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Dr. Farrell is the founder of Natural Aesthetics Center, a Medical Spa and Wellness Center in Westlake Village. She emits a professional, welcoming, positive energy that lets people know they are getting the highest quality of care the moment they walk through the door. She is a board certified physician who trained and practiced as Associate Clinical professor at UCLA. Dr. Farrell's work focuses on an artistic, natural and clinically safe approach to enhance her patients in a powerful, yet undetectable way.

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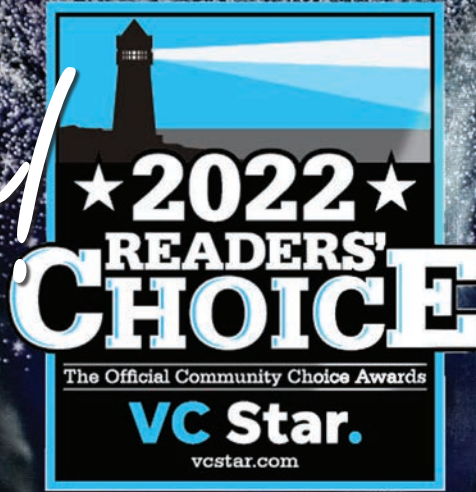
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Just Listed



527 Via Cielito, Ventura | \$5,000,000 | 4 BR, 5 BA | Approx. 4,200sf

Drawing inspiration from around the globe, this architectural and spiritual estate is a luxurious display of international influences. Located in Ventura's prestigious Ondulando Estates- this slice of paradise tastefully combines the sophisticated style of California coastal contemporary with a laid-back cozy ranch aesthetic. Spanning over 4,200 square feet, this property offers 4 bedrooms, 5 bathrooms, and a sprawling approximate 26,000-foot lot. The design uses materials that emphasize the three key elements of a Japanese design: Water, Earth, and Life. Perched approximately 550 feet above the pacific, this cosmic blend of breathtaking island, mountain, and ocean views, as well as an awe-inspiring environment with peace and serenity, makes this enchanting Ventura home sure to impress. No expense was spared while the extensive new construction was completed. Featuring beautifully designed furnishings that bring this landmark property back to life by integrating unique applications of stone, steel, and fire-hardened materials. All materials used are intended to be lifelong and of the finest quality.

Contact me today to transform your luxury listing dreams into a reality!



Alessandro Corona

Realtor® | DRE# 01971190

M 805.630.2293 | O 310.975.3870

alessandro.corona@elliman.com



24300 Malibu Road, Malibu | \$34,500,000 | 4 BR, 5 BA | Approx. 5,085sf

World-class and a contemporary masterpiece, this estate is ideally located on the famed Malibu Road. It is set on approximately 100 feet of prime ocean frontage with a sought-after pool, spa, fire pit, and lpe wood rooftop deck. Push a button and the walls of glass disappear leaving only the glass railings between you and the Pacific. The primary bedroom and main floor capture unobstructed ocean vistas. Watch the coast light up at night and the “Queen’s necklace” view sparkle. World-renowned shopping and restaurants are a short jaunt away. Be the first to occupy this exquisite offering!



Bob Rubenstein

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29035CliffsideDr.com

Cliffside Drive contemporary located on the highly desirable enclave of Point Dume in Malibu. With expansive ocean and City light views, this home provides 4-bedrooms and 4-baths and is accessed through a private gate and perched on the flag-lot in a way that provides extreme privacy, security and stunning views. With over 5,000 Sq. Ft. of finished living space, this home boasts family, living and bonus/office rooms on the main level and an additional entertainment space on the second level. This home also includes a coveted beach key to Riviera III and the beautiful cove of Little Dume. Offered at \$12,980,000



2014ShadowCreek.com

Beautiful estate home in the exclusive neighborhood of Vintage at Hidden Park. A tranquil cul-de-sac location tucked in among the gorgeous rock formations, Oaks and Sycamore trees. Four bedrooms are all en-suite with the primary boasting another fireplace, spacious walk-in, dual vanity and spectacular views from the tub over Triunfo Creek & out to the distant mountains. Offered at \$2,595,000



Marcus Beck

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Located in coveted Paradise Valley is this beautiful 5 bedroom, 4.5 bath, 5,738 SF residence with wonderful curb appeal featuring a wrap around driveway with a covered patio that leads you to the custom glass entry doorway into contemporary luxury. A gorgeous pool and spa surrounded by travertine pavers and fruit trees. An outdoor putting green for putting and chipping practice completes this backyard retreat. This home absolutely has it all and is a luxurious entertainer's oasis!

6819 E FANFOL DR, PARADISE VALLEY | OFFERED AT \$3,550,000

Golf Course Community!



SCAN ME

This home is located in the prestigious guard gated community of Scottsdale Country Club and backs to the golf course with majestic views! Inside you'll find 4 bedrooms, 4.5 baths and 4,538 square feet of living space. . The outside is an entertainer's paradise with a sparkling pool with a water feature, view fencing, an outdoor kitchen with a built-in BBQ ,absolutely perfect for entertaining all of your guests. A lush green grassy area and mature trees all backing to the golf course complete this backyard for a true country club lifestyle!

**8177 E SUNNYSIDE DR, SCOTTSDALE
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SCAN ME

This beautifully updated 5 bedroom, 4 bath, 3,196 SF Santa Fe style single story home sits on an oversized lot with over a half an acre of land to enjoy and offers great curb appeal with decorative stacked stone pillars and a circular paver stone driveway. Outside you'll find a backyard oasis with an extensive travertine patio, a heated Pebble Tec pool with a Baja shelf, a pool slide, and a gorgeous waterfall grotto controlled via Wi-Fi app for all your summer fun! This home is absolutely perfect for endless, year-round entertaining!

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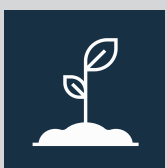
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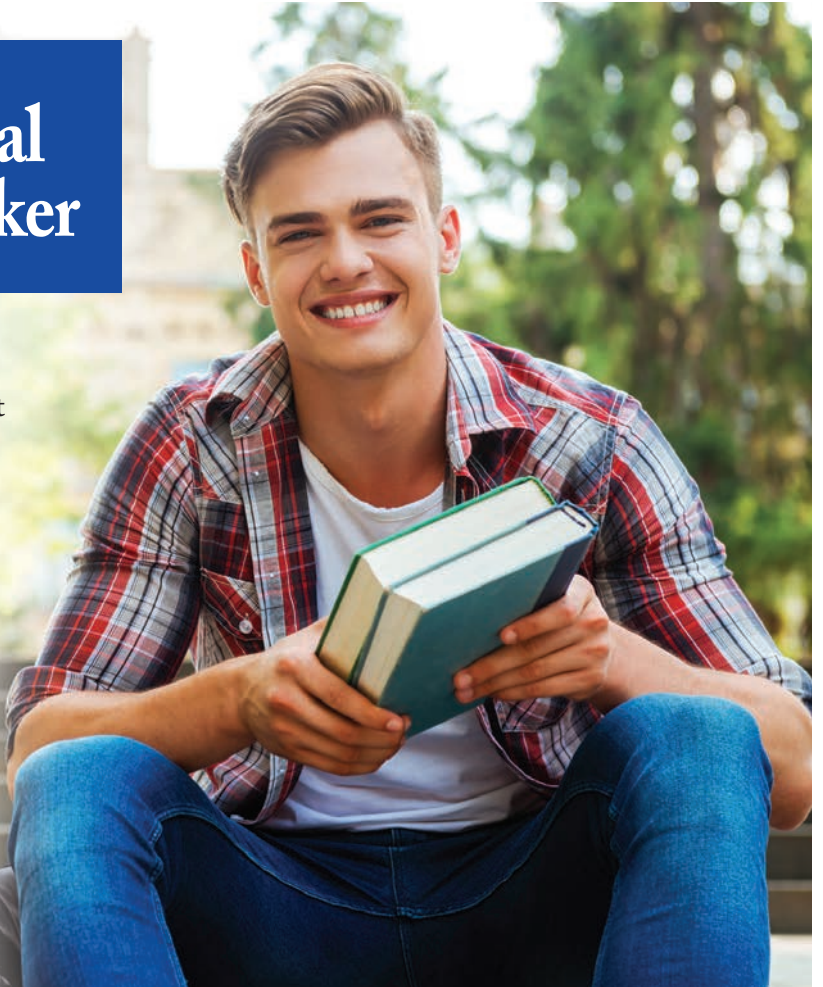
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The stunning Susan Holmes McKagan radiates the power of human kindness. Her interior soul powerfully combines with her Supermodel exterior, and the life she shares with her husband, Duff McKagan, of Guns N' Roses fame, is one of the best marriages in ROCK history. None of this is accidental. As you read on, the vital components of Susan's value system permeate. Her actions match her words, and the quality of life she's achieved reflects her genuine commitment to her rock-solid values (page 60).

2023 began with a significant loss – the 'gone far too soon' death of Tatjana Patitz, who appeared on our cover three years ago. Far beyond our professional association, Tatjana was a cherished friend of mine, and we both spent many hours on horse ranches under the stars – philosophizing about life while discussing humanitarian topics that were of vital concern to Tatjana's empathetic spirit. She was the antithesis of vanity. She poured herself passionately into defending the animals who suffered from human cruelty. She was a champion for both human and animal rights, and an informed advocate for the preservation of our environment. Tatjana was exquisitely unique and wise beyond human limitations. There was a reason that artistically talented, world-renowned photographers were so captivated by her image. They were transfixed by an ethereal presence that transgressed human understanding. The memory of Tatjana will live on with us forever. We only wish she could have lit up our lives in person for longer.

Our Fashion Editor, Magda Pescariu, pays homage to Tatjana, the exquisitely beautiful Supermodel (Page 74).

Diana



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Elephants

Transform Humans

I have spent most of my life around African Elephants and can attest to the impact they continue to have on my heart. This year, Hollywood awarded an Oscar nomination in the 'Best Documentary Short Film' category to *Elephant Whisperers* - about a three-month-old orphaned Asian Elephant named Raghu whose mother was electrocuted at a fence next to an Indian village. The film's Director, Kartiki Gonsalves, saw Raghu walking next to his human caretaker in 2017 as she drove past the Mudumalai Tiger Reserve in southern India. Orphaned baby elephants have almost zero chance of survival when they lose their mothers. Their trauma transcends past their physical needs. Elephants are sentient animals with profoundly deep emotions, and the grief that they suffer from the loss of their mother, will kill them. Gonsalves stopped to talk to the caretaker and ended up falling in love with the spirited baby Raghu. She spent the next five years following his life story, as well as that of his human "parents," Bomman and Bellie.

"He was so young and extremely vulnerable," explains Gonsalves, "and an inexplicably beautiful bond developed between Raghu and me." Bellie's maternal devotion to baby Raghu saved his life and the documentary gives us some compelling insight into the acute intelligence of elephants - as well as their immense similarities to humans - except that they are much better versions of us. They seldom ever display malice.

"When I first met the baby," says Bellie, "he was tugging at my clothes like a child. I felt his love." Beyond the physical work required to keep an orphaned baby elephant alive, Bomman and Bellie gave him the emotional care, love and affection that he would naturally have gained from his elephant family. All the elephants in natural herds display immense affection towards their babies who are surrounded by emotionally generous aunts, uncles, cousins, and siblings. Gonsalves concludes by saying, "I made this movie because I really wanted people to understand elephants, that they are very similar to us, and they don't mean harm in any way."

STORY BY DIANA ADDISON LYLE



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Bomman and Belli
with Raghu in
Elephant Whisperers.
Netflix



DAME DAPHNE SHELDRICK

One of the foremost world-renowned experts on elephants is the late, great Dr. Dame Daphne Sheldrick, who died in 2018 in her beloved Kenya, Africa. Today, her adult children run her Kenyan elephant and wildlife sanctuary named the *Sheldrick Wildlife Trust*. Their elephant orphanage has provided science with critical information on elephant intelligence and emotions. During her lifetime, Dame Daphne Sheldrick wrote a dissertation on ‘Elephant Emotions’.

ELEPHANT EMOTIONS

By Dr. Dame Daphne Sheldrick

Elephants possess the greatest human traits and almost none of the bad traits.

What happens to the babies? Like a human infant, an elephant baby cannot survive without the loving care of its mother. Orphaned African Elephants are succumbing in droves to starvation, grief and death. All the elephants that are under two years old when their mothers are killed will die unless they are rescued. Why is it that most people feel such empathy for elephants, even if they have never had close contact with them? Is it because of their size, their quaint characteristics, or the fact that they are so incredibly endearing as babies, tripping over little wobbly trunks that seem to serve no useful purpose other than get in the way? Or is it, perhaps, because elephants are “human” animals in terms of emotion, and in many other ways as well, encompassed by an invisible and mystical aura that reaches deep into the human soul in a mysterious way that defies human logic.

Elephants are highly intelligent and emotionally sentient creatures

that experience many of the same emotions we do. They are known to grieve for their dead, to carry the tusks of dead family members to another place, to cover corpses with branches, to mourn deaths for a long time. They have been seen to weep tears of sorrow, the only other animal besides humans to do so. Baby elephants are forever traumatized by the horrific killings they have seen and the grief of losing their mother and herd.

With the killing frenzy that has overtaken them, their whole society is collapsing. All the older male bulls have already been killed for their tusks, leaving no father figures for the sons. Young, traumatized males often go on the rampage and attack human communities. Now, the ivory poachers are targeting the matriarch of the family (the eldest female member) – the core of the family group in whom resides all the wisdom, knowledge and experience that must be passed on to the young, such as where to look for water in times of drought, where to find food, how to look after their young. Poachers exploit the tight family bonds of elephants – they shoot a baby first, which causes the herd to gather around to protect it, and then they mow down the entire herd.

I can vouch for that, for I have worked intimately with elephants for 55 years. My team and I have hand-reared over 150 orphaned elephant babies to date, some from the day they were born. I have known them intimately through infancy and childhood into their teenage years - and even well beyond. For like us humans, some elephants like to stay in touch with those they love.

Every elephant we rear is returned back to the wild where it rightly belongs - to lead a normal elephant life back amongst its own kind, to



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Birth of baby elephant at Sheldrick Wildlife Trust

cover vast distances in enormous elephant strides, enjoying the companionship of others, fulfilling all the tasks in life that elephants were designed to do such as modifying habitats to trigger wildlife's cyclic and eternal rhythms between grasslands and scrublands essential to the long-term survival of grazing species as well as browsers.

During my long association with the orphaned elephants, many have chosen to remain in touch with the human family that replaced their lost elephant family, and whom they love as deeply as their elephant peers. Many have brought their wild-born babies to share them and their joy with their human family, and some have made sure that their babies are born right close to their former human family so that everyone can experience the joy of their arrival. Many have also returned to seek the help of their human family when wounded or sick. All our orphaned elephants return to a normal elephant life in the Tsavo National Park in Kenya, which is a protected area the size of Michigan State, and as such can offer an elephant the quality of life it deserves.

Whilst it has not always been so, it is now accepted scientifically that elephants share with us many human traits. For instance, they have the same span of life, (three score years and ten, all being well) and that they develop at a parallel pace so that at any given age, a baby elephant duplicates a human of the same age. Their brain is four times the size of ours and convoluted, indicating that elephants can reason and think. It has also been proven that the part of an elephant brain responsible for memory is far more sophisticated than that of

a human. They share with us a strong sense of family, and they also share with us a deep sense of death. I know that they grieve, and they mourn, just as we do at the loss of a loved one, and that they shed tears and suffer depression. They have a sense of compassion that projects beyond their own kind and can extend to other species in distress. They help one another in adversity, miss absent loved ones, and when you know them really well, you can see that they even smile when having fun and are happy.

Each elephant is a unique individual, just as are we, and each has its own unique personality. They can be happy or sad, placid by nature or more volatile. They can even be playfully mischievous, delighting in playing harmless pranks on other members of the family or herd. However, they are taught discipline from a very young age by their senior matriarchs. They know envy and jealousy, can throw tantrums and harbor grudges about a perceived injustice, just like human children. And just like human children, they can be competitive for rank and status amongst their peers. This applies to both males and females, for elephant society is complex, where female family units remain united for life, led by the oldest female of the group who is known as the matriarch. Young bulls remain with the female family until puberty, but then prefer the company of other bulls so that they can spar with one another in tests of strength and dominance, often attaching themselves to high ranking and revered adult role models, whom they emulate, and learn from. However, they will always still keep in touch with their female family and visit them from time to

Herd of
wild African
elephants at the
waterhole



Critical role of a caretaker at Sheldick Wildlife Trust ensures that baby elephants' extensive needs are met - including emotional comfort



time, but they are the scouts of elephant society, who must be more adventurous and seek out safe havens for their female loved ones. They prefer a more independent existence, for boys will be boys. That said, bull elephants are also very caring of the young.

Elephants are essentially peaceful and peace-loving animals despite their undisputed strength and enormous size. They are also essentially very fearful animals that are terrified of the unknown. Like human children, they are more fearful of the dark, for like us they have limited night vision.

But they have been endowed with many additional attributes that we humans lack such as the ability to communicate over distance using low range sound hidden to human ears.

They can decipher chemical, hormonal messages, and they have a mysterious perception that defies all human logic, able to foresee important events ahead of time.

We have witnessed this time and time again amongst our orphaned elephants.

Animals are more ancient, more complex, and in many ways more sophisticated than man. In terms of Nature, they are truly more perfect because they remain within the ordered scheme of Nature and live as Nature intended. They are different to us, honed by natural selection over millennia so they should not be patronized, but rather respected and revered. And of all the animals, perhaps the most respected and revered should be the Elephant, for not only is it the largest land mammal on earth, but also the most emotionally human.

LAWRENCE ANTHONY

Author of *The Elephant Whisperer*

South African conservationist Lawrence Anthony devoted his life to animal conservancy, protecting the world's endangered species. He nurtured a wildlife reserve in Zululand, South Africa, named *Thula Thula* game reserve.

In 1999, he received a life-changing call: a herd of seven elephants that were termed 'rogue' and 'trouble-making' had become notorious escape artists, and were barreling their way across sections of South Africa where they were not wanted. The background lives of these elephants explained a great deal. They had witnessed killings of their family members, and the post-traumatic stress was evident in their fight and flight behavioral patterns. These were not elephants at peace. They were permanently in a state of terror. Anthony's knowledge of these facts made him hesitate when he was asked to accept this 'rogue' herd into *Thula Thula*. He was their last chance at survival. If he refused to rescue them, they would be killed. Recognizing the enormity of the task, and the emotional damage already inflicted on these giant animals, Anthony's conscience superseded his logic. He was determined to give them another chance at life.

Upon agreeing to the rescue, before arrangements could even be made, the elephants broke out from their temporary enclosure, and the matriarch and her baby were shot. The surviving elephants in the herd were traumatized and very angry. After Anthony brought them to *Thula Thula* shortly afterwards, they started planning their escape.

Dame Daphne
Sheldrick with
her orphans



Their fight and flight mechanisms were at extreme reactionary stage, and running was what they knew best.

What followed was an incredible journey between Anthony and the herd as he battled to know and understand their behavior. It took years for him to gain their trust, but elephants are enormously sensitive, and even after a few months, they sensed something in Anthony which calmed them down. As he cautiously and respectfully gained their trust, he and they began to form an inexplicable bond. Anthony described that period as one of the greatest teaching lessons of his life in which he learned so much about these sympathetic creatures. As he engaged with the elephants' signals, they taught him about life, loyalty, and freedom. The elephants adjusted to *Thula Thula* triumphantly and proliferated in numbers – always with the knowledge that their other adoptive family member – Anthony – was in close proximity as their friend and protector.

In March 2012 – something powerfully astounding occurred. Lawrence Anthony suffered a fatal heart attack on March 2nd. The elephant herd he had rescued, loved and nurtured were in the Zululand bush - a hundred miles away from Anthony's house at *Thula Thula*. But these wild elephants made a solemn procession for 12 hours – in two separate herds - to come up to Antho-

ny's home to stand vigil around the house - grieving and paying their respects. The second herd arrived the day after the first herd arrived. They stood silently for two days around his bedroom, saying goodbye to the man who saved them. To this day, it is something that science cannot explain. How did they know that Anthony had died?

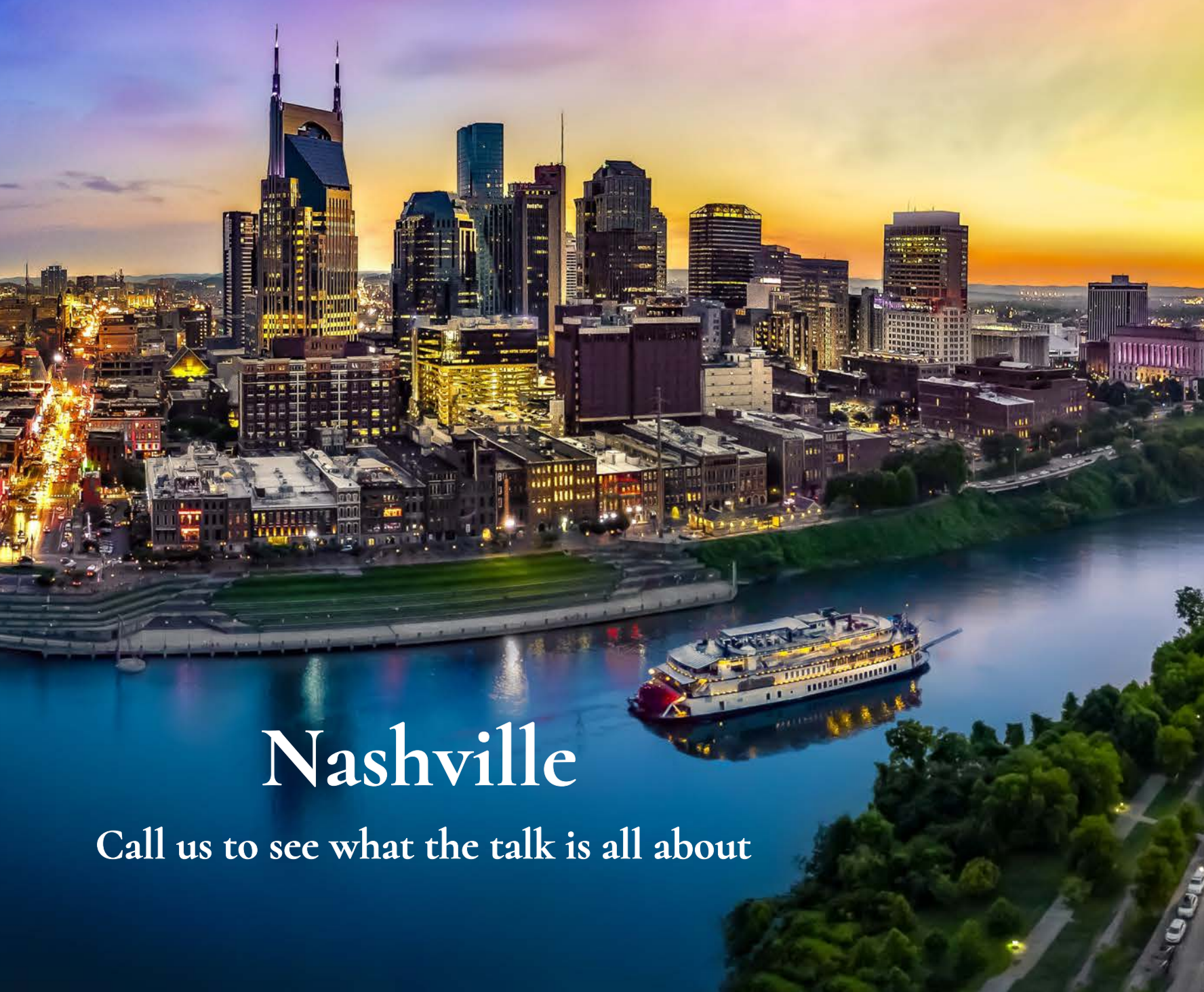


Lawrence Anthony

At Lawrence Anthony's funeral, Rabbi Leila Gal Berner, said these words:

"A good man died suddenly, and from miles and miles away, two herds of elephants, sensing that they had lost a beloved human friend, moved in a solemn funeral procession to make a call on the bereaved family at the deceased man's home. If there ever were a time, when we can truly sense the wondrous interconnectedness of all beings, it is when we reflect on the elephants of *Thula Thula*. A man's heart stops, and hundreds of elephants' hearts are grieving. This man's oh-so-abundantly loving heart offered healing to these elephants, and now, they came to pay their respects to their friend."

Elephants have long been known to mourn their dead in a profoundly deep way. In case any of you might be skeptical as to the relevance of this story, exactly one year after Anthony's death, to the day, the same grieving herd marched to his house – again – to pay their respects. 🌿



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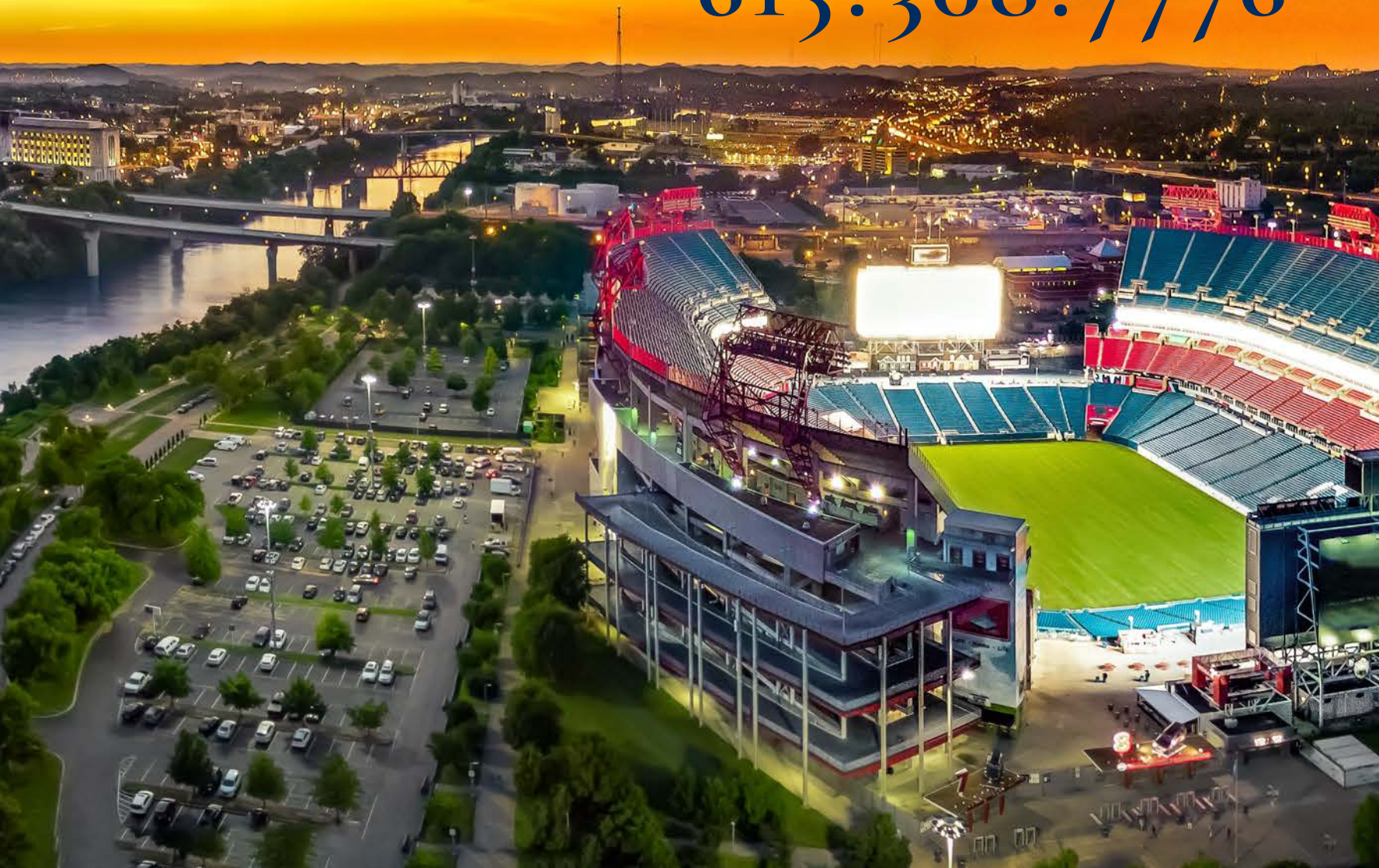
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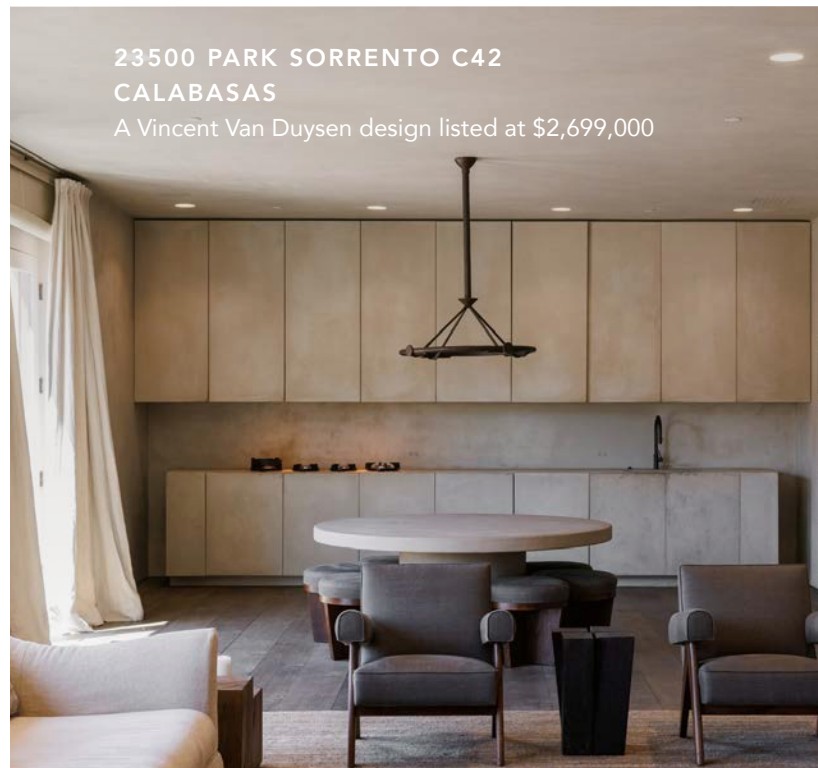
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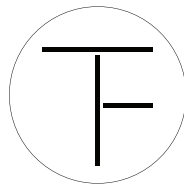
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Rihanna

Shone Like a Diamond

Rihanna shone like a diamond at Superbowl LVII in proud pregnancy mode. Its subliminal message was clear to working mothers: that it's ok to bear children and continue to do the work that you love. Resplendent in red, which turned out to be the color of the winning team, the Kansas City Chiefs, Rihanna was hoisted high up on a platform where she didn't display any fear of heights as she rocked the football fans below her. She accessorized with three vintage diamonds, a pair of low sneakers and a huge red puffer coat with matching gloves. At home was Rihanna's first baby and she commented that if she was going to leave her son, it had to be for something big. That turned out to be the Super Bowl.

Photos courtesy APnews.com



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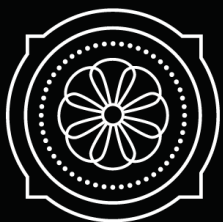
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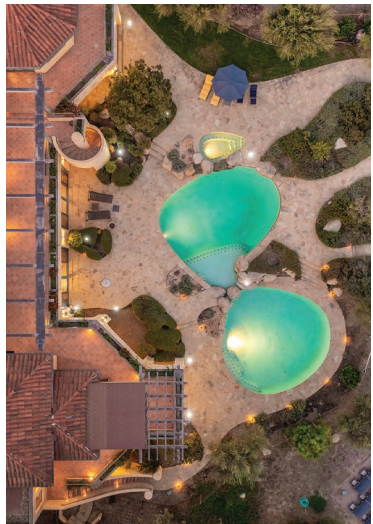
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Hemsworth Brothers



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By popular demand, we are including all three of the super-talented Hemsworth brothers. Luke Hemsworth (42), Chris Hemsworth (39), and Liam Hemsworth (33) grew up in Australia on a cattle ranch. When asked on Jimmy Kimmel Live in 2016 if the brothers had been raised “basically like a pack of wild dingoes,” Luke responded: “Yeah, the Hemsworth house of horrors. We’d wake up in the morning and literally say, ‘See ya, mum,’ and just disappear into the bush.” On another television appearance (the Graham Norton Show), Liam spoke of the rivalry with his older brothers being often like “the Hunger Games” as Luke and Chris would wrap him up in layers of clothing so that they could chase him around.

The family moved to Phillip Island, south of Melbourne. It was there that all three boys began acting in school plays – developing their talents. But the big breaks for all three men came in the 2010s

when they moved from Australia to Hollywood.

Luke had a cameo role in 2017’s *Thor: Ragnarok* – alongside brother Chris. He reprised the role of Thor in *Love and Thunder* in 2022. He was also security officer Ashley Stubbs in HBO’s popular series *Westworld*.

Chris’s big break was landing the role of Thor in 2011. Recently, he reprised the role in *Thor: Love and Thunder* (2022). His career has been prolific with other film roles in *Star Trek* (2009), *Snow White and the Huntsman* (2012), *Red Dawn* (2012), *Blackhat* (2015); *Men in Black International* (2019) and *Extraction* (2020).

In 2011, Liam hit the spotlight as Gale in the *Hunger Games* franchise. He then appeared in *Independence Day*, *Resurgence*, *The Dressmaker*, and *Isn’t it Romantic?*

Parents, Leonie and Craig Hemsworth, did a pretty terrific job raising Luke, Chris and Liam. 🌊

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An Overlooked Estate Exemption is Going Away

Will You Make the Most of it Before It's Gone?

By *Hannah Boundy and Matthew Davis*

Imagine you're a retiree with assets over \$12 million. You've read the bestseller *Die With Zero* and want to make an impact today, not 20 years from now, by sharing your wealth with beloved family and meaningful charities, all while you're still healthy and able. Would you be surprised to learn that with some strategic planning now, you could give much more than if you started in 2026, just three years away? Here's why.

Under current law, no one pays taxes on lifetime gifts below \$12.92 million to a family member, friend, or charity. Married people can double that amount and give tax-free below \$25.84 million. **However, in 2026 these amounts will go down by half.** Taxes may then be required on gifts and wealth transfers over \$6 million or \$12.4 million, respectively. If you have a large estate, this change in law could significantly affect your legacy and how you share your assets with others.

HOW DO GIFT AND ESTATE TAXES AFFECT YOU?

Gift and estate taxes apply when you transfer significant assets (money, property, land, etc.) to your heirs before or after death. The taxes get steeper the higher the amount transferred, with assets \$1 million or more above the exemption threshold taxed at 40%. That's why you want to be strategic about how and when you gift your assets.

One thing to note: it's technically possible that new legislation in the next three years could extend the current gift amounts or change them in unforeseen ways. However, taking a wait-and-see approach could backfire by preventing you from locking in significant tax savings. Strategies that take advantage of the expanded thresholds take time to execute; waiting until the law sunsets could result in a "too little, too late" scenario.


WHAT SHOULD YOU KNOW?

There are numerous financial planning and estate strategies you can implement to make the most of the current law. For example, moving assets out of your estate, setting up charitable trusts, or offering planned gifts to loved ones can go a long way in reducing your taxable assets and enable you to save more, so you can give more. And fortunately, the IRS has already confirmed that these strategies will be protected from the sunset provisions.

However, your ideal approach to estate planning should be designed with your specific situation in mind. How much you give, to whom, and when are decisions to be made within the context of your broad goals and values, thus eliminating any unintended planning consequences.



For this reason, it's a good idea to work with a professional that can help you visualize how the pieces of your estate, investments, and tax situation come together. At Sherwood Financial Partners, we work with you to create what we call your living legacy. We offer boutique, family-office style solutions that combine your tax situation, estate wishes, and day-to-day financial needs with your goals, intentions, and passions to create a vision for your legacy that you can enjoy now. If you'd like to learn more about how we can help or make an appointment to sit down in our newly

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Hannah Boundy
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Cate Blanchett

Downfall of Power

Cate Blanchett as Lydia Tár

By Diana Addison Lyle

Cate Blanchett's brilliant performance as the musical genius, Lydia Tár, in this year's 6-time Oscar-nominated film, *Tár*, is riveting in its portrayal of a supremely gifted human genius who will ultimately fall on her own sword as she fails to read the temperature in the room amidst the power of the #Me-Too movement. The tragedy of her own demise is that she is at the pinnacle of her career as the greatest living composer and conductor of the Berlin Philharmonic Orchestra. She has earned the coveted word 'maestro' from musicians and critics worldwide – and it is that edified title that will come crashing down as her own behavioral errors escalate into a tsunami of public backlash.

There is nothing more swirling and mesmerizing than watching Lydia Tár (masterfully acted by Cate Blanchett) coax the Berlin Philharmonic Orchestra to new heights with her artistic baton – eliciting nuances and exquisite interpretations of music that are spellbinding. But behind the façade is a deeply flawed human being whose insecurities play out in her fabulist stories and her cuttingly condescending

remarks to a student named Max at the Juilliard School of Music. As Tár tries to prove her point about the responsibilities of musical conducting, she chooses Max as her example of a robotic musician who fails to understand the genius of Bach and other famous composers. But Tár fails to read Max's body language as his burgeoning anger towards her escalates, and when he eventually explodes under her public humiliation, she dismisses him as another millennial who's chosen "social media to be the architect of his soul." Her lack of sensitivity at that moment is in complete contrast to the overwhelmingly intense sensitivity she channels towards music and sound.

The contradictions in Tár's behavior become starkly evident as the cracks in her confidence surface more blatantly. While she appears to wield her power with aggressive impunity, replacing people and firing them, Tár's insecurities and basic needs cause her to engage in humiliating behavior in which she becomes an aging sycophant pandering to younger flesh. We see this as she overlooks and offends significantly talented musicians in favor of an attractive young woman for whom she develops a crush. Her verbal language – as well as her body language

- have failed to register the changes in society from the #MeToo movement. She is so punch drunk on power that she is blinded and impervious to the inappropriateness of her words and actions, and her own personal flaws and needs increase the velocity of her downfall.

There are so many clever encapsulating visuals of Tár that highlight her power and her blindness to the world around her. While she sleeps in the luxury of her private jet wearing an eye mask, her assistant is warning her about Krista Taylor, a former student of hers with whom she had an inappropriate romantic relationship, who is sending increasingly more urgent and disturbing texts to her teacher. Tár chooses not to heed the warnings, and instead, allows the disturbing situation to escalate.

Her power comes with an emotional detachment in which she throws out important human nuances that will lead to tragedy. When Tár falls for a young Russian cellist, her behavior is so sophomoric in its immaturity that she fails to recognize that the young cellist is simply using her to earn a place in the prestigious orchestra. Tár never gets on Instagram and doesn't see that the cellist is mocking her on social media. The millennial world of daily public spectacles on IG makes Tár the targeted, surveilled victim and she is oblivious to its ramifications. Tár's domestic partner tries to wake her up to what is happening around her, but her arrogance makes her deaf to the increasing sound around her.

Around an hour into the film, it is revealed that Tár's former student and romantic partner, Krista Taylor, has committed suicide. In typical brusque manner, Tár brushes it aside like a non-occurrence - not registering that suicides are serious acts and that there will be an investigation. When she is brought in for questioning, she denies any knowledge of the texts sent by the suicide victim and corners her assistant into lying about everything. Additionally, Max, the student whom she humiliated at Julliard, has taken revenge against the maestro on social media by splicing filmed sound bites of Tár's inappropriate language and actions with students. Has Max masterfully manipulated the situation? Yes, because if the filmed episodes were set against the backdrop of words said over a protracted period of time, they would not appear so offensive. But all put together in a short time capsule, they tell a different story.

Despite criticism leveled at Cate Blanchett by some female conductors at what they perceive as her "offensive" interpretation of a gender that has been historically overlooked in orchestral conducting, Blanchett fired back with this comment: "The film and the story are not gender specific."

So, is this a story about the internet, the #MeToo movement, and cancel culture? Yes, it is partially. It's about the volcanic eruption of a brilliant conducting career because of sexual impropri-



eties, and the abuses of power. Behavior that was tolerated ten years ago is no longer tolerated. A revolution has taken place worldwide in which there are firm checks and balances to ensure that there are no more gray areas in which power and manipulation can flourish. There's a lot of discomfort in society about cancel culture. Many people believe that it's been taken too far and that everyone is now afraid to speak or act in case the *Me Too* police are watching. Tár's life is destroyed and undone by a new world with zero tolerance for behavior that used to be commonplace.

But I view the superb film as much more than Tár's fall from cancel culture. She would probably have fallen sooner than later from many of her human failings. This is a highly intelligent, gifted person for whom life has bestowed much. Her narcissism blinds her to her own shortcomings. Her brilliance could have been used to edify an up-and-coming generation. Instead, she chose to insult her minions with a cuttingly

sharp tongue. She displayed biases and favorites. She destroyed the careers of some of the people she led because she labeled them inaccurately and swept them out of her ambitious path. She was a relentless bully who indulged her own separated-from-reality fantasies. The scene in which she threatens one of her young daughter's classmates - cuts chillingly into one's bones. It's imperiously cruel and unforgiving.

This is a penetrating character study in which Tár's insular world couched and protected her sense of superiority. It became so extreme that she became increasingly blinded to the reality of what was happening around her. Ultimately it was her narcissistic ego that caused her downfall. Cancel culture accelerated the inevitable. The conductor created her own crisis.

Cate Blanchett owns the character magnetically and the film's 6 Oscar nominations endorse why this film is so important. 🍷



Cate Blanchett as Lydia Tár

Dr. Carrolee Barlow,
former CEO Parkinson's
Institute, with Deb Pollack



Drive Toward a Cure

Altruism, enriches your life while it may improve many others

By Larry Crane.

Deb Pollack is a much-admired veteran of memorable events for the automobile industry. More recently, her star has brightened for her efforts as the creator of popular multi-day tours for altruistic motoring enthusiasts. “**Drive Toward a Cure**” came about when Deb lost her mother to Parkinson’s Disease.

That was the shock that brought her attention to a host of industry colleagues and friends who were facing their own uncertain futures with the ancient ailment.

Deb was reminded of her career of success with cars and camaraderie and philanthropy. Parkinson’s Disease research needed some attention—the challenge was not new, but the attention to accelerating resources could be.

It was 1817 when James Parkinson published the first detailed essay about what was then known only as “shaking palsy”. It was given his name to assist in developing a broader understanding by a frightened public audience: two centuries later “Parkinson’s Disease” remains a medical research dilemma. It continues to cause progressive degeneration of the dopamine-producing

cells in the brain leading to symptoms that include tremors, stillness and rigidity, and slowness of movement.

IS THERE A CURE?

No – and symptoms typically only become clear after the sufferer has already lost 70 per cent of the dopamine-producing cells. The best-known treatments include drugs and “deep brain” stimulation, where a neurotransmitter is implanted in the chest and wires inserted into the brain to electrically stimulate the areas that control movement.

Michael J. Fox, is a fine actor and international celebrity who brought his struggle with this condition to national attention when this bright young man began to demonstrate the slightest of symptoms. On behalf of the thousands of secret sufferers from his condition he went public so the world could watch how the disease worked over time, and how he managed with it. He illustrates hope where there had been none.

While April is Parkinson’s Disease Awareness Month, we believe every month should offer an opportunity to spread awareness and raise much-needed resources. We invite you to join us as



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CLOCKWISE: Petersen Museum start. And into the woods. More Parkinson's Disease cure support. Mini Cooper S, "Actual Size".



we inspire enthusiasm with our cars and camaraderie for this important cause, and help us to benefit those challenged by this indiscriminate disorder and aid ongoing research efforts to put an end to it.

Deb Pollack's *Drive Toward a Cure for Parkinson* program has been carefully designed to provide a premium motoring experience while raising much-needed funds to continue the search for a cure for Parkinson's Disease; while also supporting patients and their caregivers through *Drive Toward a Cure's* own **Special Assistance Fund** and **Access to Care** programs. She reminds us, "We also support beneficiaries including **The Parkinson's Foundation** and **The Michael J. Fox Foundation**".

A brief history of Drive Toward a Cure events, of which there are dozens all over the country — beginning in 2017.

Jul 2, 2019: Drive, She Said... Join the 2019 California Adventure, we said!

With keys to a 2019 Mercedes-Benz AMG S63 in hand, Sue Callaway and her husband were ready to take on the 2019 "California Adventure". And having completed their first Drive Toward a Cure Adventure, Sue seems to be hooked!

2020: NON-PROFIT DRIVE TOWARD A CURE 2020 EVENTS CONTINUE TO SUPPORT PARKINSON'S – Enthusiasts Can Drive On-Track, In 1-Day or Weekend Getaways...

Oct 4, 2022: DRIVE TOWARD A CURE® ANNOUNCES NATIONAL WINNERS FOR ANNUAL 75 DAYS OF SUMMER



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CLOCKWISE: Bruce Meyer offers museum access for the cause. New found gold in Murphys. Hagerty DriveShare Stingray: Browse, Choose, Cruise. Wanona Road, Yosemite.

PROGRAM FUELED BY HAGERTY. Total Summer Donations Raise Nearly \$50K...

More than 100 like-minded driving enthusiasts were on the roads throughout North America this past summer helping non-profit foundation *Drive Toward a Cure* create nationwide awareness for Parkinson's Disease, while raising nearly \$50,000 for Parkinson's research AND patient care. Together they logged nearly 40,000 miles during the program, running from the first day of Summer to Labor Day.

According to founder Deb Pollack, the original *Drive Toward a Cure* program began at the height of the pandemic in 2020 and continued over the following summers to further enhance the joy of «Cars and Camaraderie™» while creating a community of enthusiasts to do some good. "What began as a way to get people out of isolation has turned into an interactive experience that encourages individual and group participation to raise some serious funds for Parkinson's," Deb reminds us.

Over the past three years, the summer program has become an event that individuals look forward to all year, with this summer's

ongoing prize giveaways reaching a total value of more than \$15,000. Random weekly prize winners received rewards ranging from \$100 gift cards from sponsor Pennzoil to various automotive-related gear including 'Steve McQueen casual driving shoes' from Hunziker Automotive Design, high-end apparel from NY-based Duncan Quinn, JBL Bluetooth and audio equipment and event tickets to programs like Portland's Taste of Motorsports. Additionally, Mothers® Polish provided an extra fundraising incentive by delivering each entrant \$200 worth of detail products after raising their first \$100 in donations for Parkinson's – a wonderful win-win for all.

A total of three grand prize winners for 2022 were identified based on the total of miles driven AND dollars raised, in any combination – achieved through driving and individual fundraising pages. Additionally, two special prizes were provided in recognition of the most successful fundraiser combined with social media outreach. The five winners resided throughout the country, including California, Michigan, Ohio, and Illinois.

January 23, 2023 – The automotive enthusiast community showed up in full force through its popular **Bring-a-Trailer** daily



CLOCKWISE: An evening to remember. Deb Pollack celebrates another Driving Toward a Cure success. Cruising Toward a Cure. Nicolas Hunziker watch for Fox Foundation.

web auction platform to support the non-profit foundation “**Drive-Toward-a-Cure**” — and grow its **‘Special Assistance Fund’**. The Fund provides grants for those patients challenged by exceptional and unexpected needs. The seven-day, no-reserve charity auction featured ONE near-priceless package that included private tours of four renowned Los Angeles-based automotive-related facilities along with a 3-day behind-the-wheel experience in a McLaren 720S Spider. The winning bid reached \$30,000 and its winner will gain behind-the-scenes private access to each of the contributing facilities (*McLaren, ICON, Hunziker Automotive Fine Art, Bruce Meyer, and Singer Vehicle Design*), homes to some of the most generous and admired enthusiasts within the car industry.

ALISAL RANCH GETAWAY – May 15-17, 2023 – Santa Barbara Wine Country – Santa Ynez Valley – Solvang. Our first “**Getaway**” will continue the *Drive Toward a Cure* formula of blending cars and camaraderie for a great cause.

The Alisal Ranch Getaway is designed for two people – be they a couple or good pals – to enjoy exceptional culinary experiences and accommodation at the one-of-a-kind “dude ranch”. Breakfasts and dinners will be hosted at the Alisal, and we’ll venture out for lunch and wine tasting at a fabulous nearby vineyard during our full day together, all sandwiched between driving adventures on some of Southern California’s most exhilarating roads!



The Alisal Guest Ranch & Resort is situated just 30 minutes from Santa Barbara, but a world away. You’ll be spoiled by a combination of open-air, beautiful nature, and of course, good friends. From horseback and hayrides to scenic drives and wine tasting, the trip will overflow with friendships and the getaway we’ve all been craving. Limited to only 20 cars, we’re looking forward to the pleasure and bonds that driving together provide. Doesn’t a wonderful quick getaway with like-minded car and driving enthusiasts sound perfect? Well, have we got a Getaway for you! The all-inclusive price per entry: May 15-17: US\$4,995. Contact: <https://www.drivetowardacure>.



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Short Stories About Big People

By Bob Eubanks

Hello there, it's time for more short stories about big people.

I was honored to be part of the Distinguished Speakers series this month. My show Backstage with the Beatles played in five local cities. I'm amazed how the popularity of the Fab Four is still so strong. If you're a Beatles fan, be sure to join Chris Carter on KLOS-FM every Sunday morning for his show called Breakfast with the Beatles. I thought I knew a lot about the Beatles, but Chris is a walking Beatles encyclopedia. Chris once told me that Paul said he was terrible at remembering Beatles' history. Paul said there would always be someone who knew, and he could just ask. I think he could always ask Chris Carter!



Chris Carter

You may have heard about the recent fiasco with presale tickets for the 2023 Taylor Swift concert. Ticketmaster's digital ticketing system couldn't handle the onslaught of orders and had to close down the sale early. Fans were not happy.

I had a ticket fiasco of my own in 1975 when I produced a concert for Elton John at the Las Vegas Convention Center. Back then, there was no Ticketmaster. Fans bought actual paper tickets. Five hours before Elton's show, a teenage kid came up to me and said, "Mr. Eubanks? Excuse me, but which of these tickets is real?" He handed me two tickets for the same seat. I felt dizzy. After figuring out how to tell a real ticket from a fake one (the letters of the seat locations on the real tickets were raised slightly and by rubbing your finger across them you could feel the difference), we managed to get all the fans into their seats without fist fights and the concert was a success. And Elton John turns 76 this month. Happy Birthday, Elton!



Taylor Swift



Chad Atkins

When I write this article I always feel that big people aren't just in the entertainment world. We have a lady in our community named Monica Waltz. She designs event stationery for weddings and bar mitzvahs and other special events. But that's only part of what this lady does. She spends most of her time working with the National Charity League and supporting organizations like Paw Works, helping to save abandoned animals and give them a second chance at life. Monica's company has a funny name – Fladedahs. As you can tell by the name, she also has a great sense of humor.

Speaking of Paw Works, we lost a wonderful man by the name of Chad Atkins who was the co-founder of Paw Works. The organization is popular among celebrities. Jamie Lee Curtis appeared on an Academy Awards show with one of Paw Works rescue puppies named Mac & Cheese as part of a Betty White tribute. Not long after his appearance at the Oscars, Mac & Cheese was adopted by John Travolta.

Before I go, if you know anybody who is celebrating a birthday, anniversary, or any special event and you would like me to send them a personalized video, just log on to [cameo.com](https://www.cameo.com), search for my name, and I'll send them a video as a gift from you!

And here's a quote by Lucille Ball to leave you laughing: "The secret of staying young is to live honestly, eat slowly, and lie about your age."

Well, there you have it, more stories about big people. I'll see you next time. 🍷

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My Dirty Little Secrets For The Tomato Lover

By Model Gardener Kelly Emberg



You're in luck! Late spring through mid-summer is the prime time for planting tomatoes in Southern California's coastal areas. If you are a tomato lover like me, you can't ever get enough of learning about or eating them. It satisfies your stomach and your soul when you grow them yourself. What would life be without home-grown tomatoes anyway?

In my many years of gardening, I have learned from the best of tomato-growing enthusiasts, and have gained many informative tips about growing tangy, delicious, mouthwatering tomatoes. So, I would like to pass on my dirty little tomato secrets from my gardening past to you.

REVIEW ON GROWING TOMATOES

- **LOCATION** - First of all, you need a sunny location. Tomatoes like it hot. They will need at least 6 hours of full sun - is even better. Avoid planting near trees with evasive roots. Plant away from large structures on the south side of garden.
- **AMENDMENTS** - It is always good advice to dig at least a 3' deep by 2' wide hole and amend the soil before you plant your seedlings. Adding a mixture of worm castings, chicken manure and organic compost combined with the original soil, will really help your tomato plant's health.
- **BABY ASPIRIN** - Yes, this component helps boost the plant's immune system, just like it does for us. A diluted solution of

aspirin water for plants provides accelerated germination and some resistance to disease and pests. Aspirin in vegetable gardens has been shown to increase plant size and yield.

- **SOFTEN THE SOIL** - If you are dealing with clay soil, gypsum is a must. Sprinkle it all over the base of the hole and mix in with other amendments, fertilizer, and soil. Gypsum will break down the clay, making the soil more accepting for the deep roots that your mature tomato plant needs. Gypsum also helps with blossom end rot.
- **TOMATO FERTILIZER** - Fertilizers improve the supply of nutrients in the soil, directly affecting plant growth. Use a high-phosphorus, organic, slow-release fer-



Supporting tomato vines



Caging tomatoes for support



Tomato plant in a tomato cage

tilizer that is specially formulated for tomatoes – with a NPK ratio like 3-4-6 or 4-7-10. Don't over-fertilize. Too little is better than too much. Tomato plants require enough phosphorus supply to ensure a healthy fruit set. Try Dr. Earth's or EB Stone's Organic Tomato Fertilizer. This is dry fertilizer that should be mixed with soil at the base of the plant, and the quantity will depend on the planting conditions.

- **EPSOM SALT** - Add Epsom salt to the soil to aid germination, early root and cell development, photosynthesis, plant growth, and to prevent blossom-end rot. Late in the season, use an Epsom salt spray to increase tomato and pepper yield and keep plants green and bushy, early in the season.

- **AMENDMENTS** - Soil amendments improve a soil's physical condition. Organic matter added to your garden area increases bulk, nutritional value, and the soil's drainage. A combination of compost, worm castings and chicken manure are good to mix in with your soil. Amend your vegetable garden all year long.

- **PLANT THEM DEEP** - It is better to plant transplants instead of sowing seed because the germination process is long. When planting your transplants, plant them deep. There are little fuzzy beginnings of roots at the base of your plant. By removing the bottom leaves and burying them below the fuzzy root area you will give your plant a stronger immune system. Only put one transplant in each hole. Leave room for your tomato plant to thrive.

- **TEASE THE ROOTS** - Remove the transplant from its pot and gently tease out the roots. You don't want them to grow in a tight circle. Fanning out the roots will help develop a stronger root system, making for a healthier plant.

- **SUPPORT YOUR TOMATOES** - You must anticipate your tomato plant's growth early. Tomatoes grow fast and it is best to be ready before it is too late. For each of my tomato plants I use a tomato cage that you can buy at your local nursery, then I take hog wire that I zip tie together to make a 5' high, 3' to 4' in diameter cylinder. Your plant will look a little lonely at first; but trust

me, once that baby gets growing, it will take all of that real estate and more sometimes!

- **NOT TOO MUCH WATER** - Tomato plants are really hardy but not if you water them too much. The water drives air out of the soil around the plants' roots, and eventually the roots drown and die. A deep soak a couple times a week is enough once established. Stick your finger into the soil to check if you need to water. Water in the early morning; you want the soil to be crusty before the sun goes down to prevent disease and pests. Once tomato plants begin to fruit and ripen in mid to late summer, cut back on watering to help concentrate the flavors and reduce splitting and cracking.





Watering tomato plant with a drip system



Tomato seedlings with fuzzy roots at the base of the stem



Tomatoes growing in raised bed

- **LET THEM BREATHE** – In southern California we have nice warm days and cool nights. That means your tomato plant can get a little chilly and damp at night. Tomatoes get diseases when they are continually wet. It is key to let your tomato plant breathe. To help improve airflow and cut down on the chance of disease, remove the leaves along the bottom 12 inches of the stems of indeterminate tomato plants.

- **MULCH** - Materials added to or laid on the top of the soil around your plants to

further insulate, protect and aid in weed control is called mulch. Hay, plastic sheeting, straw, shredded leaves, grass clippings, bark chips, newspaper can all be used as mulch. Allow a 2” ring around each of your plants. Never put the mulch up against the base of the plant, it will only cause disease.

There is so much more that I want to teach you about growing tomatoes! I could go on and on. I guess I will have to share more of my dirty little tomato secrets in another article. There’s nothing like a home-grown tomato! If you were only going to

grow one thing and you asked my advice (from one tomato lover to another), I would urge you to grow tomatoes. They truly do make life more flavorful!

Nature is amazing! Get out there! Embrace and enjoy! 🌿

Kelly Emberg, the model gardener

Kelly Emberg, the model gardener
For more gardening tips, follow me on Facebook, Instagram, YouTube & Twitter.
www.kellyemberg.com



Plant your tomato plants deep

2023 Awards Season *Heart-warming Moments*

Elvis movie superstar, Austin Butler, was the consummate gentleman to Sally Field as he helped her on stage to receive her Lifetime Achievement Award at the 29th annual SAG Awards. The two actors shared a tender moment as Sally adjusted Austin's jacket. At the NAACP Image Awards 2023, Angela Bassett was named Entertainer of the Year in front of a jubilant audience. Also at the NAACP Image Awards, Serena Williams was given the *Jackie Robinson Sports Award*, which recognizes "high achievement in athletics along with their pursuit of social justice, civil rights and community involvement."



Elvis movie star Austin Butler is a perfect gentleman to Sally Field as she climbs the stage to receive SAG's Lifetime Achievement Award.
PHOTO: Rob Latour/Shutterstock for SAG Awards



Kerry Washington presents the Jackie Robinson Sports Award to Serena Williams during the 54th NAACP Image Awards.
Getty Images



Angela Bassett in *Black Panther- Wakanda Forever* wins NAACP Award.
Annette Brown/Marvel Studios

Movie Recommendations



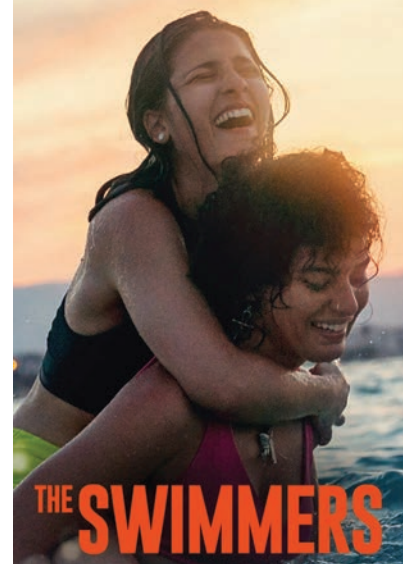
TRUST

Inspired by actual events, 'Trust' delves into the trials and triumphs of one of America's wealthiest and unhappiest families, the Gettys. Equal parts family history, dynastic saga and an examination of the corrosive power of money.
HULU



A CALL TO SPY

An informative and historical movie detailing the unknown story of the "lady spies" recruited by England's Special Operations Executive (SOE) during WW II. Heart-wrenching, traumatic, intense, and thrilling.
Netflix.



THE SWIMMERS

Based on Yusra's autobiography "Butterfly: From Refugee to Olympian — My Story of Rescue, Hope, and Triumph" — about Syrian refugee sisters Yusra and Sara Mardini.
Netflix.



TREASON SEASON 1

Great spy thriller series that offers everything including a love triangle, some formidable Russian spies, and a deadly threat. The new series is described as "The Bodyguard meets John Le Carre."
Netflix



12 MIGHTY ORPHANS

Haunted by his mysterious past, a devoted high-school football coach leads a scrawny team of orphans to the state championship during the Great Depression and inspires a broken nation along the way.
Prime Video.
Starz.



THE LAUNDROMAT

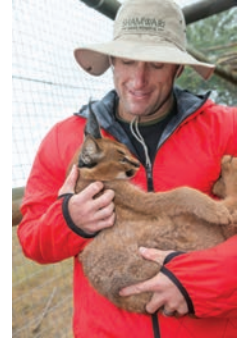
An American biographical comedy-drama film directed by Steven Soderbergh. It is based on the book *Secrecy World* about the Panama Papers scandal by author Jake Bernstein. Fast-paced and entertaining.
Netflix.

“Your Other Family Doctor” Daniel Slaton Dvm Opens New Veterinary Hospital



D

aniel Slaton, DVM returns to the Conejo Valley to open SLATON VETERINARY HOSPITAL, located at 3900 E. Thousand Oaks Blvd, Suite 101, Westlake Village, Ca 91362. Dr. Slaton has been a Veterinary doctor since 2003 and opened Westlake Village Animal Hospital in 2007 and The Barkley Pet Hotel in 2010 which were both acquired by VCA in 2013. Dr. Slaton most recently worked for a Sherman Oaks Veterinary group as a Veterinary Surgeon and small animal doctor. Dr. Slaton is well known and respected for his orthopedic and soft tissue surgery skills. His clients speak highly of his compassion and knowl-



edge, and his willingness to help Animal Rescue Organizations by providing medical care for those pets in need. Slaton Veterinary Hospital is a new hospital with the latest equipment and technology.

Dr. Slaton accompanied me to Africa in 2013, and I saw first-hand the gift he has with animals, and the way he won the trust of Africa’s wild animals.

You can make an appointment or speak to Dr. Slaton by calling 805-269-6696 or emailing drslaton@slatonvet.com. You can also make an appointment online by going to www.slatonvet.com

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Crossroads Kitchen

Los Angeles’ beloved plant-based fine dining institution, Crossroads Kitchen, which celebrates its 10-year anniversary at its original West Hollywood location this year, recently opened a new restaurant at The Commons at Calabasas.

Plant-based culinary pioneer and NYT best-selling cookbook author, chef Tal Ronnen, offers an upscale dining destination in the open-air luxury retail and entertainment complex.

The 75-seat dining room is complemented by a sprawling 60-seat outdoor patio where vegans, meat eaters, and flexitarians can enjoy creative plant-based takes on Mediterranean-inspired dishes. Dishes rotate seasonally, using ingredients sourced at their peak, and a few signature dishes remain staples on the menu year-round, including *truffle mushroom bianca pizza*, and *eggplant filet*, served with crispy potato rosti, foraged mushrooms, and bordelaise.



Tal Ronnen

The 12-seat bar serves Crossroad classics such as *Blackberry Fields*, made with Ford’s Gin, elderflower liqueur with muddled blackberries and basil, and guests can also choose from evergreen non-alcoholic drinks like the *Espresso Martin-NO* or an expansive beer and wine list.

Special to this location is a 16-seat glass-enclosed private dining room with frosted, fully tinted floor-to-ceiling windows, creating a completely secluded section of the restaurant for intimate gatherings.

Crossroads Kitchen is open for lunch and dinner service seven days a week, with brunch served on the weekends. Reservations can be made via **SevenRooms**; delivery and catering are also available.



Photography by Frank Wonho Lee



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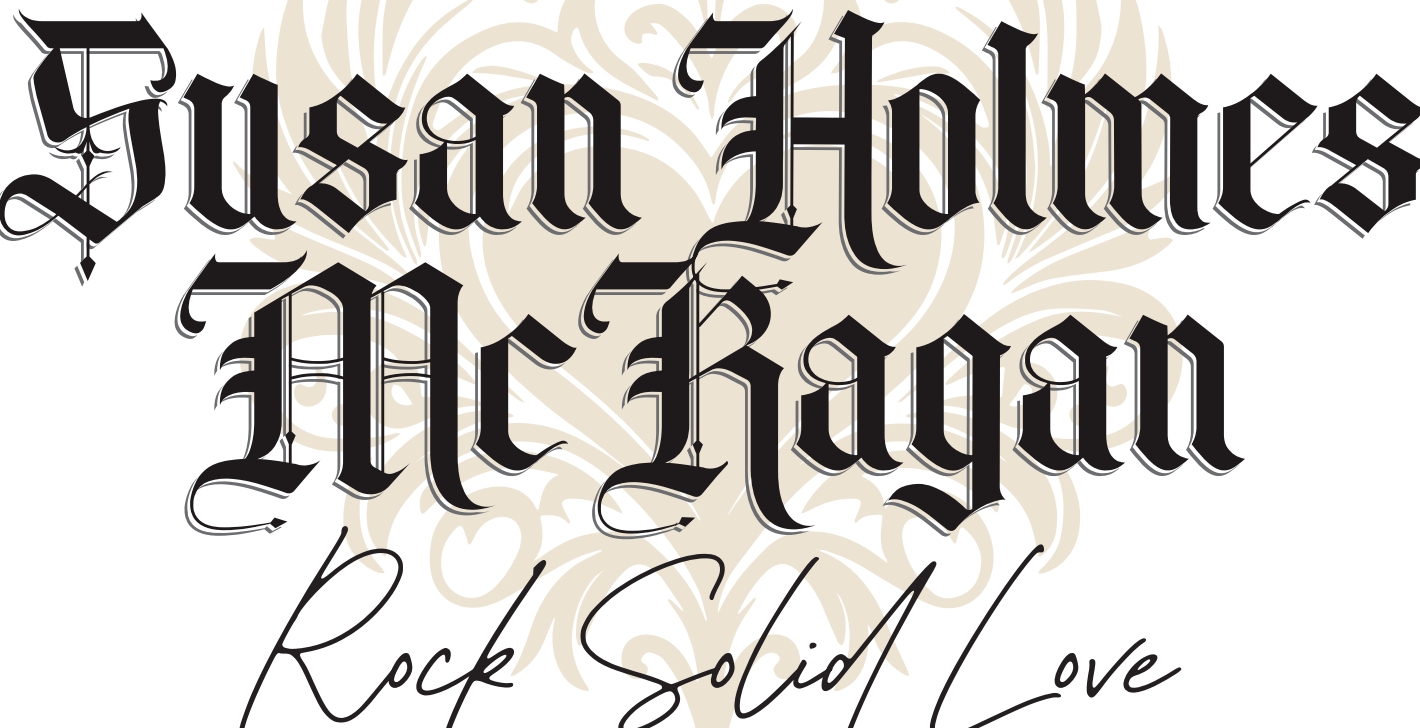
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3. 1112 Oak Mirage Place, Country Club Estates • Sold at \$6,400,000
4. 93 Lake Sherwood Drive, Lake Sherwood • Under Construction
5. 231 Garden Drive, Sherwood Country Club • Offered at \$8,550,000





Susan Holmes McKagan

Rock Solid Love

Susan Holmes McKagan radiates the power of human kindness. Her interior soul powerfully combines with her Super Model exterior, and the life she shares with her husband, Duff McKagan, of Guns N' Roses fame, is one of the best marriages in ROCK history. None of this is accidental. As you read on, the vital components of Susan's value system permeate. Her actions match her words, and the quality of life she's achieved reflects her genuine commitment to her rock-solid values.

Our cover shoot day began on the best of notes, thanks to Susan's thoughtfulness. She arrived with carefully packed contributions to our rock-themed story. She has an immense appreciation of gifts that come from the heart, and she immediately explained why the black leather pants she was about to wear for our cover picture have such symbolic and valuable meaning:

"Stephen Sprouse, a cherished friend, hand painted 'Rock On' on my *Chrome Hearts* custom pants for me and my family – even including their names on it. Inscribed are: 'for Grace, for Mae (our daughters), for Susan, for Duff, ROCK ON' so they're super special and tell a story while also being rock n' roll high fashion too".

STORY BY DIANA ADDISON LYLE

ICONICFOCUS MODELS

PHOTOGRAPHY: VERONICA SAMS

HAIR/MAKEUP: MAXINE CHRISTIANS

STYLING: RENEE THERESE

SPECIAL ARCHIVAL PIECES: SUSAN HOLMES MCKAGAN'S PERSONAL COLLECTION

Miu Mia necklace, Moschino corset, custom Chrome Hearts pants with Stephen Sprouse painted lettering
Arabian Horse: Karim



“**T**he silver paint that Stephen used is exactly that of his famous Louis Vuitton-style graffiti. In fact, Stephen sent me a postcard – that was our thing back in the 90s – sending each other kitschy cool postcards – and one of them he fashioned extra cool, from a selfie I did on an Instamatic camera at his apartment in New York City. Later, it was turned into a sentimental painting (à la Warhol style – as Stephen was a muse to Mr. Warhol and it was so fitting). This painting is on the cover of my book, *The Velvet Rose*. I donate a portion of the proceeds from my book to *MusiCares* – a wonderful charity. And of course, I hold dearly the artistic pants forever. The late, great Stephen Sprouse will always live on in my family’s hearts. I feel the same way about *Chrome Hearts* – also one of the world’s most fabulous designers. They too are family to me.”

We talk more about Susan’s hugely successful book, *The Velvet Rose*, which was released in 2019. I ask her if the book’s fictional character, Scarlet, who embodies much of Susan’s own real-life journey in the rock n’ roll world, makes the book somewhat autobiographical.

“Oh yes,” she says. “I’ve been told that sometimes, you can tell more about a person’s journey through a fictitious novel than an autobiographical one. It’s nice that I didn’t have to worry about conflict with any loosely based experiences since it is a novel. There were ‘no fences’ or barriers comparably since it was written in a fiction format. That allowed me to run wild with fun, dynamic, and engaging characters. I penned the book in the first-person narrative, however, so it reads as if it is told through the lead female protagonist’s viewpoint - which is rare in a male dominant rock n’ roll love story! And yes, of course, I inserted certain elements from my own personal life as an author does.”

As for the book’s success: it sold out in one day on Amazon and Barnes and Noble. It also received a *SCIBA Award*.

The love story between Susan Holmes McKagan and Duff McKagan is a great testament to love’s enduring power, particularly in a rock n’ roll world that is notorious for marital

wreckages. I ask Susan to retrace their love story from its inception. They met through mutual friends. The sparks exploded at first sight, and they are still exploding now. I ask her about their successful recipe.

“Duff and I met through a mutual friend on a blind date. We are approaching celebrating our 24th wedding anniversary. We keep the sparkle alive by always putting our commitment, enthusiasm, love, and respect for each other at the forefront. We approach our relationship as if we are still a new couple. In other words, we don’t take each other for granted. No excuses. We carve out the time and make it happen! We treat our relationship as equally important as we would all other important aspects of our life – be it work, friends or even our favorite passions. We love to travel together, whether it’s on tour around the globe, or on our own private holiday. We find that a change of scenery is always a significant way to keep our love and adventure alive.”

I press in for more details because a superstar ROCK lifestyle involves a hectic traveling schedule, and groupies following Guns N’ Roses across the globe. Susan views that hectic schedule in a realistically balanced way.

Stephen Sprouse, a cherished friend, custom hand painted ‘Rock On’ on my Chrome Hearts custom pants for me and my family – even including their names on it. Inscribed are: ‘for Grace, for Mae (our daughters), for Susan, for Duff, ROCK ON’ so they’re super special and tell a story while also being rock n’ roll high fashion



COVERSTORY SUSAN HOLMES MCKAGAN
WESTLAKE MALIBU LIFESTYLE 04.23



Moore Family Vineyard

COVERSTORY SUSAN HOLMES MCKAGAN
WESTLAKE MALIBU LIFESTYLE 04.23



Moore Creek
Wine
Row 5
Cabernet
Sauvignon

Moore Creek
Wine
Row 4
Cabernet
Sauvignon

“It can be super fun and glamorous. We’ve been to 50-plus countries in the last three years alone. Phew! But it also consists of a tremendous amount of flying, jet lag, and being away from kids, family/friends, pets, and your own bed.”

But Susan raises an interesting point – one that I’d never considered before. Musicians and models have very similar lifestyles. The successful ones travel constantly so when Susan and Duff came together, they simply joined their parallel lives – seamlessly.

“I think there is much truth to the affinity and lifestyles that musicians and models share,” she says. “We’re both so used to constant travel and living similar lives so it all works.”

Susan’s career exploded from its inception. She enjoyed and continues to enjoy a prolific international modeling career. She appeared on the mega TV show, *America’s Next Top Model* where she was a celebrity guest judge, creative director, and designer. She’s graced the covers of *VOGUE*, *Harper’s BAZAAR*, *W* magazine, *L’Officiel*, *Glamour*, *Marie-Claire*, *WWD*, *Maxim*, *Shape*, and *Cosmopolitan*. She has appeared in beauty campaigns for *Rene Guinot* (photographed by the esteemed Mario Testino) and *Revlon* (Pamela Hanson). And of course, her most recent campaign for high fashion lingerie brand *Agent Provocateur*. Her successes span over vastly greater territory.

“I get to wear many hats,” she says gratefully. “I’m a wife, mother to two wonderful daughters, model, Harvard student, Sirius XM host, and now, best-selling author! While the hard-cover edition of my book *The Velvet Rose* was published and released in 2019 (right before Covid hit), I am now ramping up for the paperback release and its book tour soon.”

I ask Susan for more details on her graduate studies at Harvard.

“I’ve completed a course at Harvard (graduate-level), and thus far, I’ve never studied so hard in my entire life! It has exponentially sharpened my writing skills and appreciation for some of the most inspiring Pulitzer Prize-winning authors we embraced and carefully studied.”

Susan’s gene pool reflects the adage that the apple doesn’t fall far from the tree. Her doctorate father is thrice a Fulbright Scholar, and her mother was an English teacher and reading specialist for the San Diego County Office of Education. Her talents and skills are making contributions in many spheres.

“I co-host with Duff a *Sirius XM* show called ‘Three Chords and The Truth’ where we play the music that depicts the truth in rock n’ roll. It premieres every Friday and re-airs every day thereafter. You can listen to it in your car, tv or download the

Sirius app to hear whenever you like. It’s also being picked up in other countries for our latest contracts.”

There is nothing that Susan does mediocrally. She’s a super achiever in the best sense of the word. Her quest is always to accomplish a task with a huge amount of passion, knowledge, and effort. That same diligence is currently being applied to the family’s home.

“I have been working diligently on our 1927 English Tudor home for the past three and half years. I’ve been decorating it and now with superstar interior designer/architect *Nicolo Bini* for an upcoming major shoot.”

We chat more about Susan’s charitable endeavors. She’s a dedicated supporter of *MusiCares*, a 501^c3 charity founded by the Recording Academy in 1989 to safeguard the well-being of all music people through direct financial grant programs, networks of support resources, and tailored crisis relief efforts.

“Being that I travel so much, and my schedule is all over the place,” Susan explains, “it’s difficult for me to navigate charitable work (i.e., being on a board of a particular charity), so, this is one way of my being able to give back to such an important cause. *MusiCares* has genuinely helped personal friends and many people who give so much to the world with their music. They generously offer preventive, emergency, and recovery programs. They offer a safety net that includes counseling and support for those battling addiction, to HIV/Aids to Parkinson’s disease.”

Susan’s altruism continues to be evident as she explains her latest activity.

“I recently had the pleasure of choreographing, and teaching models walking the runway for a wonderful nonprofit event for children with disabilities for *United Cerebral Palsy*.”

The apple and tree adage is reflected in Susan’s and Duff’s daughters, Grace and Mae. I ask Susan for an update on their activities and accomplishments.

Grace (25) is continuing her education in college. She also completed her teaching certification for yoga. She is touring (she recently played both the prestigious Reading and Leeds Festivals in the UK) and writing consistently. Mae (22) just graduated with a double major at Parsons School of Design/The New School in NYC. She has already launched her own ‘Mae McKagan’ collection and both girls model frequently too.”

Susan and I discuss the importance of priorities as we accrue wisdom from life experience. She offers this perspective with deep conviction.

I get to wear many hats. I’m a wife, mother to two wonderful daughters, model, Harvard student, Sirius XM host, and now, best-selling author











“Health is wealth. Sleep is extremely important. Exercise often for both the mental and physical benefits. Education! Always continue learning new things! I am currently enrolled at Harvard University where I completed and received an A in my Feature Writing graduate-level first course.”

She continues with her top priority list: “Family comes first, and friends are very important. I’m a firm believer in giving back to society and being around positive people and uplifting energy. Being kind to animals and surrounded by nature is so important, and maintaining a creative outlet is good for the soul.”

Susan’s body is strong and resilient. I ask her how she maintains that strength.

“Thank you so much,” she says graciously. “I stretch, breathe, work out, and mix it up. The tactic is to prevent complacency in the muscles by shocking them a bit. One day I’ll go for a nice hike and another day, do some weight training or workout videos. I also love the outdoors, so a nice swim, biking, or horseback riding is great too.”

As for Susan’s earnest wishes for the rest of the 2020 decade, she replies thoughtfully.

“I think we all learned a lot about each other during the global pandemic. Every day is a blessing. I guess, the positive takeaway was to slow down and take more care of ourselves and others. We only have ourselves and one planet earth so we better take care of it and each other.”

We move away from philosophical questions to action. I ask Susan about the parts of the world that had the deepest impressions on her in the last 5 years.

“I am lucky to have visited so many extraordinary places in the last five years from going back to my old stomping grounds in Paris (where I lived for eight years), and London is always one of my faves. Some recent standout travels for me are Iceland (The Blue Lagoon), to my very favorite on African Safari, which I highly recommend for anyone who has not had the pleasure to experience as of yet!”

The last time I interviewed Susan, she mentioned that her personal favorite songs from Duff are ‘Wasted Heart’ and ‘Sweet Child of Mine’. I ask her if there are any updates.

“Duff is quite a songwriter,” she replies. “Nobel laureate, Bob Dylan, recently wrote how Duff’s song ‘Chip Away’ from his recent solo record called *Tenderness* “has profound meaning for

me.” Dylan also says he hails it as “a great song” when he was recently interviewed regarding his thoughts on “the philosophy of modern song”. Duff has also co-written songs recently for Iggy Pop, Ozzy Osbourne (Duff won his second *Grammy Award*, this one from his co-writing and playing on this Best Rock Record 2023), Daryl of Run DMC, and of course Guns N’ Roses.”

Food brings families together in such a fundamentally joyous way. Susan agrees.

“Both my daughters are excellent cooks and one of my favorite things is when we all get together and cook a dish of our liking at home for Thanksgiving dinner.”

The day after our cover shoot took place, Susan jetted off to Maui on vacation. Her set of organizational skills was strongly evident as she completed one task to perfection - and then caught another flight. A few days later, I asked her about the family’s attraction to Maui and she supplied the organic response that I had come to know about her.

“We have loved coming to Hawaii over the years,” she says. “It’s such a relaxing and gorgeous place. We love it so much that we treated ourselves and bought a place right on the ocean. We love to come here and see our local friends, eat fabulous local food and of course, swim in that stunning ocean. This time we watched the whales spouting all week. It was a thrill.”

There is so much to be learned from Susan’s life journey. She could have become caught up in the traps of fame, ego, and wealth. Instead, she has chosen to prioritize relationships and love. Her healing grounds are with nature. Even the family’s home is rooted in substance. Susan’s project is about restoring it to its full historical significance. Architectural brilliance lives on for generations.

Susan concludes by offering this powerfully wise quote:

“Exterior beauty, without the depth of a kind soul, is merely decoration,” she says.

She continues: “Work hard and be nice to people. I believe in good karma and always being the best you.”

The ROCK metaphor features strongly in Susan Holmes McKagan’s life. Her Rock n’ Roll world stands on a foundation of solid values and unshakeable rock, and her journey continues one song after another – with a good heart driving it. 🌟

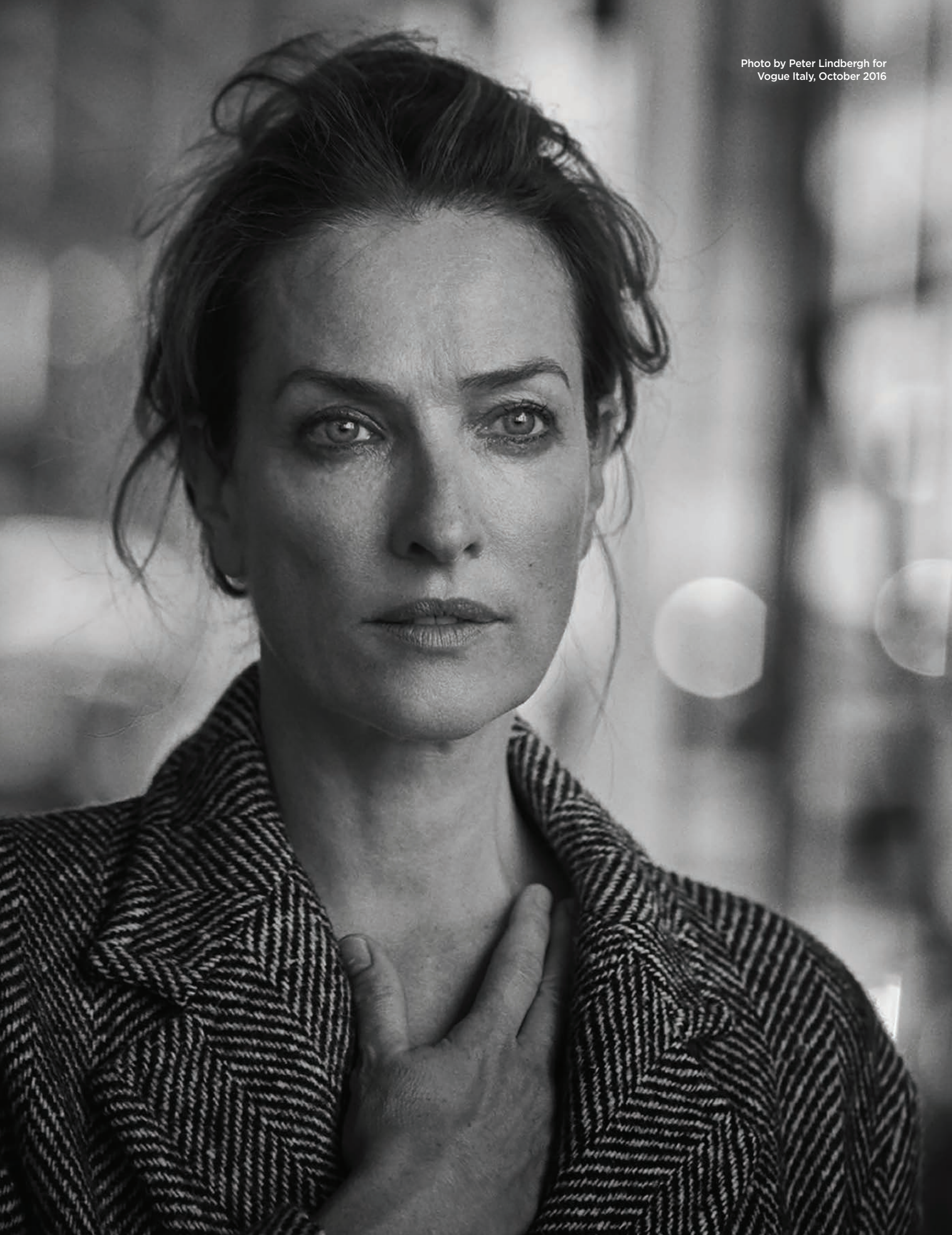
@susanholmesmckagan

Our gratitude goes out to IconicFocus Models NYC.

I co-host with Duff a Sirius XM show called
‘Three Chords and The Truth’ where we play the music
that depicts the truth in rock n’ roll. It premieres every
Friday and re-airs every day thereafter



Photo by Peter Lindbergh for
Vogue Italy, October 2016





Tatjana Patitz: The Seductive Power of Knowing

By Magda Pescariu

“I believe in aging gracefully,” she used to say but didn’t have time to prove it to the end. Her premature passing left us bereft of the chance to watch this magnetic beauty growing old, with the same self-possession and passion with which she lived her life in the tumultuous, fully-exposed, and glorious years of her youth.

As we belonged to the same generation and cultural background, I always recognized in Tatjana Patitz the European flair that made her stand out from the crowd wherever she was. Mastering both sophistication and the elegance of refusal, she embodied authenticity in a sea of artifice and vanity, while remaining an enigma to the industry and audience alike. In a strange yet explicable way, I felt heartbroken by her untimely demise.

Born in Hamburg and raised in Sweden, Tatjana was discovered in 1983, at 17, when she placed third in the finals of an Elite Model Contest in Stockholm. She won a trip to Paris and a limited-time contract, but it took until the late ‘80s for her career to really take off.

It was around this time that she had the magical encounter with German photographer Peter Lindbergh, whose work would be instrumental for her career and for whom she’d model as his beloved muse for the following three decades.

Renowned for his preference for natural beauty and unretouched photos, Peter Lindbergh took for Vogue the now-iconic shot of Patitz, together with Estelle Lefébure, Karen Alexander, Rachel Williams, Linda

Evangelista, and Christy Turlington, frolicking in their white oxford shirts on the beach in Malibu, in 1988. Lindbergh’s photo “White Shirts: Six Supermodels, Malibu” set in motion the Supermodels era and changed forever the way we see fashion.

Two years later, Lindbergh shot the legendary cover for 1990 British Vogue, showing Tatjana Patitz, Christy Turlington, Naomi Campbell, Cindy Crawford, and Linda Evangelista in the streets of New York, in a black and white photo that became a touchstone of the period’s glamour photography and launched the fabulous five young models as

the Supermodels. Lindbergh’s strong aesthetic, and the sense of timelessness inherent to his images, transformed the women he photographed into heroines of their time, personalities who became supermodels, to later be known only by their first names.

About Patitz, Lindbergh wrote in his book, *10 Women*, “I admire Tatjana because she always stays herself. She’s very soft, but at the same time she’s very strong and knows how to stand up for what she thinks, and it’s always very enriching to be with her. It’s impossible not to admire her and over the years not to be just a little bit in love with her.”

The British Vogue’s January 1990 supermodels cover inspired George Michael to invite the same cast to appear and lip-sync in his “Freedom ‘90” music video. That went down in history like one of Tatjana’s best-known appearances, at the height of the MTV era, and put posters with Fab5 on every teenager’s bedroom wall worldwide. And then, they walked for the Versace fashion show in 1990, which sealed them as stars who transcended the realm of fashion.



Photo by Peter Lindbergh for French Vogue, Cafe de Flore, Paris, 1985



Supermodels in New York, 1990 - Photo by Peter Lindbergh for Vogue UK

Tatjana Patitz went on with a flourishing career, becoming known as well for her work on television commercials, which employed her striking beauty for humorous effect. She had a role in a 1988 Levi's commercial opposite male model Bruce Hulse, which was banned in the UK for the intense sexual chemistry, another one in a 1990 commercial for Stainmaster carpeting, named by Entertainment Weekly one of 1991's best advertisements, and a few film and television roles in the 1990s, most noteworthy in the crime drama "Rising Sun" (1993), based on a Michael Crichton novel, alongside Sean Connery and Wesley Snipes.

She scored more than 130 covers, according to *Elite*, and appeared in countless major magazines. She marched for luxury brands such as Chanel, Yves Saint Laurent, Versace, Valentino, Ralph Lauren, Calvin Klein, Salvatore Ferragamo, Karl Lagerfeld, Helmut

Lang, Donna Karan, Jean Paul Gaultier, and Vivienne Westwood. During her career, Tatjana Patitz had long-standing working relationships with Peter Lindbergh, Herb Ritts, and Patrick Demarchelier, but she worked with other famous photographers, such as Irving Penn, Helmut Newton, Richard Avedon, Annie Leibovitz, Steven Meisel, Sheila Metzner, Wayne Maser, Gilles Bensimon, Francesco Scavullo, Inez and Vinoodh.

But what made Tatjana Patitz so unusual, so different, so singular?

As she told *Vogue* in a 1988 interview, "people always said that I looked special; that I didn't look like anyone else. And I was going to make it because of that."

She was indeed distinct from her peers. When they separated the women from the girls, she stood out for her womanly allure, assumed and knowing, never that of a naive ingenue. A true Germanic beauty –

statuesque, edgy, cool, intense, and sinfully seductive, she was a force to be reckoned with and commanded any room she stepped into. The piercing gaze of her dangerously hypnotic blue eyes, which had the perfect combination of fire and ice, gave her the "otherworldly look" widely recognized by the industry.

Photographer Matthew Rolston said of Patitz, in 1990, "There's a depth, an emotional quality in her that's truly extraordinary."

"Her features are a bit off; she's not a typical, commercial beauty, but when I shoot her, I'm never bored. Her looks have power, strength, intensity," said celebrated photographer Herb Ritts.

"It's hard to get a bad picture of Tatjana. She's very photogenic, which is very rare, and she looks different in every light," added photographer Patrick Demarchelier.

"Tatjana was always the European symbol of chic, like Romy Schneider-meets-Monica Vitti," remembered Anna Wintour, global editorial director of *Vogue*. "She was far less visible than her peers - more mysterious, more grown-up, more unattainable - and that had its own appeal."

Apart from the other original supermodels, Patitz tried to distance herself from the fashion industry. She decided to make her home not in New York or Paris, but in California, where she moved in 1989, at the height of her fame, so she could be closer to nature and her animals. "I always thought



Photo by Patrick Demarchelier for Vogue Italy, 1990

Photo editing by Dumitru Andrei | Photo Credits: Opening Photo - Courtesy of FashionModelDirectory.com * Tatjana Patitz, French Vogue, Cafe de Flore, Paris, 1985 - Courtesy of Artnet.com * Tatjana Patitz, Photo by Patrick Demarchelier, 1990 - Courtesy of Vogue.com * Naomi Campbell, Linda Evangelista, Tatjana Patitz, Christy Turlington & Cindy Crawford, Vogue UK, 1990 | Tatjana Patitz with son, California, 2012 | Closing Photo by Peter Lindbergh for Vogue Italy, 1990 -- Courtesy of Peter Lindbergh, Paris, Gagosian Gallery.



Tatjana Patitz with son Jonah - Photo by Peter Lindbergh, California, 2012

[fashion and modeling] wasn't what I was into; as that was what I was doing. It didn't define me", she said.

A lifelong animal lover, she collaborated for decades with the PETA association and the nonprofit Return to Freedom Wild Horse Conservation. "The horse, to me, represents freedom. My favorite place to see anything in the world is from on top of a horse. I have horses and my passion for horses to thank for staying grounded. I don't know what I've learned from horses, but maybe I've learned everything," she confessed in a video filmed at Return to Freedom Wild Horse by Kurt Iswarienko.

She continued to work in fashion throughout her mature years, but she chose her projects "very selectively," she told Mercedes-Benz's 63Magazine in 2016, seeking to "combine my work as a model with my vocation as a protector of nature and animals."

"Living here and coming back to this place has been like a sigh of relief, in a way,"

Tatjana Patitz said in 2009 to The Guardian, discussing the refuge she found in her ranch in the Santa Ynez Valley, California, and roaming the Santa Barbara horse country's wilderness with her son Jonah, now 19, her "source of happiness."

Her last appearance was in 2019 when Tatjana Patitz walked the runway at Milan fashion week for Etro's fall-winter 2019/2020 show.

Behind the public persona, who traveled the world sometimes on 40 flights a month, there was a woman of extraordinary kindness and exquisite emotional depth. Diana Addison Lyle was close to Tatjana and describes her as "a well-read person who found the need to study life and human behavior; always polite, respectful, kind, courteous and gracious; a woman who never had a vain bone in her body. She was an artist who saw fashion as an art form. Everybody in the industry loved her because they saw something special in her – and aspired to attain that specialness."

Says Benjamin Lindbergh, son of the late Peter Lindbergh, "Tatjana will be remembered for her natural kindness, her inner beauty, and her extraordinary intelligence. My father's work is inextricably linked to her image, a unique combination of understated strength and effortless elegance that inspired him throughout his career." Peter Lindbergh passed in 2019, and Benjamin Lindbergh is the President of the Peter Lindbergh Foundation.

Peering through tens of her photos to choose for this article, I found myself again mesmerized by the magnetism of her lynx eyes, by their inescapable attraction, and asked myself once more, what was the source of her power? Maybe it was the fact that she "never sold her soul," as Patitz said in a 2020 interview.

Or maybe it was that she knew the answer to the oldest mystery in the world – of who we are and what we are to each other, to ourselves, to time.

"I hope you're riding on a horse in endless meadows with that smile on your face and the wind blowing in your hair," Helena Christensen posted to her Instagram account.

I like to think of her sharing that smile with Peter again, while he captures - as only he knows - the spell of her ethereal grace one last time, not so much with his camera as with the shutter curtains of his heart. 🌿



Photo by Peter Lindbergh for Vogue Italy, 1990



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Why Is It Called A 529 Plan?

By Ray DiBartolomeo



A 529 plan, also called a **Qualified Tuition Program**,^[1] is a tax-advantaged investment vehicle in the United States designed to encourage saving for the future higher education expenses of a designated beneficiary. 529 plans are named after section 529 of the Internal Revenue Code—26 U.S.C. § 529.^[2] In 2017, K–12 public, private, and religious school tuition were included as qualified expenses for 529 plans along with post-secondary education costs after passage of the Tax Cuts and Jobs Act.^[3]

Contributions to 529 college savings plans are made with after-tax dollars.^[4] Once money is invested in the account, it grows tax-free, and withdrawals from the plans are not taxed when the money is used for qualified educational expenses.^[5] A 529 plan can provide a convenient, hands-off way to save for college, but according to the new law 529 plans can be used to fund all K–12 school tuition costs up to \$10,000 per year per child.^[6] The SECURE Act further expanded the use of 529 plans to cover student loan repayments.^[7]^[8]^[9]^[10]

THERE ARE 2 TYPES OF 529 PLANS:

- Prepaid plans which allow one to purchase tuition credits at today's rates to be used in the future.^[11] Therefore, performance is based upon tuition inflation.^[12] Prepaid plans may be administered by states or higher education institutions.^[13] The prepaid plan allows you to pay for future tuition at current rates, which could mean significant cost savings down the road.^[14] Although some states cap the total allowable balance in your account, those limits are relatively generous and range between \$235,000 to more than \$500,000.^[15]^[16]

- Savings plans which are different in that all growth is based upon market performance of the underlying investments, which typically consist of mutual funds and exchange-traded funds (ETF).^[17] Investors can select stocks and bonds via preset investment menus.^[18]^[19] Most 529 savings plans offer a variety of age-based asset allocation options where the underlying investments become more conservative as the beneficiary gets closer to college age.^[20]

ADVANTAGES AND DISADVANTAGES:

The primary drawback of prepaid tuition plans is that they generally apply only to certain community colleges, colleges, and universities within a particular state.^[21] Unlike 529 savings plans, which can cover a wide range of expenses, including room and board, these plans are generally limited to tuition only.^[22] Another benefit associated with 529 Plans is the ability to transfer unused amounts to other qualified



members of the beneficiary's family without incurring any tax penalty.^[23] Your 529 account will never expire, even if your child ends up not using it.^[24] You can leave the funds in the account, allowing investments to grow tax-deferred, and use the funds down the road for a grandchild or another qualified family member. ^[25]

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1. BALMUDA

Portable Bluetooth Speaker. Clear 3-Dimensional Sound with Light Features. High-quality acoustics reproduce the vocally driven and 3-dimensional sound of a live performance. The lights recreate the visual excitement of a concert. BALMUDA is designed to recreate a full sensorial immersion into live music. Amazon.com

2. GUCCI CARD CASE WALLET

Gucci's Jackie 1961 black leather card case features hardware that mimics that of the brand's heritage. Avail @ Gucci.

3. TRAVEL

The Blue Lagoon and the Northern Lights in Iceland are well worth a visit. BlueLagoon.com

4. OURA OURA RING

This ring accurately tracks heart rate, sleep cycles, and activity, then provides insight and guidance based on what it tracks. Ouraring.com

5. GUERLAIN BEE GLOW LIPSTICK

A creamy, tinted lip balm, infused with honey and 98 percent natural-origin ingredients. Revives natural color of lips; plumps them; glowing finish and 24-hour hydration. Sephora.com

6. BEAUTIISOLES

Brigitte fashion riding leather bootie with golden hardware and a lug sole. Made in Italy with highest materials and craftsmanship. 3.35" heel. 0.23" cushioned insole lining. beautiisoles.com



7. BELLA VITA EVENTS
 Bella Vita Events is an award-winning, full-service wedding and event planning company celebrating 18 years of business. With a boutique approach to innovative planning and design, the experience with Bella Vita Events will be fun, fresh and always on budget. Bellavitaevents.com (818) 874-0776

8. NINA SEGAL
 Feel the beauty and essence with this amethyst butterfly necklace. Amethyst is known to help stay grounded, tranquil, and calm. Avail @ Westlake Promenade at Sharon Segal Nina Segal; online at ninasegal.com or @ ninasegaljewelry. In store location, 160 Promenade Way Ste E, Westlake Village, CA 91362 (805) 777-7019. Peace and Love

9. HERB ALPERT'S VIBRATO GRILL JAZZ
 For music-loving friends and family, consider a Vibrato gift card. L.A.'s premiere live jazz and dining experience. Electronic cards available online and physical cards available in house. Good all year long. Vibratogrilljazz.com

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 For as little as \$50 a year, adopt an orphan elephant. It will provide life and hope to an animal in need. sheldrickwildlifetrust.org

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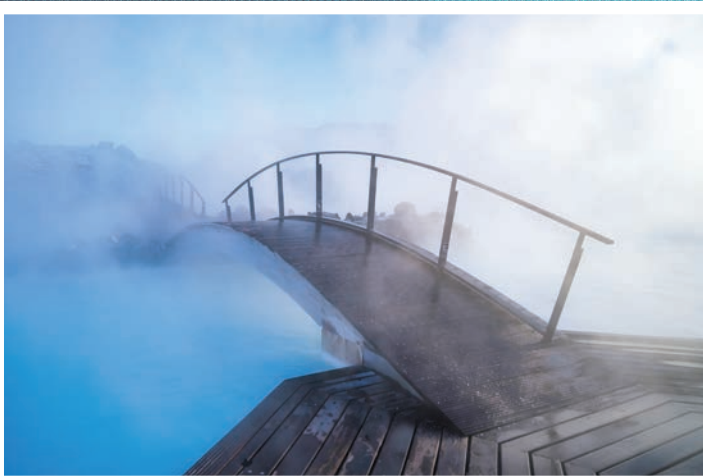
Blue lagoon hot spring spa

AND

Blue Lagoon

RICH IN
MICROALGAE, SILICA,
AND MINERALS,
BLUE LAGOON WATER IS
A PHENOMENAL
NATURAL
RESOURCE





Warm springs of natural origin



Famous Icelandic spa and Geothermal Power plant

WHAT IS BLUE LAGOON WATER?

In 2012, the Blue Lagoon was named a wonder of the world by National Geographic. The honor was for the profoundly transformative powers of the lagoon's iconic water, which is called 'a geothermal gift.' Rich in microalgae, silica, and minerals, this phenomenal natural resource is found nowhere else on earth. It is a bioactive marvel possessing a formidable array of benefits for the mind, body, and skin.

Originating deep underground where freshwater and seawater converge in the searing heat and immense pressure of volcanic aquifers, Blue Lagoon Water begins life as geothermal seawater.

Drawn to the surface through geothermal extraction wells from 2,000 meters below, this hybrid liquid is not yet bioactive.

The transformation from geothermal seawater to bioactive water occurs when the liquid is channeled into the primal environment of the Blue Lagoon. It is here that something extraordinary happens: the water comes into contact with the arctic climate and the powerful natural forces of the volcanic landscape, creating a unique ecosystem teeming with silica, minerals, and a novel species of blue-green microalgae. The vibrant alchemy of these elements turns geothermal seawater into a bioactive wonder.

Blue Lagoon Water is endowed with astonishing restorative

People bathing in
the Blue Lagoon



Blue Lagoon



Delicacies at the Blue Lagoon

powers. Across thirty years, this dynamic entity has brought health, healing and wellbeing to visitors from all over the world. With decades of research leading to patents for Blue Lagoon Microalgae and Silica, the water has also galvanized the development of Blue Lagoon Skincare. Today, Blue Lagoon Skincare encompasses three distinct product lines: Spa: for experiencing the skin-nourishing wonders of the Blue Lagoon at home. Der-

matological: for clinical efficacy against chronic skin conditions, and BL+: for targeting signs of skin aging and optimizing skin health through high performance formulas born of cutting-edge biotechnology.

Whether bringing unforgettable memories to visitors at the Blue Lagoon, or youthful radiance to users of Blue Lagoon Skincare, Blue Lagoon Water is a potent, timeless, natural resource.





Woman relaxing in the thermal pool of Blue Lagoon

PLACES OF INTEREST NEARBY

A striking expanse of geothermal activity, Seltún is equipped with a boardwalk that leads you on a brief, surreal journey across fields of bubbling mud pools, steam vents, mineral deposits, and hot springs. Approximate distance from Blue Lagoon: 30 minutes

Brimketill A sublime pool of crystal clear seawater forged into the towering sea cliffs by the oceanic forces of nature, Brimketill is a unique, extraordinary vision. Standing on the viewing platform, visitors are often lashed by the unrelenting waves of the North Atlantic. The turbulent tide makes extreme caution absolutely necessary. Approximate distance from Blue Lagoon: 15 minutes

Northern Lights in Iceland: The Blue Lagoon is the perfect location to see the Northern Lights. The skies above Iceland are equally compelling. Summer has the Midnight Sun bringing near-endless bright skies, while from fall until spring it's the Northern Lights. The peak of

the Northern Lights viewing season is from September through March. However, the luminous lights – also known as the aurora – can be visible in the right conditions as early as mid-August, and as late as May.

To view the Northern Lights, you need darkness and partly clear skies. The presence of the capricious lights is dependent on solar activity. Auroras are caused by electrons that travel from the sun to the Earth on solar winds, and they are drawn to the magnetic fields found close to the North and South Poles. Once there, they mix with gases in the atmosphere, causing the gases to glow. The result is the mesmerizing light show. Solar flares (a giant explosion on the surface of the sun) can also cause the Northern Lights to appear.

At the Retreat Hotel and Silica Hotel at the Blue Lagoon, guests can request a Northern Lights wake-up call, to ensure they won't miss the aurora action even if it occurs in the middle of the night. [Bluelagoon.com](https://www.bluelagoon.com) 🌿



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\$1.4 mil mediation	wrongful death
\$900,000 settlement	motorcycle accident
\$800,000 settlement	motor vehicle accident
\$640,000 arbitration award	under-insured motorist
\$500,000 settlement	truck accident
\$385,000 settlement	trip-and-fall
\$343,000 settlement	sexual abuse
\$321,000 verdict	premises liability case
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