

TERTULIA

issue

four



ter•tu•lia (Spanish: [ter'tulja])

femenine noun

1. Meeting of people who meet regularly to talk or discuss
2. Conversation or chat

verb

1. [tertuliar] to converse or talk

Inner thoughts and ramblings

by Paola Ríos

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01.

hidden corners

Hidden corners. Hidden shops. Every town is sure to have some. Finding them can be difficult but once you do, you cherish them forever. Or until you find the next one.

In my four day escape to my hometown of Puerto Rico, I was determined to discover at least one gem that will forever remain in my memory. Who would have known, in the middle of powerlines and the tropical heat, there lies a mini portal to Japan in taste and ambience. No signs. No lights. Only a bench outside and a transparent door that welcomes you to a dimly lit ramen kitchen. Blink once and you might miss it. I almost did. You might find yourself waiting for a while, in order to get seated. Yet, the wait becomes worthwhile once you enter this parallel

universe filled with authentic flavors and atmosphere. Cozy, candle lit, and tight-spaced is exactly the way this restaurant was intended to be, emulating the same arrangement of a Japanese ramen shop. The selection of ramen is as authentic as can be in the middle of the Caribbean, with six different dishes to choose from with handmade noodles.

Yet the most exciting thing about places such as these lies not only in the food, but also in the adrenaline that arises when you finally discover it. Once you do, it becomes a treasured jewel that you either cannot contain to yourself or only share with those closest to you. Either way you know become a secretkeeper of such location.



02.

seasonal renewal

As autumn draws near, new inspiration is searched.

The change of season brings forth an open invitation to a change in wardrobe and in mind. New goals are created and new lifestyles are put to practice. We wear new clothes. We read new books. We begin new personal projects.

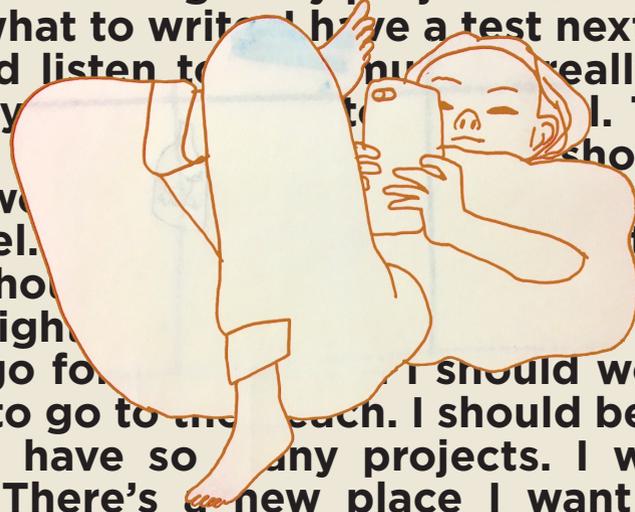
For each new quarter of a year we gather inspiration to serve as a guiding path, whether it be subconsciously or not. We create a mental mood board of what we strive to achieve in the next months. This internal inspiration is what keeps us grounded on our goals in life and motivates us towards them. It is a type of spring-cleaning, just not in Spring. Yet the mentality of starting fresh at the beginning of a season should not be exclusive to only once

a year because, frankly, our life progresses and with it rises a need to constantly reform ourselves.

Let this autumn be a transitional period towards a new vision or point of view. Drastic change is not needed, set yourself simple goals that will add to your personal happiness and wellbeing. Set out to visit new locations. Try on a new style. Meet up with friends more often. Make more time for yourself. Do not let work overwhelm you. GO to more museums. Try a new coffee shop. Write more. Buy a new candle. A seasonal renewal does not need to be a massive resolution or a change in personality. Simply strive to better yourself by allowing minor life changes to occur.



I should be doing work. I have so many projects. I want to travel. There's a new place I want to try out. I should call my friends. I want to have fun tonight. I need to apply for jobs. I want cheesecake. I should get back to reading. There's so many shows I need to finish. I'm waisting time. I want to go out shopping. I need money. I should go to a concert. I need a haircut. I should travel more. I need to get my project done. I don't know what to write. I have a test next week. I should listen to music. I really need to study. I should go to the gym. There's a new show I should be doing work. I want to travel. I want to try out. I should call my friends. I want to have fun tonight. I need to apply for jobs. I want cheesecake. I should get back to reading. There's so many shows I need to finish. I'm waisting time. I want to go out shopping. I need money. I should go to a concert. I need a haircut. I should travel more. I need to get my project done. I don't know what to write.



03. the importance of doing nothing

The importance of taking time is highly underrated in our society. Procrastination is deemed as the end of all dreams while overworking is deemed the path of achievement. In all of this mess of time management, work, papers, and projects personal breathing room seems to be limited. Then one also has the social pressure to appear as a semi-social functioning adult which might lead to even one's personal free time feeling like another task to complete.

There needs to be a breathing space; a time where doing nothing is allowed. In order to find that procrastinative time, one has to work against the 'time-is-money' mentality that has become so ingrained in the workplace. But when you are able to find that golden nugget of free time, don't feel the pressure of having to do everything fun in one day. Sometimes one's mind and body simply need a lazy day where all you do is sit and watch a movie, stay on the computer or simply nap. While procrastination every day will lead to negative consequences, it is not the end of your life if you take a shut-off day.

04.



milk tea + croissants



zou bisou bisou

Gillian Hills

coeur de chewing gum

Brigitte

cœur croisé

Polo & Pan

la vérité

François & The Atlas Mountains

le temps de l'amour

Françoise Hardy

le sac des filles

Camille

barquito

Natalia Doco

hanoï café

Bleu Toucan

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