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MARSCHALL DESIGN IS A MULTI-DISCIPLINARY DESIGN
FIRM SPECIALIZING IN MAGAZINE AND BOOK DESIGN,
CORPORATE IDENTITY, BRANDING, AND COLLATERAL.

EDITORIAL_{DESIGN}



EDITORIAL DESIGN

SHOP ONLINE MAGAZINE

Champagne and caviar are synonymous with sophistication and celebration. While only the stuff that comes from France's Champagne region is considered "real" Champagne, and only beluga, osetra, and sevruga sturgeon eggs qualify as Russian caviar, you can find a wide variety of both of these indulgences shopping online.

PHOTOGRAPH BY JIM SHUR PARABIANI

CHAMPAGNE

www.theyard132.com

WINE.COM MORE THAN 300 VARIETIES OF CHAMPAGNES AND OTHER SPARKLING WINE, PRICES FROM \$74 FOR A SPLIT (HALF BOTTLE) TO \$195 FOR A 3-LITER BOTTLE. WINEVINES.COM THE WINE SPECIAL FOR AND WHITE WINE ALSO HAS BOTH BOTTLED AND WINE MERCHANTS AS ONE OF THE TOP INTERNET WINE SITES. SHOPPERS WILL FIND A WIDE VARIETY OF SPARKLING WINES, BOTH FROM LEGENDARY PRODUCERS LIKE DOM PERIGNON, TAITTINGER, AND ROSEBORN, AS WELL AS AFFORDABLE SELECTIONS FROM DOMESTIC VITINERS DOMAINE CHAMOND AND PACIFIC COOK. THE WINEVINES.COM MARKET TO THE WINE CONNOISSEUR, FINEWINE.COM OFFERS AN IMPRESSIVE SELECTION OF CHAMPAGNE. IF YOU'RE READY TO SPEND, CONSIDER SELECTIONS LIKE A 1995 CHAMPAGNE AMOUR DE SEIZIE FOR YOUR HOLIDAY PARTY. A HALF DOZEN BOTTLES WILL SET YOU BACK \$720. (FOR BEER BUDGETS, TRY THE 1995 CHAMPAGNE VEVEE CLOUTOT PONSARDIN BRUT FOR \$29.)

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theshinebar.com This exquisite site makes buying caviar simple. You'll find 41 varieties of Four Seasons Caviar in all price ranges, as well as a small selection of champagne and sparkling wines.

diamonddelica.com The legendary New York gourmet shop offers a wide variety of Russian caviar, as well as caviar accessories such as horn caviar servers (metal utensils with caviar's delicate taste) for \$30 and an onyx caviar service (\$350) to elegantly serve the precious treat.

petrossian.com The name "Petrossian" is virtually synonymous with Russian caviar. The Petrossian brothers have been in the caviar business since the 1920s. So, of course, Petrossian products are very expensive. The least expensive item is a 1.5-oz. jar of sevruga caviar for \$68. A 35 1/2-oz. tin (about 24-32 servings) of its top-of-the-line True Imperial Beluga is a stratosphere: \$2,950.

caviarlenia.com CaviarLenia offers both Caspian caviar and domestic one, at quite affordable prices (at least by caviar standards). You can buy 3.5 oz. of Golden Whitefish Roe for a mere \$9, 3.5 oz. of Alaskan Salmon Roe for \$13, or 1 oz. of beluga Prime for \$38.

parliamentcaviar.com Parliament offers beluga, osetra, and sevruga caviars from the Caspian Sea (\$59-\$350 for 2 oz.), as well as a selection of North American, Alaskan, and golden whitefish roe (from \$30 for 2 oz.).

CAVIAR

By Joy Ruthe

www.theyard132.com

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EDITORIAL DESIGN

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By PETER JARET | PHOTOGRAPHS BY SPOON MAYO

EDITORIAL DESIGN

Foods in a Pill

The new nutraceuticals promise to give you the healing benefits of fruits and vegetables. Are they worth a try?

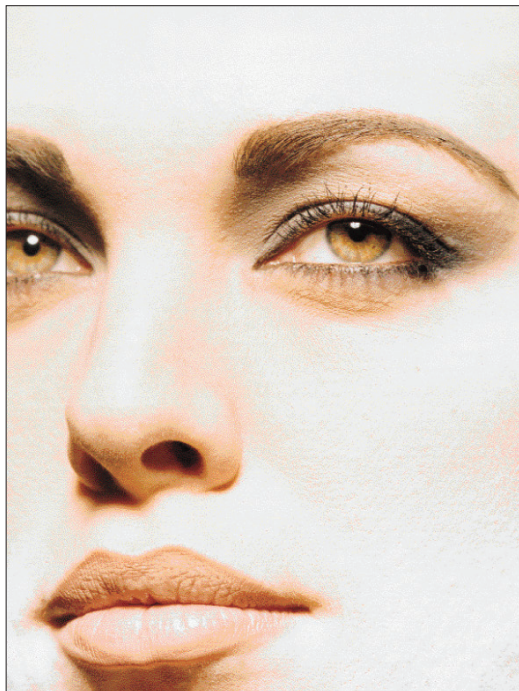


Stylish (shiny) and beautiful, with all the looks of foods that are being offered as supplements.

YOU CAN ALMOST bet on it. No sooner do researchers announce the discovery of some cancer-fighting or cholesterol-lowering substance in a fruit or vegetable than there it is in a bottle. And not only at health food stores. In more and more markets these days, just around the corner from the grapes and greens, a parallel universe has

MARCH 2008 HEALTH 61

HEALTH MAGAZINE



eye BROW W ENVY

Perfect abs? Too much work. Perfect breasts? Too much surgery.
But in six minutes, I achieved the perfect brow.

THIRTEEN YEARS AGO a photographer's makeup artist named Troy held tweezers before my face and announced, sans script, "Eyebrows are very important." I snickered, for I knew from what was important. World peace was important, and rain forests and Reno and paying off my college loans. I twitched one eyebrow as if to say, Oh, please. Unfornately my brows amount to a sparse and randomly distributed collection of near-colorless hairs, barely discernible as eyebrows, so Troy missed my nonverbal aspis.

"They are windows on the soul. Eyebrows are... Metaphor was not Troy's strong suit; concealer was, and he tilted it. "The curtain rods, or something." I looked into Troy's eyes—hoping not in fact to see his soul, which I pictured as small and moist but well-groomed—and said, "Eyebrows are eyebrows."

It has dawned on me rather slowly since then that I was a twit. I should have let Troy help me. Over the years I have found myself staring longingly at the perfectly tapered, elegantly arched eyebrows of women in magazines: Cindy Crawford, Chrissy Tarrington, Madonna. I realized I had developed a powerful case of eyebrow envy.

What gives? Why should a well-defined arch of

hair above the eyes make a female face more attractive? Evolutionarily speaking, eyebrows are nothing but eyelash wags. They helped keep rainwater and debris out of cavepeople's eyes and, thereby, cavepeople out of saber-toothed tigers' mouths. One answer came from a social psychologist at the University of California at Santa Cruz, whom I called because he'd made a documentary titled *The Human Face* and because his name is Dale Archer.

"Anching the eyebrow signals interest or attentiveness," Archer told me. By plucking your brows into a rounded arch, he said, you are stimulating a constant state of fascination. You may be bored senseless by the guy at the gym describing how power-esting has helped him achieve peak performance, but eyebrows are saying, "My god but that's riveting."

Anching the brows can also be a signal of submission, a fact recorded both in chimpanzees and in human employees talking to their bosses. As Archer points out, there are plenty of males who find submissiveness attractive, and not all of them eat bananas for dinner.

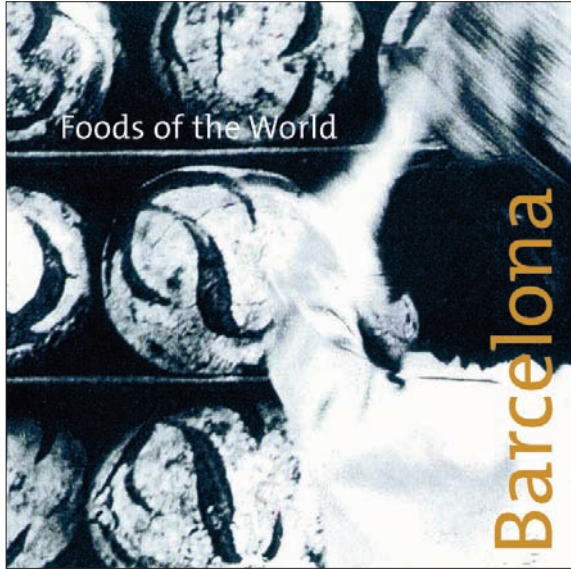
Despite this somewhat unsettling information, I decided to attempt a makeover. I had plucked before but never rebrowed. As a sort of preexercise, I

By Mary Roach PHOTOGRAPHS BY Kenji Toma

MAY/JUNE 1997 HEALTH 113

EDITORIAL DESIGN

HEALTH MAGAZINE



BOOK DESIGN



WELDON OWEN'S "FOODS OF THE WORLD" BOOK



'In Spain, the small dishes that begin a meal have been elevated to an art form.'

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BOOK DESIGN

WELDON OWEN'S "FOODS OF THE WORLD" BOOK



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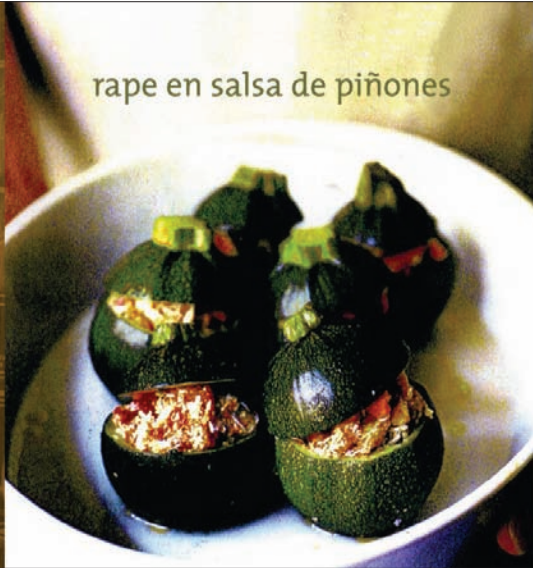
Many Spanish fish dishes include sauces made with nuts. Here, a sauce made from pine nuts, the best of which are harvested in Old Castile, cloaks monkfish pulled from the coastal waters of Catalonia. Many Spanish fish dishes include sauces made with nuts. Here, a sauce made from pine nuts, the best of which are harvested in Old Castile, cloaks monkfish pulled from the coastal waters of Catalonia.

Monkfish with Pine Nut Sauce

- | | |
|---|--|
| FOR THE SAUCE | FOR THE FISH |
| 2 tablespoons olive oil | 1½ to 2½ lb monkfish fillet, cut into slices |
| 1 large yellow onion, finely chopped | 1 inch (2.5 cm) thick |
| ¼ cup (1 oz/30 g) pine nuts, toasted and ground | Salt and freshly ground pepper to taste |
| ¼ cup (1 oz/30 g) fresh bread crumbs | 2 tablespoons olive oil |
| 1 tablespoon finely minced garlic | 1 cup (1 oz/30 g) asparagus, cut into 2-inch pieces |
| 1½ cups (1 oz/30 g) panko, coarsely, and dry bread crumbs | ¼ cup (1 oz/30 g) finely chopped fresh flat leaf parsley or mint |
| 1 cup (1 oz/30 g) milk or white wine | |
| Salt and freshly ground pepper to taste | |

For the sauce, in a frying pan over medium heat, warm the oil. Add the onion and onion seed pods, 8–10 minutes. Add the ground pine nuts, bread crumbs, garlic, and paprika; cook for 3 minutes. Add the tomatoes and stock or wine and cook until the liquid, 5–8 minutes. Season with salt and pepper. Sprinkle the fish with salt and pepper. In a large frying pan over medium heat, warm the olive oil. Add the fish and sauté, turning once, for about 3 minutes on each side. Pour the sauce over the fish, add the peas, if desired, and continue until the fish is opaque throughout, about 3 minutes longer. Transfer the fish and sauce to a platter, garnish with pine nuts and parsley or mint, and serve.

Serves 4



rape en salsa de piñones

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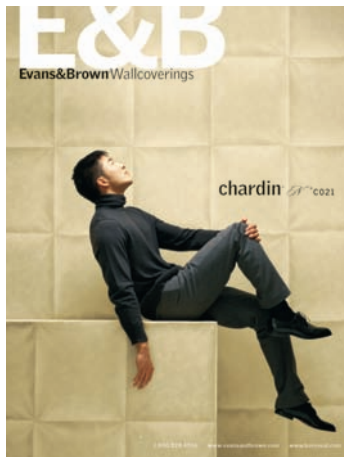
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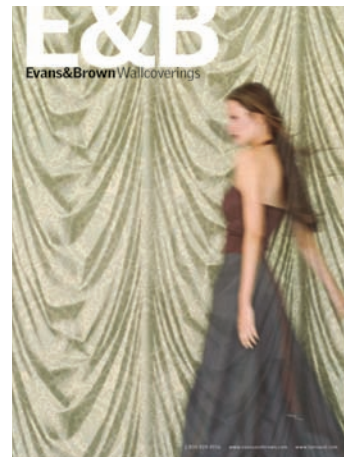
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San Francisco's landmark residential tower will showcase the finest of interior design styles, home furnishings and accessories from the San Francisco Design Center showrooms.

Experience four stunning residences on the 88th floor transformed by four noted Northern California designers.

Leslie Bamberg
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Far from a sterile residence, the residence is full of life, personal history and unique style. It reflects the owner's personality just like the custom-tailored suits.

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The very best in furnishings, fabrics and fixtures will be showcased and will all come together to create a space that is chic, urban and most importantly, classically modern.

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Carter Schickelzer
Three primary themes are woven into the design: soothing colors as a counterpoint to urban life, incorporation of organic elements in their simplest forms, and a reconfiguration of space for function.

Donald Fugate
Donald Fugate
Our residence combines sensory elements to nurture the mind and body while providing a place for respite, recharge, relaxation and rejuvenation. Architecture is one with nature above all.

Tickets are available at the San Francisco Design Center, or online at www.sfdesigncenter.com. \$20 general admission (includes valet parking). For more information call 415-490-8821.

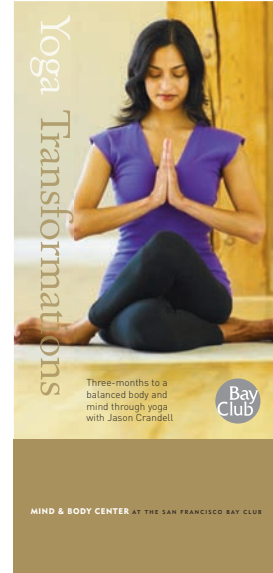
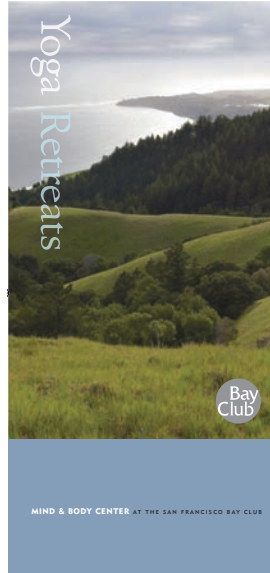
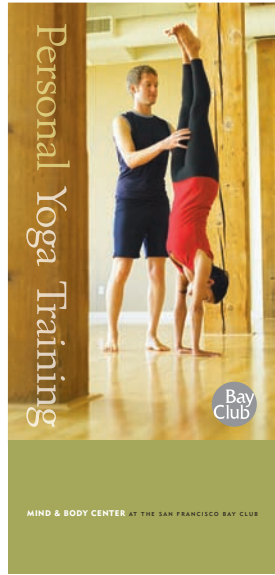
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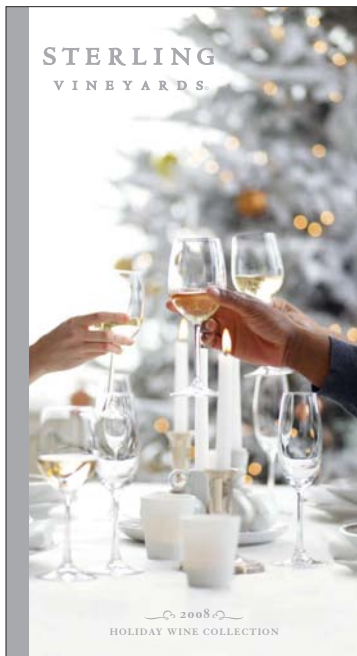
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RACK CARDS

SAN FRANCISCO BAY CLUB



HOLIDAY CATALOG

Save THE GIFT OF GIVING

2008 Sterling Vineyards Reserve Merlot, Napa Valley
The brilliant ruby-red wine has intense aromas of ripe black cherries, nutmeg, clove, cedar oak and raspberry jam. On the palate, it exhibits rich flavors of black cherry, blackberry, cherry oak and roasted coffee beans, with cherry cassis and a long and fragrant finish. This beautiful wine pairs well with roast duck, pan-grilled duck to most duck with cherry sauce to wild game.

Retail Price \$65.00/BT
Club Price \$45.00/BT | \$665.00 Case
Item# 100109

2008 Sterling Vineyards Malbec, Napa Valley Three Palms Vineyard
The bold, dark ruby wine reveals an array of spice and fruit aromas such as black cherry, raspberry, black pepper and cinnamon, tingled with cedar, mineral and smoky vanilla notes. The palate is rich with smoky cherry flavors, firm tannins and a bright finish. Beautifully balanced and full-bodied, this wine will age for many years. It pairs wonderfully with hearty meat dishes like grilled filet steaks or roast rack of lamb and with savory, hard cheeses like The Jack.

Retail Price \$65.00/BT
Club Price \$45.00/BT | \$665.00 Case
Item# 100110

2008 Sterling Vineyards Cellar Club Merlot, Napa Valley Bare Foot Vineyard
Red ruby color and a very fruity nose of wild cherry and blackberry give you a rich wine, complemented by the mouth feel. Characterful aromas from barrel aging. Flavors are also of cherry and oak as well as cedar and hints of black pepper. The finish is long and satisfying.

Retail Price \$55.00/BT
Club Price \$37.00/BT | \$450.00 Case
Item# 100111

2008 Sterling Vineyards Cellar Club Rosé Pinot Noir, Napa Valley
Cannon to color, this Pinot Noir offers classic Pinot Noir aromatics. Spicy notes are reminiscent of ripe peach, nectarines and black cherries on the nose are complemented by subtle red fruit flavors on the palate. Barrel aging adds a slightly smoky, earthy character to this lovely wine.

Retail Price \$35.00/BT
Club Price \$27.00/BT | \$320.00 Case
Item# 100112

2008 Sterling Vineyards Cellar Club Pinot Noir, Carneros
This dark garnet colored Pinot Noir offers classic varietal aromatics. Spicy, juicy nose reminiscent of ripe plum, cherry and raspberry. Notes of blueberry. These same notes are noted on the palate, if wrapped up in the rich, tannin, slightly smoky characters offered by the French oak barrel aging.

Retail Price \$35.00/BT
Club Price \$26.00/BT | \$316.00 Case
Item# 100113

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 CHATEAU & ESTATES WINE

Hello friends,

As you know, we recently announced that we are expanding our family by joining Diago, Chateau & Estates Wines. DCAE's commitment to quality makes our our goal for making the highest quality wines. In celebration of this great new chapter in Rosenblum's history, we want to introduce you to some of the magnificent wines DCAE's wineries produce.

For the past 50 years, Kathy and I have worked hard to make sure the wines we make are some of the best in the world. Similarly, DCAE's winemakers and winery staff are dedicating themselves to creating exceptional wines. Since we know the best way to learn about a wine is to taste it, we're offering you a 40% discount of your first order of DCAE's wines including:

As we at Rosenblum continue to build on and grow our tradition of making award-winning wines, we are also excited for the bright future our shareholders, consumers and everyone at Rosenblum share. I encourage you to take advantage of this great deal. I know I will!

— Kent Rosenblum



California Wines



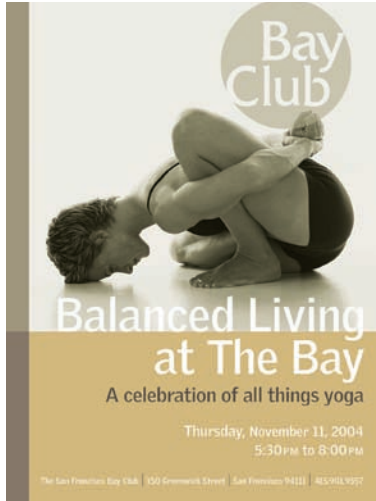
ACACIA VINEYARD* Just two miles from San Francisco Bay in the Contra Costa District of Napa Valley, Acacia Vineyard has a cool microclimate and diverse soil soils. These difficult growing conditions result in Pinot Noir and Chardonnay grapes of rare power and complexity.

<p>2005 Acacia Vineyard Blanc Covato Chardonnay, Contra Costa</p> <p>Rich and creamy with aromas of fresh bread, citrus and cognac. Shows a bright citrus, ginger and tropical fruit. Proceeds from the sale of this wine go to a non fund called Wines for Wildlife.</p> <p>Retail Price: \$22.00 BTL Club Price: \$13.00 BTL, \$136.00 Case Reserv: 10/01</p>	<p>2004 Acacia Vineyard Pinot Noir Contra Costa Backtofor Las Arroyos Vineyard</p> <p>A dark, rich Pinot Noir with an exotic, spicy note. Incorporating aromas of raspberries, blackberry, orange peel, cranberry and baking spices. The long finish will only improve with a few years of cellaring.</p> <p>Retail Price: \$60.00 BTL Club Price: \$40.00 BTL, \$400.00 Case Reserv: 1/1/11</p>
<p>2005 Acacia Vineyard Chardonnay Contra Costa Linn Vineyard</p> <p>The seductive aromas of apple, pear and peach, combined with toasted oak and citrus brulee flavors, complement the mineral character.</p> <p>Retail Price: \$22.00 BTL Club Price: \$13.00 BTL, \$130.00 Case Reserv: 10/01/03</p>	<p>2005 Acacia Vineyard Estate Pinot Noir Contra Costa Linn Vineyard</p> <p>The nose combines blackberry, plum, raspberry and cherry with floral and rose notes. On the palate, the wine is rich and silky with flavors of red fruit and cedar on the finish.</p> <p>Retail Price: \$55.00 BTL Club Price: \$35.00 BTL, \$350.00 Case Reserv: 10/01/03</p>

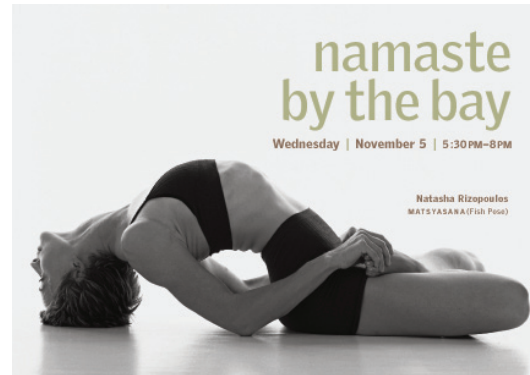
PROVENCE VINEYARDS* Provence Vineyards encompasses the distinctive vineyards of Napa Valley's best growing areas: Cabernet Sauvignon and Sauvignon Blanc from Rutherford and Oakville; Merlot from Carneros and Mount Veeder.

<p>2004 Provence Vineyards Estate Sauvignon Blanc, Rutherford</p> <p>Delightful aromas of tropical fruit, lychee and pear complemented the subtle mineral notes.</p> <p>Retail Price: \$24.00 BTL Club Price: \$16.00 BTL, \$167.00 Case Reserv: 10/01/06</p>	<p>2004 Provence Vineyards Cabernet Sauvignon, Oakville Backtofor The Rubin Vineyard</p> <p>Bony with floral notes, tobacco and vanilla leather. The oak and fruit balance in harmony with an overall harmonious, unctuous oily and pronounced mouthwatering oak focus.</p> <p>Retail Price: \$75.00 BTL Club Price: \$45.00 BTL, \$450.00 Case Reserv: 10/1/09</p>
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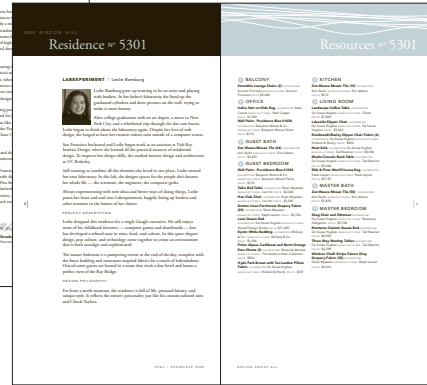
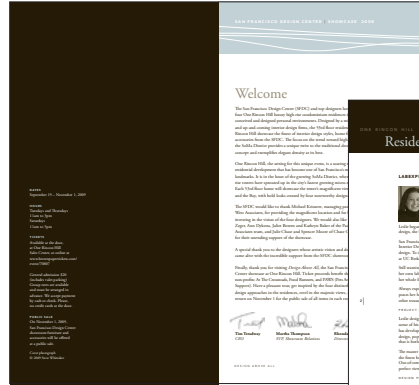
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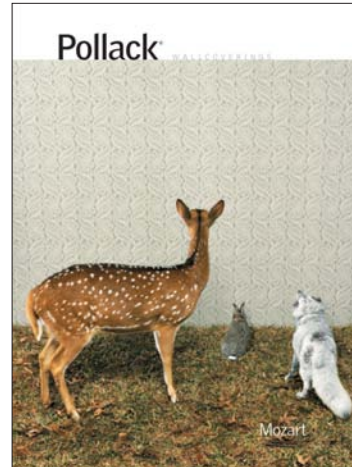


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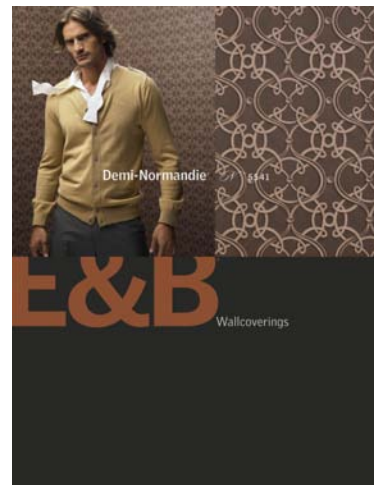
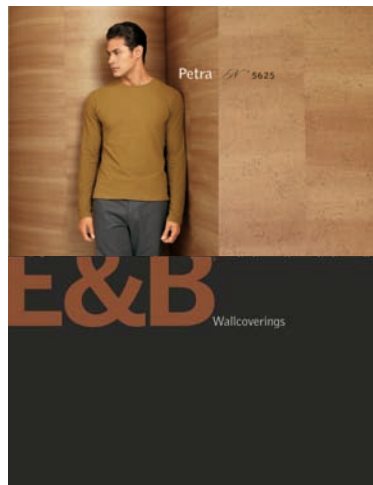
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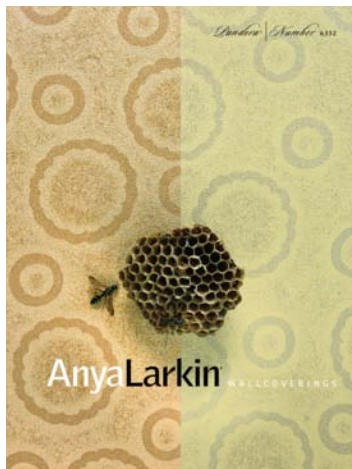
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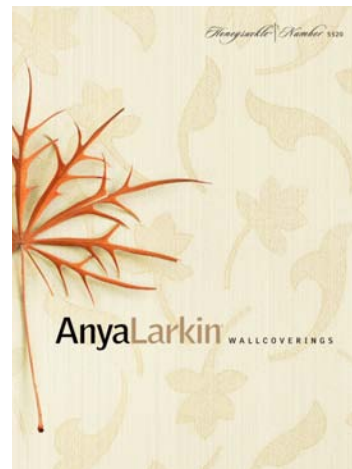
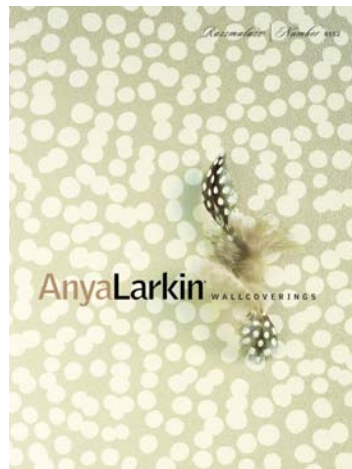


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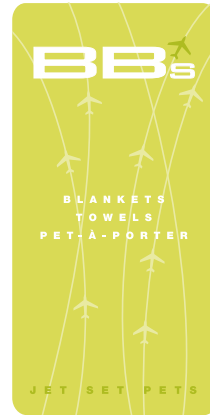
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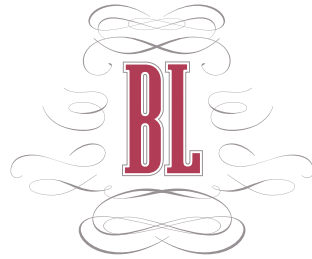
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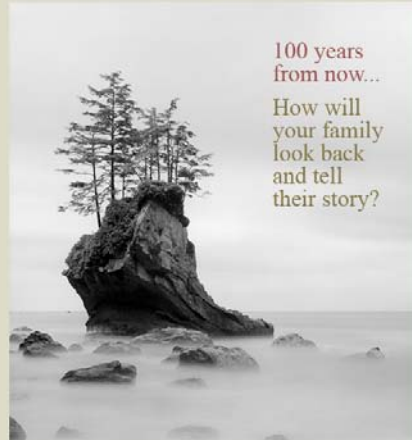
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SPRINGCREEK ADVISORS works with families who want to build wealth and achieve their aspirations across multiple generations. Our shared platform combines diversified global investing with advanced systems and other family office essentials.

The Springcreek Family Office Platform delivers three fundamental outcomes:

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KOROSEAL WALLCOVERINGS

MEREDITH CORPORATION

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