• STYLE PLANER: LEARN HOW TO TIE A BOW TIE + DRESS LIKE JAMES BAY + DRESS FOR LESS + GROOMING ESSENTIALS • 2015 | MAY INTERNATIONAL ISSUE THE MAGIC OF THE GREEN FAIRY Absinthe Chocolate THERE'S NOTHING LIKEIT REM + EVEN VAMPIRES
BRUSH THEIR TEETH STORY BEHIND THE BRISTLE + THE GEEKS SHALL A NEW RISING + WORLD SIMON PEGG **AZERBAIJAN** + A TALENT WE HAVE LUXURY + BEEN WATING FOR RACER **MARGOT ROBBIE GT RACE MANSORY** + BEAUTY AND MALICIOUS + THE DRAGONS **DELICIOUS** EMILIA CLARKE CARBOHYDRATES MANNY PACQUIAO



MAY 2015
MANIC



### 

They neither mince words, nor hesitate to share their thoughts with the world — they are the Twitter community – always ready and hilarious in only 140 characters!



Seth MacFarlane



Christine Teigen



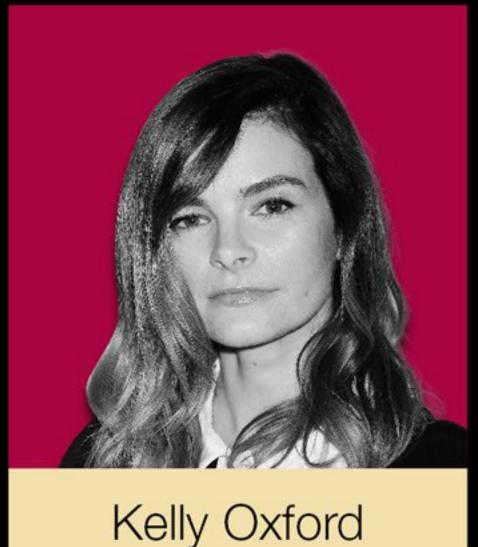
Hasan Minhaj



Seth Rogen

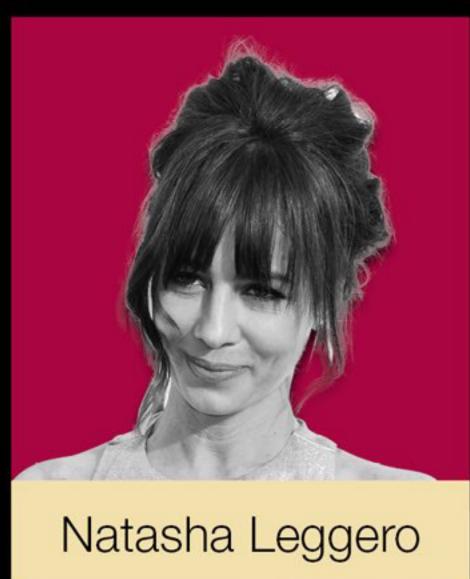


James Van Der Beek





Kristen Bell



### Vanic Library





NYPD RED 3 ——— JAMES PATTERSON&MARSHALL KARP

**ERIK LARSON** 

DEAD WAKE — THE LAST FLIGHT OF POX WEST — DANIEL TORDAY



**◄◄** SWIPE ►►►

The Books You Must Read



# Turning Clean



SHINY SURFACE AND CRYSTAL CLEAR SOUND WILL BE THE FINAL RESULTS OF OKKI NOKKI'S HARD WORK'S DAY



# Turning Clean



If you thought that having a record collection is an easy job, you were wrong. Preserving good sound and avoiding

scratches is made easy with Okki Nokki Record Cleaner. The automatic system runs on a rather strong motor and functions in a similar way as a turntable, but has a vacuum tube that allows fluid and goat hairbrush to clean the surface of the vinyl, and then suction the dirt back in. Impeccably shiny surface and crystal clear sound will be the final results of Okki Nokki's hard work's day. The cleaner comes with a brush and a cleaning fluid, so there is nothing to worry about once you get your Okki Nokki set.











### Pocket Tooloox



### Pocket Toolbox







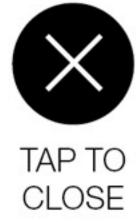
THERE ARE 22 BITS YOU CAN CHOOSE FROM, INCLUDING ALL KINDS OF FLAT, HEX AND STAR BITS MADE FROM HIGH-QUALITY STEEL

Carrying all your tools with you is sometimes quite complicated, but what if you could pack everything

into one pen-like tool? The world of a mechanic in your pocket sounds both convenient and practical. Lightweight and compact, the aluminum housing of the pen comes with 6 bits, layered one onto the other into hexagon barrel. There are 22 bits you can choose from, including all kinds of flat, hex and star bits made from high-quality steel. Tool Pen can screw and unscrew all types of bolts and screws, and can, as the name suggests, write as well. The casing is available in Snow Silver, Gunmetal and Champagne Gold, and can be bought as full set or you can buy the top bits you need. This elegant piece by mininch is all a gentleman needs in his pocket.

Price: \$75.00





### If Walls Could Sing



COMBINING MODERN TECHNOLOGIES AND TIMELESS WOODEN FEEL



## If Walls Could Sing



Hand crafted from reclaimed hand hewn barn wood, BeamBox is a nature-inspired masterpiece that offers amazing sound and unique design. Combining modern technologies and timeless wooden feel, BeamBox is an American artifact that allows you to listen to your beloved playlists with the best possible sound. ClawHammer Co., which makes BeamBox, started its funding campaign at Kickstarter and earned \$15,786, which is nearly double their \$8,000 goal. The dimensions of the speaker are 6x7x18 in; it has a 100 ft wireless range and a frequency response from 90 to 20,000 Hz. ClawHammer Co. has an amazing range of other handmade pieces, so be sure to check out their website

www.clawhammerco.com

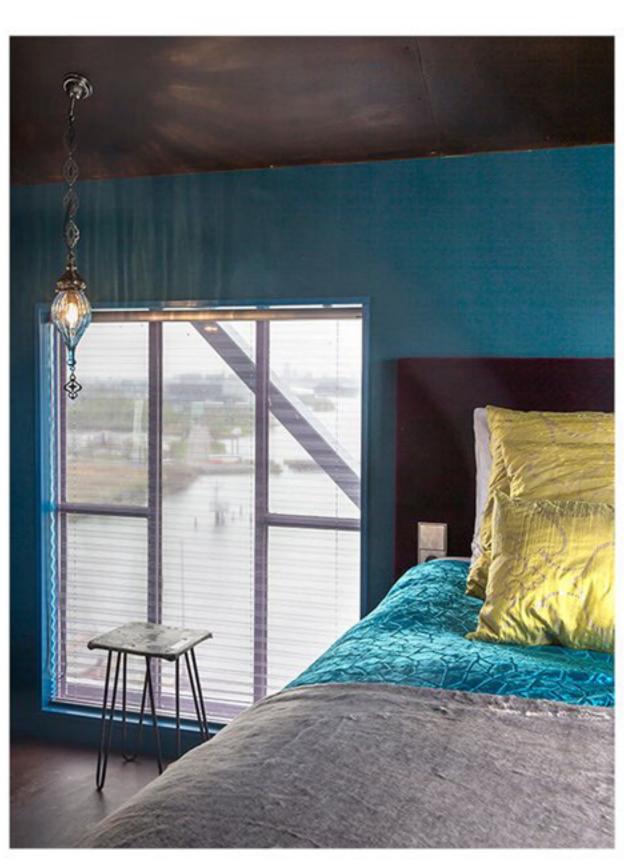


COMBINING MODERN TECHNOLOGIES AND TIMELESS WOODEN FEEL



### Another Point of View

We are kinda used to Dutch people being crazy, we mean this in a positive way, so you can't say this is out of the blue. Next time you are in Amsterdam, be sure to book you stay at Faralda Hotel, which is, believe it or not, a gigantic crane! This 50-meter-high towering new place offers three luxury hotel suites, a spa pool and a TV broadcasting studio. What was once destined to be left to rot, in just three years became a hot, desirable venue. The top team of interior designers decided to dismiss all Doubting Thomases' beliefs that the notion of such a hotel was technically impossible and that is why the trendy NDSM site on the River Ij's banks is today decorated with this impressive structure.













#### + In the Light of Good Luck

Dai minority group of southwest China's Yunnan province celebrated New Year by lighting up flying lanterns near the river. The practice of floating lanterns is thought to drive bad luck away and bring good luck.

Xishuangbanna, China





#### + Foolish Fish

A man installs fish-shaped balloons enclosed in plastic globes in a water fountain in the center of Nice. The installation was set to celebrate the April Fools' Day. Last year, silver fish balloons were hung over the fountain.

Nice, France





#### + Storming Sand

A woman and two children in medical masks cross a street during a sandstorm in Dubai. Although sandstorms are not unusual in the region, the extreme weather at the beginning of April shocked local people.

**Dubai, UAE** 

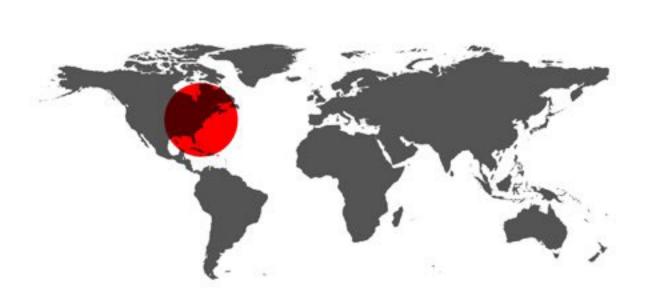




#### + Bunny Obama

US President Barack Obama speaks during the Easter Egg Roll on the South Lawn of the White House as a person dressed as the Easter Bunny stands behind him. Some photographers took convenient shots of it.

Washington DC, USA





#### + Godzilla Complex

A life-size Godzilla head on a balcony of the eighth floor of Hotel Gracery Shinjuku is displayed during the official unveiling ceremony at Kabukicho shopping district in Tokyo. Complex includes a 970-room hotel, movie theatres and restaurants.

Tokyo, Japan



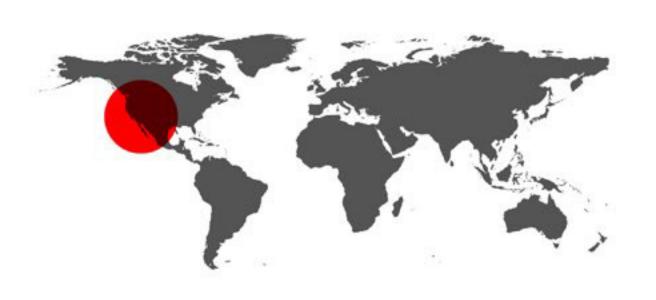




#### + Colors of Coachella

This year's Coachella welcomed hot weather with some vibrant insect sculptures, as well as many other art pieces. Although many know it as a music festival, the full name is Coachella Valley Music and Arts Festival.

Indio, CA, USA





#### + The Kelpies in Liverpool

A giant horse-head sculpture is displayed on the opening day of the Grand National Festival at Aintree Racecourse in Liverpool, Northern England. The annual meeting ends with the Grand National, which is the biggest betting race in the United Kingdom.

Liverpool, England, UK

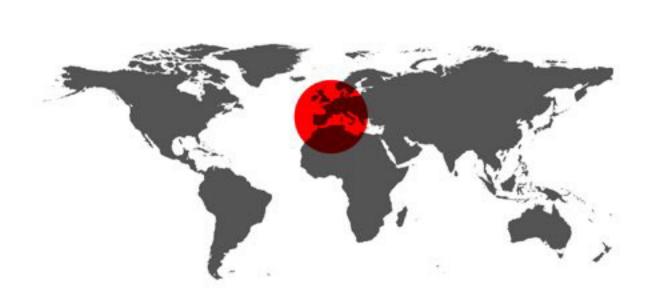




#### + Little Piques

Barcelona's defender Gerard Pique holds his sons before the Spanish league football match FC Barcelona vs. Valencia CF at the Camp Nou stadium in Barcelona. On April 18, Barcelona beat Valencia 2-0.

Barcelona, Spain





#### + Modern Roman

Ancient Roman centurion walks by the Colosseum in the center of Rome. Men dressed as ancient Roman soldiers or emperors can frequently be seen around notable Roman sights. They stand there to entertain or take pictures with tourists.

Rome, Italy







#### + France Trance

People enjoy nice weather and all the colors of Paris Color Run 2015. The Color Run is a five kilometers paint race without winners or prizes, where runners are showered with colored powder at stations along the run.

Paris, France









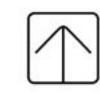
One version of our close future that quickly grew into a franchise is a story of a common man, called Max Rockatansky, who finds himself in an uncommon moment and place. The story is set in a postindustrial world, and told through the camera eye in a low budget manner, which resembles the aesthetics of enachettic Mosterna, depicting the appearance of an expectation.

of spaghetti Westerns, depicting the appearance of an exposed reality. The first part of the franchise, *Mad Max*, became a global phenomenon and earned \$100 million with only \$650,000 invested.

# The dystopian world is only a couple of bad moves away from the reality of the viewer, and it seems quite uncanny that these moves are often made consciously

This feature was the one to launch Mel Gibson into the stardom of Hollywood, as one of the biggest actors of the late 20th century. The reason why the audience responded so well to this particular story lies in the simplicity of the twist – the post-apocalyptic dystopia made by human mistake, turns into a true hell on earth. This story of an individual rising against the system seeks for a hopeless totalitarian atmosphere. Such a script asks for a decaying civilization setting that survives outside of the Megalopolis, owing to a couple of drops of remaining oil.





The dystopian world is only a couple of bad moves away from the reality of the viewer, and it seems quite uncanny that these moves are often made consciously. What comes quite naturally is that violence is usually justified. On one hand, there is violence as a kind of amusement, which is a direct consequence of

the downfall of moral values and laws, and there is also vengeance. Some of the violence scenes from the franchise, especially from the first part from 1979, are legendary and ground-breaking. When these circumstances breed a character who despite all his efforts manages to be defeated by the foul nature of human spirit left to rot, a winning combination is made.

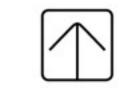




Mad Max is at times driven mad by the pain caused by the loss of his loved ones. Although we may sympathize with the main character, his revenge is no less cruel and unreasonable than the violence his family suffered. What makes Max different is his later re-socialization in its

most primitive form, which enables us to accept him as an anti-hero and not just an avenger. He proves that an individual can bring change to hopelessness and can as such beat the system. Always intimidating, but also quite tempting is the question of 'the end' – flirting with all the possible scripts of how the world could end and what the faith of the last people would be. As we are always fascinated by the genesis of our civilization in both biological and sociological sense, it is somehow expected that the destruction of the present system of values may lead to reestablishment of tribal hierarchy and the animal instincts. This opens numerous possibilities for a rediscovery of our beginnings through facing future in rudimentary conditions.

Another important factor of the *Mad Max*'s enormous influence on pop culture resides in the fact that the story comes from Australia. Such great stories set in unarticulated time usually come with big budgets. This was not the case here, since the story was taken outside the USA and set in the middle of the deepest desert of the smallest continent.



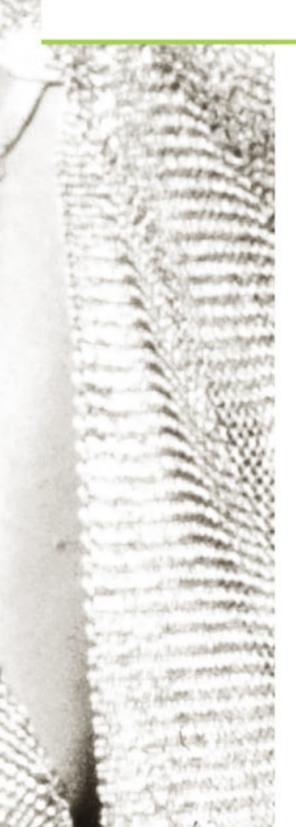
Social contra-evolution spreading across a messy wasteland of Australia was made possible through simple mechanical means.

The newly made world is oil-dependent and the liquid that replaced water is symbolically black.

Although human race is dying out, people are trying to resist it and to patch up what is left of their world by creating temporary settlements. The only proof of new potential civilizations in these oases is seen in the channeling of violence, through gladiator fights. The sword-law is reestablished, without any mercy to the defeated side. Humanity of the protagonist caves in his rejection of such values, because each of his fights is less personal and more collective. He is the reparatory mechanism in the human genetics, which fights against deadly mutations.

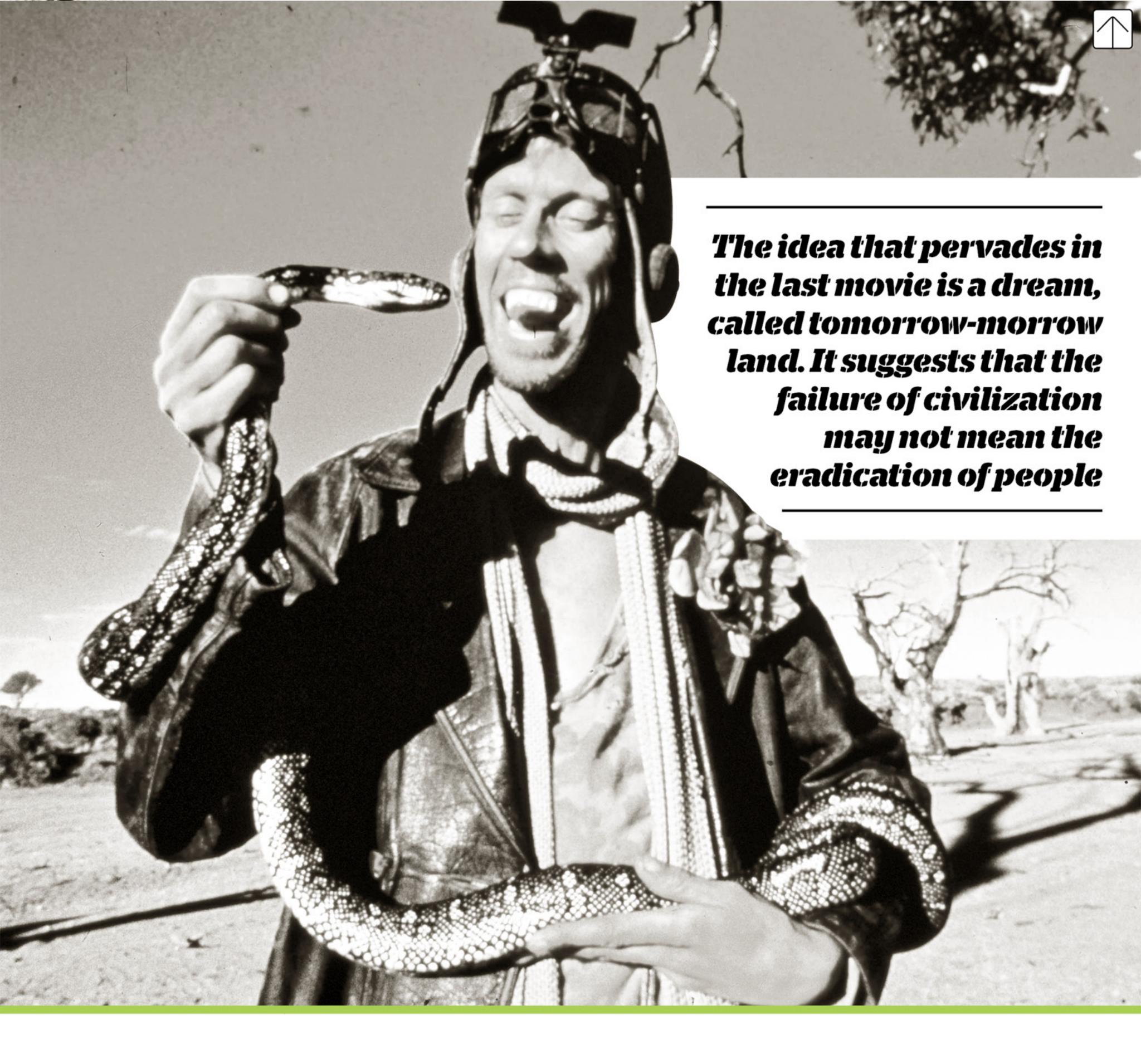
Beside other things, the aesthetics is of crucial importance. The raw and cruel appearance of the new world and its cohabitants is creepy and alluring. Max's ragged clothes and torn leather jacket still resemble his former cop uniform; simple and loud weapons, an obedient companion and a pile of fast tin and iron, which clinks and squeaks every time something hits it or an explosion goes on, are all he needs. The grey sky with no clouds or sun, and the air full of dust and sand, all combine into a rusty reddish scenery of a never before seen world.

# Humanity of the protagonist caves in his rejection of such values, because each of his fights is less personal and more collective. He is the reparatory mechanism in the human genetics, which fights against deadly mutations



An important filming inventory and legendary for the time the movie first appeared were the vehicles. One of the most desirable cars in the world, driven by the main character is 1973 Ford Falcon GT Coupe with a 300 bhp 351C V8 engine, with the additional parts taken from Ford Fairmont and other models. Another car featured in the movie is 1974 Ford Falcon XB sedan, with a 351 c.i.d. Cleveland V8 engine. The final reason why we love this movie is in the sense of hope that it gives. Despite all the possible misfortunes and sacrifices the future may hold, there is always hope that humans will survive as moral, and not only biological beings. The idea that pervades in the last movie is a dream, called tomorrow-morrow land.





It suggests that the failure of civilization may not mean the eradication of people. The rising of the new bloody sun may give birth to a new day, the only thing to be survived is the dark before the birth – this is what myths are ultimately made of.

Maybe we love *Mad Max* because madness is uniquely human, and we all count on that one man among us to save the day once we inevitably screw everything up. Let's see if the new addition to the franchise is something that still inspires hope and promises survival in spite of the ever-growing decay of morality and values of the modern world, in which the sequel is set.







Action/Adventure/Thriller

In the post-apocalyptic world, where everyone is left to fight for survival, a man teams up with a strange woman in order to survive.

Deep in the desert, where humanity is either broken or nonexistent, everyone is dead set to fight for their lives. However, within this chaos there might be two rebels who can restore peace and order - Max, a man who doesn't speak much, but is a determined warrior, and who longs for his peace of mind ever since he lost his family in this chaotic world; and there's Furiosa, a woman who believes that the only way to survive is to make it across the desert to the place where she grew up.

We expect an amazing movie and an epic spectacle, since





O



Director: George Miller



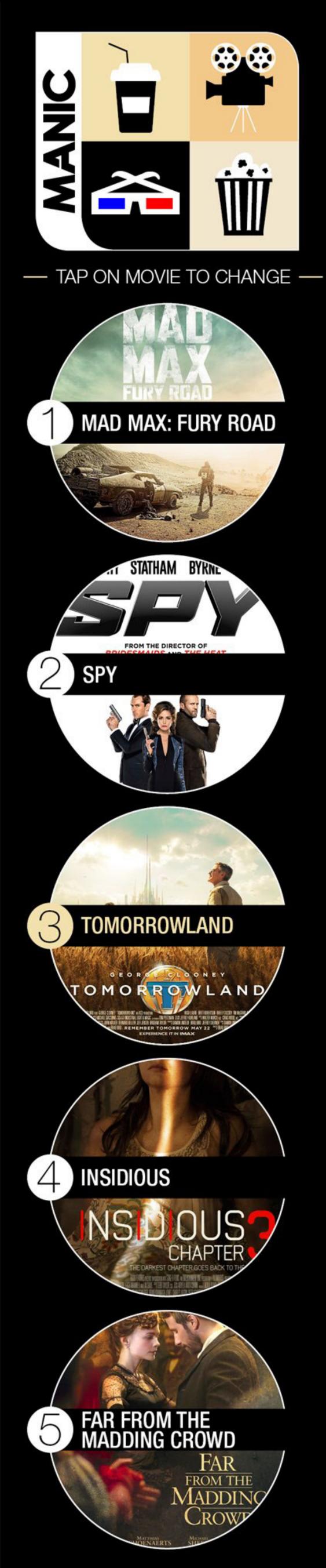














Adventure / Mystery / Sci-Fi

What if there was a secret place where nothing's impossible and you can actually change the world?

Tomorrowland is an amazing place where only the best and the brightest live, and where everyone works for a better future of our world. Casey, a young teenage girl who is very inquisitive and smart, in her search for answers finds Frank, a former boy-genius. Together they go on a trip to a parallel universe, Tomorrowland, where villain David Nix reigns. Casey is a very special girl whom many have been searching for and want to get their hands on, so she and Frank embark on a mission to unravel the secrets of the place that only exists in their collective memory.

Award winning George Clooney and Hugh Laurie star in





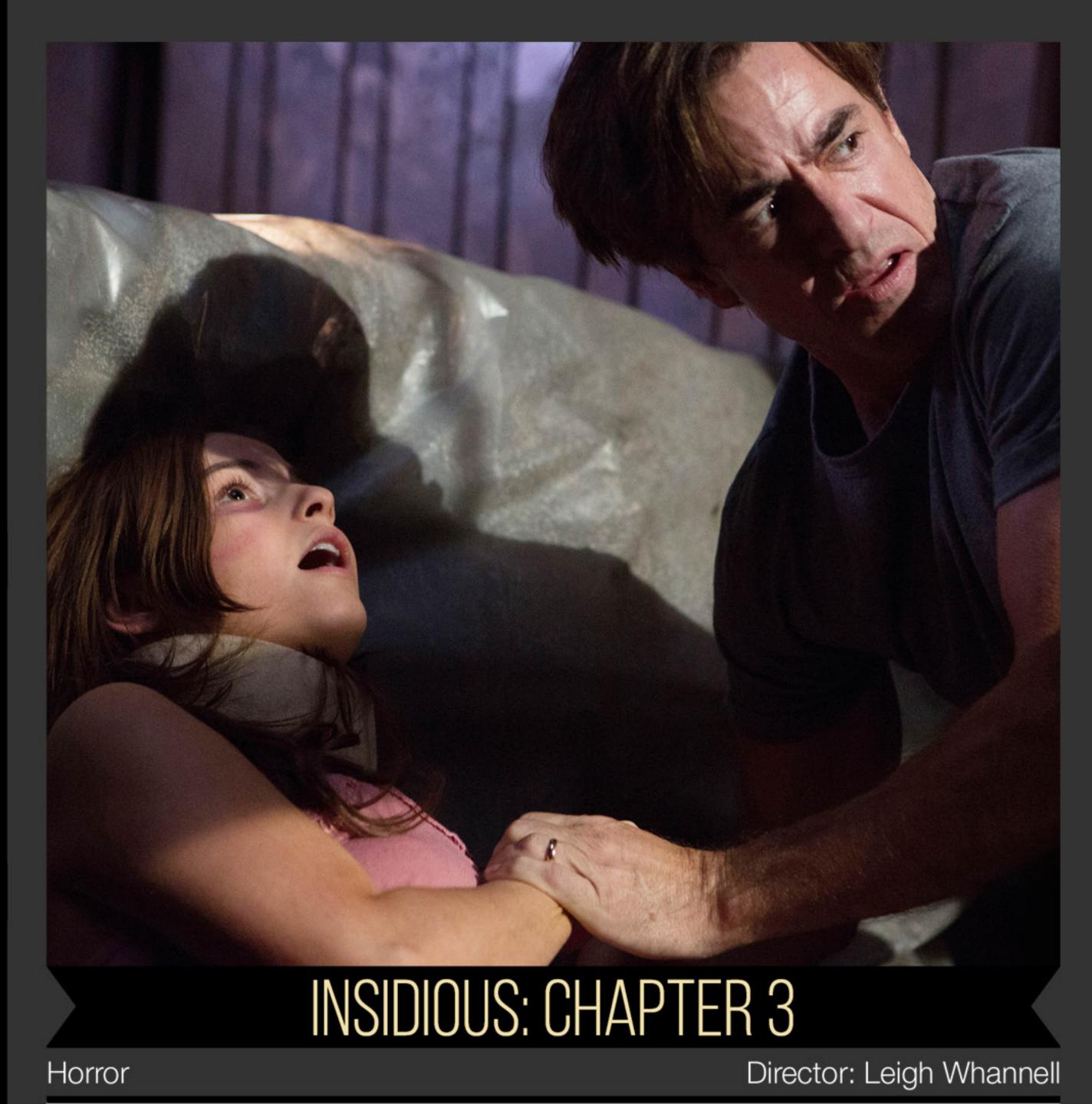
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Director: Brad Bird







The third part in the franchise brings new twists to the fa-

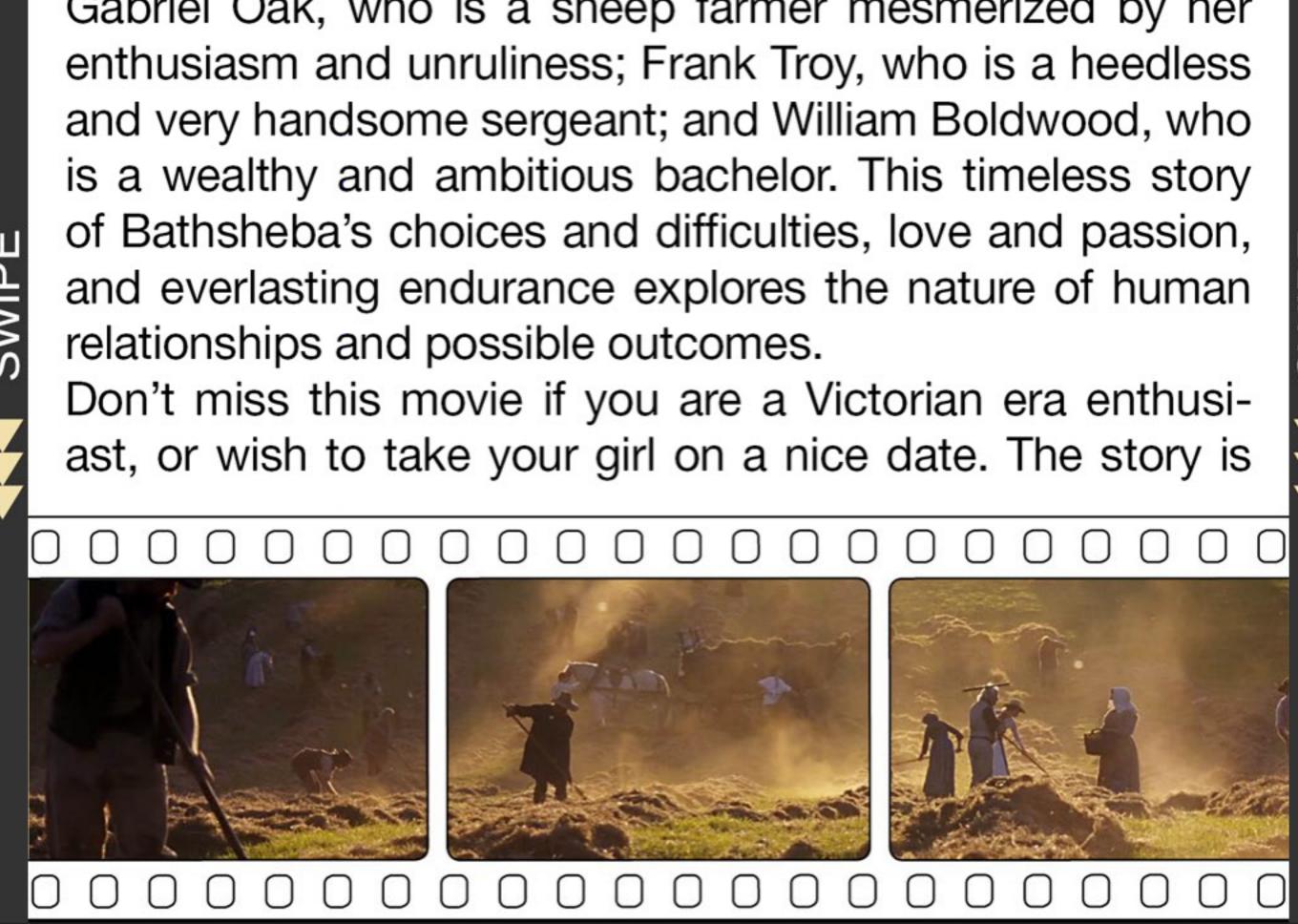
miliar story.

The movie is a prequel and portrays the story that happened before the haunting of the Lambert family. A gifted psychic helps a teenage girl communicate with her mother, who died some time ago. However, when talking with the ghosts, sometimes more than the one summoned can hear the calling. Now the girl is haunted by a demonic entity who, besides being extremely dangerous, threatens to kill her.

If you are a fan of horror movies, you can probably go see it as it is a typical and standardized horror story: a lot of screaming, scenes in the dark, supernatural presence,









**FAR FROM THE** 

MADDING CROWD

FROM THE

FAR FROM THE MADDING CROWD Director: Thomas Vinterberg

Drama

What happens when a strong-minded woman encounters various temptations?

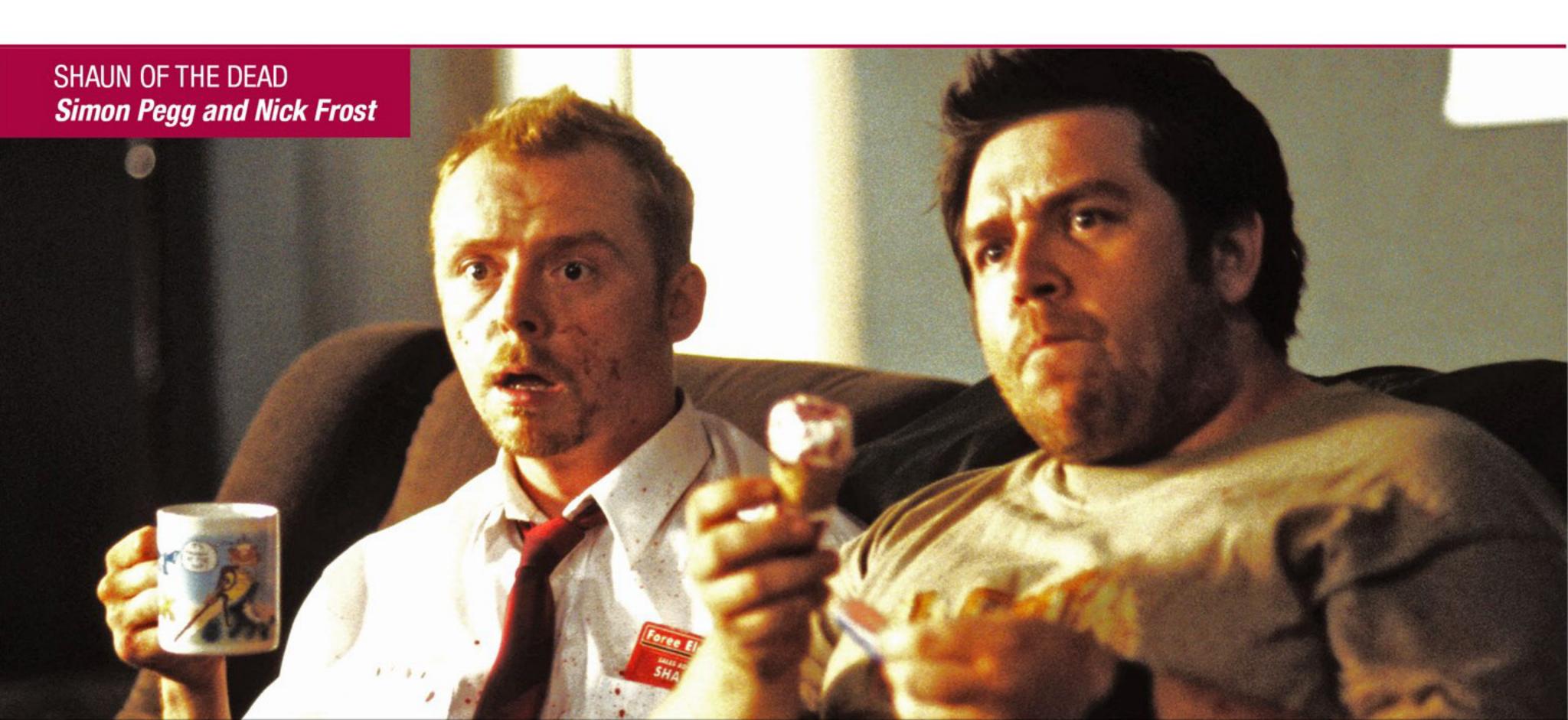
Bathsheba Everdene is a beautiful, intelligent, strong-willed woman in Victorian England. She attracts various suitors: Gabriel Oak, who is a sheep farmer mesmerized by her



Ever since **Shaun of the Dead**, Simon Pegg got on our comedy radar and still hasn't got off it. He started out with a British sitcom **Spaced**, which still has a huge fan base, did some stand-up and a lot of television gigs before finally jumping onto the big screen. His Brit wit soon landed him a major role in the famous **Mission: Impossible** franchise, as well as the role of Scotty in the **Star Trek** franchise. Best known for his collaboration with *Nick Frost* and *Edgar Wright*, Simon Pegg is the loveable geek we never want to see grow up.

The 45-year-old comedian brought us such classics as **Hot Fuzz**, **Paul** and **Run Fat Boy**, **Run**. Most of the humor in these films, which the actor has co-written, comes from the British rural setting and its people

that probably inspired him as a boy. Pegg spent his childhood in Gloucestershire, in a small village of Brockworth. Born Simon John Beckingham, he took his stepdad's surname. His father played jazz professionally and his mom performed in amateur theatre. This left a powerful impression on him, I grew up around a really passionate group of people, who were doing theatre for nothing, simply for the sake of doing it... and that's where I got my love of it from. He went on to study English Literature and Theatre at Stratford-up-on-Avon College and graduated from the University of Bristol in 1991, where he performed as a part of a comedy troupe (his earliest work even included stand-up comedy). Just like most British actors who later became a Hollywood success, Pegg appeared in numerous TV series, some of which include the award winning war drama Band of Brothers and the hilarious sitcom Black Books with world famous stand-up comedians Dylan Moran and Bill Bailey.



During this time, Pegg met Nick Frost for the first time in a Mexican restaurant in north London, where Frost was working as a waiter – and the two became the best of friends. I just thought he was the funniest person I knew, said Pegg. I worked in comedy and I didn't think those people were as funny as him, so when I came to write Spaced, I wrote a part for him. Spaced was a hugely successful sitcom that Pegg co-wrote and created together with Edgar Wright. The show centered on a couple of flat-mates that end up having strange adventures and was laced with pop culture references. Funny and smart, the show brought Pegg a nomination for a British Comedy Award for **Best Male Comedy Newcomer**. Then, in 2004, Pegg and Wright co-wrote the romantic zombie comedy called Shaun of the Dead. The movie was the first one of the Three Flavours Cornetto Trilogy, together with Hot Fuzz and The World's End. The main theme of the trilogy is friendship: Pegg and Frost who play best friends who somehow find trouble in the seemingly peaceful and loving little village in England (the trouble are zombies or aliens). After the success of the first film, a journalist asked Simon Pegg if he was planning to leave the British film industry and set off to Hollywood. No way, said Pegg. It's not like I'm going to run off and do Mission: Impossible! And for his next role, Pegg was playing Benji Dunn, a techno-savvy helping Tom Cruise in Mission: Impossible 3. Suddenly everyone knew about Simon Pegg, and not just in the audience. Quentin Tarantino is a great fan of his comedy, just like Tom Cruise, David Schwimmer, and directors Robert Rodriguez, (he started a standing ovation at the Shaun of the Dead premiere) and George A Romero.

KILL ME THREE TIMES (2014)

In 2004, Pegg and Wright co-wrote the romantic zombie comedy called Shaun of the Dead. The movie was the first one of the Three Flavours Cornetto





Simon Pegg's trademark character of an arrogant and nerdy man, who refuses to grow up, became quite popular in Hollywood, and new, interesting roles simply followed. In 2004, he played in a black comedy **Big Nothing** along *David Shwimmer*, and in 2007 we saw him in **How to Lose Friends and Alienate People** with *Megan Fox, Kirsten Dunst* and *Jeff Bridges*, and in **Run Fat Boy, Run** with the beautiful *Thandie Newton, Hank Azaria* and his comedy buddy *Dylan Moran*. He borrowed his voice for the several episodes of **Robot Chicken** and for the adventure fantasy movie **The Chronicles of Narnia: The Voyage of the Dawn Treader**. Pegg landed the role of *Scotty* in **Star Trek** in 2008, and in 2010 he appeared as *William Burke* in the dark comedy **Burke and Hare**,

a film about the real-life murderers and body snatchers from the 19th century Edinburgh, who used to sell the corpses of their victims to doctor Robert Knox for his popular anatomy lectures. Pegg's love for all **Star Trek** and **Star Wars** movies was the driving force behind another endeavor where he starred next to *Nick Frost*, *Seth Rogen*, *Sigourney Weaver* and *Jason Bateman* in an outrageously funny comedy **Paul**. The movie centeres around two pals going on a geek's pilgrimage to the USA to visit all the famous alien-spotting sights, when suddenly they meet a smart-ass alien named Paul, who changes their lives forever. Pegg and Frost thought of the idea for Paul as they were standing in a rainstorm on the set of **Shaun of the Dead** back in 2004. They made a drawing of Paul flipping-off the viewer, wearing a FBI T-shirt with words that read 'In the US, everybody is an alien' (you can see the drawing during the closing credits).





The two actors even went to the US to do the research for the film, and drove an RV on the same route that they would later take in the movie. In 2013, he starred in **Star Trek: Into Darkness**, where he proved to be quite a prankster: he fooled *Benedict Cumberbatch* into believing that he had to wear a "neutron cream" (it was really just a moisturizer) on his face to protect himself from radiation. Pegg reprised his part in **Mission: Impossible – Ghost Protocol**, which made him the third actor in the movie series, besides *Tom Cruise* and *Ving Rhames*, to be in more than one of the movies in the franchise. In the previous year, we saw him in **Hector and the Search for Happiness**, where he played the role of a psychiatrist who travels the globe in order the find out what makes people happy. What came next were **Kill Me Three Times**, **Men Up**, **Absolutely Anything**, **Mission: Impossible - Rogue Nation and Star Trek 3**.

### × ACTORS WHO DID STAND-UP COMEDY ×





THEY MADE IT BIG IN HOLLYWOOD, GOT THE STAR ON THE HOLLYWOOD BOULEVARD AND FILMED MANY A BLOCKBUSTER, BUT BEFORE THEY WERE FAMOUS, THEY HAD TO TAKE A MIKE IN THEIR SWEATY PALMS AND TELL SOME JOKES IN FRONT OF A LIVE AUDIENCE. HERE'S A LIST OF ACTORS WHO WERE SUCCESSFUL AS STAND-UP COMEDIANS



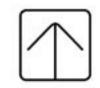
Robin Williams was an excellent stand-up comic, doing impressive voice transformations and telling dirty political jokes. However, he was already a famous name when he filled auditoriums for his performances; Kevin Spacey and Simon Pegg started their careers by doing stand-up comedy. Eddie Murphy's earliest comedy works include stand-up, with two hit performances Delirious and Raw, where he used to cross the line a bit with his jokes, but, darn, he was funny just look up his impersonations of Bill Cosby! In the case of Richard Pryor, some people claim that his performance on film cannot hold a candle to his stand-up performance on the stage. Ron Perlman and Steve Buscemi also did stand-up in comedy clubs before landing a decent role. Zach Galifianakis had a career in stand-up long before the Hangover movies, though his humour and on-stage persona were somewhat odd. Jim Carrey and Adam Sandler also dabbled in comedy before they got their big breaks on Saturday Night Live. Some of the other popular names that join their colleagues on this list are Steve Martin, Will Farrell, Steve Carell, Bill Murray, Ben Stiller, Mike Myers and Rowan Atkinson.





At the age of 25, the stunning blonde has stolen the thunder from other pretty ladies of Hollywood, not only because of her beauty, but for her amazing talent as well. Back in 2007, Margot moved from her hometown, Queensland, to Melbourne to pursue acting professionally. Her first features were *I.C.U* and *Vigilante*, and then she moved to the small screen. Margot took the part of Donna Freedman on the very popular TV show *Neighbours* in 2008, and having started as a guest role, she was promoted to a regular cast member. This particular part of her career was also marked by numerous commercials, and TV appearances, and in 2009 she even became a **Youth Ambassador** for missing persons, as a part of National Youth Week. Three years into Neghbours, Margot decided to head towards Hollywood.







Having changed the continent, she also swapped Neighbours for another TV drama. PanAm was Margot's first break in Hollywood. Next to Christina Ricci, Margot played a PanAm flight attendant. Although the show was cancelled after the first season, Margot's bright acting career was only about to start. About Time, a fantastic family comedy-drama, from 2012 was Margot's next gig. Staring next to some great names, like Domhnall Gleeson, Rachel McAdams and Bill Nighy, Margot was for the first time a part of a bigger budget project. What came next was beyond anyone's expectations, and let alone Margot's. In 2012, the lovely Australian was cast as Naomi Lapaglia, Jordan Belfort's wife, in Martin Scorsese's blockbuster The Wolf of Wall Street, alongside Leonardo DiCaprio, Matthew McConaughey and Jonah Hill. The movie was Scorsese's biggest hit, with a gross of \$392 million. The audience loved her body and the sassiness she brought to the character, and the critics were equally impressed. Some even called her 'Scorsese's best blonde bombshell discovery since Cathy Moriarty in Raging Bull'.

### In 2012, the lovely Australian was cast as Naomi Lapaglia, Jordan Belfort's wife, in Martin Scorsese's blockbuster The Wolf of Wall Street, alongside Leonardo DiCaprio, Matthew McConaughey and Jonah Hill







This year started with her joining Will Smith in a romantic dark comedy, *Focus*. The movie reviews were not outstanding, but her performance surely was. At the beginning of the year Margot even received a nomination for the BAFTA Rising Star Award. The independent feature *Z* for *Zachariah* with Chris Pine and Chiwetel Ejiofor, also premiered this year, and she was again commended 'as one of the very best actresses in her age range today'. Another of her successful attempts was the role in *Suite Française* (2015) alongside Michelle Williams, Kristin Scott Thomas and Matthias Schoenaerts, an adaptation of Irène Némirovsky's novel.

What awaits us in 2016 is *Tarzan* and Margo in the role of Jane Porter, next to Alexander Skarsgård, Samuel L. Jackson and Christoph Waltz. *Suicide Squad*, *The Taliban Shuffle*, *Violent Talent and Dangerous Odds* are just some of the titles you should be checking out in the next year or two.

Privatly, the beautiful blonde is a normal girl living with four flat mates in London. She enjoys extreme sports like snowboarding and surfing, and is even an ice hockey team member. To sum up, Margot Robbie is all we are looking for in an aspiring Hollywood star – charm, beauty, and above all amazing intelligence and talent.









## Sometimes I feel like the kid left out, the weirdo with the silver hair that no one likes to talk to

Emilia Clarke is a young British actress who managed to take the world by storm in just a couple of years. Having shone in a few very different roles at the mere beginning of her career, she showed great potential both on television and in theater. Diversity in choosing roles is an admirable trait in any actor, and when the roles span between two complete opposites, such an actor should deserve utmost respect. Emilia Clarke managed to stand out as one of the biggest British surprises when it comes to her ability to adapt and transform for the required roles.

Born in London on May 1, 1987, and raised in Berkshire along a younger brother, Clarke dreamt of becoming an actress since the age of five. She went to school in Oxford, and in her high school days she participated in school productions of the *West Side Story* and *Twelfth Night*. In 2009, Clarke graduated from the *Drama Center* in London (this school was also attended by *Colin Firth*, *Michael Fassbender* and *Tom Hardy*) where she took part in over 10 plays. This period was extremely important for her career, since she appeared in the play *Sense*, a production project of the Company of Angels organization.



Later she appeared in a commercial for a humanitarian organization *Samaritans*. Nevertheless, despite all her success the most important detail of that year was her appearance in BBC's series *Doctors*. Although she had her film debut in 2010 in a motion picture called *Triassic Attack*, which won her a UK Stars of Tomorrow title, the same year she received the best offer in her life. After a quite weird and unusual casting she was chosen to play Daenerys Targaryen in the world famous HBO's *Game of Thrones* series. What she probably did not expect was for the show to be one of the planetary most popular fantasy book adaptations, and TV shows in general, with 18.4 million viewers per episode. **The show launched her to the 20-something A-list**.







The breakthrough opened new possibilities for Clarke, and she was cast in *Spike Island* (2012), *Shackled* (2012) and *Dom Hemingway* (2013) with *Jude Law*. Hitchcock's fairytale *Voice from the Stone* is expected to come out this year, and July is scheduled for *Terminator Genisys*, where she will be playing legendary Sarah Connor. Judging by the state of things, next year we'll be seeing Clarke in *Me before You*. Allegedly, she was also offered the role of Anastasia in *Fifty Shades of Grey*, which she refused without thinking.

Meanwhile in 2013, she appeared in theater alongside *Cory Michael Smith* and *George Wendt*, in the role of *Holly Golightly* in *Breakfast at Tiffany's*, previously played by *Audrey Hepburn*. This role made her a Broadway sensation. **At the premier, half of the audience filmed her getting into the tub naked**, as if they hadn't already seen her nude in the HBO hit series. Three time Screen Actors Guild Award nominee, and once nominated for *Emmy* (2013), Clarke won EWwy Award for the *Best Supporting Actress* in a Drama.

However, the role of Daenerys Targaryen still remains her greatest success. Here she had to tackle many challenges, first of them being nudity, which turned to be quite simple to her. A great relief for her was the physical difference between her and Daenerys, which made distancing from the character quite easy.

The reason why this character strikes us as loveable is in the fact that she managed to portray a true female fighter perfectly. Fictional and epic version of Joan of Arc with a hint of magical capabilities to control dragons, a very attractive and quite often undressed physique, made men around the world drool over Khaleesi.



An avenger and a throne pretender, leading an army of released slave-warriors, is a character so many of us fell in love with.

The feisty female-warrior who fights for the underprivileged, with her family dead and her dragons chained was for Clarke quite a difficult challenge. All in one character, the First of Her Name; the Unburnt, Queen of Meereen; the Queen of the Andals and the Rhoynar and the First Men;

Khaleesi of the Great Grass Sea; Breaker of Chains, and Mother of Dragons and a mhysa, (mother) to the released slaves, the role carries a big burden, which Clarke easily manages to carry out.

Though we cannot say that Emilia Clarke is an actress of many features so far, her engagement in the film industry of both the American and the European continent is more than significant. **One of the most desirable young actresses in the world, and still a very simple girl** like Clarke is expected to become an award winning actress and to continue fascinating the audience with her gentle beauty and professional persistence in art making.





#### "The Day Is My Enemy"

The sixth studio album, The Day Is My Enemy, is supposed to be the continuation of the previous one, Invaders Must Die, from 2009.

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### "Glitterbug"

Glitterbug is The Wombats' third studio album. As the frontman of the band, Matthew Murphy, states, the album is inspired by his experiences while...

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#### "What For"

The upcoming studio album of charismatic Chaz Bundick, a.k.a. Toro Y Moi, most certainly makes a statement or two.

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### THE PRODIGY

### "The Day Is My Enemy"

The sixth studio album, *The Day Is My Enemy*, is supposed to be the continuation of the previous one, *Invaders Must Die*, from 2009. In December last year, the band announced their first single from the album, *Nasty*, which became a sensation on the Internet upon releasing of the music video. The Prodigy is more socially critical this time; the song *lbiza* describes the band's visit to the party island – there they were repulsed by the DJ superstar culture, or the so called DJs from around the world that are merely products of globalization. Unlike their previous two albums, the reaction to The Day Is My Enemy has been positive; some critics described it as the band's most exciting and angry album ever, as it is startled by both artistic revitalization and social agitation of the people who live in the culture of fear.





#### "Carrie & Lowell"

is the upcoming studio album by Sufjan Stevens. Unlike his previous one, Carrie & Lowell's music...

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### "Kintsugi"

All the previous themes regarding blind search for connection, finding yourself and exploring the way people do or don't feel...

DEAD MODE

# The Prodigy The title of the album is inspired by Cole Porter's song All Through the Night.





















# History



The first people ever to use chocolate in any form were the ancient Olmecs. They used the *kakaw*, or cacao beans, to prepare what appears to be a type of drink.

The bean itself was bitter and hard, but the Olmecs came up with the way to process it by grinding, roasting, fermenting or drying it – this was back in 1800 B.C., which is simply astounding. But it was the Mayans who really fell for chocolate, even used it for medicinal purposes, in various rituals, and called it *the food of the Gods*.

CHOCOLATE DOES NOT CAUSE ACNE – IF YOU HAVE SKIN PROBLEMS WHILE EATING CHOCOLATE THAT MEANS YOU ACTUALLY HAVE COCOA POWDER ALLERGY Not only did the Mayans start planting and growing cacao trees in gardens, but they also discovered a way to carry cacao with them by mixing it with cornmeal and making small blocks to eat as snacks. Cacao was even used as currency by the early Mesoamericans, while Aztec rulers demanded that taxes be paid by citizens in cacao. In these communities a rabbit would cost between four and ten cacao beans, for example, a prostitute 50, and a turkey hen or a slave would cost 100. Cacao was so important in those times that it was often counterfeited – some people used to empty the bean pods, fill them with dirt and pretend they were newly harvested, or simply carve them out of clay. As Cortez familiarized with the Aztecs in the early 16th century, he also discovered chocolate but found it was fairly bitter, calling it *a drink for pigs*. In the following years, the Spanish conquered the Caribbean Islands where sugar was

grown and as soon as they introduced it to cocoa drinks, it became a drink for (European) humans, too. The wondrous drink made it to Spain where it was used for medicinal purposes. Since cacao was expensive, only the rich aristocrats in courts would drink it, adding milk and cinnamon to it. Soon the rest of Europe was mad about it and cacao plantations were created to produce it locally instead of importing it from far away places. What is more, the variety used on these plantations was the forastero bean, which didn't taste as good as the overseas' kind, but was easier to grow. Ninety percent of cacao

grown today is *forastero*. Chocolate became available to everyone and thanks to the inventiveness of a few scientists, the extracted cocoa butter was mixed with cocoa powder and sugar to create the first solid chocolate, and by the mid-19th century we had our first milk chocolate. Today, Switzerland consumes the biggest amount of chocolate per year, about 22 lb, and it's followed by Austria, Ireland and Germany, while the USA remains the largest market for chocolate consumption. However, Mongolia is the country where chocolate is least consumed.





## Quality Chocolate

Chocolate is famous for its culinary use, but its nutrition is actually the reason behind such popularity. Do not feel encouraged to eat 3.5 ounces every day (its fattening and loaded with processed sugar!), but know that this amount of dark chocolate (with 70-85% cocoa) has 0.03 oz fiber, 67% of the recommended daily intake of iron, 58% magnesium, 89% copper and 98% manganese. Consuming a piece of dark chocolate every three days is actually good for your cardiovascular system as it helps blood flow. It also contains potassium, phosphorus, zinc, selenium, vitamins A, B1, B2, B3, C and E. Phenylethylamine and serotonine come hand in hand with chocolate and are responsible for our obsession and addiction to chocolate. The bioactive compounds in chocolate promote alertness, reduce anxiety, relieve pain and give us energy – if eaten in moderation, of course.

Nutrition

in moderation, of course.

CHOCOLATE MILK WAS
INVENTED IN JAMAICA

Different types of chocolate can differ in quality and it takes all four of our senses to spot the good ones from the not-so-good ones. If the chocolate was not properly stored around 65°F, it starts to melt and the butter form it rises to the surface, creating a white coat. Glossy shine is the first sign of good chocolate, so make sure you look for it. Once you take a bite into a piece, it should snap and give out a crackling sound. This is called mouth feel (or you can put a piece of chocolate in the palm of your hand, close it and wait for twenty seconds; if it hasn't melted yet, it's not the best quality chocolate). It also refers to the texture of chocolate which should be smooth and neither grainy nor waxy. The piece should then start melting in your mouth immediately as it reacts to your body temperature. Chocolate containing vegetable fat or solid shortening holds its shape longer and won't melt as fast. Store cocoa powder and solid chocolate in a cool, dry place - around 65°F with humidity around 50%, not higher, but keep your white chocolate in the fridge. Solid chocolate will keep freshness for a year if stored properly, while cocoa powder will keep infinitely.

The cacao bean gives us the chocolate liquor – ground or melted nib, cocoa butter and the cocoa powder together – the remaining part of the bean which is finely ground. From this we distinguish between five basic types of chocolate: the baking chocolate, dark, milk, and white chocolate.







TAP TO REA MORE

## White Chocolate

White chocolate is technically not chocolate at all as it does not have chocolate liquor. It does, however, contain 20% cocoa butter (the percentage varies from country to country) and 14% milk, with the addition of sugar.





## Milk Chocolate

This is solid chocolate with at least 10% chocolate liquor to which cocoa butter and sugar are added, but the key component is milk – milk chocolate must have at least 12% of liquid milk, condensed milk, milk powder or cream.





## Baking Chocolate

Also known as unsweetened chocolate or bitter chocolate, it is made of hardened chocolate liquor and used for making other chocolate products. This variety is the preferred one for most bakers since it gives them control over both the sweetness and flavor of the final product. It does not contain sugar.





It can be semisweet, sweetened or bittersweet, depending on the amounts of cocoa butter and sugar added to it. With the Chocolate liquor, it is mixed with cocoa butter and sugar. It is also used as a base for cooking and baking. and sugar. It is also used as a base for cooking and baking.







#### **DIRECTIONS**

**Step 1:** Preheat the oven to 350°F.

Step 2: Take two 9-inch round pans, oil them with cooking spray and dust with flour.

**Step 3:** Using a large mixing bowl, mix together the flour, baking powder, baking soda and salt, then add the sugar and cocoa. Add the eggs, milk, oil and vanilla. Mix to combine for 2 minutes with a hand mixer. Finally, mix in the boiling water.

**Step 4:** Pour the batter evenly into the prepared pans. Bake in the oven for 40 minutes. Leave to cool in the pans for 10 minutes, then transfer the cake to a platter to cool completely. Glaze one cake with half of the frosting, top with the other cake and glaze with the rest of the frosting. Serve.







Chocolate Expert's

# Quick and Easy Chocolate Cake

#### **INGRIDIENTS**

1 3/4 cups all-purpose flour

3/4 cup unsweetened cocoa powder

1 1/2 teaspoons baking powder

1 1/2 teaspoons baking soda

2 cups white sugar

1 teaspoon salt

2 eggs

1 cup milk cooking oil

2 teaspoons vanilla extract

1 cup boiling water any store-bought chocolate frosting





A LONG FORBIDDEN SPRIT, IN WHICH MANY HAVE FOUND INSPIRATION AND SOME EVEN TOXICATION, IS ONE OF THE GREATEST MYSTERIES AMONG THE ALCOHOLIC BEVERAGES. THIS 18TH CENTURY SWISS CREATION WAS DEARLY LOVED BY GREAT MEN OF LATE 19TH AND EARLY 20TH CENTURY FRANCE, SUCH AS HEMINGWAY, JOYCE, BAUDELAIRE, RIMBAUD, TOULOUSE-LAUTREC, MODIGLIANI, PICASSO, VAN GOGH AND WILDE.



There are two best known methods of serving absinthe. The *French Method* involves a sugar cube placed on a special grater-like spoon, which is put above the glass with a measure of absinth. Three to five measures of iced water are poured over the sugar cube, and the cloudy liquid is called the louche. For the Bohemian **Method** an absinth-soaked sugar cube is placed on a slotted spoon and set on fire, it is dropped into the glass to ignite the measure of absinthe. A shot of water is then added to the absinthe to dowse the fire. If the flame is simply left to fade, this is called The Flaming Green Fairy. Other ways of consuming absinthe mostly reside in different cocktails. Ernest Hemingway's Death in the Afternoon is probably the most popular, and consists of 1 measure of absinthe and 4 of champagne. The Green Beast adds water, simple syrup, lime juice and cucumber slices to absinthe to create one hell of a monster cocktail.



Derived from a herb called *Artemisia* absinthium or grand wormwood, and combined with anise, sweet fennel and other herbs, absinthe is bottled at up to 82.3% or even 89.9% ABV, but drank diluted with water. Traditionally green, but today more often colorless, the Green Fairy got its name both because of its color and the magical effect it had on the consumer. Not so long ago, the beverage was considered highly hallucinogenic and consisting of addictive psychoactive drug, since it contained a harmful chemical called thujone. By 1915, absinth was prohibited all around the world, but with research showing that there was no more danger in it than in any other alcohol, it poured back into bars around Europe in 1990s. The USA allowed absinthe back into its shops and bars first time after the Prohibition in 2007. Absinth probably owed its 'toxic' past to the fact that its green hue came from adding copper salts; however, the coloring was later left to herb and food dyes, but is today mostly omitted completely.











#### Tenneyson Absinthe Royal

All the spirit's ingredients are naturally farm grown and hand-selected before distillation. Tenneyson contains fragments of juniper berry, the key ingredient of gin, which makes this uncolored absinthe very gin-like in style and opens the absinthe category to a wider audience.



Distillery: Destillerie
Les Fils d'Emile Pernot,
Pontarlier, France
Dates back to: 2011
Price: \$60.00





La Clandestine Absinthe

Distillery: Artémisia-Bugnon, Couvet, Switzerland Dates back to: 1935 Price: \$64.00



One of the best Le Bleue absinthes in the world is made after a 1935 recipe. It is suggested for this masterpiece to be first tested without sugar and then served with 2 to 5 measures of fresh water. This is one of the first absinthes to be distilled in the Val-de-Travers, the cradle of absinthe distillation.



Distillery: St. George Spirits Artisan Distillery, Alameda, CA, USA Dates back to: 2007 Price: \$60.00





#### St.George Absinthe Verte

The first legal American absinthe released after the U.S. ban, St. George Absinthe Verte was distilled, but not sold during the ban, with the aim of reaching the best possible formula. After two infusions, the spirit gets its green color, but by the time it is bottled and drank it turns to its dead leaf hue.



#### Butterfly Absinthe

American heritage and Swiss formula have joined to combine a superb absinth, which, aside from the holy trinity, uses mint, citrus zest and other herbs for a complex, but refreshing flavor. More than 60 production steps are required to make Butterfly over a three-day period from plant selection through maceration and distillation.



Distillery: Artémisia-Bugnon, Couvet, Switzerland Dates back to: 1902 Price: \$72.00





#### Distillery: Philadelphia Distilling, New Orleans, LA, USA Dates back to: 2008 Price: \$60.00



#### Vieux Carré Absinthe Supérieure

Vieux Carré is batch distilled using a double maceration process featuring both grande wormwood and petite wormwood, and both green and star anise, fennel doux Provence, melissa, genepi, hyssop and spearmint, which complete the complex flavor profile. This is one of the sweetest absinthes out there, with interesting earthy components.



#### Versinthe Absinthe

The first absinthe sold in France after the ban was lift in 2011 comprises 20 herbs that blend perfectly into this mythical drink. The spirit also comes in La Blanche version with 55° alcohol and without added sugars can be widely used for cooking or cocktail artistry.



Distillery: Liquoristerie de Provence, Venelles, France Dates back to: 1999 Price: \$32.00





#### Leopold Bros. Absinthe Verte

Starting with a grape destilate base with added anise seed, fennel, and grande wormwood, Leopold Bros' Absinthe gets its green color from herbs such as lemon balm and hyssop. The result is a brilliant emerald green spirit that is the perfect touch for classic cocktails such as The Sazerac.



Distillery: Leopold Bros., Denver, CO, USA Dates back to: 2008

Price: \$80.00







Distillery: Pernod Distillery, Thuir, France Dates back to: 1805 Price: \$55.00



#### Pernod Absinthe

of many bartenders, Pernod goes great into any Green Beast, Grape Sour or Maiden's Blush. The spirit had been there long before the Prohibition and has survived the ban. It returned in 2006 and won over the hearts of strong spirit lovers.



#### Spirit Inspired

 Get your scoop on some of the most amazing spirits you can find on the market.
 We offer you a list of liquors, which appeal to the consumers with both the elegant taste and the clever bottle designs that simply radiate style and class. If you have a penchant for high quality fashion style, then pair it with superior alcohol.

FINE PAIRING OF TASTE AND S'



**MONDORO** 

#### **ITALIAN SPARKLING WINE**

Price: \$15.00

Entirely produced out of moscato grapes in the region of Northern Italy, you can choose four different flavors of this sweet, delicate sparkling wine







0

BUFFALO TRACE
WHITE DOG MASH #1

Price: \$15.00

This corn whiskey has a sweet, spicy, and smooth start to it. Definitively sweeter than other corn whiskies, which contributes to its complexity





**SAZERAC** 

#### **TORTILLA GOLD TEQUILA** LIQUEUR

Price: \$27.00

You can enjoy this rich taste agave tequila straight up or in your favorite cocktail on a wild night with your friends



#### JACK DANIEL'S **TENNESSEE FIRE**

Price: \$27.00

Red-hot cinnamon liqueur blended with Jack Daniel's Old No. 7 Tennessee Whiskey. The result is Jack Fire, a classic spirit with an interesting finish







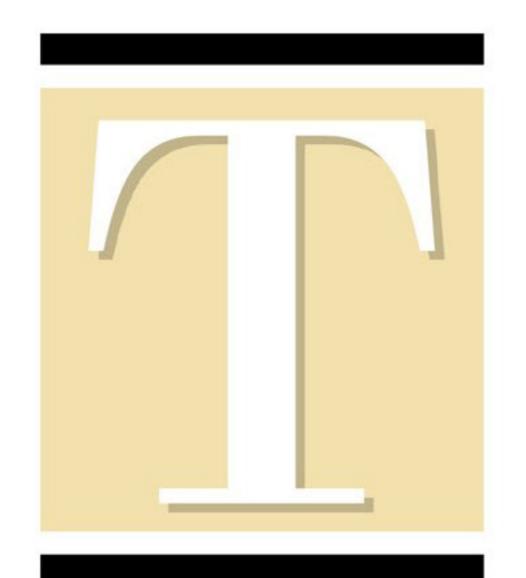




GODO SHUSEI COMPANY LTD







THE PROMISED LAND OF THE CAUCASUS REGION, THE CROSSROADS OF EASTERN EUROPE AND WESTERN ASIA, AZERBAIJAN IS DEFINITELY A COUNTRY WE DO NOT KNOW ENOUGH ABOUT. ALTHOUGH THE NAME PROBABLY RIGS A USSR BELL TO US, AZERBAIJAN WAS A PART OF THE UNION FROM 1920 TO OCTOBER 1991, JUST MOMENTS BEFORE THE DISSOLUTION OF THE SOVIET UNION. THIS DEMOCRATIC COUNTRY IS TODAY A PLACE OF HIGH DEVELOPMENT, AND RANKS AS ONE OF THE MOST DEVELOPED EASTERN COUNTRIES. ITS ECONOMY AND UNEMPLOYMENT RATES ARE ON PAR WITH SOME OF THE RICHEST COUNTRIES IN EUROPE, WHICH HAS ALSO EARNED IT THE TITLE OF ONE OF THE TOP 10 REFORMERS IN 2008, NAMED BY THE WORLD BANK.

The three key things you must know about Azerbaijan's geography is that it is naturally bordered with the *Caspian Sea* to the east, that the *Greater Caucasus* lies in its north part and that the center of the country is covered in vast flatlands. However, around 40% of the country is covered in mountain ranges. The position of the country allows it to have 9 out of 11 existing climate zones, which means that some parts can have temperatures as low as -27.4 °F and some regions can be as hot as 114.8 °F at certain times. The geography and climate make Azerbaijan the largest agricultural basin in the region, since 60% of the land is agriculturally exploitable. Aside from agricultural wealth, the country is rich in oil and natural gas, as well as gold, silver and iron – this all accounts for the quick development of the region and the growth of its economy. Moreover, big part of the country's success lies in tourism, which was quite popular in the 1980s, and then after the 1990s war started recovering in 2000s. Today, Azerbaijan is popular for its religious, spa and health care tourism, and takes great pride in its winter skiing resorts.







# MEN'S CODE JRBAIJ ABAIJ

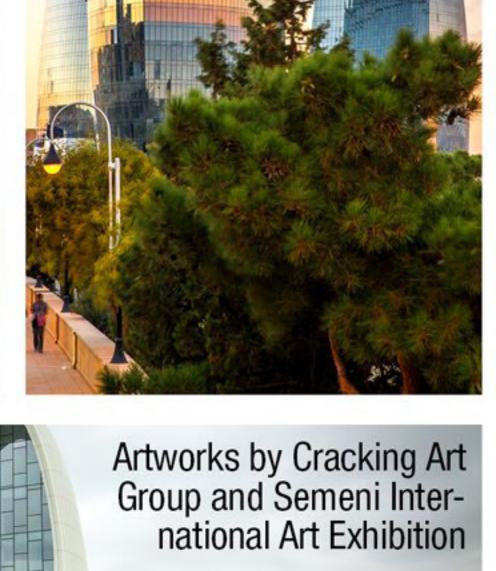


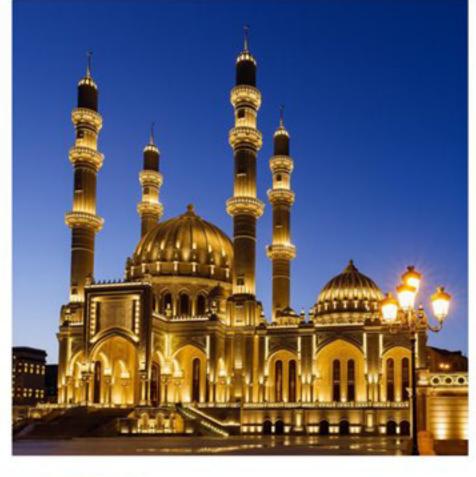


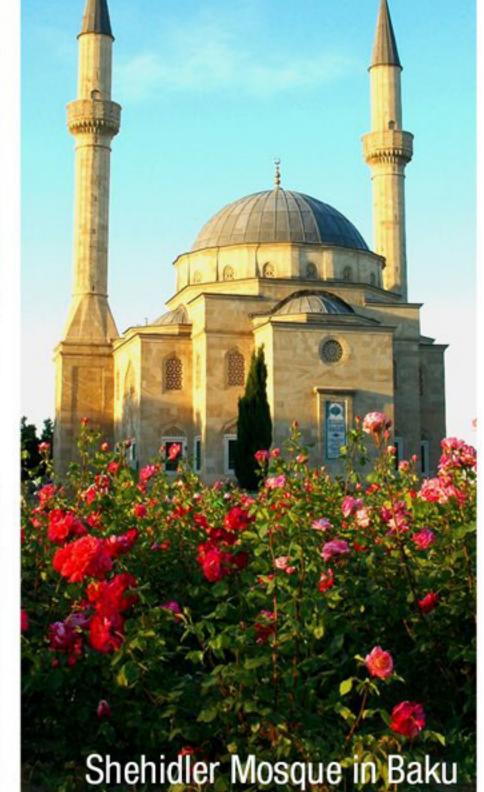






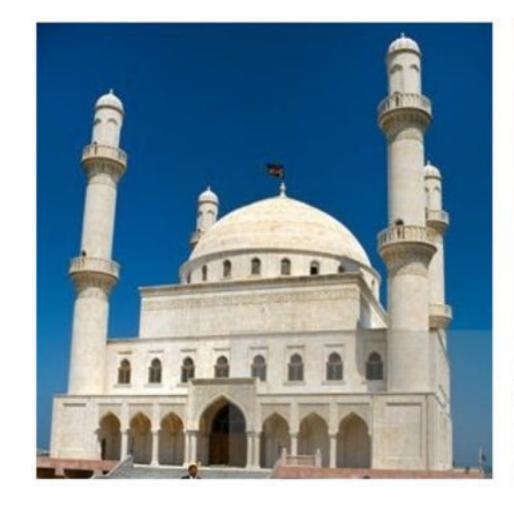












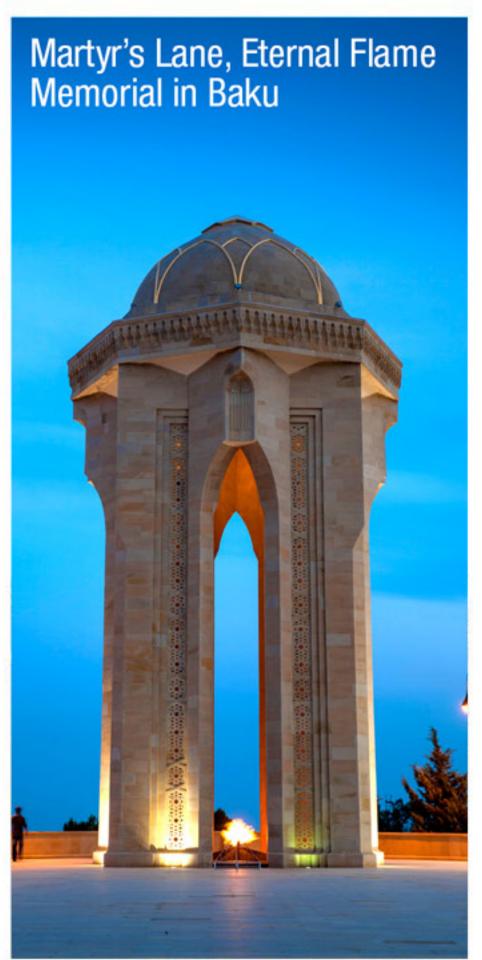


# MEN'S CODE

The capital of Azerbaijan and its Seaside Park Boulevard is a place which probably attracts most of the tourists to the east. Starting from the *National Flag Square* up to the *Baku Port*, the 3.5-mile-long boulevard offers comfort-

able cafes and restaurants, yacht club, many amusement centers, International Mugham Centre, the new building of Carpet Museum of Azerbaijan, sport and concert complex Baku Crystal Hall opened for Eurovision 2012, and many more beautiful tourist-worthy spots. It is planned to refine the seaside stretching along the coast and the total length of the Boulevard should reach approximately 9 miles. The famous Flame Tower complex composed of three buildings, and designed by famous architect Zakha Hadid, also lies on this stretch.

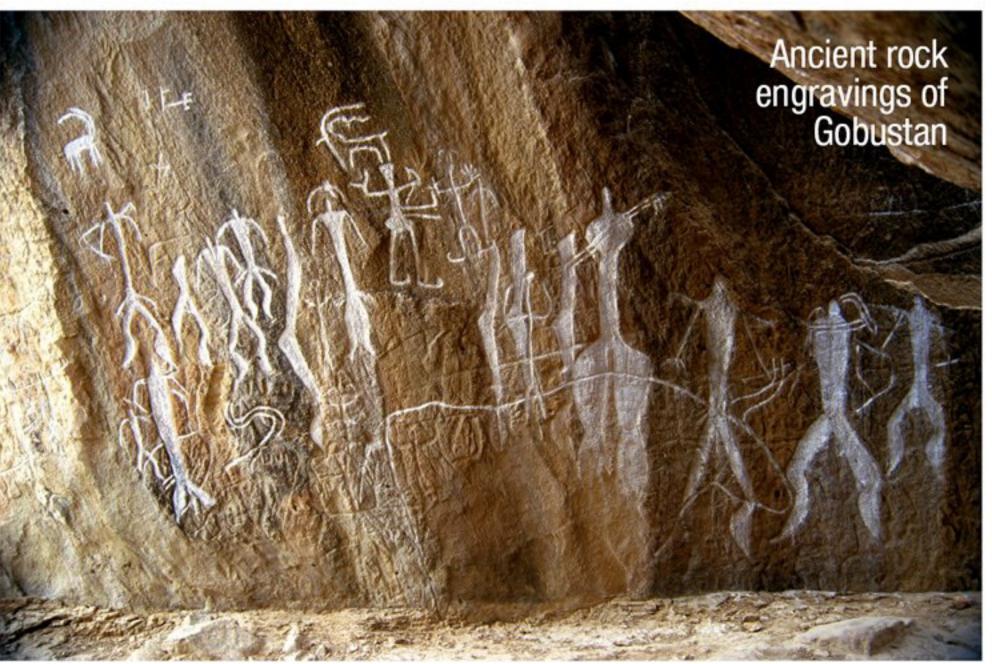


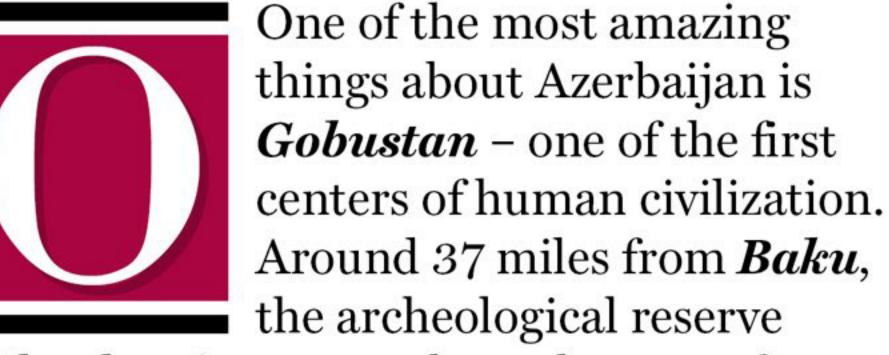




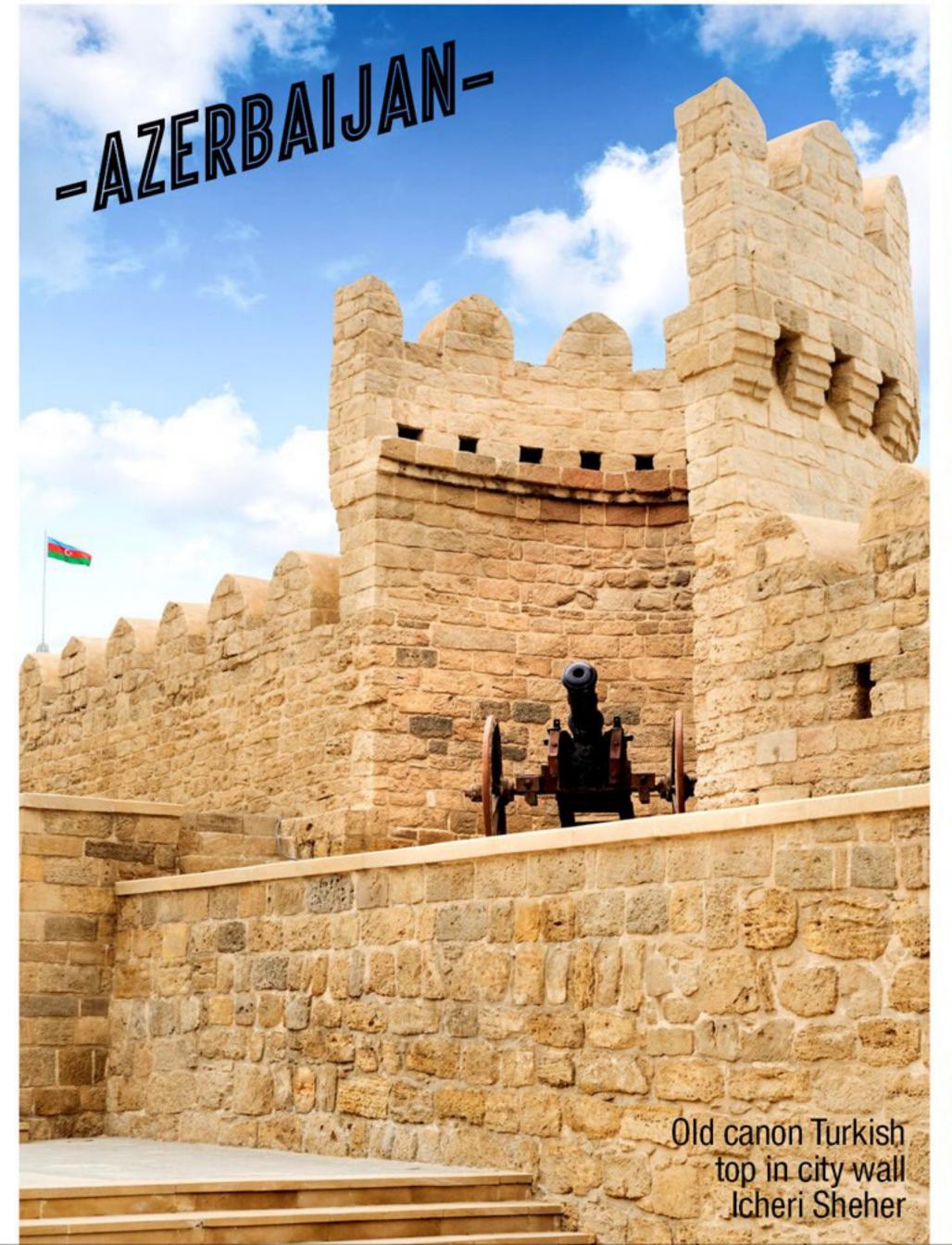






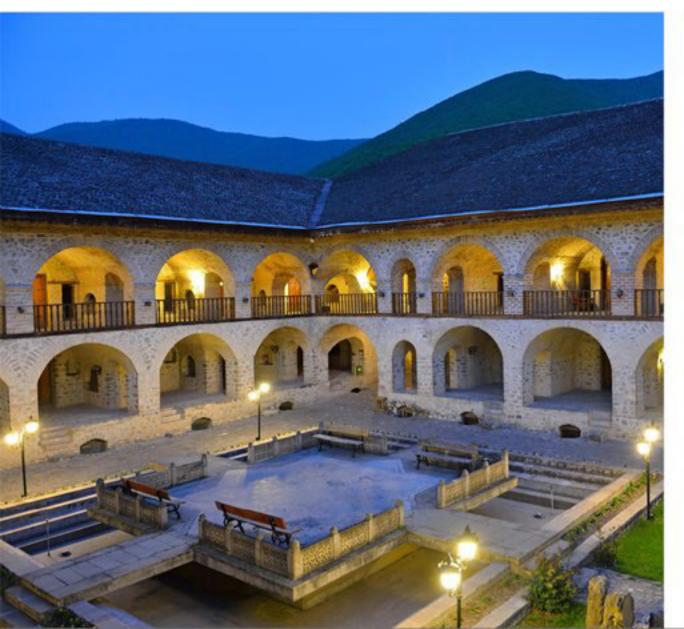


hides drawings on rocks at the area of 2 square miles. *Gobustan Mountains* are also the place of the prehistoric cromlech, composition that unbelievably resembles Stonehenge. On the other hand, the Old City of Baku, *Icheri Sheher*, holds burial vaults from the Bronze Age, while the *Maiden Tower*, from the 12th century and *Shirvanshah Palace* stand out as the most beautiful monuments of Azerbaijani history. All of these sites speak great volumes of the turbulent history of this amazing Euro-Asian country.





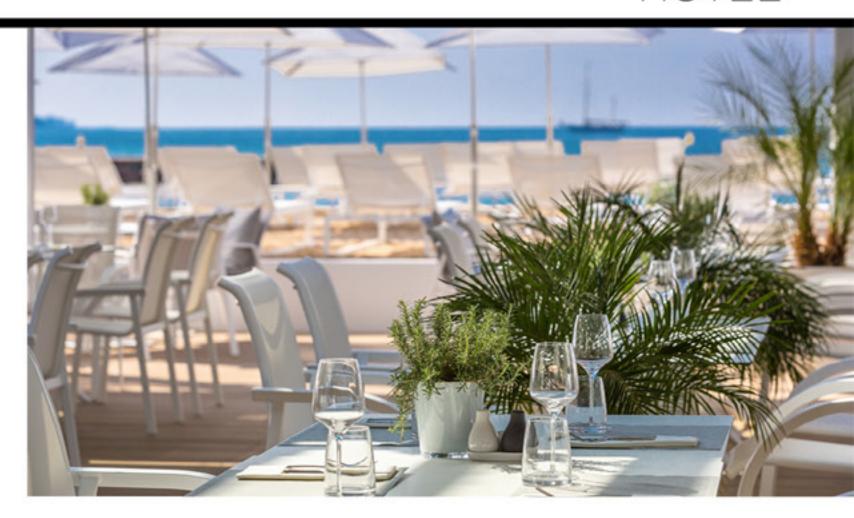
















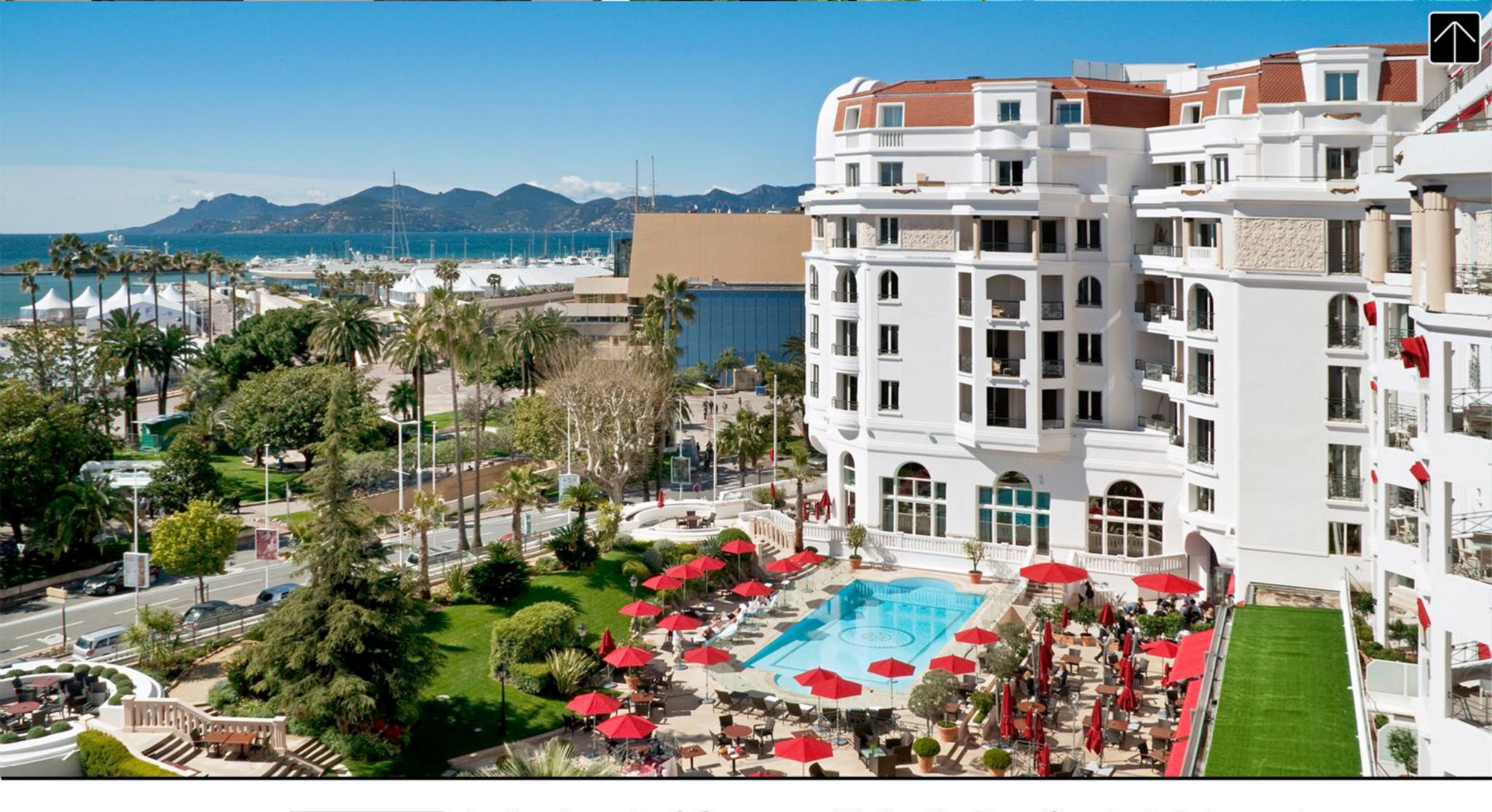
# Extravagance Majestueuse Hôtel Majestic Barrière

IDEALLY LOCATED ON LA CROISETTE, THE MOST FASHIONABLE PROMENADE ON THE LEGENDARY FRENCH RIVIERA, IN THE MIDST OF GLIZ AND GLAMOUR OF CANNES, RISES THE MAJESTIC BARRIÉRE HOTEL, DOMINATING ITS SUR-ROUNDINGS WITH ITS UNPARALLELE FIVE STAR SERVICE.









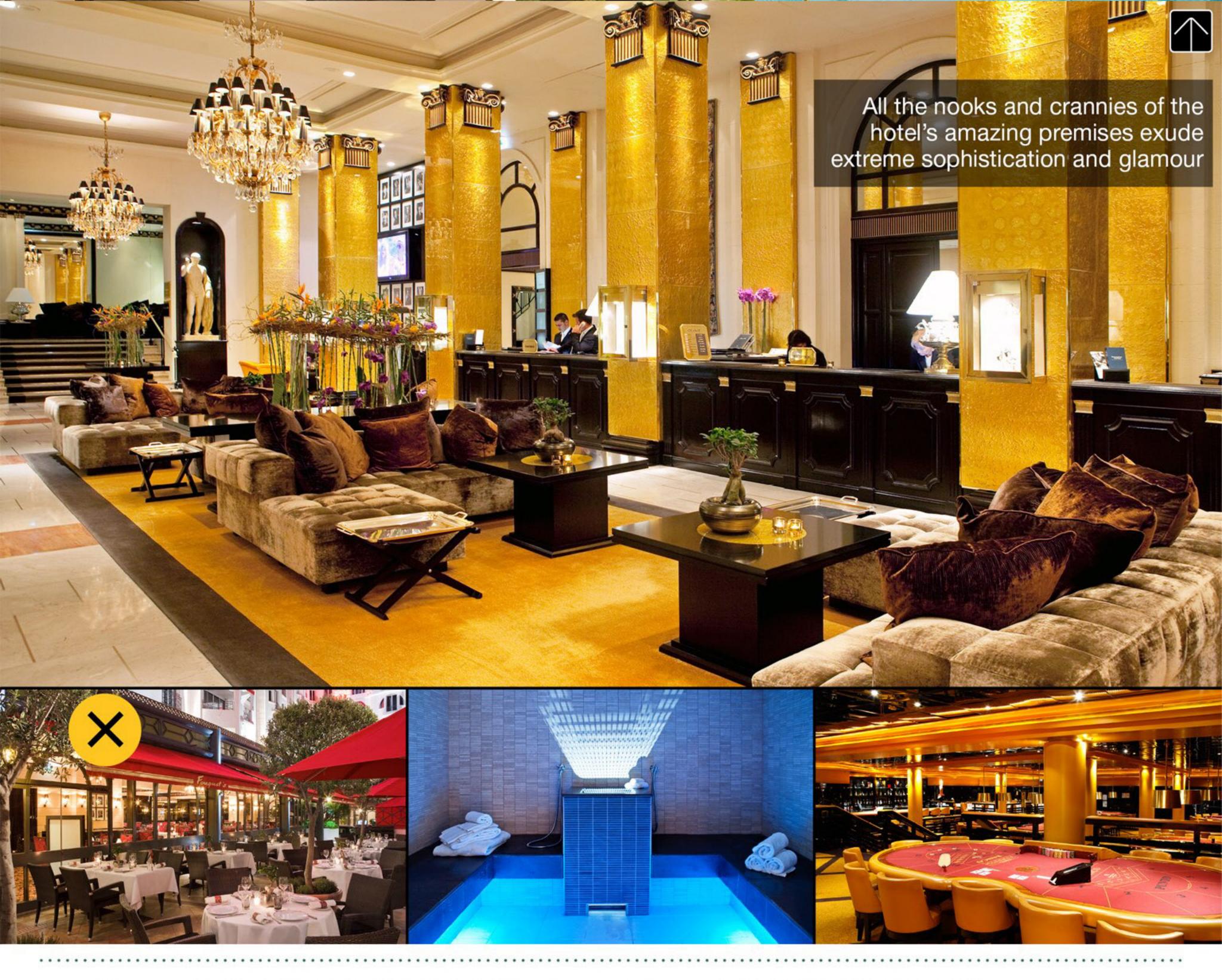


In the heart of Cannes, Majestic Barrière hotel rises above the Boulevard de la Croisette promenade, overlooking the Mediterranean Sea, just minutes away from the Palais des Festivals. Its superior Belle Époquesque architectural style adorns the interior, while the Art Deco columns that decorate the lobby and the champagne furniture give the surroundings a polished look. The supreme hotel offers the total of 265 rooms with 84 suits, among which are the majestic suite – comprising a unique two bedroom suite overlooking the sea with a private lounge, dining room, fitness and wellness room, a personal butler and a private roof terrace with a swimming pool; there is also the extravagant Christian Dior suite, whose extravagance can be recognized in its name.

# YOU CAN SIT BACK AND RELAX ON THE PRIVATE BEACH OR TAKE ADVANTAGE OF THE HOTEL'S PRIVATE GOLF RESORT, OR DO WATER SPORTS AT THE JETTY

The hotel's spa offers Sisley Phyto Aromatiques treatments, the shower experience, sauna, steam room, relaxation room and a fitness hall to protect you from stress and help you achieve harmony and tranquility. During the day, you can sit back and relax on the private beach or take advantage of the hotel's private golf resort or do water sports at the jetty. The hotel's many restaurants and bars serve a vast array of gourmet cuisine dishes, along with cocktails and wines in a lively and enjoyable atmosphere.







#### **CONTACT INFORMATION:**

10, La Croisette 06407 Cannes Paris

#### Reservation:

+33(0)970 820 900

Phone: +33 (0) 4 92 98 77 00 Fax: +33 (0) 4 93 38 97 90



#### THE HOTEL OFFERS:

Private garage, boutiques, fully air-conditioned rooms with satellite color television, voice mail, private beach, additional cost water sports from the jetty, casino Barrière de Cannes (nearby), meetings & events halls, beach resort, children's programs, fitness center, spa, swimming pool(s), water sports, wine region.



#### **HOW TO GET THERE:**

#### By car:

900 km from Paris by the A6 455 km from Lyon by the A7 33 km from Nice by the A8 370 km from Milan by the A8 260 km from Turin by the A8

Parking: €45/Day

#### By Plane:

Nice-Côte d'Azur International Airport is 30 minutes away, Cannes-Mandelieu Aerodrome for private planes is 15 minutes away. Cannes SNCF Railway Station is a 5-minute walk away.

#### By Train:

Cannes SNCF Railway Station is a 5-minute walk away.

#### By Boat:

There are 2 pleasure ports nearby (Port Canto and the Old Port) and 2 maritime ports (Nice and Villefranche-sur-Mer).





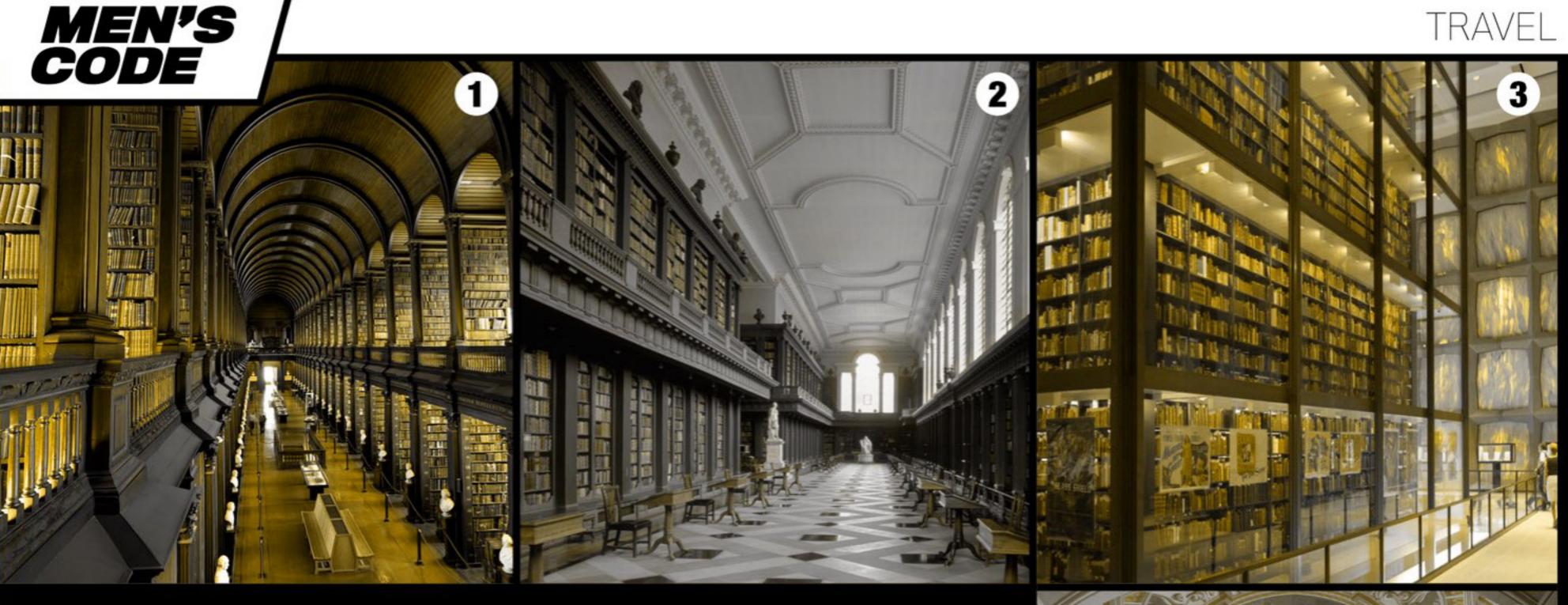


### Gourmet Destinations

Best Restaurants

THE BEST OF THE BEST – THE CREME DE LA CREME OF THE CULINARY WORLD, THEY PUSH THE LIMITS OF WHAT WE KNOW ABOUT FOOD. THEY BAKE POTATOES IN HAY, HANG CARAMELIZED OLIVES IN A TREE AND SERVE COD LIVER ON MOSS: HERE ARE SOME OF THE BEST RESTAURANTS IN THE WORLD





The Endless Storage of Knowledge ( =

# AMAMA ME ibraries

Any well-mannered man has earned at least some of his gentlemanly qualities by reading. For those of you who are avid readers and are fond of getting to know the world through the words of skillful narrators, here is our choice of 8 most stunning libraries in the world.

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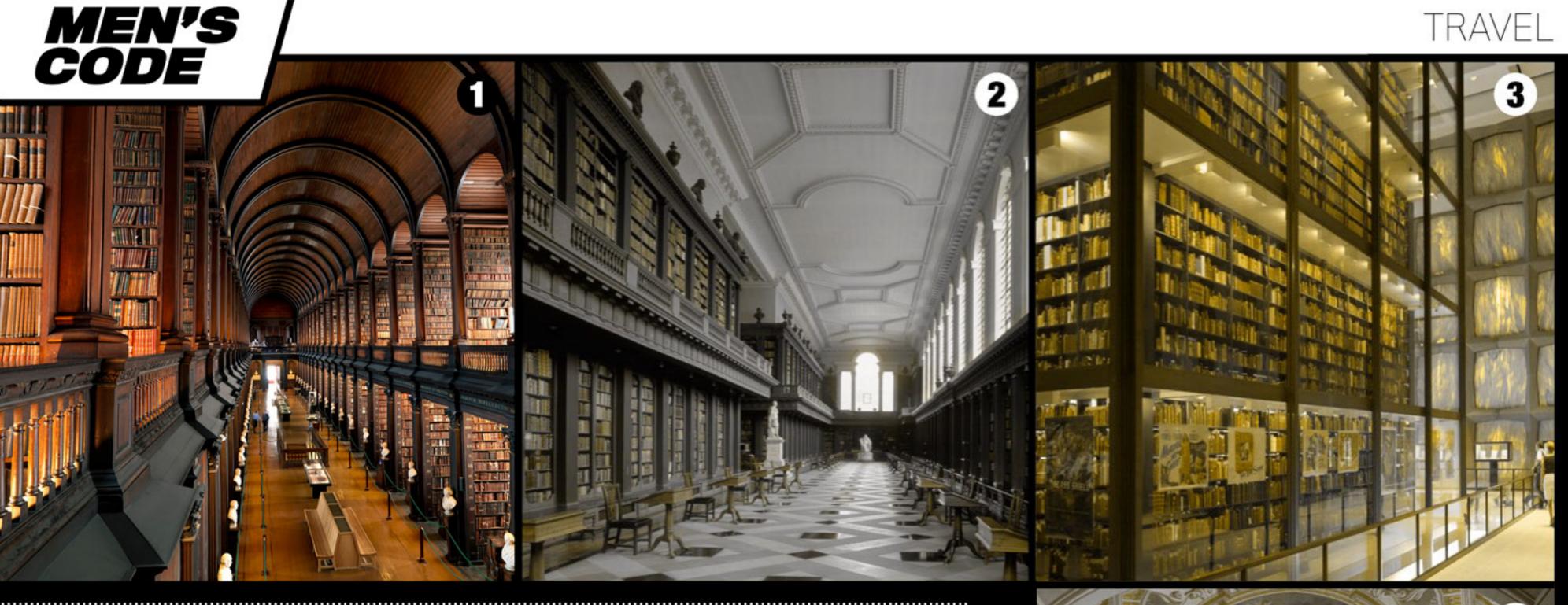












# Trinity College Old Library

Location: Dublin, Ireland

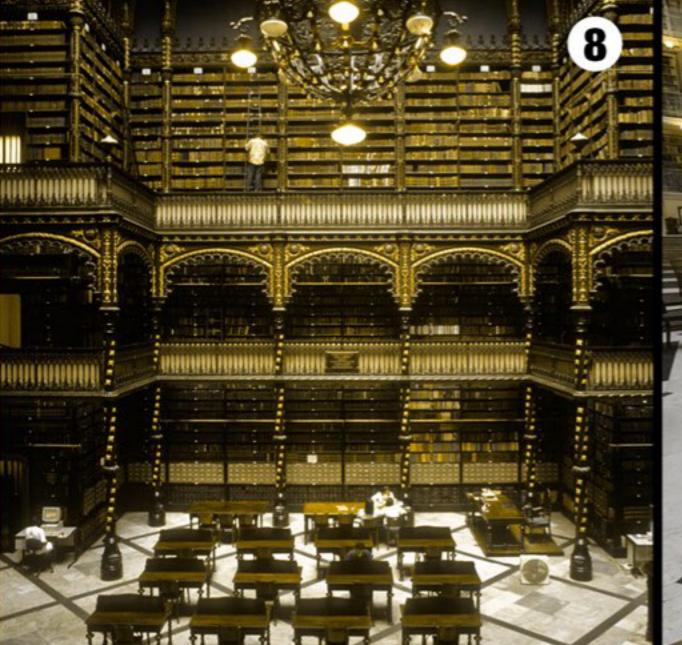
• **Built:** 1733

Architect: Thomas Burgh

The famous 200 feet 'Long Room' of the Trinity College is the biggest library in Ireland and is best known for the 200.000 volume book collection, among which also lies the famous Book of Kells, containing the four Gospels of the New Testament together with various prefatory texts and tables. Dark wooden features and marble statues make the interior of the library truly specific, as well as the barrel-shaped roof, which was designed to hold even more books.



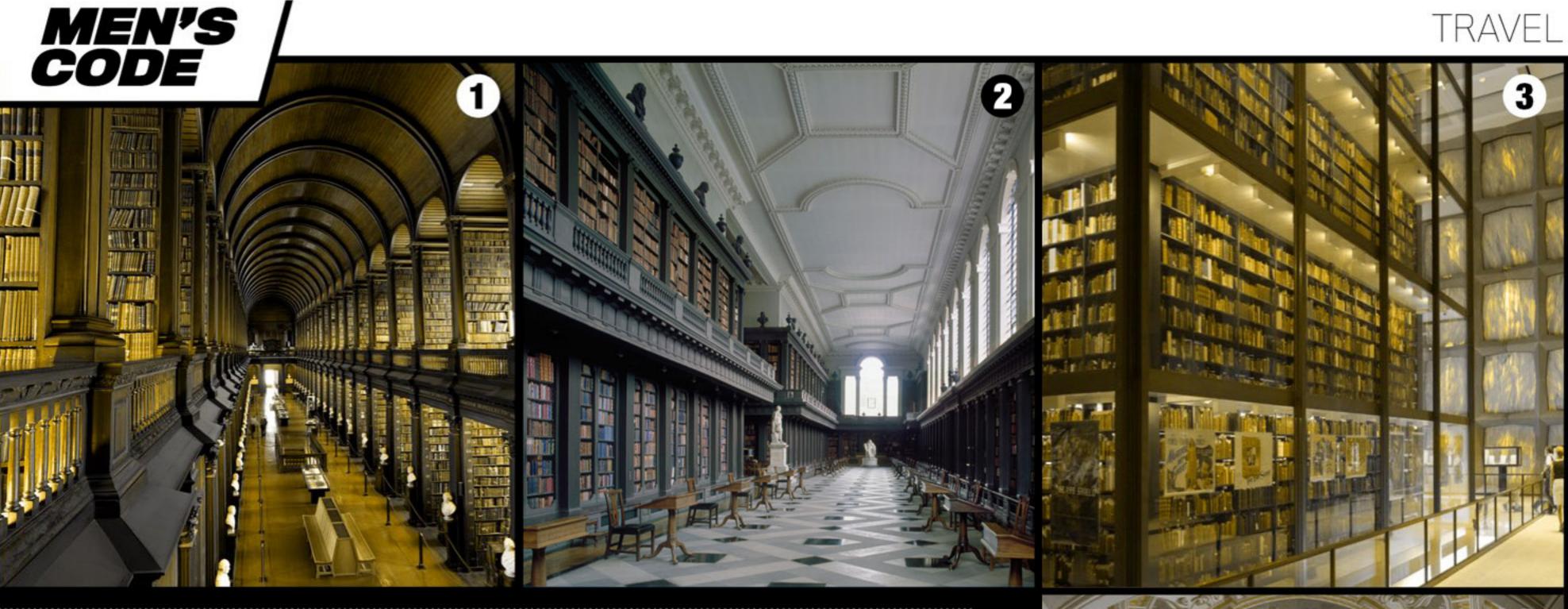












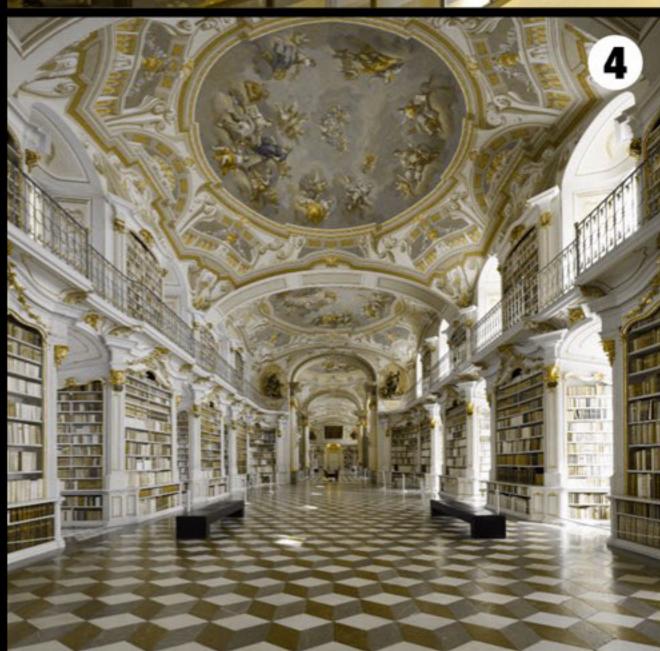
# The Codrington Library

Location: Oxford, England

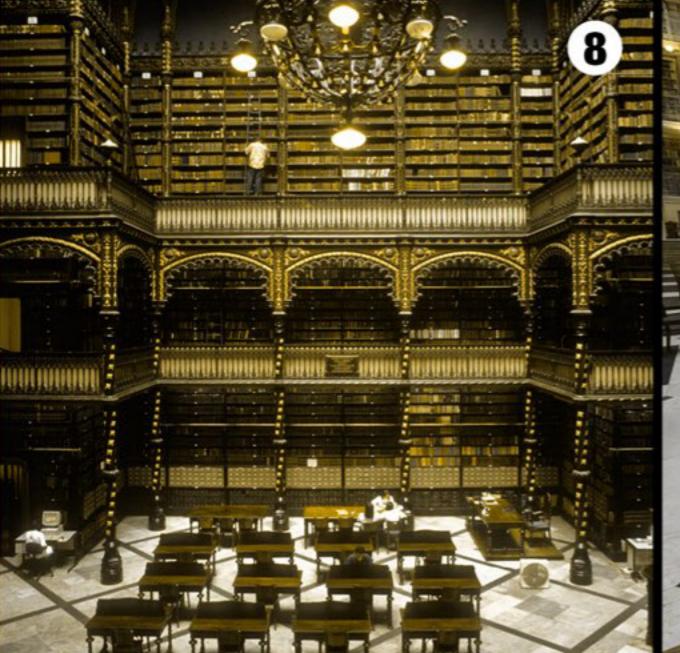
• **Built:** 1751

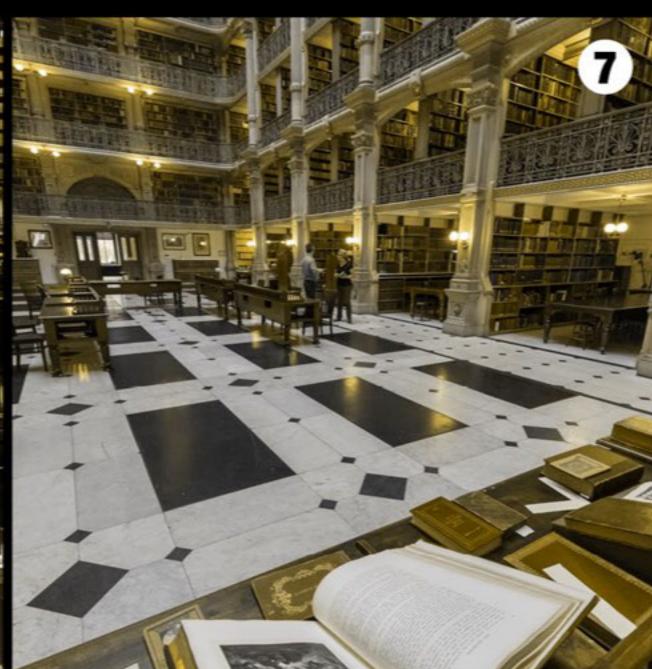
Architect: Nicholas Hawksmoor

All Souls College of the University of Oxford has one of the most interesting libraries in the world. This library is a reference library and books cannot be borrowed, but studying inside the reading room is inspirational in itself. A third of library's collection dates back before 1800, and the documents are mainly from the fields of Law, European History, Ecclesiastical History, Military History, and Classics.



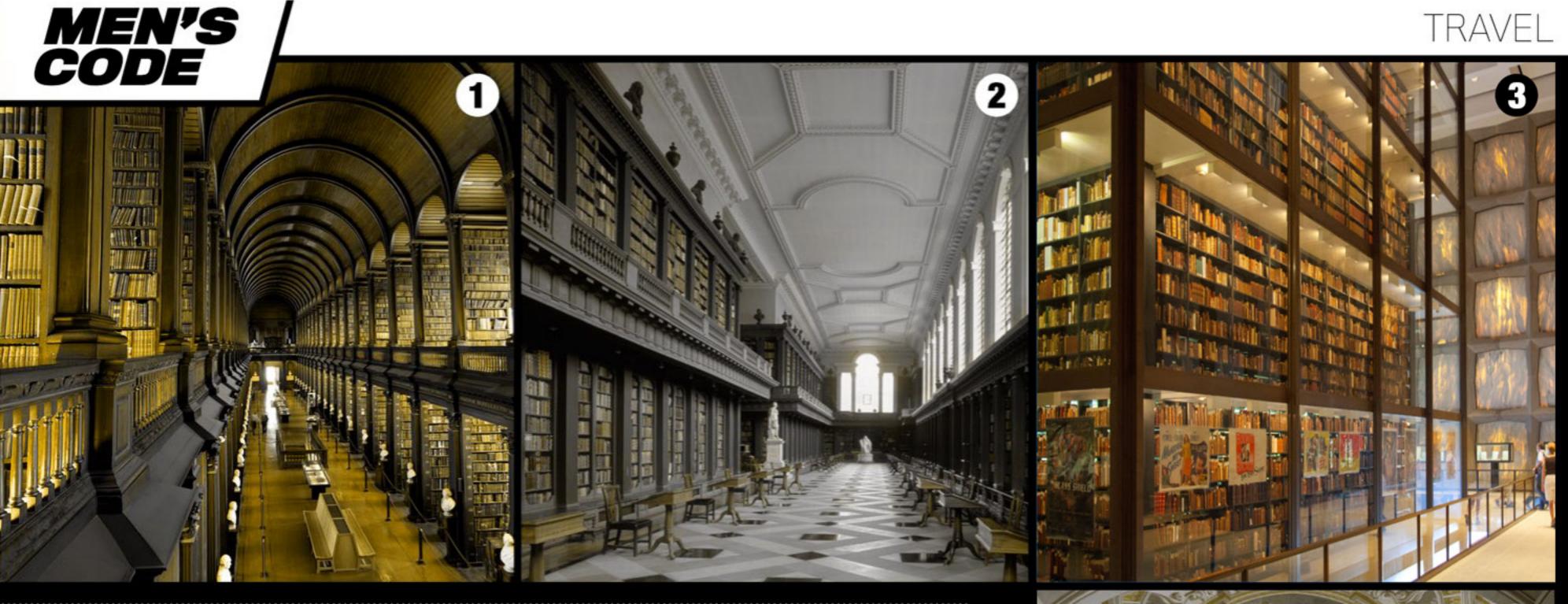












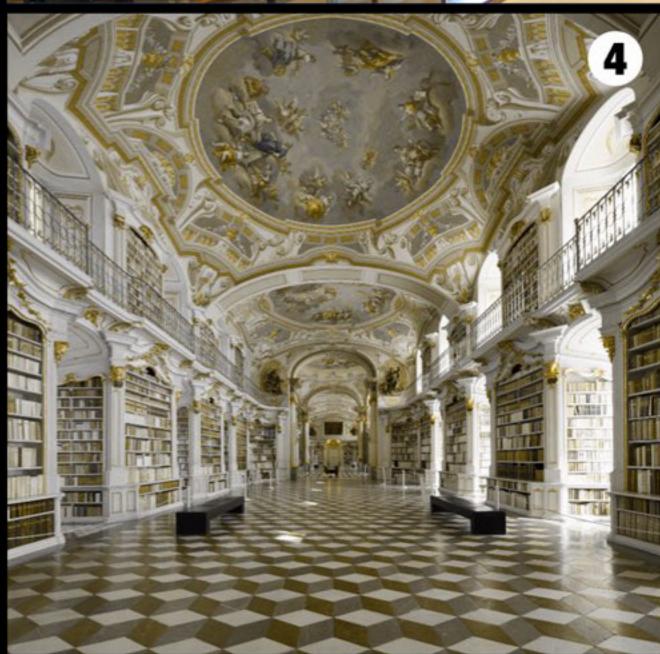
# Beinecke Rare Book Library

Location: New Haven, Connecticut, USA

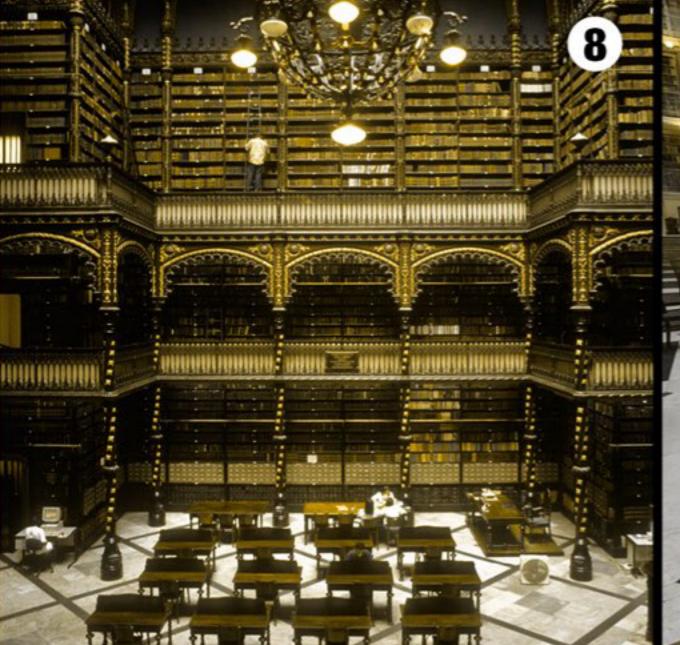
• **Built:** 1963

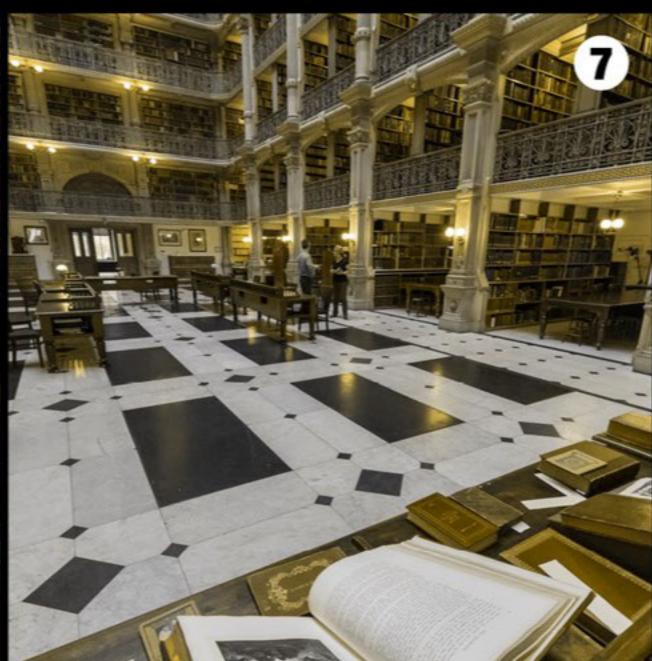
Architect: Gordon Bunshaft

Beinecke, the literary archive of the Yale University Library, is scheduled for renovation this year. The library comprises exclusively rare books and manuscripts, and is also devoted to preservation of such documents. The interior of the building is highly specific, as it is shaped around an enormous display in the center. The Vermont marble, granite, bronze and glass windows filter the light, so it wouldn't be destroyed by sunlight.



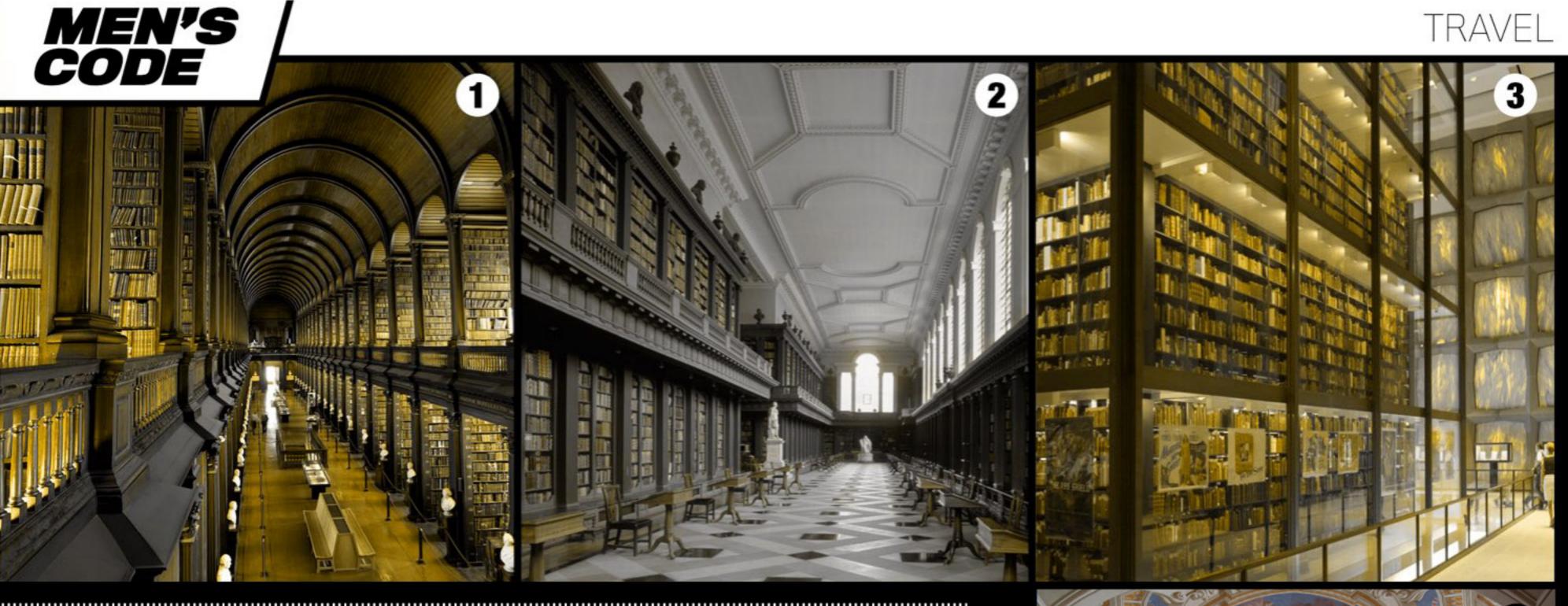












# Admont Abbey Library

Location: Admont, Austria

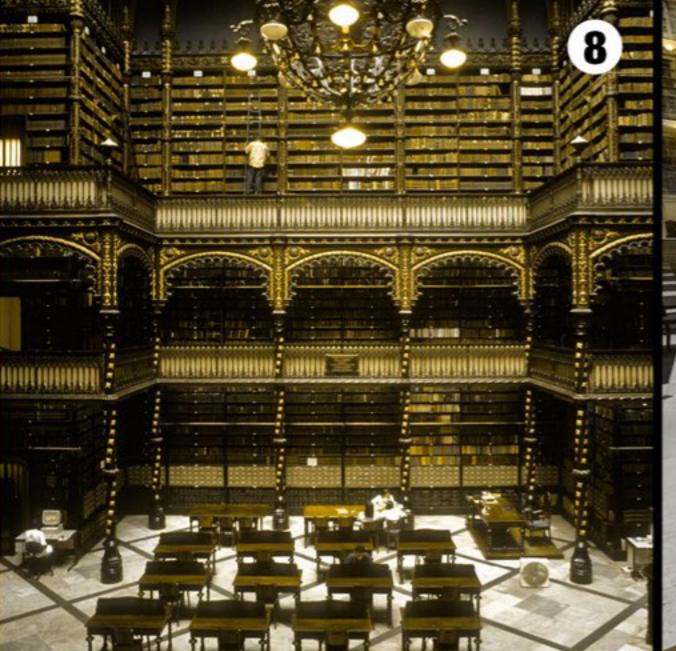
• **Built:** 1776

Architect: Joseph Hueber

The second largest monastery library in the world is 230 feet long and contains around 200,000 documents. The predominantly white and gold Baroque design of the hall speaks volumes of the library's richness and significance. The adornment on the ceiling painted by Bartolomeo Altomonte depicts phases of human knowledge, while Joseph Stammel's Four Last Things sculptures symbolize death, heaven, hell and Last Judgement.



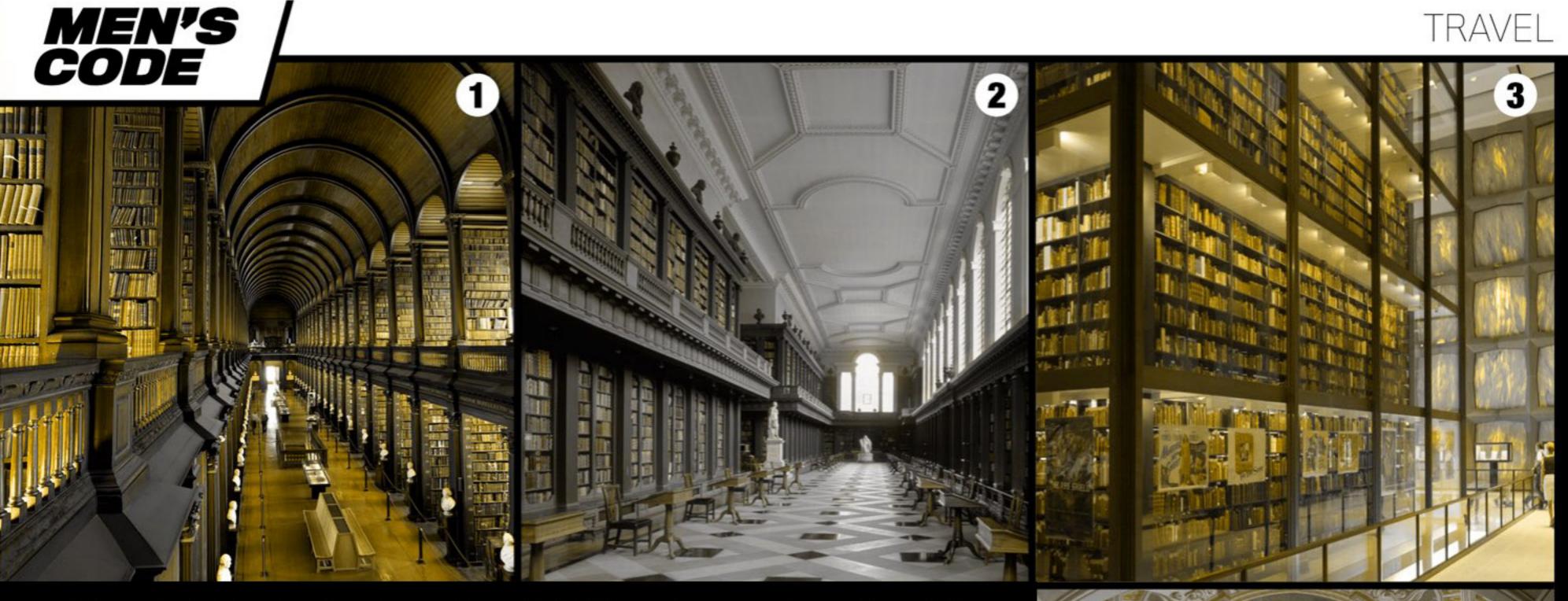












# Mafra Palace Library

Location: Mafra, Portugal

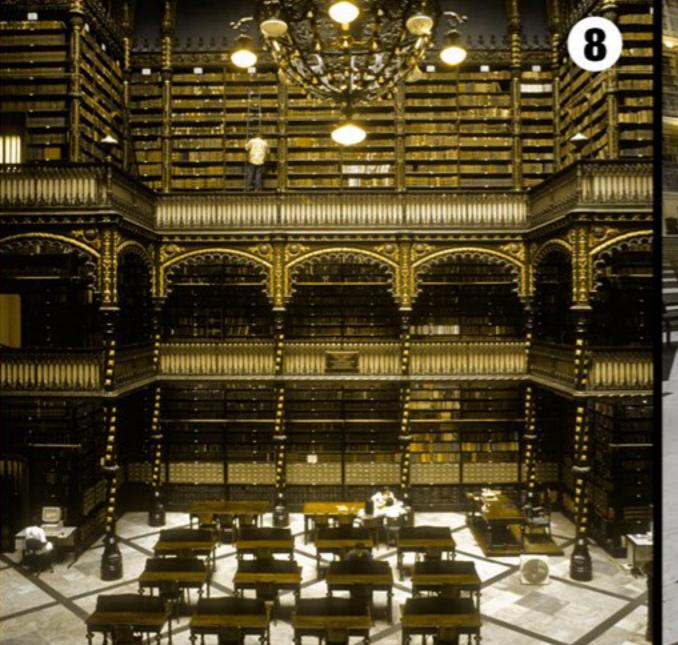
• **Built:** 1730

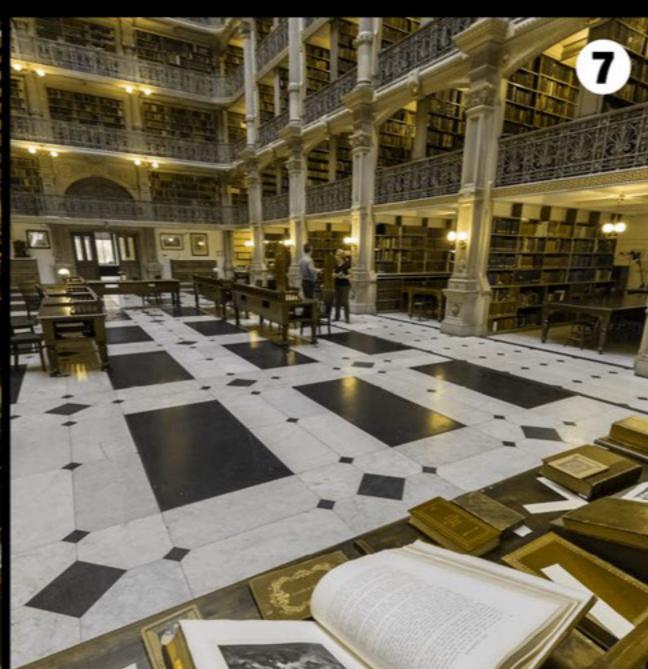
Architect: Manuel Caetano de Sousa

Just 28 kilometers from Lisbon lies the amazing Baroque/Neoclassical complex of Mafra Palace. Some of the library's extensive collection, of 35.000 volumes is over 500 years old. The books are preserved by bats that are let out at night to prey on the insects, which are a potential threat to the books and documents. The rose, grey and white marble floor, combined with the Rococo wooden shelves separated by a balcony, make this library truly palace-like.



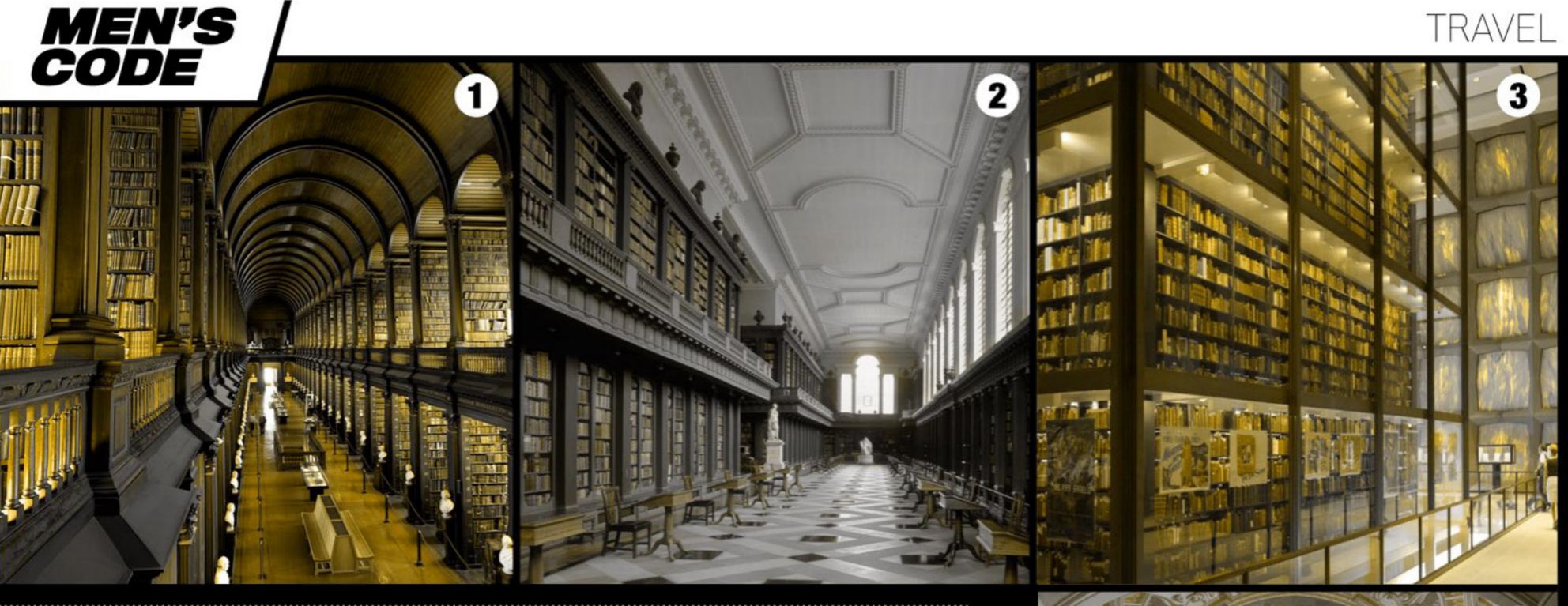












### Bibliothèque Sainte Geneviève

Location: Paris, France

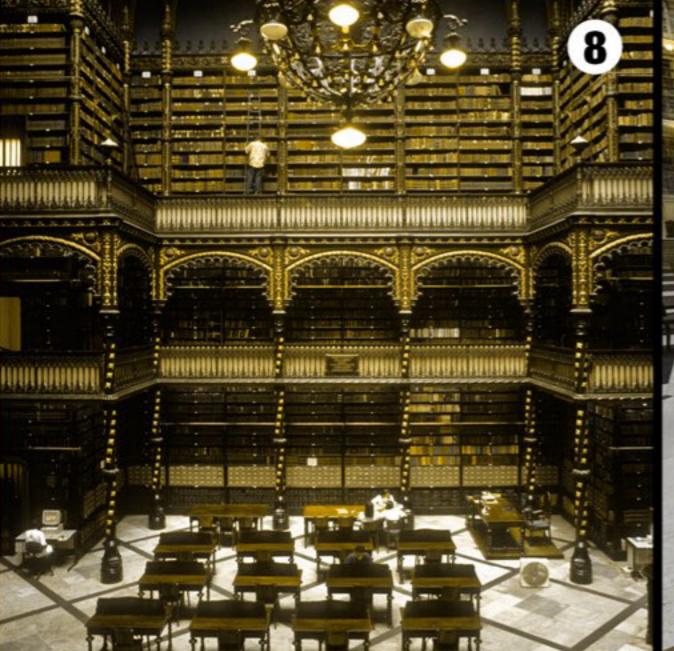
• **Built:** 1851

Architect: Henri Labrouste

Today the main research and reference library for students of Paris, Sainte Geneviève Library is famous for its beautiful iron column reading room. What started as an abbey library is now a magnificent building on top of the Montagne Sainte-Geneviève, which overlooks Pantheon. The 278-foot-long and 68-foot-wide building today holds around 2 million documents. The MoMA has described it as a 'temple of knowledge and a space for contemplation'.



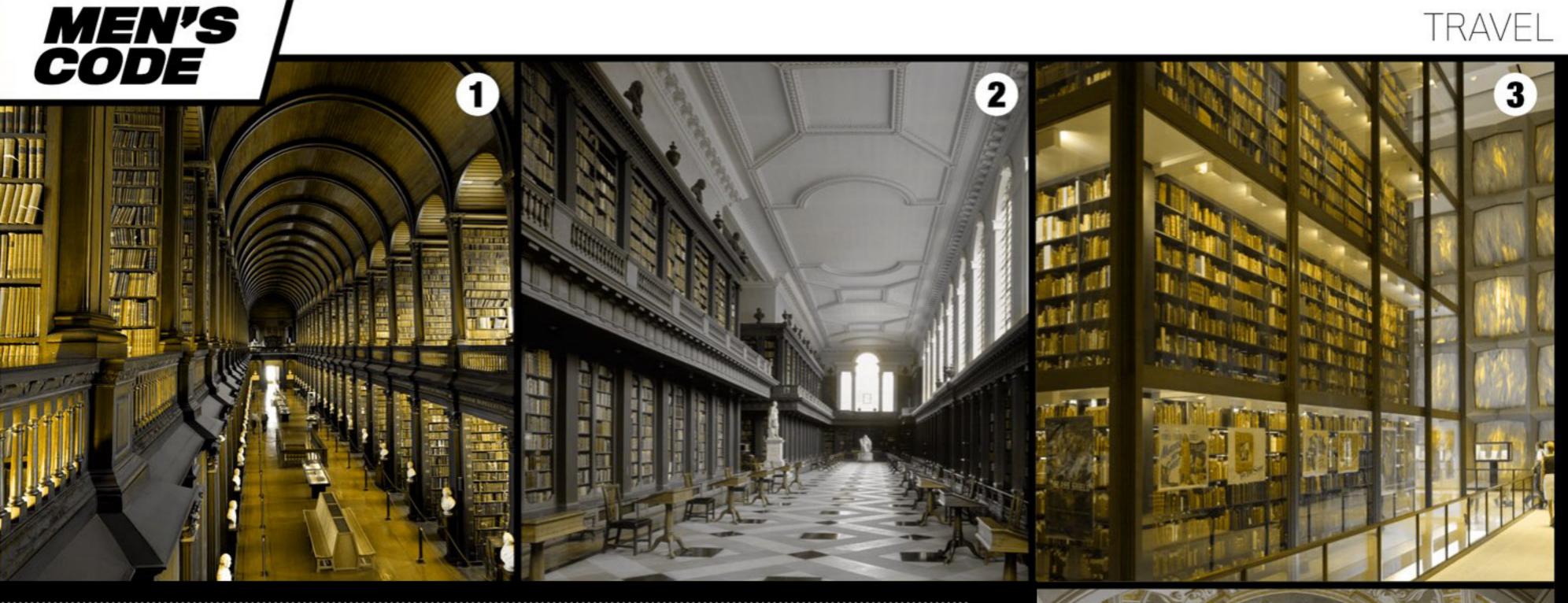












# The George Peabody Library

Location: Baltimore, Maryland, USA

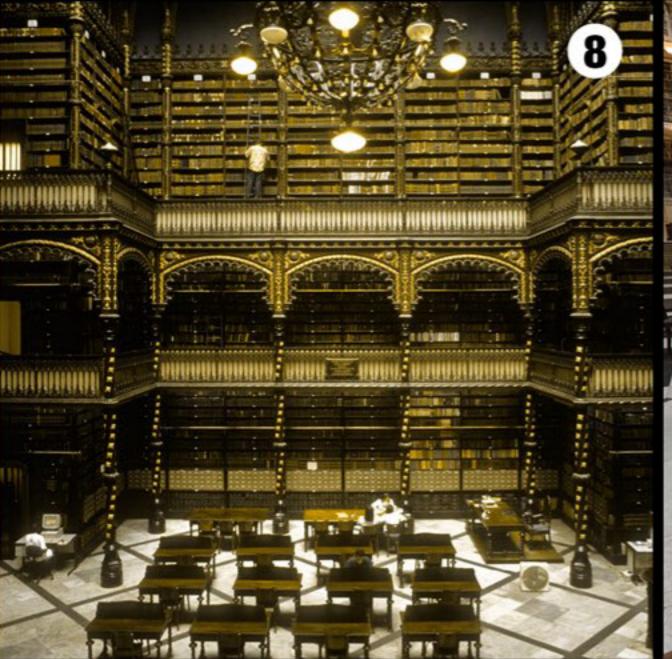
• **Built:** 1878

Architect: Edmund G. Lind

The so-called 'cathedral of books' is Johns Hopkins University library, founded by philanthropist George Peabody. The library was primarily a gift to the citizens of Baltimore, but is now a 300.000-volume-archive, five stories high with iron cast balconies. The atrium is 61 feet tall and is topped with skylight roof which offers natural light throughout the day. The Greek-Revival-style building is full of embellishments and decorations, but its true beauty is in the books.



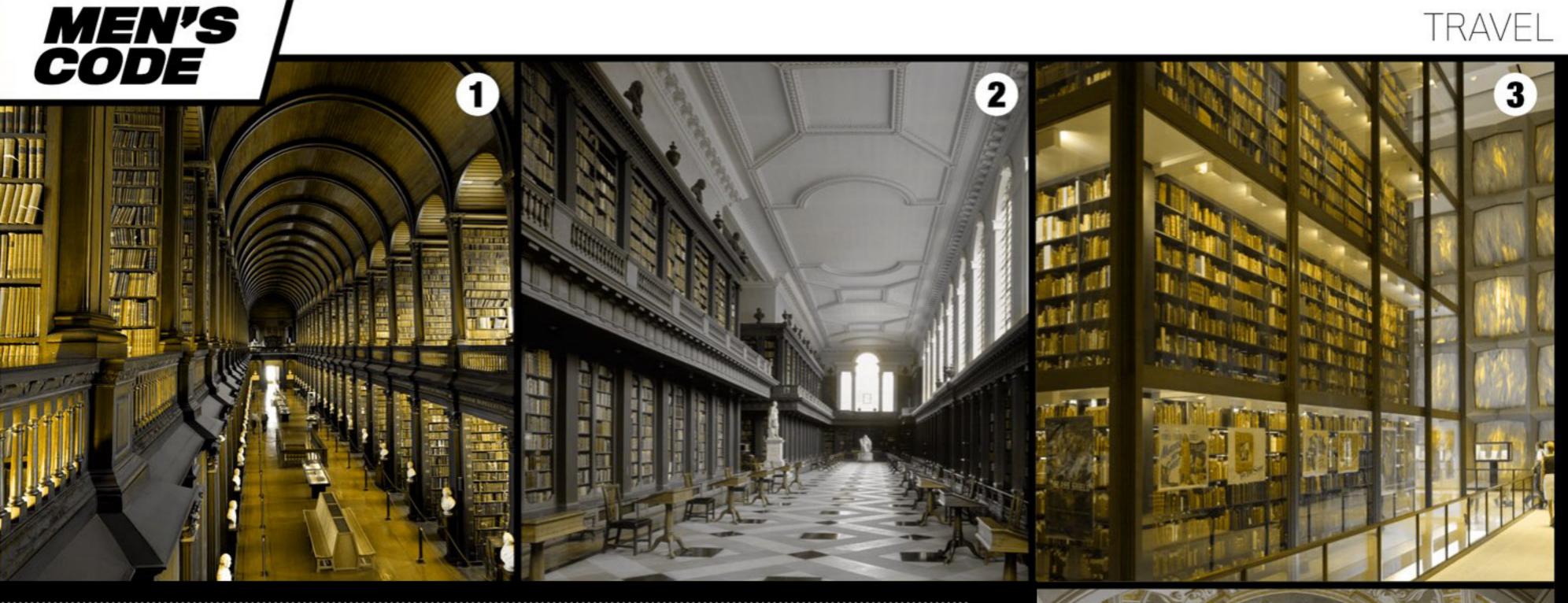












# Royal Portuguese Reading Room

Location: Rio De Janeiro, Brazil

• **Built:** 1887

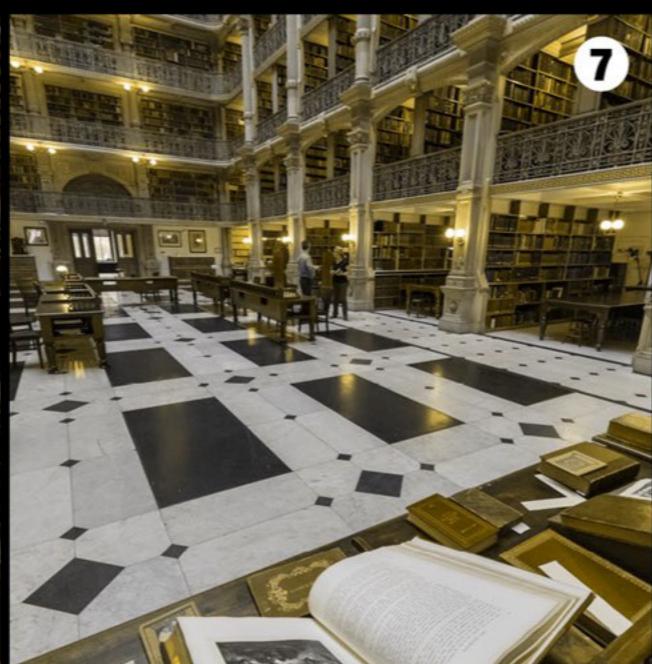
Architect: Rafael da Silva e Castro

Housing over 350.000 volumes, and the largest collection of Portugese documents outside Portugal, the Reading Room is known for its Neo-Manueline design. The rich interior lit by a multicolored skylight prides with its Altar de Pátria, a marble, ivory and silver decoration commemorating the Portuguese Discoveries that took place during the 1400s and 1500s. Every inch of the wall is filled with books, which brings some color to the otherwise simple dark wood and gold interior.









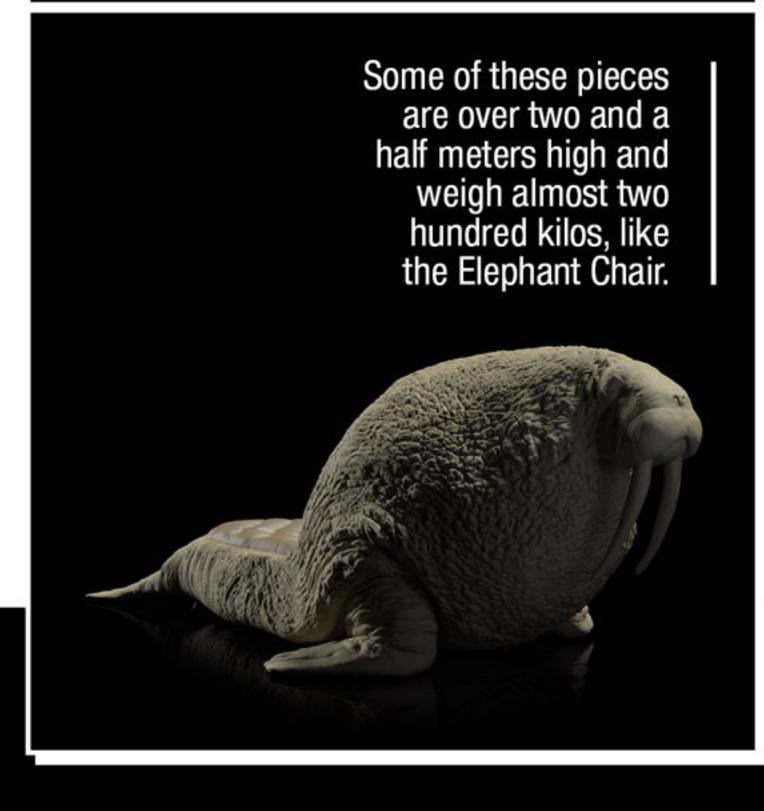


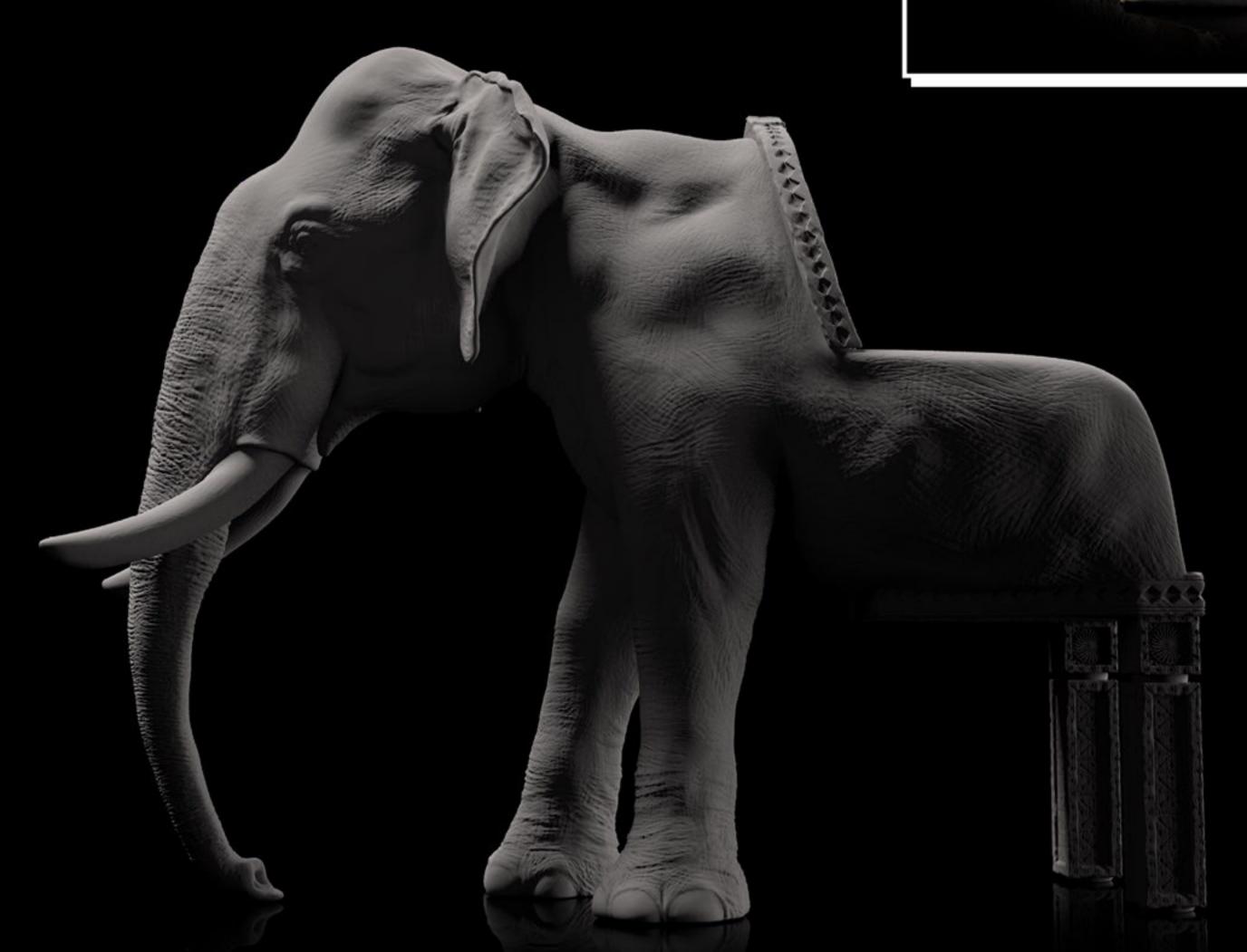


### RECONCILING ART AND NATURE

#### **Animal Chairs by Maximo Riera**

• Inspired by abstract expressionism and Pop Art movements, Maximo Riera is more of an artist than a designer. Having retired from a medical career, Riera directed all of his attention to paintings and sculptures. His amazing Millennial Console shelves and tables combine the impossible, thus generating new and unimaginable perspectives on furniture design, while his pop-art ergonomic chairs offer irreproducible twist on interior decorative and lounge pieces. Nevertheless, it was the Animal Chairs Collection that made us wonder how the artist got and realized this idea, so we decided to learn something more from Mr.Riera himself.







## MANIC MAGAZINE How did you come up with the idea of Animal Chairs?

Maximo Riera I have tried to combine both of my biggest joys: nature and art. The inspiration stems from my life experiences, places that I have been and people that I have met. Nature has been a constant in my life. From time to time, I have the necessity to be surrounded by wildlife, which is the reason why I have always lived somewhere near the sea.

- Is there a message you would like to send by sculpting endangered animal species?
- MR I normally focus on endangered species for my creations. I want to point out their uniqueness and how special these animals are, I hope we all realize this before is too late.

  Sadly, not many people have had the chance to experience these animals first hand in nature, where they belong. This Collection pays tribute to those animals by bringing them into urban life.
- Why did you choose polyurethane? And why black?
- MR I am always trying new techniques and materials. From brainstorming, I have the intention of creating something new and different. Art always has to break boundaries and being an artist nowadays means that you have to take risks in order to create something

new/different – innovative. This is the key to make Art evolving.

The pieces are made in high dense polyurethane and contain an internal metallic frame, which allows holding the structure and weight of the composition. They have required the highest technology of 3D computer generated software and engineering to develop.

Every piece is manufactured to order, taking approximately 9 weeks to produce.

The black color gives a theatrical appearance to the pieces, although the new series have a variety of colors in order to achieve a more realistic look.

- What kind of space would you say the chairs are designed for? Where did you imagine them?
- MR) Due to their size, the pieces must be placed in an open space in order to be appreciated.

You have to have in mind that some of these pieces are over two and a half meters high and weigh almost two hundred kilos (like the Elephant Chair). But keeping the scale of the real animal is a key element on this project.

The Animal Chair Collection contains a powerful aura, it is almost like they come to life when you see them in person. They offer an interaction with the spectator through the spiritual form that they resemble.







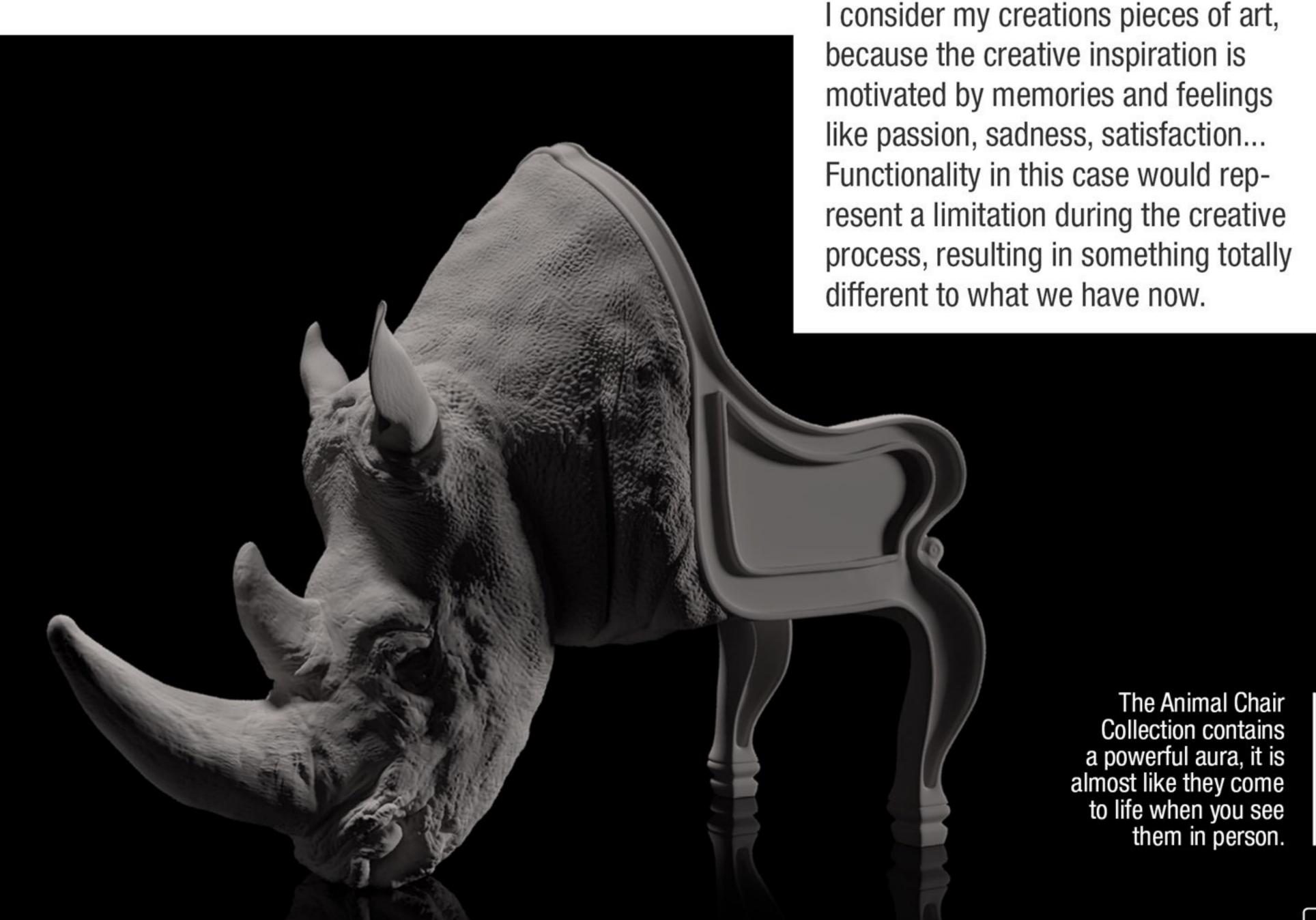




- How many people does it take to create one chair?
- MR More than 30 professionals from 5 different companies have been involved in the development of this project.

It is a long process; from the initial sketches to the production, the process might take several months. We use 3D modeling software to resemble the animal figure and to develop the chair section. Apart from the esthetic and appearance of the piece, we have to be sure that neither the structure nor the balance are compromised. This requires a lot of hours of engineering and calculations.

- Is each chair unique or can there be more than one Walrus, Elephant, Whale, etc.?
- MR) The Animal Chair Collection is a limited edition project. Only 20 pieces of each chair will ever be produced.
- Are the chairs made in accurate animal dimensions, or are they scaled down in order to be fitted to the seating part?
- MR This collection gives us an option of admiring what nature is capable of; this is the main reason why from the beginning I wanted to be faithful to the animal's physique and scale.











Price: \$124.00

# HOW TO TIE A BOW TIE

## No Clip-ons Zone

 Having learnt how to tie a regular tie, you are now prepared for the bow. Back into fashion in its finest, the bow tie is both the most formal and the least formal accessory you can use to spice up an outfit, depending on whether you're wearing a tux or a casual/formal trouser and jacket duo. Bow ties do come pre-tied and as clip-ons, but a true gentleman should know the trick of self-tying.

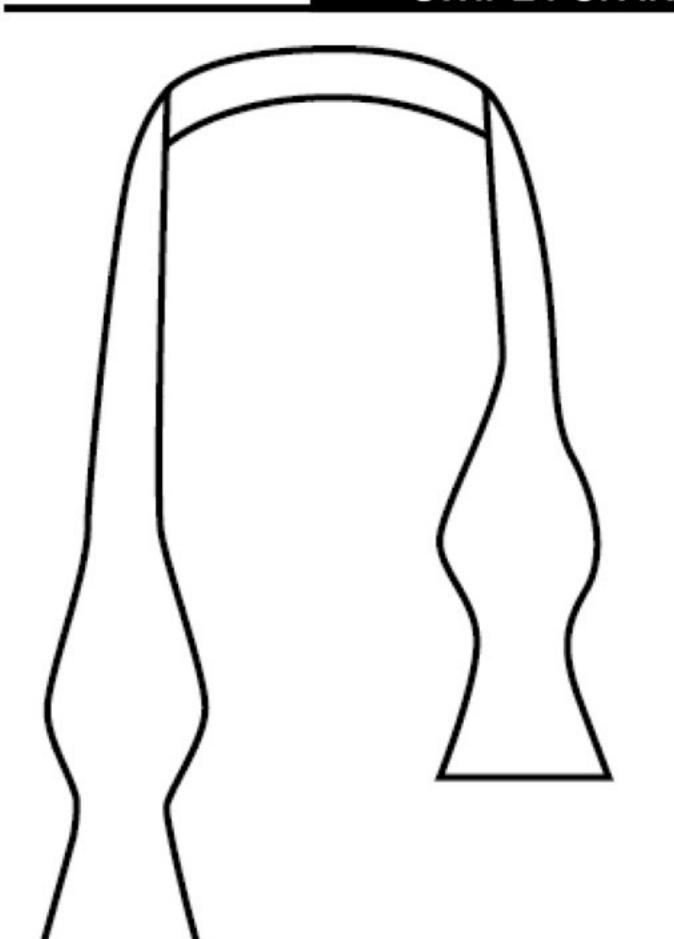


FLORAL PATTERN Price: \$88.00



BARBED WIRE SILK Price: \$190.00

#### **SWIPE FOR INSTRUCTIONS**





Start with the bowtie lying face up. Left side should be a bit shorter than the right.



PETAL PRINT Price: \$44.00



FEFÈ POLKA DOT PRINT Price: \$44.00

1/9>



# TILT YOUR HAT

## Rock Rebel Style - James Bay

• Model looks, signature wide-brimmed Panama hat, classic tee and jeans, make the appearance of this folk rock singer truly star-like. Excessively ambitious, James Bay definitely marked the beginning of 2015, not only with his music, but with his style as well. He also performed at Burberry's hot-ticket runway show. You will certainly intrigue others in case you decide to follow up on this raw dynamic, yet classic rebel trend.

#### TAP ON NUMBER TO READ MORE



## **ÉTUDES**'MIDNIGHT' HAT Price: \$267.00

Though very forward for some, this black wool hat with a classic top is most certainly an attention-grabbing accessory.



THE MAN WHO CAN DRESS

Pep Guardiola - Switching the Game

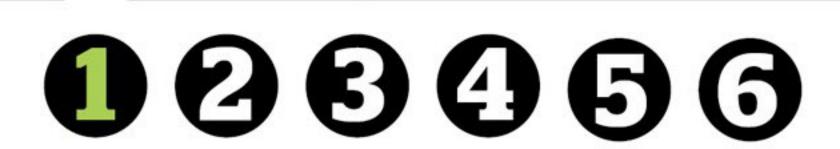
• It's not an easy task being one of the most successful football coaches in the history of the sport, while at the same time reflecting the image of the most stylish persona, probably in the whole universe. Some may disagree with his coaching techniques, but not his fashion sense. Always flawless and sharp, we admire him on so many levels.

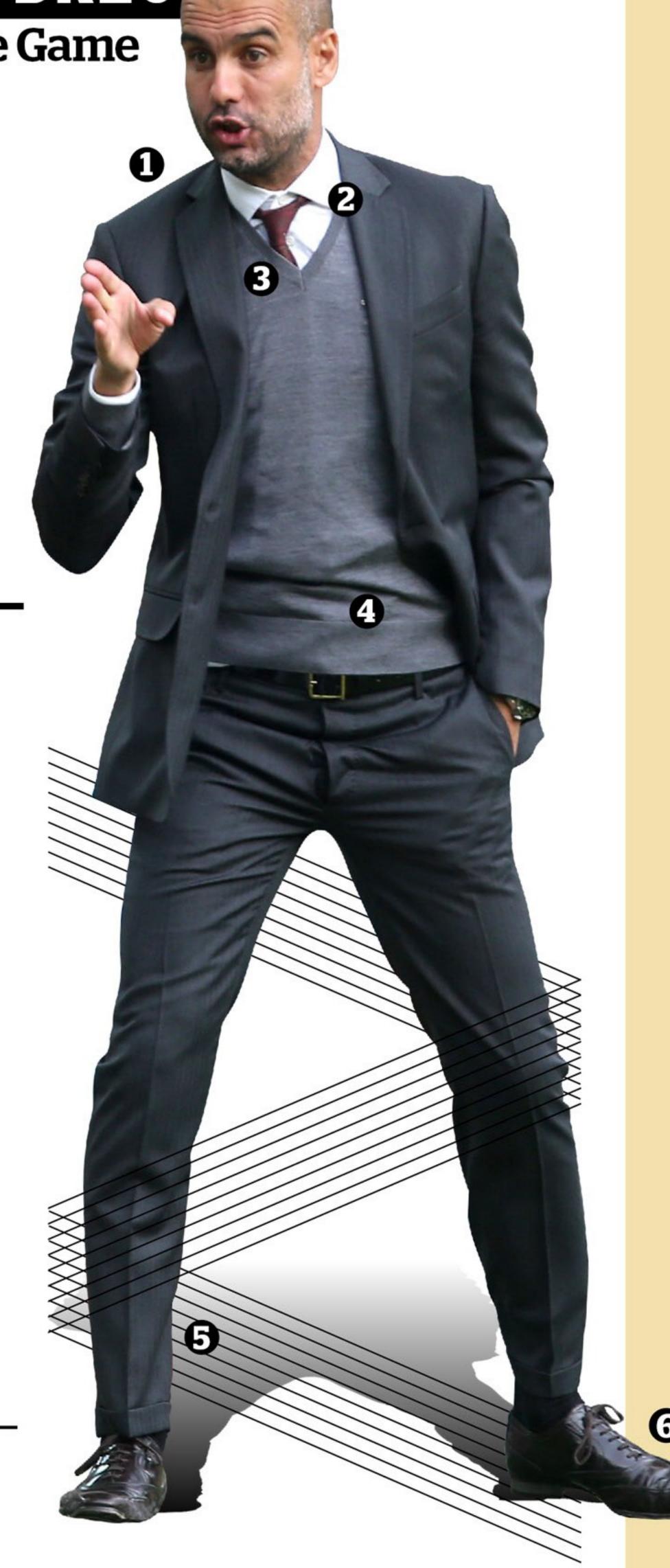




## GREY LUDLOW SLIM FIT WOOL TRAVEL JACKET Price: \$450.00

Combined with matching trousers, wear this suit jacket for the aura of a cosmopolitan world traveler.







# STREET STYLE

#### Trendy, Yet Low Priced

 Street style has become as important as the fashion runway shows. There is no reason not to look on trend at any moment during the day. Why not be cool and playful at the same time? Just use any fashion standout and translate it to the real world. Plus, you really don't have to spend a fortune to display your personality and look trendy.







TAP PRODUCTS TO READ MORE



'DRAGON' SNEAKERS Price: \$74.00

Retro and modern at the same time, blue suede and leather sneakers when you need to move fast and be comfortable.



**MEN'S** 



# A SYMBOL OF STYLE

Denim - A Way of Life

• Almost any person in the world owns at least one denim piece of clothing. Be it a shirt, jacket, trousers, you name it, we all love wearing those particular shades of blue, as they are versatile and so easily matched with anything. You can never go wrong if you wear this fabric, and you will exude youthful freshness. It is forever popular and classic, and let's be honest, denim looks really cool.







## **Bold and Daring**

 Forget all those outfits that are safe from fashion harms, and try something presumptuous this month. You can pull off almost anything with the right amount of colors. There is only one rule - try not to overdo it. After all, your intention is to be snappy, not splashy like a Christmas tree.





# WORLD LOOKING IN

#### Adventurous and Sharp

 Having aviators and world travelers in mind, the new Bremont ALT1-ZT displays local time, along with UTC, GMT, or even Zulu time. In 1972, UTC replaced GMT as the international reference standard for communications, military, aviation, maritime and other activities that span multiple time zones.



ALT1-ZT Price: around \$6595.00

With calf skin leather strap and stainless steel flat crystal case, the brand new Bremont ALT1-ZT offers both practicality and sumptuousness to its wearer. Whether you decide to become an aviator or present yourself as an awe-inspiring stud, this watch will make you attract attention wherever you might be.





#### TAP GLASSES TO READ MORE

















#### **Tinted View**

 On the road and by the sea sunglasses are your best friends. Protecting your eyes and putting sunscreen are the most important preparation steps for outdoor activities.
 Inspired designers make sure that there is a size, style and shape for everyone.



#### THOM BROWNE

ROUND FRAME Price: \$471.00

Navy blue frames and blue tinted lenses are the ones to pair with casual jeans outfits

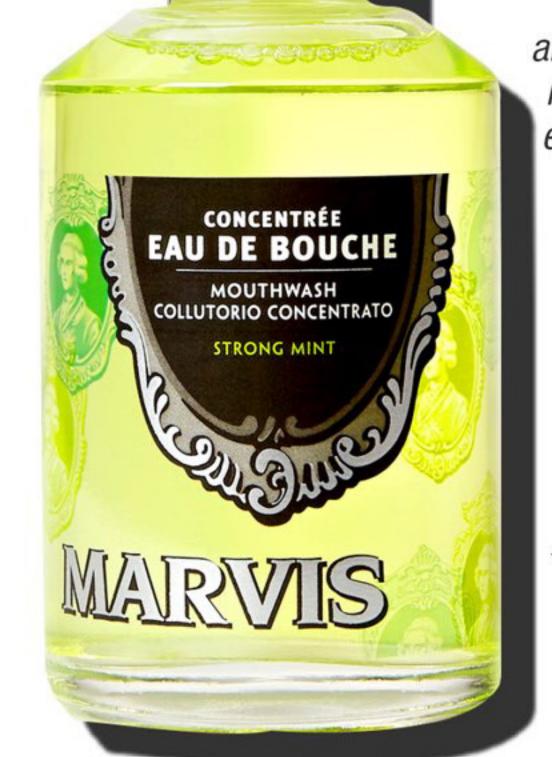




# WE GOT YOU COVERED

## **Grooming Essentials for 2015**

• Standards for personal hygiene constantly rise, so now it's not sufficient to simply take a shower; you will also need a product or two for your hair, favorite tattoo, or some other thingamajigs that can complement your appearance. Remember – being a dirty boy is only allowed in the bedroom!



#### MARVIS MOUTHWASH CONCENTRATE

Price: \$22.00

The antibacterial formula of this vintage packed, alcohol-free, concentrated mouth wash offers both extra freshness and mint hygiene.



## PENHALIGON'S BAYOLEA CLEANING MASK Price: \$50.00

A simple integral product for tired, stressed or clogged-pore skin, so you should always



DR. JACKSON'S NATURAL PRODUCTS

03 FACE OIL

Price: \$85.00

Packed with Vitamin C and various antioxidants, this oil is an extravagantly nurturing treat for your skin; it reduces dryness and soreness.





#### MARVIS

WHITENING MINT TOOTHPASTE

Price: \$27.00

Packed in apothecary tube, this Marvis paste is made in Florence, and is perfect for teeth whitening.

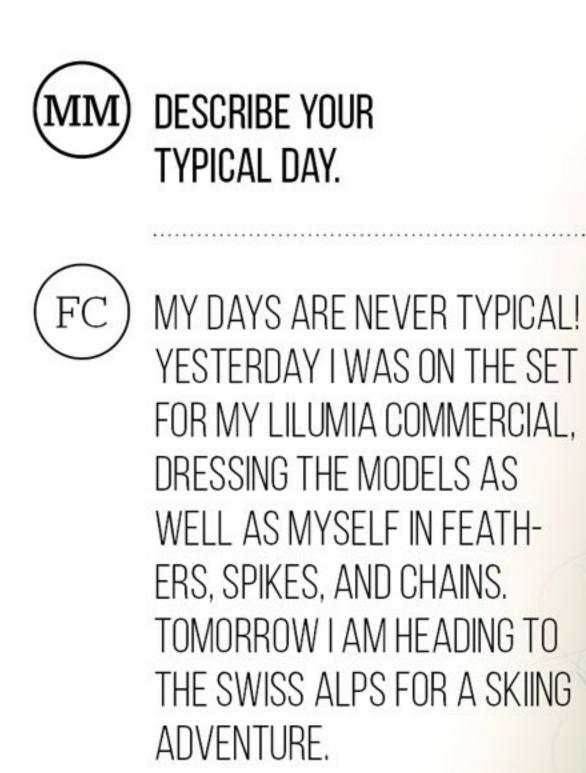








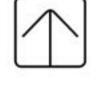




MOST OF THE TIME TO

PORTIONS.



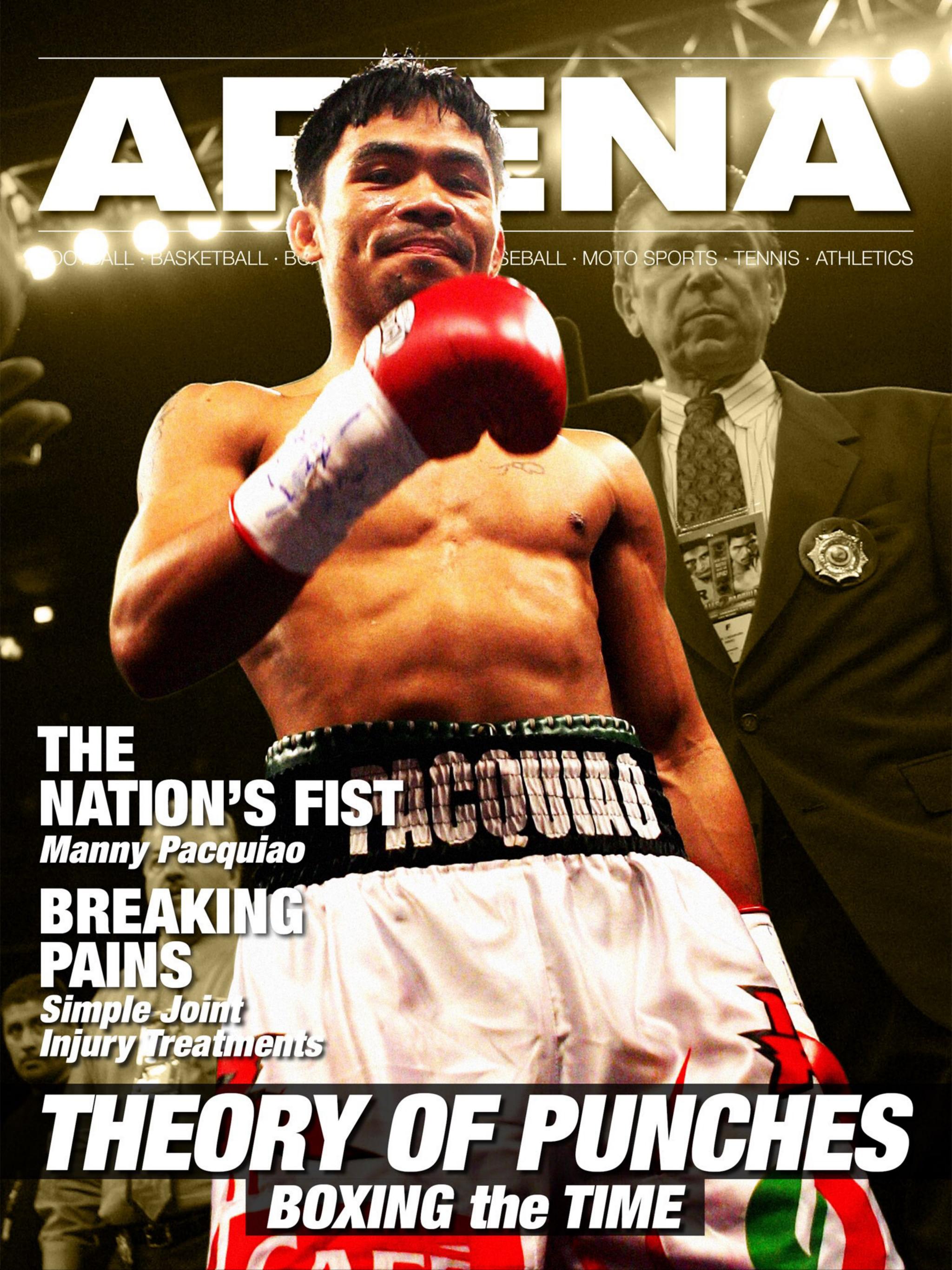














Molineris / Red Bull Content Pool

LUCA BERTOSSIO STARTS HIS DAY AT 7 A.M., HE HAS A RICH PROTEIN BREAKFAST, AND STRETCHES TO WARM UP. HE GOES TO THE AIRPORT, PREPARES AND CHECKS HIS GLIDER, DECIDES ON HIS FLYING PROGRAM AND SOARS INTO THE SKY. BERTOSSIO IS AN ITALIAN AEROBATICS PILOT, COMPETITOR FOR THE ITALIAN NATIONAL GLIDER AEROBATIC TEAM, PROFESSIONAL AIRSHOW PILOT FOR THE RED BULL GMBH AND OFFICIAL AEROBATIC PILOT AND TESTIMONIAL OF CITIZEN WATCHES.



Bertossio, who calls himself a flyer and not a pilot, flies in the National Italian Glider's Aerobatic Centers of Premariacco and Torre Alfina (Italy) and is an instructor at the International Glider Aerobatic Academy in Williams, California (USA). The 25-year-old flyer says that glider symbolizes freedom and that he is aware of how risky the sport is. However, for him each victory justifies gambling with life. The pilot of Swift S.1, plays tennis to stay fit, and enjoys drumming and DJing, which helps him perfect his timing, rhythm, improvisation and precision. He admits that aerobatics requires both extensive physical and mental preparation and agility. Bertossio never allows himself to overthink before the flight, and says it's also wrong to start flying if you are over-relaxed.



One of his goals is to promote glider aerobatics in Italy, and as a part of the Italian National Glider Team and all the won medals, he is doing quite well. Bertossio is the first Italian who managed to win 4 FAI Gold and 2 Silver FAI medals for the glider aerobatics discipline, and the titles of Vice World Champion 2011 and World Champion of Glider's Aerobatics in the 2012 WAGAC. Bertossio is also the best placed Italian in the Unlimited category of the WAGAC 2014 World Championship (7th place).

The 25-year-old flyer says that glider symbolizes freedom and that he is aware of how risky the sport is.

With 12 years of experience in flying and over 1500 hours in the air, Bertossio is always gliding towards higher goals. This year we hope he passes AirVenture in Oshkosh (USA) in July, the World Gliding Cup (the Czech Republic) in August and Dubai World Air Games (UAE) in December with flying colors.

















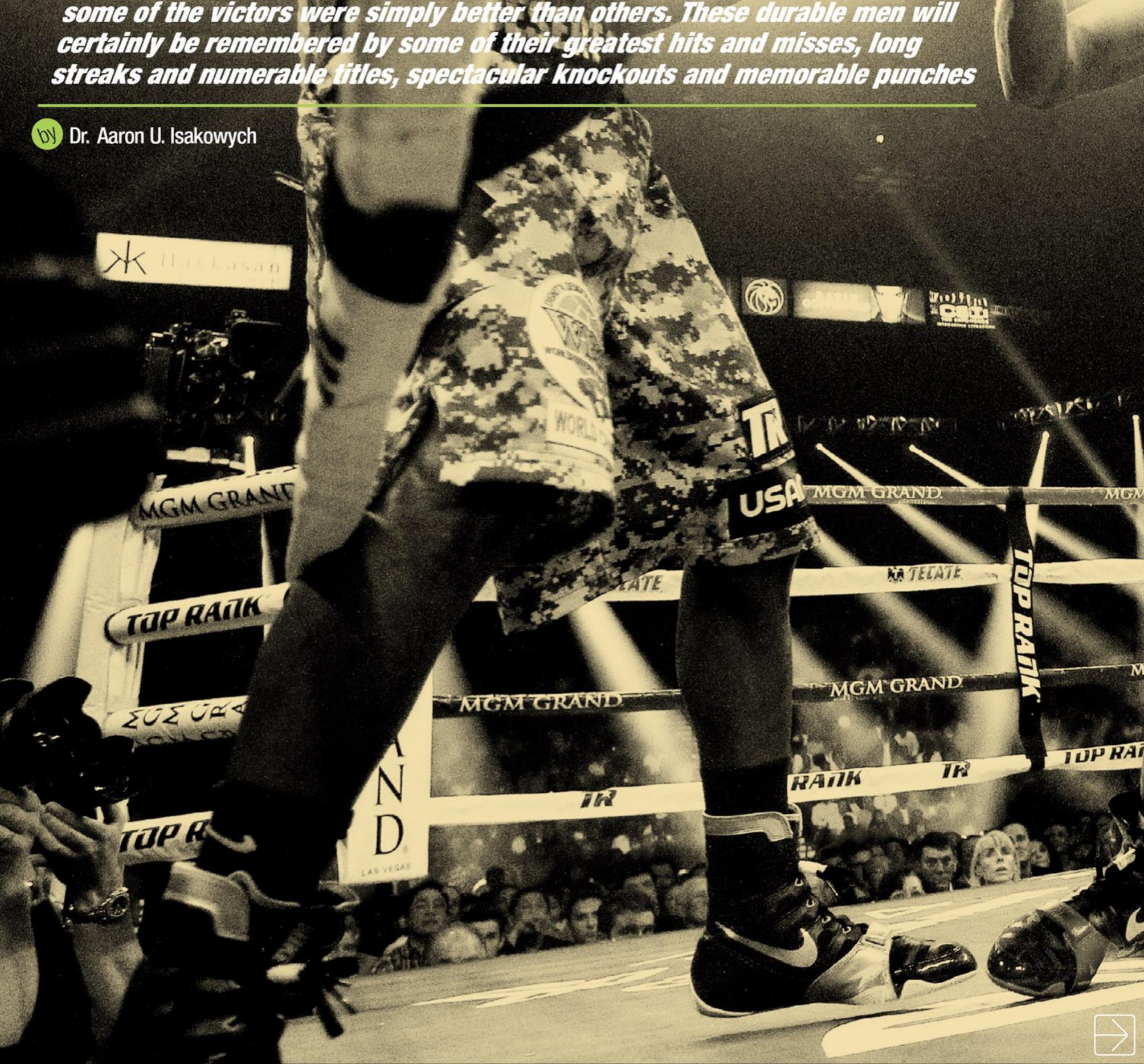




Hong Kong's skyline was a nice background for this motocross pilot. The famous city skyline is often used as part of the promotional events by various brands and organizations.





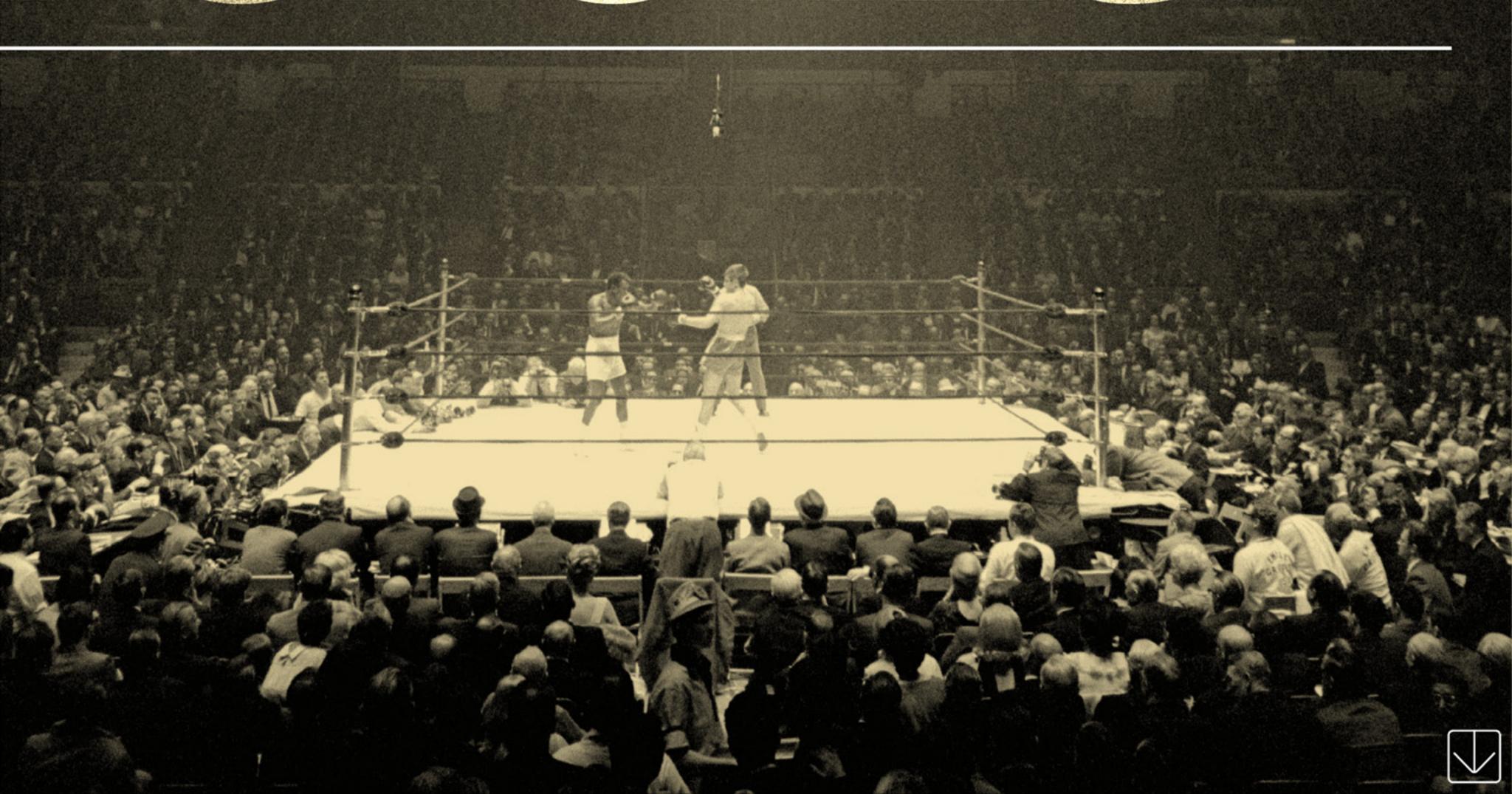


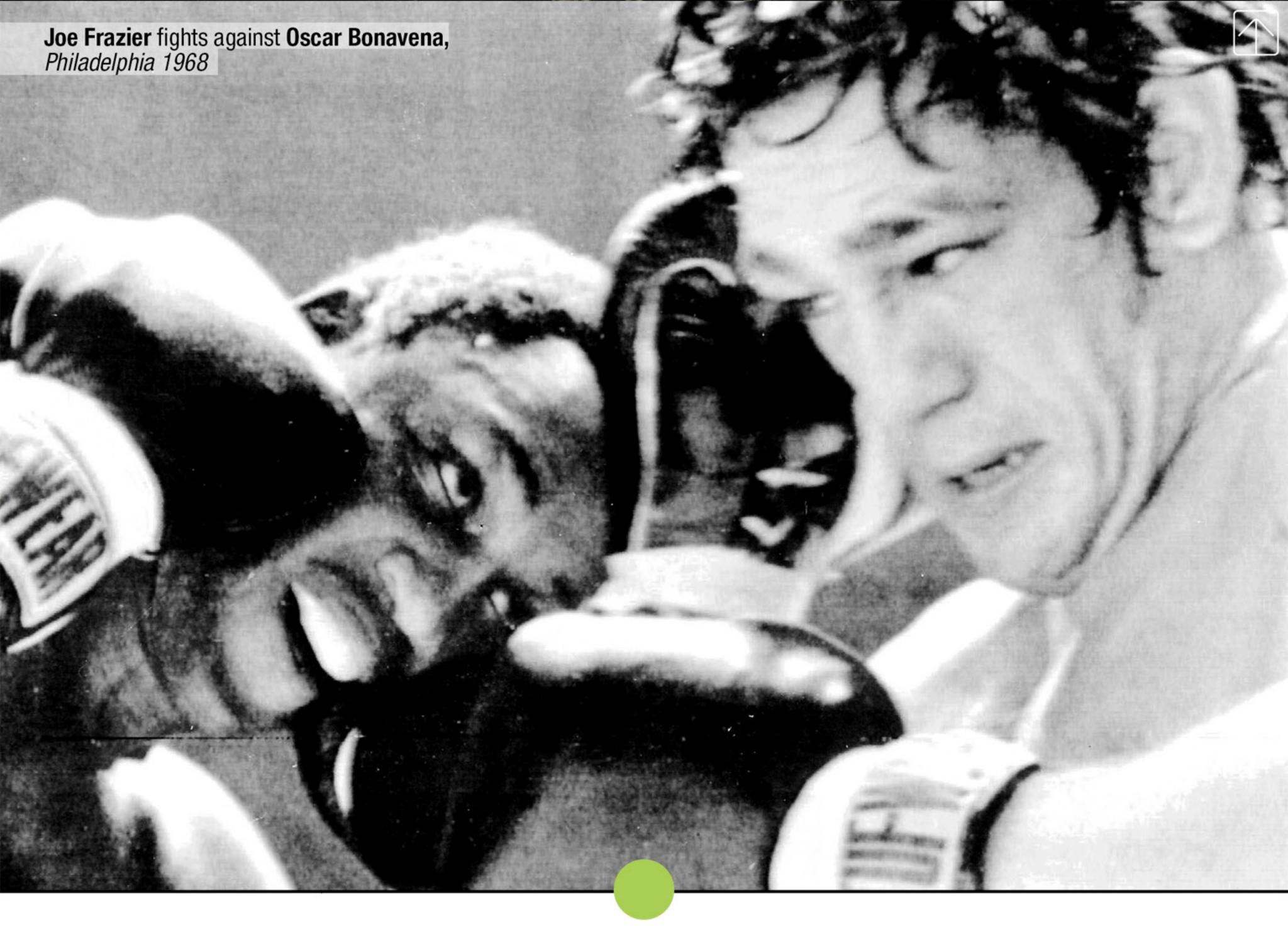


Not so often, civilization remains true to a tradition and nothing in the world has lived on for millennia, except violence. However, mere violence would not have survived hadn't there been for fair competition and naive chivalry

Dr. Aaron U. Isakowych

# EGG BOXING the TIME

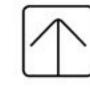




#### FIGHTING WITH BARE HANDS IN FRONT OF A CROWD HAS BEEN DONE AS early as 2000 BC IN ANCIENT EGYPT

Boxing is one of the oldest sporting skills. The origin of the manly art of self-defense seems to have begun from the moment a man first stood on his two legs, punching a cousin beside him with his other two free limbs. Sumerian carvings, important archaeological artifacts that date back to the third millennium BC, say that fistfights were very much practiced. Fighting with bare hands in front of a crowd has been done as early as 2000 BC in Ancient Egypt. However, this is not the oldest evidence of practicing

some kind of primitive boxing. At the beginning of the twentieth century, somewhere around Baghdad plates with painted boxers who are preparing for the match have been found. Mesopotamia suffered from boxing craze, as well as ancient Mediterranean civilizations. The ancient Greeks introduced boxing in the original Olympic Games, and even the Iliad (657 BC) describes one match in detail. The Romans had two important categories, athletic and gladiator, both with Etruscan roots.



In the beginning, only criminals and slaves used to box in order to win freedom and escape death, but later even the emperors joined in. Due to the abundance of violence, huge popularity and disturbance of citizens, sometime around 500 BC boxing has been declared prohibited.

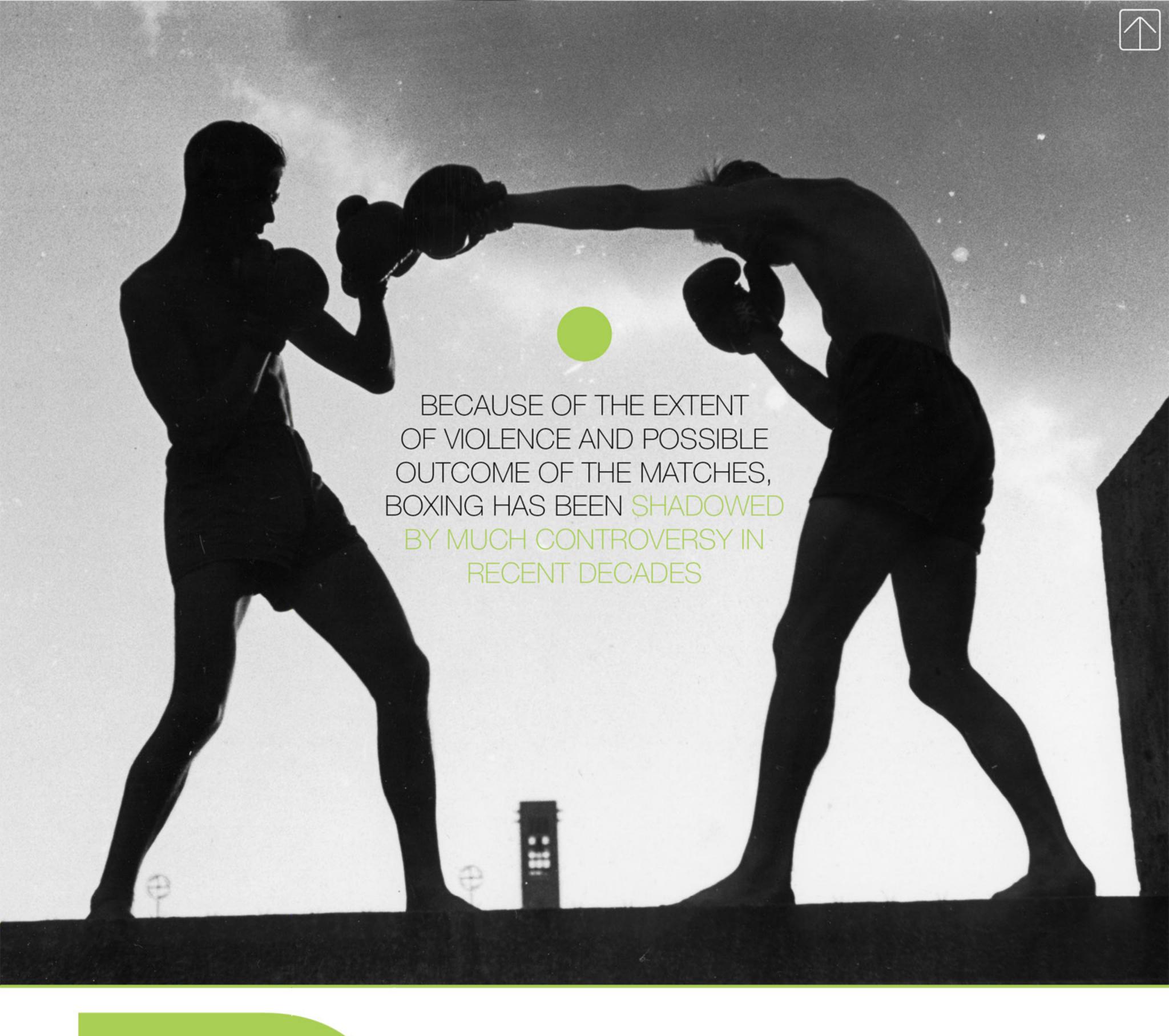
The history marks a period when weapons were put to use, which sent boxing into oblivion. Only some underdeveloped communities sporadically throughout Europe continued a tradition of proving masculinity with the means of boxing. The next time boxing was mentioned was in the late 17th century, when the Duke of Albemarle organized fights for his servants for fun, and at the beginning of the 18th century, a term boxing appeared. In those days the rules emerged, and so Jack Boughtonis is considered to be the father of boxing as he established the basic rules after the alleged death of one of his opponents. The rules implied using certain stroke silencers (mufflers), no blows below the waist, and a 30-second counting. Still, the biggest contribution to the systematic development of boxing as a sport is prescribed to John Chambers and his *Marquess of Queensberry*. They included, among other things, duration of rounds and the use of gloves. The case *R v. Coney* from 1882 forbade fights without gloves, and fisticuffs from that moment on were considered an assault with possible deadly consequences. The first champion was

Gentleman Jim Corbett, who won in 1892 in accordance with the official boxing rules. In 1902, the first prosthesis was designed (*mouth guard*), but it was not used for its protective purposes until 1913 and by *Ted "Kid" Lewis*. Unlike the ancient, the modern version of boxing was a means of making money for both the fighter and the spectators, as they would place their bets. The year of 1908 was the year when amateur boxing got included in the modern Olympic Games. Amateur boxing is based on a system of recording the number of punches, and requires the use of proper equipment, such as gloves and helmet. As such, it remained a part of the Olympics until today. Professional boxing entails much more damage and aggressiveness. There is no helmet, and the outcome of the match, besides counting points, is also gathered by one of the two fighters' inability to continue.

Jack Boughtonis IS
CONSIDERED TO BE THE
FATHER OF BOXING AS
HE ESTABLISHED THE
BASIC RULES AFTER THE
ALLEGED DEATH OF ONE
OF HIS OPPONENTS







Due to the extreme popularity of boxing, especially in the US, the classification by categories was established based on the competitors' weight. So today, there are eight large professional divisions – **flyweight** (up to 112 lb), **bantamweight** (up to 118 lb), **featherweight** (up to 126 lb), **lightweight** (up to 135 lb), **welterweight** (up to 147 lb), **middleweight** (up to 175 lb) **and heavyweight** (unlimited). Be-

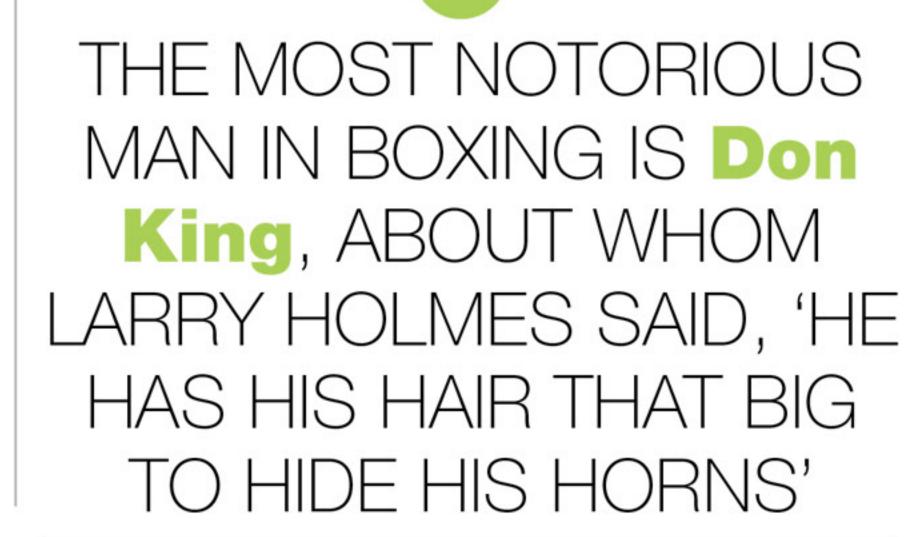
sides these, there are ten intermediate categories (or between-weights), and in recent years junior categories have been recognized as well. Organizing boxing matches and tournaments, and assigning titles is a responsibility of four major international organizations – **IBF**, **WBA**, **WBO** and **WBC**. Because of the extent of violence and possible outcome of the matches, boxing has been shadowed by much controversy in recent decades.

There have even been few attempts to ban it completely.

One of the major controversies was the death of a South Korean boxer *Duk Koo Kim* in 1982. The most notorious man in boxing is *Don King*, about whom Larry Holmes said, 'He has his hair that big to hide his horns'. *Don King* is believed to have stolen boxers and done some serious scams. *Tyson*, *Lennox Lewis* and *Norris* sued him, and he was even accused of murdering the man who tried to steal his illegal books.

Billy Collins Jr. was blinded after the match with Resto, which is why Resto received a ban for two and a half years; the phantom punch was done by Muhammad Ali; Margarito used stuffed gloves; Evander Holyfield has lived to bite off his opponent's ear; Sam Baroudi died after a knockout in the match with Ezzard Charles.

Even though boxing was marked by great matches and champions, some shameful mistakes made by the judges happened much too often, which of course questioned the legitimacy of the sport. Mistakes that were made were so huge that they cost the boxers their titles, which lead to a great problem in this type of sport. However, despite the controversial lives of boxers outside the ring and some incredible, epic matches, the trademark of boxing is in the great champions.



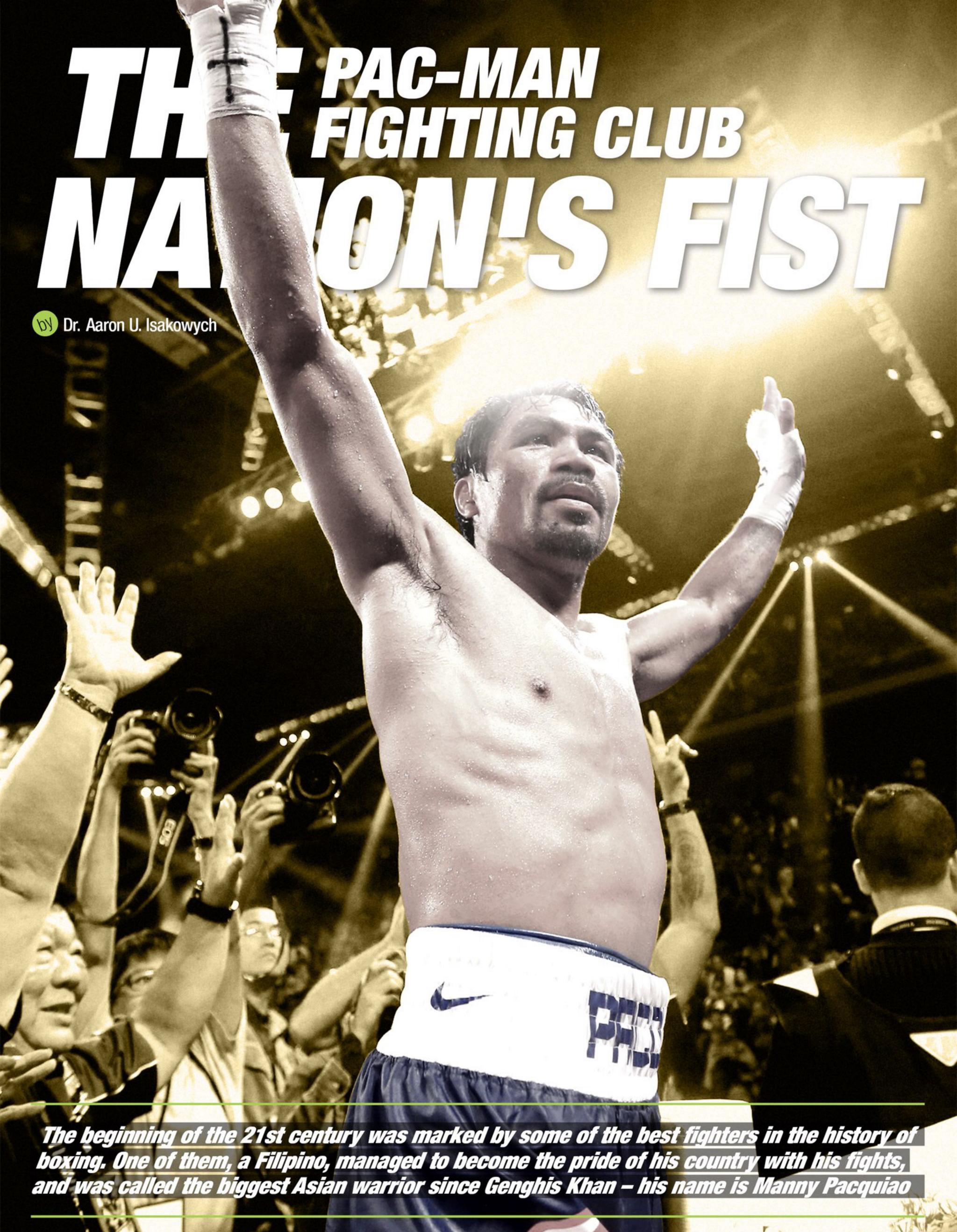




Rocky Marciano had 49 wins in 49 matches (43 by KO); Muhammad Ali was the world champion and Olympic gold medalist; Sugar Ray Robinson made journalists coin a phrase pound for pound boxer; Klitschko brothers won several titles; Lennox Lewis is the most recent undeniable heavyweight champion; Evander The Real Deal Holyfield is the only four times heavyweight champion; George Foreman won 76 times, out of 81 matches he fought; Joe Frazier is in the International Boxing Hall of Fame; Mike Tyson is the youngest champion in WBC, WBA i IBF.

In spite of all the brutality, speculation and substantiated critique of the harmfulness, boxing remains one of the most popular sports to this day. In addition to all the glamor and the huge amount of money that goes around, behind each great boxer is great work, indisputable talent and perseverance that almost borders on craziness. All this tells us that we are still enjoying this noble discipline because 'Violence dies last!'





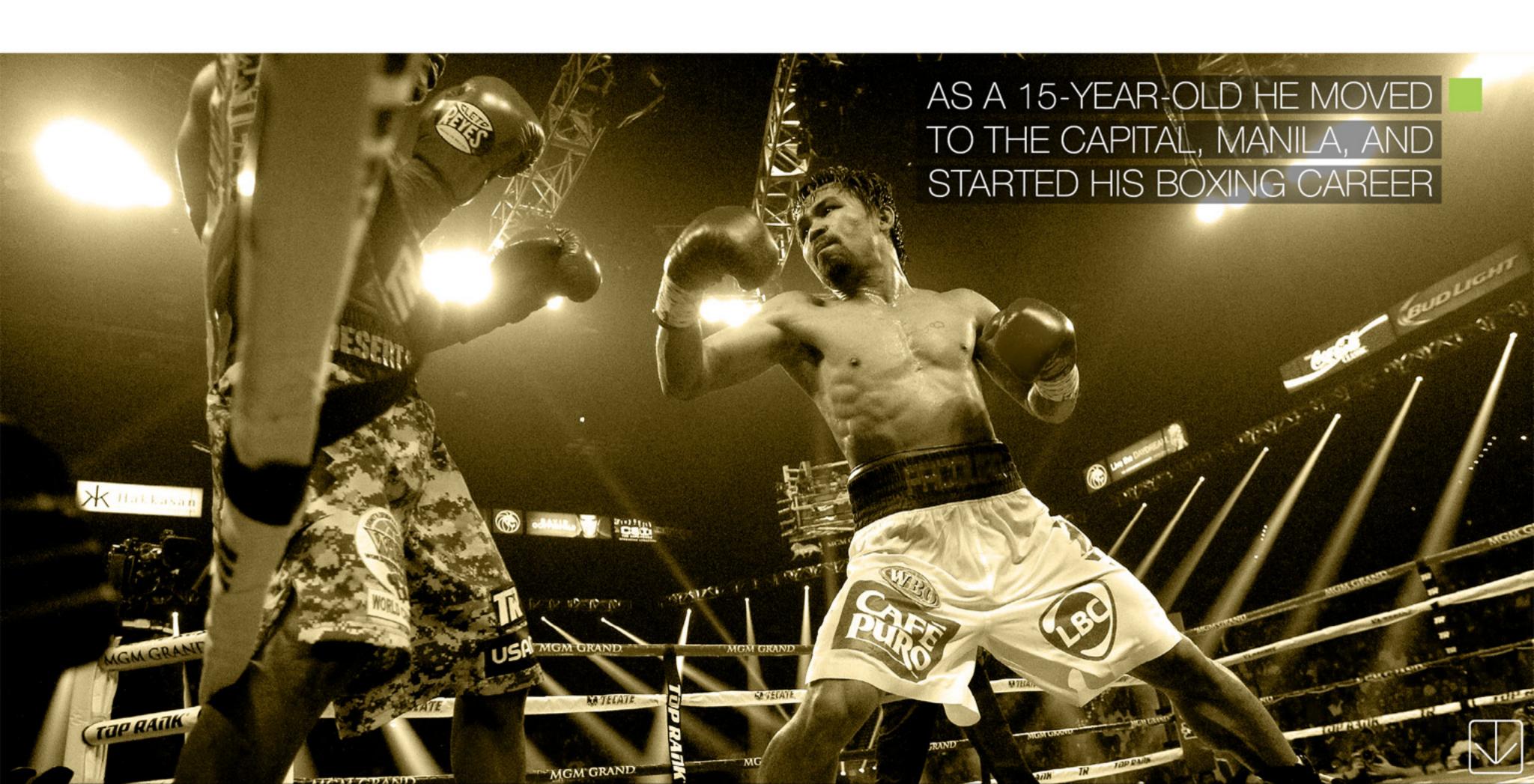


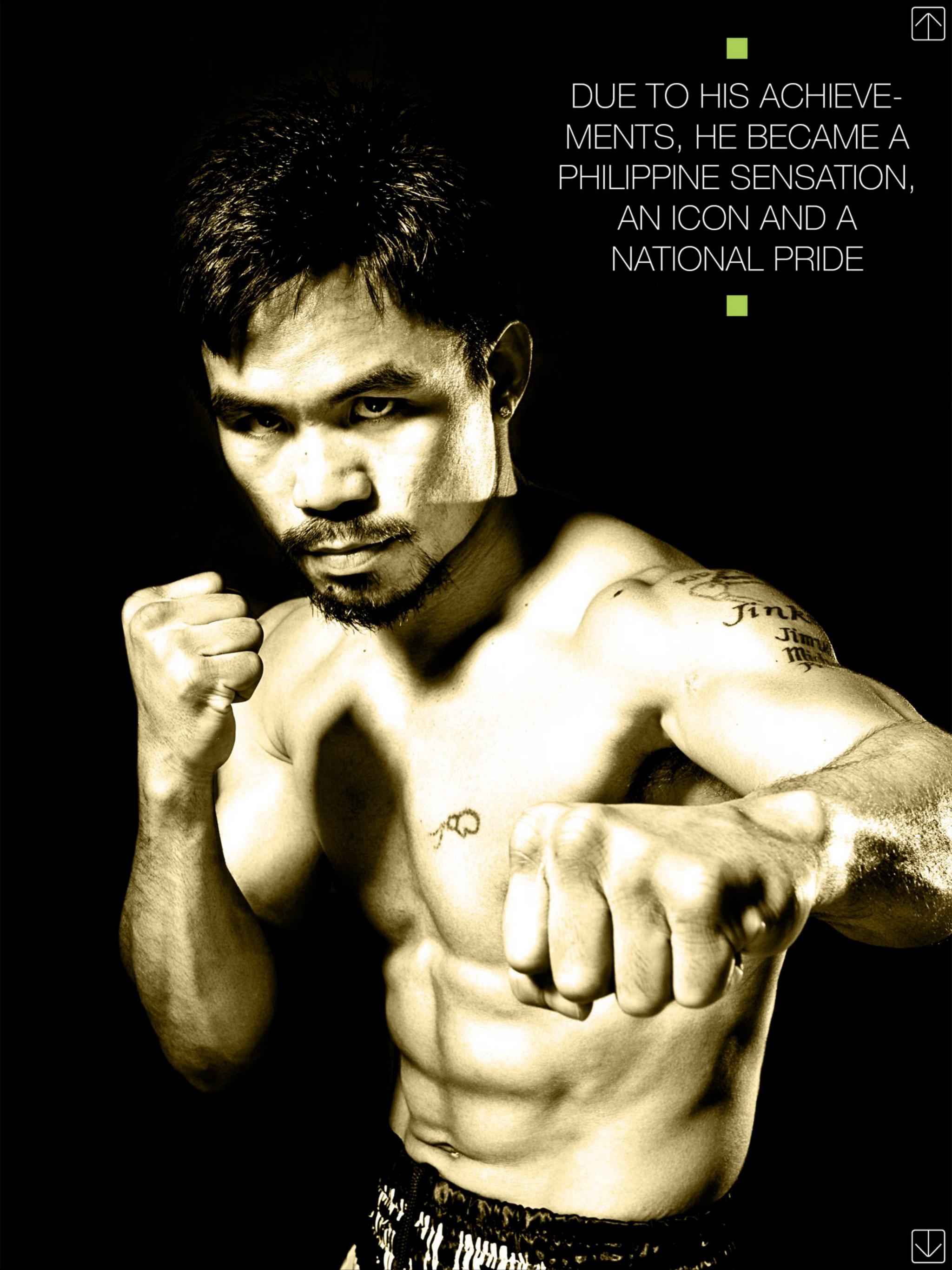


After just a couple of weeks his matches were broadcast by the national television, and his journey towards becoming a national legend commenced. In his first match, he won after 4 rounds by gathering points. He won one match after the other, and was knocked out only a couple of times. He never gave up and quickly managed to win his first title in 1998, fighting against *Chatchai Sasakul* from Thailand in the WBC flyweight category. Having lost the title against *Singsurat*, and having put on weight and skipped a couple of categories, Pacquiao became a super

bantamweight champion. He won this title in 2001 by a technical knockout over *Lehlohonolo Ledwaba*.

Year 2003 was a turning point for his career. Pacquiao presented himself to the American public and joined a featherweight category by beating Mexican fighter *Marco Antonio Barrera*. By a split decision he was the victor in the match with *Juan Manuel Márquez*, who was at the time a WBA and IBF featherweight champion. In the super featherweight he lost to the champion *Érik Morales*, but in the rematch he won with a knockout. In 2006 he defended his title against *Óscar Larios*, and then against *Morales*, *Barrera* and *Márquez*. In June 2008 Pacquiao fought *David Díaz* and earned the champion title in the lightweight category. Only a couple of months later **in the so-called dream match he beat the American ace Oscar De La Hoya and won the welterweight title** as one of the best boxers, with immaculate technique, strong punches and unbelievable swiftness.









## Malicious Deliciousness

Beneath the Sweetness





CARBOHYDRATES ARE THE BODY'S HIGHLY ESSENTIAL AND ULTRA-POTENT ENERGY UNITS, AND ALSO ITS BUILDING BLOCKS. THE SIGNIFICANCE OF THEIR METABOLISM IS REFLECTED IN THE SIMPLE FACT THAT THE DISRUPTION OF HORMONAL REGULATION OF INSULIN LEADS TO COMPROMISING VITAL FUNCTIONS. WHILE BOTH IMPORTANT AND USEFUL, THEY CAN BE EXTREMELY DANGEROUS AS WELL.

### **Energy Nucleus**

The most important source of energy for human cells are carbohydrates. They are one of three macro nutrients, right next to fat and protein. The need for energy is met with burning the deposited stashes, which must be regularly replaced. The body first uses all the stashed carbohydrates, then fats, and then finally and if needed starts using protein, but that can have a destructive effect on the body. Charging up the energy storage is achieved by an adequate diet that meets the necessary requirements. In addition to the quality, the quantity (the molecules that are deposited as a potential source of energy) is essential as well.

In nutrition, carbohydrates are used as sugars, oligosaccharides, starch and fibers. They are divided into simple and complex carbohydrates, and regardless of the form in which they are ingested, the enzymes break them down into simple shapes, resorb them, and if necessary burn them.

### Metabolic Behavior

The most important thing about the carbohydrates' source is the speed with which they are delivered to the cells.

Simple sugars – small molecules of simple structure – are easily absorbed, quickly reach the bloodstream, and disappear just as quickly. The amount of sugar in blood is regularly controlled with measuring mechanisms, which, if needed, activate hormones of hypo- or hyperglycemia.





If there is no need to burn the sugar, it is easily converted into stocks in the liver and adipose tissue. The excess of unused carbs is converted to fat, from which again it can be spent, but with the help of much more complicated mechanisms.

More complex carbohydrates undergo complex processes of decomposition in the digestive tract, and last longer. These require a gradual resorption, which takes place more or less continuously, but by providing small amounts of simple sugars in the blood for a longer period of time.

# FRUITS AND VEGETABLES ARE A GREAT SOURCE OF CARBS

The simple carbs are mainly found in fast food, sweets and sodas, as refined molecules. They are easily absorbed and rapidly raise glucose concentration in the blood; but if not used, then the body deposits them as fat. The next intake of these molecules does the same thing, and over time, fat accumulates more and more because the amount of carbs that are ingested exceeds the needs. Other sugars are found in natural foods as unrefined molecules. Fruits and vegetables are a great source of carbs

(bananas, berries, potatoes, brown rice, oatmeal, wheat, tomatoes, etc.). Starch and fiber remain in the intestines longer and they gradually release simple sugars, thus helping bowel motility at the same time. The energy that the body gets from them is continuously used and in small amounts simultaneously has an anticancer effect on the mucous membrane of the intestine.

### Silent Effect

The carbohydrates' metabolism has few forms. In addition to giving energy, they are important for the design of a bit more complex molecules, cell communication and achieving homeostasis. What is not so visible is the effect of oversaturation with carbs, where cells adapt to constantly having available energy, which results in slow changes of metabolism. This doesn't lead to higher







 $\bigcirc$ 

energy usage, but raises the threshold for reactions to carbs. This mechanism leads to sugars affecting brain cells just like drugs, burning the same cortical and subcortical centers. It is addictive, but not only to brain cells, but all the others as well, since they all use glucose for energy.

Constant saturation of blood with carbohydrates affects the process of glycosylation of cells that line the blood vessels, making them more sensitive to the formation of vascular disease. In children, unlike adults, it increases the number and volume of fat cells, which is difficult to eliminate. This leads to childhood obesity, which in some countries starts to assume the proportions of an epidemic, causing a reduction in life expectancy and exposure to various diseases.

In contrast, any lack of carbohydrates is equally dangerous. The activation of alternative metabolic patterns in the cases of deficiency can lead to fatal consequences.

### Theory of Sweetening

Many studies and researches have shown that the food industry deliberately uses carbohydrates' specifics in order to maximize their income. It is believed that the deliberate manipulation of these molecules' sensitivity is so widespread that it's assuming the proportions of a worldwide fraud. On one hand there is the reliance on

satisfactory short-term effects of high-calorie simple sugars; and on the other there is their shift into the depots that will remain unused, and the need to consume the same foods again – not only for satisfying needs, but also for addiction.

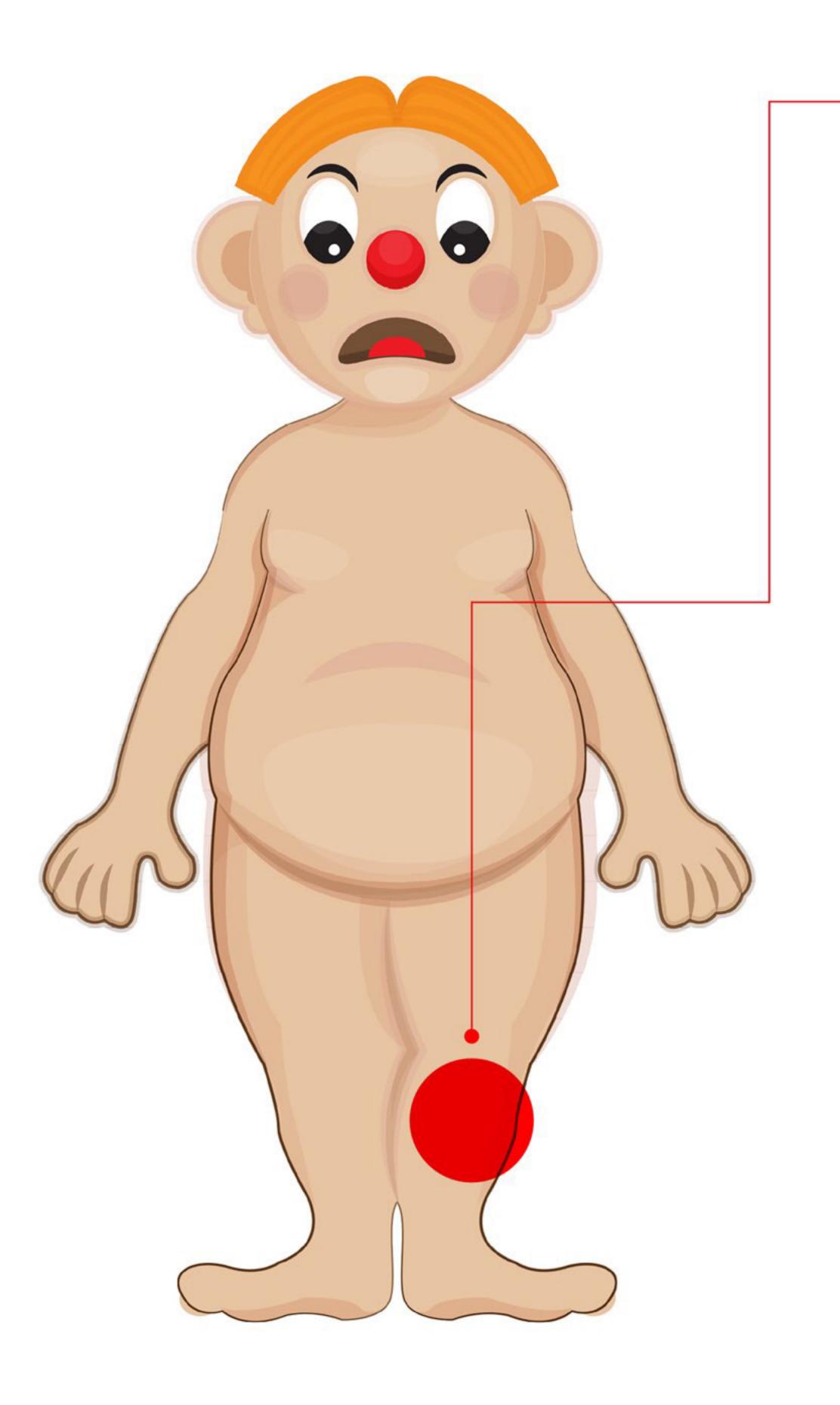
It is obvious that we need carbohydrates. However, their use should be viewed rationally, just like using your phone – know when to charge it, for how long, and how often. If the most advanced phones are sensitive to excess energy, what can we say about the sensitive tissue of the human body?



## BREAKINGPAINS

SIMPLE JOINT INJURY TREATMENTS

Joint injuries are most frequent during exercise and other physical activities. Healing those injuries is complex, it requires a lot of time and it should be done gradually. There are no easy and quick solutions, because incomplete recovery can seriously damage the architecture of one's skeletal system. Without treatment, acute and recurrent injuries can become chronical and degenerative.



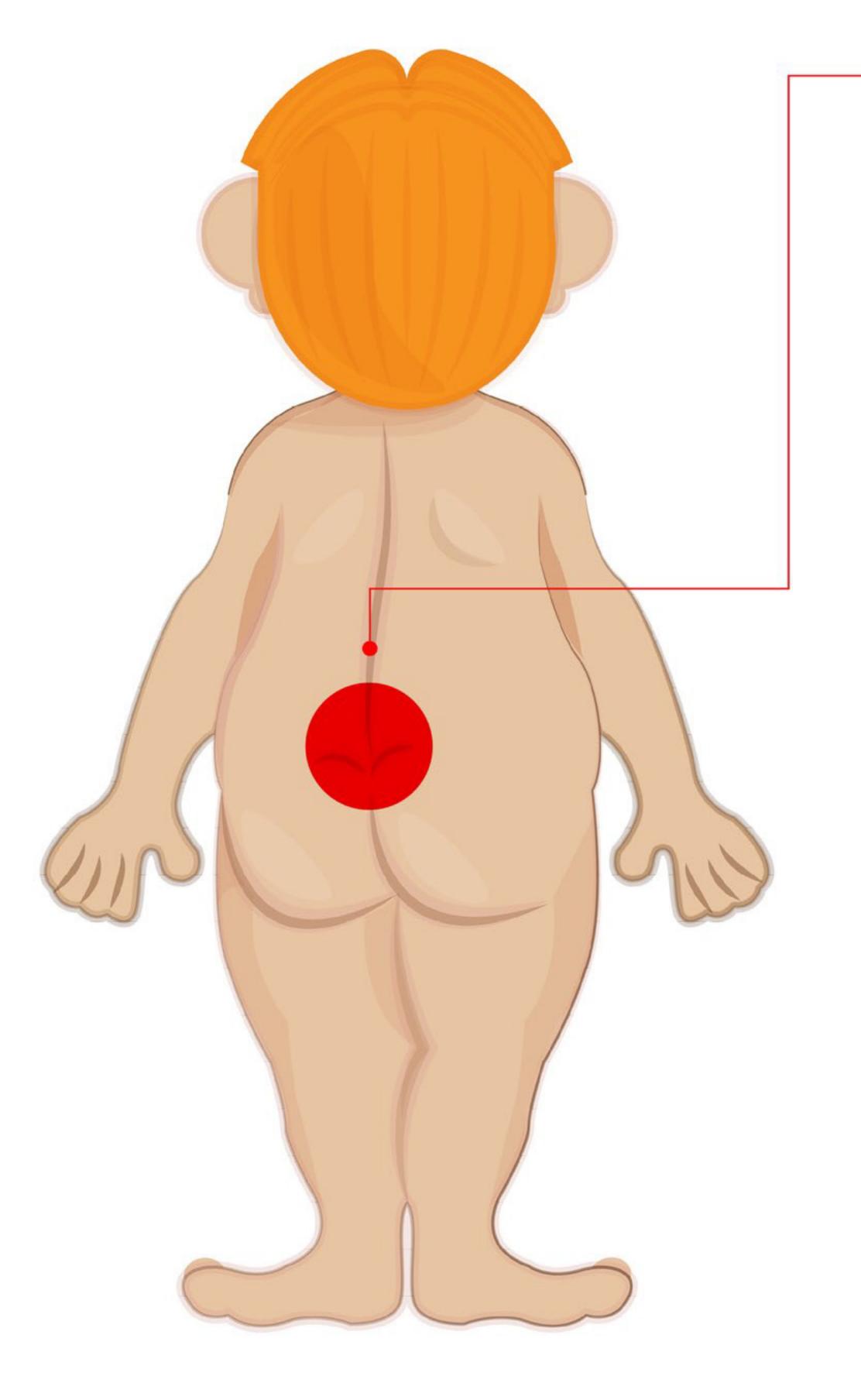
### KNEE INJURIES

Ligament damage and joint cartilage injuries are common knee injuries. Knowing that the knee joints are the ones under most pressure, healing should be extremely careful and gradual. Further damage to the unhealed knees can lead to hip or spine injuries. First step of treatment should be cooling in order to remove swelling. Further on, warm packs can aid blood flow and recovering. Gentle massage with various ointments can be beneficial. *Boiled wine with incense* can be a good massage balm, as well as chestnut and vodka tincture – mixture of cracked chestnuts topped with vodka should be kept closed for three weeks and then used to make knee compress



SIMPLE **JOINT** INJURY TREATMENTS

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Most usual reason behind lumbago is discus hernia caused by constant pressure on the spine in its distal area. Long-term inadequate posture can over time lead to intervertebral restrains which pressure the nerves and cause strong pains along the legs. Rest, pain medication and taking positions that cause the least pain are some of the conservative methods against lumbago.

Packs made of a couple of *layers of foil* and plain paper, with foil as the front and the back of the pack, should be placed on the aching part of the spine. Rest with the pack for at least a half an hour, a couple of times a day. Alternative packs can consist of *leaves of verbena*, *cut leaves of* cabbage, horseradish and potato packs, *lemon* and *clay cases*, all of which can have painkilling and chemical effects





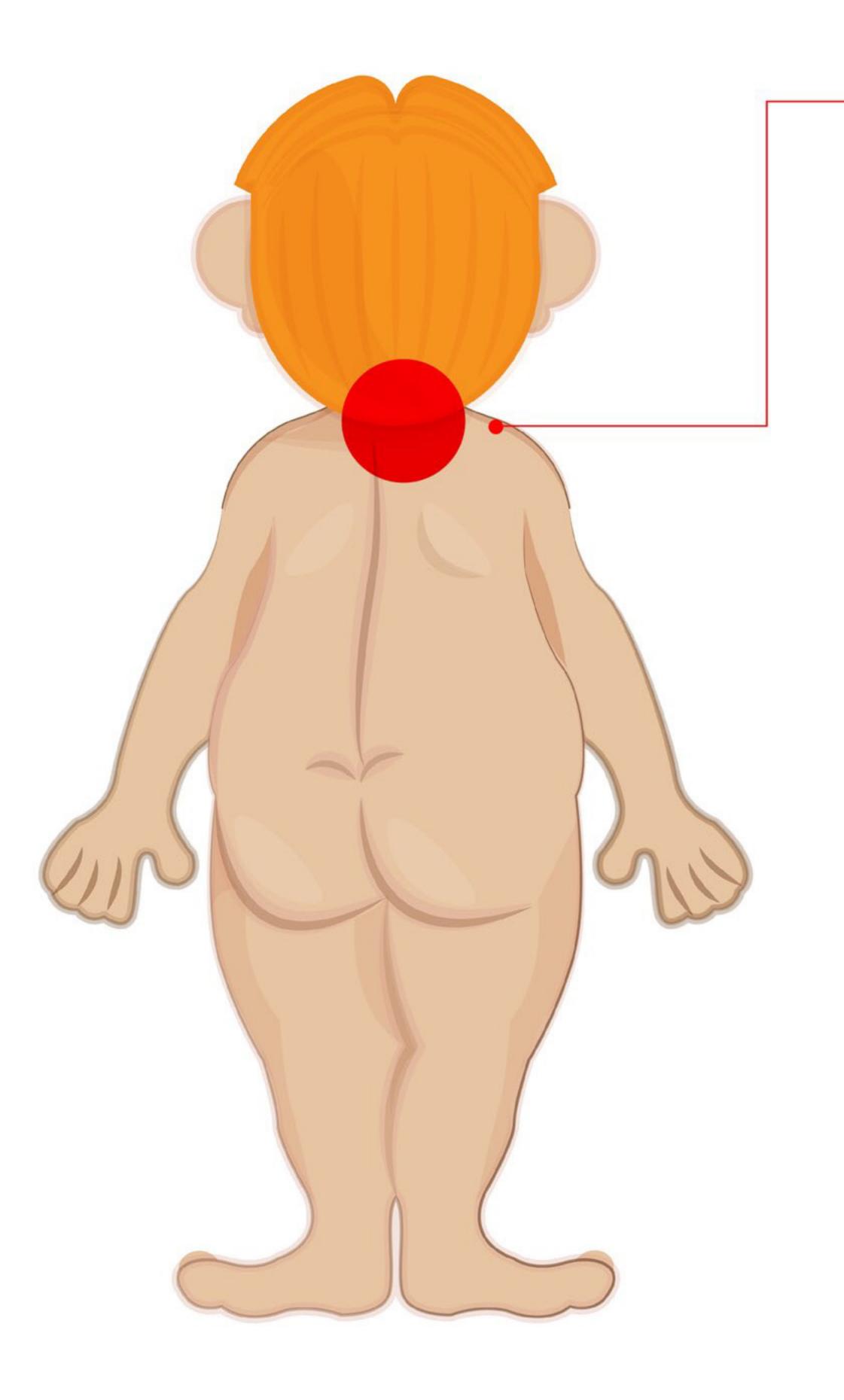






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Sudden movements or inadequate sleeping positions can lead to painful sensations in the neck area. The key to treating these injuries is in heating the area and improving circulation, because the high spine muscle tone can lead to the interference of the rest of the muscle system with head vascularization.

Ground laurel leaves and juniper needles can be mixed with a bit of butter and used to massage into aching part of the neck. Sheaths of black radish can also be used, but for shorter periods of time – short sheathing periods can relax and heat neck muscles



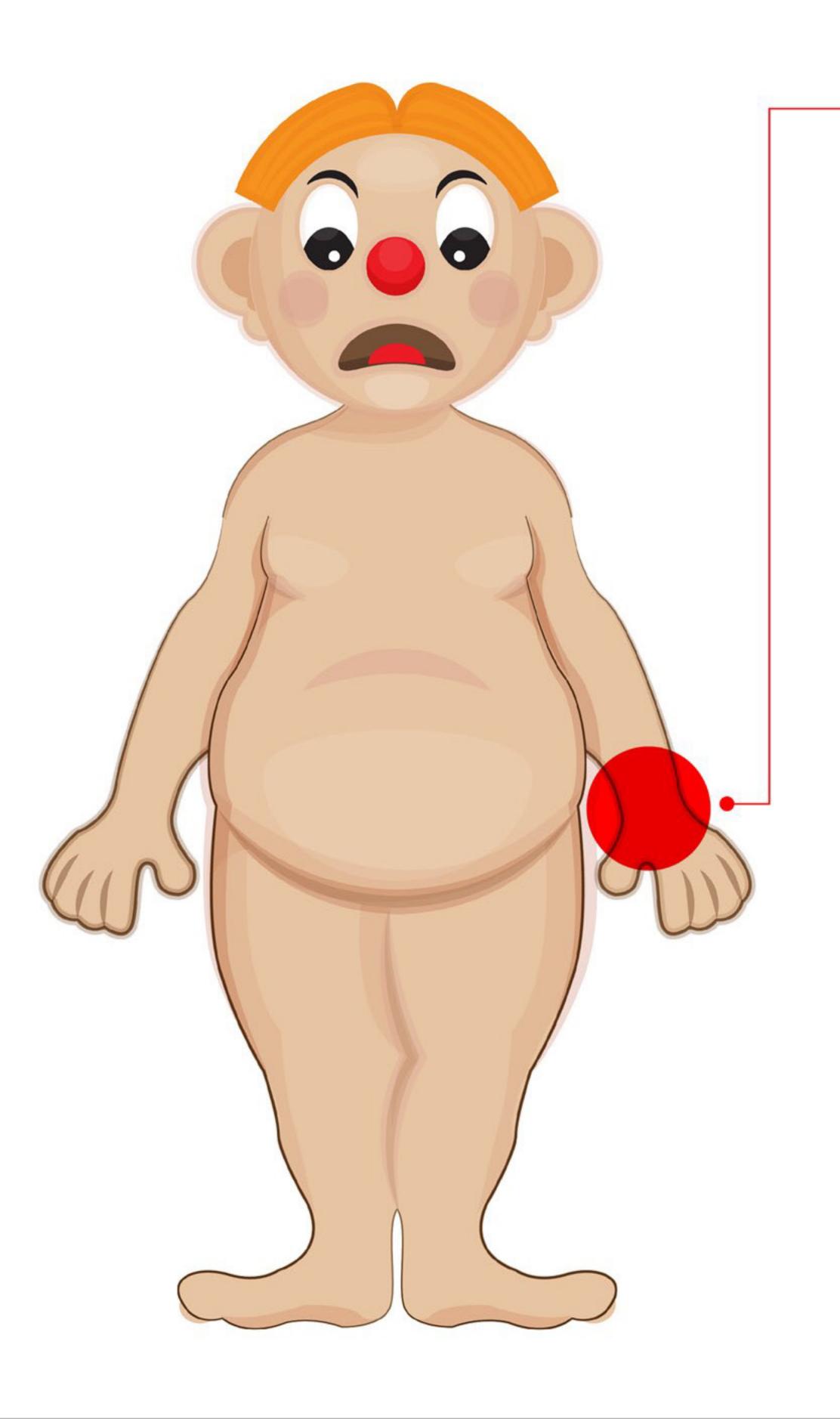






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Hand injuries are highly incapacitating and are usually caused by accident or irregular exercise.

Immobilizing wrists and cryomassage can be used as an alternative treatment. Chamomile and elderberries pack should be placed during the day. A mash of ground herbs should be swaddled into a cotton or wool cloth and soaked in water, drained and placed on the wrist. The cloth should be fixed with foil. Soaking the wrist for two hours into two liters of cooled sage tea is also advisable once a day



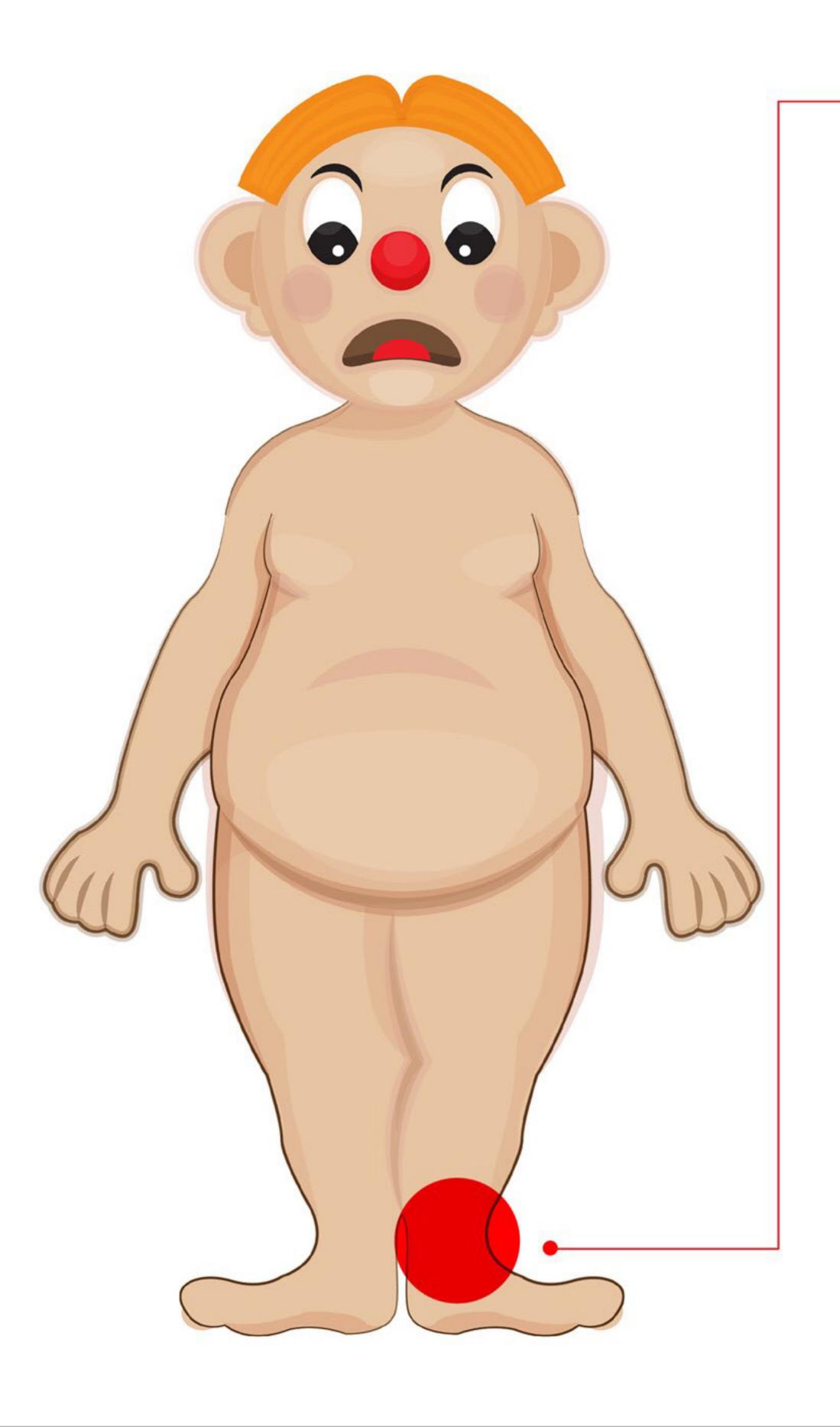




## BREAKINGPAINS

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### LIGAMENT INJURIES

Spraining, straining and twisting of ligaments can lead to serious injuries. Short healing with exercise can be useful after brief periods of joint immobilization. Strengthening the joints with gentle movements, which can gradually become quicker and stronger, should help the revitalizing of ligament soft tissue and improvement of blood circulation. Universal packs for all ligaments are cabbage sheaths topped with 40% alcohol, which are then wrapped around the joint. In most cases, injuries of soft structure tissues are solved through surgery. This is the most pragmatic method that cannot be replaced by any other treating method. Treatment in these cases can only be aided by natural means



### 우로라인트(UU)에 에이러드

### THE BMW CRUISE M-BIKE LIMITED

MERCEDES-MAYBACH S 600 PULLMAN

# ANOTHER WAY TO SPELL LUXURY



- MINI
  CHROME LINE EXTERIOR DELUXE
- LUXURY RACER
  GT RACE-MANSORY







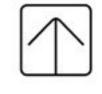
# A BICYCLE FOR EVERY BMW MENTHUSIAST

THE BMW CRUISE M-BIKE LIMITED EDITION









BMW IS COMPLIMENTING ITS BICYCLE COLLECTION IN SPRING 2015 WITH THE PRESENTATION OF A COLORFUL TRIBUTE TO THE BMW M AUTOMOBILES: A LIMITED SPECIAL EDITION BMW CRUISE M-BIKE. THE CHARACTERISTIC AUSTIN YELLOW METALLIC OF THE BMW M GMBH WAS ADAPTED FOR THIS EDITION, WHICH HAS BEEN LIMITED TO 500 EXEMPLARS. EACH MODEL OF THE LIMITED EDITION COMES WITH A SPECIALLY MADE PLAQUE AND A CERTIFICATE.

The BMW Cruise M-Bike stands out with its modern design and lightweight construction elements. An optical highlight is the so-called Bullneck on the top tube in the front frame, which was borrowed from motorcycle design and is reminiscent of the tank position. **Its hydro-formed aluminum** 

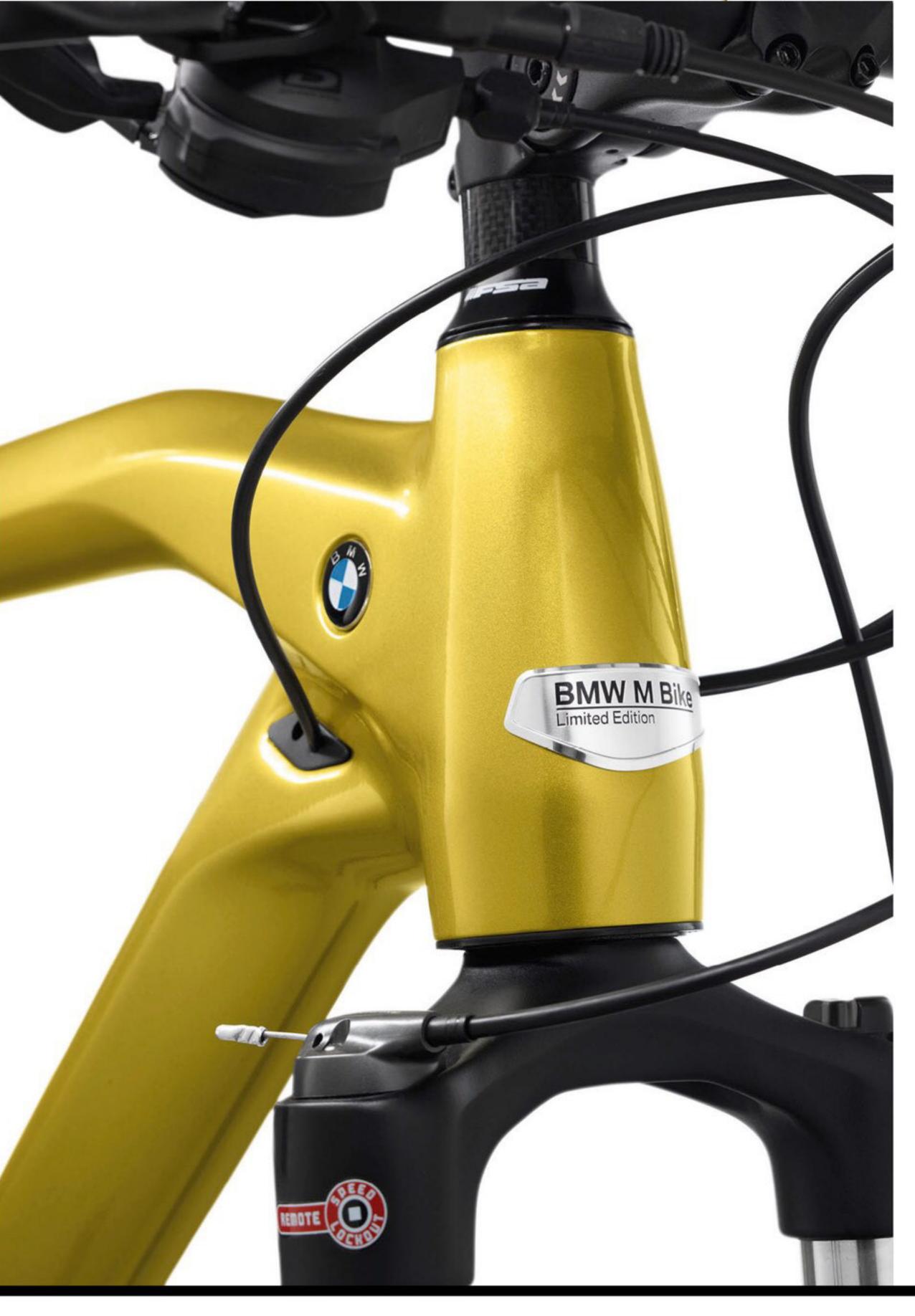
frame and carbon components make the BMW Cruise M-Bike both light and stable. Despite its low weight, the frame is very rigid, which ensures maximum power transmission at the lowest possible effort. The ergonomic handlebar concept, which is individually adjustable, allows for a comfortable ride, while the hydraulic disc brakes from Shimano guarantee a safe arrival.



THE BMW CRUISE M-BIKE STANDS OUT WITH ITS MODERN DESIGN AND LIGHTWEIGHT CONSTRUCTION ELEMENTS







FOR OVER 60
YEARS, BMW HAS
DEMONSTRATED
ITS EXPERTISE
IN THE
DEVELOPMENT
OF MODERN,
HIGH-QUALITY
BICYCLES

For over 60 years, BMW has demonstrated its expertise in the development of modern, high-quality bicycles. The current bicycle collection stands for versatility and quality. For children and adolescents, two suitable models are available: the BMW Kids Bike and the BMW Cruise Bike Junior. For lovers of difficult terrain, the BMW All Mountain Bike is the perfect companion. For rides in the city, the BMW Cruise Bike, with its symbiotic interaction between dynamics and functionality, has its advantages. A sporty alternative is The BMW Trekking Bike with its hub dynamo, sturdy luggage rack, and integrated bicycle pump. In addition to the different bicycle models, the BMW bicycle collection offers matching equipment such as helmets, water bottles, bicycle locks, or a practical bike backpack.



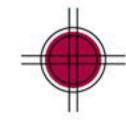






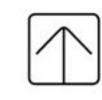
### MINI CHROMOSOMES

CHROME LINE EXTERIOR DELUXE









IT HAS DRIVING FUN IN ITS GENES – AND IT SEEMS THAT THE CHROMOSOMES ARE RESPONSIBLE FOR ITS STUNNING APPEARANCE, TOO.

The new MINI is dazzling wherever it goes, but the special equipment feature Chrome Line Exterior Deluxe finally transforms it into a truly irresistible eye-catcher. For decades, chrome surfaces have been applied to the headlamp, rear light and radiator grille surrounds as well as other typical design elements: for the first time, this feature is now extended to the entire body. The effect is instantly compelling: with the Chrome Line Exterior Deluxe, the MINI holistically reflects the aesthetic awareness of the brand and its fans.





The special equipment feature Chrome Line Exterior Deluxe is the consistent continuation of a design principle that has been pursued ever since the classic Mini was launched in 1959. Chrome as an embodiment of unique visual details has been part of the MINI tradition for just as long as the go-kart feeling and the central instrument in the cockpit. Its sophisticated sparkle directs attention to those design features that have been typical of MINI for decades and make it the original in the premium small car segment. Since the launch of the latest generation of MINI, however, it is no longer enough to emphasize individual components. **MINI has finally achieved the status of a fully integrated work of art.** So it is only logical that the entire vehicle should be given a chrome surface as an optional extra.

## THE OPERATING SPEED OF THE CONVEYOR BELT WILL BE REDUCED SO AS TO GIVE EMPLOYEES THE OPPORTUNITY TO CHECK THEIR CLOTHING AND HAIR IN THE REFLECTION OF THE MINI BODY

The new special equipment feature will also impact on production processes at the MINI plant in Oxford, UK. The hall lights will automatically be dimmed during assembly of the new MINI 3 door with Chrome Line Exterior Deluxe. What is more, the operating speed of the conveyor belt will be reduced so as to give employees the opportunity to check their clothing and hair in the reflection of the MINI body.









### LUXURY RACER

GT RACE - MANSORY









DEEPLY ROOTED IN THE MANSORY-PHILOSOPHY IS THE MOTTO, TO CONTINUALLY PROVIDE AUTOMOTIVE MASTERPIECES. WITH THE MANSORY GT RACE BASED ON THE BENTLEY CONTINENTAL GT, THE BAVARIAN LUXURY MANUFACTURER HAS ONCE AGAIN PLACED SUCH A MASTERPIECE INTO THE SPOTLIGHT.

Especially seen in the body package, it is clear that the designers at Mansory have drawn inspiration from the world of motor sports: In addition to design elements such as the ultra-light hood with exposed carbon fiber or the specially designed daytime driving lights, target-

ed design interventions provide for an increase in aerodynamics and weight optimization.

No other company in the market is as closely linked to the use of carbon fibre as Mansory. These specialists manufacture and process this ultra-light, extremely strong material taken from the world of motorsport in their own in-house autoclaves, which means they don't have to rely on suppliers. This gives them complete freedom in the scope, fit and design of components.







Whether it is doors, front or rear bumpers, side mirror housings or the width increasing fenders – all body components are shaped and cured under high pressure and high temperatures in an autoclave. The advantages of this high-tech method are proven: The acceleration is especially improved due to the weight reduction of the car. In addition, the newly designed side skirt's smooth the airflow between both axles. In combination with the diffuser the GT3 wing profile gives more downforce on the rear axle. The thus gained agility and handling characteristics create room for more power. It is here that Mansory brings its expertise and Know-How into play.

The heart of a Mansory complete rebuild is powerful performance. The extent of the upgrades include a high performance exhaust



system, new pistons, connecting rods, camshaft, turbocharger, intercooler, new engine and transmission management, as well as a sport air filter with higher air flow. The interplay of these components results in an output of about **1001 hp / 736 kW** at 6,000 rpm (Series: 567 hp / 423 kW at 6,000 rpm). At the same time grows an imposing 1,200 Nm of maximum torque, which is available at 2,100 rpm (Series: 700 Nm at 1,700). After the modification, the maximum speed is 330 km/h. Acceleration **from zero to 100 is achieved in 3.9 seconds**.

Matching for the new dynamic presence of the Bentley, Mansory equips the GT-Race with distinctive alloy wheels. Through the production with forging technology, these wheels are lightweight and robust. The used wheel-tire size combination is 10x22 inches with the tires measuring 295/30ZR22.

Even the interior benefits from Mansory refining: The upholsterers at Mansory stylishly **combine precious materials like the finest leather, Alcantara, and green-colored carbon fiber**. The leather, processed by a masters hand is especially durable and yet exceptionally soft. The characteristic natural products with their special appearance and perfectly hand-crafted decorative seams give the newly designed speedometer an extravagant flair. Additional highlights include 100% carbon made sports seats, the newly designed airbag sports steering wheel and the pedals made of aluminum.









# THE PULLMAN ANOTHER WAY TO SPELL LUXURY

MERCEDES-MAYBACH S 600 PULLMAN









MANY GOVERNMENTS, HEADS OF STATE AND ROYAL FAMILIES AROUND THE WORLD HAVE FOR DECADES CHOSEN MERCEDES-BENZ SALOONS WITH THE DESIGNATION PULLMAN TO DRIVE THEM WITH THE STATELINESS AND STYLE BEFITTING THEIR STATUS.





Pullman provides the space for a generously-sized and tastefully-appointed club lounge in the rear, with a multitude of creature comforts fitted as standard, thereby ensuring the chauffeur-driven limousine lives up to today's expectations of what constitutes total exclusivity and luxury.

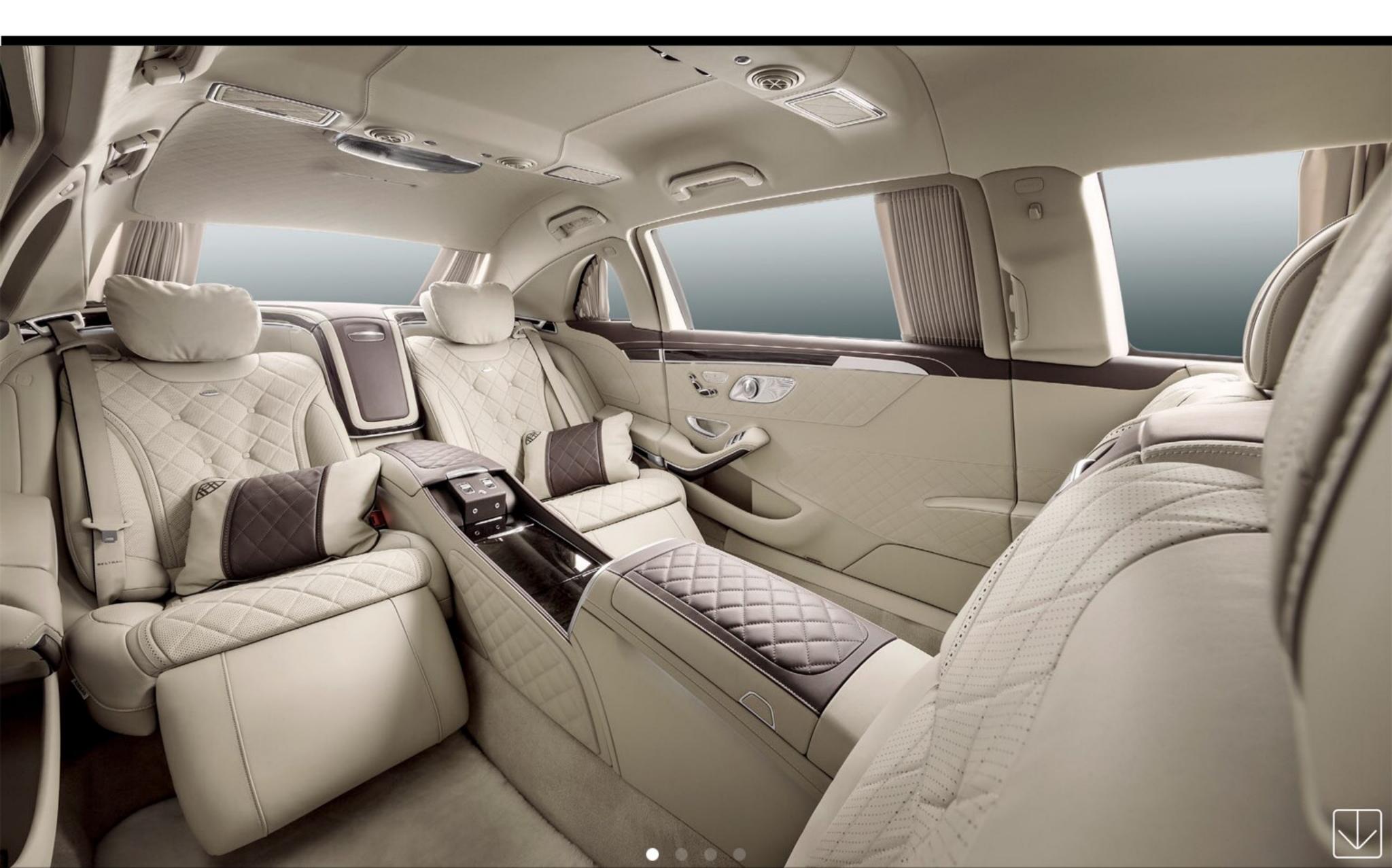
With a **length of 6499 mm**, the Pullman is another 1053 mm longer than the Mercedes-Maybach S-Class. The wheelbase is an impressive 4418 mm. Furthermore, at 1598 mm in height, the Pullman is more than 100 mm higher than a Mercedes S-Class, resulting in a tangible increase in headroom.

The V12 biturbo engine in the Mercedes-Maybach S 600 Pullman has an **output of 390 kW (530 hp)**. It has a displacement of **5980 cc** and maximum torque of 830 Nm from 1900 rpm.

The executive seats offer a unique level of comfort thanks to their special adjustment kinematics. In contrast to the norm, the backrest is adjusted separately while the footwell and seat reference point remain unchanged. The cushion can be adjusted separately, with inclination and horizontal adjustment combined. For the executive seats, the maximum backrest angle is 43.5 degrees. The most upright backrest position of 19 degrees allows relaxed working in the rear.

## THE EXECUTIVE SEATS OFFER A UNIQUE LEVEL OF COMFORT THANKS TO THEIR SPECIAL ADJUSTMENT KINEMATICS

The reclining seats feature a calf support, which is freely adjustable for length and angle. The luxury head restraints come with an extra cushion as standard. The two first-class travellers in the rear have the greatest amount of legroom of any car in the segment, as well as 60 millimetres more headroom than in a Mercedes-Maybach S-Class. It is easy and convenient to get to any of the seats, thanks to the large rear doors and the position of the passengers on the executive seats, which is even further to the rear.





A real boost in comfort for those heads of state and monarchs for whom protocol dictates that they must take their places ahead of their interpreters. This seating arrangement also preserves their privacy, as a large proportion of their bodies is hidden by the rear roof pillar. The interior is upholstered in leather throughout as standard. Not only is the roof liner upholstered in high-quality leather, but also the door frames and seat consoles. As one would expect of a Maybach, there are three analogue instruments in the roof liner informing passengers in the rear of the outside temperature, speed and time. The partition wall between the rear and the driver's area ensures discretion. The glass partition wall can be lowered electrically. It can also change from transparent to opaque at the touch of a button. This allows – in combination with the equally standard-specification curtains for the rear windows – for different levels of privacy. Prices start at around half a million euros; the first customers will be taking delivery of their vehicles, which of course offer unrivalled scope for individualization, at the beginning of 2016.



HISTORIA MAGISTRA VITAE EST

CONSPIRACY THEORIES · INTERESTING

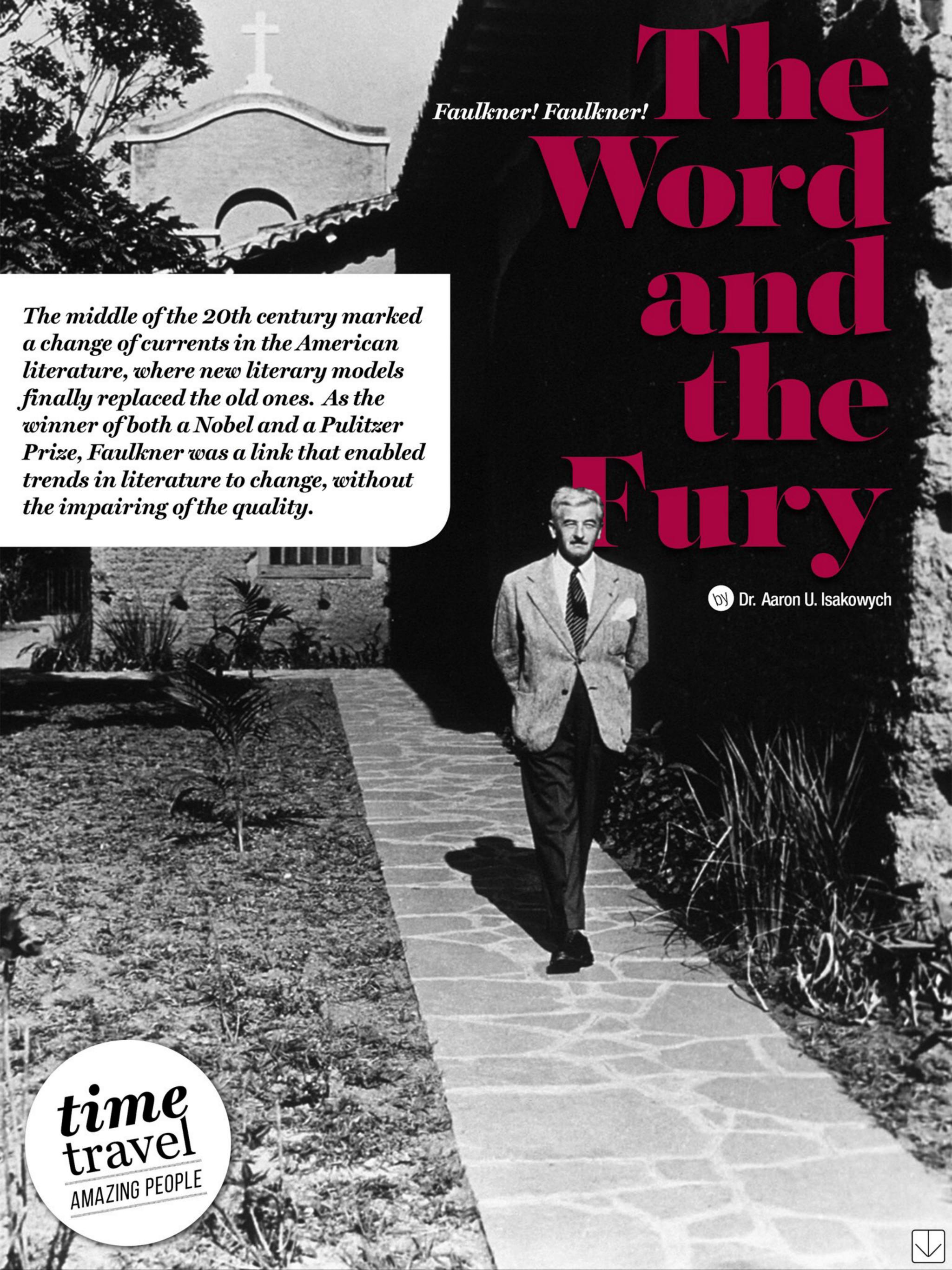
ORIES · FORGOTTEN PEOPLE · HISTORY

Thug Life OST

# REMIDIATION GENERAL SERVICE OF THE PARTY OF

THE WORD AND THE FURY - FA

KNER! FAULKNER! TOOTHED TOOL - CUTTING AWAY





William Faulkner was and is one of the greatest names of the American written word. Born William Cuthbert Falkner in New Albany, Mississippi, in 1897, he would spend most of his life right in his birthplace. Named after his great-grandfather, the old colonel William Clark (whom

one town was also named after), Faulkner was endowed with great heritage, and trapped in an imaginary place of his own South, whose personality he successfully managed to portray as an epic chronicler. When he was 18, he decided to drop out of school and start writing. With 21, he was already heavily occupied with alcohol and had at the

time 'met' James Joyce, who later on hugely influenced his work. Finding employment in a weapons factory, brought Faulkner even closer to war. Although, he could not serve the American forces due to his height (5ft 5in), he decided to

WHEN HE WAS 18, HE DECIDED TO DROP OUT OF SCHOOL AND START WRITING

apply for the air force. This step made him change his surname (from Falkner to Faulkner, in order to sound more British), his place and date



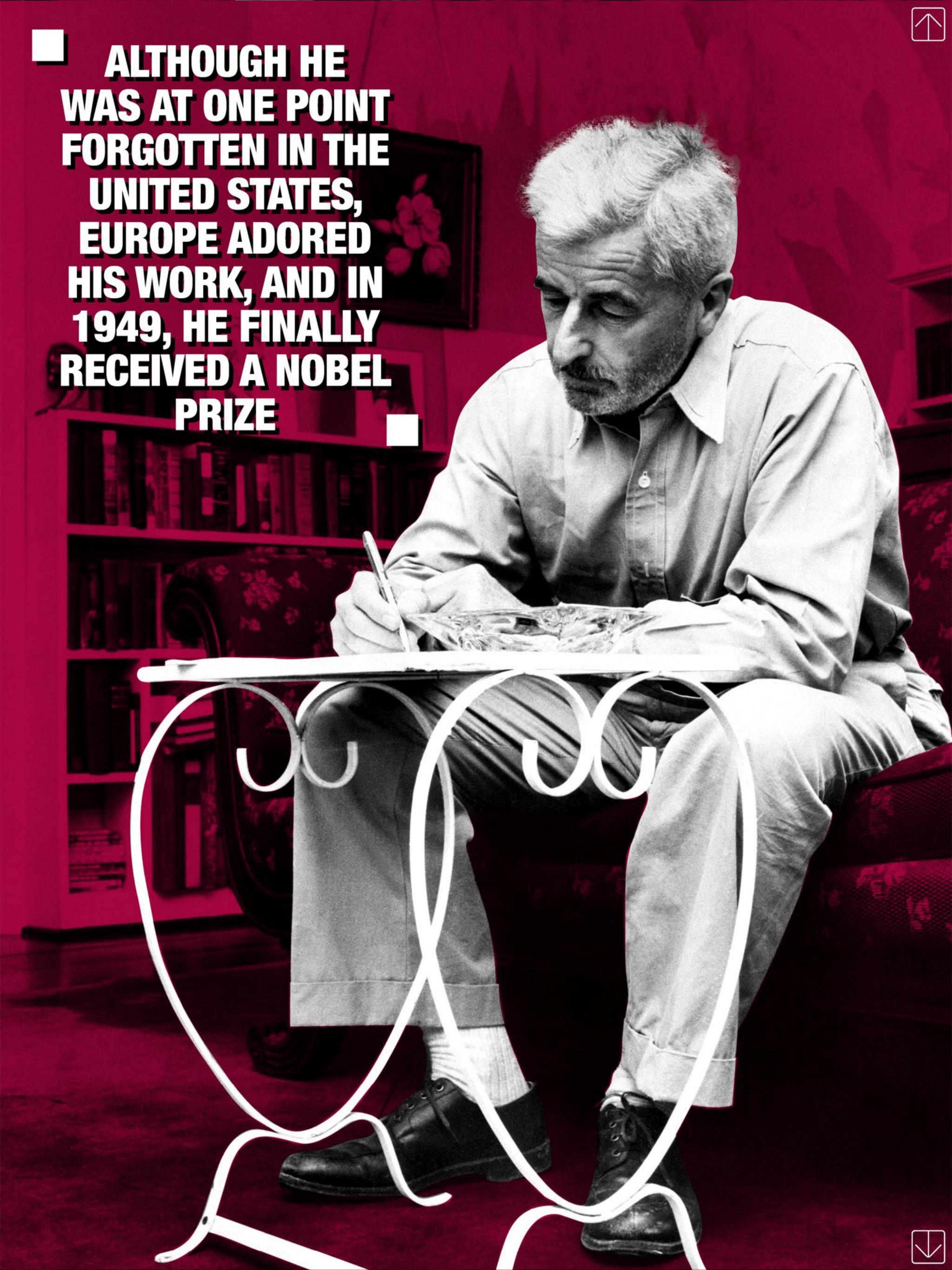


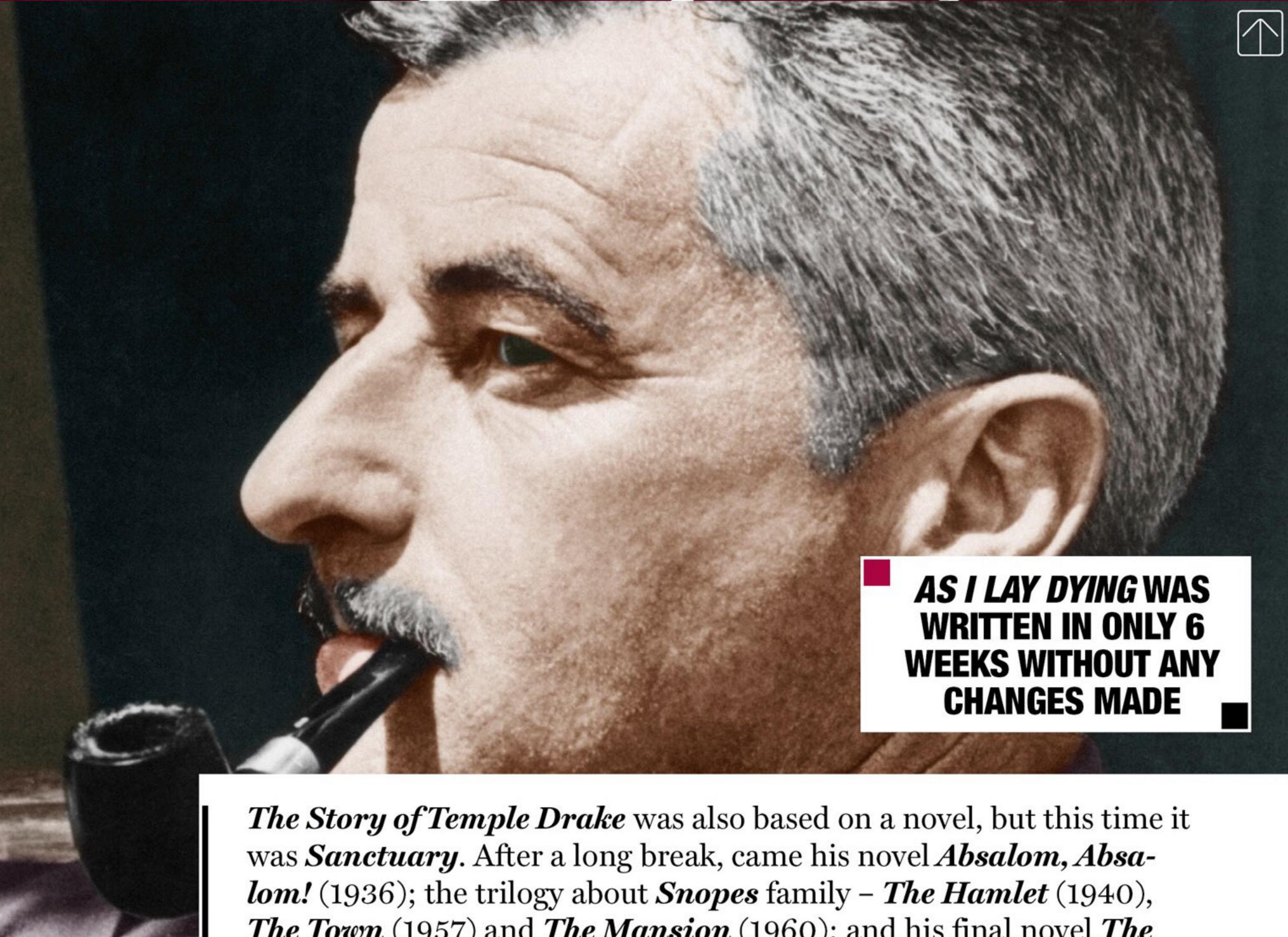
of birth, and even his accent to a fairly British one. Even though he did not spend a day fighting, because the war ended before he got to the warzone, he bragged with his successes and complained about inflicted wounds. He returned to New Albany as a war hero, and his writing became swamped with anti-war ideas, despite his lack of war experience. Faulkner's next step was the University of Mississippi and the publishing of his first poems and stories. Having left school, he worked in a bookstore and a post office, and was fired due to moral reasons and his excessive drinking. After his first novel *Soldiers' Pay*, he left for Europe, and in Paris regularly spent his time in a café where Joyce would sit. While he admired Joyce greatly, he never dared to talk to him. In 1927, Faulkner's satire *Mosquitoes* was published and in 1929, The *Sound and the Fury* came out.

As I Lay Dying was written in only 6 weeks without any changes made, and was published in 1930. Novel Sanctuary, from 1931, was a milestone in his career, where Faulkner dared to address some of the long unanswered questions of the South. It took him almost 20 years to write an exquisite sequel called Requiem for a Nun, which was a mixture of prose and playwriting. His Light in August was published in 1932. In the years that followed, Faulkner decided to concentrate on scriptwriting. His first script was Today We Live (1933), based on the short story Turn About.

Faulkner enjoyed hunting as a pastime throughout his life. As a child, he used to hunt with his father







The Town (1957) and The Mansion (1960); and his final novel The *Reivers*, published in 1962, when he died.

Although he was at one point forgotten in the United States, Europe adored his work, and in 1949, he finally received a Nobel prize. Faulkner's writing is reflected in strong erudition, rich language, characteristic linguistic compositions, changing of psychological patterns, pursue of unusual points of view and decomposition of long buried social issues. Faulkner wrote about topics that were deliberately neglected - racism, psychological problems, sexual deviations, hatred, decadence, family decay, violence, hypocrisy are only some of the topics which he dwelled on in his stories. He observed all of this from the eyes of authentic characters, which he created to resemble people from his surroundings. He was a local writer, and loved writing about his feebleminded, dilapidated and lethargic South.

All of his masterpieces are parts of a greater puzzle that helped him portray the reality the others did not dare to see. As an extraordinary narrator, with his characteristic stream of consciousness style of writing, he managed to distance himself from everything he wrote about. He never judged but only noted facts, not letting them be forgotten – which is simply what any chronicler should ever do.







voice...

Rising towards the American dream was for many a true night-

mare. For Sinatra, this was an amazing take off. In his 82 years of life, he left an immense heritage and numerous secrets, which made him an even greater icon. A spoiled mafia prince, a son of Italian immigrants, a lover of women all around the world, a controversial seducer, an outstanding voice still lamenting over *New York*, an Oscar winner, a normal man at the crossroads of taste and trends, a great magician of the old school, an unavoidable ambient inventory of any bedroom – all this was Frank Sinatra. With all these attributes,

lover of women
all around the
world, a controversial seducer,
an outstanding
the was finally one of the
most brilliant showmen in
the history of music.

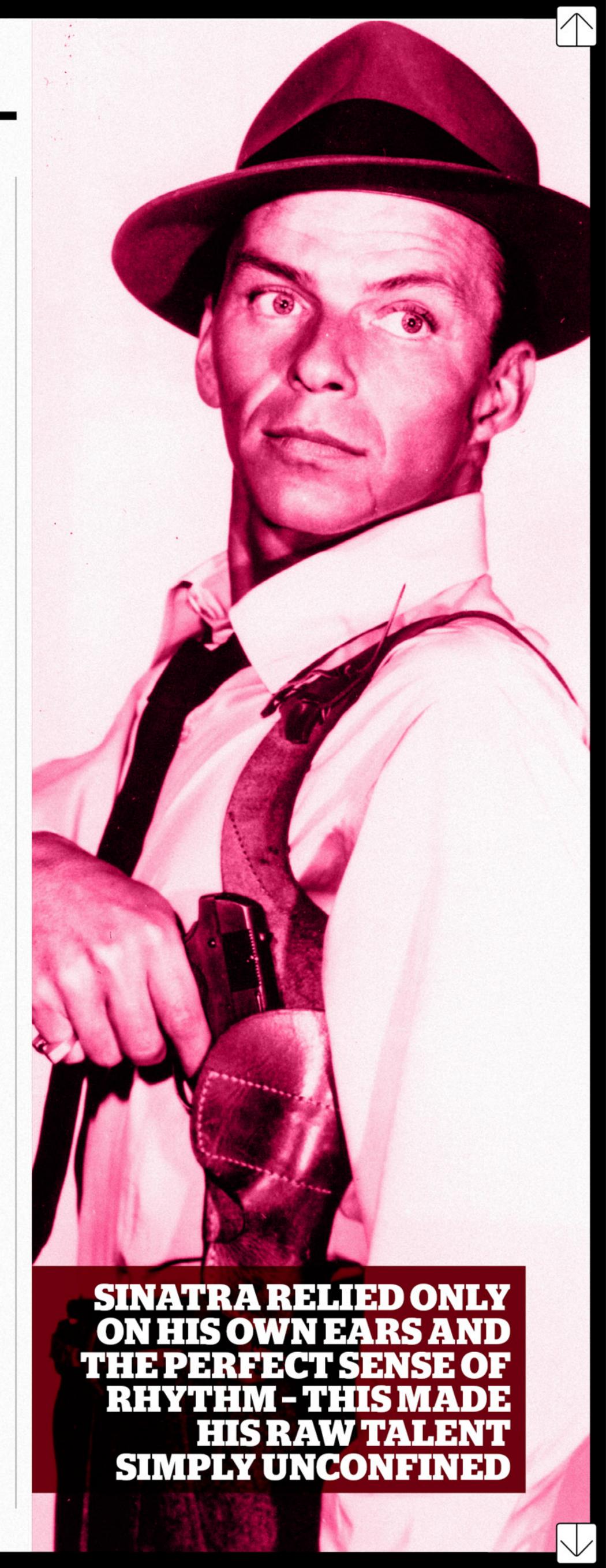
Francis Albert Sinatra was born on December 12, 1915 in Hoboken, New Jersey,

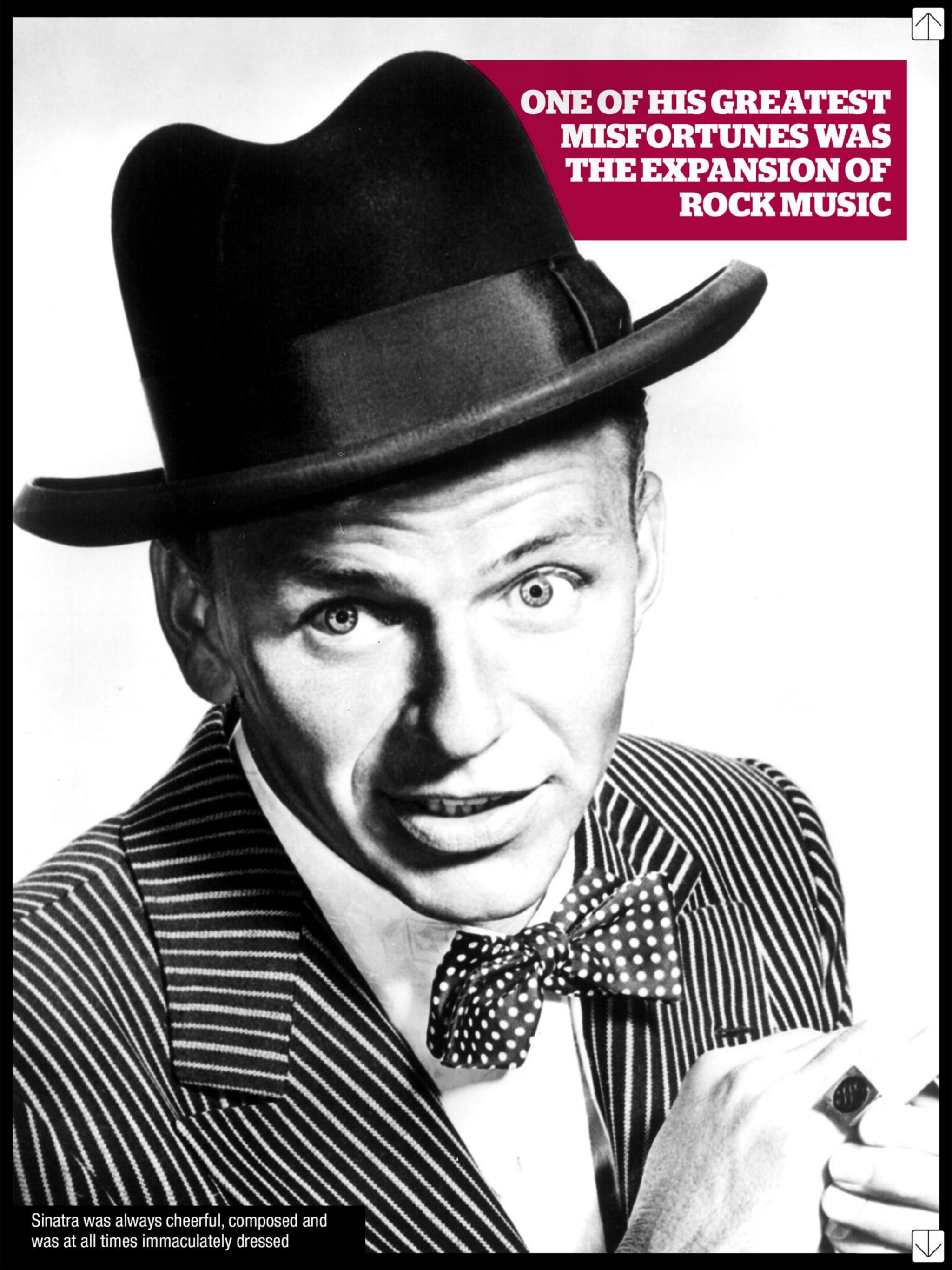
as the only child of an Italian working family. His parents were expecting a girl, so he was a spoiled mama's boy from his early childhood. Nevertheless, he grew up to be a real ladies' man. At the age of 15 he dropped out of school, and wanted to pursue a sport's commentator career since he was fascinated by gloveless street boxing. Before his musical career, he spent some time working in a printing office, and as a truck driver. When he was 23, he ended up in jail because of adultery and seduction, which were at the time serious crimes.

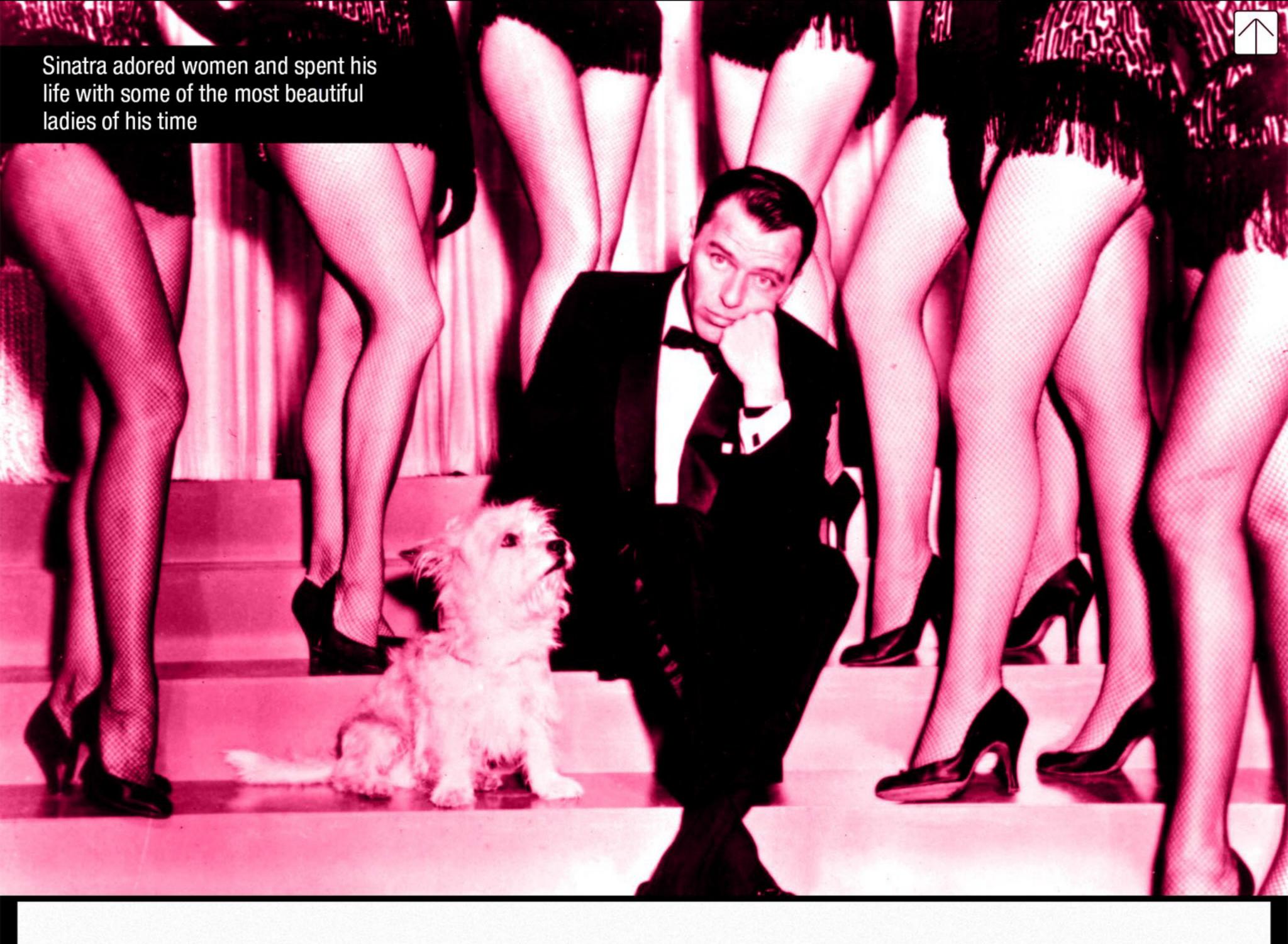
He started his musical education by listening, but never bothered to learn the scores and read notes. Sinatra relied only on his own ears and the perfect sense of rhythm – this made his raw talent simply unconfined. Aside from his unquestionable talent, glamour and style behind his gentlemanly figure were keys to his popularity. There was no trickery or acting in his singing, and only honesty could be heard. He sang about plain people and their problems, in which he recognized himself. He was always cheerful, composed and immaculately dressed at all times. With the manners of a gentleman he painted a picture of success, which was simple but unreachable. Taking an artist to be a reflection of his work is usually wrong, but in Sinatra's case it was not - Sinatra lived and worked with style.

The fact that he idolized *Billie Holliday* and *Bing Crosby*, spoke of his appreciation of quality and his wish to nourish the tradition of good music.

From the beginning of his career he wanted to perform independently, and after a couple of years of working with bands he started his solo career. Even though he was a great patriot, he did not serve in the WWII because of a punctured eardrum, which he earned in a fight. One of his virtues was his support for the American army. With numerous oversees performances for the military forces, he offered his support to military actions, and quite logically in the 70s turned towards the Republican Party.







In the mid-1940s, with his first album The Voice of Frank Sinatra released, he dived into acting. He first appeared in a short movie, which got him a Special Academy Award, and then took a role after role in long commercial features. For the supporting role in *From* Here to Eternity he received an Oscar, and only affirmed his acting career, taking the reins over his success once again. His next undertakings were movies Guys and Dolls, The Tender Trap and The Man with the Golden Arm. A successful, entertaining, resourceful and influential lad like himself had no trouble making his way into politics. He worked on J. F. Kennedy's elec-

tion campaign, although the top of the Democratic Party worried about his mafia connections. Finally, it was his immoderation that permeated all of his activities, which drove him away from the presidential family.

One of his greatest misfortunes was the expansion of rock music. The new rebellious power that stood as the direct opposition to what he represented seemed as something which would toss him into oblivion. The fact that the world was changing Sinatra accepted as the reality, and although he wanted to fit in, he refused to give up what he was.

Some of his greatest hits were released in the sixties (My Way and Something

Stupid), as well as the album which featured covers of great rock hits of Roy Orbison, The Beatles, Elvis Presley, etc. Lennon and McCartney's Yesterday was the most perfect song ever written according to him.

His connectedness to mafia was the biggest controversy behind the name of Frank Sinatra. There were many theories and rumors, and one of them even linked his success to the underground. This idea was later even exploited in *Mario Puzo's The Godfather*, where the movie featured a character *Johnny Fontana* who unbelievably resembled Sinatra. Many biographers later wrote about proven associations to mafia, but this never harmed him or his popularity. Quite the contrary, it only added to the intrigue and fascination with his persona.

Sinatra adored women and spent his life with some of the greatest beauties

of his time. He was married four times to Nancy Barbato, Ava Gardner, Mia Farrow and Barbara Marx. He was in a relationship with Lauren Bacall, Judith Campbell Exner (whom he allegedly shared with JFK), Judy Garland, Juliet Prowse, Angie Dickinson and Marilyn *Monroe* (whom he first stalked). Sinatra spoke of alcohol more often then he drank it; he spoke of debauchery, but would rather stay at home reading. He hated ignorant people, lamb and lettuce, and women who drank, smoked and wore strong fragrances. He died leaving behind 59 albums, 297 singles, and over 50 movie roles. Honesty and simplicity, as well as the uncontrollable and tameless need to act and embark on adventures, made Sinatra even more real. Sinatra's greatness was affirmed by Bob Dylan's 2015 Shadows in the Night where he covered ten Sinatra's ballads, honoring one of the greatest musicians of our time.





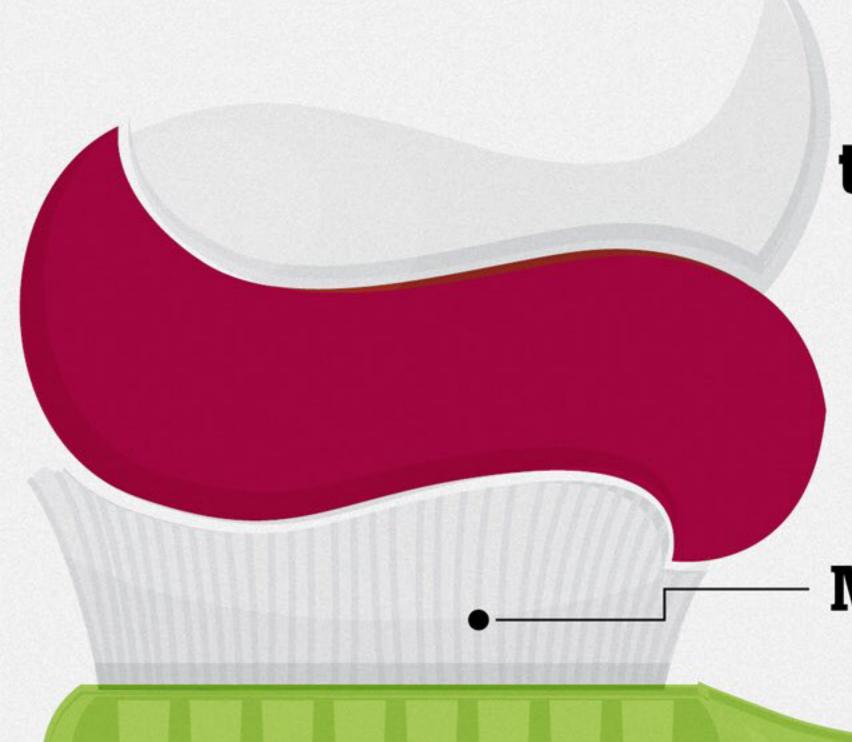
# Your Teeth's BFF

### Story behind the Bristles

Dental hygiene is so important that it is no wonder that the Americans spend over \$850 million a year on toothbrushes. Problems with teeth can more often than not result in many other health problems, so brushing your teeth 2 to 3 times a day is crucial in maintaining a normal, healthy life. Changing up your toothbrush every month or two, and every time after being sick, is a familiar story your dentist has told so many times. However, here are some things you might not have known about this trustworthy thingamajig







H.N. Wasworth
patented the 1st 'modern'
toothbrush (as we know it today)



Most toothbrushes today have more than 25,000 bristles in 40 groups of tufts

The most popular, TOOTHBRUSH COLOR ISBLUE

Covering your toothbrush with a protective cap makes an ideal environment for the bacteria to develop and multiply



MASSPRODUCED
toothbrush
was made by
William Addis
of Clerkenwald, England,
around 1780



WERE REPLACED
BY NYLON in 1938,
when the handles
also became
plastic; it was called
Doctor West's
Miracle Toothbrush

The 15t



**TOOTHBRUSH** 

hit the American market in 1960, and it was called *Broxodent* 

# say that electric toothbrushes are only for lazy people

Flushing the toilet makes the bacteria airborne and it can travel up to six feet, so make sure you store your toothbrush as far from the toilet as possible

# 3.000BC

in **BABYLONIA**, a chew stick (a thin twig with a frayed end) was rubbed against the teeth to clean them

The bristle toothbrush was not invented until 1498 in China; it was made of hog's hairs attached to handles made of bone or bamboo

is how much an average American spends brushing their teeth in their lifetime It's not only gum diseases, but flu, cold sore, Strep, E. Coli, Candida or even Hepatitis that can be transferred over a shared toothbrush





The handy tooth-bladed tool appeared in the early Paleolithic Era, somewhere between 60,000 and 10,000 BC. At the time, the blade was serrated using flints, seashells or shark teeth. The first metal blades were made of copper about 4000 years ago, in the ancient Egypt. The records of Egyptian history show that the saw was being used for the purposes of cutting wood and stone,

and for executing people. As the saw developed in the Iron Age, the teeth were raked to cut only on the pull stroke, and all the adjustments in saw design were over time made according to the saw's intended application. Whatever changes the saw design suffered, the narrowest blades remained the strongest ones. The **bow saw**, the one which obviously resembled a bow because of the shape of the wooden frame, was in the 17th century still the most popular and practical invention

TODAY THERE ARE
TWO MAJOR TYPES
OF SAWS, HANDSAWS
AND MECHANICALLY
POWERED SAWS

for sawing. The Industrial Revolution brought some stronger variants of the saw, and in 1814, Benjamin Cummins patented the **circuit saw**. Today there are two major types of saws, **handsaws** and **mechanically powered saws**, and you can't even imagine how many varieties each has.

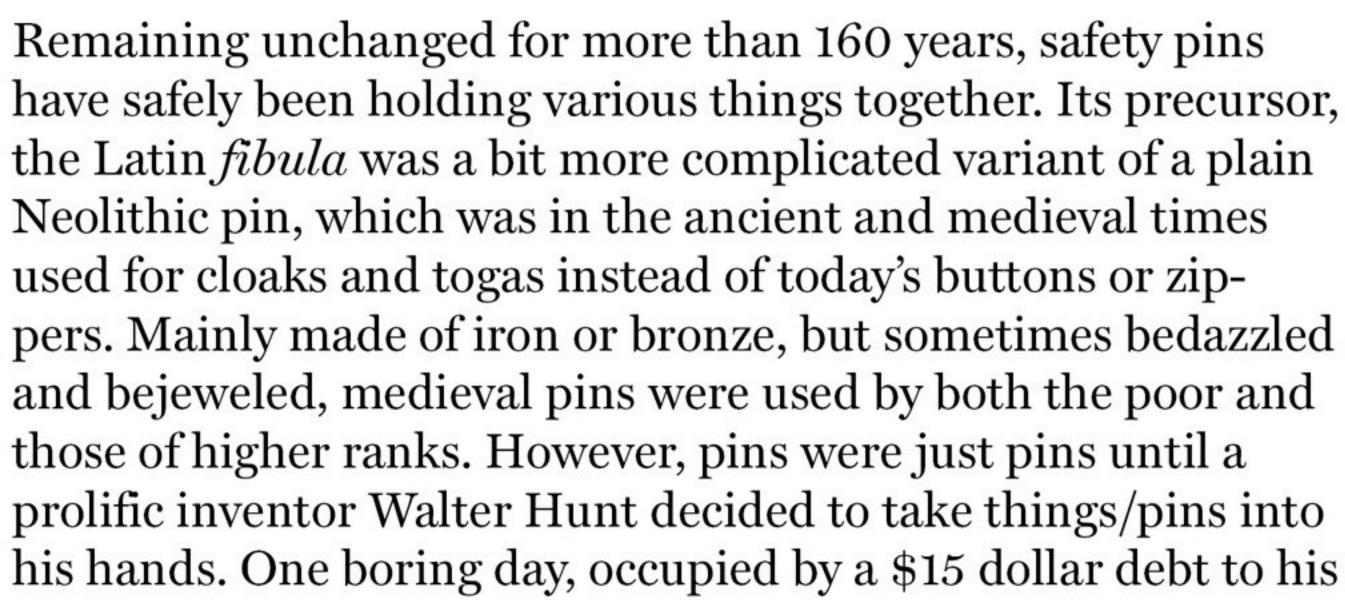


# SAIRINIRSI

A ROUTE OF A PIN



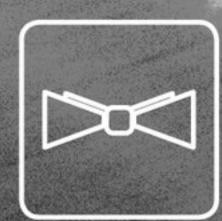




friend, Hunt was determined to invent something new. His play with a piece of wire in 1849, ended with the length of wire being coiled and then clasped to itself. The wire retained enough spring to be unclasped

and clasped again. This evening of creative thinking turned into a \$400 patent, and today over 3 million safety pins can be made by one factory in a single day. Modern safety pins are usually made from brass or stainless steel, and apart from being practical, they have even found their way from punk-rock into fashion, as a simple decoration.

THEY HAVE EVEN FOUND THEIR WAY FROM PUNK-ROCK INTO FASHION, AS A SIMPLE DECORATION



fail to a bow tie, a safety pin

CITIZEN



8. Run into Manny Pacquiao and go Mad-Max on him



1.Creep into one of the most beautiful libraries

in the world, take a book and start reading it out loud



5. Flame a shot of absinth every time you lose yourself in one of the trains of Faulkner's thoughts



9. Tell Simon Pegg a zombie joke of your choice



**10**. Buy a Maximo Riera chair

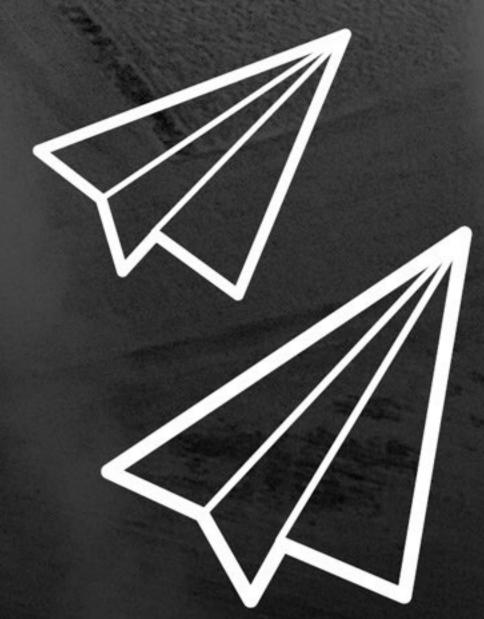


2. Listen to at least 30 of Sinatra's 59

albums, but from the original vinyl records



6. Fly to Azerbaijan with Luca Bertossio, and buy your friends toothbrushes instead of souvenirs



May



3. Try to find out if Margot Robbie is a fan of

dark, white or milk chocolate



7. Try to seduce Khaleesi without the dragons

noticing

## MANIC



015 MAY INTERNATIONAL ISSUE

Ultimate Guidebook For Modern Men

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