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Carolyn Muse Grant

From the Editor

Welcome to our online issue of CHIC COMPASS!!

We are happy to feature fabulous fashion, food, travel, interior design, music and entertainers as we promised. I'm sure you will be intrigued by our selection for this issue!

We're traveling to Italy and South Africa, we're doing fashion shows, performing at the Mob Museum, cooking, decorating and having wonderful conversations with artists, writers, music talents and quite a few others - all extremely talented.

We hope you enjoy this online issue and look forward to our next hard copy. The World Market in Las Vegas will be at the end of January and copies of our current print magazine will be in several locations.

Enjoy.....and always be prepared for our next edition!

Carolyn Muse Grant

COVER PHOTO

SPECIAL THANKS TO: Photographer: Oscar Picazo Model: Shen Shunshine

CORRECTION

In Volume 1, Issue 1, the article titled *Mark Gunter, Getting the Best Shot* featured a gown by designer Ionica Moldovianu on page 55 which was incorrectly attributed. This article has been reprinted in this issue on page 88.



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Photography, Hair, Makeup and Styling: Oscar Pic Model: Rosie Mercado



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Publisher	Forgotten Song Music, LLC.
Editor in Chief	Carolyn Muse Grant
Managing Editor	Ann Parenti
Fashion & Creative Director	David Tupaz
International Editor	Tet Andolong
Design & Layout	Jake Naylor
Public Relations Director	Cristina Pajara Clarke
Contributing Artist Photographers	Mark Gunter, Oscar Picazo, Stanley Tran Photography, Graham Palmer, Kendall Hardin, Michael Tessler, Aeon Jones

EXPERIENCE

Contributing Writers Ann Parenti, Carolyn Freeman

BEAUTY Contributing Writer David Tupaz

LIVING

Contributing Writers Carolyn Muse Grant Vanessa Chamberlin

ART Contributing Writer Joan S. Peck

FASHION Contributing Writer Gerry Simpson

TRAVEL & DINING Travel & Culinary Director Contributing Writer Kendall Hardin

> **ENTERTAINMENT** Contributing Writer Stacey Gualandi

ADVERTISING INQUIRIES

info@chiccompass.com | 702.736.8229 5275 S. Arville St., Suite 112, Las Vegas, NV 89118

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LAS VEGAS FROM DIFFERENT PERSPECTIVES

By Joan S. Peck Photography by Aeon Jones & Michael Tessler

10

OFTIC COMPAS



61 love Las Vegas for it has so many facets to it and it is fast growing to become one of the most international cultural cities in the world. It is a place that entices artists of any genre to come and participate in all the various avenues open to them to learn more and to display their talents. Las Vegas is centrally located so that within a few hours, it's possible to go beyond it and experience desert, high-desert, mountains, lakes and the Pacific Ocean. It is a hub for artists, especially for the lovers of the camera, whether a professional or a tourist.

Although there are many fine photographers here in Las Vegas, I was drawn to two of them who stood out to me because one wanted his work to draw attention to the viewer's spiritual responsibilities, and the other wanted to humanize man-made structures. I was fascinated to meet each, find out more about them as an artist, and have the opportunity to view some of their creations.

At Left: Time Together by Aeon Jones "The desert southwest fascinates me. From Red Rock Canyon to Zion, the Grand Canyon and Bryce - where this image was captured. The colors in this photograph are surreal, and barely touched in post-processing." When I met Aeon, I was delighted to experience his upbeat personality and enthusiasm when talking about his work, for he obviously loves the challenges of what he does dealing with Mother Nature. Since moving to Las Vegas, he has been drawn to Red Rock Canyon and for years he has been creating photographs of the Conservation Area as he explored the many miles of canyons there.

As I sat across from him during our interview and perused his many photographs of the outdoors, I had to laugh when he told me, "I'm really just an outdoorsy nerd." But as I learned later, it suits him perfectly. It was interesting to learn that although he's been creating "significantly meaningful photographs" for more than a decade, he's actually only been in business since November of 2017. Aside from this relatively new business venture of producing limited-edition photographic prints for collectors, he still works a full-time job as an electronic technician.

Aeon went on to explain that he has a technical background with a degree in electronics, courtesy of the United States Air Force. He stated, "I couldn't possibly produce the works I do without knowing every aspect of how the camera and lenses work together in order to produce the desired effect of the photograph he creates (the technical side)." His eyes lit up as he talked to me about ISO, apertures, histograms and all sorts of things I know nothing about. I could see how his enthusiasm for the technical, left-brain side came into play with his photographs and it made me smile again over his earlier "outdoorsy nerd" claim.

When I asked about the spiritual sense of his photographs, he said "I'm instilled with a deep reverence and passion for the natural world generated by the sense of wonder and awe I feel when immersing myself within it. I respect and try to see the wisdom, beauty and mystery in all aspects and processes of Mother Nature. If I need to define better what it is I want to say with my photography – it is best expressed in terms of wanting to open the eyes of others to the beauty around us and inspire them to get out there to witness and participate in the spectacle of Nature and not see ourselves as above or apart from it."

I sat there luxuriating in the tenderness of Aeon's work from a feminine right-brain aspect of his creating and commented on that feeling to him. He just smiled and said that "while you can't create technically great photographs with the left-brain side, the hard part really is the right-brain aspect of it. It's far easier to learn how a camera works than how creativity works!"







Above: Black Tip Agave Photograph by Aeon Jones

"I'm always drawn to the organics in the desert. There's a very deep beauty in something so powerfully defensive in nature. Cacti, agave, yucca ... they're all fascinating to me."

At Left: Photographer Aeon Jones

Far Left: Golden Surprise Photograph by Aeon Jones

"Ancient trees older than most nations, backed by the Milky Way Galaxy ... It's a great reminder of how significant life is."



I asked what he thought was important about taking a camera shot. "It's not what you include in a photograph, but what you exclude," he answered, giving me thought. I then asked, "What is your favorite place to shoot?" and he answered with a chuckle, "Any place with clouds."

I fell in love with Aeon's work, and as you peruse it, it's easy to see that his pieces are more than a simple click of a camera and are stunning in their uniqueness and hidden messages.

Want to see more of his beautiful work? Go to aeonjonesphoto.com or give him a call at: (702) 335-8833 *It is my hope that through vivid imagery I will inspire in viewers the desire to take better care of nature and each other.*

Above: Red Rock Medley II Photograph by Aeon Jones "I love Red Rock Canyon—it's the reason I moved to Las Vegas in the first place. And it's never better than at sunrise because it's amphitheater of cliffs and canyons catches the morning sun so perfectly all year round." I met with Michael who appeared on the surface as serious and studious as he approached the table where I sat. But as he joined me, I could see he was so much more than that with his twinkly eyes and easy smile. As we began talking, it was obvious he was excited about his work and I was looking forward to see Las Vegas through different eyes and his viewpoint. His creations didn't disappoint.

I hadn't thought about a photographer being specialized and I was pleased to learn what exactly Michael did as an architectural photographer. I discovered that he specializes in photographing architecture and interior design for architects, designers, builders and developers, as well as commercial clients like hotels, restaurants and other businesses. He also works with magazines and editorial clients.

At Right: Palms Place Room at Twilight Photograph by Michael Tessler "I try to achieve the same effect as I do in my architectural photography. In the bedroom from the Palms Place condos, I tried to create an image that makes you want to be there. You can feel the excitement of having a room with a view of the Las Vegas Strip. I also used light to balance the scene and make it feel very natural while highlighting many of the interior design elements. This photograph also demonstrates the great attention to detail I bring to every photograph. I spent a lot of time both on location and in post-production to ensure the photograph was technically perfect and very clean."



Las Vegas is becoming even more fascinating as it's growing up to become a big city with all its interesting lines and angles that I love to photograph.



When he came here six years ago from Dallas (he's originally from Pittsburgh), he began landscape photography focusing on the national parks and conservation areas that surround Las Vegas. He opened up his own photography business years ago and started selling his landscapes at local and regional art festivals. He was drawn to design and architecture; however, he soon developed an interest in architectural photography. After spending two years learning, practicing, and developing a portfolio in that specialized field, he left his full time job a year ago to devote himself fully to photography. He still attends art festivals on a limited basis, but is focused now primarily on architectural photography.

When I asked him why he liked what he was doing, he answered, "I love architecture, both interior and exterior. When I enter a beautiful hotel or office building, a sleek, modern restaurant or a restored historic building, I often feel a compelling desire to photograph it. I appreciate the statement good architecture can make and the feel it can give to a city, town, or neighborhood. The architects and designers who create these spaces inspire my desire to capture them and tell their story in photography. I am a creative artist and the inspiration I get from architects and designers is one of the reasons I chose to focus my talents on architectural photography."

Above: Watchman on the River Photograph by Michael Tessler

"I try to bring a unique, artistic perspective to both my landscape and my architectural photography. I created this photograph taken at Zion National Park beside the Virgin River. Most people photograph this location from the bridge that is directly behind me in this image, and from that perspective they get more of a bird's eye view of the scene. The view from the bridge is also a very well-known and famous composition. When I made this photograph, the bridge was filled with 20-30 people with their cameras and tripods, while I was alone in my spot. I prefer this perspective because I think it draws the viewer into the photograph more strongly. It places you in the scene, and you can imagine more easily what it's like to be there."

It was interesting to me to realize that unlike working with ever-changing Mother Nature, Michael works with man-made environments with the idea of bringing in the human side of its purpose, and his aim to make you feel like you are there—a part of it. Every photo is created so that you can feel what he felt at the time.

I had to chuckle for when I saw some of his interior photos of several newly built bathrooms with glorious bathtubs and showers, I would have jumped in them if I could have ... they are that impressive.

"For exterior photographs I scout the location ahead of time. I evaluate the light and shadows cast by the sun and how they either enhance or diminish the important



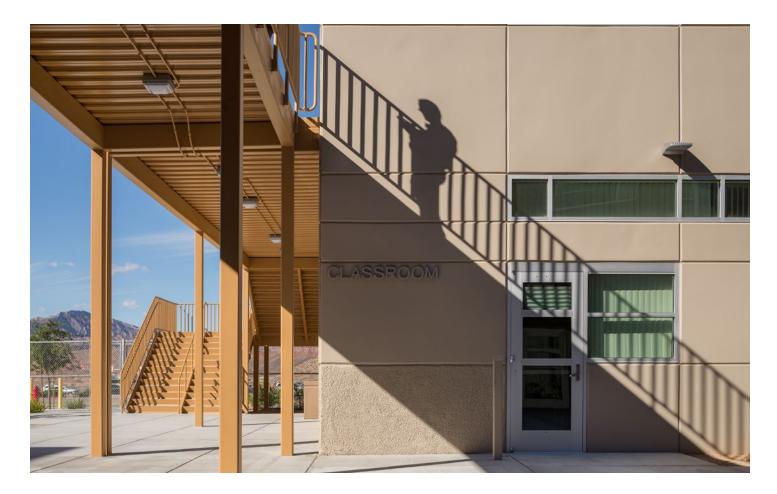
architectural and design elements throughout the day."

When he stages his interior compositions, he says "I pay great attention to the details to enhance the architecture and design as only someone who has developed as eye for this kind of photography can do. My goal here is to simplify as much as possible so that the ar-

At Left: Michael Tessler

Below: Josh Stevens Elementary School Exterior Walkway Photograph by Michael Tessler

"I'm always looking for interesting plays of light and shadow in my architectural photography, and that's why I chose this photograph from Josh Stevens Elementary School in Henderson. When I noticed the strong diagonal lines created by the shadow of the walkway on the building, I decided to find a composition that would capture that graphic and dynamic element. I punctuated this photograph by including the shadow of someone standing on the walkway. I'm always looking for ways to add interest and life to a photograph, and that usually means including people in different ways."



chitecture and design of the space become the primary subjects of the photograph."

I was blown away by Michael's work and the opportunity to see how a somewhat dull building or even a beautiful interior becomes alive with his photography.

Want to see what I mean for yourself?

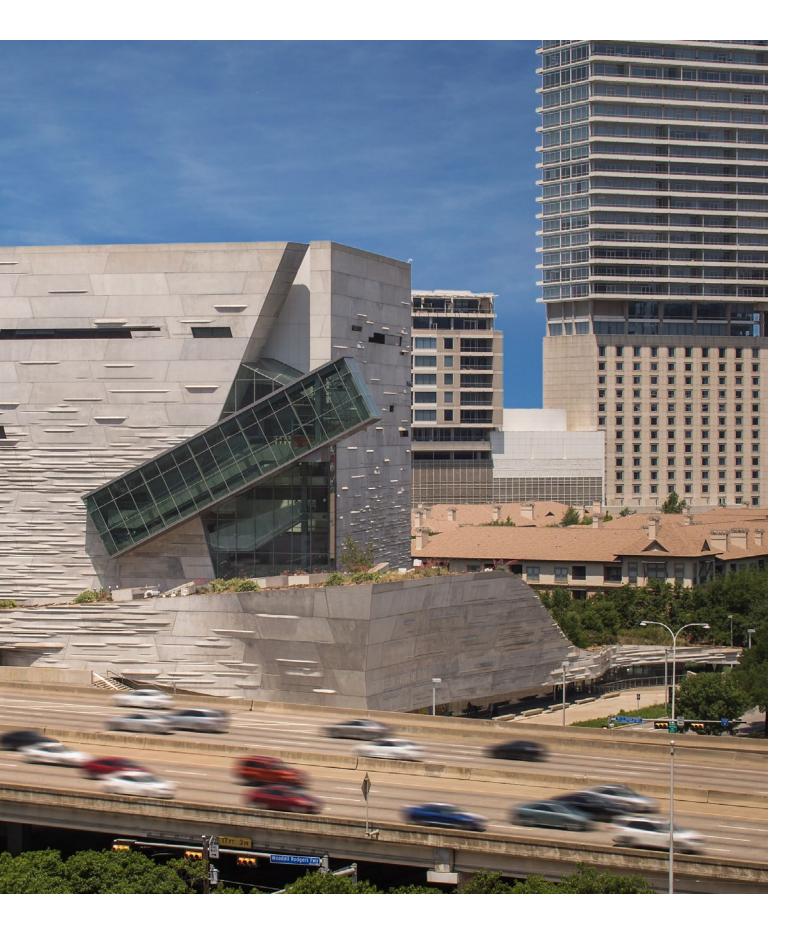
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For me, the most interesting thing about talking to different artists of all genres and seeing their work through their eyes is the realization that it is perspective that makes each creation unique. And broadening that thought is why no two people are alike making each of us in a sense a unique piece of art. All that is needed now is for us to appreciate that in each other.

At Right: Perot Museum of Nature and Science

Photograph by Michael Tessler "The city scape shows the Perot Museum of Nature and Science in Dallas, Texas. It is a cityscape image, which shows the building in its context. I approach this kind of photograph as I would approach a landscape image because, even though this is an artificial environment, it shows more than just the building or a detail of the building. It shows the building in its environment. Also, it's a building by a famous architect, Thom Mayne, FAIA of Morphosis Architects."







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THE SNALLEST ROOM

By Carolyn Muse Grant

s Richard and Robert Sherman wrote, "it's a small world after all. It's a small, small world."

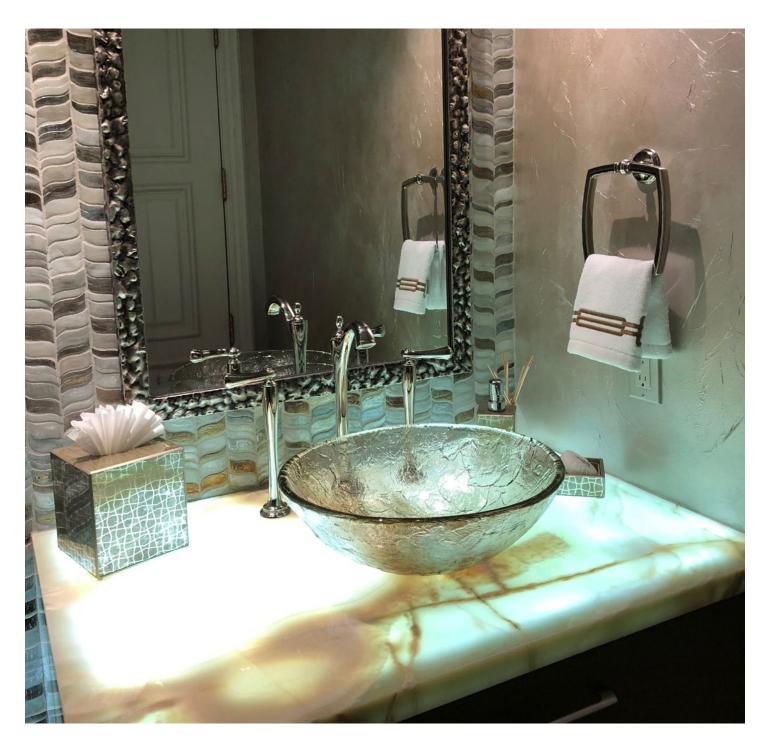
In general, the smallest room in the house is usually the one seen by the most people – and that's the powder room. In today's lifestyle and modern homes the powder room is considered an essential. Most prefer not to have guests using personal bathrooms, hence the popularity of a powder room.

Powder rooms are favorites of designers today. Several reasons account for this. The room is small, usually no more than four by five feet. The small size can allow for more expensive materials to be used in the room, and also gives designers the freedom to use a particularly loud or bold design. A small space limits homeowners in some ways, but the tiny powder room opens up a lot of opportunities with color, pattern and accessories.

The small size also dictates content in the powder room and most include only a toilet and sink. And this is where you can really have some fun. There are some awfully cool sinks that are just perfect for a small room. Because of their size, they are much more appropriate for a powder room than a personal bathroom.

If you have a tiny powder room, you might consider using some luscious paint or paper – doesn't

Below: Design and Photograph by Interiors by Cary Vogel





have to break the bank – and then splurge on a beautiful sink. Toilets are available for not a lot of money, so for not very much money, you can make your little room a jewel box.

Hang a mirror; provide good lighting; include pretty towels and

soaps; and by all means, make sure the room smells good!

With a little imagination and creativity, the tiny powder room will become the biggest star in your home. And whether you and your guests powder noses, or wigs, the powder room will rock. Above: Design and Photograph by Interiors by Cary Vogel

With a little imagination and creativity, the tiny powder room will become the biggest star in your home.

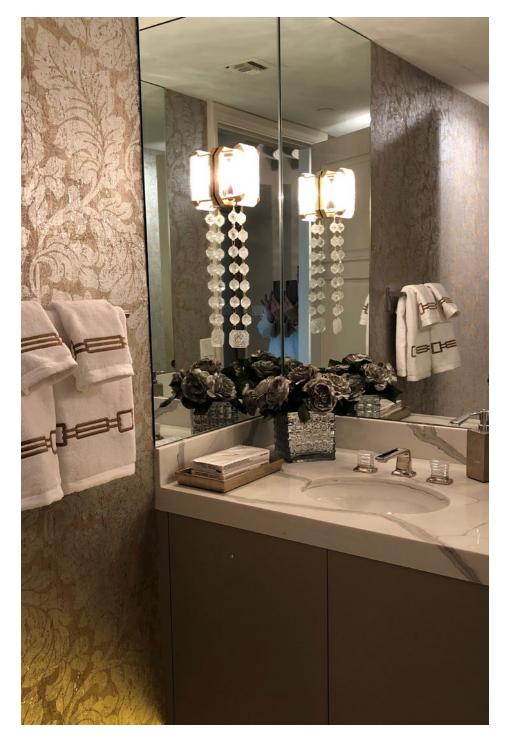
Now, having elaborated on the small bathroom, and how inexpensively you can produce one, it can be the total opposite.

If you are the proud owner of a beautiful expensive home, you can in reality pay a small fortune for your sink, cabinetry and toilet if you wish to do so. Beautiful tiles,



Above: Design by Interiors by Cary Vogel, Photograph by Mike Hill

At Right: Design and Photograph by Interiors by Cary Vogel





wall coverings and lighting can play a wonderful role in your tiny room. And so many options are available. Your powder room can easily become the tiny jewel in your magnificent home.

Homeowners and designers can make remarkable decisions in decorating. Sometimes it is ruled by the budget and sometimes by choices. Whatever your desires in design, remember it can be accomplished.



Above: Design by Interiors by Cary Vogel, Photograph by Jim Decker

Above Right: Design by Interiors by Cary Vogel, Photograph by Jeff Green Photography

For more information about Interiors by Cary Vogel, visit: www.interiorsbycaryvogel.com

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SAFARI ADVENTURE

Article & Photography By Kendall Hardin



y safari would soon end at Marataba in the wild southeast corner of South Africa and tonight marked my last evening game drive departing from the lodge promptly at four o'clock after high tea. Our trek would be extra special according to our guide Helen who was going to drive us far off the grid to the west in search of the elusive leopard. We were going to invade fresh territory.

All week we had traversed the remote bush of Marakele Park, which means "Place of Sanctuary" in the local Steswana tongue. The 580 square miles of the reserve is rougher and more "brambling" than the lush high plains of the Serengeti in Tanzania. But it offers a stark, raw beauty all its own - especially with the Waterberg Mountains towering in the foreground. If the flora were different I could imagine being in the middle of Utah with ancient mountains of red limestone. We are on hallowed primordial ground.

At the center of the landscape the impressive cliffs of the Waterberg Range tower over 1,600 feet above the plains, a relic of the inland lakes which deposited sediment more than a billion years ago. Archaeologists have unearthed evidence of "pre-human occupation" in the region. The most obvious modern human evidence is in the form of San rock art some 2,000 years old, as well as iron age sites scattered around the range. As reference points, the cliffs served as indispensable markers to define one's location and sense of direction in the bush. Tonight we would travel beyond the ridges.

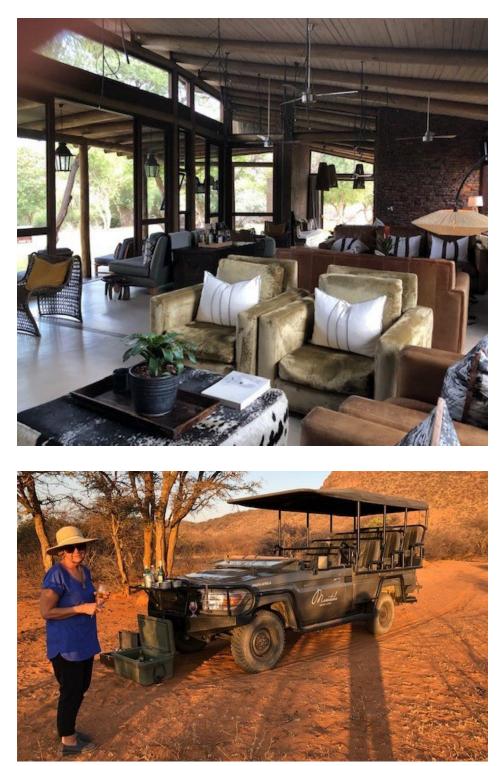
Our massive open-air Toyota Rover followed pathways rather than dirt roads and we had to be careful to dodge branches with long thorns thrashing us as we moved through the wilderness. Without a guide one could easily get lost and disappear without a trace. Where we were headed tonight would be even more raw, remote and possibly precarious. A new adventure! We climbed altitude as we moved closer to the Waterbergs and finally passed the Citadel, the end peak of the range at Marataba. Open savannahs appeared, flush with numerous species of antelope,



zebras and wildebeests. Back in the brambles we startled two statuesque white rhinos, stubbornly holding their ground 100 feet in our pathway. Helen reversed the gears of the 4 x 4 and headed onward toward higher terrain to the west.

As we drifted farther from our base at Marataba we witnessed signs of leopards in bush country: multiple kills of antelope deposited high in the trees. Even the elephants had roamed here with dung and upended trees everywhere. But this was relatively virgin territory. Suddenly we spotted a lioness camouflaged in the thicket about 50 yards from us. To our surprise she rose up when the vehicle stopped and waddled slowly toward us, crossing our path into the brambles on the other side. It was easy to see that she was ready to give birth at any moment. Helen explained that a lion will leave the pride to give birth alone in a remote region and she will keep her cubs hidden for several weeks before she takes them back to the family. Like the lioness, we had ventured far from our local haunt into this isolated region.

As the warm sun sank toward the orange horizon we stopped to stretch our legs for the traditional "Sundowner" custom of observing cocktails in the bush as Helen set up a full bar on the front grill of the vehicle, complete with ice, hors d'oeuvres and mixers. It is at Marataba that I discovered Fitch & Leedes Pink Tonic Water, which turned my vodka a delicious pink hue in a crystal wine glass. In the colonial tradition of the Brits



and Dutch alcohol has endured as a mainstay tradition in the bush. We toasted our last evening game drive together while the sun slipped below the horizon,

As a guide, Helen might as well have arrived directly from Central Top: Home Base at the Marataba Safari Lodge

Above: Kendall's sister enjoys the traditional "Sundowner" custom.



Casting. She was tall and lithe with long sun-toned legs and arms. Her hair was blond and straight, tied back by a simple piece of rawhide. Her grey safari shirt with rolled up sleeves was embroidered with "NJ More Field Guide" certifying her graduation from one of the continent's most prestigious colleges for field guides. Draped around her khaki shorts at the waist was a thick leather belt with slots for 6-inch brass bullets and a pistol. Even without makeup, Helen could have stepped right out of a Voque photoshoot. She was beautiful

> Above: Certified NJ More Field Guide, Helen

Top Right: View of Marataba from Kendall's lodgings

At Right: Young Male Lion

But what endeared all of us to Helen was her intellect and persona. Raised in Germany, she attended French schools. For college, she went to the United Kingdom. Here was a young woman of 26 who could drive a bush mobile "tank" with one hand, handle the radio with another, and answer questions about geology, animal behavior and native flora fluently in three languages - French, German and English - while remaining totally authoritative and charming at





the same time. She possessed a genuine innate graciousness.

On the first day we met, someone asked Helen why she became a guide. She instantly lit up and gestured with both hands toward the vast reserve below the Waterberg Range, "With an office like this, it's the perfect job." And she meant it. Getting a job at Marataba was a royal plum. Helen was born to be a guide in South Africa. I silently dubbed her Princess of the Marataba.

As darkness descended it was clear we weren't going to spot a leopard on this outing. We began our trek toward home. Oddly, we continued toward the west. I asked Helen if we were going to take the freeway home. Everyone chuckled. She turned the headlights on.

As we drove on Helen occasionally got out of the vehicle to remove logs and thorny branches in the way. Rules dictated that guests stay in the rover. Complete darkness had set in. Then a strange noise coming from my side of the vehicle. Helen stopped the vehicle and inspected the rear tire and our situation: five women with a flat tire in the bush at night. Then she gave the four of us direct marching orders.

"Everybody out of the vehicle and stand guard at all four corners," she calmly ordered. "Use your night vision. If you see anything, everyone back in the rover." She moved to the front of the vehicle and unsheathed the long rifle that rested on the dash and retrieved a



headband light from the dash compartment. Then she dislodged the spare tire and rolled it to the side, pulled out the jack and a large X-bar to dislodge the lug nuts. Helen worked like it was a timed drill to qualify at guide school. I wanted to assist but knew that liability issues prevented any guest from intervening.

My father had trained me to change a tire when I was 13. I knew the steps, but this was a colossal monster tire on the Rover. What she did next surprised me. After jacking up the vehicle, she affixed the X-bar onto one of the nuts and jumped on the bar's handles to dislodge it and proceeded to do this until all the lug nuts were off. Then she commanded, "Everyone step back!" as she pried the tire from the rim with a big bounce. She rolled the flat and lodged it into the undercarriage.

She then rolled the spare into place, sat down on the ground, and use her legs and feet to help

hoist the huge tire onto the rim. As she started reapplying the lug nuts my attention returned to "night vision" and leopards. We had half a moon that night but the dense bush was pitch black and mysterious I looked around for long tree branches knowing that stealthy leopards often pounced on prey. They can carry a kill six times their weight up a tree. And they are rarely sighted because they blend into the bush so well. Survival skills kick in. You instinctively focus on any kind of movement and sound. The night seemed eerily too quiet.

I calmed myself knowing that guides like Helen must prove proficiency in survival training, as well as in mechanics and marksmanship. I am relieved to see that she is jumping on the X-bar now to tighten the nuts on the spare. Once done, she allowed us to board the vehicle, but kept the long gun handy along the windshield.

We all laugh when one of the quests tells Helen she is now promoted to "one badass girl guide." Helen fires up the vehicle and puts us in gear. Another natural survival instinct in the bush is one's sense of direction, and mine is puzzled. The "L" word looms in my head. This is new territory to Helen. Could we be lost? Surely, she would radio for help if that were the case (or are we beyond radio range?). Time is relative in the bush. Wandering takes forever or so it seems. I can't see my watch anyway. All I know is that we seem to be searching for a pathway to take us east. For a way out.

We finally dead-end onto a rough dirt road (the bush's version of a freeway) that paralleled one of the biggest electrical fences l've ever seen. I mean the high-tech government kind they put up around plutonium plants and other off-limit trespassing sites with warning signs. Even though an elephant can bring down a tree, none would dare challenge this fence. Is this a hunting range, a bio-sphere research facility, or an endangered species breeding ground in the middle of nowhere? Whatever it is, Helen's not commenting, and we trudge onward toward Marataba. Finally, we cross a bridge that even I recognize from two days ago. We're coming home.

But not so fast. I hear a strange noise on my side of the bush mobile and lean out over the edge. "Helen, we have a problem," I warned. "It's another flat!" She pulls to a stop. This time five women in the bush in the dead of night without a spare. What are the odds? This time she immediately radios ahead and pinpoints our location for the dispatcher. The lodge is sending out its two African trackers with a new tire to rescue us. "They're on their way," Helen assures us.

With the motor off, we can't help but nervously giggle and twitter, as we're getting tired and slap-happy. But we can also hear an entire herd of elephants just a stone's throw away breaking trees apart and communicating with low trembling sounds along the ground. A jackal runs across the road in the headlights. Movement way down the road is hard to make out. Could it be that small pride of lions we saw lounging yesterday that have turned into a pack of killing machines by night?

"Let's be still and listen to the elephants," suggests Helen, knowing the herd's proximity is an asset to us. "They know we're here." Snorts, cracked branches and low rumblings continue all around us. Occasionally, a mother or aunt will trumpet to admonish one of the youngsters. We barely breathe.

At last, we see the trackers' headlights. They pull up and insist in their native dialect that Helen trade vehicles to drive us on to camp while they switch out the tire on Helen's Toyota. God bless them! As we roll into the courtyard in front of Marataba's Lodge, one of the workers meets us with wet towels and profound concern in his eyes. "All fires gone and worried big." Explanation: the wood fires in the massive caldrons set every night had completely burned out and five of us were still missing. What a lovely and reassuring way to mark time at night - with fire!

The cooks had been summoned to serve us a full dinner, but I could hardly eat the full-course meal and wine set out before us on the terrace. One of the natives escorted us with a flashlight to our tents overlooking the vast grassland between us and the towering Waterberg range. A herd of small impalas shifted quietly nearby and the vervet monkeys were all asleep in the trees. The atmosphere gurgled with rumbling thunder and flashes of lightening, signaling that the rainy season would arrive any day now. The bush would soon be transformed into a lush version of itself. Animal life would be reborn. The continuum of life would reassert itself, even though I would be 12,000 miles away when the first downpour deluged Marataba. But this world is indelibly imprinted on my soul. I can re-visit it in my mind for the rest of my life.

As I curled up in bed, my last thoughts were of Helen, who would have to patch two tires before tomorrow morning for our final game drive at 5 am. Another day, another leopard? Bring on the adventure, oh Badass Princess of the Marataba!

At Right & Below: Roughing it in one of 15 tuxury tents at the Marataba Safari Lodge.









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LOUISE GOFFIN & MICHELLE JOHNSON

NAKING BEAUTIFUL MUSIC TOGETHER

BY STACEY GUALANDI



hat happens when Grammy-nominated recording artist Louise Goffin and Sin City's "First Lady of Jazz" Michelle Johnson decide to collaborate? A match made in masterclass heaven, of course.

Budding Las Vegas songwriters recently got a front row seat to Goffin's "Songwriting Masterclass" at The Space in Las Vegas, made possible by the legendary local songstress.

"What I'm known for is doing the things that people say can't be done," says Johnson. Fortunately, the prolific singer-songwriter's reputation remains firmly intact.

Born in New York City and raised in Cairo, Egypt, Johnson credits Carole King's *Tapestry* album for inspiring her musical journey to versatile Las Vegas headliner. She began writing songs on her piano as a six-year-old. "I would get in trouble secretly playing at 2 a.m.," she jokes.

She carried that passion through college ... graduating from Yale, but exchanging a parent-preferred legal career for a booming backup singing career with such icons as Gladys Knight and Sheena Easton and studio work with Paul McCartney and Elton John.

Now, she impresses audiences with her one-woman musical tribute to the album that started it all in, "Tapestry Unraveled" at The Smith Center.

Louise Goffin was born in Brooklyn, and raised in Los Angeles by her parents, legendary lyricists Gerry Goffin and none other than Johnson's inspiration Carole King. At 19 she released her debut - the first of eight solo albums - and is now a critically-acclaimed singer-writer-producer in her own right. At Left: From Left, Michelle Johnson and Louise Goffin are interviewed about their Masterclass in Las Vegas, Nevada.

In 2011 Goffin earned an Emmy nomination for producing A Holiday Carole; she works with topnotch musicians like Rufus Wainwright and Benmont Tench; and 4 years ago, through her Favorite Song Academy, Goffin started teaching songwriting seminars to help students lose the ego and insecurity and empower them to be their best creative selves. (Her advice? "Keep going in spite of the voices in your head!")

Coincidentally, these two talents came together in late 2017 thanks to someone who worked for Goffin and happened to know about Johnson's Tapestry show. He told Johnson to attend one of Goffin's classes in Los Angeles.

Johnson did just that. The experience, she says, was transformational. "I saw Louise take a class of strangers, put them into groups and, by the end of the class we had written all of these songs," says Johnson. "Some of them were really good!"

Less than a year later, Johson decided to bring Goffin's Masterclass to Las Vegas, a city filled, she believes, with untapped talent. Now, it looks they might be onto something.

Chic Compass Magazine recently caught up with this dynamic duo to talk songwriting (of course!), paying it forward and their plans to keep making beautiful music together.

CHIC COMPASS: So how do you feel about joining forces?

MICHELLE JOHNSON: Louise gave me the tools to not only be a better writer but also a better person. Maybe all this time the reason I was drawn to Carole King is that I needed to meet Louise and work on my craft! From the moment I saw Louise's face and heard her speak, in the first 10 minutes of [that first] class, I didn't think a thing about Carole King; it was all about Louise. I consider her a friend now.

LOUISE GOFFIN: Michelle is a rare breed who puts her mind to something and gets the job done and done well. She took a chance having me come out to do a masterclass. But she was determined, saying we must start somewhere. I think she hit on something deeply needed in Las Vegas. Almost everybody works, but there's not a lot of nourishment for people's artistry outside the jobs they have to pay the rent ... compared to Los Angeles where you have entire neighborhoods of out-of-work musicians who spend all day going from house to house, recording in studio to recording studio creating their dreams. Las Vegas seems to be a place where you have to dig deep to find a place to connect on that level.

CHICCOMPASS: Describe your first Las Vegas masterclass? **LOUISE:** What I loved most about the masterclass was how people got in a room with other songwriters - who for the most part they'd either just met or had never written with - and boom! Out of the ether, a song is born! To hear the performers and new songs and to see how people's faces were aglow to be on stage singing something they'd just written, that's always a thrill. And I love having the opportunity to be one more "yes!" in their heads, when so many of us are battling too many "no's."

MICHELLE: It was transformative the way she taught. It was a class on the craft and personal freedom as a creative person freeing your muse, working with

Below: From Left, Louise Goffin and Michelle Johnson.



insecurities and time management. Louise has a knack for tapping into what your strengths are and how to better take care of your soul as a creative person in a non-traditional job. [At The Smith Center's Composers Showcase], it's like a family of people who come to watch in a completely supportive, safe environment, but that's not the same thing as sitting down and really breaking down: How do I write this song? What is a hook? Where do I get ideas from? How do I let go of my fear? It's almost like therapy!

CHICCOMPASS: What is your personal take on the songwriting process?

LOUISE: My process is mysterious. I think songwriting has to be a bit like diving for treasure. Most of the work is knowing what to look for, not necessarily making something good up. It's more about discovery and less about invention. Then there is skill and instinct and a couple of good things to learn so you don't mess up a good idea.

MICHELLE: My job as a performer and songwriter is to impact you. That's the whole point. The side benefit is I get to unload the demons out of me if I'm in pain and I get to let whatever I'm feeling - joy or sadness - out of my body and onto the stage... but that's not the end goal. The end goal is to connect the material to the listener and to let empathy and connection drive the performing experience on a uniquely personal level.

CHICCOMPASS: What do you hope students "takeaway" from a songwriting masterclass?

LOUISE: I try to remind people that songs are to be sung, not read on a page. So the words are best if they have vowels and sounds that you can sing. Sometimes the words are percussive, sometimes more melodic, but it's essential that they have something that people feel good singing. Add in there some true meaning and make sure you deliver an emotional build so it's not just a trance of repetition. I try to bust up people's locked patterns... put phrases and words together they might not normally put together for inspiration. I think everyone can be creative at something, but I don't know if everyone is a songwriter. Fish shouldn't ride bikes and cats shouldn't take swimming lessons. However, it's rare that someone wants to write songs and can't get better at it.

MICHELLE: The joy is not to overthink it. Everything doesn't have to have a specific meaning. To me, a song has a job and that job differs for every person who listens to it. To me... a song may mean healing from my first husband's passing ...or joy because I fell in love again. Songs are chameleons. The point of my [Tapestry] show and what I'm doing now is



to show that music can be a healer and a bridge between us so that we communicate.

Songs used to tell a story. With the exception of country music, which is still very story-oriented, most music I hear today is all about, "Let's get to the hook ASAP." That doesn't mean today's popular music doesn't have value or meaning. There is something to be said for simplicity too. My point as a songwriter: Find whatever works for YOU.

CHICCOMPASS: Why do you both feel compelled to give back?

LOUISE: I realized that something that was almost invisible to me, like the water a fish swims in, was wasted if I didn't share what I had learned with others. I wasn't interested so much in teaching people how to write a song; rather, in inspiring them to feel they had something to say. I did some mentoring with WriteGirl along with major women songwriters who had a lot more success with writing hits than my journey took me on. I used to feel I couldn't get in some of the same rooms they could get in because I didn't have the chart success. But because I could always perform my own songs and survive as an artist whether people recorded my songs or not, I developed a unique set of survival skills. I wanted to share with others what advocating for myself as a songwriter and artist had given me, which turned out to be essential to my psychological well-being.

MICHELLE: If you don't pay it for-



Photo of Michelle Johnson performing in Las Vegas, Nevada

ward it's not rewarding. It doesn't finish until you pay it forward. You get the skill, you get the experience, you get to a certain level and then even though you want more - you must start giving back in order to make room for more stuff to come. That's how I see it.

CHICCOMPASS: How important is it to invest in your craft?

LOUISE: You can't get any good at anything if you don't invest in it. Period. The more you invest in it, the better you'll be at it. Genetics don't buy people sustenance. Time will inform where people's passions lie. You then see what they do when no one's paying attention to them. That's where the juice is. When it gets you when no one's watching.

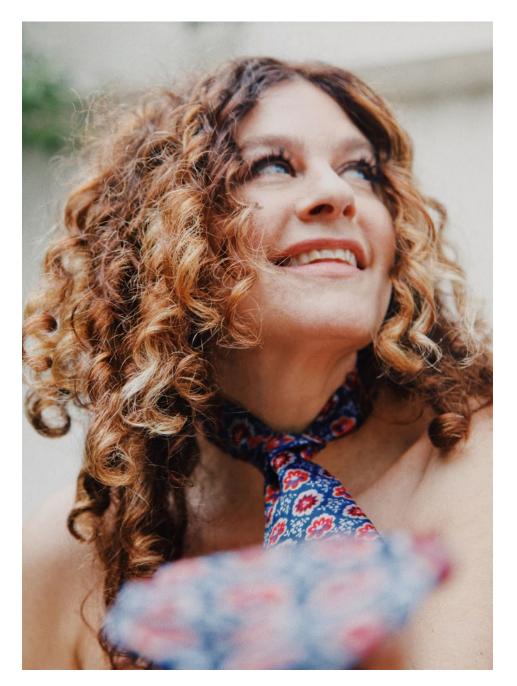
CHICCOMPASS: What have you learned from your parents?

LOUISE: My dad taught me about economy. Every syllable mattered, and the feeling has to be 100 percent authentic. My mom taught me about that 100 percent authenticity too. And like her, I have laser focus and a strong work ethic. She was the "OG" on female empowerment in the studio. She never asks permission, she's always taken it as a given that she's got the goods and steps in to do her job. I never felt like I had to fight because "women don't get an equal chance." I just get in there and do my thing. I take the reins. You want to produce, arrange, lead a band? Then get in there and don't wait for someone to give you a green light. Because they won't.

CHICCOMPASS: What did Carole King teach you?

MICHELLE: As wonderful as it

is to be able to cover all kinds of genres and write all kinds of songs nothing is truer than when you find your own voice. Carole wrote for so many different artists but her true breakthrough came with the *Tapestry* album. That album represents more than a collection of great songs. The album represents Carole's self-empowerment as a producer and writer and performer, all in one. That is why the album is so important to me. She



got to tell her own stories and to express them using her own voice. That's where I am now in my career, recording my first solo album of original songs. It's not about being a cookie cutter artist that looks a certain way or who is a certain age or who fits a certain mold ... it's about telling your truth, no matter where you are in your life. And in the end, that's all we have.

CHICCOMPASS: What are your future plans?

LOUISE: Too many things to name! It's taken me a long time to get over stage fright, self-criticism of my voice and measuring myself according to rules a now-outmoded industry imposed on my mindset. I think I got good at so many jobs and skills because I wanted to keep going; what I didn't know, I'd learn. I couldn't take no for an answer! I have stories in me that may need a platform that is different than the short form of a song. I love editing. I have my podcast [The Great Song Adventure] with Paul Zollo. I want to make a film, expand the masterclasses to be 5-day intensive retreats, bring my show to bigger audiences and, lastly, be able to afford a roadie!

MICHELLE: I'm at peace making a living doing what I love. In 2019 I will be recording my album of originals with Grammy-winning producer Kamau Kenyatta. I am currently writing a book about the music business. One part is on basic business and music career advice and simple survivor techniques; the other is on the underbelly of the music industry and how to navigate relationships so that you



retain power over your career. My husband and I will continue running our "backline" production company that supports touring artists and I will still produce corporate events. I would also like to take what I've learned and use it to create an "artist development academy" for career advancement through seminars and workshops using the concepts in my book - especially those that empower women. I have access to a lot of big names in the music industry, and I want to leverage those relationships at this phase in my life by involving them in the academy project. The recent masterclass was just the beginning. Ultimately, I want to encourage people to boldly pursue their passions. My true calling is to be an "influencer." And I would love for Carole King to see my show. That would be bucket list!

For more information about Louise, visit: www.louisegoffin.com www.thegreatsongadventure.com

For more information about Michelle, visit: www.michellejohnson.com MIDNIGHT MUSE AT THE SPEAKEASY

By Ann Parenti

G t took some time in the making, but it was worth it. Forgotten Song Music and The Mob Museum have been chatting for about a year or so about doing an event at The Speakeasy. The only catch was, it wasn't quite built yet! After much anticipation, the night of the big reveal for the Midnight Muse story arrived with big fanfare from the audience on December 14. Midnight Muse is a story about the last 50 years of live music of Las Vegas told by the musicians and vocalist of those eras. Most had some fun stories about the mob influence in those days and shared them on the film by the same name that has been airing occasionally on Las Vegas PBS for the last few years. There is also a companion book, a CD and a wonderful website full of fun stories and even jazz appreciation classes that you can take complimentary online.

To add to the night, Chic Compass gave out complimentary issues of their premier release of the magazine. Everyone got a holiday gift in form, song and in spirit that night. The staff at the Speakeasy and the museum itself were delightful to work with and if you visit there sometime soon ask about the "hidden room". It really is an extraordinary place to explore. The Mob Museum is also a non-profit organization and is always having very interesting events going on throughout the year. To learn more visit www. themobmuseum.org

The story doesn't just end there, we brought to life that night the story by showcasing a few of the folks that appeared in the film and got to hear firsthand what it was like to live in a town when live music was available 24/7 in most clubs and hotels in town. The evening was hosted by yours truly and we featured the talented Ronnie Fabre' who wowed the crowd with her fabulous voice. She shared that spotlight with her dear friend Joe Darro who told a few amusing stories, rattled off names of the many major vocalists he has played for over the years and then sang his heart out for the crowd while he per-





An evening at The Speakeasy inside the Mob Museum to present Midnight Muse. From Left: Carlos Holguin, Mike Candito, Ann Parenti, Ronnie Fabre, Steve Golden, Joe Darro.

formed on keyboard. What a voice that man has. Mike Candito our fabulous drummer and a talented vocalist told a little about who he has played with over the years. He currently tours and plays drums and sings backup for Gary Puckett and the Union Gap.

In a way to reminisce about times past we recreated what it was like to have a walk on quest join in with the band. Back in the lounge days at most of the hotels the big-name headliners would get done with their acts and go into the lounges to hear their friends perform. Most nights they would come up on stage from the audience and surprise their fellow musician friends and do a few songs. With that concept in mind we introduced Steve Golden, a wonderful sax player who happens to be married to Ronnie Fabre! He told some wonderful stories about Sinatra who he used to play for and joined in with the trio to add a little spice with his sax. Not long after we then brought on stage the Forgotten Song Music first scholarship honoree, the delightful and talented Carlos Holquin to add a little bass to

the group. Carlos has now come full circle. He is the newly appointed Latin Jazz Instructor at CSN where he originally won his scholarship. When Forgotten Song Foundation was born in March 2015, they continued giving grants and scholarships to not only CSN but UNLV and several like minded foundations to help support their mission that were in alignment with their own mission statement. Since Forgotten Song Foundation formed, they have given out over \$25,000 in grants and scholarships. To learn more about both organizations, please visit www.forgottensongmusic.com and www.forgottensongfoundation.org

After much anticipation, Midnight Muse was well-received by the audience and at times there was standing room only. As Stacey Gualandi delightfully stated that night ... "A night at the museum and it was mobbed!"

WINTER BEAUTY

Presented by Las Vegas Artist & Photographer Oscar Picazo

Humankind's ultimate goal is beauty and love. Through the centuries humanity has tried and tried to discover the fountain of youth. Today with advanced technology and science we have somehow reversed the aging process. People are looking younger and have maintained their looks. From movie stars to beauty queens...Las Vegas artist/photographer, Oscar Picazo knows beauty first hand! As we welcome a new year and the winter season, Oscar shows us his vision of "Winter Beauty." Photography, Hair, Makeup and Styling: Oscar Picazo Model: Shen Shunshine

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Photography, Hair, Makeup and Styling: Oscar Picazo Model: Leeka Merrick

The party

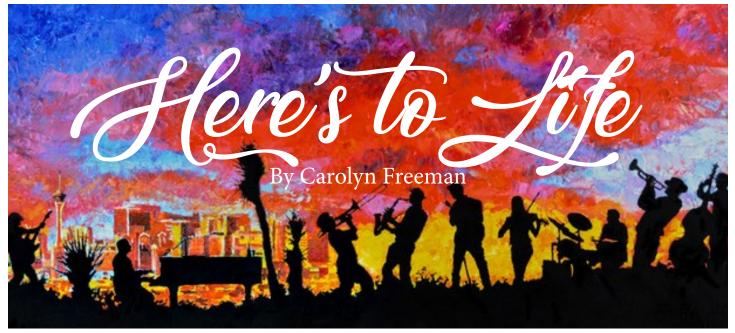
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言語の

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he Las Vegas Suite composed by Nathan Tanouve with lyrics by Clint Holmes has been mastered and is awaiting the finishing artwork. Jerry Blank has created a great cover for the CD which will only add to the excitement that this work has created. The Las Vegas Connection (31 musicians) and Clint on vocals are our best yet. We Las Vegans who deal with summer will appreciate Clint and his interpretation of "Heat." The CD release will be early February with a concert to celebrate. How fortunate I am to be involved with all the collaborators, musicians and artists in this stunning new album.

The question arises, how did a dancer with a musical comedy background become a jazz enthusiast? I would have to say that my husband, Russ Freeman, was my biggest influence. He shared his knowledge and past experiences with me. Russ was nine years older than me so his jazz world was far different from mine. When he and his fellow musicians met the talk was usually about a "new chord" or "rhythm changes." It always sounded like secret code messages. I still maintain the musicians belong to a secret fraternal organization. Recently a friend was sharing her experience of seeing and hearing Artie Butler who was a surprise celebrity songwriter perform a song that he wrote with Phyllis Molinary at The Composer Showcase this past season, and this brought back a memory of a musician gathering at Lou Levy's home. Imagine this lineup of quests for the night. It was right out of a cast from a dream show. There in the room was the man responsible for creating The Pink Panther music and so many other famous songs, Henry Mancini, the beautiful Shirley Horn and entourage, Blossom Dearie, Earl Freeman, Pinky Winters, Russ and more who all played. I heard Shirley Horn sing Artie Butler's famous tune, "Here's to Life" as only she

CD artwork for Las Vegas Suite by Jerry Blank

could. Also, David Raksin told me how he came to compose "Laura." So when Artie's performance was mentioned to me recently, it brought up this night of nights in my memory bank of the grand moments of being the wife of Russ Freeman.

I have been able to hear the best and absorb their energy. No one was terribly interested in my latest ballet class. I was intrigued by their world. To improvise their moment during a tune seems unbelievable to me. I once told Russ that he had an extra groove in his brain that nurtured improvisation. I have turned in my tap shoes and ballet slippers and am now doing all I can to keep jazz alive and thriving. It's a journey but a grand one. As we get closer to releasing this work of love and art from our hearts, be on the lookout for some special offers and events to celebrate that Chic Compass will help host; to celebrate the arrival of The Las Vegas Suite. In the meantime, "Here's to Life"!



as Vegas designer, David Tupaz presented his 2019 collection at the West Sahara Library, The Studio "Art Galleries" (formerly the Fine Art Museum) during the exhibition of "Shimmering Zen" by James Stanford. David's collection was inspired by the Artist's work and it showed in his choice of colors and shapes and the overall look of the collection.

" I am overwhelmed by James Stanford's work", David said. Being a Las Vegas designer, and James who is a native, was a perfect collaboration to bring the essence of Las Vegas' culture and aesthetics. "There is certain vision that artists see and share" David adds. The runway show was produced by The Industry Fashion Show and David Tupaz in cooperation with TNG models who sponsored most of the runway models in support of David. The event was by invitation only as most industry events and shows are.



The Industry Fashion Show (T.I.F.S.) is a production company that produces fashion events, con-

ventions, expos, as well as fashion presentations during fashion week. Our focus is not just a platform for designers to showcase their collections to the press and media, but we bring industry professionals, retailers, buyers, merchandisers, stylists, fashion PR, and advertising to create interest, connections, and business, between designers and the industry. We want the runway to be the vehicle that will create sales. The Fashion Industry Show (T.I.F.S.) has a fully equipped production that includes a lineup of house models, hair and make-up artists, production staff, interns, and volunteers.



TNG Models is a full-service model and talent agency based out of Las Vegas, Nevada.

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Design <mark>by David Tupaz</mark> Photography by Stanley Tr<mark>an Photography</mark>



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ADVENTURES IN DINING AND TRAVEL

VENICE AN OFF-SEASON TRIP TO THE FLOATING CITY



By Richard Stearns | Photos by Graham Palmer

discovered Venice for the first time many years ago. Just as Carnevale was ending, I remember going to St. Mark's Square for the first time. There were still people wandering through the streets with their magnificent 18th Century costumes and masks. It was early evening and there was a light rain falling steadily. The square was all lit up, and the waiters at the outdoor Café Florian (opened in 1720, and the oldest café in the world) were standing under the columns trying to keep dry. Even with few customers, the orchestra kept playing. A woman standing next to me was swaying in time to the music. On an impulse, I asked her if she would like to dance. She agreed and we both walked out into the middle of the square. The two of us danced in the rain, and it was a magical moment in time. Right then and there, I fell in love with this grand and magnificent city. Once we were done, the orchestra gave



Flooding at San Marco (St. Mark's) Square.

a flourish, and the people standing around applauded. That moment will never be forgotten. Every time I return to Venice it rushes back from my memories.

Over the years, Venice has become far too crowded to truly enjoy the city in season the way it was. So, I thought the perfect time to go would be during the off-season. I arrived at the end of October expecting cool weather and few tourists.

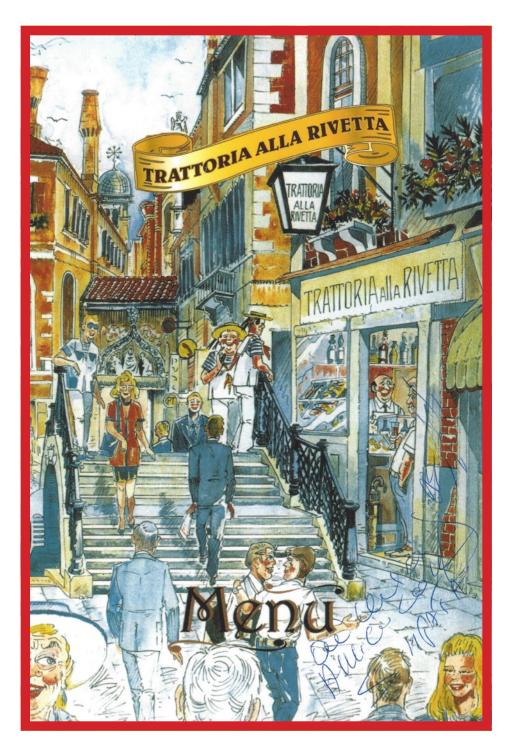
What I got was massive flooding throughout Venice due to a storm front that engulfed Northern Italy. The water levels during high tide were pushed into the city by the storm and parts of Venice were flooded to a height of five feet. The salt water got into St. Mark's Cathedral (built in the 11th Century). Experts say that the cathedral aged 20 years in one day due to the water incursion.

When I landed in Venice I took a water taxi from the airport to the hotel. I wasn't quite sure what to expect. As I arrived water was lapping over the sea walls onto the sidewalks, but the inside of the hotel was dry. Thank goodness! The Danieli, an elegant old palace that was built at the end of the 14th Century and later converted to a hotel, was beautiful and tranquil compared to the chaotic weather outside. The lobby with its four-story staircase and giant chandeliers made of Murano glass shining and glistening throughout is worth the trip. I settled in with a sweeping penthouse view of the rising lagoon, bobbing rows of gondoliers, and a chilled bottle of Italian Prosecco.

As I walked the short distance from the hotel to St. Mark's Square, the high tide was already up to the very edge of the Doge's Palace. The Square itself was covered in water! Elevated wooden sidewalks had been placed so that people could get around without having to wade through the water. However, it appeared that the business owners of Venice had adapted to the rising tides. Everything I could see remained open. All the employees were wearing waders, and whether it was a restaurant, jewelry store, or a gallery, customers continued to come and go as though absolutely nothing was amiss. There were even vendors who were selling waders to the tourists in a variety of colors – blue, yellow, green, red, etc.

I worked my way through the flooded areas and aimed for the renowned Harry's Bar. It is home to the famous Bellini, first served in 1934. Harry's legendary clientele, headed by novelist Ernest Hemingway, the man who put Harry's Bar on the map, include Prince Philip, who was a regular before he married Queen Elizabeth, Somerset





Maugham, A.J. Cronin, Douglas Fairbanks, Jr., Truman Capote, Noel Coward, the Windsor's, Errol Flynn, Toscanini, Cole Porter, and the kings of Greece and Spain.

Orson Welles would send a driver over from where he was shooting a film in Yugoslavia. At 10 a.m., the driver would pick up 24 sandwiches and two bottles of champagne to take back across the border for Mr. Welles' lunch.

Harry's bar is very small and always filled. However, I had recently learned that there was a much larger portion that was frequented by the locals and celebrities. I asked the waiter if he could show me this. He agreed and took me through a doorway and up a set of stairs. He showed me another bar and an entire restaurant. It was much bigger up there than the small bar downstairs. I was ready to sit down for one of those famous drinks, and I looked at the menu.

When I saw that the cost of two Bellini's was 44 Euros (\$50 USD), I decided to pass and moved on to my next adventure.

One of my goals during this visit was to eat at a Venetian restaurant that wasn't an "overpriced tourist hotspot." I wanted to go to a place that the locals frequented. I spoke to the hotel's concierge, and he immediately gave me the name of a restaurant. The Trattoria Alla Rivetta is a family-owned restaurant next to a canal (isn't everything in Venice?) in one of the quieter areas of Venice. It is a local eatery and is a particular favorite of the gondoliers who stop there for their lunch every day. The concierge was happy to walk with me to the restaurant expertly avoiding the flooded streets and keeping our walk dry. Once we got there, she introduced me to the owner, Stefano, and explained my purpose. The owner escorted me to a very nice corner table and, at his suggestion, he began to bring dishes of food to the table. The first item to arrive was a cocktail called an Aperol Spritz (see recipe on next page).

APEROL SPRITZ

- 3oz Prosecco
- 2oz Aperol
- 1oz Soda Water
- Orange slice, for garnish

It was a very refreshing and tasty drink made with orange liqueur and prosecco. Next, the waiter, Sergio, delivered a dish of baby soft shell crabs, caught fresh that morning. This was followed by a plate of gnocchi Bolognese (pictured at right) and then some local langostinos (pictured bottom right).

"One of my goals during this visit was to eat at a Venetian restaurant that wasn't an 'overpriced tourist hotspot.' I wanted to go to a place that the locals frequented."





The waiter then brought a sea bass to the table and de-boned it right before my eyes (pictured below). Each dish was prepared perfectly. They were so delicious, and left me wanting more. I was enchanted by the charm of that restaurant and Sergio's knowledge of the local cuisine. Its atmosphere was quiet compared to the hubbub of the crowds of tourists outside. The owner stood by the entrance and greeted the patrons as they came in the door. His son, Danieli, was



the bartender and he was very happy while he prepared the drinks or opened bottles of wine. I sat back and took it all in. That, I thought to myself, was what dining should be. Finally, the waiter brought a dessert of homemade tiramisu, followed by a demitasse of bold Italian coffee. [Note: As in Spain, France, and Italy, coffee is always served after dessert. Coffee served with dessert is an American invention.]. The coffee was simply amazing. With my dinner finished, I reluctantly said goodbye and headed back to my hotel for the night where a Jacuzzi hot tub and a chilled bottle of prosecco were waiting.

As our time to board the cruise ship approached, I could only think about the experiences that I was forced to miss due to the storms and flooding. I had to cancel our trip to a Baroque Theater, where the cast of characters dressed and performed in 18th Century costumes to a concert of Vivaldi's work. Also gone was my class on making an authentic Venetian Carnevale mask from a Master of the Craft. And lastly, I had scheduled some time to go to a chef's home where he was going to show me how to make pasta from scratch something in all my years, I've never done. This was to be followed by one of his wonderful homemade dinners.

However, this just gives me an excuse to return to Venice one more time in the very near future, and I can't wait.



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FUEL YOUR SELF-WORTH WITH HEALTHY EATING

By Vanessa Chamberlin



elf-worth is an interesting phenomenon. Without it, we are susceptible to bad relationships, depression, and poor habits that lead to bad health and a painfully unhappy life. But where does it come from? Some people have intrinsic self-worth. They know that their life has value and they see themselves as worthy of both self-love and love from others. Some people have self-worth from outside sources like a caring family and partner. But increasing your self-worth and having a more positive self-image isn't something we're taught to do. In most cases, we're not even taught that selfworth is something we should care about.

I think a lot of the world's problems could be solved with some direction and counsel, teaching people how to use introspection to understand themselves and others. On an individual level, I believe that how we care for ourselves is the greatest way to grow and foster self-worth. Step one is what we eat.



Here are 5 ways healthy eating fuels self-worth.

It recognizes that you are worth caring about. Just the little bit of time that you put into making yourself a healthy meal—you don't have to slave over a hot stove all day for a tasty plant-centered dinner, mind you—shows yourself that you're important. You're at least as important as the other people you care for, or the other work that you do.

Healthy eating validates your physical well-being. You shouldn't feel physically uncomfortable and fatigued all the time. The physical symptoms of a junky include things like weight gain, poor digestive health, sluggishness, and an ineffective immune system. Imagine if you were doing something to cause these symptoms in someone else. It would be criminal! Yet people go on doing this to themselves for their entire lives. Changing your habits and moving towards a more plant-centered diet and lifestyle shows you that your physical health and vitality is worth the effort.

Plant-based eating fuels happiness. Sadly, many people either consciously or subconsciously believe that they don't deserve to be happy. Either they've made mistakes in the past or were just taught that they're not worthy of good things, success, and love. Taking care of yourself and fueling your body and mind with plant-based foods will lead to happiness. It's time for you to feel joy every day! Fueling your body with healthy food invests you in your own future. Some people find that they are not motivated to care for themselves in the present because they don't care about the future. When you realize that you can brighten your own future, work toward your goals, and make personal improvements, then it's an easy choice to care for yourself today.

Healthy eating breaks the diet cycle and erases guilt and shame around food. I've seen this many times: someone has poor self-worth, so they eat junk food, binge, and over-indulge in comfort foods to try to fill the void of self-worth. Then, after they realize the bad choices they've made, they feel guilt and regret. That causes them to carry those negative feelings around



constantly, diminishing their health and lessening self-worth. Making the decision to eat a plant-based diet opens a world of self-love that stops the cycle of dieting and stops daily feelings of guilt.

If you're reading this, then chances are you're ready to start feeling good about yourself. That's great! You can show love and care for your mind, body, and soul every day by fueling your passions with nutritious food and practicing selflove with your habits. Below are my top 10 ways to improve your self-worth on a daily basis. Let's get this self-loving party started!

My daily method of operation that creates vibrant health, happiness, and beauty from the inside out.

1. Gratitude

A simple "Thank you God for another day" sets the tone for the rest of the day.

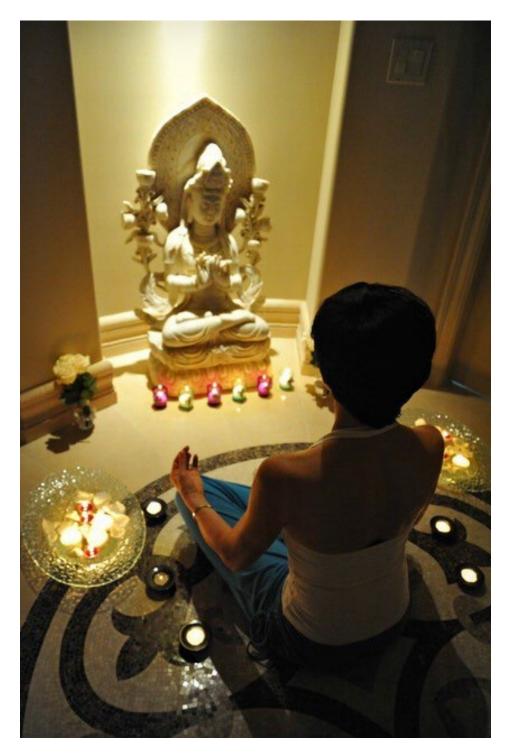
2. Drink Water

Rehydrate your body and brain as soon as you wake and throughout

"Meditation lays the groundwork for how you will show up and respond to your life demands. Even just a few minutes of meditation can bring clarity and gratitude to increase your self-worth." the day. Dehydration is a thief of beauty!

3. Meditate

Begin your day with meditation. There are countless ways to get your mind still and rejuvenate yourself. My personal favorite is Transcendental meditation but soft uplifting music, guided meditation, deep focused breathing or a nice walk outside in nature are all perfect ways to create your daily recharge and internal reboot. Meditation lays the groundwork for how you will show up and respond to your life demands. You will find that even just a few minutes of getting



still brings clarity and gratitude that naturally increase your self-worth.

4. Smoothie time

Mom was right... breakfast is important! Your first meal will dictate how and what you crave throughout the day...When you start with a nutrient fiber-rich packed smoothie or a hearty bowl of delicious oatmeal topped with ground flaxseed and fresh berries you will be less likely to crave junk processed food and you'll give your body the extra energy it requires to power through until lunchtime.



5. Move your body

Stop making excuses... There are countless ways to get your body strong fit, strong, and healthy. Whether it is a brisk walk, cardio, yoga, dancing or lifting weights at the gym What matters is that you are moving your body. Your heart, soul, and hips will thank you!

6. Eat the rainbow

The best beauty advise I can give anyone is to eat a variety of fruits, veggies, grains, and legumes. Eating your fruits and veggies will fill your body with a powerhouse full of antioxidants that will prevent disease and fight those crow's feet and wrinkles better than fancy creams ever could!

7. Journal before bed

The key to a fabulous night's sleep is to release the day's events and your to do list from your brain... a simple few minutes of journaling your thoughts, desires or troubles will help clear out your brain to allow for a more restful night's sleep. Remember.... There is nothing beautiful about a cluttered overwhelmed mind.

8. Sleep

During sleep, our body does its biggest work to rebuild and repair. When you cut sleep short your body can't work its magic. Without enough rest, our bodies will hold on to excess weight, have lackluster hair, dull skin, adrenal fatigue and overall lack of energy... Not a pretty picture!

9. Self- love time

Let me count the ways...Read a great book, get a massage, listen to some music that makes your heart sing, take a dance class, enjoy a long luscious bubble bath.

10. Community and friends

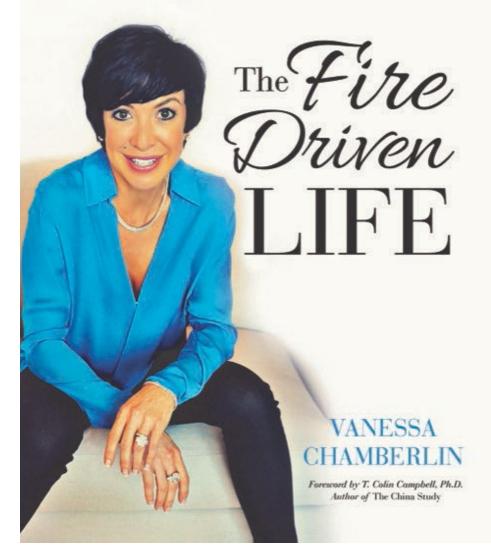
Spending time with friends and community that lift you up is one of the best ways we can fill up our beauty tank. A happy heart is a beautiful one!

Vanessa Chamberlin is a Certified Health and lifestyle Practitioner, motivational speaker, and author of The Fire-Driven Life: How to Ignite the Fire of Self-Worth, Health, and Happiness with a Plant-Based Diet. In addition, Vanessa is a passionate jazz singer and mother of three beautiful daughters.

For more information, please visit: www.vanessachamberlin.com Instagram @VanessaChamberlin Twitter @vkchamberlin



How to Ignite the Fire of Self-Worth, Health, and Happiness with a Plant-Based Diet





TO SELF-PUBLISH OR NOT TO SELF-PUBLISH

By Joan S. Peck

Sooks, books, books we love them. We cry over them; we laugh with them; we adore how they feel in our hands, and as we turn each page, we are stirred by the emotions the words and their artwork create within us. Indeed, we must love books because today there are more than 1 million *new* books offered for sale each year.

Yet, I guess that number shouldn't be so surprising, because humans have always had a propensity for storytelling, even as far back as 30,000 B.C. as evidenced in the famous cave drawings in Chauvet Cave in France, and the Egyptian hieroglyphs in 4000 B.C. With the Chinese invention of paper in 105 A.D., new ways to express ourselves came about, and today the field of writing and publishing a book remains an open field for anyone who has the fortitude to go through the process.

Yes, we've come a long way, thanks to all the technology and

social media that's been created which has allowed us to communicate so easily with one another and has given authors various means to share their books. Today, above and beyond the ease of purchasing print books through multiple resources, we can download them onto our computers and hand-held devices as e-books or listen to them as Audible books. Although the varied choices to make our books available to the public can become overwhelming for any author, there is one decision that an author ultimately has to decide-do I self-publish, or do I go through a traditional publisher?

There are many reasons for choosing either, but what is the difference?

1. Simply put, for certain rights, the traditional publisher doesn't charge authors to publish their book, and pays them royalties on books sold.

Most often, the authors receive an advance of money.

2. Self-publishing, also known as "vanity" publishing, is where authors have to meet the total expense of getting the book published and retain full rights. Without the publisher's costs, the royalties from the sale of books is greater.

For many years, there was a stigma against self-publishing for if you did, you were looked upon as an author unworthy of consideration by an established traditional publisher. Therefore, your book could never receive the influence nor praise that it might have deserved otherwise if your book had been accepted by a well-established New York publisher.

But the truth is independent ["indie'] self-published authors have learned how to produce their books as professionally as traditionally published books, and indies are now considered to be the 'cool cats'earning and deserving the respect of readers. With the creation of Amazon, Nook, and others, indies have avenues to distribute and sell their books to waiting audiences in a much shorter time frame and with lower prices than traditional publishers. The trend of printed books, whether self-published or through a traditional publisher, is diminishing as e-books take over. It is predicted that e-books will overtake print books; yet, likely, there will always be print books.

As an indie author, I agonized whether I should find an agent and see if a traditional publisher would be interested in publishing



my book or 'bite the bullet' and do it all myself. Because I didn't want to wait, I launched my first two books of my mystery Death Card Series this year through my own publishing company. I was aware of several local authors here in Las Vegas who had also launched their book this year, and I was curious to hear which way they had chosen to publish their book and why. But what became more valuable to me than simply discovering whether they self-published or not was to learn about the authors themselves, for each is a fascinating person.

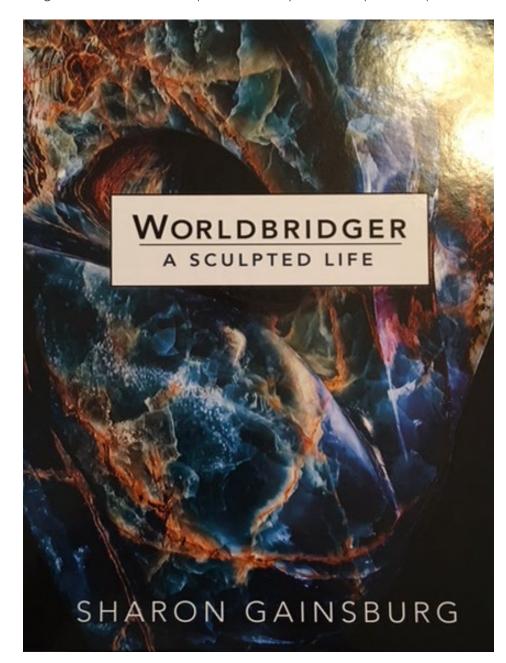
Sharon Gainsburg

I met Sharon (pictured above) at her studio where she had some of her exquisite stone art pieces displayed. I felt held there, unable to move away from the beauty of each carved masterpiece. The energy emitted from each piece was overwhelming, and I became captivated by its message for me, which for anyone who views any great work of art is unique.

Sharon pulled me into the back area of the studio where large

uncarved stones sat upon shelves waiting to be chosen for the next art piece. It is there she teaches others the skill of what she does and encourages them to "Listen to the stone, for it will talk to you," ultimately guiding them how to carve out their stone. Work tables were scattered about allowing me to view several pieces of her students' unfinished work, where it was possible to make out what they would look like when finished. Each one magnificent – thanks in part to Sharon's more than 40 years as a teacher.

When she showed me her book, I was taken aback as I looked through it, for it is more than a stunning piece of writing filled with photos of her work—it is part autobiography from 1963 to the present where she shares the development of her spirituality through her work. I found her book, "Worldbridger – a sculpted life," a gift for anyone who picks it up to once



again appreciate the synchronicities of life and the guidance from others outside ourselves. When I asked her what Worldbridger meant, she replied, "She was told, besides creating my own work, I was here to help people tap into their subconscious, and consciously bring forth their creative voice."

This is Sharon's first book and when I asked her what had inspired her to write it, she said, "A student said I needed to tell my story. By sharing my experiences, I really wanted to inspire other artists not to give up and show them that if I can do it, so can you."

Did you self-publish? I asked. "Yes, my son helped me. He had contacts for the layout work and editing." It was printed through Ingram Press, one of the two most popular for self-publishing authors.

Her advice for an upcoming author? Vet the people responsible for getting your book out and make sure they are reliable." Anything else? "Don't waste your time beating yourself up and judging what you are writing. Write from your heart."

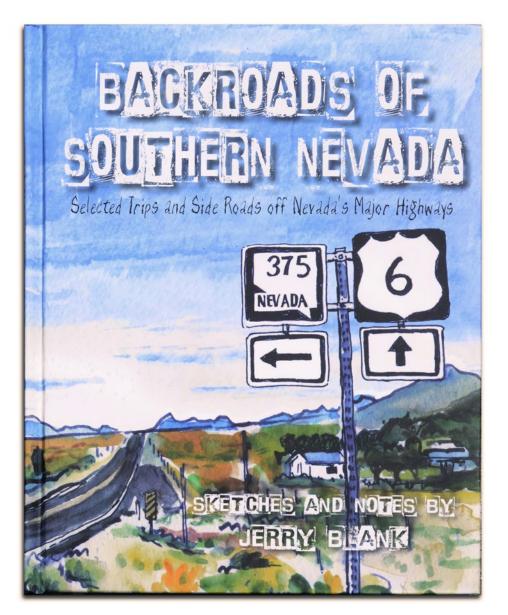
Visit Sharon's website at: www.gainsburgstudio.com

Jerry Blank

I went to visit Jerry at his studio (pictured at right) where some of his latest artwork was on display. He is an impressionist artist, and his paintings are brightly colored with broad and bold brush strokes that demonstrate his appreciation for life. He has earned many awards for his work.

Jerry's background is in graphic design, marketing communication, and commercial illustration, which he used in teaching design at Foothill College and San Jose State University. He took a yearlong sabbatical in Paris which set the stage for his conversion from commercial design to fine art. He returned home with 53 paintings influenced by Manet, Monet, Van Gogh, Cezanne, Renoir and others, and launched his painting career. He has now been painting for 20 years and is in constant demand for his art pieces.

The book he presented to the world this year is called, *The Backroads* of *Southern Nevada*. It is his first book—a beautiful, "down-home,"





unpretentious book filled with 165 of his eye-catching watercolor sketches of tucked-away, fascinating places to visit off Nevada's major highways. When I asked what had inspired him to write this, he went to his bookcase and pulled out Earl Thollander's book, Backroads of California. He said, "I've always loved this book filled with sketches and many more pages than mine. There has never been one written of the backroads of Nevada, and I thought I would do one." It took him one and onehalf years to complete his sketches and get the book out. If you read his book, you'll want to go to each place and see it for yourself.

I asked if he self-published his wonderful art/travel/history book and he said he had. Why? "I wanted control over it, especially for distribution, and the publisher takes so much financially."

His advice for upcoming authors? "If you have a dream go do it, life is short."

Visit Jerry's websites at: www.backroadsnv.com www.goblankart.com

Quincella Rivers

I have known Quin and her smiling face for several years, and she continues to inspire me with her involvement in non-profit work. She is a socially inspired author and activist who has lived in Las Vegas since 1978. She had an interesting professional career working as a Juvenile Probation Officer and a senior investigator for Child Protective Services. Today, she continues as an advocate for sexual abuse victims and works within the community on issues regarding Human Trafficking. She is the president of The Society, Inc. that empowers and provides support to youth in the visual, performing, and literary arts.

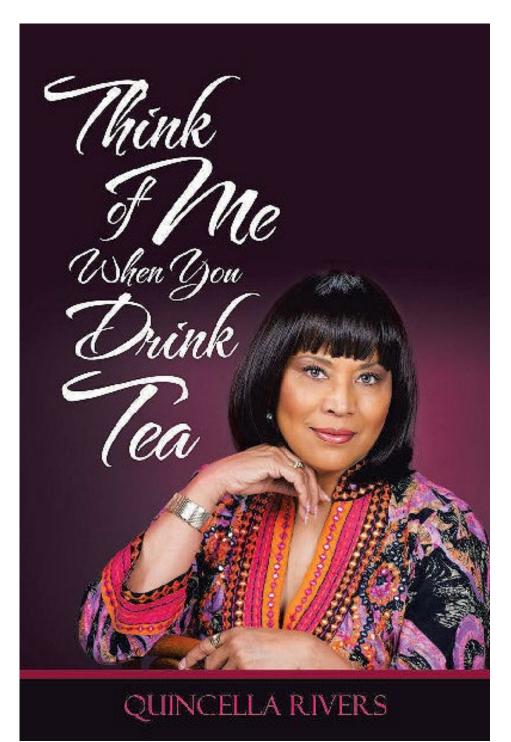
Poetry is her way of releasing her creativity. When I asked who had inspired her to write, I was fascinated by the turns of events that led her to write. As a child, she had a speech impediment which resulted from a hearing impairment. She was teased about it, and became self-conscious about her speech, so at the age of 10, her mother bought her a diary, and she began to write, discovering it was an easy way to express her emotions.

It was her brother, Bucky, who was diagnosed in 2009 with multiple sclerosis and passed in 2016, who inspired Quin to publish a book of the nearly thirty poems she had completed in her repertoire. Before he died, he said "When are you going to stop fooling around and publish your book?"

In November 2017, Quin followed

her brother's wishes and published "Think of Me When You Drink Tea." It is a beautiful, touching book filled with a soothing collection of poems that evokes deep feeling, and ranges in topics about fashion, love, trials and tribulations of life, social justice, and how to deal with loss of loved ones. Quin says, "Life is a journey filled with obstacles, triumphs, and failures... Still, always remember not to cry because things ended; smile because they happened."

Of course, I was curious to know if Quin had self-published her book, and I wasn't surprised to find that



she had, but only after she thoroughly researched both traditional publishing and self-publishing to see what would work best for her. But, like most of us, she "wanted more freedom and control over her work" and will self-publish her next book as well.

Her tip for upcoming authors? Do your research between traditional or self-publishing to decide which would be a better fit for you to obtain your goal. "Just be cautious regarding the phone calls, and emails you will receive about how other agencies and companies have the ability to help you with your marketing strategies and promotion of your book. Do not lose touch with reality and allow them to build your ego unrealistically."

Visit Quinn's website at: www.qrivers.com

Judi Moreo

I've admired Judi (pictured at right) for many years for she has coached others to become a better speaker and writer. She, herself, is a prolific writer, having written seven books by herself, and co-authored another nine. In addition, she has ghost written several books from notes provided by the "author," whose name appears on the book. According to Judi, "I've been writing most of my life ... from newspapers columns to magazine articles to books." In addition to writing, Judi has become a well-known artist creating beautiful works of art, especially painting her beloved animals of Africa, where she lived for eight years.

I was curious to know what inspired her to write. "I was inspired as a child by my grandmother playing the cards "Authors" with me. It was a fun game which also made me realize the value of being an author. Plus, my mother encouraged me. She felt with my imagination, I would be able to tell some good stories."

What genre are your books? "Selfhelp; motivational; inspirational."

Her latest book is "Your Fast Track Guide to Writing and Launching Your Book." I perused it and it is a must for anyone who wants to write because it explains the process from planning your book, writing the book, publishing the book, and marketing your book—with checklists to follow step-by-step so nothing is missed. And the best thing? If you need more help, you can hire Judi to assist you.

Did you self-publish your books or did you use traditional publishers? "Both. There are advantages to both the traditional publishing and self-publishing. You simply have to



Your Fast Track Guide to Writing & Launching Your Book

By Judi Moreo

determine what your goal is and who your target market is." "I've done both. I've had the hon-

or of being published by Penguin Books, Career Press, National Press Publications, and Stephens Press. However, I currently own a small publishing company to publish my own books, as well as books for other inspirational authors."

When I asked if she would choose to self-publish again, she said, "Yes. Even if you use a traditional publisher, very little marketing is done by them. It really is up to you to market your own book, making self-publishing more attractive because you don't have to share the profits."

What advice do you have for upcoming authors? "I had to learn by trial and error. I didn't have anyone to hold my hand or a book with checklists. If I had to do it over, I would hire a writing coach in the first stages. The biggest mistake I made was not to 'get busy and write.' Og Mandino (who wrote 'The Greatest Salesman on Earth') actually gave me a letter to his publisher asking them to consider my writing for publication, and I didn't have the product to send them or the courage to contact them. My advice to new authors ... Write every day and promote your writing in every avenue you can find."

To self-publish or not to self-publish was the question I thought important to address, especially for those who were considering publishing a book. Instead, what has come from writing this article has been far more satisfying than that. Conversing with all these authors has brought the greater pleasure of appreciating once again how each of us is on our own beautiful journey of living—not always perfect, but exquisite in its uniqueness. And how each of us express our ideas, thoughts, and feelings through our books demonstrates the power of the written word.

Visit Judi's website at: www.judimoreo.com Here are some additional tidbits regarding the book publishing business:

- The earliest most successful self-published book was by Thomas Paine in 1776 - Common Sense, sold 100,000 copies within three months and became the best-selling work of the 18th century.
- The first print book was in 1200 by the Koreans with moveable type.
- 1456, the first book to be produced on a printing press anywhere in the world was the Gutenberg Bible in Germany.
- In 1690, the first English-American newspaper was produced called *Publick* Occurrences, followed by the first general interest magazine called *The Gentlemen's Magazine* in 1731.
- The first e-book was published between 1940 and 1980, although the exact date and book remains disputed.
- Anne Bradstreet became the first published American woman writer in 1650. Her book of poems, The Tenth Muse Lately Sprung Up in America, was published in England that year.



ABOUT TOWN





Anne Fontaine Fundraiser for Forgotten Song Foundation Above: Anna Stewart-Billings, Stacey Gualandi, Lena Walther, Ann Parenti, Diana Della Iacono At Left: Kasey Carmody Performs.

Springs Preserve VIP Event Below Left: David Tupaz and models

Chic Compasss Magazine Launch at Mario Basner World Heritage Collection Art Gallery Below Right, Below Center: David Tupaz, Caolyn Muse Grant at event.







The Speakeasy at the Mob Museum for Midnight Muse Event

Far Left: Mike Candito, Joe Darro, Ronnie Fabré

At Left: Ann Parenti and Stacey Gualandi





MARK GUNTER Getting the best shot

By Gerry Simpson

Ark Gunter can honestly say that the seed of a career as a Fashion Photographer was planted in the 70's with a photograph that he snapped of his Mother dressed with style on her way out for the evening.

Gunter went on to enlist in the Military Services and served in The Gulf War. He used every opportunity to get behind the lens of a camera which allowed him to perfect his talents as a photographer.

Fast forward to the year 2013, Mark Gunter got his first opportunity to shoot for Sacramento Fashion Week. Mark's goal was to get the best shot, which has become his motto ever since. From that point, Gunter set his sights on the bigger picture, New York City's Fashion Week.

Shooting the runways of Sacramento, New York, Los Angeles and more gave way to an introduction to Sheen Magazine where Gunter receives credits for his editorial work. His fashion photographs appear in numerous celebrity and fashion magazines domestically as well as on the international fashion scene. He has captured the visions of Fashion Designers David Tupaz, Colleen Quen, Vasily Vein, Maisha Bahati, Woody Wilson and more.

Gunter has been behind his camera in: San Francisco, Oakland, Los Angeles, Palm Springs, New York City, Georgia and St. Thomas Fashion Weeks to include events such as: The Soul Train Awards, The BET Awards, The BET Experience JBET's Fashion X, Rock The Runway, Miss Korea USA, Bronner Bros. International Beauty Show and more. When on photo assignment Mr. Gunter is known to be sharply dressed often in a tuxedo which has become his signature style.

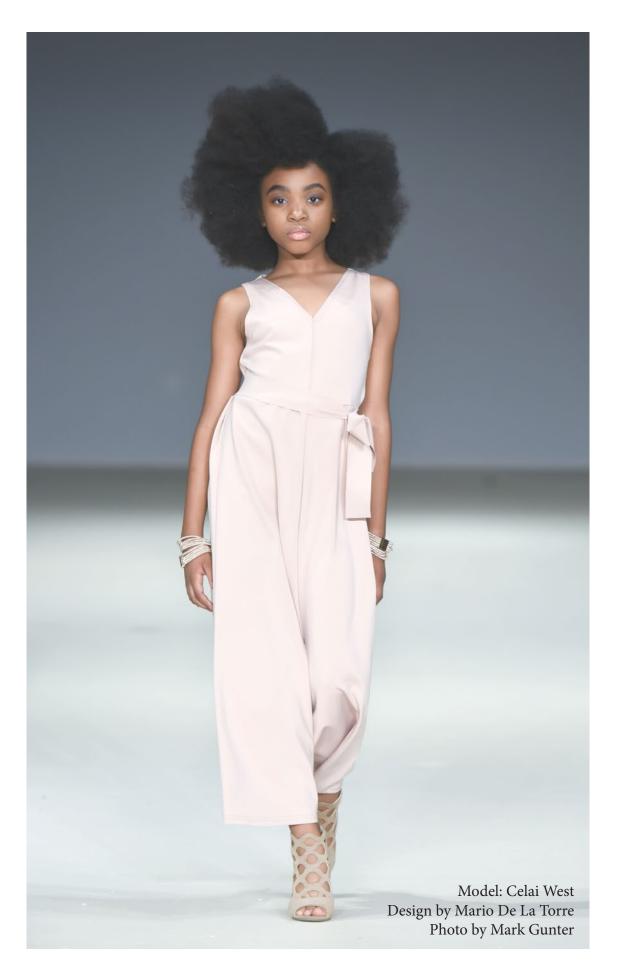
Mark Gunter's mission and his dream has fast become his reality, the dream of being a World-Class Fashion and Runway Photographer.





Design by Adolfo Sanchez Photo by Mark Gunter



























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