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ON THE COVER:
Mariel Hemingway
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Hair/Makeup: Jacqueline Reyes
Dress Designer: Dodonë Avdiu
Story: Diana Addison Lyle

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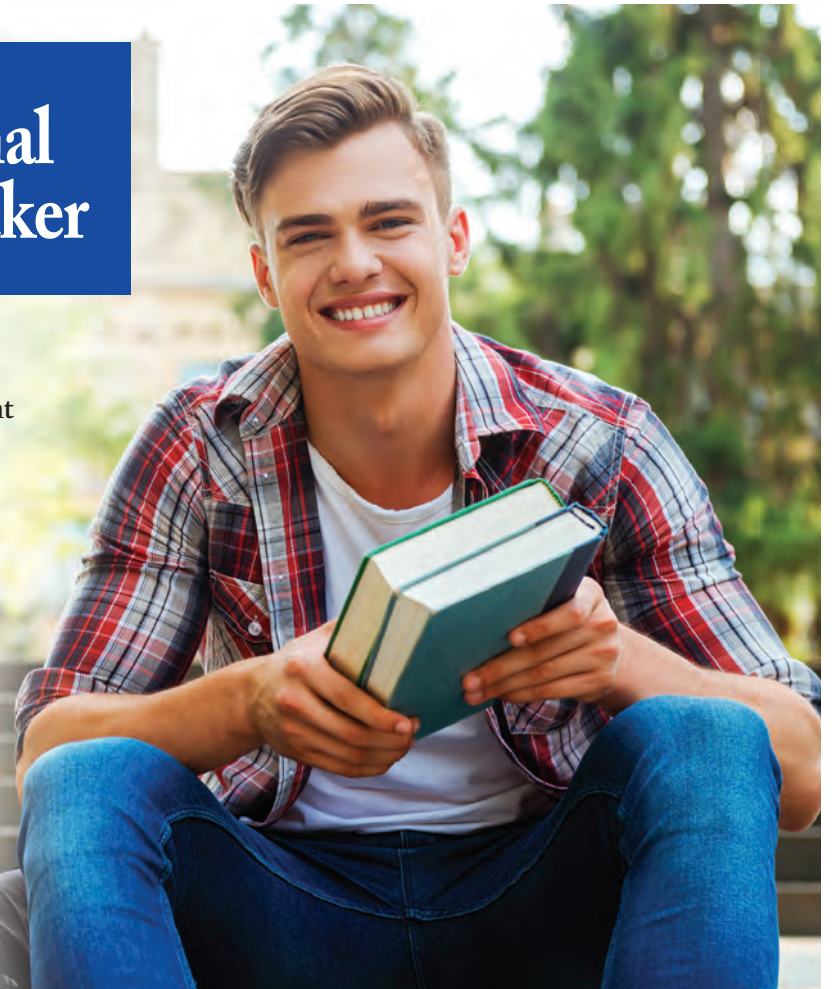
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The Hemingway family legacy is as much about human genius as it is about human tragedy. Ernest Hemingway is forever cemented in history as a literary giant whose accomplishments edified American literature. But his depressions, alcoholism, and his eventual violent suicide make him a tragic figure because he grew up in an era where addiction and mental illness were socially taboo subjects. But our uplifting New Year Cover Story is not about tragedy or the ghosts of past traumas. It is, instead, about Mariel Hemingway, the accomplished granddaughter of Ernest Hemingway, who changed the trajectory of her family's future by guiding her life and that of her daughters – to greener, more sustainable pastures. This is a story about hope. No matter the genetic or environmental cards that are dealt us in life, we have the power to steer ourselves to healthier outcomes by being educated enough to make better choices (page 66).

Netflix recently released a four-part documentary called *Beckham*, a wonderfully balanced portrayal of the brilliant and complex life story of soccer player, David Beckham (page 18). The documentary covers the World Cup scandals, the coaches, the referees, and the vitriol that the golden boy of soccer faced and endured for so long. Beckham's entrepreneurial brilliance is as impressive as his vision on the soccer field – a lesson for so many of us who are intrigued by successful people across the board.

If you look at Fashion's big picture, you'll notice that it's a multi-billion-dollar industry that is a reflection of our society. When it comes to the people wearing the clothes, some choices are immune to the clock ticking - such as grit, dignity, style, a great sense of humor, and knowing who one is at all times. It is those discerning style icons that don't get lost into some of the irrelevance of the industry. Magda Pescariu gives us another fascinating take on an industry that we love (page 82).

Austria is one of the most beautiful countries in the world with stunning mountain scenery, pristine blue lakes from the snow melts, and a unique ambience in culturally rich cities that have preserved hundreds of years of the best displays of human genius. Enjoy a visual meander across an enchanting part of the world (page 90).

Here's wishing all our readers a special 2024.

Diana



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A Window into the **BECKHAM BRILLIANCE**

Netflix recently released a four-part documentary called Beckham and every person I knew said they found it completely captivating. I started watching it on a Saturday night and binge-watched it to the end. Sleep deprivation was eclipsed by how deeply I found myself drawn into the depths of this wonderfully balanced portrayal of a brilliant and complex life story. Whatever preconceived notions I might have had were tempered by the filmmakers thorough and fair coverage of the World Cup scandals, the coaches, the referees, and the vitriol that the golden boy of soccer, David Beckham, faced and endured for so long.

More than that, this was an intimately truthful and rare window into the Beckham family. By the end of the documentary, one gains a clear understanding into what has kept them united and together for so long. It was refreshing to listen to Victoria Adams Beckham's side of the story. The former Spice Girl was candidly honest about every facet of her relationship with the man who is truly the love of her life.

"This is the 10-year anniversary of when I retired," Beckham told Netflix. "This documentary is not just about my football career, but it's about my family; it's about being married to a Spice Girl, and my journey, really. It's been a roller coaster of emotions, but it's been special making it."

Beckham was not just athletically talented growing up. He had a work ethic second to none, and we learn, too, about the levels of perfectionism that he applies to every aspect of his life. In learning about all Beckham's idiosyncrasies, we gain an appreciation into why he has had such a brilliant soccer career. We also learn about his relationships with team players and members of opposing teams. Not one person had a bad word to say about him. Even when he was red carded for kicking Diego Simeone during the 1998 World Cup between Argentina and England – Simeone defended Beckham in an interview afterwards, saying that the referee reacted too harshly. He didn't believe that Beckham deserved the red card.

STORY BY DIANA ADDISON LYLE



Beckham was targeted after being sent off for lashing out against Diego Simeone in the round of 16 stage defeat to Argentina when he was 23.



And yet that incident almost ruined Beckham's life. He became the most hated man in Britain – blamed for his team's loss in that 1998 World Cup – even though the score was 2-2 and England lost in the penalty shootout that had nothing whatsoever to do with Beckham. The Beckhams reflect on the aftermath of David's infamous red card and talk about the death threats and harassment that followed. The backlash was so cruel and severe that Beckham entered one of the darkest phases of his life in which depression gripped him night and day. Only someone on the world stage could understand the magnitude of what he faced.

On a brighter note, this episode also tells the story of the birth of David and Victoria's first child, Brooklyn, and intimate photos and videos from their wedding in 1999 are shared.

Beckham grew up in East London in a working-class family, and his childhood was taken up by hours of dedicated persistence and drive on the soccer field. His dreams were realized when he joined Manchester United – a team he stayed with for 11 years – and it

was his singular brilliance that led them to become the best soccer team in the world. Beckham was known for his deadly kick accuracy and his ability to kick the ball from the side of the field to a waiting team player who then booted it straight into the goals. His flair was equal to his precision accuracy.

As his career took off, he met Victoria Adams – otherwise known as Posh – and that's where the media and fans began to make a lot of erroneous assumptions about the couple. The so-called 'match made in heaven' became fodder for gossip, and the paparazzi imposed severe restrictions on their ability to go anywhere. Even their Swiss ski retreat was besieged by an onslaught of cameras and a level of intrusiveness that would have tested anybody's resilience.

The Beckhams appeared to be in crisis when David went to play for Real Madrid. The distance away from his family took a toll, and the press intrusion was at an all-time high. When Victoria made the decision to join her husband in Madrid, rumors exploded about an affair that David had been having. In this film, the en-



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The Beckham family at the premiere of Netflix's 'Beckham' series.
Photo courtesy of Netflix

during love between the Beckhams is sensitively explored, and we gain insight into the sacrifices that have been made to survive the complexities of fame.

We gain valuable insight into the intensity that professional athletes face on the world stage in Episode 3 of the series. With so much at stake, and everyone firing emotions on such powerful cylinders, it's no wonder that relationships get tested severely. Athletes are also commodities that are bought and sold across the world. When Beckham fell out with his Manchester United manager, Sir Alex Ferguson, he was literally sold to Spain! When tensions reach a breaking point, managers and coaches sell their athletes to the highest bidders.

By the end of the documentary, Episode 4, Beckham reflects on the latter part of his ca-

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David Beckham, here playing for England in 2006

reer before retirement in 2013. Victoria describes it as the hardest phase of their marriage for so many highly charged reasons. Any professional athlete will be able to relate to the devastating decision to finally retire from a sport that has been the greatest passion of their life. It is especially difficult in that athletes must retire far earlier than people who are accountants, teachers or lawyers. Nobody in those professions calls it quits in their 30s. The extreme physical demands of playing a sport at international levels exacts a toll that requires the human body to surrender before injuries become so serious that a person's quality of life is compromised. A 45-year-old is rarely able to compete with an athlete who has the cardiovascular fitness level of a 19-year-old.

Especially touching in Episode 4 is our introduction to the Beckham's four children, Brooklyn, Romeo, Cruz and Harper. It's a very

intimate picture of a typical family weekend in which a lot of love and humor abound. What is so refreshing is how well adjusted and happy the Beckham children appear to be. When your dad is an athletic and pop culture icon, children face pressures that require dedicated parenting to stay on the straight and narrow.

David Beckham's business decisions after his 2013 soccer playing retirement have proved that he's also as brilliant off the field as he is on. This astute businessman understands how to import key superstars and put them into environments that will produce a special kind of combustible energy.

Beckham co-owns and is president of Inter Miami (full name: Club Internacional de Futbol Miami), a relatively new soccer team established in Florida in 2018, a state that celebrates the Latino culture's love of the sport. The team was established as the 25th



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Lionel Messi playing for Inter Miami
Photo: Sam Navarro-USA TODAY Sports

franchise in Major League Soccer (MLS) and started playing in the American League in the 2020 season.

Beckham has strategically taken full advantage of the respect he holds from the best players in the world – wasting no time in acquiring one of the greatest soccer players of all time to Inter Miami, Lionel Messi, who joined the team in 2019. Bringing Messi across from Europe was a gargantuan feat. The former Barcelona player was joined by another star Barcelona player, Sergio Busquets. Also joining this star-studded team are Luis Suarez and Jordi Alba.

There is no question that David Beckham's abilities on the soccer field have transcended to every facet of life. Just as great sports players have an uncanny ability to anticipate what is about to unfold on the sports field, Beckham continues to position himself and the people around him to the best possible advantage. He is as strategically fascinating on the field as he is – off the field. His story will continue to unfold in the most captivating ways. Beckham's continued successes can be viewed on Apple TV+ in the documentary, *Messi Meets America*. 🌟

Acknowledgments: Beckham (Limited Series: Netflix); Messi Meets America (Apple TV+)



David Beckham's last game. Photo: REUTERS



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On November 13th under blue skies and sun, The Heart Foundation held its 25th Annual Galpin Motors Golf Classic Presented by 1st Century Bank at Sherwood Country Club. After an unforgettable round of golf, this momentous day concluded with one lucky guest winning a pre-paid 2-year lease on a brand new 2023 Ford Bronco Sport Big Bend, courtesy of Galpin Motors. Heart disease is the #1 cause of death for both women and men in the U.S. With the generous support of countless donors and the Boeckmann Family of Galpin Motors, The Heart Foundation has been changing the game in the fight against heart disease for over 27 years—spreading awareness and funding research at Smidt Heart Institute at Cedars-Sinai under the direction of world-renowned cardiologist, Dr. P.K. Shah.



Dr. Marty Fishman, Chairman Mark Litman, Hamid Sadraie, Jeff Fowler, Ira Rosenblatt
Photo by Tom Neerken



Andrew Haas, Neil Schimmel, John Ryan, Damon Bunetta
Photo by Curtis Dahl



Barry Rudin
Photo by Curtis Dahl



Henry Weingarten, Eva Weingarten, Ashton Cohen-Weingarten, Lindsay Cohen-Weingarten
Photo by Tom Neerken



Executive Director Catherine Mullaney, Chairman Mark Litman, Sarah Horvet,
Ford Bronco Winner Damon Bunetta, Hannah Drake Litman
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Dr. Dan Slaton, Katreena Colato, Carolyn Slaton
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Ralph Ortiz, Dr. P.K. Shah, Kimberly Shah, Chairman Mark Litman
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Brandon Boeckmann & Chairman Mark Litman
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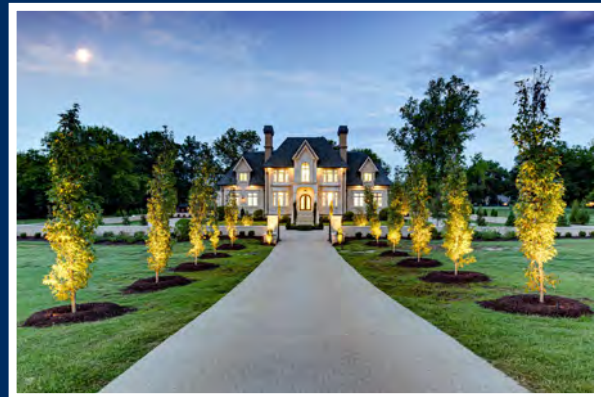
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The Twala Trust Animal Sanctuary

A unique Zimbabwean Safe Haven for Wild and Domestic Animals in Need



The Waggle Tail Club at Twala

The Twala Trust Animal Sanctuary – in Zimbabwe, Africa, is an extraordinarily special non-profit animal and bird sanctuary run by Sarah Carter and resident veterinarian Dr. Vinay Ramlaul. Together with their team of dedicated caregivers, they work miracles every day – rescuing, healing, and restoring animals who have encountered life-threatening trauma. The victims are brought to Twala for a variety of reasons: they may be victims of human-wildlife conflict, or they are injured, orphaned or abandoned.

What makes this sanctuary so special is the amount of love and care that is given to all the residents at Twala, and the freedom that they

thrive upon. The dogs, particularly, are free to roam naturally in a spacious, beautiful environment. They go on human-guided adventurous walks off leash, they swim in the sanctuary's rain-filled dam, and enjoy the camaraderie of the cats, the monkeys and characterful parrot. There are more than 50 species of animals and birds on the property, from lions and



Resident Lion at Twala

serval cats to primates, reptiles, small mammals and antelope. Once the wild animals are rehabilitated, whenever possible, they are released back into the wild. The five rescued lions have a permanent home at Twala and are given the best quality of life.

Twala has a world-famous community outreach program with the surrounding rural Africans who belong to low-income households. Every Tuesday, all rural owners of dogs gather at Twala for free veterinary care and plenty of nourishing food. There is no charge to the owners and the dogs' tail wagging is indicative of how much they look forward to Doggy Tuesday.

Twala offers a volunteer program for visitors from the USA and abroad – so that they can come out to Zimbabwe and enjoy an ethical experience of life in an African animal sanctuary. It's a life-changing experience. 🌿

Twalatrust.co.zw



Camaraderie between the species



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ECLECTIC INSPIRATION

The design of Pink Moment Estate is inspired by historic Ojai Spanish Colonial style, playful Balearic Islands villas, and modernist principles. Clean lines, natural wood, neutral palette, arched passageways, monumental glass windows, and high ceilings create a home that is beautiful and bold. The oversize arches, walls of glass, and expansive wood beamed ceilings provide an almost monastic experience while soothing beiges, chalky whites, and all natural building materials throughout give the home a warm and timeless feel.



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Cillian Murphy in Oppenheimer



Oppenheimer, Killers of the Flower Moon, Barbie

The 2024 Oscars Best Picture race is on – based off an impressive 2023 year in terms of quality of films and diversity of choice. We've singled out three particularly impactful productions.

OPPENHEIMER

Atomic-age drama **Oppenheimer** is an historical biopic — the story of the brilliant physicist who led the effort to build the atomic bomb for the U.S. in a time of war, and who later found himself confronting the moral consequences of scientific progress. He had created a doomsday weapon and spent much of the rest of his life stewing in regret and shame. The part of Oppenheimer requires so much of Murphy, because the charac-

ter's emotional journey happens less through dialogue exchanges and more through subtle changes on his face and the way he moves, through the intimate spectacle of a man torturing himself in his own mind. The “father of the atomic bomb” eventually fell from grace in a 1954 security hearing. The cast of the film is outstanding. Emily Blunt, Matt Damon, and Robert Downey Jr. contribute inestimable value to a riveting story that moves at significant pace.

Apple TV's Killers of the Flower Moon



KILLERS OF THE FLOWER MOON

This is Martin Scorsese's first Western, and it's a masterful true-crime epic about the Osage tribe who were banished to Oklahoma because the U.S. government thought that the land was worthless. How wrong they were. It turned out to be one of the richest oil fields, and the Osage became the wealthiest people per capita in the world following the discovery of the oil reserves under their land. Leonardo DiCaprio is Ernest, fresh out from serving in World War I, and he marries Mollie at the direction of his uncle, and then conspires with him to kill off Mollie's family and several Osage people, so that they can keep the wealth all to themselves.

BARBIE

Based on the fashion doll by Mattel, Barbie (Margot Robbie) and Ken (Ryan Gosling) are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. They go on a journey of self-discovery following an existential crisis. Barbie and fellow dolls reside in Barbieland, a matriarchal society populated by different versions of Barbies, Kens, and a group of discontinued models, who are treated like outcasts due to their unconventional traits. While the Kens spend

their days playing at the beach, considering it their profession, the Barbies hold prestigious jobs such as doctors, lawyers and politicians. Beach Ken is only happy when he is with Barbie, and seeks a closer relationship, but she rebuffs him in favor of other activities and female friendships. Barbie is essentially "a satire of a toy company's capitalist ambitions, a searing indictment of the current complex state of gender relations, a tribute to girl power, and a musical spectacle." 🍷



BarbieWorld. Courtesy Time Magazine

The logo for LEO Gold, featuring the word "LEO" in a stylized, overlapping font above the word "Gold" in a clean, sans-serif font.

LEO
Gold

A man in a black t-shirt and sunglasses is sitting on a silver golf cart. In the background, there is a building with a stone wall and a green roof, and a large green bush. The ocean is visible in the distance.

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50th Daytime Emmy® Awards

Commemorative Statue

Photography: @Nina Prommer/Milestone Photo

The National Academy of Television Arts & Sciences unveiled their 50th Annual Daytime Emmy Commemorative Statue at The Hollywood Museum's Daytime TV History Exhibit on December 13, 2023. Hollywood Museum Founder/President Donelle Dadigan announced the Daytime TV History Exhibit, opening to coincide with the 50th Annual Daytime Emmy® Awards. The Emmy nominees who attended the festivities included 9-time Emmy Award winner Bob Eubanks who congratulated many of the Emmy nominees at the gala.



Deborah James & Bob Eubanks



Cheryl Kagan & Dee Wallace



Donelle Dadigan with the special 50th Annual Daytime Emmy Award



Donna Mills

Oscar de la Renta Fall 2024 Bridal Show

The Resort at Pelican Hill

Oscar de la Renta showcased his Fall 2024 Bridal Collection at The Resort at Pelican Hill, Newport Beach in December 2023. It was a sumptuous view of the designer's innovative flair in a most romantic environment. Modeling this exquisite dress was Taylor Moore.



2024 Maserati GranTurismo

Thrilling Elegance



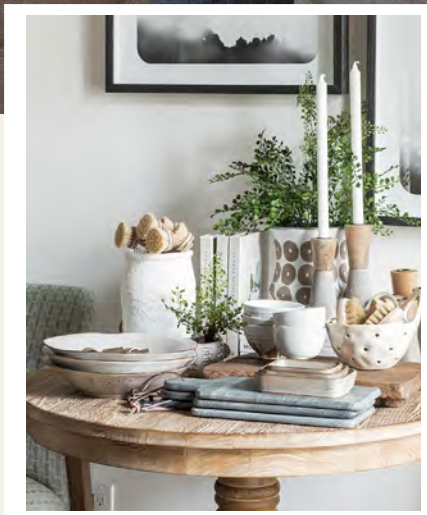
The Maserati GranTurismo has returned after a few years' hiatus – and it's back in a big way. The commanding presence of the Maserati GranTurismo is muscular yet aerodynamic, imposing yet refined, exuding both raging power and sophisticated beauty. Italian artisan tradition is paired with cutting-edge technology to create a clean, purposeful ambience with exceptional attention to detail.

THREE MODELS: MODENA, TROFEO AND FOLGORE

Three models are on offer for the 2024 model year, including two gas-powered options (the Modena and the Trofeo) and a fully-electric model dubbed the Folgore. All three use the same platform and shell, which subtly modernizes the previous GranTurismo for one of the best-looking new cars of 2024. But the design tweaks are functional too. Visibility is excellent, the drag coefficient is down, and a slightly puffed-out roof creates room for adults in the car's back seats.

The Modena and Trofeo gasoline-powered models come with all-wheel drive and an eight-speed automatic





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transmission. The Folgore is the hyper-potent electric variant on offer, but if you aren't yet ready to take the plug-in plunge, the Modena and Trofeo GranTurismo still give you a thrilling ride. No matter the powertrain, the GranTurismo impresses with its dual nature, providing luxury-car amenities as well as sports car-like performance and driving enjoyment.

Modena is the base model while Trofeo comes with more horsepower and unique forged wheels, an electronically-locking differential, and it looks ultra sports car like with its racy exterior

and interior design. The EPA estimates that the GranTurismo should deliver 18 mpg city and 27 mpg highway, numbers that are good considering this sports car's performance potential.

PERFORMANCE

The GranTurismo V6 3.0L twin-turbo engine uses patented pre-chamber combustion technology with twin spark plugs invented to win races, now applied to get extraordinary performance with lower consumption on every road.

The Boys in the Boat



‘The Boys in the Boat’ is George Clooney’s directorial triumph movie about nine Americans and their epic quest for gold at the 1936 Berlin Olympics. Based on the # 1 New York Times best-selling nonfiction novel by Daniel James Brown, it tells the real-like story of eight rowing crew who were members of the University of Washington’s rowing team. It was during the height of the Great Depression and most of the boys —many of whom came from lower-class families—competed because they couldn’t afford their college fees. Little did they know that their athletic careers would become a worldwide story televised in the first-ever broadcast of the Olympics - and they’d take home the gold medal, edging out Italy and Germany.

What makes this movie so special is the size of the young men’s hearts. Nobody expected them to win the Olympic gold medal – yet they forged forward against all odds with the greatest resilience and determination. Their ultimate strength was the power of their incredible teamwork.

In a behind-the-scenes featurette, Clooney spoke passionately about the true story behind ‘The Boys in the Boat’:

“It’s about strong, tough kids during the Depression. They were poor and hungry. They’re rowing because it’s the only way they can eat and stay in college to get an education. The stakes were much higher for them, and it gave them an edge.”

This incredible team remained life-long friends after the 1936 Olympics and would get together for informal and formal reunions until one by one, they all passed away. Their story is still told, however, to each new group of freshman rowers at the University of Washington. 🍃



The Boys in the Boat directed by George Clooney
Photo Courtesy Amazon

MODENA-ENGINEERED POWER

The ground-breaking V6 Nettuno engine, first debuted in the MC20 super sports car, is available in the 483 hp for the Modena or the supercharged 542 hp Trofeo version, which come with 8-speed automatic AWD transmission.

FOLGORE'S ELECTRIC SPEED

To give you an idea of the Folgore's electric speed: Car and Driver tested it and found it to rip to 60 in 2.7 seconds. The 100% electric powertrain is based on 800-volt technology with three 300-kW permanent magnet motors. Up to 761 CV is continuously transmitted to the wheels due to a nominal capacity of 92.5 kWh and a discharge capacity of 560 kW. The specific battery pack layout allows the car to sit lower than any other electric vehicle, boosting acceleration and speed. The Folgore's 750 horsepower is highly impressive.

SPORTS MODE

There is always the option to put the vehicle into Sport mode and that's when the GranTurismo transforms into a gritty sports car with firmer suspension settings, heavier-weighted steering, and a definitive growl.

FEATURES

The GranTurismo has a google-based infotainment system and a 12.3-inch touchscreen mounted in the center of the dashboard. There's an 8.8-inch display mounted below for climate control settings. Apple CarPlay and Android Auto integration are included and work wirelessly. Italian audio tuner Sonus Faber created the GranTurismo's stereo system, which includes up to 19 speakers.

PRIMASERIE

The new Primaserie is here. To mark the occasion and celebrate 75 years of grand touring, Maserati is producing a limited edition. 🏆

<https://www.maserati.com/us/en/models/granturismo>

Acknowledgments: Car and Driver



2024 Maserati GranTurismo engine



2024 Maserati GranTurismo

VEHICLE TYPE: front-engine, all-wheel-drive, 4-passenger, 2-door coupe

PRICE (Approx. estimation)
Base: Modena, \$175,500; Trofeo, \$206,500

ENGINE
Twin-turbocharged and intercooled DOHC 24-valve V-6, aluminum block and heads, direct fuel injection
Displacement 183 in³, 2992 cm³
Power 483 or 542 hp @ 6500 rpm
Torque 442 or 479 lb-ft @ 3000 rpm

TRANSMISSION
8-speed automatic

DIMENSIONS
Wheelbase 115.3 in
Length 195.2–195.5 in
Width 77.0 in
Height 53.3 in
Trunk Volume 11 ft³
Curb Weight (C/D est) 4500 lb

PERFORMANCE (Approx. estimation)
60 mph 3.5–3.9 sec
100 mph 8.2–8.6 sec
1/4-Mile 11.7–12.1 sec
Top Speed 188–199 mph

EPA FUEL ECONOMY (Approx. estimation)
Combined/City/Highway 23–24/20–21/27–28 mpg

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Paris 2024 Olympics

The Paris 2024 Olympics are fast approaching, and the USA has a star-studded line-up of supremely talented athletes training towards Olympic Gold.



Katie Ledecky
Swimming
Courtesy Harry How, Getty Images

KATIE LEDECKY

Swimmer Katie Ledecky has already won 7 Olympic gold medals and 21 world championship gold medals, the most in history for a female swimmer. She has won a world record 16 individual gold medals at the World Aquatics Championships.

CAELEB DRESSEL

7-time Olympic gold medalist, Caeleb Dressel, who'd taken an extended break from swimming, thrilled fans in his recent comeback when he won his first race, the 100 fly at the 2023 U.S. Open. We all hope he's part of the USA swimming squad in Paris 2024.

SUNI LEE

After winning gold at the Tokyo Olympics, 20-year-old Suni Lee has



Caeleb Dressel
Swimming
Photo courtesy Getty Images



Sunni Lee
Gymnastics
Courtesy USA Today Sports



Kelly Cheng & Sara Hughes
Beach Volleyball
Courtesy NBC Sports, NurPhoto via Getty Images



Noah Lyles
Track & Field
Photo courtesy Christian Petersen/Getty Images for World Athletics



Sydney McLaughlin-Levrone
Track & Field
Photo courtesy Getty Images

faced health challenges but in recent appearances, she has regained her strength and looks every bit like the star athlete from Tokyo.

KELLY CHENG & SARA HUGHES

The newly crowned beach volleyball world champion duo has taken the world rankings by storm since pairing up again in fall 2022. They are now hoping to extend their perfect medal streak into Paris 2024.

NOAH LYLES

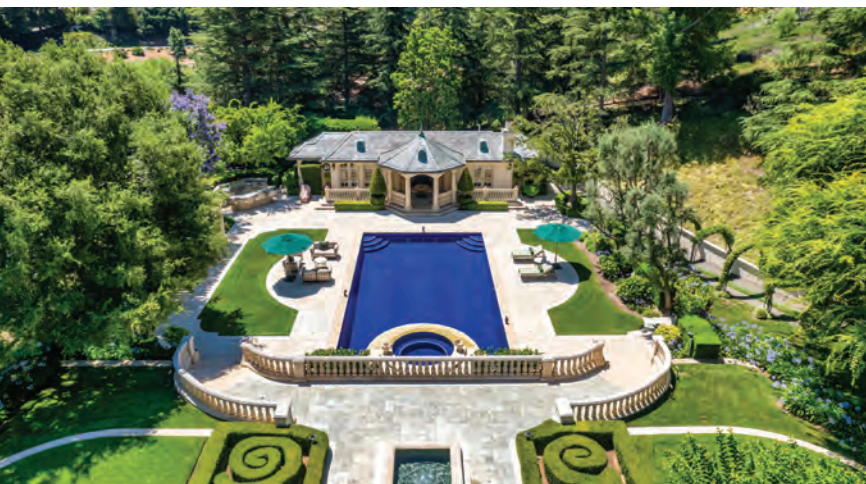
The biggest challenge for the Olympic Games in track and field over the next decade will be finding an athlete who shone as brightly as Jamaica's once-in-a-generation superstar, Usain Bolt. The sprinter who might just

come close is 24-year-old Noah Lyles who is already running faster than Bolt did at the same age. He is dominating the 200m and looks capable of becoming a 100m great too – with a fastest time of 9.86 seconds.

SYDNEY MCLAUGHLIN-LEVRONE

The challenge of dominating in both the 400m hurdles and 400m flat is in full swing for the USA's precociously talented Sydney McLaughlin-Levrone. A 400m hurdles gold at Tokyo 2020 was followed by another on home soil at last year's World Athletics Championships in a world record time of 50.68 seconds that would have seen her reach the women's 400m flat final. This is one majorly exciting athlete to watch.

Acknowledgments: Olympics.com



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Companion Planting

Matches Made in Your Garden

By Model Gardener Kelly Emberg



Hey, Valentine's month is just about here! What a perfect time to do a little matchmaking in your veggie garden. If you pair the right plants together, magical things can happen! Why not become more efficient in your garden, and work on not working so hard? Who needs costly pesticides and fertilizers when you can companion plant! Yes, companion planting can do all of that and more.

Companion planting is when two plants are grown near each other to be beneficial to one or the other and sometimes to both. This way of growing will reduce pests, attract pollinators, and boost growth. This is not too good to be true. It really does work!

7 BENEFITS OF COMPANION PLANTING

- 1. Deterring pests:** Plants can act as insect repellents or deter critters.
- 2. Attracting beneficials:** Many herbs and flowers will attract pollinating bees and tiny pest-eating wasps.
- 3. Shade regulation:** Large plants provide shade for smaller plants needing sun protection. Planting lettuce under corn large stalks will give the lettuce appropriate shade needed during the summer months.
- 4. Natural supports:** Tall plants, like corn and sunflowers, can support lower-growing, sprawling crops such as cucumbers and peas.
- 5. Improving soil fertility:** Some crops, like beans, peas, and other legumes, help to make nitrogen more available in the soil.
- 6. Weed suppression:** Planting sprawling crops like potatoes with tall, upright plants

minimizes open areas, where weeds typically take hold.

7. Keeps soil moist and helps prevent erosion: Vining plants like squash and cucumbers shade the soil, keeping it moist longer.

BENEFICIAL INSECTS

Insects That Pollinate

Bees are known to be the primary pollinators. However, many other insects can help pollinate crops including wasps, moths, butterflies and certain species of beetle.

Insects That Eat Pests:

Hoverflies, lacewings, ladybugs are the insects that you want in your garden. They will protect your garden from invasive pests that feed on crops such as aphids, mites, thrips, mealybugs and scale insects.



Hornworm eating a tomato plant



A hoverfly larva eating aphids



Lacewing

THE BEST COMPANION PLANTS

Vegetables, flowers & herbs are actually a great threesome and do wonders when grown in the same beds.

VEGETABLES

Garlic

While Garlic has been named both a herb and spice, it is actually a root vegetable. It can eliminate one of the pestiest pests, aphids. Aphids can't stand garlic! Planting a pungent barrier of garlic around your garden and in between rows of potato plants, lettuces and all of the brassica crops, like kale cabbage, broccoli and cauliflower as a built-in bodyguard will keep them at bay. Garlic also repels onion flies, ermine moths, and Japanese beetles. Let some garlic & onions bolt and flower and attract hoverflies - which love aphids.

Green Beans

Beans & corn grow well together because beans will grow up the cornstalks, acting as a natural trellis. Beans fix nitrogen in the soil, which is beneficial for the corn. Members of the cabbage family along with cucumbers, peas, potatoes, and radishes also benefit from the nitrogen green beans provide.

Summer Squash

Corn and squash make good companion plants since the cornstalks give squash vines a place to grow. Squash also does well planted alongside beans, peas, radishes.

Carrots

Carrots are heat sensitive and tomato plants can provide them a bit of shade. Tomatoes

also produce solanine, a natural insecticide that targets pests affecting carrot plants. Tomatoes benefit from carrots, too. Carrots aerate soil around the roots of the tomato plants, allowing more air and water to reach the roots. Leeks and carrots are also good companion plants since leeks repel carrot flies and carrots repel leek moths and onion flies.

Radishes

Radishes can be planted among cucumbers to attract cucumber beetles away from the cukes. They also do well among carrots because they are harvested before the carrots, and they loosen the soil as the carrots start to take off. Onions, beets, cabbage, kale, lettuce, spinach, and squash are also good friends for radishes.

Peas

Peas love to be planted by beans, carrots, corn, cucumbers, radish, and turnip. If you plant mint near peas, they should be healthier and tastier. Chives planted near peas also help deter aphids.

HERBS

Basil, Tomato and Peppers not only taste good together, but they are also natural companions in the garden. Basil repels pests such as thrips and hawk moths, which lay tomato hornworms. Basil grown close to your tomatoes and peppers keep hornworms away. Basil also attracts bees, which improves pollination, tomato health, and flavor.

Borage is a similar companion herb plant that successfully works to reduce hornworms. Planting borage will attract plenty of pollinators and beneficial insects to your

garden. Borage pairs well with tomatoes and can enhance strawberries' flavor and vigor.

Dill attracts ladybugs, which eat small garden pests such as aphids and spider mites.

Mint deters aphids, ants, and flea beetles. Just be careful to plant mint nearby in its own pot or bed, as it is a very aggressive grower!

Parsley attracts beneficial insects to protect and pollinate tomatoes. Plant these herbs between tomatoes. Flowering parsley attracts many beneficial insects such as hoverflies.

Sage is a useful herb that repels carrot fly. Plant it around a cabbage patch to reduce injury from cabbage moths.

FLOWERS

Alyssum to attract aphid-eating hoverflies.

Nasturtium Flowers will lure hungry caterpillars away from your vulnerable crops. You can also add the flowers to your garden salad for a peppery touch. Nasturtium also lure black flies away from fava beans.

Sunflowers pair well with climbing plants like cucumbers and pole beans, providing support as well as shade for plants that are prone to sun-stress on hot days.

Tansy This flower attracts pest-eating bugs such as ladybugs or ladybirds, and predatory wasps. Tansy also repels cutworm which attacks asparagus, beans, cabbage, carrots, celery, corn, lettuce, peas, peppers, potato and tomato plants.



Hoverfly pollinating a poached egg flower



Honey bee hovering over a onion flower



Mammoth Sunflower

Calendula & Cosmos will attract tiny parasitizing wasps to aphid-hungry hoverflies. Calendula repels whitefly while at the same time attracting beneficial insects. Calendula is easy to grow and keeps flowering through the summer if you regularly pick off the seed heads. Cosmos also repels the corn earworm, lacewings, parasitic wasps and tachinid flies.

Marigolds The bright yellow blooms of all types of marigolds attract hoverflies, bees and butterflies. The strong scent of the French Marigold types is said to deter nematodes. They often confuse pests if planted with vegetables.

Poached Egg Plant is native to California and is excellent for growing along the edges of raised beds. Great attractant for hoverflies and bees. Planting between rows of vegetables can help to keep weeds to a minimum.

Daisies, especially chamomile, will attract a range of beneficial insects. Hoverflies and predatory wasps love them. An added benefit of growing chamomile is that you can make delicious fresh herbal tea from the flowers.

Valentine's month is for lovers, and it is also for doing a little matchmaking in your

garden. Your garden will love you for it and will reward you with a healthy, bountiful harvest. Having a vegetable garden is so much more rewarding when your plants work together. This is the perfect season to start companion planting in your garden!

What are you waiting for? Start match-making! 🌱

Kelly Emberg, the model gardener

Kelly Emberg, the model gardener
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MARIEL HEMINGWAY

The Family Trailblazer

The Hemingway family legacy is as much about human genius as it is about human tragedy. Ernest Hemingway is forever cemented in history as a literary giant whose accomplishments edified American literature.

But his depressions, alcoholism, and his eventual violent suicide make him a tragic figure because he grew up in an era where addiction and mental illness were socially taboo subjects. People pretended that all was well on the home front. Drunken spectacles were normalized even though they were the antithesis of an idyllic Norman Rockwell painting of American family life.

Ernest Hemingway belonged to a generation where there was abounding ignorance on the long-term consequences of substance abuse. Seeking help from a mental health expert carried the threat of people finding out and labeling that visit derogatorily. Veils of secrecy and a reluctance to face advanced critical problems resulted in devastating consequences. The Hemingway family would go on to suffer seven suicides.

The last of those suicides was played out very publicly in 1996 with the shocking loss of famous super model, Margaux Hemingway. Her immense fame was an unsustainable edifice that was crumbling, and she chose death as her only option to escape the decline.

But this cover story is not about tragedy or the ghosts of past traumas. It is, instead, about Mariel Hemingway, the granddaughter of Ernest Hemingway, who changed the trajectory of her family's future by guiding her life and that of her daughters – to greener, more sustainable pastures.

This is a story about hope. No matter the genetic or environmental cards that are dealt us in life, we have the power to steer ourselves to healthier outcomes by making better choices.

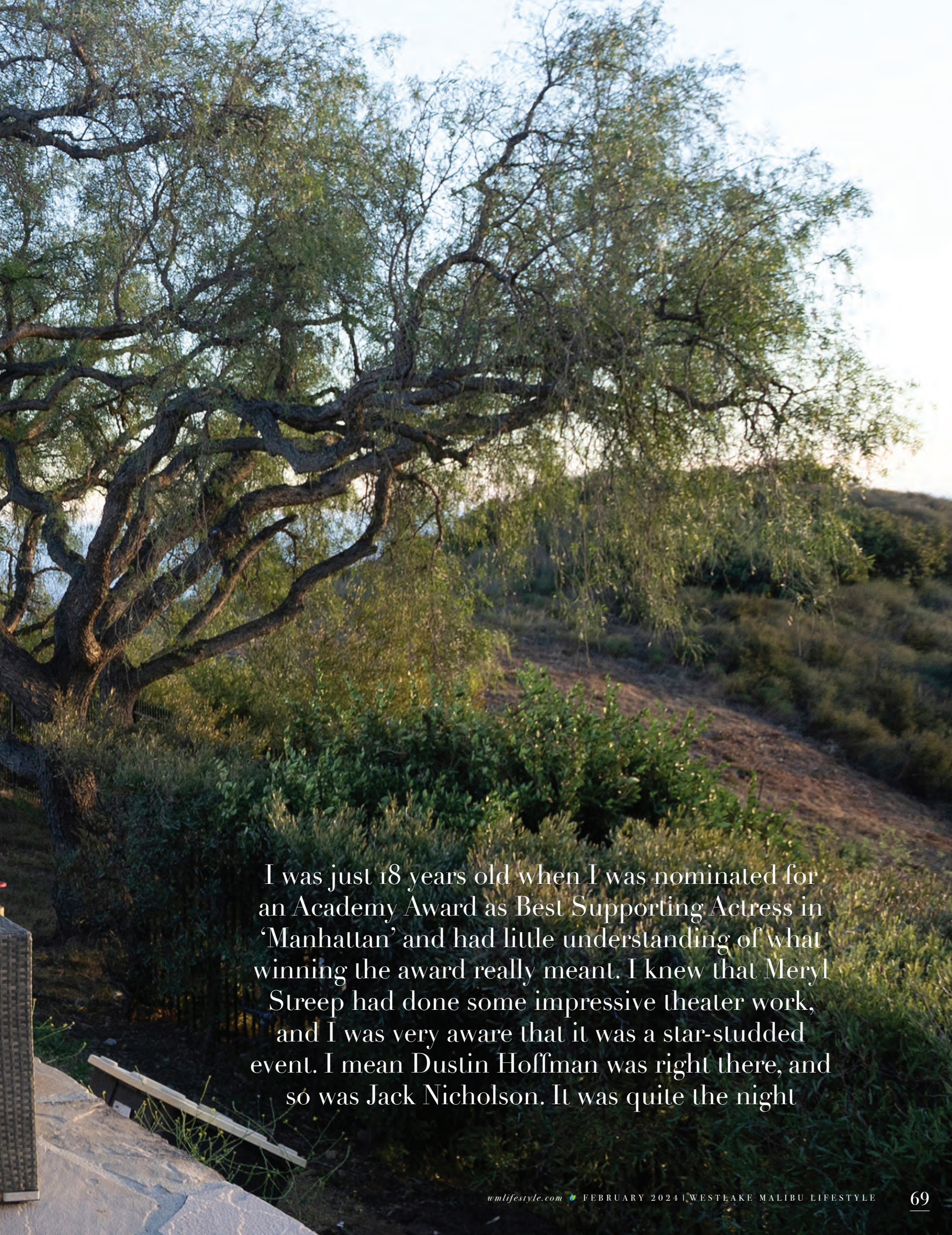
In Mariel, the Hemingway cycles of destruction have been neutralized, and she's made peace with the triggers that no longer have a ricocheting effect on her.

PHOTOGRAPHY: FADIL BERISHA
MAKEUP/HAIR: JACQUELINE REYES
DRESS DESIGNER : DODONË AVDIU
STORY: DIANA ADDISON LYLE



Dress Designer: Dodonë Avdiu





I was just 18 years old when I was nominated for an Academy Award as Best Supporting Actress in ‘Manhattan’ and had little understanding of what winning the award really meant. I knew that Meryl Streep had done some impressive theater work, and I was very aware that it was a star-studded event. I mean Dustin Hoffman was right there, and so was Jack Nicholson. It was quite the night



s I drive up to Mariel’s home in Malibu for this new year cover interview, its geographical situation strikes me as non-coincidental. The house is perched at the top of the Santa Monica Mountains with an unobstructed 360-degree view of the world below. Finding it is the challenge. Just like Mariel’s life, there are many bends, 90-degree turns, and a carefully navigated ascent that eventually leads to one of the most beautifully liberating views I have ever seen. The home’s elevation parallels its resident’s life journey exactly. Mariel has spent decades climbing and understanding the complexities of the Hemingway Mountain. She’s arrived on top – high enough to have a birds-eye view of all the intricacies and the tributary choices.

As we begin our afternoon chat, we confront the tough terrain first so that we can go on to enjoy the myriad of good things that have taken root in the life of a beautiful, athletic, age-defying woman whose physical and mental strengths define her.

Mariel paints the picture of her childhood in Mill Valley, California with her older sisters, Muffet and Margaux.

“Muffet had been showing signs of mental illness,” Mariel explains, “and when my father suggested that she see a psychologist, my mother was horrified and said, ‘We can’t! What will people think?’ I don’t think that generation of the 1950s and 1960s wanted to deal with the pain of what was really happening. It was all about a cover up. They used alcohol to anesthetize their problems. Today, we are much more enlightened, and we commit to finding out where the problem lies. We want to gain the tools to fix the problem.”

“When I grew up,” Mariel continues, “I watched out-of-control behavior that I always knew wasn’t right. I recall watching the people I loved change as they consumed more and more alcohol, and I hated the changes that I saw. Instead of kindness and love, the room became a swamp full of vitriol, anger, and flailing emotions. It terrified me. I knew back then that I never wanted to be like this when I grew up. I would pray during those tender years – asking God to help me to be strong enough to never succumb to the behavior that I witnessed.”

It took some time before Mariel finally learned that the only way to heal and move forward was to confront the past.

“Truthfully,” she admits, “I spent decades running away from problems because I was scared. It was only when I got into my 40s that I realized that I had the power of choice. While addictive predispositions can be genetic, the lifestyle isn’t. I could choose to lead a very different life.”

“The real breakthrough for me was to look back at all my life choices and the relationships I formed. For instance, I married when I was very young, but I had to own and take responsibility for that decision. Maybe I was looking for a father figure or someone to take care of me. Consciously or unconsciously, I made those choices to survive.”

“It took some deep digging, and I had to look at things that were uncomfortable confronting. In doing that, I learned that taking responsibility for all my life’s choices is important. When you have done that, it’s important to tell your story to someone you trust – be it a therapist, a doctor or whoever you choose. Once you unravel the story, you get to change the trajectory, and you get to decide what kind of life you want. I knew I wanted to make choices that would bring joy. The older I’ve gotten, the more I can make choices from strength, love and positivity.”

Mariel generously shares much more about how she averted the Hemingway tragedies.

“A valuable lesson that I learned is that memories – no matter how traumatic – don’t have guns. They are memories from the past. Re-visiting those memories doesn’t mean that you must re-live them. They are done and dusted. They no

A valuable lesson that I learned is that memories – no matter how traumatic – don’t have guns. They are memories from the past. Re-visiting those memories doesn’t mean that you must re-live them. They are done and dusted. They no longer have the power over you that you imagine they have. You get to move on from them and write your next chapter with positivity







longer have the power over you that you imagine they have. You get to move on from them and write your next chapter with positivity.”

“Every one of us has experienced trauma,” Mariel says sensibly. “Nobody is immune to it, but it’s not healthy to wallow in the ghosts of the past. The truth is that you become stronger from the broken pieces of your past. You did the work to uncover the things that disabled you. You survived! Not only did you survive but you came away - equipped with insight and experience – so you know to do things differently moving forward. You’ve taken control by dealing with the traumas of the past, and your control doesn’t end there. You make the decision to move on constructively.”

Mariel speaks from an extensive amount of experience.

“Addicts become addicted to the problem,” she says. “I went through many years where I thought that if I loved myself and was healthy and happy, calamity was bound to strike me. I imagined a sheer cliff drop wherein I would fall immediately after the happiness. I convinced myself that happiness wasn’t sustainable, and I lived in fear of the impending doom. But that’s not true. Doing the work of understanding your past is your ticket to liberation.”

We talk about the all-important topic of achieving balance in one’s life and Mariel expands the conversation.

“There’s no recipe or formula. You don’t say that to be balanced, you must do 42 minutes of meditation and work out for two hours. You find your balance every day by doing routines that make you feel more connected to yourself. Developing healthy routines and rituals are the key to your daily well-being. It’s the simple things that are important. I call it ‘chop wood; carry water.’ For example, waking up in the morning at sunrise, stretching in bed; stepping outside to look at the sun rising; feeling the air on your skin. It’s those small daily routines that feed your soul. It’s in the mundane that we find grace and peace. My home is so important to me. I love to imbibe the beautiful environment in which I live. Being creative is also such a nourishing activity. It was my birthday recently and my boyfriend, Bobby, gave me beautiful flowers. I took great joy in creating a unique arrangement to showcase the flowers. Being connected to nature, enjoying simple pleasures, and being creative are vital components to our happiness.”

We change topics by taking a walk down memory lane. Mariel’s first appearance as an actress on the big screen was at age 14 in the 1970’s movie ‘Lipstick’ with sister Margaux Hemingway.

“I was so surprised that Margaux even suggested me for the movie to play the role of her little sister because I always thought that she viewed me as a little brat.”

Since we are now on the topic of Mariel’s sisters, I want to learn more – and so we digress from Mariel’s film career briefly. I ask her about

My daughters are now in their
30s and the older they get,
the closer we become. Those
demarcation lines diminish, and
we’ve become more friends than
mothers and daughters

her relationship with Margaux, and she emphasizes how very different they were.

“Margaux was rebellious and a great risk taker. She was a wild child, and she desperately wanted my dad’s attention. She thought that she would be the quintessential Hemingway by drinking a lot and being uninhibited. It was a misinterpretation of the Hemingway name but at the time, she didn’t know it.”

In contrast, Mariel was the opposite behaviorally.

“I was the good girl in our family, and I chose that role because I wanted to fix what was blatantly wrong in our lives. I was convinced that I could change the behavior of my drunken parents’ evenings wherein glasses were being thrown up against walls - by being a good girl. I was sure I could make our environment less chaotic. At age seven I committed to the role as the Hemingway family fixer. After the drunken parties in our living room and when everybody was sound asleep, I would go downstairs with my cat, and try to clean up the mess of our lives. My aim was to expunge any evidence of a drunken party. I’d clean up the red wine on the walls and the broken glass. Sometimes there was even blood.”

Little is known about Mariel’s oldest sister Muffet (there were three daughters) and Mariel’s admiration and affection for Muffet is clearly evident.

“Muffet was brilliant and so talented,” Mariel emphasizes. “Her tragedy is that we lived in Mill Valley, California in the 1960s, and she got wrapped up in all the drugs that were circulating. Then she was diagnosed with schizophrenia. It was so sad because she had so much to give to the world.”

We head back to the movies and our discussion on ‘Lipstick’. Woody Allen watched Mariel assiduously in ‘Lipstick’ and was so determined to do a movie with her that he wrote a part for her in his 1979 movie, ‘Manhattan’. I ask Mariel about Woody Allen’s directorship and she responds with unequivocal praise of his talents.

“Not only is he an extraordinary director, but he’s a brilliant visionary and he has great casting abilities. He casts you in a particular role because he knows that it suits who you are naturally. So, he gives you a lot of latitude to be who you really are in the role.”

Mariel’s performance in ‘Manhattan’ was so compelling that she was nominated for an Academy Award as Best Supporting Actress.

I ask about her experience at the 1980 Academy Awards where

she was in the same category of nominations as Meryl Streep - who ended up winning the award for ‘Kramer versus Kramer’.

Mariel recounts that night with these memories:

“I was just 18 years old and so young, and I had little understanding of what winning the award really meant. I knew that Meryl Streep had done some impressive theater work, and I was very aware that it was a star-studded event. I mean Dustin Hoffman was right there, and so was Jack Nicholson. It was quite the night.”

In 1982, Mariel was in the film ‘Personal Best’, and she explains how hard she had to work for that role. She’d always been a strong athlete - particularly in ski racing - but the preparation for this role was challenging because it was track and field, and she knew she had to blow the producers away with her athletic performance.

“I trained for nine months prior to even shooting,” she says, “but in total and by the time the movie came out, it was three long years of rigorous physical training that was exceptionally demanding. Hurdling was the most challenging of the disciplines. I learned a lot in this movie - including being held accountable for my behavior. I was a brat at times, and I was called out on my judgementalism.”

‘Star 80’ in 1983 was about the tragic murder of Playboy’s Dorothy Stratten. Mariel recalls the details including her deep respect for Director Bob Fosse.

“I really understood Dorothy’s innocence and how she was Svengali-ed by a lot of people. I really related to her. When the movie came out, it didn’t do that well and that broke Director Bob Fosse’s heart because he invested so much into it. I think that today, the movie would have done much better, but back then, audiences found the content dark and challenging to watch. But I learned so much from Bob Fosse whose artistry really shone in choreography.”

Then came ‘Civil Wars’ in 1991 when Mariel was in the middle of having two babies, and she was nominated for a Golden Globe Award in this TV series. Produced by Stephen Budgeco, she recounts how much she loved the intensity of the experience.

“I played the part of a lawyer - which was so different from anything I’d done previously. Television truly taught me a lot about acting. There was so much dialogue to memorize. You have to be ‘on it’ and sharp. We worked very long hours, and it was intense - but working hard was what I relished - and we also had fun on set.”

We are the children left behind. I survived.
It’s my responsibility to carry the torch forward in a positive way - and in a way that brings more light, more love, and more understanding into the world. We all come from a story - but we don’t have to let the negative aspects of that story define our future

Mariel in 'Personal Best'



Mariel as a young girl



Mariel with daughter Dree



'Falling from Grace' was a John Mellencamp movie that also really resonated with Mariel. "I loved that too," she enthuses. "We shot it in Indiana, and I do confess that I had a huge crush on John Mellencamp. I think it's that rock 'n roll image that girls fall for, and the fact that the words in his songs were so appealing," she laughs.

What strikes me is how grateful Mariel is for each of these very diverse acting experiences. Each one expanded her repertoire vastly and stretched her as an actress. She agrees wholeheartedly.

Mariel took many years off to be a devoted mom to daughters Dree and Langley, and when actresses are off the radar in Hollywood, it's easy for people to forget them. It never dulled her positivity and enthusiasm.

"Now that I'm 62 years old," she says proudly, "the bliss is that I don't have to wait around for movie directors to bring me scripts. Now, I get to do the work that really interests me, and I can take the helm in the production."

Three fascinating TV limited series are on Mariel's horizon. She's producing Ernest Hemingway's book 'A Moveable Feast'. This is Mariel's favorite work of her grandfather's because he wrote it while he was married to his first wife, Hadley, the woman with whom he shared his greatest love. Hadley is Mariel's grandmother and Mariel's middle name is Hadley. I ask her if that is particularly significant, and she responds passionately:

"I like to believe that my grandfather loved my grandmother, Hadley, more than any of his other wives, and I will believe it to the day I die. There is something very beautiful about their marriage and love affair. They struggled in Paris together with little money, but their love saw them through so many challenges. My grandfather often spoke about Hadley being the love of his life and he'd watch her leaving on the train with deeply felt emotions."

'A Moveable Feast' is the closest Ernest Hemingway ever came to writing a memoir, and his life with Hadley is spoken about with great passion and warmth. One of the passages in the book reads like this:

'We ate well and cheaply, and drank well and cheaply, and slept well and warm together, and loved each other.'

Cubans didn't view my grandfather as this literary giant who drank a lot and went on hunting safaris in Africa. He was this kind man who showed his humanity every day amongst the people, and they loved him for that. The children in his neighborhood affectionately called him 'Papa' because he started up a baseball team for them and he even played the game with them. There's something about the way he was perceived there that touches me

Mariel further explains why 'A Moveable Feast' has such a special place in her heart:

"I read it first when I was eleven years old. I was in Paris with my father, Jack (who was Ernest's and Hadley's first child). We visited the Tuileries Garden in the city – reminiscing how my grandparents would push my dad in his pram through the garden. My father's first language was French. My mother went to the Cordon Bleu school in Paris and that's where her friendship was forged with Julia Child, the famously influential and charismatic Cordon Bleu chef. When my parents got married in 1949, Julia Child was my mother's maid of honor."

'A Moveable Feast' is all about Paris in the 1920s. At the time, it was the creative center of the world with the most talented authors, composers, visual artists, and dancers of almost every race and ethnic background gathering to be fed and stimulated in a wondrous city. No doubt, Mariel will bring that atmosphere to light in the series.

Also in the pipeline is 'Sisters Hemingway' based on 'Out Comes the Sun.' It's the story of the three sisters' journey from Mill Valley, California to Idaho – to a much more organic life in nature. It also covers Margaux's and Mariel's move to New York. The TV series navigates the mental illness and addiction in their family, too.

Mariel is excited about producing 'Sisters Hemingway' for these reasons:

"The 60s, 70s and 80s were a fascinating time where there was so much freedom and less micromanaging. It's an era that holds nostalgic memories because the world changed so much in the 1990s. Back in the 70s and 80s, there was such a strong sense of 'newness' and everything appeared to be on the horizon."

The third major project Mariel is working on is a series about her grandfather's life in Cuba in the 1950s. Mariel calls these projects her 'Hemingverse'.

I'm eager to learn more about Ernest Hemingway's life in Cuba. Mariel appeared in the 2015 film (that is now available on Prime Video), 'Papa Hemingway in Cuba.' While that movie gave us a great sense of her grandfather's life in Cuba, there is so much more that Mariel wants to share.





I first read my grandfather's book, 'A Moveable Feast' when I was eleven years old. I was in Paris with my father, and we visited the Tuileries Garden in the city reminiscing how my grandparents would push my dad in his pram through the garden. My father's first language was French. My mother went to the Cordon Bleu school in Paris and that's where her friendship was forged with Julia Child, the famously influential and charismatic Cordon Bleu chef. When my parents got married in 1949, Julia Child was my mother's maid of honor

Dress Designer: Dodonë Avdiu





“Our family’s Cuban roots are so deep,” she emphasizes with great inflection in her voice. “I’m named after a Cuban village named ‘Mariel,’ so I feel like Cuba is a part of me. My grandfather didn’t just live there for a few years. He lived there for 30 years – which is a long time – and he LOVED Cuba – its people, their spirit, and their intelligence. He absorbed and assimilated everything about the Cuban culture. The reason he was affectionately named ‘Papa’ is because the little children in the neighborhood in which he lived all gravitated to him, and he started up a baseball team for them, and they adored him for that. He even played the game with them. There’s something about the way he was perceived there that touches me. Cubans didn’t view him as this literary giant who drank a lot and went on hunting safaris in Africa. He was this kind man who showed his humanity every day amongst the people, and they loved him for that.”

“Beyond that,” Mariel continues, “my grandfather’s home in Cuba was the central gravitational place for the world’s greatest artists. Remember that this was before the violence and chaos of the Cuban Revolution. My grandfather savored the vibrancy and the *alegría de la vida* of his surroundings. There were writers and doctors who all came to Cuba to excel in their professions and to be a part of what my grandfather found so captivating.”

Mariel’s eldest sister, Muffet, has clear and wonderful memories of Pablo Picasso visiting Ernest Hemingway’s home and while there, he gave her advice on one of her pieces of art.

Mariel has two daughters, Dree and Langley. Dree is an actress and model, and Langley is a gifted artist whose paintings are exquisite. I ask Mariel about her experience of motherhood.

“I wanted babies when I was in my teens,” she says emphatically. “I always knew I wanted to be a mother. What I wanted most was to do as much work on myself as possible so that I wouldn’t pass on the fears I had as a kid to my daughters. I was determined to keep that out of their lives. I wanted to break the legacy of difficulty. Like any other mother, I wasn’t perfect, but I always loved my daughters and they felt loved and seen, and I’m proud of that. What I’m also enjoying is that my daughters are now in their 30s and the older they get, the closer we become. Those demarcation lines diminish, and we’ve become more friends than mothers and daughters. Now I get to look forward to the delights of grand motherhood. Dree has just had a baby girl and I can’t wait to enjoy this next chapter with her.”


I’m curious to know what constitutes Mariel’s favorite food dish, and she replies without hesitation: “Salads. I make some extraordinary salads!”

Her favorite movie of all time:

“For years, ‘Breakfast at Tiffany’s’ because I lived in New York, and I wanted to be like Audrey Hepburn. But I don’t like to single out one movie because there are so many that I love.”

I pose this question to Mariel in the hopes that she won’t find it overwhelming. I ask her if she feels that she is carrying the responsibility of being the Hemingway family torchbearer.

“Absolutely,” she answers resolutely. “We are the children left behind. I survived. It’s my responsibility to carry the torch forward in a positive way – and in a way that brings more light, more love, and more understanding into the world. We all come from a story – but we don’t have to let the negative aspects of that story define our future. We get to write the next chapter.”

Mariel’s literary conclusion is so very apt. 

Marielhemingway.co

IG: [marielhemingway](https://www.instagram.com/marielhemingway)

Mariel’s podcast: ‘Out Comes the Sun’. New ideas, possibilities and ways of seeing the world. Lifestyle and better mental health. Expansion Radio Channel.

Kendall Jenner in Schiaparelli





If Only We Could Turn Back Time (i.e., Missing La Dolce Vita)

By Magda Pescariu

It was there all along, right in front of me, but I couldn't pinpoint what was I looking at for the life of me. While I was perusing through hundreds of looks from the **Spring-Summer 2024** runways worldwide, the prevalent feeling I experienced was familiarity. Gen Z model after model, from all walks of fashion, strutted across the catwalks dressed in clothes that looked **avant-garde and retro in the same breath**.

The stark new styles, although clearly designed with the TikTok generation in mind, gave off a whiff of nostalgia, nuanced by equal doses of rebirth and facelift. Everything in the world's fashion parade looked **cutting-edge daring, sexy, sparkling, powerful, and liberating**, yet it conveyed the impression of déjà vu. While I was scanning with increased puzzlement the **mini** (almost) **everything**; the **trench coats**; the **gold**, the **glitter**, and the **shiny**; the **florals**, the **corsets**, the **ballet flats**, the **baby-doll dresses**; the formidable **fringes**; the all-encompassing **denim**; the **masculine shirt**; the **couture jeans**; the assertive **leather** - all I could think of was not: *Look at these new styles, the youngsters are having such a blast with fashion this year, but - weirdly: I know that. I grew up with that. I wore that. That's me.* How could this be possible, I wondered.

I knew right away that it wasn't the case of my usual grumbling about the complete lack of innovation in fashion's last decades. True, no groundbreaking style has shaken the runways since maybe the '90s. All we've gotten lately as major fashion directions were just nods to past glorious decades, particularly the

'20s, the '40s, and the '60s. But now something was different. In front of my eyes, it wasn't just an homage paid to **the 1960s**, but a **full-scale revival of that revolutionary fashion era**, over which I couldn't help but swoon. Just for the record, I fall directly between the baby boomers and the millennials, and I've always tried to take no sides in the yearly generational fashion war. What's in and what's out, the fads, the whims, the flops, the wins - I notice them all with amused professional detachment and let my readers make up their own minds.

This time, though, I was curious to understand the *why* of it.

Are the millennial designers all of a sudden nostalgic? Have they looked at their parents and grandparents, listened (for real) to their often-told life stories, and, in the current screwed-up global context, envied them for what they had lived and how they'd lived it? Do the generations born after 1980 feel that they are missing out on something extremely valuable but elusive and once-in-a-century rare?

Right when I came across the image of Kendall Jenner closing the Schiaparelli Spring-Summer 2024 show, it hit me: the largest, most educated, diverse, technologically savvy, and politically liberal generation of adults in the Western world wants to live at least some of the spirit, the effervescence, the sense of possibility, and pleasure of living that the earlier generation experienced and, oh, so thoroughly enjoyed. They say you can't miss something you've never had, but here we are: the new generations miss *la dolce vita*¹ - truly, deeply, madly. And they want to conjure it up through the 1960s styles they re-create, endorse, and wear in 2024. But why?



Valentino

¹ La dolce vita is a borrowed Italian phrase first used in English in the 1960s and literally translates as "the sweet life." It describes a way of life that is enjoying things to the fullest.



Carolina Herrera



Christian Siriano



Carolina Herrera



Christian Siriano



Polo Ralph Lauren

Bearing in mind the increasingly complex challenges of the last few years, the wish to turn back time to the Great Sixties comes as no surprise. The drab and doom of a present marred by violence, ignorance, ongoing crisis, costly failures, cultural dérapage, and dangerous moral imposture at a worldwide scale, can only make us long for the boisterous time past that is most famous for its historical shifts in culture,

politics, arts, and fashion. After all, each of the '60s iconic style moments made, at some point, a statement that went way beyond fashion. **Minis, bikinis, and risqué sheer dresses** talked courageously about women's empowerment and sexual liberation. **Bold colors, fringes, denim, leather, and flower power** signified the American opposition to war and the legendary anti-establishment movement. 1960s fashion portrayed a

revolution against all that was mainstream, the optimism of rebirth, and the hope that something new and wonderful was going to be created, something much more inclusive and peaceful.

It's only natural that a time of such cultural magnitude serves in 2024 as inspiration and the perfect mood board for mankind, which finds itself in dire straits once more - this time at a disaster level. Alarmed at the multiple setbacks to our hard-earned progress, the present generation of adults feels unprepared for a worldwide explosive unrest that hasn't been experienced since the '60s. We are so polarized by the stupefying present-day argument over what's true, who you can believe, and who we really are, that we grasp at the chance to find the answer, to right as many of our wrongs as possible, and maybe start afresh, doing it differently. Going back to fashion, I think that's why and how, in a rarely-seen generational style armistice, we find ourselves all on the same page at the beginning of 2024, wishing hopefully to turn back time. Is that possible, though?

Rocking the Schiaparelli bright red, strapless mini dress, with a bodycon fit and all-over beaded design, paired with the '60s staple flipped bob, Kendall Jenner was at once **the embodiment of nostalgia for la dolce vita of yesteryear and a masterpiece of vibrant modernity and willpower.** *At least, I'll give it a try,* her attitude spelled out, for all of us to enroll. And all the



Carolina Herrera



Schiaparelli



Courrèges

Photo editing by Dumitru Andrei | Photo Credits: Kendall Jenner in Schiaparelli © Estrop/Getty Images | Valentino, Christian Siriano, Polo Ralph Lauren, Stella McCartney, Mugler - Courtesy of Kendam.com
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fashion trends that have carried the torch for women's empowerment through the decades lined up in her corner as well.

The most prevalent one this season is **the sixties-inspired mini**. We get to wear **miniskirts** - tiny or mid-thigh length - **in denim, leather, vinyl, ruffled or pleated cotton, and plissé silk**; a large variety of **minidresses** - from the **ingénue baby-doll** to the **baroque and punkish** type; as well as **minishorts**, in a **rock'n'roll** version, a **minimalist jet-set** kind, or a **neo-tailoring comfy** stylishness.

Bolder than the mini, the **no pants** is definitely a hot trend this summer. The pantless look emerged on many catwalks, with **black panties paired with jewel-collared tops**; in a **decadent workwear style**; in an **austere, sleek version with a matching camisole**; the **swim trunks variety**; or with **embellished floral or jewel panties**.

Depending on the body type, some of us would prefer to drop the top rather than the bottom and find the **bra-top** trend appealing, which consists of wearing your bra as an actual top. The bra-top choice may favor a **minimalist look** or a **sophisticated** one; be worn like a **statement jewel** or sported **over a T-shirt**; could send out a **delicate vibe** or a **sober I-know-my-power message**. Whatever style we choose, it's clear that lingerie now becomes a fashion statement.

For an even more suggestive and voluptuous look, there is **the see-through** trend, which may take on a **romantic and gothic flair**, or a **vestal and fatale aura**, with **black dresses** so transparent they reveal more than they dress. At the opposite end of the spectrum, **bridal-**

white tulle see-through dresses, **transparent fringes**, or a **nude palette** coupled with rhinestones, are **very sweet and demure** but just as self-conscious and revealing.

The ultimate polishing effect on the sensual style described so far is brought by **the quintessential spring coat - the trench coat**. In full spotlight on runways, **the trench coat makes a strong comeback for the Spring-Summer 2024 collections with classic design**

or oversized pieces made of two different fabrics; with **square shoulders, strict look, and maxi length**, often **reconnected with a military style**. For a night out, a moonlight tryst, or a romantic getaway, the trench coat appears also in black **satín**, as a **négligée**, or adds a **casual touch to a femme fatale** mini slip-dress -- think Ellen Barkin seducing Al Pacino in the movie *Sea of Love*.

If you look at the big picture of fashion as the reflection of our society, you realize that some things are immune to the clock ticking - such as grit, dignity, style, a great sense of humor, and knowing who you are at all times. Others just get sucked into the world's continuum that spins around and around until the very end, getting lost into irrelevance.

To the generations who feel a wistful longing for *la dolce vita*, hoping they'll find all the answers this way, I have only one thing to say, spoiler alert: we can't turn back time. That's the way of the world - time races onwards and new generations are creeping up behind us, ready to make the mess messier with all the best intentions. Living a genuine, sweet life is still possible, though. We just have to be aware of the emptiness in the modern delusional rituals, see the void underneath obedient trappings, discern what is true from the horror of lies and deceptions, decide who we really are, and do our own thing, rightfully so.

Revolutionary, today, is to redirect our voracity to what's really *in* this year - which is, in the TikTok generation exclusive language, the motherf*cking truth. 🌱



New York Street Style at Fashion Week
Spring-Summer 2024

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The Origin Of Money

By Ray DiBartolomeo

The history of money is the development over time of systems for the exchange, storage, and measurement of wealth. Money is a means of fulfilling these functions indirectly and in general rather than directly, as with barter.^[1] Money may take a physical form as in coins and notes, or may exist as a written or electronic account. It may have intrinsic value (commodity money), or be legally exchangeable for something with intrinsic value (representative money), or only have nominal value (fiat money). Money was invented before written history began. Consequently, any story of how money first developed is mostly based on conjecture and logical inference.^[2]

There are many theories about the origin of money, in part because money has many functions: It facilitates exchange as a measure of value; it brings diverse societies together by enabling gift-giving and reciprocity; it perpetuates social hierarchies; and finally, it is a medium of state power.^[3] It's hard to accurately date interactions involving currency of various kinds, but evidence suggests they emerged from gift exchanges and debt repayments.^[4] Money became an instrument of political control. Taxes could be extracted to support the elite and armies could be raised. However, money could also act as a stabilizing force that fostered nonviolent exchanges of goods, information and services within and between groups.^[5]

Objects that occurred rarely in nature and whose circulation could be efficiently controlled emerged as units of value for interactions and exchange. These included shells such as mother-of-pearl that were widely circulated in the Americas and cowrie shells that were used in Africa, Europe, Asia and Australia.^[6] Native copper, meteorites or native iron, obsidian, amber, beads, copper, gold, silver and lead ingots have variously served as currency. People even used live animals such as cows until relatively recent times as a form of currency.^[7]

We have come a long way from using cowrie shells as currency.



Money is now a complex medium of exchange. What's more, the history of money continues to evolve in our times. In recent years, for instance, only as far back as 2014, Barclaycard introduced the idea of wearable contactless wristbands.^[8] During the same year, iPhone users were given a new digital option called Apple Pay which worked like a virtual wallet to allow them to buy things directly with their mobile phone. No doubt many more innovations, ranging from apps to devices to new forms of money, will occur before the end of this second decade of the 21st century.^[9]

THE HISTORY OF MONEY

- 9000 B.C. Bartering starts in Egypt
- 1200 B.C. Cowrie shells are used as money
- 1100 B.C. Rounded coins are used in China
- 600 B.C. The first official currency is minted in Lydia
- 1100 The tally stick is used in England to cover taxes
- 1190 Paper money is introduced in Europe based on a Chinese invention
- 1250..... The Florin from Florence is used for international commerce
- 1650..... The Wampum becomes the official currency in Massachusetts Bay Colony
- 1661..... The first banknotes are issued
- 1792..... The US dollar is issued
- 1848..... The gold rush begins and leads to the Gold Standard Act
- 1860..... Western Union starts electronic fund transfer via telegram
- 1861..... Civil war money is issued
- 1913..... The Federal Reserve is created
- 1929..... The Great Depression begins
- 1946..... The first charge card is invented.
- 1971 The gold standard is abolished.
- 1999 Mobile banking and online banking begins
- 2002 The Euro is issued
- 2008 Contactless payment cards are issued, and Bitcoin starts cryptocurrency^[10]

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8. VALENTINO
 Kaia Gerber in this exquisite Valentino dress at the 2024 Valentino Spring Fashion Show. [Valentino.com](https://www.valentino.com)

Austrian



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Austria is one of the most beautiful countries in the world with stunning mountain scenery, pristine blue lakes from the snow melts, and a unique ambience in culturally rich cities that have preserved hundreds of years of the best displays of human genius.

The destinations in Austria we recommend visiting include Vienna, Salzburg, Innsbruck and Hallstatt. If you have time, Graz, the Wachau Valley, and Kufstein are also enchanting parts of this beautiful country.

VIENNA

Vienna, Austria's capital, lies on the famous Danube River, and it overflows with culture and coffee. Its artistic and intellectual legacy

is splendidly rich and was shaped by residents including Mozart, Beethoven, and Sigmund Freud. The city is also known for its Imperial palaces, including Schönbrunn, the Habsburgs' summer residence. It's a Baroque marvel with architecture that is spellbindingly beautiful. There are 1,411 rooms at the palace and the gardens are home to 32 sculptures, as well as a set of Roman ruins built as follies in the late 1700s.

In the Museums Quartier district, be sure to visit the famous Naturhistorisches Museum (Natural History Museum) with its park and sculptures. Historic and contemporary buildings display works by Egon Schiele, Gustav Klimt and other artists.





Classic view of famous Schonbrunn Palace with scenic Great Parterre garden on a beautiful sunny day with blue sky and clouds in summer, Vienna, Austria



Salzburg skyline Festung Hohensalzburg



Birthplace of Mozart in Salzburg



Shopping in Salzburg

Admire the splendor of Vienna's city center while sitting in one of its Habsburg-era grand cafés. Sample Austria's many excellent white wines. The Wachau Valley has some of the best, making for a great day trip from Vienna.

SALZBURG

A music center for centuries, Salzburg was the birthplace of Mozart, whose house, No. 9 Getreidegasse, is preserved as a museum. It is also the site of the internationally renowned annual Salzburg Festival. The streets are alive with wonderful live music and there are talented musicians around every corner. Besides that, Salzburg is the gateway to the Austrian Alps. You can trek through the Alps or enjoy the views from Salzburg.

INNSBRUCK

Innsbruck is known as Austria's sports capital. This city in the Alps has long been a destination for winter sports. Innsbruck is also known for its Imperial and modern architecture. The Nordkette funicular, with futuristic stations designed by architect Zaha Hadid, climbs up to 2,256 meters from the city center for skiing in winter and hiking or mountaineering in warmer months.

HALLSTATT

Hallstatt is a must as a day trip from Salzburg. It's a beautiful village on Lake Hallstatt's western shore in Austria's mountainous Salzkammergut region. Its 16th-century Alpine houses and alleyways are home to cafés and shops. This truly is a picture-perfect piece of





Zillertal Alps green meadows,
alpine cottages and
mountain peaks





Zwölferhorn
Mountain Cable
Car Running
down to St
Gilgen Austria



Cityscape in Innsbruck city center



Maria Theresien street in Innsbruck

paradise and has become one of the most popular places to visit in Austria.

GRAZ

Graz is Austria's second largest city, and it combines a medieval Old Town crowned by a beautiful hilltop with creative modern architecture and culture. It's a truly authentic place where you can gain an insight into the residents' everyday life. Shops and restaurants line the streets, which blend Renaissance and baroque architecture. A funicular leads up Schlossberg, the town hill, to the Uhrturm, a centuries-old clock tower. Across the

River Mur, futuristic Kunsthaus Graz exhibits contemporary art.

KUFSTEIN

The "Pearl of Tyrol", this is a charming town that combines quaint small-town life with great hiking trails a chairlift ride away, and the famous Riedel Glass factory, which has been family-run since 1756. It's home to a local history museum and the huge open-air Heroes Organ. Narrow streets like Römerhofgasse are lined with traditional Tyrolean houses.

If you are heading to Europe in 2024, it is so worth allocating a few days to this truly magnificent European country. 🇦🇹

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