L A doesn’t follow trends, it creates them. Whether it’s the opening of a hip hotel, ways to maintain a healthy lifestyle, or what’s being worn on and off the red carpet, it’s all very au courant. If you want to stay one-step ahead of the masses during your fabulous summer Staycation this year, turn your attention to what’s happening in the City of Angels.

LA’S “ARTSY BLOCKS”

These three streets are collectively transforming the LA art scene.

**North Highland Art Galleries – (Hollywood)**
North Highland Avenue's once blank canvas is now awash in a crop of new and emerging art galleries. Take Perry Rubenstein for instance. This NYC gallery owner left the Big Apple for Tinseltown and opened his namesake LA outpost in a former film-supply warehouse. A permanent and rotating collection includes many LA artists, which is helping to further fuel the city's ever-growing art scene. www.perryrubenstein.com.

**Regen Projects – (Downtown)**
Just down the street is Regen Projects at the corner of Santa Monica Boulevard and Highland Avenue, which boasts some 20,000-square-feet of gallery space complete with a rooftop sculpture park – so very LA. www.regenprojects.com.

**Culver City Art District – (Culver City)**
Powerhouse gallerists Blum + Poe may have single-handedly been responsible for the explosion of art galleries when they moved from their Santa Monica digs to Culver City not far from the gates of Sony Studios (formerly MGM). Now some three-dozen art galleries grace the streets of La Cienega and Washington Boulevards, including Katherine Cone and Nye + Brown. In between gallery hopping take a break at one of the many sidewalk cafes that surround this artsy enclave. www.ccgalleryguide.com.

**Gallery Row – (Downtown)**
Located along Main and Spring Streets, between 2nd and 9th Streets, is what locals call Gallery Row. Lined with cutting-edge art galleries and home to the popular Downtown Art Walk, held on the second Thursday of every month, this area is exploding with creativity. What makes this neighborhood even more interesting, aside from the various installations and exhibits celebrated behind gallery doors, is the abundance of public art, from sculptures to street art, Downtown LA is like a gallery without walls. www.galleryrow.org.

**HEALTH + WELLNESS**

Mother always said to eat your vegetables, but she might have been more successful in her quest had she suggested you drink them instead. And that’s what most of LA is doing these days by visiting their local juiceries. Sure – Angelenos still crave their non-fat macchiato no whip concoctions at local java junctions, but they can’t seem to get their fill of cold-pressed vegetable and fruit blends made with freshly-plucked kale, cilantro, celery, beets and spinach seasoned with lemon and cayenne pepper for some added kick.

**The Punchbowl – (Los Feliz)**
This juice joint features a menu of seasonal juices and smoothies made with some unusual suspects, such as dandelion, tarragon and grapefruit. The menu changes often and is dependent on available produce. www.thepunchbowl.tumblr.com.

**Pressed Juicery – (Studio City)**
Boasting several locations, including this one in the San Fernando Valley, Pressed Juicery is perhaps the rock star of

*Please see page 28*
You Can Win all summer long

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Long Beach — LA’s Urban Waterfront Playground

The idea of a “Staycation,” a vacation close to home, has become a popular alternative for those who want a getaway, but not too far away. And there is no place better suited to provide fun, adventure and relaxation than Long Beach, Southern California’s “Urban Waterfront Playground.”

Long Beach enjoys an ideal location as a central jewel in Southern California’s glittering array of sparkling beachfront towns. Unlike most of the other oceanfront cities, Long Beach boasts an urban, downtown waterfront. Long Beach has the electric hum of an exciting big city, with all the amenities and entertainments that can be found only in a diverse urban setting, blended with the casual, relaxed atmosphere of a beach resort. Experience the magic of this city magical; the food, the nightlife, scenic pathways and eleven miles of sandy beachfront, inland waterways and bays. Dine in singular restaurants, many with panoramic ocean vistas. Stroll along well lit, palm-lined promenades, boardwalks and esplanades. Spend an evening out with friends or family while basking in some of the best weather in the country. Long Beach is pedestrian and bicycle friendly and ranked as one of the “Most Walkable Cities in America,” by WalkScore.com. Within an 8-block area in the downtown waterfront, visitors can find attractions, shopping, entertainment, nightlife and more than 120 quality restaurants serving cuisines from around the world.

Long Beach has its own world-class attractions: the majestic Queen Mary, the Aquarium of the Pacific, Pike at Rainbow Harbor, Shoreline Village, whale-watching and harbor and dinner cruises. Beyond the downtown, discover the East Village Arts District, with its trendy bistros and galleries. Belmont Shore is the quintessential Southern California beach town and along the 11 blocks of 2nd street are shops, galleries, unique restaurants and pubs, plus a vibrant nightlife scene. Alamitos Bay offers waterside activities, including sailing, kayaking, windsurfing and paddle boarding. Take a Gondola ride through the picturesque canals of Naples Island, oared by a singing gondolier.

If you like to live in the past, 4th Street’s Funky Retro Row beckons, with its shops selling vintage clothing, furniture and knickknacks. Hollywood set designers frequent Retro Row to buy clothing and set dressings for period movies and TV shows.


While staying in Long Beach, leave your car behind and never worry about parking or getting where you want to go. Long Beach Transit offers free Passport Shuttle buses throughout the downtown area and for a low fare you can travel anywhere in the city on modern, clean-fuel efficient vehicles operating on convenient and frequent schedules.

Located in the center of Southern California, Long Beach is also close to all the Southland’s major attractions. Downtown LA, Hollywood, Universal Studios and Disneyland are all just 30 minutes away via freeway. Santa Catalina Island is just an hour away on board comfortable high speed catamarans operated by Catalina Express from the downtown Long Beach.

From Long Beach’s downtown Transit Gallery on 1st Street, the LA Metro Blue Line light rail trains travel quickly to downtown Los Angeles, with connections to the other Metro lines going to Hollywood, Pasadena, LAX and Union Station. Getting to Long Beach by air is also quick and easy, with three major airports less than 30 minutes away. Long Beach Airport, the West Coast hub for JetBlue is just 10 minutes from downtown. Both LAX and Orange County’s John Wayne Airport are less than 30 minutes away.

Flying into Long Beach is a breeze thanks to the newly modernized Long Beach Airport which offers a resort feel while welcoming daily nationwide commercial flights. The $140 million renovation created a dynamic gateway to better accommodate the airport’s three million annual passengers. The new Concourse is winning travel industry awards and rave reviews for its style, sophistication and beauty.

Passengers enjoy a relaxed, Southern California atmosphere as they walk through an open courtyard with fire pits, lounge seating, wine bar and garden walkway with native vegetation. A new Food Marche provides travelers a taste of Long Beach’s Southern California atmosphere as they walk through an open courtyard with fire pits, lounge seating, wine bar and garden walkway with native vegetation. A new Food Marche provides travelers a taste of Long Beach’s atmosphere as they walk through an open courtyard with fire pits, lounge seating, wine bar and garden walkway with native vegetation. A new Food Marche provides travelers a taste of Long Beach’s atmosphere as they walk through an open courtyard with fire pits, lounge seating, wine bar and garden walkway with native vegetation. A new Food Marche provides travelers a taste of Long Beach’s atmosphere as they walk through an open courtyard with fire pits, lounge seating, wine bar and garden walkway with native vegetation. A new Food Marche provides travelers a taste of Long Beach’s atmosphere as they walk through an open courtyard with fire pits, lounge seating, wine bar and garden walkway with native vegetation. A new Food Marche provides travelers a taste of Long Beach’s atmosphere as they walk through an open courtyard with fire pits, lounge seating, wine bar and garden walkway with native vegetation.

For more information please visit www.beachinwithbenefits.com or call (562) 436-3645.

Long Beach’s beautiful downtown waterfront.

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Long Beach's downtown waterfront.
Come spend your summer with us under the stars!

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BOB WEIR & RATDOG | JOAN BAEZ & INDIGO GIRLS | JURASSIC 5 | New Order
July 02 | July 03 | July 12 | July 13

PAT METHENY GROUP | RINGO STARR | Tori Amos | DIERKS BENTLEY
July 18 | July 19 | July 23 | July 25

AND MANY MORE!
August 18 | August 23 | August 26

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Burbank – Media Capital Of The World

Where does the blockbuster action really come to life? In the town behind the scenes — Burbank! It’s just 15 minutes from downtown Los Angeles, but a world all its own.

Staycation Spotlight

Looking for different ways to spend the day? Burbank sets the scene so you can set your sights on the legendary places. Here are just some of the spots that are the talk of the town.

Scene 1: Adventure
- Start off at Coffee Commissary in the Media District — featuring coffee sourced from top roasters, irresistible pastries, and sandwiches.
- Marvel at sweeping views of L.A. from the top of the Verdugo Mountains at Stough Canyon Nature Center. On a clear day, you can see Catalina Island!
- Saunter horseback on a guided tour through 55 miles of serene trails in Griffith Park. Look familiar? It doubles as a set for classic western to detective thrillers, even sci-fi epics.
- Wrap up your night surrounded by stars at the open-air Starlight Bowl, home of Grammy award-winning artists.

Scene 2: Family Fun
- Admire championship horses at the Los Angeles Equestrian Center — the largest in Southern California — for free!
- Stroll through over 300 stores in Downtown Burbank, or shop alongside celebrity stylists for original clothing straight from the movie sets at hot spots throughout the eclectic Magnolia Park.
- Grab a bite at Umami Burger, winner of GQ Magazine’s coveted “Burger of the Year” award
- Get your game on with bowling and ice skating at Pickwick Gardens — the training venue for many world-champion skaters.
- Catch a movie at the AMC Burbank 16. Chances are, you’ll spot some of the surrounding areas on the big screen!

Scene 3: Entertainment
- Reserve free tickets for a live TV show taping for guaranteed celebrity sightings
- Tour. Something’s always filming so you might even see the stars in action!
- Catch a musical mash-up at the Falcon Theatre, directed by award-winning Hollywood legend, Garry Marshall
- Laugh the night away at Flappers Comedy Club with headliners like Tom Green, Jeff Garlin, and Margaret Cho.

Burbank Summer Events
- This summer, all around town, there are plenty of exciting happenings. Here are a few:
  - Burbank Farmers Market
    Fresh fruits, vegetables and flowers every Saturday 8:00 A.M. to 12:30 P.M.
  - Burbank Film Festival
    Now in its sixth year packed with film screenings, red carpet events, awards, and parties, the Burbank International Film Festival happens at AMC 16 Theatres in Downtown Burbank and other venues around town, September 3-7.
  - Burbank Comedy Festival
    Presented by Flappers Comedy Club and Restaurant, the Burbank Comedy Festival offers a week of amazing comedy shows, industry showcases, comedy classes, and after parties August 17-23.
  - Starlight Bowl Summer Concert Series
    The Starlight Bowl presents high-quality family entertainment on July 4, and weekend concerts offered throughout the summer including The Fab Four, Hollywood U2, DSB tribute to Journey, and Poncho Sanchez.

Where to Stay in Burbank
- From chic boutique to business class, the unique personalities of over 15 stylish hotels spoil every moment of your stay, surrounded by the movie spirit.
- Best Western Plus Burbank Airport
- Burbank Inn & Suites Burbank Airport

Weekend Escape
- Rates from US$615 per night*
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Summer Staycation Ideas!

It’s face it – we live and work in a vacation destination town. Millions from all over the world flock to Los Angeles every year to enjoy our fabulous weather, beaches, towns, shopping, sights, restaurants and accommodations. Sadly, it’s sometimes those of us so close to all of this potential fun that never actually partake in Los Angeles’ “time off” activities. That’s a trend that is definitely changing, however, as more and more Angelenos have opted to save a few dollars and take a staycation close to home during summer. After all, there’s more to do in Los Angeles than any one summer could possibly contain.

About 50 percent of American travelers are changing their summer travel plans because of prohibitive gasoline costs and sticking closer to home, according to a survey by the travel Web site TripAdvisor. Many say they’ll be relaxing in their own yard, such as Pete and Megan Rooney of Woodland Hills. This summer, the Rooney’s are pitching a tent, building a campfire and taking in the night sky. The budget-conscious couple says vacation is a mindset.

“They love staying in hotels, periphery,” said Kim Dixon of Van Nuys.

The Sweitzer family of Long Beach are doing a series of regional hikes so that they can enjoy the great Los Angeles outdoors and their daughter Megan can practice her nature photography skills.

Gina Calhoun of Studio City is making reservations at a couple of local hotels for her and her kids.

“They love staying in hotels, period. The pool, the amenities, the room service – we can do it all close to home and think just how much we’ll save doing it here in the Valley versus traveling to Hawaii or the Bahamas,” she said.

The movie-loving Mudd family in Santa Monica are planning on doing their own makeshift film festival tour this year. They plan to see a different film every night over a period of two weeks and go to a different LA area theatre for each show.

In Calabasas, the soccer loving Griffin family are prepping for their own World Cup film festival at home. They have a huge 58" plasma screen for family and friends to come over and go nuts cheering for their favorite soccer teams over about a two week period.

“Having all this stuff right at the tips of our fingers has actually kept us home, kept us from going on vacation. We’ve just been able to enjoy ourselves at home,” Vicki Griffin said.

Many parents, in fact, find the staycation more relaxing than going away, especially if they have young children.

“I turned my backyard into a ‘fami-ly decoation’,” that includes Wiffle balls, a tent, bobbing for apples, hula hoops and a picnic area complete with blanket and barbecue,” said Lisa Silva of Van Nuys.

How to Have a Great Staycation

- Schedule start and end dates. As just as you would if you went away for your vacation, schedule a beginning and ending for your staycation to make it feel like an official vacation. Otherwise, it runs the risk of feeling like just another string of nights in front of the tube.

- Pack that time with activities. Plan a daily activity, and make sure something takes you out of the house — for fun — every day.

- Declare a “Choratorium.” That means no chores! Don’t make the bed, vacuum, clean out the closets, pull weeds — nothing. You’re on vacation!

- Take staycation photos or videos, just as you would if you went away from home for your vacation.
SUNNIE CALIFORNIA STAYCATION GUIDE

juicing having been founded by a team of entertainment professionals. The shop’s six-pack samplers provide just the right amount of nourishment and variety plus some added convenience: home or office delivery. www.pressejuiucery.com.

Sustain Juicery – (Downtown) Not all juiceries are created equal, and here the staff puts the squeeze on various juicers - so not every fruit and veggie is pressed but it’s all made to order using organic produce. Daily specials are displayed on the chalkboard, and the staff fancies themselves more like bartenders than blender operators by presenting drinks in coupes rather than cups. www.sustainjuicery.com.

Erewhon Natural – (Westside) Tucked inside an organic market of the same name, Erewhon offers grab and go glass-bottled juices as well as made-to-order bottled juices. www.erewhonmarket.com.

The menu-only retreat at this Downtown dining scene of late, offers up a tasting menu where your palate’s portal what’s taking a flavor (pun intended) for what’s taking as a single meal. If you truly want to get small portions of several dishes are served DINEC. www.erewhonmarket.com.

Delicately plated dishes include Gnocchetti with Wood Pigeon Ragu and Fried Green Tomato with soft egg and pea tendrils. www.allumbettela.com

Alma – (Downtown) Chef Miles Thompson creates an intimate dining experience featuring a two tasting experiences each evening. A four-course for $45 and a five-course for $60. www.troismec.com

Trois Mec – (Hollywood) Trois Mec, which means three guys in French, is currently the hottest ticket in town…literally. Guests don’t make a reservation, they purchase a ticket much in the same way a ticket is bought for a sporting event. And, trust us: This restaurant is a culinary game changer. Only the best ingredients are sourced in order to present a spectacular and memorable single choice five-course menu. www.troismec.com

FASHION + STYLE

Raise a fork to the tasting menu where over 300 restaurants in the city during dinELA’s Restaurant Week. Catch the next Restaurant Week July 14 – 25, 2014. www.dinela.com

Allumbette – (Echo Park) Located in the heart of Echo Park, Allumbette is a comfy dinner restaurant that serves soulful, rigorous, original food and food-friendly cocktails and wine. After launching a successful pop-up in 2012, 25-year-old Chef Miles Thompson creates an intimate dining experience featuring a two-tasting experiences each evening. A four-course for $45 and a five-course for $60. Delicately plated dishes include Gnocchetti with Wood Pigeon Ragu and Fried Green Tomato with soft egg and pea tendrils. www.allumbettela.com

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ed on a big screen, each ride is based on inspiration. No matter what your ability, newbie or serious cyclist, you are definite-

ly in the driver’s seat. Best of all you can take Kinetic Cycling for a test drive – first class is free. www.kineticycling.com

Crunch – (West Hollywood) It’s where the A-list get fit, but if you can abstain from stagnating you’re going to kick-it into high gear with Buti. A blend of yoga, strength training and tribal dance moves, Buti is a one-stop sweat shop for some serious cardio. In 75- minutes go from flab to fab doing squats, hip openers and warrior poses to some pulsating tunes. www.crunch.com

Marina Paddle – (Venice) In LA everyone seems to be asking “what’s SUP” as in Stand Up Paddling, the latest water work-

out since hanging ten. This core workout puts participants on top, or at least on top of a buoyed board, with an oar to help navigate the ocean, back bays and mari-

nas. It’s fun and simple to master offering and, best of all, it takes place in the great outdoors. wwwيمنس paddlesboards.com

HOTELS

Ace Hotel – (Downtown) Part of a new hotel group out of Portland, Oregon, the newly-opened Ace Hotel Downtown Los Angeles is housed in the famed United Artists building. Silent screen star and one of UA’s founders Mary Pickford had a penchant for omate and gilded details, which provide a striking contrast against the hotel’s sleek amenities. The 180 gue-

strooms come in varying sizes simply cat-

gorized as Small, Medium, Large, Loft and Suite with an array of amenities. A 1,600-seat entertainment venue adds yet another element with live performances. The Ace is conveniently located in the revitalized Historic Core and near many landmarks and gems, including Grand Central Market, Walt Disney Concert Hall, and a throng of fabulous restau-

rants. www.acehotel.com/losangeles

The Line Hotel – (Koreatown) Located at the corner of Wilshire Blvd. and Normandie Avenue in the heart of Koreatown, a fledgling hip destination bimming with restaurants and night-

clubs, is the new Line Hotel. A collabora-

tion by the Sydell Group along with noted chef Roy Choi, pioneer of the gourmet LA food truck movement, and the Houston Brothers, known for LA’s hippest bars and nightclubs, this mid-century marvel was originally designed by Daniel Mann Johnson + Mendenhall in 1964. Now, the use of industrial materials and cement sur-

faces, coupled with streamline furnishings and the occasional burst of color, adds a loft-like and urban feel behind closed doors. A sexy outdoor pool deck, pair of destination restaurants, a swank lobby bar, speakeasy lounge, karaoke bar and 24-

-hour room service make guests want for nothing. www.thelinehotel.com

Information provided by the LA Tourism & Convention Board. For more information, visit www.LATourism.org

Five Tips for Staycation Success

Here’s a selection of tips to help keep your staycation as rewarding as it can be!

1. Unplug

You may be close to work, but there’s no reason to pop in to check on the latest deal. Treat your stayca-

tion like a vacation and let someone else handle work for a week or two. Don’t check email or cell phone messages any more often than you would if you were thousands of miles away. If you do, you risk losing that holiday feeling.

2. Make Plans

Don’t be tempted to sit at home and become a couch potato. When you go on vacation you find things to see and do. You should do exactly the same, but this time your chosen outings will be no more than a day trip from your home. Research your local area – you may find a few sights you didn’t even know were there. Guidebooks are a great way to find local attractions off the beaten track.

3. Banish Housework – And Friends!

Just as you treat yourself while on vacation you find things to see and do, you should do exactly the same, but this time your chosen outings will be no more than a day trip from your home. Research your local area – you may find a few sights you didn’t even know were there. Guidebooks are a great way to find local attractions off the beaten track.

4. Take Pictures

When you live in a place, you often take it for granted, but with a stayca-

tion you will be looking at it with new eyes. Capture the sights and feelings by taking some pictures, just as you would if you were jetting abroad. This is a great way to remember what a great time you had – without even leaving home.

5. Set a Budget – And Treat Yourself!

Just like any other vacation, a stayca-

tion needs a budget so you don’t end up overspending. But that doesn’t mean doing without some luxuries. Just as you treat yourself while on vacation, do the same now. Visit a day spa or have a meal at a restaurant that would normally be out of reach. Since you’re saving on flights and hotels, you can afford a bit of pampering.

Whether you desire world-class cultural attractions, top-notch dining or a blissful night of sleep in our Heavenly Bed, you’ll find it all here at The Westin Bonaventure Hotel and Suites.

For More Information or to Make a Reservation, visit westin.com/bonaventure or Call 213-624-1000

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Putting a Unique Spin on Your Next Celebration

G

Great companies begin with great people—employees who are talented, outcome-oriented, and actively invested in your company, its goals, and its future. And when it comes to instilling team spirit or strengthening the bonds of colleagues and coworkers, there’s no better way to grow your team than with a summer outing or teambuilding event at Bowlmor Lanes.

Employees don’t get inspired by stuffy, boring, conference-room-style teambuilding exercises or off-sites held at convention centers. To reach your team and inspire the growth your company requires, you need events that resonate with your staff—off-sites, teambuilding events, and other summer outings that offer something different, something unique, something more.

Corporate events at Bowlmor Lanes provide that something—an elegant setting that combines style and luxury with the exhilaration and camaraderie of team sport. Bowlmor is a place where companies can transform perfomancy, yearly office rituals into eagerly-anticipated events—where dramatic architecture, stunning design, sophisticated fun, and gourmet cuisine all converge to create a new standard in office events.

Trying to find the right venue for your next great off-site or teambuilding event can be a daunting task. If you’re having difficulty determining the best way to bring together your whole team, consider these tips for designing the perfect corporate outing:

- Start planning—soon.
- Area venues fill up quickly (our locations in Anaheim, Pasadena, and Orange County can all attest to this). And it’s never a fun experience when you discover that your ideal venue has a months-long waiting list.
- Book your functions now and get the most competitive rates for all your company’s teambuilding and morale-boosting group events.

Have a game plan.

Do you require a place that’s just for play? Or are you also looking to get work done? Think about the goal of your event and what you’ll need to pull it off. Then, make sure that the venue you choose is properly equipped to handle the demands of your event.

Bowlmor’s bowling lounges are business-friendly, offering free WiFi, private meeting spaces, and advanced AV capabilities. Bowlmor delivers an innovative spin on corporate fun to businesses throughout Southern California, featuring dozens of glow-in-the-dark bowling lanes, lane-side food and drink service, and top-of-the-line catering and cocktail menus. From crab bites to vegetable spring rolls to gourmet sliders, Bowlmor has something for every discerning palate and every level of bowler (shoes, lane bumpers, and balls are included in event packages so that everyone in your party can enjoy themselves in an upscale sport atmosphere).

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Determine which venue is right for you. Southern California has three world-class options for businesses looking to book memorable summer outings and teambuilding events: Bowlmor Pasadena, Bowlmor Anaheim, and Bowlmor Orange County. Bowlmor Pasadena reflects the energy and excitement of its SoCal guests, with a 33,000-square-foot venue that features 31 state-of-the-art bowling lanes, billiards, advanced AV capabilities, and a full-service restaurant and bar.

Looking for something a little more VIP? Enjoy Bowlmor Pasadena’s seven-lane private bowling suite—a modern event space complete with its own private bar. Named “Pasadena’s Best Bowling Venue” by Pasadena Magazine, Bowlmor is a fantastic option for companies looking to host their next great event.

Plunge Into Summer

Oceanfront venue with SUP Rentals, Cultural Events, Playground, Courtyards, Free WiFi & Pool!

The Beach House is available for meetings, corporate events, celebrations, and as a location for film and photo shoots. For Event Services call 310-458-4934