

LIFESTYLE

PLUS

SEPTEMBER • 2023



SHERRY FRONTENAC
OCEANFRONT HOTEL

• DESTINATIONS
**SHERRY
FRONTENAC
OCEANFRONT
HOTEL
MIAMI BEACH**

• RETRO CINEMA
AMERICAN GRAFFITI

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**BRANDI
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PHOTOGRAPHY AND CONCEPT
STYLE LUXURY PHOTOGRAPHY BY WOLFSTAR



• MUSICAL BIOGRAPHY
**RICKY
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• SPECIAL
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THROUGH
HAWAII'S
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• CELEBRITY
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BY SHENNAI LAROUX

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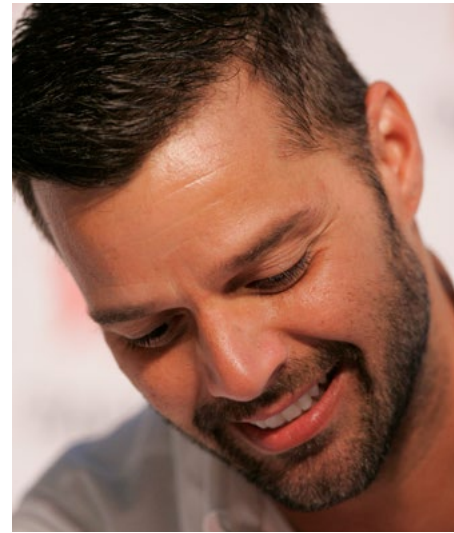
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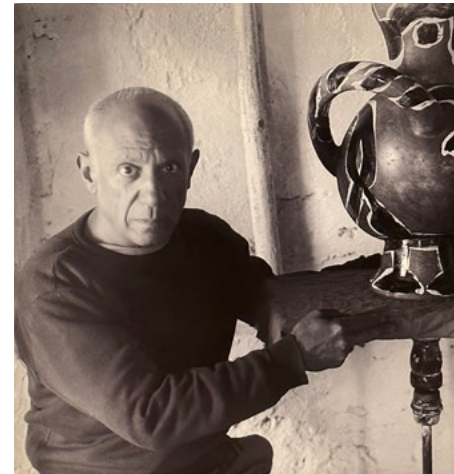
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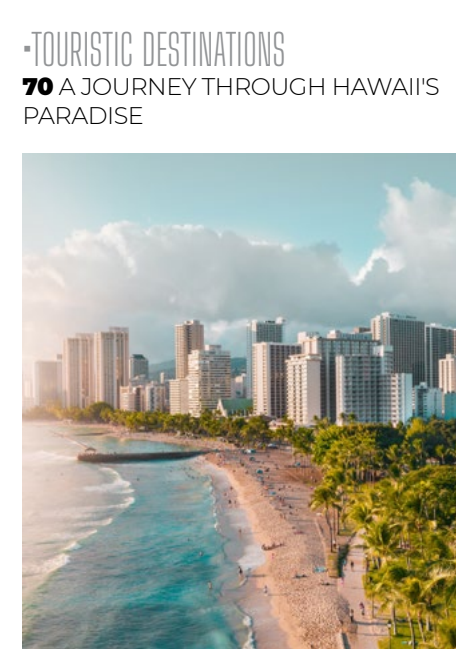
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LIFESTYLE PLUS

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Nayib Bukele

The Meteoric Rise of El Salvador's Unconventional President

Chronicles the fascinating life of Nayib Bukele, from his humble beginnings in El Salvador to his meteoric rise to the presidency. This captivating narrative explores his journey from municipal politics to the international stage, revealing his unique and controversial style. Join us on this journey through the life of one of Latin America's most intriguing leaders

N

ayib Bukele, the 39th President of the Republic of El Salvador, is a political phenomenon unlike any other in Central American history. His journey from humble beginnings to the highest office in the land is a compelling narrative of ambition, charisma, controversy, and change. This journalistic biographical review will delve into the life of Nayib Bukele, exploring his early years, his political career,

his presidency, his personal life, and his current status as a prominent figure on the global stage.

Nayib Armando Bukele Ortez was born on July 24, 1981, in San Salvador, the capital of El Salvador. He hails from a family of Palestinian descent, and his grandparents immigrated to El Salvador in the early 20th century. Raised in a middle-class household, Nayib's early years were marked by a blend of Salvadoran and Palestinian cultures.

Bukele's parents, Armando Bukele Kattán and Olga Ortez de Bukele, instilled in him the values of hard work, education, and civic responsibility. His father, a prominent businessman, introduced him to entrepreneurship at a young age, while his mother, a schoolteacher, emphasized the importance of education.

Growing up, Nayib Bukele showed an early interest in technology and communication. He pursued a degree in Information Systems Engineering at the Universidad Centroamericana José Simeón Cañas (UCA), where he honed his skills in the rapidly evolving world of technology and social media.

Nayib Bukele's foray into politics began at the municipal level. In 2012, at the age of 31, he ran for mayor of Nuevo Cuscatlán, a small municipality on the outskirts of San Salvador. His campaign was marked by a youthful energy and a promise to bring much-needed change to the local government. In a stunning upset, Bukele won the election, becoming one of the youngest mayors in the country's history.

As mayor, Bukele implemented a series of innovative initiatives, including improved public transportation, revitalized public spaces, and increased access to technology for residents. His popularity soared, and he quickly gained a reputation as a dynamic and hands-on leader.

Bukele's success in Nuevo Cuscatlán catapulted him into the national spotlight. In 2015, he decided to run for mayor of San Salvador, the nation's capital and largest city. His campaign capitalized on his reputation as a reformist and a disruptor of traditional politics.

Once again, Bukele emerged victorious, securing the mayoralty of San Salvador. His tenure in this position was marked by a series of ambitious projects, including the revitalization of historic neighborhoods, the implementation of a smart city initiative, and efforts to combat gang violence. Bukele's confrontational style, often taking to social media to challenge political opponents, made him both a beloved figure among his supporters and a polarizing one among his critics.

In 2019, Nayib Bukele set his sights on the highest office in the land. Running as the candidate of the Grand Alliance for National Unity (GANU), a breakaway faction of the conservative ARENA party, he presented himself as a fresh alternative to the country's traditional political establishment. His campaign

hinged on promises of tackling corruption, ending gang violence, and modernizing the country's infrastructure.

During the campaign, Bukele utilized social media to an unprecedented degree, connecting directly with young voters and capitalizing on their dissatisfaction with the status quo. His unconventional campaign style, which included sharing memes and emojis, resonated with a new generation of Salvadorans.

In February 2019, in a landslide victory, Nayib Bukele was elected as the President of El Salvador, securing nearly 54% of the vote. His victory marked a seismic shift in Salvadoran politics, as he became the first president in three decades not to come from the country's two dominant parties, ARENA and the FMLN.

Nayib Bukele's presidency has been marked by a mixture of bold reforms, populist policies, and controversies. His administration has seen significant changes in various sectors, including security, economics, and technology.

One of his most notable policy initiatives has been the introduction of Bitcoin as legal tender in El Salvador, a move aimed at reducing remittance costs and increasing financial inclusion. While this decision garnered international attention, it also faced criticism and legal challenges both domestically and abroad.

Bukele's administration has taken a hardline approach to gang violence, deploying the military to confront criminal organizations. While his tactics have led to a decrease in homicides, they have also raised concerns about human rights violations.

Additionally, his confrontational style and clashes with the legislative branch have raised concerns about the erosion of democratic checks and balances. In 2021, Bukele's supporters in the Salvadoran Congress removed the country's attorney general and several judges, sparking allegations of authoritarianism.

Beyond politics, Nayib Bukele's personal life has attracted attention. He is married to Gabriela Rodríguez de Bukele, and the couple has three children: Layla, Violeta, and Nayib Jr. Bukele's family life is often showcased on his active social media profiles, giving the public a glimpse into his personal world.

In his downtime, Bukele enjoys playing video games, particularly Minecraft, and is known to engage with gamers on Twitter. This unexpected hobby has endeared him to younger generations and added a unique dimension to his public image.

Nayib Bukele's presidency has not only reshaped El Salvador but has also had implications beyond the nation's borders. His unconventional approach to diplomacy and foreign policy has garnered both praise and criticism.

Nayib Bukele's journey from a middle-class Salvadoran family to the presidency of El Salvador is a remarkable tale of ambition and audacity. His unconventional approach to politics, reliance on social media, and willingness to challenge the status quo have left an indelible mark on the nation's political landscape. Whether he is viewed as a transformative leader or a controversial figure, there is no doubt that Nayib Bukele has played a pivotal role in shaping the destiny of El Salvador in the 21st century.

Brandi Hyder

Brandi Hyder, General Manager at Sherry Frontenac Oceanfront Resort, shares her journey into luxury hospitality, her love for adventure, and the hotel's transformation into an alluring destination in Miami Beach

Brandi's journey into the world of hospitality was sparked during a memorable visit to the Fairmont Olympic Hotel Seattle with her mother after watching the Nutcracker at the Seattle Opera House. Ever since that moment, the intricacies of hotel operations and the art of impeccable service have captivated her.

Outside her demanding profession, Brandi is an adventurer. She's developed a passion for scuba diving and winter mountain hiking, embracing the beauty of both coasts—Montana's majestic mountains and the pristine waters of southern Florida.

Her career began humbly, working as a Night Auditor while pursuing her education at the University of Washington. It was here that her love for hotels and the industry blossomed. She recognized her true calling and embarked on a remarkable journey that led her to where she is today.

At the Sherry Frontenac Oceanfront Resort, every day is an exciting adventure. The hotel is undergoing a transformation from an exclusive corporate destination to an upscale haven open to the public. Brandi and her team are redefining the resort experience, focusing on modern luxury while preserving the hotel's historic charm.

Looking to the future, Brandi's goal is to steer the hotel into the next generation, blending its rich history with

contemporary amenities and style. As she puts it, when she "grows up," she aspires to be a travel writer.

The Sherry Frontenac experience is nothing short of magical. Nestled on the beach in the serene side of Miami Beach, this 76-year-old historic gem welcomes guests with opulence from a bygone era. The lobby, adorned with rich stone work and a breathtaking chandelier, opens to a mesmerizing seascape. The hotel boasts an expansive oceanfront swimming pool, a top-tier fitness center, and warm, hospitable service.

Behind the scenes, Brandi's team is the heartbeat of the Sherry Frontenac experience. They uphold a philosophy dedicated to the art of service, continuously refining their skills and learning from both successes and challenges. It's a relentless pursuit of excellence that has earned the hotel its sterling reputation.

Can you introduce yourself and tell us about your background?

Yes, my name is Brandi Hyder and I am the current General Manager for Sherry Frontenac Oceanfront Resort. Luxury hospitality is my background and I specialize in creating experiences.

What drew you to this profession?

Ever since my mom took me to see the Nutcracker at the Seattle Opera House and we stayed at the famous 5-Diamond Fairmont Olympic Hotel Seattle, I was hooked. Hotels, how they are operated and the science behind the art of service, has always fascinated me.





LUXURY HOSPITALITY IS MY BACKGROUND AND I SPECIALIZE IN CREATING EXPERIENCES"

What hobbies or activities do you enjoy outside of your profession

Since my career has taken me all over the country on awesome assignments, I've fallen in love with two hobbies that ensure me an active outlet whichever coast I am on: scuba diving and winter mountain hiking. Nothing beats having the mountains in Montana, or the deeply southern Florida waters.

What inspired you to pursue a career how did your journey begin?

My journey began at my first year at the University of Washington. I paid my way through college, so I began working as a Night Auditor because it let me work full-time overnight and take my classes during the day. My first hotel was a luxury urban hotel in the heart of downtown Seattle. Working in a hotel made sense since I've always been intrigued by the industry. I knew I had found my calling.

Could you describe your typical work environment

I know that people say this when being asked about their job, but I have always thought that my work life is very fun! Especially at the Sherry Frontenac where we are going from exclusively a corporate hotel, to one that is now open to the public. We are going through a complete level up when it comes to our rooms, the services, and amenities at this Resort. Every day is a new adventure, as we curate a brand-new style of service, train the team on luxury standards, and continuing our renovation journey. Everything that we do today is a step further toward offering an experience to the modern traveler, in our architecturally distinguished hotel.

Do you have any goals or aspirations for the future, what are your Plans

My plans for the foreseeable future is to assist guiding our hotel to the next generation, where staying here is moored in history and offers the style and amenities that all luxury hotels are known for. When I 'grow up' I want to be a travel writer

Can you share a story or An anecdote about a particular client experience?

Nope! All industries are well-known for their secrets and for hotels, our secret is in the secrets we keep!

How do you balance your life with the profession that you select

I think that because I enjoy the hospitality industry, I often do not feel like I'm working, even on those 13-hour days. But, even so, I know how I work smarter and that is by having a cut-off for number of hours, by checking off most of my daily To-Do list, and by having at least one day per week where I completely disengage. This allows me to not only enjoy my favorite water hobby, but to come into the next day with a reenergized mind and motivation.

Tell us about the Sherry Frontenac experience

We are an oceanfront hotel that sits right on the beach on Miami's Beach's most laid-back side. I bet you also didn't know it, but this hotel is 76 years old! When stepping into the Sherry Frontenac Lobby, guests are greeted by a bygone gilded era. We are an Historic building, and the hotel came into existence in 1947, right after the end of World War II. Esthetics were different back then, and far more draped in opulence. We have an Instagram-worthy chandelier that opens to a vast, panorama seascape. In addition, the guests can enjoy one of Miami Beach's largest swimming pools on the ocean, a world-class fitness center, truly hospitable service, and we are adding more and more experiences as we continue our journey. Inside the room, all guests can enjoy an expertly prepared sleeping room, and with most of rooms having an ocean view, one can expect a place to kick back and relax knowing that our team is here to ensure they have a memorable stay.

The Sherry Frontenac enjoys an excellent reputation, all this is product of a great work carried out by a fabulous human team, what is the philosophy they apply to follow maintaining and increasing this efficiency and the exquisite treatment

Our team is truly dedicated to the art of service. They continue to undergo rigorous training that is necessary to perform at the level our guests would expect. They also work tirelessly to learn from our successes, and our missed opportunities. It is not easy to find a team that looks every day to how we can improve our performance, and this team relentlessly pursues this mission.

■ PHOTOGRAPHY AND CONCEPT: STYLE LUXURY PHOTOGRAPHY BY WOLFSTAR

■ MAKEUP & HAIRSTYLIST: JULIE MABJEESH



“

EVERY DAY IS A NEW
ADVENTURE, AS WE
CURATE A BRAND-NEW
STYLE OF SERVICE”



Where Upscale Meets Ocean Bliss

The Sherry Frontenac Oceanfront Hotel Miami Beach

Welcome to the glamorous world of The Sherry Frontenac Oceanfront Hotel, where the sun-kissed shores of Miami Beach meet timeless elegance. In this exclusive press review, we will delve deep into the heart of this iconic establishment, tracing its fascinating history and uncovering the secrets of its enduring allure

Before we embark on our journey through The Sherry Frontenac, let's take a stroll down memory lane. This illustrious hotel was born in the Big Band era of the 1940's, a post War decade that epitomized hope and sophistication. Nestled in the heart of Miami Beach, The Sherry Frontenac quickly became a playground for the rich and famous. A-list celebrities, politicians, and socialites flocked to its exquisite shores, creating a legacy that would stand the test of time.

As you step into the lobby of The Sherry Frontenac Oceanfront Hotel, you are greeted by an ambiance

of refinement and charm. The décor, a harmonious blend of Art Deco and contemporary aesthetics, sets the stage for what promises to be an unforgettable experience.

The Hotel was designed by noted architect Henry Hohauser in the Linear Deco style, with newly added Oceanfront terraces, the hotel boasts a variety of room categories, each designed with meticulous attention to detail. From the cozy City View Suites to the breathtaking Oceanfront room, every space exudes an air of sophistication. The Sherry Frontenac is renowned for its commitment to warmth and hospitality, and its rooms are a testament to this commitment.







No trip to Miami Beach is complete without a leisurely afternoon by the pool, and The Sherry Frontenac delivers in spades. The crystal-clear waters of the hotel's oceanfront pool invite you to bask in the sun's warm embrace.

For those craving direct contact with the Atlantic Ocean, The Sherry Frontenac provides access to the sandy shores. Lounging on a sunbed, with the sound of waves as your soundtrack, is an experience that defines coastal life.

Now, let's talk about one of the most delectable aspects of any upscale hotel—the dining experience. The Sherry Frontenac doesn't disappoint. Guests can indulge in culinary delights at the '1977 Fly and Grill.' The menu curated by international chefs, offers a symphony of flavors that caters to the most discerning palates.

From succulent seafood to mouthwatering steaks, every dish is a masterpiece. The travel-inspired dining room, with its views of the famous A1A, provides the perfect backdrop for a Miami night dinner or celebratory feast.

At The Sherry Frontenac, pampering is an art form. The on-site spa offers a range of treatments that promise to rejuvenate your body and soul. Whether you opt for a soothing massage, a rejuvenating facial, or a wellness retreat, you'll leave feeling refreshed and revitalized.

The Sherry Frontenac Oceanfront Hotel has a storied past filled with anecdotes that have become legend. It's said that during the Golden Age '50s, members of the Rat Pack visited.

While The Sherry Frontenac offers everything you could desire within its walls, its location in Miami Beach is an attraction in itself. The vibrant city beckons you to explore its cultural treasures, world-class shopping, and electrifying nightlife.







“

THE DÉCOR, A HARMONIOUS BLEND OF ART DECO AND CONTEMPORARY AESTHETICS, SETS THE STAGE FOR WHAT PROMISES TO BE AN UNFORGETTABLE EXPERIENCE”

From the historic Art Deco District to the vibrant Wynwood Walls, Miami's cultural scene is rich and diverse. And when the sun sets, the city comes alive with pulsating beats and swanky clubs, ensuring your nights are as unforgettable as your days.

One of the hallmarks of The Sherry Frontenac is its impeccable service. The staff is not just attentive but anticipates your needs, ensuring that every moment of your stay is effortless and enjoyable. It's this level of care and attention that sets The Sherry Frontenac apart.

In a world where trends come and go, The Sherry Frontenac Oceanfront Hotel stands as a testament to timeless elegance and luxury. Its history is intertwined with the glamorous

tapestry of Miami Beach, and its future promises to be just as dazzling.

Whether you're seeking a romantic getaway, a family vacation, or simply a retreat from the ordinary, The Sherry Frontenac awaits, ready to welcome you with open arms. It's not just a hotel; it's an experience—one that you'll cherish for a lifetime.

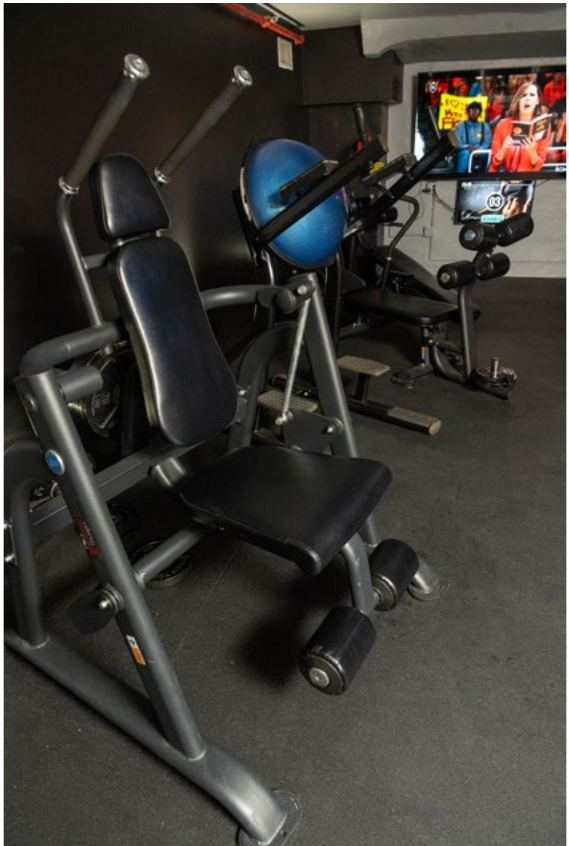
So, pack your bags and prepare to be captivated by the allure of The Sherry Frontenac Oceanfront Resort. It's a journey you won't soon forget, a slice of paradise on Miami's golden shores.

PHOTOGRAPHY AND CONCEPT: STYLE LUXURY PHOTOGRAPHY BY WOLFSTAR



THE SHERRY FRONTENAC IS RENOWNED FOR ITS COMMITMENT TO OPULENCE, AND ITS ROOMS ARE A TESTAMENT TO THIS COMMITMENT"





“

IT'S NOT JUST A HOTEL; IT'S AN EXPERIENCE, ONE THAT YOU'LL CHERISH FOR A LIFETIME"





Ricky Martin

FROM “LIVIN’ LA VIDA LOCA” TO GLOBAL ICON

From his humble beginnings in Menudo to his ascent as a global music icon with the hit “Livin’ La Vida Loca.” His courageous revelation of his sexual orientation in 2010 marked a milestone in showbiz, making him a prominent advocate for LGBTQ+ rights. Beyond music, Ricky has made an enduring mark in fashion and pop culture. An artist who continues to leave his mark!

Explore Ricky Martin’s fascinating life, from his humble beginnings in Menudo to his ascent as a global music icon with the hit “Livin’ La Vida Loca.” His courageous revelation of his sexual orientation in 2010 marked a milestone in showbiz, making him a prominent advocate for LGBTQ+ rights. Beyond music,

Ricky has made an enduring mark in fashion and pop culture. An artist who continues to leave his mark!

In the world of pop music, few artists have achieved the level of global stardom and recognition that Ricky Martin has. Born Enrique Martín Morales on December 24, 1971, in San Juan, Puerto Rico, this charismatic and talented artist has captivated audiences worldwide with his music, dance moves, and undeniable stage presence. With a career spanning over three decades, Ricky Martin has not only left an indelible mark on the music industry but has also used his platform to champion important causes, particularly in the realm of LGBTQ+ rights.

This biographical review will take you on a jour-

ney through the life of Ricky Martin, from his humble beginnings in Puerto Rico to his rise to international superstardom, exploring his personal life, notable achievements, and the enduring impact of his career.

Ricky Martin’s journey to superstardom began in the vibrant streets of San Juan, Puerto Rico. Born to Nereida Morales, an accountant, and Enrique Martín Negroni, a psychologist, Ricky was the middle child in a close-knit family. His early years were marked by a passion for music, evident from the age of six when he joined the school choir. It was here that his undeniable talent began to shine, captivating his teachers and peers alike.

As a young boy, Ricky’s life was filled with the sounds of salsa and merengue, genres that would later influence his own musical style. His mother recognized his talent early on and enrolled him in singing lessons, laying the foundation for his future career. It wasn’t long before Ricky made his first foray into the entertainment world, joining the boy band Menudo at the age of 12. This marked the beginning of his journey as a professional performer, but it was only the tip of the iceberg.



Ricky's time with Menudo catapulted him to stardom in the Latin music scene. The band's rigorous touring schedule and immense popularity in Latin America exposed him to a diverse range of audiences, honing his skills as a performer. However, Ricky's ambition extended beyond boy band fame. In 1989, at the age of 17, he left Menudo to pursue a solo career.

His first solo album, "Ricky Martin," released in 1991, marked a turning point in his career. While the album achieved moderate success, it wasn't until the mid-1990s that Ricky truly broke through. His role as Miguel Morez on the soap opera "General Hospital" introduced him to American audiences, earning him a dedicated fanbase.

But it was the 1998 World Cup that would propel Ricky Martin to global stardom. The infectious rhythms of "La Copa de la Vida," the tournament's official song, had the world dancing to Ricky's beat. His electrifying performance at the opening ceremony captured the essence of Latin music and set the stage for his meteoric rise to fame.

The year 1999 saw the release of Ricky Martin's breakthrough album, "Ricky Martin." The single "Livin' La Vida Loca" became an instant sensation, topping charts in over 20 countries. The song's catchy melody, coupled with Ricky's undeniable charisma, turned it into an international anthem.

The music video for "Livin' La Vida Loca" showcased Ricky's magnetic stage presence and his ability to seamlessly blend Latin and pop influences. It became one of the most iconic music videos of its time, earning him critical acclaim and cementing his status as a global pop sensation.

The album went on to sell over 22 million copies worldwide, making Ricky Martin one of the best-selling Latin artists of all time. The ensuing "Ricky Martin Live" tour further solidified his status as a bona fide superstar, with sold-out arenas and stadiums across the globe.

Behind the glitz and glamour of his career, Ricky Martin grappled with a personal struggle that would significantly impact his life. Throughout his rise to fame, Ricky had to navigate questions about his sexuality, a topic he had chosen to keep private.



BEING LATINO IS AN HONOR, IT'S THE STRENGTH I HAVE, IT'S WHAT MAKES ME DO WHAT I DO. I'M PROUD OF IT"

incorporated a diverse range of influences, from Latin pop to reggaeton, showcasing his ability to stay relevant in an ever-changing industry.

In 2011, Ricky released "Musica + Alma + Sexo," which debuted at number three on the Billboard 200 chart. The album's hit single "Lo Mejor de Mi Vida Eres Tú" featuring Natalia Jiménez further solidified his status as a chart-topping artist.

However, in 2010, he made a courageous and historic announcement.

In a heartfelt message posted on his official website, Ricky came out as gay, opening up about his journey of self-discovery and acceptance. This revelation was met with an outpouring of support from fans and fellow celebrities alike. Ricky's decision to come out was not just a personal milestone but also a significant moment in the history of LGBTQ+ visibility in the entertainment industry.

Ricky Martin's influence extends far beyond the stage and recording studio. He has used his fame to champion various humanitarian causes, particularly those related to children's rights and LGBTQ+ issues. In 2004, he established the Ricky Martin Foundation, an organization dedicated to advocating for the well-being of children around the world.

One of his most impactful initiatives has been the fight against human trafficking. Through the foundation, Ricky has worked tirelessly to raise awareness about this global issue and has actively supported efforts to combat it. His commitment to this cause led him to testify before the United States Congress, urging lawmakers to take action against human trafficking.

Additionally, Ricky Martin has been a vocal advocate for LGBTQ+ rights, using his platform to promote equality and acceptance. His coming-out story inspired countless individuals to embrace their own identities, and he continues to be a powerful voice for the LGBTQ+ community.

Ricky Martin's career has been marked by evolution and reinvention. After the massive success of "Ricky Martin" in 1999, he continued to release successful albums, including "Sound Loaded" (2000), "Almas del Silencio" (2003), and "Life" (2005). His music



LIFE HAS GIVEN ME A GIFT, MUSIC. AND I'VE ALWAYS SAID THAT MUSIC IS NOT FOR ME, IT'S FOR THE AUDIENCE"

Throughout his career, Ricky Martin has continued to tour the world, captivating audiences with his electrifying performances. His stage presence and charisma remain as powerful as ever, making his live shows a must-see for fans around the globe.

In addition to his musical and humanitarian endeavors, Ricky Martin has embraced the role of fatherhood. In 2008, he became a father to twin boys, Valentino and Matteo, born via a surrogate mother. The experience of becoming a parent profoundly impacted Ricky's life, inspiring him to become even more committed to his charitable work.

In 2018, Ricky and his husband, Jwan Yosef, welcomed a daughter, Lucia, followed by a son, Renn, in 2019. Ricky and Jwan's journey into parenthood has been marked by love and dedication, and they have openly shared their joy in raising their children.

As of my last knowledge update in September 2021, Ricky Martin continues to be a prominent figure in the entertainment industry. His music and advocacy work remain influential, and he shows no signs of slowing down. He has expanded his acting career, with notable roles in TV series such as "The Assassination of Gianni Versace: American Crime Story."

Ricky's legacy is defined not only by his chart-topping hits and iconic performances but also by his unwavering commit-



ment to making the world a better place. His contributions to music, philanthropy, and LGBTQ+ visibility have left an indelible mark on the world.

Ricky Martin's life and career are a testament to the power of talent, determination, and authenticity. From his early days in Puerto Rico to his rise to global superstardom, Ricky's journey has been one of resilience and transformation. His impact reaches beyond the stage and recording studio, as he continues to use his platform to advocate for important causes.

As we look back on the life of Ricky Martin, we see an artist who has not only entertained us with his music but has also inspired us with his courage and compassion. His story serves as a reminder that, in the world of entertainment, some stars shine not only for their talent but for their ability to make the world a better place.

Ricky Martin's "Livin' La Vida Loca" may have been his anthem of the late '90s, but his enduring legacy is a testament to a life lived with passion, purpose, and a commitment to making a positive impact on the world. Whether he's on stage, advocating for important causes, or simply being a loving father, Ricky Martin is, and will always be, a true icon.

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Foods that improve mood

How nutrition affects your emotional well-being

BY ESTEFANÍA BELTRÁN | @TOTALHEALTHYLIFE

Our diet not only influences our physical health but also our emotional well-being. The foods we consume play a fundamental role in regulating our mood and can influence our happiness and emotional balance. In this article, you will learn about the connection between nutrition and mood, highlighting those foods that have been shown to have a positive impact on our emotional well-being.

The power of tryptophan: One of the key components that influence our mood is tryptophan, an essential amino acid that the body uses to produce serotonin, known as the "happiness hormone." Foods such as turkey, chicken, eggs, dairy products, nuts, and seeds are rich in tryptophan. By including these foods in our diet, we can increase serotonin levels in the brain and promote a sense of well-being.

The benefits of omega-3 fatty acids: Omega-3 fatty acids also play an important role in our emotional health. These essential fatty acids are found in fatty fish such as salmon, sardines, and tuna, as well as in walnuts and flaxseeds. Studies have shown that omega-3 fatty acids can help reduce inflammation in the brain and improve cognitive function, which can have a positive impact on our mood.

B-complex vitamins for well-being: B-complex vitamins, such as B12, B6, and folic acid, also play a crucial role in our emotional health. These vitamins are necessary for the production of neurotransmitters like serotonin, dopamine,

Explores the relationship between nutrition and emotional well-being, highlighting foods like tryptophan, omega-3 fatty acids, and B-complex vitamins that positively impact mood. It also warns about the negative effects of a high-sugar and ultra-processed food diet on neurotransmitter production and brain health. Tips are provided for incorporating these foods into the diet and promoting a healthy mood

and norepinephrine, which are involved in mood regulation. Foods such as leafy green vegetables, eggs, dairy products, whole grains, and legumes are excellent sources of B-complex vitamins.

in your diet at least twice a week to obtain omega-3 fatty acids.

A diet high in sugars and ultra-processed foods can have a negative impact on neurotransmitter production, neuron health, and mitochondrial function. It's important to note that a balanced and nutrient-rich diet is essential for maintaining proper brain function and promoting a healthy mood. Opting for fresh, unprocessed foods rich in nutrients is essential to support long-term brain health and emotional well-being. Below, you will learn about this connection in detail:

TIPS FOR INCLUDING THESE FOODS IN YOUR DIET:

- Incorporate turkey, chicken, or eggs into your main meals to increase your tryptophan intake.
- Add nuts and seeds to your salads, yogurts, or as a snack to get a dose of tryptophan and omega-3 fatty acids.
- Include fatty fish like salmon

- Opt for leafy green vegetables, legumes, and whole grains as part of your daily meals to increase your intake of B-complex vitamins.

- Consider taking vitamin supplements if you cannot get enough tryptophan, omega-3 fatty acids, or B-complex vitamins from your diet.



LIFESTYLE

Impact on neurons: Excessive sugar consumption can generate oxidative stress in the brain, which can damage nerve cells. Furthermore, chronic inflammation caused by an unhealthy diet can affect synaptic plasticity, the ability of neurons to establish connections with each other. This can influence learning, memory, and mood.

Impact on mitochondria: Mitochondria are crucial organelles for energy production in cells, including neurons. A diet high in sugars and ultra-processed foods can interfere with mitochondrial function, resulting in decreased energy production. This can have a negative impact on cognitive and emotional performance since neurons require a constant supply of energy to function properly. Additionally, oxidative stress caused by an unhealthy diet can damage mitochondria and affect their normal function.

The connection between diet and mood is undeniable. By including foods rich in tryptophan, omega-3 fatty acids, and B-complex vitamins in our diet, we can improve our emotional well-being and promote a more balanced and positive mood. Remember that a balanced and healthy diet not only benefits your body but also your mind. So start taking care of your nutrition and feel better in all aspects of your life!

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American Graffiti

A TIMELESS JOURNEY THROUGH NOSTALGIA AND ADOLESCENCE

"American Graffiti", directed by George Lucas, is an evocative portrait of adolescence in the 1960s. With its talented cast, iconic soundtrack, and touching narrative, the film captures the essence of a generation in transition to adulthood. This cinematic classic remains a nostalgic and moving journey that lingers in the memories of those who watch it

In the summer of 1973, George Lucas unleashed "American Graffiti" upon the world, a film that would go on to become a quintessential piece of American cinema. Set in the early 1960s, this coming-of-age classic takes us on a nostalgic journey through the streets of Modesto, California, as it explores the lives of a group of teenagers on the cusp of adulthood. With its stellar cast, iconic soundtrack, and masterful storytelling, "American Graffiti" has etched its place in cinematic history, capturing the essence of an era and the

universal experiences of youth. Join us on a trip down memory lane as we delve into the heart of this cinematic gem, full of informative insights and heartwarming anecdotes.

"American Graffiti" opens on a hot August night in 1962, where the lives of four high school friends intersect as they face the impending changes of adulthood. Curt (Richard Dreyfuss) contemplates leaving for college, Steve (Ron Howard) struggles with leaving his long-time girlfriend, Laurie (Cindy Williams), and John (Paul Le Mat) challenges a mysterious rival to a drag race. Terry (Charles Martin Smith), the film's comedic relief, finds himself in bizarre escapades throughout the night.

Lucas brilliantly captures the atmosphere of the era. The film's setting is a character itself: neon-lit diners, drive-in theaters, and muscle cars cruising along the streets, all beautifully preserved through Lucas's lens. The streets of Modesto become the canvas on which the characters paint their stories.

One of the film's strengths lies in its ensemble cast, many of whom were relatively unknown at the time but would go on to achieve great success in Hollywood. Ron Howard, Cindy Williams, Richard Dreyfuss, and Harrison Ford all contribute remarkable performances. The chemistry among the actors is palpable, making their characters' journeys and relationships feel genuine and relatable.

Harrison Ford's portrayal of Bob Falfa, the menacing drag racer, is particularly memorable. His charisma and intensity set the stage for his future iconic roles in the "Star Wars" and "Indiana Jones" franchises.

A key ingredient in "American Graffiti's" success is its unforgettable soundtrack. The film's wall-to-wall rock 'n' roll tunes from the era provide a sonic backdrop that enhances the overall experience. Songs like "Rock Around the Clock" by Bill Haley & His Comets and "Surfin' Safari" by The Beach Boys transport viewers to the early '60s, evoking a sense of nostalgia that remains unmatched in cinema.

Lucas's attention to detail in selecting the songs, along with the way he seamlessly weaves them into the narrative, is a masterstroke of storytelling. The music becomes an integral part of the characters' lives, enhancing the emotional impact of their journeys.

"American Graffiti" delves deep into the universal theme of coming of age. It explores the anxieties, dreams, and uncertainties that accompany the transition from adolescence to adulthood. Curt's dilemma about leaving home for college and Steve's struggle with his relationship with Laurie are particularly poignant examples of these themes.

John Milner, played by Paul Le Mat, represents the rebellious spirit of youth. His iconic yellow deuce coupe and his quest to prove his prowess in street racing are emblematic of the desire for independence and recognition that many young people experience.

The making of "American Graffiti" was no less eventful than the story it told on screen. George Lucas faced significant challenges in bringing his vision to life, including budget constraints and a skeptical studio. However, his determination and passion for the project prevailed.

One amusing anecdote involves the use of a yellow Ford Deuce Coupe as John Milner's car. The production team had difficulty finding an authentic one, so they ended up using a yellow '32 Ford five-window coupe. To make it look like a Deuce Coupe, they simply removed the chrome. The result? An iconic movie car that has become a symbol of American Graffiti.

Upon its release, "American Graffiti" received critical acclaim and became a box office sensation. It earned five Academy Award nominations and became a cultural touchstone, influencing countless coming-of-age films that followed. Its success also paved the way for George Lucas to embark on his ambitious space opera, "Star Wars."



The film's legacy endures through the generations. It captures the essence of youth, the search for identity, and the nostalgia for a simpler time, making it relevant to audiences of all ages. "American Graffiti" remains a testament to the power of storytelling and the enduring appeal of the American Dream.

"American Graffiti" is a timeless masterpiece that continues to captivate audiences with its heartfelt storytelling, memorable characters, and iconic soundtrack. George Lucas's ability to transport us to the early '60s and make us feel the joys and pains of adolescence is a testament to his storytelling prowess. As we take this journey down memory lane, we are reminded that some stories are truly timeless, and "American Graffiti" is undeniably one of them. Whether you're reliving the nostalgia or discovering it for the first time, this film's charm and poignancy are sure to leave an indelible mark on your cinematic journey.

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Picasso Museum Malaga

The Picasso Museum in Malaga, housed in a stunning 16th-century palace, pays tribute to Pablo Picasso's artistic legacy. Its diverse collection spans his entire career, offering insights into his early years in Malaga, groundbreaking Cubist works, and provides an immersive learning experience for visitors of all ages. This museum is a cultural gem that bridges Picasso's innovations with Malaga's timeless beauty, making it a must-visit destination for art enthusiasts and curious minds alike

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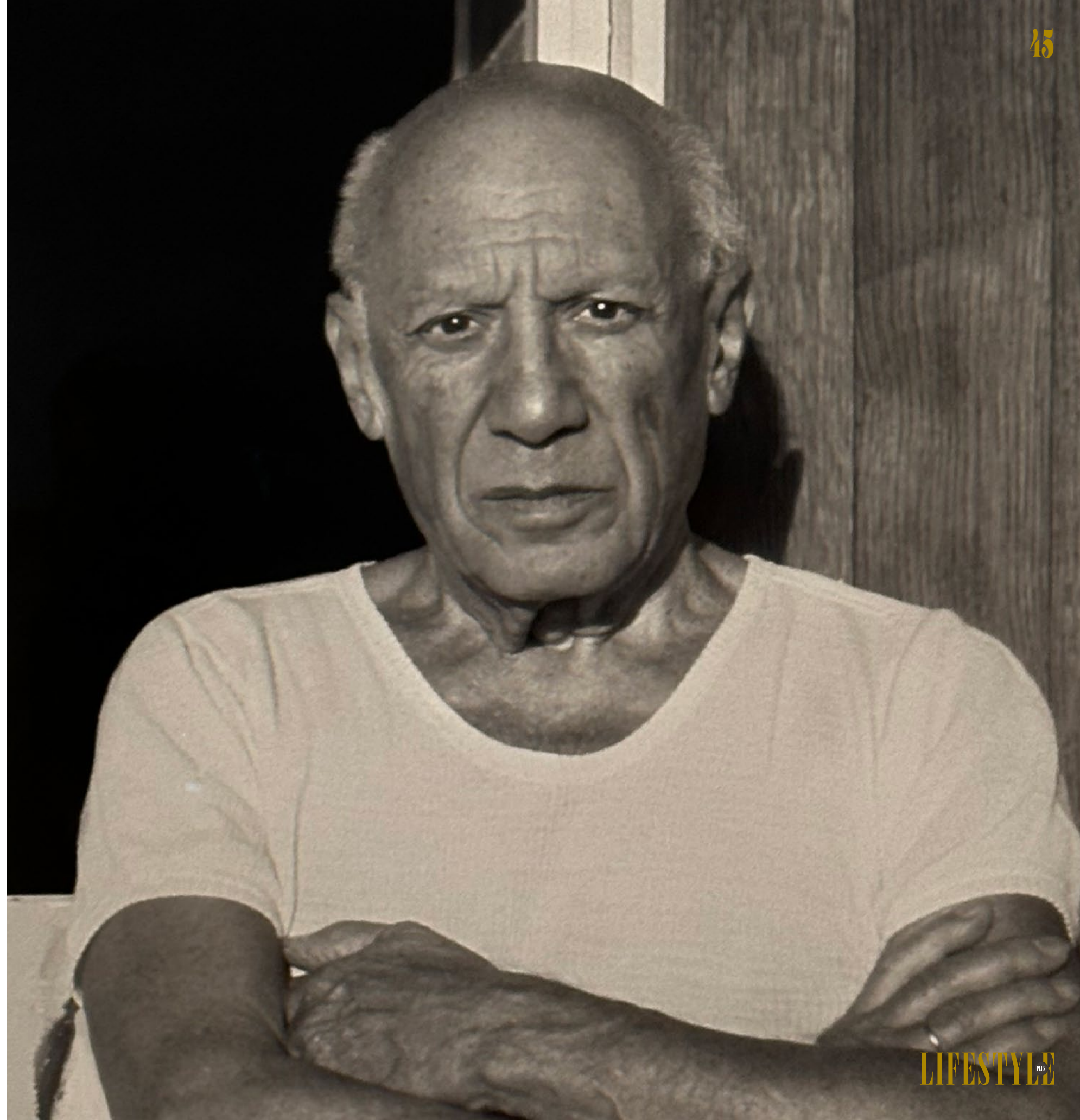
alaga, a picturesque coastal city on Spain's Costa del Sol, boasts many treasures within its historic streets. Among these, the Picasso Museum stands as a testament to the city's most famous native son, Pablo Picasso. This article is a journey through the Picasso Museum in Malaga, a place where art enthusiasts and admirers of the great master can immerse themselves in the brilliance of his works.

A TRIBUTE TO PICASSO'S LEGACY

The Picasso Museum in Malaga is a true tribute to the artistic legacy of Pablo Picasso. Housed in the beautifully restored Buenavista Palace, a stunning 16th-century building, the museum is a masterpiece in itself. Visitors can admire the blending of historical architecture with modern design, creating an ideal setting for Picasso's diverse body of work.

THE COLLECTION: A GLIMPSE INTO PICASSO'S EVOLUTION

One of the museum's most captivating aspects is its vast collection of Picasso's art. Spanning his entire career, from his early years to his later, more abstract period, the collection offers a comprehensive look at the artist's evolution. Picasso's work is divided into thematic sections, allowing visitors to explore his different periods, influences, and techniques.



EARLY YEARS: INSIGHTS INTO PICASSO'S CHILDHOOD

A significant portion of the collection is dedicated to Picasso's formative years in Malaga. These pieces provide unique insights into the young artist's life, showcasing his early talent and the influence of his hometown. You can almost feel the Mediterranean sun and sea breeze in his early works, which often depict scenes from Malaga and its surroundings.

CUBISM AND BEYOND: PICASSO'S EXPERIMENTAL PHASES

As visitors progress through the museum, they'll encounter Picasso's groundbreaking Cubist period, a revolutionary movement that redefined the art world. The museum's collection includes iconic pieces like "Les Femmes d'Alger," which played a pivotal role in the development of modern art. Picasso's ability to deconstruct and reconstruct objects and figures is on full display, leaving viewers in awe of his creative genius.

INTERACTIVE EXHIBITS: IMMERSIVE LEARNING

The Picasso Museum offers more than just static exhibits. It provides an interactive and immersive experience for art enthusiasts of all ages. Visitors can gain a deeper understanding of Picasso's creative process through multimedia displays, educational programs, and workshops that encourage exploration and experimentation.

THE PICASSO MUSEUM: A CULTURAL GEM IN MALAGA

While Picasso's work is celebrated globally, there's something profoundly special about viewing his masterpieces in the city of his birth. The Picasso Museum in Malaga not only pays tribute to the artist but also honors the cultural heritage of this enchanting city. It serves as a bridge between Picasso's groundbreaking innovations and the timeless beauty of Malaga.

PLAN YOUR VISIT: PRACTICAL INFORMATION

Address: Palacio de Buenavista, Calle San Agustín, 8, 29015 Málaga, Spain

Opening Hours: The museum's hours may vary, so it's advisable to check the official website for up-to-date information.

Ticketing: Tickets can be purchased online or at the museum's entrance. Discounts are often available for students and seniors.

In conclusion, the Picasso Museum in Malaga is a must-visit destination for anyone seeking to explore the artistic genius of Pablo Picasso. It's a place where the past and present converge, where visitors can immerse themselves in the transformative power of art. Whether you're a seasoned art aficionado or simply curious about the world of Picasso, this museum offers an unforgettable journey through the mind of a true artistic luminary.





1971

1965

1961

1956

1954

1953

1951

ESCULTURAS DE PICASSO
OBRA COMPLETA

WERNER SPIES

Werner Spies, historiador y crítico de arte, publica en Alemania el primer catálogo razonado de la obra escultórica de Pablo Picasso: Pablo Picasso. Das plastische Werk. Ese mismo año sale a la luz la primera edición en español.

Picasso mantuvo gran parte de su producción escultórica en su colección personal. La mostró al público en contadas ocasiones.

In Germany historian and art critic Werner Spies publishes the first catalogue raisonné of Pablo Picasso's sculptures: Pablo Picasso. Das plastische Werk. The first edition in Spanish comes out that year.

Picasso kept a large portion of his sculptural output in his personal collection and rarely showed it to the public.

Navigating the Weight Selection Maze

How to Choose the Right Weight for Your Workout

Choosing the right weight for your workout is crucial for safe and effective progress. Start light, prioritize technique, and aim for muscle fatigue. Adjust weights based on repetitions and listen to your body. Progressive overload and professional guidance are also key to ongoing fitness success

BY SHENNAI LAROUX WWW.SHENNAILAROUX.COM • @SHENNAILAROUX

Selecting the optimal weight for your workout is a pivotal decision that shapes your fitness journey. Here's a streamlined guide to help you strike the right balance between challenge and safety:

START LIGHT, PROGRESS GRADUALLY: If you're new, begin with lighter weights to master form and reduce injury risks. Gradually increase as your strength improves.

PRIORITIZE FORM: Perfect form trumps heavy weights. Master technique with lighter weights before progressing.

AIM FOR MUSCLE FATIGUE: Opt for weights that challenge you and induce muscle fatigue within the last few reps of a set while maintaining form.

REPS AND SETS INFLUENCE: Higher reps (12-15) call for weights that challenge without compromising form. Lower reps (6-8) allow for heavier weights.

LISTEN TO YOUR BODY: If a weight feels too heavy or too light, adjust. Your body's signals are your best guide.

USE THE TALK TEST: Speak during sets without breathlessness. If you can't, consider a lighter weight.

PROGRESSIVE OVERLOAD: Gradually increase weights for ongoing gains, adhering to the principle of progressive overload.

SEEK PROFESSIONAL ADVICE: A fitness pro, like a personal trainer, offers tailored guidance for selecting appropriate weights.

ADJUST FOR DIFFERENT EXERCISES: Different muscle groups have different strength capacities; adapt weights accordingly.

EVOLVE WITH TIME: As your strength grows, adjust weights to ensure consistent challenge.

Weight selection melds science and self-awareness. Your choice should challenge, strengthen, and protect your form. Every fitness journey is unique, so personalize your weight selection to align with your goals and capabilities. With patience and adaptability, you'll pinpoint the weights that set you on a course toward fitness success.

“

EVERY FITNESS JOURNEY IS UNIQUE, SO PERSONALIZE YOUR WEIGHT SELECTION TO ALIGN WITH YOUR GOALS AND CAPABILITIES”





CYNTHIA DAVIS







The designer who dared to dream

Christian Siriano

From humble beginnings, Christian Siriano rose to fame as a "Project Runway" winner. His eponymous label embraces inclusivity, dressing stars like Rihanna and Michelle Obama. Known for avant-garde designs, he's a beacon of innovation and social responsibility. Today, his legacy continues to shine on and off the runway

The journey of Christian Siriano began in Annapolis, Maryland, where he was born on November 18, 1985. As a child, he exhibited a prodigious talent for fashion, experimenting with fabrics and sketching designs that belied his tender age. Little did anyone know that this young boy's passion would one day redefine the boundaries of contemporary fashion.

Christian's upbringing played a pivotal role in nurturing his creative spirit. His parents, Joyce and Peter Siriano, provided unwavering support for their son's artistic pursuits. His mother, a talented ceramist, encouraged his artistic inclinations, while his father, a skilled tradesman, introduced him to the world of craftsmanship and attention to detail. Together, they laid the foundation for a creative force that would soon take the fashion world by storm.

Christian's path to becoming a fashion icon began at the Baltimore School for the Arts, a prestigious institution known for its illustrious alumni, including Jada Pinkett Smith and Tupac Shakur. There, he honed his skills and discovered his love for fashion design.

After high school, Christian ventured to London to study fashion at the American Intercontinental University. The bustling streets of the British capital infused him with a fresh perspective and a worldly sensibility that would later distinguish his designs.

In the world of fashion, creativity knows no bounds. It's a realm where imagination meets craftsmanship, and designers become the storytellers of our time. Among these visionaries stands Christian Siriano, a name synonymous with innovation, inclusivity, and sheer audacity. This in-depth review delves into the life of Christian Siriano, tracing his beginnings, his illustrious career, personal life, and his thriving presence in today's fashion landscape.



IT SHOULDN'T BE EXCEPTIONAL TO WORK WITH BRILLIANT PEOPLE JUST BECAUSE THEY'RE NOT SAMPLE SIZE. NOW IS THE TIME FOR CHANGE, NOT CONGRATULATIONS"

ASCENT IN THE FASHION WORLD: PROJECT RUNWAY AND BEYOND

Christian Siriano's meteoric rise to fame can be traced back to his appearance on the fourth season of the reality television series "Project Runway" in 2008. His innovative designs, flamboyant personality, and catchphrases like "fierce" and "make it work" made him an instant fan favorite.

Not only did he emerge as the victor of that season, but he also became the show's youngest winner at the age of 21. This triumph catapulted him into the fashion limelight, turning Christian Siriano into a household name.

With his newfound recognition, Christian wasted no time in capitalizing on his success. In 2008, he launched his eponymous fashion label, "Christian Siriano." His debut collection at New York Fashion Week received widespread acclaim for its diversity and inclusivity, a rarity in the world of high fashion at the time.

His brand became synonymous with bold, innovative designs that celebrated the beauty of all body types. Christian's commitment to inclusivity and representation in fashion was revolutionary and would become a defining characteristic of his career.

Christian's talent didn't go unnoticed in Hollywood. Celebrities flocked to him for his unique creations that combined elegance with a touch of drama. He dressed A-listers like Sarah Jessica Parker, Rihanna, Lady Gaga, and Michelle Obama, cementing his status as a designer to the stars.

One of his most iconic moments was when he dressed actress and comedian Leslie Jones for the premiere of the "Ghostbusters" reboot in 2016. This collaboration was a powerful statement about the lack of options for plus-size women in the fashion industry.

At the core of Christian Siriano's design philosophy is a relentless pursuit of innovation and a commitment to inclusivity. His creations defy convention, often blurring the lines between art and fashion. He's known for his extravagant gowns, intricate draping, and fearless use of color and texture.

Christian's designs have graced numerous red carpets, turning heads and making headlines. His ability to balance opulence with wearability has made him a go-to designer for celebrities seeking to make a statement. The iconic custom blue gown he designed for Billy Porter at the 2019 Academy Awards, complete with a tuxedo jacket and a voluminous skirt, sent shockwaves through the industry and sparked conversations about gender-fluid fashion.

What truly sets Christian Siriano apart is his dedication to inclusivity. He has been a vocal advocate for diversity in the fashion world, consistently casting models of all shapes, sizes, and backgrounds in his runway shows. His collaboration with plus-size fashion brand Lane Bryant in 2016 produced a collection that celebrated curvy women and challenged industry norms.

Christian's commitment to inclusivity extends beyond the runway. In 2020, during the COVID-19 pandemic, he shifted his production from high-end fashion to creating face masks for frontline workers, a move that demonstrated his social responsibility and adaptability.

CHALLENGES AND TRIUMPHS: NAVIGATING THE FASHION INDUSTRY

Christian's journey in the fashion industry has not been without its hurdles. While he has achieved remarkable success, he has also faced his fair share of challenges.

The fashion industry is notoriously fickle, and even established designers can encounter financial difficulties. Christian faced this reality when his company, Christian Siriano Holdings LLC, filed for bankruptcy in 2017. However, he didn't let this setback deter him. With resilience and determination, he managed to restructure his business and continue creating.

The fashion landscape has evolved dramatically during Christian's career. The rise of e-commerce, social media, and sustainability concerns has forced designers to adapt or risk becoming obsolete. Christian has embraced these

changes, using social media to connect with his audience and promote his brand. His presence on platforms like Instagram and Twitter has allowed him to engage directly with fans and clients, fostering a sense of community around his brand.

Christian's personal life has also been a source of fascination for his fans. In 2016, he married musician Brad Walsh in a picturesque ceremony in Connecticut. Their wedding was a reflection of Christian's flair for the dramatic, with the designer donning a custom cape for the occasion.

The couple's relationship has been a symbol of love and commitment in the public eye. They've shared their journey, including the challenges they faced during the COVID-19 pandemic, through social media and interviews. Their openness about their relationship has endeared them to many and demonstrated the power of love in even the most extraordinary circumstances.

As we fast forward to the present, Christian Siriano remains a prominent figure in the fashion world. His brand continues to flourish, with boutiques in New York City and a global presence. His runway shows are eagerly anticipated events, known for their diversity, creativity, and boundary-pushing designs.

LIFESTYLE



PROJECT RUNWAY RESURGENCE

In a testament to his enduring influence, Christian returned to "Project Runway" as a mentor and judge in the 17th season of the show. His insights and mentorship have been instrumental in shaping the careers of up-and-coming designers, and his presence has injected new life into the beloved reality series.

Christian's impact extends beyond the realm of fashion. He uses his platform to advocate for important causes, such as diversity and inclusion in the fashion industry, as well as social responsibility. His voice has become a beacon of change in a world where image and identity are paramount.

The life and career of Christian Siriano are a testament to audacity, innovation, and the power of inclusion in the fashion industry. His legacy will endure as a beacon of inspiration for designers and fashion enthusiasts worldwide, demonstrating that creativity knows no bounds and that fashion can be a medium for genuine expression and inclusion.

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Tesla Model 3

Electrifying the World

The Tesla Model 3, Tesla's flagship electric vehicle, has revolutionized the automotive industry. Since its launch in 2016, it has broken sales records and challenged competitors, driving the adoption of electric vehicles worldwide



In the world of electric vehicles, few names shine as brightly as Tesla. Since its inception, Tesla has taken the automotive industry by storm, and one of its most celebrated offerings is the Tesla Model 3. This sleek, affordable electric sedan has captivated the imaginations of car enthusiasts, environmentalists, and tech aficionados alike. In this comprehensive review, we'll take a deep dive into the history, models, current events, sales, competition, and a dash of anecdotes that make the Tesla Model 3 a symbol of the electric vehicle revolution.

To truly understand the significance of the Tesla Model 3, we must first delve into the origins of Tesla as a company. Founded in 2003 by a group of engineers, including Martin Eberhard and Marc Tarpenning, Tesla set out to revolutionize the automobile

industry with electric vehicles. However, it was Elon Musk's entry into the scene in 2004 that injected the company with the vision and capital needed to drive innovation forward.

Musk's vision for Tesla was clear: to create electric vehicles that were not just environmentally friendly but also highly desirable. In 2008, Tesla introduced its first production car, the Tesla Roadster, an all-electric sports car that turned heads and challenged the notion that electric cars were slow and boring. The success of the Roadster laid the foundation for the Model S, a luxury electric sedan that disrupted the market and solidified Tesla's position as an industry leader.

With the Model S paving the way, Tesla set its sights on creating an electric car for the masses. The result was the Tesla Model 3, unveiled in 2016. The Model 3 aimed to bring Tesla's electric magic to a broader audience, combining affordability, performance, and sustainability in one package.

The Tesla Model 3 is not a one-size-fits-all proposition. Tesla understands that different drivers have different needs and budgets, so they offer a range of Model 3 variants to cater to a wide audience. As of my last knowledge update in September 2021, here are the key variants available:

This is the entry-level Model 3, designed for those looking for an affordable electric vehicle without compromising on Tesla's quality and innovation. It offers a respectable range and performance while keeping the price tag relatively modest.

For those who want more range, the Long Range Model 3 boasts an extended battery capacity, providing greater freedom for long-distance driving. This variant appeals to drivers who prioritize range and performance.

Tesla is known for its Ludicrous Mode, which unleashes jaw-dropping acceleration. The Model 3 Performance is the embodiment of this philosophy, offering sports car-like

performance with instant acceleration that can leave many sports cars in the dust.

MODEL 3 ALL-WHEEL DRIVE (DUAL MOTOR)

Tesla understands the importance of all-wheel drive, especially in regions with challenging weather conditions. The Model 3 Dual Motor variant offers enhanced traction and stability, making it a favorite among those who experience snowy or rainy climates.

A key aspect of Tesla's appeal is its relentless pursuit of innovation. The Model 3 has not remained stagnant since its initial release. Tesla constantly updates its vehicles with over-the-air (OTA) software updates, delivering improvements and new features. Here are some notable updates and innovations up to September 2021:



Model 3

Tesla's Autopilot system represents a significant step towards autonomous driving. While not fully self-driving at that time, it provided advanced driver-assistance features, such as adaptive cruise control and lane-keeping assist. The Full Self-Driving (FSD) package, available as an optional add-on, promised even more advanced capabilities.

One of the critical factors in electric vehicle adoption is range anxiety. Tesla consistently worked on improving the Model 3's range through battery chemistry advancements and aerodynamic optimizations. As a result, newer versions of the Model 3 delivered even more miles per charge.

Tesla continued to expand its Supercharger network, making long-distance travel in a Model 3 more accessible and convenient. Superchargers are known for their rapid charging capabilities, allowing Tesla owners to recharge their vehicles quickly during road trips.

SALES AND POPULARITY

The Tesla Model 3 has achieved remarkable success in the automotive market, reshaping the landscape of electric vehicles and leaving its competitors scrambling to catch up. Let's explore some key

statistics and milestones in Model 3 sales:

Shortly after its launch, the Model 3 became one of the best-selling electric cars globally. Tesla's ability to manufacture and deliver cars at scale was a significant factor in this success. The Model 3's accessible price point attracted a broader customer base than previous Tesla models.

Tesla's Model 3 wasn't confined to the United States. It quickly gained popularity in Europe and China, further solidifying Tesla's global presence. In fact, Tesla's Gigafactory in Shanghai played a crucial role in meeting the high demand for Model 3 in the Asian market.

The success of the Model 3 sent shockwaves through the automotive industry, prompting traditional automakers to accelerate their electric vehicle plans. Competitors like Nissan, Chevrolet, and Volkswagen intensified their efforts to produce compelling electric alternatives.

COMPETITION AND CHALLENGES

While the Tesla Model 3 dominated the electric vehicle market for a significant period, it faced its share of challenges and competition. Here's a look at some of the key competitors and hurdles Tesla faced:



Established automakers such as Ford, General Motors, and Volkswagen ramped up their electric vehicle offerings. Models like the Ford Mustang Mach-E and Volkswagen ID.3 posed formidable competition to the Model 3, leveraging the experience and resources of established automotive giants.

Tesla, like many other automakers, faced supply chain challenges, especially during the COVID-19 pandemic. Delays in component availability and production disruptions tested Tesla's ability to meet the high demand for the Model 3.

Government regulations and incentives played a significant role in the adoption of electric vehicles. Changes in policies and subsidies could impact the affordability and appeal of the Model 3 in various markets.

No review of the Tesla Model 3 would be complete without anecdotes and testimonials from real owners. Here are a few stories that capture the essence of what it's like to own and drive a Model 3:

Many Tesla Model 3 owners are mesmerized by the instant torque and acceleration. One owner recounted how they surprised a fellow driver in a sports car at a traffic light, leaving them in awe of the Model 3's power.

Owners often share tales of epic road trips in their Model 3s, thanks to Tesla's Supercharger network. One family embarked on a cross-country journey, experiencing the convenience of fast charging and the joy of emission-free travel.

For environmentally conscious individuals, owning a Model 3 is more than just a mode of transportation; it's a statement of commitment to a sustainable future. One owner shared how their solar panels charged their Model 3, creating a self-sustaining eco-friendly ecosystem.

The Tesla Model 3 stands as a testament to Tesla's mission of accelerating the world's transition to sustainable energy. From its inception as an ambitious electric car project to becoming a global phenomenon, the Model 3 has reshaped the automotive landscape. Its affordability, range, performance, and cutting-edge technology have made it a symbol of the electric vehicle revolution.

As of my last knowledge update in September 2021, the Model 3 was already a game-changer, but Tesla's journey and the Model 3's evolution continue. With competition heating up and advancements in electric vehicle technology, the story of the Model 3 is far from over. As we move into the future, it's safe to say that Tesla and its Model 3 will continue to electrify the world, one drive at a time.

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Bandeja Paisa

A culinary journey through the heart of Colombia

The Bandeja Paisa, an emblematic dish of Colombia, is a delicious fusion of flavors and cultures. Originating from the Antioquia region, this culinary masterpiece includes steak, chicharrón, rice, beans, fried egg, arepas, avocado, ripe plantains, and hogao sauce. It's a sensory experience that reflects the history and diversity of Colombia

Picture yourself in a bustling Colombian market, surrounded by the vibrant colors, lively music, and the mouthwatering aroma of grilled meats wafting through the air. In this enchanting atmosphere, you're about to embark on a culinary adventure like no other, exploring the rich history and irresistible flavors of the Bandeja Paisa, Colombia's iconic and hearty national dish.

To truly appreciate the Bandeja Paisa, we must delve into its fascinating history. This dish hails from the Antioquia region of Colombia, where it was born out of a fusion of Indigenous, African, and Spanish culinary traditions.

Legend has it that during the 19th century, when laborers working on coffee plantations needed a hearty meal to sustain them through long, strenuous days, the Bandeja Paisa was born. Originally, it was known as "La Bandeja de los Pobres" or "The Poor Man's Platter" because of its affordability and filling nature. But as it gained popularity, it evolved into a symbol of Colombian pride, reflecting the country's diverse cultural heritage.

ANATOMY OF A BANDEJA PAISA

The Bandeja Paisa is a feast for the senses, a hearty ensemble of flavors and textures that makes it one of the most celebrated dishes in Colombia. Let's break it down:

01 Bistec a la Criolla: Start with a generous slab of perfectly grilled steak, marinated in a criolla sauce—a savory blend of tomatoes, onions, and spices that infuse the meat with a burst of flavor.

02 Chicharrón: Next comes the chicharrón, a crispy and golden-fried pork belly, crackling with irresistible crunch. It's a nod to the African influence on Colombian cuisine.

03 Arroz: A mound of fluffy white rice serves as the culinary canvas, absorbing the delectable juices from the meats.

04 Frijoles: Colombian pinto beans, cooked to creamy perfection, offer a comforting and earthy contrast to the other elements on the plate.

05 Huevo Frito: A sunny-side-up egg crowns the dish, its velvety yolk ready to cascade over the medley of flavors below.

06 Arepas: These golden corn cakes, crispy on the outside and tender within, add a delightful touch of sweetness and crunch.

07 Aguacate: Creamy slices of avocado provide a refreshing and cooling respite amidst the hearty indulgence.

08 Plátano Maduro: Sweet, ripe plantains, caramelized to perfection, balance the savory elements with their natural sweetness.

09 Hogao: Finally, the whole dish is brought together by a ladleful of hogao, a traditional Colombian tomato and onion sauce that ties the flavors together.

One cannot simply eat a Bandeja Paisa; it's an experience that engages all the senses. Imagine sitting at a rustic Colombian eatery, surrounded by friendly locals and the aroma of sizzling meats. As your plate arrives, the colors and textures immediately captivate you, making it a feast for the eyes.

The first bite is a revelation—a symphony of flavors bursting in your mouth. The tender steak, crispy chicharrón, and creamy beans all harmonize with the spicy criolla sauce. Each bite is a journey through Colombia's culinary history, a testament to the melding of cultures that define this vibrant nation.

But it's not just about the food; it's about the people. Colombians take immense pride in their Bandeja Paisa, and sharing it with friends and family is a cherished tradition. It's a dish that brings people together, fostering a sense of community and celebration.

REGIONAL VARIATIONS

While the traditional Bandeja Paisa is celebrated nationwide, you'll find regional variations that add unique twists to this beloved dish. In Medellín, the heart of the Antioquia region, you might encounter Bandeja Paisa with a side of arequipe, a sweet milk-based spread that adds a delightful contrast to the savory elements. In other regions, you might find variations with seafood or regional specialties that reflect the local culture.

THE CULTURAL SIGNIFICANCE

The Bandeja Paisa is more than just a meal; it's a cultural symbol that tells the story of Colombia's past and present. It embodies the resilience of Colombian people, who have faced adversity with creativity and flair, transforming humble ingredients into a culinary masterpiece.

Throughout history, the Bandeja Paisa has played a role in Colombian literature, music, and art. It's a source of inspiration for chefs and a symbol of national identity. To truly understand Colombia, you must savor the Bandeja Paisa and appreciate the cultural tapestry from which it springs.

THE GLOBAL INFLUENCE

In recent years, the Bandeja Paisa has found its way onto international menus, earning accolades from food enthusiasts worldwide. Chefs in cities like New York, Paris, and Tokyo have put their own spin on this classic dish, introducing it to new audiences while paying homage to its origins.

As we conclude our culinary journey through the Bandeja Paisa, we've explored the dish's rich history, deconstructed its components, savored the experience, and delved into its cultural significance. This iconic Colombian dish is more than just a meal; it's a testament to the resilience and creativity of a nation, a celebration of diversity, and an invitation to connect with people from all walks of life over a shared love for good food.

So, the next time you find yourself in Colombia or at a Colombian restaurant, don't miss the opportunity to taste the Bandeja Paisa. It's not just a dish; it's a piece of Colombia's soul served on a platter, waiting for you to savor its history, flavors, and the warm hospitality of the Colombian people.

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Aloha Adventures

A journey through Hawaii's paradise

Hawaii, a diverse paradise, combines a rich history, from the Polynesians to European influence, with stunning landscapes. In Oahu, Pearl Harbor and culture intertwine. Maui offers lush jungles and the majestic Road to Hana. On the Big Island of Hawaii, volcanoes and history collide, while Kauai dazzles with its natural beauty. Hawaii is an unforgettable journey that fuses culture, history, and nature

Aloha! If there's one word that perfectly encapsulates the spirit of Hawaii, it's "Aloha." Whether you're a sun-worshipping beach bum, a nature enthusiast, or a history buff, the Hawaiian Islands offer an abundance of experiences that will leave you awestruck. Join me on a virtual journey through the fascinating history, captivating places, and unforgettable moments that make Hawaii a traveler's paradise.

01 THE MELTING POT OF CULTURES

Hawaii's history is as diverse and vibrant as its culture. The story begins with the Polynesians, who arrived on these volcanic islands over a thousand years ago. Imagine setting sail across the vast Pacific Ocean in outrigger canoes, guided only by the stars. These brave explorers not only discovered Hawaii but also established a unique way of life that embraced the land and sea.

As I strolled through the Polynesian Cultural Center on Oahu's North Shore, I couldn't help but marvel at the impressive replicas of traditional Hawaiian villages. The guides, dressed in traditional attire, shared stories of the ancient rituals, dances, and craftsmanship that have been passed down through generations.

Fast forward to the 18th century, when European explorers like Captain James Cook set foot on these islands, forever altering the course of Hawaiian history. It's here that the story of "Hawaii" as we know it truly begins—a rich tapestry woven from the threads of native Hawaiian traditions, European influence, and later, Asian immigration.

02 OAHU - PEARL HARBOR AND BEYOND

My first stop was the iconic island of Oahu, home to Hawaii's capital, Honolulu. The towering skyscrapers of Waikiki Beach greeted me, and it was easy to see why this spot is a magnet for surfers and sun-seekers alike. The Royal Hawaiian Hotel, often referred to as the "Pink Palace of the Pacific," stood as a testament to the island's enduring allure.

For history buffs like me, Oahu has a wealth of treasures. Pearl Harbor, a short drive from downtown Honolulu, is an emotional journey into the events of December 7, 1941. The USS Arizona Memorial, spanning the sunken battleship, serves as a haunting reminder of the lives lost during the attack that drew the United States into World War II.

But Oahu isn't just about somber reflections; it's also a place to savor the vibrant flavors of Hawaii. I indulged in a plate lunch at a local food truck, where a heaping pile of tender kalua pork and macaroni salad left me feeling like a true Hawaiian.





03 MAUI - THE VALLEY ISLE

As I boarded a plane to Maui, known as the "Valley Isle," I couldn't help but anticipate the natural beauty that awaited me. Maui is a postcard come to life, with its lush rainforests, cascading waterfalls, and the mesmerizing Road to Hana.

Driving the Road to Hana was an adventure in itself. The twisting, narrow road led me through dense forests, past serene beaches, and over countless one-lane bridges. At one point, I found myself standing before the impressive Seven Sacred Pools at Ohe'o, surrounded by vibrant tropical flora.

Haleakalā National Park offered a different kind of spectacle. At dawn, I joined a group of early risers to witness the sunrise from the summit of Haleakalā, a dormant volcano. The view was nothing short of otherworldly as the sun painted the sky with hues of orange and pink, revealing the stunning volcanic landscape below.

04 HAWAII (THE BIG ISLAND) - VOLCANIC WONDERS

Hawaii, often referred to as the "Big Island," is a geological wonderland unlike anywhere else on Earth. Upon arrival, I wasted no time heading to Hawai'i Volcanoes National Park. Standing on the edge of Kilauea Caldera, I watched in awe as plumes of smoke rose from the churning lava lake below.

Exploring the park, I hiked through a surreal landscape of cooled lava flows and sulfur-streaked rocks. At the Thurston Lava Tube, I ventured deep into the earth, discovering a subterranean world where molten lava once flowed.

Nearby, the town of Hilo offered a delightful contrast to the volcanic fury. Its lush gardens and bustling farmers' markets showcased the island's agricultural abundance. I sampled

exotic fruits like lilikoi (passion fruit) and marveled at the vibrant orchids in the Hawaii Tropical Botanical Garden.

05 KAUAI - THE GARDEN ISLE

Kauai, known as "The Garden Isle," was a paradise of pristine beaches and lush green landscapes. I embarked on a helicopter tour that took me over the breathtaking Napali Coast, a rugged stretch of cliffs and valleys that can only be fully appreciated from the air.

The island also featured Waimea Canyon, often called the "Grand Canyon of the Pacific." A scenic drive up Waimea Canyon Drive led me to awe-inspiring vistas of red-hued cliffs and deep gorges. Hiking trails offered even closer encounters with this natural wonder.

On the North Shore, the small town of Hanalei charmed me with its laid-back atmosphere and local shops. A day at Hanalei Bay allowed me to soak in the sun, surf in the gentle waves, and savor fresh seafood at a beachside restaurant.

My journey through the Hawaiian Islands was a tapestry of experiences, from the rich history and cultural fusion of Oahu to the natural wonders of Maui, the volcanic majesty of Hawaii, and the serene beauty of Kauai. Hawaii is a place where the aloha spirit isn't just a greeting but a way of life—one that welcomes visitors with open arms and leaves them forever changed.

As I said farewell to these enchanting islands, I carried with me the memories of breathtaking landscapes, captivating stories, and the warmth of the Hawaiian people. Hawaii is more than a destination; it's an unforgettable journey that leaves a piece of paradise in your heart forever. So, if you ever have the opportunity, don't hesitate to embark on your own Aloha Adventure!

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HAWAII, OFTEN REFERRED TO AS THE 'BIG ISLAND,' IS A GEOLOGICAL WONDERLAND UNLIKE ANYWHERE ELSE ON EARTH"



ESTEFANÍA BELTRÁN

Nutritionist & Health Coach
Food Specialist
Keto and Low Carb



*"My profession is a of
the most important
nowadays when
everything around
us leads to disease"*

"Since I began to live my profession,
I have sought that my patients can
achieve a balance between routine
and daily well-being, being able to
accompany and guide them day by
day with responsibility and empathy"

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