

YOU ARE SINGLE & FAT:
WE KNOW WHY

MUKBANG:
SUBSCRIBE OR SKIP

ISLAND EATS:
TECH STYLE



TASTY SETYAG

mukbang
movement?



A 5/ISLAND EATS:
TECH STYLE

10/YOU ARE SINGLE &
FAT: WE KNOW WHY

B 21/MUKBANG: SUBSCRIBE OR
SKIP?

LUNCH BOX NOTE:

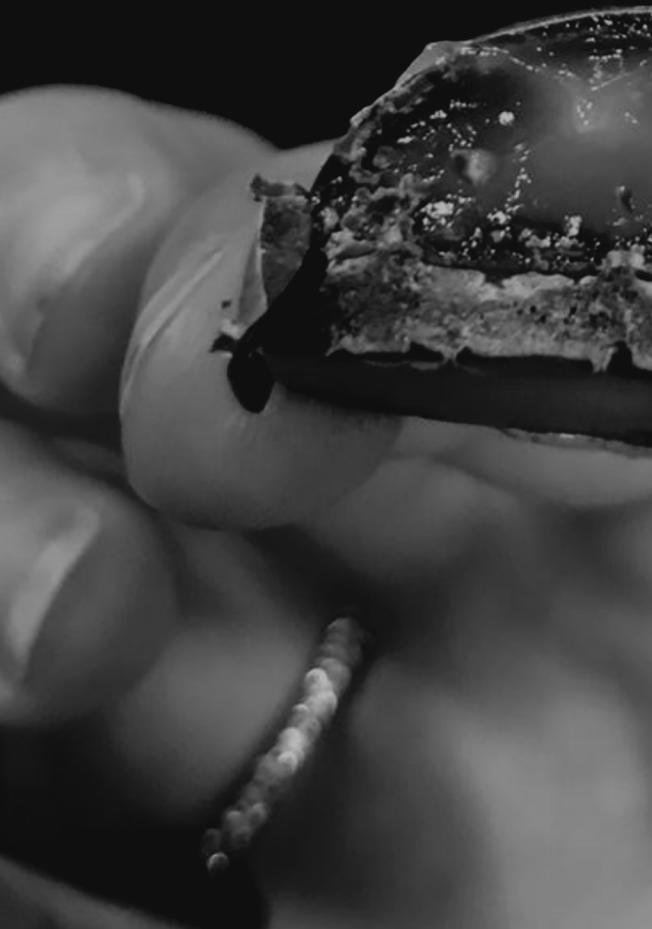


Spring is finally here and after a season of coding and chilling, don't you deserve to enjoy the fruits of your labor? Let me answer that for you: YES! It's time to celebrate surviving the coldest, darkest months—shed our Uniqlo leggings and feast. Whether you're digging into baby artichokes, fresh berries or new potatoes, do it with a zest for life because after all, it's 2020 and we're living in the future! From drone deliveries to AeroGardens tech can make our foodie world better one bite at a time. So, go get fresh!

LUNCH BOX NOTES: YOU MAY BE OLD BUT YOU STILL LIKE THEM.

KICKIN' IT KOSHER STYLE

BY PENINA LANGER
PHOTOGRAPHS BY PEGGY ELEFANT



I have kept kosher since the day I was born. It's kinda how being part of a Jewish family that keeps kosher works. So, eating only kosher comes so naturally to me that I don't think twice about the label checking, symbol searching or skipping that milk with meal menus. But for those of you not rocking the Shabbat every week let me give you the dish on our dietary restrictions.

Although the halakhot (Jewish laws) regarding kosher are very stringent, in this day and age, keeping kosher is very simple because of all the innovations in the kosher world. Kosher is a Hebrew term, defined as "fit or proper as it relates to Jewish dietary law."

Being a foodie that covers new nourishment trends you can imagine that can be a bit, well, tricky. Luckily for me every year, more and more kosher products are coming out, making it easier to find comparable things to what I have picked up in a shop in the past and have not been able to try.

To my delight enter Kosherfest, the largest kosher food trade show in North America. Every year, kosher brands from around the world come together to display the latest and greatest in the kosher world. Keeping kosher no longer needs to feel restrictive or boring, as these companies are coming out with creative products left and right.

The vendors at Kosherfest reaffirmed my kosher pride. They all were so passionate about their products and the fact that these products are now able to be kosher. Attending Kosherfest reminded me how much food brings us all together and makes me feel excited about what new products I'll find at Kosherfest next year. So after tasting, trying and bringing home yummy treats here is what I think will be or should be making their way to your table in 2020 kosher or not.

Get Pikl'd: Apparently pickle brine is now a drink. It sounds gross, but it was actually one of the best things I tried all day. Get Pickl'd is an authentic water-based pickle brine "Built for perfect picklebacks, mixers, chasers, hangovers, cramps, and cooking." It smelled like pickles, tasted like fancy salt water, and left me wanting more.

Wholly Gluten Free: Wholly Gluten Free put out a line of products including pizza dough, pizza crust, pie shells and fudgy brownies. All of their products are free of gluten, nuts and are also vegan. One of the foods they served at Kosherfest was a vegan gluten free pizza using their crust. It was probably the best pizza I've ever had (and I'm saying that as a New Yorker!).

Donions: As a busy person, I am always looking for kitchen shortcuts. Then comes Donions. This company sells pre-sauteed chopped or sliced frozen onions. I mean, does it get any better?

Zamaze from Meatless Nation: All of the products in this line are made from shiitake mushrooms and are intended to replace meat and promote a plant-based diet. To be honest, I loved their products and thought they tasted great, but I did not feel like I'd be swapping their BBQ brisket with the real deal any time soon.

Root Smarts: Root Smarts is a snack company that makes chips out of a variety of vegetables, including kabocha squash, butternut squash, sweet potato, cassava, plantain, taro, parsnip and batata. These chips taste like the real deal, not a healthy knockoff. They also come in unique flavors such as mango habanero sweet potato chips.



ISLAND EATS: TECH STYLE

BY FRANCISCA HECTOR

Traditionally known for its epic carnival celebrations, warm weather and unforgettable gastronomic experiences, the Caribbean is now home to a new breed of entrepreneurs who are using technology to change the way people purchase, eat and experience their food. With global success stories like Blue Apron in the United States and Mindful Chef in the United Kingdom, the online meal delivery business model has been successfully adapted in the Caribbean by ChefMade. No longer restricted by location and time; people are relishing the opportunity to make their food choices online in a way that is easy and convenient.

Founded in Trinidad & Tobago in 2017, ChefMade promises healthy, restaurant-quality food delivered to your door. For co-founders Kyle, Nicolas and Hannah-Marie Maloney, the integration of food and technology was a natural progression. Although this brother and sister team are all under the age of 35 years, don't let their baby face and charismatic smiles fool you. They have managed to stack up several credits to their name. Kyle and Nicholas are successful tech entrepreneurs, founding companies like Novus Tech Limited and Flrst. Their recent endeavor Tech Beach Retreat, aims to bring the best of Silicon Valley to the Caribbean. As the largest technology conference in the Caribbean, Tech Beach Retreat attracts some of the biggest names in tech like Twitter's Jack Dorsey and serial tech entrepreneur, Jeff Pulver. Hannah-Marie ran a successful catering company after completing culinary school and her Business Management degree. Together they have created a winning recipe for success that combines food, tech and family.





As Trinidad and Tobago continues to transform into a more digitally connected nation it provides a great ecosystem for young entrepreneurs in the food industry. Like many millennial entrepreneurs, Hannah-Marie and Kyle believe in carving out a niche that allows for agility and balance in their lives. They believe their company's competitive advantage lies in having co-founders who each bring a unique and valuable skill set to the table. "Here, [ChefMade] everyone can specialise in their area of expertise. This is usually the opposite in a new company where the owner/s has to be a jack of all trades," said Hannah-Marie.

"Many people feel empowered when they cook their meals, they just do not want the hassle of going to the supermarket or searching our recipes." As for working with family, it helps that they come from a tight-knit family. Something that Kyle credits to his grandparents who he says "really created a glue that helped us all to stick together". They admit that the horror stories they have heard about working with family have not been their experience. Kyle emphatically states (while knocking on wood), "Everyone here is responsible and we have a lot of experience working together and depending on each other. That isn't going to change anytime soon"

/interviewing vanguard foodies doing tech related projects/
Samantha Skyring CEO,
Oryx Desert Salt

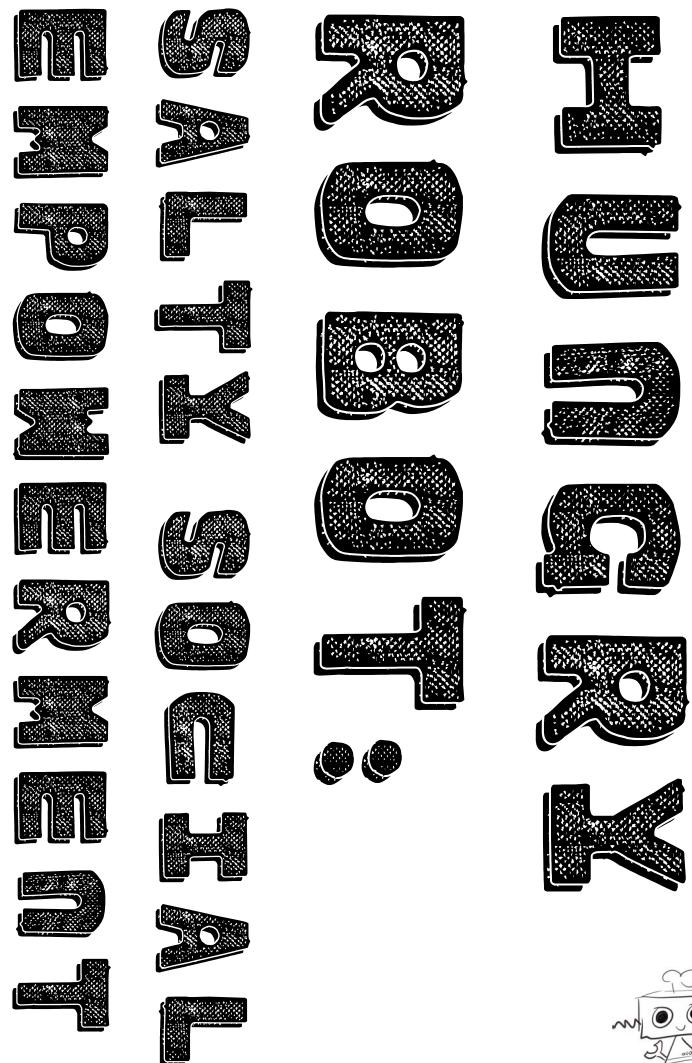


Q. WHAT MAKES THIS SALT DIFFERENT FROM OTHER SALTS?

A. *The source is a 55 million ton underground Salt Lake, within the 965,000 square mile Kalahari Desert, 155 miles from any town. When the 100% saturated brine is laid on the pan to harvest, it has not come into contact with humans and so is absolutely pure, untainted and unpolluted. The brine is filled with all the minerals & trace elements perfectly balanced by nature.*

Q. WHY SALT? WHAT GOT YOU INTERESTED IN IT? WHAT IS YOUR PERSONAL CONNECTION TO IT?

A. *I was at the end of a 7 year rural youth empowerment project, funding was a struggle and I was pregnant, so I was looking for something new. As a native South African I wanted to offer it to our local market, as it wasn't available or accessible to any of us. Now we ship a bit of Africa globally.*





Q. HOW DOES YOUR OPERATION USE TECHNOLOGY, EITHER NEW OR TRADITIONAL TO PROVIDE THE SALT? THIS CAN BE HARVESTING, PACKING, SOCIAL MEDIA, DELIVERY ETC.

A. The salt pan operator now uses quite sophisticated weather data to determine the weather patterns and the weeks/months best for harvesting. Should a major storm arrive after the salt is harvested and waiting to be loaded onto trucks, the rain can dissolve the salt back onto the earth, which would be a major loss. And yes, we are using our fabulous internet to connect with potential buyers around the world and to share our story on social media.

Q.CAN YOU TELL US HOW THE SALT IS HARVESTED ETHICALLY, SUSTAINABLY AND IS RENEWABLE?

A. The rainfall is taken into consideration, so not more salt is harvested than can be sustained. It is a bit of a phenomenon that the underground lake is fed by 3 underground streams that flow 100 to 300 ft. below the surface through the ancient Dwyka rock strata, renewing and replenishing the underground Salt Lake providing a sustainable source.

We believe in giving back to the community, a percentage of monthly turnover is donated to the Khomani San and Mier communities who own !Xaus Lodge in the Kgalagadi Transfrontier Park in the Kalahari Desert. Our products are packed by Ukama Packing Solutions - which is a group of social enterprises started with the aim of helping women from previously disadvantaged communities create their own micro-enterprises.

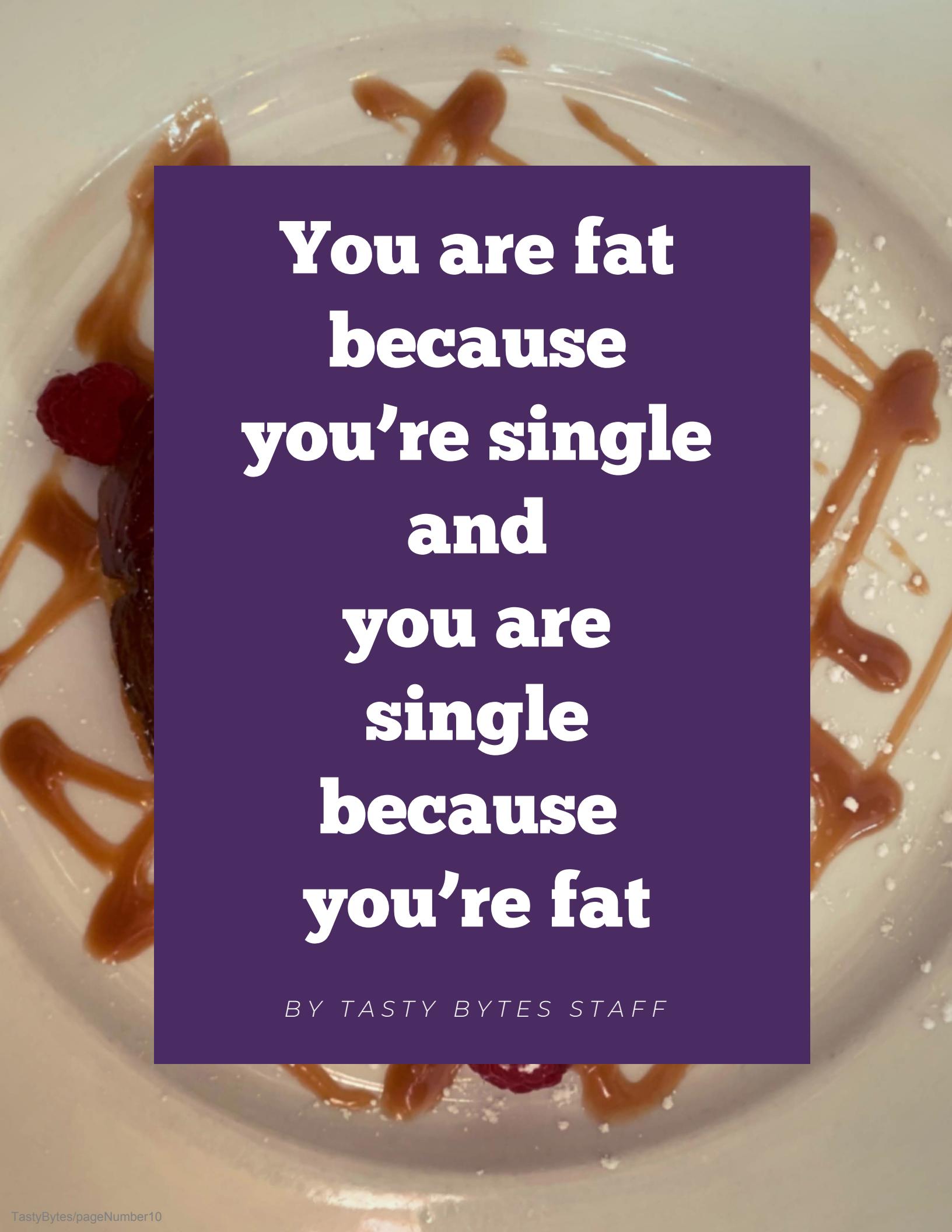
Global Delivery Available
oryxdesertsalt.co.za/products

A close-up photograph of a koala's face and upper body. The koala is dark grey or black with a lighter patch around its eye. It is holding and eating green eucalyptus leaves. A person's hand is visible on the left, holding a branch of leaves for the koala. The background is dark.

TASTY BYTES
LOVES
KOALAS
TOO!

AUSTRALIAN
GOVERNMENT
DROPPED 744,000
CALORIES OF FOOD
TO SAVE STARVING
WILDLIFE AFTER
FIRES

FEED THEM. SAVE THEM.
SHOP.KOALAHOSPITAL.ORG.AU



**You are fat
because
you're single
and
you are
single
because
you're fat**

BY TASTY BYTES STAFF

THE SWEET TRUTH

We at Tasty Bytes Magazine are lovers of love. So, after much office debate we have decided to offer some words of encouragement and direction for our loveless readers on how to get out of this shame spiral and join the world of lovebirds. Yes, we know the title is very click-bait-ey; but hey, it got you here and it's also correct. Here are three ways to get off the single track and hop the tracks so someone will cho-cho-choose you:

The Dish.

Now I know what you're thinking, how can being single make you fat? One word—delivery! We love our Seamless, Grubhub and Caviar but Ginger from UberEATS didn't sign-up to be the only guest who will visit your house this month.

Eating alone day after day as you binge-watch old episodes of Grey's Anatomy just feeds into a pattern of mindless eating and overconsumption. Your eating is not slowed with human conversation nor are you being shamed for eating a whole 18-inch pizza. This isolation is a surefire way to gain weight. We like the option of getting a burger anytime you want but leave some for the rest of us. Enjoy delivery as a treat, not as a never ending buffet towards obesity. Studies show that restaurant food has more calories, fat and sodium than just about anything you would make at home. Cooking with someone is not only going to help you pack on less fat, but it's more fun. So, change those ripped sweatpants and for the love of god let someone in that apartment of yours already!

The Data.

Lots of our readers are numbers people so here you go! Researchers from Carnegie Mellon University found that people with significant others experience 5% less cortisol production during stressful events. And Harvard University found that people (especially men) who had someone consistently in their life lived longer and the life they lived was of a good quality. That's right; not only will you die early and alone but you will be poorer since you will not have that double-income potential. Before you dash for your exes IG page to beg for him/her back, remember these are healthy relationships so, yeah, don't jump back into a toxic relationship if you can avoid it.

The Drive.

Lastly you get to get your freak on. Yes, first comes love, then comes well...you know. Keeping that part of your life up and running makes you care more about your physical health and in turn you feel better about yourself. Maintaining a healthy weight is good for everyone not just the lonely so it's a nice cycle of wellness. You feel good, people notice which makes you feel better. You don't have to be a supermodel just strive to have a BMI near normal and a healthy hip to waist ratio.

Start this process any way you want. Get fit and date or date and get fit but get something started already we are not getting any younger over here and we need new readers so start breeding already! If not for yourself for the Magazine you love.



As a dietitian and health coach, I've found that most people struggle less with knowing what's healthy and what's not (on the contrary—I've heard more people complain of information overload) than they do with actually sticking with healthy habits. I also see people set overly ambitious goals or attempt plans that sounds great but don't actually suit their body or their lifestyle.

That's why I focus on making small, lasting changes you can build on, being honest with yourself about your struggles, and making plans to deal with barriers.

Here are a few of the healthy eating habits that have been game changers for my clients:



GAME- CHANGING HEALTHY EATING HACKS

BY DIETITIAN
AND HEALTH
COACH JESSICA
CORDING

3



01. Focus on Hunger Management

02. Have a Flexible Meal Plan

03. Hydrate Like It's Your Side-Hustle

01. Focus on Hunger Management

Do you ever struggle with getting "hangry" (hungry and angry)? If so, eating to support stable blood sugar can be a huge help. Aside from helping decrease your risk of developing diabetes and other health ailments over time, it also helps stabilize your mood and keeps you energized and satisfied, which prevents you from mindlessly snacking. Aim for a balance of protein, fat, and carbs at meals.



02. Have a Flexible Meal Plan

You don't have to obsessively plan out what you're going to eat, but come up with a loose meal plan for yourself based on your schedule for the week ahead and your natural energy and appetite ebbs and flows. Keep a note in your phone with ideas for what to have for that week's meals, or put it in your electronic or paper calendar or a notebook! Know that it can change if your plans change. I also encourage keeping a list of some of your favorite healthy takeout orders. In the same five minutes you spend ordering something unhealthy, you could order something nourishing.

03. Hydrate Like It's Your Side-Hustle

Hydration is key for keeping us alert and giving our cells the water they need to do all their work of taking care of us. It also supports regular digestion. Make a habit of having a glass with each meal and one in between or keep a bottle within easy reach. You could even set an alert on your phone to remind you to drink up. The only rule here is: Make sure it works for you.

If you want more small changes check out Jessica's new book, *The Little Book of Game Changers: 50 Healthy Habits for Managing Stress & Anxiety*.

jessicacordingnutrition.com

**GAME-CHANGING
HEALTHY EATING
HACKS**

GLOBAL GRUB: MADRID

By Gina Keatley



CLOCKS, COOKIES & CRUSTACEANS

If it's 6PM then every citizen in Spain is eating potato chips. I know it sounds insane to claim to have an entire country do the same thing at the same time but it's true, weird and wonderful.

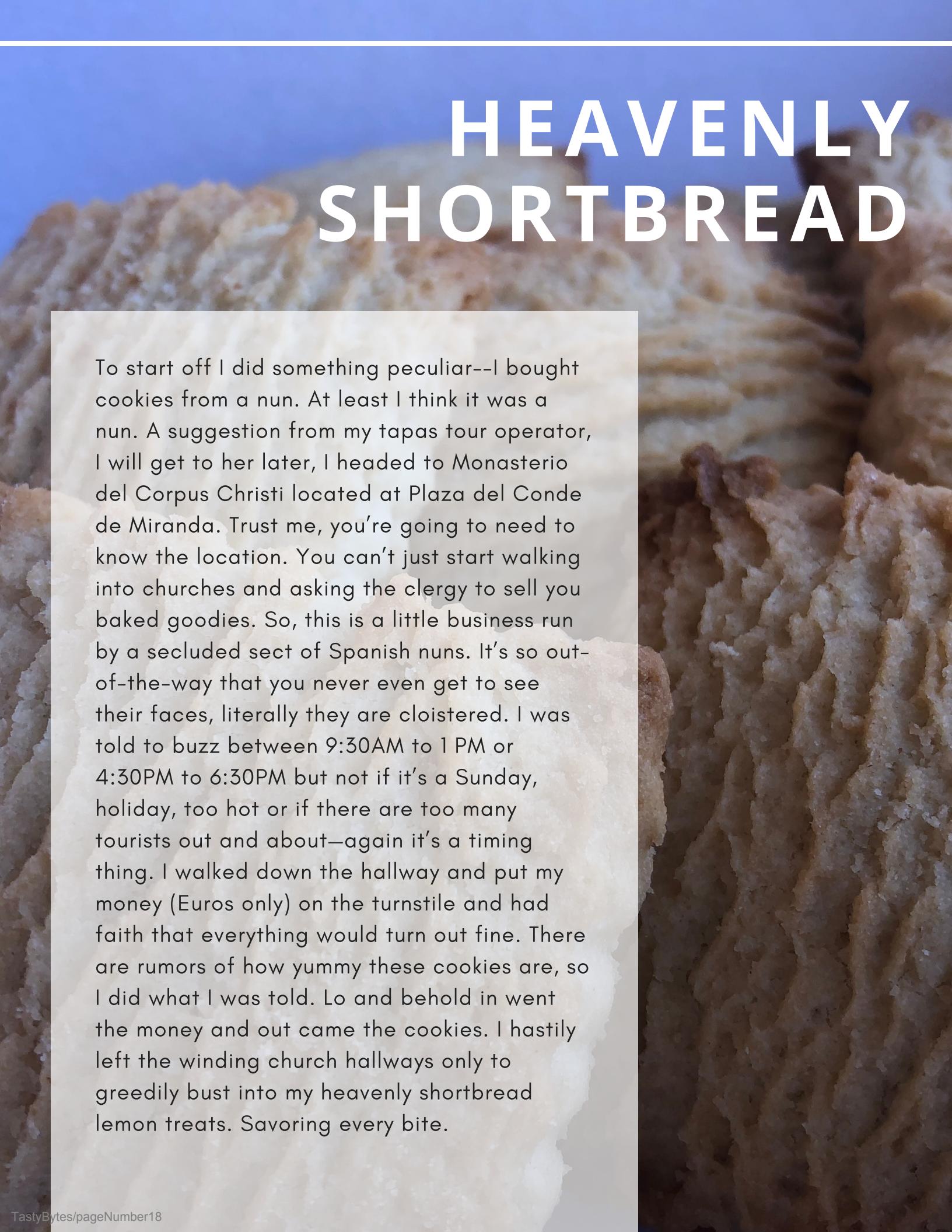
This country tucked between Portugal and France have their own way of eating and it goes a bit like this. From 7AM to 9AM they eat breakfast or desayuno, from 10:30AM to 11AM they have almuerzo or mid-morning snack. For lunch, the big meal of the day, they wait a bit until 2PM and this is called la comida. By 5:30PM to 7:30PM they are hungry again and having merienda or mid-afternoon snack as desired, which usually includes small sandwiches and potato chips.

By the time 8:30PM to 10PM rolls around you can catch them at a tapas bar for la hora del aperitivo or tapas hour. Finally, (OMG I know this is a lot of eating) from 9PM to 11PM they eat la cena or dinner. You can try and eat outside of these times but good luck to you. Yes, in the beginning it can be, well... annoying. If you're off schedule it's a lot like missing the McDonald breakfast again and again but just a bit further from home. However, if you dive into the timing of their menus it can be a very tasty meal and maybe get you a bit out of your comfort zone.

Whew, that was a mouthfull. I am not going to bring you from first to last meal like I normally do I have a word limit here, but I will give you some of the highlights from my feasts in Madrid. Trust me you'll be full enough!



HEAVENLY SHORTBREAD



To start off I did something peculiar--I bought cookies from a nun. At least I think it was a nun. A suggestion from my tapas tour operator, I will get to her later, I headed to Monasterio del Corpus Christi located at Plaza del Conde de Miranda. Trust me, you're going to need to know the location. You can't just start walking into churches and asking the clergy to sell you baked goodies. So, this is a little business run by a secluded sect of Spanish nuns. It's so out-of-the-way that you never even get to see their faces, literally they are cloistered. I was told to buzz between 9:30AM to 1 PM or 4:30PM to 6:30PM but not if it's a Sunday, holiday, too hot or if there are too many tourists out and about—again it's a timing thing. I walked down the hallway and put my money (Euros only) on the turnstile and had faith that everything would turn out fine. There are rumors of how yummy these cookies are, so I did what I was told. Lo and behold in went the money and out came the cookies. I hastily left the winding church hallways only to greedily bust into my heavenly shortbread lemon treats. Savoring every bite.



From one Spanish delicacy to the next, I decided to check out percebes; known as the goose neck barnacle. They are crustaceans that form dense clusters on rocks and other firm surfaces. The feathery limbs that comb through the H₂O for food are essentially modified feet, called cirri. Costing up to 90 US dollars a pound they are one of Spain's premium gourmet ingredients and only come from the very northwest of Spain. Think Alaska king crab fishing but without a boat.

The percebes purveyors collect them during low tide from the sharp coast on foot with bag and shovel in toe. These barnacles look like baby dinosaur toes, but they taste yummy. Briny with a bit of a sweet lobster taste. You pinch and pull off the outer layer, which feels like Kevlar, and eat the flesh below. They are simple to cook, just a few minutes steaming and they are ready to eat.



After my percebes tasting, worth every Euro by the way, I headed for tapas hour where I did...well... tapas, but instead of going rogue I jumped in with a tapas tour. I joined Devour Tours for their Madrid Tapas, Taverns & History Tour and I was glad I did. It was raining and I gathered with a small group of 8 huddled and hungry travelers. A small Spanish woman approached and insisted we follow her, so we did. The tour was classic and we got all the needed hidden tapas spots. I learned to toss my trash on the bar floor, as is customary, and elbow my way to the good pork stuffed mushrooms. We finished the tour by eating some awesome offal, the entrails and internal organs of an animal used as food. By this time it was close to midnight which starts the cocktail hour, but that's another story all together.

Madrid is packed with fresh food finds, from great Spanish wines at Mercado de San Miguel, paella at small family owned eateries, tapas found at hole-in-the-wall bars serving aceitunas or olives sometimes with a filling of anchovies to zaraj, traditional offal wound on a stick. Just make sure your Apple Watch is fully charged, how else would you know what you're eating? I say "Bravo, Madrid! Bravo!"



Get
Stuffed

MUKBANG: SUBSCRIBE OR SKIP?

By Jessee Urbaitis, MS, PA-C



Have you ever been out for a meal with someone slurping, smacking, or crunching loudly and silently cringed in discomfort from the sounds? If so, you probably wouldn't be interested in watching, and maybe even paying for this experience online. So why are some people doing this very thing? About a decade ago, an increasingly popular concept known as Mukbang emerged in South Korea. Pronounced "mook-bong", this term translates loosely to "eat cast", meaning watching live or recorded video of someone else, well, eating. If that doesn't sound appetizing, there may be more than meets the eyes and ears in this trend in social eating.

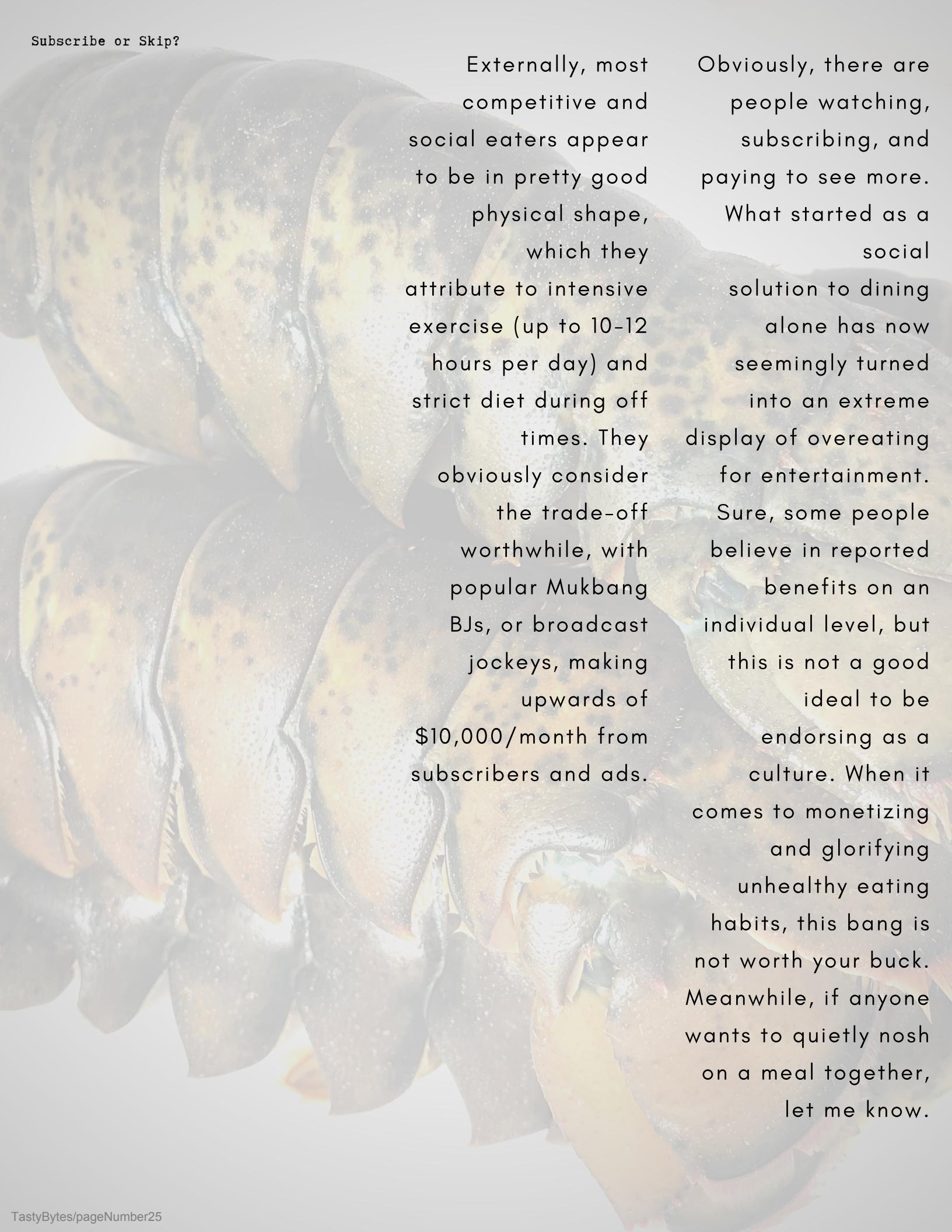
Culture experts tie the beginning of this movement to the idea that eating in Korean culture is usually a social activity. With people increasingly living on their own, it's easy to see the appeal of feeling like you are digitally sharing a meal and an experience with someone else from the comfort of your home. Much of the traditional live stream content features watching someone consume a large quantity of food with amplified sound on the noshing process, which some find soothing. Westernized adaptations are often pre-recorded and add in commentary for more of an interactive vibe.

A constant theme is that the food portions are typically very large and upward of thousands of calories per spread. There's no doubt that much of the appeal lies in larger than life portions of comfort foods like noodles, wings, and fries. Let's be honest, does anyone really want to watch someone take down a massive salad? After seeing many of these myself, there was clearly an entertainment factor and it was hard not to watch. Many people feel that by watching someone else consume an extravagant meal, it satisfies their cravings without having to consume the junk food themselves.

This style of binge eating for entertainment is not a new concept. Many are familiar with food eating contests and other feasts of strength. And while this is different in that Mukbangers are not trying to ingest meals in a record amount of time, it does still somewhat glorify the gluttony.

So yes, it's weird, but is it bad? Many studies cite adverse physical effects on the body from consuming such large quantities of food such as stress on the body, damage to vital organs, risk of stomach perforation, and permanent stretching of the stomach. Considering that an empty stomach is the size of a fist, does it seem reasonable to try to stuff 5 packets of ramen noodles in there in a single sitting? Probably not. (And yes, this did happen).





Externally, most competitive and social eaters appear to be in pretty good physical shape, which they attribute to intensive exercise (up to 10-12 hours per day) and strict diet during off times. They obviously consider the trade-off worthwhile, with popular Mukbang BJs, or broadcast jockeys, making upwards of \$10,000/month from subscribers and ads.

Obviously, there are people watching, subscribing, and paying to see more. What started as a social solution to dining alone has now seemingly turned into an extreme display of overeating for entertainment. Sure, some people believe in reported benefits on an individual level, but this is not a good ideal to be endorsing as a culture. When it comes to monetizing and glorifying unhealthy eating habits, this bang is not worth your buck. Meanwhile, if anyone wants to quietly nosh on a meal together, let me know.

OFFICE EATS: TACO BELL EARTH EATS?

BY JAMES BARROW



It's not the sexiest pick for an office lunch but Taco Bell is working very hard to provide delicious Tex-Mex food while keeping their huge operation sustainable.

Making small tweaks, which will add up to huge changes over time, they are making all of the customer facing packaging recyclable or made from recycled materials by 2025 which will divert millions of tons of trash from landfills over time. You may have already seen the modified cups and paper bags. Also, having mega buying power gives suppliers incentive to make their operations sustainable creating a snowball effect of goodness.

Outside of packaging, Taco Bell are also working with the US Roundtable for Sustainable Beef to improve practices at the farm level. Which will help decrease CO2 emissions from the start.

Finally, they have more than 8 million vegetarian combinations on the menu right now, which are low impact on the Earth. If you haven't been to the Bell recently give them a try, it still tastes good and it is even better for the Earth to live más.



TO GO

HEALTHIEST TACO BELL EATS

Veggie Power Menu Bowl

480 calories, 19 grams of fat, 13 grams of fiber, 14 grams of protein

Chicken Soft Taco Fresco Style

150 calories, 6 grams of fat, 2 grams of fiber, 9 grams of protein

Grilled Steak Soft Taco Fresco Style

150 calories, 4 grams of fat, 2 grams of fiber, 10 grams of protein

Grilled Breakfast Burrito

340 calories, 14 grams of fat, 3 grams of fiber, 10 grams of protein

Spicy Tostada

210 calories, 10 grams of fat, 5 grams of fiber, 6 grams of protein

CALORIES IN / CALORIES OUT



BY SCOTT KEATLEY, MPPD RD CDN

If you're looking for the fastest growing segment of elite athletes, look no farther than Japan. In the 9 year run up to the Olympics they fully committed to amazing programs from youth to Olympic caliber athletes and they are peaking at the right time!

But I believe I have come across the answer: the best athletes ditch the "fast-food mentality"--this idea that results can come super-fast if you just do a specific workout, take a pill or have a salad. They focus on the small things and make gradual changes to improve everything from technique to diet.

Digging deeper into their diet I enlisted the help of Sohei Matsuda from Umami Insider. He knows what they are eating all over the country because his website works with local producers of fruits, noodles, sauces, seafood and spices to gather them all in one place for the American market--it's like the Amazon of Japanese specialty foods.



I'll just assume that most readers, like myself, don't have a "man in Japan" to send super tasty ingredients or a million frequent flyer miles from Japanese Airlines. The Umami Insider website launched in 2017 but has stepped up their game with interesting products as well as recipes, cooking tips, videos and cultural inspiration as of late can really help you get the calories in. Even if you're not interested in going full Japanese (what's wrong with salmon for breakfast?) Sohei points out that items like Yuzu Pepper, Miso Marinade and Handmade Somen Noodles can up the flavor AND nutrition of your meals. This alone may not get you to the elite level, but it can't hurt.

SURVIVING THE WEATHER

To burn it all off, we don't have to run for hours. We can keep it simple by increasing the amount of walking we do. But as winter gives way to spring, we start to see a lot more rain and no one likes getting wet.

That's why when I saw Cleverhood's mission to "enable people to be clever and active in their 'hood, walking, dog walking and biking instead of retreating to a car, or worse yet, not going outside at all," I had to take a closer look.

All too often we default to a delivery when there is rain out but with a well-designed, leakproof option that can even cover you when you're on a bike there is no longer any excuse. Cleverhood sources their materials from around the USA and is constantly innovating the materials and design. If you want to keep it active this spring you should have this.





**"WE WANT TO
ENABLE PEOPLE TO
BE CLEVER AND
ACTIVE IN THEIR
'HOOD, WALKING,
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RETREATING TO A
CAR, OR WORSE
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OUTSIDE AT ALL."**

**- ISSAC MOCARSKI,
CLEVERHOOD**

**OMG it comes in dog
sizes too for our furry
loved ones!**



Dedicated to all the Moms we Tried to Teach Tech



BY DESTINY PUZZANGHERA

I am writing with a blue peacock pencil on a paper from Rosie's Office on a book called Disney's Tales of Magic.

Who is Mom? Each of us shared Mom but no one completely knew her. She had a whole life before us. She was a mom, the little girl who loved and needed her mother Roseina. A Catholic school student who was hit with a ruler by a cruel nun, but she couldn't break her. She was an athlete, roller-skating around her neighborhood and climber of the walls of a Boston cemetery. Climbing over the rod iron spikes like an adventurer.

**DEDICATED TO ALL THE MOMS
WE TRIED TO TEACH TECH**

In the 60s world she knew. She was independent and strong willed. She was gentle, vulnerable and sweet. She was Ginny, Dad's girlfriend and playmate. A bride at her wedding and an idealist through all of life's unexpected steps. She was a beautiful stunning bride that was always going to get something accomplished. Even when she was pregnant, she slung pie at Mr. Paul's Pizzeria while she had another baby strapped to her back.

She was a North-ender who moved to the suburbs but always missed the city. She would cook meals, clean and keep her kids from killing each other. Always trying to find peace while we ran amuck. Preventing some crisis from happening with one of us going to Mom, this one did this or this one stole my toy! Mom would sing like Cinderella as she made peace with chaos all around her always remaining true. She would look for nice things to distract us, butterflies, nature and music. First classical then jazz with the Boston Pops. She loved Arthur Fiedler.

She loved going to the half-shell with all the kids and a picnic. She loved to swim and would bring fried chicken to the beach. We would swim, get tired and then all of us eat greasy chicken in the hot sun with sand and salt all over us. Mom loved beach chicken. She got pulled across the country on trips she didn't always want to take, and she never wanted us to be separated or alone like she was. Enjoying life to its fullest we were blessed to have a mom like that. So much personality. One so undefeatable.

There are many Moms. Mom with fox stoles from the 70s. Mom from the 80s with silver outfits, high heels and curled updos with hair combs and Lee press-on nails. Mom with Disney shirts and polka dots and Mom streaming her favorite shows and taking all of the pictures with her digital camera.

DEDICATED TO ALL THE MOMS
WE TRIED TO TEACH TECH



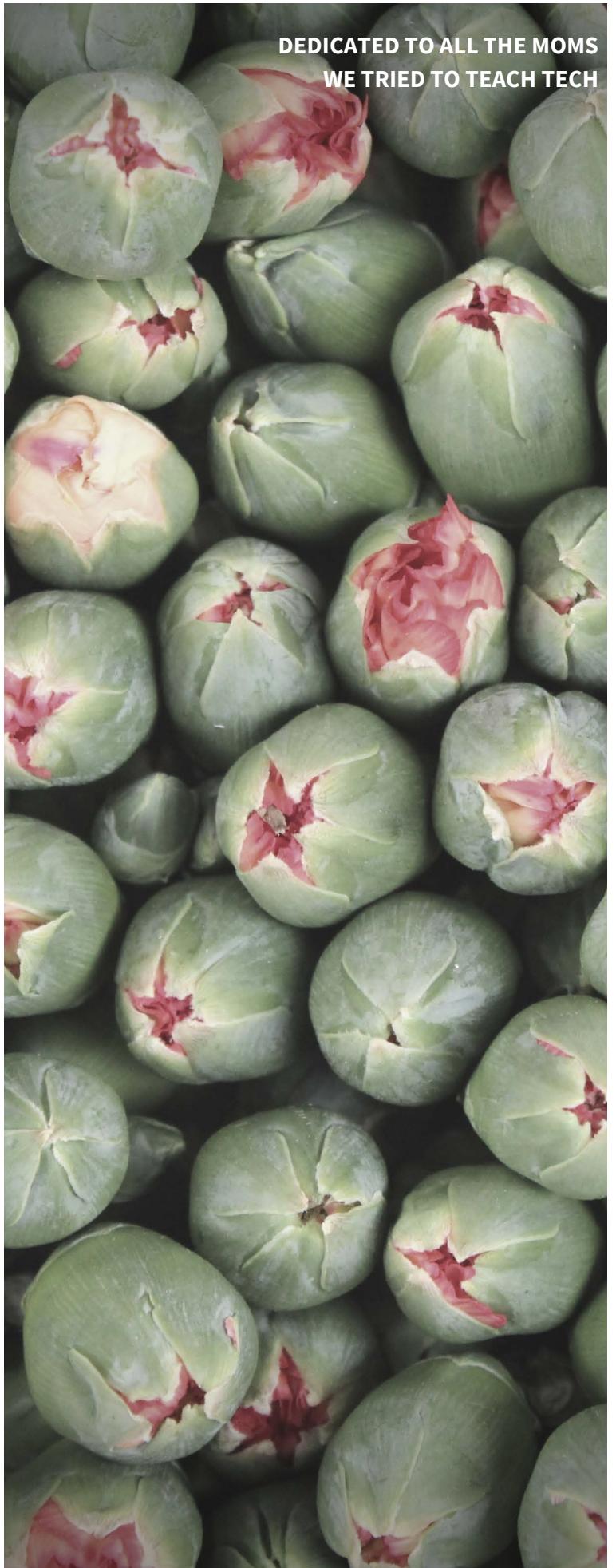
Mom was a mother to both Paul and his wife Rosie. She accepted Rosie as a daughter and rooted her on giving her support and loving her while she was pregnant. Understanding Rosie's needs and always trying to give something to make it better. She was so proud of Paul, his strengths and his heart. The one in is his corner. Never wanting him to have anyone be mean to him. Feeling for his worries and admiring his spirit. She kept old newspaper clipping where he was mentioned and treasured it like the important document it truly was. She only wanted the best for him.

Joey was her sparrow. She saw the tenderness in him, they shared a gentle heart. The non-conformational wisdom and sense of humor that made Joey himself lose all inhibitions. Then she would make him laugh until he cried making the most horrible experiences into something absurdly funny. She knew good Joey and bad Joey too and would tell him "Joey that's not funny!" But Joey couldn't help but try and push the envelope and maybe hoping in his madness he could reach Mom, break her composure and make her smile.

I was her dove and she gave me the most beautiful home. I hurt her the most, but she was kind enough to love, forgive and teach me. I fought her tooth and nail and blamed her for everything, but she still offered me all that she had. She supported me through boyfriends, failures and troubles. She tried to make me feel understood. In this last year Mom offered me her friendship and tried really hard to share Chinese food and TV shows. She even shared my poetry and listened for hours when we talked just about me. We laughed and she was there to stand at the gate with dogs barking and send me a loving smile as I called out "Bye Mom, I love you."

Gina was Mom's angel and a person she really looked up to. Gina was Moms champion. Like Wonder Woman who she dressed up as for Halloween. Gina was the real girl who could win every battle, who made her voice known and could conquer any task. Mom was always more alive when Gina was there. She went along with Gina's ideas and traveled with her. Gina tried harder than anyone to be there for Mom, like a mom herself, so Mom could be safe and have what she needed.

DEDICATED TO ALL THE MOMS
WE TRIED TO TEACH TECH



**DEDICATED TO ALL THE MOMS
WE TRIED TO TEACH TECH**

Scott loved Mom inside his heart. He fought fiercely to protect her, to assist her and to defend her especially during her times of battle against cancer. Scott was loved by Mom and Mom knew her daughter was loved. Scott traveled with Mom, danced with Mom and joked about Mom like all her children. Scott was Mom's guardian angel.

Then Mom became Nonni. Mom's heart lived again when Anthony was born. A son of a son and her "daughter" Rose. If anyone has seen the pictures of Mom with Paul's babies you would know that Mom lived for those moments. Everything was worth it. She loved them and cared for them in any way she could. Anthony was her little friend who spent many hours long being fed a rainbow of tastes strapped in his Mickey chair with towel bibs. She saw him graduate and kept him in line. Nonni was determined to make Anthony feel okay. He raised her well she would say.

Nonni loved Julie. Julie was her first granddaughter and she had a full house to come to for the holidays. How cute Julie was. Nonni would pick up and kiss her and get to see her son be gentle and wrapped around her finger. She was patient with Nonni, always worried about Julie and wanted people to see that Julie felt loved and that she knew people thought she was special.

Nonni loved Mia Bella. Mia was sassy and tough around Nonni. Nonni had to humble her up one day. She knew what Mia was up to and was always two steps ahead. Mia got her common sense, her matter-of-factness and her fashion sense, her love for design and beauty. I think Mia Bella made Nonni happy and there are gifts to prove it.



**DEDICATED TO ALL THE MOMS
WE TRIED TO TEACH TECH**

So many Christmas gifts. Anthony said 75% of the gifts came from Nonni and he was right. From too many cookbooks and cosmetics and things she thought we would all like. Mom tried so hard to give us a good life as possible.

Mom deserved to be heard and to have what she wanted in her deepest heart to have her dreams come true. This was about Mom/Nonni's life, but I wrote it about us because even though she was more than just her kids she is in all of us. All that we are all that we love inside each other is because she was a true loving mother, genuine, relentless, brave and determined who put it there.

Thank you, Mom, for your beauty, your support, for your laugh and for your loyalty. We will be good to each other! May God make all your dreams come true.

IN THE FOLD

HOW THE NEW FOLDING PHONE COMPARES TO ONE OF
THE OLDEST FOLDED FRENCH DESSERTS.

MOTOROLA RAZR VERSUS SOUFFLÉ

MOTOROLA RAZR

Details

Motorola razr (LTE)

128GB of internal storage

6 GB of RAM

6.2-inch foldable pOLED main display with HD

Fingerprint reader

USB 3.0 (Type C) reversible connector

A stunning 6.2-inch pOLED display that defies expectations and provides ultra-wide dimensions used by the film industry. Made of a revolutionary polymer material it took designers years and dozens of prototypes to get it right.



CHOCOLATE SOUFFLÉ

A soufflé is a baked egg-based dish which has its beginnings in early eighteenth-century France. It is made with egg yolks and beaten egg whites combined with various other ingredients and served as a savory main dish or sweetened as a dessert.

In baking, "fold" is the term used for gently combining a delicate mixture into a heavier textured, thicker mixture in a way that will ensure both mixtures are properly combined without impeding the ability of both mixtures to work as desired.

The winner.

We say both. Eat the soufflé and buy that Motorola phone because you only live once. It's worth the calories and the cash. Remember to order your phone and souffle early because they take forever to make.

Treat yourself!

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