

FEBRUARY FIRST WEEK NEWSLETTER

Quote of the week – He's considered to be the best baseball player ever, but statements like that are subjective. One thing's for sure, he was an Icon at the time. They even named Yankee stadium after him: the house that Ruth built. Here are a few amazing quotes from Babe Ruth –

“Every strike brings me closer to the next home run”

And –

"Never let the fear of striking out get in your way"

Pretty good stuff, huh?

Song of the week – This song is so beautiful that I had to include the lyrics as well. I always thought that she was underrated and still do. Take a moment to listen to it, read the lyrics and reflect how they make you feel

Without further ado, here it is –

<https://youtu.be/riUL50lEfyY?si=UK49gowjf4hAjxXC>

Something is happenin'
Everything's different,
But everything is fine, yeah

And this is the good stuff,
And yesterday is only what you leave behind
It's only in your mind

You gotta talk to the one who made you
Talk to the one who understands
Talk to the one who gave you
All the light in your eyes
All the light in your eyes

No use pretendin'
You never existed
'Till you saw the light, yeah

You're just beginning
You haven't missed it, it's all ahead of you,
And you know what to do

You gotta talk to the one who made you
Talk to the one who understands
Talk to the one who gave you

All the light in your eyes

All the light in your eyes

Here comes the world and,

She is beautifully mysterious

She's got it all and you say,

Give it to me

Nobody's happy

That's not the world I knew inside

Where everybody hides

You gotta talk to the one who loves you

Talk to the one who understands

Talk to the one who gave you

All the light in your eyes

All the light in your eyes

Yeah, thank you, thank you

Yeah, everything great and small

Yeah, thank you, thank you

For the light in your eyes

Yeah, thank you, thank you

Yeah, everything great and small

Yeah, thank you, thank you,

For the light in your eyes
For the light in your eyes

Drink of the week – Well, it's almost Valentine's Day and whether you celebrate it or not, let's have some drinks! This is called a Jack Rose, and its origin comes from the base ingredient Laird's Applejack, an apple brandy made in New Jersey and the drinks rosy color. For dramatic effect, let's say it's named after Jack and Rose from The Titanic and their love affair. That sounds better to me. This drink was also included in the novel The Sun Also Rises by Hemingway and a favorite of his.

Ok, here we go –

- 1 1/2 ounces applejack or apple brandy
- 3/4 ounce lemon juice, freshly squeezed
- 1/2 ounce grenadine
- Garnish: apple slices

Two simple steps –

1. Add the applejack, lemon juice and grenadine into a shaker with ice and shake until well-chilled.
2. Fine strain into a coupe glass and garnish with apple slices

Enjoy!



Usually, I have some great motivational saying here. But for this one, I believe we need a small clip. To put this into perspective, Ronald Reagan rode horses all his life. He was a Cowboy President. Near the end he had to be told he couldn't do something he loved. I am reminded of this story quite often, especially when I think "just take the elevator" when it's only a few floors. But I opt for taking the steps because one day, I won't be able to...

<https://youtu.be/9qLId8JFT5o?si=sN20-oOJlJtZiKUS>

Don't take the small things for granted

Art of the week – I always found this painting a bit odd and even unsettling. Neither look happy. Like, they've *never* smiled. But it is a classic example of 20th century midwestern life. American Gothic by Grant Wood is mistakenly thought of as the painter and his wife. It's

actually his dentist and his sister that were used as models. His dentist? No wonder he's not smiling (always down in the mouth). The painting is named for the house's architectural style in the background. I've included both the painting and the picture showing them standing beside the art —





*** Last week I forgot to name the art. It is the Lascaux cave paintings in France. Sorry!

Bonus video of the week – Happy birthday Rachel Green, I mean, Jennifer Aniston! Celebrate by shopping at Ralph Lauren and watch this clip –

https://youtu.be/_w4EjAujEmY?si=T2dR3uHRv3JHFC8m

That's all for this week! Follow on Instagram at Top Shelf Luxury Lifestyle and check out my YouTube channel with the same name.

Don't forget to get your TSL cocktail glass on my website!

I also wanted to say thank you to all my subscribers, both here and on my YouTube channel. My hope is to help as many people as possible discover their passions and drives in life.

Life is meant to be enjoyed, not endured!

Don't hesitate to live the life you've always imagined!
Cheers!

Like an Avengers movie, you've found the Easter Egg!

When I was a kid, to say I was obsessed with Farrah Fawcett would be like saying the pope is slightly Catholic ☺ Everyone had her famous red swimsuit poster on their wall. It's been used in so many movies and TV shows as well. So, with her birthday being on the 2nd, I wanted to include it in the Newsletter.

Happy Birthday Farrah!



