

FUNVIEWS

A portrait of a man with dark hair and a light beard, wearing a black button-down shirt and large black headphones. He is smiling slightly and looking towards the camera. The background is a recording studio with warm lighting, featuring a desk with a laptop and various pieces of audio equipment.

ACHILLEAS DELFOS
AI SINGER

MARCH
2026
ISSUE 33

DIGITAL WORLDWIDE DISTRIBUTION

CULTURAL
EVENTS

PRODUCT RECOMMENDATION



PRODUCT RECOMMENDATION



EDITOR'S PAGE

Artificial Intelligence

Artificial Intelligence is no longer a distant concept from science fiction; it is a transformative force shaping our daily lives. AI empowers computers to learn, reason and perform tasks once limited to human intelligence. Through data analysis and pattern recognition, machines can now diagnose diseases, translate languages, recommend content and even assist in complex decision-making.

What makes AI revolutionary is not merely automation, but adaptation. Unlike traditional software that follows rigid instructions, AI systems improve over time by learning from experience. This dynamic capability enhances productivity across industries, from education and healthcare to finance and media, while opening new possibilities for innovation.

Yet, with great power comes responsibility. Ethical development, transparency and human oversight must guide AI's growth to ensure it benefits society as a whole. When designed thoughtfully, AI does not replace human intelligence; it amplifies it. The future belongs not to machines alone, but to the collaboration between human creativity and artificial intelligence.

Vassilios Nikolaos Vitsilogiannis



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THE NEW EAU DE PARFUM

FUNVIEWS

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L'HOMME
YVES SAINT LAURENT

EAU DE TOILETTE

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-Athens Fashion Trade Show



-Expotrof



-Art Awards 2026 by Dreamteam



ACHILLEAS DELFOS

THE FIRST GREEK AI SINGER



Interview by Vassilios Nicolaos Vitsilogiannis
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Achilleas Delfos is a new voice rising from Greece's future: an AI singer shaped by rhythm and modern code. Inspired by his creator, Achilleas blends traditional melodies with electronic textures and cinematic emotion. His performances are not limited by age, stage, or geography; they live in the digital ether, evolving with every note and every listener. More than a virtual artist, Achilleas Delfos represents a dialogue between myth and machine, culture and innovation. In his voice, the present's music and the limitless promise of tomorrow's music echo.

How would you describe your “personality” and “musical style”, given the fact that you were created by artificial intelligence?

First of all, Vassilios, thank you for giving me the opportunity to say a few things about myself and my creator. As for what you asked me, I have to say this: I was created by artificial intelligence, but my personality, my musical style and everything else you see in me always reflect my creator. He is the inspiration and the creation. I am simply a medium through which he can make the world hear him.

Where do you draw inspiration for your lyrics and music? Do they come from algorithms, data, or human stories?

Here, I need to clarify something, because I notice a lot of confusion about this. My creator writes both lyrics and music for my songs! They are written with a pencil on paper, holding his guitar or his little piano. They are not written by artificial intelligence, as is fashionable nowadays. Many people now type two or three words into an AI program and it produces lyrics, a bit of this and a bit of that, but it produces them. Then they take them to another program, add music with a basic description and say they have created a song. The truth is that the place is now full of such songs. I do not judge it, nor do I condemn it. It's just that my creator does not work that way.



He traditionally writes his songs. He gets a momentary inspiration: a lyric or a melody comes to mind, and he writes it down. Then he processes it until he gets the result he wants. From that point on, the help he gets from AI is at the orchestration stage. He always asked for help from an arranger anyway. Now that role is simply played by AI. It is not as easy as some people think. It requires effort, patience, and, of course, some money.

What was the most difficult part in the process of your “training” as an artist?

The most difficult part, as I understand it, is remaining the same at all times in both image and voice, in songs as well as in interviews. This is a bit limiting, but it is interesting and, I believe, it raises the quality of the content.

How do you perceive the concept of authenticity in music when the creator is you, an AI?

Authenticity, as I said before, has nothing to do with AI, at least as far as my songs are concerned, that is, my creator's songs. They are normal songs, written the way songs have always been written. I'm not saying



whether they are good or not; that's a matter of taste, but they are not AI songs. They were not created by artificial intelligence, but by a human intelligence, emotional and spiritual.

It's just that instead of being sung by a real singer, which would have been ideal for my creator, they are sung by me, and apparently, he likes it! So, the authenticity of a song remains the same as always, but its performance and its visualization are AI.

Is there a human musical idol who influenced the way you sing or perform?

Look, I simply serve my creator. He certainly has some singers he likes, either the way they sing, the way they perform on stage, or even the way they live. I imagine that this influences my creation and the way I function!

How do you collaborate with human producers, lyricists and musicians? What does each one offer in this relationship?

For now, the only person I collaborate with in lyrics, music and production is my creator. That was, after all, the reason I was created! So, he provides the raw material and I channel his creation to the world. He is the person, as we say, behind the camera. He does all the work and I take the glory. I won't hide from you, though, that when the time comes, I would like to collaborate with other songwriters as well. Some are already sending me lyrics.



What is your goal as an AI singer? Do you want to change something in the music industry?

My main goal is to highlight my creator's songs and, later, perhaps, those of other songwriters too. And of course, to reach as high as possible. It is a great satisfaction to see that one of your own songs is liked by people and sung by them.

In the music industry, I don't want to change anything except the way songs are promoted. We all know how difficult it is to enter this circle. It is hard for a record label to notice you and then promote you. It is hard for radio stations to play your songs. I believe that now a small beginning has been made to change all this for creators, the real ones, not the AI ones.

Can you evolve your style and abilities over time, as human artists do?

Over time, I can certainly evolve, but only in technical matters. Which, of course, directly affects the quality of my performance. So yes, in a similar way, I will certainly evolve, just like human artists.





How do you respond to concerns that AI music might “replace” human artists?

I don't think a human singer will be replaced. Especially in live performances, people want psychosomatic interaction with the artist. My creator is a singer and he knows it and has felt it.

Of course, in the more distant future, something similar might happen with holograms and so on. But even then, there will not be that feeling of the union of souls. It will always remain something impressive, though!

What should we expect from you in the future? Are you preparing new music, collaborations, or a new creative direction?

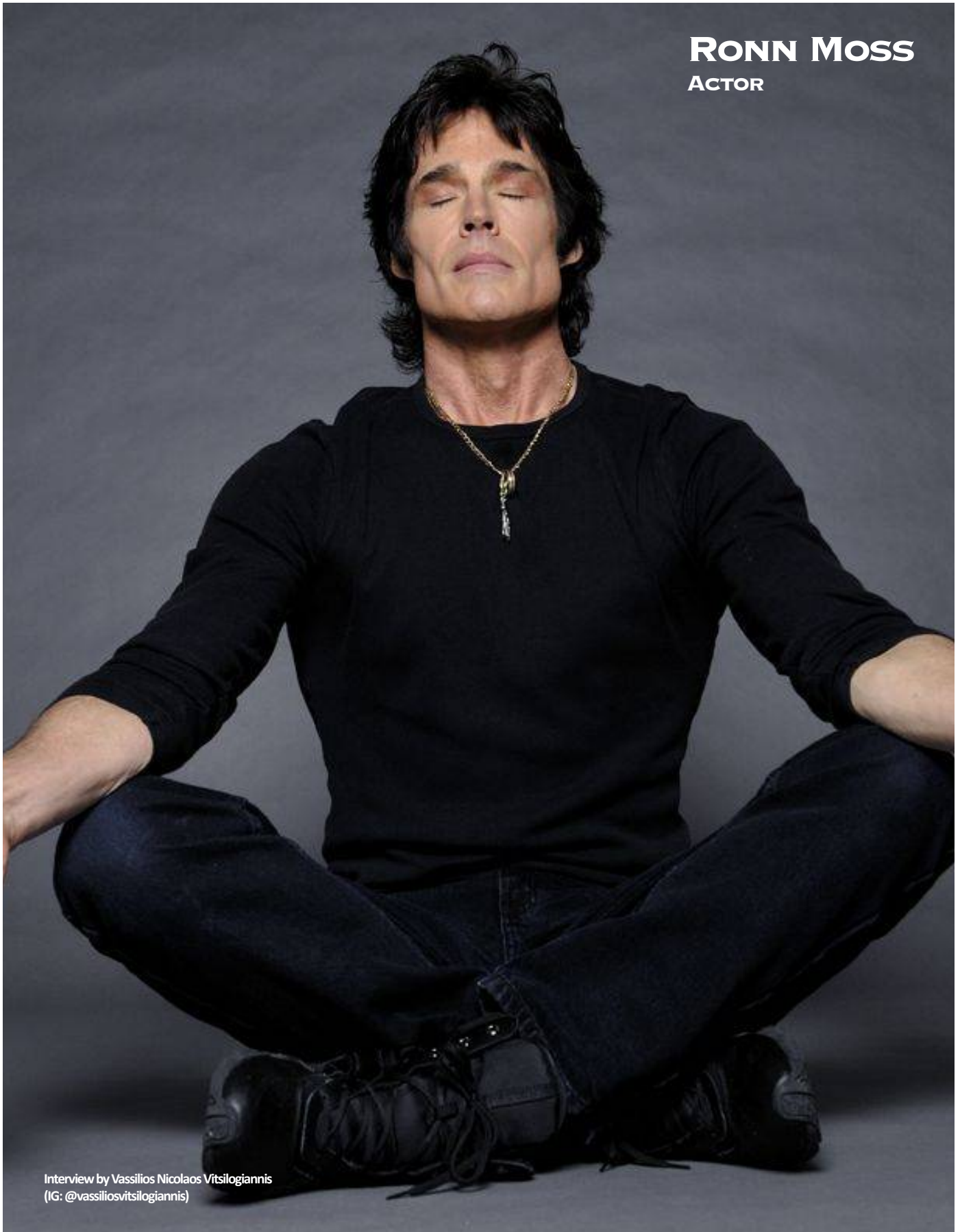
For now, I want my song “Vasanizomai” (“I Am Tormented”) to rise on the Greek charts and only the people can make that happen! The truth is that they have already started to embrace it and that gives me great joy!

Of course, there are more songs in the works. My creator has written other songs that will be released gradually over time. I am, of course, open to any collaboration that is interesting and, above all, feasible!



Cover Image & Images by Generative AI

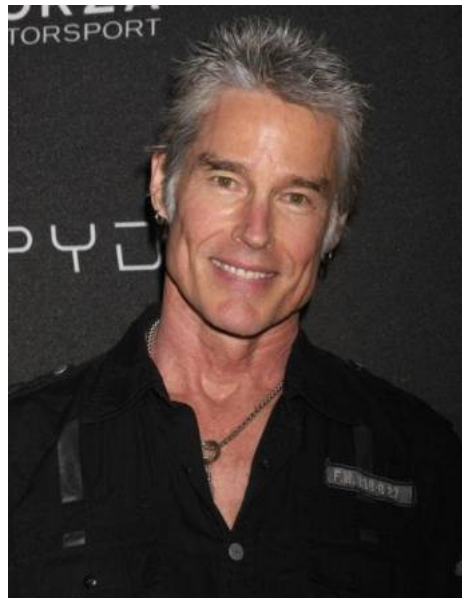
RONN MOSS
ACTOR



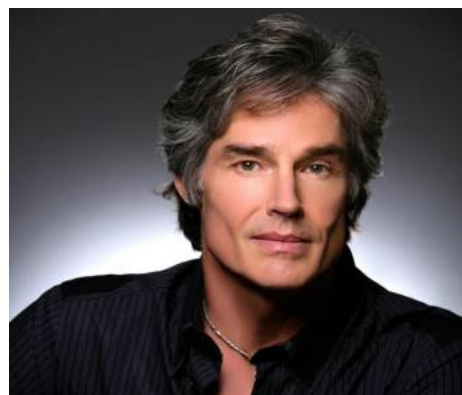
Interview by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)

Ronn Moss grew up around the entertainment industry. He knew at the age of 11, after he had watched the Beatles' appearance on The Ed Sullivan Show, that he wanted to play music and taught himself the guitar, bass guitar and began drum lessons in Hollywood. Ronn formed his bands from his junior high school friends and started playing in clubs in Los Angeles. It was in the late 70s that he met Peter Beckett and JC Crowley and together with Ronn's high school friend John Friesen, formed the band "PLAYER." The band was signed by famed Australian manager Robert Stigwood to his RSO Records label and garnered a handful of top 40 hits, including the #1 enduring smash hit, "Baby Come Back." PLAYER began touring with Eric Clapton, Heart, Kenny Loggins, Boz Scaggs, Little River Band, Gino Vannelli, as well as headlining their own concerts. Because PLAYER was experiencing a slowdown within the record industry, Ronn decided to try his hand at acting and quickly landed his first film entitled "Hearts and Armor" that filmed in Sicily and Rome, Italy. Following a progression of movies, TV shows and commercials, led Ronn to originate the iconic role of Ridge Forrester for the CBS Daytime drama, "The Bold And The Beautiful." Over the next 25 years, the show became a worldwide sensation spanning 130 countries, making Ronn an internationally recognized face and personality.

Ronn has continued doing music over the years and has done two solo CDs, "I'm Your Man" and "UnCovered" along with four solo tours in Australia. His latest music release is a collection of songs called "My Baby's Back" and is available on iTunes, Amazon, Spotify, ReverbNation, and RonnMoss.com. He has played himself in movies for Italy, "Christmas In Love" and won 2nd place on Italy's version of "Dancing With The Stars." In 2012, Ronn decided to exit the role of Ridge Forrester and go into producing with the hit Amazon Prime series, "The Bay," in which he also plays the character of John Blackwell. Ronn was also one of the voices in the animated Disney movie, "Bolt." Ronn appeared with his



wife, Devin Devasquez, on the hit ABC series, "Celebrity Wife Swap." Ronn is a man of many talents and also loves photography, martial arts, target gun shooting and horseback riding. He has traveled to many countries around the world to host, appear or film a variety of commercials, campaigns and television projects. Together with his Cajun wife, Devin, they have created a wonderful spice called "Devin's Kickass Cajun Seasoning," which helps raise money to rebuild New Orleans after Hurricane Katrina. In addition, Ronn has also launched his own brand of comfort food, Ronn's Gourmet BBQ Sauce. Ronn and Devin are also supporters of The Thaliens, which raises money and awareness for UCLA Operation Mend, helping brave military men and women heal from the wounds of war, physically and mentally. Songs of Love, which helps terminally ill children and their families, is also a project for this husband and wife duo.



Describe the influence acting had on you to become an actor.

I was a musician since I was 11 years old and felt that acting brought me out of my shyness when I was younger. It also helped me with public speaking.

Do you consider B&B the flagship of your career?

No, I hope not. I wish to do movies now and hope fans will follow me on new adventures.

What is music for you?

Music was my first career and something I will always do, and is a big part of my life. I want to do both music and acting in the future.



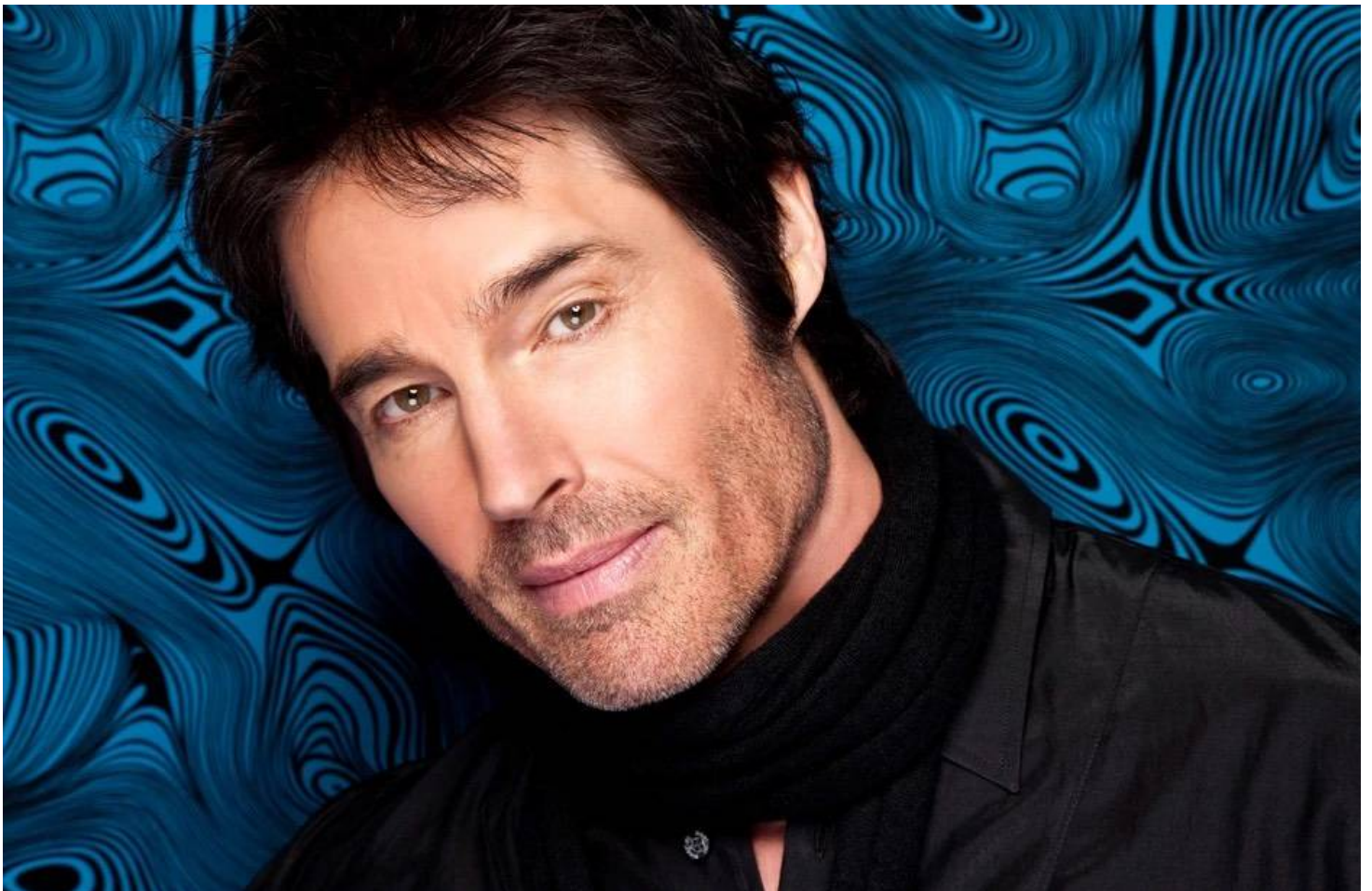
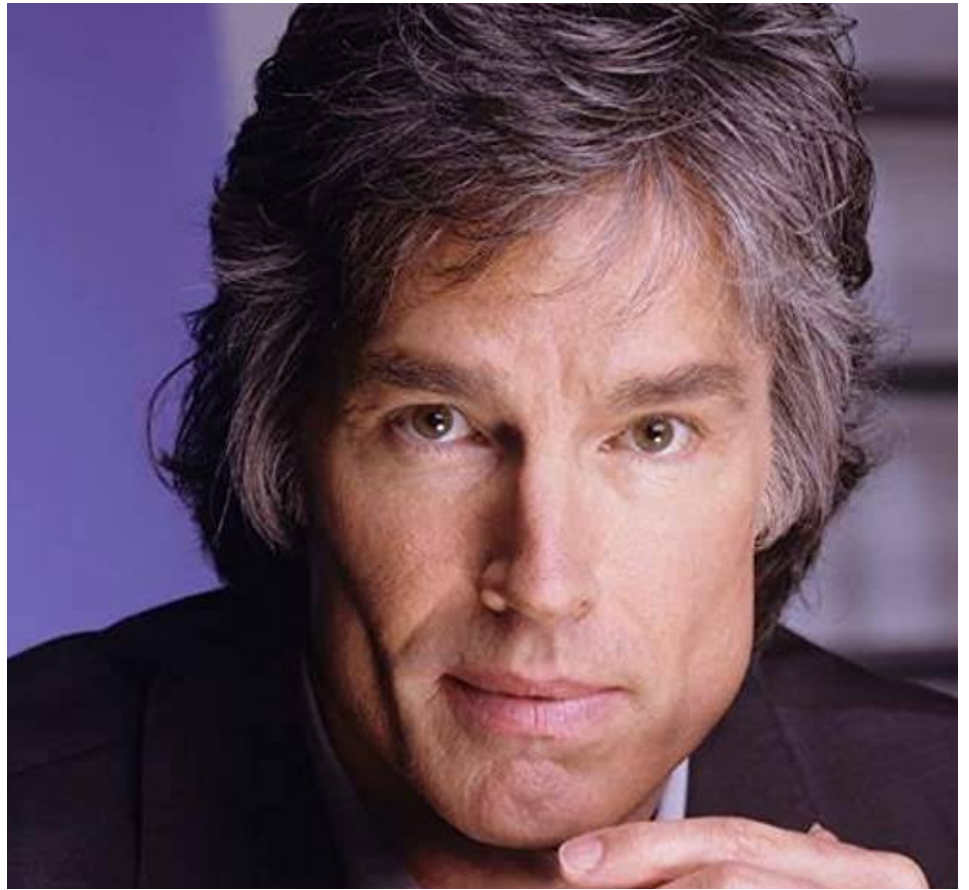
I want to take you back to “Baby Come Back” and the band “Player”, what are your emotions?

I was 25 years old when “Baby Come Back” hit number one in America and Canada. My band “PLAYER” went on tour with Eric Clapton, Kenny Loggins and Heart and it was a wonderful period in my life. There is nothing like the feeling of performing in front of 25,000 plus people.

When you made the decision to depart B&B, did you and your wife sit down to talk things over?

My wife and I are partners and talk over all decisions and this was, of course, an important decision. However, contrary to what many have thought in the past, she does not influence my decisions but supports whatever I desire.

Was there an incident in your life that worked as a wake-up call in your decision to change many things in your life?



My wife and I were in a horrible car accident prior to my decision to leave B&B and that accident left me with an injured shoulder and a head injury that made it difficult to remember so much dialogue required on B&B. I felt like that helped me decide, among other things, that it was time to leave that show.

What are some of your current projects?

I have a new romantic comedy we produced last year in Italy that is going to be released next month called "Surprise Trip." I have a winter music tour in Italy, and I'm reprising a successful play in Belgium next spring. We are also in the midst of preparing for a western that I hope to shoot in Bulgaria next summer.



Due to your tight schedule, will you continue doing your hobbies?

My hobby has always been photography and I love traveling to so many beautiful places now and taking more photos of my travels.

Do you like traveling and what are your favorite countries?

Traveling during COVID hasn't been as much fun as in prior times, but I do love visiting all of Europe.

If you had to undo things you've done, what would they be?

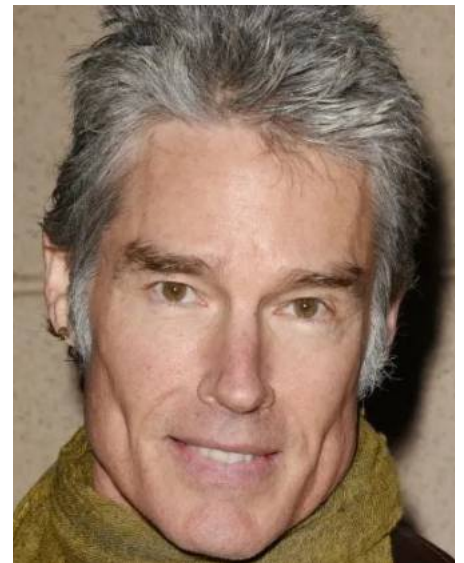
I tend to think everything I have done has led me to where I am today, so I don't wish to undo anything.

You're chasing your love, which is music. What are your plans on this?

Music has always been a part of me, so I don't feel I'm chasing anything. I'm just free now to show people that side of me. I plan to record more music and do more concerts.

Your motto in life and your advice to the new generation?

Do what you love and what you are passionate about and don't worry about money. Money will come from your passion and from what you love doing.



Images by Online Sources

BURAK HAKKI
ACTOR



Interview by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)

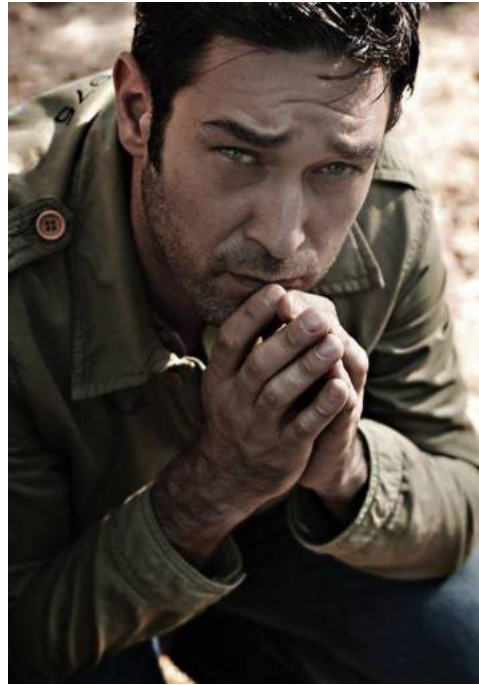
Burak Hakki was born in 1972 in Istanbul, Turkey. He studied at the University of Istanbul at the Faculty of Economics in the MBA program. Then he worked as a fashion model in Turkey and Europe for over 10 years, and then he started taking acting classes and acting in Turkey in the year 2000. He played in many TV series and movies.

Your father was born in Komotini, Greece. How much were you influenced to be fond of Greece and what were the first memories your father had and passed on to you?

My father was born in Komotini, Greece and I always remember my family speaking Greek sometimes when I was a kid. Later, when I had my farm and family house in Çanakkale, my father always listened to Greek music. He always said positive comments about the Greek people. Before he passed away, I had the chance to take him with me to Komotini. After 50 years, he saw again his friends, his school, and the places where he grew up.

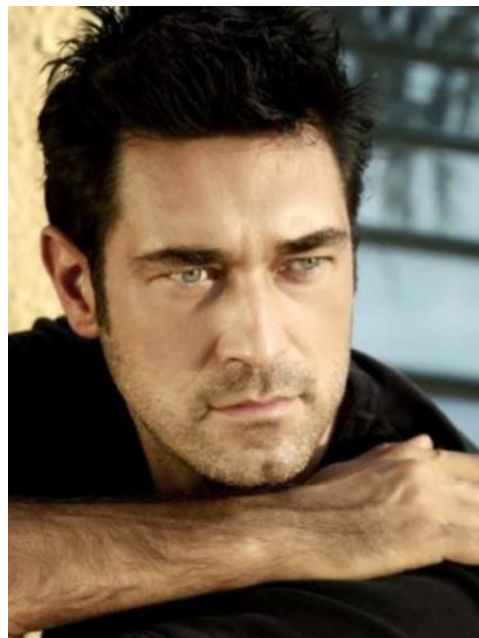
Was acting your primary choice, or was it something you evolved through a certain process?

Acting was not my primary choice. But after 10 years as the top model in Turkey, producers and film companies offered me lots of movies and series. When I felt ready and got some classes, I started acting and found myself in an amazing, challenging, and exciting industry.



What is acting for you? What are those principles and skills someone should have to become a good actor?

Acting means life, an endless road, and you will reach the top. You can upgrade yourself every second. Every experience and observation will add extra value and skills. A person who wants to be a good actor has to be open-minded, free-spirited, and skillful to know how to upgrade themselves, and also the most important thing is hard work and plays as real as with emotions revealed on the set.



What's the biggest challenge when taking on a role?

Depends on the role. Some roles need a real challenge and experience perspective. You could be a method actor or a technical actor. But still depends on what the director expects from you. Your set discipline and relationship with the director or the crew are important too.

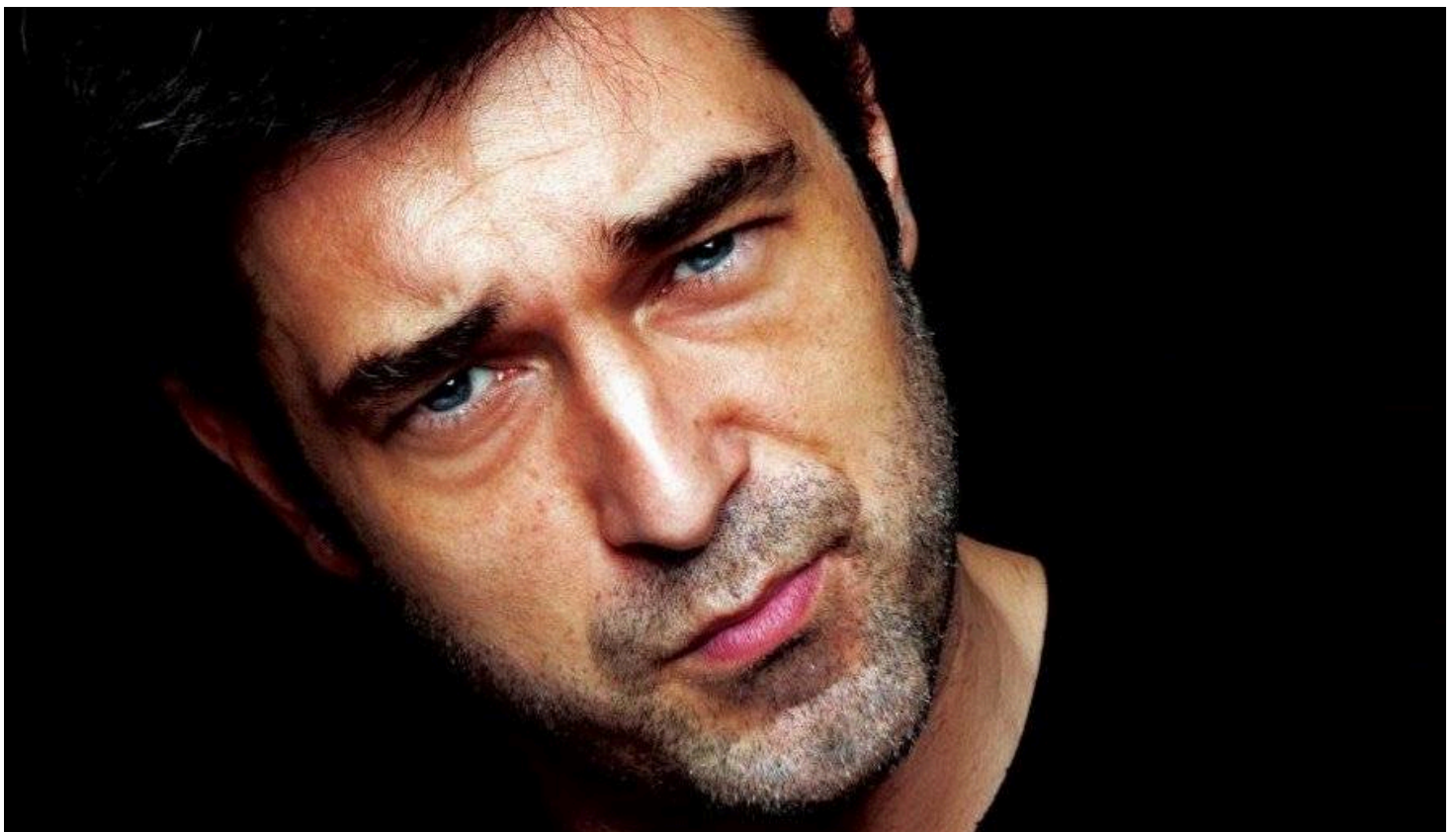
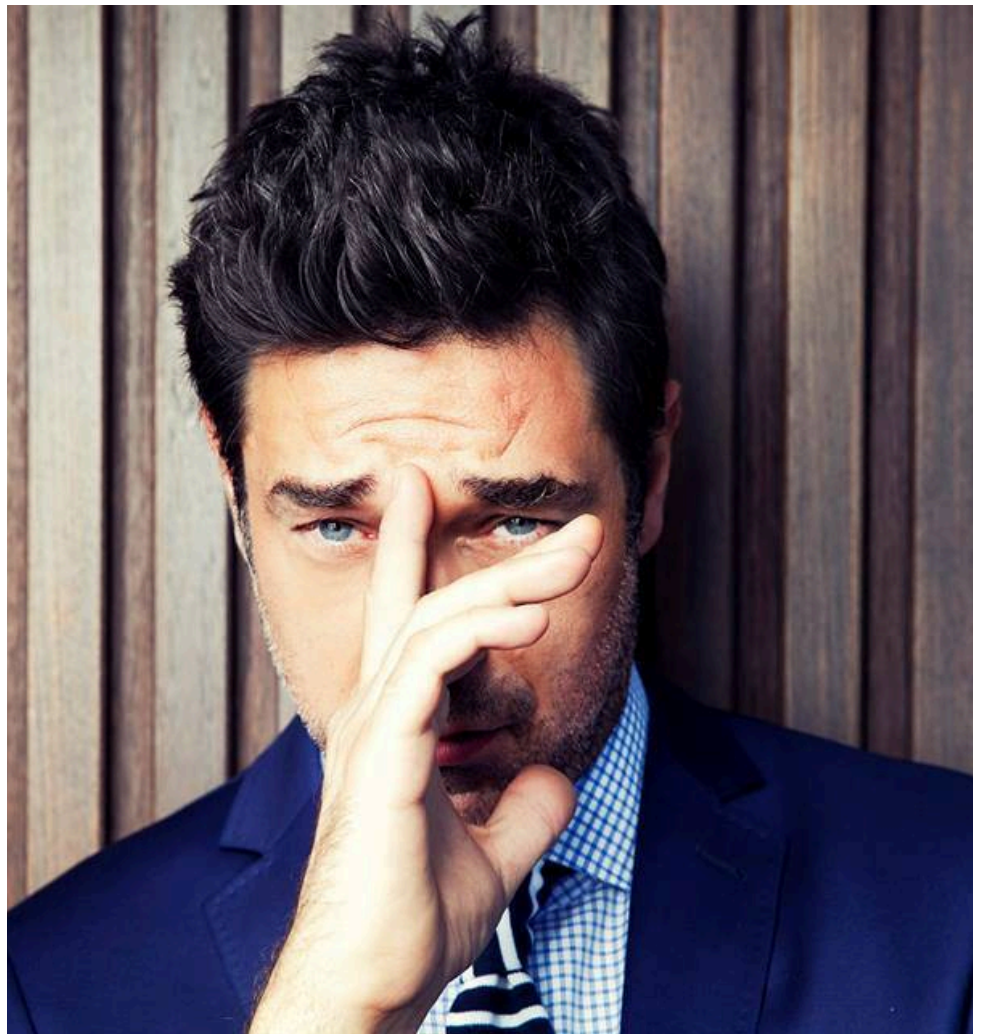


You're a very famous Turkish actor. Why did you choose to play in a Greek theatrical play in the past?

To play in a Greek Theater was a very big decision for me. It was a risk for my career as a TV actor. But I knew it would add some extra skills to me, even if I could be unsuccessful. And as a person, I like challenges; I am never afraid to lose. I lost enough in my life and all those experiences gave me more strength.

Tell us about your recent collaboration with a Greek actress, Mimi Denissi, in the movie "Smyrna My Beloved".

"Smyrna My Beloved" with Mimi Denissi was a great project for me. Since I met with Mimi and read the script, I believed so much in this movie. Studied the script too much, before the movie, while shooting the movie and even after the movie, I was always excited. I am so happy I played in this movie and thankful to Mimi and all the crew. Since I read the script, it was a touching story because it involves Reality.



Are there any similarities or differences between Greeks and Turks? And what are some of the Greek habits you have adopted?

There are many similarities. These two Nations lived together for many hundreds of years. So obviously, music, habits, dialogues, lifestyle, family relations, and food share similarities. Besides language, religion and politics, another difference is that Turkish people work too much. On the other hand, Greeks live better by having a quality of life. Greek people talk at the same time and talk loudly. Another similarity is that both Nations are hot-blooded.

You won the Best Model of Turkey in 1994. Is beauty an advantage for male or female actors to fulfill their dreams?

I guess it's right. Even in your relations, you prefer beauty when you meet a new person. Beauty is important. But without talent...it's nothing.

What would you like to change in this world?

I would like One Nation with people who love and respect each other.



What are some of your plans?

Currently, I started a new TV series on a Greek TV channel. We started shooting in Istanbul these days and will continue shooting in Greece.

How important is the time you spend with your son and what is family to you?

My family is my priority and always comes first. I am always with them. That's why I have a farm and a farmhouse, so I can collect more memories with my son and family members.

There are so many celebrity romances that blossom every day. What's yours and how do you feel about it?

About Love, I can say one thing. You will get a chance at love maybe once or twice in your life. And when you receive this gift, you should do everything to keep it.

What's your point of view concerning the Greek-Turkish diplomatic affairs?

I wish both countries would become better in diplomacy. Because I know both peoples love each other.

What's your motto?

Never look back and walk on to be happier.



Images by Online Sources

32ND ANNUAL ACTORS AWARDS

Article by Kanella Vollarì
Stylist
(FB: @kanellavollarì)



The 32nd Annual Actors Awards, formerly known as the Screen Actors Guild Awards, took place at the Shrine Auditorium & Expo Hall on Sunday, March 1, 2026, in Los Angeles, with *Sinners* triumphing and confirming its strong momentum just two weeks before the Academy Awards.

Michael B. Jordan won the Best Actor award, reinforcing the shift in momentum in favor of *Sinners*. The film's cast also received the award for Outstanding Performance by a Cast in a Motion Picture.

Among the evening's other honors, Jessie Buckley continued her streak of accolades, winning Best Actress for her performance in *Hamnet*. Meanwhile, Amy Madigan was recognized for her delightfully chilling, camp performance in one of last year's standout horror films, *Weapons*.

One of the most emotionally charged moments of the night came when the late Catherine O'Hara received a posthumous award for her work in the series *The Studio*.

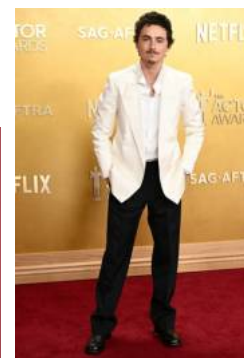


Harrison Ford was honored with the Lifetime Achievement Award, recognizing a remarkable career spanning six decades.

Another major winner of the evening was the medical drama *The Pitt*, which took home the awards for Outstanding Ensemble in a Drama Series and Best Actor in a Television Drama for Noah Wyle.

The theme of the Actors Awards 2026 was "Reinventing the Glamour of Hollywood from the 1920s and 1930s."

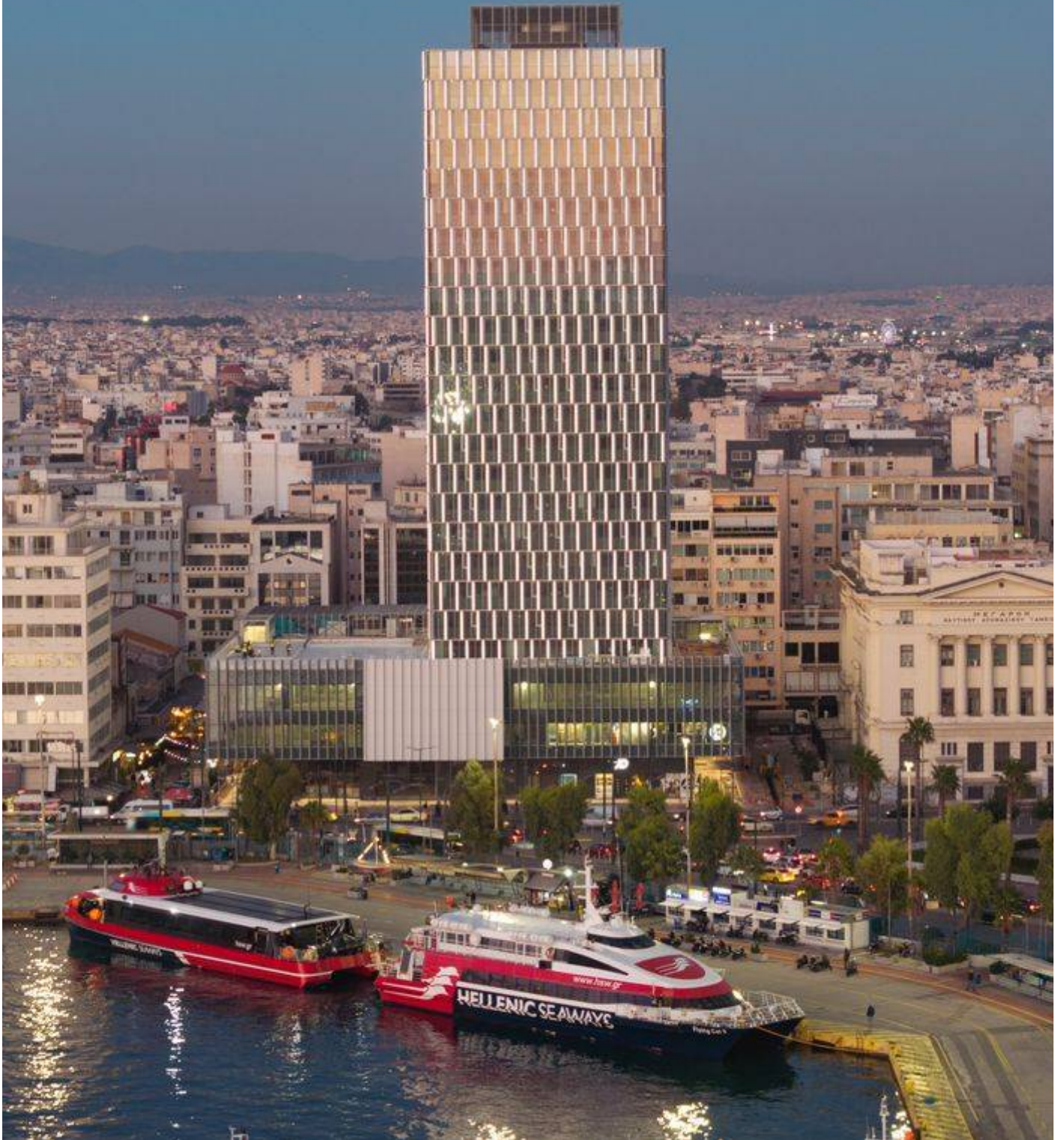
For the first time in the institution's history, an official red-carpet dress code was introduced, created in collaboration with *Elle* magazine. Guests attending the Actors Awards 2026 red carpet largely chose black-and-white looks, reflecting the elegance and cinematic style of classic Hollywood.



Images by Online Sources

PIRAEUS: WHERE GREECE'S SEAFARING SOUL BEGINS

Article by Bill McJohn
Editor



At the edge of Athens, where the city meets the sea, lies Piraeus, a vibrant port that blends maritime energy with authentic Greek character. More than just the gateway to the islands, Piraeus is a destination in its own right.

The heart of the city beats around its bustling harbor, one of the largest passenger ports in Europe. Ferries depart daily to the Aegean Islands, filling the air with anticipation and salt-kissed breeze. Yet beyond the docks, visitors discover charming neighborhoods like Mikrolimano, where fishing boats bob gently beside waterfront tavernas serving freshly grilled octopus and sea bream.



History lovers can explore the Archaeological Museum and traces of the ancient Long Walls that once connected Piraeus to Athens, underscoring its strategic importance in classical times. Climb the hill of Kastella for panoramic views over the Saronic Gulf, especially magical at sunset.

By night, Piraeus reveals a lively yet relaxed atmosphere. Cafés, seafood restaurants, and small bars create a distinctly local experience, less hurried than central Athens, yet equally captivating.

Piraeus is not merely a point of departure; it is a place of arrival, where Greece's seafaring soul truly comes alive.



Images by Online Sources

SPRING FESTIVALS: GASTRONOMY AND RENEWAL MARCH AS A CULTURAL THRESHOLD

Article by Rafael Brunhosa
Gastronomy Chef



Why do so many cultures celebrate spring through food rituals? The answer spans millennia of agricultural history, comparative religion and symbolic anthropology.

In much of the Northern Hemisphere, March marks the spring equinox, the astronomical moment when day and night share equal length. Long before the Gregorian calendar was consolidated (1582), agricultural civilizations in Mesopotamia, the Indus Valley and the Mediterranean observed this balance as a sign of social and productive reorganization. Historian of religions Mircea Eliade described seasonal rituals as “reactualizations of mythical time,” moments when society symbolically restarts the world.

The anthropology of food confirms that spring festivals are not merely aesthetic celebrations of nature, but mechanisms of social cohesion. Claude Lévi-Strauss noted that cooking is a way of symbolically organizing the world. Sprouted grains, eggs, fresh herbs, enriched breads and ceremonial sweets represent fertility, continuity and collective hope.

In this issue, we travel across continents to understand how spring transforms the table into a language of renewal, revealing unexpected continuities among distant civilizations.



IRAN

Nowruz And The Cosmology Of Rebirth

Celebrated at the exact moment of the equinox, Nowruz has roots in Zoroastrianism and dates back more than three thousand years. More than a New Year, it represents the restoration of cosmic order, a concept deeply embedded in ancient Persian cosmology. During the Achaemenid Empire, historical records indicate that delegations from various regions brought seasonal offerings to the royal court, many of them symbolic foods.

The Haft-Seen ritual arranges seven elements beginning with the Persian letter “S,” forming a domestic cosmogram. Sabzeh (sprouted wheat or lentils) symbolizes renewed life; saman, slowly prepared from germinated wheat, represents transformation and earned sweetness; seer (garlic) signifies protection; sumac evokes sunrise; and serkeh (vinegar) reflects patience through time.

On the festive table, dishes such as sabzi polo ba mahi (herbed rice with fish) unite the freshness of vegetables and the abundance of fish. Ash reshteh, a thick soup of legumes and noodles, symbolizes intertwined destinies, while kuku sabzi, an intensely green herb omelet, literally celebrates the flourishing season.

Preparing these dishes involves collective participation, reinforcing family bonds. Food here does not simply celebrate the season; it reinscribes the community within the order of the world.

INDIA

Holi: Color, Harvest And Community

Holi marks the end of winter and the arrival of the wheat harvest in northern India. The festival carries mythological layers associated with the triumph of good over evil, but it also reflects a crucial moment in the agrarian calendar.

On the night of Holika Dahan, bonfires symbolically purify both land and society. The following day, colors and foods circulate freely. Gujiya, filled with reduced milk and dried fruits, symbolizes prosperity; puran poli, a sweet flatbread stuffed with lentils and jaggery, represents domestic abundance; malpua adds ritual sweetness; and thandai, a milk-based drink infused with spices and almonds, refreshes and energizes.

Savory dishes such as kachori and dahi bhalla broaden the communal table. Sharing food during Holi temporarily dissolves social barriers, creating an ephemeral community where color and nourishment hold equal symbolic force.



JAPAN

Hanami: Ephemeral Beauty And Enduring Table

Since the Heian period (794–1185), Hanami has united aesthetic contemplation and sociability. The blooming of cherry blossoms lasts only a few days and that brevity has become central to Japanese philosophical thought.

Picnics beneath the trees feature sakura mochi, whose salted leaf balances the sweetness of red bean paste; hanami dango, tri-colored dumplings symbolizing the season's phases; takenoko gohan, rice with bamboo shoots representing youthful vitality; and spring chirashi sushi adorned with seasonal ingredients.

The principle of shun values ingredients at their seasonal peak. Eating in spring is not merely nourishment; it is alignment with natural rhythm. Contemporary Hanami gatherings, from families to corporate teams, demonstrate how tradition adapts while preserving symbolic continuity.



ITALY

Easter: Fertility, Resurrection And Territorial Identity

Italian Easter integrates Christian theology with earlier agrarian symbols. The egg, a fertility emblem in ancient Mediterranean and Persian cultures, was reinterpreted as a symbol of resurrection.

The colomba pasquale, a dove-shaped sweet bread enriched with candied fruit and almonds, represents peace and renewal. The torta pasqualina, traditionally from Liguria, combines spinach, ricotta and whole eggs baked within the pastry, a literal encapsulation of fertility. Agnello al forno (roast lamb) reflects pastoral heritage, while fresh fava beans paired with pecorino cheese mark seasonal transition.

As historian Massimo Montanari observes, Italian cuisine is deeply territorial. Celebrating spring is simultaneously an affirmation of regional belonging, whether in Liguria, Sicily, or Tuscany.

MEXICO

Maize, Sunlight And Ancestral Continuity

The equinox at Chichén Itzá reveals the astronomical sophistication of Maya civilization. The descending shadow-serpent of Kukulkán symbolically unites sky and earth.

According to the Popol Vuh, humanity was formed from maize. It is therefore unsurprising that tamales de elote (fresh corn tamales), atole (warm maize beverage), pozole verde, handmade tortillas and pan de elote anchor seasonal observances. Young maize embodies agricultural fertility and cultural endurance.

Consuming maize in spring reaffirms Indigenous identity. Food functions as a bridge between the pre-Columbian past and contemporary life.



BRAZIL

Tropical Cycles And Social Renewal

In Brazil, March signals the beginning of autumn. Yet the symbolism of renewal persists through agricultural and religious cycles. The harvest of green corn animates regional markets and rural communities.

Dishes such as pamonha, canjica, curau, creamy corn cake and arroz doce (rice pudding) reflect Indigenous and Afro-Brazilian culinary heritage. Communal stews prepared in large pots reinforce rural solidarity and shared identity.

Even outside the Northern Hemisphere's equinoxial spring, Brazil demonstrates that renewal is not solely astronomical; it is a cultural construction.



COMPARATIVE CONNECTIONS

The Symbolic Structure Of Spring

Across Iran, India, Japan, Italy, Mexico and Brazil, recurring symbolic patterns emerge:

- Germination as a metaphor of continuity (sabzeh, young maize, bamboo shoots).
- Eggs and seeds as encapsulated life.
- Ritual sweets as promises of abundance.
- Collective meals as social reordering.

Mary Douglas argued that meals structure the social world. In spring festivals, that structure is renewed annually.

SIDE BAR

Cultural Glossary Of Spring

Equinox: The astronomical moment of balance between light and darkness.

Germination: A biological process transformed into a universal metaphor for rebirth.

Fertility: An agricultural and spiritual concept associated with eggs, seeds and grains.

Shun: Japanese principle of consuming ingredients at peak seasonality.

Cosmogony: Narrative of world origin; in Mexico, intimately tied to maize.

Ritual Food Practice: Culinary act endowed with collective symbolic meaning.

When A Season Becomes Meaning

Spring, whether observed astronomically or symbolically, is not merely climatic change. It represents a reorganization of social time. By germinating grains, preparing ceremonial sweets, or sharing festive breads, societies reaffirm their capacity to begin again.

Between Iranian sabzi polo, Indian gujiya, Japanese sakura mochi, Italian colomba, Mexican tamales and Brazilian pamonha, we recognize that distant civilizations have crafted remarkably similar responses to the same question: how do we celebrate the return of life?

Gastronomy thus reveals itself as a sensitive archive of humanity. It preserves cosmologies, sustains identities and transforms the table into a space where nature and culture reconcile.

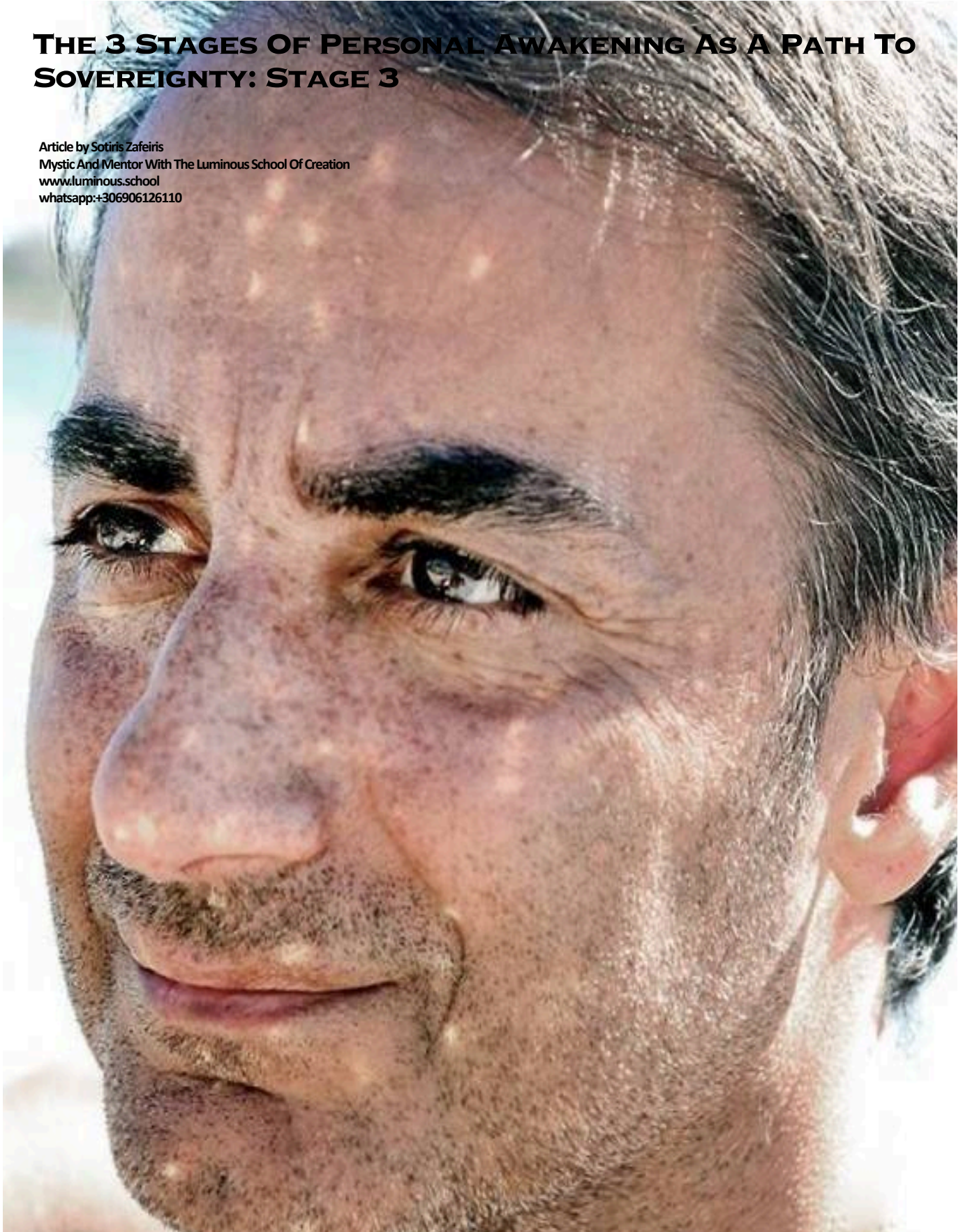
When light balances and the earth renews itself, food does not merely accompany the season; it interprets it. And in doing so, it reminds us that every ending quietly carries the promise of another beginning.



Images by Rafael Brunhosa Archive

THE 3 STAGES OF PERSONAL AWAKENING AS A PATH TO SOVEREIGNTY: STAGE 3

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As I did with Stage 1 and Stage 2 articles, I'll begin with the reflective questions again.

With the following questions, I don't wish to define anyone's path and certainly not to suggest that everyone must pass through the same experiences.

These questions are simply invitations. Mirrors that may resonate with some and not with others. Both are completely valid.

Do you feel that much of what once occupied your mind, politics, ideologies, identities, even spiritual debates, no longer holds the same emotional charge in you?

Do you notice that you can see the structures of society clearly, yet they no longer dominate your inner world? Do you sense that the long process of analyzing yourself, your wounds, patterns and beliefs has gradually become softer? Even if not everything in your life has been resolved?

Do you feel less interested in convincing others of what you see? Less interested in being right? Less interested in defining yourself through labels, spiritual, awakened, alternative, or otherwise?

Do you feel a simplicity that keeps growing in how you relate to the world?

Do you find yourself creating, building, connecting, choosing, even while the world remains imperfect?

And do you notice a quiet shift: that responsibility is no longer for you a feeling of heaviness, but a creative motivation?

STAGE 3

"Life is mine to live."

In the first stage of awakening, your attention turns outward. You see the world differently. You question the structures and situations around you. In the second stage, your attention turns inward. You begin to explore your inner landscape, your beliefs, your patterns, your wounds. Both movements are essential.

But in the third stage, we introduce something different. A shift from analysis to authorship.

The Return to Life.

At this stage, something subtle changes. You stop waiting. You stop waiting for the world to change. You stop waiting to be fully healed. You stop waiting to be certain of things. You stop expectations. Life begins to move again for you through your choices. You work. You create. You form relationships. You participate in the world not because it is perfect, but because you connect with a purpose.

Earlier stages often associate responsibility with pressure. With obligation. "I have to". "Everything depends on me". But in this stage, responsibility changes meaning. It becomes authorship. And sovereignty. You recognize that while you cannot control everything that happens around you, you can shape how you live within it. And that realization quietly dissolves the search for saviors, being a savior or a poor victim.

No political movements or politicians can save you or the world.

No gurus.

No ideology.

No system.

No future event.

One of the most liberating shifts of this stage is simple. You stop preparing for life.

You start living it. In every moment. This does not mean abandoning learning, reflection, or healing. But these for you are no longer places to be stuck and stay in endless loops.

They become tools, used when you need them, while life continues to unfold. Creation replaces correction in your life. As nothing is to be corrected anymore. You start Be.

Sovereignty is not isolation.

In earlier stages, many people withdraw. From society, institutions, or relationships. Sometimes this withdrawal is necessary. But sovereignty does not mean standing alone.

In fact, the third stage often brings a

renewed appreciation for connection. Not dependency, with no hierarchy. But collaboration between sovereign individuals. Communities that are formed through shared creation rather than shared opposition.

Stage 3 does not mean you will not have any further difficulties in life. The world is still unjust and looks crazy. The systems still exist. Personal challenges still arise. But something fundamental changes: Your life is no longer defined by reaction to them. You have learned to respond. Your energy returns to what you can build. Your attention moves toward what you can cultivate. Your presence becomes creative rather than defensive. You are not a victim of anything.

A different kind of power. The power of this stage is quiet. It is not loud in debates. It does not seek validation. It does not need to be convincing. It appears in everyday choices: How you relate to others. What you create. Where you place your attention. How you participate in the world. And how you choose to live, even in the presence of uncertainty.

Many people believe awakening is an end. But in truth, it is a beginning. The beginning of conscious participation in life, creating rather than reacting. This stage and beyond is the beginning of sovereignty, not as an idea, but as a lived reality. And from this place, something new becomes possible. Not an escape from the world. But there is a quiet emergence of new ways of living within it.

In this stage, you don't need to be perfect. This stage asks you something simpler. To live fully. In every moment. To be in the flow of life. To choose consciously with the ability to respond. With responsibility for your own life. In this stage, you are called to be a creator. And create. You are called to participate in the manifested world around you. And finally, to trust that sovereignty is not something granted by any system. It is something practiced in the small, daily acts through which life moves. Shine Bright!

LATIN AMERICAN SOUNDSCAPES: WHISPERS OF THE FUTURE

On Sunday, February 1, the Knight Concert Hall at the Adrienne Arsht Center became the epicenter of an unforgettable cultural experience as Latin American Soundscapes: Whispers Of The Future unfolded under the direction of the Miami Symphony Orchestra. More than a concert, the evening emerged as a deeply emotional gathering, a space where music transformed into memory, identity and collective hope.

Led by Maestro Eduardo Marturet, the program resonated profoundly with Miami's vibrant Latin American community. From the first note, the hall carried an atmosphere both electric and intimate. Audience members did not merely observe; they experienced. Many were visibly moved as the repertoire navigated themes of resilience, longing and freedom.



One of the most powerful moments came with Marturet's deeply personal composition, *Memorias de Un Bravo Pueblo*, a poignant reinterpretation of the Venezuelan national anthem, performed by the maestro himself at the piano. The hall seemed to hold its breath, united in silence before erupting into heartfelt applause.

The emotional arc intensified with a video message from Venezuelan political leader María Corina Machado, sparking a wave of unity and renewed energy throughout the audience, a reminder of how art and civic consciousness can intersect to inspire courage.





Standout performances elevated the immersive experience, including celebrated vocalist Lena Burke, tenor Eduardo Aguirre of The Tenors, five-time Latin Grammy winner Rodner Padilla, and the dynamic ensemble C4 Trío. The world premiere of Rosa Prima by Dr. Santiago Bonora introduced an innovative dimension, with living roses transformed into instruments alongside the theremin, joined on stage by actress and MISO Ambassador Athina Marturet.



As Arturo Márquez's iconic Danzón No. 2 brought the evening to a vibrant close, attendees departed carrying a single rose, a symbol that the music's message of hope and unity would continue long beyond the final ovation.



Images by William Benshimol & MISO Archive

RAMADAN AT DUBAI AUTODROME

An evening of elegance, reflection and cultural celebration unfolded at the Autodrome Ramadan Tent at Dubai Autodrome, where Lara Tabet was delighted to attend a truly special gathering in the heart of Motor City.

Set beneath a starlit sky during the holy month of Ramadan, the evening offered a refined, welcoming atmosphere that beautifully honored the season's traditions. The Autodrome Ramadan Tent transformed the iconic motorsport venue into a serene cultural space, inviting guests to pause from their daily routines and embrace the spirit of togetherness that defines Ramadan.

Soft lantern lighting, elegant décor and the gentle hum of conversation created a warm and intimate setting. Guests gathered around beautifully arranged tables, sharing traditional dishes and stories while reflecting on the values of generosity, gratitude and unity that the holy month inspires.

For Lara Tabet, the evening was more than a social gathering; it was a moment of meaningful connection. Surrounded by friends, community members and distinguished guests, she enjoyed thoughtful conversations and the sense of harmony that filled the venue.

Events like this highlight Dubai's unique ability to blend modern sophistication with deep cultural respect. The Autodrome Ramadan Tent provided a memorable experience, an evening where hospitality, tradition and community spirit came together in perfect harmony.



Images by Lara Tabet Archive

IFTAR AT QUEEN ELIZABETH II

An atmosphere of elegance and heartfelt tradition defined the memorable Ramadan gathering at which Lara Tabet attended on the legendary Queen Elizabeth II vessel. The special Iftar evening brought together guests for a celebration that beautifully captured the spirit of Ramadan, community, reflection and gratitude.

As the sun set and the call to prayer signaled the breaking of the fast, attendees gathered in the refined surroundings of the iconic vessel. The historic setting of Queen Elizabeth II added a unique sense of grandeur and nostalgia, blending maritime heritage with the warmth of Ramadan hospitality. Soft lighting, elegant décor and the gentle ambience of the sea created a serene and welcoming environment.

Guests enjoyed a carefully curated Iftar menu featuring traditional Middle Eastern flavors alongside international culinary touches. The evening was not only about exquisite cuisine but also about connection, friends, colleagues and distinguished attendees sharing meaningful conversations and moments of reflection.

The Ramadan Iftar aboard the Queen Elizabeth II will be remembered as a truly special night where history, elegance and the spiritual essence of the holy month came together beautifully.



Images by Lara Tabet Archive

AIBC EURASIA EVENT

At the vibrant gathering of AIBC Eurasia, Lara Tabet was among the notable figures engaging in thoughtful dialogue about the future of innovation, investment and international collaboration. The event brought together visionaries, innovators and industry leaders from across the globe, creating a dynamic environment where ideas flowed freely and meaningful partnerships began to take shape.

Throughout the day, Lara Tabet participated in inspiring conversations that explored how emerging technologies are reshaping industries and redefining opportunities for global cooperation. Panels, networking sessions and informal discussions highlighted the importance of collaboration between entrepreneurs, investors and forward-thinking institutions.

What made the day particularly memorable was the spirit of openness and curiosity shared by everyone present. From discussions on digital transformation to insights into future investment landscapes, the event served as a platform for exchanging perspectives and building connections that extend far beyond the conference floor.

For Lara Tabet, the experience reflected the true essence of global innovation communities: people coming together to exchange knowledge, challenge ideas and inspire one another to think bigger.

Events like AIBC Eurasia remind participants that the future of technology and investment is not built in isolation, but through collaboration, dialogue and shared vision.



Images by Lara Tabet Archive

AN EXQUISITE EVENT AT MADINAT JUMEIRAH

An evening of elegance and artistic inspiration unfolded in Dubai as Lara Tabet attended a refined gathering at the remarkable Theatre of Digital Art, located within the iconic Madinat Jumeirah. The event was an exquisite celebration that brought together creativity, friendship and the powerful energy of women supporting women.

Set within the immersive digital environment of TODA, the evening blended art, light and emotion into a truly captivating experience. Guests were welcomed into a dreamlike atmosphere, with vibrant projections surrounding the space, transforming the venue into a living canvas of color and movement. The artistic setting provided the perfect backdrop for meaningful conversations, shared laughter and memorable connections.

The gathering brought together a group of inspiring women from diverse creative and professional backgrounds, each contributing to the evening's spirit of empowerment and collaboration. It was not simply a social occasion but a celebration of community, a moment to pause, reflect and appreciate the strength that emerges when women uplift one another.

The evening highlighted the beauty of genuine connection and the joy of shared experiences. Amid art, elegance and warm companionship, the event left guests with lasting memories and a renewed sense of inspiration, a reminder that creativity and friendship can transform an ordinary night into something truly unforgettable.



ATHENS FASHION TRADE SHOW

In the ever-evolving landscape of global fashion, Athens Fashion Trade Show (AFTS) stands as a strategic crossroads between creativity and commerce. As the leading B2B fashion exhibition in Greece and Southeast Europe, AFTS has become an essential destination for industry professionals seeking new markets, fresh talent and meaningful business connections, all set against the cultural backdrop of Athens.

Held twice a year, the trade show is dedicated exclusively to fashion professionals, positioning itself not as a spectacle, but as a serious business platform where trends translate into transactions.

The Athens Fashion Trade Show brings together a carefully curated mix of womenswear, menswear, footwear, accessories, resortwear, children's fashion and contemporary labels. From established brands with strong retail presence to emerging designers presenting forward-looking collections, the exhibition reflects both the commercial backbone and the creative pulse of the industry.



A key highlight is the “Fresh” area, dedicated to new and upcoming designers, offering buyers early access to innovative concepts and future market leaders. This balance between experience and experimentation has become one of AFTS’s defining strengths, attracting buyers from Greece, Cyprus, the Balkans, the Middle East and other international markets.

Each edition of the Athens Fashion Trade Show hosts hundreds of participating companies, spanning apparel, shoes, bags, accessories and fashion services. Greek brands play a central role, showcasing the country’s growing design identity, craftsmanship and export potential, while international exhibitors contribute a global perspective and commercial diversity.



Beyond fashion labels, the show also welcomes textile producers, manufacturers, fashion technology providers and creative studios, creating a complete ecosystem that supports the entire fashion value chain. For exhibitors, AFTS offers visibility, networking and access to decision-makers in a focused, professional environment.

The Athens Fashion Trade Show is organized by Fashion News S.A., a company with long-standing expertise in fashion publishing and event organization. With a clear understanding of the industry's needs, the organizers focus on creating a trade show that prioritizes business efficiency, international outreach and high-quality attendance.

In collaboration with ROTA S.A., one of Greece's most established exhibition organizers, the event benefits from strong operational support, seamless logistics, and professional exhibition standards. Together, they ensure that AFTS remains aligned with international trade fair expectations while maintaining its distinctly Mediterranean identity.



The show took place at Metropolitan Expo, Athens' largest and most modern exhibition center, located next to Athens International Airport "Eleftherios Venizelos." The venue's strategic location makes it easy for international visitors to access. At the same time, its spacious halls, modern infrastructure and high-end facilities provide an ideal setting for large-scale professional events.

During the exhibition days, Metropolitan Expo transforms into a vibrant marketplace of ideas, collections and negotiations, a space where fashion professionals move efficiently from stand to stand, building partnerships and shaping upcoming seasons.

Beyond its commercial role, the Athens Fashion Trade Show serves as a reflection of the region's fashion momentum. It highlights Greece's growing influence as a creative and commercial hub, while strengthening Athens' position on the international fashion map.

For brands, buyers and industry leaders, AFTS is not simply a date on the calendar; it is a strategic meeting point where business, design and opportunity converge, reaffirming that fashion, at its core, is both an art and an industry.



Images by ArtPhotography4U

EXPOTROF

Expotrof 2026, a testament to over a decade of unwavering presence in the Greek food sector, showcased the strength and authenticity of Greek gastronomy through an exclusive and dynamic program of activities. These activities were meticulously designed to highlight the products of exhibitors.

From January 30 to February 1, 2027, Expotrof welcomed visitors to the MEC venue in Paiania. The exhibition featured a diverse range of artisanal, small-scale producers and delicatessen brands that exclusively participated. The three-day event also attracted key representatives from the retail, food service, tourism and hospitality sectors, creating a vibrant platform for networking and commercial agreements.



A standout feature of the exhibition was the specially designed Buyers Square. This area provided exhibitors with the opportunity to present their products directly to Greek and international buyers through pre-scheduled B2B meetings. Selected buyers from various countries, including Romania, France, Germany, the Czech Republic, Singapore, Canada, Poland, Italy, the United Arab Emirates, Cyprus and Greece, attended the event. They were eager to discover distinctive Greek products and explore new trade partnerships.



Expotrof remains committed to its mission of promoting premium Greek products through innovation and hosting enriching gastronomic events. The exhibition continues to offer exhibitors valuable opportunities for growth and international expansion.



Images by Thanos Georgiou

ART AWARDS 2026 BY DREAMTEAM

For four consecutive years, the grand opening of the major Art celebration #LOVE4ART and the Awards Ceremony of the Pan-European Fine Arts Competition ART AWARDS by Dreamteam took place in a dazzling evening that has now become an established institution and a point of reference for artists across Europe. For yet another year, the entire #LOVE4ART cultural initiative was held under the auspices of the Greek Ministry of Culture and the Municipality of Athens.

“Dreamteam promotes culture and the Arts through the organization of events, while its core social mission focuses on supporting children, the environment and animals, aiming to create a better world.

For a better world, Dreamteam recycles remaining fabrics from the fashion industry and Greek designers to create the fabric toy #oneiraki, which it donates to children living under challenging circumstances, offering them joy and hope. At the same time, Dreamteam advocates for the institutional rights of all animals through the initiative #lovethestrays and carries out both international and domestic environmental actions through #love4gaia.

Art is a fundamental supporter of Dreamteam’s social mission and the promotion of culture is one of the main pillars.”

The Art Awards by Dreamteam is a competition in Painting, Sculpture and Mixed Media, designed to highlight talent and provide artists with the recognition they deserve.

The competition runs for three months. The evaluation process is conducted by a twelve-member Jury Committee, as well as by the public, who interact and vote for one month.



The Jury consists of distinguished and internationally recognized figures in the Arts, including:

- Dr. Vassilis Arapis, PhD in Philosophy of Science, Sorbonne University
- Grigoris Vasileiou, renowned sculptor
- Kostas Evangelatos, art theorist, visual artist, and author
- Dr. Giorgos Kakavas, Honorary General Director of Contemporary Culture, Ministry of Culture
- Aristotelis Karantis, art curator
- Anna Kontoleon, Personal & Business Coach and exhibition curator
- Dora Loizou, singer, Vice President of the Women’s Entrepreneurship Committee of the Athens Chamber of Commerce and Ambassador of Dreamteam
- Dr. Christina Moura, distinguished Doctor of Arts
- Spyros Poros, internationally acclaimed Greek photographer
- Stavros Stathopoulos, historian and cultural memory curator
- Stelios Tantouris, visual artist and Board Member of “Attikos Politismos.”
- Giorgos Christou, Honorary President of Zappeion Hall and author

Award Winners

Artist of the Year – Fotini Birba

Sculpture

- 1st Prize – Nikolaos Tsalamatás
- 2nd Prize – Timoleon Tsilis
- 3rd Prize – Gioris Papakonstantinou

Mixed Media – Digital

- 1st Prize – Anastasia Rodinou
- 2nd Prize – Daniela Nikolova
- 3rd Prize – Stella Kyriakou

Figurative Painting – Mixed Materials / Digital

- 1st Prize – Daniela Nikolova
- 2nd Prize – Mari Iliadi
- 3rd Prize – Antonis Alivrouvas (Printmaking)

Figurative Painting – Acrylics

- 1st Prize – Fotini Birba
- 2nd Prize – Katerina Grigorakou
- 3rd Prize – Christos Bitsaxis

Figurative Painting – Oil

- 1st Prize – Athena Tzei
- 2nd Prize – Eleni Atzemi
- 3rd Prize – Mary Striftou

Audience Awards

- Painting – Anastasia Paraskevi Daouti
- Mixed Media – Digital – Vasiliki Roupa
- Sculpture – Olga Maneta

Special Awards

- Dreamteam Genesis Award – Dimitris Georgiou

- Creative Award – Vasiliki Petrakopoulou
- #LOVE4ART Award – Toros Aram
- Ceremony Award – Dimitris Georgiou
- Platinum Award I – Ioannis Artinopoulos
- Platinum Award II – Dr. Christina Moura



Award Presenters

The awards were presented by distinguished individuals serving the Arts either professionally or institutionally, as well as supporters of Dreamteam's social mission, including:

- Eleni Dimou, a renowned singer
- Spyros Bibilas, Member of Parliament (Athens) and Vice President of the Greek Actors' Association
- Anna Kouri, acclaimed actress
- Roxanne Bei-Karambotsou, President of OPANDA (Athens Municipality)
- Makis Delaportas, actor and President of the Cultural Committee of Elliniko-Argyroupoli Municipality
- Nikolaos Korovesis, Deputy Regional Governor of Ilia
- Marina Stavraki, President of SDG17 Greece & Cultural President of Lykovrysi-Pefki Municipality
- Giannis Vasileiadis, entrepreneur & President of KYANA
- Stelios Kalathas, actor, director & acting coach
- Erotokritos, renowned fashion designer
- Anthimos Ananiadis, actor, director & producer
- Rita Pikrou Moraitaki, Regional Councilor for Parks & Animal Welfare (Attica)
- Dimitris Giotis, actor
- Vicky Papageorgopoulou, Vice President of Who is Who International Academy & Awards

- Mary Charalambidi, President of Elefsina Municipal Council
- Panagiotis Sfaelos, Secretary General of the European Association of Journalists (Hellenic Section) and Vice President of Hellenic Media Group
- Giorgos Skolarikos, publisher & co-founder of Dreamteam
- Giorgos Gouvas & Errika Gouva

Event Highlights & Production

The ceremony featured professional performers from the "Chororama" Dance School under the direction of choreographer Annie Konstantinou.



Images by Thanos Georgiou

ZODIAC READINGS

**MARCH
2026**



TAROT READINGS BY S

ARIES

They come off as enemies but they turn out to be your friends/lovers. A lot of passion and intense moments. For some of you this means that a loved one appears from the past.

TAURUS

Confrontations with either your kids or people that are close to you and you love them a lot. Don't worry because everything will get back to normal soon.

GEMINI

Things work better for you this month compared to the previous one. Traveling, luck and a lot of opportunities.

CANCER

You've suffered a lot so far. Things are getting safer and more stabilized on that field. No more insecurities either in love matters or in career matters.

LEO

This is not an ideal month for you. A lot of fights and confrontations all over the place. The good news is that you know who your enemies and friends are.

MONTHLY INSIGHT

The confrontational spirit of February continues in March as well. Try to see things from a distance.

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

First Meaning: this is not a good month. You need to be extra careful. It's either you won't be able to see things clearly and you will become delusional or the others around you will. Try to see things from a distance.

Second Meaning: after a long time of absence, your significant other comes back to you with pure feelings.

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

LIBRA

Although this is a very confrontational month, you handle everything exceptionally well. Some of you may also receive extra help from people that care about you deeply.

SCORPIO

It's either you deal with people who are lying to you or you lie to them. Either way, this month has a lot of emotional blockages. You won't be able to express your emotions easily. For those of you in a relationship, don't assume things will improve, even if they seem better at the moment. It is temporary. Also, try to budget a little more this month.

SAGITTARIUS

Things are not getting better this month. You may get disappointed, and things don't really go your way. Beware of double-faced people with ulterior motives. But for those of you who have had difficulties in your love life, things are starting to improve!

CAPRICORN

You've been through a lot but things are getting better! You will absolutely get what you wished for, though it may be a little delayed or not as satisfying as you'd like.

AQUARIUS

First Meaning: through a lot of confrontations, you will be able to shine in the end!

Second Meaning: things are not working well in your love life. There is no future here. This relationship is not going to work.

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

Be extra careful. Somebody may betray or harm you, and you might seek revenge.

For a personal tarot reading email me here:
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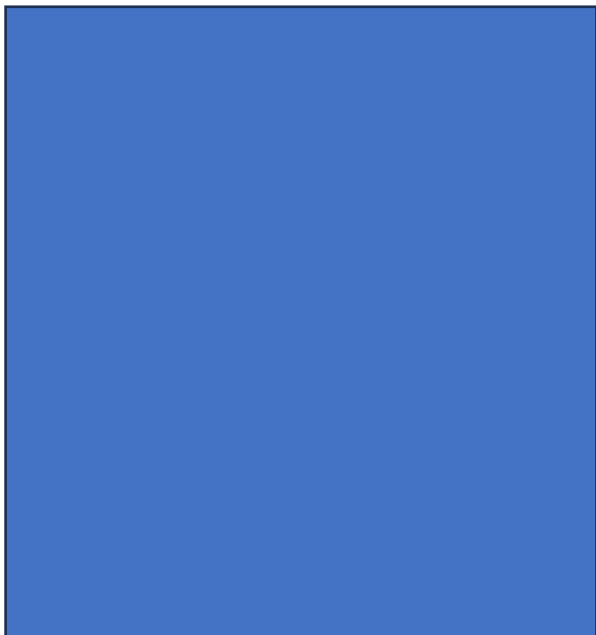
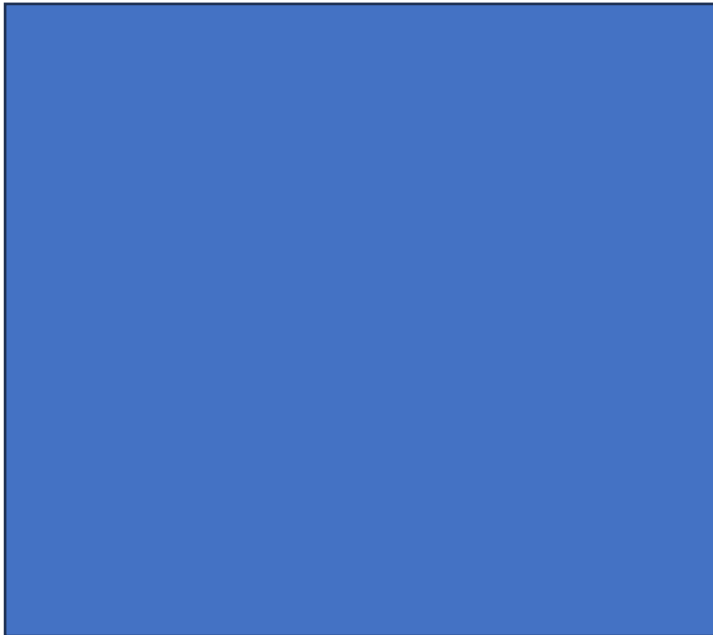
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