

# The M Man.

Living one day at a time

Vol. 1 Issue 6  
Free edition



## Cologne

The oldest German city

## Park Hye Jin

Eclectic music

Olafur Eliasson  Moment



**The M Man.**

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## The M Man.





## Editor's Note



**Ricardo Teco Adame**  
Editor-in-chief

**C**ologne is a cultural capital and university city enriched with more than 2,000 years of history. In Roman times Cologne was in charge of a province and ancient vestiges bubble through the city's surface at medieval Romanesque churches and the gripping Romano-Germanic Museum.

As a music lover, I'm always on the search for the next best thing. In this edition you'll meet the spectacular music of Park Hey Jin, a south Korean DJ and music producer.

Talking about music, I had the chance to talk with my good friend Jari. He's well known in Mexico City for being one of the hottest radio hosts in town.

I've been trying to survive the pandemic with hope, music and art. One of my favorite artist is Olafur Eliasson. His captivating installations you become aware of your senses, people around you and the world beyond.

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



# COLOGNE

## THE OLDEST GERMAN CITY

Words The M Man

Cologne is one of the oldest large German cities and its name dates back to Roman times. The Romans founded the Ubii village on the Rhine in 50 AD and named it "Colonia".

The imperial governors of Rome resided here and soon the town grew into one of the most important trade and production centres in the Roman Empire north of the Alps.

The inhabitants left behind many traces of their culture in the town centre (see Romano-Germanic Museum and city map).

After the tumult of the transition period, the town came under Franconian rule. In 785, Cologne was made an archbishopric by Charlemagne.

The archbishops of Cologne, who were amongst the most powerful feudal lords of their time, were Chancellors for the part of the empire in Italy (11th century) and later electoral princes (14th century).











**Above**  
Streets of Cologne

In 1288, Cologne citizens assumed political power after the military victory over the archbishop and town rulers, paving the way for the city's later establishment as a free imperial city (1475).

In 1388, the citizens of Cologne founded the first city university in Europe, and it is now one of the largest universities in Germany with over 44,000 students.

Until the Middle Ages, Cologne was one of the most important trade centres in Europe.

However, its excellent economic and political position suffered after the discovery of America, and with the introduction of new economic systems and trading channels, this continued into the 19th century.

In 1881 work began to demolish the city walls. This made it possible to extend the city for the first time since the Middle Ages, leading to the development of the ring road and new town.

With the Industrial Revolution and the incorporation of large parts of the surrounding area, Cologne became an industrial city.

During the Second World War around 90 percent of the inner city was destroyed. By the end of the War, only around 40,000 people were still living in the city area.

After initial thoughts of giving up the old area, work began in 1947 to rebuild the Old Town. Post-war architecture still characterises the face of Cologne today.

The Rhine metropolis is now the fourth largest German city and one of the most prominent travel destinations in Germany and Europe.

The Cologne museums rank amongst the best in the world and have enormous appeal for cultural tourism. Cologne is also becoming increasingly popular as a city of music and events.

**During the Second World War around 90 percent of the inner city was destroyed. By the end of the War, only around 40,000 people were still living in the city area.**









Every year the Koelnmesse is home to around 55 international trade fairs and welcomes more than two million visitors.

In addition, the shopping streets, shopping arcades and variety of restaurants have continued to attract more and more visitors over recent years.

A particular highlight in the annual calendar is the Cologne Carnival, held in February or March and enjoyed by hundreds of thousands of people every year.

The half a dozen Christmas markets selling different wares also attract many visitors to Cologne during the Advent season.

### **AGNESVIERTEL**

Walking around the Old Town at the heart of Cologne is certainly an interesting experience, but the neighbourhood of Agnesviertel is especially noteworthy.

**the shopping streets, shopping arcades and variety of restaurants have continued to attract more and more visitors over recent years.**







It somehow manages to be both trendy and traditional, combining historical monuments with a bohemian atmosphere. Check out the independent bars, galleries, designers and bookshops alongside the North City Gate, Fort X and striking Agneskirche.

### **COLOGNE CATHEDRAL**

Cologne Cathedral is the single most-visited landmark in Germany, partially because it's popular with Christian pilgrims. Since 1164, the site has been the home of the reliquary of the Three Kings – the wise men who travelled from the east to deliver gifts to the baby Jesus. The mighty Gothic cathedral can be a little cramped with so many visitors inside, but it still has a real sense of awe about it, both inside and out.

### **HOHENZOLLERN BRIDGE**

The Hohenzollern Bridge is quite an attractive structure in its own right, in an industrial sort of way. The 3-span tied-arch bridge carries pedestrians and trains across the Rhine for nearly 400 metres between the cathedral and the modern office complex of KölnTriangle. However, unlike the other bridges in the city, this one has been taken over by the 'love lock' craze which has swept across Europe.

### **RIVER RHINE**

The mighty River Rhine has been vitally important to Cologne for centuries. While there is a lot less river trade than there used to be, boats still offer a great way to view the historical heart of the city.









The typical route will take you south from Hohenzollern Bridge, past Cologne Cathedral, the charming Old Town, and the renovated old harbour district of Rheinauhafen, with its chic modern buildings designed to resemble the old cargo cranes.

Finally, after about an hour of gentle cruising, you reach the old fishing community of Rodenkirchen.

## CREATE YOUR COLOGNE

Eau de Cologne, to be precise – the iconic perfume invented by Johann Maria Farina in the 18th century.

If you're an inventive person yourself, you should check out the flagship store of 4711.

On Thursdays from 3pm, you can take part in a 90-minute seminar at this historical perfume store. Resident experts will show you how to blend the city's fragrant water with other scents to create your own unique perfume











## NS DOCUMENTATION CENTRE

the NS Documentation Centre tells the much grimmer story of the city's relatively recent history.

The non-descript building on Appellhofplatz was once the local HQ of the Gestapo secret police, and contains a permanent exhibition showing Cologne under National Socialism.

While visiting the museum might be one of the more morbid things to do in Cologne, it is remarkably fascinating.

## BELGIAN QUARTER

All of the streets between Aachener Straße and Friesenplatz, in the eastern part of the Old Town, are named after places in Belgium, in honour of the German victory in the Franco-Prussian War of 1870-71. Those streets are now lined with trendy boutiques, galleries, live music venues, and theatres.

The Belgian Quarter is easy to reach, with Rudolfplatz and Friesenplatz U-Bahn stations both conveniently close.

Once you've done your shopping, be sure to head to Brüsseler Platz, right in the heart of the area.

The square around the charming Saint Michael church is lined with bars and restaurants and is a popular hangout for the young people of Cologne.

**The mighty River Rhine has been vitally important to Cologne for centuries. While there is a lot less river trade than there used to be, boats still offer a great way to view the historical heart of the city.**



# José Jarero

By The M Man  
Photography by Lalo Garduño

I met Jari while I was working for The Walt Disney Company.

I remember that he always had a positive attitude and amazing energy, even in complicated days.

Recently I had the chance to talk to Jari, he's working in some really cool projects.

Jari was born and raised in Mexico City, nowadays he lives there in his apartment with his lovely dog "Chea".

## ABOUT HIS CAREER

I work in the music business & entertainment industry,

I'm manager and radio host at 10 radio stations across Mexico called "Match". (You can listen us on iHeartRadio)

I co-founded and Independent music label called "La Santa Familia" were I'm in charge of A&R and music management.

We mainly focus in urban latin and hip hop artists. Music is my day to day so I also DJ on some music projects and parties.





## THE ROAD TO STARDOM

It was 13 years ago in college radio where I had my first “underground music show”, then I started working in a FM radio station where my career began, I used to host the “Drive time show”, as I grew to manage the MKT strategies and the release for 13 Disney radio stations around Mexico.

Nowadays, I work as manager in “Match” where the main challenge is creating transmedia experiences for all our listeners with FM, social media and streaming in our app iHeartRadio.

Jari interviewed so many people during his professional life. It's easy for him, all because of his personality.

## ABOUT INTERVIEWING PEOPLE

"I remember that my first interview was with “The Rasmus” so many years ago, I was really nervous on the inside but the band seem chill so the interview went well.

I've made a lot of interviews in my career with different artists like Coldplay, Maroon 5, etc.)"

I think it's an opportunity to learn new things from cool people, I enjoy doing research and when I'm there I let the conversation guide me, If I'm aware of who I'm interviewing I let the questions flow by themselves."

## MUSICAL PROJECTS

"I manage music strategies for our artists in “La Santa Familia” (Independent label), we produce music, MKT strategies, PR, tours, musical distribution, merch, etc.

I really enjoy this job, because I'm involved not only as a manager but as a DJ too, we love making really good underground parties."

"I think it's an opportunity to learn new things from cool people, I enjoy doing research and when I'm there I let the conversation guide me."



**What inspires you?**

**Where do you find inspiration?**

Music gives me perspective of different vibes from all around the world, I love simple things and doing what makes me happy, because I wanna live doing the things that I love I'm trying to create my own opportunities. Nowadays we are in a transition era where a lot of chances of doing new things are being born. We need to be prepared and have the enough experience and consciousness to face off new challenges.

**How much has your life changed since the beginning of the quarantine?**

It have been a challenge but we have manage to develop new

**"Music gives me perspective of different vibes from all around the world, I love simple things and doing what makes me happy."**

personal projects. It has been an opportunity to be empathic too and aware of the importance of adapting to any situation.

**What kind of books do you read? What are you reading during this quarantine?**

I read in this quarantine "How music Works - David Byrne" "The art of war - Sun Tzu" and a lot of personal motivation books, I think that you become the things you read and surround of.

**What plans do you have for the future?**

Keep positioning Match radio stations and working in my label and with my artists, I want to keep producing music and in the future broadcast my own digital radio show and live anywhere around the world making content and working with my artists.

**FOLLOW JARI ON SOCIAL MEDIA**

 josejarero







# 박혜진

## Park Hye Jin

## From Korea to the world

### PARK HYE JIN

She's a 26 year-old rapper, singer, DJ and producer from Seoul, now based in LA, having spent time living in both Melbourne and London. She has quickly gained a reputation for dreamlike minimal house and techno productions, and flawless DJ sets, winning her fans across the globe and spawning a burgeoning touring career.

Having begun to experiment with her own rapping and singing around 2015, she began learning to DJ in 2017 before eventually moving into making her own productions in 2018. At the same time she approached some of the local underground electronic clubs in Seoul's Itaewon district looking for warm up slots, but found her lack of connections kept those doors firmly shut.

**She began learning to DJ in 2017 before eventually moving into making her own productions in 2018**





Unperturbed she returned to the clubs every week offering to clear up at the end of the night or help in any other way she could, and in the process striking up close friendships with the staff at one club in particular, Pistil, where her persistence was eventually rewarded with a DJ slot, and where she would remain a resident over the next 18 months honing her skills behind the decks.

She released her debut EP—"IF U WANT IT"—in 2018. It was soon picked up by Pitchfork who described her songs as "an ocean of subtle feelings and delicately complex club music", with further support from the likes of Bandcamp, i-D, Hypebeast, Boiler Room, FADER, Dazed and many more.

Rooted in her ethereal, high-energy sound, *How Can I, NER NEW EP* takes us on a tempestuous voyage, featuring six multi-faceted tracks full of genre-bending magic.

A natural, vibrant union of deep house and hip-hop, elevated by Park Hye Jin's adventurous affinity for pop melody and her off-the-charts charisma.

Smoothly easing us into a spellbinding sonic pool of tranquility, "Like This" opens with distant melodic chimes, Hye Jin's soft, mesmerising vocal samples and steady, spacey beats. A euphoric groover to kick off the EP, the track floats us into a dream-like state, yet still exudes powerful, danceable energy.

Completed during 2019 as she travelled the world for the first time, this genre-hopping six-track EP is a sonic representation of the conflicting emotions that come with life on the road, chronicling almost everything from the unrivalled highs to the sobering comedowns.

Hazy opener 'Like This' — featuring Hye Jin's infectious whispered vocals (which are sung entirely in Korean) and dream-like synth pads that sound like wind chimes blowing in the breeze.

The vibe is quickly reset as footwork-inspired 'How Come' briefly lowers the tempo, before pulsating hi-hats and bubbling synths race forward. Its final minute, where underwater pops burst beneath the speedy surface, sets the scene for the bright and mostly instrumental EP closer 'Beautiful', which blissfully fades away into a moment of contentment.



# 박혜진



FOLLOW HER ON SOCIAL MEDIA



| LISTEN TO 'HOW CAN I'





Considering it was made in what now seems like a parallel universe, 'How Can I' carries a sense of longing for when everything seemed a little more 'normal' in those anticipatory pre-lockdown days where we longed for festival season.

Irrespective of the permanently changed world it's now entering, Park Hye Jin's second solo release demonstrates her confidence to create free from the confines of categorisation.

A natural, vibrant union of deep house and hip-hop, elevated by Park Hye Jin's adventurous affinity for pop melody and her off-the-charts charisma. On lead cut Like This Park Hye Jin pairs her own vocals over dream-like pads and grainy, driving rhythms.

If you're a music love like me, you're gonna love this girl.

## New EP



## 'How can I'

Available Everywhere





# OLAFUR ELIASSON

"It is not just about decorating the world... but about taking responsibility," Olafur Eliasson said of his practice in a 2009 TED Talk. Eliasson uses natural elements (like light, water, fog) and makeshift technical devices to transform museum galleries and public areas into immersive environments.

Olafur Eliasson is a Conceptual Danish-Icelandic artist concerned with sensorial experience and perception. Through installations, public projects, films, photography, and paintings, Eliasson activates the senses of his viewers in immersive artworks, as seen in his *The Weather Project* (2003) installation at the Turbine Hall of the Tate London.







# THE MASTERMIND

Born on February 5, 1967 in Copenhagen, Denmark to Icelandic parents, Eliasson grew up in the city and went on to study at the Royal Danish Academy of Fine Arts from 1989–1995. After graduating, he established his multi-disciplinary studio and laboratory in Berlin.

In 1995, he moved to Berlin and founded Studio Olafur Eliasson, which today comprises a large team of craftsmen, architects, archivists, researchers, administrators, cooks, programmers, art historians, and specialized technicians.

Since the mid-1990s, Eliasson has realised numerous major exhibitions and projects around the world. In 2003, Eliasson represented Denmark at the 50th Venice Biennale, with The blind pavilion.

Later that year, he installed The weather project in Tate Modern's Turbine Hall, London. Take your time: Olafur Eliasson, a survey exhibition organised by SFMOMA in 2007, travelled until 2010 to various venues, including the Museum of Modern Art, New York.











**E**liasson increasingly focused on built environments and site-specific works. In 2003 he represented Denmark in the 50th Venice Biennale with *The Blind Pavilion*, an architectural structure made of alternating black opaque and transparent glass panels that created disorienting reflections for visitors walking through.

That same year at Tate Modern in London, he exhibited *The Weather Project*, a 50-foot (15-metre) in diameter orb resembling a dark afternoon sun made of 200 yellow lamps, diffusing screen, fog, and mirrors.

During its five-month installation, more than two million visitors basked in the sun's artificial glow, interacting with the constructed environment as if it were the product of nature.

Eliasson's work expanded into other disciplines in the 2010s, including architecture and product design. The permanent installation *Your rainbow panorama* was constructed atop the ARoS Aarhus Kunstmuseum in Denmark in 2011. Comprising a circular walkway encased in coloured glass, the piece, as its name suggests, offered patrons panoramic views through a spectrum of colours.

Eliasson also collaborated with Henning Larsen Architects to design the facade of the Harpa Concert Hall and Conference Centre (2011) in Reykjavík, Iceland.

**Eliasson's work expanded into other disciplines in the 2010s, including architecture and product design.**









In 2012 Eliasson turned toward social concerns by founding the business Little Sun with engineer Frederik Otteson. Through the sale of a solar-powered lamp that the partners designed, the company sought to provide light to areas of the world that did not have access to electricity. Eliasson then established the firm Studio Other Spaces with architect Sebastian Behmann in 2014.

Their first independently designed building, Fjordenhus (2018), was constructed partially submerged in a fjord in Vejle, Denmark. Critics commended the brick building's innovative location, considered use of space, and elegant sculptural form.

## About his creative thinking

Art and creativity have much to offer the world outside the arts. artistic thinking is based on constant awareness of potentiality – of the idea that reality is malleable, relative, and that, through my actions, I can affect and change the world. art can touch people deeply; experience isn't just in the head, it's embodied. I'm speaking with more and more people who understand the scope of what art can do; people from the EU, from various corners of the UN, people working in remote parts of ethiopia, nepal. . . . even in davos, at the world economic forum, the arts are slowly leaving the entertainment side program and taking up a more prominent role. people are realizing that climate change and energy inequality, for instance, can be addressed with some force through art. and I've grown passionate about these topics.



## His fascination with spheres

"I'm fascinated by geometry and partial to all things circular and spherical. they have this powerful, almost cosmic dimension. most of my earlier spheres are, in fact, complex polyhedra. to develop these forms, I collaborated for many years with the icelandic geometer and architect Einar Thorsteinn."

I like to think of the spheres as models for planets. I'm interested in the fact that our recent move towards the anthropocene – towards acknowledging, that is, the impact of human activity on the ecological systems and atmospheres that surround us – has shifted our relationship to all things planetary. we no longer look at the earth from a distance from a disembodied, google earth perspective: we know that we are inseparable from it. as bruno latour says: there's no outside. we are inevitably caught up in the world and our actions have consequences for it, its atmosphere, climate. . . . the spheres are about looking at the world and at yourself at one and the same time.









In striving to make art concerned with the issues of society at large, Eliasson's artistic practice, along with fellow socially engaged artists, Ai Weiwei, Thomas Hirschhorn, and Theaster Gates, helped form the Social Practice movement.

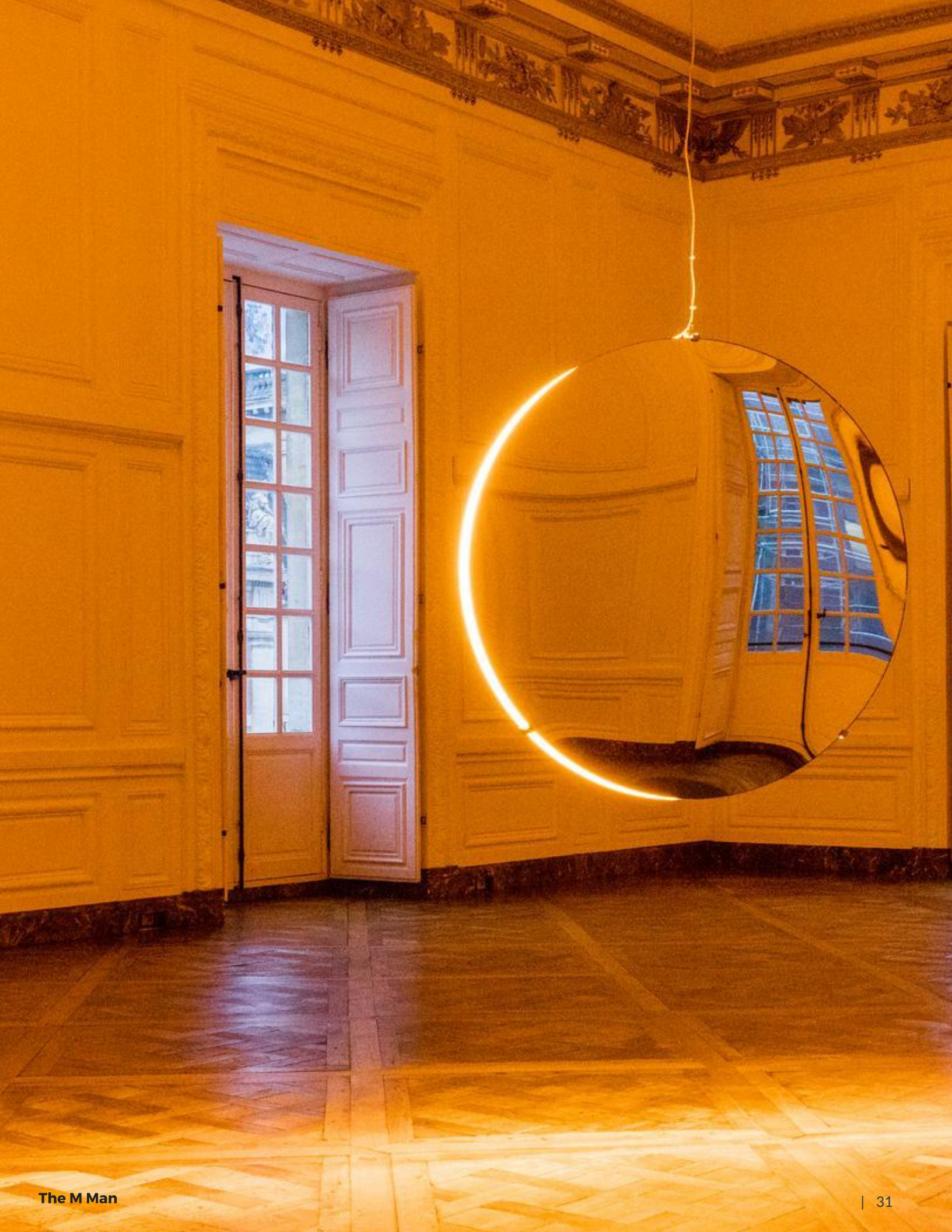
Like the earlier Relational Aesthetics artists, these works take human relations and social discourse as their starting point. Yet, unlike the slightly earlier generation, rather than produce work for art institutions, these artists aim to generate social change by means of collaboration and through the creation of participatory art outside of the gallery system.

Reimagining art's role within a global society, Eliasson utilizes his art for causes that were once the domain of activists and environmentalists. Like other Social Practice artists, Eliasson now demands that art have a social conscience.

**"Nowadays, art has great potential for changing the world and improving people's lives," he explains. "Partly because it can nurture a degree of trust... And it can bring about not only the potential for feeling, but also for acting."**











# Keep Your Brain Healthy During the Pandemic

BY THE M MAN

Stuck indoors, worried about an uncertain future, concerned for your family or friends: the pandemic is a stressful situation for anyone to contend with.

"Keeping busy with regular activities and spending time with others are both key to brain health and lowering your risk of dementia — and they're also things most of us are lacking right now," says psychiatrist Gary Small, director of the UCLA Longevity Center.

The good news is there is plenty you can do during this pandemic to keep your brain neurons firing.

We have a list of things to do to keep your brain healthy during the pandemic.

**"the pandemic is a stressful situation for anyone to contend with."**

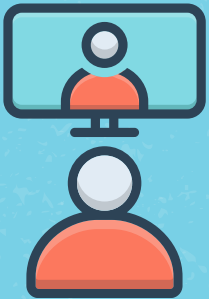


# KEEP YOUR BRAIN HEALTHY DURING THE PANDEMIC



## DON'T Panic

During these crazy times its complicated to stay calm but it's the smartest thing to do. If you know someone who's panicking, don't judge them, help them



## Attend Online Events

Most local events are cancelled but the online events space is booming. You can attend webinars on a wide variety of topics, join online events on Eventbrite, or organize events of your own on Zoom or Hopin.



## Read More Books

Now is a perfect time to catch up on your reading! Reading quality content is a great way to fill up your time while getting entertained or getting smarter.



## learn to cook

During a pandemic, it's a fun game. With limited supplies and more time to think, it's the perfect time to get creative in the kitchen!



# KEEP YOUR BRAIN HEALTHY DURING THE PANDEMIC



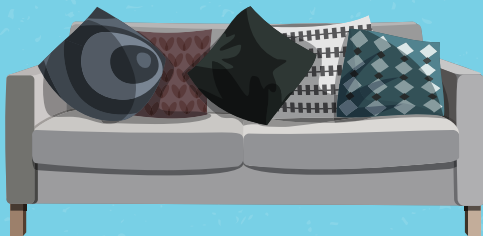
## DON'T Sit Around

There's really only one important thing to do during a pandemic: manage your time productively. With the word "productive", I don't necessarily mean work, I mean activities that do yourself and your loved ones some good.



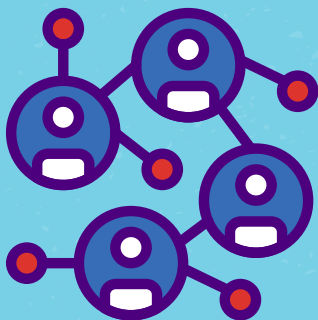
## Unleash your inner child

Most local events are cancelled but the online events space is booming. You can attend webinars on a wide variety of topics, join online events on Eventbrite, or organize events of your own on Zoom or Hopin.



## Re-Arrange your apartment

Change the energy of your space, move your furniture, reorganize your room. Clean your space!



## Spend more time networking online

Networking online is one of the best ways I know to make good friends and important business connections. You can find so many more like-minded people when not restricted geographically



# KEEP YOUR BRAIN HEALTHY DURING THE PANDEMIC



## Call your family

Check with them frequently to make sure they're okay. They'll love the extra care you give them.



## Review your life priorities

In your day-to-day life, you rarely have the time to pause and reflect, thinking either your life is great or it's shit.



## Practice gratitude

When's the last time you paused to truly be thankful for something someone did for you? When were you last grateful for something that happened to you? Gratitude is one of the greatest habits I've built in the past few years. Now's a good time to start.!

# MOMENT

As you may know, I love to capture moments with my smartphone.

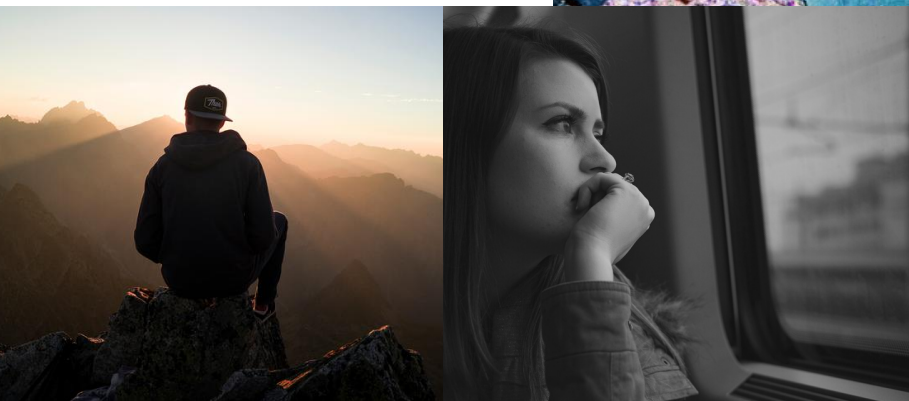
I have an iPhone and I love to take photos with it.

I've been using the MOMENT App to improve my photos and i love it. You're a gifted content creator, shooting great stills and compelling video with your iPhone.

But for complete creative control, some rely on separate camera apps for each discipline.

Moment, the maker of premium quality lens attachment for both, now has an all-in-one program app making switching from stills to video quick and seamless.

The iPhone's camera app allows the user to switch from stills or video with a single touch but offers very little in the way of manually controlling the look in the viewfinder.





Moment's Pro Camera now includes features like Zebra Stripes, which flash in the viewfinder to show areas of the frame that are either over- or under-exposed.

There is also Focus Peaking for shooters and filmmakers who like to manually focus their iPhone, revealing a highlighted edge with the subject is sharp.

The app offers new controls, like focus peaking and zebra stripes to indicate in the viewfinder parts of the image that are over- or under-exposed.

In video, Pro Camera gives the shooter tools to adjust color profiles, resolution, frame and bit and a dual channel audiometer.

The Moment camera app is designed to put all of the important camera controls within easy reach without cluttering the UI with too much stuff. DSLR-like controls can be found in a little bar that sits between the viewfinder and the shutter button.

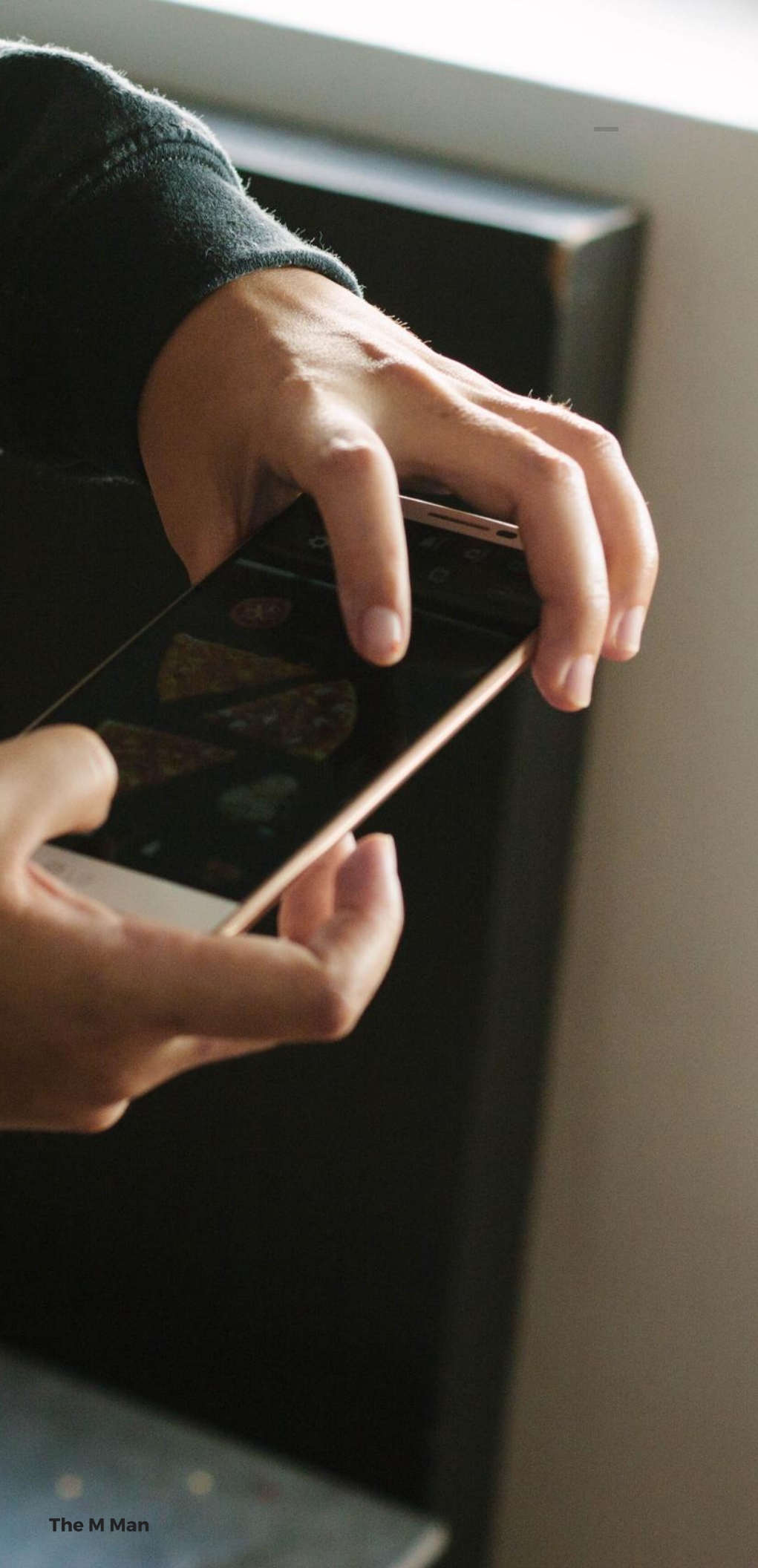
These are some features that you can find within the app:

**Zebra Stripes:** Overlays stripes over and under exposed areas in the viewfinder.

**Focus Peaking:** Dial in focus in photo or video mode. When manually focusing, sharp edges in the viewfinder will be highlighted.

In here you can change Shutter Speed, ISO, EV (exposure value), Manual/Auto Focus, and White Balance.



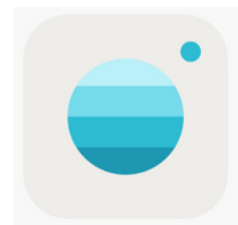


Additional camera features are located across the top of the screen. There are buttons to switch the grid overlay, flash mode, delay timer, and a RAW/JPEG toggle. There's also a button on the far end for selecting a Moment lens. It won't change the output of your photos, but it will add the lens selection to your metadata.

Moment Pro is a great camera app for photography enthusiast that want to get better (read: manual) controls from their phones.

Most people though are probably better with using Google camera. Yet, if you're trying to learn how to shoot a DSLR and don't have the money to invest then this is the next best thing.

Pair the app with Moment's smartphone lenses, and you may never need to buy a dedicated camera.



[Download Moment](#)





## THE MINIMALIST MAN

THE OFFICIAL PLAYLIST IS AVAILABLE ON

<http://fanlink.to/TheMMan>



Photo by Ricardo Teco Adame  
Location Museum of Sex NYC

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

# The M Man.

Living one day at a time