NOVEMBER, 2019 Fashion-Arts-Innovation-Creation-Ease Fashion-Arts-Innovation-Creation-Ease Fashion-Arts-Innovation-Creation-Easel

OnLine

Www.foiceonline.com

<u>FASHION</u>





Collection Spring 2020

MARC JACOBS











A collection filled with nostalgia from the past, transformed to today's style and moving to the future!
"Dream a Little Dream of Me", was accompanying the models across the runway.
References from 60s flower children, 70s disco-glam queens, explosions of flowers and feathers, downtown-cool graphic tees and satin pants, uptown-chic tweed jackets menswear suiting paired with top hats and bowlers.

"As with closely guarded tradition, tonight is our reminder of the joy in dressing up, our unadulterated love of fashion and embracing grand gestures of unbridled expressions, reactions, ideas and possibilities"

was quoted in the end of Marc Jacobs' show notes!











MARC JACOBS











A collection filled with nostalgia from the past, transformed to today's style and moving to the future!
"Dream a Little Dream of Me", was accompanying the models across the runway.
References from 60s flower children, 70s disco-glam queens, explosions of flowers and feathers, downtown-cool graphic tees and satin pants, uptown-chic tweed jackets menswear suiting paired with top hats and bowlers.
"As with closely guarded tradition, tonight is our reminder of the joy in dressing up, our upadulterated love of fashion."

"As with closely guarded tradition, tonight is our reminder of the joy in dressing up, our unadulterated love of fashion and embracing grand gestures of unbridled expressions, reactions, ideas and possibilities"

was quoted in the end of Marc Jacobs' show notes!









MARC JACOBS











A collection filled with nostalgia from the past, transformed to today's style and moving to the future!
"Dream a Little Dream of Me", was accompanying the models across the runway.
References from 60s flower children, 70s disco-glam queens, explosions of flowers and feathers, downtown-cool graphic tees and satin pants, uptown-chic tweed jackets menswear suiting paired with top hats and bowlers.

"As with closely guarded tradition, tonight is our reminder of the joy in dressing up, our unadulterated love of fashion and embracing grand gestures of unbridled expressions, reactions, ideas and possibilities"

was quoted in the end of Marc Jacobs' show notes!













Collection Spring 2020

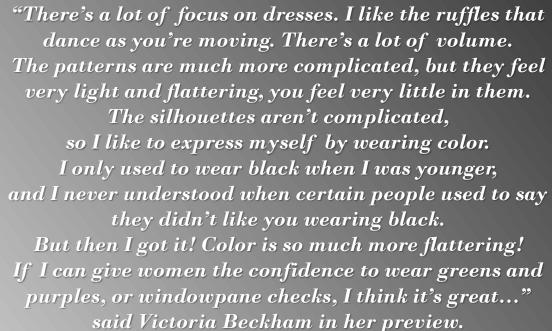






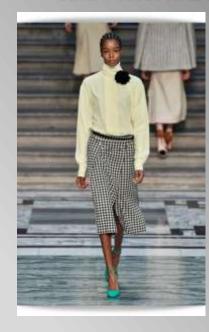
















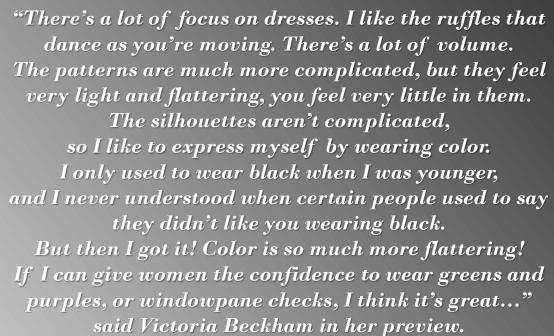
































"There's a lot of focus on dresses. I like the ruffles that dance as you're moving. There's a lot of volume. The patterns are much more complicated, but they feel very light and flattering, you feel very little in them.

The silhouettes aren't complicated,
so I like to express myself by wearing color.
I only used to wear black when I was younger,
and I never understood when certain people used to say they didn't like you wearing black.
But then I got it! Color is so much more flattering!
If I can give women the confidence to wear greens and purples, or windowpane checks, I think it's great..."
said Victoria Beckham in her preview.













Collection Spring 2020

BRANDON MAXWELL











Daywear looks for the gals was a welcome surprise
Brandon Maxwell's collection for Spring 2020!
"It's true that your average woman is more frequently
in need of jeans than a broad-skirted ball gown.
I'm addressing day to night better than I ever have...
I thought about the perfect fit of a jean for many months,
and the gazar button-ups that I love; I enjoyed the way they
draped in the back, ...

It's a little looser, even the gowns are softer, some of them are made of jersey, they are simple and easy...

Through making that, I discovered how much I love tailoring." Brandon Maxwell said.











BRANDON MAXWELL











Daywear looks for the gals was a welcome surprise
Brandon Maxwell's collection for Spring 2020!
"It's true that your average woman is more frequently
in need of jeans than a broad-skirted ball gown.
I'm addressing day to night better than I ever have...
I thought about the perfect fit of a jean for many months,
and the gazar button-ups that I love; I enjoyed the way they
draped in the back, ...

It's a little looser, even the gowns are softer, some of them are made of jersey, they are simple and easy...

Through making that, I discovered how much I love tailoring." Brandon Maxwell said.











BRANDON MAXWELL











Daywear looks for the gals was a welcome surprise
Brandon Maxwell's collection for Spring 2020!
"It's true that your average woman is more frequently
in need of jeans than a broad-skirted ball gown.
I'm addressing day to night better than I ever have...
I thought about the perfect fit of a jean for many months,
and the gazar button-ups that I love; I enjoyed the way they
draped in the back, ...

It's a little looser, even the gowns are softer, some of them are made of jersey, they are simple and easy...

Through making that, I discovered how much I love tailoring." Brandon Maxwell said.











TOM FORD



Collection Spring 2020

TOM FORD











The most cinematic, subway station theme, you have ever seen, in violet light!

Electric-hued satin, pink cheetah and tiger jacquards, dress coat over a leather bra, a cut jumpsuit exposing a strappy bikini top, and sent slinky maillots, set the tone for the collection, confirming Tom Ford's legacy of great American sportswear.

"I think that it's a time for ease and in that way a return to the kind of luxurious sportswear that America has become known for all over the world." was his message!











TOM FORD

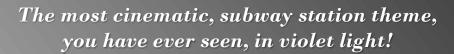












Electric-hued satin, pink cheetah and tiger jacquards, dress coat over a leather bra, a cut jumpsuit exposing a strappy bikini top, and sent slinky maillots, set the tone for the collection, confirming Tom Ford's legacy of great American sportswear.

"I think that it's a time for ease and in that way a return to the kind of luxurious sportswear that America has become known for all over the world." was his message!











TOM FORD











The most cinematic, subway station theme, you have ever seen, in violet light!

Electric-hued satin, pink cheetah and tiger jacquards, dress coat over a leather bra, a cut jumpsuit exposing a strappy bikini top, and sent slinky maillots, set the tone for the collection, confirming Tom Ford's legacy of great American sportswear.

"I think that it's a time for ease and in that way a return to the kind of luxurious sportswear that America has become known for all over the world." was his message!

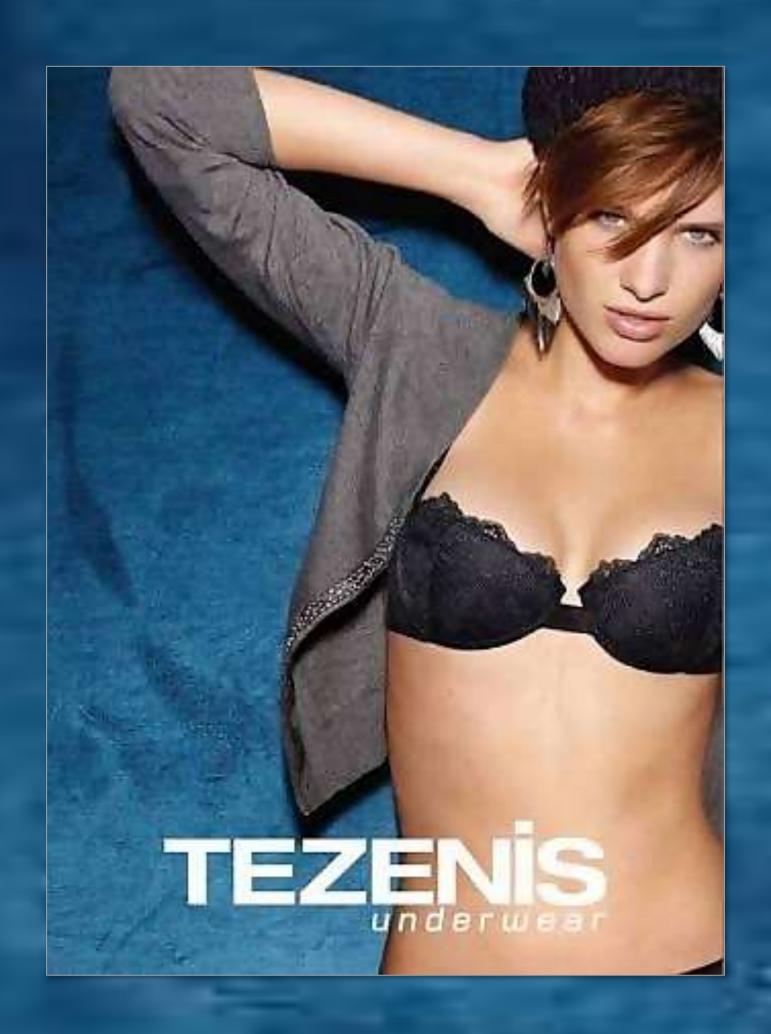








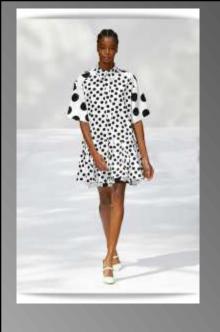




SOURA POIKA DOIS



A Trend seen in New York FW!



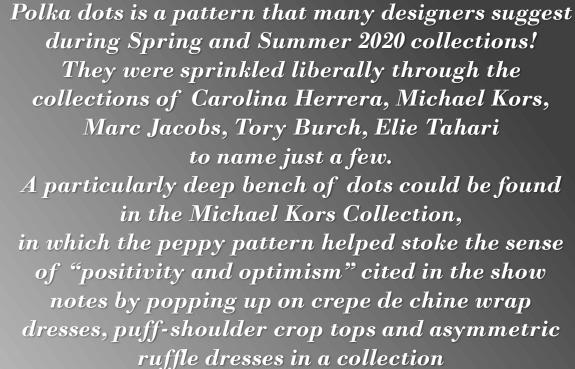




Carolina Herrera



Elie Tahari

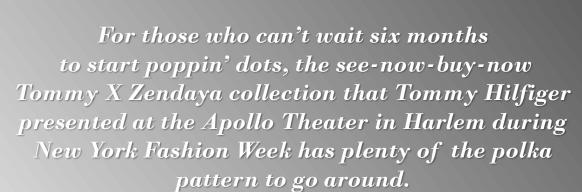




Elie Tahari



Marc Jacobs



In the issue we GO FOR POLKA DOTS!



Tory Burch









Michael Kors

CARGO PANTS



W e loved them in the 90's, continued to wear them in the 00's...

and now the trend is returning more refined and sophisticated than ever!!!

The coolest girls in fashion and minimal lovers, cast their confidence in cargo pants, that have returned to fashion. They are comfy, cool and even they can be combined, with high heels for a style upgrade.





Left: MIU-MIU belted cotton gabardine tapered pants Right: ZARA Cargo pants with pockets





Left: HM Utility pants with belt Right: 11STORIES Cotton, twill cargo-pants





Left: MANGO Baggy, regina jeans Right: FRANKIE SHOP Cargo-pants, wooden-tabs

CARGO PANTS!

The utility trend as a whole is on the rise. from khaki pants to oversize pockets, canvas belts, and, yes, cargo pants.

Whatever your choices are on the oft-uncool pants, the fashion world has decidedly put its official stamp of approval on them and, honestly, we're here for it!

Check out our favorites and choose the ones you want for this season!



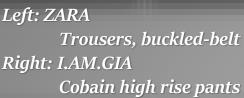
Left: FRANKIE SHOP *Xenia, faux-leather, tapered pants* Right: ZARA

Cargo pants with zips



Left: TOPSHOP *Tie hem, utility pants* Right: VANGULL High-waist, Jogger pants











Left: LOW CLASSIC Belted, cotton cargo-pants Right: TOP SHOP Casual, cotton cargo pants

NYFW 2019 BAGS



Shapes-Details-Styles!

New York Fashion Week, ended for this season, but it certainly did not feel that way after sifting through all the handbags that appeared in the Spring 2020 collections.

Designers, delivered plenty of timeless pieces in ladylike shapes.

Designs and suggestions of different shapes, label rooted in luxe essentials, clutches in pastel colors, saddle bags, party-ready bags that featured outfit-boosting details, like ostrich feathers and sequins, even novelty guitar-shaped purses, joined the itty bitty bag committee, by heavily shrinking classic tote bags, to bags showing how cool a suede shoulder bag can be.

This is a small peak of what will be soon the "must have in your style"!



Left Column From Left To Right

- Brandon Maxwell
- Brandon Maxwell
- Brandon Maxwell
- Badgley Mishka
- Brandon Maxwell
- Coach
- Coach
- Jonathan Simkha
- Kate Spade
- Kate Spade
- Khaite
- Khaite
- Longchamp
- Marc Jacobs
- Michael Kors

Right Column From Left To Right

- Michael Kors
- Oscar de la Renta
- Oscar de la Renta
- Phillip Lim
- Phillip Lim
- Proenza
- Proenza
- Pyer Moss
- Rag & Bone
- Sies
- Staud
- Staud
- Staud
- Tory Burch
- Zimmermann



SOWRWE COMMENTE!



An Emerging Trend!

White Suits! For brighter appearances!!!



White suit has always reigned as a chic girl go-to. So if she's going to add a new one to her closet, it better be something special.

Designers are taking the classic two piece a step further, *Mara Hoffman* tied her jacket up for a sultry take, *Tory Burch* went for a dapper vibe with black contrast lapels and *Adeam* brought the whole idea to nautical places.



Get inspired from the looks as presented during Spring 2020 shows!!!



- 2. Tory Burch
- 3. Proenza Schouler
- 4. Proenza Schouler
- 5. Adeam
- 6. Coperni
- 7. Koché
- 8. Maison Margiela
- 9. Mara Hoffman
- 10. Gucci

















BULL-DICCONING.COM

BEAUTY



 $\begin{array}{c} \mathbf{B} \\ \mathbf{E} \\ \mathbf{A} \\ \mathbf{U} \\ \mathbf{T} \\ \mathbf{Y} \end{array}$

Beauty ... Shoping!



Let's Gooooooo!

Our top choices for November!

1. Scented Body Cream, Alaïa Paris

Inspired by Azzedine Alaïa's childhood memories in Tunisia, this rich body cream is characterized by the scents of pink pepper, freesia and peony. The deep, hydrating sensation and the enchanting fragrance complement an exclusive beauty product.

2. Overnight Hair Repair Serum, Balmain Paris Hair Couture

Specially designed to nourish the hair and protect it from damage but also scissors, Balmain Paris Night Serum works as a mask, as a night treatment for shine and as a heat protection, before styling. Its effectiveness comes from the beneficial properties of Argan oil and its silk protein.

3. Vladimir EDP, Carine Roitfeld Parfums

Every fragrance in Carine Roitfeld's first collection tells a fantastic story from 7 cities around the world.

Vladimir takes us on a night out to St. Petersburg ballet under the musical background of Tchaikovsky.

The luxurious black bottle exudes amber, frankincense and iris notes, encapsulating the feel of the Russian big city.

4. Glowgasm Wand Trio, Charlotte Tilbury

A glittering triptych for the most spectacular summer skin. Beauty Light Wand, give the cheekbones a glow, highlighting the facial angles, by capturing the light. Highlighters and blushes in the new shades (Goldgasm, Pinkgasm and Peachgasm) are allies for a naturally glowing make-up effect.

5. Lip Balm (1 Joslyn Clair), Gucci Beauty

The new chapter on Gucci Beauty, consists of a series of light lip balms in three different shades, coated in gold packaging. Leaving the lips soft and hydrated, and with a refreshing fruit flavor, each balm took its name from Hollywood retro films.

6. Les Yeux Noirs Lash Amplifying Lacquer (Goldomania), Christian Louboutin Beauty

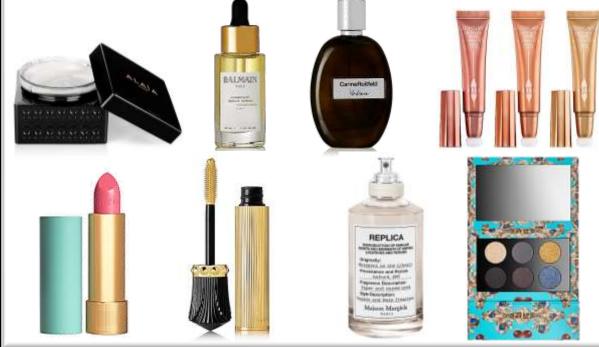
A collectible version of 'Amplifying Lacquer' mascara in glittering gold that accentuates the look like no other. For the bold makeup artist, her specially designed brush lifts and covers the lashes perfectly, while her gold and black vial is also worth mentioning.

7. REPLICA (Whispers in the Library) EDT, Maison Margiela

Exuding the intoxicating aroma of a library, where "time stops within whispers and the sound of pages turning", the new addition to the Replica Collection is a combination of cedar and vanilla. A unisex fragrance that awakens memories of another era.

8. MTHRSHP Subliminal DARK STAR, Pat McGrath

Pat McGrath's limited edition palette of shadows could only be an emblematic collector's item. A combination of matter and metallic shades (Entice, Deep Space, Enraptured, Dark Matter, Metropolis and Interstellar), ranging from shiny gold and blue-violet, to champagne and matter nude, for an impressive smokey eye.



TOP ROW FROM LEFT TO RIGHT:

- 1. Scented Body Cream, Alaïa Paris
- 2. Overnight Hair Repair Serum, Balmain Paris Hair Couture
- 3. Vladimir EDP, Carine Roitfeld Parfums
- 4. Glowgasm Wand Trio, Charlotte Tilbury

LOWER ROW FROM LEFT TO RIGHT:

- 5. Lip Balm (1 Joslyn Clair), Gucci Beauty
- 6. Les Yeux Noirs Lash Amplifying Lacquer Christian Louboutin
- 7. REPLICA (Whispers in the Library) EDT, Maison Margiela
- 8. MTHRSHP Subliminal DARK STAR, Pat McGrath



Concealers:

The Secret!



The Colourful Cat Eye!

Concealers are the secret of make-up addicts for flawless makeup!

Silky skin with even tone and glow.

These are the ingredients of a *successful make-up look* and that's why we are always concerned about how to do it.

While foundation, gives you a perfect base, a concealer is the makeup tool that perfects the result. Do you want to camouflage any signs of acne, dark circles or redness under the eyes?

Determine the need for your skin to be able to choose the ideal *concealer shade*:

- Green shade concealer is used to reduce redness.
- Yellow concealer camouflages black circles and gives glow to the face.
- Purple concealer neutralizes the yellow tone and brightens the tired skin with a dull appearance.
- Orange or red concealer is ideal for covering dark spots.

For a more radiant look, apply under-eye concealer 1-2 tones lighter than your skin.

Regarding the texture of the concealer, look out for:

If you have dilated pores and oily skin, we recommend avoiding creamy or stick concealers, as they can make your pores look bigger. Instead, choose a liquid concealer.

TOP ROW FROM LEFT TO RIGHT:

- 1. Touches Éclat High Cover Concealer by Yves Saint Laurent.
- 2. Stay Naked Correcting Concealer by Urban Decay.
- 3. Super Stay Under-Eye Concealer Console by Maybelline.







LOWER ROW FROM LEFT TO RIGHT:

- 5. Intensive Skin Serum Concealer by Bobbi Brown
- 6. Infaillible More Than Concealer by L'Oréal Paris.
- 7. Touches Éclat High Cover Concealer by Yves Saint Laurent.

HLL OF T L'INTERDIT HY G

B E A U T



Tell them "GOOD BYE"!

$Goodbye\ Black\ Circles!$ We tried the most effective creams!!!

Dark circles under the lower eyelids are common in men and women.

Often accompanied by bags, dark circles can make you appear older than you are.

To make matters worse, they can be difficult to get rid of. While fatigue may seem like the most logical explanation for this condition, there are a number of factors that can contribute to dark circles under the eyes. In most cases, they are no cause for concern and do not require medical attention, but affect your look!

These amazing beauty products rejuvenate the skin, fight swelling and enhance glow and your look will become your strong point!!!



- Origin GinZing Refreshing Eye Cream.
- Kiehl's Creamy Eye Treatment with Avocado Eye Cream.





- Clinique All About Eyes Rich Eye Cream
- Extra-Firming Eye Wrinkle Smoothing Cream, by Clarins.
- La Prairie Skin Caviar Luxe Eye Lift Cream.
- Chanel Sublimage La Créme Yeux Ultimate Revitalisation Cream Eye Cream.





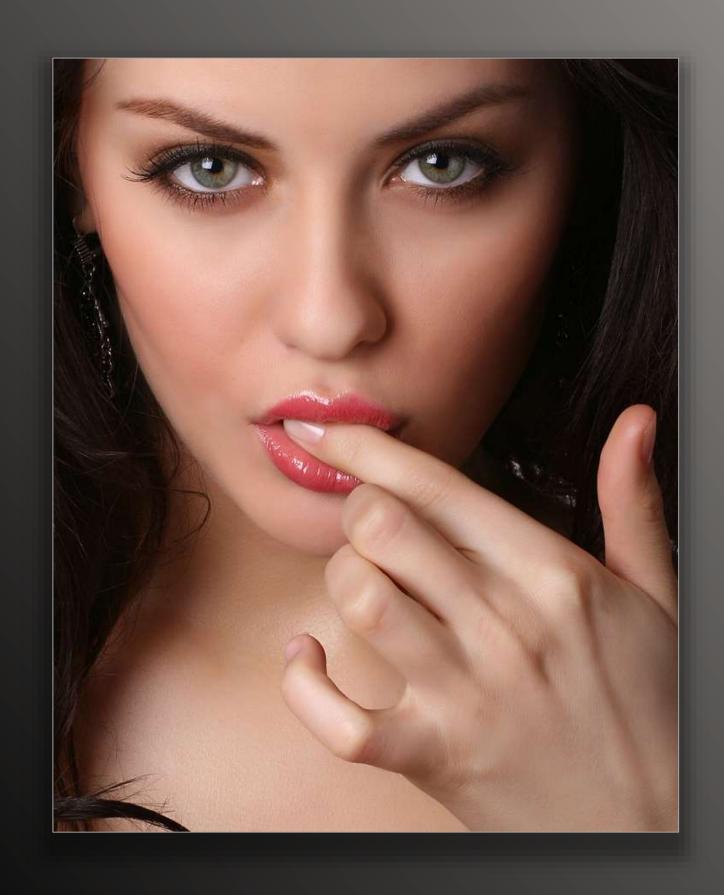








B E A U T Y



New Season's Shades!

Your lips attract attention!

Some women start their makeup from the eyes.

Some others deal with their skin first (foundation, concealer, powder, blush, etc.).

Others wear full makeup everyday, while others do only the essentials.

Regardless the beauty ritual that each one follows, they end up on their lips!

Depending on the occasion or the time of the day or the look they want to achieve, lipsticks are completing the make-up look and your lips become a *statement...*

We chose some lipsticks in different shades that we think will perfect your look, this new season!









Top row from left to right:

- Shiseido, LacquerInk LipShine,
 308 Patent Plum tint
- 2. NYX, Professional Makeup, Lip Lingerie Push-Up Long-Lasting Lipstick, Exotic shade
- 3. Tom Ford, Lip Color Matte, Black Dahlia shade
- 4. Smashbox, Always On Matte, Liquid Lipstick, Miss Conduct shade









Middle row from left to right:

- 1. Estée Lauder, Pure Color Love Lipstick, color 460 Ripped raisin
- 2. Giorgio Armani, Rouge D'Armani Matte Lipstick, color 400
- 3. YSL, Tatouage Couture Matte Stain, tint 21 Burgundy Instinct
- 4. Dior, Rouge Dior Ultra Care Liquid, 975 Paradise shade







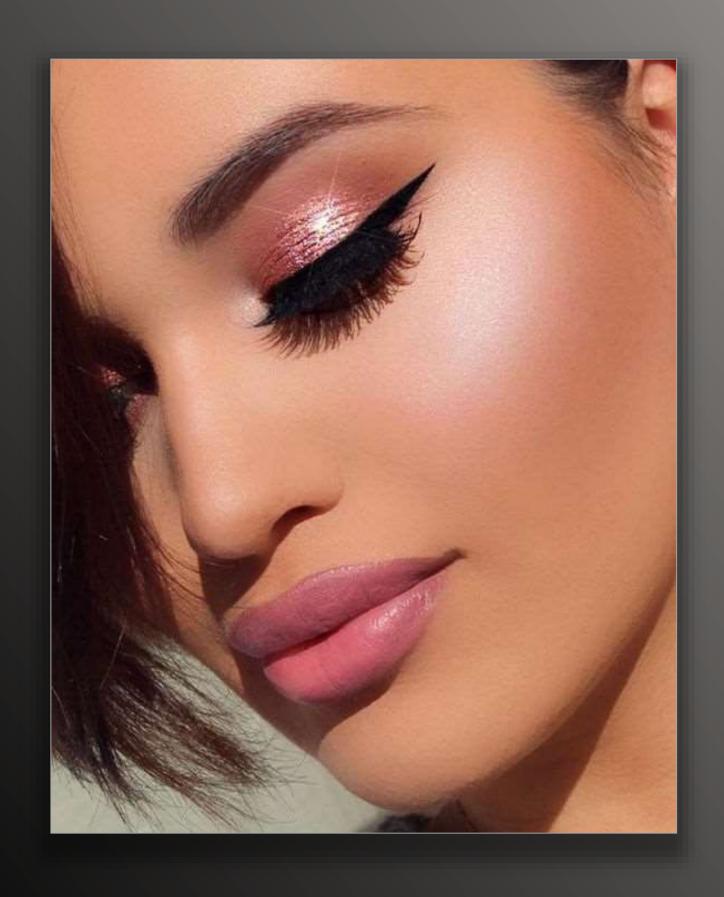


Lower row from left to right:

- 1. Laura Mercier, Velor Extreme Matte Lipstick, Hot Tint
- 2. Bobbi Brown, Luxe Liquid Lip Velvet Matte, Your majesty
- 3. Urban Decay, Vice Liquid Lipstick, Trap Queen shade
- 4. L'Oréal Paris, Les Chocolats Ultra Matte Liquid lipstick, Cacao shade

 \mathbf{B} \mathbf{E} \mathbf{A}

GO T PINK!



New Season's Shades!

THINK "PINK" ALSO IN MAKE-UP!

Eyelids in pink tones and adopt a girly look that sweetens your features.

This is the mood for next season!

Every fashion season, gives the opportunity for the biggest names in makeup, to decide how they would like to shift the beauty world.

For the spring/ summer 2019 makeup trends, their focus was on clean, ethereal beauty punctuated by just a single messy or unusual element. This meant everything from wild graphic eyeliner to watercolor-esque eyeshadow, or bitten-looking lips.

Foundation was mostly out for the spring/ summer 2019 beauty trends, with a strong preference for glowy, bare skin.

Blush and eyeshadow and lips...

Pink look is favored as part of the spring/ summer 2019 makeup trends, specifically in *monochrome looks* where pink powder was used on both eyelids and cheekbones, while a matching rose tint graced the lips.

It pairs well with a princess dress, florals, tiaras, and tulle as seen all over the runways.

Go for a *simple monochromatic look*, with cool-toned pink eyeshadow, blush and lipstick combination, that is more neutral, sophisticated pink, or match lips and eyes with a glossy pink-mauve shade covering both.

The most unique take on pinks is bitten pink lips, pink mascara on the lashes, and a touch of pastel pink eyeshadow.

Lastly, all-over pink is achieved with a single shade of shadow, applied in a continuous swoop, from the outer corner of the eye out to the temples and down to the apples of the cheeks.



from left to right:

- 1. Single Eyeshadow, Melrose, Nars
- 2. Phyto-Ombre Eclat Eye Shadow, Garden Rose, Sisley.
- 3. Mono Eyeshadow, 867, Dior.
- 4. Kajal InkArtist Shadow, Lilac Lotus, Shiseido.
- 5. Ombre Velvet Cream Eyeshadow, Pink, Clarins.









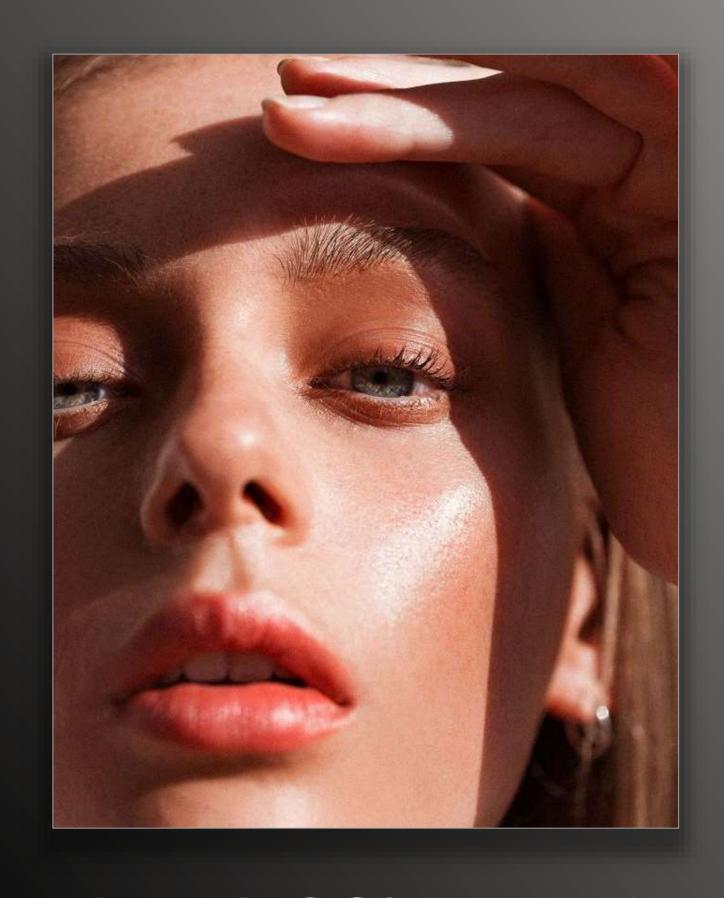


hristian Journal of the Country of t



 \mathbf{E} \mathbf{A}

Throw Back!



Trends of 90's are back!

90's during Spring/Summer 2020!

Blue eyeshadows, pigtails, girly hairstyles, wet hair look and symmetrical bobs ... The trends that every celebrity of the 90s adopted are hot again!!!

These are the 3 looks that we picked from the recent runway shows ...

• Max Mara Spring / Summer 2020

Boxer braids, light blue shades, minimal makeup on the face and dark lips in the tones of red wine during Max Mara's Spring / Summer '20 season. The blue eyeshadow, combined with the girly hairstyle, brings us right back to the "Spice Girls era" and we love it!

Fortunately, 90s looks, are as far as this, as the eyebrows of the models were rich and not as thin, as those we saw everywhere in the last decade.

Versace Spring / Summer 2020

During Versace's show, we saw models, including Kendall Jenner with blond hair, with a wet look, reminiscent of the hair style we often see in video clips and public appearances from stars such as Natalie Imbruglia and Victoria Beckham.

The look was completed with intense eye makeup dominated by bold orange touches.

• Fendi Spring / Summer 2020

The hair look chosen for the runway models, including the explosive *Bella Hadid*, was playful, girly and with clear 90s influences. We were reminded of the hairstyles *Emma Bunton*, chose for public appearances, also known as *Baby Spice*. The *eye look* was diametrically opposed to the *mood* of the hair, as it was very reminiscent of the *grunge era* of music with bands such as Nirvana.







MAX MARA VERSACE FENDI



B A U T Y

almond-oil magic!



Get rid of cuticles!

This is the most effective way to Get Rid of Cuticles!

Your manicure will never look good unless you take care of your nail cuticles.

Hand creams, are very important for your daily grooming routine, but they are not effective with the nails.

To get rid of annoying and unsightly nails, you need a magic oil: almond oil!

Almond oil, rich in fatty acids, antioxidants and proteins, can soften your cuticles with just a few drops and give your nails a great shine!!!



Already from the first application you will see a big difference in your nails.

Keep in mind that some products are labelled as: "sweet almond oil", "bitter almond oil" or plain "almond oil". Sweet almond oil and almond oil, are the same product and are intended for the same use.

Bitter almond oil, is an essential oil that is not used in skin care. Therefore, do not use bitter almond oil on your skin or nails!!!



 $\begin{array}{c} \mathbf{B} \\ \mathbf{E} \\ \mathbf{A} \\ \mathbf{U} \\ \mathbf{T} \\ \mathbf{Y} \end{array}$

ROSEWATER LOTION!



DIY: Hydration Lotion!

Rosewater facial lotion for skin hydration!!!

The secret to shiny and healthy skin lies in nature!

Learn how to make your own face moisturizing spray with three ingredients: glycerin, rose water and lemon.

Glycerin leaves your skin hydrated and prevents dryness, while rose water helps to balance the pH of the skin.

Lemon has antibacterial and antifungal properties and brightens the skin!.



You will need:

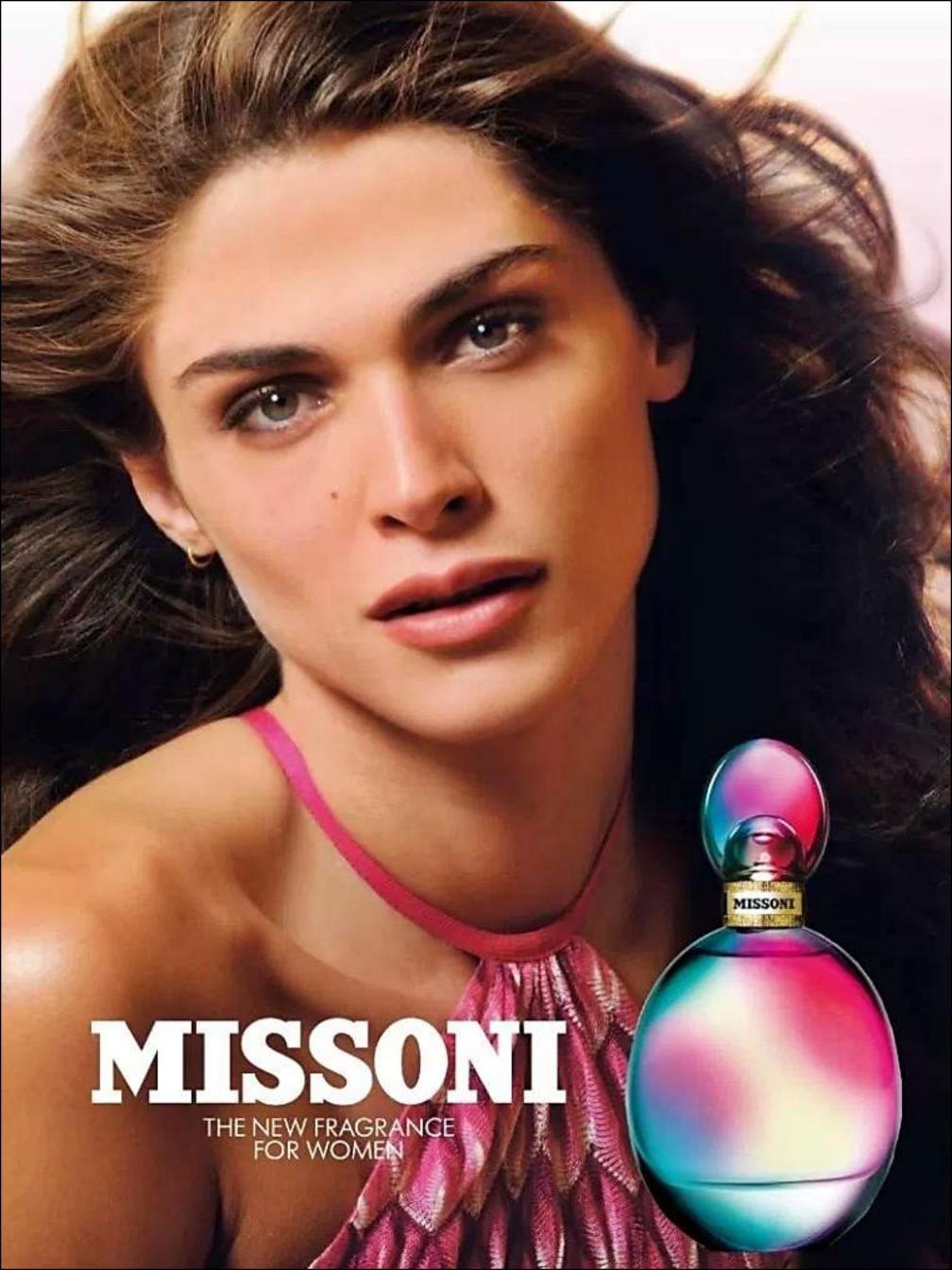
- 1/2 cup of rose water
- 1/2 cup glycerin
- 1 teaspoon of lemon juice
- A spray bottle

How to make it:

- Mix all the ingredients well.
- Sterilize the bottle by placing it in hot water for a few minutes.
- Pour the mixture into the bottle.

How to apply it:

- Spray your face before you sleep.
- Rinse your face the next morning.



WW.Foiceonline.com

LIFESTYLE



PEOPLE!



Just Expel them!

We all have met toxic people in our lives.

It is very difficult to ignore them because they somehow cling to us.

Toxic people like to exploit, control and dominate and they care about no one else, but themselves!

How to deal with such people? Let's define these 9 methods:

They talk more than they hear!

These people are only interested in themselves. They don't really care how you are feeling. If they ask you how you are, they do it because they want you to ask them the same, so that they can talk about themselves.

They are never wrong!

These people quickly judge others, but never see the *mistakes in themselves*.

They cannot admit they were wrong and they never apologize! They will not even accept helpful criticism so it is very difficult to live, work or even socialize with them!

Their drama follows them everywhere!

They may say that they don't want drama, but they follow it everywhere. They cause trouble and drama, though they will never admit they were wrong.

They force relationships!

They don't want to be alone and that's why they always find someone to commit to. For them, the connection or true love, does not matter. They just want someone by their side that will always support them.

Their past experiences, is the model by which everything should be done!

They cannot accept that everyone has their own life and a different point of view. For example, if they don't like horror movies, they won't accept that you might like them. They will fool you, or fake, or tell you that such movies are a waste of time. Somehow they will make you feel bad about it!

They often lie!

It is part of their nature. They tend to turn the truth to their advantage, so that they always look good and nothing is their own mistake. They also lie about little things, about who they were, or what they did, just to gain extra points...

They lack discretion and politeness!

Toxic people do not sympathize with others. They have no empathy and do not want to really help them.

All they care about is themselves and their lives.

8) They display controlling behavior!

They want to have the feeling that they have control and so if something goes not according to their planning, they freak out. They do not like to be told what to do, they want to have complete control over others, so it is difficult to be around them, in every way.

9) They love to "snitch", talk, gossip about other people!

They love to gossip! They want to know what is happening to others. They try to learn all the details and if they are not enough, they tend to create their own, to make it sound ... interesting.

They like to raise their self-esteem by reducing others!!!

So you may recognize some people in your life, who behave this way. I DO!

The easiest suggestion would be to get away from them. But it is not always possible.

You need to discover your inner peace and balance, so that others do not affect you so much! Those who are strong within them cannot break down. This means that if you are confident and know your worth, you will understand that if a toxic person is rude to you, it is not about you but about the person!!! Because of their insecurities, they need to control others.

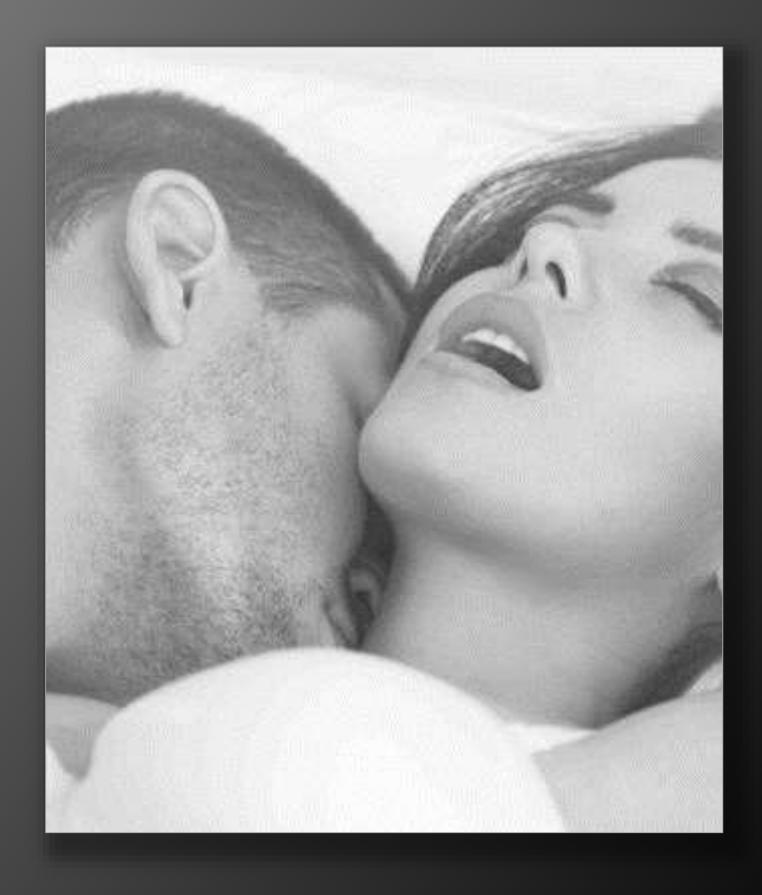
It is important not to let this person come near you. Stay strong and confront these actions.

Toxic people, usually have many psychological problems and when one finds the courage, to speak to them openly, they realize that they are empty inside and not so powerful!!!

They are "problematic" people, so be careful and do not trust them!!!



S E § Memory!



Sex improves it!

A recent study conducted among 6,000 people, +50 years old found that a healthy sex life, can improve short-term memory.

The results of the research were published last month in the journal: Archives of Sexual Behavior.

Specifically, in 2012, 6,016 men and women responded to questionnaires and memory tests tailored to their diet, their lifestyle history, and their sex life.

Two years later, the procedure was repeated and researchers from the *University of Wollongong* compared the results, to record changes in their *memory*.

In summary, the results showed that the memory of the majority decreased over the two years, but improved for those who had more sex, during which they had more emotional contact with their partners.

It should be noted, of course, that this improvement relates only to short-term memory and not to long-term memory.

The researchers concluded, that *sex* affects the hippocampus, a brain part that participates in the transfer of information from short-term memory to long-term navigation and brain space navigation.





A Way to Save a Relationship!



needs a "break" in order to be saved???

The signs may point you the way to the exit, for a short time.

It is not that everyone needs it, but yes, there are relationships that are saved, even during "extra time", with a short "break".

A survey conducted by *Kansas State University* found that 37% of single couples and 23% of married couples have divorced once. On the other hand, the same research, says that couples who have never broken up, are probably happier (in the long run), than those who dared and took a break in their relationship.

But statistics are not for every case, and your relationship may need some "consolidation", to put it mildly. You may have reached a quagmire, where no talk saves the situation.

Let's face it, distance helps you see things a little clearer. But beware, we are not talking about the decision of definitive separation, leading to a setback. This is not a *break*, it is laziness. *Break* is something defined by both partners, within a time frame, to focus on themselves and their needs.

You feel frustrated!

The frustration can be two-way. You may feel that you are constantly frustrating your partner and feeling the burden of meeting his expectations. You are going through a difficult phase where you are not in a position to manage everything and the relationship works more stressfully and less comfortably.

But you may feel that you are not getting the support you need from your partner and you are experiencing an unprecedented frustration.

You don't spend time together!

Each couple goes through different phases, depending on their obligations. But if the couple can't have a few moments a day to exchange and discuss their news and exchange a quick kiss (this classic of a married couple), it's not a matter of lack of time, as much as, a lack of disposition and intention. You may have forgotten the reason of being with this person and not seeing the situation clearly and in perspective.

You're always together!

Let's face it, relationships that start at a young age become unintentionally, the obstacle to flirting and getting to know other people. A *break* can be a great option to figure out where you are and what you want from now on. There are couples who have succeeded in time, others who have moved on, because they could not co-evolve and those who simply needed to see what else is out there and returned to the most important relationship of their lives.

Exogenous difficulties!

Excessive stress, can be caused by exogenous factors and may not affect your relationship at all. But if something very powerful and difficult happens to you, such as someone's illness, or your own difficult situation and your partner fails to support you, or you are not in a position to coexist with someone, breaks are considered necessary.

How to talk to your partner:

If the idea is yours and you want to share what you think with tranquility, calmness and civilized, choose a neutral place, not a home. If you have decided that this is a *break*, discuss with your partner, what you have been thinking, the reasons and what you would like to see happening. But the most important thing is to be prepared because you may not be at the same wavelength in the course of your relationship.

If your partner stubbornly refuses to take a break, maybe it's time to think about separation.

If your partner is open to a conversation, communicate with love and care and don't take a defensive stance that will give the wrong message.

500 500 2001?



...to say: "I Love You"?

s it too early to say I love you in the first stage of a relationship?

In my mind, attraction and love, are two completely different things.

Or rather not completely, let's not be exaggerated. *Love* comes and strikes you badly, even from the first moment, without necessarily implying that you have validated the "object of your desire".

When your "heat" is gone, you may realize, that you will never be together and then you will understand what love means. It's not just the desire and the heartbeat. It's about how much you value a person and how much you put selfishness aside, because it really has a piece of your heart.

But what if you want to say, "I Love You" and you are afraid that it is too early to do so, these are the questions that will help you to decide:

How much time do you spend together?

Objectively speaking, it is very different to go out for a two-hour date, once a week, because you are very busy and different to spend hours together, either because you work together, or your working hours coincide. If weekends are devoted to this relationship, from the first moment, then time counts otherwise. Every relationship has a different weight, depending on its importance and the phase of life you are in.

Does he feel the same?

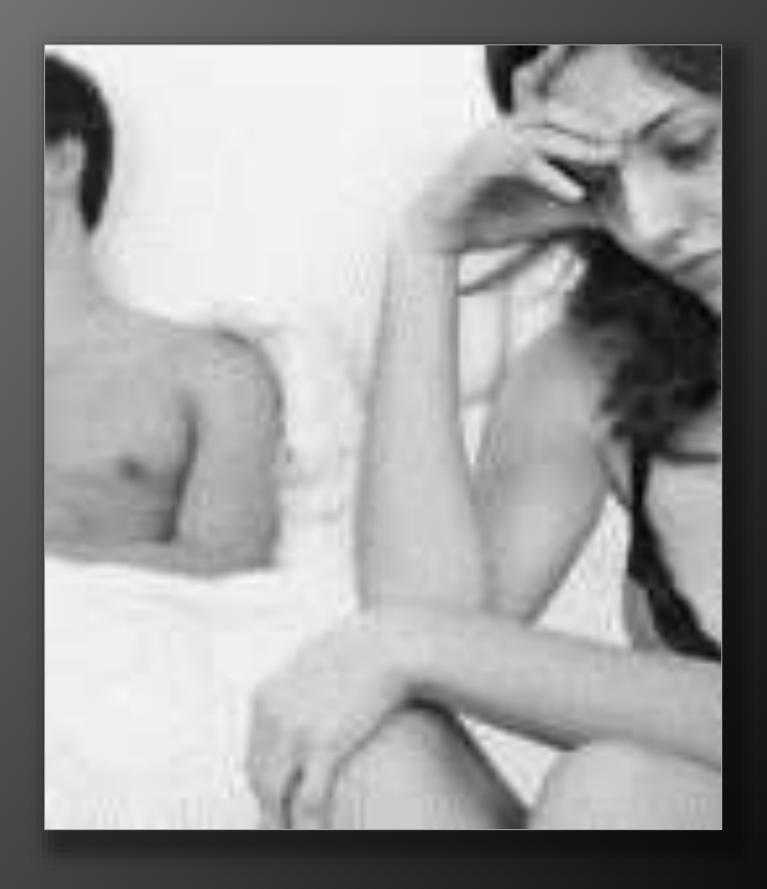
Okay, you're not a schoolgirl to think "there's no way I can say it first". You may be in a more vulnerable position, if it hasn't been said yet, but it's important to filter the situation and find out if you're on the same page. If the other person feels the same way or sees the relationship just as seriously and is not afraid to express, it. If, however, you want to say you "I love you", do it! We should not act according to how others treat us, but according to our needs.

Trust your instinct

Following on from the previous question, the time will come, when the only person who can tell you, what's right and what's wrong, is you yourself! *Impulsivity* is an element of personality, but it's important to know when it's good for us. Through relationships and experiences, you will be able to understand when it's helpful to talk right away and when to take your time to make sure of what's going on inside you.

If *logic* fights the *feelings*, it is always better to follow your *instincts*!

S Marriage!



Does marriage ruin sex?



We have heard it many times and its quite true! Why???

As every married person perceives, a little bit of *routine*, a little bit of *habit*, a little bit of *over-familiarity*, a bit of a ... *given* and as the years go by, the "magic" that existed in the couple's sex life, before climbing the steps of the church, disappears!

Let's see the main reasons!

- Sex with the same person ... for the rest of your life!
- This is the key, that those who are going to get married, should know. Even people who are a bit more... open minded, regardless that, every night, once they get married, must go home and sleep with their spouse again and again. No matter how much "chemistry" and "communication" this boredom can have.
- Usually it's sex on the "autopilot mode"!

Being married is something like *getting a degree in another person's body*. It's great to know the body of one's partner and be able to control it, but it also means, that some things can be done *mechanically*. For example, it is very likely that after a while a married couple will have sex and one of the two will be thinking about what ... What she will cook tomorrow, while he ill be thinking of the 08.00am office meeting.

- It is sex based on "old routines"!
- Since the couple is married, it means that they have had sex too many times together. So they have found exactly how they can do it better. So it's not surprising that married couples, easily turn to the same "old tried and tested recipe". Missing the sense of either exploring the other partner...or "alternatives"!
- "Tomorrow" is a good day to try something new... killing "today"!
 When one is married, tomorrow is always another day. Married couples, having in mind, that they have endless time ahead of them, they are constantly postponing the "test"...
- · They always have something disturbing their minds!

Being a married couple, means living and going through both the *good* and the *bad times*. It means that one is necessarily tolerant of things the other is doing, but they are also upsetting the other one. For example, the fact that a partner fills the bathroom mirror every time he or she goes to wash his or her teeth, or while shaving, or during the make-up routine. For an inexplicable reason, *during sex*, all these ... "devils", come to mind!

They know each other too well...

Everyone says that communication is the key to good sex. But, too much communication also brings a familiarity, that leads to bad sex. Desire for one another, requires some distance.

Everything is in a hurry!

Due to *Limited time*, especially when there are kids, a little routine, or due to knowing each other very well, most couples end up having sex at zero time... Foreplay, after play, intimacy, are only in the movies!

No new material!

The "repertoire" in a marriage is necessarily limited. Especially if the spouses, do not promise each other, right from the beginning of their marriage, that they will always try to have something new, in the sex process.

Attraction and Desire is not always there!

It is simply *impossible to want each other constantly*, every day, from the day of the marriage, to that of death or... divorce. The *attraction* between a married couple decreases day by day.

Sex is a given!

Marriage sex, for partners is supposedly always there, available.

Bedroom is the "always available place of congress", so that the two of them do not try for anything new, or attempting to impress each other. The mystery and the magic, is totally absent!

A Stretched Rope!



The Risk of a Mistake!



e think that life is very much like balancing on a stretched rope

and that it needs just a wrong step to fall.

We are constantly striving to help our purpose to reach our goals, while striving to keep the various elements of our lives in balance.

When we lose balance...

Many of us lose our balance with money. If we do not have enough, our lives become a constant hunt for money. We devote all our energy to trying to improve our finances.

In this process, we deprive our *family*, our *partner*, our *spiritual* and *mental needs*, even our *health*. Moreover, we are not moving towards *the goals of our lives*.

We don't try to even to balance on the *stretched rope*. We believe that only after we have adjusted our finances first, will we be able to devote our energy to all the other *elements of our lives* and move on to our cause. Other areas of life may be in *disharmony*. It may be a relationship! It can be a *spiritual vacuum* that plunges us. It may be the lack of an *appropriate social environment*. It can be an *illness*. If one area of our lives absorbs a disproportionate amount of our energy, there is a *shortage* in the rest. This is a dangerous unbalance and we are unable to take the next step in the *stretched rope of life*, until our balance is restored.

We find the balance...

The priority, then, is to bring our lives back into balance. We need to deal, with those areas that absorb too much of our energy, look at them from all sides, and bring them back straight so that we have energy available for other things. It is necessary to maintain a balance that is made up of many successful identities, as fathers or mothers, as lovers, as spouses, as sons or daughters, as employees, as bosses etc. Only when each identity is complete, the corresponding area of our lives will be functional and will not disproportionately absorb much of our energy. Only this is not done by itself.

Achieving balance in life is a choice we make constantly, minute by minute, thought by thought, feeling by feeling. On the one hand, we can simply exist or on the other hand, we can choose to concentrate our moments, creating precious minutes, in our lives.

It is important to understand, that others cannot do it for us.

Only we can be ourselves, only you, you.

No one can think, breathe, feel, see, experience, love or die for any of us.

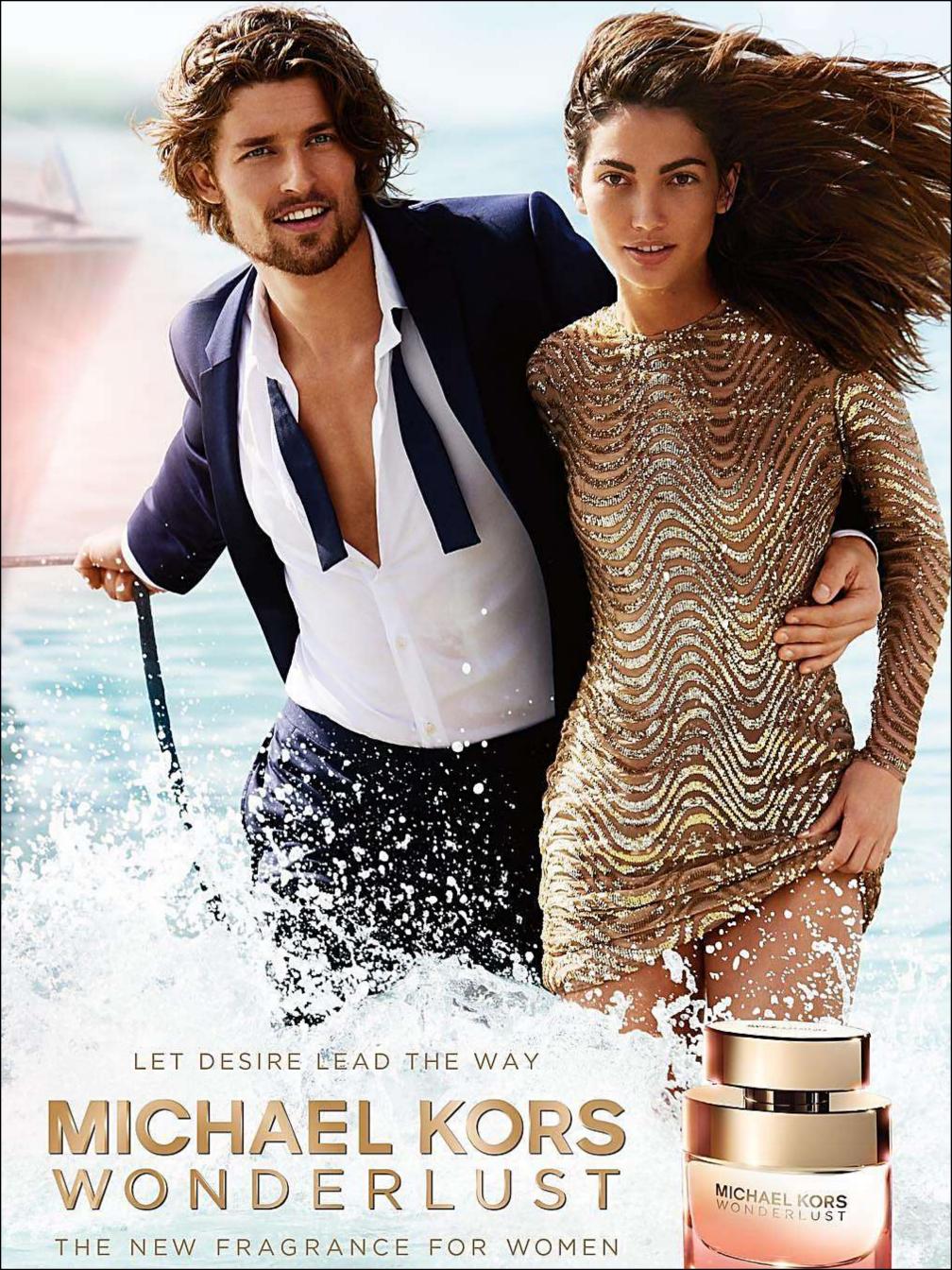
Within us, we are what we are.

We come to life without a map, or a leaflet or a definition of ourselves, other than our gender.

It is up to us to discover who we are and what we can become.

It is our job to balance all different aspects of our lives.

We can do this by pressing the "decision button", on the board of our lives.



Unexpressed Emotions!



The Wild "Break Out"?

E motions that are not expressed, never die. They break out in a wild way!

It is one of the biggest mistakes people make is their *luck of confidence*, their *personal issues* and *cowardice* in expressing what they really feel!!!

Soaked in their *insecurities*, *phobias* and *selfishness*, they let happiness slip through their own hands.

We leave the option of being happy, flying away so easily, because of our frivolity and the fear of talking openly and expressing all the truth that drowns us and all the emotions that overwhelm us.

Why are we doing this?

Is it the fear of rejection and the denial of the others, is it the fact that we are used to our daily lives and we are afraid to risk and overturn what we live?

Is it just the daily habit and issues that has dragged us into an unbearable routine that has become unconsciously our life?

It is important to learn to show what we feel, without fear, repulsed and guilty.

To say "I love you", to ask for help when we need it, not to be afraid to cry, to claim and not to receive an answer.

It is better to live a life without wondering what might have happened.

Sigmund Freud, once said:

"emotions that are never expressed, never die. They break out in a wild way".

Let's say what we feel.

Let's pick up the phone and call regardless if the other does not pick it up. Let's apologize and challenge for an apology, when its needed!

What we want to do, can happen if we *claim it,* with all our faith and heart. Even if that does not happen, however, we will be *in peace within ourselves* and able to look at ourselves, knowing that we have not given up arms and that we made an effort.

Our lives are one and only!!!

It's important to be happy and not just good.

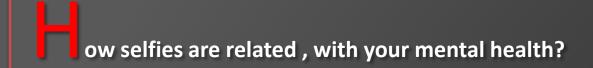
Do not wait! Show what you are feeling! Talk the truth openly!!!



Selfie Mania



The Image of Mental Health!!!



Selfie-mania, can adversely affect your psychology, and experts explain why.

Selfies, have become an integral part of our lives and we can not deny it.

If two years ago, you were laughing with selfies, when looking at the girls who posed with a "duckface", looking like an auntie, who meets her single niece, you've now fallen into the sin of this kind of photography and hopefully ...not with a selfie stick.

Maybe you are right! Or maybe not at all!

Do selfies affect your mental health in a negative way and you don't know it?

The concern of taking the perfect photo, and to "publish" it to the outside world, means that you are putting too much emphasis on your image.

"It becomes more important how your skin looks and how many filters you put in, than connecting with people deeper, cultivating your relationship with them", nutrition expert Kyla Fox. "Posting false or embellished versions of yourself, creating a false intimacy with people you only know through social media. You don't show who you really are, but what you want."

It's like the first date, where you don't want to show your insecurities and phobias. You want to show your perfect version, and we'll see, how we deal about it later. The *emotional* and *erotic attention* you get from a photo makes you feel more confident and sure, about yourself, but for how long?

Kyla Fox rings your alarm. "The greater the flow of information and interactions through social media, the more it dictates the reality of your inner world. As a result, the selfie ends up downgrading your view of yourself, as you learn to base it on the number of likes and positive comments that you make. And when you have to get out into the outside world, where you are just yourself, communication becomes a real challenge."

The trend of *selfies,* has been the subject of much research on the impact they have on our *psychology*.

The Department of Psychology at the University of York found that selfies increase anxiety and reduce self-esteem, compared to those who do not use them.

The greater the level of *selfie-mania*, the greater the problem, says to another study. Is there a cure?

Since *social media* is a reality in our lives, we need to learn to live with it, without becoming harmful. A break from *Instagram stories* and a filtering (metaphorically) on choosing friends, is a good start for healthier use of *social media*.

But what really comes down to solving the problem, is to understand why you need to accept people you don't really know and what your own self-esteem issues are. It's not the *selfie* that hurts you as much as the intent behind the photo!

Www.foiceonline.com

FOR HIM





VERSACE Collection Spring 2020



COLLECTION

Spring 2020





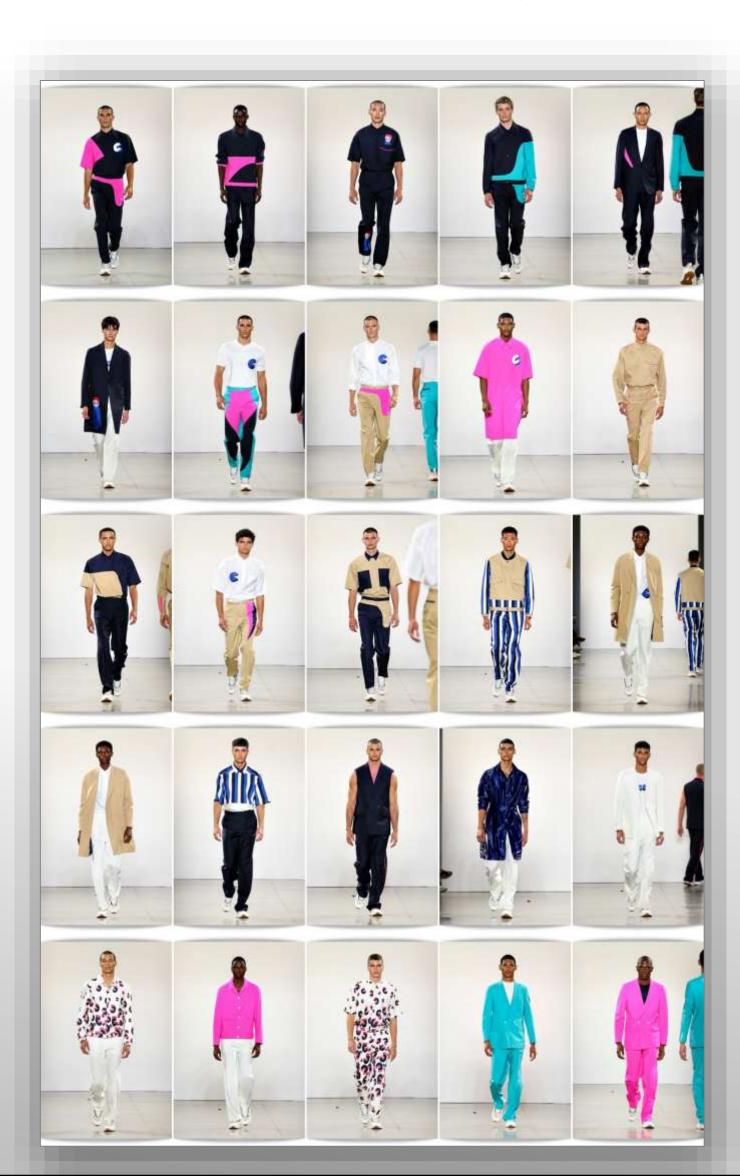
CARLOS CAMPOS Collection Fall 2019

CARLOS CAMPOS

MEN'S

COLLECTION

Spring 2020





CANALI Collection Spring 2020



MEN'S

C O L L E C T I O N

Spring 2020





TODD SNYDER Collection Spring 2020

TODD SNYDER

MEN'S

COLLECTION

Spring 2020









"DB WAISTCOAT & SB SUIT JACKET!"

The "New Wave" in Style!

If you have accepted the traditional fit waistcoats, then you should also try the double breasted (DB).

The Rule

We see it everywhere, in more and more variations than one can imagine.

The waistcoats return is remarkable. A "vintage wave" that you can't get over.

An image reminiscent, of retro movies, picturing a husband in front of the mirror, preparing for his night out with his wife. It was like a "style ritual"!

Many wonder e.g. how such a style accessory, leaves the shoulders and arms uncovered during cold days? When children were asking why, he would tell you that: "when you grow up you will learn".

As if, the secrets are passed from generation to generation, a specific time. Never earlier, never later.

You recall, a *different waistcoat*? Not like the ones with straight cut and straight-line buttons. You the different one as an eccentricity. It might had been a mistake by his tailor. Of course, you had noticed too, that he was wearing it, when he had gained some extra weight and this was the advantage unfolding in front of you: each fastened button, covered some extra kilos. What was protruding before, was hidden now. And, for the sake of style and good taste, he was not fastening left the last button! Also, those days, all men, wore it in combination with a *double-breasted suit jacket*, but ... it was different times. Completely different from ours!

Memories may still be there, but let's not hide: the *double-breasted jacket with double-breasted* waistcoat combination, is old-fashioned, a reminiscent of another era.

We are not going to say much about the *orthodox-classic* combination of *straight line*, *button-down waistcoats*, matched with a single-breasted jacket.

Yes, it is a safe choice, but at the same time, a multifaceted one, we would say... a bit boring.

So what would differentiate the given "lines"?

The "mix and match rule" is here! A marriage!

Namely:

Singe breasted jacket (attention: unbuttoned!) in harmony, with the sexy armor of a **Double-breasted waistcoat**, that encircles and embraces the male body.

This is a fine styling balance and perhaps, that's where the little secret you learn as you grow up is : "Balance in Style"!

Nothing should cover the other and nothing should disturb the harmony.













"TIE COOL!"

Wearing your tie properly, is an art not a matter of luck!



Tie: The only male accessory that offers, a touch of harmony and sophistication!

If there is one accessory that communicates everything, except indolence, untidiness and rough style, it is the tie.

What is fascinating for the lovers of the modern male style is that our generation, has slowly evolved a talent, for rejecting and isolating paradoxes and prejudices!!!

Let's take the example of a *tie*, which fits my claim. The mere statement of this article, about *tie* vs indolence, untidiness and rough style, for the ones who ignore its "*art*", seems rather an oxymoron. Well... they should ask the majority of females!

This accessory, purely *decorative* and without any visible *usability*, as opposed to belts, bracelets, socks, gloves or hats, is one of the elements of the male style, that for some time, now it is frequently absent.

For many, it appears to be a brake on natural carefree look, a reminder of social rules and norms, a slavery chain, that discomforts the neck. It is a fact that the introduction of "Casual Friday" damaged the classic "neckwear".

The same is the case, for big fashion houses that are slowly moving to "casualwear".

Maybe, fashion houses and big clothing lines, realized the *middle class shrinking* and try to move the trend to other styles!

However, despite the hostile environment, some traditional brands have resisted, such as *Charvet* in *Paris*, *Marinella*, or *Calabrese 1924*, or *Drake's* in *London*, along with some newer ones: *Tie you Tie* in *Japan*, *Howard's* in *Paris*, or *Viola Milano*, who crashes the market due to the fabrics it uses.

These brands due to various technical factors, such as: the use of new *textiles*, more or less luxurious, the dynamic return of *vintage*, *innovating creativity*, but also **new ways to wear the tie**, in contrast to the "bankrupt", *Windsor knot*, which reminds me the "old fashion bankers", with the extreme impeccable symmetry!!!

Since 2010, the genius *Michael Drake*, gave some directions - guidelines, so we could get rid of the strict way we wear the *tie*. Since then, his words have, taken over!!! Lets see what he says:

"...Most importantly, do not use the loop (the "keeper") behind the rear apron to slip in the front apron.

Keep your allure a bit aloof and remember to expose the tail once in a while: it is perfectly acceptable.

Think Duke of Windsor or Gianni Agnelli instead of banker with a stiff necktie that looks flat ironed.

Also quite telling is the length of the necktie.

In a perfect world, the tip should graze the top of the belt and both front and rear aprons should be of equal length. If this is not possible, it is clearly preferable that the rear apron (the blade) would be slightly longer than the front..."

The rear blade longer than the front? Yes!!! Michael, himself confirmed his advice, twice!

This slightly "nonchalant way" of wearing the necktie is indeed quite elegant! The success of this twist depends on two factors:

- The necktie must be thick enough
- The knot must not be the classic four-in-hand but the double four-in-hand: simply wrap it around twice instead of one.

He cave

"The **tie** is an important accessory, because its use is purely symbolic. Avoid neckties with a width greater than 7.8 cm.

The pattern should be neither complex (too many colors) nor glittery or shiny.

However, silk tie in navy blue, gray or violet, is appropriate for the evening in more formal occasions.

The simplest rule is one that prefers sweet colors in the morning, most intense in the afternoon and dark in the evening".

Today, these principles, have become the hallmark of those who love *classic male style, supporting the* "split-tie look", that is, the tie that is tied, so that both blades, of its edges are visible!

As for the subject, we must never forget what Alexander Pope wrote in the 18th century:

"True ease comes from art, not chance, as those who move easiest, are the ones who have learn'd to dance."

After all, what a tie offers, is simply, the consciousness of an aesthetic effort. A touch of harmony and sophistication!



"SILK KNOT CUFFLINKS!"

Cool & Pop Style!



POP Style!

Initial thinking: They belong to the lower tier of the clothing accessories pyramid.

They do not have the brilliance of a jewelry, not even the fine detail of gold or silver. They are made of a soft cord, mainly silk or polyester and if you look at them, they end in two connected decorative knots.

We can not, judge them from their price, as its determined by the aesthetic result and uniqueness.

Obviously, they don't stand out for their cost.

These low cost accessories are commonly known as **silk knots**, and belong to those *fetishistic objects*, that do not attract highlights, or for their rare varieties, nor to their precise handcraft.

Their colors vary and color combinations sometimes, carry something modern. They are youthful, lightweight, comfortable and, yes, they are **pop**, which means that the simplicity they give, is authentic.

For the story, it is said that the Parisian tailor *Charvet*, in the early 20th century, was the one who first thought of them and created them. The *knot* with which the threads are tied, is not accidental, but refers to the corresponding knot, made by sailors and even scouts, if you are familiar with them!

These cufflinks could have been inspired by the Arte Povera Contemporary Art Movement.

This knot has also resemblances and references, from how Middle East men tie their turban.

How to wear them?

These *two-sided cufflinks*, can be worn with a *sports jacket*, or even more formal if they are *monochrome*.

Here we are dealing with the value of a simple, but thoughtful and stylish accessory, that does not have to be paid dearly to become yours.

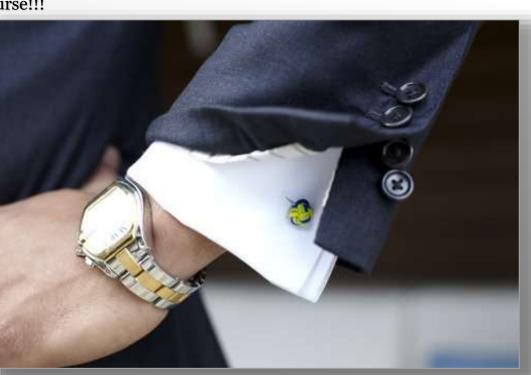
Should we redefine our relationship with textiles and their definitions or symbolism?

Does standardization, lead to our self-entrapment, by removing us from the element of crucial reality?

Alas, if our outfit, as well as, the accessories we choose, do not have such meanings.

After all, these **silk knot cufflinks**, could be taken out of the spirit ote *Povera* and as such, they capture precisely the elusive and volatile world and men's dress style, of course!!!

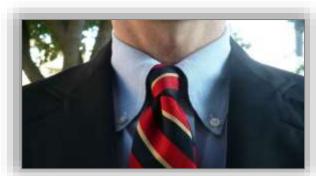






"SUMMER & OXFORD SHIRTS!"

The "New Wave" in Style!



Whether you go for a relaxing evening out with friends for a drink, or have an appointment with a lovely lady, an Oxford shirt, will always be a surefire solution. Its *timeless* and *elegant* character, makes it perfect for any occasion, from *casual* to *formal*. An *Oxford Shirt* will help you maintain your style, without getting a headache, thinking of what to wear.

After all, sometimes the *simplest* is the most *beautiful*.

The article now, is how you can match your *Oxford Shirt* in any occasion, because you can't wear the same outfit in a casual and formal occasion. It would be great, but you can not ...

Let's see how you can match your favorite **Oxford Shirts**, starting with formal and ending with the most casual occasion!

Formal occasion

In occasions such as weddings, or any other that requires a formal outfit with a suit, a *white Oxford* shirt matched with a *black or blue suit* is the safe and secure choice. If you find this look particularly "strict", you can replace your 'traditional' white Oxford with a *blue*, pink, gray or *black* shirt. In addition, you can move on to a "brighter" choice by choosing gray, green, khaki or brown. Your formal outfit, becomes complete with a smart watch as well as a pair of Oxford, Brogue, <u>Derby</u> or moccasins shoes.

Semi-formal occasion

Here things get a little complicated. *Semi-formal* occasions require skillful manipulation in order not to "exaggerate" on the one hand, nor to underestimate the circumstance on the other. A *semi-formal occasion* does not require you to use a tie or choose a dark suit. So you can pair your *Oxford shirt* with a *Chinos* or *tailored pants* with a *blazer*. Also, if you want something more 'formal' you can choose a "bright" color suit, without the presence of a tie or waistcoat, such as something blue or beige. Regarding the color you could choose for your *Oxford shirt*, good choices would be white, gray, blue or blue and pink. As for the shoe go for *Oxfords, Brogues, Derbies or moccasins*.

· Business-casual occasion

As in *semi-formal* circumstances, there is no clear definition here as to what to wear. Your main goal in this case is to "marry" the *style of the occasion*, which is directly dependent on your work profile, with your *personal style*. Chinos or tailored trousers in combination with a white, light blue or gray Oxford shirt will accompany you successfully to any business appointment. In addition, you can also add a tie to your outfit, if the dress-code requires something even more formal, beyond the necessary jacket. As for the shoe you can choose from Oxfords, Brogues and Derbies.

Smart casual occasion

Whether you go out for a coffee with your friends or go out for a "casual" drink, the *smart casual look* will fit your needs perfectly. In these circumstances I really think the phrase "the simpler the better" is ideally suited. In a *smart-casual occasion* you will not have to "exaggerate" your outfit nor add much. You can choose a *linen* or *Chinos* pants or even a bermuda pants with your *Oxford shirt*. The latter can be tried in a variety of color combinations, such as *white*, *blue*, *blue* or *pink*. If you are even more adventurous you can match your bermuda with a matching jacket. As for the shoe, your choices should be mostly *moccasins*, *loafers* or a *white sneaker*.

Casual occasion

Oxford shirts have a very "multi-use" character. So they can accompany you even in the most casual occasions. As in the case of *smart casual occasions*, here too, you should have a prime focus on your simplicity. A pair of *chinos* or *denim trousers* in combination with a light *blue, white or striped Oxford shirt* will help get the look. If its too hot, you can undo the top buttons of your shirt. As for the shoes, go for sneakers of your choice, white or blue-black I would recommend.

TIPS

In most formal occasions, a white Oxford shirt with a cufflink is best chosen.

If you are in at least one semi-formal occasion, make sure to put on your shirt in and during a casual you can have it out. Add colors and if the occasion allows you, lift the sleeves up!











"THE SMALL POCKET!"

Born in 1880's and they still exist!



We all, have noticed that every denim has on its right front side, an extra pocket.

In addition to the four classic, two rear and two front, pockets there is another small pocket that most of us don't even care about.

By now, you might have given up on trying to use it, since it's too darn small to fit anything you actually need.

But why is it there in the first place?

Well, today, it doesn't really serve a purpose, but it used to in the late 1800s and the tradition is still going on. It's used mainly for decoration. I used to put my pager there or bus ticket or a lighter, as I do smoke.

Usually, those who play guitar, keep their guitar pick there, others habituate to keep their pen drive or home key, others keep their navigator compass, and others keep coins or a memory card or condoms. Others do not keep anything in it!!!

According to the Scoop Whoop, this small pocket was designed for a particular reason.

It was a matter of 1800 century, in the western region, cowboys used to wear jeans pant in the field and had to pay very hard labor all day long. They didn't like so-called traditional formal dresses, but their favorite dress, was *jeans* due to its *simplicity*, *diversity*, *flexibility* and *durability*. The wristwatch was not available for the mass people.

Only elite reach guy could procure wristwatch. Beside this that time watch was not tied with the hand, traditionally it was kept in the small waistcoats pocket by a chain, but it made a problem and getting broken frequently. For that reason, renowned jeans maker *Levi Strauss* introduced this little pocket for the Cowboys so that they could keep their watch safely.

Levi Strauss, the first man to create jeans with five pockets, and then most designers imitate him.

This pocket, is called "watch pocket" and at this point, when jeans were first created, men who wore it, used to wear their watches, also known as pocket watches.

Levi Strauss blog also pointed out that originally, there were only four pockets on a pair of blue jeans, the watch pocket included. "The first blue jeans had four pockets only one in back and, in the front, two plus the small, watch pocket," the blog stated.

Pocket watches may no longer be *in vogue* and we no longer carry them on a daily basis, however, the small pocket on the right side of denim pants, has remained!







"TAG HEUER-Carrera Heuer 02 Chronograph!"

An emblematic chronograph!!!



The emblematic chronograph *Carrera* has been firmly in the *pole position* of the racing world for 56 years.

It was named after the Carrera Panamericana, the legendary car race, that lasted for a week in the 1950s in Mexico.

The rally revived in 1988 and each year it is featuring classic pre-1955 racing cars and **TAG HEUER** is the key partner and Official Timer. The first chronograph **Heuer Carrera** was designed in 1963 for professional racing drivers and was immediately successful thanks to its revolutionary dial design. For the first time, the ring that secured the dial on to the case, brought the necessary dial of seconds, leaving space and making the dial more readable.

In 1969 the *Heuer Carrera* was launched, housing the famous automatic *Caliber 11* with a micro-rotor.

At that time, Heuer was one of the few watchmakers, capable of designing and producing such an innovative automatic chronograph. The Swiss brand became the first watch to sponsor a *Formula 1 championship*, with many famous racing drivers choosing to wear *Heuer Carrera* chronographs.

The new generation of **TAG Heuer Carrera Heuer 02** models are sophisticated, fully harmonized version, with 21st century demands, of those historic chronographs. With *avant-garde* design and clear Swiss company *DNA*, it is distinguished by a robust, sophisticated construction case and an imposing bezel, that accommodates an engraved speedometer.

But the hidden ace of the new collection is its brand new mechanism/workings, parts of which are visible due to the skeleton dial. The automatic Heuer o2 caliber restores the original 1963 sub-dials layout, to positions 3-6-9 on the dial (as opposed to the previous series of chronographs that had the Caliber Heuer o1 and were 12, 9, 6).

The minutes and hours of the chronograph appear in separate sub-dials at 3 and 9 respectively, and at 6 the micro-seconds run. The date aperture, is located between 4 and 5.

Heuer 02 caliber was designed and produced *in-house*, exclusively by **TAG Heuer**.

Consisting of 168 parts, it features a column wheel and a vertical clutch, two features of high watchmaking.

It operates at a frequency of 4 Hz and offers exceptional 80-hour energy autonomy with a single barrel.

Its industrial design is such, that it facilitates assembly and after-sales maintenance.

TAG Heuer Carrera Heuer 02 comes in many versions, all equally exciting, both in frame size (43mm or 45mm), as well as its construction material (steel, ceramic, carbon fiber or pink gold) is concerned. It is waterproof up to 100 meters, providing choices of various straps and bracelets, made by leather, rubber, steel or ceramic and secured with a folding clasp.









Www.foiceonline.com



SECHETS **#**€ Of LLUMINATI

HERE ARE NO SECREIS BEITER KEPT THAN THE SECREIS EVERY BODY GUESSES! -GEORGE BERNARD SHAW-

Who are "Illuminati"?

The word 'illuminati' is the plural of the Latin word "illuminatus" which in English means "enlightened" and though it is lost in an ocean of paraphilic and conspiracy, refers to a secret organization-society, that actually existed and operated in Bavaria in the 18th and 19th century.

They came back into the limelight because of *Dan Brown's* homonymous book and finally, one would say, because of *Sin Boy*.

The official founder was the *Bavarian* philosopher and professor of Law, *Johann Adam Weishaupt*. Weishaupt was born in 1748 in *Bavaria* and lost his father at the age of 5 years. His stepfather, Johann Adam Freiherr von Ickstatt, a well-known law professor at the University of Ingolstadt and one of the most famous *Enlightenment* followers, was brought up to take care of him.

Young Weishaupt was influenced by the ideology of his guardian and from an early age and became a defender of racionalism. There are stories of Wieshaupt's incomprehensible worship of reading books mainly on political philosophy and law.

Growing up, in such an environment, Weishaupt was almost predestined to pursue an academic career. After finishing his studies he became a professor at Ingolstadt in 1772 and there he developed his theories which were inspired, inter alia, by a strong antagonism and the belief that religious dogmas should no longer be at the core of the functioning of societies, as well as, that monarchy is not the right way to govern.

A necessary note is that Weishaupt was not an enemy of religions in general, but he opposed the way they were involved in the political situation of his days.

So, in order to promote his ideas, on May Day 1776 in (since then) conservative Bavaria, five men, meet with candles and lamps, in a forest discussing how they will intervene to change the world. That was the day the *Illuminati's secret organization* was founded and its rules and procedures were established, as well as, the ways in which one could become a member.

The purpose of this secret organization was defined as: "The illumination, enlightening the understanding by the sun of reason, which will dispel the clouds of superstition and of prejudice". Weishaupt was looking for a way to promote his ideas in order to overthrow the way states operated and exercise power in his days.

It is necessary to emphasize here, that at about the same time *Masonry*, a secret organization with similar aims, was spreading throughout Europe. *Weishaupt* and other members of the *Illuminati*, were entering the *Masonic Lodge of Bavaria*, in order to recruit new members, for their own organization.

Within a few years, the *Illuminati organization*, began to grow in number and influence. As early as 1782, the *Illuminati's member* were estimated to be close to 600, and by the end of 1784 there were over 2000.

Many of them were important artists, politicians, judges and doctors. It was then that Weishaupt and his radical ideas began to become disturbed by the status quo of Bavaria. Weishaupt's writings were considered to promote revolts, with the result that in 1784 the Bavarian government of Karl Theodor banned the organization and expelled its founder from the university.

He leaves Bavaria and heads to Saxon-Gotha, where he writes report texts for the Illuminati.

Can you imagine, how a wealthy and well-educated philosopher, who founded a secret organization in order to overthrow the *monarchy* and the domination of *religions*, in the structure of society, would now be treated by the ecclesiastics.

Exactly!

Same as what was left up to today, when we hear the term "Illuminati", that is, as a secret organization of demonic people, who aim to dominate the world and bring a new order of things.

The harsh hierarchy within the organization, the mysticism, the torches and the fact that there were 'exquisite members of society' coming into the organization gave yet another texture to the Illuminati organization that began from a "lobby", to be treated as a supervillain group of satanic nuances, that comes to overthrow Catholicism and, ultimately, to disintegrate Christianity.

This vision was first formulated through two books published while Weishaupt was in exile. First the book by Augustine de Barruel who wrote "Memoirs Illustrating the History of Jacobinism" story and the second by John Robison with the eloquent title "Proofs of a Conspiracy Against all the Religions and Governments in Europe".

The *Illuminati* were considered to be behind the *French Revolution* of 1789, which was considered their greatest success.

Their connection with the *Jacobins*, is found in both books published in 1797.

The truth is, however, that to think that a group of 5 people has led to the cosmic changes brought about by the *French Revolution* is ...kindly speaking... an extremely simplistic thinking.

Historians and scholars of the period believe that the *Illuminati* did indeed have an influence on political developments, mainly in promoting the ideas of the *Enlightenment* to their members, who had some authority either institutional or in its influential (*Goethe*, was an *Illuminati* for example).

This is, of course, completely different, from the theory that supports that *illuminati* control the functioning of the World, through "closed rooms".

The way the world operates is unimaginably complex, so it's impossible to understand even a small part of its structure and systems.

It obviously does not work exclusively through democratic institutions and in absolute transparency as such a perception would be even more naive.

Blaming all the wrong things happening in the World to small, secretive groups, moving in the shadows, gathering in rooms and ordering our lives, is a convenient excuse illustration, but a thumbnail that creates a fictional picture of how the world works.

Unfortunately or fortunately things are much more complex...





In the old days, the ruthless dictators of this world, have openly argued, that they know better than anyone else what the people want, and also that, miraculously, they are the most appropriate leaders to do it!

Of course they were lying.

In fact they were scumbags, huge-scale liars, whose sole purpose, was to seize power and public property, to do things for their personal enrichment, using an overdose of hallucinogenic substance called: *power*.

Today, something has changed! Indeed, the world is still full of *authoritarian leaders* of all sorts and many of them are really old-fashioned, huge-scale scammers, using *public funds* as personal pockets, taxing their people in order to build statues of themselves.

Now there is another kind of authoritarian leader. They, like the others, trample on citizens' freedoms, secure unlimited political power for themselves, limit or even eliminate dissidents, and almost always put their hand in the "jar of honey". They also argue that: they know best what the people want.

But therein lies the difference, which is the issue we will be discussing today: *They may be telling the truth!!!* Recently, think tanks, universities and other institutions, met to discuss the present and future.

One of the most interesting ideas expressed, was about the possibilities offered by *New Technologies* in Authoritarian Regimes. Democratic countries, as we well know, have a number of tools and institutions in place, for power to understand what the people want, or to say it more correctly, for the people to freely and clearly express their will to the power holders, who are elected, to serve it! Free press, free elections, freedom of expression, all serve to bring the opinions and desires of the people, to those who make the decisions.

Now, however, modern dictators say: "Technology allows us to learn all this without democratic institutions". With cameras on the streets, social media and electronic communications under surveillance, and powerful algorithms able to analyze this "ocean of data", authoritarian regimes, can not only record "what people want" in real time, but even predict it! This is something that officials in private...and not so private discussions, admit and state, these days.

"What is the use of freedom of the press and elections, when we have a complete picture of the lives, habits and needs, from what one writes, buys and what places visits every citizen?"

In this way, such a state can have an even better image and serve the citizens more effectively.

As time goes on, it becomes increasingly difficult for anyone to respond convincingly to this issue, without at least, resorting to purely moral or emotional arguments.

We have long believed that: freedom and prosperity, are interconnected and interdependent concepts, but now our world has numerous examples of free Democratic countries, experiencing difficulties, while, other countries without freedom, such as Singapore or China, prosper. These countries have not only managed to provide a better life for their citizens, but have also largely avoided, vigorous claims for more freedom, from their peoples and not just because of repression.

Technology can indeed be a powerful tool for such regimes, which are not limited by rules, controls, regulations and other such limitations of power, that are applicable in advanced Democracies!

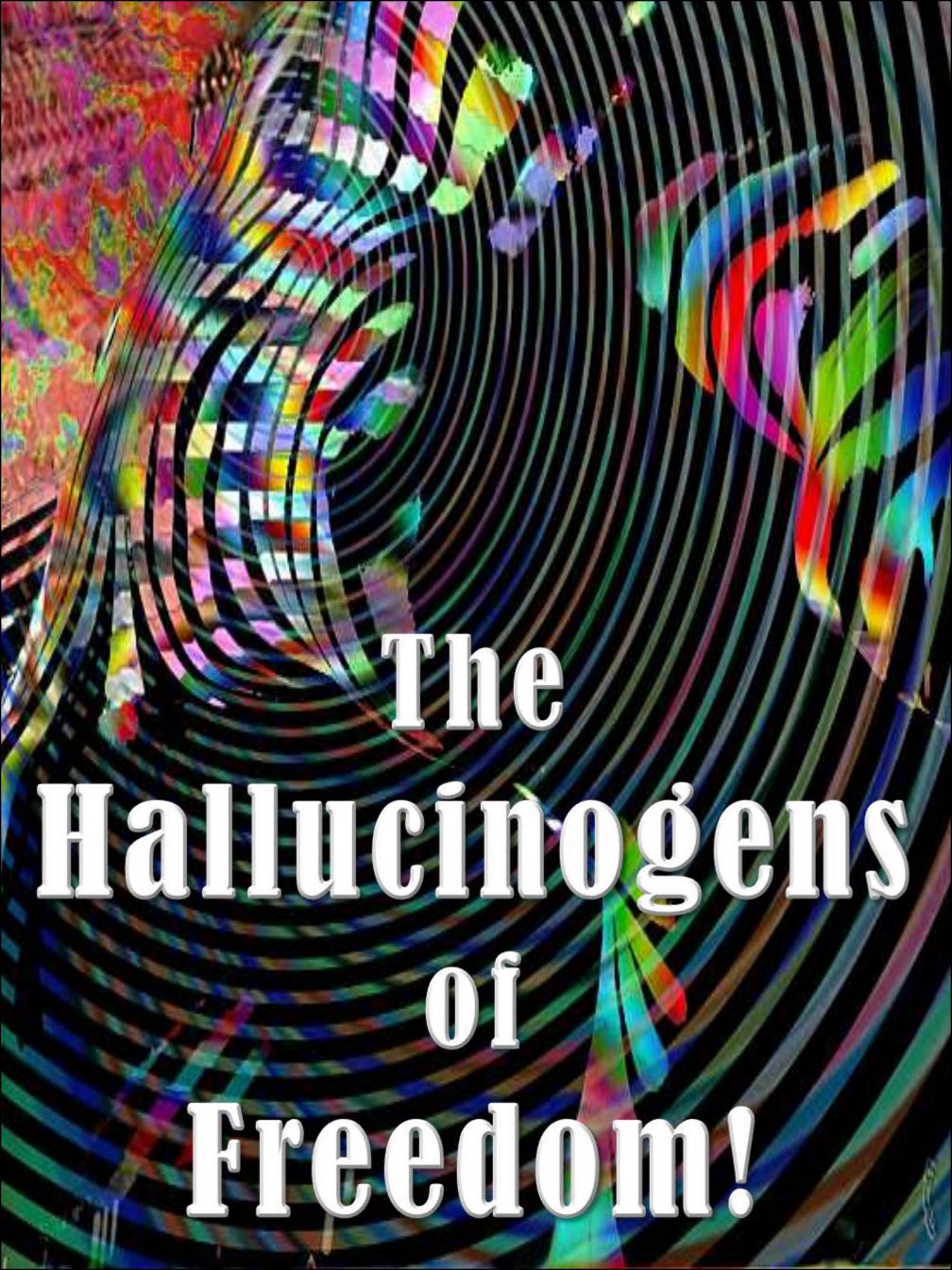
There is, however, one answer that still ensures that democracy is the "worst state of affairs", if you Do Not compare it, with the other Political systems and regimes!

We must not forget, that Freedom, does not only reflect the perceptions and the, will of the people, but also, it changes the people!!!

A citizen who believes that certain freedoms are a given, becomes a different person, than he would have been if they were not!

Freedom and its practice, influence the evolution of her personalities, beliefs about what is possible, the range of dreams and ambitions, our own identity!!!

This is not a ... small thing!
It is wealth for a society! It is a powerful "fertilizer".
I do not know if it will be enough against any ruthless artificial intelligence,
but it is "A Great Something"!!!



ever before humans fought so consciously, vigorously and institutionally, through global organizations and human rights charters, to ultimately lose, precisely what humans, so vigorously sought to achieve: *Their Personal Freedom!!!*

Here again we have a characteristic example of the intrinsic contradiction of things and the evolution of *Human History*.

Modern Human being trapped in between two extremes, that both deprive his freedom and autonomy, at times realizes the tragic situation, which he has allowed himself to impose on his life, and at times, completely disoriented and manipulated, is not able to recognize his illiberal and fully supervised and controlled downfall, which is even more tragic and hopeless.

I am not referring here, of course - this is not my issue - to the neurophysiological and sociobiological, to some or many, well-established view, that free-will, does not exist and is a pure illusion (for this, see, for example, Sam Harris, "Free Will")

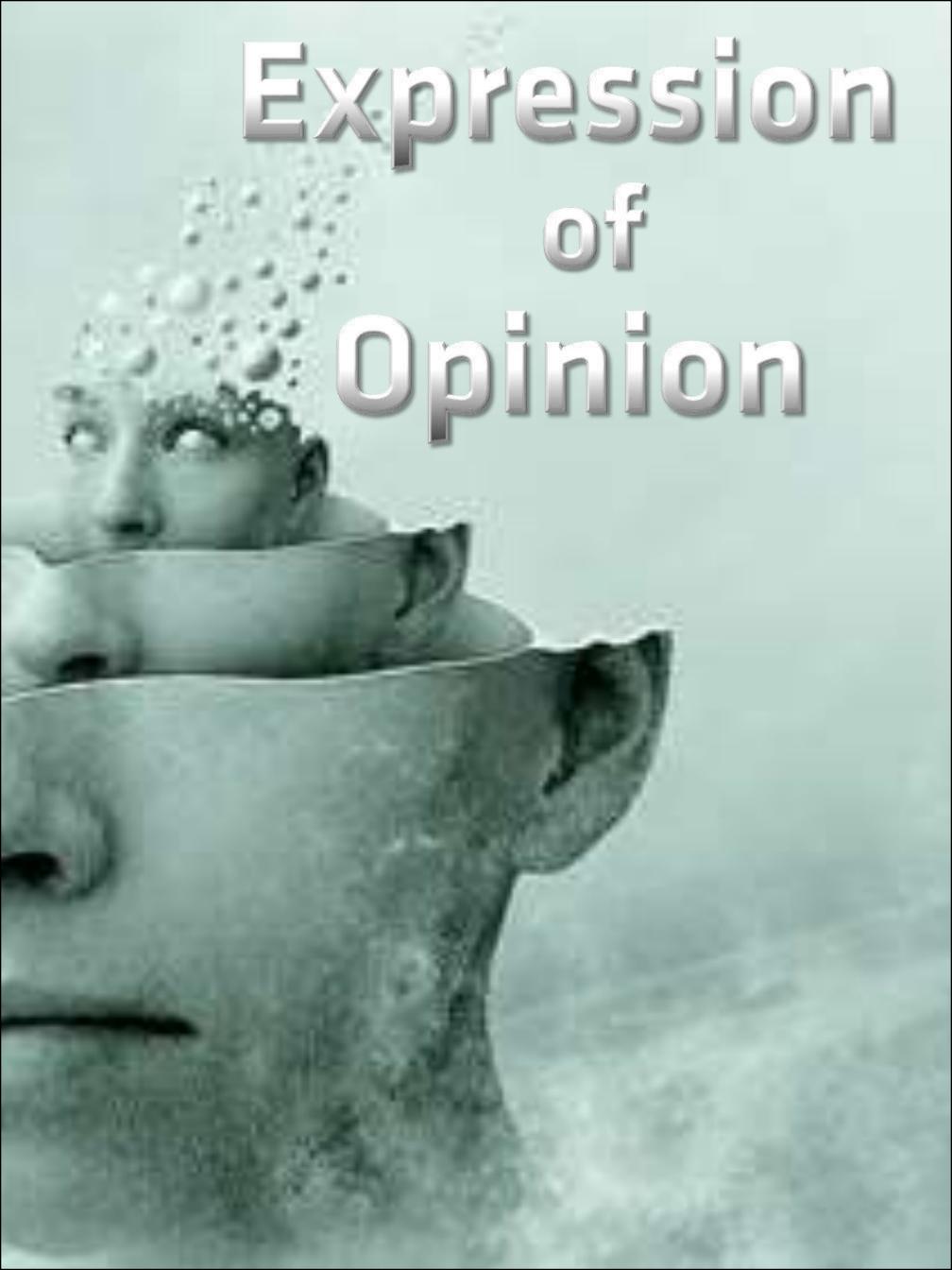
I am referring, much more, to the loss of human freedom!

Human freedom, even, national freedom, where individualism is re-formed and lost, in an "impersonal porridge", "cooked" by an organized and supervised human mobilization!

This "organized and supervised mobilization", is "attempted" and executed in the global consumer society, on the one hand, and in the libertarian view, on the other hand, which, while claiming to want, a society of free and autonomous people and advocates individualism, ultimately traps individuals in an elaborated setting, of a socio-political, virtual and consumer entrenched oppression, that maintains, even undiagnosed, in most cases, and this is the great "art" and "cunning" of the "system", the characteristics of an illusion, or even, The Hallucination Of Freedom.

Hippie movement, of the 1960s, with its ruthless sense of freedom, could never have imagined that the "system" would find the way to elaborate, the most advanced market-based exploitation of human freedom, using one way or another, and the future distribution of others, much more "advanced hallucinogens"!





"Give every man thine ear, but few thy voice. Take each man's censure, but reserve thy judgment." -William Shakespeare-

Expressing opinions, either on major issues that are attracting public interest, or for simple daily meetings, that can take place anytime and anywhere, always has its own significance!

And it has consequences, many times crucial, or "doomed" to be imperceptible, other times.

I express my opinion, because I have to say it, but also because I exist!

Whoever exists has an opinion, and says it, because otherwise the person "does not exist"...

Opinion is, a duty, an obligation, but also a source of possible negative consequences.

Opinion, is a very good indicator of where we are and where we go, as individuals and as a whole.

Opinion, often comes from the paths of our selfishness, our prejudices, our conscience, our needs, our repulsions, and our passions.

It may still be delayed before arriving at its "final destination", as it get "jammed" in the traffic of trivial, customary, rhetorical or forced expression.

It can sometimes be a mere reflection of the "fire that burns in our hearts" and we do not want to extinguish it, because in such a case we feel that we will lose a basic reason for existence...

On the other hand, opinion can also cross the avenues of self-restraint, promotional cooperation, and the understanding of the other side.

Opinion, in general, should be a product of honesty, deep study and substantial knowledge.

If, indeed, it can take into account, as many parameters as possible, at the same time, then its even better for the "objectivity" of its expressors.

Opinion must be a sensible proposition to activate the receivers and bring them into direct contact with the transmitter. It can become a source of new knowledge and more positive thinking.

Beyond that, there is the *simple expression of opinion* without further extensions.

Either as an answer to a question, or as a simple exchange of views. There is, however, the opinion that is intended to hurt the other, and the opinion that is thrown at the table to set traps.

For example, when it intends to provoke, by the technique of manipulation, that will be used in the future against those who express it. We often, come across an opinion that is in love with nonsense.

Opinion is always filtered by the true motive of the person expressing it.

Even if he has no basic motive, because then it probably means it doesn't have a reasoning for it ...

As having an *opinion*, is an action that concerns us all and is usually easier than other actions, let's prepare to be overwhelmed by many more *opinions* (including ours ...).

Opinions are for everybody and for everything...

Let us be ready to protect ourselves, to smile, to get irritated, to regret, to revise, to agree, to be happy, to show respect, to think deeply, to motivate ourselves to do something, to identify.

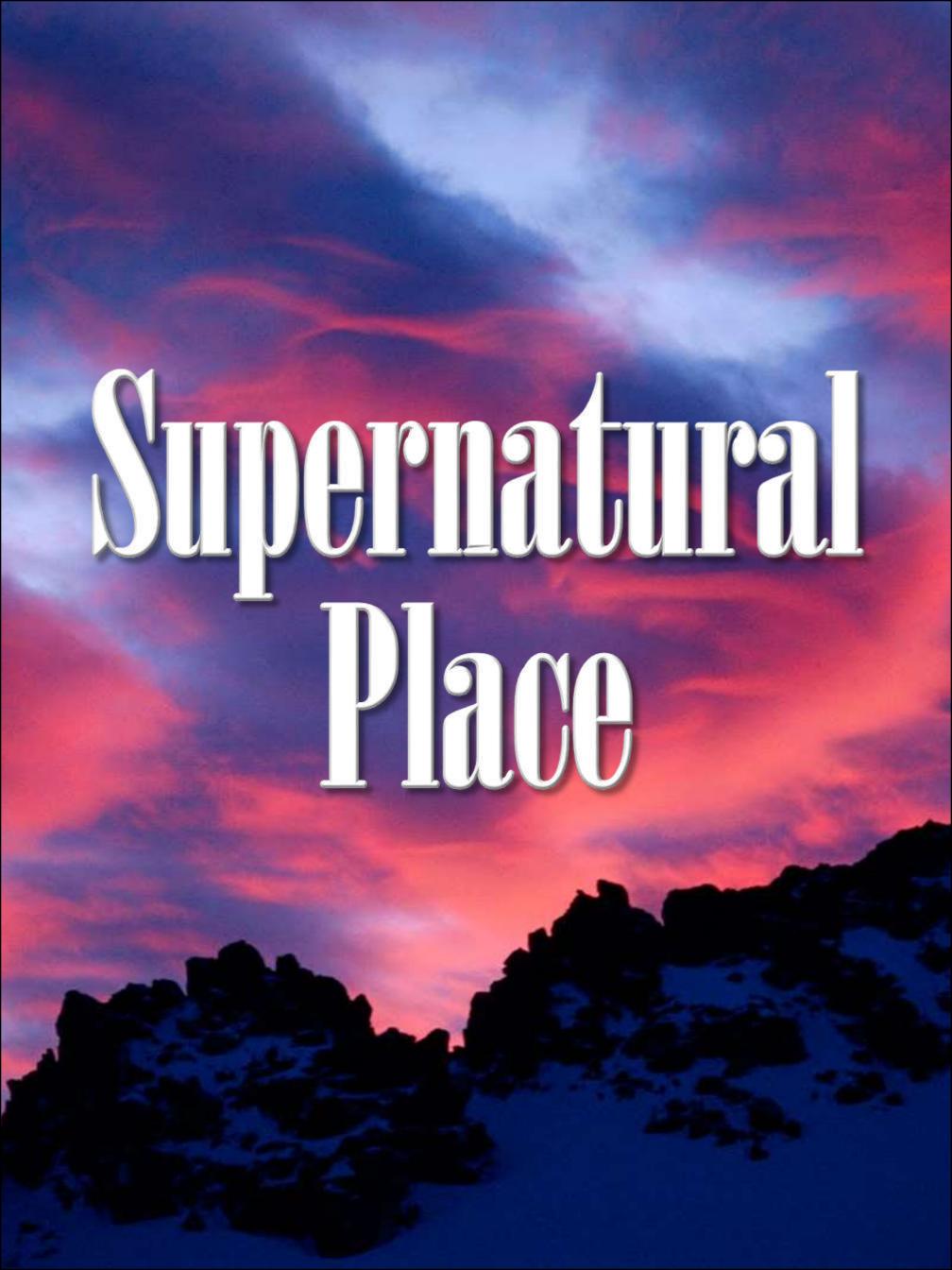
Everyone must have an opinion, and we must fight so that everyone, can express it freely.

Beyond that, whether we like it or not, "mandatory manipulations" begin. It is then that opinion also becomes a means of serving one purpose and it defines the essence of each opinion.

We need to seek for the opinion of others, because only then will our position be strengthened.

Monologues, have narrow boundaries. Lets give a bouquet of good will, along with our desire for even the most dissenting opinions, to be expressed!!!

However, we should be aware, that early distancing from an opinion, should be the immediate reaction, when our instincts sound an alarm!!!



Imagine, if that place mentioned in Plato's myth would exist!

A beautiful place, an ideal world, beyond anything materialistic, where exist only the imaginary archetypes of emotional things and ideologies.

Pure truth, pure beauty, pure knowledge. There, where souls find peace.

There, where the meaning of existence is pure, defined and transparent.

Plato writes in "Phaedrus":

"But of the heaven which is above the heavens, what earthly poet ever did or ever will sing worthily?

It is such as I will describe; for I must dare to speak the truth, when truth is my theme.

There abides the very being with which true knowledge is concerned; the colorless, formless, intangible essence, visible only to the mind, the pilot of the soul."

Unfortunately, even in the Platonic myth of this place, where the food that suits the most part of the soul comes from, only gods dwell. In vain the other souls, pile upon each other, pouring in infinite sweat, trying to reach the view of their own existence.

Overtired, they leave, and after they leave, they get fed with beliefs and perceptions...

The truth is gone, lost for many and instead of looking at the outside, we look at the Earth, where we often, bogged down, with our feet sinking into our own hilarity.

The reason for these thoughts, was the discussion between two friends...

Underneath a tall plane tree, like the one they are sitting bellow, *Socrates* was discussing *love* and *rhetoric*, with his young disciple *Phaedrus*.

The first part of the dialogue is devoted to love and the second part to rhetoric.

The two friends, however, were discussing *love* and its deceptive aspects, hence the idea of a *supernatural place* where love is *idealized*.

However, their conversation was eventually interrupted by the sight of a young couple. In the midst of their youth, in the free joy of their erotic feeling and pure physical attraction! They both looked so Earthly and beautiful!!!

They converted the district to a supranational one.

The river once again flowed freely.

This is how, the sky becomes bright and the nature supernatural!

This is exactly what Plato said:

Pure Truth, Pure Beauty, Pure Knowledge, Pure Love!!!



SIYLE Ø UNLIMITED



マルスノスコヨヨ マンスストリスヨ

www.faiceonline.com