

FUNDUEWS

Magazine

Nadia Bele
Luxury Jewellery
Architect

DECEMBER
2025
ISSUE 30

DIGITAL WORLDWIDE DISTRIBUTION

CULTURAL
EVENTS

PRODUCT RECOMMENDATION





DECEMBER

"December is a simple wish that brings spectacular moments."

PRODUCT RECOMMENDATION



Ω
OMEGA

EDITOR'S PAGE

Jewellery Design

Jewellery design sits at the intersection of art, memory, and identity. Beyond adornment, each piece tells a story of culture, craftsmanship, and personal expression.

In an era dominated by fast fashion, thoughtful jewellery design reminds us of the value of intention and time.

Jewellery is no longer just jewellery; it becomes a symbol of commitment, resilience, or self-worth.

Contemporary designers are redefining tradition by blending heritage techniques with modern aesthetics, creating pieces that feel both timeless and relevant.

Ethical sourcing and sustainability are no longer optional but essential, shaping a future where beauty is aligned with responsibility.

Materials are chosen not only for their brilliance, but for their impact on people and the planet.

Ultimately, jewellery design is a quiet yet powerful language. It speaks without words, connecting generations and emotions.

When design is guided by meaning rather than excess, jewellery transcends trend and becomes art that endures.



Vassilios Nicolaos Vitsilogiannis

PRODUCT RECOMMENDATION



PRADA
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PRODUCT RECOMMENDATION



L'HOMME
YVES SAINT LAURENT

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NADIA BELE
JEWELS WITH SOUL



Interview by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)

Nadia Bele's relationship with jewelry was not born as a simple artistic inspiration, but as a deep, inner calling. From the earliest memories of her life, jewelry was present as a symbol of love, memory, and identity. Childhood experiences, family stories, and the gentle guidance of her grandmother shaped an unbreakable bond with the art of goldsmithing. Thus, her professional path emerged naturally, as the continuation of a love that grew alongside her and evolved into a lifelong creative mission.

What inspired you to become a jewelry designer, and how did your early experiences shape your career?

The decision to study goldsmithing and pursue jewelry design and craftsmanship professionally was not an "inspiration." It was a calling. I have loved jewelry for as long as I can remember.

My grandmother used to say that one of the first words I ever spoke was "lilikia," meaning earrings. My first experience with fine jewelry, before I had even turned three, was when that same beloved grandmother took me to her goldsmith to have my ears pierced and order earrings for me. My very first pair of earrings were solitaire rubies, and I chose them myself. Ruby remains one of my favorite gemstones to this day. As you can imagine, jewelry is intertwined with my earliest memories and with all the precious moments that followed in my life. I believe it was only natural for me to choose this profession. It was my inner calling to turn my love for jewelry into my life's work.

Can you describe the creative process behind your designs? What elements do you prioritize when creating a new piece?

Most of my jewelry is made upon order. So my main source of inspiration is the person for whom the piece is created. I begin by studying their needs, their aesthetics, and the purpose the jewel will serve, one that I will design and create exclusively for them.



Then I search for and source the materials to be used in its construction. Sometimes these materials must be custom-ordered from abroad specifically for my workshop.

During the creation process, I seek "ideal conditions." I listen to beautiful music and focus on positive thoughts. I strongly believe in the energy jewelry carries, and it is important that I am the first to "charge" it, with love, joy, and wishes for abundance for the person it is destined for.

High-level craftsmanship is a fundamental requirement in our workshop, which is why every piece undergoes strict quality control before delivery. All of the above combined lead to the completion of a flawless, high-value precious object that will accompany you for a lifetime.

Since your jewelry is custom-made, how do you ensure that each piece reflects the unique essence of its owner?

Before designing and crafting a piece, several meetings take place with the person commissioning it. They are like individual sessions during which I gather as much meaningful information as possible about the final recipient.

What needs will this jewel fulfill, created exclusively for them? What emotions will it evoke? What will it symbolize? What will it remind them of?

Jewelry reminds us of and connects us to the most precious memories of our lives. By following this method for over 28 years, I ensure a unique, personalized creation, a precious work that fulfills the recipient's needs in the best possible way.



What role have mentors played in your career, and how have you been influenced by advice from renowned figures such as actors or singers?

My first mentors were my beloved grandmother and grandfather, both remarkable and highly dynamic personalities. Growing up with them taught me to appreciate what truly matters in life, in a rather unconventional way.

In 1995, I had the honor to meet the late Elena Nathanael, the legendary Greek actress and the most beautiful woman I have ever encountered. Beyond honoring my early creations, she honored me personally with her friendship and love.

I treasure every word we ever exchanged.

Later, through my profession, I was blessed to meet and associate with many extraordinary people, world-famous artists. These encounters confirmed my belief that truly happy people are those who live with harmony, beauty, balance, and love in everything they do.

Another personality who deeply influenced my perspective on money and wealth management was Elio D'Anna, founder of the European School of Economics. Through him, I had the opportunity to learn financial management in a way that went beyond conventional social models.

All these influences, combined with my restless nature, constantly seeking evolution, improvement, and growth, shaped the unconventional personality I have today.



How do you balance your artistic vision with client expectations, especially when working with royal families or high-profile clients?

I don't have a secret formula for success or balance. I believe my clients choose my creations because they know they will receive jewelry of high aesthetic and exceptional quality, pieces that will adorn their most important moments and become lifelong heirlooms.

From the very first interaction, a relationship of trust is formed, which evolves into a valuable bond of shared inspiration and co-creation. It is a delightful artistic challenge to work with clients of refined taste and high standards, as it pushes me to become better every time.

How do you incorporate cultural or personal stories into your jewelry designs? Can you share an example?

All artistic creations carry the imprint of their creator. The culture we carry within us and our personal experiences define who we are. We use jewelry to "adorn" and highlight the characteristics that make us unique.

I'll share a general example: The baptismal cross is a sacred, symbolic jewel. From the very first baptismal crosses I created, my primary goal was to honor this sacred symbol with respect.

At the same time, since this jewel is intended for a baby and will be their first precious piece, connecting them to their naming, I want it to be intricate yet personalized, designed to be worn throughout their entire life. Here is where personal history (usually that of the godparent or parent) harmoniously merges with religious tradition and sacred symbolism.

What challenges have you faced in the jewelry industry, and how have they shaped your view of creativity and success?

I began my career in 1997, literally in the previous century, so you can imagine the challenges were many.

First of all, I am a woman in a predominantly male-dominated field. Secondly, I did not inherit a family jewelry workshop. I founded my business relying solely on my own knowledge and strength at just 19 years old.

The road was not paved with gold dust or diamonds. But my love for this profession, my determination, my stubbornness, and my unwavering focus left no room for failure.

Challenges are part of growth. They never stop, but it is our responsibility to learn from them, grow stronger, and move forward.



Economic crises, pandemic, rising prices of precious metals and gemstones, or even the dynamic entry of AI into jewelry-making entrepreneurship is flowing. It is inspiration, ideas, courage (sometimes audacity), investment, and risk.

Can you share a significant collaboration and how it influenced your design philosophy?

With great joy, this is my most precious and most “unorthodox” jewel. I created it many years ago for my most beloved client and mentor. Her partner wanted to gift her a wedding band with the most exceptional and valuable diamonds possible. She chose to place the stones inside the ring for two reasons: first, so they would always touch her skin, and second, so they would not be visible.

She explained that our value does not need to be displayed through jewelry or luxury brands. Our value is something we must know ourselves and draw strength from to grow even more.

That perspective changed my entire outlook. When you know your worth, you know how to manage everything life brings in the most beneficial way.

How do you envision the future of jewelry design, and which trends will influence your work?

Technological evolution will certainly influence jewelry trends. In my view, it will make things easier.

I imagine future jewelry as more high-tech, serving needs beyond adornment. For example: earring-phone headsets, rings that store dietary supplements, pieces that combine beauty with functionality.

As life becomes more demanding, we will want jewelry we can wear all day, pieces that adorn us while also making our lives easier.



This year, you also became a television personality, appearing daily on Star Channel as a buyer on Cash or Trash. How did this role come about?

My love for vintage objects, art, design furniture, and antiques is well known among those who meet me personally.

There’s a story we still laugh about: A New Year’s Eve, I nearly welcomed the new year carrying a wardrobe while wearing a long dress and high heels! I was still a student, heading to a party, when I found a small display cabinet next to the trash. I loved it, loaded it into my car, and went home instead. By the time I finished, it was almost midnight.

So, when I was invited to join Cash or Trash as a buyer in its fifth season, I accepted without hesitation. I love collecting objects and experimenting with eclectic combinations of furniture, art, and antiques to create a personal aesthetic.

The show is very popular, and I’m delighted to be part of it. I’m always pleasantly surprised by the treasures people keep in their homes.

Before we conclude, we must ask you about “Alexandria”.

I have a special love for Egypt. The only Halloween costume I owned as a child, despite not liking Halloween, was Cleopatra.

My first trip to Cairo was unforgettable, and I can’t wait to return to visit the new museum. In Alexandria, I stayed only a few days, one spent at the C.P. Cavafy House-Museum and another at the Library, but I was truly enchanted by the city’s colors and scents.

I have been creating jewelry for theatrical productions since 1997, but Alexandria, currently staged at the Pallas Theatre, is my greatest theatrical collaboration to date.

I accepted immediately. Anything I say about the extraordinary and deeply beloved Fokas Evangelinos would be insufficient. No success is coincidental.

Every contributor to this production is exceptional, and it is a great honor to adorn the talented actors with my creations. That final bow on premiere night will remain a treasured memory.

Don’t miss it, it’s a magnificent performance, and I am profoundly grateful to be part of it.

What message or feeling do you hope to convey to those who wear your jewelry?

As a jewellery architect devoted to my art, I create every commission with all my love and my best energy. This is essential before I sit at my workbench.

I want my creations, my small, precious wearable works of art, to convey that love and remind those who wear them of how uniquely valuable they are.

I firmly believe in the universal law that love multiplies and always returns.

So I wish for everyone: whatever you do, do it with all your love.

Images by Dimitrios Chonos & Nadia Bele Archive

ANNA GIANNIS
GLOBAL DESIGN EXPERIENCE



Interview by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)

Anna Giannis is a renowned Greek-Australian interior designer celebrated for her innovative, sophisticated, and vibrant approach to design. With over two decades of industry experience, Anna's work seamlessly blends cultural influences drawn from her Greek heritage and global travels, resulting in captivating residential and commercial spaces. Her portfolio includes acclaimed projects in cities such as Melbourne, New York, Shanghai, and Dubai, garnering both local and international recognition. As the founder of Anna Giannis Interiors, she leads a multidisciplinary team dedicated to excellence, artistry, and meticulous attention to detail, consistently exceeding client expectations while shaping a legacy of luxury living and creative originality.

Your journey in interior design spans over two decades and includes working in cities like New York, Shanghai, and Dubai. How have these global experiences shaped your approach to design?

My global design experiences in cities such as Shanghai, New York, and Dubai have definitely enriched and shaped my design portfolio. I love to integrate unique design elements from different countries. Working with diverse clientele has enhanced my understanding of varying lifestyles and cultural backgrounds, thus allowing for more personalized and eclectic interiors to be created.

You often credit your artisan parents for inspiring your creativity. Can you share how their influence has impacted your career and design philosophy?

My artisan parents have been a profound influence on my career and design philosophy. Growing up in a home where creativity and craftsmanship were part of my everyday life. This instilled in me a deep appreciation for the artistic process. They taught me the value of hard work, attention to detail, and the importance of infusing passion into every project, especially from my father. This upbringing has shaped my approach to design, where I strive to balance functionality with artistry, ensuring every space or piece is not just beautiful but also meaningful and reflective of its

purpose. My father's influence encouraged me to embrace attention to detail and discipline whilst incorporating a contemporary approach that defines my work today.

Your designs are known for blending opulence with functionality. How do you ensure this balance while meeting client expectations?

Each project begins with the relationship between the client and you. By the time the client engages you, you should have already established trust and openness, where you understand your clients and their lifestyles. Following this, we initiate the creative process to ensure the outcome aligns with our desired goal, delivering a harmonious blend of luxurious and functional interiors.

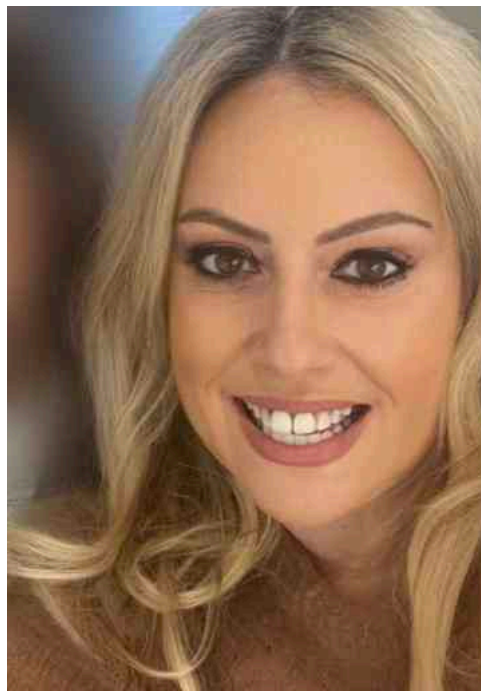
You've mentioned that style evolves with time. How has your personal design vision changed over the years, and what drives your creative process today?

Over the years, my personal design vision has evolved significantly, reflecting both personal growth and broader trends in the design world. However, over the years, my designs have evolved to incorporate a more sophisticated style, characterized by timeless elegance.

What drives my creative process today is a combination of curiosity and a desire to push boundaries. I find inspiration everywhere from nature, travel, fashion, art, and technology. Having key relationships with suppliers is imperative for our work as it keeps my perspective fresh and



allows me to experiment with new ideas and materials. Additionally, collaborating with artisans challenges me to think differently about design and specifications, continuously refining our approach. This constant evolution ensures that our work remains relevant and resonant with the ever-changing global design landscape.



You've worked on diverse projects ranging from luxury residences to homeware collections. What excites you most about working across such varied scopes?

I love working across all aspects of design, whether that is in luxurious interiors, designing furniture, lighting, or custom furnishings. Our studio has evolved into being multidisciplinary. As an eight-year-old, I was introduced to fabrics by my mother and aunts as they were seamstresses, and that's when my love affair with textiles began and has stayed with me ever since. These days, as I travel the globe, I am always searching to find that hidden fabric store or flea market to find something I have never seen before; it's actually becoming an obsession!

My China and New York chapter was all about textiles with the launch of my Homewares collections, which I worked on from my showroom on Fifth Avenue. This was an incredibly exciting and challenging period in my career. Being mostly self-taught as a designer, interiors have become my obsession since I returned from America fourteen years ago.

As the studio creates custom furniture and furnishings, there is always a

connection with textiles. This means the opportunity to create one-off pieces, but it also means I am awarded the opportunity to integrate my passion as well. I love the variety that comes with adapting my design philosophy to different projects and client needs. Luxury residences allow for a deep dive into crafting personalized environments that reflect individual lifestyles, while homeware collections challenge me to create functional and aesthetic pieces that can be appreciated in everyday life.

Collaborating internationally has been a hallmark of your career. How do you navigate cultural influences to create designs that resonate universally?

Collaborating internationally has enriched my design perspective significantly. To navigate cultural influences effectively, I prioritize open communication and a genuine understanding of the diverse backgrounds, traditions, and preferences of each region. This involves extensive research, active listening during discussions, and seeking input from local artisans and suppliers.

I strive to find common ground in universal themes such as comfort, beauty, and functionality, which resonate with people regardless of their cultural context. By blending these elements with the specific cultural nuances of a project, I can create designs that are both meaningful and accessible to a broader audience. At the moment, I am working on a few projects in Greece, which is very special for me as I get to explore the different elements and exotic materials that exist here.

Your work often incorporates vibrant colors, textures, and historical references. How do you decide on the key elements that define the aesthetic of a space?

Deciding on the key elements that define the aesthetic of a space is a





thoughtful and intuitive process for me. I start by considering the client's vision and how they wish to experience the space. Understanding their preferences, lifestyle, and the intended function of the area is crucial for establishing a solid foundation.

From there, I delve into concepts with colors and textures, drawing inspiration from various sources, including art, nature, and historical references that resonate with the overall narrative of the project. I aim to create a cohesive color palette that evokes the desired mood while ensuring that textures add depth and tactile interest.

Historical references often serve as an anchor, providing context and storytelling that enhance the design. I carefully select elements that reflect cultural significance or timelessness, allowing the space to feel both rich and authentic.

Ultimately, my goal is to weave these components together in a way that not only resonates visually but also creates an emotional connection, making the space feel inviting and harmonious. This holistic approach ensures that every element contributes to a unified aesthetic that reflects the identity and purpose of the space.



Sustainability is becoming increasingly important in design. How do you integrate eco-friendly practices into your projects without compromising luxury?

As a design studio, integrating sustainability into our designs is a core value that I prioritize without compromising luxury. I believe that eco-friendly practices can enhance elegance and sophistication rather than detract from them.

To achieve this, carefully chosen materials that are both sustainable and high-quality, such as reclaimed wood, organic textiles, and low-impact finishes, are all considered for a project. These materials not only reduce environmental impact but also often possess unique textures and aesthetic qualities that add character to the project.

We also consider the lifecycle of each product and project, focusing on durability and timelessness. By designing pieces that are meant to last, we reduce waste and promote a more thoughtful consumption approach. Additionally, we embrace innovative technologies and energy-efficient solutions that allow for luxurious experiences while minimizing resource usage.

You've mentioned sleepless nights as part of your creative process. Can you share how inspiration strikes and how you manage the challenges of balancing creativity with practicality?

I believe most creative people would experience a few sleepless nights as they are immersed in a project. I get excited when this happens, as usually it means that I need to make a note of something or I am redirected towards a detail that needs attention. Ultimately, I am always grateful for these sleepless nights, as they're always for the best for the project!

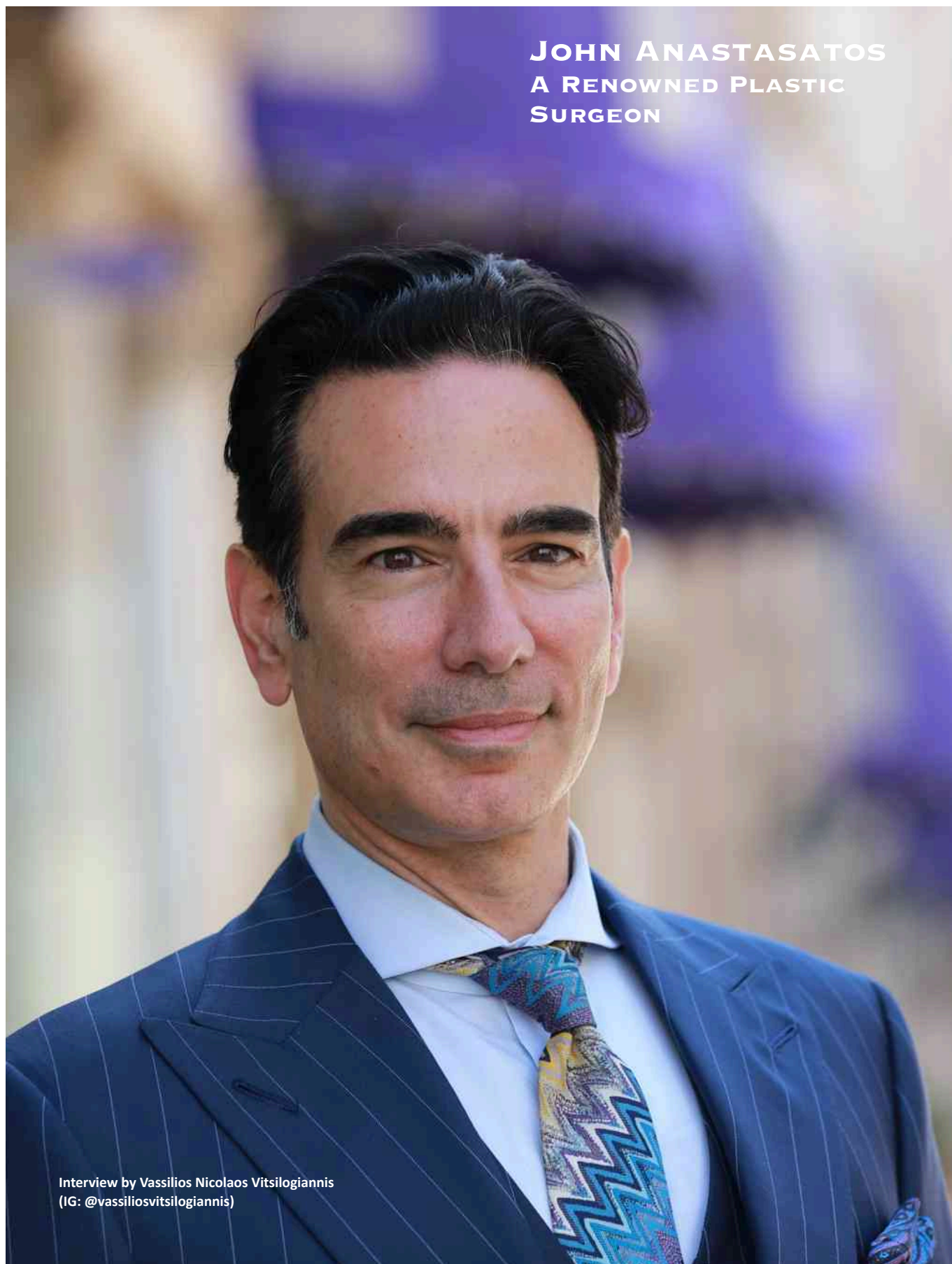
What advice would you give aspiring interior designers who want to build a successful career while staying true to their unique style?

I would say that your style will change and evolve, so expect this to happen; it's a very normal part of a design career. Always be open and honest with your clients. Be humble, diligent, and not dogmatic about your design ideas. Listen with intent to your clients, as they are everything, and by listening first, magic happens.



Images by Anna Giannis Archive

JOHN ANASTASATOS
A RENOWNED PLASTIC
SURGEON



Interview by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)

Beverly Hills is typically the first city that people think of when they think of the best plastic surgeons. Renowned plastic surgeon Dr. John Anastasatos wanted to be in a city where excellence is the only standard, so he established his plastic surgery practice in 2007 in Beverly Hills.

With family roots in Athens, a city known for its beauty and sophistication as well as its excellence in cosmetic surgeons, Dr. Anastasatos opened a second location in Greece as his practice and reputation grew.

Over the past 21 years, Dr. Anastasatos has earned global recognition for his exceptional surgical results, treating patients from all over the world.

What are your childhood memories?

I was born in NYC. My first memories of the world were of Manhattan, NY. NYC represented to me glamour, sophistication, and greatness. This greatness inspired me at a young age about what is possible and available in life if someone dreams big and works hard. It shaped my personality and vision for myself.

In NYC, I attended an American-Greek school until the age of eight. Then my family moved to Athens. In Athens, I attended Athens College High School. My most memorable travel experiences were created in various parts of Greece.

Upon graduation, I went back to the US to start my undergraduate and medical education at Brown University. I have been in the US since then and in Beverly Hills for the last 17 years.

In 2022, I moved to Athens with the vision of making this city a world-class plastic surgery destination.

Did you always dream about doing what you now find yourself practicing?

I was born to be a plastic surgeon and



a healer, and I have dedicated my whole life to that purpose. Starting at the age of 15, I began spending my summers and free time after school at a public hospital in Athens. There, I began assisting in surgery and performing surgery at the age of 15. I still remember vividly the first day I came to the operating room. I knew then that surgery was my passion and what I was destined to do.

What school of aging are you in? Aging gracefully or facelift procedures?

I do not know many people who can, with honesty, claim to love or like loose skin, wrinkles, and soft tissue deformities caused by excess fat and lipodystrophy. I favor facelift procedures and any intervention that improves the quality of life. The real power of plastic surgery has the potential to improve the quality of a person's life.



What are the most common procedures women and men prefer?

For women:
Liposuction
Breast Augmentation
Abdominoplasty
Rhinoplasty
Facelift

For men:
Liposuction
Blepharoplasty
Facelift
Rhinoplasty
Abdominoplasty



What is the most challenging procedure you have completed?

Two come to mind. Reconstructing the face of a 15-year-old girl who had severe and life-threatening burns on 80% of her body. Her whole face and neck were also burned. I was asked to reconstruct her face and neck. Her operation took me 20 hours. Now, she has a normal life. She has a family, a great job, and we still talk on the phone 20 years after her reconstruction! The other one was reconstructing the face of a Los Angeles woman who was shot in the face seven times. Yes, she was the victim of a violent crime and got seven gunshots to her face. When I met her, she was desperate because no other plastic surgeon she had seen in Los Angeles could help her. I operated on her twice successfully. She survived and has had a normal life since then. This procedure made international news in the major TV media of the United States, and her success story traveled all over the world.

How has your manual dexterity helped your surgical skills?

Manual dexterity, technical ability, and hand-brain coordination are certainly important.



It is commonly believed that plastic surgeons are artists. Do you have any artistic flair or hobbies?

Plastic surgeons are not artists. Many like to think they are, but that is usually self-grandiosity.

The most “artistic” and talented plastic surgeons became the best due to lifelong exercise of excellence. Those of us who stand out do so by continuously investigating, practicing, and learning. For example, you cannot do a great facelift if you do not understand the intricate anatomy of the face. Very few plastic surgeons in the world can do outstanding facelifts. The true artistic plastic surgeons are the ones who have exceptional knowledge and understanding of anatomy and physiology.

The artistic plastic surgeons can also visualize their outcomes before they actually happen.

They visualize them in three dimensions and even a fourth one. The fourth dimension is timing.

If one patient walks into your office and insists on undergoing cosmetic surgery by overly reacting to their appearance, what would you advise them to do?

Plastic surgery is not about me. It is not about my personal beliefs, likes, and preferences. It is about what my patients want.

Every patient who walks into my office has a clear vision of how they want to look or accomplish through plastic surgery. Therefore, the successful outcome in plastic surgery is what accomplishes the vision of every one of my patients.

With that perspective, the successful outcome in plastic surgery is not objective but subjective.

What are some of the non-surgical procedures you offer to your patients?

I offer all the non-invasive injectable procedures, such as Botox, hyaluronic acid fillers, fat injections, and many more.



What would you reverse...? Aging or life experiences?

Aging

Does the media influence people's lives or how they look?

Yes, they do. Especially image-driven and image-centric media such as Instagram.

People have become more self-conscious about how they look on screens since they communicate more and more via screens.

Tell us your life mantra.

“Happiness is the avoidance of problems”.

That requires logic, visualization, and pre-meditation.

I apply this mantra to my surgeries. I think, design, and plan my surgeries in my mind days before I perform them. I have already visualized them in my mind before performing. I have considered all potential problems and how to best avoid them. That is why I get safe and successful outcomes. I apply the same principle or mantra to life.



Images by Online Sources

SPYROS LEMONIAS
THE ALCHEMIST OF METAL



Article by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)

In the Peloponnese, one creator is redefining what contemporary sculpture can be. Spyros Lemonias, Mechanical Engineer and founder of Crazy Metal Sculptures, takes a material known for its hardness and rigidity and reshapes it into art infused with humanity, emotion, and raw vitality.

But Lemonias' work extends far beyond standalone sculptures. Over the years, he has developed entire visual identities for shops, restaurants, boutique hotels, and tourism spaces. His metal-driven aesthetic gives interiors a sense of character, intensity, and authenticity that refuses to blend into the ordinary.

Custom-made items have also become a major part of his craft. From intimate, personalized pieces to large-scale installations, every project becomes a dialogue between concept and material. Lemonias doesn't simply execute a request; he interprets it, transforms it, and gives it presence.

Among his recent collaborations, one particularly stands out: a metal bust inspired by ancient Greek aesthetics, created for designer Daphne Votanopoulou. The piece blended sculpture, theater, and fashion, presenting metal as a living element



within a stage narrative showcased at the National Theatre's Scholeion-Irene Papas.

Today, Lemonias is emerging as one of the freshest voices in Greek metal art. He doesn't follow trends; he forges them. And he does so in a way that makes metal appear...softened. Animated. Almost human.

Among his most defining works is a Medusa, not beautiful in the classical sense, but hauntingly lifelike. Its folds, shaped from steel plates and industrial fragments, seem to ripple. Its "hair," forged from rigid metal, casts shadows like serpents poised to strike.



Nearby in the workshop stands a horse bust, a piece that doesn't simply *look* powerful; it *resonates*. The taut curve of the neck, the sweeping line of the mane, the metal contours recalling tendons on the verge of snapping.

You cannot look at it without sensing that the horse might surge forward at any moment. Here, metal is no longer stiff. It is muscular.

This is Lemonias' signature: the absolute discipline of engineering fused with the untamed force of art.

Yet within his heavy, industrial language, something unexpectedly tender emerges. Metal roses. Each one shaped petal by petal, almost liturgical in its construction as a confession whispered through steel. As if he wants to remind us that even the hardest material contains its own vulnerability.

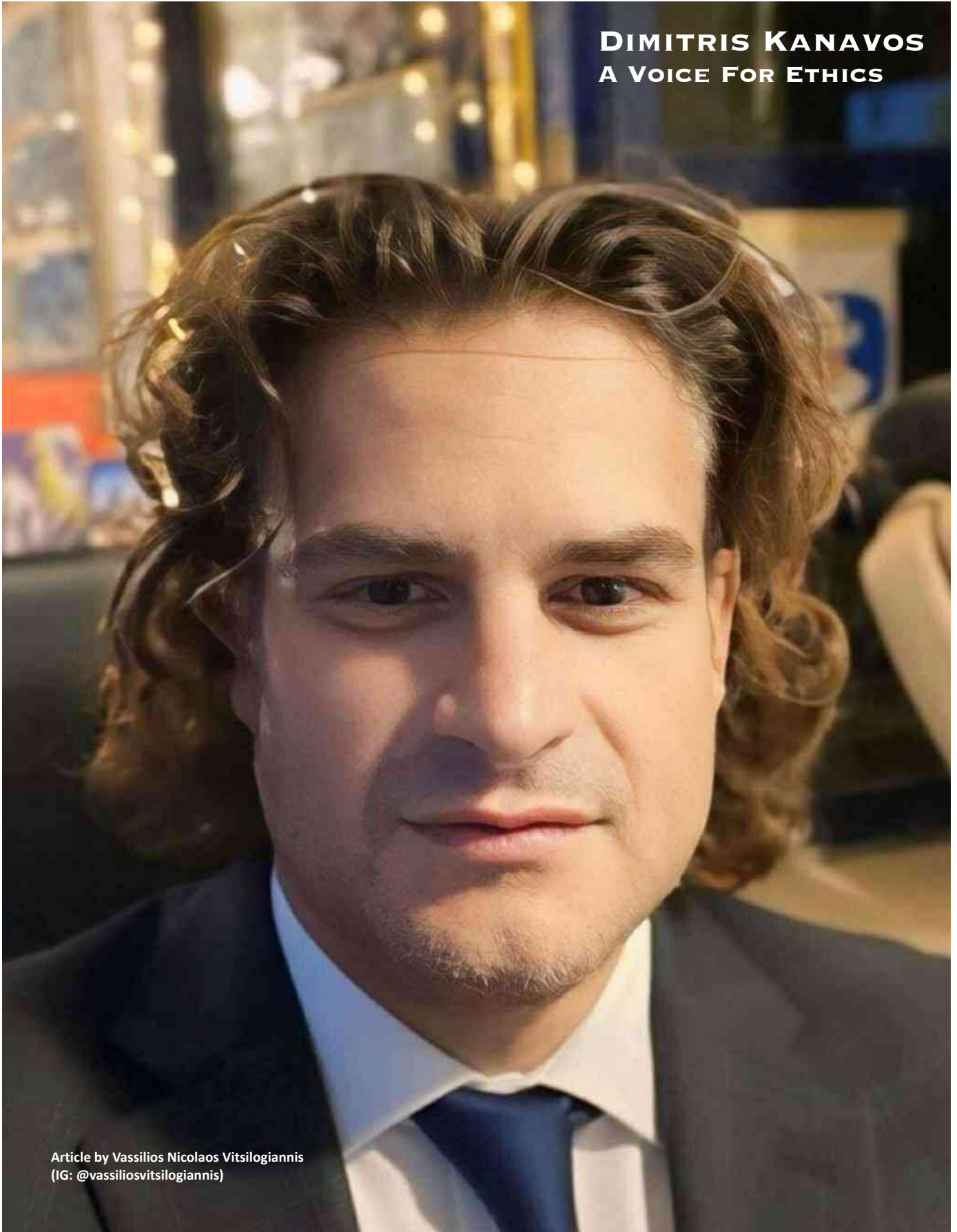
Lemonias has no boundaries. If something inspires him, he creates it. If something is requested, he translates it into metal. His creativity is unpredictable, flexible, wide open as if bound by a private pact with fire: nothing is impossible, so long as it can endure the heat.

Lemonias' works are not objects. They are stories born of fire, sweat, and imagination, proof that even the most unyielding material can be transformed when guided by someone who sees beyond its surface.



Images by Konstantinos Liopetas & Alexandros Myrtou

DIMITRIS KANAVOS
A VOICE FOR ETHICS



Article by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)

In an era when the credibility of the media is constantly challenged, figures like Dimitrios Kannavos stand out as steadfast advocates of integrity, culture, and public service. An accomplished journalist and a dynamic presence across multiple sectors, Kannavos has built a career rooted not only in reporting but also in uplifting society through meaningful engagement.

Kannavos currently serves as a Member of the Audit Committee of the European Association of Journalists – Hellenic Section, where he contributes to safeguarding transparency and professional standards. His commitment to elevating journalism extends beyond Greece’s borders. As a Founding Member of the International Union of Cretan Journalists and Mass Media, he plays a pivotal role in fostering cross-cultural collaboration and strengthening international media dialogue.



His involvement in the world of cinema adds yet another layer to his multifaceted career. Serving as a jury member for both the Bridges International Film Festival and the Cyprus International Film Festival (CYIFF), Kannavos has supported creative expression and celebrated emerging talent.

What defines Dimitrios Kannavos above all is his belief in journalism as a force for good—an avenue for cultural dialogue, public service, and the empowerment of global communities. Whether through investigative reporting, cultural advocacy, or international collaboration, he continues to champion the principles that keep journalism relevant and resilient.

With a career marked by integrity and impact, Dimitrios Kannavos remains a compelling example of how media professionals can shape a more informed and inspiring world.



Over the years, his efforts have earned him a remarkable collection of national and international distinctions, each reflecting a different dimension of his contribution. His Volunteerism Award celebrates his promotion of community service, culture, and sports, while the Central Union of Municipalities (KEDE) recognized his broader social impact. The prestigious 13th “Alexander the Great” Marathon honored him for his support of community initiatives, and Help Hellas awarded him for his role as a communication sponsor.



Kannavos’ dedication to journalistic excellence has also been formally acknowledged. He received the Mimis Papanayiotou Award for Quality Investigative Journalism from the Ecumenical Delphic Union—an accolade that highlights his commitment to depth, accuracy, and ethical storytelling. His international reputation further expanded with three global journalism distinctions, including awards for Leadership, Informative Media Contributions, and a Literary Award, as well as recognition at the Artista Awards 2025.



Images by Dimitris Kanavos Archive

DRESS TO IMPRESS DURING HOLIDAYS

Article by Kanella Vollarì
Stylist (FB: @kanellavollarì)



December is the last and most festive month of the year. We have already begun decorating; in every home, street, and neighborhood, colorful ornaments and lights are starting to appear. In this issue, we discuss our dress code for the holiday season, particularly on Christmas Eve, Christmas Day, New Year's Eve, and New Year's Day.

The classic colors that dominate these days are, of course, red, green, white, black, and shiny gold and silver. As we mentioned in our previous article, this winter's leading trend is brown in all its shades. Think how beautifully chic and dazzling our looks can be when we combine brown with golden details!

When it comes to fabrics, luxurious ones take center stage, such as silk, lace, velvet, muslin, georgette, and materials embroidered with metallic threads, crystals, and sequins. Eco-friendly furs keep us warm and give us uniquely elegant looks. Even our everyday jeans can be matched with glamorous pieces from our wardrobe and with sparkling accessories for standout festive outfits.

We can always choose a piece, from a coat to a scarf, in animal print, one of this year's dominant trends. Bold belts, jewelry, and shiny bags complete our holiday outfits.



The classic stiletto heel is always the queen of our appearance, but a special loafer adorned with crystals is just as dazzling and essential for our endless festive evenings.



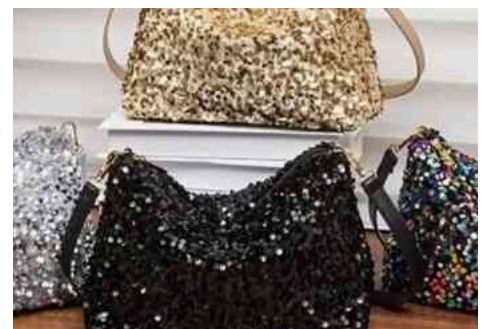
Of course, we don't forget our holiday makeup. In red and radiant tones, or in smoky shades. I would recommend, before applying our makeup, a light facial cleansing with hydration, along with sleep and rest. If our makeup is bold, we should prefer a light hairstyle or a simple hairdo.

Our look is completed with a well-kept manicure for beautiful hands. In general, during the festive season, a little extra sparkle is allowed compared to the rest of the year, but let's not overdo it!

I wish all of you, whether surrounded by many people or just a few of your beloved ones, to enjoy wonderful festive days, may they be blessed and filled with joy and love.

May the New Year bring each of you everything your heart desires. Let's leave behind anything dark and unpleasant. Start anew with strength, love, and light.

Happy Christmas and a Happy New Year!



Images by Online Sources

KYOTO: JAPAN'S ETERNAL HEARTBEAT

Article by Bill McJohn
Editor



Nestled in a valley ringed by mist-shrouded mountains, Kyoto whispers secrets of a bygone era. Once Japan's imperial capital for over a thousand years, this city of 1.5 million souls preserves 17 UNESCO World Heritage sites, where cherry blossoms dance in spring and fiery maples ignite autumn.

Wander the iconic Fushimi Inari Taisha, its thousands of vermilion torii gates snaking up a forested trail like a ribbon to the gods. Nearby, Kiyomizudera Temple perches dramatically on wooden stilts, offering panoramic views and the thrill of love-predicting waterfalls. For zen serenity, Kinkaku-ji's golden pavilion shimmers in its reflecting pond, a Muromachi-era masterpiece evoking pure tranquility.



Kyoto's soul thrives in its rituals. Don a kimono and stroll Gion's lantern-lit alleys, hoping to glimpse a geisha. Savor kaiseki multicourse meals, the delicate artistry of seasonal flavors, or slurp ramen in bustling Nishiki Market. Cycle through Arashiyama's bamboo groves, where monkeys frolic and Tenryu-ji's gardens soothe the spirit.



Beyond temples, modern Kyoto pulses: hip cafes in Kiyamachi serve matcha lattes, while Philosopher's Path invites contemplative walks amid canals.

Yet, Kyoto's magic lies in its impermanence; seasons shift like haiku verses. Visit in sakura bloom or under snow-dusted roofs for an unforgettable pilgrimage into Japan's poetic heart.



NEW YEAR'S GASTRONOMY: CULINARY TRADITIONS AND SYMBOLISMS AROUND THE WORLD

Article by Rafael Brunhosa
Gastronomy Chef



Celebrating the New Year is a universal act—a collective pause in which wishes are renewed, superstitions are respected, and the table becomes a true altar of hope. Each culture brings its own flavors to attract luck, love, prosperity, or health, revealing how gastronomy connects with the deepest yearnings of each people. In this article, we travel across different continents to explore what is eaten, why it is eaten, and the stories behind these New Year rituals—with a special highlight on Brazil's warm and soulful traditions.

Spain: The 12 Grapes of Luck and Elegant Suppers

In Spain, New Year's Eve is marked by a striking ritual: the *doce uvas de la suerte*—12 grapes eaten at midnight, one for each chime of the clock at Puerta del Sol, in Madrid. Each grape symbolizes good fortune for one month of the coming year. The tradition began in the early 20th century when Alicante grape growers promoted the practice during a bountiful harvest. It has since become a national symbol.

New Year's suppers in Spain are lavish and elegant, featuring seafood such as grilled shrimp, octopus, and lobster, as well as traditional roast lamb. *Jamón ibérico* appears on shared platters, and *turrón*—a nougat made from almonds and honey, sweetens the end of the evening. Sparkling cava accompanies the toasts.

Typical dishes: *Tarta de mariscos*, *cordero al horno*, *ensalada de mariscos*, *turrón de Jijona*.

Curiosity: Some people place a coin in their shoe or wear colored underwear—yellow for wealth, red for love.



Japan: Osechi Ryori and the Elegance of Renewal

In Japan, *Oshōgatsu* is more than a calendar transition—it's a moment of spiritual and family renewal. The traditional New Year's cuisine is *Osechi Ryori*, served in lacquered boxes called *jubako*, filled with symbolic foods prepared in advance, as cooking in the first days of the year is believed to bring bad luck.

Each dish carries a profound meaning: *kuromame* (black beans) symbolizes health and diligence; *kazunoko* (herring roe) represents fertility; and *datemaki* (sweet rolled omelet) is linked to wisdom. *Toshikoshi soba* (year-crossing noodles) is eaten on New Year's Eve to ensure longevity and a smooth transition.

Typical dishes: *Osechi ryori*, *toshikoshi soba*, *ozoni* (rice cake soup), *nishime* (simmered vegetables).

Curiosity: Many Japanese visit temples to pray and ring bells, while families exchange greeting cards and enjoy quiet, contemplative meals.

South Africa: Braai, Renewal, and Community

In South Africa, the New Year is celebrated with vibrant, community-oriented energy. The *braai*—South African barbecue—takes center stage at family and neighborhood gatherings, especially in rural and suburban areas. The tradition involves outdoor cooking, grilling meats over charcoal, and celebrating with music and laughter.

Typical dishes include *boerewors* (spiced sausage), grilled chicken, vegetables like corn and pumpkin, and desserts such as *melktert* (milk tart). In urban areas, public parties and fireworks light up the skies, while in more traditional settings, prayer circles and religious rituals are observed.

Typical dishes: *Boerewors*, *braai broodjie* (grilled sandwich), *pap en vleis* (maize porridge with meat), *melktert*.

Curiosity: In Johannesburg, some people throw old furniture out the window as a dramatic symbol of letting go of the past.



Thailand: Songkran and the New Year of Purification

Although the Western New Year is celebrated, Thailand's most symbolic New Year is *Songkran*, in April, marking the start of the Buddhist calendar. The festival celebrates purification and renewal. Families cook together, offer food to monks, and take part in street-wide water fights.

Songkran cuisine includes colorful, flavorful dishes like *pad Thai*, *som tam* (green papaya salad), *khao chae* (chilled jasmine rice in aromatic water with accompaniments), and *mango sticky rice*. The festive spirit combines with moments of introspection and gratitude.

Typical dishes: *Pad Thai*, *som tam*, *khao chae*, *khao niew mamuang* (sticky rice with mango).

Curiosity: Young people wash elders' hands with flower-scented water as a sign of respect and to receive blessings.



Brazil: Colors, Superstitions, and Tropical Flavors

In Brazil, New Year's Eve (*Réveillon*) is synonymous with beach celebrations, fireworks, and abundant, symbolic dishes. Foods are chosen for what they represent: lentils for prosperity, pomegranate seeds for fertility, grapes for luck, and a forward-foraging animal for progress. Chicken and other birds are often avoided for "scratching backward," which symbolizes regression.

Regional differences influence menus: fish and coconut rice in the Northeast; roasts and festive farofas in the South and Southeast. Across the country, sparkling wine flows at midnight, and everyone wears white for peace, with other colors subtly hinting at their wishes: red for love, green for health, and so on.

Typical dishes: *Codfish rice*, *nut farofa*, *lentils with sausage*, *chicken salad*, and *roast tenderloin with orange glaze*.



United States: Hoppin' John, Southern Hope, and Traditions

In the United States, New Year's traditions vary widely, but in the South, the most symbolic dish is *Hoppin' John*-rice with black-eyed peas and pork. Each component carries a meaning: peas for luck, collard greens for wealth, and cornbread for gold. The dish has African and African-American roots, showcasing cultural resilience and hope.

At midnight, Americans toast with sparkling wine, share kisses, and watch the iconic Times Square ball drop. In coastal regions, shellfish and roasts fill elegant holiday tables, while family gatherings often include handwritten resolutions and wish lists.

Typical dishes: *Hoppin' John*, *collard greens*, *cornbread*, *roast turkey*, *clam chowder*.

Curiosity: Some families keep a New Year's notebook with intentions and reflections read aloud before dinner.





Brazilian New Year Recipe: Codfish Rice with Nut Farofa

Ingredients:

- 300g desalted, shredded codfish
- 2 cups cooked white rice
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1/2 red bell pepper, sliced
- 1/2 yellow bell pepper, sliced
- Black olives to taste
- Chopped parsley
- Olive oil
- Salt and pepper to taste

Instructions: Sauté onion and garlic in olive oil. Add codfish and bell peppers and cook until soft. Add the cooked rice, mix well, and finish with olives and parsley. Serve warm or at room temperature.

Nut Farofa:

- 2 tbsp butter
- 1 chopped onion
- 1 cup manioc flour
- 1/2 cup chopped Brazil nuts
- Salt to taste

Melt butter, sauté onion until golden, add manioc flour and nuts, stir until lightly toasted. Serve as a side to the rice.

Serving suggestion: Place the rice in a large serving platter, garnish with



parsley sprigs, colorful peppers, and a drizzle of olive oil. Serve the farofa in a rustic bowl on the side-perfect for sharing.

A Toast to the Future Served at the Table

Whether with elaborate Japanese *osechi ryori* or a beloved Brazilian rice and farofa, New Year's meals are more than nourishment—they're acts of faith, love across generations, and reverence for tradition. Around the world, the table becomes a stage for hope.

Gastronomy is the invisible thread that unites diverse cultures through a shared desire to begin again with flavor, joy, and affection. So let's toast together to endings, new beginnings, and the aromas that lead us into tomorrow. Happy New Year!



Images by Rafael Brunhosa Archive

CONSPIRACY THEORIES

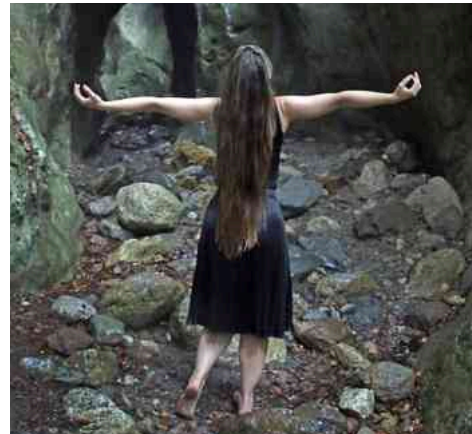
Article by Sotiris Zafeiris
Mystic And Mentor With The Luminous School Of Creation
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The term “conspiracy theory” existed long before the 20th century-but it was used as a propaganda weapon since 1967, inside a very specific CIA memo. This was the moment the term transformed from a neutral phrase into a psychological tool meant to silence disagreement. More specifically, the declassified document CIA Dispatch 1035-960 (1967)-now publicly accessible-instructs CIA officers worldwide to: Influence journalists, Use the phrase negatively, Label critics as irrational, Discredit anyone questioning official narratives. This is the first documented case where “conspiracy theory” was intentionally used as a weapon to stigmatize public questioning. After 1967, the term spread rapidly through major newspapers (New York Times, Washington Post), Magazines (TIME, Times Magazine), TV networks, and radio.

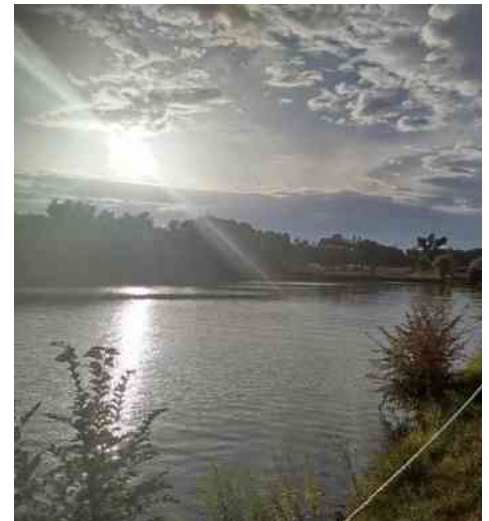


Throughout the 1970s and beyond, journalists aligned with government or corporate interests used it to undermine alternative viewpoints, discourage investigations, protect official government narratives, and shape public perception. The label conspiracy theorist became a target for the mass media, global organizations, and governments for ridicule, rejection, and mass persuasion. In our days, “conspiracy theory” is widely used by the Mainstream media to frame opposing opinions as ridiculous or undesirable by society. Also, it is being used by governments to discourage questioning and maintain control over their public narratives. It is also being used by Fact-checkers whose purpose remains questionable and often funded by corporations, countries, states, or major platforms. Their role tends to reinforce official positions-sometimes without genuine neutrality.



Also, geopolitical alliances, corporate media networks, and PR groups use the term to guide public opinion and suppress dissenting viewpoints. And what is the result of all propaganda labeling by the system? It is actually the silencing of any discussion before it even begins. Is this a Global Conspiracy of a system that uses this labeling? That is not the point. The purpose of this article is not to claim a worldwide secret agenda (this can be another topic), but to highlight how mass influence works and how easily collective perception can be guided. The pattern here is visible: Any questioning of the official narratives is being avoided as bad, any criticism of the system is dangerous, and any alternative views are conspiracy theories. This mechanism has shaped public consciousness for decades. But this propaganda surrounding the term conspiracy is starting to collapse. People now turn to alternative sources of information, independent research, decentralized communication channels, and communities outside state-controlled narratives.

More individuals seek truth through discernment, inner voice, and personal inquiry-not institutional authority. Truth connects with Light. And it comes from its Sacred Union with Love. And Light is Information, the kind manufactured by those seeking control. Real information must be: cross-checked, felt, processed with personal Discernment, used by a self-sovereign, free, aware human being. A human being that is connected with the power within and in alignment with the Universal and Natural Law can always distinguish information, light, and the truth itself as part of existence itself. Because Truth resonates within-it does not need manipulation or governance outside of you. Shine Bright!



Images by Sotiris Zafeiris Archive & Online Sources

THE OPERATIC ROOTS OF MODERN MASS COMMUNICATION-TRACING OPERA'S ROLE IN THE BIRTH OF BROADCAST CULTURE

We live in a moment shaped by artificial intelligence and social media—two technologies redefining how people communicate, create, and experience culture. They accelerate the pace of interaction and reshape expectations for artists and audiences. While the tools feel unprecedented, the pattern is not. Throughout history, periods of rapid technological change have disrupted established norms and transformed how human beings listen and respond. This realization led me to look back to another era of major transition: the birth of radio.

In December 1906, Canadian inventor Reginald Fessenden conducted one of the first wireless music broadcasts. Ship operators along the Atlantic, long accustomed to hearing only telegraph code, suddenly encountered violin, voice, and spoken readings carried through the air. A new form of technological presence had emerged—neither text nor notation, but sound. A few years later, in 1910, Lee de Forest expanded this frontier when microphones suspended above the Metropolitan Opera transmitted Enrico Caruso's performance across New York City. Although static blurred much of the music, the symbolic significance was unmistakable: opera had entered public broadcasting, bringing grand acoustic traditions into private homes.



By the late 1920s, radio had become the central communication platform in the United States. News, sermons, variety shows, and musical performances reached both rural and urban households, forming a shared national soundscape. Though this era can feel distant, its disruptions were as profound as those produced by today's digital and AI systems. Listeners developed new habits of attention; performers adapted to unfamiliar equipment; and institutions reorganized around technologies that felt both promising and unsettling.

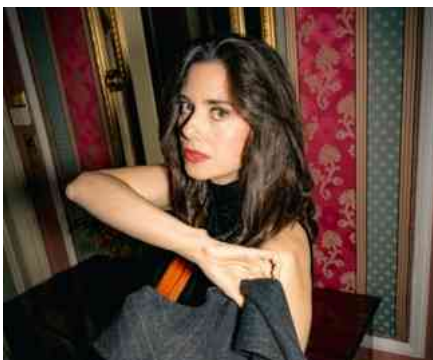
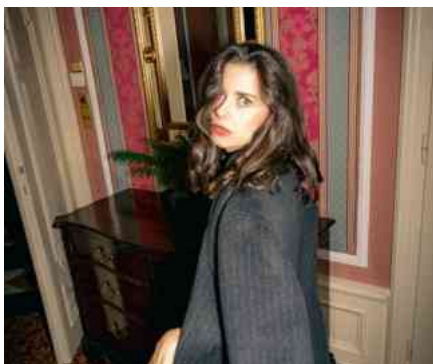
These parallels are the foundation of *Radio Days*. The project examines the artistic and technical landscape that emerged during these early broadcast experiments and considers how they influenced the expressive vocabulary of American music. Collaborators Jeff Trott, Patrick Warren, and tenor Norman Reinhardt bring expertise from contemporary pop, film, and opera to help reimagine this history. Our recording of 'O Holy Night' approaches early broadcast acoustics not as nostalgia, but as a study in atmosphere and intimacy.



As the United States approaches its 250th anniversary in 2026, *Radio Days* reflects on how each generation encounters new tools that redefine communication. By returning to the origins of wireless sound, the project highlights the enduring role of the human voice—carried across changing technologies, yet constant in its expressive power.

Artist Bios

Soula Parassidis is an international soprano known for her dramatic intensity and vocal power. She has appeared with major opera houses and orchestras across Europe, Asia and North America and is recognized for her work in roles that demand both expressive power and finely calibrated technique. In addition to her stage career, she is the co-founder of Living Opera, an arts organization and media company committed to innovative storytelling and new approaches to classical performance. *Radio Days* reflects her long-standing interest in the intersection of history, technology, and the human voice.



Norman Reinhardt is an American tenor whose career spans leading roles with opera companies throughout Europe and the United States. He is known for his warm timbre and versatility across lyric and dramatic repertoire. His performances include engagements with the Berlin State Opera, Oper Leipzig, Houston Grand Opera, and Salzburg Festival, among others. His work in *Radio Days* draws on his experience in both traditional opera and contemporary vocal projects.

Jeff Trott is a Grammy-nominated songwriter, producer, and guitarist who has shaped the sound of modern American pop through long-standing collaborations with artists such as Sheryl Crow. His songwriting credits include several chart-topping singles, and his production work spans studio albums, film, and television. He brings a deep understanding of contemporary recording practices to *Radio Days* and plays a central role in translating historical sensibilities into a modern studio environment.

Patrick Warren is a pianist, arranger, and orchestrator whose work has appeared across major films, television shows, and studio recordings. He contributed to the Oscar-winning song *Glory* from the film *Selma* and has collaborated with a wide range of artists and composers. Known for his ability to blend acoustic and cinematic textures, he provides the orchestral and atmospheric framework that underpins the sound world of *Radio Days*.



Images by Jakob Trost

EDUARDO MARTURET: 20TH ANNIVERSARY AS MUSIC DIRECTOR & CONDUCTOR

The Miami Symphony Orchestra (MISO), the official symphony orchestra of the City of Miami, proudly announces the celebration of Maestro Eduardo Marturet's 20th anniversary as its Music Director and Conductor.

Since taking the podium in 2006, Maestro Marturet has led MISO through an extraordinary artistic transformation. Over the past two decades, the orchestra has evolved into one of Miami's most vibrant cultural institutions, known for its diverse programming, world premieres, and deep connection to the community. His leadership has brought innovative collaborations with international soloists, bold Latin American premieres, and unique cross-genre projects that reflect Miami's multicultural identity.

"Celebrating 20 years with the Miami Symphony Orchestra is deeply personal to me," shared Maestro Marturet. "When I first arrived in Miami, I envisioned building an orchestra that would not only perform great symphonic works but also embody the unique cultural energy of this city. What we have achieved together, with our musicians, our audience, and our community, fills me with gratitude and pride. This anniversary is not just about looking back, but about continuing to dream forward."



To honor this milestone, the 2025–2026 season at the Adrienne Arsht Center's Knight Concert Hall will feature four major symphonic events. The season begins with the Grand Season Opening on November 16, 2025, featuring Wagner, Dvořák, and Rachmaninoff with soprano Catherin Meza (in collaboration with Florida Grand Opera) and cellist Anna Litvinenko. On February 1, 2026, Latin American Soundscapes will celebrate the region's rich musical heritage with pianist Juan Diego Molina, electric bass virtuoso Rodner Padilla, and the Venezuelan folk ensemble C4 Trio as special guests. The season continues on March 8, 2026, with American Promise, a vibrant program highlighting new commissions and works that reflect Miami's evolving cultural identity, inspired by the music of composer Karen LeFrak in celebration of the 250th anniversary of the Declaration of Independence. The program will also feature the world premiere of Marcos Campos's *An American in Miami*, a work whose

title carries an implicit sense of humor, playfully nodding to the city's character. Finally, on May 3, 2026, the Grand Season Finale will feature narrator Tatiana Guiribitey, whose storytelling will guide audiences through a captivating musical journey, and double bass soloist Luis Gómez-Imbert, featuring the world premiere of Chick Corea's *Concerto for Double Bass*, arranged by Maestro Eduardo Marturet. This powerful closing concert blends beloved classics with bold new creations, bringing the season to an unforgettable close.

To further secure the orchestra's artistic continuity, Maestro Marturet's tenure has been renewed, ensuring his vision will guide MISO into the next chapter of its history, especially now, with Emilio Estefan as the new Chairman of the Board of Directors. This anniversary not only celebrates two decades of accomplishments but also sets the stage for an exciting new era of innovation, growth, and community engagement.

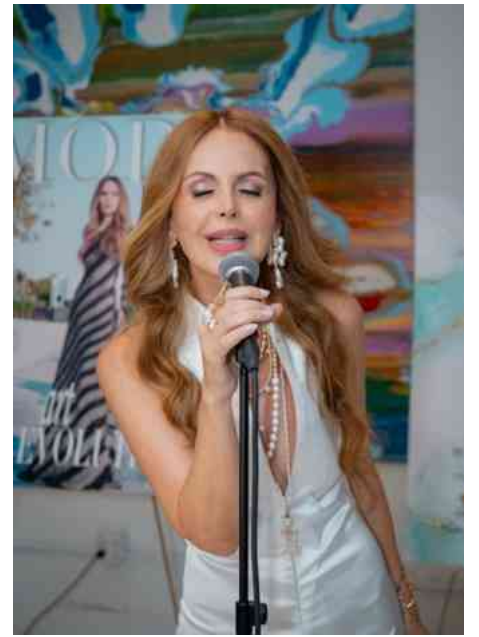
MISOCHIC 2025

The Miami Symphony Orchestra (MISO), the official symphony orchestra of the City of Miami, celebrated another spectacular edition of MISOCHIC: Music, Fashion & Arts 2025-The Ultimate Cover Party, presented by Maestro Eduardo Marturet and hosted by MISO Ambassadors Athina Marturet and Alma Delgado at MISO Headquarters in the Miami Design District.

In collaboration with Mode Lifestyle Magazine and Editor-in-Chief Alexander Michaels, the event unveiled the new Art Evolution cover featuring Athina and Alma, while blending live chamber music, art, and fashion in true Miami style.

Guests enjoyed performances by Dustin Fealy, DJ Fernanda Londoño, and MISO's live string quartet, along with the premiere of Athina's new teaser video "Opa / Never on Sunday", produced by Athina Marturet, co-produced by Gaby Landaeta, Creative Director Angel Ramos, and recorded by Optika Studios.





Images by William Benshimol

MAD WALK 2025

The MadWalk 2025 by Three Cents returned powerfully for the 15th consecutive year on Wednesday, November 26, 2025, at the Taekwondo Indoor Stadium of Palaio Faliro, offering a unique show combining fashion and music. The event was presented by the ultimate fashion icon, Vicky Kaya, while the audience enjoyed impressive catwalks featuring creations from top Greek designers and well-known fashion brands, alongside stunning musical performances by famous artists.



The evening began with an impressive opening act by Sakis Rouvas, and the show closed with the explosive Loreen. A special surprise was the presence of Giorgos Mazonakis, who participated as a special guest in the first MadWalk of Fame, a new honorary award for individuals who have made significant contributions to Greek fashion. The first honoree was Calliope, a distinguished photographer who captured Greek fashion not just as an image but as a cultural phenomenon.



The event also featured creative collaborations between artists and fashion brands such as Anastasia and Antonis Dimitriadis (AD1) with About You, Josephine with Vassilis Zoulias and Pericles Kondylatos, Tamta with Melisa Minca, and Ivi Adamou for 5226 by Celia Kritharioti, among many others. Additionally, DEI, as a major supporter for the fifth consecutive year, presented the DEI FIBER Speedwalk, a catwalk with futuristic creations inspired by DEI FIBER technology.



Another important aspect of the event was MadWalk's collaboration with the Volunteer Bone Marrow Donors Bank ORAMA ELPIDAS, promoting the message "We put life first," bringing fashion and music closer to the hope for life. MadWalk 2025 by Three Cents once again confirmed its position as Greece's biggest fashion & music project, offering an unforgettable night full of glamour, creativity, and passion.



Images by Angelos Maniatis

BRIDAL FASHION WEEK & BRIDAL EXPO CELEBRATES 13 YEARS

On a balmy evening, the stunning rooftop “Playroom” at the Athens Marriott hotel transformed into a glittering haven, offering panoramic views of the city skyline. Organizers of the beloved Bridal Fashion Week & Bridal Expo, along with sponsors, designers, and key partners, gathered to toast 13 extraordinary years. The Founder and CEO of Bridal Fashion Week and Bridal Expo, Aspa Kontou, was there to welcome the guests and celebrate the 13th anniversary. This annual event serves as the ultimate rendezvous for brides-to-be, connecting them with top designers and wedding professionals in a celebration of love, style, and innovation.



The atmosphere buzzed with warmth, featuring enchanting music, fine wines, and gourmet cuisine that delighted every guest. L'Oréal Professionnel Paris, Athens Marriott, and Nimue elevated the night as sponsors of the exclusive gift bags, filled with luxury treats that guests cherished.



Attendees mingled amid laughter and shared stories of past expos, reflecting on how Bridal Fashion Week has become a cornerstone of Greece's bridal industry. Designers showcased sneak peeks of upcoming collections, sparking excitement for the next edition.

As the sun set over Athens, the event underscored Bridal Fashion Week's enduring legacy: fostering creativity and joy for countless couples. Here's to many more years of bridal magic!

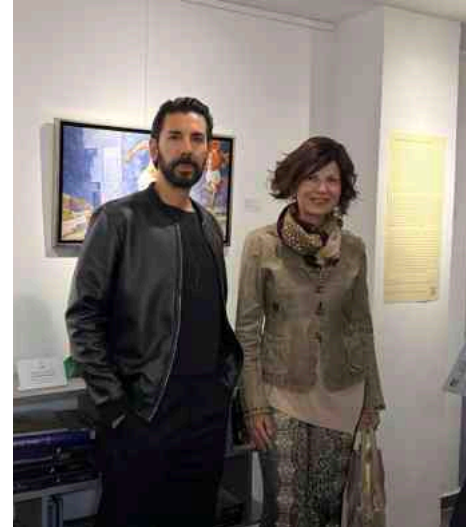


Images by Nikos Plakias & Thanos Georgiou

“MARATHON RUNNERS” ART EXHIBITION

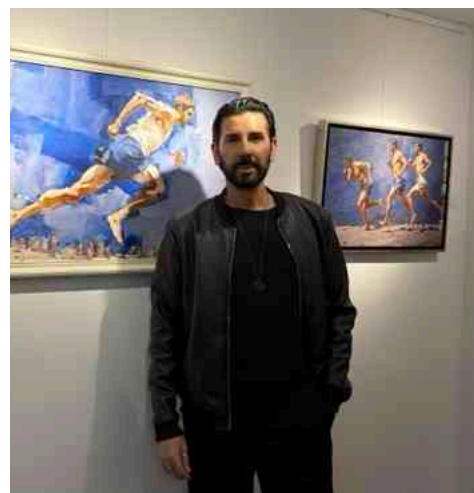
The recent painting exhibition "Marathon Runners" by Alexandros Papakonstantinou drew enthusiastic crowds to the IMVAC gallery, celebrating both the artist's unique vision and his deep connection to Greek culture. Papakonstantinou was born in 1952 in Neo Faliro, Piraeus, and established himself as a distinguished figure in contemporary art, blending classical training with passionate storytelling through his brushstrokes.

The exhibition highlighted Papakonstantinou's mastery in capturing human endurance and the spirit of perseverance, symbolized by the iconic marathon runners featured in his paintings. His work not only reflects physical movement but also evokes timeless themes of struggle, determination and triumph.



Papakonstantinou's artistic journey began in Athens and Rome, where he studied painting and Art History, enriching his style with a blend of classical techniques and modern sensibilities. A significant milestone in his development was his mentorship under Diamantis Diamantopoulos, renowned for his dedication to Greek artistic traditions. As Diamantopoulos's only student for five years, Papakonstantinou absorbed a wealth of knowledge and discipline that shines through every canvas.

Visitors to IMVAC were captivated by the intensity and emotion conveyed in each piece, making "Marathon Runners" more than just an exhibition; it became a celebration of human spirit and artistic heritage. The event not only showcased Papakonstantinou's talent but also reaffirmed his lasting contribution to the cultural fabric of Greece, inviting art lovers to experience the power and grace of endurance immortalized on canvas.



PASTRY CHEF KYRIAKI ANDREADI SHINES AT GASTROANTALYA

Antalya welcomed one of the world's most dynamic gastronomy events as GastroAntalya 2025, chaired by Bilal Yuregir, returned for its 6th edition, held at the iconic Cam Piramit. This year's event was the biggest, gathering 856 chefs, including 278 international and 578 Turkish professionals, from 50 countries, alongside students, mixologists, and culinary innovators.

Among the standout participants was Greek pastry chef Kyriaki Andreadi, who once again captured the attention of judges and spectators with a restaurant-style dessert crafted entirely on-site in Antalya. Her creation, meticulous in technique, bold in flavor, and visually striking, earned her another prestigious award, reinforcing her reputation as one of the region's rising stars in contemporary pastry arts.

Kyriaki's Fiery Winter Kiss was a dish that smelled like Christmas, love, and passion! It intertwined pepper with cinnamon, cardamom, clove, and wine, and was sweetened with salted chocolate caramel.



Expert jury members from around the world evaluated each category, giving emerging talents and seasoned professionals an invaluable global platform.

Beyond culinary competition, this year's event places strong emphasis on solidarity and cultural preservation. The GastroAntalya Vefa Kitchen paid tribute to cuisine from the 11 provinces affected by the 7.7-magnitude earthquake centered in Kahramanmaraş. Renowned chefs from these regions prepared their traditional dishes, sharing flavors that carry deep heritage and emotional resonance.



Images by GastroAntalya Archive

ZODIAC READINGS

DECEMBER 2025



TAROT READINGS BY S

ARIES

Family will always be there to support you and provide comfort. No matter how difficult things are, you are not alone.

TAURUS

This is a challenging month for you. You'll have a lot of confrontations with your significant other, or with a very close friend of yours. But the bad days are not strong enough to destroy the love and appreciation that both of you have for each other.

GEMINI

Beware of new people coming to your life. Their motives are not always pure. For those of you who have kids or deal with younger people, some arguments are on the way. By the end of the month you will be able to overcome all obstacles.

CANCER

You show admirable strength this month. People try to take advantage or manipulate you but you have a magical power to put them all in their place. Nobody can get in your way.

LEO

People get in the way of your success. You know what steps to follow and truth is that success is guaranteed for you but not at the level you desire because of others' interference.

MONTHLY INSIGHT

December calls for our attention to detail. People have ulterior motives. Remain alert.

Always read your ASCENDANT, MOON, VENUS and MC for a more accurate prediction.

ASCENDANT: It shows how we present ourselves to the world, the first impression we make on others and our life approach.

MOON: It shows how our emotional world is represented, our inner self and how we process feelings.

VENUS: It shows our approach to love, partnership and money.

MC: It shows our career and professional life.

VIRGO

You need to be a bit more careful this month. People envy you and it may be best to avoid getting too close to others. See reality the way it is. Also, some of you may use manipulative techniques in order to get what you want.

LIBRA

This month calls for inner reflection. Bring your attention back to yourself. Reorganize your dreams and aspirations. This isn't a month that will offer a strong social life or much in terms of love. Don't get consumed by this month's negativity. Use the time you spend alone more constructively. Better days are coming.

SCORPIO

First Meaning: stay away from any kind of impulsiveness. It's better to avoid making moves when you're unsure of the outcome. Don't trust people this month, and don't share your secrets or ask for their opinions.

Second Meaning: confrontations in your love life that will be resolved by the end of the month.

It's either you pick the first or the second meaning according to what resonates with you the most. You can't choose both.

SAGITTARIUS

Your love life is the main focus right now. Your partner may be looking for ways to benefit from certain situations and might even be avoiding you. For some others, this month could bring challenges and arguments with people you're very close to. Stay calm and avoid rushing to conclusions. Clarity will come next month.

CAPRICORN

Somebody tries to harm you only because they are afraid of your power. They are not able to cause any harm, so you will forgive them quickly.

AQUARIUS

First Meaning: you're very good at detecting lies and enemies and this will be helpful for you this month. You have good memory and you should trust your instinct more.

Second Meaning: your partner has ulterior motives. But don't worry because new people are coming your way that will bring you love happiness.

It's either you pick the first or the second meaning according to what resonates with you the most. You can't choose both.

PISCES

A closure is coming your way. It could be the ending of a relationship, a plan, or something you've been holding onto. You're not getting the support you need from others, but remember that every change has something to teach you, and the sun always comes after the rain. Stay strong. Better days are coming.

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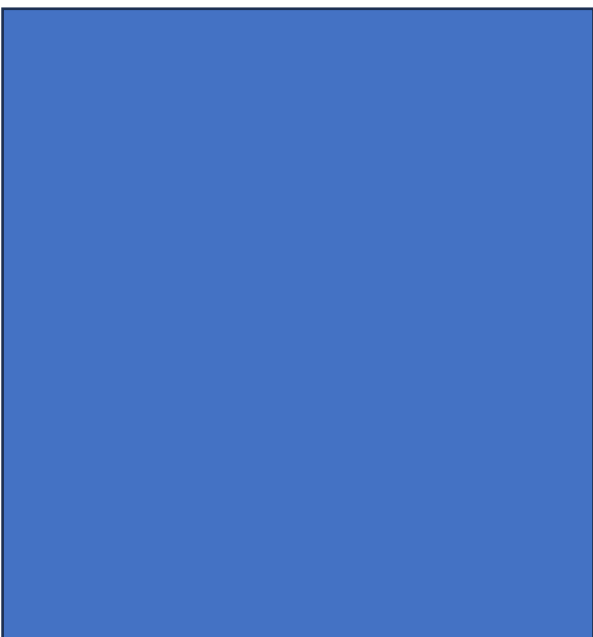
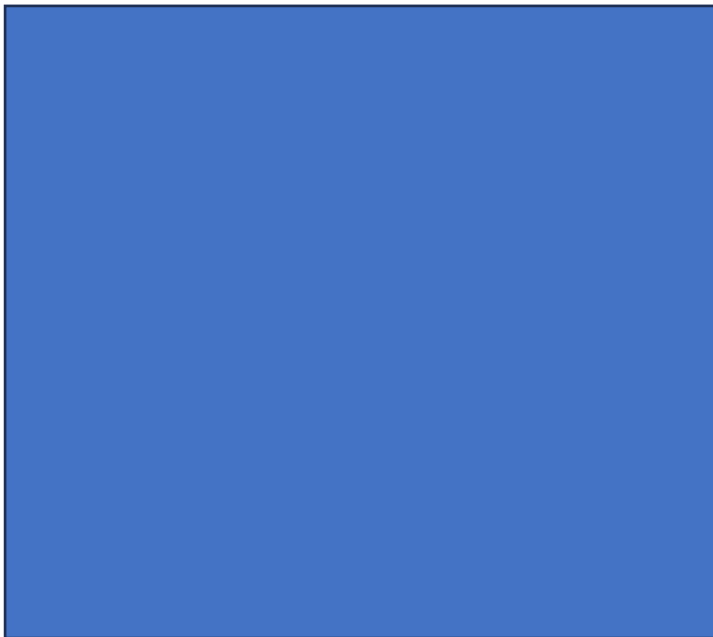
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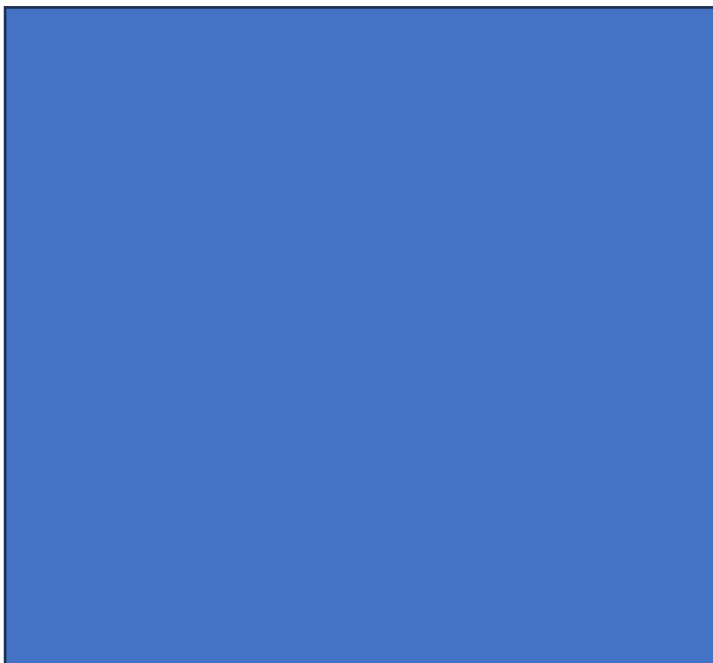


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