

MODELS MANIA

MARCH 2014

Our
**VIDEO
GAMES**
Issue

Featured
Models

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Ryś**

**Alyssa
Kady**

**Shawnee
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Mail Rail
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to Women
and
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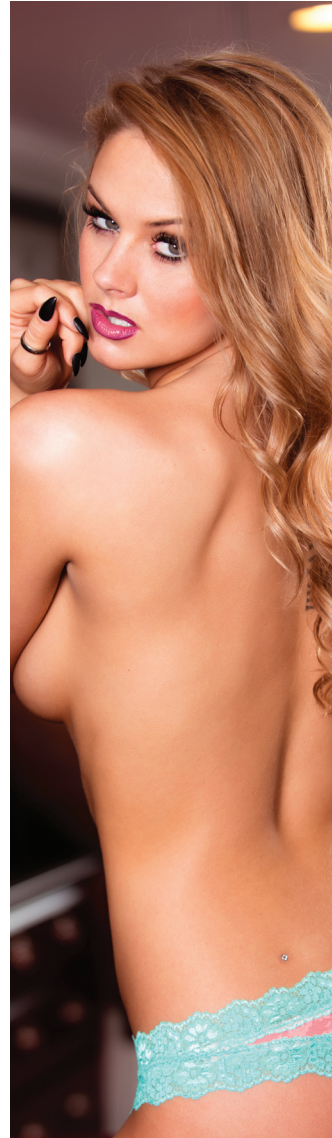
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Staff

Editor-in-chief

HOLLY CLAIRMONT

Publisher

HOLLY CLAIRMONT
DAVE JOHNSON
MARISA CONNERTON

Feature Coordinator

MARISA CONNERTON

Editorial

JUSTINE DANIELS
Editorial Director

Writers

LIZ MEI
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Art

ART DIRECTOR
BRATISLAV DJIKIC

Photography

DAVE JOHNSON
Photography Director

STAFF PHOTOGRAPHERS

BRIAN MICHAELS
RICK TROTTIER
KARL YAMASHITA
DAVE JOHNSON

Advertising

DAVE JOHNSON
Advertising Director
sales@modelsmania.com

**Our Model
of the Year**

Kaity Pearson



Photography By
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OUR FAVORITE TWEETS

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FAVORITE MENTIONS

@xMissVSx

Looking forward to my double feature in @ModelsMania mag next month with @NicolaRoccox, we're going to be on the front cover! Happy days

@CharissesPieces

@ModelsMania <3 hope you're well Xo

@karlyamashita

Shooting with @Ivy_Ferguson for a feature in ModelsMania magazine @ModelsManiaMag pic.twitter.com/mXKstdmiMk

@deejayAlexM

#FF_____SUPERMEGASPECIALE to my best friends of @ModelsMania

@ohiophotoman23

@ModelsMania looking to get published

@i12rocu2

@ModelsMania WOW.... just wow!

@MikeHoncho1985

@ModelsMania Face? *check* Intelligence? *check* Body? *CHECK* But it's the eyes that will keep 'em coming back. Beautiful!

@Madeline_Cole

@ModelsMania Ohh thank you so much! Its been a boring night in Lol

TOP FAVORITE TWEETS

HeatherLizbeth
Now a days, people know the price of everything and the value of nothing..
#WordsToRemember

@emilylongeretta
I loved @Emily_Piriz's rendition of "Ooh La La" on #Idol... and Har-

ry Connick Jr. shouldn't have embarrassed her!
<http://hollywood.li/1mtkNd9>

@Christiekane
They say During Sex you burn as much calories as running 5 miles ...
Who the f*ck runs 5 miles in 30 seconds?



Gadgets for 2014

Your preview of some of the new gadgets for this year was just awesome! I see that there will be so many new gadgets and I have so many I would love to buy. I am very excited about all the new wearable tech that is coming out. I can't wait until I purchase my new smartwatch. I also want to get one of the new fitness bands because I plan on doing a lot of fitness this year. You guys are totally the best.

Randy ~ Via email

MM: Thank you for the great letter Randy! It seems like they keep coming out with more new gadgets every year. We love the CES and love checking out what will be launched. We are looking forward to seeing better robots.



The Future of Video Games

Thank you ModelsMania for having the Hot Exclusive about The Future of Video Games. I am a new gamer and recently purchased the new Xbox One gaming console. I look forward to the future of gaming and it should be an amazing time that will include so many fabulous games. Also I love reading the wonderful reviews that are in ModelsMania.

David
Las Vegas, Nevada



Model of the Year & Cover Girl Kaitly Pearson

All I can say is that you guys made an outstanding person for "Model of the Year" when you selected Kaitly Pearson! She is one amazing girl and I just received my copy of the issue.

Steve
Knoxville, TN



Your Letters

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



Trending News



Image by luis louro/123rf.com

DASH Diet Named Number One Best Diet Plan Of 2014

The dash diet is the number one best diet plan this year. It is considered to be very effective and helpful in “preventing and lowering blood pressure.” The theory behind the dash diet is relatively simple... eat the foods that you have been told are good for you (fruits, vegetables, whole grains, lean protein, and low-fat dairy), and steer clear of the fatty foods that we tend to be drawn to. Unlike some of the other “fad” diets, the dash diet is almost guaranteed to work. Not only is it easy to follow, it is also inexpensive. Rather than paying hundreds of dollars for dietary meals, with the dash diet you can purchase the items that you would normally buy while out grocery shopping.

Disability Money Running Out In 2016?

Those looking to SocialSecurity.gov for help should know that the Social Security disability trust fund is running out of money. So what is causing this to happen? The Social Security trust funds began running out of money at an accelerated pace, some experts had proposed getting rid of the Social Security tax cap. This was eventually done and the 2014 tax cap rose to \$117,000, which allowed benefits to rise by 1.5 percent. But some people are suggesting we get rid of the tax entirely in order to extend the life of the program by at least another 75 years. The recent increase in the debt ceiling also plays

into the problem. If you combine the interest payments on the \$17.26 trillion debt and spending on entitlement programs like Social Security, Medicare, and Medicaid you can see that a budget nightmare looms. Within 15 to 20 years, these parts of the Federal budget are projected to devour all government income in the worst case scenarios. In other words, a complete government shutdown that will require raising taxes and decreasing SS benefits dramatically in order to restore order. So if you’re going to SocialSecurity.gov to apply for disability, please consider that these funds may dry up within two to three years.



Image by jackethead/123rf.com

New Drug In Development for the Common Cold

A team of British scientists are working on the development of a new drug that could eliminate the possibility of contracting the common cold, and the research is getting positive results. The new drug promises to block the transmission of the common cold from person to person and would effectively treat symptoms for those who already have a cold. The compound would accomplish this feat

by binding to the virus, paralyzing it, and preventing it from releasing the genetic material that causes the infection. The research is still in progress and additional studies need to be performed before human trials are even considered. One potential drawback to the new compound would be possible side effects from the use of the drug. It remains to be seen where this research will lead.

One night, as a couple lay down for bed, the husband gently taps his wife on the shoulder and starts rubbing her arm. The wife turns over and says: "I'm sorry honey, I've got a gynecologist appointment tomorrow and I want to stay fresh." The husband, rejected, turns over and tries to sleep. A few minutes later, he rolls back over and taps his wife again. This time he whispers in her ear: "Do you have dentist appointment tomorrow too?"



Image by WANG HSIU-HUA/123rf.com

Make Me Laugh



Image by Aleksey Mnogosmyslov/123rf.com

An ex-model and her boyfriend were in their bedroom and the girl says to her boyfriend, "I wish I had bigger tits". The boyfriend says "Well what I recommend is to get some toilet tissue and rub it between your tits for 2 months". "How will that help to make my tits bigger?" asks the girlfriend. "Well it worked for your ass" says the boyfriend.

Driving home from church one Sunday, the father tuned the radio to a country and western station. "How can you stand that stuff?" complained his young son. "It's all about whining cowboys, gun-fights and broken hearts." Knowing he preferred rock 'n' roll, the dad asked, "Well, what's your music about?" "That's the beauty of it," the son said. "You just don't know what it's about!"



Image by Mandy Godbehear/123rf.com



Most Infamous Myths of the Music Industry

The music industry has been home to a lot of... "quirky" characters to put it mildly. Tales of their behavior get exaggerated all the time and this has led to the appearance of many rumors and myths which simply will not go away. Here are just a few of the most enduring.

1. *Elvis is alive*

Yeah, we get it, the man was really, really popular and had a lot of fans who are finding it hard to cope with his death. But the man is dead, there's no changing that. Even so, this does not stop people from reporting numerous Elvis sightings every year like he has become some kind of Bigfoot or Loch Ness Monster with cryptozoologists dedicated to tracking him down and capturing him for research. Still, people claim they saw Elvis. Surely, it couldn't have been one of the "trillion" Elvis impersonators out there or just a fat guy with the same haircut. It had to be Elvis. If they are so sure, how come they never catch him? Elvis wasn't in the best of shape

back when he was "alive", now it's 25 years later, he can't be that elusive.

2. *Paul McCartney is dead*

At the opposite end of the spectrum, Paul McCartney is having troubles convincing people he is alive despite the fact that, you know, he appears in places... in person... standing in front of people. To be fair, the ones who believe this myth aren't claiming that current Paul is some kind of hologram, but that the real Paul McCartney died ages ago and he was replaced by a lookalike.

For them, the clues are everywhere and the most famous of all is the iconic cover of "Abbey Road". It features the four of them crossing the street, but wait...there's more: John is first, dressed in white, supposedly representing a preacher; then comes Ringo, dressed in black, representing an undertaker; then there is Paul who is the corpse and, finally, George, the only one dressed in denim instead of a suit, representing a gravedigger. What exactly makes Paul the corpse? He is the only one not wearing any shoes – it's foolproof!

3. *Robert Johnson sold his soul to the devil*

There probably aren't many people nowadays who genuinely believe this to be fact, but the myth has endured mostly because it makes a good story. Robert Johnson was supposedly an average blues player who disappeared and, when he returned, he became the best blues player ever with a mastery of the guitar unmatched by any other. How did he accomplish this? Why, he sold his soul to the devil at a crossroads, of course.

There were a few aspects of the story which helped perpetuate the myth. For starters, his life prior to his last few years has been poorly documented. He died young under mysterious circumstances. Some of his most well-known songs include "Me and the Devil Blues", "Hellhound on My Trail" and "Cross Road Blues". Again, these all make for a good story, but there are few facts about him which nobody doubts: he did become a great blues player in just a few years, but this was through constant practice; he became highly regarded and influenced some of the best guitarists to come after him.



Video Games with Amazing Hidden Secrets

Video game designers have always enjoyed inserting little nods and in-house jokes and references into their games as a way of personalizing them and leaving a mark. Gamers, in turn, enjoy scouring the games looking for clues, trying to uncover every secret like characters in a new TV show called CSI: Nintendo. However, some designers turn into evil masterminds when it comes to hiding their precious secrets. Here are just a few mind-blowing examples.

1. A hidden room in “The Legend of Zelda”

The Legend of Zelda is one of the most beloved (and most successful) video game franchises of all time. This is a series which is known for encouraging exploration and for requiring its players to go through every inch of the map. That makes it even more amazing that this secret room in A Link to the Past remained hidden for years after the game came out.

It gets even more incredible considering that gamers knew it was there, somewhere. Nintendo Power hosted a contest where the winner would get a secret room named after them in the upcoming Zelda game so people were definitely aware of it. But the way

of getting to it was so obscure and random – first, you needed to equip a certain pair of boots. Then you have to go through a specific order of ten screens in order to get to a hidden well. Mess up the order and you don’t reach the well. Not to mention that you had to do this fast and without taking any damage. If somehow you managed to reach Chris Houlihan’s (the contest winner) secret room, you were rewarded with 45 blue rupees and bragging rights to all of your friends.

2. Fighting Reptile in Mortal Kombat

The first Mortal Kombat was a groundbreaking game for the fighting genre and also boasted a very intricate method of unlocking a fight with the mysterious, unplayable character known as Reptile. The best part about this secret is that the game kept dropping hints – all you needed to do was pay attention. Reptile would occasionally appear briefly before a fight and point to one of several messages, including “Blocking will get you nowhere”, “Fatality is key” and “Look to la luna”. Put together, the messages revealed the way of challenging Reptile to a fight: first, you needed to compete on the Pit stage which had the moon in the background; you had to win without taking any damage or blocking and the fight had to end in a fatality. As an

added difficulty bonus, a shadow had to float across the moon during the fight otherwise nothing would happen. If, however, you managed to meet the criteria, you were then rewarded with a fight against Reptile who was likely to kick your ass since he was very tough to beat.

3. The entire second freaking half of the game in Castlevania: Symphony of the Night

Most secrets are just little in-game sections. If you miss them, no big deal. Not with Castlevania, though. Skip this secret and you wound up playing only half of Symphony of the Night, arguably the best game in the entire series. If you failed to equip a certain item during the final boss fight, then you would defeat him and the game would be over. However, if you were wearing the Holy Glasses, you would discover that this boss is actually just a puppet being controlled by someone else.

Now comes the good part – the entire castle is flipped upside down and you have to go through it all again. There are two amazing things about this: 1. The design of the castle is such that it looks completely normal during both playthroughs without hinting the player and 2. The second time is not just a retread – it has tougher enemies and boss fights.



Image by Denis Tabler/123rf.com

DELICIOUS DISHES

Great Recipes for Men

By Jane Susaeta

When it comes to men, their muscles and libido, sometimes exercise just won't cut it. To be strong, lean and sexually active, men need to be open and explore their options. While these options all too often include the food you eat, which is good, but have you considered how to best enjoy these foods infused into delicious recipes? Being conscious with the tone of your muscles, the form of your abs and the way you perform in the bedroom should not limit you from enjoying these foods. In fact, there are recipes specifically designed to help you achieve optimum physical and sexual performance.

First, to tone up the body, spice up your plain, old boring omelet for breakfast with a few twists. Low in fat and high in protein, this vegetable omelet breakfast recipe is your perfect go-to meal especially when you still have a

million things to do after working out. Simply pour some olive oil into a pan, followed by soy sauce, mushrooms, onions and bell pepper. After 3 minutes, add in some sliced tomatoes. In another bowl, whisk some eggwhites and pour into the pan when the vegetables are cooked. Add some salt and pepper to taste, and wait for a few minutes until the egg becomes fluffy. You can add or edit the vegetables according to your preference, and pair with some fruit and yogurt.

For dinner, try making this Chicken and roasted potatoes recipe. After seasoning chicken breasts with flavors of your choice, place it into a microwave safe container for baking. Place sliced potatoes inside a plastic bag, a few drops of extra virgin olive oil and some spices. Toss the contents until the potatoes are fully coated. Place the coated potatoes on the side of chicken and bake for 30 minutes in

375 degrees. This recipe is so easy to prepare, gives you the body building calories you need but with very minimal fat.

If you want to shed a few pounds and become friends with your bathroom weighing scale, consider overhauling your breakfast food. Experts agree that men, especially those who are active the rest of the day, must have enough calories for breakfast to avoid spikes in sugar levels, as well as to prevent unnecessary snacking in between meals. Losing weight means powering up your breakfasts, with filling but low-calorie meals, such as this healthy breakfast burrito recipe. Simply mix in vegetables such as corn and pepper into a whisked egg and spread into microwavable plate. Bake for one minute and stir with fork before baking again until the egg is cooked. Place the mixture along with sliced avocados into a wheat wrap, roll, and eat. You also have the option to add in some cheese or healthy salsa. This recipe is packed with protein, allowing you to retain muscles while losing fat.

But what if in the middle of the day you suddenly crave for a Big Mac with all its greasy goodness? Stop right there and consider getting some healthysnacks too. Simply get a tablespoon of peanut butter and spread into a banana.

Not only is this simple recipe easy to procure, you're also giving your body only 98 calories, plus potassium. Or, you can try roasting almonds with a dash of rosemary, beneficial for their antioxidants and heart-friendly properties.

What's for lunch? Couscous and squash salad is a good lunch option because of its sufficient calorie content, fiber and is low in sugar, cholesterol and sodium. To create this recipe, just bake peeled and sliced squash, thyme and onion with some salt and olive oil in 375 degrees for 20 minutes. Meanwhile, cook couscous until al dente, then add a tablespoon of lemon and walnut oil. Add in chopped onions, pour the squash mixture and add salt and pepper to taste.

Men's libido can become quite a mystery, but solving its issues can be done with the right food. While there are several foods claiming to be libido-boosters, the oyster remains to be the most coveted one. Oysters are known to contain zinc which aids in production of healthy sperm as well dopamine to enhance men's libido levels. Oysters are quite versatile too – you can use them for stews, baking and grilling. To create a libido-elevating oyster stew, start by combining oyster liquor with a cup of water into a saucepan. Add oysters and simmer, drain and then set aside.

In a separate pan, heat butter, pour flour and whisk continuously until the mixture turns golden brown. Proceed by adding celery, parsley, onions and season to taste. Once the mixture simmers, add in cream and milk, oysters and the cooking liquid into the pan and cook for additional 5 minutes.

Another remarkable sexual stimulant is the salmon. Containing healthy omega-3, eating salmon helps speed up the production of your sex hormones and stimulates your nerves that generates sexual desire. You can have salmon in a variety of ways, but if you are looking for a simple salmon recipe, try this dish that only requires four ingredients. In a ziplock bag, pour 1/4 cup of honey, 1/4 cup of soy sauce

and some minced garlic. Shake the contents well, then add in salmon. Refrigerate the marinade for an hour, making sure to turn the salmon every now and then. Place the salmon and its marinade in a baking container and seal with aluminum foil. Bake for 15 minutes in 350 degrees, serve hot and enjoy.

In between meals, you can snack on a banana, some almonds, peanut butter or dark chocolate and your libido levels should increase significantly.

Toning your muscles, losing weight or increasing your sex drive takes conscious effort, and lots of it, to become successful. But if you constantly factor in the nutrients and benefits of the ingredients in each meal until it becomes second nature, your physical and sexual health goals should be easier to achieve. The food you eat have profound effect on your body, and the more mindful you are, the better your body will become.



Image by ildipapp/123rf.com



Meet the Sexy

Alyssa Kady

Photography by

Rick Trottier

Can you please tell the readers a little about yourself?

I am a psychology major and an aspiring wbff competitor that wants to do a fitness show this year. I live in Mass and my two main passions are working out and modeling.

What is your hometown?

Danville NH

Favorite food and drink?

Orange Juice and seafood

Favorite music?

House music

Favorite travel location?

Aruba





Alyssa Kady Feature & Interview



Favorite sports?

Cheerleading and Football

Favorite things to do?

Workout, hang out with my friends, and model

What makes you laugh?

My friends and when I see people jamming out in the car
haha

What is your dream car?

Lambo

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

A little black dress and heels!





Boxing and MMA Injuries

By Ian Palmer



Image by Valeriy Lebedev/123rf.com

It often appears that the combat sports of boxing and mixed martial arts (MMA) are at odds with each other and don't really get along. But when it comes to fighter safety both sports realize it's the most important thing as officials of the two platforms got together recently in an attempt to promote brain trauma research.

Early in February, Senator John McCain of Arizona and Senator Harry Reid of Nevada, who happen to be a pair of former boxers, got together with representatives of the top MMA and boxing organizations in the world to show their support for research. Since boxers and MMA fighters suffer repeated blows to the head they want to find out what the effects of it are.

The two sports have committed to handing over \$600,000 for research to Las Vegas' Lou Ruvo Center for Brain Health. Senator McCain said it's not too often that boxing promoters Top Rank Boxing and Golden Boy Promotions agree on anything, but they're both supporting and helping fund the research. McCain added that many promoters are former boxers and they've seen firsthand how the sport can effect a competitor's medical condition.

Senator Reid, who used to work for the Nevada Gaming Commission as a chairman, said he's judged several hundred boxing matches including one that took place late in the career of Sugar Ray Robinson. The former great champion fought 200 times in his 25-year career and Reid felt that he should have retired before he did. However, 49-year-old Bernard Hopkins is still currently boxing and is the oldest champion in the history of the sport.

Hopkins feels the sport has come a long way since the days of Robinson when it comes to safety measures. Boxers now have to undergo strict medical tests and there are always doctors at ringside and an ambulance at the venue. Hopkins believes research on brain trauma will reveal the risks that MMA fighters and boxers are taking and it's up to them if they want to take those risks.

Studies have already been performed on professional fighters and it has been concluded that they're at a higher risk of suffering from certain long-term illnesses such as Parkinson's disease, Alzheimer's disease, depression, CTE (chronic traumatic encephalopathy) and other types of neuropsychiatric and neurological conditions. However, doctors don't know if fighters are suffering cumulative brain damage due to head trauma and the researchers are trying to identify the risk factors.

Jeffrey Cummings, the Lou Ruvo Center's director, said doctors would like to know how an athlete first changes when they're suffering from brain trauma. Once they find this out they will be able to detect the beginning stages of the process and will know which athletes should be monitored.

The conference came on the heels of two recent deaths in the sport of boxing. A Mexican featherweight named Oscar Gonzalez died in Mexico City on

February 3rd, two days after suffering head injuries when he was knocked out in the 10th round by Jesus Galicia. The 23-year-old Gonzalez was a top prospect who had won his previous three bouts in impressive fashion.

Gonzalez had a 23-3 record at the time of his death along with 14 knockouts while his opponent Galicia was just 13-7 and had eight knockouts to his name. Most witnesses said the bout wasn't brutal, but Gonzalez appeared to faint in the 10th round. He was then rushed to Mexico City's Espanol Hospital. World Boxing Council president Mauricio Sulaiman claimed that combat sports have to keep researching ways to prevent these tragedies from taking place. He feels Gonzalez's death was an unfortunate accident, but it that reinforces the fact that boxing needs to employ proper safety methods.

A few weeks before Gonzalez's death a 21-year-old Japanese boxer named Teshin Okada died 17 days after





Image by Andrii IURLOV/123rf.com



being knocked out in the fourth round of his professional debut on December 20. Okada, a super flyweight, lost consciousness at the end a four-round bout against Masafumi Kamiyama, who was also debuting as a professional. An ambulance rushed Okada to hospital and doctors performed a craniotomy on him after they found he had an acute subdural hematoma.

Okada became the 38th boxer to lose his life in Japan since 1952, but there have been dozens of other ring-related deaths around the world. In comparison, there haven't been any deaths in legitimate MMA bouts such as those held by the UFC. It's not just professional fighters that are losing their lives though as a Filipino schoolboy named Jonas Garcia died following an amateur bout in a school competition a month before Okada died.

Garcia was just 16 years old at the time of his death and he was in a week-long coma after the contest and was suffering from internal bleeding. Many people in the Philippines called for boxing to be taken out of schools following the tragic incident.

But no matter what safety regulations are introduced to combat sports, knockouts will continue to take place on a nightly occurrence due to the nature of the competitions. Some of them come out of nowhere and are caused by a single punch while others are slower and more methodical. And

while pictures may be worth a thousand words they don't tell the whole story. Each knockout is unique. It has a life of its own.

When Canadian boxer Chris Johnson was knocked out by Antonio Tarver in the 10th and final round of their light heavyweight bout in 2001 it not only ended the fight but also Johnson's career at the age of 29. Hurt and tired, Johnson was on the ropes when Tarver's final shot to the head dropped him to the canvas. Johnson made it to his feet after the 10 count and staggered to his corner where he collapsed as the ringside doctor examined him. He was conscious at that point but was immediately taken to hospital for a CAT scan which showed possible bleeding in his brain.

At the hospital Johnson was conscious and walking about, but was then quickly transferred to a hospital with a larger neurology staff. The next morning he was still under close observation but was alert and aware of his surroundings. Even to the most hardened boxing observer it was a frightening sight as Johnson lay motionless on the canvas for what seemed like hours before being rushed to the hospital. The Jamaican-born boxer was a legitimate contender at the time and was an Olympic bronze medalist for Canada in the 1992 Games.

It was the first time Johnson had been knocked out in more than 20 years and

he was still trying to come to terms with it months later. Johnson described the event as follows:

"August 3, 2001 is a night I will never forget, yet it is a night that I don't remember too much. It was the night my whole world changed, leaving my future filled with uncertainty. I try my best to keep my knowledge of the incident to a minimum. I remember the sound of the bell to begin the fight, and I remember connecting with my first body shot. After that, it was all downhill. I awoke in the dressing room with no knowledge of what had just taken place. I slipped in and out of consciousness, and my heart weakened as my life was against the ropes. I prayed to my God to see me through to the next chapter of my life."

Johnson, who started boxing at the age of nine, knew immediately he should retire but didn't want to leave the sport he loved. After receiving a call from female boxer Natalie Brown he channeled his energy into training and never fought again.

While Johnson was a victim of a sudden one-punch knockout, former number-one ranked WBC super welterweight and Canadian champion Fitz "The Whip" Vanderpool suffered TKO losses during his career to the hard-hitting Fernando Vargas and Marco Antonio Rubio. Vanderpool was also on the other side of the knockout fence during his career. One of his more

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dramatic victories came in April of 1999 when he stopped Stephan Johnson the 11th round of their 12 round bout in Toronto.

Vanderpool, who was born in Trinidad, said most boxers don't go into their bouts with a knockout on their mind, but will go for it if they sense their opponent is hurt. "When I see them backing up that's when I realize they're in trouble. They're defenses are down that's when you step it up."

Many observers felt Vanderpool was behind on points to Johnson and with just two rounds to go and needed a knockout to win the WBF light middleweight title. That's when he pounced. "You just see the opening and you get an adrenaline rush. You feel fresh and rejuvenated. You get a new burst of energy and nothing is going to stop you, it's just go, go, go. And if you get to that point and it doesn't come you've got to find another second wind. You've got to dig deep like a champ. You think about how bad you want it and about how hard you've trained in the gym getting ready for this fight and nothing is going to take that from you. You go for broke."

The adrenaline took over Vanderpool and while he's not known as a devastating puncher he had Johnson

battered and bleeding, reeling on the ropes when the referee jumped in to stop the onslaught. Johnson made it to his corner but was drifting in and out of consciousness and was taken on a stretcher to the hospital. There was some concern as it took a little over 25 minutes before Johnson was rushed away.

Vanderpool said, "I stayed in the ring because the way Stephan was down and out you just don't know. I mean the first thing that goes through your head when you see him down and they're calling in the doctors and he's lifeless, you think this could be me. You just go wow and thank God you weren't on the receiving end. You're going into the fights not looking to hurt these guys. You're going in to do a job and win but not to seriously hurt somebody. It's unfortunate when these things happen."

Unfortunate it was. Eight months and three fights later Stephan Johnson of Brooklyn, NY, was dead at the age of 31. After the Vanderpool bout Johnson was suspended by the Ontario Boxing Commission in Canada, but fought again in America and won on points four months later and by a TKO two months after that. On Nov. 20th, 1999 Johnson met Paul Vaden for the Vacant

USBA Light Middleweight Title in Atlantic City. Again, like the Vanderpool bout, Johnson was ahead on points as the fight entered the 10th round.

A seemingly harmless flurry of punches by Vaden sent Johnson towards the ring apron and his head hit the lower rope on the way down. He was immediately taken to the hospital on a stretcher where he was diagnosed with a subdural hematoma, an accumulation of blood between the brain and the skull. He lay in a coma for the last two weeks of his life unaware of family and friends who kept a steady vigil at his bedside. Most people think he never fully recovered after being knocked out by Vanderpool.

While knockouts have a different effect on everybody who has been victimized by one, Vanderpool said the key to recovering from one depends on the shape you're in. Obviously not being in top condition for a fight is a cardinal sin that too many boxers make. While there are commissions and doctors overseeing the health and safety of boxers today Vanderpool brings up an interesting and valid point concerning the accumulation of punches boxers take throughout the years.

"The whole thing is that you've got to see what these guys are doing in the gym in preparation for their fights. A lot of guys are sparring with partners who are 15 to 20 pounds heavier and they're taking all kinds of shots from them, figuring if they can take it from a heavier guy then taking it in the ring during a fight will be no problem for them. Doctors and commissioners can only judge a fighter by what they see in the ring. They don't know what he's been hit with the six weeks prior to the fight. It all accumulates. With Stephan Johnson, people said I wasn't a hard puncher, I wasn't cracking this guy, but over 11 rounds it was tap, tap, tap and it has a cumulative effect.

Vanderpool feels doctors need to realize that pro fighters are spending the majority of their time training and sparring, taking an endless stream of punches that eventually wear down the head and body. He added that perhaps each sparring session should also be regulated and recorded to see if a boxer is taking too much punishment before entering the ring for a bout. If they did perhaps professional fighting would be a lot safer.



The Lamborghini Veneno Roadster

The Lamborghini Veneno Roadster is focused on optimum aerodynamics and cornering stability. This car can go from 0-60mph in under three seconds and is a race car for the road. Every detail of the car's body has been designed to boost downforce and optimize its handling on the road and track.

\$4,500,000

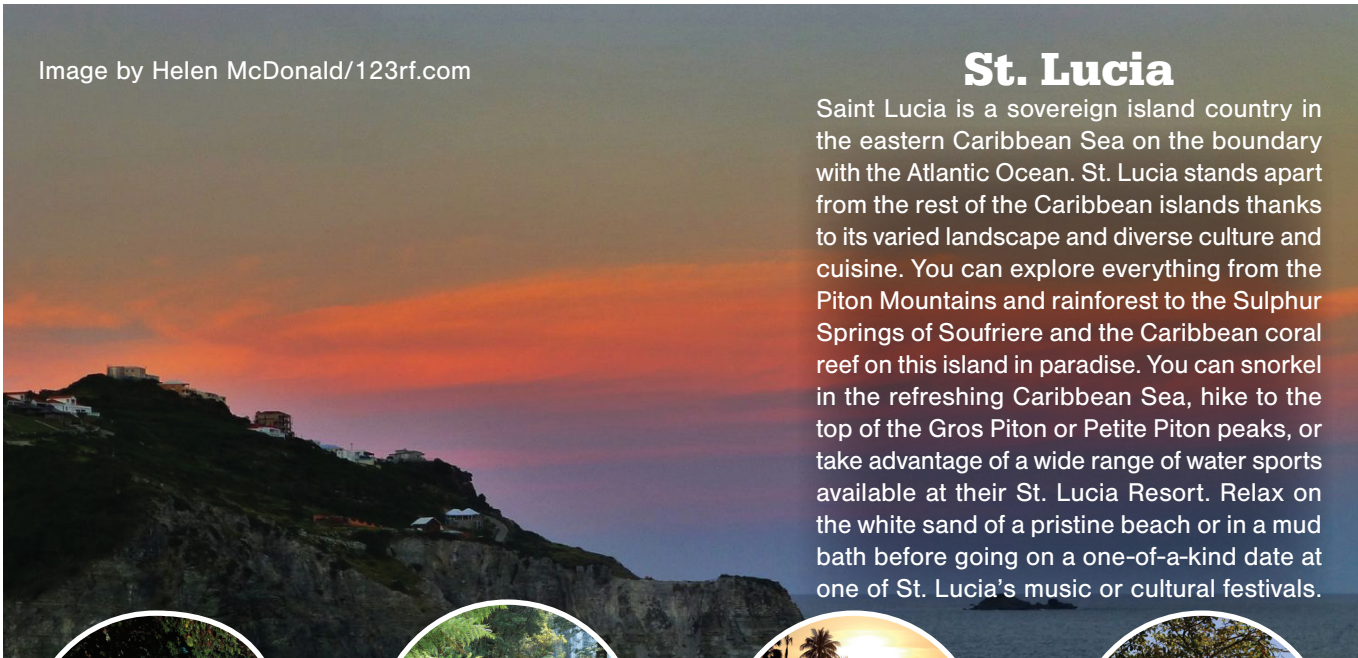






Our Top Islands

Image by Helen McDonald/123rf.com



St. Lucia

Saint Lucia is a sovereign island country in the eastern Caribbean Sea on the boundary with the Atlantic Ocean. St. Lucia stands apart from the rest of the Caribbean islands thanks to its varied landscape and diverse culture and cuisine. You can explore everything from the Piton Mountains and rainforest to the Sulphur Springs of Soufriere and the Caribbean coral reef on this island in paradise. You can snorkel in the refreshing Caribbean Sea, hike to the top of the Gros Piton or Petite Piton peaks, or take advantage of a wide range of water sports available at their St. Lucia Resort. Relax on the white sand of a pristine beach or in a mud bath before going on a one-of-a-kind date at one of St. Lucia's music or cultural festivals.



Tonga

Tonga is a Polynesian sovereign state with 176 islands and a surface area of about 290 sq mi scattered over 270,000 sq mi of the southern Pacific Ocean. To get between island groups, you basically have to fly or sail. Motorbikes, scooters and cycles can be rented on Tongatapu, Vava'u and Ha'apai. Apart from historical sites on Tongatapu most things to do in Tonga reflect its island nature. Diving, snorkelling, fishing, kayaking and kite surfing are all possible or you just want to laze around on the beach. Tonga has two seasons, wet and dry.



Tasmania

Tasmania is an island state, part of the Commonwealth of Australia, located 150 mi to the south of the Australian continent, separated by Bass Strait. Tasmania is a place of beautiful landscapes, friendly, helpful people with a relaxed island lifestyle, wonderful wine and food and a haunting history by spectacular convict-era ruins. It's also Australia's smallest state and the most geographically with over 40 per cent reserved as national park and world heritage area. Much of the island is composed of Jurassic dolerite intrusions through other rock types.



Koh Samui, Thailand

Koh Samui is an island of natural beauty and charm, a place where you can have your holiday anyway you like it, kicked back and relaxed or active and fast-paced. Beautiful white sand beaches, clean, clear warm water; lush tropical gardens and gentle ocean breezes await you at this ideal holiday destination. If you love the beach, this is the place for you! Koh Samui weather is almost always beautiful. Blue sky days and a nice ocean breeze are the norm. April to June is the time to really bake.



Bali

Bali with its varied landscape of hills and mountains, rugged coastlines and sandy beaches, lush rice terraces and barren volcanic hillsides all providing a picturesque backdrop to its colourful, deeply spiritual and unique culture, stakes a serious claim to be paradise on earth. With world-class surfing and diving, a large number of cultural, historical and archaeological attractions, and an enormous range of accommodations, this is one of the world's most popular island destinations. Bali is known for its diverse art forms, such as painting and sculptures.

Seychelles

The Seychelles are a group of islands in the Indian Ocean northeast of Madagascar. The marine life around the islands especially the coral islands can be spectacular. There are several unique varieties of orchids on the islands. Seychelles hosts some of the largest seabird colonies in the world.

Porto Marie, Curaçao

Playa Porto Marie is a beach on the Caribbean island of Curaçao, located near the village of Sint Willibrordus, at the Porto Marie Bay. The beach is used as a starting point for scuba diving and snorkeling. Perfect for relaxing, snorkeling or having some fun in the sun with your family or friends. It also features a great sea-side restaurant and offers one of the best diving experiences on the island.



Fiji

Fiji is an island country in Melanesia in the South Pacific Ocean about 1,300 miles northeast of New Zealand's North Island. Fiji has one of the most developed economies in the Pacific island realm due to an abundance of forest, mineral, and fish resources. Today, the main sources of foreign exchange are its tourist industry and sugar exports. Famous for its soft coral diving, white sand beaches and pristine natural environment Fiji is a leader in eco-tourism. There is something for everyone to do. Restaurants are almost limitless. A range of culinary delights are available.

Moorea

Mo'orea is a high island in French Polynesia, one of the Windward Islands 11 mi northwest of Tahiti. Here, you'll find the real South Seas experience a casual, barefoot existence amidst white sand beaches and multi-hued lagoons surrounded by jagged mountains and volcanic spires that reach into the clouds.

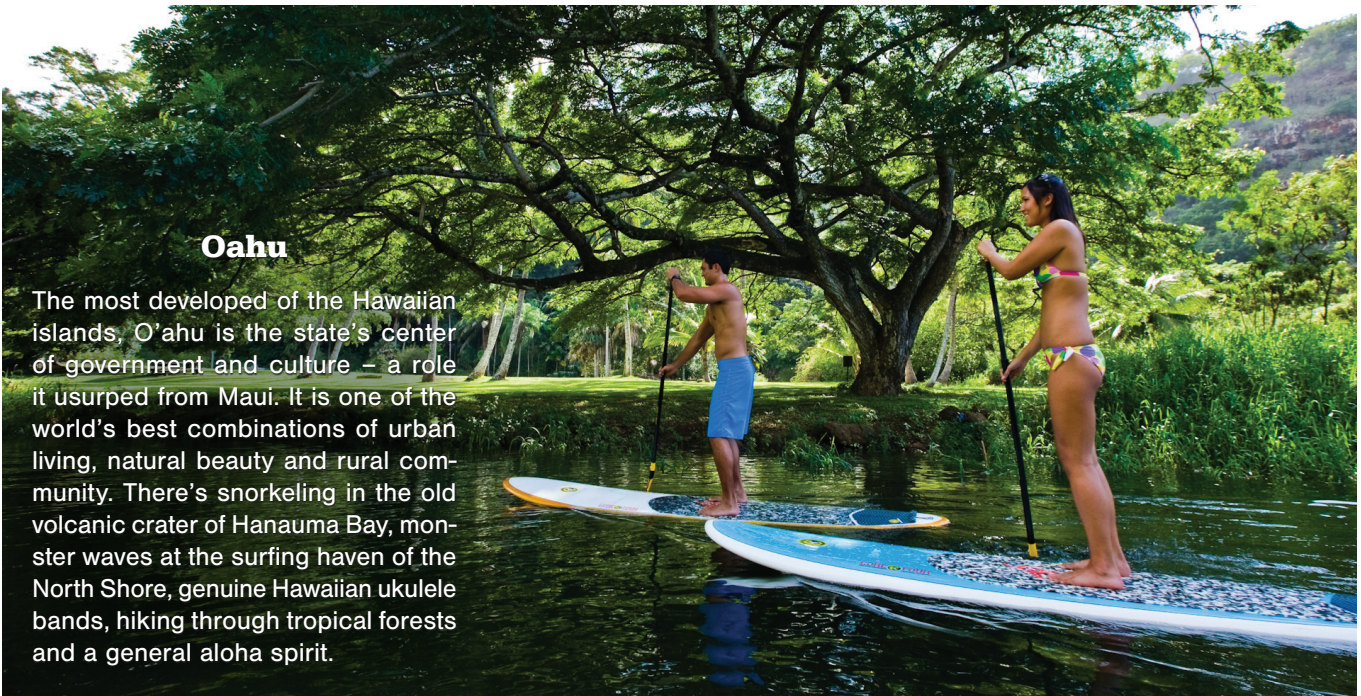
Aitutaki, Sothern Cook Islands

Aitutaki, also traditionally known as Araura, Ararau and Utataki, is one of the Cook Islands, north of Rarotonga. It has a population of approximately 2,000. Aitutaki is the second most visited island of the Cook Islands. Aitutaki is famous for its turquoise central lagoon, uninhabited islands and palm-fringed beaches. Tapuaetai (One Foot Island), a small islet in the south-east of the lagoon, is the most important attraction. Providing the visitor with the best views of the Aitutaki lagoon.



Oahu

The most developed of the Hawaiian islands, O'ahu is the state's center of government and culture – a role it usurped from Maui. It is one of the world's best combinations of urban living, natural beauty and rural community. There's snorkeling in the old volcanic crater of Hanauma Bay, monster waves at the surfing haven of the North Shore, genuine Hawaiian ukulele bands, hiking through tropical forests and a general aloha spirit.





Gadgets Galore



Gyrowinder

The Dotted Gyrowinder is a one-of-a-kind work of engineering art. The high-precision instrument is the first to enable completely free rotation of the watch in every direction – including a complete rollover – which is the closest one can get to wearing the watch on the wrist. The other aspect that makes the Gyrowinder so unique is the abundance of possible adjustments. Since all watches have different weights, it is delivered with a set of counterweights – like those for an antique scale – that can be used to individually balance out each watch.



The Virtuix Omni takes virtual worlds with the natural use of their own feet. Moving naturally in virtual reality creates an unprecedented sense of immersion that cannot be experienced sitting down.



Nexersys

Nexersys is different than any training equipment you've ever seen or tried. Using high intensity interval training, Nexersys provides fast 4-minute circuits to give you a hard body and a sharp mind. With an on-board interactive trainer to teach, challenge and track your fitness progress, Nexersys is the best overall fitness value on the market. The NXS-H is perfect for beginners and young adults, but also suitable for avid exercisers. With the concept of exergaming driving our design, fitness has never been so much fun. Get ripped with progressively harder workouts or have a blast with our multiplayer gaming options.



Doettling



Enblink

Enblink.com



THE BEL-AIR

The Bel-Air is a handmade high-security safe. This masterpiece represents a luxurious symbiosis of absolute technical perfection and consistent, timeless, elegant design. Through the individual selection of surface materials and an interior that can be selected completely freely, each masterpiece becomes your own personal The Bel-Air. Doettling make no compromises when it comes to workmanship and security.

Jewelry Box

The portable jewelry box integrated into the safe is a small but fine detail that expands the security radius of each safe. The design of the jewelry box is adapted to the respective safe and its look. A GPS tracking device is integrated into the jewelry box. If it is removed from the safe, the GPS signal ensures that the jewelry box can be located precisely around the world at any time.

You can use Enblink to control the lights in your living room, or anything in the home. Get up in running with one of our convenient starter packs or customize your solution with the top-notch Z-Wave lighting, security, and climate control products. With Enblink, the software is already included. To get started, there are two quick downloads. The Enblink Settings app runs quietly in the background on your Google TV, and the Enblink mobile app lets you connect to and control Z-Wave devices on your Android smartphone or tablet.



Emotiv



Emotiv is a sleek, 5 channel, wireless headset that reads brain waves and translates them into meaningful data to help track cognitive health. Emotiv's brainwear will be redesigned to also incorporate 6 - axis inertial sensors, which will enable additional features including head tracking & motion control. Wearable devices have gained a lot of momentum in recent years. The Emotiv Insight measures electrical activity from 5 regions of the brain around the cerebral cortex. This spatial resolution is crucial to getting EEG data that will allow you to receive more in depth information on your brain activity.





MM
REVIEW

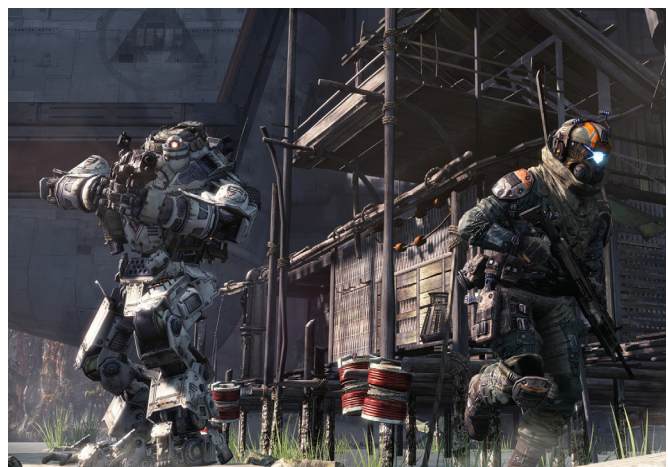
TitanFall

In Titanfall, players fight in online multiplayer-only matches set on a war-torn planet as mech-style Titans and their pilots. Its action is fast-paced, including abilities to run on walls and hijack mechs, and extended periods between player deaths. Titanfall is among the most highly anticipated games of 2014. Players fight either on foot as free-running “pilots” or inside agile mech-style walkers called “Titans” to complete team-based objectives on a derelict and war-torn planet. The game is online multi-

player-only, but injects single-player elements such as plot, character chatter, and non-player characters into its matches. Up to twelve human players choose their pilot types and are dropped on the map, beginning the game. A timer displays the time until a Titan can be deployed, which is reduced by killing other players. Once deployed, Titans are protected by a forcefield for about 30 seconds, which protects the player-pilot as well. Pilot and Titan controls are identical except where the pilot’s double jump becomes the

Titan’s dash, as Titans cannot jump, crouch, or cover. Titans can also act autonomously when put in guard and follow modes, which directs the Titan either to protect their vicinity or to tail their pilot, respectively. Games end with a race to the losing team’s evacuation dropship.

Our Rating



Dark Souls II

Into the light

PS3 X360

Dark Souls II is the highly anticipated sequel to the punishing 2011 breakout hit Dark Souls. The story will revolve around a cursed character trying to find a cure for their sickness. It will be emotional and involved in the fashion of Demon's Souls' story. Dark Souls II features a new hero, a new storyline, and an unfamiliar world for players to survive in while delivering its signature brand of unrelenting punishment that play-

ers hunger for. Epic battles with gruesome enemies and blood-thirsty bosses await adventurers as they traverse through a devastated world filled with death and despair; only those who are strong willed or cunning can survive this journey to achieve great glory. Players seeking to share their experience will discover a revamped server-based multiplayer mode that puts a distinct Dark Souls II twist on the concept of playing with others.



Our Rating



Metal Gear Solid

PS3, PS4, X360, XO



Metal Gear Solid follows Solid Snake, a soldier who infiltrates a nuclear weapons facility to neutralize the terrorist threat from FOXHOUND, a renegade special forces unit. Snake must liberate two hostages, the head of DARPA and the president of a major arms manufacturer, confront the terrorists, and stop them from launching a nuclear strike. The game featured cinematic cutscenes rendered using the in-game engine and graphics, as well as voice acting in numerous codec sequences.

Our Rating



Yaiba: Ninja Gaiden Z



South Park: The Stick of Truth

Other great games that are being released in March include Yaiba: Ninja Gaiden Z, South Park: The Stick of Truth, Don Bradman Cricket 14, and others. This year will find many awesome new video games and we look forward to playing such games as Raven's Cry, Destiny, and so much more.



OUR COVER MODELS

Nicola Rocco Victoria Shelley

Photography By Richie Brown

Meet our sexy UK Cover Girls

We would like to welcome Victoria Shelley and Nicola Rocco as our cover girls. Victoria was one of our first cover girls when we first started and Nicola was featured as a model pictorial in another issue. We are very happy that they both are being featured on the cover for the UK.

Victoria

Are you still writing and what are your latest writing projects?

Absolutely! I'm extremely busy with it. Since the launch of my book *It's a Girl's Game*, a few years ago (which was a fiction novel all about footballers and the girls who desire them - WAGs), I've landed my dream career as a sports journalist! I'm working for a football news website in the UK called *Football Direct News*. I spend lots of time watching and writing about football, so as a young woman who loves football, this is very exciting indeed! Not many people can say their genuinely love their job.

Nicola

What types of music do you enjoy listening to?

I like quite a wide range of music, I like house but I also like some r&b and some rock too!





Do you have any favorite indulgences? If so what are they?

Spa days, I love being pampered. Relaxing, sipping Champagne in a jacuzzi is absolute heaven. And cheesecake is my weakness!

If your life could be set to any soundtrack (or song), which would it be?

Pretty much anything by Janet Jackson, so many of her songs I can relate to in terms of the experiences and emotions I've had throughout my life so far. The Velvet Rope is a great album.



Do you consider yourself a sexy person?

ha-ha I don't consider myself a sexy person, I see myself at my worst but I like feeling sexy!

What are some of your favorite travel locations?

I think Marbella and Turkey is beautiful but one of the most beautiful countries I've visited is India, I went there for a shoot years ago and it was breathtaking.





What do you think about your life?

I think I'm lucky to do what I enjoy in life and am very grateful for all the opportunities that come my way it hasn't always been a breeze and I've worked very hard but it's always been worth it and wouldn't change it for the world!

What do you think about life itself?

I think life itself is a funny thing, our life all depends on our mindset and what we are setting out to do, I think our mind creates our reality and our life! Once you discover that the opportunities are endless

Do you enjoy traveling?

I love travelling; I'm just about to travel to Miami for ten weeks, west palm, Daytona... It's my first time in the USA so really excited!



Do you have any future plans or goals and what are they?

To continue progressing in the world of sports journalism and make my name as a top journalist. I would eventually love to work as a football reporter on TV, for somebody like Sky Sports, or have my own football chat show. There are not many females who make their success in that world so it would be an exciting challenge for me to make it. We shall see!

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

I was once famously photographed in a lace see through dress and thigh high boots for the Premiere of the Danny Dyer movie PIMP, because the dress code was Pimps and Ho's. That's the most outrageously sexy thing I have ever worn out and that was a long time ago and I was doing a lot of glamour modeling back in those days. I wouldn't have the guts to wear something quite so revealing now as I'm a bit older and prefer not to draw so much attention to myself when I go out. So probably something like shiny black leggings, tight heeled knee high boots or stilettos, and a nice fitted blouse to accentuate my curves. A sexy stylish look, and in keeping with my image as a journalist and media professional.





What is your dream car and what do you like about it?

I drive a BMW 3 litre M-sport convertible, so I do love my BMWs! I really fancy a new M3, I test drove one and loved its torque and roar of the V8. Changing up a gear at high speed felt like a punch in the back, so gutsy and serious pulling power!





Finish this sentence. When I'm not modeling/working, you can find me doing

When I'm not working/modeling you can find me with friends or having my nails done!!! I spend a lot of time having my nails done sadly...it just seems to take so long nowadays!!!





Courtesy of Garmin Vivofit

The Popularity of Wearable Tech

How and why they will be as big as Smartphones

By Jane Susaeta

The technological landscape for 2014 is forming into a unified picture: wearable technology. Innovations such as Google Glass and Smart Watches have stirred up a couple of reactions over the web, what with the amazing features and the physical package they were built with. You may wonder how a piece of eyewear would change the way we see the world, and not just literally. From the seemingly translucent glass (or screen, if you'd like to call it that), displays a wide array of information: weather, Facebook notifications, incoming calls and even the ability to record what your eyes can see.

Yes, technology is shifting in a fast pace these days. Take smart watches for example. What used to be analog watches with big bold numbers illuminated against an LED screen indicating what time it is, have now evolved to be fitness trackers. Smart watches can act as your pedometer, calorie counter and vital signs tracker which record your heartbeat per minute. How far these technologies can go is only limited by how far you are able to imagine. With that said, your imagination must go far and wide what with the wearable tech market will be getting even crazier in the following years.

Since wearable tech is still in its infancy, the biggest thing today when it comes to communication is still the smartphone. And just because wearable tech has entered the year with quite a loud bang, it doesn't stand to reason that you have to ditch the smartphone in favor of small devices that you can wear or don along with your chosen outfit.

Unlike smartphones which we use to send and receive messages, make and answer calls, set appointments, locate places, play music, record videos and so much more, our smartphones remain to be our hand extensions. The idea of being hands-free does not imply that smartphones will soon be out of the picture since many of these wearables will remain notifiers and trackers tethered to your smartphone unit. Today, wearables are considered as accessories at best, but how big they'll become in the future, only time will tell.

Wearable Tech for a Handsfree, Less Distracting Experience

Imagine this: you were skiing in one of the famous alps in Europe and you wanted to know how far and long you could jump, the angles of the slopes and your exact location. A Bluetooth device embedded into the ski goggle tells you that you have an incoming call, so you switch off the music and answer the call, just by pushing a few buttons on the remote control worn on your arm.

Courtesy of Pebble Watch



Devices such as ski goggles allow users to be on-the-go, whether they're performing a certain sport or activity and are hands-free most of the time. For activities such as skiing, running, biking and swimming where pertinent data about one's performance becomes readily available, wearable tech does offer a significant advantage.

Aside from the sports enthusiasts and fitness buffs, wearable tech also provides a less distracting experience for people with certain medical conditions. Imagine knowing what your insulin levels are and when to take an insulin shot in real time. Wouldn't it be more complicated to arrange a trip to a doctor, get a sample of your blood sugar taken and wait for a few hours to get the results? And you could know all these important medical information just by wearing a device that tracks your vital signs.

Just how big is the wearable technology going to be in the coming years?

The Juniper Research from UK projects that shipment of wearable tech will inflate to 130 million by 2018 from the 13 million in 2013. Furthermore, research shows that the market will cost \$19 billion in 2018 from \$1.4 billion in 2013.

Yes, the market for wearable tech is quite huge and it is projected to get even bigger in the next five years. One

may consider donning computerized glasses, computerized wristbands and a wearable shirt on the way to the gym a little too awkward and seemingly too flashy by today's standards, but wearables have a market on their own. That market may not be as huge as the smartphone market yet, but it is also huge enough to account billions of dollars year after year.

Wearable tech is now only being consumed by a subset of the population, compared to the mass usage of the smartphones.

Today's smartphones' versatility remains unmatched if you try to compare it with wearables. Health enthusiasts

and specific patients may claim significant benefits by using wearable tech, but the large portion of the masses are still inclined to using their smartphones than wearing a certain smartwatch. Smartphones are very common place because they are compact but they can also accomplish many things that wearable's can.

How ready are we with wearable tech?

We have been ready with wearable tech since the introduction of the calculator watch in the 1980s. At that time, wearable tech did not make quite an explosion similar to today's smartphones. Now that wearable tech has been reintroduced in more elaborate way, people are becoming more open to the idea of wearable tech.

The wearable industry may need to overcome a few hurdles first before they are fully embraced. For instance, battery life will still remain an issue for several users. The design likewise is also needed to be considered since many users are inclined to using items which have aesthetic appeal as well as excellent functionality. Furthermore, wearables need to come top of mind, not something people will forget to wear after removing them for an outfit change or a quick shower.

But the future for wearable technology is certainly bright and sunny. For now, it may come as a luxury rather than necessity and deemed to be more useful for certain groups of people. With constant innovation with its functions and designs, wearables may have the potential to be as commonplace as today's smartphones.



The Shine

The world's most elegant physical activity monitor

By Misfit Wearables



Meet The Sensational *Monika Ryś* From The UK

Photography by Richie Brown

Could you tell the readers a little bit about yourself?

Hello, I'm 23 years old glamour, beauty and fashion model from Poland living in Southampton with my best friend and a cat

How would you describe your personality?

I guess my friends could do that best for me , describing myself isn't the easiest thing to do , Im trying to be happy every day with all that I do , I care the most for my family and people closest to me , I guess that means I'm a family person ,right ?

Name some things you couldn't live without?

Things, so I guess I can't include people??? My phone is my `must have` accessory .. just so I can be in contact with everybody and take lots of pictures

What is your philosophy of life?

karma!! Be happy, follow your feelings and don't hurt anybody while you making your dreams come true



What or who has been your biggest inspiration in your life so far?

My Mom, she's a business woman and in my opinion there is nothing better to see your parents being successful.. .you can learn from it too

What is your most memorable experience you have had in your life?

ohhh that's a hard one ! bungee jump ! if you haven't done it ... do it !! Adrenaline rush out of this world

What is your favorite food and drink?

I'm sucker for sushi drink ... it must be gin in the morning it has to be coffee!!!

Do you have any favorite type or types of music?

I like pretty much all kinds of music r&b etc. My favorite singer of all times is Whitney Houston









The Stunning **Monika Ryś**

Interview and Feature

Do you have any favorite hobbies you enjoy?

I use to do ballroom dancing, I enjoy swimming and gym a lot

What do you like about doing modeling?

It gets you visiting different places and meeting all sorts of different people , not one shoot was ever the same keeping it interesting people!!!

What are your favorite travel locations?

I recently went for shoot to Portugal, it was amazing experience, the place had very nice tropical ish tone to it .. definitely a place that you want to visit again

Look for Monika in another issue of ModelsMania





Image by Ross Holdway

Is UK's Mail Rail Coming Back

By Jane Susaeta

Plans of reviving the London Post Office Railway, also known as the Mail Rail, is slowly surfacing after being unused for a decade. The underground railway which was assisted by Underground Electric Railways Company was launched on December 3, 1927 and was closed on May 31, 2003. Mainly used to carry letters and parcels from East End's Whitechapel all the way to Paddington, excitement is now building up as the Mail Rail is set to be open for business again. Until its shut down in 2003, the Mail Rail operated for 19 hours daily, moving 21 meters underneath the London streets. The trains were eventually controlled by computers to maximize developments in technology for convenience and fast delivery to 9 stations.

Summarized History

Transporting postal items using tubes started even before the Mail Rail existed. The first mail tube operated in 1853 with a railway which was 206 meters long. It used an outdated power system in a form of a giant vacuum and although it was not as fast as the tubes used now, it became successful. Since the first mail tube was launched, many other mail

transportation systems were created and some even carried passengers along with the parcels and letters.

Due to its success, a larger mail tube was later on schemed by the Post Office. However, upon computation of costs, the team who planned it soon dropped the idea. In the next years that followed, the idea kept recurring, hence, the Pneumatic Dispatch Company was formed in 1859. The company aimed to create an effective system in carrying postal items and began their project by constructing a tube within their premises near the Post Office and building a test line between North Western District Office and Euston Station's Post Office. Because of the problems that rose during the test period, the Pneumatic Dispatch Company eventually stopped their operations in 1874.

The next company to attempt in building an efficient system for transporting parcels and letters was established in 1899 called the London Dispatch Company. The company also aimed to maximize the unused lines left by the previous company but the project was eventually abandoned because of high costs. The tunnels that were constructed were later used to hold telephone and electricity cables.

In the succeeding years, road transportations grew in numbers which eventually caused heavy traffic on London streets. Delays on mailing became a huge problem and building an underground railway became the top solution. The plan to develop an underground railway then began in 1911 initially

with 10.5 km stretch from Whitechapel to Paddington as a means to augment mailing needs along the mentioned route.

The construction of the tunnel was awarded to John Mowlem and Co. in 1915. Labor concerns and shortage in materials posed as problems during the construction's initial stage; hence, it was suspended for a few years. In 1924, construction resumed and started by laying tracks. In early 1927, testing began. The first section located between West Central District Office and Paddington was opened. By Christmas of the same year, the railway became operational and postal items, mainly letters, were delivered to and from one station to another.

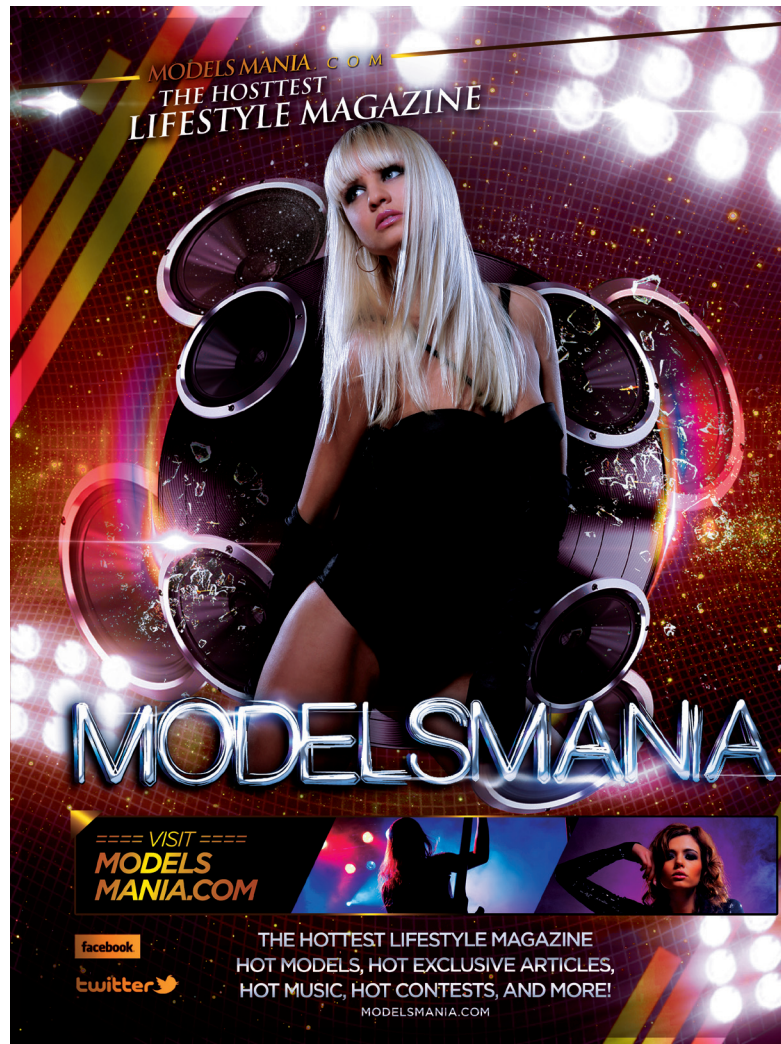
A plan for a new mail office in western district was soon developed in 1954. Consequently, a diversion was built 4 years after but it only started operating in August 1965 headed by Anthony Wedgweed-Benn as the postmaster general at that time. The unused portion was utilized as storage area and up to this day, the tracks on the said section are still intact.

Construction of London Post Office Railway

As mentioned earlier, the construction of the Mail Rail was under John Mowlem and Company. The construction began in February 1915 and majority of the line was built in London Clay. The construction was under Greathead shield system and the tunnel connection at each station was carefully hand-mined. The construction was soon suspended due to multiple reasons such as lack in manpower and shortage of materials. Furthermore, when World War I began, there was a massive interruption on the electrical system in London which made it even harder to continue building the railway. Years before the war ended, the tunnels built for the railway were used as storage of art collection from different art establishments such as the British Museum, Tate Gallery, Wallace Collection and National Portrait Gallery.

During the World War II, some stations that were intended for the railway were used as sleeping quarters for the Post Office staff. With the use of conductor rail weighing 160 tons and running rail with 1,000 tons, the track laying for the railway resumed in June 1924. The rest of the equipment followed in 1925 with the installation of lifts, mail chutes, conveyors and electrical equipment. There was a slowdown during the construction but it sought its way to completion in October 1927. Finally, the Mail Rail was officially opened in February 1928.

Due to lack of accessibility of some post offices in the Western District, officials soon planned to develop a new Western District Office at Rathbone Place. With this development, a diversion was suggested; hence, a new line was constructed in 1958. In August 1965, a new office and sta-



tion was opened.

The Mail Rail's Shutdown

In April 2003, an official statement was released announcing to the public that the Mail Rail will be mothballed in May of that same year. It was later studied that the operational cost of the Mail Rail was five times more than the expenses if road transportation will be used in carrying postal items. Some researchers downplayed the amount and said that it was only triple the cost of road transportation. Since its shutdown, the operators are maintaining the facility keeping it in good working condition such that anytime there is a necessity for its use, it may be of service right away. The Mail Rail was initially made available for tours but because of some concerns regarding safety and security, visitations were banned altogether.

How It is Now

Safety cones are everywhere and a musty odor is noticeable. It has been over a decade since the Mail Rail was last operated so no wonder that thick dust has also accumulated on the tracks. The paint on the ceiling and the industrial pipes has also peeled while portions of the walls are covered with loose cables. Once the train starts running, brakes screech and unusual noises may be heard. When visited, it will certainly be obvious that the place has been left for a long time and has not been used consistently.



Image by Mike Peel

The Future of Mail Rail

The London Post Office Railway has been visited just recently by a team of researchers. Several people, both tourists and residents, are now greatly anticipating its re-opening because soon it may allow passengers to go on board via Mount Pleasant station. This was proposed to the Islington Council and is now being reviewed. The team assigned for the project is currently doing its best effort to raise at least £2M until March of 2014.

According to Ray Middlesworth, one of the engineers who worked in the tunnels for a long time, the Mail Rail is considered by many as a holy grail of explorers who have fascination for underground wonders. Middlesworth remained working for the Mail Rail system along with a small group that was assigned to preserve the facility. During the years that the Mail Rail was being operated, about 220 individuals composed of engineers and mechanics worked to maintain the line. Now, even sons of the past railwaymen are also working in keeping the Mail Rail alive.

The Mail Rail was once featured in a film starring Bruce Willis. The action film entitled Hudson Hawk shot scenes on the underground railway wherein it was mocked as a fictional secret train line called Poste Vaticane. Because of the movie production, tunnels for the Mail Rail were doubled.

By 1990's, a new station was constructed in Willesden somewhere west of London. However, in 2003, out of the nine Mail Rail stations, only 3 were utilized for the operation. This was the time that the operational cost was studied and it was later on found out that keeping the Mail Rail system running is too expensive. Its shutdown deeply saddened several London residents but it mostly affected the team

of people who worked day in and out to keep the railway in good condition. It was deemed inevitable but they never lost hope that it will one day rise again just like its heyday.

Shutting the Mail Rail down for good will be such a sad event because there was so much history in it. With the proposal submitted to the Islington Council, the hope is up for the people who loved the railway so much because its rich historical value may soon be enjoyed by tourists. The Islington Council is set to make a decision whether to approve the proposal or not on March 2014. If ever approval will be granted, the Mail Rail will be fully functional again by year 2020.

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Video Games for 2014

By Echopana

2013 was a very big year for video games. Juggernauts such as Grand Theft Auto 5 set new sales records while The Last of Us and a new Zelda game battled it out for prestigious “Game of the Year” honors at various award ceremonies. However, the biggest story was, without a doubt, the release of the newest console generation, eighth in total, comprised out of the Playstation 4, the Xbox One and the Wii U. This has also brought on the necessity for a transition. Many game developers were forced with a choice regarding which consoles they will bring their games to: the older ones which are less powerful, but have a wider audience or the new ones where they can showcase their games as best they can, but with fewer sales numbers.

The choices were divided: some stuck with the older consoles, others went

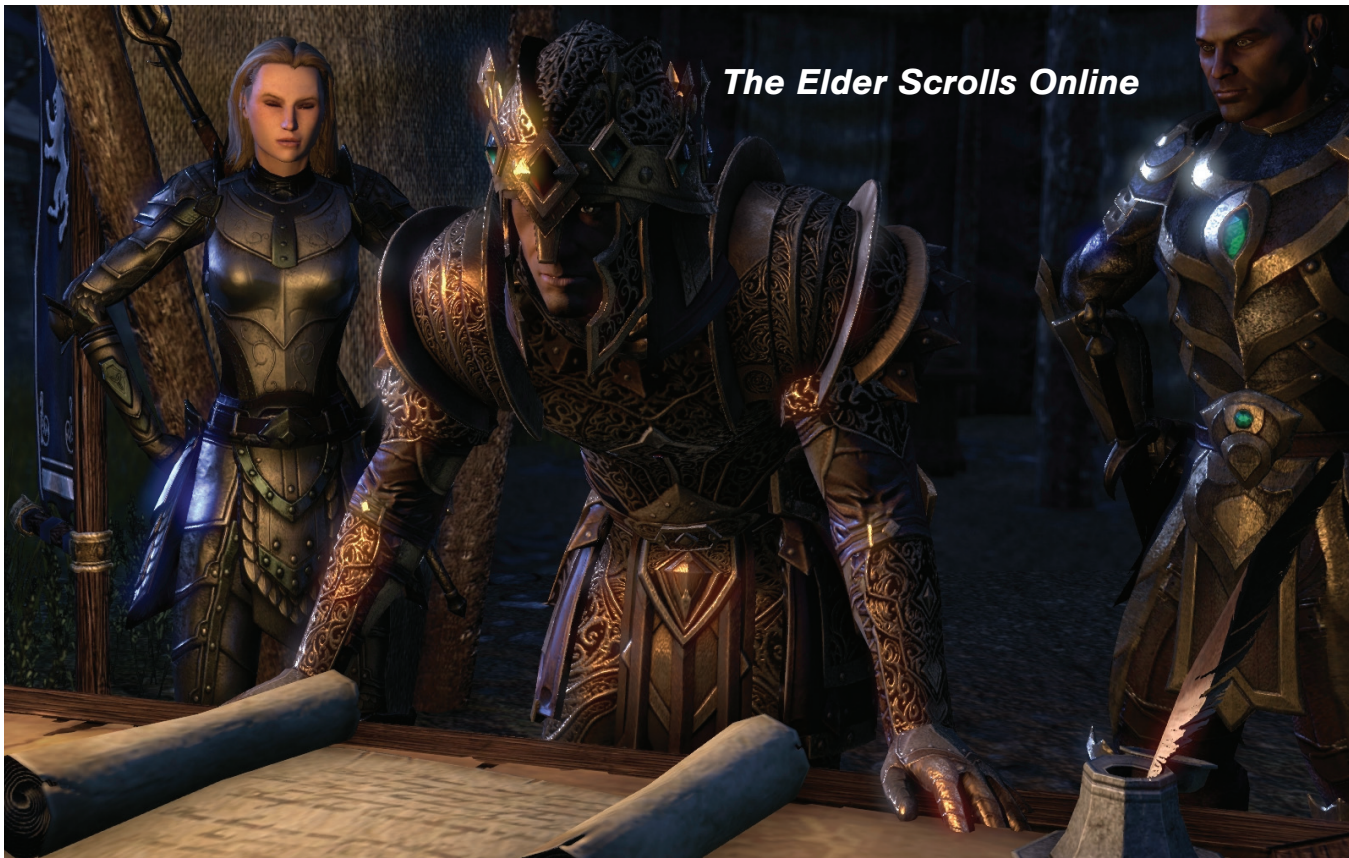
next-gen and some decided to port their games to both groups. Of course, these decisions are not going to stop now that 2014 is here. For the next year, at least, developers will still have to make this choice as there is plenty of life left in the old consoles. Just by looking at some of the biggest releases of last year it could be seen that the most successful title, GTA 5, was only available for current-gen consoles (so far) and The Last of Us, the game of the year in most people’s minds, was even a Playstation 3 exclusive. With that being said, there is a lot to look forward to in the coming months in terms of video games which are hotly anticipated.

February

February had two games that stood out: Thief and Castlevania: Lords of Shadow 2.

Thief will be a reboot in a series which is well-known and praised for its stealth elements. As the name would suggest, the protagonist is a thief who, unlike most other action-adventure game characters, has to rely on cunning and deception instead of simply killing everyone. This is a concept which the Thief series has gotten right over the years, more so than perhaps any other franchise, and Eidos Montreal, the company developing the game, is keen to assure fans of the series that the core gameplay remains intact. The company was even willing to remove certain new features such as Quick-time Events after they have proven to be unpopular at demo shows and other events.

Castlevania: Lords of Shadow 2 is a direct continuation to the first Lords of Shadow, itself a game in a very long line which started all the way back



The Elder Scrolls Online

on the NES with the first Castlevania game. Again, this would be a game which already has a dedicated fan following and it also has a formula to follow which has been established by the first Lords of Shadow. Despite the fact that many fans of the older Castlevania games were displeased with several core concepts of the franchise which were left out of Lords of Shadow, the game did well in terms of sales and with critics so it is likely that game developer Mercury Steam will be offering us more of the same.

March

So far, it looks like March might be the best month of the year when it comes to video games. Several high-profile titles are scheduled to be released then. South Park: The Stick of Truth is one of those major releases and it is a game which takes advantage to the fullest of the uber-popular license which is using and that is the South Park TV show. With South Park creators Trey Parker and Matt Stone directly involved in the project, the game looks to retain the

feel and humor of the show with JRPG elements for the gameplay. This is a game which has suffered numerous setbacks and delays, including the bankruptcy of the studio which was developing it, THQ. Even so, it looks like the game will finally be released at the beginning of the month.

Titanfall, an action game focusing heavily on Mech combat, is on track to be one of the biggest releases of the year. Not only that, it is also hoped to be a big boon for the new Xbox One console which, so far, it somewhat lacking in quality games, particularly exclusives. Although Titanfall is not a One exclusive as it is also coming to the Xbox 360 and PC, the definitive experience and the one most gamers will look for will be on the Xbox One. What Titanfall is for the Xbox One, Infamous: Second Son is for the new Playstation 4. Like the One, the PS4 has a lack of quality titles, so far, but a new Infamous game is looking to change that. This time, this game is an exclusive to the PS4 and it is also based on a popular franchise for Play-

station which has proven to be successful in the past.

Another highly anticipated sequel is Dark Souls 2 which is coming to Xbox 360, PS3 and PC. Part of a franchise which has become known for a serious difficulty challenge for all gamers, Dark Souls 2 looks to retain many of the elements that fans of the series have become familiar with in the past two games but, at the same time, add its own distinctive touches to make it stand out.

Metal Gear Solid V: Ground Zeroes would be the last notable release in March, but it is not necessarily one which is welcomed with open arms by everyone, even fans of the popular series. Ground Zeroes acts very much as an intro to the true MGS V game, Phantom Pain, which has no release date yet. This has caused a lot of gamers to take issue with the fact that it is even being released in the first place and specifically address its short length which is reported to be at around only two hours.



April

Console players are not the only ones who can look forward to major releases in the coming months. April will see the release of *The Elder Scrolls: Online* MMORPG, a new massive online multiplayer game which is set in the popular and successful *Elder Scrolls* universe. Up until this point, the series has been comprised solely out of single player RPG games so it looks like Bethesda, the company behind it, is looking to take a page out of Blizzard's book and do what they did with their *Warcraft* series which eventually led to the appearance of *World of Warcraft*.

Q3 – Q4 2014

The year is just beginning and not all video games have a release date set in stone, yet. Even so, there are still plenty of notable games which have been announced for the second half

after April 1st so that is all the info available regarding release. Even with this big delay, players are still excited as *Watch Dogs'* hacking mechanics where the player is able to hack and control about any piece of technology available in the city of Chicago promise a lot of innovation to the 3rd person action game genre.

Destiny is currently the favorite to be not only the most successful game of the year, but expectations for it are to be the most successful new IP of all time. While this might be a little too hopeful, there is no doubt that anticipation for this game is sky high. Produced by Bungie, the company behind the ultra-successful *Halo* franchise, the game draws some inspiration from Bungie's previous efforts as *Destiny* is also a first-person shooter which looks to combine single player and multiplayer elements like no other

titles: *Dragon Age: Inquisition* and *The Witcher 3: Wild Hunt*.

Both of these games represent the third in their respective series. *Inquisition* is part of the highly successful *Dragon Age* series developed by RPG experts BioWare who are also responsible for other popular RPG franchises such as *Mass Effect* and *Star Wars: Knights of the Old Republic*. Following a lackluster second entry which failed to live up to the potential of the first *Dragon Age* game, the company is looking to return the series back to form with the third entry.

On the opposite end, *The Witcher* series is a franchise where each game was better than the last and this also looks to be the case with the third entry. If going by looks and content alone, *Wild Hunt* is going to look significantly better than its predecessors as it is only making its way to next-gen con-



of the year.

Watch Dogs was first slated to be one of the main contenders for "Game of the Year" in 2013, but its delay put an end to that. Now all that was made known by publisher Ubisoft is that the game will be released in the company's next fiscal year which begins

game before it.

2014 also promises to be a huge year for RPGs. Already games like *Dark Souls 2*, *South Park: The Stick of Truth* and *The Elder Scrolls: Online* are enough to warrant this conclusion, but the latter half of the year will see the release of two other major

soles and PC. Additionally, CD Projekt Red, the company behind the series, also gave indication that the new game will be around 30 times bigger than the previous ones, operating in the largest living open world in modern RPG history.

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Sex Q&A

By Liz Mei

Send us your questions at
enterprises@modelsmania.com

Here to answer those awkward and embarrassing sex questions that can be asked else where, these sex questions and answers should give you more confidence and more clarity when it comes to your sex life!

Q. My current partner is very well endowed and significantly more so than my previous sexual partners. We have started to mess around but I haven't let it go all the way because I'm scared of the size... is it likely to be painful?

A. As long as you prepare properly and take the time to build up to intercourse you should find the experience to be completely pleasurable. This means lots of foreplay and it may also be a good idea to keep some lubricant close by in case it's required. Keep communicating with your boyfriend and let him know if its hurting you or if you need him to go slower.

Q. I'm worried that my partner and I have become too comfortable around each other and almost immune to each other's seduction techniques. Can you give me any new techniques?

A. Variation is key when it comes to seduction and it will also depend on your partner's mood regarding how or what gets them in the mood. There are lots of ways to seduce someone from kissing the back of their neck to subtle suggestions throughout the day suggesting what you plan to do to them that night. Experiment and as always make sure you keep the lines of communication open.

Q. My girlfriend barely reacts when I touch or lick her nipples and she says she can't really feel anything. Are sensitive nipples and girls getting off just from nipple play a myth?

A. Every woman's body is different and react in completely different ways.

Extremely sensitive nipples certainly do exist but just as in the case of your girlfriend some people don't nipple play to be stimulating.

Q. My boyfriend's cock is slightly on the small side, can you recommend some good sex positions that are most likely to make me climax?

A. The first three inches of the vagina is the most sensitive part and is also home to the G-spot, so a smaller cock can still be extremely effective. Doggy style is known for enabling deep penetration and the reverse cowgirl is another popular one. You should also try lying almost in a 69 position with him flat on his back and you flat on your stomach on top with your head at his feet. You are both sure to love this one!

Q. I have some small lumps and occasional itchiness around my vulva and I'm worried it could be an STI but don't know how to tell my boyfriend?

A. Communication is the key to a successful relationship and this is not the kind of thing you should be keeping from your boyfriend. Don't think of it as something to be embarrassed about but something that could potentially affect the health of both of you and should be discussed and seen to immediately.

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Glamor Imagery

“Why we are Drawn to Women and Beauty”

By Rick Trottier RJT Images

Throughout history and over the inexorable march of time, women have been the muse, the inspiration and catalyst for art of all types. Artists have drawn or painted images of beautiful women, have carved and sculpted likenesses of beautiful women and created photographs and prints of beautiful women. While there have been and will continue to be MANY different subjects of interest for artists of every conceivable genre, the beauty of women of all shapes, sizes and types has energized male and female artists to aspire to heights of expression and creativity like no other interest. Certainly there are moments of profundity in nature and instances of excitement in sports that capture the interest of photographers like me from time to time. Why is it that women remain the most passionate of our muses, especially in the photography industry? The answer lies in the unique blend of elements that a beautiful woman brings to the artistic moment that mixes all of the heady excitement and soul-stirring feelings of all other creative moments, with the uniquely human interaction that can be found nowhere else in our universe.

The simplest reason why women are so very compelling as artistic subjects is for the emotions they engender at the most basic of levels. The brain of a human being is hard-wired to react emotionally to the stimuli around us. While mankind's greatest gift is our reason, due to the measure of control rational thought gives us over our emotions, it is the complexity of our emotional responses that allows us to consistently and continuously react to our environment and the ever-changing enticements therein. Women engage



us on all kinds of levels and with a myriad of uniquely feminine attributes. From our earliest days, we react emotionally to the simplest things, like the eyes of our parents looking down at us while we lay in our cribs. Those eyes of our parents connote love in the purest form through the sparkle and light reflected on their surface. The eyes of stunning women are so heavily laced with color, shape, energy and feeling as to be more than “a window to the soul”. They are a portal to forever, for such is the count of time that can be lost when one becomes enmeshed in the eyes of a woman. Light is received and then given back in hues so much marvelous

than before by a woman's eyes and it seems as if the shape of that same woman's eyes change with an almost liquid nature as emotions slide across them in the mercurial fashion that is so very distinctive to their gender. Travel down a woman's face from her eyes to her lips, and color meets texture and curve to create a simplistic geometry that is equally as captivating. Whether adorned with artificial color or that of a color provoked by some emotion inside, the lips of a woman call to us, inducing reactions far different from those of her eyes. There is an uncomplicated manner with which men react to the basic features of a woman's face, enraptured by the interplay of hues and textures, shapes and lines, all the basic elements of sight that we learn to resolve when we look up from the crib, the face of a woman delights us by engaging us on a level that is one that began at our birth.



Just as we grow from our most base instincts in childhood and begin to adopt a more sophisticated manner of observing the world, our appreciation of women deepens, expands and at the same time becomes somewhat more animalistic. Our eyes begin to resolve the complicated geometry of the landscape of a woman's figure. While the human eye tends to find peace in the contemplation of order, symmetry and structure, there is no peace to be discovered in the exploration of the intersection lines, convex and concave curves and wonderfully acute and obtuse angles of the feminine mystique. Even if water can sculpt stone and smooth it to the sleekness of glass, while wind can delicately shift sand into peaks and swales that delight the eye, there is no arrangement of geometry like that of a woman's body. And exploring those curves in tandem with light and shadow creates an artistic challenge like no other. As we develop past childhood and into adulthood, the sensuality of a woman's physique becomes the overmastering pull of the artist and his love affair with capturing that siren call of beauty runs akin

to obsession. Too often it is that tidal surge of immediacy that leads the artist on a journey of dissolution instead of creating the worshipful paeans to exquisiteness that is so much more compelling. The voyeur falls prey to the lure of the forbidden and the gratuitous rather than reveling in those humblest pleasures of beauty; the gentle curve of the neck as it bends toward the shoulder, the sweep of the plane of the lower back as it descends towards the buttocks, the muscular swell of the thigh as it travels up from the knee, the womanly arc of the hip as it flairs out from the abdomen. No other landscape exists like this in nature. And when coupled with the delicate texture of skin, the innumerable of tones and colors of that most sensitive of organs, and the wonderful and sometimes praiseworthy individual imperfections of the skin, our attention is held, our artistic spirit is galvanized and our ethos cleansed of all diversion by the fire of sensuousness. Just as the early and delicate promise of Spring is one where energies are latent and usually subtle and gentle, but Summer is a time of supremacy and terrible extremes



of nature, our transition from an early appreciation for women gives way to a passionate devotion to singing their praises on the artistic stage.





As we age, develop and transition from a youth that is fixated on the integral chemistry of our masculinity to a more aesthetic plane of existence, our sensibilities reach to all kinds of interests we would have disdained in younger years. So it is with our appreciation of the iconography of beauty. Where once we would have been transfixed by the hues of a woman's eyes, we are now able to drink in the complexity of her makeup and the care with which it was applied to bring out the shape and details of those hypnotic orbs used to look right through you. Only the color of a woman's hair might have turned our heads in prior years, but the splendor of a superb coiffeur and the artistry of the application of tone is now worthy of veneration. Jewelry, worn to bring accent to the décolletage, the sweep of graceful curves at the neck or even the delicate bone structure of the wrist is now something to be admired for how it does indeed highlight all the elements we have been so transfixed by, but in and of itself, it has merit all its own. While before, we might have wondered what was beneath a dress or a skirt, now that same ensemble is breathtaking for how it hugs a lithe frame, shows off only small hints of the splendor beneath and whets the appetite for a deeper admiration of the thought and planning in a woman's mind how to best showcase all her best attributes that so tantalize each and every man who gazes upon her magnificence. It is with a more sophisticated eye that we can catch a glimpse of and see more deeply into the personality and psychology of that soul-piercing woman who has caught our full attention by what she wears, how she wears it and the care involved in crafting her loveliness. The more civilized man evolved can more easily appreciate such qualities of womanhood, subsume all of them into an overall mosaic or tapestry of allure that is the essence of why women are so deeply compelling as glamor photography subjects.

For the glamor image speaks to all the levels of development, from child to old man, which still reside in us. There is the hammer blow of stunning intensity that we felt as a child when we first saw a woman who left an indelible imprint of loveliness in our souls. Later, a woman entered our hearts of whom we could not stop thinking about, even

in dream, we were tormented by her devious charm and mesmeric power. Finally, there is the consummation of femininity that whispers of innocence and even more of delicate seduction, even as the light pales, the colors fade and all senses decline towards conclusion. The quintessential glamor image can reach each and every man, even the same man in a variety of ways and reach inside us to find the chords of our souls and play them like a harp. We know this is manipulation of our hearts through that weakness of our eyes, but we are willing partners and give over our emotions freely. It is a

dance as old as the hills and as basic as water. But there is comfort in knowing that a brotherhood of wonder is entered into during our childhood and is sharpened with interest as each year passes. Our tastes may change, our response may be less effusive, our manners and chivalry are refined and we take on the cloak of integrity if we are wise enough to do so. In the end though, it is a deep and abiding respect for and attachment to true glamor imagery and the incredible icons of beauty enshrined therein that keeps us coming back time and again for more.



Nikon Df Review



The Df combines intuitive, worry-free dial operation with superior image quality over a broad range of sensitivities making the camera extremely portable. Large metal mechanical dials on the top of the camera enable direct, intuitive operation, offering tactile pleasure of shooting with precision mechanics, and allowing users to feel the joy of creating images that reflect their individual intent. The camera also provides a system that allows users to focus on shooting with the security that comes from visual confirmation of ISO sensitivity, shutter speed, and exposure compensation values, as well as the convenience of direct adjustment of settings at any time, even when the camera is turned off. The AF-S NIKKOR 50mm f/1.8G kit lens was redesigned to serve as the perfect match for the Df. A leather-like texture on the outside surface of the lens, a silver aluminum ring, and a focus ring that reproduces the knurls on manual focus lenses were adopted for the AF-S NIKKOR 50mm f/1.8G. The Df was developed with a

different approach and with an eye on offering different forms of value. Not only does it support the capture of more beautiful and artistic photos it allows users to take their time with each individual photo to achieve images

they will enjoy, as well as making the process of photography itself more pleasing. The Df was developed with the feel of a precision device and D4 image quality in a compact and lightweight body that is extremely portable.





Movie Reviews



Courtesy of Paramount Pictures



Noah

Starring
 Russell Crowe
 Jennifer Connelly
 Ray Winstone
 Emma Watson
 Logan Lerman
 Anthony Hopkins

Noah is an upcoming American biblical epic film based on the story of Noah's Ark. Russell Crowe stars as the legendary Noah, whose visions from God set him on a quest to save his family and the world's creatures from an apocalyptic flood unleashed to rid the world of sin. Under the guidance of Samyaza, an angel known as a Watcher, Noah constructs a massive ark for his wife, adopted daughter and hundreds of animals to withstand the storm. You'll find plenty of religious references and intense scenes of disaster and destruction in Aronofsky's epic interpretation of the enduring biblical legend.



Starring

Shailene Woodley, Theo James, Jai Cortney, Ray Stevenson, Zoe Kravitz, Miles Teller, Maggie Q, Tony Goldwyn, Ashley Judd, AnselGort, Mekhl Phifer, Ben Lamb, Ben LLOYD-HUGHES, Christian Madsen, Amy Newbold and Kate Winslet

In a future world where people are divided into distinct factions based on their personalities, Tris Prior is warned she is Divergent and will never fit into any one group. When she discovers a conspiracy to destroy all Divergents, she must find out what makes being Divergent so dangerous before it's too late.

Courtesy of Summit Publicity



The Grand Budapest Hotel

Courtesy of Fox Searchlight



The Grand Budapest Hotel recounts the adventures of Gustave H, a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend. The story involves the theft and recovery of a priceless Renaissance painting and the battle for an enormous family fortune – all against the back-drop of a suddenly and dramatically changing Continent.



Starring
Nia Long
Wendi McLendon-Covey
Zulay Henao
Cocoa Brown
Amy Smart
Terry Crews
Tyler Perry

After an incident at their children's school, single mothers from different walks of life bond and create a support group. Brought together by an incident at their children's school, a group of single mothers from different walks of life bond, and create a support group that helps them find comedy in the obstacles of life, as well as their inner strength to overcome their personal challenges.

Tyler Perry's THE SINGLE MOMS CLUB



Courtesy of Lionsgate





Shawnee Boze



Photography by Karl Yamashita



Can you please tell the readers a little about yourself?

I am small-town raised and currently enjoying living in the beautiful Hollywood area. I love the outdoors and don't mind getting a little dirty.

Where is your hometown?

Lake of the Ozarks, MO









What makes you laugh?

I am constantly laughing. Everything is funny to me! If I'm being specific, reality tv shows are pure hilarity to me.

What is your dream car?

A turquoise McLaren P1

What is the sexiest outfit you would wear in public?

If it was socially acceptable, I would walk around naked or in a pair of boy short panties









OUR MUSIC FEATURE

JASON STURGEON

When Jason Sturgeon sings about the simple life, he's not just painting a picture of small town America. He's describing who he is. Born and raised in Petersburg, IN, (pop. 3500) Sturgeon grew up in a family of coal miners, oilmen and farmers who literally made their living off the land, and still do to this day. Running wild and free as the quarter horses he learned to ride and compete on from the time he was 14, he grew up listening to country music artists such as Kenny Rogers, Alabama, George Strait and the outlaws but indulged his rowdier side through acts like Pantera, Rage Against The Machine, and Godsmack, and all of those influences collide on his latest CD, the aptly titled, *THAT'S ME* on Sturgeon's own label, Toolpusher Records.

Growing up in Indiana Sturgeon found himself influenced by fellow native John Mellencamp and found himself in the company of one of Mellencamp's band members, drummer Dane Clark. Jason and Dane struck up a friendship and soon the two were collaborating together professionally.

The resulting album, *THAT'S ME* is a

vivid collection of audio snapshots of Jason's life. From the hard-driving, unapologetic opening strains of the sexy, growling title track to the scorching heat of "Endless Summer," you know exactly who he is, where he comes from, and what kind of ride you're in for...which is not for the faint of heart. A hell-raising country rocker who can tear it up all night long, he also shows he can break it down in the quieter moments on tracks like the seductive "Blankets," or spend moments in contemplation on what we're all doing here on tunes like the homespun song "The Cover." And he sums up his journey so far on the heartland ode "Simple Life," a three-minute declaration of all that he is and holds dear.

To understand Jason, pop in the CD and listen...he lays it out bare for you in three-minute vignettes packed with truth and honesty served straight up, just the way he likes it.

How long have you been involved in the music industry?

I've had a full-time band since 2003, and played regionally until 2009. Since then, I've been involved in the music

industry on a daily basis. As an independent, you wear many hats and personally perform a lot of the functions that the majors do.

What other artists have influenced yourself and possibly gave you inspiration or motivated you?

There have been a ton of influences in country music, but rock as well. Growing up, I listened to a lot of the old school country songs by artists such as, Conway, Kenny Rogers, Cash, Waylon, Willie, Marty Robbins, and then, Garth, George Strait, Alan Jackson, Brooks & Dunn, and Travis Tritt. My favorite, that still sticks, is Gary Allan. In that same time period though, I couldn't help being moved by metal and all of the rock that was coming out. Pantera, Rage, AC/DC, Metallica, Audioslave, The Black Crowes, and the older stuff, like Zeppelin and the Doors...and guitar blues of course. Stevie Ray Vaughn has also always been a favorite.

Where do you get inspiration for your music?

Usually, everything I write stems from

a memory or a situation that I've been in at some point.

Sometimes it's personal, as in it happened to me type of thing, and other times it's a story of a memory or something that I've seen happen in my life, or in the life of someone close.

There have been instances where I've just been pissed, and started venting on paper, and it turns into something pretty cool.

What do you enjoy doing besides music?

I love hunting and shooting sports. Sprint car racing is always awesome if I get the time. Other than that, any day on the lake is awesome or any day just hanging at home.

Can you tell the readers a little about yourself, and what type of person you consider yourself to be?

I'm originally from the small town of Petersburg, in Southern Indiana.

There are a lot of natural resources where I grew up, and generations of my family worked as coal miners and in the oil fields. We all farmed and raised hogs and cattle, too. Growing up in a farming family prepares you for life. It was usually, "If it ain't broke, don't fix it... until it does break, then fix it yourself", so I learned just about everything you need to know about "fixing" things from an early age. Later in life, I became a Medical Device Engineer and have my name on a few US Patents for some very cool "first of their kind" medical devices. All the while, I was playing music and writing. It's always been that constant in my life, and I couldn't live without it. If you'd like to know more, check out: www.jasonsturgeomusic.com or http://en.wikipedia.org/wiki/Jason_Sturgeon.

Do you write your own lyrics & music? If so how is this done?

I do. Almost everything that I release to public is something that I have written myself. Like I said, it's just pulling from experience and trying to write something that I enjoy and that my fans will identify with. I just try to be myself and

let that come across the best I can. I've written about 70 songs in the past 5 months and am trying to get better at what I do. It's something you have to keep up with and continually strive to improve.

Do you do any live performances or concerts? If so, where are these done?

Yeah. Over the past 3 years we've played in 37 states, Maine to Cali, and Minnesota to South Florida. Last year, I was on the road over 250 days playing shows, doing radio interviews, and working my music. On top of that, we recorded a new record, so I rarely saw home.

Can you describe your style of music?

I would say that my music is a little singer/songwriter with sounds of heartland rock, and flashes of metal, mixed with the contemporary styles and instruments of country music...



So much has influenced me; so that all comes out of my brain and through the speakers.

Did you ever take voice lessons, or did singing come natural to you?

I think I did take a voice lesson way back when I was a kid, but I don't think it did anything to help me. There are some breathing techniques, but I learned those from being a runner. Some other singing pointers and techniques came from my choir teacher in

school...yes, I was in choir.

What other singers, artists, or musical performers do you enjoy listening to?

My iPhone has a wide variety of country, folk, indie, rock, metal, punk, blues, and classical pieces on it. Right now Eric Church, The Black Crowes, Gary Allan, Craig Campbell, Ray LaMontagne, Randy Houser, Jamie Johnson, Lamb of God, (early) Metallica, Audio-slave, Chris Stapleton, and George Strait seem to be my "go-to" artists. I'm excited to hear what Zach Brown and Dave Grohl did here recently.

Do you have a record label or are you looking for one?

I have my own label right now and enjoy it that way. Not sure what the future will bring, but my eyes are always open for new possibilities and relationships.

Where are you located?

The last 5 years I've run everything out of Bloomington, IN, but relocated

to Nashville this year. It's nice to be around like-minded folks who work in and around the same industry, and it's been great for my songwriting. Back in Indiana, it was tough to be creative, because that avenue wasn't there like it is here in Nashville.

Do you enjoy traveling?

I love it! Once you get the roaming fever, you never want to settle down. I love being out performing and waking up in a new place every morning...it feels good, and is never the same. You get homesick every now and then, and sometimes it turns into a job that keeps you away from the ones you

love and other things you could be doing, but, overall, I love it!

Do you have a message for your fans?

Yes! Thank you all for your continued support! This line has been said a million times, but it is absolutely true... Without your support and you liking and sharing my music, I couldn't be doing what I love to do. Thank you! Keep your eyes and ears open! More to come in 2014!



Sarah Evans

Slow Me Down

“Slow Me Down” is a mid-tempo country ballad, backed by plucked strings and guitar. The song is sung from the perspective of a woman threatening to walk out on her man, finishing by saying that if he has something to say that he should “hurry up and slow [her] down.” Slow Me Down sees Evans collaborating on three tracks “Better Off” with Country legend Vince Gill, “Can’t Stop Loving You” a duet with Isaac Slade of The Fray and a cover of Gavin DeGraw’s “Not Over You,” which features Gavin singing harmonies.



GEORGE MICHAEL

Symphonica

George Michael is releasing his sixth album, Symphonica. Michael recorded the album during his 2011 to 2012 tour which hit cities in Europe. It will contain a mix of original compositions and covers, similar to sets Michael performed on the Symphonica tour. Symphonica will be Michael’s first full-length release since 2004’s Patience.



SHAKIRA

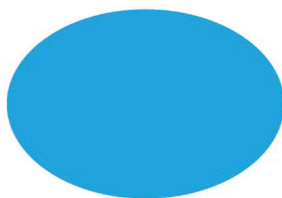
Shakira

The deluxe edition of the LP will contain 15 tracks, including her recent single with Rihanna ‘Can’t Remember To Forget You’. Shakira marks the Colombian star’s tenth studio album and fourth English-speaking collection. “It’s also not necessarily conceptual, as some of my albums have been in the past. In the end, what I realized is that throughout the course of creating this body of work, I learned a lot about myself.”



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EXCLUSIVE INTERVIEW

DR. MARK HYMAN, MD

www.drhyman.com

Mark Hyman, MD, believes that we all deserve a life of vitality—and that we have the potential to create it for ourselves. That's why he is dedicated to tackling the root causes of chronic disease by harnessing the power of Functional Medicine to transform healthcare. Dr. Hyman and his team work every day to empower people, organizations, and communities to heal their bodies and minds, and improve our social and economic resilience.

Dr. Hyman is a practicing family physician, a six-time #1 New York Times bestselling author, and an internationally recognized leader, speaker, educator, and advocate in his field. He is also the founder and medical director of The UltraWellness Center, chairman of the board of the Institute for Functional Medicine, a medical editor of The Huffington Post, and a regular medical contributor on Katie Couric's TV show, Katie.

Dr. Hyman works with individuals and organizations, as well as policy makers and influencers. He has testified before both the White House Commission on Complementary and Alternative Medicine and the Senate Working Group on Health Care Reform on Functional

Medicine. He has consulted with the Surgeon General on diabetes prevention, and participated in the 2009 White House Forum on Prevention and Wellness. Senator Tom Harkin of Iowa nominated Dr. Hyman for the President's Advisory Group on Prevention, Health Promotion, and Integrative and Public Health. In addition, Dr. Hyman has worked with President Clinton, presenting at the Clinton Foundation's Health Matters, Achieving Wellness in Every Generation conference and the Clinton Global Initiative, as well as with the World Economic Forum on global health issues.

Dr. Hyman also works with fellow leaders in his field to help people and communities thrive—with Rick Warren, Dr. Mehmet Oz, and Dr. Daniel Amen, he created The Daniel Plan, a faith-based initiative that helped The Saddleback Church collectively lose 250,000 pounds. He has appeared as an advisor on The Dr. Oz Show and is on the board of Dr. Oz's HealthCorps, which tackles the obesity epidemic by educating American students about nutrition. With Dr. Dean Ornish and Dr. Michael Roizen, Dr. Hyman crafted and helped introduce the Take Back Your Health Act of 2009 to the United States Senate to provide for reimbursement of lifestyle treatment of chronic disease.

1. In your book *The Blood Sugar Solution*, you shared your proven six-week plan for preventing, treating, and even reversing diabetes and pre-diabetes. Now, with *The Blood Sugar Solution 10-Day Detox Diet*, you have created a fast-track plan that will enable readers to shed pounds and radically reboot their entire system in just ten short days. What is the value of the fast-track plan?

Most people don't connect the dots between what they're eating and how they feel. Most of us don't realize how bad we feel until we start feeling good. The best way to do that is to do a quick-start reboot. Completely change your diet for 10 days and notice how you feel. What you'll notice is that, not only will your cravings get better, not only will your energy improve, and not only will you lose weight—which is actually a side effect of getting healthy—but a whole list of health problems may improve or disappear entirely. The power of The 10-Day Detox Diet is that, in a very short time, you can use a scientifically designed program to regain your health and discover how great you can feel when you take away all the junk and eat real food. Most people have never ever done that, and most people are simply a few days away from feeling well.

Join Dr. Hyman on his path to revolutionize the way we think about and take care of our health and our societies at www.drhyman.com, on Twitter and Instagram @markhymanmd, and on Facebook at facebook.com/drmarkhyman.

2. Why is it so important that we “detox”? Why can’t we just change our eating habits?

Food addiction is a real scientifically proven phenomenon. Brain imaging studies show that Oreo cookies cause the brain to light up the addiction center more than cocaine. In fact, sugar is eight times as addictive as cocaine. You can’t do just one line of cocaine, or cut down. Addicts require a scientifically designed detoxification program. It is necessary to minimize withdrawal and rebalance the hormones and neurotransmitters that drive addiction. Our physiology needs a reboot and a comprehensive detoxification program is necessary.

The 146 pounds of flour (with addictive gluteomorphins) and 152 pounds of sugar that trigger the nucleus accumbens reward center of the brain are driving this epidemic of obesity, and not just because they spike insulin levels, the fat storage hormone, but because they are biologically addictive. The food industry has hijacked our kitchens, our taste buds, our brain chemistry and our metabolism and The 10 Day Detox Diet is a simple plan to take them back. Once we have our biochemistry back our cravings disappear and we lose weight automatically by eating real food.

The trick to getting healthy is not going on a diet, because a diet is something you go off. The 10-Day Detox Diet is really a misnomer. It’s a 10-day restart for the rest of your life. It teaches you the principles of healthy eating and self-care that are at the

foundation for a lifetime of wellness. If you want to go on a fad diet, you may lose weight quickly, but most people who go on fad diets will often regain the weight they lost and more. Even gastric bypass surgery isn’t foolproof. Only 50 percent of those who have the surgery keep the weight off. It’s not just about losing the weight. It’s about radically changing your life while you can, regaining health, and understand-

ing how to work with your body rather than against it.

3. You call yourself a “wholistic” doctor, because you take care of patients with a “whole list” of symptoms. How would you describe functional medicine or systems medicine?

In conventional medicine, we try to suppress symptoms. In Functional Medicine we don’t treat symptoms.

We treat the patient. It is medicine by cause, not by symptom, medicine by organism not by organs, medicine by mechanism not by geography (or where the symptom is in your body). We remove the impediments to health (toxins, microbes, allergens, stress, and poor diet,) and help patients restore balance by providing the ingredients for a healthy human (real food, nutrients, water, air, sleep, movement, rhythm, love, meaning and purpose).

Then, the symptoms go away as a side effect of getting healthy. I take care of people with a whole list of problems. That is why I call myself a wholistic doctor. Rather than send a patient with diabetes, a rash, joint pain, reflux and headaches to five different doctors, I connect the dots. It doesn’t matter what disease you have. If you create health through the principles of Functional Medicine, most chronic symptoms and conditions will just go away. You don’t have to treat them directly. That’s the power of Functional Medicine. It is the single biggest game changing paradigm shift in medicine in our lifetime.





Stephanie Marie

Photography by Rick Trottier



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