

SOME HORTICULTURISTS PREFER
TO WORK THEIR CRAFT INDOORS.

You'd think a 3-foot ficus would be safe. And it was, until we got our new puppy. Meet Pergo. The kids named him after our floor. Which is about the only thing he hasn't been able to destroy. No matter how messy things get around here, when you look at the floor, you won't see a stain. And it resists scratching too. Yeah, Pergo's one special dog. Luckily, we've got a floor to match. For a sample and all you need to know, pergo.com.



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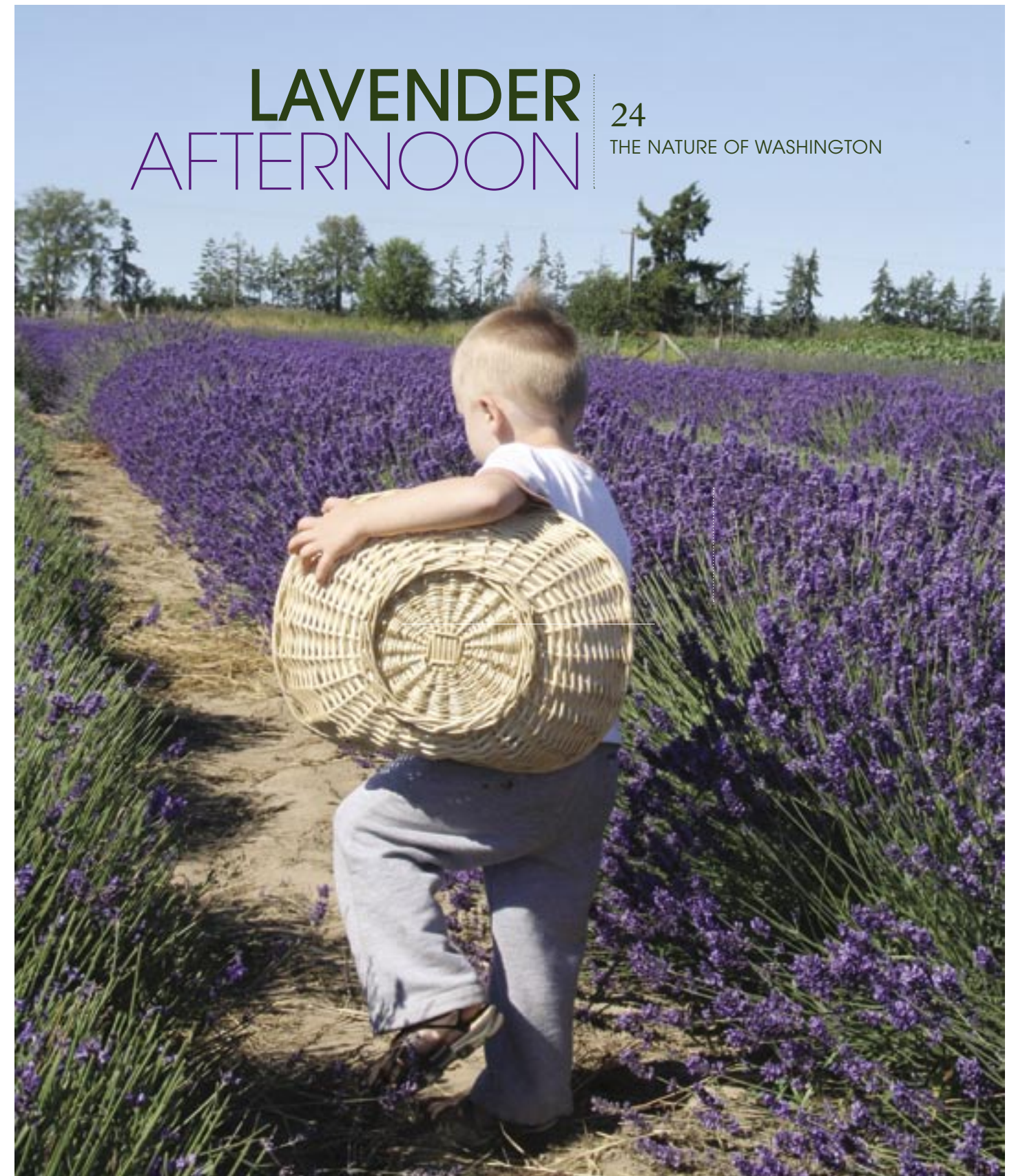


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THE NATURE OF WASHINGTON

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CELEBRATING OUR 70TH ANNIVERSARY

LIVING IN ECO-FRIENDLY STYLE

Excerpted from *Dreaming Green: Eco-Fabulous Homes Designed to Inspire*
by Lisa Sharkey and Paul Gleicher (Clarkson Potter, 2008)

Photography by Linda Bell Hall

**SHARKEY-GLEICHER
BROWNSTONE**
New York, New York

My husband, Paul, and I have long had a love affair with Manhattan's idyllic Upper West Side. We think the family-friendly neighborhood, with its scenic blocks of charming nineteenth-century brownstones and its easy access to parks and schools, is the perfect place to raise our children. But finding the town house of our dreams in our beloved neighborhood was challenging. We knew we needed to find a wreck because that was the only way we could afford a house in our price range, but, boy, did we get one. Thankfully, having an architect in the family has its benefits, and Paul could see beyond the flaws. Knowing he could completely transform the space, we happily prepared ourselves to tackle a major renovation.

Early in the process, we decided that almost every aspect of the renovation was going to be green—from the gut job to the design. We wanted a healthy house made with chemical-free, natural materials. Aesthetically, we longed for a gorgeous and sophisticated house with rich

“We wanted a healthy house made with chemical-free, **NATURAL MATERIALS**. Aesthetically, we longed for a **GORGEOUS** and sophisticated house with rich textures, **BEAUTIFUL** shapes, and glorious color that would work for our **LIVELY FAMILY**.”



To give a sense of springtime, we picked fabrics and accessories in soft greens and golden yellows against barely-there soft celery walls.



textures, beautiful shapes, and glorious color that would work for our lively family.

In the spirit of family togetherness, we chose to nix a formal dining room in lieu of having our rectangular dining table and chairs (made from sustainably harvested wood) on one side of the kitchen, with a more casual eat-in semicircular banquette on the other. The kitchen is the center of our household, so it made sense to have as many places to lounge, eat, study, and connect as possible.

The light-filled living room captures the very views that drew us to this neighborhood. To give a sense of springtime, we picked fabrics and accessories in soft greens and golden yellows against barely-there soft celery walls. For our floors, we hoped to find a sustainable option other than bamboo, which we worried wasn't durable enough to withstand the hard knocks of two teenage boys, plus our eight-year-old daughter and her friends, and our new puppy, not to mention my high heels. We were thrilled to find Lyptus, a fast-growing renewable

hybrid of the eucalyptus tree that is very strong and boasts a rich hue and a striking grain.

The true gem of the house is the top floor, where you'll find a glass-enclosed room surrounded by a green roof. We were bold with color, choosing a plush orange sofa, which mimics the color of the sunset, and sofas and chairs that are perfect for stargazing. We still find plenty of ways to enjoy our little patch of green, which came with seedlings, flowers, and even crickets. The sound of crickets chirping outside

almost makes us forget that we're in the middle of a bustling city.

Many people are surprised to learn our house is green, and that's exactly the compliment that we hoped for. We want our house to prove that being green doesn't mean you have to sacrifice style. You can create a beautiful home that takes little from the earth and gives back to you in countless ways. [AL]

DELVING INTO THE DOLPHIN WORLD

Article and photography courtesy of the Dolphin Research Center
www.dolphins.org

You might
OBSERVE a group
of dolphins in the
distance, leaping
HIGH INTO THE AIR or
porpoising swiftly
as they travel
together in their
search for **FOOD.**"



If you're lucky enough to briefly spy a dolphin in its natural habitat, you may get a glimpse of a torpedo-shaped body darting smoothly through the waves, perhaps catching a free ride from the wake of your boat, or peering inquisitively at you from the depths of its dark, soulful eyes. You might observe a group of dolphins in the distance, leaping high into the air or porpoising swiftly as they travel together in their search for food. Sights such as these have moved mankind throughout our history, serving to increase our curiosity about these curious creatures which share our world.

THE BOTTLENOSE DOLPHIN

The bottlenose dolphin is probably the dolphin most familiar to the general population. Because of their seeming curiosity about people and their close proximity to various shores and ocean bays, this species is the most studied of all dolphins. The exact number of the world population of bottlenose dolphins is unknown. They are found world-wide and in many types of waters from coastal and inshore waters to the pelagic waters of the deep oceans, from warm tropical waters around the equator to the colder temperate regions.

Bottlenose dolphins are the largest of the beaked dolphins. The shape of the mouth seems to form a permanent smile. Their bodies are dark gray on the back and sides, fading to a pinkish-white belly underneath. Their

The tail is the strongest part of the dolphin's body.
All marine mammals move their tails up and down,
rather than side to side like a fish.

dorsal fins are falcate, curving slightly to the back. Pectoral fins and flukes are pointed at the tips. Atlantic bottlenose dolphins are usually six to nine feet long at maturity; the Pacific variety often may be larger.

The lifespan of a dolphin is an average of twenty-five years, although some dolphins have lived into their early fifties. They breathe air directly into their lungs via the blowhole. A dolphin is born with eighty-eight to one hundred cone-shaped teeth as well as with ¼-inch long hair, although the hair falls out shortly after birth due to water pressure. Dolphins also have very good vision, both above and below water.

The core of a dolphin's body is well insulated by a thick layer of blubber ¾-inch to 1¼-inch thick. The surface layer of a dolphin's skin is ten times thicker than any land mammal, and serves as protection against the elements. Additionally, the entire top layer of skin sloughs off every two to four hours, helping the dolphin stay streamlined, moist, and free of external attachments while traveling through the water.

Upon close examination of a dolphin's skin, micro dermal ridges are visible, trapping water molecules at the surface of the skin. This allows the dolphin to pass through its environment with less resistance because liquid moves more easily past another liquid than past a solid object. In





addition to micro dermal ridges, a dolphin has very pliant skin. When a dolphin reaches a certain speed while traveling through water, the typical smooth flow of water becomes more turbulent. A dolphin's skin will actually ripple at accelerated speeds to counter the effect of turbulence as they travel through the water.

MOTION

While skin and other parts of a dolphin's body contribute to its graceful movement, the tail flukes provide the power. The tail is the strongest part of the dolphin's body. All marine mammals move their tails up and down, rather than side to side like a fish.

When a dolphin moves its tail down, the tips of the tail bend upward, creating less surface area to push with. When a dolphin moves its tail up, the tips of the tail remain ridged and flat, creating maximum surface area to propel with.

DIVING

Wild coastal bottlenose dolphins spend the majority of their time in water that averages seven to ten feet deep. Offshore animals are believed to frequent much deeper depths. Diving depths are directly related to the needs (food in particular) of a dolphin. Pressure changes and oxygen conservation are of primary

When a dolphin moves its tail down, the tips of the tail bend upward, creating less surface area to push with.

concern during diving. They can hold their breath for an average of $7\frac{1}{4}$ minutes. Dolphins can store forty-one percent of oxygen intake within their muscle tissue. When a dolphin respires, it replenishes over seventy percent of its lung capacity. Humans only replenish about seventeen percent at a time. When diving, a dolphin slows its heartbeat as low as twelve beats per minute. Blood flow is reduced to a minimum to conserve the energy and oxygen of the animal.

FEEDING

The natural diet of the bottlenose dolphin seems to vary according to its home region. Open water dolphins tend to feed mostly on pelagic fish, such as blue whiting, cod fish, and squid. Those found in coastal Atlantic waters feed on mullet, herring, smelt, capelin, catfish, eels, shrimp, and other crustaceans. In the Indian Ocean, dolphins will be more likely to feed on coral reef dwelling fish and mullet.

Dolphins usually forage for food in groups. Because fish tend to be distributed throughout their range in ever-moving schools, dolphins must search for their prey. By hunting cooperatively in groups which are broader than they are long, dolphins can cover a wider area and combine their collective experience. Knowledge of topographical features of the area, as well as their ability to scan the area acoustically under water, contributes to their ability to find food. Bottlenose dolphins seem to work together during feeding as well as while searching for fish. Groups of dolphins coordinate their movements to herd prey, and then take turns swimming into the middle of the assembled fish to eat.

SOCIAL

Dolphins tend to be very social animals, swimming in social



Dolphins can store forty-one percent of **OXYGEN INTAKE** within their muscle tissue. When a dolphin **RESPIRES**, it replenishes over seventy percent of its **LUNG** capacity. Humans only replenish about **SEVENTEEN PERCENT** at a time."

groupings called pods. These groups, however, are very flexible and fluid, not at all like the social unit we refer to as a family. They seem to be in a periodic state of flux; an individual dolphin traveling with one group may be swimming miles away with another by the next day. A more stable subgroup of two to six dolphins may remain together over long periods. Mothers and their calves have been observed together for at least three to six years, and unrelated adults often form long-term bonds, usually within the same sex and age group.

Separation by age and sex is common. Breeding groups are usually composed of mothers and their calves. As the youngsters begin to mature, they may branch off into a juvenile pod. Mature males will rarely be seen mixing with a maternity pod or a juvenile pod. The fluidity of the groups, however, allows increased opportunities for mating, enabling males to court a wider variety of females. During feeding, smaller pods may interact and join into larger groups. Bottlenose dolphins also have been observed swimming





Many species of **DOLPHINS** are capable of **SPECTACULAR** aerial dives, and their leaps and spins seem to us to be a **CELEBRATION** of the joy of life."

and feeding with other cetaceans such as sperm whales, gray whales, humpbacked dolphins, and right whales.

Although solitary individuals are sometimes seen in the wild, bottlenose dolphins usually live in pods composed of two to twenty-five dolphins. Inshore groups tend to be smaller, with an average size of ten, while offshore animals can contain groupings of hundreds of individuals. The size of the group may depend partially on the need for surveillance against predators, as well as

the quantity and distribution of available food.

Dolphins seem to acknowledge a hierarchy within each pod. Status may be expressed by positioning, formation of subgroups within the pod, or by feeding order. Behaviors such as teeth raking, tail slapping, jaw popping, biting, or ramming may also be used as expressions of dominance.

COMMUNICATION

Communication in bottlenose dolphins appears to be extensive and complex. Dolphins rely on

sound for communication more than any other mode. Scientists believe that every bottlenose dolphin develops a distinctive high-pitched whistle, called a signature whistle. This whistle appears to serve as a means of individual identification, much like a name.

Dolphins do not generally rely on visual communication. There is often silt and other particles floating in the water column that can make it difficult for dolphins to communicate visually over long distances. However,



Scientists believe that every bottlenose dolphin develops a distinctive high-pitched whistle, called a signature whistle. This whistle appears to serve as a means of individual identification, much like a name.

when close to each other, body language may play a role in dolphin communication. To some extent, dolphins may also communicate by touch. Calves swim close to their mothers, brushing their bodies with their flanks and pectoral fins. This may serve to strengthen their bond and promote or strengthen social ties. On the other hand, dolphins use touch in rough, aggressive ways during courtship and when establishing dominance.

PLAY BEHAVIOR

Dolphins have long been known

for their playful characteristics. By riding the wake or bow waves of a boat, a dolphin can hitch a ride and move through the water like a surfer. Often they can be seen weaving back and forth, playing in the spray, and forming intricate patterns. Many species of dolphins are capable of spectacular aerial dives, and their leaps and spins seem to us to be a celebration of the joy of life.

However, their play behavior may also serve functions of communication, food herding, or defense. Mothers begin to play

with their calves early in their development. Juveniles engage in courtship behaviors long before sexual maturity, chasing each other, stroking, swimming belly to belly, and touching flippers. This form of play continues into adulthood. Dolphins are very tactile creatures and seem to express affection through such varied behaviors as raking each other with their teeth or gentle stroking.

Bottlenose dolphins also seem to evidence selfless behaviors towards other members of their

pod. They often work cooperatively in groups to feed, males may assist each other in obtaining a mate, and pod mates often will support an injured dolphin at the surface so that it can breathe. Entire pods will put themselves in jeopardy to come to the aid of a mother and her calf. [AL]

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www.dolphins.org

Serves 8

BITE-SIZED POLENTA SQUARES

WITH GOAT CHEESE AND SUN-DRIED TOMATOES

For holiday parties, cut out the polenta with a theme-shaped cookie cutter, such as Christmas trees, or hearts for Valentine's Day.

ingredients:

2 tablespoons olive oil
 ¼ cup finely chopped onion
 2¼ cups chicken stock
 ¾ cup polenta
 ¼ cup chopped oil-packed sun-dried tomatoes
 1 tablespoon minced fresh flat-leaf parsley
 ½ teaspoon minced fresh thyme
 Salt and freshly ground pepper
 2 ounces fresh goat cheese, cut into ½-inch dice

cooking instructions:

1. Lightly oil an 8-inch square baking dish. Heat the 2 tablespoons oil in a large, heavy saucepan over medium heat. Add the onion, and sauté until golden, about 5 minutes. Stir in the chicken stock, and bring to a boil. Whisking constantly, gradually add the polenta to the stock in a fine stream. Lower the heat to medium, and cook, stirring constantly, for 10 to 15 minutes, or until the polenta thickens and easily comes away from the sides of the pot.
2. Stir in the chopped sun-dried tomatoes, parsley, and thyme, and season with salt and pepper to taste. Pour into the prepared dish, smoothing the top with a rubber spatula. Set aside to cool completely.
3. To serve, cut the polenta into 1-inch squares. Top each square with a small piece of goat cheese, and serve.



LITTLE BITES AND BIG TASTE

Recipes and photos excerpted from *50 Great Appetizers* by Pamela Sheldon Johns and Jennifer Barry Design (Andrews McMeel Publishing, 2008) Photographs by Joyce Oudkerk Pool

Serves 8

MINI SALMON CAKES

WITH CILANTRO AND SOUR CREAM

These mini salmon cakes make a light and flavorful appetizer, or they can be served as a small lunch entrée alongside a green salad.



ingredients:

- 1 pound salmon fillet, skin and pin bones removed
- 3 tablespoons extra-virgin olive oil
- 1 red onion, finely diced
- 1 red bell pepper, seeded, deribbed, and diced
- 1 tablespoon minced garlic
- ¼ cup minced fresh cilantro
- ½ cup dried bread crumbs
- ½ cup sour cream
- Salt and freshly ground white pepper
- 1 teaspoon grated lemon zest
- 1 teaspoon minced fresh dill

cooking instructions:

- 1.** Using a very sharp knife, chop the salmon until it resembles the texture of ground meat.
- 2.** Heat 1 tablespoon of the olive oil in a medium sauté pan over medium heat, and sauté the onion, bell pepper, and garlic until softened, 2 to 3 minutes. Remove from the heat, and let cool. Add to the chopped salmon, and mix well. Stir in the cilantro, 2 tablespoons of the bread crumbs, and ¼ cup of the sour cream. Season with salt and pepper to taste.
- 3.** Put the remaining bread crumbs in a large, shallow dish. Form the salmon mixture into 16 patties, each about 2 inches in diameter and ½ inch thick. Coat each patty in the bread crumbs, and place on a platter. Cover with plastic wrap, and refrigerate for 1 hour or as long as overnight.
- 4.** Pour 1 inch of oil in a large, heavy sauté pan, and heat to 375°F over medium heat. Add half of the salmon cakes, and cook until browned, 2 to 3 minutes per side. Keep warm in a low oven while cooking the remaining cakes.
- 5.** Combine the remaining ¼ cup sour cream, the lemon zest, and dill in a small bowl. Stir to blend. Place 2 salmon cakes on each of 8 warmed salad plates. Top each cake with a dollop of the sour cream mixture, and serve warm.

Serves 8

STUFFED TOMATOES

WITH RICE AND PARMIGIANO-REGGIANO CHEESE

Prepare the filling, and have the tomatoes stuffed and ready to bake just before your guests arrive. Out of the refrigerator and into the oven, they will be ready to serve in about 30 minutes.

ingredients:

6 small firm, ripe tomatoes
 Salt for sprinkling
 ½ cup cooked rice
 3 tablespoons minced fresh basil
 2 tablespoons tomato paste
 1 tablespoon extra-virgin olive oil
 Salt and freshly ground pepper
 3 tablespoons grated
 Parmigiano-Reggiano cheese

cooking instructions:

1. Preheat the oven to 300°F. Lightly oil an 8-inch square baking dish.
2. Cut off the top of each tomato. With a small spoon, carefully scoop out the insides, leaving a wall about ¼ inch thick. Reserve the pulp. Salt the inside of the tomatoes, and place them upside down on a wire rack to drain for 5 minutes.
3. Puree the tomato pulp in a food processor or blender until smooth. Transfer to a bowl, and add the rice, basil, tomato paste, and olive oil. Mix well, and season with salt and pepper to taste.
4. Divide the filling evenly among the tomatoes. Place in the prepared dish. Cover with aluminum foil, making sure the foil doesn't make contact with the tomatoes, and bake until the tomatoes are softened, 25 to 30 minutes. Uncover, and top with the Parmigiano cheese. Brown under the broiler, about 3 inches from the heat source, until golden brown, 2 to 3 minutes. Arrange on a platter, and serve at once.



Serves 8

TORTILLA ROLLS

WITH CORN AND BLACK BEAN SALSA

This is a wonderful, festive do-ahead appetizer. Make the filling and the salsa up to a day ahead, and assemble the tortillas just before serving. Have a bowl of chips nearby, as the salsa will be very popular!

ingredients:

CORN AND BLACK BEAN SALSA:

- 1 (13-ounce) can black beans, drained and rinsed
- 3 tablespoons extra-virgin olive oil
- ½ cup thinly sliced green onions (including 1 inch of green parts)
- 1 red bell pepper, seeded, deribbed, and diced
- 2 cloves garlic, minced
- 1 jalapeño chili, seeded and minced
- 1 cup fresh or frozen corn kernels
- 1 teaspoon ground cumin
- ¼ cup fresh cilantro leaves, minced
- Salt and freshly ground pepper

- 1 pound spinach, stemmed, steamed for 3 minutes, and squeezed dry
- 8 ounces cream cheese
- 1 (4-ounce) can peeled green chilies, drained
- ¼ cup finely chopped green onion
- 8 large flour tortillas

cooking instructions:

- 1.** For the salsa: Put the beans in a medium bowl, and toss with the olive oil. Add the green onions, bell pepper, garlic, jalapeño, and corn; toss to blend. Season with cumin, cilantro, and salt and pepper to taste.
- 2.** Combine the spinach, cream cheese, and chilies in a food processor, and pulse to a smooth consistency. Stir in the green onion.
- 3.** Spread about 2 heaping tablespoons cream cheese mixture onto each tortilla, and roll up. Cut crosswise into 1-inch-thick diagonal slices, and arrange on a platter. Put a small spoonful of salsa on top of each slice, and serve.





the nature of...

WASHINGTON



PARKS & SIGHTS OF THE EVERGREEN STATE

Article by Ellie Lawrence

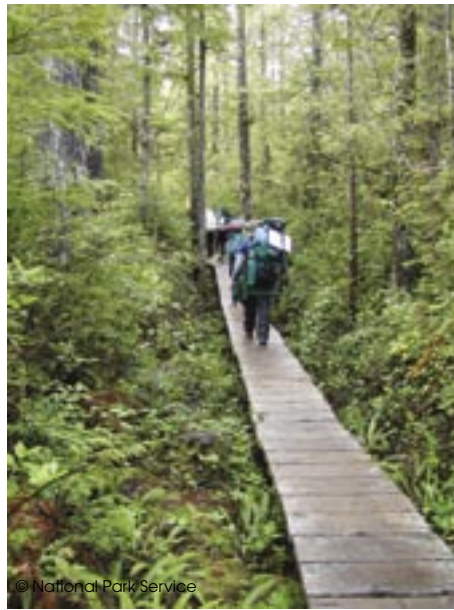
↑ OLYMPIC NATIONAL PARK
A LAND OF CONTRAST
Tucked away in the northwest corner of Washington lies a land of contrast. Pristine ocean beaches mix with lush tropical forests as snowcapped mountains tower in the background. Situated in the Olympic Peninsula, this beautiful isolated location is known as

the Olympic National Park, and it exemplifies the complexity of nature. Spanning one million acres, the park harbors untouched ecosystems, acting as a sanctuary for a vast variety of rare plant and animal species. Over ninety-five percent of the park has been left in its wild, natural state. Only a few roads can be found in the area, and they strictly line the outer edge of the park.

Along the Pacific coastline of the Olympic National Park stretches seventy-three miles of untamed beaches. These sandy shores are often only a few miles wide and run adjacent to the edge of the temperate forest. Far from being the overpopulated vacation hot spot that most people are used to, these coastlines have become a rare treasure. Unbroken areas of wilderness can span ten to twenty miles long. The pure, and at times difficult, terrain offers excellent and exciting trails for hikers and nature lovers alike. The glistening tide pools and rocky offshore sea stacks help to make this portion of the Olympic National Park a top attraction.

Lush tropical forests border the coastal beaches. The moderate temperatures and abundant rain make it an ideal location for Mother Nature to flourish. Ferns and moss cover the ground, shrubs grow extremely high, and winding creeks run through the ancient forests. The dense combination of Sitka spruce, western hemlock, Douglas-fir, and western red cedar—many of which are several hundreds of years old—creates a diverse and vibrant landscape.

Beyond the temperate forests stands the rugged slopes and glacier-capped ridges of the Olympic Mountains. Its highest peak is Mount Olympus and boasts a 7,980-foot summit. Throughout this region of the park, subalpine meadows and



© National Park Service



© National Park Service

lakes decorate the mountainside, with well-adapted, low-growing wildflowers adding clusters of color. This area also contains the park's most endemic plants and animals that cannot be found anywhere else in the world.

Along the **PACIFIC COASTLINE** of the Olympic National Park stretches seventy-three miles of **UNTAMED BEACHES**. These sandy shores are often **ONLY** a few miles wide and run **ADJACENT** to the edge of the temperate forest."



© Sequim Lavender Festival

SEQUIM LAVENDER FESTIVAL A VALLEY OF FLOWERS

Fields of lavender flowers flourish within the valleys of Sequim, Washington. Protected by the rain shadow of the Olympic Mountains, which receives less than twenty inches of precipitation per year, this region has an ideal microclimate for the fragrant flower that thrives in dry, sandy soil and full sunlight. For years now, farmers have taken advantage of this perfect ecology, successfully becoming one of North America's leading producers of lavender. Although their plants have gained world-class recognition, the land hasn't always nurtured the flowing flowers.

The Sequim-Dungeness Valley was once home to hundreds of dairy farms. However, a drop in Washington's agricultural base forced many farmers to sell their fallow pastures to residential developers. Thankfully, a group of farmers understood that although this development was a more profitable option, it would inevitably consume the natural allure of the landscape. In an effort to preserve the long agricultural heritage of the fertile Sequim prairies, these farmers rediscovered the beauty of the remaining land by cultivating the fields with lavender flowers. The earliest fields were planted in 1995, and now more than thirty farms grace the prairie land. With 144 varieties of lavender in the valley and an average of



© Sequim Lavender Festival



the growing process. Some offer U-Pick services, where you can gather your own lavender bundle as you breeze through the rows and rows of flowers. From oils and sachets to soaps and lotions, you can also purchase an array of lavender products directly from the farmers or at the downtown craft fair.

“The entrepreneurs began the **EVENT** in 1997 to show off the **NEWLY RECOVERED** countryside, which is easily comparable to the **PROVENCE** region of France.”

110,000 purple plants blooming every year, Washington has once again become one of the top ten leading agricultural states.

The farmers celebrate their blossoming accomplishments by inviting thousands of visitors to their annual Sequim Lavender Festival. The entrepreneurs began the event in 1997 to show off the newly recovered countryside, which is easily comparable to the Provence region of France. Their lavender has earned the distinction of having superior quality, fragrances, and color. Visitors come from far and wide for this gathering, making it the largest lavender festival in all of North America.

Although the flowers remain in bloom from June throughout September, the Sequim Lavender Festival is held in July and includes an entire weekend's worth of entertainment. Many farms are open for tours, giving you the opportunity to closely view



After remaining relatively dormant for over a century, Mount St. Helens experienced some volcanic activity in March of 1980 with a series of earthquakes and steam venting.

MOUNT ST. HELENS

MOUNT ST. HELENS

A TALE OF RENEWAL

The unpredictable nature of Mount St. Helens has kept our nation in awe since 1980. This active volcano, which is believed to have formed only 40,000 years ago, was the setting for one of the most destructive volcanic events that occurred in recent U.S. history. Even thirty years later, the ever-changing landscape still remains an intense example of volcanic power.

After remaining relatively dormant for over a century, Mount St. Helens experienced some volcanic activity in March of 1980 with a series of earthquakes and steam venting. By May 18, a relatively moderate tremor was enough to collapse a large section of rock from the north face of Mount St. Helens. The energy from this landslide caused a depressurization of the magma, which in turn triggered the massive explosion. Melted snow, ice, and glaciers mixed with the avalanche of volcanic deposits to form the mudflows that barreled

down the mountainside, tearing through vegetation and wildlife in its path. A plume of ash rising fifteen miles above the summit spread through the air, darkening daylight into night.

This major eruption, which lasted nine hours, left a long trail of destruction and drastically changed the dynamic landscape. The explosion dropped the summit's height by 1,314 feet, leaving a one-mile long by two-mile wide crater in its place. Hundreds of homes and miles of highway were destroyed, totaling close to three billion dollars in damage.

While the eruption was merciless, its devastating effects were not permanent. In due time, life has slowly returned to reclaim the land. Mount St. Helens is gradually repairing itself as a new lava dome rises within the mountain. Ecosystems rebound as more and more plant life emerge faster than expected. Wildlife has also

returned to the surrounding hills. Mount St. Helens has even seen an increase in tourism and outdoor activities; 500,000 visitors come annually to experience the unforgettable, breathtaking views of the volcanic landscape. The exhilarating recreation opportunities allow visitors to climb up the volcano, venture through lava caves, and even admire Mount St. Helens from nearby mountain vistas.

Boasting natural **BEAUTY** at every turn—like its diverse **VEGETATION** and **VIBRANT MEADOWS** of wildflowers—Mount Rainier offers **EXCELLENT** opportunities to enjoy the **GREAT OUTDOORS.**”

MOUNT RAINIER NATIONAL PARK A CONNECTION WITH NATURE

On the west side of Cascade Range sits Mount Rainier, another active volcano that has remained dormant for the last 150 years. Named as a national park in 1899, the inspiring 235,625 acres of pristine wilderness has since drawn the attention of millions of visitors every year. Boasting natural beauty at every turn—like its diverse vegetation and vibrant meadows of wildflowers—Mount Rainier offers excellent opportunities to enjoy the great outdoors.

Scenic drives on roads throughout the park offer phenomenal vistas for you to admire the view, such as that from Sunrise area. With an elevation of 6,400 feet, this location is the highest point of Mount Rainier National Park that can be reached by vehicle. From here, you receive unparalleled views of majestic Mount Rainier and the surrounding subalpine meadows flourishing with flowers. When the skies are clear, you can even see Emmons Glacier and other volcanoes that make up Cascade Range.

For tranquil nature walks, the Paradise area of the park offers a variety of day hiking trails. Along the Nisqually Vista Trail, you can walk amidst the clouds through the high-country meadows. The nearby Bench and Snow Lakes

Trail will take you on a two-hour hike of gradual ups and downs as you cross low ridges in order to reach both the Bench Lake and Snow Lake.

A more ambitious approach to viewing the volcano will find you exploring Mount Rainier by bicycle. Although bikes are prohibited on hiking trails, you can cycle along all park roads. The steep and narrow roads wind around the mountainside, providing a challenging adventure paired with spectacular scenery. One popular route is the Carbon River Road in the northwest corner of the park, which takes you on a five-mile ride through the rainforest alongside of Carbon River. Determined cyclists can even join in the Ride Around Mount Rainier One Day that is held every July—750 cyclists push their strength to the limit as they bike the 154-mile course with 10,000 feet of total elevation gain.

Extreme outdoor adventurers opt to climb up Mount Rainier in order to obtain the perfect view. Reaching the 14,410-foot summit takes you one and a half miles higher than the adjacent mountains and three miles higher than the lowlands to the west. Every year, thousands of mountain climbers attempt to conquer the terrain of the volcano, although only half are successful.



© LCTPG-Martin Bydalek Photography



LAKE CHELAN

LAKE CHELAN A DAY ON THE LAKE

Lake Chelan has a charm all its own. The sparkle of the crisp water on a sunshine-filled day will draw you lakeside every time. Situated on the edge of the Cascade Mountains, where the mountainside meets the eastern Washington desert, Lake Chelan is one of the three deepest bodies of water in North America, and the largest fresh water lake found in Washington State. Its fifty-five miles of beautiful shores and refreshing mountain air draws visitors from across the country year after year for endless outdoor adventures.

A leisurely day on the shores of the lake is always a favored experience. You can build an extravagant castle in the sand, or dive right into the cool water after enjoying a picnic with your family. This lake is also the ideal location for relaxing on the shoreline with your fishing rod and tackle box. Lake Chelan has been known for its world-class fishing ever since the late 1800s when the first

settlers discovered this bountiful body of water. Every year, stocking programs release hundreds of thousands of fingerlings into the water to replenish the lake's supply. Although typical catches weigh six to ten pounds, it is not unusual to catch a twenty-pound fish. The state record set in 2001 measured in at forty inches long and thirty inches in girth, with a weight of almost thirty-six pounds!

Venturing offshore within a boat is another way to explore this vast lake. From jet skis and motorboats to kayaks and canoes, Lake Chelan is home to endless aquatic adventures. Most of the summer activities take place in the smaller portion of Lake Chelan, known as Wapato Basin. Here, you can rent water skis, wakeboards, and tubes to enhance the boating excitement. But further up the lake, in the more secluded upper portion of the Lucerne Basin, is a perfect place for you to soak in the beauties of the wilderness

on a serene canoe ride. With a depth of 1,486 feet and areas that are only one mile wide, this portion of Lake Chelan is also an ideal spot for scuba diving in crystal-clear water. If you prefer to windsurf, the upper basin is home to excellent conditions as well. Near the heart of the Cascade Mountains, where the lake narrows as it heads towards the mountainside, the wind often picks up in the afternoon to create a great windsurfing setting.

Of course, a day at the lake is not limited to shoreline relaxation and water recreation. You can reach new heights by hanggliding or paragliding high above the water of Lake Chelan. The nearby Chelan Butte is considered to be one of the best places in North America for these thrilling sports; pilots from across the world come here to rise through the thermals and fill the skies with their canopies, all the while enjoying a view of the lake like no other. [AL]

NATURAL ELEGANCE

IN SANTA MONICA, CALIFORNIA

Article based on an interview with Kenneth David Lee, AIA

Photography by Erhard Pfeiffer



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Set amongst the lush foliage of lower Rustic Canyon, the contemporary Klein residence feels very much at home in its surroundings. Careful siting of the house allows for the infiltration of natural light and air, while taking advantage of the property's expansive views. The relationship with the exterior inspired all aspects of the design and established a strong connection to the site, inside and out.

Challenged with a modest budget, the Kleins relied upon Kenneth Lee's ingenuity to uncover the aesthetic qualities inherent in certain mass-produced materials. For instance, fin plywood was employed in the cabinetry, and concrete floors were left exposed. These simple materials juxtaposed with rich woods and sparse white walls give the house a contemporary, yet natural elegance. Appearances aside, perhaps what is most impressive about this house is its efficiency. There is no extraneous space—every room has a specific function and is well utilized. The home was crafted to make best use of both the budget and the site's opportunities.

WHAT FUELS YOUR DESIRE TO DESIGN EVERY DAY?

To create visually appealing spaces that are not only an efficient use of space, but highly specific to the needs of home owners.

HOW DO YOU WANT TO BE SEEN AS A DESIGNER?

I would like to be seen as a designer who listens to each client and adds something to the project beyond what they envision. If I cannot improve upon my clients' visions, then I do not feel that I am doing my job to the best of my ability. In the case of this project, I expanded upon the Kleins' favorite elements from their former home. They are very drawn to the relationship between indoor and outdoor spaces. I used this idea to develop a series of interacting public and private courtyard spaces for their new residence. The line between indoor and outdoor is very blurred in this home.

HOW DO YOU THINK PEOPLE SHOULD PREPARE AHEAD OF TIME BEFORE MEETING WITH A DESIGNER/BUILDER?

Regardless of any particular stylistic preferences clients may have, it is just as important for them to have an idea of their program needs/uses as well. It is also very helpful when they have photos and clippings that give an indication of the spaces and finishes they are influenced by.



In the case of **THIS PROJECT**, I expanded upon the Kleins' favorite **ELEMENTS** from their former home. They are very drawn to the relationship between indoor and outdoor **SPACES.**"



TELL US ABOUT THE FIRM AND THE ATMOSPHERE YOU ARE TRYING TO ACHIEVE:

I have aimed to create an atmosphere where people in the office can collaborate on designs and ideas, and focus on each project individually. There are no cookie-cutter solutions in what we do. We address each and every project in a unique way, whether it is a kitchen renovation or a multi-million-dollar home.

EXPLAIN HOW YOUR DESIGN PROCESS EVOLVES:

Everything we do is site-specific. We begin with integrating the clients' desired program with the unique site conditions in order to create the most efficient and effective design solution. The Klein residence turns inward into a courtyard because the lot is very interior-focused. There were no outside views with this project, so we created views by highlighting the natural elements surrounding the home.

YOUR DESIGN PHILOSOPHY:

I don't believe well-designed spaces are contingent on any particular budget. Good design can be achieved economically.

WHAT ABOUT YOUR STYLE AND WORK ARE CLIENTS DRAWN TO?

They were attracted to my focus on creating warm and contemporary designs, with extremely livable spaces. In addition, clients are drawn to my use of volume and space, enhanced by natural lighting.

HOW DOES THE HOUSE RELATE TO THE ENVIRONMENT?

Great efforts were made to save existing pine trees (one in particular) on the south side of the street. We worked around these trees, which enabled us to integrate the surrounding environment successfully.

WAS THERE A PIECE OF INSPIRATION THAT SPARKED THE TRANSFORMATION OF THE HOUSE?

The site was the inspiration for this home. It provided many opportunities to connect the home with nature.

WHAT STEERED YOUR DESIGN CHOICES?

Both the environment and the clients' request for simplicity dictated the materials we used. For example, the home is very

close to the ocean, so we gave the residence an earthy, sandy feel. The colors used throughout played off of a natural earth-tone palette. We kept the materials simple, including an asphalt shingle roof, stucco exterior walls, and concrete floors.

BIGGEST CHALLENGES:

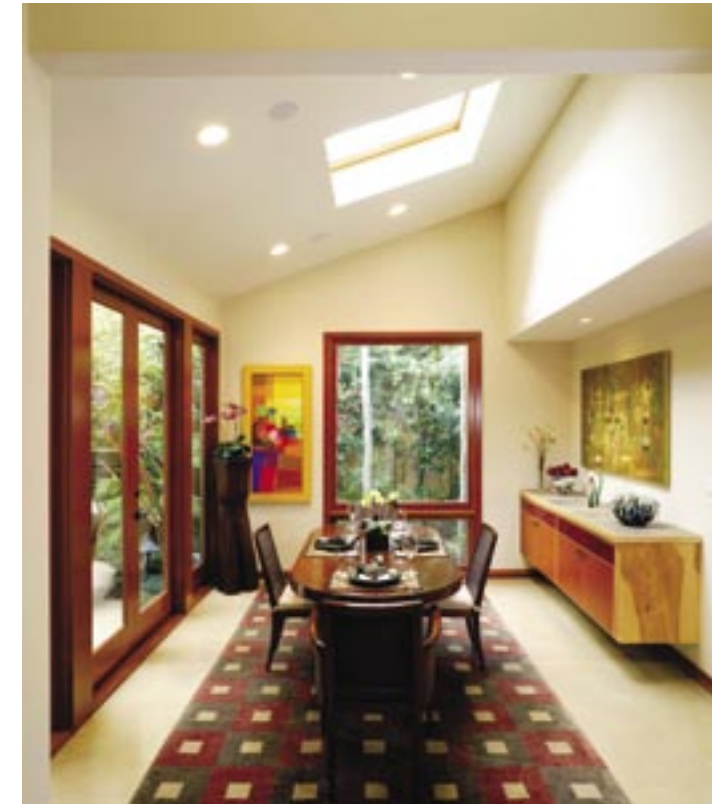
The biggest challenge with this home was creating a series of unique spaces that all pieced together in an efficient and highly livable manner.

PROUDEST ACCOMPLISHMENT:

I am most proud of the use of space throughout the home, as well as the seamless integration of the house into the site and environment.

WHAT DO YOU FIND VISUALLY INSPIRING AT THIS MOMENT?

I am inspired by the work of Albert Frey. He designed from the early 1940s through the 1980s, and created extremely inventive work using materials that were very innovative at the time. [AL]



For example, the home is very close to the ocean, so we gave the residence an earthy, sandy feel. The colors used throughout played off of a natural earth-tone palette.

BEN & JERRY'S | SAVING THE WORLD THROUGH ICE CREAM

Article by Marie Penn

With its **ECO-FRIENDLY** container, the ice cream is also a **DEMONSTRATION** of *environmental SUSTAINABILITY*. To the **THOUSANDS** of nonprofit **ORGANIZATIONS** who *benefit* from a portion of Ben & Jerry's sales, each pint is the **FRUITION** of *social justice*."



To me, a bowl of Ben & Jerry's Chubby Hubby®—with its ripples of fudge and peanut butter and chunks of chocolate-covered pretzels—is the epitome of a perfect dessert. With its eco-friendly container, the ice cream is also a demonstration of environmental sustainability. To the thousands

of nonprofit organizations who benefit from a portion of Ben & Jerry's sales, each pint is the fruition of social justice. But for Ben Cohen and Jerry Greenfield, all of this is the culmination of their humble desire to make the best possible ice cream in the nicest way possible.

Ben & Jerry's Homemade, Inc. has come a long way since the late seventies when these two idealistic hippies pursued the American Dream and opened their first scoop shop in Burlington, Vermont. Over the years, the entrepreneurs successfully created a multimillion-dollar enterprise, all the while staying true to their three-pronged mission, which focuses on product quality, economic sustainability, and above all, social responsibility.

A DIP INTO BEN AND JERRY'S HISTORY

At the heart of Ben & Jerry's Homemade, Inc. is none other than Ben Cohen and Jerry Greenfield. Born in 1951, they both grew up in Long Island, New York. They met in seventh grade when the boys attempted to run track in gym class—*attempted* being the key word, as both boys were chastised by the coach for not running the track in the appropriate length of time. Since that fated day, the boys were inseparable, and remained lifelong friends even as they pursued their own careers.

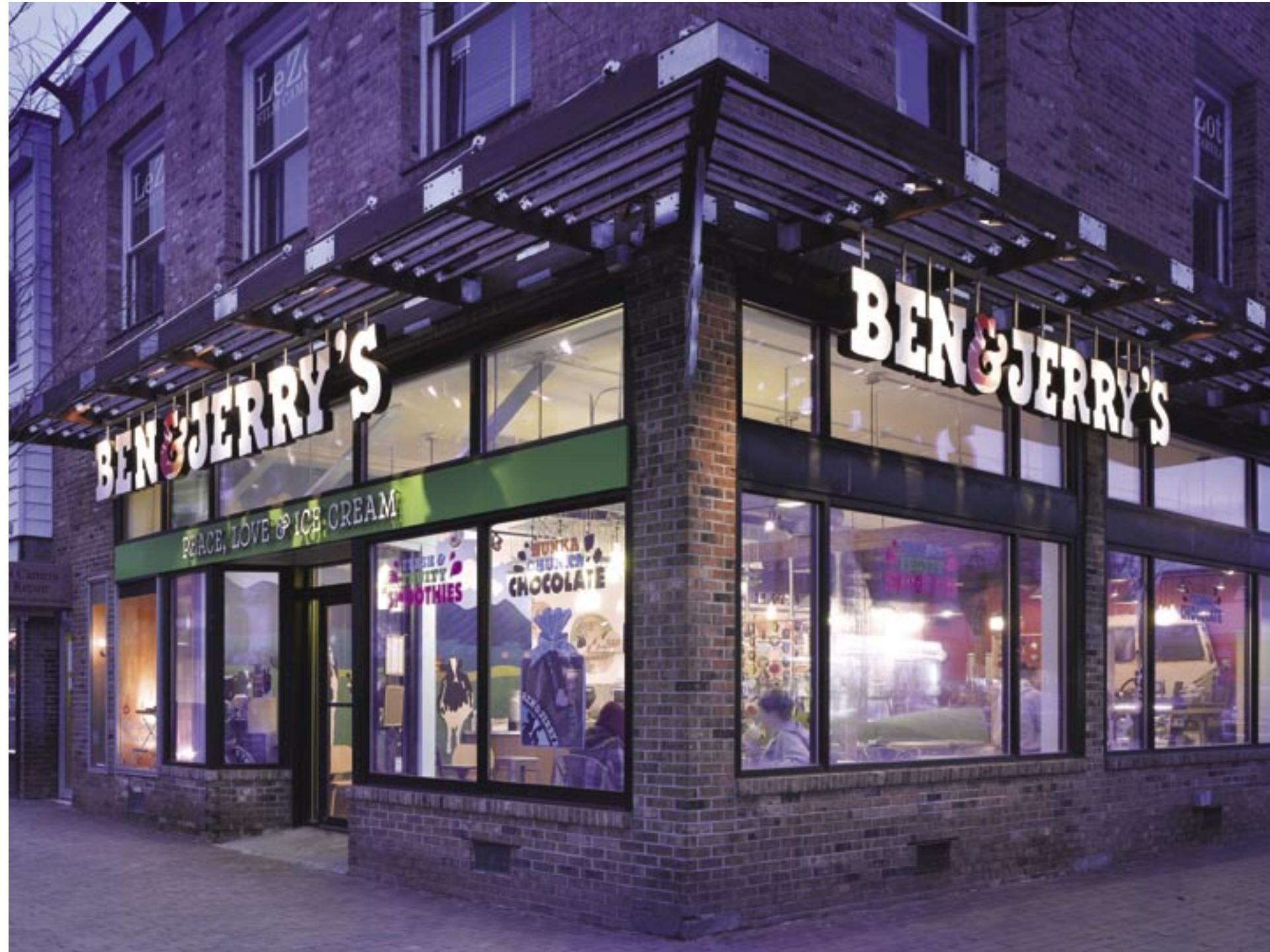
Jerry moved on to study pre-med at Oberlin College in Ohio. Unfortunately, he was never accepted into medical school, and spent his time working as a lab technician in New York and later in North Carolina, where he followed his future wife. As for Ben,

At the **END** of 1985,
the **company**
established the
Ben & Jerry's
Foundation, whose
mission is to
SUPPORT AND
encourage
ORGANIZATIONS
that are **working**
towards
ELIMINATING the
underlying causes
of **environmental**
and social
PROBLEMS."

his path was much more flighty and unpredictable. Upon dropping out of college and pursuing an unsuccessful career as a professional potter, Ben turned to numerous short-lived vocations. He managed to land—and maintain—a job as a crafts teacher at a residential school for troubled youth in the Adirondacks. Unfortunately, the school closed down, leaving Ben once again in a state of unemployment.

Ben's inability to hold onto a job proved to be a blessing in disguise, as it prompted his thoughts about opening a business. He envisioned the joys of working alongside his best friend without the structure and limitations of working for someone else. After pitching the proposal to Jerry, who was more than ready for change at that time, the two friends took the chance and began exploring exciting new career options.

Becoming business partners was an easy transition for Ben and Jerry—the big dilemma at hand during these early years was determining what type of business to open. They knew they wanted to focus on food, but had numerous ideas as to which product they should specialize in. And believe it or not, an ice cream enterprise was not their primary thought. They toyed with the idea of selling bagels, until they realized the cost for baking equipment far exceeded their budget. Thankfully, they decided on homemade ice cream instead. After taking a five-dollar correspondence course at Penn State University in ice cream making,



Ben and Jerry became ice cream connoisseurs by 1978.

SCOOPS OF SUCCESS

With a \$12,000 investment, one-third of which was borrowed, they launched their dream of making the highest quality ice cream in Vermont. Ben, Jerry, and a few friends transformed a dilapidated gas station at the corner of St. Paul and College streets in downtown Burlington, using a conglomeration of refurbished and nonstandard materials. After vowing not to exploit the community, their employees, or the environment, Ben & Jerry's Homemade, Inc. was officially open for business on May 5, 1978.

The town embraced the young entrepreneurs. A year of success later, Ben and Jerry marked their anniversary with their first-ever Free Cone Day, giving out free scoops of ice cream to every customer. Before long, Ben and Jerry expanded production by renting an old mill and packaging their ice cream into containers. This enabled the businessmen to sell their products to Mom and Pop establishments and local grocery stores. Their packaged pints were so successful that independent ice cream distributors began selling Ben & Jerry's in Boston by the early eighties.

Although they began their business with the goal of opening just one shop in a small college town, Ben and Jerry quickly outgrew their own expectations. In 1981, the first Ben & Jerry's franchise opened in Shelburne, Vermont, with their earliest

out-of-state franchise following two years later. Ten short years after launching their first shop, Ben and Jerry had more than eighty ice cream scoop shops open in eighteen states!

Ben & Jerry's wide range of success is partially due to the company's unconventional marketing strategies. While exploring unique ways to get their brand recognized, Ben and Jerry embarked on a cross-country "marketing drive" in the late eighties—the two friends traveled from state to state in a modified mobile home, known as the "Cowmobile," serving free scoops of Vermont's finest ice cream. Ben & Jerry's also uses its one-of-a-kind flavor names to arouse the attention of consumers, beckoning ice cream fanatics nationwide to find out what Phish Food® and Fossil Fuel™ actually taste like.

SOCIAL RESPONSIBILITY WITH EVERY CONE

"Business has a responsibility to give back to the community," Ben Cohen once said. And since the company's inception, he and Jerry have dutifully incorporated this value into their business by initiating innovative ways to improve the quality of life locally, nationally, and internationally. At the end of 1985, the company established the Ben & Jerry's Foundation, whose mission is to support and encourage organizations that are working towards eliminating the underlying causes of environmental and social problems. Receiving a generous percentage of the ice cream company's annual pretax profits, the foundation is able to



Ten short years after launching their first shop, Ben and Jerry had more than eighty ice cream scoop shops open in eighteen states!

affect social change by awarding grassroots organizations with significant financial grants.

While this nonprofit foundation does a lot for communities across the country, Ben & Jerry's extended its reach by implementing the practice of values-led sourcing. Whenever possible, the company finds food suppliers with commendable social missions, so that the purchase of Ben & Jerry's necessary ingredients will also support a good cause in the end. In 1990, Ben & Jerry's began buying brownies from Greyston Bakery—a New York-based company that employs and empowers disadvantaged people from the local community. In recent years, Ben & Jerry's continues to purchase vanilla, cocoa, and coffee beans from fair-trade organizations to ensure that the farmers receive a fair price for their harvest, ultimately enabling them to reinvest in their land and communities.

Social responsibility is deeply rooted in environmental concerns as well, a topic that Ben & Jerry's takes very seriously. From using environmentally-sound materials within the construction of their buildings to their goal of reducing paper waste within the entire company, Ben & Jerry's has always been conscious about its carbon footprint. In 1998, the company even introduced the ice cream industry's first environmentally-friendly container made from unbleached paperboard with a non-toxic printable clay coating, known as the Eco-Pint. By 2001, Ben & Jerry's successfully completed the transition to green packaging, helping to reduce the country's leading causes of toxic water pollution.

Considering its humble roots in a small rural town, Ben & Jerry's has certainly come a long way over the past three decades, and continues to evolve today. Each

year brings dramatic growth and a new batch of obstacles. The company is always taking new directions for its environmental activism programs and embarking on new social partnerships. New ice cream flavors are constantly being introduced, each one more daring than the last yet always bearing that quintessential humor and creative mindset. Fortunately, despite thirty-two years of change, their rich and decidedly tasty ice cream has never been compromised. Chunks and swirls of the world's best ingredients are still found within every spoonful, fulfilling Ben and Jerry's promise of always making the best possible ice cream. [AL]

www.benandjerrys.com

ADRIANA TRIGIANI

BELLA NOVELIST

Article by Martha Steger



...she takes the stage like an operatic diva with a billowing black shirt over wide pants and a Rubenesque figure, topped off by a huge head of equally billowing, black curls and supersized silver loop earrings.

Readers might be a bit timid approaching an author described by *USA Today* as “one of the reigning queens of women’s fiction”—but not fans of Adriana Trigiani. If they haven’t met her in person, they might well be among book-club members to whom she’s chatted from her New York City home. She loves her fans.

Still, going to one of her book signings or special events for the first time isn’t without its surprises. Adriana, like her characters, is larger than life in every way. Raised in a big Italian family in a small, coal-mining town in southwest Virginia, she takes the stage like an operatic diva with a billowing black shirt over wide pants and a Rubenesque figure, topped off by a huge head of equally billowing, black curls and supersized silver loop earrings. Her greeting to the crowd quickly slips into individual interactions with members of the audience.

“You in the middle,” she says after opening lines, pointing to a woman halfway back in a well-lit auditorium, “you with that gorgeous dove necklace. Did your husband give you that?”

A woman chuckles, responding, “Yes.”

“Is that man sitting next to you your husband?”

“Yes, he is.”

The repartee continues, with Adriana telling the woman that any man who dispenses jewelry like that is a definite keeper—acknowledging that her own husband, Tim Stephenson, the Emmy award-winning lighting designer of *The Late Show with David Letterman*, is no less of one. This novelist clearly has as much fun with her audiences as she does in writing her novels.

The author of ten books since 2000—one being an engaging Italian cookbook of family recipes—Adriana was writer/producer on *The Cosby Show* among many television accomplishments before becoming a novelist. She’s presently in final preparations for the film debut of her first novel, *Big Stone Gap*, which she has directed and for which she wrote the screenplay.

For Adriana, the distance from Big Stone Gap, with its Friday-night football and marching band, to the Big Apple hasn’t really been that far. She graduated from Saint Mary’s College in South Bend, Indiana—a good transition from her small town to the Big Apple, where she moved to become a playwright. She founded the all-female comedy troupe, “The Outcasts,” and made her living on the cabaret circuit for seven years. Next it was her off-Broadway debut as a playwright at the Manhattan Theatre Club with a production produced in regional theatres of note across the country.

She says her life in Greenwich Village with Tim and their seven-year-old daughter, Lucia, is like being back in a small town. She loves their stoop, the coffee at D’Ags, Lucia’s school, the winding streets, and the local Italian

restaurant. For a writer with Adriana’s energy, a reader can see that her New York City environment enhances her.

She juggles being a wife and mother, while writing a book a year, answering fan emails personally, and traveling to book events all over the world. Her books are internationally popular. *Lucia, Lucia*, selected as 2004’s best read in England by the Richard and Judy Book Club, was also named eighth in Britain on the 2004 Associated Press’s list of “World’s Bestselling Books.” Her titles have been translated and published in more than thirty foreign countries.

Despite her popularity that stretches across continents, Adriana makes as few overnight trips as possible in order to maximize her time at home with Lucia. This often means returning home for an overnight only to fly out again the next morning. She takes Lucia with her when possible: when she and Tom Wolfe were both flying from New York to speak at the Library of Virginia’s Literary Awards, Lucia was seated directly behind Wolfe in the plane, “and I said, ‘Lucia, don’t you dare kick the back of Mr. Wolfe’s seat!’”

Poking fun at family is one of her favorite ways of making people laugh, whether it’s telling how her mother has willed all of her best jewelry to the five daughters—saving the tacky stuff for the one daughter-in-law—or embellishing prima-donna tales of her successful sisters. She goes to bed early when she’s at home, so she can rise very early, take advantage of her energy in the quiet space reserved for writing, and write for several hours, seven days a week.

Her long hours and hard work have paid off: her first young-adult novel, *Viola in Reel Life*, was published in the fall of 2009;

“The author of **TEN BOOKS** since 2000—one being an **ENGAGING** Italian cookbook of family recipes—Adriana was **WRITER/PRODUCER** on *The Cosby Show* among many television **accomplishments** **BEFORE** becoming a novelist.”

and her newest book, *Encore Valentine*, came out in February. It’s the much-anticipated sequel to her *New York Times* instant bestseller, *Very Valentine*, hailed by *People Magazine* as “dripping in style.” In *Encore Valentine*, the story of fledgling shoe designer Valentine Roncalli soars as she evolves from apprentice to craftsman and takes creative control of the family business. The road to Valentine’s realized dream is set

with challenges, but she is determined to make her life, her heart, and the Angelini Shoe Company reach their full potential.

Adriana’s fans, who know her parents moved the family to Big Stone Gap to start a shirt factory, see how her family’s own story, coupled with its strong women, is often inspiration for her novels. As in her other novels, *Encore* takes Valentine on a life-changing

journey (this one from her beloved Greenwich Village to the lush hills of Tuscany to the exciting streets of Buenos Aires).

Her entertaining books, full of twists and turns and inspiration, reflect the real person behind the stories—the author who moves onto a speaking platform with the self-confidence, sudden surprises, and timing of someone grounded by family and a strong

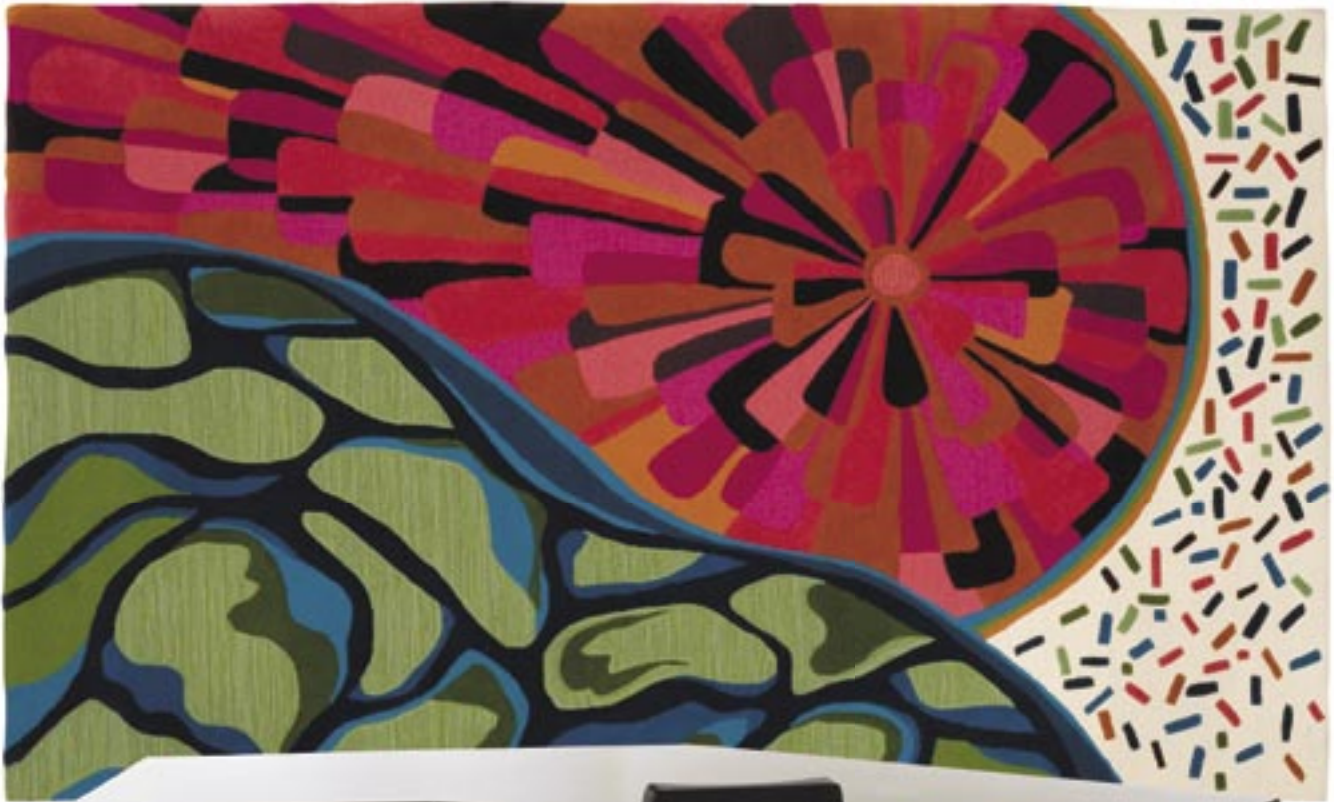
sense of self. Whether it’s family-time back in Big Stone Gap or New York, or delving deeply into a character, “the moment is everything.” [AL]

Martha Steger is a native Virginian and journalist who has also had short stories and poetry published.

www.adrianatrigiani.com



Pictured Left: Adriana’s grandfather sits with Pia, while her grandmother holds Mary, the oldest sister, at Pia’s birthday bash.



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COLLECTION

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