

valley

magazine

Culinary Adventures

Our annual Restaurant Guide delivers the latest dish on Valley dining.

The Great Outdoors

Gorgeous pools and sound gardening advice make for a beautiful backyard.

WOMEN & CHILDREN FOR SALE

Human trafficking rings may be operating closer than you think.

mandy MOORE

With a new movie in the theaters and a new album on the charts, this former pop princess has graduated to Hollywood "It" girl.

wannabe road warriors

What do you call it when a bunch of guys stay at a deluxe seaside hotel and go riding into the sunset on Harley-Davidsons? It would be the Santa Monica Fairmont Miramar's Man-Cation package. A dream-come-true for hog-lovers (and we don't mean Miss Piggy fans), or men who long to be out on the open road, the Man-Cation promises lots of action and excitement and a plush room to relax in at the end of the day. The all-guy getaway includes overnight accommodations in a deluxe Fairmont room, optional steak dinner with Wild Hog organic wine (\$100 per person + tax and gratuity) and a Harley-Davidson bike (fees paid separately) from Route 66 Riders. Participants receive a discount on the bike rentals, unlimited mileage and a Harley-Davidson jacket/helmet for the duration of the ride. Prices begin at \$379 for the package, based on single or double occupancy. When not in Easy Rider mode, males can bond around the Fairmont Miramar's outdoor heated pool and fitness center. Available Thursday to Sunday, through July 31, 2007, the package can be booked at (310) 576-7777.



gift giving is a piece of cake

Everyone is sure to say, "It's too beautiful to eat,"—and really mean it—when it's time to dig into a Lilyfield Cake. Unlike ordinary bakery cakes, Lilyfield Cakes are a many-layered treat: A moist cake with a signature chewy top arrives in a hatbox container topped with silk flowers. Company founder Heather Stewart's cakes have even more surprises: a fresh flower bouquet is set in the box, the silk flowers outside the box are perfumed, and to make the package even more irresistible, a sterling silver charm bracelet can also be included. Cakes, available in English toffee, country vanilla, French chocolat or exotic coconut, are handmade fresh to order, delivered within 48 hours and serve eight to 10 people. New to the collection is the Four Seasons Restaurant chocolate velvet cake, with a dark chocolate truffle center, packaged in a brown silk hatbox, and Splendor in the Box, which arrives in a chocolate satin box, surrounded by four flavorsome Jaqua Girls spa products, including pink buttercream frosting hand creme and buttercream frosting body butter. To view the collection, visit www.lilyfieldcakes.com, or call (866) 832-0884 for more information.



fast way to a hard body

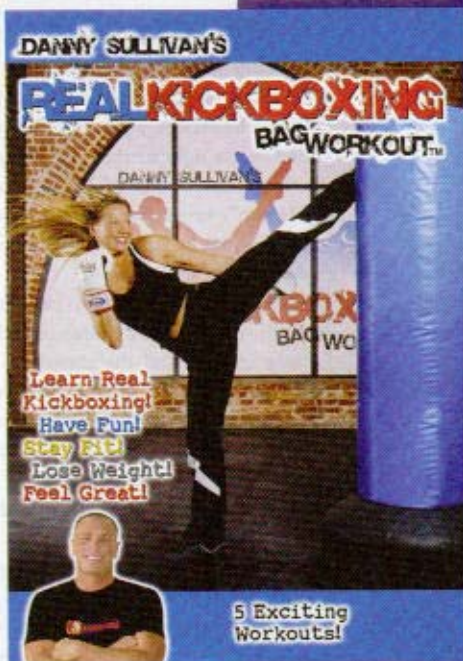
Exercisers who feel like they're going around in circles on their stationary bicycles and getting nowhere on their treadmills will love the adrenaline rush and perceptible results from a kickboxing workout. Without having to step into a studio, it's possible to burn up to 800 calories an hour with "The Real Kickboxing Bag Workout" DVD box set from Danny Sullivan. Sullivan, the kickboxing protégé of martial arts legend Dan Inosanto, is renowned for his OC Kickboxing studio in Irvine. His DVD features a high cardio workout and resistance training to create ready-to-wear bathing suit bods. That means lots of kicking and punching the bag, pushups, rope skipping and authentic Muay Thai kickboxing moves. The four-disc DVD, which retails for \$49.95, includes instructional, beginning, intermediate, advanced and 20-minute workouts. A complete collection with the DVD, freestanding water-fillable

striking bag, leather boxing gloves, hand wraps and a jump rope is \$349.95. To order, go to www.realkickboxing.com or call (866)KICKPUNCH.

senior achievements

While having a senior moment means you may have forgotten something, reading "Splendid Seniors: Great Lives, Great Deeds" is the key to remembering something: the amazing accomplishments made by those over the age of 65. Written by North Hollywood author, playwright and screenwriter Jack Adler, the book recognizes 52 achievers who are recognized for their creativity, political and scientific contributions, personal expression and community involvement. Reading about Alexander Graham Bell, Mary Baker Eddy and Benjamin Disraeli, whose lives were rich with purpose in their later years, is an inspiration to all that it's never too late to pursue a passion. As Frank Lloyd Wright said, "The longer I live, the more beautiful life becomes." Published by

Pearlson Press, the paperback is \$18.95 at amazon.com, bookstores and www.pearlson.com.



SPLENDID SENIORS

Great Lives, Great Deeds



Jack Adler