and achieved their dreams,” give presentations.





The inspiration to educate underprivileged girls on these issues came from UsTrendy's social media platforms. "We started having customers post photos on social media, tagged in the clothes," he says, "and I noticed a lot of cyberbullying going on, and body shaming."

Starting in late fall, Sisakhti will be streaming the seminars online to reach a bigger audience. "These women are giving great talks, but I'm only able to reach the people in that room," he says. "We're in the process of setting up weekly online streaming videos of different mentors around the country." Not only will this reach more people, but it will allow those in attendance online to stream in real time and ask the mentors questions.

Sisakhti's immediate goal is to help 10,000 girls by the end of this year, as well as to have weekly streaming and mentoring. "My dream is to have donations set up in every state," he says, "so we can help as many people as possible, and at the same time create an anti-cyberbullying movement combined with a body positive movement."

For more information, visit believeinyourself.org.