NEVER GROW UP.

SPAGHETTIMAG. NUMERO#03
GENNAIO 2016
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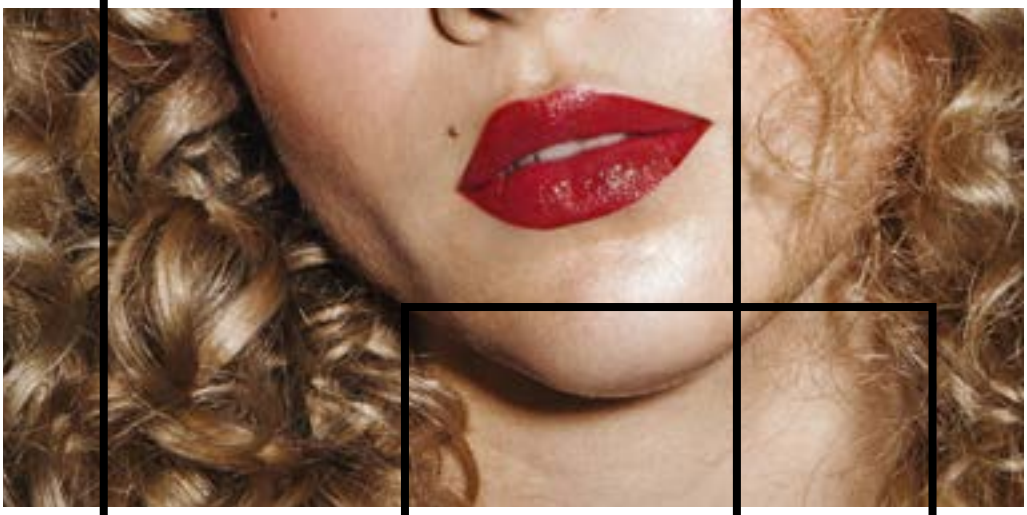

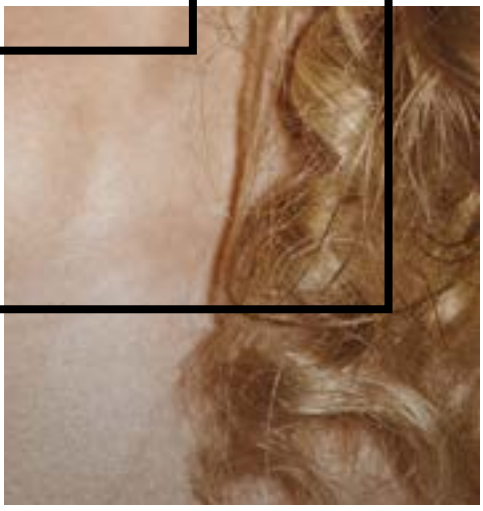

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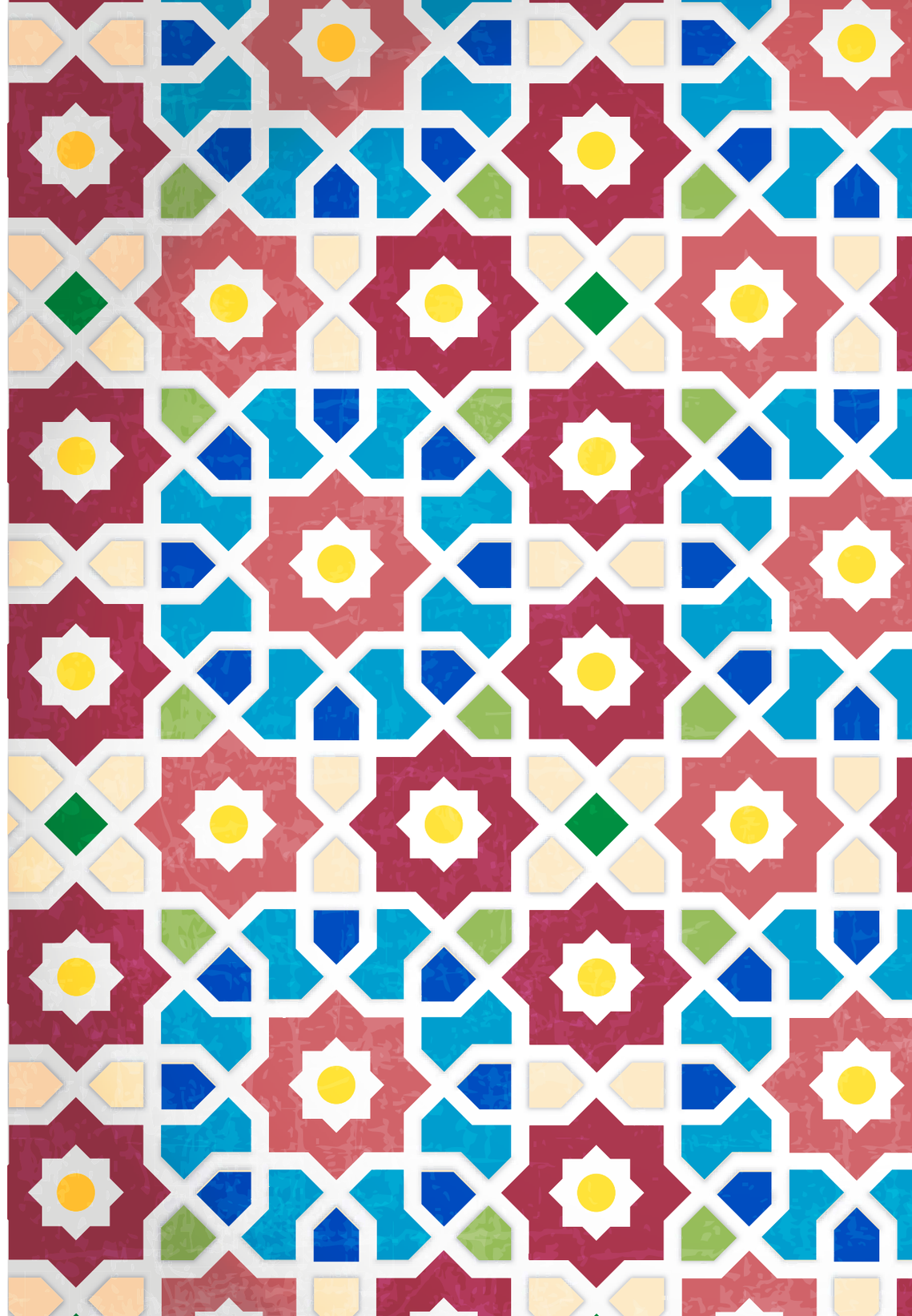

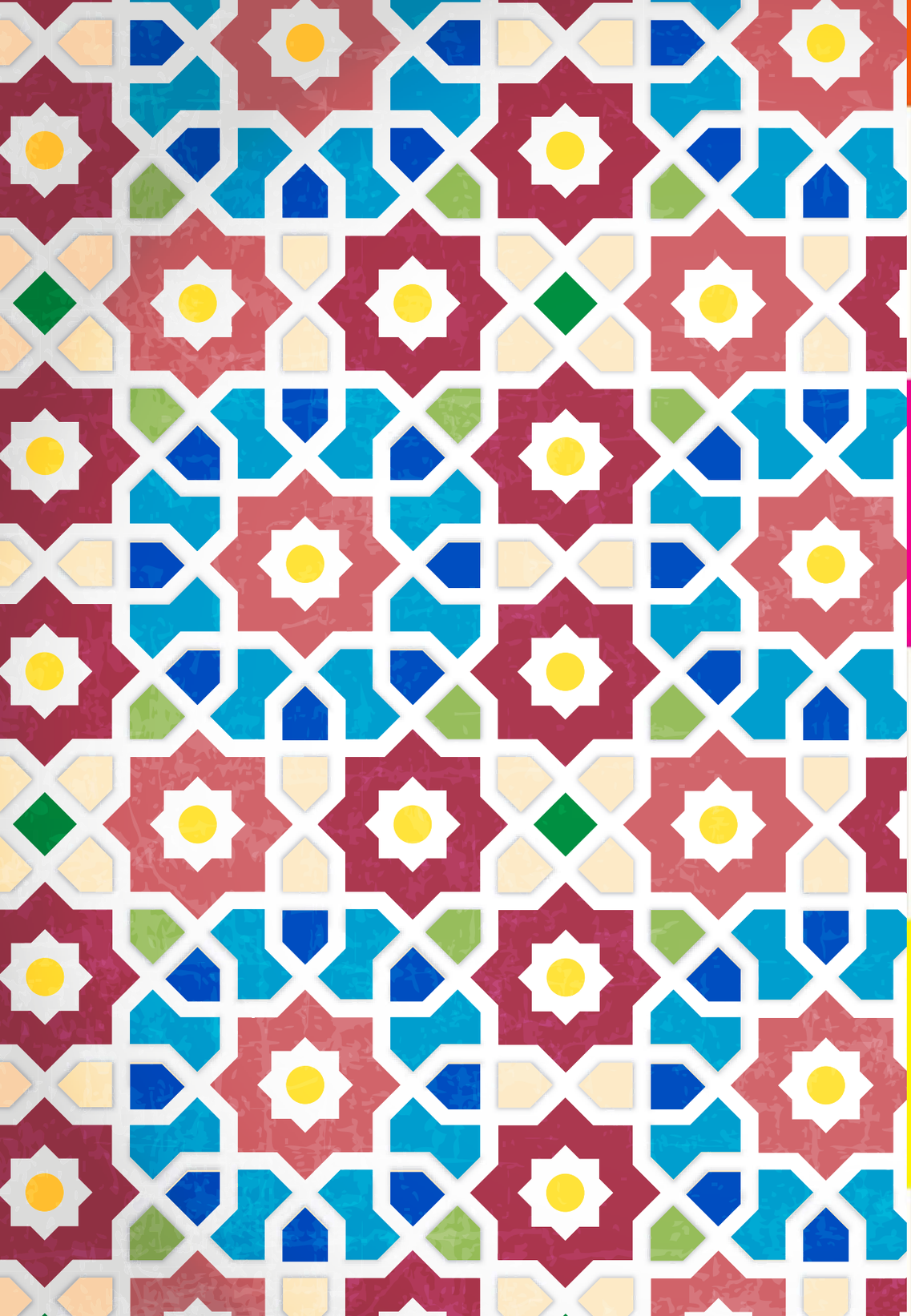

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Fashion Webmagazine

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italian/arabian/english

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SPAGHETTI
MAG.

Emira M'sakni

Editor in chief & Creative Director

"Ciò che accade dipende
dal nostro modo
di osservare o dal fatto
che noi lo osserviamo."

Werner Heisenberg

Indice

Caro Marlon....16
2015 A' Dieu!....18
Robin Williams, una vita da comico ribelle....26
La settima arte....34
Sophia Loren, una diva dal cuore napoletano....46
Forget Wendy, forget them all....56
Icon beauty....66
Barbie: the icon....76
Il re lucertola, un poeta prestato alla musica....84
Farrok, l'uomo dai mille volti....92
#Usodeldisuso....100
Libro o E-book?....102
Intervista: Alessandro Sellaretti....108
Intervista: Pietro Parisi....116
Intervista: Sonia Grispo....128
Il cappotto lungo....140
Never grow up....152
Fashion Week....166
FW #survivalkit....172
#Foodstagram....186
La vecchia giacca di Jeans....192

Caro Marlon...

Ti supplico di comprare tutti i diritti di ON THE ROAD e di farne un film.
Non preoccuparti della stesura, so come comprimere e riorganizzare in parte la trama per darle la forma perfetta per un film, facendone un unico viaggio anzichè diversi spostamenti da una costa all'altra, come nel libro-un grande viaggio di andata e ritornoda New York passa per Denver, Frisco, il Messico, New Orleans e poi di nuovo New York. Credo che si possono fare delle belle inquadrature, tenendo la telecamera sul sedile davanti della macchina mostrando la strada (giorno e notte) che scorre fuori dal parabrezza, mentre Sal e Dean chiaccherano. Volevo che fossi tu a recitare nella parte di Dean perchè lui (come sai) non è un pazzo della guida spericolata, ma un vero irlandese intelligente (e pure gesuita). Tu sarai Dean e io sarò Sal (la Warner Bros vuole che io impersoni Sal) e ti farò vedere come si comporta Dean nella realtà, cosa che non potresti immaginare senza una buona imitazione.

Anzi, potremmo andare a trovarlo a Frisco o farlo venire a Los Angeles, è ancora un pazzo furioso ma si è dato una calmata con la sua ultima moglie e di sera prega il Signore insieme ai suoi bambini.... come vedrai quando leggerai la piece BEAT GENERATION. Tutto quello che voglio è riuscire ad aprire un bel fondo fiduciario per me e mia madre, così potrò andarmene in giro per il mondo e scrivere del Giappone, dell'India, dell Francia eccetera...Voglio essere libero di scrivere quello che mi passa per la testa & libero di dar da mangiare ai miei amici quando hanno fame & non dovermi preoccupare per mia madre.

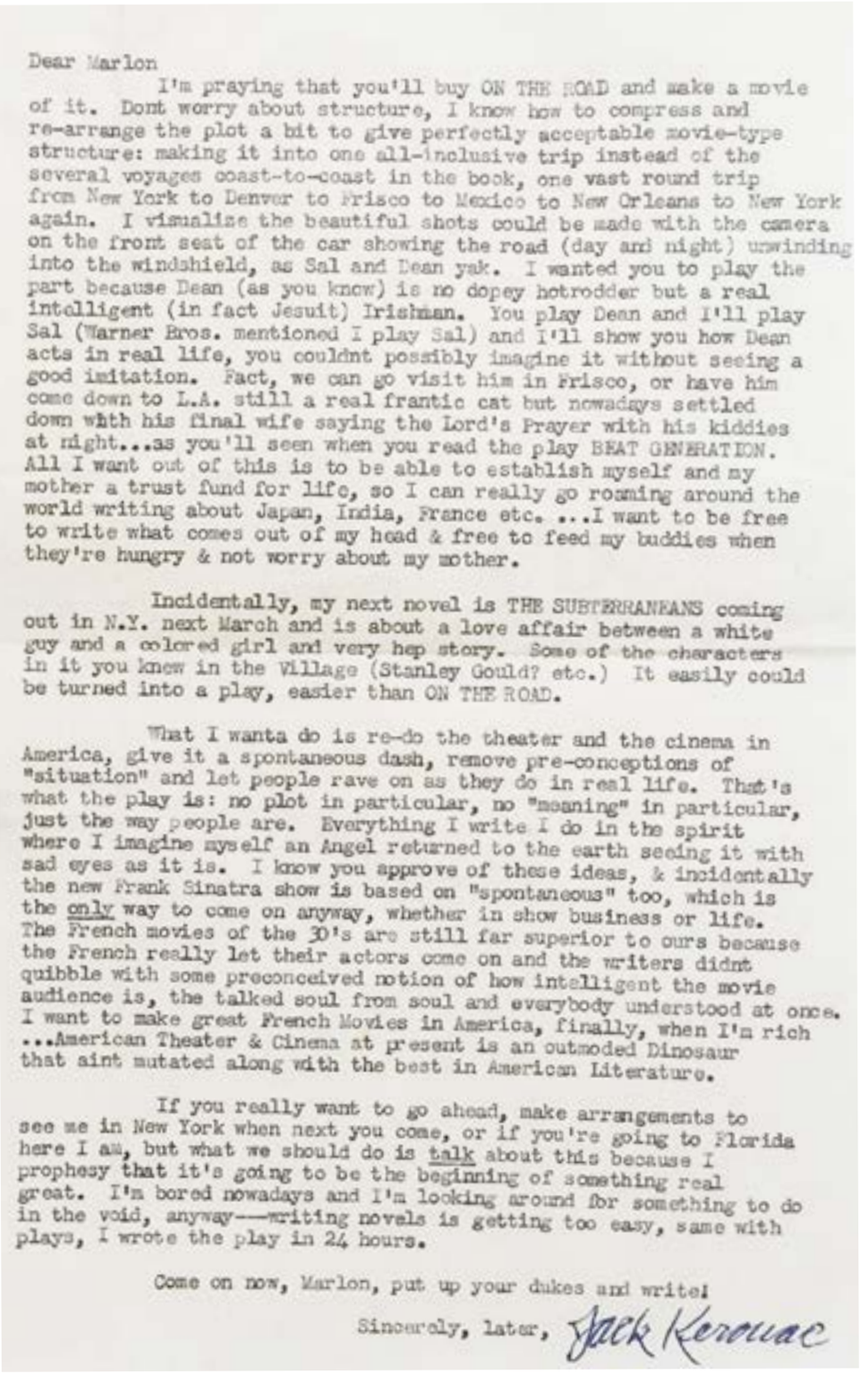
Tra l'altro il mio prossimo romanzo I SOTTERRANEI uscirà a New York a Marzo e racconta una storia d'amore tra un tizio bianco ed una ragazza di colore, una roba alla moda insomma. Alcuni dei personaggi del libro li hai conosciuti al Village (Stanley Gould eccetera). Lo si potrebbe mettere in scena facilmente, molto più che ON THE ROAD.
Quello che voglio fare è rinnovare il teatro e il cinema americani, dar loro un tocco di spontaneità, togliere il preconcetto della "situazione" e lasciare che la gente parli e si scateni liberamente come nella vita reale.

E' questo ciò che intendo per mettere in scena: nessuna trama particolare, nessun "significato" particolare, solo le persone per quello che sono. Tutto ciò che scrivo, lo scrivo immaginandomi di essere Angelo che trona sulla terra e la guarda con occhi tristi, così comè. So che approvi queste idee e & guarda caso anche il mio nuovo spettacolo di Frank Sinatra è improntato sulla "spontaneità", che è l'unico modo per arrivare da qualche parte, nel mondo dello spettacolo così come nella vita. I film francesi degli anni trenta sono ancora di gran lunga superiori ai nostri, perchè i francesi lasciavano la libertà ai loro attori e gli scrittori non stavano lì a sottilizzare su quanto fosse intelligente il pubblico di un film, ma parlavano con il cuore al cuore della gente e tutti li capivano all'istante.

Quando sarò ricco, poi, voglio fare dei grandi film francesi in America... il teatro e il cinema americani al momento sono un antiquato Dinosauro che non è cambiato insieme alla migliore letteratura americana.
Se te la senti, facciamo in modo di vederci a New York la prossima volta che passi di qui, oppure in Florida, dove sto. Ma l'importante è che ne parliamo, perchè sento che saràl'inizio di qualcosa di veramente grande.
Ora come ora mi annoio e mi riguardo attorno in cerca di qualcosa da fare per colmare il vuoto, e comunque scrivere romanzi sta diventando troppo facile, cosi come scrivere per il teatro ho scritto la mia piece in 24 ore
Andiamo Marlon, non stare con le mani in mano e rispondi!

A presto, tuo
(Jack Kerouc)

"L'arte delle lettere" a cura di Shaun Usher



Dear Marlon

I'm praying that you'll buy ON THE ROAD and make a movie of it. Dont worry about structure, I know how to compress and re-arrange the plot a bit to give perfectly acceptable movie-type structure: making it into one all-inclusive trip instead of the several voyages coast-to-coast in the book, one vast round trip from New York to Denver to Frisco to Mexico to New Orleans to New York again. I visualize the beautiful shots could be made with the camera on the front seat of the car showing the road (day and night) unwinding into the windshield, as Sal and Dean yak. I wanted you to play the part because Dean (as you know) is no dopey hotrodder but a real intelligent (in fact Jesuit) Irishman. You play Dean and I'll play Sal (Warner Bros. mentioned I play Sal) and I'll show you how Dean acts in real life, you couldnt possibly imagine it without seeing a good imitation. Fact, we can go visit him in Frisco, or have him come down to L.A. still a real frantic cat but nowadays settled down whth his final wife saying the Lord's Prayer with his kiddies at night...as you'll seen when you read the play BEAT GENERATION. All I want out of this is to be able to establish myself and my mother a trust fund for life, so I can really go roaming around the world writing about Japan, India, France etc. ...I want to be free to write what comes out of my head & free to feed my buddies when they're hungry & not worry about my mother.

Incidentally, my next novel is THE SUBTERRANEANS coming out in N.Y. next March and is about a love affair between a white guy and a colored girl and very hep story. Some of the characters in it you know in the Village (Stanley Gould? etc.) It easily could be turned into a play, easier than ON THE ROAD.

What I wanta do is re-do the theater and the cinema in America, give it a spontaneous dash, remove pre-conceptions of "situation" and let people rave on as they do in real life. That's what the play is: no plot in particular, no "meaning" in particular, just the way people are. Everything I write I do in the spirit where I imagine myself an Angel returned to the earth seeing it with sad eyes as it is. I know you approve of these ideas, & incidentally the new Frank Sinatra show is based on "spontaneous" too, which is the only way to come on anyway, whether in show business or life. The French movies of the 30's are still far superior to ours because the French really let their actors come on and the writers didnt quibble with some preconceived notion of how intelligent the movie audience is, the talked soul from soul and everybody understood at once. I want to make great French Movies in America, finally, when I'm rich ...American Theater & Cinema at present is an outmoded Dinosaur that aint mutated along with the best in American Literature.

If you really want to go ahead, make arrangements to see me in New York when next you come, or if you're going to Florida here I am, but what we should do is talk about this because I prophesy that it's going to be the beginning of something real great. I'm bored nowadays and I'm looking around for something to do in the void, anyway---writing novels is getting too easy, same with plays, I wrote the play in 24 hours.

Come on now, Marlon, put up your dukes and write!

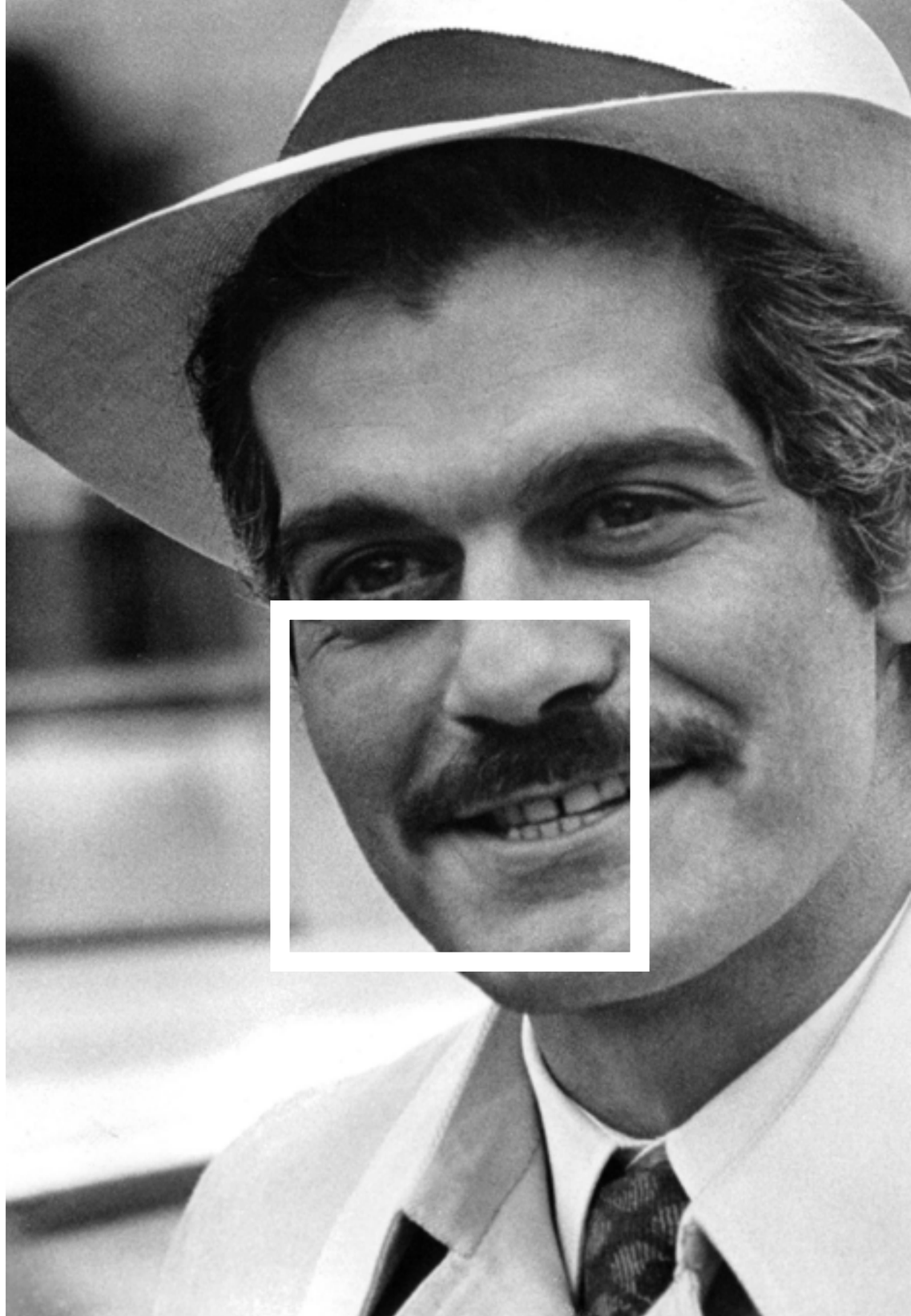
Sincerely, later, Jack Kerouac

HERITAGE

2015

A' DIEU!

SOUROUR MEDRANOU



2015
A' Dieu!

Attentati terroristici, guerre quasi in tutto il mondo, scoperte scientifiche, film da Oscar, libri da Nobel… ma noi, redazione di Spaghetti Mag, vorremo ricordare il 2015 così:
Lo sapete che nel 2015 ci sono stati più vittime a causa dei selfie che a causa degli attacchi di squali. Le morti causate da selfie confermate, nel 2015, sono state 12, contro 8 morti causate dagli squali. La maggior parte sono state cadute accidentali ma c'è anche chi ha perso la vita per farsi una foto con un treno in arrivo.

In Giappone è arrivato il primo smartphone lavabile. Si chiama Digno Rafre ed è stato ideato dall'azienda nipponica Kyocera Telecom. Il telefono è completamente impermeabile e resistente alle cadute. Il suo costo si aggira intorno ai 500 euro, ma sarà difficile trovarlo in Europa poiché la Kyocera non intende venderlo al di fuori del Giappone.

In California John Elledge e Whitney Alexander, per il giorno del loro matrimonio, hanno proposto, invece del classico open bar, l'assaggio di ben 13 tipi differenti di marijuana contenuti in altrettanti vasetti.
La coppia è rimasta sbalordita per il numero di parenti accorsi. Persino la nonna di 81 anni sembra aver gradito l'idea!

La Mondadori ha comprato Rizzoli ed è, probabilmente, l'avvenimento editoriale più importante in Italia. L'acquisto è stato ufficializzato il 4 ottobre al costo di 127,5 milioni di euro.

Google ha vinto a ottobre la causa, iniziata nel 2005, contro la Authors Guild (la più importante associazione di autori americani) che chiedeva un risarcimento per i libri protetti dal copyright scannerizzati da Google nell'ambito del progetto Google Libri. L'obiettivo del progetto è rendere disponibili in rete tutti i libri in tutte le lingue.
È stato scoperto il pianeta gemello al pianeta Terra: con tutte le condizioni potenziali necessarie per aver ospitato o ospitare a tutt'oggi la vita: un sole simile al nostro, un anno lungo quanto quello terrestre, una forza di gravità, temperatura, clima e terreno favorevoli alla presenza di acqua.

È morto Omar Sharif, attore di origine egiziana e di fama mondiale, noto al mondo occidentale soprattutto per la sua interpretazione de Il Dottor Zivago.

In Arabia Saudita, viene esteso il diritto di voto alle donne.

È morto Pino Daniele: cantautore e chitarrista italiano. Chitarrista di formazione blues, è stato, a cavallo degli anni settanta e ottanta, uno dei musicisti più innovativi e originali di tutto il panorama italiano.

Ma sapete quali sono le parole più cercate in rete? La domanda più chiesta?
Oppure la ricetta che va più di moda?
Se vi ho incuriosito allora vi informo, cari amici, che la parola più cercata su google è proprio google! Certo non ha tanto senso, però, è proprio così, seguita dalla parola facebook. Per quanto riguarda la domanda che ha fatto tanto scervellare gli italiani è… (rulli di tamburo) "chi è Charlie Hebdo?" ma ragazzi Charlie Hebdo non è una persona ma è un giornale satirico!

Riguardo al raffinato gusto culinario, però, gli italiani godono del primato mondiale, e sapete qual è la ricetta più cercata in rete?
È la marmellata di fichi!
BUON 2016

2015 a'dieu.

Terrorist attacks, wars in almost every part of the world, scientific discoveries, Oscar movies, Nobel prize books … but we, the editorial staff of SpaghettiMag, would like to remember 2015 in this way:

Do you know that in 2015 there were more selfie-related fatalities than shark attack deaths? The deaths caused by selfies confirmed in 2015 were 12, contrasting with 8 deaths caused by sharks. Most of the deaths were caused by accidental falls, but there were also people who lost their lives just to take pictures as a train approached them.

In Japan has arrived the first washable smartphone. It's called Digno Rafre and was designed by the Japanese company Kyocera Telecom. The phone is completely waterproof and seems to be very resistant even to falls. The price is around 500 euro, but it will be difficult to find in Europe because the Kyocera does not seem to have planned the sale outside Japan.

In California John Elledge and Whitney Alexander, on their wedding day, offered, instead of the classic open bar, a sample of 13 different strains of marijuana contained in just as many small jars. The couple was shocked at the great response of their relatives. It seems that even the 81-year-old granny enjoyed the idea!

Mondadori acquired Rizzoli and this is probably the most important editorial event in Italy. The acquisition was formalized on October 4th at a price of 127,5 million euros.

In October Google won the lawsuit, started in 2015, against the Authors Guild (the most important association of American authors) who asked a compensation for the books protected by copyright which were scanned by Google within the Google Books project. The aim of the project is to make available on line every book in every language.

It was discovered the Earth's twin planet: with all the potentially necessary conditions for having hosted or to host the life to date: with a star similar to our sun, its year is as long as the Earth's, a force of gravity, temperature, atmospheric conditions and surface favorable to water's presence.

Omar Sharif has passed away, Egyptian-born and world famous actor, known at the western world especially for playing Doctor Zhivago.

In Saudi Arabia, the right to vote is extended to women.

Pino Daniele has passed away: Italian songwriter and guitarist. Blues guitarist by training, he was, in between the seventies and eighties, one of the most innovative and original musicians of the entire Italian panorama.

But do you know what are the most searched words on the internet? The most asked question? Or the most popular "trending" recipe?

If I piqued your curiosity then I am pleased to inform you, dear friends, that the most searched word on Google is "Google" itself! Of course it doesn't make much sense, but that's it, followed by the word "Facebook". About the question that has been racking Italians brains is … (drum roll) "Who is Charlie Hebdo?" but guys, Charlie Hebdo is not a person, it is a satirical magazine!

Regarding the refined culinary taste, however, Italians enjoy the world record, and do you know what is the most searched recipe on the internet? It's the fig jam!

HAPPY 2016!

2015... الوداع!

هجومات ارهابية، حروب في الكثير من البلدان، اكتشفات علمية، افلام تسحق الويل و افلام استحقت الأوسكار... هذا ما حدث في 2015 أما نحن، هيئة تحرير Spaghetti Mag، أردنا أن نتذكر هذا العام السلبي بالأخبار بهذه الطريقة :

هل كنتم تعلمون ان في 2015 كان عدد الحوادث بسبب السلفي أكثر من الحوادث التي حصلت بسبب هجوم القرش؟ فالثنى عشر شخصا تعرضوا إلى حوادث بسبب السلفي و ثماني أشخاص تعرضوا إلى هجوم القرش. الكثير من "ضحايا السلفي" وقفوا امام القطار و هو يسير لكي يلتقطوا صورة!

في اليابان صنع اول هاتف جوال الذي يمكن غسله (بمنظف خاص) .يدعى هذا الهاتف "ديجيور راقري " و هو صنع من قبل الشركة اليابانية "كيوسارو تايكوم". هذا الهاتف هو مقاوم للماء و للسقوط. سعره يقارب 500 يورو و لكن الشركة المنتجة ترفض تسويقه خارج اليابان.

في كاليفورنيا جون إلدج و ويندي الكساندر قرروا أن يمنحوا لضيوفهم، ليلة زفافهم، التذوق على 13 نوع من الكتب الهندي. الزوجان فوجئوا بعدد المدعوون الذين أعجبوا بالفكرة فمن ضمنهم كانت الجدة البالغة من العمر 81 عاما!

اشترت "الموندادوري" شركة "ريزولي" بسعر 127.5 يورو.

ربح عوغل القضية ضد "أوثورس غيلد" لي بدأت في عام 2005.
أوثورس غيلد هلفت تعويضا من عوغل لتحميله على الانترنت الكتب المحمية بحقوق الطبع والنشر. هدف عوغل من هذا المشروع هو أن تكون الكتب متاحة للجميع بجميع اللغات.

تم إكتشاف كوكب توأم للأرض يتنفس العناصر التي تمكن من العيش على الأرض: نفس المناخ و الحرارة و نفس قوة الجاذبية.

مات عمر الشريف، و هو كان من أهم الممثلين المصريين و هو مشهور في جميع أنحاء العالم لدوره في فيلم "دكتور زيفاغو ".

و أخيرا ، في العربية السعودية، أصبح ممكن للنساء التصويت في الانتخابات.

مات بينو دانيال : مغني و عازف قيثار إيطالي.

هل تعلمون ما هي الكلمة و السؤال الذين بحث عنهم كثيرا على عوغل في 2015؟
الكلمة التي تم البحث عنها كثيرا على عوغل هي عوغل! هذا ليس لديه معنى و لكنه حصل!
السؤال الذي شغب الكثير هو :" من هو شارلي هابدو؟" شارلي هابدو ليس شخص بل هو جريدة ساخرية!

2016 سعيد للجميع

سرور م

REMEMBER

EVA MŪLLER P.

Robin Williams

Una Vita Da Comico Ribelle.

Robin Williams è nato il 21 luglio 1951 a Chicago – ma trasferitosi con la famiglia in California, prenderà lì il diploma.

Decide di iscriversi alla Facoltà di Scienze Politiche, dove scopre la sua grande passione, nonché il suo talento per la recitazione. Interrompe quindi gli studi per dedicarsi pienamente a ciò che sente essere il suo mondo.

Frequenterà la famosa Julliard School di New York pagandosi le spese con piccoli spettacoli di mimo per le strade della città. Lavorerà inoltre come cabarettista ed imitatore nei night club. Il ruolo dell'alieno Mork in una popolare serie TV del 1977 gli porterà la dovuta notorietà al grande pubblico regalandogli anche il primo di tanti Golden Globe.
Nel corso della sua carriera, purtroppo precocemente interrotta, girerà più di 60 film, molti dei quali entrati nella storia del cinema. Collaborazioni con S.Spielberg, B.Levinson, K.Branagh, F. Ford Coppola saranno parte della sua vita artistica, con una costante nel mondo del doppiaggio (per aver prestato la voce al genio nel film "Aladdin" del 1992, ricevette un Golden Globe speciale).

Attore eccentrico, straordinariamente talentuoso e brillante parlava fluentemente oltre alla sua lingua madre (l'inglese) anche il russo, il tedesco, il francese e lo spagnolo. Il film del 1987 " Good Morning Vietnam" di B.Levinson, nel quale interpreta il ruolo di un militare americano deejay per la radio dell'esercito ascoltata dai soldati in azione in Vietnam, gli valse la nomination all'Oscar. Non lo vinse, ma ricevette un Golden Globe. Un'altra nomination all'Oscar gli venne assegnata per l'indimenticabile ruolo del prof. Keating nel film del 1989 "L'attimo fuggente".

Restano i suoi film, resta il suo insegnamento ne "L'attimo fuggente": gli insegnamenti fuori dagli schemi nella cornice di un college conservatore, hanno caratterizzato il Prof. Keating come un neo romantico, come il prototipo del professore ideale che invita tutti a salire sui banchi per non restare impigliati nel consueto punto di vista ma per essere aperti a nuove strade.
Nel 1990 partecipa insieme a R.De Niro in "Risvegli", tratto dal celebre saggio del neuropsichiatra O. Sacks; mentre nel 1993 cambia totalmente genere e rapisce tutti nel doppio ruolo di papà e colf in "Mrs Doubtfire".

Nonostante la critica sia sempre stata divisa sul suo talento, è innegabile che l'alternanza di ruoli comici e drammatici testimoniano la sua poliedricità. Caratteri così istrionici appartengono ad animi sensibili che non sempre riescono ad affrontare gli eventi e le circostanze della vita.
Robin Williams ha sofferto di dipendenza da alcol e droghe, accompagnata da periodi di depressione. Il tanto atteso Oscar arriva nel 1997 come miglior attore non protagonista accanto ad un giovanissimo ed esordiente Matt Damon in "Will Hunting. Genio ribelle"
Negli ultimi anni la sua vita è stata caratterizzata da numerosi alti e bassi, sia nella vita lavorativa che in quella privata fino al giorno in cui è giunta la notizia del suo suicidio; è l'11 agosto 2014 nella casa di Tiburon in California. La sua improvvisa scomparsa ha sconvolto tutti i suoi fan e ammiratori. Robin Williams aveva interpretato mille volti, aveva generato passioni e sogni, lacrime e risate.

> "CARPE DIEM.
> COGLIETE L'ATTIMO.
> RENDETE
> STRAORDINARIE
> LE VOSTRE VITE."

Robin Williams *the rebel life of a comedian.*

Robin Williams was born 21.7 1951 in Chicago but soon moved with his family to California where he got his school degree. He then decided to study Political Sciences at university. That's the moment where he discovered his great passion and talent for drama. He dropped out to pursue acting and obtained a scholarship to the Julliard School in New York. During this years he stared doing stand up shows at various clubs and also working as a mime.

Williams acted as an alien in a sitcom called Mork&Mindy which run from 1977 to 1982 and turned into a superstar (he had such success that the Time magazine put him on the cover in 1979). During his career unfortunately without a happy ending he acted in more than 60 movies, many of them part of the film history. Williams worked with S.Spielberg, B.Levinson, K.Branagh, F.Ford Coppola and others and also starred as voice actor in several animate films (his voice role as the Genie in Disney's " Aladdin" of 1992 made him win a Golden Globe).

He was an eccentric actor, brilliant and extremely talented - he spoke fluently Russian, German, French and Spanish. His first major break came from his starring role in B.Levinson's "Good Morning Vietnam" (1987). He was allowed to play the role of an American soldier and deejay for the US army – a deejay for the radio daily listened to by the soldiers in Vietnam. This without a script, improvising most of his lines. This part garnered him a Golden Globe. The Oscar nomination for playing the English teacher Prof. Keating in "Dead Poet Society" (1989) didn't lead to the Oscar but his role is still unforgettable. Prof. Keating, a neo-romantic character, was the teacher every student would have loved to have.

In "Awakenings" (1990) together with R.De Niro, Williams played a doctor – the movie was modeled on Oliver Sacks book who wrote about his psychiatric patients. Then in 1993 he played a totally different role in "Mrs Doubtfire". There are opposing critics about his acting but it is undoubtable that Williams was able to take on totally different character types and portray them intensively. Surely he was sensitive and maybe not able to cope with his every day life; that's why he was addicted to drugs and alcohol and suffered from depression.

The Oscar arrived for his role as a psychologist in "Good Will Hunting" (1997) with a young Matt Damon costarring.

The last years of his life have been quite fluctuating since the day when at his home in California he committed suicide (11.8.2014). His death has touched the whole entertainment world, friends, family and fans worldwide.

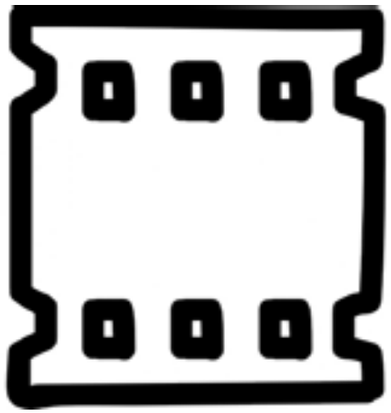
Robin Williams had made people dream, laugh and cry. His acting will survive through his films, as well as his teaching in "Dead Poets Society":

روبن ويليامز: حياة كوميدي

ولد روبن ويليامز يوم 21 يوليو 1951 في مدينة شيكاغو و لكنه انتقل،في ما بعد، مع عائلته إلى
مدينة كاليفورنيا. بعد أن حصل على البكالوريا قرر روبن مواصلة دراسته لذلك
التحق بكلية العلوم السياسية و هناك اكتشف حبه و موهبته للتمثيل فتوقف عن الدراسة و
كرس نفسه لتنمية موهبته و التحق بمعهد "جوليارد للفنون" في نيويورك، و في هذه المدينة عمل
كممثل صامت في الشارع و كمقلد و ككوميدي في ملهى ليلي لكي يتمكن من دفع مصاريف دراسته في المعهد.
في عام 1977 حصل روبن على دور "مورك" الذي أمكنه من الحصول على جائزة غولدن غلوب.
أثناء مسيرته الفنية صور روبن أكثر من 60 فيلم بالتعاون مع اكبر المخرجين في هوليوود مثل سبيلبارغ و
لاڤينسون و كوبولا، و أيضا كان روبن من أبرز الممثلين إذ أنه فاز بجائزة غولدن غلوب
الخاصة لدبلجته للراعد في فيلم علاء الدين و المصباح السحري في عام 1992.
كان روبن ويليامز ممثل موهوب للغاية و مثقف جدا إذ أنه كان يتحدث، بالإضافة إلى الإنجليزية،
اللغة الروسية و الألمانية و الفرنسية و الإسبانية.
ترشح روبن لجائزة الأوسكار عام 1987 بمشاركته في فيلم "صباح الخير فيتنام" حيث لعب دور
ديجي في راديو الجيش الأمريكي في فيتنام.
و ذلك كان سوى أول ترشح للاوسكار الذي ناله الفنان القدير فقد تم ترشيحه مرة ثانية عام
1989 لبطولته في فيلم "مجتمع الشعراء الاموات" حيث لعب دور جون كيتنغ:
الأستاذ الرومنسي. و في عام 1990 شارك في بطولة الفيلم الدرامي
"الايقاظ" مع روبرت دي نيرو، و في 1993 فاجأ جمهوره بلعب دور مربية اطفال في فيلم "السيدة داوتفاير".
و على الرغم من النقد الذي تلقاه روبن ويليامز فان جميع أدواره،
التي تتناوب بسهولة تامة من الدراما إلى الكوميديا، تشهد بموهبته العظيمة.
فاز روبن ويليامز بجائزة الأوسكار عام 1997 لبطولته في فيلم
"غود ويل هانتنغ " بجانب الممثل مات دامن.
عانى روبن ويليامز من الإدمان سوى من المخدرات سوى من الكحول و
هذا أداه إلى اكتئاب حاد و إلى انتحاره يوم 11 أغسطس
2014 في منزله في نيرون في كاليفورنيا. مثل روبن ويليامز
الكثير من الأدوار التي اضحكت و أبكت جمهوره و لذلك ستبقى أفلامه من اجمل الافلام.
و من فيلم "مجتمع الشعراء الاموات :"عشوا اللحظة و اجعلو حياتكم غير عادية".

آفا ميلر

CINEMA



BENEDETTA SALEMME

La settima arte.

"Persino ora la mia voce raggiunge milioni di persone. Milioni di uomini, donne, bambini disperati, vittime di un sistema che impone agli uomini di segregare, umiliare e torturare gente innocente.
A coloro che ci odiano io dico: non disperate! Perché l'avidità che ci comanda è soltanto un male passeggero, come la pochezza di uomini che temono le meraviglie del progresso umano.
L'odio degli uomini scompare insieme ai dittatori. Il potere che hanno tolto al popolo, al popolo tornerà. E qualsiasi mezzo usino, la libertà non può essere soppressa."

Questo spezzone non fa parte di un discorso di un qualche politico, anzi è tratto dal monologo di un film, scritto per smuovere le coscienze, e tentare di fermare gli eventi più tragici che sarebbero avvenuti nella seconda guerra mondiale; ecco dunque che tra i mille protagonisti del cinema, Spaghetti Mag sceglie di ricordare colui che è autore del "discorso all'umanità" e che il cinema, ha contribuito a crearlo : Charlie Chaplin!

Attore, regista, sceneggiatore, comico, compositore, e mito indiscusso del cinema internazionale, Charlie Chaplin ha dato vita al celebre vagabondo "Charlot", che con i suoi vestiti di una taglia più grande, il cappello a bombetta e il bastone da passeggio di bambù è stato emblema di una società, quella americana degli gli anni venti e trenta; Charlot che ai suoi buffi vestiti aggiunge dei modi sgraziati, è destinato ad essere reietto in questa società che lo rifiuta, riconoscendolo solo come un bersaglio ideale per subire cattiverie dai più potenti.

Charlot contrappone ad una vita dura la forza vitale dell'amore, spesso per un cagnolino, che lo aiuta a dare il meglio di se e a trionfare contro le numerose prepotenze . Charlot in vero, non è stato capace solo di comicità alla maniera pirandelliana anzi, la sua maschera si è evoluta fino a farsi portavoce di ideali che andavano contro la propaganda politica a lui attuale, divenendo soggetto e oggetto di una clamorosa satira politica, contro il regime nazista ed il suo leader.
"Il Grande Dittatore" è il fil più forte di Chaplin lo stesso attore, parlandone dirà:
«Hanno riso e si sono divertiti, ora voglio che mi ascoltino.
Ho fatto il Grande Dittatore per gli ebrei di tutto il mondo. Volevo che l'onestà e la bontà tornassero sulla terra.
Non sono comunista, sono soltanto un essere umano che vuole vedere in questo paese una vera democrazia e la libertà da quell'infernale irreggimentazione che dilaga in tutto il mondo» e ancora esprimerà con vigore il suo dissenso nella parte finale del suo monologo, soprattutto per questa interpretazione, Charlie Chaplin, abbandonerà il mutismo che caratterizzava le sue produzioni per il sonoro, che lo consacrerà poi, definitivamente, nell'olimpo del cinema: "Soldati, non difendete la schiavitù, ma la libertà! Ricordate che nel Vangelo di Luca è scritto:
«Il Regno di Dio è nel cuore dell'Uomo».
Non di un solo uomo, ma nel cuore di tutti gli uomini. Voi, il popolo, avete la forza di creare le macchine, il progresso e la felicità. Voi, il popolo, avete la forza di fare si che la vita sia bella e libera. Voi che potete fare di questa vita una splendida avventura. Soldati, in nome della democrazia, uniamo queste forze. Uniamoci tutti! Combattiamo tutti per un mondo nuovo, che dia a tutti un lavoro, ai giovani la speranza, ai vecchi la serenità ed alle donne la sicurezza.

Promettendovi queste cose degli uomini sono andati al potere. Mentivano!
Non hanno mantenuto quelle promesse e mai lo faranno. E non ne daranno conto a nessuno. Forse i dittatori sono liberi perché rendono schiavo il popolo." Un discorso quanto mai attuale anche 2016, infondo Chaplin e "Il Grande Dittatore" vengono considerati dei classici e si sa, "Classico qualcosa che non ha mai finito di dire quel che ha da dire"

Il cinema, stravolge dunque le nostre vite dal XIX secolo; molti altri ancora sono stati gli attori che ne hanno fatto la storia, e altrettante le innovazioni che hanno reso queste pellicole sempre più verosimili; utilizzata per la propaganda politica, o ancora come mezzo di cultura, il cinema è diffusione di tante piccole realtà a volte a noi estranee, a cui riusciamo a prestare attenzione.

The seventh art.

Even now my voice is reaching millions throughout the world. Millions of despairing men, women, and little children, victims of a system that makes men torture and imprison innocent people.
To those who can hear me I say, "Do not despair!". The misery that is now upon us is but the passing of greed, the bitterness of men who fear the way of human progress. The hate of men will pass and dictators die; and the power they took from the people will return to the people. And so long as men die, liberty will never perish."

This extract is not part of some politician's discourse, on the contrary it is an excerpt from a monologue of a movie, written to shock consciences and to try to stop the more tragic events that would take place in World War II; So here's why among a thousand protagonists of cinema, Spaghetti Mag has chosen to commemorate the man who authored the "Speech for Humanity" and who contributed to the birth of cinema itself: Charlie Chaplin!

Actor, director, screenwriter, comedian, composer and undisputed legend of international cinema, Charlie Chaplin gave life to the famous tramp "Charlot", who with his ill-fitting clothing, a bowler hat and a bamboo walking stick was the emblem of the American society of the twenties and thirties; Charlot, who adds ungraceful manners to his funny clothes, is destined to be an outcast in this society that rejects him, identifying him just as an ideal target to suffer meanness from the mighty. Charlot offsets a hard life with the vital energy of love, often towards a puppy, and that helps him to give his best and to triumph over numerous contrarieties. Actually Charlot was not just able to do comedy in a Pirandellian way, on the contrary his character evolved to the point of being a spokesperson for ideals that went against the political propaganda of that time, becoming subject and object of a sensational political satire, against Nazism and its leader. "The Great Dictator" is Chaplin's strongest movie, the actor itself said: "They laughed and had fun, now I want them to listen to me. I made "The Great Dictator" for Jews all over the world. I wanted honesty and kindness to come back on earth. I am not a communist, I am just a human being who wants to see a real democracy in this country and the freedom from that infernal regimentation that's overflowing all over the world" and again strongly stated his dissent in the final part of his monologue. Especially for this performance, Charlie Chaplin abandoned the muteness that characterized his productions for the talking picture, that secured his place definitively in the pantheon of all-time cinema greats : "Soldiers! Don't fight for slavery! Fight for liberty! In the 17th Chapter of St. Luke it is written: «the Kingdom of God is within man» — not one man nor a group of men, but in all men! In you! You, the people have the power — the power to create machines. The power to create happiness! You, the people, have the power to make this life free and beautiful, to make this life a wonderful adventure. Then, in the name of democracy, let us use that power! Let us all unite! Let us fight for a new world, a decent world that will give men a chance to work, that will give youth the future and old age a security. By the promise of these

things, brutes have risen to power, but they lie! They do not fulfill their promise; they never will. Dictators free themselves, but they enslave the people!". A speech that is more relevant than ever even in 2016, after all Chaplin and "The Great Dictator" are considered as classics and everyone knows that "A Classic is something that has never finished saying what it has to say".

So, the cinema has been revolutionizing our lives since XIX century; Many other actors have made cinema history, as much as the innovations that have made these films more and more convincing; Used for political propaganda, then again as means of culture, the cinema broadcasts lots of little realities which are sometimes unknown to us. "Even now my voice is reaching millions throughout the world. Millions of despairing men, women, and little children, victims of a system that makes men torture and imprison innocent people.
To those who can hear me I say, "Do not despair!". The misery that is now upon us is but the passing of greed, the bitterness of men who fear the way of human progress. The hate of men will pass and dictators die; and the power they took from the people will return to the people. And so long as men die, liberty will never perish."

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الفن السابع

" و حتى الآن مازال صوتي يصل إلى العديد من الأشخاص. ملايين من الرجال و النساء و الاطفال هم ضحايا نظام يجبر الناس على تعذيب و قتل أشخاص أبرياء. لجميع الذين يكرهونا انا اقول:" لا تيأسوا! لأن الجشع الذي يحكمنا هو ليس سوى شرا وسيزول مثل اولئك الذين يخافون من التقدم. كره الناس يختفي عندما تختفي الطغاة. القوة التي ازلتوها من أيادي الشعب ستعود إليه بالتأكيد ويمكنكم استعمال اي وسيلة و لكن لا يمكنكم كبت الحرية".

هذا لم يكن خطاب أحد السياسيين بل هو مونولوج من فيلم كتب لمحاولة توقيف الأحداث المأساوية التي حدثت خلال الحرب العالمية الثانية؛ و لذلك "Spaghetti Mag" أرادت التحدث عن أحد من أهم الممثلين "تشارلي تشابلن " .

كان تشارلي تشابلن ممثل و مخرج و كاتب سيناريو و كوميدي و بالتأكيد هو يعتبر أسطورة في تاريخ السينما العالمي. اخترع شابلن شخصية الصعلوك "شارلو" الذي كان شعارا للمجتمع الأمريكي في العشرينيات و الثلاثينات بلابسه الذي كان دائما أكبر منه و بعصاته من الخيزران.

كان تشارلي من أهم الشخصيات في تلك الفترة و كان دائما يضع حب الحياة أمام تلك الحقيقة المرة.

لم يكن شارلو سوى شخصية كوميدية بل كان صعلوك ذو الأخلاق و كرامة رجل شهم و أصبح أيضا موضوع هجاء سياسي ضد النظام النازي و ضد زعيمه هتلر. و فيلم "الدكتاتور العظيم " هو من أهم الأدلة على معارضة تشابلن على هذا النظام الظالم، فعندما تحدث تشارلي على هذا الفيلم قال:" الناس ضحكوا و مرحوا عندما رأو هذا الفيلم. الآن انا اريد ان يسمعوني. أنتجت هذا الفيلم من أجل اليهود في جميع أنحاء العالم. كنت أريد أن الطبية تعود إلى الأرض. انا لست شيوعي ولكني مجرد انسان يريد رؤية الديمقراطية تعود إلى هذا البلاد الذي أصبح جحيم. " و قد عبر تشابلن عن معارضته في الفقرة الأخيرة من المونولوج عندما قال :" يا أيها الجنود لا تدافعوا عن العبودية بل دافعوا عن الحرية، ففي إنجيل لوقا كتب أن ملك الله هو موجود في قلب الإنسان، و ليس في قلب انسان واحد بل هو في قلوب الجميع. انتم، أيها الشعوب، لديكم القوة للصناعة و للتقدم و للسعادة. انتم يا شعوب لديكم القوة لجعل الحياة جميلة. انتم لذلك قادرين على جعل هذه الحياة مغامرة جميلة.

يا أيها الجنود، باسم الديمقراطية، هيا بنا نجمع قوانا! يجب علينا أن نحارب لكي نبني عالم جديد، عالم يعطي أمل للشباب و عملا للجميع و يعطي طمأنينة الشيوخ و امل للنساء. الكثير من الرجال قالوا هذا الكلام لكي يصلوا إلى السلطة و لكنهم كذبوا و لم يوفوا بوعودهم. فالدكتاتور حر لأنه جعل من شعبه عبدا."

و بالتأكيد هذا الخطاب هو حالي حتى في 2016 لأن تشابلن و "الدكتاتور العظيم " يعتبرون كلاسكيين، و "كلاسيكي" يعني كل ما هو لا يموت ابدا.

السينما بدلت حياتنا منذ القرن التاسع عشر و لذلك هناك الكثير من الممثلين الآخرين الذين دخلوا في التاريخ و جلبوا الكثير من التغيرات. السينما، سوى أن كانت تتطرق مواضيع سياسية أو ثقافية، ستبقى دائما وسيلة لانتشار العديد من الحقائق التي نجهلها.

بندتي سالم

LOVE

EVA MŪLLER P.

Sophia Loren
Una diva dal cuore napoletano.

Quando si parla di Sophia Loren le prime associazioni vanno immancabilmente al suo talento di attrice dimostrato non solo nel film "La Ciociara" che le valse il premio Oscar, ma anche alla sua bellezza mediterranea, sfrontata e magnetica, indimenticabile ad esempio nella scena dello spogliarello del film "Ieri, oggi, domani" con Marcello Mastroianni.

Sophia Loren nasce il 20 settembre 1934 come Sofia Villani Scicolone a Roma, ma nei primissimi anni dell'infanzia sua madre decide di tornare a vivere a Pozzuoli (Napoli) nella casa dei suoi genitori, per permettere un'esistenza più dignitosa alla figlia. Saranno comunque anni duri, segnati dalla guerra e dalla povertà di mezzi. A soli 15 anni, Sophia, spinta dall'insistenza della madre e dei suoi conoscenti partecipa ad un concorso di bellezza; nel 1950 a Miss Italia, non vincerà la tanto famosa coroncina di più bella d'Italia, ma le viene assegnato il titolo di Miss Eleganza, titolo non previsto fino a quel momento e creato appositamente per lei. Lentamente Sophia inizia ad entrare nel mondo dello spettacolo: la madre la iscrive ad un corso di recitazione e benchè solamente come comparsa muta, il suo battesimo nel grande mondo del cinema avviene sotto una buona stella, perchè debutta niente di meno che nel kolossal pluripremiato "Quo Vadis?".
La vera notorietà arriva grazie ai fotoromanzi, sotto il nome di Sofia Lazzaro sulle pagine della rivista "Sogno", dove presta la sua immagine a commedie sentimentali e non. E' una grande occasione. Non solo cattura l'immaginario dei tanti assidui lettori, collezionando un vasto pubblico di ammiratori, ma impara a gestire la mimica e ad affinare l'immagine dei più disparati personaggi a lei affidati.

Corre l'anno 1952 quando Sophia, come tutti la conosciamo diventa ufficialmente "Sophia Loren", prendendo questo nome d'arte sulla cui origine circolano svariate leggende: chi dice sia frutto della decisone di un regista, chi della stessa Loren, per assonanza con una famosa cantante dell'epoca. Sophia è sempre più presa dalla recitazione, verrà notata nel 1951 da Carlo Ponti, suo futuro marito, già produttore di successo che le assicura numerosi contratti lavorativi.

Da ricordare sicuramente il suo ruolo della pizzaiola Sofia ne "L'oro di Napoli" di V. De Sica (1954) e, sempre nello stesso anno, il suo primo film accanto al partner d'eccellenza Marcello Mastroianni "Peccato che sia una canaglia".
Per le nozze celebrate nell'aprile del 1966 l'abito della Loren verrà disegnato personalmente da Christian Dior. Dall'unione con Ponti nasceranno due figli, Carlo ed Edoardo.
Grazie alla celebre copertina su Life del 1955 la sua carriera da attrice gode di un trampolino di lancio per la recitazione oltreoceano. Sophia diventa un personaggio di fama internazionale. Dal 1956 in poi lavorerà con le star di Hollywood, alternando produzioni di immenso successo tra l'Italia e gli Stati Uniti. Nel 1960 la sua bravura le vale il meritatissimo Oscar per la migliore interpretazione nel famoso film "La Ciociara" di Vittorio De Sica.
Sophia, nonostante la vita da star del cinema è sempre rimasta una donna legata alla sua cultura e alle sue tradizioni : *"Non sono italiana, sono napoletana, è un'altra cosa."* Non poteva quindi mancare la passione per la cucina dei sapori autentici. Frutto di questa passione è il libro di cucina pubblicato nel 1971 che anticiperà di svariati anni la moda dei vip dediti ai fornelli. Le sue ricette riscossero da subito un enorme successo, merito non solo della sua fama, ma soprattutto della cucina italiana e delle tante prelibatezze napoletane.

Nel 1980 Sophia abbandona il grande schermo per dedicarsi maggiormente alla televisione.
Nel 1991 le viene assegnato l'Oscar alla carriera, seguito qualche anno più tardi, nel 1998, dal Leone d'Oro, sempre alla carriera. E' del 2009 il suo ingresso nel Guinness dei Primati, come attrice italiana più famosa e premiata al mondo. Per il suo ottantesimo compleanno, nel 2014 ha pubblicato un'autobiografia dal titolo **"Ieri, oggi, domani. La mia vita".**
Ne emerge il ritratto di una vita intensa, segnata da gioie e dolori ma sempre vissuta con atteggiamento positivo e con quello spirito napoletano *"facimm i corna"* unico al mondo.
Sophia Loren incarna la determinazione e concretezza della donna italiana unita ad una bellezza senza tempo. Non a torto è stata definita un'icona di bellezza con un look rimasto per lo più immutato con il passare degli anni: dai capelli mossi e vaporosi all'attenzione sul trucco degli occhi (materia di studio di numerose make up artist) con uno sguardo sempre ben definito e intenso, soprannominato "tiger eye".
Gli stilisti Dolce&Gabbana hanno voluto fare un tributo alla sua bellezza lanciando un rossetto rosso ciliegia in edizione rigorosamente limitata, fino a settembre 2016, il **"Sophia Loren N°1"**.

> “LA BELLEZZA È UNA FORTUNA E UNA CONDANNA AD UN TEMPO. MA È UNA CONDANNA DOLCE, DA PRENDERE CON LEGGEREZZA, PERCHÈ IN FONDO NESSUNO È DAVVERO POSSESSORE DELLA PROPRIA BELLEZZA: OGNUNO È BELLO NELLO SGUARDO DEGLI ALTRI.”

Sophia Loren:
a neapolitan diva.

Inglese

When talking about Sophia Loren it is impossibile not to think about her great talent as an actress, as shown in her part in the film “La Ciociara” of 1960, that gained her the Oscar - as well as to think about her Mediterranean beauty – cheeky and magnetic, unforgettable in the film “Ieri, oggi, domani” with Marcello Mastroianni.

Sophia Loren was born 20.9 1934 in Rome as Sofia Villani Scicolone; but in her early childhood her mother decide to go back to the parents’ house in Pozzuoli (Naples). Living in a small town would have permitted growing a girl without too many difficulties during the war years.

When Sophia was fifteen, she participated in a beauty competition with the support of her family. On another occasion it was the famous “ Miss Italia” contest – she didn’t get the title of the most beautiful girl of Italy but was awarded with a special title “ Miss Elegance”, created on purpose for her. Step by step, Sophia makes her way in the show world, the mother enrolled her in a drama school and the first real apparition in a film was pretty lucky, because it was the famous “Quo Vadis”. The real fame started growing because of her posing as a motion picture actress with the mane of Sofia Lazzaro. In fact this was a good occasion to learn acting and giving expression to feelings and emotions.. It’s in 1952 that Sophia become officially Sophia Loren as we all know her. There are various legends about the origin of the stage name; if it has been the idea of a director or Sophia’s own choice searching for inspiration with the name of a famous singer is still uncertain..

Sophia is starting getting more and more involved with the film scene; during 1951 the producer Carlo Ponti became aware of her talent. He will be her husband – the wedding was celebrated in France, in April 1966 and Sophia’s wedding gown was especially designed for her by C.Dior. The couple will have two sons, Carlo and Edoardo.

One has to mention Sohia’s role as a pizza baker in the film of 1954 “L’oro di Napoli” of V.De Sica, as well as her first film with M.Mastroianni “Peccato che sia una canaglia” (1954); Mastroianni will be her partner in many films.

Sophia Loren became an international film star during the 1960’s - she was one of the most popular actresses in the world winning many awards. Her talent was highly recognized with the performance in V.De Sica’s film “La Ciociara” (Two women) making her win the Oscar.

Nonetheless Sophia has remained a woman bound to her Italian culture and tradition (“I am not Italian, I am Neapolitan. It’s different.” In 1971, anticipating the trend of Hollywood stars standing at the stove, she writes a cookbook with exquisite recipes.

During the 1980’s she acted infrequently and mostly for TV series. 1991 she receives the Academy Honorary Award for her contributions to world cinema and is declared “one of the world’s cinema treasures”. In 1998 she was honoured with the Leone d’Oro award and entered 2009 in the Guinness of Records for being the most famous and awarded Italian actress.

For her 80th birthday in 2014 she published an autobiography.

Sophia Loren represents the beauty and determination of an Italian woman. No wonder she has been described as a beauty icon. Her look has always been almost the same: softly curled hair and intense eyes (her eye make-up is studied by make-up artists all around the world) framed with black kohl and called “ tiger-eyes”.

The Italian stylists D.Dolce and S.Gabbana, D&G, have created a tribute to her beauty with the special lipstick called Sophia Loren N° 1. Its colour is cherry red and will be sold in a limited edition until September 2016.

صوفيا لورن: النجمة ذات القلب النابوليتاني

عندما نتحدث عن صوفيا لورن يخطر فورا على بالنا موهبتها الكبيرة، خاصة في فيلم "تو ومن" الذي امكنها من الحصول على جائزة الأوسكار لأفضل ممثلة، و أيضا جمالها الفتان الذي لا ينسى خاصة في مشاهد فيلم " البارح، اليوم و الغد" مع مارسيلو ماستروياني.
ولدت صوفيا لورن يوم 20 سبتمبر 1934 تحت اسم صوفيا فيلاني سكيكتشلوني في روما،
عاشت صوفيا منذ الصغر من غير دعم الأب لذلك عادت بها أمها إلى بوتزوولي بقرب نابولي إلى منزل جدها و كانت هذه السنين صعبة للغاية بسبب الفقر و الحرب.
في سن 15 اشتركت صوفيا في مسابقة للجمال في نابولي و لكنها لم تفز و في عام 1950 اشتركت في مسابقة ملكة جمال إيطاليا و على الرغم من أنها لم تفز منح لها لقب ملكة الأناقة. لاحقا انخرطت في إحدى فصول التمثيل ثم تم اختيارها في دور صغير في فيلم "كوو فادو"؛ و لكن الشهرة الحقيقية وصلت لها عندما عملت مع مجلة "موندو" حيث صورت صوف فيا في كتاب مؤلف من صور و سميت نفسها صوفيا لارزو .
في عام 1952 بدل صوفيا اسمها إلى صوفيا لورن، في تلك الفترة تعرفت لورن على كارلو بنتي المنتج الذي ساهم على إطلاق نجوميتها.
يجب علينا، بالتأكيد، على أن نذكر دور بائعة البيتزا الذي قامت به صوفيا في فيلم "ذهب نابولي" بالتعاون مع دي سيتشا في عام 1954.
في عام 1966 تزوجت صوفيا من كارلو بنتي و لهذه المناسبة صمم لها كريستين ديور نفسه فستان الزواج؛ أنجبت لورن من كارلو ابنين: كارلو و إدواردو.
أصبحت صوفيا لورن نجمة عالمية في عام 1955 بعد أن أطلقتها مجلة "لايف" و هكذا أصبحت من أبرز النجمات في العالم، و في الستينيات ظهرت في فيلم ل فيكتوريو دي سيتشا "تو وبمن" لتحصل على العديد من الجوائز و من ضمنها الأوسكار.
على الرغم من الشهرة العالمية بقيت صوفيا محفظة بعاداتها و تقاليدها فهي تقول دائما :
انا لست ايطالية بل أنا من مدينة نابولي!
في 1971 نشرت صوفيا كتاب للطبخ الذي نال نجاحا كبيرا و ليس فقط من فضل شهرتها بل للذة الوصفات.
في عام 1980 اعتزلت صوفيا السينما و كرست نفسها للأعمال التلفزيونية؛ و في عام 1991 فازت بجائزة أوسكار التكريمي لاسهاماتها في عالم السينما، و في عام 1998 حصلت على جائزة الليون دورو لنفس السبب.
في عام 2009 دخلت صوفيا في كتاب الجينيس إذ أنها الممثلة التي نالت أكثر جوائز في العالم؛ و في عام 2014، بمناسبة عيد ميلادها الثمانين، كتبت سيرتها الذاتية بعنوان" حياتي: البارح و اليوم و الغد".
عاشت صوفيا حياة مليئة بالنجاح و أيضا بالآلام و لكنها كانت دائما إيجابية. كانت و لا تزال صوفيا لورن رمزا للجمال في العالم لذلك قررا التصميم مصممين الأزياء دولشي اند غابانا أحمر الشفاه المسمى "صوفيا لون رقم 1،" و الذي يمكن اقتناه حتى سبتمبر 2016.
قالت صوفيا لورن :" الجمال هو ثروة و لعنة أيضا ولكنه لعنة حلوة لأن لا أحد يستطيع ان يتحكم في جماله لأن الانسان الجميل هوجميل في عينين من ينظر إليه."

آفا ميلر

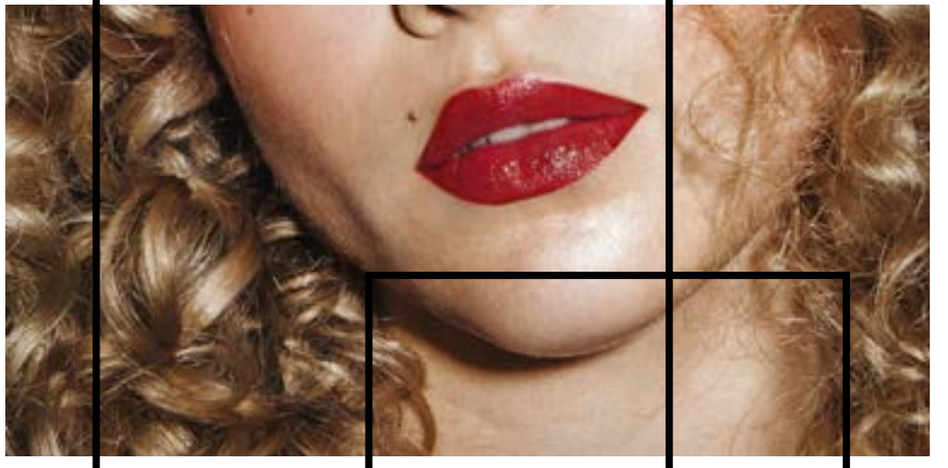
Photographer: Angelo Formato

Make up Artist: Jorge Balzaretti

Hair Stylist: Kieron Lavine Using L'Oréal

Model: Tia Benbow-Hart @SUPA

Forget them, Wendy. Forget them all.



skin:
-suqqu bounce barrier gel cream
-suqqu makeup fix mist burberry fresh glow 01 -
mac face & bodyfoundation
eyebrows:
-charlotte tilbury eyebrow pencil
-ck one mascara in black
cheeks:
-tom ford contour & illuminating 01
-daniel sandler watercolour blush
lips:
-occ lip tar new wave

eyes:
-mac blacktrack paintpot -artist green glitter
lips: (orange with glitter)
-occ lip tar new wave -artist copper glitter

eyes:
-mac blacktrack paintpot -artist green glitter
lips: (nude lips)
-tom ford nude vanille

Lips:
-MAC Currant Lip Definer -OCC
Lip Tar Rhythm Box

#MUST HAVE

FEDERICA BAIANO

il rossetto

L' accessorio femminile più sensuale, ha alle spalle ben 5000 anni di storia, Il ROSSETTO è stato fedele alleato della bellezza femminile fin dai tempi dei Babilonesi dove le donne utilizzavano polvere di pietre preziose per dare colore al proprio sorriso.
Ha reso memorabili le labbra di Cleopatra esaltate grazie ad un impasto ottenuto con polvere di scarabei carmini, uova di formica e scaglie di pesce.
La regina Vittoria utilizzava il pigmento color porpora per risaltare il suo incarnato bianco. Ma è nel 1700 che l'uso dei cosmetici inizia a perdere popolarità. Una norma emanata dal Parlamento, infatti, previde di processare tutte le donne sospettate di aver indotto i propri mariti al matrimonio attraverso l'uso fraudolento di rossetti. Nel 1880 indossare make up venne considerato oltraggioso ed offensivo. Ma il mondo della bellezza conobbe la risalita nel 1910. I pregiudizi puritani cominciarono a crollare e sulla scena fece la sua comparsa Elizabeth Arden con un'inedita nuance di rossetto: il rosso fuoco. Un colore non casuale.
Il Rosso di Elizabeth Arden dette voce al potere della femminilità. Dopo essere stato indossato dalle Suffragette durante la manifestazione femminista diventò simbolo per la difesa dei diritti delle donne e del loro potere.

"*Se siete tristi, se avete un problema d'amore, truccatevi, mettevi il rossetto rosso e attaccate.*" ***Coco Chanel***

"voler vestire il sorriso delle donne" così disse l'iconico ***Monsieur*** *che creò nel 1953 "Rouge 999".*

Queen Victoria used the purple-red color to enhance her white complexion. But it was in 1700 that the use of cosmetics became popular. A regulation issued by the Parliament, in fact, expected to process all the women suspected of having induced their husbands for marriage through the fraudulent use of lipsticks. In 1880 was considered outrageous and offensive wearing make-up. But the world of beauty saw a comeback in 1910. The puritan prejudices started collapsing and Elizabeth Arden emerged on the scene with an innovative nuance of lipstick: the flame red. And this color is not coincidental. Elizabeth Arden's Red gave voice to the power of womanhood. After being worn by Suffragettes during the feminist movement it became a symbol of the defense of women's rights and their power.

- *"If you're sad, if you are heartbroken, make yourself up, add more lipstick and attack."* ***Coco Chanel***
- *"Dressing the smile of women" that is what said the iconic* ***Monsieur*** *who created "Rouge 999" in 1953.*

"اذا كنتم حزنين أو إذا كنتم تعانون من مشكلة عاطفية
فتجملوا و ضعوا أحمر الشفاه و أبدوا الهجومية! " كوكو شانيل
" كنت أريد فقط لباس شفاه النساء" هكذا قال السيد الذي صمم ، في عام 1953،
"أحمر الشفاه 999."
يرجع تاريخ هذا الاكسسوار النسائي المليئ بالاتوثة إلى 5000 عام.
أحمر الشفاه هوه الصديق الوفي للنساء منذ عهد البابليين
حيث كانت النساء تستعمل سحاق الاحجار
الثمينة لتلوين الشفاه بخليط متكون من خنافيس
و بيض النمل و قشور السمك.
كانت الملكة فيكتوريا تستعمل صبغ أحمر على فمها لتبزر من بشرتها التي كانت
شديدة البياض. و لكن في عام 1700 صدر قانون من البرلمان ضد السيدات
اللواتي جذبن أزواجهن باستعمال أحمر الشفاه.
في 1880 أصبح استعمال الماكياج يعتبر مهين و قليل الاحترام للأخرين،
و لكن في 1910 بدأت تحيزات المتشددين في الانهيار و في هذه الفترة أخرجت
إليزابيث اردن أحمر الشفاه بلون جاذب جدا للانتباه: أحمر مثل النار.
لم تختار إليزابيث هذا اللون من غير سبب بل اخترته لكي يكون
رمزا لقوة المرأة و لذلك استعمله النساء خلال المظاهرات النسائية
و هكذا أصبح هذا أحمر الشفاه رمزا لحقوق المرأة.

il profumo

Siamo nel 1921 e Coco Chanel è alla ricerca di un profumo esclusivo.
Chanel n° 5 è un profumo unico nel suo genere,che ha rivoluzionato il mondo delle fragranze. Coco scelse il quinto campione portatole da Ernest Beaux, profumiere degli Zar, anche il nome si rivela così una rivoluzione: in un'epoca di nomi pomposi e complessi, la stilista porta l'innovazione della semplicità, che si traduce anche nella scelta del flacone, neutro e semplice, dalle linee minimal e senza tempo: è lo stesso da 91 anni. L'ampolla si distingue subito da quelle ultra ricercate dell'epoca e attira subito l'attenzione.
"Non voglio nessun olezzo di rose o mughetto, voglio un profumo elaborato" Coco Chanel.

بدأت كوكو شانيل في البحث عن هذا العطر في عام 1921.
"شانيل رقم 5" هو عطر فريد من نوعها إذ أنه أحدث ثورة في عالم العطور . اختارت كوكو العينة الخامسة من بين العينات التي جلبت اليها من قبل "إرنست بو" الذي كان يصنع العطور للقيصر في روسيا.
و حتى اسم هذا العطر نفسه كان يعتبر ابتكار لأنه اسم بسيط هكذا كما كانت بسيطة لاناقى الحدود الزجاجة التي تحتويه و التي مازالت نفسها من 91 عام. و بهذه البساطة يتميز هذا العطر عن العطور الأخرى.

We are in 1921 and Coco Chanel is seeking an exclusive perfume.
Chanel n°5 is a one of a kind perfume, which revolutionized the fragrance world. Coco chose the fifth sample brought to her by Ernest Beaux, the perfumer of the Russian royal family, and even the name itself was a revolution: at a time of pompous and complex names, the stylist brought the innovation of simplicity, which can be found again in the choice of the bottle, neutral and simple, of minimal and timeless lines: it has remained the same for 91 years. The vial distinguishes itself immediately from those ultra polished of the day and draws the attention right away.

- "I don't want any rose or lily of the valley; I want a perfume that is a composition" Coco Chanel.

il mascara

-Eugene Rimmel, nel 1860 lancia il primo mascara allungante , che, rivoluzionò il mondo della cosmesi enfatizzando lo sguardo delle donne. Il successo è tale che “rimmel” diventò sinonimo di mascara in tutto il mondo.
Non c'è prodotto più prezioso per esaltare lo sguardo, il mascara, è sicuramente l'accessorio di make up tra i più amati e da sempre utilizzati. In un riepilogo degli amati mascara troveremo sicuramente:
- Rimmel London che prende il nome dal suo inventore.
- Maybelline NY, del chimico-farmacista Thomas Williams (che va in soccorso di sua sorella innamorata e non
corrisposta di uomo che vuole a tutti i costi conquistare, Thomas, mescola vasellina e polvere di carbone ottenendo così un panetto che si chiama “mascara” che aiuta ad esaltare lo sguardo. E nel 1915 fonda la Maybelline.)
-”Ciglia Finte” di Yves Saint Laurent, tra i musthave attuali, definito come uno dei migliori mascara al mondo.

il kajal

Il Kajal (o Khol) che oggi usiamo abitualmente per definire lo sguardo e renderlo intenso e seducente ha origine antichissima: le prime tracce risalgono al XXXVI secolo a.C.!!
è una polvere composta di galena, malachite, antimonio e grasso animale, è uno degli articoli di make up più antichi della storia, che già nell'antico Egitto veniva usato per intensificare lo sguardo, Cleopatra ne faceva un largo uso, ma non soltanto per uso estetico.
La tecnica di delineare l'occhio e la palpebra con un colore scuro aveva difatti la sua funzione pratica, poiché era ottima per proteggere tale parte del viso dai raggi solari ed evitare che vi entrassero polvere ed altri agenti nocivi.
Un must da tenere nel beauty-case è il Kohl Poudre Libre Terracotta di Guerlain, la confezione è curatissima ed originale, con il suo applicatore dorato che termina in sinuose volute intarsiate.

- Eugene Rimmel, in 1860 launched the first lengthening mascara, which revolutionized the cosmetic world enhancing women's gaze. It had such a great success that "rimmel" became synonym of mascara all over the world.
There is no more precious product to enhance the gaze, the mascara is surely the most loved and always used make up accessory.
Among the most loved mascara we will definitely find:
- Rimmel London which took the name from its inventor.

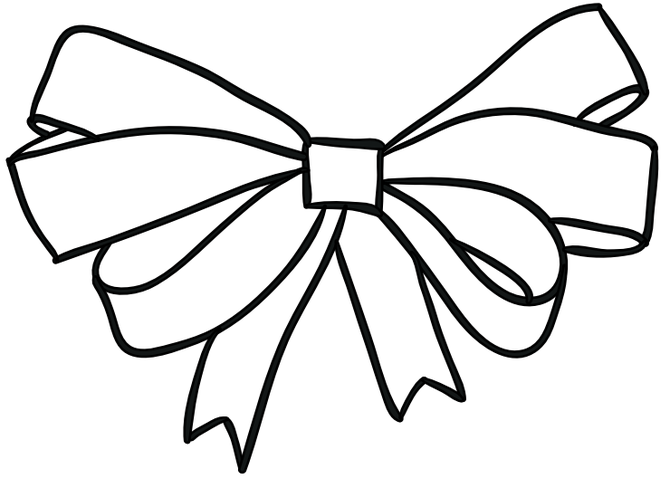
- Maybelline NY, by the chemist-pharmacist Thomas Williams, who helped his sister who fell in love with a man she wanted to seduce by any means, Thomas mixed Vaseline and coal powder obtaining in this way a pat called "mascara" which helps enhancing the gaze. And in 1915 he founded the Maybelline.
- " False Lashes" by Yves Saint Laurent, one of the currents must-have, defined as one of the best mascaras in the world.

ريمل: اخترع اوجان ريمل في عام 1860 الماسكارا الذي يطول الرموش،
و هذا الاختراع أحدث ثورة في عالم التجميل.
هذا الاختراع كان كبيرا جدا إذ أن كلمة ريمل أصبحت تعني ماسكارا في جميع العالم.
الماسكارا، بالتاكيد، هو اكسسوار في عالم التجميل إذ أنه يعطي للنظرة أكثر الوثة.
فهاهو ملخص أهم الماسكارا:
ريمل لندن: الذي يحمل اسم مخترعه.
مايبيلين نيويورك : هذا الماسكارا اخترع من قبل الكيماوي طوماس
ويليامز الذي أراد مساعدة أخته التي كانت تحب رجلا من غير أن يبادلها نفس الشعور.
مزج طوماس بودرة الكربون مع الفاسلين و حصل هكذا على الماسكارا
و في عام 1915 أسس شركة مايبيلين .
"الرموش الصناعية " لايف سان لورن : فهو معتبر من أحسن الماسكارا في العالم.

- The Kajal (or Kohl), that we habitually use today to define the gaze and to make it intense and seducing , it has age-old origins: the first traces date back to XXXVI century B.C. ! It is a powder composed of galena, malachite, antimony and animal fat. It is one of the most antique items of make up in history, that already in the ancient Egypt was used to enhance the gaze, Cleopatra made full use of it, but not just for an aesthetic use.
The technique of outlining the eyes and eyelid with a dark color had in fact its practical function, since it was excellent in protecting the above mentioned part of the face from sun's rays and in avoiding that dust or other harmful agents could enter in it.
A must-have object in your beauty-case should be the Kohl Poudre Libre Terracotta by Guerlain, the package is extremely well-finished and eccentric, with its golden applicator that ends in sinuous inlaid coils.

الكحل: الكحل الذي نستعمله اليوم من أجل أن نجعل نظرتنا
أكثر جاذبية فله أصول قديمة جدا و يرجع تاريخه
إلى القرن السادس و ثلاثين قبل الميلاد.
الكحل هو غبار مكون من غالينا و مرمر
و انتيمون و دهون حيوانية، و هو من أقدم
الابتكارات في عالم التجميل، فقد استعملته
حتى كليوباترا و ليس فقط لتجميل نفسها بل
لوقاية بشرا أيضا من أشعة الشمس.
في حقيبة التجميل يجب يكون لدينا "كحل بودر" غرلان.

HEI DOLL!



EMIRA M'SAKNI

Barbie
The Icon

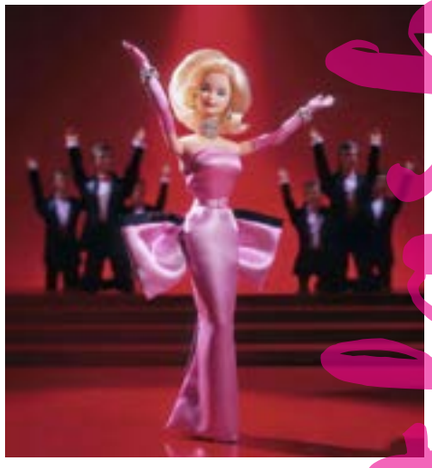
Il suo vero nome è Barbara Millicent Robert, ma per tutti è solo Barbie. Definirla una bambola sarebbe riduttivo. Barbie è un'icona globale, che in 56 anni di vita è riuscita ad abbattere ogni frontiera linguistica, culturale, sociale, antropologica.
Per questo motivo il MUDEC (Museo delle Culture di Milano) le dedica una mostra, curata da Massimiliano Capella, dal titolo "Barbie. The Icon", prodotta da Gruppo 24 ORE e promossa dal Comune di Milano-Cultura e da 24 ORE Cultura – in collaborazione con Mattel.
La mostra racconterà l'incredibile vita di questa icona a forma di bambola che si è fatta interprete delle trasformazioni estetiche e culturali della società lungo oltre mezzo secolo di storia.

Barbie ha avuto il privilegio di resistere allo scorrere degli anni e attraversare epoche e terre lontane, rappresentando ben 50 diverse nazionalità, e rafforzando così la sua identità di specchio dell'immaginario globale.
Ma che ci azzecca la Barbie in tutto questo? Ci azzecca e come. Perché la rassegna «Barbie. The icon», vuole proporre la celebre bambola come oggetto storico-antropologico globale, chiave di lettura per osservare in filigrana l'evoluzione della società e della moda.

La famosa bambola fu inventata nel 1956 da Ruth Handler e Jack Ryan e commercializzata da Mattel, la fashion doll ha infatti attraversato tutti i mestieri e tutti i continenti: in mostra la si vede in ogni forma e veste, griffata pure da famosi stilisti. Oltre alla veste fashion ha anche assunto 50 identità etniche differenti, dal Polo Nord all'Africa, dall'India al Giappone, come raccontano le innumerevoli bambole esposte.

La mostra sarà articolata in 5 sezioni e preceduta da una sala introduttiva, Who Is Barbie?, dove si troveranno i 7 pezzi iconici e rappresentativi per decadi dal 1959 ad oggi, oltre la time line, le curiosità, i numeri e il making off globale di Barbie per sapere subito "chi è Barbie".

Tra un aperitivo e una sfilata ci vediamo a Milano al Mudec per scoprire il favoloso mondo di Barbie!



#fashion #vintage

#style #icon

Barbie: *the icon.*

Inglese

Although her real name is Barbara Millicent Roberts, for most people she is just Barbie. Calling her a doll would be reductive. Barbie is a global icon and in 56 years of life, she has managed to knock down every linguistic, cultural, social and anthropological barrier.

It is for this reason that the MUDEC (Museum of Cultures in Milan) dedicates to her an exhibition called “Barbie. The Icon”, cured by Massimiliano Capella, produced by 24 ORE Cultura – Gruppo 24 ORE, and promoted by the Comune di Milano-Cultura and by 24 ORE Cultura – Gruppo 24 ORE in collaboration with Mattel.

The exhibition will tell the story of the incredible life of this doll-shaped icon that has interpreted the aesthetic and cultural transformations of society for more than half a century.

Barbie has had the privilege of being timeless and has crossed distant eras and lands, representing some 50 different nationalities, and strengthening her identity as a mirror for the global imagination.

But what does Barbie have to do with all of this? It has everything to do with it! Because the exhibition “Barbie. The Icon” wants to propose the famous doll as a global historical-anthropological object, an interpretive key to minutely observe society and fashion evolution.

The famous doll was invented in 1956 by Ruth Handler and Jack Ryan and sold by Mattel, the fashion doll has gone through every job and every continent: at the exhibition you can see her in every shape and role, even dressed by famous designers. Besides the fashion role she also assumed 50 different ethnic identities from North Pole to Africa, from India to Japan, as the countless dolls exhibited tell.

The exhibition will comprise 5 sections and will be preceded by an introductory room called “Who Is Barbie?”, where you will find 7 iconic as well as representative pieces for each decade from 1959 to the present time, in addition to a timeline, fun facts, numbers and the global making of Barbie so that you will instantly know “who Barbie is”.

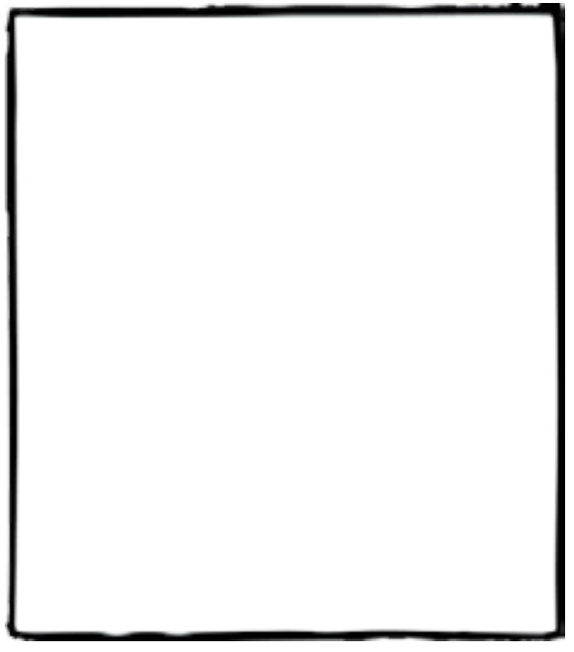
Over an aperitif and a fashion show, see you in Milan at Mudec to discover the fantastic Barbie’s world!

باربي:الرمز

اسمها الحقيقي هو باربرا ميلي سانت روبرت اما للجميع فهي باربي فقط و اعتبارها مج رد دمية لا يعطيها الأهمية التي تستحقها لأن باربي، بالفعل، هي رمز في جميع أنحاء العالم إذ أنها قدرت على ان تجاوز أي حد لغوي و ثقافي و اجتماعي (و أنثروبولوجي خلال هذه الأعوام 56 سنة)
و لهذا السبب كرس لها متحف الفنون في ميلانو معرضا منظما من قبل سيميليانو كبالا بالعنوان "باربي الرمز" و منتج من قبل شركة أورى كولتورا و شركة ماتال بالتعاون مع بلدية ميلانو.
المعرض يحكي على قصة حياة هذه الدمية التي شهدت على التحول الثقافي للمجتمع الحديث.
في خلال هذه السنين عاشت باربي العديد من الأدوار و تقريبا 50 جنسية لذلك عززت من هويتها في كل العالم.
ما هو دخل باربي في كل هذا؟ المعرض "باربي الرمز" أراد اقتراح باربي مثل العنصر التاريخي الذي شهد على جميع التحولات الاجتماعية و الأنثروبولوجية و ايضا لأن باربي هي من أشهر الرموز في عالم الموض.
اخترعت هذه الدمية الشهيرة عام 1959 من قبل روت هندلر و جاك راين و تم تسويقها من قبل شركة ماتال، هذه الدمية العصرية عملت بجميع الحرف و عاشت في جميع أنحاء العالم؛ ففي المعرض سنجد الكثير من الدمى التي تمثل جميع جنسيات باربي: من القطب الشمالي إلى أفريقيا و من اليابان إلى الهند، و صمم لباس باربي لهذا المعرض من قبل أهم مصممين الأزياء.
سيتم تقسيم المعرض إلى 5 أجزاء بالإضافة إلى قاعة تمهيدية مسمية "من هي باربي" و تحتوي على 7 أشياء تمثل شخصية الدمية؛ و لذلك يمكن ان نلتقي جميعا في ميلانو لنكتشف مع بعض عالم باربي. المثير و المليئ بالفضول.

أميرة مساكني

ICON



EMIRA M'SAKNI

Il Re Lucertola

un poeta prestato alla musica

James Douglas Morrison, o semplicemente Jim, com'è sempre stato per i suoi fan che ancora gli portano fiori sulla sua tomba parigina, nasce a Melbourne, in Florida, USA, l'8 dicembre del 1943. Dopo gli studi cinematografici a L'UCLA che si rivelano un' esperienza tanto deludente quanto stimolante all'inverso: incompreso dal punto di vista registico (due dei suoi unici cortometraggi non godranno di grossa considerazione all'interno della scuola), Jim si butta nella letteratura e nella musica, che interpreta come un' occasione per fare poesia. Ai corsi, con lui, ci sono personaggi di spicco come Martin Scorsese e Francis Ford Coppola, che passano per quella facoltà.

Dopo questa esperienza cinematografica, nel 1965 fonda il suo gruppo rock "The Doors" che si consacrano quando il 4 gennaio del 1967 la casa discografica "Elektra" pubblica il loro primo, storico disco, che, come consuetudine dell' epoca, si intitola come il nome della band: "The Doors". Il disco è una bomba e fa concorrenza a "Sgt. Pepper's Lonely Hearts Club Band" dei Beatles. C'è di tutto: sonorità blues come la vecchia ballata "Alabama Song", ritmi duri e brani arrabbiati come "Break on through" e "Light my fire", scene visionarie e poetiche come "The end" e "The Crystal Ships", unitamente a ritmiche latine, chitarre flamenco e ammiccamenti boogie da parte dell'organo di Manzarek. E, soprattutto, ci sono i versi di Jim e l'impatto lisergico della sua voce: mai perfetta, non eccezionale, spesso esclusivamente baritonale ma, tuttavia, enormemente carismatica.

The Doors ha creato uno stile unico mescolando blues e rock con un tocco psichedelico, Morrison emerge rapidamente come una vera e propria icona il cui atteggiamento provocante e sexy accanto al suo talento poetico e musicale seduce il pubblico.

Cantautore, icona del rock, poeta, leader carismatico probabilmente Jim con il suo gruppo " The Doors" è stato il gruppo rock americano più importante della storia.

Autoproclamatosi "Re Lucertola" diventando così una rock star scandalosa, icona sessuale evocante Dioniso, divinità delirante e senza regole, Morrison è stato anche e soprattutto un poeta, con due raccolte di versi di discendenza beat, ancora oggi lette e apprezzate non solo dai suoi fan, ma anche da una certa critica senza paraocchi. Jim è stato anche al centro di un' esistenza fatta di, invocazioni di magia nera così come eccessi di droga e alcool. Nel 1971 si stabilì a Parigi, raggiungendo così il declino totale dove cadde in una spirale di dipendenze che prematuramente lo ha ucciso a soli 27 anni aggiungendo così un nuovo membro all'ormai mitico "27 Club".

Dopo la sua morte egli è ancora al centro di un culto fanatico,

la sua tomba al cimitero di Père Lachaise è diventata un luogo importante di pellegrinaggio visitato da migliaia di fans e turisti. Un culto questo che oscura in qualche modo il suo talento prominente.

“

LA SOLITUDINE

È ASCOLTARE IL

VENTO E

NON POTERLO

RACCONTARE

A NESSUNO.

”

The Lizard King, a poet lent to music.

Inglese

James Douglas Morrison, or just Jim, as it's always been for his fans that are still bringing flowers on his Parisian grave, he was born in Melbourne, Florida, USA, on December 8, 1943. After the film studies at UCLA, which turned out to be an experience as disappointing as stimulating in reverse: unappreciated from a directing point of view (two of his unique short films did not have much consideration into the school), Jim threw himself into literature and music, which he interpreted as a chance to write poetry. At the courses, with him, there were prominent figures such as Martin Scorsese and Francis Ford Coppola, who attended that school.

After this film experience, in 1965 founded his rock band "The Doors" which consecrated themselves when on January 4, 1967, the "Elektra" record company published their first, historic record that, as custom of that time, was named after the band : "The Doors" . The record was the bomb and competed with Beatles' "Sgt. Pepper's Lonely Hearts Club Band". There was a little bit of everything in it: blues sonorities such as the old ballad "Alabama Song", hard rhythms and angry songs such as "Break on through" and "Light my fire", visionary and poetic scenes such as "The end" and "The Crystal Ships", together with latin rhythms, flamenco guitars and boogie winks from Manzarek's organ. And, above all, there were Jim's lyrics and the lysergic impact of his voice: never perfect, not extraordinary, often exclusively baritone but, however, tremendously charismatic.

The Doors created an unique style mixing blues and rock with a psychedelic touch, Morrison quickly emerged as a real icon whose provocative and sexy attitude together with his poetic and musical talent seduced the audience.

Singer-songwriter, rock icon, poet, charismatic leader, Jim probably was with his band "The Doors" the most important American rock band in history.

Self-proclaimed "Lizard King", becoming in this way a scandalous rock star, a sexual icon recalling Dionysus, irrational and lawless divinity, Morrison was also and especially a poet, with two collections of verses of beat descent, which are being read and appreciated to this day not only by his fans, but also by certain critics with no blinkers. Jim led also a life made of black magic invocations, as much as drugs and alcohol excesses. In 1971 he moved to Paris, reaching in this way a total decline, where he fell into a downward spiral of addictions that killed him too soon at just 27 and adding thus a new member to the already legendary "27 Club".

After his death he is still in the middle of a fanatic worship, his grave in Père Lachaise cemetery has become an important place of pilgrimage visited by thousands of fans and tourists. A worship that somehow clouds his prominent talent.

صورة رمز

جيمس دوغلاس موريسون أو ببساطة جيم كما يناديه جمهوره الذي مازال حتى الآن يحمل الورود على قبره في باريس، ولد جيمس في مدينة ملبورن في ولاية كاليفورنيا في الولايات المتحدة الأمريكية يوم 8 ديسمبر 1943. بعد ما أنهى دراسته في معهد "أكلي" (و كانت هذه التجربة مخيبة للأمل و مفيدة في نفس الوقت) كرس جيم نفسه للآداب و الموسيقى التي كانت بالنسبة له وسيلة لكتب القصائد. كانوا زملائه في تلك الفترة مارتن سكورسازي و فرانسيس فورد كوبولا.

في عام 1965 أسس جيم اول فرقة روك له بإسم "ذودورس" التي أصبحت أسطورة في عالم الفن عندما سجلت لهم شركة الكترى اول ألبوم، يوم 4 يناير 1967، و الذي كان يحمل نفس اسم الفرقة: ذودورس، و كان هذا الألبوم قنبلة في عالم الموسيقى و وصل أيضا أن يكون في نفس المركز مع اغنية البيتولس " لوتلي هيرتس كلوب باند" و كان هذا الألبوم كامل إذ كان يحتوي على إيقاعات بلوس مثل اغنية "الابلما سونغ" و على إيقاعات روك مثل اغنية "براك أون ثرو" و اغنية "لايت ماي فاير" و يحتوي أيضا على مشاهد مشاعرية مثل اغنية "نو اند" و اغنية "نو كريستال شيبس" و ايضا على إيقاعات لاتينية و فلامنجو، و بالخصوص كانت موجودة قصائد جيم و صوته الليسترجيك الذي لم يكن سوى مثالي بل ملين بالجاذبية. اخترع ذو دروس أسلوب جديد في الموسيقى : مزيج من الروك و البلوس و سريعا ما أصبح موريسون رمزا في عالم الفن إذ أن أسلوبه الاستفزازي و المثير في نفس الوقت و موهبته الكبيرة جذبوا إليه حب الجمهور.

شاعر و ملحن و رمز في عالم الروك موريسون وفرقته ذودورس هم من أهم ممثلي الروك في أمريكا. سمى جيم نفسه " السحلية الملكة" و هكذا أصبح النجم غريب الأطوار و الذي يمكن مقارنته بالآله ديونيسيو الذي كان لا يحتمل لا قواعد و لا قوانين .

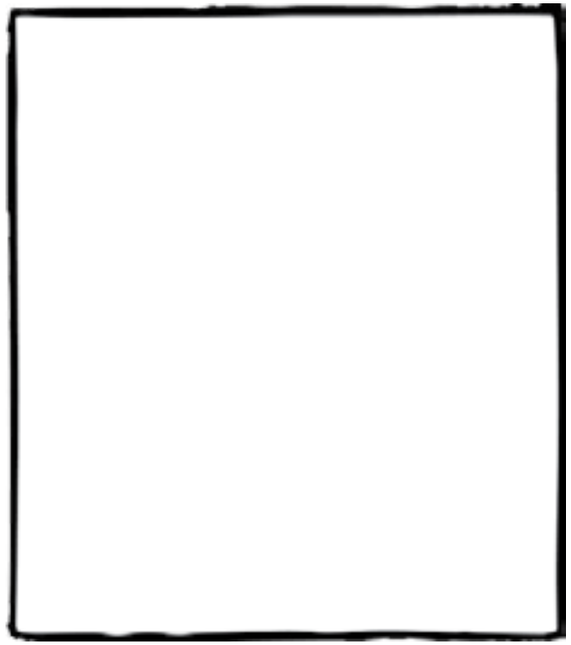
كان موريسون شاعر و لديه مجموعتين من الشعر و التي مازالت حتى الآن محبوبة و مقدرة من قبل جمهوره و من قبل النقد.

كانت حياة جيم مكرسة للمخدرات و للكحول. في عام 1971 انتقل جيم للعيش في باريس و في تلك المدينة سقط في دوامة المخدرات التي أدت لموته في سن 27 عام و هكذا انظم إلى " نادي السبعة و عشرين " !

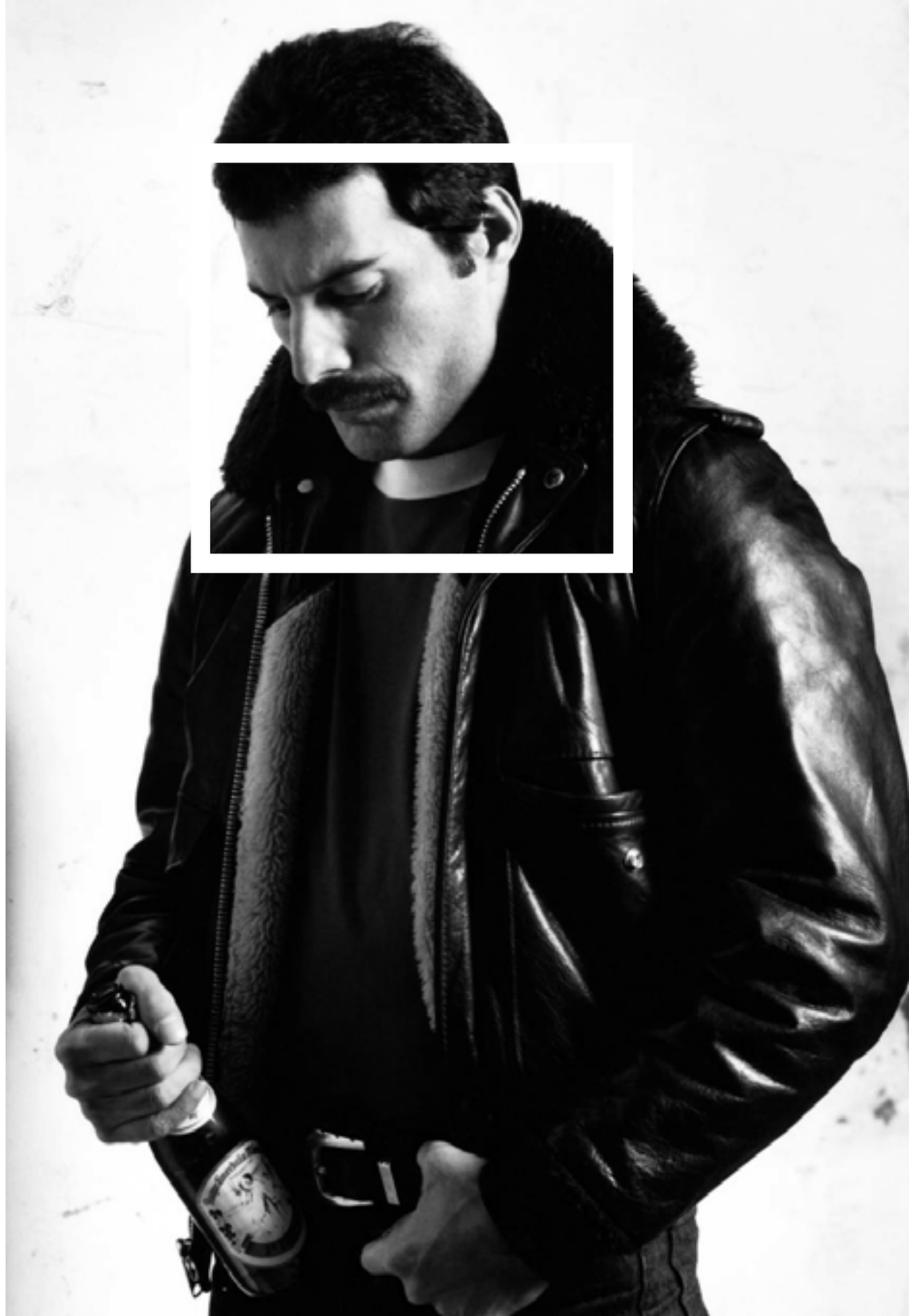
و حتى بعد موته مازال جيم من أهم الفنانين الروك فقبره الموجود في مقبرة " باغ لا شاز" أصبح من الأماكن الأكثر زيارة من قبل محبيه لأن موهبته النادرة لا يمكن نسيانها ابدا.

أميرة مسلكني

ICON



SOUROUR MEDRANOU



Farrok

L'uomo dai mille volti!

Farrokh, Freddie o come vi piace più chiamarlo, rimane il mito per tutti noi anche per chi, come me, di musica se ne intende ben poco!

A chi non piace la sua potente voce che cambia tono velocemente passando dal lirico al hard rock in un millesimo di secondo? E chi non si è trovato almeno una volta a canticchiare "We are the champions" anche se il proprio inglese gli permette, a malapena, di uscire dall'aeroporto di Londra?
Freddie Mercury, nato Farrokh Bulsari, è uno dei personaggi più importanti dello scenario rock mondiale negli anni '70 ,'80 e '90 e, ad essere sinceri, il primato gli appartiene tutt'ora!

Ascoltando la sua musica così piena di energia, esplosiva e vivace la amai ma, quando lessi (e lo ammetto!) le traduzioni delle sue canzoni amai lui e capii che Freddie era un dandy!
LUI ERA L'ARTISTA MALEDETTO!

Beh certo il dandy del 20° secolo, ma scommetto che sarebbe andato di gran lunga d'accordo con Charles Baudelaire oppure con Oscar Wilde e li immaginerei insieme Sur la Seine in qualche café parigino a discutere e, perché no, a fumare una sigaretta di oppio!

"You can be anything you want to be" recita un verso di "Innuendo" , un semplice verso? Ma cosa dico? Questo è un motto, una guida per tutti noi! "Si può essere tutto ciò che si vuole essere"; esiste un incoraggiamento, una sfida più forte di questa?

Direi proprio di no e, ovviamente, solo un uomo come Freddie poteva cantare una canzone così piena di provocazione ed insinuazione, un uomo come lui che ha dichiarato, senza nessuna vergogna, la suo omosessualità in un' epoca assegnata dal pregiudizio e dai tabù!

È difficile parlare di Freddie pensando di usare delle semplici parole perché non basterebbero per raccontare la sua vita, il suo essere e il suo talento. Ed ora non mi resta altro da dire che "Show must go on".

"NON VOGLIO
CAMBIARE IL MONDO,
LASCIO CHE
SIANO LE MIE CANZONI
A ESPRIMERE
LE SENSAZIONI
E I SENTIMENTI
CHE PROVO
ED HO PROVATO."

Farrokh
the man of a thousand faces.

Inglese

Farrokh, Freddie or whatever you like to call him, he remains a legend to all of us, even to those, like me, who knows very little about music!

Who doesn't like his powerful voice that quickly changes volume going from lyrical to hard rock in a millisecond? And who hasn't found himself singing at least once in a lifetime "We are the champions" even if his level of English allows him, barely, to get out of the airport in London?

Freddie Mercury, born Farrokh Bulsari, was one of the most important personalities of '70s, '80s and '90s world scene of rock and, to be honest, he still holds the record!

I fell in love with his music so full of energy, so explosive and energetic but, when I read (and I admit it!) the translations of his songs I fell in love with him and I understood that Freddy was a dandy! HE IS THE CURSED ARTIST!

Well, of course a 20th-century dandy, but I bet that he would have gotten along great with Charles Baudelaire or with Oscar Wilde and I could imagine them together Sur la Seine in a Parisian café talking and, why not, smoking an opium pipe!

"You can be anything you want to be" says a verse of "Innuendo", just a simple verse? What am I saying? This is a motto, a guide for all of us! "You can be anything you want to be" is there any encouragement, any challenge stronger than this? Of course there is not and, obviously, just a man like Freddy could sing a song so full of provocation and insinuation, a man like him who declared, with no shame, his homosexuality at a time marked by prejudice and taboo.

It's difficult to talk about Freddie thinking of using simple words because they wouldn't be enough to tell his life, his true self and his talent. Now all I have to say is just "Show must go on".

"I WON'T BE A ROCKSTAR.
I WILL BE A LEGEND."

فاروق... الرجل ذو الف وجه

فاروق أو فريدي أو كما يعجبكم أن تدعوه فهو يبقى رمزا و أسطورة للجميع حتى إلى ، من هو متلي، ليس خبير في عالم الموسيقى!
من منا لا يحب صوته الجبار الذي يمر بسرعة كبيرة من الأوبرا إلى الهارد روك؟ و من منا، على الأقل مرة، لم يجد نفسه يغني اغنية "وي آر ذو شامبيونس" حتى و لو معرفته للغة الإنجليزية تسمح له على الاكثر بالخروج من المطار في لندن ؟
فريدي ميركوري، ولد بإسم فاروق بولسارا، هو من أهم الشخصيات الروك في العالم في السبعينيات و الثمانينات و التسعينات و لكي أكون صادقة هو يظل حتى اليوم من أهم مطربين الروك!
عندما استمعت إلى أغانيه المليئة بالحيوية و القوة احببتهم و لكن عندما قرأت ترجمة أغانيه (و انا اعترف بذلك) انا أحببته و فهمت أن فريدي ميركوري هو "داندي "؟ فهو الفنان الملعون!
بالتأكيد هو داندي القرن العشرين و لكني انا متأكدة انه كان من الممكن ان يكون صديق شارل بودلار أو أوسكار وايلد و أنا أتخيلهم و هم جالسون في مقهى على ضفة نهر السين في باريس يتناقشون، و لماذا لا؟ ربما أيضا يدخنون سجارة الأفيون!

"You Can Be anything You want To be"

تقول جملة من اغنية " إيبوندو".
جملة من اغنية؟ فماذا اقول؟ فهذا شعار و رسالة لنا جميعا! " يمكنك أن تكون ماذا تريد أن تكون ". فهل يوجد تشجيع أو تحدي أكبر من هذا؟ لا يمكن! لأن فريدي هو الوحيد الذي يمكنه ان يغني أغنية هكذا مليئة بالإستفزاز و التلميح؛ الرجل الذي أعلن عن مثليته بلا أي خجل في فترة مليئة بالتحيزات و التحرمات!
من الصعب جدا التحدث عن فريدي و استعمال مجرد كلمات لأنهم لن يكفوا للتحدث عن حياته و عن موهبته.
و الآن لم يبقى لي ما أقول إلا "Show must go on"

سرور م

WORDS

BENEDETTA SALEMME

#usodeldisuso

Sbolognare. Un termine che non si sente spesso se non, forse, a Natale il perché? È molto semplice, è proprio durante questo periodo di feste che si cerca di sbolognare il maggior numero di regali! Con questo verbo infatti, si intende il dare via un oggetto di nessun valore o utilità, o di pessimo gusto, ricavandone o no un compenso: *"mi hanno regalato un maglione dal colore terribile, devo assolutamente sbolognarlo!"* Si tratta dunque del famoso "regalo riciclato" questo lemma trae origine non dal latino o dal greco bensì dalla città di Bologna città dove si fabbricavano e si vendevano oggetti d'oro falso o di bassa lega. Dunque lettori non siate timorosi, qui l'abbiamo fatto tutti, almeno una volta nella vita, quindi siate sereni, potete ammettere di aver sbolognato almeno un regalo in tutti questi Natali!!!

#useofdisuse

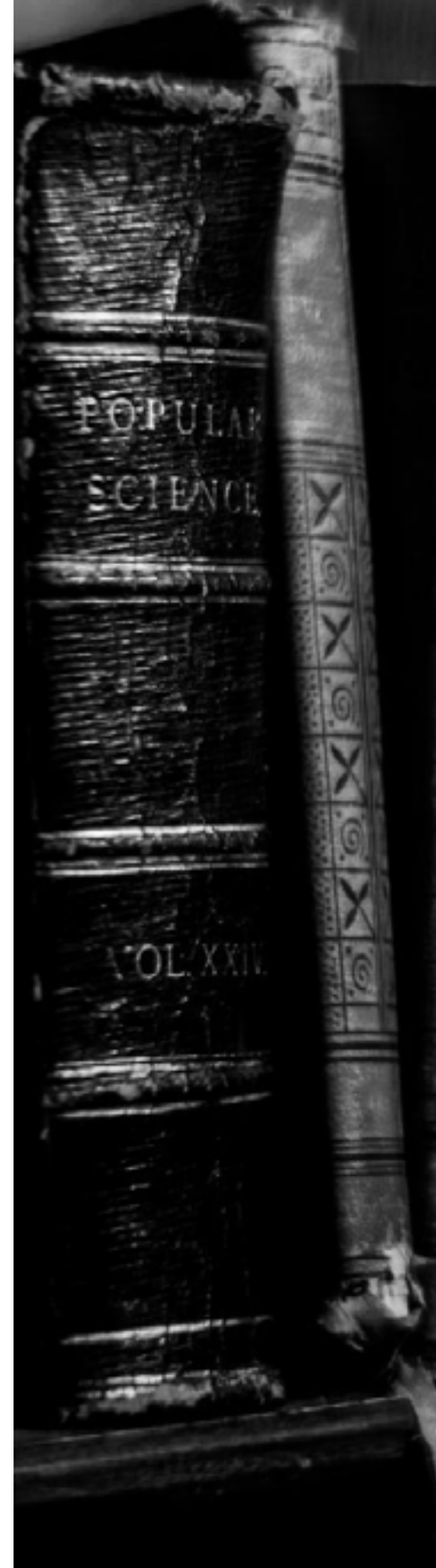
Sbolognare. It is a term that we don't hear very often, well maybe not until Christmas. Do you know why? It's very easy to tell: it is exactly during the holiday season that you try to sbolognare as many presents as possible! The meaning of this verb, in fact, is to give away an object of no value or utility, or just horrible, gaining or not a payback: They gave me a sweater of a terrible colour, I really have to sbolognarlo ! So, we are talking about the famous "regifted gift", this term does not derive from Latin or ancient Greek but from the city of Bologna, where people manufactured and sold fake gold objects or cut-rate goods. Therefore, dear reader don't worry, everyone has done this at least once in their lifetime, so be calm, you can admit you have sbolognato at least a gift in all these Christmases!!!

READ

GIUSY PELUSO

Carta o Tecnologia, chi resiste?

Un giorno, una persona stanca di spolverare una libreria piena di libri, ebbe un'idea e disse: "Perché non mettere tutti questi libri su un unico dispositivo elettronico?!".
Fu così che nacque l'ebook!
L'ebook è un libro, ma in formato digitale.
Ora, mi chiedo: "In un mondo così tecnologico cosa preferiscono gli italiani, il libro cartaceo o l'ebook?"
Io non sono contro il progresso, ma non posso proprio accettare l'esistenza dell'ebook. A me piace il libro come oggetto. Mi piace vederlo nella libreria di casa. Mi piace vedere la libreria sempre più piena di libri e confesso che odoro sempre un libro appena lo compro, ma credo sia un riflesso animalesco che ho, un'eredità preistorica che m'è rimasta.
Ma devo ammettere che acquistare un ebook è meno costoso, inoltre concede di leggere anche al buio, cosa che per il momento i nostri occhi non ci permettono di fare con un libro, a meno che non ci si mette a leggere con l'elmetto dei minatori. Inoltre, permette di acquistare libri in quantità senza dover rispettare gli orari di apertura di uno store e di leggere quei libri imbarazzanti come "50 Sfumature" senza correre il rischio di ricevere occhiate di biasimo dalle altre persone.
Ma è bene ricordare che leggere un libro cartaceo stimola i sensi, non necessita di essere spento in aereo in fase di decollo e atterraggio e non si scarica, infatti può essere letto anche su un'isola deserta senza energia elettrica.
Nonostante i pro e i contro, ahimè, sembra di essere destinati a convertirci ai nuovi strumenti digitali.
Già immagino quel momento in cui internet non funziona e saremo costretti a riprendere un libro cartaceo ed esclamare "Mi sembra essere tornato indietro all'anno 1840!" o ancora "Ho dimenticato il mio Kindle a casa. Mi toccherà leggere un libro di carta. Mi sembra di viaggiare indietro nel tempo nel 2008!".
In ogni caso, è bene farlo senza perdere le care vecchie abitudini e quindi utilizzare le nuove tecnologie con uno stile retrò, del tipo girare le pagine del Kindle comunque inumidendosi i polpastrelli!



Paper or technology, *who resist?*

Inglese

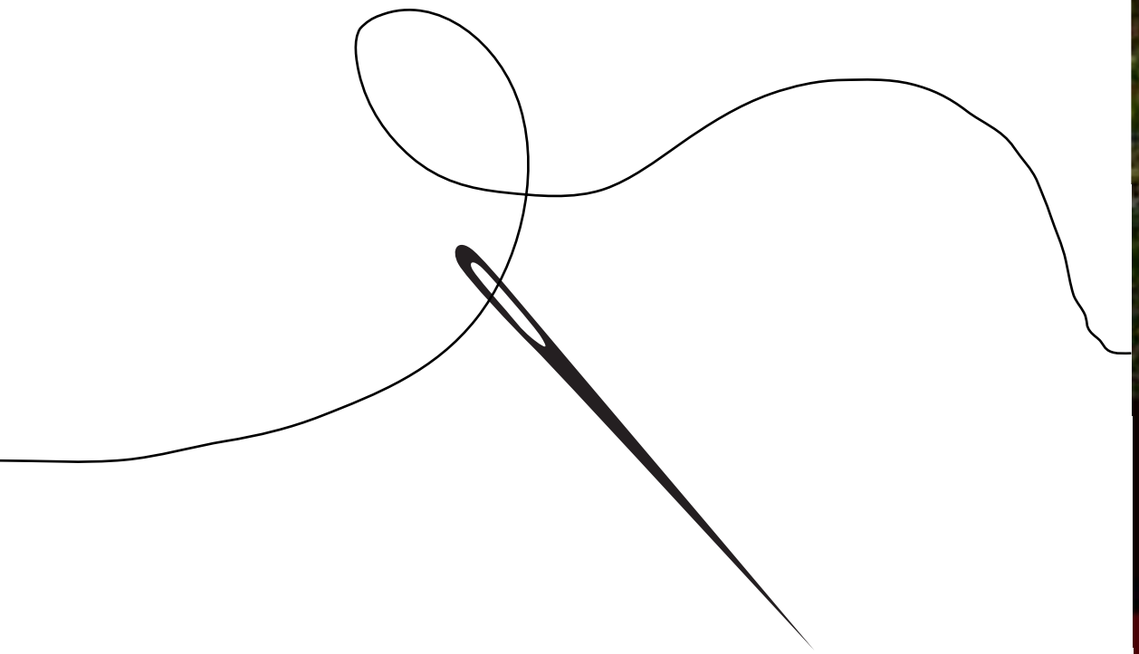
One day, a person tired of dusting a bookshelf full of books, had an idea and said, “Why not put these books on a single electronic device ?!”. Thus, it was born the ebook!
The ebook is a book, but in digital format.
Now, I wonder: “In a world so technological, what Italians prefer: the paper book or ebook?”
I am not against progress, but I just can’t accept the existence of the ebook. I like the book as object. I like to see in the home library. I like to see the growing library full of books and I confess that I smell a book always just buy it, but I think it’s a reflection animal, a prehistoric legacy that remained to me.
But I must admit that buy an ebook is less expensive, it also allows you to read in the dark, which for the moment our eyes don’t allow us to do with a book, unless we begin to read with helmet of miners. Also it lets you buy books in quantity without having to respect the opening hours of a store and read those embarrassing books as “50 Shades” without running the risk of receiving glances of disapproval from other people.
But remember that reading a paper book stimulates the senses, it doesn’t need to be turned off by plane on takeoff and landing, and not discharge the battery, it can also be read on a desert island without electricity.
Despite the pros and cons, alas, it seems to be destined to be converted to the new digital tools. Already imagine that moment when the internet doesn’t work and we’ll have to take a paper book and exclaim “I seem to have returned back to the year 1840!” Or “I forgot my Kindle at home. I’ll read a paper book. I seem to travel back in time in 2008! “.
In any event, it should do so without losing the dear old habits and then use the new technologies with a retro style, like turning the pages of the Kindle still wetting fingertips!

كتاب أو تكنولوجيا؟ من سيظل؟

عندما قلق الإنسان من مسح الغبار من على المكتبة فكر في جمع جميع الكتب!
في جهاز رقمي و هكذا نشأ الإي بوك.
الإي بوك هو في الأصل كتاب و لكنه كتاب الكتروني.
الآن انا أتساءل ماذا يخيرون الإيطاليين من بين الكتاب والإي بوك؟
أنا لست ضد التقدم التكنولوجي و لكن لم استطيع تقبل فكرة الإي بوك.
انا احب الكتاب؛ أحب رؤيته على المكتبة و أحب
و لكن يجب علي أيضا الاعتراف بأن اشتراء الإي بوك يتكلف أقل من اشتراء الكتب
من المكتبات و هو أيضا يمكننا من القراءة في الليل وعلاوة على ذلك فإنه يسمح لنا باشتراء الكتب
فأي وقت من غير انتظار أوقات عمل المكتبات و ايضا يمكنن
ا من اشتراء الكتب المحرجة من غير تلقي نظرات اللوم.
و لكن يجب أيضا القول أن قراءة كتاب عادي يقوي الحواس و خصوصا
أنه لا يجب غلقه قبل الإقلاع أو الهبوط في الطائرة و ايضا لا يحتاج
إلى شحن البطارية و لذلك يمكن قراءته حتى و لو كنا في جزيرة مهجورة من غير طاقة كهربائية.
و على الرغم من جميع سلبياته و ايجابياته يبدو أننا أصبحنا كلنا متوثرين جدا بعالم التكنولوجيا.
فأنا أتصور عندما لا تشتغل الإنترنت بسبب خلل تقني و يجب علينا قراءة كتاب عادي
كيف سنستغرب و يبدو لنا انا عدنا إلى عام 1848!
أو عندما ننسى الإي بوك في المنزل و نقول :
يجب علي القراءة كتاب عادي كما لو أن الوقت عاد بي إلى عام 2008"!
على أي حال يمكننا استعمال الإي بوك والاحتفاظ أيضا بالعادات القديمة مثل لعق
الأصابع عندما نريد قلب صفحة الإي بوك.

جوزي

CREATION



CLAUDIA FELLINE

Talent Report

Alessandro Sellaretti

Il nostro ultimo scambio di email risale a due giorni prima della notte dei Golden Globe, poco prima di prendere l'aereo diretto a Los Angeles. L'attrice Jennifer Lawrence salirà sul palco per ricevere il premio nella categoria miglior attrice, indossando un magnifico abito rosso che lascia i fianchi scoperti ideato da Alessandro Sellaretti, responsabile per la Haute Couture di Christian Dior. Si resta colpiti dalla personalità ecclettica e dall'autoironia che caratterizzano il suo stile narrativo. Alessandro nasce e vive fino a 18 anni a Pordenone, in Friuli Venezia Giulia, dove segue gli studi classici parallelamente a quelli musicali dedicati al pianoforte. Fino dalla giovane età ha l'opportunità di viaggiare in tutta Europa, quasi sempre accompagnato da una nonna di proustiana memoria e a 19 anni, dopo un'audizione di pianoforte a San Pietroburgo, intuisce l'opportunità di dedicarsi alla Moda. Consegue il diploma in fashion design presso lo IED ModaLab di Milano in cui, immediatamente dopo, viene ingaggiato come docente di storia del Costume e della Moda, attività che proseguirà per i successivi 6 anni circa, parallelamente al lavoro di designer. Dopo aver lavorato per Dolce&Gabbana e Gucci in Italia, si trasferisce a Parigi presso Givenchy come e in seguito dove attualmente lavora. Sporadicamente prosegue l'attività di conferenziere e non demorde dal primo amore continuando a frequentare il conservatorio russo di Parigi.

- Quando è nata la passione per la moda?

In realtà non credo di avere una "passione per la moda". Ho sempre avuto la passione per la ricerca estetica in tutti i campi, senza tregua. La moda come l'architettura o il design d'interni o qualsiasi arte applicata sono espressioni declinate al quotidiano dello stesso bisogno assoluto di Bellezza e di espressione personale che ha spinto altri a comporre della musica o a dipingere ecc. Mi viene in mente una frase di Madelaine Castaing che giustamente affermava di creare degli interni come altri creavano dei poemi. Ci sono milioni di diversi motivi per cui ci si può appassionare alla Moda, tra i miei, a parte il gusto per ricerca e creazione, figurano sicuramente l'interesse per la comprensione della realtà passata ed attuale. La Moda, la storia della Moda e del Costume, l'analisi dei mercati della Moda sono indicatori naturali della società nelle diverse epoche ed aree geografiche, ieri come oggi.

- Qual è stata l'opportunità che nel tuo percorso lavorativo ha segnato una svolta decisiva?

Penso tutte quelle che ho avuto, di tutte le esperienze che ho fatto finora credo che nessuna avrebbe avuto senso o anche possibilità di esistere senza le precedenti. Molte di queste sono state dure ma sempre utili. Quello che sicuramente mi ha colpito è che la grande opportunità di trasferirmi a Parigi sia arrivata per caso, non cercata e anzi vissuta in quel momento quasi come una seccatura… se è vero che c'è un destino per ciascuno di noi penso che il mio sia molto più giudizioso di me…

- Ricordi l'apprezzamento e la critica che sono stati il punto di partenza per un nuovo impegno?

Le critiche e gli apprezzamenti sono accessori per la crescita, il punto di partenza per ogni nuovo impegno è già dentro di me. Sono disciplinato, ferreo, non sopporto chi si lamenta e vede ostacoli in tutto. Certo i limiti esistono ma quello è un altro discorso. Ho fama di essere duro con gli assistenti ma poi mi ringraziano perché capiscono che il vero motore è dentro loro stessi non all'esterno ed è mettendolo in moto che si può contrastare la mediocrità dilagante di oggi.

- Chiudendo gli occhi prova a descriverci la tua quotidiana postazione di lavoro

Casino.

- Attualmente lavori in Francia, dopo aver sviluppato parte della carriera in Italia, quanto influenza la tua nazionalità nella tua produzione?

Ho avuto la fortuna non tanto di nascere e crescere in Italia ma di farlo con dei genitori che mi hanno insegnato ad amare il mio Paese, la sua storia e la sua immensa cultura. Sono molto orgoglioso non di essere Italiano ma di essere "Italiano consapevole". Allo stesso tempo mi considero un figlio di Francia, amo profondamente questo paese e tutta la sua cultura e paradossalmente mentre trovavo in Francia la parte di me che ancora cercavo, ho iniziato ad apprezzare ancora di più e in modo diverso l'Italia. "Tornare" ma vivendo una dimensione più letteraria da "Viaggio in Italia" quasi. O almeno l'importante è crederci…

- Un suggerimento che avresti voluto quando eri un neofita del mondo del lavoro e della moda?

Essere meno testardo e più accondiscendente ma forse è proprio quello che mi ha permesso di andare avanti. Chi sa…

- Qual è l'elemento che contraddistingue i tuoi abiti?

L'aura di chi li indossa, è uno dei principi fondanti del mio lavoro direi. Amo molto osservare le persone, soprattutto quando sono inconsapevoli, si possono capire moltissime cose.

- Le tue creazioni sono state indossate in occasione dei red carpet più illustri, qual è stato il personaggio che negli anni ha lasciato il segno?

Tra tutte le personalità con cui ho avuto la possibilità di lavorare quella che penso di preferire non è da red carpet ed è la Duchessa di Cornovaglia, Camilla. Per quanto abbia avuto un accesso limitato nella durata alla sua presenza ho percepito un'energia particolare, ha un carisma stupefacente.

- Chi vorresti che indossasse una tua creazione?

Le persone a cui voglio bene.

- In un lavoro creativo come il tuo dove trai l'ispirazione per nuove idee?

Dalla conoscenza del passato e dalla curiosità per il presente.

– Qual è il tuo look preferito?

Qualsiasi, purché funzioni su chi lo indossa. La bravura è tutta nel saper scegliere.

– Cosa non dovrebbe mancare nell'armadio di una donna che ha voglia di sentirsi una celebrity?

Che mi chiami e ne riparliamo di persona. Per iniziare suggerirei cosa NON avere, e guardandomi attorno ultimamente mi pare che sia questo il consiglio da dare. Attenzione non è una questione di mezzi finanziari ma di gusto.

– Si è spesso proiettati nel futuro, quali sono i tuoi prossimi obiettivi?

Continuare a dedicarmi sempre di più a progetti d'interni e ai miei interessi in generale, tra cui il pianoforte e uscire vivo dalle Variazioni Goldberg. Poi molte altre cose che non ho voglia di dire, uno dei più grandi comunicatori di successo di tutti i tempi disse "chi mi ama mi segua", no? Oggi c'è pure Instagram…

Talent report.
Alessandro Sellaretti.

Inglese

Our latest exchange of emails dates back to two days before Golden Globes night, shortly before taking a plane to Los Angeles. The actress Jennifer Lawrence will appear onstage to accept the award for best actress, wearing an amazing red gown with cut-away sides designed by Alessandro Sellaretti, responsible for Christian Dior Haute Couture. You get impressed by the eclectic personality and by the self-mockery characterizing his narrative style. Alessandro was born and lived in Pordenone until he was 18 years old, in Friuli Venezia Giulia, were he pursued his classic studies simultaneously with the musical ones dedicated to the piano. Since an early age he had the opportunity to travel around Europe, most of the time accompanied by a grandmother of proustian memory and at 19 years old, after a piano audition in Saint Petersburg, he sensed the opportunity to dedicate himself to Fashion. He obtained a degree in fashion design at IED ModaLab in Milan where, right after, he was hired as teacher of Costume and Fashion history, activity that he continued for the next 6 years, simultaneously with his job as a designer. After having worked for Dolce&Gabbana and Gucci in Italy, he moved to Paris at Givenchy where he is currently working. He sporadically continues the activity as a lecturer and does not give up on his first love continuing to attend the Russian Conservatory of Paris.

When was your passion for fashion born?

Actually I don't think I have a "passion for fashion". I've always had a passion for the esthetic search in every field, unremittingly. Fashion as well as architecture or interior design or any applied arts are expressions stated daily of the same absolute need of Beauty and personal expression that motivated other people to compose music or to paint etc. It comes to mind a quote by Madeleine Castaing who rightly affirmed that she created interiors just like other people created poems. There are millions of different reasons why a person can develop a passion for Fashion, among mine, apart from the enthusiasm in searching and creating, there are surely the interest in understanding past and current reality. Fashion, Costume and Fashion history, the analysis of Fashion businesses are natural social indicators in different periods and geographical areas, today as yesterday.

What was the opportunity that signed a turning point in your training path?

I think every single one that I had. Of all the experiences I had until now I believe that none of them would have made sense or even the chance to exist without the previous ones. Many of these have been hard but always useful. What definitely impressed me is that the great opportunity of moving in Paris happened by chance, unsought and actually lived in that moment almost like an hassle … if it's true that there's a destiny for each one of us I think that mine is way more judicious then me…

Do you remember of an appreciation and a criticism that have been a starting point for a new commitment?

Criticisms and appreciations are accessory for the growth, the starting point for every new commitment is already within me. I am disciplined, inflexible, I can't stand who complains and sees obstacles everywhere. Of course there are limits but that's something different. I am known for being harsh with the assistants but then they thank me because they understand that the real driving force is within themselves, not outside, and it is only by turning it on that you can combat the overflowing mediocrity of these days.

Close your eyes and try to describe us your daily workstation.

A total mess.

You are currently working in France, after having developed part of your career in Italy, how much does your nationality influence your production?

I was lucky, not much because I was born and raised in Italy but because I have parents who taught me to love my Country, its history and its immeasurable culture. I am very proud not of being Italian but of being "consciously Italian". At the same time, I consider myself as a son of France, I am deeply in love with this country and all its culture and paradoxically while I was finding in France the part of me that I was still looking for, I started to appreciate Italy even more and in a different way. "Coming back" but living a more literary dimension of "Journey to Italy" almost. Or at least what matters is believing in it…

A suggestion that you would have wanted when you were a neophyte in the worlds of work and fashion?

To be less stubborn and more compliant, but maybe it was exactly that what allowed me going forth. Who knows…

What is the element that distinguishes your dresses?

The aura of who wears them, I would say that it is one of the founding principles of my job. I really love to observe people, especially when they are not aware of it, you can understand a lot of things.

Your creations have been worn on the most famous red carpets, which was the personality who left its mark during these years?

Among all the personalities I had the chance to work with, the one that I think I prefer is not related with red carpets, she is the Duchess of Cornwall, Camilla. Although I had an access limited in time to her presence, I perceived an unusual energy, she has an astonishing charisma.

Who would you like to see in one of your creations?
The people I love.

In a creative job like yours, where do you take inspiration from for new ideas?
From knowing the past and from the curiosity for the present.
What is your favorite look?

Whatever, as long as it works on the person who wears it. The ability lies all in knowing how to choose.

What should not be missing in the wardrobe of a woman who wants to feel like a celebrity?
T*hat she would call me and we talk in person. To start I would recommend what NOT to have, and looking around recently I think this should be the suggestion to give. It is not about money, It is about taste.*

We are often projected towards the future, which are your next goals?
To keep focusing always more on interior projects and on my interests in general, including the piano and surviving to Goldberg Variations. And many other things that I don't feel like telling anyone, one of the greatest communicators of all times said : "Those who love me will follow me", right? Today we even have Instagram …

من هو الكسندر سلاراتي؟

متى ولد شغفك للموضة؟
في الحقيقة انا لا اعتقد ان لدي " شغف للموضة" بل أنا أحب البحث عن الجمال في جميع المجالات. الموضة هي مثل الفن المعماري أو هندسة الديكور أو مثل أي فن يحتاج للجمال و التعبير الشخصي. خطرت على بالي الآن جملة قالتها مادلين كامبنغ أين تقول انها تصمم الديكور الداخلي مثل ما يكتب الشعراء القصائد. لدي الملايين من الأسباب لحب الموضة إذ أن تاريخها (و تحليل اسواقها) هو مثير للتغير الاجتماعي من فترة لأخرى.

ما هي اكبر فرصة اتيحت لك و غيرت مسيرتك المهنية؟
بالنسبة لي جميع تجاربي المهنيه لديها نفس الاهميه. البعض من هم كانوا الاكثر صعوبة ولكن الاكثر إفادة مثل سفري الى باريس الذي حصل عن طريق الصدفه.

هل تتذكر النقد او التقدير الذي ساهم على انطلاق مسيرتك المهنية؟
انا لا اعتبر التقدير اكثر من اكسسوار في حياتي، فلحظة الانطلاق هي موجودة بداخلي.انا انسان متمحيط للغاية و لا أحتمل من يشكو دائما، بالطبع هناك حد لأي شيء. انا مشهور بأني صعب جدا مع مساعديني و لكنهم في ما بعد شكروني.

اغلق عينيك و تخيل مكان عملك
انا أتخيل مكان ملبئ بالفوضى.

في الوقت الحالي انت تعمل في فرنسا فكيف أثر كونك ايطالي على عملك؟
انا محظوظ جدا لاني ولدت و عشت في ايطاليا و ايضا لأن والداي علموني حب و احترام بلدي المليئ بالتاريخ و بالثقافة. انا فخور بكوني " ايطالي واع" و في نفس الوقت انا اعتبر نفسي ابن فرنسا فأنا أحب جدا هذا البلد و احترمه.

ما هي النصيحة التي أردت أن تتلقاها عندما بدأت في العمل في هذا المجال؟
بالتأكيد أن لا اكون عنيد هكذا و لكن، في الحقيقة، العند ساهم في نجاحي في عملي .

ما هو العنصر الذي يميز ملابسك؟
بالتأكيد هي الهالة التي تميز هم، انا احب مرافقة الأشخاص عندما يكون ساهون لأن بهذه الطريقة يمكن فهم الكثير عنهم.

اخترت تصميماتك لارتدائها في عدة المناسبات الهامة فمن هي الشخصية التي تركت بصماتها؟
من بين جميع الشخصيات المهمة التي تعرفت عليها انا أفضل كاميلا دوقة كورنوول. فهذه المرأة هي مليئة بالجاذبية.

من هي الشخصية الشهيرة التي تريد أن تلبس تصميماتك؟
الأشخاص الذين أحبهم.

ما هو مصدر الهامك؟
الهامي يصدر من معرفتي للماضي و فضولي لعيش الحاضر.

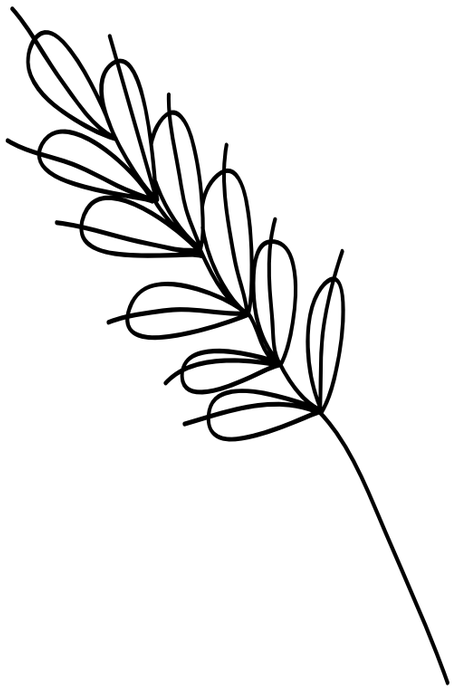
ما هو تصميمك الذي تفضله؟
لا أفضل أي تصميم، المهم أن يكون جميل على من يرتديه.

حسب رأيك ما هو الاكسسوار الذي لا يمكن ان ينقص أي امرأة؟
انا أفضل الإجابة عن ما هو الاكسسوار الذي لا يجب ان تحمله أي امرأة.

ما هي برامجك المستقبلية؟
انا أريد ممارسة بعض من هواياتي مثل العزف على البيانو و الكثير من الأشياء الأخرى التي لا أريد قولها لأحد.

كلوديا الياني

INSPIRATION



CLAUDIO LIMINA

Chiaccherata con lo chef contadino:

Pietro Parisi si racconta.

Quando a diciotto anni decise di mollare tutto e partire in giro per il mondo, non fu la voglia di ricchezza a motivarlo, bensì la fame di conoscere e scoprire ciò che stava oltre confine. La sua, è la storia di un guerriero che lotta per la sua terra e che grida forte le sue origini. Uno di quei personaggi che vuole davvero fare qualcosa di buono per la gente che lo ha cresciuto.
Se oggi, per alcuni, preparare pane e pomodoro è quasi una moda, per lo chef Pietro Parisi significa rivalutare il passato e riscoprire i profondi legami della sua infanzia: come quello con la Nonna Nannina, sua vera guida e ispirazione negli anni. La ricerca della genuinità e della stagionalità sono, poi, altri capisaldi della sua cucina, definita da alcuni "cucina del ri-uso" proprio perché è dagli scarti che nascono a volte le ricette migliori.

Pietro, però, non è solamente uno chef contadino con un profondo rispetto verso la natura, egli è anche un cuoco di grande talento che ha avuto modo di formarsi alla corte di maestri del calibro di Alain Ducasse e Gualtiero Marchesi: una grande opportunità per acquisire una notevole dose di tecnica da spendere, poi, una volta rientrato a casa.

Dal 2005, infatti, Pietro Parisi gestisce il suo ristorante-laboratorio "Era Ora", con l'obiettivo di inserire il suo territorio natìo negli itinerari della buona cucina italiana. Oltre cento posti a sedere a Palma Campania, poco distante da Napoli, e un menù che propone una selezione di piatti con prodotti a km zero e materiali spesso considerati di scarto, i quali riescono a dar vita a un'emozione unica di sapori e profumi.

Per tutte queste ragioni, abbiamo voluto intercettare, incontrare e interpellare questo creativo ragazzo vesuviano al fine di farci raccontare qualcosa di più e capire il suo punto di vista sulle cose: godetevi qui di seguito la sua intervista completa!

- Brevemente, qual è stato il suo percorso per diventare chef?
Il mio percorso da cuoco è stato un girovagare per il mondo, ma le esperienze professionalmente più significative sono state quelle da Ducasse e Marchesi. Chi invece ha fatto "scoppiare" in me la voglia di fare tutto questo è stata mia Nonna Nannina, con la quale sono cresciuto nei campi di pomodori e che mi ha trasmesso amore e passione per il buon cibo.

- Cosa significa essere uno chef italiano e lavorare all'estero?
Per me, un cuoco all'estero deve necessariamente apprendere le nuove culture e conoscere i luoghi e i prodotti del luogo, ma allo stesso tempo portare la propria territorialità senza mai rinnegarla, al fine di farla conoscere a quanta più gente possibile.

- Come definisce il suo stile e la sua arte culinaria?
Semplice , emozionante , buona.

> LA CUCINA ITALIANA ALL'ESTERO È IN MOLTI CASI AFFIDATA A NON ITALIANI. COME LE GRANDI FIRME DELLA MODA E DEL DESIGN, ANCHE LE RICETTE DELLA TRADIZIONE ITALIANA VENGONO IMITATE E STRAVOLTE IN OGNI PARTE DEL MONDO A OPERA DI CUOCHI CON POCHI SCRUPOLI, MA BEN CONSAPEVOLI DEL VALORE CHE HA L'AGGETTIVO **ITALIANO** NELLA RISTORAZIONE: ECCO PERCHÉ MI CAPITA DI VEDERE SPAGHETTI AL POMODORO PREPARATI CON L'ORIGANO!

- Come crea una ricetta? Dove trova l'ispirazione?
Costruisco le mie ricette pensando in primis al territorio. Cerco sempre di trasferire al piatto tutto quello che di buono c'è intorno a me, cercando di collaborare inoltre con produttori e allevatori locali.
- Come riconosce un buon ristorante al primo colpo d'occhio?
Lo si capisce subito da come presenta il menù, con quanto amore e generosità viene raccontato il lavoro e l'impegno che ci sta dietro: anche uno spaghetto al pomodoro "decantato" nella giusta maniera diventa un piatto da re.

- Da quale area geografica provengono le sue più forti influenze in cucina?
Le mie influenze culinarie vengono direttamente dal mediterraneo e dal sud Italia, amo profondamente la Campania.

- Qual è il suo ristorante preferito?
In realtà, non c'è un ristorante preferito ma amo quei locali in cui regnano le massaie e i piatti fatti con ricette semplici, e soprattutto con prodotti tipici del territorio.

- Qual è il suo segreto per cucinare la pasta al pomodoro?
Anche qui, non c'è un segreto. Bisogna farlo con amore e utilizzare ottime materie prime.

- Cosa le piace mangiare?
Adoro mangiare il gattò di patate, la parmigiana di mia mamma, la pizza e le polpette al ragù

- Un ricordo della sua infanzia legato al cibo?
Ripenso spesso a quando a piedi scalzi correvo da mio nonno per innaffiare i campi di pomodori san Marzano. Io lo aiutavo e mangiavo, poi, quei pomodori per merenda, strappandoli direttamente dalla pianta. Forse non ritroverò mai più quel sapore, ma sono contento di aver avuto la fortuna di poterlo assaporare.

Small talk with the farmer chef: *Pietro Parisi reveals all.*

When at the age of eighteen he decided to drop everything and leave around the world, it was not the desire to make money to motivate him, but rather the desire to know and discover what there was across the border. His, is the story of a warrior who struggles for his land and asserts his origins strongly. One of those characters who truly wants to do something good for the people who raised him.

If today, for someone, preparing bread and tomato is almost a trend, for the chef Pietro Parisi it means reevaluating the past and rediscovering the deep bonds of his childhood: like the one with Grandma Nannina, his real mentor and inspiration over the years. The search for authenticity and seasonality are, also, other cornerstones of his cuisine, that some call "cuisine of reuse" precisely because it is from some scraps that sometimes come the best recipes.

Pietro, however, is not just a farmer chef with a deep respect for nature, he is also a very talented cook who's had the chance to be trained at the court of masters of the likes of Alain Ducasse and Gualtiero Marchesi: a great opportunity to acquire a remarkable dose of technique to spend, then, once he got back home.

Since 2005, in fact, Pietro Parisi has been running his restaurant-workshop "Era Ora", with the purpose of including his native territory in the itineraries of good Italian cuisine. More than a hundred seats in Palma Campania, close by Naples, and a menu that offers a selection of dishes with farm-to-fork products and materials often considered as scrap, which give life to a unique emotion of flavours and smells.

For all these reasons, we have wanted to intercept, meet and consult this creative vesuvian young man in order to tell us something more and to understand his point of view: enjoy his complete interview below!

Concisely, what was your path to become a chef?
My journey as a cook has led me around the world, but the most professionally meaningful experiences have been those with Ducasse and Marchesi. But the person who "triggered" my overwhelming desire to do all this was my Grandma Nannina, with whom I grew up in the tomato fields and who instilled in me the love and the passion for good food.

What does it mean to be an Italian chef and to work abroad?
To me, a cook abroad must necessarily learn new cultures and know the places and products of the area, but at the same time to bring his own origins without ever disown them, in order to make them known by as many people as possible.

How do you define your style and your culinary art?
Basic, touching, good.

How do you create a recipe? Where do you draw inspiration from?
I devise my recipes thinking firstly at the territory. I always try to instill in the dish everything good that surrounds me, trying also to collaborate with local producers and breeders.

How do you recognise a good restaurant at a glance?
You can easily tell from the way it shows the menu, with how much love and generosity is described the work and the dedication behind it : even a simple spaghetti with tomato sauce "praised" in a right way become a dish fit for a king.

From which region do your strongest influences in cuisine come?
My culinary influences come directly from the Mediterranean and from the south of Italy, I am deeply in

love with the Campania.

What is your favourite restaurant?
Actually, I don't have a favourite restaurant but I love those places where housewives and simple dishes reign, especially dishes made with regional products.

What is your secret to cook pasta with tomato sauce?
Again, there's no secret. You just have to do it with love and utilize excellent raw materials.

What do you love eating?
I adore eating potato gateau, my mom's parmigiana, pizza and meatballs in ragu sauce.

A childhood memory related to the food?
I often recall myself running barefoot to my grandpa to water the san Marzano tomato fields. I helped him and ate, then, those tomatoes as a snack, picking them directly from the plant. I'll probably never find that flavour again, but I'm glad I had the chance to taste it.

"ITALIAN CUISINE ABROAD
IS IN MANY CASES ENTRUSTED
TO NON ITALIANS.

AS FOR HIGH FASHION
AND DESIGN BRANDS,
EVEN THE TRADITIONAL
ITALIAN RECIPES ARE
IMITATED AND DISTORTED
IN EVERY PART OF THE WORLD BY COOKS WITH
FEW SCRUPLES,
BUT WELL AWARE OF THE IMPORTANCE THAT THE
ADJECTIVE ITALIAN
HAS IN RESTAURANT INDUSTRY:
THAT'S WHY I HAPPEN
TO SEE SPAGHETTI
WITH TOMATO SAUCE
PREPARED WITH
OREGAN!"

حوار مع بياترو باريزي

عندما، في سن 18، قرر مغادرة بلدته لم يكن بسبب رغبته في أن
يصبح ثري بل ليكتشف العالم. حكايته هي حكاية محاوب يريد الدفاع عن
أرضه و أصله إذ أنه، بالفعل، يريد فعل أي شيء من أجل بلدته.
و إذا كان الطهو بالنسبة إلى بعض الأشخاص مجرد موضة فإن الطبخ بالنسبة إلى
الشاف بياترو باريزي هو إحساس قوي يربط حاضره مع ماضيه إذ أنه يتذكره بطولته و يتذكره أيضا بجدته التي كانت مصدر
الهامه في المطبخ. فالبحث المتواصل على مكونات صحية هو مصدر نجاح مطبخه الذي يتميز بإعادة إستعمال المكونات.
بياترو هو طباخ من اصل فلاح و لذلك فهو يحب جدا الطبيعة و يحترمها، و
هو أيضا من أهم الطباخين إذ أنه تعلم على يدين أكبر الطباخين في العالم مثل الان دوكاس و غوالتيارو مركزي .
في 2005 اداري مطعمه "الري أوري " حيث يستعمل مكونات صحية و محلية.
مطعم الشاف بياترو موجود في مدينة بالما كامبانيا الموجودة في ضواحي
مدينة نابولي و هو يحتوي على أكثر من 100 مقعد .
و لجميع هذه الأسباب أردنا المحاورة مع الشاف بياترو و معرفة وجهة نظره.
-باختصار كيف كانت مسيرتك حتى أصبحت طباخ؟
مسيرتي في المطبخ نشأت من فضل سفري المتواصل، أما تجاربي الأكثر
أهمية كانت مع دوكاس و مركازي. حبي للمطبخ ولد بفضل جدتي التي
ربتني بين حقول الطماطم و علمتني تقدير الطعام.

-ماذا يعني بالنسبة لك ان تكون طباخ إيطالي و تشتغل بالخارج؟
حسب رأيي أن اي طباخ في الخارج يجب عليه تعلم عادات الآخرين و خاصة معر
فة المنتوجات التي تشتهر بها تلك البلدان، و في نفس الوقت يجب عليه أن يعرف الأخرين بتقاليده و عاداته.

-كيف تصف طريقة طبخك؟
بسيطة و مثيره و لذيذة .
-كيف نشأت وصفاتك؟ و ما هو مصدر الهامك؟
وصفاتي نشأت من الأماكن حيث كنت موجود إذ اني أستعمل دائما في مطبخي مكونات
محلية فقط و لذلك أن أضع في الطبق كل ما هو لذيذ و يوجد حولي و لذلك أتعامل مع المزارعين المحليين .

-كيف تعرف من أول نظرة اذا كان المطعم مميز أم لا؟
يمكن التعرف عليه حتى من خلال قائمة الطعام و ايضا من طريقة تقديم الطبق، فحتى
طبق بسيط مثل المعكرونة يمكن ان تطبخ و تقدم بشكل جيد و تكون مناسبة حتى إلى ملك.
-ما هي المدن التي أثرت كثيرا على طريقتك في الطبخ؟
بالتأكيد جنوب إيطاليا فأنا أحب جدا كامبانيا .

-ما هو المطعم المفضل لديك؟
في الحقيقة ليس لدي مطعم مفضل، انا أفضل جميع المطاعم
التي تستعمل مكونات بسيطة و خاصة محلية .
ما هو سرك في طهو المعكرونة مع صلصة الطماطم؟
لا يوجد أي سر بل يجب طهو هذا الطبق باستعمال مكونات طازجة و محلية.

-ما هو طبقك المفضل؟
أنا احب جدا أكل البيتزا و الطعام الذي تحضره أمي .
هل يمكن أن تروي لنا ذكرى لطفولتك مرتبطة بالطعام؟
أنا أتذكر عندما كنت اذهب مع جدي إلى حقول الطماطم في سان مرسان
و لاسقيها ثم أكل حبات الطماطم في وقت النجمة. بالتأكيد ذلك الوقت أن يعود و لكني فرح جدا لاني عشته.
-في الخارج كثير من الطباخين الأجانب يطهون اطباق إيطالية. و كما يحدث من
تقليد في مجال الموضة و التصميم حتى وصفات الطبخ تقلد في جميع أنحاء
العالم من قبل طباخين من غير متميز، انا متأكد انهم يعرفون جيدا أهمية
كلمة إيطالي في مجال الطبخ؛ و لذلك رأيت من يطبخ المعكرونة مع صلصة الطماطم معلبوخة بالسعتر" !

كلاوديو لامنا

WOMEN

FRANCESCA FAUSTI

Intervista a Sonia Grispo di trend and the city.

Blogger, Web editor e scrittrice appassionata di fotografia Sonia Grispo catanese di nascita si è trasferita da poco da Roma a Milano e con il suo blog Trend and The city è una delle prime ragazze che ha fatto del suo blog un vero e proprio lavoro.
Costanza, tenacia , professionalità e attitudine . La pazienza, il tempismo e crederci hanno fatto in modo che oggi lei e sua sorella Valentina siano tra le **it-blogger** più seguite nel panorama della rete italiana.
L'abbiamo intervistata mentre era fuori per un viaggio di lavoro a Dubai e aggiungo personalemnte tra le sue immense qualità la gentilezza, l'entusiasmo e la spontaneità.

- Ciao Sonia ,come e quando è nata l'idea di Trend and The City?
Ho sempre amato scrivere e usare il web per comunicare. Nel 2008 ho deciso di unire le due cose e creare un blog diverso da quello che già avevo (che era il classico diario personale) ed il risultato è stato un blog di moda, tendenze e lifestyle con notizie, curiosità e novità, esperienze di shopping e di viaggio, appunti tecnologici. Soprattutto uno spazio in continua crescita che non è autoreferenziale, ma rivolto a tutti.

- Quando hai capito che il tuo non era più un semplice blog ma un lavoro?
Quando ho concretamente iniziato a lavorare attraverso il blog: firmare contratti, discutere progetti, fare riunioni per sviluppare idee con brand che erano interessati al mio modo di vivere le esperienze a cui partecipavo, quando ho pubblicato i miei primi due libri e quando sono diventata economicamente indipendente, tanto da poter fondare una società con mia sorella Valentina.

- La tua fonte d'ispirazione?
Valentina, mia sorella. Quando studiava all'Università la vedevo di notte restare alla scrivania mentre io ero a letto - condividevamo la stanza - e lavorare agli articoli da consegnare. Voleva diventare giornalista e lo ha fatto, voleva avere una rivista tutta sua e insieme l'abbiamo creata. È una persona determinata ma al tempo stesso sempre aperta a rivedere le sue scelte e a discuterne con le persone di cui si fida professionalmente.

> SE AVETE INTENZIONE DI LAVORARE SUL WEB, GUARDATEVI INTORNO E INDIVIDUATE QUELLO CHE NON C'È.
> IL WEB È SATURO, SE VOLETE TROVARE UN VOSTRO SPAZIO PENSATE A QUALCOSA DI NUOVO.

- La parte più divertente del tuo lavoro?
Viaggiare e superare ogni volta limiti che credevo insuperabili. Conoscere migliaia di persone nuove ogni anno in diverse occasioni, esperienze e parti del mondo. Se penso che otto anni fa mi preoccupava dover prendere un aereo per Milano da sola e ora sono in viaggio fra Dubai e l'Oman con persone che non avevo mai visto prima... È un lavoro eccitante.

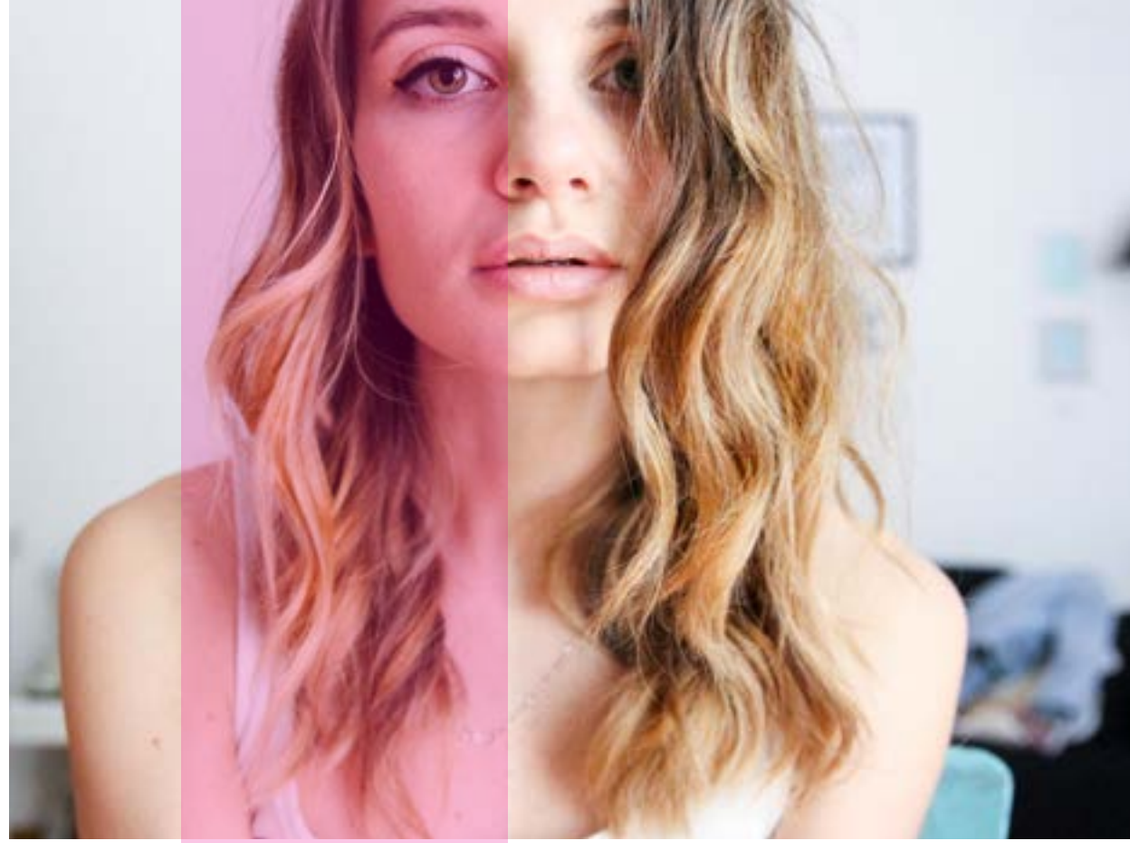
-Il tuo accessorio must-have?
Una mini bag (e il carica-batterie extra per lo smartphone)

-Il tuo accessorio di design per la casa?
Attualmente sono in fissa con tutto ciò che si illumina: lettere, simboli, segnali, frasi e Seletti in questo è sempre una certezza.
-Un viaggio da ricordare?
Cape Town, mi ha cambiata come persona. Mi ha fatto scoprire di essere più forte fisicamente e spiritualmente di quel che pensassi.

- Catanese di nascita, hai vissuto a Roma e adesso vivi a Milano. Puoi rivelarci per ogni città uno dei tuoi indirizzi segreti?
A Catania il chiosco Giammona di Piazza Umberto per il seltz: limone e sale o mandarino e limone.
A Roma Porto Fluviale per il suoi tris di burger o i cicchetti di pasta.
A Milano Mantra Raw Vegan per mangiare sano e "bello".

- Nella tua esperienza di blogger professionista che consigli ti senti di dare?
Come dico sempre: se avete intenzione di lavorare sul web, guardatevi intorno e individuate quello che non c'è. Il web è saturo, se volete trovare un vostro spazio pensate a qualcosa di nuovo.

- Come ti vedi da "grande" e come vedi l'evoluzione del blogging?
Sono stata definita pioniera del blogging perché ho iniziato quando di blog ce n'erano davvero pochi e nessuno di questi rappresentava un lavoro, oggi chi apre un blog sa già qual è il suo obiettivo e si è persa molta spontaneità. Non so quale sia il prossimo passo, vorrei poterlo vivere con la stessa spontaneità con la quale ho iniziato ma poi con professionalità.



Trend and the city.

Writer keen on photography Sonia Grispo is native of Catania, she moved recently from Rome to Milan and with her blog “Trend and The city” is one of the first girls who turned her blog into an actual job.
Perseverance, tenacity, professionalism and aptitude. Patience, timing and believing in it have made she and her sister Valentina to be among the most followed blogger in the Italian web overview.
We interviewed her while she was away for a business trip in Dubai and I can personally add to her immense qualities the politeness, the enthusiasm and the spontaneity.
Interview by Francesca Fausti for SpaghettiMag.

Hi Sonia, how and when the idea of Trend and The City was born?
- I’ve always loved writing and using web to communicate. In 2008 I decided to join the two things and to create a blog different from the one I already had (which was the classic personal diary) and the result has been a blog about fashion, trends and lifestyle with news, interesting facts and newness, shopping and travel experiences, technological notes. Above all a constantly growing space which is not self-referential, but addressed to everybody.
When did you realize that yours was not a simple blog anymore but a job?
- When I concretely started to work through the blog: signing contracts, discussing projects, having meetings to develop ideas with brands that were interested in my way to live the experiences I took part, when I published my first two books and when I became economically independent, so much so that I founded a company with my sister Valentina.
Your source of inspiration?
- My sister Valentina. When she was studying at University I saw her staying at the desk all night long while I was in my bed – we shared the room – and working at the articles to be delivered. She wanted to become a journalist and she did it, she wanted to have an her own magazine and we created it together. She’s a resolute person but at the same time always opened to reconsider her choices and discuss about them with the people she trust professionally.

The funniest part of your job?
- Travelling and going every time beyond limits that I thought to be insurmountable. Meeting thousands of new people every year in different situations, experiences and parts of the world. If I only think that eight years ago I was worried about taking a plane to Milan alone and now I am travelling between Dubai and the Oman with people I’d never seen before … It’s an exciting job.
Your must-have accessory?
- A mini bag (and an extra power bank for the smartphone).

Your home design accessory?
- I am currently obsessed with everything that lights up: letters, icons, signals, phrases and Seletti is always a certainty in this field.
A trip to remember?
- Cape Town, it changed me as a person. It made me discover that I was physically and spiritually stronger than I thought.
You were born in Catania, you've lived in Rome and are now living in Milan. Could you tell us for each city one of your secret addresses?
- In Catania the kiosk "Giammona" in Piazza Umberto for the seltz: lemon and salt or mandarin and lemon.
In Rome "Porto Fluviale" for his trio of burgers or the tastes of pasta.
In Milan "Mantra Raw Vegan" to eat healthy and "beautiful".
In your experience as a professional blogger which advice do you feel to give?
- As I always say: if you intend to work on the web, look around and identify what's not there. The web is saturated, if you want to find your own space think about something new.
How do you see yourself when you "grow up" and how do you see blogging evolution?
- I have been defined blogging pioneer because I started when there were a very few blogs and none of them represented a job, today a person who opens a blog already knows which is his target and much of the spontaneity has gone lost. I don't know what might be the next step, I would like to live it with the same spontaneity with which I started but then with professionalism.

حوار مع سنية قريسبي صاحبة "تراند آند ذو سيتي"

سنية هي كاتبة و محررة عن طريق الواب و محبة للتصوير الفوتوغرافي، ولدت في كاتانيا و لكنها عاشت في روما ثم في ميلانو حيث أنشأت البلوق "ترند أند ذو سيتي" الذي جعلت منه عملا حقيقيا و مدخل رزق.
المثابرة و الصبر ساعدوا سنية و أختها فالنتينا لتحقيق أحلامهما حيث أصبح بلوقهما الأكثر اتباع في إيطاليا.
أجرينا حوارا مع سنية و هي في دبي.

أهلا سنية مني و كيف أتتك فكرة إنشاء "ترند أند ذو سيتي"؟

منذ صغري كنت أحب الكتابة و عالم الواب. في 2008 قررت التوحيد بين هواياتي و انشاء البلوق مختلف عن بلوقي السابق (الذي لم يكن إلا مذكراتي الشخصية) و النتيجة كانت عبارة عن بلوق يتحدث عن الموضة والأزياء و اللايف ستايل و التكنولوجيا و هذا البلوق هو فضاء خرجه للجميع إذ أنه يواصل النشر كل يوم.

متى فهمت انه يمكنك تحويل البلوق إلى عملك الرئيسي؟

عندما بدأت في توقيع عقود و مناقشة مشاريع و المشاركة في اجتماعات لتطوير أفكاري مع علامات تجارية مهمة بالتجاري، و خصوصا عندما أصبحت مستقلة ماليا و انشر اول كتابين لي و هذا أتاح لي الفرصة لتكوين شركة مع اختي فالنتينا

ما هو مصدر الهامك؟

مصدر إلهامي هو اختي فالنتينا. عندما كانت طالبة جامعية كنت أشاهدها و هي تكتب المقالات في الليل التي يجب تسليمها في الصباح. كانت تريد أن تصبح صحفية و بالفعل أصبحت صحفية، كانت تريد أن تنشأ مجلة و مع بعض انشأناها. فهي انسانة حازمة و لكن في نفس الوقت منفتحة و قابلة لسماع آراء الآخرين و حاسمة لمراجعة اختياراتها.

ما هو الجزء الأكثر متعة في عملك؟

بالتأكيد هو السفر. التعرف على الآلاف من الأشخاص كل عام في أماكن مختلفة من العالم. قبل ثماني سنوات كنت أخاف السفر الى ميلانو لوحدي و الآن انا في سفر بين دبي و عمان مع أشخاص لم أعرفهم قبل الآن... إنه عمل مثير للغاية.

ما هو الاكسسوار الذي تحمليه دوما معك؟

حقيبة صغيرة لحمل شاحن بطارية جوالي.

و ما هو الاكسسوار لمنزلك؟

الآن انا أحبذ كل ما هو يحتوي مثل الحروف و الجمل و العلامات.

ما هي أهم رحلة قمت بها؟

رحلتي إلى كاب تاون غيرتني بالفعل فقد جعلتني أدرك اني كنت أقوى جسديا و روحيا مما كنت أتصور.

لقد ولدت في كاتانيا و عشت في روما ثم في ميلانو فهل يمكنك أن توحي لنا بعناوينك السرية في هذه البلدان؟

في كاتانيا هو في كشك "جاموزا" في ساحة أمبرتو 1.
في روما : في المقهى النهري المشهور بالهامبورغر و المعكرونة.
في ميلانو في مطعم "أمانتورا زار فيلان" المعروف بكعكاته الصحية.

بطالبة محررة واب محترفة ما هي النصيحة التي تريدين ان تعطيها؟

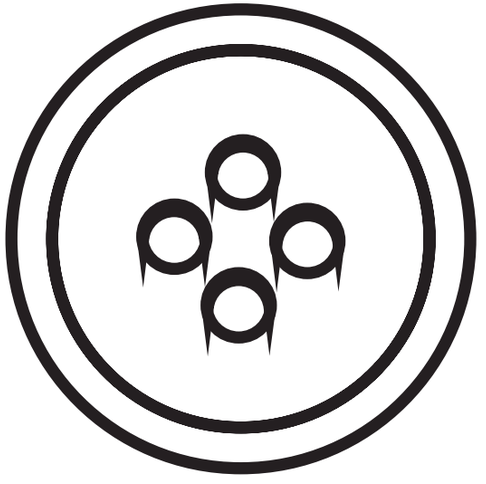
أنا أقول دائما اذا كنتم تريدون العمل عن طريق الواب يجب أن تحذروا ماهو مفقود إذ أن الواب هو عالم كامل لذلك يجب التفكير في شيء جديد و متطور.

كيف تتصورين مستقبلك و مستقبل الواب؟

عندما أنشأت البلوق كنت من الأوائل في هذا المجال، لا أعرف ما هي خطواتي المقبلة و لكني أتمنى أن تكون حلوية كما كانت بالبداية.

فرانشسكا فاوستو

TREND



EMIRA M'SAKNI E FEDERICA BAIANO

Il cappotto lungo

Ci sono solo due cose per cui amare l'inverno per le lucertole amanti del sole come me: Il Natale e i Cappotti.
Il primo per ovvie ragioni l'atmosfera, la famiglia e la corsa ai regali…Il secondo per estetica e il calore.
Non c'è altro capo capace di farci sentire amati e coccolati come il cappotto. Che sia di lana, cashmere o mohair. che sia lungo o corto, destrutturato, doppiopetto o svasato, l'abbraccio migliore è quello regalatoti dal tuo caldo e morbido cappotto.
Il Cappotto, film di "Alberto Lattuada" dedicato a questa meravigliosa creazione nel 1952, tratto dall'omonimo racconto del 1842 dello scrittore ucraino "Gogol", che narra le le vicissitudine di un funzionario pubblico e del suo a cappotto nella gelida San Pietroburgo.
Ma la fama del Capotto risale a qualche tempo prima;
Christian Dior che in pieno New Look forgia cappotto con martingala in Vita.
Balaciaga con il suo cappotto iconico con forme ampie.
Ma il Cappotto per antonomasia è quello disegnatao da Anna Maria Beretta negli anni 80 che prende il nome 101801, color cammello, di cashmere, lungo fino al polpaccio e con maniche a kimono, è la quintessenza di femminilità ed eleganza firmato Max Mara.
Nelle ultime stagione sulle passerelle si è visto un ritorno prepotente "à la mode" del cappotto lungo in tutti i colori e con mille forme e tagli.
Che dire… io amo troppo il cappotto lungo, quindi soprattutto quelli di Max Mara...
Grazie sig.ra Anna!!!

There are only two things that make winter worth loving for sun-loving lizards like me: Christmas and Coats.
The first one for obvious reasons like atmosphere, family and gift rush … the second one for esthetic and the warmth.
There is no other garment that can make us feel loved and cuddled like a coat. Whether it is in wool, cashmere or mohair. Whether it is long or short, destructured, double-breasted or flared, the best hug comes from your warm and soft coat.
"The Overcoat", a movie by "Alberto Ladduada" dedicated to this marvelous creation in 1952, based on the novel published in 1842 by the Ukrainian writer "Gogol", which narrates the vicissitudes of a public official and his coat in a freezing Saint Petersburg.
But the fame of the Coat dates back to some time ago;
Christian Dior who in New Look forged a coat with martingale at waist.
Balenciaga with his iconic oversize coat.
But the Overcoat par excellence is the one designed by Anna Maria Beretta in the 80s which is named 101801, camel-coloured, of cashmere, calf-length and with kimono sleeves, it is the quintessence of femininity and elegance marked Max Mara.
In the latest seasons we saw on catwalks a strong revival "à la mode" of the long coat in every color and with a thousand shapes and cuts.
What can I say? … I am deeply in love with the long coat, so especially the ones by Max Mara.

من هو مثلي يفضل فصل الصيف فهو يحب فصل الشتاء من أجل سببين: مولد المسيح و المعطف.
الجميع يحب هذا العيد من أجل الالتقاء بالعائلة و من أجل تبادل الهدايا...
أما بالنسبة للمعطف فالجميع يحبه بسبب جماله و دفئه.
لا يوجد لباس آخر يشعرنا بالدفئ و بالدلال مثل المعطف. فالمعطف حتى إذا كان من الصوف أو من الكشمير أو من الموهير، أو حتى إذا كان طويلا أو قصيرا أو إذا كان مزدوج الصدر فهو يبقى دائما صديقنا الوفي في الشتاء.
"المعطف" هو عنوان فيلم "البارتو لاتوادا" منتج عام 1952 و مستخلص من الرواية التي تحمل نفس العنوان و مكتوبة من قبل الكاتب الأوكراني "قوقول".
هذا الفيلم يروي أحداث حياة مسؤول حكومي مع معطفه في مدينة سان بطرسبورغ الباردة.
و لكن شهرة المعطف بدأت قبل ذلك بعدة سنين.
كريستيان ديور صمم معطف ذو المخصر العالي.
بالانتسياغا صمم معطف واسع و فخفاخ.
ولكن المعطف الرمز يبقى دائما المعطف المصمم من قبل "انا ماريا بارانى" في الثمانينيات و المسمى "101801" كان هذه المعطف بيج و مصنوع من الكشمير و كان طويل حتى تحت الركبة و لديه أكمام واسعة و فضفاضة، فهذا المعطف هو جوهرة تصميمات ماكس مارا.
و في آخر عروض الازياء رجع هذا النموذج بجميع الألوان و الاشكال ليكون من جديد رمزا في عالم الموضة.
انا احب جدا المعطف الطويل خاصة تصميمات ماكس مارا... لذلك شكرا جزيلا للسيدة أنا!

MAX MARA: Nel classico color cammello quello firmato da Max Mara è un capo che non invecchierà mai nell'armadio di ogni donna. Classico moderno, timeless e sempre chic.

MAX MARA: In classic camel color the one signed by Max Mara it is a garment that will never get old in every woman's wardrobe. Modern classic, timeless and always chic.

ماكس مارا: هذا المعطف الكلاسيكي
هو بلون بيج و هو أيضا لن يصبح ابدا قديما
لأنه كلاسيكي و حديث و دائما شيك للغاية.

FRANCESCO SCOGNAMIGLIO:
Anche Scognamiglio punta al capospalla, ampio e lungo quasi fino a sfiorare il pavimento.

FRANCESCO SCOGNAMIGLIO:
Also Scognamiglio counts on the outerwear, loose and long until nearly touching the floor.

فرانشاسكو سكونياميلو :
حتى تصميم سكونياميلو ركز
على نموذج طويل و مفخفخ.

MARCO DE VINCENZO: Tra i più creativi stilisti della nuova generazione Marco de Vincenzo lancia per la stagione invernale il suo maxi cappotto cammello con stampe a piccoli motivi geometrici in contrasto.

MARCO DE VINCENZO: Among the most creative stylists of the new generation Marco de Vincenzo launches for the winter season his camel maxi coat with prints with small geometric patterns in contrast.

ماركو دى فينشانسو :
من بين جميع مصممين الجيل الجديد
ماركو دى فينشانسو اقترح معطف
بجلد الجمل مزين بأشكال هندسية.

MOSCHINO BY JEREMY SCOTT: propone il piumino duvet per Moschino. Si ispira ai cartoni animati della serie Looney Tunes, da Bugs Bunny fino a Titti e il gatto Silvestro.

MOSCHINO BY JEREMY SCOTT: proposed the duvet coat for Moschino. Inspired by Looney Tunes cartoons, Bugs Bunny up to Tweety and Sylvester the Cat.

مسكينو باي جيرمي سكوت:
اقترح مسكينو معطف "دوفي"
و كانت الصور المتحركة مصدر
إلهام هذه التصميمات:
مثل توم و جيري و الأرنب باني.

MARNI: Copre le ginocchia anche Consuelo Castiglioni esaltando i cappotti di Marni con colori briosi. Fluido nelle linee il Long Coat dallo straordinario rosa.

MARNI: Covers the knees also Consuelo Castiglioni enhancing the coats by Marni with lively colors. It is fluid in lines the Long Coat of an extraordinary pink.

مارني: حتى كنسوالو كستليوني أراد أن تكون
الوان معطف مارني زاهية و مليئة بالحيوية.
حتى هذا المعطف يصل تحت الركبة.

CHLOE': Lo stile e' rigoroso quasi militare per Chloé che accosta i lunghi cappotti ad abiti morbidi e stivali alti con nastri di raso.

CHLOE': The style is strict, almost military, because Chloé combined long coats with loose-fitting dresses and high boots with satin ribbons.

كلوا: تصميمات كلوا هي تقريبا
عسكرية فلقد دمجت معطف طويل مع
أحذية طويلة حتى الركبة و
مغلقة بشريط من الساتان.

FENDI: il colore rosso si innesta tra le tendenze moda. Caldo e avvolgente Il long coat firmato Fendi con inserti di pelliccia.

- Total White il maxi Cappotto firmato Fendi Il modello a Uovo con allacciatura doppiopetto che supera il ginocchio.

FENDI: The color Red inserts itself in fashion trends. Warm and embracing is the long coat signed by Fendi with fur inserts.

- Total white the Fendi maxi coat. The egg pattern with double-breasted lace which passes the knee.

فانديِ: اللون الأحمر
يتناسق جيدا مع هذه الموضة.
هذا المعطف هو طويل و مزين بالفرو.
اقترح فانديِ أيضا معطف اخر (توتل وايت)
مصمم بشكل بيضوي و
هو يصل حتى تحت الركبة.

JILL SANDER: - Rodolfo Paglialunga alla sua seconda collezione per Jill Sander, immagina una donna concreta e contemporanea dove colori basic incontrano flash di tinte forti. Il long Coat verde bosco accostato audacemente ai pantaloni appena svasati in contrasco con le scarpe orange, il tutto all'insegna di un'eleganza sobria ma mai noiosa, assolutamente accattivante.
- Anche la pelliccia supera il ginocchio, si fregia di stampe astratte che donano un fascino tutto nuovo.

JILL SANDER: Rodolfo Paglialunga at his second collection for Jill Sander, imagined a concrete and contemporary woman where basic colors meet flash of strong hues. The forest green long Coat is daringly combined with barely flared pants in contrast with orange shoes, all characterized by a sober but never boring elegance, totally charming.

جيل ساندر:
تخيل رودولفو باليالونغا، للمجموعة الثانية لجيل ساندر،
امرأة معاصرة و حقيقية لذلك جعل من الألوان الأساسية أن تلتحق
بالألوان القوية و هكذا نمج معطف أخضر طويل مع سراويل واسعة و
أحذية برتقالية و هكذا تكون الموضة لائقة للالتباه و غير مملة.
و حتى الفرو أصبح طويل حتى تحت الركبة و مزين بشباعات تجريبية.

STELLA JEAN: Il cappotto fantasia lungo “con lo strascico”’ ispirato all’Himalaya indiano. La stilista di origini italo- haitiane attraversa culture lontane e contaminazioni stilistiche per approdare a un guardaroba eccentrico e variegato.

ستالا جين: هنا اقترح معطفا مصمما
بطريقة الهامالايا الهندية إذ أنه طويل و لديه قطار.
المصمم مزج في هذا التصميم عدة ثقافات مختلفة.

STELLA JEAN: The long fancy coat “with the train” inspired by the Indian Himalaya. The Italian-Haitian stylist crossed distant cultures and stylistic contaminations to achieve an eccentric and variegated collection of clothes.

FAUSTO PUGLISI: La versione pop block color di Fausto Puglisi nel suo cappotto fluo con strascico, dal taglio classico e con ampio collo rever.

FAUSTO PUGLISI: The pop block color version by Fausto Puglisi in his neon coat with train, with classic cut and loose lapel collar.

فاوستو بوليزي :
اقترح معطف كلاسيكي فلورسن
بالقطار و لديه طوق واسع.

CHANEL:Karl Lagerfeld, genio indiscusso e creativo instancabile, propone per la collezione Chanel 2015\16 un cappotto in pelo,in stile retò , lungo fino alle caviglie, morbido ed avvolgente, con bottone gioiello.

CHANEL: Karl Lagerfeld, undisputed genius and tireless creative talent, proposed a fur-lined coat, in retro style, ankle-length, soft and embracing, with jewel button.

شانيل: كارل لجرفلد،
عبقري بلا منازع و مبدع لا يعرف الكلل،
اقترح معطف من الفرو طويل حتى الكاحل و
لديه زر على شكل جوهرة.

Never grow up.

Photoraphy and Creative Direction
by Angelo Formato
Styling By Kiera Liberati
Styling Assistant Kojo Hammond
Hair Stylist Adam Garland using
Balmain Hair UK
Make up artist Ziima Yosuke Nakajima
Model Kojo @firstmodelmanagement

Shirt / River Island
Top /Orange Culture
Trousers / Orange Culture

Jacket / Samsoe Samsoe
Jumper / River Island
Bottoms / Dan & Shan

Jacket / Maison Pristine
Top / Sukie Buzzacott
Bottoms / Dan & Shan
Shoes / Julian Zigerali

Hoodie / River Island
Top/ Orange Culture
Bottoms / Orange Culture
Shoes/ Caterpillar

Shirt/ River Island
Jumper / Gloverall
Cap / Stylists own

Shirt / Dan & Shan
Bottoms / Orange Culture

NEVERWITHOUT

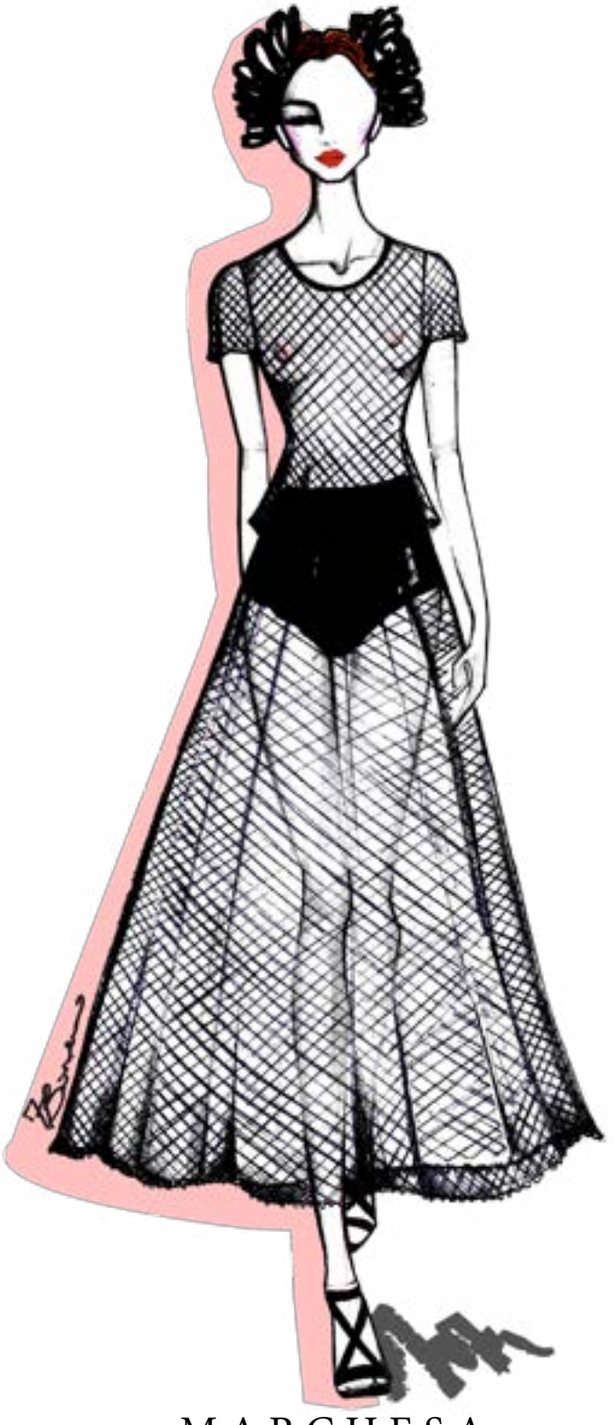
FEDERICA BAIANO

VALENTINO

Paris fashion week

PAUL SMITH

London fashion week



MARCHESA

New York fashion week

PRADA

Milano fashion week

DIOR

Tokyo fashion week

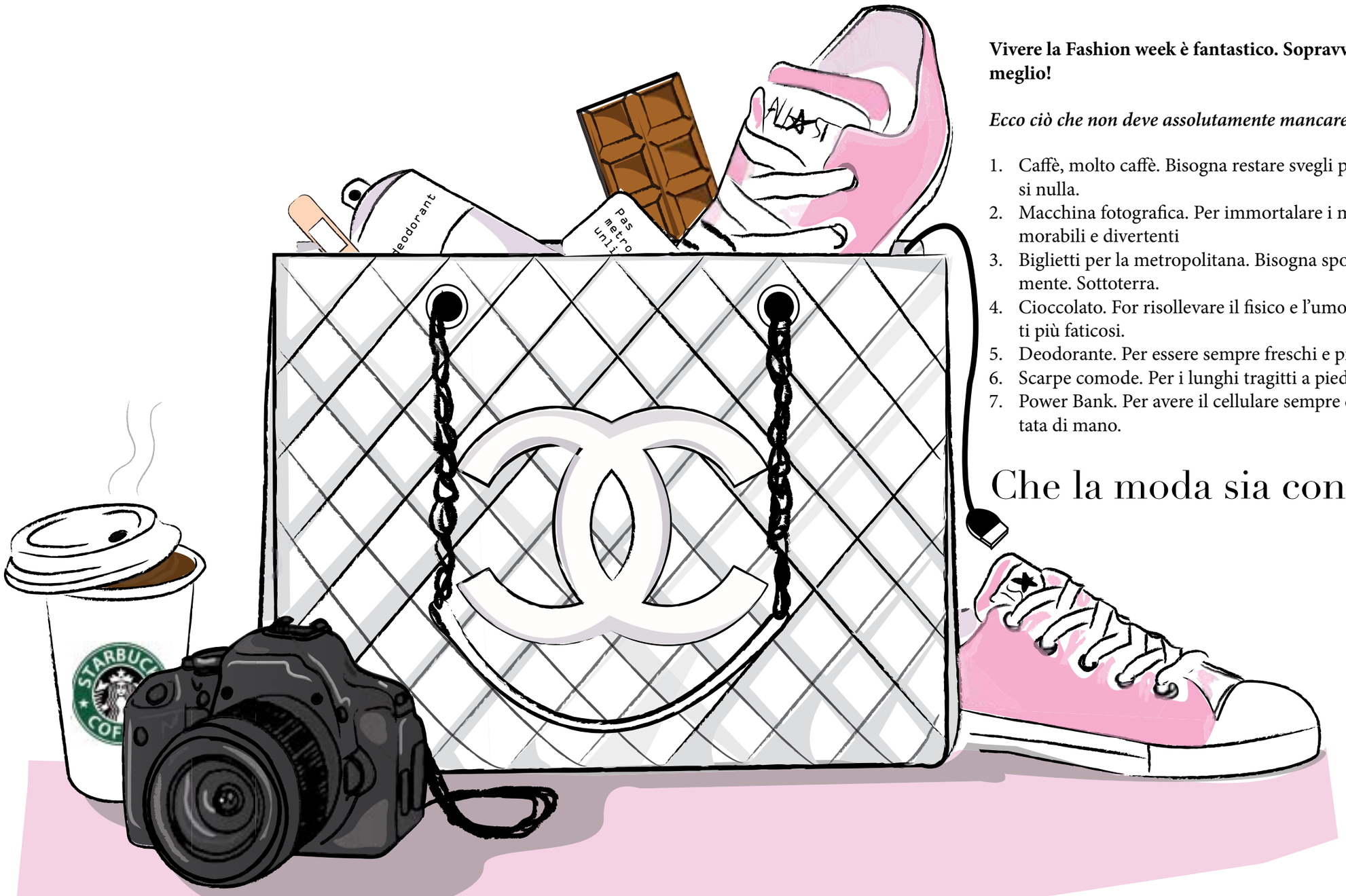
Survival kit #FW

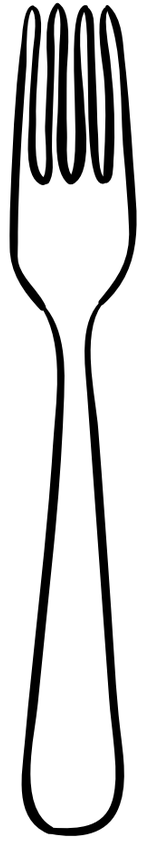
Vivere la Fashion week è fantastico. Sopravvivere è ancora meglio!

Ecco ciò che non deve assolutamente mancare nella vostra borsa!

1. Caffè, molto caffè. Bisogna restare svegli per non perdersi nulla.
2. Macchina fotografica. Per immortalare i momenti memorabili e divertenti
3. Biglietti per la metropolitana. Bisogna spostarsi velocemente. Sottoterra.
4. Cioccolato. For risollevare il fisico e l'umore nei momenti più faticosi.
5. Deodorante. Per essere sempre freschi e profumati.
6. Scarpe comode. Per i lunghi tragitti a piedi.
7. Power Bank. Per avere il cellulare sempre carico e a portata di mano.

Che la moda sia con voi!





ROSARIA ANGELINO

Una vita a colori

Vi siete mai chiesti perché la natura ha deciso di donarci frutta e ortaggi di colori diversi?
… Sono cinque i toni principali che ritroviamo in tavola… perché sono cinque i colori della salute!
Il pigmento contenuto in frutta e ortaggi è infatti una sostanza particolarmente nutritiva, indice di un preciso set di effetti benefici sull'organismo.
… La natura quindi le ha rese buone da assaporare, belle da guardare, ma anche compagne fedeli della nostra salute!
Sono i composti organici vegetali che generano i colori, denominati fitochimici, a svolgere una naturale funzione protettiva, rinforzando il sistema immunitario e contrastando l'azione dei radicali liberi. Essi si comportano come sostanze attive contro l'invecchiamento in generale e ci difendono da diverse patologie, quali diabete e problemi cardiovascolari.
… e c'è di più! Pare che la voglia che ci prende di mangiare un cibo piuttosto che un altro sia determinata in gran parte proprio dal colore, e ricerche fatte nell'ambito della psicologia sperimentale hanno dimostrato l'importanza che hanno i colori nell'influenzare il nostro comportamento alimentare. A livello psicologico la loro percezione determina differenti stati del nostro umore e diverse scelte comportamentali inconsce: il colore è programmato dentro noi stessi e possiamo far poco per controllarlo.
Oltre agli effetti psicologici, pare che i colori inducano anche degli effetti sulla fisiologia: il giallo stimolerebbe l'apparato visivo, il verde dilaterebbe i capillari inducendo un effetto sedativo, il rosso aumenterebbe la tensione muscolare e così via.
Attorno ai colori quindi esiste un mondo di significati e questo forse spiega la pratica medica alternativa costruita rispetto all'uso terapeutico dei colori, la cromoterapia, a cui ci vien voglia di associare, perché no, la cromo-dieta, che ai colori guarda soprattutto sotto l'aspetto salutistico.

Scopriamo quindi cosa mangiamo ogni giorno tenendo sempre saldo il principio fondamentale, terapeutico e stimolante, secondo cui variare quotidianamente i colori dei cibi che consumiamo, in particolare di frutta e ortaggi, è il segreto per assicurarci tutti i nutrienti necessari per il benessere della nostra salute… tra l'altro davanti ad una portata variopinta, l'umore cambia, si mangia più volentieri e l'alimentazione corretta non è più vista come una privazione, ma come la scoperta di nuovi e appetitosi piatti.

-Giallo e arancione

Quali alimenti?

Carote, zucca, melone, mango, peperoni, albicocche, ananas, prugne, banane, agrumi ecc.

Perché questo colore?

Per il beta-carotene, ben conosciuto per la sua capacità di proteggere la pelle e favorire l'abbronzatura ma forse non altrettanto famoso per essere un potente antitumorale. A questa importante sostanza vengono ascritti diversi effetti benefici per il nostro organismo: rinforza il sistema immunitario e riproduttivo, previene l'invecchiamento cellulare, ha un effetto depurativo e, contenendo le indispensabili vitamine A, B e C, è fonte di tutti gli importanti effetti ad esse annoverate.

Secondo la cromoterapia, il giallo favorisce la concentrazione, la creatività e la digestione. È il colore dell'allegria per eccellenza e a dare i toni anti tristezza sono la leucina e la zeaxantina, due sostanze antiossidanti che rinforzano la vista.

Elisir di lunga vita:

Prendete l'abitudine di bere di mattino, a digiuno, un bicchiere d'acqua tiepida con una spremuta di limone. Sarà un toccasana per il vostro benessere interiore!

ROSSO

Quali alimenti?

Barbabietole, peperoni e peperoncini, anguria, pomodori, ciliegie, fragole, mele, arance ecc.

Perché questo colore?

Per il licopene, uno dei più forti antiossidanti presenti in natura, oltre che per le antocianine. Arma contro le malattie cardiovascolari, i problemi respiratori e l'invecchiamento delle cellule, questa sostanza detiene un importante ruolo di prevenzione di tumori dell'apparato digerente e del cancro alla prostata.

Diversi studiosi ipotizzano che diminuirebbe anche l'incidenza di artrite e di alcune patologie molto diffuse oggi, tra cui il morbo di Parkinson.

Colore del dinamismo, il rosso è antidepressivo e stimola il metabolismo.

Gli alimenti rossi portano una ventata di energia alle ghiandole surrenali e al sistema nervoso autonomo. L'azione dimagrante delle sostanze contenute in questi alimenti è rinomata: esse, oltre a facilitare il drenaggio dei liquidi e la circolazione vascolare, accelerano il sistema linfatico (seconda via d'uscita delle scorie, dopo l'intestino).

Elisir di lunga vita:

E' meglio non abusare dei pomodori, alimenti acidi, ma alternarli ad altri ortaggi rossi, soprattutto nelle insalate estive.

VERDE

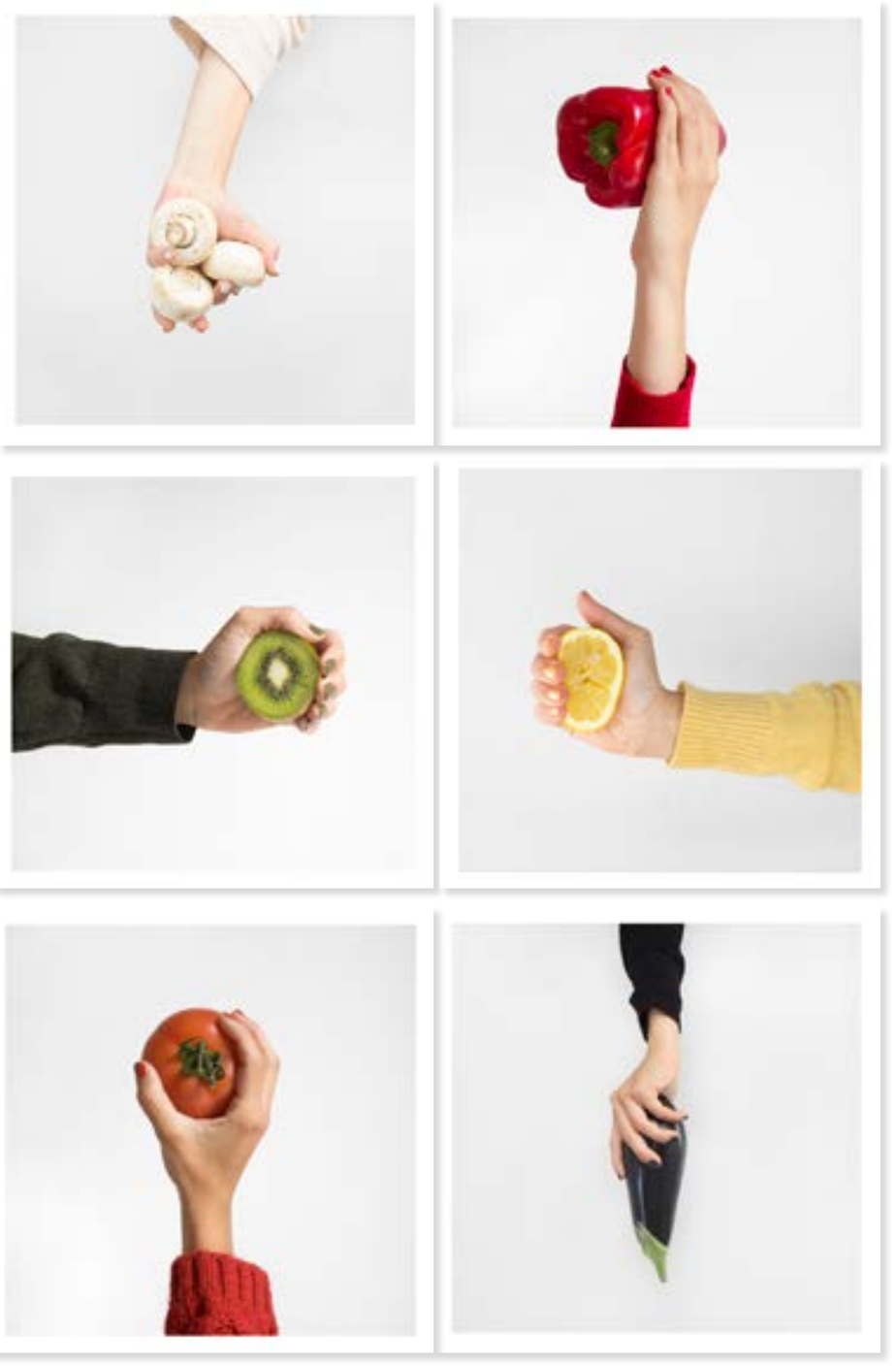
Quali alimenti?

Piselli, spinaci, broccoli, asparagi, cicoria, basilico, carciofi, prezzemolo, insalata, zucchine, ecc.

Perché questo colore?

È la clorofilla che fornisce a questi alimenti il pigmento verde.

Essi sono spesso considerati come alimenti completi (soprattutto le verdure) grazie alla miriade di sostanze benefiche contenute, tra cui il magnesio (che aiuta a regolare il metabolismo dei grassi e degli zuccheri), il selenio, i carotenoidi, la luteina, i polifenoli e la vitamina C.



Photos Judit Musachs, Mercè Alfonsea.

La clorofilla possiede una struttura molecolare molto simile a quella del sangue, difatti spesso viene soprannominata come sangue verde. Risultando come una sorta di emoglobina vegetale è antianemica e purifica il sangue, tonifica il cuore, regola il tasso di colesterolo, cicatrizza, neutralizza le tossine e normalizza la pressione sanguigna.
Il verde è il colore dell'equilibrio energetico, calmante disintossicante e persino antinfluenzale!

Elisir di lunga vita:
Sembra che iniziare un pasto con vegetali che contengono clorofilla aiuti non solo ad aumentare il senso di sazietà nel corpo ma anche ad impedire l'assimilazione di sostanze nocive (come gli insetticidi depositati sulla buccia) presenti nel cibo che assumiamo.

BLU – VIOLA
Quali alimenti?
Mirtilli, melanzane, ribes, uva, prugne, cipolle rosse, cavoletti, ciliegie, radicchio ecc.
Perché questo colore?
Perché contengono le antocianine che rappresentano dei flavonoidi antiossidanti e anti-età, capaci soprattutto di irrobustire i capillari, migliorare e proteggere la vista, prevenire l'aterosclerosi ed il deposito di colesterolo sui vasi.
Tra i prodotti del gruppo blu-viola, il ribes e il radicchio sono ricchi di vitamina C e fanno da protagonisti nella formazione della carnitina e del collagene. Il radicchio inoltre, come fichi, ribes, more e prugne, contiene il potassio che protegge il tessuto osseo e diminuisce il rischio di patologie cardiovascolari e l'ipertensione. Di magnesio sono ricche le melanzane povere invece di calorie. I frutti di bosco curano la fragilità dei capillari e prevengono le infezioni del tratto urinario, oltre ad essere amici di un intestino sano con la loro fibra solubile che regola l'assorbimento degli altri nutrienti e alimenta la flora microbica intestinale.

Elisir di lunga vita:
Due dita di buon vino rosso di sera aiutano a star meglio (in assenza di patologie!). Inoltre, gambe gonfie e vene varicose o couperose si curano proprio con gli alimenti di colore viola!

BIANCO
Quali alimenti?
Finocchi, porri, mandorle, cipolle, cavolfiore, aglio, patate, banane, rape, scalogno ecc.
Perché questo colore?
Il bianco è dato dalla quercetina, un potente antiossidante che difende l'organismo dal rischio di tumori. Gli alimenti bianchi sono ricchi di potassio, fibre, sali minerali, vitamina C, polifenoli, composti solforati e flavonoidi. Contengono anche gli isotiocianati, ottimo strumento di prevenzione contro l'invecchiamento cellulare. Proteggono il tessuto osseo, riducono il colesterolo ematico, svolgono una benefica azione sul sistema nervoso, sul cervello e sulle facoltà intellettive superiori. Aglio, cipolle e porri contengono anche l'allilsolfuro, che rende il sangue più fluido e meno incline alla formazione di trombi.
Nella cromoterapia il bianco è vitalità. Stimola le cellule e le ghiandole endocrine. Questo colore è utile in caso di inappetenza, debolezza e ipotonia muscolare, pallore, carenza di vitamina D, ansia, memoria debole, fragilità psichica.
Elisir di lunga vita:
Ognuno di noi almeno una volta nella vita ha rinunciato a mangiare il cavolo per il cattivo odore che emana la sua cottura! Eppure le sostanze vitali in esso contenute sono così importanti che una soluzione va trovata!
L'odore tremendamente fastidioso è emanato perché i cavoli sono ricchi di composti di zolfo, che vengono liberati dalla cottura… quindi perché non cuocerli nella pentola a pressione, in modo da ridurre tempo di cottura, perdita delle sostanze nutritive e diffusione di cattivi odori? Potremmo anche mangiarli crudi, ad esempio in insalata e nei crauti, così da non far dispendere nella cottura le sostanze contenute.

Wellness in colors.

Have you ever wondered why nature decided to give us fruit and vegetables in different colors?
... Five are the main colors that we find on table ... because five are the colors of health! The pigment contained in fruit and vegetables is in fact a particularly nourishing substance, sign of a specific set of beneficial effects on human body.
... So nature made them tasty, esthetically appealing, but also loyal friends of our health!
Organic compounds responsible for the colors, called phytochemicals, play a natural protective role, strengthening the immune system and acting against free radicals. They behave like active substances against ageing and protect us from different pathologies, such as diabetes and cardiovascular diseases.
... and there's more! It appears that when we have a craving of a certain food rather than another, this would be largely determined exactly by the color, and some studies conducted in the field of experimental psychology have shown the importance that colors have in influencing our eating habits. To a psychological level their perception determines different moods and different unconscious behaviour patterns: colors are programmed within ourselves and there's not much we can do to control them.
In addition to psychological effects, it seems that colors would induct also some effects on physiology: yellow would stimulate the visual system, green would dilate capillaries inducing a sedative effect, red would increase muscle tension and so on.
Around colors there is a world of meanings and this maybe explains the alternative medicine based on the therapeutic use of colors, the chromotherapy, at which we feel the need to combine, why not, a chromo-diet, which takes into account the colors especially under the health aspect.
So we are going to discover what do we eat everyday keeping always solid the fundamental, therapeutic and stimulating principle according to which varying on a daily basis the colors of the food we eat, in particular those of fruit and vegetables, is the secret to guarantee all the nutrients indispensable for the wellbeing of our health... moreover, at the sight of a colorful dish, the mood changes, we eat more gladly and we can see a correct diet no more as a privation, but as a discovery of new and tasty dishes.

YELLOW AND ORANGE

What foods?
Carrots, pumpkins, melon, mango, peppers, apricots, pineapples, plumes, bananas, citrus fruits, etc.
Why this color?
For beta-carotene, well known for his ability to protect the skin and to facilitate the tanning process but maybe not so famous for being a powerful anticancer. To this important substance are ascribed various healthy effects for our body: it reinforces the immune and reproductive system, prevents cellular ageing, has a depurative effect and, containing the indispensable vitamins A, B, and C, it is a source of all the important effects attributed to them.
According to chromotherapy, the color Yellow facilitates concentration, creativity and digestion. It is the color of the cheerfulness par excellence and the leucine and zeaxanthin give the anti-sedness tones, two antioxidant substances that help enhancing vision.
Elixir of life:

Get in the habit of drinking in the morning, on an empty stomach, a glass of lukewarm water quirt of lemon. It will be a cure-all for your inner wellbeing!

RED

What foods?

Beetroots, peppers and hot peppers, watermelon, tomato, cherries, strawberries, apples, oranges, etc.

Why this color?

For Lycopene, one of the strongest antioxidant in nature, in addition to anthocyanins. A weapon against cardiovascular diseases, breathing problems and cellular ageing, this substance plays an important role in preventing digestive system cancers and also prostate cancers.

Different researchers suppose that it would decrease the incidence of arthritis and of some pathologies that are very common nowadays, amongst which Parkinson's disease.

The color Red is the color of dynamism, it is antidepressant and stimulates our metabolism.

Red foods bring a gust of energy to the adrenal glands and to the autonomic nervous system. The slimming action of the substances contained in these foods is renowned: besides facilitating the drainage of body liquids and the vascular system, they accelerate the lymphatic system (which is a second way out for waste products, after the intestine).

Elixir of life:

It is better not to eat too much tomatoes, which are acidic foods, but to alternate them to other red vegetables, especially in summer salads.

GREEN

What foods?

Peas, spinach, broccoli, asparagus, chicory, basil, artichokes, parsley, salad, zucchini, etc.

Why this color?

It is the chlorophyll the thing that give to these foods the green pigment.

They are often considered as complete foods (especially the vegetables) thanks to the countless healthy substances they include, amongst which magnesium (that helps regulating lipid and glucose metabolism), selenium, carotenoids, lutein, polyphenols and vitamin C.

The chlorophyll has a molecular structure very similar to that of the human blood, in fact it is often called "the green blood". Since it is known to be like a sort of vegetal hemoglobin, it is hematinic and purifies blood, tones up the heart, regulates cholesterol levels, cicatrizes, neutralizes toxins and normalizes blood pressure.

Green is the color of energy balance, calming, detoxifying, and it is even anti-flu!

Elixir of life:

It seems that beginning a meal with vegetables containing chlorophyll would help not only increasing the sense of satiety but also preventing the absorption of harmful substances (such as insecticides deposited on fruit peel) in the food we eat.

BLUE – VIOLET

What foods?

Blueberries, eggplants, currants, grapes, plums, red onions, purple cabbage, cherries, radicchio, etc.

Why this color?

Because they contain anthocyanins that represent antioxidant and anti-ageing flavonoids, which are especially able in strengthening capillaries, enhancing and protecting vision, preventing arteriosclerosis and the deposition of cholesterol in blood vessels.

Among the foods in the blue-violet group, currants and radicchio are rich in vitamin C and play a key role in the formation of carnitine and collagen. Moreover the radicchio, just like figs, currants, blackberries and plums, contains potassium which protects the bone tissue and diminishes the risk of cardiovascular diseases and hypertension. Eggplants are rich in magnesium, but poor in calories. Mixed berries nurse capillary fragility and prevent urinary tract infections, as well as being friends of a healthy intestine with their soluble fiber which regulates the absorption of the other nutrients and feeds the intestinal microbial flora.

Elixir of life:

Two fingers of a good red wine in the evening help feeling better (in the absence of pathologies!). Moreover, leg swelling and varicose or couperose veins are nursed exactly with violet foods!

WHITE

What foods?

Fennels, leeks, almonds, onions, cauliflower, garlic, potatoes, bananas, turnips, shallot, etc.

Why this color?

The color White is given by quercetin, a powerful antioxidant that defends the body from the risk of cancers. White foods are rich in potassium, fibers, mineral salts, vitamin C, polyphenols, sulfur compounds and flavonoids. They contain also isothiocyanates, excellent tool in preventing cellular ageing. They protect bone tissue, reduce blood cholesterol, and they also exert beneficial effects on nervous system, brain and higher brain functions. Garlic, onions and leeks contain also allyl sulfure, that makes blood more fluid and less inclined to form thrombus.

In chromotherapy the color white is vitality. It stimulates cells and endocrine glands. This color is useful in case of lack of appetite, muscle weakness and hypotonia, paleness, vitamin D deficiency, anxiety, weak memory, psychic fragility.

Elixir of life:

Every one of us has given up eating cauliflower at least once in their lifetime because of the bad smell it releases during cooking! And yet the vital substances which it contains are so important that you have to find a solution!

That terribly annoying smell is emanated because cauliflowers are rich in sulfur compounds, which are released during cooking … so why not cook them in a pressure cooker, in order to reduce cooking time, the loss of nutrients and the diffusion of bad smells? We could also eat them raw, for example in a salad and sauerkraut, in order to not consume the nutrients during cooking.

الصحة بالألوان

هل سألتم أنفسكم لماذا الطبيعة اعطتنا خلال و خضروات بألوان مختلفة؟
هم خمسة الألوان الكثر أهمية من بين الألوان التي وهبتنا الطبيعة ... لأن 5 هو الرقم الصحي!
فلق اللون الموجود في الفلال و الخضر هو مادة مفيدة جدا و صحية و هو أيضا مؤشر للفائدة التي يكتسبها جسمنا عندما نتناول الطعام.
إذا الطبيعة جعلت الخضر والفواكه جميلة لكي نتأملها و لذيذة لكي نأكلها و ايضا مفيدة لكي تنفعنا!
فالعناصر النباتية المسؤولة عن الألوان في الخضر والفواكه هي أيضا مسؤولة عن الوقاية و عن تقوية مناعتنا.
هذه العناصر تؤخر شيخوخة البشرة و تحمينا من الكثير من الأمراض مثل مرض السكري و أمراض القلب والشرايين.
الكثير من البحوث العلمية أكدت أن لون الطعام يؤثر جدا على ذوقنا فرؤية الألوان تؤثر أيضا على سلوكنا بطريقة لا وعية :
فالألوان هي مبرمجة بداخلنا و لا نستطيع التحكم فيها.
و بالإضافة إلى هذه التأثيرات النفسية فالألوان لديها العديد من التأثيرات الفسيولوجية فالاصفر يحفز الجهاز البصري الأخضر يوسع الشعرات الدموية و الأحمر يزيد من نمو العضلات.
إذا للألوان الكثير من المعاني و هذا يفسر طريقة العلاج بالألوان و لذلك يمكن أيضا أن نفكر في طريقة الريجيم بالألوان و بفوائده الصحية.
لذلك ما هو موجود وراء ألوان الخضر والفواكه و خاصة الفوائد الصحية التي تتميز بها لأن أكل اطباق ملونة يساعد على التحسين من مزاجنا و هكذا الأكل السليم لا يعتبر سوى حرمان بل طعام لذيذ.

اللون الأصفر و البرتقالي

ما هي الأطعمة بهذا اللون؟

الجزر و البطيخ و الشمام و المشمش و الأناناس و الخوخ و الموز و الحمضيات،الخ...

لماذا هذا اللون؟

لأنه يملك البيتاكاروتين المشهورة بحمايتها للبشرة أيضا لانها توقي من مرض السرطان. البيتا كاروتين لديها الكثير من الفوائد على جسمنا فهي تقوي مناعتنا و تقوي الجهاز التناسلي و تؤخر الشيخوخة و تطهر الجسم و هي تحتوي على الفيتامين أ و ب و س.
فطريقة العلاج بالألوان تؤكد ان اللون الأصفر يساعد على التركيز و على الهضم و يزيد من الابداع، فهو لون السعادة و يحتوي على الزيكسانتين و البيسين و هما مادتين مضيدة للأكسدة .

نصيحة لحياة طويلة:

تناولوا في الصباح كأس ماء دافئ يحتوي على عصير الليمون فهو يساعد على الرفاهة النفسية .

اللون الأحمر

ما هي الأطعمة بهذا اللون؟

البنجر و الفلفل و البطيخ و الطماطم و الكرز و الفراولة و التفاح و البرتقال، الخ...

لماذا هذا اللون؟

لأنه يحتوي على مادة ليكوبين و هي من أقوى المواد المضادة للأكسدة الموجودة في الطبيعة، و أيضا لانه يحتوي على مادة انثوسيانين المفيدة جدا لأمراض القلب و الشرايين و ضد الشيخوخة و ضد أمراض التنفس و ضد مرض السرطان خاصة سرطان البروستاتا.
العديد من العلماء يعتقدون ان هذه المواد تقلل من الإصابة بالتهاب المفاصل و بعض الأمراض الشائعةمثل مرض باركنسون.
الأحمر هو لون مضاد للاكتئاب و يجلب الكثير من الطاقة إلى الغدد الكظرية و إلى الجهاز العصبي، المواد الموجودة في هذه الأطعمة هي معروفة بقدرتها للتخسيس من الوزن و بالتسهيل من تصريف السوائل.

نصيحة لحياة طويلة:

من الأفضل أن لا تأكلوا الكثير من الطماطم.

اللون الأخضر

ما هي الأطعمة بهذا اللون؟

البازلا و السبانخ و الهليون و الهندباء و الريحان و الخرشوف و البقدونس و الخس و الكوسا، الخ...

لماذا هذا اللون؟

هذه الأطعمة تحتوي على الكلوروفيل. هذه الخضروات تعتبر أطعمة كاملة لانها تحتوي على الكثير من المواد المفيدة جدا مثل المغنيسيوم الذي يساعد على تصفية الجسم من الدهون و السكريات هو يحتوي أيضا على السيليتيوم و الكاروتينات و اللوتين و البوليفينول و الفيتامين س.
الكلوروفيل لديها تركيبة جزئية شبيهة بتركيبة الدم و لذلك تسمى بالدم الاخضر، بفضل تركيبتها الكلوروفيل تساعد على تصفية الدم و هي تقي أيضا من مرض الفقر في الدم و على انخفاض نسبة الكوليسترول و تساعد على شفاء الجروح.
الأخضر هو لون التوازن الطاقي و هو مهدئ و مزيل للسموم و هو أيضا مفيد ضد الأنفلونزا!

نصيحة لحياة طويلة:

يجب علينا ابتداء الطعام بأكل الخضروات لانها تشبعنا و ايضا تمنعنا من امتصاص المواد السامة (مثل مبيدات الحشرية الموجودة بالقشرة) في الطعام الذي نأكله.

اللون الأزرق أو البنفسجي

ما هي الأطعمة بهذا اللون؟

العنب و الباذنجان و الكشمش و الخوخ و البصل الأحمر و البراعم و الكرز و الهندباء، الخ...

لماذا هذا اللون؟

لأن هذه الأطعمة تحتوي على الانثوسيانين و هي مادة مضادة للأكسدة و مضادة للشيخوخة و هي قادرة على تقوية الشعيرات الدموية و تحسن البصر و تقلل من الكوليسترول.
من جميع الأطعمة بهذا اللون فالكشمش و الهندباء لديهما الأكثر نسبة من الفيتامين س و هما يساعدان على تشكيل الكولاجين و الكارنيتين.
الهندباء تحتوي على البوتاسيوم الذي يحمي العظام و يساعد على الوقاية من العديد من الأمراض مثل أمراض القلب و الشرايين و ارتفاع ضغط الدم.
الباذنجان هو غني جدا بالمغنيسيوم و غلال الغاب يقون من الالتهابات في المسالك البولية.

نصيحة لحياة طويلة:

القليل من الخمر الأحمر يساعد على البقاء في صحة جيدة بالتأكيد اذا لم تكن نعاني من أمراض تمنعنا من شرب الكحول.

اللون الأبيض

ما هي الأطعمة بهذا اللون؟

الثمر و البصل و الثوم و البطاطا و الموز و الملفوف، الخ...

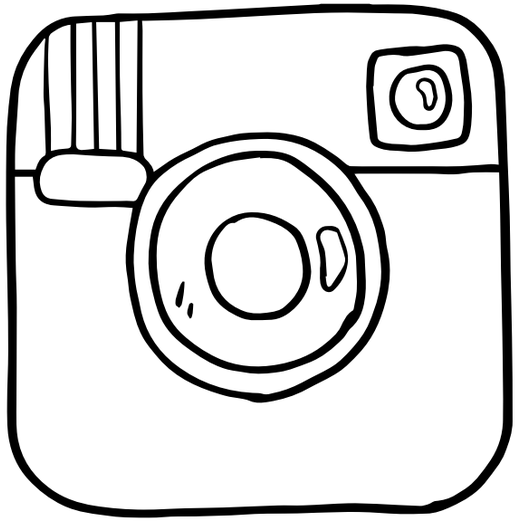
لماذا هذا اللون؟

اللون الأبيض يأتي من الكيرسيتين و هي مادة مضادة للأكسدة و مضادة لمرض السرطان.
الأطعمة البيضاء هي غنية جدا بالبوتاسيوم و بالأملاح المعدنية و بالفيتامين س.
الخضر و الفلال البيضاء يحتوون على إيزوثيوسيانيتس و هي مادة فعالة ضد الشيخوخة و هي تحمي العظام أيضا و تنقص من نسبة الكوليسترول.
البصل و الثوم يحتوون على مادة تساعد الدم ان يكون سائل.
في طريقة العلاج بالألوان الأبيض يمثل لون الحياة و هو مفيد في حالة فقدان الشهية و حالة ضعف العضلات و الشحوب و النقص في الفيتامين د و يساعد أيضا في حالة ضعف الذاكرة و في الهشاشة العظمية.
نصيحة لحياة طويلة: الكثير منا لا يريد أكل الملفوف من أجل الرائحة الكريهة التي ينبعثها عند طبخه. هذه الرائحة تصدر لأن الكرنب هو غني بمركبات الكبريت لذلك أنصحكم بطبخه في طنجرة الضغط للتقليل من رائحته و يمكن أيضا أكله خام في السلاطة و في مخلل الملفوف.

روزاريا أنجياليو

YOU
ARE
WHAT
YOU
EAT

#GNAM



GIUSY PELUSO

#Foostagram

Così si chiama la nuova moda, o meglio, la mania di fotografare ciò che si mangia. Una tendenza che ha contagiato milioni di persone.
Mi basta aprire Instagram e vedere le migliori lasagne, brioche, vini e vassoi di cupcakes con i rispettivi tag: #food #famefamefame #gnam #instafood #foodporn; tanto è vero che, ultimamente poiché sono a dieta, evito di accedere al mio account Instagram per evitare improvvisi attacchi di fame!!!
Siamo arrivati, quindi, al punto in cui non si concepisce più il concetto di mangiare soltanto per necessità, anzi lo scopo primario è condividere le nostre food-experience. Ormai c'è chi prova più piacere nel fotografare il cibo che ha nel piatto, per poi condividerlo sui social network, piuttosto che mangiarlo. Ovviamente all'epoca dei rullini questa mania era impensabile.
Fino a poco tempo fa, le persone nel momento in cui avevano il piatto davanti facevano una preghiera di ringraziamento, oggi, invece, qualcosa è cambiato. Appena abbiamo il piatto davanti, iniziamo ad abbinare tovaglia e tovaglioli e disporre posate e tazzine come meticolosi scenografi, per poi scattare la foto rigorosamente dall'alto e modificarla con i filtri Instagram che permettono di dare uno stile e un effetto speciale. Dopodiché sarà pubblicata con l'aggiunta degli hashtag. L'hashtag #food è collocato al 55esimo posto con 9.699.039 milioni di foto nella classifica dei 100 hashtags più utilizzati dal popolo di Instagram.
Per essere al passo, anche alcuni ristoranti si sono attivati: come, un ristorante di Tel Aviv che ha ben pensato di preparare piatti da fotografare. Sono stati creati piatti con una base per poggiare lo smartphone e con un meccanismo rotante che consente di poter prendere l'angolazione migliore.
Ma al contrario, ci sono ristoranti che hanno imposto il divieto come nei musei, questo per permettere alle persone di conversare.
Se siete tra quelli che ogni giorno riversano vagonate di scatti gastronomici su blog e social network controllate gli ultimi e identificatevi. Vittime anche voi della #Foodstagram? Cercate terapie? Ricordate: ciò che è nel piatto deve essere mangiato, non fotografato, quindi mettete via cellulari, la vita scorre e soprattutto il cibo si fredda…

#Foodstagram

Inglese

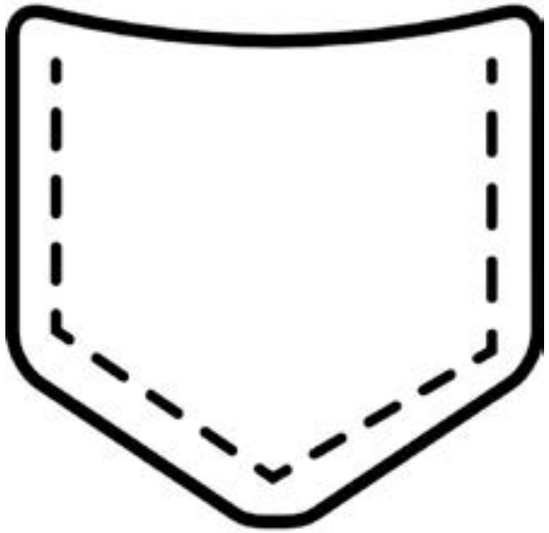
It is so called the new fashion, or rather, the cobsession of photographing what you eat. A trend that has infected millions of people.
You just open Instagram and see the best lasagna, brioche , wine and trays of cupcakes with their tags: #food #famefamefame #gnam #instafood #foodporn; it is true that, ultimately I am following a weight loss diet, I avoid to access my Instagram account to prevent sudden attacks of hunger !!!
We arrived, so, at the point where we don't conceive more the concept of eating only out of necessity, indeed the primary purpose is to share our food-experience. Now there are people who try more pleasure to taking pictures of food that has in the pot, then share it on social networks, rather than eat it. Obviously at the time of the needle this obsession was unthinkable.
Until recently, when people were in front of the plate they did a prayer of thanksgiving, today, however, something has changed. As soon as we have the plate in front, we begin to match the tablecloth and napkins and cutlery and cups have as meticulous designers, and then take the picture from above and change it with Instagram filters, that allow you to give style and a special effect. After that, it will be published with the addition of the hashtag.
The hashtag #food is placed at 55th place with 9,699,039,000 of photos in the ranking of 100 hashtags used by the people of Instagram.
To keep up, even some restaurants have taken action: as a restaurant in Tel Aviv that thought to prepare dishes to be photographed. They were created with a flat base to rest the smartphone and with a rotating mechanism that allows to take the best angle.
But on the contrary, there are restaurants that have imposed the prohibition as in museums, this to allow people to converse.
If you are among those who daily pour truckloads of food shots on blogs and social networks controlled the past and identify yourself. You also victims of #Foodstagram? Try therapies? Remember: what is in the dish must be eaten, not photographed, then put away phones, life goes on, and especially the food is cold…

فودستغرام#

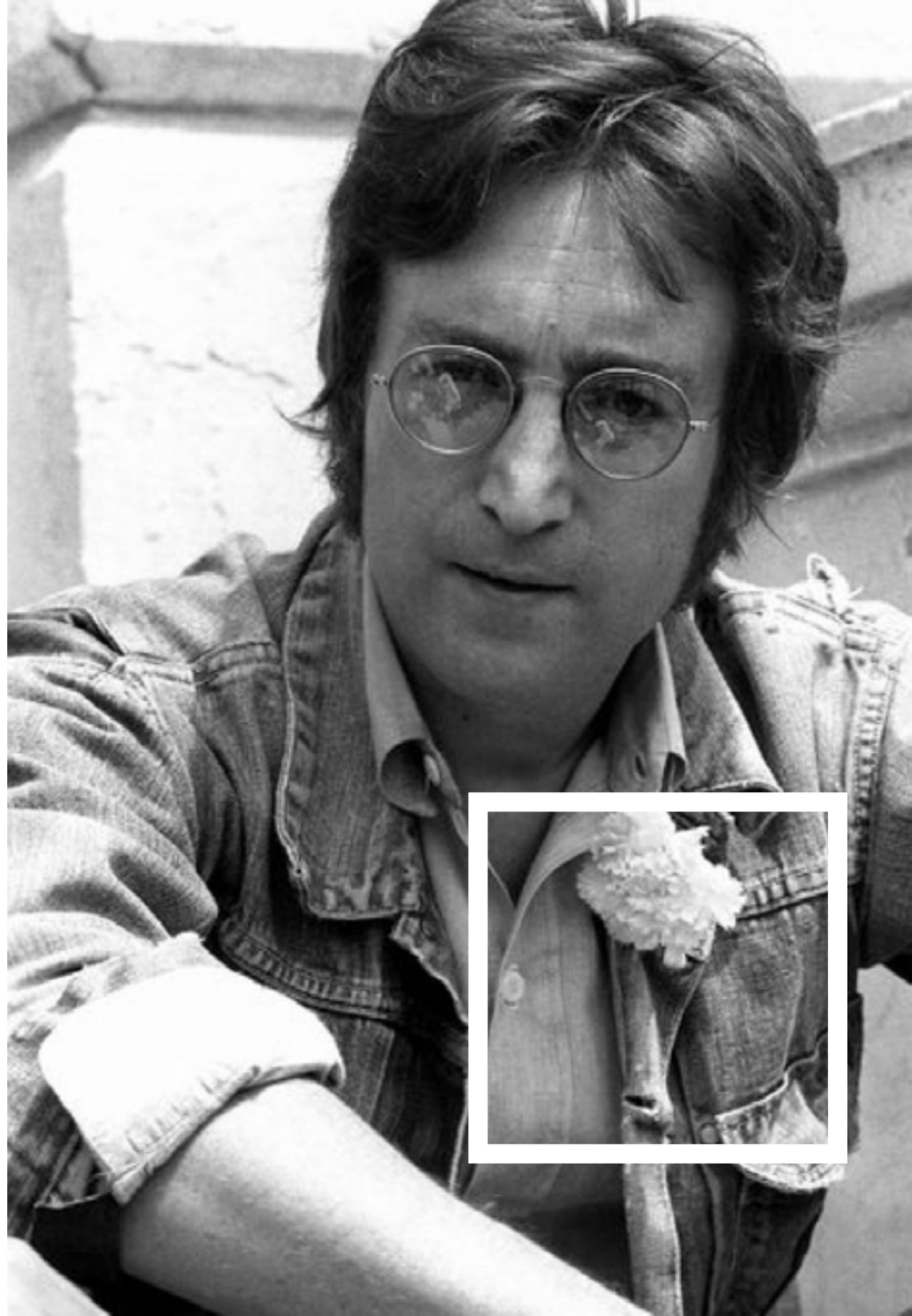
و هكذا تدعى موضة تصوير جميع الاكلات.
يجب علينا سوى الدخول إلى انستغرام و رؤية اللازانيا و الكاب كيك و الكثير من
الحلويات مع فيما يخصها من الهاشتاغ مثل: #فود #فام فام #نيام الخ... إلى درجة اني
اتحاشى الدخول إلى حسابي على الانستغرام إذ اني على رجيم لاتجنب الجوع!
فلقد أصبح الطعام طريقة لتبادل الخبرات على الشبكات الاجتماعية و ليس فقط لتلبية
احتياجاتنا الفسيولوجية.
فهناك من يحس بالأكثر متعة في تصوير الطعام و طلقه على شبكة الإنترن
بدلا من اكله. و بالطبع عندما كان لازما تحميض الصور هذه الموضة لم تكن واردة.
من قبل عندما كان يصل الطبق إلى المائدة كن نحمد الله على رزقه و لكن الآن كل شيء تغير،
فعندما تصل الينا الوجبة فنبدأ في ترتيب المائدة و في ما تحتوي من
مناديل و ادوات لالتقاط الصور و تغييرها في ما بعد بفضل المؤثرات
الخاصة ثم نشرها على الانستغرام مع فيما يخصها من الهاشتاغ.
فالهاشتاغ #فود هو في الرتبة 55 من 100 الهاشتاغ الأكثر
استعمالا فلديه 9699039 على الشبكات الاجتماعية، فهناك الكثير من
المطاعم التي أرادت أن تساير الوقت مثل المطعم في تل أبيب الذي فكر ف
ي اكلات جاهزة للتصوير لذلك أزد للمائدة قاعدة لاحتواء الهاتف الذكي
لتسهيل تصوير الطبق و نشره على الانستغرام.
و على العكس من ذلك هناك الكثير من المطاعم الذين يمنعون منعا بات
ا استعمال آلات التصوير للسماح للناس للتحدث أثناء الطعام.
إذا كنتم من بين هؤلاءك الذين أصبحوا ضحية #فودستغرام و إذا كنتم تبحثون
عن علاج فتذكروا ان يجب أكل الطعام و ليس تصويره لذلك اتركوا الهاتف
لأن الحياة تمضي و بالخصوص لأن الطعام يبرد.

جوزي

EVERGREEN



EMIRA M’SAKNI



La vecchia giacca di jeans

Sono davvero pochi i capi di abbigliamento acquistati ai tempi del liceo che possono essere ancora indossati anche qualche anno più tardi. Uno di questi fedeli amici è la giacca di jeans che ha la bellezza di 135 anni e non sentirseli.
E' dei capi di abbigliamento più versatili mai creati, che funzionano praticamente con qualunque cosa. La prima giacca jeans fu create nel lontano 1880 da signor Staruss, sapete chi è ovviamente? diventando così una vera legenda sempre sulla cresta dell'onda! Resistente e durevole, ma anche comoda e facile da indossare, la mitica vecchia giacca di jeans è un vero tocco di genio sartoriale che accorre in nostro aiuto ogni volta che apriamo l'armadio enon sappiamo cosa indossare!

Negli anni '50 chi indossava il tessuto denim era considerato un "alternativo" e non conformista. James Dean fu uno di quelli che dettò con il suo stile inconfondibile alcune regole della moda degli anni '60, ricordato nel tempo con il suo look sbarazzino e con la tipica giacca di jeans abbinata ad una t-shirt bianca: questo faceva di lui un'icona di stile e di bellezza maschile d'altri tempi.

I più grandi del panorama musicale e dello spettacolo hanno indossato l'intramontabile giacca di jeans: da Marylin Monroe a John Lennon, da Claudia Schiffer a Sara Jesssica Parker e Madonna. Oggi la giacca di jeans torna a fare moda e sembra essere indispensabile averla nel proprio armadio. Più vecchia è, migliore sarà l'effetto, perciò le ragazze di oggi andate alla caccia nei vecchi armadi delle loro mamme/nonne per ricreare quello stile dal sapore vintage.

La giacca di jeans può essere anche un diario segreto dove il nostro boyfriend può scrivere un messaggio segreto all'interno del collo della giacca, possiamo cucirci su le toppe con i nomi dei luoghi visitati quest'estate in Europa o in America. Il punto è che la giacca di jeans è l'equivalente moda dei tanto amati peluche che abbandoniamo mai anche se abbimo oramai quand'eravamo bambini. Questo legame affettivo e personale ha reso la giacca di jeans un capo che sfida il passare delle mode e del tempo.E come diceva Bob Dylan: "Essere giovani vuol dire tenere l'oblò della speranza, anche quando il mare è cattivo e cielo si stancato di essere azzurro."

Quindi nei momenti no, indossiamo la vostra vecchia giacca di jeans, che oltre ad essere cool probabilmente ci aiuta a tenere l'oblò della speranza aperto.

The old denim jacket.

Inglese

There are very few items of clothing bought back in high school that can still be worn even some years later. One of these loyal friends is the denim jacket with a good 135 years and still going strong. It is one of the most versatile items of clothing ever created, that work with virtually anything. The first denim jacket was created way back in 1880 by Mr. Strauss, you know who he is, right? Becoming in this way a real legend always on the crest of a wave! Strong and resistant, but also comfortable and easy to wear, the old legendary denim jacket is a real sartorial stroke of genius that hastens to our aid any time we open the wardrobe and we don't know what to wear!

In the 50's who wore denim fabric was considered an "alternative" and nonconformist. James Dean was one of those who imposed with his unmistakable style some rules of 60's fashion, remembered in time with his jaunty look and with the typical denim jacket matched with a white t-shirt : this is what made him an icon of style and male beauty of other times. The most successful music stars and show business personalities wore the evergreen denim jacket: from Marylin Monroe to John Lennon, from Claudia Schiffer to Sarah Jessica Parker and Madonna. Nowadays the denim jacket is back in fashion and it seems to be indispensable to have one in our wardrobe. The older it is, the better will be the effect, so you girls go and seek in your mommy/granny's old wardrobe to recreate that vintage style.

The denim jacket can also be a secret diary where our boyfriend could write a secret message on the inside of the jacket collar, we can sew on it patches with the names of the places we visited in Europe or in America this summer. The point is denim jacket is the fashion equivalent of the well-beloved stuffed animals we never abandon even if we own them since we were kids. This personal and affective bond made the denim jacket a garment that defies the passing of time and fashion. And as Bob Dylan said: "Being young means keeping open the door of hope, even when the sea is bad and the sky is tired of being blue".

So, when we are having a bad time, let's wear our old denim jacket, which besides being cool it probably helps us keeping open the door of hope.

سترة الدنيم

هي بالتأكيد قليلة الملابس التي نقتنيها في سن المراهقة و التي يمكننا لبسها حتى بعد عدة سنوات. سترة الدنيم هي واحدة من الملابس التي يمكن إعتبارها مثل صديقتنا الوفية و التي تبلغ من العمر 135 سنة. سترة الجينس هي لباس متعدد الجوانب إذ أن يمكن لبسها في أي مناسبة.

صنعت هذه السترة في عام 1880 من قبل السيد ستاروس، تعرفون من هو بالتأكيد؟ و هكذا أصبحت هذه السترة أسطورة! فهي دائما مريحة و هي أيضا تليق بأي مناسبة، لذلك تعتبر سترة الدنيم مثل اللمسة العبقرية في عالم الموضة إذ أنها تجري لإعادتنا كل مرة نفتح خزانتنا و لا نعرف ماذا نرتدي!

من كان يرتدي الدينيم في الخمسينيات كان يعتبر انسان منشق و معارض للعقائد، و أبرز شخصية في تلك الفترة كان جيمس دين الذي جعل ، في الستينيات، من سترة الدينيم (التي كانت دائما مصحوبة بقميص ابيض) رمز للأناقة و للجمال في تلك الفترة.

و إرتدوا اهم الشخصيات الفنية هذه السترة مثل: مارلين مونرو و جون لانون و كلوديا شيفر و سارة جيسيكا باركر و مادونا.

عادت، اليوم، هذه السترة لتكون رمزا في عالم الموضة و أصبح من المستحيل الإستغناء عنها، و كلما كانت قديمة كلما زادت قيمتها و بدت أكثر جمالا لذلك العديد من الشباب بحثوا عنها من بين الملابس أماهاتهم و جداتهم القديمة. يمكننا اذا ان نعتبر سترة الدنيم مثل مذكرتنا الشخصية و السرية إذ أن يمكننا الاحتفاظ بجوابات حبيبنا في طوقها أو تحبكة أسماء المدن التي زرناها عليها، فالنقطة المهمة هي أن سترة الدنيم هي مثل العاب الطفولة التي لا تنسى ابدا. هذه العلاقة الشخصية العاطفية أيضا جعلت سترة الجينس تتحدى الموضة و الوقت.

بوب ديلن قال:" الشباب يعني أمل حتى و لو كان البحر هائج و السماء ملئت من أن تكون زرقاء."

و لذلك عندما نكون في مزاج غير جيد يمكننا ارتداء سترة الدنيم لكي نكون على الموضة و لكي نترك باب الأمل مفتوح.

أميرة مساكني

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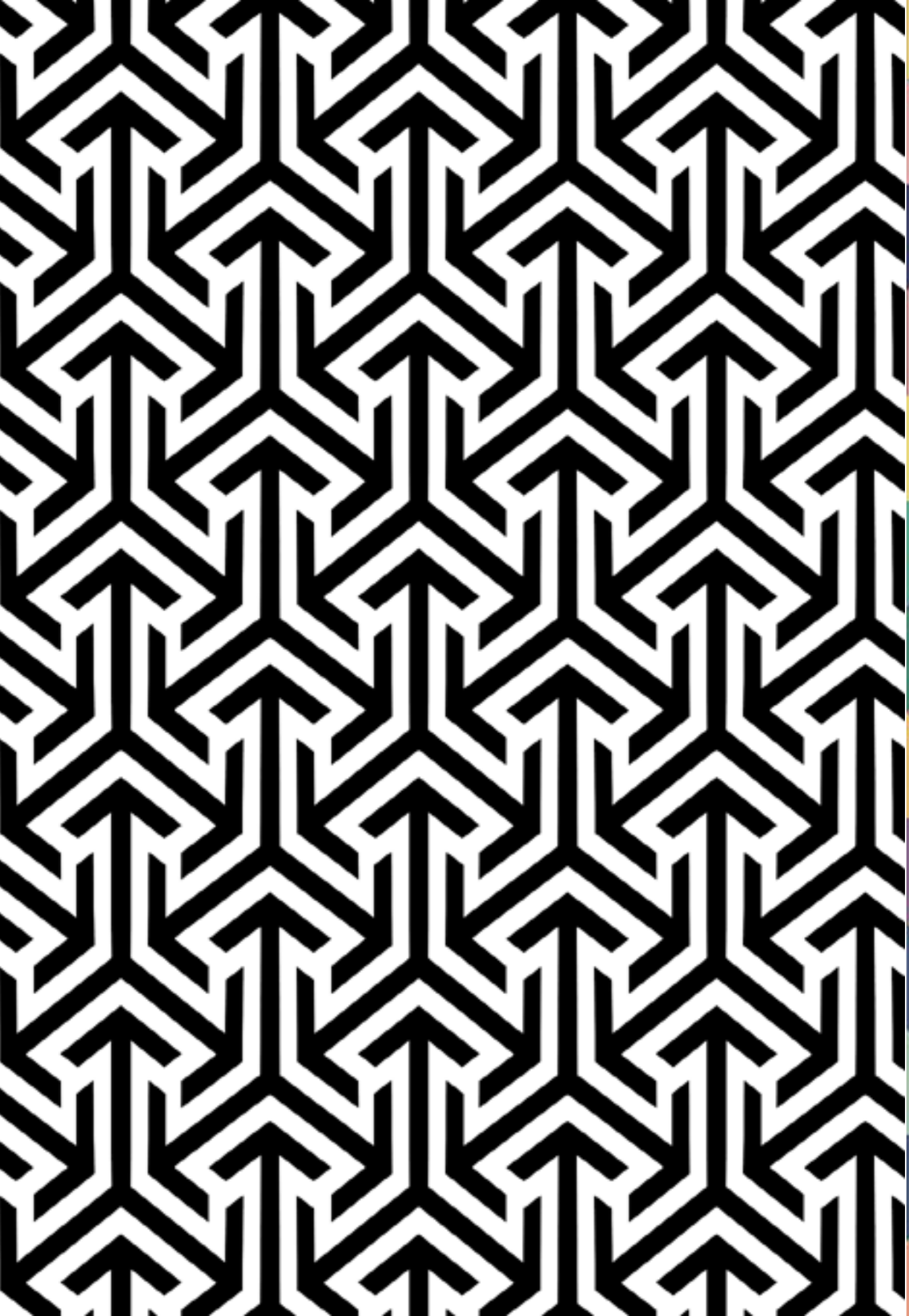

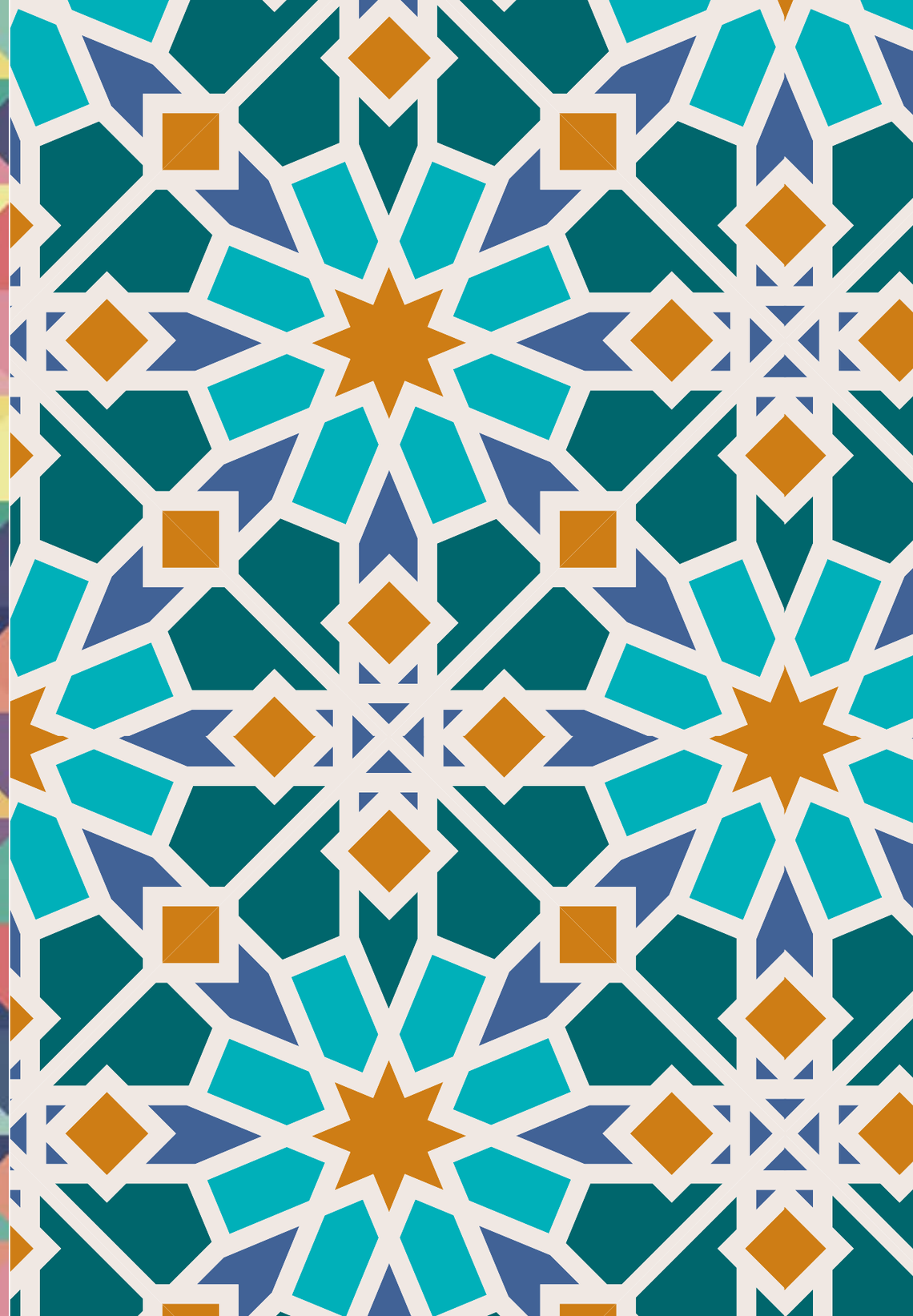

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NEVER GROW UP.

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