

The M Man.

Vol. 1 Issue 12
Free edition

Living one day at a time



San Miguel de Allende

The heart of Mexico

Breakbot

Bradley Theodore



Snapseed App



The M Man.

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Editor's Note



Ricardo Teco Adame
Editor-in-chief

Happy New Year!

Without a doubt 2020 was a challenge for everybody. Not all was bad, actually the 2020 gave me the idea of this magazine!

In this new edition of The M Man, you'll find information about San Miguel de Allende that it's know as 'the heart of Mexico'.

The best way to star this new year is with new music. The amazing 'Breakbot' has a new song and you should know about it. Also, you'll find a major update on The Minimalist playlist.

During the holidays I did a Digital Detox, specially from social media. I felt so good after the detox. It gave me the opportunity to clear my mind and relax for a while.

 [mr.teco](https://www.instagram.com/mr.teco)

Words by The M Man



SAN MIGUEL DE ALLENDE

If ever there were a town that lived on its good looks, San Miguel de Allende is it. And if ever there were a time when American travelers were obsessed with pretty pictures, this is it. So when I showed up here in the mountains about 170 miles northwest of Mexico City, I assigned myself a mission to match the time and place.

Instead of just looking at the colonial structures and cobblestone streets that have made San Miguel Instagram-ready since the 18th century, I would enlist local experts to help me take better photos. Along the way, I would see how the city is bearing up amid a burst of new hotels and restaurants in the last few years.





San Miguel de Allende is a vibrant blend of Spanish and Mexican influences and is rich with romance, culture and historic charm. To understand the city's origins, direct the time machine back to 1542 when the Spanish arrived in this part of the world and Franciscan Friar Juan de Miguel established an outpost for the Catholic Church a few miles away from the town's present location.

When the river next to the settlement dried up one year, legend has it that a few of the Friar's favorite dogs wandered off in search of a drink, and the Friar searched high and low until he found them relaxing next to a bubbling spring. He promptly moved the mission to the town's current location, which made for happy dogs and an unlimited supply of water.

San Miguel remained a sleepy little settlement until silver was discovered nearby in 1557 and it rocketed from a small and relatively unimportant outpost to an important hub in New Spain.

A Spanish fortress was built to protect the Silver Road, and soon the surrounding area was settled by ranchers, farmers and wealthy silver barons, who helped create a prosperous commercial center.

A few centuries later the town was the birthplace of the victorious Mexican War of Independence against Spain, thanks to native son Ignacio Allende, who was born in the town in 1779. He was a strong believer in Mexican independence and a leader in the 1810 uprising against Spanish rule.

Although he perished in the fight, he was honored in 1826 when the town renamed itself San Miguel de Allende — and to this day he's celebrated as a national hero.

Above
SMA

**San Miguel
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1557.**







As the region's silver ore was depleted in the 19th century, the town declined and by the early 1900s, the town had turned into something of a ghost town.

But in 1926, showing great forethought, the Mexican government declared the town a national monument, preserving its historic buildings along with its charm. Thanks to its romantic beauty and a few lucky twists of fate, by the late 1930s and early 1940s the town began to attract artists and writers. A key player in this transformation was a Peruvian diplomat-in-exile and artist, who was so struck by the quality of light when he visited that he started an arts school, Bellas Artes and hired world famous mural artist David Siqueiros to teach and paint.

But in 1926, showing great forethought, the Mexican government declared the town a national monument.







Then entered Stirling Dickinson, a Chicago art student who got off a train—and then a horse-drawn cart—and landed in San Miguel in 1937 and was moved by its beauty and potential. He settled in and later founded another art institute, as well as other centers and charitable organizations.

Meanwhile, when WWII ended, the Bellas Artes school was on the list for the GI bill, and the first group of American ex-patriots arrived to study and create. By the 1950s San Miguel was on the map as one of the world's leading art colonies and artistic destinations.

In 2008, UNESCO named San Miguel a World Heritage Site, citing it as a cradle of Mexican independence and highlighting its fascinating integration of architectural styles — from Baroque to neo-Gothic — within a 16th-century Spanish colonial layout.

It's known today as place where artists still thrive, as well as a top tourist attraction because of its breathtaking old-world beauty, fabulous shopping, fine food and plethora of things to do.

The most famous building in town is the grand and fanciful pink La Parroquia de San Miguel Arcángel church, which stands guard over town square, called El Jardín. The tallest building in the city, its multi-spired façade was thought to be inspired by the Gothic churches of Europe when (according to legend) its architect used a series of picture postcards for inspiration — but his own unusual imagination was at play as well. Its unique blend of Mexican and Gothic styles is particularly stunning when lit up at night.



The Jardín is the town's heart and center where small trees with canopies clipped into geometric shapes offer shade to locals and tourists who relax throughout the day and evening on its wrought iron benches. In the evening, lovers smooch and mariachi bands stroll...and for a small sum you can request a tune complete with trumpets, violin, guitarrón, singers and more. From the Jardín, it's an easy stroll to quiet and peaceful Benito Juárez Park, a small French-style garden that is near where El Chorro – the place where the dogs had a drink a half a millennium back – still bubbles. It's the town's waterworks and public laundry, and Mexican women still come to wash clothes here. There are fountains, basketball courts and winding paths that meander through shady gardens and public cultural events and classes are often staged here.

One of San Miguel's most beautiful buildings is the nearly 250-year-old Centro Cultural Ignacio Ramírez "El Nigromante," aka Bellas Artes. Its recently renovated art galleries often feature Mexican artists, many of whom graduated from the school, but particularly impressive are the frescoes by one of Mexico's finest muralists, David Siqueiros done in the 1940s.

The birthplace and former house of town namesake Ignacio Allende is now the Museo Casa de Allende, San Miguel's history museum that chronicles the area's past from pre-Columbian times up through independent Mexico. Several rooms are dedicated to the life of Ignacio Allende and his role in the independence movement, so you can see how it would have looked during his lifetime.





Photo Credit: Breakbot

Breakbot

The story of Breakbot begins at the heart of the aughts in front of a computer with hands dancing over a keyboard. Thibaut Berland had just graduated from art school specialising in 3D animation and was working for different production companies. In his spare time, on his own, young Thibaut made a few remixes with the help of some handy softwares.

His remix of "Let There Be Light" by Justice landed on one of the duo's LPs produced by Ed Banger and its captain Pedro Winter. Following that first release, carried by the echo of MySpace, Breakbot earned himself a small reputation and started rearranging tracks for the likes of Metronomy, Digitalism and Data. He soon stopped working on images to concentrate on music.



Photo Credit: Breakbot

In 2009, Breakbot signed on Ed Banger and published his first single the following year, *Baby Iâm Yours*, a sugary retro track reflecting his best inspirations, between the Pacific pop of the Doobie Brothers and Chicâ€™s satin disco. To give his groove more shape, he called on singer Irfaneâ€™s melodic voice. The singer, who is from Strasbourg with Yankee origins, had also made a name for himself in the mid-aughts by lending his Curtis Mayfield-like singing to the funky band Outlines.

Signed on the Berlin label Sonar Kollektiv, Outlines made a string of hit songs that ended up on Radio Novaâ€™s playlist, along with some great remixes for DJ Mehdi among others.

Breakbot and Irfane met toward the end of the years 2000 at a release party for Ed Banger colleague Krazy Baldhead and havenâ€™t left each otherâ€™s side since. After the *Baby Iâm Yours* EP and a few other similar projects, Breakbot released his debut album in 2012 on Ed Banger. *By Your Side*, a sun-filled soundtrack with cheeky writing, where the bass line and the guitar answered each other in a rhythmic lovefest.

Five of the thirteen album tracks were carried by Irfaneâ€™s boogie voice. Together, Breakbot and Irfane have presented *By Your Side* in all the big cities of the world on a tour that has lasted almost two years. This long meandering finally gave the two friends the idea to create a duo. Today, Breakbot isnâ€™t just a longhaired stringy guy, but a bubble in which Irfane has naturally found his place.

Breakbot and Irfane are Breakbot. â€œI am Thibautâ€™s breakâ€™, routinely says Irfane.

In 2016, the new Breakbot version â€œone plus oneâ€™ released a second album, *Still Waters*, a new assortment of southern sunrays, with swinging images of dancefloors filled with guys in flowing trousers and bare-shouldered young girls. For this occasion, Breakbot and Irfane followed a well-oiled formula. They each cook-up outlines of rhythms and melodies that the two boys then modify, complete and prolong to reach a final draft. For *Still Waters*, which also contains 13 tracks, Breakbot have nonetheless tried out a few new moves: unlike the previous album, this one is more of a matrix with intricate workmanship, carved out with the help of old analogue machines rather than softwares.



Photo Credit: Breakbot

FOLLOW BREAKBOT ON SOCIAL MEDIA



LISTEN TO 'Be mine tonight'



Some of these tracks were also happy accidents from improvisation sessions, ricochets of voices and chords born of old-school jamming sessions. Thirteen bouncy acts with Stevie Wonder and the Motown crowd in the background, spouts of funk and disco on a well-trodden dancefloor.

Crafty ideas whipped-up in a vintage outfit with techno vibes and futuristic accelerations creating a perfectly current soundtrack. Tomorrow's retro.

With Still Waters, Breakbot introduced its new head along with a new uniform. With the help of art director Philippe Jarrigeon, the guy wearing short shorts and knee-high socks has become a character in a cocktail coloured costume, like a Florida prince. Image on music.



The M Man

Photo Credit: Breakbot



'Be Mine Tonight'

Available Everywhere



Photo Credit: Bradley Theodore

BRADLEY THEODORE

Bradley Theodore is a true New Yorker – that is to say, he is quite literally a man of the world. Theodore is based in New York, was born in Turks And Caicos, has Haitian heritage, lived in Paris for four years and speaks Japanese.

Theodore, a painter, is a global artist, and his route around the world is guided by his ardour for fashion. “Before the financial crash, New York was a hub of just happiness,” Theodore recalls. “I remember Visionaire magazine would throw street parties.



Photo Credit: Bradley Theodore

You'd sit on the street and Kate Moss would be there, hanging out, and it would just be everyone from every country and city. I'd have lunch with André Leon Talley and Donatella Versace would just come out of nowhere."

Theodore's work may now sell in galleries for substantial sums, but his work has its grounding in street art. In parallel, his fascination with high fashion was born from his close links to the germination of now internationally renowned streetwear brands. "When I started street art it was in the middle of college, part of that was travelling and buying clothes from different countries," explains Theodore.

"Supreme started in New York but it also had a story in Japan. The guy who ran Supreme Japan was a good friend of mine. At the time my friend was the head graphic designer for Bathing Ape. A lot of New Yorkers would fly over to Japan for art shows and buy clothes from there and come back to New York. Your whole style would be to wear things people didn't yet know of."

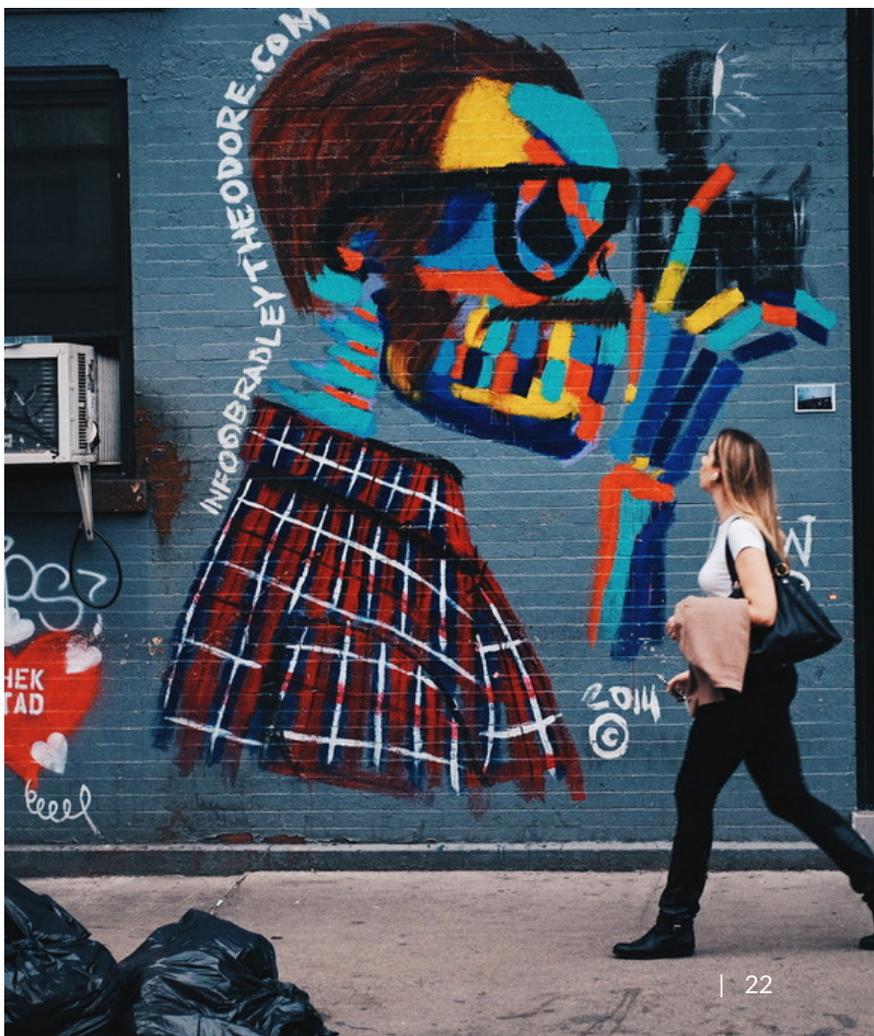




Photo Credit: Bradley Theodore



Photo Credit: Bradley Theodore

Lifestyle and art are inextricably interlinked for Theodore. In both realms, he is navigating cultural structures, with a view to revealing their truth. In both a geographical and artistic sense, he is nomadic. Theodore travels the world aiming not to discover international differences, but similarities, and he is just at home in artistic discussion with musicians, graphic designers and fashion designers as he is painters and sculptors.

Theodore has an impressive celebrity following, with collectors of his work including actors such as Adrien Brody, Nina Dobrev and Alyssa Milano, footballer Thierry Henry, models Tamara Ecclestone, Rutland and Abbey Clancy and fashion icons Iris Apfel and André Leon Talley. Exchanges with globally influential individuals are commonplace for Theodore, but he is less a talker, more an observer.

Bradley Theodore's paintings are chromatic thunderstorms – at once exhilarating, incontrovertibly powerful and ever so slightly chilling. Inside the colour-laden, confident brushwork his often-iconic subjects appear in a skeletal form. Diana Vreeland, Frida Kahlo, Queen Elizabeth II, Audrey Hepburn, Coco Chanel and, his favourite subjects, Anna Wintour and Karl Lagerfeld loom through the technicolour canvas, their effigies fleshless.

This sense was even more pronounced in the Field projects that won Gormley the Turner Prize.



Photo Credit: Bradley Theodore



Yet these cadaverous forms are not to be feared – they are to be embraced. While their portrayals are as colourful as their characters, their skulls remind us that these icons pertain to the same bare bones of humanity that we all do. Theodore’s works are an exploration of the nature of reality and image, namely the construction of personal image and the relationship between external and internal self. nd was inhabited by humans over 2,000 years ago.

“My work is about looking deeper into individuals, which allows you to look deeper into yourself,” says Theodore. “As a kid, I grew up wondering what was behind a person’s actions. That always puzzled me. That is an ultimate question for human beings.” “We always group ourselves into tribes. We go, ‘What colour are you?’ – your race, and then, ‘How tall are you?’ and then, ‘Are you a man or a woman?’... As you get to know a person, you can then put a marker of colour describing them. It’s meant to say, let’s look at people for who they are.”

Theodore’s favourite subjects to unwrap are those whose exterior selves have global influence on the exterior selves of others. Karl Lagerfeld and Anna Wintour are his most frequently revisited subjects, often depicted together, holding court as the king and queen of Theodore’s oeuvre. “They set the tone for the world,” he says. “They’re the last two giants in that realm. No other person will ever come out and have as much influence as them. Right now, you have fragmented voices, but they speak with one voice.”

Karl and Anna are undisputed fashion royalty and thus, Theodore’s depiction of them draws influence from artistic representations of the powerful and preened throughout history that grace national galleries the world over, subjects which Theodore also reimagines in his work. “If you look at Queen Elizabeth I and Louis XIV, you would put them as two iconic people who have set the tone for fashion or lifestyle. Queen Elizabeth represents the strong, beautiful, powerful woman that is the archetype for women today. You look at King Louis, and he set the tone for how to be a modern monarch.”

Bradley Theodore may be the quiet guy, but he’s listening. He’s listening all over the world, he’s listening across fashion, music and art to what is happening now – but also, crucially, to what has happened before and what is going to happen next.



Photo Credit: Bradley Theodore

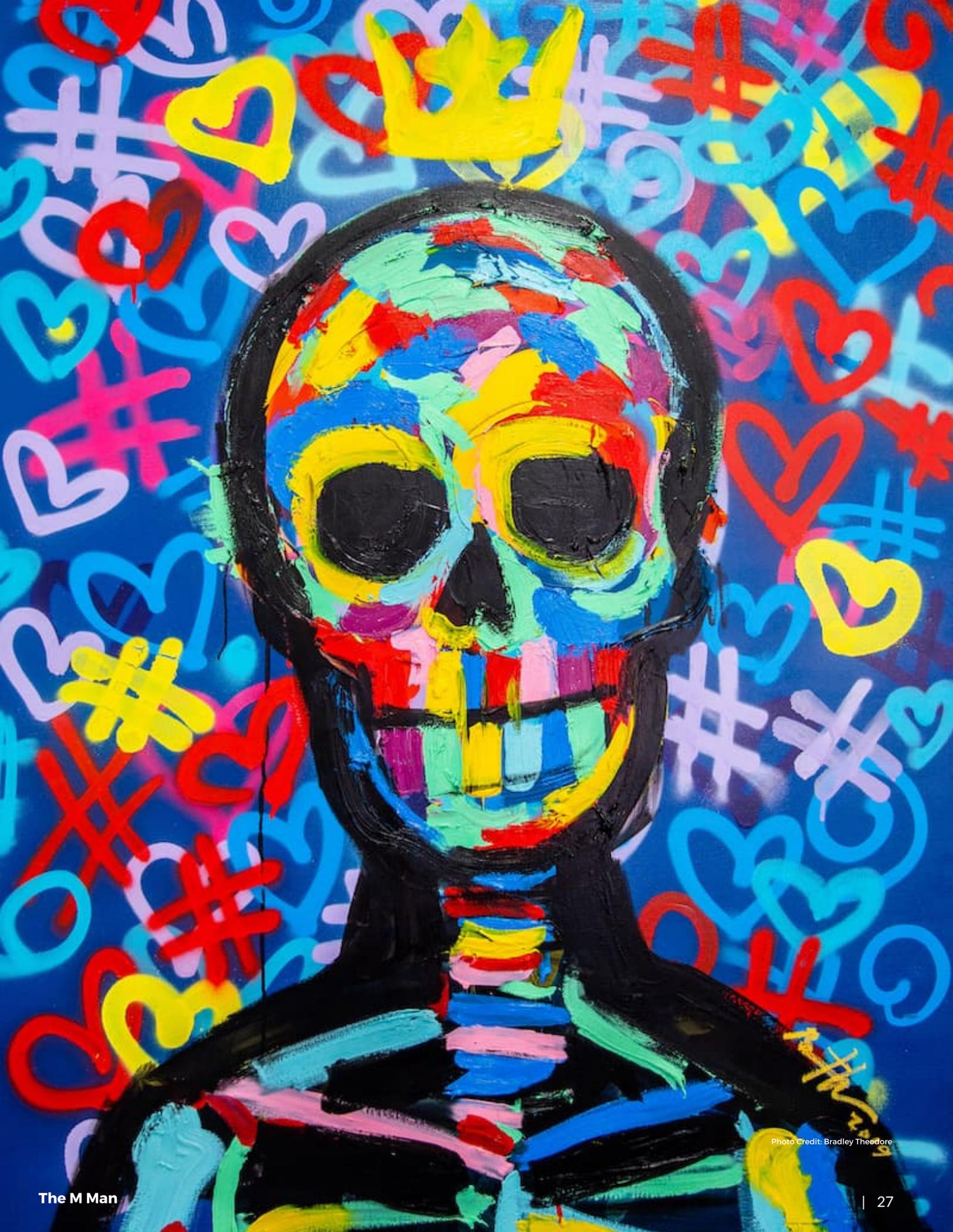
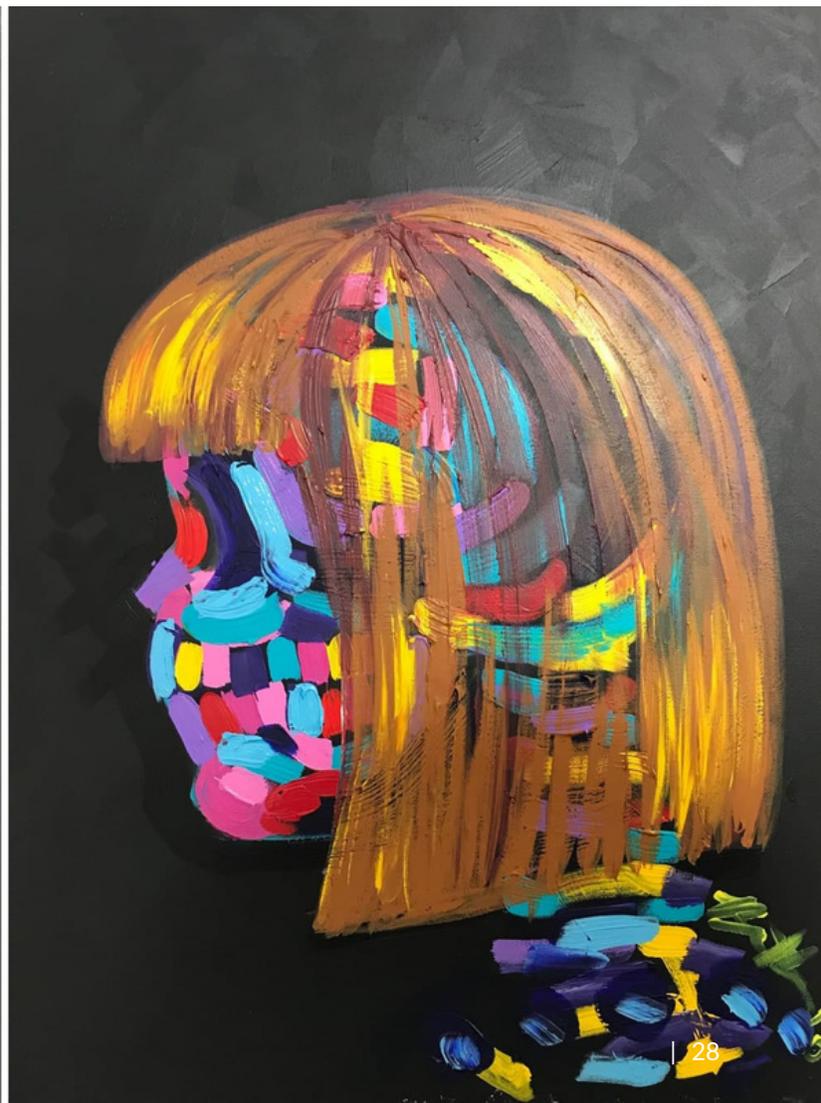
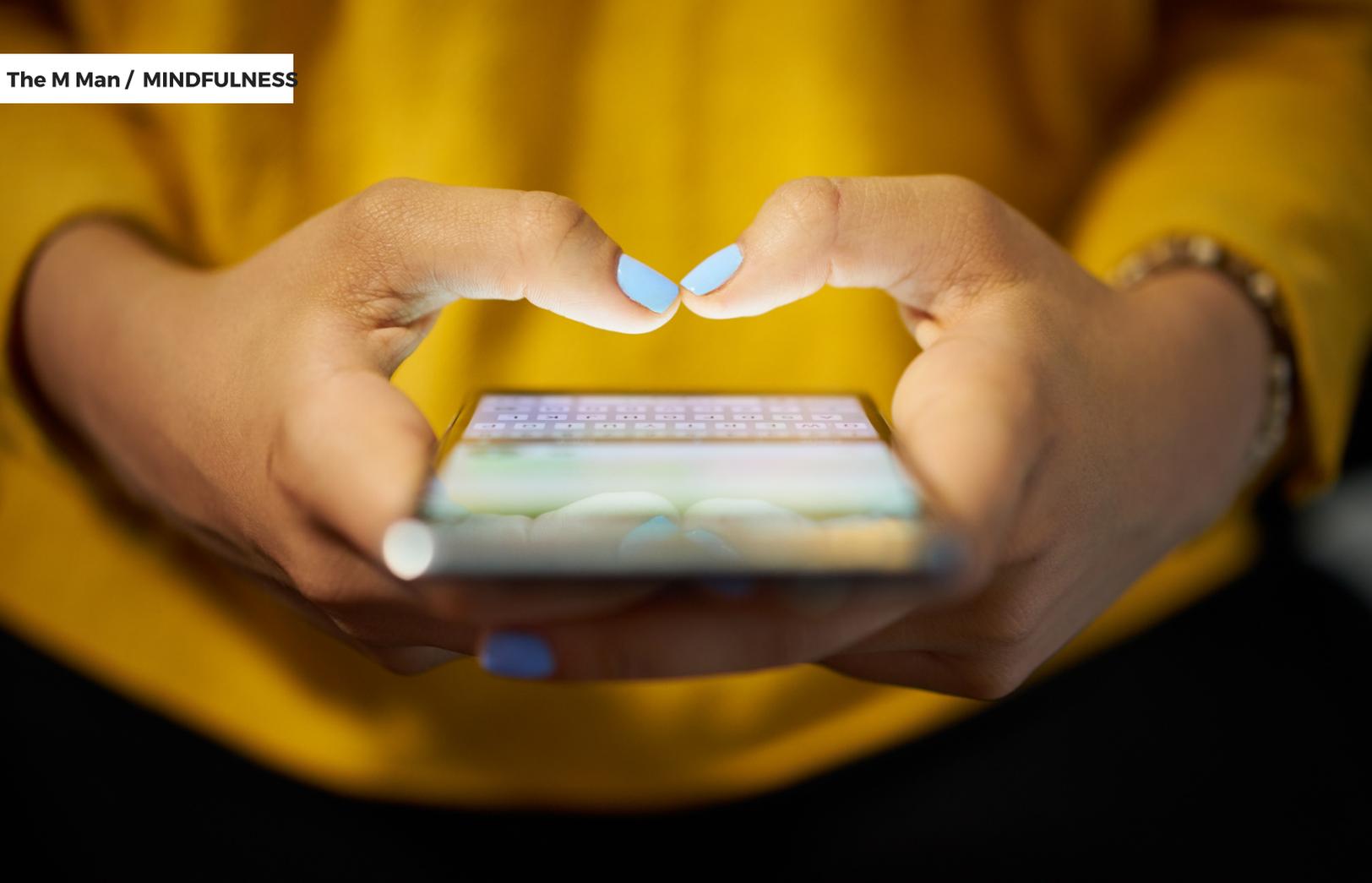


Photo Credit: Bradley Theodore



The M Man





Social Media Detox

BY THE M MAN

We all love to spent time in social media. Giving likes on Instagram, watching funny Tik Tok videos and connect with friends and family on Facebook are our new sports, these are our new way to have fun.

But being realistic, are we realling connecting with others through social media?

To be honest, we're living in a lie where we believe that our interactions on social media are 'real interactions'.

Don't get me wrong, I love to see beautiful photos on Instagram and I love to meet new people on social media, but sometimes scrolling through feed make me feel so anxious, draine and dissatisfied.

According to some experts it's really good to do a digital detox. It will help you to clear your mind and you'll be able to focus on what is really important.

These are just some examples of how you can start your digital detox.



DELETE YOUR SOCIAL MEDIA APPS

You can delete all your social media apps for a day, maybe a week or a month. It's a great alternative if you need to the scrolling.

Do you know need to know what your friends are doing all the time? I don't think so!

It's an experiment, see what are the effects of not being on social media.



FOCUS ON THE APPS THAT YOU'RE USING MOST

Phone users already can track how much time they spent on each app.

You'll be amazed by how much time you spent on each app, in my case i spent around 5 hours on Instagram, 5 hours each day! That's around 35 hours each week and 1,825 hours each year, that's crazy!



GIVE VALUE TO YOUR ATTENTION

Do you know how much time do you spent on social media and whats the value of that time?
Your time is the most value thing that you own.

You won't be 25 or 35 or 45 anymore, your time is precious and you have to give it value.

Most of the social media are 'free', but what's behind that 'free' slogan?

Your time is limited, make it count.



PUT YOUR SMARTPHONE TO SLEEP

I know some people that never turn off their smartphones, they even sleep with it.

One thing that could help you with your digital detox is to choose and hour when you'll turn off your smartphone, it could be at 8, 9, 10pm.

It all depends on you!



DO THINGS THAT YOU LOVE AT NIGHT

Once your smartphone is turned off you'll have plenty of time to do what you love the most. You could read a book, watch a movie, cook something delicious, have a nice walk, practice your favorite sport, redecorate your room, clean your closet....you have plenty of options to choose from.



BUY A REAL ALARM CLOCK

There was a time when I had to wake up at 5:30 each day and my alarm clock was my smartphone. That wasn't so healthy for me because I started to check my social media accounts really early.

One thing that you can do is to buy a clock, a physical alarm clock. Avoid the scrolling with a physical clock.



SNAPSEED

Snapseed is one of the best photo editing app that I've used.

It's really important to know how to take photos, but it's also really important to know how to edit them to make them look incredible.

This powerful photo editor takes care of almost all your image editing needs. It's great for everyday photo editing, including exposure, color, cropping, and sharpening.

Snapseed has a collection of preset "Looks" and filters. These provide a quick way to change the look and feel of your photos.

If you don't want to use the presets, the app allows you to make everything manual changing the colors level, the illumination, and many more.

In the 'tools' section you'll find many options to edit the photos, you can use the 'curves' to give a 'retro' style to your photos, you can also rotate, change the perspective, crop, and add text.



You can convert photos to black and white with filters. Or enhance the colors and apply grungy or vintage looks. The portrait tools are fantastic for smoothing skin and brightening eyes. It even has a head pose tool which adjusts the angle of your subject's head in portrait photos.

If you're editing a batch of similar photos, the "Last Edits" option will save you time by applying the same edits to each photo.

Tone Image – Tweak basic adjustments such as Brightness, Contrast, and Saturation. It also has other options such as Ambiance and Highlights to let you change the light and color of your image.

Details – Improve the sharpness of your image by moving the slider at the top of the screen left or right. Tap Structure to fix the pixels altered by the Sharpen tool.

Curves – Change the colors in your image by dragging around the S-curve tool up or down. You can also use it to alter specific colors if necessary. If you find using the graph too intimidating, you have the option to choose presets as well.

White Balance – Use Auto to let the app to ensure the colors in your image closely match what you see in real life. You also have the option to adjust the Temperature and Tint yourself by tapping the slider icon.

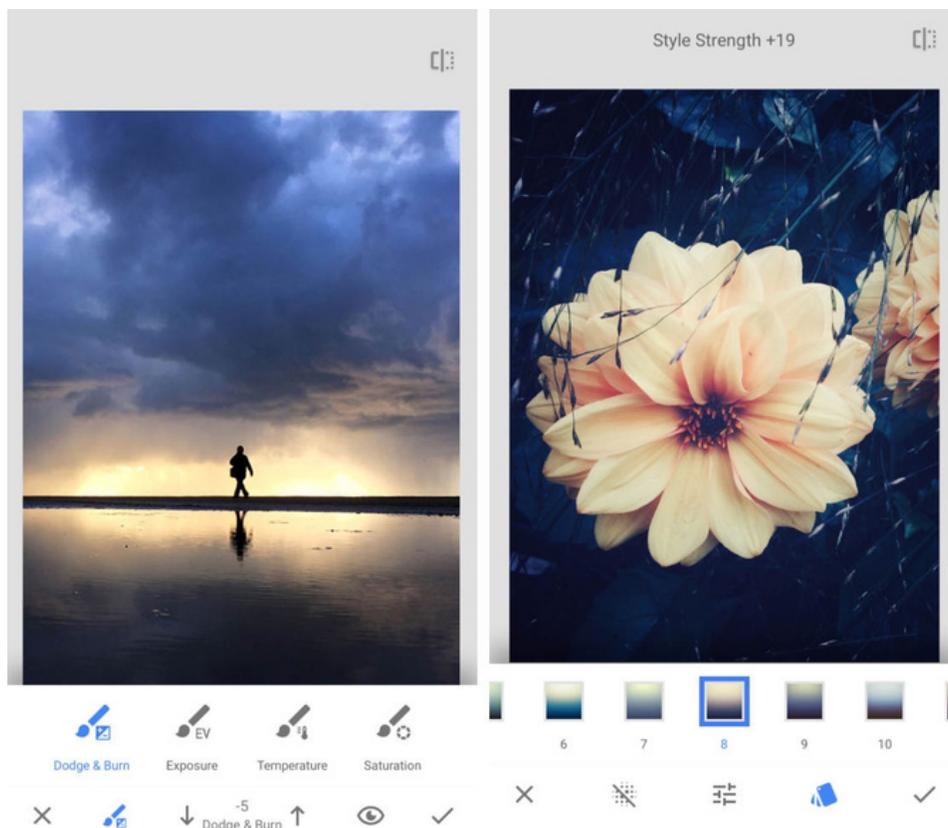
Or you could use a color picker and select any grey or white area in the photo for more accuracy.

Crop – Choose from several aspect ratios such as a square for Instagram and 16:9 for panorama shots. It also has a Free Crop tool to let you change the parameters yourself.

Snapseed gives you a lot of options to choose from, you just need to use them to make your photos look amazing.



Download it now!



THE MINIMALIST MAN

THE OFFICIAL PLAYLIST IS AVAILABLE ON

<http://fanlink.to/TheMMan>



Photo by Ricardo Teco Adame
Location Hollywood

www.theminimalistm.com



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