

MAN

2014 | APRIL
INTERNATIONAL ISSUE

LEBRON
THE KING
JAMES

GYM TIPS
THE ETERNAL
SIX-PACK
DREAM

HOW TO SET
THE ULTIMATE
MANLY SHACK

CORVETTE Z06
DESIGNED FOR
DOWNFORCE

NINA
AGDAL
THE BEACH BUNNY

ONLY FOR
THE BRAVE
FREE CLIMBING

CALCIO
Brutal Sport for Real Men
FIorentINO

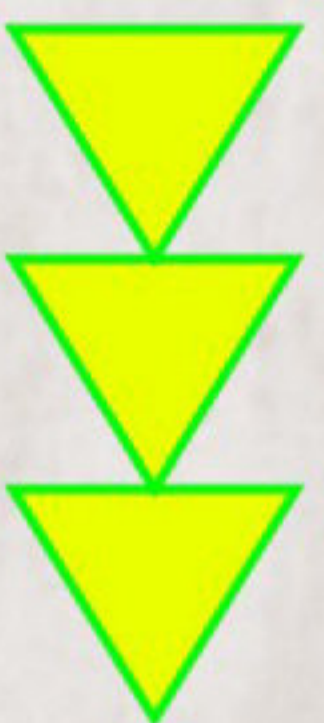
A woman with dark hair in a high ponytail, wearing large black lace earrings and black underwear, poses against a light-colored wall. The wall is decorated with large, overlapping geometric shapes in teal, yellow, and grey. She has one hand on her hip and the other near her head.

MANIC CONTENT

April 2014

Street Art Named
Desire

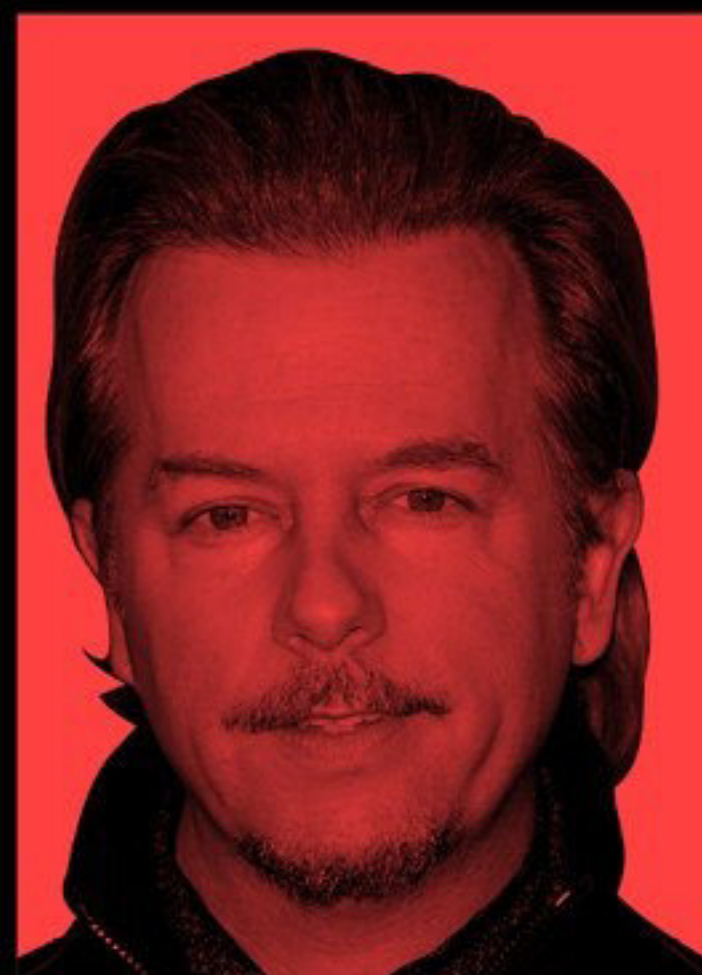
[GO TO ARTICLE](#)



NTRO

Out Loud

They neither mince words, nor hesitate to share their thoughts with the world, that is, **the Twitter community**. Always ready and hilarious in only 140 characters



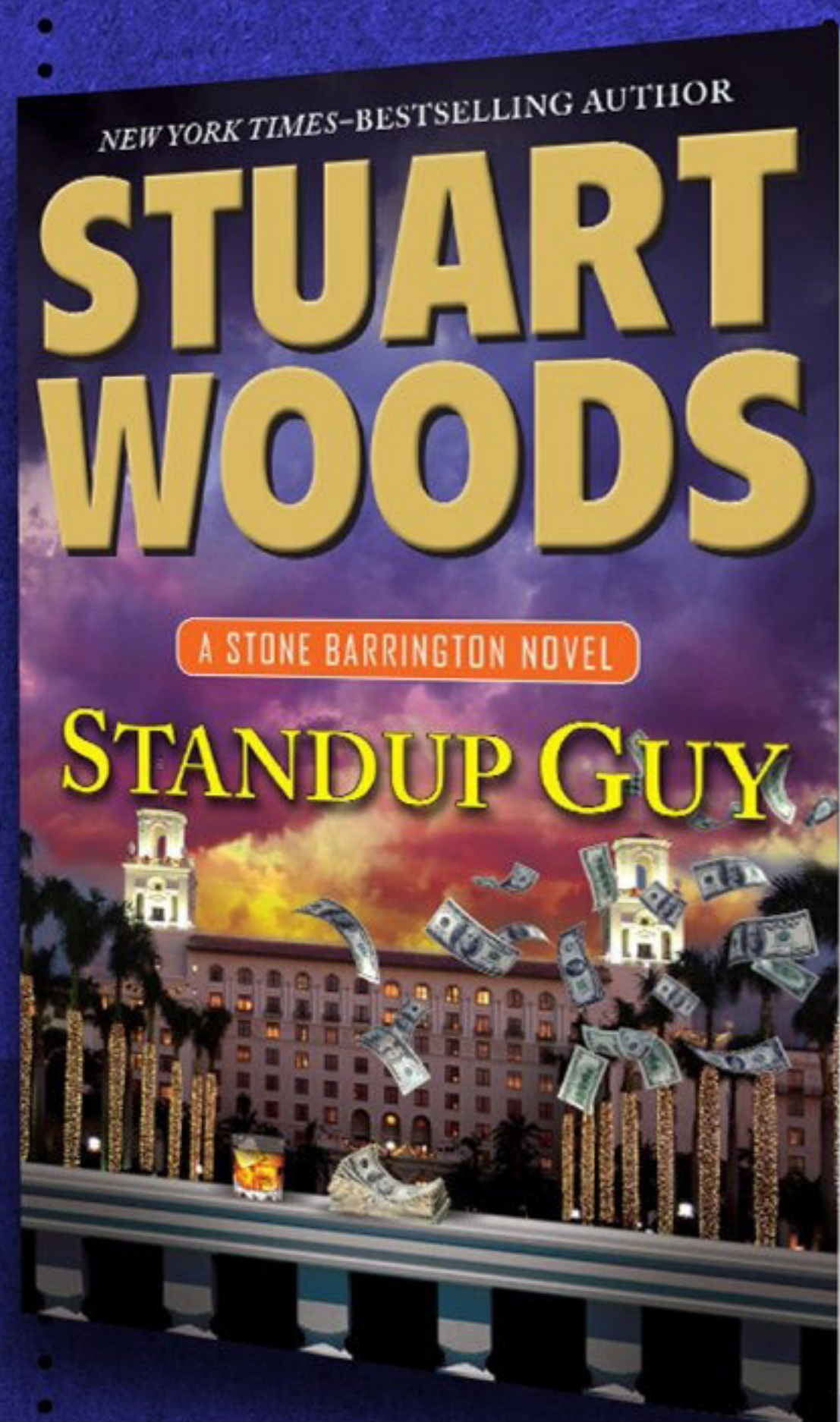
TAP ON IMAGES
TO READ MORE

INTRO

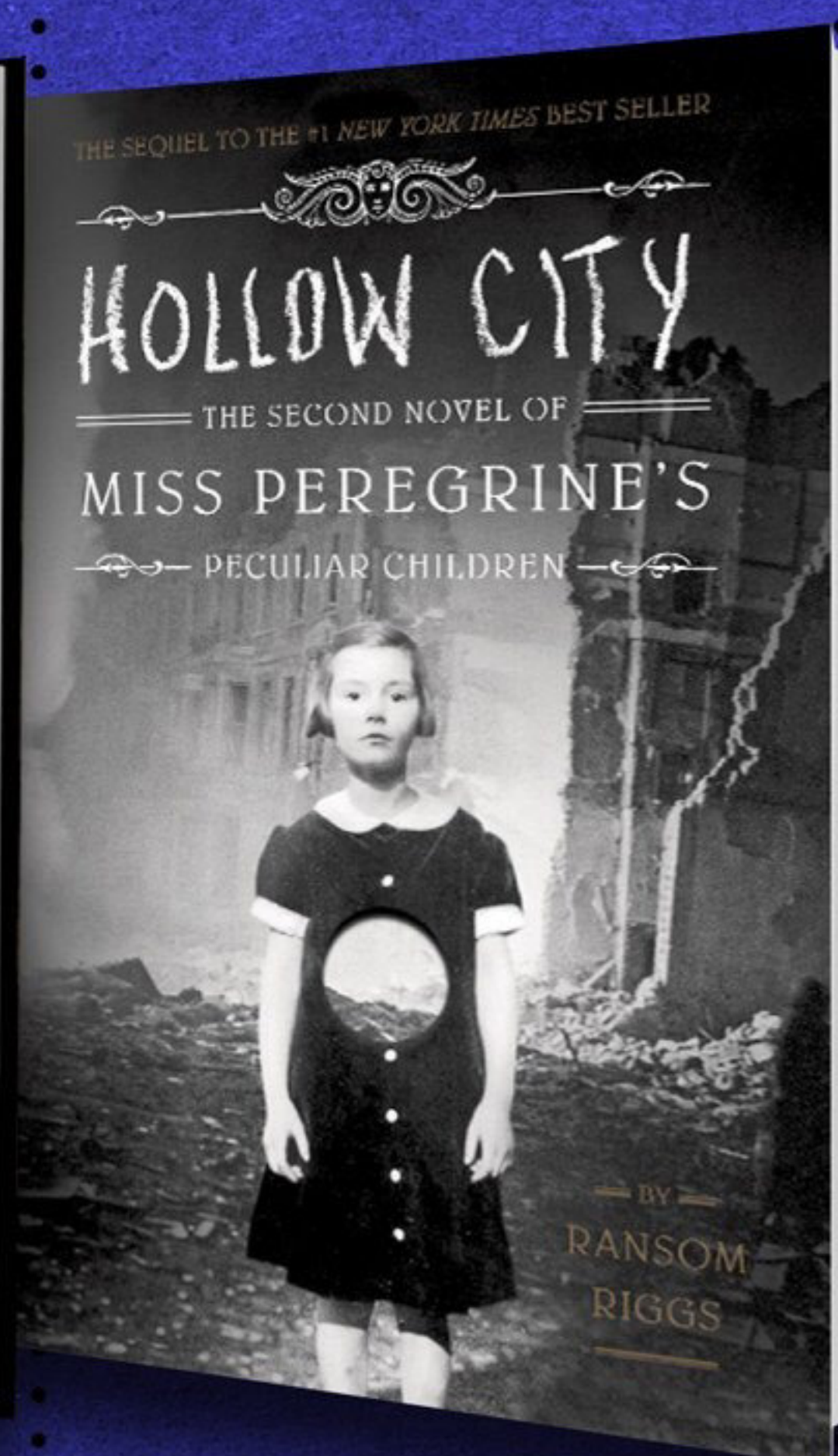
Manic

Library

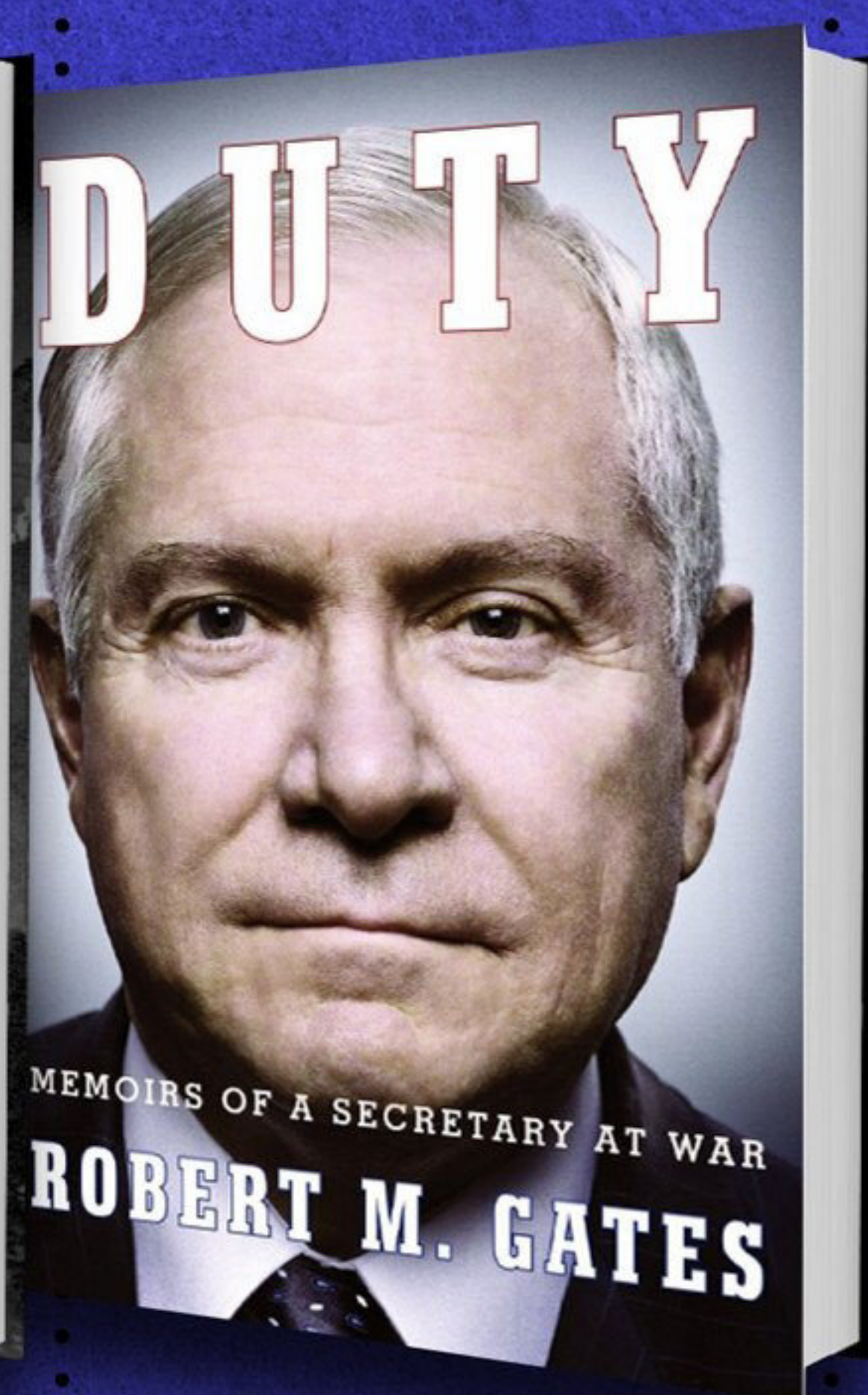
TAP ON BOOKS
TO READ MORE



Standup Guy
by Stone Barrington



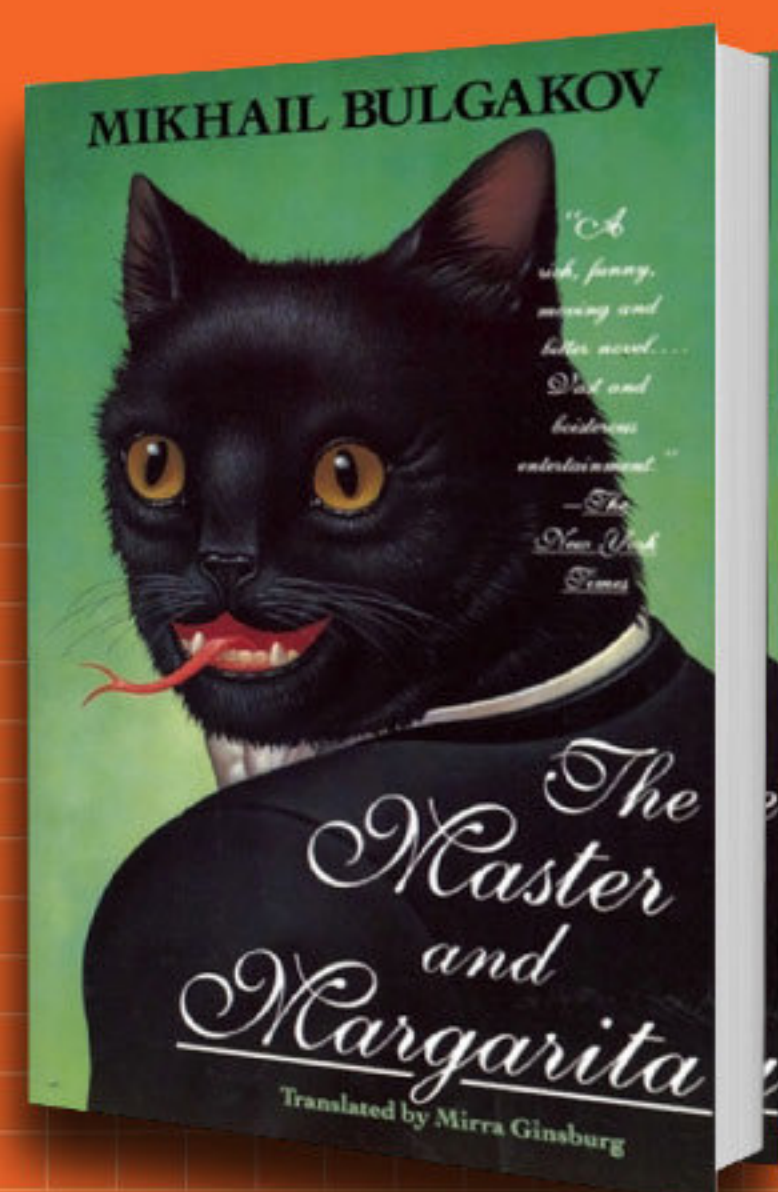
Hollow City: The
Second Novel of
Miss Peregrine's
Peculiar Children
by Ransom Riggs



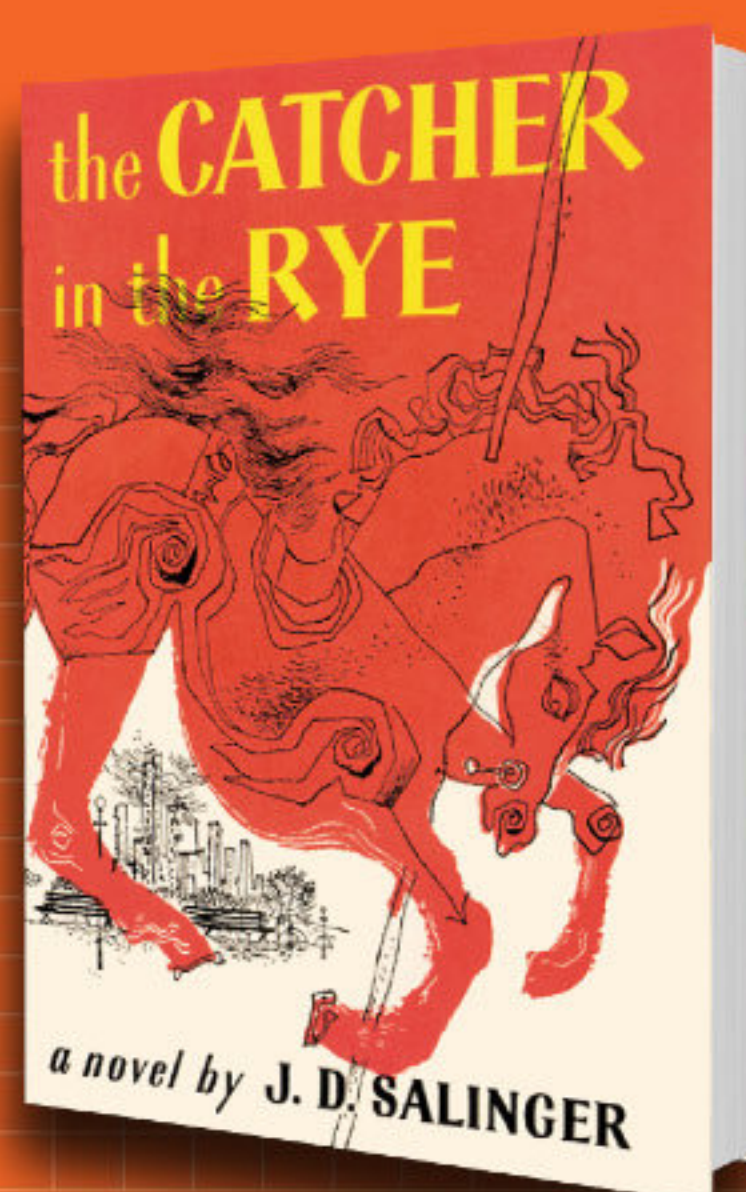
Duty: Memoirs
of a Secretary
at War
by Robert M. Gates

◀◀ SWIPE ▶▶

The Books **You Must Read**



The Master
and
Margarita
by Mikhail Bulgakov



The Catcher
in the Rye
by J.D. Salinger

NTRO

Red

Beauty

Ferrari 375-Plus



This car was Ferrari's ultimate weapon to win the 1954 Sports Car Championship

The first of just five early 50's Ferrari classic sports cars is to be sold and the estimates are that the price will exceed \$9.6 million USD. The 375-Plus was Ferrari's ultimate weapon to win the 1954 Sports Car Championship. This red beauty has a 4.9-litre V12 engine developing 330 brake horsepower and spectacular lightweight Pininfarina-designed all alloy open bodywork. The 375-Plus was reportedly entrusted by the Scuderia Ferrari racing team only to the bravest and most skilled drivers of the day. The 375-Plus model was an outright winner at Le Mans and Silverstone, as well as in the astonishing five-day Carrera PanAmericana road race through Mexico, which **Umberto Maglioli won at the astounding average speed of 107mph.** His Ferrari 375-Plus averaged more than 150mph for more than five hours during the final stages of the great road race. No reserve price has been set by auctioneers Bonhams, which estimates the sale price will break records when the car goes under the hammer at Goodwood Festival of Speed in Chichester, Sussex, set for June.



INTRO

Body as

Canvas

Jörg Düsterwald

The Best Possible Way
to Celebrate
Woman's
Beauty

Jörg Düsterwald is an artist from Hameln, Germany who changed canvas for something more appealing - bodies of young girls (be honest, wouldn't you do the same?). During his career, he has won many awards, including German BP-Champion 2008 (Brush/Sponge) and featured in various publications. Jörg has also been the Organizer for various great Body Painting events, including Northgerman-BP-Festivals, Bodyart-Festival and BP-German-Cups. His latest project is called Working Art, where he shows body-painted girls in classic and common professional situations as carpenters, blacksmiths etc. Right, real common!

tap
to see more



INTRO

Body as Canvas

Jörg Düsterwald



tap
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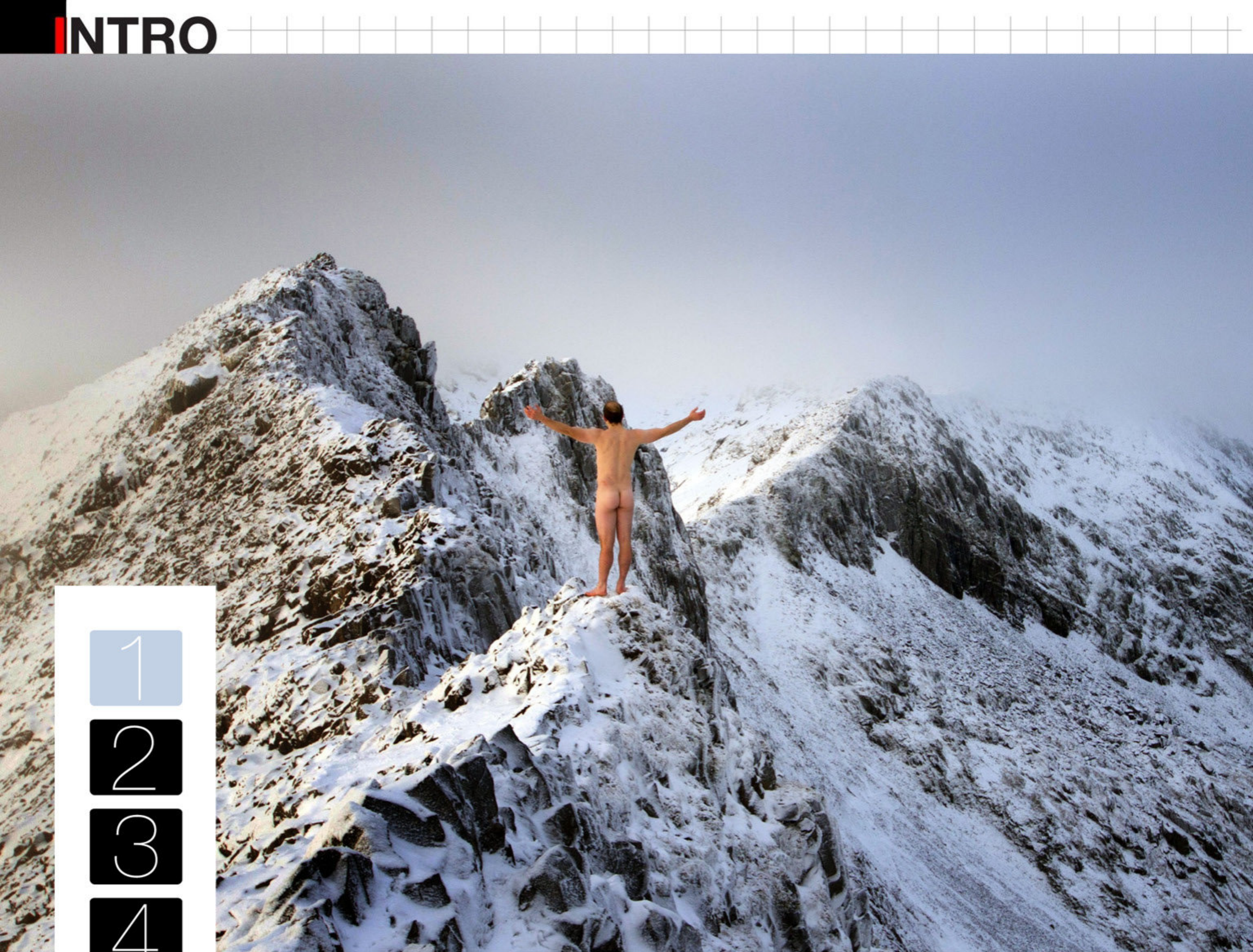
The Mass Unrest

Violent clashes in Kiev between anti-government pro-EU protestors and riot police result in **war, devastation, and demolition.**

Everything began with Ukraine president Viktor Yanukovich's rejection of a free trade deal with Brussels.

Kiev, Ukraine





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world
in pictures

Naked Climb

Dan Arkle climbed Crib Goch near Snowdon, North Wales, in the depth of winter and shed his clothes to embrace the dawn starkers. The 35-year-old photographer climbed the icy mountain by torchlight, using an ice axe and crampons to reach the highest ridge.



Crib Goch near Snowdon,
North Wales



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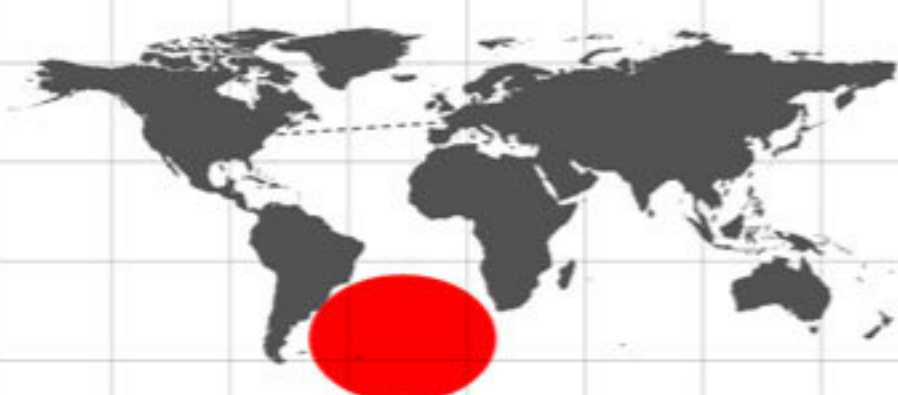
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Icy Love

Two penguins play in front of the trapped Russian vessel. After the Russian vessel got stuck in sea ice off the Antarctic, the passengers were successfully transferred by Chinese helicopter to ice surface near Australian rescue ship Aurora Australis.

Antarctic





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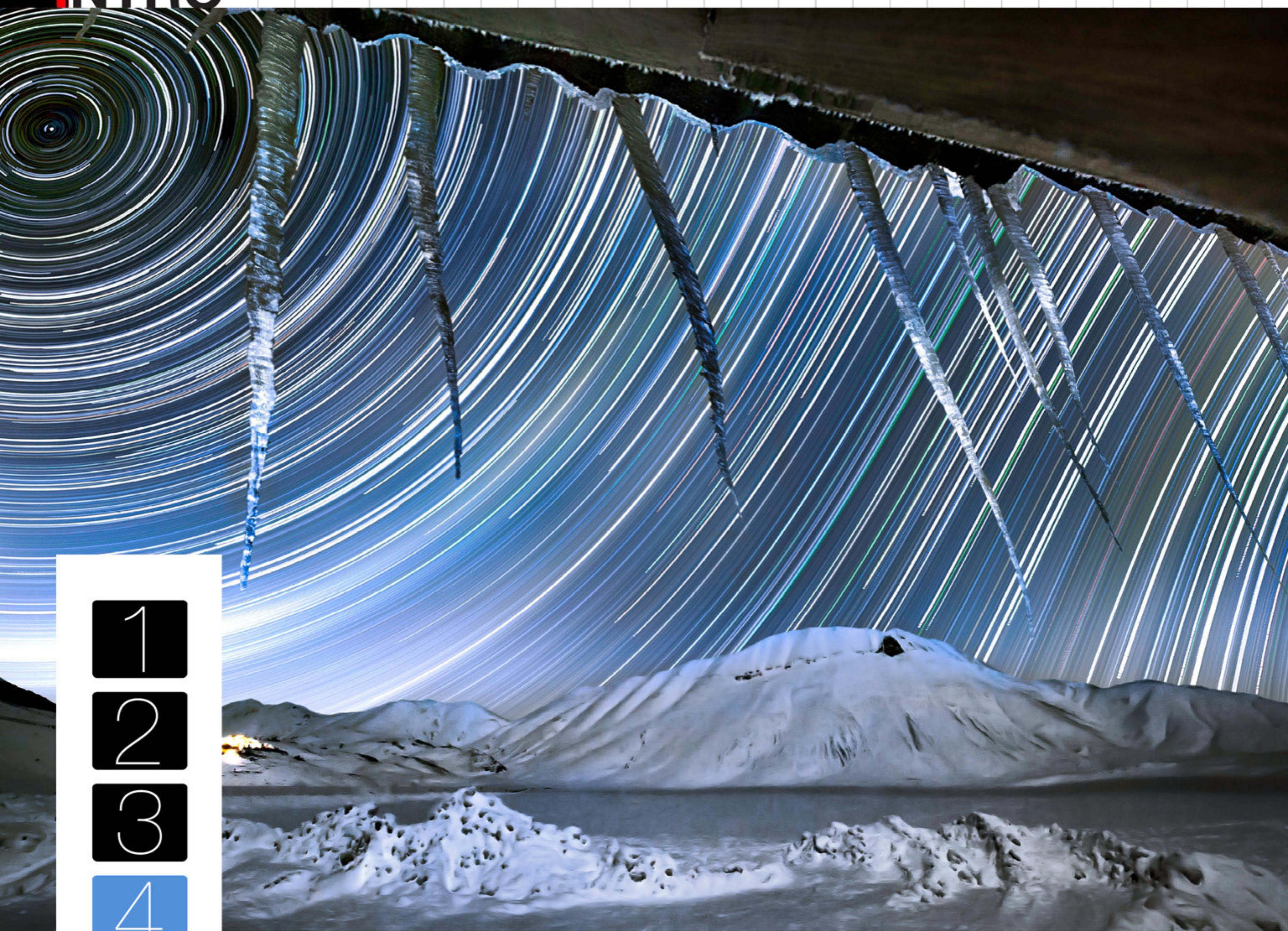
world
in pictures

A Cow Jockey

Jockeys grab the tails of the bulls and skate across the track **balancing on a wooden plank to show the strength of their bulls.** The Kara-pan Sapi or bull race is an annual tradition on Madura, the small island off Java, attracting thousands of visitors in search of local music, food and speed.



Surabaya, Indonesia



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world
in pictures

Star Struck

This spectacular image will leave you star struck – it is a beautifully captured rainbow of star trails illuminating the winter sky at night. Keen photographer Maurizio Pignotti, 46, spent all night in freezing temperatures painstakingly shooting the breathtaking crystal-clear stars.



Park, on the borders of the
Adriatic Sea



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Super Mum

Photographer Ken Watkins from Greyton, South Africa, travelled to the Hwange National Park in Zimbabwe to take pictures of the elephants. The mother rescues the baby elephant by lifting him out of the water with her trunk.

Hwange National Park,
Zimbabwe





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A Chase through the Desert

Mini's driver Stephane Perterhansel (R) of France and co-driver Jean Paul Cottret compete **during the 2014 Dakar Rally Stage 3** between San Rafael and San Juan, Argentina.

Argentina





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Niagara Freezes

The Midwest of America, home to the Niagara Falls, **has experienced temperatures plummeting as low as -37°C.** On January 9, the Prospect Point at Niagara Falls State Park and Rainbow Bridge were covered in frozen mist and solid ice.

NIAGARA FALLS, Ontario, Canada,





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tap on number
to see more

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Protests in Egypt

Pro-military protesters shout slogans outside the Police Academy, where ousted Egyptian President Mohamed Mursi's second trial session was due to take place. **Cairo Criminal Court** adjourned the previous trial of the ousted president, due to the bad weather that prevented his transport to the court.

CAIRO, Egypt





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tap on number
to see more

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World's Fastest Truck

A side view of the world's fastest jet-powered truck, Shockwave, on a track in Ontario, Canada. This monster is powered by three jet engines and can speed up to 400 mph.

Cayuga, Ontario, Canada



NTRO

Did You

Know

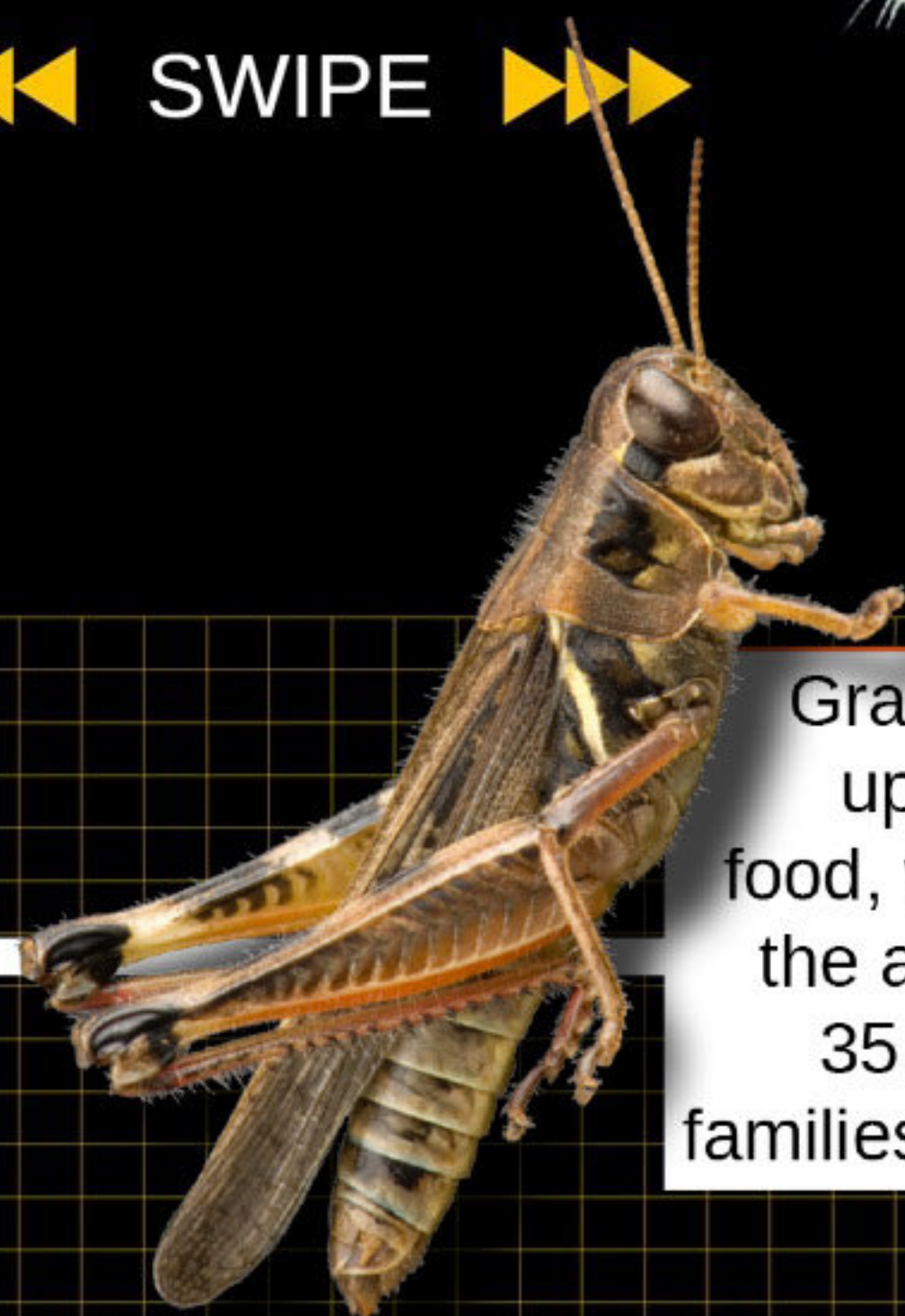
Amazing Life Facts

Do You Know How Many
People in the World
Speak Chinese?

AMAZING EVOLUTION

The modern horse evolved from a dog-sized, forest-dwelling Eohippus that lived over 50 million years ago.

◀◀ SWIPE ▶▶



Grasshoppers eat up to 80,000 t of food, which is about the amount of food 35,000 American families eat in a year.



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Behind The Curtains

Claudio Gangi

Claudio Gangi is not only a great photographer of fashion, glamor, and beauty, but he is, above all, a great friend and teacher. He is the one to turn to for new secrets in the art of photography, as well as all the little tricks that make a true artist.

With a discerning eye for details, Claudio is forever patient in waiting for the right moment, the moment everything comes into place – the light, the background, the model, the mood...

Take a look at his inspiration.









What's HOT What's NOT



Carnival in Rio - Prepare for Sambadrome.



Losing weight through a hard-core workout - Start some sweating right now!



Macklemore - Originality is priceless



Catherine Samba-Panza - the first woman to lead Central African Republic.



Jared Leto and his fantastic performance in Dallas Buyers Club



New Sheriff in town - Wawrinka has tools to compete with the best

Who's cool, and who's not?

What to get and what to avoid?



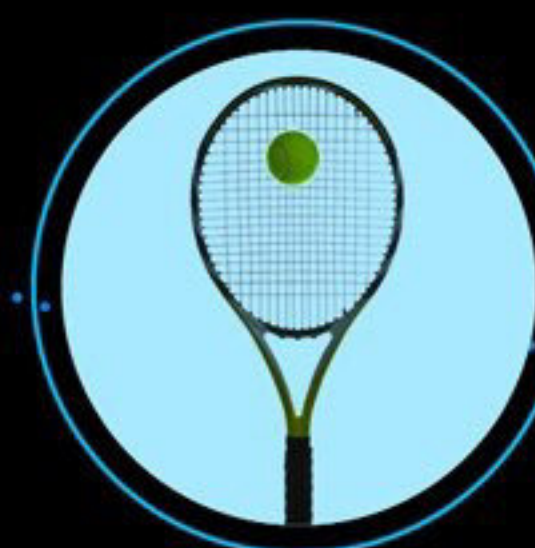
Facebook? 11 million teenagers has fled FB since 2011.



Smoking - Tobacco use causes more than 5 million deaths per year.



The less and less romantic Ted Mosby in HIMYM



Being a bad loser - Play for the fun of it.



Wearing the same haircut for decades.



19-year-olds on steroids driving fast cars

INTRO

Oscar Awards

2014

Best Picture



The Host



Best Actress in
a Supporting Role



SHORT RETROSPECTIVE OF 2014 OSCAR AWARDS

tap on images
to read more

Pizza Time



Well-earned



Leading Role



Record Broken



Most Awards



Best Actor in
a Supporting Role



24 Hours of Happy



Best Actor in a Leading




Pursuing Our Ancestors

History Written in Our Genes Part II

Never mind other places, Africa is the old continent for us. All of our forefathers, and their forewives, a.k.a our foremothers, used to live there back in the day. That was a long time ago, unimaginably long. You probably remember a tiny bit of the eighties, and you proudly say you were born in that mad and colorful age... but for anything before that, you just have to look at archive footage, or listen to stories. Imagine that time span times five thousand... and longer.

Part I Was Published in February 2014 Issue





To this day, by far the most males in Portugal, Spain, Ireland, British Isles, France, Italy and Germany have descended from a guy (we) named Rico who lived eons ago in Siberia.

Written by: Nikolai Dragunov


If it had been fashionable at the time, we'd probably have been labeled an endangered species. There were a few other species of hominids living all around, and they also used tools and primitive weapons and incredible foreheads. Even our forefathers had quite weird foreheads, but it seems that ladies even back then preferred the boy-band look, so they sexually selected more tame, less rough types through the eons.

Africa is a tough place. The horn of Africa is such a tough place, it's home to Somali pirates, guys so desperate they hop on tiny boats and attack huge scary ships, because that's a more viable career than anything else there. No big surprise that our ancestors decided to split, and touched down on the Arabian peninsula, and then through generations moved deeper into Asia, probably following herds of delicious prehistoric animals.

You'd think that Europe was a no-homo

IN INDIA, MANY OF THE HIGH CASTES STILL CARRY THE R1A Y-CHROMOSOMES INHERITED PROBABLY FROM THESE FIERCE WARRIOR TRIBES WHO CAME OUT OF THE STEPPES OF UKRAINE AND RUSSIA

land at the time, but before our Homo sapiens ancestors, Europe was populated by Homo neanderthalensis - who already knew how to make fire and how to use stone tools. Heck, they even buried their dead, and played music on primitive flutes. They also seem to have been sexy, because human populations outside Africa still carry traces of Neanderthal DNA. One would say that today's non-Africans are thus less human, but then, African populations seem to have prehistorically bonked Homo erectus populations within Africa. No



body knows the exact details, but for us to be here, there had to be a lot of sex going on, and arguably that included a lot of hair.



Scientists today claim that the first humans in Europe carried the Y-chromosome labeled as “I”... They came from the Middle East, where they had separated from their close relatives called “J”. The “I” guys spread all across Europe during the Paleolithic period, which is a fancy word for the “Old Stone Age”, meaning these guys were using stone tools (which could have been their way of saying how hardcore they were, because they had sex with Neanderthals, a species of physically much stronger hominids; but that’s not all because it seems that all our Neanderthal DNA today comes from Neanderthal ladies).

We all know that paper beats rock, but this time, an ice age swept through the northern hemisphere, and wiped out most of the “I” population in Europe, except in the Balkans. Meanwhile, in the Middle East, those smarty-pants Middle Easterners started to develop agriculture. The “J” guys and the “E” guys, and some guys labeled “G”, all began working the fields, and making the first real houses and granaries, and this reliability of food gave them much bigger populations. At the time, the whole of Europe had a few thousand Paleolithic human inhabitants who spent all their days foraging and hunting, while



SOME 14.000 YEARS BEFORE THEIR DISTANT RELATIVE, A DESCENDANT OF RICO'S NAMED CHRISTOPHER COLUMBUS FIRMLY LANDED HIS R1B GENES IN AMERICA

the Neolithic population in the Middle East was booming, but they also had much more spare time to develop some serious characteristics of a civilization.

Probably the first Neolithic guys to cross from Anatolia to the Balkans were "E" types. They brought agriculture into Europe, but the local "I" people weren't so impressed, so they kept to their stone age ways for another 3000 years. Yep, they lived side by side, not mixing culturally or sexually for quite a while. As the ice age receded, the "I" guys went along, chasing some deer, or squirrels, and again populated the entire Europe, even Scandinavia... especially Scandinavia.



These new lands in Europe probably interested those "G" and "J" guys, so they came to the Balkans, and alongside "E" developed some advanced settlements. Another branch of "E" went from the Middle East back into Africa, they migrated that way for quite a while in several waves and subjugated the local relatives still carrying haplogroups "A" and "B", so to this day, most of Africa re-

mained inhabited by various subclades of haplogroup "E". Modern peoples, like the Bantu, have male lineages from earlier migrations back into Africa. Berber and Arab populations of northern Africa have "E" from more recent migrations, but my personal favorites are those guys who went back to the horn of Africa, and decided to leave their male "E" descendants to become Somalian pirates (and mostly Somalian everyone else).



Meanwhile, in Siberia the results of an ancient split of one guy's lineage was starting to shape some very interesting future events. This ancient guy probably lived some 60.000 years ago, was probably a haplogroup "P" and gradually, his descendants developed into haplogroups N, Q and R. Let's call them Nate, Quentin and Rico.

At first, these guys seemed to be happy bunches of people, chasing mammoths and running around Siberia. Maybe Nate loved the cold, maybe he just got the shortest straw, but brother Nate's descendants populated the whole of



north Asia, and his direct descendants are today's Saami, Finns, Samoyedic and Ugric people in the northwest, while in the northeast Nate's decedents have developed into Turkic and indigenous Kamchatkan peoples. Meanwhile, Rico's descendants were hunting in the steppes and tundra just north of the Black Sea, slowly differentiating into the western branch labeled haplogroup R1b and the eastern branch R1a.



Brother Quentin's descendants remained smack-bang in the middle of Siberia, along the Yenisei river... until one of the Quentinoids got the brilliant idea of going so far east, they went from Siberia across the Kamchatka into Alaska, thus becoming the first human beings to settle in America. Quentin's kids didn't stop until they reached all the corners of both north and south American continents.... some 14.000 years before their distant relative, a descendant of Rico's named Christopher Columbus firmly landed his R1b genes in America.

You see, Rico's descendants were very warlike and patriarchal. They went around the Eurasian steppe, hunting all sorts of big game, and they managed to even domesticate the first cattle (and probably the first dogs).

From the Eurasian steppe, riding carriage behind the first domesticated horses in the world, they tried to break into the rich agricultural Balkans, but they failed to overtake a more civilized

and more populous lands. Nevertheless, this clash of cultures sparked some new ideas about tools, and weapons and society. The patriarchal R1b guys went from their homelands somewhere to the north of the Black Sea, and thoroughly beat the local Paleolithic and Mesolithic "I" peoples thus conquering the western Europe. To this day, by far the most males in Portugal, Spain, Ireland, British Isles, France, Italy and Germany have descended from a guy (we) named Rico who lived eons ago in Siberia. Much later, these western R1b guys went on to become the most dominant haplogroup in today's coun



tries of both Anglo-Saxon and Latin America. And that's not all, since the Turkmen tribes who gave rise to the Seljuq empire (which caused the Crusades), as well as the Ottoman dynasty, were all a part of the same ancient lineage which started expanding during the Bronze Age.



R1a, the eastern branch of Rico's descendants remained in the Eurasian steppes. These guys' contact with the Balkans and Caucasus civilizations gave rise to the people who probably called themselves

Aryans before it was fashionable. These guys combined the domesticated horses with metal weapons, and, as if that wasn't enough already, in a world still mostly populated by people armed with pieces of wood and stone, these Aryans also smoked a lot of weed, and drank Soma (a pre-battle potion made of ephedra and honey) which gave them superhuman strength, stamina and focus they used to conquer all of Central Asia, India and Iran (which derives its name from Aryans).

Wave after wave of these Iranian-speaking tribes swept across Asia, con



R1B LINEAGES: % OF MEN CARRYING THE Y-HAPLOGROUP

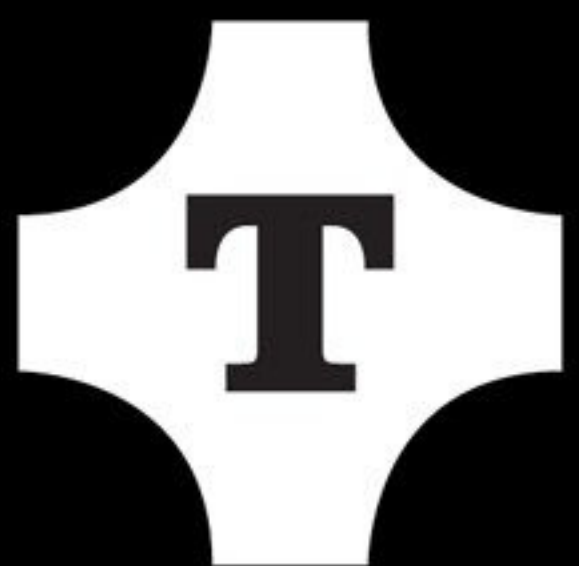
Welsh (Celtic, Europe) 89%
Bashkirs (Turkic, Asia) 86%
Hausa (Chadic, Africa) 40.6%



quering and mixing with the local populations. Historically, we know them as Mittani, Medes, Persians. In India, many of the high castes still carry the R1a Y-chromosomes inherited probably from these fierce warrior tribes who came out of the steppes of Ukraine and Russia.

THE “I” GUYS SPREAD ALL ACROSS EUROPE DURING THE PALEOLITHIC PERIOD, WHICH IS A FANCY WORD FOR THE “OLD STONE AGE”

The ones who remained in the north became known to the Greek and Roman chroniclers as Scythians and Sarmatians, while other branches of R1a guys gave rise to Slavic peoples. Some lineages went north into Scandinavia, so, today, about 30% of Swedes and Norwegians carry this Y-haplogroup, and researchers trace Viking lineages by searching for evidence of R1a among today's western Europeans.



Today's male populations with most R1a include Sorbs, Poles, Kyrgyz, Russians, Brahmins, Pashtuns, Ukrainians, Latvians, Slovenes, Tatars, Altaians and many others. It seems that the contact of Eurasian R1a peoples with Turkic and Mongolic peoples on the other side of

Altai gave rise to later Hunnic, Avar and perhaps even Mongolian empires.

The expansion of R1b and R1a genes co-relates with the expansion of proto-Indo-European language, the great-grandfather of languages spoken today by the vast majority of humans in Europe, Iran, India, but also in the Americas and Australia of today. Whether you're speaking English, German, Russian, Persian, Greek, or Hindu, you're speaking a language that stems from the expansion of these warlike lineages from ancient times.



MUSIC REVIEWS MARCH: BECK, MIKE OLDFIELD, BRUCE SPRINGSTEEN, THE CRYSTAL METHOD

COMPAS

MOVIES · MUSIC · TRAVEL · BLOSSOM · SEX TALK · COMICS · COOK'S BOOK

HOW TO SET
THE ULTIMATE
MANLY SHACK

NINA AGDAL
OUR BEACH
BUNNY

DESTINATION
RIO DE JANEIRO

ITALIAN RECIPE
GREAT PASTA
MEDITERRANEA

NATASHA
BARNARD
MANIC GIRL

'GAGEMENT
PANIC

Nile Rodgers

**The Man
Who Got Lucky**

MANIC MOVIE LIST

1 3 DAYS TO KILL

2 300: RISE OF AN EMPIRE

3 POMPEII

4 THE GRAND BUDAPEST
HOTEL

5 THE WIND RISES



3 DAYS TO KILL

action /crime/drama

duration: **119min**

directed by: **McG**

Kevin Costner plays Ethan Runner, a dying Secret Service Agent, whose hope of retirement and medical treatment lies in his last mission. Realizing that the Agency has become his whole life, he tries to reconnect with his estranged wife and daughter, whom he has long kept at a safe distance. Faced with hunting down the world's most ruthless terrorist, he must save thousands of innocent lives and look after his teenage daughter (Hailee Steinfeld) for the first time in ten years, while his wife is out of town (Connie Nielsen).

Some of us may be looking forward to watching Kevin Costner not playing baseball and finally behaving as a true badass, with just enough deadly punch-line humor to both

SWIPE

SWIPE

KEVIN COSTNER AMBER HEARD HAILEE STEINFELD

3 DAYSTOKILL

RELATIVITY MEDIA AND TEROPACORP PRESENT A 30TH INC. AND RELATIVITY MEDIA CO. PRODUCTION A WONDERLAND SOUND AND VISION PRODUCTION
"3 DAYS TO KILL" KEVIN COSTNER AMBER HEARD HAILEE STEINFELD CONNIE NIELSEN PRODUCED BY SWAN PHAM KIM DAVIS-WAGNER, S.S.A. JUSTINE BADDELEY, P.S.A.
WRITTEN BY JERRY ARONOFF, A.K.A. PRODUCED BY SEBASTIEN NIZAN DIRECTED BY OLIVER BERDIT COSTUME DESIGNER ADOLFO MARTINEZ PEREZ EDITOR STEPHANE DUCHER PRODUCTION DESIGNER FREDERIC DUBOIS EXECUTIVE PRODUCERS DOUG LOZANO
EXECUTIVE PRODUCERS LOU DOVIO BENARD A.K.A. PRODUCED BY BRUNO JANESTOU WRITTEN BY CHLOE ROUSSEL PRODUCED BY RON BURKLE JASON COLBECK PRODUCED BY TUCKER TODLEY
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MANIC MOVIE LIST

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3 POMPEII

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HOTEL

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300: RISE OF AN EMPIRE

Action/drama

duration: **102 min**

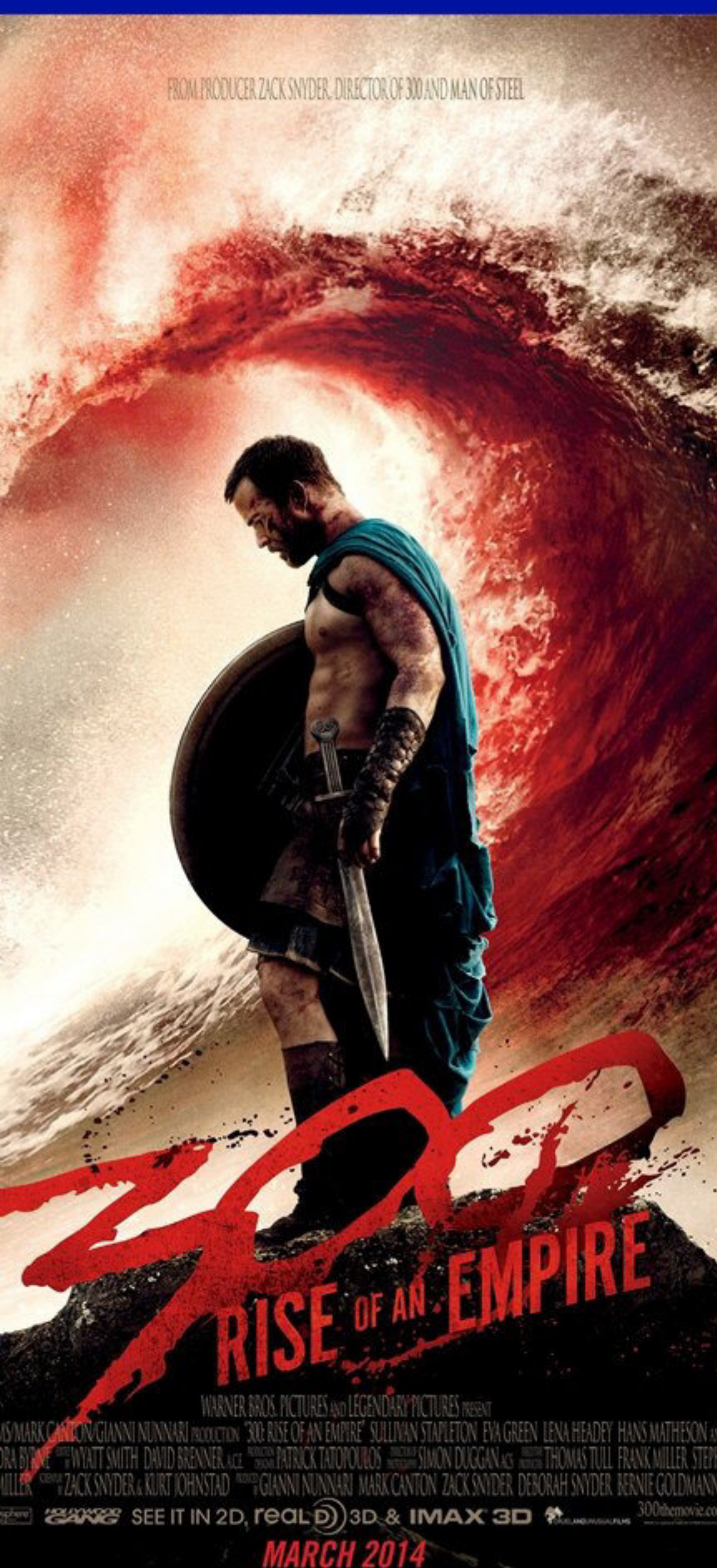
directed by: **Noam Murro**

The film is inspired by Frank Miller's latest graphic novel Xerxes and presents a sequel to the breathtaking blockbuster we saw in 2007 – 300: Battle of Thermopylae.

300: Rise of an Empire follows Themistokles, the general played by Sullivan Stapleton, who endeavors to bring together all of Greece in a battle at sea against the Persians led by king-God Xerxes (Rodrigo Santoro) and his navy commander Artemisia (Eva Green).

Noam Murro is the director of the new chapter of Greek inspired saga, as Zack Snyder (the director and co-writer of 300) was unable to work on the sequel due to his more commercial project Man of Steel.

300: Rise of an Empire pleases the spectators' eyes with



SWIPE



SWIPE

MANIC MOVIE LIST

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POMPEII

Action/adventure

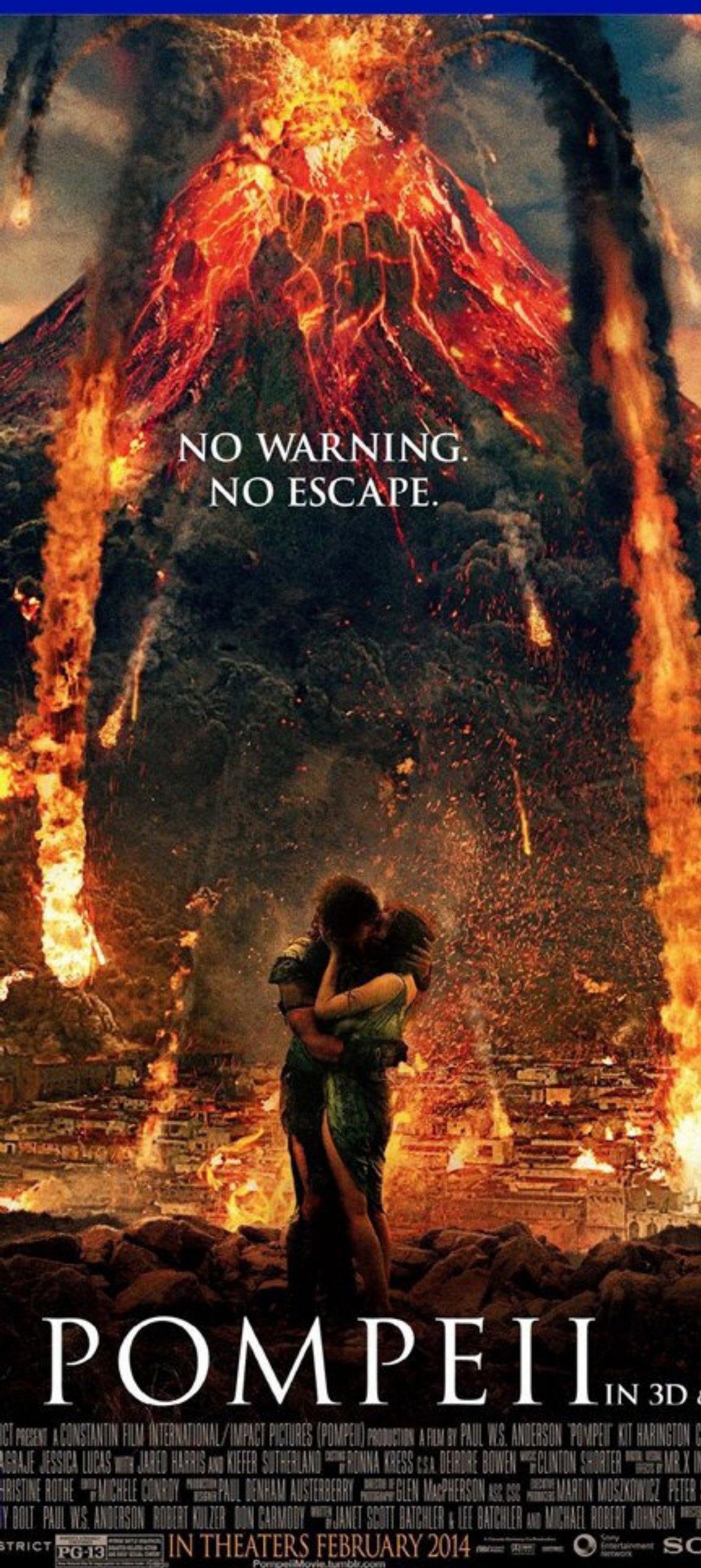
duration: **102 min**

directed by: **Kit Harington**

Directed by Paul W. S. Anderson and inspired by historical facts, Pompeii is a quixotic tale about a slave gladiator Milo (portrayed by Kit Harington) who tries to save his beloved Cassia (Emily Browning) from the erupting Mount Vesuvius.

Full of thrilling and exciting action intertwined with romance, Shakespearean drama (since, of course, the love between the two main characters is forbidden), heartless gladiator fight and the tragic history of Pompeii, this film leaves you gasping for breath.

Don't be put off by the words "romance" and "drama" written here, because this film is also a blood-filled and action-repleted adventure.



SWIPE



SWIPE

MANIC MOVIE LIST

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THE GRAND BUDAPEST HOTEL

Comedy/drama

duration: **100 min**

directed by: **Wes Anderson**

The creator of the brilliant Moonrise Kingdom (2012) and the next best director/writer of strikingly unconventional but beautiful films, Wes Anderson, prepared another attention-worthy piece of art. The Grand Budapest Hotel has striking, odd and affectional characters, dreamy and spectacular set locations, and uniquely peculiar storyline.

The cast represents an unbelievable set of famous historians: Ralph Fiennes, Saoirse Ronan, Tilda Swinton, Willem Dafoe, Edward Norton, Jude Law, Harvey Keitel, Jason Schwartzman, Owen Wilson, Jeff Goldblum, Adrien Brody, Bill Murray, and many others.

M. Gustave (portrayed by Ralph Fiennes) is a fabled concierge at a famous hotel during the years between the



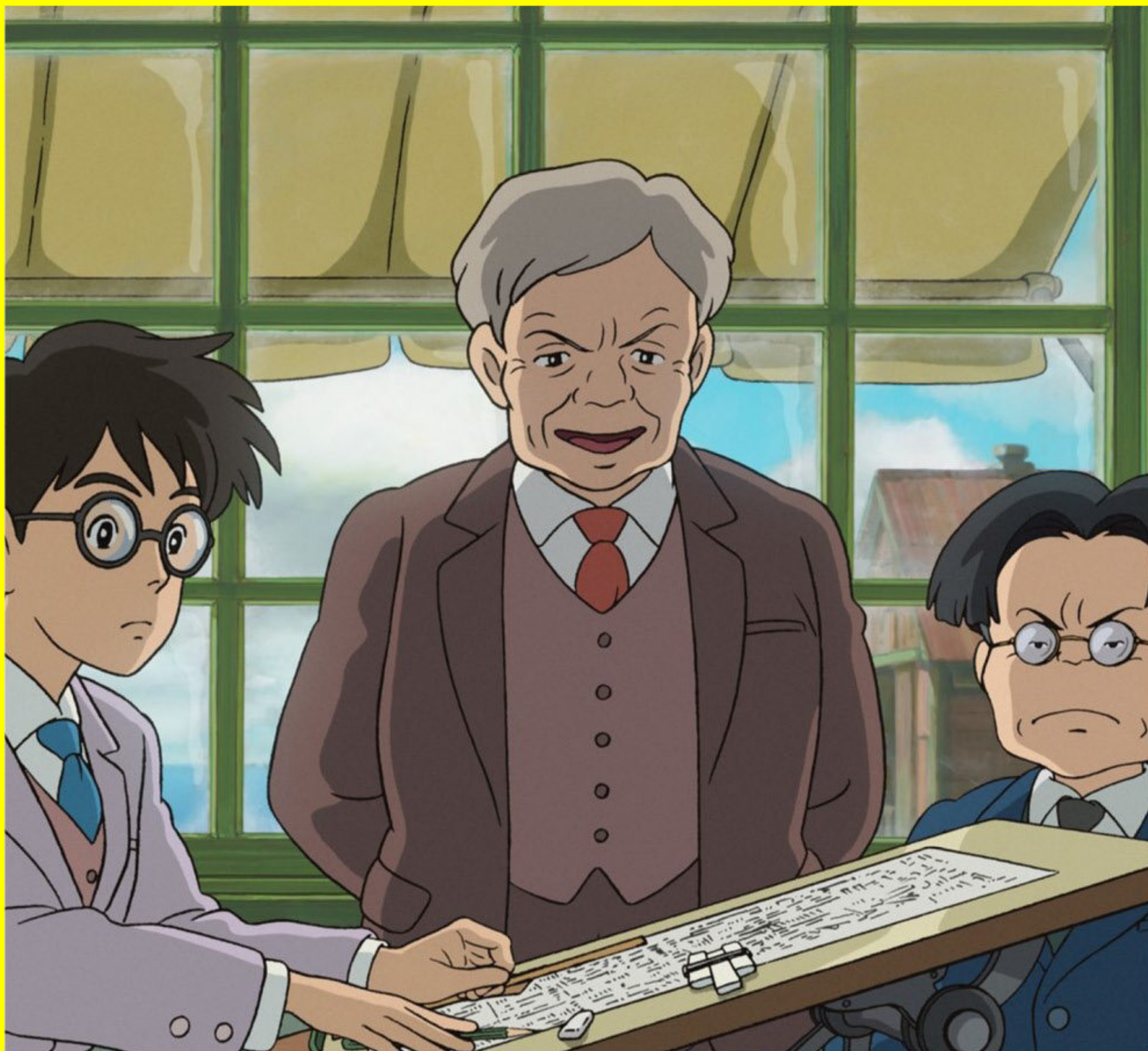
SWIPE



SWIPE

MANIC MOVIE LIST

- 1 3 DAYS TO KILL
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- 3 POMPEII
- 4 The Grand Budapest Hotel
- 5 THE WIND RISES



THE WIND RISES

Animation/biography duration: **126 min** directed by: **Hayao Miyazaki**

Hayao Miyazaki, one of Japan's greatest animation creators (three-time Oscar nominee and 2003 Oscar winner for Best Animated Feature, *Spirited Away*), gives us another animated fantasy *The Wind Rises*. This film was the highest-grossing Japanese film in Japan in 2013 (¥11.6 billion, or US\$119 million), it won and was nominated for several awards, including nominations for the Academy Award for Best Animated Feature, the Golden Globe Award for Best Foreign Language Film, and the Japan Academy Prize for Animation of the Year. Touchstone Pictures will release this praiseworthy creation with the English dub cast on February 21.





April 2014

Girl of the Month

MANIC AWARD





April 2014

Girl of the Month

MANIC AWARD



April 2014

Girl of the Month

MANIC AWARD



by: Lola & Dane Sullivan

Bachelor Pad Must-Haves

How to Set the Ultimate Manly Shack

Whether you are a successful young stud or just a desirable single guy who wants occasional girl visits, your quality me-time has to revolve around a space which is all yours, dedicated to you and your needs. A classic bachelor loft, a tiny single-guy crib, a basement of your family home, any place will serve as an ultimate bachelor pad with these 8 essentials:

Swipe here to go to the next article



GIGANTIC TV

When the party is over, your horror movies will loyally be waiting in HD, 3D or whatever you prefer. Long chick-flicks that SHE wants to watch usually end in the middle, interrupted by other we-are-finally-alone activities.



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COMFY RECLINER CHAIR

Every man needs a good chair to read the paper, flip the zines, shoot some virtual enemies, and take occasional naps. This is the only spot that is always yours, a throne to your kingdom.



by: Lola & Dane Sullivan

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ENORMOUS BUT DURABLE BED

There will be no sleepless and/or sexless nights with this one. A comfortable and flexible mattress with an extravagant exterior design will boost your performance and trigger creativity.



SLIDE
SHOW

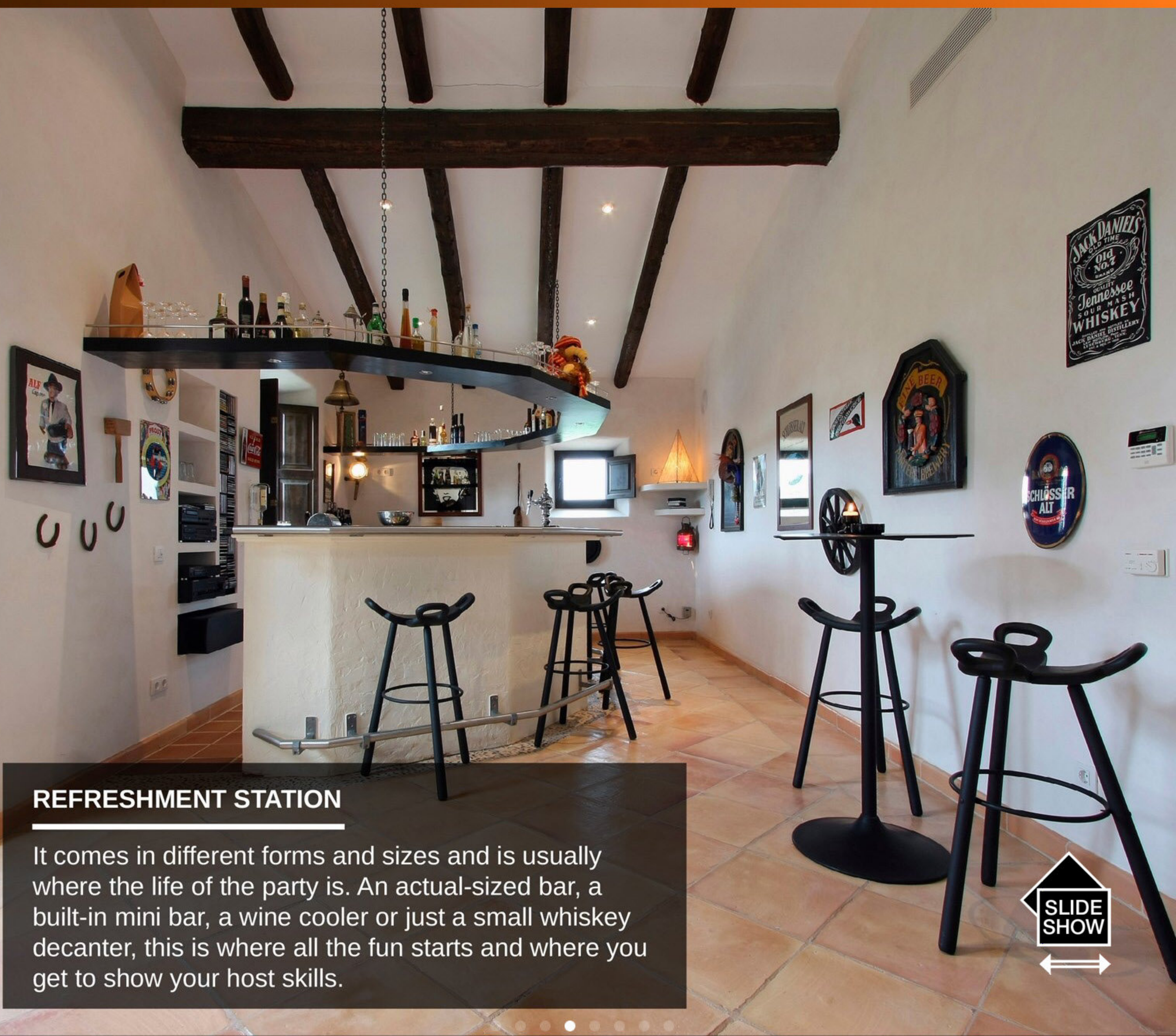
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REFRESHMENT STATION

It comes in different forms and sizes and is usually where the life of the party is. An actual-sized bar, a built-in mini bar, a wine cooler or just a small whiskey decanter, this is where all the fun starts and where you get to show your host skills.

SLIDE
SHOW



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INSTANT ENERGIZER

A good coffee maker or an espresso machine is all you need at the beginning of the day, it will help you survive the night before and start fresh as if it never happened.



by: Lola & Dane Sullivan

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DUDES' GAME

A hearth to gather your friends around, and forget about your worries! A boxing bag for the sportsy guy, a table football for a lazy football fan, a pool table for the sophisticated pipe smoker or a mini-golf set for a rich frat boy – just pick and choose.



by: Lola & Dane Sullivan

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FANCY ARTWORK

The best conversation starter and the reflection of your home design preferences. An abstract painting to put you to sleep, an inspiring movie poster to stimulate your ideas, an oversized sculpture to emphasize your eccentricity or a simple dodgy souvenir to remind you of the beautiful places you've visited and the exciting adventures you've had.



by: Lola & Dane Sullivan

Bachelor Pad Must-Haves

How to Set the Ultimate Manly Shack

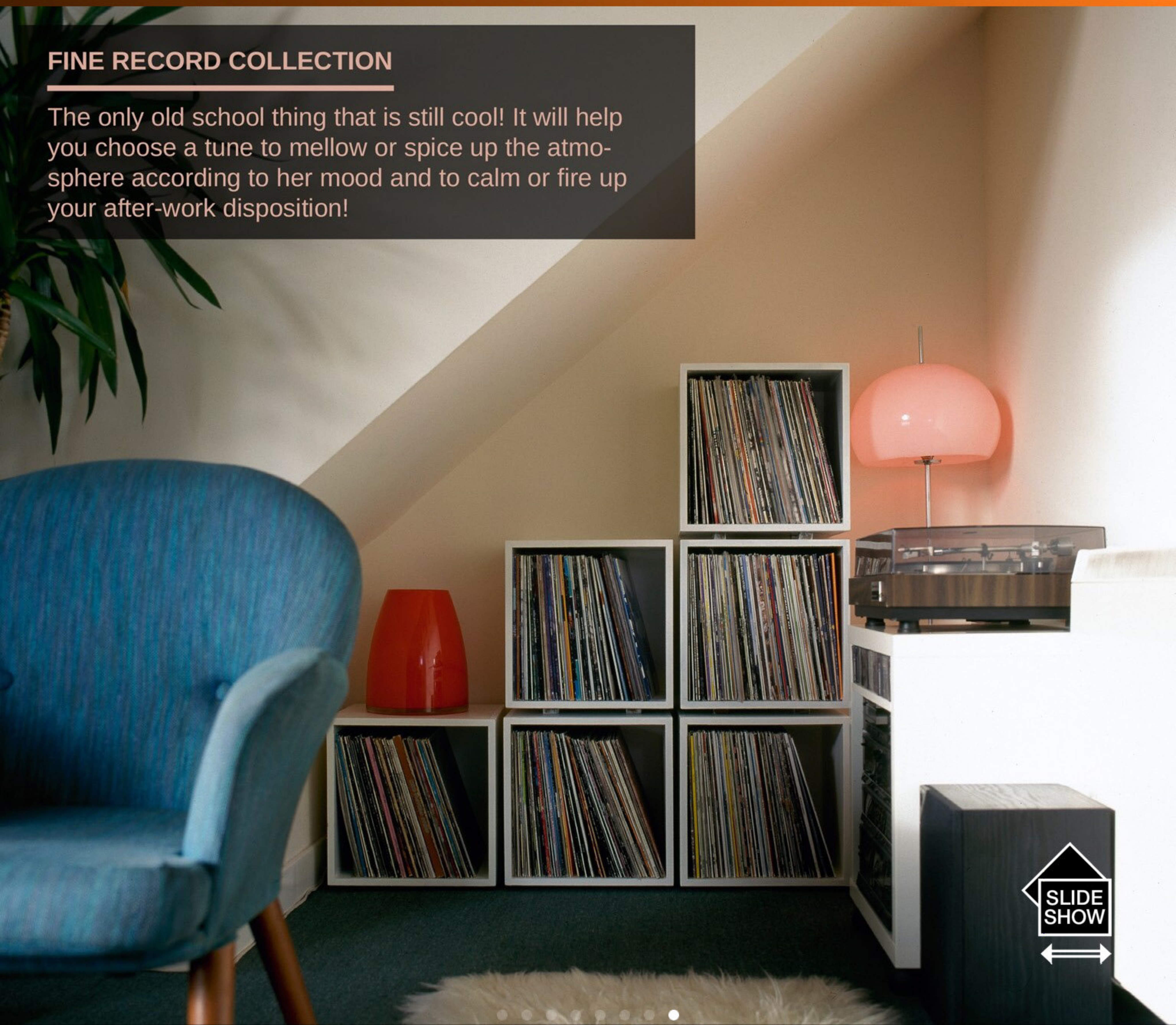
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FINE RECORD COLLECTION

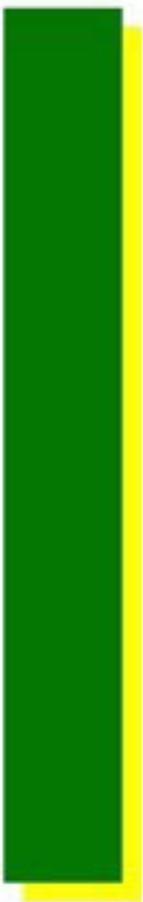
The only old school thing that is still cool! It will help you choose a tune to mellow or spice up the atmosphere according to her mood and to calm or fire up your after-work disposition!





A CITY OF DISSONANT LANDSCAPES

Regardless of how prepared you are and how much time your friends who have visited this exotic country have spent droning on and on about their experiences, your first encounter with Rio de Janeiro will shock you. The eye of an average Western tourist is simply not tuned to such an unusual landscape. It is not the exoticism that surprises the most, but the curious blend of wealth and poverty on a small area; the blend of breathtaking beauty and shocking favelas that give you the creeps.



If you want to forget your dull daily routine, run away from your boring office and taste the high-school madness again, then Rio is a perfect place for you. This enormous country is charged with the electrical power of life. Brazil is a carnival of colors and tastes with Rio at its epicenter. Rio is the epicenter of crime too, a place where tourists are the favorite targets of petty street criminals and where the dead in mafia showdowns are counted by dozens. Is it worth, then, crossing half of the Earth to the far-away Rio, giving a whole lot of money for a decent travel arrangement, and all this with a possibility of getting robbed? The answer is simple – it is, because in Rio, you will rediscover happiness and realize how simple it is to enjoy life.

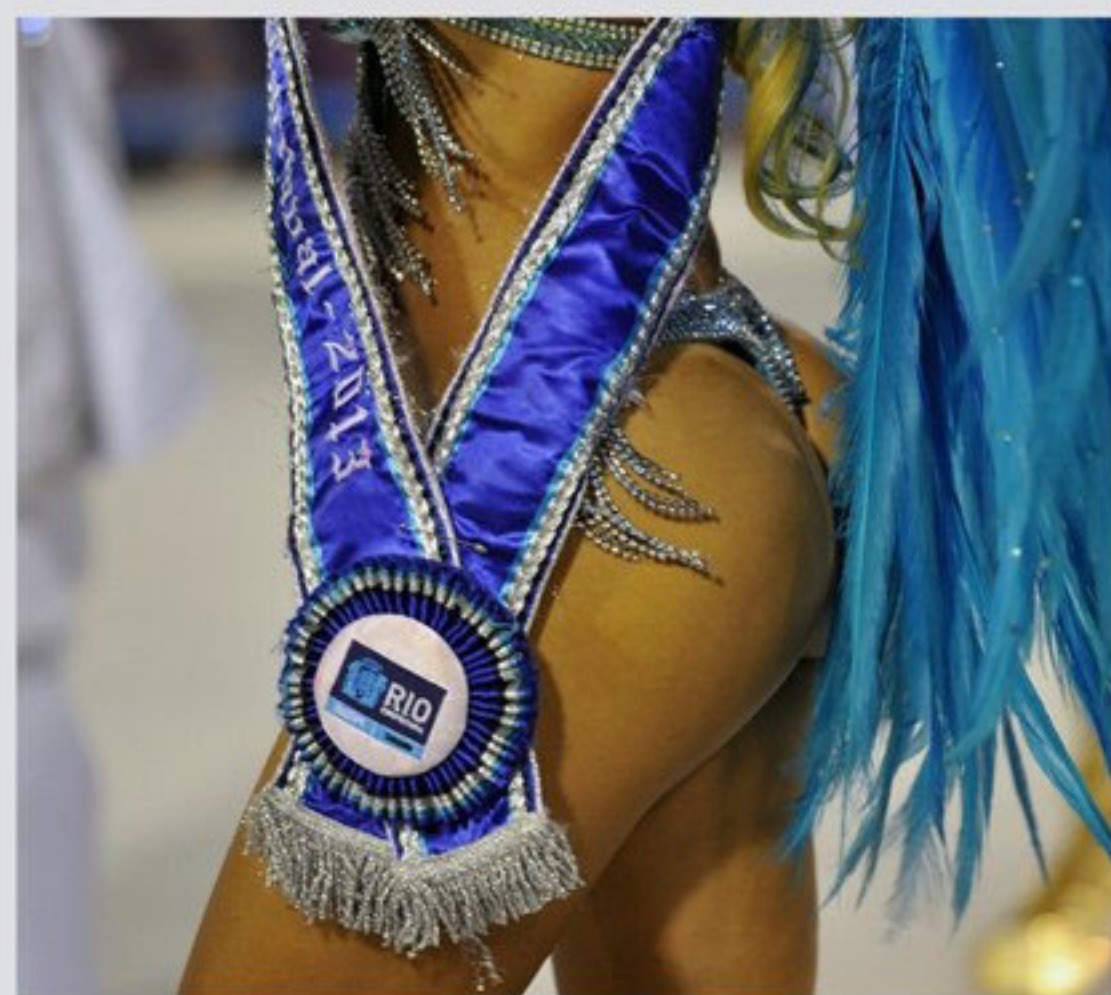
Brazil is a colossal, magnificent country hiding within itself diversities one can find on an entire continent. Amazonia, Mato Grosso, Parana, Iguazu Falls, sand dunes and freshwater lakes of Maranhao are just a few destinations that will not leave you indifferent. However, the most popular are, as you may guess, the beaches. Brazil has one of the longest coastlines in the world (4654 miles) concealing thousands and thousands of beaches. The craziest of them are, you may guess again, in Rio de Janeiro. It was precisely on the sands of these beaches that the legend of invincible Brazil-





ian footballers was born. A while back, kids born in favelas played football with oranges (they simply could not afford real balls) dreaming of escaping the impoverished surroundings by all means. This dream of a better life have bred football legends such as Pele, Eusebio, Ronaldo, Ronaldinho. And now, talented Neymar is slowly joining those legends and stealing the hearts of Barcelona fans as well as the rest of the planet. Footballs are not the only things you will notice, though. There are many other “balls” you will wish to lay your hands on, not your feet. Girls, right. Carnival beauties are all around, all eyes on them, their curves and their tanned bodies. A legend says (yes, there are a lot of legends around here) that the thong had its premiere precisely on the beaches of Rio de Janeiro (the locals are still fighting about whether it first walked around Copacabana or Ipanema).



However, it is not all roses here, either. The sandy ambient features a typical Brazilian social division of labor: some are sunbathing, swimming, surfing, playing volleyball and showing their tanned bodies off; the others are naturally tanned and they are sweating while selling food and drinks to the sunbathing ones; yet the others are stealing and robbing. Going to Rio and not noticing favelas is possible only if you are blind or have no heart whatsoever.



The Carnival

Every year, Rio Carnival attracts the attention of the entire globe and hundreds of thousands of tourists from every corner of the Earth rush there to enjoy the bacchanalian celebration at the foot of the Sugarloaf Mountain. During the carnival, the citizens of Rio de Janeiro have only three priorities: to sing, to dance and to spread good vibes thus showing the uptight, unrelaxed masses of tourists how to have fun in Brazil.



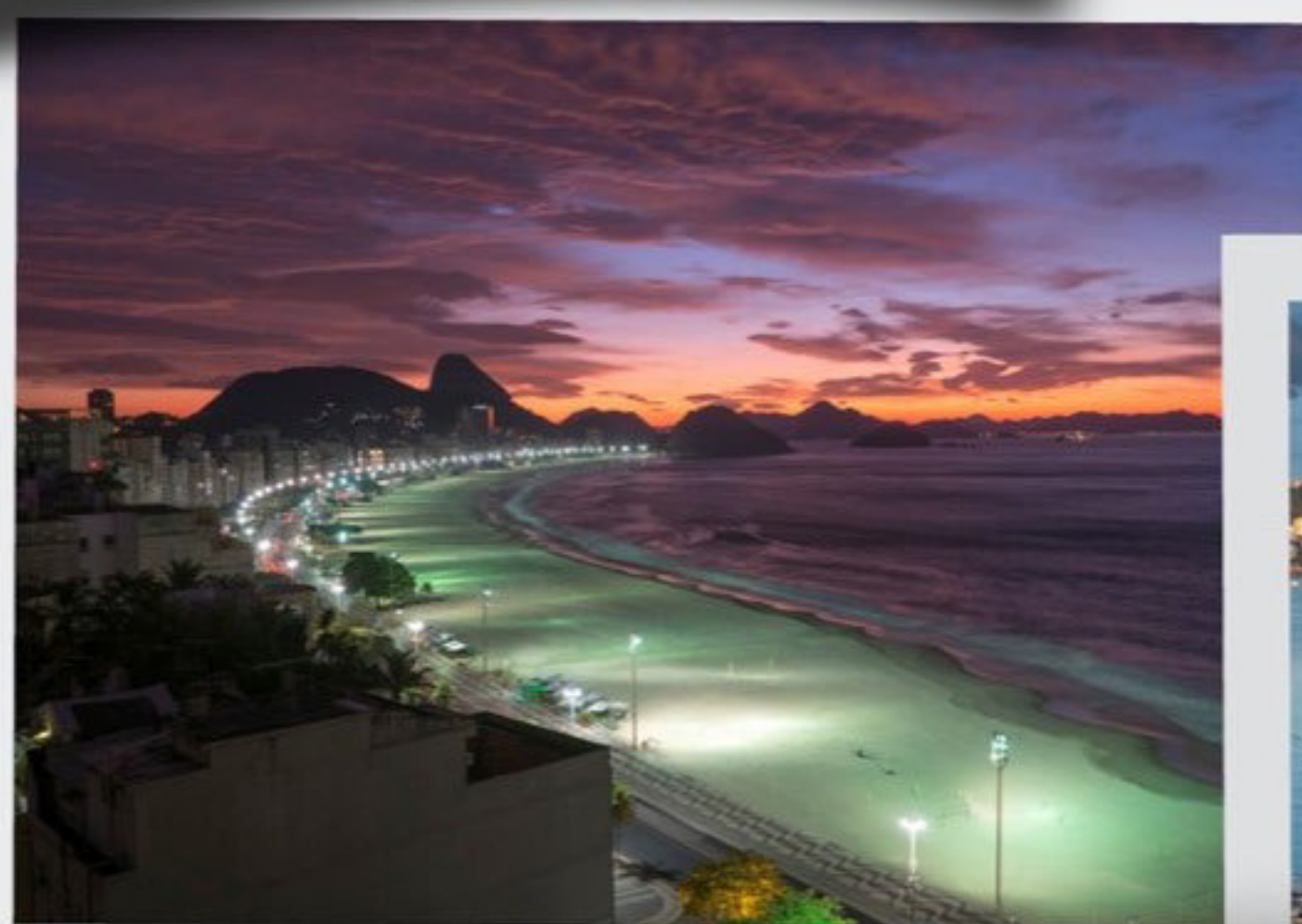
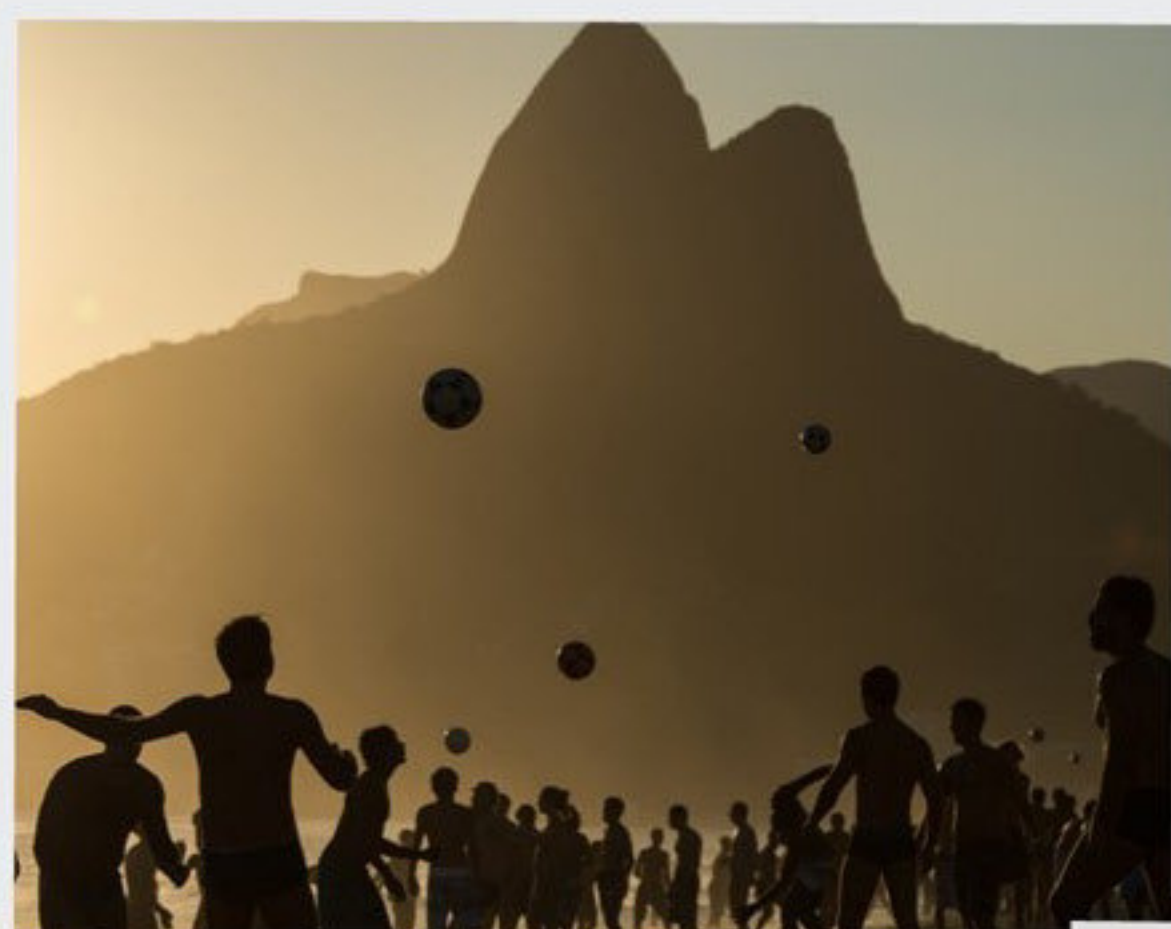
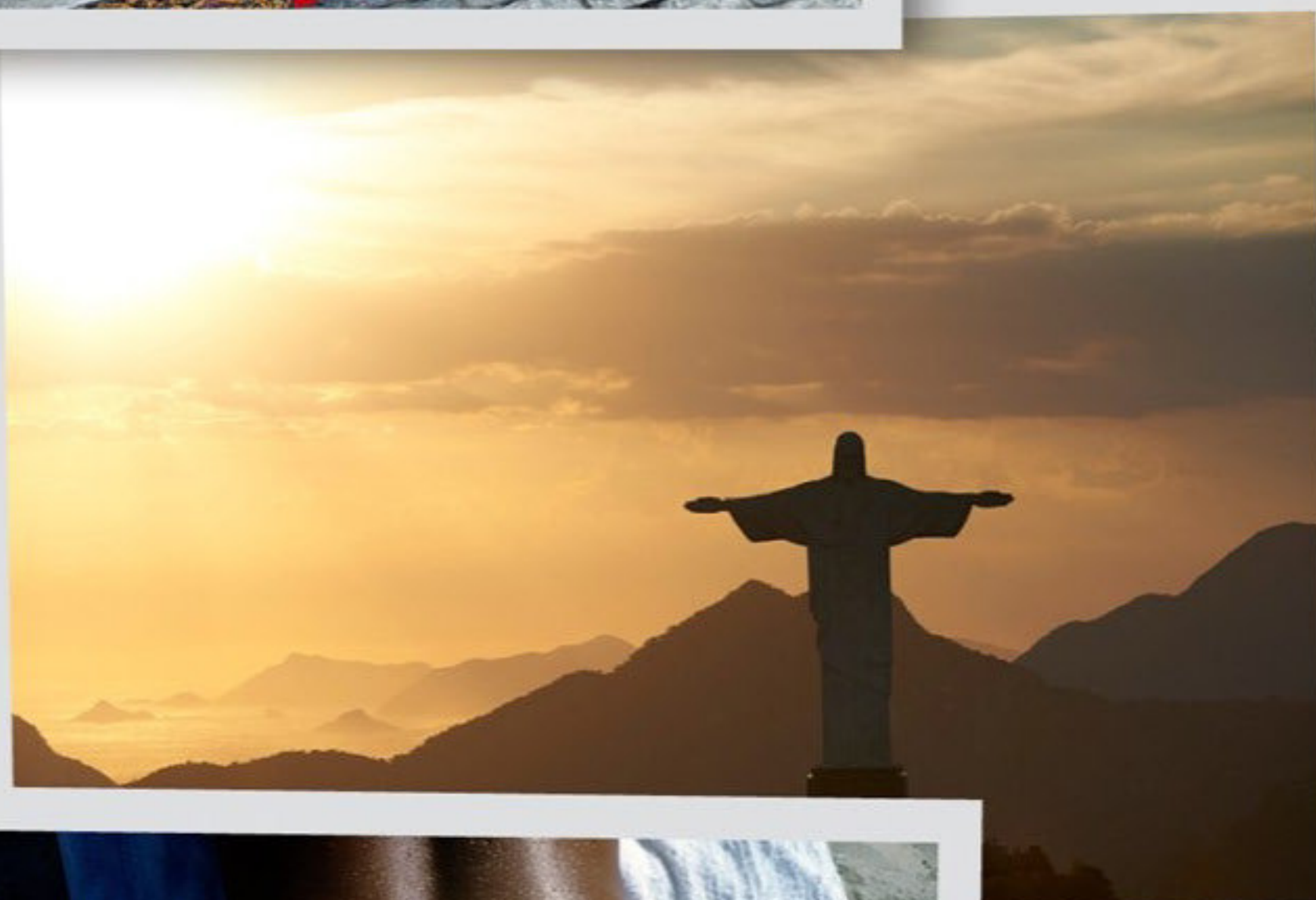
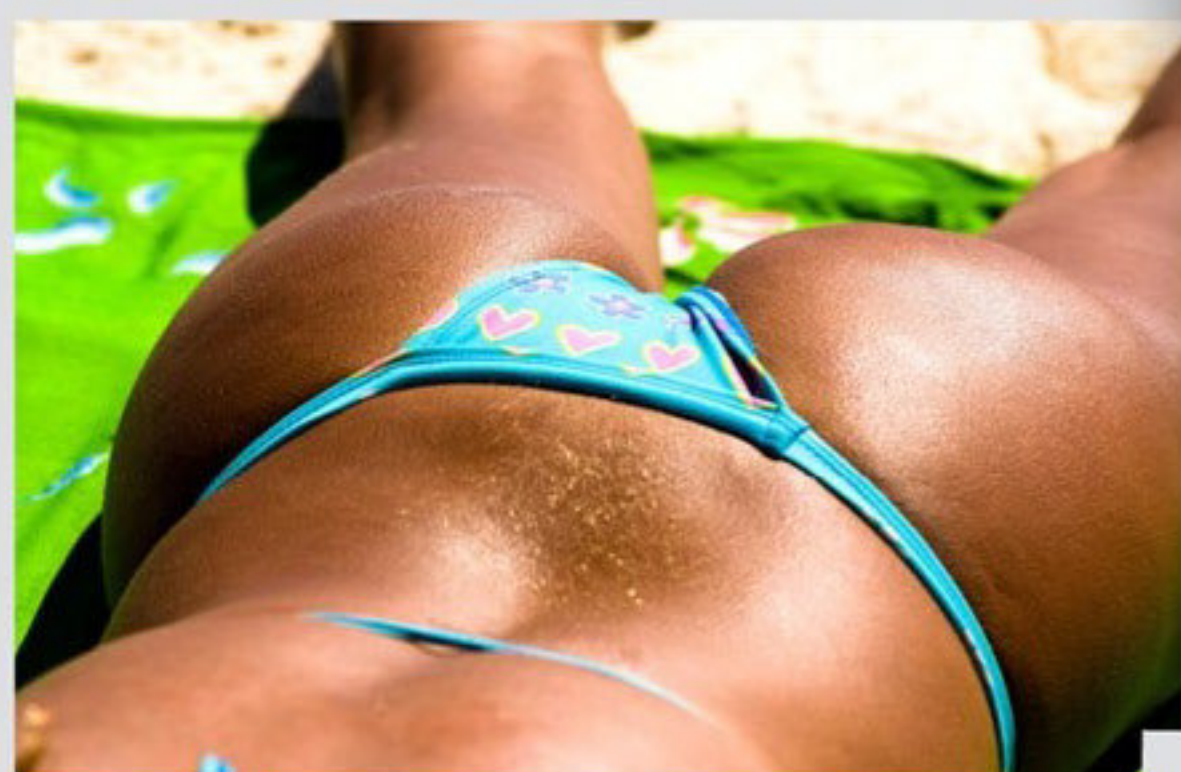
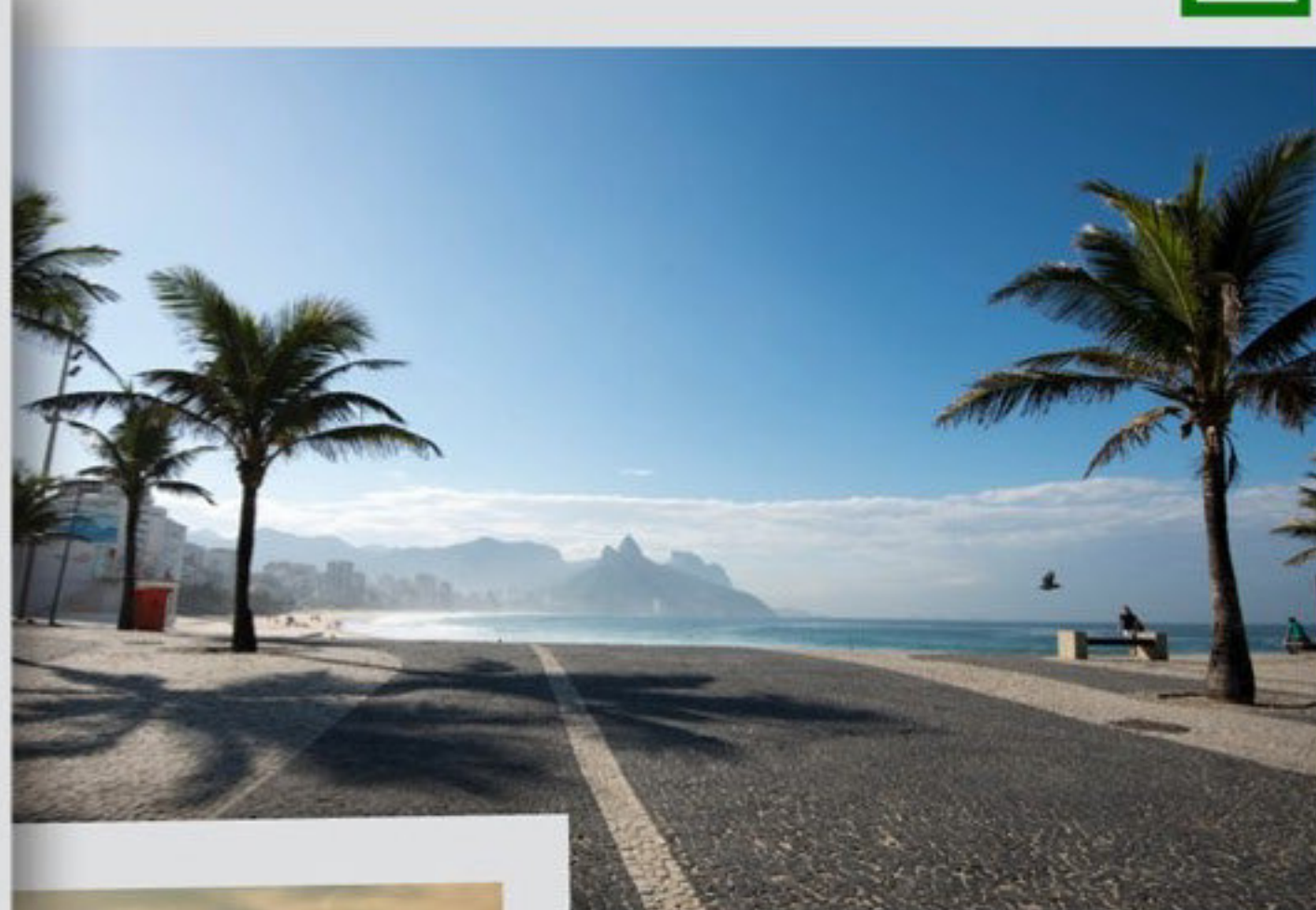
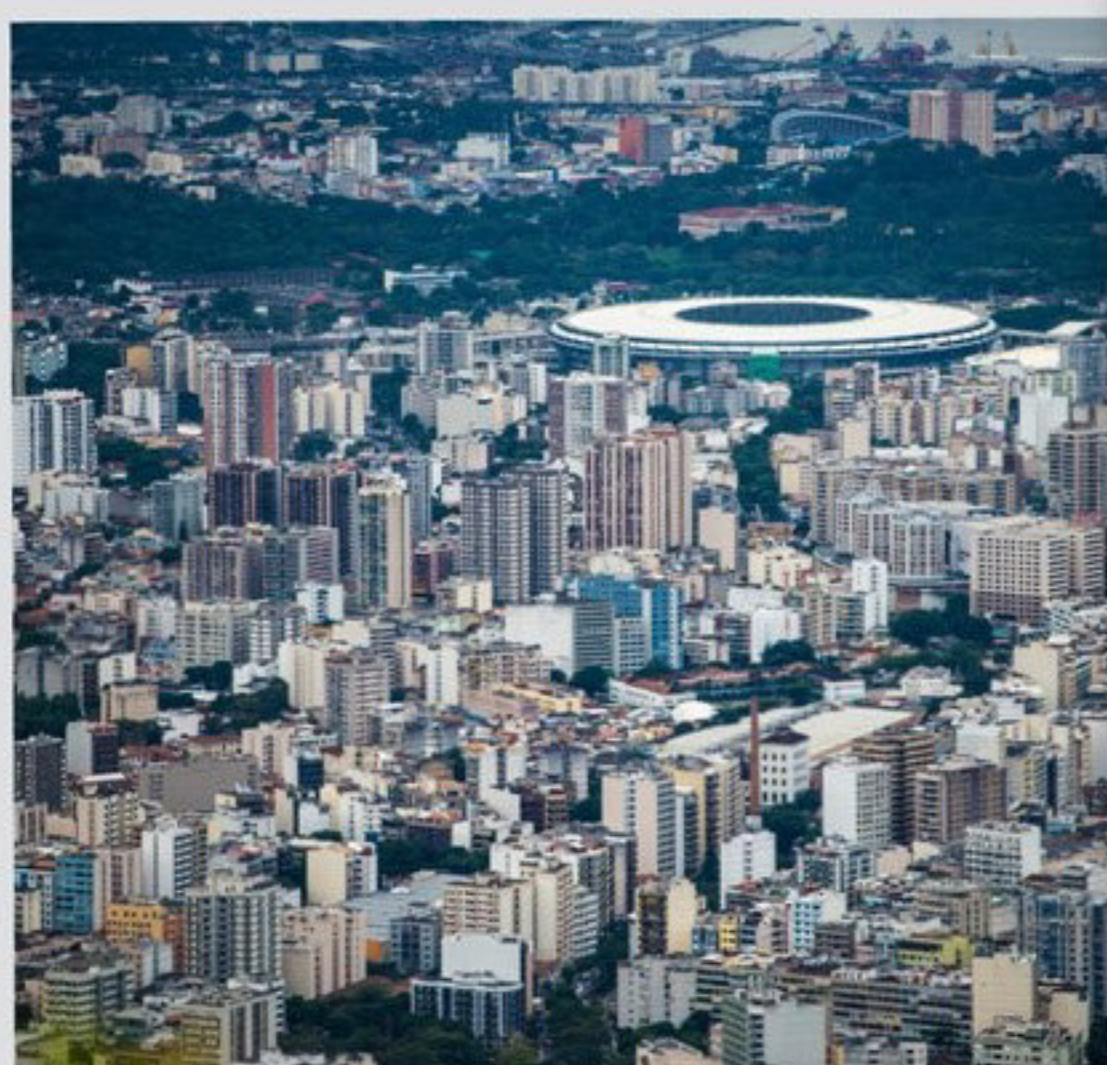


Financial and social status is inversely proportional to how high above sea level you live. The rich are the closest to the sea. The sea is not fenced off with wire yet. The beach is the meeting point, if we can call it so. On the 59 beaches, as many as there are in Rio, everyone knows their place. Favelados and toilers feel that they belong to the dirtiest part of Guanabara Bay, next to the harbor industrial area of “Zona Norte”. The middle and high classes are more to the south, in their regions: Ipanema, Copacabana, Leblon, Leme... Each of these beaches is further subdivided into sections and attracts different groups of people – parents with children go to Leblon while intellectuals and artists gather on Ponto Nove on Ipanema.

It is fascinating that foreigners who are visiting Rio are often unaware of where they have come. They tend to act so stupid and naive, as if they want their expensive cameras, with which they are showing off, to be stolen.

Rio is a place where it is very easy to stray off your route or slip away into the street or quarter where one just shouldn't be alone on certain days or in certain times of the day. You do not need to have your life threatened to feel very, very uncomfortable. There are many police checkpoints as if you are in a conflict zone.







tap to read
more

Just grasping which police is which seems impossible. There are plenty of them and they are not under the same command. Patrols with grim looks on their faces and machine guns at the ready are driving around the city in their armored cars. The feeling of security is deceptive. You should always be on the alert, keep your eyes wide open and carefully plan every excursion out and return to the hotel.

A

All in all, when you gather your impressions, unless you are really a robbery victim, we believe that the time spent in this city will certainly be sorted next to your dearest memories, and that you will be glad to come back to the capital of Samba only to dance this wild dance one more time.



Street Art **Named Desire**

Desire surrounds us,
can be found in the
most unusual places.
Desire does not need
to have a name.
This beautiful girl
is an inspiration to
street artists.
Gorgeous, alluring,
and completely sur-
real. See for yourself.





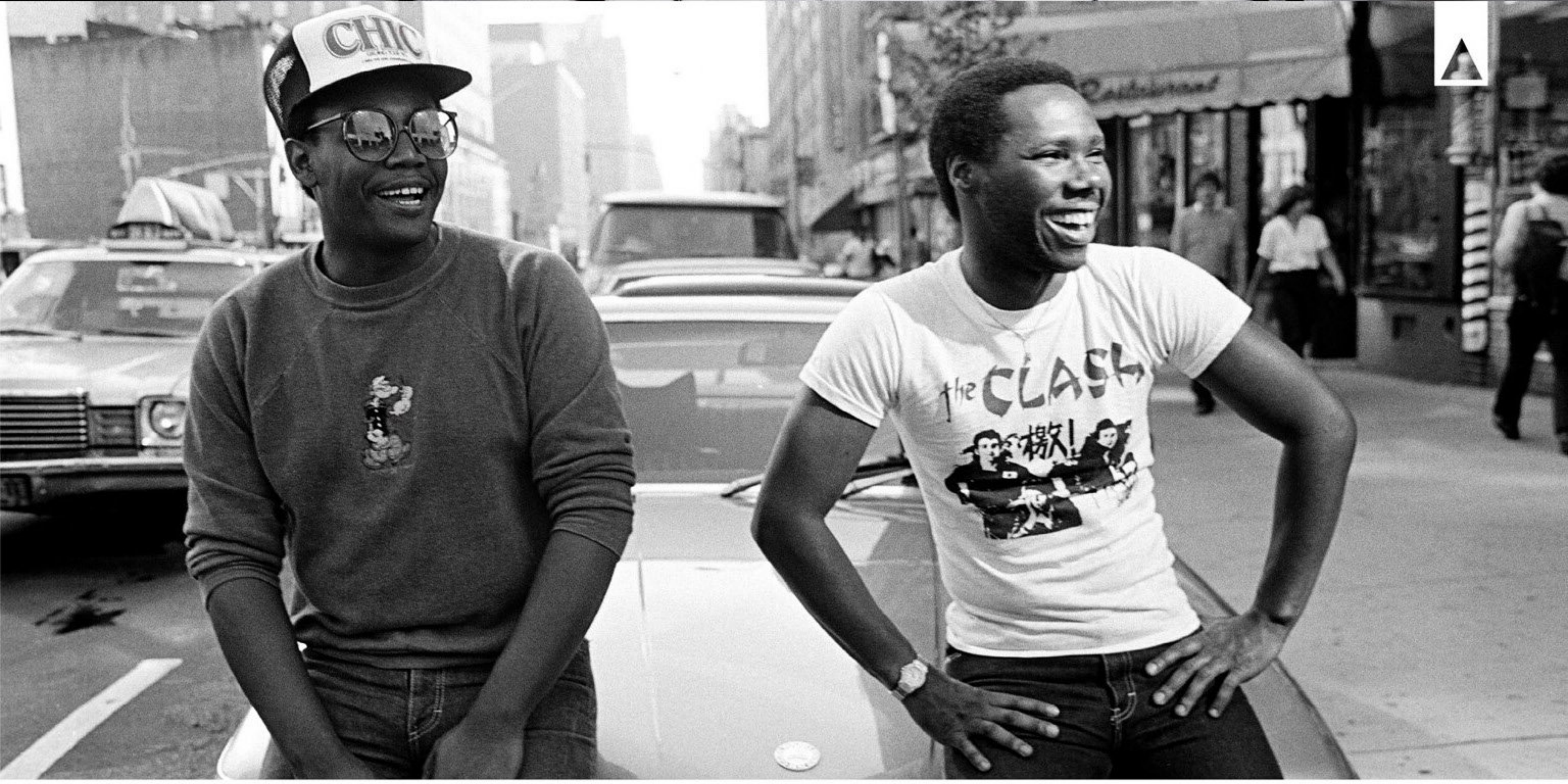




Hitmaker Or Just **The Man Who Got Lucky**

Nile Rodgers





Y You may not know who Nile Rodgers is, but you must have heard some of his songs - either the ones he created for **his band Chic** or for other musicians. He is responsible, together with his team in front of the Chic Organization, for some of the greatest hits in not just disco funk but music in general. **His latest planetary and award-winning hit is the song he did for/with Daft Punk and Pharrell Williams 'Get Lucky'**, together with the album the song was on. This cooperation was crowned by **several Grammy awards** on the ceremony held in January 2014 - record of the year; album of the year (+ best dance/electronic album; best engineered album, non-classical); and best pop duo/group performance.




by: Sasha Trenchtown Jr.

H

However, this is only his latest success. Not only has he had a successful career with his band Chic, but he has also worked with a lot of famous musicians (some of them made famous by him) especially during the 70s and 80s – from Madonna to David Bowie, from Duran Duran to Moby, from Dianna Ross, Sister Sledge and Fonzi Thornton to Sheila B Devotion, etc. His music has also been sampled a lot, especially by hip-hop artists. His trademark, and therefore the common denominator of all of his songs, is his funky guitar beat combined with a strong bass line. It is very interesting that, throughout his career, he has been playing on only one guitar – white 1959 Fender

Nile wanted to quit music and stop playing, but somehow he managed to rise above all the problems, beat cancer, and come out from all that stronger than ever

Stratocaster, known as 'The Hitmaker' because he has created and played numerous hits on it. The documentary about Nile Rodgers, recorded by BBC, is also named after his legendary guitar. It is interesting that he picked up the guitar to impress a girl (unfortunately, he failed) and everything that followed is now glorious history. The most breaking news is that, after about six years of hard work and sound testing, he and the selected sound technicians have managed to create a perfect replica of his legendary guitar, which is now available on the market for purchase. This also shows that Nile is a perfectionist and that everything has to be perfect before publication no matter how much time it requires.






tap to read
more

But, how did it all start? He did not just wake up one day with a guitar in his hands and started making hits. No, his success has been a long, difficult and even painful process and it started with a failure – he was originally playing the clarinet and was very good, but he started playing the guitar just to impress a girl and play in her band. However, he could not just pick up the guitar and know how to play this instrument, so he failed in both entering the band and impressing this girl. Of course, we know now, this did not discourage and prevent Nile from eventually learning how to play.

He was born in a dysfunctional and drug-abusing family, which made his childhood very difficult, but allowed him to be introduced to good



music, especially to modern jazz. His mother was thirteen when she got pregnant. This left a huge mark on him and his life, since he also used drugs and was a heavy drinker. On top of all, he also managed to overcome and survive the loss of his best friend and (music and business) partner Bernard Edwards, the 'death' of disco and a struggle with prostate cancer. At some points, especially after Bernard's death, Nile wanted to quit music and stop playing, but somehow he managed to rise above all the problems, beat cancer, and come out from all that stronger than ever. He managed to find a new and adequate bass


He was originally playing the clarinet and was very good, but he started playing the guitar just to impress a girl

player, allowing him to continue spreading the Chic magic throughout the world with his band, with which he plays not only Chic songs, but also the songs he created for others.

In his teens, after playing in some bands, Nile joined the House band at the Apollo theater where he played with some of the best (primarily R'n'B) musicians of that time. Then he accidentally met Bernard Edwards (bass player) as a substitute in some band and

started their joint career as a cover band for the vocal group New York City, naming their band the Big Apple Band. They also performed as a separate band, and that allowed them to develop their own identity. Enchanted by the impeccable dressing style of Roxy Music, they changed their name to Chic and started creating their own and unique funky groove. They wrote their first song 'Everybody Dance' and the rest is history because the song was an immediate hit, especially among the people on the dance floors.

A Although they wanted to distance themselves from disco in the beginning, they failed to do so since it was the most dominant and growing sound/genre of that time and it was their logical destination. However, while trying to keep music in focus and prevent being labeled as merely a black disco band, they realized that anonymity is the key (similar to Kiss) and they hid their identities on the first album, which



Their anonymity prevented them from entering the legendary **Studio 54** on the New Year's Eve 1978 as special guests of Grace Jones. They went back home and, in revolt, created one of their greatest hits 'Freak Out', which became their first number one hit in the US sold in more than 7 million copies worldwide




featured two models on the cover rather than the band. Only, their anonymity prevented them from entering the legendary Studio 54 on the New Year's Eve 1978 as special guests of Grace Jones – they went back home and, in revolt, created one of their greatest hits 'Freak Out', which became their first number one hit in the US sold in more than 7 million copies worldwide, making it the biggest-selling single in Atlantic Records' history (becoming the first song on their second album).

F Following this, the people from the Atlantic Records suggested that they should work with other artists and spread their success and magical recipe around the label. People from the Atlantic were convinced that they could sprinkle their 'fairy dust' on other artists and suggested the Rolling Stones, but Nile and Bernard chose a less known band to work with – Sister Sledge. They had their own way of working where they were the bosses, and it would have been very difficult to impose that on the already-big Rolling Stones. They made the right choice and created hits like 'We Are Family', 'He's the Greatest Dancer', 'Lost in Music', etc. After that success, they went back to the studio to record their third album containing 'Good Times', one of the most iconic Chic songs with a very catchy bass line. This was their second chart-topper of the year.

However, although they were doing well, on July 12, 1979, an anti-disco storm headed by disco-hating DJ Steve Dahl led to a public destruction






(performed on a stadium) of a large quantity of disco records. Many people thought this was the end of disco music since it almost disappeared from the US charts. Nevertheless, Nile and Bernard were not quite done making good music and hits. Next on the list was their cooperation with Diana Ross, which brought about more legendary hits such as 'Upside Down' and 'I'm Coming Out'.

In the meantime, both America and music were changing, rock became very dominant, and so Nile and Bernard had a difficult task to decide how and what to do next to find their place in this 'new' world with a minimal amount of disco music. This affected them greatly, they started using cocaine and drinking alcohol, especially Nile, so their relationship suffered. Chic released 4 hitless albums and in 1983 the band split up. Both Bernard and Nile released solo albums and none of them sold very well.

Duran Duran's 'The Reflex' which was released despite of the record company's objections (because it sounded 'too black' for their audience) and became their first number one hit

H Having heard Nile's release, David Bowie wanted his help with his upcoming album. They started working on this project and David was desperate to make a hit. That is how the biggest selling album of Bowie's career 'Let's Dance' was created. After that, Nile worked with INXS, creating their first number one single 'Original Sin'. The next project was the reconstruction/reproduction of Duran Duran's 'The Reflex' which was released despite of the record company's objections (because it sounded 'too black' for their audience) and became their first number one hit. Then he produced their next single 'The Wild Boys' and their successful album Notorious during the time when the band was falling apart.

Nile was working with Duran Duran while they were famous, but his next project was with a young female singer who desperately wanted to be





come a star – Madonna. He produced her second album *Like a Virgin* and brought his band back together for this occasion. This album has become Nile's biggest-selling production with over 21 million copies sold worldwide (and counting). This gave Nile the status of a serious producer and hit-maker and the guy you go to when you are stuck or need a new hit or a fresh start. From that moment on, everybody wanted to work with him and get some of his magic – B52's, Peter Gabriel, Bryan Ferry, Mick Jagger, Grace Jones, Eric Clapton, etc. He also played on numerous albums and composed a lot of music/soundtracks for movies and video games.

C Chic was reformed in '92 (with some people from the original band) to publish one more album called *CHIC-ism* that did not have much success. Nile's intense working and lifestyle made him check into rehab in '94, which was successful. In '96, being honored as the JT Super Producer of the year, Nile was asked to go to Japan with Chic and guests to perform and make a retrospective of his career. Before the concert, Bernard was examined by a doctor for not feeling well and the doctor forbade him to perform and said that he had to go to hospital immediately. Despite that, he performed and unfortunately passed away in his hotel room from pneumonia. This was a very painful moment for Nile since, not only did they make one of the greatest guitar-bass duos in music history, but they were also inseparable friends who supported each other. Nile quit music for some time and did not perform with Chic for many years. However, he has made a new Chic band with more musicians and has been




touring the world for the last several years spreading the Chic magic.

In 2001, Rodgers created the We Are Family Foundation (WAFF) to help promote the healing process. He received the National Academy of Recording Arts and Sciences (NARAS), NY Chapter's Governor's Lifetime Achievement Award and the Heroes Award. On 19 September 2005, he was honored at the Dance Music Hall of Fame in New York when he was inducted for his many outstanding achievements as a producer, along with former fellow band mate Bernard Edwards. Chic has been nominated to the Rock & Roll Hall of Fame eight times, but they are still not a part of it. In 2010 he was diagnosed with prostate cancer which he managed to beat, and now he is dedicated to helping others with similar problems. He also wrote the autobiography "Le Freak: An Upside Down Story of Family, Disco and Destiny" released in October 2011.

**Everybody wanted to
work with him and
get some of his magic
– B52's, Peter Gabriel,
Bryan Ferry, Mick
Jagger, Grace Jones,
Eric Clapton, etc**

Nile is still very active in every field. His latest success with Daft Punk and Pharrell Williams certainly proves that he's still got it and that he still has some magic left. People say that his next stop is the UK dance duo Disclosure. **We are looking forward to his new songs and (hopefully) more hits, Nile Rodgers style!**



MANIC MUSIC



Jukebox

1 THE CRYSTAL METHOD

2 BRUCE SPRINGSTEEN

3 MIKE OLDFIELD

4 BECK



THE CRYSTAL METHOD

album

The Crystal Method

Four year after *Divided by Night*, The Crystal Method finally released their new and long-expected record *The Crystal Method* which was announced to be released in the middle of 2013 but was finally released in January 2014. This US electronic duo did not remain true to their innovational approach and produced a rather (for their standards) regular album. It has 11 nice songs, but nothing out of the ordinary. Because of that, it has divided the critics into those who do not mind their 'regular' approach and like this album and those who expected something more out of it. So, listen to this album and give your own opinion and hopefully you will like it. In our opinion, it's not so bad, we've heard worse...



**MANIC
MUSIC**



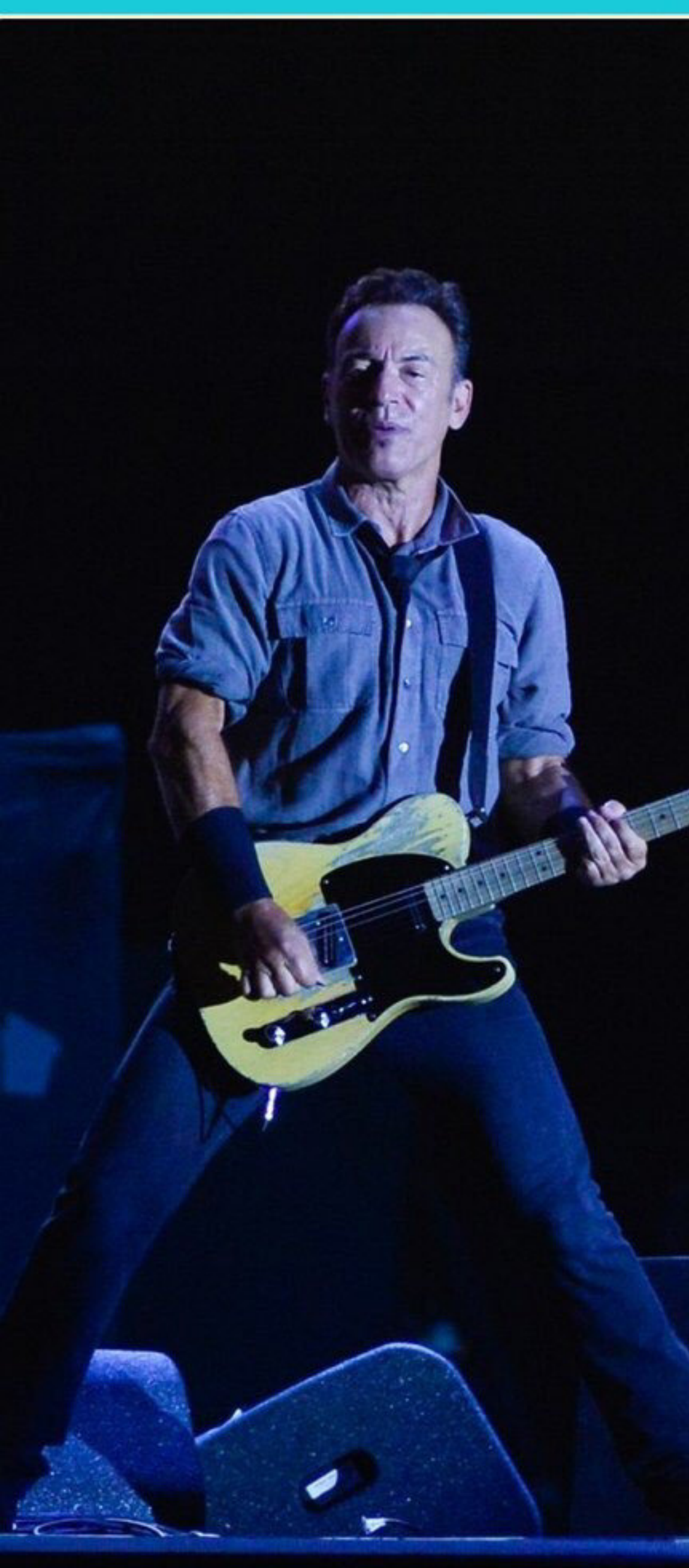
Jukebox

1 THE CRYSTAL METHOD

2 BRUCE SPRINGSTEEN

3 MIKE OLDFIELD

4 BECK



BRUCE SPRINGSTEEN
HIGH HOPES

BRUCE SPRINGSTEEN

album

High Hopes

High Hopes is Springsteen's 18th studio album, released in January 2014 and has 12 songs. 56 minutes of fun start with the title track which represents a combination of Springsteen's trademark rock sound with a pinch of modern rock trends, whereas the second track puts Springsteen behind the modern effects. He gets back on the 'right' track in the third song and continues his very good rock/pop album. It is interesting to say that this album has already become his eleventh number one US album (he is placed third in the all-time list behind The Beatles and Jay-Z), whereas it is his tenth number one album in the UK (shares fifth all-time place with The Rolling Stones and U2). This album, although his 18th, shows that Springsteen still got it and that he can still rock. We will see if some of the new songs will be able to match the success of 'Born in the USA' and his other major hits.

MANIC
MUSIC



Jukebox

1 THE CRYSTAL METHOD

2 BRUCE SPRINGSTEEN

3 MIKE OLDFIELD

4 BECK



MIKE OLDFIELD
MAN ON THE ROCKS



MIKE OLDFIELD

album

Man on the Rocks

Mike Oldfield's *Man on the Rocks*, which is his long-expected first new published material since 2008 and 25th studio album in total, will be released in March 2014. It represents, in his words, a deeply personal song-based album that reflects many of the famous guitar player's different influences. Its eleven songs represent his inner-self journey and express his visions and events that made an impact on him in the last several years, such as, for example, the song 'Irene', inspired by Hurricane Irene which hit the Bahamas in 2011.

MANIC
MUSIC



Jukebox

1 THE CRYSTAL METHOD

2 BRUCE SPRINGSTEEN

3 MIKE OLDFIELD

4 BECK



B E C K M O R N I N G P H A S E



BECK

album

Morning Phase

Released on Valentine's Day, Morning Phase is Beck's first album in five years, twelfth studio album in total. According to the artist, this album is a 'companion piece' to his album Sea Change, released in 2002, and that is why most of the contributors to this album were reunited to record Morning Phase. The connection between the album's name and the release date is apparent and deliberate, since the album also aims to address the moods and situations that come with the first light of the day, when the day awakens and relationships may go into three directions – develop further, end or begin anew. So, it is about time to start this 12-song journey called Morning Phase and see how Beck depicts these phases of the day/relationship.

**I HAVE A
CONFESSION
TO MAKE!
I CHEATED ON YOU**

WHY THE HELL DID YOU DO THAT ?!

SOME WOMEN ARE BORN DECEITFUL, THINKING THEIR CHEATING IS JUSTIFIED. A LOT ARE INSECURE AND COMPLETELY EMOTIONALLY UNSTABLE. PLENTY ARE PLAIN DUMB AND NEED CONFIRMATION FROM THE OPPOSITE SEX, WHILE THERE ARE OTHERS WHO ARE JUST INSANE FREAKS. SEE WHY THE HELL WOMEN CHEAT, BUT MIND YOU, THIS TEXT IS NOT RECOMMENDED TO PUSSIES.

Written by: Susan Blossom





WOMEN WHO CHEAT OUT OF BOREDOM

ONE OF

the main reasons, of course, is lousy sex. What the fuck did you expect? Maybe the sex was great in the beginning, maybe you couldn't keep your hands off each other; but after a while, even the most explosive, earth-shattering, mind-blowing sex can get boring. Well, maybe not boring, just...a been-there-done-that thing. Sometimes, a girl just starves for something new. Sometimes, and let me just clarify on that, a girl has the same desire as any guy – to get excited and do some proper damage. Many females feel this desire (usually reserved for males only), but often hesitate and never go through with it, simply because they fear of being dubbed a whore. So, stop her from getting all those dirty thoughts, lift your dick and light that fire in her!

WOMEN WHO CHEAT TO GET BACK AT YOU

YOU

honestly think that you can get away with cheating? Haha. Hardly. The most probable scenario is that she has known about you and that skank all along, and now she wants to hurt you. Firstly, why the hell did YOU do that?! Secondly, and again, what the fuck did you expect?! You cheat around thinking that's okay, acting like the king of the jungle, and you feel bad or even angry when the same thing happens to you?! Screw you! You deserved it. Even if she forgives you, each time you have a fight she's going to rub it in your face and use that you-cheated-on-me-so-now-I-can-do-whatever-the-fuck-I-want card. Not healthy. Therefore, don't ever let her feel like she needs to get back at you. That's cheating in the name of justice, thus it is justified.

FIRSTLY, WHY THE HELL DID YOU DO THAT?! SECONDLY, AND AGAIN, WHAT THE FUCK DID YOU EXPECT?!

WOMEN WHO CHEAT BECAUSE THEY STILL HAVE FEELINGS FOR THEIR EX

THIS IS

a curious kind. These women are simply beyond repair. No matter how bad their previous boyfriend/husband was, they (for no good reason at all, if you ask me) have an unassailable desire to have sex each time they see him. And, unfortunately for you, they





probably do have sex each time they get a chance. Some women claim that they cannot help themselves, that the feelings they still have for their ex are too strong. Some do it because they wish to ruin their ex's current relationship, mindlessly forgetting that they are also ruining theirs. But hey, it's a small price to pay (wtf?!? what a jealous stupid witch).

WOMEN WHO CHEAT IN THE NAME OF AMBITION

SUFFRAGETTES

made an unstoppable impact on our society, but they probably never imagined how dumb some women would become. If they only knew, they would keep their mouths shut and their boobs brassiered. Seriously, some women just don't know when it's enough. No matter how loving a relationship they're in, they would still fuck their brains out with anyone who would offer them money, status and (false) power. At least they know what they're doing, I pity the ones that cheat for cheap trinkets.

NO MATTER HOW LOVING A RELATIONSHIP THEY'RE IN, THEY WOULD STILL FUCK THEIR BRAINS OUT WITH ANYONE WHO WOULD OFFER THEM MONEY, STATUS AND (FALSE) POWER

WOMEN WHO CHEAT BECAUSE THEY ARE SLUTS

YOU ARE

a nice guy and all that, you've done nothing wrong, but your girlfriend cheated on you. Sorry, but your dearest is a slut. Some women just have a pathological need to fuck as many dudes as possible. Whatever it is (daddy issues, low self-esteem, aspiration to become a porn star, etc.), it is likely she's just broken and not worth fixing. You may try to make things work, but unless you wish to get hurt all the time, just break up, forget about her and move on. And just in case, take an STD test.

There is another type of whores, the attention seeking kind. Oh, and this one is precious! She is the one that always feels unappreciated, neglected, unattended, ignored...consequently leading to her always being surrounded with large quantities of men. When you think about it, you can probably remember that you were once a part of the entourage! Run Forest, run!





WOMEN WHO CHEAT BECAUSE YOU TURNED INTO A PIG

OH DEAR

Imagine that, men can also become physically undesirable. You think women only make love for love's sake? Yes, of course we love an intelligent man, a funny guy, a gentleman, a person bustling with self-esteem, a resourceful and capable hombre... But come on, we also enjoy having an eyeload (and handful) of buff meat! A nice cat with a full head of hair, broad shoulders, grinding abs, smooth skin, tasty smell of testosterone, gentle touch, nice package... Do you have all that? Well, think twice before you turn into a couch potato. It is one thing never to have had a sculpted body (no expectations, that's fine), but it is completely another to let go and completely ruin the once sexy body you had (great expectations, not fine, that's borderline fraud!).

WOMEN WHO CHEAT BECAUSE YOUR DICK IS TOO SMALL

DO I NEED

to elaborate? Sorry dude, but if you are an owner of a peanut sized tool...don't blame the poor girl for cheating. Blame mother nature, God, genes, whatever, and either find another way of pleasing women or be okay with an open relationship. Harsh, I know. Sorry.

UNDERSTAND THIS ONCE AND FOR ALL – WOMEN ARE DETERMINED AND/OR MOTIVATED BY EMOTION RATHER THAN REASON

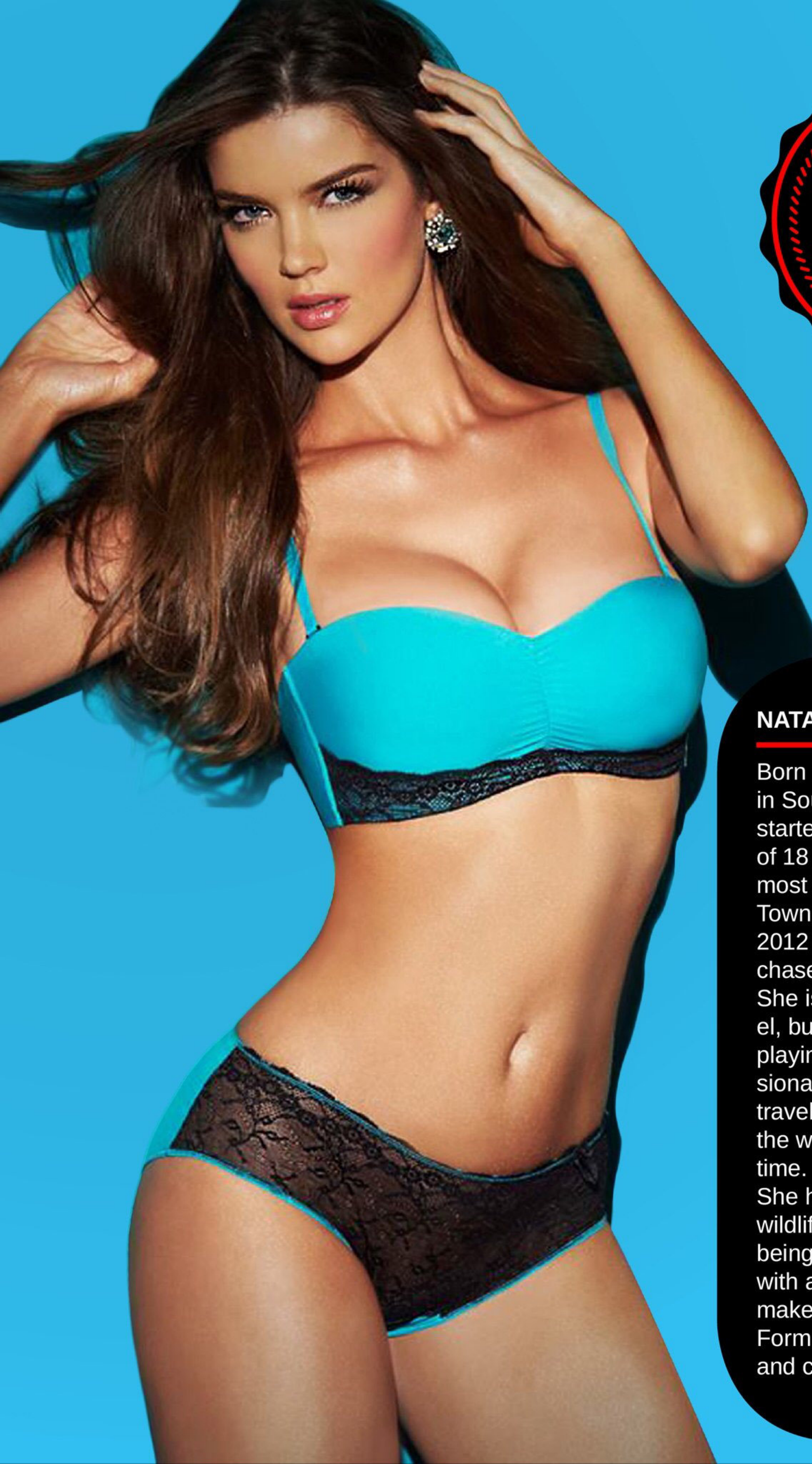
WOMEN WHO CHEAT WHEN THEY'RE NEGLECTED

UNDERSTAND

this once and for all – women are determined and/or motivated by emotion rather than reason. Hence their need to be complimented, supported, affirmed, patronised, pampered, cockered...you get the point. Every once in a while, women have various needs, so make sure you are the one to fulfill them!

In the end, there are so many reasons why women cheat. One of them being for no good reason at all. Think about the things you did in the past and what kind of a man you are. But remember, some women are just fucktards.





MANIC Girl Profile

April 2014

NATASHA BARNARD

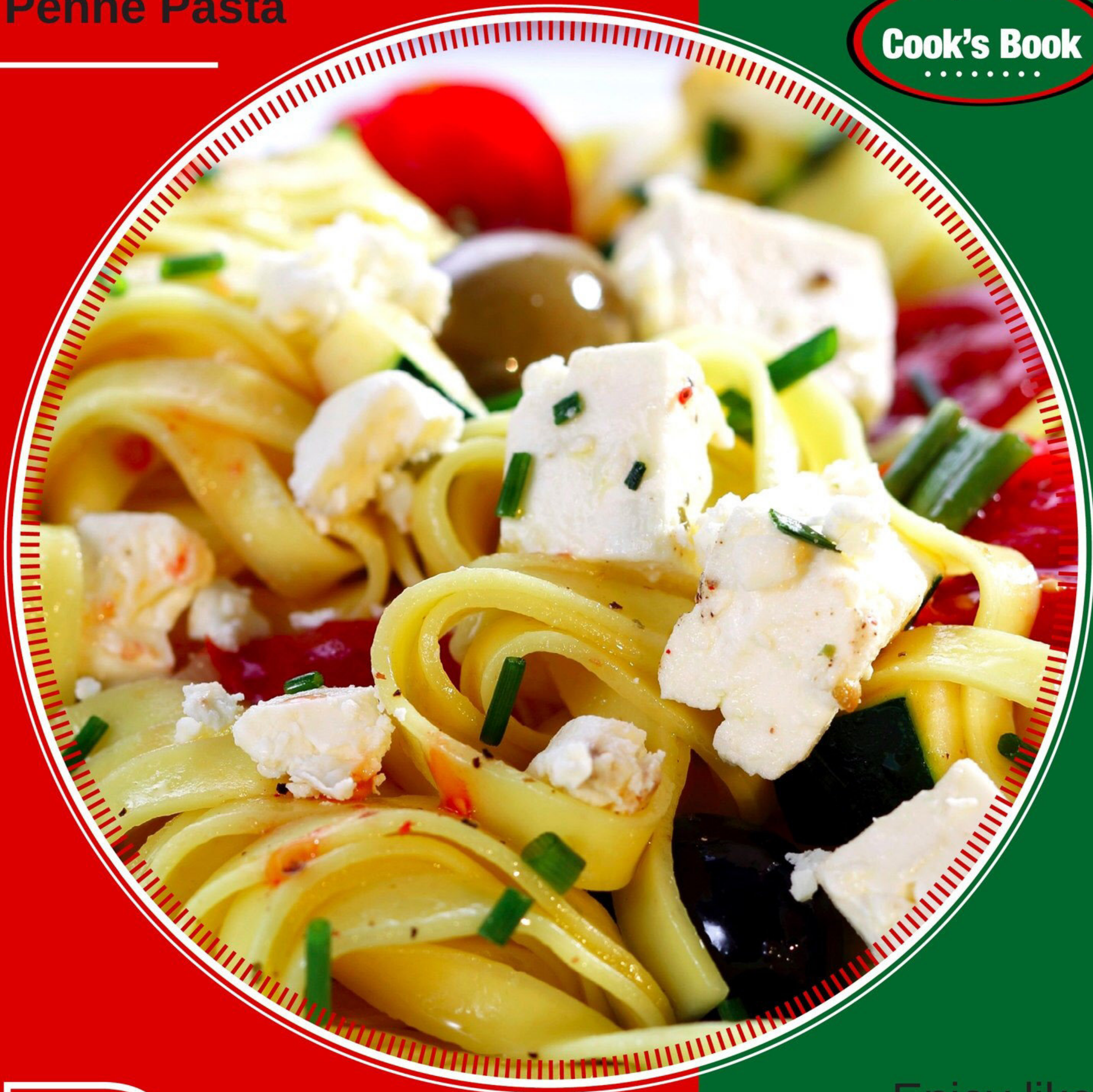
Born in a very small town in South Africa, Natasha started modelling at the age of 18 in 2006. She spent most of her career in Cape Town, South Africa, and in 2012 moved to New York to chase her dreams further. She is a professional model, but, as she says, loves playing as a non-professional wildlife photographer, traveling in-between around the world one country at a time.

She has a passion for wildlife photography, enjoys being in nature and working with animals. Things that make her happy are music, Formula 1, cherry blossoms and cupcakes.

●●●A Healthy
Whole-Wheat
Penne Pasta



Cook's Book
.....



Pasta

Mediterranea

Enjoy like
mediterranean
people do.
This is a healthy
and easy to
prepare meal.





This Mediterranean inspired pasta is rich in protein and fiber, which makes it a **perfect mid-day meal** that will satisfy your hunger and, at the same time, not ruin your diet. You can cook this dish al dente for the tender crisp sensation, or let it cook a few minutes longer if you like that soft and melting feel.

●●● Ingredients

- 1 bag whole-wheat penne pasta (about 400g)
- 1 tbsp olive oil
- 1 chopped onion
- 1 chopped zucchini
- 2 minced garlic cloves (or garlic powder)
- 1 cup lentils (dry)
- 2 cups chopped skinless fresh tomato (or canned)
- 1 tbsp Mediterranean seasoning (or make your own mix: basil, oregano, parsley, black pepper, and a pinch of thyme)
- 1 lemon zest
- 2 small cups chopped black olives (kalamata)
- 1 cup feta cheese (diced or crumbled)
- Salad of your choosing.

We suggest lettuce, carrot and red pepper vitamin explosion



●●● Sauce

Hit the oil in a pan and first sauté the onion, and then the zucchini, until the vegetables are soft and translucent. Add the garlic and lentils along with 3 cups of water. Bring to a boil and then lower the heat, cover and cook for about 15 minutes (or at least until the lentils soften). Add some more water if necessary, don't let the lentils stick. Then add tomatoes, seasoning (or your herb mix), lemon zest and olives. Cover the pan and simmer for about 10 minutes, or until the lentils are cooked, but don't let them completely melt.

When the sauce is done, add the feta. You may cook it for a couple more minutes if you like cheese to be warm. Add some more seasoning if needed.

●●● Pasta

Pour water into a pot (about a double of the amount of pasta you wish to cook), and bring it to a boil. Put the pasta in and cook according to directions on the package. You may cook it al dente, but **don't overcook it.** When done, drain it.

Put the pasta in a deep plate and top it with the sauce. Add some more cheese if you like (you may grate the feta over the dish) and **serve it hot.**



XY

"The truth is in here"

FILES

Directed by Dr. Aaron U. Isakowych



TRANSVESSEL BLITZKRIEG

To Live by Heart is Brave, to Die of Heart Is Stupid! Surprise Your Body.
Do a Big Transvessel Blitzkrieg



Transvessel **Blitzkrieg**

You're sitting in a soft, comfortable chair, eating a crispy chicken drumstick wrapped in deep-fried bacon. You're washing it all down with a diet version of a carbonated beverage and there is a bowl of fluorescent sauce on top of your belly. A heap of trash lies around - plastic bags, cigarette butts, empty bottles and boxes. You're enjoying. Later you will run your regular route to the pub



Surprise your body, do a big transvessel blitzkrieg

While you're enjoying yourself, your body suffers the consequences - accumulated fat, atrophied muscles, nerve networks turned into a smudge. Layers of fat are piling up on the cracked inside of your blood vessels. It affects your entire body but leaves the most pernicious consequences on the heart. Your heart works incessantly, pumping the blood into your torpid body and, while you're poisoning yourself, it tries to supply at least a little oxygen to the cells, because fortunately, you have not forgotten to breathe yet.

Of course, you are ignorant of what is going on. You live your life to the fullest and, just then, when everything is at its peak, you meet the woman of your dreams, she gives you a child and you get a promotion. The adrenalin starts pumping. Your heart can endure no more. It stops. It has been tolerating you as long as it could, but this happiness was the straw that broke the camel's back. How ironical! It has given up on you just when you thought that it was filled with happiness. Instead, it was filled with fat.

Despite all the warnings, commercials, slogans and advice, this story consistently repeats itself. Its duration time is reducing, for the number of young people suffering from heart attacks is increasing from day to day. The cases of people in their twenties, of children even, suffering from heart dis-

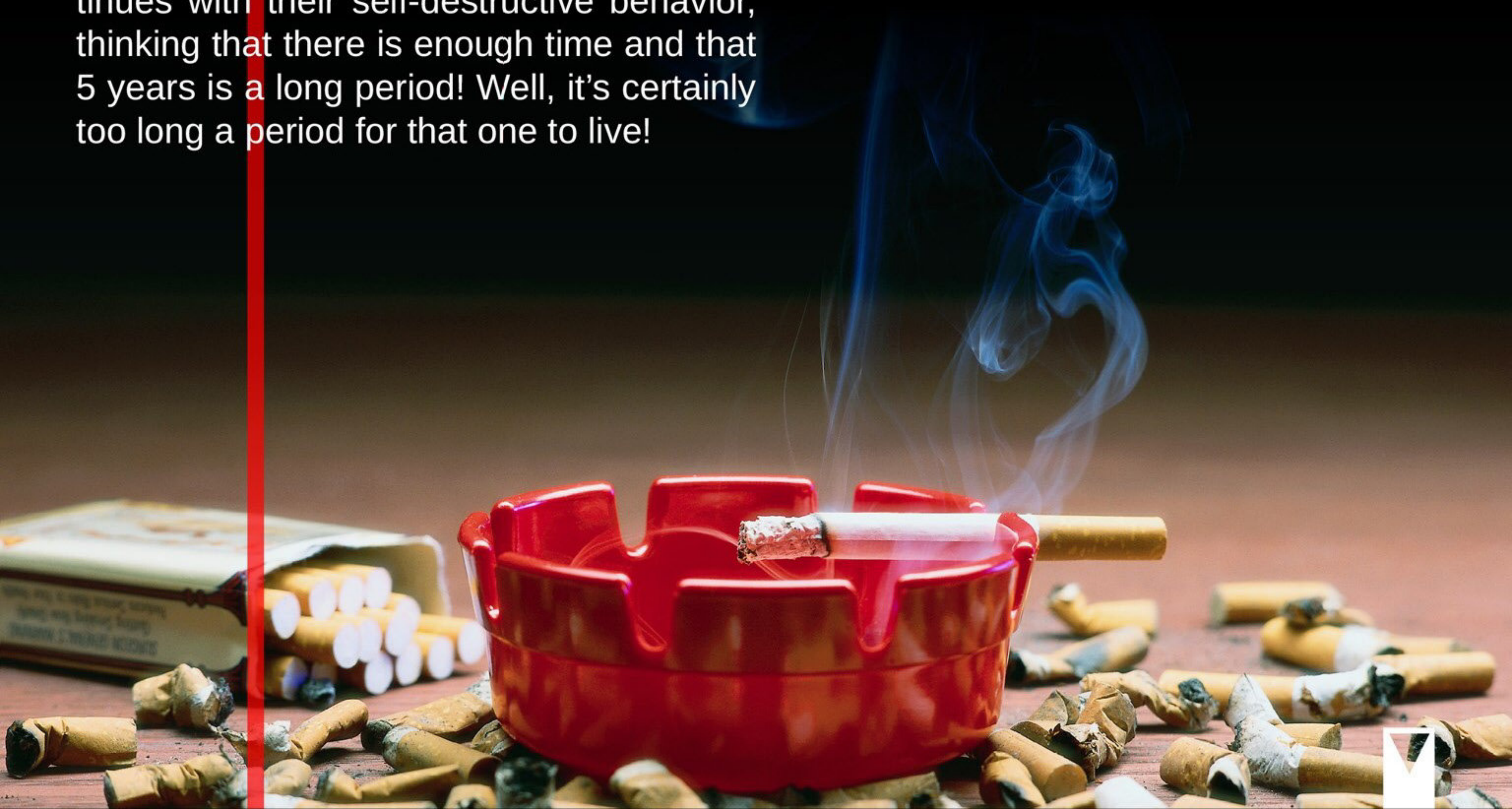


ases are not rare anymore. We are clogging our arteries until, eventually, it all goes wrong. An arm or a leg, the brain or the lungs - something is bound to suffer. Most often, it is the heart.

This doesn't really require definitions. We know the causes, because we eat and drink them. We know prevention by heart, because we regularly avoid it. In spite of being so pampered, the medicine has not given up on us. Many scientists have joined their forces to discover the parameters that predict the probability of having a heart attack 5 years in advance.

The parameters include age (over twenty), sex, diabetes and smoking status, HDL cholesterol levels as well as total cholesterol levels. The five-year risk from a heart attack is determined by the results: low (0 - 3.49%), medium (3.5 - 7.49%) and high (7.5 % and more). Of course, the estimation is changeable, since the risk will not decrease or remain the same if one continues with their self-destructive behavior, thinking that there is enough time and that 5 years is a long period! Well, it's certainly too long a period for that one to live!

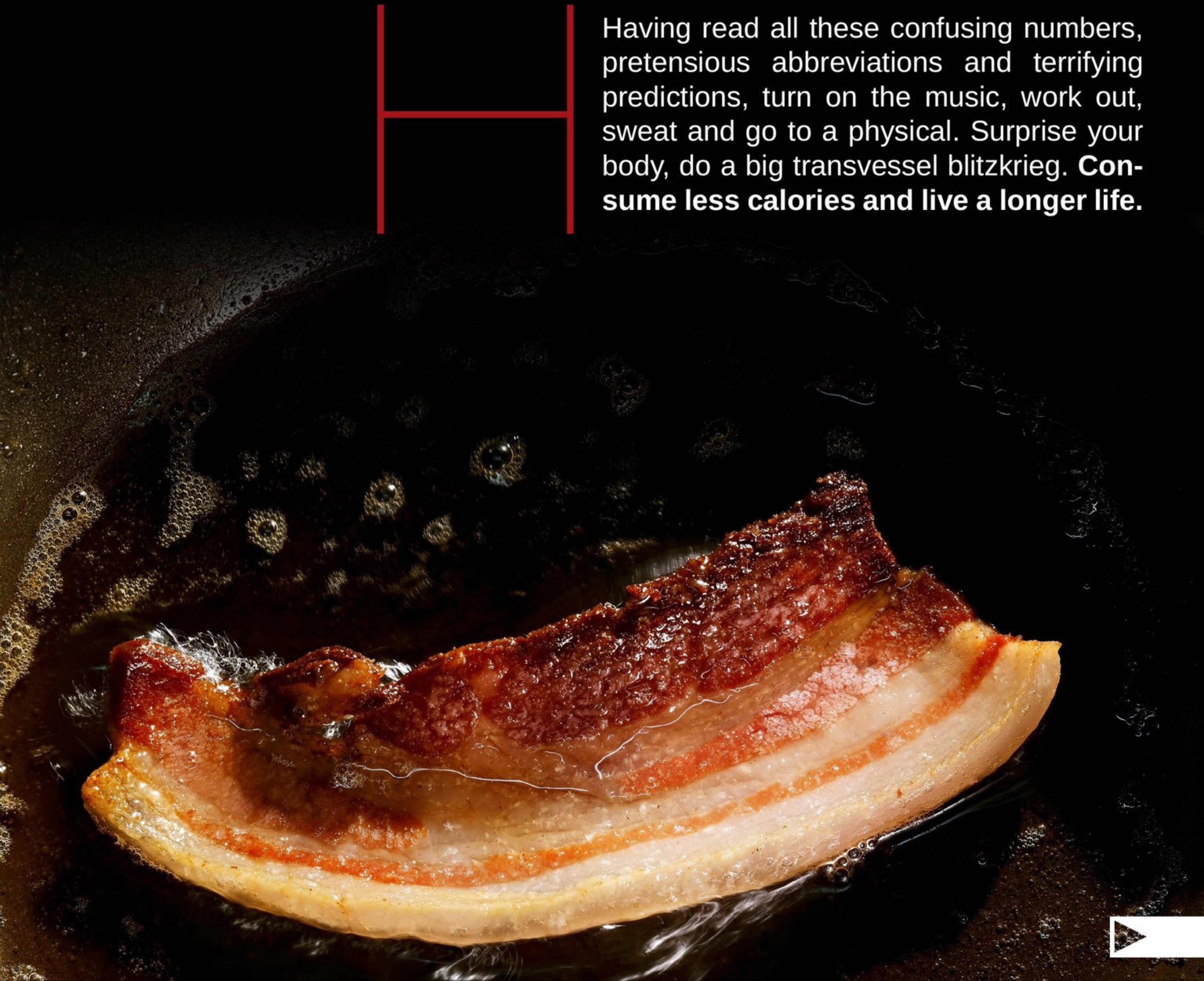
The adrenalin starts pumping. Your heart can endure no more. It stops. It has been tolerating you as long as it could, but this happiness was the straw that broke the camel's back



**We know the
causes, because
we eat and drink
them. We know
prevention by
heart, because
we regularly
avoid it**

Further examination involves individuals over forty with the medium risk estimated either with this technique or by their physicians. These examinations are concerned with protein biomarkers: angiogenesis (the formation of new blood vessels) parameter – HGF (hepatocyte growth factor); apoptosis (cell death) parameters – Fas Ligand (also called tumor necrosis factor ligand), sFas (the secreted form of tumor necrosis factor receptor); chemotaxis (directed cell movement) parameters – Eotaxin, IL-16, MCP-3; inflammatory parameter – CATCK (Cutaneous T-cell-Attracting Chemokine).

Having read all these confusing numbers, pretentious abbreviations and terrifying predictions, turn on the music, work out, sweat and go to a physical. Surprise your body, do a big transvessel blitzkrieg. **Consume less calories and live a longer life.**





Super Sponge

WHEN

PINOCCHIO

STOPPED

LYING



**Involuntary erection is an act of defiance,
while the loss of it is the ultimate betrayal.
But what happens when the defiance ceases
And the betrayal continues to persist?"**

Written by: Dr. Aaron U. Isakowych

For centuries self-proclaimed power of the male sex has been displayed through the prism of the male's ability to penetrate and clear his path to the female's core. That path often ends with a mission to the planet Zygote. The starting premise is that the owner of the God-given rib from which the woman was created (better than the thing he was created from) is gifted with enough swollen tissue, which looks, nonetheless, just like a spear - victoriously on its way to conquer. Male dominance banner bearers (or the old school narrow-minded guys) may not even care about the well-known fact that the man is responsible for his child's sex, as well as the fact that women too enjoy sex and have a sexual organ (because denial is the mother of narrow-mindedness). But they would surely be trippin' if they knew that they had a sponge between their legs (oh, how shocked they would be if only they knew that clitoris is equivalent to penis). All right, men are not that dumb, they got the idea that penis is boneless, that it is not a tree or some-

thing, but most surely, men have no idea that it is a super sponge!

Of course, all the things mentioned above are a great misconception, there is no superiority, because only in harmony can we fully enjoy. Anything solo is just forced out. And finally, just now, after bringing the story of a man in an unbreakable plane with a woman, do we

BUT THEY WOULD SURELY BE TRIPPIN' IF THEY KNEW THAT THEY HAD A SPONGE BETWEEN THEIR LEGS (OH, HOW SHOCKED THEY WOULD BE IF ONLY THEY KNEW THAT CLITORIS IS EQUIVALENT TO PENIS).

embark on opening up questions – what if Livingstone cannot start the expedition journey to the exotic regions? Or, what if the sponge at the bottom of the ocean falls into a righteous sleep and, unfortu

nately, slips into a coma? These questions are self-imposing, since the aforementioned banner now flies at half-mast.

The one whose name we do not speak (the erectile dysfunction or impotence) is the inability to maintain erection during coital act. Primordial man's fear packed in a definition and with a pretentious Latin term has become a fairly justified dread. Statistics are not encouraging, even if we take into account the great number of our brethren who devastatingly need to lie about the service and obedience of their egos; brethren who are, as

et sometimes happens to fail; gradually and more and more often - the indicator is most probably of an organic problem source and the interlude to a chronic impotence; suddenly, but with the ability to maintain the erection when solo gaming or during morning dreams bacchanalia - shows a psychological problem with a possible organ condition.

A man can simply wet and affix a small stamp on his flaccid penis before going to bed. If the stamp is no longer in place by morning, it means that a nocturnal erection occurred.

**IF IT HAPPENS SOMETIMES - WELL.
EVERY MAN ON THE PLANET SOMETIMES HAPPENS TO FAIL:**

they probably firmly believe, ashamed of the betrayal of their manhood. I am slightly digressing now, but the real manhood is not bedroom-indicated, quite the contrary. Only, how to prove it when you are overwhelmed with hormones, blinded by the urge and utterly clueless?

When it comes to symptoms of this plague, the most important dimension is time (that is, the timing). As we are condemned to present our coital abilities through frequency and amplitude, the only important thing here is when and how the problems emerge. If it happens sometimes - well, every man on the plan-

The list of possible causes is too long, but it all comes down to two affected groups: old soldiers and privates. With the old soldiers, the problem is purely a plumber's one - either there is not enough blood flow for the sponge to swell, or it goes through too quickly; sometimes, the inability is simply surgery affected. The other old soldiers may have a predominately medication based problem (brain functions are affected by a medicine, thus preventing the general to send a signal to the artillery to charge). Speaking of privates, the list of possible causes is too long - from exhaustion, rage, fear, stress, depression, tension,



coitus interruptus constantus (when the road to a woman's "heart" is as long as the yellow brick road), genital injury, lifestyle (exercising bad habits such as tobacco, drugs, etc.), low testosterone level, obesity, diabetes... all the way to organ diseases, and hundreds of other stupid things which, even if we wanted to, we couldn't change. Now, raise your hands who have not found themselves in these atrocities!

Now, when we have developed something-phobia from everything that surrounds us, let's put our minds to solving this problem which is actually basic mechanics (making sure the blood flows are functioning well). Curing the organ non-functions that cause the problem

CURING THE ORGAN NON-FUNCTIONS THAT CAUSE THE PROBLEM MAY RANGE FROM REPLACING MEDICATIONS FOR SOME LESS HARMFUL ONES OR SIMPLY CHANGING YOUR HABITS.

may range from replacing medications for some less harmful ones to simply changing your habits. What may help is taking phosphodiesterase-5 (PDE-5) inhibitors (a geeky name for Viagra) which react successfully and quickly, but are a bit tricky if you are an older model with a heart condition and one foot in a clinic.

**EVERY MAN ON THE PLANET
EVER HAS HAD A PROBLEM OF
PINOCCHIOING AT LEAST ONCE IN
HIS LIFETIME. THIS IS QUITE NORMAL**

Also, it helps taking synthetic hormones, using vacuum pumps, undergoing a hormone therapy, having a surgery (getting penile implants), taking psychotherapy sessions and, maybe the most interesting of all, exercising perineum muscles (which can also help with better and more energetic ejaculation). All the things listed here have already been tried many a time and they can help with more or less success. However, when talking about the one thing that has been troubling men ever since Adam, one should also consider natural remedies. We would not be talking about impotence, if it hadn't been for natural goodies that can possibly cure it. Tribulusterrestris (a.k.a. bullhead, cat's head, devil's eyelashes, devil's thorn, devil's weed, goathead, and tackweed), ginkobiloba, yohimbe, garlic,

onion, carrot, okra (a.k.a. lady's fingers, bhindi or gumbo), drumstick tree, ginger root, dried dates, raisins, pollen, ginseng, Centellaasiatica (a.k.a. Asiatic pennywort or Indian pennywort), sunflower and pumpkin seeds, Satureja Montana (or winter savory), etc. are just some of the herbal wonders that help as tonics, aphrodisiacs, or simply as medications.

In the end, every man on the planet ever has had a problem of pinocchioing at least once in his lifetime. This is quite normal, because, sooner or later, every super sponge stumbles on his kryptonite. Every once in a while, a battle may be lost, but no man should be left behind. Coitus must go on!

THE FIRST AMONG THE EQUALS BIDS YOU FAREWELL!



The Girl Next Door

Made for Adventure

Aida Yespica

This beautiful Venezuelan is not only a model and an ex-Miss Venezuela. She is also a television starlet, actress and a producer. Aida is a fearless and hardworking woman, always open for new adventures.

Blessed with a voluptuous body and perfect measurements (90-60-90), Aida simply shines with her positive energy and attitude. Gorgeous, stunning, and sensational, Aida Yespica is our girl next door.











GET A STRONGER, BETTER, QUICKER METABOLISM. SERIOUSLY.

Proteins

FUEL SOURCE AND BODY TISSUE BUILDERS

Protein should be a very important part of your diet. Physiological functions depend on it, meaning, you cannot build muscles and bones, as well as maintain their form without the right amount (or at least enough) of this blessed amino acid residues.

PACKAGE DOES MAKE A DIFFERENCE.



The more protein, the more of these great anabolic processes

|||||

As the muscles in your body perpetually break down and rebuild, eating protein supplies amino acids, which are the basis of the structure that your body is. Each time you fill up on protein, muscle-building processes commence. The more protein, the more of these great anabolic processes; but if you eat more than 20-30 grams of protein at once you don't get any further anabolic boost. Unlike carbs or fat, you can't store the extra protein - it is used for energy (hence the name "protein energy bar", in case you didn't know).

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more



So, here is some **advice:**

A **daily recommendation** of protein for an average built adult man is about 56 grams (this means some 10 - 35% of daily calorie intake). Of course, healthy carbs and fats, and I repeat, the healthy ones should be the remainder of your daily calorie consumption.

Another important thing - **the timing**. If you wish to strut your stuff this summer, try eating protein after your workout. By this, I do not mean after some lousy walk around the corner, but after some hard-core sweat session. The first 30-45 minutes after the workout, feel free to fill up on some nice nutrient goodness. Like kale. Or quinoa. Or maybe go for a nice fresh slice of fish.

Affecting the health similarly, **animal and vegetable proteins still differ**. Many people believe that meat products are best for muscle building, only they don't know that, as they do have all the amino acids the body needs, they are also pretty high in fat.

Having this in mind, choose your food sagely and with lots of variety. Lower consumption of saturated fat by eating fish, beans and poultry. Avoid processed meat (bacon, hot dogs, etc.) as they are very high in sodium and limit your red meat intake (lamb, beef, pork), as you will decrease a chance for a heart disease, cancer, and/or diabetes.

Seafood, seafood, seafood is a fantabulous protein-source. It is not only low in fat (usually), but it is also heart-healthy since it contains omega-3 fatty acids. But if you like meat, opt for **white-meat poultry** and remove the skin (that part is loaded with fat). If you like beef, remember that lean beef has only one gram of saturated fat more than a skinless chicken breast. **Eat** dairy products, such as yoghurt and cheese, since they provide not only protein, but some vitamins as well. Milk contains a few vitamins, such as vitamin A, B12, C and D as well. **Eggs** are cheap, but rich in protein, so enjoy them. Do you know what kind of nutrient has as much protein as a steak and is also loaded with fiber? **Beans**. And the last and certainly not the least...

Soy. I really don't like soy, so...I'll skip it.



Eat dairy products, such as yoghurt and cheese, since they provide not only protein, but some vitamins as well

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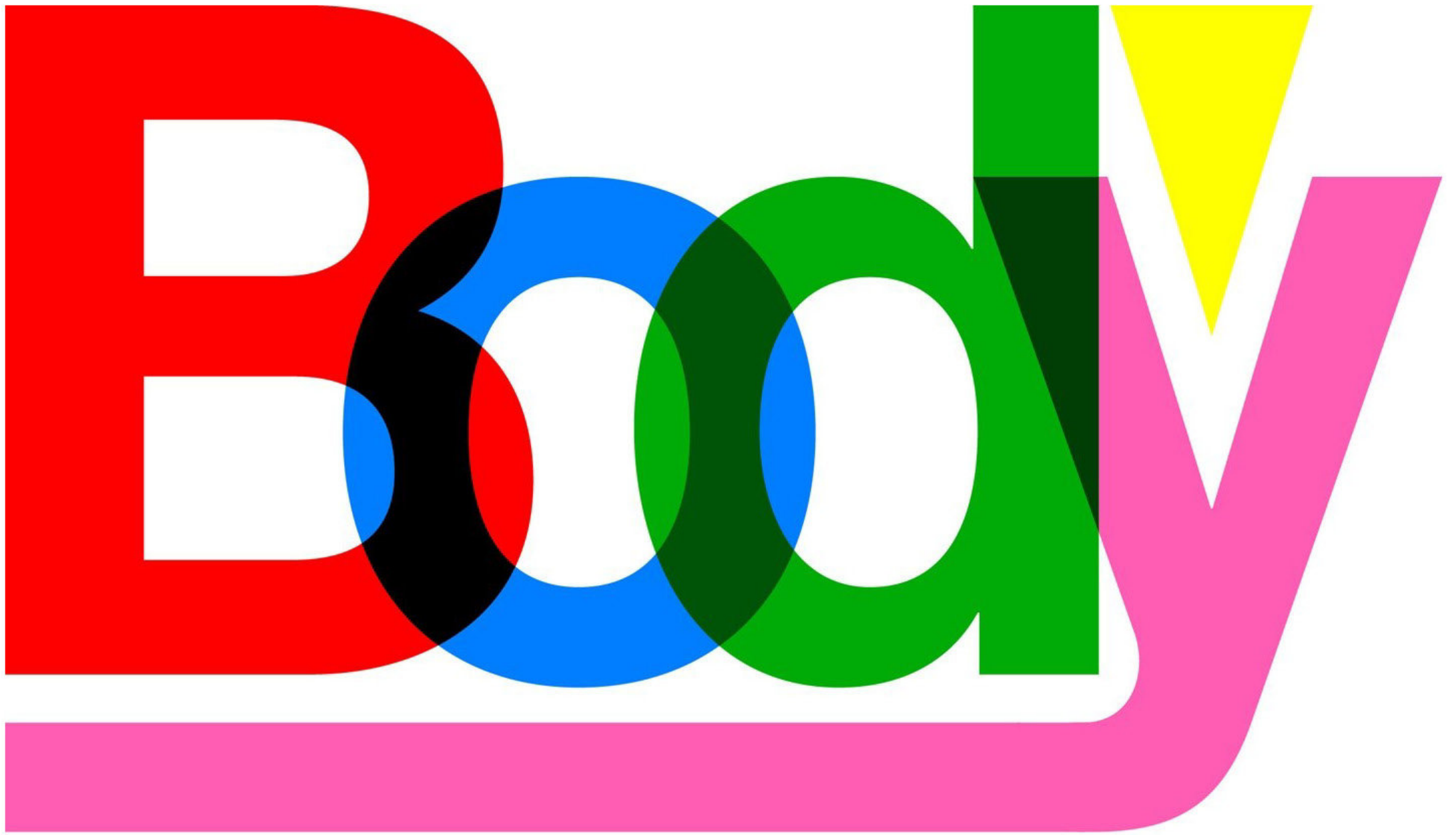
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Balancing and reducing carbs, but at the same time increasing proteins, may make you feel less peckish. But mind you, excessive amounts can lead to a ballooning belly. And you surely do not want that! As with anything else in life, too much of something has its negative aspects. For example, a high-protein diet doesn't offer the fiber you get from fruits and vegetables (and your body really needs whole grains so as to get things out). God forbid you end up with backed-up bowels, or a very bad kind of inflammation called diverticulitis.

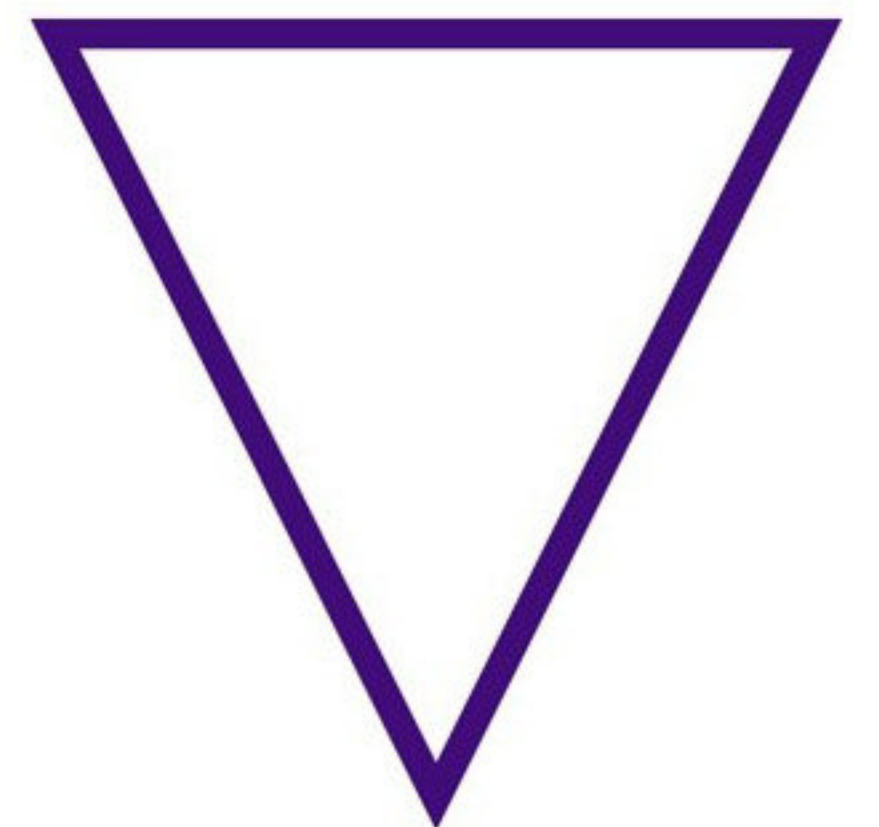
Naturally (but still, let me remind you), if you don't exercise (you don't look and feel better), you don't get any results. Your muscles aren't built just by eating. The desirable anabolic effects of eating protein are doubled if you exercise.





The Church of the Third Millennium

Wherever we are, we pray to gods. We talk to them, offer sacrifice and construct magnificent buildings in their honor. That is the remnant of past times. A man of today, an enlightened being of the third millennium, does not believe in magic and gods. He believes in himself. He prays to himself, offers sacrifice and, ultimately, builds himself into a magnificent building that presents **the greatness of his god – Himself.**





Written by: Dr. Aaron U. Isakowych

The cult of the body exists from the moment man has first laid eyes on his reflection in water. We have modeled gods, heroes and even aliens based on the image and conception of our own bodies. We have drawn on our bodies, pierced holes in it, tightened and lift it, tanned our skins, and all this for one purpose only – to be beautiful to others and ourselves. Every time has its specific body image. In the beginning, we were hunchbacked, naked and shaggy half-humans. After that, we covered ourselves first with leaves, then with animals and togas. Later on, we started wearing wigs and tights. Women spilt blood in order to be pale and beautiful, while men powdered their faces and wore metal armors. We have resembled everything, from an ameba to Twisted Sister. All the while, we were trying to find ourselves like some confused teenagers. The first decade of the third millennium is psychotic.

Women's desire to be not only pretty, but also prettier than the others, is a normal thing, if not from a physiological, then at least from sociological and historical perspectives (I'm afraid to say, anthropological as well). However, not only have women gone nuts, but we, the Men, have also started to lose it. It is true that Cleopatra bathed in milk and Elizabeth

Bathory killed virgins to make a hot bath from their blood, but they are women, and, if we can't understand them, we should at least try to justify them. However, there is neither justification nor any sense in what


...

**THE PRESSURE TO
WIN THE GAME OF
BEAUTY, PLAYED
BY NO RULES
WHATSOEVER,
MAKES PEOPLE DO
WEIRD THINGS**

...

we have today. You know you're in hell when men turn into women. I mean, mentally. Not because women are bad, but because we don't understand them.

The pressure to win the game of beauty, played by no rules whatsoever, makes people do weird things. The problem is not





in doing unimaginable things that should be done under no circumstances, but in wanting a perfectly chiseled body without any effort. Borders between dreams and possibilities do not exist anymore. The reality has overcome dreams.

However, besides a couple of treatments for the purpose of raising people's self-esteem, or simply improving their mental condition, there are some that are on the verge of insanity. We should not be surprised by this. The great people of old built God's houses and places of worship, not asking for the price needed to erect and ornament

them. They knew that they were leaving something behind. Modern patrons are guided by the same belief. Their buildings may rot but they will remain eternally on the internet. No one will destroy them there.

Apart from all the women walking around with fake breasts, timidly but proudly, men with chest implants are starting to appear. The new T-shirt must stretch over the chest at all costs. Whereas women enlarge their bottoms, we are preoccupied with biceps and calves augmentation. No one even considers closing themselves off in a gym for a couple of months. Still,

**THE FIRST
DECADE OF
THE THIRD
MILLENNIUM
IS PSYCHOTIC**

...




APART FROM ALL THE WOMEN WALKING AROUND WITH FAKE BREASTS, TIMIDLY BUT PROUDLY, MEN WITH CHEST IMPLANTS ARE STARTING TO APPEAR

there are even greater believers than these - men that get breast reduction, because they cannot stop eating and not exercising. Women inflate their lips, lift their faces and cheekbones, get nose jobs and chin reductions, while we transplant mustache and hair on the chest and genitals. But that's not all. There is an operation called "abdominal etching". It's the method used to precisely remove stomach fat, so as to look like you have abs. Then you can hit on a girl with, "Feel my six pack!", and she would grate her hands on a grill of fat. While women tighten their private parts, get their anuses bleached and their clitorises enlarged (probably because they're tired of us failing to find it), the situation with us is absurd. Besides penis enlargement, which presents a biological imperative, there is an operation called "scrotum reduction". Even though

male genitalia do look as if God has had an important phone call while tying them in a bow, it's still no excuse for an exaggeration like this. Moreover, just talking about broken and redesigned bones for the sake of height and aerodynamics is depressing.

Perhaps, no one should be surprised by this. In the gyri of our cerebral cortex, there are outlines of human bodies called homonuculi. They are the little fellows with large feet, hands and lips – the parts where the network of motor and sensory nerves is densest – and they represent a kind of a map. It seems that they have been burdening our consciousness for a very long time, imprinting in our heads an image of a perfect man with large hands (biceps), legs (calves) and lips (pursed, collagen filled lips). The rest are just delusions and complexes!



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Botox, liposuction, manicure and pedicure, piercing and tattoos as well as an up-to-date hairstyle are indispensable details for every radical new believer.

There has always been, and there always will be, a plenty of bizarre things that people do for the sake of looks. Working out, doing yoga and pilates, going to the gym and dieting are all obsolete. Today, we have a demand for fast and easy solutions. For pilgrimage is no longer a journey to the lands far away, but a trip from an operating table to the intensive care unit. The Devil and the Messiah both wear Prada. God is great, young and beautiful; he has thousands of followers on social networks, and a blog with gospels in five volumes.

Finally, it would be amusing to see how our dealings will be interpreted by some future generations, because ours is undoubtedly ending. How will they interpret the sepulchers filled with redesigned bones, transplanted hairs, fake jaws and bags of silicone? Will it be a culture shock, or will it just give them an idea of how to beautify themselves?

THE DEVIL AND THE MESSIAH BOTH WEAR PRADA

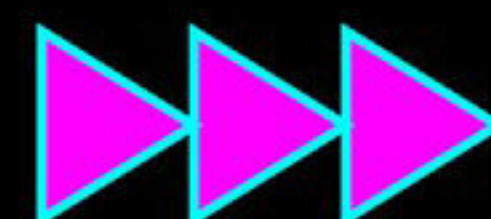
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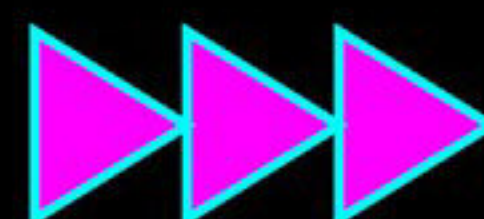


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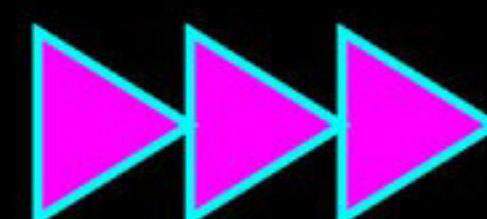


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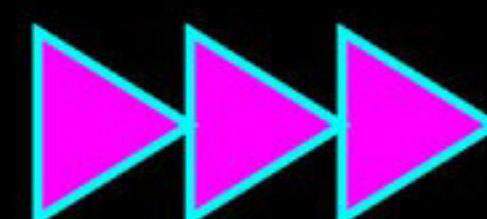


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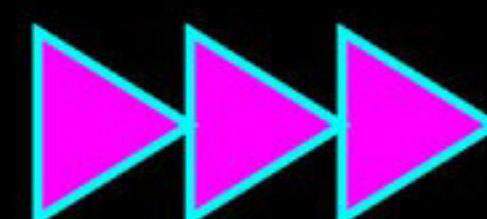


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Edited by Sasha Trenchtown Jr.

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



THE STATE OF FOOTBALL

Guide Through FIFA World Cup

CALCIO FIORENTINO

Brutal Sport for Real Men

LEBRON THE KING JAMES

6ft8 Scoring Machine

March 2014

Modern
Gladiators

MANIC AWARD



Thomas Traversa of France
performs an aerial wave
maneuver at the Mission 3
of the Red Bull Storm Chase
at the Bluff in Cornwall,
England

PHOTO BY:
SIMON CROWTHER / RED BULL
CONTENT POOL





Written by: Lola & Dane Sullivan

The State of Football

Manic Guide through **FIFA World Cup 2014**





There is no sporting event which captivates the world's attention like the FIFA World Cup. In the 19 competitions, since the first tournament in Uruguay in 1930, only 8 different national teams have taken the greatly desired trophy home.

Today, the entire global public seems to be enchanted by the FIFA World Cup. **After all these years, the World Cup has undergone numerous changes, but its shiny golden trophy has still remained the main focus, the goal of all goals for the footballers and football lovers around the world.**

This year, 20th World Cup will be hosted by Brazil in twelve different cities, on twelve renovated and rebuilt FIFA-approved stadiums.





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Arena De Sao Paulo

Sao Paulo



After Brazil 2014, the new built stadium is to become the home of SC Corinthians, which are currently playing at the Estadio do Pacaembu.

About 6,000 people are employed on the construction of the stadium and the stadium works are expected to boost development in the Eastern Zone, one of Sao Paulo's most deprived areas. Arena De Sao Paulo or Arena Corinthians will feature an auditorium, restaurants, bars, 89 suites, 502 toilets and space for shops.

The Arena will be hosting the Opening Match of Brazil 2014 as well as five other encounters, including one semi-final match.



Estadio Mineirao

Belo Horizonte



Since its first opening in 1965, Estadio Mineirao has undergone a complete renovation and was reopened in February 2013. Mineirao is an official national monument, so the outside had to be preserved, but the renovation included lowering of the pitch by 3.4m and improving the accessibility as well as the sustainability of the object. One of the aspects of the improved sustainability is the fact that the stadium can capture and store over 6 million liters of rainwater to be reused in technical purposes.



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Estadio Castelao

Fortaleza

Built in 1973, Estadio Castelao has been completely renovated to host matches at the FIFA Confederations Cup Brazil 2013 and the 2014 FIFA World Cup Brazil™. Apart from the increased number of seats and the new roof which covers all the rings of seating, the stadium includes an underground car park, a media center and a VIP area, as well as a set of entirely renovated dressing rooms. The Castelao complex consists of a number of restaurants and cinemas, a hotel and an Olympic center, and its refurbishment was a rare one to be completed before the deadline and within the budget, which made it the first World Cup venue to be declared ready.

Estadio Do Maracana

Rio de Janeiro



Although it has in the past seen crowds of up to 200,000 fans and spectators, Maracana's capacity has, for the purposes of Brazil 2014, been reduced to almost 77,000 seats. As the country's biggest football ground, Maracana is Rio's second most popular tourist attraction. During the renovation, tourists could observe the construction from the Torre de Vidro (Glass Tower), built particularly for the occasion, and could even take a piece of the old Maracana home as a souvenir. The stadium hosted the opening match of the 1950 World Cup between Brazil and Mexico (4-0), as well as the final match between Uruguay and Brazil (2-1), which was officially attended by 173,000 spectators, but it was estimated that there were more than 200,000 on the stands.



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Estadio Nacional Brasilia



Originally built in 1974, the stadium was completely demolished and rebuilt by the beginning of the Confederations Cup 2013. The design inspired by the works of Oscar Niemeyer, a famous Brasilia architect, is not only a stunning construction sitting on 288 pillars, but an environmentally friendly structure founded on carbon neutrality and recycling. The object is completely accessible by public transport and stands as an example of Brasilia's sustainable urban planning.

Apart from the water capturing system built into the roof, and a membrane which captures pollution and filters the air, the stadium also includes solar panels, with an electricity generation capacity of 3,000 MWh/year, which will be used between the stadium and the city of Brasilia.



Arena Pernambuco

Recife

Built in an economically deprived area of Recife, Pernambuco is not only a stadium, but a whole leisure complex of restaurants, shopping malls and cinemas, hoped to boost local expansion and regeneration. The construction was financed by means of a public-private sector partnership and is the new home of Nautico. As another sustainable structure, built on recycled material, the arena exploits built-in solar panels to generate electrical energy. The reusing of rainfall is crucial in the case of Pernambuco, since Recife has on average 224 days of rain a year - nearly double Manchester's average.



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Arena Fonte Nova

Salvador



Previously known as Estadio Octavio Mangabeira, the Fonte Nova was opened in 1951, closed in 2007 and demolished in 2010. The new Arena Fonte Nova opened in 2013 as a complex featuring a panoramic restaurant, museum of football, car parks, shops, hotels and a concert hall. The uncommon horse-shoe design, open behind the southern goal, presents us with a paved Praca Sul (Southern Square), which can be transformed into an amphitheater to host concerts and shows. Aside from the aesthetic role, this feature improves the practical air circulation within the stadium.

Estadio Pantanal

Cuiaba



Given the fact that the stadium is built in the flora- and fauna-rich region of Pantanal, its construction and functioning had to be based on complete sustainability. The nickname of the stadium 'O Verdao' (The Big Green) comes from all the efforts invested in preserving the environment on this site, including the usage of recycled materials and the constant monitoring of the soil quality. The adaptable structure of the stadium will enable reducing/expanding of its capacities according to the hosting events, shows, exhibitions, trade fairs and, of course, football matches.



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Estadio Da Baixada

Curitiba



Renovated in 1999, Estadio Joaquim Americo – better known as the Arena da Baixada – was often regarded the most modern stadium of Brazil. The stadium, which opened for the first time in 1914, has in the last few months met a number of difficulties in construction and may be dropped as a World Cup venue, if certain progress in renovation is not visible.

Estadio Amazonia

Manaus

In the middle of the largest tropical rainforest of Amazon stands a completely renovated metal structure designed to resemble a traditional straw basket. The sustainable stadium helps the preservation of biodiversity of the rainforest by reusing water and solar energy. Moreover, 95% of the materials used in construction were those from the old demolished stadium. The object has a temperature controlling system which maintains the stable environment within the stadium despite the unpredictable weather conditions of the rainforest.



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Estadio Das Dunas

Natal



The name of the stadium relates to the sand dunes that are one of the most remarkable natural attractions in the Natal region, as well as to the design of the stadium which is meant to resemble the actual dunes of the area. The venue replaced the old Machadao stadium, demolished in 2011. The most impressive features are the upper tier and roof which have the shape of petals, between which the air is allowed into the stadium, while the roof shield protects the rings of seating from the intense sunlight.

Estadio Beira-Rio

Porto Alegre



Officially known as the Estadio Jose Pinheiro Borda, the “Gigante do Beira-Rio” (The Giant of Beira-Rio) opened in 1969. The construction lasted nearly a decade and was supported by the fans of Inter by brick, cement and iron donations. Some supporters were too eager to see the final project that they would leave the games at the club’s existing ground, Estadio dos Eucaliptos, whenever the team was losing in order to cheer on the builders of Beira-Rio. The refurbishment is being financed by the club through the program “Gigante para Sempre” (A Giant for all time) and would include the installation of a metal roof, ramps and turnstile areas.



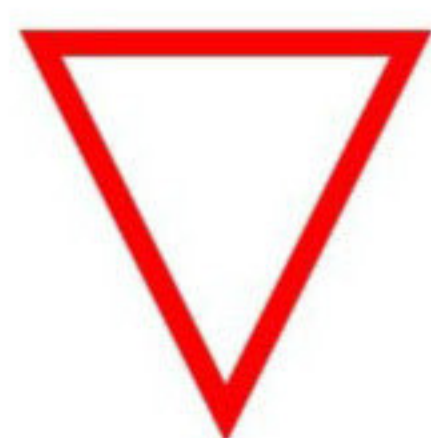
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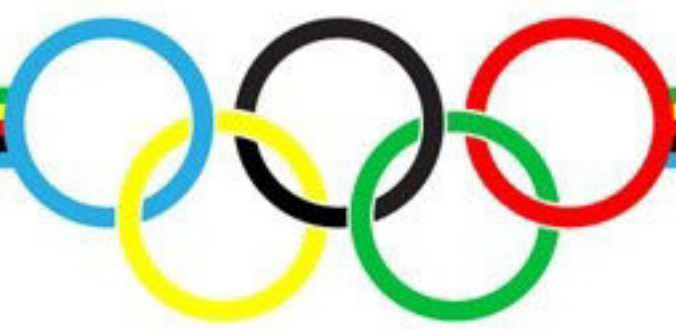




OLYMPIC GAMES | A Place for the Promotion of Sport or a Place for Political Dispute?

Every athlete's ultimate dream is to compete at the Olympic Games and win a (preferably gold) medal in a fair and sportsmanlike competition. But, what happens when, after years of hard work, your country forbids you to participate or there is a scandal that interferes with a fair competition and outcome?





Written by: Sasha Trenchtown Jr.

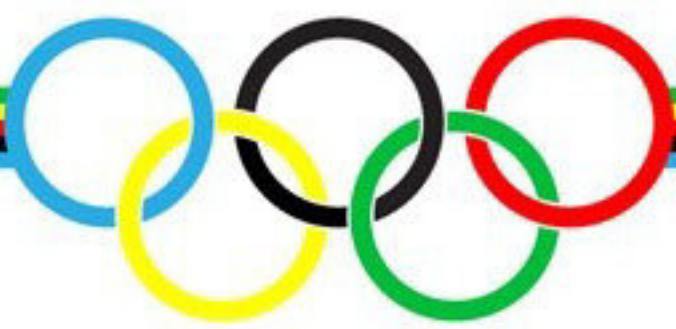
Apart from sport scandals, debatable criteria in choosing winners in various disciplines and a desire of many countries to present themselves as the most powerful, not only in sports but also in politics, the Olympic Games have always been a perfect spot for some political 'games' and disputes that sometimes put sport and fair competition in the second place. Many countries allow their political relationship (usually) with the host country to be the decision-making criterion for the participation of their athletes. Although these games were created to glorify sport, health and fair competition (let the best one win), they have unfortunately also been a perfect place for political dispute and statements of some sort.

The Olympic Games have always been a perfect spot for some political 'games' and disputes that sometimes put sport and fair competition in the second place



The latest Winter Olympic Games held in Sochi, Russia were also accompanied by various scandals and have once again proven to be the perfect place for political disputes, both within the host country and between the host country and some of the participants. Russian anti-gay laws passed in 2013 made people angry not only in Russia but also in the participating nations – many athletes wanted to cancel their participation in fear and in protest against these laws. The second big controversy was related to the cost of the Games, since these games exceeded their planned budget in large extent and have become the most expensive Olympic Games in history, including both summer and winter games (bare in mind that the Winter Olympics are much small





er with fewer participants). Also, there was the issue of safety, since there were some threats of possible terrorist attacks like the 1996 Centennial Olympic Park bombing in Atlanta. On the other hand, the Circassians requested the change of venue unless the Russians apologize for, in their opinion, a genocide they committed on that territory during the Russian-Circassian War that happened in the 19th century. Moreover, Georgia wanted to boycott the Games following their war with Russia in 2008. Finally, there was a scandal during the opening ceremony since the circle that symbolizes America was not lit 'due to technical problems,' but this explanation was not so satisfactory.

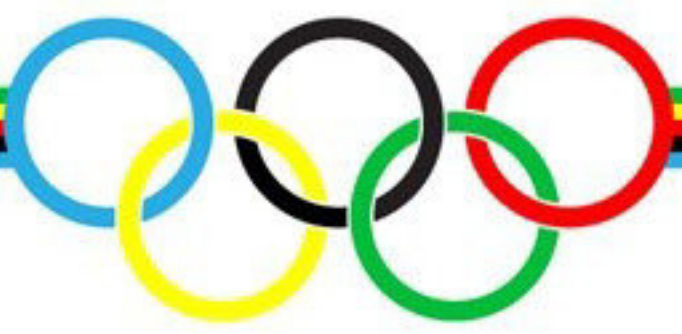
Unfortunately, this is not so rare, and many Olympiads were accompanied by various controversies, related to both sports and politics. This may be a nice occasion to recall some

The USA boycotted the 1980 Games in Moscow following the orders of their president as a protest against the Soviet invasion of Afghanistan

of not-so-distant 'incidents' in relation to the Olympic Games, especially Summer Olympiads. This time, we have to disregard sport-related incidents involving doping/cheating disqualifications or scandalous decisions of referees/judges/umpires. If we focus only on politically-related scandals, they may vary from delaying a football match for showing a wrong national flag (for example, in the 2012) to playing a wrong national anthem before a match or even on the podium. On the other hand, there have been cases in which the candidate city (like Salt Lake City, the Winter Olympics) tried to influence the Olympic Committee members to select them as hosts by giving them expensive gifts in return for their vote, so they were forced to resign.

The only case of boycott at the Winter Olympic Games happened in 1980 when Taiwan refused to compete under the name Chinese Taipei. Unfortunately, on the other hand, there were numerous





cases of boycott or boycott threats at the Summer Olympic Games. The ones held in 1988 in Seoul were boycotted by North Korea, whereas Albania, Cuba, Ethiopia, Madagascar, Nicaragua, and Seychelles refused to participate. Four years earlier, the Olympic Games organized in Los Angeles were deliberately boycotted by the Soviet Union and fourteen other countries (their allies) and they named security as the official reason, and organized their own 'Friendship Games' in contrast to the Olympiad. Of course, this reason had much deeper roots since the USA boycotted the 1980 Games in Moscow following

One of the most controversial Games were held in Berlin in 1936 during the Hitler's era. Needless to say, there were boycotts, fears, racially-based scandals, prohibitions to compete, etc. but the Games were held anyway



the orders of their president as a protest against the Soviet invasion of Afghanistan. Following their example, many other countries also refused to participate (more than 60 in total) and only about 80 countries competed in the Games.

Believe it or not, this not all – we have only scratched the surface. The 1976 Games in Quebec, Canada were boycotted for various reasons and only 92 out of 121 countries participated. The 1972 Games were marked by the shocking terrorist attack known as the Munich massacre. Also, four days before the opening ceremony, Rhodesia was not allowed to participate in the Games, following the 36:31 vote in the International Olympic Committee (IOC). The Games held in 1964, 1956 and 1948 also had





their controversies, boycotts and suspensions. At least, they happened, in contrast to the 1944 and 1940 Games that did not even happen since the elected hosts (Japan and then Finland) became engaged in wars during the organization period.

As it can be seen, the Games that happened in the period around the World Wars had serious problems when they needed to be organized and implemented. One of the most controversial Games were held in Berlin in 1936 during the Hitler's era. Needless to say, there were boycotts, fears, racially-based scandals, prohibitions to compete, etc., but the Games were held anyway. This was in contrast to the Games that should have been held in Berlin in 1916, but they were cancelled since World War I was raging at that time. For the next 1920 Games, Budapest was initially elected host, but since they were on the German side in WWI, the games were held in Antwerp. Austria, Bulgaria, Germany, Hungary and Turkey were not invited to participate in the Games because they were allies in WWI and they were defeated. Moreover, Germany was not invited to participate in the next 1924 Games for the same reasons.

Having all this in mind, one cannot help but wonder – what is more important here, the politics or sport? We have mentioned only larger politically-related scandals, but there are many more that happened and that directly influenced the results and outcomes of some competi-



tions. So, leave sports to athletes and politics to politicians – these two should not mix and athletes should be able to compete without restrictions and regardless of the status of their country. Let the regular and fair Games begin!



ARENA


FREE CLIMBING

ONLY FOR THE BRAVE

If we say that free climbing is as old as the human race we are not wrong. The very first climber was probably our very distant ancestor who, while searching for food or running away from dangers, started climbing some inaccessible mountain...

KILIAN FISCHUBER GRABS THE FIRST
ASCENT OF THE ROUTE "SOUTHERN
DELIGHT" ON THE TAIWAN WALL IN
PHOTO BY:
REINHARD FICHTINGER/RED BULL CONTENT POOL





The history of modern free climbing is much shorter and usually linked with first adventurous expeditions to conquer Mont Blanc, Mount Everest, Matterhorn... However, unlike modern alpinists, these pioneers did not have the special equipment, nor did they have waterproof and warm clothes to protect them from eternal ice and snow. They could only rely on their own skills and abilities. There was not much to ponder about - they either came back as winners or they did not come back at all...

Today they are replaced with their worthy successors who mount the highest tops of the world. Modern adventurers, Spartans of heights, extreme mountain climbers, or - the Free Climbers. These brave and fearless people rely only on their own muscles and a strong will, each time pushing their limits further, because in this sport the only help you are offered is the help of your own body, strong as a rock and flexible as a climbing rope.

What is free climbing?

Free climbing is a subdiscipline of the so called rock climbing, i.e. climbing rocks, as a mountaineer discipline (even though you do not need (an actual) mountain for it). In this discipline, there is no additional help to come to the top.


ENEKO POU ON HIS WAY UP
PHOTO BY:
MARCELO MARAGNI/RED BULL CONTENT POOL





W While climbing, the devotees of this discipline use only their own body: hands and legs. Thus, needless to mention, only the fittest and the healthiest can practice this discipline. However, this does not mean that the muscle mass is crucial.

On the contrary, in most cases it is a drawback. Professional builders are unable to actively practice free climbing, because their muscles use too much energy and get tired very quickly. Therefore, the muscles of free climbers cannot be very big, but they have to be pretty strong and capable of enduring big strains (sometimes the weight of the whole body). The protection equipment is very important, of course, but it is not primary! Ropes are there “just in case“, as the last resort from an unfortunate mishap. Free climbing has been extremely popular over the last couple of years, especially in highly urban environments, because it covers a wide range of disciplines. In the USA and Western Europe, there are numerous artificial rock walls and cliffs where climbers can train and measure each other’s strength. However, natural rock formations are impossible to replace and rocky cliffs are still the most frequent targets of the bravest free climbers. Free climbing has a few subdisciplines: free soloing, sport climbing and bouldering.




ENEKO POU IN ACTION AT TALHADO
CANYON IN DELMIRO GOLVEIA
PHOTO BY:
MARCELO MARAGNI/RED BULL CONTENT POOL

Free soloing is a discipline which is frequently mixed up with the basic free climbing. Unlike the basic free climbing, devotees of soloing do not use any protective equipment, so any mistake and fall can be deadly. To minimize the risk, these climbers often choose cliffs located along a sea. There are climbers, just like the fearless Frenchman Alain Robert, a.k.a. the Spiderman, who enjoy climbing solitaires. This type of solo climbing is also called building or urban climbing. Being banned in many countries, it is fairly risky. Wildcat Roberts has been arrested many times due to his “permit-less” adventures. But the moment he is set free, he starts the game (only he knows the rules of) all over again, playing the police and the entire public – the game in which he plays with freedom, no matter the consequences.

S *Sport climbing* is a competitive version of free climbing. The aim is to conquer the top as quickly as possible and competitors often climb artificial cliffs (specially made for that occasion). This is, without a match, the most popular kind of free climbing, since it does not require natural grounds. These faux cliffs for sport climbing have become a common and unavoidable part of the present day urban landscape – they are a sign of living in accordance with the third millennium spirit.

Bouldering is similar to free soloing, a discipline in which protective equipment is not used, but the buildings are low and there is almost no risk of getting hurt. Bouldering can also be a kind of an introduction to more serious disciplines and a lesson for future free climbers. Experienced climbers often train on small rocks in order to prepare for conquering bigger and more dangerous cliffs.





HOW TO IMPROVE SAFETY?

EXPERIENCED FREE CLIMBERS' TIPS AND ADVICE

Avoid climbing on your own - help is always useful. Even the most experienced climbers never go climbing alone, no matter the difficulty of the climb. Anyway, the more the merrier.

◀◀ SWIPE ▶▶

1 Safety is the most important

Safety is the most important and you are as safe as your equipment. Therefore, it is better not to use second hand equipment. Check your gear multiple times before you set off. In any case, you most certainly cannot allow to be reckless or lazy. Recklessness is the number one cause of accidents.

2 Warm up your body

Warm up your body. Before you start, your joints and muscles need a good warm up; also, do not forget to stretch and relax when you finish. The climbers often forget the latter. However, you should always manage a half-an-hour stretch after every cliff.

3 Be fully prepared

Be fully prepared. Before you start, try to prepare yourself as much as possible. Make sure the goal you set after is not beyond your own abilities. Work and train hard, but always be careful to avoid any mishaps.



BERND ZANGERL PREPARING FOR HIS
NEXT CLIMBING SESSION

PHOTO BY:
RAY DEMSKI/RED BULL CONTENT





FREE CLIMBING PERFECT SPOTS

Yosemite National Park, California, USA

Many free climbers throughout the world, as well as local American climbers, find rocky cliffs of the Sierra Nevada mountain range their favorite camping area. You can meet them almost everywhere - from little rocks (no more than 10 ft., "bouldering") to the El Capitan (2985 ft., "rocky formation").

Alladie Cliff, Ireland

Alladie, located along the Republic of Ireland's East Coast, is one of the most attractive cliffs and very popular among European solo climbers. You can find accommodation in a small nearby town of Fanora. The height of this cliff is 10 ft. to 984 ft., and in case someone falls, the water that goes along the shore is deep enough to create an additional "safety net" .

Devils Tower, Wyoming, USA

This volcanic crater (1266 ft.), also called Bear Lodge, is a religious monument for the local Indians. In summer, climbers literally conquer it. It is approachable from every side, but it varies as far as the level of difficulty is concerned – from relatively easy to the world's most difficult. That is why the Devils Tower is a big bite even for the most experienced climbers.

The Dolomites, Italy

The rocky walls of the Dolomites mountain chain go up to 5,000 ft., hence being the highest slopes of the Alps. The Dolomites have the advantage of being pervious, with paths all the way to every top, which particularly helps climbers ascend.



CALCIO FIORENTINO

Brutal Sport for Real Men

Tired of playing regular and popular sports and you seek for a new challenge? Do you spend a lot of time at a gym and want to show off but do not want to be closed in a ring with only one opponent? Are other sports not manly enough for you? When playing 'regular' sports, are you tired when people are complaining to you that you play too rough? Want to play a sport that is much more intense and physical than, for example, football/rugby in which you do not have to wear any kind of protection? Then, look no further, this is the sport for you! We present you – Calcio fiorentino or the ancient version of football (soccer).

Written by: Sasha Trenchtown Jr.



Calcio fiorentino originated in the Roman Empire (in what is today Italy) and although it was very popular, nowadays, it is mostly played in Florence. It is also known as Calcio storico (historical football) and giuoco del calcio fiorentino ("Florence's kick game"). It should also be said that calcio has become the modern word for football in Italy, and also the name of their national championship/league. Many people regard this sport as the ancient version of football, that is, the game from which modern football originated.

This sport represents a combination of modern football, rugby and some form of martial arts which are, of course, used to prevent the opponent from scoring a goal against your team. This brutal sport is played on a 100-by-50 meter sandy pitch, and each team has 27 players and there are 9 referees (who are trying to prevent the match from going out of control). The game starts when a referee throws the ball to the center line, followed by the firing of a small cannon, announcing the beginning of the conflict.

What also makes it brutal, apart from the allowed physical contact between players, is that the match lasts for 50 minutes, but there are no



substitutions, breaks or timeouts – it is a struggle for every inch of the field and every goal. Although it may seem otherwise, since the goal is as long as the width of each end, it is very difficult to score. As in most other sports, the winner is the team that scores more goals/points, and the teams change sides after every goal is scored.

The ball can be handled by either hands or feet/legs, but you may be brutally stopped from progressing towards the opponent's goal. Although this sport doesn't have many rules, there are a few (if we can even call

THIS SPORT REPRESENTS A COMBINATION OF MODERN FOOTBALL, RUGBY AND SOME FORM OF MARTIAL ARTS

them) rules – you may use all martial art techniques, you may hit/punch and elbow your opponent, but there are two things that are strictly forbidden – kick to the head and fights other than one on one (two or more on one is not allowed). Most players fear for their life since they know how they'll enter the pitch but no one know in what state they will leave it. But



if you are crazy enough to step on the pitch, then do not complain about possible consequences. So, there is one more dimension to the game – the struggle for life, the struggle to survive the game, the 50 minutes of brutal duels with your opponents. Having that in mind, when watching some of the matches, it can be shocking to see players that are not interested in scoring a goal but in beating their opponent, so they deliberately try to get into a fight with them. Also bare in mind that it all usually starts with fists and may go into any (allowed) direction.



On the other hand, all this is what makes it unique and different from other sports, and that is why it is a major attraction for both the Italians and tourists from all over the globe. The tournament is played only once a year, due to injuries players suffer and the costs of installing the pitch at the main square (Piazza Santa Croce). It attracts tourists to come in large numbers to, at least, see a kind of a parade through the city which involves the players and participants in the match. And, if they are lucky enough, they may even get the tickets and watch a live match.







ORIGIN, HISTORY AND LEGENDS

Although all people agree that this game appeared at the end of the 15th and the beginning of the 16th century in Florence, Italy, there are legends that say that this sport was played even in 59 AD during the founding of Fiorenza (historic Florence) by retired warriors and their families. Other stories say that this sport was invented to keep the troops in shape and occupied during off-war season. It is also said that this game was played throughout the Roman Empire. Apart from soldiers, this game was mostly played by and for rich aristocrats, and even popes were known to have played. Be it as it may, there is one very interesting legend – this game was so popular that in January 1490, during the period of heavy winter when the Arno River was frozen, people marked the field and played this game on the frozen river.

POSITIONS IN THE TEAM

Each team has 27 players in total, and they are always on the field since there are no substitutions allowed. Each team has four goalkeepers which are in Italian called Datori Indietro, three fullbacks (Datori Innanzi),



five halfbacks (Sconciatori), and 15 forwards (Innanzi o Corridori). The Capitan and flag bearer's (Alfiere) tent is positioned in the center of the goal net which is as wide as the field. They don't actively participate in the game, their role is to referee and organize the game.

TEAMS FOR CALCIO FIORENTINO

Teams that participate in the tournament after the game's modern revival represent the four parts of Florence which are called districts or quarters. Although the first game during the 1930 revival was played by two teams representing the two sides of the Arno River (now known as the Whites and the Greens), two additional teams emerged three (the Reds) and four years after this first modern-time match (the Blues). Nowadays, these four teams play in the traditional yearly tournament – there are two semi-finals and the winners play the final match. In order to be differentiated from one another and celebrate the part of Florence they originate from, the teams developed their symbols in the form color, place of worship, area banner and group banner:





THE MODERN TOURNAMENT

After being forgotten for some time, the game had its modern rebirth in 1930 during the 400th yearly commemoration of the Siege of Florence. The first 'modern' tournament was organized between the four quarters of the city, with players dressed in historic costumes from the 16th century.

Nowadays, the tournament is played in the third week of June at the main square of Florence called Piazza Santa Croce. Since there are four teams, representing four districts of Florence, they play the semi-final matches and then the winning teams progress to the final which is played on June 24, the day of the patron saint of Florence, San Giovanni (however the 2013 final was postponed until June 30, due to heavy rain). The winner of the tournament traditionally gets a cow. It is interesting that, in 2006, the tournament was not played for two years after big riots between the opposing teams – Santo Spirito and Santa Croce. In 2012, Santa Croce lost the final against Santo Spirito after winning the tournament for 31 years in a row.





★ Cheerleader
of the Month ★

★ MANIC ★

★ 2014 ★

Candace

Team: **Dallas Stars**

Dream Job: **Working for UNHCR**

Hometown: **Dallas**

College: **Univerisity of North Texas**

WATCH OUT, THIS ICE GIRL IS HOT!

Candace is a 4-year veteran and alternate captain of the Dallas Stars Ice Girls. She says that her best asset is that she is always looking for the best in people, but we must disagree – her best asset (besides her gorgeous blonde hair and piercing blue eyes) is her brains and spirit! She has a degree from Univerisity of North Texas and a dream job of working for UNHCR.



6FT8

SCORING MACHINE

LeBron 'The King' James

Written by: Sasha Trenchtown Jr.





LeBron James is currently one of the best and most dominant active basketball players. In the period when basketball is becoming more physical, he fits in perfectly both with his physical constitution and basketball knowledge and skills. Although he has been one of the best players in the NBA for some time, he got his 'X factor' when he moved from average Cleveland to champion-ambitioned Miami to complete the 'big three' with Wade and Bosh and the new-champion-team project that secured him a place in basketball history. Apart from his physical predispositions and the fact that he can play on several positions, his basketball strengths include the amazing first step (which gives him the starting advantage over the defensive player), good shooting skills (although 3-point shots are not his strength) and monstrous 'posterizing' dunking skills combined with solid defensive skills.





H

It all started in 2003 when he was selected as the first pick in the NBA Draft by the Cleveland Cavaliers. Playing for (at that moment) a less than average team allowed James to get enough minutes on the court to show his skills and quickly become the leader of the team. His good stats in the first season won him the Rookie of the Year award and a place in the Rookie All-Star Team. He was improving game by game, season by season and that secured him not only a regular spot in the All Star (East) Team but also a regular spot in the USA national team (won two Olympic gold medals). James was constantly improving, but he could not do much on his own and win all the games without the help of his teammates, so he was becoming more and more frustrated. Titles create legends, but James was not even close to the NBA ring and his place in basketball history. Trying to keep him in the team, Cleveland improved the roster season by season and became a respectable team, but the NBA Finals were miles away. In 2007, Cleveland managed to get to the Finals, but strong and experienced San Antonio Spurs swept them to claim the title.

On the wings of that (almost a) success, James played three phenomenal seasons in which he became the best scorer in the League (2008) and was declared the regular season MVP (2009 and 2010). Despite all that, the rest of the team was unable to follow him, so his hands remained ringless and his dreams unfulfilled. Then he made an unpopular move and signed



for Miami to become a part of the 'champion team' and the 'big three' with Wade and Bosh. For Cleveland and their fans that meant only one thing – betrayal. In one day, he went 'from hero to zero' and became one of the most hated persons in the city.

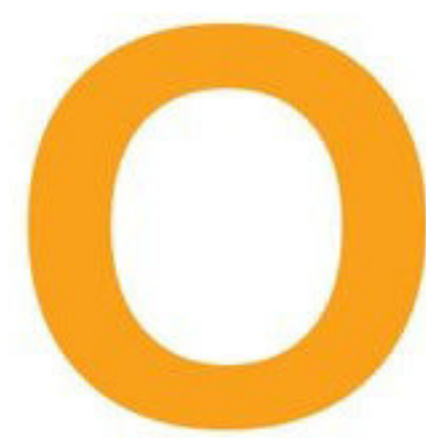
Fans burned his jersey, all the billboards with his picture were replaced, and his first return to Cleveland with Miami was very unpleasant for him because the fans were very angry at him – they offended him on every occasion, threw stuff at him, 'booed' him whenever he had the ball, etc. On the other hand, he got what he wanted – a great team with title perspective and teammates that could follow his lead and fulfill his hunger for the title. In his first season in Miami, they entered the season under a lot of pressure as favorites and the team got to the NBA Finals, but they were (almost shockingly) defeated by the Dallas Mavericks. That gave the James critics a lot of pleasure, since they could continue to degrade his qualities by saying that he is nothing without a title. Moreover, he played the crucial games very poorly, especially the periods in which he had to take responsibility and try to win the game. Many people claimed that he was not the man for crucial moments (game-winner) and that he was not to become one. That was a very difficult period for James, but he managed to put that aside and get closer to his goal.

The next season was crucial for James – on paper, he was the leader of





the team with the best players in the NBA, but in reality, that best team lost the title and, on the court, they were not the best team. Good personal stats mean squat if they are not in service of the team. However, in order to find your place in history, you need to rise above all problems and create positive reactions out of them. With Miami, Lebron won his first NBA title in 2012 by defeating the Oklahoma City Thunder together with a personal award for the MVP of the Finals. In contrast to previous instances, Lebron gave his best in crucial moments and deserved this award, leading his team to the long-expected title.



On the other hand, the road to the title was not so easy – the regular season was shortened due to the lockout, but that did not prevent James to be the MVP with amazing figures - 27.1 points, 7.9 rebounds, 6.2 assists, and 1.9 steals per game on 53 percent shooting. After defeating the New York Knicks in the first round, the first challenge was in the second round when they were 2-1 down to the Indiana Pacers. In Game 4, Lebron had one of his best Playoff performances, leading his team to the victory with 40 points, 18 rebounds, and

Miami won the Finals 4-1 and Lebron was the crucial player for this achievement. He even had a triple-double in Game 5 and claimed the Finals MVP Award

9 assists, and three consecutive wins (4-2 in the end) which allowed them to progress to the next round. They had a more serious situation in the next round (the Conference Finals) against the Boston Celtics because they won the first two games and managed to lose the next three (in the 'best of seven' system in which four wins are required for a team to progress to the next round). Miami was faced with elimination, but Lebron did his best and managed to prevent that with 45 points in Game 6 (he made 19 of 26 shot attempts or 73%). As mentioned above, they managed to progress to the Finals where they played against the Oklahoma City Thunder. Although





the games were intense and close, the final result was not – Miami won the Finals 4-1 and LeBron was the crucial player for this achievement. He even had a triple-double in Game 5 and claimed the Finals MVP Award. Encouraged by this achievement and after showing all the critics what he's got, James began the 2012/2013 season furiously – all this culminated in February 2013 when his scoring abilities exploded, since he became the first player since Kareem Abdul-Jabbar in March 1983 to take more than 200 shots in a calendar month and make at least 64 percent of them. More importantly, he was the engine of Miami's 27-game winning streak (the second longest in NBA history) in the season in which they lost only 16 games and won 66 (franchise and league best).

A After this impressive season (26.8 points, 8 rebounds, 7.3 assists, and 1.7 steals per game on 56.5 percent shooting), he was of course named MVP but lacked one vote to be the first player in NBA history to win this award unanimously. In the Playoffs, after defeating the Bucks and Bulls, they were facing the Indiana Pacers on the road to the Finals. They had more problems in defeating them than the year before, since they had to play all seven games. Tired and emotionally empty, they should beat the old and experienced San Antonio Spurs to claim the second consecutive title. And what a series it was! The Heat was





on the verge of defeat since they were 3-2 down. However, they somehow managed to win two consecutive nail-biting games to claim the second consecutive title (also, LeBron won the second consecutive Finals MVP title).

S Should we even bother to say that he was in the All-Star game 10 times (including this year) and that he was the All-Star Game MVP two times? This and his other impressive achievements make LeBron James one of the best not only active NBA players but also in history. We are looking forward to his next games and achievements (for example, he is the youngest player who scored 20,000+ points in his career) in order to see where his limit is and what kind of place in NBA history belongs to him. He is constantly being compared to some of the greatest names in NBA history, especially with Michael Jordan, but the 'trash talk' on social networks means nothing until proven on the court. Good luck LeBron, and please try using your brain and technique instead of your strength more in your game.



THE ETERNAL SIX-PACK DREAM

Is your six-pack a **sign of your fitness** or a **symbol of your sexiness**? Whatever the answer, no man can deny that he would gladly be an owner of these set of muscles



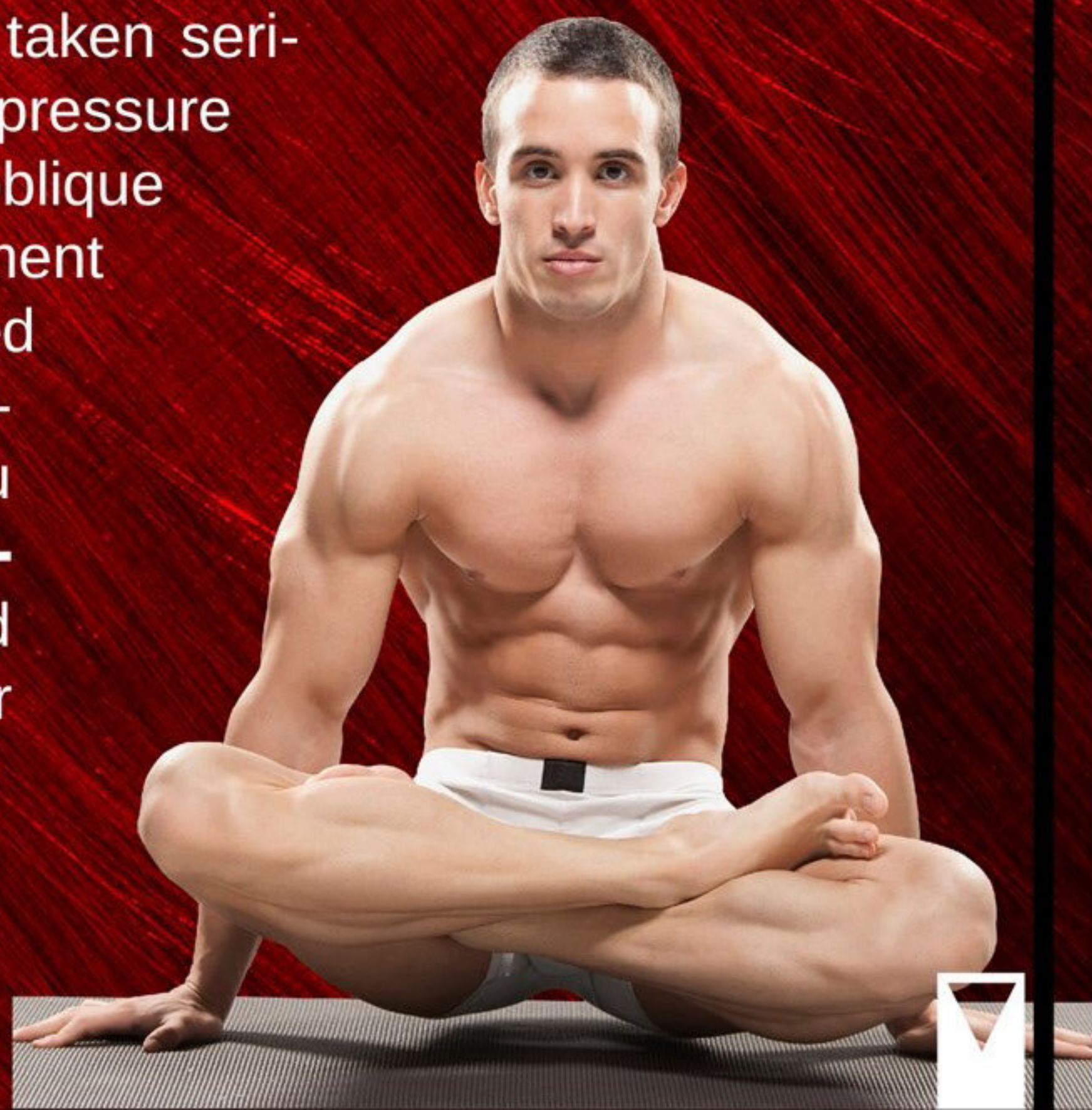


Doing ab exercises will not carve a six-pack shape into your stomach instantly

Whether you are going to boast shirtless or hide a half-a-dozen of muscles and let them boost your self-esteem, there is some basic things you should know about your six-pack.

The abdominal muscles, in fancy terms **rektus abdominis**, connect your pelvis area with your thorax. They are always there, but sometimes you can't see them. If they are defined and not hidden below a belt of fat, they do form, in all its glory, a six-pack.

However, this particular set of muscles is to be taken seriously, since it undergoes enormous amounts of pressure on daily basis. Together with side abdominals or oblique muscles, your abs support and help the movement of the spine and the pelvis. And you surely need these functioning for another 60-70 years. Keeping these muscles strong will not only help you move and live, **it will make you resistant to numerous obstacles in life**, like furniture lifting and jar opening, and as sexy as the manliest plumber in the world.





Where do I get them?

Let's get things straight, doing ab exercises will not carve a six-pack shape into your stomach instantly. If you have fatty tissue over your muscles, you will need to cut down on your calorie intake and work on your overall fitness.

In order to get to your desired goal, **you will have to pick your exercises carefully**, as if you were picking tools to fix your car. There is no one magical tool that can fix the whole thing, neither should you use the strongest tool there is for a quick fix. **Overdoing it and overstressing your muscles and your body will do you no good.** A productive training will make your abs stronger not more prominent. The muscle tissue in the abdominal area depends on the muscle fibers you have genetically inherited. Since there is no limit to which you can pump your abs up, the sculpted six-pack look is usually based on the low amount of fat tissue covering the muscles in this area.

Owning some fat in the ab area is not a reason to grieve since there are a **number of exercises, which combined with a healthy diet, can result in strong and prominent abs.** The **ONLY** thing you need is persistence and effort!



PERPETUUM MOBILE

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

TO SERVE AND PROTECT

Audi A8 L Security

ATLAS FITNESS TRACKER

You Can Run, But You Can't Hide

FLY ME TO THE MOON

Renault Kwind Concept

DESIGNED TO FIT YOUR HAND

Bolex D16 Cinema Camera

TRACK MEET, STREET!!!

Corvette Z06

EXCELLENCE OF CRAFT

Shinola Runwell Di2



THE NEW CORVETTE C7.R,
CODEVELOPED WITH THE 2015 CORVETTE Z06
PHOTO BY: GM MEDIA

**DESIGNED FOR
DOWNFORCE**

To Serve and Protect

≡ high level security vehicle ≡



Life Saving Performances

Audi A8L Security



The standard equipment also includes the “intercom system” that the passengers can use to communicate with the outside world with the windows shut



On the first look, Audi's A8 L Security Sedan looks like any other no-nonsense vehicle out of Germany. Professionally serious with sedate, yet luxurious design elements, the A8 L Security is anything but flashy. However, upon closer inspection the new 500-hp luxury bulletproof sedan is anything but your average grocery getter.

Based on Audi's A8 luxury sedan, the L Security model features all the personal safeguards a high profile individual could want. Underneath the vehicle's beefed up skin resides a modified production body, with aluminum as the dominant material. Weighing approximately 40 percent less than a steel equivalent, the A8 L's various components are hand-made in a secure area where, according to Audi, the process to fit the variant-specific components takes specially trained workers roughly 450 hours to complete.





The new Audi A8 L Security is available with two outstanding engines, the 4.0 TFSI and the W12.



Certification by the German Ballistics Testing Center is what buyers should be looking for on the window sticker when considering a high level security vehicle. Heat-formed armor steel, aramide fabric, ceramics, special aluminum alloys and multi-laminated glass around the passenger space work to ensure the A8 L Security meets class VR 7 ballistic protection standards. In certain areas of the car where explosive intrusion might be problematic, the car has been reinforced with armor plating that complies with VR 9 and VR 10 requirements. Explosive resistance is tested under the 2010 Explosion Resistant Vehicle (ERV) guideline.

To further protect important persons from explosive weapons, aluminum side sills with significant ballistic-proof profiles are used to up the safety factor, as are reinforced armor plated floor panels. According to Audi, the A8 L can withstand serious damage from military hand grenades.



CORVETTE Z06 - DESIGNED FOR DOWNFORCE

TRACK, MEET STREET!!!

The 2015 model is the first Corvette Z06 to offer a **supercharged engine**, an **automatic transmission** and, thanks to a stronger aluminum frame, a **removable roof panel**





The Corvette Z06 is a great example of the technology transfer between racing and production Corvettes. Knowledge acquired on the Corvette Racing C6.R was applied to the all-new Corvette Stingray. Then, using the Stingray as a foundation, the Z06 was developed to push the envelope of performance on the street.

SUPERCHARGED, EFFICIENT PERFORMANCE

The heart of the 2015 Corvette Z06 is the all-new LT4 6.2L supercharged V-8 engine, expected to deliver an estimated 625 horsepower (466 kW) and 635 lb-ft of torque (861 Nm). To balance performance and efficiency, the LT4 leverages the same trio of advanced technologies introduced on the Corvette Stingray: Direct injection, Active Fuel Management, or cylinder deactivation, and continuously variable valve timing. To maintain the Z06's mass and performance targets, the LT4 engine was designed with a more-efficient, more-compact supercharger. Even with its integrated supercharger/intercooler assembly mounted in the valley between the cylinder heads, the engine is only about one inch (25 mm) taller than the Corvette Stingray's LT1 engine – while delivering nearly 37 percent more horsepower and 40 percent more torque.

The performance targets of the Z06 also posed a challenge for the design team, which had to create a striking design that also contributed to increased capabilities

EIGHT SPEEDS, NO WAITING

Unlike most ultra-performance cars, the Corvette Z06 offers customers the choice between two transmissions to suit their driving styles. The seven-speed gives the driver the control of a true three-pedal manual transmission with perfect shifts enabled by Active Rev Matching. The new eight-speed automatic offers drivers the comfort and drivability of a true automatic transmission, as well as lightning-fast shifts and manual control for track driving.

The stiffer design of the aluminum frame allows the Corvette Z06 to be offered with a removable roof panel for the first time

For performance driving, the transmission offers full manual control via steering wheel paddles, and unique algorithms to deliver shift performance that rivals the dual-clutch/semi-automatic transmissions found in many supercars – but with the smoothness and refinement that comes with a conventional automatic fitted with a torque converter.





DESIGNED FOR DOWNFORCE

The performance targets of the Z06 also posed a challenge for the design team, which had to create a striking design that also contributed to increased capabilities. Practically every exterior change served a functional purpose, as this beast needed more of everything. The flared fenders accommodate larger, wider wheels and tires for more grip. The larger vents provide more cooling air to the engine, brakes, transmission and differential for increased track capability. The more aggressive aerodynamic package generates true downforce for more cornering grip and high-speed stability. The unique grille also features dedicated brake-cooling intakes and wider grille outlets on the

bottom serve as air diffusers. The grille is complemented with a larger hood vent, which vents hot air from the engine compartment and contributes to downforce by allowing air driven through the grille to exit through the hood rather than being forced under the car, which could create lift. Inside, the Corvette Z06 is distinguished from the Corvette Stingray by unique color schemes that emphasize the driver-focused cockpit, and a unique, flat-bottomed steering wheel.

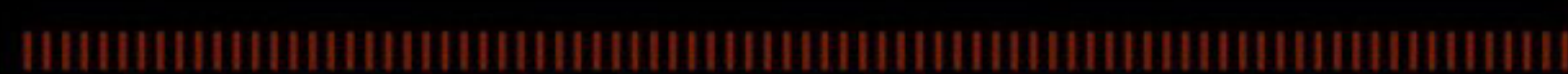
Like the Stingray, the Z06 will be offered with two seating choices: a GT seat, for all-around comfort, and a Competition Sport seat with more aggressive side bolstering, which provides greater support on the track. The frame structure for both seats is made of magnesium, for greater strength and less weight than comparable steel frames. The Z06 also benefits from interior details designed for high-performance driving, including a steel-reinforced grab bar on the center console for the passenger and soft-touch materials on the edge of the console, where the driver naturally braces during high-load cornering. The stiffer design of the aluminum frame allows the Corvette Z06 to be offered with a removable roof panel for the first time. With the lightweight, carbon fiber roof panel removed, the new Corvette Z06 offers 20 percent more structural rigidity than the previous model's fixed-roof design. It is 60 percent stiffer than the previous model with the roof panel installed.

The Driver Mode Selector tailors up to a dozen features of the Z06 to suit the driver's environment, including Launch control, Active handling Traction control, Performance Traction Management, Electronic Limited Slip Differential... The new Corvette Z06 will be available in early 2015. Performance data and pricing will be announced closer to the start of production.

Can't wait to test it because this car is definitely on our wish list.



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more



Fly Me to the Moon

Renault Kwid Concept

Thanks to the Renault Kwid Concept, your dream of a better viewpoint to see the road ahead is (nearly) a reality. Channeling the look of an off-roader, this eccentric-looking two-wheel-ride is a dual-clutch 1.2-liter turbocharged buggy with one important feature — an aerial drone that tails the back part of the roof, piloting just above the vehicle as it goes. It can be flown automatically or manually, from a built-in controller tablet in the dashboard. The uses of the drone are many — you can survey traffic, take aerial photography, or if you are in the mood, just confuse the passers-by. The only thing you have to make sure is not to fly it manually while you're actually driving.

**THE ONLY
THING YOU
HAVE TO
MAKE SURE
IS NOT TO FLY
IT MANUALLY
WHILE YOU'RE
ACTUALLY
DRIVING**



You Can Run, but You Can't Hide

Atlas Fitness Tracker

**IT DETECTS
THE EXERCISES
YOU'RE DOING
AND GIVES YOU
FEEDBACK ON
WHETHER YOU'RE
CHEATING OR
USING THE
PROPER FORM**

This gadget can track almost everything!

This wrist-attachment device, besides the advanced software, features an active display, a heart rate monitor, x, y, and z axis tracking. It detects the exercises you're doing and gives you feedback on whether you're cheating or using the proper form. As it is waterproof, it can also track swimming exercises and recognize the difference between breaststroke, freestyle, and everything else. Moreover, it is adaptable as it can actually learn new workouts! So, whether you're training at home, your local gym, or just swinging swords in the wilderness, it can track anything. Forget the average clip-on sensor, and get this super tracker for \$160!



Designed to Fit Your Hand

Bolex D16 Cinema Camera

**THIS CAMERA
FEATURES A SUPER
16MM-SIZED
CCD SENSOR,
A HIGH-CAPACITY
SOLID-STATE DRIVE,
AND CAPTURES
STUDIO-QUALITY
SOUND AND
ORGANIC-LOOKING
VIDEO**

Boxlex D16 Cinema Camera (\$3,300) flawlessly combines the old and the new: the aesthetic and the forgotten feeling of the analog with the modern digital practicality and utility. This camera features a Super 16mm-sized CCD sensor, a high-capacity solid-state drive, and captures studio-quality sound and organic-looking video. Perfectly designed to comfortably fit your hand while you shoot, it accommodates a range of interchangeable lenses (including traditional Bolex and C-mount). There is no limit to what you can do with your footage - this camera has plenty of ports (including HDMI, USB 3.0), the ability to hold dual CF cards, as well as LightPost software.



Excellence of Craft

Shinola Runwell Di2 Bicycle

Based in Detroit, USA, Shinola started as a local watch company, but quickly shifted into a purveyor of all things made in America. One of its finest and accomplished model is The Runwell Di2 Bicycle (\$4,500).

This cruiser bike, hand-assembled in Detroit, is easy in style and serious in functionality. It's a pretty handsome French-inspired ride with classic lines, built upon American-made lugged steel frame and fork. It's designed not only for comfort, but also for utility, hence it's good for both enjoying and errand running. Runwell offers smooth urban riding, in dry or wet, and excellent handling as it features Shimano electronic shifting, Aline hydraulic brakes, a handlebar-mounted LED control panel, internal cable routing, an aluminum front rack, black alloy fenders, as well as front and rear lights.

RUNWELL OFFERS SMOOTH URBAN RIDING, IN DRY OR WET

Runwell requires virtually no maintenance, it is responsive in handling, classic and practically never goes out of fashion, and has a stopping power in any weather condition. This is a truly unique and beautiful bike.

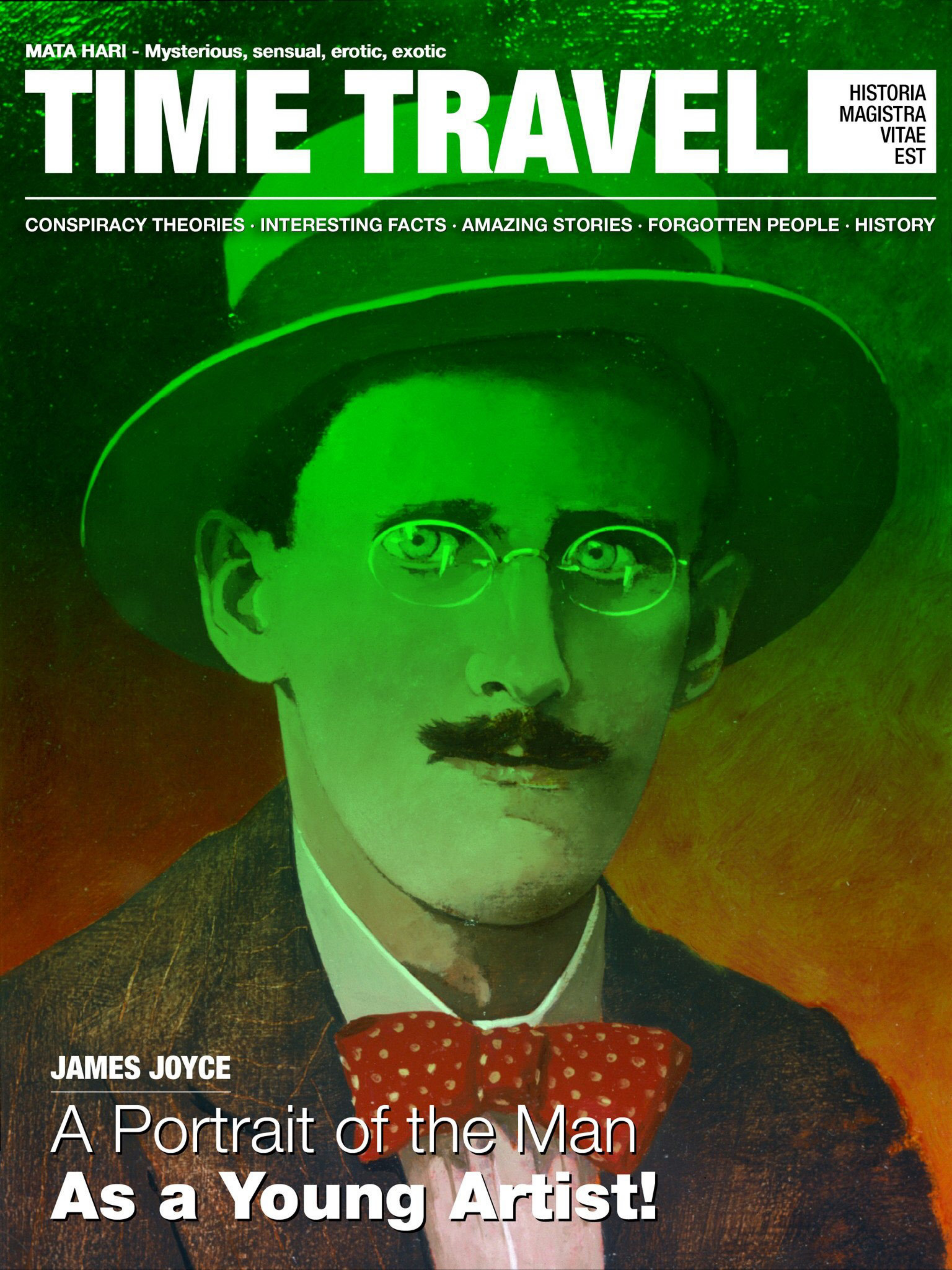


MATA HARI - Mysterious, sensual, erotic, exotic

TIME TRAVEL

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



JAMES JOYCE

A Portrait of the Man
As a Young Artist!




HISTORY'S

TIME
TRAVEL

Amazing People

She was a successful courtesan, having relationships with many high-ranking military officers, politicians, and other people in influential positions in many countries.





She was a successful courtesan, having relationships with many high-ranking military officers, politicians, and other people in influential positions in many countries.



Mysterious, Sensual **Erotic, Exotic**

Mata Hari

Around the turn of the 20th century, artists in Europe drew inspiration from exotic Middle East, Asia and North Africa. The rational, superior, developed Western society turned towards the strange and unusual spirit of Orientalism.

This was the period when a promiscuous coquette, known by her stage name Mata Hari, became a sensation. Openly flaunting her body, wearing only a bra and some jewelry, she captivated men with her exotic dance. Mata Hari was a very popular woman, thanks to her devil-may-care attitude and style. With exciting and stimulating performances, always eager to shed her already revealing clothes, she made her way into Parisian crème de la crème.

Mata Hari was a successful courtesan, having relationships with many high-ranking military officers, politicians, and other people in influential positions in many countries. At first, she was an unconventional artist, a bohemian, but as WWI approached, she was dubbed a dangerous seductress and a spy.

Her relationships and affairs with powerful men took her across international borders, thus arousing a lot of suspicion, which got her arrested and, ultimately, executed.

Mysterious in life as well as in death, it is still unclear whether she was a German spy, double agent or simply the finest mistress who used her sex appeal to exploit men.








A Portrait of the Man as a Young Artist!

“When I die, Dublin will be written in my heart.”

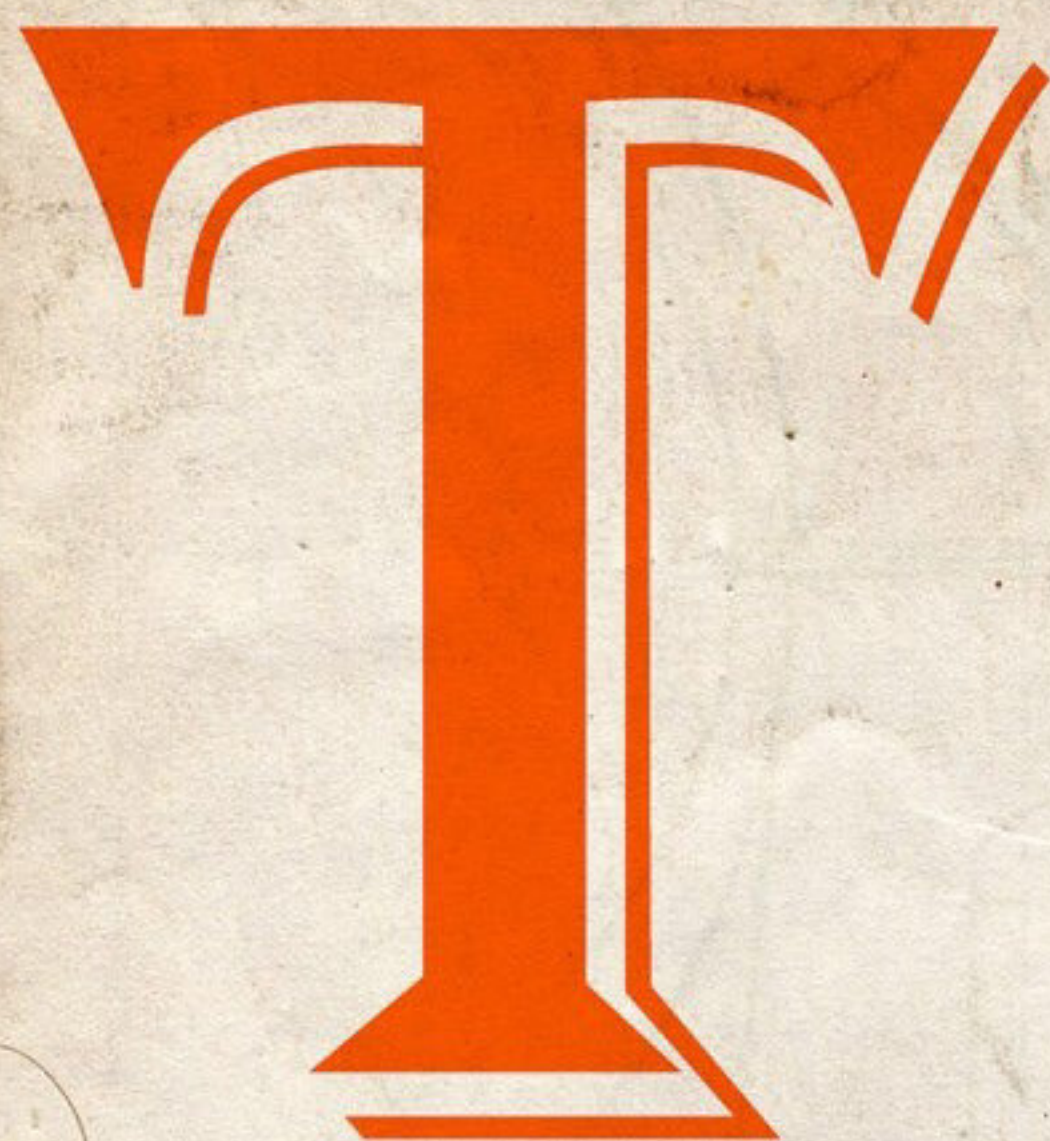




Joyce's fate to write and daydream about his beloved city, building it all over again out of words, is perfectly portrayed by this one sentence. It is about the city he left, but made famous. The city where the plot of the greatest English novel, the world's greatest novel, is set. The city which did not understand him, although he had experienced, like all great people, all of its manias, psychoses and complexes. The city which, had it been by any chance torn down to the ground, could be rebuilt based only on his books. Ireland, Dublin and Joyce - the three planes of a beautiful dimension.



Written by: Dr. Aaron U. Isakowych



The greatness of Joyce's literary genius was directly opposed to his frail and feeble body and soul. Nevertheless, he fought already lost bat-

tles, struggling against conservatism, narrow-mindedness and stupidity, but all the while knowing that he was just clearing and paving the way many succeeding generations would only dream of treading. He was the master of psychological novel, not because he invented it (he did not), but because he made it perfect. Physically weak as he was, he was still the strongest fist of modern literature. He destroyed myths, not for the mockery, but because he knew that triviality always prevailed. From a story about the Dubliners, Ulysses grew into a novel, while Dublin became a Troy on the Liffey river.

THE AUTOPSY OF HUMAN THOUGHT AND CIVILIZATION IS HIS LIFEWORK

All of us modernists have arisen, not out of Joyce's frock coat, but out of Joyce's nightmare, out of his magnificent defeat! In fact, the only thing modern European novel does is try to turn Joyce's magnificent defeat into small individual victories. All of us linger in front of Joyce's abyss of ambiguity and linguistic nightmares, carefully leaning over the chasm of dizzying opportunities into which our great Master stumbled.

Joyce's success is not reflected in his apparent uniqueness, but in the fact that he very successfully continued what generations preceding him had advocated – Stern, Turgenev, Flaubert, James. Unlike his contemporaries, he was not a nihilist, yet he became greater than his mentors. He built his novel out of tradition softened by what he called “the stream-of-consciousness novel”. The stream of his thoughts is elusive and brilliant, trivial and sublime. Joyce destroys the vice, tears the myths apart, suffocates stupidity and glorifies the artist. In the process of writing he splits his thoughts, rolls them back and puts them together again, guiding the reader through a bewildering labyrinth that does not feel like a prison but like a journey of purgation and a true inspiration.

James Aloysius Joyce was born on February 2, 1882 in Rathagar, an urbane and prestigious Dublin suburb. The same year, at the same moment, James'

alter ego, Stephen Dedalus, would be born, the hero and the tragedian of James' life. He was the son of a bon vivant, a lucid and imaginative man who was rather a bad father than a good one. "A praiser of his own past" as Joyce calls him through the voice of Stephen. Due to deprivation and poverty, constant moving from one place to another constituted a great part of Joyce's

H He and Dublin got to know each other better thanks to Joyce's long and frequent wanderings. Joyce's growing up and ascending coincided with the corrosion of a once magnificent city, which must have appeared to a little creature like Joyce as a giant, noble and filthy village; the place where poverty, vulgarity and vice flavored with nation-

alism collided with art, kind-heartedness and warmth of the Dubliners; the place where he could hear the scream of seagulls over black, foamy waves of a turbid river, heavy clouds, and stuffy pubs; where he could feel the intoxicating music and bitter alcohol; where politics was turbulent and a desire of a young nation to free itself from the claws of the invader was strong. He saw it all, loving and hating it at the same time.

Just like the most of Irishmen, dare I say all of

childhood memories. As though his exile and odyssey had begun even then. Unlike his father, his mother was melancholic, as if she had made her peace with life. Her biggest comfort was religion, which was nothing new in a Catholic-colored Ireland. Growing up in an environment like this, young Joyce was directed to Jesuit schools and religious education.

them, Joyce too was not lucky enough to live in a less interesting period of his homeland's history. The beginning of the twentieth century was merely an aftermath of the struggle that had started almost a century before, all too long a struggle for independence that would not end until 1939. The fall of many heroes and the memories of the glorious past marked that time. The



HE REJECTED ALL SUPPORTS. THE ONLY ONE LEFT WAS HIS FAITHFUL, UNEDUCATED WIFE, WHO UNDERSTOOD HIS TALENT AND GENIUS BETTER THAN THE MOST LEARNED PEOPLE OF THAT TIME.

titans of Irish fight for independence were either gone or fading away, while the fear of the grim future and the splendor of the past made the grievous fall of the “uncrowned king of Ireland”, Charles Parnell, seem even greater. This marriage wrecker, a man who had ruined his political career and made his new wife a widow in no time, was an inspiration for Joyce’s first literary work, political poetry. What would an Irishman write about, if not politics and alcohol.

As an eighteen year old youth, he wrote an article about Ibsen, who was thankful for that. He made close friendships with his contemporaries, some of which would be immortalized in his most brilliant work, *Ulysses*. He was self-confident and well aware of his place in literature, long before anyone even heard of him. This is reflected in his statement to the greatest Irish poet of his time, William Butler Yeats: *We have met too late. You are too old to be influenced by me.* Drunk on religion and rather intimidat-

ed by the tortures for the things he was bound to do, or perhaps by the hypocrisy of the clergy, Joyce resisted religion, turned to literature and remained an everlasting stumbling block to the reconciliation of church and art. In 1902, after finishing high school and modern language studies, he went to Paris in order to study medicine, which he didn’t even start. Instead, he graduated from bohemian life in Paris and went back to Dublin to be with his mother on her deathbed. Mary Jane lived long enough to be convinced of the schism between the Catholic Church and the eldest of her ten sons, who refused to receive Holy Communion, confess and pray with her. Both he and Stephen would be haunted by their mother’s spirit in reality as well as fiction!

He met his life companion, or rather his nomad partner, Nora Barnacle (whom he did not marry until 1931) on June 10, 1904. Being distrustful and timid, she did not accept to go out with him until June 16. As a memorial to that day, imprinted on his life, he dedicated to it

his monstrous novel, *Ulysses* (the entire plot of the novel happens on this one day – June 16, 1904). The same year, his exile began – from Pula over Trieste with short calls on Rome, Zurich and Paris. During all this time, he visited Ireland and his beloved Dublin only on few occasions, the last one being in 1912, with Nora. He survived the first European and World War I, whereas for the second, he died on time, in 1941.

H He rejected all supports. The only one left was his faithful, uneducated wife, who understood his talent and genius better than the most learned people of that time. He had to leave Ireland in order to do something for her. Just like him, Stephen leaves his country as well, but he returns to see everything from

which Joyce ran away, not because he detested it, but because he wanted to help. The decision to leave was pure altruism. Had he stayed, he would be smothered by the sentimental nationalism. This way he remained sharp and precise. *It is not my fault that the odour of ashpits and old weeds and of-fal hangs round my stories. I seriously believe that you will retard the course of civilization in Ireland by preventing the Irish people from having one good look at themselves in my nicely polished looking-glass.* (Joyce's letter to the publisher of *Dubliners*, 1906)

Undoubtedly, he loved his Hibernia and his dismay provided him with a view on her as "the old sow that eats her farrow". He was the one broke away from this national self-crippling. Art was his executioner. He had to undergo a doz



PHYSICALLY WEAK AS HE WAS, HE WAS STILL THE STRONGEST FIST OF MODERN LITERATURE

en of successful operations, because he started to lose his sight. That is why, besides a hat and a mustache, it is hard to imagine Joyce without an eyepatch. He was like an admiral of an invisible bohemian armada in the sea of the ordinary.

He was straightforward and clear, for the pseudo-brutes even vulgar. After one complaint about a sentence concerning Edward VII and Queen Victoria, he was asked to tone it down. As a response, instead of "bloody owl mother" he referred to Queen Victoria as "bloody old bitch of a mother". No compromise! His books were not simple autobiographies, but the guardians of an epoch, stories told with the artistic power and the uniqueness of expression, in which both his alter ego and Ireland evolved together with the entire English language. His books are his victory – a victory of an artist over scallies!

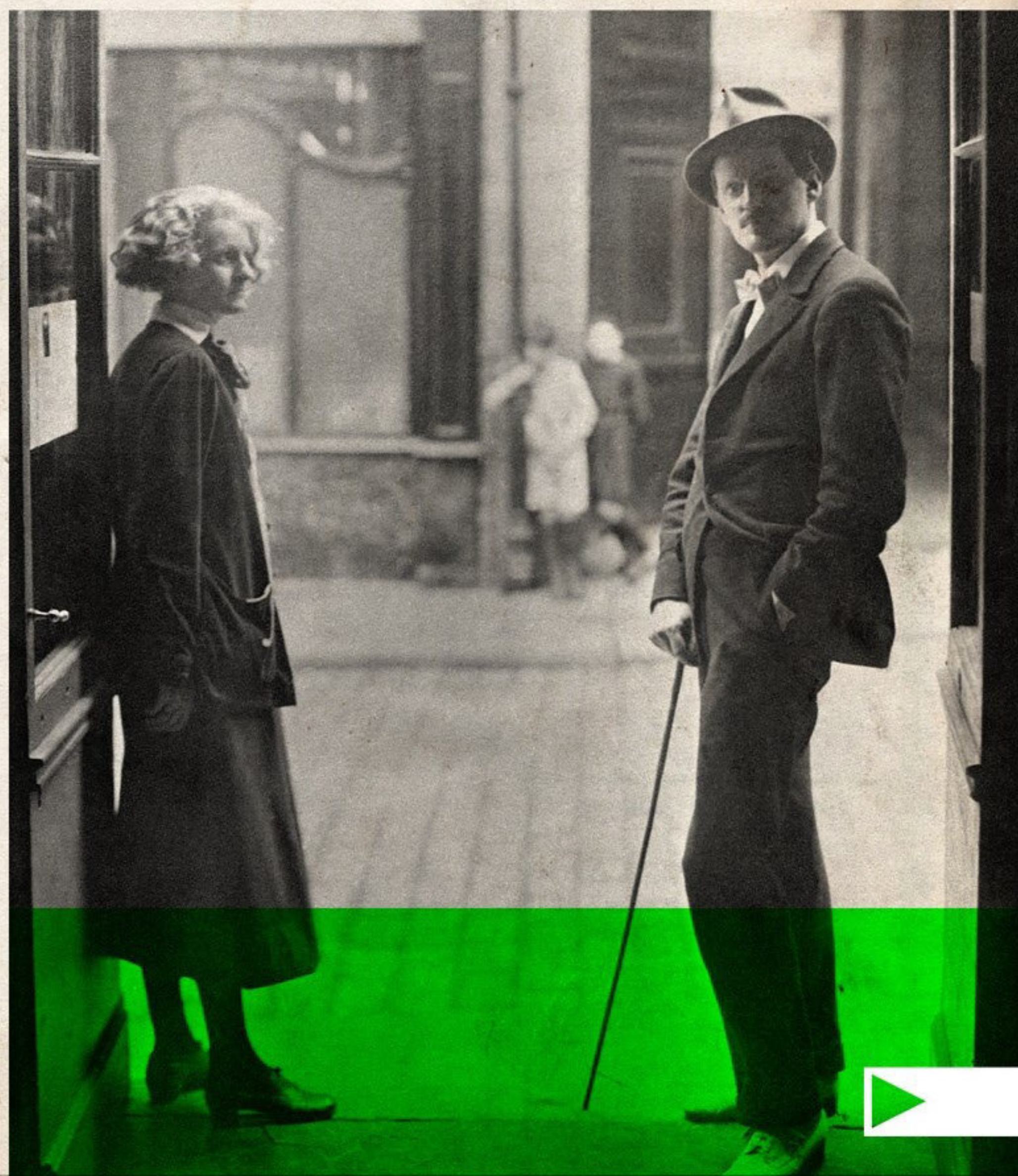
Human body and soul are the way they are, and should not be altered for the sake of books. Instead, they should be depicted truthfully while they pray, visit prostitutes, or enviously compete with their dead opponents; lack the courage to disengage from their miserable lives; clip their nails; think of a woman giving birth while carrying a dirty book in their pockets; booze or

argue; leer at young girls at the beach; lie down next to an unfaithful woman in the sheets still warm from adultery. He constantly changes narrators, making his thoughts and words overlap and writing out what we all think. In search of the perfect way of narration, he dissects life. The autopsy of human thought and civilization is his lifework. "If Ulysses isn't fit to read, then life isn't fit to live."

He died of a stomach ulcer on January 13, 1941.

Éirinn go Brách... for me, only through Joyce!

"To live, to err, to fall, to triumph, to recreate life out of life."



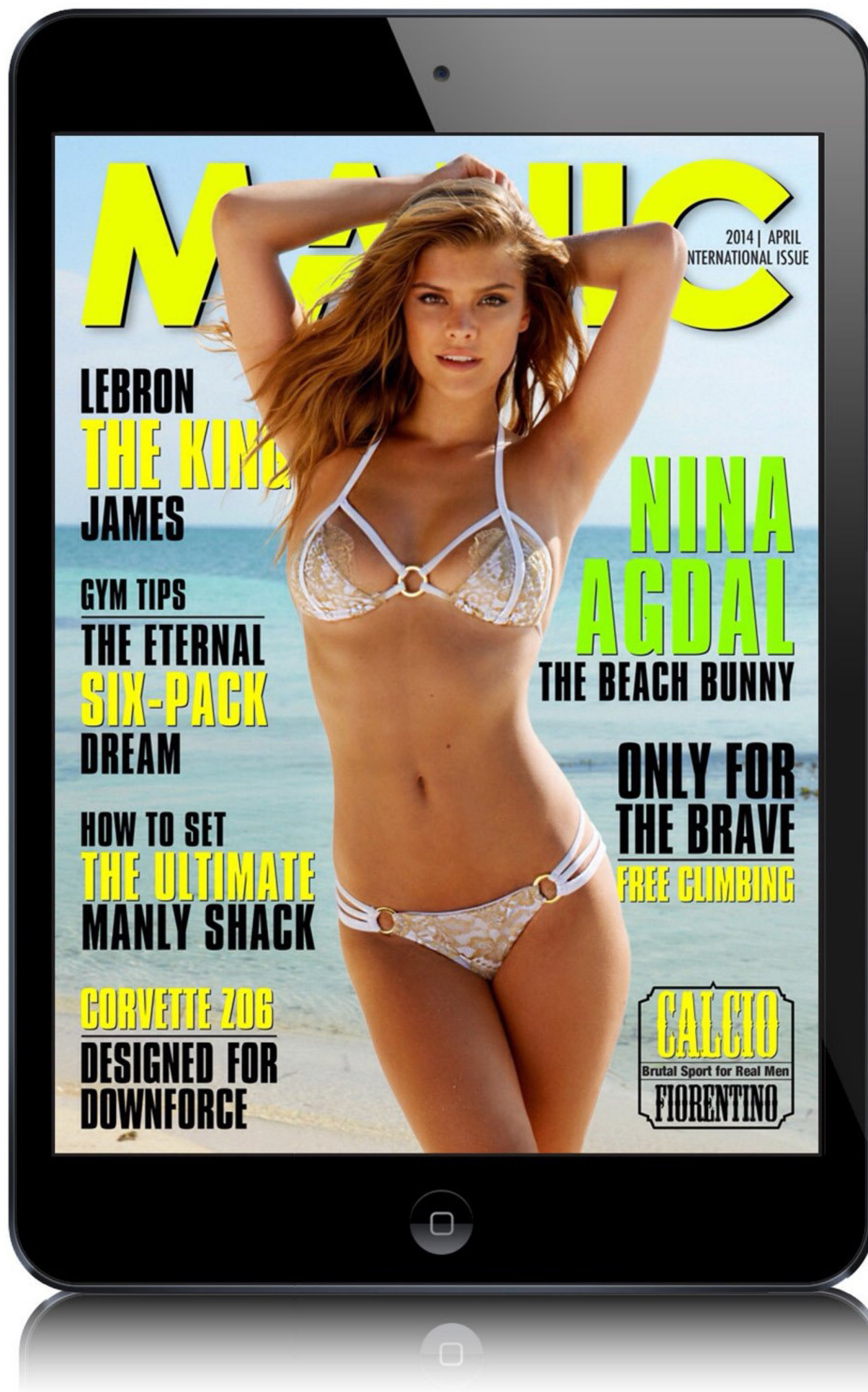
March Bucket list!

TO DO
THIS
MONTH

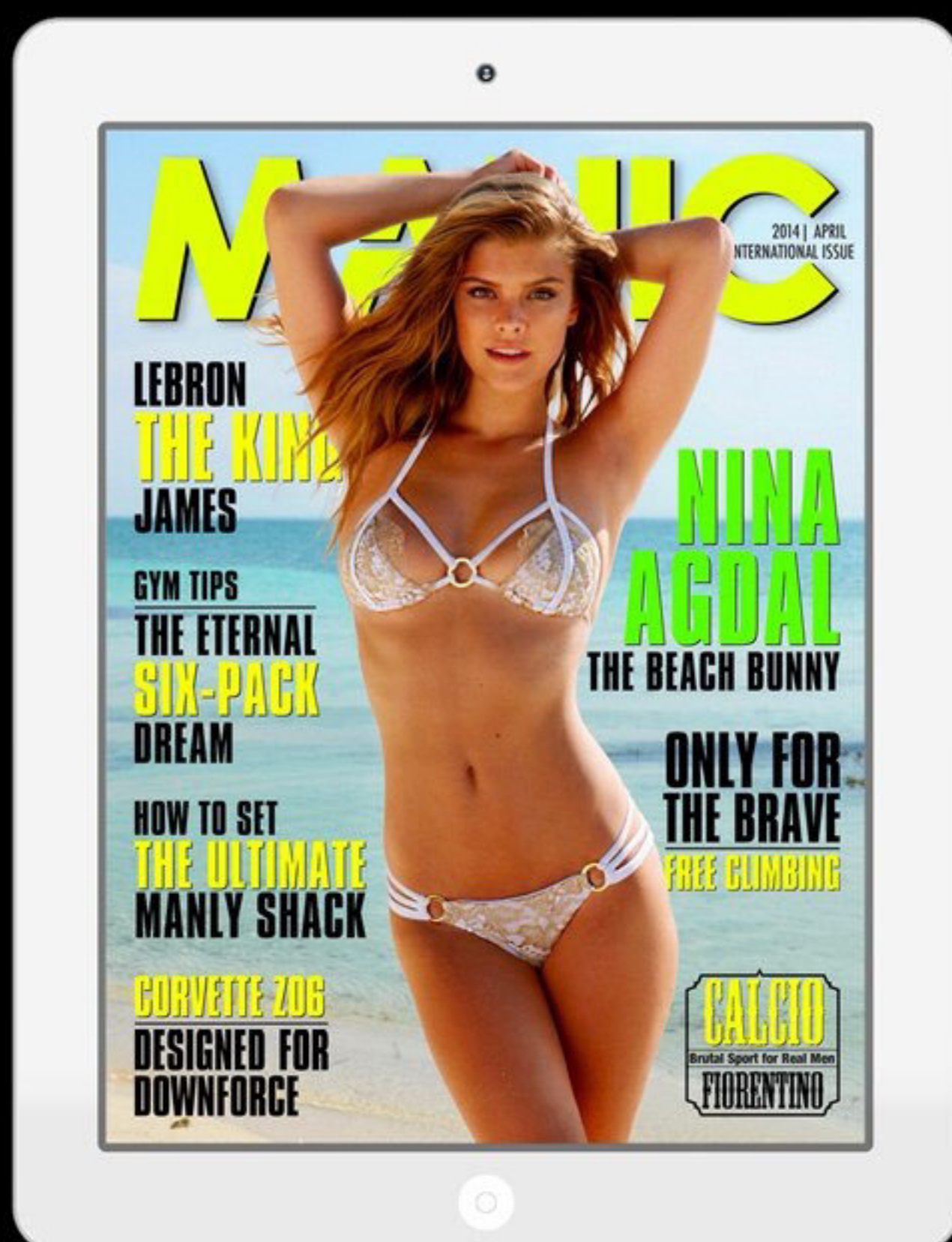
1. Be in a play. To be or not to be...
2. Backpack through Eastern Europe
3. Go on jeopardy and win lots of money
4. Fight for a right cause and make a difference
5. Be a part of a flash mob
6. Become a connoisseur of fine wines... And get drunk, after...
7. Master a martial art.
8. Make Kama Sutra your Bible
9. Run the Boston marathon
10. Fly in a hot air balloon



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