# BERLiNiB



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MAY, JUNE, JULY, AUSUST

2023/B BEYLINIB. COM

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FASHION BEAUTY.

Cover models for our BERLiNiB 2023/B issue are, alhabetically, Anna and Sabrina photographed by Paolo Macheo in a wellness fashion context

2023/B

## BERLiNiB



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#### **PUBLISHED**

BERLINIB 2023/B

BERLiNiB: Made in places with gorgeous models, outfits, and perhaps also weather via, among other things, Being, Liberation and Nibbling. A concept by Aristo Tacoma alias S.R. Weber. ISSN 2535-602X Formal production location: Yoqa4d Reusch, Sorumsgate 9, 2000 Lillestrom, Norway Thanks for inspiring advises about this magazine from my father Stein Bråten

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who wish to contribute

We have decided to go

excellent results within this frame.

#### Aristo Tacoma

In iB: founding editor;
at times stylist and
photographer

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Age: Before the onset of covid19 in 2020, this magazine featured only women in late teens & older. As an article in 2021/B explained, several fashion magazines incl. us. switched at this point to feature also many of the youngest models, but in a manner consistent with eg the 'family-friendly' rules of such as social media, and in a way that continues to relate also to the fashion of those in the late teens & older.

Summer'23 fashion editorials

Cover models,

Anna

betically:

Airaldi, at @annaairaldi and

### Sabrina

Macheo, at @sabrinamacheo

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[Italy]

Mery and Nicole

at
@mery.nicole\_
page 26

[Italy]

Crisxty

le

at @crisxtyle page 44

[Spain]

Edith

at @ediemaeb

[USA]

Fw23/24
essences
in
fashion
art by Yun
Studio
page 4

All photos, text articles, & season-oriented fashion art

are Original
material made
by/for BERLiNiB &
for the youngest
with parental
consent

Themes of beauty, style and

fashion in this magazine include:

GET EIGHT TRENDS IN Fw23/24 RIGHT Nathalie Sophia page 5

CELEBRI
TY
DESIGNE
RS
Nathalie
Sophia
page 24

Essay:
Education
and beauty
learning

..and towards completion of each number: lighthearted TNS section Some essential features of FW23/24

by Yun Studio for BERLiNiB



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# tren

By Nathalie Sophia BERLiNiB Fashion Correspondent. nathaliesophia journaliste agmail.com

Illustration next page: Re-rendering by AT using GNU/Linux Gimp for BERLiNiB of a relevant runway photo

# Discove

#### from the FW2324 runways

Enjoy your choice of practical staples with a hint of main character energy.

In what may just be one of the most practical seasons we've seen since the athleisure boom of the mid to late 2010s, this fall and winter are set to be a cozy season, full of warm staples and functional office wear. And while this more utilitarian approach reigned supreme on most runways, there were

also some creative touches: a little

bit of metallic here

and there, some pretty impressive belts, plenty of winter florals, and painted canvas. Even with those in mind, no popular trend for the upcoming fall/winter season screams 'unwearable!', which is great news for fashionistas who lead regular lives. This time around, you don't have to miss out on anything! See our top choices from Fall/Winter 2023 runways below:

## Fashionable Winter Staples

Given the harsh weather

that many Europeans, Americans, and Asians experience during the winter season, a good investment in some fashionable winter staples is always welcomed by fashionistas all over the globe. If I were to name one brand that embraced the idea of winter staples fully, I would point to Burberry. The muchawaited debut of the former Bottega Veneta "savior" Daniel Lee has finally come. Although it wasn't the most exciting of shows, there is plenty to choose from for those on the lookout for winter staples with a hint of British chic. The show started with a simple black trench

coat with a

furlined collar in forest green, a matching bag, and a pair of wellingto n boots. There was even a plaid

hand warmer - the

winter version of a

branded, functional

had blanket-sized

scarfs, wool high-

brown one with a

themes of the

collection - it

glittery image of a

tassel-like details

accessory. To accompany the cozy outerwear, we necks, and sweaters, including a beautiful rose at the front and placed at the shoulder seams. The rose motif was one of the nicer appeared towards the end of the show and stunned in particular in the form of a dark yellow fur coat with brown roses printed all

over. Another winter fixture was a giant trapper hat made entirely of fur (this style was also seen on the Dsquared2 runway). To match those furry hats, one can reach for some fuzzy rave boots, like the ones curtsy of Kim Shui (a fun, contrasting detail in a collection filled with sheer lace and nightwear inspireddresses.

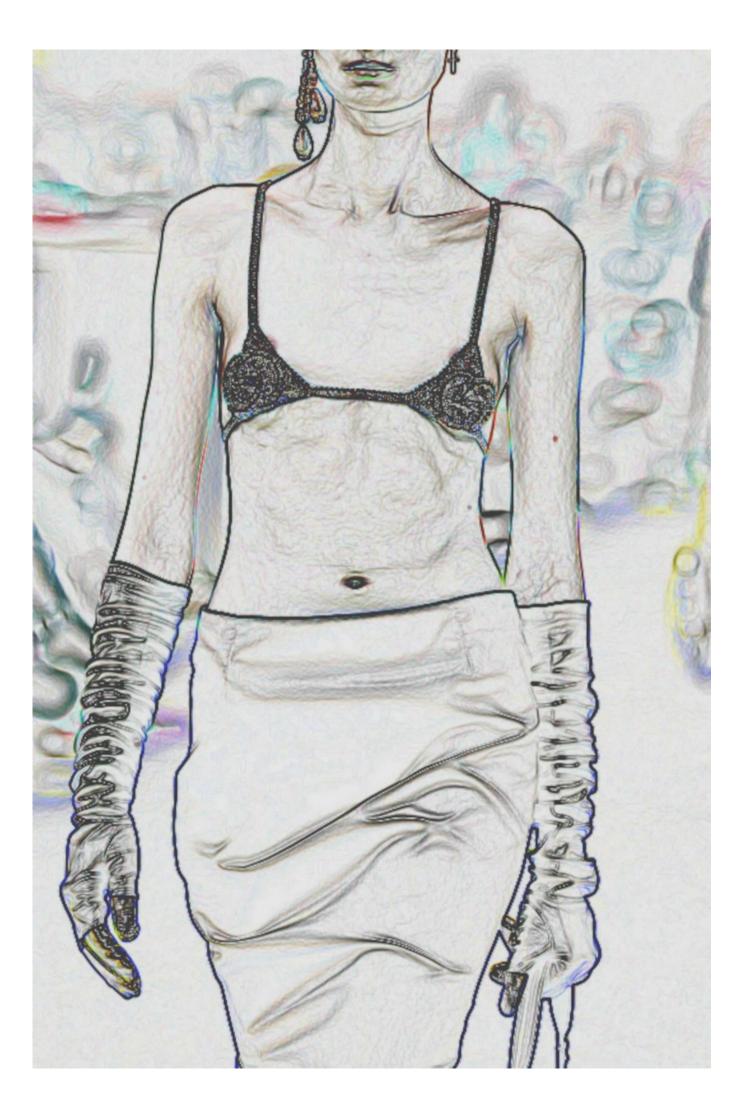
Although warm outerwear usually gets all the attention, this season, there was more to fur and wool than just the coats. Starting with the giant scarfs shown by Etro, Michael Kors, and Burberry - those are an absolute musthave. They can be a scarf, a blanket, and even a hat during a snowy day - an easy, practical solution. At Khaite, floor-length fur coats were accompanied by matching pants; anyone who wears those is pretty much

[cont.]

the most stylish, cuddly bear. A similar approach was used by Julien Dossena at Paco Rabanne, although the fur was cut shorter, which left more room to play with the garment's shape. A pretty furry trench with a harnesslike belt was only overshadowed by a crisp white jumpsuit with boa-like detail draped over the body and tied in a bow-like manner at the neckline - a mini dress version of that would be pure gold for a Christmas dinner celebration.

# 2. New Corporate Identity

Office wear is one of those categories that often see little change; feeling confined by the dress code and uninspired to



experiment with different styles while half-awake in the morning, many whitecollar workers feel as if the corporate style is purely functional and void of any personal touch. This season, the fashion crowd took it upon themselves to prove all those doubtful people wrong. At Saint Laurent, we continued with the 80s theme, which the brand committed itself to several seasons ago. Oversized jackets with heavily padded shoulders are full of attitude - a nod towards the power dressing of the 1980s decade. There is virtually nothing you can't wear those with a fitted dress and a pencil skirt work just as well as a pair of slim dress pants or even a thicker pair of leggings. One of my favorite looks from the collection (nr 22) featured a pearlcolored silk shirt with a cowl neckline at the back, a pair of shiny, black slingback heels, and gold statement earrings. Those silk shirts may not be the easiest to maintain, but boy do they look insanely chic.

For a more userfriendly choice, you can always count on Miuccia Prada. Along with Raf Simmons, she decided to pair some neutral-colored crewneck sweaters with mid-calf skirts, like the circle-shaped white one with plenty of floral, origami-style embellishments; those added a poetic softness to the utilitarian feel of the outfit. Another stylish choice could be a fitted long-sleeved dress with a mock pocket and a collar in a soft peachy color. A black mini skirt paired with a crisp white shirt was a more youthful choice, which coincidentally also appeared plenty on the Valentino runway. There they were finished off with ties and a variety of blazers and outerwear choices.

3.

#### Hardware Store

For a bit more fun, we can explore the possibilities of metallic accessories and garments. The champion of this aesthetic was Paco Rabanne, who passed away just a couple of months ago. His successor Julien Dossena honored the late designer by presenting some of the original designs of Rabbane himself, as well as his own renditions of the original, groundbreaking chainmail design. There were some truly unforgettable designs in there. A prime example could be a silver dress with a bodice made purely of metal - two large flowers connected to a metallic necklace keeping the whole thing in place. This design appeared twice more once as a golden bra with a skirt made out of plastic, claw-like fringe, and again made in glass, accompanied by a long skirt designed akin to a crvstal-decorated chandelier. Just wow!

A similar idea for a little statement bra was also explored by Gucci's in-house creative team in a collection meant to bridge Michelle's era at Gucci with the one yet to begin with Sabato De Sarno's S/S 2024 collection. The bra, made of intricate chainmail that barely covered the most essential parts of the body, was decorated with crystal Gucci logos. A more modest version of such a garment could be found in Coperani's collection - their shape was more like a crop top. The piece was made of layered, silver-painted feathers and paired with some low-riding jeans with a detachable part extending the kneelength pant all the way to the floor. At Dion Lee, the hardware was less couture-looking. We saw plenty of evelet-decorated leather, like a mini skirt buckled up on the sides, some heavy chains, and earrings.

# 4. Artist s Canvas

Contrasting heavily with the tough, industrial aesthetic of metal is a more poetic, artistic touch. At Loewe, Jonathan Anderson experimented with the idea of printing garments on garments. "I was fascinated about the psychology of how we ultimately see things online. The blurry aspect in motion looks like a glitch... It's out of focus. Is it staged, or not staged? Is it the right colour, is it photoshopped?" shared the designer. Even with the digital world in mind, the outcome seemed very poetic and artistic. The first look was a simple white dress with blurred specks of color reminiscent of a springtime garden; another one had a pink dress with a v-shaped neckline printed on top. There were also cardigans printed on a white canvas and a long-sleeved silk dress with a trench image placed on top. A similar concept of printing digitally distorted pictures on

fabric was explored at Diesel, where toothy smiles adorned shiny fabrics of jackets, dresses, and even belts.

Australian brand Zimmermann, known for its soft, feminine style, partnered up with the National Gallery of Victoria to include printed renditions of the work of 19th-century Australian painter Rupert Bunny. Classic staples of the brand flowy, lace-adorned dresses — served as a blank canvas for the artworks such as Endormies (1904), Chattering (1908), and A Spring Nook (1913). Another direct inspiration from art came from Paco Rabanne, where Salvador Dalí was the source of inspiration. Summerylooking maxi dresses were printed with images from many different paintings, including Shades of Night Descending (1931) and Sun Table (1936).

# 5. Statement Belt

While accessories

certainly took the backseat this season, belts stood out, even more so because it's been a while since they were the real star of the show. The first signs of its return to glory came in the form of Chanel's vintage revival collection of S/S 2022 and the Y2K wave, propelled forward by the likes of Diesel and Blumarine. Last fall, the ideas that stuck out the most were the ones where belts got used as a fun concept for the actual garment - a little decorative touch here and there, used in a creative way. Last season, Donatella Versace made a case for chunky hip belts - this season, many more followed. Michael Kors' collection had a bit of Ralph Lauren feel that rich southern vibe with plenty of references to equestrian fashion. Opening the show was a long, woolen coat paired with a simple

top, shorts, and belowthe-knee boots. This simple look was finished off by dark glasses and the real star of the collection - a leather cowboy belt with a big metal buckle. This accessory livened up the rest of the collection; paired with knitted and suede dresses, chic shorts, and miniskirts. The buckles themselves were very minimal - void of even the brand logo, helping them maintain a modern, wearable feel. The same couldn't be said for the ones at Dsquared2.

The Caten twins are not known for their subtlety and their latest offer certainly follows that theme. A brown leather belt was adorned with a branded buckle, except the inside wasn't fully metallic — some of it was decorated with pink glitter. There were plenty of creative options to choose from, like the one with "I love Beer" or even one with a picture of a dolphin. Personally, I would stop at the black belt with a Pegasusshaped buckle - that one doesn't feel too weird, right? When speaking of statement belts, there is always room for the much-loved

body chains, in particular when they come from Chanel. Moschino, where Jeremy Scott showed his last collection for the brand, also had some pretty, bold, and youthful choices. Marrying the idea of body chain and the cowboy aesthetic was Marine Serre, who presented a stunning hip belt made of circular plates connected with thin chains.

# 6. Winter Garden

Floral is one of those prints that never goes out of style. Even though it's most commonly associated with the spring/summer season, using flower print during winter just seems a lot more fun. It's less obvious, and there's that fun element of contrast between the dead flora outside and the floral prints that never wilt and remain the same, captured in their prime. Richard Quinn decided to dive head first into the floral fantasy, inviting his quests into a space filled with thousands of roses. Ouinn turned to archives of Chanel and Dior for inspiration, searching for ways to elevate his offer and make it even more lovable. Some of my personal favorites included pleated, belted dresses with cape-like sleeves and padded shoulders (a silhouette loved by Balenciaga's Demna Gvasalia). One such design was a white dress printed with polka dots, layered with another print of bloody red roses - a stunning mesh of

## timeless chic and modern flashiness.

Chanel's Virginie Viard could surely take some notes on how to experiment with the garment shape. For this season, however, she chose to explore floral embellishments and print layering featuring Chanel's star

- The Camélia. The silhouettes remained simple, as always, but there was something very captivating in the way tweed was layered with camellias woven on top; their asymmetric placement gave it a very modern feel. Another stunning look was a leather coat with a collar decorated by leather flower sculptures. Her other experiments were less successful; white artificial flowers stuck on plain Chanel jackets were a total killjoy, and so was the odd maroon sweater with lilac, red and blue leaves. For the most part, it was just more of the same old, classic Chanel. Under Karl Lagerfeld, it never seemed as uninspired as it does these days.

A more successful attempt at floral embroidery was made by Miuccia Prada at Miu Miu, where simple, sheer dresses were decorated with realistic-looking origami flowers. There were also stunning, colorful twin sets made of thin knitwear adorned with plastic flowers - it felt youthful and fun. Despite her age, Miuccia Prada really

knows how to tap into her vounger self. Another example of florals done right is David Koma. The star of his show was the anthurium — a flower that we spoke about in the previous issue. Koma mixed the sexiness of that plant and his classic feminine offer with some androgynous elements inspired by the iconic actress Marlene Dietrich. These flowers looked particularly impressive when attached to gloves and choker necklaces. There was also a spectacular dress made of tiny anthuriums held together by chains -Koma really knows how to make a fun party look.

# 7. Hold on Tights

David Koma is no one trick pony - the young Georgian designer really knows how to tap into the circle of even-changing fashion. His collection featured many hot trends for the F/W 2023 season - there was the corporate uniform with a tie, plenty of red and opaque tights. That's right - this seemingly unfashionable accessory is making a major comeback. It comes in all finishes and prints. Koma went for thick red ones, while

Saint Laurent and Versace chose stylish. sheer black ones. Chanel, true to its romantic, girly aesthetic, chose white lace. In Milan, Ferragamo picked opaque black tights with a slight sheen to them, while Gucci offered a fun rendition of fishnets in pink, purple, and other fun colors. Gucci is no stranger to impressive hosiery - their branded lace pair took the fashion world by storm some years ago. I see major potential in this new design as well. Each detail was considered: the band was designed beautifully with a little rhinestone "G" logo, ensuring that all lucky owners will proudly pull the band up and the waistline of their pants or skirts a few centimeters down.

Miu Miu made a tightforward statement with
some sweaters tucked
into the band of the
garment, which broke up
the more serious vibe
of an officeappropriate cardigan
and pencil skirt combo.
At last — colorful,
sheer hosiery was
paired with sequined
panties. The trend of
exposed underwear was
championed at Prada

before, and this season even Dior made their own, more preppy rendition of the trend. I'm not sure if any regular person would make the choice of sparkly panties and sheer chartreuse tights but just know, that you have that option and a stamp of approval from Miuccia Prada herself; "I love it! If I were younger, I would go out in panties!".

This time, we will unpack some more of this antique reference. Draping is a fantastic fabric solution that serves as a great way to add texture without maximizing the volume and a more minimal, organic solution to prints that help liven up any type of fabric. Draped garments carry a timeless feel, a certain understated elegance. The technique itself was popular in ancient times when stitching techniques were scarce. Last season we saw plenty of natural, flowy fabrics draped in ways inspired by Greek gods and goddesses. This season we have a more futuristic version one more current and exciting. At Versace, in the midst of chic office staples and sexy red carpet ensembles were two heavily draped dresses and a turquoise set of a top and a skirt. Their subtle luster was enough to capture the essence of modernity. At Ferragamo, Maximilian Davis went all in with the shine. The outcome?

Jones hood trend, which

we explored in depth.

## 8. Modern Muse

Draperies are another trend mentioned in our previous issue, although then it was only mentioned in reference to the Grace

# Grecian goddess from the future. The

two mini dresses draped tightly over the models' bodies would be a dream night-out look. One was silver, the other one — my favorite — copper red.

The idea of draping futuristic-looking materials was fully embraced at Blumarine, except the idea wasn't inspired by the desire to make a futuristic version of drapery. Nicola Brognano found inspiration in Joan of Arc and the image of armor. This medieval concept was also implemented through the use of natural brown leathers, chainmail, and buckle-heavy garments. The collection was filled with draped metallic garments - anything from evening dresses with side cut-outs to an interesting combo of leggings merged with a mini skirt with a long tail. There was plenty of softer draperies as well - made in an

### athleisurestyle

jersey - however, that is more in line with what we saw from Blumarine in the past and, therefore, less worthy of mentioning. Many trends like animalier, denim, and leather are now such an integral part of fashion staples that despite their many appearances, they cannot really be considered particularly innovative and exciting. A mini dress draped in metallic silver fabric and some opaque tights sound more like one of those hot topics we like to



Nathalie Sophia

talk about.

# Fortunately, Hellness is Summer 2023: this season's silver bullet fluidit meditation



Fashion models in wellness cover editorial for BERLINIB 2023/B are, in alphabetical sequence: Anna Airaldi, @annaairaldi and Sabrina Macheo, @sabrinamacheo Fashion photographer is Paolo Macheo. MUA, hair styling: the models themselves. Stylists are: Airaldi & Macheo General styling advisor: AT Fashion brands: Benetton, Brooks, Labello, Lancaster, Tally Weil, Terranova, Yamamay. Location: Lake Como, Italy



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"What is the role of a flower?"

--Asked by an Indian thinker, J.Krishnamurti, in a book

"The role of a flower is to get laid by a bee."

--Answered by a model from Jamaica (priv.comm. NYC by AT) upon reading the question

















By Nathalie Sophia BERLiNiB Fashion Correspondent, nathaliesophia journaliste @gmail.com

# Pharrel l Williams at Louis Vuitton

Are celebrity fashion icons the designers of the future?

In 2023/A, I covered the dynamics between the designer and the brand, including Louis Vuitton's dilemma following the passing of the fierce character of Virgil Abloh. At the time, we speculated who could be the one to take over. It was clear that Louis Vuitton needed a wellknown creative to fit its prestige, and we suggested Raf Simons or Riccardo Tisci-both previously worked for LVMH; both are highly recognized in the industry and particularly in tune with the needs of younger audiences that drive sales.

Since last issue, the brand has appointed the celebrity Pharrell Williams as its new Menswear Creative Director.

Granted, Williams is no stranger to fashion and various creative endeavors—he has many collaborations to his name, including ones with Chanel, Moncler, and Adidas. He is also the co-creator of streetwear brands Billionaire Boys Club and Ice Cream footwear. There is a lot there to support his involvement in the fashion industry, and yet something feels off. Why?

Celebrity fashion brands are a popular concept these days; more than that, celebrities utilizing their fame to establish businesses that can help them reach long-term financial stability are pretty much a staple. The

#### Kardashian-

Jenner family is the perfect example-imagine starting out as a sister of a reality TV star only to become a multimillionaire after building your beauty empire. Say what you want about the people behind it, but the level of entrepreneurship and making the most out of what you have is something we can

surely admire about them. After all, there's nothing wrong with monetizing fame. A famous individual who gained the status of a fashion icon in the eyes of the public is fully within their right to capitalize on that. Kim Kardashian's Skims make sense—she's been vocal about using shapewear for years,

and so does Tropic

of C swimwear by the former Victoria's Secret angel Candice

Swanepoel and  ${ t Ivy}$ 

### Park athleisur

e by Beyoncé.

Fashion brands run by celebrities have been around for a while but breaking into high fashion is a more recent phenomenon. The originators of the movement are the Olsen twins and Victoria Beckham. Each took an entirely different approach.

#### Victoria

#### Beckham

proudly promoted the brand with her name and image. Despite that, her success is minimal--although a prominent fixture in the fashion press and a great way to promote the founder, its commercial performance isn't great. The Olsen twins made their brand much more low-key, starting with the name. The Row was originally not promoted by the sisters--they didn't even speak of it in interviews for the first three years, opting to build a sustainable dynamic of putting value in clothing over personal influence. It worked out better for them.

Fast forward to the 2010s and 20s, and we

now have Yeezy and

#### Fenty x

Puma. Rihanna's collection gained a life of its own when she signed with LVMH in 2019, but the brand discontinued in 2021. Recently, it was

announced that Rihanna is planning to collaborate with Puma again, although no details are available just yet. Again, we have two creators coming from similar backgrounds, yet two very different approaches. Although there is much to say about the type of person that Kanye West has become, objectively speaking, his level of creativity as a designer is on par with those who work in the industry. He made his own vision come true, and it was unlike what we've seen before, at least on such a big platform. Had he not spiraled out of control, he might have been in Pharrell Williams' shoes right now. Rihanna's collection rode on inclusivity--the designs were variations of things she wore in the past, things originally designed by someone else. In terms of fashion impact, she just didn't deliver, but at least she understood what customers wanted to see and hear--the

most important quality of a business owner.

Owning a brand or being a collaborator for a heritage brand is now a common theme. Of the more recent collaborations, the ones that impressed me the most were

Beyoncé x Balmain, Kim Kardashia nx Dolce&Gabb ana, Travis Scott x Dior, and KAI x Gucci. This

format just works. Either you start your own business, which ties intricately into who you are, or you lend your creative vision to the designer

team of an established fashion brand. offering them an opportunity to test out new ideas and reach out to a new audience. But for a heritage brand to hire a celebrity as a designer is quite novel. There is no shortage of fantastic fashion designers--both emerging on the scene and those yet to be discovered. Trust me; I was surrounded by them in fashion school. It would make total sense to me if Pharrell Williams became a codesigner, pairing up with someone who actually works in this industry and will likely take the brunt of developing the ideas into functional garments. If we put it pretty harshly, Louis Vuitton, in their search for renewed interest in the brand. elevated Pharrell Williams to the position of a glorified brand ambassador. If we choose a kinder approach, Louis Vuitton is seeking to ensure that the direction of Virgil Abloh is continued by someone with a similar

affinity for music, streetwear, and travelfuelled exposure to various cultures.

Given all this criticism. I do not blame Williams for taking the opportunity one bit. If that offer was on the table. it would have been unreasonable to pass on it, and given his style icon status, he might even end up doing really well. My issue with this one lies with the brand. Going back in time, Louis Vuitton was a family company; it stayed that way till it paired up with Moet et Hennessy to form LVMH. There, the current head of LVMH--

#### Bernard

Arnault, invited into the business by the husband of Louis Vuitton's greatgranddaughter, turned on the Vuitton family and removed them from the board of LVMH, stripping them of their family's treasure in the process. Now, LVMH is taking advantage of the work of the original creators of the

brand--their technique and the monogram -while doing nothing to push the envelope further creatively. Their womenswear collection is mostly evaporated; some of the brand's products are made in a factory in Texas (remember how Donald Trump spoke at the grand opening of this one and participated in cutting the ribbon?), and now we have a celebrity as the creative director because the brand wants to stay relevant with the younger audience so badly. That doesn't really scream luxury and heritage to me. Louis Vuitton is betting on menswear, and yet the best they can do is to appoint a celebrity designer?

dedicated their life to as an intern for free

attract the many customers who asks of a designer to capture their heart through clothes.

(even Kanye West

interned at Fendi in

2009 alongside Virgil

Heartbreak): had their

work taken and placed

under somebody's name

because they were only

an assistant, in-house

designers? I hope not.

celebrities the new

It makes me sad to think that those who

work hard to be in

this industry; those

who learn the inside

out of the garment, the

fabric, the silhouette,

could be replaced by a

famous individual, no

matter their status.

the quality of their

character, and their

styling abilities. We

are witnessing many

jobs, especially in

entertainment, lose

content creators and

influencers--I do not

wish for designers to

suffer the same fate. I

genuinely believe that

real designers won't be

replaced so easily. The

attention that Louis

Vuitton seeks will be

temporary. Pharrell

and creatively so to

Williams must deliver

prominence in favor of

fashion and

Abloh, and mind you,

that was after he

released 808s &

designer. Are

Nathalie Sophia



Pharrell Williams is a fashion icon, a fantastic creator, and an internationally renowned star who understands the concept of Zeitgeist..., but he's taking the spot of someone who fashion. Someone who worked their a\*\* off







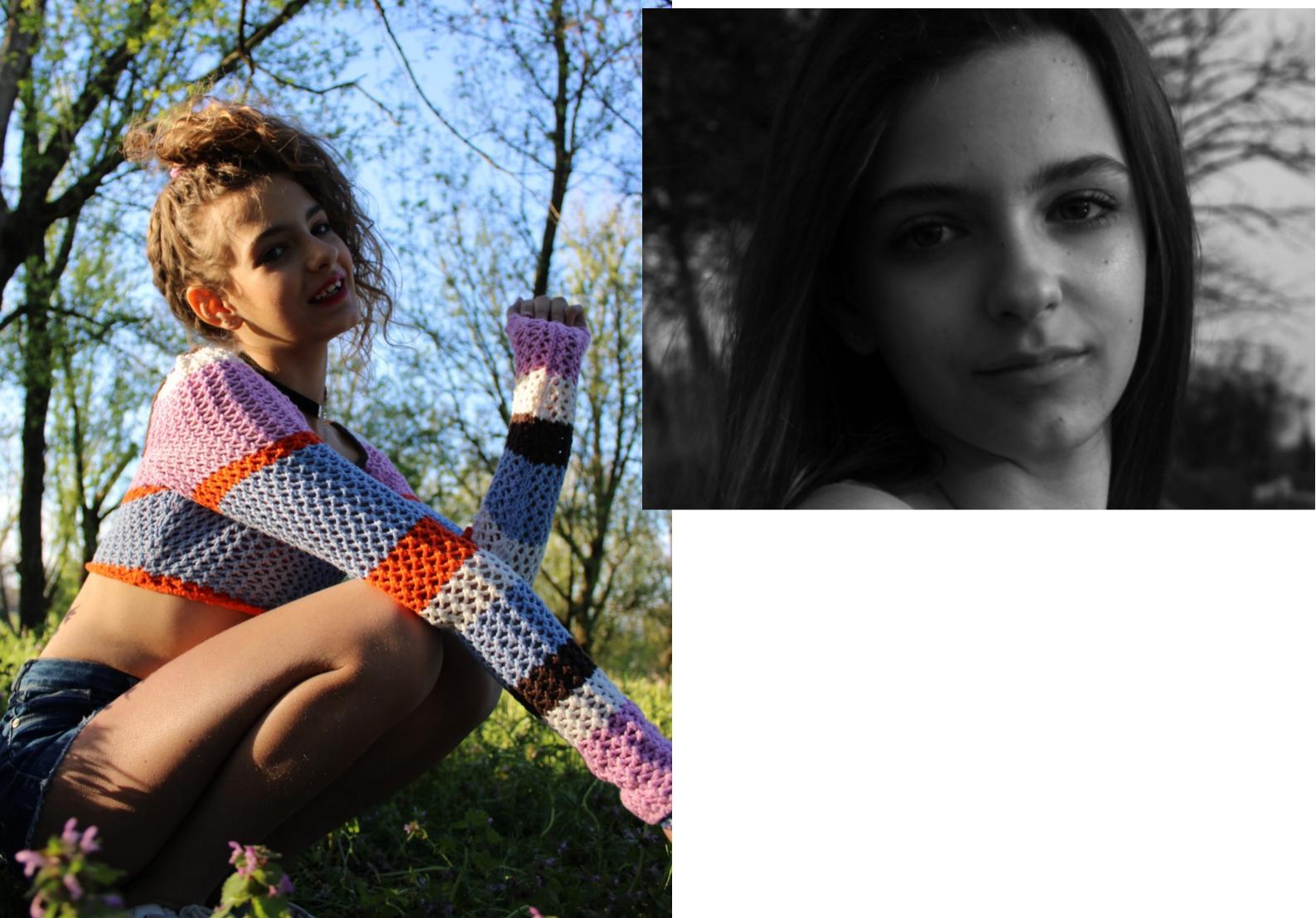


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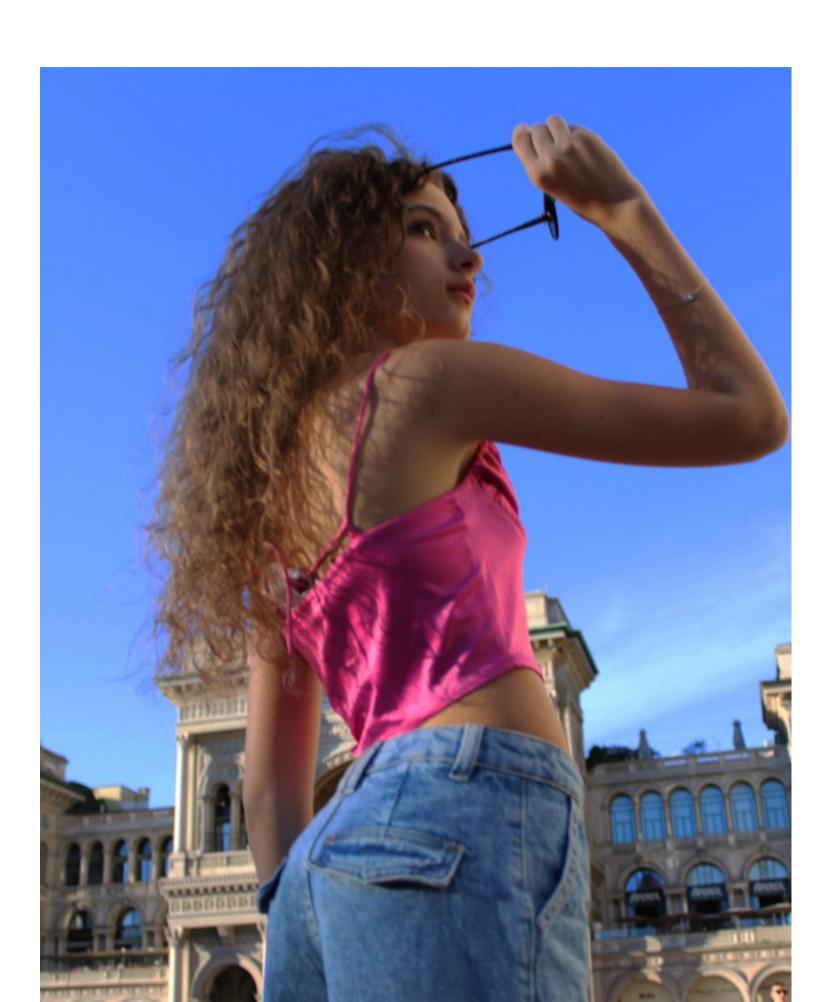
MUA, stylist:
Laura T.
General styling
advisor:
Aristo Tacoma
Location: Milan,
Italy.

Fashion brands in editorial include Blukids, Calzedonia, Kiddus, Mango, Monki, NA-KD, Neon & Nylon, Next, Piazza Italia, Sergent Major, Stradivarius, Tom Tailor and U.S.Polo

Fashion models
are: Mery
and (some with)
Nicole,
both at
@mery.nicole\_
Fashion
photographer is
Laura T,
at @laura.tuku



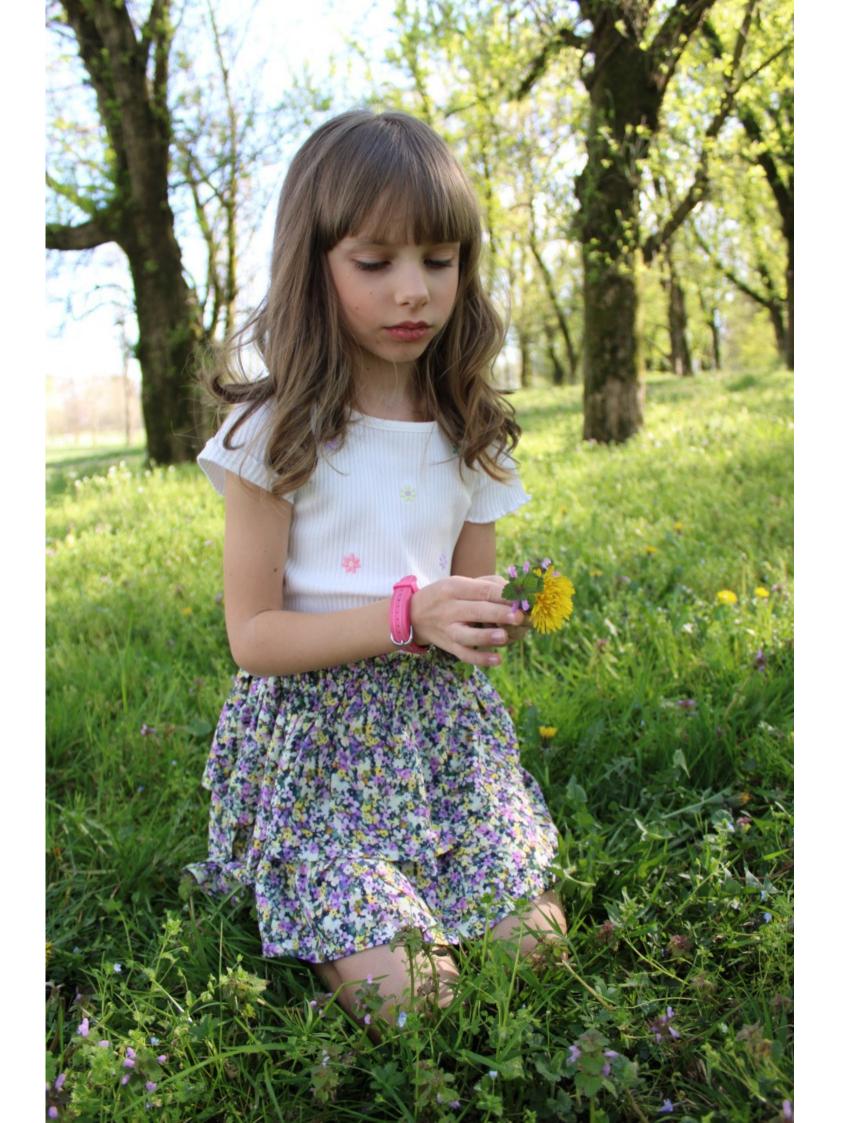


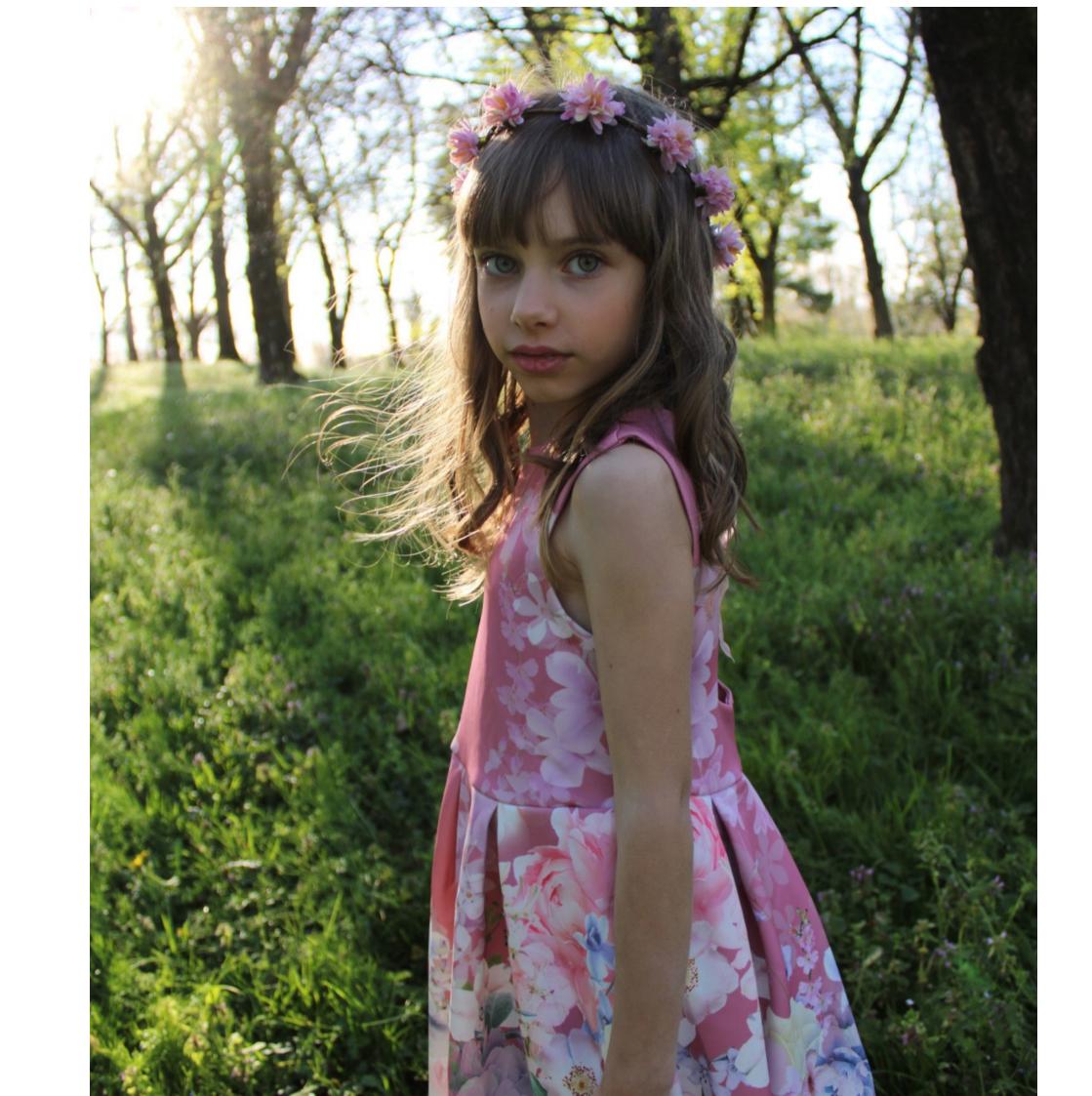






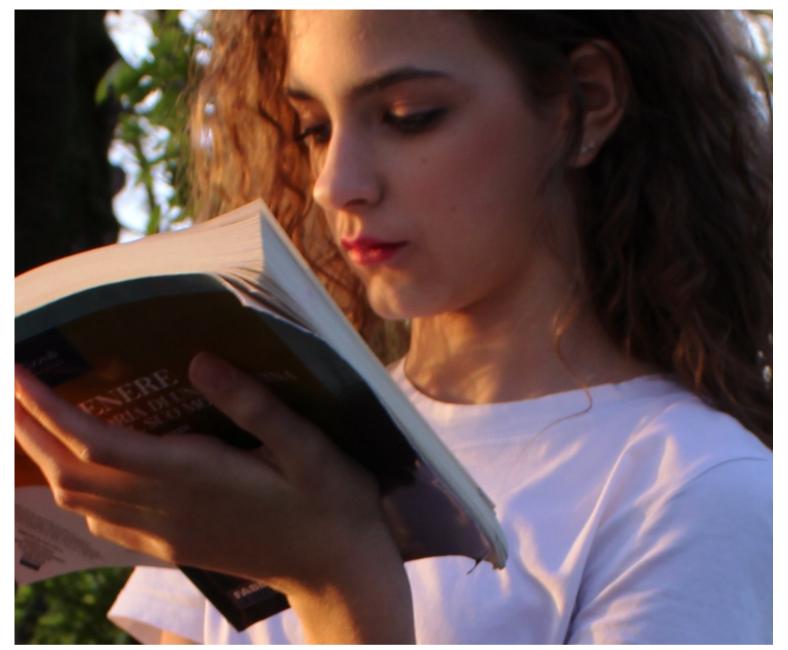












<<Real
books have
no end.>>
--JeanMarie
Gustave Le
Clezio

Nobel Literature Prize Winner, from The Book of Flights, 2008













Aristo Tacoma

#### Howa model should eat

Food advice #21,000,001

Suppose You had a dollar for every food advise that has ever been given to aspiring models and indeed anyone who

wants to look splendid and strut their stuff in the Sun while feeling good and being healthy. And You will be very rich, perhaps, by clever investments, one day approaching the Fortune500 list. As a rough estimate, I suggest 21

million food advises have produced so far, speaking of published advises in the 20th century and so far in the 21st century.

been

However, let us get on to food advise #21,000,001.

Here it is:

Train in the morning, and in a way that activates the body in what we surely in a light and funny say, can say is 'tantric'; and emphasize dance; sweet communicatio ns; good images; nice training clothes.

Eat one meal, dinner, and another, supper. Before that, use mostly Yoghurt-sweetened only when exactly at the time when you are doing anything very physical or demanding-with a touch of rice milk (to get a considerably better variation of protein, makes happiness in the brain)

sources, like and, once or twice in the chicken/salat beforesandwiches, dinner and has yoghurts, sugared even a bit of dessert of soya Yoghurt, cookies which almond drink You eat until and You cannot blueberry/app eat anymore le smoothie. because You Get Red are Korean saturated in Ginseng along a nice way. the way;

rarely used

rather than

coffee (save

when you sit

on a cafe to

something

like this).

dinner time

the best of

the best top

supplements,

some varied

supplements;

and be sure

it has a mix

of protein

And when

comes, get

vitamin,

mineral

herb

alongside

up coffee for

by strong

caffeine

tablets

write

In between meals, carbonated pure water without juices or sugar.

After dinner, before supper, don't touch anything unless getting exceedingly hungry in which case You take some unsweetened Yoghurt. At supper, get a mix of some Yoghurt and some of the other protein sources, and

again a sweet dessert, enough to carry you beautifully through the night until the morning.

Work out like crazy on occasion during the day. Stay tuned. The model bodies, awake. And as for vitamins, get the metabolism high, by lots of varied B. As for metabolism, keep it high also by using the brain: brainwork is, in a certain physiological or neurological sense, a kind of musclework and burns calories like love.



70 know STIL know @cris xtyle





Hotel Sercotel
Blvd. Vitoria,
VitoriaGasteiz, Spain

Audrey Hepburn: <<Elegance [..] never fades.>>

Fashion model is Cris, at @crisxtyle fashion photographer is Chemi at @chemi1970. MUA, stylist: the model herself. Contributions to styling by photographer and beloved husband Chemi. General styling advisor: Aristo Tacoma. Brands: Bershka, Chicwish, Motf, Zara. Locations include







I was born
in high
heels
Helena
Christense
n



























#### SCIENCE AND MORE

### Education of mind and body

For those who are interested in the themes of beauty, and who wish to, as far as possible, tie a

one thing is to build up skills of a general nature, and another is to build up particular, focussed skills. And another aspect of education is what the status of having a particular formal education is giving of leverage when it comes to pick jobs. Example of a focussed skill is

languages, in order to get a sense of the general idea of it.

But how does this, or any focussed skill, say, of a practical or economical nature, tie into the beauty concept?

The fact is that those who have an inner

movement: and in putting any technical skill to serious use in any area over a period of time sooner or later will call on the capacity you have to design, to shape, and design is, of course, relating to your own inner grips on esthetics, on beauty.

Now it may or may not be your idea of beauty to further the good looks of a model by means of doing make-up, but if you have in yourself a joy about experiencing beauty, it can be part of the joy to facilitate new forms of beauty as part of your working day. The working with beauty, when it comes from deep within, goes beyond possessiveness of this beauty.

But how can one grow in one's capacity to understand beauty? Is there any formal education that garantees it? Of course there isn't! And that's part of the spark of it, the elusive nature of knowing something about beauty. It must come by giving oneself over to it in one's spare time, one's leisure time, and all one's senses, all organs, all one's mind and feelings must be

part of the exploration and part of the expression: and for some, this will involve also painting, sculpting, drawings, etc; but for all, it must involve a selfcritical approach that is nevertheless playful and have doses of selfconfidence in it: always experimentative and questing, to get into touch with that flow that makes beauty come alive not just subjectively, and not just for the moment, but as something that stands forth later on, also, both for oneself and for others.

And yet as beauty is realized in this sense--as something vaquely 'timeless'-there is something to be learned from fashion, in that beauty must always be, to some extent, new--and to some extent, surprising--in order for it to be experienced at the proper 'sensational' level also for the multitude.

### Minds and machines

Here's a take on the tale of the increasing presence of machines --



Text, illustration: Aristo Tacoma

meaningful career
choice to the beauty
aspect, what is the
ideal education for
this? And in a world in
which resources seem
few compared to the
people wanting them,
and in which machines
tend to take over more
and more jobs, is there
a pathway that is safe,
in selecting an
education?

In thinking education,

that of being able to program a computer: it is the sort of thing that does not seem to go away, no matter how much the computer revolution drives on. Programming skills are best built, it seems by going deeply into one way of doing it and then experimenting with some other ways of doing it, ie, some other programming languages or script

understanding and sense of beauty and a a capacity to express it for instance in terms of drawings of gorgeousness in terms of human beings can connect it to absolutely anything-even something as seemingly abstract and dry as programming. For beauty is about a living sense of natural order, including the dance of order in

A MIND BODY 2023 ESSAY ON EDUCATION, BEAUTY, including the fascination of machines -- including the fascination, for some, of machines mimicking minds, in such as chatbots: the more sophisticated machines get, the more sophisticated is the impulse for us to call on our direct. immediate intuition and understanding. In other words, thee more machines dominate humanity, our world, the more that of ourselves which go beyond the machine shall have to be called on, and will be called on, and does come forth. A machine does not understand you, it can-- at best--"understand" you. The quotes are what we have to use when it comes to machines. It does not have direct immediate understanding, it does not have intuition. It can be programmed to show "intuition". It can have an algorithm that is "intelligent". But it is not intelligent.

This type of certainty comes most strongly in those who both have a vivid sense of the worldviews that have emerged from modern physics [see footnote on quantum

entanglement], combined with a simple but real comprehension of what digital machinery—computers—are all about. The immediacy, the directness, of life has something in it that goes beyond the pushiinng of bits and bytes around. And it is by this compass that we can handle all that goes on now.

There are, admittedly, other viewpoints about this (and not all of those who have other viewpoints are in a position where it gives them a payoff to express opinions supporting a view along the lines that machines can be sentient). But those who have spent a great deal of thinking both about machines and about reality, and about human beings, tend to gather -- as far as I can tell--around the opinion that human beings are sentient in a way that man-made machines never can be; and that this is grounded in something more than cause and effect at a chemical level.

## Mind and computer networks

In a slightly more chaotic world, there's a slightly greater tendency, speaking statistically, for such inclinations as to seek new solutions that provide new sorts of comfort and new order. With this tendency, solutions that may not really give more order, but just a semblance of order, may be hyped and become news and even set the agenda of the day for some of the industrial empires of this world.



The deeper solutions require a more complete order; when something appears to give a solution without giving it, it will of course fade from the news, it will no longer be hyped up; but in the meantime, the imaginary presence of a new order have had a real change-impact on some of the biggest industries.

The impact of the popularity among some pupils for getting algorithmic help to their homework by chatbots have led the largest search engines to re-imagine how the web could be presented. The idea that the chatbots, ChatGPT and such, can provide solutions to 'just about any question' by

its own algorithmic presentations of information without the use of links to the web has led to a rethink of how the web might be presented among quite a few. And yet here we may simply have a semblance of order, an imaginary solution, with some real effects. Be thoughtful, for AI, in short, is thoughtless.

### Scientific footnote

What is quantum entanglement? First, it has relevance for those who seek to have a vision of the world as a whole--an interconnected whole. Second, it has not proven itself, at least not as yet, as something that can be put into a simple equation that fits with the rest of physics including gravitation. True, there were hopes associated with socalled String Theory and M-Theory some years ago, but there is a sense that these

more complicated the more physicists are striving to simplify them. There is no 'theory of everything'--which includes both entanglemeent and gravitation--within the framework of active modern physics as taught at the universities. There are only numerical approximations. Thirdly, entanglement involves a faster-thanlight apparently 'effortless' connection between two or more processes, waves or particles, even if they are separated by hundreds of thousands of lightyears or more. It speaks poetically and intuitively to all who seeks to think about the vast universe, or multiverse, as a perhaps spiritual whole; and yet it is a concrete phenomenon which is studied in particular cases in the everyday laboratory studies of standard university physics.

equations get more and







Fashion model is Edith, at @ediemaeb.

Fashion
photographer is
David, at
@rebellion
studioz.

MUA, hair styling by MichellenCapa.

Stylists are
Mariter Torres,
at @daniela
jayfashion,
and the model
herself.

Locations:
Phoenix,
and the Grand
Ave Arts
district,
Arizona.

Fashion brands in editorial:

Lili Sidonio, at @lilisidonio official Molly Bracken, at @mollybracken official Joyfolie, at @joyfolie Urban Outfitters, at @urban outfitters Habitual Kid, at @habitualkid

And clothes designed by Edith, the model, herself.



Pashion model Edith, at 14 Y.O., 1S already styling other models and craftin g her 2nd fashion clothes collect ion.

she says: <<A
person's
fashion
fashion
style
is a
visuali
zation
of
soul.>>





























# iB

may do it mathematically well, they may be rather



#### **COMMENT**

# On the hidden ocean

Aristo Tacoma

As one who has grown up with science on all sides, so to speak,--near a university and with university folks often in the house--I know only too well that many scientific studies are characterized by an eagerness on behalf of the scientists to interpret results in a certain direction: they

cautious in drawing conclusions, but the whole ship, so to speak, of interpretation is typically weighing many tons and may not reflect nearly all nuances.

I say this because, as far as I can tell, scientific research on human sexuality has scarcely begun. This is echoed in culture, which, though sexuality dominates from the sides, so to speak, it has not a serious stamp on itself, whether in science or in society. Add to that the condemnations of sexuality rampant in many cultures, whether religously based or founded on more secular or political ideas.

There is a way in which sexuality and intelligent creativity belong together, and, as far as I can tell, has

always done so, in ways which are subtle and complex and which rarely are talked about in rarified and adequate terms. Of course, many who have read their Freud etc have said things that give a flavour of credibiliity to sexuality in this or that way. For instance, they may have suggested that such and such person perhaps Picasso, Dali--'channeled their sexual energy or libido'. So, there, at least, sexuality has got some reputation--'energy'. But energy is also adrenaline, electricity, caffeine – and oil. Energy is not necessarily subtle.

Even in cultures that to some extent honor sexuality as divine, such as in the tantra/chakra traditions, there is still a tendency to say: sexuality is an animal instinct, and lower than the golden impulses of the compassionate heart. It is the raw, sometimes aggressive force that also has procreation as part of itself. Now there is no denying that some forms of testosterone-driven action can have an aggressive slant or even involve killing; nor is there any denying in that procreation can be, and in fortunate circumstances can be intended to be, a beautiful result of healthy sexuality with mutual benefits.

But in one way or another, every one of these types of attitudes to sexuality, as just mentioned, appear to me to be mere aspects of what sexuality is all about. To me, it seems like we have an hidden ocean here--sexuality--and that, for reasons of fear, haste, prejudice, have got into the habit of focussing on geometrical features of some shapes in that ocean near the shore, overlooking, in the process, the majesty and presence of the whole hidden ocean.

There are exceptions: there are those who have honored the oceanic vastness, but they have somehow too often become marginalized in how society have plowed on to discuss sexuality eg in political terms.

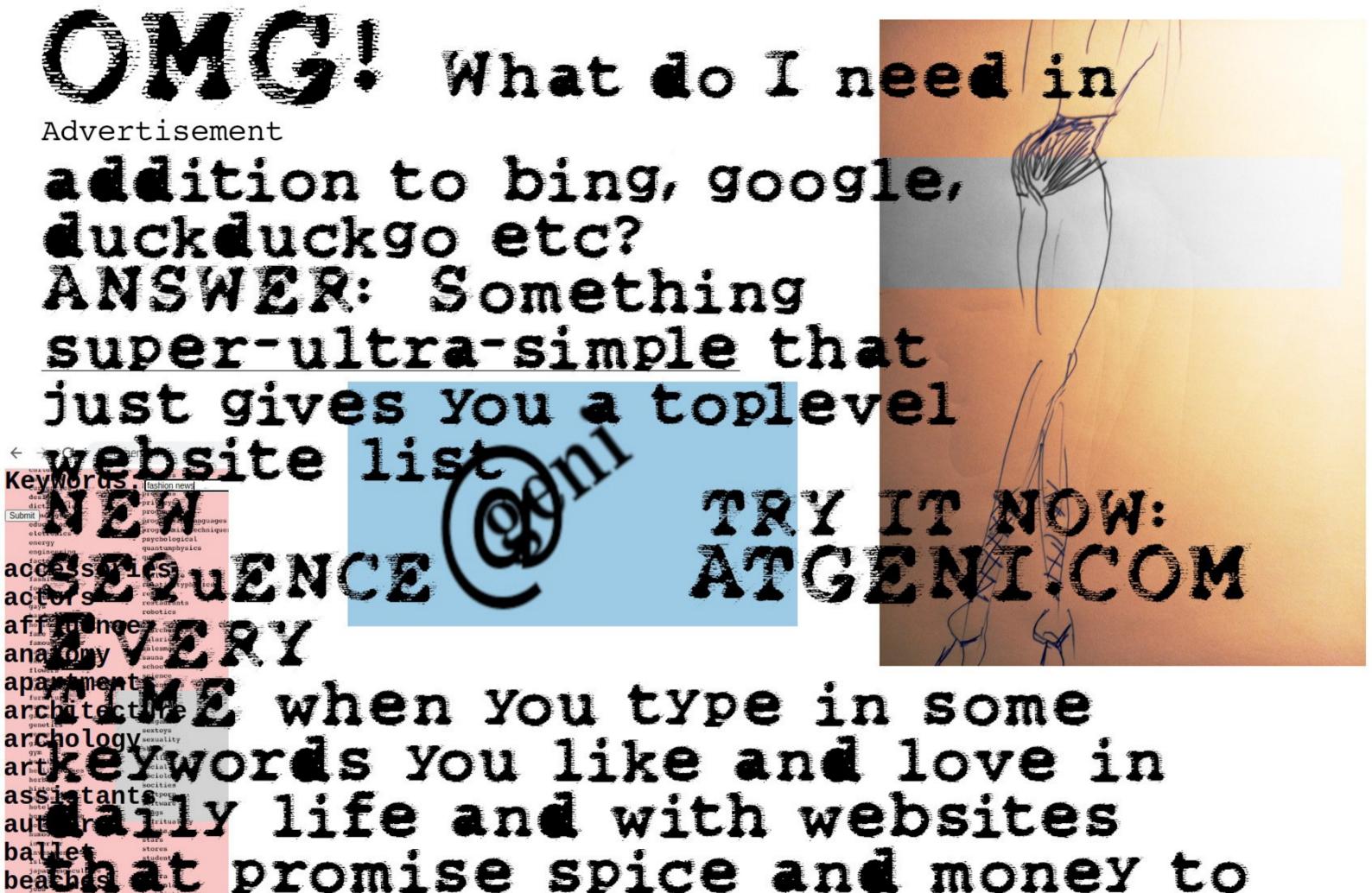
Let us try here, motivated by this background, to set some records about the concept of sexuality straight—so to speak. Here:

Sexuality is not merely an energy, it is a shaper of energy. It is not merely an animal energy, but something which connects to the most humane and most soulful of all feelings, namely compassion; and it does so in its fascinating and sometimes mysterious mingling with the appreciation for beauty tinged with cosmic spirituality. Sexuality is not merely an orientation or attraction or an energy that goes this way: it is a source of mental events.

intuition, intelligence, creativity and order so as to make action magnificent and esthetical. Sexuality is not merely tied up to such orders of health as are connected to human procreation: it is, while perhaps fuelled by human beauty, something that touches on and indeed deepens every form of technical, logical, intellectual, physiological and procreational capacity that a person possesses. The awakened and realized sexual energy is a mental and spiritual peak, far greater than a merely physiological response of the body—just as the greatest joy of sex is not in the physical climax but in the long dancing activity before that--a peak that nurtures the refined aspects of our minds and heartfelt feelings, and rejuvenates the skin and replenishes a fresh outlook on life and a bright sense of the future.

scientific evidence for one thing that ties beauty to sexuality in a way that may not to all be entirely obvious. A study [reference for anyone who is interested can be provided] indicated that polyactivity is statistically favoured to a far greater extent by those who are typically considered beautiful. So!





beautwolfests SCUEY and WOIK, like NEWS

True
Nonsense
Section

Text, illustration: A.T.

ABOUT CUCUMBERS AND MARS

Now if you go to Mars, and why shouldn't you, here is a bright idea:

Go to Mars with the firm plan to grow

cucumbers.

Why cucumbers?

Because, in the recent experience of this writer, cucumbers are kind of universal things and they are particularly suited on Mars.

I didn't think so at first. I mean, what's a cucumber? Right? Such vegetables are hardly getting much attention if they have to compete with, let's say, a bunch of-associating freely--uncut diamonds, keys to a brand-new Ferrari car waiting outside, a Thai orchid, an elegant little flask of Chanel number 5, a giant bottle of Champagne in a silver

basket with ice, a
casket of Ananassi [the
Latin word for
venerable
strawberries], an Issey
Miyake pale green
lotion bottle, and a
copy of Vogue magazine
featuring a chubby
governmental member as
a fashion star.

Faced with such competition, I bet your attention to the elegant, long, green cucumber would be diverted. "Let the cucumber lie there in peace!" could be the motto with which we approach that table. Grab rather the Ferrari keys, let's say also the orchid, stuff the sleek Issev Mivake in the pocket and strive to carry the giant

Champagne in one hand, and the strawberries in the other, and go get the Ferrari and drive to your, ehm, bestie. The night is already a success and the cucumber is still there.

The cucumber, though
green and slender—
matching perfectly
these two central
concepts in our world,
so sought for by a
majority of the
fashionistas--are still
on the table.

But look, that was an Earthian perspective. For one thing, the Ferrari — I mean, a typical earthian Ferrari — won't get to grips with martian sand and martian atmosphere.

For another, try take a bottle of Champagne outdoors at Mars and it will obliterate due to the near vacuum there. And so on. If I were you, and on Mars, stay indoors and grab the cucumber.

This sort of perspective dawned on me when I thought about what the pioners on Mars have to do: they have to, for instance, stay indoors, and keep it nice and clean there. And one day I bought a very Green bathroom cleaner spray and before I used it I read its fine letters. It said, 'Such-and-such CLEANER. GREEN. For bathroom. Only contains good things like cucumber.'

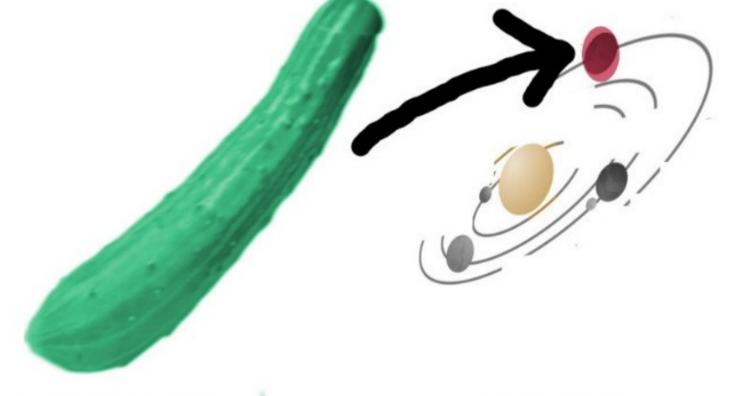
I was a bit puzzled for a moment. Cucumber? Was I going to spray cucumber around in the bath? I wasn't sure I was very fond of cucumbers and I sure wasn't sure I wanted to spray them around when I wanted it clean somewhere. Tentatively, I gave it a little spray. It seemed okay. I began using it.

After a little while I realized I had never used a more effective bathroom cleaner spray: the odor of cucumber sort of got warped in My mind from belonging to the most boring types of salads in the galaxy to that of an exqusite cleanliness of a really cared-for, clean bathroom.

I wondered whether the food aspect of cucumber would suffer as to this use. Would I still be able to eat a cucumber salad without thinking about cleaning the bathroom?

Some years ago, a girl showed me a videoclip made of herself as practically newborn, learning to crawl on the floor, neatly dressed up in pink cotton if I remember correctly. There was a running commentary by her notoriously funny father, whose British-Norwegian background led him to constantly mixing humorous components from both cultures together with success. The child said something like A----GRK!!!! and the father said, lightly, 'And her first word was, "Cucumber!". Spoken in Norwegian, it is "Agurk", which is what we heard her say here."

Apart from suddenly remembering this little pearl of observation, I forgot pretty much to



VEGETABLE

PLANET

think about cucumbers for some weeks, though vaguely apprehensive about the possibility of somebody someday serving me cucumbers in a fine society and I finding me stuck about the sense that this salad smells like a bathroom cleaner.

Scroll ahead to early this month, where, after realizing [1] not been to a restaurant for a unpardonable number of months of hard work, and [2] I needed food here, now, fast, and in plenty, and [3] there was an Indian restaurant where I stood, I decided [4] to get a table and order them to put on it as much as they could of tandoori this and tandoori that and lassi and coffee and on and on.

With an obliging smile, they did, and it tasted terrific but it was all very sweet and though the dishes had very distinct tastes, these tastes all sorts of got mixed in my mouth because it was burning with hot chilli and the sweet mango lassi did not help.

I ordered one more item: some plain yoghurt.

"Yes, sir, we have yoghurt lightly sprinkled with cucumbers, sir, would that do?"

"You can not simply serve me a little yoghurt?"

"No, sir, but we do
have yoghurt lightly
sprinkled with
cucumbers. Shall I get
one for you? Yes? Thank
you sir."

And a minute or two later I found myself staring, and sniffing, at a voghurt with a sprinkling of cucumbers. I hesitated, thinking of bathrooms and the first words of babies, but my tongue commanded: get it! Put out the vindaloo chilli pepper fire with the damn yoghurt! I obeyed my tongue and ate into the white stuff, its tiny sliced green elements giving it flavour-and realized that it was Delicious. Just the thing. Exactly what was needed.

On going home that day, life had decided that there were still more, let's say, Cucumber Synchronicities ready for me. Sitting on a city tram, I glanced on a shop window, and I found myself looking at a girl's tanned

elegant face, a bright, possibly martian Sun in the background, and instead of sunwear she had green cucumber slices on her eyes. And she was smiling in a way that told everyone that cucumbers were just what her eyelids wanted.

Just as I was thinking that we are soon in for some sort of Cucumber Revolution, I browsed through a little bit of those things which people sometimes browse through, using the Private (Incognito) Mode of the browser. I happened to come across a Tantric Well-being Group video. In this, the Yoginis were practising Well-being on their First and Second Chakra. Now if you are deeply into the Indian mythology, you know that there is a lot of serpent power associated with these chakras. Apparently, and I say this hesitantly because the context is a dignified one, they found that this power was greatly released by, yes, cucumbers. I will make it no more explicit than that. Suffice to say that the Mars argument suddenly came complete: we were talking of, ehm, sort of procreation warm-up

possibilities here of a unique, well, green nature.

So we are getting, by

cucumbers, many of the things we need on Mars: \*clean bathrooms \*suitably flavours for youghurt for tandoori meals \*a universal word spoken first thing of all, akin to the Norwegian word 'agurk' which means Cucumber, and in baby-lingo, 'A----GRK!'. \*healing for eyelids being strained by the martian Sun \*an encouragement to be, in a fashionable way, both Green and Slender \*and an excellent way for tantric warm-up of esp. Chakra#2 leading presumably to a more effortless procreation of a new civilisation.



Want some big timeless (ha!) words from BERLiNiB behind closed doors as it were? On repeat? OK. Here we go:

FASHION IS THE UNFOLDING
OF THE ESTHETICS OF MATCHING
WORLD, POLITICS, MORALITY
TO THE INWARD SURGE OF
PINK FLUIDITY AND GETTING
A BUSINESS FROM IT AS WELL:
the industrial modelling babes
#ja #pinkfluidity #gracefully

BACKGROUND: FINE ART, Dali, Henry & June, and LGBTQ+ in all its variations are schooltext stuff and trivially integrated in a health and beauty and sensuality and fitness and wellness consciousness of a modern young human being

FOREGROUND:
Excellence in esthetics;
in touch; in relaxing
hyper-well-trained muscles;
in freedom from fear; in
feeling relatedness; in
crossing old morals when
they no longer make sense;
and being ready to kiss
the flower

MANIFESTATION:
In wellness meditations in which the beauty of the human being is celebrated by the subtle indications that the freedom to unfold is now

#ja #pinkfluidity #gracefully

Pashion models in well ness cover editorial for EERLINIB 20218 are, in alphabetical sequence Anna Airaldi. Sabrina Macheo, Suabrina Macheo, Suabrina Macheo, Suabrina Macheo, MAA, hair styling, the models themselves. Stylicts are Airaldi & Macheo General Styling advisor. A? Fashion brands Benetton, Brooks, Labello, Lancaster, Tally Well, Terraneva, Tamanay, Locations



June 30th, 2022:
the first time
ever in Instagram's
history anyone
used #pinkfluidity
and it was used
for BERLiNiB
cover editorial
posting for 2023/B
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Beau
ty
Styl
e
Fash
ion

