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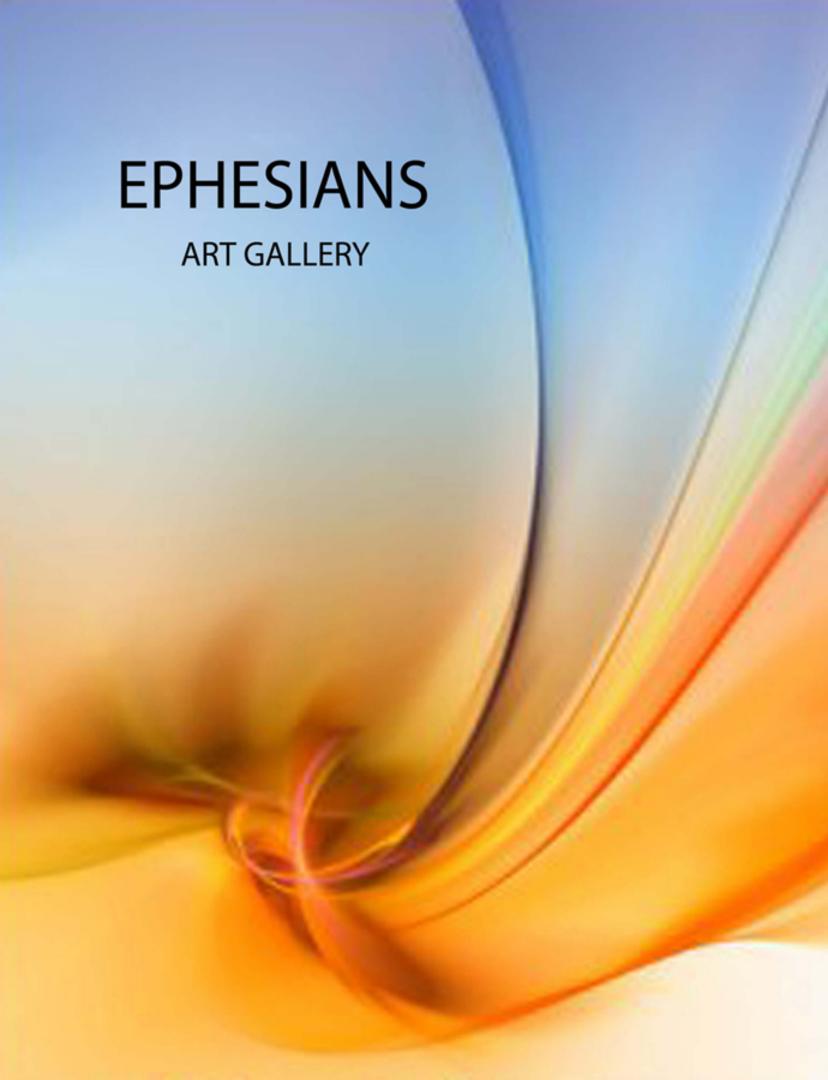






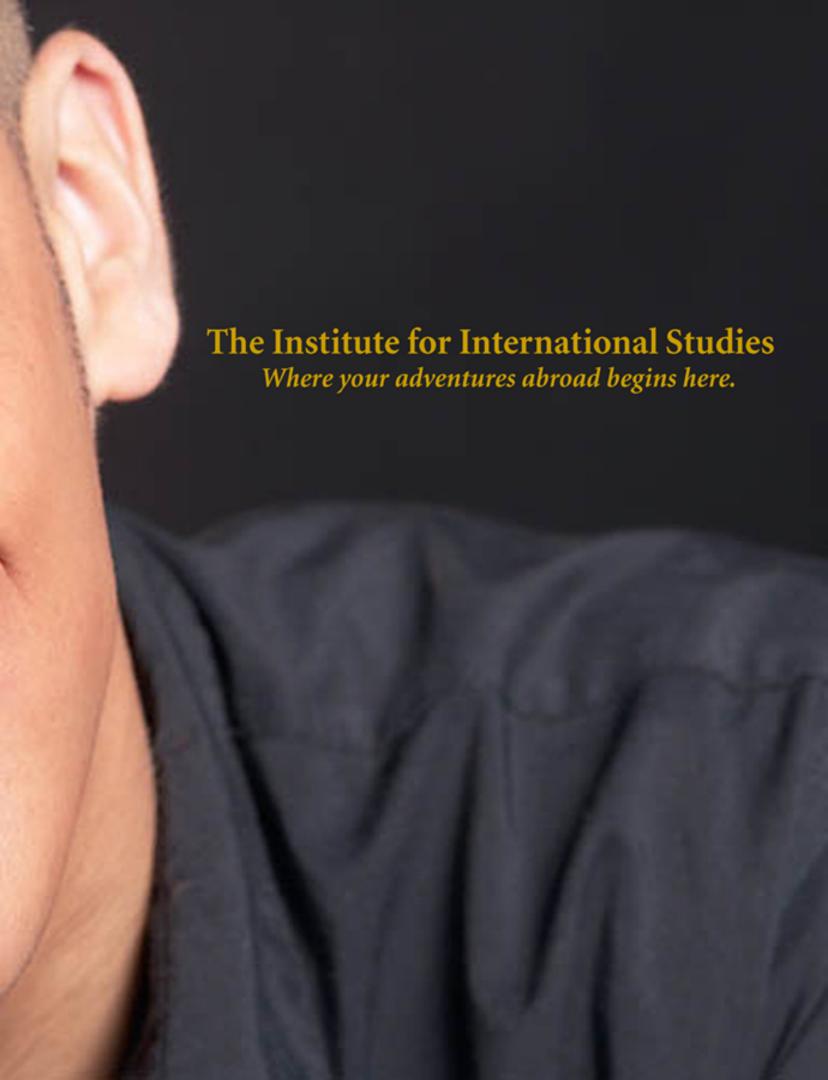


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#### MILLENNIUM



February 2012 | Number 13

Christophe Jouany, world renowned fashion photographer. Cover photo shot by Tierney Gearon. Produced by Victoria Talbot for Hype Inc. PR



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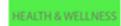
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You Can't Look Great on the Outside if Your Insides are Twisted. Alleviate Your Stress with Emotional Freedom Techniques.



## BALANCE AND POWER Eileen Lichtenstein

s a normal part of life, stress enables us to get things done. If left unmanaged, stress can lead to emotional, psychological, and even physical problems. Stress causes a disruption in the flow of vital energy through the body. These energetic imbalances can throw off the immune system or cause symptoms of pain, sleep disturbances, abnormal digestion, headaches, menstrual irregularities, aggravation of already troublesome health conditions and, over time, more serious illnesses can develop.

Stress is cumulative. Stressful situations that last over a long period of time can create an ongoing low-level stress that puts continual pressure on the nervous system, increasing activity, and can cause the overproduction of hormones. The extra stress hormones over an extended period of time may wear out the body's reserves, lead to fatigue, depression, a weakened immune system, and a host of serious physical and psychological ailments.

Some signs of stress overload include:

- anxiety or panic attacks
- feelings of constant pressure, hassled and hurried
- irritability and moodiness
- physical symptoms such as stomach problems, headaches, or even chest pain
- allergic reactions, such as eczema or asthma
- problems sleeping
- overindulgence in food, alcohol, smoking, or drugs
- sadness or depression

Stress is often the cause of illness and the deterioration of health. Finding a release valve for your stress can help you stay healthy. According to research, stress, frustration, and unresolved anger can play an important part in throwing the immune system off and allowing pathogens to affect the body. Research has shown that EFT (Emotional Freedom Techniques), meditation and relaxation techniques can reduce stress levels. While it isn't always possible to remove the external forces causing stress, the ability to effectively deal with stress is a choice. Take time for yourself to cultivate the energy you need to handle your stress more skillfully and effectively.

Here are some coping strategies for stress and anger well researched and positively tested:

- · Take a few deep relaxation breaths.
- Do NOT curse.
- Walk away, release (walk, scream, punch the air-pillow) and calm down.
- Be aware of your triggers, which are whatever presses your buttons. If you don't know what they are, get help to find out.
- Make it a priority to take a "mini-vacation" by finding time to relax every day. Lie down and visualize a place where you've felt very relaxed in the past and be there with all your senses.
- Get UP, open the drapes and exercise, dance and/or do Yoga.
- Journal and/or write (angry) letters but DO NOT send!
- Learn Emotional Freedom Techniques (EFT) with a practitioner.
- Keep in mind that Perfectionism is NOT the answer.
- Stay present and "don't borrow worry."
- · Let "it" go and smile.

Elleen Lichtenstein is a Certified Anger Management Specialist (except for U.S. court mandated cases), a Certified Career and Mid-Life Coach and EFT (Emotional Freedom Techniques) Practitioner. She is also the renowned author of "SOAR! with Resilience™" an interactive manual that is the core material for many of her trainings and a stand-alone motivational read for anyone struggling to take their personal or professional life to a higher level of success and satisfaction.

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### **CHRISTOPHE JOUANY**

He is known as the Prince of St Barth for turning the tiny island into a major trendy fashion destination. is also the legendary photographer who turned Christy Turlington and Linda Evangelista into fashion icons, thus coining the term Super Model. But to Christophe Jouany, titles do not make a difference. Despite his legacies, he likes to describe himself as a simple man with a "strong vision." The former French pilot and now designer of his own unisex fragrance "Jouany" recently interviewed with Millennium Magazine over the phone from his home in Florida.

Jouany tells about moving to New York 25 years ago.

















"I started doing films as a hobby while spending a lot of time around the mountains, doing extreme sport. I then started flying at the age of 16, getting my private pilot license, eventually becoming a commercial pilot of Air France," he said. But life had different plans for Jouany. After years of flying, he decided to settle and instead take his experiences to a different level by creating his own perfume line. "I always paid attention to everything that had a smell. I have a very strong point of view about everything. I always know what I want and how I want it. About 12 years ago, while shooting in Miami, I walked into this perfume store that had different types of oils. I started to play around with the oils, mixing them all, trying to find the right scent. One year later, I found something I really liked and started wearing the mix out and everyone loved it," he recounts. Jouany would wear this mix for a whole decade. He says he would get constant requests from many people to commercialize it. According to the designer, his two fragrances were inspired by his hometown of St. Barth and Morocco, The "Marrakech" perfume has notes of orange and grapefruit while his second perfume, "Barthelemy," includes exotic notes of crisp white grapefruit, vanilla, coco jasmine and cedarwood. "This perfume was very complicated for me to do. I will say my graphic designer Christian Hansen was instrumental in the entire process," he says. "Perfume is like everything else-very few people know what they like. Most people have no idea what they should wear. People go buy perfume and they don't know what they really want unfortunately." Photo by Tierney Gearon





The artist speaks with excitement as "Jouany Perfume" has been nominated for the Fragrance Foundation Award (FIFI), better known as the Oscars of the fragrance world. The ceremony was set to take place on January 30th in New York City.

Asked how he would like to be remembered, Jouany seems very matter of fact.

"I am not dead yet," he says laughing. "I think I am an artist, being an artist, you have a strong vision of how you want things. If you are creative and if you have the will and the energy, you can apply all of that into anything. Everything I have is customized. You have to know what you want and have the mental structure to know how to make it happen. My life is based on creation. I am a creator. I design houses, I make photography; I make perfume; I even design my own bed. Overall, I am just a creator." M





### INFLUENTIAL

The Winter Glamour Party at the J Sisters Salon inside the Limelight Market Place on Sixth Avenue in Manhattan hosted Glam squad touch ups, Glam inspired photo shoot sessions, VIP beauty gift bags, J Sisters Salon services, Cocktails and Sexy treats. The evening event also featured DJ Lui, a Candy Land bar and Glam inspired cocktails by Hypnotia Harmonie, Real Beanz Coffee and Voli Vodka's Espresso Vanilla, VIP Tastings and cocktails by Kansas Clean Distilled Whiskey - a new Whiskey for New Whiskey Drinkers. This was a part of the "Social Exposure Intimate Series" where guests are invited to experience high-end products and services while talking shop in a more quiet & intimate environment as opposed to the usual debauchery.

#### Photos by Christopher Soto-Chimelis













## INFLUENTIAL

Monmouth County Referral Group celebrated the Launch of its group to Benefit Jon Bon Jovi Soul Kitchen with its "A Night of Hope to Feed the Soul" at Taste Restaurant in Red Bank, NJ. Proceeds from the sellout crowd were donated to the Soul Kitchen. The JBJ Soul Kitchen is a small, local restaurant offering exquisite meals for the community with "pay what you can" pricing.





Photos by Manny T. Carabel



### INFLUENTIAL



The 2012 Miss New York USA® Pageant was held at the Performing Arts Center of Purchase College in Purchase, New York on January 13-15, 2012. Johanna Sambucini clinched the title for Miss New York USA 2012. Donald Trump's MISS UNIVERSE® Organization gave it an extreme makeover with its new director K2 Productions, pulling off a chic and contemporary event – in music, program and fashion. This was the first time in more than three decades that the pageant was held in Westchester. www.MissNewYorkUSA.com



## PORTFOLIO

**Rochelle Leanne** 

Photographer: Ivan Hicks, Philadelphia, www.ivanhicksphotos.com



# Rochelle

## Leanne

NAME: Rochelle Leanne GENDER: Female

AGE RANGE: A woman never tells. CITY: New York & Pennsylvania

HEIGHT: 5'4" WEIGHT: 117 lbs

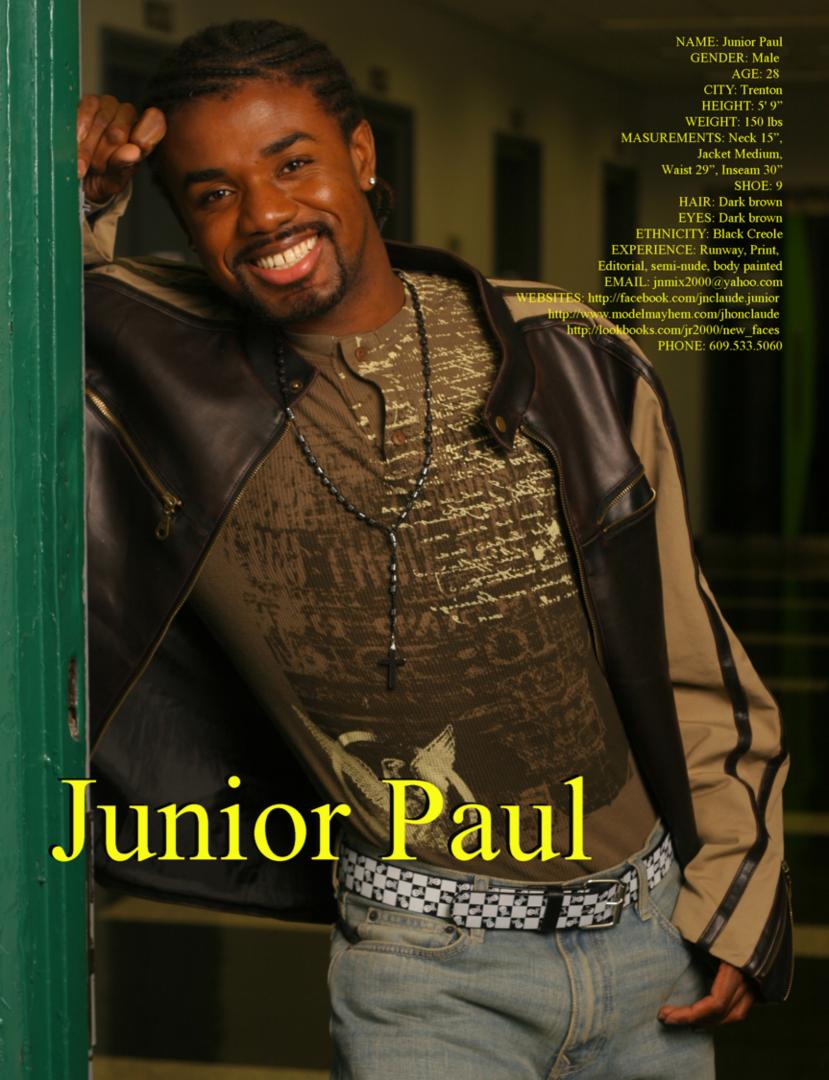
MEASUREMENTS: 36C-28-37

SHOE SIZE: 6.5 HAIR: Black Cherry EYES: Brown ETHNICITY: Mixed

GENRES: Fashion, Print, & Promotional Model

PHOTOGRAPHER: Alex Saveliev New York www.alexandresaveliev.com







NAME: Debbie D. Abazia GENDER: Female

AGE: 39

CITY: Rumson, NJ

HEIGHT: 5'7" WEIGHT: 120 lbs

MEASUREMENTS: 34D, 26, 33

SHOE: 7.5

HAIR COLOR: Brown EYE COLOR: Hazel

ETHNICITY: Caucasian

(100% Italian)

GENRES: Commercial / Lifestyle EXPERIENCE: Modeling since

1998

EMAIL:dabazia@aol.com WEB: www.debbieabazia.com PHOTOGRAPHER: Maria

DeMartino

BIO: Debbie started her modeling career in 1998 when she signed with her first agency, Cleri Models in New Jersey. She has had a wide range of assignments including commercial print, on-line web sales, marketing promotions, and runway. Debbie's marquis clients have included Clairol, Contemporary Bride of New Jersey, NJ Bride, Live Life Organics, In Jersey Magazine (formerly 40°74°), and Villagers Hardware (owned by Home Depot). She has worked with numerous photographers coast-to-coast, including Bill Morris, Steve Azzara, Maria DeMartino and Steven Khan.

Debbie D. Abazia



NAME: Priyanka Gianchandani

GENDER: Female

AGE: 21

CITY: Kendall Park, New Jersey, USA

HEIGHT: 5'5" WEIGHT: 102 lbs.

MEASUREMENTS: 34B-24-36, Dress: 0-4 HAIR COLOR: Dark Brown, Length: Very long

EYE COLOR: Dark Brown ETHNICITY: South Asian

EXPERIENCE: Been with Barbizon Modeling Agency since 2004 as petite runway model and print model. Modeled since 2004, acted

since 2000 and danced since 1993. EMAIL: pdgianchandani@yahoo.com WEB: www.modelmayhem.com/2423283

PHONE: 732.305.2594

BIOGRAPHY: Priyanka is a model who loves to work with her community. She won the title of Miss India International 2011 as part of the Miss International pageant organization in May 2011, and Miss Beautiful Eyes at the Maaza Miss India New York pageant, part of the Miss India Worldwide pageant organization in October 2011. With her title, she is trying to help rising models start their modeling career. She has been a petite runway model for seven years with Barbizon Modeling Agency. Dancing since age of 3, she has been affiliated with many dance schools as dancer and choreographer. She has acted since the age 10, and appeared in many small screen films, music videos, and commercials.





## How to Manage Your Retirement While Helping Your Adult Children

What to Do When a Diploma Doesn't Necessarily Guarantee Independence

### STEVEN MUCCIOLO



he Baby Boomer generation has yet another financial challenge, or should I say, dilemma.

They have spent more money on their children than any other generation - grown children, that is. More and more boomer parents are financially assisting their adult children than ever before

Food for thought: An Ameriprise™ financial study found that nearly 70% of boomer parents help pay college loan payments, car loans and everyday living expenses - a sort of "adult child allowance," if you will.

Many boomer kids have had credit cards for years yet never learned to use them wisely. If you are up to your neck in your child's debt and financial affairs, you may be doing a disservice to them and other members of the family, including yourself. It may be time to have a family huddle and discuss these issues, including how it will impact your own retirement goals.

A few things to consider:

Your Own Retirement Planning Needs - Before you continue to be the bank of Mom and Pop, check with your financial planner. Do you have enough savings? Are you allocated and positioned to retire comfortably? A qualified financial planner should be able to take an inventory of you assets and liabilities to give a quick reality check.

Are You Helping or Hindering? - Are you providing your adult children a short term TARP loan or encouraging them to continue what may be lifelong dependency behavior? Every bailout may be a hindrance to the road to self sufficiency. Think about it. Do your children really know the value of a dollar? Nowhere is it written in stone that you need to pay the college loan, have a \$100,000 wedding and help with their down payment on a new home. People can still rent and save first. It builds backbone and teaches the rewards of saving and hard work.

State Your Expectations - If you decide to help a child pay down debt, you need a repayment schedule. Draft a formal agreement or clearly state which singular loan you will pay off. This can be a great reality check for the real world. If you are permitting your child to move back home, what are the terms? The family should create an action plan such as savings goals, debt reduction, job training, stable employment, rent, if possible, or a combination of all of these. If you do not set your intentions for this assistance, you may be at risk of becoming a perpetual ATM, not teaching fiscal responsibility.

Do Not Cave into the Face of Resistance! - When you try to change an adult child's financial behavior, they may try to give

Retirement Continued on Page 45.





## First Impressions DO Begin with the Outside



By Cathy Berger, Founder of Fashion Societé

New Yorkers, arguably the best dressed people on the planet, are accustomed to dealing with four months of fairly cold weather per year so staying warm while still looking great presents quite a challenge. After all, it's difficult to show off your style when it's covered up by a dowdy or puffy coat.

If those statistics about how first impressions define you are true, then what you don on the outside could form an indelible impression even before you reveal that killer suit you're wearing underneath. Looking sharp while keeping warm is achievable and won't break the bank if you're sayvy.

Here are 3 tips for looking like a well dressed, polished professional during the colder months:

 Your coat is the first visual impression the world sees during these months.

As the most important part of your winter wardrobe, it's wise to invest in a great coat that will last many years. If you want something classic that is fabulous yet won't go out of style, we recommend a single-breasted coat, which means one set of buttons centered down the front. Sleek clean lines typically design the coat, many offer super-useful double pockets, and the fact that they are fitted at the waist gives men and women alike a slim, tailored and polished look.

2. Add interest to solid colored coats with accessories.

Accessorizing isn't just for outfits. Besides a good body lotion to combat dry, chapped skin, scarves, hats, and gloves are your best friends during the winter. Since they're relatively inexpensive, it's smart to buy several in different colors and styles. Gloves should either match your hat or scarf, or fit the color scheme of your outerwear in some way.

Fashion Continued on Page 45.









A Complete Style & Design Salon

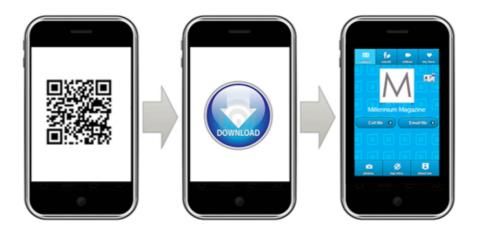
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Fashion Continued from Page 42.



There's a saying: "There are two types of men in the world: those who wear scarves and those who don't. The former usually enjoy a better quality of life." So men, choose accent pieces that add a little something to your look while still showing off your personality, macho or otherwise.

Remember the first purpose of the coat.

At the end of the day, if your coat isn't keeping you warm, it's not doing its job. That's why it's crucial to spend more on a quality lined coat that keeps you toasty instead of going for one that's only fashionable. Spending more now means you'll have an investment piece you can wear for years. Just be sure to stay away from those dowdy, quilted, down types that look like they belong warming a mattress. Yes, they're practical and super warm but it's basically saying, "I give up and really don't care. It's so cold, I'm wearing a comforter." Wool trumps down for professional occasions every time!

Lastly, be sure to donate your old coat to a local charity drive. You know you're never going to wear it again so let someone less fortunate put it to good use.

New York-based businesswoman Cathy Berger, founder of Fashion Societé, is the fashion expert people call on to assist them with getting their image polished. Not only does she produce large-scale fashion shows for charity fund-raisers, she also equips the image-conscious public hosting seminars loaded with theknowledge they need to look their best professionally and socially.



Retirement Continued from Page 41.



you a guilt trip extraordinaire. Remember, we are trying to break old habits. This is a family affair that needs to be handled firmly.

Lastly, Put Your Pride Aside - Keeping up with the Jones is old hat. You have done your best, at the very least, to propel your children into financial security. Depending on your family dynamics, you may want to invite them into your retirement planning sessions with your financial planner so they can learn more about what mom and dad have planned. Sometimes a non family member laying out the real facts makes things go smoother.

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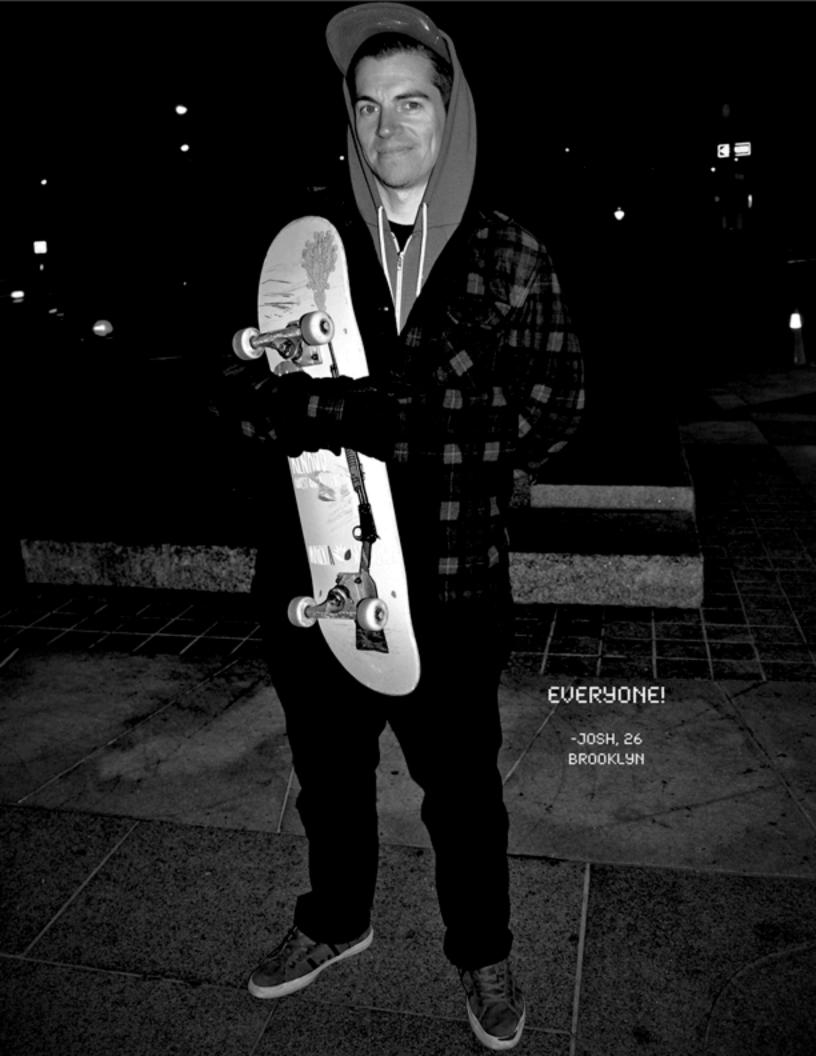
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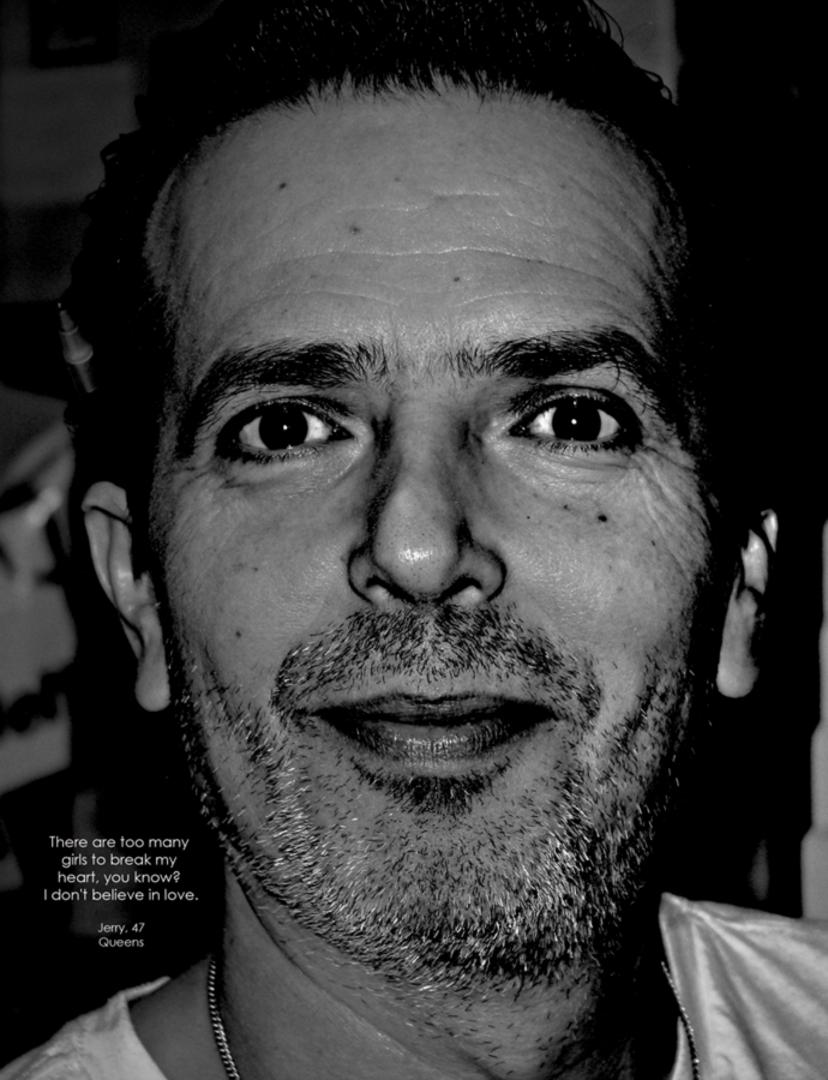
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In antine animi I think it's like easy NE VI but hard too! AUDITA' Dawn, 29 New Jersey (ma 17 Monogamy, that's about as deep as I'll go! Zack, 36 Queens Love to me is believing in your mate...trust and honesty between each other, and patience. Knowing every problem can be WORKED OUT, love is dedication first...Then all butterflies and mushy To love is nothing! To be loved is something! stuff follows. To love and be loved is everything! April, 30 New Jersey Effraim, 44 New Jersey

