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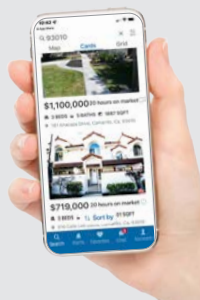
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From Left: Terry Krausert, Cathy Speech, Andrew Speedling, Kimberly Johnson, Scott Grigg, Adrianna Baum, Kevin Petruska, Joel Chacko, Melissa Wells  
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The Grigg's Group is a boutique luxury realty team specializing in helping clientele buy and/or sell their homes in the Paradise Valley and Scottsdale markets, as well as assisting builders and developers in the sale of multi-unit communities. Known for their exceptional customer service, The Grigg's Group has continued to dominate the luxury market and has been seen in The Wall Street Journal, LA Times, Yahoo and Bravo's hit TV show "Million Dollar Listing Los Angeles."

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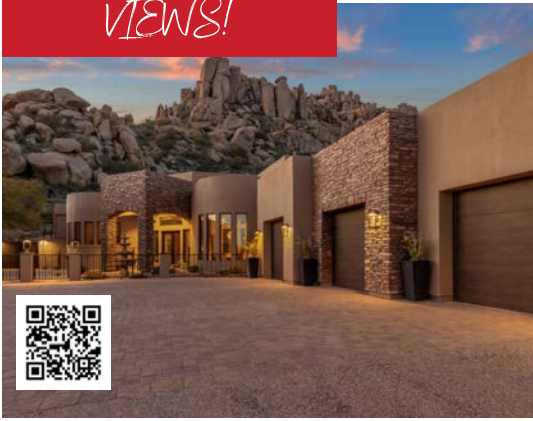
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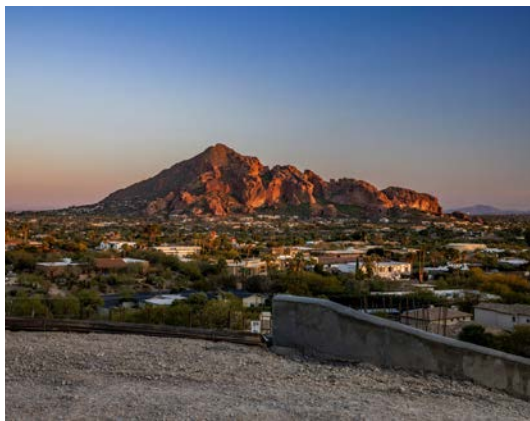
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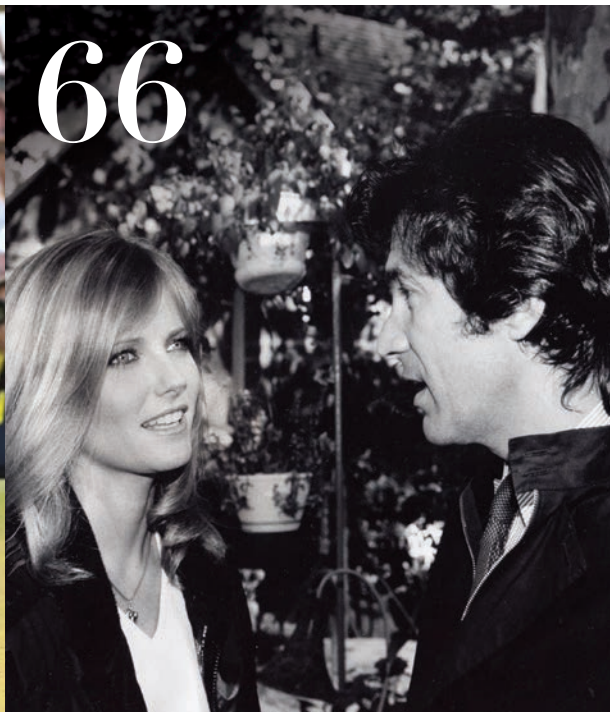
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As Seen On:   

**Ranking Arizona 2023 #1 Real Estate Team**

 REALTOR





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Hair/Makeup: Kathleen Hagan  
Clothing: Ilene's Boutique





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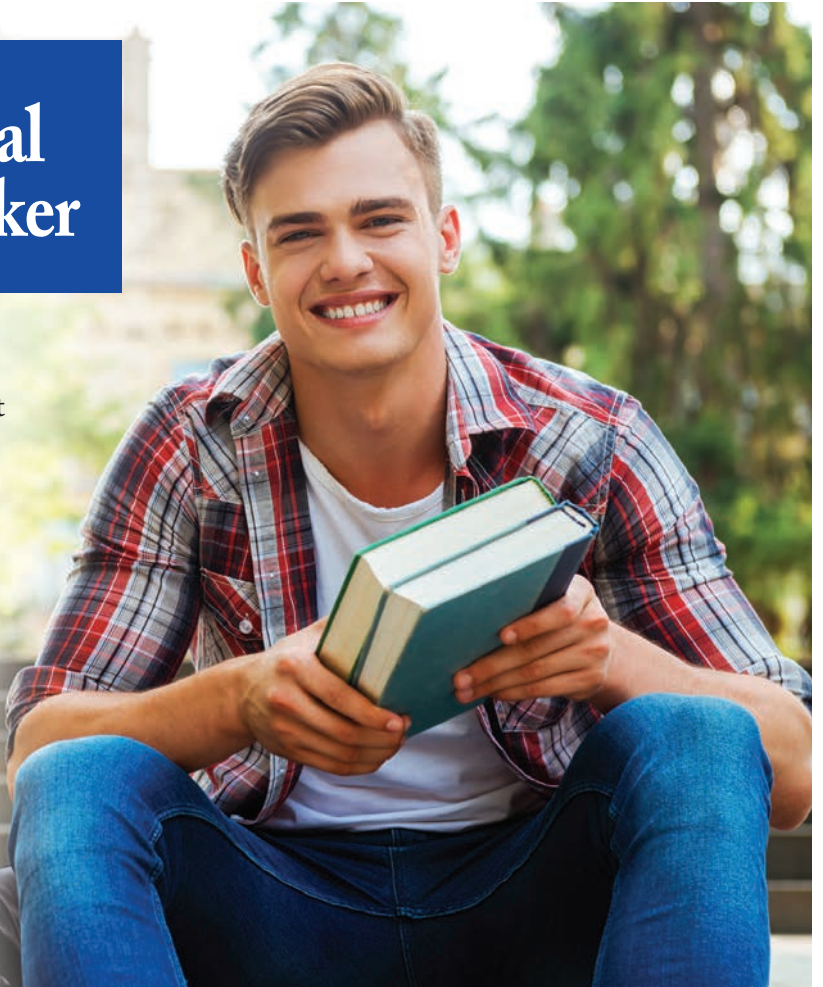
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Cheryl Tiegs – the world’s first Supermodel – has led a life that is vastly rich in accomplishments, adventure, and experiences. America’s quintessential natural beauty has lived and loved deeply while savoring all the elements that have made up the tapestry of her extensive life. Despite a brilliantly successful and exciting journey, she has also had to weather disappointments and storms that have led to an emotional maturity honed from a choice to grow. Cheryl Tiegs has sucked the marrow out of life and arrived at a place of peace at her serene Montecito Mountain home (page 66).



The 123rd U.S. Open at Los Angeles Country Club was exhilarating with the relatively unknown Wyndham Clark defying the odds by fighting his way to the trophy – ahead of the highly pedigreed Rory McIlroy – who was chasing his 5th major win.. Clark was the definition of a champion who knew how to rebound from mistakes better than anybody else on the day that counted the most (page 32).

Fashion Editor, Magda Pecariu, always enlightens us by reflecting how art imitates life. She says, “A bird’s eye view shows, at least through the lens of fashion, that we are starting finally, slowly, to move away from dread and discontent, towards much sunnier dispositions. And we do it via a path of royally-beautiful defiance, which shakes all things up and awakens us wide.” (Page 80)

Financial Editor, Ray DiBartolomeo, gives us valuable information on the Debt Ceiling (page 95). Knowledge is powerful.

In our travel section on page 98, we take you to the serenity of The Seychelles, an archipelago of 115 islands in the Indian Ocean, off East Africa. It’s home to numerous beaches, coral reefs and nature reserves, as well as rare animals such as giant Aldabra tortoises.

We wish you safe travels during this summer season.

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# THE NIKE AIR JORDAN STORY

STORY BY DIANA ADDISON LYLE

The acting chemistry between Ben Affleck and Matt Damon was apparent decades ago – but none more convincingly than on Prime’s 2023 drama, *Air*. Affleck’s fifth directorial film is brilliant, not only because of Affleck’s immense talent, but because of the compelling Affleck Damon chemistry.

It’s the landmark business story of Nike employee Sonny Vaccaro (Matt Damon) whose vision and perseverance took Nike to another realm. The movie’s scenes in which Sonny and Phil Knight (Ben Affleck) go head-to-head in heated, insult-throwing arguments - are convincingly portrayed because of the two actors’ innate on-screen and off-screen chemistry.

Sonny Vaccaro doggedly pursued his goal of convincing Nike co-founder Phil Knight and Michael Jordan’s parents (Viola Davis is Deloris Jordan and her real-life husband, Julius Tennon, is James Jordan Sr.) that the proposed *Nike Air Jordan* shoe would go on to hold immense value for their son’s legacy. And for Nike, it would turn out to be a game changer in sport, in business and on the world stage.

The riveting scene took place in Nike’s boardroom with Michael Jordan and his parents watching cautiously as each Nike team member tried to convince the Jordan clan of the benefits of them agreeing to partner with Nike on the iconic shoe. But it was the unassuming and unpretentious speech made by Sonny Vaccaro (Matt Damon) that clinched the deal. He measured the room astutely, and as he monitored the encroaching boredom on the facial expressions of Deloris and James Jordan, he cut off a film clip, and delivered these famous words at a pivotal moment:



Michael Jordan’s autographed, game-worn Air Jordans from 1985 sold for \$560,000 at auction









“Forget about the shoes. Forget about the money. You’re going to make enough money. That’s not what matters. Money can buy you almost anything. But it can’t buy you immortality. That, you have to earn. I’m going to look you in the eyes, and I’m going to tell you the future.”

Looking directly at Michael, Sonny said with immense passion in his voice:

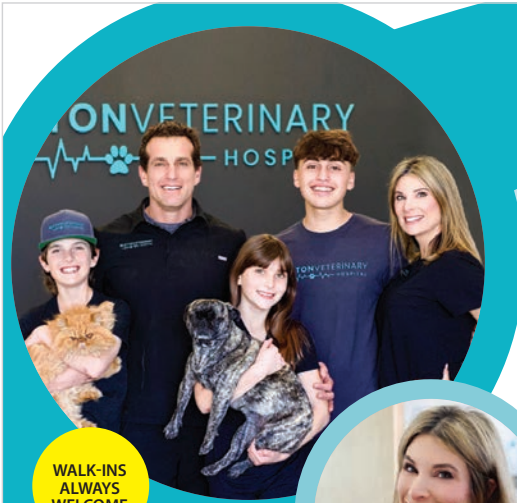
“You were cut from your high school basketball team. You willed your way to the NBA. You’re going to win championships. It’s an American story, and that’s why Americans are going to love it. People are going to build you up because when you are great and new, they love you. They’ll build you into something that doesn’t even exist. You are going to change the f.... world. But you know what? Once they’ve built you as high as they possibly can, they are going to tear you back down. It’s the most predictable pattern. We build you into something that doesn’t exist, and that means



you have to try to be that thing – all day – every day. That’s how it works, and we do it again and again and again. Now I’m going to tell you the truth: You are going to be attacked, betrayed, exposed – and you’ll survive that. A lot of people can climb that mountain, but it’s on the way down that breaks them and that’s the moment when you are truly alone. And what will you do then? Can you summon the will to fight on through the pain and rise again? Who are you, Michael? That will be the defining question of your life. And I think that you already know the answer. And that’s why we are all here. A shoe is just a shoe until somebody steps into it. Then it has meaning. The rest of us just want to have a chance to touch that greatness. We need you in these shoes – not so that you have meaning in your life – but so that we have meaning in our lives. Everybody at this table will be forgotten as soon as our time here is up - except for you. You are going to be remembered

Sonny Vaccaro went on to become a key figure in the 2014 O’Bannon vs. NCAA class action lawsuit, which demanded that colleges compensate student athletes for commercial use of their name and likeness. The New York Times said a victory would rank Sonny as one of the greatest reformers in sports history. In 2014, the court ruled in favor of the players





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Matthew Maher as Peter Moore, Matt Damon as Sonny Vaccaro and Jason Bateman as Rob Strasser

forever – because some things are eternal. You are Michael Jordan – and your story is going to make us - want to fly.”

Nike offered Michael a \$2.5 million, five-year partnership deal with 25% royalty on every Air Jordan shoe sold. The deal was sealed.

The original Nike Air Jordan went on to change the world when Michael Jordan was playing for the Chicago Bulls. The timing was pertinent because Nike Inc. was on the verge of closing its basketball shoe division in 1984 because of disappointing sales. Production was about to discontinue until Sonny proved how vital vision and imagination is in business. The Nike Air Jordan shoe would reignite the company’s relationship with the NBA because Sonny knew that betting on a rookie player like Michael Jordan – would change the face of Nike. It did.

Air Jordan shoes became so valuable that in 1998, Michael Jordan’s NBA Final sneakers (with his signature on them) sold for \$2.2 million.

Marketing drives businesses. Adidas and Converse had up until the 1980s always been the favored shoe brand for top NBA players, and Nike’s Marketing VP, Rob Strasser, along with Phil Knight, asked Sonny to become Nike’s basketball talent scout. His mandate was to come up with ideas to keep Nike’s basketball shoe division alive.

Sonny was industrious in hosting basketball tournaments for high school players, and he nurtured his relationships with the coaches. But it wasn’t until he encountered Dean Smith, who coached Michael Jordan at the University of North Carolina, that the dream began to germinate. Sonny proposed that Nike manufacture an exclusive shoe line with an NBA star. He met the NBA player through his friend, George Raveling, who was assistant to the national team coach, Bobby Knight.

Sonny’s first meeting with Michael Jordan was an abject failure. But he learned from that first failure and never gave up. Then, the 1984 Los Angeles Olympics occurred – in which 21-year-old Michael Jordan and his team won the gold medal.

He debuted for the Chicago Bulls wearing a pair of Air Jordan 1s. Nike covered the cost of the fine he incurred for not wearing shoes similar to his teammates. Ultimately, it was Sonny Vaccaro, Strasser, and the team’s unwavering faith in Michael Jordan’s trajectory that brokered one of the biggest deals in player history. Unlike Adidas and Converse, Nike had 100% confidence in Michael Jordan’s gargantuan abilities and his genetic charisma that played to the world and the media like a charm. Emblematic of the huge deal signed and sealed

*Air* is a fast-paced, uplifting piece of directorial brilliance and a strong reminder of the power of one person’s unrelenting conviction and vision





Michael Jordan Mid 80s  
Nike Air Jordan Promo Shot





Matt Damon (Sonny) and Viola Davis (Deloris Jordan) in *AIR*

was Michael Jordan's acquisition of a red Mercedes Sports car which he drove with panache. It had confidence and style.

Nike went on to become one of the greatest shoe brands with \$126 million worth of Air Jordans sold in the first year of manufacturing. That number exceeded their targeted goal by \$123 million. Sonny Vaccaro's vision was spot-on accurate: Air Jordans became a cultural emblem in the sporting world – making them legendary and immortal.

The Air Jordan Brand represents \$4 billion in sales annually for Nike. Rob Strasser was credited with revolutionizing sports marketing at Nike basketball. Howard White is one of the founding fathers and current vice president of the Air Jordan division at Nike.

Michael is reported to make \$400 million per year in passive income as a result of his revenue share in Nike. Nike bought Converse in 2003. Phil Knight (co-founder and chairman of Nike) has donated over \$2 billion to charity. Peter Moore (Nike's creative director) – after designing the Air Jordan 1 – came up with the idea to replace the logo with a silhouette from a photo of Jordan flying through the air. It appears on every Air Jordan product.

Michael is unequivocal that the Nike deal would not have hap-

pened without Coach George Raveling's introduction of Michael to Sonny Vaccaro and his recommendation and support.

Sonny Vaccaro went on to become a key figure in the 2014 O'Bannon vs. NCAA class action lawsuit, which demanded that colleges compensate student athletes for commercial use of their name and likeness. The New York Times said a victory would rank Sonny as one of the greatest reformers in sports history. In 2014, the court ruled in favor of the players.

The precedent set by the Air Jordan deal resulted in billions more dollars going to athletes and their families.

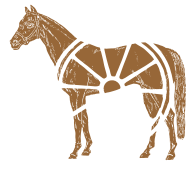
Michael Jordan went on to become the greatest basketball player of all time. He is considered by many to be the greatest competitive athlete in history.

If you haven't already watched the movie *Air*, it is well worth it. This fast-paced, uplifting piece of directorial brilliance is a strong reminder of the power of one person's unrelenting conviction and vision. The American Dream has always been driven by clever idea generation, vision and energy. Nobody shows us that more clearly than the humble and unassuming Sonny Vaccaro. 🍃

*Acknowledgments: Air – Directed by Ben Affleck. Prime.*

The Air Jordan Brand represents \$4 billion in sales annually for Nike.  
Michael Jordan is reported to make \$400 million per year in passive  
income as a result of his revenue share in Nike





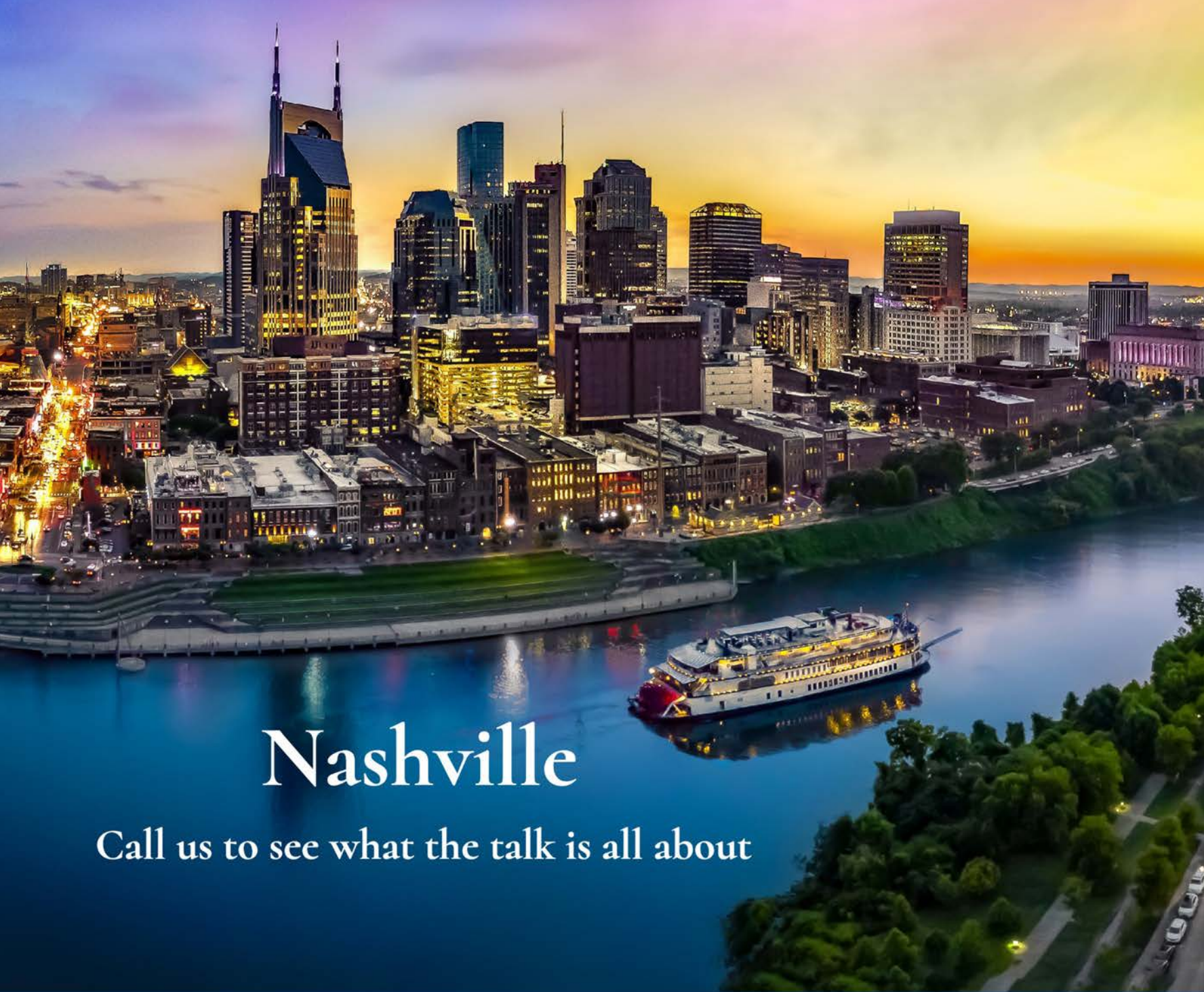
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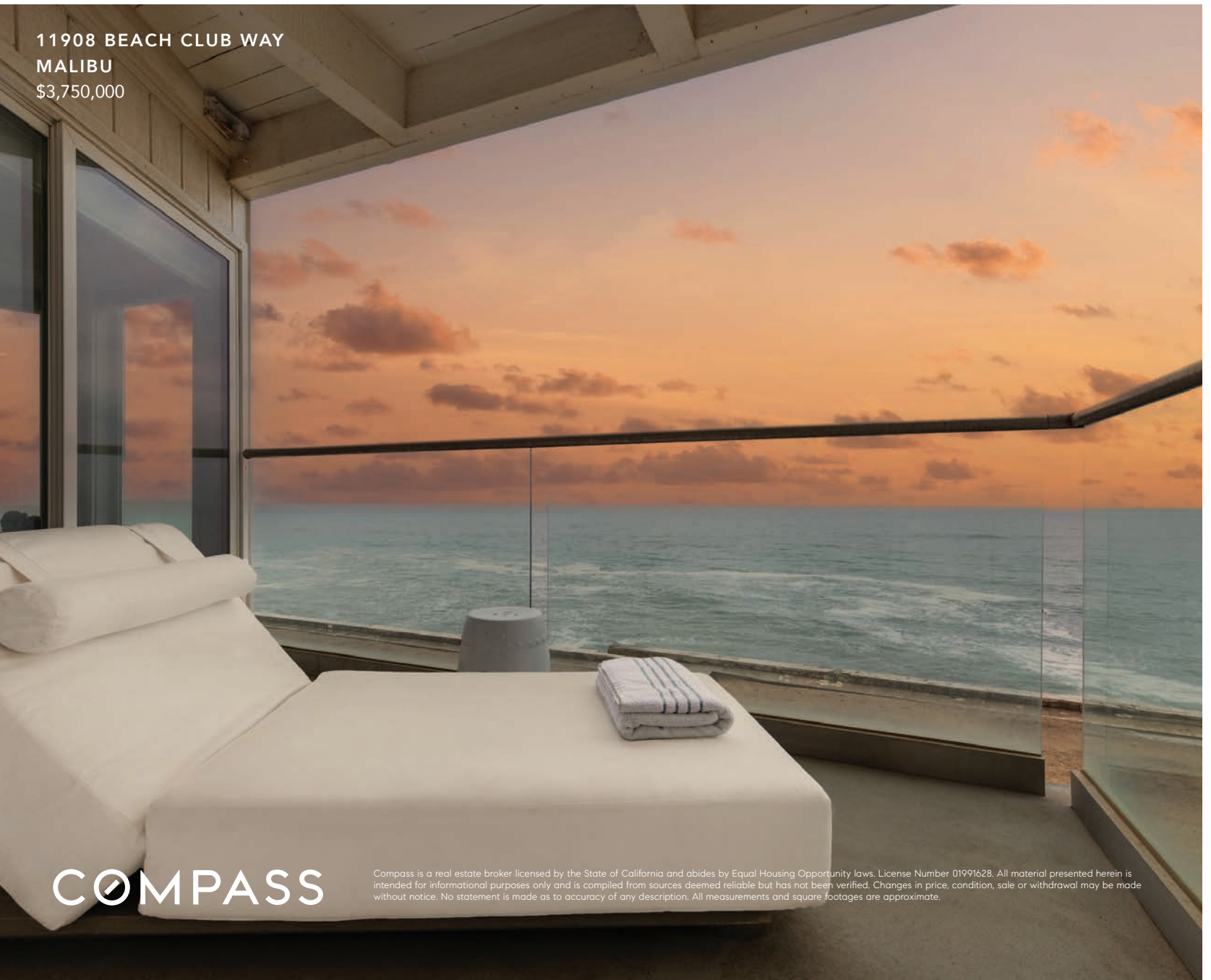


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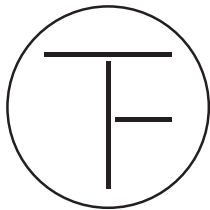
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# Sofia Richie Marries Elliot Grainge

Lionel Richie's youngest daughter, Sofia Richie, married music executive, Elliot Grainge, at the end of April 2023 at the exquisite Hotel du Cap-Eden-Rock in Antibes, France. On Sofia's TikTok the following week, Lionel could be heard in the video posted - saying "That's my kid." At the reception, the proud father danced with his daughter to the song, 'My Girl'. Sofia, 24, is the youngest of Lionel's three children. He is also dad to son Miles Brockman, 28, and daughter Nicole, 41. Later in the video, the father and daughter duo are seen dancing to "My Girl" as the crowd joins in on the song during the reception.



Lionel Richie accompanies his youngest daughter Sofia Richie as she wed Elliot Frainge in the French Riviera (INSET) Sofia Richie's wedding at Hotel du Cap-Eden-Roc. Mega/Blackgrid



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# 123rd U.S. Open Championship in Los Angeles

By Diana Addison Lyle

The Los Angeles Country Club hosted the 123rd U.S. Open for the first time ever from June 15 -18, 2023, and it was the first time that the U.S. Open returned to Los Angeles since 1948 when Ben Hogan won the first of his four U.S. Opens with a 72-hole score of 276 (8 under par) at the Riviera Country Club in Pacific Palisades.

This historical event following on the heels of one of the most shock-ridden weeks in professional golf history in which it was announced that the PGA Tour and European tour would merge with the Saudis to end the LIV Golf feud. The PGA Tour abruptly dropped its expensive fight with Saudi Arabia's LIV Golf venture to create a global operation featuring the world's top players backed by the Saudis' massive wealth. The move invited a frenzy of reactions from professional golfers and their dedicated fans. *(Continued on page 34)*



Wyndham Clark celebrates after winning the U.S. Open on Sunday. (INSET) Wyndham Clark hugs his caddie after winning the U.S. Open on Sunday.  
Wally Skalij / Los Angeles Times





June gloom shrouds the downtown L.A. skyline as the first round of the U.S. Open gets underway at the Los Angeles Country Club.  
Gina Ferazzi / Los Angeles Times



Rickie Fowler walks on a bridge to the ninth green during the first round of the U.S. Open at the Los Angeles Country Club.  
Gina Ferazzi / Los Angeles Times



Rickie Fowler hits from the 13th fairway during the final round of the U.S. Open at Los Angeles Country Club on Sunday.  
Gina Ferazzi / Los Angeles Times



Fans cheer after Xander Schauffele sinks a 35-foot put on the second hole during the third round of the U.S. Open on June 17.  
Allen J. Schaben / Los Angeles Times



(Continued from page 32) The 2023 U.S. Open at Los Angeles Country Club marked another huge change: this exclusive and private club had long been against turning itself inside out - but the combination of an impressive club restoration and a new generation of progressive club members helped move it into a new era of hosting one of the most extraordinarily great majors.

The event was exhilarating with the relatively unknown Wyndham Clark defying the odds by fighting his way to the trophy – ahead of the highly pedigreed Rory McIlroy – who was chasing his 5th major win. As both men strove for the Hollywood ending, it was Wyndham Clark who clinched the victory. His mental fortitude, athletic talent, acute concentration, and his poise were invaluable attributes on a crucial day. Clark was the definition of a champion who knew how to rebound from mistakes better than anybody else on the day that counted the most.

Rory McIlroy hits out of the rough on the 14th hole during the final round of the U.S. Open at Los Angeles Country Club on June 18.  
Wally Skali / Los Angeles Times



Jon Rahm hits out of the rough on the 15th hole during the second round of the U.S. Open  
Gina Ferazzi / Los Angeles Times



Rickie Fowler reacts after hitting seventh-hole tee shot during the final round of the U.S. Open.  
Gina Ferazzi / Los Angeles Times





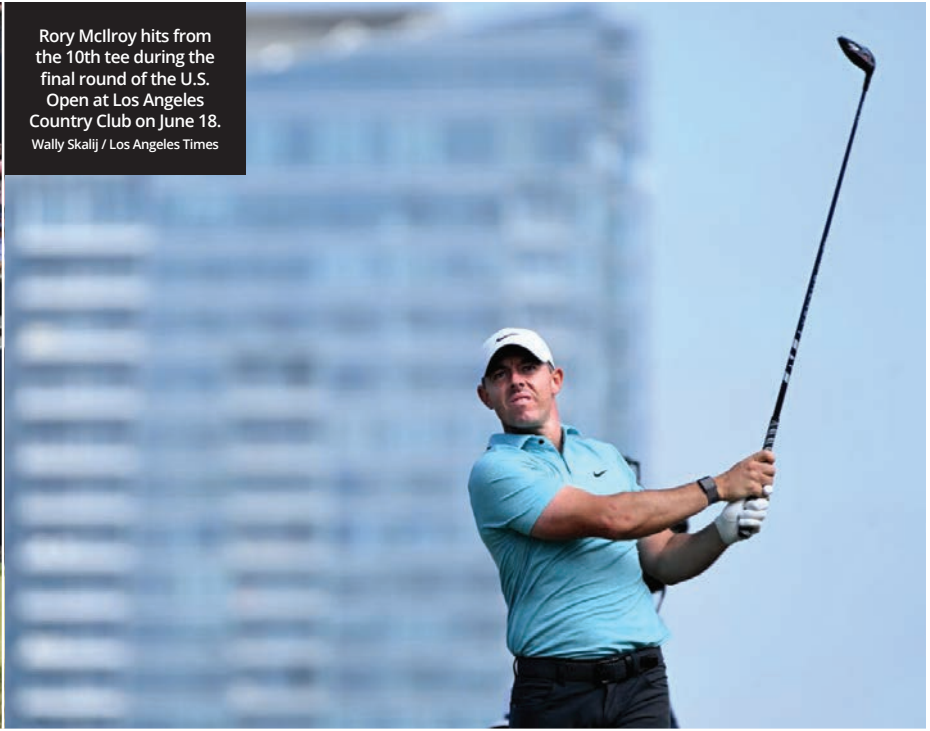
Brooks Koepka, left, and Rory McIlroy walk up to the ninth green during the first round of the U.S. Open.

Gina Ferazzi / Los Angeles Times



Rory McIlroy hits from the 10th tee during the final round of the U.S. Open at Los Angeles Country Club on June 18.

Wally Skalij / Los Angeles Times



Jason Day hits out of a greenside bunker on the eighth hole during the first round of the U.S. Open.

Gina Ferazzi / Los Angeles Times



Austin Eckroat, left, and Wyndham Clark walk through the rough on the fourth hole during the second round of the U.S. Open.

Gina Ferazzi / Los Angeles Times

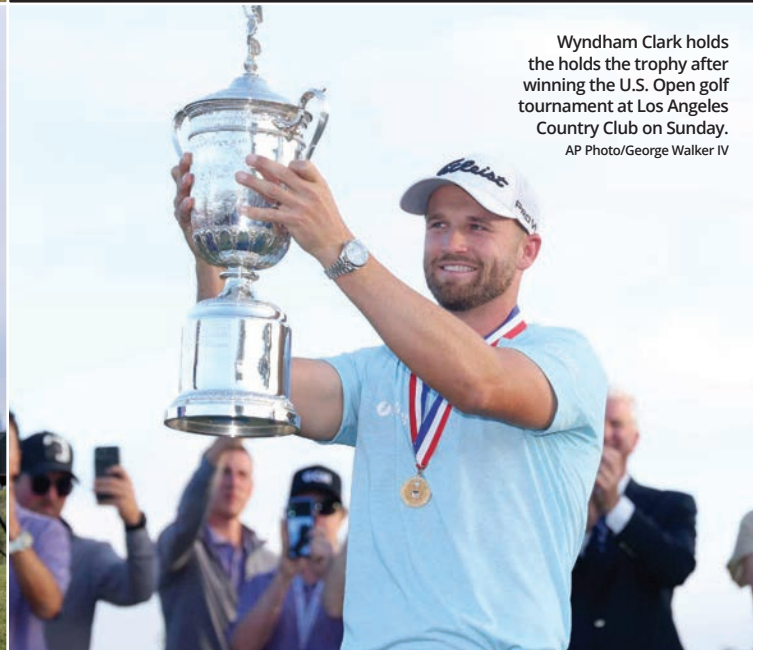
Rory McIlroy hits from the 16th tee during the first round of the U.S. Open.

Gina Ferazzi / Los Angeles Times



Wyndham Clark holds the trophy after winning the U.S. Open golf tournament at Los Angeles Country Club on Sunday.

AP Photo/George Walker IV







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# 76th Cannes Film Festival

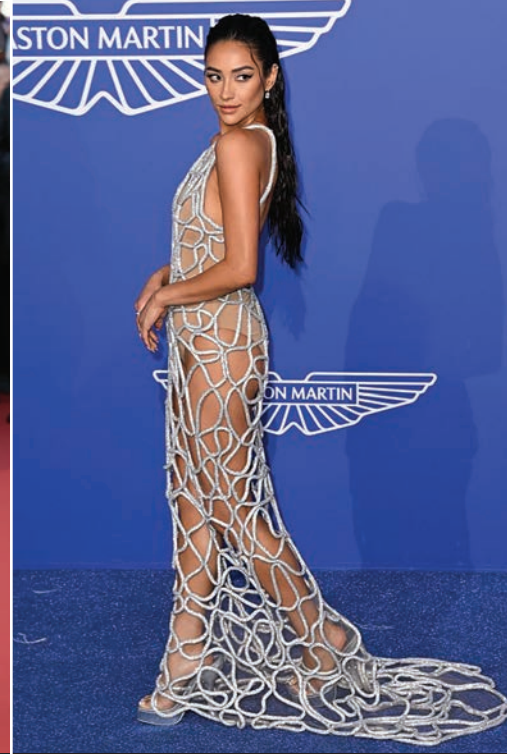
The 76th annual Cannes Film Festival ran from May 16 to May 27, 2023. Celebrities returned to the French Riviera and everyone was reminded of the glamor and opulence that Cannes always showcases. Beyond that, it's a celebration of the world's exceptionally talented artists and their work.



Kate Beckinsale Wearing Effy diamond rings at the amfAR Cannes Gala.  
Victor Boyko/Getty Images



Scarlett Johansson in custom Prada.  
Mike Marsland/Getty Images



Shay Mitchell (Pretty Little Liars) In Cult Gaia, at the amfAR Cannes Gala.  
Doug Peters - PA Images/Getty Images



Eva Longoria in Tony Ward.  
Stephane Cardinale - Corbis/Getty Images



Sara Sampaio in Zuhair Murad Couture, at the amfAR Cannes Gala.  
Kristy Sparow/Getty Images



Princess Catherine.  
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Kaia Gerber in Celine.  
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Elle Fanning in Paco Rabanne.  
Samantha McMillen/Instagram



Robert De Niro & Martin Scorsese in Giorgio Armani.  
Stephane Cardinale - Corbis/Getty Images



Brie Larson in Chanel.  
Kristy Sparow/Getty Images



Johnny Depp at Cannes 2023.  
Getty Images



Heidi Klum at the amfAR Cannes Gala sponsored  
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'The African Queen' - Katharine Hepburn & Humphrey Bogart

# 'Call Me Kate'

The Depths of Katharine Hepburn

4-time Oscar winner, Katharine Hepburn, is brilliantly portrayed in Netflix's 'Call Me Kate'. The film delves deeply into what made Katharine such a legendary actor and an American icon. She was deeply admired by both men and women for her intelligent strength. In an era when women really didn't have much say in their careers, she was a pioneering trailblazer who negotiated deals and changes in scripts. She set a precedent that would make it easier for future generations of women to take charge.

Hepburn family members describe Kate as being very intense. An integral part of that intensity was her vivacious energy and its penetrative effect on people. She dared to say 'no' to a system that attempted to mold her into who she wasn't. Instead of being an influencer, she influenced herself. She famously said, "When I first started out, all I wanted was to become famous, but I soon realized that if I wanted to last in this industry, and survive to tell the tale, I had to put in the work – and to never stop pushing."

Her complexity was intrinsic to her intelligence. As a young girl, she turned to swimming and other healthy activities to get out of her head and to stop ruminating so much. Water soothed her and became her safe place.

Katharine's own commentary (from recordings) during the film offers insight into her thoughts on aging. She always imagined as a young girl that she would never get old – and before she knew it – the clocks of time had fast-forwarded.



On the Dick Cavett Show in 1973, she expressed her gratitude at having such brilliantly inspiring parents. Her father was a doctor who advocated for birth control and her mother was a suffragette. The Hepburn house was a thinking tank for all the progressive radicals of the early 1900s, and it was filled with academics and people who challenged the status quo. Katharine talked about having experiences before the age of 15 that taught her not to be afraid. She was raised in Connecticut with 3 brothers: Her oldest sibling was Tom, and her younger brothers were Dick and Bob. She wrestled and played with them with the strength of a boy and enjoyed the uninhibited freedom of childhood immensely. But nothing could have prepared her for the unimaginable shock of finding her much-loved

older brother, 16-year-old Tom, hanging in his room. As she laid his dead body out on the bed – she was forever changed. The loss forced her to become detached from everything around her. Her pain was intensified by her father's insistence that everyone go into a state of denial that the incident ever happened or that Tom was ever a part of their family. The tragedy was hidden. Katharine spiraled into an isolated depression. When she emerged from it, she promised that going forward, she would live her life secretly for both she and Tom.

Katharine moved to Hollywood and worked exceptionally hard to make it in the movie business. Despite winning an Academy Award for her performance in





(LEFT) 'On Golden pond' - Katharine Hepburn & Henry Fonda (RIGHT) Guess Who's Coming to Dinner - Sidney Poitier, Spencer Tracy & Katharine Hepburn

'Morning Glory' (1933) and sparkling in the comedy 'Bringing Up Baby', her career only really took off with the commercially and critically successful comedy 'The Philadelphia Story' (1940). She became known as a skilled negotiator and only signed contracts that met her salary demands.

Spencer Tracy's entrance into Katharine's life was a monumental occurrence. She respected and admired him enormously for being "an actor's actor." They met in the 1942 movie 'Woman of the Year' – a movie that suited Katharine's sensibilities perfectly. She was a progressively-minded political journalist on the world stage during a world war – and the role was ideal. Spencer's and Katharine's chemistry on set became clearly obvious during their first kiss, and Katharine describes the experience as her first reckoning of the true meaning of love. She fell in love with Spencer deeply and recalls his sense of humor and remarkable memory as compelling attributes.

In 1943, Katharine did the movie 'Keeper of the Flame' where equality for women was a pronounced sentiment. Katherine describes her character – that of Christine in the movie – as a "mature, complex woman who was fully rounded – not just another girl like in my other movies." She jumped at the opportunity to play a woman with real life experience.

By the end of the 1940s, new censorship laws were enacted, and Katharine felt a moral obligation to make her voice heard – in defense of the voiceless artists. Despite Spencer Tracy disapproving of actors getting involved in politics, Katharine said, "This wasn't about politics. It was about censorship meddling in public affairs." She paid a heavy price and was not hired for the rest of the year. The following year, in 'Adam's Rib', Katharine advocated for equal rights for women – with profound passion and conviction. Women's equality was absolutely the sub text of the movie and Katharine argued for it in court like Ruth Bader Ginsburg.

Katharine never had children, and in the 1940s and 1950s, that was a rare phenomenon. Women were expected to settle down, marry a breadwinner, and bear children. She commented on her decision responsibly saying, "Had I had children, I probably wouldn't have worked because raising children is a tremendous responsibility. I've paid a price for the choices I've made in my life."

The 1951 movie, 'The African Queen', was an epic career triumph for Katharine. She starred opposite Humphrey Bogart, and the two consummately professional actors wowed audiences.

Whenever death and loss occurred in Katharine's life, she became an even more intense workaholic. Work was her fortress, and ultimately overworking took her to points of absolute exhaustion and near collapse. Despite experiencing manic anxiety episodes, Katharine always showed up on stage and performed without a glitch. She set impossibly high standards for herself, and always felt that she had to struggle to do

her best – or else the audience or the critics were going to come after her or call her "a bore."

The complexities behind Spencer Tracy are sensitively covered. As both Katharine and Spencer aged together, they lost many of their Hollywood close friends, and Spencer became increasingly plagued by demons – both physically and mentally. Katharine loved him so much that she put her career on hold for five years to take care of the man she loved. They only moved in with each other when Spencer became gravely ill. While he painted, they'd both share their love of the beach together. Katharine describes it as a pleasurable time to be able to lighten Spencer's load. While she couldn't solve his problems, she could be there for him wholeheartedly.

Particularly touching was the coverage of Spencer and Katharine as the parents in 'Guess Who's Coming to Dinner' starring Sidney Poitier as the African American fiancé of their daughter. In 1967, there were still states in the USA that banned inter-racial marriages, and so this was a ground-breaking movie that won two Oscars. Spencer Tracy is unable to stand up in the movie because of ill health, but his strength is displayed magnanimously in the words he speaks to Sidney Poitier. It was as if he was determined to end his life by voicing his convictions deeply passionately. Katharine tears up genuinely as Spencer says to Poitier: "In the final analysis, it doesn't matter what we think (about your union). The only thing that matters is what you feel and how much you feel for each other. If it's half of what we felt, that's everything." It was one of the most moving lines in cinema history. Spencer Tracy died shortly after from a heart attack.

Katharine dove right back into work and produced some of her best work. 'The Lion in Winter' (1968) was another triumph wherein she won a coveted Oscar. In fact, she won 3 Oscars in her 60s and 70s when most actors' careers are over.

'On Golden Pond' (1981) encompassed poignant moments between Katharine and Jane Fonda. In the film, Katharine was the wife of Fonda's real-life father, Henry Fonda, and at a critical moment while filming, Katharine put a protective arm around Jane Fonda when Henry was spewing hurtful words. She said to Jane: "Don't let him get to you." She was fully acknowledging Jane's pain and its emotive depth was remarkable.

Katharine retired and lived into her mid-nineties in the home that she loved. Perhaps the greatest lesson she learned in her 60-year career was that even if people loved her one day but hated her another day, she always knew to keep on going. She stressed how important it was to keep pushing on and never quitting – despite the mistakes and setbacks. She also said that when she found something really worthwhile, she always put her heart and soul into it. Hers was a life extraordinarily lived. 🍷

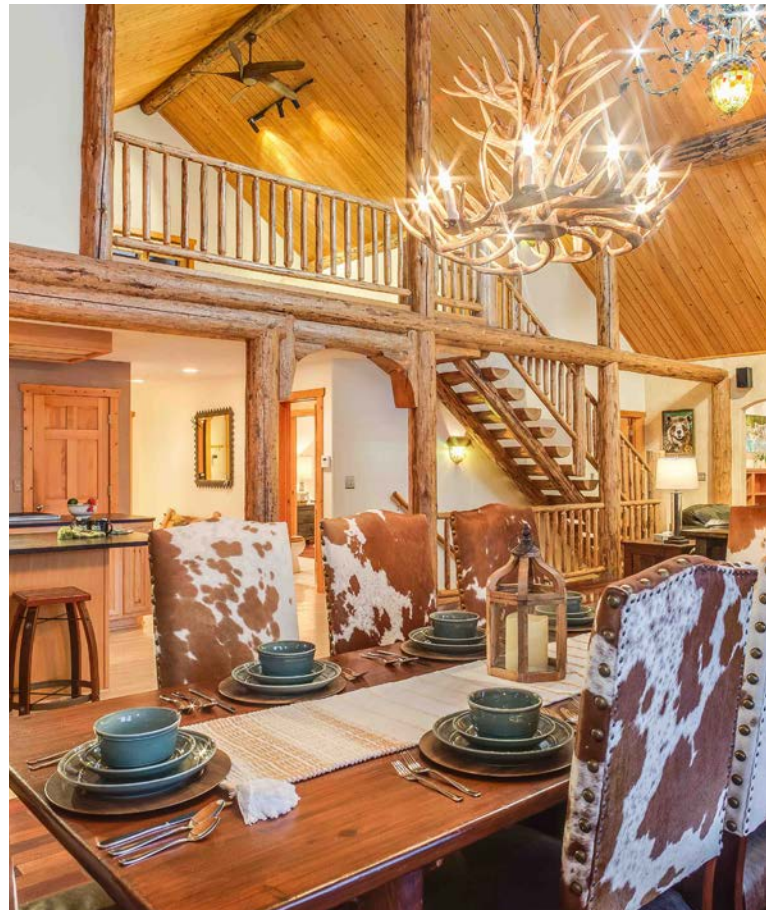
Netflix: 'Call Me Kate'





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This Property.



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1



# FUTURE

Mirai: Toyota's courageous bet on our transportation future

*By Larry Crane*

**T**oyota's Prius-platform-based and hydrogen-powered Mirai ("Future" in Japanese) was unveiled at the November 2014 Los Angeles Auto Show.

In April 2015, the Mirai was the first hydrogen fuel cell vehicle to pace a NASCAR race; that history was recorded at the Toyota Owners 400 at Richmond, Virginia. In June the Mirai was the pace car at the Toyota/Save Mart 350 at Sears Point Raceway in Sonoma. The challenge of the corporate gamble became clear when retail promotion of the exotic Prius began in August at a price of \$57,500 before any government incentives. Sales and delivery were launched in California on October 21, 2015 — the same day to which the fusion-powered flying car in the film "Back to the Future Part II" time-travelled.

PHOTOS: (1) The atmosphere Mirai is trying to save (2) A face to learn to love

2



Toyota scheduled the release of the Mirai in the Northeastern States in the first half of 2016. The second-generation Mirai for the 2021 model year was announced in October of 2019. It is based on Toyota's beautifully engineered rear-wheel drive TNGA platform (Lexus LS). It is significantly longer, wider, lower and more luxurious than the first-generation model. But as of November 2022, global sales totaled 21,475 units; the top-selling markets were the U.S. with 11,368 units, Japan with 7,435 and the rest of the world with 2,622. Access to the precious fuel has to be affecting those numbers.





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3



PHOTOS:  
(3) Celebrating elegance  
(4) The Prius based Mirai  
(5) Just so you know

4



5

LIMITED  
FUELCELL

Under the U.S. Environmental Protection Agency (EPA) cycle, the 2016 model year Mirai delivered a total range of 312 mi from its set of full tanks. The MPG-equivalent combined city/highway fuel economy rating was 66 mpg making the Mirai the most fuel-efficient hydrogen fuel cell vehicle rated at the time by the EPA, and the one with the longest range. In August 2021, the second-generation Mirai set a world record of traveling 845 miles from its tanks full of 5.65 kg of hydrogen. Toyota tells us the one you buy from a Mirai-sanctioned dealership will deliver a real world range of 400 miles, many of which will be used in search of an H2 dispensary.

The latest Mirai is beautiful on the outside and elegantly comfortable on the inside—it is based on a Lexus after all. One suspects that owners are technically astute futurists who consider the fuel challenge an inconvenience on the trip to a better future. The core of their fascinating discovery is its system. The hydrogen is delivered and stored at over 10,000 psi in three multi-patented, multi-layered tubular fuel tanks. Air entering from the intake grille meets the H2 in the Fuel Cell Stack. There, a chemical reaction involving the





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6



7



8



9

PHOTOS: (6) Beautifully friendly (7) What you know and what it's doing (8) For the company you keep (9) Lay-flat console charging

oxygen in the air and hydrogen creates electricity—powering Mirai's 171.65 hp electric motor which accelerates the 4,200 pound luxury car to 60 mph in 9.2 seconds. The more often you demonstrate that the more often you will need to know exactly where you can replenish the fuel.

This is being written in Thousand Oaks where we have one bright blue hydrogen delivery system; there is one in Santa Barbara, one in the Santa Susanna Pass, another in Santa Clarita, one in Santa Monica and a half dozen scattered around the Los Angeles basin. Hydrogen stations have two different fuel delivery pressures: H35 is half-pressure and H70 full-pressure. These pressures equate to approximately 5,000 psi and approximately 10,000 psi, respectively. The Toyota Mirai is built to accommodate the latest H70/10,000 psi stations, which contribute to its excellent range.



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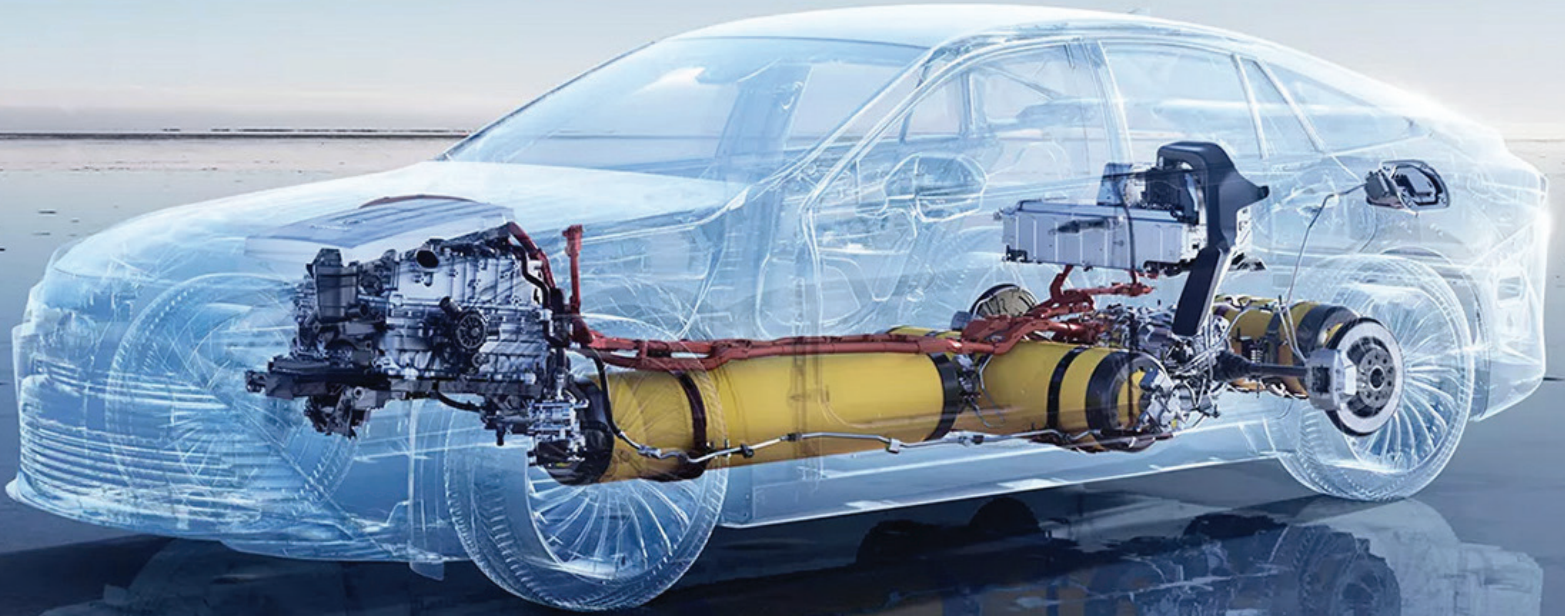
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10



PHOTOS: (10) The system (11) It looks simple; take it seriously (12) The Thousand Oaks Blvd. dispensary (13) The visible element of the system

From Toyota: “Mirai’s hydrogen fuel tanks have been rigorously tested and proven to meet Global Technical Regulation No. 13. Its multi-patented, carbon-fiber-wrapped, polymer-lined glass-fiber fuel tanks absorb five times the crash energy of steel. If the hydrogen detectors detect a leak or equipped vehicles with a collision sensor detect a sudden high g-force impact, the hydrogen tank valves will automatically close to prevent more hydrogen from escaping while any hydrogen that seeps out will safely return to the atmosphere.”

Toyota is making an effort to embrace sustainability. Mirai comes with \$15,000 or 6 years, whichever comes first, of complimentary fuel for purchases and \$15,000 or 3 years, whichever comes first, of complimentary fuel for leases. After your purchase or lease, Toyota will furnish a fuel card so all you need to do is connect the well-sealed stainless steel nozzle to your fuel tank receiver and swipe the card.

Fuel capacity is 142.2 liters for either the XLE or Limited model.

The latest Mirai’s handsome presence and clearly defined deference to the high-speed passage through atmosphere suggests the promise of sporting luxury, not unlike its mother ship, the long-admired Lexus LS.

Included in that promise is a well-integrated catalog of connectivity that includes visual, audible and dynamic choices along with Toyota’s legendary promise of product service and longevity. And Mirai’s 12.3-inch touchscreen display offers a blank canvas ready to illustrate your preferences. It can even offer dual screens simultaneously. Toyota’s Drive Connect includes Cloud Navigation for the first ten years of ownership, giving you travel directions while your copilot creates a playlist and your friends can follow along on your hands-free Bluetooth®.

And while creating memories, Mirai’s atmospheric output is h2o. 🌊



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# Short Stories About Big People

By Bob Eubanks

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

We lost a very talented and beautiful lady recently. Tina Turner fought her way to success even though she suffered an abusive marriage with her first husband, Ike Turner.

Back in the sixties I had a couple of young adult nightclubs called the Cinnamon Cinders. Wednesday night was talent night and Ike and Tina Turner were one of my most popular groups. They brought their band and backup singers, The Ikettes. They arrived in their "Gong Gong" bus, named after one of their musical hits.

One night I asked Tina not to be so animated with her dancing on stage, as the LAPD had warned me to keep it clean. She took my hand and assuredly said, "Don't worry honey, I'll keep it clean." When she took the stage, she winked at me and I've got to tell you, she really turned it on. I was thankful the cops didn't show up that night.

Tina divorced Ike and moved to Switzerland and became a worldwide musical star. When Tina died, God got an angel.

I don't know about you but I'm getting really tired of celebrities claiming to have terrible problems in their lives. Well known folks like Dr. Phil and Dolly Parton are walking out of interviews claiming that big pharma is after them for introducing new non-prescription pain management gummies. When



Tina Turner

you read the headlines, you'd think one of your favorite celebs had suffered a terrible tragedy in their lives, when it just turns out they have invested in gummies. Give me a break!

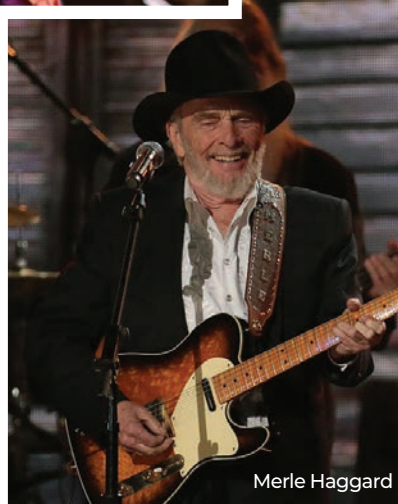
One of the things I learned while producing and managing musical stars is that if they're unhappy in their own skin, they can start assuming the identities of other artists they admire. That was the case with Merle Haggard, the country music legend. I produced his concerts for ten years and at times when he was very unhappy, he took on the role of other country music stars. He was a big fan of Bob Wills and actually taught himself to play the fiddle.

Then he saw the movie "Bonnie and Clyde" and he began talking and dressing like the movie character Clyde Barrow. Then he recorded a million-seller based on the legend of Bonnie and Clyde. I was so happy when he became Merle Haggard again.

I'll leave you with a smile. My dog Lucky is really smart. I asked her, "What is two minus two?" She said nothing.



Dr. Phil



Merle Haggard

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

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# You Still Have Time!

Warm season veggies that take 60 days or less to harvest

*By Model Gardener Kelly Emberg*



**I**t might feel like you missed the warm season growing boat, but you really haven't. If you get a quick start in August planting, you can still grow some of your favorite warm season veggies, but hurry up! The soil is warm, helping your seeds germinate faster and pests are slowing down, so you won't have to worry as much about those buggers devouring your precious harvest. You still have time. If you pick the right veggies and varieties, you will be enjoying your harvest within 60 days or less.

**CUCUMBERS** - Cucumber pests in the summer can cause serious damage to your plants which can reduce your yield and lose your plants. Sometimes it just makes you want to give up, but don't. Cucumbers are heat lovers,

so they grow and germinate really quickly this time of year. They can be ready for harvest from seed in 60 days or if you plant transplants, 45 days. If you are a little bit of a lazy gardener and have some space, don't worry about staking them, let them grow on the ground. They do need a lot of room so plant them where the sun is shining at least 6 hours a day or more. Have them take over the 4' x 4' empty garden space you have in a sunny spot. If you don't have space, tuck them into small areas of your garden and grow them vertically. Using trellis or hog wire fencing gets them off the ground so the critters have a harder time getting to them. Cucumbers love full sun, rich moist soil, that drains well.

**BEANS** - Beans should be planted from seed. They do better and grow faster this

way. With the ground warm, your seedlings should pop up in a few days. You can grow them anyway you want as long as you have sun. Try growing bush beans that need little to no support. Bush beans grow faster, and you will benefit from their harvest sooner. Pole beans start slower, but you have harvest beans for a longer time. Pole beans need a trellis or something for them to climb up on. Beans love full sun, fertile soil, and lots of moisture. Amend the soil with compost or composted manure, even if you already did so in the spring. This will give your fall bean plants a good, quick start. A half-inch layer of compost worked into the soil should do it. Initially, the temperatures will be hotter than bean plants prefer, so compensate with regular waterings. Let the soil dry out between waterings, so the seeds don't rot. But don't





**Staking cucumber plant**



**Cucumber plant**



**Burgundy bush beans**

allow the soil to remain dry for more than a day. When choosing the variety add 10 days to the maturity date when planting late summer for the declining sunlight.

**DILL** – This the perfect time of year to grow dill. It's best to sow dill seeds directly in the garden because it has a long taproot that doesn't like to be disturbed. It will germinate best at soil temperatures at 70 degrees Fahrenheit which will happen during summer. Dill plants are very cold-hardy and can tolerate temperatures that dip as low as 25 degrees Fahrenheit. You can harvest it 60 days from seed or 45 days from transplants. Dill is fast

growing, and you can start harvesting its leaves as soon as it is about 1 foot high. Let it go to flower so it will attract all kinds of beneficial insects that will protect your fall garden. Then you plant your cool season garden right around the dill as it grows.

**SUMMER SQUASH** – Another plant you can plant from seed and be able to harvest in 60 days. If you have planted squash in the summer and your crop got wiped out by vine bore and squash bugs you might have another chance. Now is the time you can grow them without all the insects you had to deal with earlier in the summer. There are

many different varieties of summer squash: zucchini, patty pans and crookneck. I especially like yellow summer squash because it tends to produce a lot compared to other varieties. They also grow very quickly by seed and do better when starting them out that way. They like warm moist soil, good drainage and lots of compost.

**SWISS CHARD** – Swiss chard is one of the easiest vegetables to grow and can survive year-round in Southern California. It prefers warm weather, but grows in winter and attracts fewer pests then. This is a great green to grow now because they can







**Dill flowers**



**Sprouting green bean seedling**



**Harvesting Dill plant**

withstand the heat. From seed to harvest can be as little as 45 days; from transplants to harvest is 30 days. Begin harvest as soon as leaves mature; pull off the outer leaves leaving the main plant to continue to grow.

**TOMATOES** – Believe it or not, you might be able to grow tomatoes at this late date.

By growing the right varieties, you can get a harvest in 60 days or less.

**JULIET** - 60 days to harvest. The Juliet is one of the most popular of small cherry style tomatoes growing. This heirloom is known as a grape tomato, not only for their shape, but also for their high sugar content and is a favor-

ite among home gardeners and professional chefs alike. The easiest cherry tomato to grow, prepare to get small fruit and lots of it.

**Bush Early Girl** 55 days, Bush varieties are determinate – meaning - it will grow to a certain size and produce fruit all at once, rather than continuing to grow and produce fruit throughout the season like an indeterminate variety. They have a classic round shape, grow fast and are drought tolerant. Add organic rich soil to help speed up the growth. These are fast growing tomatoes. When planting transplants, plant deep - covering more than half of their stems.

**Sub Arctic Plenty** can be ready in 45 days after transplanting. Sub-Arctic Plenty has a unique ability to set fruit under cold conditions and produces hundreds of small red fruit, about 1 to 2 inches wide, on a compact bush plant that needs no staking.

It isn't time to give up on the warm season planting. You might have thought you missed it, but you still have some time, not much so hurry up. So, if summer gardening was too laborious, you have to try summer gardening in late summer and fall. There is less light, so things grow slower; less heat so you don't need to water so much; and fewer bugs, so you don't have to constantly fend off pests that like to eat your produce. Try planting these 6 warm season veggies to keep the summer veggies coming and start your cool season garden now!

It is never too late, 🌱

*Kelly Emberg, the model gardener*  
For more gardening tips, follow me on Facebook, Instagram, YouTube & Twitter.  
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Juliet cherry





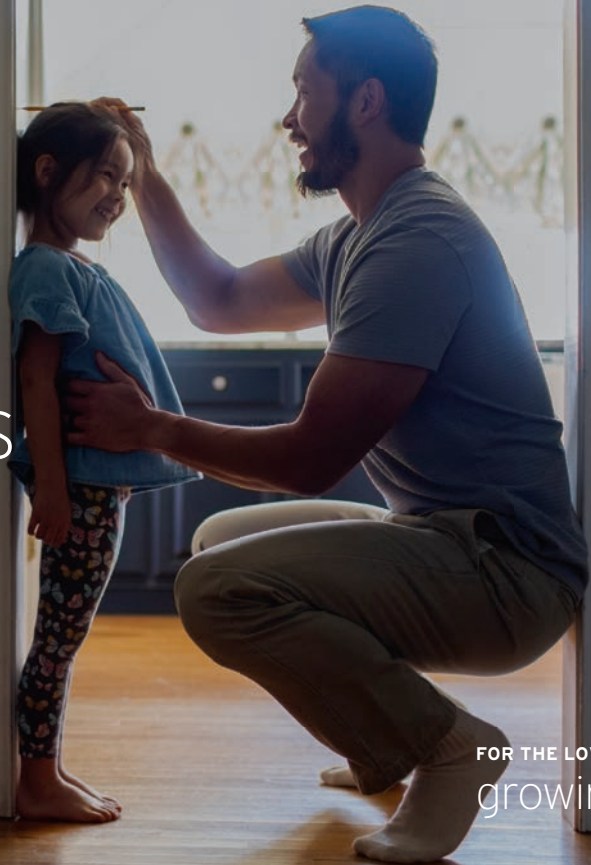
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# Pet Hospital of Thousand Oaks

**D**r. Michael Siegel is committed to caring for your animals as if they were his own. Since moving to the area a decade ago, Michael Siegel, DVM, has made it his mission to raise the level of animal care in the Conejo Valley. As owner of the newly opened Pet Hospital of Thousand Oaks, he's ready to make good on his promise by offering the community access to comprehensive animal care — including the latest in animal medicine — through a personalized approach that has garnered him widespread acclaim.

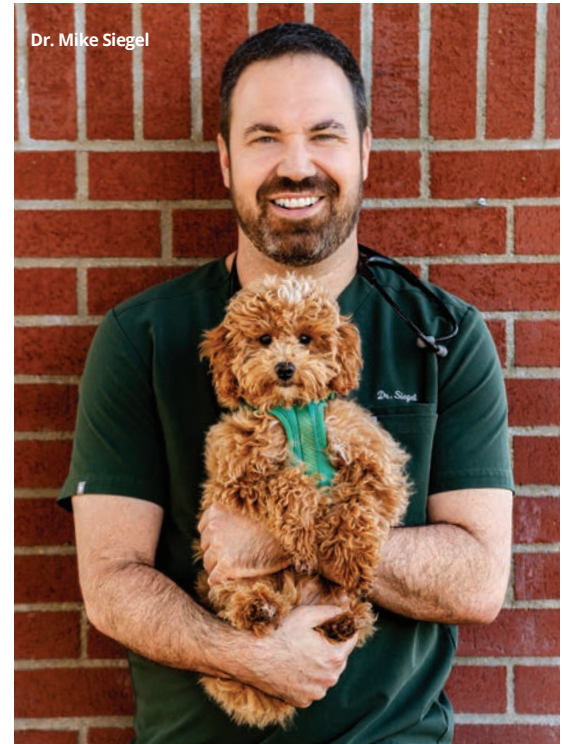
Always placing the needs of clients and their pets first, Dr. Siegel is passionate about delivering the best care possible in a way that empowers pet owners.

“Owners always have the best interest of their pets at heart, which is why they should always play a large role in their animal’s care plan,” he said. “I always want to make sure people are equipped with the information and resources they need to make the best decision for the health and well-being of their loved ones.”



Whether pets are in need of a routine check-up or surgical care, Dr. Siegel wants the community to know that their animals will be treated with the same level of high-quality care and compassion that they would provide their own pets.

“When animals are in our care, they’re family, and we make sure to treat them as such,” Dr. Siegel said. **To book an appointment at the Pet Hospital of Thousand Oaks, call 805-309-0222 or visit [thepethospitalto.com](http://thepethospitalto.com).**



Dr. Mike Siegel



## The Surrey™

**T**he Surrey™ is a newly launched sustainable equestrian apparel and textile brand founded in Malibu by creator and designer Emma Werner.

Inspired by Emma’s passion for reinvigorating classic heritage equestrian silhouettes with elegant luxury and performance enhancing fabrics, The Surrey™ introduces a blend of style and performance.

Emma’s vision for The Surrey™ stems from her upbringing on horseback in Maryland and The Virginias, where iconic images of Jacqueline Kennedy getting out of the city and into the countryside for a weekend ride served as timeless inspirations. Drawing from both the functional style of working cattle ranchers and the tradition of English sport horses in the Americas, The Surrey™ captures the essence of classic equestrian elegance combined with modern functionality.

“At The Surrey, we strive to fulfill the needs of high-performance sport riders while maintaining an elegant aesthetic using luxury fabrics and sustainable practices,” says Emma Werner, founder and designer. “Our goal is to create a brand that is just as suitable for the most competitive professionals and students as it is for a casual trail ride.”



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more. Every feature and finish of the home was meticulously selected for the highest quality and luxury. Outside spaces are absolutely incredible with mature, beautiful and drought resistant landscaping which creates an outdoor oasis across several outdoor spaces adorned by majestic oaks. Relax and entertain on terraced patios, alfresco dining spaces, 2 outdoor kitchens, sparkling pool/spa, and a fire pit. Sunsets, mountains, city lights, and 4th of July fireworks, every space has been thoughtfully created to capitalize on the spectacular panoramic views. Completely charming yet modern, luxuriously redesigned and upgraded inside and out; this home is an unparalleled find in one of Westlake Village's most desired neighborhoods!



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## *The Art of Living*

Cheryl Tiegs – the world’s first Supermodel – has led a life that is vastly rich in accomplishments, adventure, and experiences. America’s quintessential natural beauty has lived and loved deeply while savoring all the elements that have made up the tapestry of her extensive life.

Despite a brilliantly successful and exciting journey, she has also had to weather disappointments and storms that have led to an emotional maturity honed from a choice to grow. Cheryl Tiegs has sucked the marrow out of life and arrived at a place of peace at her serene Montecito Mountain home.

As I walk into a house that speaks volumes about her, what immediately strikes me is Cheryl’s library of literary masterpieces. A lifelong voracious reader, she has an entire wall filled with hundreds of valuable books that are considered classical works of art. My respect for her is instantly established as we begin discussing how much books enrich our lives and the authors behind the valuable words. Cheryl’s extensive art collection is evident everywhere: she has masterpieces on her walls that belong to discerning tastes. There are also precious artifacts everywhere garnered from her extensive travels across the world. Each of them tells a wonderful story.

STORY BY DIANA ADDISON LYLE

CURTIS DAHL PHOTOGRAPHY

HAIR/MAKEUP: KATHLEEN HAGAN – BEAU IDEAL BEAUTY

CHERYL’S COVER SHOOT CLOTHES: ILENE’S BOUTIQUE

Cheryl’s Clothes: Ilene’s Boutique (818) 899 5060



**B**ut Cheryl's life began with the healing properties of nature, and that has been her lifelong rooting. She provides the description of her childhood landscape. "I spent the first five years of my life on a farm in Minnesota and I think that influenced the rest of my life. I was known as being very healthy and very fit. I like having my feet on the ground. Whenever I was on an airplane landing in Los Angeles, all I could think of was putting on my hiking shoes and getting out there into nature." I ask her when and how she found her way into the modeling world. "My modeling career began when I was in high school," she says. "I lived in Alhambra, California, a block away from Pasadena, and there was a modeling agent there who gave a talk to our sorority group at school. He addressed eleven of us and suggested that we pay him a visit."

I ask her if he honed in on her specifically.

"Oh no," she replies. "I certainly wasn't a shining star, and he didn't single me out. Interestingly, I was the only girl who actually went to see him. I started out doing many things for free, and in total I may have made about \$5 but I loved it and was having a ball. My work was published and that made me happy. I went in with the mindset that I was going to give it a try, do my best, and go as far as it would take me. My ultimate goal was to be a librarian when the modeling ended. I've always loved reading."

"I also took a couple of years off in the 70s because I married Stan Dragoti. My body really came into its own during those years, and when I returned to modeling later – I went into the high fashion sector which was Vogue and Harper's Bazaar. It was another trajectory altogether."

Cheryl went on to rise to the top of the industry – and she was the first model to appear three times on the cover of Sports Illustrated Swimsuit Issue. She was inducted into their 'Hall of Fame' at their 40th Anniversary. She was on the cover of Time Magazine four times and regards that as one of the highlights of her career.

March 1978, she was the cover story for Time Magazine, and it was called the 'All American Model'.

Her career exploded. She was a consistent favorite on the covers of Vogue, Glamour Magazine, Harper's Bazaar, Elle, Seventeen, People. She became one of the most recognizable faces worldwide as her career skyrocketed. I ask Cheryl if, at the time, she had any sense of how huge she had become. She answers matter-of-factly:

"I don't think it ever really occurred to me. The only thing I remember being thrilled about was the cover story of Time Magazine. That's when I became a household name and people would greet me as I walked down the street. I viewed it as a wonderful new phase in my life where I had millions of new friends. I really liked that."

I ask Cheryl about all the places in the world that she visited in her career, and if that was something she relished. I receive an in-depth response.

"Yes, I think that was part of the glamor – visiting so many beautiful parts of the world. But I have to say that being a model is very much a solitary existence. You pack your bags, go to the Seychelles, you work with a crew, and you get to know them that week – and then you leave. The schedules are so packed that there is really no time to develop a friendship with anyone. It's long hours of work, and then you have to sleep. I think it made me very independent; it made me capable of going to any place in the world – be it Honduras – or anywhere else. There would be a note for me advising me to check into a particular hotel. There was no technical gadget to steer me there, so I'd follow instructions assiduously – like going down four blocks and then turning left or right – then I'd climb a flight of stairs and meet up with members of the crew at a designated time. It was like a puzzle, and I became really good at figuring it all out and learning the lay of the land. I seldom relied on others, and I enjoyed that self-sufficiency. Traveling so much also taught me how to entertain myself. I remember going to an island populated by Italians who didn't speak any English, and I made the most of every experience. I got along

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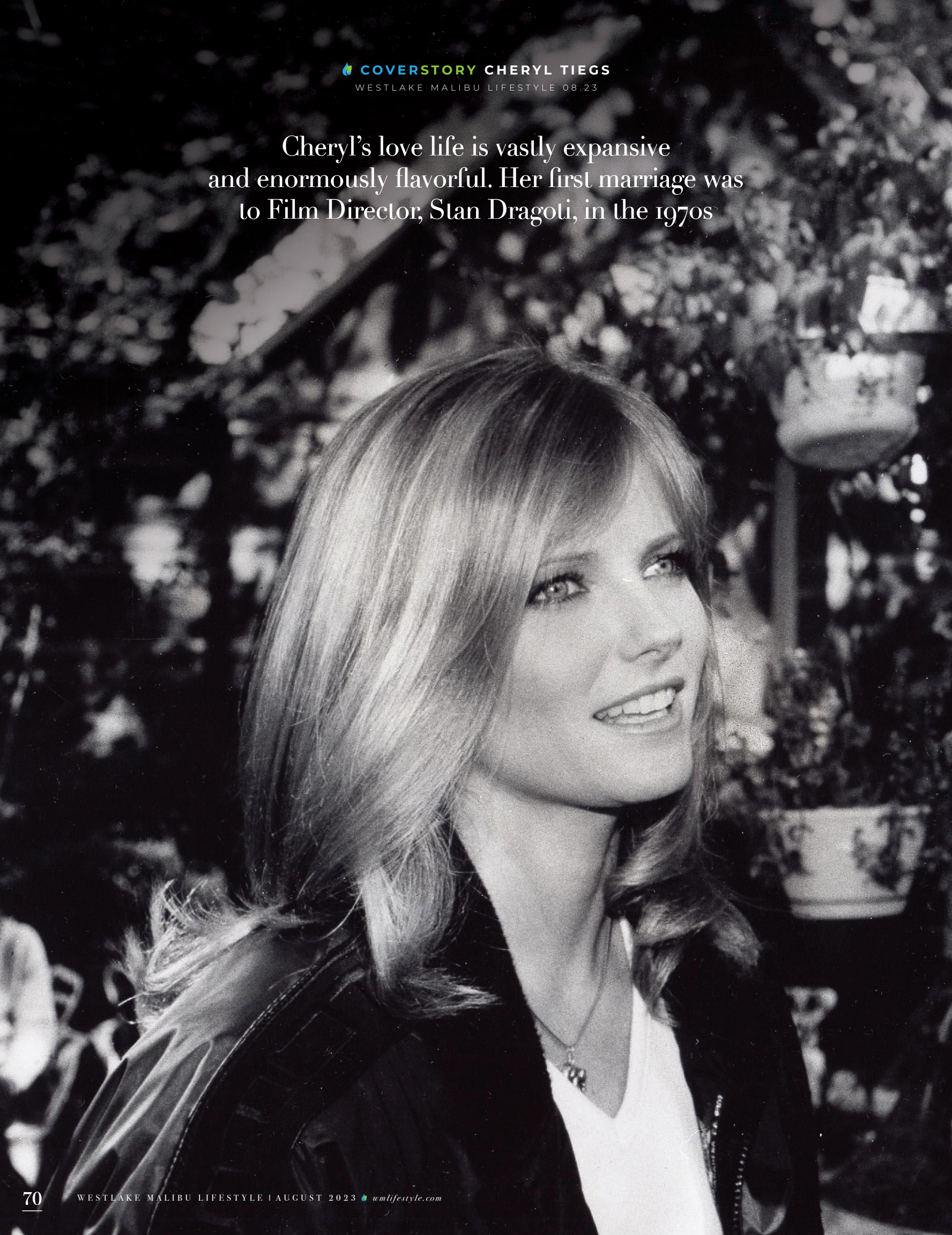


Former SI models Christie Brinkley and Cheryl Tiegs arrive at the 2004 Sports Illustrated Swimsuit Issue press event for the 40th Anniversary Edition held at Deep in New York, on February 10, 2004.

Photo by Nicolas Khayat/ABACA



Cheryl's love life is vastly expansive and enormously flavorful. Her first marriage was to Film Director, Stan Dragoti, in the 1970s







Cheryl Tiegs and Stan Dragoti 1980:

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with everyone, imbibed the environment, and always brought a good book with me for company.”

The reason the title Supermodel was coined was to elevate women like Cheryl into a league of their own. These were astute women who took their modeling careers to new heights by becoming strategically savvy businesspeople. They became experts at marketing, negotiating, investing, and making their earnings multiply. Cheryl garnered one of the first huge contracts for Cover Girl Cosmetics. It was a \$1.5 million contract – which back then – was a staggering amount of money. She explains.

“Cover Girl actually approached me and said, ‘we don’t want you to accept any other cosmetic contracts. We’d like you to work exclusively for us.’ I remember that the daily rate back then was \$2,025 per day, and I decided to raise my rate to \$3,500, and I think I put a shock wave through the whole industry.”

She looks back on that with a twinkle in her eyes, and then adds, “and that figure then became the bargaining standard for the top models. There really is a way to guide your career, and the models who did it successfully negated the image of models being ignorant or stupid. We knew exactly what we were doing, and it was important for us to become very good businesswomen. I also became adept at turning down certain advertisements because they weren’t high quality, and so I chose work wisely and I was always discerning. I never had a manager. All I had was an agent who procured bookings for me. Even then, I had a choice and if I didn’t think that something was good for my career, I walked away from it. I also recall drawing a line in the sand when companies would overwork us without a contract, and eventually I insisted that the business arrangement needed to be altered. If they wouldn’t put me on contract, then I was no longer available for slave labor.”

These were precedents that Cheryl laid down that helped future models in the industry. She emphasizes that for the most part, she loved her career and imbibed the special times with energetic gratitude.

1980 brought on another significant chapter in Cheryl’s career. She reinvigorated Sears completely by launching a signature clothing line for them. It was called the Cheryl Tiegs Collection and by 1989, it took Sears’ sales up by \$1 billion. It was during that period that she was again on the cover of Time Magazine, and in the cover story, Time talked about Cheryl turning Sears around and they coined the phrase, ‘Sassy Sears.’ Cheryl provides more details.

“The reason Sears took me on board is that they wanted to

change their image to ‘Sassy Sears’ versus the old staid image. We did it and we worked very hard. Even though I was only supposed to open 17 days a year in my contract, I ended up giving them 317 days a year. I traveled around the country and spoke at conferences because I firmly believed in what we were doing, and I loved the work. The people there was so kind to me, and I got to go up into the Sears Tower. It was the tallest building in the world for a while.”

When I remark to Cheryl that she single-handedly took Sears to another frontier, she corrects that by crediting the team around her. It speaks to the power of people working constructively together with a powerful, shared vision.

“We did it together,” she emphasizes. “It was a great collaborative effort.”

Cheryl is quick to point out that she’s not the golden girl and that everything she touched didn’t necessarily turn to gold. There were some business ventures that bombed, but she learned from those experiences.

Cheryl’s love life is vastly expansive and enormously flavorful. Her first marriage was to Film Director, Stan Dragoti, in the 1970s when she was in her early twenties. I ask her if that was a happy time in her life.

“Oh yes,” she enthuses. “I loved Stan very much. He was 15 years older than I but that didn’t seem to matter. It was the only real marriage I had in the sense that he was very supportive of me, and I stopped modeling for a while so that I could be devoted to our marriage. We lived in Los Angeles, and every day I’d meet him for lunch. We bought a house together. Stan cautioned me, though, that I would get bored not working, and he was absolutely correct. I did get bored, and I went back to modeling. Stan was the kindest man I ever knew, and we were very happy.”

I ask why the marriage ended, and Cheryl muses: “I needed the stimulation of working again, and that involved a lot of traveling. Stan was very busy trying to get into the film business in Los Angeles, so we were on two very different paths. We went in different directions, but I have such wonderful memories of him and our time together.”

The next chapter of Cheryl’s life is like an epic movie, and I settle back in my chair while I listen to her marvelous capacity to re-tell the story like we were right there.

She moved to Kenya in Africa. It was vitally exotic, exciting, and she remembers it viscerally. She met famous photographer, Peter Beard, who was a refined, socially adept, and charming American aristocrat. They met while doing a show, ‘American Sportsman’ – a reality show where celebrities went on real-life adventures. Cheryl was with the American Sportsman team, and they did ‘End of the

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Cheryl Tiegs and Peter Beard.  
Adam Scull, Alamy



Game' in Kenya (which ended up being awarded an Emmy), and that's how she met the debonair Peter who lived on 'Hog Ranch.' It was surrounded by Africa's wild animals and Cheryl's eyes twinkle particularly brightly as she describes their life there.

"We lived in Ralph Lauren-type tents – something I wouldn't do today but back then it was so exciting to me. More than that, it was like heaven. The giraffe would walk by, and I'd survey their long legs as they walked past our tent. It was magical and I fell head over heels in love with Peter. I returned to Los Angeles to ask Stan (Dragoti) for a divorce and returned to Africa to be with Peter. Obviously, I traveled backwards and forwards with my work commitments, but whenever I was able, I came back to Kenya - a place that I loved."

"I have a huge pile of letters from Peter – which I've kept – and in them he'd implore me to get back to Kenya because he missed me. As I'm talking to you, I'm experiencing flashbacks of exquisite moments that I'll never forget. On one particular day, I was sitting in the African wilderness with my boots on, and I was writing in my diary while looking up and staring at the watering hole ahead. I was mesmerized by the beautiful picture in front of me. All these exotic animals came down there to quench their thirst. But I was transfixed by their behavior. I watched avidly how they protected their babies, and then a herd of elephants would arrive, and they all kind of got along, but sometimes, there'd be a skirmish – just like with humans. It really was like watching people at a cocktail party. I clearly remember the Bongo, which is a very large antelope, and despite its enormous size, it was so delicate. I was so drawn in by all the antics and the socialization of the animals at the watering hole. Africa really changed my life."

I ask Cheryl how she evolved because of her time living in Africa with Peter. She responds thoughtfully.

"I like to be humbled by Mother Nature. I also truly understood the concept of being very still – for survival's sake. When there is danger, it's imperative to be statuesquely still. Alternatively, if some kind of shelter is nearby, one can carefully move towards it as inconspicuously as possible. The food chain really impacted me there. I'd watch a baby wildebeest being born, and as it dropped from its mother's womb, there'd be six hyenas circling while making hungry cackling sounds. There's such a fine

and tenuous line between life and death in Africa. There's an inevitability there with which one makes peace. But most of all, I remember the exhilaratingly terrifying moments."

I can't wait for the rest of the movie to unfold.

"One evening," continues Cheryl, "I was walking in the dark towards the campfire when I heard the chilling vibrational growling of an African lion. I knew it was nearby. My instincts told me to slowly make my way back to my cabin and I did so – going without dinner that night. The key survival trick is to put your head down and avert looking at the lion. He mustn't see your eyes."

The tenuous membrane between life and death continues with Cheryl's next recollection.

"I remember the famous bridge inhabited by the lion man-eaters of Tsavo. Caroline Kennedy had loaned us the Patterson's Diary and it was left back in our van, and I was tasked with going back to the van to fetch it. When I got there, I found it filled with baboons, and all my survival skills came to the fore. I remember walking back extremely slowly and I kept my head right down. I retrieved the diary, and the baboons kept their eyes on me. That situation could have gone so badly wrong. Those are moments I'll never forget."

"My time with Peter Beard was one of the most thrilling periods of my life," Cheryl concludes. "I was madly in love with him, and I learned so much. Peter was like the King of the Jungle there, but he took huge risks. He brought people like me much too close to the wild animals, and it upset conservationists like David Sheldrick. I recall Peter getting us much too close to elephant herds, and I memorized the warning signs that the elephant matriarch would give to us to back off. She rumbled and flapped her ears at us and eventually she charged. I dove behind an ant hill. There's no question that Peter thrived on the danger of it all. He was also completely accurate on his assessment of there being too many people in the world all foraging for limited resources. He said that inevitably they would end up killing each other for survival. He was right."

Cheryl went on to marry Anthony Peck, the son of Gregory Peck. I ask her how it felt to marry into Hollywood Royalty. She remembers it with much affection.

"I was very shy back then, and it took a while for me to feel really comfortable with the Peck clan. I became close to Greg-

"Cover Girl asked me to work exclusively for them. The daily rate was \$2,025 per day, and I raised my rate to \$3,500, and I think I put a shock wave through the whole industry. That figure then became the bargaining standard for the top models. Those who did it successfully negated the image of models being ignorant or stupid. We knew exactly what we were doing, and it was important for us to become very good businesswomen."



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ory's wife, Veronique, and I still consider myself part of the Peck family."

"It was an amazing time. When I think back on the dinner parties, every huge star in Hollywood would attend. Sharon Stone was a regular attendee, as was Roger Moore. We were all loved and accepted, and it was very special. In fact, Tony (Anthony) and I eloped to Palm Springs to the Frank Sinatra compound around Thanksgiving, and Frank walked me down the aisle at our wedding. There were only six of us at the wedding! It was thrilling and unique."

Tony and Cheryl had a son, Zack, whom she clearly adores. "Zack really grew up to be quite a lovely fellow," she says. "He is a very healthy adult who leads a happy, clean life. As we speak, he's visiting Los Angeles (he and his family live in the English countryside) to start up a company."

I ask Cheryl, if, looking back at her relationships, she recognizes that each man gave her something positive and special to hold onto in her memory bank. She replies:

"My first three marriages all gave me something very special and I have wonderful memories from those relationships."

The same cannot be said of Cheryl's fourth marriage, and she explains regrettably:

"My last marriage was to a yoga teacher, and I loved the words that came out of his mouth at classes. He was a very good teacher, but that warmth and vitality didn't translate to our home. He was a completely different person on the home front – and he was by far the coldest man I've ever been with. It's made me wary of orators with great stage presences."

I learn through our extensive conversations that Cheryl is acutely aware of the struggles that people face, and she is well informed on a variety of human issues. She's on the Board of 'Earth Conservation Corps'. This organization helps young people who come from stressed communities. Some of them might have done jail time. They rehabilitate them by giving them meaningful work like cleaning up rivers. It's a positive way to educate the next generation on the importance of our environment. Cheryl summarizes it succinctly: "It gives young people a chance to wake up in the morning and do something constructive with their lives."

Cheryl's humanitarian outreach is evident in many sectors. She's passionate about 'Project Angel Food' – based in Los Angeles – and puts a great deal of time and effort into this.

"'Project Angel Food' started when the A.I.D.S. crisis began in the 1980s," she says. "A.I.D.S. patients couldn't leave their homes to go out and get food, so the food is delivered to those who are home-bound. We deliver millions of meals up and down the west coast from Sacramento down to San Diego."

Cheryl is also an ambassador for the International Planned Parenthood Foundation. She immediately clarifies that planned parenthood does not equal abortion. That's an erroneous conclusion that people jump to. She explains.

"Planned parenthood means planning your family. I've traveled with the Foundation down to Ecuador and Honduras and encountered women who have to hide their birth-control pills because oftentimes the men don't want their women to take them. These women live in very patriarchal societies where the men make decisions about childbirth even though it's not they who have to take care of the multitude of children. Because the women know how much work children involve, they are desperate to give those that they do have a better quality of life by not bringing more children into the family."

Farrah Fawcett, who battled cancer, was a dear friend of Cheryl's, and she tries to keep Farrah's vision alive with the Farrah Fawcett Foundation, although she's not involved with it on a daily basis.

The nature-loving Cheryl continues to do her part in becoming as educated as possible on the effects of global warming. She describes multiple trips she's made to the Arctic where the consequences are evident, particularly with the polar bears. The beauty of the habitat always impacts Cheryl. "One time they put me on a dog-drawn sled, and we had a local guide directing operations. The beauty was breathtaking. I've also spent a week there observing the Caribou migrating."

Cheryl doesn't require luxury when she's immersed in nature. She's backpacked into the Copper Canyon in Mexico for ten days and camped out in tents and sleeping bags.

The diversity of Cheryl's career includes film work. She was in Vincent Gallo's 'The Brown Bunny', and 'Work Hard: The Dewey Cox Story'. She also featured in the Sports Illustrated exercise video called 'Aerobic Interval Training'. She was the spokesperson for Deepak Chopra's 'Renewal: A Time for You' which gives practical advice to women who are experiencing changes in their lives.

"Any transition," Cheryl expands, "whether it's menopause or a divorce, requires adjustment. 'Renewal: A Time for You' provides guidance and help through that transition process. It teaches you how to confront the issues; how to deal with them, and some things you just have to let go. We use tools such as meditation and yoga. My work and travels with Deepak Chopra were thrilling."

I ask Cheryl what gives her immense joy at this stage in her life. Her response is immediate.

"Spending time with my son, Zack. Every second is pure joy. I learn so much from him, and hopefully he learns something

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Cheryl Tiegs attends Elton John's birthday bash at Hamburger Hamlet in Los Angeles, CA. 3/27/09









from me. We have a very good relationship – one in which he can tell me his thoughts.”

“I also love the simple pleasures in life,” she continues, “like waking up in the morning. The fact that I no longer have to set the alarm at this stage in my life is such a huge relief. There is no strict time schedule. For so long my life was ruled by having to be at a certain destination at a certain time. I still have some PTSD from it. It gives me such joy now to wake up and do whatever I like. I can meet a friend or go on a hike; I can do whatever makes me happy. It took some adjustment to get into this peaceful phase because I have always been so used to a tight schedule. I also love and crave silence. This home gives me that serenity.”

Cheryl’s warmly comfortable home is still in phases of unpacking. She’s deciding on a special place to archive Peter Beard’s heartfelt letters to her while they were separated and traveling across continents. Her humor tickles my senses as she describes the boxes of books she still has in storage downstairs.

“I won’t unpack them until I’ve built more shelves to put them into. I’m certainly not going to die from an avalanche of books falling on top of me!”

Many of those books are first editions, and there’s one that’s signed by Teddy Roosevelt.

Cheryl laughs at herself as she says, “I struggle in the art of down-sizing. I have so many artifacts from across the world. I can’t get rid of treasures that hold so many special memories for me.”

We come full circle as Cheryl emphasizes her gravitation to nature.

“I have always been passionate about nature, and it will continue to be my central point of reference,” she says with strong conviction.

I ask her what she is most of proud of.


“Raising a healthy, happy son,” she says unhesitatingly. But more expansively, she says, “being kind to people. It’s not always easy, but I try to prioritize it. I’m also proud of my work ethic, and looking back, I realize that I was a maverick. I was the first model to have done clothes for the mass market and I’m proud of that.”

Life often separates people logistically because of physical distance. Cheryl is experiencing that with her family.

“I would like to spend more time with my grandchildren,” she explains, “but the challenge is that they live in the English countryside, and moving there at this stage in my life is not an option.”

I ask her to paint a picture of an ideal day if she could choose to do anything she likes.

“Oooooo,” she says with satisfaction. “I love to wake up in the quietness of my home. I’d have breakfast while watching *The View* on TV. After that I’d hike with a friend because of the beauty of my surroundings. We’d probably come back to my home and have lunch and a chat. Every day I have an hour of power. I shut down all the gadgets in the house and go upstairs to my bedroom where I lie down with my hands on my hips. Sometimes I fall asleep and sometimes I don’t. I was raised as a Quaker and silence was at the core of our existence. So, I do that every day. After that, I’d probably go over to someone’s house for an early dinner, or we’d watch a movie together. It’s those simple things that make me happy.”

What struck me most after spending hours with Cheryl was her capacity to fully embrace life. Her vitality permeates into everything: the loves of her life, her work, her relaxation time, and her affinity to the natural environment. She’s mastered the art of embracing the present - and she captures and fully imbibes exquisitely sensitive moments. Cheryl Tiegs’ journey reflects her vast appetite for life, and it’s been an exhilarating ride. 

“I’m proud of my work ethic, and looking back, I realize that I was a maverick. I was the first model to have done clothes for the mass market and I’m proud of that.”

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# From Fear to Wonder, No Turning Back

By Magda Pescariu

**P**recisely at this time of each year, but now more acutely than ever, the shifting of seasons comes to me too soon. It must be something in my blood, but I never get enough of summer. Too few days away from the daily turmoil, too short hours lingering by the sea chuckling softly with my friends, too little time with only my thoughts in the balmy night's breeze. My summers are passing by way too fast. Summer should get a speeding ticket, they say, and I couldn't agree more. It's not that I don't love autumn, for I do, but with each night towards the end of August, I feel the old ache of knowing that things will never be the same again and very soon I'm gonna wake up just in time for yet another year.

Lately, of course, the change of seasons comes as a package with the itchiness brought upon by the uncertain times we live in. We can't stop the feeling that something is missing, that in more ways than one, something has been lost. There is an inescapable sense of unease, a vacuum to be filled, and this feeling darkens the glistening pathway of summer into fall.

I know it's not only me. Recent researches in behavioral science, as well as studies that explore what makes brands inspiring and what inspires consumers, seem to agree that people all over the world are feeling a sense of absence that is hard to define - the vast majority of people now say they 'just want to feel something, to feel alive'. Asked to identify one

feeling that was prevalent in their lives in the last decade, over three-quarters of the interviewed said *fear*. As Katherine May summed up in her last book<sup>1</sup>, 'If there was a Spirit of this age, it would look a lot like fear. For years now, we've been running like rabbits.' Of all the feelings on the cards in a full decade, the omnipresent had to be the one most prone to lead us to distress, disruption, and damage. And we felt it plenty - whether we feared the costs of this century's horrors of politics, war, climate crisis, and pandemic isolation, or the hassles of the grind culture, the trappings of status, the burden of never being good enough.

It comes as no surprise, then, that we suffer from joy deprivation and yearn for any emotion-inducing experience that may deliver it. We are starved for awe and wonder, for serendipity and adventure, and have an intense need for humor to be injected into our lives. Our present-day malaise is not vague at all - we crave the sense of being alive, the thrilling, the uplifting, and the magical.

Since fashion is inspired by social changes, always portraying the

zeitgeist, it has an inherent ability to help people transcend tough times. Fashion gives us the key to both witnessing beauty and living it, to making sense of the chaotic world around us, and to creating a spark of belonging and connection that brings us closer together. More than that, fashion creates collective experiences that are continuous sources of emotions such as joy, surprise, awe, and even fun. Every now and then - because, let's face it,



Dior's Lady 95.22 bag

<sup>1</sup>Enchantment: Reawakening Wonder in an Exhausted Age, 2023





Stella McCartney



Chloé



Chanel

fashion and humor are really not the best of buddies - a rebellious fashion designer breaks the stiffy rules with attitude and imparts some much-needed laughter to an industry that often takes itself too seriously. At the end of the day, when it comes to our personal styling choices, there's healing in resetting our decision-making criteria to 'what makes my heart swell, my jaw drop, and gives me goosebumps.'

Looking through hundreds of runway photos presenting to the world **the upcoming fall styles**, I noticed a **palpable understanding of this numb, awe-starved societal state of mind**. For the first time in a long time, the season's fashion designs had not only a **tangible air of joyful newness** to them but also a **knowledge, finally, of what women actually wear and what makes us tick** (again).

A preview of the fall styles shows **two equally powerful approaches**. On the one hand, we see an emphasis on **dressing for individuality - a resurgence of elegance and perfectly controlled tailoring** nodding to the classic, **with a frisson of drama, monumental beauty, and power-hour wonder**. On the other hand, we get **the prevailing message of wearability, relatability, and comfortability**, without

sacrificing any points in the styling. **Fall fashion trends speak with one voice about timeless pieces, bespoke in look, design, and construction, yet created to be worn by everyday women**. Both approaches respond bullseye to the wow-factor need and to the general desire for experiences



Bottega Veneta

that can empower, enchant, inspire, and enthrall.

First and foremost, we talk about **YSL-style, wow-awe elegance**, where every aspect of the look is thoroughly considered. Think **the iconic skirt suit** sported by Melanie Griffith and Sigourney Weaver in *Working Girl*, made of the finest menswear fabrics, **with an impressively large shoulder jacket**, cut into a classic men's suit jacket, or smoking, or velvet blazer, **over a lean pencil skirt** which finished just above the knee.

In **the amped-up version**, it's a **leather skirt suit**, giving off the thrilling vibe of a fierce, and unapologetic, modern femininity, completely voided by any notion of stiffness. It's **the timeless look of a woman who creates her own style**, the particular feminine/masculine approach with subtle military inflections, and she's-one-the-boys sexiness that will never go out of fashion. No one could ever forget the unforgettable Kelly McGillis in 1986's *Top Gun*, wearing the bomber jacket with a white shirt, pencil skirt, and red lipstick wide smile.

The suit works best **worn with tanks as simple as cotton tees, killer slingbacks, substantial gold bangles, and aviator shades**. **Toned down**, the skirt may be replaced with **cashmere leggings, seeing that fancy hosiery**





Saint Laurent

is on the rise, and the jacket softened by a chiffon blouse with super-long trailing neckties, a diaphanous black lace and velvet camisole, or a shawl draped and fastened with a statement gold brooch.

It's an elegance that feels right for the times, as it showcases both our desire to leave behind fear and unease, and the imperative need for reset. It calls for finally shaking off the false impression that wearing loungewear to work from home makes no difference to our productivity levels, mental health, or self-respect. Nothing says *reimagining* better than a sleek pencil skirt and a power-shouldered blazer that looks custom tailored for your exact measurements.

Of course, fashion designers didn't miss out on our thirst for thrill and fun either, and sent out on runways models looking intentionally frazzled, having remembered to wear stockings and outerwear but forgotten pants and a hairbrush. We get to play the game of 'forgotten' wardrobe items, be they missing bras, pants, or shoes while accepting that underwear, opaque or fishnet tights, and cotton socks will do.

Next to powerhouse elegance, the other buzzword of the season is wearability, meaning ready-to-wear for real. It's still elegance yet with the casual flair of cool prep with tailored trousers and knits, or the easy legging looks. The style most

likely to embody this spirit of wearability is featuring a white tank top and jeans, which proves that the seasonless pieces are meant to be collected and restyled season after season.

Practicality and our mutual desire for comfort are played out in the form of furry footwear, fashionable security blankets, and apparel fitted with oversize hoods – from dresses with built-in hoods to industrial

parkas or dramatic faux-fur outerwear. The wildly large, security blanket-like shawls, worn draped around and pinned in place with a highly ornated mega brooch, act as a much-needed tight hug as well as a magician cape, mystery-infused.

The finishing touch of the season, if we set aside the brooch and the bangles, is the chunky earring. No style presented on the runways, from elegant eveningwear to simple tank tops, was missing this statement accessory, so big, bold earrings are a good investment for this fall, being up to be worn for practically any occasion.

A bird's eye view shows, at least through the lens of fashion, that we are starting finally, slowly, to move away from dread and discontent, towards much sunnier dispositions. And we do it via a path of royally-beautiful defiance, which shakes all things up and awakens us wide. They say that with every problem we confront in life, there is not only something to do but also something to know. Regardless of this problem's magnitude and global stature, I think that what it is for us to know here is very simple and very clear.

From the fear of being alive to the wonder of being alive, there is just one way. As it is from darkness to light or from anywhere, home. What truly matters is to travel it looking forward, unflinching, until we reach the point of no return. 🔥



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 HOME & HEARTH 08.23

## Stonewood Kitchen & Bath

**F**or over a decade, Stonewood Kitchen and Bath has been transforming interiors and partnering with clients to make their dream home a reality. Offering concierge-level design services, Stonewood provides everything from conceptual plans to project management, leading homeowners from preliminary sketches to the final punch list, offering expertise for every step of the process. With a personalized approach, Stonewood designers are visionaries working with clients to establish functionality in their homes, and then elevate rooms into spaces of beauty and comfort. While specializing in kitchens and baths, Stonewood also offers cabinetry and full-scale design for offices, entertainment areas, bars, pantries and more. They strive for lasting beauty in cabinetry, offering multiple product lines to meet a range of budgets, with thousands of door styles, wood types, and finish combinations. By layering textures, choosing colors that evoke joy and comfort, and adding natural elements, Stonewood designs are fresh and inspiring, perfectly blending aesthetics and functionality.

















**S**tonewood Kitchen and Bath has a showroom in Westlake Village at The Landing, as well as in Walnut Creek, serving clients both in Southern and Northern California. Stonewood Kitchen and Bath continues to garner prestigious awards from such organizations as the National Association of the Remodeling Industry (NARI) and Best of Houzz, the leading platform for home remodeling and design. They've also repeatedly won Reader's Choice awards from *Oakland Magazine*. Owner Julie Holland was named one of the most influential people of 2023 by *LA Style Magazine* in recognition for her leadership as an entrepreneur.



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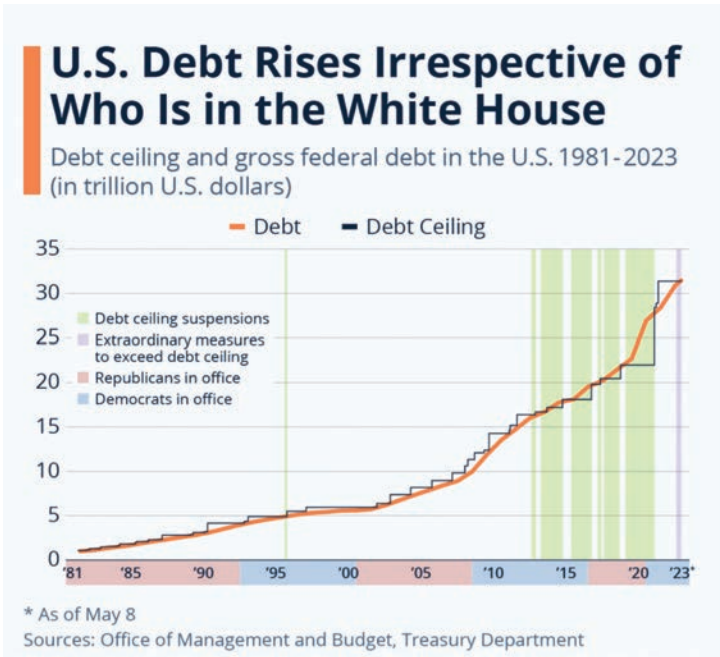


# The Debt Ceiling

By Ray DiBartolomeo

In the United States the debt ceiling or debt limit is a legislative limit on the amount of national debt that can be incurred by the U.S. Treasury, thus limiting how much money the federal government may pay by borrowing more money, on the debt it already borrowed.<sup>[1]</sup> The debt ceiling was created under the Second Liberty Bond Act of 1917 and is also known as the debt limit or statutory debt limit.<sup>[2]</sup> The debt ceiling is an aggregate figure that applies to gross debt, which includes debt in the hands of the public and intra-government accounts. The debt ceiling is the maximum amount of money that the United States can borrow cumulatively by issuing bonds.<sup>[3]</sup>

If U.S. government national debt levels bump up against the ceiling, then the Treasury Department must resort to other extraordinary measures to pay government obligations and expenditures until the ceiling is raised again.<sup>[4]</sup> The debt ceiling has been raised or suspended numerous times over the years to avoid the worst-case scenario: a default by the U.S. government on its debt.<sup>[5]</sup>



This chart shows the debt ceiling in the United States from 1981 to 2023 (in trillion U.S. dollars)

## THE FEDERAL BUDGET

The process of setting the debt ceiling is separate and distinct from the United States budget process, and raising the debt ceiling neither directly increases nor decreases the budget deficit, and *vice versa*.<sup>[6]</sup> The

Government Accountability Office explains, “the debt limit does not control or limit the ability of the federal government to run deficits or incur obligations<sup>[7]</sup>. Rather, it is a limit on the ability to pay obligations already incurred.”<sup>[8]</sup>

The President formulates a federal budget every year, which Congress must pass, sometimes with amendments, in a concurrent resolution, which does not require the President’s signature and is not binding.<sup>[9]</sup> The budget details projected tax collections and expenditures and, therefore, specifies the estimated amount of borrowing the government would have to do in that fiscal year.<sup>[10]</sup> As of January 2023 Treasury Secretary Janet Yellen supported legislation to abolish the debt limit, which President Biden has ruled out.<sup>[11]</sup>

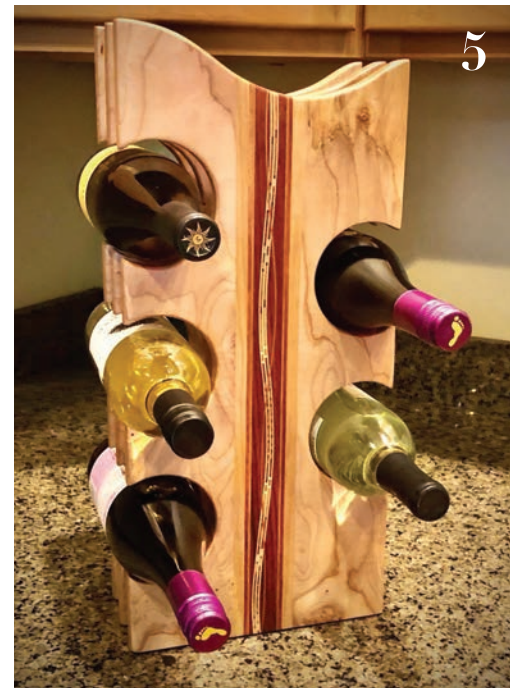
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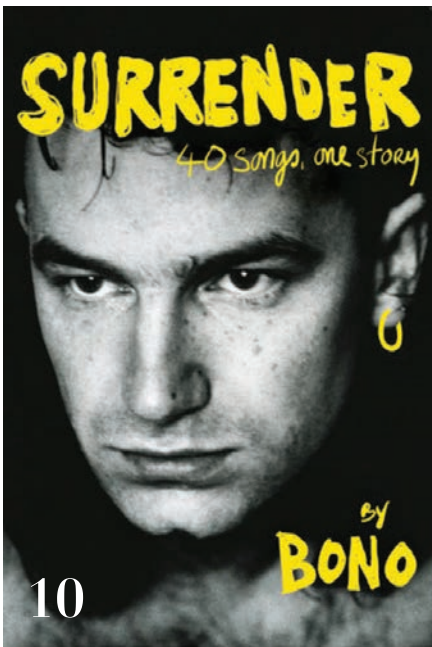


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The Seychelles is an archipelago of 115 islands in the Indian Ocean, off East Africa. It's home to numerous beaches, coral reefs and nature reserves, as well as rare animals such as giant Aldabra tortoises. You may consider combining an Africa Safari in nearby Kenya, and finish off your trip by spending a few days in mesmerizingly beautiful Seychelles. Its beaches are diverse – some desert-like and sprawling; others more dramatic with huge granite boulders and palm forests. Mahé is the main island, home to the Seychelles' charming colonial capital, Victoria. Lace up your hiking shoes and explore the upland trails; snorkel and sail in pristine blue waters; indulge in the local culture with a cooking class, or simply relax.



# Seychelles



Serenity







#### BEAU VALLON, MAHÉ

Known as the base for water sports, Beau Vallon beach is the most popular Seychelles beach. With a wide bay, and calm, gentle waters, it is one of the best beaches for swimming.

#### FOUR SEASONS RESORT: PETITE ANSE, MAHE ISLAND

The Four Seasons Resort at Petite Anse, Mahe Island is a very private and special place. You can find serene seclusion at their tree-house villa where gentle ocean breezes float up the granite hillside, or you can spend days lounging by your private pool and playing in the turquoise waters of Petite Anse Bay. Bliss can also be found at their hilltop Spa before a sunset meal on a deserted beach.

#### GUEST ROOMS AT FOUR SEASONS RESORT

All Guest Rooms are stand-alone villas that feature large sunken bathtubs and private pools, located either by the beach or nestled among the lush tropical hillside. There's the Serenity Villa, Hilltop Ocean-View Villa, Garden-View Villa, Three-Bedroom Royal Suite, Three-Bedroom Presidential Suite, Two-Bedroom Hilltop Ocean-View Villa, Two-bedroom Ocean-View Suite, Four-Bedroom Residence Villa and Three-Bedroom Residence Villa.

#### CULINARY ADVENTURES AT PETITE ANSE

Choose from a variety of dining options and experiences at Petite Anse. Learn to master the flavors of some of the Seychelles' most delicious dishes during a Creole cooking class. Enjoy an intimate meal on the sands of Petite Anse or barbecue your own lunch in between dips at the nearby pool.

#### SPA TREATMENTS

Be transported to a state of life-affirming vitality with spa treatments and wellness experiences inspired by the Resort's surroundings and nature's wonders.

Luxury swimming pool with chairs at the Four Season resort in the mountains



Ocean view suite at  
Four Seasons Seychelles



Four Seasons Hotel Seychelles- Serenity Villa



Serenity Villa Bathroom

### ACTIVITIES

A variety of eco-friendly water sports are available to help you discover the marine environment while keeping fit. Try your hand at surfing, kayaking, sailing or stand-up paddleboarding.

**Tropicsurf:** With an expert Tropicsurf instructor guiding your every move, experience the thrill of gliding across the water. Beginners can start with the basics by the Resort and move on to bigger waves at beaches close by.

**WiseOceans:** Come and explore everything the underwater

world of Seychelles has to offer at the Coral Cabana, where their marine education and conservation specialists from WiseOceans are eager to show you the wonders that lie in the ocean.

**Fishing:** A variety of fishing experiences are available such as Big Game, Fly and Bottom Fishing.

**Diving:** Seychelles is located next to the equator, which means it is possible to complete two and four dives each day. Choose between several PADI courses and excursions before heading out on an underwater adventure.









Beach Suite Terrace - Four Seasons Seychelles



Privacy at the Villa Four Seasons Seychelles

**Pool:** Go for a swim in their 90-foot pool or grab a lounge chair.

**Sunset Golf:** Practice your swing in a session of sunset golf on the beach by hitting eco-bio golf balls straight into the ocean.

**Kids for All Seasons:** This program is designed to create memorable and educational experiences in a casual, fun environment. While the hub of activity is the children's center, kids will quickly realize that the entire beach is their playground.

#### MAIN FOOD DISHES IN SEYCHELLES

Staple foods include fish, seafood and shellfish dishes, often accom-

panied with rice. Fish dishes are cooked in several ways, such as steamed, grilled, wrapped in banana leaves, baked, salted and smoked. Curry dishes with rice are also a significant aspect of the country's cuisine.

#### BEAUTY OF SEYCHELLES

The crystal-clear water and glistening-white sands make the Seychelles a particularly beautiful destination. The huge granite rocks add to the beauty and ambience of the place. It's also a safe place with its small population and an economy that is bolstered by investments and foreign assets pouring into this island gem. The Seychelleans take great pride in their crucial tourism industry. 🌊



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