

MILLENNIUM

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Lifestyle & Entertainment

ANDREA

WARSHAW-WERNICK

Helps her fellow
Boomer ladies
Become
Fabulous at
Any Age.

MIXOLOGY

Goran Macura
Bartender at
Ajna Bar in the
Meatpacking
District.

BALANCE

AND
POWER

SOAR with
Resilience
Even During
Stressful Times.

INSOLENT
GOURMET

Review of
Brasserie
Pushkin.

RITA COSBY

CBS "Inside Edition"
Correspondent and
Best Selling Author.

PORTFOLIO

Leah Goldman
Ab-standing!

INFLUENTIAL

Emiliani
"The Day
of the
Hairdresser"

BRAVO TV

Real Housewives
of New Jersey

Tom Ridge
Homeland
Security
Awards.

BUSINESS & FINANCE

Are Your Forgotten
IRAs Losing You Money?

SUMMER

CROSLEY

The Season's Next Month But She's Got Us Sweating Now!







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AGA

unique jewelry for unique women

POLAND

MILLENNIUM

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COVER



May 2012 | Number 16

Andrea Warshaw-Wernick creator of Fab at Any Age. Photos by Produced by Lizzy Sullivan. Victoria Talbot for Hype Inc. PR



Mina D.

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FANNY OLMO in this month's issue interviews Andrea Warshaw-Wernick Creator of Fab at Any Age during a visit to her Upper Eastside Apartment. Fanny learns how this 60-some-year-old has maintained the body of a 30-year-old, while giving advice and inspiration to women longing to improve their lifestyles, be it for health, relationships or career. Fanny has written a number of stories for Millennium, and has been on assignment for Fox News, The Miami Herald and Univision.



DANIELLE DAVIS photographs Goran Macura, capturing his bartending antics before a jamming night at the mysterious Ajna Bar. "I really enjoyed photographing Goran," said Danielle. "He reminded me of Neo in 'The Matrix.'" Very photogenic and a great listener. Anyone who hangs barside will agree that a bartender who listens is the best. And his drinks were awesome too!



EILEEN LITCHENSTEIN "A big issue that blocks improving self esteem is taking things personally when it's not indicated," says Eileen in this month's BALANCE AND POWER. "For example, owning someone else's misplaced anger. Usually the person blaming you is dealing with their own problem and simply wants company – like misery."



STEVE MUCCIOLO "Often times, employees choose investment vehicles allowed by each employer's plan," Steve notes in this month's column, Business & Finance, 'Are Your forgotten IRAs Losing You Money?'. "If there are several plans from various jobs, there may not be proper diversification once looking at the whole picture. Another benefit to consolidating investments is fees. Some financial institutions will charge inactivity fees or minimum balance fees for small IRA accounts."



MILLENNIUM

Amanda Greer | Official Spokesmodel for Millennium Magazine



ملينيوم



INFLUENTIAL

The Emiliani logo is written in a white, stylized, cursive script. A small 'TM' trademark symbol is located at the top right of the logo.

EmilianiTM



EMILIANI HAIR SHOW

Emiliani's "The Day of the Hairdresser" its 4th Dimension hair show was held at the Trump Taj Mahal in Atlantic City April 14-15 2012. This two-day event consisted of the world's greatest hairdressers coming together on one stage for the first time ever to showcase their artistic talents and celebrate hairdressers all over the world. Each of these icons performed 8-minute stage presentations in front of nearly 5,000 attendees. Guests also were invited to a private meet and greet with the artists to celebrate their arrival and toast together. Dubbed the World's Greatest Hairdressers for a Once in a Lifetime Event it included top artists Phillip Wilson, Michael O'Rourke, Nicholas French, Robert Cromeans, Rafe Hardy, Boyd Parris, Joseph DiMaggio, Leonel Rodriguez, Rocco Vitelli, Atit Abraham, Jo Blackwell, Tim Hartley, Patrick McIvor and Gina Khan.

Photographer Christopher Soto-Chimelis | Layout Designer Phillip Ossm



Vrrmm!

Millennium Magazine got to check out some of the hottest cars and trucks ever seen all under one roof at the New York International Auto Show 2012 at Javits Center, Manhattan, NY during a Press Preview in April. Fanny Olmo (left) and Danielle Ricci (right) for Millennium got a sneak peak at new production models and concept vehicles by some of the world's leading auto manufacturers.

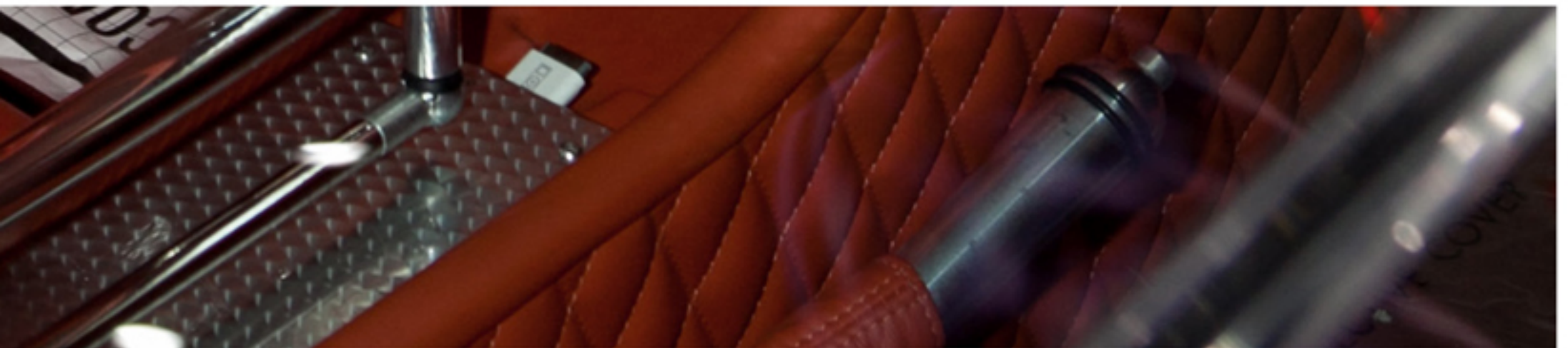
- Layout Designer Phillip Ossm





JAVITS CENTER

Photographer Christopher Soto-Chimelis



NEW YORK INTERNATIONAL

AUTO SHOW

T O M R I D G E



Walt Clyde Frazier
&
Dr. Ruth Westheimer

Scores of celebrities attended the Federal Enforcement Homeland Security Foundation 2012 Tom Ridge Homeland Security Awards at the Grand Hyatt in New York City in April. Governor and the first Secretary of Homeland Security Tom Ridge addressed the audience during the evening affair hosted by FEHSF. The non-profit corporation was formed to assist Federal Agents and law enforcement officials through supporting their families with emergency funding, financial assistance and community outreach. Celebrities and notables included Diane Neal, Kathryn Erbe, Liz Claman, Matthew Settle, Miss USA Alyssa Campanella, Bruce Lipnick, Tinsley Mortimer, Tony Lo Bianco, Walt Clyde Frazier, Dr. Ruth Westheimer and more.

Photographer || Yoni Levy



Tom Ridge



Tinsley Mortimer

HOMELAND SECURITY AWARDS



Matthew Settle



Diane Neal



Miss USA Alyssa Campanella
&
Bruce Lipnick

The Real Housewives of New Jersey

W
H
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L



Photos by Christopher Soto-Chimelis

Season Premier

“The Real Housewives of New Jersey” cast members and production team hosted a premiere party for their fourth season in The Chandelier Room at the W Hotel in Hoboken, NJ. Attendees mingled before a live-screening of the show aired on Bravo TV. The Sunday night event included an open bar sponsored by Krome Vodka and Tributo Tequila, as well as photo and meet-and-greet opportunities with the housewives and their families. Show stars included Caroline Manzo, Jacqueline Laurita, Chris Laurita, Albie Manzo, Chris Manzo, Lauren Manzo, and Greg Bennett. Tickets were \$100 each and were advertised to support The March of Dimes charity.

Meet & Greet by Terry Maher



MILLENNIUM | GRIFFIN

Millennium Magazine in April hosted at Griffin nightclub in the Meatpacking District, NY. Griffin, an upscale cocktail lounge inspired by the Gilded Age of the late 19th century recaptured the splendor of a sophisticated night out. Guests were provided with impeccable service in an opulent setting, Griffin plays host to a worldly mix of celebrities, artists, designers, and well-heeled patrons looking for a hip crowd and the best cocktails in the city.



Alan Barry Photography





MYTHIC BRIDGE



Photographer Christopher Soto-Chimelis

Mythic Bridge, a non-profit organization committed to providing filmmaking education to the underserved, recently held a Manhattan fundraiser to support programs for youth. MB strives to enhance ideas, people, and communities by cultivating the careers of artists while engaging and connecting communities. Dedicated to the discovery and advancement of independent voices and viewers, Mythic Bridge stands as a champion of metamorphosis. Making the experience of visual-storytelling a commonplace in everyday life, Mythic Bridge becomes a catalyst for growth by igniting people's passion. Mythic

Bridge also provides a support system and creative voice for those who might otherwise have none.

Carissa Rosario

By Danielle Ricci'

Recently I had the pleasure of meeting and spending time with international model Carissa Rosario at her fragrance launch party at Yotel in Manhattan. "Young and Fresh", Carissa's latest business endeavor, is a limited edition women's perfume created by Christopher Joseph. Everything from the packaging to the bottle, to the light and freshly feminine smell creates an instance impact on the senses (and judging from that night, to the public as well).

Yotel provided the perfect atmosphere for a "Young and Fresh" party with celebrity appearances by the NY Giants corner back Brandon Bing, celebrity publicists and entertainment personalities the Von Boozier Twins, Basketball Wives star Jennifer Williams and a specially chosen host for the party: Angela Yee of the Power 105.1 FM Breakfast Club Morning Show. With Angela's spirited personality, it is no wonder Carissa chose her to help launch the fragrance.

In an exclusive interview with Carissa, she expressed her love for modeling and explained that at the age of three she would have 'photo shoots' with her Grandma.

After being discovered at age 10 in a park in Boston, Carissa quickly began booking jobs and her first ad was for a phonebook. Growing up in Massachusetts was not going to stop this beauty from breaking into the biz.

"Massachusetts is different", she shared with me. "It is totally laid back there, a completely different lifestyle but I always knew I wanted to do something in the entertainment business and be in front of the camera. Even after going to school in Florida, I knew I would move right out to LA to pursue my dreams."

Well Carissa, let me tell you, model to model, and woman to woman, that you are an inspiration to all the young women out there pursuing dreams because you have arrived!

The perfume's tag line of, "A captivating scent impossible to resist" describes Carissa. Everyone meeting her was blown away by the sheer sweetness of her personality. She is thankful for every opportunity that has come her way but is a

Carissa Continued on Page 59.



For A Cause Fashion Show

“Wild Runway For A Cause Fashion Show” Benefiting Multiple Sclerosis Research was sponsored by Helen Robles/HR Fashion and held at DePasquale in Fairlawn, NJ. This event brought out the best of the best in sponsors, volunteers, designers, models, stylists, make up artists, entertainers, vendors, and more! Just a small taste of some sneak peeks of designers’ new lines are pictured here showing fashion super models such as Baseball Wives, and Brooke Villone, modeling a new gorgeous HR Fashion bathing suit, Project Runway model, Lea Rannells Comrie, and the Miss Teen America herself, Katarina Kneer, modeling stunning sneak pieces from the 14 - year - old, Jazmin Brown’s new line. Also this fabulous heart felt event was coordinated by event planner Rose Kneer and HR Fashion co-founder Dary-Robles.

Photographer JoAnn Gall Castle



- Photographer Roy Speller

Cognac's Corner Magazine

Cognac's Corner Magazine launched their spring issue at World Bar located in the luxury Trump Towers in Manhattan. The affair featured cover girl and real estate broker Kristin A. Thomas, President of Thomas & Ingram Real Estate and was in support of Habitat for Humanity. Cognac Wellerlane, the beautiful and brainy blonde served as co-host interviewing her celebrity guests, filmmakers and actors.





fabulous
fab
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Any Age.com
be fabulous forever!

While some women in their 40s, 50s and 60s are happily married, in the best shape of their lives and serve as role models to younger generations, some are not as lucky and need help. That is where New City's celebrity lifestyle coach and anti-aging expert Andrea Warshaw-Wernick comes to their rescue.

By Fanny Olmo

Photos by Lizzy Sullivan

Andrea launched Fab At Any Age (fabatanyage.com) to speak openly about topics most people don't address and to help women understand that they can still be vital - and sexy - at a time once considered past their prime.

With the looks of a 40-year-old and the body of a 30-year-old (Andrea is actually in her 60's) Andrea's secret to, "eternal youthfulness" is actually her mindset. She claims it is her spirit that has allowed her to keep up the active lifestyle she learned decades ago.

"When I was much younger, I had a desire to stay slim. I come from a family of over-weight people so the urge to eat right and be sharp has been something I've had in me since I was young," said Andrea. "But I wasn't always healthy...I used to smoke three packs a day until I was 40. It was only when I quit and started to gain weight that I began working out."

Andrea started her working career many years ago as an educator after earning two masters degrees. Not finding the fast paced lifestyle she still enjoys to this day, she quickly left teaching to join the wild world of Madison Ave. For over 30 years, Andrea was extremely successful in representing photographers and re-touchers before eventually a national story board company called Warshaw Blumenthal Inc.

After selling her company and flirting with the idea of relaxing Andrea quickly found her next calling: recruiting for the same advertising agencies that used to call on her for storyboards through her new venture, Connector NYC (www.connectornyc.com). Even with the success that recruiting afforded her, Andrea still needed something to fulfill her creative outlet. After a conversation with a few friends in her age group who confided in her that they were looking for more out of life, Andrea intuitively started offering them the little pearls of wisdom she is known to inspire others with.

For the independent maturing set, she finds herself around (she calls them "Chapter Two Ladies") Andrea began offering suggestions on nutrition, beauty, fitness and overall health. It was only when she was greeted with so much positive feedback from people a decade younger than her, that she decided to create a TV/webisode, Fab At Any Age. She interviews experts from several fields, while demonstrating simple, day-to-day exercise routines, shopping tips, dressing rules and high-end beauty treatments every woman should follow.

"It just felt odd to me that these women were basically giving up. They weren't thinking about the future, they were kind of just, existing. And I thought, 'There's still a lot of miles left to go, how can I get them re-excited about life, fitness even sex!'"

Pulling from her extensive rolodex of experts she's met over the years, Andrea brings the very best experts from virtually every field a woman could need to share tips, advice and important lessons on how to maintain a life worth coveting.

"After being a trainer for over 15 years I have come to find that age doesn't have to slow us down. It's when the body becomes less active or sedentary that the process of aging happens faster. Andrea shows this process in action," said Paul Williams, a

personal trainer for Sports Club/ LA at 61st Street in Manhattan. "Her dedication in fitness training and ever-evolving ways of finding alternative fitness methods provides proof that age is mind over matter."

When asked to look back over the years to assess which chapter in her life she thinks was the most complete, Andrea laughs and says, "How should I know, I'm not even half way through the book yet!"

Andrea is most proud of the fact that she has created a brand and a "movement" and the women who are following her are learning to live their lives to the fullest. Whether they live alone or have partners these ladies turn to Andrea as an authority on staying fabulous but more than that, they find an inspiring friendship that helps them accomplish their goals. For them, being Fab At Any Age starts with listening to someone who has been leading by example for a very long time.

"When I meet Andrea I was 62 pounds heavier. Andrea motivated me to be the woman I used to be which was thin and beautiful," said Jane Ponterelli, a real estate broker, philanthropist, and one of Andrea's past clients. "I have a stressful life like many of us do. Between, New York City, Hamptons and Palm Beach the pounds piled on. I serve on several boards and chair events, besides being a real estate professional. Andrea put me on the track and took over my life, she taught me how not to eat out of stress, to walk everywhere in all kinds of weather and to take care of myself. Andrea is always there for you and cares. Andrea has saved my life and will continue to save others."

In addition to Fab At Any Age, Andrea offers other services as a life style/anti-aging coach, helping her clients reach their ultimate goals—a positive, well-adjusted life regardless of their situation.

"Andrea is a living testament to Fabulous At Any Age," said Sharon Geise, MD, FACS, a board certified plastic surgeon. "With the mind, body, and a few tweaks, she uses the help of her dream team experts with her clients to live life to its fullest."

Andrea equates her practice to building a dream home. Andrea actually guides, teaches and motivates her clients to accomplish their ultimate goal. Along with her dream team, she can transform anyone into a desired dream shape, from inside, out. She specializes in weight loss, body shaping, styling and most of all a positive attitude being a large part of this construction. She literally builds your house to your specific needs!

Her overall message to those past their 30s is to always maintain a healthy, presentable image and a positive mindset about life, regardless of the circumstances.

"When you look good, whether it's your health, your hair or a stylish new outfit that you just go for a song, you radiate a different kind of energy," says Andrea who lives between Manhattan and Wainscott, Long Island with her Husband Joel and her 16-year-old Yorkie, Lucy Jo. "That's what people pick up on...it's not just a new pair of shoes they see, it's the vitality you bring to them." [M](http://www.fabatanyage.com)

For a free consultation contact: Andrea Warshaw-Wernick at andrea@fabatanyage.com



WINSTON

NEW YORK





MIX

OTOLOGY





AJNA BAR

He may be soft spoken, but Goran Macura, a bartender at Ajna Bar in the Meatpacking can cause quite a stir with his specialty drinks, Coconut Mojitos and Geishas, as well as fend off unruly guests with karate.

The Serbian born actor and martial arts expert came to New York a few years ago to pursue his movie making dreams and works nights at one of the city's trendiest lounges while producing by day.

"I love the Meatpacking District," says Goran. "I think the whole energy and vibe is what I like most about it. The nightlife scene is probably the best in the whole city."

In September 2010, Goran was drawn to Ajna Bar, like many, for its dark mysterious atmosphere.



“A jna Bar, actually it means third eye, or could be translated into something like a sixth sense,” Goran said of the spot at 25 Little W 12th St (between 9th Ave & Washington St).

AJNA BAR



Upon entering a rounded slate hallway flanked by antique Thai buddhas, the bar over on the left faces a sprawling lounge of cloth couches and silk opium dens beneath red-glass chandeliers. The restaurant’s tasty delights boast bold flavors of Asia with delicate French influences. It’s best known for its sushi and specialty rolls.

“It’s a really nice environment to work in,” said Goran, who enjoys listening to DJs mix House music while he mixes cocktails. “I can’t imagine myself being anywhere else in New York.”

<http://ajnabarnyc.com/>

Layout Designer Phillip Ossm



MILLENNIUM MAGAZINE



P O R T F O L I O







Leah Goldman

NAME: Leah Goldman
GENDER: Female
CITY: Manhattan
HEIGHT: 5'8"
WEIGHT: 125 lbs
MEASUREMENTS: 33-26-37
SHOE: 10
HAIR COLOR: Brown
EYE COLOR: Hazel
ETHNICITY: Caucasian
EMAIL: LeahGoldwoman@gmail.com
Photographer: Ashley DuPre



RITA COSBY

A True Journalist

She has been awarded three Emmys for excellent journalism,
written two best-selling books, interviewed the world's most sought-after leaders,
was the first reporter to witness an actual interrogation of prisoners held at
Guantanamo Bay... and has even had a day officially
named after her in the State of New York.

By Fanny Olmo

F

or Rita Cosby, veteran news correspondent for CBS' Inside Edition, journalism not only uncovers the truth, but can also save lives.

"It is always a tremendous honor when you are recognized for your work. But to be able to free a man, that is the most satisfying of all things," said Cosby, recalling a case early in her career of an American being unlawfully held in a deadly Mexican prison, and how her sequence of tireless interviews, investigation and uncovering startling revelations, eventually led to his freedom and exposed corruption in the US and Mexican governments.

During a recent interview with Millennium Magazine, Cosby spoke about her new best-selling book, "Quiet Hero: Secrets From My Father's Past," which details her father's harrowing youth as a Polish Resistance fighter who battled the Nazis during the Warsaw Uprising in World War II.

"Here I am, an investigative journalist, and yet the most important story of my life was in my own backyard," she says.

Cosby says her father abandoned the family when she was just a teenager, causing much resentment, confusion and deep-seated anger on her part.

"Then, after my mother passed away a few years ago, we discovered an old leather suitcase in which there was a rusted metal prisoner of war tag and a bloodied fighting armband, that is when I realized my own father had been a POW," she said.

Immediately after her discovery, Cosby went on a mission to find her father.

"I reached out to him and started the most incredible story of my life," she says. "I forgave him and was able to understand his past behavior traumatized by war. It is something, which sadly, so many of our nation's veterans go through."

Rita's book was released in 2010 and became a bestseller by The New York Times, USA Today and Washington Post. The memoir has raised money for the USO to help wounded soldiers and their families. Her first book in 2007, "Blonde Ambition: The Untold Story Behind Anna Nicole Smith's Death," details the sudden death of the model.

Throughout her illustrious career, Cosby has worked for major news networks including Fox News, NBC and currently CBS. Her stories range from emotional interviews with celebrities like Michael Jackson and Mike Tyson, to exclusives with top political figures who've often shaped history.

"I've interviewed more than twenty world leaders in my life," she says. "I was the first to interview Palestinian leader Yasser Arafat soon after 9/11 and then Israeli Prime Minister Ariel Sharon the next day."

According to Cosby, Arafat who died in November 2004, was in a heavily fortified compound and feared for his safety at the time she went to interview the leader.

"It is my job as a journalist to ask tough questions no matter what the circumstances," she says. "Some of my most impactful interviews have been the ones where I have had to ask the most difficult questions, but I believe people trust me because they know I will be tough... but always fair."

The New York native tells of the time she got stuck in an elevator in Havana with former Cuban leader Fidel Castro.


"I remember he had a big smile on his face when he looked over at me as he was a very charismatic figure," she says. "Having outlasted so many US Presidents, he is a true, yet very controversial living legend whom I have not had the chance to interview... at least not yet."

Cosby started her journalism career at an early age, writing for her hometown newspaper. While attending the University of South Carolina, she worked on various on-air projects. She landed an internship at CBS Evening News with the help of Diane Sawyer, now the anchor of ABC World News.

"I like the combination of being behind the desk and also out there covering some times dangerous stories," says Cosby who is a true adventure seeker and loves to travel during her time off as well.

"I have stepped foot on Antarctica, did a skydive out of a plane at more than 13-thousand feet, climbed up erupting volcanoes in Hawaii and Guatemala, walked the innermost secret corridors of the Vatican on a private tour and met the Pope, and I am often hopping on a plane at a moment's notice," she says.

Cosby also currently hosts The Rita Cosby Show, which is nationally syndicated by WOR News Talk Radio.

"It's a gift every day to wake up and not know what my day is going to be like, whom I'll be interviewing or where on this planet I'll touch down to get "the big get." My life is a great and fascinating journey and I have the frequent flier miles to prove it!" 

1. Mummar Gadafi. | 2. Afghani Fighter | 3. Golden Knight Sky Dive
 4. President Bush. | 5. Robert DeNiro | 6. Will Smith | 7. Yasser Arafat
 8. President Clinton | 9. Afghan US Troops | 10. Antarctica Instituto
 11. Antartica. | 12. Jordan King | 13. Camel Qatari Desert.



A photograph of the exterior of 75 Main Restaurant & Lounge at night. The building is a two-story structure with a curved facade. The entrance is illuminated, and large flower arrangements are placed on either side of the doorway. The text "HAMPTONS" is visible at the top, "MILLENNIUM" is in large letters across the middle, and "MAGAZINE" is below it. The event title "MEMORIAL DAY WEEKEND BASH" is also present. The restaurant's name and location are listed below that, followed by the date and time. A detailed paragraph at the bottom provides more information about the event and the restaurant.

HAMPTONS

MILLENNIUM

MAGAZINE

MEMORIAL DAY WEEKEND BASH

75 Main Restaurant & Lounge
Southampton

Friday, May 25, 2012.
8 – 11 PM,

Millennium Magazine invites you to kick off the "unofficial" start of summer at 75 Main Restaurant & Lounge in Southampton, Long Island, NY, 8 – 11 PM, Friday, May 25, 2012. Join Andrea Warshaw-Wernick, creator of Fab at Any Age and her Hamptons friends in celebration of her being featured on the cover of our May 2012 issue. 75 Main is an Italian restaurant that has quickly become one of the newest hot spots and celebrity haunts of the Hamptons, boasting a long list of star-studded evenings. Stick around after 11 o'clock when 75 Main transforms into a lounge with one of the most energetic dance floors in the Hamptons. For event sponsorship details email millenniummagazineonline@gmail.com

COMING JUNE 2012

The Real Housewives of New York City Star talks about Season 5 on BRAVO TV.



Ramona Singer
MILLENNIUM MAGAZINE
Lifestyle & Entertainment

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SUMMER CROSLEY

When she's not steaming up the screen on Showtime's *Californication*, Summer Crosley, is posing for magazines such as, *Vogue*, *Cosmo*, *Elle*, *Italia*, *GQ India*, *FHM*, and *Maxim*. Now the jet-setting international model and actress is featured here in *Millennium Magazine* with shots taken on location in South Africa.

Photos by Emma Ven







Best known as the girlfriend of David Duchovny's character, Summer grew up in a small town in Southern Illinois where she earned a degree in Marketing.





Wardrobe: Just Cavalli Clothing and Shoes.

She was discovered by a model agency at the age of 21 and now resides in Los Angeles



Makeup Artist: Bella Beauty







Summer spends much of her free time traveling to help protect the oceans and raise awareness for Ocean Conservation.

Are Your Forgotten IRAs Losing You Money?

STEVEN MUCCIOLO



D

ue to the era of multiple jobs, many people have IRA accounts lying at former employers and banks. If you have these accounts, there are several reasons to gather your statements and/or request them from the institutions holding your precious retirement money.

Consolidating your retirement money into as few accounts as possible is a prudent goal. As is often true with taxes, though, it's not easy to accomplish unless you know the rules. Here are some things you need to know before proceeding.

Most – but not all – retirement funds can be accumulated into an IRA account. The exception is that accounts funded with after-tax dollars, such as Roth IRAs and Roth 401(k)s, cannot be consolidated into tax-deferred accounts including employer-sponsored plans and traditional IRAs.

Although holdings in employer-sponsored plans like 401(k)s, SEP-IRAs and SIMPLE IRAs can be rolled over into traditional IRAs, the opposite is not true generally. Employees who need to take their money out of an employer's plan before they have an account in another qualified plan can use a "conduit IRA" to park the money or assets temporarily. These accounts are used frequently by people who are between jobs or who have not yet become eligible for their new employers' retirement plans. Holdings in a conduit IRA can be rolled over into a 401(k) as long as they are not commingled with holdings that don't come from a qualified employer plan.

Generally speaking, employer sponsored plans have paperwork that needs to be filled out to direct your pre-tax funds to the institution of your choice. Your financial advisor can help you with this.

For people approaching retirement, one of the main benefits to consolidate is that your trusted advisor can view the various investments along with you on a single statement. This allows for a complete inventory of your assets.

Often times, employees choose investment vehicles allowed by each employer's plan. If there are several plans from various jobs, there may not be proper diversification once looking at the whole picture. Another benefit is fees. Some financial institutions will charge inactivity fees or minimum balance fees for small IRA accounts. Before transferring any of these assets, I always advise clients to also be aware of the possibility of any transfer costs that the delivering firm may charge the client.

Finally, for those retirees that are approaching age 70.5, having your IRA in one location can make minimum required distributions easier. The IRS gets a piece eventually! Although you have the option to pick and choose your RMD from the aggregate of all IRAs, many clients feel more comfortable having the calculation come from one account. There are exceptions of course such as IRA annuities (please discuss this with your tax advisor).

Ultimately, most pre-tax retirement accounts will be rolled into an IRA. Since the days of defined benefit plans are dwindling, investors need to take an active role in organizing retirement assets. The paperwork can be daunting so using a financial planner to assist you in organizing these assets at any age makes things easier down the line. Planning is everything.

Steven Mucciolo is a Raymond James Financial Advisor and Partner at New York Wealth Management, an independent firm located at 401 Franklin Avenue, Suite 320, Garden City, NY 11530. Securities offered through Raymond James Financial Services Inc. Member FINRA/SIPC.

Any opinions are those of Steven Mucciolo and not necessarily those of Raymond James. This article is for informational purposes and does not constitute a recommendation.

The
Ellen Hermanson
Foundation
invites you to
Heat

DAVID
BURKE

JOHN
DELOACH

JOHN
VILLA

GEOFFREY
ZAKARIAN



ROXANNE
BROWNING

CLAUDIA
FLEMING

LUCY
KAZICKAS

KATHLEEN
KING

SATURDAY, JULY 28, 2012 | 7:00 - 10:00PM

Benefiting The Ellen Hermanson Foundation, The Ellen Hermanson Breast Center at Southampton Hospital & Ellen's Well

FOUNDING CHAIRS **EMILY LEVIN & JULIE RATNER**

AT THE WATERFRONT HOME OF **DR. HOWARD & GAYLE SOBEL** MECOX BAY, WATER MILL

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Neighborhood: Midtown
Meal: Dinner

By ERIC REITHLER-BARROS

"Opulence – I has it". Your favorite blingey Russian oligarch Gregor knows how to flaunt his digs, as does Andrey Dellos, proprietor of midtown newie Brasserie Pushkin. And he should know what's up – this is the third installment of the Pushkin restaurants, after Moscow and Paris. In fact, he first opened the original Moscow spot thirteen years ago to counteract the faulty notion that a "Café Pushkin" already existed there, propagated by the bogus lyrics of an old-school French crooner. But Dellos' home turf doesn't end with Pushkin. The expansion of his overall restaurant holdings in Mother Russia has been more active than Catherine The Great's favorite stallions. Dellos is already set to extend even further here in NYC with a 14th Street restaurant opening this year, as well as some high-end pastry shops.

The restaurant soft-opened on Sunday, March 11 and grand-opened quietly the following night. This was nearly indiscernible just a couple of days later on the 14th, corroborating the rumor that much of the staff trained for a full month before the opening. They are looking to average sixty covers per night, not including the thirty-seat private dining room on the subterranean floor.

Speaking of pastry shops, that's the first thing you encounter when you walk through the front door at Brasserie Pushkin. French-born sweets chef Emmanuel Ryon hawks his to-go pastry wares in a large fancy dessert counter, predominantly populated by his multicolored and perfectly-formed macarons. But we'll be checking in with you after the entrees, Monsieur Ryon... Looking past the meringues and into the dining space, it's easy to see that Brasserie Pushkin is no standard 'brasserie' – this is a lavish, eight-thousand square foot, three-story palace of French-influenced Russian gastronomy, decked out in expensive chandeliers and a beautifully distressed word-relief ceiling. It is luxurious without being tacky. Even the large wall with the repro of a Renaissance mural – whose cherubic images literally blend seamlessly into the printed banquette and pillows fabrics beneath it – somehow manages to maintain repose and elegance. Rumor has it that Dellos, a former architect, designed the space himself. Now that's shirking the Gregor stereotype, for all you nonbelieving pindosi.

At 8:00pm on a Wednesday night, the dining room is full and a-bustlin'. The crowd is varied. There are thirtysomething suits here. There are some bejeweled cougs. There are pretty twentyish downtowners, particularly for later seatings. There are a good amount of Russians (good sign, comrades!). This place does not have the air of a business restaurant, although transactions are being carried out. There are a few affairs in course, possibly some high-end escorts. What - it's Midtown. This is more of a special-occasion sort of place, although not a loud birthday fest. Patrick Bateman would be out of place here, but so would Pauly D.

Women would be most comfortable in a nice dress, and men could feel good with slacks/nice denim and a collar. Save those distressed Cordarounds and De Puta Madre t-shirts for the Russian Tea Room, please?

When you check your coat at the maître d' desk, you are given a heavy gold pocketwatch with your coat number inside – slick touch. Pitstop at the bar for a selection of twenty-two vodkas, many house-infused. Once you're seated, service is quick and attentive.

The menu, designed by executive chef Andrey Makhov and delivered by chef de cuisine Jawn Chasteen, is a fairly sizeable list: elaborate salads, Russian appetizers, pelmeni (meat dumplings), pirojki (little fried empanadas), meats and fish. Not a lot of veggie options go down in Russia.

The breadbasket is hit or miss. Among the options, the sundried tomato bun is like flaccid pizza dough, but the sourdough is crispy and fresh, albeit not served warm.

The tuna tartare (\$18) first strikes you with its gorgeous presentation – a cylindrical pile of tartare on a bed of diced avocado, topped with a green horseradish foam, and encircled on the plate by trails of differently colored salts. The fish is crazy fresh and tasty, and the marriage with the avocado is texture orgasm. Some crunch and juice is delivered by the sprouts, arugula, and chopped cucumber. The whole experience is exceptional and vital.

The sturgeon galantine (\$16) is excellent as well, proposing five sushi-shaped segments of aspic-poached sturgeon meat stuffed with pureed shrimp. The sturgeon is mushy (in a good way) and delicious without an overly pronounced taste or fishiness. Globbs of olive tapenade give a sharp salty cut-through, and a portion of dilled cottage cheese gives a cool herby finish to each bite. A fantastic and somehow familiarly classic dish. It has a very masculine taste, if a dish can be described in that way.

Other openers include a sea scallop and sea trout crudo with vanilla-mustard sauce and chives (\$18), a beef tartare (\$22) prepared tableside, and millet blinis with salmon roe, crème fraîche, eggs and chives (\$29).

Hats off to the king crab salad (\$24), which can be ordered as a main. If you could equate a beautiful young woman to a dish, this could be an example. Delicate, light, bouncy, fresh. A great balance of what is crunchy with what is soft and creamy (no Darryl Hannah jokes, please). It's plated as a pile of diced crab and papaya with a somewhat creamy grape-ginger vinaigrette. The diced cucumbers and sundried tomatoes add crunch and salt. One of the few flaws here is that the crab supply runs out before the end of the salad.

The Golubtsi (\$24) are three little burritos of beef, pork and rice, rolled instead in cabbage, and cooked in a skillet. An option of a fresh tomato sauce or a creamy tomato version if presented – go with the cream, it's much lighter and sparser than one might

Brasserie Pushkin Continued on Page 58.



The Break Down

Eats



Don't think to yourself "I don't know if I'm up for Russian food tonight...". There is something here for everyone; the quality is high and the dishes extremely accessible.

Service



Flawless team work; invisible.

Vibe



Can come off as slightly stuffy at first; later seatings recommended.

Value



Fair prices for the most part; some incomprehensible exceptions in the mains; great wine list with values at every price level.

Accommodation On Walk-In



We showed up an hour earlier, which OpenTable showed as booked; still seated immediately.

Bathroom: Sanctuary Or Minefield?



Quiet; out of the way (downstairs); spacious.

Ability To Have Sex In The Bathroom



One stall in the men's; two in the lady's, but barriers open underneath.

Seat Height Equilibrium



Banquette seating, of which there is a ton, is 2" lower than the opposite chair.

Affed Of Staff



Friendly, formal, and beautiful; talk to you, not down at you.

Humor Of Staff



Responded well to jokey banter.

Wine Recommendation Honesty



Server admitted he was not a Riesling expert and called over the somm, who recommended the \$60 option over the \$85 and \$110.

Quality Of Music



They go with the only genre that would work appropriately here: soft jazz.

Noise Level/Acoustics



Can get somewhat noisy, even in the alcoves and nooks; music could be a little louder.

Laaaadies! Purse Hanging Options At The Table



Seat backs could work; ass-side on the banquette could too.



FASHION
Société

Compliment or Correction? Corporate Charms Revealed

By Cathy Berger
*Founder & President of
Fashion Société*


The world has gotten a lot nicer. We react in a complimentary manner much of the time to literal strangers on Facebook, to new acquaintances on LinkedIn and of course to potential prospects. Perhaps we can still credit the aftermath of September 11th, when everyone in the U.S. became infinitely more courteous to each other and horns were rarely blown.

A positive approach to people is healthy. It keeps the peace and soothes the soul. Feathers don't get ruffled and egos remain intact. Can being polite work for us all the time, or is there ever a time to give our new contacts constructive criticism?

No doubt we need to watch each other's proverbial backs. Letting someone know they have spit in the corner of their mouth or spinach stuck in their teeth so they're not embarrassed later on when they catch a glimpse of themselves in a mirror will be greatly appreciated. As a professional maintaining a respectful demeanor, the sight a zipper left open or toilet paper stuck to a shoe should and can be tactfully handled. The person will be glad you did. You will feel like you did a good deed but how do we go about it?

Personalities run the gamut therefore delicacy is warranted. A caring person should take that person aside and gently make a motion for what needs to be done – if possible without saying a word but instead a simple gesture. The important thing is to keep it a secret between the two of you through a simple gesture or a whispered warning.

It is easy to motion that a pant's hem is stuck in a shoe or fixing a tie that's askew. Professionals will appreciate knowing their buttons are undone and undergarments are showing. An exception is obvious stains which should be ignored as they are likely known and extra attention is unkind not to mention fixing it at the moment is usually impossible unless the conversation is taking place in a laundry mat or they're carrying a stain removal stick but that's highly unlikely.

The distraction of an accidental faux pas takes away from all the hard work and preparation one made for a presentation or elevator speech. Why let someone jeopardize a fantastic response to their hard work with an error in their appearance? Take a calculated step and correct the mistake. You'll convey the right message just as you do when you compliment someone and hopefully karma will reward you some day when you're in need. 

New York-based businesswoman Cathy Berger, founder of Fashion Société, is the fashion expert people call on to assist them with getting their image polished.



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expect. Everything is topped with sliced red peppers and herbs. It comes off like peasant comfort food, but is much more complex.

The kitchen has managed to make all the disparate ingredients strike one cohesive, soft note. Nothing is out of balance or context. Very well realized.

Other entrée highlights include the whole sterlet with potato puree, baked cherry tomatoes, and crawfish sauce (\$46), the milk fed veal chops (\$46), and the braised veal blintzes with crème fraiche (\$21).

The champion of the dessert list is the Café Pushkin (\$16). This manifests as a giant chocolate breast with gold shavings on top of it. Once your fork cuts in, it reveals multiple cold layers of chocolate, raspberry gelée, raspberry sorbet, vanilla coulis, pistachio mousse, and toasted almonds. The gelatinous chocolate outer layer is a bit disconcerting in texture, but everything else is a rich chocolate explosion with the palate-cleansing action of the raspberry components. This copious boobie would be difficult to finish between two people, so keep the dessert order to one of these choco-orbs.

Overall, Brasserie Pushkin is full of surprises. It's not the somber and heavy feeling in the dining room that one might expect given the genre, but instead a modern and elegant experience that feels great. The massive space is beautifully conceived and flows well. The menu pleases and redefines what New Yorkers may think they know about modern and classic Russian cuisine. The Midtown location is a bit of a drag, but it doesn't feel at all like a Midtown restaurant. This restaurant is recommended for dates, celebrations for four or less, or special romantic occasions. [M]



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Carissa Continued from Page 18.

hard worker who created most of those chances. Not every model can let their true self shine but Carissa embodies both internal and external beauty. Her advice to young aspiring models is pure and based on experience: "You can do anything you want in life. Whether you want to be a doctor, teacher or a model you need to study your craft and there will be a million doors that close before one opens...But when it opens, it is going to be worth everything."

Special thanks and sentiments of good luck to Carissa Rosario on her latest business venture with the "Young and Fresh" limited edition fragrance that will inspire other women to be beautiful and follow their dreams as well!

Follow Carissa and her successes: www.CarissaRosario.com and @CarissaRosario.



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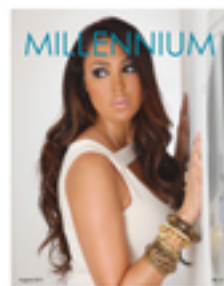
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SOAR with Resilience Even During Stressful Times



BALANCE AND POWER

Eileen Lichtenstein

B

eing resilient in body, mind and spirit is key to being happy and successful in all areas of life. Emotionally, it's the opposite of being "stuck in a rut" and it's about being positive. Physically, it can translate to strength and flexibility. Spiritually it can indicate faith with the ability to maintain hope in tumultuous times. It's about staying centered and grounded and making "right" choices.

So, you may be asking yourself, how does one maintain emotional-spiritual equilibrium and resiliency when things can be unpredictable and often in crisis mode? How can we accelerate the resilience process? It's not easy, and takes some work. It's easy to create positive patterns and habits when life is going smoothly. It can be quite challenging while being swept away by negative forces. A good mentor/coach and practice is important, and the practice will create a "spill-over" effect into life situations.

Many people have learned how to be more resilient. There are skill sets of meditation, relaxation breathing, visualization and "tapping" (EFT- Emotional Freedom Techniques) that all add into helping an individual maintain focus and be positive. Exercising, eating healthfully and being in healthy relationships are naturally fortifying. Most people are not born resilient, but do have the capacity to learn how to be this way.

Here are a few tips to accelerate the process:

- Think of possibilities from different perspectives.
- Stop talking in absolutes. Eliminate the words nothing and never from self talk.
- Set specific goals that are attainable.
- When you are feeling down due to personal circumstances, take stock of your strengths.
- Lower the stakes, not the standards: Don't have your whole life riding on the outcome of one event
- Savor small triumphs, steps leading to the bigger picture.
- Set aside self blame and learn from your mistakes.
- Surround yourself with positive people

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- Savor small triumphs, steps leading to the bigger picture.
- Set aside self blame and learn from your mistakes.
- Surround yourself with positive people
- Do not read, watch or listen to the news if it upsets you.
- Take a few minutes each day to reflect on your feelings.
- Cultivate generosity and gratitude.
- Take up Yoga, meditation and/or praying to a higher power for tranquility's sake.
- Exercise as often as possible even if it's just taking a long walk to clear your mind.

You are the only one who can control your attitude. By focusing on what is strong and enduring and seeing your potential, you can take calculated risks and overcome challenges. It takes an open, creative mind free from anxiety to pick up on opportunities. They are out there ready to be accessed by your positive and resilient radar!

Author of "SOAR! with Resilience", Eileen Lichtenstein, MS.ED., EFT-ADV is president of www.balanceandpower.com. She offers complimentary coaching consultations via telephone and Skype and empowers individuals and groups to facilitate optimal levels of productivity and happiness. Contact Eileen at eileen@balanceandpower.com or 516-623- 4353.

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