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# EL REPIQUE

EL ASADOR DEL CENTRO HÍPICO



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*Mágica en vivo*



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**Unfortunate news!**

Singer Elton John has recently tested positive for Covid, forcing him to cancel his immediate schedule.



**Tangerine dream**

Rihanna wore this striking orange coat after donating millions to climate change research in NYC.



**Royal visits**

Kate Middleton made an official visit to mental health workers in London to thank them for their service.



**Artsy party**

Billie Eilish showed up at the Interscope newest exhibit alongside many other musicians, like Fergie or Lana del Rey.



**Back to a teenage dream**

Katy Perry has experienced a massive success with her most recent residency in Las Vegas. The singer, who is rocking her signature jet black hair again has sold out almost all of the dates of the show, which has been described as original, fun and unique.



**Breaking records**

Rafael Nadal won the Grand Slam after a nerve-racking match last month. The tennis player has become the only man to win this competition 21 times, surpassing other male players like Federer or Djokovic.



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**Driving around**

Pete Davidson was seen driving Kim Kardashian car to run some errands in LA, proving once again the status of the discrete couple.



**Money moves**

Cardi B celebrated her husband's 30th birthday by gifting him 2 million dollars.



**They are coming back!**

The Kardashian family released their traditional holiday photos where all of them look gorgeous and happy. But the family couldn't leave the holiday season like that and they announced that a new reality show starring all of them will be aired this year through Hulu TV. This will be a follow up to their iconic 'Keeping up with the Kardashians'.



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### Still recovering

Princess Charlene of Monaco is still recovering from her health issues and has been announced to be absent for upcoming events.



### Magic Channing

Actor Channing Tatum is currently working on the third 'Magic Mike' franchise movie.



### A light during hard times

Singer Celine Dion has recently celebrated the 21st birthday of her son in a familiar and personal environment. These times are not being easy for the performer; due to her health problem in regards to muscle fatigue and strenght, she has cancelled or postponed many dates of her upcoming tour.

A promotional image for 'Shelby Club de Carne' featuring a large skewer of grilled meat (likely ribs) against a dark background with flames. The text 'CLUB DE CARNE' is arched at the top, 'SHELBY' is in large, bold, distressed letters across the middle, and 'ARGENTINO' is written below it. At the bottom, contact information is provided.

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### Some time off

Singer Camila Cabello decided to take a break from social media following her recent breakup with Shawn Mendez.



### Family time

Matt Bomer & Simon Halls shared a rare family picture with their children during the holidays.

## That's how you make an entrance!

Canadian actress Carrie-Anne Moss showed up to the premiere of the latest Matrix movie 'The Matrix 4' where she plays the lead role alongside Keanu Reeves. For this event that took place in San Francisco, California, she chose a stunning gown that was made personally for her and for this occasion. The Oscar de la Renta dress is made of black flowy material embellished with hand sewn sequins that create the iconic 'Matrix' pattern at the bottom of the long skirt. None of these green and silver details are casual, to the point that they even write messages linked to the movie or spell the actual designer name and surname. What a beautiful homage to the franchise.



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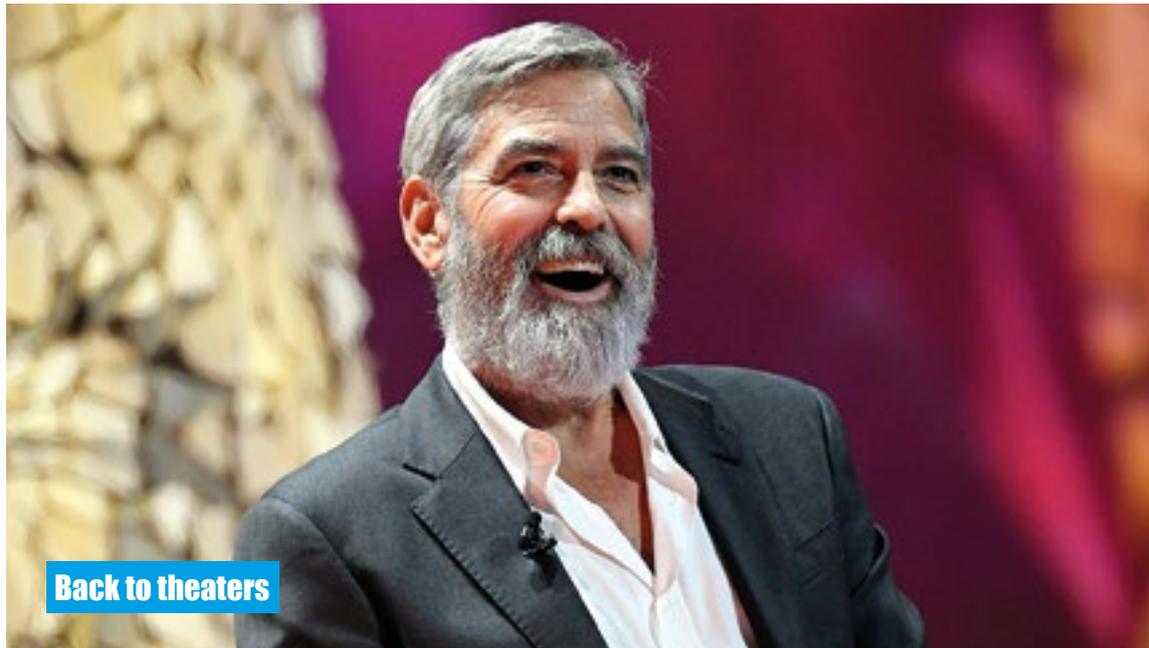
**Classy streetwear**

Jennifer Lopez starred alongside Megan Thee Stallion in the newest campaign of a prestigious fashion brand.



**Goodbye darling**

Actress Courteney Cox joked about feeling lonely now that her daughter is moving for college and leaving the family house.



**Back to theaters**

Actors George Clooney and Brad Pitt are preparing an upcoming movie together, but the shocking thing is that the two of them accepted a lower salary than the original one that was presented. The reason for this was making sure that the movie can also have a release date on cinemas and not only on streaming platforms.



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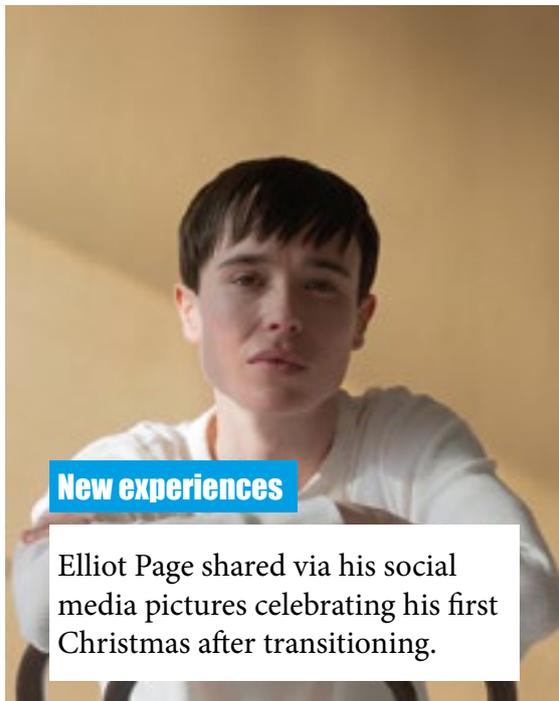


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IN THE GARDEN  
5TH MARCH

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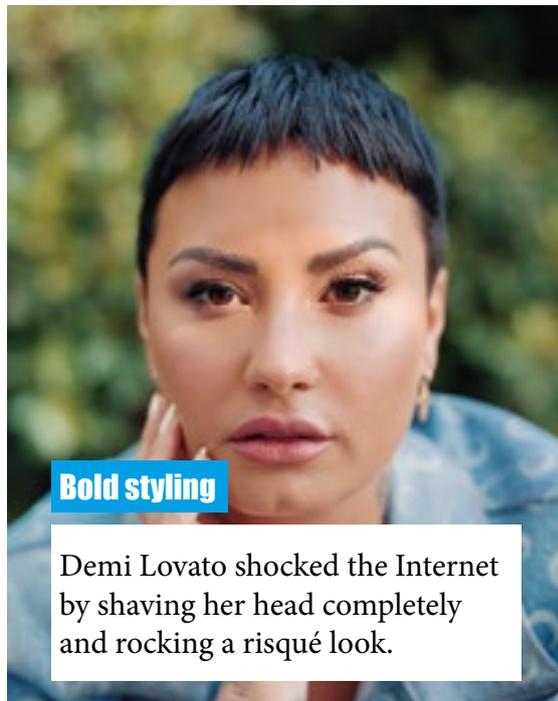
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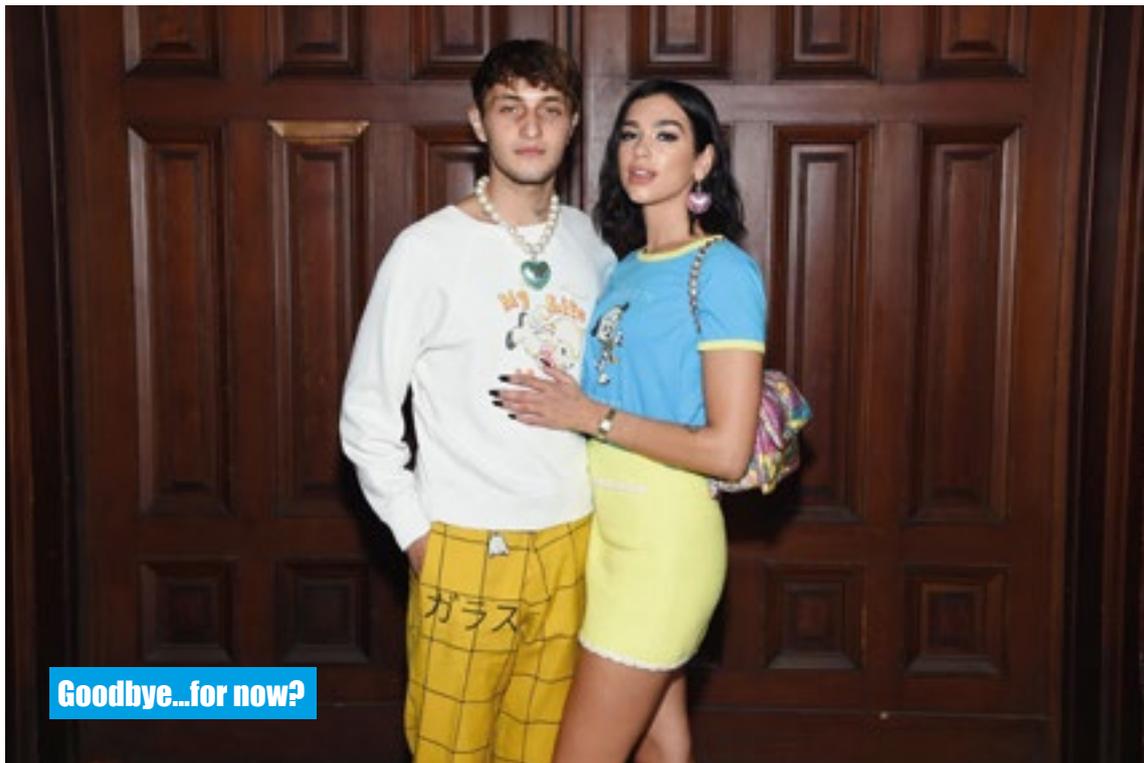
**New experiences**

Elliot Page shared via his social media pictures celebrating his first Christmas after transitioning.



**Bold styling**

Demi Lovato shocked the Internet by shaving her head completely and rocking a risqué look.



**Goodbye...for now?**

Singer Dua Lipa and model Anwar Hadid have broken up after two years of dating. The now ex-couple was rarely seen together lately, which led to rumors that have been confirmed. This split might not be the end of the two, existing the possibility that this situation is a temporal break up to have some personal space.



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**An incredible legacy**

Emma Roberts has revealed that she feels pressured to have the same success as her aunt, Julia Roberts.



**Behind bars**

Joe Exotic from 'Tiger King' has been sentenced to prison for trying to kill Carole Baskin.



**Breaking her silence**

Singer Janet Jackson released the second part of the documentary about her personal life, where she discusses the pregnancy rumors she has had during her career, her relationship with Michael Jackson and some hurtful memories from famous names.

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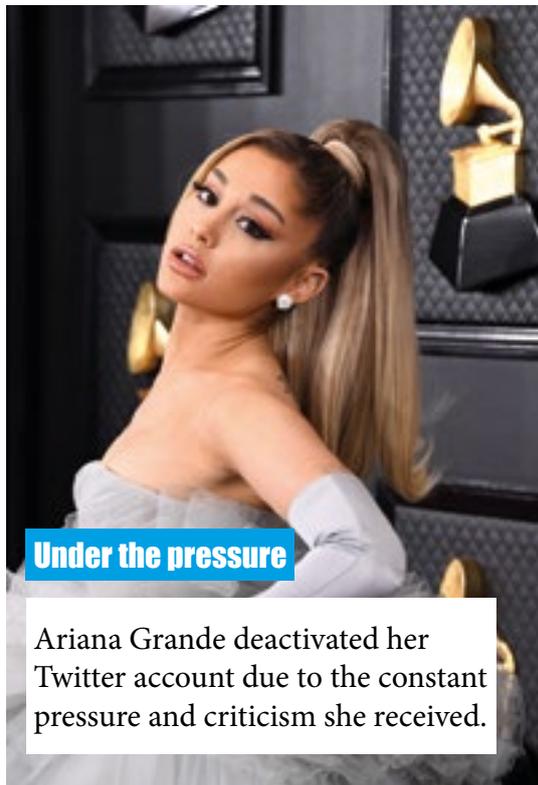
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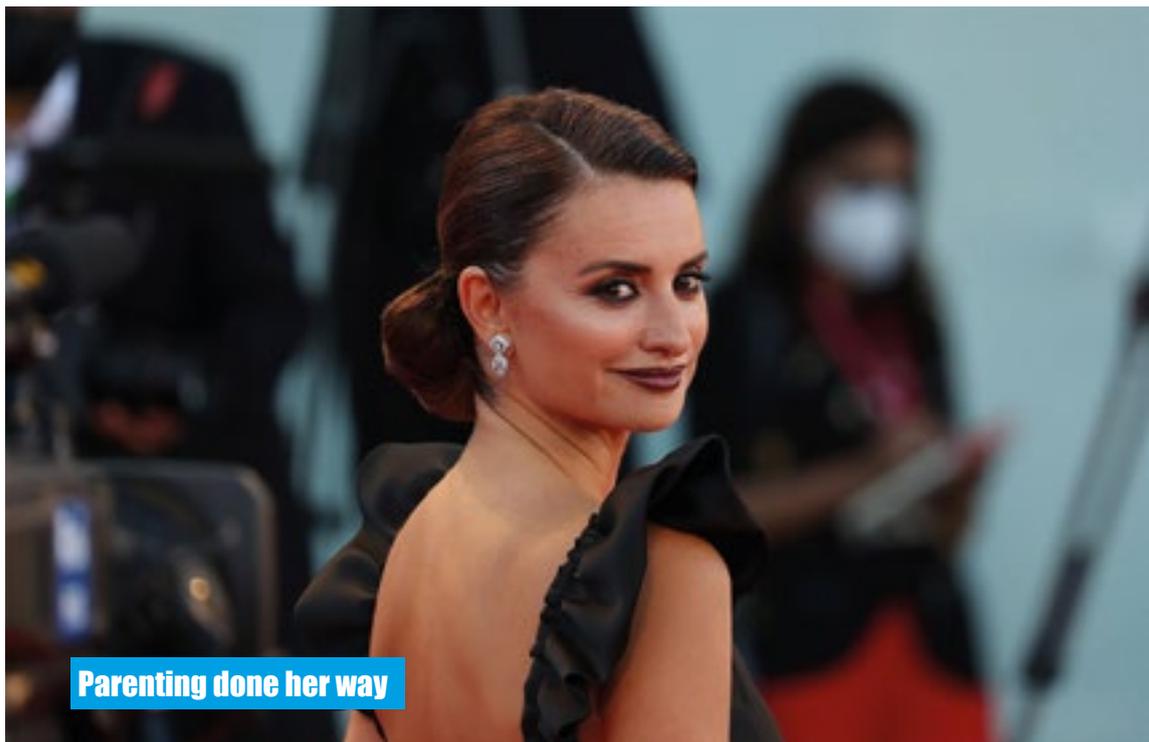
### New place for the lovebirds

Celebrity couple Jonathan Scott and Zoey Deschanel have just purchased their first house together.



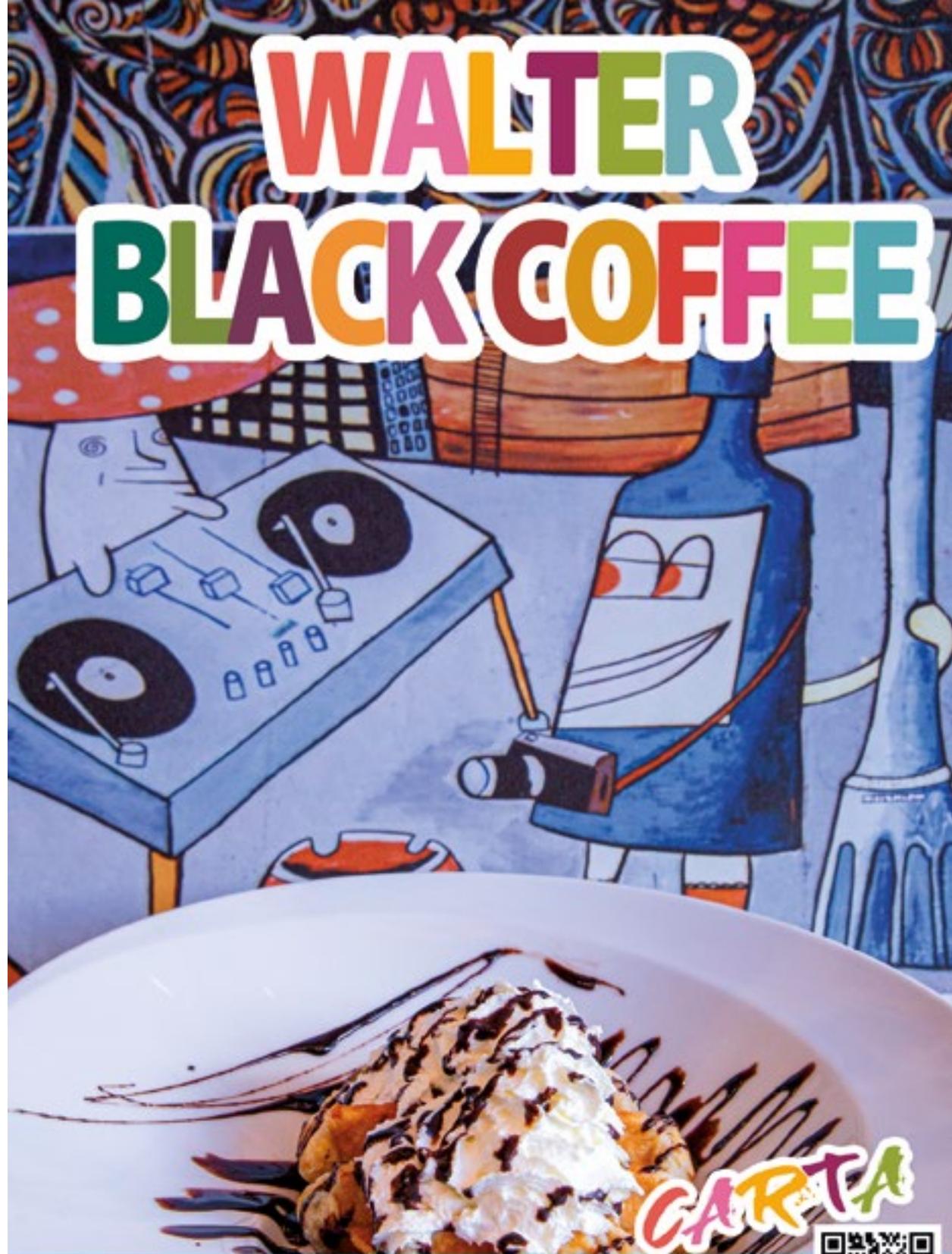
### Under the pressure

Ariana Grande deactivated her Twitter account due to the constant pressure and criticism she received.



### Parenting done her way

Actress Penélope Cruz was recently interviewed about her family and she revealed that her children are not allowed to have social media yet. She continued explaining that the Internet is becoming a really aggressive place for teens to grow up, and that online bullying, hate or criticism could have an awful effect on their mental health.



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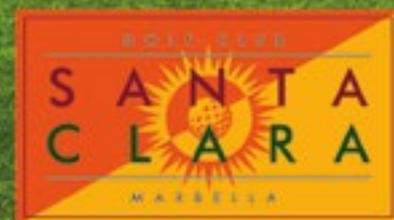
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### Acting crisis

Actor Bradley Cooper has revealed that he thought of quitting his Hollywood career back in 2020.



### New exciting role

Jason Momoa, who recently got divorced, has been announced as part of the cast of the upcoming Fast and Furious movie.

## They are tying the knot!

Macaulay Culkin and Brenda Song have recently got engaged! The couple, who met while filming a project, has been together for a few years now and they have a little child who will turn 1 this year. Brenda made it official by wearing her engagement ring out and about. More details about the actual wedding are yet to be announced.



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# Volea de derecha - Tips fundamentales

Hola de nuevo a todos los fanáticos del pádel desde nuestro rincón en About Marbella.

Desde Prodigy Land abordamos aquí una nueva entrega de consejos técnicos, y en este artículo comentaremos los aspectos más importantes de la volea de derecha.

Comenzamos con este golpe que se realiza en zona de ataque, aunque entendemos que en la mayoría de las ocasiones es constructivo. Muchas veces vemos a jugadores que apuran mucho este golpe para ganar y cometen multitud de errores no forzados, así que este es el primer punto que debemos entender.

En lo relativo a la técnica del golpe vamos por pasos y en este orden:

## 1. Empuñadura continental

## 2. Peso en punta de pies

## 3. Semi flexión de piernas

## 4. Pala a la altura del pecho en vertical

## 5. Brazos semi flexionados y un palmo separados del tronco

## 6. Cabeza mirando al frente



Con esta postura de espera debemos pasar a la fase de preparación del golpe en este orden (no hablaremos aquí de efectos, esta ejecución será para una volea donde predomina el efecto plano):

- Giramos pala y la cadera hacia el lado del golpe. La pala no debe sobrepasar el hombro trasero.
- Fase de avance, impacto y terminación.
- Avanzamos la pala hasta el impacto delante del cuerpo.
- Terminamos con pala en la mano no hábil sin modificar gesto (ni giros de antebrazo ni rotaciones de muñecas)

Siguiendo estas directrices conseguiremos tener una volea limpia, sin opción a lesiones y dirigida donde realmente nos pida cada jugada del partido.

Pues bien, amigos, esperamos que os hayan valido nuestros consejos y os esperamos en nuestro canal de YouTube, Prodigy Land, donde encontraréis todos los vídeos cortos para que en menos de 5 minutos repasemos la técnica y los errores más comunes de los golpes de pádel.

Seguimos adelante y os esperamos en el siguiente número de About Marbella.

*Santiago Moreno Pardo*

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## El valor de mantener los codos cerca

Hoy vamos a identificar algunas de las formas en que su swing puede beneficiarse si mantiene los codos juntos.

- Mueva el palo hacia atrás en una buena trayectoria. Cuando se coloca sobre la bola con los codos juntos y los brazos en posición recta, le resultará mucho más fácil hacer el backswing directamente la línea del objetivo, con los codos juntos, debería ser relativamente fácil poner los hombros al frente de las primeras etapas del backswing. Cuando sus hombros comienzan el swing simplemente girando hacia la derecha, el palo se mantendrá naturalmente en la línea del objetivo.
- Con los codos apretados, puedes mantener tus hombros girando lejos del objetivo hasta que hayas alcanzado un límite cómodo y estés listo para girar en la otra dirección. Si su codo derecho se mueve hacia arriba y se aleja, su giro de hombro se detendrá prematuramente, y terminará empujando el palo por encima para comenzar el downswing.
- Tal vez la mayor ventaja que obtendrá al mantener los codos juntos es la mejora de la capacidad para hacer el swing hacia abajo en el plano adecuado al acercarse a la bola. Innumerables jugadores amateurs tienen problemas con un codo derecho "volador". Cuando sus codos están juntos, usted puede tirar del palo hacia abajo en el downswing con una acción poderosa, y se sentirá como sus brazos están trabajando juntos para golpear la bola



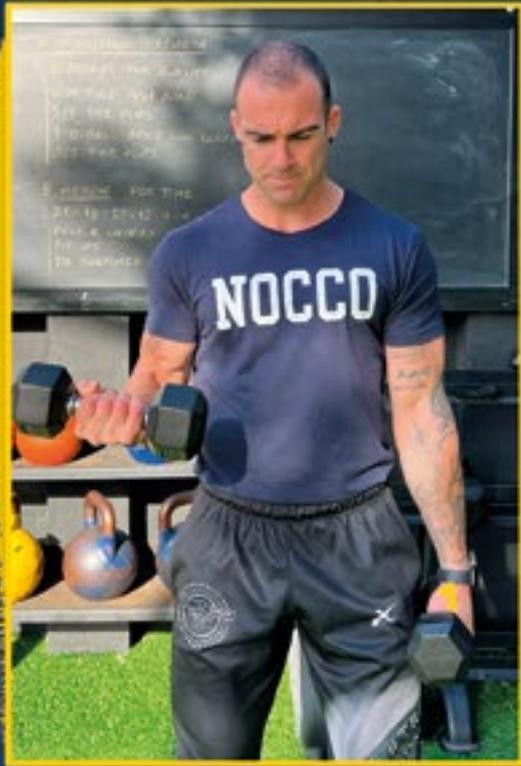
Es casi seguro que mantener los codos cerca durante el swing va a conducir a resultados positivos. ¿Será fácil? No. ¿Será rápido? NO. El golf es difícil, como sabes, y cualquier mejora significativa va a llevar tiempo. Si se toma en serio la idea de mejorar su juego, necesitará practicar, practicar y practicar.

### Tres claves técnicas

- Active la parte inferior de su cuerpo. En general, la parte inferior del cuerpo se pasa por alto en cuanto a su importancia en el swing de golf. La parte inferior del cuerpo tiene mucho que ver con el movimiento del palo durante el swing. Debe asegurarse de que las rodillas están flexionadas y que la parte inferior del cuerpo está preparada para trabajar. Durante el swing, esas rodillas deben permanecer flexionadas mientras la parte superior del cuerpo gira hacia atrás y a través. Esto va a ayudar a que sus codos se mantengan juntos porque sus brazos no necesitarán hacer un trabajo extra para compensar el fracaso de su cuerpo inferior.
- Mantenga el codo derecho apuntando hacia abajo. Piense en mantener el codo derecho apuntando hacia el suelo durante el backswing e incluso en el downswing. Lo mejor de este consejo es que es extremadamente sencillo de recordar, y no debería tener ningún problema para concentrarse en él durante una sesión de práctica.
- Gire durante el downswing. Desgraciadamente, muchos golfistas permiten que sus swings deceleren poco después de haber entrado en el downswing. Después de haber realizado el backswing sin problemas, estos jugadores cometen el error de detener la rotación de su cuerpo cuando el palo se mueve hacia la bola. No lo haga, acelere hasta el final del swing.

*Jimmy Martín de la academia de golf de Villapadierna*

# MACHACAMOS LOS BÍCEPS!!! WE CRUSH THE BICEPS !!!

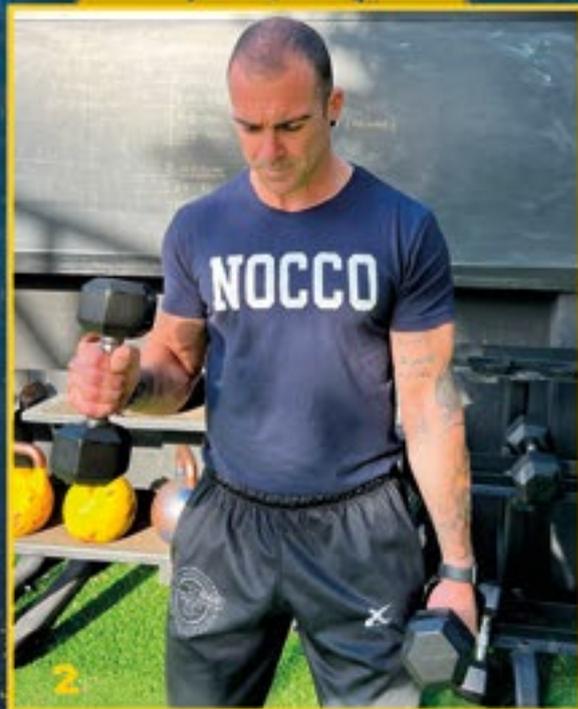


**1.** Curl bíceps a 90°: Manteniendo un brazo a 90° y muñeca en posición supina hacemos 15 repeticiones completas con el brazo contrario estirándolo por completo y llevándolo al mismo grado que el otro (90°). Haz 6 series alternando siempre el comienzo de cada serie con distinto brazo, descansa 60 segundos entre cada una de ellas.

**1.** Bicep curl at 90°: Keeping one arm at 90° and wrist in a supine position, we do 15 complete repetitions with the opposite arm, stretching it completely and taking it to the same degree as the other (90°). Do 6 series always alternating each series with a different arm, rest 60 seconds between each one.

**2.** Martillo: Ahora solo de forma alterna y con muñecas en posición neutra haremos 20 repeticiones totales. Sube el peso y haz solo 4 series descansando 60" entre cada una de ellas.

**2.** Hammer: Now only alternately and with wrists in a neutral position we will do 20 total repetitions. Raise the weight and do only 4 sets resting 60" between each one.



**3.** Concentrado: En la misma posición que veis en la imagen, con un brazo apoyado y manteniendo un empuje activo realizamos 10 repeticiones con el brazo que queda tocando la rodilla (no en un apoyo vertical y si horizontal) estirándolo por completo y llevándolo algo por encima de los 90°. Realiza 4 series alternando el comienzo de cada serie de brazo y descansa 60" entre cada una de ellas.



**3.** Concentrate: In the same position that you see in the image, with one arm supported and maintaining an active push, we perform 10 repetitions with the arm that remains touching the knee (not in a vertical support and if horizontal), stretching it completely and carrying it something above 90°. Perform 4 sets alternating the beginning of each arm set and rest 60" between each one.

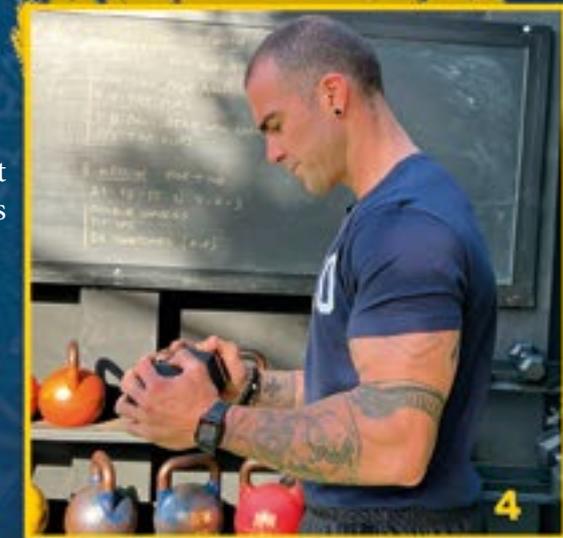
**4.** Curl 21: un movimiento muy peculiar que consiste en hacer 7 repeticiones por 3 rangos de movimiento, los rangos de movimiento son:

- 1- De estirados a 90°
  - 2- De 90° hasta tocar el pecho
  - 3- Rango de movimiento completo
- Realiza 4 series descansando 90" entre cada una de ellas.

**4.** Curl 21: a very peculiar movement that consists of doing 7 repetitions for 3 ranges of movement, the ranges of movement are:

- 1- From stretched to 90°
- 2- From 90° until touching the chest
- 3- Full range of motion

Perform 4 sets resting 90" between each one.



PRÓXIMO MES TRABAJAREMOS ESOS TRÍCEPS PARA COMPENSAR, NO TE LO PIERDAS!!!  
NEXT MONTH WE WILL WORK THOSE TRICEPS TO COMPENSATE, DO NOT MISS IT !!!

 [alvaropuerma](#)  
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**OFFICE DESIGN - LET US SHOW YOU HOW ITS DONE!**

This month, here at Lord Designs, we are focused on designing the most cutting-edge office spaces – as we dedicate our time to our latest commercial project in the famous Torre Picasso, Madrid. Our third project in the Capital, after completing our installations in The Four Seasons Private Residences, we now move on to our next project – this time we switch from Residential Design and concentrate on a more formal Commercial Design – a challenge we take on board with great enthusiasm.



We would also like to take this opportunity to share with you, past office designs that we have created as well as looking at present trends in office design and how to create working spaces that are practical, comfortable and inviting.

*Here is a one of the offices designed  
in Rotterdam Port* **BY LORD DESIGNS**



Two areas created for different uses. An oversized desk accompanied with sophisticated armchairs and a round table to have more casual meetings.



A fundamental aspect to achieve a modern office is the opening of spaces. Open and clean areas, which generate places of communication between workers, to get them to share ideas and information in a natural and comfortable way.



The growing trend of the “home office”, which saw its beginnings and boom with the appearance of COVID, makes us wonder how to return to our usual office spaces. How to maintain that feeling of cosiness that our home gave us, to adapt and rebuild habits and ties in this “new normality”.



**MEETING AREAS**

*Warm colours with different textures give interest & depth to these large spaces.*



The design of the workspace in pursuit of comfort, IS the key.

**MAIN OFFICES**  
*When designing an office space, it's important to play with light, to give a dramatic look & creating different atmospheres.*

**RECEPTION**

A pop of colour gives character and identity to a company, creating a positive impact as well as an inviting ambiance for workers and visitors



We can focus on some aspects to consider for this readjustment process.

- A space designed and distributed effectively.
- Versatile workspaces to boost productivity.
- Custom made furniture to fit spaces perfectly.
- Design with subtle colour palettes to create sensations

## Post-COVID Offices - How to distribute an office

To distribute an office, the most important thing is to know what the available space is. The development and rhythm of the tasks will be linked to an effective distribution. This aspect generally depends on the location of the furniture, an office with identity transmits security and professionalism.

The objective will be to make the office a comfortable, aesthetic, and functional place for the best performance in routine work, open areas where you can interact and meet while maintaining the required safety distances, being able to reconnect and socialize.



### WORKING AREAS

*Open spaces, with lots of air, touches of greenery and big windows are the best option for bring life and freshness.*

### So, what should we consider?

1. Maximum adaptability to the needs of the worker, without forgetting aesthetics and ergonomics.
2. The correct and efficient lighting for good viewing, both natural and artificial light, adapted to each area or workplace.
3. Comfort and usefulness of the furniture, and its location, better ergonomic to prevent physical loads.
4. It is advisable that it contains exterior views, suitable colours and have rest or relaxation areas.
5. Comfortable environments, adequate soundproofing, and air conditioning.



### RELAX AREAS

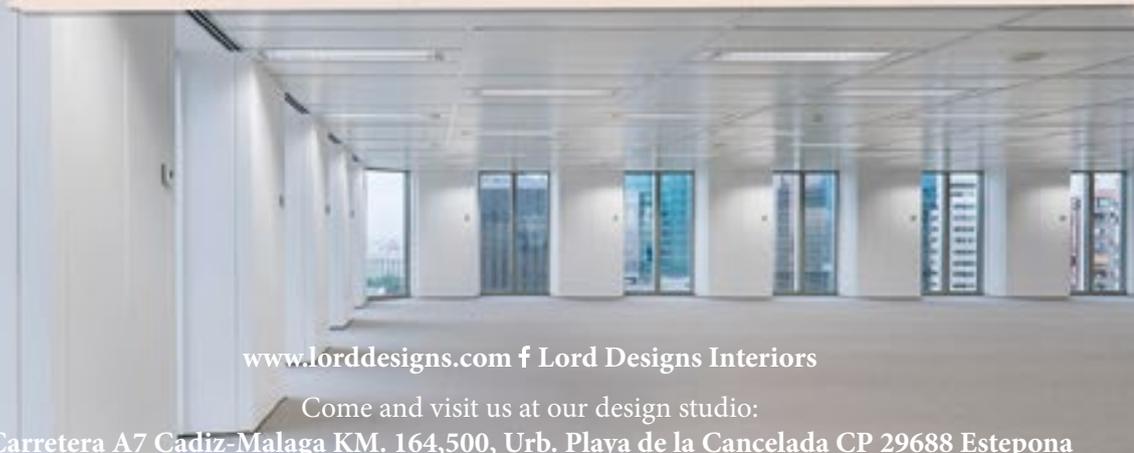
*These spaces are as important as the working areas. Places that invite the employees to relax and socialise with their colleagues.*

If the design and planning are correct, comfort in the workplace contributes to greater harmony and productivity of the staff. The offices reflect the image of the company for which we will create a good atmosphere and the feeling of belonging.



We end this article by repeating how delighted we are to be working on our current project in the Torre Picasso business and commercial complex in Madrid.

In our office headquarters in Cancelada, Estepona, we are busy creating an outstanding office space of 400m2 for one of our executive clients. We cannot wait to share the finished result with you this Spring!



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# HOW TO MINIMIZE BACK PAIN WHEN WORKING FROM HOME



What started out as two weeks turned into an indefinite work from home situation for most. While sitting at a desk for 8 hours per day you may think that you couldn't possibly be doing your body any harm because, after all, you're just sitting. Yet very few are prepared for the physical effects of a work from home lifestyle. It's important that people who will be working from home for months to come to become proactive about their physical form while working.

The spine is the body's central support structure. It needs to be rigid for support while maintaining much-needed flexibility for movement. The human body is designed to stand upright. By standing upright, the bones maintain more strength, exercises the muscles that hold them together, and allow better blood circulation. However, certain lifestyle habits like sitting around all day can cause significant changes to your spine, which can quickly escalate to acute or chronic pain.

Four Complications from sitting down for long periods of time are:

## 1. Poor posture

Sitting in one position for a long period locks your body in place, which makes it more difficult for you to move when you stand up. When you experience that stiff or burning sensation when you stand up, that's your body trying to recover from the unnatural position that you've locked it in. Most of the time, this can lead to a pronounced slouch forming in your upper body. Developing poor posture can lead to serious issues like kyphosis, joint problems, and improper circulation. While corrective sitting and physical therapy can help with this problem, early detection is often the best way to prevent poor posture when sitting down.

## 2. Nerve irritation

Sitting for long periods can cause extensive pressure on your back, causing it to contract and compress itself. This can lead to pinched nerves, which can trigger symptoms like neck pain, back pain, and knots in the body. Left untreated, pinched nerves can progress from acute pain to permanent nerve damage because of the consistent strain on your nerves. This can also lead to a loss of sensation in the limbs, general numbness, or weakness in the arms and legs.

## 3. Muscular degeneration

The muscles in your body need consistent exercise and movement to keep their mass and ability to support your weight. Sitting for long periods can lead to muscular atrophy, where muscle groups like your glutes and leg muscles become unable to support their own weight. Sitting causes your hip flexor muscles to contract, which can increase your risk of developing hip-related disorders

## 4. Increased weight gain

Moving around is one of the body's best ways to burn calories. If you sit down all day, your digestive system stops running efficiently, which leads to increased weight gain. This weight gain usually pools around the thoracic and lumbar regions, where they can interfere with the normal function of many important organs by applying enough pressure.

Three adjustments that you can make to your lifestyle to prevent back pain:

### 1. Get an ergonomic chair and/or standing desk

Working and sitting down for an extended period is unavoidable. In these situations, choosing an ergonomically friendly chair that comes with support for the lumbar region can help diminish the risks of developing back pain. It's also crucial to buy a desk that can work with your setup, and relieve some of the pressure you normally experience when sitting down. A standing desk will encourage you to alternate standing and sitting and shifting weight from side to side.

### 2. Practice proper posture both sitting down and standing up

The proper way to sit down is with your back straight, shoulders back, and your buttocks touching the back of your chair. The aim of this sitting position is to replicate the natural curvature of the spine when the body is at rest, keeping your neck inline with your shoulders.

### 3. Take breaks and exercise

One of the best ways to prevent any back pain or complications from sitting down is to limit the time that you spend in your chair. You can get up, go for a walk, move around the house, or lie down. The crucial thing to remember here is to avoid locking your body in one position for a long period. Set an alarm on your phone to vibrate every 15-30 minutes to remind you to stand up, walk around, or stretch.

Back pain from sitting all day can be an early indicator of more severe complications and needs to be diagnosed immediately. At CostaSpine we have extensive experience with the different factors that can cause back pain. It is always important to look after our body and spine. Get in contact with us for your check up to keep you working pain free



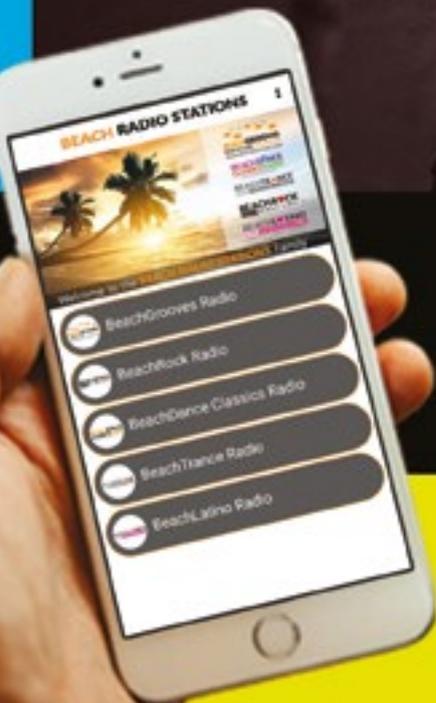


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**Not for everyone**

Amy Schumer has admitted that she tried getting fillers but got them dissolved right after the procedure.



**Back together**

Model Winnie Harlow & basketball player Kyle Kuzma are reportedly back together after their split months ago.



**Cherished memories**

Just like a New Years' gift, the HBO special 'Harry Potter 20th Anniversary: Return to Hogwarts' was released on the platform on the first of this month. Many actors of the priginal cast were reunited and talked about many topic that the fans of the saga will find interesting. Emma Watson, who played Hermione in the movies, recalls helping Daniel Radcliffe with her love life, just like a motivational coach who gave dating tips. She admitted that they would do this both ways and it proves how beautiful their friendship was (and still is).

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|-------|------------------|----------------|-----------------|------------------|----------------|-----------------|
| 8.15  | LEGS<br>& GLUTES | PUSH<br>& PULL | ABS<br>& CARDIO | LEGS<br>& GLUTES | PULL<br>& PUSH |                 |
| 9:30  | LEGS<br>& GLUTES | PUSH<br>& PULL | ABS<br>& CARDIO | LEGS<br>& GLUTES | PULL<br>& PUSH | ABS<br>& CARDIO |
| 11:00 | LEGS<br>& GLUTES | PUSH<br>& PULL | ABS<br>& CARDIO | LEGS<br>& GLUTES | PULL<br>& PUSH | ABS<br>& CARDIO |
| 14:00 | LEGS<br>& GLUTES | PUSH<br>& PULL | ABS<br>& CARDIO | LEGS<br>& GLUTES | PULL<br>& PUSH |                 |
| 16:30 | LEGS<br>& GLUTES | PUSH<br>& PULL | ABS<br>& CARDIO | LEGS<br>& GLUTES | PULL<br>& PUSH |                 |
| 18:00 | LEGS<br>& GLUTES | PUSH<br>& PULL | ABS<br>& CARDIO | LEGS<br>& GLUTES | PULL<br>& PUSH |                 |
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# FORD F150 RAPTOR R

Ford, America's truck leader, created an off-road icon in 2009 when it introduced the desert racing-inspired F-150 Raptor. It was designed to not only speed over rough terrain, but also to jump and catch air.

F-150 Raptor has eclipsed the sales of other well-known performance icons. Over the last four years, the previous-generation Raptor cumulatively outsold Porsche's entire lineup of sports cars and also outsold Chevrolet's Corvette.



- Tackle tougher terrain: Fully redesigned F-150 Raptor boosts its off-road capability with all-new five-link rear suspension featuring improved wheel travel, electronically controlled next-generation FOX™ shocks with Live Valve™ technology, plus first-in-class\* available 37-inch tires to tackle tougher terrain on high-speed desert runs
- Most connected: Every F-150 Raptor comes with standard over-the-air updates and a new connected experience that can deliver potential features like shareable digital trail maps or other off-road technologies in the future; plus, there's SYNC® 4 with cloud-connected navigation and voice search and the FordPass mobile app to check on your truck remotely, control the truck's lights from your hand and more
- Best-performing: High-output 3.5-liter EcoBoost® engine delivers better low-end torque, enables greater maximum towing and increased maximum payload capability, brings a projected EPA-estimated range of over 500 miles, and class-exclusive\* active valve dual exhaust for throatier engine sound; Raptor R is coming next year



By: Guillermo Fernández de Ateca Barber,  
C de Salamanca Ambassador

# HIGH-PERFORMANCE HARDWARE



A high-performance off-road pickup is defined by its suspension, and the all-new F-150 Raptor debuts with completely redesigned running gear. It is reengineered with an all-new five-link rear suspension developed specifically for Raptor, designed to deliver more control and power to the ground with greater confidence over rough terrain at high speeds.

“Raptor is rooted in Baja 1000 racing, and its suspension advances our capability and performance – a five-link rear setup with more wheel travel than any Raptor before it,” said Carl Widmann, Ford Performance chief engineer. “And like a trophy truck, every aspect of Raptor has been engineered to deliver precision capability when your foot is flat on the floor, way out in the middle of nowhere roaring across the desert.”

The five-link rear suspension features extra-long trailing arms to better maintain axle position on rough terrain, a Panhard rod and 24-inch coil springs – the longest in the class.

The suspension design combined with more sophisticated engine management software means the truck can put more torque to the rear wheels for quicker starts off the line, faster acceleration and better throttle responsiveness while simultaneously delivering comfort, stability, handling, control and traction at speed.

Soaking up giant whoops and landings comes courtesy of next-generation FOX™ Live Valve™ internal bypass shocks with state-of-the-art electronic control technology offering position-sensitive damping adjustability. Raptor’s largest-ever shocks are designed to better resist heat buildup and to react even faster to terrain changes for greater confidence over extended desert running. The larger 3.1-inch-diameter anodized aluminum shock bodies are filled with all-new low-friction shock fluid specially designed to decrease frictional losses inside the damper for improved off and on-road comfort. New electronically controlled base valves are race-proven with an upgraded design enabling upward of 1,000 pounds of damping per corner at desert speeds.



Readings from suspension height sensors and other sensors around the truck change damping rates independently at each corner 500 times per second, with the shocks responding at the same speed the human brain processes visual information. The truck responds by the time the driver even registers a terrain change.

By: Guillermo Fernández de Ateca Barber. C de Salamanca Ambassador.



# Alfa Romeo Tonale

## A Premium Compact SUV Inspired By Beauty And Alfa Romeo's Design DNA

The design of the Tonale is an expression that looks fondly into our future. Its compact dimensions embody unique Italian design and the unmistakable original and modern style typical of Alfa Romeo, striking the perfect blend of valued heritage and anticipation of a new evolution. Alfa Romeo holds dear the essence of Italian art and sculpture through the timeless "artigianale" experience of hand sculpting. Romeo anatomy.



The Tonale is inspired by the beauty and nuances associated with human forms, and the organic movement of light resulted by pure lines and volumes. Its design tangibly recalls a number of time-honored style elements that are synonymous with the rich history of Alfa Romeo, with an execution that excites a modern approach to the new Alfa Romeo anatomy.

### The New Alfa Romeo Tonale Concept Vehicle: Electrification Meets Beauty And Dynamism

- First Alfa Romeo plug-in hybrid premium compact SUV makes its debut at 2019 Geneva International Motor Show.
- Distinctive features of Italian style are projected into the future, striking the perfect blend of valued heritage and anticipation of a new evolution for Alfa Romeo.
- In keeping with Alfa Romeo's DNA, every detail is designed according to the driver's needs.
- Tonale premium compact SUV concept is Alfa Romeo's take on electrification: state-of-the-art technology and enticing driving dynamics.
- Alfa Romeo is breaking into the electric vehicle world revealing the new concept of the Alfa Romeo Tonale premium compact SUV. The Tonale is the first plug-in hybrid and the first premium compact SUV for Alfa Romeo. It rewrites the rules of today's fastest growing segment using the brand's trademark language made up of gorgeous Italian design and unparalleled driving dynamics.



By: Guillermo Fernández de Ateca Barber.  
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### Cute awkward moment

Finneas, Billie Eilish's brother, revealed that his most embarrassing memory was stumbling over his words in front of Taylor Swift.



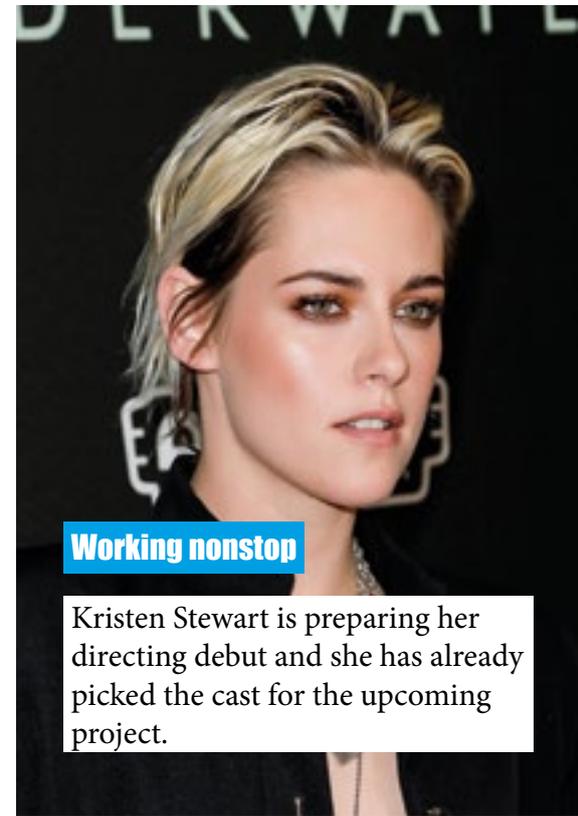
### Color blocking

Kendal Jenner looks stunning in a bright yellow turtleneck and deep blue jeans out and about in Los Angeles.



### From the UK to the US

Jamie Dornan recalls how he and Andrew Garfield went all the way to LA to find better careers (and succeeded!).



### Working nonstop

Kristen Stewart is preparing her directing debut and she has already picked the cast for the upcoming project.



### Fifth time's a charm?

Nicolas Cage has revealed his thoughts on marriage during a recent interview. The actor looked back on his five marriages and concluded that, even though people may think it's too much, his latest one is 'the one'.

### She's going to be a mom!

Rihanna is pregnant and expecting her first child with rapper ASAP Rocky. The couple made it official while walking in front of the paparazzi in New York City, where RiRi showed her baby bump with an oversize pink coat strategically placed. The two have been dating for some time now, but they have kept the relationship somewhat private to the public eye - avoiding the paparazzi and not addressing the rumors in interviews.



# HAVANA 65

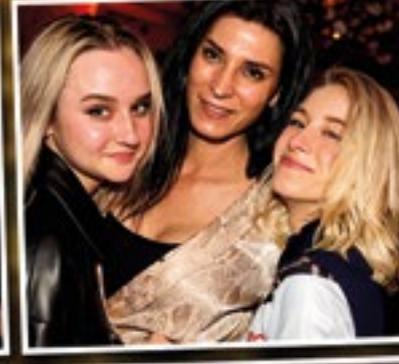


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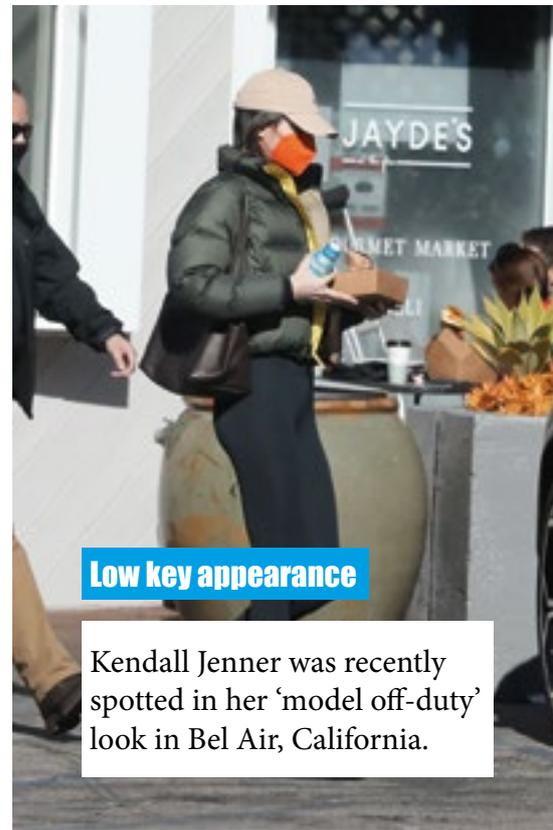
### Happy couple

Mariah Caerey and her new boyfriend Brian Tanaka were spotted spending time together in Aspen, Colorado.



### Evolving skills

Michael B. Jordan revealed that portraying and connecting to roles in romantic movies represent an extra difficulty for him.



### Low key appearance

Kendall Jenner was recently spotted in her 'model off-duty' look in Bel Air, California.



### Fun throwback

Drew Barrymore and Keanu Reeves talked about memories regarding their long term friendship in her talk show.



### A new record for Marvel

The latest Marvel movie 'Spider-Man: No Way Home', which is packed with A-list celebrities such as Tom Holland or Zendaya, has made history becoming the first movie that reached the \$1 billion dollar mark in revenues after less than two weeks from the premiere.

### Long distance friendship

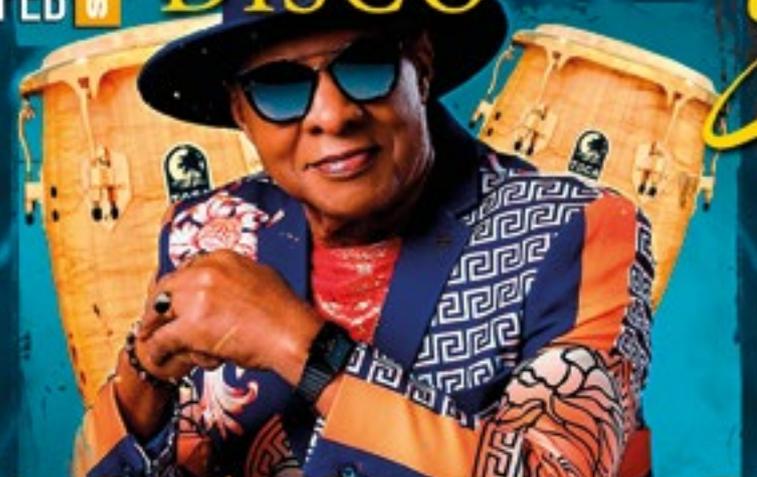
Actress Kate Winslet revealed that she teared up when she could finally see Leonardo DiCaprio for the first time in two years in New York City. Due to the pandemic and the distance between continents, the two friends were not able to see each other in person, making this moment so emotional and magical. Their friendship dates back to the 90s.



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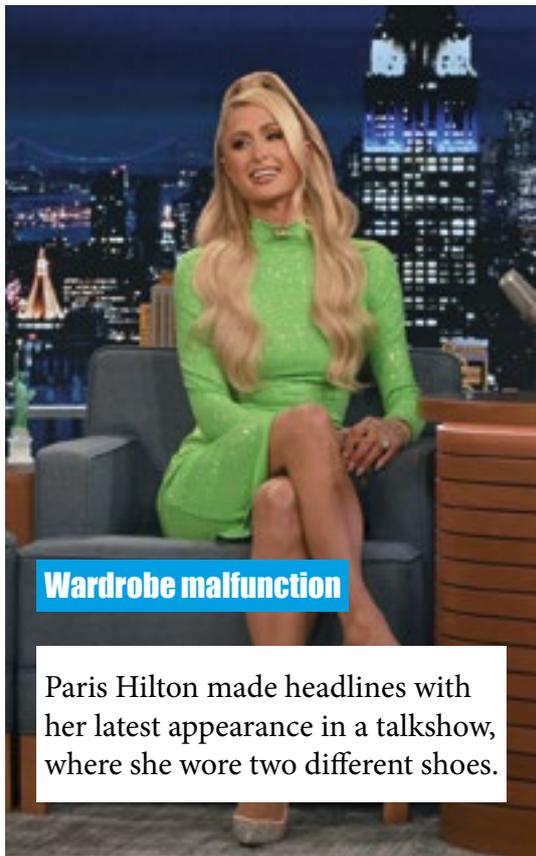
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### Marriage secrets

Singer Dolly Parton celebrated the 55th anniversary of her marriage, and revealed that she and her husband agreed to never fight.



### Wardrobe malfunction

Paris Hilton made headlines with her latest appearance in a talkshow, where she wore two different shoes.

## Fantasy or real couple?

Euphoria stars Hunter Schafer and Dominic Fike have been seeing each other outside filming the hit show, which has fans speculating whether they are a real life couple or not. These past weeks the two have been spotted going on dinner dates and holding hands, but any sort of official confirmation has not been made. We will have to wait and see while watching their show.



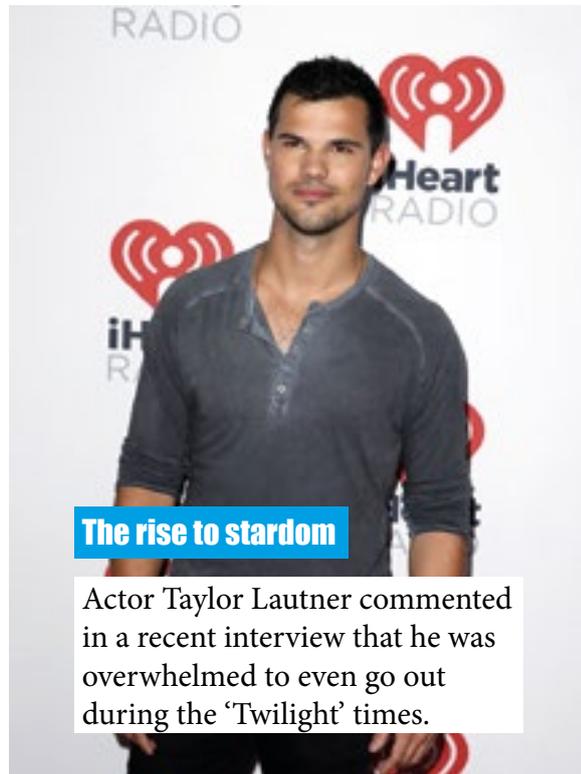
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### Between friends

Actor Steve Carell will be appearing in the upcoming project directed by 'The office' co-star John Krasinski.



### The rise to stardom

Actor Taylor Lautner commented in a recent interview that he was overwhelmed to even go out during the 'Twilight' times.

## The latest 'it-couple'

Actress Megan Fox and singer Machine Gun Kelly have gotten engaged in the same spot as the singer proposed to be a couple years ago. The two of them have announced these fantastic news via social media in their particular 'edgy' way, even showcasing the peculiar proposal ring gifted to the actress. The wedding date and place are yet to be announced.



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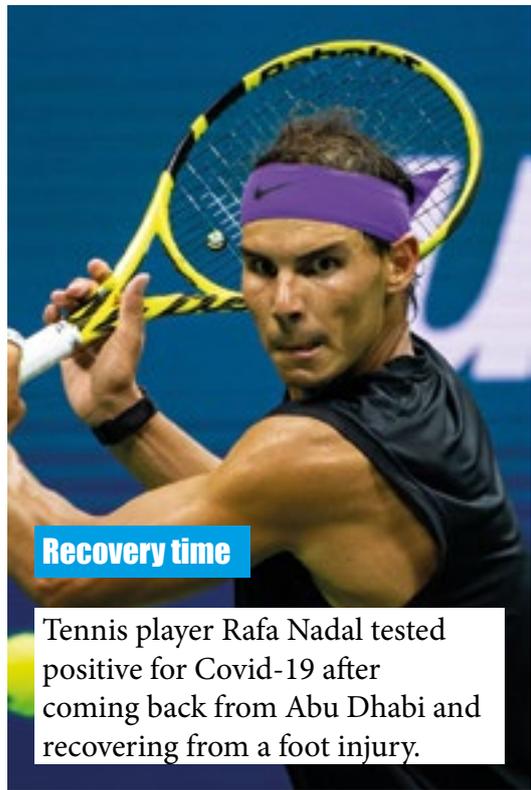
### Gorgeous family

The Beckham family shared this elegant picture during the holidays, where we can see how much the little ones have grown up!



### A healthier year

James Corden revealed that he has lost almost 13 kilos during 2021, thanks to healthier life choices.



### Recovery time

Tennis player Rafa Nadal tested positive for Covid-19 after coming back from Abu Dhabi and recovering from a foot injury.



### Ageism in Hollywood

Nicole Kidman called out the ageism in the industry by revealing that she has been turned down for roles because of her age.



### Rest in Peace

Legendary actress Betty White has recently passed away at 99 years of age. The 'Golden Girls' icon, who was born in 1922, is said to have passed peacefully while in her sleep. May she rest in peace and may her family be able to overcome these sad news. With her, Hollywood lost another star this past year.

### Some time off with her loved ones

Singer Jennifer Lopez enjoyed the Christmas holidays to the fullest as we can see from her social media. She looked stunning while celebrating a Christmas Eve dinner party where she invited friends and family (and even her 'glam squad'). After spending some days with her family in a more cozy environment she went back to looking all glamorous for a smaller occasion. This time, she met with her children and boyfriend Ben Affleck for a more intimate lunch in New York City. After these days of rest she has gone back to work.





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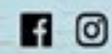


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