



If happiness is a state of mind, then living well is a lifestyle we choose, made up of the infinite possibilities available in a place as diverse and encompassing as the Central Coast. Living well isn't about living *wealthy*, nor is it simply living *healthy*. Rather, it is a perfect blend of specific ideals that differs for each of us. Three families show us how our unique region has provided the essential ingredients for a charmed lifestyle of choice. »

living well

ON THE CENTRAL COAST

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With its massive verdant pastures, gently rolling hills, and miles of bright white fences, the Santa Ynez Valley is equestrian-country epitomized. Add in sprawling wine country estates and acres of world-class vineyards, along with the occasional quaint village, and you have an elegant milieu based on respect for one's neighbors and a commonality of lifestyle goals. This is country chic at its best.

While these ventures keep them traveling, they return to Circle JB Polo Ranch where, with their son Zach, they live, play, and give back. Charlotte, who is also a real estate agent, is a mentor for three children through the Valley Community Mentoring Program. Joel is involved with the local Vikings, an organization that raises money for various charities. They both work with other organizations dedicated to helping at-risk kids.

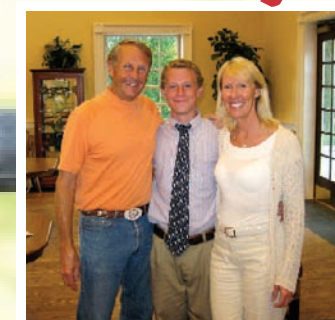
On their 50-acre ranch, where they've lived since 1990, Charlotte Bredahl-Baker and Joel Baker raise and train horses; hers are dressage while his are polo. Charlotte, a member of the 1992 bronze-medal-winning U.S. Olympic Dressage Team, coaches dressage and travels extensively as a judge, while Joel, a financial advisor by day, plays at the Santa Barbara Polo Club during the season.

"We love the way people here take care of their own. No one is impressed with celebrity or money. They are mostly interested in people who try to make a difference in the community or for other people."

Family, horses, community, and sport are the foundation for a bucolic life in a stunning setting. "We love to travel," Charlotte says, "but we can't imagine having a permanent home anywhere else."

"The Valley is the ideal place to raise horses and be a part of a very horse enthusiastic community," says Charlotte, a native of Denmark.

an equine equation



Joel and Charlotte with son Zach (center) at their Circle JB Polo Ranch in the Santa Ynez Valley