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JANUARY/FEBRUARY 2015

OUR 2015
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REVIEW

2015
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and the industry

Making
the most
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in **2015**

**MODELS OF THE
YEAR ISSUE**

Featuring
Kayla Rhea
Christine Marie
Jaime Teolis &
Chrissy Victoria

*Exclusive
Interview*

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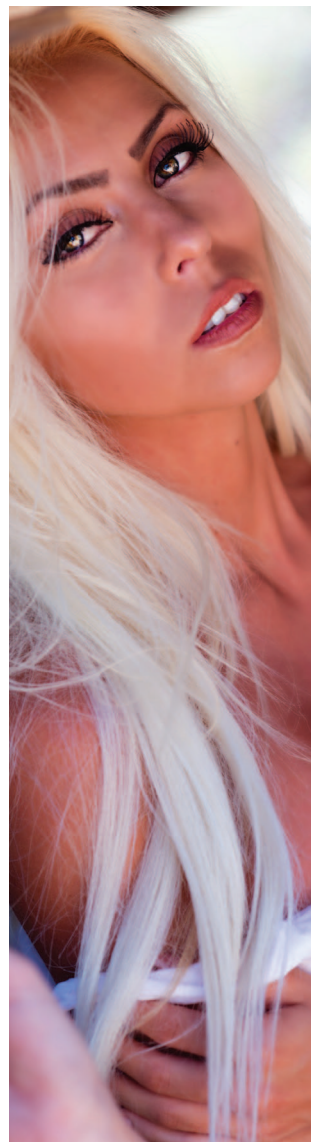


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Staff

Editor-in-chief

HOLLY CLAIRMONT

Publisher

HOLLY CLAIRMONT
DAVE JOHNSON
MARISA CONNERTON

Feature Coordinator

MARISA CONNERTON

Editorial

JUSTINE DANIELS
Editorial Director

Writers

LIZ MEI
JANE SUSAETA
ROD WHITE
SIDDHARTH MUDALIAR
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DAVID PEARCE

Art

ART DIRECTOR
SAMMY ALEXANDER

Photography

DAVE JOHNSON
Photography Director

Staff Photographers

RICK TROTTIER
KARL YAMASHITA
DAVE JOHNSON
BRIAN MICHAELS

Advertising

DAVE JOHNSON
Advertising Director
sales@modelsmania.com



PUBLISHER'S NOTE

HAPPY NEW YEAR



We would like to wish our readers, friends, and fans a very Happy New Year and hope 2015 will bring much amazing happiness, health, and all goals will be accomplished. We feel this year will be an awesome year for many people. Here at ModelsMania we will be working on accomplishing some projects that will add great additions to our special and incredible brand. Our readers will find a fabulous magazine and brand that will grow tremendously this year and years to come.

There is a lot to be excited about and some of the projects we'll be working on finishing up include ModelsMania merchandise. We will be offering a nice variety of merchandise such as our own ModelsMania wine, Jewelry, a new ModelsMania video game, and other items. We will be finally launching our new ModelsMania radio and tv and will start broadcasting our HOT programming. Our new website will be launched and will feature many new features like a community, nice galler

ies that will feature beautiful models, review sections, a membership section, and so much more. We also plan on working on and completing some other projects that includes the new ModelsMania Clubs. Coming up in a future issue we will have information about the new ModelsMania Photo Studio Complex. Again we wish all a Happy New Year and wish you all the best of luck, happiness, and health.

Holly



Amphibian Extinction Looming?

Scientists have long been concerned over the number of animal species going extinct in recent decades and new data suggests that it is amphibians which are bearing the brunt of what is being called a sixth mass extinction. A certain amount of vanishing species is a natural part of the world's process of maintaining equilibrium but recently released figures from a number of sources suggest that amphibians are losing species at a rate over 200 per cent greater than the expected value.

Save the Frogs, a California-based conservation organization, claims that currently nearly one third of frog populations are under threat of extinction, with around 200 species having disappeared since 1980, a huge difference over their usual rate of one species going extinct once every 500 years.

Furthermore, another conservation effort, NZFrog, notes that although this decline is not a new phenomenon, with scientists having observed it for some time now, the main concern is that is becoming too late to stop such disastrous extinctions. NZFrog claims that 32 per cent of all amphibians are facing extinction and given the group's importance in the food web, their complete eradication would have drastic ramifications for both the predators which rely on them and their prey species. For example, the loss of such an important carnivore at the top of the food chain could cause dramatic increases in malaria-carrying mosquitoes while other already rare species which prey on amphibians, such as the western terrestrial garter snake, are likely to become even rarer should they lose their main source of

nourishment.

Data on such declines has been collected for some time now, with The Telegraph observing as far back as 2008 that more than 50 percent of Europe's amphibians could be expected to disappear by 2050, and with noted naturalist Sir David Attenborough concerned at the effects of the loss of what he called the 'lifeblood' of the environment. While many may not realise how important a role amphibians play in the balance of life, Sir Attenborough is not understating things when he says that such a loss is both 'extraordinary' and 'terrifying'.

A number of causes behind this dramatic decline have been identified, with Save the Frogs highlighting a multitude of environmental problems facing amphibian populations, including pollution; disease; invasive species; habitat loss; climate change and even harvesting for the pet trade. One particular threat which has been responsible for a number of extinctions in Australia, the Caribbean, and North, South and Central America is the infectious disease Chytridiomycosis. First identified in 1998, the disease has been found on over 250 species of amphibians in 36 countries and has been linked to over 100 extinctions since the 1970s.

One school of thought suggests that amphibians are becoming more susceptible to the disease due to an increase in environmental pollutants which reduce the ability of their immune systems to protect them. The problem thus becomes more complex, with a number of factors which must be considered if amphibians are to be protected. The most alarming question though is, is it too late to save this vital group of animals, or are they destined to go the way of the dinosaurs?



Image by davemhuntphotography/shutterstock.com



PAULA ABDUL AND JASON DERULO JOIN "SO YOU THINK YOU CAN DANCE" JUDGES' TABLE

World-renowned choreographer, performer, singer and songwriter Paula Abdul and singer/songwriter/dancer Jason Derulo will join Nigel Lythgoe at the judges' table, alongside returning host Cat Deeley, for the 12th season of So You Think You Can Dance. The upcoming season will feature a new twist in the competition: stage dancers vs. street dancers.

"With the new and exciting format comes a new and exciting panel of judges," said executive producer and judge Lythgoe. "I'm delighted that Paula Abdul and Jason Derulo will be joining me at the judges' table this season on So You Think You Can Dance. Paula is an incredible artist and she brings the perfect combination of expertise and heart to the panel. Jason's insight, humour and creativity will add a new perspective to the panel that we haven't had before."

"I have dedicated a large part of my career as a choreographer to discovering and mentoring some of the most

iconic artists and performers from all over the world," said Abdul. "So You Think You Can Dance has a long-standing history of launching brilliant careers for young choreographers and dancers in the industry. It's going to be a true honor and pleasure joining this panel with Jason and Nigel, and I'm looking forward to an exciting new season!"

"I am truly excited, and eagerly look forward to joining the cast of So You Think You Can Dance," added Derulo. "It is one of the most respected and longest-tenured shows on network television, and I hope to be a part of new growth and continued success."

So You Think You Can Dance returns this summer on FOX.

Auditioners traveling to cities for the open calls should make arrangements to stay for at least two days following their initial audition (three days for Memphis) in the event of a callback.

Dancers either must be U.S. citizens, legal permanent residents of the U.S. or possess current legal Employment Authorization Cards enabling them to seek employment freely in the U.S. (i.e., without restrictions as to employer) by the date specified in the eligibility rules.

Auditions Begin in New York, Saturday, Jan. 24; Dallas, Saturday, Feb. 14; Detroit, Sunday, Feb. 22; Memphis, Sunday, March 8; and Los Angeles, Sunday, March 15





Meghan Trainor

Title



The album serves as a replacement of Trainor's 2014 extended play of the same name, and is made up of a standard 11-track edition and deluxe edition with four extra songs. Other collaborators on the album include Chris Gelbuda and Jesse Frasure, while John Legend and Shy Carter serve as its only featured artists. Title was developed as a "very honest" album for all ages, with "very honest" storylines. It reflects on changes in Trainor's life and in her artistic process, and is intended as a source of empowerment for youth. Sonically, Title was inspired by Trainor's love for throwback style records, and the 1950s and 1960s eras in music. She honed the album's sound by incorporating different combinations of genres, including: Caribbean, doo-wop, hip hop, soca and pop, among others.

MARILYN MANSON

The Pale Emperor

The Pale Emperor is the upcoming ninth studio album by American rock band Marilyn Manson. Manson described the sound of the new album as being "very cinematic", saying that the "redneck in me comes out in my voice" due to the album's inclusion of "old blues" influences, while still containing the "harder elements" of his previous work.



FALL OUT BOY

American Beauty/American Psycho

Fall Out Boy began writing for their sixth studio album while still promoting their previous release Save Rock and Roll on the tour Monumentour with fellow American band Paramore. Regarding its sound, bassist Pete Wentz described the new material as "David versus Goliath" that experiments with contemporary sounds infused with pop punk and pop rock. The album will have a new sound; Pete Wentz stated, "The problem with modern rock is it isn't modern."





NE-YO Non-Fiction

The new LP finds the singer getting back to his R&B roots, led by the singles 'Money Can't Buy' featuring Jeezy and 'She Knows' featuring Juicy J.



Papa Roach Fear

Jacoby Shaddix calls 'F.E.A.R.,' "the sickest, most illest P-Roach record to date." He added, "It's fiery. It's like I'm holding a light orb in my hand and when I put it to the sky, I take off like a superhero if that makes any sense. It's for real."



Fifth Harmony Reflection

Reflection is the upcoming debut studio album by American girl group. The group said that the album is less pop and has a more mature sound.



Ronson Uptown Special

Mark Ronson has announced his upcoming fourth studio album! Titled Uptown Special, the LP is the follow-up to 2010's Record Collection and will be inspired by Ronson's early days as a DJ. He teamed up with Grammy-winning producer Jeff Bhasker (Kanye West, Lana Del Rey, Beyonce) to create the album in NYC, London, Memphis & Los Angeles studios.



Scorpions Return To Forever

'Return to Forever' will have 12 songs, with a Deluxe Edition containing four additional tracks. "In the end, it tells our story," singer Klaus Meine says of the new song. "We've built this house called Scorpions brick by brick and often quite arduously."





The Woman in Black Angel of Death



As bombs rain down on London during the Blitz of World War II, a group of schoolchildren are evacuated with Eve, their young schoolteacher, to the safety of the British countryside. Taken to an old and empty estate, cut off by a causeway from the mainland, they are left at Eel Marsh House. One by one, the children begin acting strangely and Eve, with the help of local military commander Harry, discovers that the group has awoken a dark force even more terrifying and evil than the city's air raids. Eve must confront her own demons to save the children and survive the woman in black.

Courtesy of Relativity Media

Our Rating

TAKEN 3

Ex-covert operative Bryan Mills and his ex-wife, Lenore are enjoying a reconciliation when Lenore is brutally murdered. Bryan is framed for the crime and flees, with the CIA, FBI and police all in hot pursuit. For the last time, he channels his rage and particular set of skills into hunting down Lenore's real killers, taking his revenge and protecting the one important thing left in his life: his daughter, Kim.

Courtesy of 20th Century Fox

Our Rating

The Wedding Ringer

Socially awkward Doug Harris is two weeks from marrying the gal of his dreams, but he has a problem: He doesn't have a groomsman for the occasion. Desperate and running out of time, Doug calls upon Jimmy Callahan owner and operator of Best Man Inc., a company that provides attendants for grooms in need of them. As Doug tries to pull off the con, a bromance unexpectedly blossoms between Jimmy and himself.

Courtesy of Screen Gems

Our Rating

The-Boy-Next-Door

Jennifer Lopez leads the cast in The Boy Next Door, a psychological thriller that explores a forbidden attraction that goes much too far. Shortly after her divorce, high school teacher Claire has a one night stand with a young neighbor, who quickly develops a dangerous obsession with her.

Our Rating



Courtesy of Universal Pictures



Mortdecai

Mortdecai is an upcoming American action comedy film directed by David Koepp and written by Eric Aronson. Juggling some angry Russians, the British MI5, his impossibly leggy wife and an international terrorist, debonair art dealer and part time rogue Charlie Mortdecai must traverse the globe armed only with his good looks and special charm in a race to recover a stolen painting rumored to contain the code to a lost bank account filled with Nazi gold.

Courtesy of Lionsgate

Our Rating



Fifty-Shades-of-Grey



Courtesy of Universal Pictures

When Anastasia interviews the wealthy Christian Grey she encounters a handsome, brilliant and intimidating man. The innocent and naive Ana, startled to realise she wants him, despite his enigmatic reserve and advice, finds herself desperate to get close to him. Not able to resist Ana's beauty and independent spirit, Grey wants her too, but on his terms. Ana hesitates as she discovers the singular tastes of Grey – despite the embellishments of success – his multinational businesses, his vast wealth, his loving family – Grey is consumed by the need to control everything. As they get close, Steele starts to discover Grey's secrets and explores her own desires.



Our Rating



Jupiter Ascending

Unknown to Earth's residents, life on Earth and countless other planets has been seeded by families of alien royalty for the purpose of harvesting the evolved living creatures once they reach a "Darwinian state of perfection" to produce a type of youth serum that allows them to live forever. When the matriarch of the House of Abrasax dies her children Balem, Kalique, and Titus are at war over the inheritance. A new heir comes to their attention: Jupiter Jones, an unsuspecting Earth-living, unlucky caretaker of other people's homes. Jupiter encounters Caine Wise, a genetically engineered interplanetary warrior, who came to Earth to reveal that her genetic signature makes Jones royalty and heir to Earth.

Courtesy of Warner Bros. Pictures Our Rating



Image by Baiploo/shutterstock.com

DELICIOUS DISHES NEW RECIPES FOR 2015

The New Year heralds new beginnings. If you're quite the kitchen buff but is running out of new recipes to serve to family and friends, we've rounded some new delectable dishes – from the main course, dips to pastas – that will star and rock your dining table this year.

Cheese-Studded Mac and Cheese Ingredients:

1 cup shredded white cheddar cheese
 ¾ cup shredded Pecorino cheese
 2 slices finely chopped American cheese
 1 cup shredded Gruyere cheese
 2 ounces chunked Camembert Cheese
 8 ounces elbow pasta
 2 cups whole milk
 3 tbsp all-purpose flour
 ¼ cup unsalted butter
 ¼ tsp cayenne powder
 ¼ cup bread crumbs
 ¼ tsp paprika
 Salt
 Black pepper

Procedure:

Pre-heat an oven rack at the oven's top half. Meanwhile, boil salted water in a large pot. Pour the pack of macaroni into boiling water and let cook for five

minutes. Remove the pot from fire just before macaroni turns al dente. Strain and set the macaroni aside.

Take out a cast iron skillet and place over medium heat and heat butter until it melts. Sprinkle all-purpose flour and whisk until the mixture becomes paste-like in consistency. Whisk the mixture until it becomes golden brown, then slowly pour the milk over. Whisk vigorously for around 8 minutes, making sure there are clumps within the mixture. Continue mixing until the mixture resembles a heavy-cream mixture and add in the paprika and cayenne pepper. Season the sauce with salt and pepper to taste.

Mix ¼ cup of mixed pecorino, cheddar and gruyere cheese and set aside. Slowly add the remaining cheese into the mixture, whisk and make sure that there are no clumps. Continue mixing in low heat until all cheeses are melted.

Coat the macaroni with cheese and fold properly. Sprinkle the macaroni with the cheese you've set aside previously, followed by bread crumbs. Broil the skillet of mac and cheese for 5 minutes or until the cheese turns golden brown. Serve while hot.

Mini Sweet Potato Pizzas

Ingredients:

Sweet potato, peeled into ribbons (use an ordinary vegetable peeler to achieve this)
 Pizza crust or 4 pcs naan bread
 ½ clove garlic
 Chopped kale
 red onion, shaved
 brussel sprouts, shaved
 pecorino cheese, grated
 ricotta cheese
 red chile flakes
 olive oil

Procedure:

First, pre-heat your oven to 325 degrees. In a wide plate, sprinkle the sweet potato ribbons with salt and a drizzle of olive oil. Take a pizza crust or naan bread and scrub the surface with sliced garlic. Sprinkle the surface of the crust or bread with some ricotta cheese then top with sliced onions, kale, Brussels sprouts and a few ribbons of sweet potato. Top the whole crust with grated pecorino cheese. Do the same for the rest of the crusts or breads. Place them in the pre-heated oven and bake for 20-25 minutes or until the sweet potatoes have been cooked through. Serve as main dish or appetizer along with your preferred refreshments.



Image by Catalin Petolea/shutterstock

Chicken, Kale and Pear Stew

Ingredients:

12 ounces cut up cooked chicken and apple sausage, cut up
 1 can of 15 ounce rinsed and drained cannellini (white kidney) beans
 2 cored and sliced pears, cored and sliced
 1/2 ounce can chicken broth
 1/2 cup wedged onion medium onion, cut into thin wedges (1/2 cup)
 1 tbsp. olive oil
 2 cloves minced garlic
 1/2 cup chopped kale
 2 tablespoons cider vinegar
 1 tablespoon Dijon-style mustard

Procedure:

Take a large skillet and heat oil over medium heat. Add the pears, sausage and onion wedges. Let these cook for around 8 minutes or until the sausages and pears appear brown then remove and set aside.

Cook the garlic and beans in the same skillet. Stir in the mustard and broth and bring to a boil.

Once the mixture boils, reduce the heat and let boil uncovered for around 4 minutes. Allow the liquid to be reduced in half then add kale, letting the mixture cook for another 10 minutes with occasional stirring. Add the cooked sausages and pears, cider vinegar and let it heat through for another minute.

Creamy Avocado Pasta

Ingredients:

6 ounces whole wheat spaghetti pasta
 1 tablespoon fresh lime juice
 1 large ripe pitted and peeled Avocado
 6 tomatoes
 1/4 cup chopped fresh cilantro
 1/2 teaspoon kosher salt
 1 clove minced garlic
 Ground black pepper

Procedure:

Take a medium pot, pour water and bring to a boil over medium heat. Add some salt and the pasta into the pot, then reduce the heat and let the pasta cook until it becomes al dente. While the pasta cooks, get a food processor and place the avocado, cilantro, lime juice and garlic. Season with salt and pepper to taste. Blend all the ingredients until the mixture appears creamy

and smooth. Drain the cooked pasta and place in a huge bowl. Take the sauce from the food processor and toss into the pasta until everything is well coated. Add your tomatoes with salt and pepper if desired. This dish is best serve on the same day it was prepared.

Mixed Honey, Peanut Butter and Yogurt Dip

Ingredients:

16 oz plain Greek Yogurt
 3 tsp honey
 3 tbsp peanut butter

Procedure:

Mix all three ingredients together in small bowl and blend until the mixture becomes smooth and creamy. Serve with sliced fruit, crackers or cookies.

Orange-Ginger Salmon

Ingredients:

2 pcs 4 oz. filleted salmon
 1 tsp avocado oil
 1 tsp honey
 1/2 orange, zest and juice
 1/2 tsp sweet paprika
 1 tsp grated ginger
 Salt and pepper

Procedure:

Whisk together avocado oil, ginger and honey and coat each side of the salmon with this mixture. Place the salmon into baking dish lined with parchment with the flesh side-up. Season the top of the salmon with salt, pepper and orange zest. Let the salmon sit to marinate for 10 minutes. Bake afterwards in a preheated oven for 12-14 minutes or until the salmon is cooked and easily flakes with a fork. Serve with hash potatoes or mixed vegetables on the side.



OUR FAVORITE

Mixed Honey, Peanut Butter and Yogurt Dip

Image by Amallia Eka/shutterstock.com



THE MODELSMANIA HEALTH CORNER

WHAT EVERY GYM-GOER SHOULD HAVE IN THEIR GYM BAG

Written by Bre McGinness - Fire Physiques

Photography by Rick Trottier - RJT images

For most, getting to the gym isn't as simple as throwing on yoga pants and hopping in your car. Instead, it takes planning ahead to be fully prepared. A number of people head to the gym before or after a full work day, which means plenty of packing the night before. Although you can't pack your meals in your gym bag ahead of time, there are a number of items you can always have waiting for you in your bag, so you never find yourself in an un-showered, shoeless, or silent predicament.

I usually recommend you start with the basics of what you'll specifically need for your 1-2 hour workout, and

then add extra according to your goals and schedule.

1. Good training shoes are essential. Whether it's lifting, running, or spinning, the shoes absolutely matter. Arriving to the gym without any shoes is going to put quite the damper on your training session, especially since most gyms (understandably) don't allow you on the gym floor without the proper foot wear. It doesn't hurt to have a couple extra pairs. Keep your favorite pair in your gym bag that you use daily, but store a second pair in your car, or even in a locker at the club, if they allow overnight locker rentals. I've had many clients miss out on a great session after leaving their shoes

at home or work!

2. Headphones and IPODs are important to most people nowadays. There are a few that don't mind the music they play over the speakers at the gym, but for the majority of us, our own music at our own volume is essential to a good pump. Training is a place where





you can focus on just one thing, relax your mind, and have a little you-time. Listening to your favorite kind of music, can help amp up your session and keep you motivated! Always keep your headphones and music player in your gym bag, so you're never stranded in silence.

3. Water is so important when you're lifting heavy or working hard on cardio. Staying hydrated is essential all day, every day, but in particular when you are at the gym. I usually recommend

keeping a few extra bottles of water in your gym bag in case you find yourself without any available! Whether it's water or some other healthy type of hydrating liquids, having access to plenty of fluids is essential. So save yourself some money and carefully pack your own.

4. Supplements are also good to store in your everyday gym bag if you use them. Depending on your goals, you may use pre-workouts, BCAAs, Whey, etc. Typically, when I meal prep for my week, I also divide out my supplements into containers and place them in my gym bag. This way, I never have to worry about feeling unprepared.

5. Training accessories can be key in certain exercises, and should always be packed and ready to go. These could include lifting gloves, wrist or lifting straps, knee or elbow sleeves, and deadlifting socks. Sometimes, it may also include equipment your gym doesn't carry, such as glider discs or resistance bands. It is better to over pack and have what you need, than to wish you had something you chose not to bring.

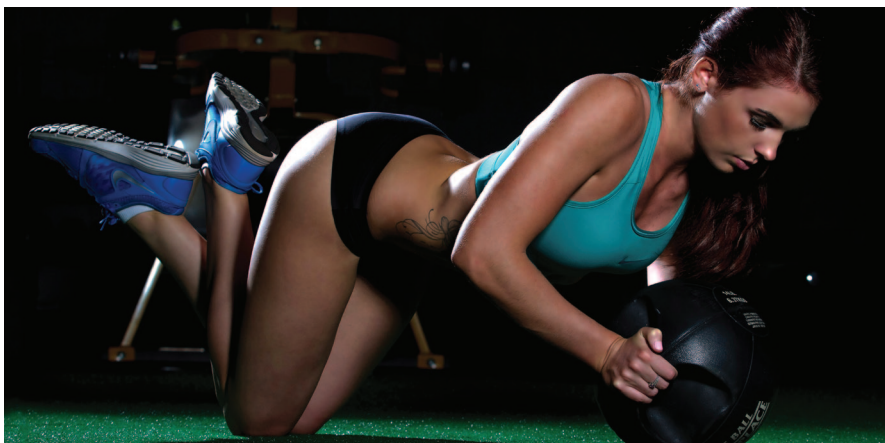
6. Your training plan may not be something you actually have in hand, but it's good to always have it available. Some people don't go to the gym with a plan in mind, but others have their weeks planned out far in advance. Programs may be available on your cell phone, but if you're like me, you keep a journal of your lifts to always track your progress. I always make sure my lifting log is in the bag at the beginning of the week!

7. A towel, or two, is going to be very important for anyone heading out after their session. You may want a small towel on the floor to wipe up sweat,



as well as a bigger towel to shower afterwards. If you're heading to work after your workout, make sure you have shower essentials with you, as well as anything you may need to prepare for your day. A separate toiletries bag kept inside your gym bag with all that you like to have with you for your clean up session is a great idea.

8. These last suggestions are not something you can physically pack, but they should be there whenever you open your bag—motivation, determination, focus, and excitement. Sometimes I feel too tired to go to the gym, or too busy to find the time. However, I keep my gym bag with me as a reminder of what's important to me. When I open my bag to prepare myself, I usually begin to feel more motivated. Seeing my lifting straps, my music, and my headphones is the first step in turning around my mind! So whether you plan on a gym day or not, I suggest you always have your gym bag with you; you never know when a burst of motivation will hit!





A Healthy New Year Exclusive Interview Kelly Levin

Photography By Rick Trottier







Kelly, it is very clear you take your fitness seriously. Do you feel pressure to look perfect? What are your sources of motivation to stay in shape and be healthy?

As an NPC bikini competitor, once you get to a certain point in your conditioning, there's no going back. It's always about getting better. For me,

the "pressure to look perfect" is my own vision of perfect. I am not looking to fit anybody else's standards but my own. Everybody has a different version of what they think "perfect" is to them. As long as I constantly push myself to improve, I am happy. Feeling comfortable in your own skin is important. To help me stay motivated, I try to surround myself with extraordinary people who want the same thing. My social media friends are made up in a large part of fitness athletes, personal trainers, nutritionists, models, entrepreneurs, etc. Reading their posts and seeing their photos daily keep me fired up. Another motivation is keeping my physique looking lean and muscular like it is. I know the only way to have that is to work hard every day at it. When I get to the gym, my music is a huge part of keeping the fire going. Choose music that can put you in a "zone". Focus is important when training. Don't let yourself get distracted. Put all you have into it and push your limits. Knowing that I did better than my last workout or went heavier keeps me motivated to challenge myself each and every workout. You feel amazing and accomplished after every workout and I crave that feeling even when I feel a bit lazy and don't feel like training.

Dedication is doing it even when you may not feel so motivated that day. The only bad workout is the one that didn't happen.

Take us through what your "typical gym routine" would be? How typical is it? How often do you switch things up? Why?

For me I have two types of training. #1. Off-season training is a bit different from training before a competition. Training is a bit more "old school" if you will. In my off-season, my goal is to add more calories to my diet and lift heavier with fewer repetitions (at least 6) in order to build more lean muscle. My cardio is tapered off from when I am competing as well. I will train legs two times a week, but incorporate different exercises each time. One day will be chest, shoulders, and triceps, and one day will be back and biceps. Two of the days will just be cardio, and I take one day (usually Sunday) off. Abs are incorporated into three of these workouts. I will do as many exercises as I can until the muscles are fatigued. Every couple of months I switch up my workouts so that the muscles respond better. They will get used to the same exercises after a few months and you will not see any changes. Each workout with weights will last about an hour and then 1/2 hour of cardio. My cardio consists of a variety between the elliptical, the stair climber, the treadmill, and the bike. Intervals are the best so that your body doesn't get used to the same pace. It is good to raise your heart rate for about a minute and then lower it. You will burn more fat this way. Intervals can be done with any cardio. Since glutes are a huge part of being a bikini competitor, I will do donkey kicks and squeeze the glutes on every step when doing the stair climber. #2. Competition training differs in a few ways. First, my diet is a lot stricter and I consume less calories. It will differ for everyone depending on their goals and activity level. In this phase, I am trying to hold on to the lean muscle I've built during off-season but shred fat as well. Training consists of pretty heavy weight but I need to get 3 or more sets of at least 10 reps out of them. It's more about fine tuning each part of each muscle. I work with a trainer about once a week or once





every other week when prepping for a show. I still train legs two times a week and train the other body parts as listed above. My cardio is increased to 6 days a week at 1/2 hour a session. In all my weight sessions, I superset or rest-pause drop set. Super-setting means performing two different exercises for the same muscle group in succession, without rest in between. Doing a rest-pause drop set means doing a set to failure at one weight, stripping a percentage of the weight and repping to failure again, and repeating this process until you are satisfied or can't do anymore.

Everyone has to miss a workout every now and then. How do you deal with missing a workout and what reasons will you skip?

The only reason I will ever miss a workout is if I'm really too ill to train. If I happen to have injured myself, I will train other body parts. It will take a lot for me not to go to the gym. I always take Sunday's off so I make it a point to work out the rest of the week. Things do happen and I will try to fit my workout in wherever I can, whether it's first thing in the morning before work, on my lunch break, or after work.

When working out, even though it's good to switch things up, what is

the one thing you NEVER leave out in your routine and why?

One thing I never leave out of my workout is my heart. No matter what, I put in 100%. If I don't feel like doing my cardio at that time, I'll fit it in somewhere else. I know I will regret it later if I don't put everything I have into my workout. Get "mad" if you have to...whatever it takes! This is where great music comes into play as well.

What do you like best about your



physique? Why? What do you like least and want to improve?

My favorite part of my physique is my stomach. Although I don't have the most chiseled abs on the planet, I do have some pretty good definition. I've always had a great stomach so I don't have to put as much effort in as some of the other body parts. Of course, diet is a HUGE part of having abs. The area that is the toughest for me is my butt. Glutes are so hard to build for me. Even with doing legs two times a week and being Italian, it's a struggle. I think a lot of it is genetics but hard work will pay off, you just have to be patient. Even if you build it up in your off-season, the trick is keeping it all when dieting down for a show. There is some fierce competition out there!

Give us a sense of your philosophy of eating. What is your general routine? What are the best things to have as part of a healthy regimen? What should people avoid at all costs?

Whole foods are the key to diet. You want to make sure you are eating enough to keep your lean muscle. You should NEVER starve yourself. Eating every 3 hours is also key and will keep your metabolism moving. Always incorporate protein, carbs, and fat, fruits, and veggies into most meals. Proteins should consist of lean meats like chicken, ground turkey, and beef, fish, shrimp, eggs, cottage cheese,



stress? What do you consider to be “good stress” and what is the “bad stress” that needs to most management?

Here are some tips to manage stress:

- Ask yourself what you can do about the sources of your stress. Think through the pros and cons. Take action where you can.
- Keep a positive, realistic attitude. Stay motivated. Accept that although you can't control certain things, you're in charge of how you respond.
- Stand up for yourself in a polite way. Share your feelings, opinions, or beliefs, instead of becoming angry, defensive, or passive.
- Try meditation, prayer, yoga, or tai chi
- Exercise regularly. You'll feel better and be more prepared to handle problems.
- Eat healthy as mentioned above.
- Say no, where you can, to things that would add more stress to your life.
- Make time for hobbies and interests. Do things you love!
- Get enough rest and sleep. Your body needs recovery time!

protein powder. Carbohydrates can be quinoa, rice, yams, potatoes, beans, whole grain breads, oats, rice cakes, whole wheat pasta or quinoa pasta. Eat fruits like apples and berries. Your fats should be good fats like, natural peanut butter, nuts like almonds, walnuts, pumpkin seeds, light olive oil, and avocado. Veggies should consist of green leafy lettuce, broccoli, asparagus, string beans, spinach, green peppers, Brussel sprouts, cauliflower, onions, mushrooms, and zucchini. Stay away from any processed foods, soda, and sugars. Also, stay away from anything made with white flour. For me personally, I stay away from gluten as well as dairy for the most part. I use Almond milk instead.

We all hear that stress reduction is important. Any tips for managing





- Spend time with people you love and eliminate the negative people from your life.

Good stress for me is prepping for a show, trying to achieve a goal, starting a new job, etc. Without any stress we would feel bored and unmotivated, because in proper doses stress adds flavor, challenge, and opportunities to our life. Good stress inspires and motivates us to rise to a challenge, making us realize more of our potential. Experiencing good stress makes us feel stronger and more confident in our abilities to take on whatever hardships life brings our way. Bad forms of stress do not help us achieve goals or tasks, but instead actually inhibit our ability

to function on a daily basis. Once the body feels there is too much stress, it will begin to break down, causing symptoms like anxiety and headaches. In the long run, bad stress can take a huge toll on your physical and mental well-being.

Does your intense discipline translate into any other parts of your life? Give us some examples and explanations.

The discipline that I have when dieting and training does translate into other parts of my life. I have the same drive to go after what I want and keep going until I get there. Having just turned 40 and getting back into bikini competitions, I see all the opportuni-

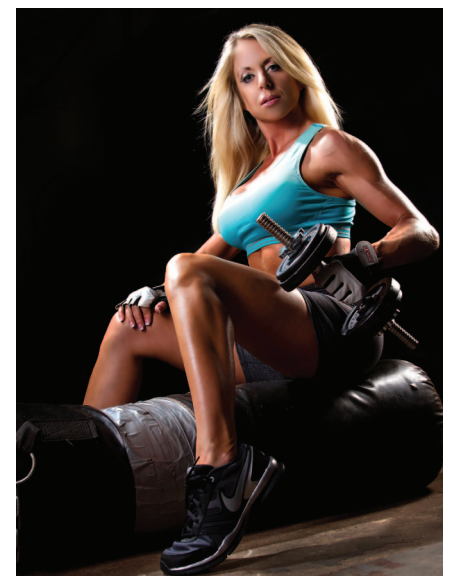
ties out there. I took the chance to try to make a connection with some nutrition companies and it landed me in an ad for them in Oxygen magazine this November as well as an upcoming one in January 2015. Just before this, I bought my first two-family rental property which my husband and I renovated and I now have extra monthly income. You can accomplish anything your mind believes. Don't stop until you get it!

You seem motivated to be an inspiration to others. Why is this important to you? What goals as an example to others do you most wish to achieve?

It makes me happy to inspire others. I see no reason why a person can't turn their life around and make a change if they really want to. If I can just get a few people on the healthy track, it is all worth it. My goal is to earn my pro card as an NPC bikini competitor and to just keep improving my physique. I am proof that anyone can do it if they believe they can and put in the time and effort.

Beyond being an inspiration, where do you hope that fitness modeling will take you in the coming months and years?

It is a lifelong dream to be on the pages of some well-known fitness magazines.....maybe even a cover! If I could get sponsored by a prestigious nutrition company that would just be the icing on the cake.





2015 BMW M4 Convertible Starting at \$64,2002







Our 2015 Snowmobile Preview





Polaris 2015 800 RUSH PRO-S
Starting at \$12,299



Polaris 2015 600 INDY
STARTING AT \$7,999



Polaris 800 SWITCHBACK ASSAULT
Starting at \$12,499





2015 arctic cat ZR 9000 Sno Pro
Starting at \$14,499



2015 Arctic Cat Pantera 7000LTD
Starting at \$14,299





2015 YAMAHA Apex X-TX
Starting at \$14,549



2015 YAMAHA SRViper M-TX LE
Starting at \$12,999





2015-Ski-Doo-EXPEDITION-SPORT 900A
Starting at \$8,249



2015-Ski-Doo-Renegade-X-RS
Starting at \$15,849



Image by Ereler Dmitry/shutterstock.com

TRAVEL OUTLOOK FOR 2015

Whether you're a seasoned jetsetter or a first-time overseas traveler, 2015 promises more efficient travelling processes from ticket booking, airport check-in to choosing an accommodation. Furthermore, travelling will be tainted with other purposes other than sightseeing and experiencing a new culture. Technological innovations and new consciousness are primary features to predictions in 2015 travel trends.

• Technology will Largely Dominate Travelling Processes

Technological innovations for the travel and hospitality industry have gone a great leap forward and 2015 is going to be packed of them. Gone are the

days when you have to manually and personally book your tickets. You can do so anywhere, anytime with your smartphone. In fact, World Travel Market predicts that 35% of travel bookings will be made via mobile phones. Hotels are also now banking on key-card-less rooms and mobile check-ins. You are also likely to see the hotel's breakfast menu in an iPad and probably enjoy free wi-fi even at the most humble hotel.

Aside from hotel technology taking a great leap forward, travelers are likely to see lesser need to carry cash and value their smartphones more. New payment systems like Apple's Passbook and Google wallet synchronize your debit or credit card account to your smartphone allow you to dine and shop by just presenting your phone

and scanning the code upon checkout. Airport technology is also advancing and already being used from North America to Europe. Bluetooth sensors calls "beacons" could be giving you notifications through your smartphone regarding pertinent information during your airport stay like the best rates for money-exchange and other useful information.

• Travel for the Health-Conscious

Wellness travel has become one of the famous trends to dominate the last few years and it will continue to do so in 2015. Wellness travel allows you to take some time off, meditate and rejuvenate your mind and body while being away from home. This means you can do yoga, practice breathing exercises and enjoy a massage from your own hotel or resort. People who do this type of travel prioritize health over sightseeing.

• Posh Accommodations at Budget-friendly Prices

Backpacking across the continent? Now you do not have to live in a cramped room along with few other travelers. 2015 promises better accommodations, perhaps even more elegant and cozy than bleak dormitories without robbing the bank. Several "poshtels," a new breed of accommodation that merges hostels and hotels, have sprouted in the UK and now they are almost everywhere. Poshtels feature all that you can desire from an upscale hotel – from chandeliers to room service – and are definitely inching past through boutique hotels.

• Or You Would be Staying in an Apartment with Hotel Amenities and Services

Airbnb has revolutionized the way apartment owners who are hosting travelers' stay by putting up more efforts in making their guests stay more comfortable and glamorous. Aside from tourists having an apartment to themselves, hosts are now making the extra effort to put up small but meaningful features like scented candles and ambient music to showcase warmth and hospitality. Tourists could also ask for other services which could be charged as add-ons, including concierge, cleaning and food delivery services.

• **Giving Value to Local Living will Become even More popular**

Tourists will learn to become even more immersive with their host country as they walk, talk and eat with the locals. Travelers are now gravitating towards a more localized experience whenever on a holiday, so they now love to eat local home-cooked food meals prepared by their local host rather than dine in heavily-advertised establishments. The authenticity of the experience provides tourists a more meaningful experience to their trip.

• **Social Media Is Going to be More Useful Both for Tourists and Hotels**

A new phenomenon is breeding among the travelling public and hospitality companies and it is called a "Braggie." Braggie refers to the act of bragging a traveler's accommodations and perks by posting photos and statuses in the social media. Hotels found a way to maximize exposure from "braggies" by providing additional perks and dis-

est spots, new apps that you can use through your smartphone will allow you to book tables on the same day. Generally ranging around \$25, you can already block off reservations through apps like I know the Chef in Chicago, Table 8 in Los Angeles and Resy in New York.

• **Travel Prices will Remain More or Less the Same, But be Weary of Hidden Charges**

Travelling will remain to be in last year's sphere of prices. Global Business Travel Association predicts that domestic tickets will only have 2.5% increase while American Express believes there will be only be 1 per cent of price increase in car rentals. Hotel accommodations might become 5.7% more expensive in 2015.

Although these are just modest price increase, what travelers need to look out for hidden costs that come from extra features and conveniences like more leg-room, surcharges from

the hassles and made travelling even more convenient, while the growing consciousness for travel and local experience is making positive impacts for the local communities as well. You now have more options to make your stay even more wonderful, but they still come with a cost. Just try to weave through your options and see which are suitable both for your budget and personality and your travelling experience should be smooth and easy.



counts to customers who post braggies into their social networking accounts.

If you want to spend your flying hours in a more interesting and enriching manner, a new development still in the field of social media called Meet & Seat Program, allows you to be seated to like-minded individuals based on your social media profile.

On a slightly different note, if you want to see and be seen in the city's busi-

ness district, checked luggage as well as better airport food. These are called ancillary fees and they could unnecessarily keep up the costs for people who travel on a budget. You might not see these fees right away, but if you aim to pay lesser, it is better to dissect your options before confirming your booking.

The way we see it, 2015 is going to be a very exciting year for travelling. Technology has definitely reduced



GADGETS GALORE



HEXOSKIN BIOMETRIC SMART SHIRT

Hexoskin is a smart device that connects to an intelligent sports garment with integrated sensors that capture body metrics, such as heart rate, breathing rate, power, acceleration, and more. Hexoskin is for trainers and coaches of amateur and professional athletes and sports teams who want to evaluate and monitor performance results. The Hexoskin intelligent garment offers trainers an easy and natural way of regularly capturing precise data. Whether remotely or onsite, trainers can monitor and compare their athlete's detailed body metrics, on an iPhone or iPad or via a Web portal. Hexoskin records more than 3,000 data points per minute to provide accurate body metrics. For more information go to hexoskin.com



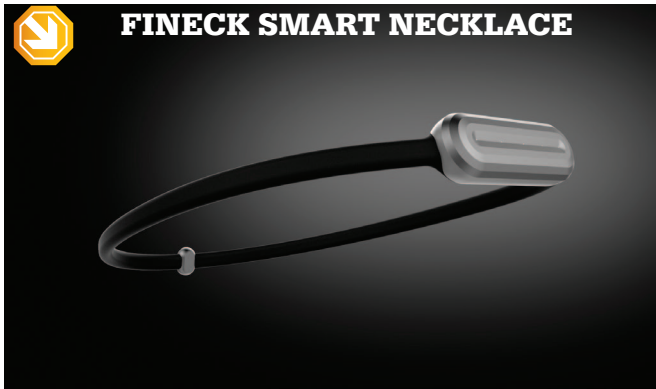
SAMSUNG GEAR VR INNOVATOR

Gear VR Innovator Edition gives content creators and VR enthusiasts a chance to get their hands on the first low persistence virtual reality experience powered by a smartphone, enabling developers and early adopters to see and experience content as it is created. It includes sample gaming and experiential content like HeroBound, a whimsical dungeon exploration adventure, Anshar Wars, a multiplayer space shooter, and theBlu, an exploration of undersea life, along with a number of other titles and demos. There will also be a variety of 3D 360° video content available, such as a specially filmed portion of the Cirque du Soleil show, Zarkana. Full details are available at samsungmobilepress.com and samsung.com.

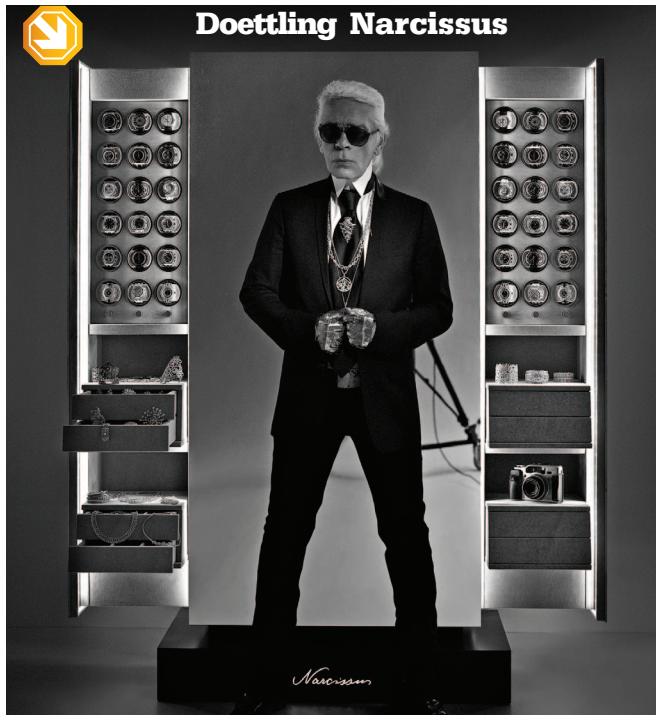


Satechi Edge Wireless Gaming Mouse

The Satechi Edge Wireless Gaming Mouse is a quick and efficient mouse ideal for high-speed gaming as well as casual browsing. Equipped with seven high-function buttons, the mouse gives gamers an advantage over the competition and the ability to amplify their gaming to the next level. The Edge Wireless Gaming Mouse features a "Gaming Mode," which allows users to press the "Turbo Button" to double-click with just one keystroke, eliminating the need to literally double-click. This saves gamers valuable seconds, which could mean the difference between a win and a loss. For more information go to satechi.net



Fineck is a smart necklace that tracks health metrics while worn around the neck. As with wristbands, Fineck tracks common information like distance traveled, as well as neck positions, balance, and posture, providing the information on various charts through the related smartphone app. It features a titanium tracker on the rear portion where it sits on the back of the neck. From there, the tracker monitors neck movements, posture, motion, how long the wearer's head is tilted down, and more. For more information go to techassimilate.com



The Narcissus is the groundbreaking result of a unique collaboration. Conceived by Karl Lagerfeld in Paris and built by Döttling in Sindelfingen, it breaks through both technical and aesthetic limits. The safe only reveals its capabilities when it identifies and is activated by its owner. Then two handcrafted interior cabinets containing watch winders and jewelry drawers emerge from its steel body, which weighs 800 kilos and is sheathed in high-gloss, chrome-plated aluminum. Fully automatically, as if controlled by an invisible hand. For more information go to doettling.com



OptiShot2 Golf Simulator

The award-winning OptiShot2 Golf Simulator unites the latest technology with ease of use. It's compact enough to fit in a briefcase, yet sophisticated enough to produce results. Designed to work with every club in your bag, it requires no big set-up or big expense. In fact, with an OptiShot2 Golf Simulator all you need is space enough to swing your clubs and a desire to improve. The award-winning OptiShot2 Golf Simulator has a swing and ball-shot accuracy that is just like playing real golf. OptiShot2 has sixteen precisely-tuned, high-speed 48MHz infrared sensors. Each is calibrated to track your favorite clubs, before, during and after contact, giving you precise and instantaneous feedback on every shot. For more see optishotgolf.com



Parrot Teleprompter

The Parrot Teleprompter is an affordable, compact, and professional teleprompter designed for use with DSLR and mirrorless cameras. Teleprompters allow the subject to look directly at the camera which ensures proper eye contact. The parrot teleprompter has been carefully designed to be portable and functional. By reducing the size and eliminating unnecessary components it was easy to make the parrot teleprompter affordable for professional and Indy film makers. For more information go to parrot-teleprompter.com



RAZER SEIREN DIGITAL MICROPHONE



Razer, the world leader in high-end peripherals, software and gaming systems, announced the Razer Seiren digital microphone with plug-and-play and designed for professional recording and streaming. The microphone Razer Seiren has a digital USB connection to four patterns of different recording settings along with three custom condenser capsules. The Razer Seiren is the digital microphone that meets the needs of composers, streamers and gamers. With its easy plug-and-play allows easy transport and you can move seamlessly from a studio home. The Razer Seiren also allows users to quickly switch between four different recording configurations (Cardioid, Stereo, Bidirectional and Omni) by simply changing the position of the control button allowing versatility according to the conditions and recording programs we use. The microphone picks up sound with no latency, real-time to make sure everything sounds as you want to record. Razer also opens the streamer to help content creators reach a professional level. Classified in three levels of experience that entitles them to enter different levels of sponsorship from a Razer Seiren to a full set of Razer peripherals. For more information go to razerzone.com



RAPOO 8000 Wireless Mouse & Keyboard Combo

The compact and stylish design, provides comfort and saves space. Spill-resistant keyboard design. No more worries about a defect keyboard as a result of accidental spills. With Rapoo's latest energy saving technology, you can use your keyboard without power interruption for up to 12 months on a single battery. For more information go to rapoo.com



THE KISAI VORTEX POCKET WATCH



The Kisai Vortex Pocket Watch features a hybrid display which means the time is always shown by the LCD panel but will light up on demand with vivid LED backlighting. The touch screen display has 4 hot-zones. Simply touch with your finger to change modes; time, alarm, date, light up. Holding your finger in place for a few seconds allows you to customise; hold your finger over the alarm zone to set the alarm, hold it over the time zone to set the time. For more information go to tokyoflash.com

The CoffeeBoxx

The World's Toughest Coffee Maker



The new COFFEEBOXX is a K-cup compatible coffee brewer engineered for those who want their coffee where normal coffee makers can't go. COFFEEBOXX is ideal for job sites, tailgaters, sports fans, boaters, outdoor recreationalists, RV travelers or anyone else who might need a cup of joe to keep them going.

OXX is committed to building innovative products for people who work and play outdoors, and COFFEEBOXX is the first giant step toward that goal, said founder and CEO of OXX, Jim Doan. The machine is crush proof, rust proof, spill proof, dust proof, water resistant and impact resistant. It has two water lines- one for coffee and one for hot water, and carries a 2.5L tank, which is 75 percent more water than the average home brewing machine. OXX engineers manufactured COFFEEBOXX to be indestructible, but also easy to manage. It weighs only 11 pounds and has a sturdy handle, making it accessible to everyone and anyone traveling, working or spending time outdoors. COFFEEBOXX is powered by a 3-foot-long retractable heavy-duty cord. This coffee maker is so strong that it has a crush-proof chassis, rugged enough to park a car on.

For more information go to oxx.com





Dying Light

Microsoft Windows
PlayStation 4
Xbox One

Dying Light is a zombie apocalypse-themed game set in an open world in the city of Urfa, Turkey. Players traverse an expansive urban environment overrun by a vicious outbreak, scavenging the world for supplies and crafting weapons to defend against the growing infected population with

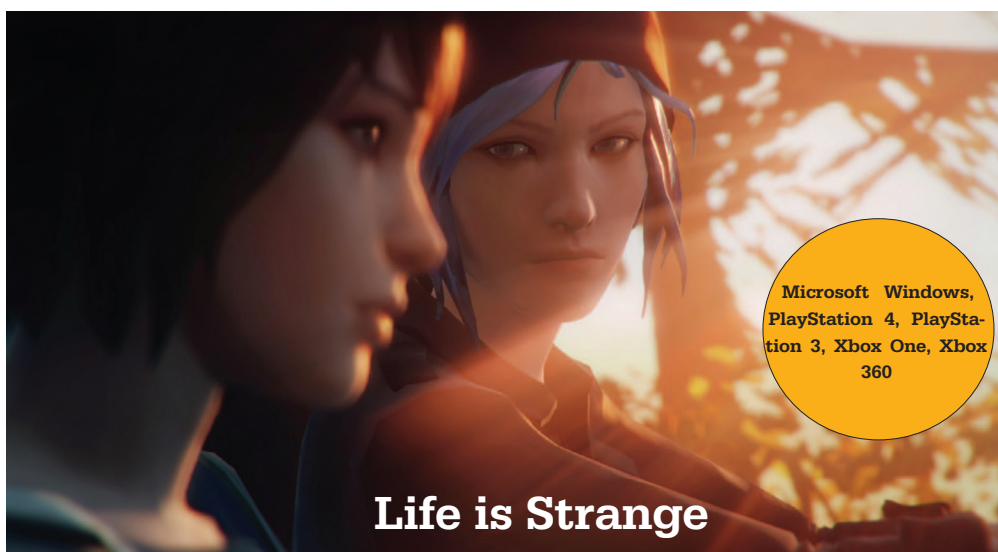
a heavy focus on freerunning mechanics. The game is mostly melee-based with the majority of fighting using melee weapons. There are more than 100 weapons that can be used and more when players begin crafting new weapons. Dying Light contains a dynamic day and night cycle. During the day,

Our Rating



the player has to go out and scavenge for supplies to send back to the safe zones. They can also set up traps, save random survivors, and make their way to airdrops. The infected are slow, apathetic, and easily visible, allowing the player to simply make their way past them, but their danger grows

in numbers. When the sun goes down in Dying Light, the infected transform into something much more dangerous. Without daylight, the senses of the infected become more acute and accurate. In order for the player to avoid contact, they need to use their Night Sense to locate zombies in the dark to stay out of their way.



Microsoft Windows,
PlayStation 4, PlayStation 3,
Xbox One, Xbox 360

Life is Strange

Life is Strange is a graphic adventure, played from a third-person view. Introducing the mechanic of rewinding time allows the player to go back and redo any action other than what is done past a checkpoint. The choices made will alter and affect the story through

Our Rating



short, mid or long-term consequences. After many years of being away from her hometown, senior photography student Maxine Caulfield returns to Arcadia Bay, Oregon. She reunites with her estranged best friend Chloe Price, and discovers that Chloe's father had died the year Maxine left town. Since then Chloe has lived with an irreparable sorrow. She found support in a girl named Rachel Amber. But then Rachel went missing under suspicious circumstances. Max and Chloe jointly investigate Rachel's disappearance, and thus make their way to unravel the city's hidden secrets.

Evolve



Microsoft Windows
PlayStation 4
Xbox One

Evolve is an asymmetrical multiplayer game, pitting four player-controlled Hunters against an alien Monster, controlled by a fifth player. Both Hunters and Monsters can use unique abilities during the game. The Monster player can kill other smaller creatures to evolve and become stronger by entering a cocoon stage, leaving itself vulnerable for a short duration. The game will feature a

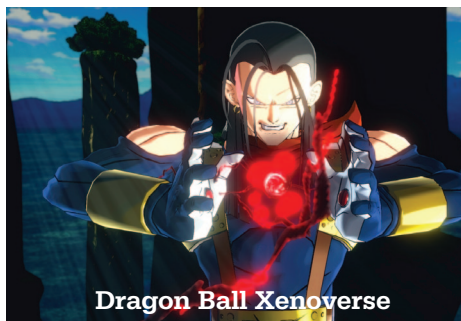
variety of maps, one of which being a large jungle, with some industrial elements where players can take shelter. There are various power-ups that both Hunters and Monsters can obtain by killing the local wildlife. The Hunters are tasked with killing the Monster; while the Monster must either kill all four Hunters, or complete a secondary objective such as destroying a human base or power plant. The Hunters' team is always made up of four classes: a

trapper, a support, a medic, and an assault class. Each class will contain a variety of different Hunters with different abilities and play-styles. Currently, eight of a planned twelve hunters have been revealed. The Monster player will also be able to choose from a variety of monsters; so far, only three of these monsters have been revealed, including "Goliath", "Kraken" and "Wraith".



DEAD OR ALIVE 5 Last Round

Our Rating



Dragon Ball Xenoverse

Our Rating



Resident Evil Revelations 2

Our Rating



The Witcher 3 Wild Hunt

Our Rating

In DoA 5, stages act not only as visual backdrops to accompany a fight but instead play to a fighter's strengths. As a fight progresses, the backdrop will change and interact with players.

Fighters can traverse the levels free-roaming in very large spaces and can be fighting on a platform, go in the air, and underwater. Resident Evil: Revelations 2 is a survival horror game. Resident Evil: Revelations 2 will be set between Resident Evil 5 and Resident Evil 6.

The Witcher 3: Wild Hunt is an upcoming action role-playing video game set in an open world environment. You don't have to play any of the previous games.

**Our 2015 Model of the Year
Chrissy Victoria**

Photography by Rick Trottier






Right energy smolders within her bosom that holds a heart both fiery and fabulous in its intricacy.



Enticing, tantalizing, all-consuming is the inexorable pull she exerts on the soul who sees beyond the glittering surface.



Gentle, sensuous curves sweep upwards and beyond to the Heaven she so easily ascends to.

Featured Model 

The spirit finds infinite measures of allure and delight in the classic lines of her artfully sculpted glory.



An ocean of feeling and profundity reside in her eyes that sparkle with the present and brim with passions to come.





2015 VIDEO GAME PREVIEW

By David Pearce

While 2014 has seen its fair share of superb titles across a variety of platforms, from the likes of blockbusters such as *Dark Souls II*, *Dragon Age: Inquisition*, *Far Cry 4* and *Titanfall*, 2015 looks set to be the year when the new-gen consoles truly come into their own. Here we take a look at some of the most exciting games that are scheduled to be released over the next twelve months.

January

One of the first potential hits out of the gate in 2015 will be *Dying Light*, a survival horror game for Xbox One, PS4 and Windows from Techland and Warner Bros. that mixes zombies and parkour to highly intriguing effect. The game is set in a post apocalyptic future deep in the slums of South America where that perennial favourite of science fiction writers, the zombie virus, has overrun the world and turned much of the population into mindless, slavering monsters. Players must explore a vast open-world, engaging in bloody, visceral combat with the infected and scavenging for supplies as they

traverse the chaos-ridden city.

What sets *Dying Light* apart is its thrilling movement system, with players able to leap around rooftops, bounce off walls and make use of the environment in whatever cunning fashion they desire to wreak havoc amongst the bloodthirsty hordes. There is also a wide range of weapons and gear that can be used in equally inventive ways, allowing players to tailor the game to their own personal play-style, be it aggressive with lots of in-your-face combat as you sever limbs with wild abandon, or more subtle and strategic as you lure zombies into explosive traps while you hide in the shadows. It's this sense of freedom and open-endedness which is perhaps most exciting and players will get the chance to experience the nightmare for themselves at the end of the month.

February

February looks to be a highly competitive month, with several potential blockbusters slated for release. *Evolve* takes the beast slaying action of *Monster Hunter* and turns it into a competitive shooter, where teams of four tool-up mercenaries stalk vicious creatures

across an alien world. Of course, the twist here is that the monster is also controlled by a human player, with this asymmetric play-style offering a radical change over the usual team-based shooters. The hunters have access to some serious weaponry to help them out, such as harpoon guns and orbital barrages but don't have things all their own way, with several monsters available for selection, each of which have abilities such as fiery breath, lightning strikes and powerful leaping attacks. The planet itself is also a threat, with carnivorous plants and packs of aggressive beasts roaming around, and the hunter team must really work together if they are to bring down the monster, utilising their tracking and slaying skills if they are to emerge victorious. For a neat twist on the usual deathmatch-style shooter, *Evolve* is definitely one to watch.

February also sees the release of the much delayed *The Order: 1886*, an alternate history action adventure from *Ready at Dawn*, developers of the PSP versions of *God of War*. Set in the murky streets of a steampunk-style London, players take on the role of an honourable knight who is part of a mysterious order at the forefront of a centuries-old war between humans and half-breed monsters and which now threatens to tear the world apart. The game features an impressive array of bizarre high-tech weaponry, such



as the Arc and Thermite guns, and crafts a compelling, rich and immersive narrative set in a wonderfully realised alternate past. For lovers of the likes of character-driven action games such as *Uncharted* and *Tomb Raider*, *The Order* looks set to deliver the goods.

Fantasy fans are in for a treat in February as the long awaited third instalment in the epic *Witcher* saga is finally released. The gameplay is similar to previous games in the series, with a familiar mix of exploration, combat and questing, but the open-world setting is more expansive than ever before, and it is claimed to be 20% bigger than *Elder Scrolls: Skyrim*. Even more exciting is the way that every player action affects the world around them, with multiple options to complete each quest, ensuring the game feels truly alive and evolving, while several inventive new mechanics are also thrown into the mix, including horseback combat and the intriguingly named 'witcher sense'.

March

Another game which has been subject

to delay is *Battlefield: Hardline* but it should finally be released in March. Developed by Visceral Games, who produced the acclaimed *Dead Space* series, the game aims to break away slightly from the usual *Battlefield* formula by placing the emphasis on law enforcement and criminals rather than the established military theme. The single-player campaign (a much maligned feature of previous *Battlefield* games) is promised to be non-linear, with a branching storyline that allows for player choice, but it's the multi-player aspect which most gamers are likely to be interested in. Here, they can expect a plethora of new cops 'n' robbers related game modes, such as *Hotwire*, where high speed chases are the order of the day, and *Rescue*, where the cops must save hostages being held by the crims. The usual impressive arsenal of weaponry is supplemented by the likes of tasers and handcuffs, while *Revolution*, the environment changing mechanic that rips holes in the landscape also returns but one has to hope that the game is

not plagued by the same kind of issues that *Battlefield 4* suffered from.

April

One of the most enduring franchises in gaming history returns in April, with the release of *Mortal Kombat X*, the tenth instalment in the notoriously gory one-on-one fighting series. Old favourites like *Sub-Zero* and *Scorpion* return in a non-linear storyline alongside new characters including *Cassie Cage*, daughter of *Johnny Cage* and *Sonya Blade*; *D'Vorah*, an insect-like woman with the ability to control bugs; and *Kotal Khan*, an Aztec-style blood god. It's tough to see where the developers can go next in terms of grossing out players, but fans can expect an even more outrageous set of brutal actions and fatalities, with *Scorpion's* face-slicing perhaps the most incredibly disturbing finishing move in the series' history.

May

May sees the release of what promises to be a remarkable 21st century update of a classic 1980s game. Developed by Julian Gollop, the industry legend best known for creating the *X-Com* franchise, *Chaos Reborn* is a sequel to his own turn-based tactical role-playing masterpiece from 1985, *Chaos: The Battle of Wizards*. The original is an acknowledged multi-player classic and sees players taking on the role of duelling wizards who seek to bring down their foes with an array of powerful spells. This new sequel maintains the original's basic premise but updates it extensively by adding an RPG mode and plenty of fashionable social aspects like the ability to join guilds, trade with other players and develop characters. While *Chaos* was understandably crude, if charming, in its graphics, this reboot is a visual feast, with designs that echo the originals but which take advantage of modern technology in stylish and elegant fashion. Gameplay too is noticeably improved, with added depth provided by the extensive spells and creatures on offer and mechanics such as the ability to cast illusions on your foes. Whether you have fond memories of the 1980s or are just looking for a deep, rich fantasy experience, then *Chaos Reborn* looks set to provide hours of enjoyable strategy and action.



June

June's big release is the final instalment in the critically acclaimed Batman franchise, with Rocksteady Studios back at the helm after Warner Bros. Montreal took over for Batman: Arkham Origins. Following on directly from Arkham City, the game sees Kevin Conroy returning as the voice of Batman, and pits him once more against the terrifying powers of the twisted Scarecrow. Gameplay promises to be an enhanced version of the much loved mix of exploration, puzzle solving and free-flowing bone-crunching combat that have made the previous games so popular, with new mechanics and gadgets thrown into the mix. Perhaps the biggest, and most exciting, addition is that of the Batmobile, with players finally able to get behind the wheel and bring terror to Batman's enemies. Packing Vulcan guns for taking out individuals, a 60mm hypervelocity gun for wrecking vehicles, and even a riot-suppressor for when a non-lethal approach is required, the Batmobile is definitely a force to be reckoned with. A who's who of DC villains also makes an appearance, including Penguin, Two-Face and Riddler but a major question mark hangs over the identity of the titular Arkham Knight, an all-new villain created specifically for the game by Rocksteady in conjunction with DC artists and writers.

Rest of the year or unconfirmed

Gaming schedules are extremely difficult to maintain so nailing down firm release dates can be tricky but the lat-

ter part of 2015 looks set to host some superb titles, even if it is impossible to state with certainty when exactly they will be released.

Microsoft's top exclusive, Halo, returns at some point in the year, with Halo 5: Guardians down for a third or fourth quarter release. Now in the hands of 343 Industries after original developers Bungie split from Microsoft, the game looks set to continue the high standard set down by previous instalments in the landmark science fiction shooter series. Details are scarce at the moment, although portions of the multiplayer mode have been seen thanks to the beta testing which took place this year, but a teaser trailer suggests a continuation of Halo 4's storyline, with old characters returning alongside new enemies. Interested parties should check out the Halo: Nightfall tie-in, a live-action digital series produced by Ridley Scott which introduces the narrative and which is available as part of the Master Chief Collection.

The gaming legend that is Snake returns in 2015 with the release of Metal Gear Solid V: The Phantom Pain, the true open world Metal Gear game that fans have been waiting for since the cruel tease that was Ground Zeroes. Following on directly from that game, The Phantom Pain sees Snake traversing a massive world, seeking revenge on figures from his past before uncovering a new threat to world peace. There's the usual mix of stealth, action and overblown plotlines, backed up by stunningly realistic graphics, beautiful design work and of course the dulcet

tones of Kiefer Sutherland as Snake.

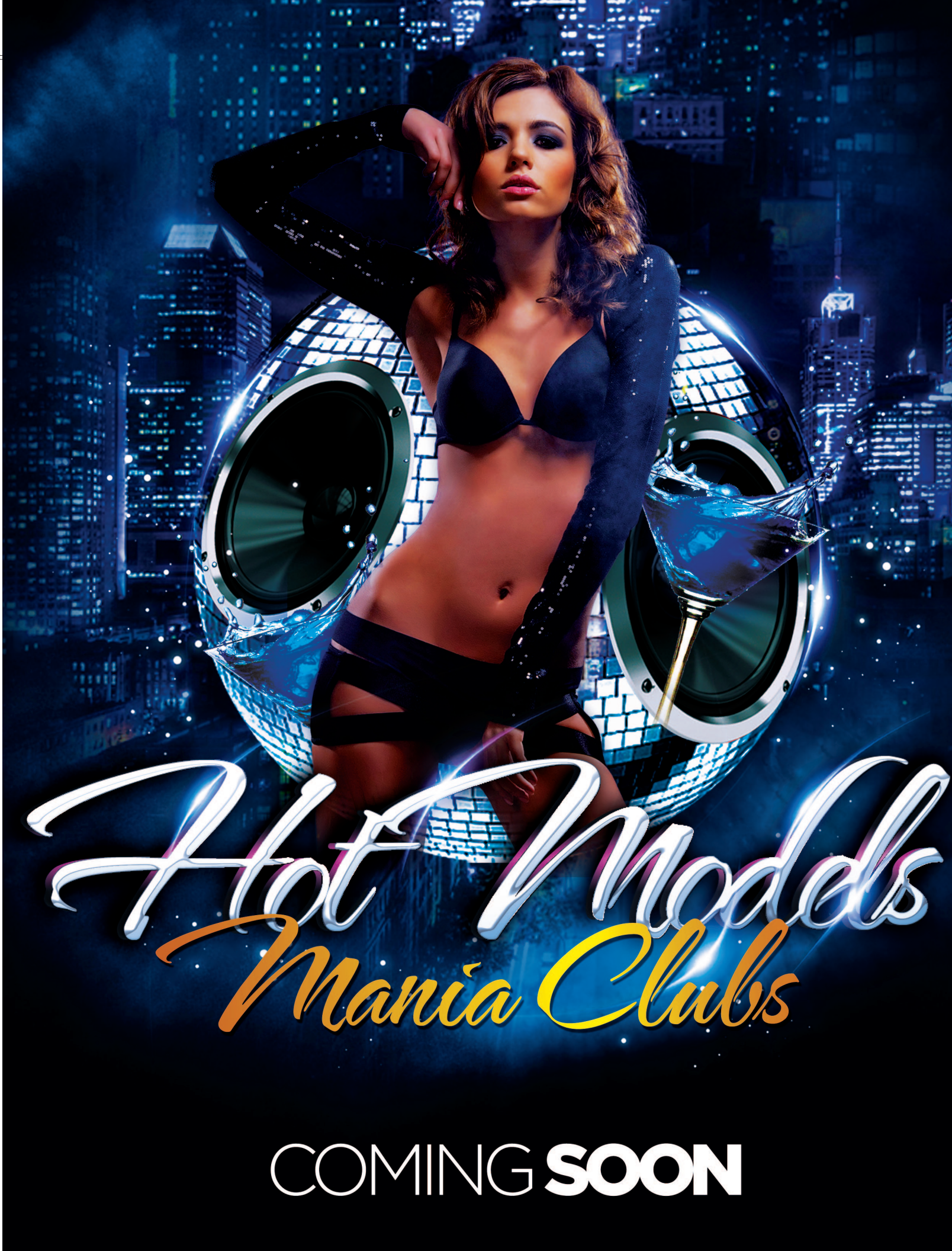
No Man's Sky is an impressively ambitious open-world science fiction game from British studio Hello Games, where players get to venture into the stars, exploring, trading and fighting their way through a procedurally generated universe, in similar fashion to classics like Elite. Players are free to travel as they wish, taking jobs on the wrong side of the law or exploring uncharted worlds and laying claim to them. Online features will allow players to interact with other bold adventurers, trading, battling or teaming up in the name of science as they see fit and although it's early days yet, the game has already won numerous awards for its bold and innovative take on the genre.

Another industry star that is getting an outing in 2015 is Lara Croft, with Rise of the Tomb Raider following up 2013's impressive reboot of the franchise. Details are as yet thin on the ground, but a trailer doing the rounds promises all the gritty, globe-trotting action we know and love, while hopes are also high for the story, given that the game is being written by Rhianna Pratchett, who worked on the highly regarded previous instalment.

2015 will be a big year for blockbuster action franchises, as Lara's chief rival also returns in the form of Nathan Drake as he stars in Uncharted 4: A Thief's End. The game finds a retired Drake returning to the fray as he sets out to uncover a vast conspiracy behind a legendary pirate treasure. Little has been seen of the game as yet, beyond a teaser trailer that offers plenty of clues and red herrings for those keen to seek out the truth, but Naughty Dog have promised that this will be Drake's greatest adventure yet, testing both him and gamers to the fullest. With the directors of the stunning The Last of Us, Neil Druckmann and Bruce Staley, now onboard, this does not seem like an idle declaration.

So, that's just a few of the highlights we can expect from 2015, with the promise of others such as Star Wars: Battlefront, a new Legend of Zelda game, Bloodborne and Projects CARS also getting gamers the world over excited about the coming year. While some might inevitably not quite live up to expectations, there's no real doubt that we are living in exciting times and that gamers have never had it so good.






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**OUR MISS MODELSMANIA
&
2015 Model Of The Year
Jaime Teolis**

Photography by Rick Trottier

Can you please tell the readers a little about yourself?

Hi! I am Jaime Ann Teolis. 34 years old born in Cranston RI. I am a middle child I have 2 sisters :) I grew up loving the spotlight. My mom won a pageant and became Mrs. RI in 1989 and my Dad also loved music and was the lead singer in a band :) I was captain of my dance team the falconettes at Cranston High School West. My dream was to become a Dallas Cowboys cheerleader when i was young haha I never auditioned however i did audition for the patriots Cheerleaders and Celtics dancers. I then began to audition for reality shows in 2009 and made it to the finals of a show called Tough Love on VH1 . i was cut the final round and then later auditioned for another. In 2011 i got cast and I was on a reality TV show called Ton of cash that aired on VH1. It was such an exciting experience for me. I also Have been Part of Links and Laces golf tour, and featured on the cover of local Magazines TIGRESS and MOTORHEAD.



What is your hometown?

Cranston, Rhode Island

Favorite food and drink?

Macaroni and caramel mocha iced coffee

Favorite music?

Pop music, Britney Spears, 80's and 90's

Favorite travel location?

Los Angeles California

Favorite sports?

I don't play sports haha but i love the new england patriots :)

Favorite things to do?

Dancing, fun parties, beach



What makes you laugh?

Everyone says I make them laugh.. I can be so silly and goofy at times.. I have fun just laughing at myself

What is your dream car?

BMW or AUDI convertible

What is the most sexiest outfit you would wear out in public?

I love short sexy dresses





How do you feel about being our Miss ModelsMania?

I am absolutely FLAvery grateful to be part of this magazine it's amazing!







Making the Most Money in 2015

Great Ideas to Help You Prosper in the New Year

By Rod White

The economy continues to chug along clumsily throwing an axe to conventional job opportunities and felling individual finances. However, opportunities for making extra money do exist, they simply require looking at business from a different perspective or taking the step out of the conceived comfort zone in order to cash in and live a more prosperous life.

Following are a variety of money-making ideas to suit practically every personality planning on prospering in 2015.

Small Business Ideas

Rent Friendship and Caresses – Society is becoming increasingly alienated from face-to-face contact which is creating some huge deficits that can be filled by savvy entrepreneurs. If you are a friendly type, you can open a Friendship Rental business for attend-

ing various activities and social events with clients, or meets with them to offer a listening ear and a shoulder to cry on. A 29-year old Portland, Oregon woman, Samantha Hess, opened a professional Cuddle Store called Cuddle Up To Me the beginning of 2014 and received 1,000 customers her first week. At \$60 per hour, that ain't bad! Sam first meets her clients in a public location to lay down the rules of her solely platonic business. To make everyone comfortable, she often uses a private room for her snuggle sessions that is adjacent to a waiting room where concerned family and friends can mill about.

Get 'em In Shape! – Poor diets and a lack of exercise can wreak havoc on a person's health and energy. Many people are 'seeing the light' of eating healthier and exercising, but simply do not know where to start. As a Personal Trainer, you can guide these wayward souls towards better health and brighter lives via nutritional diets

these wayward souls towards better health and brighter lives via nutritional diets

Cater to the Ravenous Hordes – One thing that rivals a love of cars in America is a ferocious fondness for food. If you love to cook and delight in designing delicious delicacies then the appetite dilemma can be easily quenched via a bountiful business in Catering. Overhead can be reduced and profits maximized by starting out in your home and, if business blossoms, you can move into a professional shop with more kitchen and storage space.

Keep 'em Computing – Are you a computer mastermind able to navigate the inner magic of the beast's hardware and software components like a wily wizard? If so, you might prosper at a Computer Repair and Troubleshooting service. Computers are now used by a majority of businesses and individuals, all of whom become mental maniacs when their machines malfunction.



Offer your services and save the day. You might even want to wear a cape. Become a Word Sculptor – That’s a fancy wancy way of saying Writer, but you really do need to possess the power of producing ideas through the written word. If you can express ideas clearly, concisely and colorfully then you can milk the cash cow through writing stories, articles, term papers and any number of other needs that require this special skill. Take a gander at me!

Online Business Ideas

Sell Goodies Online - E-commerce is still a blossoming frontier that produces billions of dollars every single month. Online businesses are quite versatile, allowing you to work full-time or part-time and from home, at the office, or on the go due to mobile internet technology. If you have the time and a little computer savvy, you can operate a successful Online Store.

You can either create your own website or you can set one up at any number of established online markets such as Amazon, Etsy, or eBay.

Help People Organize – Life has become hectic and a large number of people are horribly disorganized. Offer your services as a Life Coach and assist people with becoming the very best they can be. Although this business can be operated locally, it is extremely effective over the internet where a much larger potential clientele can be reached and services can be rendered via emails and video networking.

Become a Marketing Middleman (or woman) – The internet has grown so large that businesses are scurrying to reach the billions of potential clients with their precious products and services. This has created a great demand for Affiliate Marketers that encourage others to visit other websites and try the products of other people. By doing

so, you earn a commission on sales that you generate.

Information Application Guru – That’s an incredibly involved name for a Data Entry Specialist. Sitting at a computer and adding information into forms, charts and other sources may seem boring, but if you’ve got the knack then it can produce a nice extra income. The job is also extremely flexible, allowing you to do it in your spare time and even hop back and forth between other commitments and activities.

Operate as a Shadow Helper – That sounds all James Bondsey, but it’s much more exciting than Virtual Assistant which is a job in high demand in these days of international internet expansion. A lot of businesses like to hire virtual assistants because of the cost saving aspect of not having to pay insurance, make office space, or provide an endless supply of donuts and coffee. Take advantage of their savings by grabbing your piece of the



virtual office pie.

Home Based Business Ideas

Open Your Home for A Bed and A Biscuit - You may have a large, mostly unused home that needs to be better appreciated. Heck, you may even be having a hard time making those nagging mortgage payments. If this is the case, a little fixing up, compliance with local codes and modification of mortgage details and you can open a Bed and Breakfast in which traveling souls can rest and relax.

Vanquish Vehicle Grime - Ah, the automobile! A prized possession that most people want to glimmer, shimmer and shine so they look their royal best while patrolling past the peasants. You can cash in on the love people have for their cars and trucks by offering a Car Cleaning and Detailing service. Folks pay handsomely for a job well done.

Care for Kids - Society today abounds with single and dual-income parents who rely on someone to watch their children while they are working, on business trips, or out for that occasional psychologically soothing and stress-free getaway. Apply your love for kiddies by providing Childcare Services to those desperate parents. You can either open an in-home service that requires Ofsted registration for safety, criminal and medical checks, or you can opt to be a nanny or babysitter which do not require the Ofsted process.

Pretty Picture Taker - If you've joined the masses and have purchased the latest high-tech digital camera, but are finding uses for it difficult, consider opening a Professional Photographer business. Although most folks nowa-

days have their own digital camera, many of them can't seem to capture that magical moment without a big ol' thumb in the way or the fuzzy family feature. Use your mad camera skills and that new expensive camera to provide crystal clear, fabulous and frameable photos for the masses. They'll love ya for it!

Cook the Books - Sounds like a combination of a caterer and a librarian, but the reference is actually meant to describe a Bookkeeper. Those with optimal organizational qualities in their mental membranes can provide a much needed service by recording, editing and filing financial records for busy families and small businesses.

Investment Ideas

Ok, ok. So, all these job ideas are great, but you're proud as peacock because you've already accumulated a nifty nest egg nugget and have made a midnight vow to the gods that you will never participate in slave labor again. No problem, because you can

put that golden financial goose to work for you through savvy 2015 investment opportunities.

Finance Fantastic Films - Film Investment has become all the rage and if you can sniff out a hit in the making then you can bask in the brightness of celebrity gold. If you're lucky enough to cash in on a cinema sensation such as Harry Potter or the Lord of the Rings series (both of which were not expected to go anywhere) then you can kick back and puff peacefully on your pile of customized Cubans.

Capitalize on College Kids - Education debt is climbing at an astronomical pace which may be bad for some, but is a gold mine for others. To date, approximately 75 percent of the student loan total of \$1.2 trillion is outstanding debt which is eligible for Refinancing Investment. Private investors are expecting to rake in a bodacious \$200 billion... at the very least. This is your chance to finally make a fortune on a college degree, even if it's not your own.

Make Money on McMansions - You might cringe in fear at the thought of Real Estate Investment after the 2008 housing market mudslide, but the situation is subsiding and the sprawling suburbs complete with massive mansion homes are surging back. The economic bubble bust created a lot of have-nots, but it also cleanly separated a prospering portion of haves that are looking to move on up the ladder.

And there you have it, a lovely and lucrative list of some of the best money-making ideas to help you prosper pleasantly in 2015.



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2015 Model Of The Year

Christine Marie

Photography by Rick Trottier





EXCLUSIVE
FEATURE & INTERVIEW
CHRISTINE MARIE

How do you feel about being chosen as model of the year?

When I got notified by the CEO of ModelsMania I was completely stunned and super grateful!! Words can not describe how amazing that feels to get that kind of news when so many other things in my world seemed so hard for me ..it brought tears to my eyes. I feel so honored and it's such a privilege to have this kind of title! I'm so proud and i hope to be a great role model for others as well. Stay committed, focus and your dreams will happen when you least expect them!



Do you have any new year's resolutions for 2015?

Keep working hard, remain humble, stay fit, travel more places, be the best mom ever and meet my soulmate!

Do you have any special plans or goals for 2015?

I feel it's important to save up for a special vacation at least once a year but this year maybe several mini ones are just what I need and I'm definitely working harder on my fitness workouts.. For many positive reasons!





EXCLUSIVE
FEATURE & INTERVIEW
CHRISTINE MARIE



What do you think your best sexy feature is?

Probably my booty though people love how genuine my smile it is :)

Do you have any beauty secrets?

Always hydrate your skin daily including a sunscreen, drink lots of water, get a good amount of sleep if you can, eat clean and keep fit. For added hydration for healthy long hair, I like to add coconut oil for soft sexy locks







Image by Ryan Jorgensen - Jorgo/shutterstock.com

HOW ZOMBIES WORMED THEIR WAY TO THE MODERN CULTURE

By Jane Susaeta

Often depicted as mindless corpses that seek out living flesh for their consumption and survival, zombies have infiltrated the 21st century pop culture. Zombies are associated as creatures with decaying flesh, sometimes randomly protruding bones and oozing blood controlled by a master: a virus, sorcery or dark magic. But what is most interesting about this folkloric character is how they have been romanticized in media depictions – from literary novels, video games to films, and the reactions of the modern man with the living dead.

Origins of Zombie

Before we go any deeper on the effects of the zombies to the modern culture, it is helpful to get further insights on the origins of zombie and its evolution to the present times. The most common story of the origin of zombie is one that is told in the Haitian culture. In the book *Voodoo in Haiti* by Alfred Metraux, the zombie (spelled zombie) in the book is described as person whose death has been recorded. The dead person's burial was witnessed by friends and family, but is found several years later to be alive and controlled by a sorcerer called bokor.

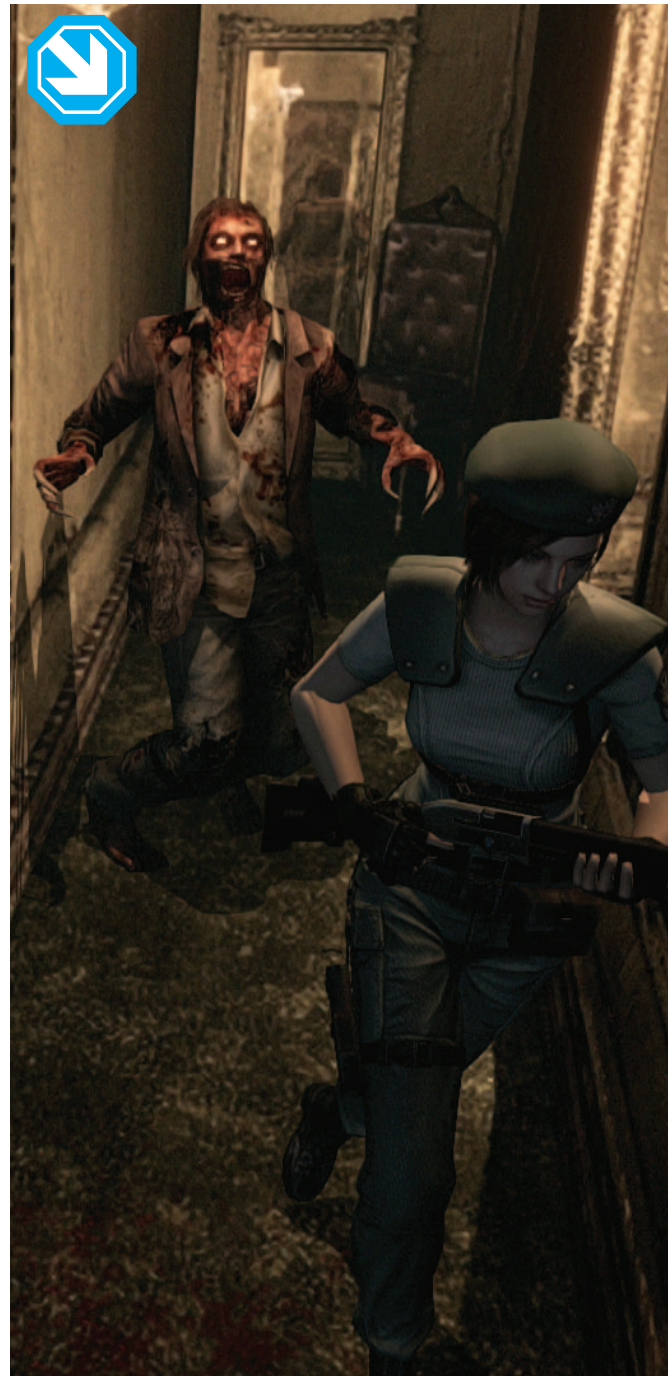
From the Haitian folklore, the zombie has already been pictured as a living dead without his own willpower and bids the commands of his master. This zombie did not attack humans or eat flesh (yet), but it was depicted as a slow-moving living dead. The common people in Haiti met their ultimate fear with the zombi: it was not to

be eaten by a zombie but to become one. So in efforts to stop possible zombification of the dead, Wade Devis went to Haiti to further investigate the phenomena. In his 1985 book *Serpent and the Rainbow*, he outlined that the bokor possibly used poison to rouse the dead from the grave but there were several antidotes to prevent this like sewing the corpse mouth or laying him face down to earth in order to disable him from answering the sorcerer's call.

Consuming Zombies in Our Daily Media

It is interesting to note that zombies have inched their way from their Haitian origin into our homes in the forms of popular consumable media: video games, films and literature. Perhaps the first depiction of zombies in films was in 1932 in the film *White Zombie* by Victor Halperin. Much like the zombie in the Haitian voodoo, the female living corpse in this movie was not flesh-eating. In fact, the producers refuse to portray zombies as cannibalistic by nature. But much like the bokor or sorcerer in the Haiti folklore, the zombie in this classic film was controlled by some form of hypnosis.

While these zombies spread terror in films, their nature became more violent and gore in the following decades. In the movie *I am Legend* released in 1954, a post-apocalyptic story of surviving a world-full of zombies in the suburbia. Much like the Haitian folklore, the zombies in these films are friends, family and neighbors who had been infected by some sort of a virus.



But the zombies most of us are familiar with, the flesh-and-brain eating, fast-moving corpses who go with hordes are popularized by George Romero's *Night of the Living Dead*. These zombies were lifeless creatures who mindlessly walk around the city. These zombies also tend to become more powerful and frightening when moving with a mob.

George Romero's *Night of*

the *Living Dead* set the pace for what the future zombies will look like, more or less. A decade after, George Romero released *Dawn of the Living Dead* which picked up from the last scenes of the *Night of the Living Dead*. There was an insatiable appetite for zombies during the 80s as it provided the audience a kind of thrill and terror they don't experience with vampire or ghost movies.



Image by Yeko Photo Studio/shutterstock.com

The Dawn of the Living Dead was followed by the Day of the Living Dead and the Return of the Night of the Living Dead.

All throughout these four movies, the zombies were typified as slow-moving, group-loving and flesh-eating corpses. The fast-moving breed of zombies was introduced in the movie 28 Days Later. Still cannibalistic like the older versions, the zombies in this movie annihilated England and a sleeping survivor journeys through the post-apocalypse storyline. The sequel, 28 Weeks Later, was released in 2007.

Zombies in Video Games

Inspired by the zombie characters in the movies, zombies as villains in video games became best-sellers as well. In 1996, the Resident Evil was available in the playstation. Like most post-apocalyptic zombie storylines, the Resident Evil video game featured a leading character annihilating the zombies by shooting them in the brain or cutting their heads off. In 2009, Resident Evil 5 was released, still the same storyline but the zombies looked more modern and aggressive: they can ride motorcycles, drive vehicles and hold weapons and artilleries.

Other video games that featured zombies include Last of Us, House of Dead and World War Z. Plants Vs. Zombies was also a popular game played in more recent technologies like

the smartphone and Ipad. The main premise of this game is that gruesome-looking zombies controlled by a higher and more powerful creature destroys the plants and eat the brains at the end of the trail.

Zombies in Music

It has become apparent that our penchant for zombies does not stop in video games and music. Zombies have become a recurring theme in music as well, Thriller by Michael Jackson being the most popular. Coupled with a choreography simulating the movements of the living dead, Thriller has become one of the most popular music of choice during Halloween.

Aside from the zombie message, whether pun-intended or not, in music, some music videos have also included the appearance of zombies. Some examples include "Kick It" by Peaches and Iggy Pop, "Coffee" by Aesop Rock, and "Scream" by The Misfits. Zombies in the music videos pretty much look like and act the way they were previously described, but with an added sensuality in some of these MTVs.

Zombies in Television

From the time White Zombie was shown in theatres in the 1930s to the present, we have been seeing how zombies evolved from one form to another. And the closest and most avail-

able exposure to get your zombie-fix nowadays is through television series. AMC's The Walking Dead has been making waves since its pilot episode in 2010. The series revolves around a group of people who survived the zombie apocalypse.

The Walking Dead now runs on its fifth season and continues to hook viewers not just with the dynamics of the characters, but also with the dynamics of the character of the zombies, here called walkers. The walkers in The Walking Dead are presented in the most balanced versions of the old and new zombies: they eat flesh, like to move with groups, but they can also be strong.

The element of drama in this series is also very catching. It presented conflicts between characters because friends and family were turned into walkers. The only way to not turn to be one is to be shot or stabbed in the head, or else the human loses proper judgment and willpower and its only source of sense is to feed on flesh in order to survive.

The Zombie Apocalypse

The zombies have become so embedded in our culture that at one point, we began to examine and analyze the possibility of their existence or contracting a virus that can induce zombie-ism. We've feed on zombies in the digital media for years now and instead of

them feeding on us, we've become very hooked on their persona.

Have you heard about stashing food, water, emergency kits and weapons not just to survive a calamity but survive the possible onslaught of zombies into the world? Have you actually considered "zombie-proofing" your home or constantly think of an exit route should zombies attack anytime soon? However, zombies may have frightened you to dig a tunnel under your house, but you also have to admit that like vampires, we've also come to celebrate the thought of their existence in our modern culture.

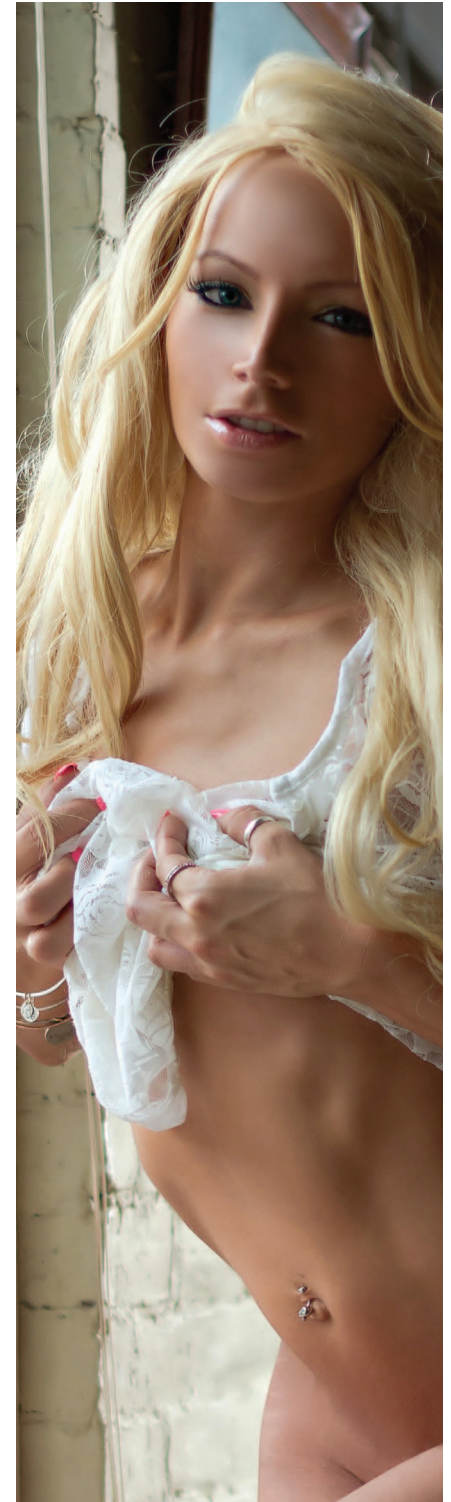
The zombie apocalypse just like those in the movies, games and novels opens us to the idea that the world may end with zombies free-roaming about anywhere and humans have to hide or fight back, least their brains be eaten. The zombie apocalypse inspired what's

scary about these beings: rotten flesh, loss of willpower and the carnal desire to eat flesh. On the other hand, the concept also tells us that we celebrate the concept of the existence of zombies. While many of us are not exactly fond of the thought of the dead roaming amongst the living, we also get thrilled with the idea of it.

The zombie apocalypse, or the belief in it, tells us that zombies have made a significant impact in our modern lives. Perhaps without us realizing it, the zombies have actually made us scared about dying, rising from the grave and being one of the slow-moving flesh eating mobs. Whether you are skeptical, frightened or unaffected by the thought of the zombies, it is interesting how zombies have positioned themselves into the popular culture and how we've come to welcome them with mix emotions.



Andrew Lincoln of the "The Walking Dead"
Image by Helga Esteb/shutterstock.com



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Featured Model



2015

MODEL OF THE YEAR

KAYLA RHEA

Photography by Karl Yamashita





EXCLUSIVE
FEATURE & INTERVIEW
KAYLA RHEA

How do you feel about being chosen as model of the year?

I'm completely ecstatic to have been chosen for model of the year! I feel very honored, blessed and thankful.

Do you have any new year's resolutions for 2015?

This year is very simple for me my main priority is to be the most healthy me possible. I completely cut out soda and caffeine. I started doing hot yoga and drinking mostly water. But I'm also focusing on inner health, surrounding myself with positive, encouraging people and studying my bible more often.









Do you have any special plans or goals for 2015?

After I give birth to my son I plan on training hard to compete in the Muscle Mania competition.



Do you have any beauty secrets?

I think being free to be yourself, to smile, make a goofy face or mistake, loving yourself and not taking yourself too serious is key to beauty.





















2015 Comic Book Releases

By David Pearce

The next few months promise to be exciting times in the world of comic books, with a number of new titles released alongside plenty of returning heroes and movie and game tie-ins from both the major publishers and the smaller indies. Here, we take a quick look at some of the more intriguing titles coming soon.

Tying in to the forthcoming blockbuster video game release that is *Batman: Arkham Knight*, DC Comics have announced that a digital-first series will be coming in February 2015. The game acts as the concluding chapter to the highly acclaimed franchise and sees the introduction of an all-new character designed specifically for an all-new narrative, with this comic series playing the part of prequel. Story details are still firmly under wraps but the book finds Batman recovering from the shattering events of *Arkham City* and questioning his role as Gotham's

protector. However, the appearance of the mysterious *Arkham Knight* brings everything into a new light and it's not long before Batman is back out on the streets.

The comic is being written by Peter J. Tomasi, who has an extensive lineup of credits as both editor and writer, including books featuring the Justice League, Batman and Robin and Green Lantern while art duties are being handled by Viktor Bogdanovic and Art Thibert. The print edition will feature two covers, one featuring art from the game and will go on sale 11 March 2015.

The writer behind one of Spiderman's most controversial storylines ever returns to the series in March for another instalment in the web-slinging superhero's tumultuous timeline. Gerry Conway co-created the classic villains of Tombstone and Hammerhead and also tugged readers' heartstrings with the emotional death of Gwen Stacy and

his comeback to the universe of the *Amazing Spiderman* promises to live up to his lofty reputation.

The five-part story, entitled *Spiral*, sees Spidey flipping between the down and dirty grit of New York City and the inter-dimensional world that is the *Spider-Verse*. *Spiral* features the relative newcomer character that is police captain Yuri Watanabe, who also happens to moonlight as vigilante Wraith, and sends this honorable and heroic individual down a dark path that sees her facing the central dilemma to her dual life. Spiderman too doesn't miss out on the self-analysis and starts to look at the justice system and his role within it in a whole new light but if this is starting to sound a bit too serious, then don't panic. The whole thing plays out against a backdrop of gang war, with several groups vying for control of New York after Kingpin's unceremonious kicking out and when you throw in both Hammerhead and Tombstone,



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never far away. They promise to venture into main character Bigby's backstory through flashbacks while also maintaining the poetic horror elements that have helped make the game so popular. The first episode is available now and fans of either the game or the original series would be well advised to check it out, thanks to its mix of stunningly atmospheric art and what promises to be an engrossing, convoluted storyline.

Movie fans eager for the return of Star Wars might be able to satiate their desires in early 2015 when Marvel publishes several new series starting the original heroes of the classic films. The first ongoing series is set between the events of A New Hope (Episode IV) and The Empire Strikes Back (Episode V) and features such iconic characters as Luke Skywalker, Han Solo and Princess Leia battling to save the universe in the way that only they know how. Although the Death Star may have been destroyed, dark times still lie ahead for the Rebel Alliance and Darth Vader intends to turn his apparent defeat into victory for the Empire.

Vader also gets his own series in February which promises to tell the tale of the epic battle for control of the galaxy from the dark side and follows

his quest to return to the position of the universe's most feared individual and to restore his reputation in the eyes of his master, The Emperor. Finally, Princess Leia gets the chance to shine in a five-part series that deals with her coming to terms with the loss of her home planet and the responsibility which comes with being a rebel leader.

Fans of long-running manga series Naruto, the massively successful series that has spawned movies, games, novels and even a trading card series, will be overjoyed to hear that the second sequel will be published in spring 2015, albeit as a shorter mini-series. Although the exact extent of the story is as yet unknown, it has been reported that the series will focus on the children of Naruto, Hinata, Sakura and others and takes place after the epic finale of the current series, which came to an end in November 2014. Fortunately for fans, the new series will still be in the hands of creator Masashi Kishimoto, so hopes are high that whatever surprises he has in store will live up to what has gone before.

The long running series that is Archie returns in 2015 ahead of the 75th anniversary of its creation in 2016. Published by Archia, this relaunch is promised to take the series back to its edgier roots, while building off the

Spiral promises to be as action-packed and thought provoking as fans could hope for.

In a slightly bizarre move, the video game series from Telltale Games, *The Wolf Among Us*, is getting a comic book interpretation, despite having actually originated as a comic book in the first place. The game is set in the Fables universe of Bill Willingham, where various characters from folklore and fairy tales have found refuge in the mean streets of New York and acts as a prequel to his original series. Both the comic book and its spin-off *Fairest* are coming to an end however, so it seemed only natural to the creatives at DC and Vertigo to cash in on the game's success and explore this fascinating setting even further.

The Wolf Among Us is notably different from the main series and writers Matt Sturges and Dave Justus are keen to explore its dark, noir-like world where murder and mystery are





humorous strengths of its extensive line-up of characters to create a surprising and definitive take on Archie's origins, a story that has never been told. The re-boot is in the capable hands of Mark Waid and Fiona Staples who between them have worked on acclaimed titles such as *The Flash*, *Kingdom Come*, *Superman*, *DV8* and *Saga* and who have both been recipients of an impressive set of prizes including Eisner, Joe Shuster and Harvey Awards.

For a trip into an imaginative science fiction setting where natural death has been conquered and where nine new self-proclaimed gods struggle for supremacy, then IXTH Generation has to be worth a look. Published by Top Cow Productions and following on from the cybernetic future laid down in *Aphrodite IX* and *Cyber Force* while combining it with the supernatural elements of *Artifacts*, this first episode in the new series presents readers with a startling vision of the future while posing some fascinating and complex questions on the nature of Utopia and the possibility



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of its creation. Featuring bold, stylish artwork and a thought-provoking storyline, this one promises to be a series of some interest for comic book fans on the quest for something a little unusual.

A definite treat for followers of Michael Turner's long running *Fathom* series, which has been thrilling readers for over 15 years with its tales of underwater adventure, is the upcoming release of the *Fathom Sourcebook*, a detailed and comprehensive look at this fascinating universe. The book drops just in time for Christmas and features plenty of profiles and background info which shed light on story elements, characters and equipment while also featuring heaps of the lush artwork that has helped to keep the series going for so long.

Another series which shows no sign of losing its appeal is Dark Horse's *Al-*

iens, which has been expanding on the stunning sci-fi universe first established in Ridley Scott's seminal movie and which has seen a number of sequels across movies, books and comics. The current series, *Fire and Stone*, sees its fourth episode released at Christmas time and continues to bridge the gap between *Prometheus*, the most recent film to tackle the scariest xenomorph in the galaxy, and *Aliens*, James Cameron's gung-ho follow-up to Scott's original. This episode continues the tale of survivors from *Hadley's Hope* as they escape one nightmare only to find themselves caught up in another, with the *Alien* not far behind. Written by Chris Roberson, *Fire and Stone* is subdued and moody, exhilarating and horrific in equal measure and should be checked out by followers of one of the richest franchises in movie history.

If you've been lamenting the lack of classic Chaos! Comics character Chastity, then you'll be pleased to hear that she returns in March 2015 in a 176-page trade paperback. Re-imagined for a new audience, the all American teenager finds herself recovering from an athletic injury and taking refuge in a series of vampire novels. However, unbeknownst to Chastity, these books act as a portal into a world of vampires, pain and hatred and she soon finds herself facing the ultimate darkness as she grapples with the possibility of an unholy change into a blood-sucking being... or something worse. If you like your comics darkly

humorous with lashings of action and violence, then this is another re-boot which should be high on your list on New Year's reads.

Although the idea of a comic book based on a Disney theme park ride sounds weird, Marvel's upcoming Big Thunder Mountain Railroad actually looks highly promising and follows in the footsteps of the equally enthralling Seekers of the Weird and Figment. This one combines the talents of old-hand Dennis Hopeless (Avengers Undercover) and rising star Tigh Walker to create a thrill-packed origin story for the legendary Disney ride and explains how it became the haunted attraction

it is today. The first issue of this five part story hits the streets in March and promises all sorts of excitement including earthquakes, floods and even dynamite-munching goats.

A couple of classic movie series are slated to return in 2015 with both Bill and Ted and Howard the Duck making appearances of the shelves of comic book stores everywhere. Howard the Duck may not be the most obvious choice for a series but following his triumphant appearance at the end of Guardians of the Galaxy, it seems there are more fans out there than many imagined. Although many will remember Howard from his terrible 1980s movie, his original comics are

witty and inventive satires running through a variety of genres. The new version has been promised to return Howard to his former glory and will see him working as a private investigator within the Marvel universe, a setting which suggests lots of potential for all-star cameos. The focus will very much be on science fiction and comedy, with a lot of visual gags that harken back to the originals and which should bring in both new audiences and die-hard fans.

BOOM! Studios will be responsible for bringing back the classic pairing of Bill and Ted, who starred in two cult comedy movies in the 1980s and 1990s and will be seen in 2015 in a six issue miniseries entitled Bill and Ted's Most Triumphant Return. It is apparently unrelated to a potential third movie and is instead set after Bogus Journey, where the duo will travel to the future in order to prevent a young DeNomolos from becoming the villain of that movie. For anyone who loves that retro 80s vibe and slacker humour, this promises to be a nostalgic trip that is most worthy of taking.

So there you have it, a short but sweet rundown of some of the most interesting comics coming out in the New Year and whether your tastes run to science-fiction, horror, superheroes or manga, there's clearly no shortage of books that will keep you reading for the next twelve months.

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THE SHINY NEW TOY SYNDROME

Written by Rick Trotter

The gleaming, glorious Matchbox Race Car beckons to him from the display case sitting up high on the counter, like an altar where beauty is enshrined. The little boy presses closer, trying to merge his being with the space where his desire awaits. His face is glowing with anticipation and inside his chest, his heart beats like drum as the moment edges closer. His mother asks "Is that the one," pointing to the car he wants with all his soul. Unable to speak, his throat so closed with emotion, he can only nod. A soft smile forms on his mother's face and she gestures to the store clerk. He knows what is expected of him. A pristine Matchbox Race Car in an equally pristine box is extracted reverently from behind the display case and is carefully placed into a bag. After a mundane exchange of monies, the prize is bestowed upon the little boy with all the ceremony of a sacred ritual. He beams more brilliantly than the sun, the joy of his life held tightly in his eager hands.

All during the ride home, the little boy thinks of endless and sundry ways he will play with his Shiny New Toy and upon his arrival, he sets to it with fervent energy. The afternoon is a whirlwind of exciting and delightful schemes where he arrays his Toy in encounter after encounter, tableau after tableau, each more wonderful than the last. A radiant sun in a lapis sky stabs down and makes the chrome on the Toy's body sparkle as magnificently as any diamond, the rich tones of the paint blaze with a lustrous beauty that only he can truly appreciate, as he plays with his Toy in a manner that blends love and possessive bliss in equal measure.

His mother's call to dinner brings the afternoon of pure delight to an end, the sun dipping to the horizon and shades of evening creeping out of the corners of the backyard and crawling across the lawn to the house. Once inside, the boy places the Toy on the Newell Stand next to the staircase leading to the second floor and he goes to wash up. At dinner, the little boy waxes eloquent to his Mother and Father about his afternoon with his Shiny New Toy.

They listen indulgently, gentle smirks on their faces, for they have heard this animated litany before. Dinner ends, evening TV shows beckon to the boy and for a couple of hours he loses his reality in Westerns and Science Fiction dramas that he loves with a fierce excitement. Each week there is a new adventure, but each and every week he wishes he didn't have to wait seven days to find out what the next part of the story is going to be. He really doesn't like waiting.

By the end of the evening, the little boy is yawning and his sleepy eyes are closing of their own accord. His mother leads him upstairs, tucks him in and kisses his forehead before heading back downstairs to finish her evening tasks. Before doing anything else that she knows needs her attention, she retrieves the brand new Matchbox Race Car from the Newell Stand and brings it to the little boy's toy box in the den.

It is a large toy box, filled with all the love that money can buy for their cherished little boy. When she opens the toy box, there is a surprising organization to what one would normally assume would be a pigpen of assorted playthings. On the left are a few sports and military toys, but not many. The little boy is too young for such things and has shown fairly limited interest in the run-of-the-mill boys' toys. It is on the right that the bulk of what encompasses the little boy's heart and mind can be seen. A glittering pile of



steel, chrome and paint of surprising size takes up the lion's share of the toy box. Like the heaped treasures of the Incas, a mound of Matchbox Cars spreads its glory. Each car is beautifully made, intricately designed, of marvelous workmanship and every single one of the cars has brought the little boy an afternoon of elation. His mother carefully places the Shiny New Toy at the very top of the pile of cars, hoping that he will remember that it is here waiting for him, but knowing that before lunch tomorrow, his mind will be fixating upon the next Shiny New Toy that will be coming to the Store in another month. There will be other bright things to catch his attention in the days and weeks to come. And this wonderful little toy, so beloved for a priceless moment in time, will be forgotten like all the rest, never to be valued in quite the same way ever again.

I knew several little boys like that growing up, coddled little regents of suburban royalty whose lives were one endless parade of materialistic emptiness, day after day, year after year. And what is even more fascinating is that I see little boys like this even more commonly now in the photography-modeling community and they suffer from the same malady, but apply it to "their avocation" when dealing with female models. It is one of the most serious issues in our Industry today, just another outgrowth of "the girl-hunting" phenomenon and another rotten fruit of the TF/Tests epidemic that continues to cripple an Industry that struggles to be taken seriously and rise to the occasion.

The Shiny New Toy Syndrome is a childish response to an all-too-common need in most photographers to compete with other photographers, giving in to infantile urges and showing little or no willingness to practice the impulse control typical of adults. Each and every year, there is a new lovely model that finds her way into the stream of social media

and for whatever reasons of mixed beauty, presence and sensuality, she garners a fair amount of attention. And soon afterwards, photographers of all talent levels and experience rush to tempt her to shoot with them. For some of those photographers, who are so very eager to jump on the bandwagon and get in on the new "Flavor of the Month", it is a question of "wanting to be first", which is a leftover childishness from the earliest years of school. Every child needed to be first in the lunch line or the first in line coming off the playground, even though there was little or no value in being first. All that mattered was the competitive need to be at the head of the line. And that same behavior continues to exert itself in the psyche of the photographer who hastens to the feeding frenzy, hoping to be first in line to shoot with the Shiny New Toy. Other photographers have

can produce the sexiest, or most eye-catching of images, they can put "the smackdown" on other photographers and feel the thrill of the alpha male dog that urinates on the log marking the pack's territory before any of the other canines. So rush they do, offering all manner of TF shoots to the new beauty, playing upon her ego and making her feel beautiful and ever-so flattered to be noticed. And what ensues is a torrent of images of the "Flavor of the Month" girl on social media, not one of which will actually be used for any reason like publication, commercial advertising or any legitimate business purpose. They will just be pictures. And the photographer will puff out his chest in triumph that he shot with the "Flavor of the Month" Hottie. And the girl will feel a heady swirl of excitement from all the attention she received from all quarters. And all will seem well. But like any condition, the Shiny New Toy Syndrome has an end result worth contemplating.

Next year, when the newest version of the "Flavor of the Month" beauty comes along, last year's Shiny New Toy will be absent from view. She will be like the Matchbox Car, beautiful and wonderful, but forgotten, because she is no longer new and therefore not nearly as shiny and bright. Sometimes, the forgotten shiny new toy who was once the "Flavor of the Month" soldiers on and tries to build a serious modeling career by legitimate means. And once in a while that girl rises above the girl-hunting little boys and makes a name for herself. But too often, the girl who was once the "Flavor of the Month" and everyone's beloved Shiny New Toy drops out of modeling because she was seduced by the siren call of a brief surge of attention from photographers and on social media, not fully understanding that when the 15 minutes of "fame" are



an even more juvenile and primitive motivation for rushing to shoot with the hot new "Flavor of the Month". If they

up, you have to really WORK to keep yourself surging ahead in this Industry. And the little boy photographers are

averse to serious work. They just want to have their time with the Shiny New Toy.

On the photographers' side of the equation, their reprehensible and irresponsible behavior has done no end of harm. It continues to perpetuate that stereotype that photographers get into fashion and glamor for one disgusting reason only. Certainly it is true that such is often the case, but many of us are enamored of that wonderful admixture of art and business that makes each day worth living. Another regrettable outcome of their self-absorbed choices is perpetuating the unsustainable belief in many aspiring models that all kinds of success can be had for free. But such is a miserable lie. As models ascend the ranks of serious professional photographers, most will not offer free sessions. Real modeling agencies collect a percentage of your work pay if you have signed with them. Professional makeup artists and stylists expect to be paid for their brilliant work. So the untruth that was planted in the minds of aspiring models that "I can make it to the top for free" usually reaches a dead end at some point. And lastly, most smart aspiring models see what they have got themselves into and recoil from the unethical stance of the little boys. Most of these photographers have a "sliding scale for hotness" when it comes to their imagery. Ridiculous euphemisms like "I only shoot tests/tf for agency models" is another way of saying "If you're smoking hot and tickle my fancy, I will give my time away to you, but all the rest I will charge". I know many young ladies who were charged by photographers when their friends were given free sessions, simply because that girl caught the little boy's eye, stirred something in him and he doesn't have any of the requisite self-control to actually say no. So both girls come out of the exchange losing in the end. The girl who didn't get the freebie feels awful about herself, which is not the end product any self-respecting professional should ever seek, and the girl who got the test session is an accomplice to enabling the Shiny New Toy Syndrome, just like the mother in the introduction fed the ever-mounting selfish needs



of her son.

In any profession, a code of ethics is expected of those who choose to

call themselves professionals. Lawyers, doctors, teachers, scientists all subscribe to some creed that binds them the straight and narrow when it comes to their behavior and thinking. The problem with the arts is that such ethical codes are more on "the honors system". There is no governing body overseeing the actions of artists and it is only public scrutiny and word of mouth that sometimes causes artists like photographers to reign in their behavior at times. I remember reading about Robert E Lee as a young person, and how his mother taught him to revere General George Washington and to practice self-control and self-denial in ALL things. What few people knew at the time was that her dictates on comportment were a response of the young Robert E Lee's father, who had been a spendthrift, a philanderer and eventually abandoned his family. Photographers and models must be willing to think about their choices and make decisions that not only benefit them, but do credit to our Industry, raising it above the levels of the past towards a brighter and better future. Finding the strength to not aid and abet the Shiny New Toy syndrome is a wonderful place for photographers and models to start building that code of ethics.





Mind-Blowing Sex Tips for Couples



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When you've come to learn the essence of sex to your life and relationship, you also begin to consider to stay on top, pun intended, of your performance so you and your partner gets the best sex every time. Whether you're in a decade old relationship with your spouse or aims to show off your prowess to your new date once dinner is over, powerful orgasms and mind-blowing sex will always create and leave an impact. So we've gathered together the best sex tips for couples to try and explore in their sexcapades.

- Patient foreplay. Great sex is not timed or should be treated like a chase. It should be luxurious and free-flowing, so you need to pack a lot of patience with you when you get into the bedroom. Of course, there will always be this carnal desire to enter or be

entered, but don't do it immediately. Sensual foreplay takes time, sometimes even longer than your pumping moves, so it should be enjoyed and worth delving into. Don't rush penetration – you'll soon get into that. Great foreplay should allow you to explore every inch of your lover's body with touches, licks and whispers. Take advantage of foreplay to let your lover feel he or she is sexy and desirable.

- Worship your lover's body. The trick here is to know which part or parts of your lover's body makes her tick. People are different, so some women may be more sensitive around the nape and the sides while some men may like their nipples or ear lobes aroused. Once you get to know your lover's erogenous zones, devote a generous amount of time there before heading down south for the much-awaited union. Keep your

partner on the brink and enthralled so he or she will find the "meeting" a much exciting prospect.

- Try new moves. If you've been doing the missionary style alone for so many years now, your partner may silently be craving for newer, more exciting moves? Have you read of the scissors position? Have you tried doing it with your lady sitting on your lap while riding your penis? And have you even considered doing it standing up or laying down on your stomach? You'll soon find out that some moves are better when it comes to hitting the G-spot while others create mounting arousal for your man. Let your creativity take over as you explore new sexual positions that could work for you and your partner. Alternatively, you can read books like the Kama Sutra or watch videos for better visual demonstration.

• Try other places. This is a classic advice but one that shouldn't be ignored. True, the bedroom provides you with ample privacy so you can jump and pump without the fear of being seen, but other areas around the house could be conducive for a great sex too! The living room while watching TV, the laundry room while your wife washes your clothes, the kitchen while your man cooks some breakfast and even the bathroom could be great places to try! Bottom line: Sex doesn't have to be limited in your bedroom. It may even more fun to do it elsewhere!

• Walk around the house buck naked on a lazy Sunday. So you have no definite plans and not expecting guests on a Sunday, what's the best thing to do? Get naked of course. This doesn't mean have sex all day on Sunday, although that too is a great idea, but being naked and not having sex (yet) is a great visual teaser for your partner. Be naked while reading a book or preparing lunch. Sooner or later, your partner will be very turned on but you both have no choice but to happily give in.

• Watch porn flick together. Men may be known to gravitate towards porn than women, but the ladies may get a hint or two by watching porn together. In the privacy of your room, dim the lights and feed the player with a porn film you both have never seen. This will make sure that you both don't know what's coming and you both feel the same level of anticipation. You may also mimic the moves as the film progresses, or recreate the moves later on. Either way, watching porn will give you better insights and ideas to tricks and positions.

• Play games. Great sex could start rather innocently. Say, you're just playing a board game but would like to add more twist to it. Every time your partner loses, he or she needs to remove a piece of clothing. Playing hide and seek with great sexual rewards and "punishments" should provide a great level of excitement too! You can play traditional games or sexually-themed games to further build up the anticipation.

• Introduce new "items." You may have

always been contented with just your lips and bodies crushing one another on a great sexual intercourse, but introducing new things can make the activity even more exciting. A whip, fancy handcuffs, a scarf to tie your lover, a dildo, or cream frosting should introduce new tricks to you and your partner. These things along with a choreographed costume may even bring both of you in the mood for role-playing too! Tonight, try to be the sex-deprived school girl consulting his math teacher for a private tutorial. Of course, the lesson should lead to something else.

• Explore each other's fantasies. There's nothing better than ticking off the sexual bucket list than fulfilling each other's fantasies. You partner may have always wanted to do it in a semi-private place like the department store fitting room or a secluded beach while your date may want to do a strip-tease or lap dance for you before the

main event. You could probably keep a list of your fantasies and take turns making it a reality for your partner.

• Use your tongue, mouth and lips. It may only take your nether regions for penetration, but oral sex creates a layer of excitement that results to explosive orgasms. Use your tongue to lick on the folds of your lady love or use your mouth to suckle at the length of your guy's manhood. Vary the direction, pressure and intensity and your partner should be clamoring for entry in no time.

Effective love-making is about knowing what your partner needs and desires, while having your fulfilled as well. It is a two-way street wherein both of you aims to provide satisfaction to one another. Great sex is an important component for healthy relationships, so invest in these tips to keep your partnership happy.



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