

OCTOBER 2018

805

LIVING

THE BEST OF FALL

Contents

OCTOBER 2018 • THE BEST OF FALL



42



44



60



88

DEPARTMENTS

Pulse

35 Tracking the Beat of the 805

Finds

39 Blackout

Create a moody effect with these dark and stormy tabletop wares.

By Jennie Nunn

42 Wild Things

Get spotted in these feline-inspired fashions.

By Frances Ryan

44 Travel

By Erin Rottman

Insider

By Heidi Dvorak

48 Local Events
& Family Fun

50 Hot Ticket

52 Show Your Support

55 Worth a Drive

55 Give Back

Mind Body Soul

56 Thinking on Your Feet

Banishing sedentary lifestyle habits may make you smarter as well as stronger.

By Linda Kossoff

Faces in the Crowd

58 Ivan Amodei

This master illusionist presents magic, music, and a message.

By Nancy Ransohoff

Arts & Culture

60 Fashioning a Career

Newbury Park-based multimedia artist Carrie Jean Walker combines fine art and clothing design.

By Joan Tapper

Upgrades

65 Knotty and Nice

Venture into the woods to spruce up any room in the house.

By Frances Ryan

Good Deeds

68 Ganna Walska Lotusland and Rolling for Pink

Text and photographs by Mark Langton

Taste

88 FOOD:

Churro Change Up

A trio of pastry pros' recipes reveal their takes on the popular sweet fritters.

By Jaime Lewis

Photograph by Gary Moss

92 COCKTAILS:

Are You Ready to Rock?

Get out to try these original *rocktails*—cocktails inspired by musical icons—or try them at home.

By David Gadd

94 DINING OUT:

Rustic Reigns

A new dining concept at The Monarch in the Montecito Inn centers around local ingredients roasted at a wood-burning hearth.

By Victoria Woodard Harvey

Photographs by Gary Moss

97 Dining Guide

P.S. Sketchpad

112 Pumpkin Spice
Season in the 805

By Greg Clarke

In Every Issue

18 Editor's Note

24 Masthead

30 Behind the Scenes

Visit Us Online!

805living.com

Instagram, Facebook, Twitter, and Pinterest

keyword: 805Living

Check out the free digital version of *805 Living* on our website and on issuu.com. It's smartphone and tablet compatible.

Become an 805 Living Insider! Sign up to receive "The Insider," our free mid-month newsletter that provides additional suggestions for local events and activities, last-minute getaway ideas, and little extras—like food and wine tips—to help you get through the month. Insiders will also receive special offers, contest news, event invitations, and more. Subscribe at 805living.com.

PLAYING IN PLAYA DEL CARMEN



A stay in one of the palapa-style bungalows of Mahekal Beach Resort near the tip of the Yucatán Peninsula is a seaside immersion in Mayan culture.



Every Saturday around lunchtime, fishermen from Playa del Carmen motor their boat from the Gulf of Mexico to **Mahekal Beach Resort** (mahekalbeachresort.com; from \$164), delivering their morning catch to an area on the beach set up with a scale and cleaning station. When the executive chef spots the boat and rings a bell, swimsuit-clad guests gather around to pick the grouper, corvina, or octopus that will become dinner.

Engaging with these fishermen is just one way visitors can experience the local culture while at the resort. The hotel itself is a collection of *palapa*-style bungalows decorated with clay pottery, colorful textiles, and furnishings made with wood from the Mayan forest. The beach, with lounge chairs and dining service, feels exclusive, but it's easy to walk along the water and take in the changing vibe:

locals with their families, young people partying, and vendors offering paraglide rides. And Playa del Carmen's main street, the pedestrian Quinta Avenida, is a five-minute walk away.

"The guests now are looking for authentic people," says general manager Attila Gombos. "We are a true Mexican hotel." Every couple of months, Gombos brings in young Mexican chefs specializing in regional cuisine and stocks mezcal and local microbrews, including a beer made specifically for the hotel.

Lunch at the hotel's Mayan culinary casita, an outdoor space with walls of palm trees, starts with a traditional blessing accompanied by the burning of incense and refreshing drinks of tamarind and green tea lemonade. Chef José Balam speaks mainly a Mayan language but shows with his hands how to make lime and chicken soup and welcomes help from guests



to prep the marinated fish wrapped in *hoja de momo* (a fragrant leaf) and roasted in a *pib* (an underground oven), as in pre-Columbian times.

Head concierge Ignacio Jesus Boli, who started working at Mahekal 23 years ago doing laundry, enjoys connecting guests with authentic experiences. For adventures outside the hotel, he recommends El Sueño, a dark underground freshwater cave where guests can snorkel beneath

stalactites and spot fossils in the rock formations, and Yal Ku Lagoon, a juncture of ocean water and fresh water from the underground rivers, which is teeming with tropical fish. It all builds an appetite for dinner at the resort eatery, Fuego Restaurante y Cantina, where garlic, herbs, a wood-burning oven, and a view of the ocean are all that's needed to enjoy the morning catch. >