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magazine





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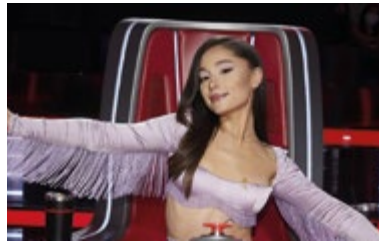
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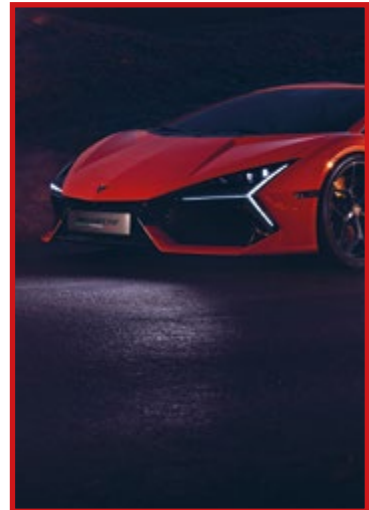


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**ABOUT  
MARBELLA**



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# ANÚNCIATE CON NOSOTROS

DESDE TAN SÓLO:

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**World tour**

The Jonas Brothers just announced more than 50 stops for their upcoming tour.



**Aesthetic journey**

Kylie Jenner admitted to having breast implants when she was 19 years old.



**Parting ways**

Artists Rosalía and Rauw Alejandro have split and are finishing their engagement after 2 years together. In August of 2021, the entertainers, who are both 30 years old, were first seen holding hands. In March of 2023, they made the engagement announcement. We last saw them together at Coachella this year and many sources are claiming that the reason for the split was Rauws' infidelity.







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**After 8 years**

Beyoncé's mother, Tina Knowles just filed for divorce.



**Risky set**

While filming for the Beetlejuice sequel, two props have been stolen by external people.



**Back to our screens**

Only Murders in The Building just came back with its third season following the success of the previous one. While the main cast remains intact, there have been a few actors who have dropped out of the project; while some important additions, like Meryl Streep have taken place.



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*Andy Torre*

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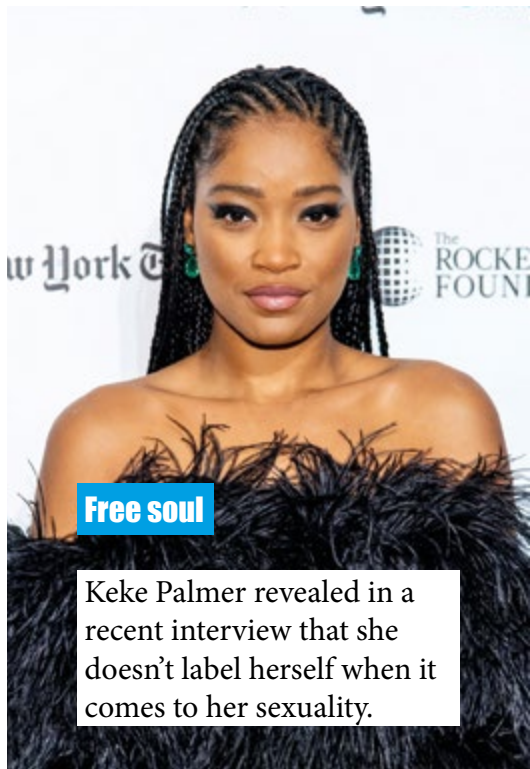
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**Having fun in L.A.**

Lily-Rose Depp enjoys a night out with her girlfriend 070 Shake.



**Free soul**

Keke Palmer revealed in a recent interview that she doesn't label herself when it comes to her sexuality.



# All in 1 Cafe



**Non-stop family**

Season 4 of The Kardashians will premiere exclusively on Hulu on September 28 and will feature new episodes every Thursday. The initial three seasons are accessible to stream now on Hulu. In the middle of family drama, Kris Jenner, Kourtney Kardashian Barker, Kim Kardashian, Khloé Kardashian, Kendall Jenner, and Kylie Jenner will all be returning.



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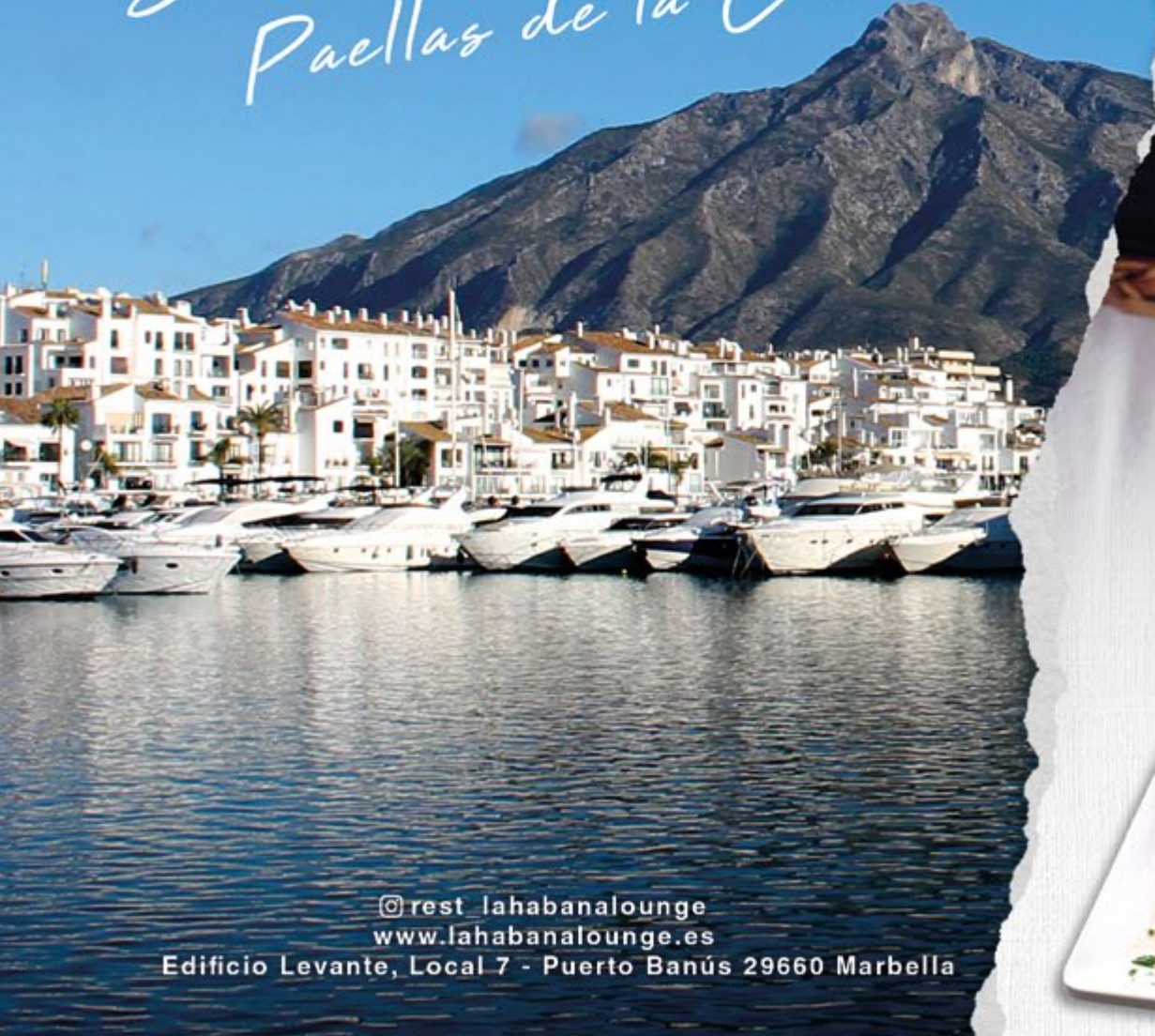
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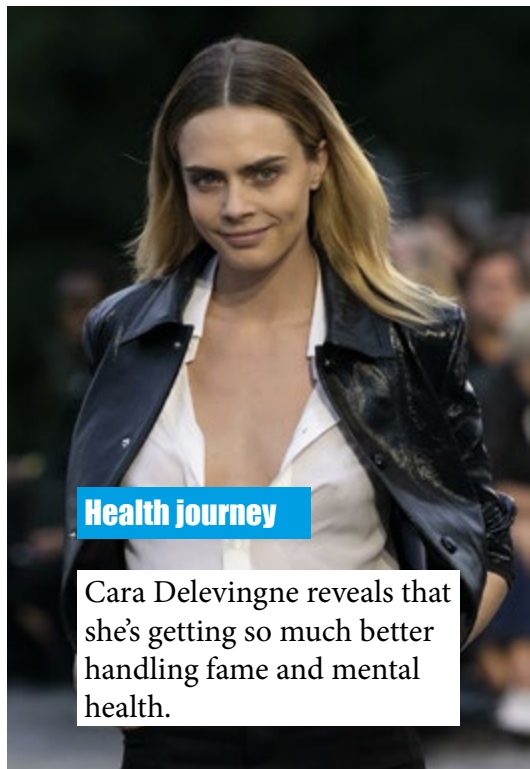
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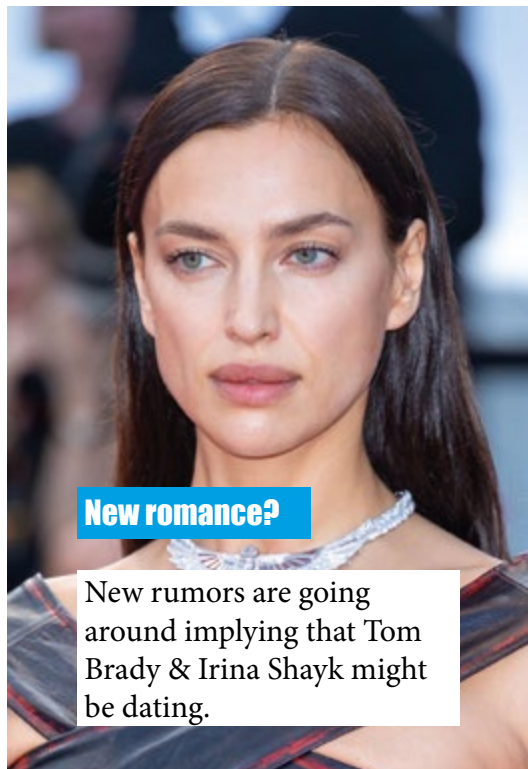
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**Health journey**

Cara Delevingne reveals that she's getting so much better handling fame and mental health.



**New romance?**

New rumors are going around implying that Tom Brady & Irina Shayk might be dating.



**Sketchy timings**

Ariana Grande and Ethan Slater, who met on the set of Wicked, where they play Glinda and Boq, are dating. The two of them as of late parted from their companions - Dalton Gomez and Lilly Jay. In May 2021, Ariana and Dalton tied the knot; in November 2022, Ethan and his wife had celebrated four years of marriage. Their son was born in August of 2022.

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**Family time**

Reese Witherspoon & Daughter Ava Phillippe look gorgeous out and about in L.A.



**Pursuing dreams**

Halle Bailey is already working on solo music following her 'Little Mermaid' role.



**Rest in Peace**

The singer Sinéad O'Connor passed away on Wednesday night (July 26) in London, England. A statement from the police has just been released. In a statement, her family also confirmed the tragic news that she had passed away at the age of 56. Our condolences and may she rest in peace.

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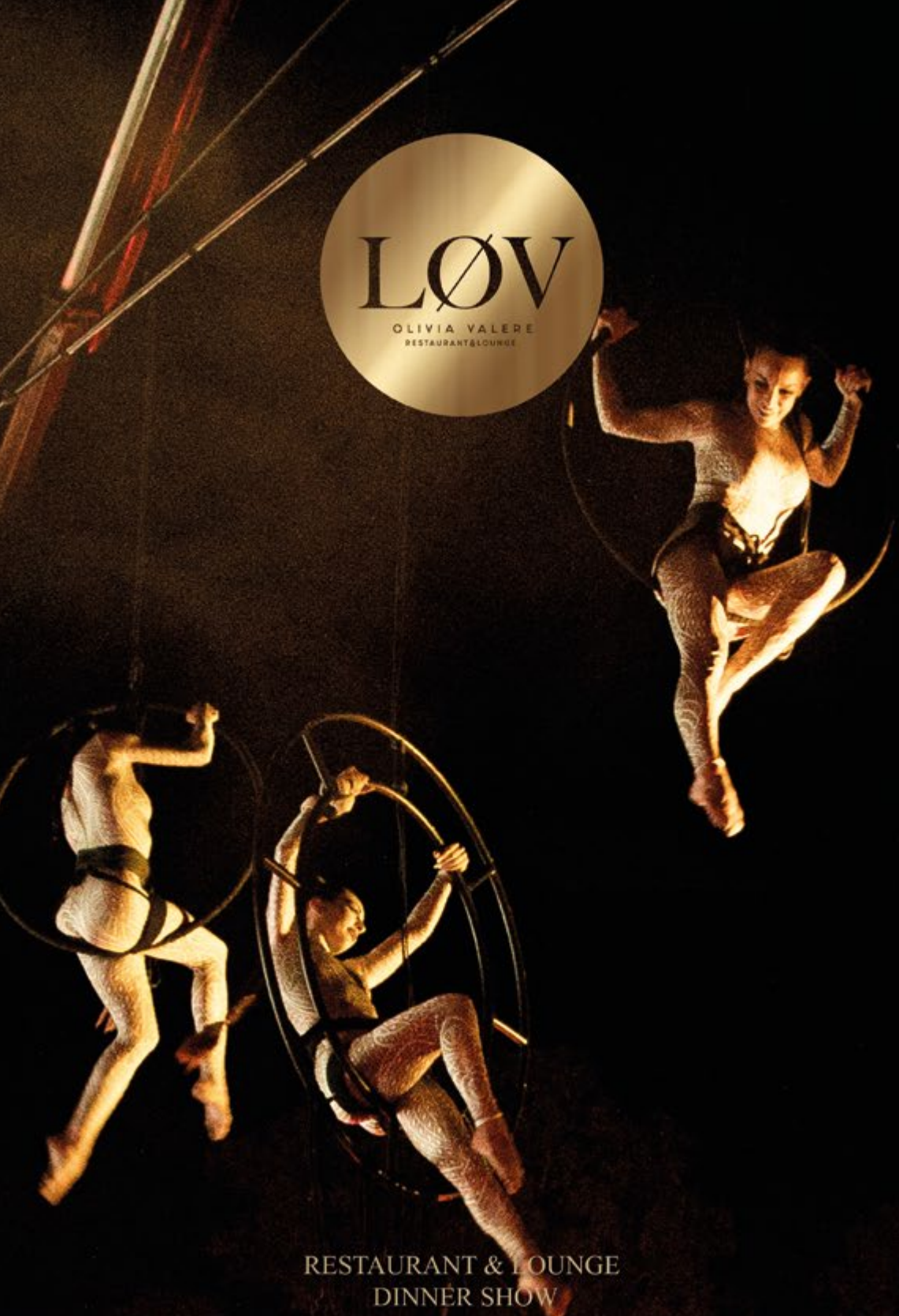
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# SUMMER SHOWS 23

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*LOV ART*

TUESDAY

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WEDNESDAY

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# CLINICA DE BELLEZA IN MARBELLA



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Clínica "Fantastic you" se especializa en remodelación corporal, pérdida de peso y mejora de la salud. La clínica presenta las siguientes áreas: **ferretería y cosmetología estética, programas de SPA y técnicas de masaje Manual.**

Pero los principales son técnicas innovadoras de hardware para mejorar la figura: "**Endospheres therapy**" y "**ICOONE Laser**".

Y el exclusivo y único en Marbella módulo detox, japonés **IYASHI DOME** y depilación láser alexandrita **Deka**.



La tecnología IYASHI DOME se basa en tradiciones japonesas centenarias, cuando los japoneses se enterraban en la cálida arena de las aguas termales para limpiarse de toxinas.



## Módulo de desintoxicación japonés IYASHI DOME:

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Para un curso: la masa grasa se reduce hasta un 20% y el peso se reduce hasta - 6 kg

## Dispositivos modernos de cosmetología para mejorar tu belleza en la clínica Fantastic You:

### La depilación láser

dispositivo láser alexandrita Deka

Un nuevo láser para la eliminación de todo tipo de vello - de última generación, fabricado en 2023, por Deka (Italia). Este trámite está permitido en cualquier época del año.



Elimina el vello sin dolor, proporcionando comodidad durante la sesión. El láser trata cada área varias veces para garantizar la eliminación del folículo piloso al 100%. La depilación láser se puede realizar en cualquier parte del cuerpo.

¡El único láser alexandrite en Marbella! ¡Depilación láser de forma permanente y sin dolor!

### Endospheres therapy

Masaje de hardware para bajar de peso

Dispositivo de terapia de endospheres es una herramienta única y eficaz que le permite resolver una amplia gama de problemas:

- Celulitis en áreas problemáticas;
- exceso de peso;
- depósitos de grasa localizados;
- piel edematosa o flácida;
- disminución del tono muscular;



Para un curso completo de procedimientos se puede reducir a -2 tamaños en volumen corporal

### ICOONE LASER

Lifting facial y corporal

Los procedimientos de masaje con hardware láser ICOONE son tecnología que descompone las grasas debido a la lipólisis láser, activa la producción de colágeno, lo que ayuda a rejuvenecer y tensar la piel de la cara y el cuerpo. Y da un resultado sorprendente después del primer el procedimiento no tiene contraindicaciones y está permitido durante el embarazo.



### Elimina eficazmente tales problemas:

- celulitis en áreas problemáticas;
- estrías, cicatrices y pequeñas cicatrices;
- piel edematosa o flácida;
- suaviza las arrugas;
- reducción del tono muscular.

Fantastic You Clinic ofrece una amplia gama de tratamientos estéticos faciales y corporales de belleza y spa, incluyendo todo tipo de masajes manuales y una variedad de tratamientos de belleza de las marcas Styx, Thalgo, Mesoesthetic, Bruno Vassari y Biologique Recherche. Los más populares son los masajes corporales, los tratamientos faciales, las vendas Styx y la terapia con yeso.



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- Lotus Evija – the first all-electric British hypercar – makes its world debut in London
- Target power output of 2,000 PS / 1500 kW makes it the world's most powerful series production road car
- Target 0-62 mph (0-100km/h) in under three seconds, top speed electronically limited to 218 mph (350 km/h)
- Ultra-lightweight carbon fibre monocoque makes it the world's lightest production EV hypercar, at 1,887 kg
- Pure electric driving range target of 250 miles (402 km) on the WLTP Combined Cycle
- Mid-mounted battery pack echoes celebrated Lotus mid-engined sports car layout
- World-first main and dipped beam laser lighting technology
- Comprehensive personalisation and experiential programmes for customers
- Designed, engineered and hand-built at Lotus' famous home in Hethel, UK
- Cements the UK's position as the world leader in high-performance, advanced technology automotive manufacturing
- Lotus Evija production limited to just 130 cars – in tribute to Lotus 'Type' number, 130 – beginning in 2020

**LOTUS EVIJA: THE WORLD'S FIRST PURE ELECTRIC BRITISH HYPERCAR**  
 The world's first fully electric British hypercar, the all-new Lotus Evija, has been revealed. With unparalleled performance and a target power output of 2,000 PS, it sets new standards in terms of advanced EV engineering. Quite simply, the Lotus Evija is the most powerful series production road car ever built.

Like all Lotus cars throughout the brand's storied 71-year history, the Evija has been precision-engineered to deliver an outstanding driving experience both on the road and track. It is the most dynamically accomplished model ever built by the company, setting new standards for Lotus driving performance. Above all else, it is 'For The Drivers.'



# LOTUS EVIJA



By: Guillermo Fernández de Ateca Barber.





As a name, Evija (pronounced 'E-vi-ya') means 'the first in existence' or 'the living one'. It is highly appropriate; Lotus has an unquestionable reputation for its pioneering approach in both automotive and motorsport.

The Evija marks the start of an exciting new chapter in the history of an iconic and much-loved British sports car brand. It is the first hypercar from Lotus, and the company's first model with an electrified powertrain. As the first completely new car to be launched under the stewardship of Geely – the world's fastest growing automotive group – its significance cannot be overstated.

Exclusivity and desirability go hand in hand in the world of hypercars, and the Evija is blessed with an abundance of both. Production is limited to not more than 130 examples, making it among the most exclusive cars ever launched. It's a figure set in tribute to the car's project code, Type 130. Lotus road and race cars throughout the brand's seven decades of success have been assigned a Type number, and the Evija is no exception.

Hethel, close to the historic city of Norwich in the east of England, UK, has been the home of Lotus since 1966, and the company has confirmed production of the Evija will begin there.



As well as tempting the world's hypercar buyers, the car acts as a halo for the rest of the Lotus range – the petrol-powered Emira sports car and the all-electric Eletre hyper-SUV.

A stunning piece of contemporary automotive design, the Evija features a dramatic Venturi tunnel through each rear quarter, giving it a truly breath-taking presence. The Evija signals the start of a contemporary new design language for Lotus, which will evolve and reappear on future high-performance cars.

The Evija is the first Lotus road car to feature a one-piece carbon fibre monocoque chassis. The cabin, from the fully adjustable race-style seats to the multi-function steering wheel, is the very pinnacle of motorsport-inspired road car design and technology.





# LAMBORGHINI REVUELTO



In the marque's 60th anniversary year, Automobili Lamborghini presents Revuelto, the first super sports V12 hybrid plug-in HPEV (High Performance Electrified Vehicle). Revuelto defines a new paradigm in terms of performance, sportiness and driving pleasure from its unprecedented new architecture; innovative design; maximum-efficiency aerodynamics; and a new carbon frame concept. An output of 1015 CV is delivered from the combined power of an entirely new combustion engine together with three electric motors, alongside a double-clutch gearbox that makes its debut on a 12-cylinder Lamborghini for the first time.

- The new paradigm for super sports cars: presenting the first Lamborghini High Performance Electrified Vehicle delivering 1015 CV
- Revolutionary architecture, with naturally-aspirated V12 engine combined with eight-speed, double-clutch transverse gearbox and three electric motors
- 13 drive modes, and all-wheel drive also available in fully-electric mode for the absolute driving experience
- Aerodynamics and design express the maximum synergy between efficiency, functionality and style
- Fully immersive experience for driver and passenger with the new Lamborghini Infotainment System

The powertrain combines high specific power elements: the new 127 CV/liter combustion engine works synergically with two front axial flux motors that deliver an outstanding weight-to-power ratio, with a radial flux electric motor positioned above the first eight-speed double-clutch gearbox debuting on a 12-cylinder Lamborghini. The three electric motors are powered by a lithium-ion high specific power (4500 W/kg) battery pack that also supports a fully-electric drive mode.

“The new Revuelto is a milestone in the history of Lamborghini, and an important pillar in our Direzione Cor Tauri electrification strategy,” said Stephan Winkelmann, Lamborghini Chairman and CEO. It is a unique and innovative car but at the same time faithful to our DNA: the V12 is an iconic symbol of our super sports heritage and history. Revuelto was born to break the mold, combining a new 12-cylinder engine with hybrid technology, creating the perfect balance between delivering the emotion that our clients want with the necessity to reduce emissions.”

The vehicle is not yet offered for sale and is therefore not subject to Directive 1999/94/EC. The fuel consumption and emissions data are in the type of approval stage.



By: Guillermo Fernández de Ateca Barber.



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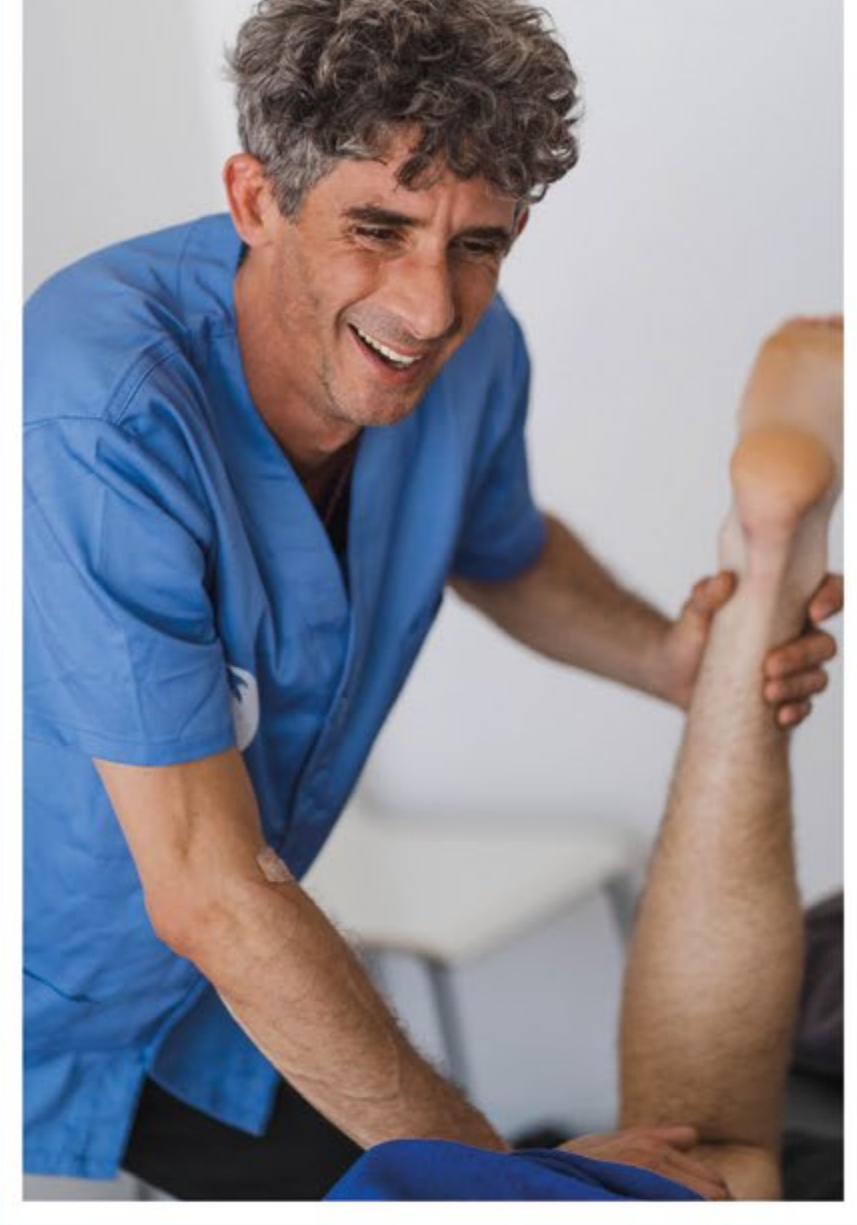
# Amplifying Spinal Health: SpineMed Decompression Unit and Chiropractic Synergy

Maintaining a healthy spine is vital for overall well-being. Fortunately, the SpineMed Decompression Unit offers a non-invasive solution for spinal issues, while combining it with chiropractic care enhances its benefits. In this article, we explore the advantages of the SpineMed Decompression Unit and its synergistic effects when paired with chiropractic techniques.

The SpineMed Decompression Unit is a cutting-edge medical device designed to alleviate chronic back and neck pain, herniated discs, and sciatica. Using computer-controlled technology, this non-surgical spinal decompression therapy gently stretches and decompresses the spine, relieving nerve pressure and promoting natural healing, which you can now find at CostaSpine, Guadalmina.

## Benefits of SpineMed Decompression Unit:

- Non-invasive and drug-free:** The SpineMed Decompression Unit provides a safe alternative to surgery and pain medication, minimizing risks and side effects.
  - Targeted relief and healing:** Precise targeting of the affected area allows the unit to decompress the spine, facilitating healing, improved blood flow, and nutrient delivery to damaged tissues.
- Synergistic Effects with Chiropractic Care



**Enhanced spinal alignment:** Combining the SpineMed Decompression Unit with chiropractic adjustments improves spinal alignment and optimizes the effectiveness of chiropractic care.

**Increased joint mobility:** Spinal decompression reduces inflammation and enhances joint mobility, allowing chiropractic adjustments to restore normal joint function.

**Prolonged pain relief:** The combined approach of spinal decompression and chiropractic care offers immediate pain relief while addressing the root cause for long-term improvement in spinal health. The SpineMed Decompression Unit, when paired with chiropractic care, provides a non-invasive, drug-free solution for spinal issues. This synergistic approach enhances spinal health, reduces pain, and promotes overall well-being. Consult one of our qualified Chiropractors here at CostaSpine to determine if this combination is suitable for your needs and take a step toward revitalizing your spine.





### Back to the runway

Super model Bella Hadid celebrated being 10 months completely sober.



### Minimal look


Jennifer Lopez was sporty chic while on a stroll in NYC.

## New Canadian release

Carly Rae Jepsen just released her latest album, 'The Loveliest Time', that serves as a side B to her previous project. "The explanation I love to put out B-sides is to investigate a greater amount of the sonic and topical world I possessed while composing the collection. Yet, for the most part it is a purposeful venture from me straightforwardly to the fans".




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# Debunking Strength Training: 5 Myths You Didn't Know

Strength training is an essential part of any exercise routine, but it is also surrounded by a series of myths and misconceptions. In this article, we will unveil and debunk the 5 most common myths related to strength training. Get ready to separate fact from fiction and discover how to make the most of your training sessions.

**Myth 1: "Strength training is only for bodybuilders"** Absolute nonsense. Strength training should be an essential part of everyone's life as it has benefits both mentally and physically. Moreover, it is tremendously beneficial at any age, as both older adults and children starting to train at 13-14 years old benefit from this type of physical activity.

**Myth 2: "Women will become too strong"** This is one of the most persistent myths and is due to misinformation. In fact, strength training in women is vital for their long-term quality of life due to menopause and the loss of bone mineral density.

**Myth 3: "Strength training is not optimal for weight loss"** On the contrary, strength training should be your main focus if you want to lose fat (not weight) as after an intense weightlifting session, your resting energy expenditure increases, which is very beneficial for a successful pre-beach stage.

**Myth 4: "Hours at the gym are necessary to see results"** Completely false. In fact, it has been proven that for the majority of the population, training intensely twice a week would be sufficient to start seeing changes in their bodies. So, go for it!

**Myth 5: "Strength training is dangerous and causes injuries"** We will explain how, when performed correctly and under proper supervision, strength training is safe and beneficial for health, helping to prevent injuries and strengthen the musculoskeletal system.

I hope uncovering these 5 myths has been helpful, so I encourage you to educate yourself and truly make the most of your training.

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# Survive the hot summer, while still being cool

It is no secret that either we are lucky enough to be on holiday and enjoying the beach or the pool, or we find ourselves with a fan or air conditioning on full blast. In the middle of the heatwave, at this time of the year, we all pull out items from our storage to help us make life more bearable.

As Interior Designers, we can't help but notice that there are accessories that don't get much attention, and that tend to be very functional but not at all pretty. Fortunately, it is becoming more and more fashionable for these elements to gain prominence and we find all kinds of aesthetically interesting options and designs on the market.

## Fans:

Fans are a key element and are becoming more and more important in every home. They consume little, which is good for both our economy and the environment, they are healthier than air conditioning and you can choose very decorative options.



With natural palm leaf blades, brushed gold stainless steel body, this "Create" fan is super trendy.



Private Apartment in Mallorca by María Luisa Villalonga, interior designer at "Moredesign"



Living room designed by the Architect and Designer Amaro Sánchez de Moya

# Beach and swimming pool. Accessories

This season, we spend more time at the beach than at home, and we see more and more beautiful elements to accompany us on these magnificent days, such as super cute chairs and umbrellas. Let nothing spoil your amazing summer pictures!



Beach chairs and umbrellas from Neutral Shade



We are loving these totally on trend inflatable pool mattress's by "Smallable"



# Trends

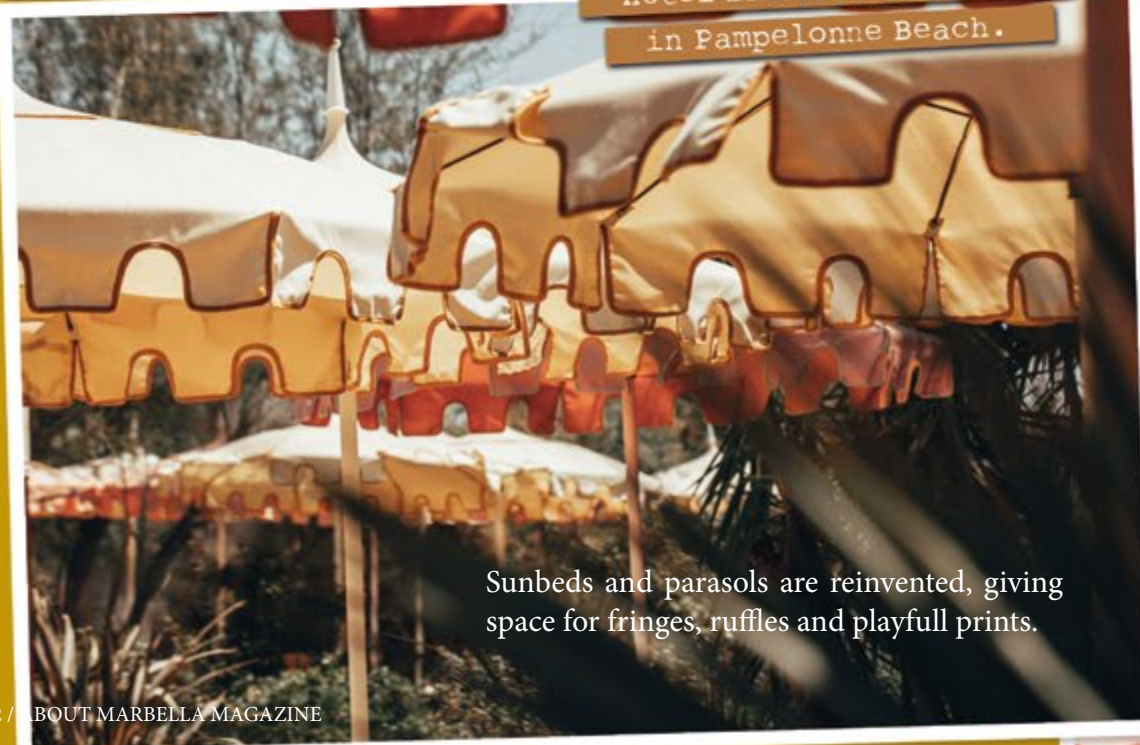
With regards to outdoor spaces, which seem to be more neglected during off season months, they sometimes suffer from a rather boring decoration. In terms of trends, we are seeing that more and more of us are opting for fun and original designs and vibrant outdoor fabrics. This makes us super happy as designers. Its important to give attention to all aspects of interiors & exteriors, even the seasonal ones...



Fabric by Dedar, Milano.



Hotel EPI 1959 situated in Pampelonne Beach.



Sunbeds and parasols are reinvented, giving space for fringes, ruffles and playfull prints.

Stripes as the predominant pattern, and warmer colours mixed with colder ones, will match perfectly with the sky, sand and sea palette.



The Island Houses Gili Meno, Lombok, Indonesia.



The Colony Hotel, Palm Beach, EEUU.

Swimming pools, apart from the typical infinity pool overlooking the sea, of which we are accustomed, are reinvented and surrounded by incredible nature. Desert, mountains or places with a lot of vegetation as scenery. Be daring with tiles, to create beautiful compositions.



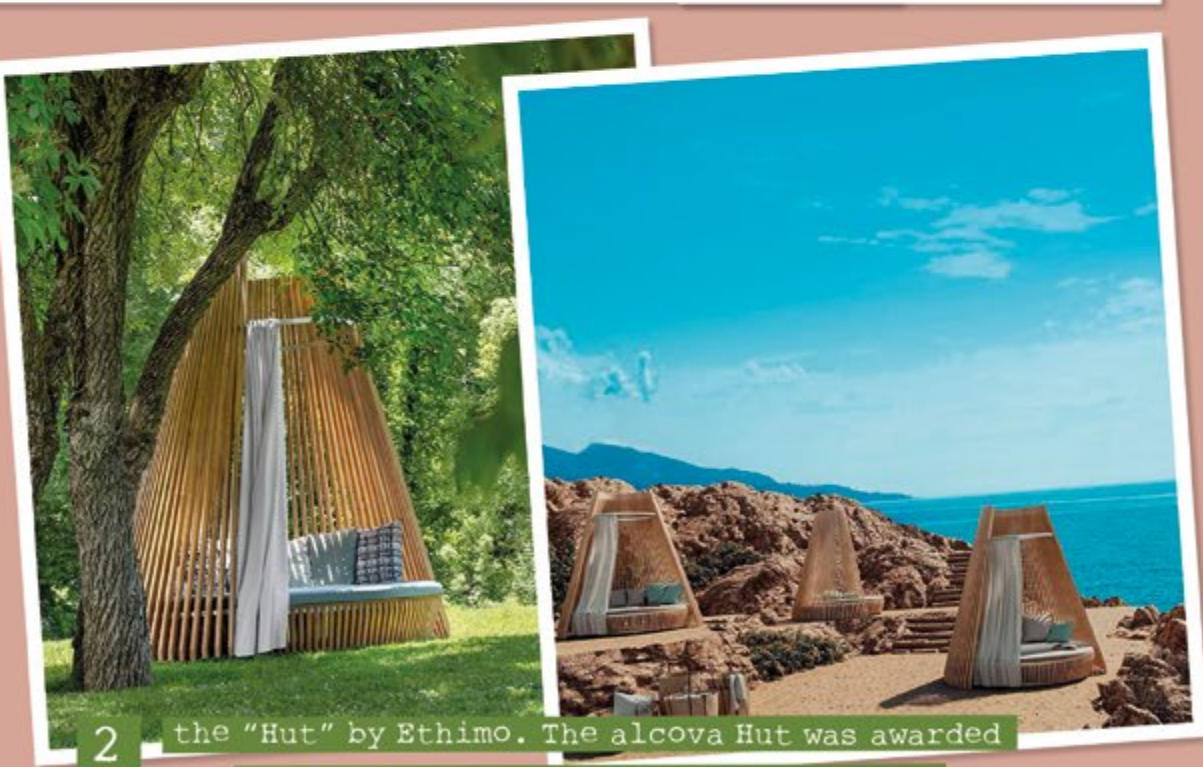
Amangiri Resort in Southern Utah



Hotel Panamera Tulum, México.



# Our 3 favourites for the Summer:



3 We love the iSiMar furniture used in these fabulous terraces.



We feel that nowadays, people don't just want plain living areas outdoors. They want the whole package: function, comfort, and, of course, aesthetics.

What about you? Do you think you pay attention to these little details and make summer months even more exciting?

[www.lorddesigns.com](http://www.lorddesigns.com) f Lord Designs Interiors

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# *Business Culture and Performance: The Path to Success*

In the business world, the culture of a company plays a crucial role in its performance and success. Beyond the products or services it offers, it is the corporate culture that drives how employees interact with each other and with customers. In this article, we will explore the importance of business culture in company performance, focusing on vision and values as fundamental pillars.

## **Vision and Values: The Foundation of a Strong Business Culture**

The vision and values of a company are the fundamental pillars of its culture. The vision represents the long-term image that the company aspires to achieve, while the values are the principles and beliefs that guide the actions and decisions of all members. These elements establish the foundation for a solid culture that directly impacts company performance.

## **Business Culture and Performance: A Powerful Connection**

A strong and positive business culture has a significant impact on performance. When employees feel aligned with the company's values and vision, a sense of purpose and commitment is generated. This translates into greater dedication to work, higher job satisfaction, and increased productivity. Additionally, a solid business culture also promotes collaboration, creativity, and innovation, which are key factors for business success.

## **Reflecting on Business Culture**

A strong and positive business culture sets the stage for enhanced performance and success. By fostering a culture that aligns with the company's values and vision, organizations can create an environment where employees thrive, work together harmoniously, and are motivated to achieve their best. Remember, a successful company is not solely defined by its products or services, but also by the strength of its culture and the performance it drives.





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# STARLITE

Occident

17/8



ANTONIO JOSÉ

17/8



POLE.

18/8



PABLO LÓPEZ

19/8



VICENTE AMIGO

19/8



TERS

20/8



NOA & PITINGO

21/8



GIRA 40 *Redes Ríos*  
MIGUEL RÍOS

21/8



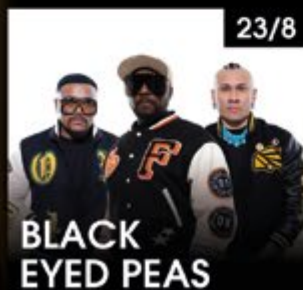
MATTHIAS TANZMANN  
MOOD JARBOUR

22/8



WHITNEY  
QUEEN OF THE NIGHT  
THE ULTIMATE TRIBUTE TO WHITNEY HOUSTON

23/8



BLACK EYED PEAS

24/8



VICTORIA  
RAPHAEL

24/8  
2/9



JUAN MAGÁN

# STARLITE

Occident

25/8



LOLA ÍNDIGO

26/8



VÍCTOR MANUEL  
TOUR 75 ANIVERSARIO  
La vida en canciones - El escenario lo cura todo

26/8



FUNZO & BABY LOUD

28/8



CARLOS LATRE  
ONE MAN SHOW

29/8



PIMPINELA  
GIRA 40 ANIVERSARIO

30/8



DAVID BISBAL

31/8



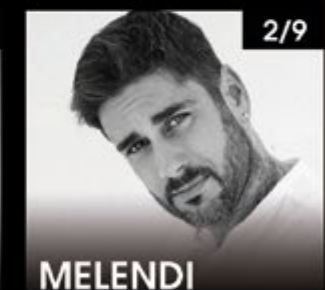
MÓNICA NARANJO

1/9



JUANES  
Artista invitado: *EMILY*

2/9



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VIVELA EXPERIENCIA GASTRO



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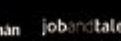
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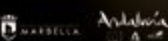


Colaboradores/ Collaborators



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# SUMMER SEASON

SUNDAY 23<sup>TH</sup> JULY

ADRIATIQUE

THURSDAY 27<sup>TH</sup> JULY

PEGGY GOU

SATURDAY 29<sup>TH</sup> JULY

JESSICA BRANKKA

THURSDAY 03<sup>TH</sup> AUGUST

MARCO CAROLA

THURSDAY 17<sup>TH</sup> AUGUST

LOCO DICE

SATURDAY 19<sup>TH</sup> AUGUST

FRANCIS MERCIER

TUESDAY 01<sup>TH</sup> AUGUST

DADJU

TUESDAY 08<sup>TH</sup> AUGUST

NINHO

TUESDAY 15<sup>TH</sup> AUGUST

GIMS



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Instagram icon elpaname

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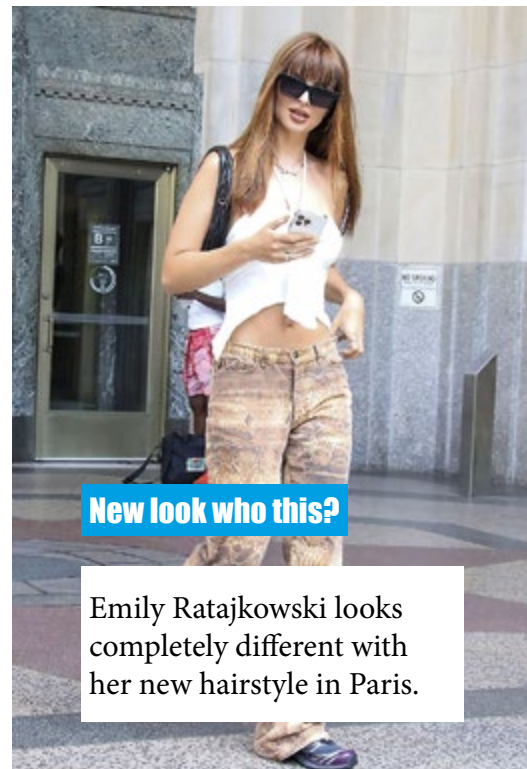
**Stunning metallics**

Emily Blunt looked gorge on the red carpet for the Oppenheimer premiere.



**Left the past behind**

Megan Fox recently covered up a tattoo she got with her ex-boyfriend years ago.



**New look who this?**

Emily Ratajkowski looks completely different with her new hairstyle in Paris.



**Less is more**

Camila Cabello chose this sleek black dress for the Premios Juventud gala.



**Raising children**

Actress Sarah Jessica Parker opened up on a recent interview about her children “I think it’s great for children to have their basic needs met; however, they ought to yearn for things and desire personal goals. Additionally, we ought to be interested in their contribution to society and this world.

**Rest in peace, legend**

Tony Bennett has passed away. The legendary pop, jazz, and big-band vocalist passed away on Friday morning (July 21) at the age of 96, just two weeks before his birthday on August 3. Sylvia Weiner, Tony’s longtime publicist, told The Associated Press that he had passed away in his hometown of New York City. Our condolences and may he rest in peace.



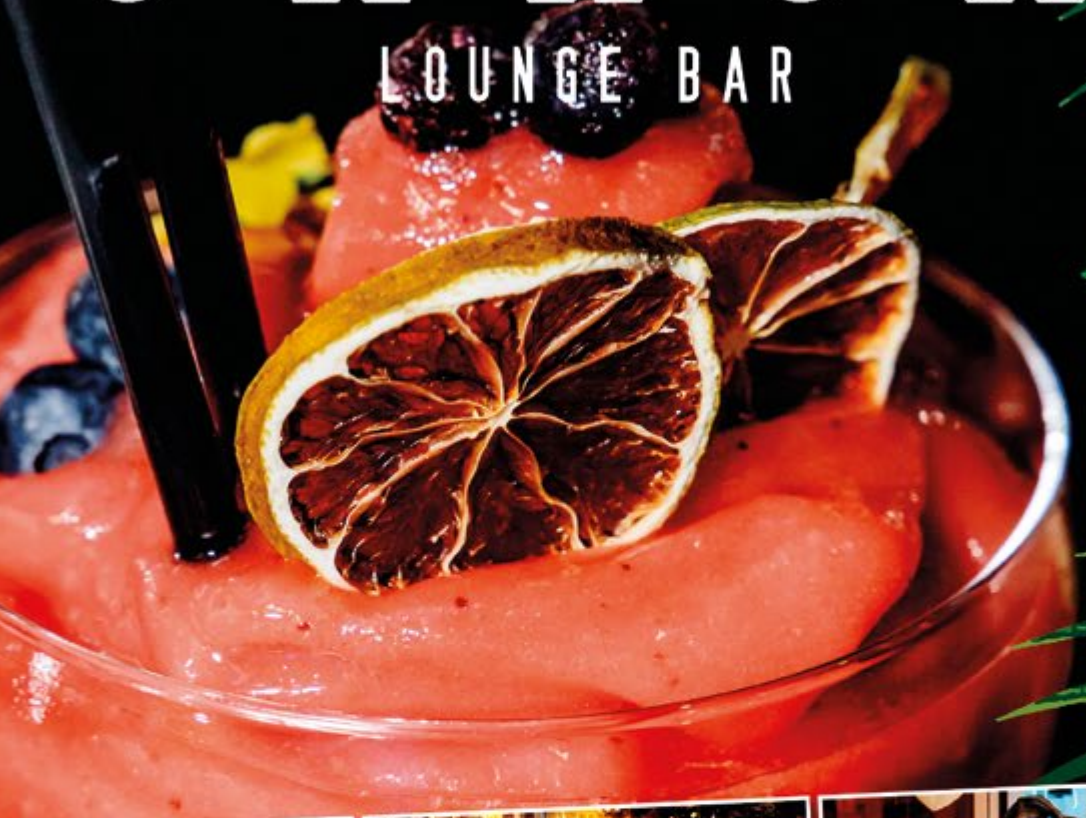


# S · A · N · S · A

## LOUNGE BAR

# S · A · N · S · A

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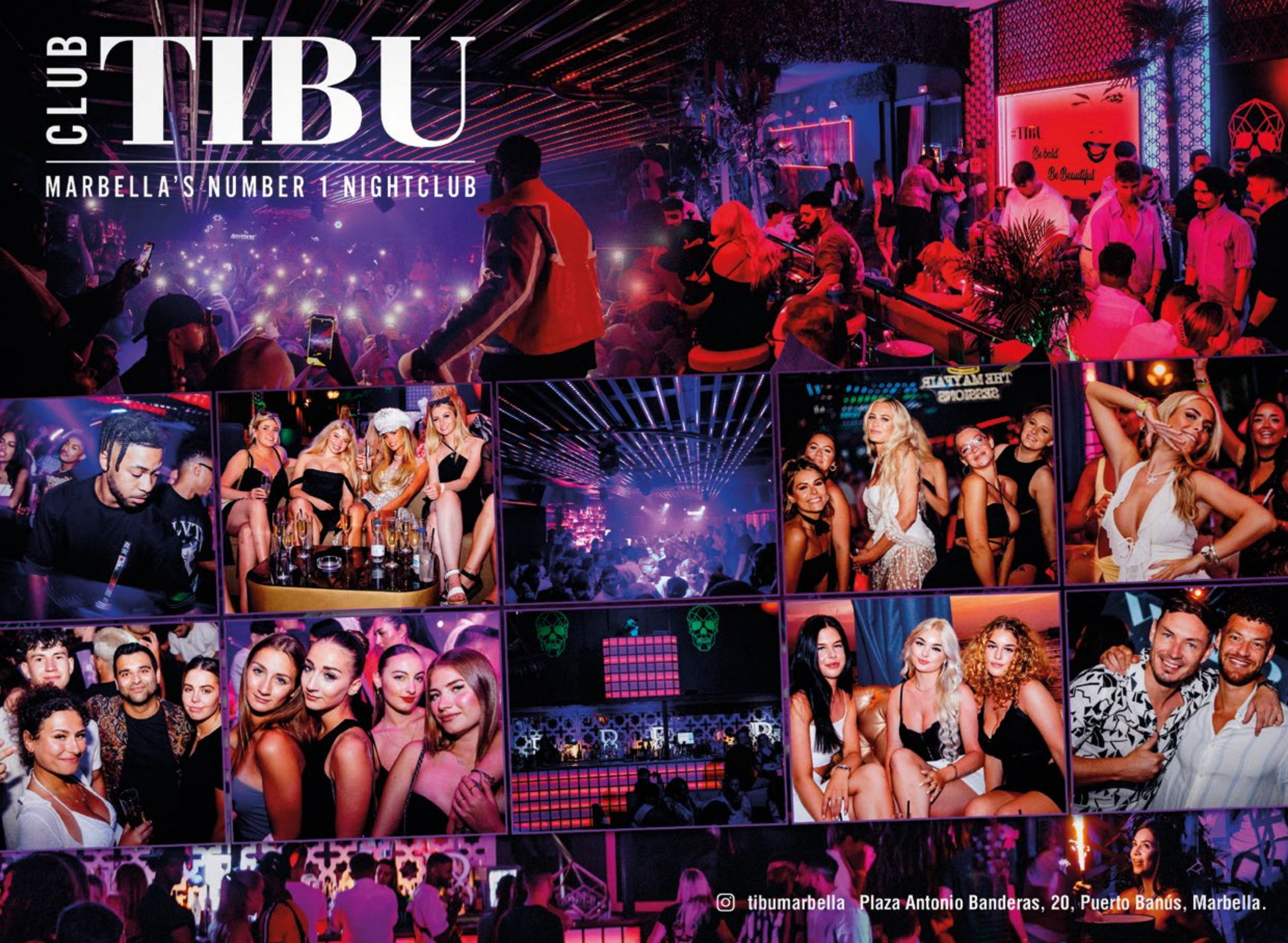
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A vibrant tropical-themed bar scene. On the left, a large, colorful parrot with red, orange, and black feathers is perched on a wooden barrel. In the center, a wooden barrel is partially visible. On the right, a large, carved wooden tiki mask with a prominent nose and eyes is the focal point. A cocktail is served in a glass behind the mask, garnished with a fresh strawberry, a pink daisy flower, a lime wedge, and a cherry. The background is filled with lush green tropical foliage, including large monstera leaves and palm fronds. The overall lighting is warm and inviting, creating a tropical atmosphere.

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