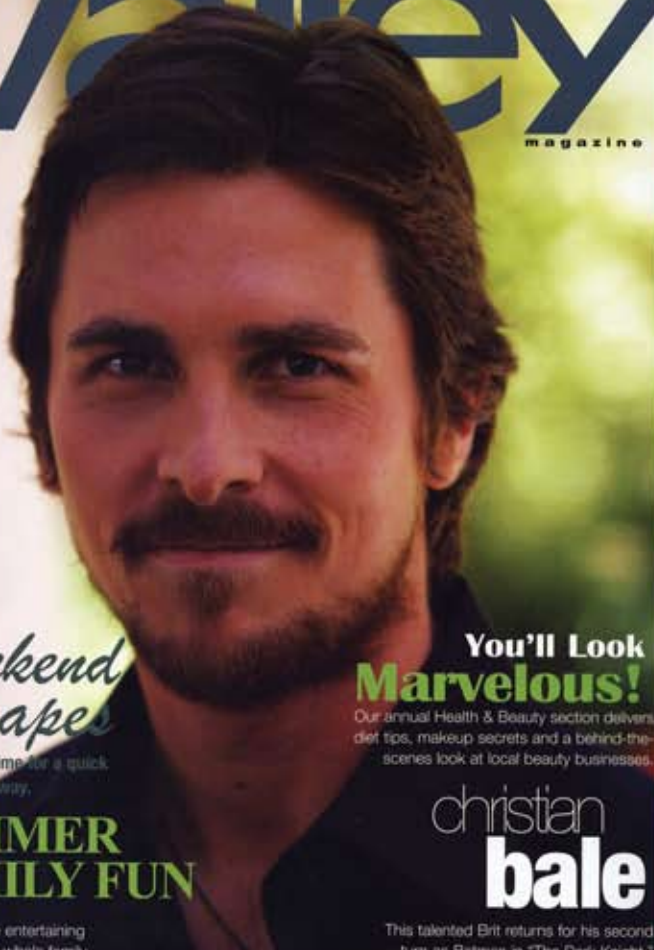


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Valley

magazine



Weekend Escapes
There's still time for a quick summer getaway.

SUMMER FAMILY FUN
Discover some entertaining options for the whole family.

You'll Look Marvelous!
Our annual Health & Beauty section delivers diet tips, makeup secrets and a behind-the-scenes look at local beauty businesses.

christian bale
This talented Brit returns for his second turn as Batman in "The Dark Knight."

IT-YOURSE
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DINGS

A detailed wedding plan is an absolute necessity for the bride who wants to shed tears of joy—instead of bawling from stress—on her wedding day. The ultimate step-by-step guide to successfully coordinating the Big Day is the "I Do: Do-It-Yourself Wedding Planning" DVD from renowned wedding planner Sally Steele. Known for her many appearances on TLC's "For Better or Worse," and as orchestrator of hundreds of nuptials, Steele helps couples create a celebration that reflects their unique personalities. Her 60-minute DVD (available at www.sallysteeleweddings.com for \$39.99) includes a companion 39-page book that provides checklists and timelines to simplify event scheduling. Real-life brides and grooms are also featured on the DVD to illustrate how an effective partnership between bride and groom in the very beginning can set the path for a successful wedding and future together.



MUST SEA EARRINGS

What splendid creatures dolphins are! The mammals' playfulness as they leap in and out of the ocean is inspiring, their strong sense of community is intriguing, and their intelligence is admirable. For devotees and collectors of the beautiful sea creatures, Holly Yashi presents Dolphin Splash Earrings. Handcrafted from colorful niobium metal, the earrings are 5/8 inch long and have gold overlay wires. Available in light blue, teal and purple, the earrings are priced

at \$28. Created in a studio in Northern California, Holly Yashi earrings can be purchased at Cobblestone Cottage in Valencia, Car in the Lotus in Glendale and Magnolia in Arcadia. The collection can also be viewed at www.hollyyashi.com.

ORGANIC IS OPTIMAL

Diet drinks, diet food, diet desserts—they may help you restrict calories, but for the most part, they're not very good for you. Loaded with aspartame, chemicals, preservatives and fillers, many low-calorie foods would likely score low on nutrition and, if we're being honest, taste. For a healthier eating lifestyle, without the hassle of shopping, chopping and cooking, order Optimal Nutrition Inc.'s customized door-to-door meals. Delivering only organic food—without additives or genetically modified organisms—ONI designs and portions each meal to the client's needs based on his or her basal metabolic rate, body fat, activity level, etc. Vegetarian and gluten-free meals can also be ordered. The typical menu plan consists of five or six balanced gourmet meals daily (pesto stuffed chicken, anyone?), including meal replacement bars. Meals are delivered fresh to local addresses or can be shipped frozen throughout the U.S. Orders can be placed at www.optimalnutritioninc.com or call (877)678-7897.



PARTY PACKAGE AT YOUR DOOR

If everyone's having a great time at your party—except you—maybe it's time to come up with an easier way to entertain. Posh Party Box is like having a party planning professional work out the strategic planning for a birthday celebration, children's party or any special event. The concept is simple: the fixings for an elegant themed party are sent to your home with everything from invitations to thank you notes. The Stars & Stripes Fourth of July Celebration, for example, has flag-themed paper goods, flags on sticks, 4th of July hat candleholders and plenty of red, white and blue accessories. The Happy Camper box, perfect for a child's backyard campout, includes flashlights, compasses, mess kits and bug collector boxes. Boxes range from \$116 to \$272, with many optional add-ons, such as etched glass champagne glasses, party lights and picture frames. These and more kits are featured at www.poshpartybox.com, or call (949) 498-0664.

