

# MM

Fall/Winter 2022-2023

## CULTURE

THE FINANCIAL  
OUTLOOK FOR 2023

TONY HUANG  
INTERVIEW

## FEATURE

THE EVOLUTION  
OF MEN ON TV

EXAMINING  
THE EU'S FUTURE

## LIFESTYLE

THE DEFINITIVE  
WINE GUIDE

## FASHION

THE ULTIMATE GUIDE  
TO FALL AND WINTER  
STYLE

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**Publisher &  
Founder**

David Adam Nole

**Editor-in-Chief**

Joseph Lehmann

**Society Editor**

Connor Bryant

**Culture Writer**

Jonathan Garcia

**Lifestyle Writer**

Mackenzie Aiello

**Health & Wellness  
Writer**

Molly Adams

**Style Writer**

Daneal Rozman

**Contributors**

Brian Dailey

Tony Logan

Justis Nieves

Nicholas Zalewski

**Design Director**

Samia Goodwyn

# Sommet Dame

The Contemporary Woman's Guide To Life





# Modern Treatise

The Intelligent Nexus For  
Domestic Politics And Global Affairs

[modernateise.com](http://modernateise.com)

## Publisher's Note

The last few years have been a trying time for the world. We've survived a global pandemic and dealt with the social and economic ramifications of the sacrifices and changes made for us to come out on the other end.

When it comes to Man of the Hour, it gave us a chance to rethink the reason and the purpose for our digital platform and the annual print edition.

We decided that the digital platform would continue to be a source of lifestyle content for our 25-to-34-year-old gentleman readers. Yet, we would expand our depth and scope of content to include wellness and professional development topics to assure that our readers can be the best version of themselves as individuals and to be functioning contributing members of society.

It is also important to note that Man of the Hour's digital platform will continue to introduce our readers to new and exciting people and media in the arts ranging from engaging television series and contemporary films to musical artists pushing the boundaries of sound and must-read literary fiction and non-fiction writers. Plus, we feature podcasters and vloggers who entertain and educate us about every facet of life.

Nevertheless, we maintain a commitment to keeping our readers suited and booted with the best gentlemanly styles that complement their lives and the technology to keep them ahead of the pack in life.

That brings us to our annual print edition. Our debut magazine MH Style was the extension to the digital platform featuring longer-formed articles and a more aspirational luxury approach to life. Plus, our in-depth features delved into some of the social and cultural topics of the day.

After a brief hiatus, MH Style is back. Yet, it has been rebranded as simply Man of the Hour to better create symmetry between the print magazine and digital platform. The new and improved print edition of Man of the Hour will continue to present in-depth stories and aspirational luxury features. Yet, it will also be a time capsule for what was and is essential to men that year. Overall, as the first Gen Z men turn 25 and join the ranks of our readers, we will continue to develop and redevelop our content strategy across both the digital and print editions to reflect the ever-evolving growth and changes for men in society.

As the founder and publisher of Man of the Hour, I hope the updated print edition and the digital media platform represent the best of the Millennial and Gen Z in an age of unprecedented change. I also hope it inspires our readers to further develop and refine their tastes in life. I dedicate the second edition to the emerging generations of sophisticated men who are the next moves, shakers, and tastemakers in the world.

David Adam Nole, Founder & Publisher



## **Letter From The Editor,**

Undeniably, this has been one of the hardest times to live through in recent memory. All over the world, we are experiencing extreme changes in weather, clashing political spectrums, the uncertainty of how we can afford to keep living in our homes, or even buying a home in the first place. Underneath all of that is the presence of fear everywhere one could and would go. You often think that you have the wrong opinion or idea on a subject, you feel out of place at work or at home, and you don't know what kind of future you foresee for yourself and the people you know and love, with the return to in-person working while the effects of COVID-19 still linger.

If by any chance you feel any one of these examples, take great care to know that you are not alone.

I believe what helps make a well-rounded man is the feeling of being together, of understanding one another, and how we can explore new ways of improving ourselves and each other. Most notably in the fiction we consume, the characters we latch onto are those in power, drawn to it, or beginning to claim it for their own purposes. While the ambition for power is not inherently a negative trait to have, violence and other illegal methods are usually thrown into the mix. I for one can sense a new change on the horizon as to how men treat one another and themselves. The periods of isolation from the dawn of the decade have put a damper on our connectivity and our chances to make new friends and acquaintances, to discover the beauty and excitement of the world we all live in.

This volume is a very special edition as we offer features from experts who deal in finance and new experimental herbs and roots to enhance both your money skills and your body, a look at how many leading male characters and archetypes have changed over the years in television, an informative take on the U.K.'s role in European politics to expand your geopolitical knowledgeability, and the latest in high fashion that you can get you started on this season, along with additional articles written by our extraordinary regular writers.

Thank you very much for reading and enjoy yourself.

Joseph 'J.' Arthur Lehmann, Editor-in-Chief

# BE HUMBLE WITH THIS HUMBLE ABODE FURNITURE



## 1. RANNÄS TV Unit

No matter the size of your home, a sophisticated multifunctional storage and TV unit can help tie together any room. Ikea's Rannäs TV Unit provides a clean 'matte and tactile surface' for any TV and other decorative collectables.

The added storage in this unit truly sets it apart from other TV benches, as it was created with discreet details to ensure tidiness. The underside of this unit has a built-in cable management net that helps keep cables in place and keeps them out of sight. The storage cabinets are also designed to store any electric equipment with the doors closed, because any remote can still function with the center smoked glass door.

The 'slender lines and stylish handles' of the Rannäs TV Unit makes for the perfect TV space and storage space for only **\$400**. ([ikea.com](https://www.ikea.com))

## 2. Hive Modern Chiara LED Floor Lamp

To incorporate classic lighting and design into any room, the Chiara Floor lamp is quintessential. Impeccably designed by Mario Bellini for contemporary lighting company Flos in 1969, this lamp's silhouette is nothing short of iconic. Known for being a simple sheet of polished stainless steel that is cut and rolled into a cylinder, the 'origami-like' structure cleverly disguises the light source.

This re-edition of the Chiara Lamp utilizes cutting-edge technology to unite two earlier designs to form one with an ultra-modern look. Updated since its creation, the Modern Chiara lamp has also been redesigned to include an LED light. This powerful light is reflected and diffused by its 'hat' design, which is supposed to resemble a nun's wimple and veil.

This Italian-crafted lighting piece is now available in its original design size, plus a smaller model in an array of finishes. From aluminum with anthracite edges, dark gray with olive green edges, to pink gold with red edges, the Chiara Lamp can blend in any space.

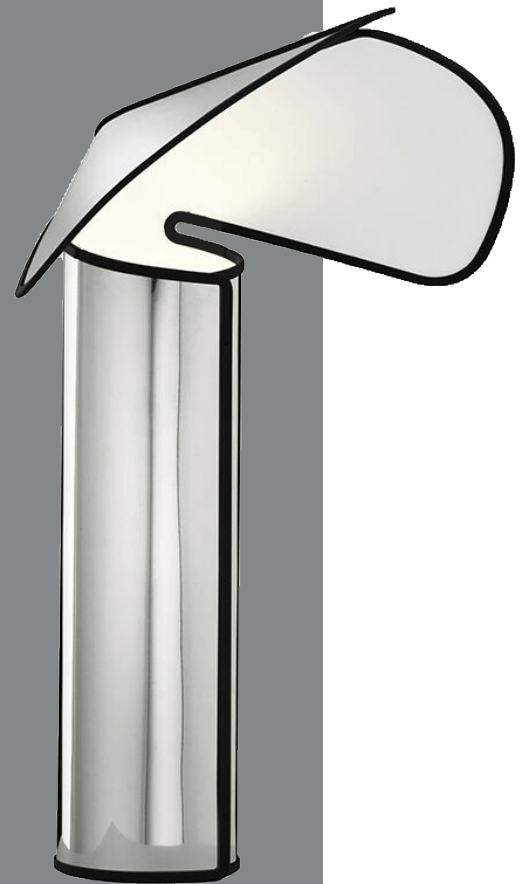
For just **\$2,895**, this simplistic yet elegant lamp can remain timeless in your home for decades to come. Lighting both your home and your future. ([hivemodern.com](http://hivemodern.com))

### 3. Le Bambole Armchair

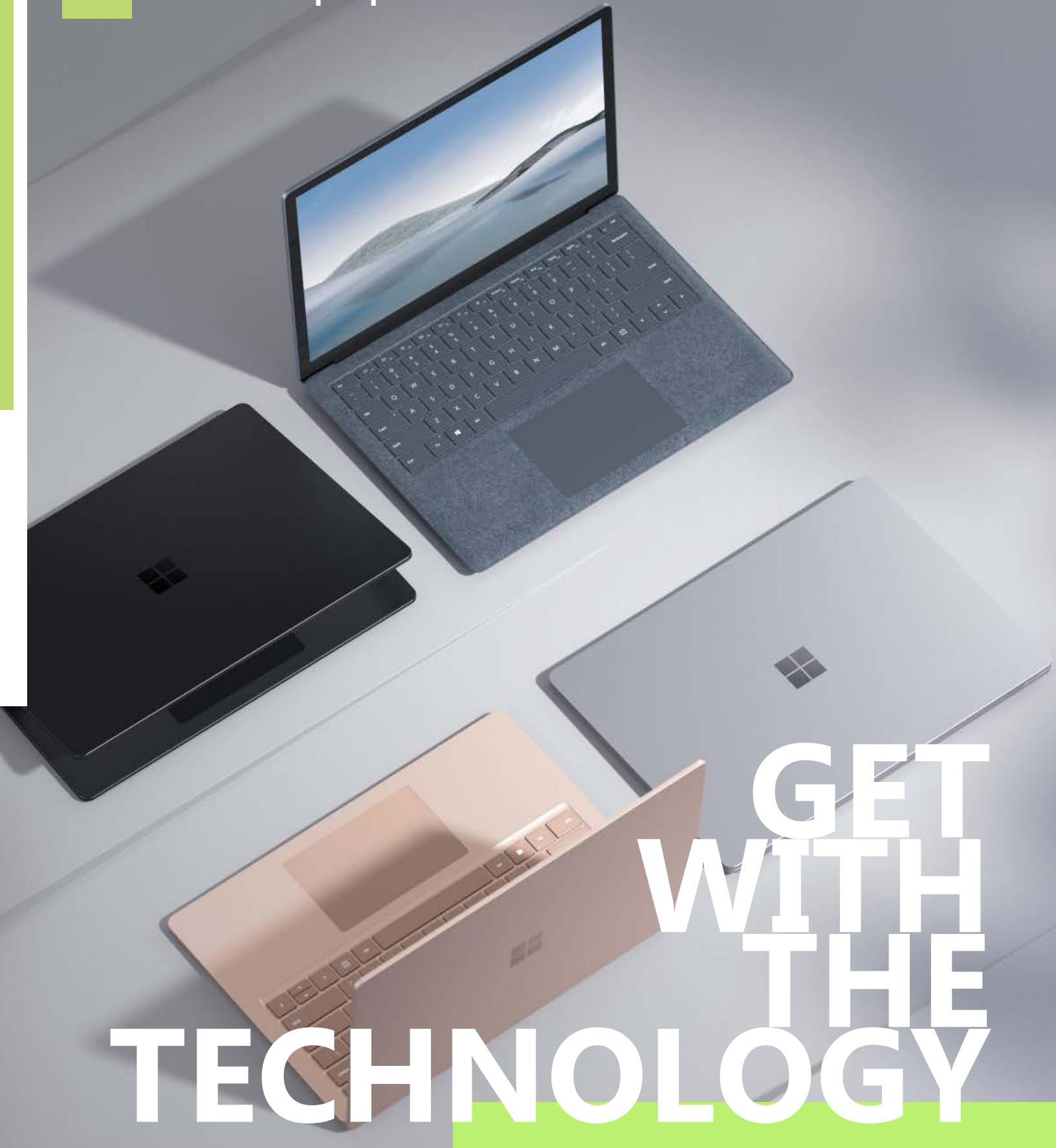
Crafted by internationally renowned architect and designer Mario Bellini, the Bambole Armchair effortlessly combines timelessness and creativity. Just a few years after its release, this armchair was awarded with the Compasso d'Oro, which recognizes outstanding industrial design.

What makes this seating option unique is the 'absence of a load bearing structure,' which helps contribute to the natural shape and overall comfort. The fabric or leather cover is available in over one hundred colors, guaranteeing to match your existing decor.

Starting at **\$4,825**, the Bambole Armchair is the perfect addition to any space, as it continually merges comfort and style. ([bebitalia.com](http://bebitalia.com))



1. Surface Laptop 4



battery life, and a MagSafe charger for faster wireless charging.

The Pro camera system is another feature that sets this new iPhone apart. The new autofocus system allows you to shoot macro photos and videos, while also having a wider aperture and the largest sensor yet, that captures up to 2.2x more light. The optical zoom feature gives new framing options, like closer ups. While also improving technology for sharper, and more detailed photos and videos in any light.

You can also unleash your inner cinematographer with Cinematic mode, which lets you shoot 'with shallow depth of field and automatically adds elegant focus transitions between subjects.' This mode supports Dolby Vision HDR, allowing you to record, edit, and publish any recorded content straight from your iPhone. The Super Retina XDR displays better graphics, and better color fidelity. The iPhone 13 Pro Max is without a doubt the perfect upgrade for your next smartphone. **(Starting at \$999 | [apple.com](https://apple.com))**

**M**icrosoft's Surface Laptop 4 is reinventing the idea and efficiency of the laptop. Both available sizes are ultra-thin and light, and open with an 'invisible hinge' you can open with one finger. Once the screen is revealed, your face will instantly sign-in using the Windows Hello facial recognition technology. Once signed in, you'll be met by PixelSense, the touchscreen made for split-screen multitasking and streaming.

The Surface 4 can power your productivity all day long, with exceptional typing comfort and all-day battery life. Also included is Microsoft 365 and other creative apps, and access to fast browsing with Microsoft Edge.

All this cutting-edge tech is made possible with this laptop's two processors, which includes 11th Gen Intel Core and custom AMD Ryzen. This combination creates exceptional laptop performance, spanning from 'a smooth flow across browser tabs, and fast multitasking speed across all your applications.' Ultimately making the Surface Laptop 4 the absolute best laptop option for every professional, student, and streamer alike. **(Starting at \$799.99 | [microsoft.com](https://microsoft.com))**

## 2. iPhone 13 Pro Max

iPhone 13 Pro Max is your latest answer to what the future of iPhone tech looks like. Included is the fastest chip ever inside a smartphone, alongside the new 5-core GPU, which helps deliver 'faster graphics performance for immersive games, advanced camera features, and more.' The battery life with the 13 Pro Max has also been reinvented, with up to 2.5 more hours of



Words By: Mackenzie Aiello



# Aspirational Vehicle

A true sense of luxury is so difficult to create that it can only be achieved by very few items. The excitement that stems from a quality product that is both exclusive and sustainable is unmatched to anything available on the market. One potential belonging that fills these luxury requirements is the Bentley EXP 100 GT.

Commemorating the 100-year anniversary of the Bentley brand's existence, this vehicle was released to showcase a new futuristic approach to Extraordinary Journeys. This vehicle has the power to show any driver the future, as it 'explores how grand touring could look in 2035.'

This riding experience is so distinctly unique because it is inspired by the elements of travel. Those who testdriven it beforehand described the feel as 'the light above you, the air around you and the earth beneath you – it is designed to stimulate all the senses to enhance the wellbeing of everyone who travels in it.'

Grand touring has always been a part of what Bentley represents and will continue to. The EXP 100 GT is helping to continue this aspect of the brand's identity, as it includes a feature that allows for fully autonomous electric driving. Also included is the capability to take the wheel and appreciate the traditional luxurious driving experience with Bentley.

To further the futuristic experience of this concept car, the idea of Artificial Intelligence is optimized to create a more personalized journey. Four modes comprise this personalized feature, ranging from Capture and Re-Live modes, which can capture and replay the sights and sounds you experience. The Enhance mode helps to maximize the driver's capabilities, and the Cocoon mode helps create a tranquil space.

Aside from the extensive technological additions, this car has an astonishing appearance, both inside and out. The EXP 100 GT has been given a 'dramatic' new face, as well as two-meter-wide doors that create the ultimate entrance that opens upwards. The splendor of this vehicle continues with a glance into the interior, which is designed with extraordinary materials. The craftsmanship is unlike no other, with materials sustainably sourced from all over the world. To get a better vision of the interior experience, a simple understanding of all materials utilized will help to envision the true craftsmanship of the EXP 100 GT.



The finest wood is used in this car, with a wide range of veneers curated by the Bentley wood experts. Traveling all over the world to find the most unique colors and patterns, with particular elegant grains such as straight grain of Koa to the light color and delicate markings of Tamo Ash.

The rich red-brown Liquid Amber veneer is sourced from the American wetlands, where the American red gum tree can be found. In addition to the refined beauty, each piece of wood used is ethically sourced, and expertly tested to ensure that it matches Bentley's high quality and sustainable standards. Such standards include only using a tree if it has fallen naturally, and a new one is swiftly planted in its place.

To enhance the natural beauty of the wood in this concept car, any open grain, knots, and cracks of the wood are filled with received copper. This aspect of the design is inspired by the Japanese art process known as Kintsugi.

Aside from wood, metal and stone are also used in the EXP 100 GT's fascia. Carbon fibers add a 'contemporary, sporting feel, and this can also be interwoven with polished metals such as copper and titanium, for an eye-catching technical look.' The three limited edition available looks were commissioned with the oldest Bentley coachbuilder Mulliner, inspired by the engine spin finishes popular in the twenties and thirties. All components were made with incredible turned aluminum. To further personalize the inner cabin, there is also





an option to commission a natural finish, made out of either slate or quartzite.



The revival of cloth is also reemerging with this vehicle since its presence in jazz-age Bentley's. Since then, cloth was only used on bespoke commissions by Mulliner, or vehicles built for the British Royal Family. The cloth used helps to achieve the cabin's harmonious feel, with the expertise from the Gainsborough Mill, where British fabric weavers took over a century to perfect a stunning Cotton Damask. It was there that sophisticated ombré gradation was crafted.

Leather found in the EXP 100 GT also contributes to the continuous luxury feel of the cabin. Before reaching the Crewe factory, the leather starts at high altitudes in Northern Europe, where cattle graze. This location diminishes the possibility of insect bites, which can cause blemishes to the car, not just you. A refined tanning process follows, where the hides can retain their natural leather aroma. While curved areas like seats are covered with sections with high natural elasticity. Guaranteeing the perfect finish in every section of the cabin.

Utilizing the finest high-quality and sustainable fine leather, wood, and metal, this aspirational vehicle exudes splendor. To stay on par with a bona fide gentleman, investing in the Bentley EXP 100 GT is the perfect way to fortify this type of mindset. Surround yourself in grandeur, stylishly.  
**([bentleymotors.com](http://bentleymotors.com))**

**Words By:** Mackenzie Aiello

Ernest Hemingway once said, "Wine is one of the most civilized things in the world and one of the most natural things of the world that has been brought to the greatest perfection, and it offers a greater range for enjoyment and appreciation than, possibly, any other purely sensory thing."

One of the most celebrated American authors of the last century neatly ties together, in the most earnest of fashions, the value a wine of quality can offer. An intentionally curated bottle of wine can represent life's greatest treasures while adding value to our own. Developing an understanding of wine and curating a diverse collection is like owning a drinkable encyclopedia full of world history, culture, and some of life's sweetest memories.

# THE DEFINITIVE WINE GUIDE

# REDS

'Vin de rouge' is velvet and romance that powerfully expresses itself with aromas and flavors, sharing a connective regional narrative, becoming more intransitive with each sip. Red wine is made from red grape skins that are left on what's called the 'must', or the pressed grape juice, and macerated. This technique allows the wine to develop structure, alcohol, flavor, and tannins (most associate with red wine). Different red grapes provide different aromas and tastes of fruit, spices, herbs, earth ('terroir'), as well as body and acidity.

Madeline Puckett, co-founder of Wine Folly, an educational source in online and physical form for everything and anything

wine once said, "there's basically four steps to tasting, you look at the wine, smell the wine, taste the wine, and think about the wine". Observe the color, hue, and overall viscosity of the wine. Smell the wine, swirl within the stemware to introduce oxygen and allow aromas to open, and don't worry about looking pretentious this important to help activate those senses. Try and identify three main fruits i.e. strawberry, cherry, raspberry and as your tasting progresses more specific notes will naturally come through, also note that no observation is wrong as it's always personal and subjective. After that, taste your wine. Get a nice mouthful, breathe in through your mouth and exhale through your nose to observe the alcohol level, mouthfeel, and any additional smells as well as the tannin structure (that grippy sensation on the side of the cheeks from grape skins and stems commonly found in red wines). Here are just a few of Man of the Hour's favorite premium red wine selections for you to try and surely fall in love with.

- **Pinot Noir - Common Tasting Notes** - Tomato leaf, beet root, pale cherry, blackberry, cola, plum.



## Louis Jadot Pommard 2018 - Burgundy, France - \$75

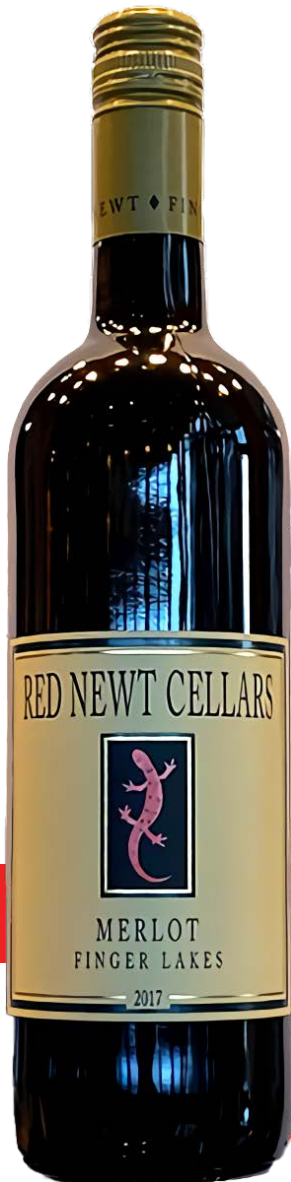
Since 1859, Louis Jadot Pommard has been creating exceptional Burgundian style wine and this bottle of Pinot Noir is the proof in the pudding. This bottle, best served slightly chilled, has a beautifully soft body with an almost translucent garnet red through the glass. You'll notice a pleasant cherry, plum, and ripe raspberry that becomes enveloped in oak, earthy notes of soil, and polished leather. Pick up a rack of lamb or a filet of Alaskan salmon for the grill, roast up some red bliss potatoes finished with sage and rosemary, and you have the perfect match up. You can find this bottle for around **\$75** at Wine Searcher's main website. ([lovejadot.com](http://lovejadot.com))

## 2016 Heitz Cellars - Napa Valley, California - \$60

You've found yourself on the West Coast surrounded by orange groves while enveloped by a cool Pacific breeze. After stopping by Model Bakery for a warm slice of pizza and grabbing a piece of fresh cherry pie for the road, a delicious cab to accompany it is a must and Napa Valley won't take 'no' for an answer. Heitz Cellar 2016 Cabernet Sauvignon has your back. This velvety dream is full-bodied and deep ruby red in color with tantalizing smells of cooked cherry, fresh vanilla, and raspberry. After smelling it, you won't want to wait another second to experience the tastes of silky chocolate covered

blueberries, cherry compote, and slight cranberry notes with leather and oak on the finish. Keeping it simple with a perfectly grilled ribeye steak would be a terrific pairing, that is it's not all gone before it's off the grill. ([heitzcellar.com](http://heitzcellar.com))

- **Cabernet Sauvignon - Common Tasting Notes** - Bell pepper, green olive, herb, cassis, black cherry.



3.

## Red Newt Cellars 2017 Merlot - Seneca Lake, New York - \$22

A lovely example of a wine's ability to express terroir. These grapes are grown on the east side of Seneca Lake in New York surrounded by one of the most beautiful places on Earth. Expertly made by head winemaker James Kelby Russel, the **\$22** 2017 Red Newt Merlot comes jammed packed with beautiful expressions of mouthwatering cherries and strawberries with subtle notes of fresh vanilla. It finishes with soft tannins that are cushioned together by a mellow medley of green herbs. A wine meant to be sipped just after that perfect bite of gorgonzola stuffed chicken breast with a side of sauteed mushrooms and garlic. ([www.rednewt.com](http://www.rednewt.com))

- **Merlot - Common Tasting Notes** - Watermelon, strawberry, cherry, plum



2.

# WHITES

'Vin de blanc' is best enjoyed chilled and opened on a sunny day with light foods like fish, some poultry dishes, and vegetables. White and red wine production methods are similar with a few key differences. One, the skins are taken out of the must (smashed grapes) and are commonly aged in stainless steel vats, some are aged in oak barrel. A good example of oaked white wine is a chardonnay from California, for instance. White wines come with many intricacies, like red wine, and can show unique flavors and smells but starting with the most common characteristics found in popular grape varieties is a good start. Flavors and aromas like stone fruit (peach, apricot), citrus (lemon, lime), herbs

(sage, thyme), minerality (salt, rock, slate), and flowers (rose, white flowers) are all strong examples.

Writing your tasting notes down on paper will help tremendously, try WSET's (Wine and Spirit Education Trust) easy to follow wine tasting notes sheet. This is an easy way to keep record of what's happening during wine tasting, DIY sheets are easy to make too. It would ideally include how the wine looks at first glance – the intensity, main color, viscosity, how the wine smells – intensity, the fruit/herb/oak/earth notes, how the wine tastes – the sweetness, acidity, tannins, alcohol, body, and other notes including fruit. Additionally, making a section for the wine's specific label details would be useful for personal records.

- **Sauvignon Blanc – Common Tasting Notes** - Grass, herb, citrus, pineapple, peach.



4.

## Domaine Begude - Limoux - \$16

Domaine Begude is where treasured and underrated French white wine resides. The vineyard is in the city of Limoux, a benign yet beautiful city part of the ancient Languedoc province region in southern France and vineyards here are famous for being pioneers of sparkling white commonly known as Blanquette de Limoux. This Domaine Begude 2021 Sauvignon Blanc is quite possibly the quintessential standard for sauvignon blanc. It's a wine that gets more and more addicting as the bottle gets lighter, and it's only **\$16**. As you pour the glass, you'll notice vibrant scents of lemon skins, fresh peach, and melon. That first sip is like biting into a succulent pink grapefruit covered in lime zest and minced green herbs. It'd be a crime not to shuck a few oysters with this bombshell of a wine. ([domainebegude.com](http://domainebegude.com))

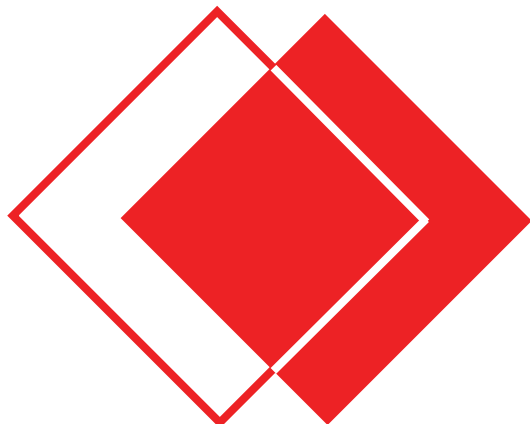
- **Chardonnay – Common Tasting Notes** - Green apple, citrus, pineapple, papaya

## Chablis Vendanges Terroir de Fleys

Looking for an incredible journey through ancient Burgundian vines? Look no further, Patrick Piuze's Chablis Terroir de Fleys has your back. The vintage that Man of the Hour had the pleasure to relish in is currently unavailable, however, there are other vintages from this producer that can be found at Wine Searcher's main website anywhere from **\$25-\$40** a bottle. The winemaker shares a bit about this wine stating it offers 'candied lime, pear, melon, and white peach accent a wine with an electric acidity running through its mineral-studded core,'...couldn't have said it any better. A sophisticated wine that deserves a sophisticated dinner of pan seared boudin blanc sausage with caramelized onions, grilled baguette, and creamy French camembert cheese. ([chablis-wines.com](http://chablis-wines.com))



5.



## Trimbach - Alsace, France - \$20

While roaming the cobblestone streets of old Alsace in northeastern France, you'll feel one touch of a cool autumn breeze, and their terroir-expressive Riesling will be calling your name. Alsace, just south of Germany's Luxembourg, is home to what is regarded by many to be some of the finest expression of Riesling made today. A bottle of the 2017 Alsatian Riesling from Trimbach Winery is just that, a delightfully accurate terroir-driven white with mountains of charisma for only **\$20**. This wine has an amazing combination of apricots, peach, dried fruits, fresh custard, and mouth-watering slate. The finish is nearly smokey but not quite with candied lime zest and elderberry. A slightly spicy red curry with vegetables and chicken would be fabulous with this wine but a grilled hot dog with condiments of your choosing would be just as good. ([trimbach.fr](http://trimbach.fr))

• **Riesling – Common Tasting Notes** - Green apple, citrus, apricot, peach, honeysuckle



6.

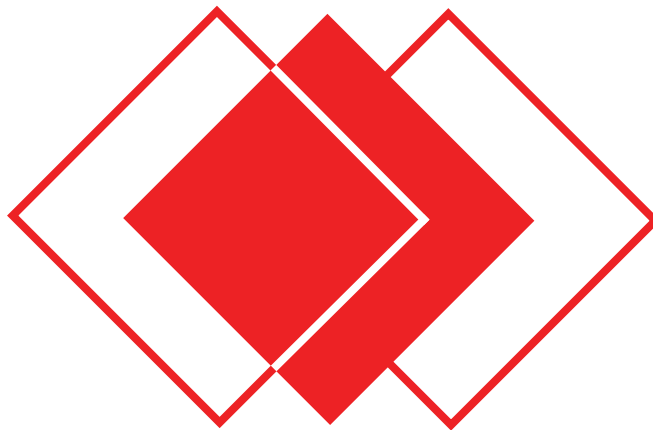
# ROSE

The happy medium that lives between red and white wine is rose. This wonderfully pink grape juice has origins in Ancient Greece who played an integral part in making Provence, France one of the most popular and oldest French wine producing region (Wine Paths). Rose is made like other wines, but the skins are left in the must (pressed grape juice) for only a short period of time before being removed, about 3 days to a few weeks. There are different levels intensity in roses that depend on red skin contact, aging, fermentation, and grape varietal. Light rose taste like grapefruit, young strawberries, and herbs like mint. Medium bodied roses taste like rose pedals and cherries while fuller bodied roses will taste like ripe raspberries, hibiscus flower and slight white pepper notes.

## Thibaud Boudignon Rose De Loire 2021 - \$25

A quote from Skurnick's website, "Thibaud Boudignon is unquestionably one of the most exciting figures in wine today. Originally from Bordeaux, it was in 2009 that he began to make wine under his own name from a scant 3.5 ha in the heart of Anjou and Savennières." This wine pleasantly expresses flavors of currant, fresh wild raspberries, the zest of a blood orange, and green herbs like sage and thyme. This bottle, best enjoyed on a sunny day in the city or on a beach, would best be accompanied by your favorite charcuterie board with creamy French cheeses, berries, and whole grain mustards. ([skurnik.com](http://skurnik.com))

• **Rose – Common Tasting Notes** - red fruits, melon, rose petals, celery, and citrus flavors.



# SPARKLING

Sparkling wine is unique in the fact that it requires not one but two fermentations during its production. First, the grapes are made into wine, then, the wine is further fermented to create the bubbly magic in the bottle. There are 6 key methods when making sparkling wine, however, the most common two are traditional (champagne) and tank method (prosecco). When making Champagne, the wine is made, yeast and sugars are added to the bottle (tirage) and that is then aged for at least 15 months. The bottles are then flipped upside down to move all the dead yeast cells to the neck of the bottle (riddling) which is

removed by freezing that neck and delicately popping the 'Crown Cap' to officially remove those dead yeast cells (disgorging). A mixture of wine and sugar called 'exposition liqueur' is then added back to the bottle to fill the remaining space (dosage).

The tank method, which is used to make prosecco, is essentially using an industrialized technique to ferment the wine rather than doing it all in the bottle, like the traditional method. The result is a more 'yeasty' and fresh wine that tends to be more affordable as its much less labor intensive than the traditional method.

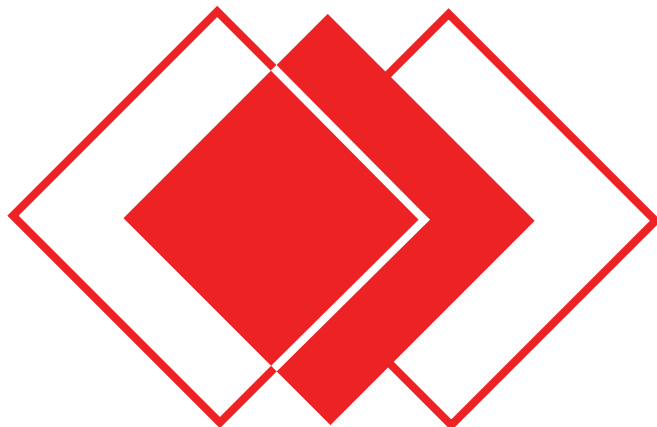


## 8. Champagne – Dom Pérignon 2012 - \$250

From Dom Pérignon's website, "Combining intensity, contained tautness and extreme contradictions, the Dom Pérignon Vintage 2012 blend reveals a unique structure, resonating to the rhythm of controlled energy, channeled by an acidity and bitterness that bursts forth magnificently." Dom Pérignon was a French monk who is thought to have invented the traditional champagne method in the late 16th century, and his wine is just as lively today. This exquisite example of luxury smells like white flowers and apricot, followed by rhubarb, mint, ash, and white pepper and, as Monsieur Pérignon once said, "tastes like the stars." This 2012 vintage is perfect for any grand celebration, fine dining dinner with colleagues, or a gamey meat with a coffee and yuzu sauce (Dom Pérignon Website). ([domperignon.com](http://domperignon.com))

- **Sparkling – Common Tasting Notes** - citrus, apple, vanilla, toast, and nuttiness

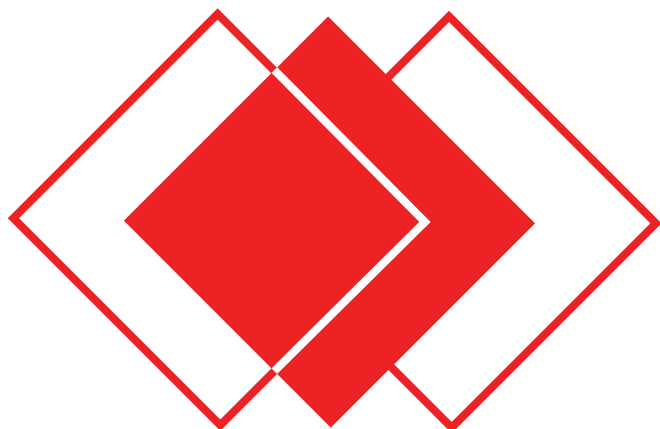
8.





## Prosecco – Mionetto Prosecco Valdobbiadene Superiore - \$14 Vivino

From Veneto, Italy, this bright and bubbly Prosecco is made with 100% Glera grapes through the tank method. This Prosecco is like biting into a crisp green apple and juicy lychee with the juice of a freshly squeezed lemon grown in the warm Italian sun. This bubbly delight is perfect with fresh lemon gelato or a fish crudo finished with extra virgin olive oil, flake salt, and pickled red onions with fines herbs (chives, tarragon, chervil, parsley). ([usa.mionetto.com](http://usa.mionetto.com))



## FORTIFIED

Popularized by the English in the late 17th century, fortified wines were originally invented to stabilize and preserve wines for long sea voyages. The technique involves adding a distilled spirit to a wine to increase the alcohol content and to stop the fermentation process, thus making it fortified. There are many different types of fortified wines from all around the world that are made in various styles. There is Sherry that hails from Spain made from Palomino grapes that is turned into sherry via the solera system, stacking the next oldest vintage on top of each other until the oldest vintage is ready to bottle (can be

up to 10 years old). There is Port, hailing from Portugal, is always sweet and always made from a blend of different grapes, unlike Sherry. The grapes are aged from 2-3 years in cement, stainless, or wood before bottling. Vermouth is typically made in Italy or France as is wine mixed with a neutral spirit and then blended with spices, aromatics, and herbs, making it a bartender's best friend.

## Vermouth – Dolin Vermouth Rouge - Savoie, France - \$8

Nicholas McClelland of the Spruce Eats was quoted in saying, "The French brand Dolin uses upwards of 30 herbs and botanicals, including coriander, hyssop, rhubarb, and a number found in the alpine grasses above Chambéry to make this Rouge vermouth. It's floral, but not overly sweet, so it won't turn your cocktails into cloying calamities. Though Dolin Rouge is on the lighter side, it still offers robust notes of tree fruit and soft touches of honey and sherry, which go well with nearly any cocktail you might want to mix up." An incredible Vermouth for only **\$8**, it can get you that perfect negroni or even a nice shaken martini with a few blue cheese stuffed olives. **(dolin.fr)**



## Port - Sogevinus Fine Wines - Kopke Colheita 1957 - \$340

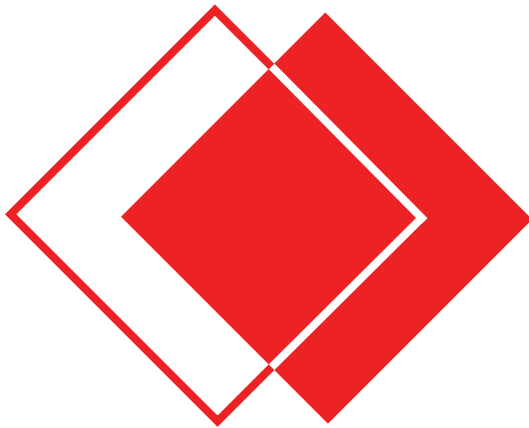
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# Sherry - Emilio Lustau, Oloroso VORS NV – \$30

From Veneto, Italy, this bright and bubbly Prosecco is made with 100% Glera grapes through the tank method. This Prosecco is like biting into a crisp green apple and juicy lychee with the juice of a freshly squeezed lemon grown in the warm Italian sun. This bubbly delight is perfect with fresh lemon gelato or a fish crudo finished with extra virgin olive oil, flake salt, and pickled red onions with fines herbs (chives, tarragon, chervil, parsley). ([lustau.es](http://lustau.es))

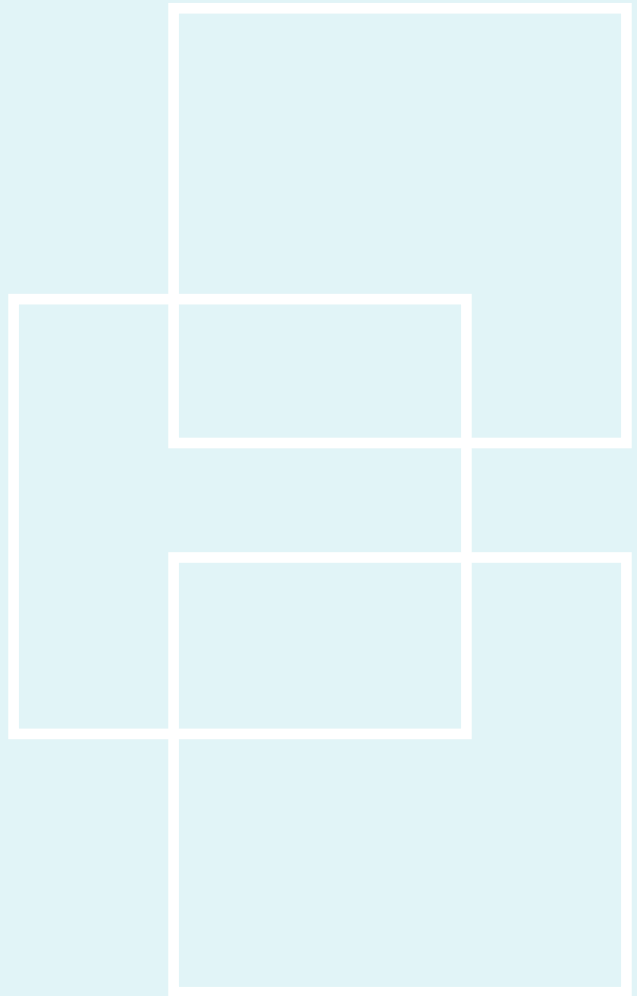


12.



Words By: Daniel Frigeri

# Masks



For all your facial, pore-cleansing and clearing needs. From detoxifying to peel off and sheets, facial masks are a fantastic choice for renewing and revitalizing the skin.

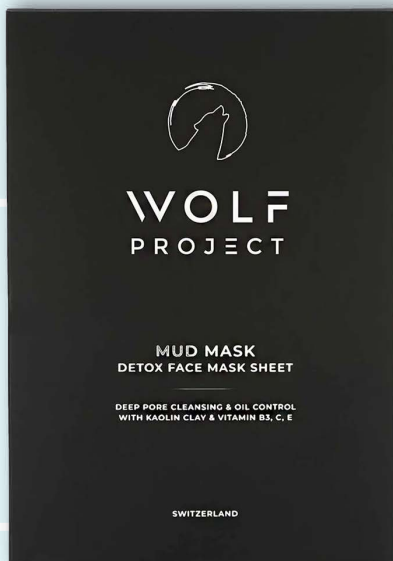


Visibly improve skin with innisfree's pore clearing clay peel off mask (**\$15**) infused with Jeju Volcanic Clusters™ which absorb facial oils and assists in controlling excess sebum for refreshed skin. This mud mask, available at **Innisfree.com**, is sure to impress with its unique gel-clay texture that provides a mess-free experience sure to leave you skin feeling supple.

The Nava Jungol detoxifying jungle mask (**\$70**) is a brightening and refining facial mask that provides a deep cleanse followed by gentle exfoliation. Recommended for use twice a week, this spa-like skin treatment is sure to rid dead skin cells while nourishing flora that will leave the skin renewed and healthy. You can find this detoxifying wash-away mask at **TailaSkincare.com**.



Unwind and relax with the easy applying detox mud face sheet mask (**\$30**) available at **WolfProject.co**. This two-piece mud mask is the easiest way to renew and detoxify after a long week. Created with a blend of kaolin and bentonite clay to ensure a deep cleanse into the skin that removes deep impurities and excessive amounts of oil.



**Words By:** Daneal Rozman

# FAST



# FASHION



## Boots

If you're like Kanye West or me, you can't wait to slide into a pair of boots this season. Even though I don't have the gall or shed of confidence to pull them off in the middle of Summer like Kanye, Fall, on the other hand, is a different story! *Jil Sanders'* Fall runway show had plenty of boot options to make us want to retire our sneakers once and for all. Regarding buying boots, comfort and durability are necessary, and **the All Saints Davy Leather boots (\$300)** have both! The Chelsea boot is crafted from smooth leather and features an elasticized side gusset, square toe completed with the All Saints branded Metal toe cap! Step into the season with style with these boots on your feet!

([us.allsaints.com](http://us.allsaints.com))



## Camouflage Coat

Once reserved for the great outdoors and an army surplus store, camo is everywhere in some form or fashion. The distinct camo print has not been a stranger to runway shows; designers like *Mark McNairy, John Elliott, and Heron Preston* have all shown us their take on the print. As we head into the crisp months, a coat for the windy mornings and rainy nights is crucial. You need a coat that will protect your garments and look good while doing it, which is why I suggest **the Woolrich Polar Parka in British Millerain camo waxed cotton (\$435)**. Unlike your typical outdoor cotton coat that will absorb water, the Polar Cotton Camo Parka comes equipped with durable waxed cotton that is water and wind-resistant. Finding storage will not be a problem with this coat, thanks to the multiple pockets to house your phone, AirPods, or metro card as you maneuver the concrete jungle.

([woolrich.com](http://woolrich.com))





## Green Leather Gloves

Wearing leather gloves brings back a level of sophistication that needs a renaissance. Not only does a pair of leather gloves make you look sophisticated from a style standpoint, but they are significant from a function standpoint. *Todd's* Fall collection lies the proof in the return of the leather gloves! **The Dents Delta Leather Driving Glove (\$117)** from Todd Snyder is constructed from Premium hairsheep leather that oozes comfort. If you're someone who avoids gloves because of sweaty palms, not to worry. The Dents Delta Leather gloves come with perforated detailing to allow air to circulate as a Dents Delta stud fastens for ([www.toddsnyder.com](http://www.toddsnyder.com))





## The Puffer Vest

Fall is a season that can go from lukewarm to hot in a matter of hours which makes dressing tricky. One difficult decision is deciding if you should leave the house with a coat or go coatless. Thankfully, the Puffer Vest is an option that satisfies both sides of the coin. *Brunello Cucinelli* Fall collection officially co-signs the Puffer Vest as a must-have staple. One brand that will get you prepared for life outdoors is Patagonia. No company has done a better job of upcycling and preservation than Patagonia, and it's a brand that is single handily saving the earth while enhancing your style. For the office, how about trying to pairing it with **the Patagonia Down Sweater Vest (\$179)** over an Oxford shirt and chino, and for the weekend, you can layer it over a cashmere sweater with a pair of jeans. ([www.patagonia.com](http://www.patagonia.com))





## Workbag

Ah, now that you're climbing the corporate ladder, you need something to signify your success! Here's when the sleek work bag comes in handy! Workbags have come a long way style-wise, as we no longer have to carry bulky briefcases that our dads used to take to work. The new and improved work bag is stylish and polished! *Berluti* Fall/Winter collection features workbags for every occasion to compliment your attire for the office. **The Music Case leather briefcase** from The Cambridge Satchel Co (**\$275**) is the bag that will get you excited to return to the workplace. The exterior of The Music Case briefcase is made from 100% leather, with a distinctive bar closure to secure your laptop, essential documents, and a bottle of cologne for work road trips. ([us.cambridgesatchel.com](http://us.cambridgesatchel.com))



## Gray Knitted Hat

No outfit is quite complete without a hat, especially for the frigid temperatures. When it comes to investment pieces, the knitted hat is one that you will surely get the most bang for your buck because it's genuinely a seasonless accessory. *Kenzo Paris* runway showed us all how to pull off the knitted hat effortlessly with a plaid print! **The W Concept Wool Knit Bucket hat (\$71)** is made from both wool and alpaca blend. As the temperature drops and the need for layers become inevitable, adding a knitted hat will not only help you retain heat but keep your style intact. ([us.wconcept.com](http://us.wconcept.com))

## Scarf Wrap

The scarf wrap is the statement piece you never knew you needed until now. Aside from adding that extra layer of warmth, the scarf, when done right, looks immaculate. *Officine Generale* not only makes a case for the scarf wrap this season but for beautiful neutral color pieces from their collection that you can pair with your existing wardrobe. *Italic*, a company known for its premium crafted items, offers an Oversized Cashmere Scarf that will give your favorite blanket a run for its money. **The Teo Oversized Cashmere Scarf (\$120)** has 'Big Scarf Energy' that only a fashion enthusiast could appreciate. ([italic.com](http://italic.com))





## The Plaid Jumpsuit

Are you looking for retro sporty vibes to add to your wardrobe this season? If so, you're in luck because the Casablanca Fall Menswear collection offers just that and more! The latest offerings from Casablanca provide vibrant and vivid prints that pay homage to the past while moving us forward. Lacoste, a brand that has a rich history of apparel that you can wear on and off the court, has the jumpsuit of your desire. **The Lacoste Monogram Patterned Jacquard Jacket and Trouser (\$350)** comes decorated in a monogram patterned print finished off with the Lacoste signature embroidered crocodile. ([www.lacoste.com](http://www.lacoste.com))

## Belt Bag

Carrying a bag has never been more stylish, thanks to Baldessarini! The belt bags from their runway show commanded just as much attention as the garments. Diesel offers an alternative for carrying your essentials with their **Diesel Ance BK bag (\$122)**. Inspired by military tactical packs, the bag has two separate zipped compartments for storage and an adjustable buckled strap! Give your pockets relief with this belt bag. ([shop.diesel.com](http://shop.diesel.com))





Words By: Tony Logan

# CULTURE



# GOOD READS



A portrait of actor Zachary Levi, smiling and wearing a brown jacket over a black t-shirt. The text 'RADICAL LOVE' is overlaid in large white letters.

# RADICAL LOVE

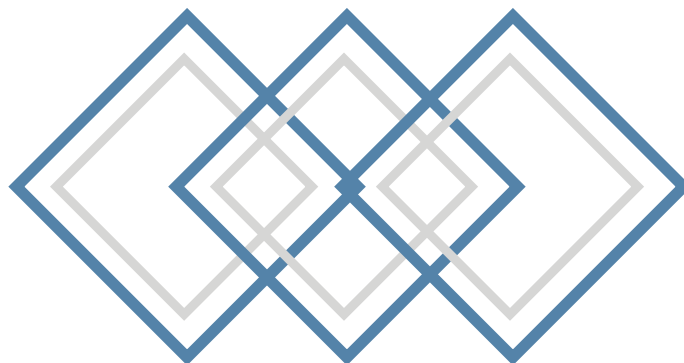
LEARNING TO ACCEPT  
YOURSELF AND OTHERS

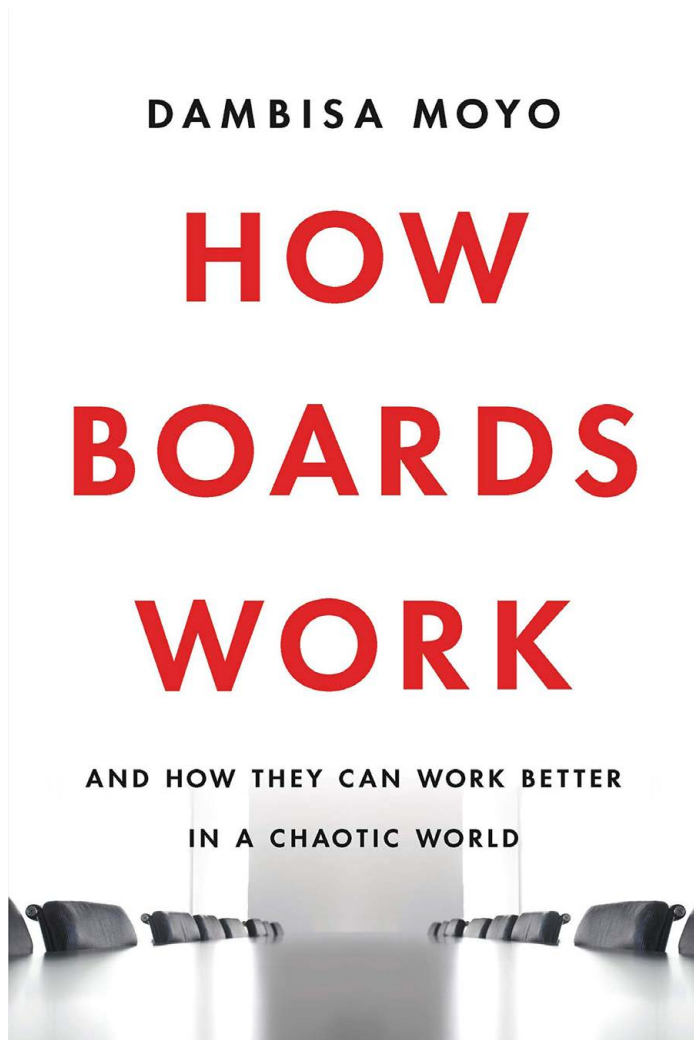
ZACHARY LEVI

Inspiring stories of overcoming struggle, rising to fame from a family of immigrants, becoming a better debater and understanding the ins and outs of corporate boards. They are *Radical Love: Learning to Accept Yourself and Others*, *How Boards Work: And How They Can Work Better in a Chaotic World*, *Good Arguments: How Debate Teaches Us to Listen and Be Heard* and *We Were Dreamers: An Immigrant Superhero Origin Story*. Each title provides readers with deep lessons and themes of the modern man.

Written by actor **Zachary Levi**, known for his roles in *Shazam*, *Chuck*, and *American Underdog*, comes his debut memoir, *Radical Love: Learning to Accept Yourself and Others*. In the book, Levi is raw and unfiltered in sharing his own struggles with mental health. Levi takes us through his emotional journey and offers us a glimpse into it all: the fame, hitting rock bottom, uncovering his childhood traumas, and his journey seeking help.

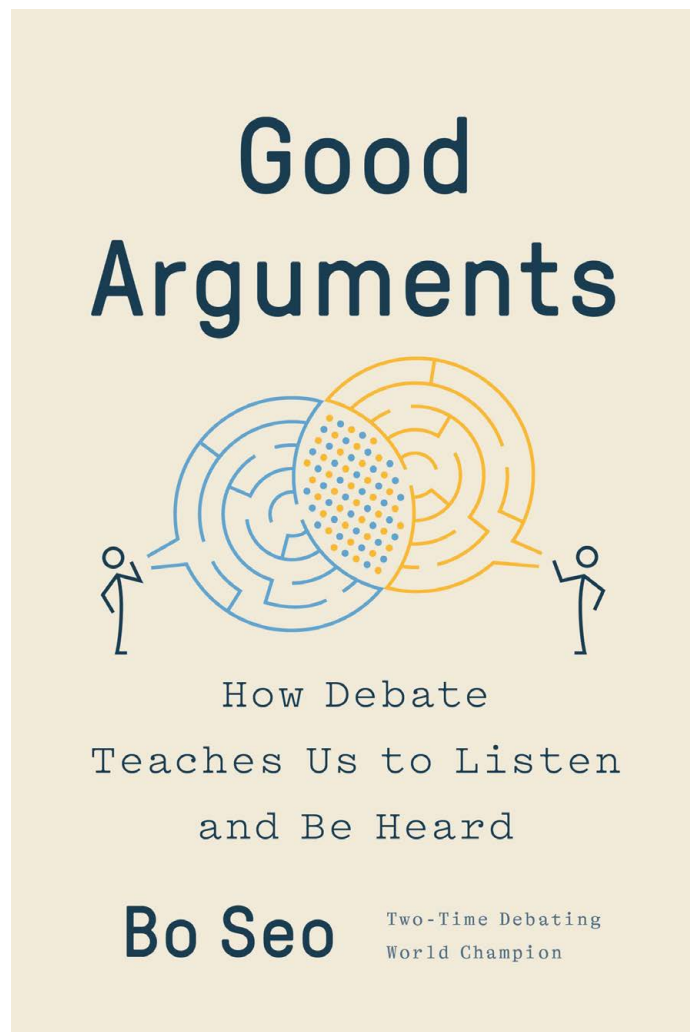
The rawness and vulnerability of the book is bound to inspire readers. Levi's writing is honest and genuine as he takes you through the highs and lows of his life, chronicling the high points of his career along with some of the darkest moments in his life. He takes readers through his inner conflict surrounding the stigma around mental health and hopes to inspire others through his work.





From prizewinning author, Wall Street Journal and Financial Times contributor, one of the “100 most influential people in the world,” **Dambisa Moyo**, who spent more than in the boardrooms of some of the biggest companies, comes her new book, *How Boards Work: And How They Can Work Better in a Chaotic World*. The book walks us through how corporate boards operate. It provides readers a detailed explanation of how corporate boards operate; describes how often they meet, and how they make their selections. It also explains how important directors can be in providing checks and balances, setting strategy, and creating a corporate culture.

From Two-time world champion debater and former coach of the Harvard debate team, author **Bo Seo**'s book *Good Arguments: How Debate Teaches Us to Listen and Be Heard*



walks us through the art of debate and his experiences in competitive debating. In the book, he explains that the most successful men from world leaders to CEOs are all skilled in debate. For Seo, the skills of debate such as research, organization, and persuasion are all key to being successful in your career and happy in your life.

Readers will be taught the skills of competitive debate, along with learning more about how Bo Seo came to be one of the greatest debaters in the world. In learning the ins-and-outs of debate, readers can improve their communication skills with co-workers and family members alike. Any man looking to improve their gift of gab should give *Good Arguments: How Debate Teaches Us to Listen and Be Heard* a read.

SIMU LIU

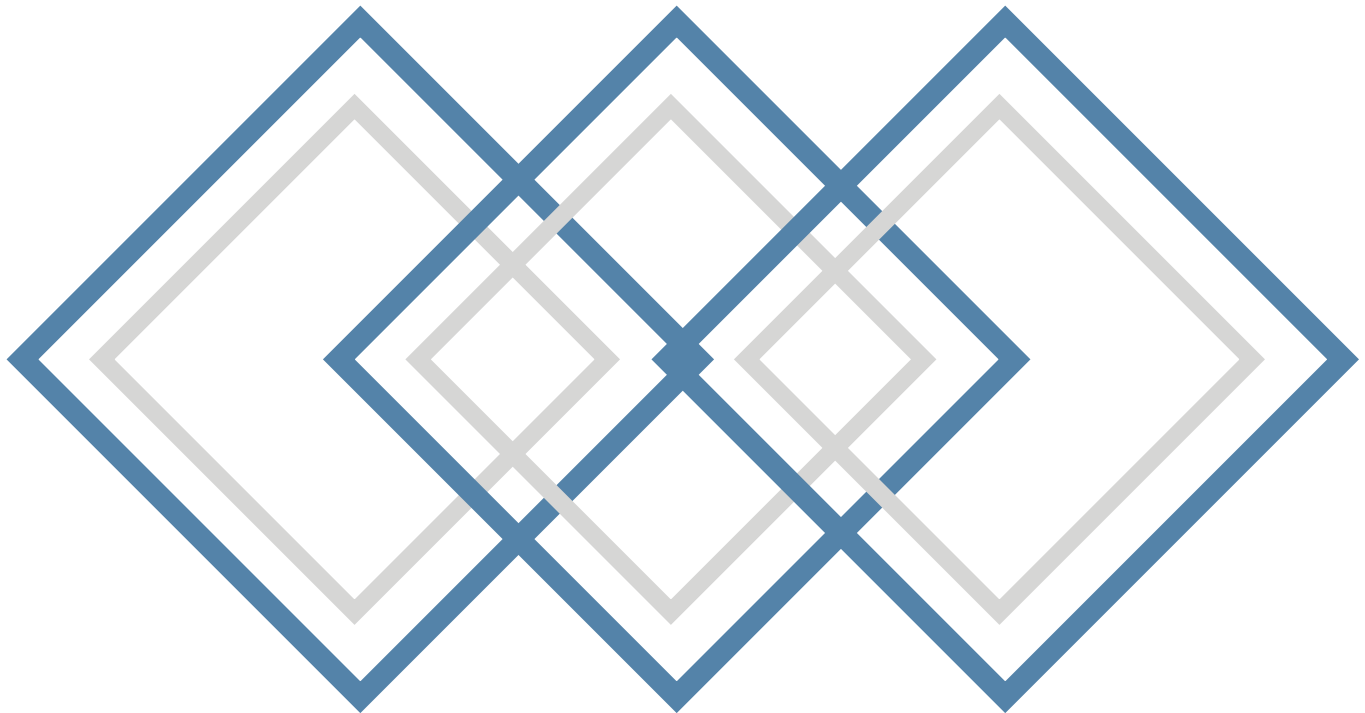
"A sincere,  
funny and fascinating  
love letter to family,  
and a guidebook to  
pursuing your dreams."  
-OLIVIA MUNN

# We Were Dreamers

An Immigrant  
Superhero  
Origin Story

From famous actor **Simu Liu**, best known for his leading role in *Shang-Chi and the Legend of the Ten Rings* and playing Jung Kim in the CBC Television sitcom *Kim's Convenience*, comes his personal memoir, *We Were Dreamers: An Immigrant Superhero Origin Story*. In Liu's origin story, he tells his own family's journey from China to Canada and then all the way to Hollywood.

In the memoir, he shares his personal experiences of being a Chinese immigrant and his battle to search for his own identity. He shares the hurdles he faced in his journey to become a famous actor and how he came to land the role of Shang-Chi. The book is not only a great read as a celebrity memoir, but it reads more of a personal journey of mixing cultures and pushing past cultural stereotypes. A necessary read for not just those who are immigrants, but everyone who has had to come into their own identity.



Words By: Jonathan Garcia

# Media For A Well-Rounded Life



From traveling the world to reviewing the latest in technology and providing strategies to live a happier, more productive life. Among the millions of YouTube channels out there that do, Man of the Hour has selected three of the best channels to do so. Travel the world with *David's Been Here*, work on becoming your best self with **Ali Abdaal**, and get the latest in Tech with *This is Tech Today*.

Youtuber Ali Abdaal is a former Doctor and Cambridge graduate from London where he spent two years working as a doctor in their national health care system. He is now a podcaster, YouTuber, and soon-to-be author. His channel explores the strategies and tools that can help viewers live happier, healthier, and more productive lives.

His channel revolves around the five pillars to live a better life which are Health, Wealth, Love, Happiness, and Impact. Viewers can watch videos that range from passive income ideas, guides for how to invest, guides on how to better study, tech comparisons and reviews, how to make money online and productivity tips.

Abdaal, being a former top student at Cambridge University medical school, has his expertise shine through in his guides on how to best prepare mentally for essay memorization and how to study the most effectively, these skills can help any man sharpen their mind and become their most productive selves which will lead them to happier and healthier lifestyles in the process.



From Nicaragua to India to Japan, just to name a few choice locations, Youtuber **David Hoffman** has been traveling around the globe for the past 12 years and documenting his travels on his channel *David's Been Here*. Boasting a travel log of nearly 90 countries and over 1,200 different destinations, his channel offers a broad exploration of different cultures, foods, and histories.

Videos viewers should watch on their first viewing his street food series, where he goes around entire countries and eats all the different kinds of flavors that each different country has to offer. His videos are shot

beautifully, and you truly feel immersed in each of the different locations. His videos offer a true look into a vast number of different cultures and are a great guide to any potential traveler.

Through his videos, David's passion for culture and people shines bright. His channel can be an asset to any man who would like to travel to different countries and embrace the traveler lifestyle. For those planning on traveling soon, *David's Been Here* is a must-view for all the best local foods and historical places.



New technology and new devices seem to come out more frequently and with our everyday lives it can be hard to keep up and make the best decisions in purchasing new devices. That's where *This is Tech Today* comes in handy. YouTuber **M. Brandon Lee** hosts where he explores the new way of technology and how we can best interact with it.

His channel hosts videos on the latest tech reviews, comparison, and best tips to get the most out of all of your devices. The reviews are honest, informative, and helpful for those in the market for new devices ranging

from phones, laptops, headphones and more. Phone accessories and camera reviews with their honest advantages and drawbacks are helpful for those who need an honest review without the salesman pitch

Brandon's reviews on technology are informed and honest. His videos give a good overview of everything you would want to know before deciding on a new purchase. Subscribers can expect to receive the latest tech news and reviews from the top companies like Apple, Google, and Samsung.

**Words By:** Jonathan Garcia

# Intelligent Sounds



While you're in the car on the way to work, while you do cardio at the gym, or while you finish up some last-minute emails, a good podcast can go a long way in helping you learn new things. From achieving your financial goals, exploring your psychology, or enjoying some food talk, here are three podcasts that will keep learning new things. They are *Two Black Guys With Good Credit*, *The Dave Chang Show*, and *You Are Not So Smart*, all of which are available wherever you get your podcasts, such as Apple Podcast and Spotify.

*Two Black Guys with Good Credit* is a show about just that, two black guys who are both successful business owners, financially savvy, and own good credit. Hosts **Shaun**

**Lynda, Keren Margolis, and Matthew Smith** discuss financial literacy, the best ways to make and manage money, and debt management in their weekly shows. They host in a way that is in many parts informative, educational, and fun, with breaking down complicated finance topics into a more digestible quick easy listen.

Listeners can expect an educating, entertaining, and at times humorous talk every week, with topics ranging from bitcoin to student loans, and on making some money from your old phones. This podcast is bound to inspire listeners to reach their financial goals and maintain good credit. All episodes provide guidance and sound advice for anyone who is looking to improve their financial literacy.



From the famous chef of the Momofuku restaurants and the creator and host of Netflix's *Ugly Delicious*, **Dave Chang** hosts *The Dave Chang Show*, a podcast all about different food and cultures. The show topics can range from food discussions such as Dave ranking his 52 most unforgettable dishes to an honest conversation about In-n-Out Burger. The show also features numerous celebrity chef interviews such as Wylie Dufresne, René Redzepi, and Sean Brock.

Listeners can expect a funny, entertaining, and easy listen. The show has a great catalog of episodes, and they are released quite frequently, giving you a lot of options to jump right in. The talks can be funny and informative, but also at times inspiring and thought-provoking when Dave opens up about his thoughts on his successes and identity. The show is accessible and enjoyable to hard-core and casual foodie alike.

*You Are Not So Smart*, hosted by science journalist **David McRaney**, is a show about psychology and the mind. In it, he explores how and why people may dive into delusion. The show highlights how unaware we may be about our own biases in our decisions and reasonings. McRaney also holds interviews on his show with some of the top minds in current psychology, as well as the occasional celebrity and self-hosted shows.

The show is a fun exploration of the human mind and psychology. The show is very enlightening while continuing to be very entertaining. Research is explored along with personal experiences and feelings; the show is a great listen for anyone with a curious mind. The show also helps in teaching you new ways on how to be more aware of your own psychological processes and where your feelings come from.

**Words By:** Jonathan Garcia



# Finance and Economic Forecast With May Ling



**Disclaimer:** This interview was conducted in late July, so there will be mention of higher-than-average gas prices and the War between Russia and the Ukraine within this article.

May Ling is a successful investor, business owner and financial advisor. She has worked in finance for 20 years for firms like Goldman Sachs and Morgan Stanley. She successfully built a multimillion-dollar business at the age of 24. Recently, she has started her own media platform, *Markets with May*, where she educates viewers on financial literacy and gives her daily commentary on the market. Culture writer Jonathan Garcia conducted a virtual Q-and-A session with Ling.

**Jonathan Garcia:** You started out working at successful firms like Goldman Sachs, and then you successfully became a business owner at 22 years old and amassed \$2 million in growth in your first two years. Having all that experience, what can you tell our readers about successfully growing your business?

**May Ling:** I would say the key component to growing any business is believing you can do it. It's really strange because I don't think it became clear to me how much I thought I was capable of. Whether or not it was true, is totally a different story, but how much I thought I was capable of that most people don't always feel like they're capable of. I think the moment it hit me was much later, like in my mid-30s, maybe earlier, the CEO of the last company that I left right before I retired, so to speak. He said, "you guys are really fearless. My team, you guys are really fearless. It seems like I give you stuff to do, and you really should push back or say, 'this isn't something that even makes sense on a deadline basis,' but you just do it." I think that fearlessness is probably the core thing that anyone needs to be successful in, like the minute you think you can't, it is so true you can't. It's actually as strange as that. It's as easy and as difficult as.

**JG:** So it's more like a kind of like a speaking into existence type of thing.

**ML:** It is, and I'll give you a really good clue. So I must have been like 24, 25, something like this. And my friend and I go to this conference. First time I've ever been to that sort of conference. And this is an herbal products conference. And she knew all of the science and everything they were doing. And I was really just along for the ride. And I said, "well if I have potential clients, what do I tell them? What's the pitch? How are you thinking about it?" And she gave me the pitch, but she said to me this, "May, you just seem really competent and bring them to me and then I will discuss it with them, and you can listen in and see what the pitch is like and just bring me as many people that you think have the right background that we can sell to."

Which sounds kind of crazy. Like if I say it to you like that, you're like, "oh yeah, that doesn't sound so bad." But if you really think about what that entails, it means you, a young person, go to these conferences, and you just literally talk to strangers believing that they're going to actually care what you have to say and then hook them enough to where they'll go and listen to somebody else who knows really what to say. And I didn't have any problem with that whatsoever, which is crazy in retrospect.

In fact, I remember when I was there, this guy came up to me. If you ranked all of the companies in that business, it was the 7th largest company in that business line. You know, so a real player. And he was just watching me in line, giving out business cards, being really friendly, talking, he catches me and he's like, "this is your first time at the conference, isn't it?" I said, "yeah, it is. How did you like, am I doing something very amateur?" And he said, "no, I've just never seen anyone hand out so many business cards even before the conference started. That's impressive. I need to know what you're doing, just pitch me, I want to know." It was amazing,

and I think it's that that's really like that belief that you're going to make it happen that is so core to being an entrepreneur and is probably the biggest thing. I mean, there's other stuff too because once you hook them, you better actually execute. If you can't make good on the words come out of your mouth, that's a real problem too. But oddly enough, to me that's secondary because you can have all the skills in the world, but you don't believe in yourself. That'll always be first.

**JG:** Given your massive experience in finance, what are some of the biggest changes you've seen in the recent years with the rise of cryptocurrencies and more opportunities for people to get involved in investing?

**ML:** Oh, wow, that's a great question. I would say that there's way more day traders and then there's way less regulation. I mean that despite how much regulation there is. Because what's happened is you have the rise of folks that have no need for regulation, and then there's a bunch of people that are regulated and can't even say a word to stop this other. It's the strangest thing and I really wish that this is better understood or alternatively the SEC would actually just do something about it, like legitimately do something about it. See, when I started, if you were going to say anything related to the markets and you didn't have a disclosure, but just people watching you to make sure that it was true, all this other stuff, you would go to jail. This is what they would teach you. Now, whether or not you actually went to jail is another story. But at a minimum, you have your licensing removed and barred from the industry. That was a minimum. Now, if you're some hack on the Internet, you don't live in the United States, and you just happen to have a big, huge, amazing YouTube channel, you're allowed to talk. But the person who went to school does it all the time, et cetera, like legitimately researches like crazy. That person is not allowed to talk because if they do, they could literally have all their assets ripped out from underneath them. So it's ridiculous.

I'm exaggerating a little bit, but it's more or less what it looks like from my point of view. And that's really messed up because it really means that people that do know can't talk, and then people that don't know are allowed to say whatever they want. I think that's despicable, personally.

**JG:** You have a series of videos on your media outlet called *Markets with May*, explaining 10-Ks, which are comprehensive reports filed annually by public trading companies about their performances. Why do you think it's important for investors to get familiar with this document?

**ML:** The key word is investors. If you're a day trader, that is its own skill set. There are definitely things that people can teach you and you can train it for it. But actually, in almost all things in finance, you learn from doing. The 10-K though, for investors is kind of important, in my opinion. Okay, you can invest and have no idea. Never read that document too. But if you want to really understand the business that you put your money into, which is a particular style, if you're going to buy and hold it for the ages, then it's really nice to just understand what it is you gave money to. That's a better way to describe it. A lot of people will read that document and will realize that that company is probably not the best use of their capital. And you can just tell so much. In general, though, I think that the 10-K has more uses than if you want to be an investor.

Let's say you are trying to learn about business in general: the 10-K always starts with a business description, and that business description is written by the CEO, CFO, and all the C-level execs of that company. Well, essentially, you get to hear what your boss'boss is saying, because this is what he just told investors and disclosed to the SEC. So this is actually what they're trying to accomplish. And people forget that sometimes the best industry pieces are in the 10-K.

So, for example, I think somebody was asking me something one time about the diabetes, this smaller cap diabetes company. And I said, well, you could always look at Dexcom, because if you look at their 10-K, it tells you all exactly what the market shares are of all the major players and exactly how they're strategically going at it. And then when you compare it to this company's 10-K, you can see how they're strategically going at it, and it'll give you a really good starting place to even understand the diabetes space, period.

It's really actually some of the best market research, understanding how a company even thinks. If you're a young executive just starting out, it'll tell you what parts of the business that you're in actually make money. So sometimes that's not obvious. Like, you're coming in, you're an analyst, you're all excited, or you're in marketing, and you're all excited. And you may not even realize that your division is the smallest division in this ginormous company, but it's all in there. Strangely, it's all disclosed. It's all, you know, it's a public company.

**JG:** In your video series, you talk a lot about the importance of mindset when it comes to tackling long panels and documents such as the 10-K. Just how important is it to have a productive mindset, and how can our readers start to build one out?

**ML:** Oh, wow. First of all, that's awesome that you watched it. I don't even think I launched it that recently, so I'm really thankful that you actually viewed it. Thank you, John. I appreciate that. The second thing I would mention there on mindset, mindset is everything in life, and it's tough. I think that especially the younger generation. I'm so impressed. All this mindfulness and thoughtfulness, that was not my generation at all. My generation was like, 'be quiet, learn, do the best you can, and maybe you'll get lucky.' But I love this energy of people that believe that they could do anything. Like I said at the very beginning, that's everything. When you have a big, boring, intimidating document, that document in particular, I think, for a lot

of people, and in the way that it's given to people, it almost feels like you shouldn't be able to understand it ever.

I hate that. Why? That's so crazy. I mean, you may not understand it perfectly, but have you ever read anything that you understood perfectly for the first time. If you're really young, I mean, even people, you're an accomplished writer. So I'm sure that there are books that you've read three or four times. The first time you read it was like, 'yeah,' the second time you read it, you're like, 'oh my gosh, how was I so dumb the first time I read it?' Maybe you're not as negative about yourself. Use your words and that we've all been there. So that's how you should look at the 10-K. It's just, 'okay, I'm going to do this. I have some questions. Afterwards, I'm going to ask some people and then I'm going to do it again. And it's going to be amazing.' I think if anything, when I'm ever teaching anything where I know people are going to go in with these biases because society has put it on there, I'm always going to talk about mindset first, because mindset is key to anything in life, I think.

**JG:** Investment philosophies can be seeking undervalued companies, focusing on companies with promising earnings, or looking for businesses that make products that are in strong demand. What is your personal investment philosophy and what's your readers keep in mind when it comes to investment philosophies?

**ML:** Oh, you know, I love this question because there are also people that day trade, they care nothing about the company. And I used to have all these feelings, and all these people have all these feelings sometimes. Look at the end of it. You're trying to make money. Different people have different ways of making money. It is what it is. And in fact, some people day trade and invest or some people do some combination. So I'm going to answer your question a little bit strangely. The first thing is if you are someone who ultimately will have several different ways that

you invest, just make sure that that money is separated so it never gets confused to you. Now, some people can do this. Like, I'm only going to take this portion of my portfolio. Other people are like, no, two separate accounts. I never have to be confused as to what I'm doing in account A and account B. That's more like me. Sometimes I'll mention something, but it's really done in one account versus another account. But usually, especially if it's markets with may, I'm very clear when I do that because I'm not trying to make it unclear to anyone. So that's the first thing but I think it's important that you know what you're trying to achieve in that account, because in every single investment style, you can make money and lose money.

But when you get to a point where you don't know why you're making or losing money, that's when you have to just come into cash no matter what, whether you're investing for the long term and you know, so if you're investing for the long term and it's like a relationship you should get to know that company really well, in my opinion. Right? Or alternatively, you need to know what you need to know about that company, and then you need to be clear on what you do and don't know.

So, for example, I have no problem if someone buys Google and then knows very little about it except their daily interaction with Google. Maybe, hopefully you'll take an interest in the financials at some point. Or if they're doing something that you think is truly wrong in the world, I would love it. But the truth is, it's not a bad bet to just literally buy Google right now and then never look at it again until you're like, I feel like there's cockroaches that will survive in a nuclear war. And then there might be Google that survives, Apple, Amazon maybe as well. I don't know. I have mixed feelings on Amazon right now, as you probably can tell from having looked at my social media and stuff like that. But in fairness, I don't have massive problems with people that do that.

I do think that it's dangerous to do that on

some fly-by-night company that hasn't even been around for five years, and you don't even know. You really should have a thought process surrounding why you invested and what would be the trigger that you know you're wrong. That's it. That's as simple as that. My personal philosophy is make money and then just be sure, just be very aware of why you're doing the things you are. Traders are brutally honest about a lot of things. I mean, they may talk a good talk, but at the end of it, you're going to lose money if you're not brutally honest.

**JG:** Inflation rates continue to rise, continuing to claim to 40-year heights month after month. What can our readers do to best navigate these rising inflation prices?

**ML:** I'm going to just take a page out of Warren Buffett's book and say the same thing he did, but I'll try to give a little bit more because I know that was really annoying. His answer, even though I loved it, he said, "Always, always invest in yourself. You're your best investment at all times. If you have a skill that's amazing, then inflation should actually help the skill that you're amazing at." So if you're, let's say, a great musician, really, truly a great musician who got gigs in a non-inflationary environment, you should get gigs in an inflationary environment, too, because it's just the nature of you being great at your craft. So I agree with him on that 100% period. Especially the younger you are. Invest in yourself.

Now, I know with the way that education is going there's different ways that school, student loans that may not be the right, let's call it financial situation for investing in oneself. And I really do mean this, right? You got to think Warren Buffett, who I wish people would really study, and you can't almost stop studying the man, he's so brilliant. And it's underappreciated. Even if you think you appreciate it, the next day, you're like, 'my bad, I didn't underprove because he's actually that brilliant.' If you spend \$100,000 and you know for a fact that the job you're interested

in won't make you that \$100,000, then that \$100,000 you spent was on entertainment, it wasn't on education. And you should look at all of your investments that way as it relates to education because education about investing in yourself, right? So like, if you did spend \$100,000 and you got \$100,000 worth of enjoyment out of it, that's a totally different thing. That was a great return on investment and there are times that people do that, right? So for example, some business schools, that \$100,000. If you're going to whatever school it is for, it's not \$100,000 anymore. And I'm dating myself like closer to two or three, I guess, in some cases, depending on which one. But whatever you're spending on that, you may actually be buying relationships, which is not a bad call, depending on what it is you ultimately decide to do.

Alternatively, you may be buying the ability to be allowed to play the game differently, right? I think that's where the investors mind still makes sense in all things. You're really just trying to understand the logic behind the decisions that you make at all times. That's it. That's the purity of investment. That's the purity of the craft. That's the first thing and the foremost thing for sure as relates to other ways to navigate inflation in the markets, I think this is a commodities driven inflation. And so a lot of people aren't fully appreciating what that means. That's fair because the last financial crisis we'll call it, though I don't know that it's fair and correct to call this a financial crisis. This is more like you have a war going on, plus you've got some COVID residual stuff happening, right? It's not the banks have actually messed up because they were irresponsible like the last one. But in these types of crises where it's very much so, commodities driven commodities have to run for a while and then they have to stop running in order for us to get out of it. Unfortunately, there's been a series of irresponsible things that have just happened and it's going to take time. You can't call Amazon to get the entire world to have more food. Like Mother Nature has to kind of be like, 'all right, I'm

going to stop having forest fires for a little bit. I'm going to try giving you a little more rain.' That's one of the major bets where you have to actually use fertilizer. There are all these things you legitimately have to do and then you need there to stop being a war so that you can actually plant in the places where plants harvest the best in these fertile belts where unfortunately there's now a war going on that's going to make it very hard to get food prices down. Then unfortunately, we're in this very awkward period in history where we did not do the things we needed to do to get off a natural fuels, but we certainly did make it very expensive to keep doing more fossil fuels. We needed about three to four more years of stable geopolitics, but we just didn't get that. Instead, we escalated the thing that would cause the geopolitics whatever. I guess I don't want to get too political on this, but unfortunately that's where we're at. How we're going to resolve that is a big fat unknown. But that does actually mean that for a little bit, energy prices will remain elevated. Now, whether they'll continue to increase and further frustrate inflation is anyone's guess at this point because we kind of have to see what happens in the next six months. But it would suggest that commodities-based equities are worth doing the research on to understand where those companies break even and then all the profits associated with it. That would be the other place to look.

**JG:** Even though they've been cooling off about \$0.10 every week, gas prices have still been skyrocketing this year, nearly \$2 above the national average. And gasoline prices averaging more than \$5 in more than 13 US States. Can consumers ever expect gas prices to return to a normal?

**ML:** Okay, 'normal' is a really tough word. So I'm going to say I think what you're trying to ask me is will gas prices ever go down? Right at this minute, you should not expect a massive movement. There will be daily movement for sure and you might even get a whole month where things are better. But

generally speaking, we need whatever's going on in Europe to stop. And there's multiple things that need to stop related to that. Number one, obviously the war with Russia. I don't know how that's going to resolve and I pray for the Ukrainian people every day, but it's not looking like right now, to me that peace is on the horizon and that really sucks, knock on wood every day. But even after that, Europe didn't. They came off the fossil fuels and they don't make any fossil fuel. And all that means and the only thing that's really happening right now is they're using our fossil fuel because we have a lot of it. We're very blessed that way and we don't have it in its infinity.

And in this regard, this is a piece of Warren Buffett's annual meeting that went completely like people ran past it even though he said it clear as day. He said that whatever the Middle East wants, we should just pay it and keep our own fossil fuels for ourselves because there might come a day where we really will have sold all of it. If you think about that, every time we go to take our fossil fuels and export them, first of all, there's a bunch of Indigenous American that take it on the chin because it really is their land if we're honest. Right. And most of the places where those pipes are, it ain't great. Okay? And then we're not giving time for technology to make that process even more efficient. So what we've seen from three years ago to now, the amount of flare off has declined dramatically because aside from all the other things that we're trying to do, reducing flare off is a big deal. And we're still using the way that our infrastructure bill is built is a little bit I think with every passing year we get more efficient. So instead of EV comes up, batteries improve so that we can actually keep the energy on the network. It's all these things that we're doing where if we just buy time to be amazing but unfortunately not only are we not buying time, but we're also shipping this out overseas. Now, a lot of people don't realize that you can't ship everything. So liquefied natural gas is really what we're talking about here. Coal would be the second thing. And it's all got to go overseas because

unfortunately, if you look at a map of who's got what, Europe doesn't have it, but they have one of the denser populations.

I always think it's really fascinating. I love data. I'm such a data nerd, everybody. And I love that the world is coming to me because back in the day when I was a data nerd, they're just like, 'nah you're just a nerd. You can remove the word data.' Now it's like no, data nerd is a specialty type of nerd that has its own club of happiness. So the two maps that I always think are fascinating I wish more people would look at that is a demographic map of the density of the world, right. Where are people actually and then I think there would be a beautiful thing if people would look at a whole series of maps that look at where the different natural resources are and you'll see that one of the great blessings of being an American is that we are not densely populated, for better or for worse. That gives us other problems, but we're not densely populated, and we've got like all the candy bars for a lack of a better way to say it. And it's clear as day when you look at a map, and I've never understood how that could be.


The only other place that looks a little bit like that is Latin America. And they are truly blessed with some of the most beautiful fertile land on this earth, and not a lot of population to enjoy it. Both of us, all of us got our own thing to worry about. But if you look at Europe, my gosh, boy do they have a dense population and no candy bars. I'm just going to say it that way to keep it a little bit more fun since we're talking on a Friday.

Yeah. I mean, we need time to pass. I believe in innovation. That's what it really comes down to. I believe in innovation. But I do think right now we're doing traumatization to create that innovation versus just allowing I think there are enough people that would have naturally tried to find solutions to all these things without us putting the world in trauma. But unfortunately, that's what we've done.



# Exclusive Interview Founder T





A new competitor has emerged in the industry of herb and medical practices. Due to the effectiveness of mushrooms and adaptogens in the human body after consumption, Tony Huang has sought to capitalize on it by bringing forth new products to be used in this new age of health-focused consumerism. His company Attune is starting to branch out his products in a new revolutionary and enterprising way.

# Interview With Attune Tony Huang

In our in-depth interview with Attune's founder, we learn about the man behind the brand, his company's origins, and how his products will affect your life in Attune.

**Joseph Lehmann:** All right, so your educational background is in kinesiology, and you spent several years working in both fitness and in the overall healthcare profession. How does one go about going from such a specific career sector and what inspired you to start Attune?

**Tony Huang:** So, I got my degree in kinesiology, an exercise science, primarily because I was already into health and fitness. As an undergrad, I chose the kinesiology program because I already had a passion for fitness and sports. I was always involved in athletics in high school, which I missed when I entered college. It was like my identity and an outlet for me to test myself physically. Naturally, when you're into fitness, you're introduced to supplements. You hear all these stories of what some of these could do to your body. I went to Wal-Mart and bought the cheapest supplement there and added them workouts. After that, I went to the supplement store more often as I got more comfortable. I tried out what worked and what didn't and formed a sort of stack that worked for me. A few years down the line, and a friend of mine and a founder of a magazine reached out to me for help on starting a supplement store. That's how I got involved in the business and logistics side of things, which got me thinking, 'Hey, why don't I get involved in this sort of thing and grow a brand or something out of it like an extension of me and leave a legacy behind?

**JL:** What led you to discover this niche in the market that needed to be filled?

**TH:** So, mushrooms have always been a part of my life, even when I didn't know it. My parents would introduce me to these herbal soups filled with adaptogens and herbs and a bunch of other stuff and they would say 'drink this, it's

good for you.' When the lockdown started, I got depressed and anxious about my future, so I went down this rabbit hole one night looking at mushrooms and fungi, while watching this documentary called *Fantastic Fungi* by Paul Stamets, and I didn't know there was so much more to mushrooms than I originally thought. The deeper I researched; I realized this is what my parents were giving me the entire time. It's more commonly used in Eastern cultures than Western cultures, so I thought maybe I'll introduce it here with my company and let others know about the benefits.

**JL:** The baseline of your company centers around the use of mushrooms, more specifically adaptogens. Can you tell us what adaptogens are, and how they differ from other types of mushrooms?

**TH:** All mushrooms could be considered adaptogens, really. It could be an herb, a food, most commonly called in the health and wellness world a 'superfood'. What it does is adapt to the needs of your body, say when you're stressed with a big exam coming up or a big project or workload, there are certain hormones and biomarkers in your body that tell you you're stressed, one of them called cortisol, for example. So, what adaptogens do is recognize the state of your body and reverse them back to a more neutral state.

**JL:** Many of our readers may have questions and/or concerns about the use of adaptogens mushrooms as having broader physical and mental health benefits. You might even say they might be skeptical of these claims. Could you explain to us the benefits of adaptogen mushrooms?

**TH:** I think there's still a large learning curve within consumers. When you say 'mushrooms' they might think of psychedelic mushrooms. But they could be found regionally or in your backyard. These are functional mushrooms and are perfectly legal. We want people to do more research. While there is research being done on psychedelic mushrooms for mental

disorders. Functional mushrooms on the other hand have more physiological health benefits.

**JL:** Currently, you have three mushroom extract products available for consumers to purchase. First is Cordyceps. Can you describe to us what Cordyceps are, plus what are the unique health benefits attached to this product?

**TH:** Cordyceps provide energy benefits, grown in the Himalayas that are completely rare and hard to cultivate. They feed off dead insects and get their nutrients, getting called the 'zombie fungi'.

**JL:** Next, you have Lion's Mane. What are the unique health benefits attached to that product?

**TH:** It's my favorite to be honest. They're called the 'monkey head' because they have this look when they're dry, they have this icicle structure to them when they dry up, they're very delicious. Their benefits are brain boosting with neutral growth factors helping out as we age by building new neurons in the brain. The powder should be taken every morning for cognitive protective mechanisms and for focus.

**JL:** Then, you have Turkey Tail. What are the unique health benefits attached to that one?

**TH:** It's for immunity. In Japan, it's prescribed by doctors to treat certain types of cancer by fighting off free radicals. A lot of berries do the same, but Turkey Tail can also help boost the immune system.

**JL:** With such a unique niche health product, how does one incorporate these products into their lives? Can they be mixed with food or drink? Provide us with some examples.

**TH:** They're currently in powder form, making them very versatile. They could be used in smoothies, teas, coffee with some people even putting it in their pizza and pasta. In the future, I'm hoping to integrate these already all into a

single mix product. I'm working on Lion's Mane matcha right now.

**JL:** What roles do you see adaptogens mushrooms playing in this new era of climate awareness and widespread efforts to practice sustainability and reduce our carbon footprint?

**TH:** The way my mushrooms work may be to help compliment a vegan or plant-based lifestyle or even reduce meat consumption in general. It's well known and established that eating meat harms the environment, with the amount of water used to create a burger. Hopefully, people could be persuaded to try out a more plant-based or alternative diet in the place of meat. I don't think my mushroom will reduce the carbon footprint at a large scale, but I think mushrooms are being used in innovative ways that could be used in other things, like packaging and buildings that will have a more significant impact.

**JL:** Switching gears, now we want to take a minute to get into the business side of Attune. Can you tell us a little bit about your growth and expansion strategy for Attune within the next five-ten years?

**TH:** I haven't planned that far ahead; I take things one step at a time. I don't schedule things specifically, so I don't have things set in stone. Right now, it's just getting the brand name out and giving out samples. I have some partnerships lined up right now for boosting recognition, so it's just more about getting products sold right now.

**JL:** Attune belongs to the supplement industry. In an industry full of products that promise to improve people's physical and mental well-being, what makes your products special and stand out from the competition?

**TH:** My extract is not too different from every other brand. However, I am hoping to integrate the Metaverse into the brand right now as I believe going virtual is the future, as we're already seeing different parts of the

Metaverse being built right now. I think that will be my advantage right now, as I could interact with consumers. It'll be easier than emailing them, flying out, or meeting at conventions, so people can help out right away. Additionally, I hope to create a community who are customers of the brand where one can interact with each other.

*(This interview original appeared on Man of the Hour's sister platform Modern Treatise)*

**JL:** Your website provides a window into the future with the future of expansion into more adaptogen mushroom and extract products. Can you tell us what some of those future products will be and when we can expect them to hit the market?

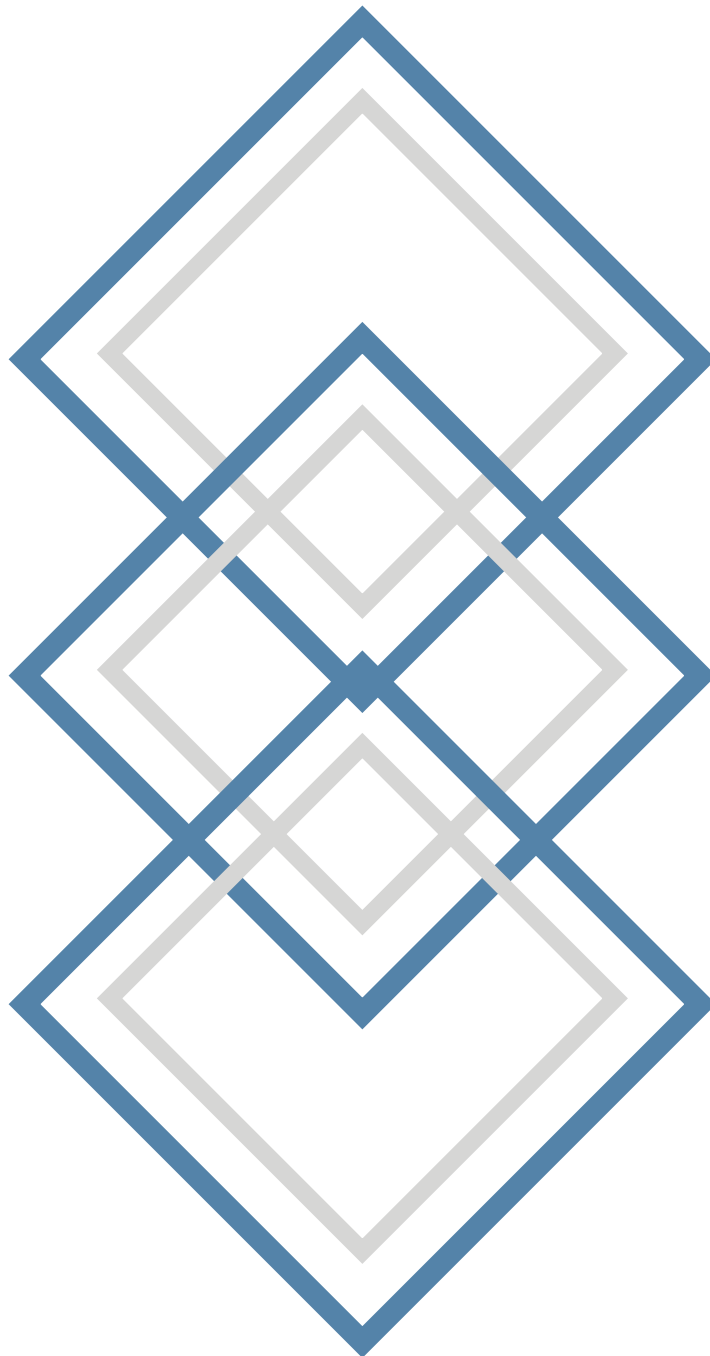
**TH:** I'm putting on a blend of a few ingredients forming into one mix so that customers won't have to buy four or five together. Then perhaps there could be a line of clothing merchandise.

**JL:** In the competitive rough and tumble supplement industry, how will you measure the success of Attune beyond just sales? How have you made your mark on the industry?

**TH:** It's nice to be profitable I don't think that means success; it is just a piece of it. I think success is about growing and looking back on what you've done and being proud of what you have built or how far you've come. I have benchmarks on where I want to be, like getting my stuff into retail, but there's a conceptual understanding of where you want to be.

**JL:** What are the most important things that you want potential customers to know about Attune?

**TH:** I want them to know that it's a product you can rely on, trust, and not be afraid of any negative connotations and connections when using mushrooms, since I know there's a lot of fear and worry. I want to build a community that surrounds what we do, well-being, mental health, and make connections with one another.



# Working From Home And Its Implications On Your Physical Health



Working from home became a reality to everyone due to the COVID-19 pandemic which started in 2020. Now, working from home is still an option or requirement for many. Even though working from home can be fairly convenient for workers as no travel time or transportation is needed, it still can have negative effects on your physical health. You can potentially develop back issues, neck problems, overeating, and not moving enough

during your day, as well as other issues. Through this article, you will learn about the various physical related health issues that can arise from working from home. You will also have some new potential solutions to explore which may be able limit the negative physical health outcomes that can come from this new mode of working. If you have to work from home, you should be able to do so comfortably with no troubles about your physical health!

## Back Issues And Computer Problems

Due to working from home on modes of technology, that can involved sitting in front of your computer all day whether it is on the sofa or at a home desk. At home we have access to all of our comforts which oftentimes encourage not moving as much as we should throughout our day. By not exercising or stretching, one can develop issues with their spinal health and back and neck muscles. There are many different solutions for these issues which may arise when working from home. In a Men's Health article, Cindy Kuzma interviewed the esteemed professional Dr. Naimish Baxi, a specialist when it comes to sports medicine and spine health, who gave some good advice.

"At my desk, I keep the top of my monitor at eye level and my keyboard on a tray under it, so my elbows are flexed at about 100 to 110 degrees. If you're on a laptop, get a separate keyboard and mouse so you can position the screen better. This prevents hunching, which can cause rounding of the shoulders and a bent-forward neck—and pain, knots, and spasms in the neck and upper back. I'm seeing it multiple times a week right now." Doing something as simple as just adjusting the height of your desk can help you avoid other more problematic issues that may come up later in life to due neglecting your spinal and muscular health. If you just take the seconds to adjust your desk slightly now, you might save your time and money with having to go to a doctor later due to immense pain. On your next workday, take heed of this advice and see if by the end of the day you feel better and notice less hunching while working at your computer as a result of changing your desk height.

## Fitness

If you feel you are not exercising enough as you are having to stay at home more often than not, you do not only have to go to the gym to have a good workout! There are

many different routines you can develop and exercises you can partake in without even having to leave your living room. There are many different ways you can maintain a regular fitness routine while working from home, for example: you can set aside a specific time during the day where you work out. This way you can keep your workouts consistent. Another issue which comes into play when dealing with working from home and managing your health is the ability to exercise. Maintaining a fitness routine is needed no matter where you are working. Still, being at home can cause you not to be motivated to work out. You still can work out at home.

Worried about potential challenges and solutions to those issues? Vergard M. Iversen and associates in *No Time to Lift? Designing Time-Efficient Training Programs for Strength and Hypertrophy: A Narrative Review For Sports Medicine in Auckland New Zealand* discovered, "When programming strength training for optimum time-efficiency we recommend prioritizing bilateral, multi-joint exercises that include full dynamic movements (i.e. both eccentric and concentric muscle actions), and to perform a minimum of one leg pressing exercise (e.g. squats), one upper-body pulling exercise (e.g. pull-up) and one upper-body pushing exercise (e.g. bench press). Exercises can be performed with machines and/or free weights based on training goals, availability, and personal preferences."

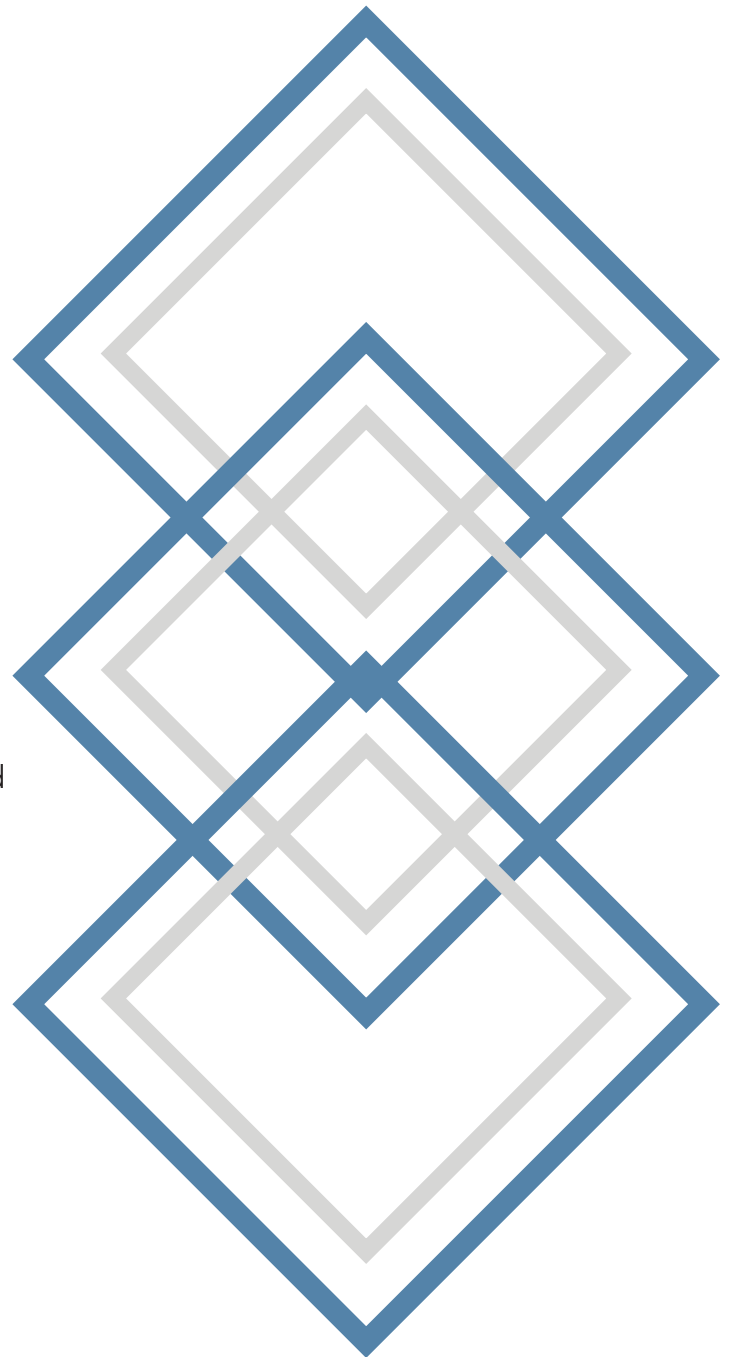
These were the main discoveries in the insightful study, but if you are trying to have the best workout at home possible, try and implement these practices into your routine. If you are going to workout, you might as well use your time efficiently by working out effectively. You can still have a good workout with no to minimal equipment in your own home!

## Food and Self-Control

When you are at home all day next to your kitchen, it can be tempting to snack while you work. Having a pantry full of treats and

snacks can tempt you into unnecessarily eating just because you have the opportunity. If you need help due to a lack of self-control, look no further. There are many ways in which can help you develop healthy habits when it comes to bad snacking due to the new development of working from home life. One solution can be only having healthy foods and drink in your house. If you want to have a treat every once in a while, then you can go out to get it instead of having access to it immediately in your house. By the treats not being in arms' reach, this will deter you from having unhealthy food more often than not if it is inconvenient for you to do so. In research from the International Food Information Council in their 2020 Food and Health Survey on Americans, reported by Harvard's T.H. Chan School of Public Health, "Forty percent said they at least occasionally replaced meals by snacking (lunch being the meal most often replaced) and 25% sometimes skipped meals entirely. During the COVID-19 pandemic, more people under the age of 35 and parents with children under 18 years have reported snacking more than usual." Snacking can be a healthy experience if you let it be. Everyone enjoys a good snack and will find themselves snacking at some point. However, one should be mindful of their health which includes making healthy snacking choices just as you would want to make healthier choices for a meal. Instead of snacking on foods that are highly processed or are high in sugar or sodium you could snack on something else instead like fruits or vegetables. You can also try partaking in mindful eating habits as well to help you not snack on something unhealthy in a large amount.

We all are still trying to get used to our new reality with having to stay at home. If you are struggling in transitioning, you are not alone. It is hard to establish new routines a lot of times and we were put in a position where everything changed swiftly and immediately. The COVID-19 pandemic affected all areas of our life, including our work environments. Hopefully, after reading this article, you have found some solutions to your problems which have appeared as a result of working from home.



**Words By:** Molly Adams



# The Impacts Of Working From Home On Your Mental Health

You have to admit, working from home definitely does have its upsides. You can sleep in a little bit longer, not have to worry about transportation, and have more flexibility in your day as your work is right in front of you in your laptop. However, working from home also is something that takes some getting used to. There are also issues that come with working from home just as any sort of change can present. Change is inevitably hard to deal with sometimes, but we have to be able to. In this very special edition of our magazine, I had the opportunity and honor to interview educator Anton Borchert who has held a Master's in School Counseling since 2008 about working from home and how to deal with the mental

health aspect of it. During this special interview, we were able to have insightful discussions regarding different problems and solutions that can appear in this new 'working-from-home' age. He was able to help answer some important questions regarding how one can adjust to working from home, ways to better your relationships, how to take care of your mental health, and keep balance in your life, etc. Hopefully this interview and its divulged answers are able to quell your thoughts as well and shed some light through some loose advice provided by our special guest. When it comes to mental health and having to deal with working from home.



**Molly Adams:** In regards to the loneliness factor for single males living alone and no longer having the communal interactions with coworkers in an office space, what are ways this can be addressed if issues arise?

**Anton Borchert:** Always begin difficult conversations with the angle of concern and not judgement. While there is no 'one size fits all approach' in dealing with people, concern is about saying things like, 'I am concerned for you...' or 'I worry about you right now...' or 'how are you doing, the reason I ask is...'

**MA:** When having to deal with live-in roommates, who also may be also working from home, can be difficult to handle for some. It can potentially take a toll on someone and can make them feel as if they are adjusting to a culture that reminds them of their college days. What are some ways someone can ease this stress and adjust better?

**AB:** You have to have the difficult conversation. But again, using an approach where you approach this with concern. These are people who you live with, so try to use the approach that you want a living arrangement that is not stressful or toxic for anyone. You also have prepare for this talk and incorporate what it is you want to see change.

**MA:** If one is in a relationship and is living with their partner, the toll of separating their professional and personal live can be a problem. The main issue which can arise when a couple is around each more than usual is needing boundaries as those hours in which they would normally be separated due to their traditional work environments are no longer existing. How can someone find their 'ME' time when facing this hard situation? How can they learn to coexist and address issues under this new paradigm in a healthy way?

**AB:** Same answer as above, only with only more concern and care. How you say something matters. Keep the tones and mean spirited sarcasm (as opposed to loving sarcasm

- haha) out of the conversation. You care about how this person talks to you and treats so do the same, be nice and withhold judgement.

**MA:** Even beyond relationships, how can someone address the psychological and social aspects that can come from trying to maintain a wall of separation from work and their personal life when their office is their living space?

**AB:** We all need and deserve 'ME time' each day. Sleep 8 hours, work 8 - 10 hours, that means you have plenty of time to prioritize some type of activity that makes you a better version of your self each day. There is no 'golden rule' on how to take or yourself, but trying to what is good for you most of the free time you have. Every once in while, you have to let loose and enjoy all that life has to offer, just let go.

**MA:** What are some things someone can do to decompress and not allow stress, pressure, and other factors control their mental wellbeing?

**AB:** For me and most of the counselors I talk to, the belief is that a body in motion, stays in motion. In other words, keep yourself busy with pleasant distractions that you have passion for. For example, if you like lifting weights, your mind has to focus on breathing and technique the entire time. This is a pleasant distractor, my mind has to focus on specific thoughts and actions. By staying active with things you love to do, your mind has to focus on different thoughts and not just dwell on your stressor.

**MA:** How can someone maintain a balanced life in this new 'work from home' world?

**AB:** Break up your work day. Every hour, take time for you. Like, take breaks, eat, stretch, exercise, repeat. Get away from your computers, phones and do something for your own well being. You will never be able to maintain being the version of yourself at work /school if you neglect your physical and or

mental well being.

Working from home is still something that is hard to get used to for everyone. If you are still struggling with our new-found reality, you are not alone. Don't be too hard on yourself if you are struggling and need to ask for help; it is nothing to be ashamed about. However, there are many different ways and practices that can help you learn how to better adjust to spending more time at home: the first step is to listen to yourself and realize if you are struggling or not. Knowing what your body and mind need is the first and most important step to being able to heal and move on if you need to. After you do this, you can take the time to evaluate what adjustments you need to make or practices you need to take part in

to improve your days at home and your mental well-being, or see someone who can help you do this. Your mental health and well-being is important, and the choice of whether you will listen to your mind and your body or not is yours. There are many ways you can help yourself or find help from outside resources if you need it when it comes to wanting to improve your mental health. There is always hope and you have the power to control your own life and what you do. You are strong and for as many issues as there is out there, there are just as many solutions. We are all in this situation of learning and struggle together and we can figure out how to adapt with the changes our world is experiencing with just a little guidance and help.

**Compiled By:** Molly Adams

# The Curious Rise Of Pickleball



If someone were to take a poll on what people thought was the fastest growing sport in America, what would some of the responses be? Some might say soccer since it is now more popular than ice hockey. Some would say competitive online gaming, given the boom of eSports we have seen over the past few years. If anyone answered with one of the above, they would be wrong and probably wouldn't be able to guess it right if given dozens of chances. So, what is the fastest rising sport in America? The answer: Pickleball. The game was first invented in the 1960s by three men, one of which was a Washington State congressman, that combines elements of tennis, badminton, and ping pong. Currently there are over four million players in the US and the number grows day by day. Soon you might see a pickleball court at your local park. In 1965, Washington State Representative Joel Pritchard and businessman Bill Bell found themselves in a predicament. They came home to find their families suffering from boredom. Pritchard and Bell came up with the idea for everyone to play badminton on the outside court however they could not find a full set of rackets. They decided to improvise with ping-pong paddles and instead of a birdie used a plastic ball with holes. The families started playing and used badminton rules in place for the new game that looked familiar but was foreign. Soon after that first game, Barney McCallum, a friend of both men, was introduced to the game. Together all three men created rules for what would become America's fastest growing sport.

Pickleball's major appeal is that it's fairly simple to play. There is no learning curve when playing for the first time. Newcomers are able to step on a court and play competitively right from the start. The game is played with a hand paddle and a plastic perforated ball on a badminton court with a 34-inch raised net. Teams of two, or singles, volley the ball back and forth as it bounces off the ground. Points are only scored by the serving team when the volley is lost by the opponent. Teams switch serves on side outs and faults.

Majority of core pickleball players are over the age 65, but the sport is getting younger as core players under 55 have seen a 6% increase from 2016-2020. Pickleball also saw an increase in overall total player growth rate of 39.3% over the past two years.

Pickleball slowly started to become more and more popular as the years went on. The 1970s saw pickleball reach out to others outside of the inventors' family and friends. In 1976, a pickleball article was featured in Tennis magazine. The same year also witnessed the first pickleball tournament in Tukwila, Washington. In 1984 The United States Amateur Pickleball Association was established to promote the growth of the game along with the USA Pickleball Association (USAPA) later created in 2005. As of 2022, there are over four million players competing across the country.

According to USA Pickleball, there are about 10,000 pickleball courts in the US, but they are constantly being built every month to keep up with the demand of the sport. USA Pickleball has even started preparing toolkits for community leaders with guidelines and price estimates for building a court. Courts are not only found in outdoor space but also in fitness centers, YMCAs, and hotel chains. With its increase in popularity Pickleball is starting to become a professional sport that is taken seriously with corporate and broadcast partners. USA Pickleball has over 20 affiliated endorsers that sponsor official pickleball events and equipment. The Professional Pickleball Association Tour was the first professional pickleball tournament hosted in 2018. Prize money of 'hundreds of thousands of dollars' was given out to winners. Pickleball matches are broadcasted both online and on live television. ESPN, Tennis Channel, and CBS Sports have all aired pickleball on their networks increasing the sport's outreach. Past completions and events can also be found on the official USA Pickleball YouTube channel [here](#).

Pickleball is one of the fastest growing sports in the US, but the game doesn't just have its sights set on domestic territory. Pickleball's extent has gone beyond American borders into the international sphere. The International Federation of Pickleball was formed in 2010 with the same goals as the USAPA. There are 70 member countries including England, Holland, Indonesia, Nigeria, and Peru. By the end of the decade, pickleball hopes to be an Olympic sport. For an Olympic bid, pickleball will need to be played in 75 countries and then be voted on by the International Olympic Committee.

Pickleball unfortunately doesn't have the recognizable names or faces of other professional athletes. However, that isn't to say that pickleball doesn't have its share of elite players. The Greatest Of All Time is a moniker that follows 22-year-old Ben Johns, the top ranked men's pickleball player. Johns started playing pickleball in 2016 and has claimed 40 Pro Pickleball Association Titles since then. Riley Newman is ranked 3rd in Men's Singles and Mixed Doubles where he plays alongside his sister, Lindsey Newman.

Pickleball will surely continue to grow as it has gone from a niche racket game to a member of the mainstream sports world. Pickleball will also be able to stimulate interest in a younger generation with more courts being built in community parks and rec centers. Soon more and more tournaments will be held and broadcasted to a wide audience.

**Words By:** Justis Nieves





# GENTLEMAN'S



# CHICAGO

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# TRAVEL GUIDE:



**CHICAGO**

To become a true man of the hour, one must be worldly. From experiencing his own city to traveling around the world, a polished man truly treasures the value from different cultures, attractions, and atmospheres of any given iconic city. He knows that new experiences have the potential to change and better his entire life. So, to continue this personal growth, a trip to Chicago is essential.

The Windy City has forever been known as a cultural and economic American hub. Similar to the likes of Amsterdam, many American businesspeople of the 1800's realized the city's economic potential because of its transportation abilities through waterways, and later railways. Chicago quickly became the financial and cultural center of the American Midwest, as it has established

itself in finance, education, jazz, sports, and tourism. Any gentleman should expect a buzzing atmosphere when visiting the city, as they explore the many exciting attractions, restaurants, green spaces, and shops alike. Before your incredible trip begins, ensuring the perfect accommodation for your stay is crucial. Below are some of the best stays that Chicago has to offer, with ranging atmospheres and prices.



## Accommodations





**Freehand Chicago (19 E Ohio Street):**

Set in the River North neighborhood, this cool art deco hotel is perfectly located for any adventurer, as it is a 5-minute walk to Michigan Avenue and State Street. This rustic stay also has a cafe and lounge bar, all for a moderate price.

**Hotel Julian (168 N Michigan Avenue):**

The stylish sophistication at this moderately priced hotel perfectly echoes its location in the vibrant Loop neighborhood. Ideal for a first-time explorer, with quick access to Millennium Park, and views of the iconic Willis Tower.

**Hotel EMC2 (228 E Ontario Street):** Bask in the artistic and modern atmosphere of this boutique hotel, while enjoying the seasonal

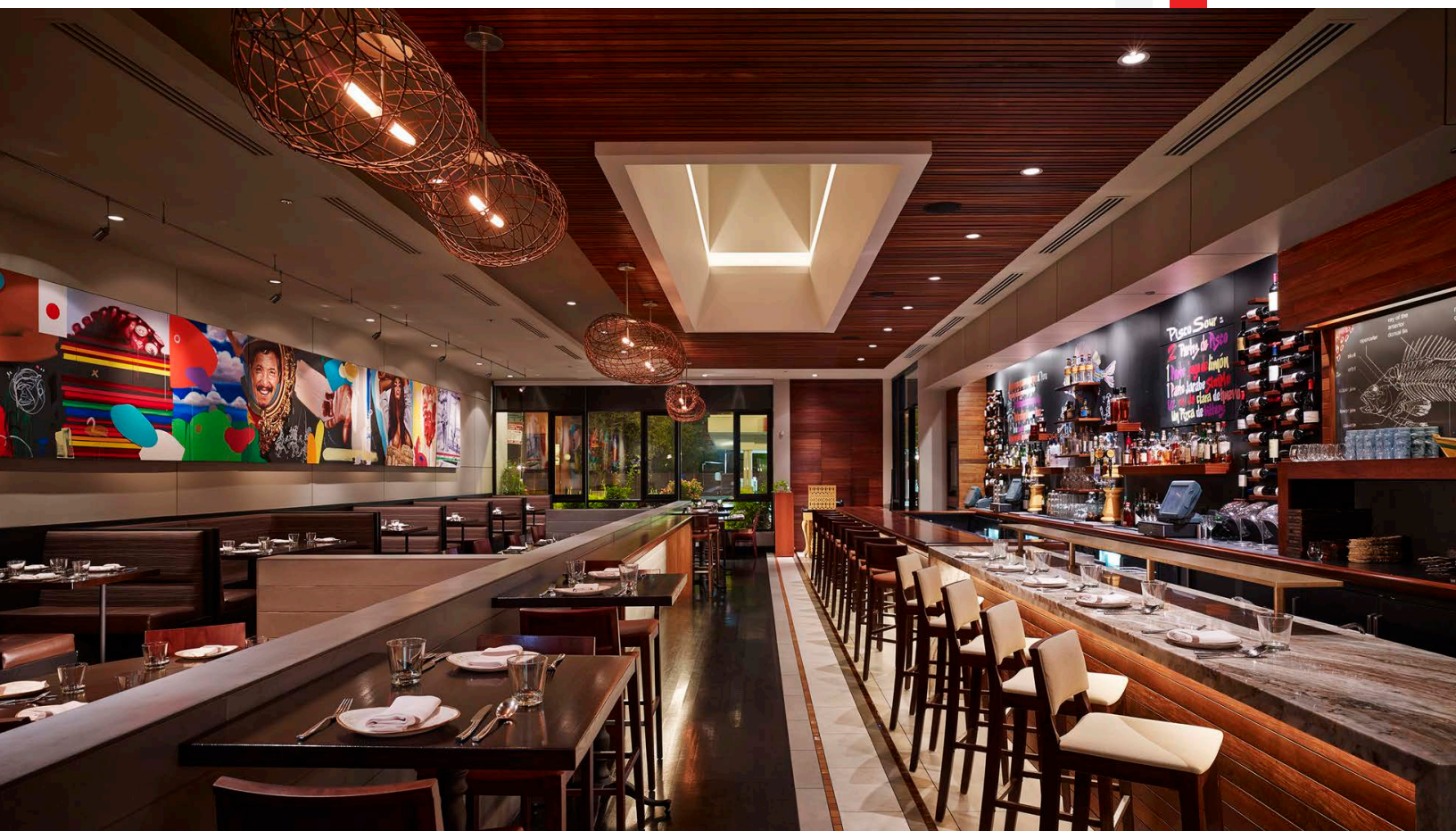
cuisine and expertly crafted cocktails in the on-site tavern. Situated in the Magnificent Mile shopping district, this stay delivers on a lively experience for its higher-end price range.

**The Peninsula Chicago (108 E Superior Street):**

The world-renowned Peninsula hotel location in Chicago is the quintessential 5-star hotel experience. Located in a landmark high-rise, this luxury-priced stay is a few minutes' walk to the Museum of Contemporary Art and Chicago Avenue.

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## Restaurants



No matter what your favorite cuisine is, finding the perfect restaurant is crucial for the best trip. To find an array of different dining experiences during your Chicago stay is made easy with the following recommendations.

**Sepia (123 N Jefferson Street):** Rooted in tradition, Sepia's seasonal cuisine is perfect for an all-American meal. Currently holding 1 Michelin Star, local artisan growers and sustainable practices comprise the artisanship that is placed on every dish, and house made cocktails.

**Furama Restaurant (4936 N Broadway Street):** Preserving the roots of the dim sum experience through serving each plate on carts, Furama is a classic Chinese dining experience. It also offers one of the largest

varieties of Dim Sum in Chicago, making it the perfect spot for any dish you could dream of.

**Demera Restaurant (4801 N Broadway Street):** Experience striking Ethiopian flavors and generations of culture at Demera. A multitude of options are available, from vegan and vegetarian to seafood and meat dishes. There is something for everyone to enjoy.

**Tanta (118 W Grand Ave):** Chicago's best destination for authentic Peruvian food is Tanta. Best known for its ultra-flavorful dishes and pisco sour cocktail, this lively spot is best for delicious ceviche.

## Literature

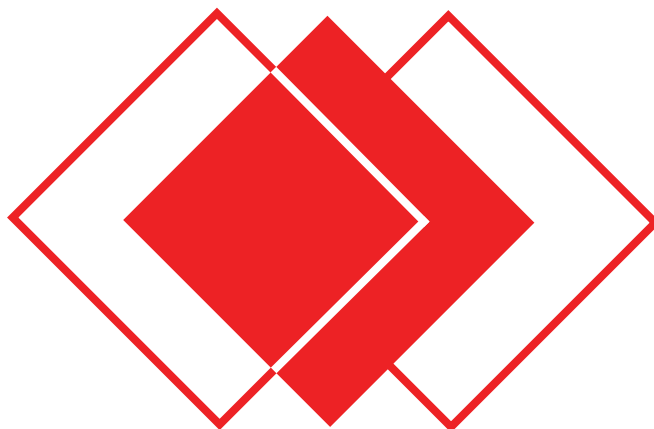
A true gentleman is always incredibly well-read. Knowledge is always around if you know where to look for it. A good place to start is local bookshops, which are full of uniquely curated good reads. Broadening your horizons all while exploring the city.



**Sandmeyer's Bookstore (714 S Dearborn Street):** This quaint mom-&-pop shop is located in Chicago's south loop and offers everything literature-related. From new releases to perennial favorites, this classic local shop is perfect for bookworms alike.

**Unabridged Bookstore (3251 N Broadway Street):** The wide variety of titles available at Unabridged Bookstore is unmatched to anywhere else. Finding the perfect title is made easy with the help of the knowledge staff, and their handwritten recommendations.

**City Lit Books (2523 N Kedzie Boulevard):** This cozy shop located in the heart of Logan Square has a book for everyone. City Lit will help you better understand the local community, with 'author talk' events, where locals gather to meet the authors of some of their favorite reads.



## Style

When shopping for the perfect new piece, knowing all the finest shops will make for the best shopping Chicago has to offer. From department stores and specialty shops to skincare and haircare, these recommendations will ensure you know the best shops.

## Shopping District

No trip is complete without a little bit of shopping, and a stroll through the nicest shopping district is the greatest way to do so. In Chicago, the **Magnificent Mile shopping district** is where anyone can explore and indulge in a luxury shopping experience. Within this district, the **Oak Street District**

is a niche spot for all your luxury wants. While there, check out the Water Tower Place, which is a mall, hotel, and theatre in a 74-story skyscraper. A must-see spot while in the Oak Street District Where luxury meets connivence, the Magnificent Mile is where all your shopping wants can be fulfilled.

## Department Stores

Any Man Of The Hour knows the wide range of department stores makes your shopping both personal, and swift. Chicago is home to a multitude of department stores, making sure that all your wants can be met. If you are already in the Magnificent Mile, browsing through the timeless class of **Bloomingdale's (900 N Michigan Ave)** is a great first stop. From there, you can travel to the exceptionally large **Neiman Marcus (737 N Michigan Ave)**. Here, you can purchase

everything fit for a gentleman, all within the AMOUNT floors.

If you are on a budget, head over to **Macy's (111 N State Street)** across the Wabash Avenue, or, if you want to sound like a certified local, **Irv Kupcinet Bridge**. There you can keep your wardrobe up to date with the latest looks.

## Specialty Boutiques

Whether you are shopping in the Magnificent Mile or browsing around the city there is a fantastic opportunity to have a bespoke experience in the array of Chicago's specialty boutiques.



The Magnificent Mile is home to lots of luxury retailers. Including *Prada*, *Louis Vuitton*, *Burberry*, and *Ermenegildo Zegna*. More exclusive shops are also sprinkled throughout Chicago. **Loro Piana (39 E Oak Street)** has the absolute finest menswear, providing you with their iconic cashmere pieces and Open Walk footwear.

A two-minute walk down the street will take you to **Tod's (121 E Oak Street)** where you acquire Man Of The Hour essential materials like their Italian-made leather shoes, or expertly crafted ready-to-wear collections for men.

**Jugrnaut (427 S Dearborn Street)** is a local boutique that offers everything in menswear. From hip-hop and skate-culture designers to vintage apparel this shop will

leave you with a custom piece that is available nowhere else. A hidden gem is the **Yves Saint Laurent (11 E Walton Street Waldorf)** boutique that is tucked away in the Waldorf Astoria Hotel. The simplistic design of this store provides the perfect canvas to let your imagination run wild as you try on new potential pieces to add to your wardrobe.

## Accessories

After adding new gentleman classics to your wardrobe, finalizing your look with accessories is naturally the next step. If you are looking for an alluring shoe to complete one of your many new looks, **Allen Edmonds (122 S La Salle Street)** is the best option. This elegantly decorated store is home to handcrafted leather shoes for any occasion. If you are looking to splurge on a new accessory, **Patek Philippe and Rolex Boutiques by Razny Jewelers (109 E Oak Street)** is the perfect place to do so. Every gentleman has a classic

timepiece. So, investing in a time piece to commemorate your time in Chicago is the perfect memento.

In addition to looking the part of a gentleman, feeling the part is just as important. **Q Brothers (4718 N Lincoln Avenue)** is a local grooming shop that is keeping the tradition of using old-school shaving gear alive. Including badger brushes and beard oil, to keep you appearing and feeling like yourself.

## Toiletries

Staying clean and polished in Chicago is not an arduous task, with the myriad of personal care shops in the city. If you are looking for clean skincare products, **Credo Beauty (1659 N Damen Avenue)** can help you stock up on your favorites or try something new. Across the street from this shop is an Australian skincare favorite, **Aesop (1653 N Damen Avenue)**. There you can find skin, hair, and body products to build the perfect self-care routine.

No look is complete without a signature scent. However, sometimes what is currently on the market is just not the right scent. To remedy this, try making your own custom scent at the **Aroma Workshop (2110 N Halsted Street)**. In addition to creating a personalized scent that is placed in an elegant bottle, you can also learn about aromatherapy, and all things fragrance.

If you are looking to maintain your current hairstyle or try something new, Chicago's many cool barbershops are just the place. Located in the trendy West Loop neighborhood, the **Blind Barber (948 W Fulton Market)** is a hot spot for a haircut, shave, or beard trim. In addition to excellent service, returning to the shop at night is a whole new experience. This is because of a spot called **The Backroom**, which is a hidden bar with unique cocktails and incredible grilled cheese sandwiches. If you are looking for something simpler, try **Gabby's Barbershop (2860 N Clark Street)**. For over 60 years, this timeless-looking shop is perfect for haircuts, fades, or a good shave.



# Nightlife



If you are looking to add a few nights of fun to your trip, one of Chicago's many nightclubs will do just the trick. Take the following recommendations, ranging in differing music tastes for every gentleman's liking.

If you are looking to enjoy a night like many Berliners, the best EDM club is **Spybar (646 N Franklin Street)**. With a schedule of new DJ's every weekend, this spot is perfect for variety and fun. Frequently named one of Chicago's best clubs, the exclusive **Underground (56 W Illinois Street)** is another spot for hip-hop and EDM. Often frequented by celebrities, this club is sure to deliver a fun night.

Fans of Latin music can dance the night away at **LITE Chicago (215 W Ontario Street)**. Particularly on Saturdays, when this club has its 'Callaita Saturdays,' which also happens to be its premier night. Another upscale option would be **Le Nocturne Chicago (4810 N Broadway Street)**. Here, you can enjoy a night of excitement with an

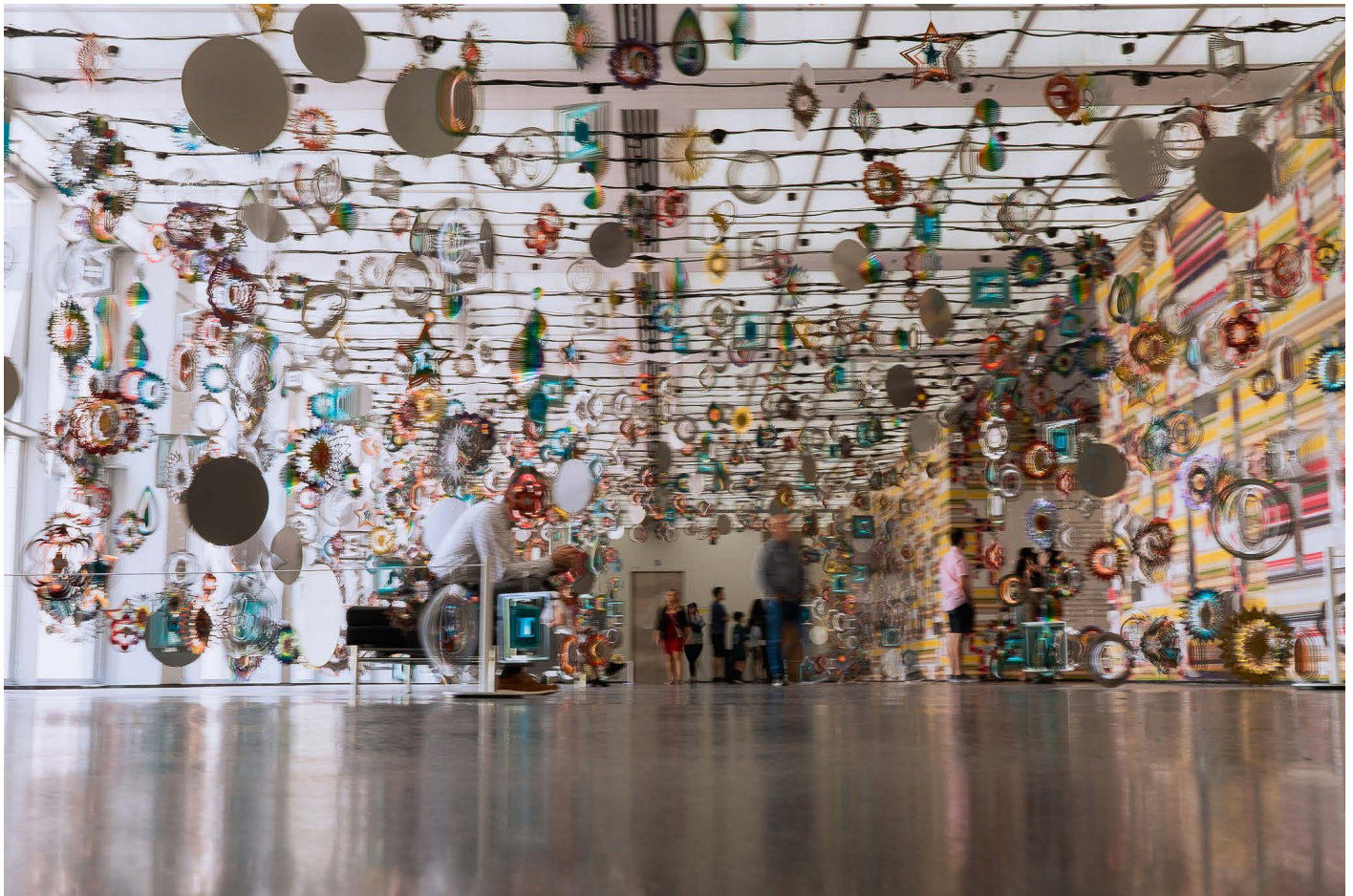


immersive visual experience, as it has over 99 separate pieces of intelligent lighting.

## Sites

Aside from the many other amazing experiences you will have during your time in Chicago, seeing some of the biggest attractions will allow you to see all that the city has to offer. Ultimately giving you the opportunity to learn about the city's fascinating history and resilient culture.

# Visual Arts



Any gentleman knows the true optical and intellectual value. Luckily, Chicago is full of museums. **The Art Institute of Chicago (111 S Michigan Avenue)** is one of the largest and oldest museums in the world. There you can see iconic pieces like Wood's American Gothic, Hopper's Nighthawks, and Van Gogh's Bedroom in Arles.

To get a more modern art experience, a visit to the **Museum of Contemporary Art Chicago (220 E Chicago Avenue)** is best. This museum was home to Frida Kahlo's (American) and Jeff Koon's artistic debuts, and currently

displays pieces from legendary artists like Calder and Warhol. Another great museum is where history meets art, at the **City Gallery in the Historic Water Tower (806 Michigan Avenue)**. This building was one of the many few to survive the Great Chicago Fire of 1871. It became the symbol of rebuilding the city then, and currently displays the work of local photographers and artists in the City Gallery. Another wonderful experience is the **Driehaus Museum (40 E Erie Street)** is a former mansion of a wealthy banker in the Gilded Age. Known as the 'Marble Palace' this spot is definitely worth seeing.

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## Gems

Aside from the many other amazing experiences you will have during your time in Chicago, seeing some of the biggest attractions will allow you to see all that the city has to offer. Ultimately giving you the opportunity to learn about the city's fascinating history and resilient culture.

**Words By:** Mackenzie Aiello

# The 30 Year Evolution Of The Male Television Archetypes



James Gandolfini as Tony Soprano in *The Sopranos* (HBO)

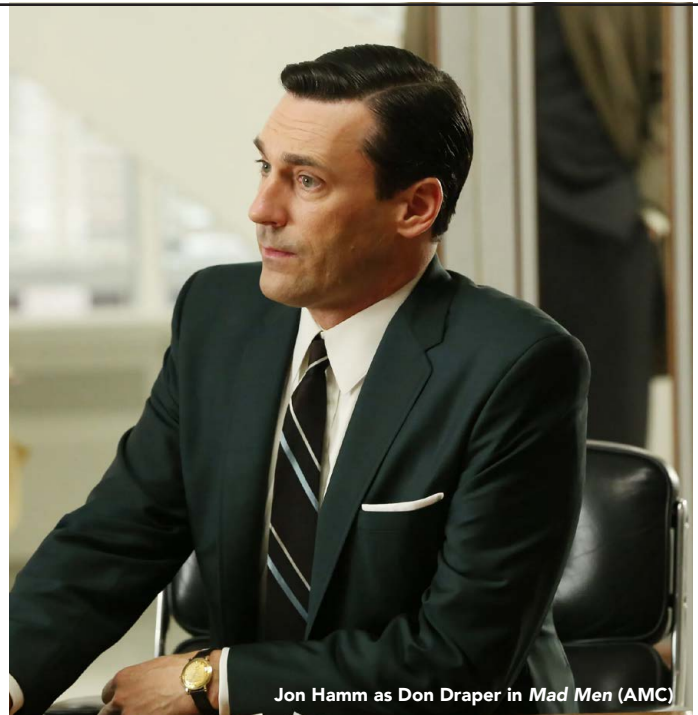
The world of television has proffered countless examples of a 'leading man' since its conception. Those characters and their evolution may have something to say about masculinity and the place it holds in our contemporary world. TV is replete with archetypal characters, the kinds of men and women that we emulate, aspire to, or despise; the troubled genius, the rebellious underdog, and so on. What can be learned from television's coveted archetypes with respect to societal ideals and its expectations of the modern man?

Thinking about character archetypes in television as distinct from those in film is by no means a waste of intellectual fuel. The mechanics of storytelling in these mediums are divergent in crucial ways, and for this reason, so are the mechanics of character. Narrative structure likely spans years in the case of TV, and so its subjects continue to unfurl, revealing more and more of themselves to their viewership. While masculine representation in film has been studied before, it would be dishonest to assume that the same conclusions about cultural ideals surrounding this topic can be drawn from TV. Further, because the dynamics of audience engagement in television are chiefly different from the one-time decision to watch a film, the psychological



architecture surrounding TV and film cannot be equated. Perhaps there is an incentive to build characters who harbor dark secrets, for instance, because it makes for a sustainable story. The last 30 years of television has contributed a myriad of complex male characters, tasked with overcoming a wide variety of problems. It's as though each one is a data point, plotted on a graph that, when viewed as a conglomerate, paints a landscape of the problems that men are expected to encounter and deal with. This is what we can learn from thinking about the male archetype and its various forms. If series with a strong presence of male archetypes speak in unison about anything, it isn't necessarily about how a man deals with the problems he faces, but about which problems men can expect to confront - if they want to be characterized as such.

*Better Call Saul, Atlanta, Succession* - each episode of these critically acclaimed, modern series bring their own unique obstacles to the doorstep of their primarily male protagonists. The series' overarching themes, however, do share some basic foundational design. Most modern dramas with a male protagonist are case studies; a deep dive into the life of a man and those closest to him. Family, particularly, is frequently depicted as the principal struggle for male leads; *Ozark's* Marty Byrde, the patriarch of the Byrde family, is fiercely challenged to preserve his family's wellbeing. Donald Glover's Earnest Marks strains to provide for his daughter in *Atlanta*. Family is the motivation for Walter White's foray into the world of methamphetamine, and the by far the biggest headache for *Succession's* Logan Roy. Looking back into the early 2000's, a man's family was often inimical to their ambition. Tony Soprano's idea of career was certainly at odds with fatherhood, making for arguably the most compelling character of the early 2000's. *Californication's* Hank Moody endured this same push-pull of fatherhood and career/lifestyle, and family was the predominant obstacle for title-character Kevin Hill. Family is



frequently invoked as a character's justification for his violent or clandestine nature. If he commits violent acts in the name of providing for his family, of all things, then surely this is a man that an audience can still cheer for.

*Walker, Texas Ranger, Hercules, and X-Files* are the 1990's-structural-equivalents, in so far as they were dramas that zoomed-in on their male protagonist. In the 90's though, TV dramas featuring male archetypes weren't as keen on leveraging family for storyline. The bloodshed was necessary, a selling point even, but justifying it didn't seem to be. Family or fatherhood was either a much smaller slice of the character arc, or not part of it at all. We heard mention of familial ties or were shown childhood flashbacks. *Twin Peaks* rarely, if ever, made mention of agent Cooper's family. Sergeant Cordell Walker's parents were killed when he was a boy, and he isn't a father until the season finale. Fatherhood is actually the antithesis of storyline, in this case. At any rate, violent male characters were plentiful in the 90s, but the rationale was predicated on a much more objective ideal- good vs. evil. You don't need to paint a familial picture in order to establish a moral defense against murder, the way later dramas like *Sons Of Anarchy* or *Bloodline* did. Instead, series like *Law & Order, Law & Order SVU, Picket Fences, The Profiler,*

*Viper*, *NYPD Blue*, *Homicide* were able to capitalize what the industry used to consider a given; that law enforcement are the good guys, and that they're after the bad guys. Gallup polls show an American populace that was more confident in law enforcement in the 1990's, but that confidence started trending downward in the mid-2000's, eventually even losing a 50% majority.

The numbers aren't drastic, this is just an observation. We now live in a virtual panopticon, where miscarriages of justice are obvious to anyone who has access to the internet. We understand that morality isn't so easily stratified along these lines, and that a badge isn't a guarantee. This might be one of several reasons why we see much more complicated characters in present-day television. Even cop dramas, after the turn of the century, began to sketch a much more subversive, flawed picture of law enforcement. Detectives like Rust Cohle and Marty Hart (*True Detective*) or Vic Mackey (*The Shield*) were designed with much deeper - you might even say irredeemable- flaws than we'd seen before in policemen. The type who may not always act in accordance with the law, but instead with a deeper morality: allegiance to loved ones. Saul Goodman in *Better Call Saul* and Tommy Shelby in *Peaky Blinders* represent examples of the contemporary appetite for moral obfuscation in character-focused dramas.

The shift toward more family-centric plotlines for male protagonists comes, perhaps unsurprisingly, after the feminist crusade against television's role in the societal oppression of women. Since the advent of TV, women were defined by their relationship to their male counterparts; wives, mothers, girlfriends or lovers. It is uncontroversial to point out that early television strictly enforced these asymmetric and ossified gender roles. The percentage of women in the labor market grew tremendously in the 70s as a result of feminist activism and affirmative action programs, and the experience of female

characters on TV expanded correspondingly. Women had now become a valuable market, and this meant that it was important for advertisers that television content reflect that value. A tectonic shift in gender roles meant that caring for a family is no longer only a feminine responsibility. It would appear that this trend continued, and we've grown used to seeing men compensating for this change by spending more screen time around the home or with family, especially in sitcoms.

The skyline of masculinity developed by the comedy genre in television has evolved in its own way over time. Sitcoms from the late 2000s and after, i.e. *Modern Family*, *Silicon Valley*, *The Big Bang Theory*, *Parks & Rec*, and *Barry* generally circumscribe a male archetype that is quite a bit more sophisticated than what this genre was pushing 15 or 20 years ago. These protagonists feel like an upgraded version of the bumbling, simple-minded men of early 00's and 90's sitcoms. The things that *Married...With Children's* Al Bundy, *King Of Queens' Doug Heffernan*, *Martin Payne in Martin* or *Ray Romano in Everybody Loves Raymond* had in common was their inevitable bumping into every metaphorical coffee table, making a mess that they're seemingly incapable of cleaning up. Think Carl Winslow in *Family Matters* - the kind of guy with the unique ability to further damage a household appliance while attempting to fix it. Often, their ignorance and immaturity needed to be balanced out by a feminine counterpart. Male protagonists in more contemporary sitcoms, contrarily, are largely equipped with an intellect that their predecessors only rarely had. *Arrested Development's* Michael Bluth puts a fine point on this evolution, as he represents a man tasked with fixing problems, as opposed to causing them.

Aziz Ansari in *Master of None* or Sheldon Cooper in *The Big Bang Theory* are postured as ultra-capable in certain intellectual endeavors, but are varying degrees of hopeless when it comes to asking out the girl, for instance. Architect Ted Mosby's love life



Logan Roy, the media titan played by Brian Cox in *Succession* (HBO)

took 9 seasons to unravel on *How I Met Your Mother*. *Friends*' Ross Geller was a professor. JD from *Scrubs* was a doctor. Even Jim from *The Office* is a mild example of this 'otherwise capable' trope - he was destined for bigger things than Dunder Mifflin, and eventually starts a business. All of these leading men were challenged most in these series not by career, but by their love lives. The 'nice guy' archetype is nothing new, we know this. From Richie Cunningham in *Happy Days* to Freddie in *iCarly*, a version of this guy is perpetually around, and can often be found directly beneath the nose of a female character that hasn't yet realized him as Mr. Right. The nerdier 'nice guy' trope had been alive and well in TV long before the turn of the century; such as Eric Foreman in *That 70s Show*, *White Collar*'s Neal Caffrey, Sam in *Freaks and Geeks*, Screech in *Saved By The Bell*, were all made to wait patiently to be given their chance with their dame.

Of course, there are always exceptions. Steve Urkel in *Family Matters* or Jerry Seinfeld



Aziz Ansari as Dev Shah in *Masters of None* (Netflix)

in *Seinfeld* are nerdy 90s characters, surely. But even in these cases, they don't completely defy the trend; characters like these are still playing a version of the blundering fool, blurring out something that ruins a mood, or blowing off plans to go to a Knicks game. Urkel, Seinfeld, and TV characters like them born of that decade weren't completely denuded of all the glitches that were typically considered masculine in the same way that virtually every main character on *Silicon Valley* is, for example. They were still defined in large part by their unrequited love. Even



animated series seem to comply with this evolution: *When The Simpsons, Family Guy, The Proud Family, King of the Hill, Johnny Bravo, and Beavis and Butthead* reigned supreme, we didn't see as often the ultra-capable, yet vulnerable, male protagonistic characters studied in *Rick and Morty*, or *BoJack Horseman*. The incompetent buffoon is, however, still a reliable bit as affirmed by the success of series like *American Dad* and the continued success of *The Simpsons*.

The quality of television has skyrocketed since the advent of streaming platforms. Quality is the central commodity, because quality matters most to viewers with as many options as we have. Among the reasons for this qualitative advancement is that the content we're consuming is generally tailored to us, based on what we've watched in the

past. No longer are there only 3 hours of primetime in which a network needs to cram content bland enough to please everyone. Every single actress in the 'best actress in a limited series' category of the last Emmys was nominated for their role in a show platformed by a streaming service. 100% of the 'Best Actor, Comedy' nominees came from streaming services. 'Best Actor, Drama' followed suit. This is evidence of not only more compelling stories coming from these platforms, but more compelling characters. Incontrovertibly, streaming seems to have been a rising tide with regard to content, and the same can be said about the way that we experience it. Viewers aren't kept waiting for a week at a time (usually), engagement isn't severed by commercial breaks, the arguments are obvious enough. But we've been in a streaming world for some time now, and



Donald Glover in *Atlanta* (FX)

we know enough to reflect on how binding corrosive the structure of network television was to the content. Unique ideas that would've been passed on are encouraged. B characters are getting spinoffs. The ones sitting at this table have enough money to take chances.

Is television content shaped by society, or is society shaped by TV? The answer is likely some combination of both: television existing and exchanging influence with society in the same way that our bodies exchange atoms with the atmosphere, by virtue of our breathing. There is really no definitive line to draw between society and what it produces. It feels easier to make the claim that television is largely responsible for the way we conceptualize history, to some degree. TV series are constantly contributing to the fossil record of archetypal ideals and

sociocultural sentiment about everything at the time of their breathing. They suspend the conditions of that world within a block of amber for later generations to study or gawk at; things ranging from fashion choices to intra-household dynamics. Say you've been invited to a 90s themed party. What references are you summoning in order to imagine what you might wear? Chances are, while you're standing in the aisle of the thrift store, your brain is rifling through old *Fresh Prince of Bel Air* or *Seinfeld* episodes in some intracranial file cabinet, plotting your own embarrassment.



*Bojack Horseman* (Netflix)

As time goes by, these stanchions of culture are faded and forgotten. Some series would be left to carry the representational weight of entire decades, like *Star Trek* in the 60s or *M\*A\*S\*H* in the 70s, if it weren't for the consistent reprisal of these time periods (*Mad Men*, for example, or *That 70s Show*). Television is constantly writing and rewriting history, bringing back series from the dead and greenlighting more new ones than ever before. The male archetype is many things, and it has been many others. They're different across time in small ways, and similar in big ones. Classically though, the men of television seem to further break the mold in their attempts to reassemble it. Who'd have guessed?

**Words By:** Brian Dailey

# Examining The EU's Future



As the past couple of years have been difficult for Europe, the future will certainly not be any easier. Many were naïve and thought before 2020 that Brexit was a huge crisis for the European Union, if not the end. Instead, the bloc is still going strong, and three more nations formally requested candidacy status. Ukraine and Moldova are now officially candidate countries, but Georgia must wait a bit longer and instead has its European perspective recognized. Rather than Brexit being the event of the century for the continent, not only Europe but the entire world has been trying to recover economically and emotionally from the impact of COVID-19 and now Vladimir Putin's 'Special Military Operation' in Ukraine. Vladimir Putin however may not have realized this before he invaded Ukraine on February 24th, but he has become the catalyst for Europe's energy transition. There have been discussions about stopping the use of oil for environmental reasons, but now European nations have taken it upon themselves to look for other energy sources

other than Russian oil and natural gas. The various regions of Europe also face different challenges which makes it difficult to achieve the unity the continent would like to achieve. This ranges from how to integrate migrants in northern Europe to how to properly reform the institutions in Bosnia and Herzegovina and how to mediate independence for Kosovo to avoid another war in the Balkans. Europe may be the world's smallest continent by land area, but this does nothing to prevent an endless number of challenges from emerging before the last ones are resolved.

Brexit was supposed to enable the nation to fund the National Health Service (NHS), cut down on unwanted immigration, and be a path to a brighter future for the United Kingdom. However, there have been many drawbacks as a result of Brexit. United Kingdom citizens now face difficulty traveling to all 27 EU member states due to additional passport checks, meanwhile, the travel of EU citizens is only impacted to one nation.

Controls on food between Great Britain and the EU have been reinstated, resulting in British citizens having their ham sandwiches confiscated before being allowed to enter the Netherlands. Northern Ireland has once again become a problem for the United Kingdom due to the Irish Protocol.

Due to an end of the United Kingdom's EU membership, this meant an end to free travel between Northern Ireland and Ireland, creating tensions on the border between the two countries on the Irish isle once again, not seen since the Troubles. To prevent this, the EU and the United Kingdom agreed on the Irish Protocol allowing for free movement of goods and people to continue between Northern Ireland and Ireland yet require checks between Great Britain and Northern Ireland. This effectively divides the United Kingdom and acts as motivation for businesses in Northern Ireland to look for opportunities with Ireland rather than with Scotland, England, or Wales.

Brexit also has resulted in London losing part of its global influence. In 2021, London lost its status as Europe's top share trading revenue to Amsterdam. This is because share trading denominated in Euros had to stop after Brexit. Amsterdam retains its status as Europe's top share trading city a year later. Besides trading, Brexit has even had an impact on museums. Experts had been attracted to the UK for years, yet now have been moving back to their nations of birth in the EU.

Curators are bringing expertise to museums throughout Europe meanwhile the UK simultaneously loses these experts, particularly hitting London hard. This has helped transform European museums and make art more accessible to patrons and help museums utilize the experience these curators have from London to help make European museums more welcoming. The European Union is benefitting from Brexit in various ways yet is poised to grow in the future.

## Europe's Energy Transition

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For years climate activists in Europe and around world have stressed the importance of using cleaner energy sources and transitioning away from fossil fuels. Countries in Europe are racing to look for other energy sources, but not for the reasons activists would prefer. In order to stop buying energy from Russia and speed up the energy transition, the European Union labeled natural gas and nuclear energy as green energy sources. Member states however are split on this issue, particularly about nuclear energy. Italy has already had two referendums regarding the use of nuclear energy and closed its nuclear energy plants decades ago. The first was held after Chernobyl disaster in Ukraine and the other after the Fukushima disaster in Japan. Germany has also been planning to decommission all nuclear energy plants after the Fukushima disaster. Rather than delay the closure of the nuclear energy plants, Germany has instead decided to return to using coal. While it is understandable for people to have reservations against using nuclear energy over the fear of a disaster, the issue is that Europe needs cheap energy immediately. Solar and wind energy are not developed enough to be a cheap alternative to Russian oil and natural gas.

While European Union member states are trying to present a united front, some nations will ultimately act based on what is best for their national interests. The European Union requested that member states decrease their usage of natural gas by fifteen percent as part of a maneuver to prepare the bloc for a scenario where Russia cuts off natural gas supplies to the EU.

Portugal refused due to utilizing natural gas to produce energy. The Portuguese government believes that this would burden the nation too much as people are using electricity in order to cool their homes during summer. Hungary held up the sixth round

of EU sanctions against Russia because Hungarian President Viktor Orban refused to give up Russian oil, even with the EU giving the member state extra time compared to most member states to find other energy sources. This shows the limitations of the willingness of EU member states to cooperate.

Despite Brexit and Russia's invasion of Ukraine, it's still clear that the European Union will remain an influential global actor, particularly within Europe. The evidence of this is Ukraine, Moldova, and Georgia all applying for EU candidate status. While Ukraine and Moldova were able to celebrate becoming candidate countries for the bloc, 60,000 Georgians protested in Tbilisi when the EU recognized the country's 'European perspective' instead of candidacy status. The EU may struggle to cooperate and find compromises particularly as the number of member states continues to increase, yet simultaneously European countries outside the bloc clearly exhibit a desire to be included. Russian energy is the European Union's lynchpin now, but not the end of the bloc.

## Housing Prices

House prices widely vary across Europe based on demand and income. This has led to unequal homeownership rates. Interestingly, this is where we can see the paradox of income in Europe. A lower percentage of the population in countries with a higher average are homeowners than in poorer countries. This is important however as homeownership is an important way for the middle class to accumulate wealth. In 2020, the rate of home ownership was 42.3 percent in Switzerland, meanwhile Romania had a homeownership rate of 96.1 percent.

Homeownership is also important as it can help protect workers. While rent prices can increase dramatically, owning a home outright would prevent this problem. In Germany, we can see a dramatic increase in the portion of older Germans burdened by high rent. In

2019, 66 percent of elderly Germans who rent pay over 30 percent of their income towards housing. Only 38 percent of elderly Germans were in this situation in 1996.

European countries need to ensure that they allow their citizens to have the ability to own a home. One potential solution is for European nations to incentivize companies to relocate outside of the national capitals. In most European nations, the national capital dominates the national economy and is where most of the nation's population lives and works. Due to limited space in the capitals and various restrictions to protect historical architecture, more people are moving to these cities for work, and rent prices continue to increase as new housing stock cannot meet the demand. If national governments were able to help encourage companies to relocate to other cities to help relieve this pressure. National governments can also invest in infrastructure in rural areas and enable people to work remotely from small towns and villages. Not only would this potentially relieve housing costs in larger cities yet also help preserve the culture of rural Europe which are at risk of dying out if emigration from these areas continues. Rent prices continue to grow faster than the income of workers making this an imminent issue if not tackled sooner than later.

## Conflict in the Balkans

Warfare may have ended in the Balkans, yet tensions remain high. Kosovo is still pursuing independence from Serbia, and concurrently Bosnia and Herzegovina will have to pass difficult reforms in order to be able to fully function as a nation. It is important to note however that despite some panic on social media over misinformation, tensions between Kosovo and Serbia have not escalated into an armed conflict. Republika Srpska, the region where the majority of ethnic Serbs in Bosnia live, has threatened to secede from the national institutions.

North Macedonia and Albania are both



waiting for their accession to the European Union as member states, but no other Balkan countries are in line to join after. Corruption and reform of political institutions must be dealt with before other Balkan countries can join. Ukraine has been dominating the attention of political leaders yet the political conflicts in the Balkans need to be resolved as well in order to help the continent progress.

The European Union was originally founded as the European Steel and Coal Community to prevent another war after World War II devastated the continent, yet there must be cooperation outside the EU as well. Armed conflict in the Balkans would have an impact on Europe. It may not result in high energy prices or higher food prices as is the consequence of the invasion of Ukraine, but it would be yet more bloodshed in Europe.

## Economic Convergence of The Continent

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Like other issues, economic convergence relates to other challenges that Europe faces. The longer it takes to achieve economic convergence, the longer some nations will struggle to attract talent to fill vacancies in their economies, creating a vicious cycle. Poland is an example of this. Poland's economy has seen tremendous growth, yet the low unemployment rate is impacting the country. While people may believe having a low unemployment rate is a good thing, there is a limit to the truth of this statement.

Some economists believe that unemployment should be between 4-5 percent in order to not impact an economy negatively. The problem for Poland is that unemployment has been significantly lower than 4-5 percent. In June 2022, for example, Poland's official unemployment rate was 2.8 percent. Hungary is in a similar position with an unemployment rate of 3 percent as of June 2022, and Czechia had an unemployment rate of 2.4 percent in the same time period.

All these nations need to create national strategies on how to simultaneously grow their economies yet see wages increase to attract workers to help continue the cycle of economic growth. Poland attempted to persuade young Polish citizens to build their future in the country by offering them a significant tax incentive. Polish workers younger than 26 years old and earning less than 85,528 zloty a year pay no national income tax. This may prove to be a strategy that other nations in the same predicament as Poland can use in the future. While it seems unusual for nations to be willing to forgo income tax revenue, Poland has lost workers before to other countries, not just in Europe but around the world. If workers chose to stay, however, the Polish economy benefits from job vacancies being filled, increasing the size of the nation's economy. If these workers choose to remain in Poland even after the tax incentive expires, then the nation will be able to start collecting tax revenue as soon as the workers turn 26-years-old or earn more than the income threshold of the tax incentive. Those younger than 26 still pay no income taxes on the first 85,528 zloty they earn, but then pay 32 percent on the rest.

## Balancing Farming and Emissions

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Europe must find an equilibrium between desired objectives such as reducing the use of fertilizers and pesticides with the need to produce enough food to feed people while also allowing farmers to earn a profit. The Netherlands attempted to reduce the amount of fertilizer used and the number of livestock farmers has but this has angered farmers and resulted in large-scale protests.

Currently, the Netherlands is the leader in the EU for emissions of nitrogen oxides. While it is admirable that the Netherlands wants to reduce pollution from farming, farmers need to be supported for these changes to occur. The Dutch government estimates that 11,200 farms will close.

The government has stated there are 152,000,000 euros available for farmers willing to make changes to their farms, but this is a paltry sum, particularly for one of the most expensive European countries. If the Dutch government cares about the well-being of farmers that it may force out of business, it would offer more support for these farmers to find other options to provide for their families. Food prices are already going up in Europe and a decrease in supply will only continue to contribute to inflation, impacting not only farmers but also consumers who already have their budgets strained. Prime Minister Rutte and the Dutch government want to meet the EU emissions goals set for 2030 but they need to think at what cost. At the end of the day, Europeans would have no food without farmers. Rather than growing vegetables and fruit and raising their own livestock, European consumers rely on farmers to do this for consumers so they can buy it from the supermarket.

## Shrinking Population

Europe has been seeing a decline in birth rates for decades. While this was beneficial initially as families could afford a higher quality of life, the fertility rates of all European nations have declined below 2.0. This means that for every man and woman in the country, there are less than two children, and the populations of European nations are not replacing themselves. Many argue online during discussions on the topic that this is what the Earth needs in order to recover. The problem however is that future generations will pay a heavy price for low fertility rates. Europe will have fewer children who will grow up and enter the workforce and help support the aging population. Fewer workers mean fewer people paying into pension systems.

While some European countries have been able to increase their population through migration, this is not a valid long-term strategy. Fertility rates are falling not only in Europe but around the world. Europe however is seeing fertility rates drop the fastest and

the continent's population will continue to become a smaller portion of the global population without migration and an increase in the number of children being born. The competition will become increasingly fiercer for workers worldwide and while some nations in Europe will be able to attract workers, others will not. As economic convergence continues to evade Europe, wages will continue to vary greatly across the continent. This results in unequal migration in Europe and wealthier nations will have an advantage when attempting to manage the demographic challenge.

## Lack Of Integration

While migration may solve the lack of workers in Europe, nations must also plan on how they can integrate migrants into their countries. Moving to a new city can be difficult, much less a different country with a different language and culture. Europe has already been turning to migrants to fill labor shortages, yet these migrants may feel alienated in these new countries. Instead of integration, parallel societies have developed with immigrants living segregated from citizens of the country.

This sometimes results in violence as can be seen by the riots in Sweden after Swedish politician Rasmus Paludan planned to travel around the country burning the Quran this year. Sweden has notably amended its immigration policy in recent years. During the migration crisis of 2015, the nation took in the most immigrants per capita. Now, however, Sweden has some of the strictest immigration laws in Europe. Immigration can help Europe, but nations must learn how to help immigrants feel a part of the continent and not as outsiders.

## Conclusion

Until Europe finds other energy sources to replace Russian energy, economic growth will remain stifled. However, like Brexit, the migration crisis, and previous economic crises the EU and Europe will both soldier on and continue to make it through any future challenges. Housing, migration, fertility rates, and farming will need to be dealt with as well, in order to prevent larger problems later. Ukraine is currently the only country in Europe experiencing a full-fledged war on its territory, but the Balkans can be next if Europe gets too distracted and procrastinates on helping the Balkans achieve difficult yet urgent reforms. Peace is a fragile state that takes extra care to maintain as Europe is aware of and politicians and citizens need to be willing to compromise.

While there are challenges in Europe, there are still opportunities for innovation.

# Sharp Dressed Man

## Living your best life with this season's hottest fashions

Fashion and style are fluid. Tastes and trends change with the seasons and maintaining a consistently updating wardrobe can be tedious. In the long run, purchasing pieces that can both round out your wardrobe and age gracefully regardless of trends, is exactly what we're shooting for. Sometimes, this comes with the notion that fashion, and garments can be looked at as investments, rather than just another pair of pants, or shirt. This is not to say that affordable fashion is something to write off, rather we want to make sure when buying cornerstone pieces for our personal wardrobes, and we do it with the upmost care and detail. More importantly, we're going for longevity; we want our clothes to have an extended life, just as we want the same for our style.

Be open to change and new or differing styles. Finding what you don't want to wear and what you don't like is just as important as finding out what you do want. Let's start simple; where do we spend our money? Fashion is sold everywhere, from gigantic online retailers to individual pop-up shops, it's impossible to ignore just how readily available clothing is. With that in mind, picking trustworthy and accountable retailers is always a must.

# Street Cozy Casual Tops

Say you're in the market for new button-up shirts, one solid and one patterned to get us started. **The Cactus Jack Dior shirt (\$850)** from **Dior.com** may come off as sounding flashy, but its off-set tone with added collar embroidery work accentuates taste and fashion sense. With that in mind, there is likely no patterned shirt quite as infamous as **the Check Cotton Poplin shirt (\$490)** from **Burberry.com**. While the pattern in archive beige is eye catching, colorways like navy and deep maroon are also wonderful choices to highlight a unique take on a classic.



As the Fall and Winter seasons approach, layering outfits come as standard practice and what better way to start than with **the second skin Turtleneck moon top (\$322)** via **MarineSerre.com**. Arriving in three colorways, the skin-tight crescent moon print is loud, but pair it with any solid-colored shirt and the subtle hint of the Marine Serre logo is bound to impress. Speaking of colder temperatures, feel free to add another layer with **the patchwork Crewneck (\$762)** from **AmbushDesign.com**. The baggy-fit, oblong cut knitted sweater is both great for layering and keeping warm.



# Pair It Up Pants Choices

Temperature aside, style is about being comfortable and owning the clothes you wear. When searching for pants it's easy to get stuck in a familiar cycle. Denim, for instance, will always be in style, but occasionally it all looks and feels too similar. That's where something like **Kapital's Oakbilly gypsy patch remake (\$1,068)** jeans come in. Available at **MHNY.nyc**, these patchwork jeans are sure to be a standout grail that pair easily with an array of outfits.



For something a little less out there we can turn our attention to khakis, yet another example of a timeless garment. You can find the relaxed fitting **Hugo pants (\$256)** with a removable fabric belt at **OfficineGenerale.com**, a runway offering with practical every-day wear in mind. So let's just say you're in the market for something truly out-there, a show stopper, per say. Look no further than **the silhouette Cigarette trousers (\$1840)** in either ivory or black available at **AlexanderMcQueen.com**. A jaw-dropping piece from the labels August/Winter 2022 collection, and a welcome addition to virtually any wardrobe.



# Cover Ups for Style

On the topic of tailoring, adding an elevated level of taste to one's selections will always bode well in the long run. For examples of this, we take notes from the Matthew M. Williams playbook. Current creative director of Givenchy, Williams approached the single button suit with evolution on his mind. Available at **Givenchy.com, the black, slim fit jacket in lightweight wool with padlock (\$3000)** may cost a pretty penny, but it'll be well worth it when watching numerous heads turn as you walk into any room.





Maybe you're searching for something with more color and pop; sold as a suit, and available at Lanvin.com, **the Gallery Dept. x Lanvin suit (\$3780)** is a collaborative effort surely to be remembered. This elegant, two button suit is literally a work of art, and you could be wearing it. Now if perhaps muted tones are more your speed, **the La veste Linu (\$859)** from **Jacquemus.com** will strike the nail right on the head. An elegantly simple three button suit fit for nearly every season, especially when formal attire is called upon in the warmer months.



# Sleek & Spiffy Shoes

While most of the discussion has been centered around purchasing cornerstone wardrobe items, these garments sometimes lack the ability to be worn multiple times a week, or even per month. However, when it comes to accessories and footwear, these items are nearly all made with the purpose of continual use. Like the sneaker, a style of footwear fantastic for a myriad of occasions. While the style is ever-popular, not many brands make such a consistent and effortlessly stylish dress sneaker as **the leather Achilles low (\$440)** from **CommonProjects.com**.

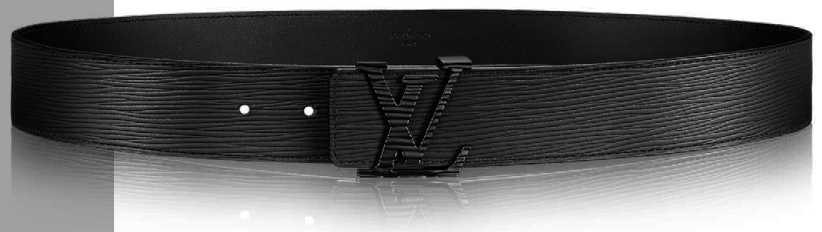


Keeping with the footwear theme, dress boots like **the brushed leather Chelsea boots (\$1,320)** available at **Prada.com** send out an aura of elegance with familiar construction. On the opposing side of the coin, there are dress shoes that, unlike boots or sneakers, do find themselves only used on occasion. But for those special events, **the black Church's leather shoes (\$1,250)** available at *Off--White.com* are sure to tell everyone exactly what and when they are meant for.



# Assests, Decor, & Swag

With every outfit comes a final layer, the minutia's and finite details that complete the look and set the tone of an individual style. Some items, like the **LV Initiales 40MM belt (\$620)** available at **LouisVuitton.com** serve a strict utilitarian purpose while also offering up a tonal addition to any outfit. Like a belt, a wallet serves a true purpose, and, over at **BottegaVeneta.com**, their vast selection of **the Bi-Fold wallet (\$600)** will leave any customer personally satisfied.





Few accessories that shout elegance as boldly as the bow tie does. That's why the **Yves bow tie in black silk satin (\$195)** from [YSL.com](#) has got your back. However, if that ready-to-wear neck accessory won't do the trick, maybe a classic such as **the Eldredge bicolor tie (\$318)** available at [Goyard.com](#) will do just the trick. Plus, no accessory is quite as useful as sunglasses; **the Stanley (\$525)**, available from [Mykita.com](#) is sure to be an eye-catcher while also providing Polarized Pro lenses to ensure crisp colors are always present.



What we at Man of the Hour have offered to you here are merely suggestions, ideas from an individual mind that are meant merely as a guide, not a rule book. No one dictates your style, your taste. What you want shouldn't come at the expense of someone else's opinion. Explore every option when updating and maintaining your wardrobe and style. If you find something you like, search for the best available price, look for similar alternatives, and be ok with not obtaining everything you may have wanted. Personal fashion, alongside style, are fluid and ever-changing games with a single constant: you.

**Words By:** Daneal Rozman





# A HOT SET

Pulling Back The Curtain On The  
Advancement Of People Of Color In  
The Entertainment Industry

**MH**

**Fall/Winter 2022-2023**