

MERAKI

MAGAZINE



Welcome To Our Back To School Issue







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MAGAZINE

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 Meraki Magazine

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Model: Ginevra
Model agency: SQKids
Outfits: Zara Kids
Photographer's assistant: Alessandra Feliche

Three stalks of golden wheat are positioned at the top of the page, overlapping the text. The wheat heads are full and ripe, with a warm, golden-brown color. The stalks are thin and light brown.

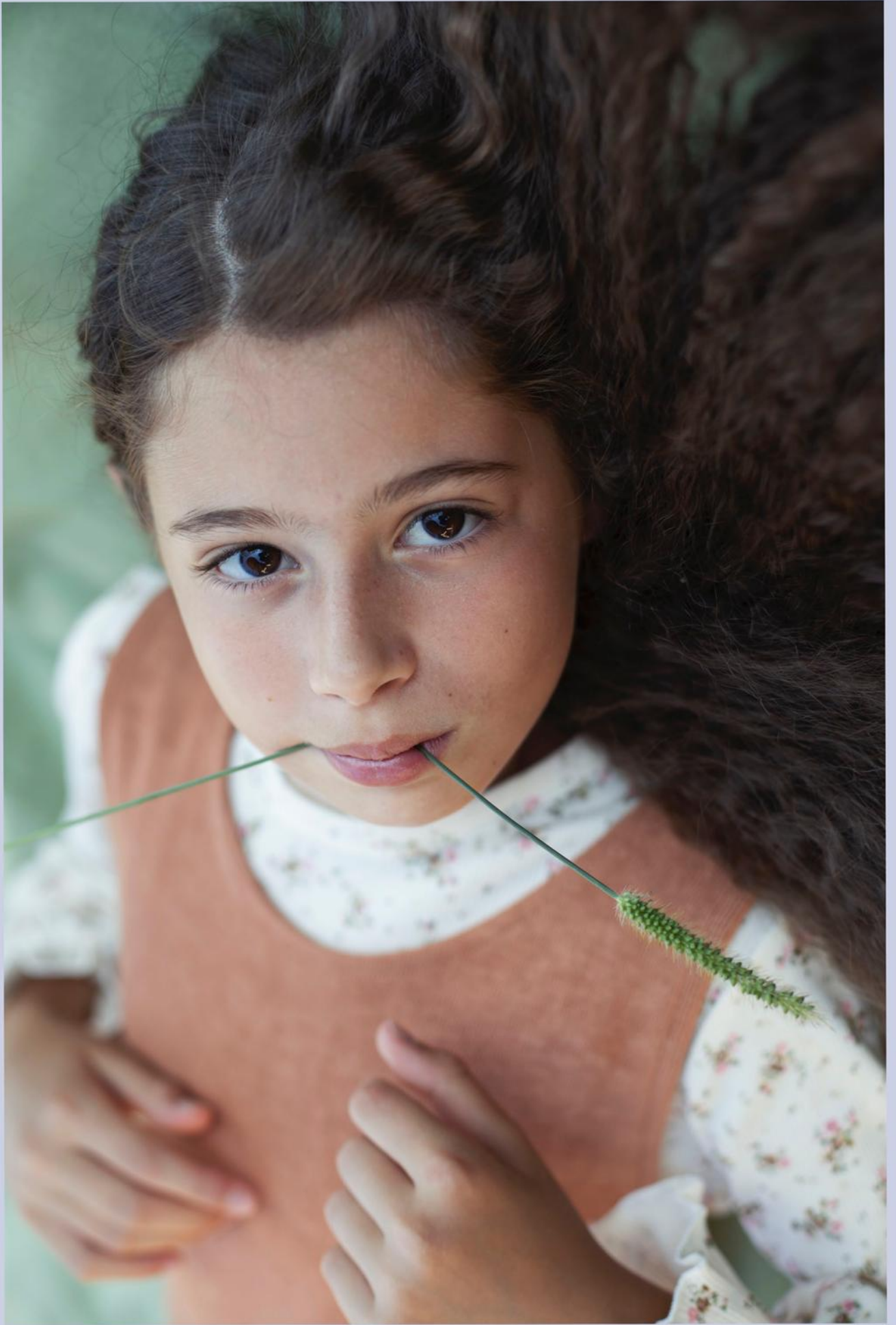
Countryside











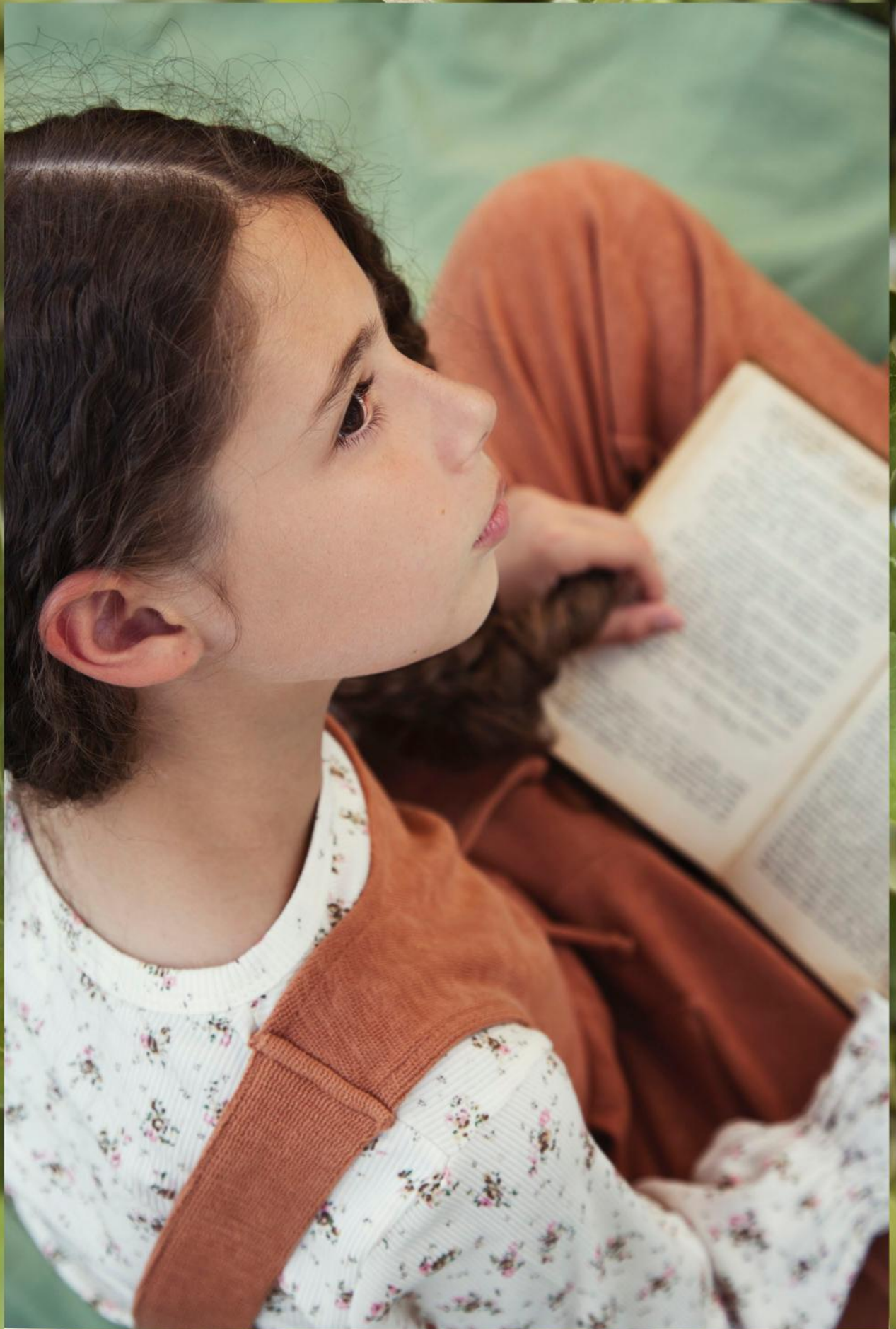


















CANDY CHIC



ELSY
GIRL



MODEL AGENCY PEPPER KIDS

FASHION, CASTING AND ADVERTISING FOR CHILDREN

Welcome to the world of the Pepperkids Children's Fashion and Advertising Agency!

The Pepperkids Agency represents children from 0 to 17 years in the entertainment world and has always been focused on the search and discovery of new talents, offering them a concrete and effective path to transform them into young stars.

Pepperkids proposes itself as an agency with a light tone but with character: our customers will find in our team of models the faces most in line with modern trends and at the same time families will have a friendly and familiar feedback from our team, suitable for a delicate world like that of children's fashion.

Our style is as unique and personal as our wonderful models.

Whether for advertising, television or editorial, the Pepperkids Agency is always looking for new faces of children and young teenagers: find out more about us and contact us to arrange a meeting!

The headquarters of the Agency is located in Milan, in a strategic but easily accessible position. The geographical position is not binding and we receive contacts from all over Italy: find out more about our history and meet the team!



Monica Oliveri del Castillo
Co-Founder

The cornerstone of the Agency: Monica decides to create the PepperKids project driven by the passion for her work, backed by her twenty years of experience and supported by the unshakable idea of being able to truly bring a breath of fresh air to the world of Fashion and Advertising for the youngest. Its professional relationships and its competence constitute a guarantee for parents and customers and make it a real point of reference.



Paola Zampieri
Co-Founder

The youngest and most enterprising of the Peppers Team is the creative mind of the Agency. In his working life he matures the most varied experiences, forming an elastic attitude and a spirit of adaptation out of the ordinary. He marries the Pepperkids project with the enthusiasm of those who face a beautiful journey, armed with their overwhelming sympathy: a beacon for every parent, always available with warmth and professionalism.

Can you tell us a bit about your agency?

Pepper kids is a modeling and advertising agency for kids and teenagers: we promote our models' image in the worlds of fashion, publishing, tv, cinema, advertising, fashion shows and dubbing.

Who founded it?

Monica Oliveri del Castillo and Paola Zampieri confounded the agency.

How did it get started?

After twenty years of experience in this industry, Monica decided to start this new adventurous and challenging journey with Paola because of their common passion for the modeling and advertising world.

How long have you been up and running?

We started working together on this project 5 years ago.

Why did you decide to become an agent?

We decided to become agents because we really enjoy developing young talents,

Have you worked with Adults in the industry? If so, is there a big difference with working with kids?

Monica has worked with adults in her previous experiences: working with kids required more attention to details, but it is what I like.

What has been the biggest challenge since starting the agency?

The biggest challenge we faced was building our brand in the Italian market and competing with the well-established agencies.

What has been your biggest success?

We have been able to develop two young girls to become the super stars in a very famous tv series for teenagers on Disney Channel.

If you could start all over again, would you do anything differently?

I learnt that choosing the best partners is key to develop a business.

Can you share any upcoming projects your talent is working on?

We are working with foreign partners to grow our agency to the next level.

If a child/teen is interested in Modeling/Acting what do you suggest their first steps be?

He/she should rely on a professional agency and follows its advice.

Can you tell us a bit about the behind the sense of how you cast for a project?

We choose the best people listening carefully to the client's requirements.

Do you have a dream company you hope to work with on a project? Or have you in the past?

We work very well with many companies because we have developed trust over years.

What do you look for when signing new talent?

We look for outgoing kids and teenagers with funny and interesting faces.

Any advice you would like to share with parents or models?

They should rely just on an agency in order to develop a lasting relationship based on trust.

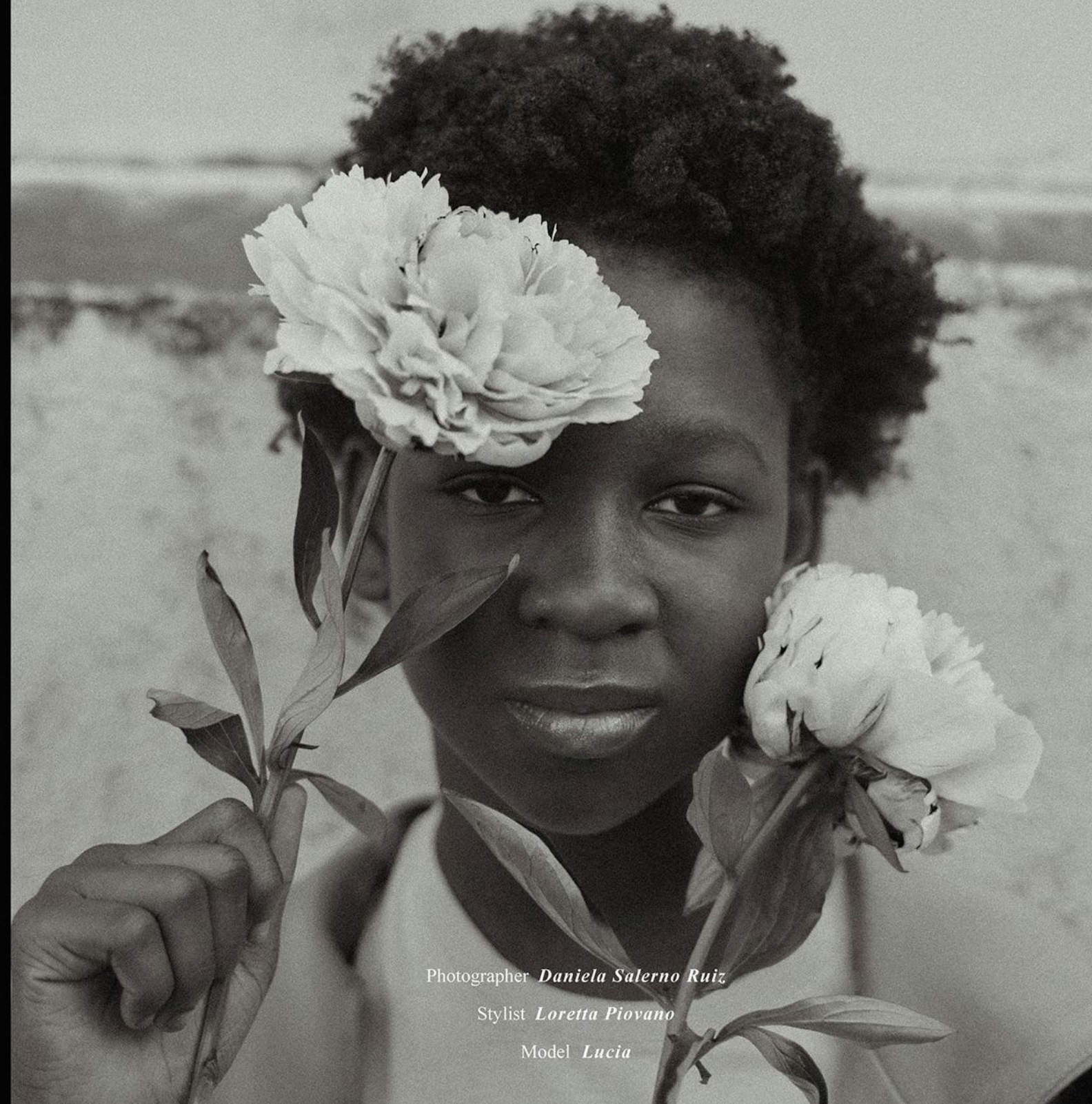
Any tips you can share with new talent that you feel could really help them succeed?

They should take it easy and enjoy.



m a k i n g l e m o n a d e

CLOTHING: MAKE COFFEE NOT WAR , ADIDAS, CARRERA , TRIBAL DENIM , LEVI'S, GAP , DANZA , CHICAGO BULLS JERSEY, RE2 , BLACK LIVES MATTER T-SHIRT, O'NEILL, CALZEDONIA, MELANIN, TURBAN BY ONLY.



Photographer *Daniela Salerno Ruiz*

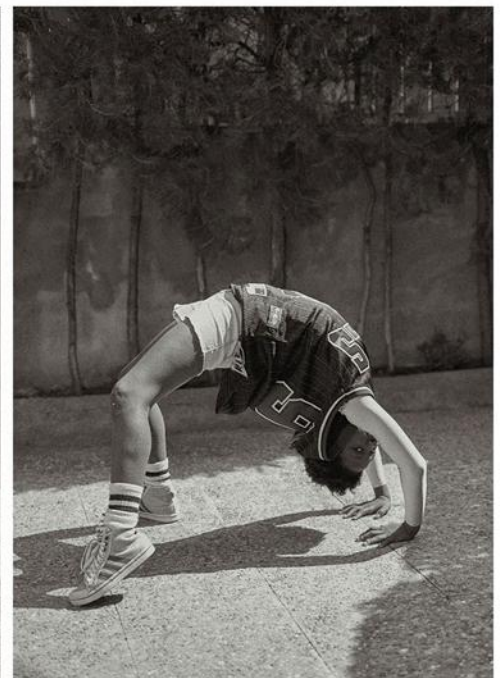
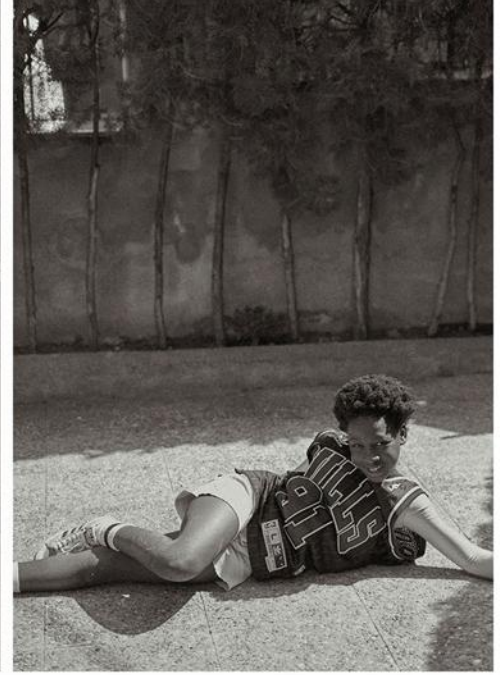
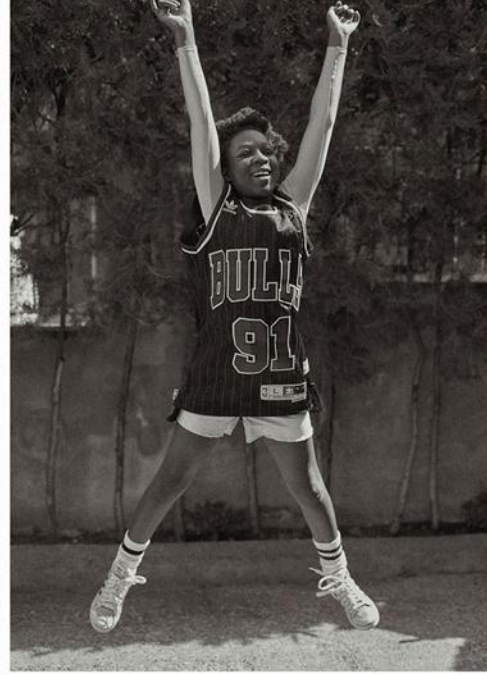
Stylist *Loretta Piovano*

Model *Lucia*







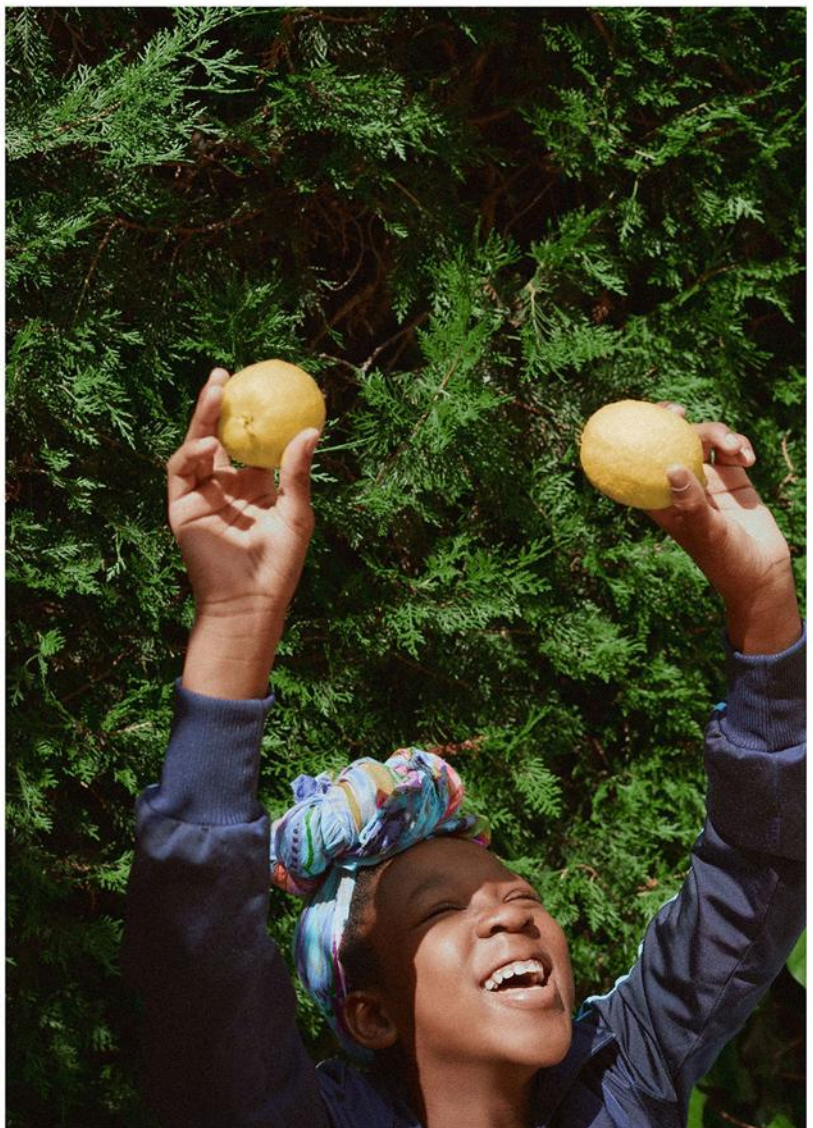
















Cloe Wilder

Photographer: Nathan Groff

How long have you been singing?

I've been singing for literally my whole life.

How did you get started?

I've always been obsessed with music, but I was contacted by a producer when I was 11.

Are you working on any current projects?

Yes!! I just finished my EP.

Which have been your favorite songs to perform?

My newest single, "you & lonely."

What is some advice that you would give to someone aspiring to become a singer?

Actually making it happen isn't unrealistic at all.

Favorite artist? Lana Del Rey.**What is some of the best singing advice you have gotten and who was it from?**

One of my producers told me that literally nobody can do exactly what I'm doing. He said that if they could, they would be the ones on stage.

What is your dream job/singing location/stage?

I already have my dream job :) I would love to perform at the Hollywood Bowl.

If you could open on tour, Who's tour would it be?

Lana Del Rey. She is also my fav artist.

What is some advice you would like to pass on to other young singers?

Write what you feel, not what's trendy or what you think people want to hear. Don't sign any contracts you're unsure of or uncomfortable with. It can really screw with your future as an artist.

Favorite food: All of Them**Your favorite place to eat out?** Nobu (Malibu's my favorite)**Favorite ice cream flavor:** Cake Batter**Favorite Color:** Purple**Are you a Morning Person or a Night Owl?** Night Owl**Favorite Book?** Uprising by Margaret Peterson Haddix**Favorite clothing brand/designer?** Alice & Olivia**Favorite go to clothing accessory piece?**

Literally just earrings

Tell us a bit about your heroes, who do you look up to and why? My Mom. I'm really lucky to have been raised by such a strong woman.

What is something you're hoping to achieve in the future?

I really would like to go on tour.

What advice would you like to share with your fans?

I have a really young demographic and as a young person, I struggle with speaking my mind sometimes. I would tell my fans to start speaking as early as possible because it opens so many doors.

Who are some of your favorite artists/bands?

Arctic Monkeys, Clairo, Conan Gray, Dayglow, FINNEAS, Frank Ocean, girl in red, Grouplove, Harry Styles, Lana Del Rey, The Neighbourhood, Wallows

What is your favorite song right now?

505 by the Arctic Monkeys.

Where do you see yourself in 5 years?

I really hope to have toured and be signed to a major label.

What do you do in your free time?

Write. Even though it's technically my job, I just can't stop doing it.

What is your hidden talent?

I don't have a single one! You've seen it all!

If you could not be an actress/model, what other profession or passion would you be working on?

I would really like to be a ghostwriter. I could honestly still see myself doing that in the future.

What is your favorite subject in school? why?

Language Arts. I was the best at it.

If you could go on vacation anywhere in the world where would you go? And why?

Northern Italy. It feels familiar to me.

What has been one of your favorite places to visit?

Barcelona!!

Craziest thing you have done in life so far? I haven't really done anything crazy or rebellious. I better get on that.

3 things on your bucket list?

1. Sell out an arena
2. Go skydiving
3. Live in New York City for like... at least a year!

Back To School







**Alipio - 7 Years Old - PNW
Instagram: @Agoobrothers**



Beatrice -7 Years Old - Milan (Italy)
Instagram: @Cribazar



**Yaroslava - 10 Years Old - Moscow
Instagram@Yaroslavapestova2010**



**Aniya - 13 Years Old - Seattle, WA
Instagram: @Aniyah.b_**



LUCY

@lucy.katheryn



KYLIE

@Kylieannnewbatt

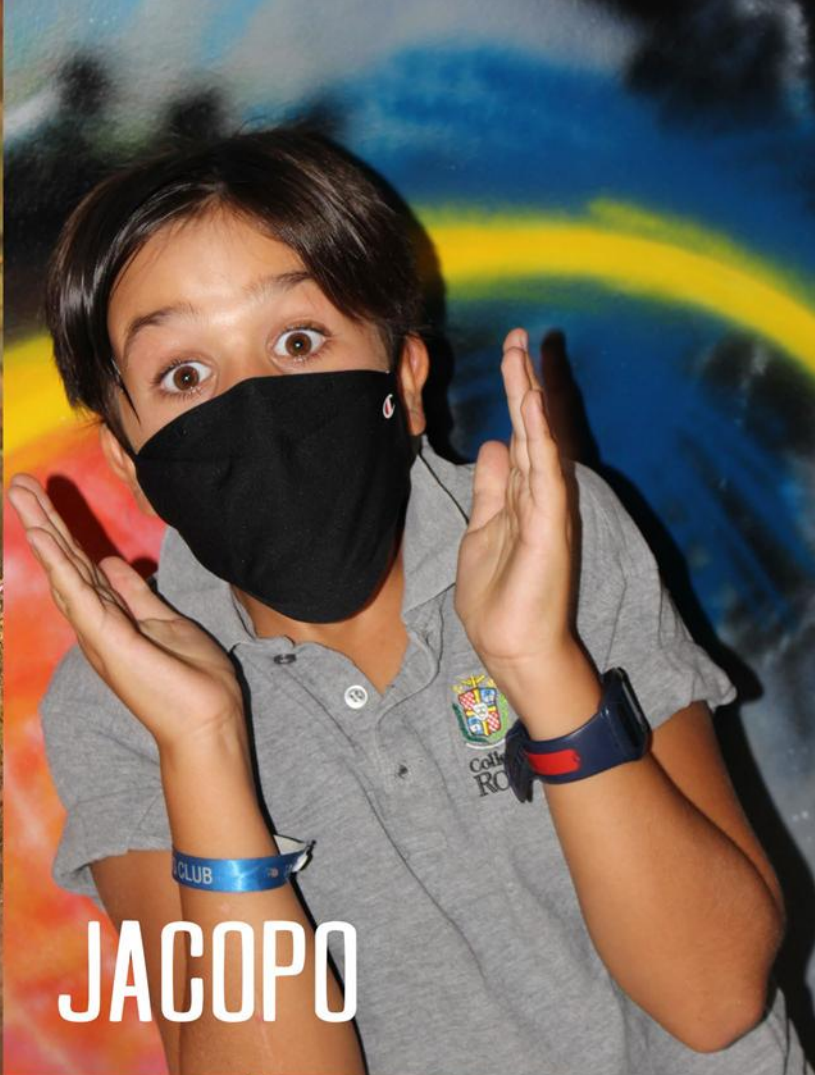


FEDERICO



GRACIANA

@gracianajanellekristenson



JACOPO



EBONI
@ebonirose7



MICHAELA
@michaelachatwind2010



NATALIA
@nataliakrallcruz8



MICHAELA CHATWIND

Michaela Chatwind is a 10 year old with an extroverted personality. Her goal in life is to become a public figure who inspire others. Humbleness and love is the key to her success.

She is a young philanthropist, and the owner of her own charity organization, called The Michaela Chatwind Foundation. She got a passion for all kinds of Modeling and Acting matters. She can't resist challenges that comes her way.

Her precept in life is: "Believe in yourself and everything that you are, know that there is something inside you that is greater than any obstacle.

Michaela Chatwind is a ray of sunlight on a cloudy day. Michaela never gives up on anything, she is always hardworking to accomplish her goals.

All Michaela's challenges and charity projects shared on all social media platforms. She likes to set an example for her peers.

Michaela entered lots of photogenic competitions every month and performs really well. Michaela Chatwind featured on a regular basis in child model magazines on a National and International level. Her photographers get credited with each feature publication which create a lot of exposure.

Michaela performs extremely well on academic level and takes pride in her schoolwork. She is a Gr 4 scholar of Goudkop Primary.

Michaela is a child-artist and was part of two (2) International TV commercials: Altron-Group & "Witten Reus Waspoeier". She loves being invited to all these castings and auditions.

Michaela is also an ambassador for the Lollipop Kids Clothing Line, and enjoy being one of the commercial models on their marketing level.

Michaela featured on a few billboards as well, such as Esmirie Greyvensteyn Couture and C.S.S. Security.

Any challenges she meets, she faced head-on, and completes tasks gracefully and successfully. She is loved dearly by family, friends and peers.





Model: Michaela Chatwind Age: 10 Years
Photography: Belle Lumière Photography & Design
Stylist: Michelle Draper
Home State: South-Africa, North-West, Klerksdorp
Modeling Agency: Coach By Tem
Location: Del La Mas, Pretoria

Tenderness

Photographer: Natalee Wine **Muah & Style:** Ann Lotan **Models:** Liza, Eva, Marianne

Clothing: Belucci, Luso, Mango, Liu, Calzedonia, Paola Ray, H&M











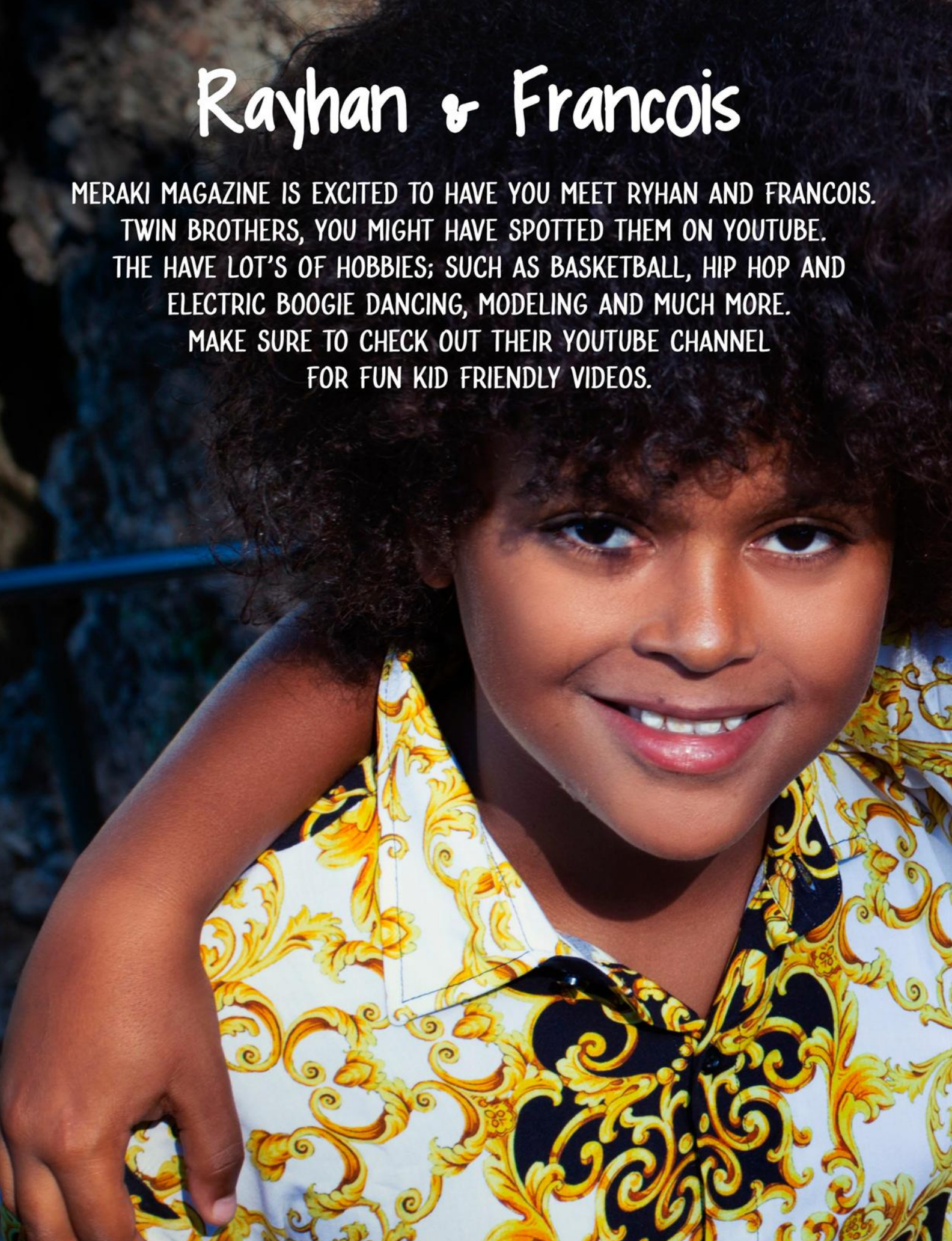






Rayhan & Francois

MERAKI MAGAZINE IS EXCITED TO HAVE YOU MEET RYHAN AND FRANCOIS. TWIN BROTHERS, YOU MIGHT HAVE SPOTTED THEM ON YOUTUBE. THEY HAVE A LOT OF HOBBIES; SUCH AS BASKETBALL, HIP HOP AND ELECTRIC BOOGIE DANCING, MODELING AND MUCH MORE. MAKE SURE TO CHECK OUT THEIR YOUTUBE CHANNEL FOR FUN KID FRIENDLY VIDEOS.



OUTFITS: BRIAN RUSH





How long have you been modeling?

We have been modeling since 2014

How did you get started?

Our mom signed us up to a kids model agency, and after a while we made our first lookbook .

Are you working on any current projects?

We are working with creator media company "WEB STAR CHANNEL", you can see our work on YOUTUBE CHANNEL



Do you have a favorite shoot you have done so far?
Our favorite shoots were for FOOTLOCKER and Philipp Plein.

Who is your favorite model?

We are big fans of LES TWINS, who are not only great dancers, but also ambassadors for many famous brands.

What is some advice that you would give to someone aspiring to become a model?

Remember to have fun always, even when you work!

What is your dream job?

Both of us dream to become a basketball player and a famous actor.

If you could shoot for any company, what company would it be?

We would like to shoot for @blackpyramidofficial, THE RISE OF CHRIS BROWN'S.

Do you doing acting as well? If not are you interested in trying it out?

Yes, we acted in several films, such like "IL GIORNO PIU' BELLO DEL MONDO" directed by Alessandro Siano and "CONTROMANO" directed by Zand with Antonio Albanese





 **YouTube**

<https://www.youtube.com/channel/UC3mHRKq61hsLPYdFDWoIC5g>



@rayhan_francois

FALL



**“And all at once, summer collapsed into fall.”
Oscar Wilde**







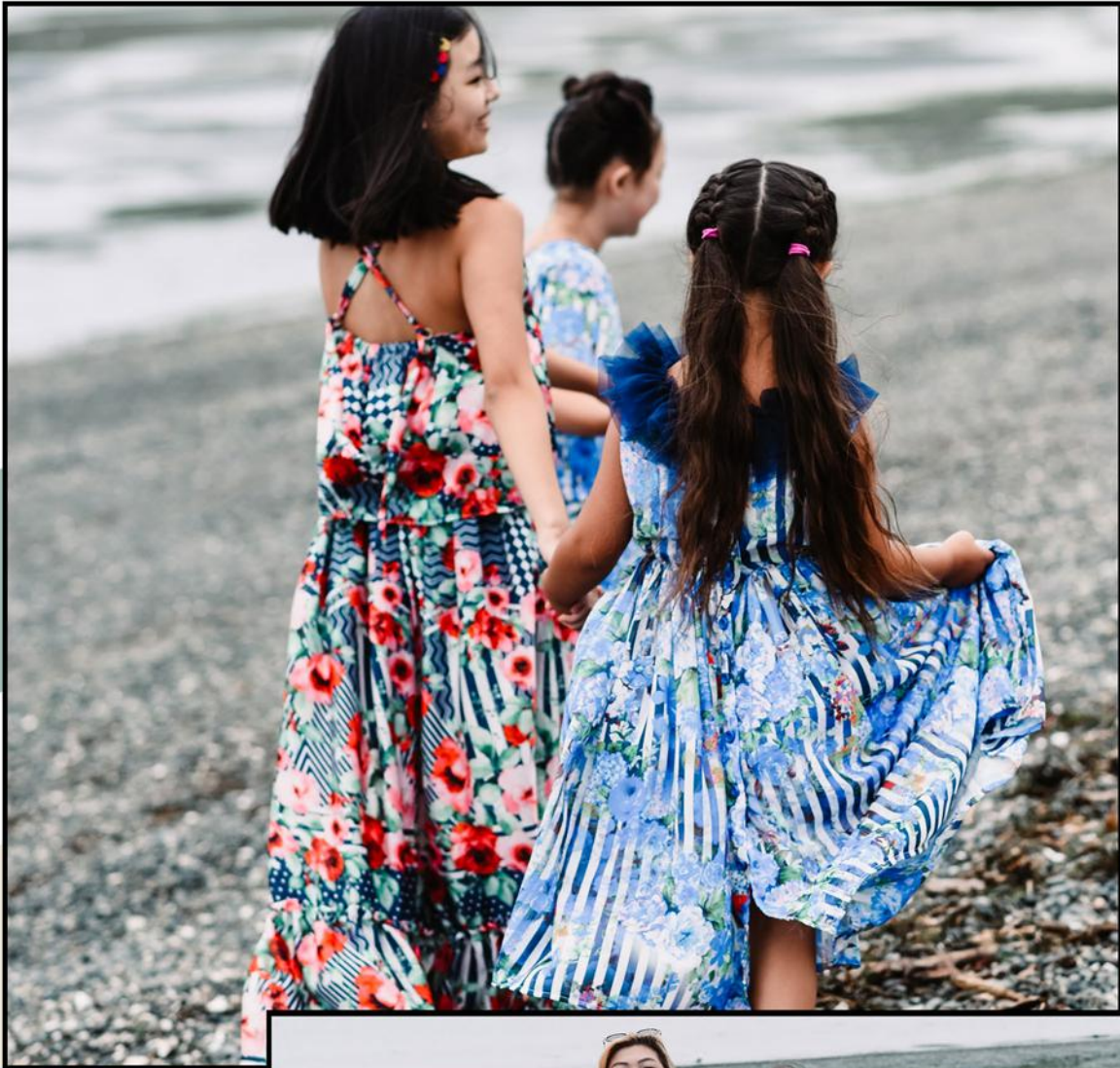




DANCE LIKE NO ONE IS WATCHING









Farewell Summer

Photographer: Alona Shestiuk
Model: Greta
Outfits: Sorry I'm Different
MUA: Alessandra Feliche
Styling by: Alona Shestiuk



SORRY.

I AM

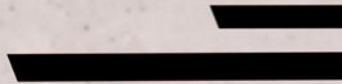
DIFFERENT

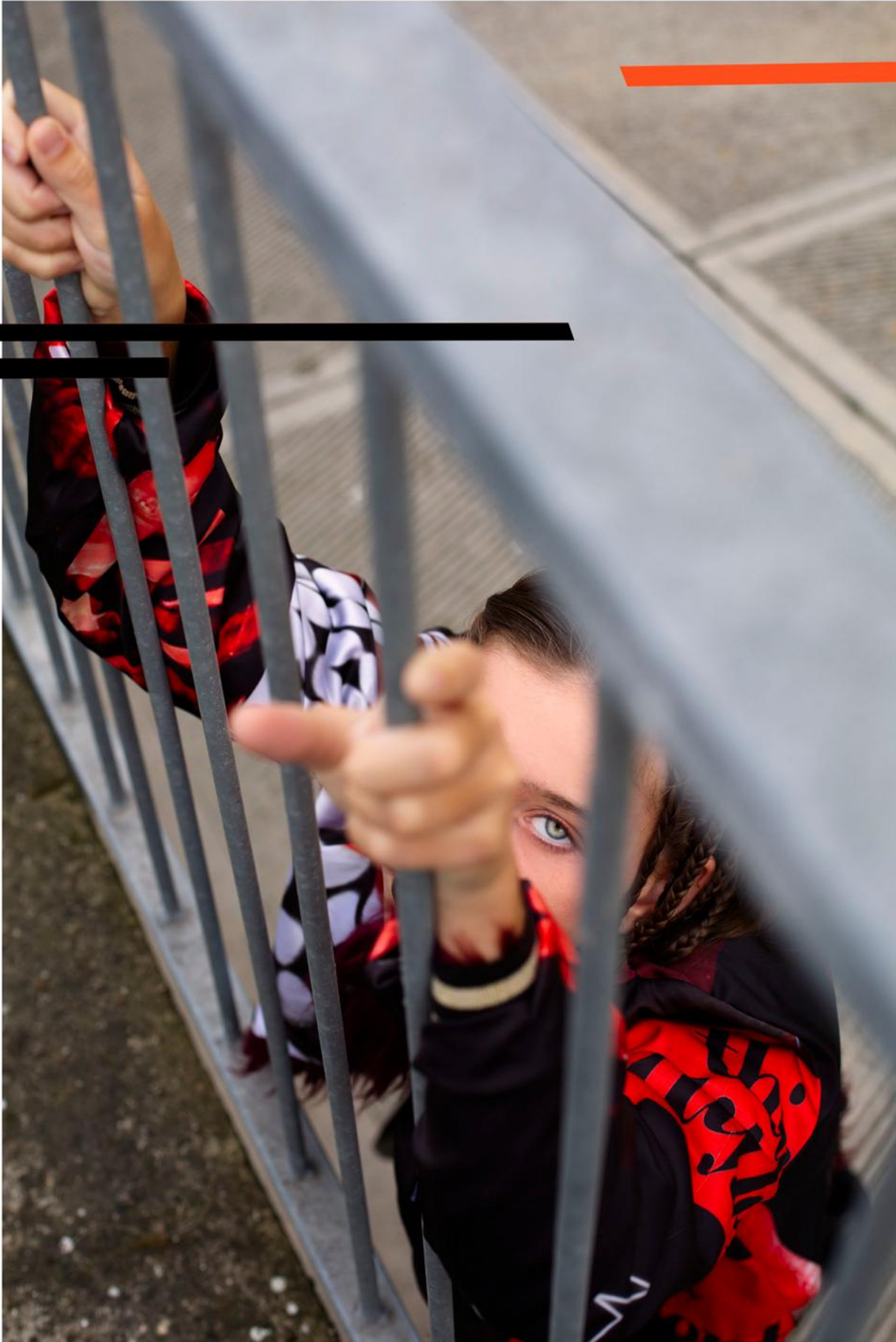






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HAPPY... money saver



Hello! I'm Karrie, also known as the "Freezer Meal Queen".

I'm the author of the international award-winning cookbook

"Seriously Good Freezer Meals", the recipe developer, cook, writer and the-sometimes-photo-taker of the recipes and other pictures on my blog happymoneysaver.com. I've been making and developing freezer meal recipes for over 15 years in my kitchen and have learned all the best techniques and strategies.

Food is my love language. But so is saving money. So I like to combine the two a lot and make thrifty make ahead and freeze meals to save time. Because life is busy, and freezer meals can come to the rescue for all of us. And yes, they actually CAN taste good.



Catchin' Up with Karrie

First thing you wanna do is subscribe to my email updates in the little box at the top of my site. That way when fresh new content or big things are announced you'll be the first to know. You may also want to follow me on Instagram, Pinterest, Facebook, Youtube and if you love freezer meals you can ask to join my private freezer meal club group too.

If you need to get ahold of me feel free to shoot me an email at karrie@happymoneysaver.com.

If you are a brand that wants to work together also shoot me an email. I'd love to hear from you!

A little bit about me.

Growing up in a large family I've always been keen to find ways to cut costs and more importantly time. I live my dream of spending time with my family while getting into all sorts of trouble and living life to the fullest. You know, doing crazy things like making 50 freezer meals in a day, raising chickens, learning to make things the old fashioned way, and dancing to 80's music while cleaning the house. I live and blog out of eastern Washington with my husband and four amazing kids who keep me running around crazy all day long with sports, activities, and all the other regular mom stuff. But they also steal my heart.

I'm a member of the Church of Jesus Christ of Latter Day Saints, and I love love love the Gospel. I love that I can always ask God to help me out in this crazy thing called life. And I know that He loves me and answers my prayers. This is a big part of who I am so I wanted to mention it.

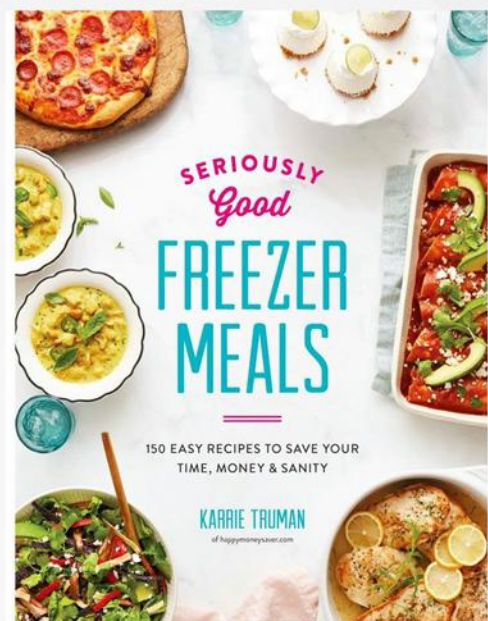
The blog.

I started blogging in 2009 as a way of sharing recipes and money saving ideas with my 3 silly sisters. I never dreamed of the exciting ride it would take me through the years working with brands like Frigidaire, Quaker, Albertsons, Allegiant Air, Maytag, Instant-Pot and Kimberly-Clark. I've also been quoted in the Wall Street Journal, Huffington Post and featured in the All You Magazine as well as some local news segments.

My blog happymoneysaver.com helps my readers find delicious recipes, learn ways to live life to the fullest while on a budget, make things from scratch, and learn to try try again when things go wrong. We like to have fun around here. So I share ideas to keep my readers cooking in the kitchen and laughing along with my funny adventures.

The cookbook.

In 2018 I released my very first published freezer meals cookbook. *Seriously Good Freezer Meals* is full of my own tried and true, best freezer-meal recipes. As soon as I started posting freezer meal recipes on the blog my readers instantly fell in love. They were hungry for a whole freezer meal cookbook full of my best freezer meal recipes and commented/emailed me often about wanting a cookbook. *Seriously Good Freezer Meals* cookbook is helping out thousands of busy families by teaching them methods of time saving freezer meals. But seriously tasty ones.



MAKE AHEAD FREEZER FRENCH TOAST STICKS

"THESE FRENCH TOAST STICKS ARE SUPER EASY AND CHEAP TO MAKE. DID I ALSO MENTION THEY'RE FREEZER FRIENDLY? WINNING! YOU'LL WANT TO KEEP A BAG OF THESE IN THE FREEZER AT ALL TIMES – THEY'RE JUST THAT GOOD!"



NUTRITION

Serving: 1g | Calories: 379kcal | Carbohydrates: 56g | Protein: 11g | Fat: 12g | Saturated Fat: 6g |
Cholesterol: 128mg | Sodium: 433mg | Potassium: 173mg | Fiber: 3g | Sugar: 20g | Vitamin A:
364IU | Vitamin C: 1mg | Calcium: 125mg | Iron: 3mg

PREP TIME: 15 MINUTES COOK TIME: 12 MINUTES SERVINGS: 9 CALORIES: 379kcal



INGREDIENTS

12 slices thick sliced bread
6 large eggs
½ cup half n half
1 tbsp vanilla
¾ cup sugar divided
1-½ tsp cinnamon divided
½ cup all-purpose flour
¼ cup butter melted
3 cups panko bread crumbs
Powdered sugar optional
Warm maple syrup



INSTRUCTIONS

1. Cut each slice of bread into 3 strips.
2. In a pie plate or medium bowl whisk together eggs, half n half and vanilla. Then add ¼ cup of the sugar, ½ tsp of the cinnamon, and flour. Whisk until creamy and smooth with very few lumps if any. Then while whisking, add melted butter in a skinny stream and whisk to combine while pouring. Then whisk 5 seconds longer until well combined.
3. In another pie plate mix using a fork to combine panko bread crumbs, remaining ½ cup of the sugar and remaining 1 tsp of cinnamon.
4. Dip each bread strip first into the egg batter, getting both sides, then lay into the crumb mixture, turning to coat both sides. You may need to sprinkle the mixture as well to make sure each piece is well-coated.

MAKE IT NOW

1. Preheat oven to 400 degrees. Place french toast sticks after dipping and battering on a lightly greased parchment lined baking sheet one inch apart.
2. Bake for 8-10 minutes or until golden brown on the edges.
3. Let cool 2 minutes, then serve with a sprinkling of powdered sugar and a little maple syrup for dipping.

MAKE IT A FREEZER MEAL

1. Place a rack set inside of a baking sheet to set the sticks on for freezing.
2. Place each dipped and coated stick on the rack in the baking sheet, not touching. Flash freeze by placing rack/baking sheet into the freezer for 30-45 minutes or until they are frozen.
3. Transfer the frozen sticks to labeled gallon sized freezer safe bags, careful not to squish them by piling too many inside at once. Seal bags, removing as much air as possible and freeze.

COOK FROM FROZEN

1. Preheat oven to 400 degrees. Place frozen french toast sticks on a lightly greased parchment lined baking sheet one inch apart. Bake for 12-15 minutes or until golden brown on the edges.
2. Let cool 2 minutes, then serve with a sprinkling of powdered sugar and a little maple syrup for dipping.

EASY CHICKEN BURRITO RECIPE

"THESE HOMEMADE, MAKE AHEAD FREEZE CHICKEN BURRITOS ARE THE ANSWER TO YOUR BUSY STRESSFUL LIFE. MAKE A BIG BATCH OF THESE UP AND ENJOY DAY AFTER DAY NOT HAVING TO WORRY WHAT'S FOR LUNCH."

NUTRITION

Serving: 1g | Calories: 379kcal | Carbohydrates: 56g | Protein: 11g | Fat: 12g | Saturated Fat: 6g | Cholesterol: 128mg | Sodium: 433mg | Potassium: 173mg | Fiber: 3g | Sugar: 20g | Vitamin A: 364IU | Vitamin C: 1mg | Calcium: 125mg | Iron: 3mg

PREP TIME: 10 MINUTES COOK TIME: 1 MINUTE TOTAL TIME: 11 MINUTES SERVINGS: 10 BURRITOS CALORIES: 356kcal



INGREDIENTS

- 1 lb boneless chicken
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp salt
- 1 tsp pepper
- 1 tbsp olive oil
- 2 cups Spanish rice cooked & cooled (for best flavor use recipe in my cookbook "Seriously Good Freezer Meals" pg. 296)
- 1-15 oz. can of black beans drained, rinsed
- 1 cup cheddar cheese shredded
- 10 8 inch tortillas (flour, whole wheat, gluten-free all work)

INSTRUCTIONS

1. Season the chicken with the chili, cumin, salt and pepper.
2. In a large skillet over medium heat add olive oil and chicken. Cook the chicken until tender, around 7 minutes. Remove from the pan and place on a cutting board to rest for about 5 minutes. Then slice into strips.
3. In the meantime, cook your Spanish Rice according to pkg directions. Allow to cool.
4. Using a fine mesh sieve, drain and rinse black beans until rinse water runs clear. Set aside and allow to drip until mostly dry.
5. Assemble your burritos. Place 3 Tbsp of Spanish rice and 4-5 slices of chicken, 2 Tbsp black beans and about 2 Tbsp shredded cheese to each tortilla. Pull in each end of tortilla and roll up tightly into a burrito shape.

MAKE IT NOW

1. **PAN:** Spread a little bit of soft butter on the outside of the burrito. In a large skillet over medium high heat, add burrito and cook for 1-2 minutes, until golden, then flip and cook an additional 1-2 minutes until golden.
2. **OVEN:** Wrap tortilla in foil and bake at 350 degrees for 15 minutes, or until heated through.
3. **MICROWAVE:** Wrap burrito in a moist paper towel and cook in microwave on High for 30 seconds to 1 minute or until heated through.

FREEZ FOR LATER

Place burritos into a gallon freezer safe bag, seal removing as much air as possible and freeze. If you plan on removing burritos from freezer for lunches or on the go individually, wrap each in foil first and then place in bag so they don't stick together.

COOK FROM FROZEN

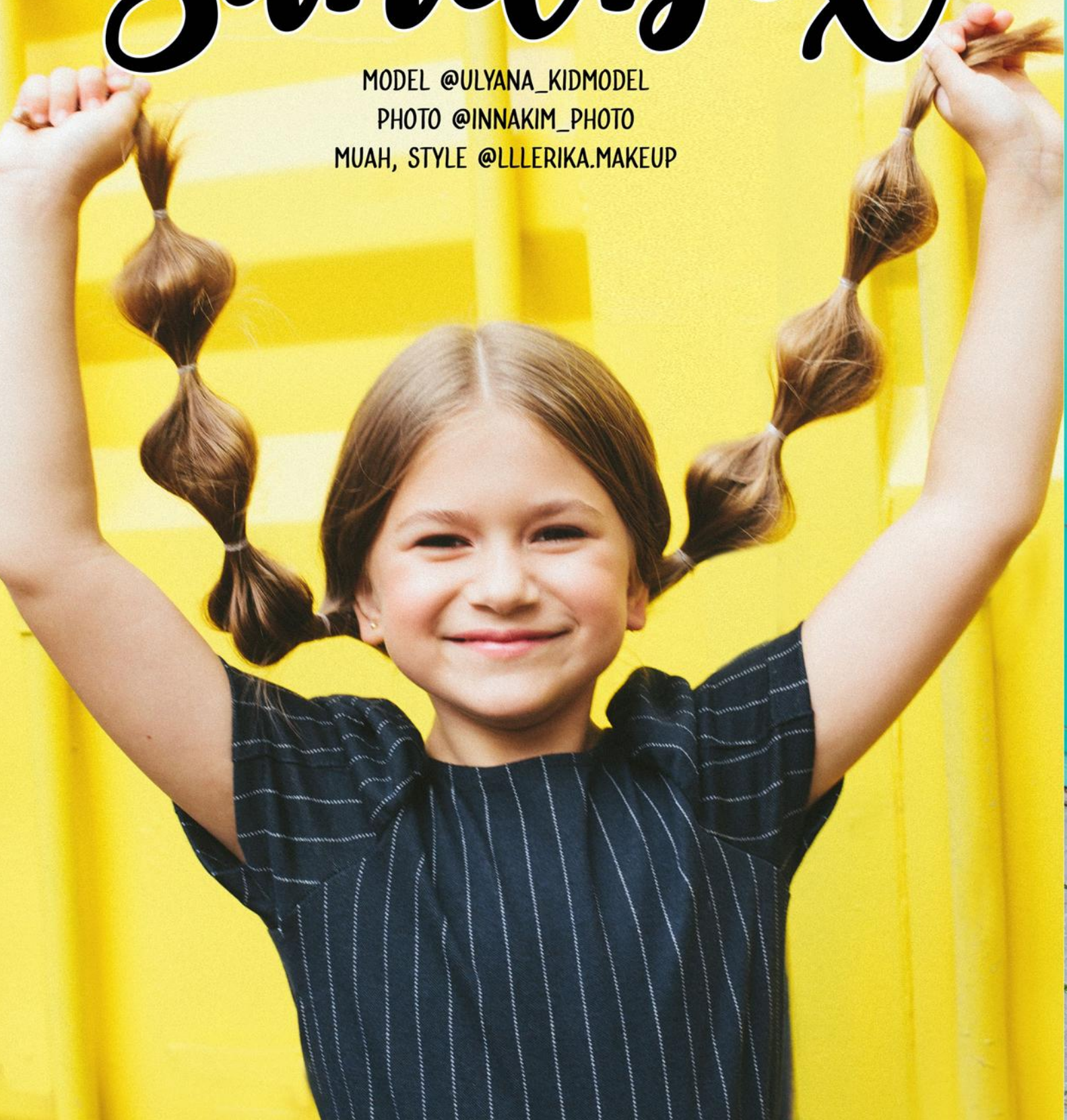
1. **OVEN:** Remove from freezer. Take foil wrapped burrito and bake at 350 degrees for 25-30 minutes, or until heated through.
2. **MICROWAVE:** Remove foil and wrap frozen burrito in a moist paper towel and cook in microwave on High for 2-3 minutes or until heated through.

Sandbox

MODEL @ULYANA_KIDMODEL

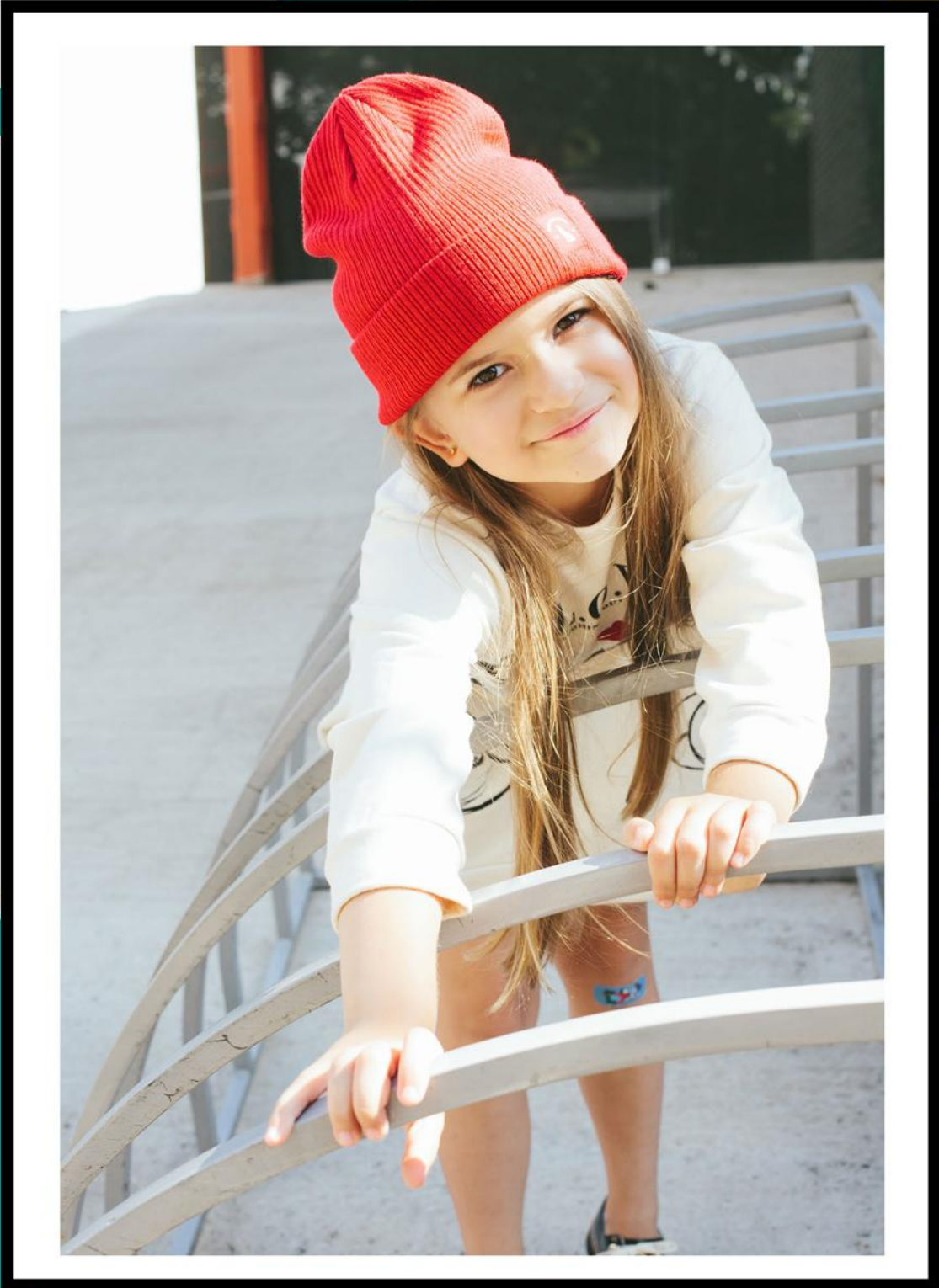
PHOTO @INNAKIM_PHOTO

MUAH, STYLE @LLLERIKA.MAKEUP

















BEATRICE COSSU

ABOUT

Beatrice Cossu is 18 and lives in the beautiful city of Milan, Italy. When she is not focusing on school (she attends a science high school) she is busy being a social media influencer. You can find her on Instagram, Tik Tok and Youtube. Some of her hobbies outside of being an influencer are music, shopping with friends, make up and self care. She is very determined in everything she does, She gives her all and always following through with every idea and commitment.

Instagram: @beatricecossuu

TikTok: @beatricecossuu

Youtube: Beatrice Cossu

Outfits: Y-clu, Gaialuna, To be too.



How did you get started? And what inspired you to start an IG account?

I opened an Instagram account when I was younger, because my friends had it, I didn't think I would become famous and it could become a job!

Are you working on any current projects?

Yes! I am always very active on all social media, both Instagram and TikTok and YouTube. Also, I've been singing since I was little and now I'm showing my passion to those who follow me! I'm writing a song coming out this fall, and I can't wait to hear it from the whole world!

Do you have a favorite shoot you have done so far?

Yes! Alona's photos are the best!

Who are a few of your favorite IG accounts?

The account of Kylie Jenner, Ariana Grande and Chiara Ferragni.

What is some advice that you would give to someone aspiring to start an IG account geared towards fashion?

Always engage in everything, first of all. To curate your own style and feed on Instagram. When I go shopping for example, I buy clothes that I am sure I can use for post beauty and fashion on my Instagram profile. As a result, each post is well thought out and studied, never at random.

What is some of the best IG advice you have gotten and who was it from?

Unfortunately no one was ready to give me advice! I always did everything by myself, looking at the profiles of the other influencers and trying to steal as much details as possible that I liked!

What is your dream collaboration with?

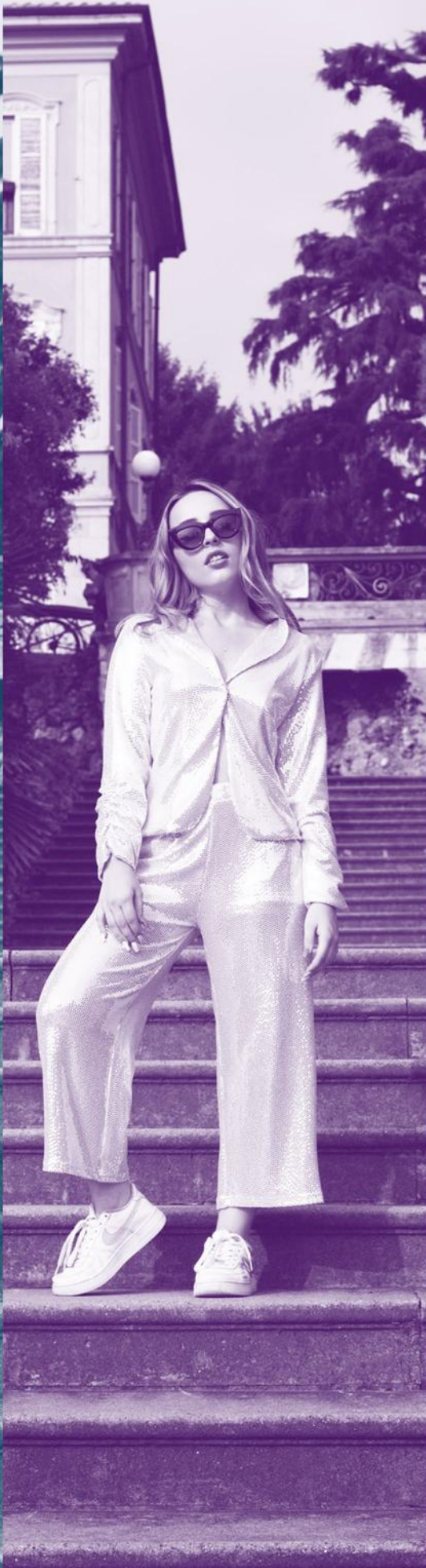
Obviously with Kylie Jenner or Ariana Grande!

If you could shoot for any company, what company would it be?

I would like to collaborate with some major fashion house, such as Gucci, Versace or Dolce and Gabbana, it would be a real dream

What is some advice you would like to pass on to young Instagrammer starting out?

Always take beautiful photos, sharp, where you show off your face. Shot in a beautiful environment, bright and with a good camera or a phone. In addition, stories are necessary! Stay active and interact with the audience!





If you could style one celebrity who would it be?

And how would you style them? I would change the style of the TikTok'er Charli D'Amelio, does not dress very well; according to my standards.

Any tips and tricks for running a successful IG account?

Be consistent in the publications, interact with your audience and have fun in what you do, I recommend! Every day!

Where do you see yourself in 3 years?

I see myself in the top 50 of Spotify with my singles, doing concerts all over Europe, why not, even all over the world!



Favorite food:

Bolognese pasta (it's a meat sauce and sautéed with milk instead of tomato sauce)

Your favorite place to eat out?

Sushi, I'm in love with sushi

Favorite Ice Cream flavor?

White chocolate, although it has to be lactose-free (I am lactose- intolerant)

Favorite Color?

Pink, makes me feel feminine

Are you a Morning Person or a Night Owl?

I'm a Night Owl

Favorite Book?

I like khaled Hosseini's books, and everyone who tells about life in the Middle East

Favorite clothing brand/designer?

I love Victoria's Secret

Favorite go to clothing accessory?

I love my chest piercing, my sunglasses and my bandanas.

Tell us a bit about your heroes, who do you look up to and why?

My heroine is Beyoncé, an icon of femininity, and her values towards women are striking for me.

What is something you're hoping to achieve in the future?

Realizing all my dreams thanks to my work and commitment

What advice would you like to share with your fans?

To always believe in themselves, never be discouraged and to carry on their dreams, whatever they may be

Who are some of your favorite artists/bands?

When I was younger I loved one direction, now I'm super queen fan! Although I listen to all kinds of music my favorite singers are Shawn Mendes, Bruno Mars, Beyoncé and Ariana Grande

What is your favorite song right now?

It's Lost in Japan by Shawn Mendes.

Where do you see yourself in 5 years?

I hope to be a graduate and to have established myself in the world of music.







What do you do in your free time?

I like to take photos and videos to share on my social profile

What is your hidden talent?

I write beautiful poems

If you could not be an actress/model, what other profession or passion would you be working on? I would have liked to become a doctor, maybe I'll try

What is your favorite subject in school, why?

My favorite subject is science, it is because I have always been curious and science answers all my questions

If you could go on vacation anywhere in the world where would you go? And why?

There is a place in Italy, which is where I went on holiday this year, which is a magical place. I've been going there since I've been here, and I don't know why but it makes me feel good, it's called Senigallia and it's a seaside spot in the brands, south central Italy

What has been one of your favorite places to visit?

Venice and nearby islands like Murano and Burano are a beautiful place to visit, very romantic and charming

Craziest thing you have done in life so far?

I'm not very brave, for me riding a rollercoaster is on the verge of madness.

3 things on your bucket list?

Becoming a singer
graduating
buying a nice house

Have you created any custom clothing of your own?

I created my first Crop Top, it's my Brand BE A QUEEN (bea queen, it's a pun between my name and the phrase that forms) I'm drawing other garments and products like sweatshirts and something for school, you can find every product in the link of my instagram bio.

Are you writing any songs?

Yes, in September/October my first single will be released, with also the video clip, you will find it on my youtube channel, it will be a song in both English and Italian.





Dr. Vanessa Lomazzi

Nutritionist Biologist

In recent months, the media have been talking about the Coronavirus Covid-19: a viral agent about which little is known to date, what is known, however, is that alarmisms have been created that have generated panic and confusion. Not surprisingly, one of the most recurring questions this week in the food sector was "is there a diet to combat the coronavirus?". Before delving into the food topic, however, let's clarify a bit and try to understand what we are talking about.

WHAT ARE CORONAVIRUS?

Coronaviruses are a large family of viruses identified in the mid-1960s and known to cause diseases in humans and some animals ranging from the common cold to more serious diseases such as severe acute respiratory syndrome (SARS). As also reported by the Ministry of Health, the primary target cells are the epithelial cells of the respiratory and gastrointestinal tract. Coronavirus Covid-19 is therefore nothing more than a member of this family, with the difference, however, that it had never been previously identified in humans.

IS THE CORONAVIRUS COVID-19 DANGEROUS?

The new coronavirus can cause mild symptoms such as a cold, sore throat, cough and fever, or more severe symptoms such as pneumonia and difficulty breathing. Some people become infected but do not develop symptoms or malaise and, again as reported on the website of the Ministry of Health, today it is believed that it can rarely be fatal.

Most people recover from the disease without needing special care. About 1 in 6 people with COVID-19 become seriously ill and develop breathing difficulties. People most susceptible to severe forms are the elderly and those with pre-existing diseases such as diabetes and heart disease.

DIET TO FIGHT CORONAVIRUS: IS THE VIRUS TRANSMITTED WITH FOOD?

Covid-19 is mainly spread through close contact with a sick person and is contained in the breath droplets of infected people. It can then be transmitted via saliva, coughing and sneezing. Finally, through the hands, for example by touching contaminated (not yet washed) hands with the mouth, nose or eyes.

Respiratory diseases are not normally transmitted with food, which in any case must be handled respecting good hygiene practices and avoiding contact between raw and cooked foods.

IS THERE A DIET TO FIGHT CORONAVIRUS?

If someone tells you that there is a diet to combat the coronavirus, they are surely lying to you. A healthy and balanced diet plays a preventive role for many diseases and is certainly an excellent ally of the immune system, but this does not mean that there is a food that acts as a "magic potion" and that makes you immune from the aggression of this pathogen.

The diet to combat the coronavirus is actually a diet to strengthen the body's defenses in the face of the attack of viruses and other pathogens present in the environment. One of the most effective ways to strengthen the immune system is to pay attention to nutrition.

So what to eat if I want to do a diet to fight the coronavirus?

Nothing so different from usual if you already follow a healthy, balanced and complete diet. The lack or deficiency in the daily diet of micro and macronutrients can be responsible for the altered functioning of the body's defense mechanisms. As a result, it can predispose you to a greater chance of attack by pathogens and a greater risk of getting infections.

DIET TO FIGHT CORONAVIRUS: MICRO AND MACRONUTRIENTS

Minerals and antioxidants: contained in fruit and vegetables, especially if they are in season. They are useful for providing the body with the essential elements for proper functioning.

Zinc: involved in the development and activation of the immune system, it has an antioxidant action and a central role in the growth and differentiation of immune cells. It helps maintain the integrity of the skin and mucous membranes which are real defense barriers against pathogens. Beef, eggs, milk and its derivatives are excellent sources. This mineral is also present in fish, seafood and whole grains.

Copper: this mineral has antimicrobial action and is useful in the proliferation of T cells and in the production of antibodies. It is contained in seeds, dried fruit and fish.

Iron: it is a component of the structure of enzymes essential for the functioning of immune cells. It is found in meat, legumes, whole grains and nuts. Some varieties of dark green leafy vegetables such as kale are also good sources.

Vitamin B6: plays an important role in the proliferation, differentiation and maturation of lymphocytes, the cells of the immune system as well as in the production of antibodies. It is found in legumes, potatoes, yeast and flours and whole grains, meat, fish and fruit.



La vie en rose



Photographer: Alona Shestuiik
Model: Maria Vittoria
Model agency: Pepperkids
Outfits and masks: Piccola Ludo

















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