

What's in a name?  
by Helga Mariel Soto

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When I was born my parents named me Helga, honoring the tradition that has been carried in my family for three generations. It all started with my great grandmother: Helga Litzen, born and raised in Denmark, who traveled all across the Atlantic to start her new life in Argentina. My grandmother Helga Rothfuss was her daughter and she gave birth to my mother: Helga Ruiz. She is my guidance and inspiration for this set of photos. My main goal with this project is to tell the story of these two amazing women in my life (and the legacy of the first Helga), their beauty and their strength, their tenderness and their wisdom. Like a tale of two continents, ever growing and everlasting in spite of all the years.