CHANGING STANDARDS

#femalestrong

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SPECIAL THANKS TO
JOSEPH CAVALLO, EXECUTIVE CHAIRMAN

EDITORS NOTE

I sat before my screen for some time in a self-debate on how to eloquently express my thoughts on #Equality and a simple problem requiring immediate attention. However, this debate was not the usual expected, but instead one that may stir up conversation.

You see, I disagree that we so strongly focus solely on the empowering of women to speak up. But before you stop reading and prematurely engage in anger, I ask that this not be mistaken as an act to silence women, but instead, an effort to point out an often forgotten truth — where are the men? You see, we fail to acknowledge that in order to have gender equality become a reality, men and women must come together and work collaboratively.

I wish more individuals would be as bold as Justin Trudeau, the Canadian Prime Minister, who created a gender-balance cabinet encouraging boys and men to identify as feminists. Another win? The UN Women's campaign, "#HEforSHE, which offers a safe space to discuss delicate issues. But why is this so important? It's important because this is the beginning of a culture deconstructing harmful stereotypes of masculinity that limit the opportunity for change.

And while women empowerment circles are making major strides to build strength and courage to step up and speak out – they are also unintentionally being counterproductive to the long-term goals towards equality. Unfortunately, we fail to realize, that as long as these circles remain exclusively female, real change will not be actualized. It is up to all of us to make equality become a global dialogue that includes everyone and begins focusing on promoting self-accountability.

Let me ask this, "When is the last time we as women invited a man to join in on the conversation?" — and not just in presence, but in true dialogue? … That pause in silence … it happened to me as well. Therefore, as we focus on celebrating Women this issue, and we share stories on how to empower one another, I ask you share our print with men and open up the conversation. Because only as equals in the discussion will we secure a more peaceful future.

#BETHECHANGE

NOTE: MARCH 8th is International Women's Day, NOVEMBER 19th is International Men's Day – let's celebrate them both equally.

EDITOR'S PICK

YOUR NATURAL BEAUTY HOTLIST

"We are what we eat" so why should our skincare routine be any different?

Here are some of our top "natural" picks to match your spring diet.

LUMAVERA LIP

This ultra creamy buildable lipstick has a secret formula that is infused with Jacinto extract providing all day coverage for an ultra-pigmented lip that will make your selfie need no filter!

Color Showin In:
JACINTO NUDE
$28.00
lumavera.com

WANDER BEAUTY

On-The-Go Blush and Illuminating Stick that offers gorgeous color and luminous warm highlight to any complexion.

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wanderbeauty.com

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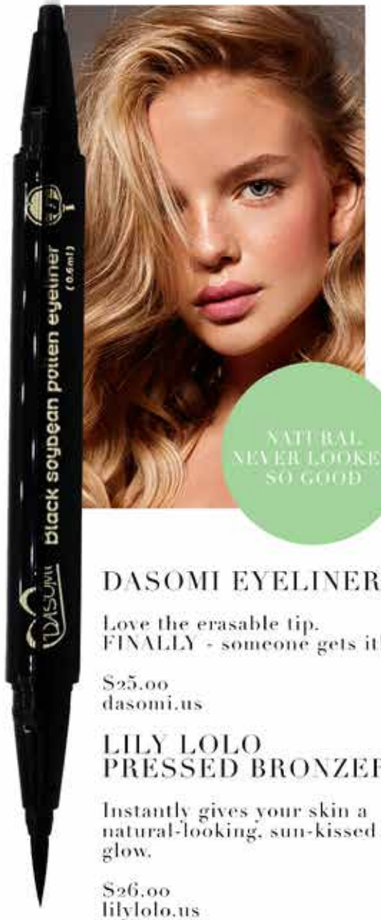

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kocostarusa.com

Now available online at Neiman Marcus & Anthropologie online & in-store at Riley Rose

10 SPRING TOP PICKS OF THE SEASON

LORD & BERRY

This travel kit palette is a must-have tool for brows.

MORPHE

Morphe's Fluidity Foundation and full-coverage complexion collection is one of the best. It builds and offers a flawless finish.

L'OREAL

Voluminous Carbon Black Waterproof Volume Building Mascara. Uniquely formulated to resist clumping, keep lashes soft, and build lashes up to 5x their natural thickness.

BOBBI BROWN

Multitasking cream color for lips and cheeks comes in a mirrored flip-top compact for on-the-spot application.

ECRU NEW YORK

A velvet lip color that glides on lips leaving an airy, weightless cushion of long lasting color.

MAKEUP GEEK

Luster Highlight that is "super-smooth" and "incredibly pigmented." Perfect to get your shine on!

MISTY MATE

Staying cool has never been easier. The battery-free Misty 1 pressurizes easily by hand and with a push of a button it propels an ultra fine mist that creates an instant cooling sensation that has to be felt to be believed.

FACE STOCKHOLM

Hydrate your lips and add vibrant color with a Pot Gloss from FACE Stockholm

NYX

Define your features like a pro with your very own customizeable (refillable) highlight and contour palette!

Holding 8 different colors, you can bring out your inner goddess!

MANNA KADAR

Meet the newest innovation in eyeshadows, "Eye Candy." This unique collection features an eyeshadow and primer all-in-one

THE NAKED LOOK

GO NUDE

DARE TO GO NUDE – and let your natural beauty do the talking. We are here to kiss that pound of makeup goodbye and help you master the 'no makeup – makeup look' in just 7 easy steps.

1) Cleanse and Moisturize – A good base is needed; so, keep it clean and hydrated.

2) Foundation where You Need It – Keep it Glowy and Light by balancing out the skin. And no, you don't need to seal it with a powder to make this trick work, instead, use a brush to apply makeup on the areas where you want to even out your skin rather than all over.

3) Concealer – Use a sheer concealer only in the inner corners and in the deepest hollow of your under eyes. Time to blend? Use your finger, the natural oils will make it work!

4) NO CONTOUR! – Switch out your palettes and use only a slightly gray powder with an angled brush to swirl on the apples of your cheeks and cheekbones. This will create a slightly sculpted yet sophisticated look. Using the same taupe blush as before and a fluffy shadow brush, work the shade into the crease of your eye to give them subtle depth.

5) Tight Line – Grab your liquid liner, and draw tight to your lash line – this will create just enough definition.

6) Hair Strokes – In reality brows have tiny strokes and some gaps, the goal is to keep this natural and maintain the look. Rather than a powder or a pencil, use a pen to get the most natural effect (this one may take some practice).

7) Dab Your Lips – Use your fingers to blot onto your lips to add a hint of color and not have you look too overdone.

LASH OUT PRETTY

"EVERY WOMAN IS BEAUTIFUL, WE ARE HERE ONLY TO ENHANCE THAT NATURAL BEAUTY."

www.eyeandbrowfactory.me

There is nothing better than luxurious lashes that help you open up your eyes to new adventures. Yet, with so many options out there between a C, D, Double D, L and G, who knows what size works (if you even know the difference on sizes!). As if that was not enough, we now have to choose between, extensions, perms, dyes, strips, or giving up and just being free (which is our least favorite! Why? Well, give us a good tear jerker and Mascara can get messy).

It all started with a gifted groupon certificate for a perm given to our Editor in Chief by a friend. Everyone in the office had been raving about how amazing their lash-game had become with their lift and she noted being interested in one. Every time anyone got theirs done, all they needed was a little mascara and 'POW!' their lashes were next level. Therefore, she took her groupon to NY's EYE AND BROW FACTORY, a semi-permanent makeup studio that specializes in brow and lashes, and booked her appointment.

The day finally came and she was excited to get the services done, though she noted that she wasn't sure it would work for her, she still went eagerly to her appointment. There she met Sasha Bushtruk, an industry artist from the small town of Chernihiv, Ukraine. From the start she made certain to bring comfort teaching us that not only is she knowledgeable but passionate in her craft.

The process took over an hour, and at first the results were "a small lift – but nothing too drastic. It was not until after the 24hr drying period, when I was able to wear mascara that I said, 'OH F*CK'—she's GOOD!"

However, the offerings available by Sasha are endless and truly amazing. Take a moment to check her site out, follow her on Instagram – and if in the area, book an appointment. We guarantee you won't regret it!

Follow us online, for an updated story on a lash extension.

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EXCLUSIVE INTERVIEW

WHAT MADE YOU MOVE TO NY?

It has always been a goal of mine to live in New York City, especially to pursue a career in music. There is so much opportunity here and so many things to learn, but you definitely have to be ready for it. A year ago I finally felt like the time I was right so I took a chance and went for it. I knew that in order for me to grow personally and professionally I had to move up here.

DID YOU ALWAYS WANT TO BE IN MUSIC?

Yes, since I can remember! My whole life has been centered around music, whether it has been singing, dancing or playing the piano. I've been performing since I was 4 years old - it's all I've ever really known.

WHO HAS INFLUENCED THIS?

My parents put me in piano and singing lessons at a really young age, not just because they thought I was good at it, but because they knew it would teach me how to be focused and disciplined. I thank them every day for that.

WHAT IS YOUR FAVORITE TYPE OF MUSIC STYLE?

R&B and soul music has always been my passion, but as a musician I definitely appreciate all genres! I love hip-hop and reggae, especially with my background as a dancer, and I'll jam out to hard rock when I'm at the gym.

ARE YOU DOING ANY ORIGINALS?

I have a ton of original material. I am always writing and coming up with new ideas. I will definitely be releasing them soon - everything always has a time and place. In the meantime, I've been enjoying doing these covers, or 'reinventions' as I like to call them, and putting my own unique spin on songs .that I love

WHAT WAS YOUR "I DID IT" MOMENT?

Being able to release the "Break Free" cover and then booking my first live performance right after was when I felt like all the hard work and patience I put in over the past year finally paid off. It was a small step, but still an important one. After I stepped off the stage at my first show and received so much love and positive feedback, I did actually say "I did it" out loud, because it was such a rewarding experience.

WHAT DO YOU HAVE PLANNED FOR THE FUTURE?

So much! For this year, I'll be releasing a couple more covers before the summer, along with visuals, plus several more performances to really build up exposure out here in NYC. When the time is right, I have a visual EP in the works that I am excited to release, plus different collaborations with other artists and writers that I am really looking forward to. Long term plans? To take the music industry by storm, compose songs for major artists, and maybe win a couple of Grammys along the way :)

MAKE EACH DAY A MONDAY

start each day with a purpose

"According to research on self-motivation, there is a prerequisite for optimum ability for self-love" is all a handful of crap! Fact is, anyone can tell you whatever they want in hopes to lift your spirits, but it won't make any difference as you are the only person who can inspire yourself.

I was browsing through Instagram, being drawn to the perfect life presented by the masses – and slowly beginning to implicate negative self-views on my reality. Then I saw a video that was truly moving. Perhaps it was the attraction to the man speaking, the sexiness in his voice, or that side smile that made me feel swept off my feet – but I'm glad I took a moment to listen. There was nothing more accurate than what was said, "we all live our best life on IG. But you must remember, that no one shows their struggles" (of course this is a rough translation as the video was in Spanish). However, though I had heard this before, today was different. The difference was that I was open to wanting change, therefore I was open to listen – and what was being shared I finally wanted to believe.

Through the years I learned that growth only came from the uncomfortable; and the closer I got to success, the larger the insecurities became. Yes, I had doubt, and increase in challenges, as well as an off and on series of depression spells. However, I learned that with change came growth, which have lead me to the most impactful life lessons to date. That's why I say to you, "You need to find what it is that drives you." Is it people, career, money? Maybe it's the want of something better. Often, we all sit in jobs that we are not happy with, but we are too scared of the unknown to make the move – and that's ok because it's that fear that makes us human. But, what if you allowed your fear to become your strength? What if you used that fear to drive you to the next chapter in your life?

I understand that changing routines can only begin with a want, but just as you wake on a Monday with a purpose to start a week – I ask that we make each day our bitch; Live life how we find it right, and don't hide what we feel, or silence what we need to say. We all have the power to overcome everything. We just need to have a want. The struggles, the fears, they will always be there – but you have the power to be greater.

Therefore, start today with a purpose, and when in doubt, make each day a Monday.

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FLAWLESS

It's officially time for spring cleaning – and no, we do not mean your wardrobe (although we will get to that later); we are talking about your skin!

In the winter, our skin battles dryness due to the low moisture in the air which lead us to heavier creams and intensely moisturizing products. But as we prepare our skin for warmer weather we need to begin reaching out to lighter moisturizers, and not just any kind. We often hear, "We are what we eat" so why should our skincare routine be any different?

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Skin Meditation
Gel Cream

MZ SKIN
Retinol Moisturizer
SPF 30

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STRAWBERRY
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FROM OUR BEAUTY EDITOR

Let's face it, as a fashion and lifestyle magazine, we get tons of perks – But hands down, our favorite is we get to try out hundreds of new products that just hit the market – it's a lot of fun to see what's new, but finding the best of the best, well, it's hard work! Hey, someone has to do it!

Luckily, after much trial, over the course of the past few months, we have stumbled across some truly revolutionary items that, between us, have become must haves in our daily routine.

Check them out; and it's ok if you love them too – we will even share the link!

"SKINCARE, AND MAKEUP, AND TOOLS...OH MY!"

- Leaders Cosmetics Aloe Soothing Face Mask.
- Tako Pore Sebum Stick!

- Santevia Recovery Stick!
- Sun Damage Control Corrective Sunscreen.

- StansOut Makeup Blending Sponge, diamond.

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THROUGH THE EYES *of a* STYLIST

Spring is here and so are all the new hair dos and we could not be more excited! But not to worry. While last year focused on natural textures and no fuss hairstyles, we are enhancing the look with statement cuts that do all the work for you. Now is the time that if you were thinking about making a change then you do so confidently; From Shaggy Layers, Blunt Fringes, and Retro Silhouettes; we couldn't be happier to welcome you on a trip back to the 90's.

But don't just take our word for it – because no matter which haircut fits your style, the following notes will be just the thing you need to make this upcoming hair season the best one yet!

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ONE BRAND HAS SOMETHING
FOR ALL YOUR STYLING NEEDS!!!

Aria Beauty
1" Black Infrared Ceramic Hair Straightener / Hair Flat Iron

Designed by hair stylists, this lightweight professional flat iron, ensures that your hair is kept in pristine condition when hair straightening or curling. Gentle, deep-penetrating infrared heat never damages hair and ensures endless shine and softness, while negative ions clean hair and reduce both static and frizz. Recommended for any and all hair types.

Find it at www.ariabeauty.com and finer salons across North America.

$199.99 USD

Aria Beauty Voyager
Introducing the first ever full-sized Universal Voltage Blowdryer

This ultra-powerful and lightweight dryer with infrared technology moisturizes and prevents damage while you style. Designed for all hair types and global travel in stunning midnight blue with rose gold chrome accents.

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$219.99

Aria Beauty
1.5" #HairGoals Hot Styling Brush

Get a perfect blowout effect on dry hair everytime! This Hot Brush Provides glamorous and lasting hair style options while boosting shine and removing frizz. Adds volume and sculpts curls while smoothing hair, creating a bouncy salon finish on all hair types. No blowout needed!

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$119.99 USD

PHOTOGRAPHER: THOMAS LOUVAGNY

ABLA SOFY for

HADID

EYEWEAR

ONLINE SHOPPING

It's an "Add to Cart" Kinda Day

In today's demanding social lived world, no one has time to walk into various stores for anything other than a good photo op. That is why the online craze has since then become such a great phenomenon for anyone looking to have something new and stylish to wear, at an affordable price.

However, success for these retailers is no longer as simple as buying a domain name and loading up good photos. In order to be a successful online shop, you must also have a user-friendly app along with an army of social influencers to back you up!

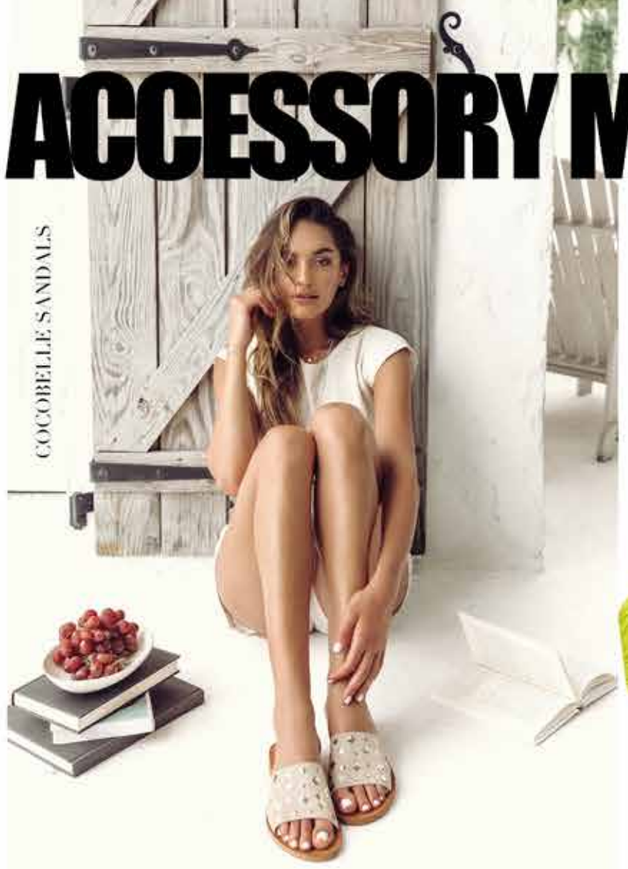
The best sample of a successful concept is UK retailer PRETTY LITTLE THINGS, now owned by Boohoo Group as of 2017. Their main success came rapidly as celebrities such as Miley Cyrus, Rita Ora, Jessie J and others were seen wearing their designs. Needless to say, their sales brought in a pretty little number, and they launched their app in 2015. Bottomline? In November of 2017, Hitwisenamed the company one of the top three fastest growing fashion companies; and we can see why! Unless you've been under a rock, you have seen, purchased, and or worn their goods therefore know that while the clothing is affordable, the quality is actually good – and with so many new styles added daily along with amazing collaborations, it's easy to see how one would become a PLT-Girl.

However, this isn't the only guilty pleasure for us. There are other online sites that we are also fans of that bring a nice opportunity to stay in style without breaking the bank: MissLola.com for one, is best known for her shoes. This is our go to shoe-fanatic fix where we can order 3 – 4 amazing styles for what we use to spend on just one at a retail store; and not only are they cute af, they are comfortable and well made (well, for the most part. We are honest after-all, and though we have had a few misses, customer service has been great at letting us swap them out! – therefore, keeping them as a win!).

Another go to for us? MISSGUIDED. This hidden diamond is EASY and you can't beat the sales! They literally will run a promo weekly that makes your cart double in size without the guilt. Not to mention, their killer PLAYBOY collaborations that they run. Each FIT is truly better than the last making it easy to stay up to trend and still actually afford to go out.

But the online shops don't end here – we have a few others go-to's as well, but when looking to maximize your dollar, these are the ones we highly recommend. But don't just take our word for it, look at our editorials and judge for yourself! Then go shop and remember to tag us and them on the post. We can be found @thelafashion – THANKS babe!

ACCESSORY MUST HAVES



COCOBELLE SANDALS

The 21st of March came and all of a sudden, we were in SPRING - MODE; the weather perhaps wasn't there with us, but we all had that itch to start packing our boots and lived in puffer coats as we began to send invites out for our closet runway shows starting all the hats and handbags we own (SITC anyone?).

However, for those of us looking for something new and fresh – up next we have our runway faves; from monogramed bags and tasseled earrings, to festival boots, feathered shoes and so much more!

Hurry and take your front row seat, the show is about to start.

EL VAQUERO

esigned to take the modern woman from a casual morning brunch to a trendy night out without skipping a beat.

CARLA BIKINI

Don't be boring this season and add a pop of color - even if it's just to peek through.

SIMPLE COMMUNITY

Handmade bags that are multifunctional as well as serving to a community of people sharing same interests.

Make your story count!

PINK KARMA

Inspired by our southern sassy mama's and their love for warmer weather, and a good time. Made with sterling silver or gold filled with coral. Styles great with textured tops and our go-to distressed denim and loose, free flowing clothing. We love pairing our huggies with larger hoops!

MOON & NOMAD

ONE OF A KIND Kimono dusters certain to take your carefree look to the next level!It's a wearable lifestyle built organically from the designers' unique fashion taste and love for unconventional styling.

We suggest you order now!

WHAT FITS YOUR VIBE ?

QUAY AUSTRALIA

Pick up some retro frames to kick up your FIT this season.

VINTAGE

Season not on your side? Not to worry - you can always style your look up with an oversized duster!

But think outside the box this season as we pull away from the usual trench coats and opt out for something more romantic - we personally love the shakespeare feel of this silk robe.

EASY INK

Not ready to commit to the permanent artwork on your skin? No worries, we have the perfect solution to get your fix - EASY INK.

From an array of different temporary tattoo options you can change your skin as often as you'd like. Don't like the finish on paws on your wrist? done! remove and re-apply until you find the perfect art for you!

THERESA ROSE

Nothing speaks glam, better than the perfect piece of jewelry to match up with any look.

Our pick is Theresa Rose, and if should be yours as well!

SOUL CARRIER

With so many designer bags out to choose from, we want to find one that uses the best materials - this is why SOUL CARRIER is the one for us - plus their story is AMAZING!

CINZIA ROCCA

You can never have enough flair - this is why a silk scarf is the way to go. Chanel your inner festival goddess and wear as a head scarf, or pair it up with a pair of jeans - LOVE!

COCOBELLE SHOES

The search is OVER! And we couldn't be happier! COCOBELLE sandals are cute, comfortable, and perfect for any occassion. Our pick are these wrap up beauties as they are chic but still say - I like to party.

SPRING LOOKS

Spring Fashion is never truly groundbreaking. Designers often revive old looks with contemporary spins masked with a soft palette of creamy sorbets, the usual white, and of course all items made available in black.

But as we continue to welcome a new ray of sunshine, we know the best is yet to come. Luckily, this season did offer something different. For the romantic at heart we have tiered gowns with excess fabric to spare. Needing a little light? How about you Don a bright yellow. And of course, for those looking to get a little more to the point – thank goodness that utility dressing never looked so good.

And as usual, all accessories were in full bloom ensuring to add an added pop to every look.

#inspirations from this years SPRING NYFW Shows. From neon tones, art deco geometric, and fabric blocking in nude on nude on nude. This is a season we truly can get on board with!

On the opposite page you will find a glimpse of fashion time travel thanks to STEVE MADDENS suede platform heeled sandal!

It's the perfect shoe to gain height but enjoy stable comfort thanks to the blocked heel.

Locing this #Prettylittlethings look by ABLA SOFY - but face it, anythign she wears is just perfect!

ROMWE NEON TOP - perfect to add charater to any look. Pair it with denim or even as part of a suit!

On the opposite page is SPEECHLESS 2 piece dress. Can be worn to a fancy affair or even to girls brunch!

Below - Ella Mchughs snake clutch. The print makes it classic, the yellow makes it modern...the shape makes it perfect!

VINTAGE denim shorts? Definitely can't go wrong there! We suggest a high waisted distressed pair for the season...

Best part? You can wear them through the summer as well!

Add some bling - doesn't need to be super pricey either, you just want to have fun.

This sneaker trend is something we truly can get behind! It's comfort to the neck level allowing up to be cute and last for hours without the fear of blisters and achy feet.

Our pick? MOSCHINO.

FEMALE STRONG

It's about time that we as women felt empowered enough to speak up against the issues forcing women and girls to continue to suffer discrimination and violence.

Gender equality is not only a fundamental human right, but a necessary foundation for a peaceful, prosperous and sustainable world. Unfortunately, while the world has achieved great progress towards gender equality and women empowerment through social efforts under Millennial Development Goals; the issue is still present. Recent studies show having 1 in 5 women and girls between the ages of 15-49 to have reported experiencing physical or sexual violence by an intimate partner within a 12-month period. Those studies also note that there are 49 countries currently having no laws protecting women from domestic violence whatsoever; Therefore, as you can imagine, there is still much work to be done to completely eliminate the issue.

But what can be done? For one, we can enforce a mindset promoting to adopt and strengthen sound policies and enforceable legislation for the promotion of gender equality and the empowerment of all women and girls at all levels. Of course, however, this is a larger scale goal – so what is it you can do in a smaller scale? It's simple - SPEAK UP. Don't allow your voice to be silenced, as an honest voice is louder than a crowd – and together we can help make a difference.

By now, you may think we are referring to March 8th – but why leave everything to one day? We deserve more; everyday should be Women's Day. We should be able to celebrate human rights. The right to live free of violence, slavery, and discrimination. To be educated, own property, vote, and the ability to earn fair and equal wage. We should voice to celebrate each day, until Women's and Man's day, becomes simply life.

Our biological sex and gender should no longer need to play a role in any particular political or social context. We should no longer refer to each-other as man or woman, but simply human.

"THINK EQUAL, BUILD SMART, INNOVATE CHANGE." That is #genderequality

ONE WOMAN CAN MAKE A DIFFERENCE, BUT TOGETHER... WE ARE UNSTOPPABLE

Each season, we at THE LA FASHION magazine spend countless hours to decide who should be on our cover; and this Spring it was no different.

The initial pitch we had was to feature a strong individual woman that is making strides not just in her career but also in her personal life – showing us that it is possible to have it all as long as you truly want it. However, as the season progressed we began to think about the other women making moves – what about them? What about the women that are still writing their story and figuring it out?

That's when we unanimously decided it was time to change the entire concept. That same evening we began to our search to scout a group of women that we had a story to share on what they are encountering in life, how they are overcoming it, and what they have going on in their life now.

In the next pages you will meet an Italian princess that gets asked if she's traveling for sex every time she tries to enter the states – yet holds her ground as she tries to achieve her dreams to become a Victoria Secret Model but even more-so, a Designer; the Fire Dancer that has broken stereotypes by being a high profile model at just 5'6" and is now speaking on behalf of her non-profit at the UN; the Go-Getter Model/Actress/Muse that is making strides on her own and has landed TV roles as well as huge campaigns (You may best recognize her from GUESS campaigns, and most recently on Billboards in Sunset Blvd and Times Square!), as well as a VLOG model that will anniversary her first year in NY, but more importantly, has a heart of gold! Along with four other amazing women.

The day on set started bright and early with our LAFM all female crew setting up as models started to trickle in. Initially, all the models were going to shoot naked to prove a point towards modern views on women, but we decided to mix in MAISON CLOSE instead. The goal behind this was to give a new view onto lingerie and the idea of "sexy" – a women can be comfortable in her own skin and still be bad ass. And just because she looks a certain way doesn't warrant for sexual harassment to be welcomed. Therefore, the concept changed and luckily it gave a stronger sense of comfortability amongst the girls.

Overall, the shoot was a success in getting the required images, but greater so being able to experience the support each and every one of these women offered each other.

Find out more on their individual stories online!

RACHEL

MODEL / VLOG PERSONALITY

CYNTHIA

FIRE DANCER / MODEL / BUSINESS OWNER

DESYREE

IINTERNATIONAL MODEL

ZITA VASS

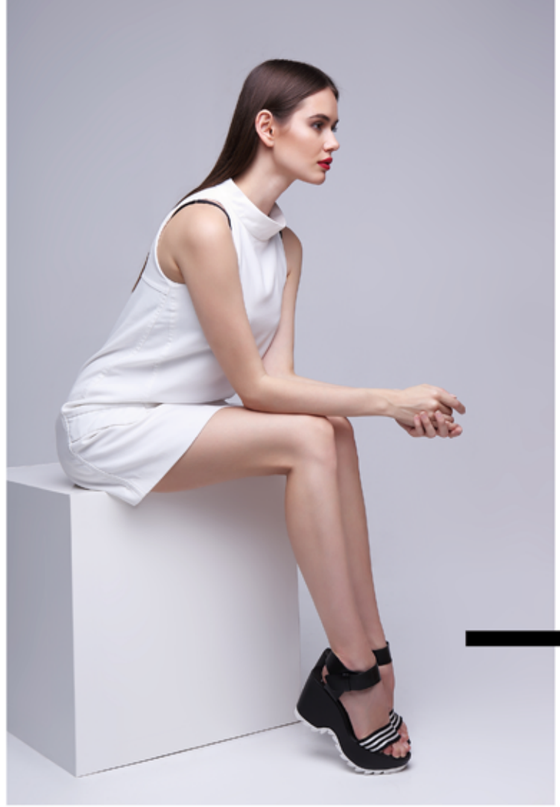
MODEL / ACTRESS

MICHELE

MODEL / FITNESS TRAINER

OBIANI

INTERNATIONAL MODEL



KNOW YOUR WORTH

IF SOMEONE WANTS TO SEE YOU, THEY WILL FIND TIME NO MATTER WHAT.

I read a quote that said, “there’s no such thing as someone being too busy – if they want to see you they will make the time” and it got me thinking. If all I asked for was an hour of your time, what’s the true value there? And does it go down because I reached out initially?

For those on an hourly setting, you automatically know what you are selling your time for. Deduct the travel, the break, and the amount spent on food and that is the final hourly you are charging for your business side. Personal however is different. I have heard that your

“network” is essentially your “networth”

– therefore, if I know “valuable” people my personal value goes up. Furthermore, if who I know is of worth for you, my value just increased.

I’m certain by now you are going in circles trying to figure what we are selling – and that is time. While there may not be a dollar sign on your head, you do need to stop and know your value. Someone giving you a run around when trying to schedule time to meet, may very well not be worth your time. It is important to value yourself, and not give in to the idea that you should be pushed as an option or worse, a second choice.

If someone wants to see you, they will find time no matter what. Even if they can’t see you for a full hour, they will dedicate 30 minutes of their time; because there’s no such thing as not having time to live. We all hide behind the excuse of being busy – but when we truly want something, it happens.

Therefore, I ask, what are you worth? If your answer is not “enough to be a priority” then you need to re-evaluate yourself, because you are worth every minute.

30 & SINGLE

*I'm thirty, I'm flirty, and holy f*ck – I'm single!*

Truth is I have been working so much on my hustle that I didn't really realize it until the other night at dinner. Most of the time, being single is great. I do what I want, when I want. It allows me to have more time to focus on my personal and professional development.

DOES THAT MEAN I DON'T WANT TO MEET SOMEONE SPECIAL? OF COURSE I DO.

There is nothing worse than sitting with someone and suddenly getting that dreaded question, "so why are you single?" – because I am. I work, I care for myself, and I haven't found someone that truly allows me to be, well, me. We all want someone to love and share in this mess we call life. But why does the world expect us to be in a "relationship" by 30? I honestly thought we were past that.

…do that, and when Mr. right does happen to come - everything will become that much sweeter.

We deserve love no matter where we are in our journey. But being single in your thirties doesn't mean there is something wrong with you – so let me stop you there. It also does not mean you will be single forever. Yet, most importantly, it doesn't mean you should punish yourself by not enjoying your life now.

The one thing to make clear is that no one is easy to love. But when you come across the right person, they and you will be well worthy of the effort. However, this "effort" doesn't come with a stamped date of expiration – because you are worthy all the time.

You just need to learn to be happy; even if "happily single" isn't something commonly heard. That is why it is up to us as individuals to school ourselves in the perception of what it really means to be single. It means you give yourself the gift of 'time'. Time to ground yourself and find out who you truly are and who you want in your life. It means you have an opportunity to become the best version of yourself when Mr. Right does come - and if he doesn't come right away, that's also ok! Just remember that your life can be full with or without them. Your life's happiness doesn't depend on a partner – because you have the ability to be happy always.

Therefore, for all my incredible 30-something year old women (men too!), never forget that the goal is to live your best life now, because there is no set date when someone should be in your life. Because no matter what is going on right now, you have the power to make it epic.

SAND AND SILK

BY TEMRAZA

The Chefs Table

Giampaolo Lenna is more than just the VIP DIRECTOR at NY's finest eatery - he is the friend you always needed; well versed in cuisine, nightlife, real estate and what it truly means to be and entrepreneur loving life to the fullest!

THE HUNT & FISH CLUB in Midtown Manhattan is not what you may picture – as instead of trophy heads mounted onto the walls it can best described as "elegance at its finest."

Welcomed by a chrome chandelier the size of a small yacht and mirrored surfacealong with marble you stand in silence to take in what easily become the most breathtaking restaurant in the US that you have ever visited; and you haven't even taken a moment to enjoy the food yet!

The evening started with a warm welcome outside the restaurant with Giampaolo, VIP Director. He had just arrived on his day off after riding his motorcycle. As expected, he was welcoming as always cracking jokes and just being a burst of energy. The rest of our party had already arrived and were waiting at the entrance bar with the host.

We all walked in and were quickly seated at the owners table – located on the side corner, perfectly placed to provide privacy yet allow for you to take in the beauty and ambiance of the entire venue. It was a typical evening, with crowds of sophisticated elites coming in and out, but enough to want to have you share on the gram; which is great since H&F is a 'Social Media Friendly Establishment.'

The time had come to begin to review the menu – of course Giampaolo took the reigns. He asked about our dietary restrictions and went to work on his magic as we began to chat about the secret, not so secret, "CHEF's TABLE."

The Chef's Table is a secret menu that is meant to be an experience unlike any other. Shy of allergies and dislikes, the custom off the menu-menu is set up in 10 minutes. Traditionally, this service is available per reservation, but walk-ins are welcomed. When the chef's table is requested, guests are greeted with champagne and are asked if the meal should be paired with wine. Giampaolo is then informed and the start of a one of a kind experience begins – but NO ONE is told what will be served shy of Giampaolo and the chef. Luckily, as they joke, "nothing has ever been sent back." Easy to believe that based on the guests reactions and seeing the large list of A-listers on their repeat guest list.

Suddenly, our discussion is placed to a halt as we begin to get our courses. First, we get freshly baked bread with butter that has been whipped to heaven, their classic HFC NY Chopped salad (their most popular) offering Chickpea, Tomatoes, Soppressata, Provolone, Cucumber and quite a large portion for one, a seafood salad, and the crowned appetizer – Grilled Bacon Slab thickly cut bathed in Cheddar Beer Sauce. Each bite was not as good as the best night with a lover – it was better! Good company and a good start to an amazing dinner. Up next we had more courses shared – Crispy Brussel Sprouts with Bacon, Truffle Tator Tots, Roasted Mushrooms, Parmesan Fries…and then came the main dishes (which by now you can figure we could die happily). Salmon with Crispy skin, Bone in Ribeye, and the crown jewel – Peppered Porkchop; which is described by Giampaolo as, "The best damn porkchop you will ever have"… and he was right – ("F*CK! This is amazing").

After we caught our breather after going non-stop on our courses we gave our orders for expresso. This meal thus far was truly what fantasies are made of, great food, great company, great location. Our caffeine came, along with a large display of dessert – which though we were "full" we ate to the very last bite.

After a few hours of dining, we had fallen in love with NEW YORK all over again. It is not every day that we go to a restaurant and find nothing wrong other than the fact that it is truly perfect. The restaurant is truly a must visit, whether you are traveling through or a local – but if you want to truly make your experience memorable, take a moment to meet Giampaolo and take it all to the next level.

NYC, the home of Hunt & Fish Club, and the heart of Giampaolo.

VISIT HUNT & FISH CLUB NY
125 W 44th ST, New York NY

@huntandfishnyc
@giampaoloienna

PINK KARMA

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DESIGNED & MADE IN NYC

"I am a jewelry designer, silversmith and enamelist. Also have a Computer Science degree and a Marketing degree.

My passion for design started as a child. I've always been particularly curious about trying out new things, putting together all my crazy ideas and exploring new materials to create and make unique pieces.

My inspiration comes from everywhere, life itself, music, architecture, nature. My work is an extension of who I am, a passionate dreamer who make dreams reality".

- OLGA BORGES, Founder

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