

MANIC



001 | FEBRUARY
INTERNATIONAL ISSUE

Ultimate Guidebook
For Modern Men

THE ANGEL WITH A DEVILISH SMILE

CANDICE
SWANEPOEL

MOST
BEAUTIFUL
WOMEN OF
HOLLYWOOD

COLOMBIAN HOTTIE

LINA POSADA

WORLD'S
GREATEST
FOOTBALL
DERBIES

BEST
CASINO
HOTELS
IN THE
WORLD
BET WITH
STYLE AND
FOR THE JOY
OF LIVING

DESTINATION ECUADOR

A PLACE THAT
UNIFIES FIRE,
WATER AND
EARTH

PORSCHE
918
SPYDER
CAN YOU ESCAPE
THIS WEB

MANIC

Editor's Letter



A word or two...

Commencing each journey is difficult, and so is this one - our mutual Manic journey. Making the first step is not easy, since the space we tread is vast and the dilemmas great! Turn left or right, go this direction or that...just like creating a magazine! Commencing each journey is an uncertain and exciting adventure, full of challenges and unpredictable stops. Such is the creation of this magazine, filled with extraordinary and informative topics, wonderful and exotic destinations, illuminating tips and gorgeous girls.

We have done our best to make this mutual journey thrilling and intriguing. In this first issue of Manic magazine, you will revel in the beauties of curvaceous Colombian Lina Posada, fantasize about Candice Swanepoul, look straight in Sara Underwood's eyes, enjoy the contortions of fantabulous Julie Guenther. We will take you to see the exotic Ecuador and confront the fiercest brothers in the world. We will make you imagine what it feels like jumping from the world's tallest building equipped only with a single parachute, as well as how to climb it using only your muscles. We will take you for a spin in the hottest Porsche 918 Spyder and recommend the best casino hotels in the world. We will offer tips on how to make a romantic evening and whip up a savory meal for your beloved. We will help you in transforming your unhealthy habits into healthy ones. Also, we will take you on a journey through time to meet your ancestors, realize the greatness of the genius that Nikola Tesla was, and once again feast your eyes on classic Hollywood beauties.

The journey has begun, and this is only the first page! There is more to come! Enjoy!

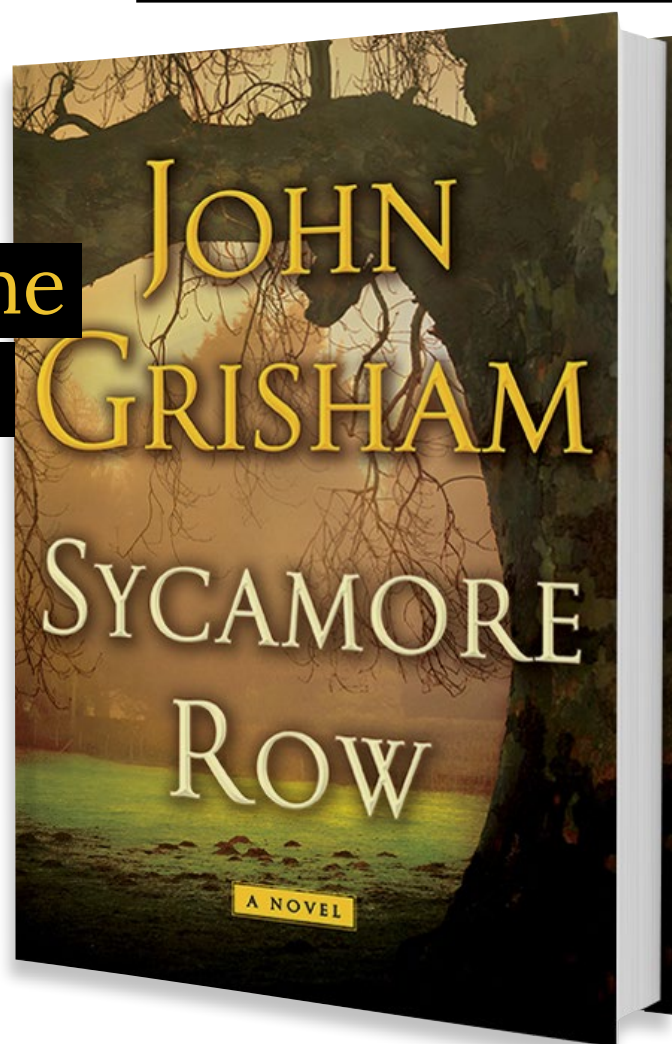
NTRO

Sycamore

Row

by John Grisham

John Grisham returns to the setting and the characters that first established him as America's favorite storyteller



John Grisham's *A Time to Kill* is one of the most popular novels of our time. Now we return to that famous courthouse in Clanton as Jake Brigance once again finds himself embroiled in a fiercely controversial trial - a trial that will expose old racial tensions and force Ford County to confront its tortured history. Seth Hubbard is a wealthy man dying of lung cancer. He trusts no one. Before he hangs himself from a sycamore tree, Hubbard leaves a new, handwritten will. It is an act that drags his adult children, his black maid, and Jake into a conflict as riveting and dramatic as the murder trial that made Brigance one of Ford County's most notorious citizens, just three years earlier. The second will raises far more ques-

tions than it answers. Why would Hubbard leave nearly all of his fortune to his maid? Had chemotherapy and painkillers affected his ability to think clearly? **And what does it all have to do with a piece of land once known as Sycamore Row?**

John Grisham returns to the setting and the compelling characters that first established him as America's favorite storyteller. Here, in his most assured and thrilling novel yet, is a powerful testament to the fact that Grisham remains the master of the legal thriller, nearly twenty-five years after the publication of *A Time to Kill*.

INTRO

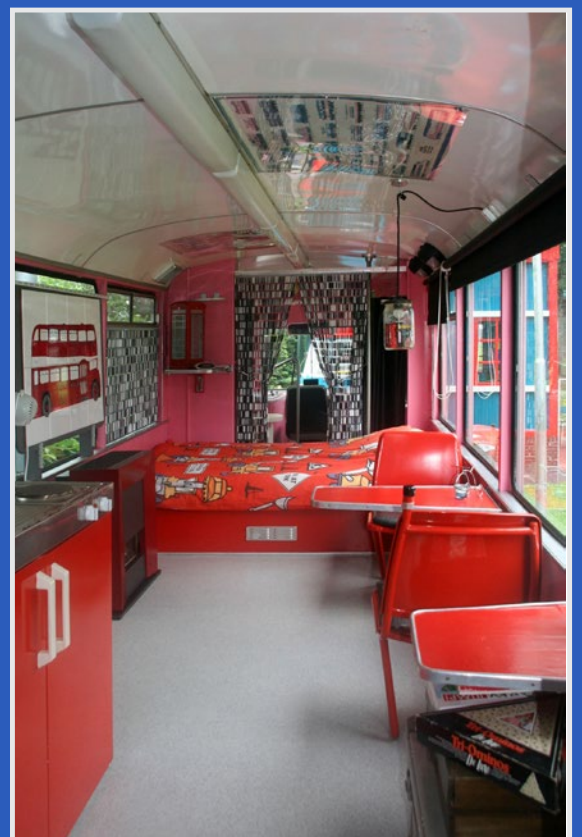
Ticket, please

This B&B is on wheels

Once a tramway, but now a cozy accomodation

TramAway your weekend in this incredible B&B on wheels!

Once a tramway on the streets of Amsterdam and Munich, but now a cozy accommodation. If you decide to give it a go, you'll be offered wonderfully themed bedrooms in either end of the two recycled railcars, as well as the double bed, shower and toilet facilities built into the vintage vehicles. Frank and Irma Appel, the creative converters from the Netherlands, have also created their own vehicle village that includes a disused train and a London Double Decker bus, installed into their living room. This must be wheely funny!



INTRO

Radical & Logical

Mac Pro

**Unbeatable performance &
new revolutionary design**

New Mac Pro is Apple's answer for redefined pro computing. It features the latest Intel Xeon processors with up to 12 cores, dual workstation-class GPUs, six Thunderbolt 2 ports, PCIe-based flash storage and ultra-fast ECC memory – and all that elegantly designed around an innovative unified thermal core. The system now efficiently shares thermal capacity across all the processors thanks to the specifically constructed core and an innovative fan that effectively draws in air.

Unparalleled performance of the pro desktop is packed into a design that is just 9.9 inches tall and one-eighth the volume of the previous Mac Pro.

With a stunning modern design and amazing performance, this all-new Mac Pro starts at \$2,999.



A full-page photograph of a blonde woman with long, wavy hair, wearing a red and white striped candy cane costume. She is sitting on a red and white striped chair, holding a large candy cane behind her back with both hands. She is wearing a matching striped bikini top and bottom, thigh-high stockings, and white high-heeled shoes. The background is a solid red curtain.

**Julia
Guentzel**
Zata

Bend Around Me

This blonde bombshell can lift both legs above her head and contort in ways that would make a yoga guru blush. Chek out the **world's bendiest woman** effortlessly contort herself into the most improbable shapes for her stunning 2014 calendar.

Russian-born Zlata can twist herself like a snake into the most extreme poses imaginable - and has broken numerous world records for her flexibility.









WHAT'S ~~NOT~~ HOT

MANICMETER

Romantic dinner - at home with your beloved (your cooking), followed by Woody Allen's Vicky Cristina Barcelona with red wine and camembert (and you guess what comes next).



Hot Pharrell Williams - Clap along if you feel like happiness is the truth - 24 Hour of Happy.



The Marshall Mathers LP 2

- Hit the stores on Nov. 5 and it soon gave the second-highest debut sales week for any 2013 album.



Basic plaid scarf

- grunge up your look with a basic plaid scarf. Pattern dictates the style.



2014 BMW 3-Series - a balance of luxury, performance, and function style.

Jogging in the park - Start burning all those holiday calories before it's too late..



Miley Cyrus - she looks like Sex Pistols from Disneyland. Luckily, at least she is no longer a Hannah Montana.

Who's cool, and who's not? What to get and what to avoid?



Old Boy - that is, the Spike Lee's version of the cult classic. Some films are not meant to be remade (even if they are not in English).

GTA5 - running around Los Santos won't get those abs in any shape.



2014 Range Rover Sport - "ecology? What the hell is that?"



Harem pants and sweatshirts - stop dressing like a boy. Be a man.



Chinese take-out, Coca-Cola, The Hobbit - and your beloved on the couch (although, this is a great combo if you want her to fall asleep).



Pursuing Our Ancestors

History Written in Our Genes

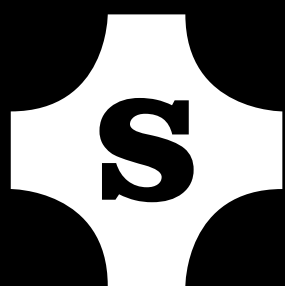
A decade or so ago, science finally devised ways to find out who exactly descended from whom and where they all went - the key to tracking these numerous generations is the Y-chromosome, a tiny part of your DNA which copies itself from father to son, remaining almost exactly the same for hundreds of generations

Part I



Our ancestors were much cooler people than us. You have to face it - we read books, play games and watch movies about the glorious histories of people who lived, did cool stuff and subsequently died in a cool manner... well, probably

Written by: Nikolai Dragunov



Some 800 years ago, William Wallace, aka Braveheart, ran around Scotland rebelling against English masters, putting his enemies on spikes, leading charges against armored knights and giving awesome pre-battle speeches, unlike some Bill Wallace of today, whose biggest adrenaline spike was when he had to complain because someone overcharged his master card.

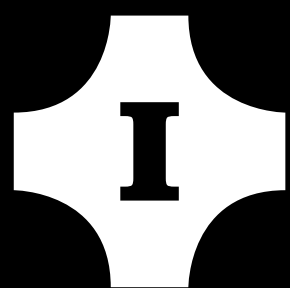
Everyone likes to know about their ancestors. Some read history books while others pay to be hypnotized so someone can bullshit them about their past lives. It's the call of those tough ancestors who lived in more interesting times. Of course, everyone wants to be Napoleon or Alexander, or Ana Karenina, but that's just because the gene for being a pompous douche somehow managed to thrive.

Lame as we are, we have truly incredible science. Most recently, genetics made giant leaps forward. Thanks to genetics, today we know chimps share 98% of their DNA with any human, in-

cluding Horatio Caine, who solves all those crimes on TV owing to genetics. Apart from being able to tell us exactly how much we're related to potatoes and jellyfish, genetics can also tell us to what extent we're related to those cool ancient peoples. The cool ancient peoples even had cool names, like Scythians, Celts or Goths and dozens of gods with names like Thor or Svarog. They left behind some pretty amazing stuff, like the Stonehenge or the kurgan burial mounds filled with tattooed mummies, axes and helmets. These ancestor guys even left the freaking pyramids! But they also left a living legacy - you! A decade or so ago, science fi-

The cool ancient peoples even had cool names, like Scythians, Celts or Goths and dozens of gods with names like Thor or Svarog

nally devised ways to find out who exactly descended from whom and where they all went – the key to tracking these numerous generations is the Y-chromosome, a tiny part of your DNA which copies itself from father to son, remaining almost exactly the same for hundreds of generations. The Y-chromosome you have can clearly be connected to any other Y-chromosome. By calculating the mutation rate, you can pinpoint the number of generations between you and your ancestors. These Y-chromosome ancestries are grouped into haplogroups, which today consist of dozens of millions of guys who descend from a common ancestor. One man can only belong to one haplogroup, which is also the haplogroup of both his biological father, as well as his male offspring. Bad news for racists, these haplogroups are labeled with alphabet letters, starting from A – the Y-chromosomal Adam, who lived in Africa. Bad news for religious people too, this Y-chromosomal Adam was neither the first nor the only man on Earth – he was just the only guy whose descendants populate the Earth today. Other lineages died out in the following 70.000 years or so, since only “Adam” made it with the ladies.



It's stupid to talk about races, because at the time, the only human beings on Earth lived within a few hundred square miles and, while being anatomically modern (since around 200.000 BC), they probably did not look quite like

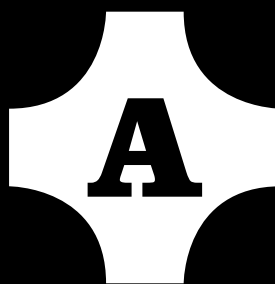
today's people. Today, the most basal male and female genetic lineages are commonly found among the Sans, Namas and Khoisans of South Africa and less frequently among other peoples across Africa. In fact, at the same time as anatomically modern humans, there was a bunch of other hominid species like *Homo erectus* and Neanderthals, and modern findings seem to confirm that we all carry bits of DNA belonging to these extinct people. Therefore, (instead of “races”) the more appropriate term would be “species”. These distant relatives weren't exactly as retarded as



Thanks to genetics, today we know chimps share 98% of their DNA with any human, including Horatio Caine, who solves all those crimes on TV owing to genetics



popular culture would like us to believe. Homo erectus had mastered the use of fire long before us Sapiens did, some used stone spears, while Europe at the time belonged exclusively to Neanderthals who ritually buried their dead. Several thousand years, or should I say several hundreds of generations later, Adam's descendants started to fill Africa. The slight mutation of the Y-chromosome created a few discernible branches of humans, new descending haplogroups like A1, A2, B, but also the "restless brother" haplogroup CT. Over generations, an eastbound migration of the descendants of this lineage went across the Red sea into Asia. Today, this is the ancestral lineage of every man on Earth who doesn't belong strictly to African haplogroups A or B.



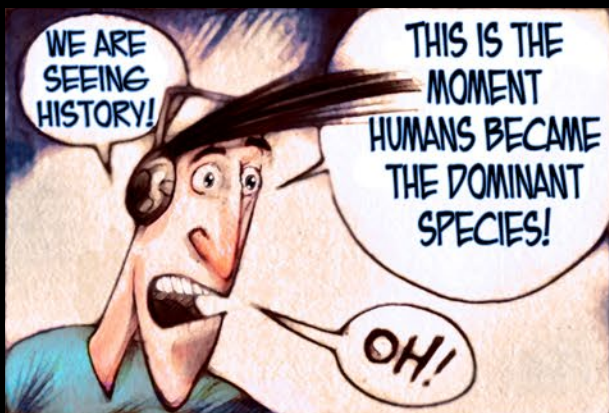
At the time, walking could get you quite far, since sea levels were much lower. Apart for Antarctica, all the other continents were more or less connected by land bridges. Generations passed, and the CT people who left Africa split into CF and DE people and started to fill up Asia. They went completely wild migrating all over the place, splitting into subgroups and new groups. The resulting groups migrated and split into yet new groups.

Somewhere in today's Syria, haplogroupdaddy IJ decided to leave his favorite son in the Middle East, while I had to move to Europe.

To be Continued...

SCIENCE VESSEL "JACQUES COUSTEAU"
IS ON A TIME-TRAVELLING MISSION,
TO FIND THE FIRST HUMAN WHO INVENTED FIRE!!!

IT'S
FREAKIN'
BORING IN THE
ICE-AGE!



Ninjas

The Forgotten Assassins

Normally, when the subject of silent assassination turns up, today's kids immediately think of sleek snipers and night-vision goggles. We, the kids who grew up during the '80s, have a different mental projection. Our imaginary silent assassins did their job wearing Saudi Arabian women's clothing, using exclusively medieval weaponry and the ancient power of '80s movie montage.





Written by: Nikolai Dragunov


There is no real consensus whether the Ninja truly existed, but that's probably because any historian who would dare to investigate the subject ended up with a throwing star lodged deep into his skull (a known Japanese method of decreasing anyone's writing skills). Feudal Japan actually had Shinobi - the preferred term for stealthy mercenary spies and assassins – and the only remaining archaeological artifacts of these Shinobi are an ancient series of Sega arcade cabinets. The Ninja entered Japanese popular culture some three centuries before the glorious '80s as folktales, kabuki plays and novels. As soon as the movie production started in Japan, there were more than a few Ninjas in front of the camera (and behind, lurking in the shadows, probably).

The 1980s was a time when the movie going public craved colorful and exotic stuff. Reagan years were marked with fear of Japan, the rising economic tiger, whose high-tech exports oversaturated the world's markets with their unfairly great quality and pricing. The time was ripe for Ninja! (plural).

Hong Kong genre of martial arts movies had beautiful choreography, but ever since the untimely death of legendary Bruce Lee (arguably, at the hand of a Ninja) there was a noticeable lack of charisma and mystique in Asian action cinema. Sleek design of the Ninja proved to be the right match for an audience of kids who'd watch anything with a katana and/or shuriken in the props department. Plus they could just film masked stuntmen most of the time that proved to be cheaper than hiring an actual actor.



Ah, the high-pitched cheers of prepubescent audiences at each sighting of a katana, loud shrieking at every shuriken headshot... Almost religious exaltation inside the theater, while outside kids were merrily roundhouse kicking each other, climbing the sides of buildings and running around in that weird half-crouched sort of pose, which was probably invented in Japan just to mess with us western kids.

 The Katana (a.k.a. the ninja sword) - a type of Japanese steel sword which could cut anything during the '80s. Wielded by main protagonists, these swords could defeat anything in a duel - an armed military chopper, an armed military. Nothing could match the protagonist ninja's Katana for longer than a few brief seconds of slashing sounds and spattering blood (yes, even helicopters can bleed). The audience didn't even flinch at the sight of a firearm, the only thing in the world to successfully counter a Katana was another Katana, wielded by an antagonist ninja. Such was the power of Katana, that even immortal Scotsmen (portrayed by Swiss actor) rushed to get from ancient Egyptian characters called Ramirez (portrayed by an actual immortal Scotsman). Sho Kosugi (the very name sounds like a martial art) - his ninja

Nothing could match the protagonist ninja's Katana for longer than a few brief seconds of slashing sounds and spattering blood (yes, even helicopters can bleed)

skills are only matched by his nonchalant manner of dealing with death while simultaneously sucking on a lollipop and looking like a total badass. Frequently appearing (and subsequently disappearing) in ninja movies throughout the '80s, Sho also managed to have a role in Godfather: part II (uncredited, probably because of his immense speed and agility).



American Ninja – during the cold war when USA was in danger from communist ninja assassins in the Philippines, there was only one possible solution – to summon the American Ninja (portrayed by Michael Dudikoff, an actor of Russian-Canadian ancestry). Apart from him, this essential '80s movie also starred men with tall blonde puffy haircuts, token badass African-American compadres, damsels in distress, synthesizer music and explosions inspiring nearby combatants to perform summersaults.



A A secret code states that one's desire to become a Ninja should not be hindered by one's laziness and lack of ability – this is the way of the pixel. Kids wanted a taste of the adventurous life of these stealthy medieval mercenaries, so the video game corporations delivered! (with a noticeable lack of oxygen). Basically, they MS-painted ninja masks over the usual genres of the era: platformers, shoot-em-ups and beat-em-ups. Notable series of the era were Japanese arcade games like „Shinobi“, „Ninja Gaiden“ while home computers got the British series „Last Ninja“. Probably the most iconic entry

was „Bad Dudes vs. Dragon Ninja“, which managed to replicate all of the movies’ trope madness. Later on, during the ‘90s every video game made for anything managed to fit a ninja character. We had ninja blowout, pilot ninja, army ninja, cute ninja, girl ninja, Spanish ninja, yellow ninja, horse ninja, smelly ninja, hairy ninja, teenage ninja, mutant ninja, turtle ninja, snapping ninja... anything for digital ninja lovers.

As Keyser Soze once said: The greatest trick the Devil ever pulled was convincing the world he didn’t exist. The ninja copied this trick from the devil (and probably killed him afterwards)

As Keyser Soze once said: The greatest trick the Devil ever pulled was convincing the world he didn’t exist. The ninja copied this trick from the devil (and probably killed him afterwards). Thanks to kids’ movies like “3 Little Ninjas and the Lost Treasure” and shows like “TMNT” and “Power Rangers”, the Ninja became ridiculous and lame. The market became so oversaturated with ninja-themed stuff, the big budget productions turned away from the obvious visual cues. However, they can’t fool me, I know that the Batman is really a Chiroptera-themed obnoxiously rich (orphan) ninja, while Neo seems to have brain-downloaded ninja moves as well as ninja fashion sense. Basically, the pop-culture ninja returned to its natural habitat - the background, the underground where it waits in the silence and darkness, like a mushroom waiting to strike.

Now, I’ll admit, I haven’t re-visited any of these movies or games in decades. Thus, the magic of childhood is still alive, the memory of a happier time when an Asian person could fakely disappear into an explosion of thin smoke which was just an everyday occurrence. I won’t dust off the ol’ VHS and pursue this golden age, I will simply let the retired Ninja assassin disappear silently into the night.





February 2014

Girl of the Month

MANIC AWARD

Candice Swanepoel

Be honest, you would love to see this Angel landing on your lap. She's The Number One Wish of all straight man, because her body is just perfect. The South African bombshell is best known for her work with Victoria's Secret. For last year's annual fashion show she got the special honor of wearing the Fantasy Bra, a one-of-a-kind bejeweled piece of lingerie that is made of crystals and precious gems. Do we think they picked the right one? Of course, we do. CHEERS!

Best Casino Hotels in the World



Is there a better place to roll the dice and find out if luck is on your side than a luxury casino resort or hotel? The chips will never be down if you take a casino vacation at one of the properties on this exclusive list, because each offers more than just gaming tables and slot machines

Marina Bay Sands

The Most Spectacular Hotel In Singapore!

Marina Bay Sands is one of Asia's leading destinations for business, leisure and entertainment, delivering once-in-a-lifetime experiences. Located in the heart of Singapore's Central Business District, the resort's iconic design and multi-dimensional offerings have transformed Singapore's skyline and its tourism landscape. A year after Marina Bay Sands opened, tourism to Singapore shot up 20% and the economy expanded by 15%.

Marina Bay Sands offers a luxury hotel; state-of-the-art convention and exhibition facilities; elegant theaters; world-class entertainment; a spectacular museum; and the best shopping and dining in the region. The three hotel towers are crowned by the breathtaking Sands SkyPark on the 57th story. Perhaps the most striking feature of the resort, the park features lush vegetation, an observation deck, several restaurants, and an infinity swimming pool that seems to flow over the building.

The resort's prime location right next to the city center allows it to serve as an entertainment site for the local population and also a destination for business travelers. As for the casino, it holds its own in this extravagant setting, with more than 2,300 slots and almost 500 gaming tables.



The Palazzo

This all-suite hotel's European-inspired casino features everything a gambler's heart could desire



A Five Diamond Las Vegas Resort

The Palazzo takes luxury to new heights—offering you over 3,000 expansive suites, magnificent shopping, and world-class dining and entertainment. This all-suite hotel's European-inspired casino features everything a gambler's heart could desire, including a race and sports book, high limit poker salon with butler service and 112,000-square-foot poker room showcasing hand-painted frescoed ceilings. Here you'll discover a variety of delicious restaurants from award-winning chefs such as Mario Batali's Carne Vino; Wolfgang Puck's CUT; and Emeril Lagasse's Table 10. Other one-of-a-kind offerings include musicals and comedy shows. Also, you can enjoy chic dining and nightlife at LAVO, and relax at the world's largest Canyon Ranch SpaClub. The Shoppes at The Palazzo offer more than 60 luxury boutiques, including an 85,000-square-foot Barneys New York. In addition, 20 remarkable stores and luxury brands have made their Las Vegas debuts at The Palazzo.



Venetian Macao

The resort's
gaming space
measures in
at 374,000
square feet



The Venetian Macao Resort Hotel

Modeled after its sister property in Las Vegas, The Venetian Macao is just one of the many impressive casino hotels that have given Macau world-class status as a gambling mecca. It is a 39-floor luxury hotel tower with over 2,900 suites; a casino floor of approximately 550,000 square feet; approximately 1.0 million square feet of retail and dining offerings; a convention center and meeting room complex of approximately 1.2 million square feet; an approximately 15,000-seat arena that has hosted a wide range of entertainment and sporting events; and an 1,800-seat theater that features an original production from Cirque du Soleil. If you can drag yourself away from your lavish accommodation (the finest of which include spa rooms and chauffeured limousine transfers), set aside time - and lots of it - to explore the casino. The resort's gaming space measures in at 374,000 square feet, with approximately 500 gaming tables and 2,000 slot machines.

A PLACE THAT UNIFIES FIRE WATER AND EARTH

Ecuador is one of the smallest countries in South America, but it is certainly not the least interesting. Maybe it is exactly the opposite, because when taking a tour of the four unique regions: the Amazon jungle, the heights of the Andes, the shore of the Pacific and the Galapagos archipelago, you will have an impression that you have seen the entire world. Ecuador is also known for the Avenue of the Volcanoes because there are 61 volcanoes in this country, twelve of which (and half of these are active) are in the vicinity of the capital city. Amazing, isn't it?



This exciting country, the size of the federal state of Nevada, is located in the western part of the South American continent and has a population of over 13 million. The official language is Spanish; however, the majority of the older generations speak Kichwa, the language inherited from the Incas. If you do not speak Spanish (or Kichwa) you will have lots of problems in communication with the locals because rarely who speaks English.

On the other hand, the language that all people understand is definitely the Dollar. The official currency in Ecuador is USD, which will make you feel almost like being at home and even better than that - since for the western standard the life in Ecuador is rather cheap and adjusted to the average salary of only 134 dollars. And you thought our economy is falling apart.

The temperature in Ecuador varies, so it may happen that you experience almost all four seasons within 24 hours. Early in the morning and in the evening, the temperature decreases as low as 10 degrees, whereas in the noon, it reaches approximately 25 degrees. This happens all year long! Oh, joy! – no need for an air conditioner.



Quito, a Metropolis from the Andes

A must-see during the visit of Ecuador is Quito, which is, after La Paz in Bolivia, the second “highest” capital in the world. If you think this is the only interesting fact about it, you are definitely wrong. What really makes it different from other capital cities is the fact that Quito is located on the western brim of an active volcano (yes, you’ve read it right – active) Pichincha. This is the only capital and the only city in the world, with population of more than a million, which is in direct danger from a volcanic eruption.

Quito (in one of the old languages, this name would mean “the middle of the world”) is also unique because the equator circles over the mountains, whereas, in other parts of the Earth’s surface, it “goes through” a jungle or an ocean. Thanks to this geographical commodity, Quito is rightfully considered to be the best natural observatory, since even the cultures prior to the Incas managed to develop a respectful knowledge in astronomy and precisely calculate the time.

Since Quito is located at the mountain range, memorable views and sceneries can be seen around it. One such view is the view from the observation deck, which is the location of the magnificent monument dedicated to the Virgin Mary, the protector of Quito, the only Virgin Mary with wings!

Apart from amazing scenery, Quito is also known for its wealth in colonial churches, paintings and sculptures. In 1978, the UNESCO declared it a world cultural heritage. The historical center of the city is rich in beautiful buildings, and you should start your walk from the Independence Square, around which the four main buildings, the carriers of the colonial power, are located – the City Hall, Archbishop’s Palace, Main (Metropolitan) Cathedral, and the seat of the Government.

The Indian City of Otavalo

It is believed that the oldest cultures in America lived on the shores of Ecuador – from 8,800 to 3,500 BC. Some of them still live almost intact, and for these people nature represents a home, family, pharmacy and church. That is why they respect their environment very much. They are, at first glance, according to modern economic standards, poor people, but they have a rich spiritual life and live in peace surrounded with their families, taking from nature only what is necessary for their survival. To spend a few days with them represents a priceless experience.

The Indian city of Otavalo, with the famous market every tourist should definitely visit, is located north from the capital Quito. In this specific ethno bazaar, you may see and buy wonderful tapestry with ardent colors, bags, scarfs, decorations and other goods, hand-made from natural materials.

There are rainbow flags (not LGBT flags) everywhere, and that symbolizes the Indian communities that have many tribes of different colors, as many as the rainbow





Galapagos Archipelago

Although it occupies only 0.17% of the Earth's surface, there are as many as 33 national parks in Ecuador. Among them is the national park Cotopaxi, named by the world's largest active volcano. This volcano is located almost six thousand meters above sea level, and its name, when translated from the ancient Kichwa, would mean "the Moon's neck". Opposite to the snow-covered volcano, there is the Galapagos archipelago, a living museum of evolutionary changes. Remember biology lessons and Darwin? Charles Darwin visited these islands in 1835, and the animals he saw then in these isolated islands inspired his theory on the evolution of species which shocked the entire scientific world. It shocks many people even today.

The islands themselves are not ordinary: they were formed by lava eruption from the very bottom of the ocean. They move 8 centimeters (3.15 inches) toward the shore, and in their spot, new, "baby islands", appear.

Haven't started packing yet?! Hurry up!



Stay At Casa Gangotena

Situated in a newly restored historic mansion overlooking Plaza San Francisco, the three-story Casa Gangotena Boutique Hotel harbors 31 rooms. It is a showcase of eye-catching style, contemporary design, antiques, fine furnishings, modern technologies and quintessential comforts.

Beautifully- and eclectically-appointed, the hotel invites its guests to explore and relax, whether in the dining room, glassed-in patio, garden redolent with the perfume of native flowers, wood-paneled library, or atop its panoramic third-floor terrace.

Beyond its doors, the world heritage wonders of Quito, as well the vastly different and diverse worlds of Ecuador itself, await. Sophisticated and eclectic, historic yet contemporary, at Casa Gangotena style, passion and service blend seamlessly and delightfully.

DON'T BE HOPELESS

BE

ROMANTIC

How to make a romantic evening and not fail



**YOU WANT TO SURPRISE YOUR BETTER AND PRETTIER HALF
BY MAKING A DINNER, BUT YOU HAVE NO IDEA HOW?
READ ON, AS WE HELP YOU ACCOMPLISH THIS GOAL**

MANIC
TIPS&TRICKS

Buy the present

Hopefully, the plan will work, but if you fail in the attempt to give your darling a time of her life, you can always count on the backup plan - the present. You can use a simple trick: notice that dress she is wearing all the time, her favorite

**remember to
memorize, or
even better,
write down the
size!**

one? Take a picture of it, but try to use at least two angles (or snap a photo of her when she is wearing the item).

Remember to memorize, or even better, write down the size! Trust me, buying the wrong size is the worst scenario possible - small, and she'll think you think she's

fat; large, and she'll think you think she's fat. Either way, DO NOT make her feel fat by buying the wrong size! Now, relax and go to the department store, no need for fuss, just ask the first available shop assistant if they have a similar dress. You will score more points if you choose a different color, but don't get ahead of yourself and simply pick black! Of course, this elaborate and systematic plan of action is applicable for buying almost every article of clothing and/or accessory.

Don't forget to wrap the present. It's just nicer that way.

The Gift Is Secured, Now The Dinner

Find a nice bottle of wine (why not two, if the mood is all right), or a champagne, as long as it goes with the meal. Namely, you cannot cook a T-bone steak and offer some sweet white wine to go along with it. It's unnatural! In that case, you'll need a Merlot (dry red wine with plum, blackberry and clove), or a Cabernet Sauvignon (a rich, dry red wine with black fruit, oak and pepper). If you want to prepare a simple chicken breast, (take a look at the recipe in this issue), try **Chenin Blanc** (sweet white wine with flavors of honey and nectar, and a creamy finish). Do not, really, do not order take-out! It's so not romantic.

Do not, really, do not order take out! It's so not romantic



Set The Mood

Now that you have secured the gift and the dinner, all you need next is to create a romantic (but not corny) atmosphere. Choose a jazz radio station, or put some effort into it and make a seduction playlist. **Dim the lights,** but don't light the candles if you're not feeling like it, they can be too much sometimes. Instead, put some flowers in a vase and place it in the center of the table.

Put some effort and make a seduction playlist

Perfect Mixtape

For a Perfect Night

Setting the Mood: Best Seduction Albums

Clean the house? Check. Food? Check. Wine? Check. Candles? Check. Rose petals? Check. Music? No! What to choose to make a relaxing romantic atmosphere and to make the seduction easier? Here are some suggestions that could make your job much easier, because the wrong background music may easily ruin the atmosphere and your plans.



by: Sasha Trenchtown Jr.



WMusic is a very powerful tool for showing who you are, pointing out your intentions and even sending some powerful messages (with appropriate lyrics). If you put a lot of efforts in charming a girl, getting her home and making the special atmosphere, music is certainly not something to put aside as irrelevant – some people even say that the best way to get into a girl's pants is through her ears, since music can be a very powerful aphrodisiac. In order to help you set the mood and focus on other things, we made a list of albums to make your seduction process much easier. Since these songs will be playing quietly in the background, our focus was not on lyrics but on slow and sexy rhythms with sexy and seductive vocals (mostly female). On the one hand, there are well-known and many-time-tested artists, and on the other, we present you some less-known but very good and effective artists and albums. We tried to avoid VA (various artists) compilations, and that is why it was much harder to select albums where most of the songs could be used for seduction purposes (pay attention to the recommended songs). You should listen to them first and delete the

inappropriate songs and make a playlist with the best ones that will last until the morning...

The most obvious, wide-spread and mainstream choices and associations to seduction music would definitely be Barry White, Marvin Gaye and Sade. That is why we will start with them, the lady will go first and then we will present the two gentlemen. On the other hand, if you want to be different and unique, and not get the girl distracted by the well-known mainstream hits, check the other part of the list.

Since these songs will be playing quietly in the background, our focus was not on lyrics but on slow and sexy rhythms with sexy and seductive vocals (mostly female).

SADE – THE BEST OF

Sade is definitely famous because of her love ballads and sensual voice. Since she recorded six albums and has a lot of seductive hits, the most secure way to make her music useful is to play 'The Best of' album. Her music is very good for the beginning of a romantic evening.



WHITE GOLD: THE VERY BEST OF BARRY WHITE

His deep rough voice is definitely a synonym for seduction and romantic music. He, with his music, is believed to be 'responsible' for the conception of a solid percentage of people on this planet. This double album represents the collection of hits from his twenty studio albums. His music is a combination of funky and jazzy disco music and his unique voice. Most of his hits may have a faster rhythm, but his voice and the way of singing give that seductive and sexy flair.



SIMPLY RED – SIMPLIFIED

Simply Red is one of the best pop bands ever known not only for their hits and good music but also for their frontman Mick Hucknall and his magnificent voice. Simplified is an album made especially for their concert in Cuba and it contains some of their greatest hits re-recorded in a new way and several new songs. Don't let the title of the album fool you – the new arrangements are everything but simple because most of the songs were recorded with a symphony orchestra and that gives a new dimension to each of the songs. Moreover, the Latin flavor was also added to some of the songs. We also recommend their concert Live in Cuba.

3





4

MARVIN GAYE – BEST OF

With more than fifteen studio albums and many hits, Marvin Gaye is one of the most famous artists who started their career in the 1960s. Apart from recording as a solo artist, he was also famous for his duets. One of the most memorable duets of Marvin Gaye and Tammi Terrell is the song Ain't No Mountain High Enough, which was later recorded by Diana Ross and became her first solo number-one hit.



BOSSA N' VA COMPILATIONS

These compilations represent a turning point in this list – from the more mainstream artists and albums to the less-known but at least as good artists and albums as the ones already mentioned. Bossa Nova (“new trend”) is a Brazilian music genre which represents a fusion of mostly samba and jazz. Bossa N’ compilations represent the idea of PMB Music to gather various musicians and record some of the greatest songs in a different manner, where the dominating sounds are chill out, bossa nova, and jazz together with very sensual (mostly) female voices. This successful project has more than 30 compilations, and almost all of them are excellent for seduction.

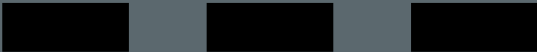


6



VICENTE AMIGO
CIUDAD DE LAS IDEAS

This may not be his most romantic album, but it is on this list mostly because of the first track on this album – one of his most romantic songs called Tres Notas Para Decir Te Quiero. This album won many awards and represents a combination of the sensual Spanish guitar and energetic flamenco – it is as if every tone has its own story and conveys specific emotions. Also, check out his other albums and select the best songs.



PAROV STELAR – ROUGH CUTS;
& SEVEN AND STORM

Parov Stelar is currently one of the most active performers in Europe, and his songs, which represent the modern variations to jazz, are one of the most used in compilations. Some estimates are that his songs were a part of more than 700 compilations (and counting). It may be said that his first albums are more romantic because they have a slower beat, and his newer music includes faster beats (swing is dominating). We suggest that you listen to his two albums (Rough Cuts; and Seven and Storm) and select the songs you find the most romantic and the most suitable for seduction, and it is a guarantee that you will have a lot of material.



7



NOUVELLE VAGUE – NOUVELLE VAGUE

This is probably one of the most sensual bends that perform with a lot of erotic energy produced by their three female singers. Add to that that they are French! I've had an opportunity to see their live performance and this energy could be felt throughout the show. They also re-recorded some of the songs from other artists, but they also have their own songs (most of them in French). We deliberately picked their first album with the smallest number of their own songs, so we can make you explore their music even further. Believe us, when your girl hears their version of I Melt with You, all your problems will disappear, and she will definitely melt.



JAZZAMOR - A PIECE OF MY HEART; & LAZY SUNDAY AFTERNOON

Jazzamor is a German musical duo that combines the elements of jazz, lounge music and bossa nova. Their repertoire is the combination of their own songs and their versions of some famous songs. They recorded six albums, two of which we would like to recommend to you (and we also encourage you to listen to the other ones). Their secret is the combination of good beats and a pleasant female voice which is able to give a new dimension to the songs. Their albums are very enjoyable to listen to, so you will definitely not make a mistake if you play some of their songs during the seduction.





Colombian **Hottie** Posada

COVER GIRL

■ ■ ■

If you wonder who Lina Posada is, the answer is easy. She is a model and a fashion designer, and, if we dare say, one of the most beautiful women in the world. The looks and curves this 22-year-old Colombian hottie has on the photos for Besame lingerie blew our minds away.









2013

Music Retrospective

Best Alternative Albums

Selected by Tyler Stansfield, we give you the list of albums that marked an interesting music year that is now behind us. Being that you are overwhelmed with various mainstream top lists, you will discover that this one is different - the stress is placed on more delicate and attention worth albums which debuted in 2013. Enjoy!

by: Tyler Stansfield

BOARDS OF CANADA

Tomorrow's Harvest

Veterans of electronic music, Boards of Canada, have made us wait a long time for their new album. But, once it was released, everyone could only agree that it was worth it. They can be recognized by their unique style, a blend of shoegaze electronics and a brilliant mixture of sounds which can take us to some other dimension. Their previous album, put out in 2005, introduced some new sounds, but we haven't heard from them since. Many years have passed and it seemed as if they had given up music, although every one of us secretly hoped that something new will appear. The eight-year long delay ended with a new release, which proved to be a pleasant surprise. Tomorrow's Harvest can puzzle even the most alert listener with the constant repetition of the motifs and studio trick-

ery turning it into a complete enigma. The album is opened by discordant arpeggios combined with loads of fuzz. It is one of those works veiled in mystery that leaves us baffled, but wanting more. Definitely a must have!



DEATH GRIPS

Government Plates

The uniqueness of this album is the main reason it has been included in this list, having in mind that it is one of the most subversive releases of the year. Their trademark has already become the straightforward character of the digitized era and with this release Death Grips have only affirmed their



course and continued their work in the same direction. Government Plates presents the incarnation of the computerized epoch that tends to avoid all the complexity and heaviness of academic fiction. The world of today has served to them as a model, especially

Government Plates presents the incarnation of the computerized epoch that tends to avoid all the complexity and heaviness of academic fiction

its crooked and defective nature and the vicious circle of rat race and stress merged with a rapid development of digital technologies that have come out

of it. It is free for downloading if you are in a mood to be completely horrified by art. Disturbing though it is, some people do appreciate this kind of music, so if you belong to this group, enjoy!

TRENTEMOLLER

Lost

Although Trentemoller already has many hits, this album can be rightfully said to be his best up till now. It has a marvelous production despite its constant changes of styles. It is characterized by conventional structures including verses and choruses, not to be found in the techno he made some ten years ago. All of this, together with

This album can be rightfully said to be his best up till now

the vocals of the singers from Blonde Redhead, Low, the Drums and the Raveonettes, make this release one of the most remarkable of this year. It is hard, though, to imagine dancing to this album, since its deep gloominess, combined with serene euphoria, make the songs more suitable for movie theatres than for clubs.





MODERAT

II

Moderat has released another album which clearly introduces a couple of innovations to the duo itself. First of all, they started playing live, which is obvious from their third album. Moderator is a duo of two prominent artists of electronic music, Apparat and Modeskeltor. The transcendent EDM, dubtronica and breakbeat create a blend of firm unity that strengthens their differences but turn them into an assimilated mass whose significance can be compared to the significance of both of these artists individually. The unison of these two performers is not a confron-

However, it could as well be said that Apparat and Modeskeltor never even existed as discreet performers.

tation of their personal expressions, as it would be expected. On the contrary, their styles merge together into a compact whole – a synthesized proof that the author can no longer be a sovereign and independent entity. The two sides function perfectly together, con-

stantly supporting each other and letting their work take different routes from time to time. Some may call this unity a complete corruption of what these artist stood for individually. However, it could as well be said that Apparat and Modeskeltor never even existed as discreet performers.

65DAYSOFSTATIC

Wild Light

This band's last couple of releases have been dominated by electronic sound, despite their post-rock beginnings with minor excursions into electronics. It was, therefore, supposed that their following album will be something similar to this. What we got is a heavy guitar sound followed by processed beats and violent synths. It is a mixture of apocalyptic music that is eventually revealed to be optimistic, at least to some extent. The specific post-rock style so typical of 65daysofstatic is preserved in this fifth album as well. Wild Light presents a classy post-rock record continuing the band's tradition and making them appear comfortable and self-confident.



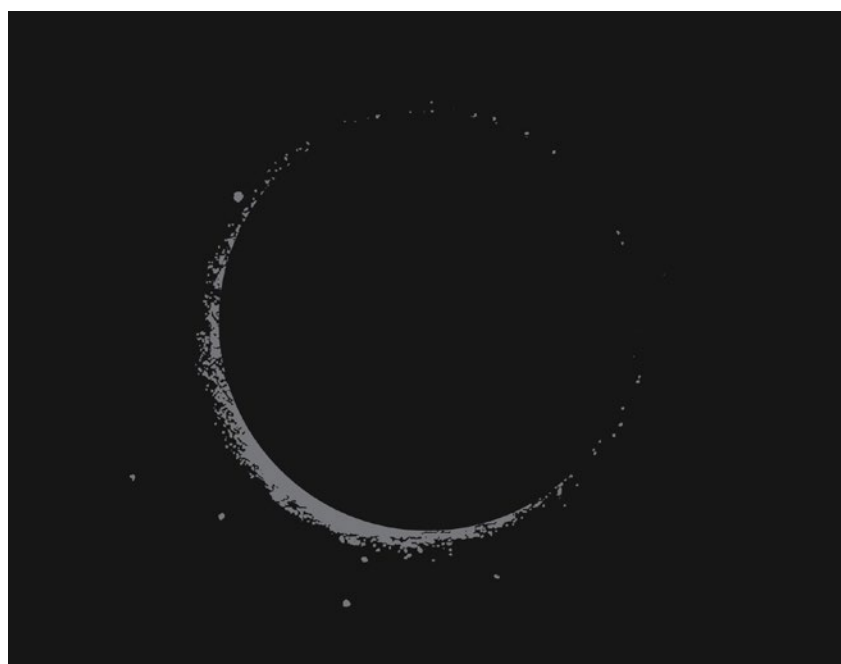
SON LUX

Lanterns

Joyful Noise Recordings and Ryan Lott have made their first contract that resulted in the third album of this New York based musician— Lanterns. Orchestral music and thundering sounds of choirs, piano sections taking turn with hip-hop beats and bassline splashes, all of this accompanied by Lott's quivering voice make this album a blend of alternative hip-hop and post-rock music. Out of this jumble of different elements, Son Lux has managed to make an integrity by balancing diverse components while giving priority to moderation and elegance. A true masterpiece of elec-

A true masterpiece of electronic music.

tronic music. Every day, Son Lux is gaining appreciation of more and more people. Why shouldn't you give them a chance?



BURIAL

The Rival Dealer

Another renowned producer, William Bevan, has surprised us this year with a new release. He has always been



more focused on maxi-singles with occasional collaboration as a solo artist with such names as Thom Yorke, Massive Attack and Four Tet, avoiding LP format completely. His style appeared to be following a fixed pattern: layers of eerie ambience, violent vocal samples, click-clacking 2 step rhythms, syncopated rimshots and glitchy hi-hats. In his latest release, we can detect the

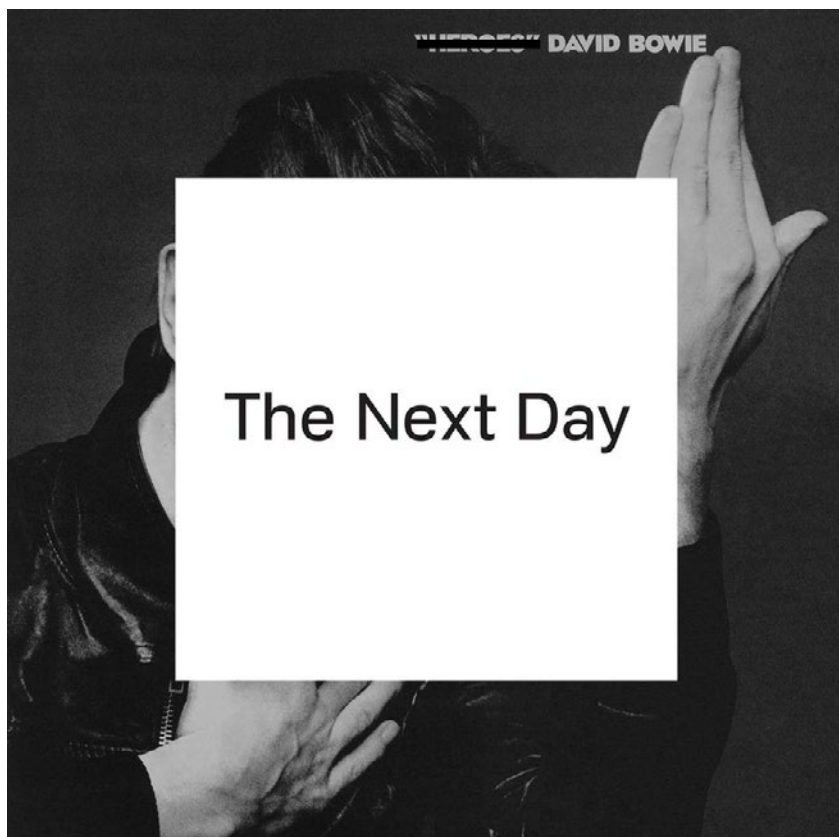
The Rival Dealer is an outstanding work of art that exposes a complex struggle towards self-love

changes of the style which becomes more profound and relaxed. The Rival Dealer is an outstanding work of art that exposes a complex struggle towards self-love. The performer has started to sound self-confident at last, and we get the impression that he feels comfortable in his own shoes. The significance of this album and of the artist that is finally beginning to find his unique expression, with all the things he has to say, undoubtedly deserves our full attention.

DAVID BOWIE

The Next Day

David Bowie, a man who has reached the hearts of so many people, definitely deserves his place in this list. He has a 5 decade long career and a flattering title of R'n'R icon. His new album, The Next Day is typical for his style. A collection of concise pop and rock music, nothing overused, except, perhaps the 'replay' button. A perfect harmony of abstract art rock and straightforward rock. Its lyrics as well as music are dominated, one feels, by a very dark and gloomy idea. This commercial, electric work, sometimes outspoken and appealing, sometimes interesting and enlighten-



ing, at times even dull and bizarre certainly possesses the quality found in all of his best works – intrigue. It has the power to captivate one's attention and engage every individual mentally. The production matches perfectly Bowie's voice putting this album among the best in 2013, while the 66 year-old musician makes one of the most memorable returns to the music scene.



PUSCIFER

All re-mixed up

Re-mixed albums can be as exciting as the new releases, a fact well known to the Puscifer's fans. This band's discography is peculiar for re-mixing every EP and every album as well. An extraordinary fact is how differently the album sounds now. One is able to recognize well-known sounds of their previous record Conditions of My Parole, but the re-mixed version offers us an entirely new emotional experience. It is all due to Kenan's talent and ability to write songs so strong to be able to endure being broken down into parts and

An extraordinary fact is how differently the album sounds now

still retain their uniqueness. This is precisely the reason why All Re-Mixed Up deserves to be regarded as a separate album, all on its own. And If Kenan is as good in winemaking as in re-mixing, I would like to propose a toast to that.

WHY

Or: How I Learned to Convince Your
Girlfriend to "Stop Shaving and
Love the Hair"

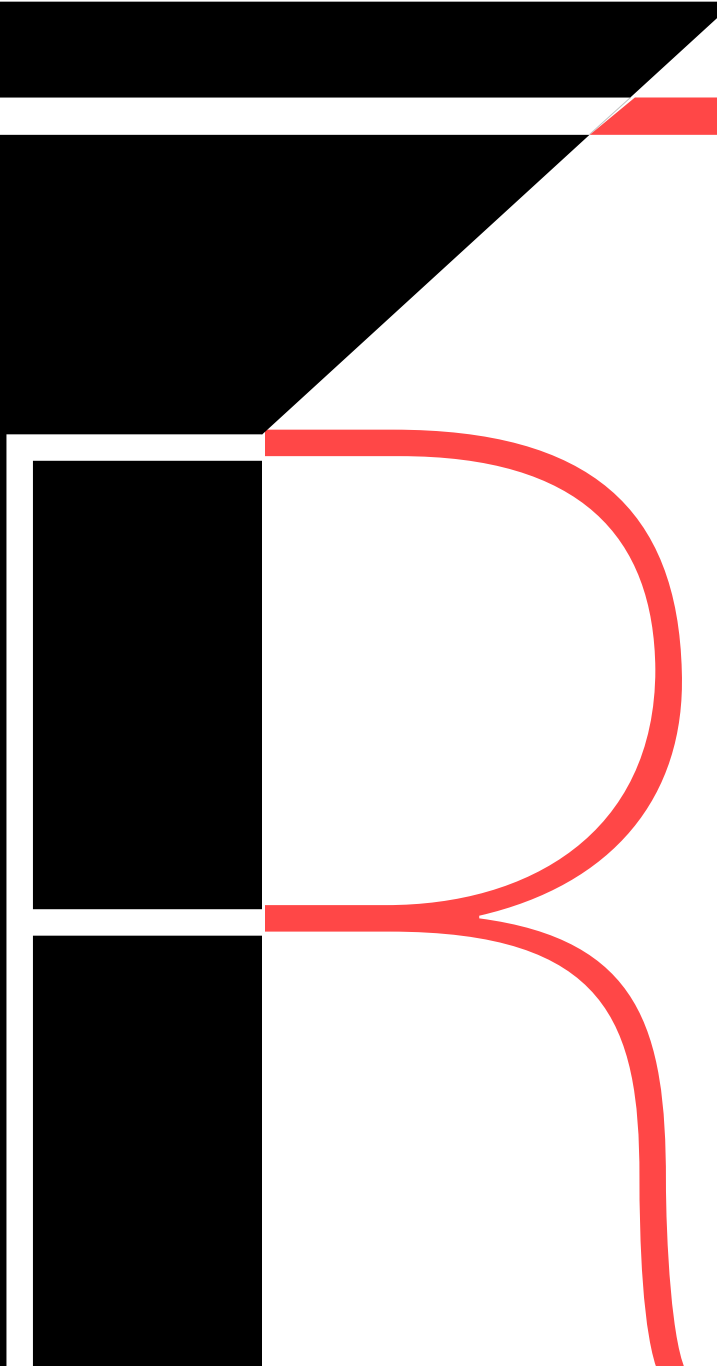
THE HELL

DID YOU

DO THAT?!

IF YOU HAVE A GIRLFRIEND WHO IS HOT
ON TRENDS, BUT YOU FEAR OF HER FASH-
ION STATEMENT/FREEDOM/CHOICES AND
SHHH...

Written by: Susan Blossom



Rihanna, Miley, Christina Milian, Avril Lavigne, Ke-
sha and other female wannabe performance artists
recently started a fashion of half-shaved heads.
Not that it's any of my business, it's not like I actu-
ally know what's beautiful, but I ask "Why the hell
did you do that?!" You are not a multiple VMA and
Grammy award winning Sinéad Marie Bernadette
O'Connor. You will probably never get a *World
Soundtrack Award for Best Original Song Written
Directly for a Film*. If you are not driven to strong-
ly express views on organized religion, women's
rights, war, and child abuse, thus suffering a certain controversial la-
bel, I ask you, "WHY?"

Now that sultry starlets and other super talented I-am-smart-and-pret-
ties have gotten bored with the "trend", they miraculously managed
to grow back the missing hair. Let me ask you Mileys, "What now?"
You are actually stuck with a bald patch. A pretty girl with a bald patch,
mmmm right, how sexy you must feel. Maybe you have few hairs
grown here and there like a badly shaved vagina. Now your boy-
friends have to cope with months and months of you moaning and
trying to grow out that stupid patch of hair you shaved from the side
of your head.

Before you decided to look like, God forbid, a cancer patient, has it
ever occurred to you that hair grows a half inch per month? Were you
prepared to repeatedly shave your head and wear the stupid stubble
forever? Oh, I'll admit, there is nothing more sexier than when you
wake up next to an ill-covered woman's scalp. Wait, there is! When
you and your beloved shave together in the morning. "Honey, did I get

Oh, I'll admit, there is nothing more sexier than when you wake up beside an ill-covered woman's scalp. Wait, there is! When you and your beloved shave together in the morning. "Honey, did I get the back of my head?" "Naaah, you missed the spot!" Seriously. No

the back of my head?" "Naaah, you missed a spot!" Seriously. No. You do realize that putting gel on your hair so that it won't pouf out in that disturbing troubling area is not going to help.

This has to be a part of some corporation's master plan, I don't know! Instead of buying something nice, you are now condemned to spend the most of your money on scarves, hats, bands and shit all year round. Because you get frustrated every time you look at yourself in the mirror and realize you have a bad hair day life! Naturally, as men are genetically programmed to help their damsels in distress, they are going to find themselves (one time too many) in a creepy hair-extension shop (holding your purse, jacket, bottled water, another purse, scarf, hat and whatever else), surrounded with women hysterically trying to match their hair color with a creepy piece of extension. I suppose that, if a guy was home and there was a piece of that shit just lying there on the floor, in the lack of a better knowledge, he would try to kill it. Until it was dead for sure. And probably burn it since it's disgusting.

Instead of buying some ridiculous hair extensions or whatever, and thousands of hair aid kit accessories, for once, just don't try to copy some superstar who men do not have an erection to. Because they don't love them, they don't like stroking their hair ("god, what the hell is this in my hand, is it a dead rat or...whaaaaaat, and it's sticky!! help, help!!!"), they do not wake up next to them and go in bed with their make-up free faces.

Just know this, if you are ready and need to make a commitment to a belief, do it. Powerful woman stuff, yes, now that is a turn on. ■



Cook's Book
.....



Chicken with Guacamole

Everyone will love this creamy guacamole and cheese stuffed chicken dish!

and Cheese

Soft goat cheese rich in flavor combined with the famous zesty Latin sauce make this easy meal a perfect lunch or even dinner.

This is a protein-rich meal which you can serve with some salad, grilled or boiled vegetables, and if you don't watch your carb intake, maybe some plain rice.

Ingredients:

- **3 lbs. chicken breasts**
(6 boneless and skinless chicken breasts in total)
- **8 oz. package Guacamole**
(or make yourself one, look below)
- **6 oz. goat cheese**
- **3 Tb. red pepper**
(chopped and roasted or sun-dried)
- **2 Tb. olive oil**
- **1-1/2 tsp. chili powder**
- **1 tsp. ground cumin**
- **1/2 tsp. dried oregano**
- **1/2 tsp. garlic powder**
- **1 tsp. salt**
- **1/2 tsp. ground pepper**
- **Toothpicks**



Directions:

Take the chicken breasts and cut them horizontally through the center, making a “pocket” deep enough for filling. Don't cut all



Preparation Time: 15 min
Cooking Time: 30 - 40 min

the way through. Put the cheese and guacamole in a bowl and blend them with a fork. Mix in the red peppers. Place the chicken breasts on the baking sheet. Use a spoon to fill inside each chicken breast and toothpicks to close the “pockets”. Rub the chicken breasts with oil and sprinkle the spices, salt and pepper.

Bake for 30-40 minutes in the preheated oven (350 degrees F).

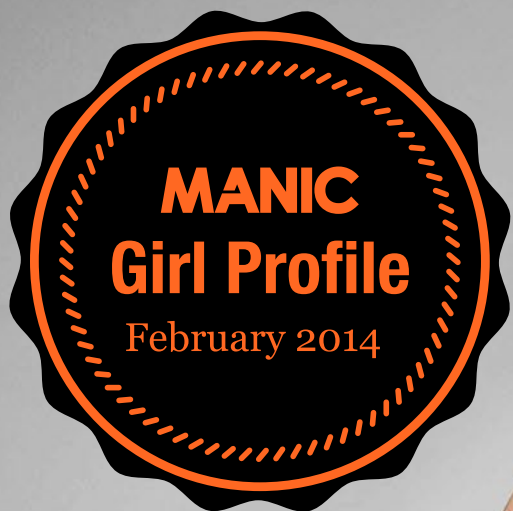
If you have the right ingredients
and you like a homemade
instead of pre-made products,
here is how you can make a

homemade guacamole



Mash together 2 ripe avocados,
1/2 red onion,
1 tablespoon of fresh lime or lemon juice,
a dash of grated black pepper,
1/2 teaspoon coarse salt
(and if you like, add 1/2 ripe tomato,
1-2 minced chillies, 2 tablespoons of minced cilantro)

*Spicy, zesty, creamy...
enjoy this spectacular meal!*



MANIC Girl Profile

February 2014

Luisana Lopilato

Nationality: **Argentinian**

Hair Color: **Dark blonde**

Eye Color: **Blue**

Date of Birth: **May 18, 1987**

Place of Birth: **Buenos Aires**

Height: **5'6"**

What is the first thing that comes on your mind when we mention Argentina and the year of 1987? Leo Messi?! Not for long. Curvaceous and gorgeous Luisiana Lopilato, in *Ultimo Lingerie*, managed to overshadow the great magician with a ball and make us completely forget about football. Who wouldn't, looking at the body like this? She made her television acting debut at the age of twelve (1999). Today, she's one of the most famous actresses, singers and models in Latin America.

XY

"The truth is in here"

FILES

Edited by Dr. Aaron U. Isakowych



BITTER SWEETNESS

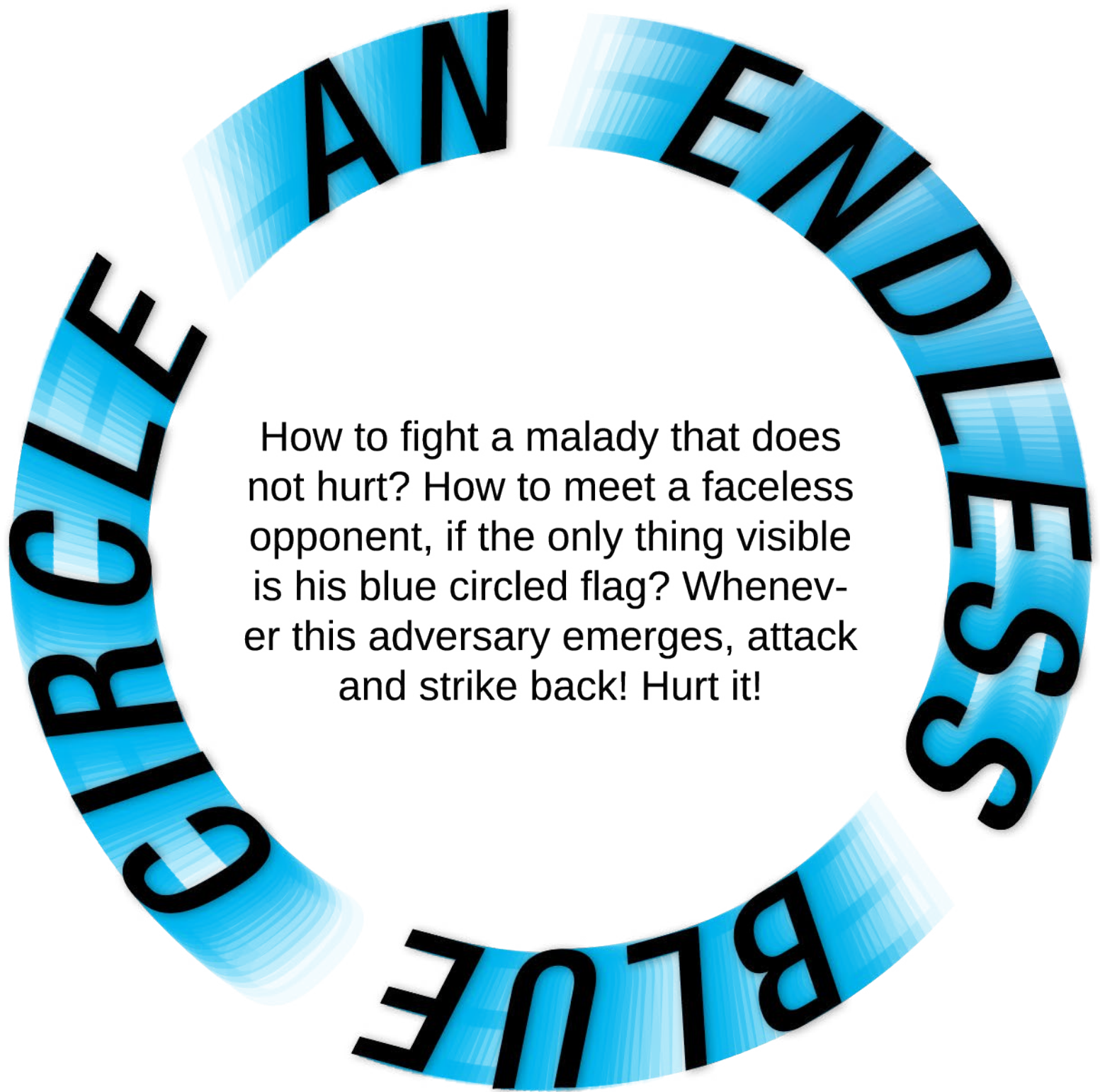
Life matters,
actually!

HE IS GINORMOUS!

Size does matter,
statistically!

THE INCREDIBLE FATNESS OF BEING

Evolution took thousands of years to make us into men. It took us only couple of decades to devolve!



BITTER SWEETNESS

WE SAVOR EACH AND EVERY ASPECT OF THE TIME PASSING BY. WE HAVE TURNED INTO A SOCIETY THAT CARES ONLY ABOUT THE TASTE AND NOT ABOUT THE ESSENCE. AND WHAT ARE WE TO DO WHEN NATURE SHOWS ITSELF IN ALL ITS PARADOXICAL POWER? WHEN OUR LIVES GET A TWISTED MONTY PYTHON-LIKE TURN AND WE BECOME A PARODY OF OUR OWN WISHES? WHAT TO DO WHEN SWEET BECOMES BITTER?

Written by: Dr. Aaron U Isakowych

Human body is a personification of Nature's perfect engineering. Almost, that is. It is an intelligent construction with little unused potential and lots of space for progress and improvement. In order for everything to work in accordance with Mother Nature's design, who has written all the instructions on two helical chains, it is necessary that, besides a satisfactory material, the commands are coordinated, the signals organized, metabolism processes ordered, and priorities controlled. All that as a driving force for har-

mony. These functions in our body assume small but complex essential substances with great, even destructive potential – the hormones. We usually refer to them when we need to justify some consequences of their current oscillations, which only points out the instant effect they have. Hormones have an undeniable part in the human organism progress and what we should be concerned about are the long-term consequences they can leave.

We have evolved far from our ancestors and we have climbed up high on the evolutionary ladder. However, this climb has apparently made our organic structure vertiginously decline. This decline is gradual and inevitable, no matter how much

the body struggles and resists, heals and recuperates, the climb is continued and the body yields. And it only gets worse.

Diabetes mellitus (DM), or simply, diabetes, is a state that, together with hormonal issues, creates an enormous challenge for the future of humankind. This disease simply disrupts the metabolism. DM is, at first glance, an unbalanced and ill-sorted consumption and use of sugars in the body. Only, this is just one of the mechanisms with which DM sabotages organ functioning. The key is in the fact that DM is not a singular defect, but an entire group of metabolic dead-ends.

A major determinant of DM is a high level of glucose in blood as a result of an insufficient amount of insulin. Namely, insulin

THAT IS WHERE THE BLUE CIRCLE BEGINS

is the turnkey for unlocking all the doors in the cell Matrix world. Without insulin, there is no sugar in cells, no energy, cascade reactions are disrupted, as well as processes on protein and fat, whereas metabolites,

the substances/products involved in metabolism, pile up, still disrupting the proper organism functioning. That is where the drawing of the blue circle begins.

Reasons for the disorder in quality/quantity of the insulin lie in various mechanisms, according to which we divide the disease into types. Type 1 and type 2 (previously called insulin-dependent and non-insulin-dependent diabetes, names both surpassed and unjustified) are the most common forms. One that is quite interesting and significant is the Gestational diabetes that occurs during pregnancy, risking the lives of both mother and her fetus, with the effects and aftermaths later in life. The number of patients suffering from type 1 diabetes has been decreasing and now makes up 10% of all cases. It occurs as a consequence of viral provocation, probably as an autoimmune reaction. Simply, the virus presence leads to the immune system activation (T cells) which uses its potential and energy against the host's antigens (the target of immune defense system), thus destroying insulin producing pancreas cells.

Type 2 is the most common type of DM that occurs due to the resistance to insulin presence, when cells simply do not let insulin transfer glucose from blood to other cells. The mechanism is in disruption at the insulin receptor level, as well as in creating key-lock connection for opening the door to glucose. This condition is completely absurd - cells are provided with

no nutrition, they are “hungry” while the “food” is floating around them. This is an unbalanced script written every day. We live by it and accept it.

The number of etiological factors, that is, causation factors, is immense. It is important that type 1 appears only in cases when the autoimmune reaction is combined with genetic predispositions. It is discovered that HLA markers can show tendency toward DM, but that is not enough. Most often, the infectious agent is Coxsackie A virus, although not the only one. Changing the immune system's direction of action, with genetic mimicry, viruses are the second link in the chain of type 2 DM. The en-

es the insufficiencies, but in time, those reparatory mechanisms lose their agility and the irreversible process of metabolism collapse commences.

Most notable and among the first symptoms of this disease are polyuria (frequent urination), polydipsia (thirst and increased water intake), polyphagia or hyperphagia (excessive eating). It is a mechanical problem. Due to low levels of sugar in cells, they send signals that they are hungry and the food is taken in. On the other hand, a high level of glucose in blood, which binds with water, is released more often (hence

THE ENVIRONMENTAL FACTORS THAT LOWER THE BIOLOGICAL POTENTIAL OF INSULIN WITH VARIOUS EFFECTS ON THE BODY ARE ALSO CONSIDERED RESPONSIBLE. THESE FACTORS INCLUDE OBESITY, LOWERED INCITEMENT, SMOKING, STRESS, URBANIZATION, INCREASED SUGAR AND ARTIFICIAL SWEETENERS INTAKE, AS WELL AS THE INTAKE OF SATURATED FAT AND FATTY ACID

vironmental factors that lower the biological potential of insulin with various effects on the body are also considered responsible. These factors include obesity, lowered incitement, smoking, stress, urbanization, increased sugar and artificial sweeteners intake, as well as the intake of saturated fat and fatty acid

These are only some of the dangers. The body struggles, compensates and balanc-

the name Diabetes mellitus, that is, Diabetes with sweet taste; this was discovered after someone, smart enough to notice that the insects are gathering around urine pools, had tasted the urine). There is another absurdity – abundance of food, but lack of its use; energy is at hand but inaccessible - metabolites pile up and damage the health, which all lead to an acute, life-threatening condition. The

vicious blue circle almost closes. List of symptoms does not end there. Unfortunately, due to pathological and malicious effects on the body, diabetes has a wide spectrum of symptoms that interfere with normal life lowering its quality and changing its habits (as in medical treating). This unavoidably leads to its shortening, since diabetes is incurable. The symptoms can be changes in vision, unusual loss of weight, irritability, tiredness, dry skin, difficulty in healing potential wounds, frequent and slow recuperating infections, heart problems, and neurological outbursts. Type 1 may result in nausea, disgorge-ment or stomach pain. All these problems are caused by glucose fatally dissolving on thin and sensitive blood-vessels' tunica. This is how micro and macro-vascular changes occur which lead to plaques

ketoacidosis, hyperglycemic hyperosmolar nonketotic coma, lactic acidosis – that can be fatal. It is important to understand the disease, its deceptive and absurd nature (insulin administering can save life in some situations). Together with a quick response, it is crucial to moderate the behavior throughout the course of treatment which is necessary. The circle closes and starts again.

Another evidence of consequences left in the body is glycosylated hemoglobin used to calculate average plasma glucose concentration over periods of time. It is one of the most important markers according to which the disease can be monitored.

Symbols are a way of unification and recognition. Modern world heraldry separated itself from totalitarian system symbols, but

IT IS IMPORTANT TO UNDERSTAND THE DISEASE, ITS DECEPTIVE AND ABSURD NATURE

on heart vessels (angina symptoms and heart problems), retinopathy and orbit changes (vision is impaired), strokes and various neurological symptoms, immune system malfunction, circulation decrease (that leads to non-healing wounds and blood clots often resulting in extremity amputation). Next to all these more or less mechanical and vascular issues, there are also metabolic issues: DKA or diabetic

fortunately, got replaced with recognizable symbols of united struggle against modern diseases. We have replaced one disease with another. When you look around and see a blue circle on a white background, remember DM, try to help others and yourself, because only united we can end this vicious circle and create a new sign. The sign of a better tomorrow. The sign of a healthier, sweeter tomorrow.

The Incredible
Fatness of
Being



Or Ecce
Homo Obesitas

Obesity is the most widespread noncontagious disease of the modern era, which many other diseases, much like a Petri dish, use as a fertile ground to push through, grow and evolve. Children are stricken and their little backs are doomed to wear a heavy burden that does not easily come off. **Do we really own our lives or are we slaves to lives well tucked in and care-free?** Does the modern man adjust to nature or does he flee from it in an ill direction? Are we becoming something we should not?

Written by: Dr. Aaron U. Isakowych

Evolution is based on mutation, that is, the processes in our genes resulted in mistakes to which we owe thanks for changing from one-cell organisms to various crawling, trotting, clambering little animals to becoming what we are today – Homo sapiens. The creatures aware of time and space. More importantly, the women in time and space. Even more importantly, ourselves with those women in time and space. Self-awareness of our, for the time being, humble abilities, lead us towards discoveries that made our lives bearable on the planet Earth (just for the time being, since we do plan to colonize the rest of the Milky Way rocks and expand civilization over godless aliens). The Man had a little part, the part he was actually aware of, in this fantastic mimicry from an inarticulate hairy mutterer to a civilized reader of, per se, some medieval writings on an iPad. And all that would be such a nice story to tell hadn't we only, again quite incognizant of it, initiated a change that, no matter how superficial it seemed, maybe had the largest effect on a modern man.



Without any creative mutation but with a preserved line of nicely stacked little acids we are all made of, we have managed to turn into adipose tissues, and create with that pure divine fat a new species of mammals, the *Homo obesitas*.

T This emerging term (or at least a neologism) denotes a *Homo sapiens* with so much accumulated body fat that it causes serious health issues, as well as social, psychological and, in the future, pure physical survival problems. To define something means to create some kind of limitation, but in order to talk about this problem, we must know what and where the problem is. Obesity and adiposis represent the state in which BMI (body mass index) exceeds 25 or 30, a number more and more people are prone to.



To make it more realistic and tangible, and with it worse, all you need is to look at the increase in number of obese people on our planet.

Globally, the number of excessively fat

The number of obese people has doubled
since
1980

92,000,000
USA

84,388,000
India

67,200,00
China

26,880,000
Mexico

14,260,000
UK

10,449,000
Germany

6,192,000
Spain

4,908,000
Australia

4,600,000
Canada

4,089,000
Japan

2,474,000
Greece

1,592,000
South Korea

1,361,000
Portugal

1,251,000
Slovakia

920,000
New Zealand

Overweight people

154,700,0000
USA

5,600,000
Canada

1,573,000,000
Worldwide

(Source Mexico bariatric centre and WHO)

The body mass index (BMI), or Quetelet index, is a measure for human body shape based on an individual's mass and height.



Homo obesitas is easily susceptible to “quiet” diseases – the ones that have always been there just waiting, such as cardiovascular diseases, diabetes, cancer – that discovered a good-hearted host

preschool children grows every day - more than tens of millions at the moment (apropos, research studies show that the number of obese children has increased the most in poor families – something to think about). Moreover, to make this problem even more realistic, it is predicted that by 2030 the USA budget will be overburdened by 850-900 billion dollars per annum. Taking it all in consideration, those are living costs for about a third of world's population. Mimicry, evolution, change, adaptation, carelessness, byproducts of progress, call it whatever you want, one should not ignore this truth.

Of course, health and living issues are not to be painted with numbers but rather shown

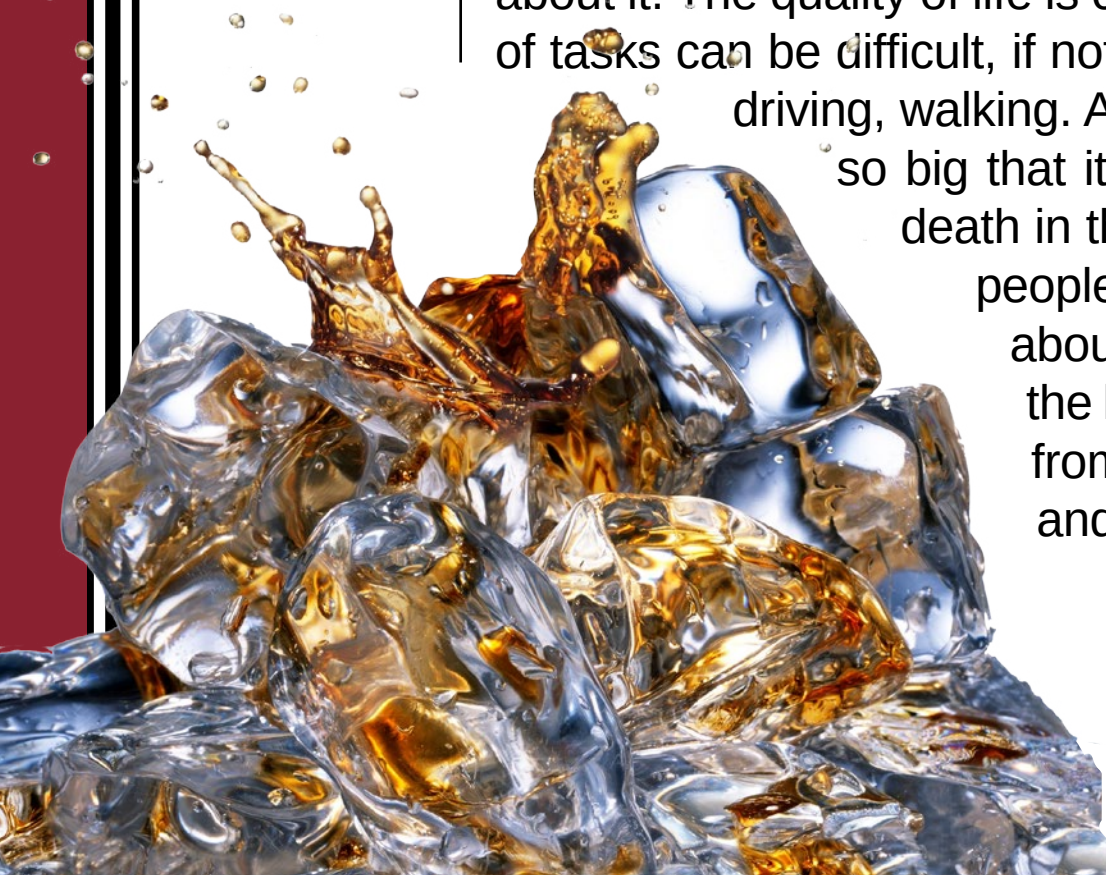




through a prism of change and difficulties one comes across when in the state of obesity.

Homo obesitas is easily susceptible to “quiet” diseases – the ones that have always been there just waiting, such as cardiovascular or musculoskeletal diseases, diabetes, cancer – that discovered a good-hearted host. The most bizarre thing is that cause and effect, in their forever role swapping, create a vicious circle homo obesitas is somehow sucked in but too lazy to realize it and do something about it. The quality of life is completely altered, because a simplest of tasks can be difficult, if not even painful: getting dressed, sitting, driving, walking. Another interesting fact, this problem is so big that it is becoming a number one cause of death in the world where there are still so many people who die from malnutrition. Think about this standpoint - there are people in the hungry parts of Earth who are suffering from the lack of empathy of a voracious and unhealthy homo obesitas.

The tragedy, amongst other matters a homo obesitas encounters, is a



complete denial of ancestors and their significance (psychological and biological). Being overweight contributes to creating psychological problems, both because of the damaged self-image which leads to cracks in the walls of consciousness, and because of the fact that the accumulated fat leads to various biochemical processes which can further lead to modification of brain functions and hormone imbalance (thus causing depression, anxiety, binge eating syndrome, etc.) All this undermines the sapiens in us we are so proud of. The most horrifying thing, at least from a male point of view, is that there are numerous issues in ever so great joy of life - sex: erectile dis-

The most horrifying thing, at least from a male point of view, is that there are numerous issues in ever so great joy of life - sex

function (clogged blood vessels prevent the flow of blood into corpus cavernosum part of the penis – the sponge-like tissue that makes the penis erect), low libido, infertility (low sperm quality), buried penis syndrome (not that the poor thing is shy, it's just that all the fat and skin are burying him), performance drop, low odds to pick up a girl (need no explanation), lesser sex positions (pure logistics), sexually transmitted diseases and diseases caused by obesity (not only from exhaustion but from medication too).

Of course, we should leave out people who are unfortunately bigger due to an illness of some sort. Still, they are a minority in the homo obesitas crowd. We should concentrate on those who are triggered by the environment. This means that we are all causes, victims and effects, and we cannot run away from this truth. Adjusting the life today in order to help homo obesitas was supposed to be a short-term help, just until we all get involved in dealing with ourselves since no other species will.

In the end, maybe Evolution had some great scenario prepared for us. Maybe some dozen future generations or so we evolve into cool X Men. Why not? Or not. Maybe we obstructed the Evolution by swerving off the road and now we can only hope that we can manage to survive the X Men sneeze or something, since every time it would cause an earthquake, force two on the Richter scale.

Greetings from your tribe brother and fellow Homo obesitas!

Change Your Habits



chips vs. **POPCORN**



**It is high time you
started making
healthier choices
and changing your
life for the better**

Stop eating chips and take a healthy snack instead – popcorn is a whole grain that consists of fiber and antioxidants. Whole grains are rich in complex carbohydrates and are low in fat; antioxidants are found in the hull and (like all antioxidants) help protect against cancers, heart diseases, and other illnesses that are caused by free radicals (cells that attack other healthy ones). In addition, it is sodium- and sugar-free, and all this makes popcorn a healthy snack. Air-popped popcorn has only 31 calories per cup, whereas oil-popped is only 55 per cup. During preparation, oil is often added along with butter, sugar, and salt, but you should try to avoid these popular toppings. Try to bring out all the benefits by adding herbs like dill or curry, and healthy oils such as olive or coconut.

sugar vs.

HONEY



Cut your sugar intake by replacing it with the flower nectar – honey. It is mainly composed of fructose and glucose, and complex carbohydrates; it also contains some amounts of vitamins and minerals, as well as tiny amounts of several compounds thought to function as antioxidants, including chrysin, pinobanksin, vitamin C, catalase, and pinocembrin. Honey has both nutritional and medicinal benefits (raw natural honey is an anti-bacterial, anti-viral, and anti-fungal substance).

Consuming honey provides instant energy, since it contains invert sugar, and it is also a heart stimulant and a useful food supplement.

The amount of 100 grams of honey has 304 calories, but no fat.



pastry vs.

OATMEAL



Did you know that 100 grams of Danish (with cheese) contains about 374 calories? Six of those and that's about it for the day – you have eaten your daily calorie needs. Instead of pies, tarts, quiches and pasties, take oatmeal. This cereal has so many health benefits that you should probably eat it every day. Firstly, it contains lots of vitamin B, the one that plays an important role in cell metabolism. Due to its soluble fibre content, a daily consumption of oatmeal can lower blood cholesterol, and when combined with a low-fat diet it may reduce the risk of heart disease (because of the beta-glucan in the oats). High content of complex carbohydrates and water-soluble fibre encourages slow digestion and stabilizes blood-glucose levels. Now you know why so many athletes and especially weight trainers eat oatmeal.

ice cream vs.

FRUIT YOGHURT

|||||

The frozen dessert is so divine, usually made from dairy products and various ingredients and flavors. Only problem is that it contains lots of sugar, making it unhealthy to eat – 100 grams of chocolate ice cream has 216 calories that are actually fat, cholesterol and carbohydrates, a.k.a. the bad calories. On the other hand, you can make yourself a nice fruit yoghurt, maybe not as tasty as ice cream, but a lot healthier. Get a plain, non-fat, diet, or whatever kind of yoghurt you can buy, and put it in a blender with the fruits you like. Note that cranberries, blueberries, and blackberries are the highest-ranking antioxidants, apples are a close second, but don't forget dried fruits – they are also very healthy; peaches, mangos, and melons contain plenty of antioxidants, although less than berries. Throw in a handful of nuts and you got yourself a quick, tasty and healthy snack!

|||||

You can make yourself a nice fruit yoghurt, maybe not as tasty as ice cream, but a lot healthier



HE IS GINORMOUS!

— — — — —

This is a sentence every one of us wishes to, as if by accident, overhear his significant other uttering, while she, with her hands wide apart and a blissful look on her face, describes the size of her man to her girlfriends. Then, of course, there's the envy, the looks full of desire, and everything else that we secretly want to evoke in hordes of women. This kind of scenario rarely happens, if we leave out sitcoms in which the producers play the leading roles, so that their characters are made to be the personifications of mega-giga alpha male (whilst being everyday guys with beer bellies surrounded by beautiful, slim women)

— — — — —



IN HER MAJESTY'S CERVIX

Written by: Dr. Aaron U. Isakowych

Men's obsession with size is nothing new. Ever since the time immemorial, manhood was measured in the right way. Gods, heroes, kings, semi-gods, human-animal creatures and princes were all represented by statues, figurines, paintings or scripts, with their phalluses bulging and memorable. Though only cosmetic, this parameter is extremely important even today. But should it be?

When thinking about this topic, one is usually due to start with the premise of the size and the penetrable power of penis. Unconsciously, and even a little narcissistically, vagina, together with her significance in sexual compatibility, is being excluded. As if women were just holes in the space a man has to clog in order to prove a lover. Therefore, by reducing sex to mere numbers and a metric system we leave out pleasure, effort, passion and all other things needed for one attention worthy coital act.

Let us go back to numbers. Various studies conducted around the world in the last 20 years reached the numbers of some 13 – 15 cm in length and 4, 5 – 5 cm in width of an average penis.

These studies have been carried out not so much for the purpose of bragging on a national level, but mostly for the estimation of the maximum length after the intervention of penis enlargement, as well as for gaining insight into the erectile potential of penis, and the transition it is ready to make from its loose version to its tense one. Numerous corrections and modifications have been made so that the final estimation of a normal penis size turned out to be 10 – 19 cm in length (this was done, of course, so that no one would be denied the right to say that he is of an average size, and those whose size exceeds the average, well, good for them!). Perhaps someone disagrees with these statistics, but it all had to be standardized.

Vagina is a muscular canal covered in mucous membrane, whose cavity can assume different shapes (parallel sided, conical, heart, slug) but which, in the majority of cases, should take on the shape of a penis. The average of 7 – 13 cm in length and 5 – 6 cm in width (just imagine the method used in measuring) should encourage

Ever since the time immemorial, manhood was measured in the right way

those still holding the view that size matters. We should take into account the change of



these numbers after giving birth and the incredible capability of vagina muscles to undergo such tremendous changes

How do we manage to make so many mistakes in achieving this one goal – satisfying women?

probable, possible, hidden and just within a hand's reach.

Having all this in mind, the fascination with virgins that is present

and, yet, go back to their previous state of being a source of pleasure for numerous women around the world by returning their original shape of a key lock for our key. Once again, the metric system is not on our side.

in many cultures and nations, becomes quite clear. Everything tight, tucked and conjoined is just waiting to be separated. Along with it, to make the performance and theatricality complete, there is scenography as well. A thin membrane, named by the God of marriage, breaks followed by little blood and pain making the drama complete.

Based on this data, it can be concluded that the essential precondition for a sexual encounter, that is, friction, is possible. So how do we manage to make so many mistakes in achieving this one goal – satisfying women? Even when we take into consideration the fact that the walls of a vagina are intersected with thousands of nerve endings, one of which being particularly notable as G-spot which, after many efforts, just like El Dorado, remains

The greatest mistake men make is diverting their obsession with size towards women. Women are sexually more realized creatures than us, and they are not much concerned about these things, for they are trying to do with as much material as they can get. When asked, in different studies, what they think about



the importance of the penis size, their usual answer is that it is not the most important thing. It is certainly not

We turn ourselves into dildoes. Yet, what they want are complete men

a point to disregard, but it is by no means something to keep them from playing with us. As sexually conscious, active and very natural beings, women do not sleep only with our crutches. They turn on their brains, set their imagination on fire and activate their entire bodies. They don't merely sleep with ourselves, but with all the things we are, those we will be, as well as those we can be, which they are able to envisage. For them, everything is foreplay. Charm, attitude, conversation, sense of humor, potentials, abilities, as well as the looks.

As if everything is in dimensions, sex is somehow mechanical for men, whereas for women it is an inborn art. Hence an advice: devote your attention to women and regard them as one big erogenous zone, with a special emphasis on imagi-

nation, for this is their most sensitive spot. Every single part of their bodies is a potential w that every-

body looks for and upon finding it do not stop pushing the button. Try to make each penetration into a contact and, together with other variables, into a complete performance. This is the point where the endurance, strength, aggressiveness, the choice of positions and all other things reach their full expression in all its glory, making the climax real.

We turn ourselves into dildoes. Yet, what they want are complete men.

An interesting thing is that the majority of those believing the qualities they possess are inadequate, actually belong to the quite satisfactory average. Having that in mind, and making some extra effort, the desire from the beginning of the story is not at all inconceivable, is it? Greetings from your devoted subject still in training!

HOT **AS** HELL

Sara Jean Underwood

There's nothing hotter and more desirable than a girl who knows how fine she looks. Wait, there is! That same girl (un)covered with just enough clothing. Sara Jean Underwood is exactly that kind of a girl, utterly sexy and hot as hell! We are sure you won't resist leering at these pics taken in celebrity photographer Gavin Von Karl's workshop.





The Girl Next Door



Underwood was Playboy's Playmate of the month in 2006 July's issue. She was named Playmate of the Year in 2007.

Edited by Sasha Trenchtown Jr.

ARENA

AVE
IMPERATOR
MORITURI
TE SALUTANT

FOOTBALL · BASKETBALL · BOXING · EXTREME · BASEBALL · MOTO SPORTS · TENIS · ATHLETICS

Julien Dupont performs
during Riding to the Moon on
Milos Island, Greece

ALAIN ROBERTS
The Man Who Embarrassed Spiderman

**THE KLITCHKO
BROTHERS**
The Fists Made of Iron and Steel

BASE JUMPING
Lethal Challenge

PHOTO BY:
SAMO VIDIC/RED BULL CONTENT POOL

ARENA



The Fists Made of Iron and Steel

The Klitschko Brothers

by: Sasha Trenchtown Jr.

It is very difficult to climb to the top, but when you get there, everybody wants a piece of you. This can be metaphorically applied to other sports, but in boxing, it is very literal – every boxer in your category/division wants to fight with you and get a piece of you, especially the most valuable piece – your title belt. The Klitschko brothers have been in such a position for years (turned pro in 1996), since they hold heavyweight titles – other boxers challenge and fight them to get them off the throne. However, both of them, especially the younger one, Wladimir (because Vitali had a lot of problems with injuries), manage to stay on the top and defend their titles. Although they are in the same category, they refuse to fight each other. On the other hand, they are also dedicated to working with youngsters and running their charity organization (the Klitschko Brothers Foundation).

Vitali, the older brother, won his first important title in 1998, less than two years after turning pro (as an amateur, he won 195 out of 210 fights). He won the title of the European champion by defeating Mario Schießer in the second round (by TKO – technical knockout). This was an important moment in his career, but the dream was still to be achieved less than a year later – on June 25, 1999, after knocking out Herbie Hide also in round 2, Vitali became WBO Heavyweight Champion of the world. Because of a severe shoulder injury, Vitali lost his title to Chris Byrd in 2000, despite the fact that he was a better fighter and was leading on all three judges' scorecards. His try to take the title back against Lennox Lewis was also unluckily stopped because of a deep cut he gained during the fight. This fight was also stopped and Vitali was also in the lead on the scorecards.

Four years later, in 2004, Vitali won the fight against Corrie Sanders by TKO in round eight and claimed the belt of the World Boxing Council (WBC). This fight had a special element involved – it was also a revenge, because Sanders defeated his brother Wladimir a year before this fight. He then successfully defended his WBC title against Danny Williams and was at the peak of his boxing abilities and career. Unfortunately, he had several injuries and operations, had to cancel the fights scheduled in that period, and decided to retire on November 9, 2005 as the reigning WBC Heavyweight Champion of the world. Because of his decision, Vitali was appointed Champion Emeritus by the WBC, a status that enables him, in case of a comeback, to challenge the current WBC World Champion right away.

Vitali Klitschko, as Champion Emeritus, decided to return to the boxing ring in 2008 and challenge the reigning WBC Champion, Samuel “The Nigerian Nightmare” Peter from Nigeria. With an impressive performance, Vitali regained the WBC belt for the second time after 2004 by TKO when





THE LATEST FIGHT

Wladimir's latest fight and challenge to defend all of his titles was in October 2013 against Alexander Povetkin. Although Wladimir was not on the top of his game, he managed to win this fight on points and retain all of his heavyweight titles. Although many called it the 'Fight of the Decade', it was not much of a spectacle, but Klitschko deserved to win since he was more dominant boxer during the entire match. He scored four knock-downs, won every round and won the fight with the unanimous decision on three scores of 119-104.

Samuel Peter did not return to the ring after round 8. In that way, Vitali Klitschko became the fourth boxer alongside Muhammad Ali, Evander Holyfield and Lennox Lewis to win a heavyweight belt for the third time. Since then, Vitali successfully defended his title nine times, and his last fight was against Manuel Charr in September 2012. In his professional career, Vitali has an impressive record – he has won 45 of his fights and lost only twice.

On the other hand, the younger brother Wladimir turned pro almost immediately after winning the Olympic gold medal in the super heavyweight division in Atlanta in 1996 (his amateur record is 134 wins out of 140 fights). Similarly as his brother, his first title was of the European Champion which he won in 1999 after defeating Axel Schulz. Unlike his older brother, he was able to defeat Chris Byrd in 2000 and get the WBO title. He was successfully defending the title for two years, and then he got to the lowest point in his career when he suffered two defeats in a year. Instead of listening to experts and his brother and quitting boxing, he came back into the ring and proved that he

is the champion material. For his first fight, he picked and defeated one of the hardest punchers in his category the “Nigerian Nightmare” Samuel Peter. He then defeated Chris Byrd and claimed IBF and IBO titles. In February 2008, Wladimir became a three time world heavyweight champion by defeating Sultan Ibragimow. Since then, he has won the fights that allowed him to retain the titles he collected (against boxers such as Ruslan Chagaev, Eddie Chambers, Samuel Peter, etc.).

Wladimir made boxing history in July, 2011 when he defeated David Haye to claim the WBA belt. The Klitschkos then became the first siblings to unify all heavyweight belts under one family name. By that time, Wladimir was WBA, IBF, WBO, IBO and “The Ring Magazine” World Heavyweight Champion, whereas his older brother Vitali held the WBC title. Since then, Wladimir successfully defended his titles against Jean-Marc Mormeck (March 2012), Tony Thompson (July 2012), Mariusz Wach (November 2012) and Francesco Pianeta (May 2013).



VITALI

Dr. Ironfist
July 19, 1971
6' 7½" / 200 cm
80" / 203 cm
Kiev, Ukraine
Heavyweight
Fritz Sdunek
W 45 – L 2(41 KOs)
WBC

VS.

Nickname
DOB
Height
Reach
Residence
Division
Trainer
Pro record
Title

WLADIMIR

Dr. Steelhammer
March 25, 1976
6'6½"/ 198 cm
81" / 206 cm
Kiev, Ukraine
Heavyweight
Johnathon Banks
W 60 – L 3(52 KOs)
WBA/IBF/WBO/IBO



ARENA



B.A.S.E. JUMPING

LETHAL CHALLENGE

Totally crazy and cold as ice!
The one who decides to take up
B.A.S.E. jumping must have these
qualities. You should have an
enormous amount of courage just
to come near the spot from which
“basers” jump into the abyss

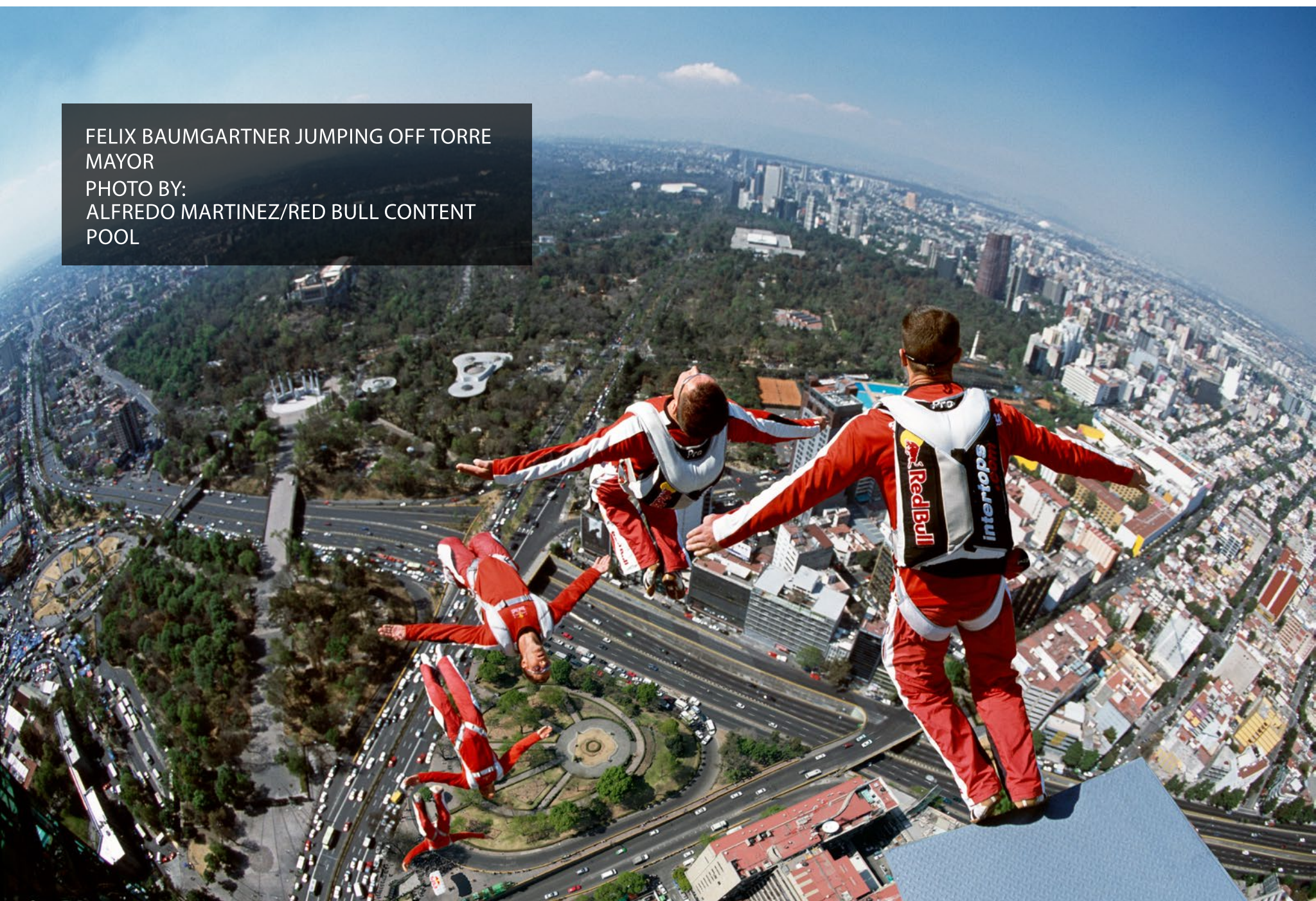
VALERY ROZOV OF RUSSIA DURING THE
RED BULL ANTARCTICA 2010 B.A.S.E. JUMP
EXPEDITION
PHOTO BY:
THOMAS SENF/RED BULL CONTENT POOL

What does it take to become one of them? Enough said that since 1981 till today 120 “basers” have died while “on a mission” and a lot of them were experienced guys. From the moment you think the game’s over till the solid ground is under your feet there are only seconds. You can stay alive as long as you get your head on straight! B.A.S.E jumpers use special parachutes. There is barely enough time for one parachute to open, let alone a backup one. There is no second chance – you pay your mistake with your life.

However, even if your parachute opens successfully it’s not over, since the landing is still, even in that situation, pretty dangerous. Inaccessible areas, uneven and sharp ground, wind so hard that smashes you against the rocks - these are all your enemies!

Broken extremities are nothing, whereas safe landing is the biggest award. So why, for Christ’s sake, would anyone do this? The answer is quite simple. The adrenaline rush! There’s no other extreme sport that gives you a stronger rush. “Imagine your strongest orgasm, then multiply by 1,000”. That’s how strong this excitement is, and you can feel it the first time you jump off a cliff. If you trust what the experienced jumpers say.

FELIX BAUMGARTNER JUMPING OFF TORRE
MAYOR
PHOTO BY:
ALFREDO MARTINEZ/RED BULL CONTENT
POOL





VALERY ROZOV IN NORWAY
PHOTO BY
NATALIA ROZOVA/RED BULL
CONTENT POOL

WHAT YOU NEED

1 Jumping spot

Finding the right spot is not easy! There aren't many cliffs or mountains you can jump off. Another problem is finding an okay place for landing. To minimize the risks, avoid sharp rocks and cliffs where strong and changeable winds blow. City areas are safest for jumping.

3 Parachute

Parachutes are B.A.S.E jumping basics. They differ from the standard ones in their weigh, since there is no extra or a backup parachute. Little time means little equipment. Here, jumping with standard parachutes would be lethal.

5 Get your head on straight

Every jump requires your maximum concentration. Take this seriously - a mistake means death. Messing around and trying to make some moves is highly inadvisable as you can interlock with parachute ropes.

2 Jumping permit

In most cases, jumping off public facilities (buildings, monuments and such) requires a permit issued by the local authorities. Naturally, danger addicts jump without permits, but in that case, they know they have the police to outrun later. In many countries, this sport is banned due to frequent accidents.

4 Climbing experience

Every "baser" must first conquer the cliff he wants to jump off, since the most attractive places are, at the same time, the most unapproachable ones. This can turn out to be hard even for experienced guys because the equipment they carry additionally hampers climbing.

6 Think again

Finally, think twice about it. Don't be hard on yourself if you decide to stay in your comfortable chair and watch these escapades from a safe distance. They are exciting enough from there, too.



Brittiney W.

Team: Atlanta Falcons

Occupation: Executive Assistant/
Investment Banking

Hometown: Eden, NC

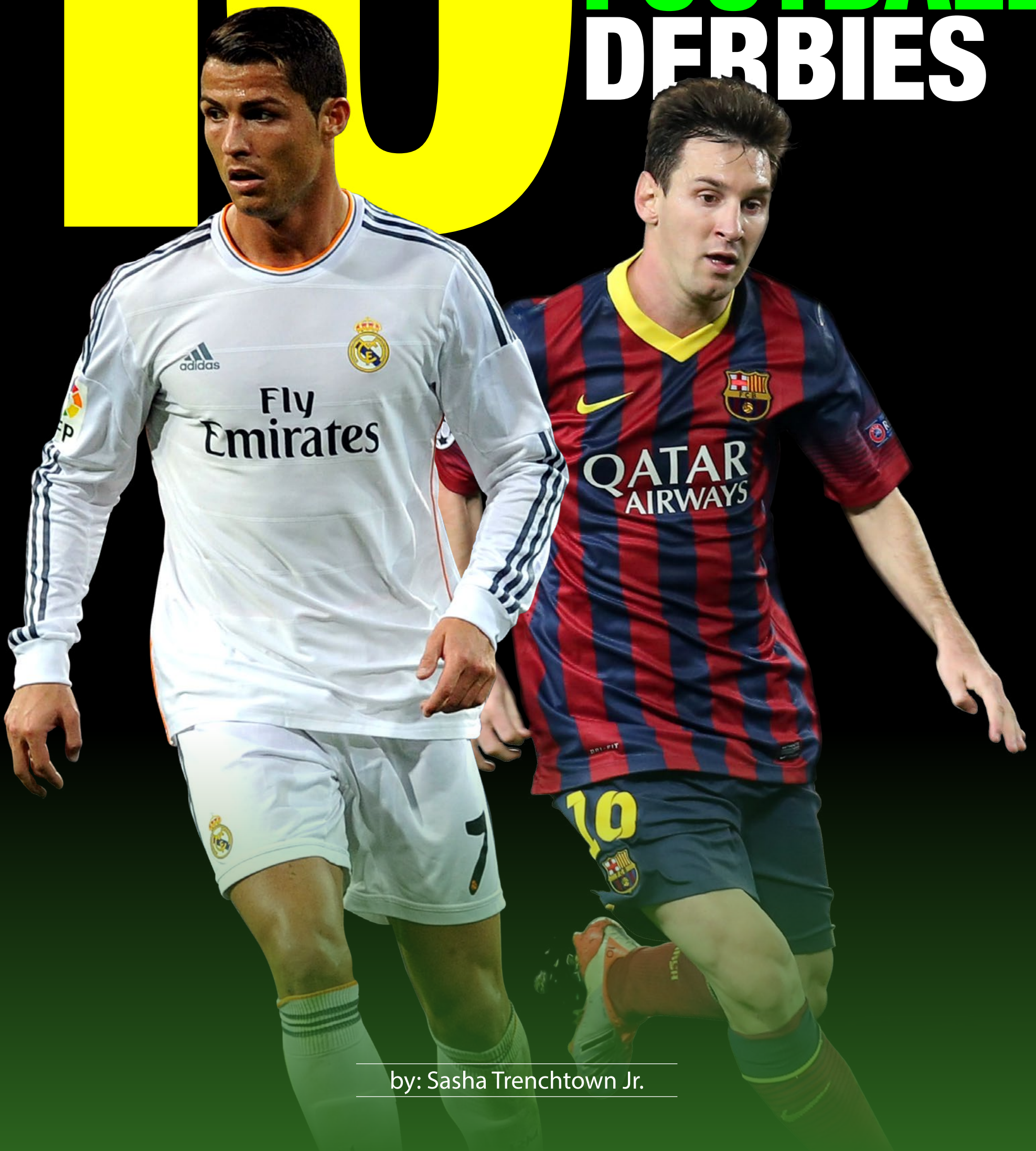
College: East Carolina University

GO FALCONS, GO!

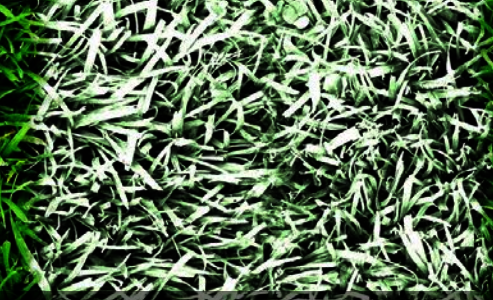
Atlanta Falcons may have lost the game against the Carolina Panthers (21-20), but we didn't bother too much to watch the game. Our eyes were transfixed on girls with flashy accessories, especially on Atlanta Falcons' cheerleader captain, Brittiney W.

10

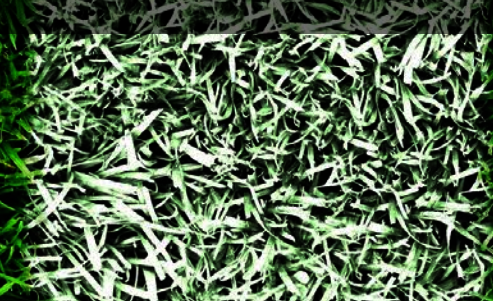
WORLD'S GREATEST FOOTBALL DERBIES



by: Sasha Trenchtown Jr.



It is said that football is the most important secondary thing in the world, but these derbies represent much more than just a football match, much more than just a win and much more than just a title. **It's all about prestige, pride, passion, tradition and success** in this particular match. The position on the table doesn't mean anything, because everything can happen in a derby and every team has a great motive to beat the other. A bad result is considered to be a tragedy, and even a season may be evaluated based on the results in these matches. **Transfers between these clubs are almost impossible**, because the players who move from one club to another are seen as traitors and hated and bullied by the fans of the former club (the example of Luis Figo when he moved from Barcelona to Real Madrid). For all these reasons, we present you 10 greatest football derbies in the world.





Serbia

Red Star vs. Partizan

This is probably the greatest and the most passionate derby in the Balkans, called the 'eternal derby'. These two rivals compete in almost every sport, and these matches have another dimension because of the passionate fans that come in great numbers and support their teams. Unfortunately, fights are not so rare both between the fans and between the players because of the 'electric' atmosphere on the stadium. Currently, Red Star is still more successful (also, it is the only Serbian team to win the European trophy, today the Champion's League) but Partizan has won several consecutive league titles. They have played more than 230 matches so far, and as we have said Red Star is still more successful.

Ajax vs. PSV

Ajax is the most successful club in the history of the Netherlands while PSV has won most national titles in the past 20 years. They fight for the title year by year and therefore the rivalry gets stronger as time goes by. They have played more than 100 matches and PSV has a small advantage in a total number of wins. It is interesting to say that both clubs have a strong rivalry with Feyenoord.





United vs. City

This is one of the newest derbies in terms of relevance and international focus, but since these rivals share the same city, Manchester, this rivalry has existed for a long time in England. Ever since the club was taken over by the new owners a couple of years ago, City has invested a lot of money into high-class players and has brought a new dimension to not only to this derby but also to the entire Premier League. The climax was two seasons ago when City took over the title from United by the goal in the extra time, causing a lot of dispute between the two clubs and between their fans, heating the passion to the max.

Borussia Dortmund vs. Schalke 04

Although this derby has not been is such a large focus in the last few seasons because the result doesn't decide the winner of the league title, this derby is surely the greatest (regional) derby in German football. Although Borussia is currently more successful, having played the Champion's League final last season and having won the league title two seasons ago, the rivalry of these two clubs is still very intense and the matches are very exciting and you never know who is going to win. Historically, both clubs have almost the same number of victories in this derby



Lazio vs. Roma; Milan vs. Inter

These two derbies represent the Battle for Rome (Lazio vs. Roma) and the Battle for Milan (Milan vs. Inter), but we can say that the Battle for Rome is more passionate. It is interesting that these teams share stadiums – Lazio and Roma play at the Olympic Stadium in Rome, and Milan and Inter share San Siro (also called Giuseppe Meazza). Lazio is supported by wealthier people and Roma by people of lower socio-economic status. That, in combination with politics and long history, is one of the main reasons why their fans are so competitive with each other and why this derby is more than just a football match. On the other hand, Milan was founded before Inter by English immigrants. Since some members did not approve of the policy that only British players could play for the club, they founded their own club and gave it a symbolical name – Internazionale (or shorter, Inter). The fans can be very unpleasant – a few seasons ago, Milan's goalkeeper Dida was hit in the head by a burning torch.





Scotland

Celtic vs. Rangers

This derby, called Old Firm, is one of the most exciting and well-known derbies in the world. Celtic and Rangers have played almost 300 matches, and Rangers have a small advantage in wins and a large advantage in the total number of league titles (53:42). A few seasons ago, Rangers were transferred to the lowest league in Scotland for not paying taxes, so Celtic has a few seasons to lower that lead in league titles. This may also be called the religious derby, because this is one of the main points of dispute between the fans of these two clubs from Glasgow. Namely, Celtic is considered to be a Catholic club, whereas Rangers are Protestants, so this fact brings more passion and fire to this derby.

Fenerbahce vs. Galatasary

This is also called the Istanbul Derby and it is played between the two most successful Turkish clubs who have played more than 360 derby matches with each other. They have the same number of league titles, but Fenerbahce has more derby wins. The stadium is always full and the fights are possible both on the pitch and on the stands. The fans are very passionate and they often transfer that energy to the pitch. Moreover, these matches often decide who is going to win the league title or cup.





Flamengo vs. Fluminense

When speaking about full stadiums and passionate fans, we should definitely mention the Latin American derbies. This is a local derby because both teams are from Rio de Janeiro, and it is also called Fla-Flu. Fluminense was founded first, but after the dispute about who will get the money from winning the 1911 championship, dozen players left and founded their own club – Flamengo. This derby in 1963 had probably the highest recorded crowd in the football history – it is said that there were 177000 people present, whereas other sources go as high as 200000. They have played more than 370 matches and Flamengo has more wins (more than 25) than Fluminense.

River Plate vs. Boca Juniors

This Argentinean derby represents the battle for Buenos Aires and it is also called Superclasico. It is probably one of the most popular local derbies in the world because all football fans are familiar with this derby and its importance. The full stadium is a must, together with inspirational choreography and requisites that produce a deafening noise. That is why most players say that it is not so simple to be on the pitch and not feel some form of stage-fright. On the other hand, that is an extra motive for them to give their best performance and thus the fans may represent an extra player on the pitch. There are frequent fights both on the stadium and around the stadium, so this part of the city is usually 'paralyzed' on the match day. After more than 310 matches, Boca has almost 20 head-to-head wins, but River has ten league titles more.





Spain

Real Madrid vs. Barcelona

This is probably the most famous derby in the world because it is played by the two biggest clubs both in Spain and in the world. This derby is also called 'El Clasico'. These two clubs are also rivals in the political sense because of the animosity between the Catalan region is Spain (where Barcelona is) and the rest of Spain. Although the stadiums are always full, the fans do not play the crucial role in these derbies. Since the usually greatest players in the world play for these clubs, they are the ones who make this derby special. Real Madrid is the club with the greatest and the most successful history (probably in the world), so it has more league titles (31:20), but Barcelona has been more dominant in the recent years. They have played more than 200 matches and Real has several wins more than Barcelona.

Meet **Alain Robert**, an **elite alpinist**, best known by the nickname **Spiderman**. He is the man who conquered the tallest of world's skyscrapers only with his two hands! Unlike regular mountaineers who test their skills and muscles on creations of Nature - cliffs and mountains, Alain chooses **to mount creations of Man**

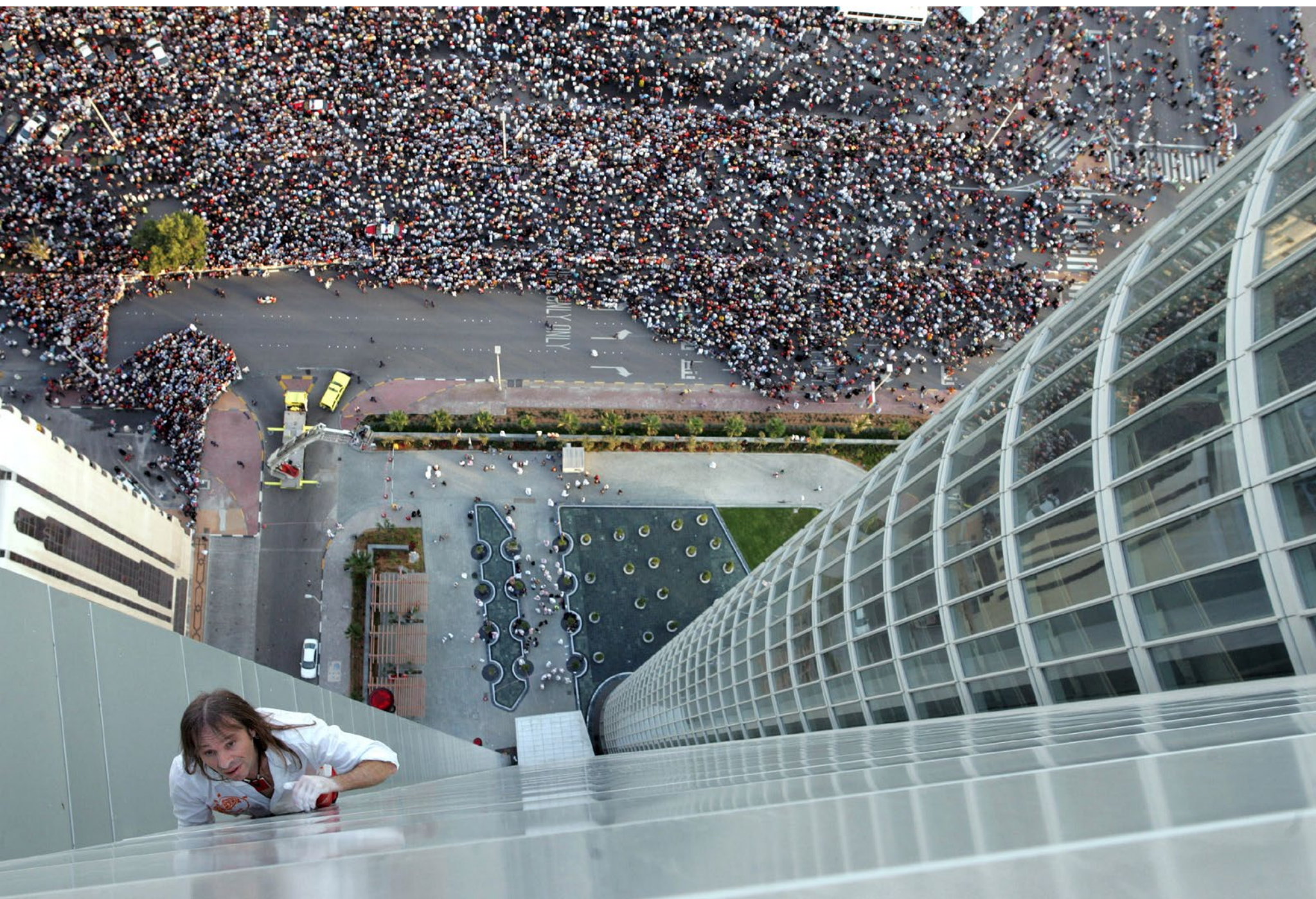
The greatest heroes of the 20th century were the first alpinists who conquered the world's highest peaks. Those fearless adventurers seized both Mt Everest and Mont Blanc among everything else, without, mind you, using oxygen bottles. Still, not even these felones-de-se would be so eager to tackle the obstacles the Frenchman, Alain Robert, seemingly so easily overcomes. Unlike regular mountaineers who test their skills and muscles on creations of Nature - cliffs and mountains, Alain chooses to mount creations of Man.

This 47-year-old alpinist doesn't make much of an impression at first sight. Furthermore, you might think that even the lightest touch can knock him down. Actually, he is a sort of a medical phenomenon. Many doctors would swear that a human body cannot endure so many bone fractures caused by innumerable falls, surely not as much as he has. And to top it off, Alain even owns a parking ticket for persons with disabilities, whereas the fact that he suffers from epilepsy is something you most certainly wouldn't link to one of the greatest alpinists of the present day. Regardless, all this is true and nothing of it can prevent him from climbing a building five stories high or doing more than a hundred push-ups, which is why people call him Little Schwarzenegger in the local gym.

You would think he is a nut because only such a man risks his life to climb smooth windows of a skyscraper. However, the truth is completely different. Alain managed to cash in his knowledge and to turn his passion into a prosperous business. Yes, he is well paid for all his escapades. Even though he conquered his first buildings for his own pleasure and pure adventurism, today he only goes into new adventures if he has a payable contract in his hands. The fees go from

€10.000 all up to incredible €100.000, depending, of course, on who the hirer is and what the task is. Due to the fact that his expeditions have great media coverage and that he simply draws attention wherever he goes, finding sponsors for his escapades is not a problem at all. He gained the worldwide popularity when he climbed the tallest building in Venezuela as a promoter for the movie “Spiderman”, wearing a costume of this Marvelian superhero. It was when he got the nickname he still carries to this day. Still, not all of his actions are completely commercialized. During each adventure, Alain tries to focus public attention on some of the current global issues such as racism, poverty, hunger in Africa, global warming...

A Alain covered five of ten tallest world's buildings. He would have covered more, hadn't the rest of them been in China. Namely, he got a ban after the Jin Mao maneuver in Shanghai. He climbed Shinjuku Center Building in Tokyo, Japan (804 ft.), Petronas Tower in Kuala Lumpur, Malaysia (1,483 ft.), Taipei 101 in Taiwan (1,667 ft.), Burj Khalifa in Dubai, United Arab Emirates (amazing 2,717 ft.), aforementioned Jin Mao Building in Shanghai, China (1,380 ft.) and many more. He claims there is no building in this world he wouldn't try to climb, but adds that there are many which are simply impossible to mount.



Not every climb is a one-try success. He had to give up a few times half way to the end. Once he stuck his foot at the height of 500 ft. and had to wait for the rescue team, the same team he himself had trained few years back. Sometimes he has to give up a climb worth months of preparations due to the weather conditions. He says that no matter how nuts people think he is, he would never risk his life. To proceed his venture he makes sure he is absolutely safe. Trials, he says, can be many, but life is only one. Though he had many difficulties during the climbs, he has always managed to come out as a winner. That he is alive is a proof enough. He claims that after every bad experience, one comes to appreciate life a lot more. He is always alone in his conquests because that is how he concentrates on his goal.

H He has his own mountaineer's practice space at home where he strenuously trains several hours a day. Not everyone has the same understanding towards his "job". The greatest issue is with the law. As it happens, he has gotten himself arrested several times and on every single continent. His hobby is not illegal per se, being that there is no law in any country that forbids climbing up a nearby building – let's say that no one has ever thought of such a law. However, corporations with headquarters seated in buildings suitable for Alain's projects and the building owners issue complaints on account of trespassing. Fortunately, he is more often hired by the investors or owners in order to draw some attention to the construction that is available for new buyers or tenants (such was the case in Abu Dhabi when over 100,000 viewers followed Alain's

Alain covered five of ten tallest world's buildings. He would have covered more, hadn't the rest of them been in China

every move). Sometimes the finances come from others sources (Alain often wears T-shirts with sponsors' logos), and in that case there is no need for a permit. Since he has a superstar status, he has to hide his schedule until the very last minute, as people often notice him on airports. When climbing without a permit, he has to



start early in the morning while the streets are not yet crowded so as not to get too much attention from the passersby. Still people always gather around, since climbing a skyscraper, as you can imagine, takes hours. Often times the police are closely watching his every move or trying to secure the skyscrapers that could be Alain's next target. Even when it is so, Alain doesn't give up and that's when the real fun begins - the police trying to catch him before he gets hold of the façade, because once he climbs the first few feet, the chase is over. After that, no one can catch up on him. As a rule, a pair of handcuffs await on the top of the building. He made peace with it a long time ago, and he always includes fine expenses in his contracts. Needless to say that the fines are astronomical, but at least he doesn't have to end up in jail. At least he doesn't get caught every time. Having seen the inside of almost every country's jail, he says that he had never had problems with inmates – they all recognize him and think of him as a kind of an urban superhero. French officers, pretty much accustomed to his adventures, have stopped taking him in a long time ago. Instead, they just check his ID.

These are not the only problems he faces. There are injuries. Alain has fallen several times during his career as an alpinist and each time miraculously survived. He fell from 49 ft. in 1982, not once, but twice. The consequences were severe – he had broken arms, legs, pelvis, a skull fracture and a five-day coma. Due to the falls, Alain suffers from epilepsy and constant vertigo. Yes, vertigo. The French medical board concluded he has a 60% body disability. He also has a permanent pain in his knees and elbows, but says that he forgets it all when he's under an adrenaline rush. Simply, he just lets go.

Authorities and building owners are not his only adversary. The biggest adversary of all is his family. Alain's kids would be happiest if their daddy would give up this risky job and just spend the rest of his life on the ground floor. Could we blame them?

PUMP IT UP

Do you want to become a massive manly sculpture of enormous meaty muscle? Sure you do. Your pursuit in the gym isn't a chiseled boy band form, but a physique that says, "I've been bullied in elementary school"? Well, you're in the right place here. Just reading this manly article will pump you up, and get you one step closer to the gorilla-you you want to be

First of all, go classic. Ignore fancy exercise regimens. If you want the retrosexual look of a Cromagnon-Spartan-Canadian lumberjack, you'll have to hurt yourself in retro-style. Seriously, the best way to grow muscles is to rip their fibers apart by lifting big weights. You have to warm up, make sure your joints and muscles are ready for what's about to happen. **By far, the manliest exercise there is - squat.**

You need to push yourself. Your body wants it. Once you survive a day of squats and the impending week of soreness, you will want to come back and push yourself further. The squat is a dangerous exercise, a lot can go wrong, you can really hurt yourself and your brain knows this. Perhaps this is why squatting really gets the juices flowing. The extra adrenaline rush will make you feel alive, and getting high from the resulting natural testosterone is something worth experiencing. If you had to pick just one exercise for the rest of your life, squatting should be it. Your quads are the biggest muscles you have, and they are big spenders - they will eat up all the calories you ingest, even when you're resting, so your entire physique will get more toned quicker. Your gluteus maximus decimus meridius will develop far more from squatting than anything else, in fact all the muscles in your lower and upper body will develop, nay, evolve to meet the huge weight you put on your shoulders. This is a serious exercise, so you will need serious guidance on the spot. **Do not do squats alone!!!** Do not avoid big weights. You can do half-squats to help your joints and tendons adapt to this new challenge; half-squats are almost as efficient for growing strength, half as efficient for building mass, but you don't want to keep things half-assed for too long. Go deep, and you will build yourself a stronger body.

**Once You Survive a
Day of Squats and
the Impending Week
of Soreness, You Will
Want to Come Back
and Push Yourself
Further**

The mother of all bragging rights, the benchpress, is the

least effective exercise here. It has become a staple of almost every system and even has popular standalone competition, but it has been proven to hurt joints at a rate that doesn't justify the results. Sure, it will develop your pecs and triceps,

but there are more cost-effective exercises out there. The biggest advantage of benchpressing is the fact that you can put on huge weights, much more than with any other type of exercise - and your body will react to the fact that you're pushing hundreds of pounds of metal in your line of sight. The weight is your friend once you defeat it. Like the squat, the bench will allow you to exceed yourself by doing 1-2 reps, thus ripping and shocking your muscles (and subsequently stimulating them to grow in size and strength).

Deadlift is as Serious as It Sounds

Deadlift is as serious as it sounds. You have to do it right or you will hurt yourself badly. If you conquer the technique, then put some weight on it and you will develop a core ready to take on the world. Serious stuff demands serious preparation. Your spine is in danger just from talking about deadlifts, but on the other hand, if done right, deadlifts will develop the muscles of your lower back to such a degree you'll prevent a host of other back-related injuries you get from being a softie. Your hamstrings and glutes will grow in strength making you feel like an invincible polar stuntbear. Seriously, the feeling of powerful **lightness of everyday walking on diesel legs cannot be beaten.** **Deadlifts will make you into an unstoppable force** and immovable object at the same time.

The Biggest Advantage of Benchpressing Is the Fact That You Can Put on Huge Weights

These exercises are so basic, yet so effective, you might as well just throw in some pull-ups and dips for added upper back and triceps development, and you won't need anything else (except lots of sleep and protein)



PERPETUUM MOBILE

NEW CARS · AMAZING GADGETS · INCREDIBLE MACHINES · STUNNING DESIGN · GAME REVIEWS



Hasselblad Stellar Cameras

RETRO STYLE CAMERAS

The Fists Made of Iron and Steel

PORSCHE 918 SPYDER

LG 105 Curved Ultra HD TV

BIG AND ROUND

NEW JAGUAR F-TYPE R COUPÉ

Ten Years of an Italian Icon

LAMBORGHINI GALLARDO

Rated at 550 horsepower (55 horsepower more than the F-Type V8 S convertible) in its most potent form, called, appropriately, the F-Type R, the new coupe should offer up almost supercar-like performance. Thanks to its extra horsepower, Jaguar claims the F-Type R variant will hit 60 mph in just 4.0 seconds and carry on to a limited top speed of 186 mph.

Big and Round

LG 105-inch Curved Ultra HD TV

Are you sure that the 60-inch smart baby in your living room that you pampered yourself with for this Christmas is the right choice for a TV? You'll change your opinion once you set your eyes on the newest LG 105-inch Curved Ultra HD TV. The size of this South Korean work of technical magic is not its only best feature but the unusual concave shape of the screen. The price is still unknown; however, we are almost

The price is still unknown; however, we are almost certain that it will, to our great misfortune, parallel the excessive style of the device

certain that it will, to our great misfortune, parallel the excessive style of the device. Definitely, this TV will be on your 2014 wish list.



iGaming Station

Moga Ace Power Controller

With the Moga Ace Power Controller (\$100), you get all the controls you're used to with console gaming

Be honest. You did not buy the newest iPhone to make calls, or to receive mail. You wanted to enjoy the incredible apps and cool games. Especially all those phenomenal games. However, just like your old portable gaming device, the controls are not so great. Not anymore. With the Moga Ace Power Controller (\$100), you get all the controls you're used to with console gaming, without sacrificing the convenience and portability of your phone. The controller expands to cradle your phone, and collapses back down to a small size to fit in your pocket or bag. It features dual analog sticks, a directional button, four action buttons, as well as left and right bumpers and triggers. Best yet, the controller also doubles as an extra battery pack, letting you keep charging while you play. Compatible with all fifth generation iPhones and iPod touches.



Brush The Dentist Away

Philips Sonicare Diamond Clean Black Edition

This one removes double the plaque, resulting in healthier gums and whiter teeth



Postpone your visit to the dentist with the help of Philips Sonicare Diamond Clean Black Edition (do you also think its name is too long?). More efficient than your regular toothbrush, this one removes double the plaque, resulting in healthier gums and whiter teeth. For \$190 you also get a durable travel case as well as a unique charging glass that gives the batteries some juice while it sits on your sink. And for the first time ever, maybe your girlfriend won't make a fuss when you misplace this elegantly shaped and nicely colored toothbrush.



Retro Style for Retro Photography

Hasselblad Stellar Special Edition Cameras

Its shape certainly justifies the \$3,175, the amount you must spend if you wish to own this beauty

This exquisite camera amazed us. Although the price might be a bit high for a so-called consumer level camera, its shape certainly justifies the \$3,175, the amount you must spend if you wish to own this beauty. You can choose a white, black, or orange body, with a carbon fiber, padouk, or wenge wood grip. Inside it features the workings of the excellent Sony X100 camera, with a 28-100mm Carl Zeiss zoom lens, a 20-megapixel sensor, a wide ISO range, full HD video capability, and 3.6x optical zoom capability.



The Tiger Tank Among the Chairs

Der Ziesel Offroad Driving Machine

With the Der Ziesel Offroad Driving Machine, there are no obstacles, for this is the machine, much like the Tiger Tank II, that easily conquers snow, mud, sand... The batteries of this “combat armchair” (yes, it is even eco-friendly) are ran by two PMS electric disk motors producing 21 horsepower and 30 pound-feet of torque, managing up to a 5-hour drive. It’s simple to steer, and is fitted with wood armrests, metal mud-guards, and a range of good-looking paint schemes. For the price of \$30,000 you get the deadliest chair in the world, whose only downside is the lack of another seat for your girl. Wait, there is an upside - in your lap!!!

This is the machine, much like the Tiger Tank II, that easily conquers snow, mud, sand...



*Ten years
of an
Italian Leon*



Gallardo

*The **'most sold'** Lamborghini
super sports car*



Its unique, extreme design, created by the Centro Stile Lamborghini, phenomenal dynamics and outstanding quality formed the basis for its enormous and enduring success over a whole decade

At the historic factory buildings of Sant'Agata Bolognese, the last Lamborghini Gallardo has left the production line. The final model is a Gallardo LP 570-4 Spyder Performante in Rosso Mars (red) and it is destined for a private collector. With a total of 14,022 units the Gallardo is not only by far the most-built Lamborghini, it ranks among the most successful super sports cars - and has long since established itself as an icon of Italian design and the art of automotive engineering.

The Lamborghini Gallardo was sold in more than 45 countries across the globe

With its appearance ten years ago in the year of the company's 40th anniversary, the Gallardo marked a fundamental watershed in the history of Automobili Lamborghini. In Lamborghini's first four decades, an average of just 250 Lamborghinis were built per year. In the decade of the Gallardo, production grew to a whole new dimension with volumes of around 2,000 cars per

year on average -- while, in global terms, retaining the highly exclusive nature of vehicles bearing the badge of the bull. In keeping with the Lamborghini tradition, the name of the Gallardo too was derived from the world of bullfighting. Bred in the 18th century, the Gallardo blood-line was known for its exceptional courage and undaunted nature.

The great career of the Lamborghini Gallardo began in 2003 at the Geneva Motor Show.



Its unique, extreme design, created by the Centro Stile Lamborghini, phenomenal dynamics and outstanding quality formed the basis for its enormous and enduring success over a whole decade. The Gallardo's technical concept was compelling from day one: systematic lightweight design through an aluminum space frame; the combined power and highrevving characteristics of the ten-cylinder naturally aspirated engine; the Lamborghini e-gear, a completely new robotized sequential gear shifting system; and, finally, the amazing handling and safety provided by permanent all-wheel drive. This notwithstanding, an enhancement in the driving experience was already in the pipeline - the open-air driving thrill of the Gallardo Spyder, which joined the lineup in 2005. The Gallardo Superleggera came along in 2007. With its reduced weight, thanks to a large number of carbon fiber components, its output increased to 530 hp and with its pur-

Several units were built of the Gallardo Polizia Stradale with blue lights, special paintwork and dedicated equipment. Two are currently in service with the Italian State Police

ist design, pushed the performance benchmark yet another notch higher. The second generation of the Gallardo arrived in 2008. With a redesigned front and rear, a new engine with gasoline direct injection and 560 hp, plus further-enhanced equipment, the Gallardo LP 560-4 proved that even an excellent product can be improved. The second-generation Spyder was also delivered to its first customers in 2008.



■ The new version of the Gallardo LP 570-4 Superleggera followed in 2010 with an increase in output to 570 hp, this time also as the open-top Gallardo LP 570-4 Spyder Performante. Occupying another niche in the broad spectrum of Gallardo versions were the LP 550-2 Valentino Balboni limited edition and the LP 550-2 Spyder: with their rearwheel drive, they appealed to a particularly purist group of sports car fans. The pinnacle of sporting performance among the total of 32 Gallardo variants was marked by the Super Trofeo Stradale and, finally, the Gallardo Squadra Corse.

The Gallardo LP 570-4 Squadra Corse boasts a dry weight of 1340 kilograms, 70 less than the already lean Gallardo LP 560-4. With a stunning power-to-weight ratio of 2.35 kilograms per hp it delivers breath-



taking performance: from 0 to 100 km/h in 3.4 seconds, from 0 to 200 km/h in just 10.4 seconds. Top speed is 320 km/h. The carbon ceramic brake system guarantees unmatched stopping power.

The Lamborghini Gallardo was sold in more than 45 countries across the globe. In true Italian style, the Gallardo offered an exceptionally high range of choices for individualization. Via the “Ad Personam” program, each and every customer was able to have his Lamborghini V10 super sports car perfectly tailored to suit his own preferences.

Almost half of all 30,000 Lamborghinis built since the company was first founded in 1963, are Gallardos.

■ A whole decade of production also brought with it a wide array of special editions, often exclusive to specific markets, like the Singapore, Malaysia, China and India Editions. One particularly exclusive version of the super sports car gained global prominence through its very special service record: several units were built of the Gallardo Polizia Stradale with blue lights, special paintwork and dedicated equipment. Two are currently in service with the Italian State Police. The Gallardo continues to prove its motorsport competence, racing in the Lamborghini Blancpain Super Trofeo. Alongside European race tracks, this fascinating one make series has now also conquered the circuits of Asia and North America with its own series in those regions. The Gallardo GT3 has also celebrated numerous successes at sports car races around the globe.

In the year of Automobili Lamborghini's 50th anniversary, the Gallardo success story has now come to an end with car number 14,022. Almost half of all 30,000 Lamborghinis built since the company was first founded in 1963, are Gallardos.



*CAN YOU ESCAPE
FROM THIS WEB?*

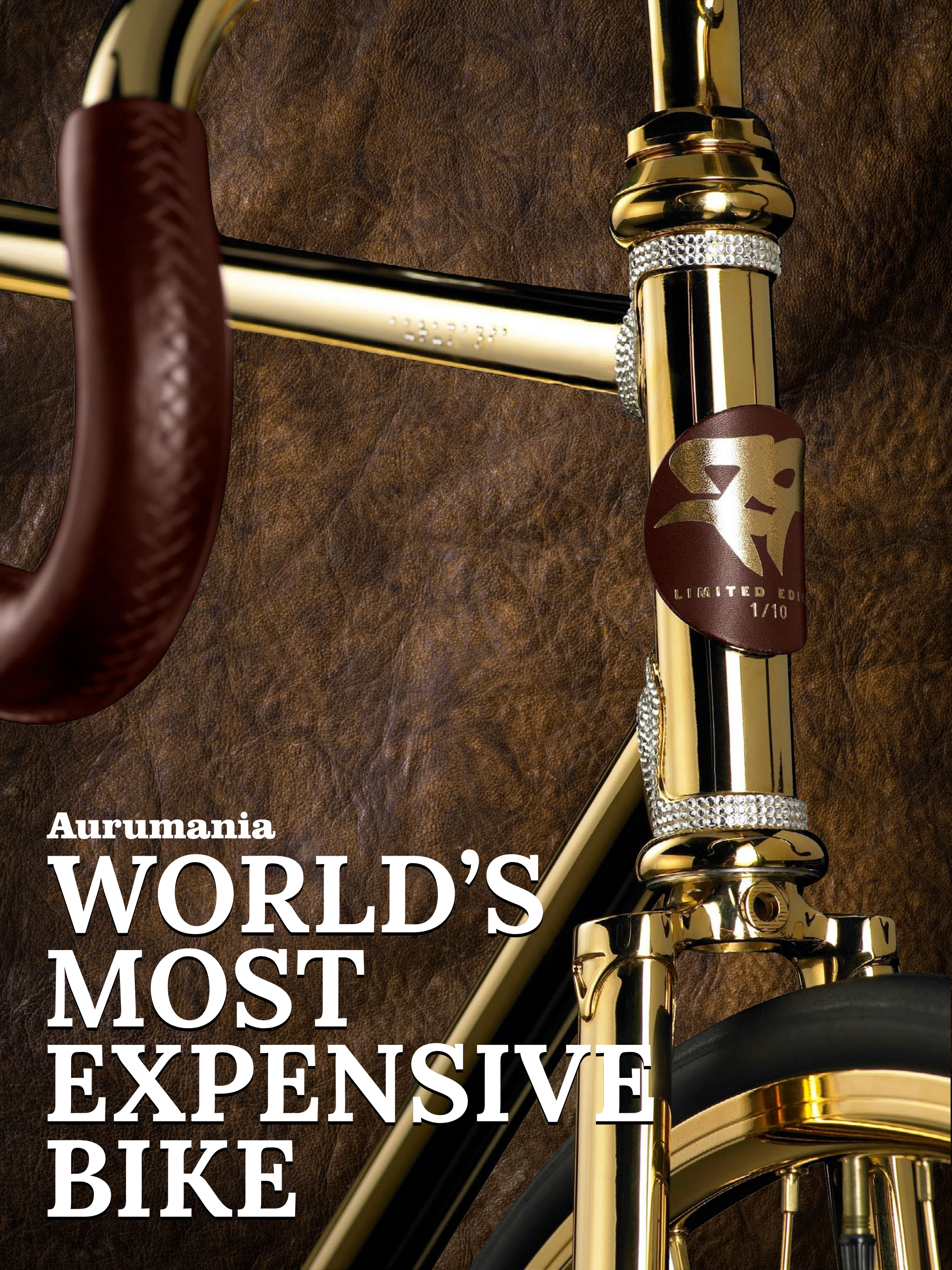
PORSCHE 918 *Spyder*



Powerful and eco friendly

The 918 Spyder embodies the essence of the Porsche idea: it combines pedigree motor racing technology with excellent everyday utility, and maximum performance with minimum consumption. The task faced by the development team was to create the super sports car for the next decade with a highly efficient and powerful hybrid drive. Developing the car from scratch, appropriately beginning with a sheet of white paper, allowed the team to come up with a no-compromise concept. **The entire car was designed around the hybrid drive.** The 918 Spyder therefore demonstrates the potential of the hybrid drive to a degree never seen before: the parallel improvement of both efficiency and performance without one being at the cost of the other. **This is the idea that has made the Porsche 911 the most successful sports car in the world for 50 years.** In short, the 918 Spyder will act as the gene pool for the Porsche sports cars of the future.





Aurumania

WORLD'S MOST EXPENSIVE BIKE

You won't get one of those in Halfords! The set of wheels has been coated in 24-carat gold and has 600 Swarovski crystals... but **will cost you £67,000**. Only 10 have been made because of their cost but one buyer in London has mounted the bike on their wall as a piece of art-work. Aurumania also designed a special mount for bike also made of 24-carat gold, of course. The handlebar grips are made of hand-sewn, chocolate-brown leather and a moulded Brooks leather saddle provides exactly the right nostalgic touch. The Aurumania logo appears stylishly along the crossbar while its crowning glory is the limited-edition number discreetly embossed with gold leaf and set into a leather badge placed prominently on the front of the bike. The company got its name from the Latin word for gold, aurum, and mania and work solely with luxury products.

*This is one bike you
wouldn't want to leave
locked up outside.*



TESLA - THE MAN WHO KNIT THE WORLD WIDE WEB

TIME TRAVEL

HISTORIA
MAGISTRA
VITAE
EST

CONSPIRACY THEORIES · INTERESTING FACTS · AMAZING STORIES · FORGOTTEN PEOPLE · HISTORY



List of 14 Breathtaking Actresses of Hollywood's Golden Age

MOST BEAUTIFUL WOMEN OF HOLLYWOOD

Brainstorm lightning!

TESLA THE MAN WHO KNEW THE WORLD WIDE WEB!

Quantum of mind
in the universe
of mediocrity!



The storm rider, the greatest nerd in the world, the master of the universe, the unglorified saint, the citizen of the world, the most brilliant man of the Balkans, the most desired virgin, the physicist-artist, the most realized visionary and the most disputed altruist – all these are synonyms for a scientist forgotten long ago, whose name is slowly but decidedly being restored to its rightful place, which has been denied to him for almost a century.



Drawing the portrait of Nikola Tesla represents a unique spectacle in today's world. Namely, it is about a man who managed to change the world beyond recognition with his mind and unrestrained imagination as well as the ability to put his ideas into practical use. Unfortunately, smothered with other people's desire for easy money,

with a tremendous power of a genius. This pearl of human civilization was created, perhaps, in the most improbable place on Earth, the Balkans. However, although born in a conflict-stricken region, he succeeded with his birth alone to do something that many people couldn't in centuries – to connect the unconnectable. To connect the people of the Balkans who decided to draw the borders of hatred among themselves. As an unbreakable bond, he deserves to be given one more name – the peacemaker – that he earned both with his work and with his personality. As a son of a priest and a religious person, once again, he sculpted his life into an incredible paradox that could only survive in a mind as brilliant as his. Besides Christianity, he was interested in Oriental mysticism. Religion and science, united with the might of neurons, were living next to each other in this exquisite man.

This pearl of human civilization was created, perhaps, in the most improbable place on Earth, the Balkans

greed, vanity and jealousy, he was being kept in life only thanks to the memories of people who were proud of him, although not completely grasping his importance for the world's future. Today, the veil of secrets is being taken off him and his mind is being presented to us

His scientific gift aside, Tesla was an artist as well. As a young man, he wrote poems but he never published them, for they were too personal. Not only did he maintain contacts with some of the greatest writers of his time, such as Mark Twain, but he was also their

source of inspiration. Many books, poems and plays were dedicated to him. It seems like the artists were the only ones capable of realizing his significance, something his opponents failed to do. Or simply refused to do (let's call it the Serpico syndrome – rejecting to earn his money dishonestly, as they do, gets him excluded and forgotten).

Like some tireless beast, he dedicated all of his time to work. He barely slept, very often only an hour or so, and he constantly pursued his ideas that were way ahead of his time. He applied his entire mind and creativity for the welfare of the whole world. He often isolated himself saying that it suited him the most. This was perhaps because, in solitude, he could let his imagination take over his brain while his mind converted this imagination to reality.

Incredible as it may appear, he had renounced women for the sake of his only obsession – science. He did not renounce them temporarily, but for life, and he lived 89 years. He believed that they would just distract him, although he maintained relationships with some of the most beautiful and desirable women who were all dazzled by his appearance. Tall, athletically built, with a marble complexion, a bright look in his eyes and long thin fingers, a polyglot, a man of many interests, an altruist and humanist, he was, mildly said, fatal for women. It is a common truth that some poets even renounced their muses and eternal loves because they were interested in Tesla.

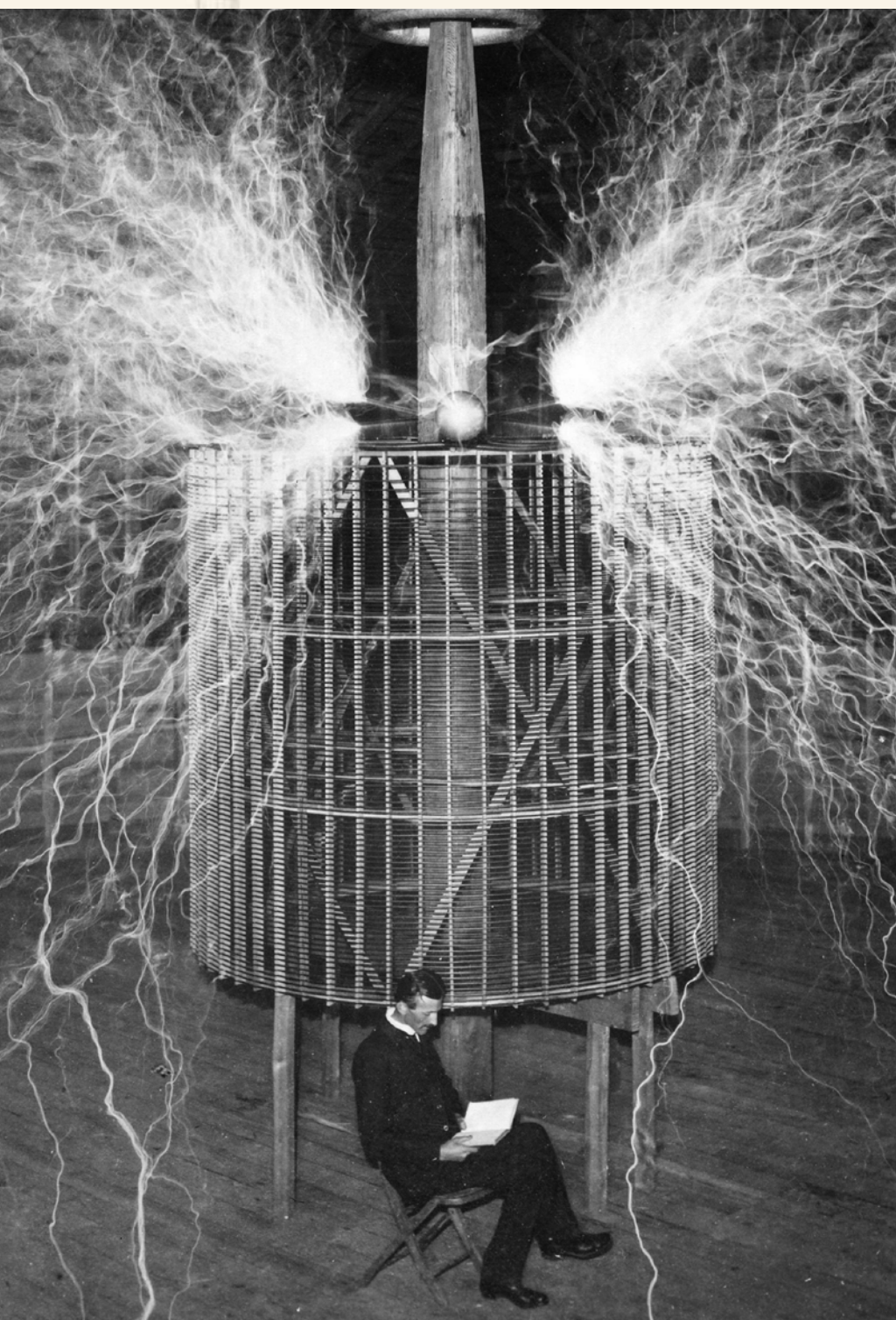
Incredible as it may appear, he had renounced women for the sake of his only obsession – science. He did not renounce them temporarily, but for life, and he lived 89 years

Here is a letter written to him by his poet friend: “The girl I intended for you is capable of seducing every misogynist. I think that she would restore a dead man to life, not only a dead Don Juan, but also a dead saint. She has already rejected an entire army of suitors. For a long time I have been trying to find out the reason for this aversion when I finally realized: her ideal is Nikola Tesla”.

On one occasion, while he was sitting in a café with a friend, a beautiful young lady with red hair and a graceful appearance passed by him. Tesla recognized in her a famous French actress Sara Bernar. Passing by, she stopped a few steps away and purposefully dropped her lace handkerchief. Tesla jumped off the chair, picked the handkerchief up and gave it to the lady with a deep bow, not giving her a single glance. He turned back to his table and continued his conversation leaving the lovely Sara bewildered.

This whole introduction was written for the purpose of creating an impression within the reader that Tesla was a human being. Considering his place of

birth, the time in which he lived and the most basic features of his personality, it is hard not to think that his whole lifework actually belonged to some fictional character from a novel, or more probably a fairytale. All that Tesla did in the area of science has been repudiated, appropriated, thieved and purchased. And while the thieves and buyers were gaining weight, signing their names in golden letters of science, receiving Nobel prizes, leading lavish lives, marrying young girls and relentlessly searching for new ways to earn money, not caring if the world collapsed, Tesla was thinking and creating the world as we know it today.



H He was an eccentric, obsessed with bizarre details like, for example, the number three. He couldn't stand smooth or round surfaces so he would often lose his appetite if a lady in his company wore pearls. Obese people disgusted him and he did not even try to hide this. A great mental battle was going on inside him while he was trying to get used to billiard balls. He counted his steps and measured the cubage of soup bowls and coffee cups. Failing to measure them would make his food tasteless. Only with a gun to his head could he imagine to touch other people's hairs. He dreamt about ghosts and apparitions. Due to his desperate need for completing whatever he had started, on one occasion he read everything by Voltaire, which was around a hundred notebooks in fine print ("which that monster wrote drinking 72 cups of coffee a day"). He was always impeccably dressed, and once he even fired his assistant for be-

Considering his place of birth, the time in which he lived and the most basic features of his personality, it is hard not to think that his whole lifework actually belonged to some fictional character from a novel, or more probably a fairytale

ing dressed inappropriately. He often talked to himself. He adored pigeons. He knew by heart not only poems, but entire novels as well. It is believed that he used ten percent of his brain capacity (we mortals use barely four). He surrounded himself by controversial people including the false prince, which he did not mind no matter how false he was. He claimed to have invented the death ray. Tesla looked for simple and practical solutions to problems he had posed for himself. Firstly, for everyone in the world to have clean and free energy (he was sued because he did not pay the bills for electricity he used in his laboratory). He found ways to obtain it from cosmos, that is, ionosphere as well as to conduct it through air, or even earth, without putting a single life in jeopardy. Among his patents, a drawing for the ozone-producing machine was found, which tells us he had predicted and solved a problem that was

He was an eccentric, obsessed with bizarre details like, for example, the number three

not even beginning to emerge in his time. Free telephone and wireless communication for all! With his genius mind, he succeeded in knitting the precursor of the internet.

Radio, computer (basic drawings), radar, X-rays, polyphasic system, rotary magnetic field, synchronous and asynchronous motor, Tesla transformer, electron microscope, cyclotron, vertical take-off – these are only some of his patents and inventions without which it would be hard to imagine our everyday lives. When Tesla uttered “let there be light!”, Edison was looking at the photographs of naked young women in candlelight. While Tesla was entering a lightning whirl like a Thor or Zeus, Edison used electricity to kill pets, like a true little sociopath. While Tesla was looking at a waterfall and seeing a source of energy, Edison was seeing a source of money in everything. It is no wonder then that Tesla, as the urban



Patented May 1, 1888.

legend says, rejected Nobel Prize because he was nominated together with Edison. Unfortunately, Tesla was not nominated for he was not understood. His archenemy was not the wrong time he was born in, but the utter stupidity of the world.

The creative power of his genius was so huge that he played like a child with his creations, not realizing completely what he had invented until he would set the machine up and put it in operation. One year he caused an earthquake on Manhattan with a device he had connected to the pillars of the building

While Tesla was looking at a waterfall and seeing a source of energy, Edison was seeing a source of money in everything

While all we need is some bread and games, his only necessities were peace and work. He gave us everything, not expecting gratitude, but if we still cannot understand him, we can at least remember him. They say that a man dies twice, the first time physically and the second when the memory of him disappears. We are not gods, but let us make Tesla immortal!

Radio, computer (basic drawings), radar, X-rays, polyphasic system, rotary magnetic field, synchronous and asynchronous motor, Tesla transformer, electron microscope, cyclotron, vertical take-off – these are only some of his patents and inventions without which it would be hard to imagine our everyday lives

in which he lived. This titan of science, a man of astonishing mental abilities, was always saying that he would rather confront a lion than a gang of city louts (probably being aware of the fact that human destruction is far more cruel than that of the animal instinct).

The greatest man, entirely alone in the sea of mediocrity, afraid of God and death, but putting together his mind and his tireless work, managed to create a religion for himself - a religion of reason - which made him larger and stronger than death.





The list of Immortal **Famme fatales**


They simply had to be perfect, since there were no digital cameras and photoshop in their time, and special effects meant using scissors and duck tape. That is why we consider them to be the most beautiful women ever to take the Hollywood walk of fame. No offense to Megan Fox and Miley Cyrus, but the best case scenario for them would be to make it as these beauties' assistants. Maybe not even that, if we take in consideration their acting talent. And no, we are not too harsh



14

Lana Turner

This blonde had such an outgoing, swinging personality that Hollywood called her the Nightclub Queen. Known as one of the first Hollywood scream queens, she established herself as a leading actress during the early '40s. The glamorous femme fatale image was enhanced by her performance in the film noir *The Postman Always Rings Twice* (1946).

A black and white portrait of Katharine Hepburn. She is looking down and to the right with a thoughtful expression. Her hair is styled in a classic 1940s bob. She is wearing a dark, strapless garment. The lighting is soft, highlighting her facial features.

*“If you always do
what interests
you, at least one
person is pleased”*

13

Katharine Hepburn

Nicknamed the First Lady of Cinema and The Great Kate, she often played strong independent women with minds of their own. Known for her spirited personality and versatile talents, Hepburn was a leading lady in Hollywood for more than 60 years. During her career, she won four Academy Awards for Best Actress.



12

Vivien Leigh

No one can forget Scarlett O'Hara. Her cat like eyes and smile, stunning figure and undisputable talent brought Vivien to a legendary status. Two of her greatest roles, both Academy awarded, were roles of a "southern belle", but she was also an excellent stage performer with versatile character interpretations.

Hedy Lamarr

After starring in Gustav Machatý's *Ecstasy* (1933), she gained fame as the film featured close-ups of her character during orgasm, as well as full frontal nude shots of her. This may not be as interesting and groundbreaking now as it was back in those conservative times. You may know her by her strikingly dark exotic looks, but this amazing woman was a pioneer in spread-spectrum technology.




11



10

Ursula Andress

Being a Bond girl in the first James Bond film, Dr. No, immediately established her as one of the most desired women in the world. She won a Golden Globe for playing Honey Rider, but what all men know is that her emerging from the sea in a white bikini is one of the most popular scenes in cinematography.



*“I am really a cat
transformed into
a woman... I purr.
I scratch. And
sometimes I bite”*

9

Brigitte Bardot

This French platinum blonde sex symbol became world-famous in 1957 with the release of the controversial film “And God Created Woman”. She took the U.S. by storm thanks to her explosive sexuality and the electric personality. She is the reason phrase “sex kitten” exists.



8

Veronica Lake

Veronica Lake, along with Rita Hayworth and Lauren Bacall, was one of the inspirations that helped create the character Jessica Rabbit. She was an accomplished aviatrix and a great actress. One of her trademarks was the 'peekaboo' hairstyle that partly covered her right eye, creating a seductive aura around her.

"I wasn't a sex symbol, I was a sex zombie"

Jayne Mansfield

She was one of the early Playboy Playmates and a major Hollywood sex symbol of the '50s and early '60s. She became known as the Working Man's Monroe, as she was 20th Century Fox's alternative to Marilyn Monroe. Jayne exudes sexuality, after all she was the first American actress to appear nude in a mainstream American film, Promises... Promises! (1963). But few people know that she is claimed to have had an IQ of 163, that she spoke five languages and that she was a classically trained pianist and violinist.



7

Raquel Welch



Raquel had only three lines in 1966 film *One Million Years B.C.*, but the prehistoric, doe-skin torn bikini she wore turned her into an iconic sex symbol - her Amazon look captured many men's hearts and the poster she was on became the bestselling pin-up poster of the time. The auburn-maned Raquel is said to have rightfully assumed Marilyn Monroe's sex goddess throne.

“Being a sex symbol was rather like being a convict”

A black and white portrait of Lauren Bacall. She is looking directly at the camera with a slight, enigmatic smile. Her hair is styled in a classic 1940s fashion, with soft waves and a side part. She is wearing a dark, high-necked top. The background is slightly out of focus, showing what appears to be a doorway or a window with a curtain.

Lauren Bacall

Recognized for her deep, sexy, husky voice, cat-like eyes and a svelte figure, or simply known as The Look - Lauren appeared in many films as well as in several Broadway plays to huge critical acclaim. She received an Academy Honorary Award "in recognition of her central place in the Golden Age of motion pictures."

5



Rita Hayworth

Her voluptuous figure, piercing brown eyes and sultry voice left no man indifferent, so no wonder she was nicknamed The Love Goddess. The famous red head was the first movie star to become a princess (not Grace Kelly) when in 1949 she married Prince Aly Khan. Legends say that when she was dancing under her real name in a Tijuana, Mexico nightclub, the Margarita cocktail was named for her.

Ava Gardner

The luscious figure, the deep sultry voice, the emerald colored eyes and the undeniable talent place Ava on the most beautiful actresses in Hollywood history list. Dubbed Snowdrop for her milky white complexion, this seductress is the embodiment of true sexappeal.

“Deep down, I’m pretty superficial”



Sophia Loren

As Italy's most renowned and honored actress, Sophia still remains a bonafide international movie star, "one of world cinema's greatest treasures." Even though she is a member of the showbiz royalty, beloved and most recognizable figure in international film world, she keeps a low-key lifestyle.

2



*"Everything
you see I owe
to spaghetti!"*

*“Sex is a part of
nature. I go along
with nature”*



1

Marilyn Monroe

The Blonde Bombshell starred in numerous commercially successful motion pictures during the '50s and early '60s. Known for her voluptuous figure, platinum blonde hair and lisp, breathless voice, this woman will always be remembered as THE Sex Icon N°1.

February Bucket list!

TO DO
THIS
MONTH

- 1 Ride an exotic animal, elephant will do!
- 2 Start taking pilot lessons!
- 3 Party with Rio carnival dancers!
- 4 Have sex on the beach - (the cocktail, too)
- 5 Marry an Arabia princess and be a pretender to the throne!
- 6 Solve a Rubik's cube!
- 7 Start your own business!
- 8 Have a threesome with supermodels - lots of them (mmm..)!
- 9 See an active volcano - Plan a trip to Ecuador!
- 10 Get in a cab and yell, "Follow that car!"





MANIC

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INTERNATIONAL ISSUE

Ultimate guidebook
For Modern Men

■ ■ ■

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