

winter 2011

AVALON

the water issue



The Essence of Cool MICHELLE OBAMA

Alexandra Cousteau's BLUE LEGACY

**HARVESTING SEAWEED:
Recipes and Celtic Seaweed Bath**

WATER BIRTHING

**FASHION
Goddess of Wind and Waves**

EXPLORE: Venice, Iceland, and the village of Eilat

PLUS: The Tempest, a Rising Star Film

\$4.95US \$4.95CAN



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"Greenland #27", 66" x 50", Chalk Pastel (private collection), by Zaria Forman, 2008 www.zariaforman.com