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Top: Art Moderne Sapphire and Diamond Necklace by Cartier, Paris, circa 1935

Right: Art Deco Cu Bracelet with Removable Sapphire and Diamond Clips by Cartier, Paris, circa 1935

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BE SCENE

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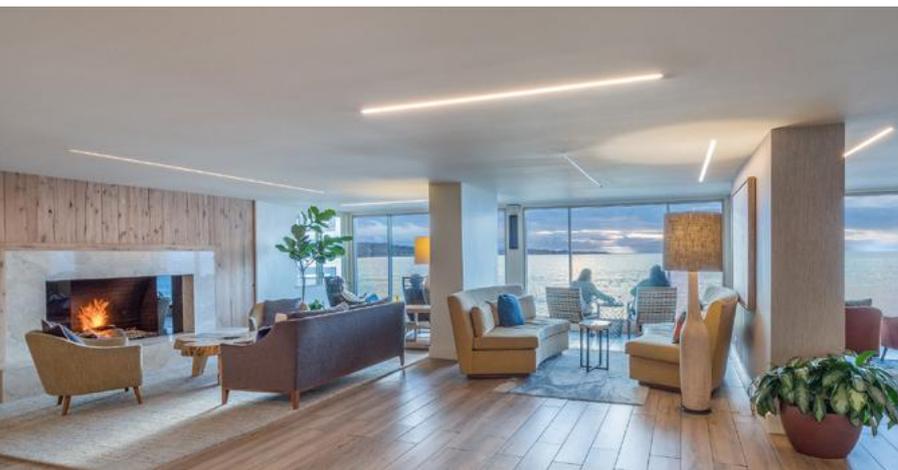
Holman Ranch: 90 & Magnifico

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Ohana: A Revolution in Youth Wellness

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Creating Strong Leaders, One Girl at a Time

By Bettina McBee Hohmann | Photos Courtesy of Prancing Ponies

The Prancing Ponies made history on May 5, at The Ferrari Challenge, which was hosted by WeatherTech Raceway Laguna Seca. The ladies breezed around the course during the first all-women track session, led by professional driver Robert Orcutt in a WeatherTech Lexus pace car.

“It was incredibly exciting to race the corkscrew!” beamed Chanterria McGillbra, choreographer of the event. It raised funds for the Prancing Ponies Foundation, a nonprofit that she started in 2015 with the mission of creating leaders, one girl at a time.

“To see only women on the racetrack in Ferraris was not only historic but also a step forward,” says McGillbra. “It’s important to participate in these events. They encourage other women and inspire girls to dream big.”

McGilbra is the Executive Director of the Prancing Ponies Foundation and its fundraisers, the Prancing Ponies Rally, the Prancing Ponies All Women Car Show, the Prancing Ponies Leadership Academy, and the Online Leadership Academy. She obtained her MBA in Entrepreneurship in Monaco in 2007. “My first experience living abroad changed my life forever,” she explains.

In 2015, her intuition told her to purchase a Ferrari. At first, she ignored it, but then decided to go to a dealership in the Bay Area. After the test drive, she was hooked, and soon traveled to Italy to learn to master her racing machine. There, she had “Cocoa” custom made.

But there was one problem.

“I hated it,” she laughs. “It wasn’t the car, it was the attention the car gave me.” Frustrated, she took Cocoa back to the dealer, stating she didn’t want it anymore. The Ferrari dealer wisely advised that she keep it for another thirty more days.

While sitting in traffic near Galileo High School in San Francisco, three teenage girls marveled at the duo. One girl shouted to McGillbra that she loved her car. “I expect you to get one, too,” McGillbra answered. The look on that young girl’s face and hearing those encouraging words gave McGillbra the motivation to keep Cocoa, embrace the attention, and start the Prancing Ponies Foundation empire.

Last year, the Prancing Ponies All Women Car Show in downtown Carmel featured classic, sports, exotic, and muscle cars. A young student from Michigan State University’s automotive engineering program told McGillbra that she missed her flight back to college that day so she could see for herself that women love cars. A thirteen-year-old girl said she woke her father at 3 a.m. to drive her from Redding to Carmel for the show. Hearing these stories inspires McGillbra. “Our message is being heard, and our events are making a positive impact,” she proclaims. Her parents taught her to work hard, and they were always supportive. McGillbra, who has a twin and is one of eight children, admits that there were hardships but also says that all of the siblings were surrounded by love and encouragement. “I was raised to believe I could be whatever I wanted to be,” she says.



Last year, the foundation graduated its first four Leadership-Abroad Academy scholars. These college-bound girls went to Paris, France, for seven weeks. This year, scholarship money raised at Laguna Seca and at The Prancing Ponies Car Show on August 22 in Carmel will be used to send 10 third-year engineering girls to Germany in 2019.

Why the name Prancing Ponies?

“There’s not a girl on the planet who doesn’t like ponies,” exclaims McGillbra. “Every girl has a special place in her heart for ponies!”

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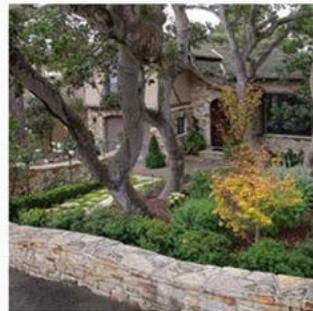
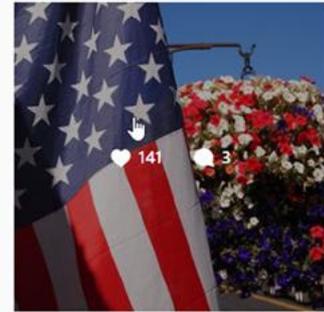
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The Count Begins

By Tracy Gillette Ricci | Photos Courtesy of Stewart Family

Bill and Cindy Stewart had prayed for a child. Their prayers were answered when they were blessed with three-week-old Gabriel “Gabe” Cody Stewart. Gabe had been placed with a foster family in Monroe, Louisiana, and found his way into the Stewart’s loving arms some 500 miles away in Edmond, Oklahoma. Bill and Cindy Stewart knew immediately that Gabe was born to be their child.

From a young age, Gabe captivated the people around him. “People would literally chase after me to see him. He was such a beautiful child,” recalls Cindy. The three grew to be a tight nuclear family and spent a great deal of time together. “We were an extremely loving family,” Cindy says as Bill nods in agreement. They both smile as they recount their pizza night tradition. “It just developed. It seemed like the perfect way to spend Sunday night together,” explains Bill. He and Gabe shared a love of movies, so much so that they would speak to each other in movie quotes. “He loved Star Wars,” Cindy says with a chuckle. “Oh, we went to the midnight showing before the day the movies opened!”

Gabe was passionate in his interests. He was a devoted Minnesota Vikings fan, enjoyed going to Oklahoma Thunder games, was a decorated tennis player, and loved all genres of music. Lyric excerpts made up countless of his Facebook posts. “If there was an event of any kind, he could whip up an appropriate playlist within fifteen minutes,” shares Cindy. “He loved to cook—that’s when he was happiest,” she continues. Bill and Cindy share their memory of a Valentine’s Day when Gabe was around 12 years old. He set up their garage, clearing it of cars, like an elegant restaurant. Eyes locked on her husband, Cindy starts the story: “He was very imaginative, he dressed up, full-mode waiter. He wouldn’t let us call him by his name! He wouldn’t answer, we had to refer to him as ‘sir.’” Bill continues, “He would have been a perfect event planner on a cruise ship.” And Cindy adds, “He was always making sure everyone was happy.”

An only child, Gabe developed intense friendships. His parents describe him as having an empathetic personality. “Gabe loved deeply and hurt deeply,” Cindy recounts, her eyes misty. He was gifted with sensitivity, felt what others felt, and went out of his way to make others around him feel good. “He always went out of his way to accept the new kid, and was always the mediator and peacemaker when there were spats between classmates,” she says. “As a child, he refused to learn to tie his shoe[s]. I don’t know why, but he just wouldn’t. One of his friends would see his shoe untied, and they’d actually go down on their knee and tie it for him,” she says, awestruck. “That’s what kind of friends he had, and that’s because that’s the kind of friend he was to them.”

Gabe’s high school years were spent at a small, private school with a graduating class of 60. It was a sheltered environment that in most ways made him feel secure, but it also made comparisons between classmates hard to avoid. While his interpersonal skills were a source of strength, he became increasingly insecure about his academic performance. Notwithstanding, he had his heart set on attending Oklahoma State University. In August of 2010, Gabe moved into the Sigma Phi Epsilon fraternity house on the OSU campus in Stillwater, an hour away from his family home. He immediately became immersed in fraternity life. Parties, excessive drinking, and drug use were part of the norm among the brotherhood.





Gabe struggled with the pressures of college life and experienced debilitating anxiety. Bill and Cindy took Gabe to a psychiatrist, who prescribed medication. While the medication helped the symptoms, the cause of Gabe's anxiety remained untouched, and his alcohol consumption remained excessive. Bill recalls, "Gabe and I would talk about his drinking, and he would acknowledge it." Such recognition lulled his parents into a false sense of security.

Gabe left OSU with encouragement from his father. He moved into a condominium in downtown Oklahoma City and worked as a marketing assistant. By all appearances, his life was falling into place. That belief was shattered on the morning of August 29, 2016. Cindy and Bill were spending time in California and expected Gabe to join them for the upcoming Labor Day weekend. They had spoken to him just three days before. "We awoke on Monday, and both [of us] had messages from the [Oklahoma City] police department," says Cindy. They were not prepared to hear the devastating news: their 24-year-old son was found dead in his apartment, the victim of a powerful opiate called fentanyl.

"When they told me he tested positive for fentanyl, I had to ask them how to spell it. I had never heard of it," says Bill. First prescribed to terminal cancer patients in the 1970s to treat severe pain, fentanyl is 100 times more powerful than morphine and about 50 times stronger than heroin. The amount equivalent to three grains of salt is lethal to an adult. In 2016, the federal Centers for Disease Control and Prevention reported approximately 20,000 overdose deaths attributed to synthetic opioids such as fentanyl, more than double the number of such deaths for the previous year. According to the documentary, *Death by Fentanyl*, overdosing on recreational fentanyl is not a matter of if, but when. Used concurrently with alcohol, the stakes are higher. "Even one time is fatal," states Cindy. "The first time Gabe used it, it killed him."

The Stewarts were shocked to discover how easy it was to get the drug. Holding his smartphone, Bill says, "It's all right here. You can get anything using your phone. When I got Gabe's phone, I found out how easy it was . . . He mentioned in a text to someone a few days before that weekend that he was building up a resistance to what he was taking and wanted something stronger. 'I can't wait til the fent arrives' was the response. We discovered the two most dangerous places are the parent's medicine cabinet and the internet."

The prescription drug industry and Mexican drug cartels are the main sources of fentanyl, although there is also trade through the darknet and mail order from Mexico and China using the US Postal Service. In a 2017 analysis by Stratfor Worldview™ (worldview.stratfor.com), Scott Stewart (no relation) explains how the illicit manufacture and distribution of fentanyl is lucrative for the Mexican cartels. "They manufacture it in their own labs using precursor chemicals imported from China and reap huge profits smuggling it into the United States." Legitimately prescribed painkillers diverted to drug dealers, users, and illicit drug labs are also responsible for a portion of overdoses. Drug dealers and users buy it from someone with a prescription to mix into heroin or make into counterfeit pills. Due to its potency, fentanyl is cheap—pills may sell for \$20 to \$30 each, making it accessible to an even wider population.

"I tell parents to look at the future through their child's eyes," Bill continues. "The pressures are 24/7, with social media," he says as he gestures towards his smartphone. "We tell our story, hoping to save lives. Just one would be worth it, but when we save a million, we'll start counting."

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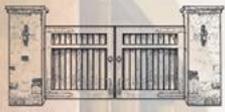
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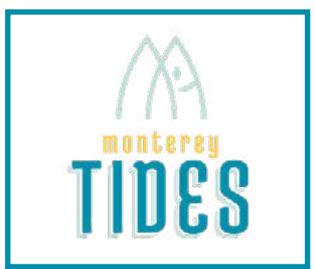


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Monterey's Original Coastline Hotel

By Michael Cervin | Photos by Manny Espinoza

When you can't stop hearing the crash of the ocean just steps from your room, you know you're at the beachfront Monterey Tides Hotel.

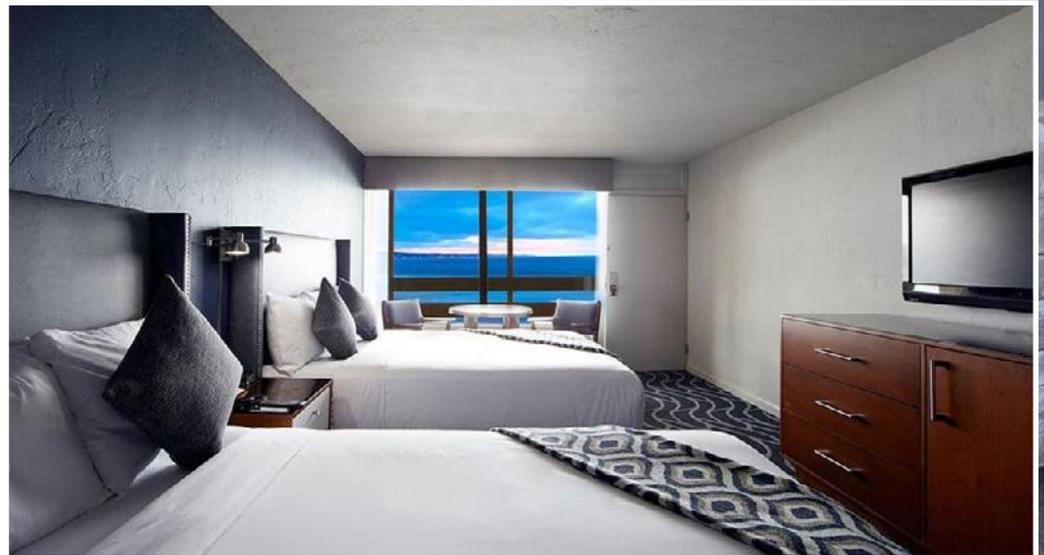
As you pull into the Monterey Tides, it doesn't seem like the 196 rooms could even fit here—it seems small and unpretentious. Indeed, the place is compact, unobtrusive, but able to accommodate that numbers of beachfront rooms. Constructed in 1968, and partially remodeled two years ago, this hotel is the only property in the Monterey area to sit directly on the beach. In fact, the Monterey Tides property includes the beach in front of it, allowing it to offer exclusives that no one else can, such as bonfires directly on the sand (add a S'mores kit to enhance the experience), beachfront weddings, and other special gatherings.

"We are a unique boutique hotel, perched right on the beach," says General Manager Sal Abaunza. "Monterey Tides is only minutes from Old Fisherman's Wharf, Monterey Airport, wine tasting, and world-class golf. On our private beach, you can watch the whales migrating, dolphins swimming by the shore, or just listen to the waves crashing."

As you enter, the open lobby draws your eye directly to the ocean through immaculately clean windows. The space is the ideal place for morning coffee, as is Bar Sebastian for an afternoon cocktail, given the unending, serene views. The third-floor restaurant, Vizcanio, open for brunch, lunch, and dinner, not only has picture-perfect views to the Monterey Bay but also focuses on foods culled from within the region, including local sand dabs, 12-hour braised pork belly, and a Monterey omelet using local shrimp, mushrooms, and, of course, Monterey Jack cheese.

The rooms evoke ocean and sand tones—various shades of blues and tans, calming and reflective of their surroundings. Most rooms boast 55-inch TVs, coffee and coffeemakers, and passive venting through a system that allows guests to hear the crashing surf while they sleep. For those who prefer a more domesticated swimming experience, an outdoor pool shields swimmers and loungers from the occasional winds coming off Monterey Bay. It's surrounded by wood-slatted walls and accompanied by a small hot tub that can be heated from between 82 degrees and 102 degrees. Nearby, a small sheltered area with beanbag chairs provides the perfect spot for movie nights, or family gatherings. Monterey Tides is also a pet-friendly hotel with a small grassy designated pet area with views of the beach.

Several packages are offered, including the Oceanside Bed & Breakfast package and the Stay & Play package, which includes a bonfire kit, four hours of bicycle rental, and two hours of either stand-up paddle boarding or kayaking in Monterey. Whatever you choose, Monterey Tides will end up being your perennial favorite.







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Holman Ranch: 90 & Magnífico

By Andrea Stuart | Photos Courtesy of Holman Ranch

Woven among the rolling expanses of Carmel Valley's golden hillsides, undulating grapevines are poised with plump berries that will one day become libations fit for Dionysus.

In celebration of bringing the divine beverage to a wider audience, Holman Ranch has opened a new tasting room in Carmel-by-the-Sea. This tasting room serves as an extension of Carmel Valley and Holman Ranch. "We love that we can be a part of both communities to share our story and our wine with everyone," says General Manager and Chief Operating Officer Liz Bolar. "Not everyone has the time to come out to Carmel Valley. This way, they get a taste of Holman Ranch in Carmel-by-the-Sea."

For the numerous Holman Ranch wine club members who reside in Carmel, having a tasting room down the street means better access to their favorite wines.



The idea was to create a space that is beautiful and comfortable while honoring the feeling of the ranch. Holman Ranch brought this idea to fruition through design elements that include leather chairs, cow hides, barn doors, and other ranch-style décor and accoutrements.

The 100-percent single estate vineyard and winery produces a surprising array of wines, and it does so from beginning to end on its own property. While its focus is primarily on two grapes, Pinot Noir and Chardonnay, it has produced a broad offering of French Burgundian-style wines from them. “We have six different Pinot Noirs and three different Chardonnays,” says Bolar. And each of them has its own flavor profile, feel, and personality. Holman Ranch prides itself on creating wines that allow even beginners to distinguish one from the other. Then, there is the rosé and a sparkling wine. “And our past catalogue includes an off-dry Pinot Gris and two dessert wines,” adds Bolar.

Holman Ranch aims for the golden number of low yields: three tons per acre. Combined with its proximity to the Pacific Ocean—closer than most Pinot Noir producers in the Monterey County AVA—its wine profiles are distinct. Holman Ranch wines tend to be lean, structured, and in some vintages, intense. “We use minimal to no water year-round and almost all vineyard work, especially picking, is done by hand as opposed to mechanically,” says Bolar.

The secret to Holman Ranch’s success is patience. When the owners considered planting grapevines, they had specialists evaluate the soil and make varietal recommendations. The owners took the advice and ran with it, planting what the terroir would support.

One of the oldest properties in Carmel Valley, Holman Ranch has been in operation for 90 years. Among its myriad roles—from hosting special events to boarding horses, holding riding clinics, and making olive oil—winemaking has become a signature offering. Now that a taste of Holman Ranch is available in Carmel-by-the-Sea, these Burgundian libations will soon be swirling in conversations up and down the Monterey Peninsula.



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Designing a Dream

By Katherine Matuszak | Photos by Manny Espinoza

Philip Studer's latest story begins 2,000 miles away from Carmel, in Minnesota. After 17 years of success as an interior designer, he began thinking more seriously about a dream he'd always had: opening his own shop. Most of Studer's experience was in commercial interiors work, designing for hotels, condos, and other areas of the hospitality business, but he'd always wanted his own shop to curate. Over the years, his design projects brought him to New York and Honolulu. He decided that he wanted to live near the ocean and felt drawn to the Golden Coast. Realizing it was time to start taking steps towards his goal, Studer hopped on a plane to California to begin a 13-day road trip down the coast, testing the waters and hoping to scope out a special location he could eventually convert into his own shop and a place to call home.

During his drive through Carmel, he came upon Beachwood Home and met the owner. They started chatting about ideas and the possibility of Studer taking over the reins. His initial road trip visit was followed by many more phone calls and two more trips. Finally, Studer bought a one-way ticket to Carmel, this time as the new owner of Beachwood Home.

"The worlds are slightly different, but the design skills, the relationship with the client, and having an eye for design, things like that, are still critical every day," says Studer. He describes his new life as hyperlocal, as he's traded his old driving commute for a six-block walk from his cottage to his shop, and he is already a member of the Chamber of Commerce.

Beachwood Home curates a collection of home furnishings, decorative accents, jewelry, and gifts, and offers personalized interior design services and various upholstery services. "I don't want to take the store too far from where it started—just include more of my influence, encompassing what the previous owner already started," says Studer. A unique challenge is the wide variety of customers who visit Beachwood Home—regular clients who live locally, Bay Area natives with a second home in Carmel, and tourists only visiting town for a few hours. It offers a little of something for everyone, all coastal-inspired, with the intent of helping to create a home environment of beauty, peace, and warmth.

Studer is now twelve weeks into his new coastal life and eager to experience the busy season during his first foggy Carmel summer.







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"The World's Strong & Healthy 40" Model
1936-1939
The World's Strong & Healthy 40" Model
1936-1939

RRR 65

The World Reach of Pebble Beach Concours d'Elegance

By Andrea Stuart | Kimball Studios/Pebble Beach Concours d'Elegance

Automobiles speak in a universal language that people of all cultures can understand. A car engine's roar is as unique as a person's voice. The shimmer in the paint is like the cover of a book, attracting curiosity about what's inside. Their shapes are an amalgamation of culture, history, and aesthetic prose inspired by the lives and influences of their creators. Each vehicle has a story and a place of origin.

The antiquity of the cars featured in the Pebble Beach Concours d'Elegance goes beyond age and traverses time. These automobiles act as lures for auto aficionados worldwide; some are collectors and others are admirers. All have an affinity for Pebble Beach Concours d'Elegance, as it regularly draws 20 to 25 percent of its participants from abroad. Often 25 to 30 percent—a substantial number—of its entrants are first-timers.

Two primary elements have contributed to this distinguished car show's expanded reach.

First, Pebble Beach Concours d'Elegance Chairman Sandra Button serves as ambassador, advisor, judge, and expert at myriad concours around the world. In India, Button has often participated in both the Cartier Travel with Style Concours d'Elegance and the 21 Gun Vintage Car Rally and Concours Show. She has also been involved with new concours events in Dubai, Kuwait, Malta, Tokyo, and China.

"Consequently, many enthusiasts overseas are now more aware of the concours—and eager to compete here," says Director of Marketing and Media Relations Kandace Hawkinson. "Two years ago, for example, we welcomed our first entrants from mainland China—Zongmin Huang and Xiaoling Sun—who showed a 1923 Rolls-Royce Silver Ghost Brewster Convertible Sedan. Last year, we had two more entrants from China.

And this coming August, we will host our first cars made in mainland China."

Second, Pebble Beach Concours d'Elegance has also expanded its classes in accordance with developing interests. In the 1950s, it offered its first special exhibit: a sampling of cars that had raced in the Carrera Panamericana. From 1955 to the mid-1990s, it focused primarily on European and American "classics" (meaning, in the car world, cars built in the period between World Wars I and II), when the art of coachbuilding reached its zenith. Throughout the 1970s and 1980s, it offered several special first-time exhibits that expanded its reach and reputation—gathering the six Bugatti Royales for the first time, for example—but often these were still exhibits related to classic cars.

In 1997, Pebble Beach Concours d'Elegance broke out of the classic mold by showcasing hot rods and microcars for the first time. Building on these efforts, it strives each year to offer one to three unique classes that fall outside of what people expect. Last year, it was 1960s dream cars.

This year, the Pebble Beach Concours d'Elegance is featuring O.S.C.A., Citroën, and Tucker—all for the first time. And if that doesn't show growth, its display of Eisenhower-era dream convertibles reaches even further out the box.

"Each of these special classes draws new groups of enthusiasts to us," says Hawkinson. "And in showcasing these cars, we hope two things happen: we offer our regular spectators an opportunity to expand their interests, and we offer the newer enthusiasts a chance to better place the cars they love within the whole of automotive history."

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We sat down with founder, Brad Bowlus, to capture the milestone!

65: What are your reflections on the first ten years.

Brad Bowlus: I can't believe how amazing the journey has been. I remember planting our first of 52,000 vines in early 2008. To now see the vineyard fully developed takes my breath away. Dreams do come true!

65: What makes the Albatross Ridge Vineyard and its wine so amazing?

BB: The cool coastal location and seabed/shale soils result in very low yields and one of the longest growing seasons in all of California. Because our grapes ripen so slowly, and have such small yields, our wines taste perfectly ripe at relatively modest alcohol levels. They show these beautiful qualities while preserving the lovely aromas and great structure that we prize in our wines.

65: When did you know you had selected a great site?

BB: We searched for a site of great character to produce Grand Cru capable wines for nearly three years. When we found this site we were thrilled. However, you never really know until you taste the fruit. When we did, we had a waiting list of incredible wineries and winemakers wanting to purchase our grapes, then we knew. Just as it takes incredible character to make a great person, we had found a site of incredible character, from which to make great wine.

65: Are you pleased with the newly expanded tasting room in Carmel-by-the-Sea?

BB: We are delighted with new central location and to continue to be part of the village community. We took what was one of the oldest buildings in Carmel-by-the-Sea and returned it to its glory. We want the tasting experience from the wine, service, and the environment to be exceptional! We also expanded our hours, opening at noon daily on Dolores St. (NE corner of Ocean and Dolores).

65: Tell us about your next decade.

BB: Our focus will remain the same: to continue to produce incredible wine of great character, 100% from our estate vineyard. Our site is 244 acres, with 25 planted, so we are blessed with land to expand the vineyard footprint and will do so going forward.

65: Tell us about your new releases.

BB: As our vineyard has evolved, our vines are yielding fascinating wines. The 2014 wines received high praise from our customers and wine writers (94 to 96 points). We are very excited about our upcoming release of our 2015 wines, scheduled for this summer!

www.albatrossridge.com

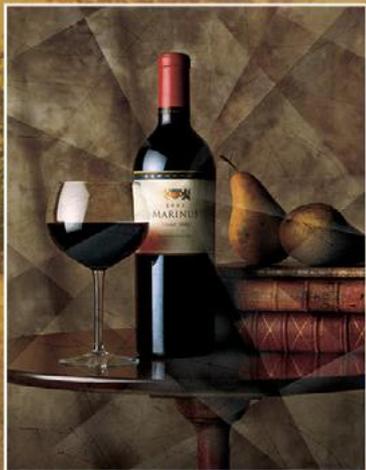
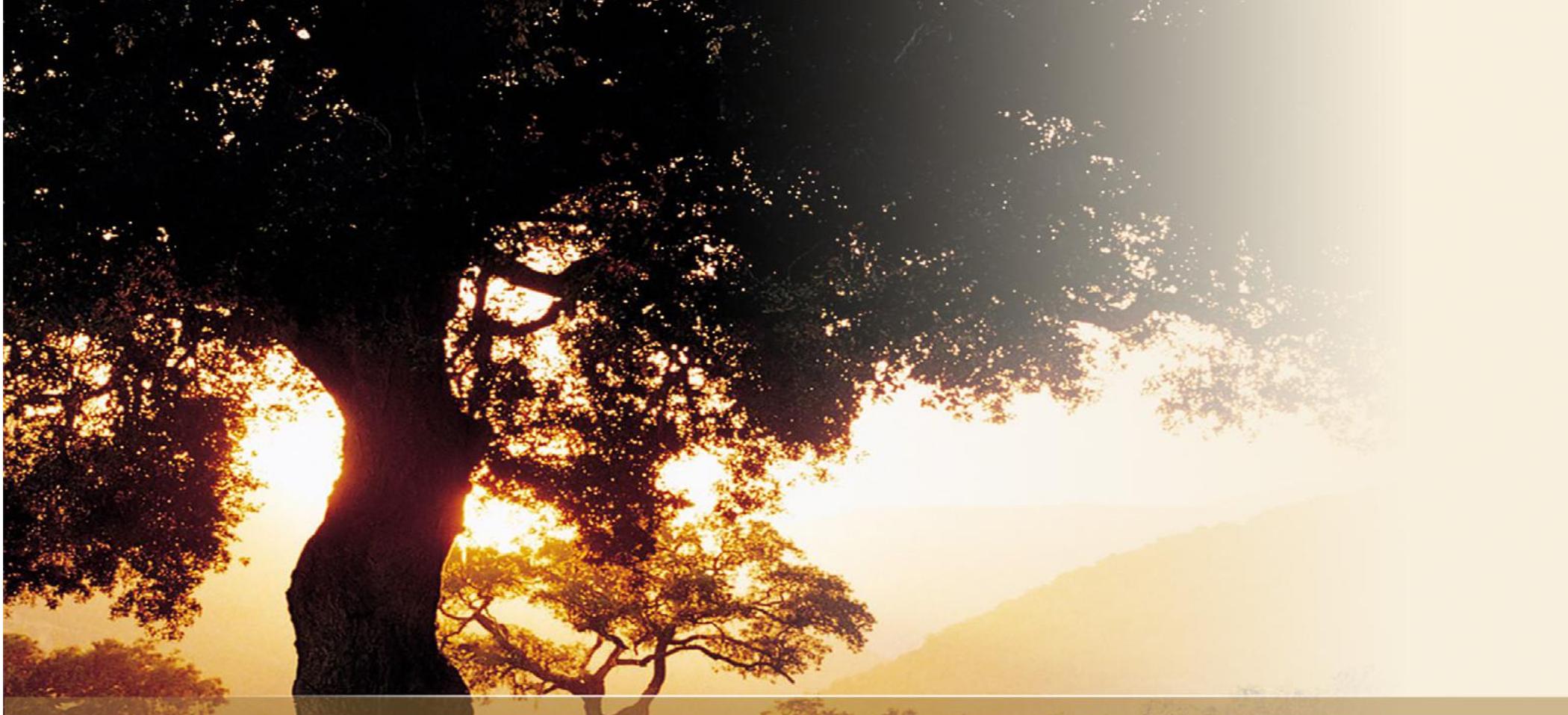




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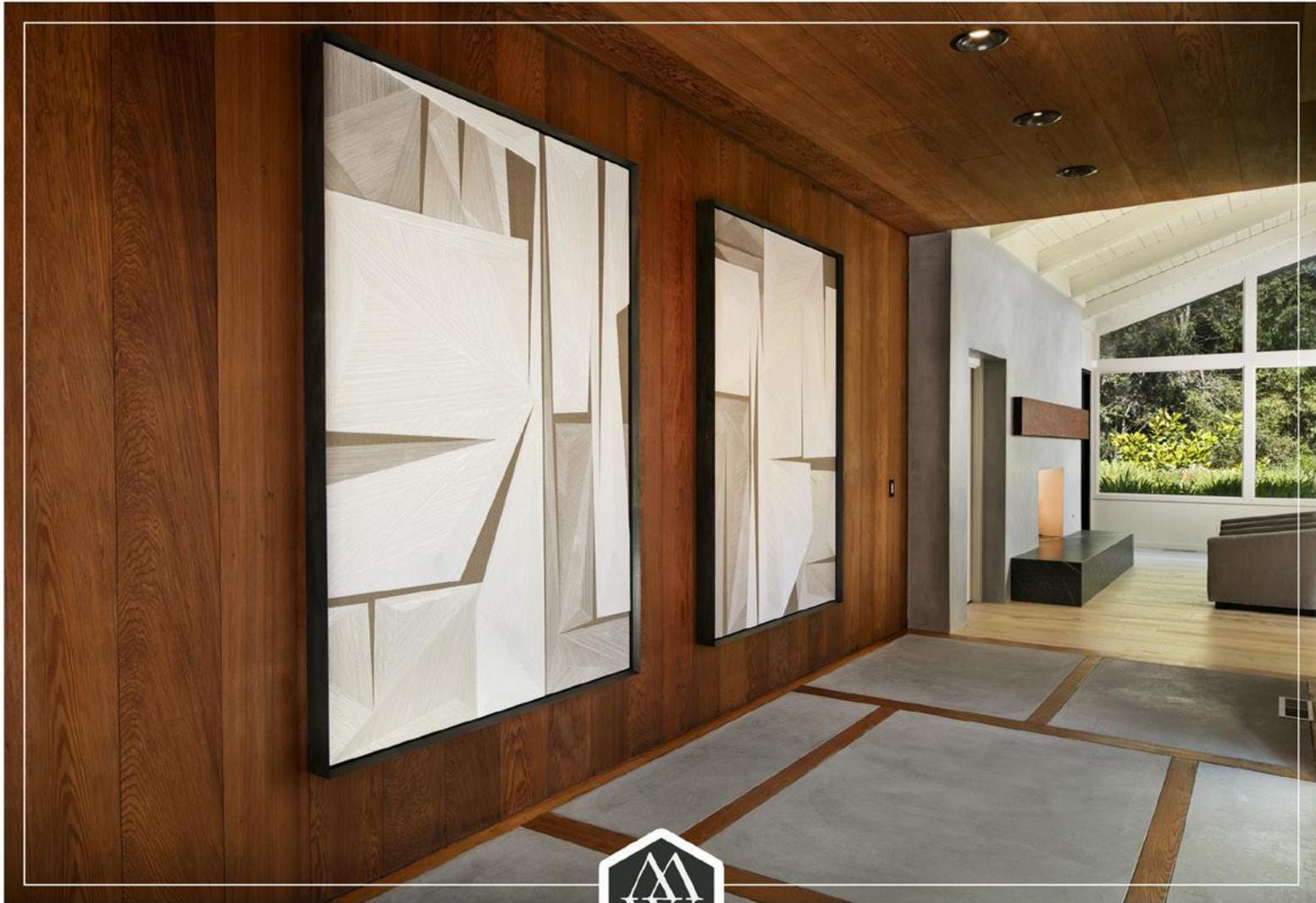




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This enchanting 5.5 acre estate sits atop a private knoll in the coveted Quail Meadows gated enclave minutes to downtown Carmel. Single level custom residence of approx. 6617 SF has 7 bedrooms, 6 full baths, 1 half bath, spacious dining and living room areas, separate office with custom library, 6 fireplaces, wine tasting room, family room, games room, craft room and generous kitchen with dining bar or eat in combination, pantry, laundry, 4 car garage with ample storage and a gas generator.

In addition, there is a 2 bedroom, 1 bath Caretakers cottage with fireplace and garage of approx. 1284 SF and a 1 bed/1 bath guest cottage of approx. 540 SF with attached garage. As you enter the wrought iron gates with the cobblestone driveway amidst the gorgeous oaks and surrounding mountains you will feel the peace and serenity of this unique property. This is truly a one of a kind custom built compound built of quality craftsmanship and perfect for entertaining or your private enjoyment.



7 Beds | 6.5 Baths | Approx. 6617 SF | 5.5 Acres
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Ohana: A Revolution in Youth Wellness

By Kelley Lefmann | Photos Courtesy of Ohana Montage Health

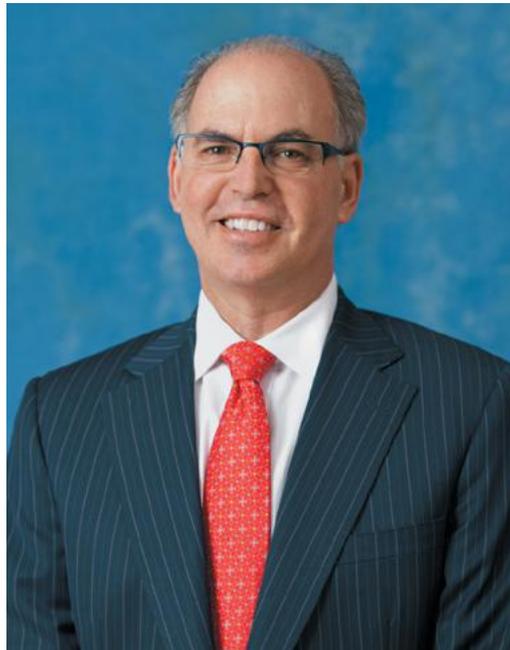
Ohana is a brand-new, first-of-its-kind youth program addressing mental health issues in Monterey County. Launched by Montage Health, a healthcare enterprise that includes Community Hospital of the Monterey Peninsula (CHOMP), Community Health Innovations (CHI), and other wellness programs, Ohana addresses early intervention for youth and teens. “I had the sense that this project would take a lot of money to get it going . . . or it might not ever get done,” says Roberta (“Bertie”) Bialek Elliott, the program’s primary benefactor, who donated \$105.8 million.

Elliott continues, “If you can help young people early, rather than waiting to rescue them later, how great is that?” She has served on Montage Health’s board of trustees and been a leading force behind and generous supporter of other health-related projects, including Community Hospital’s Comprehensive Cancer Center, Family Birth Center, and Inpatient Rehabilitation Unit. Elliott wanted to make a difference, and when she and her three daughters reviewed several proposals put forth by Montage Health, the choice was clear.

Nearly one in six high school students in the Monterey Peninsula Unified School District has seriously considered suicide, and one in three have suffered depression-related feelings, says a 2014–2017 survey by the California Department of Education. These are staggering statistics, when coupled with the fact that Monterey, San Benito, Santa Cruz, and 41 other California counties have no child/adolescent inpatient psychiatric beds.

Ohana, which is also the Hawaiian word for family, is a groundbreaking program that includes an inpatient treatment center (Ohana House, which will have up to 24 beds, with separate spaces for boys and girls). Its focus, however, is on

preventative care and early intervention to avoid reaching the point where hospitalization is needed. Dr. Steven Packer, CEO and President of Montage Health, notes, “We envision a hub for comprehensive, innovative solutions, with concentric circles of care emanating throughout our community.” This includes a partnerships with various community organizations for educational workshops, indoor and outdoor recreational spaces, outpatient treatment, pet therapy, art and music therapy, life coaching, and more.



Dr. Packer explains that families and youth often struggle long before they reach crisis. At which point, they seek short-term solutions such as urgent or emergency care before returning to the same environment.

Ohana aims to give youth and families the resources and support to thrive so that hospitalization is a last resort—not the standard approach to mental wellness. Dr. Packer notes that this is an invaluable investment in the future of children and families. “We are committed to being the best stewards possible,” he says.

The Ohana project is a holistic model of child and adolescent behavioral healthcare with elements that can be replicated in other communities. The first phase, planning and design, is currently underway, as well as a search for an innovator in pediatric/adolescent behavioral health to direct the program. The second phase, slated to begin in 2020, includes construction of the facility and launching of program services, with project completion anticipated by 2021. Elliott knows in her heart that when the doors open the Peninsula will forever be changed for the better.

For more information, visit montagehealth.org/ohana.



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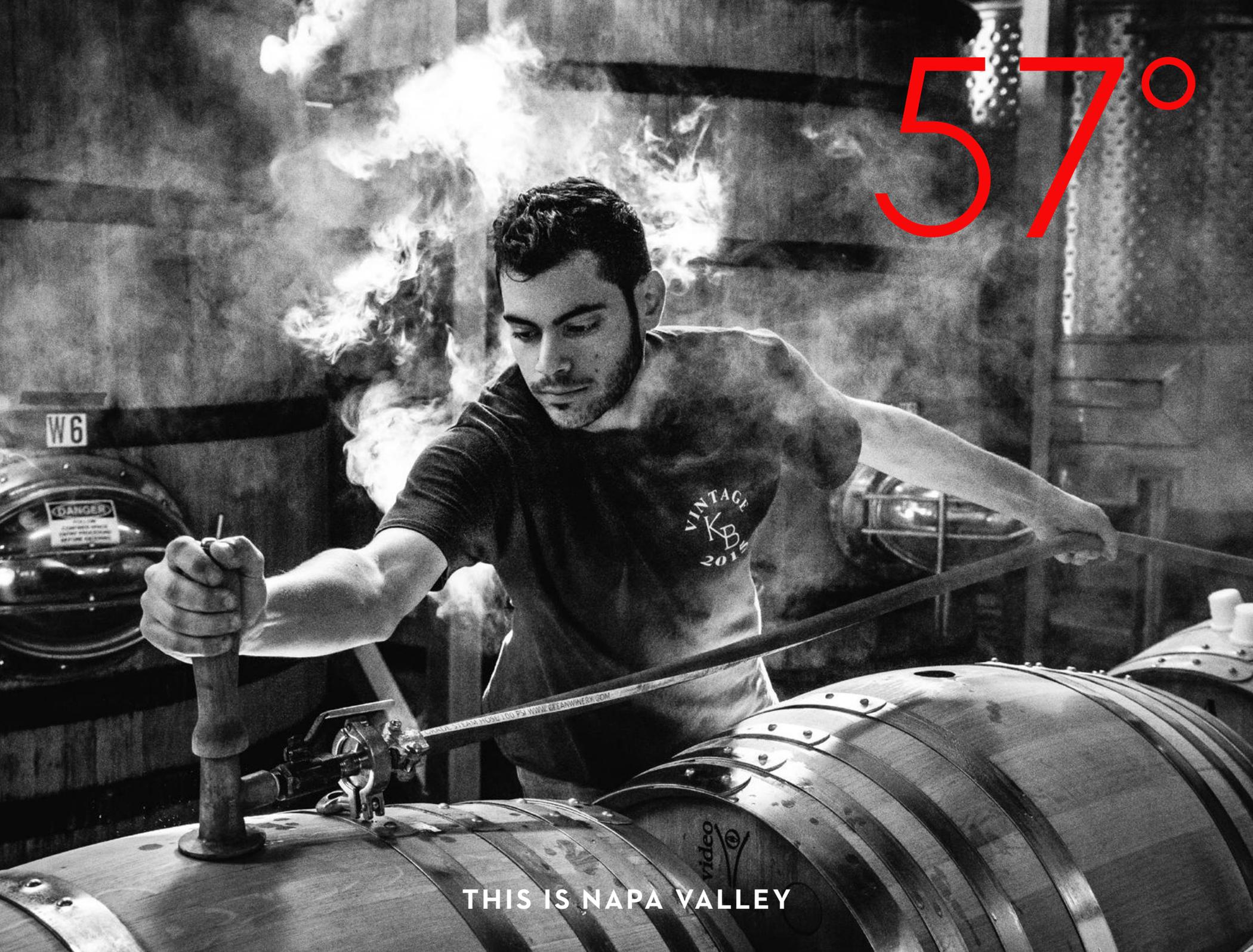


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Breaking Free of PTSD

By Andrea Stuart

FOTO

Kosta Browne: The Rite of Interns

Images of NYC: Robert Nichols

EAT

Bartender's Brunch

By Victor Vargas

STAY

Luxe Among the Vines at Las Alcobas

By Fran Endicott Miller

The Return of the Harbor Court Hotel

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WINERY

Passion for Pinot: Nico Cueva of Kosta Browne

By Fran Endicott Miller

BE SCENE

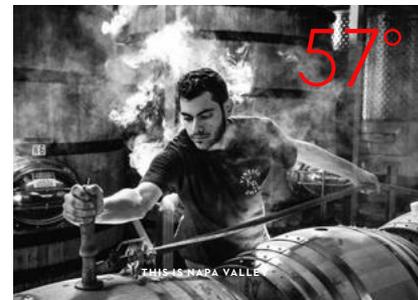
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COMMUNITY

Swirling and Sipping for the Greener Good

By Fran Endicott Miller



Cover:
Kosta Browne: The Rite of
Interns
Photo by Troyce Hoffman

PUBLISHER'S NOTE

by Rich Medel



65° and 57° has been busier than ever. Having made trips up and down the Central Coast, we've been in travel mode. Yet, we never have to go far, really. The 12th Annual Sun, Wind, and Wine Gala at Mer Soleil Winery left us with big smiles on our faces. I was fortunate to grab a photo op with its winemaker, Charlie Wagner. And now, we're gearing up for the Pebble Beach Concours d'Elegance, as you can see from our cover and feature story in 65°.

We're also excited to offer some juicy narratives that dig into important and inspiring topics. Prancing Ponies Foundation, a nonprofit organization, creates "women leaders one girl at a time" through leadership academies.

Plus, Bill and Cindy Stewart share their son's heartfelt story about the drug fentanyl in hopes of educating people about its potency, accessibility, and the role it plays in our culture.

If you haven't been yet, you'll want to check out Las Alcobas in Napa Valley. The incredible property, location just outside of St. Helena's downtown district, carries a vibrant history and offers an unparalleled experience. On the other end of our region in Carmel Valley, you'll also want to explore Holman Ranch, one of the oldest and most beautiful properties in the valley. It just opened a tasting room in downtown Carmel, making their libations even more accessible.

On the aesthetics front, we are proud to work with a talented team of photographers. This issue, we offer special thanks to Troyce for the poignant photography of Kosta Browne.

Finally, we bid a tender farewell to our dear friend Koerner Rombauer. A pilot-winemaker, Koerner took a flight of fancy and made it into a reality with the creation of Rombauer Vineyards. His innovative mind and sunny disposition will be deeply missed. We are grateful to have known him.

Rich

57°

THIS IS THE CITY

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Napa at Sunset

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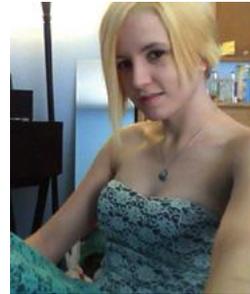
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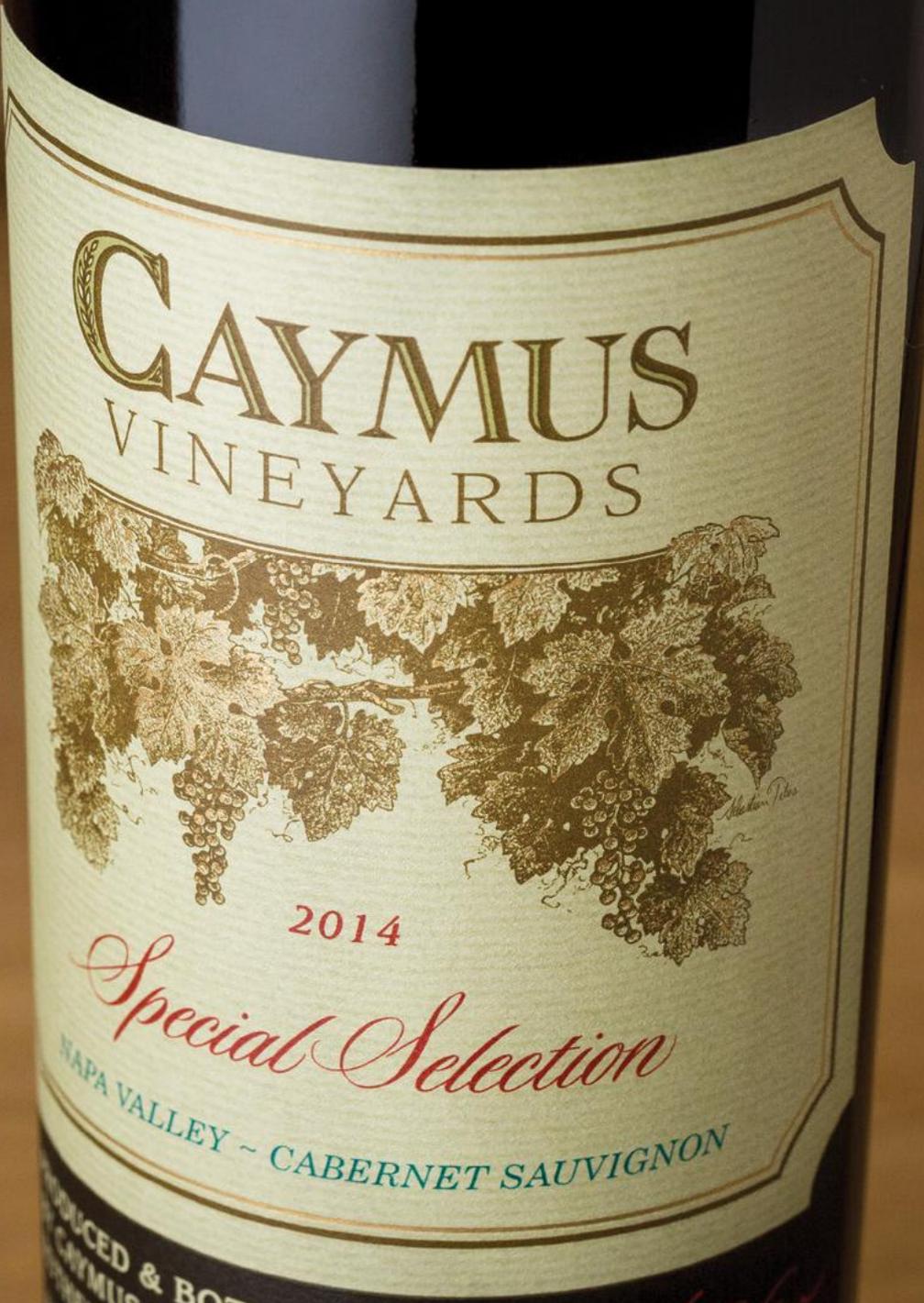


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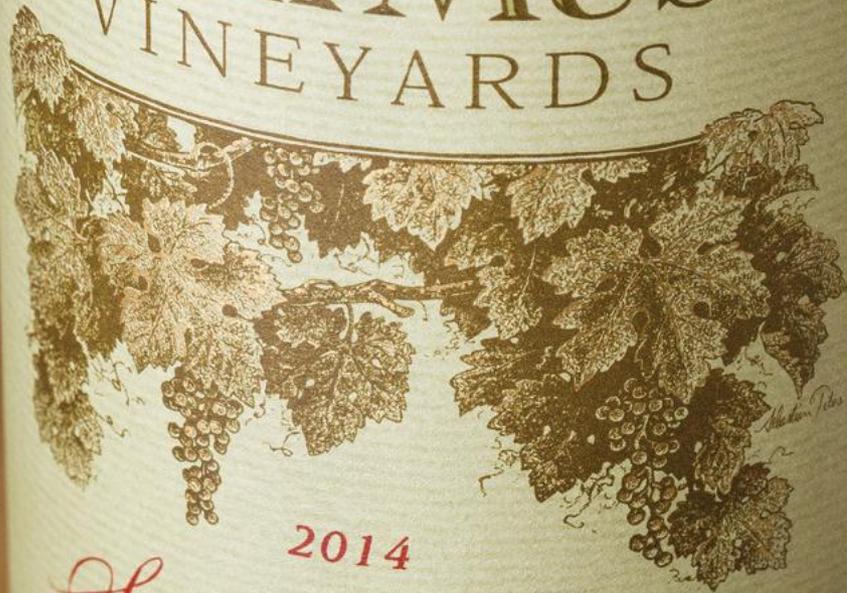
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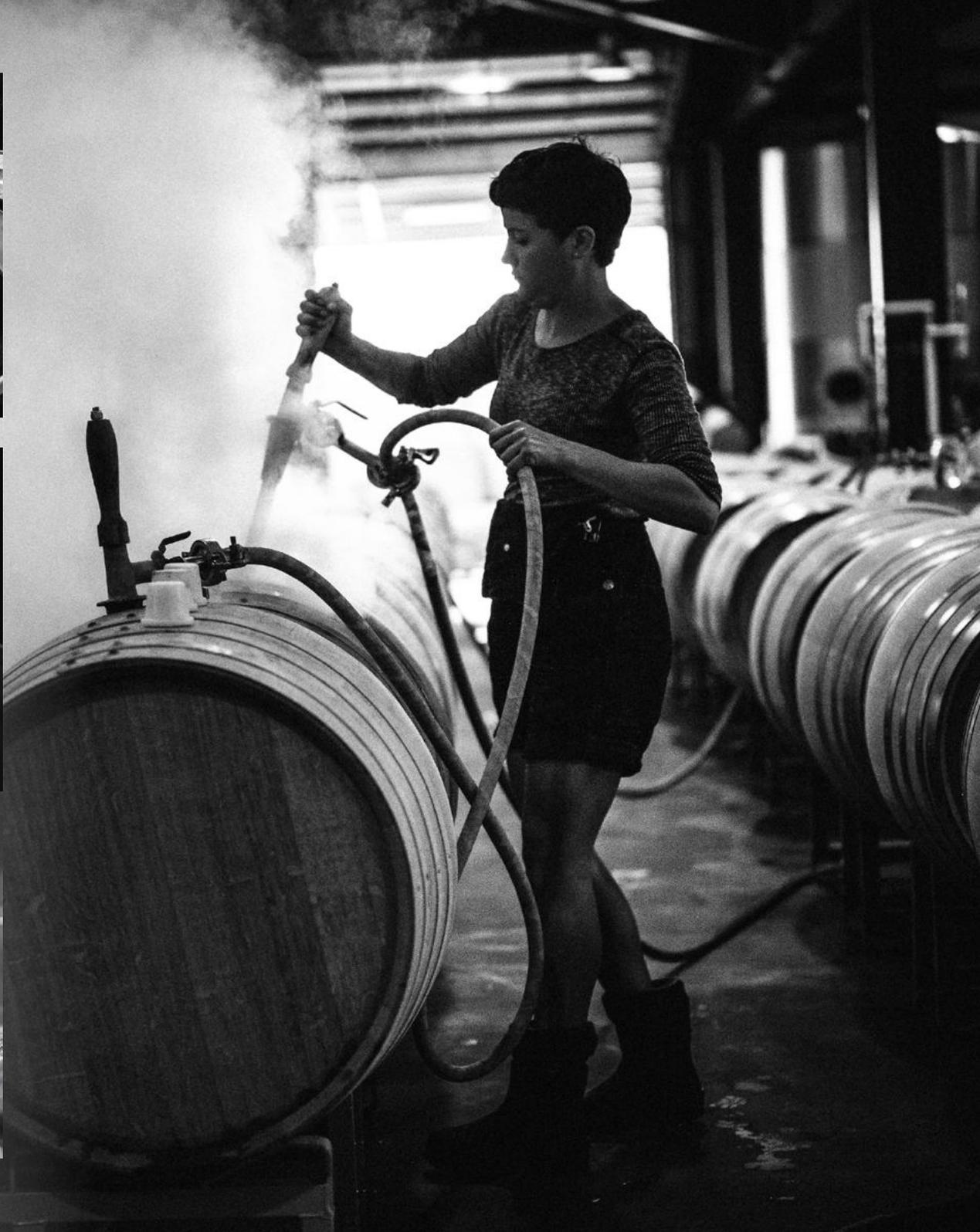


Kosta Browne: The Rite of Interns

Every year at harvest, the cellar crew at Kosta Browne Winery in Sebastopol, California swells with the influx of interns. Many are recent graduates of enology and viticulture programs, some are following their love of wine back to its source, and others are seasoned veterans who follow the harvests around the world. All of them have the same goal; to gain hands on experience and expose themselves to different styles and techniques. It's not always glamorous but it is this new generation of apprentices who will progress wine forward for years to come. This is The Rite of the Intern.











All Dressed Up and Somewhere to Go

By Fran Endicott Miller | Photos by Jonathan Madson

Hannah Harden's cute quotient quadruples when she has her three dogs in tow. Often pictured in [VogueinVines.com](#), Harden's popular lifestyle and fashion blog, Franklin the French bulldog, Sampson the akita, and Finnegan the Irish wolfhound tend to steal the show, and that's not an easy feat when Harden is in the frame. The half-Japanese, blonde beauty handles sales for the Japanese whiskey brand Kikori, but her blog is her passion. She loves discovering and showcasing local businesses and experiences and then sharing her "finds" with her thousands of faithful followers.

For the past five years, the San Mateo native has lived in Yountville with her winemaker husband, Joe, who oversees Robert Mondavi Winery's Bordeaux varietals. The two met at UC Davis, where each played Division 1 basketball. Her look at the time? Cargo shorts, Larry Bird T-shirts, and Adidas® sneakers. She traded that tomboy look for that of a feminine fashionista, and is often asked by friends and family, "Where did you get that top/dress/pair of shoes?" Her daily life in Napa has also sparked inquiries such as, "Where should I eat?" and "Where should I shop?"

"My motivation for starting the blog was encouragement from friends to create a central spot to answer these questions," says Harden. As her audience quickly grew, so did attention from retailers, brands, and service providers, whom she sometimes features if values align. "The content I feature on the blog and my Instagram account is a mix between what I choose to share because I think others will find it interesting/useful/entertaining, and featured products through partnerships with brands or services that I use in my everyday life," she says.

That everyday life includes dog walking in Alston Park, entertaining friends at home with plenty of great wine, and exploring Napa's many restaurants and shops. As [VogueinVines.com](#) gains momentum, Harden finds she is recognized occasionally around the Valley. "I think having three very distinct pups and a very tall [6'7"] husband have certainly helped!" she laughs.

Here are some of Harden's Napa favorites:

Best adventure: There's nothing like starting the day with a sunrise hot air balloon ride! We have used Napa Valley Aloft twice and loved it.

Favorite winery tours: Aside from Robert Mondavi Winery, we love Nickel & Nickel, Mumm Napa, and Ashes & Diamonds.

Favorite start to an evening: Sharing a selection of freshly shucked oysters at Yountville's Bouchon Restaurant along with a bottle of champagne. Just for fun, we like to take the Yountville trolley from our home to the restaurant.

Favorite place for appetizers: Redd Wood in Yountville . . . their pizza is a must, especially when paired with the Robert Mondavi Winery Maestro red blend, 2014. Nestle up against their wine bottle wall for the picture-perfect backdrop.

Favorite shopping spots: If you're searching for the perfect gift for your girlfriend, fiancée, or wife, head to Yountville's new Forty Five Ten for a silk scarf, unique handbag, or their popular skin care products, and then walk down the street to Kollar Chocolates for a customized box of goodies. For the men, head into St. Helena to Sportago for a pair of boots, a timeless watch, or a Patagonia jacket—my go-to spot when shopping for Joe.

Best place for al fresco dining: The fire pits on R + D Kitchen's patio. Bonus: their corkage is free and the dogs are welcome.

Best bakery item: My dogs vouch for the foie-gras-infused doggie treats at Bouchon Bakery. They also make a special doggie peanut-butter cake!

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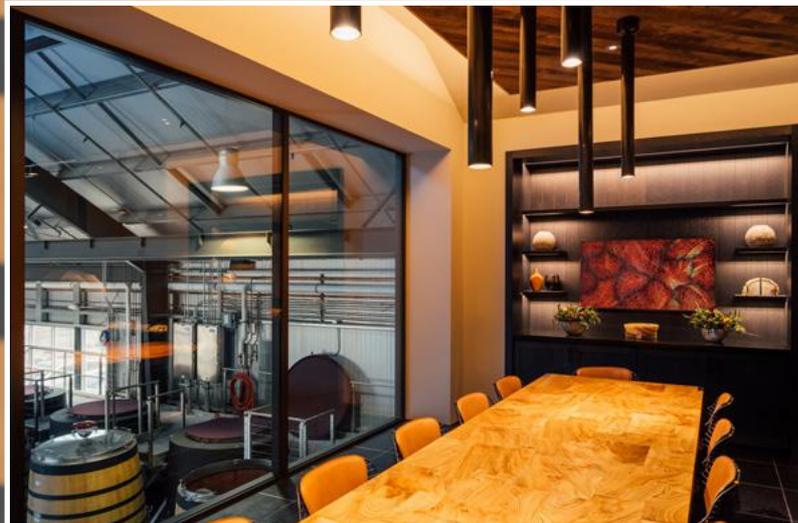


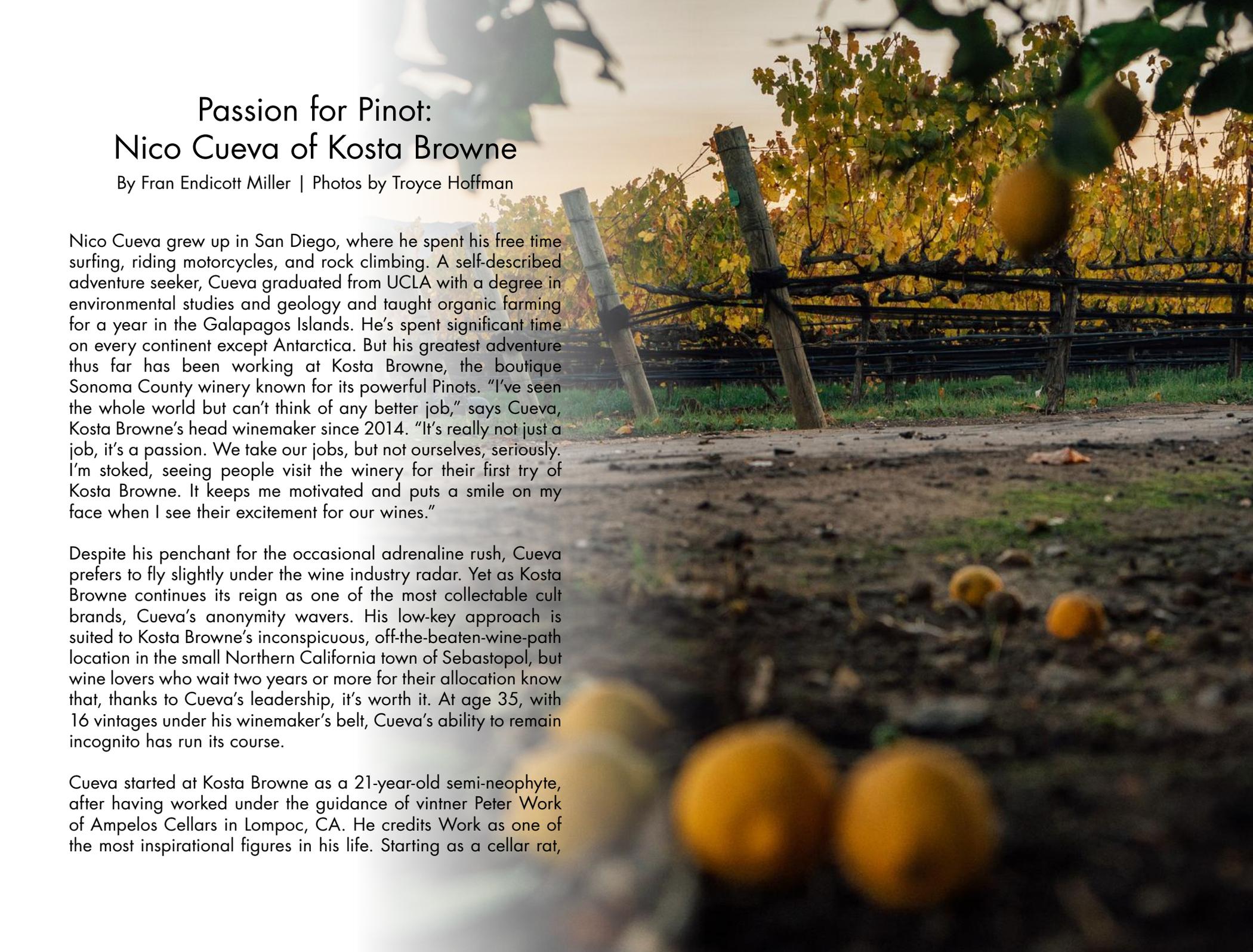
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Passion for Pinot: Nico Cueva of Kosta Browne

By Fran Endicott Miller | Photos by Troyce Hoffman

Nico Cueva grew up in San Diego, where he spent his free time surfing, riding motorcycles, and rock climbing. A self-described adventure seeker, Cueva graduated from UCLA with a degree in environmental studies and geology and taught organic farming for a year in the Galapagos Islands. He's spent significant time on every continent except Antarctica. But his greatest adventure thus far has been working at Kosta Browne, the boutique Sonoma County winery known for its powerful Pinots. "I've seen the whole world but can't think of any better job," says Cueva, Kosta Browne's head winemaker since 2014. "It's really not just a job, it's a passion. We take our jobs, but not ourselves, seriously. I'm stoked, seeing people visit the winery for their first try of Kosta Browne. It keeps me motivated and puts a smile on my face when I see their excitement for our wines."

Despite his penchant for the occasional adrenaline rush, Cueva prefers to fly slightly under the wine industry radar. Yet as Kosta Browne continues its reign as one of the most collectable cult brands, Cueva's anonymity wavers. His low-key approach is suited to Kosta Browne's inconspicuous, off-the-beaten-wine-path location in the small Northern California town of Sebastopol, but wine lovers who wait two years or more for their allocation know that, thanks to Cueva's leadership, it's worth it. At age 35, with 16 vintages under his winemaker's belt, Cueva's ability to remain incognito has run its course.

Cueva started at Kosta Browne as a 21-year-old semi-neophyte, after having worked under the guidance of vintner Peter Work of Ampelos Cellars in Lompoc, CA. He credits Work as one of the most inspirational figures in his life. Starting as a cellar rat,



Cueva studied the vines and seasons under Work's direction. He also started at the bottom at Kosta Browne, working his way to head of winemaking four years ago. He knows every aspect of the Kosta Browne process and requires the same know-how of his small team to maintain the Kosta Browne style and quality, described time and time again as elegantly intense. "I'd always heard about this place," says Cueva, whose wine education began in his teens, when he spent time exploring and tasting at vineyards and wineries throughout Australia, South Africa, and Santa Barbara. "Kosta Browne had a huge reputation of immense quality, coming from serious cellar dedication, and I had always wanted to work for a high profile, small, really intense place," he says. "The cellar has always been full of wonderful energy—the team works hard in producing amazing wines, but we have a great amount of fun."

Cueva's goal is to always highlight the identities of each of the premier Russian River Valley, Sonoma Coast, and Santa Lucia Highlands vineyards from whence the grapes have come. He strives to make wines that are as immediately pleasurable as they are age-worthy. "A Kosta Browne wine should be enjoyable the minute you get it and pop the cork, but should also go the long haul," he says. He's also a believer in paying homage to the winemaking past while respecting the inescapable function of technology. "Not all that is new or old is good and right," he explains. "I like to back up and review what people did before, in the past 1,000 years of winemaking, and take what is new, when applicable. Technology can sometimes get in the way, but when paired with more archaic fermentation and elevage techniques, the combo creates great wines."

Says Cueva's mentor, Work, "It's been amazing, watching Nico's journey and to see him grow over the last decade to build an impressive network of global friendships, shape his own winemaking style inspired by winemakers he's met along the way, and do it all in his humble, soft spoken-style."





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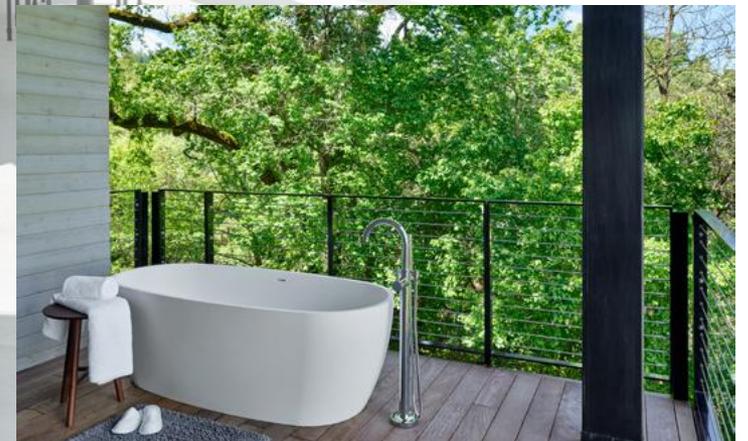

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Luxe Among the Vines at Las Alcobas

By Fran Endicott Miller | Photos by Jason Dewey

Napa Valley boasts any number of luxury hotels poised to take advantage of vineyard views. But none has nestled itself among the vines—until now. Las Alcobas, a Luxury Collection Hotel, and the first luxe resort to debut in the area in seven years, shares its St. Helena location with historic Beringer Vineyard, and many of its sumptuous guest rooms are within arm's length of the grapes.

The three-acre property, anchored by the 100-year-old Georgian-style Acacia House, takes full advantage of its stellar location just steps beyond St. Helena's quaint downtown district. A central lawn, small pool, and large fire pit face the Mayacamas Mountains. A state-of-the-art fitness center overlooks an oak-tree-studded creek. And the Acacia House wraparound veranda commands a valley view. Most of Las Alcobas' 68 rooms are housed in three ultramodern buildings that surround the property—a juxtaposition of old and new that creates an appealing aura.

Rooms at Las Alcobas, each featuring Italian Rivolta Carmignani bedding and plush robes, are a spacious minimum of 450 square feet. Suites are an expansive 1,500 square feet, and some have outdoor soaking tubs. Every aspect, from linen-upholstered headboards to birch ceilings to oak flooring, is custom designed in shades of gray. Well more than 50 soothing hues have been harnessed, from carbon to charcoal to dove. Spa-like marble bathrooms feature large soaking tubs and stone-carved sinks. The sodas, waters, and organic treats found in each minibar are complimentary, and an in-room selection of wines is offered for purchase. Each room boasts its own private outdoor balcony with gaslit fire pit. Morning or night, the glow and warmth of a flickering flame creates unmatched ambience. Cuddle up with a wool throw blanket, and add a mimosa or glass of local Cab to further elevate the experience.







Celebrated Bay Area chef and Top Chef Masters winner Chris Cosentino oversees the resort's rustically elegant 50-seat Acacia House restaurant, a favored hangout for locals. The warm and welcoming dining room (also in gray tones) is refined yet casual. Every detail, from the steak knives to the antique, etched bar ware, has been thoughtfully curated. Cosentino's menu changes regularly; he uses wine country's seasonal bounty to showcase a refined twist on classic beef, fish, and poultry dishes. Creative vegetable offerings more than satiate vegetarians. All flavors are bold and often unexpected—a dab of caviar here, a serrano chile slice there. And though the wine choices are plentiful, it's the Las Alcobas margarita that begs for a sup, a lemon- rather than lime-based recipe libation topped with fluffy salted foam that substitutes for a salted rim. The drink is borrowed from the hotel's sister property in Mexico City.

In keeping with the fusion of historic and modern, the resort's exquisite spa, Atrio, features ancient treatments in its contemporary environs. Atrio's four votive-lit single treatment rooms and one couple's treatment suite are flanked by the central Sanctuary, an indoor/outdoor respite where hibiscus tea and healthful treats are offered. The steam room and outdoor shower are coed, and Atrio guests are invited to use the 24-hour on-site fitness center and adjacent fire pit and relaxation area. Unique Asian healing therapies and techniques, for which therapists undergo intensive training, are menu highlights, and are found nowhere else in the Valley. Nor is Atrio's aroma blending experience, a highly personal indulgence led by an aromatherapy expert who guides guests towards their own signature scents. The blend is used during massage treatment, and a small bottle is provided to take home—a wonderful way to extend the refined Las Alcobas experience.





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Fundraising Phenom Elaine Honig

By Fran Endicott Miller | Photos by Jonathan Madson

Elaine Honig never planned to become a leader in fundraising. The St. Helena resident and self-described “serial entrepreneur” serendipitously fell into the role—one that she was clearly meant to play. After first earning her business stripes in real estate and then spending two decades as the creative director for Honig Winery and Vineyard, she found her true calling as founder and president of Wine Women & Shoes (WW&S) and its parent company, Studio 4forty. Over the past 13 years, Honig has helped nonprofits nationally and internationally raise more than \$60 million.

Honig’s philanthropic talents were first revealed when she staged a novel and highly successful fundraising event for a Napa nonprofit on whose board she served. Rather than the traditional and rote pairing of wine and food, Honig added a twist that proved to be irresistible: pairing wine and fashion—specifically, shoes. The engaging and remarkably profitable event resulted in others clamoring for her successful recipe. Thus WW&S became more than an unconventional affair with feminine flair, it became a brand.

To date, Honig and her talented WW&S team have staged more than 350 events nationwide, featuring an inspired formula that doubles as marketing opportunities for national and international wineries. “It’s a total win-win,” says Honig. The organizations that hire her receive how-to strategies and proven fundraising formulas, a full suite of services to support and ensure success, graphic and web designers, fundraising and event planning professionals, and wine procurement experts—a key facet of the business model. Clients receive up to 15 cases of donated wine from six wine brands, with travel costs for them to pour at the events provided. WW&S also ensures exclusivity within a metropolitan area. A project manager is assigned to each event, providing management strategies, budget consultation, and assistance with venue selection and sponsorship development. The project manager also attends and helps out during the event.

While WW&S certainly doesn’t exclude male attendees, the focus, admittedly, is on women. Recently, though, Honig introduced a new fundraising event series, Farm to Table(aux), in hopes of appealing to a wider audience. It playfully marries the farm-to-table culinary movement with an edgy interpretation of Tableaux Vivants or “living pictures” performance art. To date, three Farm to Table(aux) events have earned more than \$600,000 net for charity partners.

Despite her fundraising successes and the increasing national attention of WW&S and Farm to Table(aux), Honig enjoys keeping a low profile. “I’m completely content, swimming my laps and walking my scruffy rescue dogs,” she laughs. She typically cares for two pups at a time, and has fostered more than 50 over the past six years. She has served on the boards of several Napa Valley agricultural and land trusts and the di Rosa Center for Contemporary Art, and has been honored as an Outstanding Woman in Agriculture. She claims she’s happiest when she’s in a museum, and she hopes to take a sabbatical at some point to immerse herself in the study of art history.

But if her goal of taking WW&S from 65 events annually to 100 is to be realized, travel plans will have to wait. And for those who know and love Honig, that’s fine with them, as her absence would be missed. “She’s just a great person,” says good friend Congressman Mike Thompson. “Most everything Elaine touches turns to fun.”

Adds WW&S wine partner Jean Charles Boisset: “Doing well for the community while tapping the dynamic energy of women, and galvanizing fun, fashion, and wine . . . Elaine is living the ultimate dream.”







CAYMUS VINEYARDS



Napa: Home Away from Home

Chef Soerke Peters of Village Corner Restaurant in Carmel prepared for the peninsula's busy summer season by enjoying "spring break" in warm, sunny Napa Valley. His sojourn included a wine tasting at Caymus Vineyards, where he caught up with Wager Family of Wine Proprietors Chuck and Charlie Wagner. "It is a must-stop for us when we visit Napa,"

say Peters. "The Tasting Room and gardens surrounding the vineyard are stunning." Where did Peters stay? At Hotel Napa Valley in downtown Napa, where the hospitality is unbeatable. Peters and his family will be back after fall, once the summer and autumn rushes slow down.





Swirling and Sipping for the Greener Good

By Fran Endicott Miller | Photos Courtesy of Napa Green

With more than 400 wineries within its 45,000 acres of planted vines, the Napa Valley is rife with a variety of wine tasting opportunities. From small-production, independent producers to the multiple larger brands, there's something in this sylvan setting to sate every palate. But with so many choices, where does one begin?

Napa Valley Vintners (NVV) provides a convenient starting point, with its 12-themed Napa Green Wine Tasting Itineraries curated to match every viticultural mood or interest. The common theme? Each of the itineraries' 36 wineries is a participant in either the Napa Green Certified Land or the Napa Green Certified Winery program, which means that your every sniff, swirl, and sip promotes environmental preservation.

Created in the early 2000s through a cooperative effort involving a variety of community leaders, the Napa Green Land program requires landowners to implement extensive conservation measures such as soil retention, erosion prevention, reduction of harmful runoff, conservation of water, and restoration of wildlife habitats. Wineries in the Napa Green Wineries program must implement over 100 measures beyond compliance to further conserve resources, prevent waste, and enhance their operational efficiency. Evaluation occurs through an impartial third-party. Together, these programs build on a rich history of stewardship and conservation by helping to protect the Napa Valley for future generations. Those who embark on NVV's self-guided Napa Green Wine Tasting Itineraries can take pride in knowing their patronage supports land sustainability. Winetasting that promotes a greater good? Who knew?

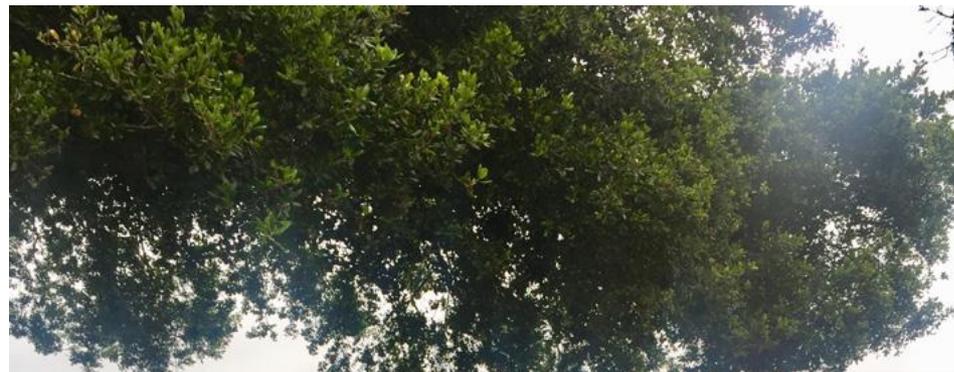
Itineraries feature three proximate wineries, each with shared qualities. Are you an art lover? Then choose Art & Architecture and taste as you tour the galleries of the Etude, Artesa, and the Hess Collections. Want to maximize your tasting time? Select the Drive Less, Taste More tour and shuttle less than five miles between St. Supery's elegant tasting room and sustainably farmed culinary gardens, Alpha Omega's sun-soaked terrace, and the homey farm aesthetic of Long Meadow Ranch.

Double Down at three wineries that are both Napa Green Land and Napa Green Winery certified and enjoy the historic barn hospitality at Trefethen, the lush gardens at Domaine Chandon, and the rock 'n' roll vibe of Cliff Lede. Discover the Hidden Gems of the southern Carneros region and chat with Saintsbury cofounder David Graves as you toss the tennis ball for his two friendly Australian shepherds, take a cave tour at Jarvis, and enjoy Porter Family Vineyards' sweeping views from its Coombsville property. Select the American Dream itinerary and learn the origins of Chateau Montelena's historic 1976 Judgment of Paris win, absorb Benessere's "good life" vibes, and witness how a wine dynasty family keeps things fresh at Trincherro Napa Valley. The Eco Chic tour leads to the obsidian-inlaid tasting room of Chateau Boswell, the rustically elegant tasting barn of Phifer Pavitt, and the stylish solitude of Stony Hill.

"Making the commitment to third-party certification takes time and effort," says Susan Boswell, unofficially dubbed "Queen of Napa Green" for her unflagging efforts to reduce water and energy use at Chateau Boswell. "But it is worth it, to demonstrate our commitment to the community and to protect our watershed, our land, and the air we breathe."

"Making wine in this sustainable way is an acknowledgment that everything we do affects everything else," says Kevin Morrisey, winemaker at the organically and biodynamically farmed Ehlers Estate (which is included in the Bees & Bocce wine tasting itinerary for its visitor-luring bocce court). "Installing bluebird boxes and sowing insect-beneficial wildflowers enriches not only our vineyards and wines—it enriches the entire planet."

For the full Napa Green Wine Tasting Itineraries list, visit <https://napagreen.org/visit/itineraries/>. Call ahead to schedule your visit.



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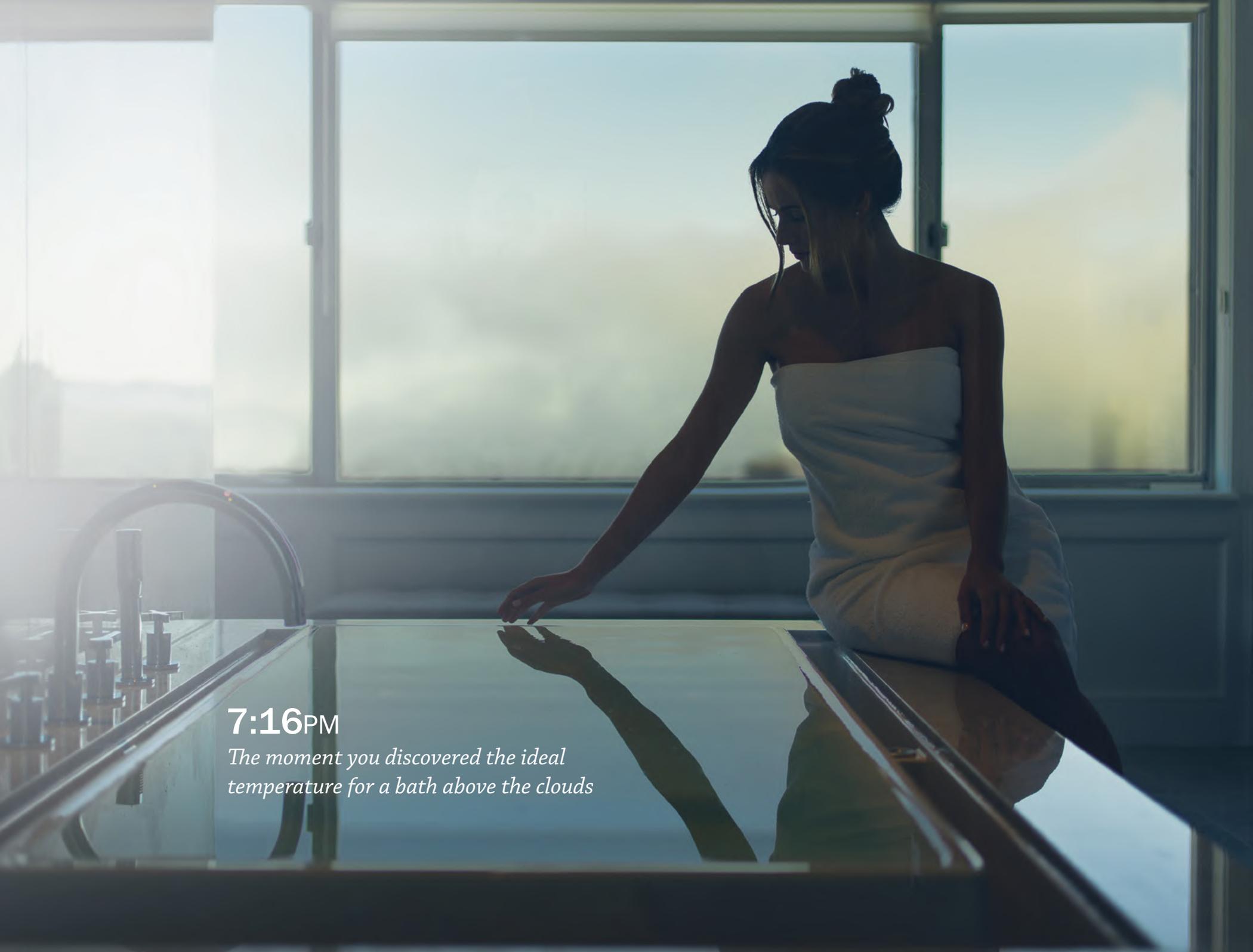
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Images of NYC

These images were created while Robert Nichols spent two weeks in New York City. His photography from the trip conveys the size and energy of this expansive urban habitat. Its energy is revealed through this series of black and white images. "This city is a special place and I will definitely return very soon," says Robert Nichols.





ZAC PRATTEN





BE SCENE | NEIMAN MARCUS HOSTS ZAC POSEN AND KEN DOWNING

Neiman Marcus Union Square

Photos by Drew Altizer

On April 12, Neiman Marcus Union Square hosted Designer Zac Posen with Neiman Marcus Fashion Director Ken Downing for a fashion chat and presentation. The feature included gowns from the fall collection paired with David Webb precious jewelry in the Couture Salon. Zac and Ken provided personal styling to guests as they shopped after the show. Other notable people in attendance included Fashion Icon Sonya Molodetskaya, Designer Karen Caldwell, President of San Francisco Opera Guild Jane Mudge, Real Estate Broker Shannon Cronan, Designer Komal Shah, and NM General Manager Todd Hoyles.









Bartender's Brunch

By Victor Vargas | Photos by Pedro Lange-Churion

The Saratoga's Brandon Clements sat down with 57's Victor Vargas to discuss his journey with Bacchus Management Group, Vintage Cocktails, and why The Saratoga has the best boozy brunch in San Francisco.

57: How long have you been with Bacchus Management Group?

Brandon Clements: I started as one of the hourly bartenders at [the restaurant] Spruce in 2007, so I am going on almost 11 years.

57: Where did you work prior to that?

Clements: I had managed [and worked] at a couple of bars around town, most notably Mecca, when it was still a top 100 restaurant. My mentor and friend Neyah White was the bar manager there, and they were going through an ownership change, and he thought that, although I had no management experience, being relatively young—about 24 or 25—I was really skilled, and he found a way to grandfather me into the bar manager position before the owners took over. And they kept me in that position. I stayed there for a couple of years before I learned of the opening of Spruce. I was told that they wouldn't have a bar manager when they opened, but I made it clear that it was the position that I wanted, so I accepted the hourly position and worked as hard as I could to prove that I should be their guy.

57: Where you hired as a lead bartender?

Clements: No, just [as] one of the team.

57: You are now the chief bartender for this restaurant group?

Clements: Yes, I oversee six bar programs. As of next week, there will be seven, and hopefully by the end of this year there will be eight.

57: I understand that you've become a partner in this restaurant group. Is The Saratoga your home base?

Clements: Well, until The Saratoga opened, I always felt that Spruce was my home, because that is where I started.

57: And you developed an excellent reputation there because I remember hearing "Brandon at Spruce!" I absolutely love Spruce, but I always thought, "Who is Brandon at Spruce?"

Clements: It was always a challenge to get the kind of [reputation] that you might

be able to get if you were working at more bar-focused restaurants. When you're working at a Michelin-starred restaurant with an award-winning wine list, the bar is definitely the third tier of importance, compared to the food and the wine program. So despite some high-profile competitions that I won, I was never able to crack through [as do] people who work at bars such as Bourbon and Branch.

57: What inspired you guys to open up a spot in this neighborhood?

Clements: The whole concept started off much differently. Jay Jeffers' design studio is near here, and he and his partner, Michael Purdy, told Tim [Stannard] about this space being available and suggested we check it out. Tim and I had agreed to do a project together, and we were looking for spaces, so we came over. None of this existed—this was all white plaster, and there was a rickety staircase leading down to the basement. We found that, in one small area [of the basement], someone had been operating an illegal speakeasy. There were remnants of a bar and there were glow sticks taped to the wall. So we immediately fell in love with the bones of the place. It is actually a national historical landmark—it was originally called the Elk Hotel when it opened shortly after the big 'quake of the prior year, in 1907, and for reasons that I have not been able to figure out, it was rebranded in 1908.

57: Tim Stannard, the founder of Bacchus Management Group, is a design buff?

Clements: Yes, he is always reading some magazine or dog-eared some article on design. I owe a huge debt of gratitude to him for believing in me from the beginning and telling me to my face, "I don't need a bar manager for Spruce," realizing that I was the guy for the job and creating a position that he didn't plan on having. Also, every time I have looked for a new opportunity, he's given me a chance to be able to do it.

57: How does the food at The Saratoga differ from the food offered at your other properties?

Clements: We decided that we wanted to be known first and foremost as a bar and a cocktail spot. We didn't want to replicate Spruce or The Village Pub, but we also didn't want to be slinging hash and burgers. We do have a great burger, but it's a killer burger. The food is elevated—[we offer] takes on classic and contemporary bar food mixed with a traditional supper club vibe.

57: I see some amazing-looking dishes on the brunch menu. Please elaborate on that a bit.

Clements: We have only been doing brunch for a few months, now, and the main factor for me was that I wanted a bar brunch—not coffee and pastries—I want people who want to be at a bar.

57: A boozy brunch . . .

Clements: Exactly. One of the things I am most proud of with our brunch is that we sell almost no plain coffee or juice. It's cocktails—on the menu, our coffee is coffee with Rock and Rye whiskey with a rock candy stick to stir. We have three different Bloody Marys—a traditional, a tomatillo-cucumber, and a carrot version. You can add bacon, fried chicken, beef jerky, shrimp, [or] fried pickle. And we have a version called The Works, which has everything in it. The brunch menu is a completely different cocktail list and food selection from our regular menu. Our most popular brunch dish is Jenga Tots, which is a tower of Jenga-sized tater tots with cream cheese, smoked salmon, cucumber, capers and red onion.

57: This is a beautiful space. I heard about it a while back, but had not yet visited. One day, I was in an Uber, and we drove past the corner, and I thought, “Wow, what is that?” The next day, I came in.

Clements: It glows! There are definitely not many buildings in the Tenderloin that stand out like we do at night—all the windows, the ironwork, the extensive back bar, and the custom-built chandelier. Stephen Brady did all the interior design. He designs all of the Bacchus Group's restaurants, and he's a very accomplished designer.

57: I don't think there is another bar in San Francisco quite like this one.

Clements: There are very few spots that have an underground bar in San Francisco. It's more of a London or New York thing. The feeling that you're underground is unique.

57: Tells us about the selection of spirits?

Clements: Our white spirit selection is heavier on gin, not very much rum or vodka. We have about 20 to 25 agave spirits [tequila and mescal], and about the same in gin, but whiskey is really where we planted our flag with the bulk of our list. It's primarily American whiskey. We are [also] well represented in Japanese whiskeys. We are above 700 different spirit selections, right now. We have about 25 different bottles of [Pappy] Van Winkle that I've been collecting. Much to the chagrin of my bosses, I

have been squirreling away bottles of Van Winkle for the past 10 years—saving it for the occasion that I might get my own bar someday—so that we have an entire page [in the cocktail menu] of different vintages and bottlings of Van Winkle. That's just the bourbon. We also have about five different bottles of the [Van Winkle] rye.

57: Do you design all the cocktails?

Clements: I do. I put together all the cocktails for the opening list, and now Emily Parian—the head bartender—has been contributing a lot more.

57: What is the signature cocktail?

Clements: I have been really surprised, considering it's the smallest section of spirits that we have, but our Walking Dead cocktail is extremely popular. It's a rum-based tiki drink. I was really proud that Martin Cate, of Smuggler's Cove fame, thought that it was a really good representation of a tiki cocktail. We also recently added Chartreuse, Bénédictine, Fernet, and Pimm's cocktail selections to pair with our vintage spirits. The Green Goblin has been one of our best sellers—it's a Chartreuse cocktail with a botanical vodka made by Square One, which is basically a gin without juniper. Chartreuse is a big part of what we do here, and we actually just found out from Frederick Wildman, the importers of Chartreuse, that we are the number one sellers of Chartreuse for the entire country. It makes me very proud.

57: What makes The Saratoga special?

Clements: I wanted to open a top-notch craft cocktail bar—and I know that term is bandied about a lot these days—but minus any of the pretense that you find at other craft cocktail bars. It is most important to me that my staff are not acting like bar sommeliers. I'm not looking for mixologists. I want bartenders, salt-of-the-earth people who won't make fun of someone when they order a Cosmopolitan, but will make them the best Cosmopolitan they've ever had. Once we gain their trust, we can start steering them into the things we think are cool. I can teach someone to tend bar, but I cannot teach them to have empathy and be a hospitable person. That's how we look for people, we look for people who are going to connect with our guests, who genuinely care that our guests are leaving happy.

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Breaking Free of PTSD

By Andrea Stuart | Photo Courtesy of Jade DeFrates

The hallway swarms with chatty teenagers scurrying between classes. They steadfastly clasp their backpack straps, hoping to make it to class before the bell rings—being late for class is a common fear. For some students, however, their biggest fear is being tormented by classmates. These students often dread lunchtime, that social hour in the day when teachers are scarce, time is everlasting, and protection from bullies is limited. They are often relegated to an isolated corner of the school, where they attempt to quietly consume their meals.

For Carmel resident Liam Blackwood, his childhood and teen years became the emotional backboard for his 20s. After completing college, he became a high school teacher. However, his excitement was quickly washed over by a sense of dread when, each morning before work, he became violently ill. Stomach churning and vision narrowing, he felt as though he was back in his school days.

Licensed clinical social worker Jade DeFrates refers to this state as a level of trauma. After receiving undergraduate degrees in sociology and psychology, she earned a Master of Social Work. During her time as a graduate student, while working with World War II veterans who suffered from post-traumatic stress disorder (PTSD), she learned about a treatment approach known as eye movement desensitization and reprocessing (EMDR).

“There are different levels of trauma that people experience throughout their lives,” DeFrates explains. “The ‘little t’ and the ‘big T.’” The little t comes insidiously from one or more experiences that layer into a person’s psyche, such as an adolescent who is called “pizza face” by classmates and finds himself, years later, anxious due to the slightest skin imperfection. The big T includes traumas such as war, experiences as a first responder, or from being the victim or witness of a violent crime or accident. Regardless of the severity of the trauma, PTSD can present itself at any age and in a variety of ways. According to the National Center for PTSD, about 7 or 8 out of every 100 people will experience PTSD at some point in their lives.

In Blackwood’s case, the traumas he experienced in school as the recipient of severe bullying—which eventually led to him moving and changing schools—were alleviated through EMDR therapy.

During EMDR therapy, a person connects with emotionally disturbing material in short, sequential doses while simultaneously focusing on an external stimulus. Therapist-directed lateral eye movements are the most commonly used external stimulus. EMDR therapy essentially helps a person access the traumatic memory network to enhance information processing. New associations are constructed between the traumatic memory and more adaptive memories or information. We might think of these new associations as a sort of rewiring of the brain that enables new learning, elimination of emotional distress, and development of cognitive insights. Fortunately, EMDR therapy can be successful in just a few sessions.

Blackwood sought out EMDR treatment with DeFrates when his symptoms began interfering with his job. “Before EMDR, the difficult moments I had with students would run through my head consistently, when I got off work. It was like a never-ending movie reel of bad memories,” he says. “After EMDR, the reel stopped, and I didn’t have any more anxiety associated with those memories.” Blackwood has since been able to face his traumatic experiences, which has helped him understand the irrationality behind his fears and the biological mechanisms behind his symptoms. He could return to work and achieve peace in many aspects of his life. He can look back on situations that bothered him without reliving the feelings he once associated with them.

PTSD is a heterogenous condition that presents in different ways with different people. And while not everyone who goes through traumatic life events develops PTSD, those who do often feel helpless. Some people even feel ashamed of their perceived “weakness.” However, psychological wounds are just as real as physical wounds and can be healed in a similar fashion. Just as a cut or scrape can become infected when it is constantly irritated, so can an emotional injury. EMDR helps to remove the emotional irritant so the mind and body’s healing processes can begin.



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The Return of the Harbor Court Hotel

By Victor Vargas | Photos courtesy of Harbor Court Hotel

Housed in a former Army-Navy YMCA residence, the Harbor Court Hotel is adding yet another chapter to its hotel history. Its latest makeover is decidedly modern, appealing to hipster millennials looking for exciting nightlife outings as well as to curious, seasoned travelers. The 1926 Spanish Colonial Revival style building is located at the foot of the shimmering Bay Bridge and boasts one of the most Instagrammable photo ops in the entire city.

The Harbor Court Hotel features two entrances. One is on Steuart Street. It provides the easiest access to the front desk, and connects patrons to Ozumo, a contemporary Japanese restaurant, and, a few steps further, The Modernist, a recently opened private club with an impressive cocktail list. The other entrance, opposite, is on The Embarcadero, a quintessential San Francisco tourist destination facing the water and Treasure Island. This is the front of the hotel and best displays the building's architecture. The busy street is populated by culinary hot spots such as Epic Steak, The Ferry Building and its sea of gourmet vendors, and top-notch international restaurants such as The Slanted Door and La Mar Cebicheria. What's more, you can take the Metro to AT&T Park to catch a baseball game or visit Pier 39 or other interesting neighborhoods.

As you enter the main lobby, a stylish aesthetic emerges—a wooden-pallet-covered wall, a comfortable large sectional sofa in multiple shades of blue, and small cocktail tables. Across from there, you'll find the front desk and a café that offers complimentary coffees and teas to hotel guests as well as a variety of pastries, grab-and-go snacks, and beverages for sale. Down the hall and across from the elevators sits a large gathering and lounging space that includes two private, glass-enclosed meeting rooms, a communal table, multiple seating areas, and two TVs. The décor is contemporary, user friendly, and pleasing to the eye.

Most interesting are the hotel rooms, which, due to their residential origins, are rather compact, in the spirit of modern city hotels. Notwithstanding, they are fun and nicely appointed, often featuring a large mirror, dark-wood furnishings, a minibar stocked with tasty gourmet snacks, and a very comfortable bed. PUBLIC® bicycles are available on loan. With a friendly staff, a fantastic location, and a multitude of entertainment options, The Harbor Court Hotel presents an extremely desirable proposition. Add to that one of the most spectacular views in San Francisco, and a stay here is mandatory.

The Harbor Court Hotel
165 Steuart Street, San Francisco, CA 94105
415. 882.1300





