



INFLUENTIAL™

THE ART OF LIVING WELL

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MAY / JUNE 2016

WOLFGANG PUCK

REVEALS
INGREDIENTS
FOR LUXE LIVING

**HUNT
SLONEM**
EXPLAINS
ALL HE EVER
WANTED TO DO

ALAN THICKE
TALKS ABOUT PRIVATE
PLANES AND OTHER PERKS
OF THE PROFESSION

**WALKING
ON SUNSHINE**

Summertime
and the Living is Easy

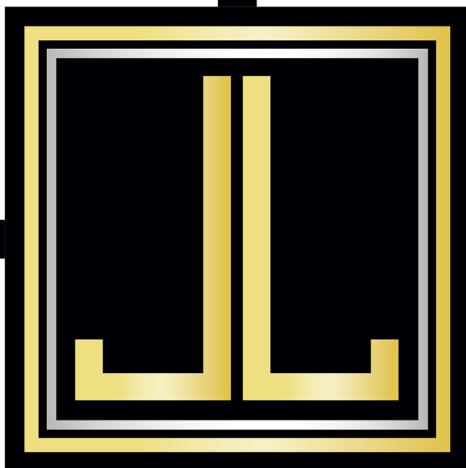
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“Summertime and the livin’ is easy”, are familiar lyrics composed by DuBose Heyward with music composed by George Gershwin for the 1935 Opera *Porgy and Bess*, and later popularized as a musical standard by such greats as Billie Holiday, Dionne Warwick and Ella Fitzgerald. The aria speaks to a time when the troubles associated with slavery and oppression would be a thing of the past, making life easy with little cause for harm, resulting in a renewal of the human spirit and subsequent happiness. Welcome to the May / June Issues of *InFluential Magazine*, *Spanish InFluential* and *Teen InFluential*.



PHOTOGRAPHY COURTESY
OF IMIKO IMAGES

For me, the summer months provide a period of renewal and reflection, particularly on those aspects of our life that gives cause for real happiness; a significant reason why the theme of our May / June Issues *Summertime and the Living is Easy*, an allusion to that popular Heyward / Gershwin tune, is so appropriate. To complement your easy summertime feeling, we wanted to bring you thought-provoking editorials in a “light”, yet meaningful and thrilling manner. In my humble opinion, we’ve hit this out of the ball park.

Merilee Kern, Executive Editor of ‘The Luxe List’ brings us an exclusive, surprisingly candid interview with entertainment industry veteran Alan Thicke, who shares the thrills of being a celebrity. Merilee also shares her exclusive interview with world-renowned master in the kitchen and celebrity Chef Wolfgang Puck, where we learn what he thinks about living a luxurious lifestyle. Talk about easy summers! Many can only imagine the easy summers these celebrities enjoy, yet we find they are actually quite humble and down to earth.

Our Health & Wellness section is designed to help you live your best life and be at your most InFluential. Striving to maintain a healthy body and mind, though challenging at times, is quite doable and we aim to provide the support for doing just that. From revamping a stale exercise routine to breaking bad habits, we’re definitely bringing you news you can use. The *InFluential Magazine* family is definitely on

the bandwagon of change and will constantly do so to ensure we are poised to keep bringing our readers editorials, “Dedicated to the Art of Living Well”.

We’re thrilled to announce new appointments to the *InFluential Magazine* family.

- Leonardo D’Almagro, who has done a tremendous job as Fashion Editor, is appointed Creative Director. In his new role, Leonardo is instrumental in continuing to expand the *InFluential Magazine* family in many thrilling and creative directions. Leonardo’s most recent contribution is being the strategic vision behind *Spanish InFluential* and *Teen InFluential*, both of which have been well received and well read.
- Michelle Washington, a creative style expert, is new to the team as Fashion Editor. In this very important role, Michelle interfaces regularly with national and international fashion & style experts to ensure our *InFluential Magazine* family is on trend and is publishing hip fashion & style related editorials.
- Kelli Ponce, new to the team as Editor of Beauty, brings years of experience as a beauty consultant and hairstylist, educated at the renowned Paul Mitchell Academy for Cosmetology. Kellie’s award-winning work has been featured on national television, graced album covers published in nationally recognized magazines.
- Gloria Thornton, based on the west coast of the United States, is new to the team as our West Coast Affiliate and we’re relying on her sales & marketing expertise and entertainment industry connections to support our continued expansion into key national and international markets.

We are thrilled to welcome these team members to their new roles and look forward to continuing to bring you relevant and fresh editorials as only the *InFluential Magazine* family can do. We’re proud of our entire team and so appreciate them for lending their talents to the *InFluential Magazine* brand. Have a great summer. Be creative. Be adventurous! And of utmost importance, be safe!

William Jackson
Publisher of *InFluential Magazine*, *Spanish InFluential* and *Teen InFluential*



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Allen Beuershausen

| *Austin, Texas*

Allen Beuershausen is a serial entrepreneur who is a connector in the Austin's business and social circles, and he is Co-founder of Sanitis, an Austin-based distributor of "next generation" products for infection control in healthcare, food, and educational institutions.

Allen has been a part of the fabric of the entrepreneur, arts, and charity scenes for most of the ten years he has lived in Austin, and his work has included the launch of two magazines focused on health and the arts, where he wore many hats as editor, author, and photographer.



Stacey Harrell

| *Photographer and Journalist*

| *Austin, Texas*

As the society columnist and photographer for West Austin News, Stacey attends the events that appeal to Austin's most affluent and philanthropic. Since joining West Austin News in 2011, Stacey has covered over 500 events benefitting hundreds of local nonprofits.

Stacey brings some of her personal favorites to ***InFluential Magazine***.

Stacey's own photography clients include the St. David's Foundation, bestselling author Sharon Schwitzer and a number of small businesses.

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Merilee Kern

'The Luxe List'
Executive Editor

'The Luxe List' Executive Editor Merilee Kern scours the luxury marketplace for exemplary travel experiences, extraordinary events and notable products and services.

Submissions are accepted at
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Callie Meuer

Styling and Makeup Artist,
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Callie Meuer is a stylist and makeup artist for Jose Luis Salon, the premier hair and beauty salon in Austin, Texas that provides quality hair, skin care, and makeup services and products. Her passion for hair started at a young age while growing up in her grandmother's salon. Callie specializes in cutting, coloring, styling and makeup. She is Sassoon trained and has received advanced makeup training under celebrity makeup artist James Ryder. She loves the opportunity to make people feel special every day and look their absolute best; it makes her work both joyful and rewarding. To continue her education, Callie has taken advanced cutting and styling classes at the Sassoon Academy in Santa Monica, California.



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Louis Taylor, D.O. earned his medical degree from the University of North Texas Health Science Center (Fort Worth) and completed his psychiatry residency at Scott and White (Temple, TX) and Austin Medical Education Program (Austin, TX). He then completed his Child and Adolescent Psychiatry Fellowship at the UT Southwestern Child and Adolescent Psychiatry Residency Program at Seton Family of Hospitals. His clinic is located off of Bee Cave Road.

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ALAN THICKE

TALKS PRIVATE PLANES AND OTHER PERKS OF THE PROFESSION

ONE HAS TO ASSUME ENTERTAINMENT INDUSTRY VETERAN ALAN THICKE IS NO STRANGER TO LUXURY LIVING. AMID AN ESTEEMED CAREER THROUGH WHICH HE HAS EARNED A GOLDEN GLOBE “BEST ACTOR” NOMINATION, SEVEN EMMY AWARD NOMINATIONS (FIVE FOR WRITING, TWO FOR ACTING) AND INDUCTION TO CANADA’S WALK OF FAME, AMONG OTHER CAREER HONORS, THICKE HAS LIVED AN EXCITING, ADVENTUROUS AND PRIVILEGED LIFE RIFE WITH RECOGNITION.



WRITTEN BY MERILEE KERN,
‘THE LUXE LIST’ EXECUTIVE EDITOR
PHOTOS COURTESY BY POP PEACOCK ALLEY

With the success of his popular sitcom reality, *Unusually Thicke*, having enjoyed its sophomore season on Pop TV in both the United States and Canada, it seems there's no stopping this enduring actor and entertainer.

I recently connected with Thicke for a conversation about his own luxury lifestyle and the result reveals a quick-witted man who is surprisingly candid, endearingly self-deprecating and unabashedly opportunistic. For me, his funny and honest responses only reinforce why he's one of Hollywood's most beloved personalities. Here's what he had to say.

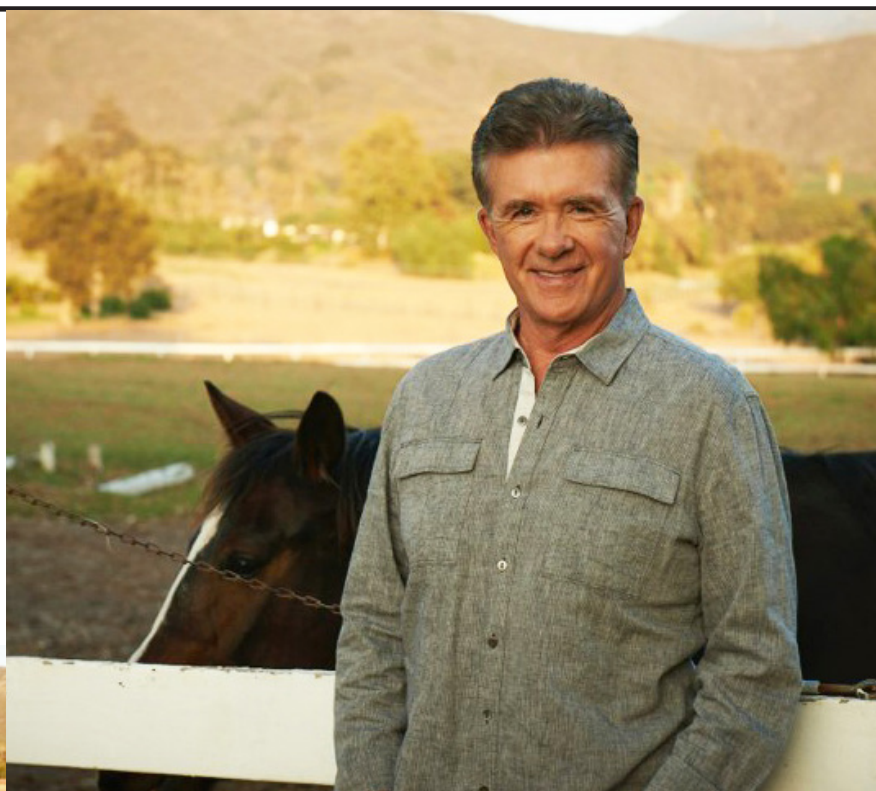


Merilee Kern: What does the word "luxury" mean to you?

Alan Thicke: To me, the ultimate luxury is a private plane. Many of us in the industry can be talked into appearing anywhere, anytime, for any purpose as long as there is a G7—or gee—anything involved. We are known as "charter sluts."

MK: What items or experiences do you love to splurge on?

AT: I tend to splurge on additions to my house...new rooms, furnishings, TVs and gadgets, rather than clothes or automobiles (although I completely enjoy the luxury of having a talking car...Hasselhoff was way ahead of his time). Voice activation for phone calls, navigation and music are sure measures of evolution in our civilization. I am fortunate to have a wardrobe stylist for film and TV appearances



who picks things out and makes sure they fit. That way my internal fashion sense can remain stuck in 1987, but I can still rock it when I go out. Actors are lucky to be frequently gifted with free stuff on the red carpet and I keep it whether I need it or not. A hoarder. A "swag whore" to complement my "charter slut" persona. Perhaps there is a thread there.

MK: Where is your favorite travel destination?

AT: My favorite travel destinations include Muskoka, Vancouver Island, Montreal, Las Vegas, New Orleans... and any beach in the Caribbean. Or Cabo! I tend to prefer solitude, sunshine and relaxation when I have elective time. When I was younger I made a point of visiting every museum, fort and cathedral in every city I visited. Now I'll take a palm tree and a piña colada.

I have always relished sharing my travel opportunities with family, especially my children. Robin Leach, in his "Lifestyles of the Rich and Famous" hey day, was always generous enough—when I begged—to include nieces and nephews, mothers and fathers, brothers and sisters (disguised as publicists, managers, agents, hairdressers) on excursions through Africa, Greece, Taiwan, Russia and more on that show and others like it.

Nowadays, celebrity golf tournaments are a fine way to travel as a "guest," see cool parts of the planet, get more swag and, rather than have them over for dinner, reunite with friends on that circuit...and not have to clean up after them.

My bucket list includes Via Rail through western Canada, a river cruise in Europe and an intense tour of the Balkans (okay, I guess that means a few more forts... and sign me up for one more cathedral.)

MK: What kind of cuisine do you favor?

AT: My culinary tastes are basics from the steak, lobster and French fries family. I do enjoy the occasional foray into bone marrow and I loved foie gras before I learned how they obtain it. You can offer me a gourmet poutine and a butter tart any day. I am considered to be highly

experimental in my openness to new dishes. For that reason, I was very popular in Vietnam for eating every imaginable part of an ox...and in Russia for eating brown bear chops with nary a fruity sauce to calm the taste. I love Chinese and Indian especially, but my sister's ribs win the gold medal every time. My grandmother made a fabulous bread pudding whose recipe left when she did.

MK: What is your best tip for "living fabulously"?

AT: My best tip for living fabulously would be to keep an open mind, free to experiment, explore...try new foods, activities, vacations, challenges, work possibilities and acquaintances. None of us will live long enough to experience and enjoy all of the fabulousness our world has to offer so look around, get busy every day...and just dig in! My hat's off to Thicke for his levity and candor. Well played. ●





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UNLEASH HAPPINESS: TIPS FOR LIVING YOUR HAPPIEST LIFE

Are you living your happiest life? How does your mood affect your health? Is happiness contagious? Researchers are finding these questions are worth asking and multiple studies show happiness dramatically improves health, productivity, family bonds and even life expectancy. So it's no surprise the impact happiness has on people has spawned an initiative to spread happiness throughout the world.

So what can you do to live your happiest life? Researchers say it starts with choosing happiness. Making a conscious choice to be happy positively affects a person's mood and over time, can reset a person's default happiness level, according to two recent **studies** published in *The Journal of Positive Psychology*.

Here's a look at several ways to choose to be happy, including:

Savor happy moments, in the moment. An individual's brain is hardwired to remember bad experiences more than good ones as a basis for survival. When something

good happens, stopping to savor that moment helps to solidify it in the brain and re-wire it for happiness, according to Rick Hanson, a neuropsychologist and author of *Hardwiring Happiness*.

Connect with happy people. To be happy, spend time with happy people. It may seem like common sense, but researchers from Harvard found over the course of a 20-year study, the happiness of one person can increase the happiness of others in their network by an astounding 25 percent.

"In my job, I see firsthand how easily happiness spreads from one person to the next," says Courtney Gastelo, a bartender at RA Sushi, which has several locations across the U.S. "That's why RA Sushi's Happy Hour is so popular - we bring our guests together in a fun atmosphere where they can relax and enjoy great food and drinks with their friends."

Gastelo recommends not waiting for the weekend; invite friends out for sushi and enjoy Happy Hour any day of the week. Doing so will positively affect the mood of everyone involved, "and science says it's good for humanity," she says.

Choose experiences over things.

The value of new life experiences also creates happiness. That's the finding of research from San Francisco State University, which shows having a new life experience outweighs material purchases when it comes to long-term impact on happiness.



New life experiences don't have to be expensive trips to exotic locations; they can be as simple as taking a dance class, mastering a cooking skill, trying a new food or learning how to speak another language.



Exercise. Hitting the road or the weights can turn a bad day into a good one. Research from the University of Bristol shows exercising on workdays has an even bigger impact on mood. It's because exercising releases endorphins that have a powerful effect on happiness.



Going for a walk or hike outside has the added benefit of sunshine and fresh air, too. For an even more powerful happiness boost, researchers suggest finding an exercise buddy. ●





WHEN QUITTING IS WINNING

Whether you use cigarettes, cigars, snuff, chew or e-cigarettes, all forms of tobacco are harmful and can be addictive. Tobacco products contain several chemicals, as well as a substance called nicotine that stimulates your nerves, increasing your blood pressure, respiration and heart rate.

Risky Business

Understanding how tobacco affects your body is the first step toward quitting. Using tobacco can shorten your life expectancy by at least ten years. When you smoke, tobacco's harmful chemicals can damage your body, putting you at higher risk for health and bodily impact, such as:

- **Lungs:** Respiratory infections and colds
- **Skin:** Skin discoloration, wrinkles and premature aging
- **Nails:** Yellow fingernails
- **Heart:** Heartbeat irregularities
- **Mouth:** Gum inflammation, gingivitis, infections and oral or throat cancers
- **Teeth:** Brown-stained teeth, tooth decay, tooth loss and chronic bad breath
- **Reproductive System:** Cervical cancer, pregnancy complications and infertility Tobacco not only

QUITTING TOBACCO IS HARD, BUT IT'S NEVER TOO LATE TO QUIT AND BEGIN REAPING THE HEALTH BENEFITS OF A TOBACCO-FREE LIFESTYLE.

risks your health, but also affects your looks and social life. Because tobacco restricts blood flow in the body, smoking can cause erectile dysfunction or the inability to achieve orgasm. Other negative side effects include tobacco smoke, which sticks to your hair, vehicle, clothing and furniture. The residue and smell linger long after you finish smoking.

Conversely, quitting tobacco use has nearly immediate positive results. In an otherwise healthy person, after 72 smoke-free hours, your lungs begin to repair. Between two weeks and three months after your last cigarette, blood flow and circulation improve and lung function increases by about 30 percent, so you'll get winded less easily and feel less tired. One year later, your risk of heart disease will be cut in half and ten

years after quitting, the risk of lung cancer is about half that of a person who smokes.

Getting Help

Although there are cases of people who successfully quit cold turkey, statistics show this is not the most reliable approach to quitting. Fortunately, there are several options to help you kick the habit, manage your withdrawal symptoms and take back your health. Medication, counseling and support groups can all aid you on your journey of quitting tobacco while saving you money and lengthening your lifespan.

Patches And Medications

Tobacco cessation medication can double your chances of kicking the habit permanently. Talk to your health care professional to discuss the best treatment plan for you. Types of medication include:

- Nicotine replacement therapies
- Nicotine gums or lozenges
- Nicotine patches, inhalers or nasal sprays
- Quit-smoking pills

Counseling And Support Groups

If you want to take a non-medical route, a counselor or a quitting



The moment you quit

TOBACCO

- Within 20 minutes**

Blood pressure and heart rate begin to return to normal
- 24 hours**

Anxiety level peaks and then drops to pre-smoking levels
- 48 hours**

Sense of smell and taste return to normal
- 72 hours**

Breathing becomes easier as lung function increases
- 2 weeks**

Nicotine cravings substantially decrease
- 3 weeks**

Blood circulation in hands, feet, and mouth improve
- Years to Follow**

Risk of heart attack, stroke, and cancer decreases

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coach can give you advice and support while you are trying to quit. The more often you meet, the more likely your choice to quit will be a permanent one. Your quitting coach can help you set a start date, learn coping skills, know the common smoking triggers, gain social support and help you tobacco-proof your life.

Other support options for quitting include national help numbers and online chat rooms. Free phone, chat room and texting resources from UCanQuit2 can be a useful supplement to personal counseling and coaching. Learn more at 1-800-QUIT-NOW or www.ucanquit2.org.

In addition, you can find information about support programs in your state at map.naquitline.org.

Find more resources to help you kick your tobacco habit from Guard Your Health, a health education campaign by the Army National Guard, at guardyourhealth.com.

Five Facts About E-Cigs

E-cigarettes are battery-operated devices often designed to look like regular tobacco cigarettes. Instead of tobacco, e-cigarettes are filled with liquid that contains nicotine and other chemicals. When that liquid is heated it turns into vapor that can be inhaled.

- **1. They are still addictive.**

While e-cigarettes don't contain tobacco, the main ingredient is nicotine – one of the most addictive stimulants available.

- **2. They contain harmful chemicals.**

Medical researchers have identified at least 19 harmful chemicals in e-cigarettes, some of which can cause cancer. Studies show a teaspoon of highly diluted “e-liquid” is enough to kill an adult.

- **3. No regulation leaves plenty to chance.**

The Food and Drug Administration recently announced plans to regulate e-cigarettes using the same standards as tobacco products, but there's no official timetable. This means for now, nicotine levels and “e-liquid” ingredients vary widely from product to product and there is no proof that these ingredients are safe.

- **4. They aren't a proven quitting tool.**

Although some smokers have found e-cigarettes helped them stop or cut back tobacco use, e-cigarettes still deliver nicotine by inhaling from a cigarette-like device. Experts warn this can lead to nicotine dependence and even initiate cigarette use in previous non-smokers.

- **5. Restrictions are widespread.**

In many public and private places, e-cigarettes have the same usage limitations as tobacco, meaning you likely can't use them at hospitals, restaurants and many other indoor and outdoor locations that have restricted tobacco use on their premises. ●

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NEED READERS?



Your 40th birthday was a while ago and since then, print looks like it's been getting smaller. Moving printed matter farther from your eyes to bring it into focus worked for a while, but now you're stretching your arm as far as it will reach. Since that arm's not going to get any longer, it may be time to get some reading glasses.

A visit to an eye doctor can confirm if you're experiencing presbyopia, a natural side-effect of growing older. As you age, the lens inside our eye loses flexibility and becomes less effective at helping you focus.

Most people will develop presbyopia in their early to mid-40s; in fact, the number of people who wear corrective lenses spikes in the 40s, and 93 percent of people ages 65-75 wear corrective lenses, according to the **Vision Impact Institute.org**.

Of course knowing you're far from alone in your need for reading glasses might not make you feel any better about wearing them. You may be tempted to sneak into the local pharmacy, grab the first pair of readers you see and hope you can pay for them and get out of there before anyone you know sees you.

But, don't be hasty in your choice of reading glasses. A recent study by Foster Grant indicates the readers you wear can have a significant impact on your productivity and quality of life.

Here are some important facts to help you choose reading glasses that are right for you:

- Reading glasses generally offer magnification between +1.00 and +2.75, in increasing increments of .25.
- You can buy readers without a prescription from a pharmacy, department store, vision center, discount store or online.

- Try to purchase the lowest level of magnification that works for you; a magnification that is too strong may cause headaches and eye strain.

- Long gone are the days when all reading glasses looked like something your granny would wear. Today, brands like Foster Grant have reading glass designs in a variety of shapes, colors, sizes and styles to flatter any facial structure and appeal to virtually every preference.

- While readers help you focus on printed matter, they can actually make it difficult to see other things, such as a computer screen or the face of someone you're talking to. In order to refocus your eyes from printed material to something else, you have to remove single-focus readers or peer over the lenses.

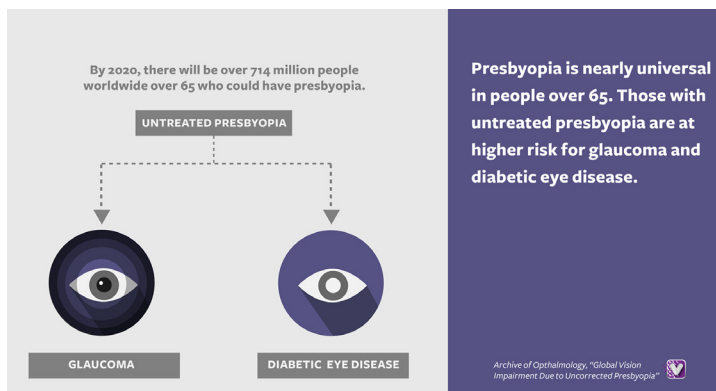
A study by FGX International, the owner of the Foster Grant brand, found nearly half of people 40 and older who wear single-focus reading glasses take them off 10 or more times a day. Having to remove readers is irritating, embarrassing and hinders productivity, the majority of wearers said in the

survey. The arrival of reading glasses with multiple strengths is changing the way people use readers.

Foster Grant **Multi-Focus reading glasses** offer three different magnification zones in the lenses of a single pair of glasses. Users can keep the glasses on and still be able to focus comfortably on things farther away. It's not necessary to remove the glasses in order to refocus from printed matter to something else, sparing users the time and aggravation of removing glasses and putting them back on. Since you remove the glasses less frequently, there's less chance of misplacing them - so you no longer need to buy multiple pairs to leave around the house or keep replacing pairs you took off and lost.

For most people, reading glasses are an inevitable part of growing older. But, they don't have to be an irritation, or something you're embarrassed to wear. A little shopping around can help you find readers in a style, magnification and focus options that work best for your lifestyle. Visit **www.fostergrant.com** to find readers that are right for you.

This information is not intended to diagnose health problems and does not replace the advice, diagnosis or treatment of an eye doctor or medical professional. Contact your eye doctor or a medical professional directly if you have any questions concerning your eye health or the information above. ●





5 WAYS TO REVAMP YOUR RUN

No matter where you fall on the running spectrum, there's always room for improvement," says Rebekah Mayer, National Run Training Manager for Life Time Fitness - The Healthy Way of Life Company. "If you're striving to become a better runner, you might need to make some changes or switch up your routine."

Below are five tips from Mayer to help amp up your run so you can feel great while making each workout count:

1 Ease into Your Outdoor Runs

If you've been hitting the treadmill all winter and are just beginning to run outdoors, take it slow. Pavement is harder on your knees and joints than a treadmill belt and your running form is a little different when you're outside on the ground. Start by taking some easy workouts outdoors and then progress into harder workouts. By then, all the trails will be fully clear and your legs will have a chance to adapt.

2 Ditch The Background Noise

Consider leaving your headphones at home. While music is essential to beat boredom on a treadmill, many runners come to enjoy the quiet solitude or group chatter when running outdoors, especially when you run with a friend. Without headphones, it's also easier to hear traffic, animals or approaching pedestrians. If music is absolutely necessary, try running with only one ear bud in.

3 Make It Memorable

Take the time to make some of your runs a little more interesting. Is there a trail system a short drive from your home or nearest

health club? Even if it doesn't fit into your daily routine, doing some runs at a more scenic location every so often can make the miles much more enjoyable. Changing up your routine also helps keep your body challenged so you can continue to build strength and endurance.

4 Gather Your Running Buddies

Running with friends is one of the best ways to stay motivated. Running with a buddy on a treadmill is fun as well, but an outdoor running pal or group can help the time and miles pass more quickly. Life Time destinations nationwide host Tuesday Night Social Runs with varying distances and they're complimentary for members and non-members. There's nothing like good conversation to keep you entertained during your workout. Running partners can be good pace setters as well and might even suggest some new running routes or trails you've never tried before.

5 Dress The Part

If you run in the dark, choose reflective clothing and a headlamp for safety. On rainy days, add a water resistant jacket and a cap to keep water out of your eyes. This will make the weather more tolerable. If temperatures are cool, choose an outer layer you can easily remove if you get too warm. Life Time is a firm believer that the right pair of shoes can help prevent injury, so make sure you find a pair that works for your running style.

Use these tips to make the most of each run or if you're one of the thousands of Americans who's currently training for a marathon, check out lifetimerun.com to sign up for a virtual or in-person run training plan. ●

HAVE YOU EVER
WISHED YOU
COULD JUST
SNAP YOUR
FINGERS AND BE
ABLE TO RUN A
MARATHON? IF
ONLY IT WERE
THAT EASY.
WHETHER YOU'RE
TRAINING FOR A
RACE, WANT TO
GET IN SHAPE OR
SIMPLY ENJOY THE
RHYTHM OF YOUR
FEET HITTING
THE PAVEMENT,
RUNNING TAKES
CONSISTENCY
AND PRACTICE.



KEEPING YOUR COOL

*A*thletic styling continues to increase its influence on casual clothing – often referred to as “athleisure” apparel – with innovative fabric treatments associated with high-performance activewear making their way into basic apparel; even underwear.

Temperature-control and wicking technology that draws moisture away from skin, initially developed to keep athletes dryer and more comfortable while training and competing, can now be found in items we wear every day; including T-shirts, underwear and socks.

“Comfort is the biggest factor when choosing basic clothing, so it’s little surprise the technology that makes high-performance sportswear so appealing to athletes is being well received in casual, everyday apparel,” said Jay Turner (president of underwear, panties and socks

at Hanes Brands). Hanes has introduced X-Temp (a dynamic temperature control and cooling technology) to its product lineup. “There is no such thing as too much comfort in underwear.”

After all, the gym is hardly the only place where temperatures rise and perspiration follows. Sometimes life sets the thermostat to “really uncomfortable,” especially with normal workday pressures. From interviewing for a new job, making a big presentation or dealing with a demanding boss, there are countless scenarios in the workplace that call for keeping your cool.

Fit Meets Function

Athletic apparel was once only worn for specific athletic activities, but now demand has inspired manufacturers to deliver the same style and comfort in more affordable, everyday apparel. One of the key

components of comfort is temperature regulation and a high-tech Swiss company, HeiQ, developed the Adaptive technology that actually responds to body temperature changes by turning moisture wicking on or off, much like the skin does naturally. You want more evaporation to keep you feeling cooler when the body is warmer and less evaporation when you are chilled.

Top brands are now incorporating this technology into their collections. For example, Champion PowerTrain T-shirts, hoodies and training pants (look for "Vapor" on the label) are made from virtually weightless fast-drying fabric that wicks moisture for sweat-free comfort, no matter what else you're wearing and what you're doing.

Underneath It All

When things heat up, keeping your cool depends on that first layer of fabric against your skin. That's why it's important to choose undergarments designed to respond to your body temperature. By incorporating the same cooling technology used in active apparel, Hanes has introduced X-Temp undershirts, socks and men's and women's underwear that wick moisture away from consumers when warm. Soon you will even be able to find bras that incorporate the technology.

"Technology continues to migrate from athletic wear to underwear as part of the athleisure trend," Turner said. "For consumers, comfort is 24-7 and knows no boundaries." To learn more about comfortable, casual clothing with the technology to meet your lifestyle needs, visit hanes.com.

How It Works

Fabrics that adapt to the body's temperature to speed or slow down cooling for all-day comfort may seem a little sci-fi. Actually, it's what happens when technology meets textile to pair the high-performance qualities desired in athletic wear with the unmatched comfort of soft cotton.

Swiss company HeiQ developed a hydro functional polymer that makes fabric dynamic, enabling it to respond to body temperature and deliver both

wicking and evaporation benefits. This technology turns moisture into vapor to move it away from the body, which is wicking and it also expands the fabric's absorbency area, so more evaporation can take place.

Simply stated, as the skin temperature increases and perspiration occurs, the fabric fibers, even cotton, respond by allowing evaporation to help keep the body cool and wicking to help keep it dry.

Comfort That Fits

When you're comfortable, you're better prepared to handle whatever life throws your way. Stay cool when things get sticky with these tips from the experts at Hanes:

- Find clothes that let you feel confident. From the style to the fit, if you're not comfortable, it will show. Look for attire that lets you downplay any sign you're not on top of your game, such as moisture-wicking garments that keep stickiness and sweat at bay.
- Take control of your temperature by wearing layers. If things heat up, you can discard a layer to quickly adjust your personal comfort.
- Buy the right size. Clothing that doesn't fit properly tends to cling, making you more prone to sweat and discomfort.
- To look good, you need to feel good. Avoid rough, scratchy materials that will irritate your skin and opt instead for soft cotton blends. ●



URGENCY *or* EMERGENCY?



When unexpected health mishaps arise, many people's first reaction is to head to an emergency room. But, when those illnesses and injuries aren't true emergencies, not knowing the best option for care can end up costing both time and money.

So how can you know where to go when medical attention is needed?

Urgency Or Emergency?

Urgent care centers provide a way to keep up with patients' daily healthcare needs, serving as a vital link between the emergency room and primary care physicians.

"Urgent care is growing across the country because it provides patients with an alternative to the emergency room, which can be too costly and time-consuming for situations like common illnesses and minor injuries," said Dr. Robert Kimball, president of the board of directors, Urgent Care Association of America (UCAOA). "While ERs are best equipped to handle life-threatening illnesses and injuries, it's important patients are aware there are more affordable options available for less serious situations."

Due to shorter wait times – 90 percent of urgent care centers offer a wait time of 30 minutes or less, according to the 2015 UCAOA Benchmarking Survey – and much lower prices, urgent care centers are a more convenient and affordable

option than, but not a substitute for, an emergency room.

When care is needed for true emergency situations, such as heart attacks, strokes, major bleeding or severe burns, it's vital to go to an emergency room immediately, as urgent care centers are not equipped or designed to treat life- or limb-threatening conditions.



Dollars And Sense

When patients visit an emergency room for a non-emergency, they risk incurring a substantial financial loss. Emergency rooms are more expensive, charging an average of \$1,300 for treatment of non-life-threatening situations, while urgent care centers charge an average of just \$150, according to a Medical Expenditure Panel Survey.

Plus, 27 percent of all emergency room visits could take place at an urgent care center, which would save American consumers approximately \$4.4 billion annually, according to "Health Affairs." Additionally, many insurance plans feature lower co-pays for urgent care services than treatment in an emergency room.

Understanding The Options

"With a growing variety of facilities available, patients need to take care to understand their options," Kimball said. "The rise of free-standing emergency rooms is especially concerning because they look like urgent care centers. While they may seem convenient at the time, the emergency room prices can cause sticker shock for patients who aren't aware of the distinction."

Free-standing emergency rooms are not physically connected to a hospital and are located in areas similar to urgent care centers, so it can be easy to confuse the two. A free-standing emergency room will offer emergency care – and charge emergency room prices. Patients should be sure to confirm the type of facility they're visiting, as treatment at a free-standing ER may cost thousands of dollars more than an urgent care center.

To find a conveniently located urgent care center near you, visit **whereisurgentcare.com.**

WHAT ARE THE DIFFERENCES BETWEEN A PSYCHIATRIST *and* A PSYCHOLOGIST?

IN GENERAL, PSYCHOLOGISTS USE VARYING TYPES OF THERAPIES TO HELP CLIENTS RESOLVE TROUBLING ISSUES AND PSYCHIATRISTS ARE PHYSICIANS (M.D. OR D.O.) WHO PROVIDE MEDICATION MANAGEMENT.

*T*here are some physicians who, as I do, provide both medication management and psychotherapy.

How Do You Choose The Right Psychiatrist?

Ask around. Personal referrals are always a great resource. Keep in mind; however, not all providers are a good match for all clients. Mental health

► WRITTEN BY LOUIS TAYLOR, D.O.

treatment is very personal, so it's important you feel comfortable with the provider you choose; you won't know until your first appointment, so even with online reviews and personal referrals, there's always uncertainty about how comfortable you'll feel (this is the same with all areas of medical care, not just mental health). If you are seeking therapies, trust your initial impressions while understanding it's completely normal to be a bit wary of discussing deeply personal matters with someone you have just met, even if they are a trained professional.

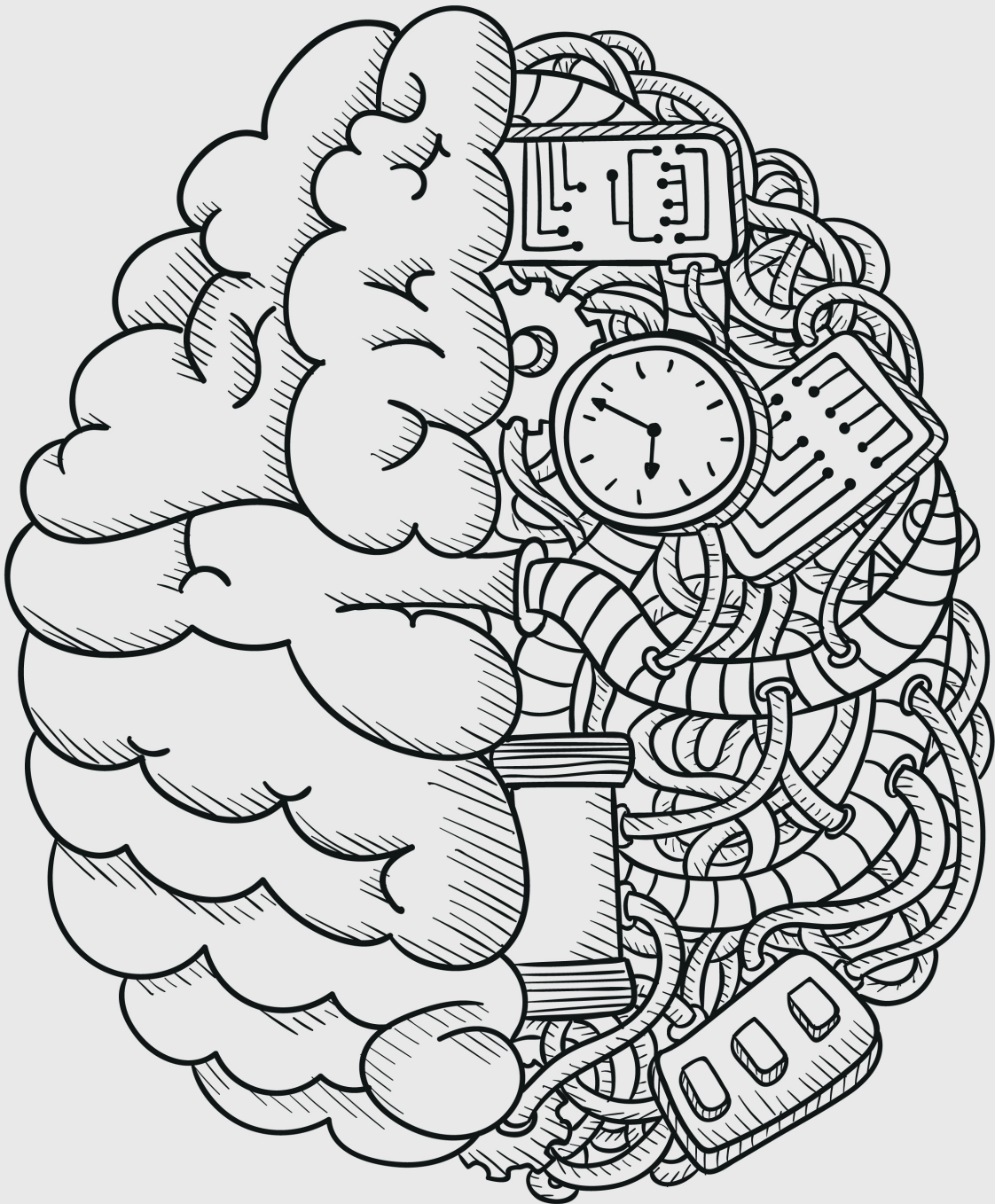
Psychiatrists and psychologists shouldn't "pressure" you into anything (unless, it's an extreme situation in which safety or health are jeopardized). Even when it comes to medications, a physician's recommendations are just that... recommendations; the final decisions are up to you. Our role is to work with you as a team to help figure out an appropriate solution... not to figure out everything for you; effective treatment requires effort on the part of the client as well.

What If My Child Needs To See Someone?

Choose a provider with training in the area of child / adolescent mental health. Some psychiatrists complete additional specialized training in Child and Adolescent Psychiatry. There's a dearth of providers for this population, so finding a provider can be challenging. As with adults, make sure your child is comfortable with the selected provider.

What's The Point?

Well, that's something to discuss with your psychiatrist or psychologist when you first meet. Take some control and express your goals. The sessions should be about YOU, so don't be afraid to help guide the direction of treatment. The role of the provider is to act as the team lead, so there are likely some very good reasons for the particular techniques or medications being recommended... but if you don't understand, just ask! Trust your gut when choosing a provider, and clearly state your expectations from the get-go. My personal philosophy is, the goal of treatment should be to eventually not need treatment any more. ●



FIND THE RIGHT FIT: 4 IMPORTANT SUMMER CAMP QUALITIES

AS THIS TIME OF YEAR APPROACHES, KIDS START STARING AT THE CLOCK, COUNTING DOWN THE MINUTES UNTIL THE LAST DAY OF SCHOOL. BUT AS A PARENT, YOU'RE LIKELY NOT WISHING THIS TIME AWAY SO QUICKLY, ESPECIALLY IF YOU HAVEN'T FINALIZED ANY DAY CARE OR DAY CAMP PLANS.

The sheer number of summer day camp options can leave any parent feeling overwhelmed. And there's more to consider than just sing-alongs and friendship bracelets. The best camps provide your kids with lifelong memories and the skills they need to be successful. With an endless stream of possibilities, how do you navigate and find the best fit for your child?

Erin Cox, senior manager for Life Time Fitness' Kids Programming, shares four things you need to

consider before signing your child up for a summer camp:

A History And Well-Trained Staff

It's important to send your kids to a camp run by an organization you trust. There is something to be said about a camp that's been in operation for several years, and a well-trained staff definitely has something to do with it. The staff should be background checked and certified to take care of children on a daily basis. Before you sign up, ask about safety standards and what the camp's protocols are for camper-staff interactions.

A Mix Of Activities

Whether it's a camp with a theme or a general kids' day camp, kids do well when presented with a variety of options when it comes to activities. From arts and crafts to field trips, sports, swimming and games, find a camp with activities your child will love. Your child will thrive at a camp that offers full days of play, thrilling field trips and healthy activities, like the **camps at Life Time** - The Healthy Way of Life Company. And don't forget to pack a swimsuit and sunscreen.

Healthy Meals And Snacks

Active kids need to be properly fueled during the day, so make sure whichever camp you choose provides adequate and healthy nutrition and time for breaks. Sugar-filled, processed foods are often the norm and it's always okay to question the menu. And, don't forget to ask about how the camp handles food allergies. Make sure whichever camp you choose makes nutrition and hydration a priority.

Flexible Drop-Off And Pick-Up Options

Just because your kids have the summer off doesn't mean your schedule becomes more flexible. Look for camps that offer the option to drop them off early so you can still make it to work on time. Similarly, many camps offer later pick up

times, often key for working parents. Life Time Kids camps offer early drop off for just \$20 per week if your kids are signed up for a camp that starts in the morning.

There's no need to worry about finding the right kids' camp when you know what to look for. Use this

as a checklist and your child will be on their way to a summer full of fun and adventures.

For more information on kids camp options www.lifetimefitness.com. ●



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WOLFGANG PUCK

REVEALS INGREDIENTS FOR LUXE LIVING

A WORLD-RENOWNED MASTER IN THE KITCHEN AND A CHARISMATIC PERSONALITY, WOLFGANG PUCK IS A DYNAMIC “CHEF-LEBRITY” WHO IS GLOBALLY REVERED FOR HIS COMBINATION OF CLASSIC COOKING TECHNIQUES AND THE MODERN FUSION CUISINE HE PIONEERED IN HIS ICONIC RESTAURANTS ALL AROUND THE WORLD.

All of the accolades that have ensued are decidedly well-earned, given he began his formal kitchen training at just fourteen years of age with the encouragement of his mother—herself a chef in the Austrian town where he was born.

After honing his craft at some of the finest restaurants in France and, subsequently, in the United States, Wolfgang arrived in Los Angeles in 1975 where he took the city's culinary scene by a storm—rapidly gaining favor with the Hollywood elite. His dynamic personality and culinary brilliance, which notoriously bridges tradition and invention, quickly made his food a magnet for the rich and famous and himself an A-list star in his own right.

▶ WRITTEN BY MERILEE KERN,
‘THE LUXE LIST’ EXECUTIVE EDITOR
PHOTOS COURTESY BY
WOLFGANG PUCK COOKING SCHOOL.COM

Driven by a genuine love of his craft and a passion to share his lifetime of professional knowledge with as many home cooks as possible, Wolfgang has added yet another venture to his credit: the **Wolfgang Puck Online Cooking School**. This digital destination is rife with beautiful, original, entertaining and inspiring high definition videos that capture Wolfgang's expertise and utter joy in the kitchen. This comprehensive, ever-growing online collection of instructional recipe-lessons, how-to techniques and engaging video cooking courses provides members with easy-to-learn teachings to prepare diverse dishes and learn culinary practices in the comfort of a home environment.

Given that Wolfgang seemingly never stops working or creating in one form or another, I was curious to know how he enjoys the fruits of his labor in his “down time.” Hungry for enlightenment, I connected with Wolfgang for a conversation that reveals his tasty take on luxury living—and, not surprisingly, more planned professional endeavors up ahead.

Merilee Kern: What does the word “luxury” mean to you?

Wolfgang Puck: I remember when I was a young chef in my 20s, new to the United States, the idea of luxury to me meant having my own big convertible American



car, which I drove across the country to settle in Southern California. Now, in my mid-60s, luxury to me is not a material achievement but a personal one: having the time to enjoy the company of the people I love—my wife Gelila, our sons Oliver and Alexander and my two grown sons Cameron and Byron.

MK: What do you love to splurge on?

WP: My personal philosophy of good cooking, a concept I teach in every single video recipe class in my new Wolfgang Puck Online Cooking School, is that you always start with the best-quality ingredients and then cook them in ways that highlight and intensify their natural flavor, aroma, color and texture. So, in general, I'd have to say that I like to spend money on good-quality ingredients, especially if they offer pleasures I can share with my family, my friends and the guests in my restaurants. I might invest thousands of dollars to buy the best white truffles of the season, so we can offer shavings of them on pastas or pizzas or other dishes in our

restaurants. When I'm dining out myself, I love to drink really good wine.

MK: What does your travel schedule look like up ahead?

WP: I do a lot of travel for my businesses, with new restaurants opening up all the time around the world. I've found it fascinating to visit the new locations of our restaurants in Dubai, Istanbul and Singapore. We have a new Wolfgang Puck restaurant opening soon in the Disneytown district of the new Shanghai Disney Resort and I can't wait to visit there.

MK: What is your favorite dish and who cooks it?

WP: I have many good friends who are chefs and I don't want to hurt anyone's feelings by choosing one or the other as the one who cooks a favorite dish. But that doesn't mean I can't answer this question, because some of my all-time favorite dishes were ones that my mother and grandmother cooked for us when I was growing up. One of them was my grandmother's giant Austrian-style ravioli filled with potato, cheese



and fresh herbs, served topped with freshly grated cheese and brown butter. She made it for us almost every single week. When I recently filmed a lesson in how to make that dish for my online cooking school, I actually got choked up, reminiscing about how she made the dish. Good food has that kind of power to bring back memories.

MK: What is your best tip for living fabulously?

WP: More and more, I'm aware how important it is to eat healthfully and to exercise. Healthy food and delicious food aren't mutually exclusive and I certainly teach ways to achieve both goals at once in my online cooking school. I now try to work out in some way almost seven days a week and the results show. As an Austrian native and a U.S. citizen, I love to ski and I do it better now, with much more stamina, than I did twenty years ago.

MK: Have your life's luxuries been fairly consistent or have they changed over time?

WP: As I mentioned before, even though I may now have more of the material success I had dreamed of when I was a young chef just starting out, the greatest luxury to me today is not material things but the time I get to spend with the people I love. And I think cooking great food at home every day, as I love to teach people how they can do so easily through my online cooking school, is one of the secrets to achieving that goal. You'd be surprised by the effect a delicious home cooked meal—in which the home cook has learned through the simple tricks I share to easily turn ordinary everyday recipes into something extraordinary—can transform a family's life by gathering everyone around the table.

MK: What is the one luxury you would have the hardest time giving up?

WP: There's no question about it: I'd have a very hard time giving up good food and good wine,

especially when I'm enjoying them both in the company of the people I love.

MK: How do you like to start your day?

WP: I'm actually not a big breakfast person. But one thing I can't do without is a great cup of espresso coffee—or maybe a macchiato, an espresso "marked" with just a dash of foam from steamed milk. I'll brew it at home with our own espresso machine. That gives me enough fuel to drive my sons to school in the morning.

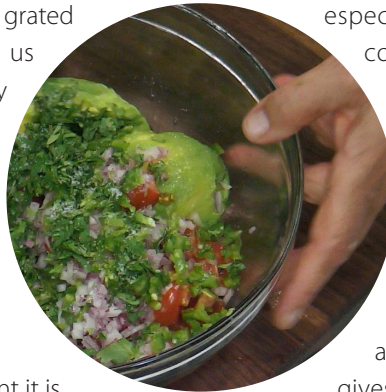
MK: Are there any wardrobe items you can't do without?

WP: Most of my days and evenings I spend dressed in a classic white double-breasted chef's jacket, personalized with my initials, WP, which also form my brand logo. But, being a chef, I find really comfortable shoes are a must. The make may vary, but it's got to offer good support while also being made with soft leather that is easy on my feet.

From our conversation, it's certainly no surprise to learn fine food and wine not only permeates, but essentially drives, nearly every aspect of Wolfgang's life—from his personal and professional travels to his social endeavors to how he spends down time with his own family. Well, food, wine and sensible shoes, that is.

As for his Wolfgang Puck Online Cooking School, which incidentally you may access at www.WolfgangPuckCookingSchool.com, whether you are a dedicated foodie, a home cook responsible for feeding a busy family or a complete novice to the kitchen, his instructional videos will surely have you whipping up wonderful world-class fare in no time.

Amid all of his extraordinary achievements there's one undeniable truth: Wolfgang has mastered the recipe for success. ●





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SPARKLING *with* FLAVOR

A man and a woman, both wearing straw hats and sunglasses, are smiling and looking at a large map they are holding together. The woman is pointing her right arm towards the right side of the frame. They are standing in front of a blurred background of a city square with classical buildings.

DREAMING *of the* PERFECT VACATION?

HOW TO MAKE
YOUR DREAM
VACATION A REALITY

*D*ream vacations come in all shapes and sizes and are unique to every traveler. For some, a dream vacation may be visiting every ballpark across the country. For others, it could be exploring the national parks in their state or island hopping on a cruise in the Caribbean.

According to a recent Bank of America survey, 72 percent of Americans say they haven't taken their dream vacation because they think it is too expensive. The good

news is that dream vacations aren't always out of reach — savvy planning and the right rewards credit card can help make that dream vacation a reality. Travel expert and Food Network host Ted Allen has partnered with Bank of America to provide tips on how to be smart about your finances when planning your dream vacation.

Plan Ahead And Save

For 63 percent of Americans, paying for a dream vacation comes out of their own pockets, but

experiencing the time of your life doesn't have to put a dent in your wallet.

Ted's secret to creating an affordable and enjoyable getaway is to plan ahead. By monitoring airfare and hotel rates a few months out, you can often save hundreds of dollars by avoiding last minute price surges. The same goes for traveling off season: by going on a trip during off-peak times, you can stretch your budget further and avoid the crowds.

Additionally, Ted recommends using a credit card that rewards you for purchases you make throughout the year.

"I love using my BankAmericard Travel Rewards credit card because I earn unlimited 1.5 points per dollar on all purchases every time, everywhere, and since my points don't expire, I can save up my points to help offset my future travel expenses.

"And it's great when I travel overseas because there are no foreign transaction fees!" noted Ted.

Dial Into Deals

Travelers are always looking to stretch their dollar even further when it comes to planning vacations. Whether searching online or receiving tips from a travel agent, 59 percent of Americans hunt for package deals or all-inclusive options when planning their dream vacation.

To maintain your travel budget, Ted also stresses the importance of



Ted Allen,
Travel expert and Food Network

establishing a personal connection with travel representatives.

"Confirming travel details over the phone and discussing logistics with the airline directly establish relationships that help open doors for hidden upgrades and deals, putting you steps closer to keeping your dream vacation on budget."

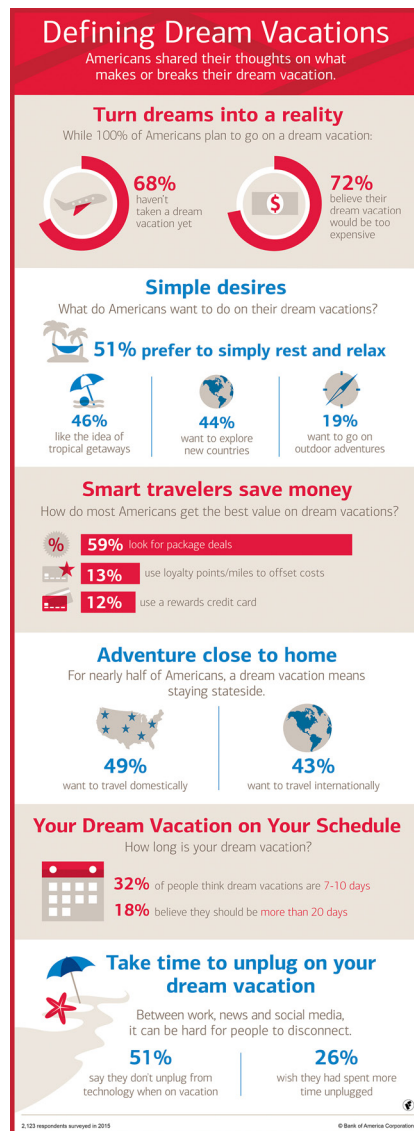
"With a simple phone call you may be able to find out if you can upgrade your seat or check your bag for free," added Ted.

The same rule applies once you arrive at your hotel. Befriend the staff as local employees have the best access to hidden gems and a pulse on local culture. So the next time you travel away from home, ask the hotel staff where they enjoy eating and what sites they recommend visiting — you may walk away with an unforgettable experience that's easy on the wallet.

Be A Savvy Splurger

A dream vacation can lead many travelers to spend extra on everything from activities to rentals. In fact, 46 percent of Americans report that while vacationing they get caught up in the experience and are more likely to splurge. Specifically, almost a quarter of Americans said they are most likely to spend more on food and beverages while on vacation.

"I always encourage every traveler to venture out and try as many flavors as possible to truly get a taste of the local culture," shared Ted.



To learn more about making your dream vacation a reality and for a chance to win one of your own, visit www.TravelandLeisure.com/dreamvacation.

MAKE A GREAT ESCAPE WITH A SPECIALTY ROOM FOR YOU

IT HAS BEEN SAID DISTANCE MAKES THE HEART GROW FONDER. WHEN THE DEMANDS OF LIFE MAKE IT TOUGH TO GET AWAY, YOU CAN ACTUALLY FIND YOUR ESCAPE CLOSER TO HOME – RIGHT IN YOUR HOME, EVEN – BY CARVING OUT A CORNER TO CREATE A RETREAT JUST FOR YOU.

A room dedicated to you and all of your hobbies or personal interests can serve as a welcome escape from the real world if only for a little while. These tips make it simple to get started planning your big escape with ideas centered on some of the most common specialty rooms, as well as a solution for fitting the ideas into a smaller home.

Create a space for crafts. If you find your frazzled senses defraying with a little threading therapy, look to create a space that celebrates this pastime. With the rise in popularity of websites such as Pinterest, which feature a plethora of DIY ideas, you'll have ample opportunity to distract your mind and busy your hands.





A room designed to let you explore your crafty side can help prevent the kitchen or dining room table from becoming a creative center or wrapping station around the holidays, and allows those areas to remain dedicated to family, food and friendship. It doesn't have to be just for crafts, though. It can also be a place to settle down with a good book and just relax.

Keep your space clutter-free and ready to enjoy with a craft room such as those designed by Wellborn Cabinet, Inc., which can feature spacious storage and expansive countertops, providing ample space to create projects that help decorate both the interior and exterior of the home, or simply to unwind and relieve stress.

Don't dismiss cars, bars and sports. If a room free of frou-frou decor where you can just unwind is more your ticket, a man cave may be just the answer. Man caves come in all shapes and sizes, from rowdy dens for sports fanatics to workshops decked out with the tools of your trade.

Even if decorating isn't your thing, look for ways to make the place your own, whether you display trophies from your hunting excursions or decor emblazoned with the logos of your favorite sports teams. This is the room that allows you to relish in the hobbies you enjoy most. If there isn't a spare room or basement available, the garage can serve as a good alternative. With specific spots for tools and lawn care products – or even that car or motorcycle collection – the garage can meet the same needs as a more traditional man cave.

When two rooms become one. Whether space limitations prohibit separate quarters, or you simply prefer to share your hobby time with a partner, you can create a specialty room that accommodates both your interests with a little creativity and planning. Working as a team, you can find the right accessories and storage to design a getaway for two. For example, a creative room from Wellborn Cabinet, Inc. offers more than 600 door styles, wood types and combinations. The result is a chance to combine two rooms, such as the man cave and craft room, for a sanctuary you can build and enjoy together.

Find more inspiration for personal spaces and tools to maximize your space and storage at **wellborn.com**.

Accessorize Your Personal Space. If creating a space all your own feels like a daunting project, these clever tips from the experts at Wellborn Cabinet, Inc. will help get you closer to a room you can get ready to enjoy:

- **Charging Solutions:** Install a charging station in a drawer for phones or other handheld devices. Power and docking stations can easily hide devices and ports yet keep them readily accessible.
- **Accessory Racks and Holders:** Hooks for tools or coats keep them off of other furniture, including countertops where they can pile up and detract from your workspace. Cubby inserts and baskets help keep your things organized on shelves.
- **Sliding Shelves:** Sliding shelves, drawers and baskets let you organize tools or crafting accessories while providing easy access to the items you've tucked away. ●



TOP TRENDS FOR UPGRADING YOUR OUTDOOR SPACE



1 OUTDOOR ROOMS

Thanks to advances in all-weather materials, furnishings and accessories, you can outfit an outdoor living space in much the same way you would any room in the home. As a result, expect to see decks with features such as integrated benches with upholstered cushions, privacy walls and ornamental post caps and railings with decorative balusters similar to those found inside the home.



2 RAILINGS THAT RULE

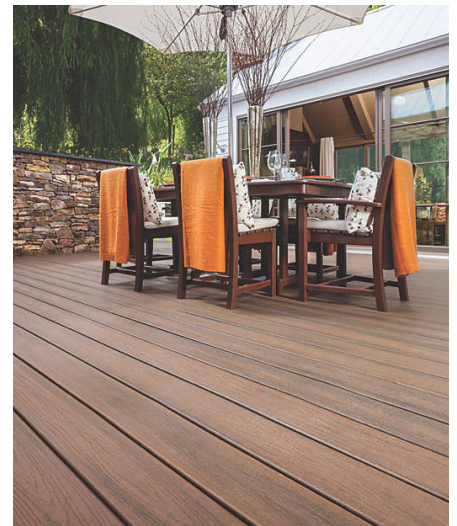
Another outdoor element that's being influenced by indoor styling is deck railings. When it comes to selecting the best railing for your outdoor space, design experts recommend using one of the "Three C's" – coordinate, contrast or customize. To make the selection process even easier, Trex, the world's largest manufacturer of high-performance wood-alternative decking and railing, recently introduced a set of curated railings that pair beautifully with the brand's most popular decking colors.



3 COOKING WITH CLASS

Americans have taken backyard cooking and dining to a whole new level. Heading into the outdoor living season, expect this trend to continue with increasingly functional outdoor kitchens complete with cooking islands, pizza ovens, refrigerators and all-weather cabinetry and storage features.

NO MATTER THE SEASON OR THE REGION, OUTDOOR LIVING IS HOT. AS SUMMER APPROACHES, HERE ARE SIX OF THE TOP TRENDS THAT WILL INFLUENCE THE LOOK, FEEL AND FUNCTION OF OUTDOOR SPACES IN 2016.



4 WARMING FEATURES

One of the hottest trends – literally – for 2016 is the incorporation of warming features into outdoor spaces. From candles and tiki torches to fireplaces and lighting, products that lend physical and ambient warmth will be in high demand. Look for increased use of LED lights integrated into deck railings, stairs and yards as homeowners seek to enhance the ambiance and safety of their outdoor space and extend the time they can spend enjoying it.

5 HIGH-TECH DECKS

Home automation is hugely popular right now, so it's only natural the tech trend should migrate outdoors. From lighting and music controlled from a smart phone to motorized rear-projection screens synced to outdoor LED televisions, homeowners are now able to bring their entire entertainment system outdoors.

6 LEISURE WITHOUT THE LABOR

For those who want to spend more time enjoying, rather than maintaining, their outdoor space, high-performance composite decking, such as Trex Transcend, is an ideal choice – delivering all the beauty and aesthetics of wood without the time-consuming upkeep. Unlike wood, composite decking, resists fading, staining, scratching and mold – and won't rot, warp, crack or splinter.

For more outdoor living tips and ideas, visit trex.com.

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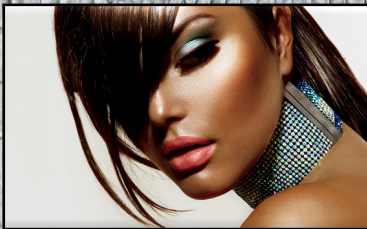
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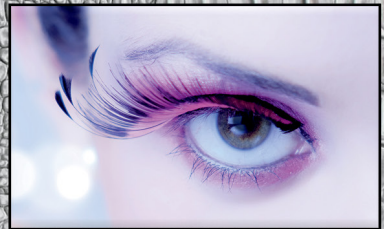
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NEW ULTRA-PREMIUM MAURICE VENDÔME CHAMPAGNE MAKES AMERICAN DEBUT

The Ultra-luxury wine and spirits purveyor **Prodigueur Brands**, which privately develops and markets many of the world's finest, award-winning wines and spirits, has just released its newest offering, Champagne **Maurice Vendôme**, which is now exclusively available in the United States marketplace. This latest offering, one that I have personally had the extreme fortune of sipping and savoring furthers the company's extraordinary and revered portfolio of premium ultra-grade adult beverage brands specifically tailored for the global luxury market to meet evolving consumer desires and tastes.

About this new release Prodigueur Brands' Managing Partner and Sommelier, Noel Shu, remarked, "This rare Grand Cru Réserve Blanc de Blancs champagne represents over 100 years of combined experience, expertise and leadership by our team and the Maurice Vendôme wine grower. Housed within the beautiful village of Oger in the Côte des Blancs region, Champagne Maurice Vendôme has ancestral ties dating back to the French Revolution. It's exquisite champagne that benefits from Oger's rich soils that provide the perfect setting for luxury winemaking."

Vetting Maurice Vendôme

Using 100% rated rare Grand Cru grapes and a limited annual production, Maurice Vendôme offers an exquisite

► WRITTEN BY MERILEE KERN

experience of luxurious quality and exclusivity. "The caliber and excellence of this rare Grand Cru Réserve Blanc de Blancs champagne is uncompromised, further entrenching Maurice Vendôme as 'a timeless luxury,'" says Prodigueur Brands' Founder, Shammi Shinh.

The art of Champagne is usually created with the combination of three different types of grapes—Chardonnay, Pinot Meunier and Pinot Noir. However, Champagne Maurice Vendôme uses exclusively 100% Chardonnay to create a unique Blanc de Blancs luxury cuvée. Prodigueur reports that each Chardonnay grape is delicately handpicked from only the finest vineyards in Champagne country and then pressed to release their first juice, *premiér taille*.

For your edification and enticement, here are the official tasting notes for the venerable Maurice Vendôme Champagne:

- **Color:** Straw yellow appearance
- **Nose:** Intense white fruits, sweet on the nose, slightly floral
- **Palate:** Creamy smooth refreshing palate, full delicate flavor
- **Finish:** Charming fresh finish

TASTEMAKERS BEHIND
WORLD'S MOST EXPENSIVE
CHAMPAGNE CONTINUE TO BREAK
BOUNDARIES, INTRODUCING
ANOTHER SUPREMELY-LUXE
BOTTLE OF BUBBLY IN THE U.S.





- **Premiér taille** of 100% Grand Cru Chardonnay.
- **Hand-picked, sorted and pressed within 24 hours** **Liqueur de dosage:** Chardonnay wine with melted cane sugar at 12 g/liter, this champagne then rests for a further four months after disgorgement, resulting in a luxury aroma, taste, body and finish.
- **Formats:** 75cl (\$190-210) and Magnum 1.5l (\$389-\$450) - larger sizes by special order.

Prodiguer Brands is far from a one hit wonder, but rather is a revered industry veteran with a prestigious pedigree. Indeed, Shinh and the company gained much notoriety for developing and facilitating the record-breaking sale of the most expensive single bottle of Champagne in the world—a limited edition bottle that sold for a staggering \$1.8 million in 2013.

Beyond Bubbles:

JULIET Vodka an “Immaculate” Elixir

Also in the Prodiguer Brands’ preeminent portfolio is JULIET Immaculate Vodka, which is the world’s first “Immaculate” — graded vodka — ranking it above other premium, super-premium and even ultra-premium brands. Notably, this “Immaculate” rank was actually inceptioned by Prodiguer Brands, itself, as was required to aptly classify this caliber of vodka, and is a grade now recognized and accepted by industry professionals worldwide.

Upon its official launch in Monte Carlo, Monaco in 2014 during the prestigious, Formula One Grand Prix weekend at the exclusive Ermano Palace Penthouse, this luxury vodka subsequently appeared at a multitude of A-list events in key regions around the world, including New York City, Barcelona, Paris, Sweden and London. At that time, the brand released a range of Collector’s Edition bottles featuring artwork from renowned New York City based artist, Sue Tsai, based around the F1 and the Brazil World Cup 2014.

“Prodiguer Brands expressly separated JULIET from competitors by creating a vodka using a boutique production process to ensure the highest quality vodka that boasts seven distinct unique selling propositions,” notes Shu, who continued on to describe each. “For one, the vodka weighs in at 43% alcohol volume (is 86 proof), and is only distilled a single time. As the vodka is handcrafted in small batches and great care is taken to prevent impurities from entering at any point in the process, the result is impeccably pure vodka that does not need to be distilled multiple times. In addition, the vodka is gluten free as, by using high quality sugar beet that the brand ferments in-house, gluten is avoided entirely. The sweetness of the sugar beet also levels out the strong 43% alcohol volume, leaving pleasant smooth vanilla notes. Moreover, the vodka does not require any additional filtration as it is purified in copper pot stills during the distillation process and, packaging-wise, it uses wood top

natural corks and tin foil capsules to exemplify the brand's approach to using natural, non-toxic and renewable materials." For inquiring minds, JULIET Immaculate Vodka is 100% British, created at its own dedicated distillery based in the South of England, United Kingdom.

A Shu-In

As captivating as all of these spirits certainly are, spokesperson Noel Shu is a fascinating subject unto himself. This internationally-regarded sommelier turned Managing Partner for the ultra-luxe, award-winning wine and spirits purveyor Prodiguer Brands, is a self-made millionaire since his early 20s. With impeccable panache and style, the entrepreneurial-minded Shu has already accomplished more than many do in an entire lifetime. For example, has personally designed and sold extraordinary multi-million dollar timepieces and necklaces to China's elite through his ancillary, highly successful luxury jewelry business. As a globally-minded business practitioner, Shu understands commerce on both sides of the Pacific and brings that expertise to bear with his various ventures, including the highly anticipated upcoming release of "Regale Ruby"—an exclusive wine brand expressly developed for the Chinese marketplace, which will be exported to the region in early 2016. Also an author, another upcoming release for Shu is his buzz-worthy book, *"China Through a Glass of Wine."* As if all of this would not keep him busy enough, despite his busy

schedule Shu is also currently pursuing an Ivy League Master's degree at Columbia University.

As for Prodiguer Brands, itself, this collective of masterful minds is behind a multitude of sumptuous and sophisticated wines and spirits. The company is led by Shammi Shinh, a luxury industry authority whose credentials include commissions by the likes of Christian Louboutin and Philipp Plein to help the brands captivate the affluent marketplace. Recently Shinh and Shu revealed that Prodiguer Brands will soon boast yet another rollout. Namely, in 2016 the company will be releasing what is purported to be one of the world's finest rosé offerings in the U.S. market: the highly anticipated SIA Rosé.

Notably, Shinh is also a member of The Billionaires Club—a responsive community of engaged, pre-qualified "members" with distinct tastes and interests, from exotic cars, private jets, and uber-extravagant bottles of champagne to the latest residential real estate developments and other ventures. The Club currently boasts more than 2 million Instagram followers.

Even amid the anticipation of the Prodiguer Brands launch activity up ahead, fortunately we can all kick back right now with a baroque bottle of Maurice Vendôme — one of the world's finest Champagnes that's sure to impress even the most persnickety palate. ●



Everything can be done better from a place of relaxation. Longer days and shorter nights; incandescent blue above the dappled golden sunlight. The first signs of summer bring to mind the tranquil serenity of blue pools and cool soft breezes under the warm sun. Temperatures rise when we mix in fashionable hot hues such as turquoise and electric blue.

SUMMER

Relax Mode

PHOTOGRAPHER: CODY KINSFATHER
WWW.KINSFATHER.COM
FASHION STYLIST: MICHELLE WASHINGTON
HAIR/MAKEUP: JESSICA PIRKL LINDSAY
WWW.THEMAKEUPDOCTOR.ORG
MODEL: BRI JOHNSON
LOCATION: HOTEL ELLA
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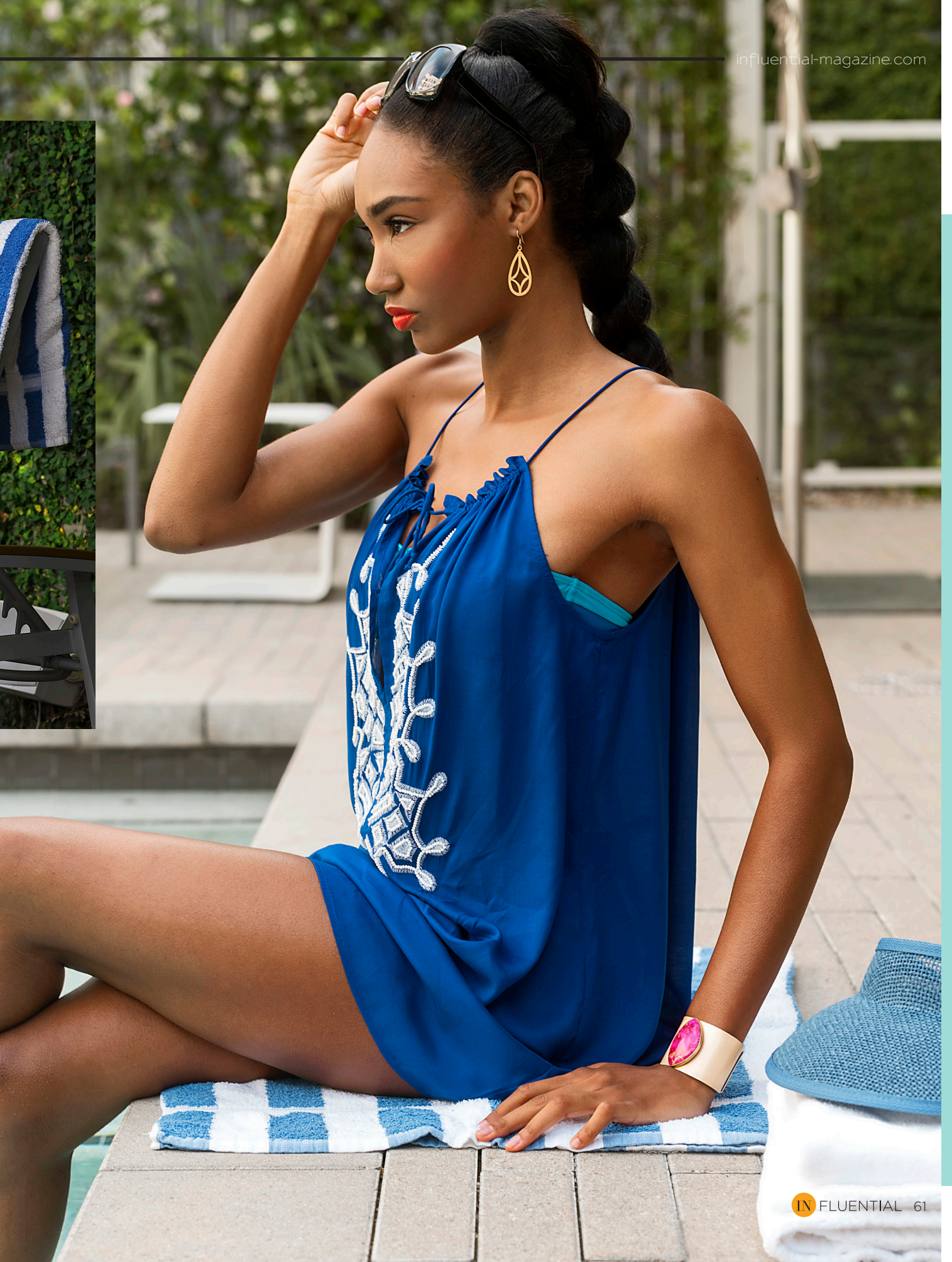
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WALKING *On* SUNSHINE

Summer is coming and the return of double-digit temperatures doesn't necessarily mean shedding clothes or your style. While it's tempting to reduce your wardrobe to shorts and string vests, such a restrictive approach doesn't leave room for much creativity. Richard Soto (www.SotoandCo.com) shows us how to mingle sophistication with modern flair that allows a man to convey his individual style; sleek, yet bold designs that are uniquely classic.







PHOTOGRAPHER: CODY KINSFATHER
WWW.KINSFATHER.COM
FASHION STYLIST: MICHELLE WASHINGTON
CREATIVE DIRECTION: MICHELLE WASHINGTON
CLOTHING & ACCESSORIES: SOTO & CO
MODEL: RICHARD SOTO (OF SOTO & CO)

PICKS LADIES & GENTLEMEN

WRITTEN BY MICHELLE WASHINGTON,
FASHION EDITOR, INFLUENTIAL MAGAZINE

1. I love easy fashion. The kind that can be quickly packed away for a weekend trip, immediately tossed on and still make you look amazing. At first, I thought these colorful scarves were a cute accessory that felt soft to the touch...then I then I fell in love when I learned these cute scarves can be worn as 30 different styles (that's right you read correctly...thirty). www.hipknoties.com.

2. I do my best thinking in heels, especially in this sassy pair designed by Joyce Echols called "Come & Take It". The cute toy gun (placed only on the right shoe) can be removed. Great shoes that have the Joyce Echols novelty yet could also be a simple sandal. www.joyceechols.com.

3. Bold elegance is the language of Leonardo D'Almagro Jewelry. One of my favorite pieces is the London Blue Topaz Squiggle and Cuff. This is a collection of timeless jewelry using the best gems and materials to provide high quality, handcrafted, and feminine pieces. www.leonardodalmagro.com.

4. Every lady needs a quick go-to pair of earrings that fit any occasion; from jeans to the little black dress. Search no further! These pretty baubles are classic and edgy without the fussy earring back that we all loose (thank goodness for leverbacks). Pavé Triangles; crystal set in rhodium plating. www.touchstonecrystal.com.



5



8



6



5. Fellas, time to step-up your shoe game! The Warren suede slip-on loafer is the perfect blend between preppy and dressy. The blake rapid sole profile combined with the beautiful chocolate colored suede, make it a versatile handmade shoe that will pair well with both jeans as well as khakis. www.mandrewsluxury.com.

6. Socks are a part of growing fashion trends, so why not have fun with whimsical designs like the "Renegade"; work like a captain, play like a pirate. www.granburybrand.com.

7. A great day-to-evening look. Create a sharp, sleek silhouette in the Bixby Navy shirt with button cuffs, contoured side panels, and a hand crafted classic collar. Tailored, not tight. www.leagueofrebels.com.

8. Enhance your look with a slim cut luxury silk tie; the Burberry manston house check tie is handcrafted in Italy...a classic design with a modern touch. www.saksfifthavenue.com. ●

4



7



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SUMMER BEAUTY MUST-HAVES UNDER \$100

✶ WRITTEN BY CALLIE MEUER, STYLIST AND MAKEUP ARTIST AT JOSE LUIS SALON



Oribe Après Beach Wave and Shine Spray

If you want beach-to-bombshell hair, this product is perfect for you. You will get tousled, touchable waves with sun-kissed shine and without the salty stiffness. This moisturizing glamour spray uses rich extracts and exotic oils for lush repair and sultry texture. If you're vacationing this summer, a travel-sized spray would be a great purchase for only \$21.50.



SkinCeuticals Physical Fusion UV Defense

This sunscreen is the perfect choice for a lightweight and water-resistant UV protection. It's perfect for men & women alike and is tinted to avoid the white color of the zinc and dries to a comfortable dry finish. The color-infused technology enhances your natural skin tone and boosts radiance. Get a gorgeous summer glow for a small price of \$34.00.



Smith and Cult Nail Lacquer in Shade - City of Compton

For only \$18.00, this long-lasting bubble gum pink nail lacquer can brighten up any outfit or swimsuit. The vibrant color pops under the sun as well as indoors. It shouts, "I'm girly, but I'm also bold."

Summer is the season of all things hot and lively. The warm weather and sunny skies encourage you to wear vibrant, loose clothing and try new beauty products to make your skin glow.

As a professional hairstylist and makeup artist at Jose Luis Salon, it is my job (and passion) to find high-quality beauty products and recommend them to people I feel will benefit greatly from using them. Some people enjoy splurging and request top-notch beauty products, but most people have a budget when seeking high-quality products to enjoy while having fun in the sun this season.

It's a really great feeling to look expensive while being kind to your wallet, most especially if you're saving up for a luxurious trip this summer. I've learned that you don't have to dig deep into your pockets to look like a supermodel.

To save you the time and energy of looking for amazing summer products that are budget-friendly, I have listed the following items I and other beauty professionals have used and swear by. These products are also available online and at all Jose Luis Salon locations in Austin, Texas.



Kerastase Keratin Thermique

The advanced technology in this \$43.00 product smoothens hair to salon quality and provides anti-frizz protection without weighing hair down. It also provides 85 percent less breakage from blow-drying and restores inner flexibility.



R+Co Rockaway Salt Spray

The best way to describe this product is: "beach hair in a bottle". For only \$25.00, you can create a refreshing summer look with just a few, quick steps. Simply spray on damp hair and scrunch with fingers to create the voluminous beachy texture everyone will be rocking this summer.



Dermalogica After Sun Repair

This is the best product I've ever used to recover over-exposed skin from the ravages of the sun. If applied immediately after a day in the sun, your skin is far less likely to peel and the cooling, soothing gel's healing properties will make you so grateful. The lightweight cooling treatment balm is available at a price of \$35.00.

Make your summer even more exciting with these equally affordable and luxurious beauty products.

Whether you plan a vacation or staycation, you'll feel like a million bucks everywhere you go.

For more information about these products and Jose Luis Salon please visit www.joseluissalon.com. ●

5 TIPS FOR BETTER FINANCIAL HEALTH

A top New Year's resolution is putting money into a savings account each month, according to a recent survey of working adults by the Principal Financial Group. Leading money management priorities include paying down debt (28 percent), saving for retirement (25 percent) and building a savings account for emergencies (15 percent).

Achieving those goals starts with setting a budget you can reasonably follow, said Kevin Morris, vice president of retirement and income solutions at The Principal. However, the group's recent survey shows many Americans have plenty of room for improvement.

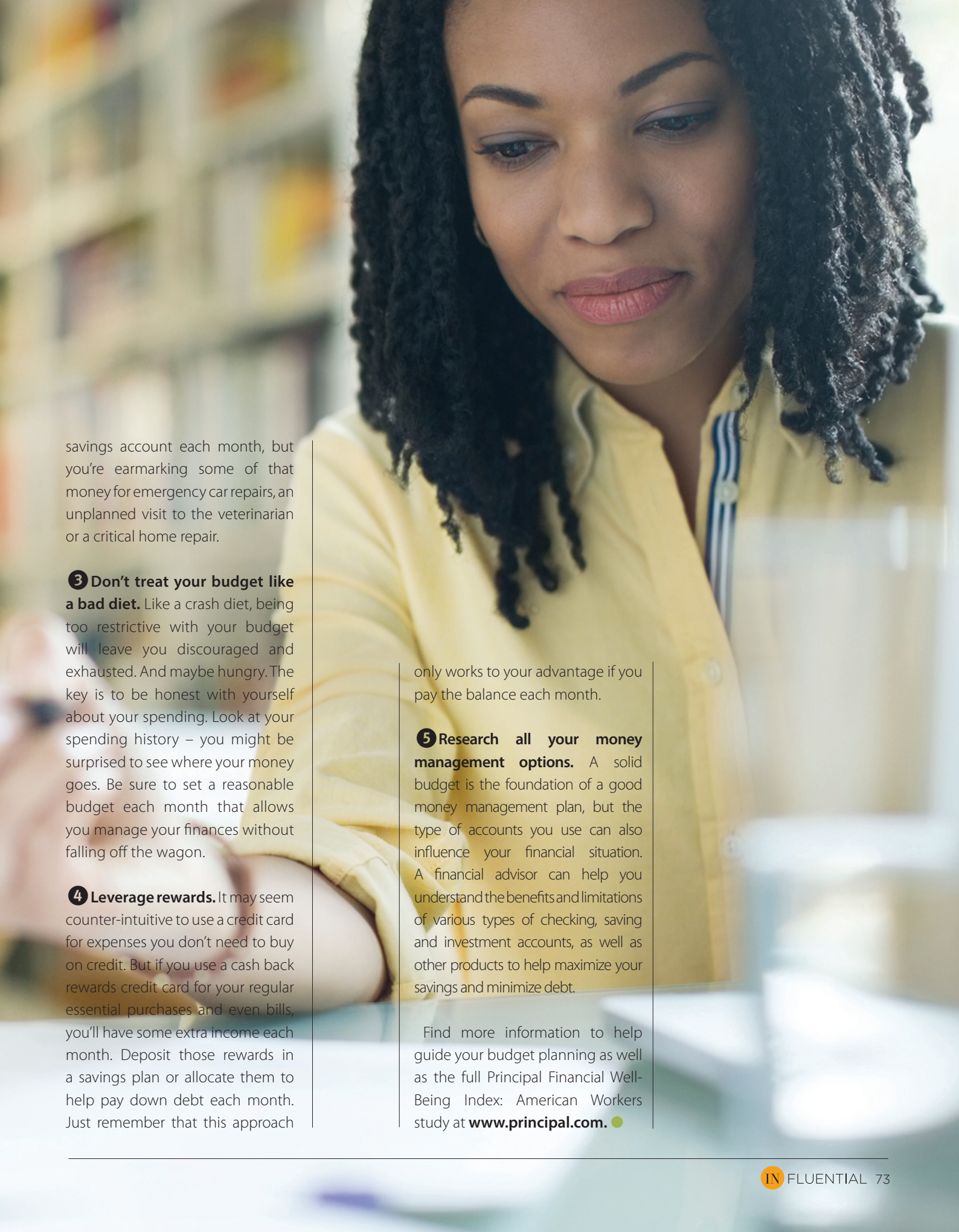
In 2015, workers reported they blew their budget on dining out (24 percent), food/groceries (19 percent), entertainment (15 percent) and other consumer goods (15 percent), among other things. On top of that, employees' top financial blunders included not saving enough (20 percent), accumulating credit card debt (11 percent) and spending outside their means (9 percent).

"It's not surprising to see American workers continue to blow their budget dining out," Morris said. "It's easy to spend \$30 here and \$40 there on a meal and not think twice about it. But what if they put that money toward something more long-term, like retirement? Or building up their savings? Over time, those pizza deliveries and nights on the town add up and can make a huge difference in your budget." Getting your financial house in order doesn't have to be a burden. Follow these tips to establish a budget and begin building healthier money habits:

① Account for incidentals. When listing all the people and places you owe money, it can be easy to overlook other expenses that really add up. Things like a work wardrobe, toiletries and personal hygiene items are necessary purchases that should be reflected in your budget.

② Expect the unexpected. Even the best planned budget can fall apart when unexpected expenses arise. Ensure you're not only directing a sum of money to your

ANYTIME IS A GOOD TIME TO TAKE STOCK OF YOUR FINANCES. EVALUATING WHAT MISSTEPS YOU MADE WITH YOUR MONEY IN THE PAST YEAR, DETERMINING HOW YOU CAN CORRECT THOSE ERRORS AND SETTING A REALISTIC BUDGET WILL PUT YOU ON YOUR WAY TO BETTER FINANCIAL HEALTH IN 2016.



savings account each month, but you're earmarking some of that money for emergency car repairs, an unplanned visit to the veterinarian or a critical home repair.

3 Don't treat your budget like a bad diet. Like a crash diet, being too restrictive with your budget will leave you discouraged and exhausted. And maybe hungry. The key is to be honest with yourself about your spending. Look at your spending history – you might be surprised to see where your money goes. Be sure to set a reasonable budget each month that allows you manage your finances without falling off the wagon.

4 Leverage rewards. It may seem counter-intuitive to use a credit card for expenses you don't need to buy on credit. But if you use a cash back rewards credit card for your regular essential purchases and even bills, you'll have some extra income each month. Deposit those rewards in a savings plan or allocate them to help pay down debt each month. Just remember that this approach

only works to your advantage if you pay the balance each month.

5 Research all your money management options. A solid budget is the foundation of a good money management plan, but the type of accounts you use can also influence your financial situation. A financial advisor can help you understand the benefits and limitations of various types of checking, saving and investment accounts, as well as other products to help maximize your savings and minimize debt.

Find more information to help guide your budget planning as well as the full Principal Financial Well-Being Index: American Workers study at www.principal.com. ●

PERFECT POPS

FOR EVERY OCCASION

No matter what kind of events you have on your social calendar, you can pop up delicious treats that are sure to be a hit.

Whether hosting a get-together for the guys and tuning into the game or having a night in with the girls, freshly popped popcorn, which is naturally low in fat and calories, non-GMO and gluten free, can help you please every palate.

Sweet, spicy, salty or served in more non-traditional ways, the possibilities are endless and perfect for everything from date night to a family movie night or even a sleepover or kids' party. And since it's healthy and whole grain, popcorn is a satisfying snack suitable for every occasion that you can feel good about serving.

Find more versatile, nutritious recipes for your next event at www.popcorn.org.



Popcorn Party Pizza

Yield: 8 slices

- 3 tablespoons butter
- 1 bag (10.5 ounces) mini marshmallows
- 2 quarts popped popcorn
- 1 tube (.68 ounces) red piping gel
- 1 package red raspberry fruit roll-ups
- green jelly beans
- coconut
- candy-coated chocolate pieces

1. Spray 12-inch pizza pan with cooking spray; set aside.
2. In large saucepan over medium heat, heat butter.
3. Stir in marshmallows until melted.
4. Stir in popcorn until well coated.
5. Spread mixture evenly onto prepared pizza pan.
6. Drizzle red piping gel over "pizza" to make "sauce."
7. Cut small circles (about 1 1/4 inches in diameter) from fruit roll-up and place on pizza for "pepperoni" slices.
8. Decorate as desired with jelly beans, coconut and candies. Allow to cool completely before cutting into wedges to serve.



Toasted Coconut and Chocolate Popcorn

Yield: 10 cups

- 10 cups popped popcorn
- 2 tablespoons butter or margarine
- 2 tablespoons light brown sugar
- 1/2 teaspoon coconut extract (optional)
- 1 cup chocolate chips
- 1 teaspoon vegetable oil
- 1 bag (7 ounces) shredded coconut, toasted

1. Place popcorn in large bowl; set aside.
2. In small saucepan, combine butter, brown sugar and coconut extract; stir until melted and combined.
3. Pour over popcorn, coating well. Spread popcorn onto large cookie sheet.
4. In glass measuring cup, melt chocolate chips and vegetable oil in microwave on low heat until smooth. Drizzle over popcorn. Immediately sprinkle coconut over popcorn mixture; cool.
5. Break into pieces and serve.



Cookies 'N Cream Popcorn

Yield: 12 cups

- 12 cups popped popcorn
- 1 package (11 ounces) white chocolate chips
- 2 teaspoons coconut oil
- 15 Oreo cookies, coarsely chopped

- 1.** Place popcorn in large bowl; set aside.
- 2.** In medium saucepan on low heat, melt chocolate chips and coconut oil; stir until blended.
- 3.** Pour melted chocolate over popcorn, stirring until well-coated. Stir in chopped Oreos.
- 4.** Spread mixture on baking sheet and chill until chocolate has set. Break into pieces to serve.



Cheesy Pepperoni Popcorn

Yield: 6-8 cups

- 1/4 cup nonfat Parmesan cheese
- 2 teaspoons garlic powder
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried marjoram leaves
- 1/4 teaspoon dried basil leaves
- 1/8 teaspoon dried sage
- black pepper, to taste
- 12 cups popped popcorn
- 3/4 cup turkey pepperoni, cut into bite-size bits
- olive oil cooking spray

- 1.** In small bowl, combine Parmesan cheese, garlic powder, oregano, marjoram, basil, sage and pepper; mix well.
- 2.** Place cooked popcorn and turkey pepperoni in large bowl; spray lightly with cooking spray.
- 3.** Sprinkle popcorn and pepperoni with cheese mixture and toss to coat evenly.



Popcorn and Peanut Truffles

Yield: About 30 pieces

- 6 cups popped popcorn
- 1 cup roasted and salted peanuts
- 1 package (12 ounces) semisweet chocolate chips
- 1/2 cup honey

- 1.** In large bowl, stir popcorn and peanuts together; set aside.
- 2.** In microwave-safe bowl, heat chocolate chips 10 seconds. Stir chips and repeat, stirring after each 10 seconds, until chips are melted. Warm honey in microwave 10 seconds and stir into chocolate until well blended.
- 3.** Pour chocolate mixture over popcorn mixture and stir until popcorn is evenly coated. With small ice cream scoop, push popcorn mixture into scoop and release onto wax paper to form truffles. Refrigerate until firm.
- 4.** Note: Truffles can be stored in an airtight container up to 5 days.



Louis Taylor, DO

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forensic evaluations and opinions are not provided.



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INFLUENTIAL
THE ART OF LIVING WELL



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CHARLENE BLOHM

C. Blohm & Associates, Inc.

Founder and President of C. Blohm & Associates, Inc.
| Monona, Wisconsin

Who She Is: Charlene is a story maker dedicated to strengthening education by being an authentic, bold, communicator in the work she does. With the personal mission of helping children and doing right by others, Charlene has shaped C. Blohm & Associates (CB&A) into the leading public relations and digital marketing agency for companies in the education and special needs industry.

Why Visibility Matters: This principle is at the very core of what CB&A does and how it works to get brands noticed in the education and special needs space. Stories about altruistic people and organizations are remembered. When such a story involves a product or service, it imbues the brand with staying power that leaves a lasting impact among teachers, administrators and parents.

Her Best Advice as a Business Woman: Always think strategically. Be sure to prepare a plan and live by it, but leave enough room to adapt to new opportunities as they arise.

What She Values Most: Charlene values the opportunity to work with companies from Northern California to Norway that have entrusted CB&A to present their products and services to make a difference in the lives of children, teachers and families. Charlene recognizes none of this would be possible without her team, who remain one of her biggest assets.

What's Good About Mondays: Mondays offer a fresh start and new opportunities to use all the great ideas that were saved from the week before. To see how these thoughts have come to fruition and have improved the lives of children everywhere, visit cblohm.com





ALL HE EVER *Wanted to Do*

HUNT SLONEM IS AN ARTIST, ALTHOUGH THE IMPRESSION GIVEN BY RECENT ARTICLES AND INTERVIEWS BY MAINSTREAM MEDIA MIGHT LEAD ONE TO BELIEVE HE IS ONE OF THE COUNTRY'S LEADING INTERIOR DESIGNERS. BUT, MAKE NO MISTAKE, SLONEM IS VERY SERIOUS ABOUT HIS PAINTING AND SCULPTURE. ACCORDING TO SLONEM, "THAT'S ALL I EVER WANTED TO DO."

► INTERVIEW CONDUCTED AND WRITTEN BY
ALLEN BEUERSHAUSEN
PHOTOS OF ART COURTESY OF **HUNT SLONEM**



Slonem started painting as a child in Hawaii where he was “blown away” by his exposure to different cultures and the beauty of nature, or as he refers to it, “exotica”, which basically means the “unknown”. Especially fascinated by birds and butterflies, he has continued to paint these throughout his life. Fittingly, the artist whose work influenced Slonem the most is Paul Gauguin, whose 19th century paintings of life in Tahiti depicted a tropical beauty Slonem deeply identifies with to this day.

While an exchange student in Nicaragua during high school, Slonem spent a great deal of time catching butterflies, especially his favorite, the beautiful iridescent blue Morpho butterfly whose name is appropriately derived from ancient Greek reference to Aphrodite, the goddess of love and beauty. In Nicaragua, his fascination with birds, such as the toucan, grew even greater. Slonem now has an aviary of over 60 parrots, cockatoos and other tropical birds from which he draws inspiration. All of the animals Slonem paints have special significance to him, as do his frames which he selects for each painting, or for which he creates a painting.

But, Hunt Slonem’s work isn’t just about the aesthetic of “exotica”; it’s an exploration and expression of his deep spiritual nature. Slonem is a firm believer in numerology, astrology and animal spirits. As Slonem explains, “There are always references [in his work]”.

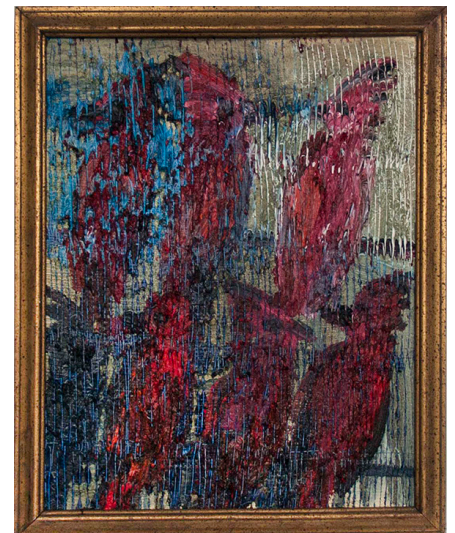
Over the course of an enlightening conversation with the artist at the **Russell Collection Fine Art Gallery**, *InFluential Magazine* had the opportunity to explore these references and what has influenced Slonem’s work throughout his career.

InFluential Magazine: Has your love of animals and your belief in animal spirits had any impact throughout your life?

Hunt Slonem: Well, obviously! I believe we all have an animal guide. The bird, in fact, is the symbol of the spirit in almost every religion.



“ I WOULD FEEL
HONORED TO BE
REMEMBERED FOR
ANYTHING. PERHAPS
A KNOWN FOR
CREATING A SENSE
OF WELL-BEING? AS
AN ARTIST, WE’LL SEE
WHERE I FIT IN. ”





InFluential: *It's well known you welcome every morning by painting dozens of rabbits. What is the significance of this routine?*

HS: Each painting has a personality like snowflakes. In the Hindu practices you observe nature and I've come to understand how God is repetitious. There are many snowflakes, leaves, blades of grass, but every component is completely unique. I find this very intriguing. Painting dozens of rabbits is a meditation that reminds me of the importance of understanding God.

InFluential: *Is another aspect of your work about staying with the simplicity of exploring forms and expression?*

HS: My intent is to stay with simplicity. Today we're about sensationalism, the new, the new, and the new! How much are you selling for at auction? The bar has risen to staggering heights!

The other reason I limit my subject matter is I can make much more of an exploration into the materials. Take the rabbits for example. They have gone from black and white to color, to metallic, to multi-layers, to diamond dust. So because it's a simpler form of expression, I play with the medium much more and experiment, whereas if you're struggling with subject matter all the time, you can't do that.

InFluential: *Elaborate on the color and texture you use in your work.*

HS: I started using a grid [incised lines across images] because I had received comments about structure and depth and I just took it to the point where it's about the veil and seeing into other realities. Like what is reality? What's behind reality? I like the term otherworldly glow. Light from within. I'm also addressing urban life. It's never dark. Even though I'm painting nature and exotica, it's being done in an urban setting.

InFluential: *For what in particular would you like your work to be remembered?*

HS: I'm always fascinated by that question. I would feel honored to be remembered for anything.

Perhaps a known for creating a sense of well-being? As an artist, we'll see where I fit in. I'm about healing and uplifting and to heal myself and others and I do it through my environment.


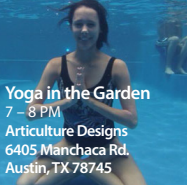




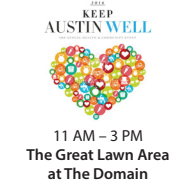


And so he does. While most of the press Hunt Slonem has been receiving lately has been about his collaborations with leading interior designers, the intent of all of his work is always to create a sense of well-being that is shared on a scale to help others create that feeling for themselves. ●



“I BELIEVE WE ALL HAVE
AN ANIMAL GUIDE.
THE BIRD, IN FACT, IS THE
SYMBOL OF THE SPIRIT IN
ALMOST EVERY RELIGION.”

EVENT GUIDE

MAY

| S | M | T | W | T | F | S |
|---|---|---|---|---|--|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  <p>Art City Austin 2016 6 PM Palmer Events Center 900 Barton Springs Rd. Austin, Texas 78704</p> | <p>Most Worthy Citizen Award Luncheon 11:30 AM – 1 PM Austin Board of REALTORS® Canyon View Event Center 4800 Spicewood Springs Road Austin, Texas 78749</p> | <p>One Word At A Time 6:30 – 9 PM The Four Seasons Hotel 98 San Jacinto Blvd Austin, TX 78701</p> |  <p>Yoga in the Garden 7 – 8 PM Articulture Designs 6405 Manchaca Rd. Austin, TX 78745</p> |  <p>May the Fourth Be With You Star Wars Celebration 2 AM Sahara Lounge 1413 Webberville rd Austin, TX 78721</p> |  <p>reach for the stars 6:30 – 9 PM Four Seasons Hotel 98 San Jacinto Blvd. Austin, TX 78701</p> |  <p>Austin Bird Home MAY 7, 2016</p> |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  <p>PENTATONIX WORLD TOUR 2016 8 – 11 PM Frank Erwin Center</p> | | |  <p>Farm to Plate 2016 6:30 – 9:30 PM Barr Mansion 10463 Sprinkle Rd. Austin, TX 78754</p> |  <p>Official Drink OF AUSTIN 7 – 10 PM Fair Market 1100 E 5th St Austin, TX 78702</p> |  <p>NKP PRESENTS BREAKTHROUGH AUSTIN CHAMPIONS CELEBRATION 7 – 10 PM Stubbs Bar-B-Q</p> |  <p>KEEP AUSTIN WELL 11 AM – 3 PM The Great Lawn Area at The Domain</p> |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  <p>BOLLYWOOD BASH 2 AM The North Door, 502 Brushy St Austin, TX 78702</p> | |  <p>Dining Out for Life Tuesday, May 17 Multiple restaurant locations</p> | |  <p>Cocktails for a Cause 6 – 8 PM The Belmont 305 W. 6th Street Austin, TX 78701</p> | <p>A Room With a Few - Cabaret Night with Liz Cass 7:30 PM Private Home in West Lake Hills, TX 78746 Address will be emailed to you out of respect for the host's privacy</p> |  <p>LEANDER: Old Town Street Festival 10 AM – 8 PM Old Town Leander 100 N Brushy St Leander, TX 78641</p> |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| <p>The Blue Velvet Bash 10 PM The Mansion 2312 San Gabriel Austin, TX 78705</p>  | | | |  <p>JANET UNBREAKABLE WORLD TOUR</p> | | <p>Saturday Night Concert Series featuring High Plains Jamboree 7 – 9 PM Hill Country Galleria 12700 Hill Country Blvd. Bee Cave, TX 78738</p> |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
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EVENT GUIDE

JUNE

| S | M | T | W | T | F | S |
|--|---|---|--|--|---|--|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| | | | | | |  Veuve Clicquot POLO CLASSIC <small>LIBERTY STATE PARK</small> <small>WWW.VCPOLOCLASSIC.COM</small> |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  4th ANNUAL AUSTIN PIANO FESTIVAL <small>WED - FRI JUN 5-7</small> 5 – 7 PM Jessen Auditorium at Homer Rainey Hall, UT Austin 200 W 21st Austin, TX 78712 |  June 5 – July 3 | Texas Arts Project St. Stephen's Episcopal School 6500 St Stephens Dr Austin, TX 78746 | |  June 5 – July 3 | Texas Arts Project St. Stephen's Episcopal School 6500 St Stephens Dr Austin, TX 78746 | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  June 5 – July 3 | The Flatwater Foundation Presents Tyler's Dam That Cancer Party 6 PM Hula Hut 3825 Lake Austin Blvd Austin, TX 78703 | |  June 13 – 18 | Radiance: A Site Specific Aerial Dance The Long Center 701 W Riverside Drive Austin, Texas |  June 5 – July 3 | Fredericksburg: Messina Hof Port Tasting 5:30 – 7:30 PM Messina Hof Hill Country Winery, 9996 US Highway 290 East Fredericksburg, TX USA 78624 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| |  June 5 – July 3 | The Flatwater Foundation Presents Tyler's Dam That Cancer Party 6 PM Hula Hut 3825 Lake Austin Blvd Austin, TX 78703 |  JAMES TAYLOR & HIS ALL-STAR BAND IN CONCERT 8:30 – 11:30 PM Frank Erwin Center |  June 5 – July 3 |  June 24 – 26 | John Hancock Hosts The Cooking Light & Health Fit Foodie Race Weekend Mueller 4550 Mueller Blvd. Austin, TX 78723 |
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |
|  June 24 – 26 |  June 5 – July 3 | The Flatwater Foundation Presents Tyler's Dam That Cancer Party 6 PM Hula Hut 3825 Lake Austin Blvd Austin, TX 78703 | | | | |

More information and other events: www.austinsocialplanner.com

THE WONDERS & WORRIES 2ND ANNUAL UNMASKED MASQUERADE GALA ACHIEVES HIGHEST SPRING GALA FUNDRAISING IN ORGANIZATION'S HISTORY

MORE THAN \$260,000 WAS
RAISED AND WILL BE USED
TO PROVIDE PROFESSIONAL
SUPPORT FOR CHILDREN FACING
A PARENT'S SERIOUS ILLNESS.

► PHOTOGRAPHY COURTESY BY
MARC SWENDNER PHOTOGRAPHY

*T*he Wonders & Worries Unmasked gala raised more than \$260,000 on Friday, February 26, making this event the most successful spring gala in Wonders & Worries' history. The event, chaired by Andrea Depwe and Anne Henderson and presented by Texas Oncology, was held at the JW





**1) Elaine and Michael Kasper, Meredith Cooper, Gene Ann and John Sandbach 2) Judy and Jerry King
3) Dawn and Dan Patterson 4) Julie Archer and Greg Glazner**

Marriott in Austin, TX. Wonders & Worries is an Austin-based non-profit that provides professional support for children through a parent's illness.

Joining in the theme, more than 330 guests attended the event in their finest masks. Highlights from the evening included a Chinese auction, featuring a trip to California, and a live auction, featuring diamond earrings donated by The Menagerie, a private party with The Mrs. and the Wind and the Wave at Stubb's, and a private villa in Acapulco donated by Beau Theriot of Theriot Interests, owner of The Oasis in Austin. Guests also participated in a game of "Heads or Tails," where they competed to win a stay at the Renaissance Hotel Austin.

Live entertainment was provided throughout the evening by Conspirare Youth Choir, The Mrs., and DJ Gatsby who jumps at the opportunity to lend his talent and demonstrate his support to the organization because he appreciates the values of its Mission. The Johnson Family shared their Wonders & Worries story with guests

through a video testimonial. Jocelyn Johnson said, "Wonders & Worries was the calm in our storm." During the live auction and paddles up, attendees generously donated more than \$130,000 to help Wonders & Worries continue its mission, another record-breaking achievement for the event.

"The evening was wonderful – unmasking all that Wonders & Worries has represented in our community for the last 14 years," said Meredith Cooper, Executive Director and Co-Founder of Wonders & Worries. "The generosity of the community has been overwhelming, and I am filled with heartfelt gratitude for our supporters who enable us to serve these children impacted by their parent's serious illness."

Wonders & Worries is the only organization of its kind, providing individualized support to children and families facing a serious parental illness. Since inception in 2001, Wonders & Worries has served more than 6,000 individuals in over 1,500 Central Texas families. ●

NEIMAN MARCUS



1

Last month's Neiman Marcus fashion show, held during the Austin Alumnae Chapter of Zeta Tau Alpha Celebration of Life luncheon, featured the looks that will *Influence* your spring and summer style. The fashion show featured six scenes:

- Neutrals
- Confident Reds
- Vivid Colors
- Denim Everything
- Black, White and Bold Stripes
- Boho Chic

Thanks to Jennifer Carnes, public relations for Neiman Marcus and her team for sharing the details about each of these fabulous looks. ●



2



3



4



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7



8



9



10



11



12

- 1) **Neutrals.** Cucinelli sweater and Pant, Stella McCartney Bag
- 2) **Confident Reds.** Alice and Olivia shorts, top and vest
- 3) **Vivid Color.** Roberto Cavalli
- 4) **Vivid Color.** Robert Graham Shirt, AG Denim pant
- 5) **Vivid Color.** Milly Dress, Aquazzura Shoe, Tory Burch Bag
- 6) **Vivid Color.** Milly Dress, Aquazzura Shoe
- 7) **Boho Chic.** Isabel Marant Top, Alice and Olivia Skirt, Jimmy Choo Shoe
- 8) **Boho Chic.** Roberto Cavalli Dress
- 9) **Boho Chic.** Isabel Marant top and Jacket, Alice and Olivia Pant
- 10) **Denim Everything.** Etro Jacket, Alice and Olivia Jean
- 11) **Denim Everything.** Alice and Olivia Jacket and Pant
- 12) **Black, White and Bold Stripes.** Alice and Olivia Dress, Elie Tahari Jacket, Jimmy Choo Shoe

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Spanish

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MAYO / JUNIO 2016

RAINDROP CAKE
LA GOTA DE LLUVIA GIGANTE

VERANO
CALIENTE Y PIEL
ARDIENTE

BRASIL
OLÍMPICO

INFLUENCIA
suramericana en la moda





Marcelo Gálvez Leiva

Fitness profesional
@MarceloGálvez
marcelogalvezleiva@gmail.com

Con más de 34 años de experiencia en la práctica y entrenamiento del **wellness**, **triatlón**, **running**, ciclismo y **life style**, convirtiéndose en vocero del desarrollo práctico del **wellness training**. Tiene amplia base deportiva en el **basketball** y **bici cross** y ha competido como corredor de la Milla Olímpica y el Aerobics Competitivo de Resistencia. Hasta el momento ha realizado 17 triatlones **IM** y más de 50 triatlones **70.3** o **HALF IM**. Además, participó en triatlones olímpicos y sprint. Su experiencia también incluye 60 maratones, entre ellos: Nueva York, Chicago, Berlín, Las Vegas, Rio De Janeiro, Buenos Aires y Caracas. Entre sus principales hazañas resaltan los 450 kilómetros que recorrió en 14 horas 15 minutos desde Santiago, Chile hasta La Serena.



Carla González Islas

Profesora de Educación física
Instructora de Hatha Yoga
Fundadora de wellnessbreak.cl
@carlayoguita
@WellnessBreakCL

En el 2000 Inicia sus estudios de Hatha Yoga complementado su práctica deportiva de **running** y natación. Actualmente promueve la disciplina holística en empresas, escuelas y universidades de Santiago de Chile y Concepcion, entregando herramientas a todas aquellas personas que deseen mejorar su calidad de vida.



Argenis Gudiño

Diseñador gráfico
Presidente
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@centaurusve

Empresa dirigida al diseño editorial y comunicación visual. Ex profesor universitario en el área de diseño en el Colegio Universitario Monseñor de Talavera. Amante de la fotografía de paisajes y de la buena comida. Fiel creyente que los seres humanos atraen su propia suerte.



David E. Venegas Q.

Editor Junior
Spanish InFluential
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Comunicador social, mención impreso, graduado de la Universidad Católica Santa Rosa en Caracas. Además de la fotografía y el arte de la literatura narrativa, se ha desempeñado en el área de periodismo gastronómico. También ha realizado trabajos especiales para revistas de economía, negocios, publicidad y mercadeo. Desea, algún día, convertirse en novelista.

KENALL



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Verano caliente y piel ardiente

SIN DUDA ALGUNA, EL SER HUMANO SE CARACTERIZA POR IR CONTRA LA CORRIENTE, INCLUYENDO CUANDO SE TRATA DE SU SALUD, AÚN NO TENEMOS LA PERCEPCIÓN REAL DEL DAÑO IRREVERSIBLE QUE PODEMOS CAUSARLE A NUESTRA PIEL POR DESCUIDO O IGNORANCIA.

► POR ARGENIS GUDIÑO

El verano es, quizá, la estación del año más esperada por todos: playa, sol, diversión y cuerpos bronceados por doquier; es el denominador común en todos los países del mundo. Dicha temporada se presta para el *relax* pero debemos estar atentos a los efectos que pueden producirse al exponer nuestra piel por tiempo prolongado a los rayos solares, lo cual puede llegar a convertirse en una experiencia poco agradable.

Para ninguna persona es secreto que el planeta viene presentando un deterioro, producto de las constantes emisiones de gases, cuyo resultado ha sido una merma considerable en la capa de ozono y como resultado tenemos un aumento considerable de afecciones dérmicas.

Lucir lo que muchos llaman un “bronceado perfecto” (piel canela), el cual puede causar miradas de envidias, seguramente se generó debido a una prolongación excesiva al sol sin los cuidados mínimos. La constante emisión de la radiación ultravioleta que llega a la Tierra lo hace en las formas UV, los cuales inciden directamente en nuestra piel causando un desgaste progresivo.

Los consejos siempre tienen la misión de prevenir, pero cuando el daño ya está hecho ¿qué podemos hacer? Pese a las constantes recomendaciones emitidas por especialistas en el área dermatológica, las cuales parecen no ser suficientes para que la población tome con seriedad este tema tan delicado, consultamos a la especialista mexicana **Isela Méndez**, quien nos orientó sobre las medidas que podemos tomar una vez que se produce una insolación y los errores más frecuentes que cometemos cuando tratamos de combatir los daños causados por un bronceado severo.

¿Cuáles son las afecciones más comunes que se producen en la piel cuando se expone prolongadamente al sol sin la protección adecuada?

De forma inmediata deshidratación, quemaduras de primer y hasta segundo grado. Incluso pueden aparecer ampollas, acompañadas de malestar general y fiebre. A largo plazo, se manifiestan las arrugas, las manchas y el cáncer de piel.

Una vez que la piel es víctima de insolación, ¿cuáles son los primeros auxilios que se pueden aplicar a nivel doméstico?

Crema hidratante blanca y sin olor. Buscar en la farmacia una pasta con dióxido de zinc y tomar mucha agua. No obstante, si es una quemadura se aconseja acudir con un dermatólogo.

Los avances tecnológicos en medicina son evidentes en todas las especialidades. Con respecto al área dermatológica, ¿qué tratamientos se están aplicando en la actualidad para ayudar a las personas cuya piel presenta maltrato por bronceado severo?

Los pacientes acuden después de los 40 años con foto-daño, pero se les puede tratar con láser *erbium* o CO2 fraccionado para revertir parte de las lesiones.



Dra. Isela Méndez Baca
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Directora de la Clínica Dermatológica Polanco, Clínica del cuidado de la piel. Miembro Honorario desde 2008 Academia Mexicana de Dermatología 2010-2012 Como Secretaria de la Mesa Directiva De La Sociedad Mexicana de Cirugía Dermatológica y Oncológica, A.C. Miembro 2015 American Academy Dermatology (AAD) Experiencia en; Medicina General y Medicina Interna Dermatología, Láser diodo, Nd-YAG LPI, CO2, Erbium, Q-switch, radiofrecuencia, aplicación de toxina botulílica y materiales de relleno, dermatología oncológica, quirúrgica y estética. Aplicación de Botox.

La comunidad hispana, por cultura o creencia, es muy propensa a la automedicación, ¿cuáles son los errores más frecuentes que llegan al consultorio por administración o aplicación de una medicina sin la debida supervisión médica?

Habitualmente usan esteroides sin indicación médica y como ven una mejoría en sus síntomas los utilizan de forma indiscriminada ocasionando adelgazamiento de la piel. También es común que se exfolien con limón y sal, pero hay que tener cuidado porque el limón puede manchar la piel.

En quemaduras utilizan pasta dental y esta no tiene ninguna función en la piel, incluso con el mentol que contiene puede irritar aún más. De igual manera los pacientes se aplican concha nácar la cual tiene limón y perjudica la tez. En piel grasa se colocan vitacilina que es muy aceitosa, empeorando su padecimiento y, además, tiene un medicamento (neomicina) que puede escocer. Todas estas opciones de automedicación son contraproducentes, porque más allá de buscar una solución tienden a agravar la situación.



¿Cómo influyen los embates del sol según el tipo de piel?

La piel entre más clara, más delicada y los dermatólogos la dividimos en seis fototipos de acuerdo a su color y si se broncean o no.

Hay pieles claras en pacientes con ojos claros que nunca se broncean, siempre se queman y estas se ven afectadas por un envejecimiento prematuro. El fototipo seis, que representa la piel afroamericana, son los menos afectados por el sol, es la piel que menos envejece. Los latinos tenemos un fototipo tres o seis; el sol nos afecta sobre todo a nivel de manchas y empeora el paño.

Muchos jóvenes toman de manera irresponsable el cuidado de la piel cuando disfrutan de la playa, ¿cuáles son las repercusiones que esto puede acarrear con el pasar de los años?

La principal es el cáncer de piel. Recordemos que esta enfermedad es número uno en frecuencia en hombres y tercero en mujeres. Los dermatólogos oncológicos ven, con preocupación, que el cáncer está apareciendo en pacientes más jóvenes.

¿Porque los niños y personas de tercera edad son más vulnerables a generar daños en la piel?

Los niños menores de seis meses no pueden utilizar protector solar y tienen una piel muy delicada que se puede quemar fácilmente, incluso con diez minutos de exposición. Por esta razón, las madres deben tener un máximo cuidado con sus bebés y protegerlos de los pies a la cabeza, con ropa que no deje filtrar el sol. Hay vestimentas especiales que vienen con bloqueador FPS 50.

Las personas mayores tienen mucho daño solar acumulado y se presentan a consulta con lesiones precancerosas llamadas **queratosis actínica** en zonas como el rostro, orejas, cabeza (cuando presentan calvicie) y dorso de manos. En ocasiones, presentan cáncer o tienen el antecedente de extirpación quirúrgica de cáncer. Estas personas, generalmente, utilizan medicamentos que les ayuda a reparar el DNA dañado. ●

Más vale prevenir que lamentar


Si quieres cuidar tu piel de manera correcta, te invitamos a seguir estas recomendaciones para que en el futuro estés más tranquilo.

- Consume vitaminas A, C, y E.
Los puedes encontrar en el pescado, el brócoli, el berro y la espinaca.
- Usa protector solar FPS 30 a prueba de agua.
Es importante aplicarlo por todo el cuerpo 15 minutos antes de exponerse al sol. Repite el proceso cada 3 - 4 horas.
- No te expongas por tiempo prolongado y evita dormirte frente al sol.
 - ¡Toma mucha agua! Es vital para mantenerte hidratado.
- Una vez en casa, luego de ducharte, aplica una crema hidratante que contenga urea, esto evitará laceraciones en la piel y aportará una hidratación intensa.



Spanish
IN FLUENTIAL

Brasil *olímpico*



ENTRE EL 5 Y EL 21 DE AGOSTO
EL MUNDO DEPORTIVO
GIRARÁ EN TORNO AL GRAN
PAÍS SUDAMERICANO,
PUES SERÁ SEDE DE LOS
JUEGOS OLÍMPICOS 2016
EN LA CIUDAD DE RÍO DE JANEIRO.

► POR DAVID VENEGAS

Serán 306 eventos divididos en 28 disciplinas olímpicas y se espera la participación de más de 10 500 atletas que competirán en 33 recintos repartidos en cuatro lugares de la ciudad: Maracanã, Barra da Tijuca, Deodoro y Copacabana.

«Viva sua paixão» (Vive tu pasión) es el lema del superevento deportivo que atraerá un multitudinario ingreso turístico a Brasil. Si dentro de tus planes está visitar el país de la samba durante esta festividad, no te pierdas nuestra ruta viajera para conocer lo mejor de la *ciudad maravillosa*.

Las playas de Copacabana

Si te gustan los ambientes bohemios, el mar, la arena y disfrutas ser mimado con un trato glamoroso, no puedes dejar de visitar una de las zonas más famosas de Río: el barrio de Copacabana. Colmado de teatros, centros comerciales, tiendas, cines y lujosos restaurantes, esta zona carioca es un microcosmos de lo más exclusivo de Brasil. Sus edificios más emblemáticos son el Museo Histórico de Ejército y Fuerte de Copacabana, el Copacabana Palace Hotel y el Conjunto urbano-paisajista de la avenida Atlántica. Además, en sus espacios se jugarán las disciplinas de voleibol de playa y el triatlón de los Juegos Olímpicos.



El sambódromo

Son 85 mil metros cuadrados de soberbia arquitectura. Su nombre oficial es Sambódromo da Marquês de Sapucaí (*Passarela Profesor Darcy Ribeiro*) y es popular por sus fascinantes desfiles carnavalescos. ¿Sabías que esta edificación se construyó en 120 días y puede albergar más de 88 mil espectadores? Este sambódromo tiene el título de Patrimonio Cultural y será la casa de las pruebas maratonistas, marcha y tiro con arco en las olimpiadas. Una construcción que vale la pena admirar.

Pan de azúcar

No, no es una receta. Nos referimos a un peñasco –mejor conocido como morro– sobre el mar y que constituye uno de los paisajes culturales más serenos de todo Río de Janeiro. Este pico de granito y cuarzo tiene 396 metros de altura y se recorre en un teleférico de cristal llamado bondiho del Pan de Azúcar o, para los amantes de los deportes extremos, en un sendero de escalada. Los orígenes de este curioso nombre, según historiadores, está en la palabra *Pau-nh-acuqua*, que significa “alta colina”. Un lugar imperdible donde convergen la vegetación y la robusta brisa del Océano Atlántico.





Más allá de la feijoada

Reconocida como el plato típico de Brasil, la feijoada (frijoles con carne de cerdo y arroz) es una opción entre miles propuestas culinarias en Río de Janeiro. Los paladares más exigentes pueden degustar el menú de Roberta Sudbrack, ganadora del premio a mejor chef femenina de América Latina 2015 y su restaurante, del mismo nombre, logró consolidarse en el puesto 14 de los 50 mejores restaurantes de Latinoamérica. También están los laureados establecimientos Lasai y Olympe. Sin embargo, si visitas Brasil y no tomaste una ronda de caipirinha, tu aventura habrá sido en vano.

El abrazo de Dios


Un clásico de la historia brasileña. En la cumbre del cerro del Corcovado se encuentra la estatua de Jesús de Nazaret que, con sus brazos extendidos, recibe a millones de creyentes y turistas. El Cristo Redentor mide 38 metros y se alza sobre 710 metros sobre el nivel del mar. En 2007 se convirtió en una de las siete maravillas del mundo y se puede llegar a él a través de un tranvía o subiendo 226 escalones.



Teatro Municipal de Río de Janeiro

Para los enamorados de las más sensibles muestras artísticas, este edificio resultará una obra sin igual. Inaugurado en 1909, el teatro municipal de Río de Janeiro está basado en un estilo ecléctico, inspirado en la Ópera de París. En sus salas se han presentado las mejores estrellas del mundo del entretenimiento y, además, es la única institución que cuenta con una empresa de ballet, un coro y una orquesta sinfónica. ●

Influencia suramericana en la moda

- 
- **FOTOGRAFÍA Y EDICIÓN:** EMMANUEL ROLA.
 - **ASISTENTE DE FOTOGRAFÍA:** LAU CHI CHUANG.
 - **ESTILISTA DE MODA:** YURENA DORTA.
 - **MAQUILLAJE:** NATALIA SÁNCHEZ MAKEUP.
 - **PELUQUERÍA:** NATALIA DRAGANOVA.
 - **MODELOS:** REBECA JIMÉNEZ HANSSON Y MARYNA PUKHYR.
 - **LOCALIZACIÓN:** MARBELLA Y RONDA, EN MÁLAGA (ESPAÑA)





BLUSA Y PANTALÓN
DE **MOMOSHOP**;
CINTURÓN DE **MASSIMO
DUTTI**; BRAZALETES
Y PENDIENTES DE
MOMOSHOP; SOMBRERO
DE **MARTINA DORTA**.
MODELO:
REBECA JIMÉNEZ HANSSON

Spanish IN FLUENTIAL





Spanish
IN FLUENTIAL



• BLUSA, PANTALÓN Y BRAZALETE DE **MOMOSHOP**;
Y SOMBRERO DE **MARTINA DORTA**.
MODELO: REBECA JIMÉNEZ HANSSON



PÁGINAS ANTERIORES DE IZQUIERDA A DERECHA:

• CHAQUETA DE **PULL & BEAR**;
PANTALÓN DE **MOMOSHOP**;
PAÑUELO DE **PULL & BEAR**;
Y BRAZALETES DE **MOMOSHOP**.
MODELO: REBECA JIMÉNEZ HANSSON

• CAMISA DE **ZARA**; PANTALÓN DE **MOMOSHOP**;
Y BRAZALETES DE **MOMOSHOP**.
MODELO: MARYNA PUKHYR


• CAMISA DE **CORTEFIELD**;
PANTALÓN DE **MOMOSHOP**; CHAQUETA DE **WEHBE**;
PENDIENTES DE **PARFOIS**; COLLAR DE **MOMOSHOP**;
Y PAÑUELO Y CALZADO DE **ZARA**.
MODELO: REBECA JIMÉNEZ HANSSON

Raindrop Cake: *la gota de lluvia gigante*

SUAVE, DELICADA
Y REFRESCANTE. ASÍ ES LA NUEVA
PROPUESTA CULINARIA
QUE CONVULSIONA
LA MOVIDA GASTRONÓMICA
EN NUEVA YORK Y,
ADEMÁS, ES TODO UN FUROR
EN LAS REDES SOCIALES.

► POR **DAVID VENEGAS**

FOTOGRAFÍAS GASTRONÓMICAS
CORTESÍA DE **TIM IRELAND**
FOTOGRAFÍA DE DARREN WONG
CORTESÍA DE **TIA CHIARAMONTE**

A close-up photograph of a light-colored wooden bowl, partially filled with a white substance, resting on a wooden surface. Next to the bowl is a pile of fine, light brown powder. In the bottom left corner, a small portion of a dark red, glossy object is visible.

Las tendencias día a día nos sorprenden más. Ahora podemos hincarle los dientes a la lluvia. Sí, así como has leído. Darren Wong, especialista en *marketing* digital, ha creado un postre que suma fanáticos en todo el mundo de una manera estremecedora. Se llama *Raindrop Cake* o, en español, gota de lluvia.

“No soy chef, pero tengo una pasión por idear maneras divertidas para que la gente se conecte. Me interesé por las tortas hace más de un año”, comenta Wong vía email.

El platillo vio la luz en la feria gastronómica de Brooklyn, llamada Smorgasburg, y para su sorpresa, vendió 700 gotas de lluvia en tiempo record por un costo de 8 dólares cada una. “Podríamos haber vendido más, pero estamos limitados en nuestra capacidad de producción en este momento”, relató su creador para ABCNews.

Pero, ¿de qué está hecho? El *Raindrop Cake* está elaborado con agua de manantial y polvo de agar, una especie de gelatina vegetariana. Esencialmente, estos ingredientes lo convierten en un postre sin calorías. Sin embargo, se sirve acompañado con jarabe de azúcar morena, llamado Kuromitsu, y harina de soja tostada, conocida como Kinako.

Wong, hijo de un panadero, compartió que su inspiración para este plato transparente nació de un postre tradicional japonés llamado Mizu Shingen Mochi. Luego lo adaptó a la cultura occidental pero, al principio, sus intentos fueron fallidos. “Lo complicado era mantener su forma y que conservara la textura acuática. Pero antes realicé mucha investigación en internet y asistí a numerosos foros de cocina para profundizar en mi concepto”, explicó.

Debido a la sencillez de sus ingredientes y a su particular apariencia, la gota de lluvia se ha popularizado y en internet llueven experimentos de jóvenes que intentan realizar su propia versión. “Es un postre para Snapchat”, reconoció el chef, en referencia a la velocidad en que la nueva generación difundió su dulce obra.

Wong espera, próximamente, comenzar a producir su creación de forma masiva. Ya ha recibido algunas propuestas de mercado en países como Singapur, Indonesia, Alemania, Londres y, por supuesto, Estados Unidos.

Sin duda alguna, el éxito llega en formas extrañas y, a veces, le puedes dar un mordisco. ●

<http://www.raindropcake.com>



“ NO SOY CHEF,
PERO TENGO UNA
PASIÓN POR IDEAR
MANERAS DIVERTIDAS
PARA QUE LA GENTE
SE CONECTE.
ME INTERESÉ POR
LAS TORTAS HACE
MÁS DE UN AÑO. ”

A man with dark hair and a light beard is looking upwards and to the left. He is holding a metal whisk in his right hand. He is wearing a blue t-shirt with a white raindrop logo that has two blue dots for eyes and a blue smile. Below the logo, the text 'Raindrop Cake' is printed in white.

Raindrop Cake

Así soy, así me acepto

SENTIRSE BIEN CONSIGO MISMO GENERA
CONFIANZA Y OPTIMISMO PARA AFRONTAR
DIVERSAS SITUACIONES EN LA VIDA
COTIDIANA, INCLUSO SUPERAR EL *BULLYING*.

► POR ARGENIS GUDIÑO

Una autoestima elevada no es más que el reflejo de tu yo interior al mundo que te rodea, pese a los prejuicios que muchas veces la sociedad trata imponer, quererse y aceptarse tal cual como eres, significa tener el balance de tus emociones y hacer que tus virtudes minimicen tus defectos.

Yo sí puedo, amo mi vida, acepto lo que tengo. Son frases que, por muy sencillas, motivan al individuo a dar lo mejor de sí. Pero lo más importante es que al mirarte frente al espejo te digas: ¡Gracias! Porque lo mucho o poco que puedas obtener en la vida es el producto de tu esfuerzo y dedicación.

Así que si estás en el proceso de descubrirte, debes estar consciente de algunas situaciones que no debes pasar por alto:



Traza metas

Fija objetivos y consíguelos.
Para eso requieres constancia
y disciplina.

Cada vez que logras una meta
aparece una sonrisa y una
sensación de satisfacción,
la cual ayuda a elevar
tu confianza.



Observa tus virtudes

Tendemos a ver nuestros defectos
antes que nuestras cualidades.
Por lo tanto, toma papel y lápiz
y realiza una lista de tus puntos
fuertes donde seguramente
encontrarás esa capacidad oculta
que muchas veces no va de la
mano con lo que desempeñas
profesionalmente.





Motívate

Descubre las anécdotas de otras personas y aprende cómo superaron sus problemas. Esa experiencia te brindará ideas para poder afrontar los tuyos y, quizá, no verlos tan graves.



Rodéate de personas positivas

Existen personas que absorben la energía. Después de mucho tiempo conviviendo con un individuo negativo es muy probable que te contagies de su desanimo.



Se coherente

Ser honesto contigo es la base de todo. La sinceridad, la verdad, la transparencia con uno y con los demás, te liberará de cualquier pensamiento nocivo, ya que, al aceptar tus errores también reconoces tus valores. De esta manera conseguirás conocerte mejor y, por lo tanto, quererte y respetarte.




Encuentra el equilibrio

La buena alimentación influye mucho en la salud mental y física, y si te sientes bien integralmente, verás las cosas con otra perspectiva e influirás en tu imagen personal.

A woman with long brown hair, wearing a black athletic top, is performing a backbend outdoors. She is leaning forward with her head tilted back, eyes closed, and her hands are on the ground. The background features a lush garden with green plants, yellow flowers, and a small waterfall over rocks.

Entrenamiento post embarazo



► POR **MARCELO GALVEZ / CARLA GONZÁLEZ ISLAS**
FOTOS **KAREN KREUTZBERGER**
WWW.KARENKREUTZBERGER.CL

SER PADRE DE 3 NIÑAS MARAVILLOSAS ME HA PERMITIDO PRESENCIAR, DESDE MUY CERCA, LOS PROCESOS Y CAMBIOS DURANTE EL PRE Y POSTNATAL DE MI ESPOSA. ANTES DE RECOMENDAR CUALQUIER ACTIVIDAD FÍSICA POSTPARTO, QUISIERA RECORDARTE QUE ESTAR EMBARAZADA NO ES SINÓNIMO DE ESTAR ENFERMA, SI BIEN LOS 9 MESES SON DE MUCHO CUIDADO, LO MÁS RESPONSABLE ES BUSCAR ASESORÍA CON UN ESPECIALISTA EN LA MATERIA, ESTO HARÁ QUE TE ENCANTES NUEVAMENTE CON TU CUERPO Y VUELVAS A RETOMAR TU VIDA CON MÁS ENERGÍA Y VITALIDAD.

La recuperación va a depender de la condición física que hayas tenido antes del embarazo. El deporte será beneficioso antes, durante y después de dar a luz y no hacemos referencia a solamente recuperar tu aspecto físico, sino una recuperación más integral que abarca tu estado emocional y mental.

Realizar ejercicios puede convertirse en la mejor terapia para esquivar la depresión postparto. Sin duda, te ayudará a que este lindo proceso sea más llevadero, aumentará tus niveles de energía y estabilizará algunos cambios hormonales con los cuales tendrás que lidiar.

A continuación mostraremos una recopilación de algunas preguntas que surgen al momento de querer entrenar o retomar tus actividades.



¿Cuánto tiempo debo esperar para retomar la actividad física? ¿Cómo debo alimentarme? ¿El deporte afectará mi lactancia? ¿Cuánto demoraré en recuperarme? ¿Qué ejercicios debo realizar?

El tiempo aproximado que tarda el cuerpo en recuperarse y revertir los cambios físicos que la gestación produce, puede durar desde un mes hasta alrededor de un año, considerando que ocurren muchas alteraciones hormonales que hacen que tu estado de ánimo varíe.

Si te ejercitabas antes de concebir y continuaste durante todo el embarazo, tu recuperación será más rápida y el entrenamiento más fácil. En cambio, si no es el caso, tu mejoría tomará más tiempo, mientras que la realización de ejercicios debe ser lenta y progresiva.

Tras dar a luz, tendrás que esperar que pase el **puerperio** o **cuarentena**. Este ciclo inicia el día del parto hasta la normalización de los cambios fisiológicos producidos durante el embarazo, que duran entre 4 y 6 semanas.

El tipo de ejercicio que se recomienda debe reforzar la región **perineal**, para recuperar el tono muscular abdominal y el equilibrio postural.

El parto natural provoca una importante distensión en toda la musculatura del suelo pélvico, que debe recuperarse para evitar la incontinencia urinaria y dificultades para retomar tu vida sexual. La gimnasia **hipopresiva** o los conocidos ejercicios de **Kegel** (contracciones musculares del suelo pélvico) pueden comenzar a realizarse unos días después del parto normal.

En caso de una cesárea, cuya intervención es más invasiva y la recuperación es más lenta porque los músculos abdominales son cortados, se recomienda no ejercitarlos hasta la recuperación total de la cirugía.

Cualquier plan de entrenamiento postparto debe ser enfocado a contrarrestar los desequilibrios musculares producidos por los cambios anatómicos y estructurales

del embarazo. Uno de ellos es la excesiva anteversión de la cadera, que descontrola el centro de gravedad, causante de los dolores lumbares, ciática e incluso de hernias discales. Por eso es importante realizar ejercicios para producir el efecto contrario y estirar la musculatura para fortalecer progresivamente los abdominales.

Algunas recomendaciones

- Es importante respetar los tiempos de adaptación que involucra tener un bebé, sobre todo si eres una madre primeriza. Tal vez, durante los primeros meses,

la demanda de lactancia sea cada 2 horas; poco a poco estos tiempos se irán distanciando y podrás ejercitarte más. Si tienes suficiente leche, puedes extraerte y ocupar esos tiempos en caminatas.

- Respeta tus horas de sueño. Si duermes poco en la noche, intenta dormir con tu bebé para recuperarte. Te recomendamos tomar abundante líquido para que estés más fresca. Si te gusta el café, algunos doctores lo recomiendan descafeinado, pero consulta con tu ginecólogo.





- Si tuviste un parto normal libre de complicaciones, puedes comenzar con pequeñas caminatas. Si te practicaron una cesárea no debes realizar actividad física intensa, al menos, por un mes. Es aconsejable dar pequeños pasos que te ayudarán a prevenir la retención de líquido en tus piernas y dolores lumbares, pero mientras sientas dolor físico procura descansar. En ambos casos recuerda que, durante los primeros 5 meses, las articulaciones y ligamentos estarán flojos y débiles, así que ten cuidado para evitar posibles lesiones.

- En algunos casos, el exceso de peso puede ser uno de los principales motivos para comenzar la actividad física. Para combatir los kilos de más debes seguir una alimentación balanceada y saludable, pero no es recomendable que hagas dieta, sobre todo si estás amamantando. Recuerda que mediante la lactancia el bebé absorbe todos los nutrientes que necesita para crecer.

- Es conveniente que junto a los ejercicios aeróbicos, que te permiten quemar calóricas, realices una rutina de ejercicios localizados para estabilizar y alinear tu postura. Si asistes al gimnasio puedes realizar elíptica, bicicleta, natación o yoga. Evita las prácticas de impacto durante los primeros meses.

- Cuando desees estar sola y descansar, concéntrate en la meditación y el **Yoga Nidra**. Estas disciplinas te ayudarán a lidiar con la nueva etapa de tu vida. Busca espacios silenciosos en tu casa y regálale una visita al spa, esto te llenará de energía y tendrás una mejor predisposición para entregarle el mejor cuidado a tu hijo. De hecho, varios estudios confirman que cualquier actividad diferente puede mejorar, en gran medida, la salud y calidad de vida de la mujer luego de ser mamá. Felicidades a toda aquellas mujeres prontas a ser madres. ¡Toda nuestra admiración! ●



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Controla tu peso y mejora tu salud

Las harinas refinadas son aquellas harinas blancas que se utilizan en gran parte de las comidas que consumimos diariamente, tales como: pastas, tortas, galletas, panes, entre otros. Muchos estudios han comprobado que los alimentos que contienen estos elementos tienden a provocar aumento de peso y los nutrientes son escasos.

Actualmente muchas personas intentan cambiar su estilo de vida y alimentación. En este camino una de las primeras preguntas que surge es: ¿qué tipo de harina puedo consumir? La mejor manera de tomar una decisión es conociendo las diferencias entre ambas.

¿Existe alguna diferencia entre harinas integrales y procesadas?

Sí. Su diferencia está en los componentes nutricionales. Las harinas integrales conservan componentes como el salvado, el germen de trigo, vitaminas y minerales. Mientras que las harinas blancas o refinadas no contienen los anteriores valores que realmente necesita nuestro organismo. Durante su procesamiento son descartados los nutrientes, dejando a los hidratos de carbono como principales ingredientes, generando que el cuerpo humano retenga o acumule grasa.

¿Qué sucede en nuestro organismo al comer harinas blancas o refinadas?

Una vez que consumes harinas blancas, tu cuerpo necesitará producir más insulina para poder procesarla,

► POR DULCEEQUILIBRIO

y luego de este proceso se convertirá en azúcar. Si las calorías del azúcar no las utilizas como energía poco después de consumirlas, se convertirán en grasa corporal.

Muchas personas desconocen este tema y creen que con sólo eliminar el consumo de azúcar de su dieta o usar edulcorantes mejorarán su alimentación. Lo cierto es que el azúcar está presente en otros alimentos y acá cobra fuerza el lema “somos lo que comemos”.

¿Existe alguna solución?

Sí. Lo primero que debes hacer es tomar la decisión de realizar cambios en tu alimentación y tener un estilo de vida más dinámico, dejando atrás el sedentarismo y, por supuesto, las harinas refinadas. Las harinas integrales se procesan de forma más lenta en nuestro organismo, lo que aporta energía de liberación lenta y, por ende, mantiene nuestro cuerpo activo por más tiempo. Además, son ricas en fibra y es una manera muy natural de combatir los problemas de estreñimiento.

Hoy en día el mercado ofrece diferentes y saludables tipos de harinas integrales: de trigo, avena, almendras, yuca, batata (camote), garbanzos, entre otras. Estas son solo algunas de las opciones a las que puedes acudir y muchas de ellas las puedes hacer tú mismo en casa. De esta manera podrás preparar deliciosos postres, ajustando y sustituyendo algunos ingredientes. ¡Anímate! Y visita nuestro perfil en Instagram [@dulceequilibrio](#). ●



Receta para unos **pancakes** deliciosos y súper nutritivos 6 porciones

Ingredientes:

- ¼ taza de harina de avena
- 2 sobres de stevia o edulcorante
- ½ cucharada de canela
- 1 cucharadita de vainilla
- ¼ taza de leche de avena
- 3 claras de huevo
- 1 cucharada de linaza molida

Preparación:

- Llevar todos los ingredientes a la licuadora y procesar hasta tener una mezcla homogénea. Dejar reposar por unos 15 minutos aproximadamente y licuar nuevamente por escasos segundos.
 - En una sartén antiadherente colocar un poco de aceite de canola. Es importante que retires el exceso con papel absorbente.
 - Verter ¼ taza de la mezcla en la sartén y cocinar por ambas partes hasta dorar.
- Puedes acompañar con miel o sirope sin azúcar y ½ porción de tus frutas favoritas.

¿Cómo hacer tu propia harina integral?

Necesitarás:

- Licuadora - Colador fino
- La base de tu harina (avena)


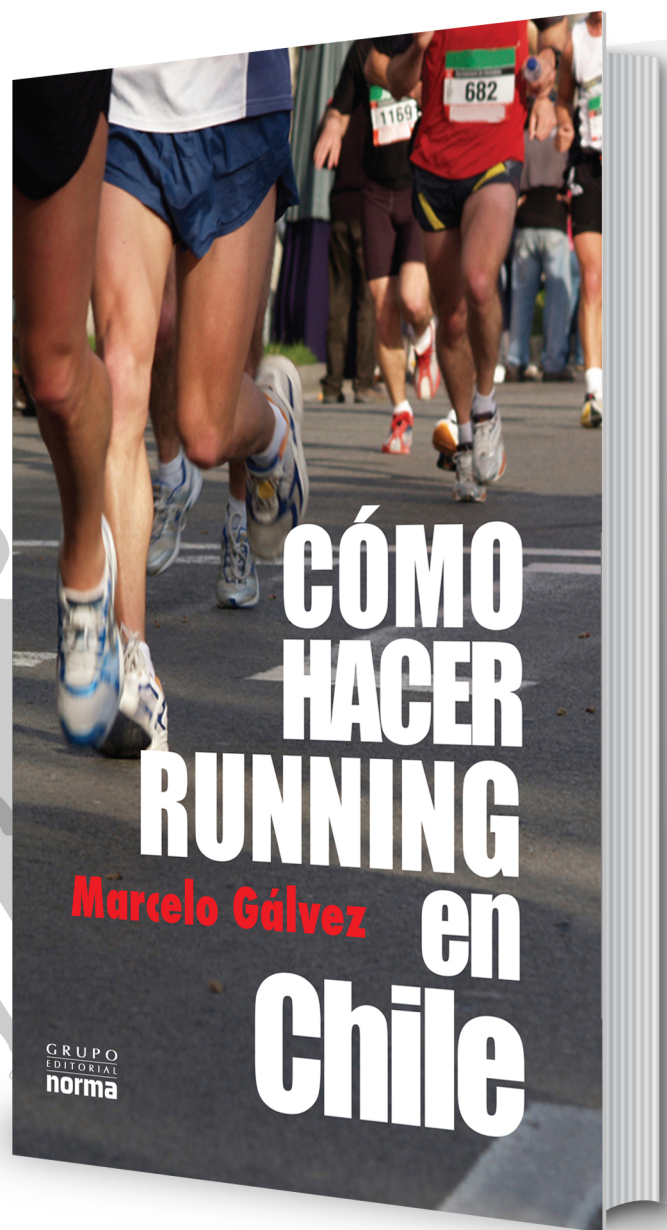
Preparación:

- Poner en la licuadora 1 taza de la base
- Procesar hasta pulverizar
- Cernir o colar la harina
- Repetir el proceso con el remanente hasta tener la harina toda pulverizada

Tip extra: Te recomendamos guardar esta harina en un envase de vidrio para una mejor conservación.



CÓMO HACER RUNNING en Chile



**“Quien tiene
la voluntad
tiene la fuerza”**

Marcelo Gálvez, reconocido atleta profesional brinda sus consejo para iniciarte o mejorar la condición física en la práctica del *running*.
Además de ofrecer la guía más completa de eventos tanto en Chile como a nivel internacional.



@MarceloGalvez



Teen

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MAY / JUNE 2016

FINISHING
THE SCHOOL
YEAR OUT
STRONG

PARENT
APPRECIATION

GRAPHIC-TORIC

BY MONICA TRUE

Tips
for
winning a
scholarship

Summertime
and the Living is Easy



Mia Dedear

| *Austin, Texas*

Mia Dedear is an Advertising major at the University of Texas. She just recently graduated from Round Rock High School, where she served on the staff of the school literary magazine. She is currently searching for a socially acceptable way to carry her camera everywhere and document the highlights of her summer. Aside from film, her other interests include theatre, dance, violin, and aspiring to someday become Neil Patrick Harris.



Victoria Garcia

| *Austin, Texas*

Victoria Garcia is a junior in high school who is heavily involved in her academics and her community. From High School to Austin Community College, from community service to the social scene, Victoria is a hands on kinda girl. Victoria has been the Cover Girl for several Austin Magazines and featured in editorials throughout Central Texas. Victoria was Miss Teen Austin Latina 2014-2015 and honored with a Bill Board that read More than a Model, A Role Model. Victoria is the proud co-founder of Uniquely Me, a club that is a collaboration of college and high school girls who serve the community and advocate member career interest through networking. On the weekends, you can find Victoria working backstage or on the runways of Austin supporting non-profit charities and their platforms. Victoria is a true humanitarian and her passion for people is endless.



Priscilla Glenn

| *Austin, Texas*

Priscilla Glenn is a pole vaulter for the UTA track and field team where, during offseason, they make her complete crazy workouts. However, she loves staying fit and when she is off in the summer, enjoys going on runs in the cool mornings. She is the oldest of four children and is currently studying biology at the University of Texas at Arlington with the goal of one day earning her PhD in plant genetics.

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FINISHING *the School* YEAR STRONG

► WRITTEN BY VICTORIA GARCIA

Yearbooks are being handed out. You know what that means, but wait there are still four more weeks of school left! If you are a teenager, then you know the struggle is real.

The halls are getting a little rowdier. State testing is done. School uniforms and library books are all returned. Those pesky school fines are cleared! The weather is getting nicer by the day and daydreaming in class is inevitable.

These last few weeks of school can be challenging, so it's totally understandable both students and teachers seem tempted to slack off just a bit! Between homework, projects and finals, you are probably in need of some self-motivation to stay focused.

Make a mood board! In your case, a "Keep Calm and Finish Strong" board can be quite helpful. Get creative and make it Pinterest worthy! Add a checklist of everything you need to do before the school year ends. Add collages of images of your summer vacation goals. Add the list of special teachers you would like to give a token of appreciation for inspiring you. Design it cool and funky to catch your attention each day! Hang it on your wall behind the bathroom door so every time you brush your teeth, you'll see your motivation board in the reflection of the mirror.

Remember to work on your biggest project first and, like Nike, "Just do it" and get it out of the way while your brain is still in work mode. You will feel so accomplished when you mark it off your mood board with the thickest sharpie you have. The feeling of accomplishment will have you kicked back, close eyed and smirking! All while building up your own momentum for the smaller tasks waiting to get checked off.

If you get stumped - like the kind of stump that gives you anxiety and you

do not even want to look at the tasks on your mood board - try taking baby steps to accomplish each project. Trying to finish the tasks all at once will only add more stress. Take fifteen to thirty minutes each day to work on a portion and then reward yourself afterwards with something you love to eat or do!

Reflect on the following quotes to re-energize your spirits to get you and your friends through these last grueling weeks of the semester. ●

***Why do tomorrow
what you can do today?***

***Be the reason
your teacher smiles today!***

***KEEP CALM and FINISH
STRONG!***

***Baby steps to
a big picture!***

***Planning makes it easy,
but you make it happen!***



TIPS FOR WINNING A *Scholarship*

Winning a scholarship can be as competitive as gaining entrance to the college of your choice.



While academic performance, extracurricular activities and character all matter, your success often boils down to discovering scholarships that fit your credentials and properly promoting your accomplishments.

These tips will help you prepare scholarship applications that get you noticed – and could get you some extra cash to help pay for school.

- **Leverage relationships and seek nontraditional opportunities.**

There are a lot of scholarships out there and the wider you cast your net the greater your chances are of winning. In addition to traditional avenues such as your basic online search and checking the bulletin board outside the financial aid office, reach out to your network. Ask family and friends about scholarships offered by the companies they work for and organizations they belong to. You

may be surprised by all the organizations that offer assistance to deserving students. For example, Foresters, an international financial services provider, offers the **Foresters Competitive Scholarship** to its members and their immediate family members, which awards up to 250 tuition scholarships worth up to \$8,000 each to students who demonstrate a commitment to community service and have a strong GPA. Learn more about Foresters scholarship opportunities at foresters.com.

Other unexpected sources of scholarship funds may include cultural or religious groups, civic and philanthropic groups in your community, and professional groups or businesses in the field you plan to study. Many banks also handle special trusts or funds with scholarship provisions.

- **Showcase your passion, talent and potential.**

A compelling essay gives scholarship judges insight into what makes you

special and unique. If you and another candidate are tied in objective criteria, such as grades, a well-written narrative can set you apart. Not all essays are the same, though; exercise caution to ensure that you are answering the question posed and demonstrating your knowledge of the sponsor, not just copying and pasting from another application. The essay is your opportunity to let your personality shine through in ways your transcript can't. Showcase your passions and motivations and be sure to reference volunteer work, extracurricular activities and other evidence that demonstrates your leadership skills.

- **Prepare a checklist and gather materials ahead of time.**

Winning a scholarship often comes down to organization; you can't win if you don't complete the application by the deadline. Although each application will have its nuances, there are some standard details that nearly every scholarship requires. Gathering and assembling these materials ahead of time will make the tedious task of preparing each application easier, and it will help you avoid overlooking something important when a submission deadline is looming.

Be sure to obtain extra copies of items such as transcripts that take time to process and reach out early to request references and documents such as volunteer work affidavits.

With an organized approach, you could be on your way to winning scholarships that help ease your school debt and set you up for success. ●



JACKET AND SHORTS:
FRENCH CONNECTION
SOCKS: KATE SPADE
SHOES: NINE WEST
BAG: BETSEY JOHNSON



Graphic-toric

by
Monica True

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MOTHER'S DAY,

Celebrate and Enjoy the Day!



MOM
YOU ARE
THE
QUEEN

Sunday, May 8th.

● **Make your mom breakfast in bed.** Whether it be as simple as scrambled eggs and a piece of toast and orange juice or as elaborate as donuts, waffles, fresh fruit, fried eggs and fresh squeezed lemonade, your mom will definitely appreciate the delicious meal and being able to just relax in the morning.

● **Treat your mom to get a manicure or pedicure.** Whether you go with her and get your nails done too, or just go with her to keep her company and spend time together, there's just something about the nail salon that most women tend to like.

● **Plan a Picnic.** If you treated her to breakfast in bed, there's no way she'd expect you to plan her lunch too. Bring the whole family out to a park or a place your mother use to take you as a kid and just enjoy spending time together, being thankful for the memories and the days to come.

● **Have a game night or movie night.** Often today, many families don't take the hour to play a game together and I know from experience my mom misses the days when we would sit down and play board games as a family. Pull out your mom's favorite game, activities she enjoys or her favorite movie and just have fun.

FATHER'S DAY

WRITTEN BY NICOLE GLENN



Sunday, June 19th.

● **Take him to a sporting event.** If your dad really enjoys sports, bring him to a baseball game, a golfing tournament, a tennis match or anything else he enjoys. Or, if he'd rather not just watch the game, then go play it with him. Find a local tennis court or soccer field and get your game on. If it's raining, find an indoor basketball court or go bowling.

● **Get outdoors and go on an adventure.** Go to the nearest lake or river and go fishing. Challenge him to a competition to see who can catch the biggest fish. If it gets warm, go for a swim. If fishing and swimming isn't enough, get out to a state park and go hiking, biking or camping for the weekend.

● **Head over to a war reenactment or museum.** Is your dad a history buff? Does he really enjoy science or art? Find a museum of his taste to travel through history tailored to his favorite subject. History museums, art museums/galleries, science and technology museums? They're all out there just waiting to be explored.

● **Make him dinner.** Does your dad love to cook, grill or barbeque? Either surprise him with his favorite meal to conclude the fun day of activities or ask him if he can teach you how to make his secret recipe. What's better than quality time that ends with food? ●

SUMMER FITNESS, *Summer Body*

— WRITTEN BY PRISCILLA GLENN

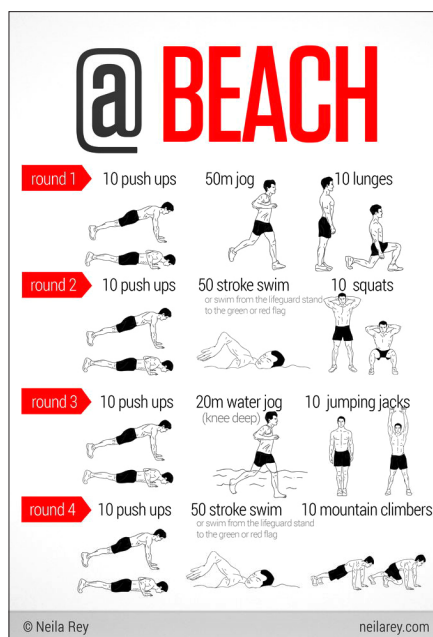
You stare at the clock; your knee is bouncing up and down, watching the clock slowly tick forward. One-minute left... 30 seconds... 10 seconds. The bell rings. School's out. It's Summer.

Time to hit the pool and enjoy your new freedom. With this newly found freedom though, comes some responsibility as you want to look your absolute best in your new swim suit. But, how will you workout during the summer? Your athletic team is no longer there to force you into workouts. Staying fit this summer is up to you now and fortunately, we have some great workouts for you to try this summer.

Do you plan to go on vacation at the beach? If so, we have the **@ BEACH** workout. This workout is tuned to help you strengthen your arms and legs while also helping your cardio. How? There are 4 rounds of 3 steps each.

- Each round starts with 10 pushups
- The second step is a 50m jog, 50 stroke swim or a 20m water jog (knee deep)
- Finish up with 10 lunges, 10 squats, 10 jumping jacks or 10 mountain climbers.

There you go, the perfect workout to do while at the beach.

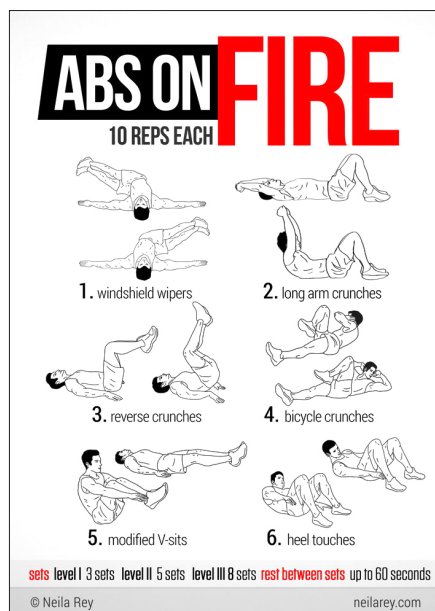


Another great workout is our **1&1 workout**. There are 10 exercises which you do for 1-minute each with 1-minute rest after each exercise. Sounds doable so far right? And this workout does a great job of hitting a little bit of



everything including legs, arms, and abs. So what are the exercises?

1. First, high knees, followed by jumping jacks, squats and lunges.
2. Next, perform the ab workout includes plank leg raises, mountain climbers, bicycle crunches, leg raises and knee pull-ins.
3. Finally, the last exercise is push-ups.
4. Once you've completed one set, push yourself to do another set with about 3 minutes rest between each set. Work toward the goal of 6 sets.



Do you just want to work on those abs, get that flat stomach during the summer? Well then, we have the **Abs on FIRE** workout for you. This workout contains 6 exercises which for each set, you will do 10 reps of each. Try to do 3 sets in the beginning with 60 seconds rest between each set and through the summer, try to get up to 8 sets and get those abs. So what are the exercises?

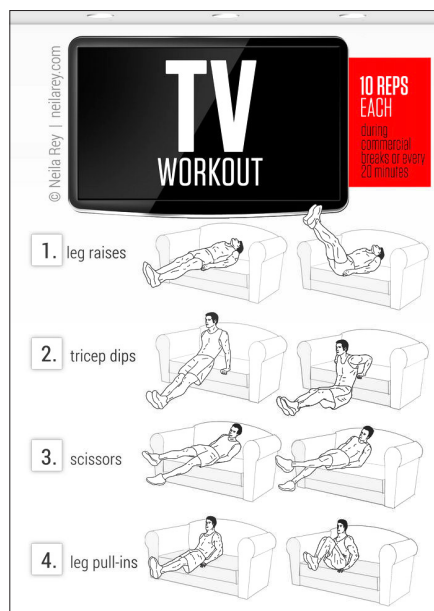
1. First, the windshield wipers.
2. Next, perform the long arm crunches, reverse crunches and bicycle crunches.
3. Finish with modified V-sits and heel touches.

Go get those abs.

I know some of you don't want to ever get off the couch. That's okay because we have the **TV** workout. Do 10 reps each of the following exercises during commercial breaks or every 20 minutes and you can watch that favorite show and get fit! Also, this workout only has 4 exercises so it's not hard to remember.

1. Start off with leg raises.
2. Next, are tricep dips and scissors.
3. Finish with leg pull-ins.

This TV workout can be done without having to get off of the couch.



because for this workout, all you need is a wall and it's the **Wall {hugger}** workout.

1. Start with 40 lateral wall run steps, 40 wall raised mountain climbers, 30 plank wall-touches.
2. Finish with a 45 sec wall sit and 10 wall push-ups.

Once again try to get in 3 sets with rest up to 2 minutes. If you can get up to 8 sets, looks like you found a way to cure your boredom.

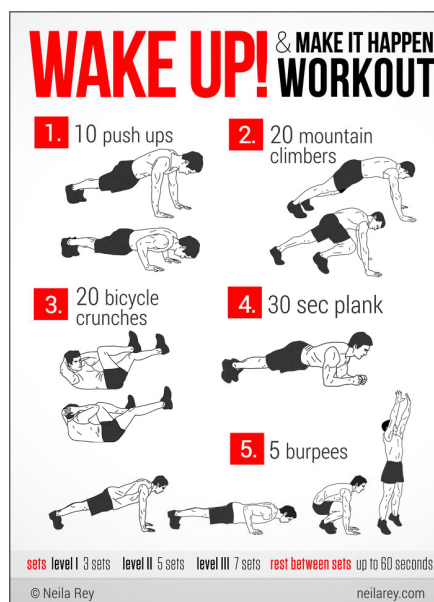
Perhaps you want really defined legs during the summer. Good thing we have the **Legster** workout. This will have your legs looking toned and strong.

1. Start with 10 reps of side leg raises
2. Next, perform 10 butt kicks, leg raises and leg pull-ins,
3. Finish with 10 planks with leg raises.

If that was too easy, raise the number of reps to 20 and then 30 as your legs get stronger. Plus, try to eventually get to 7 sets with up to 60 seconds between each set. Trust me, if you're doing that, you're going to have some pretty strong legs.

What if none of these workouts appeal to you? That's okay too. There are still plenty great workout options available to you. Running, for example, is a great option. Now, don't run away. Start it off easy with 10 minutes at an easy pace, walking if you need to. Each week, increase duration by 5 or 10 minutes, keeping it at a pace that is doable. This will get you in shape and make your body feel great.

Continue to push through, keep strong mentally and relish in how strong physically you'll be once the summer is over and you've stayed committed to working out. Have a great summer. ●



For all of you early bird risers, we have found the **Wake Up!** workout.

1. Start with 10 pushups, 20 mountain climbers, 20 bicycle crunches.
2. Finish with a 30 sec plank and 5 burpees.

Try to do 3 sets to start off with 60 seconds rest between each set and work your way up to 7 sets. Do that and you'll be primed and ready to go in the morning.

Do you ever get bored and stuck with nothing to do? Well, that's perfectly fine

SUMMER VACATION'S *Grab Bag*

WRITTEN BY MIA DEDEAR

No matter where you're headed this summer, there's one thing you know you'll bring—a bag to stuff everything into! Here's a guide to things you'll want to make sure you have with you as you conquer your vacation destination—whether you're taking on a big city, a hiking adventure or the waves at a beach.



New York City

NYC is the ultimate pinnacle melting pot of arts, fashion, business and most anything else you can think of. You've seen pictures, but now it's your turn to venture into the city with a versatile, yet stylish backpack.

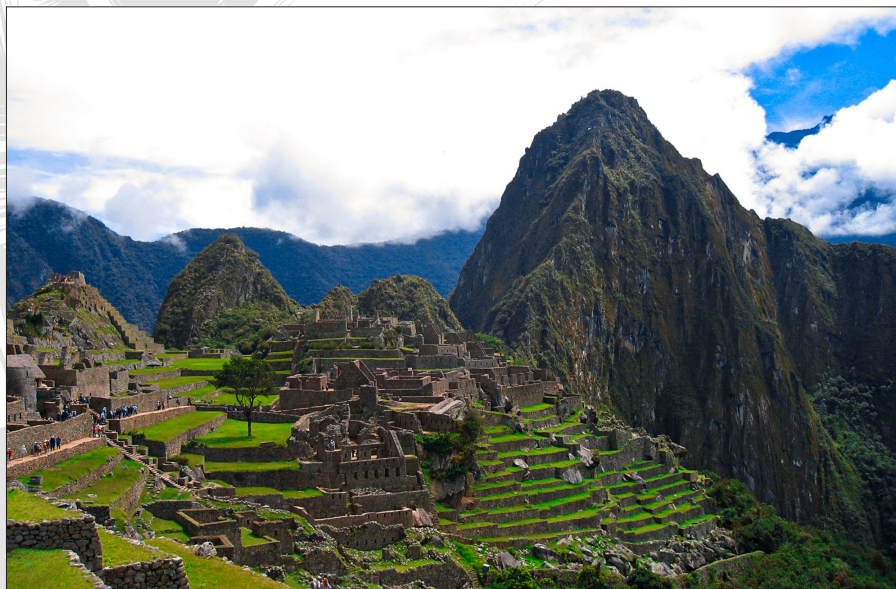
What To Fill It With:

- **A change of shoes:** You want to wear comfortable shoes, because you will be walking a lot. But, at the same time, it's definitely understandable if you want to wear stylish footwear once you arrive at

your destination in the city. There's an easy fix for that - carry a pair of fancy shoes to change into whenever needed!

- **Wallet:** Use this for everything - your ID, your subway card, your credit card, your cash... everything. The trick with a wallet is having one small enough to access easily so you don't spend seconds digging for your card.

- **A light jacket:** Summers in the city are pretty warm, but you still want to be prepared for a particularly chilly day or a well air-conditioned restaurant. Keep a jacket in your bag so you are prepared for decreases in the degrees.



Machu Picchu

Explore the stairs and walls of the Incan citadel and enjoy the view across a stunning scape of mountaintops. This is the destination where hiking and history meet. You'll want to have a heavy duty backpack with you for this trip, something with lots of pockets.

What To Fill It With:

- **Insulated water bottle:** When you are outdoors, water is your best friend. It's easy to get carried away with how enjoyable hiking is, it can go quickly from fun to miserable if you don't take care of what your body needs. Avoid exhaustion by bringing along enough water in an insulated water bottle. This kind of water bottle will keep your cold water cool for longer.

- **Selfie stick:** Did it even happen if you don't have pics? Bring a selfie stick along to catch the perfect moments at the top of the world... or, at least, the top of the mountain.

- **Deodorant:** Save yourself the embarrassment of pit stains by packing a travel-sized stick of deodorant. It'll come in handy, keeping you fresh and worry-free as you continue on your trek!



Isla Margarita

This Venezuelan destination is sure to be a bucket list stop for any beach-lover! Head down to the sandy oceans with a stylish beach tote.

What To Fill It With:

- **Flip flops:** These are easy to kick off as soon as you lay down your towel. Flip flops are easy and cute - the perfect footwear for your beach excursion!

- **Baby powder:** Nothing ruins a day at the beach like getting sand all over your car as you leave. Believe it or not, the solution to this problem is so easy! Bring some baby powder to wipe yourself down with before you head out. This removes extra moisture and gets rid of that pesky sand sticking to your feet.

- **Waterproof phone case:** Bring your phone underwater with you and catch cool shots of your friends blowing bubbles under the surface! How cool is it you won't have to worry about your phone getting damaged? Waterproof cases are definitely an investment, but you'll see it will still come in handy long after your trip to the beach. ●

Amp Up Your

Summertime serves as a perfect excuse to indulge in sweets created especially for the season. But, why leave it at that? Amp up your summertime sweets this season with these simple enhancements. They'll leave you wishing these warmer months lasted longer.



Popsicles

You could run to the store and pick up a box of sticky, single-colored popsicles, which are satisfactory but - let's be honest - you've been licking those your entire life. It's time to venture into the kitchen and make your own frozen pops. The only problem you might run into while making these is you'll have a hard time waiting for them to freeze.

How To Do It

Begin with chopped fruit. With fruit, you can do so much. Place fruit chunks into a popsicle mold before filling it up the rest of the way with your favorite fruit juice. Or, for a 100% fruit pop, put the fruit into a blender, mix it up and fill the mold with your fruity blend. If you want to go fancy, make two or three different fruit blends and layer them up, giving you colorful and tasty stripes.

► WRITTEN BY MIA DEDEAR

SUMMER SWEETS



S'more

Nothing smells like summer more than the scent of a campfire crackling outdoors. Nothing tastes like summer more than the melted swirl of chocolate and marshmallow. S'mores are perfect. There's no way they can get any better, right? That's what you think. Let these gooey, chocolate-marshmallow creations blow your mind and redefine your summer experience.

How To Do It

Flip your S'more inside out by covering it with chocolate. Spread marshmallow creme between two graham crackers. Then melt chocolate chips by following the instructions on the bag of chocolate chips. Now comes the fun part - dip the marshmallow creme sandwiches into the chocolate and lay them out to dry on wax paper. Now you have a neat little inside out version of the beloved campfire dessert.



Milkshake

We all love milkshakes because they're an excuse to eat an entire tall cup full of ice cream. But, what happens when you add even more treats to the mix? You'll end up with the sweetest, creamiest, crunchiest explosion you've ever tasted. Essentially, you can put any dessert into this, so go ahead and let yourself loose. Don't worry; you can still call it a milkshake.

How To Do It

Begin by making the base of the shake. To make enough for two shakes, blend $\frac{1}{4}$ cup of milk with a pint of whatever ice cream you want. Now this is where your creativity and sweet tooth taste comes into play. Top your milkshake off with chocolate, candy, cookies, cake, cream... anything you want. Stick lollipops in or drizzle it with syrup, just for good measure.



Ice Cream Sandwich

Everyone puts brownies with ice cream, but what about cookies? You can use absolutely any kind of cookie and any kind of ice cream and you will end up with a savory sweet that is crunchy and cold and creamy. The best part about making ice cream sandwiches with homemade cookies is you can mix and match flavors like no other. They're fun to make with friends. Who will make the best combination?

How To Do It

This one's simple. Make cookies using your favorite recipe. Then put one scoop of ice cream between the cookies and press them together. If you want to go extra fancy, roll the edges of the sandwich in sprinkles or chocolate chips. Try mixing and matching flavors, making a sandwich with two different kinds of cookies or with half scoops of different kinds of ice cream. ●



Leonardo D'Almagro



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