

FRESHEN UP
R&R on Maui's
Northshore

PLAZA PANACHE

SAVVY SOUTHERN
CALIFORNIA
STYLES THAT SET
THE SCENE FOR
SPRINGTIME

Culture Cravings

*A serene scene
in French
Polynesia*

PEAK SHOW
THE SEASON'S
COOLEST
RUNWAY
TRENDS FOR
THE MODERN
WOMAN

**RANCH
STYLE**
THE PAST,
PRESENT +
FUTURE OF
RANCHO
MISSION VIEJO

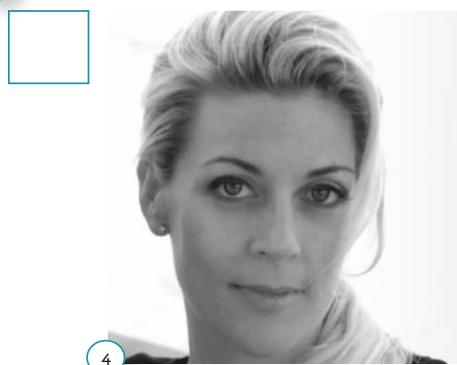
SPRING 2013

\$10.00US



31>

bask CONTRIBUTORS



1 Brittany Martinez

Forever Finds: "I'm obsessed with this Jonathan Adler pillow my best friend gave me as a gift. It's black and beige with the letter "B" and it goes with anything in any room. It's so cozy and well made; I know I'm going to have it forever because it will never wear out!" **Truth Be Told:** "'Be yourself; everyone else is already taken' –Oscar Wilde. I love the simplicity and honesty of this quote. It's just a little reminder that in any situation, no matter how big or small, stay true to yourself." **The Great Outdoors:** "One of the only places I have a desire to go camping is Big Sur—I think I would really enjoy hiking there while getting some really beautiful photos of the scenery."

2 Robert E. Palmer

Forever Finds: "I purchased a wonderful, hand-carved piece of Mexican folk art at an antique store— a winged priest-like warrior statuette. I found three amazing, hand-carved and whimsical warriors at an art shop in San Francisco and a historical guardian I found in an antique shop in Carmel. The five of them are all sacred friends and have protected me and my family without fail for nearly two decades." **Spring Cleansing:** "There is a great juice bar called Nekter that was started by a local couple. They offer a one-day cleanse that uses six juice combinations over the course of a day, in either a basic or advanced package. I actually made it through the whole day without hunger on just the juices with a handful of raw almonds at dinner. I felt great not only that day, but the following day and now I try to cleanse every month or so."

3 Tony Lattimore

Spring Cleansing: "Juicing is an efficient and effective way to rid the body of toxins. Participating in a short-term, monitored cleanse is excellent and the results can be amazing. I prefer green juice and make sure I add a glass daily." **March Madness:** "When talking sports in the spring, there's only one: college basketball. I really enjoy the University of Kentucky—they're a dynamic team and a lot of fun to watch!" **Break a Sweat:** "I highly recommend the popular P90X DVD series as an alternative to the same gym routine. I like to lift heavy weights, but I cycle in P90X DVD's to keep me toned and agile."

4 Heather Fish

A Room with a View: "Living on the beach in Laguna is something I will never take for granted. The fact that the most-utilized parts of my home—my kitchen, dining, and living room—all have full ocean views, is something I will never take for granted. Few can say they've seen a whale breach during a charming family dinner, or a family of dolphins play while doing the dishes." **Truth be Told:** "'We are spiritual beings having an earthly experience'—said to me many times by my father. Remembering this encourages me to stay happy and always keep things in perspective. One can enjoy the luxuries of life while maintaining a spiritual depth of goodness and meaning...the key is to find that balance." **Break a Sweat:** "My current obsession is stand-up paddle boarding. It's pure serenity and a bit of excitement, especially when paddling over a giant stingray or near a California Grey Whale and her calf, which I've experienced both just off of Laguna's Pearl Beach."

5 Debbie Lavdas

The Great Outdoors: "My absolute favorite place to soak up nature and get away from it all is my own backyard. It is so lovely to sit outside with the lit lanterns glowing and fountain flowing amongst my many, many oversized palms, vines, and mini jungle. Instant relaxation and my own slice of rainforest in Southern California." **Truth be Told:** "'Life is what happens when you're busy making other plans'—John Lennon. This reminds me to keep the back door open for surprise and not force the ways of life." **Forever Finds:** "I have three hand-carved exotic wood benches I adore, a large mermaid and fish bench from Bali, and an elephant bench from Thailand. They're all one of a kind, and I just love the unique artistry of them."

6 Jenny Peters

Break a Sweat: "Hitting the sand to play some doubles beach volleyball is always my favorite way to mix things up in my exercise routine. I only wish I could play every day." **The Great Outdoors:** "Yellowstone National Park in the summer, where elk and moose wander by, bald eagles soar above, and a lone bison walking down the center line of the two-way road through the park causes a traffic jam on purpose." **Forever Finds:** "What I thought would be a very cool art deco black velvet couch when I bought it, my living room couch turned out to be made of the crappiest velvet ever made. I hated it until I slept on it for the first time—then it was love. Can any other couch be so perfect for napping during an NFL football game? I have my doubts."

in the kitchen with Katy

She's gutsy, bubbly, fit, speaks Chinese, writing two books, the mother of three, and charmed fans on Food Network Star, season 7.

Food and Fitness Coach **Katy Clark**, 36, is buzzing about Southern California hosting healthy cooking classes and sharing her fitness secrets.



bask: You're amazingly fit. Advice?

Katy Clark: I love to run; it's healing to me to be in the sun, the air, and have time to think. But not everybody loves running. I help people find out what works for them, what they love, then we do that.

b: How much exercise is enough?

KC: My easy rule: you have to be sweating, breathing heavy or sore the next day. If you don't hit one of those three, it's not a workout.

b: Is there hope for those who hate working out?

KC: There's so much from swimming to yoga to rock climbing—there's almost no excuse to not find something you love to do. But you have to have the guts to try something new. It's okay to be uncomfortable.

b: Can you really love food and be fit?

KC: Yes, but you need to retrain your palate. I love a good In-N-Out burger, but I don't

love how I feel afterwards. And I know I won't love how I look if I continue to eat them.

b: Importance of food versus fitness?

KC: Seventy percent of wellness is diet. Some people think 'I'll just keep working out and eat whatever,' but if you don't change your diet, it's just sabotage.

b: Tell us about your Light and Luscious series.

KC: I teach classes at the Sub-Zero & Wolf showroom in Costa Mesa. It's during lunch hours, people get educated and motivated about healthy eating—and enjoy a delicious meal.

b: Your Food Network Star experience?

KC: I wouldn't be who I am today if it wasn't for the show. It catapulted me into becoming the woman I always knew I was. I'm so grateful.

b: Current food trends?

KC: Quinoa, people are starting to see it as the powerhouse it is—more nuts and berries, less dairy and gluten...and realizing how food reacts to your body, instead of just consuming.

b: Foods to lose?

KC: Diet soda. It's like the bad boyfriend: does nothing for you.

b: Your favorite spice?

KC: Turmeric! It's full of anti-inflammatories. I love putting a little bit of spice in everything I eat.

b: If your career wasn't wellness?

KC: I'd like to be on ESPN SportsCenter, out on the field, chatting with the players, getting the live scoop of what just went on. That, or a teacher.

b: What's ahead?

KC: Three words: Fit. Whole. Beautiful.



“Seventy percent of wellness is diet. Some people think ‘I’ll just keep working out and eat whatever,’ but if you don’t change your diet, it’s just sabotage.”

FIT CHEF KATY “GOOD FOR YOU” BAKED OATMEAL

“This one is a hit! You can prep it the night before and leave it in the fridge. Or, bake it ahead of time and serve with warm milk in the morning.”

**1/2 cup cinnamon applesauce
1/2 cup pure maple syrup
1/2 cup of egg substitute
3 cups uncooked whole oats
2 teaspoons baking powder
1 teaspoon salt
1 cup vanilla almond milk
1 tablespoon cinnamon
1/2 cup almond slivers
1 cup blueberries
warmed vanilla almond milk for serving**

Combine applesauce, maple syrup, and egg substitute. Mix well. Add oatmeal, baking powder, and almond milk. Mix in almonds and blueberries, gently. Pour into a greased 9 x 9 baking dish and bake at 350 degrees for 35-40 minutes. Let oatmeal stand for a few minutes. Serve in squares with warm almond milk poured on top. Garnish with blueberries and almonds before serving!

