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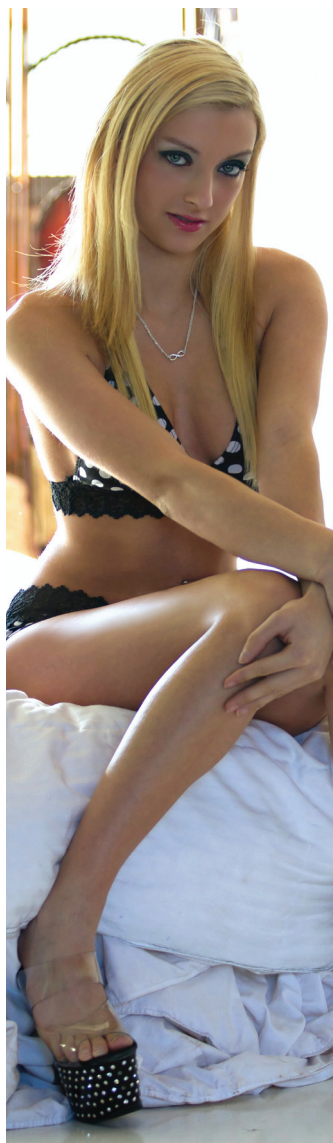
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MODELSMANIA

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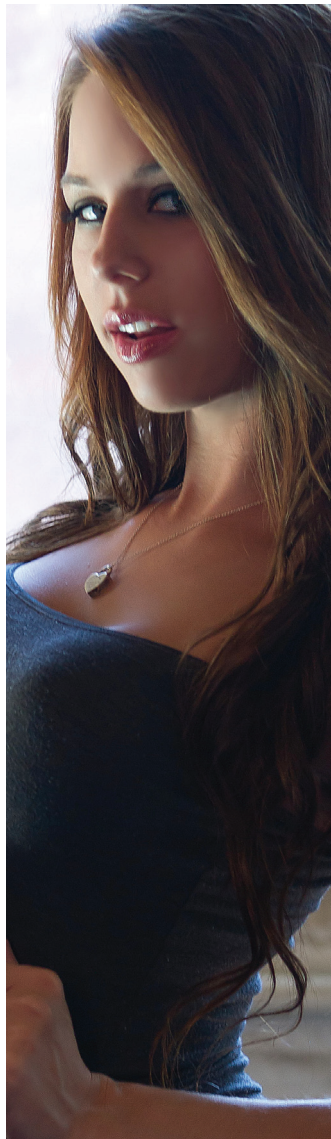
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HOT EXCLUSIVE



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OUR FAVORITE TWEETS

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Look for the beautiful @kimberly-heart69 on the cover of an upcoming issue of ModelsMania!

@ModelsMania
Look for @Jason_Sturgeon coming soon to an upcoming issue of ModelsMania!

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Our new adult version of ModelsMania has arrived and you can subscribe now! Just go to our ModelsMania Shop!

TOP WORLD TRENDS

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#titanic
#bulgaria

Chile
#dakar2014
#juventus

Denmark
#bigbrotherdk
@troyesivan

Greece
@boobschicken
#greece

Ireland
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New Zealand
@_amroali
@nzherald

Philippines
@thebucktlist
@awkwardposts

Sweden
#finland
#jvm2014

FAVORITE MENTIONS

@NicolaRoccox
@xMissVSx @ModelsMania can't wait!

@xMissVSx
Looking forward to our feature in @ModelsMania, myself and the beautiful @NicolaRoccox are going to be on the front cover! Watch this space

@Jaime_TeolisVH1
thank to everyone who voted! I won the @ModelsMania Miss models mania contest! so excited!

@Liam12
@Jaime_TeolisVH1 @ModelsMania Congratulations honey

@NAGYSNEST
@ModelsMania Every model in your magazine is every guys dream girl. They are so beautiful. Thank you for following me. Happy 2014.

@MarkyMarcelus
@VelVelHoller Great to see the hottest female wrestler and @ModelsMania cover girl letting the pigeons loose on #Genesis #TNA

@NAGYSNEST
@ModelsMani @modelkristyann I hope she gets the cover, because she is that beautiful!!

TOP FAVORITE TWEETS

@KristenClink
It doesn't cost a dime to be kind to someone -grandma cheek

@MissTriciaEvans
Happy Birthday Jesus Thank you for giving your life for us!

@MillieJo09
I need another monster...or coffee

@MelissaLori1
Life is like a box of chocolates

@Nicholexander
Work hard, stay positive, and great things will happen.



Cover Drive

I would like to thank ModelsMania for featuring Cover Drive in your Holiday issue! After watching them on HGTV and listening to their music, I became a big fan instantly. They are just wonderful and sound amazing. I also think that ModelsMania is wonderful and I am now a two year subscriber.

*Judy
Austin, Texas*

MM: Thank you Judy and we would love to feature Cover Drive again sometime in a future issue.

Celebrity Obsession



Love, love, loved your Hot Exclusive article about Celebrity Obsession. This has been around forever but to me it seems that it has gotten worse for the recent years. It's in the news all the time about celebrity stalkers, and people who live for their favorite celebrity. Many people in this country worship celebrities. *Keep up the awesome work you guys have been doing.*

Jim Via-email

MM: Thank you Jim for the kind words and you will find many great exclusive articles in upcoming issues.



Cover Models

You couldn't have chosen any better cover girls than the beautiful Kayla Marie and Christine Sullivan for the December issue. Loved it so much!

*Denise
Virginia*

Your Letters

*Send you letters, questions, suggestions to
enterprises@modelsmania.com
Thank You*

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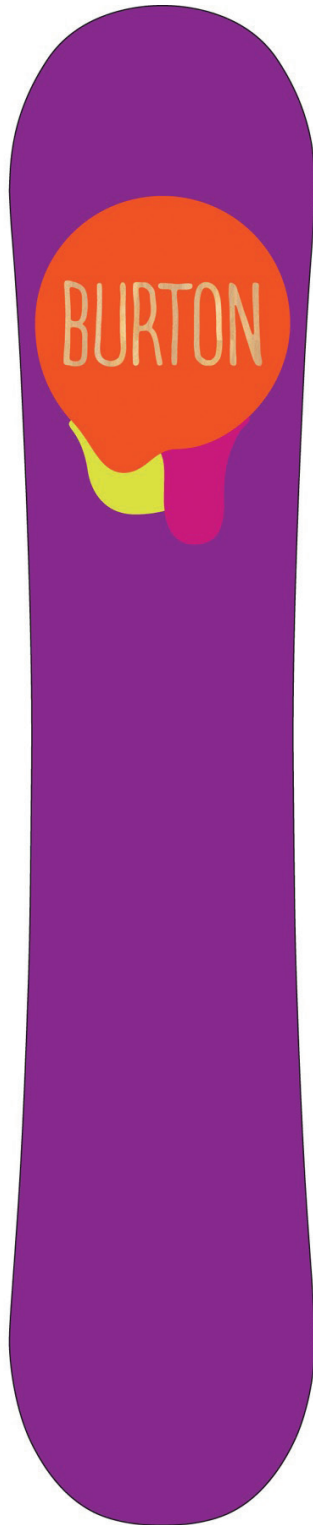


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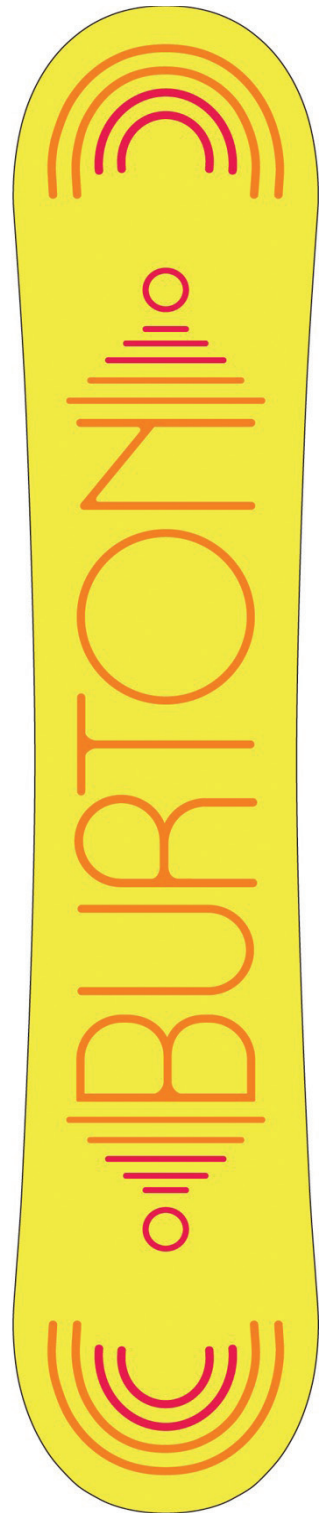




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TRENDING NEWS

40-Year-Old Fetus Discovered Inside 82-Year-Old Woman

A 40-year-old fetus was discovered inside the abdomen of an 82-year-old woman. The elderly Colombian woman complained of pain and discomfort in her abdomen, but she never expected she was carrying a fetus. Doctors at Tunjuelito Hospital originally diagnosed the woman with gastroenteritis, which can cause diarrhea and cramping. However, an ultrasound ruled out an infection. They eventually ordered an X-ray of her abdomen. When they viewed the results, they were stunned — the elderly woman was carrying a calcified fetus. Although calcified fetus' are rare, they can happen. The fetus is called a lithopedion, also referred to as a stone baby. A lithopedion begins when a fertilized egg implants and begins to develop outside the uterus. When the egg implants inside the fallopian tube, it is called an ectopic pregnancy. Rarely, a fertilized egg will travel into the abdominal cavity, where it can become implanted anywhere from the bowel to the aorta, but in the case of the 40-year-old fetus, it continued to grow to an advanced stage. Lithopedion rarely cause further issues, as they often go unnoticed. For some woman, the fetus is large enough to cause pain and swelling. While most "stone pregnancies" last around 22 years, at least one woman carried a calcified fetus for more than 60 years. The Colombian woman was transferred to another hospital to have her 40-year-old fetus removed.

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Image by lightwise/123rf.com



Cancer Cure Found For Metastasizing Cells?

A cancer cure may have been found metastasizing cells, according to researchers. James Watson, discoverer of the DNA structure, and believes taking antioxidants can actually increase the risk of cancer, not reduce it as popularly believed. While surgery and chemotherapy are effective at treating solid tumor lumps, around 90 percent of those who die during cancer treatment do so because of metastasizing cells, which means tiny pieces of the cancer broke off and spread to other portions of the body through the blood system, creating even more tumors. When cells develop defects they trigger apoptosis, or programmed cell death. Apoptosis can be described as the "orchestrated collapse of a cell characterized by membrane blebbing, cell shrinkage, condensation of chromatin, and fragmentation of DNA followed by rapid engulfment of the corpse by neighboring cells." Cancer researchers have long known the cell functionality related to triggering apoptosis has fallen apart. Mike King says a protein that goes by the acronym Trail is the key to this partial cancer cure. When Trail comes into contact with cancer cells, they implode. Initial tests were not too encouraging with only about 60 percent effective at killing cancer. But King says what was missing was blood and white blood cells for the Trail protein to latch onto.

The blonde went to an eye doctor to have her eyes checked for glasses. The doctor directed her to read various letters with the left eye while covering the right eye. The blonde was so mixed up on which eye was which that the eye doctor in disgust took a paper sack with a hole to see through, and put it on her head to cover up the appropriate eye and asked her to read the letters. As he did so, he noticed the blonde had tears streaming down her face. "Look," said the doctor, "there's no need to get upset about getting glasses." "I know," agreed the blonde, "But I kind of had my heart set on wire frames."



Image by Jens Brggemann/123rf.com

ModelsMania Jokes



Image by Steve Mann/123rf.com

A blonde model bought two horses, and could never remember which was which. A neighbor suggested that she cut the tail of one horse and that worked great until the other horse got his tail caught in a bush. It tore just right and looked exactly like the other horse's tail and our friend was stuck again. The neighbor suggested she notch the ear off one horse. That worked fine until the other horse caught his ear on a barbed wire fence. Once again our friend couldn't tell them apart. The neighbor suggested she measure the horses for height. When she did, she was very pleased to find that the white horse was 2 inches taller than the black.

Why guitar's are better than women: A guitar has a volume knob.

If you break a guitar's G-string, it only costs \$. 79 for a new one.

You can unplug a guitar.

If your guitar doesn't make sounds you like, you can re-tune it.

If your guitar strings are too heavy, you can just get a lighter set.

You can have a guitar professionally adjusted to *your* liking. You can go to a guitar shop and play all the guitars you want for free.

You can take lessons on how to play a guitar without feeling embarrassed.

You can rent a guitar without worrying about who rented it before you.

You can get rich playing a guitar, not broke.

A guitar doesn't take half of everything you own when you sell it.



Image by Elena Shchikpova/123rf.com



Most Bizarre Animal Mating Habits

If you are feeling depressed for striking out after another night out clubbing, you can take some solace in the knowledge that it can always be worse. Don't believe us? Fine, just be grateful that you are not one of the following animals. Their mating rituals will leave you lusting after those lonely nights in the club.

1. Flatworm

One thing which is never an issue in a man-woman relationship is who plays what role. Each one is clearly defined, but things aren't so simple for the flatworm. Since it is a hermaphrodite, this basically means that any flatworm can be either the male or female. When two get together, the first thing they need to settle is who does what and, apparently, neither one really wants to be a mommy. Instead of flipping a coin, they settle things in a very old

timey way – with a duel. They engage in something called “penis fencing” which, actually, is basically exactly what it sounds like – they fence with their penises.

This is not exactly a pleasant experience. It can last for up to an hour and the winner is the flatworm who pierces the other one's underside with his sword/penis. This will allow him to inseminate the other flatworm who now becomes a reluctant mother.

2. Porcupine

For a lot of animals, the female doesn't really get a say whether she wants to mate or not. Once she is in heart, if there is an alpha male around, it's basically his way or the highway. Not so much with porcupines. As you would imagine, sex between these two has to be very delicate considering the fact that the female has an arsenal of quills

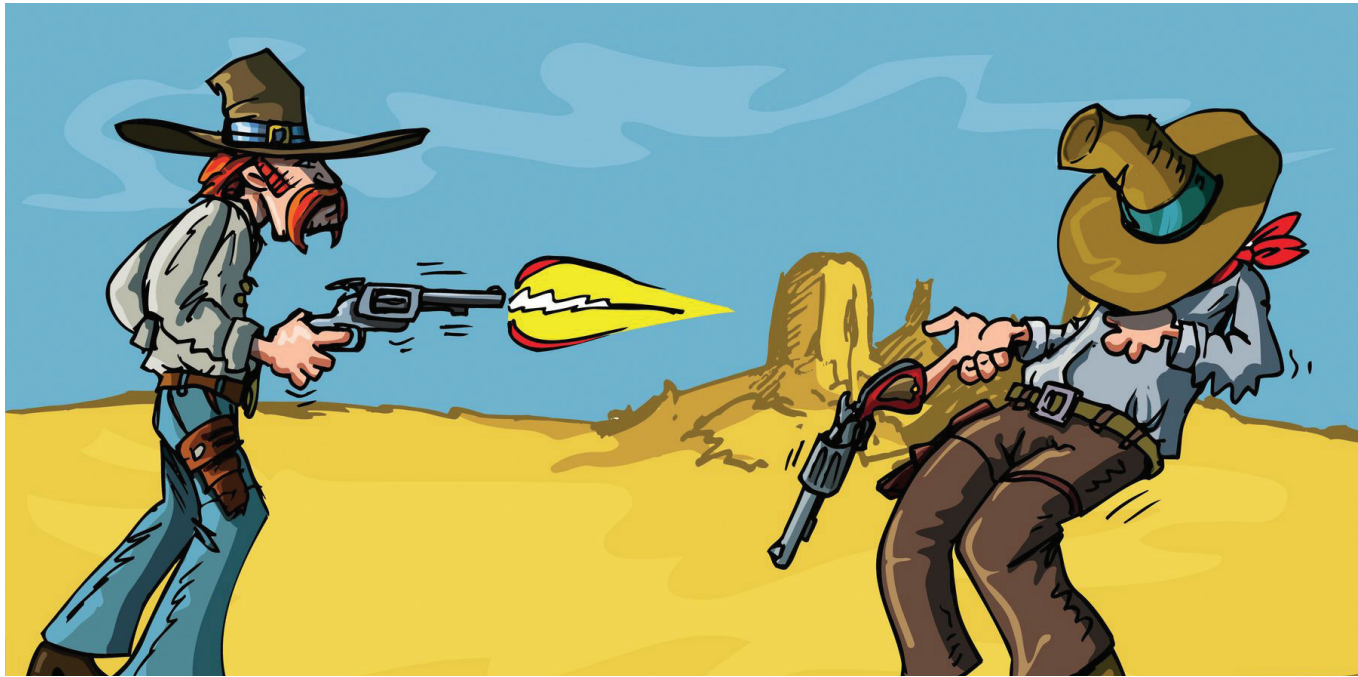
on her back that could easily impale a pushy male as her way of telling him that she wants to be just friends.

It is understandable, then, that the male wants to be 100% certain that she is down to mate before he tries anything. That is why he has to put the moves on her. And what exactly are those moves? Why, peeing on her, of course. That's right. The way to a female porcupine's heart is by drenching her in your urine. If she likes what she sees (and, presumably, smells) she will lie on her back and allow the male to mount her.

3. Praying mantis

If there is one animal that should make you thankful for the relative safety of human mating habits, it is the praying mantis. Simply put, the biggest goal of the male is to mate with a female, even though he knows this could very likely be a death sentence. While in the act of getting down and dirty, the female mantis gets hungry...and she doesn't feel like waiting until it's over in order to get a bite. Instead, she simply starts munching away at the male while he is still mating with her.

If that is not bad enough, she starts with his head. The male's anatomy is such that he can still keep on going, even though he doesn't have a head anymore and is, more or less, dead. That is a femme fatale that puts all others to shame.



Myths You Believe Thanks to Movies

Most people tend to take everything they see in the movies as gospel. They keep doing this until one day they have the bright idea of trying to replicate something they saw in a movie once and it goes horribly wrong for them (usually, alcohol is involved in these situations). Well, at least it is a learning experience for them and it teaches them not to trust everything they see in movies. For instance:

1. A hole in an airplane will suck out all the seats and passengers

Countless movies have shown this, but with varying degrees of truth to them. The idea that any kind of hole would simply get bigger and bigger until it is powerful enough to suck out everything inside the plane is pure nonsense. If someone shot a gun inside a plane and created a bullet hole right next to you, the worst thing you would have to deal with is a draft (apart from the nut apparently shooting guns inside a plane, obviously). If the hole is larger, say, 5 feet by 5 feet,

you can indeed get sucked out. This is due to explosive decompression. The pressure outside of the plane is far greater than the pressure inside. If a hole is somehow created instantly, the pressure would equalize immediately in a violent manner. However, you would have to be right next to the hole to even be in danger of getting sucked out and, even then, there is no guarantee. Not to mention the fact that, once the pressure is equalized, things become pretty safe. Well, there is a chance that the plane actually brakes in pieces when the decompression occurs but, hey, that's not what they show in movies, now, is it?

2. Bullets cause sparks

As any good gunfight in any good action movie would show you, a hail of bullets will leave a trail of sparks in its wake. Just head on over to your DVD collection, pick an action flick at random and you are likely to see a bullet spark at one point. Does this actually happen? No...almost. Most bullets are made out of copper or an alloy contain-

ing copper and these do not spark...end of story. However, some bullets, particularly made for rifles, are made using other metals and it is possible for them to spark when they get hot enough. Even so, don't expect these sparks to be nearly as bright as the ones in movies. So why do they do it? For you, the viewer, because normal shots don't look good on camera.

3. Cops have to read you your rights

If you get arrested, a cop has to cuff you and tell you "You have the right to remain silent, anything you say etc, etc, etc". Most of us are familiar with that little speech, even those who never had the pleasure of being arrested before. Any why wouldn't a cop tell you this? It is like his little celebratory victory dance. Oh, and if he forgets, you totally get to go free.

That is the myth but, unfortunately for aspiring criminals everywhere, it's not true. They don't have to say squat when they are arresting you – just cuff you and throw you in the car. Those rights (also known as the Miranda rights) are told to people before they are interrogated. Oh, and even if they forget then, it still doesn't work as a "Get Out of Jail, Free" card.





The Extremely Beautiful Neesa

Photography By Rick Trottier

Can you tell the readers about yourself?

My name is Neesa and I grew up in a small town and modeling is my passion. I have a one year old who keeps me busy and I love watching her learn and grow into a beautiful little girl. I hope to be a registered nurse in the future, always remember that it's the little things in life that matter and to always appreciate everything I'm given.

What is your hometown?

My hometown is Monson, MA. It's small but clean, quiet and safe.



Neesa's Interview and Feature

Favorite travel location?

If I had to choose a travel destination I'd most like to be, it would have to be Aruba. I just love sun, warmth, sand and tropical waters.

Favorite things to do?

Being a mom is my most treasured pastime now. I love the time I spend with my daughter and all the wonderful things that come with Motherhood.

Favorite way to relax?

When I need to relax, yoga and cooking are what I turn too. Yoga helps to clear my mind and clean my soul. Cooking is just fun and creative.

Look for the lovely Neesa in more issues of ModelsMania!







Building Your Strength

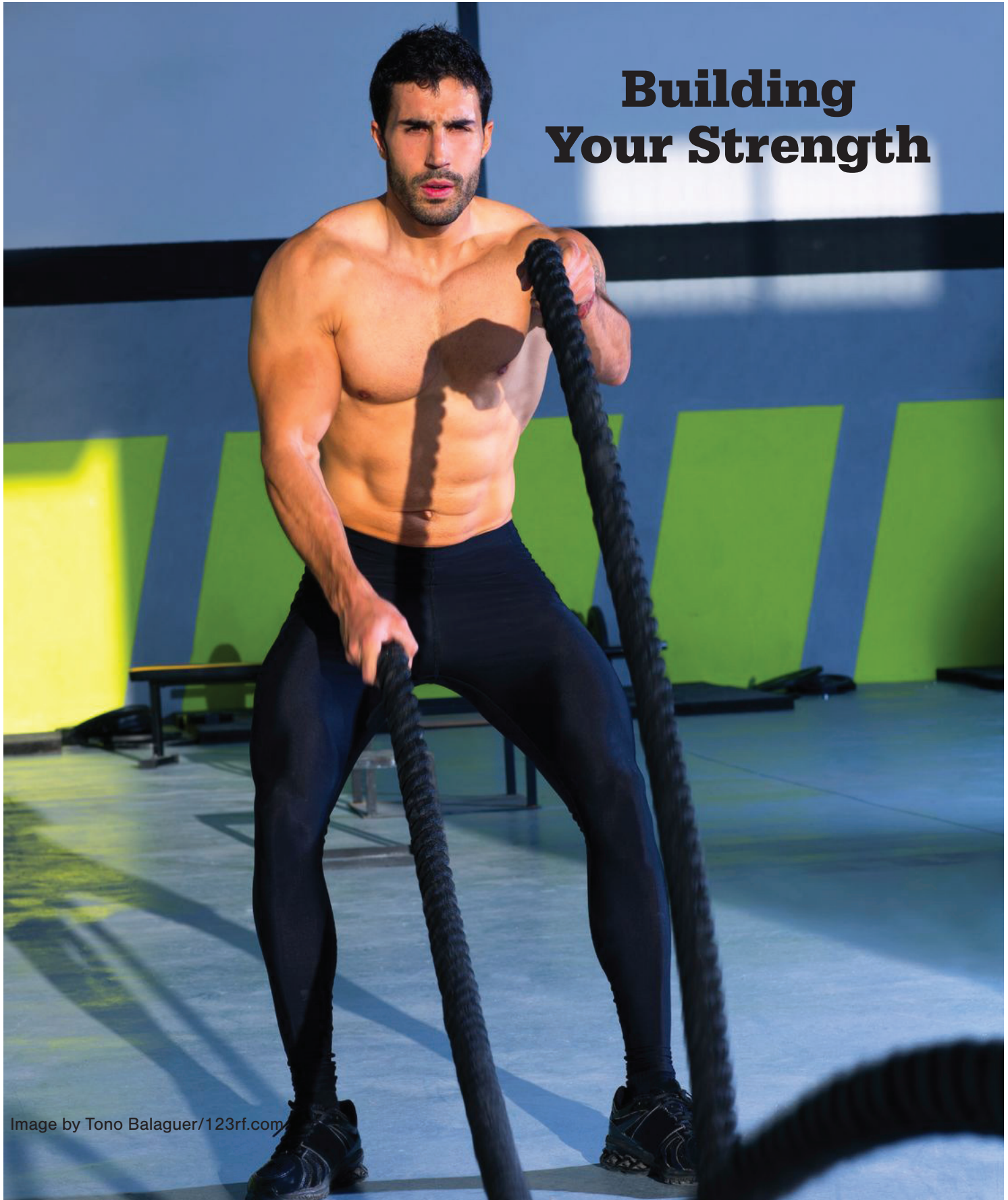


Image by Tono Balaguer/123rf.com

Being stronger means more heavy-lifting, increased endurance and more energy. As one of the most important foundations for performance goals, increased strength elevates performance of physical activities a notch higher. However, strength is not achieved after within a few hours at the gym or by reducing calories for a week. Building strength requires ample knowledge on physical training, proper diet, and a committed mindset. The troubles you have to go through may be one meticulous journey, but the rewards are all worth it in the end.

If you're just beginning to build your strength, here are some tips that you can follow.

- Reduce your calories. Some would say to 'watch your calories'; that could work, if you're just trying to lose some weight. But if you're aiming to build your strength, the diet should be focused on something with lesser calories but on nutrients that will provide muscle building without caloric surplus. Having the right amount of calories also aid in healing and recovery, while significantly lower calorie intake may prevent strength gains.

- Lift all you can. Decreasing your rep range is also one of the surefire ways of building strength, and that calls for lifting all you possibly can. Lower your reps per set, such as 5-7 reps. Decreased reps also prevents hypertrophy, so if you're just aiming to build strength without looking too bulky, don't increase the rep counts, just the weight.

- Don't go all-cardio. Limiting your cardio exercises to half an hour for two sessions per week is also key to building strength. Many people get tempted of adding more reps just to see how far they could go, but that is only pushing you away from your goal. Instead of increasing your reps, focus on adding more weight instead. Also, don't overdo your strength training. Building your strength doesn't work like magic.

It is a progressive process that develops through consistent exercise. Otherwise, you're just putting yourself in the way of injury.

- Barbells first, everything else follow. Barbells allow you to build major muscle groups all at once by loading several weights. Once you've perfected the barbells, the dumbbells will follow, then other weight training equipment.

- Constantly challenge yourself. Keep a record of your best reps and weights and challenge yourself to do better each time. Break your own personal record by adding more weights, but be sure not to overdo yourself. Challenge is a

double-ended sword in strength building; you must have enough to keep it fun and healthy, but not too much that it becomes risky.

- Aim for balance. To prevent muscle imbalance, follow up one body exercise with another exercise on the other side of the body. You don't have to do this in the same session, but ideally on the same week. So when you do quad exercises on Monday, do some Romanian deadlifts on Wednesday. Also be sure to perform chest exercise and back training lifts on the same week. Follow a pushing-pulling exercise that balances one another.



Image by ostill/123rf.com



2014 Car Review

Our Top New Cars





Jaguar F-Type R

With soaring performance, the F-TYPE R Coupe offers outstanding levels of dynamic capability and control. Its 5.0 liter supercharged V8 engine produces 550 horsepower, accelerating from 0-60 mph in just 4.0 seconds³. The F-TYPE R features an Electronic Active Differential, Jaguar Super Performance Braking System, and Sport Suspension with Adaptive Dynamics.

\$99,000



Chevrolet-Camaro SS Convertible

This new Camaro offers the open-air thrill ride you'll only get in a convertible. Under the hood you'll have all the performance options you can handle — from the ample 323-horsepower V6 to the amped-up 426-horsepower V8 standard on SS. And with that power comes the kind of responsive handling you'd expect with a 4-wheel independent suspension that hugs every curve.

\$31,055



BMW Z4

The BMW Z4 remains a quick, sporty, and luxurious roadster for those with a taste for German engineering. Visual distinctions include a new 18-inch wheel design, and a new side indicator light with a “dynamic sweep” design. The Z4’s performance is a tad unathletic, being rather heavy and tuned more for a balance of comfort and speed.

\$48,950-\$65,800



Porsche Panamera

The Panamera is powered by a 3.6-liter V6 engine and features direct fuel injection, variable valve timing, an on-demand oil pump, water cooling with thermal management. You can go from zero to 60 mph in 6.0 seconds. Top speed is electronically limited to 160 mph.

\$78,100.00



Cadillac XTS VSport

Its sculpted lines hold immense visual energy and captivates a 3.6L 410 HP Twin Turbo direct-injection V6 engine that delivers a new level of invigorating performance with optimal efficiency. Also new to the XTS is Automatic Parking Assist which will locate a suitable parallel parking spot and then help you park your car.

\$44,600 - \$72,535



Chevrolet Cruze

Chevrolet builds on Cruze's value with an all-new, 2.0L clean turbo-diesel-powered model that achieves an EPA-estimated 46 mpg hwy – better than any non-hybrid or gasoline passenger car in America. The Cruze Diesel can travel 717 miles on a single tank – or about 10 hours of highway driving.

\$25,695



Buick LaCrosse

The LaCrosse is a competitive large sedan, with a refined and powerful 3.6-liter V6 that returns 20 mpg overall. The four-cylinder eAssist mild hybrid delivers good performance and 26 mpg overall, shutting off at idle to save fuel.

:\$33,135



Ferrari 458

The 458's 4.5-liter V-8 engine is rated at 562 horsepower all the way up at the 9,000-rpm redline. The coupe hits 60 mph from a stop in just 3.4 seconds, and carries on to a top speed of 202 mph. Balance and grip are both evident in large quantities, imbuing a stability not often found in high-horsepower, mid-engine cars. The steering feel is among the very best with perfect weight.

\$233,509



Dodge Challenger SRT

The Challenger SRT features modern muscle in its 6.4-liter HEMI V-8 engine delivering 470 horsepower and 470 lb. of torque and a combination of personality and performance, with nostalgic design from the front chin spoiler, to bold over-the-top stripes and fender badges, to barking 4-inch exhaust tips.

\$40,485



TOP TRAVEL

Destinations



From swimming in Lake Zurich in the summer to skiing in the nearby Alps in the winter, Zurich attracts visitors year-round. Delectable pastry shops abound, as do museums, historic churches and upscale shops in Bahnhofstrasse. Zürich is home to a large number of financial institutions and banking giants. Most of Switzerland's research and development centres are concentrated in Zürich and the low tax rates attract overseas companies to set up their headquarters there.



Blue Palace Resort & Spa Greece

Nestled on the coast of Elounda on the island of Crete, this luxury beachfront resort offers views of Spinalonga Island. A luxury resort with exceptional charm, architecture and style.



Hotel Splendido & Splendido Mare Portofino Italy



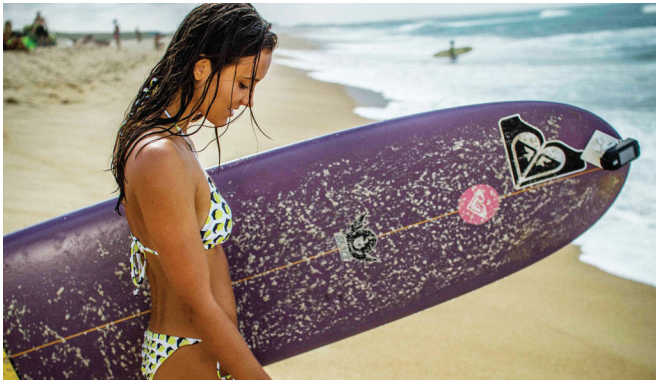
Deluxe Suites are sumptuously decorated, with a harmonious colour scheme throughout. Some feature terraces with breathtaking sea views, while others have balconies. Situated suites have magnificent balconies overlooking Portofino's cove and the Tigullio Gulf. Comforts include plush sofas and large bathrooms with separate shower, bathtub, double vanity basins, and armoires.



Jade Mountain, St. Lucia
Rising majestically above the 600 acre beach front resort of Anse Chastanet, Jade Mountain St. Lucia is a cornucopia of organic architecture celebrating St. Lucia's stunning scenic beauty. Expect grand sweeping spaces where bedroom, living area and an extravagant private infinity pool glide into one another to form extraordinary platforms floating out into nature. A wide range of spa services can be enjoyed in the privacy of the Jade Mountain sanctuaries or at Kai en Ciel, Jade Mountain's boutique spa and fitness studio.



Gadgets Galore



Drift Innovation

Drift is a leading action sports technology company specialising in the capture and sharing of digital imagery across all platforms. They manufacture quality cameras and accessories, inspiring action sports enthusiasts and like minded individuals to document their experiences, capture the emotion and share their vision. Action sports participants are passionate individuals, who enjoy re-living the “moment”. Drift’s mission is to ensure that the unique product features found on their cameras and accessories, enhance the user experience by simplifying the process of capturing, editing & sharing key moments of their lives. Drift design and manufacture innovative, intuitive products, combining both users needs and state of the art technology. The association with athletes in each of Drifts credo sports, combined with input from everyday enthusiasts, provides a continual source of constructive feedback. This information is integrated by their design team, to ensure that the products they offer contain features you want and will stand up to the most extreme situations. From a helmet mount jamming down the Saudan Couloir in Blackcomb, a sidemount on a F1 car, handlebar mount on Steve Peats mountainbike or towing in at Teahupoo, Drift has got you covered.



Born Sharp Razor \$500



The first major advancement in wet shaving technology in decades with a single quality blade that's strong enough to hold an edge shave after shave. The Sharpening Port automatically refreshes the blade edge and disinfects the blade after every shave at the touch of a button. When you place the razor in the port and push the start button, the razor is locked into place and the sharpening cycle begins. Each cylinder is precisely positioned against the blade to sharpen and polish each side of the blade. The entire process takes just 2 minutes. The blade is made of stainless steel; the same as the best straight edge razors available and because every man's beard, skin and shaving style is different, the shaving system comes with the ability to extend or retract the blade to a customized exposure.



Goji develops smart locks that give you complete control over access to your home using your mobile phone. Our Goji Smart Lock is distinguished by its sleek, sophisticated design and its unique ability to send you real-time picture alerts via text or email of the individuals accessing your home with the Goji digital key you provided. The Goji Smart Lock takes pictures of who is at your door and automatically sends you picture alerts to your mobile phone, providing you with real-time information about who is accessing your home. gojiaccess.com

TREWGrip is a handheld "rear-type" keyboard that has tactile keys for typing on the back-side. The standard QWERTY key layout is split and rotated so the hands gripping TREWGrip can also do multi-finger text entry. Typists can transfer competencies from a standard flat keyboard to TREWGrip without learning a new skill. TREWGrip provides visual cues on the front-side which help users, with varying levels of typing expertise, easily locate the typing keys on the back using hand-eye coordination. TREWGrip offers smart phone and mini tablet users an alternative to on-screenhunt-and-peck typing and portable keyboards. TREWGrip includes a Bluetooth USB dongle and integrated gyroscope, allowing users to connect it to a desktop computer or smart TV for entering text and controlling mouse movement. trewgrip.com





Our Rating



Garrett, the Master Thief, steps out of the shadows into the City. In this treacherous place, where the Baron's Watch spreads a rising tide of fear and oppression, his skills are the only things he can trust. Even the most cautious citizens and their best-guarded possessions are not safe from his reach. As an uprising emerges, Garrett finds himself en-

tangled in growing layers of conflict. Lead by Orion, the voice of the people, the tyrannized citizens will do everything they can to claim back the City from the Baron's grasp. The revolution is inevitable. If Garrett doesn't get involved, the streets will run red with blood and the City will tear itself apart. Step into the silent shoes of Garrett, a dark and lonely

thief with an unrivaled set of skills. The most challenging heists, the most inaccessible loots, the best kept secrets: nothing is out of your reach.

Explore the sick and troubled City, from its shady back alleys to the heights of its rooftops. Sneak into rich houses, Infiltrate the best-guarded mansions and lurk in every dark corner un-

noticed and unsanctioned. Become one with the world thanks to ground-breaking visual elements and a truly tactile and visceral first-person experience. Through jaw-dropping Next-Gen technical possibilities, THIEF delivers unprecedented immersion through sights, sounds and artificial intelligence.



PlayStation 3
PlayStation 4
Xbox 360
Xbox One

Castlevania Lords of Shadow 2



During the game's opening sequence the player will be able to control Dracula while he still possesses all his powers as well as all of his weapons. Dracula's main weapon is his Blood Whip, a weapon that is comparable to the Com-

bat Cross from the original Lords of Shadow. Replacing the magic system from the previous game are the Void Sword and the Chaos Claws. The Void Sword can replenish Dracula's health when used while the Chaos Claws can



be used to break through enemy defenses and deliver powerful attacks.

Dracula awakens many years after the events of the two previous Lords of Shadow titles. He has been warned by Zobek of the return of Satan and sets out to regain his powers so that he may face Satan once again. The key to him regaining his power lies in his castle. However, the famed Belmont clan and his own son Alucard seek his ultimate destruction.

Available for PlayStation 3 and Xbox 360.

Our Rating



Cover Model



Our 2014 Model of the Year
The Very Beautiful
Kaity Pearson

Photography by Rick Trottier





ModelsMania
2014 Model of the Year

We are very happy and excited to have the beautiful Kaity Pearson as our 2014 ModelsMania Model of the Year. Kaity is a very lovely girl inside and out and truly deserves this award. She has so many wonderful fans all over the world who love her and supports her. We wish Kaity much success in everything that she does!









Kaity is very proud of her modeling work and we are too!





Kaity has a body that rocks and a smile that shines brightly around the world!





Kaity is very special to ModelsMania and we look forward to featuring her more!



The Future *of Video Games*

By Echopana

The video game industry is a relatively new one compared to other forms of entertainment such as television and cinema. Therefore, it is to be expected that innovations would come at a faster pace. While some of these simply improve or enhance concepts which were already in place, others have the potential to completely revolutionize the entire industry. These changes will help shape and define video games for years to come and a lot of these future innovations are already in their infancy stages.

Video Games Today

By looking at the video game industry as it stands today, it is pretty easy to see some of the major innovations of the last recent years which have really had an impact. One of them is motion controllers. Looking back at the past generation of consoles which consisted of the Sony Playstation 3, the Microsoft Xbox 360 and the Nintendo Wii, all three of them offered motion controllers to a certain extent, while the Wii was based around this mechanic by using the Wiimote and the Nunchuk.

A few years down the line, Microsoft introduced the Kinect, a camera which can be used to detect and register motion without the player having to hold any kind of controller whatsoever. Even though the implementation of this feature had its ups and downs and many Kinect games were not very responsive, rewarding, challenging or simply good, Microsoft is still clearly banking on the fact that motion controller will still be a huge part of the industry's future. That is why the newly released console, the Microsoft Xbox One, comes standard with a new Kinect 2.0 which improves on its predecessor in every single way. At the same time, the new console from Nintendo, the Wii U, also takes its cues from its predecessor and improves on it by offering a controller with a touchscreen. It seems that Sony is the only one out of the three which is not yet sold on the value of motion control. Even though this feature is available thanks to the Playstation Move, it is in no way commercialized and promoted as much as its competitors.

The Future Is Now

There is one feature which has always seemed to be sci-fi, despite the fact that companies have had attempts at it since the '80s – virtual reality. The goal of virtual reality is to create a sense of immersion like nothing before and make the player

feel as if he is in the game. Both his vision and his hearing are completely immersed in a virtual world. Thus, separating two major senses from the real world allows for unprecedented levels of immersion into the video game world.

Up until this point, companies were not able to rise up to this challenge, but there is one product on the horizon which looks to change all of this – the Oculus Rift. In simple terms, this is not a special console which uses virtual reality as a gimmick. It is just a head-mounted display combined with a pair of headphones which allow the gamer to immerse himself in a video game on PC which has this feature enabled.

The Oculus Rift is still in development, but developer kits have been sent out to many different people within the industry and it is possible for it to become commercially available as soon as next year. If not, this device will surely play an important role within the industry in the future. There is clearly a lot of interest in it based solely on the amount of funding it managed to garner and the ease with which it did it. After a prototype was displayed at the E3 event in 2012, a project was started on crowdfunding website Kickstarter in attempt to generate \$250,000 in funding to support the Oculus Rift. The product managed this goal within just four hours and, by the end of the project, it had around \$2.5 million, all money donated from fans who were interested in the Oculus Rift. However, even that sum pales in comparison to the over \$90 million which were raised in order to develop the virtual reality headset since then.

It is pretty clear that people want to play using the Oculus Rift, but the device has received even more support from the industry itself. Some of the biggest names in the industry have personally endorsed the Oculus Rift as a major contribution to the world of video games. These include: Gabe Newell, founder and CEO of Valve; Shuhei Yoshida, president of Sony's entertainment division; John Carmack, founder of id Software and lead programmer behind some of the most notable games in history such as Doom and Quake. Since that time, John Carmack was actually hired by the company as the Chief Technology Officer.

Although dev kits for the Oculus Rift are still available for order, it might be a while before commercial ones are available. As stated by the company, the commercial headset will offer a number of improvements over the dev kit one such as a much higher resolution. There is also one notable obstacle in the way of the release of the Oculus Rift and that is motion sickness. It is possible for certain people to experience discomfort while using the Oculus Rift due to the disconnect between what the gamer sees and hears and the lack of motion of his body. However, such issues can be resolved by improving the technology.

Image by neuron/123rf.com



How the Market Will Change

Technology is not the only thing which will change the video game industry in the future. Other aspects are also changing as we speak and this will surely become more evident as the years go by. The way games are sold is a good example. Since the inception of the industry, video games came on different physical formats: cartridges, floppy disks, CDs, DVDs etc. The gamer paid a lump sum of money and received a copy of a game in exchange. This was the way things worked for decades, but online retailers are becoming more and more prominent these days.

Gamers are finding it easier to buy games online because they can get exactly what they want without having to leave their homes. While physical copies of games are still very popular and still account for most sales, online sales are rising continuously and there is no doubt that they will become the default method of acquiring new video games in the future.

As a direct result of this, several online software distributors have increased in prominence significantly. Each console has its own place where gamers can download their games: Microsoft has the Xbox Marketplace, Sony has the PS Store and Nintendo has the Nintendo eShop. On the PC, Valve-owned Steam is by far the most popular service, although there are plenty of others such as Origin from EA and GOG.com (used to be known as Good Old Games) from game developer CD Projekt Red. A lot of these were created out of necessity in order to compete in a changing market.



Changing the Pricing Model

Not only the way gamers get their games will change, but also the way they pay for it. Again, this is a feature which exists today, but it is still in its development stages. However, all signs indicate that these kinds of changes are here to stay and might even become the default payment method in the future.

Most games cost a fix sum of money. Once you pay it, you gain access to the game and all of its features. It was possible for games to receive expansions. However, gaining access to them would have meant buying another disc and this inaccessibility to them led many developers to simply prefer working on a sequel or another game.

This has changed thanks to online delivery of content. It is easy for gamers to add new content to their games simply by connecting to the internet. Most of the times the games will update themselves. This allows companies to work on creating additional content for games after the full titles have been released. This is known as downloadable content (DLC) and it expands the life of games. The addition of DLC and on-line updates also makes it easier for companies to stick to a schedule without having to release a completely broken game full of bugs. Any problems which arise after the game is released are simply fixed with a patch which everyone can download.

Besides DLC, another innovation is the free-to-play pricing model, also known as freemium. As the title would suggest, games using this approach can be downloaded and played for free, for the most part. After this, the player would need to make small purchases called microtransactions in order to access certain parts or features of the game. These games are based around the idea of making several small payments instead of one big payment. It is a system preferred mostly by smaller, independent titles instead of the big AAA releases, although microtransactions have made their way there, as well.

This has caused some controversy regarding the freemium model since many gamers end up paying more than they would if they had paid a single time. Moreover, there is no industry standard regarding the prices of in-game microtransactions. Each company is free to charge for whatever features it wants and how much it wants so this can leave the system exposed to abuse on their behalf. Even so, chances are that neither DLC or free-to-play games are going away and, in fact, they are likely to become even bigger in the future.



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HOW TO HAVE A GOOD NEW YEAR AND GOOD SEX

By Jane Susaeta

Sexual intercourse has become an important menu in life. The benefits of having regular sex cannot only be appreciated in maintaining good relationships. Even health experts recommend having regular sex as part of health routine. Not only does it help you lose weight by burning unwanted calories. But it also boosts your cardiovascular and circulatory systems.

The immune system is strengthened, women's bladder control improved, blood pressure lowered, and heart attack chances lessened. But sex is not all the time possible to some for a few reasons like stress, having children to take care of, going through sleepless nights, and watching your favourite

games. So, how do you keep your sex life going? Before the year ends, learn some ways on how to start your year right so you can have a good year and good sex with your partner.

1. Increase Libido with Sex

According to Lauren Streicher M.D., a clinical professor assistant in obstetrics and gynecology department of Feinberg School of Medicine at Northwestern University, if you are longing to have a more active sex life, engaging in sexual intercourse frequently will improve your libido and of course, will make sex better. She adds that women who have regular sex improves vaginal lubrication, regulates blood flow, and enhances elasticity. Of course, all these benefits allow you to feel the sexual intercourse better, and which

eventually makes you crave for more.

2. Be confident in approaching people

Relationships, and eventually, having sex are not about men always making the approach. Most men get turned "on" with women who are confident about themselves. More often, sex may also be good, if not better when women initiate the first move.

In a survey where women and men were asked what could be the reason why sex is hard on them, most of them answered they never met anyone. But in a world where technology almost makes anything easy, not having met anyone or someone seems strange, if not absurd. The problem, probably, lies with not having the confidence in talking to people. When you approach someone, you do not have to condition your mind that your purpose in having conversations with someone in particular is to sleep with that person, although, in most cases, this might happen depending on how the conversations went.

Whether you are in a club, coffee shop, inside an elevator or magazine stand, make it habit to initiate conversations, short or long. Engaging in quick talks may not only relieve you of tension, or give you an idea about the project you are working on, but also,



Image by Konrad Bak/123rf.com

getting used to conversations with anyone will improve your self-esteem. And a good ounce of self-esteem makes you more attractive to the opposite sex.

If someone approaches you, do not snob, even when you do not feel the person talking to you. Who knows, the person might turn out to be a good conversationalist or smart. And even if you are 100% sure the person is not your type, you can be polite by giving short responses like “yes” or “no.” The person making the first move will get the message.

3. Give attention to foreplay

If you are a man looking for a good time come 2014, count your skills when it comes to foreplay. You should never underestimate the value of foreplay. Women need pre-love scenes to warm up for the main event. The longer you are making out, building up anticipation, and rubbing deep down, with a woman, the hotter she becomes for all the crazy and animalistic sex you dream about.

On the other hand, if you are a woman, do not hesitate to send sexy messages to your man on how you want to be

touched where. To make the make out steamy, reciprocate. This will build the passion and desire for wild sex later.

4. Sleep only with people who give you good feeling about yourself

It is not a good idea to sleep with people for the sake of sex. If you know how to do it right, there are many people who are eager to have you on bed with them. And the reasons could be plenty—you are smart, attractive, and sensitive. If you have just been in a relationship, move on with another phase in your life without looking back and consider rekindling your passion with your ex. Stale relationships are not healthy. There are also nowhere to proceed. One secret to having good sex is to have it with someone who appreciates you for what and who you are.

Try some experiments in choosing your partner. If, after sex or days after you feel bad or having regrets about the deed, then go on to the next experiment. Do not feel obliged that just because you did it already, you should do it again. Of course, this advice does not hold true if you are not having re

grets about your partner.

5. Start having sexercises!

One type of exercise that lists better orgasm as its benefit is Kegel. Kegel exercises are known for strengthening your pubococcygeus (PC) muscles (or more commonly known as pee-stopping muscles). Women who are into Kegel experience stronger and longer orgasms. They also notice lesser issues on their bladder. Men who do Kegel may benefit by having firmer erections, healthier prostate and greater stamina.

6. Feel good about yourself

The year is about to end. There is no sense in holding grudges, nursing ego, and harboring ill will towards people who somehow made your year one week less fun. 2014 is approaching. If you want to have a better year, start a change in yourself—your mental attitude. Stop fretting about your flaws and focus on your strengths. Believe that not only will your sex life be vibrant, but your career will too.

Make it a habit to focus on positive emotions. This will help positive outlook come to mind. Whatever or whoever it is that make you feel horrible about yourself, cast it away. 2014 should have a good start. And the start must come from within you. There is a saying that once you make a decision, the universe will conspire for you. So go get what you want in life come 2014.

Following these steps will give you the sexual pleasures everyone desires. Happy 2014!

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Can you please tell the readers a little about yourself?

My name is Shauna Marie. I am twenty years old. I was born and raised in western MA. I am currently living in Providence, RI. I started modeling back in 2011 and ever since then I have loved it. It has become such a huge part of my life. Besides modeling, I am a full time student in Rhode Island and I love it there. I am planning on becoming a nurse one day and working with in a pediatric office one day.

What is your hometown?

My hometown is in Westfield, Massachusetts.

Favorite things to do?

I have a few favorite things I love to do. When it is nice outside, I love going to the beach and while I am in Rhode Island, it is nice that I only live about twenty minutes away. I also go out a lot with my friends. It never gets old and it is always a good time. My friends are my biggest supporters in every decision I make.



We
Welcome
The Lovely
Shauna Marie!!!

Photography by Rick Trottier





Favorite sports?

I am not a huge sports fan, however, I do live in Massachusetts so I would have to say I am a fan of the Patriots and Bruins.

What makes you laugh?

Honestly I laugh at anything. I love jokes! I think anything is funny! I laugh at myself half the time!





ModelsMania

Feature & Interview

Shauna Marie



Favorite food and drink?

My favorite food would have to be anything with chicken. It was all I used to eat when I was younger and I have loved it ever since. I never have gotten sick of it. My favorite drink would have to be Pepsi, I love soda!

Favorite music?

I like all kinds of music. I can go from rap to hip-hop to even country. It all depends on the mood I am in. I probably listen to Miley Cyrus the most. Yessss, I do still love her even though she is crazy now!

Favorite travel location?

I have not been to too many places, but if I have to pick out of the places I have gone I think it would be Myrtle Beach, SC. It is just so relaxing there and everyone is just so friendly down south. I used to go there every summer with my family and I always had such a good time!





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

I would wear anything out in public as long as I am not walking around nude. Like Marilyn Monroe said, "The body is meant to be seen, not all covered up." I love wearing short little party dresses when I go out!

Favorite Car?

My all-time favorite car would be a BMW, pretty much any girl's dream car. I have always wanted one and one day I will work hard to get one. I am a sucker for nice things!



Why is Fitness So Sexy?

by Rick Trottier





As we transition out of the Old Year and into the Bright New One, many people compile and start working on New Year's Resolutions, quite a few of which have a great deal to do with Health and Wellness. Physical Fitness is a praise-worthy and achievable goal and if you ask most people why they seek such an aim, they would say that being in their best physical condition is something they desire for their quality of life. Certainly, that is likely to be one motivation, but there is often a far more powerful incentive. Ask most men today and they will tell you, there is something incredibly alluring about a beautiful woman, whose physique is carefully sculpted with a mix of rippling muscle and exciting curves, covered in beaded sweat and wearing revealing workout gear that accentuates her superb figure. Most women would likely say the same thing about well-toned men. Most glamor imagery today celebrates figures that are the epitome of such efforts. But it wasn't always the case.

Look back into the history of Art and from the Baroque Period all the way past the Impressionists, The Expressionists and into the Modern Period, and shapely women whose curves were a bewildering landscape dominated the canvasses of artists. Such was the case when it came to photography as well. Well into the mid-1960s, it was rare to see a slender or athletic glamor model. Most were outrageously curvy and some would argue potentially healthier than the obscenely thin fashion models of the past 30 years. But since the 1980s, there has been a growing trend that uplifts the beauty of strong and muscular women and despite an obesity epidemic in the United States, the movement towards embracing fitness as sexy continues to grow. But why would sweaty bodies crafted out of a dedication to something that can be painful and difficult be so very enticing? The answer lies in two corners of the psyche.

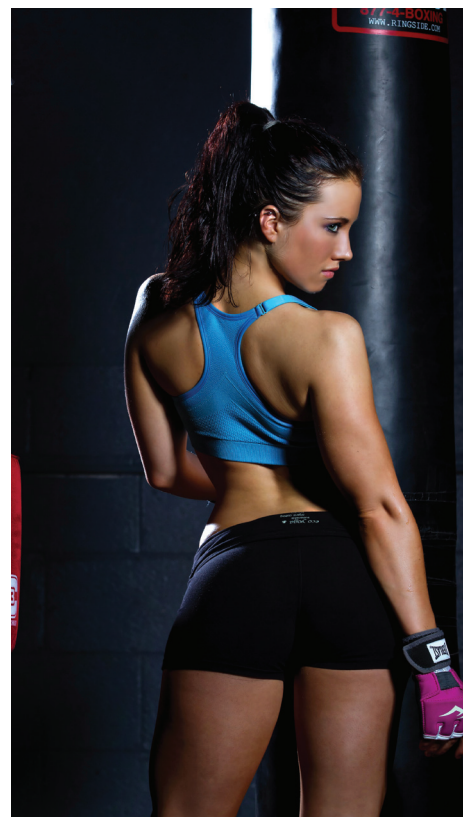


From a psychological standpoint, it is the dedication that women show to achieving fitness that is exciting and alluring to men. That devotion to excellence and looking their best shows confidence, and most men are drawn to confidence like moths to flame. A confident woman is immeasurably sexier and far more appealing than a woman who lacks self-esteem. A woman who takes care of herself and looks like a million dollars is also a boost to the complicated and fragile egos of men. Most men are willing to partly admit the pride of having a stunning woman at their arm when they go out, even as their tendency to be protective and jealous wars with the wish to have “his girl” seen by other men. But a supremely fit and sexy girl in an equally suggestive outfit showing attention to “her guy” is a turn-on and a boost to male self-concept that is unlike almost any other. Men are visual creatures and being able to look to one side and see the girl of your dreams next to you and know that she carefully maintains her figure is a psychological rush almost unequalled.

On the physical/animal side of human nature, a toned woman, with strong muscles, equally strong endurance and a figure that just screams “sex” is an even greater appeal. Even more hard-wired into the male brain than the passionate response to visual cues is the nature of the male brain to think about sex continuously. Pondering the wonderfully sculpted parts of an athletic woman’s body and how exciting it will be to have that body respond in the throes of passion is something men spend a great deal of time fantasizing about. The very elements of what makes fitness work for health are also what make it irresistible. No gains can be made in a workout without sweat and strain, both of which make muscles stand out and cardio-vascular systems more durable. Great sex is dependent

on both the strength of musculature and the endurance of the partners. While most women tend to be drawn to the romance of sex, men are enamored of its intensity and even a form of savagery. The more forceful the partner, the more exciting the outcome and only the physically fit can make that happen. So fitness is sexy to men because it feeds into the psychological and physical needs of men’s brains, but it is only in the Modern Age that we have openly celebrated that which has been part of inner fantasy landscape of most males over the generations.

So as the New Year dawns, how does one get into the shape that will draw the eyes of the opposite sex? Possibly the best place to get that information is from that group of women who live by the beauty and sexual attractiveness of their figures – models! A Model HAS to be in the very best shape that she can be, for she must fit into clothes of all types and cuts, or show off her physique with little or nothing clothing as a regular part of her job. There is no group that depends more on marketing their look to engage the responses of men more than a model. Interestingly enough, what a model does to maintain her figure is a blueprint for physical health and wellness for all, because the diverse model who does a little of every kind of





imagery must be fit in such a way that is far more varied than an emaciated fashion model. Most models dabble in various types of fashion, glamor, swimwear, fitness modeling and figure modeling. As such, their physiques have to be toned and sculpted, they must be limber and flexible and they have to have endurance and strength. Such is a recipe of physical health that should be emulated by all.

Breanne McGinness, a fitness and swimwear model as well as a personal trainer and fitness consultant describes her approach to fitness this way. "I am often asked what kinds of fitness regimens people should adopt. What I tell nearly all of my clients, is to abandon any fear of weight training, that it will ludicrously bulk you up

or some such nonsense. It is without a doubt essential for a lean and athletic build. Weight training builds muscle which helps intensify your metabolic rate. Muscle burns more calories than fat, so if you have lots of strong, lean muscle, your metabolism will run faster and you will look leaner. I highly suggest that people do weight training 4-5 times a week for 45-60 minutes a day and selectively target specific muscle groups. Find what your strengths are and continue to develop them, but make sure you attack your weaknesses too. All forms of exercise should deal with your own personal fitness needs. Nothing should be a higher priority than that. Cardio-vascular exercise is important to developing a fit and strong physique, but it



is important to NOT overdo it. The entire purpose of cardio, beyond having a strong heart and vascular system, is to lean down the fat content in your body but to not strain your system so much that it cannibalizes muscle. Muscle is what gives the body its defined and sexy shape, so cardio exercise should support that plan. I always suggest a plan of 3 days a week at 30-45 minutes a day for cardio exercise. Be sure to stretch with both exercise types as often as chance allows".

Chrissy Victoria, one of New England's most successful print models, has similar approaches to exercise and attacks other elements of health in her fitness regimen. "Food and eating is definitely one of my

biggest challenges when it comes to my fitness regimen... I LOVE to eat. My mother is a fabulous Italian cook, so I've grown up loving all kinds of food! One of the most important things fitness has taught me is to not deny myself eating my favorite things. But it has to be done in careful moderation. Throughout the day my goal is to eat healthy; this means staying away from foods that are processed, packaged, fried, fast food and other traps. I try to eat lean meats, veggies and reduce the carbohydrate count without cutting it out. Some complex carbs are important to fuel your exercise efforts.

Stress can be one of the biggest downers on a diet. For me, however, I regard



stress as its own problem: yes, it is terrible for your metabolism and eating habits, but your mental health should be the utmost concern here. Learning to live above the stress in your daily life and finding something that helps you lower that stress is what is important. I find that exercising is always the best way to fight stress for me. It releases good endorphins, which are what makes the day fun, not stressful.”

Rachel Seeker is a successful New England actress who also has to look her best and has these added health tips. “Relaxation is such an important part of overall health. Finding pursuits that you love and making them a regular part of your life is a must. For me, I love playing the drums and riding my motorcycle. Both get me into a frame of

mind that helps me leave behind the stresses of daily life and clear my soul of the strains that drag down energy and positivism.

Sleep is an obvious necessity. If possible, I try to get 8 hours a day. Sleep rebuilds the brain and the body. I try to void heavy amounts of alcohol for a pair of reasons. Complex mixers have a lot of calories and sugar and they lead me to bad habits. Sugar is addictive. Get some and you’ll want more. Beyond all this, hangovers from too much partying hurt the brain and drag down the mood. Alcohol is a depressant and I don’t need more of that mood in my life. Whatever I can do to balance the forces in my life and make my days lighter and more upbeat will lead to better health and make me a healthier person”.

All three women stress the importance of the mind-body connection in their health regimen, and when both the mind and body are stronger and more fit, a person is sexier and a better sex partner. Approaching your wellness with a balanced, patient plan that will help you achieve goals that make you feel better about yourself is what being sexy is all about. And that is why we do find Fitness So Very Sexy!



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Album organizes photos into timelines, and re-frames and resizes them to create digital photo books that you can display on your camera's screen—or send anywhere for recipients to view on their own devices. Engineered with Hybrid Autofocus the Galaxy NX's 20.3MP APS-C CMOS sensor delivers high-quality images and lifelike colors with the highest resolution in its class. Measuring 23.5mm x 15.7mm, the sensor captures the most light to create beautiful, noise-free pictures and video. Equip the Galaxy NX with any of a growing range of interchangeable lenses to experience almost infinite imaging possibilities. Take advantage of the camera's Advanced Hybrid autofocus system and superior light-capture

The Galaxy NX packs 3G/4G and Wi-Fi connectivity to let you upload, share, and even post to Facebook, Twitter, YouTube, Instagram and other social media. Plus you can choose and download Android apps to edit images and produce memorable presentations. Photo Suggest instantly connects you to huge libraries of images taken by fellow photographers, to help you find and compose your best shots anywhere in the world. With Photo Suggest you can reference pictures taken by other people based on your location and create memories of your own. Story



capabilities. Take wide-angle and deep-focus shots with confidence and ease. The Galaxy NX Camera is powered by Android 4.2 Jelly Bean, the latest release of the Android OS. Do more than just shoot amazing photographs and video. Experience an entire universe of Android apps for image personalization, video effects, or staying in touch with friends and family. Multi Exposure shot lets you blend two shots into a single beautifully composed image. You can also record sound to your photo to relive the moment exactly how it happened with Sound & Shot.

Featured Photographer

Karl Yamashita

Karl Yamashita is an internationally published glamour photographer. Born in Los Angeles California. Karl's interest in photography started in 2006 when he took his son Brandon to John Robert Powers in Costa Mesa California. He spent \$750 for his son's headshots which was more than he wanted to spend. Knowing it couldn't be that hard to use a camera, Karl purchased a camera and started to take pictures after work and on weekends.

Karl started taking pictures of flowers, dogs, wildlife and odd everyday objects. One day Karl went to an organized model and photographer group shoot. He wanted to learn how to take photos of models using different lighting techniques. That is when Karl fell in love with shooting beautiful models and his passion for photography began.

It wasn't until about summer of 2009 that Karl finally understood lighting. One day Karl took a shot of a model and was blown away by how she was lit up. Karl studied how the model was posed in relation to the sun. He then looked at where my strobe light was placed. From there on, his placement of the model to the sun and his strobe light has been very crucial. When comparing shooting natural light or using strobe lights, Karl prefers to shoot with strobes. "The model looks flat and doesn't pop out at you when shooting natural light. When I use strobe lights the model has shadows created by multiple light sources and looks more

3 dimensional".

Since after summer of 2009, Karl teamed up friend Drew Santos and began teaching lighting workshops and holding large group shoot events. Photographers come from around the world to attend Karl's events. They have become the #1 event promot-

ers in Southern California within 4-5 months.

Karl has been a regular photographer for us here at ModelsMania and has photographed beautiful cover models for us. Coming up in 2014 you will see more of his amazing photography work in ModelsMania.



Social Media

www.karlyyamashita.com

www.facebook.com/karl.yamashita

twitter.com/karlyyamashita

www.meetup.com/Drew-and-Karl-photography-events/

www.modelmayhem.com/376476



MOVIE REVIEWS



The Legend of Hercules

Courtesy of Summit Entertainment



In this epic origin story, the mythical Greek hero Hercules - the son of Zeus, a half-god, half-man blessed with extraordinary strength. Betrayed by his stepfather, the King, and exiled and sold into slavery because of a forbidden love, Hercules must use his formidable powers to fight his way back to his rightful kingdom. Through harrowing battles and gladiator-arena death matches, Hercules embarks on a legendary odyssey to overthrow the King and restore peace to the land.

Cast

- Kellan Lutz Hercules
- Liam McIntyre Sotiris
- Scott Adkins King Amphitryon
- Johnathon Schaech Tarak
- Roxanne McKeen Queen Alcmena

Jack Ryan Shadow Recruit

Courtesy of Paramount Pictures

Unlike the previous films in the franchise, it is not an adaptation of a particular Tom Clancy novel but instead an original story initially conceived by screenwriter Hossein Amini featuring the Jack Ryan character. In a story taking place prior to the original Jack Ryan stories, Ryan is a young stockbroker working for a billionaire in Moscow before joining the CIA. When the billionaire he is advising frames him for a terrorist plot and kidnaps his wife, Ryan must race against time to clear his name, stop the plot, and save his wife. This film will be dedicated to Tom Clancy, who died on October 1, 2013.

Cast

- Chris Pine Jack Ryan
- Keira Knightley Cathy Ryan
- Kenneth Branagh Viktor Cherevin
- Kevin Costner William Harper



The Monuments Men

Courtesy of Columbia Pictures

Cast

George Clooney George Stout
Matt Damon James Rorimer
Cate Blanchett Rose Valland

Based on the true story of the greatest treasure hunt in history, the film is an action drama focusing on an unlikely World War II platoon, tasked by FDR with going into Germany to rescue artistic masterpieces from Nazi thieves and returning them to their rightful owners. It would be an impossible mission: with the art trapped behind enemy lines, and with the German army under orders to destroy everything as the Reich fell, how could these guys - seven museum directors, curators, and art historians, all more familiar with Michelangelo than the M-1 - possibly hope to succeed? But as the Monuments Men, as they were called, found themselves in a race against time to avoid the destruction of 1000 years of culture, they would risk their lives to protect and defend mankind's greatest achievements.



Robocop

Courtesy of Metro-Goldwyn-Mayer
Columbia Pictures

Cast

Joel Kinnaman Officer Alex J. Murphy
Gary Oldman Norton
Samuel L. Jackson Pat Novak
Abbie Cornish Ellen Murphy
Jackie Earle Haley Maddox

The year is 2028 and multinational conglomerate OmniCorp is at the center of robot technology. Their drones are winning American wars around the globe and now they want to bring this technology to the home front. Alex Murphy is a loving husband, father and good cop doing his best to stem the tide

of crime and corruption in Detroit. After he is critically injured in the line of duty, OmniCorp utilizes their remarkable science of robotics to save Alex's life. He returns to the streets of his beloved city with amazing new abilities, but with issues a regular man has never had to face before.





Meet the sexy
Michaela Nyx



Can you please tell the readers a little about yourself?

My name is Michaela Nyx, I am Spanish and Polish. I Live in the amazing city of San Francisco and was born and raised in the Bay Area. Growing up my parents put me in a bunch of swimming classes and it stuck. I loved being in the water and was on the swim team and a life guard. I Love being outdoors and working out.

What is your hometown?

San Francisco, CA

Favorite food and drink?

I would have to say that my favorite food would be Polish food. I am a sucker for Salatka Jarzynowa which is a polish vegetable salad, its to die for!! My favorite drink when I drink is either a cucumber gimlet or a gin and tonic.

Favorite music?

I love house music and The Dave Matthews Band



Favorite travel location?

Kauai is my favorite travel location because I love how quiet and peaceful it is. Also, they have an amazing park there to go hiking and it is beautiful.

Favorite sports?

MMA & Baseball

Favorite things to do?

My favorite thing to do is go hiking or trail running. Love to be out in nature and enjoy my surroundings. I also love to hangout with my two pups Bella & Rue. What makes you laugh? Being silly. I am a goof ball and on a daily basis am laughing at myself. I love to have fun and will end up dancing by myself in the grocery store or skipping down the street with my dogs. I try and do this even on days where I am having a bad day, it seems to pick me up and change the overall mood of my day.

Photography by
Justin Price





What is the most sexiest outfit you would wear out in public?
Hmm..Im not sure, being a model I have worn some pretty crazy outfits out to events. I would have to say that my craziest outfit I wore to an event was when I wore body paint. I was a body painted model for the Playboy Mansions Summer Solstice party and got body painted. But if I was to go out with friends, I would probably wear a short, tight fitting dress that would show a lot of cleavage. Those tend to be the dresses I love to wear LOL





EXCLUSIVE INTERVIEW

Dr. John La Puma MD

www.RefuelMen.com

John La Puma MD is a practicing physician, board-certified in internal medicine and a professionally trained chef. His mission is to help you get measurably healthier with what you eat and how you live.

Three of his books—Cooking the RealAge Way, The RealAge Diet and ChefMD's Big Book of Culinary Medicine—have been bestsellers around the world and have been translated into 8 languages. His new book, REFUEL, aims to change how men think about what they eat—as fuel too—and to help men become stronger, healthier and the best versions of themselves.

The Wall Street Journal calls him a “Secret Weapon” against cholesterol and heart disease. He taught the first Nutrition and Cooking course for medical students in the US, at SUNY-Upstate with Dr. Michael Roizen of the Cleveland Clinic, and the first Culinary Medicine clinical course for medical students in the US, at DMU. His “PBS ChefMD Shorts” series can be seen available nationwide through 2016, and his “Refuel Minute” series is available

on YouTube.

Repeatedly named “One of America’s Top Physicians” by Consumers’ Research Council, Dr. La Puma has been honored with the American Medical Association/National Association of Medical Communicators “Award of Excellence”. He is based in and sees patients in Santa Barbara, California.

What is Refuel?

Refuel is a proven three phase, 24 day program to help men shed fat, boost testosterone, get strong and pump up stamina naturally. Specifically engineered for the male brain and body, REFUEL aims to change how men think about what they eat—as fuel too—and make it slam dunk easy.

What is the crisis in men’s health?

Men die 5.2 years earlier than women. They get diabetes at BMI of 31 vs 33. They get 3x the heart attacks and fatal cardiac events before the age of 64. They have 4x the suicide rate of women. Over a quarter of men have a major psychiatric event in their lives, but less than a quarter of women. 50% of men will get cancer, but only 33% of women.

23% of men don’t see the doctor in a year, versus just 12% of women. Social norms pressure women to be thin. But the current obesity epidemic is really an epidemic in men.: 27.5% were obese in 1999, but 35% are now; in women, it has been 35% for the last 15 years.

Men’s tolerance for ignoring high blood pressure, blood sugar and cholesterol is very high—much higher than that of women.

How is it different than other programs?

Three ways

It is designed for men, although when women do it with men, men succeed even more

It has been beta tested and presented at Stanford and SXSW, with remarkable test results (data)

It is part time: 2 days per week of 50g of carbs per day; 3 liters citrus water daily; and 5 minutes each of resistance and aerobic HIIT, plus sleep and stress tactics, and you’re done.

Does the program include women?

Yes, it does. Women are the secret weapon men have in doing REFUEL: the best way for men to succeed is to invite a woman to do it with them.

What can you eat?

The food tastes like restaurant-quality, it's high in protein and has the vitamins and minerals men need. I offer meals that men love in ways they understand (Best Breakfast to Eat in Front of Your Monitor, for example). The truth is that a deck of cards sized piece of chicken doesn't work for everyone.

What can't you eat?

A high blood sugar level means that you have too much sugar in your blood. This high sugar level makes your arteries age. Aging of the arteries is associated with heart disease, stroke memory loss, erectile dysfunction, decay of orgasm quality in women, wrinkling of the skin and a lack of energy. High blood sugar level causes your arteries to get old which causes you to be more likely to develop these major problems. Conversely keeping a Refuel smart consistent blood sugar level (and we tell you some easy tricks to help do that) gives you more energy and makes you feel younger.

Can't I make up for some unhealthy food choices by exercising?

You can burn calories while exercising, but you'd have to spend 8 hours on the treadmill, running at 3.5 miles per hour, up a 15 degree incline, to burn off the calories in one "Bloomin™ Onion". And even if you burn off the calories, you do not reverse the aging of the arteries and immune system the aging starches and trans fats inside that appetizer.

What do you say to those who claim to be too busy to Refuel?

I say try the 3 day jumpstart and look at the Table of Easiest Steps.. You can do anything for 3 days. If you don't feel lighter, more energetic, recharged and better after 3 days, fine. But if you do, then try the whole 24: it's designed to be drop dead easy.

How does the program supercharge sex?

Refuel helps men get their sex drive back, both by naturally raising testo-

Men Don't Diet, Men...

REFUEL

A 24-Day Eating Plan to Shed Fat, Boost Testosterone, and Pump Up Strength and Stamina

- + Drop the Gut
- + Re-Build Muscle
- + Supercharge Sex

JOHN LA PUMA, M.D.

New York Times Bestselling author of *ChefMD's Big Book of Culinary Medicine*

Dr. Puma's Book information

Harmony/Crown Publishers

\$25 US Hardcover

"Refuel is the book women have been waiting for to give to the men in their lives! With this information, men can regain the stamina and health they once took for granted!" –Christiane Northrup, M.D., bestselling author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*

"Dr. John La Puma has a deep and comprehensive understanding of what makes people tick: in particular, the drivers that cause men to develop unsustainable lifestyles. Here he provides practical answers to what had seemed impossibly complex problems using warmth, humor, and refreshing simplicity." – Glenn Riseley, Founder & President, Global Corporate Challenge

REFUEL is a step-by-step 3 phase, 24 day program with a jumpstart for men worldwide, shows men how to make it easy to shed fat, boost testosterone, get strong and pump up stamina naturally.

REFUEL's 24 day program results, from a research pilot study and beta test conducted in 2012, were presented at Stanford's Med X and SXSW 2013. Of the men participating,

57% reported improved erectile function

62% lost 10 pounds or more

67% reported greater energy

75% reported increased muscle mass and strength

75% reported better sleep quality

sterone levels as belly fat declines, by improving sleep quality, and by looking and feeling better. The average American man has 58 orgasms a year, but having dessert more than once a night

is unlikely. Quantity of sex is important for men; quality, for women. We asked men: 56% had better morning erections and 57% who could improve their sex drive, did, in just 24 days.



MUSIC FEATURE

FIRE DEPARTMENT CLUB

André Ache: Vocals and Bass
 Gabriel Gottardo: Guitars and Synth
 Meinel Waldow: Guitars
 Gui Schwertner: Drums

Tons of grooves, precise riffs and exquisite melodies make out Fire Department Club's signature sound.

Like spontaneous combustion, the foursome from Porto Alegre, Brazil, sets everything else you've ever heard on fire. Electronic beats and synthesizers, along with rock guitars showcase the band's fearlessness and unique sound.

Since their beginning in 2011, Fire Department Club has really shaken up the city's indie scene. FDC's first EP, *Colourise* has traveled a long way

to Los Angeles to grab the attention of Music Producer Luc Silveira. And together, along with Soma Records, they've been working on FDC's first and much anticipated LP.

FDC's first single "Merry-Go-Round", released in over 130 countries, was met with great enthusiasm by fans and landed wonderful reviews from critics throughout country, earning the band a spot in the Top21 best new bands in Brazil.

Now it's the time for "Love Reconnected" to make its mark. The second single is also FDC's first Music Video.

Inspired by Disney's *Fantasia* (1940), the video is generating a lot of buzz. Find out for yourself what everybody's talking about.

Access the "Love Reconnected" music video here:

youtube.com/watch?v=zJLgBeOw4AE

For more info, please check the band's website:

www.firedepartmentclub.com

Contact:

Luc Silveira

Silverlast Productions

silverlastmusic@gmail.com



Exclusive Interview
Saving Abel

Where are you guys from?

Personally, I (Michael) am from Memphis, TN. Our guitar player, Scott Bartlett, is from Baltimore, MD and the rest of the boys are from Corinth, MS, which we proudly call our home base.

How long has the band been involved in the music industry?

The band has been involved in the music industry for many years now, with the first major-label release (the self titled album) coming out in 2008. So, since long before then, Saving Abel has been involved in the music industry.

Can you tell the readers a little about the band?

Well... We are just a bunch of good old southern boys who love touring, recording and making music. Lately, we've been through quite a bit - from changing management to changing labels - and it has given us a new excitement about our future. It's empowering to take important matters into your own hands and take control of your own future. If you want to see a look at our "behind-the-scenes" antics, however, look up our YouTube channel - savingabelvid - and you can see for yourself what we're like!

How do you describe your music and the bands sound?

Our music and sound is definitely a rock one, but with undeniable southern influence.

Do you guys have any new videos out?

We do! Our new video for "Mystify" is out now - it was shot in the west plains of Texas in the early hours of the morning. There were rattlesnake warning signs everywhere but luckily, no one got bitten.

What does the band members do beside music?

Well everybody has their own personal tastes but I'll give it a shot.

Jared - Spending time with family

Jason - Also spending time with family

Eric - Rattlesnake hunting
Scott - Staying busy in whatever form that may be...

Michael - I like to exercise, read and stay busy, as well!

Can you tell the readers about the bands new or current music projects?

As far as new or current projects, we just released a 6 song EP called "Crackin' the Safe" with some really good songs on there. We're really proud of it. Addition-

ally, we go into the studio in the latter part of this year to start recording our new full-length album. Our frontman, Jared, is also currently filling in for Austin from Hinder. Be sure and catch them on the road if they come to a city near you.

What do you think of the music industry the way it is today?

The music industry today... Well. It is different, that's for sure. Personally, I see the days of consumers buying a physical, tangible compact disc as a bygone era. Nowadays, it's a market of iTunes singles.

Additionally, I see that rock and roll is going through a tough time and a lot of people are into pop, etc. I do, however, see rock and roll - real, emotion-arousing music - making a comeback.

Do you guys have any favorite bands or artists?

Everybody has different ones but as for me, my favorite bands are Filter and Sevendust.

Are there any future plans or goals for the band?

Our future plans are to, as stated before, record out new full-length album toward the end of the year and to keep touring! Keep an eye on our tour schedule...

Do you have any type of message for your fans?

To our fans - We couldn't do this without you. Without you all, we have no career. Thank you for allowing us to do what we love to do and to share our music with you all, and the world. Thank you for buying our albums and coming to shows. We love you all!

Do you want to add anything else?

Long Live Rock and Roll!





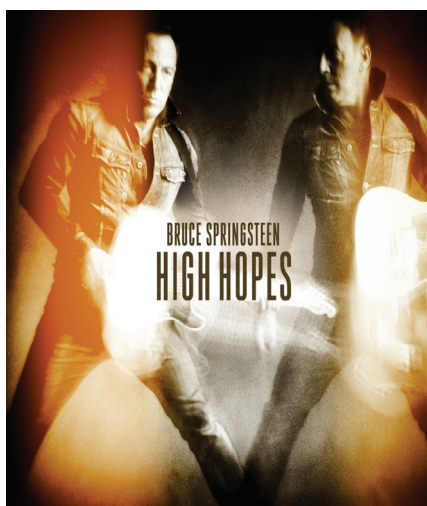
JENNIFER Nettles That Girl

Sugarland's Jennifer Nettles is stepping out on her own with her debut solo album, *That Girl*. She's a woman who, after hooking up with a spoken-for man, does what every philandering guy dreads: She calls his lady to spill the beans and clear the air. Why exactly? Because she doesn't want to be "that girl." Jennifer's single is similarly stripped down, propelled by thumping bass, hand claps and plinking guitar, giving the whole thing a Flamenco feel. The payoff, though, is the chanteuse's smoky vocals, which prove yet again why Jennifer is one of country (or pop's) most nuanced singers. We are a big fan and love this new album.



BEYONCÉ BEYONCÉ

The self-titled, *BEYONCÉ*, is the fifth solo studio album from Beyoncé and features tracks with Jay Z, Drake, Frank Ocean and the singer's daughter, Blue Ivy. *BEYONCÉ* is infused with 14 new songs and 17 visually stunning, provocative videos shot around the world from Houston to New York City to Paris, and Sydney to Rio de Janeiro. She surprised a lot of fans with this one!



BRUCE SPRINGSTEEN High Hopes

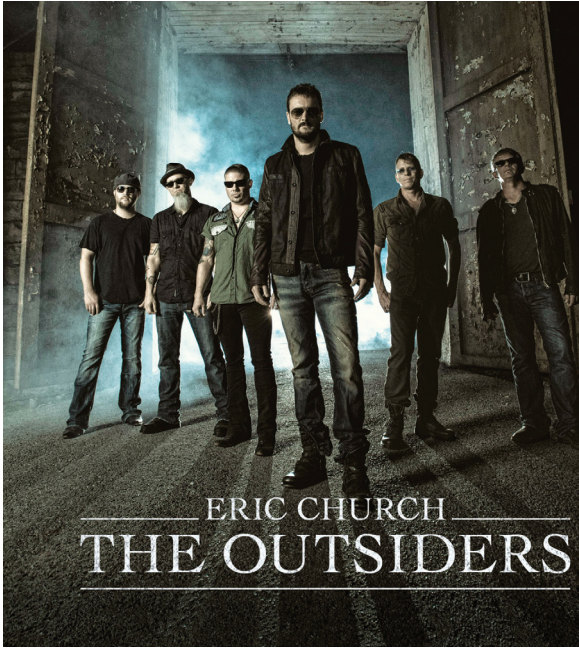
High Hopes is the eighteenth studio album by Bruce Springsteen and features E Street Band along with guitarist Tom Morello and former E Street Band members Clarence Clemons and Danny Federici, who have both died. *High Hopes* is a first for Springsteen: a studio album composed entirely of covers, outtakes and reimagined versions of songs from past albums and tours.



WARPAINT "Love Is to Die"

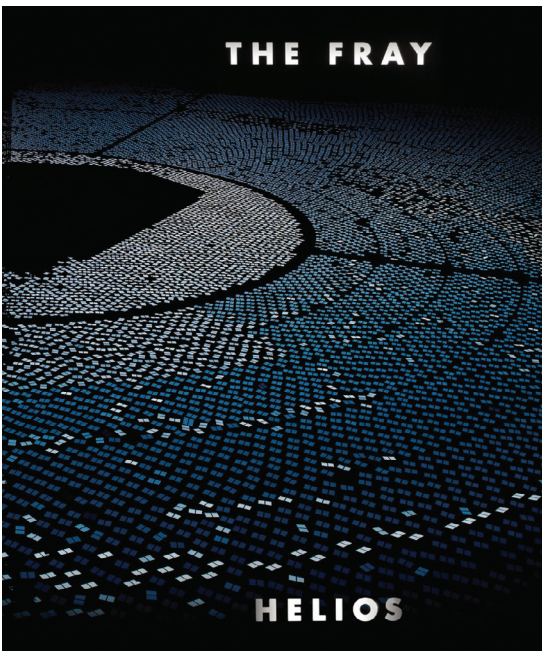
The band—vocalist/guitarist Emily Kokal, bassist/vocalist Jenny Lee Lindberg, guitarist/vocalist Theresa Wayman, and drummer Stella Mozgawa—recorded and mixed *Warpaint* with Flood, minus two songs mixed by Radiohead producer/Atoms for Peace member Nigel Godrich. It follows their 2010 debut *The Fool* and we love the sounds of this new album quite a bit.





ERIC CHURCH
The Outsiders

'The Outsiders' is an unconventional, left-of-center rocker that relies on thick guitars and a soaring chorus to deliver an emotional impact. It's effective. This sure crowd-pleaser is the sort of song that causes fights to break out. Church is thinking he was leaning too mainstream, so the tone of 'The Outsiders' fights back at every opportunity.



THE FRAY
Helios

The fourth album Helios from critically acclaimed Denver-based foursome The Fray. This record is all about running to the front lines of what we've done and pushing our borders even farther. Electronic instruments, drum samples, enormous backing vocals, opening up our writing to folks outside our camp." 'Helios' follows the band's 2012 release 'Scars & Stories'.



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Happy Valentines Day
From
**Chrissy Victoria,
Kayla Marie
&
Liz**

Photography by Rick Trottier











Hot Models
Mania Clubs

COMING **SOON**