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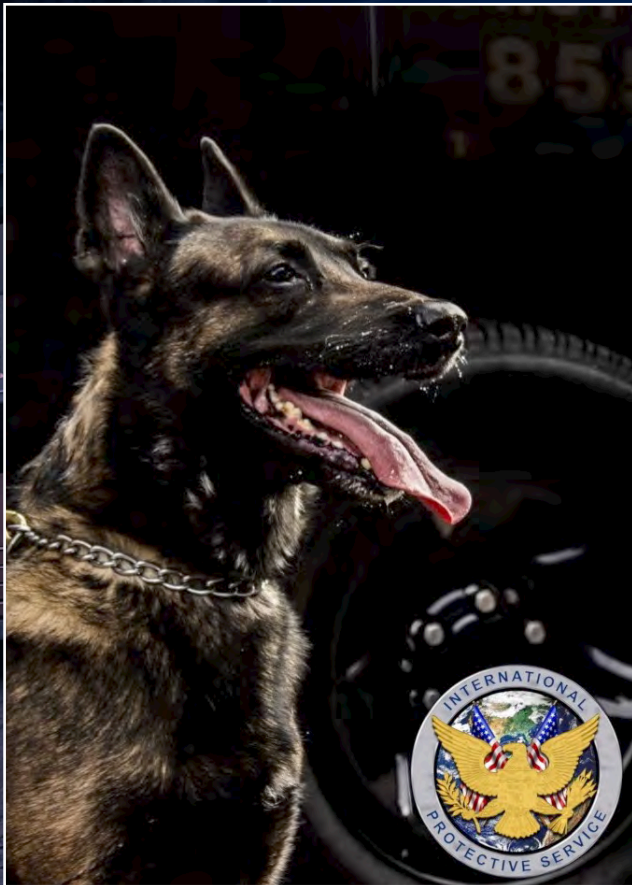
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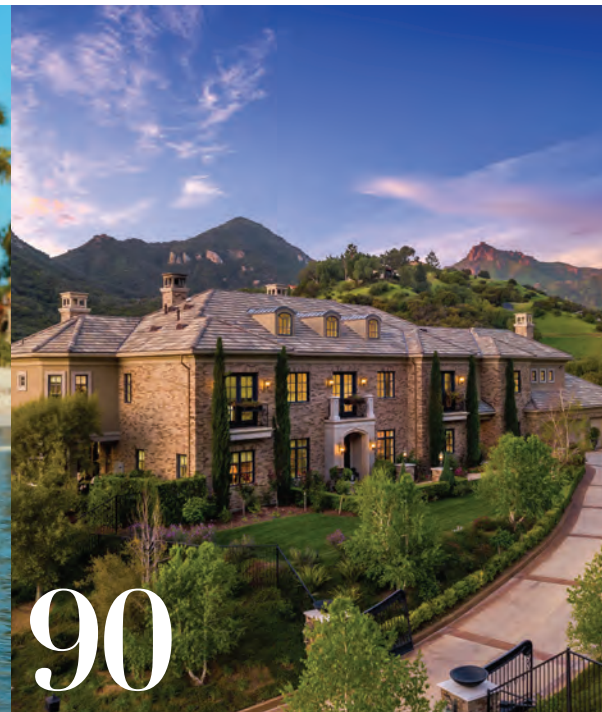
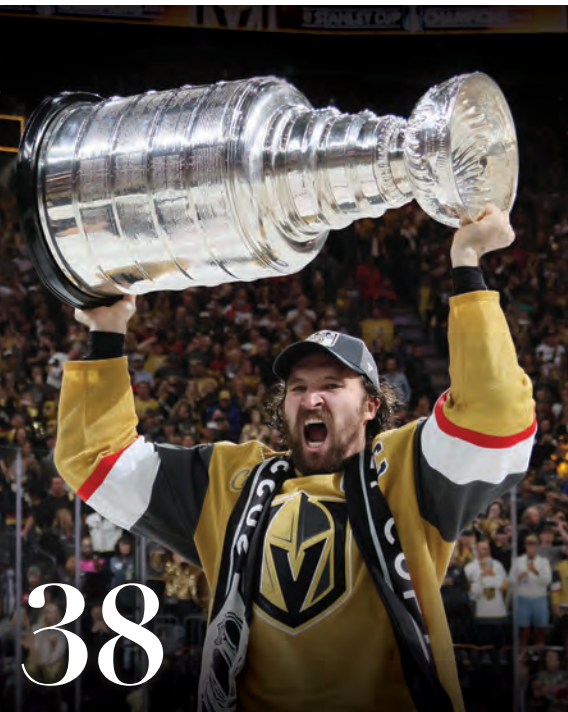
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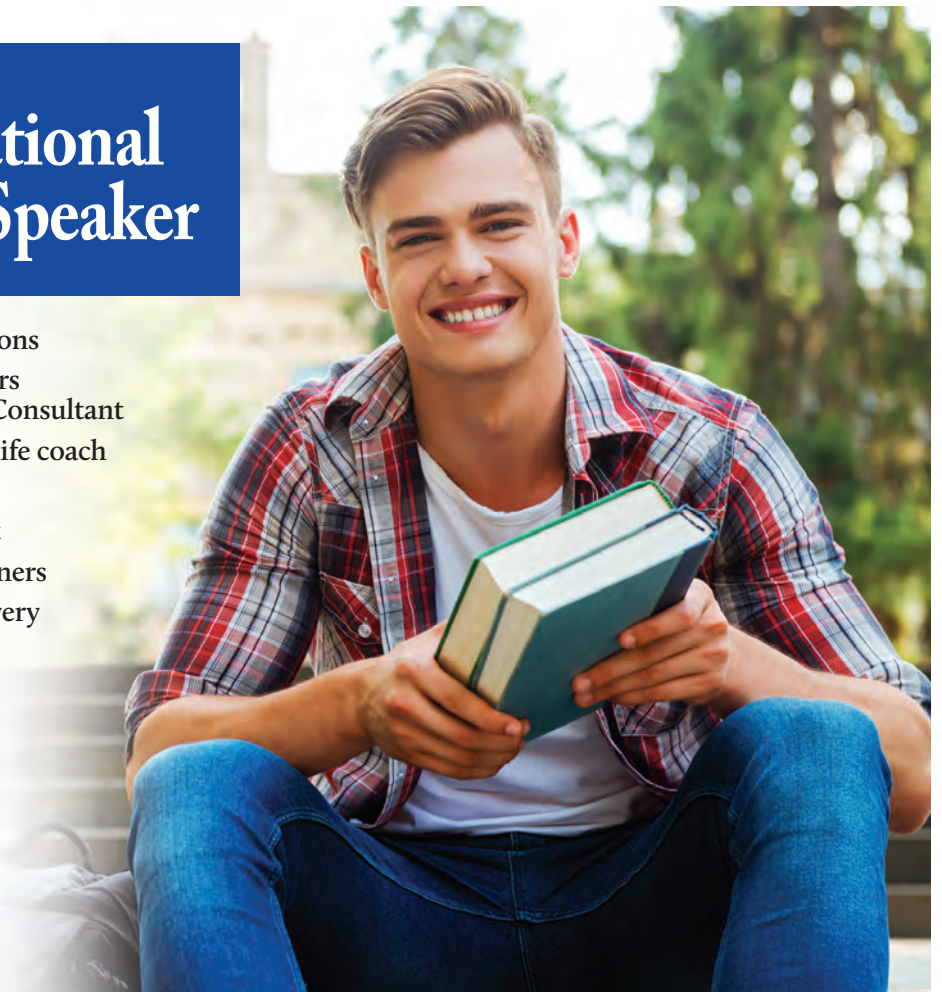
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We are thrilled to have the iconic Christie Brinkley on our spring cover. The legendarily famous supermodel, actress, entrepreneur, and best-selling author continues to topple ageist notions so definitively that her three children, Alexa Ray, Jack and Sailor and the next generations will reap the benefits of journeying through life with extensive lenses and unlimited horizons. In this cover story, we take you to the exquisite Turks and Caicos Islands, the idyllic canvas for Christie's 70th birthday celebration. Her lifelong story continues to redefine our collective human script. 70 has never looked and felt so good, nor have the spurious tales about its limitations manifested in Christie Brinkley. A lifetime of determinately healthy choices, and a daily desire to live appreciatively - have made her the trailblazer for an enhanced quality of life. And the great news is that all of us have that choice, particularly if we cherish a life walking respectfully alongside nature (page 68).

One of the most remarkable people is Dr. Jane Goodall, who is admired and respected in every corner of the world – no matter the nationality or ethnicity. This unassuming, petite woman has spent her entire life pursuing her passion: gathering vital information about our closest relatives and opening our eyes to the magnificent interconnectedness of all species and the habitat we all share on planet earth (page 18).

Songwriter, producer and entrepreneur, Jenna Andrews, has created and hosted The Green Room, a series that offers an inclusive community and a safe space through which viewers can expand their awareness of mental health topics (page 30).

Ever thought about exchanging your home for a beautiful one in Europe? We take you to the home of Linda and Eric, Maison de Maître, in Montai-gu-De-Quercy, France. The details are on page 112.

Welcome to the Spring of new horizons.



Diana



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DAME DR. JANE GOODALL

90 YEARS OF VITAL WORK

There's a palpable buoyancy to 2024. We've survived some challenging times, and the more I converse with younger people, the more I'm convinced that we will move forward with a greater awareness of the ramifications of our actions. There's also an earnest desire amongst the millennials and Gen Z's to engage in work about which they are truly passionately invested.

One of the most remarkable people of both the twentieth and twenty first centuries is Dr. Jane Goodall, who is admired and respected in every corner of the world – no matter the nationality or ethnicity. This unassuming, petite woman has spent her entire life pursuing her passion - gathering vital information about our closest relatives, and opening our eyes to the magnificent interconnectedness of all species and the habitat we all share on planet earth.

THE EARLY YEARS

As a child, Jane Goodall had a natural love for the outdoors and animals. She had a much-loved dog, Rusty, a pony, and a tortoise, to name a few of their family pets. When Jane was about eight, she read the 'Tarzan' and 'Dr. Dolittle' series and, already in love with Africa, she dreamed of traveling to that continent to work with the animals featured in her favorite books.

STORY BY DIANA ADDISON LYLE

In English

VÉDELMEBEN

az igazságosság fogalmából.”

Dr. Jane Goodall

Kövessd a nyomukat a Jane Goodall Tanösvényen!



Angol fordítás:



FORDÍTÓIRODA



Dr. Jane Goodall with Mr. H at the Jane Goodall Nature Trail in Budapest, Hungary



“Change happens by listening and then starting a dialogue with the people who are doing something you don’t believe is right.”

Jane Goodall speaks in Sashegy, Budapest

JANE GOES TO AFRICA

In 1960, aged 26, equipped with little more than a notebook, binoculars and her khaki shorts and shirt, Jane Goodall braved a realm of unknowns by venturing by boat into Gombe Stream Game Reserve in Tanzania (on the eastern shore of Lake Tanganyika) – focused on her fascination and love for wildlife. That journey to Africa 64 years ago required a level of bravery that few people possess.

The early weeks at Gombe were challenging. Jane developed a severe fever (likely malaria) that delayed the start of her work. Once recovered, the rugged terrain and thick vegetation made traversing the reserve a challenge and often she hiked miles without seeing a chimpanzee. Driven by her passion, she was determined to give the world a remarkable new window into humankind’s closest living relatives.

A NEW KIND OF SCIENTIFIC RESEARCH

At the time, the world knew very little about chimpanzees, and

even less about their unique genetic kinship to humans. Jane took an unorthodox approach in her field research, immersing herself in their habitat and their lives to experience their complex society as a neighbor rather than a distant observer. Her first substantial contact was with an older, wise chimpanzee named David Greybeard. Later, she formed a close bond with a baby chimpanzee named Flint. She came to understand the chimpanzees not only as a species, but also as individuals with emotions and long-term bonds. Her discovery that chimpanzees make and use tools is considered one of the greatest achievements of twentieth-century scholarship. Her field research at Gombe transformed our understanding of chimpanzees and redefined the relationship between humans and animals in ways that continue to emanate around the world. Jane describes those early days like this:

“A sense of deep calm came over me. More and more often, I found myself thinking, this is where I belong. This is what I came into the world to do.”

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Dr. Jane Goodall receives a Roots and Shoots presentation

HOW TO MAKE CONSERVATION WORK

Through 64 years of groundbreaking work, she has not only shown us the urgent need to protect chimpanzees from extinction; she has also redefined species conservation to include the needs of local people and the environment.

Jane shifted from scientist to conservationist and activist after attending a primatology conference in 1986, where she noticed all the presenters mentioned deforestation at their study sites worldwide. She had noticed some signs of deforestation along Lake Tanganyika at Gombe Stream National Park, but nothing significant. Then, in the early 1990s, she flew in a small plane over the park and was shocked to see large-scale deforestation on the other side of the park where local villages were rapidly expanding. Miles of bare hills stretched where once untouched forests had stood. Jane knew that she had to take action to protect the forest and preserve the critical habitat of the chimpanzees.

When she discovered that the survival of the chimpanzees was

threatened by habitat destruction and illegal trafficking, she developed a breakthrough approach to species conservation that improves the lives of people, animals and the environment by honoring their connectedness to each other. In 1977, she founded the Jane Goodall Institute to ensure that her vision and life's work continue to mobilize the collective power of individual action to save the natural world we all share.

She famously said, "Change happens by listening and then starting a dialogue with the people who are doing something you don't believe is right."

In 1991, the Jane Goodall Institute started up a tributary program called Roots & Shoots, which encourages young people around the world to be agents of change by participating in projects that protect the environment, wildlife, or their communities. Jane met with anyone she felt could be key to protecting places like Gombe Stream National Park and has been an advocate for protecting animals, spreading peace, and living in harmony with the environment.

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Young people in Budapest Hungary gain wisdom from Jane Goodall. Aug 09, 2019

Jane is still hard at work today - raising awareness and building resources to protect the chimpanzees, their habitats, and the planet we all share. She travels about 300 days a year giving speeches, talking to government officials and business people around the world, encouraging them to support wildlife conservation and protect critical habitats. She speaks about the threats facing chimpanzees and environmental crises, urging each of us to take action on behalf of all living things and the planet we share.

THE PEACEMAKER

Jane Goodall's life's accomplishments are immense. Even the most hardened cynics would be devoid of an argument if they attempted to minimize her massive contributions to this world. We all know that she's a world-respected scientist and conservationist, but I want

to home in on one of her equally important characteristics. Jane is a peacemaker – above everything. It is her mentorship in peacemaking that will have the longest-lasting and most powerful effects on planet earth. Humans get caught up in their egos and their power trips. What Jane Goodall has consistently shown us through her gentleness, her sensitivity, her acute listening skills, and her rational observations, is that our success as a human race is dependent on our levels of cooperation with each other. If we label people as enemies and if we don't engage in constructive dialogue with one another because of our varying viewpoints, we will invite disastrous consequences.

Jane has often described how deeply saddened she becomes when watching chimpanzees revert to aggressive, barbaric behavior which is motivated by malice, anger, power and greed. The same behavior is evident in humans. It starts with body posturing,



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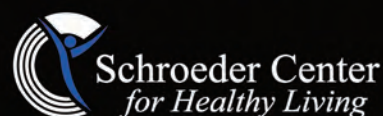
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Dr. Jane Goodall delivers a speech during the Roots & Shoots China Summit at the Jane Goodall Institute



Gombe Tanzania. Jane with baby Flint.
(National Geographic Creative Hugo van Lawick)



Gombe Tanzania. Jane with David Greybeard.
(National Geographic Creative Hugo van Lawick)

aggressive words, and then volatile behavior that can result in terrible violence and destruction.

This world-respected scientist, conservationist, peacemaker, and mentor has shown us the power of communicating irrefutable facts in such a congenial manner that audiences are drawn to the purity of her intention. That is what compels us to listen – whether we know it or not. Jane Goodall's calling has been her life's work, and

it has played a vital role in our understanding of the inter-connect- edness of all living creatures with our shared habitats.

As we celebrate the 90th birthday of this astoundingly giant woman, may we all work together collectively towards a healthier, more sustainable future. 🌱

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This Classic estate has been meticulously maintained with fine finishes and craftsmanship apparent throughout. Complimenting the French inspired Classic home that is Larroque is a beautiful French styled rose garden that melts into the Second Fairway. The majestic Santa Monica Mountains adding tranquility for a peaceful living experience. Sherwood Country Club Estates is one of Southern California's most prestigious addresses.





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Jenna Andrews

Mental Health Advocacy



The super accomplished Jenna Andrews is a songwriter, producer, and entrepreneur. She co-wrote the #1 hit single *Butter* from South Korean superstars BTS. She also produced vocals on the BTS Grammy-nominated global hit, *Dynamite*, and recently co-wrote and co-produced *Permission to Dance*, with Ed Sheeran for the group which debuted at #1 on the Billboard Hot 100 charts. No stranger to movie soundtracks, she wrote the lead single off the latest *My Little Pony* movie which she co-executive produced. She wrote the single *Church* for the film and *Marry Me*, performed by Jennifer Lopez. Jenna is one of the rare female producers in the music industry.

Yet this smart, altruistic artist wanted to do more: she has become an important advocate for mental health awareness. *The Green Room* is a series created and hosted by Jenna that offers an inclusive community and a safe space through which viewers can expand their awareness of mental health topics.

I ask Jenna what motivated her to step up and start this necessary series.

“I dealt with eating disorders, anxiety and panic attacks, and instead of remaining silent about them, I wanted to be open by

sharing my experience with others. What I discovered is that mental health struggles are prolific in the entertainment industry, and I wanted to guide young adults, in particular. *The Green Room* is a great platform to connect people and bring in different specialists who are equipped to help. I’ve encountered so many young people who struggle every day, and sharing their stories is the beginning of the healing process.”

Jenna has partnered up with the Jed Foundation, a nonprofit that protects emotional health and prevents suicide for teens and young adults. She also works with *She is the Music*, an industry-wide movement to empower female creators and drive inclusivity and equality for women in music, on the series.

I ask Jenna if she believes that the 2020s have created more situations in which young people might consider suicide. She answered unhesitatingly:

“Definitely. There’s much more visibility on young people today and pressure to be perfect. It’s driven by relentless social media exposure and the expectations that come from that. Privacy doesn’t exist anymore. We are here to help. Please know that you are not alone.”

The Green Room is accessible on Spotify, Apple and You Tube. 
IG: @thejennaandrews @sheisthemusic @jedfoundation

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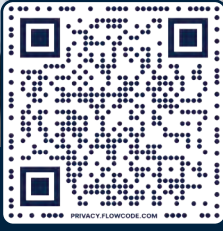
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Payton Godsey and Grace Geyer

More than Just Teammates



Grace Geyer
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Payton Godsey
COURTESY OF OAKS CHRISTIAN SCHOOL

Payton Godsey and Grace Geyer are much more than the top two female runners in Oaks Christian School's cross country and track distance history. As teammates, they push each other on the track and on the course. As friends, they are also nearly inseparable off the field of play.

The two have been racing against each other since they were seven years old but didn't know each other until they each walked on Oaks Christian's campus as freshmen. Since that time, they have been each other's support system, pushing the other to be the best they can be on the track, as well as in the classroom. Both received scholarships to continue their running at the collegiate level, with Godsey going to Northern Arizona and Geyer heading across the country to Duke.

On the field, the pair hold the top two spots in several races. In track and field, Godsey has the record for the 1600m (4:42.57) and the 3200m (9:57.77). Geyer is right behind her in both, with a 4:56.42 in the 1600m and a 10:43.16 in the 3200m. They are also one and two in the mile as the only sub-five-minute mile times in Oaks Christian girls' track history, with Godsey's 4:44.13 and Geyer's 4:58.29. 🌱



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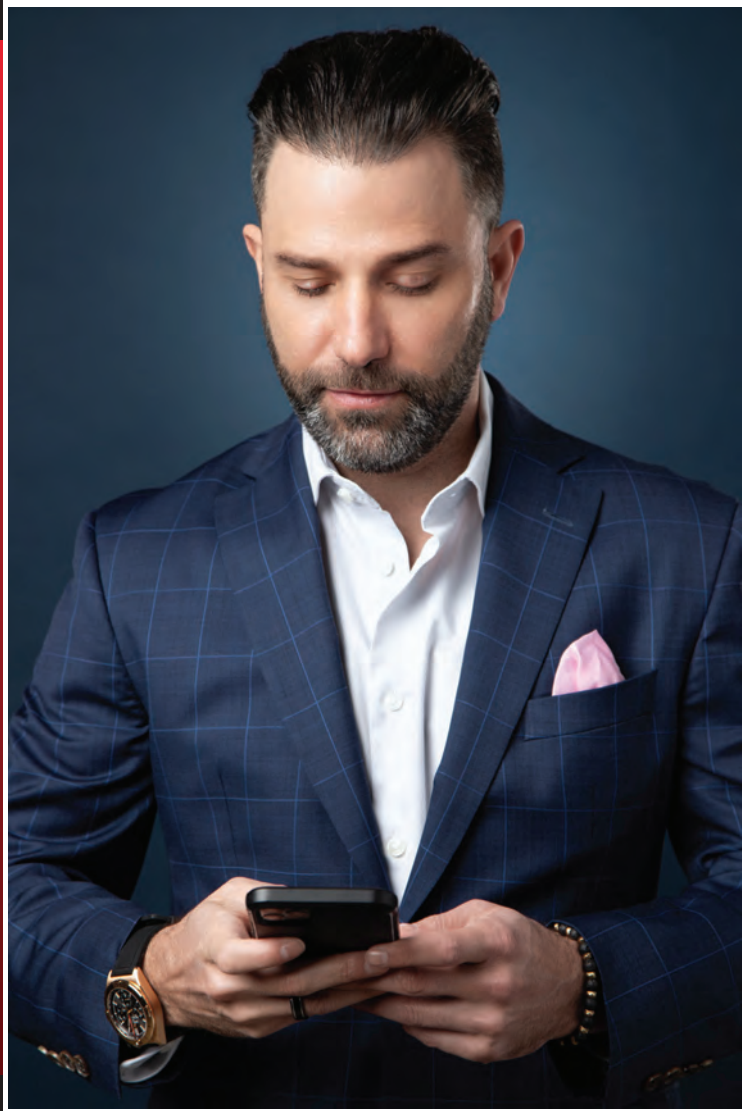
Mark Stone of the Vegas Golden Knights hoists the Stanley Cup at T-Mobile Arena in Las Vegas 2023

2024 Stanley Cup Excitement

There has never been a more exciting time to be a hockey fan. The league is steeped in a wealth of young talent (under age 25) that are going to strengthen the game considerably for a long time to come. These skilled youngsters include Connor Bedard (Chicago Blackhawks), Matty Beniers (Seattle Kraken) and our own local Trevor Moore, who has been the leading scorer for the LA Kings.

Continued on page 40

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The top teams: Vancouver Canucks, Boston Bruins, Florida Panthers, Dallas Stars, New York Rangers. Last year's Stanley Cup Final featured the Florida Panthers vs the Vegas Golden Knights with Las Vegas winning their first Stanley Cup in their franchise history.

The LA Kings began the season as one of the hottest teams, winning 11 straight games on the road but then they lost 12 of 14 games in mid-December through January.

The 2024 Stanley Cup playoffs will begin on Monday, April 15th and will wrap up with the Stanley Cup finals that start on Monday, June 3rd. 🏒

June Kamiya

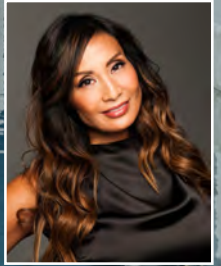
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Alexei Navalny

Alexei Navalny

Murdered

By Diana Addison Lyle

Alexei Navalny, the key opposition leader to Russian President, Vladimir Putin, 'died' in highly suspicious circumstances at an Arctic prison camp on February 16th, 2024. Navalny was a fit, dynamic 47-year-old who had a full life ahead of him had it not been the fact that he was an enormous thorn in Vladimir Putin's side.

The Russian Dictator had failed at previous attempts to assassinate Navalny, and after imprisoning him in 2021, the Kremlin made sure that their mission was accomplished in 2024 - one month before the Russian elections.

Navalny died at one of Russia's most notorious prisons where he was kept in solitary confinement. The Russian-spun story is that he

had taken a walk on February 16th, 2024, and died of a blood clot while walking. They provided no evidence.

The Russian authorities took away Navalny's body immediately - refusing to release it to his wife, Yulia Navalnaya and lawyer because they didn't want an autopsy conducted in which the medical results would reveal the cause of death.

The Russian citizens who were brave enough to pay their respects to Navalny at memorials across the country were immediately detained by authorities, according to human rights observers. Any mourner placing a bouquet of flowers at a memorial site was arrested and detained. That shows how threatened the Kremlin was by anybody who supported Navalny.

For those who are unfamiliar with Navalny's history, he was a stal-



wart Russian opposition leader, lawyer, anti-corruption activist, and subsequent political prisoner. He organized anti-government demonstrations and ran for office to advocate reforms against corruption in Russia and against President Vladimir Putin and his government.

On 20 August 2020, Navalny was poisoned with a nerve agent called Novichok during a flight from Tomsk to Moscow. It was an ideal environment to poison him since it would be impossible to render him immediate medical help while an airplane is in flight. He began to convulse on board the flight and after the pilot made an emergency landing, he was taken to a local hospital in Omsk where he was in a coma. When his wife, Yulia, demanded that her husband be released from the Russian hospital so that she could transfer him to a safer hospital in Germany, the police presence at the hospital did their utmost to keep the family away, and secure Navalny there for as long as possible. The reason was that the longer



2020- Navalny is taken to hospital after poisoning on board Russian flight

they kept him there, the less chance there would be of traces of the nerve agent Novichok being detectable.

After the collapse of the Soviet Union in the 1990s, scientists working at the GosNIIOKHT state chemical-research institute in Russia, spoke publicly about the nerve agent, Novichok – which means in Russian ‘new guy’ or ‘newcomer’. Russia has never officially confirmed its existence, but those same scientists said Novichok nerve

agents are the deadliest ever made, with some variants possibly five to eight times more potent. They belong to a broad class of compounds called cholinesterase inhibitors.

Novichok disrupts the mechanisms by which nerves transfer messages to organs, by inhibiting chemicals in the body that nerve cells use to regulate essential functions and blocking neurotransmitters.

What makes nerve agents ideal for assassination purposes is that they are usually colorless and tasteless liquids that can evaporate into a gas.

Navalny was a Russian opposition leader, lawyer, anti-corruption activist, and subsequent political prisoner. He organized anti-government demonstrations and ran for office to advocate reforms against corruption in Russia and against President Vladimir Putin and his government



Though some Novichok agents are solid, they are most commonly dispersed by means of an ultrafine powder. This can enter the body by inhalation, ingestion, or contact with the skin.

The first sign of Novichok poisoning in a human body is miosis: shrinking of the pupils in the eyes to mere dots. That is quickly followed by sweating and wheezing. As the muscles around the heart and lungs contract, the victim has difficulty breathing, and this can lead to suffocation and cardiac arrest. The nerve agents disrupt nerve signals to the muscles, causing involuntary convulsions. This is usually accompanied by vomiting and then death.

In August 2020, the Russians eventually gave in to Yulia Navalnaya's and the world leaders' pressure to release Alexei from the Russian hospital. Chancellor Angela Merkel of Germany put out this stern warning to the Kremlin:

"The crime against Alexei Navalny is against the basic values and fundamental rights we support. It raises serious questions which only the Russian government can, and must, answer."

Navalny was evacuated to Berlin, Germany where the use of a type of Novichok nerve agent was confirmed by the Organization for the Prohibition of Chemical Weapons (OPCW) certified laboratories. They showed that a cholinesterase inhibitor from the Novichok group was found in Navalny's blood, urine, skin samples and his water bottle.

Novichok is a signature Kremlin method of murder. Former Russian double agent Sergei Skripal and his daughter Yulia were poisoned by nerve agent Novichok in 2018 in England. Police officer Nick Bailey along with two members of the public, Charlie Rowley and Dawn Sturgess, were also poisoned. Dawn Sturgess later died.

Despite the 2020 proven evidence of Novichok in Navalny's body, the Kremlin's response to the conclusions and the allegations were swiftly suppressed as "utterly unfounded" and "insulting." They blamed it all on the American C.I.A. and refused to open an official criminal investigation of the poisoning.

The European Union (EU) and the United Kingdom (UK) responded by imposing sanctions on the Director of the Russian Federal Security Service (FSB), Alexander Bortnikov, five other senior Russian officials, and the State Research Institute of Organic Chemistry and Technology (GosNIIOKhT). According to the EU, the poisoning of Navalny became possible "only with the consent of the Presidential Executive Office" and with the participation of the FSB.



At the time of the 2020 assassination attempt, Dasha Navalnaya, the daughter of Alexei and Yulia, who is a student at Stanford University, said, "What happened to my father was surreal – like a book I was reading."

Further evidence of the Kremlin's involvement in the 2020 Navalny near-death situation was conducted by a highly accredited international Data Journalist, Christo Grozev, who studied the flight manifesto of everybody on board the Russian flight wherein Navalny was poisoned. He even traced their original starting point to get to the remote location, and it all pointed to Moscow. From there, Grozev was able to come up with a short list of eight prime suspects on board that flight whose movements all overlapped at significant checkpoints. When Grozev set up a phone trap a few weeks later with the eight prime suspects, two of the men interviewed admitted that had the airplane pilot not grounded the flight as soon as he did, the nerve agent would have caused Navalny's death, and they would have been successful in their mission. They admitted their culpability.

We know that Vladimir Putin is never going to admit that he ordered the death of Alexei Navalny. We also know that the denial of basic human rights in Russia is so egregiously enforced that the country has one of the worst records of oppression. It violates every tenement of ethical governance and leadership.

While Vladimir Putin will continue to entrench his dictatorship hold on the Russian people, the hope is that Alexei Navalny's death will effect significant change in the country. He was prepared to die for there to be change in his beleaguered country, and while the free world is exerting pressure on Putin, it is ultimately going to be the Russian people who decide how much longer they can tolerate a ruthless leader. The problem is that any vocal disagreement in an oppressive regime may cost them their lives.

In the meantime, a young family has just lost their principled and brave husband and father. Their grief is unfathomable and their resolve to seek change – immense. Yulia Navalnaya was in Germany, about to attend the annual Munich Security Conference, when the news of her husband's death came through. She spoke at the conference with her voice trembling from grief and indignation:

"I want Putin, his entourage, Putin's friends and his government to know they will pay for what they have done to our country, to our family and my husband. And that day will come very soon."

Our thoughts go out to Yulia, Dasha and Zakhar. 🌱

Twitter: @Dasha_Navalnaya; IG: @dasha_navalnaya

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BMW 8 Series

The BMW 8 series comes in multiple choices – depending on your budget – and the level of performance you prefer. What makes this car really stand out in the crowd is that it's one of the few large grand two-doors left in the automotive world – making its elegance strikingly unmistakable on the road.



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THE 8 SERIES

There's plenty of power in the 8 series which comes with either the standard turbocharged inline-six or the optional twin-turbo V-8 under the hood. Interiorly, both models come equipped with high-end materials, comfortable seats, and plenty of space in the front seat area to stretch out. There are two rear seats for people who are under 6 feet tall and without long legs. Compared to other luxury coups, the 8 series is definitely roomier in the back. If a full-size cabin is important to you, the 8-series Gran Coupe comes with four doors and more room. Precisely engineered suspension, steering and chassis components deliver exceptional handling and agility through corners – keeping your 8 Coupe in sync with your every move. A large 12.3-inch central information display makes interacting with iDrive 7 Operating System even more intuitive, which you can control using voice commands or standard iDrive controller.

M8 MODEL

The M8 Competition Coupe's 4.4-liter V-8 engine delivers 617 horsepower and features an advanced cooling system, and a uniquely designed dual oil pan that maintains oil pressure during intense





BMW 8 Series Coupe



BMW 8 Series GranCoupe Overview



BMW 8 Series Convertible Styling



BMW 8 Series GranCoupe Engine

maneuvers. An 8-speed M Sport Transmission takes you from smooth to aggressive with the three-stage Drivelogic shifting system. Opt for the M gearshift paddles for manual shifting. From its long silhouette and sporty contours to the wide shoulders and low stance, the M8 Competition Coupe is sculpted for pure performance. This impacts everything – from the seats, exhaust, suspension, steering, wheels and aerodynamics. The M8 can do 0-60 mph in 3.0 seconds.

The standard adaptive M suspension and active M differential respond to every driving scenario – optimizing dynamics from smooth to sporty. And the intelligent M xDrive adapts power distribution with distinct 4WD, 4WD Sport and 2WD modes. The standard 6-piston front M compound brakes are connected to BMW's Integrated Brake System – offering adjustable responsiveness. You can even choose whether you want carbon ceramic brakes.

The M850i, which includes a twin-turbo V-8 and standard all-wheel drive does mean a reduction in EPA fuel economy when compared to the turbo six-cylinder that powers 840i models. We are talking 17 mpg driving in the city for the M850i versus 23 mpg in the city for the 840i.

The M8 is exceptionally luxurious interiorly. Leather covers almost every surface, and it can be mixed and matched to suit each owner's preferences. The Cognac Merino leather and Aluminum Dark Trace interior trim combination are particularly striking. Options also include glass controls for a chic interior, and the neck warmers in the front-seat headrests – are great for top-down driving.

CONCLUSIVE REVIEWS

The 2024 8-series delivers on its grand-touring promises with a supremely quiet ride, sporty athleticism, and much driver-assistance technology, including a semi-autonomous driving mode. Its steering feedback is direct and linear but filters out road imperfections and front-tire feedback. Although its adaptive dampers allow extra flexibility depending on the selected drive mode, in their stiffest setting they make the 8 remarkably stable during cornering. The car's powerful brake system and firm pedal feel further enhance the feeling of absolute confidence. The infotainment gadgetry and luxury features befit the expectations of the 8 series.

Every model has 14-way power-adjustable heated front seats, soft-close automatic doors, and customizable ambient lighting. From a safety standpoint, there is standard forward-collision warning and automated emergency braking. There's adaptive cruise control and stop-and-go technology as well as lane-departure warning and lane-keeping assistance.

MAINTENANCE

BMW Ultimate Care is a comprehensive maintenance plan that covers all factory-recommended maintenance services for eligible models. The maintenance coverage period is for the first 3 years or 36,000 miles, whichever comes first. All work covered by this maintenance plan is performed at authorized BMW Centers and by BMW-trained technicians. 🌟

Acknowledgments: caranddriver.com

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Usher's Superbowl Impact

The impact of Usher's Half Time Super Bowl performance:

- Spotify streams up +550%
- Concert ticket prices up +40%.
- 38% of the total tickets they have sold for Usher's upcoming tour came after the February 11th Super Bowl game. The Super Bowl effect is real.



Usher during his halftime concert at the 58th Super Bowl. (FREE PRESS PHOTO: AFP)

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Get Your Spring Chickens Now!

By Model Gardener Kelly Emberg



I am a long-time chicken lover for many reasons: food, companionship and joy. They will keep the pests down in your garden, you will never feel guilty about throwing extra produce away, and their composted poop will nourish your garden.

I bought my chicks in the spring of 2014, thanks to my neighbor who talked me into joining her for “Chick Night” at our local feed store. Never in my wildest dreams would I have thought I would adopt 15 chicks that very night. Once we arrived at the event, they handed me a large box and asked how many chicks I wanted. I sheepishly replied 2 or 3 and immediately realized that was the wrong answer. “No, you have to get at least 6 if you want to feed a family of 4,” the greeter replied. Then she informed me

that I couldn’t keep roosters in most communities so I should purchase a few more just in case. I carefully selected 12 balls of fluff and I thought I was ready to check out until my girlfriend showed me the cutest bantam chicks, so I added 3 more, totaling a whopping 15 baby chicks. (A BANTAM is a miniature chicken, usually about 1/4 to 1/2 the size of a standard chicken.)

Yes, I went into a panic attack as I was checking out because I remembered my husband didn’t want any chickens! This overwhelming dread filled my body when I heard the credit card go through. The spring chicks were all mine, and now I had to smuggle them home somehow.

Well, that was 10 years ago, and I am down to 4 hens. Five of them did turn into roosters and were given to my gardener,

who swears he didn’t eat them and kept them as pets, fingers crossed! One by one I have started losing a few to old age, but it has been a wonderful journey. So, if you are interested in adding a few Spring Chickens to your family, I know all that you need to know to get started.

FIRST THINGS FIRST

Before you get too excited, make sure you check your city municipal code, and your zone is in the clear. See if there are any restrictions or setbacks for your coop’s location or number of hens allowed. Beware, lots of zones don’t allow roosters because they’re too noisy.

WHEN TO START

Spring and early summer are the most



Buff Orpington Chicken



Brahma Chicken



Leghorn Hen

popular times to receive baby chicks. First, hens start laying eggs at around 6 months meaning you'll get your eggs before the end of the year and it'll be warm when you move them outside at 4-5 weeks of age.

SELECTING YOUR FLOCK

BEST EGG LAYERS

- **White Leghorns** - This hardy breed lays 280 – 300 large white eggs per year, as long as they have enough food, water and heat. They do well in a coop and penned run.
- **Rhode Island Red** - They will produce around 260 eggs per year. They are some of the best foragers and are great free-rangers.
- **Ameraucana** – Most people want at least one of these in their flock! Known as the “Easter Egg Chicken,” they lay multicolored eggs that are as delicious as they are colorful. They do well penned or in coops. 250 eggs per year.
- **Barred Plymouth Rock** – These friendly foragers lay light brown or peachy colored eggs. They integrate well in flocks and produce 280 eggs a year.
- **Buff Orpington** – Great pets and pretty good layers, about 150 to 200 eggs per year. Kids adore this lovable, docile chicken which welcomes your embrace.

BEST PETS

Raising a flock of backyard chickens as pets with “benefits” is fun for the whole family. Kids yearn to collect the eggs, spoil them with meal worm treats and delight in watching them forage for bugs in the yard. If you are considering starting a flock for your family, choose “kid friendly” chicken breeds so they can have fun petting, holding and interacting with them.

- **Cochin** - These fluffy chickens have feathered feet, and some have curly feathers. They come in 8 different colors and both standard and bantam sizes. Light brown eggs. Poor layers between 25 – 100 a year.
- **Brahma** – They come in standard and bantam sizes. They are friendly, not skittish, and trainable, making them good birds for children to show. They come in a variety of colors and have feathers on their feet. They lay brown eggs about 3 times a week. 150 -200 eggs a year.

- **Silkies** – Children love this ball of fluff. This unique, ancient breed is tiny, lightweight, and easy to handle. They have 5 toes when most chickens have 4, they can't fly very well, and their skin is black instead of yellow. They come in white, beige and gray. Not great egg layers.
- **Brabanters** – My absolute favorite! They love to be petted under their wings, and they race to me when I enter their coop or run. The hens are intelligent and very friendly but watch out for the rooster!



A little girl holding her pet Rhode Island Red Hen



Silkie chickens



Chicks under a heat lamp



Different colored eggs from a variety of hens

They lay a white or a light creamy egg and have a flamboyant Mohawk making them visually stunning.

TIP - Socializing with your flock will keep them friendly.

WHAT YOU WILL NEED FOR YOUR CHICKS

The three key essentials for raising strong baby chicks: Warm, water and feed.

- A brooding box
- Heat Lamp – they need to be kept warm. You could also use radiant heat option. Just make sure you don't overheat your chicks.
- Chick starter feed. From day 1 – 18. Medicated or unmedicated. The medicated variety helps to protect them from a deadly intestinal parasite.
- Poultry nipple waterer or elevated traditional waterer.
- Vitamin electrolyte solution – for the first few days to give them a good start.
- Paper towels or pine shavings, for an absorbent floor. Needs to be changed frequently.

COOP AND RUN

It is always good to figure out where your hens are going to eat, sleep, play and poop and once they are out of the brooder box.

- **Positioning** - Find a place out of wind with some shade and some sun.
- **Size** – You will need 3-4 square feet per chicken inside the coop and 10 sq. ft. per chicken in an outside run.
- **Light and Ventilation** – Make sure you have windows or openings with wire mesh

to keep out predators for ventilation & light. The light lets your girls know it's time to get up and start laying! Hens will lay more eggs the longer the days are.

- **Predator Proof** – You need to make sure that the enemy won't get your chickens. For coops and runs with a dirt floor, make sure you put ¼" wire mesh at least 2' into the ground for digging predators and all windows, doors and nesting boxes and fastened tight.
- **Flooring** – Concrete sand in the run and pine shavings bedding in the coop are best. Stay clear of newspaper since it doesn't absorb well and is slippery underfoot.
- **Nesting Boxes** - Generally, one box for every 4 hens.
- **Roosting Bars** - Wooden perches should be 2" diameter for regular sized chickens and 1" for bantams. Plastic or metal is too smooth for the chicken to grasp. Minimum of 8" of perch space for each chicken. The lowest perch should be 18-24" off the ground. There can be multiple roosts - chickens will jump up from perch to perch.

TIP - To avoid chicken fights, install all the perches at the same height and higher than the nesting boxes to discourage them sleeping in the boxes.

HOW LONG WILL YOUR CHICKEN LAY EGGS?

A hen's egg production is at its peak from approximately 6 to 18 months of age - somewhere around one and a half to two years after hatching. Chickens can lay eggs for over 10 years, but their productivity will decline over time. In the second year

they will lay about 80% of what they did in the first year and 70% of the first year's production in the third year. If a hen lives to ten, she would be expected to lay about 20% of the eggs she laid in her first year of life. Top egg laying breeds like Leghorns can produce 300 eggs in their first year, so a ten-year-old Leghorn might produce as many as 60 eggs a year.

LATE SUMMER MOLT

Chickens go through a period in late summer through winter when egg production slows or stops altogether. This reduction is driven by a decrease in daylight hours and molting. During the molting period, chickens use this time to build up their nutrient reserves for feather production. So don't panic when your chickens start losing their feathers and stop laying eggs. They all go through this stage. The best thing you can do to help your chickens through molt is to feed a high quality, high protein layer feed.

My chickens are my pets and all our children and grandchildren have shared in the joy of raising, naming and nurturing them. You will be surprised at how much you will love them, and they love you back. Start your Spring Chickens this season!

They will reward you with the best tasting eggs you have ever had! 🌱

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Short Stories About Big People

By Bob Eubanks

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

This year marks the 60th anniversary of the beginning of Beatlemania in the U.S. Recently I was honored to be asked to speak before a Beatle-loving crowd in Santa Barbara and tell stories about the Fab Four when they appeared on the popular Ed Sullivan Show on CBS back on February 9, 1964. If you're a Baby Boomer, I'll bet you remember that night!

What I found interesting was that Sullivan only paid the Beatles \$3,500 for their first performance. That's not \$3,500 for each of them – it was for the whole band! But 70 million people watched the Sullivan show that night and the world of rock and roll changed forever.

As you probably know, years ago I was in the cowboy world. First, I was a rodeo competitor, and then I used my equine knowledge to help me when I hosted the Hollywood Christmas Parade and the Rose Parade. People seemed to appreciate my commentary on the different breeds of horses in the parades. Two things stick in my mind all these years later...

One is when Gene Autry owned KTLA and at the time was married to a lady who was a very devout Christian. She thought Gene should cancel The Newlywed Game because it was sinful. I was relieved she didn't succeed.

The other (and I've told you this one before) is when Roy Rogers was the Grand Marshall of the Rose Parade. He'd forgotten to use the bathroom before the parade, and there's no place to go on that 5-mile route. He had to pee in his \$150 boot!

So, Taylor Swift and Travis Kelce - who'd have thought those two would end up in the same sentence? They've only been dating since September, 2023. I don't know about you, but I think they're cute and I'm pullin' for them!



The Beatles and TV variety show host Ed Sullivan, February 9, 1964.

And speaking of unlikely celebrity couples, did you know that in 1985, Cher and Tom Cruise dated for awhile? Definitely unlikely, but I do have an interesting connection to Cher.

When I was a disc jockey at KRLA in the 60s, record promoters would come into the station trying to get us to play their records. One young promoter and I became friends, and he would visit me in the studio. He was getting paid \$200 a week to promote Phil Spector records. A few months later he started dating this girl and eventually fell madly in love with her. She was taller than he was, had long, pretty hair, and he said she could sing. One

evening he brought her in and introduced me to her. Her name was Cherilyn LaPiere. He told me they were "going places" and he had big plans for them. My friend was Italian and his name was Sonny Bono. His girlfriend shortened her name to Cher.

I always like to leave you with a smile. I have a friend who got pretty wasted at a party, so he was advised not to drive his car home. So, he took a bus. What



Sonny and Cher

was so amazing was that it was the first time he had ever driven a bus.



Taylor Swift and Travis Kelce

Well, there you have it: more Short Stories about Big People. 🍷

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CHRISTIE BRINKLEY

Enhancing the Art of Living

The exquisite aqua waters of the Turks and Caicos Islands recently provided the idyllic canvas for Christie Brinkley's 70th birthday celebration. This iconic beauty's lifelong story continues to redefine our collective human script. 70 has never looked and felt so good, nor have the spurious tales about its limitations manifested in Christie Brinkley. Quite the contrary. A lifetime of determinately healthy choices, and a daily desire to live appreciatively - have made her the trailblazer for an enhanced quality of life. And the great news is that all of us have that choice, particularly if we cherish a life walking respectfully alongside nature.

The legendarily famous supermodel, actress, entrepreneur, and best-selling author continues to topple ageist notions so definitively that her three children, Alexa Ray, Jack and Sailor and the next generations will reap the benefits of journeying through life with extensive lenses and unlimited horizons.

Billy Joel's song, '*This is the Time*', was written for Christie in the 1980s, and its title is perfectly apt as we celebrate this highly accomplished frontier woman.

So, let's get this party started with the pop of a *Bellissima* sparkling wine cork!

STORY BY DIANA ADDISON LYLE @DI_ADDISON_LYLE

FADIL BERISHA PHOTOGRAPHY @FADILBERISHAPHOTOGRAPHY

MAKEUP: MOYRA MULHOLLAND AT BRYAN BANTRY AGENCY

NYC @MOYRAMULHOLLAND

HAIR: MITCH BARRY AT BRYAN BANTRY AGENCY NYC @MITCHBARRY

STYLIST: DEBORAH WATSON @DEBSWATSON



Christie's birthday took on a life of its own thanks to her two younger children, Jack and Sailor, who were determined to ensure that their mom knew how much she was loved at their paradisaal home in the Turks and Caicos. Eldest daughter, Alexa Ray, couldn't be there due to project commitments, so she celebrated her mom from afar.

"I had thought that maybe I'd just do something small at home with my kids," says Christie, "but unbeknownst to me, they had been planning a big celebration in Parrot Cay, our home of 20 years. The planning was extensive, and the details were so incredibly thoughtful. We have the most delightful neighbors who are so creative and fun. There were surprise people who came in from New York, and I was so touched that everybody made such an effort to make this such a special occasion. They enjoyed every moment as much as I did, and that made me particularly happy. Alan and Melissa, one door down from us, sent out a note in the morning to all our friends on the island:

'In honor of Christie's birthday, the Mermaid Bar is open all day – featuring Christie's *Bellissima* wines. Drop in!'

They lined the paths with conch shells and Melissa made me a mobile from shells and driftwood – all the things that I love. Another neighbor, Valerie, made me this beautiful collage of pictures of my mom and dad and my family. She carefully chose poignant words around the pictures. A hilarious moment was when my friends wrapped themselves in gift wrap and they proudly pronounced that THEY were my GIFTS."

All these expressions are a testament to the fact that the people who adore Christie understand her and know that her greatest gifts are the humans with their indelibly valuable thoughtfulness. Therein lies her value system.

She also comments on how blown away she was by all the birthday love and kindness she received on her Instagram page. She says with her signature megawatt smile,

"I swiped through all the comments and people's words and affirmations made me feel like a million bucks. I hope they know how much their words meant to me."

With the celebrations still ongoing in New York and elsewhere, Christie's eyes twinkle as she says,

"I really do believe that the key to life is to string together as many happy occasions as possible. It also explains why I have a sparkling and still wines company (*Bellissima*). I feel that the sound of a cork popping creates a happy vibe, and

people take on a bubbly disposition and truly live in that elevated moment."

Christie's depth is made up of so many shades on the sensitivity spectrum and she generously shares the more complex picture:

"There's no question that turning 70 is an emotional birthday. I'd felt that turning 30 was a big deal, that 50 was a moment of reckoning and reflection, and then of course, 64, because I'm reminded of the Beatles song."

At that moment, she sings, '*When I get older losing my hair – when I'm 64*.' She has great comedic timing.

"Yeah, I really thought that when I hit the big 6-4, I'd have grandchildren on my knee. But then, when I actually hit that number, I said, '64 ain't what it used to be.' I got a real kick out of that, and then, along came the looming 70. Instead of discovering that it's the gateway to old age, I'm discovering that it's the advent of middle age. That's because, I'm just not having it, you know, and I'm genuinely having so much fun."

Christie's super model contemporary, Beverly Johnson, was in New York doing her one-woman show, *In Vogue*, while we were shooting the cover photographs of Christie. She paid a surprise visit to Christie at Fadil Berisha's studio, and the two women were genuinely elated to reconnect. Christie describes it like this:

"As Beverly walked through the door, I was so thrilled to see her, and she was looking so gorgeous. Had we not had com-

For my birthday, unbeknownst to me, my kids had been planning a big celebration in Parrot Cay (Turks and Caicos), our home of 20 years.









mitments after the shoot, we would have spent the evening together. I'm so proud of her for stepping out of her comfort zone by doing this one-woman show. It has received rave reviews in the *New York Times*, and I am cheering on Beverly's success. It's so important that we all push our boundaries and try new things. It's about following our dreams and discovering abilities and talents that we might never have utilized before. What Beverly has done takes courage and strength."

Christie concludes with this wisdom:

"What we are all doing collectively is re-branding the age of 70. It defies the ageist rhetoric that abounded until recently in which I was told that by age 30, my modeling career would be over. Done! I was also told that by age 40, I should never wear a dress above my knees. I was also told that my hair needed to be no longer than a certain length once I reached 40. All of these ridiculous rules held us back and now our generation has bust down the doors and created new frontiers. I'm so proud of that. My kids look at me and say, 'what do you mean? 70 is not old.' They are looking at things through a much less restrictive prism. Life is always about conquering new frontiers. That's a much better focus than wrinkles!"

If 70 is the new 45, I remind Christie of what her dad said to her when she was a child: 'Baby, you write your own script. Make it a great one.' I ask her if she recognizes that she has a pretty terrific script and she responds expressively.

"Yes. I've always taught my three children that they write their own script. They are my greatest blessings, and they are my real pride and joy. I always tell myself that if I'm ever feeling down, it's time to count what I'm grateful for, and when I get to Alexa Ray, Jack and Sailor, I feel really good. My kids are experts at making me cry happy tears - especially at Christmas. I feel they are in a competition with each other to see who can make mom cry the most (LOL). They know that it's their hand-made gifts that I cherish the most, so they write me the most beautiful poems and cards, and they watch my face intently to gauge whether the waterworks are approaching. They especially love it when I start crying so hard that I can't read the card anymore because I need eye windshield wipers! For them it's like a mission accomplished depending on the quantity of water."

I ask Christie whether her strong sense of gratitude was honed from the strong role models she had growing up in Malibu, or whether seeing the glass half full came naturally.

"My mom always used to remind me to count my blessings," she says. "She was a powerful motivator in that she glowed. She was genuinely happy, warm, and welcoming,

and being in her presence was so uplifting. She made everyone feel special. If I complained about something, she would check me by reminding me that I had two feet, two arms, and my health. When things in my life became out of control, I would remember my mom's words, and that has always helped me to pick myself off the floor and move forward. One of the hardest periods of my life was when my parents were ill and suffering, and I struggled to find solace. Even then, mom and dad would assure me and tell me how fortunate they were to have me by their side. That capacity to look at the bright side - even in their suffering - had a deep effect on me."

The impact is so great that Christie's three children have actively adopted that motivating mindset. She explains:

"When they are greeting someone, they don't say, 'Have a great day.' Instead, they'll automatically say, 'MAKE it a great day.' Just that subtle word change speaks volumes about the intention. Alexa spent a lot of time with mom, so she heard that positivity right from the source. I love who my kids have become and spending time with them is such a joy. They've absorbed wonderful friends into their lives, too."

Christie is the definition of humane and she extends that compassion to all living things. During the winter, she brings all her bougainvillea and her non-frost-tolerant plants into her house and creates an indoor greenhouse that is ablaze with color. She's like that protective mother hen who corrals all her chicks and brings them to a place of safety so that they can survive and thrive.

She became a vegetarian when she was 13 years old because her love for animals was so great that she didn't want to participate in a violent slaughterhouse industry. That stance created its own set of health benefits, and she elucidates:

"I think that good karma has followed me because I've been considerate of the suffering of animals. I now credit my healthiness to a lifelong avoidance of meat that is full of antibiotics and growth hormones - the things that farmers pump into their animals to get them to market faster. If it's aging them faster, then what is it doing to us?"

"I even stopped eating seafood because of the unchecked cruelty in that industry. Dolphins get caught in the fishermen's nets, and they lie on decks without mercy and terrified. Endangered whale species get caught up in man-made nets. If you've never watching the film *'My Octopus Teacher'* (on Netflix), do yourselves a favor and watch it. It gives us a valuable window into the world of a little-known creature."

"It often suits us to believe that animals aren't sentient, but they are, and understanding their sensitivities and emotions

Artists are intense observers of beauty, and their sensitivity makes them more aware of humankind's strengths and weaknesses. Therein lies their artistic gift.





would make us more compassionate human beings if we took the time to learn from them. My next-door-neighbors have Jersey cows and I visit them at the fence to sing to them. They are mesmerized by the sound of music, and they listen intently to my singing with liquidly soulful eyes. There's that famous story of a man playing the piano for elephants at the edge of the forest. They, too, are entranced by the beauty of the sound. Cows are such affectionate animals. They will lie down on the grass and put their head in a singing human's lap. They respond to the sound and make sounds back. We know our dogs so well, but I'd love all of us to get to know other species better. If we gave them names, we'd be less disconnected to their suffering. Animals play with balls. They have a sense of humor, and they are loving, character-filled creatures.

Christie does substantial charity work and in 2023, she was the host for the American Humane Society for the HERO Dog Awards.

"I loved that experience," she enthuses. "Caring for all living creatures brings out the best aspects in us. Instagram has been an amazing tool for good things and a catalyst for change. It's especially valuable if it helps humans to form a connection with sentient beings. I had always been terrified of spiders until I met one named Rose on Instagram. I fell in love with Rose and when she died, I was genuinely bereft. We'd lost a living organism that had a personality and an identity. My hope is that through social media, people will gain that same 'ah ha' feeling towards cows."

Environmental responsibility is a priority on Christie's radar.

"I'm deeply concerned about all the micro-plastics that we've dumped into the ocean that fish have ingested. Even in Antarctica, they are finding micro-plastics in the fish there. Plastics inundate our lives. It's in our water bottles, frying pans and packages in which we store food."

The chemical industry, and Missouri-based *Monsanto*, in particular (the creators of *'Roundup'*, a glyphosate-based herbicide, developed in the 1970s) invoke deep concern from Christie:

"We have to boycott Monsanto and not let them put their toxic stuff on our food. Here's the real kicker. Monsanto not only manufactures carcinogenic products, but they provide the medicine for it. They create the problem and then profit from the supposed solution. We need to understand how toxins creep into our food, water and air. Going organic is a health necessity and so is demanding (as consumers) that our administrators prioritize our health. I highly recommend

a documentary film on Prime called *'Common Ground'*."

As for climate change, Christie says she sometimes receives bored eye rolls from people who say, 'weather changes just like it always has.'

"That's not accurate," she answers with conviction. "The scientific facts are that climate change is causing more dangerous extremes. We have more catastrophic droughts, unprecedented heat, and extensive flooding. These changes are man-made and if we don't wise up and address what we've done, we are threatening our own survival. Being at the top of the food chain is not going to save us. Each species that we endanger and kill off by our actions is one step closer to our own demise. Horseshoe crabs have survived 400 million years because of their significant adaptations and one of their strengths is their highly-honed immune response to bacteria. If we wipe out horseshoe crabs because of man-made ocean devastation, we eradicate one of our best defenses against disease-causing bacteria."

Last time Christie and I met, we discussed nuclear power extensively. I ask her if she has seen any ethical advances in the industry. She shakes her head.

"Sadly, greed still has a grip on the energy sector. Whether it's fusion instead of fission as a response to nuclear pressure (fusion is the process where two light nuclei combine together, releasing vast amounts of energy. Fission is the splitting of a heavy, unstable nucleus into two lighter nuclei) it still leads to lots of waste. I'd be so relieved if we could really invest more in windmill and solar power. Both wind and sun are abundantly available to us through nature and neither of them is dangerous."

Being humane invites us to become substantially kinder, more sensitive human beings.

"I am a strong advocate for peace," says Christie, "because life is so precious, and children need to be protected and shielded from the devastation of man-made wars. Their exposure to that level of violence will scar them for the rest of their lives.

Martin Luther King famously said, 'Hate cannot drive out hate. Only love can do that.'

President Ronald Reagan said,

'Peace is not the absence of conflict. It is the ability to handle conflict by peaceful means.'

President Jimmy Carter said,

'We will not learn how to live together in peace by killing each other's children. Violence only deepens the divide.'

Christie says with deep passion in her voice,

My kids know that it's their hand-made gifts that I cherish the most, so they write me the most beautiful poems and cards, and they watch my face intently to gauge whether the waterworks are approaching (LOL).



Beverly Johnson and Christie Brinkley



We are, collectively, re-branding the age of 70. Our generation has bust down the doors and created new frontiers. I'm so proud of that. Life is always about conquering new frontiers. That's a much better focus than wrinkles.

“At this time with two major wars raging in the world, it’s so important to remind ourselves of this wisdom. Even when we know who the aggressor is and how horrific their actions are (and there is no condonation of the perpetrators’ barbarism), retaliating with continued death and destruction will only lead to more hate, more bitterness, and a greater divide between people. Wars have never solved our problems, and the impressionable children who are shattered by adult wars will become the spawning ground for future terrorist organizations. My prayer is that more statesmen of the caliber of a Nelson Mandela become world leaders so that they can show their oppressors what magnanimous grace looks like. The most hardened hearts can be softened by leaders who disarm their enemy’s aggression by the power of their own humanity.”

“I’m an aquarian,” Christie confirms, “and we believe in the power of individuals. It was Margaret Mead who said, ‘Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.’”

Her voice takes on an earnest tone as she gently says,

“Love is such a healing emotion and a fixer of strife. I simply want to encourage all people to love more.”

Christie and I end our chat by discussing the substantial contributions of artists in the world. She enlightens me with this story:

“Did you know that the first environmentalists in America were artists who traveled west? Thomas Moran was so moved by the sight of the Grand Canyon that he painted it and brought his canvas to Congress with a plea to protect this natural wonder. Artists are intense observers of beauty, and their sensitivity makes them more aware of humankind’s strengths and weaknesses. Therein lies their artistic gift.”

It takes one artist to recognize another. Christie started out her career as an artist in Paris – and had the modeling world not pursued her as vigorously as they did, she may have become a famous painter. She turned that passion into a hobby, and it has given her a special quality of life.

With summer approaching, Christie is entirely in her element. She still gains an unjaded, childlike thrill feeling the swoosh of the ocean water as the wind works in harmony with the masts of her sailboat. Imagining it as we speak, her megawatt smile lights up even more as she sets the scene:

“I love staring out at water. I love swimming in it, and I love having it around me. That’s my happy place.”

And I can just imagine a *Bellissima* zero sugar sparkling wine cork pop accompanying that scene. 🍷

IG: @ChristieBrinkley

It often suits us to believe that animals aren’t sentient, but they are, and understanding their sensitivities and emotions would make us more compassionate human beings if we took the time to learn from them.









Just Give Us Time

By Magda Pescariu

“Florals? For spring? Groundbreaking.” Anyone who loves fashion knows Miranda Priestly’s sarcastic line from the film *The Devil Wears Prada*, already listed as one of the best lines of the 21st century.

A cliché for sure, yet routinely ignored by designers, who continue to feature the floral motif on their spring-summer runways with endless creativity, year after year. After all, florals and spring are a **timeless match**, and we all agreed on this.

I used to roll my eyes with the same scorn at the other fashion cliché, equally evoked on each return of spring - the one that describes the **seasonal styles as the embodiments of our longing for more time, new beginnings, the innocence of a fresh start**. *Who needs more time, I wondered through my youth, when we have all the time in the world*. Well, not so much anymore, it seems. A few days ago, while reading an article about the experiential marketing strategies employed by luxury brands to connect more effectively with wealthy customers, I came across a statement that triggered in me an unexpected, but clearly directed, annoyance. At the core of their approach lay the idea that “rich people are time-poor.” Really, Sherlock, only rich people? Have

you been living under a rock? Aren’t we all affected by time poverty nowadays? Isn’t the chronic feeling that there are too many things to do and not enough time to do them the most persistent and pervasive malaise *we all* suffer from, day in, day out?

This is an important question. Over the last few decades, the undeniably increasing material affluence failed to translate into time affluence. The obvious symptoms of ‘busyness’ (or time poverty), which we all share, are rarely acknowledged and addressed properly, as we prefer to either throw money at the problem or simply sweep it under the rug. Today, we are ready and willing to pay for time savers we would have never even considered paying for two decades ago. Everything now is about getting premium and highly-specialized services, no wait, non-stop, using any program or trick that allows us to skip the line and be in the wanted seat, or enjoy the coveted experience, stat! Sneaking up on us like the most unwelcome intruder, time poverty affects at once all aspects of our well-being: from our health, relationships, and productivity, to our engagement, purpose, and -ultimately- our happiness. In Dr. Seuss’ well-said words: “How



Carolina Herrera



Christopher Esber



Carolina Herrera



Balmain

Blumarine

Chanel

Ann Demeulemeester

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did it get so late so soon? It's night before it's afternoon. December is here before it's June. My goodness, how the time has flown. How did it get so late so soon?" Time is not money anymore, Mr. Benjamin Franklin, Sir, time is life. Ours to spend, ours to cherish. And while we cannot slow down or stop the march of time, nor control its flow the way we'd like to, we can still enjoy the ride and get the most out of it.

By looking at the **2024 Spring-Summer fashion styles** from this perspective, we understand much better the **nostalgia for the 1960s' la dolce vita** they represent, as I largely described in my previous article. Missing so much those times of living with intent, slow-paced yet fully-savored, we believe more than ever that spring and summer truly are about **the innocence of a fresh start, the chance of new beginnings, and, yes, having time on**

our side, fashion cliché or not. **What we wear this season sends out the hopeful double message of innocence and rejoicing.** A clean slate. A celebration of time equals life (as in, each precious moment of it). And how could fashion designers better express the wisdom-up dual message than with ubiquitous **white, flowers, gold, pearls, sequins, rhinestones, fringes, and the experience of a street style leveled up to couture.**

This summer, **the white dress reigns supreme**, having easily taken over the slip dress and the little black dress. **Short and nineties-inspired minimalist; long-shirt style** or as **workwear shirt daringly worn sans-pants**; in **immaculate designs playing with transparency** for a fetishist-inspired look; in the **neo-T-shirt** option; or even in the **longer and lacy, ethereal bridal** version - the white dress proves surprising **versatility and pizzazz** time and again, steering clear of any 'wedding gown' effect or matron innuendo.

Floral prints, appliqués, or bouquet-like couture creations are abundant and luxuriant, present in summer styles **in all shapes, sizes, and colors.** **Voluminous flowers in black tulle** decorating a tone-on-tone dress; **red rose petals** adorning impressive silk dresses or playing the emblem on a leather dress; **fresh-cut roses encapsulated in tulle** over white cotton slips; all-over **pink and purple floral prints** blooming across collections; fringed shirts with **floral motifs**; **orchids painted on black silk** dresses; **bright**



Ralph Lauren

Hermès

Ralph Lauren

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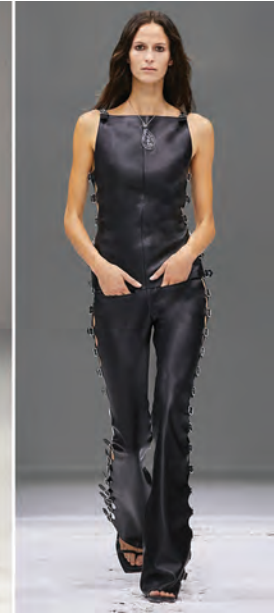
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crocheted flowers embroidered on intricate minidresses; **macramé leaves** on sleeves and hems; **micro-florals scattered on vintage-inspired dresses** - have all floated down the catwalks worldwide, in a twirl of art, beauty, and much-coveted romance.

There is **no celebration without the shiny, the glitter, the sparkle, and the bling**. While the previous season's favorite, silver, offered immediate access to a sci-fi, futuristic look, this season's **gold dresses, skirts, and suits** tap into a **baroque style**, evoking **movie stars' red-carpet look** and the symbols of **luxury, opulence, and timelessness**, even when they are worn in daytime designs - office, sporty, or sexy.

And we can't talk about festive glamour without noting what **sequins, pearls, rhinestones, and fringes** can do for a **top, a dress, a shirt, a skirt, or a pantsuit**. Leaving the heavy-lifting to the gold bling, some designers played with **delicate touches of glitter and sparkle** - **sequin tops in aquatic colors** matched with **satin pants**; **shimmery embroidered minidresses**; **black dresses adorned with pearls**; light cashmere sweaters layered over **crystal tops** paired with leather shorts. Others opted for an **all-over sequined look** - **black dress with cut-outs**, perfectly-fit **black pantsuits**, **fatale sequin dresses with long slits**, and the **minimalist white sequin looks of a baby-doll dress or a pencil skirt**, the latter paired with a black silk shirt. **Rock'n'roll fringes** enhance our every move, on a black leather skirt, a gathered silk dress, a crochet top, sexy designs, and - best of all - **fringed jewelry**.

As we start paying more attention to the quality of our daily (nonmarketed) experiences this season, we get to wear a **street style that looks refreshed and upscaled at a classy, almost couture level**. This year, Levi's celebrates the 150th anniversary of its iconic 501 jeans, so it's no wonder that **denim is on-trend** like never before, omnipresent from the everyday pair of jeans, shorts, or miniskirts, to the denim **total look of head-to-toe devotion**. However, denim is **smartly embellished** to offer **the elegant touch of a whole new appreciation** for this iconic fabric, too casually regarded as our second skin for over a century. Now considered a sophisticated garment by fashion designers, the pair of **jeans** compose **refined looks**, such as **extra-wide pants worn with a small couture jacket**; a **clever washed-out finish for a most-wanted jet-set style**; **in white with gold jewels**; or in raw denim **complete silhouettes, paired with a corset or a biker jacket**. **Openwork jeans are adorned with mirrors or bows, covered with tulle, embroidered with pearls, or beautified with floral patterns and discreet casual cuts**. In more maximalist versions, **jeans are lacerated and trimmed with tulle or turned into ruffled skirts**.

A surprising trend for the warm season, **leather** survives in much more than accents or accessories, carrying its own brand of chic way into the hot summer nights. In a slim-fitting perfecto, **the leather skirt makes bold appearances in both the mini and maxi versions**. We get to wear either minimalist **black leather miniskirts, nineties-inspired low waist skirts, and wrap skirts with sexy straps**, or **maxi, femme fatale, bloody red**

skirts - wrapped, knotted, or sky-high slit up.

Lastly, the go-to cover for the evening summer breeze is **the legendary leather biker jacket**, which can be seamlessly paired with absolutely all of the above-mentioned styles, both in its **urbane and oversized versions** and its **polished classic cut**. Regardless of how it is tailored, the famous badass biker jacket has enduringly symbolized the ride-or-die irreverence of the 1950s in the quest for freedom, making the case for living your life, not someone else's, to the beat of your own drum.

2024 was announced to be a 'year of ballots and bullets', a stress test both for democracy and the increasingly threatening global instability. A fast-paced year in a man-eat-man world, equally eventful and exhausting. I deeply believe there is no way to underestimate the value of time in the dire circumstances we have so diligently created for ourselves. Truth is, the day has only 24 hours for all of us, and the time to make the most of things is only right now.

It doesn't matter if we regard time as this 'relentless thief' or as the black hole of the fourth dimension. Poets and cynics alike, we move from experience to experience, each defined by its time and place, but more importantly, by the quality of our presence in each moment. We used to think this way about summer days, with their dreamy tempo of slow-motion escape - always asking to be longer, never long enough.

It took us a while to understand how the gift of time works. How summer, as much as life itself, if well lived, is long enough. So. Why rush? And where to? I have yet to hear the right answer to that. 🌿



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The Emotions Of The Market

By Ray DiBartolomeo

Greed and Fear refer to two opposing emotional states theorized as factors causing the unpredictability and volatility of the stock market, and irrational market behavior inconsistent with the efficient-market hypothesis. Greed and Fear relate to an old Wall Street saying: “financial markets are driven by two powerful emotions – greed and fear.” They are emotions that profoundly affect economies and markets. Warren Buffett found an investing rule in acting contrary to such prevailing moods, advising that the timing of buying or selling stocks should be “fearful when others are greedy and greedy only when others are fearful.”^[1] He uses the overall Market capitalization-to-GDP ratio to indicate relative value of the stock market in general, hence this ratio has become known as the “Buffett indicator.”^[2]

GREED

Greed is usually described as an irresistible craving to possess more of something (money, material goods) than one actually needs. According to several academics, greed, like love, has the power to send a chemical rush through our brains that forces us to put aside our common sense and self-control and thus provoke changes in our brains and body. However, there is no generally accepted research on physiology of greed.^[3]

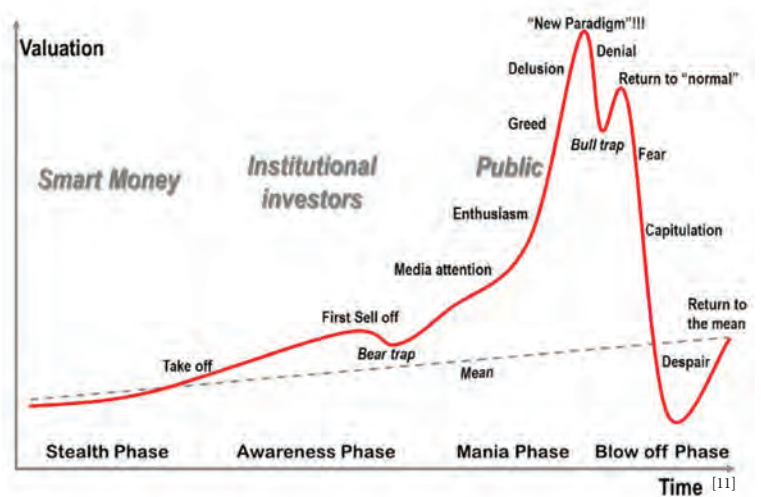


FEAR

Fear is usually characterized as an inconvenient, stressful state, triggered by impending peril and awareness of hazard.^[4] According to studies, while fear is indeed a crucial factor driving financial markets, the majority of investors don't respond that much to greed but to hope. Fear, unlike hope, provokes investors to concentrate on unprofitable invests, while hope does the 'complete opposite.'^[5]

THE VIX

One of the best available and accepted tools to measure stock market volatility is CBOE Volatility Index, elaborated by Chicago Board Options Exchange in 1993.^[6] The VIX is usually called the fear index and can be defined as a sentiment ratio of Wall Street's fear or greed gauge. Using short-term near-the-money put and call options, the VIX gauges suggested volatility of S&P stock market index options through the forthcoming 30 days. Media usually quote the VIX because many investors consider the S&P 500 to be a reliable proxy for the entire market.^[7] If a VIX reading is under 20 it usually indicates that investors became less concerned;^[8] however, if the reading exceeds 30 it implies that investors are more fearful because prices of the options increased and investors are more prone to pay more to preserve their assets.^{[9][10]}



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Ralph Lauren and Haworth Lifestyle Design will closely collaborate to bring the Ralph Lauren Home experience to consumers, partnering on design, marketing, and selection of store locations and store designs. <https://corporate.ralphlauren.com>

3. NINA SEGAL

Citrine is a gemstone of abundance, optimism, and happiness! Visit this Citrine Butterfly Ring and all of our other beautiful pieces online at ninasegal.com and @ [ninasegaljewelry](https://www.instagram.com/ninasegaljewelry), or come see the entire collection personally at Sharon Segal Nina Segal in the Westlake Promenade at 160 Promenade Way, Westlake Village, CA 91362. (805)777-7019. Peace and Love!

4. DEJAUN JEWELERS

Elevate your style with this Stunning Emerald and Diamond Ring. Crafted with 18K white gold, featuring a Dazzling Green Emerald, surrounded by pave set Diamonds. This ring is sure to capture your heart. Discover this captivating ring @ Dejaun Jewelers in The Oaks (805) 495-1425



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5. RETROUVÉ

Retrouvé's light-textured, easily absorbed Balancing Face Oil helps to regulate and replenish natural oil levels in the skin for a satiny-smooth complexion. For orders: retrouve.com

6. BETTER HAIR GROUP

Luxury Redefined: Jennifer Michaels Leads Better Hair Group's Visionary Approach to Hair Restoration. Customized Care and Exceptional Results with a Luxury Approach to Patient Care. (866) 618 - HAIR (4247). betterhairgroup.com

7. RALPH LAUREN SPRING 2024 COLLECTION

The Ralph Lauren Spring Summer Collection is about the freedom of creating a personal style through the artistry of faded denims and painterly florals, the modern sophistication of iconic shapes in black and gold or the eclectic mix of bold colors, shine and luxurious handcrafted details. ralphlauren.com

8. BESO SHADE BY KELLY EMBERG

BESO'S pull-over sun boleros shield shoulders & arms while keeping you cool and comfortable while playing pickleball or any other sun activity. UPF 50+ protected fabrics. Breathable with power meshing on undersides. besoshade.com

Maison d'



Le Maître

MONTAIGU-DE-QUERCY, FRANCE





Maison de Maître Bedroom



Maison de Maître Master Bedroom



Maison de Maître Master Bathroom



This charming home is situated in the heart of the French countryside, surrounded by vestiges of the original fortifications, and sweeping vistas of Southwest France and the Séoune river valleys.



HOMEEXCHANGE COLLECTION

For the first time, we are introducing you to the wonderful concept of Home Exchanges across the world. We are starting off in Europe – and are introducing you to a Parisian-based company called HomeExchange Collection, the luxury home exchange community from the global leader in home exchange vacations. It allows homeowners to travel, connect, and exchange over 4,000 upscale homes in over 70 different countries.

MAISON DE MAÎTRE

Our featured home in this spring issue is the graceful Maison de Maître - a charming stone villa with a tangible piece of 12th-century history - surrounded by medieval villages in Montaignu-De-Quercy. This charming home is situated in the heart of the French countryside, surrounded by vestiges of the original fortifications, and sweeping vistas of South-west France and the Séoune river valleys.

om



Maison de Maître Extraordinary Outdoor Living







A photograph of a rustic living room. The walls are made of light-colored stone, and the ceiling features dark wooden beams. A large, light-colored sofa is in the foreground. In the background, there is a wooden cabinet with intricate floral patterns and a doorway leading to another room. A decorative mask hangs on the wall.

TRAVELSCAPES MONTAIGU-DE-QUERCY, FRANCE

WESTLAKE MALIBU LIFESTYLE 04.24

Boasting four bedrooms, the home also features an expansive terrace with barbecues for outdoor dining. Additional amenities include Roman steps leading to the pool, a garden with shrubs, roses, and trees, and a natural spring that supplies water to the house. A large lawn offers ample space for recreational games, even a few golf shots.

Just beyond the villa's comforts lies Montaigu-de-Quercy, a 14th-century medieval village with winding streets, medieval churches, and the Santiago de Compostella pilgrimage route. Here, travelers can delve deeper into history, exploring nearby Bastide towns, relics from the Hundred Years War, or savor the region's famed food and wine, from foie gras to cheeses, pastries, honey, and of course, wine.

ACCESSIBILITY TO OTHER BEAUTIFUL PARTS OF FRANCE

Travel around France from your home base at Maison de Maître by taking day trips to easily accessible parts of a very beautiful country. You can return to your home base at night. Bordeaux is an easy 2-hour drive from Maison de Maître, as is Toulouse. If you plan to do a day trip to Bordeaux, there is the Saint Emilion Half-Day Trip with Wine Tasting (approx. \$108 per adult) or the Bordeaux Wines Masterclass paired with cheeses and charcuterie (approx. \$50 per adult).

Marseille and the French Riviera is a little further (5 to 6-hour drive) so you may decide that an overnight two or three-day stay in the French Riviera is an exciting option. Also known as the Côte d'Azur, the French Riviera is the Mediterranean coast of southeastern France. It includes famously glamorous beach resorts such as Saint-Tropez and Cannes, and the independent microstate of Monaco. A health retreat in the 18th century, the area later attracted aristocrats, artists and the 1960s "jet set." Today it's a much-sought-after holiday destination, with paths connecting many coastal villages and towns.

Each home featured within the HomeExchange Collection boasts a value of greater than \$1.5 million USD. But, one of the real luxuries for members of the exclusive community is the possibility to feel at home anywhere in the world in luxury homes with character.



Maison de Maître with plenty of outdoor space

EACH HOME VALUED AT GREATER THAN \$1.5 MILLION USD

Each home featured within the HomeExchange Collection boasts a value of greater than \$1.5 million USD. But, one of the real luxuries for members of the exclusive community is the possibility to feel at home anywhere in the world in luxury homes with character. The other is the possibility to uncover unique local cultures and customs from host members who offer unparalleled pre-arrival advice for memorable moments and authentic travel experiences.

From lavish city penthouses to charming coastal retreats and serene rural havens, each home is individually inspected and carefully



Maison de Maître Charming features everywhere.

keeping or a private chef; transportation offerings; and family-friendly features including cribs, children's toys, private playgrounds, and babysitting services; among others.

More information on the HomeExchange Collection membership, go to <https://www.homeexchange.com/collection>.

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