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**W**elcome to our third edition of the Madrid Metropolitan - Madrid's very own and only English language printed newspaper.

This month we have a great interview with Star Trek star Chase Masterson who comes to town. Also winter warmer recipes to keep out the February cold and we review the best that is happening in the great city of Madrid including the musical "Phantom of the Opera" opening this month.

We hope you enjoy reading!

The Madrid Metropolitan Team

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## TREASURE HUNT

A 12 bottle case of finest Castilian wine is to be found at the end of our hunt that explores the many secrets of Madrid's sometime dark and mysterious past. Every month for 12 months we publish a clue or a challenge for those daring readers who wish to discover the hidden side of Madrid.

### February Challenge

The Cava Baja and the gastronomic heart of La Latina. Along this way the Moors built their battlements but where to see it is the question? Try no 30 and buzz yourself in to see some remains – but what do you say to get in & where is it inside?



Brought to you by **Madrid Adventures** - teambuilding events with a Castilian twist.

Snap it and send it to us at: [editor@madridmetropolitan.com](mailto:editor@madridmetropolitan.com)

# A bit of Spanish

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## TAPAS

### WHERE DOES THE TRADITION COME FROM?

Tourists often wander around Madrid in search of a *Tapas* Bar. However, there really is no such thing. *Tapas* are a wonderful part of Spanish food culture and they're everywhere, not just in special bars. A *tapa* is simply the great bit of free food you get when you order a beer or wine. But how did it all start? The story goes that back in the 13th century, Alfonso X ordered a glass of wine during a visit to Cadiz. It was a windy day and so the waiter placed a slice of ham on top of the glass to cover it and stop the sand from getting in. It's important to know that the word *tapa* comes from the Spanish verb *tapar* meaning "to cover". Alfonso X liked the idea so much that when he ordered a second drink he asked for it with a *tapa*. And thus this excellent tradition was born. Don't expect a *tapa* all over Spain though. *Tapas* protocol varies from city to city. In Granada you get half a meal, in Almería you pay a little extra, and in Barcelona you get nothing at all!

### FOOD IN SPANISH EXPRESSIONS

Food is everywhere in Spain, even in these commonly used saying. Learn them and impress your friends! ¡Qué aproveche!

- *No está el horno para bollos* -- The oven is not ready for cakes

Meaning: It's not a good time

- *Pagar el pato* -- Pay the duck

Meaning: To be blamed for something you haven't done

- *Me importa tres pepinos* -- It matters three cucumbers to me

Meaning: I don't care

- *Dar calabazas* -- Give pumpkins

Meaning: To be rejected by someone who you fancy

- *Vete a freír espárragos* -- Go fry asparagus

Meaning: Leave me alone

- *Es pan comido* -- It's eaten bread

Meaning: It's easy

## TAPAS IN MADRID

### WHERE TO GO

Madrid is full of options when it comes to eating *tapas*, and Madrileños are experts in finding which bars give you the best and the most. Half the fun of exploring the city is finding your own favourites. Here are some of ours:

**1-Mercado de San Miguel:** this gastro market is just off the Plaza Mayor and is fast becoming one of the top places to eat. You may have to pay for your *tapas* but you'll love it.

**2-Mercado de San Antón:** another great gastro market located in the neighborhood of Chueca. It's a vibrant, modern space where you can sample gastronomic delights from all over Spain. You'll love the *papas* with *majo picón* from Canarias.

**3-La Latina:** you will want to try every single bar and restaurant in this neighborhood, but one of the best and most famous is Casa Lucio where you'll fall in love with their signature dish, the *huevos rotos*.



## FEATURED STAFF MEMBER



Conoce a Irene, una de las profesoras de AIL Madrid desde 2015. Su lema de vida es "No dejes para mañana lo que puedas hacer hoy". Así que haz caso a su consejo y ¡ven a conocernos ya!

Meet Irene, one of AIL Madrid's teachers since 2016. Her life motto is "Don't leave for tomorrow what you can do today". So do as she says - come and get to know us today!

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## FOOD CROSSWORD

Let's see if you are able to solve the crossword

Vertical

1. Es un embutido que se suele comer salado en crudo y curado de forma natural.
2. Siempre están cortadas en forma de dados irregulares, están fritas en aceite y acompañadas de una salsa picante.
3. Es un embutido originario y típico de la Península Ibérica.

Horizontal

3. Es un alimento popular en muchas partes del mundo. El cuerpo puede rellenarse o cortarse en filetes planos o aros.
4. Animal con muchas "piernas", es muy típico de Galicia.
5. Es una crema servida habitualmente como primer plato; se trata de una preparación tradicional de Córdoba.



Vertical: 1) Jamón 2) Patatas bravas 3) Chorizo 4) Calamares 5) Pulpo Horizontal: 3) Champiñones 4) Pulpo 5) Salmorejo

## Where to find us





# FEBRUARY EVENTS

## THE FUNAMVIOLISTAS



The director, Rafael Ruíz has devised a show that recovers the spirit of funambulism with The Funamviolistas. This performance combines classical music, theatre, dance, singing and humour.

This performance aims to recover that genre that was created two centuries ago in Paris and rapidly spread throughout Europe. In Madrid, 600 shows were premiered a year. Therefore, it seeks to recreate a new version of a classic of the stage arts through three women who use the strings of their instruments to offer a performance filled with smiles and entertainment.

Three performers are in a square that could be of any city. This chance meeting changes their lives forever as they build a friendship that leads them to tell

of their dreams, their disagreements, their joys and their hopes, without uttering a single word.

This show has done nothing else but accumulate acclaim and awards, namely the Performing Arts Max Award for the Best New Show 2014, the Award of the Association of the Performing Arts Association of Andalusia for the Best New Show 2015, the Talent Award 2013 for the Best Musical Show and the 16th Castile and Leon Fair Award for the Best Hall Show 2013.

Teatros Luchana, Calle Luchana, 38.  
Metro: Bilbao & Iglesia.  
19 February and 11, 12 and 19 March. 7.30pm. €15.

[www.thefunamviolistas.com](http://www.thefunamviolistas.com)

## ARCOMADRID 2017



The International Contemporary Art Fair of Madrid confirms it's still as vibrant and bold as ever. In its 36th edition, ARCOMadrid – one of the most important contemporary art fairs worldwide – will gather once again the most innovative artists and top critics in the contemporary scene.

ARCOMadrid 2017 will have Argentina as guest country. The reason? The high quality of Argentine artists who've taken part of the event year after year. Attention will be drawn to Argentine art with activities in the main museums and art centres.

This year, ARCOMadrid will have fewer sections, in an effort to

focus on quality and growth in the discovery of emerging talent and content, as well as to promote dialogue between artists, with one third of events aimed at this. It'll draw a total 199 galleries, 160 of which are included in the general programme. Curated sections are 'Argentina in ARCO', with 12 galleries, 'Dialogues', with 10, and 'Opening', with 17.

Up to 67% of the exhibitors are international galleries, 43 of which are based in the Americas (32%), with a total of 10 participating countries. This confirms ARCOMadrid as a point of convergence for European and Latin American artistic experiences.

Some of the art galleries participating in ARCOMadrid 2017 are Alexander and Bonin, Chantal Crousel, Fortes Vilaça, Jan Mot, Sprueth Magers, Lisson Gallery and Team Gallery, plus others that have been in Madrid before, like Carlier/Gebauer, Esther Schipper, Jocelyn Wolff and KOW, or those that are coming here for the first time, like Dvir Gallery, Jablonka Galerie, Maruani Mercier Gallery, Labor, Michel Rein, Nara Roesler, Supportico Lopez and Tanya Bonakdar.

Among the artists who'll exhibit their works individually or engage in intergenerational conversation are emerging talents like Elena Alonso or Fito Conesa and well-known figures, such as Anna Oppermann, Henri Chopin, Mihai Olos and Robert Breer.

There'll be a series of Professional Meetings where art critics,

galleries and artists can better understand the Fair's content. The Forum will host talks on art collecting, organised in collaboration with Banco Santander Foundation.

The Museum Working Session will draw, as in previous years, museum directors and members, and for the sixth straight year, there'll be a Meeting of Museums from Europe and Latin America.

Architecture and design will occupy a prominent position at the fair, thanks to a study conducted by the Madrid Technical School of Architecture (ETSAM) on ARCOMadrid and its architectural possibilities regarding space and circulation.

Feria de Madrid. Avenida Partenón, 5.  
Metro: Campo de las Naciones.  
From €20. [www.arco.ifema.es](http://www.arco.ifema.es)

## BILLY BUDD



Based on the novel of the same name by the American writer Herman Melville, Billy Budd is a two-act opera written by Benjamin Britten (Lowestoft, UK, 1913 - Aldeburgh, UK, 1976) which is being performed for the first time in Spain with the participation of the House Choir and Orchestra at the Teatro Real Opera House, and a group of young singers from JORCAM.

In 1797, on board the HMS Indomitable, with an all-male cast, three sailors enlist for the English Navy, including the young Billy Budd. There he meets Claggart, the master at arms who is determined to destroy him.

The stifling atmosphere on the ship reflects human psychology and the cumulus of emotions found within the different characters.

Teatro Real. Plaza de Isabel II. Metro: Ópera.  
15, 18, 22, 25 and 28 February. Mon-Sat: 8pm, Sun: 6pm.  
€45-382.  
[www.teatro-real.com/es/temporada-16-17/opera/billy-budd](http://www.teatro-real.com/es/temporada-16-17/opera/billy-budd)

## CARNIVAL 2017

Carnival, the great celebration of wit and humour, will be taking over the streets and squares of Madrid for a few days. A tradition in which costumes and masks are the key to living this fiesta to the full.

From 24 February to 1 March 2017, Carnival spirit will be filling the streets of the city. Children's parades, festivals featuring music and dance from around the world, concerts, and traditional musical ensembles: 'chirigotas', 'compar-



sas' and 'murgas'. These are just some of the activities programmed, based on the key themes of participation and diversity.

From 24 February to 1 March.



## MADRID PRODUCTORES

Madrid's Plaza Matadero provides the venue for the Madrid Productores market on the last weekend of every month, bringing together over 90 artisan food producers from the region of Madrid. The market prioritises locally produced, high quality, organic and artisan food: direct from producer to consumer.

The Madrid Productores market recovers traditional flavours and offers the best vegetables, meat produced in the surrounding mountains, cheeses, extra virgin olive oil, olives, honey, sourdough bread, artisan beers, wine, vermouth... and much more...

On market days, there are also demonstrations, talks, tastings, and many other activities related

with gastronomy and food. And that's not all. There is also a large area with tables, chairs and bars so that visitors can sample all the products they have bought at their leisure.

This event contributes to the development of rural areas in the region, helping small farmers and local producers to promote and sell their products. It also raises awareness among visitors about the environmental importance of consuming locally produced food. Madrid Productores is so much more than a market; it is an ideal space to have a wonderful time with friends and family.



Matadero Madrid.

Paseo de la Chopera, 14.

Metro: Legazpi.

18 and 19 February. Sat: 11am-7pm Sun: 11am-5pm.

[www.mercadoproductores.es](http://www.mercadoproductores.es)

## EXPLAINING SPAIN

When I used to teach corporate English in companies, it was incredible to see how much English vocabulary Spanish students actually knew, but without being fully aware of meanings. There are many embedded English words in the Spanish language, mainly originating the technological sector, everyday consumable products or common business English terms. We are going to look at some of the most popular and iconic anglicisms and how some Spaniards feel about them.

Technological advancements have influenced a lot of everyday vocabulary. Some popular terms such as "microchip", "internet" or even "fax" have no direct translation from English to Spanish, although "e-mail" (correo electrónico) and "hosting" (almacenamiento) do. But most Spaniards use the anglicised version of the word over the Spanish one, which is perhaps another triumph for globalization.

I cannot imagine how many times the phrase "envíame un wassup" (send me a wassup) is blurted out in Spain on any given day. The name of this Smartphone messenger service is clearly a play on words of the colloquial expression "to be up". A lot of Spaniards remember a very famous North American beer advertisement that aired in Spain a few years back. This advert stood out when the main character rings a buzzer to get in a party at his friend's house, where he then screams, in a very annoying fashion, "waaaasssup!" They are quite surprised to hear the origin of this vital Smartphone App.

The clothing sector has also been anglicised with such words as 'leggings', 'shorts' or even 'jeans'. Spaniards love it when you explain the word 'suéter' and how comes from 'sweater', which

itself connects to the verb 'to sweat' (sudar).

Another sector that has provided a lot of English vocabulary is consumer goods. Sanitary or cleaning products take the prize in this category, with names such as Fairy, Mr. Proper, Vanish, and Finish - the list is quite extensive.

A Kleenex is another great example of how a strong brand has been put to everyday vocabulary use. You could call it a "pañuelo de papel", a paper tissue, but most Spaniards, like the British, just say Kleenex; branding and efficiency at their finest.

One of my personal favorites is the concept of 'el burger'. When Spaniards go out to eat in one of the big hamburger providers, they refer to them as "el burger", although only one has the word "burger" in its brand. I had the privilege to eavesdrop on a phone conversation where a young man was explaining where he was; "estoy en el burger". Obviously, the other person needed details, so the guy had to quickly glance around to see in which fast-food place he was sitting.

The business world has also been influenced a lot by anglicisms, and many Spanish workers at a corporate level are familiar with words such as 'timing', 'deadline', or 'branding', for example. I know of one case where anglicisms were not tolerated. A student of mine who worked for a

major Spanish company, arrived in class with a list of English business terms he wanted to review and to make sure he knew them by heart in Spanish. I asked him why he wanted to review them in Spanish if he already knew them in English, and he answered that he had an important meeting with one of the top directors who prohibited such anglicised words to be spoken at his desk.

On the other side of the Atlantic the Hispanic American population is brewing its own Spanglish dialect, which is basically mixing both English and Spanish words in a same sentence. You would really have to be bilingual to understand 100% of the conversation. Two of my personal favorite Spanglish words are the words "la troca" referring to a pick-up truck or "un viaje redondo" a round-trip ticket.

If Cervantes and Shakespeare could meet for lunch and discuss the evolution of their languages, the latter would have the upper hand when debating who has had more of a linguistic influence over the other. History cannot be reversed and as my Spanish grandfather used to say to my North American father, "if the Spanish Armada hadn't lost to the English, you would be speaking Spanish now". Maybe. Hasta mañana!

By Dan Beers

[www.nativespanishtapas.com](http://www.nativespanishtapas.com)

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# THE SHARING ECONOMY IN MADRID

## BUSINESS

The “sharing economy” is alive and well in Madrid, although not everyone thinks it’s a good thing.

In his recent book “What’s Yours is Mine”, American writer Tom Slee argues that the most well-known examples of the so-called sharing economy are really just big multinational corporations pursuing monopoly power. They’ve certainly been disruptive, and raised complex questions about competition, regulation and workers’ rights. But we use them because they make our lives easier in some way; and most of the companies involved, far from being monopolies, are just gnawing at the edges of their markets.

That’s not the case for holiday rental platforms like Airbnb and Homeaway, which have made a big splash. Residents and politicians blame them for a housing shortage and a sharp hike in rents, as they flood the city centres with partying tourists. Hotels in Spain complain of being at a disadvantage. In Barcelona both websites have been fined €600,000 for renting out “illegal” properties. The Madrid Town Hall is threatening to limit the number of days the properties can be let.

Uber hasn’t had an easy landing in Spain; taxi drivers grumble about an unlevel playing field and in December 2014 a Madrid court banned it from operating. In March 2016 the company was back, this time using only drivers with a professional licence. These permits are scarce - buying one on the secondary

market can set you back €40,000 - so there’s a finite pool of potential Uber drivers (which may explain why I can’t get an airport trip for below the price of an official taxi). The company seems keen on Madrid and has since launched Uber Eats, competing with Deliveroo and Just Eat to deliver restaurant food into our homes. It also chose the city for the world launch of Uber One, an up-market (and ecological) taxi service using only Teslas. Presumably at €80,000 each, Uber won’t expect its drivers to buy their own.



For longer trips, Madrilenians turn to French start-up BlaBlaCar, which matches travellers and drivers going in the same direction so they can split petrol and toll costs. BlaBlaCar looks like a genuine ‘sharing’ business, and students love it, but that hasn’t stopped the Madrid Regional Government, applauded by the big intercity bus companies, from fining two drivers for ‘profiteering’, allegedly charging passengers more than their share of the costs.

Less controversial has been the short-term hire of electric cars - Car2Go, with 500 Smarts has now been joined by Emov’s 500 Citroens. Customers locate available cars on

an app and pay 19 cents a minute, working out cheaper than a taxi. Madrid start-up Amovens allows you to hire someone else’s private car, or if you’re feeling brave, to rent yours to a complete stranger.

Away from cars and beds, Madrid’s own start-ups have a lot else to offer. Clintu can find you someone to clean or iron by the hour, while Etece hooks you up with odd-jobbers. Koiki will receive your online purchases and walk them round when you’re in, cutting down pollution from delivery vans. Chefly will let you taste real home-made cooking (or sell your own apple crumble). You can crowdfund your personal projects with einicia, and find investors to lend money to your business on peer-to-peer sites such as Comunitae or MytripleA. Who knows, with their help you might just turn that sharing economy idea of yours into one of those monopoly-seeking multinationals which keep Tom Slee awake at night.

**By Roger Pike**

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## THOUGHTS ABOUT FOOTBALL

I love football. Despite myself. Despite the fact that I actively dislike the players, the fans, the backroom staff, the home and away shirts, and the mascots of nearly every club in the world. I love it despite the semi-literate pundits, the appalling corporate sponsors, and the gormless marketing executives that unburdened by creative talent have nevertheless managed to fob off substandard nylon tat as desirable consumer items ie those nasty replica shirts which the bastards change every year and which allow us to become living breathing marketing platforms for some hideous corporation which still cannot believe that we would actually pay to do this. I love it despite the Stalinesque modern stadiums with their corporate boxes, and their apocryphal prawn sandwiches. I love it despite FIFA and UEFA and the morons who infest these organisations and who come up with the worst ideas imaginable, not only in footballing terms, but in terms of any field of human endeavour. Four quarters instead of two halves? A 48 team World cup?



The World Cup in Russia, then Qatar? The World Cup in Syria perhaps? I love it despite all these things because it's a part of who I am, and like all proper football fans I have an ancient tribal allegiance and you can never leave the tribe. I love it because the game combines skill, speed, strength, and stamina as collective and individual human drama unfolds before our eyes drawing on strategy, will power, and inspiration. And even though most of the games are crap, just as

in life itself, these extended periods of crapness are vital so that we may treasure the rare moments of gold. It is the anticipation of these golden moments that makes all the crapness endurable. Football teaches us this.

I'm not very good at football though. This is probably because I'm English, and as we all know pretty much since 1966 England have spent nearly every major tournament huffing and puffing and looking startled. I think this has its roots in our culture. In the endless hours of childhood games in the park there were only two skills we focused on: the sliding tackle designed to induce maximum fear and inflict optimum pain on your opponent, and when in goal tipping the ball over the bar, even if the shot was only aimed at waist height. While the Spanish, Germans and Italians, and sadly even the French, were cunningly perfecting the art of passing, and controlling the ball, we were busy trying to maim each other as we rolled around in the mud, or scraped all the skin of our bodies trying to slide on concrete. The cultural values that prize recklessness and indifference to pain may have been useful for fighting foreigners, but have proved largely ineffective when it comes to playing football against them. Only Scotland have been consistently more crap for which I suppose we should be thankful.

My love of football has evolved over time. I no longer hero-worship footballers. I can't think of a single footballer I would like to have a conversation with. In fact it's difficult to think of a group of people less deserving of interest. In the Spanish League Messi is a sublime talent, but has the charisma and verbal skills of a gerbil. Cristiano Ronaldo, an outstanding athlete, is a brain dead narcissist who attempts to inject

an air of sultry homo-eroticism into his every move, but actually comes across as an animated blow up doll with the same suspiciously orange hue as Donald Trump. The English League is no better. Like any reasonable person I am a fan of the finest club in west London but it's hard not to look at John Terry without thinking he has the same dead eyed look as a shark. Were it not for the obvious breathing difficulties, it would be easy to imagine him moving silently and sleeplessly through the ocean relentlessly devouring his prey.

Despite the fact that the professional game is played by dull sociopathic millionaires there is still something very special about football day. I couldn't really empathise with Nick Hornby's book "Fever Pitch" because the main character inexplicably supports Arsenal, but I did get the bit where he argues that death would not be so bad if only you could get the football results. For those of you who understand this you are lucky because Madrid is a great football city. Spending all day in one of the city's many "Irish" pubs watching the English Premier League is of course as fine a way to spend a Saturday as any other. However, if you do go native and get into Spanish football then you are in the right place. If you're a fan of the smug and the self satisfied you can head north up the Castellana to Real Madrid's iconic Santiago Bernabeu stadium and watch 100,000 people booing their own team if they're not 4-0 up within the first 20 minutes. If you see life as a tragicomic affair made up of a series of bitter existential blows, cruelly punctuated by the odd glimmer of



hope, then you should probably head south and watch Atletico send their fans into emotional turmoil for the millionth time. For proper football though head east to working class Vallecas, and watch the mighty Rayo Vallecano do their annual flip between relegation and promotion. Rayo actually have left wing football hooligans, a refreshingly novel concept, and a day out at their uber old skool stadium, enveloped in a cloud of marijuana and surrounded by symbols of working class struggle, is always a rewarding experience. The actual football is usually dire, but when did that ever matter? And if you're really adventurous you could head out to one of the dormitory towns and watch Leganés or Getafe (sponsored by Burger King!) You might fall in love with the game all over again, and although like love itself, loving a football club is ultimately self defeating, the highs are occasionally worth the lows, and at least it's something to talk about beyond how increasingly shit the world is. Just don't buy the replica shirts or eat the prawn fucking sandwiches.



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# IMPRENTA MUNICIPAL- ARTES DEL LIBRO

By Brian Collins

An idea, whether advantageous or damaging to society, is not powerful until it's distributed, until it's put into a form which allows for mass acknowledgement and use. When the idea becomes powerful, it becomes unstoppable until another idea improves or supplants it, or it gets regulated because it becomes harmful. One of the media's jobs is to publicise ideas that become noteworthy, informing the news to an ever-increasing global audience.

As we delve deeper into this globalised world of news, one invention stands out at the starting point of it all, considered one of the greatest inventions of the second millennium: the printing press.

The printing press was invented by Johannes Gutenberg in the 15th century. He combined pre-existing technologies with his own developments to build the first Gutenberg press, using a screw press, which was invented by the Romans in the 1st century for the production of wine and olive oil, to press the lead-alloy characters onto paper. The screw could be reset easily, another sheet of paper inserted, and a carbon-copy impression would be made. Within a few decades the revolutionary invention had spread across Europe resulting in millions of prints by the start of the 16th century. The media, still known as the Press today, took its sobriquet from the mechanical process of early printing.

At the start of the 19th century, with the forthcoming advancements of the industrial revolution, the hand-operated screw press was essentially unchanged until German printer, Friedrich Koenig

utilised steam power for the running of the mechanics and replaced the flatbed with rotating cylinders. The first trial of Koenig's steam press took place in 1811 and within a couple of years, The Times of London had bought two of the machines. Each machine had a capacity of 1,100 impressions per hour.

Richard M. Hoe made further innovations and in the 1840s introduced the steam-powered rotary printing press. The type was positioned on a revolving cylinder with a continuous roll of paper fed onto it, resulting in rapidly increased production.

Throughout the evolution of the printing press literacy rates increased. In 2011, UNESCO's Institute for Statistics figures showed an 84.1% literacy for adults and 89.5% for youths globally whereas, it's believed, 80% of English adults could not spell their name before Gutenberg's press.

To experience a viewing of these magnificent machines visit Imprenta Municipal-Artes del Libro. The centre provides a detailed look into the history and evolution of the industry. The main hall is packed with printing presses, with one of its many impressive examples being a reproduction of a manual press which would have been operational during the 16th century. A guided tour is available when pre booked, starting with a short video, after which one of the informative guides takes groups around the main hall. The tour also includes a demonstration of book-binding techniques from centuries past.

Tours are run in the mornings and afternoons. Both individuals and groups are welcome, with a minimum of five and a maximum

## ART & CULTURE



of twenty people. The guided tour is free, and free entry to the centre, without the tour, is also available.

The centre runs free workshops on printing, and graphic arts, including demonstrations of calligraphy, traditional typography and various printmaking techniques.

Also well worth checking out is 'The Court of Letters: Miguel de Cervantes and Madrid in his time', a temporary exhibition running until the 23rd April, located on the first floor. The exhibition looks at Cervantes' Madrid and chronicles the history and changes of the city during his time.

Imprenta Municipal-Artes del Libro, Calle Concepcion Jeronima, 15 28012 Madrid. Metro: Sol, Tirso de Molina (L1) La Latina (L5).

Opening times: All year round: Tuesday to Friday, 10:00 to 20:00; Saturday/Sunday and holidays until the 23rd of April, 10:00 to 20:00. Free entry. Check the website to organise a guided tour.

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# PICK OF THE FLICKS FOR FEBRUARY

As snow threatens to fall and the temperature dips below zero, choose cinema as a refuge from the chill. February is a real mix, so, something for everyone. The Oscars are coming and it seems best picture nominees *La La Land*, *Arrival* and *Hacksaw Ridge* will bring home the gongs - try to catch them if you can. Also, for Feb, and in Oscar contention, are *Jackie*, *Moonlight* and *Manchester by the Sea* which opens on February 3rd.

Best Picture nominee *Manchester by the Sea* has a lot of buzz around it - mostly regarding Casey Affleck's Oscar-nominated performance for which he has already won a Golden Globe. The always intense and magnetic Affleck is joined by the reliably excellent Kyle Chandler and Michelle Williams in this slice of life film about family commitments which force Affleck's character Lee to face up to the demons of his past. Its heartbreaking story and compelling central performances are said to be what makes this one of the films of the year.

On the 10th in Madrid's cinemas is *50 Shades Darker*, the sequel to the hit 2015 film based on the book everyone was pretending they'd never heard of, much less read. The sequel tells

the continuing story of Christian (Jamie Dornan) and his dark possessive nature. His girlfriend tries to confront her jealousy regarding Christian's murky past. Expect sexually and emotionally charged scenes, with James Foley, frequent director of *House of Cards* directing.

Much opposed to bondage psychology drama but also released on the 10th is the *LEGO Batman* movie. Another sequel, of sorts, to the massive 2014 film that put an enormous smile on everyone's face, if you thought everything was awesome about the hugely enjoyable previous *Lego* movie this may float your boat. With more of the animated *Lego* brick characters and cityscapes, this one focuses on the titular superhero who's gruffly voiced for laughs by Will Arnett. Lending their voices to staple *Batman* characters are Ralph

Fiennes as *Batman*'s loyal butler Alfred, Michael Cera as

Robin and Zach Galifianakis as the Joker. It should be a riot of colour and humour.

On the same day Best Picture nominated *Moonlight* is on Madrid's screens for the first time. *Moonlight* tells the tale of inner-city black American lives and the problems of social mobility,

drugs, responsibility and self discovery in a section of America that is all too often forgotten. The film's committed performances and its Miami backdrop

have a power that is winning over audiences. One to look forward to.

*Rings*, another film in the horror series inspired by the Japanese original, is here to scare us to death. Lake-wet black-eyed zombie schoolgirls and curses are expected with this terrifyingly effective horror vehicle. Also out on the 10th.

Released a week later on the 17th is *Jackie* in which Natalie

Portman portrays the former First Lady Jackie Kennedy, whose life story could inspire a dozen movies. This film is centred on the White House years and specifically the aftermath of JFK's assassination. Portman is Oscar-nominated for this film and the political intrigue of early sixties America is an abundant backdrop. Portman's Jackie attempts to stabilise her family and protect her husband's legacy and reputation amidst the fallout of a country shocked and a family shaken.

Also opening on the 17th is *The Great Wall* starring Matt Damon. The film is a mash up of fantasy, war, action and popcorn adventure with a semi-real historical context. The Great Wall's construction is part of the story and the film touches on ancient Chinese legends and is said to be most expensive Chinese film ever made. Its multi-national cast and crew have made something definitely worth seeing. Damon plays one of many European mercenaries defending the wall from monsters. Yes, monsters - it sounds great. Acclaimed Chinese director Zhang Yimou is in charge.

Look out for these new films at the cinema on Fridays in February. Enjoy, and stay warm. See you next month.

By Andrew James Ball



## UNFORGETTABLE EXPERIENCES AT SPANISH PYRENEES

**Baqueira-Beret** is the largest and most visited winter resort in Spain, with 146 kilometres of marked pistes, 7 kilometres of marked off-piste. In total 2,166 hectares of ski area. It is located in the highest part of the Aran Valley (Naut Aran), and Pallars Sobirà (Valls d'Aneu). It has long and wide ski runs, some through trees. It is divided into three different zones, Baqueira, Beret and Bonaigua. Due to its westerly aspect and position on the northern side of the Pyrenees, and consequent Atlantic climate, the resort of Baqueira-Beret has a good snow record throughout the winter.

**Rafael Hoteles by La Pieta** is a 5-stars hotel located in there, the Spanish Pyrenees and considered the "best hotel of Aran Valley" by TripAdvisor users. It is located opposite the Baqueira-Beret ski resort, the favorite destination for Spanish Royal Family as well as numerous entrepreneurs and international famous artists. They offer the most exclusive tailor-made services to enjoy the snow; all desires can be fulfilled at this amazing hotel: heliskiing, private ski lessons, dog sled raids, ice skating or snowshoeing... we recommend the free test driving of Maserati, the most popular activity of the hotel!



One of the main hotel facilities is the surprising spa, named Occitania Spa, the amazing spa where enjoy the finest health and beauty treatments, all of them made with native natural products. It features massages like hot stones, four hands with hot chocolate or special children massages. Spa facilities are completed with beauty salon, gym and an amazing indoor pool.



When the day is finished, the best option is rest in a comfortable room with exciting overlooking over the mountains and Aran Valley. All rooms have a luxurious equipment and 24-hour room service, many of them with capacity for 3 or 4 people. The hotel also features familiar rooms with capacity up to 2 adults and 2 children (free kids stay up to 12)... do not forget that babysitter can be available and the hotel features a kids playground with instructor!

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If you need more information about the hotel, visit [www.lapieta.com](http://www.lapieta.com)

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## CHASE COMES TO TOWN

Chase Masterson is famously known for her role as Star Trek: Deep Space 9's Leeta. Outspoken on Twitter and an advocate for anti-bullying reforms, Masterson speaks to Richard Lewington about typecasting, charity and pop culture's role as a vehicle for parables and social commentary.

"Oh boy! I would describe myself as passionate, committed and curious", laughs actress, singer and social advocate Chase Masterson as she sits down to answer the first question to her interview with The Madrid Metropolitan to promote her appearance at this year's CiFiMad convention in Madrid this month.

Born February 26, 1963 in Colorado Springs, Colorado, Masterson's first major role came in 1994 as Ivy Lief on American television show General Hospital. She then spent five years portraying the Bajoran Dabo girl Leeta on Star Trek: Deep Space Nine (ST:DS9). She then went on to star in James Kerwin's sci-fi film noir Yesterday was a lie, which she also produced, and voiced 'Janice Em' in the animated film Robotech: The Shadow Chronicles. She also guest-starred in shows such as ER, Sliders and The Flash. "I do feel typecast into sci-fi roles," says Masterson. "When ST:DS9 was on the air, it was the most popular television show worldwide".

### Femme Fatal

In 2004 she was named one of the world's '50 Sexiest Women' by men's magazine Femme Fatales, as well as 'Favourite Science Fiction Actress on Television' in a TV Guide reader's poll. More recently, AOL named her one of the 'Ten Sexiest Aliens on TV', reporting that 'Masterson is regularly voted the most popular guest at Star Trek conventions'. So how does she feel about this? Do fans expect her to "be" Leeta – the dipsy, cute and voluptuous entertainer and are there any similarities between the real Chase and her character? "Very much so," replies Masterson. "I feel that there was a lot of me in Leeta, but there's truly so much more to me. I'm grateful to have had the opportunity to show that in real life and in other roles I've done. Leeta was very compassionate and really stood up for justice and that is one thing that we have in common. I'm more grounded than Leeta and I think there's more depth to me than what she was able to show on screen. But it is her compassion that people can relate to. That's why she was a well-loved character and I do try to include that into everything I do, because that's where my heart lives."

### Taking a stand

Masterson's belief that the Star Trek mantra of "Infinite Diversity in Infinite Combinations" is the franchise's key lesson to humanity, which led her to create the Pop Culture Hero Coalition – a foundation she co-founded in 2013 that uses the universal appeal of comics, film & TV to create anti-bullying programs at pop culture events, schools and communities. "It's aim is to take a stand against bullying, racism, misogyny, cyber-bullying, LGBT-bullying, and other forms of hate, using the phenomenal popularity of media to bring justice and healing," says Masterson.

### So how did it come about?

"In 2010, I heard about a 7-year-old girl named Katie who was bullied by kids in her 1st-grade class for having a Star Wars backpack and water bottle. She was taunted by her classmates. 'Star Wars is for boys,' was among some of the more printable things they had said to her. That evening, Katie returned home upset telling her mother Carrie Goldman that she no longer liked Star Wars. Sensing that something was up, Goldman asked her daughter why, and she told her what had happened earlier in the day. That evening, Goldman wrote a blog post asking female Star Wars fans to show support for Katie. Within days, 82,000 people viewed the post, with thousands giving messages of experience, wisdom and support, including from Lucasfilm. Their story was picked up by Huffington Post and countless other sites, with the hashtag #MayTheForceBeWithKatie. I made contact with Carrie, and eventually introduced Katie to meet Peter Meyhew. So now, little Katie who was bullied, is now friends with the real Chewbacca! Don't fuck with us!" laughs Masterson proudly.

Goldman and Masterson founded the Pop Culture Anti-Bullying Coalition, enlisted the United Nations Association and the NOH8 Campaign as partners, and created the first-ever panel on ending bullying at a pop culture convention. The coalition kicked off their work with an event featuring its partners, along with the Anti-Defamation League, Girl Scouts of America among others. Masterson's work on the coalition has since led her to serve on the advisory board of the United Nations in San Diego.

So, would public service be on the cards for Masterson? "You know, I get asked this a lot and I've never had a desire to go into politics. I know I will make a significant difference helming this coalition. I want to focus on making the next generation socially active, so I'll keep my focus there. We often wondered why

people didn't stop the Nazis, well now, let's stop the Nazis in the U.S. and do what we would have done back then. It's our duty as humans to speak out and against injustice – and that's what I'm doing."

### A new hope

The concept of anti-bullying speaks right to Masterson's heart. "I was bullied both as a child and as an adult – The internet can be a very dangerous place and some fans have crossed the line," she says referring to a legal case of stalking of which she was once victim of. In 2003, A man in Berlin created a bogus matchmaking profile for Masterson on an online dating service. In the profile, the name 'Chase' was used, along with her photograph and home address. The man also used an email autoresponder in the profile to provide her physical address and telephone number in response to queries. Masterson requested that the site remove the profile; they initially refused on the basis that only a profile's creator could request its removal. After pressure from Masterson, the website ultimately agreed and removed the profile two days later. However, during the time that the profile remained online, Masterson received several sexually harassing voice mail messages and a fax which she found 'highly threatening and sexually explicit' and 'that also threatened her son'. To protect herself, Masterson had to flee her home, live in hotels and travel with her son for several months. "Luckily, I've had fewer than 10 incidents where I've had to tell fans to not get too close", says Masterson.

Masterson flies into Madrid hot on the heels from a meeting with UNESCO in Paris of which she is a commissioner. Of this, she says that "Pop culture is important because it's a language that everyone speaks. Superman stands up for people, not only because he has powers, but because others don't. On the other hand, Anakin Skywalker also had the same chance to do good in the universe. It's basic to say, but lessons in which countless kids worldwide can do good, relate to nearly culture. Kids are still malleable, if we do this



right, then we can cause systemic change."

### To boldly go

In celebration of its 50th anniversary, Star Trek is set to return to television screens later this year after a 12-year absence. The new series, Star Trek: Discovery is set roughly a decade before the events of the original Star Trek series. So what hopes does Masterson have for the new series? "My only hope is that it stays true to the tenants of Star Trek and not try to attract a new audience by filling it with sexy scenes and going down to the lowest common denominator. I hope it stays true to Gene Roddenberry's original vision," she says. "I also hope the actors also realise that, that they stay true to themselves and appreciate the fans."

Masterson can now be seen, or rather heard, in the title role of Big Finish's Doctor Who audio spin off, VIENNA. "I play an 'impossibly glamorous' mercenary assassin, with a heart of gold, who always chooses to side with the good guys. It's got a lot of British humour, along with extremely relevant science fiction themes. There's an episode about child soldiers, which is how Vienna came to be who she is. Other episodes touch on the falseness of the beauty industry, and another episode on hypocrisy in religion. We've gotten outstanding reviews – and we're recording Season 4 this month," says Masterson.

As for her upcoming visit to Madrid, Masterson says, "I'm really looking forward to it. I was about 6 years old when I last came to Spain and it really impressed upon me a beautiful sense of simpático there." "Who knows, I just may never come back!"

Chase Masterson joins Star Wars' Mary Oyaya, David M. Santana and Dermot Crowley at the CiFiMad Convention on 24, 25 & 26 of February. Hotel Las Provincias, Calle Zaragoza 2, Fuenlabrada, Madrid. (Cercanías: La Serna).

Tickets from €5.

[www.cifimad.wordpress.com](http://www.cifimad.wordpress.com)

By Richard Lewington

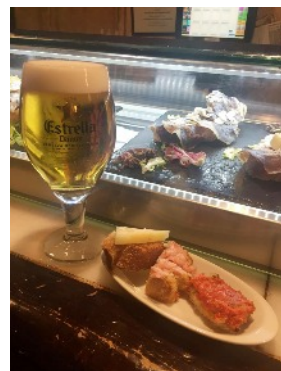


# EAT OUT WITH VALENTINA: A BEGINNERS GUIDE TO TAPAS EATING FOR FREE!

It is said that Madrid has more bars than any other city in Europe and I have often wondered how that many can possibly survive.

The answer I assume must partly be that Madrileños are a socialable lot who meet out more than entertain in. The aperitivo is a firm fixture any day of the week and they do seem to spend a lot of time in one bar or another. On the other hand if bar owners are supposed to provide a tapa or two with every drink ordered the economics become even more blurry. Or so it would seem.

When I arrived in Madrid five short months ago and was given a plate of crisps I thought it was great. Coming from the UK the idea that you might be given anything for free was a pleasant surprise. After a little while I realised my fellow patrons where being given considerably better tapas and bigger portions – they had croquetas and tortilla and other goodies and I was always with the crisps – could it be that this was because they thought I was a tourist and were waiting for me to order from the tourist “tapas menu”? As a newcomer to Madrid who apart from everything else (language/culture etc) just didn't know where to begin other than to accept what had been given when I went out in the centre of town and I made it my challenge to overcome this.



I had earlier set up my own facebook group - Eat Out Madrid to get opinions and insights to the gastronomic heart of Madrid and I reached out to them to find out their views and it was a common view that many places in the centre saw them as tourists who didn't warrant their complimentary fayre. That and an inability to breach the language barrier and just as importantly the

tone in which it is spoken appeared to be the main issues to face and to do so head on! I asked the group for some recommendations of where to head to and I set out to integrate myself as a local (albeit with my limited Spanish helpfully aided by the team at AIL “Locos for Español” [www.ail.com](http://www.ail.com))

I set to work.

After visiting many suggested places, I decided on four must-visit eateries for the best free tapas within walking distance of each other to make a nice paseo any time of the day!

La Tintoreria – Calle Espoz y Mina 19

A modern-twist on a traditional Spanish restaurant and bar offering a variety dishes in an inviting and comfortable environment. You will expect to receive dishes such as huevos rotos, pinchos de lomo amongst many others made freshly that day

## EAT out MADRID

Matador – Calle de la Cruz 39

If you like Jamón then this is your place. Without a kitchen on site, all of their tapas is prepared at home including their Tortilla. Enjoy freshly sliced Serrano ham from one of their many hanging cured legs along with cheeses and other cuts of cold meat with your drink.

Toma Jamon – Calle de Cava Baja 10

Located on a popular street of bars, this place has certainly some competition. However when you are greeted with a smile and given dishes such as pimientos de padron and tortilla with your drink in a relaxing environment, you know you made the right decision.

El Anciano Rey de los vinos – Calle de Bailén 19

If you like the idea of choosing which aperitivo you would like to have with your drink, then this is perfect choice. Located opposite the Almudena Cathedral, you might expect that this would be full of tourists - you could not be further from the truth. Fourth genera-

tion owners have kept this place in line with its roots offering an abundance of options including boquerones and mejillones to name but a few.

My top tips!

1. You order a drink in a bar and you are not given anything to accompany your drink: ¡Perdona! ¿Podrías traermelo algo de picar? (Excuse me, could you bring something to nibble?)

2. You are now ordering your second drink and they bring you the same tapa as last time and you would like something different: ¡Perdona! ¿Tienes otra cosa? (Excuse me, do you have something else?)

3. You are allergic or do not like the tapa they have given you and would like to ask for something different: ¡Disculpa! Soy alérgico a esto, ¿podrías traermelo otra cosa? (Excuse me, I am allergic to this, could you bring me something else?)

- Try to avoid busy times.
- Stay away from tourist areas
- Order a caña instead of a jarra (You will finish a caña quickly and more likely to order another!)
- Always wait for your drink and tapa to arrive before ordering any food off the menu.
- Do not be afraid to ask.
- Create relationships with your favourite places, trust me they will remember you!

By Valentina Ruffoni



## RECIPE

## CHICKEN AND CHORIZO HOT POT ( SERVES 6 ) - BY JEMIMA BUTLER

This is a great recipe for these cold winter months as it is a one pot dish where you put all the ingredients in at once and leave it in the oven until ready. The idea is based on combining potatoes ‘Lyonnaise’ and ‘Pommes Anna’ (the main difference between the two is that the first requires layered potatoes with onion and olive oil and whilst second is layered potatoes with butter and seasoning). Then just add roasted meat on top.

(A summer version is to have layer sliced aubergine, peppers and courgettes between the potatoes).

### INGREDIENTS:

- 1 kilo of potatoes – thinly sliced
- 1 large onion – thinly sliced
- 2 garlic cloves – squished with the back of a large knife
- 1 leek – chopped into chunks
- 3 sprigs of Thyme
- 2 bay leaves
- 3 tbsls olive oil
- 6 chicken pieces on the bone
- 2 fresh chorizos – sliced on the diagonal
- 400 mls chicken stock
- A couple of glugs of white wine
- Salt and pepper

### METHOD

Heat oven to 200C/fan 180C/gas 6. Pour a tbsp of oil on the base of oven proof gratin dish about a 1.5-litre – in Madrid you can find some lovely earthen ware dishes which are perfect for this.

Spread a layer of the thinly sliced potatoes on the bottom of your dish. Sprinkle on some salt and pepper. Then on top, layer some thinly sliced onions and then another layer of thinly sliced potatoes followed by a little more salt and pepper and a glug of the oil. Then add a layer of the leeks and the slices of chorizo then more spuds and lay the bay leaves between the layers.

Continue layering until you have used all your vegetables up adding in the garlic here. Pour the stock over.

Lay the chicken pieces on top - sprinkle with salt and pepper and a drizzle of olive oil and bake for 50-60 minutes until the potatoes are cooked and the top of the chicken and potatoes are golden and crisp.

Good tip: If you have any left over gravy from a roast you can use it up here, add it to your stock or even mix up the gravy, wine and stock to make up a yummy tasty concoction for your chicken to be basted in and your vegetables to soak up. If you are multiplying just make sure the veggies are covered with liquid. Best served with steamed green beans and washed down with Garnacha Centenaria 2014 – Coto de Hayas

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## IRISH TAOISEACH MEETS THE MIGHTY HARPS

Just as in Spain, football is a very important part of Irish life. The Irish President was president of Galway United before becoming head of state and the Taoiseach Enda Kenny, also takes a hand in running a club. However it is not soccer but Gaelic football (G.A.A) which is played in every town in Ireland and thanks to emigrants, all over the world too, which counts.

Here in Madrid, the mighty Madrid Harps G.A.A. team has over a 100 members and fields two women's, two men's as well as a youth team.

Visiting the Spanish capital in January, An Taoiseach Enda Kenny took time to visit the Primark flagship store on Gran Via as well as present Spanish prime minister Mariano Rajoy with a personalised Galician G.A.A. jersey.

The Harps boast a strong Spanish contingent including Javier Vincente, who played in Ireland and went on to become the club president and now represents the team for Gaelic Games Europe. The Harps were founded in 2004 by Martina Rooney, Lorcan Kennedy, Evan Lester, Iván García San Juan, Barry Hughes and Michael Jordan and since its early games playing in the Retiro Park are now firmly established leaders in the Peninsular G.A.A. scene.

By Morgan Fagg



From Left to Right: Javier Vincente, James Keane, An Taoiseach Enda Kenny T.D. and Keith Curran. Photo by Morgan Fagg.

## RAMPANT REAL BREAK BARCA UNBEATEN RECORD

It was a fantastic start to the year for Real Madrid, as they broke Barcelona's Spanish record for consecutive matches unbeaten in all competitions. The record had been set by Barcelona last year and had stood at 39 matches. However, it has only taken Real Madrid 10 months to break that mark with the record breaking game being a pulsating 3-3 draw away from home against Sevilla in the Copa del Rey. It was a match marred by controversy as Sergio Ramos was targeted by some sections of the home support for abuse on his return to Seville, his home city. With 80 minutes gone it had seemed as though Real would be destined to share the record with Barca as they trailed Sevilla 3-1. However, Real were awarded a penalty in the 83rd minute which Ramos coolly slotted away, Ramos then seemed to incite the crowd by raising his hands to his ears in front of the Sevilla Ultras. Karim Benzema then equalised deep into injury to give Real the result they needed to break the record.

The joy of setting a new record of 40 matches unbeaten was short-lived for Real though, as they then lost their next game in the league to a Sevilla side looking to avenge their cup elimination. Two goals in the last 5 minutes



gave Sevilla a 2-1 win, including a Sergio Ramos own goal coming just days after he had riled up the Sevilla crowd. The month was to take a further turn for the word for Real just 10 days later as they were eliminated in the Quarter Final by way of a 4-3 aggregate defeat by Celta Vigo, ending hopes of a Real treble of La Liga, Cup, and Champions League glory. They have since got their league campaign back on track with wins over Malaga and Real Sociedad and remain 4 points clear of both Barcelona and Sevilla at the top of La Liga, having also played a game less than their rivals.

While Real fans lament their cup exit, across the city, Atletico Madrid celebrated progressing to the Semi-Final with a 5-2 aggregate win over Eibar. With the league seemingly out of reach for Atleti this season, it seems likely their focus will shift towards Europe and the cup. Their league

form has continued to be inconsistent with 2 victories and 2 draws this month. Atletico find themselves 10 points behind their cross-city rivals in the league having played a game less than Real.

The third Madrid side, CD Leganes, will visit the Camp Nou for the first time in their history on 19th February. It will be another day to remember for the cucumber growers of Leganes in their first season in the top-flight. Although fighting a relegation battle, Leganes, who are 17th in the table, will be optimistic of maintaining their place in La Liga. The clash with fellow relegation strugglers, Sporting Gijon on 12th February will be a crucial game for the Madrid side.

February also brings us the return of the UEFA Champions League with both Real Madrid and Atletico Madrid in action this month. Real restart their bid to become the first side to retain Eu-

rope's premier competition since AC Milan in 1990 by welcoming Napoli to the Bernabeu on 15th February for the first leg, before travelling to Naples on 7th March for the return fixture. Meanwhile, Atletico will travel to face Bayer Leverkusen for the first leg on 21st February.

Stepping away from football, this month also sees the return of the Six Nations Rugby Championship and although Spain are still some way off the level required to enter the tournament, they will begin their attempts to qualify for the 2019 Rugby World Cup in Japan. The Rugby Europe Championship represents the second-tier of international rugby in Europe. Like the Six Nations, the Championship also contains six nations; Georgia, Russia, Spain, Romania, Belgium and Germany. With Georgia having already qualified for the World Cup, Spain will be hoping at the very least to secure themselves a Playoff spot against a side from Oceania, with qualification on the line. Spain play the majority of their home games at the Estadio Nacional Complutense, right here in Madrid and will be aiming to capitalise on the experience of qualification for the Olympic Rugby Sevens tournament in Brazil to qualify for their second Rugby World Cup.

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A mysterious phantom that haunts the TV set of a 1970's Talent Show is infatuated by the shy and pretty stage hand Christine. She is inexplicably drawn to this "Angel of Music" who helps her find the confidence to follow her dream of becoming a singer. She sings on the show with great success, much to the disgust of her main rival; the dramatic diva, Carlotta. The dashing TV Host Raul is quick to give her a place in the final and a romance blossoms, until the jealous Phantom kidnaps the unassuming Christine. He will do anything to win Her heart; even if it means sabotaging filming, torturing his rival or orchestrating any number of embarrassing situations that he can come up with to win his love's affection!

Dust off those dancing shoes and get ready to boogie on down to this hilarious, brand new Face 2 Face show, full of Divas, dancing and disco!

The show opens on the 18th of February, every Saturday at 16.30h, until the 8th of April 2017.

### BELLEZA Y MEDICINA ESTÉTICA

DR. PABLO NARANJO

*¿Existe solución para la celulitis?  
Con un diagnóstico acertado sí.*



La celulitis, lo que comúnmente llamamos "piel de naranja", se conoce científicamente como *paniculopatía edemato fibroesclerosa* y afecta al 85% de las mujeres españolas mayores de 20 años. Es una de las principales preocupaciones estéticas en nuestra sociedad y en los peores casos puede provocar dolores a causa de la tensión superficial que genera en la piel.

#### La valoración médica

El abordaje terapéutico de la celulitis requiere de protocolos en los que se utilicen diferentes tratamientos combinados para obtener el mejor resultado posible con el menor número de sesiones, así como cambios en el estilo de vida hacia hábitos más saludables. Pero existen varios tipos de celulitis y cada uno de ellos debe ser tratado de una forma diferente y específica. Por tanto, lo primero y más importante es realizar una valoración médica del tipo de celulitis.

#### Las herramientas diagnósticas:

Hay multitud de instrumentos médicos para realizar un correcto diagnóstico de la celulitis, pero los de mayor eficacia son:

- **Elastografía eco-cutánea:** Es una técnica específica de uso médico. Sirve para valorar la profundidad de la celulitis y permite por tanto indicar la pauta más correcta de tratamiento en cada caso. Además ayuda al médico a valorar la tipología y estado de la celulitis (si es edematosa, micronodular o macronodular). Conocer la cantidad y la profundidad de los nódulos que forman la celulitis es fundamental para un correcto tratamiento.
- **Termografía:** Es una técnica que permite correlacionar la temperatura cutánea con una escala de colores, con el objeto de valorar la microcirculación a nivel de la dermis.
- **Espectrofotómetro:** Ayuda a determinar los oligoelementos, en casos de pieles sometidas a factores ambientales o de estrés excesivo, para reforzar los posibles déficits y combatir mejor la celulitis.

#### Protocolos de tratamiento:

Los protocolos de tratamiento consisten en la combinación de las técnicas más adecuadas según el grado de celulitis específica que padece el paciente. Los tratamientos y tecnologías más destacadas son la radiofrecuencia (Velascope III, Venus Legacy, Indiba Elite NS,

Accent Prime); carboxiterapia (Carbomed, Carbtex); presoterapia (Ballancer 606, Ballancer Pro); ultrasonidos (Novasonix, Nari MS Luxe); LEDS (Chromospace, Tri-wave, Miltaderm) y mesoterapia.

#### Conclusiones

*"El diagnóstico médico es fundamental para un correcto tratamiento de la celulitis. Estas pruebas permiten mejorar el pronóstico y potenciar el resultado obtenido".*

El tratamiento requiere de diversas sesiones de tratamiento según el tipo de protocolo utilizado, y el cumplimiento de los plazos establecidos es muy importante para obtener los resultados esperados.

Al tratarse de una patología crónica, los resultados satisfactorios serán más duraderos en el tiempo si se realizan sesiones de mantenimiento individuales con posterioridad (aproximadamente cada 30-90 días según el caso).



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C/ Núñez de Balboa, 43.

Information:

[jennyeffer@hotmail.com](mailto:jennyeffer@hotmail.com)

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Contact- Martin.

[pro.madrid.europe@gaa.ie](mailto:pro.madrid.europe@gaa.ie)

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