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FALL 2020

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LAPALME MAGAZINE

STYLE, FASHION, BEAUTY, CELEBRITY, TRAVEL, INTERVIEWS

FALL 2020

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EDITOR'S LETTER

2020 is more than three quarters of the way through, and It's been a heck of a year for us all. It feels like most of us have expanded our well-being, our skill sets, and some of us, even our waistslines. We have taken time out to enjoy our close friends and family and become a better us.

This issue is a continued focus on that becoming; Our cover feature this month is former professional NASCAR driver Danica Patrick. Danica's passion for wine has been a driving force behind making her own brand of wine, called Somnium, which means "dream" in Latin a reality.

Our Beauty Editor, Jorge Luis, spent a morning with Dr. John Mesa speaking on Male aging and use of injectables as preventative maintenance. Creative Director Derek Warburton, had the opportunity to speak with Dr. Michael Newman about observing patience and compassion during a patients plastic surgery journey.

Our quality of life, mental and physical health, relationships and sometimes lack-of can affect our present and future. All we can do is be present, be cognizant of our actions and words as we move forward day to day as we continue to assess the landscape of our new World. We have shared insights into travel, entertaining and living your best life. I hope you enjoy our exciting fall issues.

Keep safe and keep wearing those masks!



KEVIN LAPALME
Editor-In-Chief
@kevinlapalme

LIBERATE YOURSELF

CRISTINA DAM

After 6 months of living in a global pandemic and adjusting to a new world many people worldwide are suffering with their mental health. Lapalme magazine sat down with Hollywood's premier mental health and spiritual guru, Cristina Dam. Cristina gives her advice on dealing with isolation and depression along with getting help through her virtual teachings at Liberate Yourself, her spiritual center in Hollywood.

*Written by: Derek Warburton
@derekwarburtonm*

*Photos by: Filbert Kung
@filbert_kung*

With the onset of Covid-19, so many people were in distress. How do you think the pandemic is going to change people's psyche?

The pandemic is going to change people's psyches in numerous ways. It's already started because people are becoming more isolated – in a state of inner perspective, inner focus. I think that, on many levels, there is an unconscious feeling of fear or social distance, that even upon the removal of social distancing, will remain with us for years, if not decades to come. People have been forced into isolation and now have gotten used to it, and they've built walls that will take a long time to come down. There's more hesitation due to the pandemic and, at the same time, being hit with the political landscape and other big push-button topics, like BLM and civil unrest in general. People have adjusted to this new norm – and just so the readers know – in general, in psychology, it takes about three weeks to adapt to new behaviors or create a new pattern, and we've been ongoing on this for over six months now. It's going to take time to readjust. There's going to be new ways of being that people have liked and disliked with this. I think with people stepping away from so much outward distraction and spending more time with their inner self, they realize who they truly are, what's important to them, and how they used to spend their time, and the people they used to spend their time with, are not priorities. They

realize who they're not and what truly makes them happy. And we're going to see a massive shift in the way people spend their time, money, and other behaviors. The most significant change in the psyche is a focus inward instead of a focus outward. I think we're going to have a huge shift in our whole culture due to this. Consumerism, as we know it, is going to shift. People aren't as concerned with that kind of stuff anymore. The values of relationships and spending time with people are increased, including deep, authentic connections instead of artificial topics and relationships. And that's why people have a hard time right now because they realize that many of their relationships were built on artificial connections based on entertainment and not real deep, genuine connections.

We know you are a licensed hypnotherapist. Do you think therapy is a great way to combat negative feelings and bring yourself back to the light?

Absolutely. To make a change, you must take what you're feeling internally and find a way to depict or state it in words to get it outside of you. Therapy is a great tool, but it's not the only tool. Having deep, meaningful conversations on truth and what is going on inside with friends, family, or significant people in your life are also a way. But you have to take what you're feeling and allow yourself to express it. The next step would be



becoming aware of what you would like instead of that negative feeling and creating strategies – these can be habits, behaviors, etc. – that you do to start combating those negative feelings with more positive, uplifting replacements. The benefit of working with a therapist is they're trained to help give you the structure, support, recommendations, and ideas that will help you shift out of these negative states. So the friends are good, but they might not give you the recommendations or structure to change.

What are some of the group virtual services you offer, and can clients book one-on-ones with you or different therapists?

We offer many different meditations that are also very much geared towards healing and transforming energy, thoughts, and beliefs in a group setting. We also do offer some classes and workshops; however, our primary focus is our one-on-one services. These services are just as effective remotely as in person and can be done over Zoom or the phone. They include gaining insight and perspective through intuitive readings, helping you release or reactivate your energy through energy healings and reprogram your mind and hold you accountable through hypnotherapy or coaching. We are here to help you pivot and transform your life, and myself or any of our exceptional practitioners can be booked at www.LiberateYourself.com



We have watched and enjoyed different Liberate University and The Liberate podcast episodes, so why did you decide to move into that genre? What is your advice if someone wanted to start their own spiritual podcast?

I started Liberate the Podcast to help people get to know the different services and deep dive into various spiritual topics that many of our customers had several questions on. This was created as a platform to support our practitioners, our classes, and our services by allowing people like you to get to know what we do and meet the people behind it. Liberate University was started to deep dive into topics and give people tools to use in their daily lives to shift, change, and transform.

My biggest advice for anybody that wants to start their own spiritual podcast is just to get started. Don't worry about it being perfect, don't worry about the timing being right, you'll figure it out as you go – you can see over our 100s of episodes that we've made mistakes, and we've learned and continued to improve as we went.

Mental health seems to be the final frontier in society's acceptance. Why do you think that is? What are some ways to help friends and family in distress with mental issues?

For a long time, there has been a negative stigma on mental health. This is mainly due to our past and people not understanding or knowing what to do with people that had mental health issues. And still today, there's almost like, this "let's just make it out of mind, out of sight" or "there's something seriously wrong with you" if you have a problem or an issue. We treat it as an infectious disease. We don't treat it as a human going through a difficult time that maybe the stresses, society, and life are causing pressures that are creating mental illness. And the interesting thing in this is that mental illness is one of the most common problems people face. Over a third of the American adult population will go through a major depressive period in their lifetime. If you add in anxiety and stress, you are looking at almost every individual. There's such a stigma because even though some people might be able

to go to a psychiatrist and get medication, it's not a quick fix. There's so much complexity to it that – it's not a disease or an illness that somebody can say "this is what's wrong with you" – even though it can be that simple, it's not looked at as that simple. And we're expected to be productive, happy, and be okay still. Since it's something with the mind and not the body, that something is not always apparent. There's a separation that seems to exist within that – and in our past, we've very much stigmatized it and locked people away in insane asylums and made people feel less than if they couldn't function in society, instead of helping to support or figure out what was wrong. There's pressure from society that we need to perform; we need to be good; we need to continue to be productive. The problem with having any mental illness or issues is that often, productivity goes. The loss of energy, motivation, and the way people can show up in their own lives is compromised, and that's not accepted.

1) It can often be highly complex, and so, because we can't just quick-fix it or objectively fix it or have a solution at the ready, we don't want to look at it.

2) Also, the way we're expecting people to be in society, show up in society, conform, perform, produce, and succeed – anything that doesn't, isn't accepted.

Some ways you can help friends and family in distress with mental issues, as simple as it might sound, is to be there for them. Let them have the space to talk and to vent. It's essential that you don't take what they say personally and you allow them to express themselves from their point of view and their current model of the world. Love and support work miracles for somebody that is going through a difficult time. It is also important to help somebody shift their routine because different experiences, environments, and routines will cause the mind to shift and produce different neurotransmitters, different states of being, and different results. These activities are most effective if they're things that can create states of happiness or wellbeing. Being outdoors in nature, playing a game, laughing at a comedy or a show are great places to start.

Contact Cristina Dam at www.LiberateYourself.com

JORGE LUIS RECOMMENDS



As we go into winter let's focus on taking more care to protect our skin.

Curated by: *Jorge Luis*
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 Photo by: @orianalayendecker



Peter Thomas Roth Potent-C Power Brightening Hydra-Gels
 I can tell you these really do work, storing them in the fridge, Peter Thomas Roth added an extra dose of strengthened Vitamin C—50 times extra. \$65. Sephora.com



Masks by Charles Yueh
 I encountered these mask on the quest of looking good and also feel comfortable, the cut is amazing, they are very comfortable and for the holidays these are a must. price upon request Olivela.com

Christophe Robin Regenerating Serum with Prickly Pear Oil

The prickly pear oil-infused formula will smooth and strengthen split ends, while glossing the hair with a soft-to-the-touch shine. \$51 Christopherobin.com



Oribe Hold List Repair and Restore Conditioner

The conditioner contains nourishing ingredients like Mediterranean Cypress extract and maracuja oil, known for being deeply moisturizing, along with biotin plant collagens and caffeine. \$52 Dermstore.com

- Moroccanoil Blonde Perfecting Purple Shampoo

For blonds and those with other color-treated light styles, this perfecting shampoo is ideal for helping to fight brassiness. \$24 Nordstrom.com



NÉCESSAIRE Hand Cream

A nourishing cream rich in marula oil, niacinamide, and vitamins C and E. \$20. Nordstrom.com



Sally Hershberger 24k Golden Touch Nourishing Dry Oil

A nourishing dry oil that penetrates instantly to condition, smooth, and define style hair. Deeply condition, nourish, and transform hair to soft, silky perfection. \$40 Sallyhershberger.com

Augustinus Bader The Face Oil

keeps your skin glowing well into winter thanks to a combination of babassu, hazelnut, and karanja oils. \$230, augustinusbader.com



Ilia Illuminator Beauty Cosmic Dancer Stick

This stick is the perfect product for instantly juicing up your look and imparting an effortlessly dewy glow. \$34 Dermstore.com



I Pekar Sleeping Mask

One of my absolute favorites A unique formulation of natural and organic ingredients that help address all skin concerns ranging from dryness, texture, to lightening and brightening, \$126 Ildipekar.com



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RON TRIVONE

Written by: Dakota LaPalme @kotasaurusrex

Photos by: Ron Trivone

Ron Trivone is an expert at capturing intangible feelings and incorporating them into interior design. Ron's cutting-edge style and attention to detail compliment every space he's touched. With a love for interior design and a belief that everything is art, Ron is motivated by the excitement and the emotional unveiling of the final product.

"For my clients, first, I capture the feelings individually or collectively, considering their wants and needs. Then I infuse them with my vision and the latest innovations and trends. It's important for me to get to know my clients and build meaningful relationships because projects take months to complete, so we get to know each other pretty well."

In his own Miami home, Ron designed his space with a focus on aestheticism and functionality. Ron's layered structured materials and textured elements play a vital role in using warm woods, dark colors, and cooler materials. This technique creates a seamless flow and integrates the interior and exterior elements and vibe. Ron feels that great interior design tells your story. "Your home, when designed right, should look and feel like you. It should represent who you are."

Ron's use of high quality, unique materials create a "style of life" environment for his clients. He uses elements such as textured fabrics for window treatments and furniture, accessories to give height and pull elements and materials together. The most essential element is the lighting.

"I am obsessed with lighting. Lighting is the key to amazing design and sets the tone and mood of the space."

Ron delivers a quality finish to every place he designs. One design that stands out for him was completed a few years after he finished design school. It was a home in Hollywood, Florida, for two brothers. Since then, both brothers have married and each have their Family and I have designed both of their new homes.

When designing, Ron begins by looking at the architectural elements that stand out naturally. Such features include, a breathtaking view, a fireplace, or floor to ceiling windows to bridge the exterior with the interior. From there, Ron builds out and designs a strong symmetrical balance to create a perfect harmony between the structure, lighting, and details.

Covid 19 changed the way we live and for most people that involves spending extra time at home. "This has impacted the way I think about design and functionality." This includes building and re-designing spaces to set the tone for a work / life balance. Some examples include the importance of a work zone at home. This could mean finding an un-used spare bedroom or dining room. Creating an outside space is equality important to kick back and relax.

Stay up to date with Ron's designs by following his Instagram @rontrivonedesign



How do you begin to redesign a space? What do you use as inspiration?

Rt: first, i capture my clients' feelings individually or collectively, considering their needs and wants, then i infuse them with my vision and the latest innovation and trends.

What was the feeling you were trying to invoke with your own home?

Rt: this was a little personal for me. I wanted to design our own space and also use this as my business card. Both aestheticism and functionality have an essential place in our home. Layering structured materials and textured elements play a key role in the use of warm woods, dark colors, and cooler materials. This creates a seamless flow and integrates the interior and exterior elements and vibe.

What pieces or elements of design do you think are necessary for every home?

Rt: this is selective for each project, as there are different visions and taste levels. Common examples of elements that i consistently use are textured fabrics, both for window treatments and furniture. Accessories to give height and pull elements and materials together. But most of all, lighting! I am obsessed with lighting! Lighting is the key to amazing design and sets the tone and mood of the space.

Where does your love for interior design stem from?

Rt: design comes from love and passion. What keeps me going is the excitement and emotional moment that stems from the result when we turn over the client's final project. The joy and gratitude is my biggest reward!

Where do you find your staple pieces? Do you have a "favorite" boutique or store?

Rt: i have several "favorite" places. This depends on the style or vibe i need to create and the client's budget. I have my "go-to" vendors that i have filtered through the years to deliver the best and deliver to my standards.





What was the first thing you designed that made you feel official?

Rt: well, lol.....thats a tough one! I always felt and feel like all projects are my wow moment. But if i had to pick one, it was a few years after i finished design school. A home in hollywood, florida, for two brothers, we still speak, both married with families and new homes that i designed for both families. Design has always been a passion. As a 4-year-old boy, my mom tells the story of me grabbing a paintbrush and painting the outside deck because i was not happy with the color. Lol!

How did covid affect your designs? Did you see any increase in people wanting to redesign their homes?

Rt: totally. This year people are evaluating the space they live in every day. Not being able to travel and having a shelter in place order for many has made us all look at the importance of life, "our personal space." We want to enjoy the time we have at home, look at rooms that need to be more functional, or redesign spaces that have been put off over time. Either to refresh with
Paint, add a few accents, remove walls, and open up spaces.

How did you get into designing editorials?

Rt: i always believed everything in life is art. How you dress, how you live, it all reflects your personal design style!

What elements are essential for you to convey emotion through your interior and set designs?

Rt: always have a clear point of view, always communicate your vision, and last but not least....Always "compliment a space, never complicate."

Where did you grow up, and how did your childhood influence your career in design?

Rt: growing up in long island, new york, in an italian family, you always had "that room" that was over decorated, and we could never go into. It was like a museum. It made me curious on why and what this room had that was so special. Only on special occasions and holidays were we allowed to use or be part of that space. From then....I was also fascinated and obsessed with how i dressed or how i looked. This played a big part on selecting colors. When my parents visited friends and family homes i would look around and ask why they had things in certain spaces and question why? I still do that!

Do you usually work alone or with a team?

RT: We are a small boutique interior design firm. I mostly work alone to build the vision and overall concept for my clients....But of course, we all need those extra hands and eyes to make it all happen! Have 2 others who are a member of my team as well.

When designing, what elements do you begin with? What is normally the "finishing touches" on a project?

RT: Looking into each project, i focus on the architectural element. It may be the amazing view, fireplace or floor to ceiling windows. Design a strong symmetrical balance to create perfect harmony and rhythm. When i do my final walk around before client reveal.....I make sure my lighting, pillows, and details are perfectly aligned and in place.

When designing a photoshoot set, how do you prepare, and where does the inspiration come from?

Getting to know the vibe of style out or photoshoot is essential in setting the stage for the photoshoot. Working with the photographer and also the producer allows me to have an explosive vision on making the concept come alive. Details involve, time of shoot. Story they are portraying, season, indoor or outdoors. We always have our hands full creating and researching exactly what is needed to convey the theme and overall vibe.

How can our readers stay up to date with your latest designs?

Follow me on ig or facebook! @Rontrivonedesign.
I would love to connect with you!
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JORGE LUIS RECOMMENDS



As we go into winter let's focus on taking more care to protect our skin.

Curated by: *Jorge Luis*
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@jorgeluis123
Photo by: *@orianalayendecker*

Lab Series Age Rescue Lotion

It smells like a five-star hotel and can be used all year round on almost any skin type.

\$47 Nordstrom.com



BLEU DE CHANEL

2-1 moisturizer for face and beard

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Aesop works through your hair all the way to the scalp, this Calming shampoo from Aesop soothes flaking, itchy skin by using natural botanical ingredients and hydrating plant extracts. *\$45 AESOP.com*



VERSO night cream

Calms, repairs and rejuvenates your skin. Formulated with Retinol 8, it leaves your skin softer and younger-looking. *\$90 versoskincare.us*

ReVive

Rejuvenates damaged skin with EGF, Epidermal Growth Factor, a naturally occurring protein molecule. Leaves a healthy matte appearance all day, *\$215 Bergdorfgoodman.com*



Clarins Double Lipid Serum

If you're going to splurge on a skincare product, invest in a serum. Much lighter than a moisturizer, *\$76 Nordstrom.com*



Holiday hair accessories
by **Jorge Luis**
Available at *jorgeluisnyc.com*

Sally Hershberger

Vanity Fair Shaping Balm

Perfect for these days when guys have grown their hair. This soft, supple balm delivers the shaping and shine benefits of a traditional wax with the flexibility and ease of a pomade. *\$32 Sallyhershberger.com*



Skin Ceuticals Age Eye

It's easy to see why after trying their silky eye cream, which feels luxurious enough to put on our sensitive eye area. It also contains a combination of antioxidants and peptides, *\$98 Dermstore.com*

CONVERSATIONS WITH CARROLL

NFL alum, father, entrepreneur, philanthropist & fashion enthusiast are just some of the titles held by NFL star Nolan Carroll – who has played for the Miami Dolphins, Philadelphia Eagles, and Dallas Cowboys. Since retirement Carroll has transitioned into the business world; spearheading cutting edge tech w his app CoinGoat & also partnering w YoloRum. In perhaps his most important role since leaving the field (besides fatherhood) he is making change w his foundation; The Nolan Carroll foundation whose mission is to support Science Technology Engineering and Math educational opportunities, job skill training and to promote and encourage physical activities for underprivileged and at-risk youths.

In the current world Covid 19 climate he is using his platform and sharing his story in the hopes to inspire the next generation w his own podcast, blog and so much more content to push a new generation to ask questions and start on their own path to personal, physical and mental success and wellness. Nolan Carroll shares his perspective on a variety of topical issues from the world as it stands to business and family.

*Follow Nolan on Social: @carrollcity
Visit nolanacarroll.com for more information on his various ventures and projects.*

*Photo Credit: Young Wild Dreams
youngwilddreams.com*

THE POWER OF DISCIPLINE

It's critical to create a routine in any avenue of life in support of a specific goal. What's even more important? Sticking to that routine. One can only do that if they possess the discipline necessary to carry out their goal. No matter what your chosen calling or profession, there's an element of it, you'll need to master and practice relentlessly. For me, as a former NFL player, it was man-to-man coverage.

Creating a routine is all about being proactive. You identify the steps you need to take to become successful, then you repeat them consistently. In my football career, I took this proactive approach to mastering my position. In short, I went on the offensive (apply discipline to repeating routines) to get better at defense.

As an NFL defensive back, I had to develop a routine for covering wide receivers that I could repeat each time to optimize the likelihood of keeping the player from catching a pass. That process involved: Training my eyes to stay focused on one part of the wide receiver.

Using my inside leverage to disrupt the timing between the quarterback and wide receiver. Even throwing their process off by a fraction of a second gave my defensive linemen a better chance to sack the quarterback.

- Showing patience to not jump at the first move, but using my years of training and practice to understand what the offense was doing and when they're planning to do it.

More goes into it, but that gives you an idea of the various components of the more extensive process of covering a wide receiver. Without disciplined practice, I'd never be able to master each tiny part, which would mean I wouldn't be able to do my job successfully. The key to mastery is focused practice.

Getting better at doing my job involved doing the little things correctly. To do that, I needed to develop a routine that I enforced with discipline. When I made plays, it allowed my teammates also to make plays, ultimately creating success for the entire squad.

Knowing my specific assignment, and executing it, required

discipline. It meant spending extra time in the film room and knowing where I needed to be. Understanding the right stance and technique to apply to each play required discipline. It meant rehearsing the right tactics, over and over again, until it was indistinguishable from instinct. Knowing my teammates — and the other teams — tendencies required discipline. It meant communicating every day in practice, understanding how my teammates communicated with me and each other, and applying that on game day to ensure we were all on the same page each play and quarter.

So how can you make this approach work for you in your life?

Establishing a routine requires discipline. It also requires being realistic. If you set daily goals for yourself that are too lofty, you may overexert yourself early on and flame out. When I played football, I had a routine that involved only what I needed to become better on the field. While this involved many different steps, I cut out anything that didn't help me focus on my goal. Inserting extra burdens into your routine only pulls you farther from your goal rather than moving you closer.

Now that we understand how essential routines are and how much discipline they require let's tackle how you can become more disciplined.

The key to success is figuring out what you need to do to be successful. Then once you've figured that out, show up every day, no matter how you're feeling. That's it.

The key to success is simple... but it isn't easy.

You may experience setbacks. That's okay. Here's the important thing: once you do, get right back into your routine. When we take too long of a break, our routine ceases to become a habit and becomes harder to get back into. When you make discipline a habit, it becomes easier to continue.

Being disciplined isn't about being perfect all the time. But when you slip up, discipline is about recommitting to your routine and getting back into the habit.





ALL JOY, ZERO SACRIFICE

Brands are not only a dime a dozen but finding the needle in the haystack of choices can be a daunting task. I am always amazed when creators like Chef Ruth of JOYÀ bring next-level thought and planning into pre-packaged foods. JOYÀ is one such brand that stands out in a crowd, its ingredients are responsibly sourced, and Chef Ruth trials and tests all her blends personally with excellent care.

*written by: Coleen Janeway
@skinfoodbodylove*

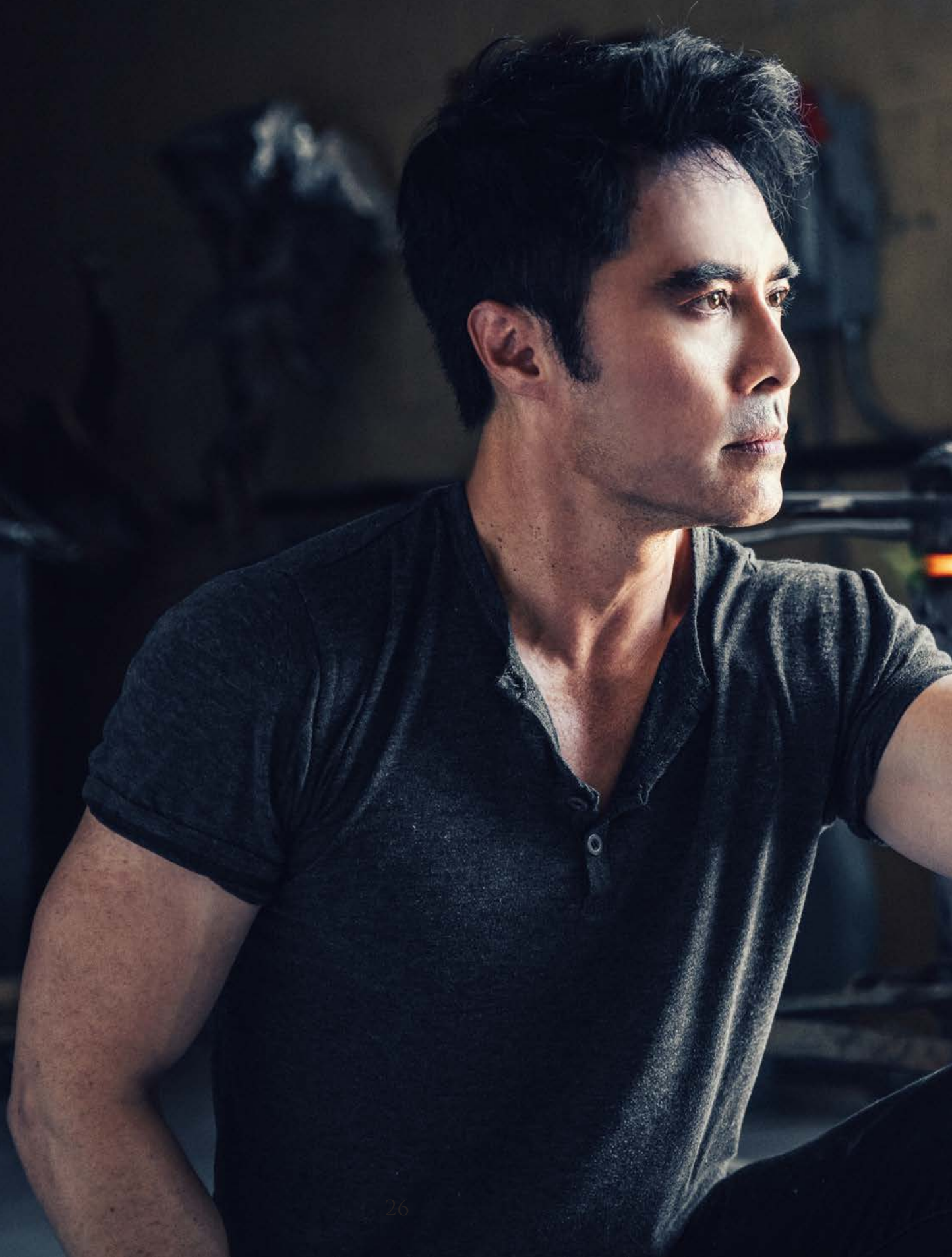
Perfection is what JOYÀ strives for in each product, from personal experience of testing out each of her tea blends and the elixirs. I can honestly say they are unique and in a time when health is at the forefront of all of our minds. My belief is we can always benefit from adaptogenic superfoods to build our immunity.

Is every golden milk elixir the same? I think not. GLOW is one of JOYÀ's newest elixir in their impressive lineup. Get ready to lock your glow from within with this blend of invigorating spices and adaptogenic herbs. This yummy elixir features Turmeric, Ashwagandha, Astragalus, and Pine Pollen - some of the most revered botanicals in traditional medicine. Get ready for bright, steamy elixirs and iced lattes with an antioxidant punch. We're talking about next-level radiance.

Serving JOYÀ's teas are a treat and welcome addition to any gathering, large or small. Botanical wellness infusions to trump your regular tea. Inspired by centuries-old herbal knowledge, these blends of premium organic flowers, leaves, herbs, and spices create the perfect brew, hot and steamy or iced. You are only limited by your imagination when serving these teas.

Holistic nutritionists, chefs, and sustainability-obsessed that is JOYÀ. ! They are change-makers driven by bringing you pure, everyday joy. Chef Ruth and her team are focused on harnessing the potential of the most nutrient-dense, plant-based ingredients on the planet. They intend to continue to create a line of superfoods, like functional snacks and drinks, as decadent and delicious as they are nourishing and effective. Products you'll crave. Products you can trust. For more information: Joya.ca



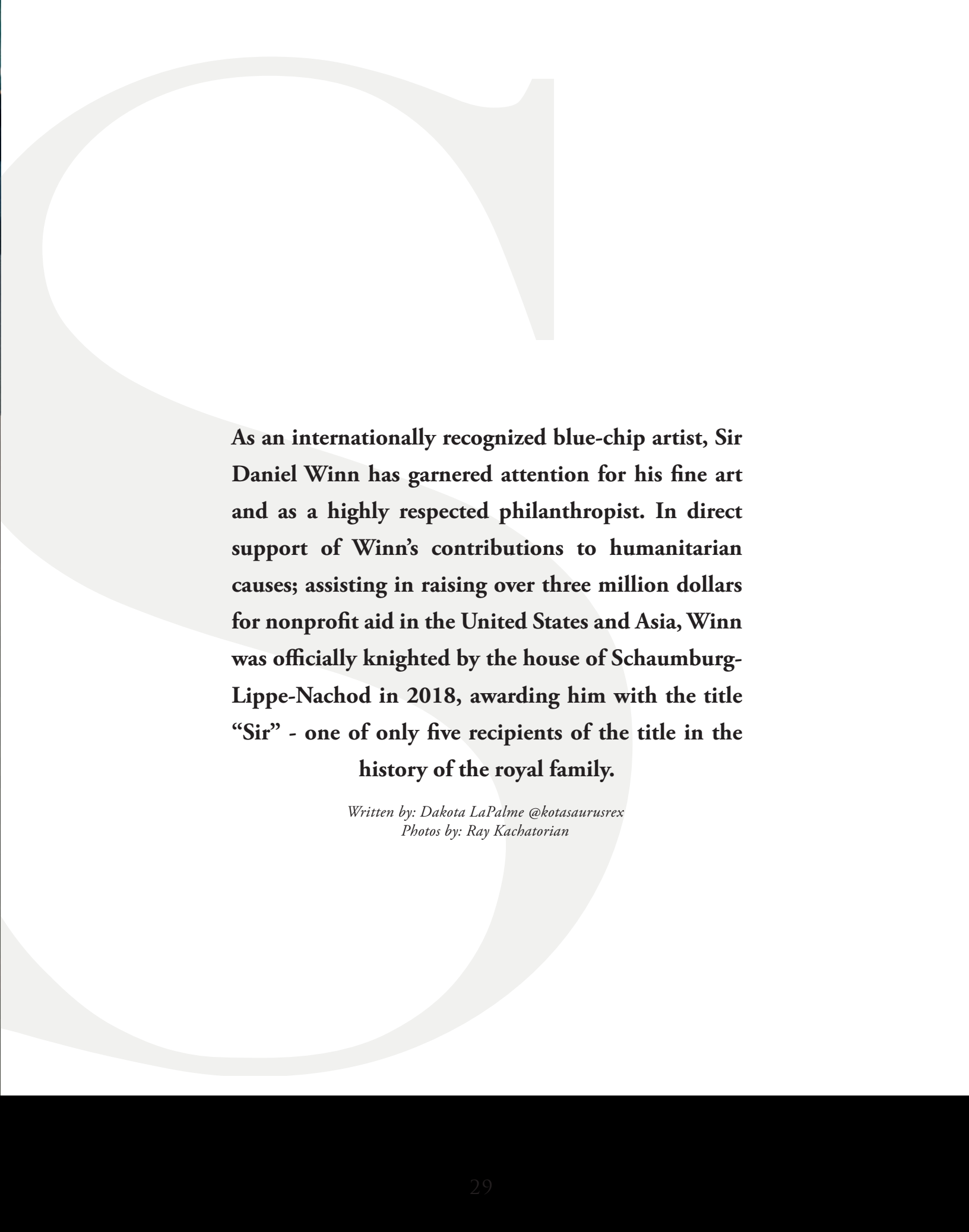




STIR

DANIEL WINN





As an internationally recognized blue-chip artist, Sir Daniel Winn has garnered attention for his fine art and as a highly respected philanthropist. In direct support of Winn's contributions to humanitarian causes; assisting in raising over three million dollars for nonprofit aid in the United States and Asia, Winn was officially knighted by the house of Schaumburg-Lippe-Nachod in 2018, awarding him with the title "Sir" - one of only five recipients of the title in the history of the royal family.

*Written by: Dakota LaPalme @kotasaurusrex
Photos by: Ray Kachatorian*



Rebirth
47 x 36
Oil on Canvas





Among many other titles, Winn is the founder of Winn Slavin Fine Art, one of the most prestigious art galleries in Beverly Hills.

As a child refugee to the United States from Vietnam, Winn excelled in academics and went on to study medicine. During his study of reconstructive surgery, Winn broke free of family expectations and set out to pursue a life in the world of art.

"My parents worked very hard to put me through medical school to become a reconstructive surgeon, but my heart and soul was in the arts. I told my parents that instead of healing people physically, which I could only do on a limited basis as a surgeon, I wanted to create something more permanent: something that could emotionally help others, hundreds if not thousands. So, I created Existential Surrealism, which represents the big questions that people always ask. What is the purpose of life?

What is our existence? What is the reason we are here? My goal in philosophy is to try to explain through my art-visual language why we are here, what makes us exist and what is that purpose in life."

With a background in reconstructive surgery, Sir Daniel Winn has always been fascinated by the anatomy, the golden ratio, and the Fibonacci. His love for art isn't new, as he's always wanted to be an artist. Winn opened a small gallery and began sculpting and painting. Due to the success of his gallery, his collectors wanted to partner with him to open an agency that represented artists, thus Masterpiece Publishing, Inc was born.

"The idea was to help them become blue-chip museum artists, to help make them famous so their value would increase over time. But unbeknownst to me, it took a lot of time. So, I had to sacrifice my dream of becoming an artist to focus on the agency and artists that I curated to make them popular worldwide."

When Winn decided to go back to painting and sculpting, it catapulted him straight to success. As a curator for 20 years, Winn learned a lot about art, and if not for that experience as a catalyst, he wouldn't have gained success as quickly nor as easily.

“In a way, I was prepping myself without realizing it.”



Attainment of Knowledge
54 x 39
Oil on Canvas





Ray of Hope
47 x 47
Oil on Canvas



Acceptance
47 x 35
Oil on Canvas



"By the time my work came out, it was much more cohesive and understandable because, if I had not done what I did for those other artists, I would not be as good as I am today. In a way, I was prepping myself without realizing it."

Nothing about Sir Daniel Winn has been normal or average, including how he finds the inspiration behind his art. Normally, Sir Daniel Winn has an epiphany through his dreams at night.

"My dreams are epiphanies of what my subconscious and another realm want to create, based on my experience of society and culture and what is happening to our world now daily. Many dreams come to light that give me an epiphany of what I should create. So, when I want to create on a canvas or directly to marble for a sculpture, I meditate first. I try to clear my mind and remember the dream. Immediately after mediation, I go directly to the canvas, or marble, and begin creating exactly what I remember from that dream or memory of what I have experienced."

The old way of thinking was that one had to choose between pursuing their passion and making money, but Sir Daniel Winn proved that both can be done.

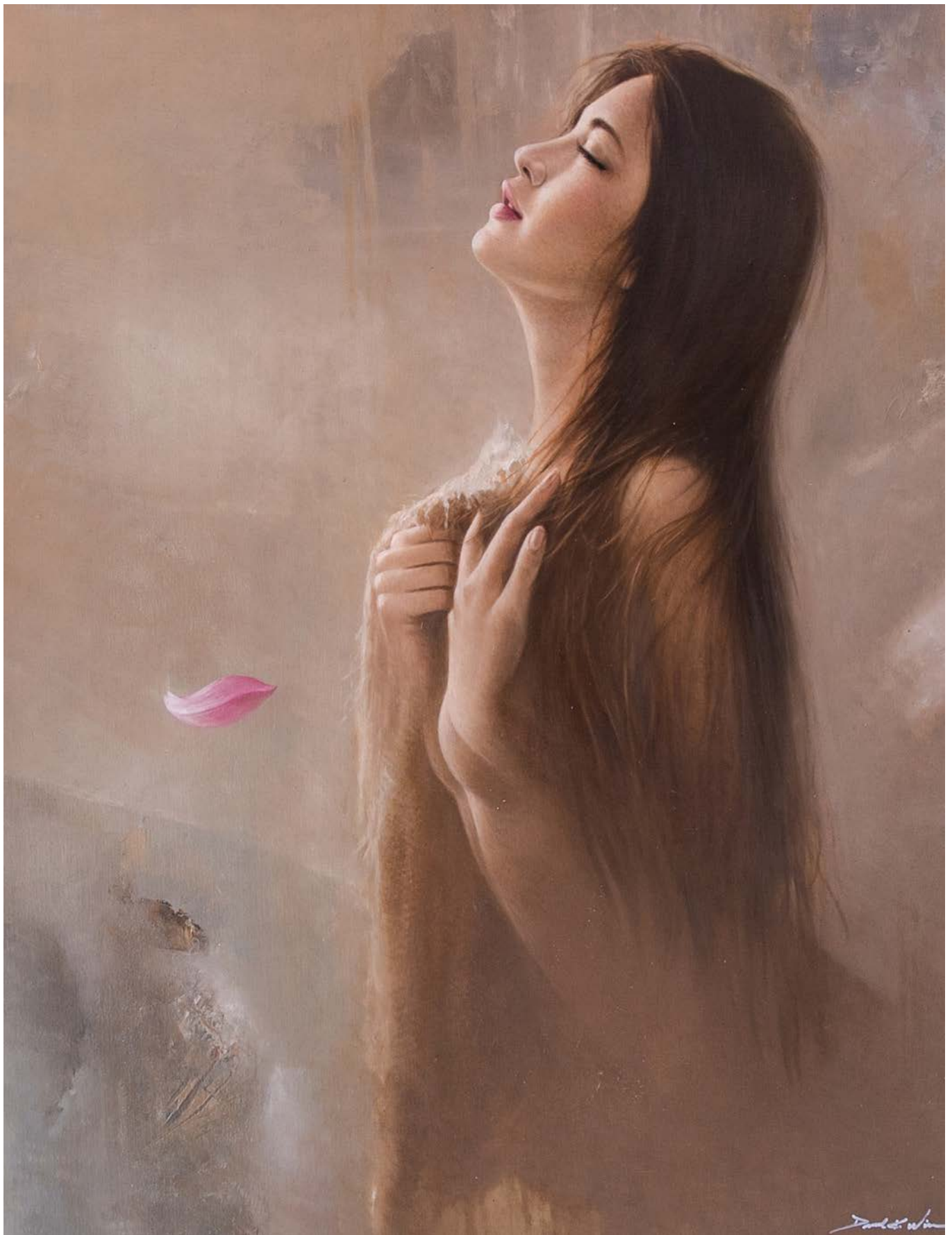
"What I advise is for people to focus on their passion. Whatever happens, when you're passionate about it, the outcome is going to be priceless. Do the things you feel can make a difference in the world because when you leave this world, you're not going to take any of the money with you."

Everything confidential and mysterious within the art world will be shared through Winn's upcoming series, "Art Confidential: The Inside Story with Sir Daniel Winn." "I'm excited because it conveys the understanding and the mystery of the art world; what makes art worth hundreds of millions; who determines things in the art world; what an artist goes through daily; and how art is created. It's a walk through the entire industry through my eyes."

Follow all the latest news and updates from Sir Daniel Winn at winsslavin.com and sirdanielwinn.com. You can also follow Sir Daniel Winn on Instagram at [@sirdanielwinn](https://www.instagram.com/sirdanielwinn).



Genesis Renewed Series - I -
47 x 19 x 18



Metamorphosis III
39 x 34
Oil on Canvas

TIME MACHINE

Crafting unique flavors has proven to be paramount in making CBD infused products taste great. Altwell has been carefully formulated with your delight in mind.

Having been in the wellness industry for four generations; Altwell is known for creating, building and selling the Muscle Milk Brand of protein products, they are bringing their vast experience on this exciting wellness journey.

The ALTWELL team has worked in food and beverage manufacturing where safety and regulatory excellence are expectations. Product quality, taste and consumer satisfaction serve as the guardrails guiding our innovation. They have applied this expertise and created a line of honest and simple ALTWELL products.

CBD is a different experience for everyone, and your needs are at the center of everything Altwell Designs. They are driven by helping you live each day with comfort and calm.

Altwell's sourcing model traces ingredients from seed to shelf. Colorado based suppliers were carefully selected for quality, potency and consistency. They believe in transparency and ALTWELL provides certificates of analysis for any product purchased. It's an important difference maker when choosing your CBD.

By: Kevin LaPalme
@kevin_lapalme



SOFTGELS

Bring on calm and comforting vibes. These softgels deliver 20 mg of full spectrum hemp flower extract, derived from hand-picked flower to provide the highest quality product. Full spectrum CBD offers a variety of compounds, terpenes, and flavonoids with trace amounts of THC (<0.3%). These compounds work together to provide peace and balance for your body and mind. You deserve it!

TINCTURE

Drop into your day with ease, comfort, and balance. Delivering 10mg broad spectrum CBD per mL, this tincture is the perfect introduction to CBD because you can easily manage your dose. Choose between the delicious lemongrass, mint, and pineapple flavors or opt for the classic unflavored variety.

Available at altwell.com @altwellecbd





GUMMIES

Meet your new morning routine must-have. These delicious gummies deliver 25 mg of broad spectrum hemp extract to soothe stress and bring peace and calm to your body and mind.

Gummies are perfect for anytime of day — you will feel balanced no matter what comes your way.

Try the tangy Yuzu Citrus flavor, the refreshing Tropical flavor, or a combo pack to enjoy both.

LOTION

Your self-care routine is about to get an upgrade. This calming lotion delivers 500 mg of full spectrum CBD derived from hand-picked flower to soothe your muscles and joints and ease tension in your body and mind. It's also a great way to help relieve tired, achy hands.

You'll love the subtle, clean, and fresh scent and soft, luxurious feel.





BRITTANY FURLAN LEE

10 QUESTIONS WITH BRITTANY FURLAN LEE ACTRESS, COMEDIAN, ROCKSTAR WIFEY

Recently I had the pleasure of getting to know Brittany. If you have not seen her on any of her social media or listened to her podcast "Worst Firsts," do yourself a favor and download a few episodes. Brittany turns her "let's laugh before we die" mantra into some incredibly engaging content with down to earth real talk. @brittanyfurlan

*Written by: Coleen Janeway
@skinfoodbodylove*

You are a do-er! And I love all your creative outlets. Your podcast, the "unsolicited advice videos" and, of course, who could forget all the super funny antidotal moments you and Tommy Lee share with us on TikTok. How do you get into a creative flow?

I honestly get inspired when I live my life and see funny little moments happen here and there. It helps me put things together in a creative, fun way. I've always been a creative person. Whether it be painting, drawing, acting, design, or making videos, I have to be creative. It's the only way I thrive.

You are juggling many hats during this crazy time, what is the most challenging for you right now, is it being present for your personal life or do you find it's harder to focus on work projects?

It's surprising to me how busy I've still been in the quarantine. Many people say that they feel that nothing is going on, but I keep getting auditions, making videos, and creating content, and I guess it's because I make a lot of my own material that I've been able to keep myself busy. I enjoy staying at home, so this has been quite a delight for me. I suppose the most challenging thing is when everything goes back to normal, how will I get myself out of the house. I've become quite accustomed to this home life.

I love the fact you share (jokingly but also seriously) your vulnerability, fears, and anxiety with your followers on Tik Tok.

Are you just going off on instinct to what your viewers might identify with, or do you try to pick moments of inspiration based on relevance to a moment in time?

I struggle horribly with anxiety and panic disorder every day. For some reason lately, it's been much worse than usual. I think the frustrating thing is that many people feel that they can't share this sort of thing on social media because they believe all people want to see is the "good stuff." But I find people are more comforted, at least I am when people are vulnerable and honest about their feelings and life. Life isn't just the highlights, to appreciate the highlights, we need to acknowledge the low lights.

Not taking ourselves too seriously daily is so important, what advice would you give aspiring young artists looking to create a multifaceted platform such as you have done.

I just, and this is going to sound morbid, but I think about how we're all going to be dead one day, and no one will remember anyone in about 500 years, so who cares? Just have fun! As long as you're not hurting anyone who cares if you're goofy and you're silly. I don't care if people judge me. I'm

just having a good time. Nothing matters in the end.

How do you handle the negative? On top of this pandemic/COVID 2020 new landscape, it is also an election year with so many hot topics, are you feeling more or less pressure to speak up?

I've always gotten hate. I've gotten hate since I was a young girl in junior high with big boobs. I'm used to it. It used to affect me, but now I can blow it off because I realize that only hurt people, hurt people. Whenever someone says something negative to me, instead of being offended, I look at it like they're projecting something about themselves that they're unhappy with. Completely healthy/happy people don't go around leaving mean comments on other people's posts.

In terms of Covid, and the election, I try not to get political. I do, however, think that people should wear masks and get this over with. The more we comply, the sooner this will be done. I heard they're creating a vaccine for the coronavirus. I'm not sure that I would get it, who knows what that's going to do to us in about ten years. Things are bizarre right now. There's a definite shift happening.

What are you doing to disconnect and rejuvenate when you're not working or creating?

I try to meditate as much as I possibly can. I try to do deep breathing. I am a very anxious person, and while it's helped me in being quick on my feet, sometimes my mind is too much, and I have to unload. Sometimes I will sleep for 18 hours straight. Whatever I have to do to recharge my body. My body is really good about telling me when it needs rest. My advice to any other creative out there is to make sure that you take time to recharge. We burn a quick flame, and we burn out quickly, so we need to make sure that we can rest and rejuvenate.

What's next for Brittany fans?

I did a show with Bella Thorne called Paradise City. I'm not sure where it's going to land, but it's entertaining. Directed by Ash Avildsen. I also have a series on my Instagram page called "unsolicited advice", where I play a sort of deranged version of myself and answer peoples' strange questions. That has been fun. I hope to get renewed for another

season with Instagram on that. And then you can always catch my podcast every week, Worst Firsts, where I talk to people about the worst things that ever happened to them. I have all sorts of strange guests on there, from comedians to doctors, to morticians, to mediums. It's fascinating.

Sometimes it's funny, but sometimes it's depressing, just like me ;)

Everyone I talk to loves you and Tommy. I agree you guys seriously are the cutest. If there would be one pearl of wisdom, you could share about relationships in general, what would it be?

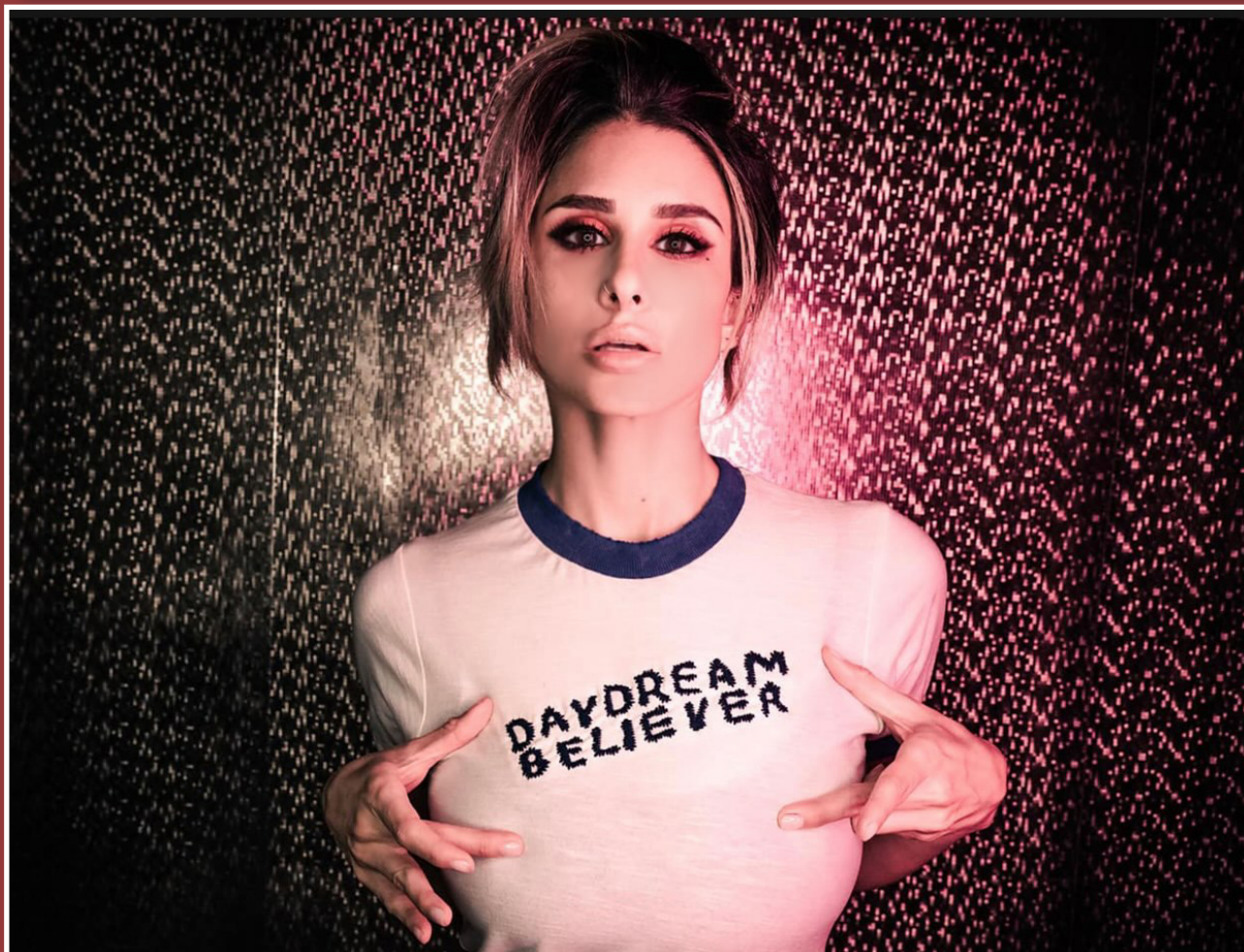
I just got really lucky. Most guys in LA are terrible and seeing you while they're seeing a million other girls. Tommy is a hopeless romantic and a one-woman guy. When he is in love with you, he's in love with only you, and I never could've imagined finding someone with such a genuine love as I have. My advice to anyone would be to find someone that you can truly be friends with because at the end of the day looks fade, everything else fades, but as long as you are best friends, things will always work out. He is my best friend and my lover.

Who has been one of your favorite podcast interviews, and why?

One of my favorite podcast interviews would be with Shifty from the band Crazytown. He told me the most insane story about him trying to escape a rehab facility on the middle of an island in Antigua. It's the most insane thing I've ever heard and could be a movie. It's the most entertaining podcast interview I think I've done yet. If you haven't listened to it, do yourself a favor and check it out. It's truly riveting.

If you were hosting a dinner party, who would be your dream guest, and why?

That's a complicated question. I admire so many people I want to have dinner with. I always get afraid to meet my heroes because I've been let down before. But I guess if I had a dinner party, my dream guest would be the Dali Lama. I'd want to ask him so many questions about life and achieving peace with oneself.





The DragonSlayer

*Written by: Derek Warburton
@derekwarbutron*

There is an exciting new technology that is changing the way people travel. It's called DragonSlayer, and it delivers the right information at the right time to facilitate safer travel decisions.

Using the DragonSlayer proprietary analytics, all 50 states and 124 countries are ranked with SAFE-T (Smart Analytics for Educating Travelers), which can customize it to any particular risk tolerance with our unique filtering options. DragonSlayer provides the latest information on the reopening of states and our growing list of countries. With a glance, you can identify which destinations still require quarantine and learn more about their local conditions upon arrival. Whether it's Covid testing, quarantines, or open beaches,

DragonSlayer helps travelers know the facts about their destination.

The DragonSlayer mission is to provide travelers and their trusted travel advisors with centralized, real-time information to regain the confidence to book their next trip. Travel professionals play a vital role in the travel industry's recovery. DragonSlayer believes its intuitive platform can unite the industry by enabling all to share their insights and ensure accuracy.

LAPALME magazine sat down with travel expert and DragonSlayer CEO Peter Wells to discuss the idea behind this incredible technology and, of course, some of his favorite destinations for the holidays.

Congratulations on the launch of Dragonslayer 2.0! What was the idea behind the app?

During the pandemic's early days, I started thinking about what would help get travelers traveling again. And if they are like me, it's all about information; where can I go as an American? What are the protocols for entry? What will be open (or not) if I do go there? These questions led me to the idea of DragonSlayer for the Covid-19 era, providing a singular source for travel professionals and travelers who appreciate having up-to-date and accurate information on travel in the Covid-19 age.

You are being hailed as the must-have tech for safe and accessible travel. How important was it for you to create Dragonslayer for travel agents to use to assist their clients?

With all the uncertainty of travel these days, a travel advisor's value has skyrocketed. In my estimation, They will be viewed as an essential source for where to go, how to go, and why to go, especially now with all of the internet's misinformation. DragonSlayer is contributing our part to get the world back traveling again by providing travel professionals and power travelers with the most current information available. I firmly believe that there is a portion of discerning travelers who both realize that there are places to visit and appreciate a travel professional's value to curate a safe and exciting experience. Perhaps Aruba, the Galapagos, Egypt, Saint Lucia, Croatia, or even Bermuda are open to US citizens and different entry protocols. These are spectacular destinations worthy of most traveler's bucket lists! And all of these require a Covid-19 ("PCR") test before entering, which means that Bermuda's vacationing might be safer than going to the grocery store.

The holidays are coming, and it seems that many are waiting to book holiday trips. Can you give us two examples of the most accessible international travel destinations and the protocol to get into the countries for holiday vacations?

Holiday vacations are some of our fondest travel memories. We all have them from when we were young -- when Christmas mattered most -- and then when older when New Year's Eve combined with memorable experiences became far more interesting. I have three versus two

recommendations for your readers: 1) If you haven't gone on safari, now is the time. Kenya is open, and the costs of flights and safari camps are lower now than they will be perhaps ever again. If you don't have a travel advisor, contact us, and we can put you in touch with a Travel Slayer who can help book that fantastic safari. They know better than anyone how to ensure a tremendous trip... refundable airfares, room upgrades, clear understanding of the travel rules for entry, and what to expect once there.

Many of us, of course, think of beach vacations for the holidays, so here are two recommendations: The Maldives and Saint Lucia. If you're like me, you probably pulled up Google Maps to remind you where both of these islands and archipelagos are in the world. Saint Lucia is in the Eastern Caribbean and known for twin mountains, winding hikes through rain forests, and epic dive sites. The Maldives are off the coast of Sri Lanka and India and is famous for the most ridiculous (and we mean ridiculous) overwater bungalows on the planet. And 80+ degree water temperatures to boot. Either way, you won't go wrong.

What is the future for Dragonslayer as the world starts to open? How will you transition the tech into being a vital travel tool for years to come?

Again, we believe in the value of travel professionals. Our roadmap is jammed back with innovative technology to solve the daily pains and time-consuming tasks in an advisor's daily workflow. We've created a growing community of Travel Slayers who have adopted DragonSlayer technology to deliver superior service to their discerning clients.

We look forward to bringing many tools to market over the next year and our technology being the secret weapon to help regain the confidence for the world to start traveling again.

As travel regains its footing into late 2020 and then into 2021, we see an increasingly optimistic traveling public who are more often than not getting sound advice from a travel agent. This mode, we believe, will bring the travel industry back.

For more information on DragonSlayer and the Safe (T) technology, go to the website at <http://www.dragonslayer.com>

SMOTHERED



SMOTHERED is about hateful gay couple who can't stand each other but can't afford to get divorced. It's a hysterical and sobering look at a gay, Jewish, middle-aged couple trying to salvage their hideous relationship in therapy hell. It's a touching, psychotic exploration of love, crashing to bits like cheap china from the Olive Garden. It's an insanely universal dynamic that all couples can identify with. It's also a celebration of diversity!

JASON STUART (Ralph) and MITCH HARA (Randy) are the co-creators and co-stars of the outrageous new comedy SMOTHERED already going viral. The short form series is 7 - 5 minute episodes. You can binge the whole thing in 30 minutes! You'll laugh your ass off, feel better about yourself and your neurotic relationship.

JASON STUART appeared in THE BIRTH OF A NATION starring Nate Parker & Arnie Hammer, the thriller IMMORTAL opposite Sam Levine & Dylan Baker and the action film ABDUCTED on Showtime now. His autobiography SHUT UP, I'M TALKING recently came out to rave reviews on CCB PUBLISHING. This pioneering out comic has done standup all over the country. And he just completed an episode of GOLIATH starring Billy Bob Thornton opposite JK Simmons & Bruce Dern and was on LOVE from Judd Apatow last season.

MITCH HARA is touring his multi award winning one man show MUTANT OLIVE garnering rave reviews. He's played everything from a Harley-hit-man to a mental- patient-drag-queen nun. He's received multiple best actor awards for stage and film. He's played opposite John Savage, Sally Kirkland, Karen Black, Angela Lansbury, Paul Bartel, Shelly Winters, Al Pacino, Patrick Swayze, Susan Lucci, Doris Roberts, Joe Manganiello and John Travolta. He's been a staff writer on several sitcoms including LUSH LIFE starring Lori Petty and had a recurring role on the iconic TV drama ER.

MITCH: This whole thing started because we had a huge fight.

JASON: It wasn't that big.

MITCH: It was horrible. You're just oblivious.

JASON: I invited him to do a project -- everyone had to be 50 or older."

"MITCH: With angry, horrible people with hideous energy.

JASON: You're so judgie. He sexualized everyone.

MITCH: I did not. Those 2 fetuses were flattering themselves. They had more baggage than an oversold flight on Aeromexico. Who's the bitch from Baywatch?

JASON: You're so sexist. My BFF Alexandra Paul.

MITCH: She said she loved when I sexualized her.

JASON: She did not.

MITCH: She did too

JASON: So, I said, maybe you shouldn't be involved.

MITCH: I said, I applaud your decision. Peace out, muther fucker.

JASON: So, I thought we were good.

MITCH: Yeh. I was like bye girl! Then, he texted me 90 times and left me messages and I was thinking we're done. Leave me alone.

JASON: I only texted him twice.

MITCH: It was 90 times. And i was really okay without him in my life. But after the 95th text I figured fuck it -- I'll call. And he was like--

JASON: --I don't know why you were so insulted. You know I respect you and love you.

MITCH: I'm like, of course you do. Everyone does. But I still don't care. I'm good. We don't have to be friends. and he said—

JASON: --I'm not willing to give up a friendship.

MITCH: And I said, well I am! And I hung up. Then I thought about it. And the best part of our relationship is how we spar and it's funny. So, I called him back and said, here's my idea and this is what we're gonna do and all you have to do is shut the fuck up.

JASON: I like to believe you asked.

MITCH: I like to believe I have an 8" cock, but it's not true either. And lights, camera, action... SMOTHERED was born.

JASON: And he never lets me talk!"

MITCH: And the fight never stops. JASON: He thinks I am this character. MITCH: He is—

JASON: I am not. MITCH: You are. JASON: Not.

MITCH: Are. JASON: Not.

MITCH: So this is our relationship if we were lovers. JASON: BUT we are not a couple—

MITCH: God forbid. Oh! When I was in Puerto Vallarta, this couple had been married or together for like 20 years and I asked, 'was it always good?' and the hubby said,

JASON: 4 of the years were good. The other 16, I wanted him to die.

MITCH: And then the other dude said, sometimes all I want is an "'I'm sorry"

JASON: and the hubby said, "'I'm sorry I ever met you."

MITCH: (laughing) See? Now, that's SMOTHERED!

JASON: We wanted a really diverse group of characters and actors. They are all friends of either me, Mitch, or our



fabulous director Terri Hanauer.

MITCH: Terri is everything. We made a pact -- just because they were friends -- wasn't enough. They had to be the most talented for the part, and we all had to agree.

MITCH: And if we didn't, two yeses would win.

JASON: Ultimately, we wound up with an Asian woman, a little person, a 7-foot-tall trans woman, a black-lesbian-Jew--

MITCH: --Chaka Caplin, a plus-sized black man from Cats, an OCD gay man and a fluid dog. Between Jason and me, we didn't want any more "white" people. We just wanted our series to reflect how we wanted to see the world—"

"JASON: --populated by unique, multi-racial, culturally diverse people thriving together. We cast them for their talent, not because of their race or gender assignment.

MITCH: A reporter asked us, how our series went viral so fast? I said, I stalk people till they watch it or die. I threaten their family. I tell them cars without breaks are a little dangerous.

JASON: He's joking. Stop saying things like that. People will think you're crazy--

MITCH: Other's assessment of me is none of my business. Seriously, I turned on the world and the world turned on all their friends and boom in 3 weeks we're on everyone's Top Ten List of New Comedies to Watch!

JASON: 55k views in 2 weeks and 150 5-star reviews. It's amazing. The little gay train that could.

MITCH: I think our show is universal. Oh, and then some morning show from Chicago asked, ""It is hard to believe that you have such a long list of credits given your tender age?" I said, "Hell no. I'm talented, relentless and I'm not tender, I'm ageless."

JASON: You have to stop doing that. Under age on his Facebook profile he put "ageless" and they froze his account because he was too young to have one!

MITCH: Ture dat!

JASON: Stop talking like you're a facockta rapper!

MITCH: I'm who the universe needs me to be. Jason refuses to be relevant.

JASON: He never lets me talk.

MITCH: I never think it's necessary. Your non-verbal skills are so heightened.

JASON: See? Then on a Toronto talk show asked, if being

gay is still an issue in casting or being rejected for parts? MITCH: And Jason jumped all over this question like a rabid poodle in heat--

JASON: it's an issue I feel very deeply about. Because when you are out, you are out for me and I for you. It's really about love.

MITCH: I'm more like yes, yes, yes it did exist, it's still around, we're making progress, are we done? No. Are more people brave and busting through walls daily? Hell yes. We are getting more and more inclusive and depicted in all the bright colors of humanity. Yes, baby, yes. But if I'm not invited to the party, I print my own invite and kick down the door. "Hey! The love and light just entered the building!"

"Everyone is buzzing about the new, black comedy SMOTHERED on Amazon Prime! "Stuart & Hara are comedy gold!" -- Amazon

"JASON: I try and focus on what I want to create, what I have to say, what I want to illustrate in my art, life and comedy.

MITCH: We both do. There is nothing sacred to me. Everything is part of my creative paint box. Yes, the shit exists. Does it stop me? fuck no. For me; everything is "yes." Even "no" is a slow yes. I will not wait for someone else to give me permission to create.

JASON: True dat, lol

MITCH: Shut Up! You don't talk like that. You're 100 years old.

JASON: Don't talk to me like that. They will think you don't like me.

MITCH: I do dream about killing you in your sleep.

JASON: You can't I'm already dead inside. Oy, what have I gotten myself into?

MITCH: A big fat JUICEY HIT!

JASON: Oh yea, I forgot.

MITCH: Because your old—

JASON: Why do you have to have the last word?

MITCH: I don't.

JASON: Ok. Thank you everyone!

MITCH: Yes, thank you!

JASON: See?

MITCH: What?

<http://www.JasonStuart.com>

<http://www.MitchHara.com>"

Watch the series on AMAZON:

<http://www.SmotheredTV.com>



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GLACIAL

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The
Purest
Tasting
Water
On Earth™

ÍCELANDIC
GLACIAL

INJECTABLES FOR MEN



DR JOHN MESA

As we age, our faces begin to deflate as our bodies produce less and less collagen and elastin, and hyaluronic acid, the soft tissue components that gives our skin its supple, youthful look, as well the structure of facial bones that ultimately serve as foundation of the facial anatomy. This overall loss of facial soft and bonny tissue volume leads to formation of fine lines, wrinkles sagging of the tissues and decreased cheek fullness and projection, which can in turn create all sorts of problems, from deep laugh lines (nasolabial folds) between the nose and mouth, to hollowed-looking eyes, or sagging jowls. Beauty Editor, Jorge Luis spent some time with DR. John Mesa speaking about Injectables for Men.

*Interview by: Jorge Luis
@jorgeluis123*

How are you, Doctor?

I'm doing very well. What about you?

We're surviving this pandemic, but we're getting there. Yes. So I thought we would do a little interview about what men should do, should not do about injectables because we're in a generation where men now, they are not afraid to do a little changes here and there. So can you please tell us, doctor, what is your experience? Do you think your percentage of patient men is rising?

Oh yes, definitely. The men in all the ages are raising and I think it is because of social media, because, nowadays everybody has to be on Instagram and Facebook and it's mainly pictures. So people start seeing their little kind of things that they don't like, little defects, little wrinkles here and there, and they are becoming more conscious for things that they weren't there, but now are visible to the public and they want to improve them to feel themselves better. And also to have a better relationship with their partners.

I know it's a social media pressure.

Yes, for example, now, with the pandemic, now there is a boom of true liposuction because when you're on your laptop, the cameras shooting angle is down here and it's shooting from below to high and then you can see the double chin.

Yes, I always tell people the higher the better, like I put a stack of books for the laptop whenever I do interviews also. So Doctor, is there an age that you would say, men start doing injectables or little Botox here and there, or there's no rule?

I mean, I would say that you start aging in the thirties. So the twenties is the golden age when you look really good, nothing happens, there is not a single wrinkle, but once you've turned into 30 is when things are going down. So from my perspective, I tell the patients, if you want to age slower and not to show the signs of aging, you should start doing a little Botox in the mid-twenties, like 25, 26 because that prevents the wrinkle of the face that is going to look better and then start in the thirties then you need to start doing maintenance. Why? Because the skin starts sagging, the cheekbones is started going kind of smaller. And that's when you start seeing the signs of aging and different to women, men, you cannot be a certain age and then suddenly look younger because of the taboo that we have in society. So it's better to kind of slowly maintaining yourself. So you don't have to have [inaudible] because women it's totally different and it's more common to do cosmetic procedures, but in men, there is still a little bit of taboo, even though things have gotten better.

I know that things are getting open and it's like you said, I was thinking that perhaps 20 years ago, 15 years ago, I used to see men and women and all of a sudden they got facelifts. And now I see like, this guy, or this lady look rested and I like that look.

Yes, exactly. You're seeing it with the celebrities, you see celebrities that are in the twenties and thirties and are essentially the same, fifties, seventies, for example, J-Lo. J-Lo is a perfect example.

She's ageless. She looks the same.

But I have to say that that is not because of her genetics.



Yes, we know that. But that's good work. Because you see them rested and you see them beautiful and you see them as themselves because you see some people that I cannot even recognize.

Yes, exactly. I mean, and especially in men because plastic surgeons don't work too much on men, they don't have the same experience as we do for women. And then they end up doing a bad job. For example, I have seen a lot of celebrities that were famous in the nineties that they look like a woman and they are men. And I don't want to say who they are, but it's horrible. So, people, men should look like men with plastic surgery.

So let's go to the focus of this interview. What do men should do and what should not do.

I mean, what they should do is to do treatments that are going to improve their appearance and to maintain that masculinity. And what they shouldn't do is, first of all, go to the cheapest practitioner. Why? Because usually people that offer the cheapest and lowest discount are people that have less experience or they don't have the proper training. And of course, in order to grab an audience or clientele, they sell things very cheaply and then you end up having those problems. So the men have to look for, if you are planning to go to a plastic surgeon that is ideally board-certified, that is also an expert in cosmetic surgery because in plastic surgery we have reconstructive and cosmetic and we think cosmetic surgery makes sure that they specialize on the face. Because the fact that I can do a lot of liposuction doesn't mean that I am good in doing faces. So basically, if a man was planning to do any kind of improvement of his face, should do their homework, do the research and read reviews, see the before and after, and consult with a couple of surgeons to determine which one is the best fit for him.

I know because I see so many cases in the news. Sometimes I get horrified because so-so has got a beauty salon in the back room, they get this work done. I'm like why?

Yes, exactly. I mean, it's very common. I have some medical practitioner colleagues or people that hear about me, like, internists, cardiologists, or something that they decide to do cosmetic surgery. And they say, well, can you teach me how to do injectables? And I'm like it took me 16 years...

To teach them to do injectables, they ask you that?

I mean, yes. They have been asking me because in other countries or in other places, they do like a weekend course and then you kind of learn the basics, but there is a lot involved. So you need to be able to inject, you need to be able to know how to do a good job and also how to address the complications. Because usually, they don't teach you how to do that.

Can you tell us, Doctor, what are the newest services out there? Because I see now lately, like every year there is something new.

Yes, so right now, what is in fashion is a radio frequency skin tightening because it's a way to rejuvenate the face and the neck without the need for major surgery. Because you know the gold standard is the surgery for a facelift or neck lift. But for example, if men in their late thirties or forties, they are not ready for that. They don't want to have the scars. So with these procedures, through the little teeny, tiny incisions, in my case, I do it behind the ear and the chin, to kind of tighten the skin and it gives you like a facelift and neck lift appearance without having the downtime and incisions of regular surgery. And these can be done as an outpatient and I usually do it under the local anesthesia, completely awake.

We've come a long way if you can remember. Those big scars we had behind the ears, you know, I do hair, so I'm like, I know where you've been this summer. So doctor, so you are based in New York and Miami and Jersey.

My two main offices are Manhattan here and in New Jersey and then I go once a month to Miami.

So we're going to leave his contacts for all three offices. He's highly recommended, he does a lot of my friends, I'm not going to say who, and thank you so much Doctor for having us.

No, thank you so much for coming to visit me here in New York.

So, come and see Dr. John Mesa in New York, Miami, or New Jersey

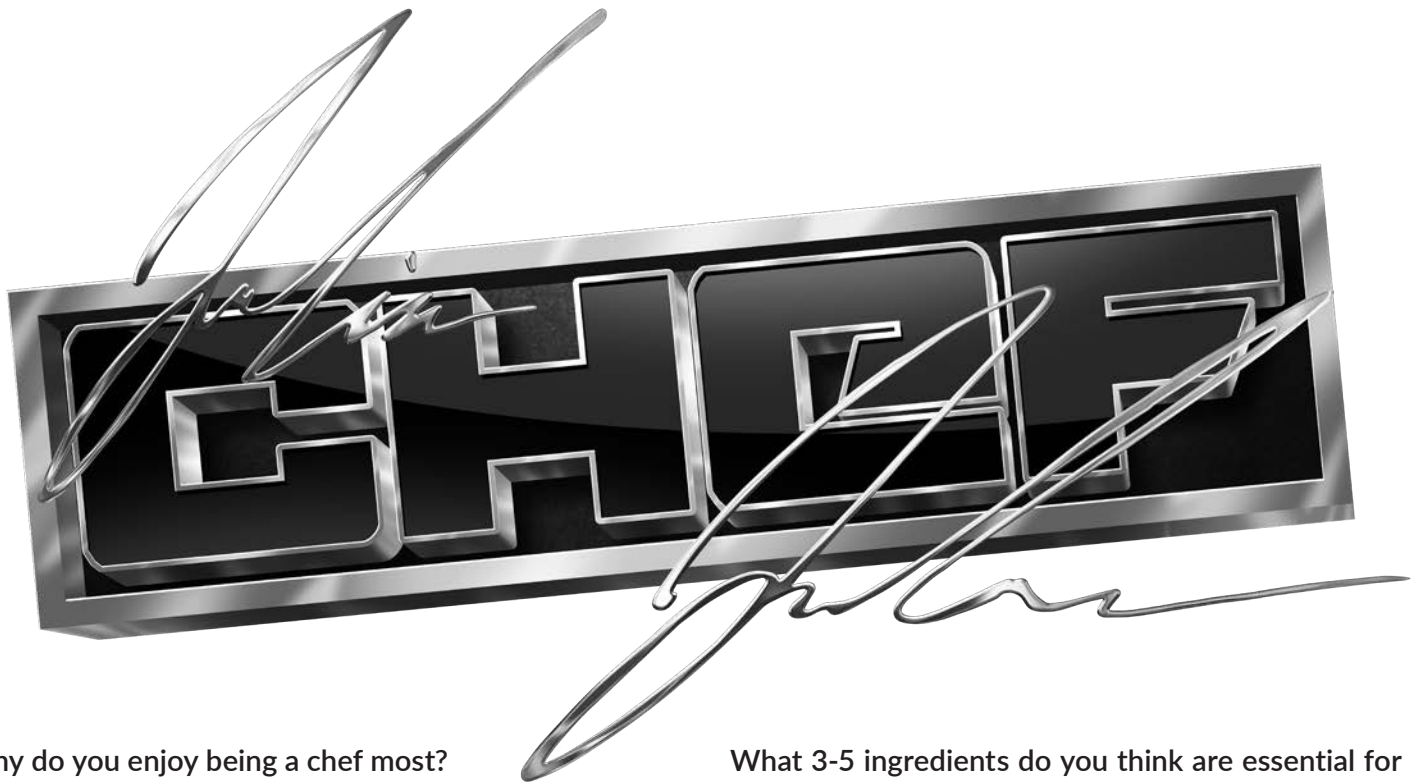
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Why do you enjoy being a chef most?

As a child, I was often impatient when hungry and quickly learned the importance of being able to cook. Now, as an adult, I enjoy combining my love of food and people. I love providing nourishment, a human necessity, but in a way that also brings people together and makes them feel good! My love of the profession became even more pronounced after feeding 37,000 people in my hometown of St. Thomas, Virgin Islands, in Hurricanes Irma and Maria's aftermath.

How often do you cook with ready-made products? Do you recommend any ready-made products?

Whenever possible, I try to use fresh, locally-sourced ingredients in my recipes. Two ready-made products I use regularly are stock (chicken, beef, seafood) and puff pastry. I would recommend that everyone have good quality stock in their pantry.

What's a regular "comfort food" you indulge in?

Oxtails for sure! I have always enjoyed Oxtails. It just puts a smile on my face. A close second is homemade Spaghetti and Meatballs - a simple dish, but it's so satisfying, especially when made from scratch, and with love!

What is the most essential item in your kitchen?

Hands down, the most essential tool for me is My Chef Knife! It serves so many functions - chops, dice, filet, slice, break down a chicken, peel a mango, etc.

What 3-5 ingredients do you think are essential for an everyday meal?

I love all-purpose seasoning, chicken stock, lemon, rice, and beans. We use various herbs and spices in our recipes in the Virgin Islands, but you can't go wrong with a quality all-purpose seasoning. Chicken stock gives an excellent flavor to any dish and can act as a base in others. Due to the amount of seafood in our diet, having a lemon on hand is always a plus. Rice is an easy to make dish that you can make into various styles and is filling. Beans are nutritious, flavorful, and filling and can round out a meal.

What did you learn from your mother and grandmother that you use daily in the kitchen?

They would always say "to get flavor all the way down to the bone, you have to season your proteins from the night before!"

What are your current favorite ingredients to incorporate? And favorite newly discovered elements?

I love incorporating mango into my dishes. Fortunately, I can take a mango from a tree in my yard straight to the kitchen. Food definitely has a richer taste when you get ingredients directly from the source. Other favorites include lemon, thyme, and bacon. I recently started using Allspice, and it has climbed into the top ten of my favorite ingredients. I love the flavor it gives to beef!

What is your opinion on the molecular gastronomy trend?

I think it's very cool, fun, and flavorful. Not something I am interested in diving into.

What dish are you most proud of?

Most proud of my Oxtail Fries!

What dish didn't work once you put the ingredients together?

I tried to come up with a Jambalaya style hash. I made dinner for my family and put together a hash of shrimp, salami, potatoes, and brussel sprouts. It just didn't work out. I plan to try it again in the future.

Presentation is an essential aspect of a meal. Which

dish do you consider to be your best combination of color, texture, and taste?

I have a recipe in my cookbook called Caribbean quesadilla, I modified that recipe and turned it into a flat Bread. There are greens, reds, yellows, whites, browns. The color combination reminds me of our local carnival.

A considerable role as a chef is choosing quality ingredients. How do you choose your suppliers?

Well, here in the Virgin Islands, I'm pretty limited in terms of suppliers. But sampling is essential. I often request samples of certain products. This isn't always possible, but it's definitely a game-changer when it is. As long as the ingredients are to the quality and standards I am looking for, then that's who I go with!

Sincerely,

Julius "The Chef" Jackson





SLOW-COOKED STEWED OXTAILS

As a chef, I have many favorites, but this has to be one of my absolute favorite dishes to eat and make. When I want comfort food, I think of stewed oxtails. I remember the first time I made them. I surprised myself by how much flavor I had created in just one dish. I'm a bone lover, which is probably why I love these so much. I love to suck out meat and marrow from every crack and crevice. This dish is loaded with flavor and has been a favorite of every crowd I have ever made it for.

INGREDIENTS:

- 5lb Oxtails, cut and cleaned
- 1/4 cup all-purpose seasoning
- 3 tbsp vegetable oil
- 3 tbsp tomato paste
- 3 onions, chopped
- 4 cloves garlic chopped
- 1 large carrot, diced
- 1 tsp ground allspice
- 2 cups beef stock
- 2 tsp browning sauce
- 4 bay leaves
- 2 sprigs fresh thyme
- 1 scotch bonnet pepper
- 1 tbsp unsalted butter
- 1.5 tsp granulated sugar
- salt and pepper

Rinse the oxtails with cold water, then season with the all-purpose seasoning.

In a large, heavy-bottomed pot, heat the oil and then brown on each side of the oxtails in the oil over medium heat. Once all the pieces are browned, add the tomato paste, onions, garlic, carrot and allspice to the pot. Stir well and cook for about 2 minutes, allowing the tomato paste to coat the oxtails. Add the beef stock, browning sauce, bay leaves, thyme, Scotch bonnet pepper and sugar to the pot and stir well. Bring to a boil, then lower the heat to a simmer. Cover the pot and let simmer for 2.5 to 3 hours, or until the meat separates easily from the bones.

Once the meat is finished cooking, stir in the butter and add your desired amount of salt and black pepper.



**FOR THOSE
WHO BREW
THEIR OWN**

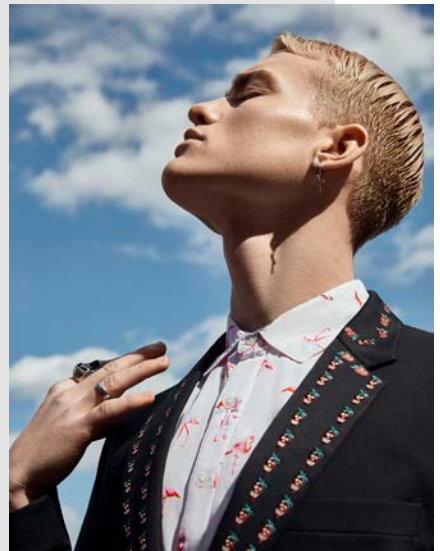
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