



HEARTship
Celebrity
Cookbook

Stories & Survival Recipes
of the Rich & Famous
When They were Poor & Famished
& Chasing Their Dreams of Success

Written & Compiled by
Krystiahn

Heartship Celebrity Cookbook

(Proposal from the Heart)

Concept, Copy & Design



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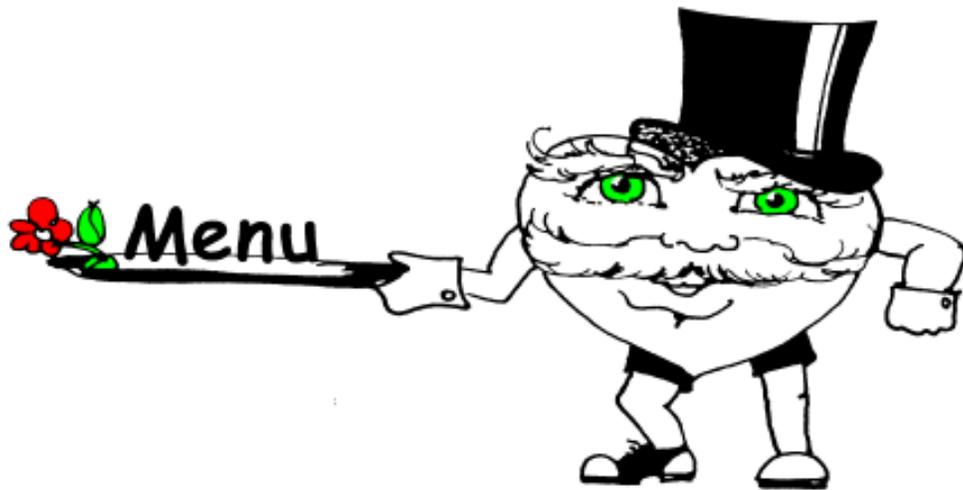
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The Appetaser

Why the Heck I'm Writing This Cookbook That Has **NOTHING** to do with Cooking!

If you are a creative, optimistic, go-4-it kinda funster (which you gotta be if you're reading this) then you understand the Roller Coaster of Life.

When chasing our gut vision, it's either feast or famine, highs or lows, doldrums or breathless rushes of passion & accomplishment interrupted occasionally by empty promises, bogus buttheads & deceptive detours.

It's also highlighted with real people who keep their word regarding enterprising promises to us.

Whatever pops outta the goodie bag, we are still like a postal carrier: when cruising a creative course nothing deters us from the appointed mission of our soul.

Ergo! We're either renting a penthouse, living in a boarding house, or being evicted. We're either watching endless hours of Law & Order reruns and Emeril sharing recipes we'll never cook, or saying "TV? What's that? I never watch, I'm too busy living my latest project!"

Fear Freezes, Love Liberates

No matter what stage of the Game we're in, our spirit never forgets that this is a constant Carnival. Sometimes we're in the Fun House, the Haunted House or the Tunnel of Love... or not.

We're either choosing to drift down the Sideshows of distraction, or in the Big Tent as a spectator or performer.

We buy our ticket with our kismet, then take our chances & choices from the moment we arrive.

What kind of ticket our spirit purchases seems to govern our entire experience.

Like so many, I bought the Dreamer/Risk-Taker Ticket. Meaning: Even when you logically don't know where the heck you're going or what you're doing, that Little Voice inside nags you to keep on trekking toward your dreams & goal lines.., wherever the heck they are.



Soul Food

With Roller Coaster Visionaries, I've realized that Food is a revealing barometer. It's either soft shell crab or Kraft Mac & Cheese.

The food we're fueled on when our hearts are full and our wallets are empty renders the finest nutrients of all: Survival of the Soul & Spirit.

In times when the hunger for a "break" or a chance to perform far out-shadows the hunger for gourmet cuisine, we can catch the true fibre of what makes some people give up predictable okay comforts in pursuit of actualizing a dream.

When You Gamble on a Dream You Have One Guarantee... You Just May Win!

Electric sparks of curiosity always light up my heart as to why we dreamers put ourselves through passionate madness & what keeps us surviving through THICK rich clam chowders & THIN over-diluted cheap soups.

Naturally, I wanted to know what other dreamers ate to survive the meager moments, nutritionally & inspirationally. What kept them going until they achieved appreciation, recognition & compensation?

So, being a curious, passionate & creative woman who has ridden the Roller Coaster since birth, I knew I had to launch my quest of seeking out celebrities & creative entrepreneurs who've gone through many wardrobes of rags & riches (not those who just inherited cash & clout) & ask them about the lean keen fightin' hunger machine that kept them alive while chasing their vision.

The Culinary Currency

I understood my quest because I've lived it.

Throughout my life, I was often surrounded by "normal & logical" people pushing me to eat more of what I was not hungry for... like poppycock pasta instead of unpredictable passion.

They also could not figure why, when I had money, that I loved to cook & feed others so lavishly, but was rarely hungry myself.

Simple. I was filled with love from creating happiness for others, & on this planet, compassionate cooking is a culinary currency. It's akin to my passion for humor; it comes from my desire to cheer everybody up.



Personally, I'd rather fill my spirit than my belly. Of course, if offered I'd never turn down a Maine Lobster or a Coby Steak with all the trimmings, or a bagel & lox brunch, or the perfect Eggs Benedict, or a mile high juicy corn beef sandwich on Jewish rye with a garlic pickle from NYC's Stage deli, but *ONLY* if my belly was barking & I was sharing a celebratious moment with a joyous buddy.

Still, lobster or left over leftovers, it's all the same when living in your Creative Zone because your body is already fueled with passion fruit juices.

The Spirit is Far More Nourished When Feeding Our Deeper Hunger: The Hunger for Realizing Why We Exist

Having lived around the entertainment industry all my life, I've met some incredible people: performers, writers & entrepreneurs. Meaning: Risk Takers & Dream Chasers.

Besides their talent, I loved their zest for life.

Whether they were on the top of the mount or still climbing the mountain, whether we were sharing chow & chat at Chasens in Beverly Hills, Southern fried catfish in a make-do kitchen of a small Nashville recording studio, or a pot of let's-see-how-far-we-can-stretch-this spaghetti in a Manhattan flat, it was inconsequential. Their stories & laughter were always the primo entrees.

Ergo! When Bee-Bopping with celebs in my bodacious career years, I especially loved the recollections that began with: "I remember when I *was* so broke that..."

"*Was*" being the operative verb that often makes the recall so pleasant.

The Passionate Pilgrimage

Since kidhood, one of my lifelong quests has been to discover what keeps us creative crazies keep on keepin' on.

One cardinal clue I've noticed is that creative passion is spiritually "genetic" & unshakable. It is or it ain't. You can't buy it or hock it. It's also unexplainable except to another swimming in the same spiritual "genetic" pool.

Personally, I'm captivated & enthralled with people who persevere against all logical odds. And knowing it's easier to swim with dolphins



than sharks, I've learned it's easier for us visionaries to navigate when surrounded by kindred spirits, because it's a bitch to maintain our creative passion when surrounded with people who have blinders on their spirits & ear plugs in their souls.

The Passionate Pilgrimage can be tough when trekking alone; when you're encircled with naysayers & discouragers instead of spiritually creative cheerleaders.

That's why I created this Heartship Celebrity Cookbook: to provide an intimacy with others who made it through the "Get real!" storms & succeeded: spiritually, financially & creatively.

Chop Suey Phooey

For those who trekked the trek, I also encourage you to jump onboard this Heartship journey.

As the Human Race Accelerates, our plates often get so overloaded with Chop Suey (*definition: Odds & Ends) & multi-tasking & endless to-do-ing lists & internet living & all under-bellied with the media's economic fear meant to poison our spirits for *their* profit, that even visionaries can lose sight of how far they've come, what they've accomplished & how much they have to be grateful for.

Often pausing to reflect is the sweetest path to proceed forward with renewed appreciation of a journey well traveled.

But enough of this Appetizer chatter, & onto the tasty tidbits & personal survival shows of celebrities & entrepreneurs from the entertainment, literary, sports & business worlds.

Bon Appetit!



Celebrity Dishes

I envision two photographs of the celebrities with each recipe/recall. On the left, there shall be one from the early days when they were Poor & Obscure. On the right, shows them in their rich & famous mode. Each story ends with their signature in Christmas red.

Sample photos below are representational of our layout only.

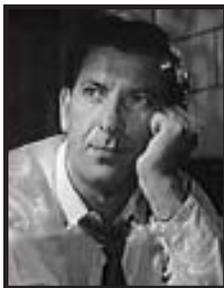


The Dolly Parton



She was one out of 10+ kids all living with mom & pop in a one bedroom shack. She then worked as a file clerk in a Nashville record company until she was "discovered".

What did she feed her tiny tummy & huge spirit? What was her story? How did she survive until this brilliant performer/writer/actress became so rich & famous that she now jokes: 'Honey, it takes a lotta money to look this cheap!'



The Jack Klugman



He was a house painter & waiter (hated that!) in Philly, then quit & moved to NYC mid-40s to seek fame & fortune. He worked in summer as a bingo caller & a postal worker in winter.

He shared a \$14 a week flat with soon-to-be star, Charles Bronson. "Jack had it tough. Those 2 guys were starving to death" says Henry Diamond, an old pal of Klugman.

What did they feed their bellies & spirits with until success arrived?



The *Loretta Lynn*

Her first job, right after she got married at 14, was picking strawberries, sunup 'til sundown for 25 cents a day.



A magnificent woman who has shared her life, her heartbreaks & her soul with fans through her artistry and passion for music.

How did she survive 'til her first break?



The *Dustin Hoffman*

Dustin, Robert Duvall & Gene Hackman shared a small, cheap two-bedroom apartment in a slummy area of NYC while striving toward

their dreams of success.

What did they all feed their bellies & spirits?

What are their stories?



The *Patrick Swayze*

He once lived in a rat-infested basement on West 70th in NYC. Nine shared a 1-bedroom apartment for \$250 a month. What nourished him until stardom?



What was his story? What fueled him from being one of the Rich (spiritually) & Famished, to the Rich & Famous, even owning his own Mulholland Drive Cafe in Manhattan?



The *Celine Dion*



Celine was the 16th of 16 children born to parents who were dirt poor but exceptionally rich with love, inspiration & creative musical passion. Celine grew up with her family in a meager 1-bedroom house in Quebec... & is now the Entertainment Queen of Vegas.

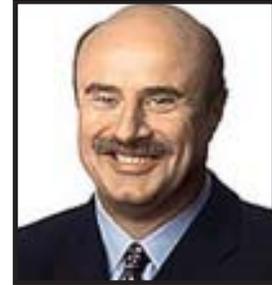
I bet she has a story or 2 regarding what nourished her tummy & spirit through childhood & her early years of *Going For It*.

Celine

The *Dr. Phil*

He grew up dirt poor, stuffing cardboard in his shoes to fill the holes & now he's a mucho multi-millionaire.

What did he survive on? What is his story? Since his current career is focused on motivating others, I bet he'd have a kidhood recipe & story to inspire others.



The *John Travolta*



He dropped out of high school to live on his own & pursue his vision. Then he got his break on "Welcome Back, Kotter", "Saturday Night Fever", "Grease", & ad infinitum.

Now he's extraordinarily rich, (financially, spiritually, maritally & personally). He's even an ace-rated pilot with his own Boeing 707 & the flying spokesman for Qantas Airlines.

What kept his spirit flying? What is his story?



The Oprah

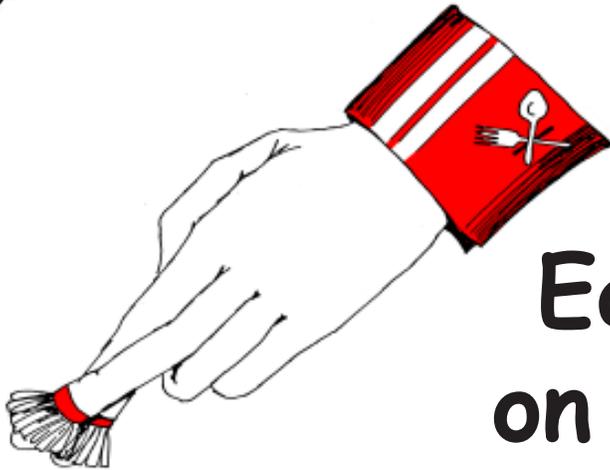


She literally grew up on a cotton-pickin' farm & now she's one of the greatest humanitarians (personally & with her Angel Network philanthropy) plus the richest woman in television.

She's an inspiration for people to live their dreams for the good of people-kind.

Other Celebrities I Plan to Contact:

- ♥ Danny Bonaducci "The Partridge Family" & "Other Half"
- ♥ Sly Stallone
- ♥ Michael J. Fox
- ♥ Carol Burnette
- ♥ Willie Nelson
- ♥ Naomi & Wynonna Judd
- ♥ Phyllis Diller
- ♥ Roseanne
- ♥ Plus a plethora of soap opera actors & actresses.
- ♥ Plus entrepreneurs like Bill Gates who subsisted on boxes of shared cold pizza while creating his first computers.
- ♥ et cetera



Eating Out on the Cuff

The Secret of Eating Out On The Cuff is that you must seem to fit into every possible situation & gathering, from hairdresser to tool & die conventions; & anyone's wedding reception, no matter race or religion.

First Trick of the Cuff Trade is investing in a variety of "Hello! My Name Is..." lapel stickers for conventions so as to blend in with any food feast. Always fill pockets or a large purse with plastic baggies for stuffing with next day survival vittles.

Second Trick is investing in a pastel variety of fake carnation car stick-ons. Then scour the best neighborhoods on weekends, on the alert for wedding horns.

Check out the color combo, grab your fako flowers, plop them on your car & join the parade. Always carry a lovely wrapped gift box—empty except for a card saying:

"Thanks for feeding a dreamer! Wishing you a lifetime of love!"
It's good manners & positive karma.

Whoever you meet at a wedding, always be the first to ask if they're friends of the Bride or Groom. Then be a member of the other gang.

A buffet with no designated seating is the best for blending. If all tables are being served, meander until you spot an absolutely empty seat, then grab it, sit & smile, commenting: "The Bride was perfectly enchanting! Don't you agree?"

Bottom line: The family pre-paid for everything in advance & there are always no-show guests. Far better for the food to feed a striving Go-4-It visionary than the dumpster.

Here are some great stories of how others survived their dream scheme by eating Out On The Cuff.



It's in the Bag!



Krystiahn



During one of my down swings on Life's Roller Coaster, when I was about 20, my first brief husband left me to join a religious cult, taking with him, of course, all our money & property, I was stranded & Sleepless in Toronto with no creative career focus in site.

My spirit shouted: "Go 4 It!" but my brain didn't have a clue as to where we were going!

I then learned the subtle art of dining-out-without.

Whenever a sweet gentleman would ask me out to dine, I had my pattern down pat. I'd savor all the little extras a meal came with. Then suddenly feeling full, I'd have 4/5ths of the meat bagged for my neighbor's phantom doggie, thus securing my next day's lunch.

I also perfected the art of buttering rolls & dropping them into my open napkin-lined purse.



Once, when I didn't drop fast enough, my date grabbed my hand in a sudden surge of passion & found himself squeezing a buttery croissant.

I never could figure a way of requesting a doggie bottle when I couldn't finish my wine.

Actually, this technique was a natural because I was a born grazer. I had no close family & my part-time mom never cooked or told me to: "Clean your plate! Eat!"

So, I raised myself to eat only what I wanted, when I wanted. Besides, I prefer a great chat for two over a cheeseburger for one!

Kristiann

Rollin' in the Aisles

Jovani Brascia

Formerly of the
famous dance team
Jovani & Brascia

Choreographer



"I vividly remember the old days when searching for food was a major lifesaving art. Like when I was first establishing myself in New York City, living in a walk-up hovel & money was non-existent, we struggling dancers used to hit Horn & Hardharts Automat, that coin cafeteria on West 57th Street near Carnegie Hall.

Since regular customers bought food out of the wall from those metal & glass compartments with dimes & quarters, & the check out cashier was rarely on duty, we'd all head for the condiment table.



We'd grab a tray & fill it with rolls & butter pats, then fill a cup with hot water from the tea stand & fill the cup with ketchup, mustard & spices & create our starving actor's tomato soup.

Even now, whenever I get frustrated with the demands of success, I brew up a cup of starving actor's soup, & savor how far I've come & all I have to be grateful for!"

The Joe Sargent

Award Winning Producer/Director



Decades ago, Joe worked as a waiter in a mob-owned NYC Howard Johnson restaurant. He fed many starving actor buddies on the sly by bringing them tummy-filling dinners in the back area. Then they would casually saunter to the front counter, order & only pay for a piece of pie.

As Joe said: "Ho Jo's probably supported more future stars than they ever knew!"

I'd love to call his story "Broken Leg of Lambs".

The George Hamilton

I've heard George Hamilton on numerous talk shows reminisce about his early lean days. For instance, when he was a delivery boy for a flower store in South Beach, Florida & was so tanned & charming that he got financed to open his own flower store.



I also recall listening to his incredibly entertaining & ingenious stories of how he survived in Manhattan to be what he says he is: "I'm not an actor, I'm a movie star!"

George is a one-of-a-kind bon vivant! Who else could get away with portraying Count Dracula in "Love At First Bite" with a gorgeous deep tan? I only wonder why, instead of a coffin, he didn't sleep the day away in a tanning bed.

I'm sure he has many great & funny Dining Out On The Cuff stories to share!



Tid-Bits

I envision brief thoughts, quotes & random stories from celebrities about survival secrets & manna madness.

For example:

Funny how "they" call the lean times the "salad days" when salads are so expensive to buy & toss!

Ideas for Tid-Bits Inserts

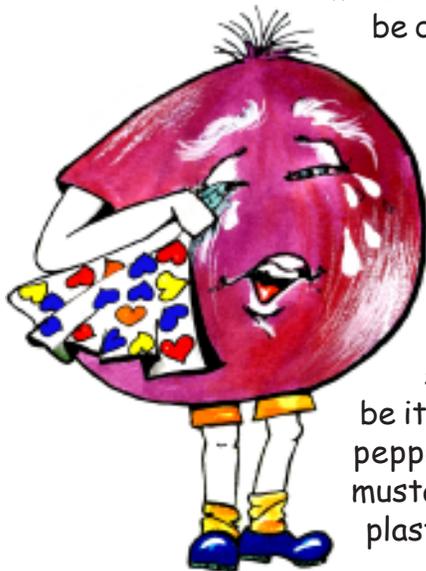
Clean Living!

I vividly remember when I was riding a doldrum dip on the Roller Coaster, living in a small motel room. Having no access to a laundromat, I invented a sudsy solution! Every morning I'd dress for my shower.

Wearing a wash & wear outfit, I'd jump in to drench. Then shampoo my hair & suds my clothes. Then towel dry me & drip dry my ensemble. Good thing none of my clothes required bleach or my skin would have needed 911.

Tearjerkers

In The Age of diminished dollars, the thought of filling up was more important than filling out (calories & nutrition be damned), & onions were a crunchy filler—upper.



The Au Natural version: Thin slices of cold onion on (hopefully) fresh bread, flavored with whatever free prepacked condiment was grab-able from any take-out shop. The combinations were as mix-&-match as the imagination & availability allow.

The Warm & Cozy Version: Gently fry up slices of onion in whatever lubricant is handy, be it oleo or bacon fat. When soft, add lotsa salt & pepper for pepping up, a dollop of ketchup or mustard & whatever spice still shakable out of its plastic jar so as to jazz up the Spice of Life!



Then sandwich this liquidy combo between toast or a found roll (stale is optional here as long as it's not too moldy). If extravagance allows, a chopped pickle can be added for an extra zing!

Also, chopped & boiled or nuked onions add extra oomph to a cheap can of tomato soup, making one feel they truly have something to sink one's teeth into. If it's a special occasion, float some stale bread bits on top, sin-suously covered with a slice cheap American cheese.

Truly a comfort food dish destined to be recalled in "I made it!" times.

Your Serve!

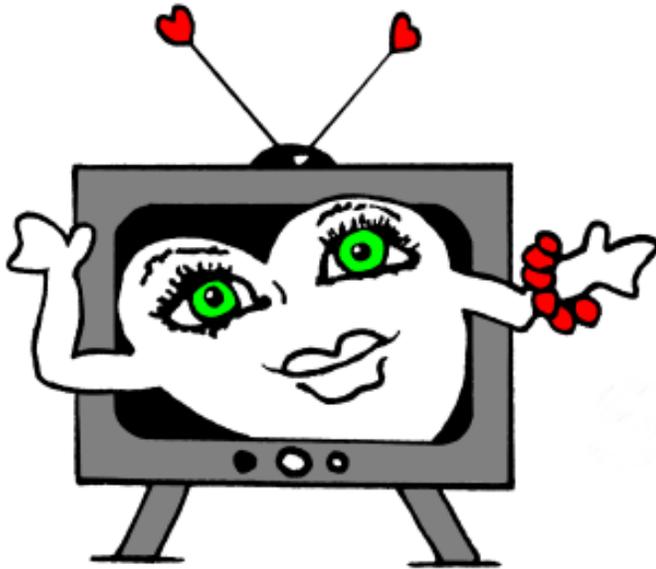
There was a time when my tennis racket came in handier in my makeshift kitchen than on the courts. It was the only strainer I had during one of my bleak bottom-liners. Though only thick spaghetti & chunky pasta would resist the holes.

It was perfect for Lotsa Pasta, the strivers' food fuel guaranteed to be cheap, filling & comfy. The serving variations were multitudinous. The simplest was pasta laced with oleo & ketchup. For the extravagant, fried sliced hot dogs could be tossed in for a deceptive Italiano zing!



There's a plethora of survival tricks to be shared, from how to cook in a non-cooking boarding house room, to hanging food out of windows in cloth bags during NYC winters in kitchenless walk-ups, to make-shift hot plates constructed from Gideon Bibles banked up against an upside down iron, topped with tin foil for

frying. Again, survival necessity is the mama of very creative inventions!



Side Dish

The Heartship Celebrity Cookbook Tasty TV Interview Show

I envision our series as a 30-minute entertaining & inspiring chat with one or two celebrities per show from the show biz, sports & entrepreneur worlds.

The hook is that this cookbook show is not about cooking. Rather what each celebrity survived on when their pursuit of, & hunger for, their dream took priority over their tummy's appetite.

I want our show to have a limited live audience, for more intimacy, with all seated in a semi-circle on mismatched *Goodwill* chairs.

The set needs to be either a boarding house room or a crappy tiny one-room hovel with the sharp contrast of the elegant white director's chairs for the host & celebrity.

Our program is definitely not a regular recipe show.

I doubt if any ingredients would be noted, except what sustained their spirits. I prefer serving scoops of stimulation via illustrating how the celebrities we may now place on a pedestal once trekked through their lean days, & persevered through obstacles, rejections & setbacks to be who & where they are today.



Our Heartship Celebrity Cookbook Show is far more A&E than the Food Network!

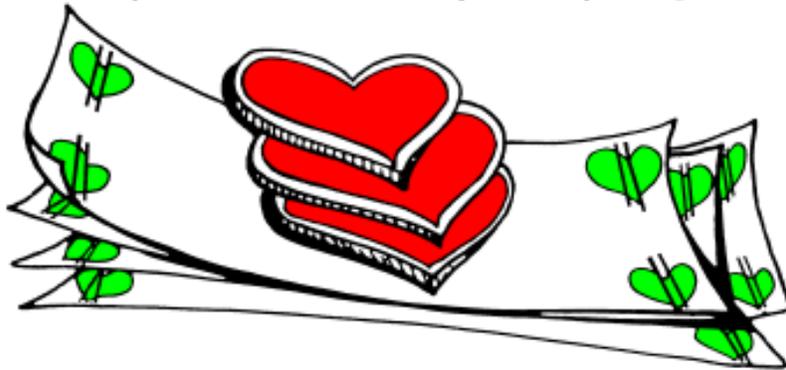
My desire is that each episode shall end with the host sharing the belief that we all, individually & collectively, have the power to end personal, community, national & world hunger.

Then we promote the TV audience contacting our Web site that shall list legitimate organizations they can contact to get actively involved with, so as to participate in creative solutions. Organizations dedicated to nourishing the tummies & spirits of the homeless & hungry.





TIPPING N' TITHING



I figure whatever we have we gotta share it with someone who doesn't have what we've got. After all, we can't take our stuff with us. The pharaohs proved that.

Ergo! Every project I am passionate about that may be related to others in need, I always tithes to honorable charities that help whatever issue I'm addressing.

So too, with my Heartship Celebrity Cookbook.

I intend to donate a healthy percentage of profits to a hands-on charity that genuinely cares about nourishing the heart & soul of the Hungry & Homeless with food, shelter, inspiration & education regarding what impassions their spirits & offers them the chance for genuine career opportunities.

A charity that is sincerely concerned about assisting needy others. A charity that doesn't place administration profits over the needs of those they are purporting to assist.

A charity that doesn't rake in boqu bucks for themselves & just hand-out bowls of beef Stew & bid bye-bye to those who are hungrier for a helping hand toward developing a new life: creatively, spiritually & joyously.

Helping them help themselves establish a better life so they shall one day be in the position to help others in need.

I'm sure, one or more of these charities must exist in America. Heck if not: Let's create one!



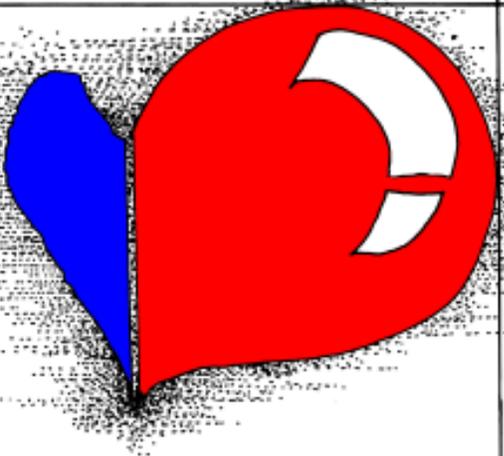
I envision charities that the celebrities & entrepreneurs in our Cookbook shall feel honorable about endorsing via their contribution to our project.

I sincerely believe that people shall never actively get involved in any cause unless they care, feel & comprehend that our humanitarian challenge is their personal issue.

Only when we support & encourage one another's positive dreams for bettering humanity shall we ever be able to realize our personal value to the whole—& the answer to our purpose for existence.

Half of our world is on a diet.

The other half is starving to death.



What is wrong with this picture?



Krystiahn

"An Ojai Treasure"

By Jon Myhre
For The Ojai Valley News
February 18, 2000

"It would be difficult to find fact or fiction that reaches the extremes of triumph over tragedy that the life of Krystiahn encompasses. The strength of her triumphs is a loving & positive disposition coupled with seemingly unlimited creative genius that she applies to virtually any media with dazzling effect.

The extremes began when she was born in JFK airport at the same moment her father was killed, when the plane he was piloting crashed on a nearby runway.

When Krystiahn was six she was discovered by an agent who nicknamed her "Little Miss Money Bags". This proved to be true as Krystiahn worked non-stop; appearing on shows like The Hallmark Hall of Fame with Sir Cyril Richard, and Jackie Gleason specials. Gleason became her "Uncle Jackie" and advised her to one day be her own "Magic Marker."

She was also befriended by "Auntie Greer" Garson, and "Auntie Elsa" Maxwell who told her "Your job in life is to make people happy! If everybody had fun no one would pick up a gun!" Unfortunately, Krystiahn's abusive mother had no interest in sharing her daughter's life. Rather than complaining, Krystiahn taught herself to cook, design and sew her own clothes, make her own toys, and write poetry.



At seven she taught herself to oil paint, but switched to water colors at nine because they dried faster and therefore more easily hidden from her mother who didn't want Krystiahn to spend her time on things that didn't bring in money.

Krystiahn graduated from high school at thirteen, and was signed by Warner Brothers at sixteen. However she quit after telling them she couldn't kiss anyone she didn't love. She then bought her contract and paid off her mother, who disappeared after figuring her daughter would no longer be "Miss Money Bags".

Wanting to explore a "normal" life, Krystiahn returned to New York at sixteen, posed as an adult, and became a temp worker.

Soon the seeds of tragedy were sown when her nurturing spirit kicked in after meeting a man who was an architectural renderer.

After Krystiahn married him and helped him create a successful career in Toronto he joined a religious cult and absconded with the family funds and three year old daughter, Lanya. He left Krystiahn with twenty dollars and her artwork. She never saw Lanya again.

After forty homeless days in the harsh Toronto winter, a boarding house "angel" brought Krystiahn in from the cold and gave her a room with a telephone, which enabled her to get a temp job with a TV station.

That job led her to being an extra on The Kenny Rogers' show where Shirley Eikhard, a popular country singer, saw Krystiahn sketching.

It was a pivotal moment when Krystiahn gave Eikhard copies of her art. Five days later Eikhard tracked Krystiahn down and told her she showed her art to Capitol Records. They were impressed and commissioned Krystiahn to create Eikhard's first album jacket.

With that commission Krystiahn's amazing creativity was finally out of the closet. An astounding variety of commissions ensued from clients including Yardleys, Revlon, A&M, RCA, CBC, Paul and Linda McCartney, Harry Belafonte, Leonard Bernstein, and Ella Fitzgerald. Soon her projects were nationally recognized by Can-Pro (The Canadian Emmys); Juno (The Canadian Grammys); and the Graphic Designers Guild, who created a category in her honor entitled "Commercial Fine Arts".

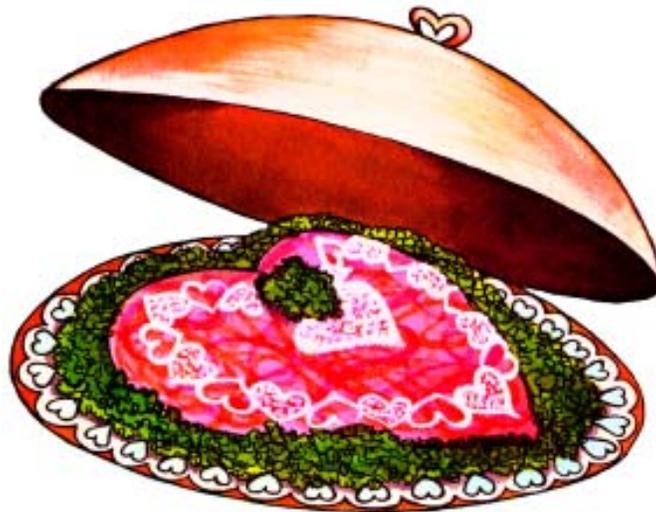
During those golden years Krystiahn generously shared her time and talent with those in need. She created support groups for spouses with abducted children; raised millions for Foster Parents Plan, Big Brothers, Free Arts Clinic For Abused Children, and more. She also financed a clinic for impoverished children in Bali.



Krystiahn came to California in the early eighties where she met wondrous people like George Burns who loved her humor and taught her to smoke cigars.

However, California brought another downswing into Krystiahn's tumultuous life. She married and then lost her husband of 13 years on Christmas 1996. Without personal finance or a career in California she was once again homeless, and living out of her car with her precious artwork stored in sheds. Destiny brought her to Ojai, and for a time she shared a place here, creating fabulous pot luck parties. She says, "Auntie Elsa would have loved them!"

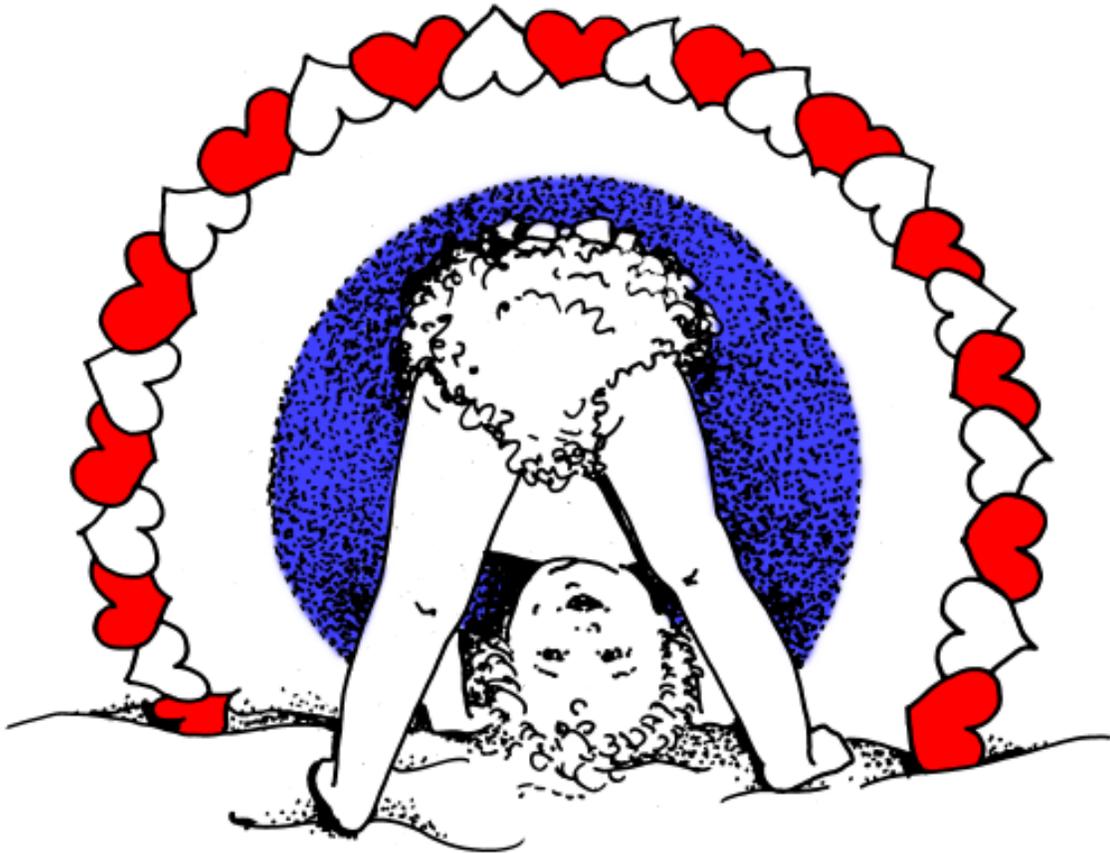
While in Ojai Krystiahn volunteered to assist worthy causes including the National Search Dog Foundation, and the Shakespeare Festival. Its only a matter of time before recognition of Krystiahn's compassionate, creative genius reclaims for her the life she deserves. Hopefully, it will be in her beloved Ojai and shared with the world."



*When we don't know what we're hungry for
we can bet it's not food!*



the end



Bottom Line: Contact us!
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